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 September 2022  
 Special pullout inside!

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# TEMPTING

3 to checkout in one weekend

# TEMPLES

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# STARS AND STRIPES

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## Finding community near the deep fryer

I arrived at 8:30 a.m., just as four other volunteers were setting up a shade canopy over the deep fat fryer. It was our town's annual "Fool's Rules Regatta," and it was going to be a scorcher.

Leaning my bike against a telephone pole, I noticed that I was the only one wearing my Rotary Club T-shirt and hat, which I'd assumed were required for volunteers. As a newbie in the club, I was prone to making rookie mistakes.

The others were struggling to understand how the pop-up canopy worked. This was my opportunity to gain a modicum of respect among the veteran Rotarians. After two decades of managing three kids' sports team obligations, I'd earned an honorary doctorate in shade canopy and folding chair engineering. I jumped into the fray, expertly sliding a corner bracket securely into its slot as if I'd invented the contraption.

With the canopy in place, the fryer oil heating and more volunteers arriving, I looked for my next task.

Our Rotary Club was running its annual "Dough Boy" concession stand, so there was dough stretching, cooking, sugaring, serving and selling to do. Known elsewhere as fry dough, elephant ears, malasadas, zeppolis, sopapilla, flippers, beignets, beaver tails, buñuelos and frying saucers, I'd learned that Rhode Islanders love dough boys almost as much as they love clams.

I climbed up into the wooden concession shack next to the canopy to join Pat, the club treasurer's wife, seemed in charge. David the fryer handed me a vat of fresh-fried dough. As instructed, I rolled them in sugar and cinnamon and transferred them to a counter where volunteer runners whisked them away for selling.

Under Pat's stern direction, our group became a well-oiled — and well-sugared — machine.

Soon, "Dough boys, get yer dough boys here!" could be heard wafting along the beach, where Rotarians sold to boat-builders and spectators alike. Back at the shack, the aroma of frying dough and cinnamon snaked its way down the sidewalk while we entertained ourselves in the rising summer heat.

### The Meat and Potatoes of Life

Lisa Smith Molinari



"Superior Bakery makes the best dough," Jamie posited while stretching thawed dough balls. "Sugar-free, fat-free and guilt-free!" Win bellowed to passers-by, garnering chuckles. "Best one I've ever eaten," one woman testified, holding her half-eaten dough boy aloft. "Just stand here and say that a thousand times," Ted joked back to her.

From my sugar-perch in the shack, I observed the charming scene, longing for the camaraderie locals took for granted in tight-knit communities like this.

As a Navy spouse moving with our family every few years, I'd learned that being part of a community didn't happen automatically. Although it sometimes felt like jumping from the frying pan into the fire (or deep fat fryer, as it were), I knew I had to put myself out in the community if I hoped to belong to it. Volunteering gave me a sense of purpose and provided the camaraderie I craved.

"You're getting so good at this," I ribbed Dave the fryer. "Make the next one look like Mickey Mouse." "Crunchy on the outside! Floppy on the inside!" Win barked to curious people crowding the sidewalks. We frowned at his awkward adjectives, so he edited his sales pitch: "Crispy on the outside, fluffy on the inside!" "Dough boys aren't gluten-free. We charge for our gluten!" wailed the club president, Jeff, while Win, Ted and Jamie roared with laughter.

Soon, a horn blared, announcing the regatta's first heat. Silly, make-shift boats of all shapes and sizes lined up in the sparkling Narragansett Bay. The unrelenting sun blazed, but the gentle ocean breeze offered its cooling mercy. Townspeople and tourists, licking sugar and cinnamon from their fingertips, wandered seaside sidewalks holding children's hands and dog leashes.

My volunteer shift ended when my Rotary Club T-shirt was thoroughly soiled with sweat and sugar. In the end, our club made \$900 and I came home with a bicycle basket filled with warm dough boys.

But the real profit I gained was knowing that I belong.

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

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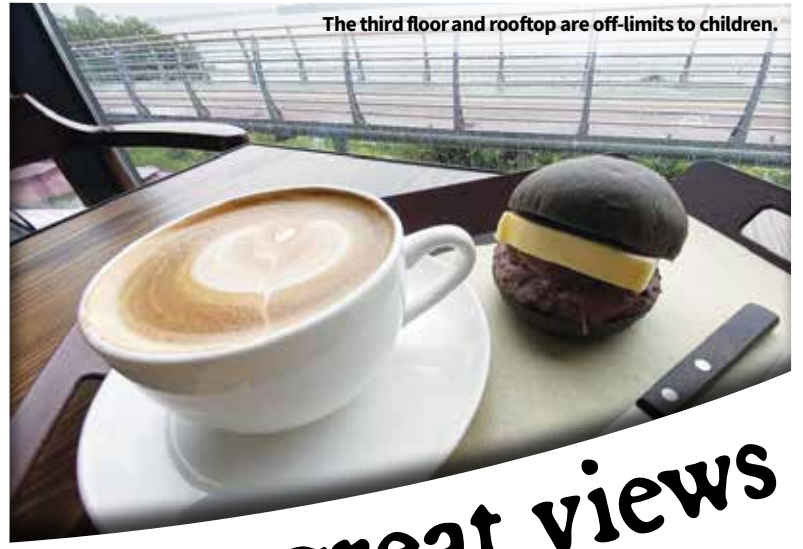
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Archive Café opened near Camp Humphreys in December 2019 and stands three stories tall. Photos by Aaron Kidd, Stars and Stripes



The third floor and rooftop are off-limits to children.

# Archive Café offer tasty treats, great views

BY JAZZMIN SPAIN,  
STARS AND STRIPES  
Published: September 8, 2022

Nestled at the end of a quiet street not far from Camp Humphreys is a café where you can enjoy spectacular river views with a fresh pastry and a cup of coffee.

Once inside the Archive Café, you're met with beautiful chandeliers and industrial modern decor. With floor-to-ceiling windows and an unmatched view of the Ansong River from nearly every seat, this café is the perfect place to unwind.

Archive opened in early December 2019 and stands three stories tall. The third floor and rooftop are

off-limits to children due to safety concerns.

You can enjoy a cup of coffee on the rooftop, which is also perfect for a photo op, or try the river-view seating on the first floor.

The selection of pastries seems endless, and includes cakes, cinnamon buns, Korean cheese danishes, chocolate brownies, sandwiches and much more.

I tried the ultimate chocolate brownie and chamomile tea for 6,000 won, or about \$4.35. I was semi-satisfied with the flavor, a mix of dark and milk chocolate, but the dryness of the pastry left me less than happy with it.

The chamomile tea, however,

spoke to my soul. There were subtle, yet vibrant, sweet notes of chamomile and ginger. It was just the right amount of sweetness where I felt no need to add to it and could just enjoy the tea.

The baristas spoke basic English and accepted credit cards or Korean won. Once you order you can enjoy seating indoors, or if you want fresh air with your selections you can enjoy

The treats selection includes small cakes, cinnamon buns, Korean cheese danishes, chocolate brownies, sandwiches and more.

the outdoor options as well.

A well-kept amenity to Archive Café are the goats kept behind the café where they can be

enjoyed by the patrons.

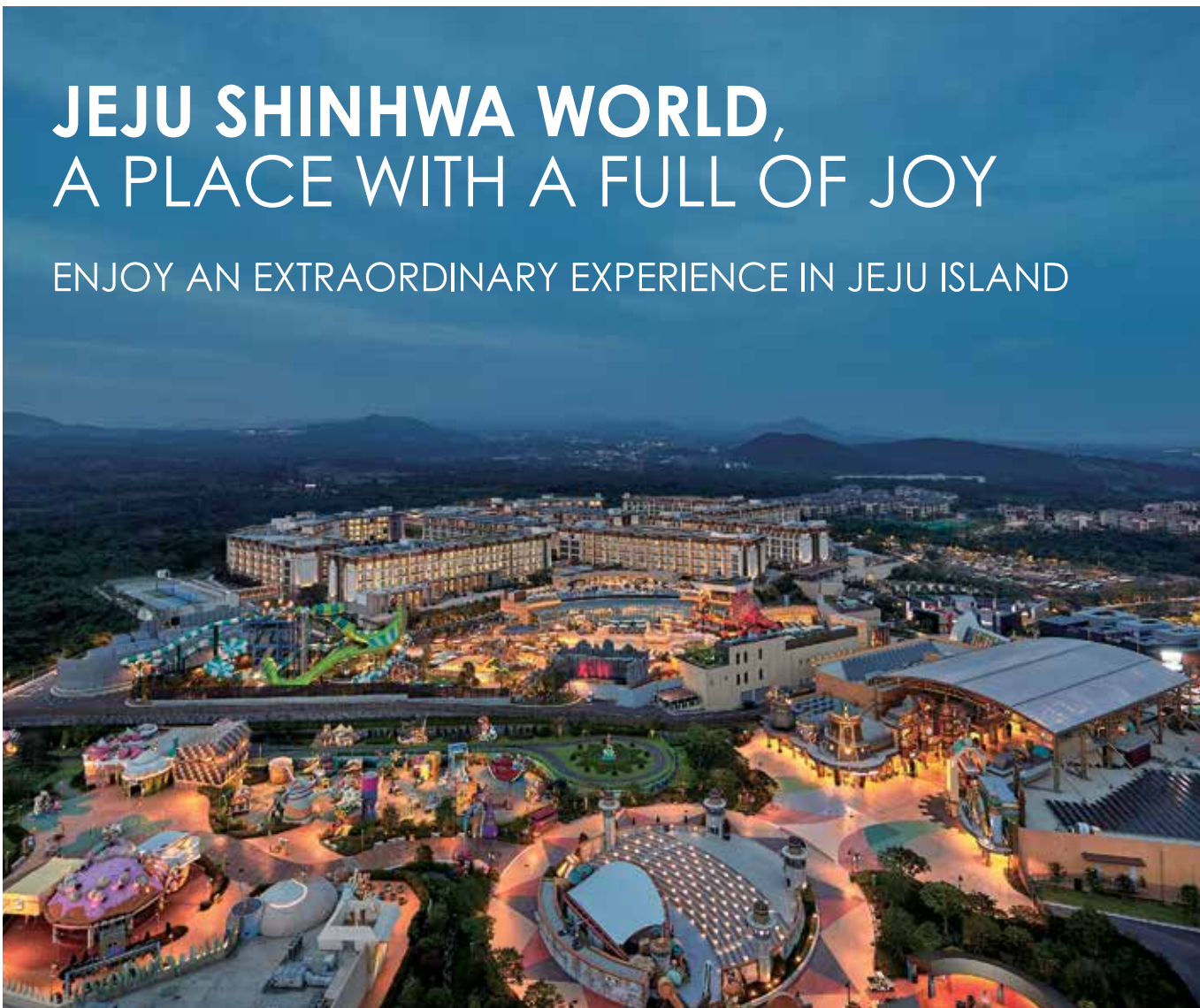
You would almost miss them if it weren't for the faint bleating heard from the outside seating.

