

FEBRUARY 2024

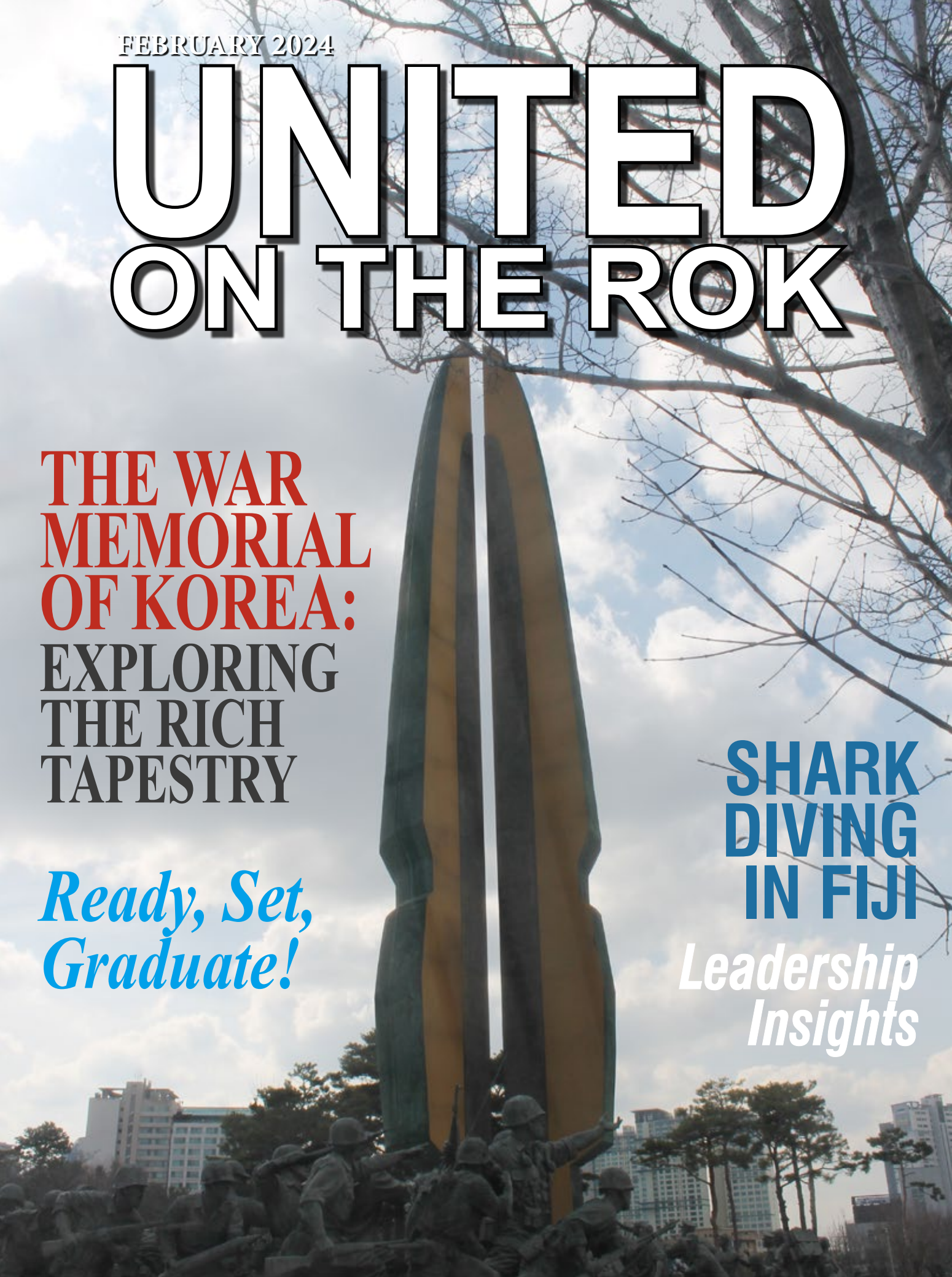
# UNITED ON THE ROK

**THE WAR  
MEMORIAL  
OF KOREA:**  
EXPLORING  
THE RICH  
TAPESTRY

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Graduate!*

**SHARK  
DIVING  
IN FIJI**

*Leadership  
Insights*





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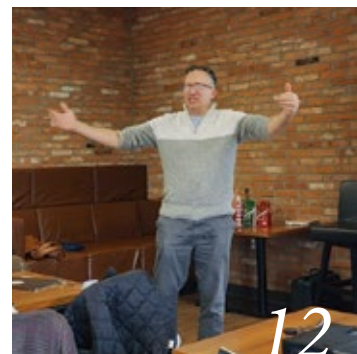




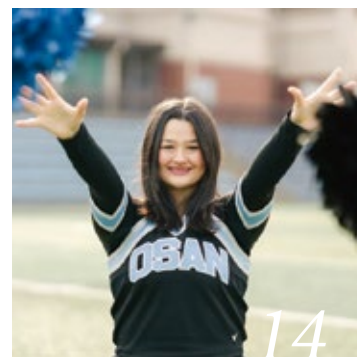
## The War Memorial of Korea: Exploring the Rich Tapestry

The War Memorial of Korea stands as a living repository of the nation's military history, commemorating the sacrifices made during the Korean War and fostering a deeper understanding of the events that shaped the country.

Cover: Photo by Eric Park



## Leadership Insights: From Military to Community



## Ready, Set, GRADUATE!



## Shark Diving in Fiji

44

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# UNITED ON THE RoK

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Launched in July 2022, *United on the RoK* is a civilian information and lifestyle magazine distributed monthly at all USFK installations. The purpose of the magazine is to enhance connectedness within and across our diverse communities and to help community members adapt to life in Korea.

*United on the RoK* is monthly publication for members of the United States Forces Korea Community. Editorial content is the responsibility of *United on the RoK*. Contents of the publication are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Oriental Press.

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The War Memorial of Korea stands as a poignant tribute to the nation's military history and sacrifices, providing a comprehensive and reflective experience for visitors. For more information about the facility, refer to pages 44-52.



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Lotte Museum  
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**MAR03**  
Tsujii Nobuyuki Piano Recital

