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# WHITE HOUSE HONORS DAEGU EDUCATOR

## Former military child named DODEA Teacher of Year

BY DAVID CHOI,  
STARS AND STRIPES  
Published: May 3, 2022

CAMP HUMPHREYS — A fifth-grade teacher at Daegu Elementary School on Camp George, named the Department of Defense Education Activity's 2022 Teacher of the Year, was honored recently at the White House.

Rachel Guilfoyle, who has taught in South Korea for the past 12 years, was among the teachers from across the United States and its territories that President Joe Biden and first lady Jill Biden recognized on April 28.

It was "humbling to have been nominated," Guilfoyle told Stars and Stripes. "I was surprised because like most teachers, you do what you do, and you enjoy what you do."

"I'm not the only one, obviously; I just happened to be the one that gets this recognition," she added. "I work with some outstanding teachers."

As the daughter of parents who immigrated from Trinidad and served in the Air Force, Guilfoyle grew up and received her education through the military's school system in Japan



Rachel Guilfoyle teaches her fifth-grade students at Daegu Elementary School on Camp George in February 2021. Photo by Pablo Mata, U.S. Army

and Europe.

Guilfoyle cited an influential teacher as her inspiration for becoming one herself, along with her desire to "give back to the military community."

"One of my favorite, memorable teachers ... really made an impression on me," she said. "She always stressed the importance of education and growing — and growing into a whole person. I just had that stuck with

me."

Guilfoyle said that children raised in military households face unique challenges in their

lives, including moving to new schools and parents who deploy frequently.

"I can definitely understand that," she said. "I feel like that gives me insight into understanding some of the unique challenges that military children face."

The DODEA system consists of 160 schools and serves nearly 67,000 students worldwide.

Daegu, population 2.5 million, experienced the first wave of the coronavirus in South Korea in February 2020. Army Col. Michael Tremblay, the former commander of Camp Humphreys, in 2021 described Daegu Garrison as "ground zero"

for the U.S. military's coronavirus cases.

As COVID-19 cases mounted and schools transitioned to distance learning, teachers were faced with an unfamiliar challenge.

"You have to find that anchor to each child to pull them in and help them grow — that itself is a balancing act," Guilfoyle said. "When COVID-19 happened, that was another dimension that we never thought about or even considered."

Distance learning, or online classes, lacked "the same energy" as in-person schooling, but Guilfoyle and her colleagues "were able to work through it," she said.

"It wasn't always easy, but we did it," she said. "We have a rhythm now."

In a speech at the White House on April 28, Jill Biden, who is also an educator, thanked the national and state Teachers of the Year.

"What makes your work so special is you — the love and the joy that you bring to it, the empathy and the understanding, the sheer power of your presence," she said. "You do this work because it's a part of who you are, because you have a calling."

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# Get your Cinnabon fix near Humphreys

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

I like many of you, enjoy a good donut, a good pastry and even a good bagel. However, growing up, I wasn't really a big fan of cinnamon-flavored baked goods at all. It took many years, but my mind was changed when the delectable scent of fresh cinnamon rolls drew me into a Daegu bakery. I gave into the intoxicating flavor and scent of the soft, buttery and cinnamon-y roll and fell in love.

Living in Pyeongtaek, the fragrance of fresh-baked cinnamon rolls was no longer around to tempt me. I thought this delicious dessert would no longer be a part of my daily life and that I'd have to go back to Daegu to seek it out. The worry of a long-distance love disappeared, however, after a fateful bike ride around my neighborhood.



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NAVER MAP

Riding my bicycle near Camp Humphreys, I stumbled across U.S. chain Cinnabon. It was like my instincts could detect the smell of cinnamon and icing before my brain and legs could cycle closer.

For many Americans, Cinnabon is a commodity, but for Koreans like me, especially for

one who is enamored with cinnamon rolls, this is something new and special.

I should add that Pyeongtaek has two locations — one near Humphreys and one near Osan Air Base.

I hopped off my bike, forgetting my destination and why I was even on a bike and followed

my nose to cinnamon roll heaven.

At Cinnabon, customers can choose from mini buns, classic buns, bite-size buns. They also have a variety of flavors like classic icing, chocolate drizzle, apple crumble and caramel pecan bun. You can order enough to feed your family or lucky

coworkers if you're feeling generous.

The menu also has an extensive coffee and drink menu to wash down the delectable cinnamon morsels.

I chose the Cinnabon combo consisting of one Classic Roll and an Americano Coffee for 7,600 won. Soon I was sitting down to have a reunion with an explosion of cinnamon roll flavor.

The Classic Roll was still warm, light and sweet and paired well with the strong Americano. The smell and flavor were as delicious as I expected. The exercise on the bike was worth every bite.

Thanks to Cinnabon's recent expansion into local areas, you too, can enjoy the cinnamon goodness without leaving Pyeongtaek. The one near Camp Humphreys is only a 10-minute walk from the walk-in gate.

[kim.chihon@stripes.com](mailto:kim.chihon@stripes.com)

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# Make your own Korean Gyranjjim for breakfast



STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

**W**e all know eating breakfast is a great way to start your day. I truly enjoy breakfast and try to make some time to whip up something delicious, even on busy mornings.

One of my favorite breakfast menu options is Gyranjjim, Korean Steamed Eggs. The common recipe for this dish consists of eggs and scallions (or chives) along with chopped vegetables.

Gyranjjim is kind of like a pudding or egg soufflé, but it has a savory and slightly salty flavor. It is a healthy staple in many Korean homes, but you can also easily find it served up in humble soju pubs and Korean BBQ restaurants.

Though gyranjjim can be made in a microwave or stovetop, the recipe below uses the classic Korean earthenware, called ttukbaegi (떡배기), over a stove burner. If you're tired of the same old breakfast, this is for you! Let gyranjjim bring a taste of Korea to your breakfast routine.

kim.chihon@stripes.com

- **PREP TIME:** 5 mins
- **COOK TIME:** 10 - 15 mins
- **TOTAL TIME:** 20 mins
- **DIFFICULTY:** Easy
- **SERVINGS:** 3 - 4



## Ingredients

- 8 large eggs
- 20 - 30g thinly sliced scallion or chives (optional)
- 20 - 30g chopped carrot (optional)
- 1 Tbsp of salted shrimp chopped or 1/4 tsp of seasoned salt (or fish sauce)
- 1 - 2 tbsp of mirin (optional)
- 1 - 2 Tbsp of milk (optional)
- 1 Tbsp of sesame oil (optional)
- 1 tsp of sesame seeds (optional-garnish)
- 1 tsp of red pepper power (optional-garnish)
- 1 tsp of baking powder (optional)
- 300 - 400ml of water/ or rice water/ or anchovy kelp stock
- A pinch of black pepper

## Instructions

**1** Chop carrots, salted shrimp, and cut scallions, then set them aside.



**2** In a bowl, beat the eggs and add mirin, oil, sesame oil, milk, scallion, salted shrimp, veggies and a pinch of black pepper. Mix well and set it aside.

*\*Pro-tip:* There are some variations of Korean steamed eggs. If you want to make the fluffiest version of steamed eggs like those served at restaurants, then add a teaspoon of baking powder to the egg mixture. It will allow you to copy the form of the so-called "Poktan Gyerranjim," which literally means bomb steamed eggs.



**3** Boil 300-400 ml water in earthenware.  
*\*Pro-tip:* You need to determine how much water you will need. The common egg and water ratio is around 1:1 in volume. I normally use medium-sized eggs which measure about 40-50ml each (one egg to 40-50ml of water). I added around 400ml of water. You can replace water with rice water or stock.



**4** When the water comes to a boil, add the mixture of eggs and reduce the heat to medium-low heat.



**5** Gently stir the eggs with a spoon in one direction, keeping on medium-low heat.



**6** When the eggs are cooked at 70-80 percent, reduce the heat to low and cover it with a lid. (Use a high-dome lid if you're making poktan gyerranjim.)



**7** Steam it thoroughly for about 3 to 5 minutes until the eggs are set.



**8** Carefully remove the lid from the earthenware and garnish with sesame seeds, green onion or your favorite seasonings or toppings. Serve it with rice.



**9** Bon appetite or 잘 먹겠습니다! (Pronounced: jal meok-ke-sse-um-nida)!

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Photos courtesy of D'strict



# E X P L O R I N G K O R E A Be one with nature at Gangneung Arte Museum

BY CHIHON KIM,  
STRIPES KOREA

The new Gangneung Arte Museum brings one of the largest digital art exhibitions to the Peninsula and offers visitors a step into a stunning immersive display. The project is the third

created by digital design company D'strict; the other two are in Jeju Island and in Yeosu. The Gangneung display is centered around the theme of "Eternal Nature" and the digital installations reflect the regional beauty of the city and surrounding Gangwon Province.

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Visitors are treated to a multidimensional experience where all senses are stimulated including sight, sound and

smell. D'strict's computer-generated Mother Nature allows visitors to saunter through mysterious beaches, forests, caves, waterfalls, and even under lightning storms without leaving the museum. It's truly an other-worldly experience!  
kim.chihon@stripes.com

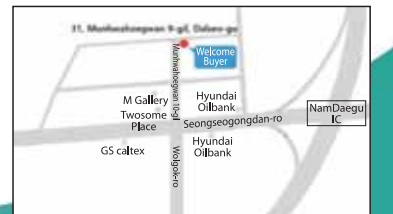


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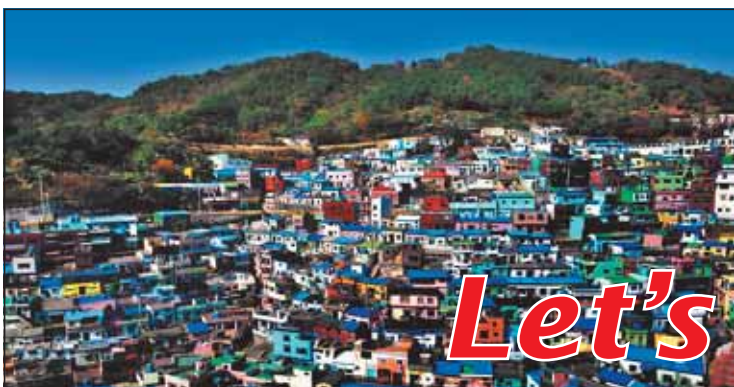
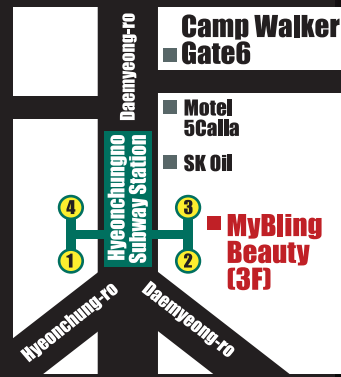
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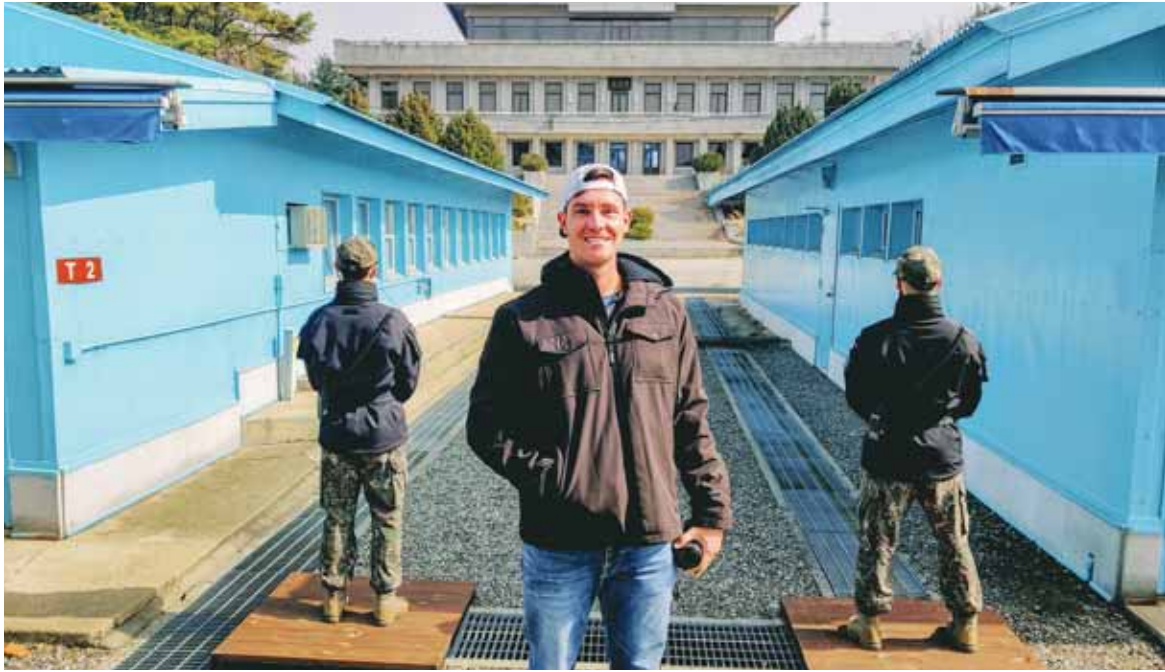
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# Let's explore Korea!