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# Seasonal foods to eat this fall



Seasoned blue crab

KOREA TOURISM ORGANIZATION

For each of Korea's four distinct seasons, a different set of foods takes center stage in Korea's culinary scene. Autumn marks the season of three of the nation's most popular kinds of seafood: blue crabs, jumbo shrimp (prawns), and gizzard shad. Plump blue crabs are cooked in savory soup or steamed, while gizzard shads are enjoyed either raw as sashimi or grilled. Succulent and fleshy prawns are also great eaten raw or grilled, and the most common method for eating prawns in Korea is to peel them and dip them in a vinegar and red chili-pepper sauce.

On land, the best fall seasonal foods include flavorful and nutritious pine mushrooms and sweet persimmon. Pine mushrooms come in stewed, grilled or steamed dishes. They are great with beef or abalone. Persimmons are particularly sweet in the fall and are widely enjoyed as a dessert item. The dried version, called gotgam, is dried under the autumn sun and in the wind; it has a different texture from the fresh, undried version.

Fall foods are best in terms of taste and nutritional value when they are eaten in season. Enjoy some of these nutritious fall foods as the cooler weather sets in.

## Blue crab

Delicious, nutritious, and reasonably priced



Marinated blue crab

Blue crabs are in season in spring and autumn. The abundant, creamy roe of the pre-spawning female crabs are best enjoyed in the spring, while the flaky, plump meat of the male crabs is a delicacy best enjoyed

in autumn. Crabs are prepared in a variety of ways and can be made into spicy crab soup with vegetables and other seafood, or it can also be steamed, shelled, and eaten plain. Another delicacy is gejang, or raw crab marinated in soy sauce or red chili-pepper paste sauce. Prepared in any form, freshly-caught crabs are a true seafood lover's delight.

Not only are blue crabs tasty, but they are also packed with nutrients. The crab's shell contains calcium and chitin and the meat has an abundance of essential amino acids and vitamins. In Korea, blue crabs are known to be effective in the prevention of geriatric diseases and aid in alcohol detoxification.

## Jumbo prawns

A feast for the eyes & palate



Deep-fried jumbo prawns

Jumbo prawns are a mouthwatering fall specialty to even those who don't generally eat seafood. Those caught at sea are not easy to find outside local fishing areas, as these short-tempered crustaceans die quickly after they're caught. Compared to farmed prawns, jumbo prawns caught at sea have longer antennae, thicker shells, and chewier meat.

You can eat them boiled, steamed, or fried, but for a fuller flavor, heat a large pot, sprinkle it with coarse sea salt, and cook the live prawns for about 10 minutes until they turn crimson. Prawns are savory and do not taste "fishy," so they can be eaten as is without any sauce. If you prefer more seasoning, try dipping the prawns in a mixture of red chili-pepper paste and vinegar. Instead of throwing away the left-over shrimp heads, re-cook them for an extra crispy and delicious treat.



Blue crab soup



Grilled jumbo prawns

## Gizzard shad

Soft flesh and bold flavors



Gizzard shad sashimi

In the fall, gizzard shads store up plenty of nutrients for the long, cold winter; meaning they are packed with healthy oils and plenty of flavor. The best months to eat these delicious fish are between late September and mid November. Larger gizzard shads are higher in fat, so make sure to pick a fish over 15cm to enjoy the fish's true taste.

There are many ways to cook and eat gizzard shads. Slices of raw gizzard shads taste best when wrapped in lettuce and seasoned with chili and garlic sauce. The spicy taste of a seasoned gizzard shad platter mixed with various vegetables and condiments is also a local favorite. However, the best way to cook gizzard shad is to take a whole fish, score it lightly, salt it, and put it on the grill. There's no need to debone it, so it is ready to be eaten as soon as it is done.



Grilled gizzard shad





**Pine mushrooms**  
Small in size but big in flavor

Pine mushrooms are considered the best among the hundreds of types of edible mushrooms in Korea. They only thrive on live pine trees and are harvested in autumn. Pine mushrooms are referred to as diamonds in the forest for their high nutritional value and efficacy. The mushroom is great for preventing geriatric diseases and protecting the stomach. More than anything, it is known for its cancer prevention qualities.

Pine mushrooms are expensive as they cannot be grown commercially, but must be collected in their natural environment. Despite the high price tag, it is in great demand thanks to its delicate flavor and nutritional value. The mushroom can be sliced and grilled over a light fire, but it is more commonly cooked with other ingredients. For example, it can be cooked with other vegetables in a soup, or it can be added to rice. When it is cooked along foods like abalone or beef, it is fortified with minerals and proteins, turning into a great stamina health food.



**Persimmon**  
A sweet and healthy dessert

Persimmon is a major autumn fruit in Korea. Depending on the level of processing, it is called by different names: hongsi refers to persimmon ripe to a color of yellow-orange or dark red-orange with no astringent taste; gotgam is persimmon peeled and dried under the sun and the wind; and bansi is seedless persimmon. Persimmon is high in vitamins A, B, and C, and minerals. In Korea, a common saying is, "Just stand under a persimmon tree and you are sure to get healthy." The fruit is particularly good for the skin and for getting over a hangover. The fruit is also highly effective for stopping diarrhea-related symptoms, so most advise against consuming persimmons in large quantities to prevent blockage.

Freshly picked persimmon can have an astringent flavor. But over time, it will ripen and become sweet, and its color will transition to a deep orange. This fruit is mostly eaten as is without cooking. Hongsi can be frozen and eaten in shaved form or like ice cream. It is also enjoyed as a jam or in a salad.

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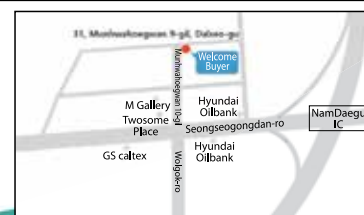


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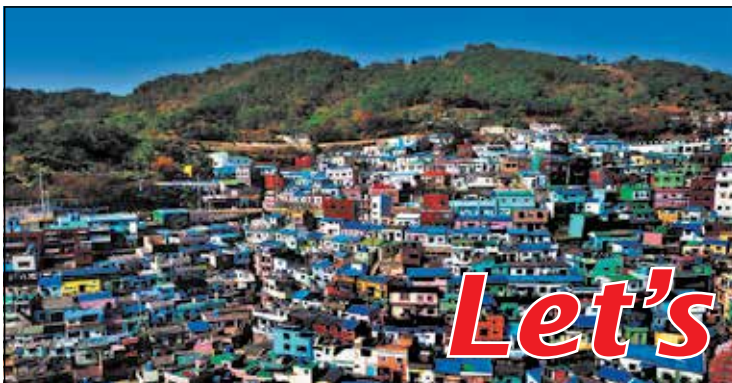
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# Best places to see autumn leaves

HAPS KOREA MAGAZINE

With fall just around the corner and the temperatures beginning to fluctuate daily, it will be just a few short weeks before the changing of the leaves' colors transition into their beautiful autumn hue.

Typically, mid-October into early November is the peak time when leaves across the peninsula start to change colors. And, much like the emergence of the cherry blossoms in the spring, heading out for a look at the crimson colors of autumn is a thing here on the peninsula.