Seoul Arts Center, Concert Hall  
globalinterpark.com




**MAR08**  
Inmo Yang & Festival Strings Lucerne

Lotte Concert Hall  
lotteconcerthall.com/eng




**MAR09**  
2024 SLASH Live in Seoul

YES24 Live Hall  
globalinterpark.com



**MAR15-17**  
Disney Princess: The Concert

Kyung-Hee University Grand Peace Palace  
globalinterpark.com



**MAR16**  
The Complete Performance Of PANSORI

KB Haneul Youth Theater, The National Theater of Korea  
globalinterpark.com



**MAR24**  
Ryuichi Sakamoto Tribute Concert

Lotte Concert Hall  
lotteconcerthall.com/eng




**ONGOING -MAR24**  
Musical School Of Rock World Tour - Seoul

Seoul Arts Center, Opera Theater  
ticket.yes24.com



**MAR25**  
Yeol Eum Son & Svetlin Roussev Duo Recital

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lotteconcerthall.com/eng




**APR13-14**  
Loud Bridge Festival Seoul 2024

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ticket.yes24.com



**ONGOING -APR21**  
Victor Vasarely: The Responsive Eye

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sac.or.kr/site/eng



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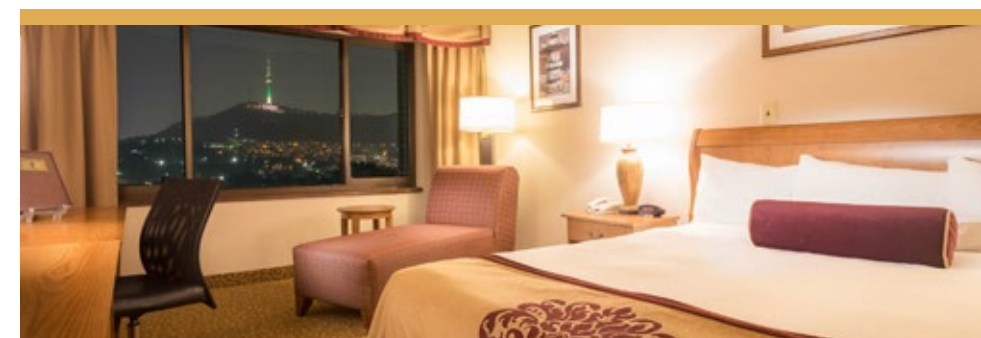
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# Leadership Insights: from Military to Community

By Kurt McDowell  
Lieutenant Colonel, U.S. Army

**L**eadership lessons abound in the Army. Over a twenty-year career, I've collected my fair share. Military leaders and veterans alike can BOGSAT (bunch of guys/gals sitting around talking) endless on the leadership of General Walton H. Walker, "Defend in depth. Keep a reserve. Watch your flanks. Protect your artillery. Maintain communications at all costs. And don't get decisively engaged!" However interesting lessons in leadership from the Korean War may be, their applicability to leadership in a military community is less significant.

As a father of three young boys, I benefit from many community leaders in the Camp Humphreys community: their teachers, their coaches, their instructors, and especially their mother and the many other parents guiding them as they explore life in a foreign country. Leadership in our community can be just as critical as leadership in the workplace. As an adult volunteer for Cub Scouts and Toastmasters organizations in the Camp Humphreys community, I have learned more about the aspects of community leadership than I might have originally bargained for.



I also have the pleasure of volunteering as an adult leader in Camp Humphreys Cub Scout Pack 42. As the Pack Committee Chair, I find myself often employing the Coach-Style Leadership approach when interacting with Scouts. Coach-Style Leadership is characterized by providing guidance, garnering feedback, and creating a supportive environment to help Scouts learn, grow, and develop their skills. Scouts BSA puts a finer point on this leadership style through the Teaching EDGE method, which stands for Explain, Demonstrate, Guide, and Enable. This effective teaching method is highly beneficial for youth due its engaging, interactive, confidence building style and helps Scouts learn new skills and knowledge in a structured way.

When I was stationed in Yongsan as a young Captain, I was heavily involved with Toastmasters International and the local cubs throughout Seoul. Upon our return eleven years later, my wife and I collaborated with a former toastmaster and founded the local Pacific Sunrise Toastmasters Club. We meet at the Camp Humphreys library every Thursday during lunch hours. In Toastmasters I often see a blend of three different types of leadership approaches employed: Democratic Leadership, Charismatic Leadership, and Bureaucratic Leadership. The Democratic Leadership style emphasizes shared decision-making and involve members in planning events. At many Toastmasters events, Charismatic Leaders inspire and motivate members to improve their public speaking skills, foster a positive club environment, and inspire guests and new members to participate in speaking and leadership roles. The Bureaucratic Leadership approach allows for adherence to Toastmasters International guidelines and ensures meeting agendas and procedures are followed.

Effective leadership ultimately boils down to one thing: guiding individuals and teams towards a shared goal. Regardless of the battlefield, campsite, or speaker's podium, leaders leave their mark by empowering others, fostering collaboration, and adapting their style to fit the unique challenges and opportunities around them. As I navigate my various roles within the Camp Humphreys community, I carry the lessons learned from both military service and local leadership experiences. I've come to recognize that the journey of guiding young minds and collaborating with passionate adults is just as impactful as being a servant leader at USFK.



Lieutenant Colonel Kurt McDowell is an active-duty U.S. Army Officer currently serving at U.S. Forces Korea. LTC McDowell lives in Paengseong with his wife, Jsun, and their boys Solomon, Noah, and Asher. After almost two wonderful years in Korea with many relationships and memories made, they PCS to Carlisle Barracks, Pennsylvania in June. The views in the article are solely those of the author and are not representative of the U.S. Army or Department of Defense.