Panmon Hall in North Korea behind the UNC Conference Buildings.



A South Korean soldier stands guard against North Korea.

# 6 ominous things you only expect

STORY AND PHOTOS BY KYLE HANEY, GLOBETROTTERKYLE.COM

“Entering this room will entail entry into a hostile area and possibility of injury or death as a direct result of enemy action.”

This statement was just one of the many things I’ll never forget about my recent trip to the Korean Demilitarized Zone (DMZ). Read on as I recount my most surreal experience in South Korea to date.

So, you’re stationed/living in South Korea, and you’ve heard day in and day out that North Korea is off limits. Well, while feasibly correct (if you know what’s good for you), it’s not entirely true. I was extremely fortunate to have stepped foot in North Korea during my tour here and it was, by far, the most unique thing I’ve done in Korea to date.

The goal of this post won’t be to simply write about how I got to the DMZ and what I saw while I was there like some of my other posts. Rather, this post is about the finer details you can only experience if you visit this area yourself.

In other words, these things can’t be found in Google or anywhere else online because they’re the feelings you’ll get only if you come here in person. And they’re not warm and fuzzy to say the least.

Maybe you’re not really into reading about how or what a place can make you feel and that’s ok...

But you can Google “DMZ” and read all about it; you can easily find facts about this place. However, I think this post will capture what you’re really looking to read about with regards to the DMZ: the tension in the air, the paranoia as you scan the rooftops, the eagerness to get off the bus and to get back on the bus. Read on and see if I’m right!

## 1

### The only cars coming out are the same that went in

Remember the first time you went on a road trip with your family? My first road trip was from Colorado to Nebraska. And every time the van got closer and closer to the state line, my family and I would start chanting “Colorado, Colorado, Colorado” until finally: “Nebraska!” But, as I got older, there were

times I didn’t want to play that game. In fact, I just wanted to be in any one of the cars going in the opposite direction on the other side of the highway.

That little game I played growing up is something the South Koreans and North Koreans will likely never play in their lifetime while living on this peninsula.

Watching the number of cars on the highway dwindle down to one or two as our tour bus inched closer and closer to the DMZ was eerie to say the least. The massive traffic jam that was Seoul just an hour before we arrived at Camp Bonifas bordering to the DMZ quickly turned into only a handful of cars.

Nobody has ever chanted “North Korea, North Korea, North Korea” and then drove across the border and yelled “South Korea!” Rather, for the few that do defect, it’s more a stress-filled prayer of “Oh God, please don’t let me get killed doing this...”

The brash realization I had was that the cars headed in the opposite direction of our tour bus will always be the same ones that drove up there at some point in the past unless reunification happens.



A memorial to those slain in the 1976 Axe Incident.

## 2

### People still live within the DMZ

If you’ve heard anything about the DMZ, I imagine you think of something like the image above, right? Barbed wire, guards standing at the ready, landmines, etc. Well, you can imagine my surprise when I learned of Taesung Freedom Village on our way from Camp Bonifas to the Joint Security Area (JSA).

To be a member of this village, you must have either been born into the community or married into it. No outsiders are allowed in. As such, the ~30 kids in the

school have about 20 teachers at the ready to help them exceed, along with some of the latest technology such as 5G and free English classes taught by one of the UNC officers.

But how is it one of the best schools in all of South Korea can reside in the middle such a hostile area? If you kick your soccer ball over the fence, does it set off a landmine? What’s it like hearing the loudspeakers from North Korea play propaganda music throughout the valley?

Maybe it is one of the best schools, but do the pros outweigh the cons?

On the other side of the border is the North Korean village of Kijong, known by the US and the South Koreans as “Propaganda Village.” Built in 1953, this ghost town was constructed to lure South Korean forces over to the North.

However, the buildings at Kijong are all concrete shells with painted on windows that were never inhabited. Maintenance workers sweep the streets for a town whose population is zero and for buildings that don’t even have backs on them.

Ultimately, the only thing this town can successfully boast is a record for the fourth tallest flagpole on Earth at 525 feet. Woohoo.

## 3

### You can visit an infamous axe murder location

If you know anything about the military, every base is named after someone significant.

Camp Bonifas was named after Captain Arthur Bonifas, a Joint Security Force company commander slain while his team was on a mission to trim a tree at the Joint Security Area in 1976. You can read about the harrowing



experience here or who were actually

While the memo the poplar tree on that the concrete c is the same diamet

Even more eerie the bus and you’re than maybe a min explain why, my a Capt Bonifas was little to no warning just a few hundred of No Return.

## 4

### You bu

If you’re living heard the word “de stay. Often, this ter one crossing from t versa.

North Korean d sick and tired of b likely the worst liv ing. So much so tha the lives of their far across the DMZ.

In 2017, a North and had it not been soldiers pulling hi would have been ki

The North Kore this individual as the DMZ after gett the North Korean DMZ, some of thei of the structures; t for viewers to see.

Ever more eerie ing wall just behin that defector laid, Korean soldiers lov him to safety.

Remember “Nobody North K drove o ‘South of that “better living

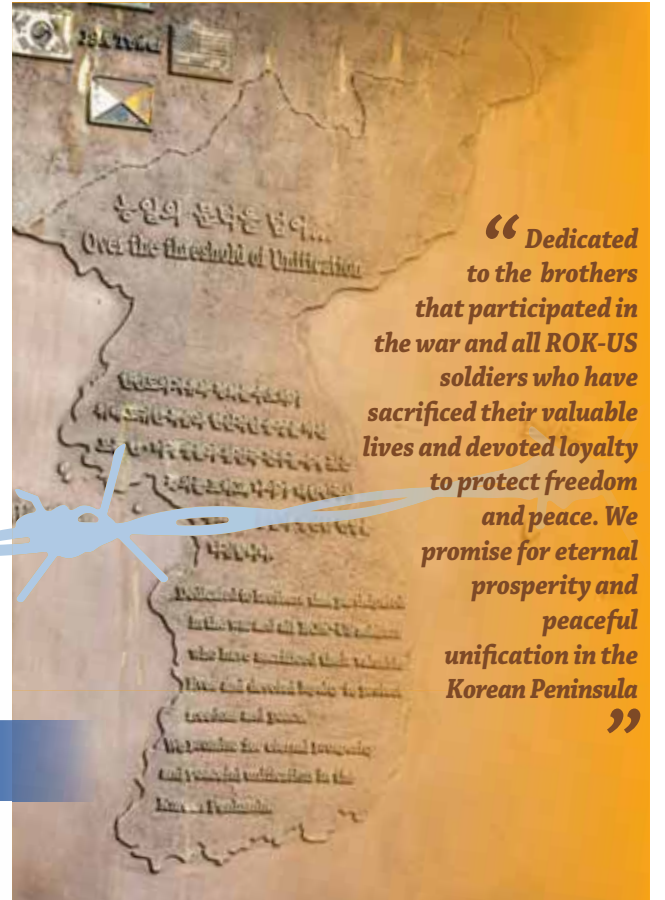




Looking towards the Bridge of No Return.



Where the North Korean defector almost bled out in 2017.



# Experience at DMZ

## FAQs about the DMZ

Watch an interview of members there that day here. Memorial stands in the place of where they stood, what's worth noting is the circle at the base of the memorial tree as the tree.

It is that you're not allowed off the tour. While the tour guide didn't say, the assessment was because of how close you were to the North Korean outpost and yards away across the Bridge of No Return.

You can see bullet holes in the buildings from as recent as 2017

In South Korea, you've likely heard of a "defector" at some point during your tour. The term is used in reference to someone who has crossed from the North into South Korea or vice versa.

Defectors are brave souls that are often in poor health and tired in what are often harsh conditions for any human being. They have to risk their life (and the lives of their family members) if they want to run away from North Korea.

A North Korean defector did just that, and for the bravery of South Korean soldiers to safety, he almost certainly died trying to cross the DMZ.

South Korean soldiers fired their rifles at him as he made a daring sprint across the DMZ. His Jeep stuck in a ditch. As South Korean soldiers fired at him across the DMZ, his rounds missed and struck one of the buildings. Those bullet holes are still there.

The shadow cast by the retained tree to the right is where the defector bled out, before two South Korean soldiers crawled up to him and pulled him back to safety.

After my earlier assumption that the defector had ever chanted 'North Korea, North Korea, North Korea' and then 'South Korea, South Korea' across the border and yelled 'I am a South Korean!' This guy's version of a chant was probably something like 'I want to die doing this than to keep my life here'...

### 5 You actually can go into North Korea, at your own risk

After our tour passed the grounds where the Freedom House stands, it was finally time to go into the negotiating rooms that straddle the line between North and South Korea. However, doing so is at your own risk.

Clear as day, a sign reading, "Entering this room will entail entry into a hostile area and possibility of injury or death as a direct result of enemy action" is hung right on the wall of the blue houses for all visitors to read and head.

Once inside, a South Korean soldier with sunglasses on and no facial expressions stands firmly, ready to tackle anyone who decides to try and cross into North Korea.

While this might sound like something the North Korean soldiers would do to keep defectors from leaving North Korea, that guard is there for your protection. He knows better than anyone what kind of world you'd be facing if you decided to try and escape, and his sole duty is to keep you from escaping to hell.

### 6 The "Plant Peace and Prosperity" tree could be a premonition...

As our tour pressed on around the Joint Security Area (JSA), the next stop was at a remarkably lonely pine tree within a well-maintained patch of grass.

The tree was planted in 2018 between the leaders of North and South Korea, together. The symbolic tree planting was dubbed "Plant Peace and Prosperity" and there were many symbolic references during the ceremony.

For example, the pine tree (a national tree in both countries) germinated in 1953, the same year both sides agreed to a ceasefire. Additionally, soil from Mt Hallasan and Paektu (the two highest and most-revered peaks in both countries) was used to help plant the tree.

However, shortly after the tree was planted, it did not fare well. According to our tour guide, the tree started dying almost immediately after it was planted and it took months of special treatment just to keep alive.

Bad omen or just poor gardening? You decide.

#### What is the Korean DMZ?

In plain terms, the Korean DMZ is an area of the Korean peninsula that demarcates North from South Korea. It's established near the 38th parallel of the world where the cease-fire line existed at the end of the Korean War (1950-1953). The DMZ is not meant to be a permanent border between the two countries, rather an armistice line since a formal treaty to end the war has yet to be officially signed.

#### Can you visit the DMZ in South Korea?

Prior to the COVID pandemic, visiting the DMZ was rather straight forward. A few different companies (e.g., GetYourGuide, Viator) offered group tours to the JSA, the Dora Observatory, and even the infiltration tunnels dug by the North Koreans into South Korea. However, due to the pandemic, the JSA is currently closed to group tours. If you are active duty military however, tours are still available but rare. You'll have to work through this website to arrange a tour and likely have Commander endorsement (but not positive).



CHECK WEBSITE

#### How do you visit the Korean DMZ?

Due to the pandemic, the JSA is currently closed to group tours such as GetYourGuide and Viator. However, if you are active duty military, tours are still available but rare. You'll have to work through this website to arrange a tour and likely have Commander endorsement (but not positive).



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#### Why is the Korean DMZ forbidden?

From a South Korea perspective, the actual area within the DMZ is forbidden for your protection. To this day, the area is still lined with thousands of mines and unexploded ordinance (UXOs) resulting from the Korean War. From a North Korea perspective, South Korea is off-limits and you are not allowed to go to South Korea; that's why the DMZ is there. As a matter of fact, you will be shot (no questions asked) if you are a North Korean trying to defect to South Korea. For more info on why there even are two "Koreas", read this History article.