And well it should be, for not long after the leaves change, and then fall, Korea's long winter sets in and the only color you're going to see is on your flat screen while you hibernate until April.

watching leaves while stuck in traffic going up the mountain.

## Odaesan Mountain

(오대산)

Pyeongchang, Gangwon Province

Pyeongchang is where Korea will host the Winter Olympics in 2018 and is a popular vacation spot all year round. Often visited by campers and guests at the forest lodges, it is especially popular during peak foliage season which happens around mid-October. Odaesan is one of the most heavily forested national parks in Korea and is home to wild

boars, musk deer, and turtledoves as well as a wide selection of native wildlife.

## Seoraksan Mountain

(설악산)

Inje, Gangwon Province

Located 2.5 hours east of Seoul, Seoraksan, with its far northern location, is one of the first places in the country to witness the colorful changes of autumn. Keep in mind that Seoraksan is a very popular spot, especially on weekends during the autumnal peak. Make a plan before going or you might end up spending more time

## Naejangsan Mountain

(내장산)

Jeongeup, Jeolla Province

Located in Jeolla province, many consider this area to be the best place in Korea for viewing autumn's crimson-infused colors. The name Naejang means 'many secrets' in the mountain. Read into that what you will. Along with the leaves, there are several scenic waterfalls, as well as historic temples, including Baekyangsa Temple, which is surrounded by

Naejangsan Mountain

Jirisan Mountain

## Jirisan Mountain

(지리산)

Sancheong, Gyeongsang Province

It's hard to spend any time in Korea without someone recommending that you visit Jirisan. Known for its rocky landscape and vast reaches of forest in a park that stretches across three provinces, during peak foliage season in late October the slopes are ablaze with brilliant colors. Some great hiking

Gulgeori trees that retain their lush green foliage through the winter.

trails wind through both Piagol Valley and Bam Sagol Valley if you want to get in a good hike while taking in the brilliant sites Jirisan offers.

## Juwangsan Mountain

(주왕산)

Cheongsong, Gyeongsang Province

Located in Juwangsan National Park, the mountain is well-known for its waterfalls, rocky peaks, and deep valleys. If you want to make the hike, enjoy the leaves and check out an awesome

Seoraksan Mountain

Odaesan Mountain

Juwangsan Mountain

Beomeosa Temple

While not on our list, Gyeongbuk Palace in Seoul is always a favorite for those visiting the capital city.

waterfall—there is a great four-hour round trip hike that starts in Sangui parking lot. If you catch it right, at dawn there is sometimes a gorgeous blanket of fog that hovers over Jusanji Pond. The area is also home to Cheongsong Folk Museum.

## Beomeosa Temple

(범어사)

Busan, Gyeongsang Province

Being located so far to the south, Busan is not known for its autumn leaves, but Beomeosa Temple on Geumjeong mountain offers some decent viewing in an already gorgeous environment. The temple was founded about 1,300 years ago by monk Ui Sang in the 18th year of King Munmu the Silla Dynasty. It offers easy access by subway and bus, making it a good spot to hit for the day.

For more info on all of Korea's national parks visit:  
[english.knps.or.kr](http://english.knps.or.kr)



## Fall foliage forecast for South Korea

### 2022 MOUNTAIN PEAK FOLIAGE DATES

Odaesan – October 17

Seoraksan – October 21

Chiaksan – October 25

Woraksan – October 27

Jirisan – October 28

Gayasan – October 30

Busan – October 30

Bukhansan – October 30

Songisan – October 31

Hallasan – October 31

Seoul – October 31

Gyerongsan – November 2

Muedangsan National Park – November 4

Naejangsan National Park – November 5

– HAPS KOREA MAGAZINE

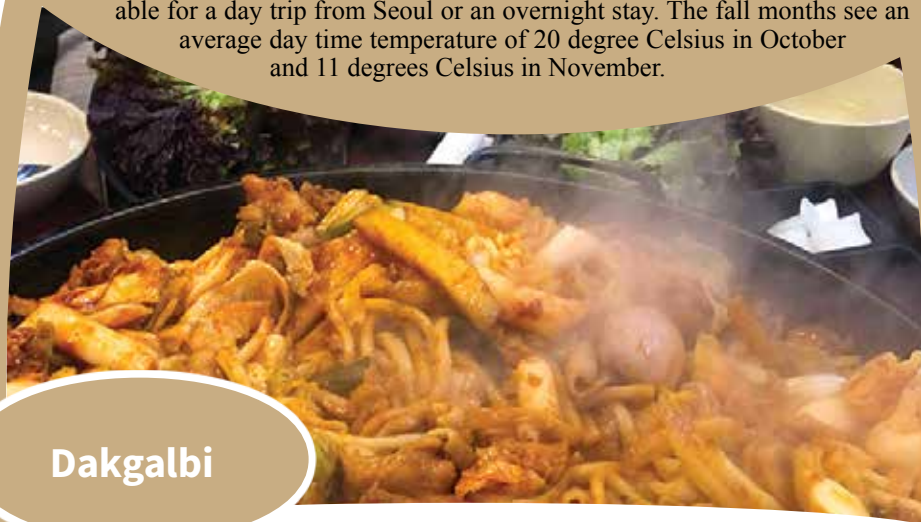




# Fall in love with Chuncheon

KOREA TOURISM ORGANIZATION

As the season is changing, so to do the ideal holiday spots. The sizzling beaches of Busan are just not as enticing in fall. Chuncheon, the capital of Gangwon-do, is an ideal fall getaway. The trip is suitable for a day trip from Seoul or an overnight stay. The fall months see an average day time temperature of 20 degree Celsius in October and 11 degrees Celsius in November.



## Dakgalbi

Chuncheon is well known as being a lake side city with a lot of delicious food. You might have heard of dakgalbi. Dakgalbi is Chuncheon's speciality. Starting your day off with a steaming hot bowl of dakgalbi is how every trip to Chuncheon should begin. There is a huge selection of eateries to choose from in the city. In fact, there is a whole street called Dakgalbi Street.

This warm and hearty dish consists of marinated chicken, glass noodles, sweet potatoes, scallions, carrots, cabbage, tteok (rice cake) and a spicy sauce. Many restaurants in the city have the black grill plates built in to the table. The food is served raw and cooked on the grill plate at your table. When it is ready to eat, you can enjoy it with rice or wrap some of it up in a bite sized perilla leaf. This is a beloved dish in the province and is celebrated every year with a dakgalbi festival.

## Nami Island

Once you have feasted, you can head outdoors to enjoy the crisp air. There are many beautiful outdoor spaces to visit in the area. The famous Nami Island is a hotspot for those wanting to see rows and rows of the Ginkgo trees decked out in their bright yellow leaves. When a gush of wind blows, leaves come falling down, which is perfect for those wanting an Instagram worthy photo of raining leaves. The island is a boat ride away from the main land. The island is a lovely place to take a walk and enjoy nature.

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## Happy Meadow Ranch

Happy Meadow ranch is a great spot to visit during any season, but I think fall is the best time. The meadow is large and more enjoyable without the sweltering heat. You can meander the calm grounds, feed the farm animals and breathe in fresh air. Some visitors have even gone as far as to call it the "Alps of Chuncheon".

The entrance fee of 5,000 is well worth it as you can see a picturesque landscape, feed some animals, admire flowers and even fall gourds. If you are visiting with kids, they will especially love the bunnies and sheep. You can buy some feed at the entrance to give to the animals. Those with energy should walk up the mountainside to find the best view of all. You will pass by many sheep on the way, so beware of the sheep poop. The view from the top is of the river in between mountains. There are sign posts that will guide you along the way. You can easily spend a good couple of hours on the ranch. They have an onsite restaurant with a few simple items. The hanu (Korean beef) burger is tasty.

**Address:** 330-48, Chunhwa-ro, Chuncheon-si, Gangwon-do  
(강원도 춘천시 사북면 춘화로 330-48)

**Operating hours:** Winter 10 a.m - 5 p.m / Summer 10 a.m. - 7 p.m.

**Phone:** 033-244-2122



Website



## Gamza Batt Café

If you can hang on a bit longer for a snack, then you can visit Gamza Batt cafe and try the potato bread. Gamja is the Korean word for potato and Chuncheon is also famous for its potatoes. The cute bread is shaped like a potato and even has the same coloring. The cafe has a lovely flower garden at the back where you can sit and enjoy a coffee and a potato bread (or many other items off the menu).

These little potato breads are selling like hot cakes (or hot potatoes) and have travelers coming all the way from Seoul especially for them. The popularity has resulted in the cafe selling the potato bread online through Market Kurlly. The bread has a chewy exterior with a soft mousse-like interior. Gamza Batt makes their bread from red potatoes harvested by young farmers in the province.