# Ready, Set, GRADUATE!

By Jetta Allen



"Living in South Korea has opened me up to so many amazing cultural experience, diverse friendships, and has truly given me lifelong memories that I'll cherish forever. South Korea afforded me the opportunity to really make the most of my last two years of High School. I am leaving South Korea with a full heart and a deep appreciation for all this country has to offer!"  
~ Osan Middle High School Senior Addison S.

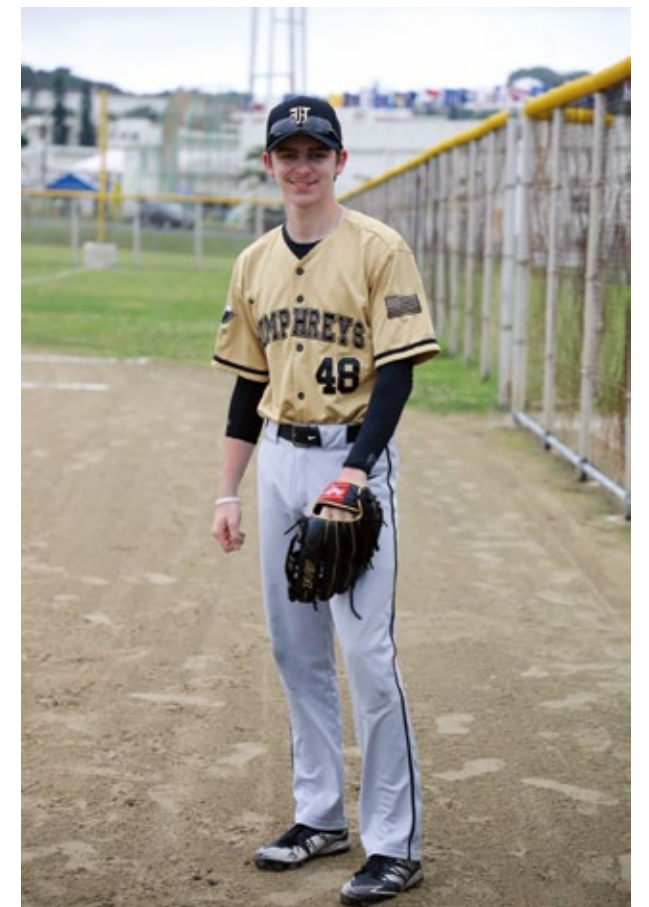
“As June unfolds, our DoDEA High Schools celebrate the special journey of our Seniors and their families. We encourage students to embrace adulthood while advising parents to savor these moments, provide unwavering support, and nurture their children’s confidence in embracing change. Graduating our seniors is the culmination of shared efforts, and as educators, we are honored to celebrate the remarkable individuals they’ve become.”  
— DoDEA Humphreys High School Principal Amanda Schwerdt-Johnson

**G**raduation is coming soon for our Seniors! Entering adulthood comes with so many possibilities and opportunities. If you are still wondering what to do after graduation, look no further, this is your starting point. With this information, a few tips, and with a little encouragement, my hope is that all our graduates and their families find something that is rewarding after this June! If you are helping celebrate these moments with friends and family, turn to the end of this article for some practical and essential gifts for our grads!

## College Bound

### Attending College On Peninsula

There are so many options for graduates residing on the peninsula with their sponsors! Each military installation in Korea has an Education Center to help assist service members and their families with education needs. There are also actual offices for several colleges too! Counselors with University of Maryland Global Campus, Troy University, and Embrey-Riddle can help you understand their options and degree offerings in person. University of Maryland Global Campus offers in person classes that vary depending on the installation along with live streamed classes from Japan, Zoom classes, and traditional online learning at your own pace. Troy University also has live



"I'm looking forward to acclimating to life in the United States while continuing to work towards a career as an officer in the United States Coast Guard."  
~ Humphreys High School Senior Left Fielder Duncan P.





