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FEAR OF THE FAN
 An urban legend heats up in the summer
 BY CHIHON KIM, STRIPES KOREA
 Every time I clean the electronic fan in this devilishly hot weather, I recall an old urban legend from my childhood: death by fan.
 Some Koreans believe that if you sleep with a fan on in an enclosed space, like a room with the door shut, you will die. This may sound absurd to you, but it's no joke to some, and it dates back decades. Even in the 1990s, I remember my parents keeping the legend alive and telling me to keep the door open when I slept with the fan on.
 Where did this improbable story start? Depending on who you ask, the origin differs. One of the stranger stories is that the South Korean government created the myth as propaganda to

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Publishing and Media Design Writers

ChiHon Kim

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Takahiro Takiguchi

Layout Designers

Ayako Kamio

Yukiyo Oda

Yuko Okazaki

Kayoko Shimoda

Multimedia Consultants

Max Genao Doug Johnson

Brian Jones Jason Lee

Hans Simpson Chae Pang Yi

Gianni Youn Robert Zuckerman

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Korea's 2019-20 'Best' recognized

This month, Stars and Stripes Pacific commander Lt. Col. Rich McClintic handed out certificates to some of the winners of this year's Best of the Pacific competition. The winners of the annual vote appear in the 2019-20 edition of Best of the Pacific magazine. It is comprised of 24 categories, with some including small and large base winners, and four regions - mainland Japan, Okinawa, Korea, Guam. The 48-page magazine, which is stocked full of quotes from the military community, can be picked up at Stars and Stripes boxes and offices across U.S. bases in Korea.



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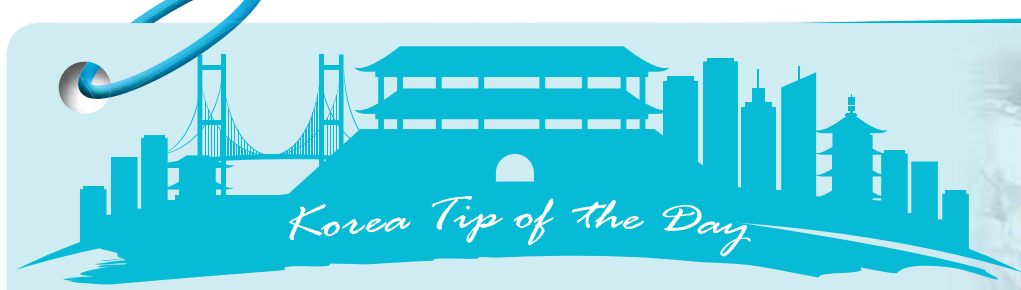
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Seoul Bike app provides fun way to explore big city

BY CHIHON KIM, STRIPES KOREA

Bike-sharing services have taken large cities globally by storm, and Seoul is also a host to its own fleet of wheels. Bicycles are a good option for exploring the city, while reducing pollution and helping to alleviate traffic congestion. Inspired by Bixi, a public bicycle sharing system serving Montreal, Canada, Seoul installed its own public bike service called "Ttareungyi" in 2014, with about 20,000 bikes now in circulation. A few other companies offer bike-sharing in the city, but the service area is limited.

Reserve your own set of wheels ahead of time by using the Seoul Bike app or website for a mere 1,000 won (about \$0.85) per hour. You don't have to be a member to use the service and they even offer longer-term rental tickets by the week, month, six months and full year.



Courtesy of Seoul Bike

Seoul Bike

WHERE: As of the end of last year, there were 1,540 bike rental centers, and the average distance between rental stations was 500 meters. This year Seoul will increase the number of rental centers to 2,140. In 2020, it is expected to expand to 3,040 and the distance between rental centers will be reduced to 300 meters.

HOW TO RENT: Credit, T-money and mobile payment including PAYCO and KAKAO PAY are available.

TIP: If traveling with multiple people, you can buy a group ticket for multiple bike rentals. See website.

WEBSITE: <https://www.bikeseoul.com/> (ENG)

You'll recognize Ttareungyi bikes by their white and green color. Each bike is equipped with a lock and card reader.

Both the app and website are available in English as well. Register your T-Money card or transportation card for quicker service.

Once you've registered your card, you can tap your card on the bike's card reader and go!

The best part of a Ttareungyi is that you're not required

to return the bike you've rented to the spot where you picked it up. Bikes can be returned to any of the Ttareungyi spots near where your exploring takes you. A "Return is completed" message will appear on the bike's screen to let you know you've returned it correctly. And don't forget to lock the bike to prevent theft.

Next time you find yourself in Seoul, give this cost-effective and planet-saving alternative a shot for your adventure. It's good exercise and a fun time!

kim.chihon@stripes.com

Photo courtesy of Seoul Bike



Let's go for a bike ride!

Speakin' Korean

- Do you know where the nearest bike share is? Gakkaun jajeongeo daeyeosoga eodi inneunji aseyo?
- Want to go for a bike ride? Jajeongeo tareo gallaeyo?
- Helmet: Helmet
- Bicycle: Jajeongeo
- Bike lock: jajeongeo Jamulsoe
- Bike parking: Jajeongeo jucha
- Follow me. Nareul ttara oseyo.
- Watch out for cars! Cha josimhaseyo!
- My bike has broken down. Jajeongeoga gojang nasseoyo.
- My bike got a flat tire! Taieo-ga peongkeu nasseoyo!
- I am thirsty. Mongmallayo
- I need some water. Mul masigo sipeoyo.
- Let's rest here for a while.

Yeogiseo jamkkan swieotda gayo.
- ChiHon Kim

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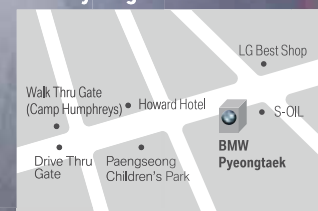
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MILITARY SALES





VISITORS TO SEE MORE THAN BEFORE

South Korea reopens DMZ/JSA tours

STORY AND PHOTO BY JOSEPH DITZLER, STARS AND STRIPES
Published: July 4, 2019

You don't have to be leader of the free world to visit Panmunjom — the truce village in the Demilitarized Zone where President Donald Trump shook hands June 30 with Kim Jong Un of North Korea.

Numerous tour groups provide opportunities to see the spot where the three-year Korean War ended with an armistice in 1953. Tour companies in the private sector abound, along with military operations like the Force Support Squadron at Osan Air Base and Discover Seoul, a contract tour operator at Dragon Hill Lodge at Yongsan Garrison.

A trip to Panmunjom — the area around the historic U.N.-blue buildings is officially known as the Joint Security Area — is a bit different than it was just a

year ago. That's because South Korean authorities lessened the tight choreography around personal visits as part of their bid to reach some form of normal relations with their northern neighbors.

For example, guards on either side of the line demarcating the boundary between North Korea and South Korea no longer carry sidearms. Visitors have a little more opportunity to walk the area, although closely monitored.

Past images from Panmunjom depicted lean, ramrod-straight, uniformed guards from South Korea in mirror shades, stone-faced, arms at sides and fists clenched in a "ready" posture borrowed from taekwondo.

Standing only yards away, their opposite numbers stared

back, unimpressed, from the authoritarian North Korea.

But the atmosphere today at the remote, surreal compound surrounded by rice paddies and wilderness is much more relaxed than it was before the South in May reopened its side for public tours.

Our escort from U.S. Forces Korea said that only visitors and guards from one side are in that small but historically heavy area at a time. Neither side coordinates with the other; it just seems to work out that way.

Eight tour groups from the South pass daily through the area. Tour groups from the North are visible to those from the South, awaiting their opportunity to walk around the area, and with luck you might glimpse a line of North Korean troops moving in

formation with an arm-swinging gait.

School, civic and business groups from the South schedule their trips to the DMZ months in advance. Our small group was bunched together with a group of journalists from one of South Korea's largest broadcasters. Their CEO, polished and businesslike in a blue suit, moved like a rock star on tour, accompanied by a photographer who captured the visit for posterity.

You can't visit the JSA on your own (checkpoints lie between the highway and your destination), but tours can be arranged online. Discover Seoul, for instance, runs tours from the Dragon Hill Lodge at Yongsan Garrison every Thursday and Saturday for \$89 per person. Seats are limited, so book in advance, and bring your military ID or passport on the day.

That tour leaves at 7:40 a.m.

and returns at 3:30 p.m., and in addition to the JSA also includes a stop at the third infiltration tunnel, a walk along 870 feet of a tunnel dug 240 feet underground by the North Koreans years ago as a means of infiltrating troops into the South.

The tour also stops at a South Korean hilltop observation post with a good view of the opposing side. It also includes the Dorasan train station, the northernmost station in South Korea along the rail line that once connected the two countries.

The tour company also operates a separate half-day tour that omits the JSA and includes only the tunnel, observation post and train station. It leaves the Dragon Hill Lodge at 7:50 a.m. and returns at 1 p.m.

