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Left: Senior Airman Kenyetta Oglesbe applies broken nose moulage to Senior Airman Shauna-Kay Nation prior to a medical training event at Osan Air Base on Sept. 14. Bottom: Staff Sgt. Bradley Borytsky has makeup applied to his head injury moulage prior to a training scenario. Photos by Master Sgt. Joshua J. Garcia, U.S. Air Force



Airman's makeup skills an exercise in readiness

BY SENIOR AIRMAN ALLISON PAYNE,
51ST FIGHTER WING

OSAN AIR BASE – Moulage, French for casting or molding, is a technique in which special effects makeup is used to create wounds and other realism effects in otherwise simulated environments. These types of special effects can be commonly seen in horror films or television shows to add dramatic effects. Nonetheless, it takes a makeup artist's dedication and expertise to bring these effects to life.

While in high school, Senior Airman Kenyetta Oglesbe, 51st Medical Group air evacuation technician, stumbled across a YouTube video about special effects makeup that sparked her interest. She then took her newly gained skills from online

tutorials and self-application hands-on training and used them to create lifelike injuries on patients for training scenarios.

"I have so much fun helping create moulage patients," said Oglesbe. "It feels really good knowing my work helps medics and first responders train to better prepare themselves for real world situations. My job can become pretty stressful at times, so it doubles as a great stress reliever."

Moulage is a way to provide the most realistic injury simulations possible. Instead of trainees imagining the patient has a traumatic brain injury, they are able to actually see what that injury might look like first-hand thanks to the moulage technique.

"We use moulage during

training events, so we can create realistic scenarios for doctors and everyone involved," said Oglesbe. "We can easily talk through different situations they may see, but it's much more beneficial to see it themselves."

Oglesbe said the patient's simulated injuries are dictated by the needs of the medical trainers. The moulage technique enables her to create something as simple as a bruise or abrasion or something as complex as injuries seen in mass casualties such as burns or impalements.

"I think moulage training allows medical personnel to apply their skills in a unique and different training environment," said Staff Sgt. Bradley Borytsky, 51st Operational Medical Readiness Squadron mental health technician. "Normally, they

wouldn't come across these injuries until an actual real-world scenario, so giving them the opportunity to hone those skills prior enables them to keep patients safer while also sharpening their skills."

Training events involving wounds created utilizing the moulage technique provides a more accurate representative experience for medical personnel for what they may encounter down-range or during real-world medical emergencies.

"It's a huge morale booster for me to be able to do something I love while helping medics and first responders train for real world situations," said Oglesbe. "I'm really thankful I'm able to contribute to the mission by doing something I'm passionate about."

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Glad to be vaccinated, but wish I'd planned ahead

BY CHIHON KIM, STRIPES KOREA

Even if you're not a big fan of boxing, you may have heard Mike Tyson's famous line "Everybody has a plan until they get punched in the mouth." Tyson was quoted ahead of a 1997 fight with Evander Holyfield.

After getting my second dose of the COVID-19 vaccine, I took inspiration from Tyson and coined my own version: "I had no plan until I got punched in my immune system."

Though glad to finally be on the road towards immunity, I was in a tattered physical condition for two days after the second dose of the Moderna vaccine. To be honest, it was a bit painful for me. As a healthy male in his 30s, I did not expect to experience anything stronger than the arm soreness I experienced from the first dose a month ago.

This is a record of the fierce fight that broke out between a humanity-threatening tenacious virus and me.

The side effects after the first vaccine dose of Moderna were not bad. The soreness on my shoulder and a little bit of swelling were all gone in three days. I checked in with my family to reassure them that I was doing good.



For my second dose a month later, I made my way to the Camp Humphreys vaccination center and waited in line for nearly three hours. I knew there were going to be a lot of soldiers getting vaccinated, but I didn't expect to wait that long.

My gripe on the long wait disappeared the moment I saw

a small number of American soldiers and Korean nursing officers handling hundreds of people inside and outside of the building. I want to express my sincere gratitude to them and everything they've done in this battle against COVID-19.

After I was vaccinated, I was on my way home without a

hitch. That night, however, pain began to set in. Despite all my research and stories I'd heard from vaccinated friends and co-workers, I sincerely underestimated how the second dose was going to hit me. I was definitely unprepared.

The severe pain in my shoulder woke me in the middle of

the night. I took some medicine, but I didn't get a good night's rest. Hoping to feel better in the morning proved to be wishful thinking.

When I opened my eyes in the morning, I faced mild flu-like discomfort. I thought I could log in and work from home as it was a workday, but soon a fever and headache settled in. I took more medicine but the pain wouldn't subside. So, I took a close look at the bottle of medicine and saw that it had expired. No wonder the pain didn't go away! I dragged my ailing body out of bed and headed to the nearest drug store to find that the brand name pain killers were sold out, so I went for the generic acetaminophen. It worked!

My pain subsided and within two days, all was forgotten. It was as if I had never been sick. The lesson for me was to remember to have over-the-counter medicine ready ahead of getting sick.

The trouble of feeling sucker-punched by my immune system was only a small price to pay for getting vaccinated against COVID-19. All in all, I learned a few things about myself and about being prepared for the worst. And now, I'm on the road to full immunity! And that's what it is all about!

kim.chihon@stripes.com

Speakin' Korean
Eokkaega neomu apayo.
BY CHIHON KIM, STRIPES KOREA

"I have a pain in my shoulder."
= 어깨가 너무 아파요.
(Eokkaega neomu apayo.)

"I have a fever."
= 열이 나요. (Yeorinayo.)

"Did you get COVID vaccine?"
= 코로나 백신 맞았어요?
(Korona baeksin majasseoyo?)

"I'm vaccinated."
= 저는 백신 주사 맞았어요.
(Jeoneun baeksin jusa majasseoyo.)

"Have you been fully vaccinated?"
= 예방접종 완전하게 다 하셨어요?
(Yebang-jeopjong wan-jeon-ha-ge da hasyeosseoyo?)

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▶ VIEW VIDEO

Paddleboarding in South Korea

STORY AND PHOTO BY KYLE HANEY,
GLOBETROTTERKYLE.COM

It. Has. Been. HOT!
You know, when you move to Korea, people warn you about “monsoon season”, bugs the size of your hands, and fish markets in Busan but, what they forget to mention is just how HOT it can get here! With temperatures consistently above 90 degrees lately, I’ve been dying to get into a body of water to cool off.
If you watched my Gyeryongsan National Park video, then you saw how I jumped into the river to finish off a wicked hike and I’ll be honest, I’ve

been itching to do it again ever since! So, I figured I’d take my new High Society inflatable paddleboard out and find a place to do just that.
One of the Facebook groups I follow mentioned a camping spot that was directly on a river about an hour’s drive from my apartment. As the weekend rolled around, I loaded up my SUP, some suntan lotion, and of course, my exploratory boonie hat. I set sail for the Namhangang River in the Wonju-si, Gangwon-do province where a large, calm river snaked between the Jansan and Binyangsan Mountains.
As I pulled up to a parking lot with nobody in it, I parked the beater and

set off to find a place to enter the water. Within minutes, I found a small, sandy beach that looked as though it was perfect for launching from so, I unpacked my paddleboard and began inflating—thank God I brought water because I was DRIPPING with sweat as I attempted to pump air into my SUP under the hot, Korean sun.
What transpired was one of the more relaxing weekends I’ve had in a while! If you’ve followed me for even a month, you know my “go-to” thing to do on the weekend is hike or explore—rarely do I take time to be still or simply enjoy something small in front of me. Paddleboarding changed that for

me as I got out to the middle of the river where I had nothing left to do but just: be. I ended up taking a beautiful nap for about 20 minutes on the peaceful Namhangang River lol!
I was abruptly awakened from my nap as thunder barreled down the valley, warning me that I should probably seek shelter soon. Though the afternoon was short, it was much needed and appreciated. I paddled back to shore, took a quick plunge to cool off, and headed back to Osan.
If you’re interested in visiting this spot, drop me a comment or shoot me an e-mail and I’ll give you the exact location!