**Address:** 674, Sinsaembat-ro, Chuncheon-si, Gangwon-do  
(강원도 춘천시 신북읍 신생발로 674)

**Directions:** Take Bus No. 11 or 12 from Chuncheon Station Transfer Center Bus Stop to Sangcheon Elementary School Bus Stop

\* Alternatively, take a taxi for approx. 15 min from Chuncheon Station or 20 min from Chuncheon Bus Terminal

**Operating hours:** 10 a.m. - 8:30 p.m.

**Instagram:** @gamzabatt



Courtesy photos

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www.visitkorea.or.kr



# TEMPTING 3 to checkout in

BY KYLE HAN  
GLOBETROTTER

It's extremely easy to Google "temples near me" while living in the States—even without a car! But, with so many temples to choose from, it's a bit overwhelming to know what amount that are available for visiting on the Korean peninsula. That's where this guide aims to help—I've discovered 3 temples that offer distinct differences and unique experiences when compared to each other. This weekend—read on!



## Mangisa Buddhist Temple

It's hard to believe this peaceful place exists so close to the hustle and bustle of Osan, Pyeongtaek, and Osan Air Base, but this place is relaxation personified. Only 20 minutes from Osan Air Base lies the Iron Seated Buddha in the hills of Jinwi-myeon, making it an easy half-day trip if you're in need of decompressing and destressing.

Though I visited this masterpiece in the summer, the Mangisa Temple grounds have been referred to as "chun-magok-chu-gapsa" which translates to a temple of spring and autumn given its impeccable color transformations during those seasons. I can only imagine the serenity of this place as autumn leaves drape the outskirts or as flower blooms explode throughout the grounds in the spring!

As you enter Mangisa, you must first pass through the Gate of the Four Heavenly Kings situated in the underworld of the Imperial Palace (inscribed in Chinese above the door). This is custom of Korean Temples and each will have a unique craftsmanship associated with the Kings; some large, some small, some colorful, some not. As you pass through, you'll be welcomed by four, massive statues that stand on either side of the temple's doors, carefully watching over the four cardinal directions of the world and the four seasons of the earth.

Of the four kings, one of them is playing a pipa (or lute), a popular instrument played by warriors in ancient central Asia, and another is firmly holding a sword parallel with the ground as if to almost have it aimed for your neck. That's King Dhrtarastra and King Virudhaka respectively. King Vaisravana, the leader,

is holding an umbrella to represent protection and King Virupaksa is holding a snake and a pearl to represent change and homogeneity.

What struck me the most about these Kings were the vibrant colors that donned their warrior ensembles, creating a very grandiose sight for the visitor. The size and postures of the Kings are also something that caught my attention as I passed them. As I walked by, I couldn't tell it I was soon to be protected by them, or if I was the one they were protecting the grounds from.

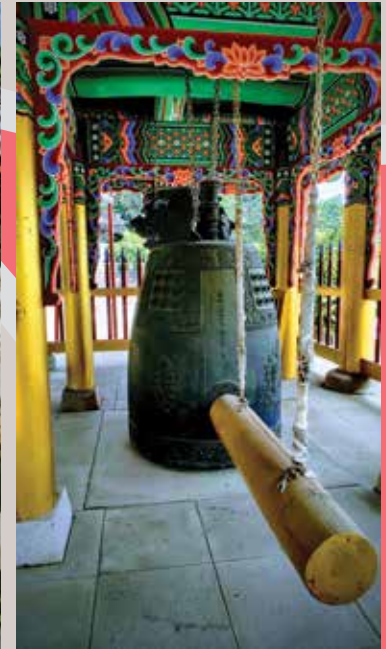
Once through the gate, you'll climb up another set of stairs and find yourself in awe as your eyes are drawn immediately to the main hall situated atop the grounds. Pause here and listen to the dozens of bells ringing in the breeze as the warm winds remind you that you're in a place of worship and peace. To your right is a small coy fish pond with a stone bridge that leads to one of the many halls on site. Watch carefully as you pass by; they will follow you!

As you enter the main hall, you'll be eye-to-eye with the Iron Seated Nyorai dating all the way back to the Goryeo Dynasty (918-1392 AD). The left hand is palm up and the right facing the ground, symbolic of when Siddhartha Gautama attained enlightenment and became Shakyamuni. Notice the thick gold coverings of the Nyorai and the dragons circling just above his head.

It's incredible to bear witness to such history while spending time in contemplation or relaxation here, definitely give it a shot some weekend!



Stone bridge over the coy fish pond.



The Jonggo (bell tower).



The Jonggo and a Pagoda at Mangisa.



### View video!

The Iron Seated Nyorai at Mangisa



If you choose to go inside any of the halls to pray, remember to pay your respects by taking off your shoes off and respecting the purpose of the temple: a place to worship.

SEE TEMPLES  
ON PAGE 12



# TEMPLES

## one weekend

NEY,  
R KYLE

in South Korea and end up in a tranquil place within minutes from, you can quickly become inundated by the sheer scale. Within a day-trip's length of Osan Air Base that all are. And the best part: you can see all three in a single



## Doksanseong Fortress

Doksanseong Fortress is just outside of Osan and is unique in that it seems remote yet it overlooks a city. Additionally, it was originally built as a lookout and defense location from invading armies! The fortress, which was built during the Baekje period (sometime between 57 BC to 668 AD), has a 1,095m-long wall surrounding the temple and pagodas and was placed in a strategic location given the elevated, 360-degree views of the area. General Gwon Yul credits victory to this spot during the Japanese invasion as this location was key to defending present-day Seoul from attacks.

As you approach this Fortress, you'll have the option to drive all the way to the top parking lot and tour the temple grounds only or, you can park just below the road leading to the summit; I recommend the latter. If you park there, you'll be at the beginning of a trailhead that leads down into some gorgeous hiking trails that run through the Korean forests. Additionally, you'll have some amazing views of Osan and the surrounding countryside many kilometers away!

Back up the road, the entrance to the Doksanseong Fortress is through the East Gate which is a small, 6-foot tall walkway through the fortress wall that leads you up into the temple grounds. As you rise over the small hill after passing through the East Gate, the temple appears majestically to your right with an ancient Command Post hovering in the background over the Main Hall's shoulder. It's easy to stop here and rest your eyes gaze on the delicacy of the temple's architecture and the craftsmanship of the wall—find one of the many benches and do just that! Take your time and admire these historic artifacts, there's no rush.

I thought about going directly up to the Main Hall and peering in to see what relics lay inside but decided to tour the fortress boundary instead. I was rewarded with magnificent 360-degree views of Osan and the countryside thanks to the pollution being less than unbearable that day and a relatively cloudless sky.

For miles, I could stop and look out to the horizon and let my eyes wander across the hilly Korean countryside. As my eyes bounced around, I pondered if I'd ever end up hiking any of the areas and what it must have been like to spot the enemy coming across the various ranges. After my daydreaming had ended, I then stumbled up to the Command Post where one can sit and rest on the benches for the best views on the mountain. I highly suggest you do the same!

Continuing on, I started back down the hill as the sun was starting to set and the temple fell into an evening shadow that magnified the zen energy more than I had anticipated experiencing. I came around, back in front of the main hall, and chose to go to what I learned was the medicinal Buddha to the right of the main hall. There, I discovered a meditation mat that was somehow calling my name.

I promptly removed my shoes, sat cross-legged, closed my eyes, and began to focus on my breathing. Not knowing if this was how meditation was supposed to be done here, I must have guessed correctly because I could feel a sense of peace wash over me as my shoulders dropped and my stress all but faded away. The birds whistled in the nearby pines and the bugs buzzed past my shoulders as they hurried to finish their daily tasks before nightfall. Faintly, I could hear the wind rustling the leaves on the nearby trees as if the earth took one final breath before succeeding to the evening.

My eyes opened slowly and I took in my surroundings. I couldn't help but feel a massive smile spread across my face as I realized that I had just produced an organic moment consisting of meditating in a Korean temple as the sunset cast blurry shadows across the Korean countryside I was in; How. Freaking. Surreal lol.

I put my shoes back on, took a peak inside the main temple, then went about the rest of my day, walking on air.

### 2 Doksanseong Fortress

155 Jigot-dong, Osan-si, Gyeonggi-do

### 1 Mangisa Buddhist Temple

548 Dongcheon-ri, Jinwi-myeon, Pyeongtaek-si, Gyeonggi-do

### 3 Donghwasa Temple

1 Donghwasa 1-gil, Dohak-dong, Dong-gu, Daegu



View of Osan from Doksanseong Fortress.



Doksanseong Fortress near Osan.



Cityscape views from the Doksanseong Fortress Command Post.



An outdoor meditation mat overlooking Osan at Doksanseong Fortress.



The Main Hall at the Doksanseong Fortress.

Courtesy photos



# TEMPLES: Embrace Korean culture and explore

CONTINUED FROM PAGE 11

3



## Donghwasa Temple

Now, this temple is a bit of a distance from Osan Air Base in that it's much closer to Camp Walker in Daegu but, I promise I saved this one for last because it is the best! Donghwasa was truly the best temple of the weekend thanks to the monk prayer session I stumbled upon, the waterfalls I listened to, and the grounding I experienced as I meditated in the river flowing through the grounds.

To get to Donghwasa from Osan, park at the Jije SRT station and buy a ticket for Daegu. When you get off the SRT at Daegu, head towards exit five in the terminal, go down the stairs, and under the bridge is a bus stop (Dongdaegu Station Underpass 2 to be exact) where you'll catch the red express bus for 19 stops before arriving at Donghwasa Temple—it's that easy to get here!