Our trip north by expressway took us past the Seoul skyline, where every skyscraper seems to sprout a

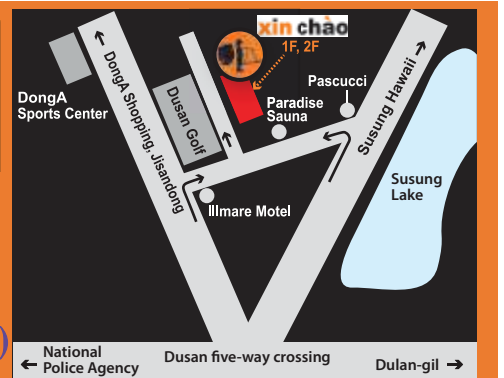
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Visit the DMZ

DIRECTIONS: Several tour companies in South Korea offer trips to the Joint Security Area in the Demilitarized Zone. Tours are available through Discover Seoul at its counter in the Dragon Hill Lodge, Yongsan Garrison.

TIMES: Most tours to the DMZ are day-long, round trips; a half-day trip skips the JSA but stops at the tunnel, observation post, DMZ museum and the train station.

COSTS: Trips advertised at aggregates sites like TripAdvisor run from about \$50 to \$90. Discover Seoul lists its DMZ excursion at \$89 and its half-day trip at \$50. The 51st Force Support Squadron at Osan Air Base offers a half-day DMZ and Tunnel No. 3 tour on Saturdays in July with a guide and buffet lunch for \$45.

FOOD: None available at the site, although some tours offer a stop for lunch (at your expense) or for shopping.

INFORMATION: Discover Seoul operates from Yongsan Garrison in Seoul. Its DSN number is 315-738-2222; website: www.discoverseoul.com. It's open 8 a.m. to 6 p.m., seven days a week. Osan services can be reached by phone at DSN 315-784-4254.



crane, the architecture of business climbing always higher. The city skyline eventually gives way to formations of residential towers, whole battalions of them in varying designs, from wide, broad and tall to short, broad and squat.

On the way to a vestige of a crippling war, the passing scenery illustrates the economic progress the South has made in the intervening 66 years, and

what's at stake if the peace does not hold.

The expressway gives way as we exit onto a bridge and a checkpoint, where we're given a desultory wave-through after an ID check. The asphalt turns to dirt and the narrow road passes through shrubland, forested hills and rough wooden signage for Army ranges.

After 20 minutes, we arrive at the visitors' center, where we

transfer onto a tour bus after a bathroom break, a walk through the second-floor DMZ museum and an introductory video in an air-conditioned auditorium.

The video pushes an optimistic outlook for normal ties between North and South. It's composed mostly of outtakes from the inter-Korean summit of April 2018, when South Korean President Moon Jae-in and North Korean leader Kim Jong Un met at the Joint Security Area for talks, handshakes and photo ops.

After the video, we sign forms acknowledging that despite the good feelings all around, this is still a place where things could rapidly go sideways. We also

agree to do nothing the North Koreans might use to their advantage as propaganda, such as making faces or hand gestures.

From the visitors' center, a short bus ride takes us through a gap in a substantial fence topped with serious razor wire and then another mile to the JSA. The fence marks the southern limit of the 2½-mile-wide, 160-mile-long DMZ. Beyond the fence are wilderness and rice paddies cultivated by the residents of Taesong-dong, also known as "Freedom Village," the only South Korean population center inside the DMZ.

Its North Korean counterpart sits less than a mile away on the other side and is visible from the South's observation post. It's been dubbed "Propaganda Village" because it's believed to be largely vacant and just for show.

At the South side of the JSA rise the Peace and Freedom buildings, further expressions of goodwill. Visitors pass through the Freedom House, preceded by a squad of South Korean soldiers trooping out in a column as if changing the guard.

After the summit last year, North and South agreed in principle that visitors should be able to roam the compact area freely, but the North stopped showing up to meetings to iron out the details amid frustration over stalled nuclear talks with the United States. So, the two sides do their own thing.

More sites are available than were previously, but you still may not roam freely, and the guards are there to keep their guests from crossing the line.

They position themselves facing the tourists, who have a few minutes outside before being ushered into one of three one-story, blue buildings with a conference room and a table situated so the demarcation line runs lengthwise down its center. One side, South Korea; the other, North Korea. These are the T-buildings, where face-to-face meetings take place between representatives from both sides.

This setting triggers the selfie urge in even the most restrained individual. The guards block the door leading into North Korea proper, but visitors have a few minutes to lollygag on that side of the room before a terse, barked command that needs no translation prompts us to file back into the sunshine.

Still buzzing from our foray into North Korea, our visit afterward is anticlimactic but still memorable.

Our hosts point out the tree planted by Kim and Moon and the extension to a wooden walkway where the two leaders passed a few minutes in private conversation over tea. The group backtracked to a space several yards south of the line where a monument stands to a South Korean soldier killed during a firefight as a visiting Soviet citizen defected across the line in November 1984. Three North Korean soldiers were also killed.

The walk from Freedom House to the T-buildings, past the memorial tree to the catwalk and back to the soldier's memorial were added in May when the South resumed the tours.

Previously, visitors were shuttled into the T-building conference room for a few minutes, with time outside for only a few photos straight ahead of the demarcation line, with no shots permitted to the right or left.

After the tour, the bus returns past the rice paddies and the DMZ fence to the visitors' center, where, alas, the gift shop that once sold mementoes like bits of DMZ barbed wire, North Korean wine and a JSA Lego set is no more. There is a nice tank display, though.

Unlike sites dedicated to events lost to living memory, a trip to the DMZ puts the visitor at the plexus of current events on the Korean Peninsula. This relic of the Cold War is still hot and worth a visit. Just don't expect a personal greeting by Kim Jong Un.

ditzler.joseph@stripes.com
Twitter: @JosephDitzler

Prize Winners

STARS AND STRIPES congratulates the winners of our Korea 2019 Spring Promotion!

- Nintendo Switch w/ Joystick:** Daniel Boozer, USAG Humphreys (her husband CW3 James Boozer pictured above with Multimedia Consultant Jason Lee)
- \$100 AAFES Gift Card:** Lindsay Ramspott, USAG Humphreys
- \$50 DeCA Gift Card:** Roberto Soliz, USAG Casey

For a complete list of winners, go to stripesrewards.com/winners.

Thanks to everyone who came out and participated. Follow us at [Facebook.com/StripesPacific](https://www.facebook.com/StripesPacific) for more opportunities to win!



Spray away the heat in center of

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

Sinchon is one of Seoul's university hubs. Flooded with college students from the three major schools in the district, there are many spots to get a cheap meal, inexpensive clothing and enjoy fun activities that won't hurt your pocket too badly.

Every year, as the summer heats up, the area is also host to the Sinchon Water Gun Festival near Yonsei University. Held the first weekend in July, the event draws many water gun-clad students and tourists ready to attack each other in a friendly battle as DJs set the soundtrack. After a fierce battle, warriors celebrate their victories in restaurants and coffee shops that sit along the Sinchon-ro.

Though this year's festival was held on July 6 and July 7, you should definitely check it out next year. (Note: I always try to write about things you can enjoy in the near future, but I really wanted to check this fest out, so let's call this a really early plug for next year's event.)

I exited Sinchon Station's Exit 3 and walked straight into the center of the battlefield. I found it easily as all the vendors in the underground shopping area were selling water guns.

The method of

participation is simple: If someone shoots you with a water gun around Sinchon-ro, shoot back. Don't forget, this festival is the only place where you can legally "shoot" each other, be it your friend or a stranger.

There is no entrance fee for this festival, but if you want to look like a serious water gunfighter, take a look at the festival defense package for 11,900 won (or \$10.09), which includes goggles, towels, waterproof bag and the use of the locker and changing rooms.

Of course, you can buy each item separately. The water gun price ranges from 6,000 won (or \$5.09) to 12,200 won (or \$10.34) at the venue. By the way, all proceeds from the event go to charity.

Some people brought backpack sprayers, while others simply brought a bucket. You can bring anything that can be filled with water, so choose your weapon wisely! Or you don't need to bring or buy any water guns and raincoat if, like me, you'd rather be a peaceful observer.

Tons of locals and tourists joined in and battled each other with their colorful water guns. They chased and sprayed each other without anger. It was pure joy! I even spotted some participants in Marvel and Joker costumes.