CHECK WEBSITE

#### How dangerous is the DMZ in Korea?

If you're walking around the DMZ (which you're not allowed to do btw but let's go with it), it's exceptionally dangerous. The area within the 4km wide DMZ is still lined with thousands of mines and unexploded ordinance (UXOs) resulting from the Korean War. Additionally, if you scroll to the top of this post, you'll see the quote that was given to my tour before we entered the negotiating rooms that straddle North and South Korea.

#### How wide is the DMZ between North and South Korea?

The DMZ between North and South Korea is 2 1/2 miles wide (1.25 miles into each country) and stretches from the east coast to west coast of the Korean peninsula for 150 miles.

#### What incidents have occurred at the DMZ?

There have been numerous incidents at the DMZ ranging from warning shots to deter action on both sides to the infamous Axe murder incident on August 18, 1976. To read about the most significant of the incidents, check this site.



CHECK WEBSITE

#### What kind of wildlife and biodiversity are at the DMZ?

Since the territory within the DMZ hasn't been disturbed since the 1950s, the DMZ is considered one of the most exquisite locations in all of Asia for biodiversity and wildlife. Home to over 6,000 species of flora and fauna, this "accidental paradise" consists of white-naped cranes, black-faced spoonbills, mandarin ducks, musk deer, and even the endangered Asiatic black bear.

North Korean uniforms at the Joint Security Area (JSA).

"Propaganda Village" from the JSA Tower.



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# Serenity surrounding Seoul

KOREA TOURISM ORGANIZATION

Courtesy photos



### 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 relaxing attraction in the Seoul metropolitan area, bringing in more than 1.3 million visitors a year. The name "Morning Calm" came from Sir Tagore, a poet from India, who described Korea as "a land of morning calm."

The Garden of Morning Calm consists of various themed gardens, including Eden's Garden, Morning Square, and Korean Garden, each relaxing in its own style. 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)."



### Forest of Wisdom

While it isn't a garden with flowers and plants, you can still find plenty of relaxation at the extraordinary "Forest of Wisdom" within Paju Book City. Here, you can take a walk along towering 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.



### Ilсан Lake Park

Ilсан Lake Park is one of the most easily accessible relaxing attractions in the Seoul metropolitan area via public transit. 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 Horticuture 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.



### The Botanical Garden BCJ (Byukchoji)

The final attraction we recommend for a relaxing day-trip out of Seoul is The Botanical Garden BCJ. The garden has a great atmosphere, created by many rare plants, famous sculptures, and beautiful fountains. The garden is divided into themed areas, such as the Fluttering

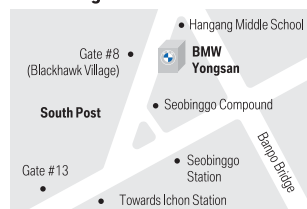
Area, and Grecian Gods Area. Amenities within the garden include a brunch café, food court, gift shop, and gallery. Hallyu fans will love to find the areas that appeared in popular K-dramas such as "Descendants of the Sun (2016)" and "My love from the Star (2013)."

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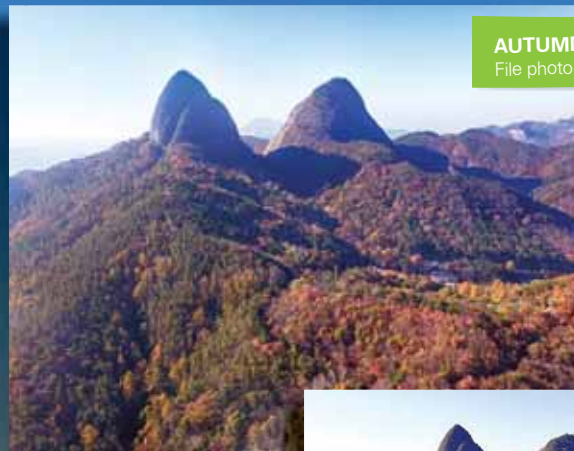
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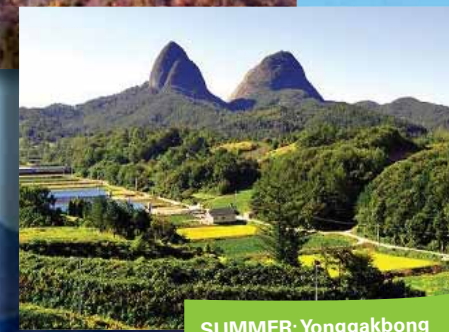




WINTER: Munpilbon  
Photo courtesy of Jinan Office



AUTUMN: Maibong  
File photo



SUMMER: Yonggakbong  
Photo courtesy of Jinan Office

SPRING: Dotdaebong  
File photo

# MAISAN MOUNTAIN

## Ever-changing seasonal views and great hiking

STORY AND PHOTOS BY CHIHON KIM,  
STRIPES KOREA

When it comes to mountains, height isn't always everything. At a mere 685 meters, Maisan Mountain, located in Jianan-gun, Jeollabuk-do, may not be very tall, but it offers a great view of neighboring peaks and unique topography. From its peak, the view of Tapsa Temple, with its mysterious 80-stone pagodas, is worth the leisurely climb alone.

A 2-hour drive from Camp Humphreys and Osan Air Base, Maisan is a great escape from the hustle and bustle of the city that offers some great hiking.

Many visitors to the mountain visit multiple times a year as its scenery changes with the season and, to match, so does its name.

**Maisan** means "horse ear mountain," since its peaks resembles a horse's ear. In the spring, it is called "**Dotdaebong**" meaning "mast peaks," because it seems like the mast of a boat floating on the ocean as the spring mist rises. Its summer name is "**Yonggakbong**," meaning "dragon horn peaks," because the peaks standing out against the sky and the green wood around it are very much like a dragon and its horn. In fall, it's called "**Maibong**," or "horse ear," because in the glow of the autumn leaves, the peaks look like horse ears. Finally, "**Munpilbong**," its winter name, means "ink brush peaks," since the peaks poking through the snow are shaped like brushes dipped in black ink.

There are many hiking trails on the mountain, but for a trail with moderate difficulty, try a 3-hour detour around the Tapsa Temple (2000KRW, or \$1.73, for admission to the temple and the hiking trail) with easy access to the temple.

Most tourists visit this area for the temple, so starting from the trail head near the south parking lot (2000KRW, or \$1.73 for parking), is an easy walk and gives direct access. Expecting a more difficult trail, I brought trekking poles, which I didn't need at all.

Before you get to the ticket office for Tapsa Temple, stop for a look at Geumdangsa Temple, which has no admission charge. At this temple, visitors can take a peek at a 300-year-old portrait of Buddha.

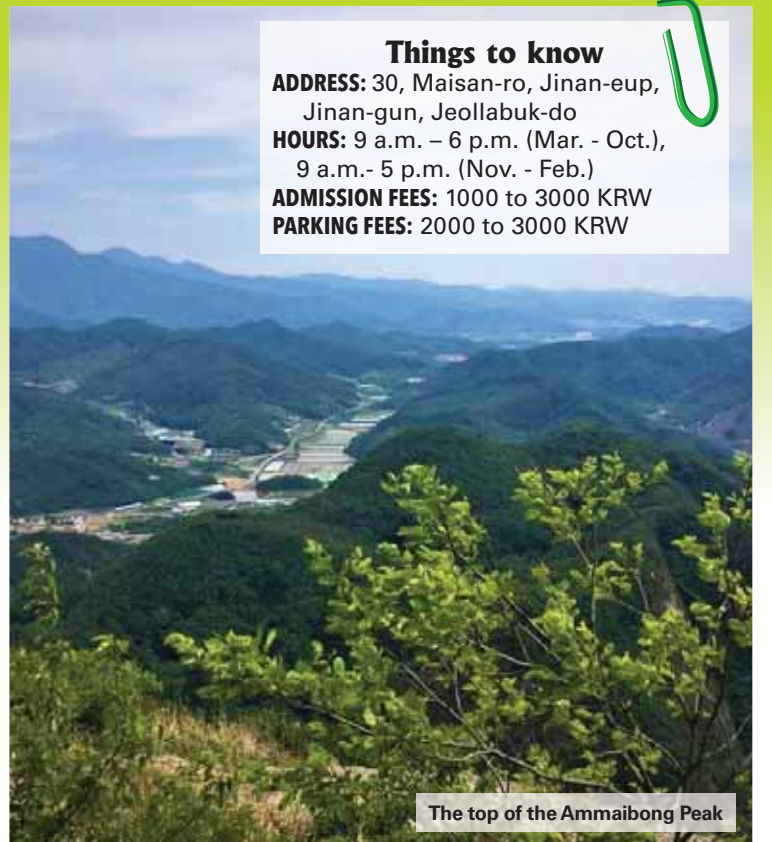
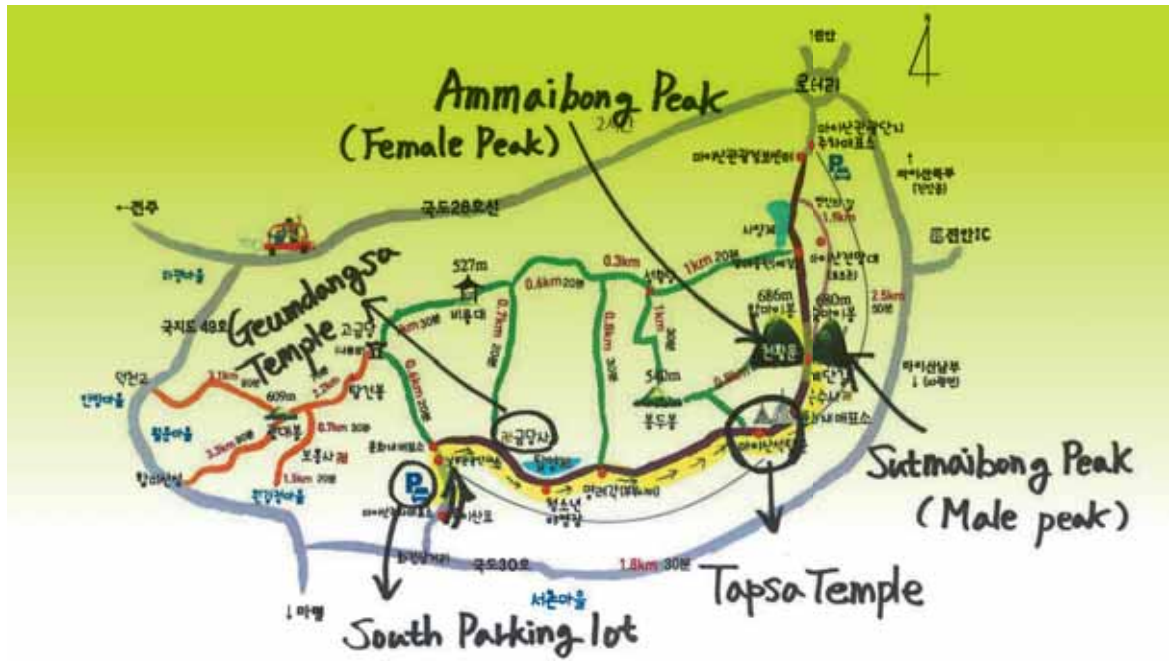
Once past the ticket gate, the path is lined for about two kilometers with cherry blossom trees offering nice shade and, in the spring, a great place for



The first view of the entire Tapsa Temple

Check it out





**Things to know**  
**ADDRESS:** 30, Maisan-ro, Jinan-eup, Jinan-gun, Jeollabuk-do  
**HOURS:** 9 a.m. – 6 p.m. (Mar. - Oct.), 9 a.m.- 5 p.m. (Nov. - Feb.)  
**ADMISSION FEES:** 1000 to 3000 KRW  
**PARKING FEES:** 2000 to 3000 KRW

The top of the Ammaibong Peak

viewing the pale pink flowers.

The landscape of Tapsa is so different from anything I've ever seen at other temples in Korea. When you reach the main temple area, it will feel like you entered a different world. There are numerous pagodas to catch your eye along with Ammaibong Peak, which provides a beautiful background. Although it is said that there were over 120 hand-built stone pagodas of all shapes and sizes at one time, today, only 80 remain. These 80 pagodas still manage to give the temple an aura of mystery.