Humphreys High School Seniors Samantha D. and Tate M. at the 2023 Turkey Trot.

streamed classes, Zoom classes, and online learning at your own pace.

If you're interested in enrolling in these colleges, call the counselors and discuss your enrollment. Not only can they provide you with information on choosing a major or certificate to support your career dreams, they can also give you information on military tuition discounts, tuition caps for military dependents, military tuition assistance, and can provide waivers to cover the application costs!

#### Attending College Stateside

Pursuing an education stateside has so many options! From community colleges to state institutions to private colleges, the choices are endless. One way to narrow down where you want to go to school is by looking at admissions requirements, keeping in mind deadlines to enroll, and by discussing housing options with your family. It's important to note that some scholarships and aid do not cover boarding and food on

campus, so looking into all your options can be beneficial to the decision making process. Another consideration is what institution or college offers the best education for your required occupation. It's very important to always consult with a counselor to determine any financial assistance, military tuition discounts, or stipends you may be eligible to receive.

For graduates that have lived overseas for a large amount of time, looking into your institution's "international" policy is recommended. Many times there are unique considerations for students coming from international locations such as being allowed to remain on campus during breaks, varied living arrangements with possibly small appliances in their dorm, along with extra support for adjusting to life stateside!

Legal forms should also be a priority of consideration when leaving for college. Make sure to visit your installation's legal office with your sponsor to ensure you have proper documentation. Power of attorney forms, insurance information, HIPAA authorization forms, healthcare proxy forms, advanced healthcare directives, living wills, passport, school paperwork, FERPA waivers, and tax documents are recommended for

students living abroad. Your installation's legal office can help you determine what is right for your family!

Military connected students leaving for college have unique education benefits. These benefits could include a plane ticket paid for through the military travel office, household goods shipments, and other transportation benefits! If you meet the requirements you could be eligible for one round trip ticket from the location of your accredited college to the OCONUS location each fiscal year! Talk to your command about utilizing these educational benefits during each fiscal year.

#### Internships

Internships are a great opportunity to learn about varied occupations and careers from politics, to city, state, and US government internships, and vocation internships! Some internships can be paid as well as unpaid, but the real world experience can bolster any resume! Many completing an internship leave with



Humphreys High School Golf Team Brandon B.

mentors to support them all through their career, which can help them land the dream job right out of college! The connections made, including letters of recommendations and references really make internships a valuable lifelong experience. To find an internship, first think about your education and career goals. What type of internship would align best? Determine what makes you eligible for the requirements listed. Start planning early where you will start looking and start applying now! Include letters of recommendations from your admin, counselors, past employers, or organization leaders.

The Department of Defense Civilian Careers Internship Programs allows students from high school to graduate school to experience working in the Department of Defense. Areas of internship include the Army, Army Corps of Engineers, STEM, Intelligence, Cyber Security, Naval Research, and much more! The Office of the Assistant Secretary of Defense for Legislative Affairs also offers an unpaid internship program in 6 areas: Intergovernmental Affairs, Policy, Acquisition

and Sustainment, Research and Engineering, Personnel and Readiness, and Strategic Communications.

#### Graduates with a Disability or Impairment

If you are a graduate with a disability or impairment, your local Exceptional Family Member Program Coordinator or Systems Navigator along with your school counselor can help you find opportunities unique to you. Before applying for colleges, talk to each institution's Student Disability Support Office. The Student Disability Support Office provides support for students with diverse needs, evaluates your disability documentation, assesses the individual accommodations you will need, accessibility needs, guidance and support, information on your rights as a student, and helps collaborate with faculty and staff to ensure your accessibility needs are met.

If looking for an internship, graduates with disabilities and impairments have several options. The College





Osan Middle High School Senior Cheer Team  
Xyen J. & Addison S.