"There's a lot of people and they're having fun. I've

met a bur know," sa United Sta It's better concert b wet at and On the day festiv main stre

won't wa tival. kim.chihon

SINCHON WATER GUN
PERIOD: Next one will be July 20
LOCATION: Area of Yeonse-ro road Sinchon18-63, Changcheon-d Seodaemun-gu, Seoul
CONTACT: 1522-9223, 1330 Travel
HOTLINE: +82-2-1330 (Korean, English, Japanese, Chinese)
TRANSPORTATION: Sinchon Station exit 2 or 3
WEBSITE: <https://m.kkday.com/en/product/12244> (ENG)
URL: <http://www.watergunfestival.com/main/main.html> (KOR only)



Photo courtesy of moounga



Check it out



Summer of Seoul

...ch of people I don't
...id Chelsea from the
...ates. "It's pretty cool.
...r than going to the
...because you can't be
...other concert."

...first day of the two-
...ral, the 0.24 miles-long

...et that rolls down from the gate of Sinchon

Station to the front gate of Yonsei University was jam-packed with people of all ages and nationalities, armed with a raincoat and water gun. According to the organizers, the festival attracted more than 100,000 participants this year.

It's been two weeks and I still feel pumped from the sights and sounds of the fest. Though this year's festival is over, it is only one example of the fun things Sinchon has year-round you won't want to miss. And, you definitely

...nt to miss next year's Water Gun Fes-

THINGS TO KNOW

- Fitting rooms and lockers available with wristband (11,900 won or \$10.09).
- Do not shoot vendors and passers-by with water guns and never put any other liquid except water in a water gun.
- If you're not taking the water gun home, throw it away in the recycling bin near the locker room at the elementary school. Used water guns will be sent to a company that makes beautiful sculptures made of the plastic water guns.

@stripes.com



PLENTY TO DO IN SINCHON

Sinchon's neighboring districts like Hongadae have started to take note and attract students and youth with similar trendy bars and indie music venues. But before you leave Sinchon, make sure to stop in at some of the many great spots for interesting food and cool attractions in this hip area.

Sinchon Playbus

Located in Star Plaza, the Sinchon Playbus is literally a repurposed two-story bus. Split into three sections, each has different uses for tourists. The first, the "Welcome Zone," is for getting useful travel information. At "Story Zone," the second section, get a glimpse of Sinchon's colorful history. Finally, the "Experience Zone" is equipped with real broadcasting equipment so you can try your hand at DJing or podcasting. Check this bus out for fun events like the visual radio program which draws in a crowd and more information on Sinchon's cool attractions.



ADDRESS: 31-123 Changcheon-dong, Seodaemun-gu, Seoul
PHONE: 02-330-1809
HOURS OF OPERATION: 1100 a.m. to 2100 p.m. (Closed Monday, Public Holiday)
FEE: Free Admission

Boxquare

The Boxquare, just across from Sinchon Station, is a restaurant complex housed inside of three stacked shipping containers. It opened in last year and has become a hot spot for young people looking for inexpensive and delicious food.

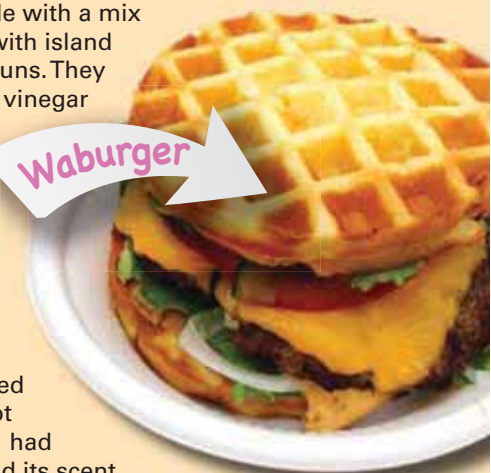


Each of the 34 eateries in Boxquare offer a variety of unique foods and drinks by young entrepreneurs trying their hands at the restaurant industry. You can choose anything from Japanese cuisine to French wine at cheaper price than any restaurant in Seoul. The best part of this space

is that you can enjoy the spectacular views of Sinchon while enjoying your meal from the balconies on the rooftop.

One of the popular spots is Food of Lock on the second floor, where you can fill your belly with a "waburger," a waffle burger, for just 4,000 won (\$3.39). The waburger is made with a mix of ground beef and pork topped with island sauce and pickles on soft waffle buns. They also serve up a healthy raspberry vinegar drink that costs just 1,500 won to wash your tasty waburger down. The burger, though a bit small, can be ordered in a set that includes the drink and a side of onion rings for 6,500 won.

Waburger



At France Gourmet, a wine café next door, try French wine and finger foods at a reasonable price. I sampled the hot-red colored Vin chaud, mulled wine served hot or cold. It was not that strong and had a subtle flavor. I especially enjoyed its scent and appreciated that it tasted more like tea than wine. Thibault Verlhac, is from France and manages the café. Verlhac is knowledgeable on the wine the café stocks and will recommend great food pairings as well.

On the first floor, check out some cheap snacks like the addictively-spicy Topokki, a spicy stir-fried rice cake dish, and Cupbap, a rice bowl mixed with fresh veggies, meat and more. No food item here costs more than 4,000 won.

On Thursdays, street musicians hold live concerts at Boxsquare, making it a lively place for good food and good music.

ADDRESS: 22-5 Sinchonnyeok-ro, Daehyeon-dong, Seodaemun-gu, Seoul
HOURS: 1100am to 0900 pm
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FRANCE GOURMET



Italian bistro satisfies a three-year risotto craving

STORY AND PHOTOS BY
MATT KEELER,
STARS AND STRIPES
Published: July 4, 2019

It was 2015 the last time I was here in South Korea, in the city of Uijeongbu, and got my first taste of an Italian mushroom risotto at a local restaurant.

That same year, our family relocated to Fort Bragg, N.C., and wasted little time searching for a restaurant that served that same great dish just the way we found it in Uijeongbu. We found several basic Italian restaurants but nearly all offered only the basics: pizza, pasta and variety of wines.

Returning to the peninsula nearly five years later, my wife and I were excited to find an Italian menu nearby that offered our favorite choice.

The Kitchen Del Vino, just outside of the Pyeongtaek train station, or AK Plaza as most people refer to it, is an extremely convenient Italian bistro that should be on everyone's radar during their stay in Korea.

Owner and chef Kim Gwang Sub mastered his French and Italian cooking during a decade at the Ritz-Carlton hotel in Seoul. The Ritz has since closed and reopened as the Le Meridien.

Kim opened this relaxing, one-of-a-kind restaurant seven years ago.

The Kitchen has a simple seven-page menu offering various styles of salad, pasta, pizza, steak and desserts in both English and Korean. Nearly a dozen different beers are available, along with house wine, and dozens more varieties of fancier wine from around the globe if your pockets are deep enough. His most expensive bottle, a French vintage, will set you back 290,000 won (about \$250).

Don't be alarmed, though; his food was delicious and is reasonably affordable (minus the overpriced steaks) for anyone looking for a great meal with friends or loved ones.

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During my visit, an American couple celebrated their wedding anniversary

at The Kitchen and were very pleased with their salad and pizza. They chose The Kitchen over all the other options in the city based on online reviews and word of mouth, they said.

I knew exactly what I wanted just from the first page of the menu, the mushroom cream risotto (15,000 won). Topped with at least three varieties of mushrooms, this was a delight after waiting more than three years to find.

My wife had the seafood cream pasta, which included shrimp, clams and scallops. The seasoning was spot on and even when she thought she was full, she refused to let any go to waste.

We also ordered a tiramisu to share, and when the English-speaking waiter brought it to our table, the chef personally brought along some complimentary ice cream topped with espresso. What a great-tasting combo. The tiramisu left me wanting more and the espresso topping on the ice cream is a must for anyone who has to have their morning cup every day.

For 42,000 won (about \$36), my wife and I had a great experience in this quiet little bistro and see ourselves returning next time we are craving the cuisine. For those with picky eaters, the owner was kind enough to allow me to get our daughter a kid's meal from around the corner.

keeler.matthew@stripes.com



Location: 2F Rodeostar, 291-2, Pyeongtaek-dong, Pyeongtaek-si, Gyeonggi-do, or GPS 36.992056, 127.089497
Hours: 4:00 p.m. to 1 a.m.; closed Mondays
Prices: Entrees range from 13,000-20,000 won; desserts, about 6,000 won; and steaks, 49,000 won
Dress: Casual
Directions: Less than a 5-minute walk from Pyeongtaek Station, or AK Plaza.
Information: 031-658-2323



Mushroom Cream Risotto



Seafood Cream Pasta



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File photo

CONTINUED FROM PAGE 1

reduce the energy consumption of households during the 1970s' energy crisis. Never proven, this is more conspiracy theory than truth, especially since the rumor about fan death dates back further to Japanese colonial rule.

Although the origin of the myth isn't clear, the superstition about fan death has been fueled by the media throughout the years. The fears about electric fans date back to 1920s, when newspapers wrote about the risks of anoxia, which is a lack of oxygen.

In the early 1970s, a couple of newspapers warned readers about medical risks such as hypothermia. These reports also coincided with a few mysterious

deaths in the summer. Of course, many believed they were fan deaths, and inaccurate reporting fueled that belief.