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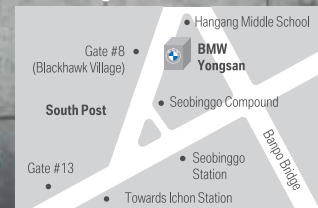
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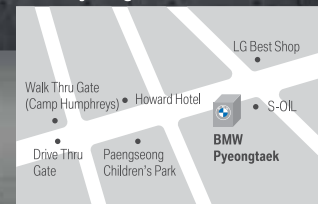
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Delightful stroll at Songhae Park

STORY AND PHOTOS BY CHIHON KIM, STRIPES KOREA

When it comes to waterfront parks, Daegu has plenty of options for visitors and locals to enjoy. In the area you'll find plenty of parks like Suseongmot Lake Resort, Wolgwang Waterfront Park, Seongdangmot Lake and Unamji Waterfront Park.

But, if you're looking to escape the city and recharge in nature, Songhae Park (송해공원) is the perfect ecological paradise to make that happen. Located in Okpo-eup, Dalseong-gun in Daegu, the park is a home to wildlife such as Australian water lily, water hibiscus, migrant birds, and chipmunks. It's a great place for families with small children.

The park was developed in 2017 along with Okyeonji Pond (옥연지), so it is also called Okyeonji. The name of Songhae Park is after Korea's famous singing competition show host Song Hae, whose statue and caricatures you're sure to spot inside the park.



Photo courtesy of Dalseong-gun Office

In the spring, the sweeping cherry blossom trees are a major draw for crowds, but year-round

there is plenty of exploring to be done at the park and its lovely pond.

Before starting an adventure, you might want to decide where to park your car. Songhae Park has four parking lots that are spread out, so where you park will allow you to get to certain parts faster. Park at the No. 3 or No. 4 parking lots, which are underneath the reservoir, for easy access to the sky bridge and stunning waterfall. These two locations are popular spots to visit and for photos.

However, if you decide to park your car at lots No. 1 or No. 2, you'll find the food stalls. Start your visit right with a nice cup of coffee or even a snack like instant noodles. Here, you'll also find vendors selling fresh local specialties and vegetables.

During my visit, my family and I started our journey at the No. 1 parking lot. As we approached the park entrance, the sun started to set over the water, giving us a breathtaking view. The sounds of the cascading water from the enormous waterwheel greeted us. After capturing a couple of photos of this beautiful sight, we headed to the heart-shaped light arches of the Baeksegyo Bridge.

Baeksegyo Bridge

Baeksegyo (백세교) literally means a 100-year-old bridge. But don't let the name of the S-shaped beautiful bridge fool you. Though many assume this bridge is a century old, the name is actually meant to symbolize longevity and as such, crossing the bridge is supposed to mean you'll live to be 100. Cross the bridge twice and you'll have good health and long life, so, of course, I crossed the bridge twice!

After crossing the bridge, the Baeksejung Pavilion (백세정) offers another opportunity for a snack break. There are many vending machines selling drinks and even ice cream. Head to the second floor of the pavilion to enjoy a snack and the sprawling view. From here we enjoyed the view of the floating moon and the musical fountain with colorful lights nearby.



Photo courtesy of Dalseong-gun Office

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→ **Journey through the woods**

Songhae Park's 2.2-mile-long path hugs the shoreline of the reservoir and can take you about an hour or a little more to complete. The easy to walk waterfront trail features four viewing platforms that allow you to catch your breath and take photos.

The path is relatively flat — perfect for leisurely walking after a big dinner. Across Baeksegyo Bridge, you'll meet a path looping through the woods that includes a suspension bridge, and wooden deck. In the middle of the wooden deck, there is even a dirt path where you can walk barefoot, a great way to ground and reconnect with nature.

If you're a birdwatcher, this is a great park for it. If you're looking for a hilly forest, there is a network of trails that you can mix and match to meet your preference — from a short loop trail to a couple of miles of hiking trails.

At the end of the wooden deck, check out the impressive sky bridge and waterfall. Near the bridge, there is a lesser-known pavilion (송해정) standing on a hillside. If you have more energy to go up a hill, hit the pavilion for a bird's eye view of the great scenery of the place. On reaching this spot, you can either return back along the same path to the

parking lot or complete the circuit by walking along the path on the opposite side of the reservoir.



Evening stroll

The park is a still great place to visit during the daytime, but I highly recommend going at dusk or at night time as all of the walking paths, fountains, floating sculptures, waterfalls and windmills are lit up in the evening.

Since we visited on a Saturday night, there were some crowds and it was a struggle to get good photos. The Baeksegyo Bridge is one of the picturesque spots in this park and despite the weekend crowd, it was worthwhile to go at dusk. We arrived around 6 p.m., giving us the best of both the day and night views.

We really enjoyed our visit to Songhae Park. If you plan on bringing your fur friend, know that pets are not allowed on the floating bridge area. You can, however, take Fido along the waterside trails which means there is still plenty of

park to enjoy with your best friend. If you find yourself in Daegu, this park is worth the visit.

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Geumgul-donggul Cave

In addition to its trekking path, Songhae Park has a small man-made cave that produced gold during the Japanese colonial period. On the other side of the viewing platforms called "damso-jeonmangdae (담소전망대)", you can find a path that leads to Geumgul-donggul Cave (금굴동굴).

The path is about 250 meters of steep secluded trails weaving through towering cypress trees, a field, a tiny brook, and forest. Before you enter the cave, don't forget to grab one of the protective helmets available for safety.

Inside the cave, check out the dragon, a magic lamp and other statues. It's a very kid-friendly spot for great photos. The cave lights turn off at 5 p.m., so keep that in mind if you're wanting to visit. (HOURS: 9 a.m. to 5 p.m.)



Photos courtesy of Dalseong-gun Office

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A day of hiking in Gyeryongsan National Park

STORY AND PHOTOS BY KYLE HANEY, GLOBETROTTERKYLE.COM

If the majority of posts on my page didn't already give it away, I'm a Colorado boy. I've been to the top of the state's highest points, I've rafted down the mighty Arkansas River through the Royal Gorge, I've been to some of the best breweries in the state, and yes, half of my closet is either Marmot or Patagonia flavored (don't @ me). What I enjoyed most about Colorado though, were the beautiful, picturesque landscapes that God himself spent a little extra time crafting—some on the sides of the road, some in the National Parks. South Korea, and Gyeryongsan National Park in particular, are some of those places.

A few weeks ago, I finally signed a lease for an apartment to squat in for my year-long stay in Korea. To the average person, renting an apartment might just mean no longer having to worry about where you'll sleep at night or where you'll cook your dinner. For me on the other hand, this meant that now, I had a home base to plan adventures from—a launch pad.

Not having any of my household goods delivered and the weekend fast approaching, I did



what every responsible adult does after moving into a new place: I said, "screw toilet paper and groceries, let's go explore!"...and that's how I landed in Gyeryongsan National Park lol.

Saturday morning rolled around and after waking up, I devoured some blueberry pancakes, and hit the road by 9:00am. I hadn't really planned out the trip the Gyeryongsan, other than I knew I wanted to do some sort of hiking and maybe eat some local food. What transpired over the next 8 hours was what sold me on wanting to visit every National Park in Korea before I die.

As I exited the freeway and paid my toll of about 4,000 won, the road twisted and turned through the valleys of Korea, eventually landing me at the main street near the base of the Park. Both sides of the street had flocks of people headed in every which way as vendors beckoned to them to buy their goods or at the very least, sample them. What I hadn't realized was that this was Korea's vacation season, and everyone had the same idea: get outside and go to the National Park.