As you exit the bus, begin the march up the rather steep hill to the massive One Pillar Gate. The One Pillar Gate is common in Korean Buddhist temples and it establishes the sacred area from the secular one. Here, you'll encounter the Four Heavenly Kings again, but in much, much larger forms than the Mangisa Temple's. As you sneak past them (and after you pay an entrance fee of a few thousand Won), you'll begin down a large tunnel that will spit you out in front of this amazing oasis fed by mountain stream water.

I encourage you to walk around to the north end of this pond where the water feeds it. Pause at the bridge over the inlet and rest in the shade for a moment. Listen to the brook and let it hypnotize you into a state of relaxation. The walk along the boardwalk around the perimeter definitely helped me shake off some of the tension from the train and the bus ride and I think it would do the exact same for you.

Continuing on, you can either hike into the national forest to the north, or continue on to Donghwasa Temple—the choice is yours! Being that I was there on a Sunday, a day of rest, I chose to relax and take my time admiring the temple rather than bagging a mountain hike.

The first thing one notices upon entering the grounds is the amazing scenery in which this temple

is situated. If you pause here, pay attention to the mountains and valleys all around you that harness the gentle breezes coursing through the air. Listen closely and you can hear the sound of running water just beyond the pagodas in front of you. You'll eventually get to cross over the river on your way to the temple even! Take your time in this part of the campus though, admiring the beautiful colors adorning the facades of the pagodas and the main hall.

When you're done wandering this portion of Donghwasa, follow your ears and make your way towards the sound of falling water. As you do, you'll step down towards a road that leads along a beautiful river full of waterfalls—simply incredible! Feel free to stop at each one and let your gaze go long as you focus on the sound of each waterfall, there's no rush after all!

When you're ready, continue along the road until you see the sign pointing in the direction of the Main Hall. As you follow it, you'll go up about 2 or 3 flights of stairs until you reach the pinnacle of the Donghwasa and why you made the journey out here in the first place: the massive Main Hall and the Buddha statue.

I was extremely lucky when I visited Donghwasa as it was a Sunday and the monks were leading prayer for some 200 people. The sounds of monks chanting sacred prayers into the wind that was rolling off of the green mountainside in the presence of a massive Buddhist statue is something I'll never forget, and it's a moment I'll always be thankful for.

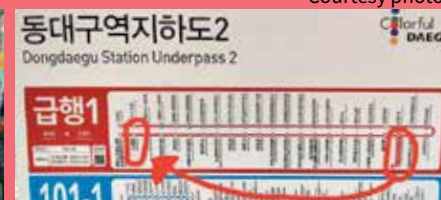
Feeling as if I needed to "do as the Romans do" and join in on the meditation, I chose to continue back on the road along the river, searching for a rock to rest on for some solitude. Within a few hundred feet, I found a small, flat rock just beyond a small drop in the middle of the river that looked perfect for a spot to rest.

I took off my shoes (and sweaty socks), waded into the cold water, and promptly sat down in utter awe of my experience. I was grounded, and I was appreciative. I couldn't believe I was experiencing what I had and I couldn't help but grow a massive grin on my face as I realized just how blessed I truly am.

Courtesy photos



One of the Heavenly Kings.



The bus route from Dongdaegu Station to Donghwasa Temple.



A mountain stream-fed pond at Donghwasa.



One of the Heavenly Kings.



Pagodas at Donghwasa Temple.



The Main Hall and the Buddha statue.



View video!

Grounding in the river at Donghwasa

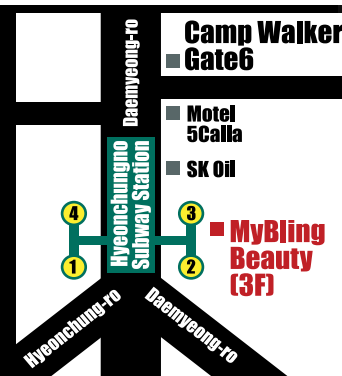


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# Discovering Alpaca World!

STORY AND PHOTOS BY KYLE HANEY,  
GLOBETROTTERKYLE.COM

Are you stationed or living in South Korea and are in need of doing something other than eating Korean BBQ, Kimchi, or touring one of the millions of temples spread across the peninsula? Tired of spending your weekend doing the same old routine and need something unique, close to Seoul? Well, I have the place for you: South Korea's Alpaca World!

Alpaca World is just like it sounds: a world where Alpacas rule and humans are only visitors! Located on a forested hillside in Hongcheon, Gangwon-do, South Korea, Alpaca World is a destination where Alpacas take center stage for an entire afternoon's entertainment. Dubbed the first alpaca-themed emotional travel destination, this experience allows visitors to pet, feed, walk, and even hug some of the kindest, sweetest, and big-eyed animals in Korea; the prefect unique experience while staying in Korea for any length of time!

Before I begin, I have to give a huge shoutout to my awesome boss for tipping me off about this majestic place; so, thank you Maj Sherrod! Thanks to your recommendation, Ciara and I had one of the most memorable experiences in South Korea while she was out here.

Now, I know from experience that repeatedly visiting one of the plethora of temples and hiking one of the dozens of National Parks in Korea can easily create a callus on your appreciation for beauty in these things. Let me be clear: I'm not saying that every temple doesn't offer something unique or that all trails in South Korea are the same. Rather, I'm simply saying that 'when all there is to do is the same few things



every single weekend', it can almost feel like there's no diversity in your experiences. Does that make any sense? It did to me at least lol.

Thanks to the still-prevalent fear of COVID from military leadership, military personnel are not allowed to visit certain areas of Korea where cases exceed some metric of.... something; idk. Basically, if cases or numbers are too high, military leadership draws a line around that area, labels it red, and says military cannot go there. Well, luckily, my boss threw out a rather austere idea for my girlfriend and I to try while she was still here visiting and it just so happened to be in a green area so, we went!

As we arrived, Ciara and I were in awe of just how gorgeous of an area Alpaca World resides in. Between the amazing valley below and the towering mountainsides all around us, the park is truly situated within a prime location for the Alpacas. Teeming with excitement, Ciara and I paid the ~\$13 for admission and entered the park.

The first thing that caught our eye was the large, open pen where people were running (literally, running) around with the gentle giants as they laughed and fed them right out of the palms of their hands! We couldn't believe how unlike anything in the

States this place was. Sure, the U.S. has goat yoga and cat cafes but, they sure don't have anything like this!

We started making our way through the park by following the signs and our own intuition of where we would have the most fun. First stop: exchanging a few hundred won for some paca coin. Paca coin is Alpaca World currency that works by putting the coin in an alpaca food dispenser which will pour out some feed for you to give to your furry little friends within the park. Ciara and I both got a cup and headed over to the salivating alpacas.

These little buggers are smart though! Being that Ciara and I had never fed an alpaca in our lives, we weren't sure how to hold the food to give to them. As Ciara edged closer to the first alpaca we encountered, she cautiously held out her hand with food in it but, the alpaca grabbed the whole cup right out of her other hand! It was hilarious! The alpaca knocked his head back and poured the entire cup's worth of treats right into his mouth, grinning at us both as he munched down his dinner.

Having finally figured out that feeding them is as easy as holding your hand flat with a few feed pellets in it, we perused about the different areas feeding each alpaca that was hungry enough to trot up to us. From baby fur balls to tall alphas, Ciara and I laughed and laughed as we fed these bottomless pits until we ran out of pellets.

Moving along throughout the park, we realized that Alpaca World is more than just a home for alpacas—it's a sanctuary for dozens of other animals like bunnies, deer, birds, and more bunnies. And yes: you're able to feed all of them with the paca coin but, trust me when I say that no matter how much they eat, they seem to keep coming back for more lol.

So, when you find yourself either tired of visiting the tourist-y side of Korea or just lonely and in need of someone to hug, I highly recommend visiting Alpaca World for an amazing experience that is completely unique and full of love. For more information, simply drop me a comment below or visit their website here!

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in Ulsan



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# Exploring a hidden gem at Amethyst Cavern

## Songunsa Temple

Don't forget to leave time for a short walk to the Songunsa (송운사) Temple before heading home. Songunsa Temple, which is next door to Amethyst Cavern Park, is housed inside a mysterious cave. Climb the steep yellow stairs that lead to the temple. At the top, you'll be greeted with a panoramic view of the beautiful surroundings and the famous Yeongam Alps. The exteriors of the cave temples were decorated like a natural park and filled with stone towers and buddha statues that are brightly painted in gold. The interior of the temple rooms was not decorated brightly like regular temples and were filled with more golden statues of Buddha's disciples. Inside the cave, you'll see worshippers praying or lighting incense.