Internship Program (CIP) if for graduates ages 18-26 with autism, ADHD and other learning needs. They offer transition programming and specialized services that are individualized to each graduate's needs. Families looking for assistance as their graduate transitions to independent living, college, and future employment should definitely see how CIP can help! The Transition Coalition also assists graduates with transitions, helping them prepare to enter college or the workforce. They also offer education and professional development for family, educators, and employers supporting young adults with disabilities.

#### A Gap Year

If college is not right for you, check out the Gap Year Association (GYA). This non-profit sees the value in experiential learning and empowering more peo-

ple to access transformative gap year experience. Life is about learning which can be found in a variety of opportunities! See how Gap Year Association can partner with you to support your dreams.

#### FASFA, Tuition Assistance, and Scholarships

Applying for Free Application for Federal Student Aid is a must! Applying is also important if planning to receive financial assistance through the GI Bill, Montgomery Act, Hazelwood Act and other state specific funding avenues. Before benefits are approved, many avenues of tuition assistance will first want to ensure you have used all federal aid first that you are eligible to receive. Even if you think you may not qualify for a grant, when you apply it will also offer specific educational loans that have lower interest rates. Many loans do not have to be repaid until graduation which can be a huge benefit, especially if living on campus.

When applying, set aside the time you will need. Take some Tylenol and brace yourself for the process. It does require quite a bit of time. Having all the documents required will expedite the process so make sure to discuss this with your parents. Be proactive and ensure you have these documents for BOTH the student and parent(s): Social Security card, driver's license or state identification, W-2 forms and other records of money earned, Federal Income Tax

Returns, IRS forms, untaxed income records, current bank statements, and current business and investment mortgage information. Talk to your sponsor about what tuition assistance may be available to you as a dependent using their Post 911 GI Bill. Don't forget to see if there is educational aid in your specific home of record state or where the service member enlisted into the Armed Services. For instance enlistees from Texas have unique educational benefits through the Hazelwood Act.

Scholarships are a great way to fund your education. Scholarships can be made much easier by using free websites such as College Board, Scholarships360, Scholarships.com, ScholarshipOwl, and Fastweb. These search engines sort scholarships by requirements, location, deadline date, and so much more. Don't forget to add to the filters your military connection if it applies to you. Army Emergency Relief also

has several types of scholarships for dependent children. Maj. Gen. James Ursano Scholarship Program for Dependent Children can offer financial assistance for up to 4 academic years for undergraduate and technical certification.

Whether you're applying for FASFA, grants, or scholarships, starting early will pay off! Read directions twice, have someone review your applications, and brush up on your essay writing. Use the places you've been, people you've met, and the diverse cultures you have embraced over the years to expand your writing. Make it interesting. Military connected students have some of the best stories so share yours! Save copies of everything you've submitted and the applications. Save these educational records for years in case your grant or scholarship runs into payout issues in the future.



Daegu Middle High School Senior Volleyball Jasmine H.

#### Practical and Essential Grad Gifts

Graduation gifts should say that you celebrate the graduate and support them in their future endeavors. Gifts like cash and gift cards can be used to help pay for tuition, books, and room and board! While some may say it's less personal, it will allow the graduate to use it on things of importance. For graduates staying in Korea, think of local gift cards or paid experiences while in Korea such as museum or amusement park tickets. Restaurant and movie gift cards can also be used to spend time with other friends who may be leaving Korea. If your grad will be driving in Korea, an emergency road kit is never a bad idea!

For graduates leaving Korea for education or career opportunities, gift giving can be a little complicated due to the hassle of moving. Instead of cash, consider gift cards for places like Uber, Ubereats, DoorDash, and Amazon! For a grad we are celebrating, we are making a "Survival Kit" made out of a photo album. Each sleeve will have either a gift cards, inspiring quote, emergency bandaids, individually wrapped Tylenol and Pepto, and even some K-beauty items like pimple patches! This gift will be tailored to the area they are going to school but it will also be something lightweight that they can bring with them. College students would love a Keurig or fun desk light for their room but traveling internationally with one wouldn't be advised! Try a card with a picture of a future item you will send once they are settled, or have an address, is also a way to give something big, bulky, or breakable.