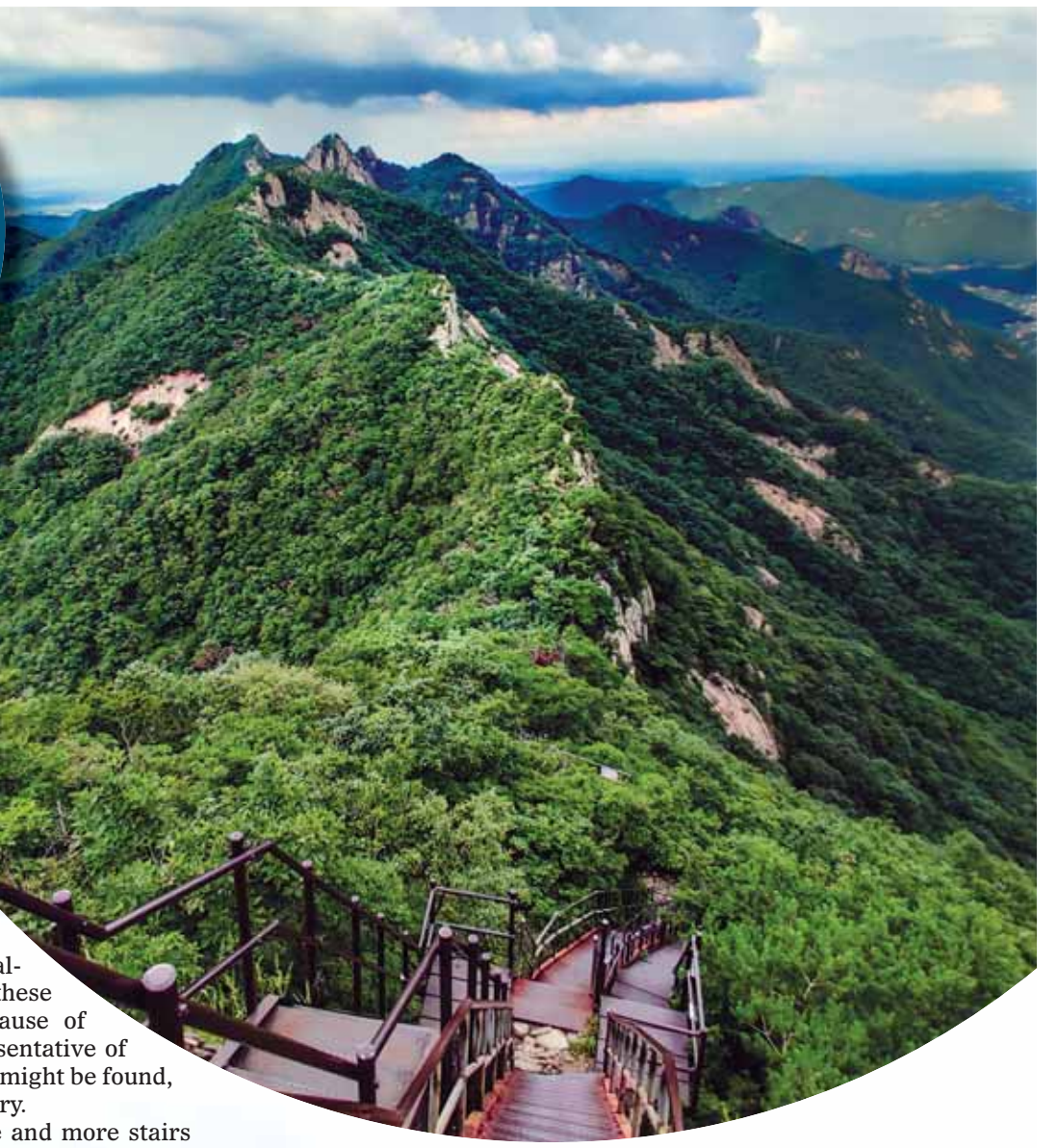
Slightly deterred by the massive crowds, I ducked into a small coffee shop to grab an espresso and reevaluate if I really wanted to persist with my hiking plans given the hundreds of people I'd be sharing the trails with. I sat, eating a Korean pastry and sipping espresso in one

of the 15 valleys of the park. As I looked out a nearby window, I made eye contact with an exposed rock face hundreds of feet above the valley floor and I could audibly hear the mountain beckoning me to at the very least, sample what it was offering, just as those street vendors did to the massive crowds passing by them.

I waved to the barista and headed towards the entrance of the park. After paying the ~2,000 won entrance fee, I followed the crowds of people headed in the general direction of the park. I had to pause and reflect on why this seemed so foreign to me. Within the States, National Parks visitations usually consist of arriving in a car and driving for miles to reach a particular sight before snapping a few photos, reading a few park signs, then continuing back down the road to eat dinner in the nearby town. However, Gyeryongsan almost felt like an amusement park with how we were all headed in the same direction at the same time. The more I reflected on it though, the more I loved it! Everyone there that day, whether they knew it or not, was a hiker—these were my people!

Once through the entrance, the crowds started to disperse a little and I was engulfed in lush, evergreen vegetation. Turns out, I was walking through the Green Forest of Donghak Valley. The soothing sounds of a babbling brook and the calls of birds filled the air in this 3.5km stretch of forest that ultimately led to Gwaneumbong Pass. As I peered ahead, I could make out an





Ijumun (or one pillar gate), so I knew a temple had to be close by. Sure enough, I was right!

Like a columbine bursting through a rock in the Rocky Mountains, Donghaksa Temple stood unparalleled to its surroundings, overflowing with color. Every column and eve of every building on the temple grounds vied for attention as the yellows and blues laced in the woodwork contrasted against the foggy backdrop of the evergreen forest.

I learned that this temple is a Buddhism institute for Buddhist nuns and enshrined below it are some of the most recognized, loyal artifacts in ancient Korean history. I wandered the grounds, amazed at the architecture juxtaposed to the manicured lawns and flowerbeds and when I finally pulled my head out of the clouds, I noticed fewer and fewer people around me. Then, above me, the thunder rolled...uh oh lol.

Being naïve, I figured “eh, a little rain never hurt”, so I continued down the trail towards a sign pointing towards Gwaneumbong Peak. The peak was only 2.1km away and I figured that if it decided to rain, I could quickly turn around and get back to the trailhead since I was only about 2km away. Well, about 20 minutes into my hike, I started to think, “huh...it sure is dark for being noon” lol and before I could finish that thought, the skies opened up and Poseidon himself was commanding the oceans to relocate to a position directly above my head—I. was. drenched!

Deciding that to continue on would be a rather dumb idea, I decided to chalk this adventure up to an ‘L’ and that I’d try it again another day so, back down the trail I went. Then, just as quickly as the storm came, it left—the rain turned to sun and the wind calmed to a gentle breeze. Whiplashed by the weather, I decided to give the hiking plan one more shot as I returned to the trailhead. There, I noticed I was one of the few souls left in the park. Score!

What nobody warned me about (or what I failed to listen to if they did) was that hiking in Korea in the summertime was like hiking in a wet sauna: it’s hot, it’s entirely too humid, and you’re constantly sucking down water. Up, up, up I climbed. The intense rain had added some significant humidity and the breeze I was enjoying had all but vanished; I couldn’t believe how hot it was!

The trail towards Gwaneumbong Peak was steep to say the least but, the foliage and scenery along the river was something I’d only

rarely experienced in the Rockies and totally worth every step. The intense stairs and steep rock climbs all culminated in a rewarding half-way resting point: Eunseon Falls. I zoned out as I watched a 46m-high cliff pour water into a stream below it on the side of the Gyeryong mountain in the Donghaksa Valley. It was surreal! Turns out, these falls earned their name because of their height and beauty representative of a place where a hidden temple might be found, surrounded by beautiful scenery.

I pressed on, tackling more and more stairs until eventually my quads began to cramp and I desperately wished for a summit in the very near future. Before I knew it, I could see what looked like a rooftop to a gazebo in the distance and I knew I had to be nearing the top of the mountain. With one final push, I found myself 766m above sea level at Gwaneumbong Peak—absolutely breathtaking.

To the south, the skies were cloudless and blue thanks to the storm pushing out all the pollution in the air, allowing me to see for a hundred kilometers. To the east, a massive thunderhead was building in anticipation of unleashing hundreds of gallons of water some nine or ten kilometers away. I sat, enjoying the effects of a cool breeze combing over the mountain as I breathed a breath of accomplishment. The air was crisp, and the sound of silence was all around me. I paused and bathed in the moment. My legs were tired, my body sore, but my soul: at peace.

The trail continued in a loop fashion, forcing hikers to summit Sambulbong Peak before returning to the trailhead. I descended down Gwaneumbong Peak and traversed along an amazing ridgeline with breath-taking views at every clearing in the trees. There, I learned

that Gyeryongsan National Park translates to “Rooster Dragon” because of its distinct ridge line that looks like a dragon wearing the crown of a rooster. Well, not that anyone will ever ask but, I have officially climbed a dragon wearing the crown of a rooster lol.