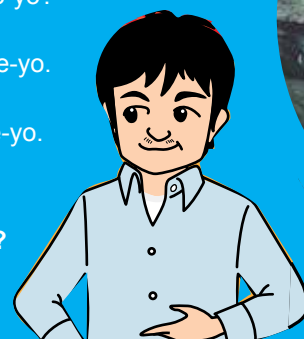
**ADDRESS** 울산 울주군 상북면 자수정로 212 (KOR),  
212, Jasujeong-ro, Sangbuk-myeon, Ulju-gun, Ulsan (ENG)



NAVER MAP

## Speakin' Korean

- How about going on a cave trip?  
Dong-gul-lo yeo-haeng-ga-neun-geon eo-ttae-yo
- Is there one nearby?  
Ga-kka-un-de al-go-iss-eo-yo?
- Come inside.  
An-eu-lo deul-eo-wa bo-se-yo.
- It's really cool here!  
Yeo-gi jin-jja si-won-ha-ne-yo.
- I brought extra clothes.  
Oseul gajigo wasseoyo.
- Do you want to try it on?  
Ibeo bosillaeyo?
- Look at the amethyst!  
Ja-su-jeong jom bwa!





STORY AND PHOTOS BY CHIHON KIM,  
STRIPES KOREA

**W**hat is the first thing that pops into your mind when you think of Detroit, Michigan? When I think of the city, I conjure up Eminem, Detroit Tigers, and big American car companies that led the golden age of the U.S. auto industry. If you ask me what city is known for the auto industry in South Korea, I would say Ulsan without hesitation. Ulsan is home to Hyundai, the most successful auto manufacturer in Korea, and Ulsan Hyundai FC, a professional football club. I had little interest in exploring this city that boasts its thriving heavy industrial community until my family recently visited a cave there.

Amethyst Cavern Park (자수정동굴나라), in Ulju-gun, Ulsan,

# Park

is a great place to visit regardless of the weather outside because inside the temperature constantly hovers between 12 and 16 degrees Celsius year-round. For those who live in Daegu and Gyeongsang-do, this place is about a 90-minute drive from Camp Henry, Camp Walker and Camp Carroll.

From outside, the cave looks disappointing, but I decided I wouldn't judge the book by its outdated cover. The cave entrance ticket was 7,000 won (or \$6.04) for adults, but I bought a combo ticket including a boat tour for 12,000 won. Hold onto your tickets because both the cave and boat require proof of purchase!

The amethyst in this cave is said to be among some of the highest-grade quality in the world,

according to the cave website. Ulju-gun has been producing this precious stone since the Silla Dynasty (B.C. 57-935). The cave was also used during the Japanese colonial period from 1910 to 1945 and a large amount of amethyst was illegally exported to Japan since the color purple is valued as a symbol of the Japanese Emperor. The mine produced nearly 500 to 5,000 kilograms of jewelry every single year after the liberation but was closed years ago due to poor productivity and turned into a great cavern park.

When I stepped into the cave, chilly air greeted me, so don't forget a light jacket. The cave spans 2.5 kilometers in length and is connected like a maze into 10 different sections. Each section is decorated with colorful lights and a variety of sculptures and installations.

The Media Art Center section was one of the most impressive. Here, I enjoyed a laser show projection on one side of the cave wall. Though smaller than other caves I've been to before, the show was lively and made me stop in my tracks. Past the Media Art Center, toward the end of the cave, you'll find a section where visitors can make a wish upon a stone Buddha statue. I made a wish for this terrible pandemic to end soon, then made my way to other sections.

At the center of the cave, check out the ancient Egypt theme section filled with artifact replicas. Another must-see spot is the Amethyst Geode section where you can see veins of amethyst and amethyst stone yourself. I hadn't realized just how beautiful and deep purple the amethysts are until I saw them here.

Stop at the wine shop near the Amethyst Geode section if you need a refreshing break over a well-aged glass of wine. Another section is Jurassic World, featuring great dinosaur sculptures perfect for some snapshots with your family. After spending some time exploring the caves and admiring the beautiful amethyst, I made my way back outside and headed to the highlight of this park: a boat tour of the cave.

## Cave boat tour

The boat dock was just a short walk from the ticket booth. When I got to the dock there was already a good line, but I put on a life jacket and within 5 minutes I was on my way. The water depth inside the cave is 6.5 feet along the tour route. You might think it's not too deep, but the boat moves fast, so hold on tight! Seriously!

You may not see the stalactites or stalagmites you've probably seen at other caverns, but this tour offers another type of fun. During the tour, the guide stops the engine and points to the wall and ceiling with a flashlight for a close look at something you may not have noticed or seen before: a beautiful amethyst vein! Due to the speed of the boat, the water was a little

choppy, which added to the fun. The 0.43-mile round-trip tour took roughly 7 to 8 minutes. The tour time was a bit short for me, but I wasn't disappointed because it was such a unique experience. Outside the cave, there is a small amusement park for kids called T-Land, which offers family fun featuring kiddie rides and interactive play areas that youngsters will love. All in all, I enjoyed my time in the Detroit of South Korea checking out an attraction I would have never experienced had I assumed it was only the home of auto factories. The Amethyst Cavern Park is truly a hidden gem I'm glad I found

**ADDRESS** 울산 울주군 상북면 자수정로 212 자수정동굴나라 (KOR), 212, Jasujeong-ro, Sangbuk-myeon, Ulju-gun, Ulsan, (ENG)

**HOURS** 9 a.m. to 6:00 p.m. (Last admission 5:30, Open year-round)

**PHONE** 053-254-1515

**TICKET FEES**

[Cave entrance fee] Adults (age 15 & over) 7,000 won / Children (age 3-13) 6,000 won / Senior (age 65 & over) 6,000 won

[Cave boat tour] Adults 6,000 won / Children, Senior 5,000 won

[Cave entrance fee & boat tour combo] Adults 12,000 won / Senior, Children 10,000 won

**NAVER MAP**



**WEBSITE**







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#### THANKSGIVING BUFFET

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### DECEMBER

#### CHRISTMAS AT THE DRAGON

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## Explore Korea and bring your pet, too

BY CHIHON KIM,  
STRIPES KOREA

**W**e all love our furry friends! Traveling with a pet is a great way to share some nice memories with Fido but be prepared for some minor inconveniences along your journey. In South Korea, every transport company has particular rules regarding pets, so it's important to plan ahead. If you've traveled with pets before or are just beginning to, you'll want to take note of the tips below.

### Taking your pet on a train

Korail and SRT trains allow cats and dogs smaller than 23.62 inches long on their express or slower trains. However, your pet must fit comfortably in a pet carrier under the seat in front of you or on your lap.

The carrier must not exceed the dimensions 45cm x 30cm x 25cm for Korail and SRT's carry-on requirements and the total weight of the carrier and pet must be less than 22 pounds.

Among the list of prohibited pets or animals are fighting dogs, such as pit bull

terriers, Dobermanns and German shepherds, as well as rodents, reptiles, and birds of prey. None of these rules apply to registered service dogs as they are allowed on the train for passengers with disabilities.

### Follow the rules

- Your carrier must be covered, keeping the interior out of view.
- Carry your pet's vaccination certificate and card at all times.
- Your pet must remain in the carrier for the duration of travel.
- Avoid blocking aisles or doorways with the pet carrier.
- Etiquette: Bath your furry travel companion and control feed 4 to 5 hours before boarding a train.

**TIP:** Though the KTX's first-class ticket (for an adult) is more spacious and a little more expensive, it could be a good choice if you want some space for the carrier. If you've spent enough time on the rail system in Korea, you may have noticed many pet lovers place their travel kennel at the end of a train car or spacious luggage space between first-class and

business-class train, standing close by them, which is another option you can consider, too.

### On the subway

Most of the subway providers around the nation don't have accurate animal policy for boarding a pet, but the companies allow you to travel if you have your small pet in a carrier. Visit the line's own website for more information.

### On the express bus

Most of the bus companies allow only small pets weighing under 11 pounds on board and only if they are in a carrier.

Some companies' policies state they reserve the right to refuse pets on their vehicles. These policies also vary on weight limitation and carrier dimensions.

If your pet is allowed on the bus, make sure they're on their best behavior as drivers have discretionary power.

**For more information on PCSing with your pet visit:** <https://8tharmy.korea.army.mil/site/newcomers/traveling-pets.asp>



Trip talk!

Speakin' Korean

### Can I take my dog(cat) on the bus?

Gangaji(goyangi)reul derigo beoseue tal su isseoyo?

### My dog (cat) is small.

Je gang-a-ji-neun jagayo.

### My dog (cat) is so gentle.

Je gangajineun jeongmal yamjeonhaeyo.

### Here is my dog's vaccination card.

Gangaji yebang jeopjongkadeu yeogi isseoyo.

### Thank you. Gamsahapnida.

### Sorry for the inconvenience.

Bulpyeoneul kkichyeo deuryeo joesonghapnida.

### Thank you for your patience.

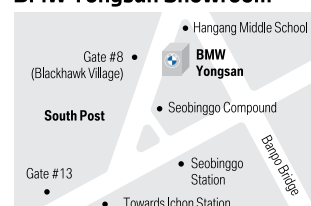
Yanghaehae jusyeoseo gamsahapnida.