Even as recently as 2007, the media reported an unfortunate situation involving five college students who attempted suicide by fan death. The five survived, but the media said the reason they did was because one of the five turned off the fan, further fanning the flames.

Still, for the most part, people have begun to realize that there is no validity in so-called fan deaths. However, many older Koreans still fear death by fan.

Thanks to this fear, the electric fan industry has had to adjust. Fan makers added time functions and

some fans even feature 32 different speeds. To find a fan without a timer function is extremely rare in Korea because of the fear of fan death.

Though I know the idea of it is a little silly now, I must admit that I still set the timer on my fan. Sleeping with the air conditioner on is not part of the urban myth, so these days that's how I sleep. And whenever there is a fan on in a closed room, I am somewhat uncomfortable. A feeling that I'm sure I won't shake anytime soon.

kim.chihon@stripes.com



- Please turn off the fan. Seonpunggi kkeojuseyo
- Do you know where I can get a cheap fan? Eodiseo seonpunggi ssage sal su inneunji arayo?
- I don't sleep with the fan on. Nan seonpunggi eopsineun motjayo.
- Please turn the fan this way. Seonpunggi baram ijogeuro haejuseyo.
- Where is the air conditioner? Eeokeon eodi isseoyo?
- Where is the remote control? Rimokeoneun

- eodi isseoyo?
- Please turn the AC down. Eeokeon ondo jom natchwojwoyo.
- It's hot outside! Bakke eomcheong deowoyo!
- What is the temperature? Myeot doeyoyo?
- Can you set the timer on the fan for one hour? Seonpunggi taimeoreul hansiganeuro matchwo jullaeoyo?
- I would like to purchase a fan. Seonpunggi sago sipeoyo.

Fan - Sonpunggi
Air conditioner - Eeokeon
Summer - Yeoreum

Humidity - Seupgi
Bedtime - Chwichimsigan
Electric bill - Jeongise

Ventilation - Hwangi
Heat wave - Pogyeom
- ChiHon Kim

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HAPPENINGS OFF BASE

FESTIVALS

Boryeong Mud Festival



DATE: Until July 28
LOCATION: Daecheon Beach area (Mud square)
INTRODUCTION:
 Of the numerous festivals in Korea, Boryeong Mud Festival attracts the largest number of international visitors. During the festival period, tourists flock to the area to experience the benefits of Boryeong's mud while having a blast. Fully immersed in both the mud and the festival's great atmosphere, visitors enjoy mud wrestling, mud sliding and even swimming in the giant mud bath. Visitors feeling particularly energetic can try the marine mud-training course, while those looking for something more relaxing can enjoy the mud massage zone. In the evening, music and fireworks continue the party going at the beach.

TRANSPORTATION:
Bus
 - From Seoul Central City Bus Terminal, take an express bus to Boryeong.
 - From Boryeong Bus Terminal, take a bus bound for Daecheon Beach. (10 min intervals)
 - From Yongsan Station or Yeongdeungpo Station, take a train to Daecheon Station.
 From Daecheon Station, take a local bus bound for Daecheon Beach.
HOMEPAGE:
www.mudfestival.or.kr
 (Korean, English, Japanese, Chinese)

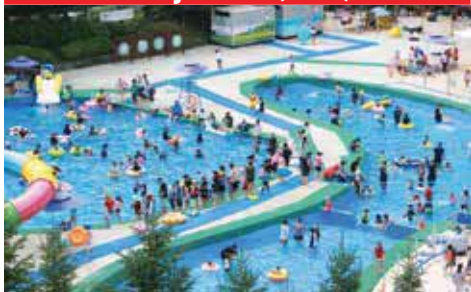
Donggang International Photo Festival



DATE: Until Sept. 29
LOCATION: DongGang Museum of Photography and nearby outdoor exhibition spaces, Yeongwol Culture & Arts Center, areas of Yeongwol
INTRODUCTION:
 DongGang International Photo Festival is an annual event that offers DongGang Photography Award Exhibition based on traditions and dignity. It is comprised of Main Exhibition, DongGang Photography Award Exhibition, International Open Call, Photojournalists Exhibition, Gangwon Province Photographers Exhibition, Yeongwol County Photographers Exhibition, Elementary School Photo Diary Exhibition, Street Installation Exhibition and Workshop (Yeongwol Photo Tour Program, Continuing Education Exhibition, Artist Talk, Elementary Students Workshop). Visitors can enjoy ten exhibitions and workshops during the festival period from early-July to late-September.
TRANSPORTATION:
Express/Intercity Bus
 From Seoul Express Bus Terminal or Dong Seoul Bus Terminal, take a bus to

Yeongwol Bus Terminal (approx. 2 hr).
Taxi
 Take a taxi from Yeongwol Bus Terminal to Donggang Museum of Photography (approx. 5 min).
HOMEPAGE:
www.dgphotofestival.com (Korean only)

Hwacheon Jjokbae (Raft) Festival



DATE: July. 27 - Aug. 4
LOCATION: Area of Hwacheon-gun, Bungeoseom Island
INTRODUCTION:
 The Hwacheon Jjokbae Festival is a unique summer festival, floating uniquely-shaped boats on Hwacheon River. It is held in the clean region of Hwacheon, Gangwon-do, home to otters and trout. Visitors can enjoy water-related activities, a rafting (jjokbae) contest, and athletic sport programs alike.



TRANSPORTATION:
Bus
 - From Dong Seoul Bus Terminal, take an intercity bus to Hwacheon Terminal. (06:35-19:35, 20-30 min intervals / Estimated travel time: 2 hrs, 40min)
 - From Hwacheon Terminal, walk southwest about 1 km to the bridge that crosses to Bungeoseom Island. Or, take a taxi from the terminal (approx. 3 min; 2,800 won).
HOMEPAGE:
www.narafestival.com (Korean only)

Pyeongchang Music Festival & School



DATE: July. 31 - Aug. 10
LOCATION: Pyeongchang Alpensia & Areas of Gangwon-do
INTRODUCTION:
 Pyeongchang Music Festival & School features world-famous performers every summer, and has become the best classical music festival in Korea. The audience will be mesmerized by the variety of music programs that

takes place surrounded by the beautiful environment of Gagnwon-do.
HOMEPAGE: www.mpyc.kr
 (Korean, English)

Hwacheon Tomato Festival



DATE: Aug. 1 - Aug. 4
LOCATION: Area of 6, Munhwamaeul 1-gil, Hwacheon-gun, Gangwon-do
INTRODUCTION:
 The Hwacheon Tomato Festival is held annually over four consecutive days in August in the area of Culture Village in Sanae-myeon, Hwacheon-gun. Starting off with a pre-event on the eve of the opening, it is followed by various exhibitions, hands-on programs, performances including tables with seating for one thousand people, finding a tomato gold ring, let's play with tomato, tomato summer festival, tomato soccer, children's swimming pool, and other varied programs related to tomatoes. Tomato sales and other programs will give excitement to every visitor.

TRANSPORTATION:
 From Dong Seoul Bus Terminal, take an intercity bus bound for Sachang-ri Bus Terminal.
 From the terminal, walk toward Sanaero for about 450 m and the venue will be on the left.
 (Travel time: 2 hours)
OR
 From Chuncheon Bus Terminal, take a bus bound for Sachang-ri, Sanae-myeon.
HOMEPAGE: www.tomatofestival.co.kr/
 (Korean only)

Busan Sea Festival

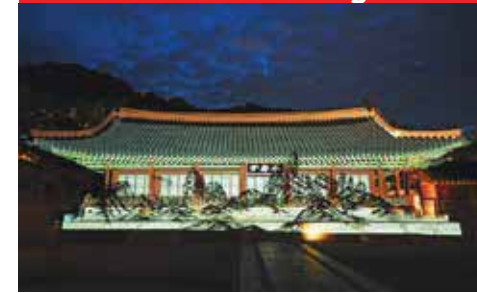


DATE: Aug. 2 - Aug. 6
LOCATION: Haeundae Beach, Gwangalli Beach, Dadaepo Beach, Songdo Beach, Songjeong Beach, etc.
INTRODUCTION:
 The Busan Sea Festival was first held in 1996 to promote Busan as a beautiful harbor city. The festival takes place at Haeundae Beach, Gwangalli Beach, Songdo Beach, Dadaepo Beach, Songjeong Beach, and at other places in Busan. The festival offers various

cultural events and unique hands-on programs. As Korea's first general ocean festival, it puts on many exciting programs including a great opening ceremony, cultural performances, and other special events. With a total of 5 beaches holding the event, each beach has different programs and performances for all ages.