After summiting Sambulbong Peak at 775m, I pressed back down the mountain towards my initial starting point. As I neared the end of the trail, I began to recognize my surroundings because it was where I had turned around earlier in the day thanks to the storm. I hadn’t seen another soul in over 3 hours so, when I came across a small pool of water created by a waterfall near the trail, I promptly removed my shirt and took a deep soak in the cold waters, cooling my body off. Once again, my soul was at peace.

The government of the Republic of Korea knew what they were doing by designating 65 square kilometers of central Korea as Gyeryongsan National Park in 1968. If you’re ever in the area: go. I promise you won’t be disappointed. And, if you do make it to the top of Sambulbong and Gwaneumbong Peak, you can join the club of folks who have officially climbed a dragon wearing the crown of a rooster lol.





Biking on Jeju Island

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Jeu Island is the perfect vacation spot for bike riders! A 234 kilometer-long bicycle trail, appropriately named the Jeju Fantasy Bicycle Path, showcases the fantastic beauty of the island. The trail is broken down into 10 courses, making it easy for everyone to get a taste. If you have the time and energy, try and complete the full trail!



Rent a bicycle and purchase a stamp book

First things first, you'll need a bicycle! Thankfully, the rental shop Bike Trip is located just a 10-minute walk from Jeju International Airport. Standard bicycles run at a rate of 30,000 won per day. Mountain bikes and road bikes are also available, although the rental rate will vary. If you're planning on completing the full Jeju Fantasy Bicycle Path, you should also buy a stamp book here!



Select a course

The Jeju Fantasy Bicycle Path circles the entire island along the coast. Starting from Yongduam Rock, the trail shows popular coastal beauties such as Gimnyeong Seongsegi, Hamdeok Seoubong, and Pyoseon Beaches, Soesokkak Estuary, Seongsan Ilchulbong Tuff Cone, and Songaksan Mountain. Each of the 10 courses offers plenty to see. If you're doing the whole 234 kilometers, be sure to take plenty of breaks, preferably at the stamp booths!



Info about the Jeju Fantasy Bicycle Path

- ✓ **LENGTH:** 234 kilometers total (required time: approx. 15 hr 30 min)
- ✓ **PREPARE:** Bicycle, stamp book, water, sunblock, rental car & accommodations if necessary
- ✓ **COURSE** (counter-clockwise):
Yongduam Rock - Iho Tewoo Beach - Aewol Coastal Road - Hallim Park - Sinchang Wind Turbine Coastal Road - Suwolbong Peak - Moseulpo Port - Songaksan Mountain - Jungmun Resort - Beop-hwan - Soesokkak Estuary - Namwon Village - Pyoseon Beach - Seongsan Ilchulbong Tuff Cone - Gimnyeong Seongsegi Beach - Hamdeok Seoubong Beach - Yongduam Rock
- ✓ **COMPLETION CERTIFICATION:** Purchase a stamp book for 4,000 won from Bike Trip rental shop. Stop at all 10 stamp booths along the course. Submit your fully stamped book at the Yongduam Certification Center (Jeju Tourism Information Center) to receive your completion sticker (online certification also available).
* Stamp booths: Yongduam Rock, Darak Rest Area, Haegeoreum Village Park, Songaksan Mountain, Beopwanbadang, Soesokkak Estuary, Pyoseon Beach, Seongsan Ilchulbong Tuff Cone, Gimnyeong Seongsegi Beach, Hamdeok Seoubong Beach
- ✓ **WEBSITE:** www.bike.go.kr (Korean, English)

Ride off into the fantasy

You can start anywhere along the road, and go in either direction, but going in a counter-clockwise direction from Jeju International Airport to Iho Tewoo Beach is recommended. The best part of the Jeju Fantasy Bicycle Path is that you can enjoy the beautiful sea while you pedal along. The most popular section is the 60 kilometer stretch between Namwon Village and Gimnyeong Beach!



Helpful tips

Have a safe trip!

- ✓ There are a lot of hills along the course; take care of your physical condition.
- ✓ It is hotter than you think during the summer months; riding in spring or fall is recommended!
- ✓ The Jeju Fantasy Bicycle Path is marked with blue guidelines; follow it at all times.



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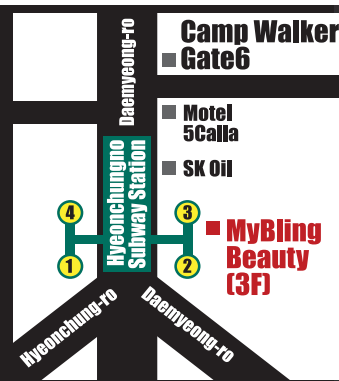
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City street after dark in Gwangju South Korea.
Photo by Haps Korea Magazine



Photo by Haps Korea Magazine



Photo courtesy of the Gwangju Convention and Visitors Bureau

Giving Gwangju a go

BY AMY STEELE,
HAPS KOREA MAGAZINE

Any expat in Korea should make an effort to check out Korea's largest six or seven cities, and see what's in store for them. One city that should be on the map for anyone canvassing Korea these days is Gwangju — Korea's most indie of cities.

Keep in mind that centuries ago, Gwangju was the dumping ground for those dissidents against the State and a place of exile, and all throughout the 20th century it has had a long history of rebellion against those in power, mostly from trade unionists and students. This is the city that emphasizes the arts and the human rights movement, more than any place else on the peninsula.

Some interesting things you might or might not have known about Gwangju:

As Korea's 6th largest city of some 1.5 million people, it's nowhere near the major two population clusters of the Northwest (Seoul, Suwon, Gyeonggi, Incheon, Daejeon) and the South-east (Daegu, Busan, Ulsan).

It has the largest night club in all of Korea which is conveniently located by the bus terminal.

It has the most delicious food and specialty meals in all of Korea, hands down. Anyone who's been all over Korea will tell you this. The nearby small town of Naju probably has the best pears in the Korea as well.

For a major city in Korea, it does have a subway line (just one), but you often feel like you're in the country with the way the city is so spaced out and full of ma and pa stores, small colleges and campuses, flea markets and farmers markets (with lots of beat up looking tarps to cover them), and mountains that are as tall as any in Korea that can be seen for miles and miles.

Everywhere you go, there are lots of areas with pebbles and rocks, with make shift tents propped up on them peddling octopus, which is loved in Gwangju, apparently.

Koreans in Gwangju and the surrounding province are known for their thick accents that are hard for other Koreans to understand, much the way the Busan dialect comes off as shrill and



Gwangju Democracy Bell - site of the November '80 massacre. Photo by Haps Korea Magazine

incomprehensible to Seoulites.

Historically, it is probably most known for Korea's "Tiananmen Square Equivalent;" that is the Democratic Movement of May 18th, 1980 (and subsequent days) where thousands took to the streets to protest the military dictatorship at the time, which would last about seven more years afterwards. Lots of fierce fighting that made the place look like Mogadishu for a few days, ages ago. The edge of town has a monument and cemetery dedicated to the tyranny inflicted and the loss of liberty at the time, so that we may never forget. There is also a memorial park in the Sangmu area.

Gwangju gets as hot as hell in July and August – about as humid and sweaty as Florida, and it's just not fun...unless you're one of those people who really, really likes hot, humid weather. Gwangju gets more sunshine than anywhere else in Korea, and is known as the City of Light in Korea.

Gwangju, like its sister city Daejeon, is fast becoming a technology manufacturing powerhouse.

Virtually all the action and anything worth talking about happens in the downtown area. Also, Chonnam University Back Gate Area is to Gwangju what Hyewha is to Seoul: the college/

alternative scene.

Another area, known as Hana, is popular with Korean gangs and a lot of people in manufacturing. It's a shady crowd, but interesting. There's a bar shaped like a giant piggy-bank, and clubs with fake marble statues that try to be like some cheesy rendition of ancient Greece or Rome.

Gwangju's Biennale Festival every two years and Kimchi Fest every year draws in the largest crowds of Korean tourists, and there is also a butterfly festival every year worth checking out (on the outskirts of town).

Gwangju is something of an art town and a college town, and possibly a bit on the young side as well. In that regard, someone might argue if Busan is the San Francisco of Korea and Seoul the New York of Korea, then Gwangju would be the Boston or Seattle of Korea.

"Kumho World" is a massive flea market full of furniture, electronics, computers, appliances, cameras...you name it. Worth a peek.