## BE SPECIAL WITH EXCLUSIVE BENEFITS.

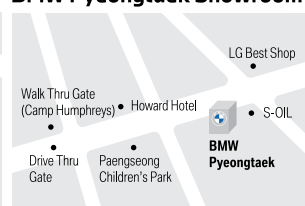
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## MILITARY SALES





OCT. 9

# Hangul, a Democratic alphabet created for the commoner

BY CHIHON KIM,  
STRIPES KOREA

Oct. 9 is a South Korean national holiday in honor of the invention of the Korean alphabet, Hangul. A day celebrating the alphabet may seem strange, but for Koreans, the simple and effective native writing system is a source of national pride.

Created by King Sejong in 1443, the alphabet took three years of testing and perfecting before it was made public in 1446. Before Hangul was invented, the Korean language was written with old Chinese characters with grammatical structures distinct from Korean. Learning complicated Chinese characters required years of education and training, meaning only wealthy, upper class Koreans could learn to read and write. That left the rest of the population illiterate.

Seeking to eradicate illiteracy amongst common Koreans, King Sejong launched his ambitious project. Hangul's original name was "Hunminjeongeum," which translates to "a set of proper sounds for the education of the entire nation."

Despite his good intentions, King Sejong's Hangul faced strong opposition with subjects and scholars fiercely debating its creation.

The simple writing system, they feared, would lead to the loss of aristocratic privilege and power. It was considered a

English	Pure-Korean	Hangul	Sino-Korean	Hangul
1	Hana	하나	il	일
2	Tul	둘	ee	이
3	Set	셋	sam	삼
4	Net	넷	sa	사
5	Tasot	다섯	oh	오
6	Yosot	여섯	yuk	육
7	Ilgop	일곱	ch'il	칠
8	Yodol(p)	여덟	p'al	팔
9	Ahop	아홉	gu	구
10	Yol	열	ship	십
20	Sumul	스물	ee-ship	이십
30	Sorun	서른	sam-ship	삼십
40	Mahun	마흔	sa-ship	사십
50	Shween	쉰	oh-ship	오십
60	Yessun	예순	yuk-ship	육십
70	Irhun	일흔	ch'il-ship	칠십
80	Yeodun	여든	p'al-ship	팔십
90	Ahun	아흔	gu-ship	구십
100	Baek	백	baek	백
1,000			Ch'eon	천
10,000			Man	만
100,000			Ship-man	십만
1,000,000			Baek-man	백만

danger by the noble class and dismissed as the letters of women and children. The opposition by the aristocracy against the new writing system continued after King Sejong's death, which hindered the widespread use of the alphabet for a long time.

It was not until 450 years after its creation that Hangul was finally designated as the official writing system of Korea. However, hangul would suffer

another obstacle during colonial rule when Japanese would become the official language on the peninsula. In the 1940s, learning hangul and media in hangul was banned, which even led to the incarceration of Korean linguists.

Like the darkest hour is just before the dawn, Hangul Day was designated an official holiday in 1949 following liberation from Japanese rule after the end of the World War II.

## GSA in Korea

GSA Global Supply® is now storing and delivering approximately 750 high-demand National Stock Number (NSN) items formerly stored in and shipped from the continental United States. The change reduces delivery time to a few days from weeks or months.



Customers can order using GSA websites (GSA Global Supply or GSA Advantage!®) or via existing customer logistics platforms (e.g., GCSS-Army). GSA's systems recognize the items stocked in Korea and fulfill orders locally. Other items will ship from the mainland. An electronic catalog is available.



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.easley@gsa.gov.

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Did you know?

The 14 consonants in Hangul are made to represent how your oral cavity is shaped as you voice them.

## Celebrating Hangul Day

There are no large celebrations during Hangul Day, instead many Koreans usually enjoy the day off. Some people may also go on a short outing with friends and family. When Hangul Day approaches, news reporters crank out many stories on the corruption of Hangul by the rise in use of foreign words.

The concern is the overuse of English and often its use mixed improperly with Korean. You'll find examples of this everywhere in the country, from schools to government offices. I've seen many Hangul slogans and festival names aimed at locals written, unnecessarily, in the way English sounds.

In this era of globalization, linguistic purism should be avoided, but for elderly locals unfamiliar with English, the slogans and festival names are difficult to understand.

Hangul Day is a day to remind Koreans of the misuse of foreign words and of the humble beginnings of Hangul to encourage literacy among the masses.

Adorning the 10,000-won bill in Korea is King Sejong's portrait. File photo



# Stripes Sports Trivia

With LeBron James taking his throne to L.A., six of the NBA's top 8 all-time leaders in career points have played for the Lakers. King James will likely become a top-4 scorer during the upcoming season, making the top 4 all one-time Lakers. Who are the two outsiders in the top 8? A hint: one should be a no-brainer. The other isn't quite as easy.

**Answer**

Michael Jordan & Dirk Nowitzki

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STARS AND STRIPES

## DID YOU KNOW?

In terms of land area, South Korea, which has a population of more than 51 million, is roughly the size of the state of Indiana.



Hangul of the week

만남  
mannam (meeting)

## Language Lesson

My apologies.

Joe-song-hab-ni-da.

# 활력비법서 영월보감

**Vacation at Yeongwol County for your next local adventure!**  
Korean Historical Unesco Sites / Byeolmaro Observatory / Donggang River Rafting & Tubing  
Gossi Cave / Bubheungsa Temple / Paragliding / Contemporary Art Museum

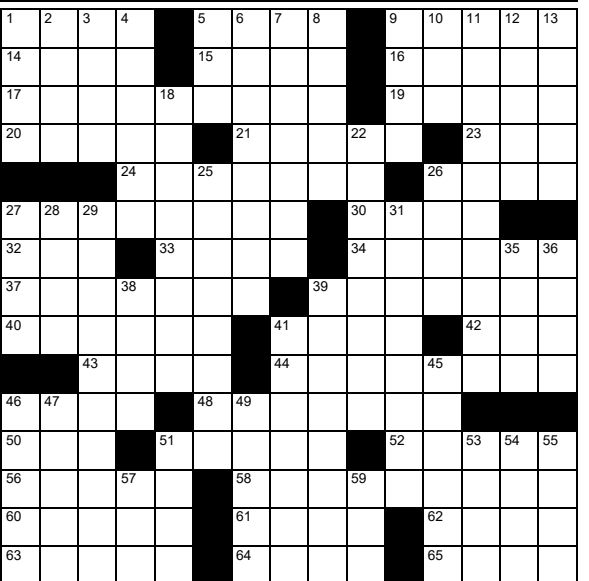
**yeongwol\_hot**

## Crossword

by Margie E. Burke

### ACROSS

- 1 Supermarket section
- 5 Strip of wood
- 9 Greyhound fleet
- 14 Vince's "Wedding Crashers" co-star
- 15 Creative spark
- 16 Open, as a bottle
- 17 Refuge
- 19 Code name?
- 20 Furnish with a fund
- 21 Lift in a gym
- 23 Moray, e.g.
- 24 Blunder
- 26 Farmer's place, in song
- 27 Like many wines
- 30 Alda or Arkin
- 32 Outback runner
- 33 Word after dial or earth
- 34 Laughing statue
- 37 Debra of "Will & Grace"
- 39 Season of heavy rain
- 40 Recite, as a mantra
- 41 Tropical wood
- 42 Withdraw, with "out"
- 43 Marine growth
- 44 2011 Spielberg movie
- 46 Ask for I.D.
- 48 Sub sandwich
- 50 Curtain holder
- 51 Boxing play
- 52 Toward the stern
- 56 Make a case for
- 58 Underwater swimmer
- 60 Fixed gaze
- 61 Ticklish Muppet
- 62 "Rosanna" band
- 63 Start to "got a clue"
- 64 Marsh plant
- 65 Shemar Moore series



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### DOWN

- 1 Amount of medicine
- 2 Naomi's co-star in "The Impossible"
- 3 Extend credit
- 4 1040 entry
- 5 "Elementary" actress
- 6 Changing with the times
- 7 Apartment amenity
- 8 "Frida" star Salma
- 9 Saddens, with "out"
- 10 Popular card game
- 11 Patio entrance, often
- 12 Art studio item
- 13 Hex
- 18 Doing a '60s dance
- 22 Coastal area
- 25 Prehistoric period

- 26 Root beer brand
- 27 Patrick's "Ghost" co-star
- 28 Sign of foreboding
- 29 Chemical weapon of WWI
- 31 Bozo
- 35 Brewer's need
- 36 Poker stake
- 38 Auctioneer's closing word
- 39 Interim period

- 41 When repeated, what little stars do
- 45 Circles the earth
- 46 1929 event
- 47 Largest artery
- 49 Stair part
- 51 Stocking stuffers?
- 53 Declare openly
- 54 Crumbly cheese
- 55 Horse gait
- 57 Ashes holder
- 59 Silent assent

### Answers to Previous Crossword:

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

## SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

### 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:

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

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# Women Medipark Hospital



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



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



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

## Women Medipark Hospital's Strengths

### 1 Laparoscope

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

### 2 HIFU (High Intensity Focused Ultrasound)

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



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

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

### 4 High Risk Maternity Care Center

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

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

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

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

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



# Healthy Living

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

September 2022

■ Medi-Healing Tour in Busanjin-gu

- PAGE 2

■ Busan Wellness Tour Program

- PAGE 3

■ Autumn, when the skin needs to be reborn!