TRANSPORTATION:
Subway
 Haeundae Station (Busan Subway Line 2), Exit 3 or 5.
 - Walk straight from the exit about 500 m to arrive at Haeundae Beach.
Bus
 - From Busan Station, take bus 139, 140, 239, 240 or 302 to Haeundae.
 - From Busan Aiport, take Airport Bus (KAL Limousine Bus) to Haeundae.
 - From Sasang Terminal, take City Bus 31 or 31-1 bus to Haeundae.
HOMEPAGE: www.bfo.or.kr
 (Korean, English)

Suwon Culture Night



DATE: Aug. 9 - Aug. 11
LOCATION: Areas of Suwon Hwaseong Fortress
INTRODUCTION:
 Suwon Hwaseong Fortress and Hwaseong Haenggung Palace are the venue for Suwon Culture Night. Both areas are decorated with media art of eight night experiences. Every corner of the fortress road has history and stories to offer a historical culture experience.
HOMEPAGE: culturenight.swcf.or.kr
 (Korean, English, Japanese, Chinese)

Incheon Pentaport Rock Festival



DATE: Aug. 9 - Aug. 11
LOCATION: Pentaport Park (Incheon Songdo Moonlight Festival Park)
INTRODUCTION:
 Pentaport Rock Festival is a rock festival ardently supported by not just local rock fans, but by music fans worldwide. The festival takes place normally in early August, in Songdo City. Overseas rock bands play in a lineup with local rock musicians for an energetic rock music festival that's out of this world!
TRANSPORTATION:
Subway
 Int'l Business District Station (Incheon Subway Line), Exit 1
Bus
 Bus No. 9 → Get off at Songdo 2 Dong Community Service Center
 Bus No. 6-1 → Get off at International School
 Bus No. 908 → Get off at Prugio Habor view
 Bus No. 92 → Get off at Canal Walk(4D)
 Bus No. M6405 → Get off at Central Park Station
HOMEPAGE: www.pentaportrock.co.kr
 (Korean, English, Japanese)

Bucheon International Comics Festival



DATE: Aug. 14 - Aug. 18
LOCATION: Korea Manhwa Museum, Bucheon Media Culture Complex
INTRODUCTION:
 As Asia's best in global comic festival, The Bucheon International Comic Festival is ready to open for the summer visitors. Various programs, such as exhibits, an international comic fair, conferences, and other various hands-on programs are available for all visitors.
TRANSPORTATION:
Subway
 Songnae Station (Seoul Subway Line 1), Exit 2.
 Take Bus 5-2 or 37 and get off at Bucheon Movie Cultural Complex Bus Stop. (Yeongsang Munhwa Danji)
HOMEPAGE: www.bicof.com (Korean, English)

Seoul Fringe Festival



DATE: Aug. 15 - Aug. 24
LOCATION: Culture Tank
INTRODUCTION:
 Seoul Fringe Festival, the most representative independent arts festival of Korea, is held annually to support indie culture by introducing various genres of artists and artworks. Festival-goers can meet many works of operations, and through the various methods of attempt and communication channels used, explore the charm of dances, plays, music and more at the festival venues throughout the city.
TRANSPORTATION:

Subway
 World Cup Stadium Station (Subway Line 6), Exit 1 or 2.
Bus
 - Get off at Seoul World Cup Stadium or World Cup Park Bus Stop.
 Blue Bus - 271, 571, 710
 Green Bus - 7011, 7013A, 7013B, 7715, 7733
 Red Bus (express bus) - 9711A, 9711B
 Village Bus (Maeul bus) - Mapo08
HOMEPAGE: www.seoulfringefestival.net (Korean only)

Goesan Red Pepper Festival



DATE: Aug. 29 - Sept. 1
LOCATION: Sports Complex, Mini football field, Culture & Sports Center, Dongjincheon Stream area
INTRODUCTION:
 Goesan Red Pepper Festival is held during the harvest season to promote the excellence of peppers grown in Goesan, a major production area of Korea. The festival has numerous programs including pepper-picking and barehanded fishing contests, pepper recipe competition, pepper cooking contest, and garden pepper planting. Brightly colored and full of flavor, Korean peppers are a particularly popular agricultural product. This is a fun festival where visitors can taste or buy Korean peppers and have a chance to talk with farmers.
TRANSPORTATION:
Bus
 From Dong Seoul Bus Terminal, take an intercity bus to Goesan Terminal. From Goesan Terminal, take a taxi to Sports Complex. (Jonghap Undongjang) (5min)
HOMEPAGE: www.goesan.go.kr (Korean only)



Muju Firefly Festival



DATE: Aug. 31 - Sept. 8
LOCATION: Culture Tank
INTRODUCTION:
 The Muju Firefly Festival takes place in the pure environment of Muju, a natural habitat for fireflies and the marsh snails the fireflies feed on. The festival offers many attractions and activities but the highlight of the festival starts after 20:00 when the fireflies begin to light up the night sky.
TRANSPORTATION:
Bus
 From Seoul Nambu Bus Terminal, take an intercity bus to Muju Intercity Bus Terminal.
HOMEPAGE: www.firefly.or.kr (Korean, English)

bus 30, 31, 32, 33, 33-1, 36, 37, 38 or 39 (located across the street).
 Get off at Cheongsonyeon Suryeongwan Bus Stop.
Bus
 ■ From Dong Seoul Bus Terminal, take an intercity bus to Chuncheon Intercity Bus Terminal.
 ■ From Gangnam Express Bus Terminal (Central City Terminal), take a bus to Chuncheon.
 From the bus terminal, walk toward at Onui Intersection and take Bus 150 in front of Electronics Land.
 Get off at the Chuncheon Puppet Theater Bus Stop.
HOMEPAGE: www.cocobau.com (Korean, English)

Chuncheon Puppet Festival

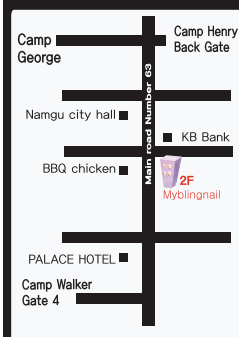


DATE: Sept. 28 - Oct. 3
LOCATION: Area of Chuncheon Puppet Theater
INTRODUCTION:
 Chuncheon Puppet Festival first began in 1989 as a local event and has now developed into the largest puppet festival in Korea that attracts performers and visitors from all over the world. Apart from stage performances, diverse art experience programs are prepared to entertain both children and adults alike.
TRANSPORTATION:
Subway
 ■ Sangbong Station (Seoul Subway Line 7 or Jungang Line or Gyeongchun Line) → Chuncheon Station, Exit 1.
 ■ ITX train: Yongsan Station → Chuncheon Station, Cheongnyangni Station → Chuncheon Station, Exit 1.
 From Chuncheon Station Exit 1, take a

Baekje Cultural Festival



DATE: Sept. 28 - Oct. 6
LOCATION: Gongju: Areas of Geumgangsingwan Park
 Buyeo: Areas of Gudeurae Plaza
INTRODUCTION:
 Baekje Cultural Festival first started in 1955 to commemorate the three loyal subjects of the Baekje era, namely Seongchung, Heungsu, and Gyebaek through a Samchungje rite. The festival aims to bring the history and culture of the Baekje era to life, taking place at UNESCO-recognized sites.
TRANSPORTATION:
Bus
 ■ To Gudeurae Plaza (Buyeo-gun) From Buyeo Bus Terminal, take a taxi to Gudeurae Plaza (구드래광장, 5-10min).
 ■ To Geumgang Singwan Park (Gongju-si) Take an intercity bus to Gongju Intercity Bus Terminal. Geumgang Singwan Park is located 500m from the bus terminal.
HOMEPAGE: www.baekje.org (Korean, English, Japanese, Chinese)
NOTE: Festival dates and info subject to change.
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Concerts

Music Festivals

Poseidon(4SEIDON) Water Music Festival

Busan, Jul. 27, 1 p.m., Busan Asiad Auxiliary Ground, 55,000 won.

Jisan Rock Festival 2019

Gyeonggi-do, Jul. 26, 27 & 28, Jisan Resort, 182,000 won (Early Bird Ticket, 3-Day pass).

Busan Mid-Summer Festival

Busan, Jul. 27 & 28, 3 p.m., Songjeong Elementary School Open Air Amphitheater, 88,000 won (1-day Ticket), 128,000 won (2-day Ticket).

M2 X Genie Music Awards

Seoul, Aug. 1, 7 p.m., Olympic Park KSPO Dome, 8,000 won.

Night SUM Festival

Busan, Aug. 2, 8 p.m., Busan BEXCO 1st Exhibition Hall, 30,000 won.

Jeonju Ultimate Music Festival

Jeonju, Aug. 2, 3 & 4, Jeonju Stadium, 62,000 won (2-day Pass), 77,000 won (3-day Pass).

Incheon Pentaport Rock Festival 2019

Incheon, Aug. 9, 2 p.m., Aug. 10 & 11, 11 a.m., Songdo Moonlight Festival Park, 120,000 won (3-day Pass - Early bird Ticket).