While most of the people you meet in Gwangju are in there for only a year, there are plenty of older teachers who have been there for years and years and can't picture working and living anywhere else in Korea.

Gwangju's baseball team, the Kia Tigers, practice at the Mudeung Stadium sometimes, near

the bus terminal.

Mudeung Mountain has some of the best hiking in all of Korea, and the look of the foliage in the fall will take your breath away.

On the main street of the downtown area lies the wedding street, which is kind of romantic actually, with all these expensive wedding dresses and spray-on canvas pictures of newlyweds that probably cost an arm and a leg. There's always some Hyundai parked to the side with wedding flowers and ribbons all over it. Up and down the street are trees that almost give Gwangju a Brooklyn kind of feel to it. There's a stream up and down the middle of the city that looks great during the day, and has lots of pitched tents and drinking amongst the locals at night.

Not too far away is the GIC, or the Gwangju International Center, which works with Korean college students, English teaching expats, and even migrant workers and all the tough times they face here. Saturday mornings they teach elementary Korean for absolute beginners. This is a great place to go if you're new to Gwangju and Korea, and are looking for friends and a social network.

The tourism center across the street hands out maps and give directions to all the best sites and restaurants in all of Gwangju. There are plenty of restaurants that serve some of the best



Korean food in all of Korea (and of course the world), for as little as ten dollars or thereabouts. Gastronomically, you will not go unsatisfied. The Culture Complex has been moved and downsized in recent years, but is still a pleasant oddity in Gwangju, with its resilient modern art and ubiquitous parts of Korean history and culture displayed in iconic fashion all down the ages. Did you know that Admiral Yi Sun-sin hailed from Gwangju? (He led the naval struggle against Japan in 1590)

The edge of downtown also contains the art district, which is well swept and kept neat, most of the time. In the winter months, many lights are propped up all over the place, and it becomes a festival and market at the same time, with vendors selling everything from their own paintings, to brand new eyeglasses, hiking boots, and even traditional Korean clothes.

For those who live in Seoul or Busan, the good news is Gwangju is easily accessible by train, but more so from Seoul, as you might have to transfer once or twice coming from Busan. Between Busan and Gwangju, you can expect up to a four-hour long bus ride either way, with only one bathroom stop in the middle, so plan accordingly.

All and all, Gwangju is a city worth checking out, where you will meet many long term foreigners and warm-hearted locals in some of the most interesting bars and venues Korea has to offer while eating the best Korean food money can buy. Here's looking at you, Gwangju.

There are several buses that leave for Gwangju daily from Busan.

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Popular Korean chicken dish a spicy treat



STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

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

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

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

kim.chihon@stripes.com

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

INGREDIENTS

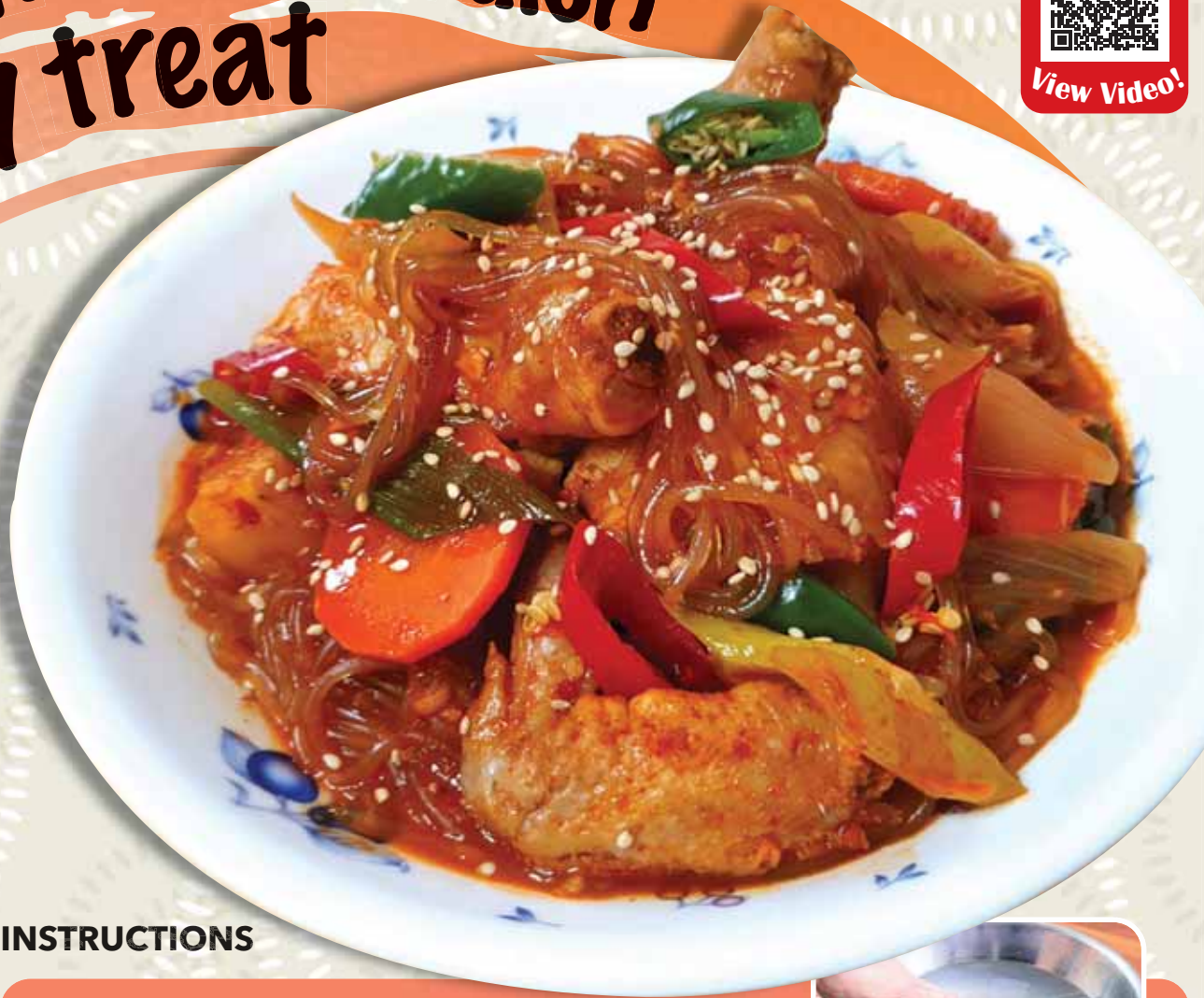
- 600 - 700g chicken, cut into medium sized chunks (I used pre-cut chicken)
- 1 potato or sweet potato (200g/ 7ounces), (I prefer to use sweet potatoes)
- 1/2 medium carrot (100g/ 3.5ounces), cut into 1.4inch thick bite sized chunks or slice them into coins
- 1 medium onion, cut into 0.6inch thick bite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

SAUCE

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

PRO-TIPS

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



INSTRUCTIONS

1 Pre-soak the glass noodles in water for 30 minutes (Warm water can shorten the time) If you're not a big fan of glass noodle, skip this step.



2 Boil some water in a large pot. Cut up all veggies into bite sized chunks, until water boils.



3 When the water comes to a boil, add the chicken with some of rice wine, then turn the heat to medium and simmer the pieces until they are partially cooked (will take about five mins, not much longer).



4 Drain water but leave 2 cups of water in the pot.



5 Add pepper paste sauce, rice wine, soy sauce, minced garlic, (fermented kimchi - optional) and sweet potatoes and cook them for about 20 - 25 mins. (Add extra water if needed)



6 Add noodles, carrots, green onion, onion, red pepper powder, sugar, honey or syrup, pepper powder. Cook them until potatoes are easily pierced with a chopstick or paring knife.



7 Sprinkle sesame seeds and serve it.
Bon appetite or in Korean, 잘 먹겠습니다!
(Pronounced: **jal meok-ke-sseum-nida!**)



Turn up the heat with some kimchi pancakes

STORY AND PHOTOS BY CHIHON KIM,
STRIPES KOREA

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

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

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

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- PREP TIME: 30 minutes
- COOK TIME: 20 minutes
- TOTAL TIME: 50 minutes
- DIFFICULTY: Easy
- SERVINGS: 4

VIEW VIDEO!