According to local history, the towers were erected in the early 1900s by layman Lee Gap Yong, who lived from 1860 to 1957. Lee spent several decades there developing his mind and praying for the redemption of the non-believers as he built the stone pagodas.

Although the story that he alone built the structures is still told to this day, adding to the mysterious atmosphere of this temple, current belief is that he had a helper. These pagodas built from native rocks look fragile to the eye, but they've lasted over 100 years and have even survived numerous typhoons over the years.

The highest twin pagodas, called "Cheonjitap," are behind the temple and many believers and tourists bow at these because they are believed to hold supernatural power.

If the initial hike to the temple doesn't tire you out, make your way up the trail with access to the top of the Ammaibong Peak. There you will see a third temple, Eunsusa, at the foot of the mountain. The hike up to the top is a little steep, but there are steel guardrails to assist hikers. This stone peak has a distinct surface due to the "taponi," a topographic phenomenon that makes the stone look almost like a honeycomb.

Visit Maisan Mountain multiple times to take in the changing landscape. This is a great spot for a relaxing stroll into Korean history.

kim.chihon@stripes.com



Sutmaibong peak



Cheonjitap

**Speakin' Korean**

■ Do you like mountain hiking?  
Deung-san joahaeyo?

■ Where is the trail?

Deung-san-loneun eodie innayo?

■ Bug repellent  
Sal-chung-je

■ Let's go camping next weekend!  
Da-eum ju-mare kaemping-gayo!

■ Where can I buy camping equipment?  
Kaemping jangbi-neun eodiseo sal su isseoyo?

■ There is a sporting goods store I like in Seoul.  
Seoul-e naega joh-a-ha-neun yong-pum-jeom-i isseoyo.

■ Which supplies do I need? You will need a tent, a sleeping bag, a

backpack, hiking boots, a flashlight, and a warm jacket.

Eotteon junbimuri piryohalkkayo? Tenteu, chimnang, baenang, deungsanhwa, sonjeondeung, ttatteutan jakesi piryohal geoyo.

■ How long is it to climb to the top?  
Jeongsangkaji ol-la-ga-neun-de eol-ma-na geol-lyeo-yo?

■ The scenery is so beautiful!  
Punggyeongi neomu yeppeoyo!

■ Will we have a picnic? Yes, let's buy lunch and snacks at the grocery store to eat on the trail.

Uri so-pung ganeun geoyeyo? Ne, super-e-seo deung-san-gaseo meogeul jeomsim-irang gansik jom gachi sayo.

Where is the trail?

Deung-san-loneun eodie innayo?

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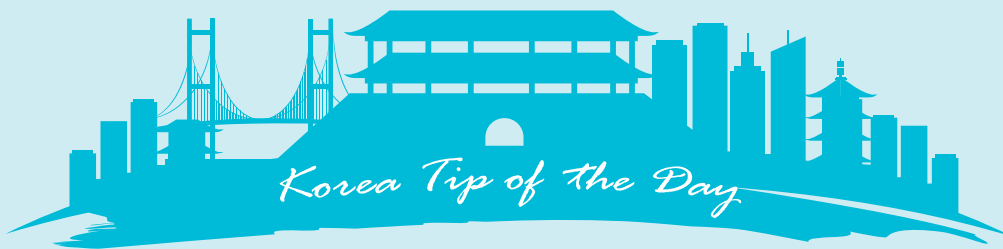
Ron Easley

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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## Life in Busan app makes your travel easier

BY CHIHON KIM,  
STRIPES KOREA

Using interpretation apps is one of the efficient ways to overcome language barriers. Though the 1330 travel hotline and BBB Korea are well-known and useful apps that offer real-time interpretation services for free in Korea, you might want to add “Life in Busan” as a travel app option if you’re living in or planning to travel to Busan.

The app supports 17 different languages, including English, and covers everything Busan-related. Check out travel suggestions and get answers to daily life questions you may have like trash disposal days and where the local police station is in Busan. The app is run daily from 9 a.m. to 9 p.m. by volunteers and offers not only on-site interpreting and online chat, but also professional counseling. It is available both on Android and iOS.

kim.chihon@stripes.com



Photos courtesy of Busan city hall

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Sat. July 16 - Mon. August 15, 2022 (31 days)

**Location**  
(Main event hall) Daechon Beach, 2282, Sinheuk-dong, Boryeong-si, Chungcheongnam-do

**Programs**

**Fees**

Category	Entrance fees (₩)		Note
	On-site	Reservation	
Regular ticket	Adult	12,000	• Adult : 19-64 years old • Teenager : 13-18 years old • Child : 4-12 years old
	Teenager	9,000	
	Child	6,000	
Group discount ticket	Adult	9,000	• Group discount - Koreans : 20 or more visitors (both on-site and reservation ticketing) - Foreigners : 10 or more visitors (both on-site and reservation ticketing) • Special discount (regardless of the number of visitors) - Others : 65-74 - Boryeong citizens (based on resident registration)
	Teenager	7,000	
	Child	5,000	
Free entrance			• Person of national merit and veterans, recipients of the national basic livelihood security program • Person with disability and his/her companion • Seniors aged 75 or more • Children under the age of 4, government officials' duty visits, diplomatic delegations • Representative of a group (1 person per 20 visitors), 1 tour guide • Teachers leading a group of students

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# Stripes Sports Trivia

The final game in the movie "Hoosiers" was shot at Hinkle Fieldhouse. In real life, the fieldhouse is home to the Butler Bulldogs, and lately, the program has gone from underdog to basketball power. In 2010, the Bulldogs were a mere inches away from beating Duke in the National Title Game. Who took the half-court shot for Butler that nearly became the greatest of all time?

Answer

Gordon Hayward

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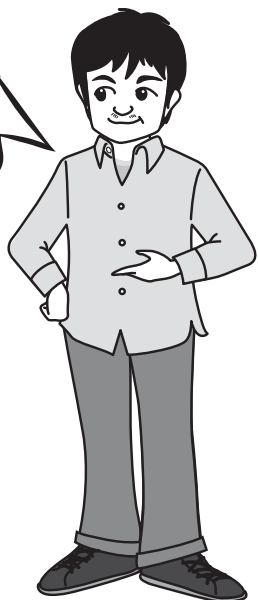
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### DID YOU KNOW?

**M**any believe Korean cold noodles are one of the best summer delicacies for coping with the sweltering summer heat. Originally, however, the cold noodle dish was a winter food. That is because buckwheat, the main noodle ingredient, cold radish water kimchi, one of the key ingredients of broth, tastes best in the winter season. Thanks to the invention of the refrigerator, Naegmyeong now has its spot in the summer seasonal menu.



Hangul of the week **손바닥**  
sonbadak (palm)

### Language Lesson

Me too.

Jeodo(yo).

### Crossword

by Margie E. Burke

#### ACROSS

- 1 Invitation letters
- 5 Historic periods
- 9 Silents star Mary
- 14 Palace resident
- 15 Soft rock?
- 16 Waste metal
- 17 Neck part
- 18 Shots, for short
- 19 Glide along
- 20 Lock of hair
- 22 Like many wallpapers
- 24 Bacon portions
- 26 Dollar divisions
- 27 Like some garages
- 30 Faux \_\_\_\_
- 33 Biological stages
- 36 Window ledge
- 37 "Reversal of Fortune" Oscar winner
- 38 Playground game
- 39 Power glitch
- 40 Urban unrest
- 41 Airplane measure
- 43 CT time zone
- 44 Bibliophile's destination
- 45 Reject rudely
- 47 Corrections list
- 51 Take turns
- 55 Pillow filler
- 56 Cowboy gear
- 57 Fail miserably
- 59 Clothing line?
- 60 WWII German sub
- 61 Margarita fruit
- 62 Alternatively
- 63 Blabs
- 64 "Lane" anagram
- 65 Farmer's purchase

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		48	49	50
51	52							53	54		55		
56								57		58		59	
60								61				62	
63								64				65	

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- 3 Deadly snake
- 4 Polk or Pierce
- 5 Posting at LAX
- 6 Loading device
- 7 \_\_\_\_ mater
- 8 UK breakfast foods
- 9 Move up the ladder
- 10 Curling, e.g.
- 11 Take place
- 12 River of England
- 13 No longer working (abbr.)
- 21 Glasses, briefly
- 23 Caddie's bagful
- 25 Hog haven
- 28 Ready for use
- 29 Metallic sound
- 31 Seaweed
- 32 Downhill racer
- 33 Former Italian coins
- 34 Pupil surrounder
- 35 Chair accessory
- 36 Plot twists, e.g.
- 39 Fern-to-be
- 42 "Steady as \_\_\_\_ goes"
- 44 Pops like a balloon
- 46 Flower part
- 48 "Skyfall" singer
- 49 Fluff hair
- 50 Packing heat
- 52 Stud site
- 53 Work hard
- 54 She played Skooter in "The Help"
- 58 Stein or Stiller

#### Answers to Previous Crossword:

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

### SUDOKU

Edited by Margie E. Burke

Difficulty: Medium

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

#### Answer to Previous Sudoku:

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

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### 2 HIFU (High Intensity Focused Ultrasound)

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- More than 600 cases experience procedure and technical expertise annually.
- From infertility to pregnancy of a patient with uterine fibroids and adenomyosis through Hifu.
  - *The first success story south of Han River!*
- 8 successful pregnancy cases among 15 infertility patients with uterine myoma.
  - *Received 2009 Maternity-Friendly Policy Award (Presidential Award)*



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

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

### 4 High Risk Maternity Care Center

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

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

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

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# STARS AND STRIPES®

As we close this chapter of our lives, the Class of 2022 enters its next chapter determined, resilient, and most of all, adaptable. From having protective barriers at lunch, to remaining six feet apart from our friends, and even grabbing a mask before we leave for school, we have been able to adapt to the ever changing circumstances of life and made the best of the situation.

- Jena Graves,  
On behalf of the Humphreys High School Class of 2022

# Grad Tab

# 2022



Daegu High School  
Humphreys High School  
Osan High School



# Daegu High School

Abaya, Junelle  
 Berry, Michael  
 Bollinger, Nacala  
 Book, Kaelan  
 Bradden, Xiomara  
 Brennan, Elizabeth  
 Coleman, Patricia

Cutting, Trinity  
 Evans, Samaree  
 Francisco, Ulrich  
 Furman, Dreycel  
 Gardner, Shaniya  
 Hager, Margaret  
 Jackson, Brandon

Jang, Shawna  
 Jones, Michael  
 Kim, Soyon  
 Langer, Ava  
 Lee, Yein  
 Merchant, Leah

Miller, Gianna  
 Pedro, Maria  
 Randall, Kayla  
 Sahagun, Jaela  
 Thurman, Issamaly  
 Yoo, Michelle





### Small but mighty!

With every bump and obstacle in front of us, we pushed through to see the light at the end of the tunnel. We endured through the challenges of the pandemic, always quickly adjusting to any changes within our community such as remote-learning and limited opportunities due to COVID restrictions. Our small but mighty class of 25 students are some of the most resilient and driven students Daegu has seen, and we are beyond excited to see where it will lead each of us as our new journey begins. We could not have made it through this successfully without the help and support of our family, teachers, administrators and staff, and community members who all motivated us until the very end.

Thank you to all of our families and community members who have always shown up to cheer on our seniors at every sport and class event. Thank you to our parents for always being there to support every decision. Without the unconditional love you show us everyday, we wouldn't be where we are. Thank you to all of our teachers and staff, who encouraged us to go the furthest every single day. Your work and efforts will never be forgotten.

Thank you to Mr. Grade for your constant and continuous efforts to give our class the most opportunities during our years of high school. Out of the kindness of your heart, you paid for each student's senior photo and banner, and we are so grateful. We appreciate your hard work and dedication to your job, and wish you all the best as you step into retirement.

Thank you to Mr. Cochran for helping every senior pave their path to success. Whether it was through the guidance of college applications, scholarships, or workforce preparation, you helped each student in our class land into great opportunities. One of the most reliable members of our school, there was not a single time you backed down from helping each student. Your efforts and encouragement will always be remembered by our class. We wish you the best of luck as you also step into retirement.