Waterbomb Incheon 2019

Incheon, Aug. 10, Paradise City Culture Park, 77,000 won (Entrance Ticket).

Waterbomb Daegu 2019

Daegu, Aug. 17, Daegu Stadium, 77,000 won (Entrance Ticket).

2019 K-World Festa

Seoul, Aug. 21, 8 p.m., Olympic Park SK Olympic Handball Stadium, 44,000-55,000-66,000 won.

EDC Korea 2019

Seoul, Aug. 31 & Sep. 1, 2 p.m., Gwacheon Seoul Land, 125,000 won (Early Owl GA, 2-Day Pass), 180,000 won (Early Owl VIP, 2-Day Pass).

Someday Festival 2019

Seoul, Aug. 31 & Sep. 1, Nanji Han River Park, 88,000 won (1-day Entrance Ticket), 109,000 won (2-day Entrance Ticket).

2019 Let's Rock Festival Vol.13

Seoul, Sep. 21 & 22, Nanji Han River Park, 109,000 won (2-day Love & Peace Ticket).

Joyolpark Festival

Seoul, Sep. 21 & 22, noon, Olympic Park, 50,000 won (1-day Entrance Ticket), 80,000 won (2-day Entrance Ticket).

KB Rapbeat Festival 2019

Seoul, Sep. 28, Gwacheon Seoul Land, 69,900-82,900 won.

Concerts



Ha Sung Woon

Seoul, Jul. 26, 8 p.m., Jul. 27, 6 p.m., Jamsil Arena, Busan, Aug. 3, 6 p.m., Busan BEXCO 1st Exhibition Hall, 110,000 won.

Younha

Seoul, Jul. 26 & Aug. 2, 8 p.m., Jul. 27 & Aug. 3, 6 p.m., Jul. 28 & Aug. 4, 5 p.m., Centennial Hall of Dongduk Women's University, 88,000 won.

Eun Ji Won

Seoul, Jul. 27, 6 p.m., Jul. 28, 5 p.m., Kyung Hee University Grand Peace Palace, 99,000-121,000-143,000 won.

MAMAMOO

Daegu, Jul. 27 & 28, 6:19 p.m., Daegu EXCO, 110,000 won.

Thom Yorke

Seoul, Jul. 28, 7 p.m., Olympic Park Olympic Hall, 99,000-110,000-132,000 won.

Lee Hi

Seoul, Aug. 9, 8 p.m., Lotte Concert Hall, 33,000-55,000-77,000-99,000 won.

NELL

Seoul, Aug. 9, 16, 23, 30, 8 p.m., Aug. 10, 11, 15, 17, 24, 25, 31 & Sep. 1, 7 p.m., Hong-dae Lezhin Comics V-HALL, 88,000 won.

Car, the garden

Seoul, Aug. 10, 7 p.m., Lotte Concert Hall, 33,000-55,000-77,000-88,000 won.

Wheesung

Seoul, Aug. 11, 6 p.m., Lotte Concert Hall, 33,000-55,000-77,000-99,000 won.

K-Will

Seoul, Aug. 21, 23, 28 & 30, 8 p.m., Aug. 24 & 31, 6 p.m., Aug. 25 & Sep. 1, 5 p.m., Ewha Womans University Samsung Hall, 110,000 won.

Son Ho-young & Kim Tae-Woo

Seoul, Aug. 23, 8 p.m., Aug. 24 & 25, 7 p.m., Olympic Park 88 Lake Waterside Stage, 110,000 won.

Jang Hye-jin

Seoul, Aug. 24, 6 p.m., Jangchung Arena, 99,000-121,000 won.

Kim Bum-soo

Seoul, Aug. 24, 7 p.m., Seongnam Arts Center, Opera House, 99,000-121,000-143,000 won.

Soran

Seoul, Aug. 24, 6 p.m., Aug. 25, 5 p.m., Seoul Nodeul Island Live House, 77,000 won.



The Chainsmokers

Seoul, Sep. 6, 8 p.m., Olympic Park KSPO Dome, 77,000-99,000 won.

Jess Glynne

Seoul, Sep. 7, 7 p.m., Blue Square IMarket Hall, 90,000 won.

Ken Kamikita

Seoul, Sep. 8, 6 p.m., West Bridge Live Hall, 88,000 won.

Chucho Valdes

Seoul, Sep. 17, 8 p.m., LG Arts Center, 40,000-60,000-80,000-100,000 won.

Hans Zimmer

Seoul, Sep. 28, 7 p.m., Olympic Park KSPO Dome, 110,000-132,000-165,000-220,000 won.



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STARS AND STRIPES

Community Publication

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Stripes Sports Trivia

SAY MY NAME! Despite being an MMA fighter, my nickname isn't the fiercest one out there. Yes, it might scare some people, but probably not many of the men I've fought in the octagon. Despite that, I hold the record for the longest title reign in UFC history, and am considered one of the best ever. Who am I?

Answer

Anderson "The Spider" Silva

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The island of Jeju, South Korea, has the tallest mountain in the country, which measures in at 6,398 feet. Speaking of Jeju, it's a beautiful island that attracts people from all around the world. If you're stationed in South Korea, you should visit Jeju.

Hangul of the week



bul (fire)

Language Lesson

This looks like fun!

Jaemiisseo boyeoyo.

Crossword

by Margie E. Burke

ACROSS

- Insurance claim
- ___-bodied
- Tiny organism
- Leave out
- Gently persuade
- Kerouac creation
- Attractive on the tube
- Give the third degree
- Siesta sound
- Little by little
- Suspicious of
- Bridal wear
- Look up to
- Health-spa staffer
- Royal crown
- Rash reaction?
- Hair style
- Treaty subject
- Phony
- Spreadsheet function
- "Ben-Hur" studio
- Drink excessively
- Big chill of long ago
- Ocean voyager
- One who's up, in baseball
- Anagram for "rail"
- Hired hand
- It flied naturally
- String-quartet member
- Put on a pedestal
- What Ulee was, in a Fonda flick
- Bow coating
- Runner's assignment
- Not worth a ___
- Latest fashion
- Liveliness
- Whirling water

DOWN

- Oodles
- Sign of trouble
- Launch site
- Sports no-no's
- Hotshot pilot
- Type of drum
- Animal dwelling
- Mine
- Deep distress
- Esprit de corps
- Like some grins
- Round sound
- Wartime comrade
- Romance, e.g.
- Paint a picture of
- Fleeting
- Monroe's successor
- Mournful song
- Mother, in Milan
- Money hoarder
- WWII predator
- Power glitch
- Keypad key
- Functional

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			42	43				
44			45					46					
								47					
49	50	51					52			53	54	55	56
57							58			59			
60							61			62			
63							64			65			

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Answers to Previous Crossword:

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

SUDOKU

Difficulty: Medium | Edited by Margie E. Burke


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

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

Answers to Previous Sudoku:

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

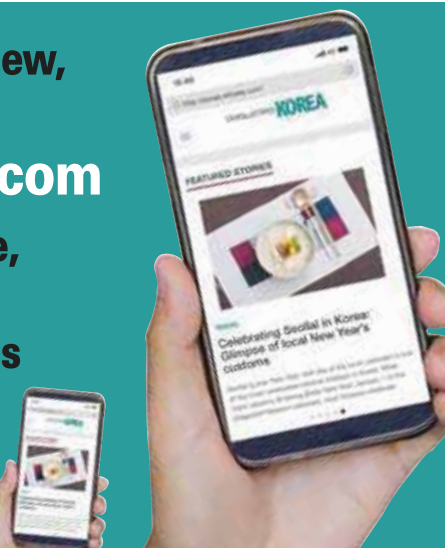
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Emotions can run high on a trip to Korea, ranging from excitement and happiness to anxiety and exhaustion. To recover from this gamut, be sure to schedule plenty of downtime in your itinerary! Some of the best places to find balance and peace of mind are at gardens and parks just outside of Seoul. Easily accessible via public transportation, you'll feel revived in no time!