INGREDIENTS

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

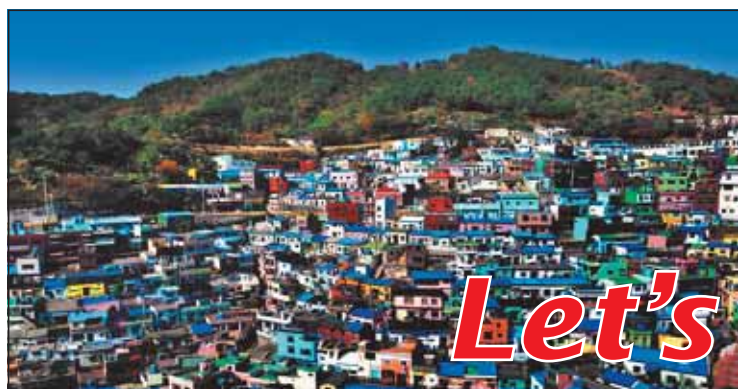
Dipping Sauce

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



DIRECTIONS

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



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Speakin' Korean

BY CHIHON KIM, STRIPES KOREA

Igeo Maewoyo?

If you're at a Korean restaurant and see something that looks irresistibly tasty but spicy, you may hesitate to try the food. It's a good way to ask a server how spicy the food is before ordering your meal if you have a low tolerance for spicy food. If you want to ask a server how spicy the food on the menu, you can use this phrase. "Igeo Maewoyo?" which means "Is this spicy?"

"Is this spicy?" = 이거 매워요? (Igeo Maewoyo?)




• igeo = this
 • maewoyo = spicy VIDEO LESSON

For those who live with food allergies, blindly choosing a dish at any restaurant can be very tricky. And there is always a bit of anxiety over new food that you have never tried before. But we understand that there is still a safe way of enjoying a restaurant meal without giving up trying new food.

If you have an allergy to peanuts and want to let servers know about it, give this phrase a try when ordering food at a restaurant.

"I'm allergic to peanuts." = 저는 땅콩 알레르기가 있어요. (joe-neun ttangkong al-le-leu-gi-ga iss-eo-yo)


- ttangkong = peanuts
- haesanmul = Seafood
- gyeongwaryu = Nuts
- dwaejigogi = Pork
- uyu = Milk
- gyeran = Eggs

VIDEO LESSON 

Making a homemade meal is time-consuming and it also involves clean-up time for washing dishes. Showing your appreciation to the cook is good etiquette to practice.

If you're invited for a dinner or were invited to a party at a Korean friend's house, give this Korean phrase a try before eating a meal. This phrase literally means "I will eat very well," but it also signifies "Thank you for preparing the food."

"Thank you for the meal (food)." = 잘 먹겠습니다. (jal meokkesseumnida)

VIDEO LESSON 

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Walk-in Gate  Tiba Chicken ★ GS25 Emart 24 Sujung Pharmacy

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Stripes Sports Trivia

When it comes to college football mascots, Huskies are one of the most common in the country. These majestic dogs, known for their unique eyes and thick, furry coats, can often be seen patrolling the sideline of the teams they represent. On New Year's Day 2013, one Huskies program fell in the Orange Bowl to a Florida State squad that had a not-quite-yet 'Famous Jameis' riding the pine. Can you name the underdog program?

Answer

Northern Illinois University



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Honor
Honor and remember those who have served in Korea through reunions, scholarships, and events.

Network
Be part of a network of those who served in Korea.




DID YOU KNOW?

For Korean, a scrub down at public baths is very common and you'll see many getting ttaemiri (scrub staff) who scrub down clients at any public bathhouse.

Hangul of the week

산
san (mountain)

Language Lesson

I like it.

Joh-ayo.

Crossword

by Margie E. Burke

ACROSS

- Karate blow
- "Roots," e.g.
- Carrots' partner
- Part of BYOB
- Give a nudge to
- Leader of the pack
- Start to freeze?
- Yarn spinner
- Out in the sticks
- Periodical seller
- Roadwork marker
- Prayer's end
- Oscar hopeful
- Place for a pint
- Type of guess
- Like some muscles
- Birth-related
- With skill
- Legendary Bette
- Mosaic piece
- Assurance
- Revolutionary War figure
- Lacking a melody
- Draw to a close
- Party provisioner
- It may be checkered
- ___ and above
- Kind of parade
- Pole-lowering dance
- Slot feeder
- Ridesharing service
- Become narrower
- "Hamlet" has five
- Plumber's job
- Junction point
- ___ the Great (boy detective)
- Bingo relative

DOWN

- Ink cartridge color
- Improve
- On the surface
- Rainbow maker
- Magnificent
- Operatic piece
- Hockey score
- It may give you a rush
- Links standard
- Explain fully
- Cook's wear
- Classic Alan Ladd western
- Sheltered, nautically
- Consider to be
- Decompose
- Restroom sign
- Sounds from the meadow
- Palindromic pop group
- Part of HUAC
- Trivial objection
- Pearl diver's destination
- Schedule
- Arkin or Alda
- Do banker's work
- Fiction genre

1	2	3	4	5	6	7	8	9	10	11	12		
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54					55		56	57				58	59
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64							65			66			
							67			68			69

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Answers to Previous Crossword:

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

SUDOKU

Difficulty: Medium

Edited by Margie E. Burke

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

Answers to Previous Sudoku:

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

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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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Address : 271(Beomeo-dong) Dongdaegu-ro, Suseong-gu, Daegu, Korea

Healthy Living

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

September 2021



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Incheon hospitals reach out to military community

U-MEDI

Representatives from Incheon hospitals gathered at the Ministry of Health and Welfare in Incheon to receive plaques of appreciation from Stars and Stripes. Since June, these hospitals have provided content for this Healthy Living section, including columns from health experts and information about off-base health care available to the U.S. military community in Korea. Healthy Living is published once a month in Stripes Korea and can be picked up at all the Stars and Stripes blue boxed on bases across Korea.



institutions under the supervision of U-MEDI (United Medical) Co.,Ltd. The Incheon Metropolitan Government has established a base for those in the military community who help with joints, spine, ophthalmology, and cardiovascular systems,

along with general medical examinations, plastic surgery, cancer (thyroid, breast), and dental (prosthetic and implant). The medical institutions participating are NaEun Hospital (Cardiovascular), Nazareth International Hospital (Spine, Rehabilitation), Live Dental Hospital (Tenture, prosthesis, Implant), Sejong Hospital (Heart, Cardiovascular), National Incheon Medical Center (General Health Examination, Kidney Dialysis), Han Gil Ophthalmic Hospital (Ophthalmology), and Himchan General Hospital (Artificial Joint). In response, U-MEDI supports administrative tasks such as door-to-door services, translation, and insurance claims from the unit to the hospital (Contact: wellness@u-medi.com).

“Healthy Living is more practical and helpful than unreliable medical information you find through an Internet search,” said Rick Villanueva, Korea Area Manager for Stars and Stripes.

The Aug. 10 event was attended by officials from the Incheon Tourism Organization and seven medical



Hangil Eye Hospital Records Best and First

6,000 cases of cataract surgery achieved per year, 230,000 outpatients surpassed per year, all of which are based on the trust patients have had for safe and accurate surgery and treatment.

Hangil Eye Hospital with numbers

5,871 - 5,871 cataract surgeries achieved in 2020
(6,486 cases in 2019)

223,445 - Outpatients in 2020
(200,000 outpatients surpassed in 2017)

27 - 27 ophthalmologists (Including 12 retinal specialists)

Grade 1 - Grade 1 in the use of prophylactic antibiotics for surgery
Grade 1 in drug reimbursement adequacy evaluation

1 st - Performed Incheon's first refractive-corrected laser keratectomy (1992)

Performed Incheon's first corneal cutting laser (LASIK Surgery) (June 1996)

Established overseas charity hospital as the first Incheon medical institution
(June 2003, Uzbekistan)

Opened the first dry eye clinic in Incheon (July 2016)

Surpassed 1,000 cases of Incheon's first annual retinal surgery (December 2017)

Designated as the first ophthalmology hospital in Korea to attract foreign patients
(August 2017)

Selected as 'International Eye Hospital of the Year' at the IMTJ Medical Travel Awards 2019,
the first hospital in Korea (December, 2019)

Hangil's 6 specialized centers and 1 specified clinic. One-Stop total care for your eyes starts here.