- PAGE 2

■ Special medical tourism deal for USFK families!

- PAGE 4

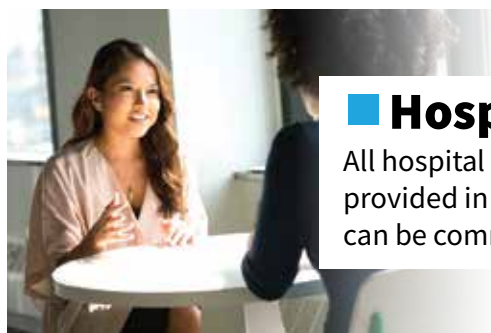


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We will help you find the right family doctors, psychiatrists, OBGYNs, neurologists, cardiologists, plastic surgeons, allergists, dermatologists, Korean traditional medicine, and more.



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We provide a non-emergency door-to-door transportation service to individuals and groups who may need special support getting to and from their healthcare appointments.



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busanjin SMS

# Medi-Healing Tour in Busanjin-gu

## 2022 Seomyeon Medical Street Festival

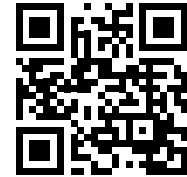
SEOMYEON MEDICAL STREET FESTIVAL

Seomyeon Medical Street Festival takes place around Autumn every year and is a medical tourism festival that introduces Seomyeon Medical Street(SMS), where more than 370 medical institutions are concentrated, to the

nation and the world. It is a festival held to allow people to experience and enjoy the tourism facilities around Seomyeon.

It's a festival where SMS's premium medical institutions can show off their cutting-edge medical skills, and you can experience professional consultations including virtual cosmetic surgery, skin

and scalp diagnosis, eye pressure test, vision correction and old sightedness treatment, consultation for dental implants and braces, check-up for blood vessels, obesity check-up, etc. Also, there are various beauty-wellness experience and events, culture performances.



www.busansms.com

**EVENT DATE:**  
2022. 11. 4 (Friday)  
~ 11.5 (Saturday)



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

Cosmetic surgery & Skin			Eye clinics			Accommodation		
Nobless Plastic Surgery	NEW LINW Plastic Surgery	THE FACE Plastic Surgery	GOOD MORNING 102 Eye Clinic	NUNEVIT Eye Center	HIVUV Eye Clinic	Lotte Hotel Busan	Solaria Nisetsu Hotel Busan	tt Hotel
RIO Plastic Surgery	JEONG SUNG HOON Plastic Surgery	I-know-u plastic Surgery	Health check-up & Obesity management			Foreign patient attraction company		
			ISAM Hospital	BUSAN HANGUN Hospital Bunchun Campus	BUSAN 365mc Hospital	Goryeo Medical Tour Development Inc.	Busan JMJ	Smart Care Medical Busan
BS THE BODY Plastic Surgery Clinic	GOWONSESANG Kim Yang Che Skin Clinic	SUNG JAE YOUNG Ease Skin Clinic	Oriental Medicine & Thoracic Surgery			Women's Clinic & Men's Clinic		
			Detoxifying Blood Cleansing EUNBAEK Oriental Medical Clinic	Bright Oriental Medical Clinic	Kim Byoung joon LEDAS Varicose Vein Clinics	Eroom Woman Clinic	ZEUS Urology Clinic	
Dental clinics			ETC					
GOODWILL Dental Hospital	DIGITAL ART Dental Clinic	LINE-UP Dental Clinic	International Beauty Creation Association	MS Education Academy				
			+82-51-710-5971		+82-51-819-5522			

### Sungjae Young Iz Dermatology

## Autumn, when the skin needs to be reborn!

SUNGJAE YOUNG IZ DERMATOLOGY

This summer, which was exceptionally humid and hot, is still living in a pandemic era where you can't avoid masks. Our skin is tired. Skin exposed to hot ultraviolet rays not only develops pigment diseases such as melasma and freckles, but also becomes rough and wrinkles deepen. It's important to keep in mind that tired skin like this can accelerate aging if not properly cared for during the current peak season. From now on, Sungjae Young, the Chairman of the Board of Dermatology Representative of Dermatology Advisor Sungjae Young, will advise on good skin care practices to know this fall.

#### Advice 1. Inflammation Treatment Fights Time

In people who have been outdoors frequently during the summer months, the skin trapped in the mask is over-secreted with sweat and sebum, while the skin seemingly overuses air conditioning and the skin becomes greasy and dry. This deepens the inflammation. In addition, when the skin immunity and resistance are weakened due to ultraviolet rays, and the skin itself reacts sensitively, resulting in a sudden severe keratinization, tingling or itching of the skin, and even swelling. Neglecting these skin reactions leads to skin aging, so the sooner you treat them, the more effective they are.



#### Advice 2. Find the Right Treatment for You

As different as a person's appearance is, treatments are also diverse. You need to find a treatment that works for you, like a 'Bispeck suit' tailored to your individual. Sungjae Young Dermatology recommends a new treatment method, medical skincare, and "dumio care," which help the epidermis recover with microultrasound vibrations. Dumio Care generates and supplies high concentrations of anions into the body through a transparent helmet reminiscent of a spacecraft pilot, and induces skin regeneration by reducing free radicals that cause skin aging. A combination of 'intravenous therapy' is designed to speed up treatment. Based on the 'Myers cocktail' regimen designed to treat a variety of diseases such as allergic rhinitis, cardiovascular disease and a combination of magnesium, calcium, vitamins B and C, it is prescribed precisely according to the individual's body and

skin condition.

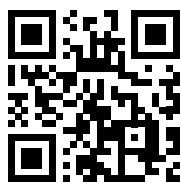
#### Advice 3. Don't take the holiday hair loss lightly

Through the hot summers, contaminants such as sweat, sebum and dust penetrate the scalp and block the hair follicles. Because of this, when the season comes, you may feel an unusually bad hair fall out. In the fall, when the weather is good, there is a temporary increase in the secretion of male hormones that affect hair loss, which causes hair loss. Don't leave this unattended, but seek out a dermatologist to develop a treatment plan with plenty of counseling.

#### Advice 4. Don't neglect skin care in your daily life

If you experience skin inflammation, swelling, or itching, try a hypoallergenic product that has a low oil content or is oil-free. It is also recommended to avoid the use of exfoliators that irritate the skin, and to use a slightly acidic soap with a pH of 5.5 or higher.

The most important thing here is to stick to the 'inner beauty' that you cultivate from the inside out. Drink plenty of water and pack some nutrient-rich seasonal fruits and vegetables. Apples, in particular, are rich in antioxidants and anti-inflammatory properties, which help strengthen the skin. In addition, broccoli, which is rich in vitamin C, and tomatoes that contain a high amount of lycopene, which removes free radicals from the body due to its powerful antioxidant action, are also essential foods for the skin.



https://easeskin.co.kr/





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One-day, one-stop medical check-up:

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■ Kosin University Gospel Hospital

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- ✓ Top-rated institution for health assessments



CONTACT INFORMATION:

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Get full-body preventive health checkup and enjoy night at luxurious hotel!

**\$2,500 value for only \$650!**

## Where's the checkup?

Songdo General Surgery

## Location

Incheon City, POSCO Tower Songdo  
4th floor

## Where do you stay?

Oakwood Premier Hotel, a landmark of Songdo, Incheon International District, and located next to Songdo General Surgery.



**Breakfast included!**

Hotel website ▶



## Nearby attractions

Incheon Lotte Mart Store, Hyundai Premium Factory Outlet Mall, Gyeongwonjae Hanok Village and more  
(U-MEDI can provide tourist information)



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- We will walk you through the process.
- Translator provided during checkup.
- After checkup, medical staff will conduct consultation. Complete results emailed to you in 2 weeks.



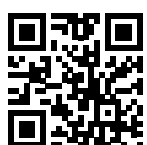
## Checkup includes

Counseling, physical measurement, obesity, body composition analysis, blood pressure, electrocardiogram, ophthalmology (vision, intraocular pressure, fundus), hearing, lung function, chest radiography, general blood, blood type, anemia, hepatitis (type B, C) liver function, diabetes, hyperlipidemia, kidney function, gout, electrolytes, pancreatitis, thyroid, syphilis, AIDS, inflammation, rheumatoid factor, tumor markers (liver cancer, colorectal cancer, pancreatic cancer, ovarian cancer, prostate cancer), urine, Feces Abdominal ultrasound, Gastroscopy or gastrointestinal angiography, nutritional evaluation  
Women: Cervical cancer, vaginitis

## Optional Checkup List (Additional costs)

- Upper abdominal + Carotid Ultrasound
- Thyroid + Breast Ultrasound
- Upper Abdominal Ultrasound
- Breast Ultrasound      ■ Thyroid Ultrasound
- Carotid Ultrasound      ■ Echocardiography
- Prostate Ultrasound      ■ HPV test
- Genetic Analysis (8 Types)

**U-MEDI Health Checkup**  
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