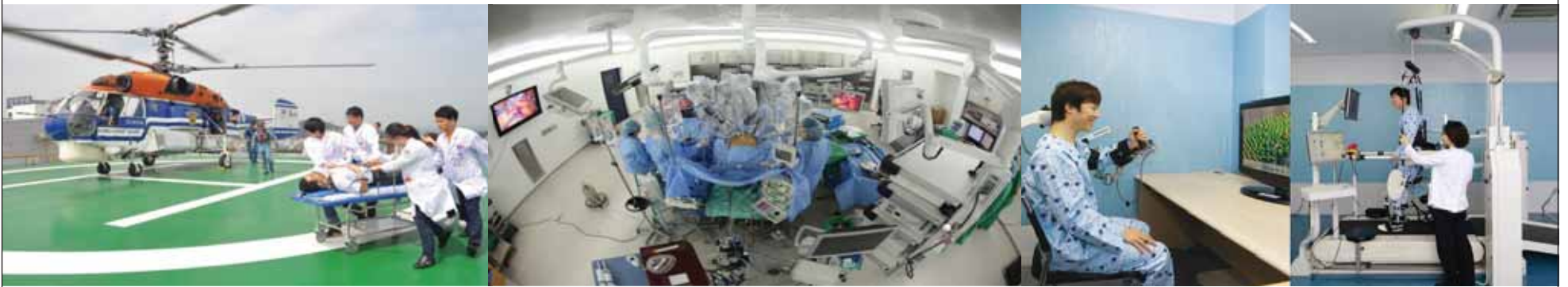
THE GARDEN OF MORNING CALM

The Garden of Morning Calm, located in Gapyeong, Gyeonggi-do, is just a 50 minute-ride out of Seoul. It is considered the best garden in Korea, bringing in more than 1,300,000 visitors a year. The name "Morning Calm" came from Sir Tagore, a poet from India, who described



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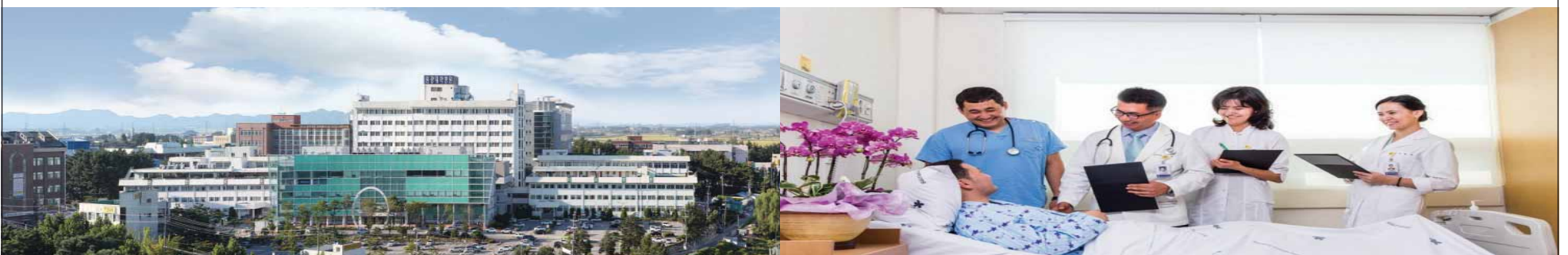
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Korea as “A land of the Morning Calm.”

Designed with the concept of Korean style curves and asymmetrical balance, The Garden of Morning Calm consists of various themed gardens, including the romantic Eden’s Garden, expansive Morning Square, and Korean Garden. One of the most popular spots among tourists is Seohwayeon Pond, a beautiful water garden that featured in the Korean drama “Love in the Moonlight (2016).”

Address: 432, Sumogwon-ro, Gapyeong-gun, Gyeonggi-do

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FALL IN LOVE WITH ILSAN LAKE PARK

Ilsan Lake Park is a large man-made lake, spanning over 900,000 square meters. The park offers visitors a chance to relax with more than 100 species of wild flowers and 200,000 diverse trees. Visitors can also enjoy a stroll around the lake along the 7.5-kilometer-long walking trail or zoom past it riding a bicycle on a 4.7-kilometer-long bike path. The park hosts International Horticulture Goyang Korea and Goyang Autumn Flower Festival annually. With different flowers blooming throughout the year, it’s a perfect place for a walk or a picnic.

With different flowers blooming throughout the year, it’s a perfect place for a walk or a picnic.

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KOREA’S MOST BEAUTIFUL LIBRARY, FOREST OF WISDOM

Within Paju Book City, there is an extraordinary library called the “Forest of Wisdom,” where you can take a walk along magnificent rows of books for a special experience. The library holds more than 500,000 books that were all donated on bookshelves reaching a height of 8 meters and covering a distance of 3.1 kilometers. The books are grouped by donors instead of following the traditional library classification. Many book lovers come to the Forest of Wisdom to savor the atmosphere of being surrounded by so many books rather than to actually read here.

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- Forest of Wisdom 2: 10:00-20:00

- Forest of Wisdom 3: Open 24 hours *Open all year round

Website: www.forestofwisdom.or.kr (Korean only)

THE BOTANICAL GARDEN BCJ (BYEOKCHOJI), A PICTURE-PERFECT SETTING



The Botanical Garden BCJ, located in Paju, is perfect for walking with level paths. You can find couples taking wedding photos all year round as the garden is one of the most popular places to take pictures. It has also starred as a filming location for many Korean dramas such as “My love from the Star (2013)” and “Descendants of the Sun (2016),” as well as the movie “The Handmaiden (2016),” and various commercials and music videos. Feel free to join in the craze and have your very own photo shoot here to celebrate your time in Korea!

Address: 242, Buheung-ro, Paju-si, Gyeonggi-do



World of Relaxation

SOUTH KOREA

BY MARIFAT FAYZULLAEVA,
KOREA TOURISM ORGANIZATION



Photos courtesy of Marifat Fayzullaeva



The Sea Life Art



Ice Age

Busan Sea Life Aquarium

Busan Sea Life Aquarium is located near Haeundae Beach. If you plan to come here right after you get off at the Haeundae Station (Exit 5), walk toward Haeundae Beach and it will take around 7 minutes.

You are supposed to spend at least 1 hour in this spot as it offers 250 species and up to 35,000 marine animals to look at (visitors usually spend around 1-2 hours here). The price may seem expensive at 29,000 won per an adult (23,000 won for children) but the ticket can lead you and your family into a world of adventures where you can meet a variety of sea animals. All visitors, especially children, love watching penguins, sea jellies and big sharks which can be viewed through acrylic windows. There may be different events such as live shows, feeding fish, watching cartoons on the screen and taking a short boat trip. However, you should watch the timetable carefully if you want to participate in any of them.

The aquarium divides into 3 underground levels with different sections, each presenting various features of sea life. The Sea life Art section is full of fun where you can take amazing photos wearing black and yellow costumes and feeling as if you are in the another world. The tunnel part is very exciting and it can feel as though you are swimming with fish around you and can touch them. Before leaving the aquarium, you will find yourself in the Ice Age where the most wonderful photos can be taken. My experience was brilliant, I learned a lot about sea animals and had many adventures along the way. It introduced me to a different view of sea life and gave me an appreciation of their lifestyle.

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Taejongdae Resort Park Busan

Taejongdae Resort Park is one of the most relaxing sea and nature discovering parks in Busan.

Taejongdae was named after the 29th king (King Taejong Mu-Yeol) of Silla kingdom. This place was one of the most famous destinations that King Taejong often used to shoot arrows. Taejongdae Resort is also considered to be the praying place for rain. There are several hidden places on the rocks to explore. One of the mysterious rocks in this resort is called Sinseonbawi Rock where gods were believed to come to relax. There is an observatory deck where you can see Japan's Mima Island on the Sinseonbawi Rock. Forests in Taejongdae Park are rich in variety, including pine and 200 other variety of trees.

You can get there easily using city buses. As soon as you leave from Busan Station, you need to cross the road and go right. From there, you can take buses No. 88 and No. 101 which depart for Taejongdae and it will take around 30-40 minutes to get there if there is no traffic jam.

When you get off the bus at Taejongdae Bus Stop, if you want to take a cruise ship journey (which costs 10,000 won for a 30-40 minute ride), I think getting in a mini-bus that stands near the bus stop is very comfortable. This mini-bus is free of charge if you use the cruise ship. After coming back from the ship journey, climbing up the hills to visit the places is very exciting. At this time, you can visit the place and have a close view of the hot spots because you are not allowed to get off the ship when you are looking over at them. If you are already tired of climbing up after you finish your journey on the ship, then it is better to get in the Danubi train which can take you to several temples and an observatory. This trip on the train costs only 3,000 won for adults. If you try all of these ways of travelling to Taejongdae, your trip will be far more enjoyable and relaxing. A breathtaking view of the natural attractions can promise you a good mood from the start of the day.

Sea view from the Taejongdae rocks



Danubi train



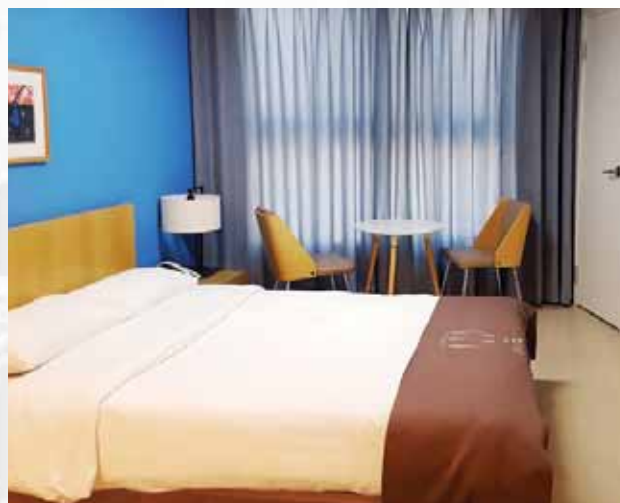
Fascinating kitchen

Traveler's Room : Feeling like a beloved home

Hotel the Mark Haeundae is a twenty-two story hotel with 200 rooms. The hotel staff was very pleasant, welcoming with bright smiles on their faces. They can help you so much, speaking several languages, which is helpful. It was the friendly service that impressed me so much and encourages me to go there again if I go back to Busan.