Medical institution certification



Ophthalmology Specialized Hospital



Medical Institution excellent to attract foreign patients

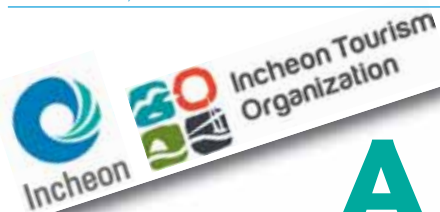


Leading Medical Institution to attract foreign patients



IMTJ award in 'The Eye Clinic of the Year'





Hangil Eye Hospital A clear vision for your eyes

HANGIL EYE HOSPITAL

HanGil means “one path” in Korean. Since 1985, HanGil Eye Hospital has provided ophthalmology service under the motto of the “Happy eyes for everyone.” The hospital’s 260 employees treat more than 230,000 patients a year who come for the one-stop, one-day medical service for all kinds of eye diseases.

With 36 doctors (27 ophthalmologists, 3 internal medicine specialists, 2 anesthesiologists, 4 majors) Hangil operates one dry-eye clinic and six treatment centers specialized in anterior segment, retina, glaucoma, plastic ophthalmology, LASIK, strabismus, amblyopia, and neuro-ophthalmology.

Along with these clinics, the hospital’s Department of Internal Medicine has greatly improved the safety of the operation through detailed pre-operative examinations..

Cornea and Cataract Center

Cataract, corneal disease, as well as basic eye diseases are diagnosed and treated first.

The anterior segment, which is made up of the outer cornea, conjunctiva, iris, and lens of the eye, acts as an optical organ that transmits light from the outside to the retina.

The Cornea and Cataract Center diagnoses and treats eye diseases such as cataract, corneal disease, presbyopia correction, and dry eye syndrome first.

Particularly in the field of cataract, we are proud of high patient satisfaction with accurate diagnosis, safe surgery and treatment.

SPECIALTIES

Cataract, presbyopia/astigmatism correction cataract surgery, intraocular lens implantation, contact lenses, corneal disease, dry eye syndrome, pterygium, pinguecula, conjunctivitis, and other eye diseases.

6 SPECIALIZED CENTERS & 1 SPECIFIED CLINIC

Oculoplastic and Orbital Surgery Center

It adds beauty to comfortable healthy eyes.

The Oculoplastic and Orbital Surgery Center follows the goal of beauty for eyes while correcting functional abnormalities related to the orbit surrounding the eyeball. It emphasizes that maintaining healthy eyes is the most beautiful eye without being biased toward either function or beauty. By providing an accurate detailed explanation based on trust, it helps the patient to clearly understand his or her condition and select the surgical direction.

SPECIALTIES

Double eyelid surgery, Mongolian wrinkle correction, upper and lower blepharoplasty (eyelid sagging correction, eyelid wrinkle removal), ptosis (eyelid sagging), blepharosis and entropion, tear path surgery, eye socket fracture, artificial eye surgery, thyroid eye disease, Botox filler, etc.



Hangil Eye Hospital



Glaucoma Center

The most difficult, but the most confident field. We will play a central role in the region.

Glaucoma is one of the diseases that cause blindness. The visible range becomes narrower due to damage to the optic nerve and nerve fiber layer that transmits visual information received from the eyes to the brain and finally leads to blindness. It is a field that is difficult to detect without an early diagnosis, and it is important to find a specialized hospital with extensive experience medical staff and the latest state-of-the-art equipment.

SPECIALTIES

Glaucoma, laser peripheral iridectomy and plastic surgery, selective laser trabeculoplasty, trabeculectomy, glaucoma drainage device implantation, ciliary photocoagulation, combined cataract and glaucoma surgery.

Retina Center

HanGil, does the most and the best in retinal surgery! We continue our reputation beyond Korea and abroad.

The retina is the transparent nerve tissue that covers the innermost part of the eyeball, which corresponds to the film in a camera. In severe cases such as age-related macular degeneration, diabetic retinopathy, and retinal vessel occlusion, it is important to receive appropriate management and treatment from a specialist as it can cause permanent blindness. The retinal center of HanGil Eye Hospital is staffed by experienced retinal specialists, and is equipped with the latest medical equipment equivalent to or higher than university hospitals, and is striving to provide satisfaction and joy to each patient.

SPECIALTIES

Macular degeneration, diabetic retinopathy, hypertensive retinopathy, retinitis centralis, retinal vascular atresia, uveitis, muscae volitantes, retinal detachment, macular hole, epiretinal membrane, retinal pigmentation, and other retinal diseases.

ONE-STOP TOTAL CARE

Dry Eye Clinic

Dry eye syndrome, it's better not to be patient anymore and get proper treatment. Our eyes are getting tired of increasing air pollution and excessive use of TVs, computers, and smartphones. HanGil Eye Hospital opened Incheon's first dry eye clinic in 2016 with much interest in Dry eye syndrome. Since it is a symptom that is caused by various reasons, we are doing our best to accurately understand and improve the patient's situation based on various clinical results and know-how.

SPECIALTIES:

Diagnosis of dry eye syndrome, blepharitis, treatment of decreased meibomian gland function.

Refractive Surgery Center

With skilled medical technology and state-of-the-art equipment, we are responsible for ultra-precise vision correction as well as postoperative management

The Refractive Surgery Center at HanGil Eye Hospital-acquired LASIK and LASEK Surgery certification and leads the latest medical trends with the latest Vision-correcting lasers and examination equipment, as well as all Corneal specialists, former professors at university hospitals. Above all, it is possible to manage various symptoms after surgery, and also other diseases that occur during surgery can be treated quickly because it allows cooperation in all fields of ophthalmology.

SPECIALTIES

LASIK Surgery, LASEK Surgery, Smile Surgery, LBV Presbyopia Correction Surgery, Comprehensive Ophthalmology Checkup.

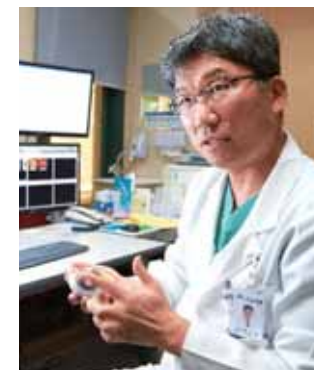
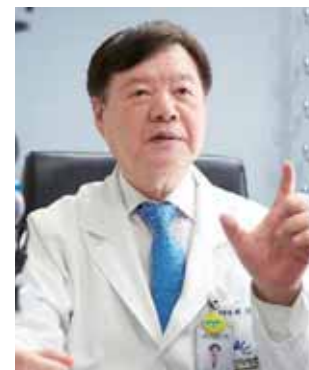
Pediatric Ophthalmology / Strabismus / Amblyopia / Neuro-Ophthalmology Center

A child's eye health check at the right time determines lifelong vision development.

Eye disorders that develop with age can be cured, but vision development is irreversible if you miss the time of formation. Regular checkups are very important at the age of 5 ~ 7 when vision develops and stabilizes in earnest. It is possible to prevent children's vision from falling further at this stage by wearing glasses and dream lenses at the right time, and medication, and actively cope with childhood diseases such as cataract and retinal diseases.

SPECIALTIES

Pediatric ophthalmology, strabismus, amblyopia, refractive error, dream lens.





Incheon Himchan General Hospital

One-stop medical care for military community

INCHEON HIMCHAN GENERAL HOSPITAL

Six months have passed since Incheon Himchan Hospital made a new leap forward to a general hospital. After being established in 2002, it has spent 19 years on the focused treatment of joints, spine, and internal medicine. This March, Incheon Himchan Hospital moved to a larger facility in Nonhyun-dong, Namdong-gu from Yeonsu-dong, Yesonsu-gu, Incheon. Himchan Hospitals specializing in joints and spines were scattered around eight regions: Mokdong, Gangbuk, Gangseo, Gangnam in Seoul; Bupyeong and Incheon; Busan and Changwon in the Gyeongnam province. This is the first establishment of Himchan General Hospital in Korea. Chief Director of Himchan Hospital, Su-Chan Lee, explains the strengths of Incheon Himchan General Hospital.