Thank you to our class sponsor, Ms. Wassmer. We know this wasn't easy for you at all to take on all the responsibilities of facilitating every senior event this year. You proved your strength all throughout the year, you are the anchor to our class. We love you, and thank you for being amazing. Thank you to Ms. Burns, Ms. Fisher, and Mrs. Imrie for your constant support and assistance. You all have made an everlasting impact on each and every student in our class.

Lastly, thank you to the Class of 2022. Our growth, determination, and strength will remain a legacy to DMHS. Everyone of us has come far and grown as individuals, and we are beyond proud of each and everyone of you. We wish you all nothing but love and success as you all go on into a new chapter of your lives.

*Shawna Jang, Class President  
Daegu Middle High School Class of 2022*





# Osan High School

Agans, Emily  
 Bedard, Arianna  
 Clark, David  
 Clark, Halie  
 Craft, Aysha  
 Davis, Savannah (DVS)  
 Edmunds, Katelyn  
 Elliott, Naomi  
 Floyd, Conner  
 Gley, Chamille  
 Henson, James  
 Hess, Caleb  
 Hess, Justin  
 James, Xoie  
 Jimenez, Jade  
 Koo, Joseph  
 Kubalek, Corbyn  
 Lee, David

Lunn, Gavin  
 McCollum, Brianna  
 McCool, Stephen  
 Medina, Nicholas  
 Mountcastle, Anne  
 Pele, Ingrid  
 Reddick, Lynhui  
 Riel, Adrien  
 Rivera, Jose  
 Russell, Kori  
 Samson, Jacob  
 Song, Yun "Sasha"  
 Sparks, Stacy  
 Taylor, Naomi  
 Towne, Joseph  
 Turner, Damon  
 Weatherwax, Sage  
 Yothachai, Kanyakorn

### Osan Air Base Home School Graduating Seniors

LeBlanc, Eliza  
 Paul, Gracie  
 Perkins, Zoe



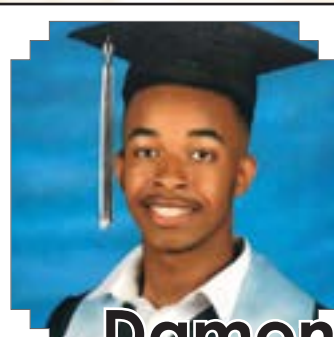
After two years of pandemic living, seniors enjoyed a fun-filled day at Everland together in April.



**Corbyn**

*You've made it all these years without a boyfriend, we're SO proud! Oh congrats on that graduating thing too.*

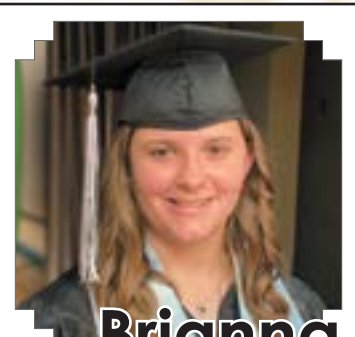
— Love, The Kubalek Fam



**Damon**

*We are extremely proud of you and know you'll continue to make great achievements in your future. Love you!*

— Mom, Dad, and Jasmine



**Brianna**

*We are so proud of you and can't wait to see what you accomplish in the future.*

Love, mom, dad, Brian Jr., Bradleigh, Bailee, Sparky, and Butterball



Seniors Stacy Sparks, Nick Ruiz, Kori Russell, Naomi Taylor, Damon Turner, Arianna Bedard, Anne Mountcastle, Corbyn Kubalek, and David Lee show some senior love.



Senior spent a few weeks preparing for this day. They broke into groups and learned to cook and bake various recipes to make their own Thanksgiving meal as a PBL project.



Senior Officers, left to right: Vice President Anne Mountcastle, President Ingrid Pele, Spirit/Activities Coordinator Aysha Craft, and Secretary Katelyn Edmunds have advocated for homecoming activities, project-based learning days, and senior interests throughout the school year.



Seniors Ingrid Pele, Anne Mountcastle, Stacy Sparks, Kori Russell, Moira O'Malley, and Arianna Bedard enjoy hanging loose as Tourists during Homecoming.

### Thank you one and all!

I am OMHS Senior Class President Ingrid Pele, writing to you together with our Senior Vice President, Anne Mountcastle. As our high school years at Osan Middle High School draw to an end, we would like to take this opportunity to express our gratitude towards everyone who supported our class to successfully complete our high school careers. These past few years have been especially challenging, but with the support of those around us we made it to the end.

First and foremost, we would like to recognize and give our utmost thanks to our parents and guardians. You were our very first teachers. Without your constant support, encouragement, and guidance, we would not have become the people we are today. You work very hard everyday to provide for us everything we need and want. You are our biggest fans at sports competitions, the best chefs who put meals on the table, and the most fantastic chauffeurs taking us to our destinations. Our parents and guardians have raised us to be better people than we were yesterday. We thank you for loving us unconditionally even in the times in which we may have struggled and may have been rebellious.

To our teachers, counselors, administrators, and coaches, thank you for supporting us on our high school journey. Thank you to our teachers for all the hours you have put into lesson planning and for all the patience you have had throughout all the hours of teaching. Through the good and bad days, your enthusiasm and love for teaching your students sparked the flame of knowledge and inspired us to keep pushing forward. Thank you to our counselors who set us up for success in our next step in life. A thank you to our coaches and club leaders who pushed us to new challenges and helped us grow as leaders. We will forever be mindful of the hardwork and dedication it takes to support high school students.

To our military community, thank you for all the opportunities that you have provided us. Whether we were in school in the states, or even abroad here in Korea, our military community welcomed us with open arms wherever we went. The countless opportunities the military has provided for us is unmatched, and we are truly thankful for all the memories, friends, and opportunities. We would like to give a special thanks to Mr. and Mrs. Reddick for giving us the opportunity to help our senior class have a memorable senior trip this year to Everland. We appreciate the opportunity you gave us to come together as a class and have fun as the pandemic ends.

And, finally, to my fellow graduates, we have finally did it! This is the time we have all been dreaming of. Here we are now, less than months away from entering the next chapter of our lives. We fought every morning alarm, pulled various all-nighters, endured some hardships, prayed through many tests, and navigated through numerous, but it was all worth it in the end. And, we will always have our Thanksgiving together. We would not have made it this far without each other and the memories we have all made together will always live on in our hearts. We'll see you at graduation.

*Ingrid Pele and Anne Mountcastle  
Osan Middle High School Class of 2021 President*



Seniors in their group hoodies ready to celebrate their Thanksgiving feast.

STARS AND STRIPES



class of

2022



# Humphreys High School


Acasio, Nathan Joshua  
 Ahn, Hannah  
 Ahn, Matthew  
 Alaska, Tanya Nicole  
 Alicea, Krystal  
 Amicangelo, Michael  
 Areniego, Alaina  
 Banchs, Kelvin  
 Banchs, Kevin  
 Banks, Roanne Hazel  
 Belen, Jecer Ace  
 Bell, Nicholas  
 Bochat, Lucas  
 Bonner, Ericka  
 Borelli, Blake  
 Bridges, Madison  
 Brinkerhoff, Jaida  
 Brown, Elizabeth  
 Brown, Isaac  
 Burgman, Caitlyn  
 Carvajal, Caridad  
 Casillas, Aryana  
 Ceja, Lizette

Celis, Cesar  
 Cha, Su-Young  
 Cho, Jeremy  
 Chu, Stephanie  
 Clark, Ashley  
 Clites, Willard  
 Colburn, William  
 Colon-Marrero, Yariel  
 Conner, Joseph  
 Cora, Carolina  
 Delosreyes, Ryan  
 DeMarco, William  
 Dennis, Enna  
 Derby, Benjamin  
 Domanowski, Donovan  
 Droge, Sarah  
 Elkey, Roselyn  
 Fernald, Jacob  
 Figueroa, Abigail  
 Fouss, Mason  
 Frank, Anastasia  
 Fraser, David  
 Freeman, Aria

Gordon, Adison  
 Graves, Jena  
 Hahn, Deacon  
 Han, Luke  
 Hanspard, Michael  
 Hogue, Kiersten  
 Howell, Deven  
 Hudson, Aidyn  
 Jackson, Amelia  
 Jackson, Omarion  
 Jenkins, Shawn  
 Jett, Xavier  
 Jones, Jaden  
 Jung, Chris  
 Kang, Eliana  
 Kelley, Aidan  
 Kim, Alex  
 Kim, Caleb  
 Kim, Daniel  
 Kim, Hannah  
 Kim, Jeremiah  
 Kim, Joseph  
 Kim, Minchan

Kim, Rachel  
 Klimis, Nicholas  
 Lampkin, Clinton  
 Lampley, Paris  
 Lee, Joe  
 Lee, Minwoo  
 LeFever, Alyson  
 May, Adam  
 McClintic, Connor  
 McDade, Timiya  
 McGhee, Jayla  
 Michael, Grace  
 Munoz, Jacin  
 Natermaldonado, Luis  
 Negrón Suarez, Diego  
 Nivar, Mario  
 Norman, Summer  
 Odejoke-Maxwell, Joshua  
 Oh, Donggeun  
 Oh, Matthew  
 Peoples, Aaron  
 Petracca, Laurie  
 Roberson, James


Robinson, Isaac  
 Samore, MaverinaImagine  
 Sanchez, Vassili  
 Sarangoulis, Samarra  
 Selga, AJ Brian  
 Shaw, Makayla  
 Sinclair, Toddi  
 Smalls, Alexis  
 Smith, Garrett  
 Song, Simon  
 St. Andre', Loretta  
 Steele, Ace  
 Surrent, Miranda  
 Swantkowski, Kyra  
 Taft, Justin  
 Wamer, Alexia  
 Watson, Bri'an  
 Wells, Kangsan  
 White, Angelica  
 White, Michelle  
 Yannacci, Timothy  
 Yoon, Elaine  
 Yurisich, Makenna



**Adison**  
 We are so proud of you, Bud!  
 I know you will accomplish  
 all that you go after.  
 We love you!  
 — Mom and Dad



**Alexia**  
 We Know It Hasn't Always  
 Been Easy, But You  
 Never Gave Up. We Are So  
 Very Proud Of You.  
 — Mom & Dad



**Aria**  
 Behind you, your memories.  
 Before you, your dreams.  
 Around you, all who love you.  
 Within you, all you need!  
 — Mom & Dad



**Jaden**  
 We are very proud of you  
 and look forward to  
 what the future holds.  
 — Love Mom,  
 Dad, and Keegan



**Joshua**  
 Congratulations Joshua!  
 I am so proud of you.  
 With God you will continue  
 to succeed in life.  
 — Love Mom



**Jaida**

*When things are not going your way, just know that WE are always SMILING down on you!*

**Love, Your Guardian Angels: Momo, Pawpaw and Pa**



**Jaida**

*May your graduation be the first step to your future success. Be humbled. Be kind. Be a Beast!*

**Love, "My Sister's Protector: Jalen, Jayden and JoJo**



**Jaida**

*Soar Baby & Shine Bright*

**— Mom & Dad**



**Madi**

*Congratulations on your big day! I'm so proud of you, the sky's the limit, so dream big!*

**— Mommy**



**Mason**

*Congratulations! Don't follow the path. Go where there is no path and leave a trail.*

**— Love, Dad, Mom & Kyla**



**Matthew**

*Congratulations! We're proud of you and wish you continued success at Cedarville University.*

**— Mom, Dad, and Debi**

### The Finish Line

Humphreys High School's Class of 2022 would like to express its sincere gratitude towards our amazing faculty, parents, and community for the unending support you have provided us not only this year, but throughout our high school experience. Though our high school experiences have been far from normal due to the COVID-19 pandemic, it is safe to say that we were able to spend our senior year with a sense of normalcy. Not many people can say they have finished high school during a pandemic, and although we can blame COVID-19 for missing school and hindering us from our want of learning, the Class of 2022 persisted and can proudly say that we fought through that struggle and didn't let it stop us.

To our parents, thank you for providing us with support from the very beginning. You have continuously encouraged us to be the best versions of ourselves, and have taught us a plethora of values and lessons that will transfer over to our next chapter of life. From cheering us on at our sporting events to attending our senior class meetings, all the small gestures convey your support of and commitment to us. Beginning with taking our last first day of school pictures, to watching us walk across the stage, we will never forget the foundations of unconditional love and support in which we were raised. As a result of your continued support and reassurance, we have developed a sense of confidence to pursue our aspirations and take on new challenges.