The Mark Hotel is one of the most comfortable and fancy hotels to stay if you want to enjoy the night view of Busan city. The hotel has a rooftop where you can sit and watch over the city while getting some fresh air. This hotel is really nearby Haeundae Beach (about a 3 minute walk) and many other tourist spots such as Busan Sea Life Aquarium (a 5 minute walk), Paradise Casino (a 1 minute walk) and BEXCO (a 10 minute walk). Hotel the Mark Haeundae offers special accommodation with a kitchen inside the room where you can cook for yourself freely. The room has a kitchen with all conveniences to make food, a big TV-set with various channels, and a fridge where you can find some bottles of water. At one corner of the room, near the window, you can find a seating area.

The private bathroom comes with slippers, washing gels, towels and a hairdryer. Free WI-FI and parking is also available. Furthermore, guests can enjoy a buffet-style breakfast located on the second floor at an additional cost. The rooms are spacious enough to share with any of your friends even if you have booked a single room. If you are visiting with your family for more than 10 days, the most appropriate choice will be the Hotel Mark as the hotel offers you an extra night free if you stay more than 10 days. Daily housekeeping service is provided by gentle staff. You can use climate-controlled heating and air-conditioning whenever you want which gives you more comfort. Moreover, there is a fitness centre where you can enjoy doing some sports. There are many delicious and famous eating places, cafes and shopping areas around the hotel.



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Military studies 'hyperfit' women who pass grueling courses

BY LOLITA C. BALDOR,
ASSOCIATED PRESS

ARMY SOLDIER SYSTEMS CENTER, Mass. — In the nearly four years since the Pentagon announced it was opening all combat jobs to women, at least 30 have earned the Army Ranger tab, two have graduated Marine infantry school and three have passed the grueling initial assessment phase for Green Beret training.

Their numbers are small, but their completion of some of the military's most arduous physical and mental courses has raised an intriguing scientific question: Who are these "hyperfit" women and what makes them so competitive?

Army medical researchers hope to uncover answers in a just-launched voluntary study.

"We're really interested in those elite women that are the first to make it through physically demanding training," said Holly McClung, a nutritional physiologist at the Army Research Institute of Environmental Medicine in Massachusetts. "The real point of the study is to characterize this unique cohort of women that has made it through these traditionally male trainings."

During early debate on the move to open all combat jobs to women, military leaders raised questions about whether women were up to the jobs or if putting them on the front lines would make units less capable.

The Marine Corps sought an exemption to keep some combat jobs closed for precisely that reason, but they were overruled by then-Defense Secretary Ash Carter.

Women, however, have increasingly made it through the nine-week Ranger course, and the numbers of those trying out for other special operations jobs is slowly inching up. The courses all encompass a number of phases and run from about nine weeks to a year or two for the most elite commando jobs.

They involve a wide array of grueling physical fitness tests, combat water survival, day and night land navigation, long road marches carrying heavy packs, extended patrols through various climates, and extensive mental, psychological and leadership testing.

The goal, said McClung, is to identify the attributes — whether mental, physical or psychological — that help the women succeed. By unlocking those secrets, maybe they can help other women compete for the same jobs.

In a small basement office at this Army base in Natick, Massachusetts, McClung and Julie Hughes, a research physiologist, are setting up a treadmill



Research scientist Leila Walker, left, is assisted by nutritional physiologist Holly McClung, center, as they demonstrate equipment designed to evaluate fitness levels in female soldiers, not shown, who have joined elite fighting units. Photo by Steven Senne

“You have to have a certain level of athletic ability, but they take it to an extraordinary level. These women are tough.”

— Mark Esper

that's linked to a nearby computer. They plan to have the women use a mask and breathing apparatus to calculate each participant's vo2 Max score, a key fitness indicator. The score measures how many millimeters of oxygen used per kilogram of body weight per minute; in other words, how much oxygen is being used at a person's peak exercise rate.

An average sedentary person may have a score of about 30. Top athletes — runners and cyclists — can score in the 80s.

The plan, at this point, is to have the military women come to Natick, in groups of two or three, and go through a range of tests over three days to identify biological and physiological markers that help define them as hyperfit. Having several tested at the same time, McClung said, will make it more interesting and encourage competition.

"This is a unique historical time," said Hughes. "There's this group of women who made

it through the training so we want to get them to at least do these observational investigations to explore what makes them unique."

That breathing test, along with others on their blood, calcium and iron levels, as well as bone density scans and exercise programs will be used to determine the women's physical fitness. Other written tests and interviews will evaluate their mental toughness and psychological resilience.

The women will take three psychological exams that are designed to determine their grit, hardiness and resilience.

For example, the military version of the resilience test lists statements and asks people to determine on a scale of one to five if the statement is definitely or mostly false, "don't know" or mostly or definitely true. Some examples of the statements are: I enjoy most things in life; I often feel helpless; I like to have a lot of structure in my life; I

carefully plan just about everything I do; it bothers me when my daily routine gets interrupted; and my successes are because of my effort and ability.

Mark Esper, President Donald Trump's nominee for defense secretary, said the study will be important to help understand fitness and perhaps reduce injury rates. He was serving as Army secretary when this study was first broached.

"My belief is it's grit — grit gets them through this," he

said. "You have to have a certain level of athletic ability, but they take it to an extraordinary level. These women are tough."

McClung said she received word on July 12 that the final study was approved. She said that if more women graduate from any of the military training courses, they could be added to the study.

McClung and Hughes also said they hope to be able to compare the women's results with similar testing on men.

It will be up to the women to decide if they want to participate. But based on feedback from some of the women, they think a number of them will want to take part in the study.

"I think we're encouraged that they'll be willing to participate," Hughes said. "They want to be counted."



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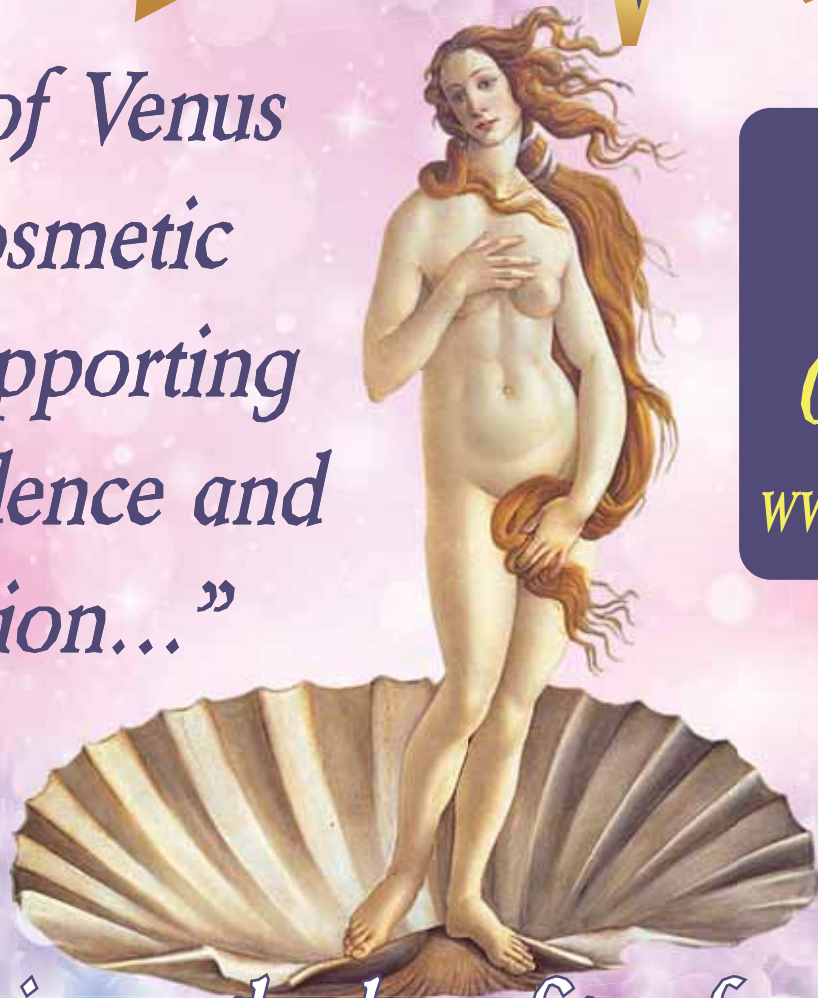
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