Q. Please describe Incheon Himchan General Hospital.

Lee: Incheon Himchan Hospital is a new building with eleven floors, a basement, five wards, and 250 beds.

About 30 professional medical personnel provide a systematic medical service from 16 medical offices: internal medicine (digestive system, kidney, endocrine, respiratory, and heart); surgery (orthopedics, neurosurgery, and general surgery); pediatrics, family medicine, neurology, emergency medicine, gynecology, and dentist.

Also, it has professional medical centers and clinics such as Health Promotion Center, Artificial Kidney Unit, Endoscopy Center, Physical Therapy Center, and Pain Clinic. Moreover, it has been designated as the local emergency medical institute to run the emergency room 24/7.

Q. What made Himchan Hospital turn its eyes from joints and spines to a general hospital?

Lee: Since most joint and spine patients are aged 30 to 40 years or more, they often have other



diseases as well. Although Incheon Himchan Hospital had Internal Medicine Clinic, its role was limited to a cooperative treatment system for surgical patients. Beyond this role, Incheon Himchan General Hospital aims to provide one-stop service from prediction, diagnosis, treatment, and management of diseases with a banner of trusted "Lifetime Family Doctor." We believe know-hows in the treatment and management of chronic illnesses of various patients accumulated for the last 19 years will lay its firm foundation.

Q. What are the strengths of Incheon Himchan General Hospital?

Lee: We upgraded Joint Center by introducing the robotic artificial joint surgery system, which has been actively implemented since June last year, to Incheon Himchan General Hospital as well.

We are improving the success rate and patient satisfaction of artificial joint surgery by sharing many clinical experiences and research results on robotic surgery accumulated through our Joint Medical Research Institute.

We also operate Hemodialysis Unit for kidney disease patients, which is equipped with new high-efficiency dialysis machines, and use eco-friendly, high-efficiency, allergy-friendly dialysis membranes, and custom-made needles so that patients can receive dialysis more safely and comfortably.

In addition, we operate three wards in total as an integrated nursing care service to reduce the burden of care and expenses for patients and their guardians. Each bed has a personal smart TV and refrigerator for comfortable hospitalization for patients.

In particular, we have prepared the Himchan Walking Zone in Physical Therapy Center. It is a 100-meter round-trip track, a section that confirms patients who have undergone surgery can be discharged from the hospital if they complete it on foot. A message of encouragement is also written here so that the patients who have undergone surgery may bring up courage to take a step on their own. Many people with end-stage arthritis say, "I wish I could walk vigorously." We have prepared this for patients to feel the joy of walking and regaining their confidence while walking proudly in the Himchan Walking Zone after surgery.

Furthermore, Physical Therapy Center has a special treatment room where various patients can receive one-on-one treatment for pain and rehabilitation by a professional therapist, enjoying high satisfaction. They may receive different treatments comfortably in their personal spaces, such as manual therapy, small tool exercise therapy, and sling exercise therapy.

Q. Any last remarks you like to make to potential patients?

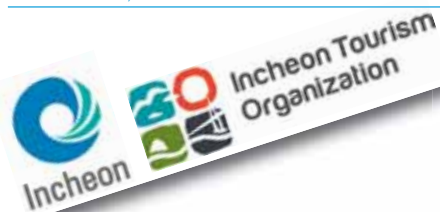
Lee: A doctor's kind and warm words are of utmost importance to patients. We will do our best to ensure smooth communication between the medical staff, patients, and the hospital.

Achieve 5,000 robotic artificial joint surgeries

It has achieved 5,000th anniversary in just one year since the robot was introduced, which is considered an unprecedented record in the world wide.

We will further increase the satisfaction level of surgery with various clinical experiences we have accumulated.



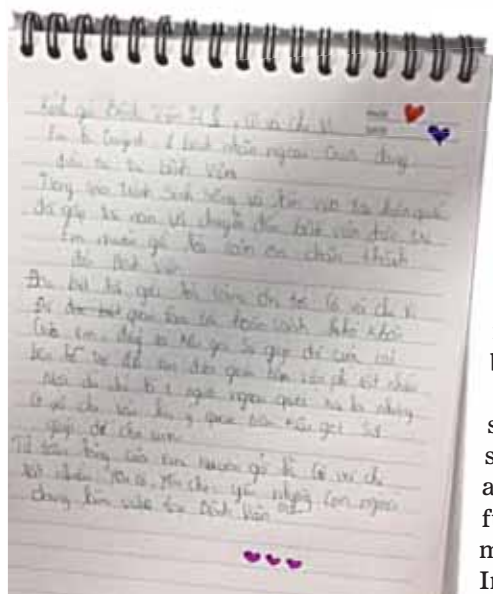


Patient grateful for great care

INCHEON MEDICAL CENTER

We recently received a thank you letter from one of our Vietnamese patients. Her name is Quynh. She had been in the hospital for three weeks because of her brain post operative recovery.

Before leaving the hospital, she gave us this letter with a smile on her face. It was such a wonderful gift for our team, fueling us with passion to serve more international patients in Incheon City.



To All the staff of Incheon Medical Center
I am Quynh, one of the Vietnamese patients who got medical treatment from Incheon Medical Center.

I was hospitalized because of a big accident while staying in Korea. And I just want to say "Thank you" in regards to Incheon Medical Center's caring and hospitality. Especially, I appreciate the international support team and public health care support team for helping a lot regarding the medical service fee.

Thanks a lot for everyone's great concern. As a foreigner, everything was unfamiliar but Incheon Medical Center helped me a lot to stay more comfortable and recover faster. I am very appreciative for everything to everyone who works at the hospital.

Best Regard,
Quynh

Incheon medical center Always with you



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“
Naeun hospital will make the world of health care a better place with better medical services
”



First institution in Incheon Seogu to be consecutively accredited

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Diagnosis and treatment of cancer by using detailed blood testing.

For patients with abnormal results, we conduct bone marrow, chromosome, and genetic testing to provide treatment for cancers and aplastic anemia (chemotherapy, surgery, radiation therapy).

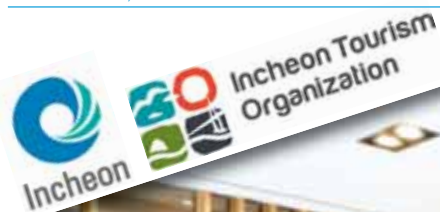


12 specialized centers are operating in a cooperative system.

Stroke Center, Cardiovascular Center, Gastric and colon cancer center, Breast and thyroid center, digestive tract center, spinal center, joint center, rehabilitation center, emergency medical center, artificial kidney sensor center, prostate center, and B&D center.



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Innovative technology for early detection of 8 major cancers

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The i-FINDER Smart Cancer Screening Test is a quick and convenient test that provides a significant amount of health information from a small amount of blood. It is an examination that identifies 8 major cancer risks: lung, liver, gastric, colorectal, pancreatic, prostate, breast and ovarian cancer.

Analysis of multiple protein biomarkers

The i-FINDER Smart Cancer Screening Test

provides a precise analysis of multiple protein markers (biomarkers) within the blood by utilizing globally recognized advanced equipment from companies such as Roche.

Utilizing a proprietary machine-learning algorithm

The results of the biomarkers are further analyzed with Bioinfra's unique machine-learning algorithm, achieving a high detection rate compared to a tumor marker blood test, which only analyzes a single

biomarker for each type of cancer.

Systematic cancer risk assessment using multiple biomarkers

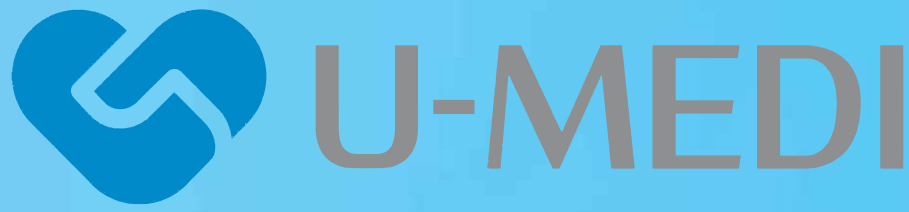
The i-Finder Smart Cancer Screening Test uses protein biomarkers in the blood to measure 8 major cancer risks. By detecting the risk of cancer early, the test allows you to prevent various health-threatening factors in advance.

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