To our teachers and faculty, thank you for shaping us into the well-rounded individuals that we are today. Your devotion and dedication to teaching us has not only prepared us for our future endeavors, but has transformed us into strong leaders. Your teaching has not only impacted us inside the classroom, but outside of it as well. In addition to providing us with the best education, we have been able to form strong bonds with the Humphreys High School staff. You all have hosted countless practices, devoted nights and weekends to our extra curricular activities and spent your weekends helping us prepare for AP exams and so much more. The supportive environment and atmosphere that you have established for us has been nothing short of astonishing. All of your efforts have not gone unnoticed.

To the Humphreys community, thank you for all of your efforts in ensuring our senior year felt a "tad" normal. Luckily, we were blessed to have our sports seasons, homecoming, prom, and other traditional festivities, all allowing us to feel a sense of normalcy. Despite being abroad, our USAG Humphreys community has lent us an extensive amount of support, making us feel at home.

As we close this chapter of our lives, the Class of 2022 enters its next chapter determined, resilient, and most of all, adaptable. From having protective barriers at lunch, to remaining six feet apart from our friends, and even grabbing a mask before we leave for school, we have been able to adapt to the ever changing circumstances of life and made the best of the situation. To my fellow Seniors, I am convinced that no matter what obstacles life throws at us, we will persevere and accomplish our goals.

Sincerely,  
Jena Graves,  
On behalf of the Humphreys High School Class of 2022



**Omarion**

*Congratulations! Always remember to be bold, courageous, and be your best. I love you.*

**— Jermane (Dad)**



Seniors on their way to Prom 2022.



Senior Girl Scouts at last cookie booth.



HHS senior class officers.



**Benjamin**

*Congratulations to our first born. There are no words to describe how proud we are of the man you are becoming.*

**— Love Mom and Dad**



**Isaac**

*Congratulations on an amazing eighteen years! British school, German school, Maryland school, German school, Maryland school, and HHS South Korea!*

**— Dad & Mom**



**Jayla**

*Jayla Mchee congratulations on graduating from high school with an Honors GPA and full commitment to Savannah State University!*

**— Mom & Dad**



**Rosy**

*Graduating from HighSchool is your last hurdle as a child but you will always be our baby girl. We are so proud of you.*

**— Love, Mom & Dad**



**Loretta**

*Congratulations! You are every everything to us!*

**— Love, Mom, Dad, Lilly and Liam**

**Congratulations to  
the class of 2022!**



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[www.tuj.ac.jp/ug](http://www.tuj.ac.jp/ug)



# Healthy Living

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

May 2022

■ Heal your body and mind in Busan  
- PAGES 2-3



■ 9 potent anti-aging ingredients prevalent in Korean skincare  
- PAGE 6

■ Why is it so difficult to keep the weight off?  
- PAGES 4-5

■ Why having a pet helps with anxiety  
- PAGE 7

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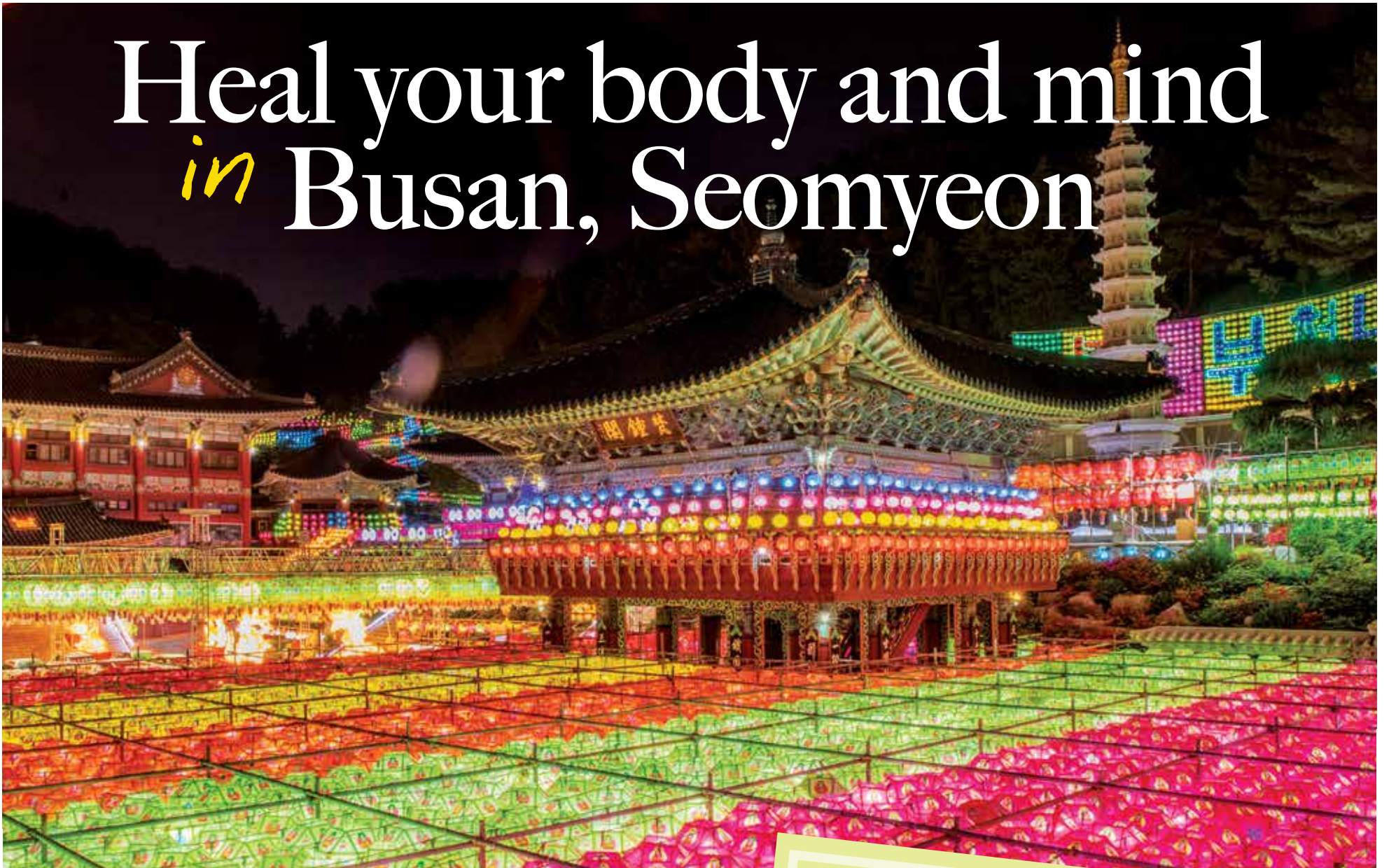
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# Heal your body and mind *in* Busan, Seomyeon



## Samgwangsa Temple

Samgwangsa Temple, located in Choeup-dong, Busanjin-gu, is the second temple of the Cheontae Order. From late April to early May, as many as 50,000 lanterns are hung to commemorate Buddha's birthday.

The Lotus Lantern Festival is a traditional Korean culture event that has been around for over 1300 years. It is a festival intended to light up the hearts of citizens that may have been darkened by greed and selfishness by lighting the lanterns on the day of the coming of Buddha, and to pray for harmony and prosperity in society in general.

On Buddha's birthday, you can experience not only the Lotus Lantern Festival, but also a temple stay where you can enjoy traditional Korean culture, make lotus flowers, and walk in the forest. Try taking a break from Busan while looking introspectively at yourself at Samgwangsa Temple in the heart of the city!

### Temple stay

You can try performing the traditional '108 bows', Zen meditation, walking in the forest, and making lotus flowers. Applications can be made via the website.

[www.templestay.com](http://www.templestay.com)

**Samgwangsa Temple :**  
77, Choeupcheon-ro 43beon-gil, Busanjin-gu, Busan  
**Seonamsa Temple:**  
138, Baekyangsan-ro, Busanjin-gu, Busan



## ⊕ List of Member Companies of the SMS Medical Tourism Council

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BARUN Dental Hospital 	PRETTY SMILE Dental Clinic 	+82-51-710-5971			MS Education Academy 			
						+82-51-819-5522		



## Busan Citizens Park

Busan Citizens Park is the best place to engage in some healing in the city center. In fact, V and BTS have strolled the grounds here! The park consists of five themes: memory, culture, pleasure, nature, and participation.

The site, which was used as a racetrack during the Japanese colonial period, as a prisoner of war camp during the Korean War, and as a garrison for the U.S. Army after that, was reborn in 2014 as a large urban park with an area of 471,518m<sup>2</sup>.

It is an urban park loved by people of all ages, featuring forest trails with various themes, white sand beaches in the city, culture and arts village, and children's play facilities.

**Busan Citizens Park**  
73, Citizen Park-ro, Busanjin-gu, Busan



## Tasty Healing Journey

In Busanjin-gu, you can partake in a 'delicious' healing trip where you can taste traditional teas with various benefits and flavors, as well as homemade sweet red bean jelly.

You can relax your body and mind by drinking tea in a quiet atmosphere and learn how to enjoy traditional Korean tea in your daily life through a tea ceremony experience.  
Instagram@chamadang



## Busan National Gugak Center

The Busan National Gugak Center, which was founded on the site of the former U.S. base known as Camp Hialeah, was built to inherit and develop the traditional performing arts of Busan and Yeongnam. Based on Busan's rich traditional cultural resources, distinctive and high-quality iconic works are developed and presented, and you can experience traditional art up close through regular performances held every week, as well as traditional music lectures, and youth traditional music experiences.

**Busan National Gugak Center**  
2, Gugak-ro, Busanjin-gu, Busan  
<http://busan.gugak.go.kr/>



## Bujeon Market Town

Bujeon Market Town is the largest traditional market in Busan and one of the largest markets in the country. An expansive traditional market featuring 3,000 stores and 5,000 merchants, selling a range of products, from fruits, clothing, and sundries to electronic products. In addition, the special ginseng market, opened in 1989, is the largest ginseng market in Busan and Gyeongnam Province. It sells ginseng products such as red ginseng, fresh ginseng, and white ginseng as well as various health foods at a discount of 20% to 50% from the usual market price.



## Seomyeon Medical Street



**Medical institutions**  
**Cosmetic surgery, Dermatology**  
**Theme street**  
**Shopping**  
**Accommodation**  
**Busan medical tourism information center**  
 +82-51-838-1320, 1330

**Monument Dedicated to Swedish Armed Forces**  
 The Swedish Field Hospital, which was established here in September 1950, conducted medical relief activities for all UN forces, Korean troops, prisoners, and civilians during the Korean War. In commemoration of this, a monument was erected for friendship with Sweden.  
 This is now Seomyeon Medical Street.

**busanjin**  
**SMS KOREA**

# Why is it SO difficult to keep the weight off?

BY NICOLE TERWEY,  
NICOLETERWEY.COM

**L**osing weight is actually easy, whether you're in the military or not, but weight loss is more than just losing weight... it's about keeping the weight off.

And that's the real weight problem so many of us face today. We don't know how to prevent the pounds from coming back on.

If we're overweight, then it's only because we're overeating, meaning we're consuming more food than our body actually needs.

When our body receives more food than it needs, it stores the excess as fat.

Ideally, we want to eat in a way where our body is so efficient at using both the fuel (fat) already on our body and the food we feed it. Right now, if you're overweight, then you're just eating more than your body needs. If you're overeating, it does NOT mean you're a bad role model, a neglectful leader, or a lazy person.



## Losing weight is easy

**L**osing weight is easy because there are so many ways to lose weight. Just Google "weight loss" and you'll find the latest of everything in the fitness, health, and dieting industry. In case you were curious, all diets share the same secret but in their own different flavors: you lose weight because they put you in a caloric deficit. That's how weight loss works in any diet.

### CALORIC DEFICIT PER FAD DIET

**Ketogenic** removed an entire food group (carbs).

**Paleo** removed an entire food group (processed food).

**Whole30** removed processed foods and more, including grains, legumes, sugar, dairy, and junk food (basically the same as Paleo but a little more restrictive).

**Weight Watchers** created smaller portions, which is a caloric deficit.

**Mediterranean Diet** low on red meats and processed food (steak and donuts pack more calories per volume than fish and grains do).

**Low Carb** lowered processed carbs. You still eat tons of carbs on this diet, but those carbs come in the form of spinach, carrots, apples, etc. (all vegetables and fruit are carbs).

The reasons these diets don't work is because:

- 1.) You can still gain weight or stall your weight loss if you eat too much of the food within that diet, and
- 2.) When the diet is over, if you go back to eating the way you were before, then you start getting back your former body.

Here's the thing...

It's not the food or the diet that is the reason for the weight regain. That's where the diet and fitness industries fall short and just keep filling our inboxes and Facebook feeds with the latest and newest supplements, Keto-friendly donut, Whole30-approved meal, etc.

If you're like the majority of people in this day and age, then when you start a diet with the intention of feeling better, slimmer, and healthier, you can barely remember the other half of the reason why you're starting the diet in the first place: you want to KEEP your results.

Otherwise, you're losing and gaining weight so often that you become so mentally, emotionally and physically exhausted from the yo-yoing that you give up.

But you're in the military, which means "giving up" isn't a term you easily accept as true. We have our reliable drill instructors to ensure "giving up" is never an option. It's one of the reasons why our military is so beloved.

Like a lot of smart people, you know there's more to living than constantly dieting. You want to keep your hard-earned results, but you don't know how to, exactly.

That's because that component of a successful weight loss plan isn't easily Google-able. It's not provided by the health and fitness industry because, honestly, they don't know how to do it themselves.



KETO



PALEO



MEDITERRANEAN



LOW CARB

## So, how do you keep your weight loss results?

**Y**ou learn to manage your mind. If you're overweight, then it's because you're overeating. It's as simple as that... but it's also not so simple.

Food doesn't get eaten just because it's there, sitting in front of you. Just like you don't go to the gym just because there's a gym - it's just a building with heavy stuff in it. So why do you eat the food you put in your mouth, and why do you lace up your shoes and go to the gym?

The reason you eat or drink the food that you do - the reason you do ANYTHING in life - is because of how you think it's going to make you feel.

Our feelings are the most powerful experiences in our body because they compel us to act. Feelings are what drive our actions. They are the fuel to our actions.

We eat the salad because we think we'll feel lighter, healthier, and happier. We go to the gym because we think we'll feel strong, skinny, and sexy. We don't feel that way after we arrive at the gym, we feel that way beforehand, on the way to, at the gym, and after our workout.

Think about it... why do you follow orders so well?

We follow orders because it was

"drilled" into us. What does that mean?

It means that on your first day of basic training (when you're sweating, confused and scared), and the drill instructor was yelling and spitting in your face telling you to follow his or her orders or else your shipmate on your first deployment could die... the feeling of horrendous guilt, fear, and shame inundated you. You may not remember this day or how it went down exactly but you'll never forget the feeling.

You immediately envision that terrible possibility of you being ignorant and not following orders and someone you know dying or getting maimed because of your inaction. The guilt and fear of that thought is so compelling, that your brain learns immediately that following orders is non-negotiable. Your brain shifts that thought into your subconscious so that it doesn't even have to think twice about following orders. That's why following orders sometimes feels necessary for your survival. That's how powerful our thoughts and emotions are.

So where do our feelings come from? And why aren't certain feelings like motivation, certainty, happiness, and pride with us all

the time?

The answer is because every single one of our feelings comes from our thoughts. We have a thought, and at the atomic level, the thought literally materializes itself in our body as a feeling. A thought begins in our brain, and the neural connections that are made cascade their way down our body signaling a feeling that corresponds best. So, when you think about how good you'll feel at the gym, you feel motivated, and you get in the car. You think about how successful you'll be at managing your weight by eating a salad, which might make you feel encouraged, so you eat the salad.

This is the most important thing to understand because it will help you begin to manage your thoughts so that you can start losing weight the permanent way:

There are circumstances in our life, things that happen outside of us, that we cannot control.

These circumstances include things like the weather, our past, other people, what other people say out loud (either about you, to you, or about themselves or others), the environment, death, etc. They are things that everyone in the world can agree on.

Where we make the mistake is that we think circumstances make us feel and act in certain ways. We blame what our supervisor said for making us feel ashamed and inadequate. We blame our kids for making us feel angry and upset. We blame our diet for making us feel deprived. We blame the gym for being so far away to justify how lazy, bored, or insecure we may be feeling.

The thing is, circumstances never make us feel or do anything.

It's our thoughts about the circumstances that make us feel the way we do. And, believe it or not, that's the good news... We don't have to control circumstances in order to feel better. We are always in control of what we think, how we feel, how we act, and over time, we're in control of the results in our life.

Our thoughts, which are opinions we have about things around us, are what we have control over 100% of the time. This is where your ability lies in feeling committed to staying on track with what you eat and when you exercise.

The thing is, just thinking about eating better and working out more is not enough. You must bring up that thought, that image that you visualize, as often as is needed so that you feel compelled, empowered, honest, and aware to show up for yourself. The more you show up, the closer you get to your desired results and the more they stick (read: last forever).

This is the kind of work that takes deliberate practice, like shining your boots every week, paying attention to your

surroundings when you're outdoors so that you know when to salute, and knowing when to say "sir" and "ma'am." Think back to your past when you were incorporating these new lifestyle changes into your life. It wasn't easy at first. You messed up a few times, you misspoke often, you called women "sir" and forgot to salute high ranking officers.

They were mistakes.

You learned from them.

You made more mistakes in different situations and learned from those moments, as well.

And now, saluting and greeting others feels natural to you.

That's the level you want to get to when it comes to eating only what your body needs for fuel and exercising so that it's something that is a part of you.

It takes cognitive effort at first, and that's where a lot of people give up. The results don't come as quickly as you want, so you think the process is not working.

But it is.

The more you think about the result you desire, the more your brain will learn to pay attention to it because it feels better than anything else.

Remember, we only do things because of how we think we'll feel when we do them or when we get them.

That is your internal, mental guide.

This is the way the world works and how weight loss becomes a permanent reality, not a temporary glimpse of what's truly possible.

Circumstances trigger our thoughts. Our thoughts always create our feelings, which fuel our actions. Over

time, our actions create our results.

You'll see this how this works the next time you're driving home or driving to your unit.

If someone on a motorcycle cuts you off as they cross into another lane, you might feel angry, your face may get heated, and you might say something under your breath, maybe even flick them off.

Then, you notice they cut someone else off in another lane, but that other driver doesn't react the same way you did.

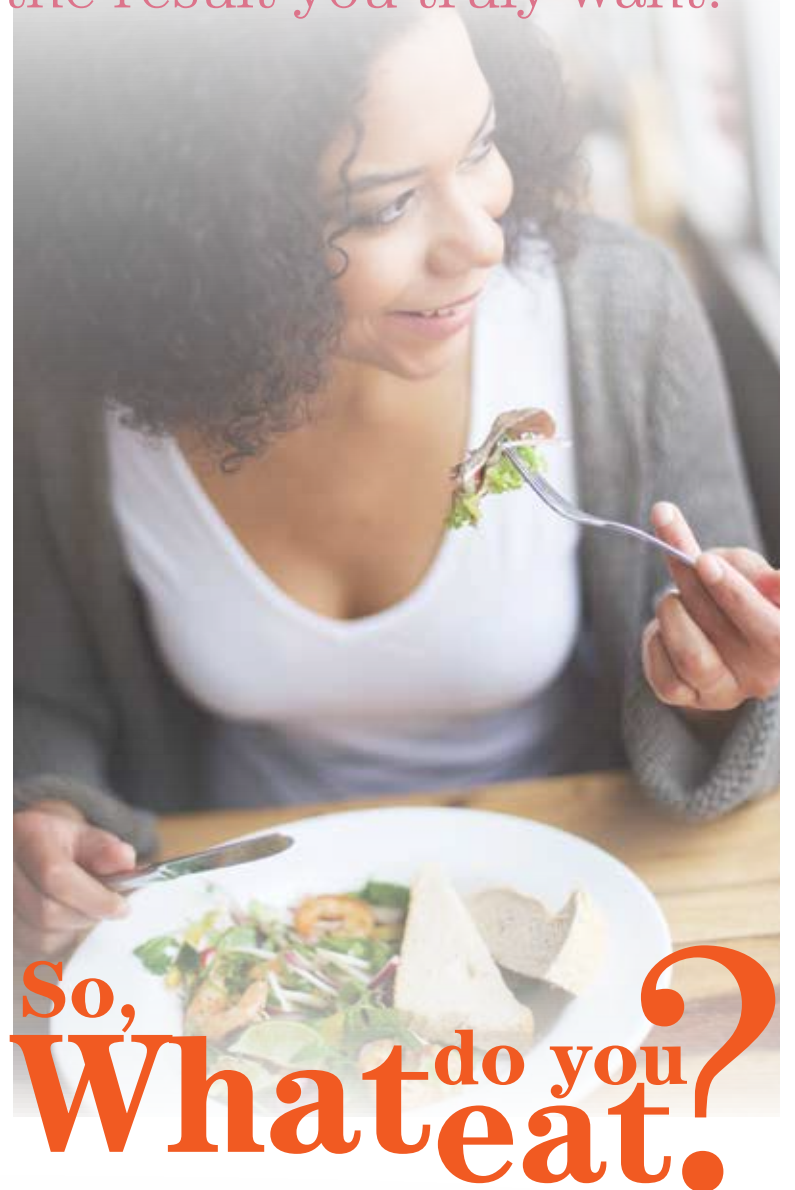
Why is that? You both had the exact same person cut you off, so it was the same circumstance.

The reason is because each of you had a completely different thought, so you felt completely differently about the same situation; therefore, you acted completely differently. And as a result, one driver ended up having a more enjoyable driving experience than the other. Can you guess who?

It all comes down to what you're thinking and what you choose to think. That's what the health and fitness industry don't know how to bottle up and sell. It's such a unique journey for every single person that it's impossible to sell its solution in mass.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.

Only you can determine what you choose to believe, how you feel about your goals, and if you're committed and willing to see them all the way through until you get the result you truly want.



It's simple. Eat the way that you envision yourself eating for the rest of your life that gets you the results you truly want for yourself.

The way you eat (your actions) determine your results (your weight and the shape of your body).

What you are feeling is driving the actions of eating and working out, and you're only feeling compelled to do those things when you believe that you can.

That you can do it.

That it's possible for you (yes, even for you, even if you don't quite believe it just yet).

Your commitment and your willingness come from a decision.

It's the exact same process that you used when it came to sign the dotted line when you joined the military.

You felt proud.

You knew you were going to feel fulfilled.

You were certain.

The thing is, you can follow through on any feeling, good or bad. You can follow a diet feeling deprived. Or, you can follow a diet feeling fulfilled. But one way guarantees a more enjoyable experience, one that you will want to continue to experience.

That's the work you must do.

Losing weight for the last time, once and for all, is a mental strategy first and foremost.

Nicole Terwey is a Lieutenant and an intelligence officer in the Navy Reserves in Nashville, TN. She completed eight and a half years of active duty service in the Electronic Warfare community and earned her master's degree in Organizational Leadership before building the next chapter of her life as a certified life coach, weight coach, and fitness coach.

Terwey specializes in helping women in the military lose weight, especially if they are struggling with losing weight and keeping the weight off after being on a diet.

Terwey works with active duty servicemembers seeking to lose weight and maintain healthy lifestyles.

Follow Terwey at <https://nicoleterwey.com/>





# 9 potent anti-aging ingredients prevalent in Korean skincare

STORY AND PHOTO BY DONNA MAURER,  
HAPS KOREA MAGAZINE

**K**orean skincare is full of potent anti-aging ingredients that everyone should know about.

Instead of opting for harsh retinol-based products, Korean beauty brands create their products using gentle, hydrating ingredients, but they're still incredibly effective anti-aging tools, and that's what makes them so special.

However, navigating your way through the sometimes unusual and strange-sounding ingredients in K-beauty can sometimes be a little overwhelming! After all, why would you want to put snail mucin on your face? And, what is niacinamide...and what can it do for your skin?

If you want to try Korean anti-aging skincare, but aren't sure where to start, don't worry! This round-up of potent anti-aging ingredients will point you in the right direction!

## Snail Mucin

Snail mucin is one of the most potent anti-aging ingredients found in Korean skincare, and it's also one of the most unusual. Yes, it probably sounds a little gross to put snail slime on your face, but you're going to want to get past that because it could be a real game-changer in your anti-aging skincare routine.

First, snail mucin is loaded with natural peptides to help boost the natural production of collagen in the skin, which slows down significantly as you age. It also contains hyaluronic acid, which actually pulls more from the air and into your skin. And, last but not least, it also contains naturally occurring glycolic acid to gently exfoliate, making it useful for hyperpigmentation, scarring, and fine lines.

Snail mucin is a powerhouse ingredient that plumps and softens the skin immediately while providing additional anti-aging benefits over time. According to one trending K-beauty brand, all skin types can benefit from incorporating snail mucin into their skincare regimen.

## Niacinamide

Niacinamide, or vitamin B3, is very popular in anti-aging Korean skincare, and for good reason. One of its key benefits is supporting the skin's protective barrier so that it can retain moisture more effectively, but it doesn't stop there.

Niacinamide also evens out hyperpigmentation and brightens dull

complexions, much like retinol, but without the redness and irritation. It also boosts collagen production. It's the perfect, natural ingredient to use if you want to target those dark spots that can become a problem for mature skin.

## Ceramides

Ceramides are very useful for maintaining the moisture level in your skin, protecting it from irritation and dryness. These natural lipids occur naturally in the epidermis of the skin as part of its protective barrier.

This potent anti-aging ingredient helps the skin capture moisture and bind it, preventing dehydration. Unfortunately, natural ceramide production declines as we get older. Thankfully, using ceramide in your skincare can help make up for it.

## Peptides

Another powerhouse anti-aging ingredient that's prevalent in Korean skincare is peptides. Peptides are building blocks of proteins like elastin, keratin, and collagen. There are several different types of peptides used in skincare, with collagen peptides and copper peptides being the most popular.

Collagen peptides signal the cells in your skin to produce more collagen, which helps the skin look more youthful and reduces fine lines and wrinkles. Copper peptides are also useful in anti-aging skincare because they speed up the healing process and reduce redness and inflammation.

## Green Tea Extract

It turns out green tea isn't just for drinking! This anti-aging ingredient is popular in Korean skincare because it is rich in antioxidants, which fight free-radical damage as you age, slowing the loss of elasticity and the occurrence of wrinkles.

The polyphenols in green tea can also assist the skin in repairing itself. Green tea extract is incredibly soothing to the skin, with anti-inflammatory properties to calm redness. And, of course, green tea contains caffeine, which depuffs the skin quickly.

## Licorice Root Extract

Licorice root is well known for its ability to brighten the skin, and it's often included in Korean anti-aging skincare because it is so gentle and effective. If you're dealing with hyperpigmentation from acne, sun damage, or even

melasma, licorice root extract is the ingredient you're looking for.

Glabridin and liquiritin are the two naturally occurring chemicals in licorice root extract that brighten the skin. It also has antioxidant properties to assist with repairing the skin and fighting free radical damage from exposure to pollution and UV rays.

## Ginseng

Ginseng is another beloved Korean skincare ingredient with some significant medicinal properties for the skin. This nourishing ingredient is rich in B-vitamins, which provide amazing anti-aging benefits for the skin when applied topically.

First, ginseng is excellent for depuffing and brightening. It also helps to smooth away fine lines and wrinkles. Best of all, it's super gentle, which means most people can use it around the eyes for dark circles and puffiness.

## Alpha Hydroxy Acids

Alpha hydroxy acids, or AHAs, are a popular ingredient in Korean skincare because they're gentle enough to be used on a daily or weekly basis, depending on how the product is formulated. Glycolic acid, malic acid, and lactic acid are all naturally occurring AHAs that gently exfoliate the skin, making it brighter, smoother, and clearer over time.

## Vitamin C

Vitamin C is a useful anti-aging ingredient that's very prevalent in Korean skincare products. Its benefits include brightening the complexion and evening out skin tone. It's also a powerful antioxidant in its own right, which means it fights free radical damage. It can be used morning or night, but if you use it in the daytime along with your SPF, the benefits of both products will be boosted.

## The Takeaway

Now that you know which ingredients to look for, it's time to incorporate them into your routine, based on your individual needs and skin type. You do not need to use all of these ingredients every single day; however, antioxidants like Vitamin C and sunscreen are the most crucial for daily use.

Once you've got the basics covered, add in targeted ingredients such as AHAs for brightening and smoothing or ginseng for depuffing around the eye area. It will take some experimenting to find what works best for you, but that's part of the fun!

## FITNESS, NUTRITION AND ACTIVE LIVING: The essentials

**O**ptimal health begins with nutrition, fitness and active living. From guidelines on developing healthy eating habits and ideas on how to stay fit to strategies for giving your child a happy, healthy start, Military OneSource provides practical and fresh content as well as initiatives and programs that will motivate you to maintain healthy living and manage your health in creative ways.

Begin your path to healthy living with these steps:

### Practice good nutrition

Eating healthy requires developing new diet habits like limiting sugar, snacking on fruits and vegetables and choosing whole grains. Your local farmers market and military commissary are two great places to buy fresh produce for a reasonable price. Share your nutrition goals with your children through programs like the 5210 Healthy Military Children campaign. Turn to Military OneSource for other helpful strategies on eating right.

### Give your child a happy, healthy start

It's important to teach children as early as possible actions and choices that promote health and happiness. Start by encouraging good nutrition and feeding them a hearty breakfast every morning. Promote good sleep habits and teach them how to communicate and express their feelings. Encourage physical activity as much as possible to lessen their screen time.

### Improve family fitness

Make fitness and active living an important part of your family life. Swap your daily screen time for a stroll around the neighborhood with your kids. Your installation's Morale, Welfare and Recreation is a great resource to get the entire family moving – with fitness classes, sports teams, golf courses, outdoor recreation programs and more.

### Access nutrition and fitness resources

Don't be afraid to tap into the support you need to meet your nutrition and fitness goals. Military OneSource provides health and wellness coaching sessions to help you eat better, get in shape, manage stress, tackle transitions and more. We highlight a wide range of nutrition and fitness resources, tools, and programs that will motivate you on the path to healthy living.

– Military OneSource

# Why having a pet helps with anxiety

STORY AND PHOTO BY ELIZABETH JONES, STRIPES KOREA

**A**nxiety is something that I've struggled with for as long as I can remember. For anyone who battles with anxiety, you know the feeling of drowning in self-doubt, constant worry, and panic attacks. For me, it started at a young age and over the years I had to find ways to manage my anxiety before I let it take control of my life.

Although every person is different, I do believe having a pet is one of the best ways to calm the waves of anxiety. I personally own two dogs, however, cats are great anxiety relievers too! Sure, pets can't offer advice and they don't know what exactly we're anxious about, but they still do wonders to help put us at ease. Here are four reasons why having a pet helps control anxiety:

### Pets pull us away from the chaos

Anxiety develops a simple thought or feeling into a huge pit of anxiousness. During those times, I feel the need to ponder over what is or could go wrong. Instead, I force myself to get up by reminding myself that no matter what is going on in my world, my dogs need to be taken care of. Caring for a pet is a lot of work, but it's almost always enjoyable. Taking long walks in the early morning as the sun is rising, showing love and affection with lots of cuddles, teaching new tricks and playing with toys can pull us away from the real world.

### Pets reminds us we aren't alone

When I felt like nobody was on my side, I would come home, lie on my bed and wonder when the feeling of loneliness would seize. A few moments later, my dogs pounce on me, licking my face, and sometimes my tears. They nuzzle their way into my arms letting me know that they will always be there. Our four-legged loved ones will never let us feel alone because to them, we are their world. They would be silly to let us think they don't want to be a part of our world too.

### Pets leave no room for judgment

Some people use the words "dramatic" or "weird" to describe those struggling with anxiety. Some think it's something that can easily be turned off and on. While I wish that were the case, it isn't. Unlike some humans, pets will never judge the level of anxiety and fear we are experiencing. Even if we don't want to, anxiety can lead us to be overemotional, unmotivated, antisocial and rant about our long list of worries. When that happens, dogs and cats are there for us by simply being present with zero room for judgment.

### Pets remind us we will always be loved

Anxiety can push us into crippling self-doubt. It can cause us to compare ourselves to others and start questioning our self-worth. There are many people in my life that have reassured me and picked me up when I have felt low. However, my two precious pups never fail to make me feel loved every day. Constant, loyal companions that do the smallest of things to make me feel so loved.

Unfortunately, there is no quick fix to battling anxiety but luckily there are many solutions to help reduce its presence in our lives. Take a chance on a pet, whether it be a dog or cat. You never know the amount of love and joy they could bring into your life to help keep anxiety at bay.

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# OUR STORY

## AT U-MEDI, IT'S ALL ABOUT YOU!

U-MEDI

**F**or us, compassion towards those who are suffering from illness ranks high. We understand the drive in those who seek beauty and perfection in their daily lives. We strive for the wellness of others and firmly hold onto our belief that physical and mental wellness are both of equal and utmost importance.

In recognizing the potential language and cultural barriers, U-MEDI has turned its attention to health-care needs of foreign nationals.

Inconsistent schedules and misunderstandings during the treatment process are some of the challenges patients face in Korean hospitals. These

situations can make patients feel lonely in a setting where doctors and nurses are handling multiple tasks and the care of others. We understand these situations and believe patients need someone who can guide and provide all the necessary information specific to their situation, including cost, diagnosis, procedures and other for better care. At U-MEDI, we are here to help our patients navigate their care in South Korea's state-of-the-art medical system.

We hold great value in trusted partnership by acknowledging cultural differences and providing services with compassion and trustworthiness.

We are for people who need a medical system specialized to their needs, especially foreigners in Korea.

## Our Services

### Find a doctor

Choosing a doctor isn't the same as finding a restaurant or nearby attraction. That's why U-MEDI provides a detailed profile and medical information of doctors, including their qualifications, clinical experience, hospital quality, patient reviews and more.

From family doctors to psychiatrists, OB/GYN, neurologists, cardiologists, plastic surgeons, allergists, dermatologists, Korean traditional medicine and more, U-MEDI can help you find a specialized doctor specific for your health needs.

### Hospital Interpretation

For years, U-MEDI has faithfully delivered commendable interpretation and translation services to healthcare professionals, caregivers and patients at their critical moments of need. We are very proud to be the trusted language support provider to hundreds of healthcare institutions across the Republic of Korea.

Our service includes interpretation delivered by qualified interpreters, as well as on-site translation of all vital documents to ensure the safety and satisfaction of patients.

### Hospital Transportation

U-MEDI provides a non-emergency door-to-door hospital transportation service to individuals and groups who may need special support getting to and from their healthcare appointments. Based on your need, we can suggest the most effective and efficient transportation options available.

We also offer online bookings, making reservations easy and straightforward. At the heart of our service is our commitment to the patient's comfort, customer service and quality.

## When U sick

■ Visit: [www.u-medi.com](http://www.u-medi.com)

■ Call: 010-5817-1005

■ Follow: [FB.com/UMEDIkorea](https://www.facebook.com/UMEDIkorea)

And ask U-MEDI (FREE)



## CEO's Welcome Address

I am Weonbum Ha, the CEO of U-MEDI.

Thank you for your support and interest in U-MEDI.

I started U-MEDI in 2014 with the goal of providing a service that reduces the challenges that foreigners face when they visit hospitals in South Korea. Particularly, we wanted to help find relevant medical information, insights, and medical gaps that are essential for foreigners seeking care.

U-MEDI services include:

- 1. Find a doctor:** You can find a doctor personalized for your health or beauty needs (<http://u-medi.com/find-a-doctor>)
- 2. Transportation:** We provide door-to-door transportation services to help you get to/from the hospital (<http://u-medi.com/transportation>)
- 3. Interpretation:** We provide interpretation and translation of hospital documents to help easily access healthcare services (<http://u-medi.com/interpretation>)

We will continue to implement various services aimed at addressing issues with obtaining care to help ensure access to healthcare in South Korea.

Once again, thank you and if you have any questions or requests, please contact us below.

- Website: [www.u-medi.com](http://www.u-medi.com)
- Facebook: @UMEDIkorea
- Instagram: @umediwellness
- Telephone: 010-5817-1005
- Health news: [www.u-medi.com/news](http://www.u-medi.com/news)

Please look forward to more services and medical information from U-MEDI in the future.

Thank you.

CEO Wayne, Weonbum Ha