#### Congratulations to the Class of 2024!

Exercise good judgment in the choices you make and when in doubt, just pause to think it out. Create your support system wherever life may take you. Know that the lessons you've learned to this point will be your guide to new lessons! Make the memories that make life worth living and let nothing hold you back! From Osan, to Humphreys, to Daegu, your community is proud of all your accomplishments! The next chapter is waiting for you to write it! Y'all got this!!



# My Journey along with Toastmasters

By Toastmaster, Hyon Chong (Lydia) Choe

**“A** Master of a Toast?” I asked back in awe, to the colleague who told me about Toastmasters’ Club.

“It is about public speaking and communication.” She continued. “You will find out how awesome it is, once you tip your toes there. It is at the Community Center every Tuesday evening.”

That was how I started my toastmaster’s journey in 2006. The Toastmasters’ Club I visited and later joined was on USAG Yongsan and it was the oldest club in Korea since 1992 and the seed of over 40 clubs in Korea now. And, on the way out of my first attendance at the club meeting, I knew that I would come back.

A typical toastmasters’ meeting is a formal banquet-style in a friendly environment, where the master of the ceremony is called ‘the Toastmaster of the Day (or Night)’. Participants, whether a first-time visitor or members, are provided with opportunities to speak on their feet in front of fellow ‘toastmasters’. Members take turn to present prepared speeches as well as to practice encouraging fellow ‘toastmasters’ usually in a ‘toastmaster’s’ style based on so called ‘sandwich method’ with two layers of complements on the quality and a core constructive feedback for further improvement in the middle.

I continued to join club meet-



ings until my workplace moved to USAG Humphreys, not because anyone asked me to do but because my heart told me to do. Gradually, I found myself tuning to a better version of me, with the weekly brain exercises to build thoughts into a speech form. Nurtured by the fellow ‘toastmasters’ genuine but not flattering feedback, I could foster my healthy mental boundaries and self-esteem resulting in accepting me and others more. Not to mention, I became a better listener than before, and became able to express my opinions without a fear of making mistakes but with a positive mindset.

Fortunately enough, I came in contact with my old fellow ‘toastmaster’ in 2022, who came back to Korea after her family left Korea ten years ago. Ms. JSun McDowell, also known as Ms. Inspiration,

nudged me to join her in building a new toastmasters’ club on Humphreys. And, we have continued weekly meetings since December 2022. We meet every Thursday at 1145 to 1235, at the Duke Memorial Library and continue a small but significant add on the legend of 100-year-old organization – The Toastmasters International\*.

\*Toastmasters International is a California rooted non-profit organization with more than 16,000 clubs in 143 countries. The organization will celebrate its 100th anniversary at the International Convention at Anaheim, CA, in August. Among many, Napoleon Hill (author of ‘Think Grow and Rich’), Hilary Hilton ‘Zig Zigler’ (motivational speaker), Susan Cain (author), and Carl Dixon (singer) are famous fellow toastmasters.

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# How many countries in the world have names that end with 'stan'?



There are seven countries with names ending in 'stan,' primarily located in Central Asia and South Asia. These countries share historical and cultural ties, and the "-stan" suffix itself is of Persian origin, meaning "land of" or "place of."

Here is a brief description of each country:



**AFGHANISTAN:** Situated in South Asia and Central Asia, Afghanistan boasts a rich cultural tapestry and ethnic diversity. Its capital, Kabul, has witnessed centuries of history, and the country is marked by the formidable Hindu Kush mountain range.



**KAZAKHSTAN:** Holdings the title of the largest landlocked country globally, Kazakhstan is a vast expanse of steppes and varied geography. Nur-Sultan (formerly Astana) serves as its capital, and the nation is rich in mineral resources, including substantial oil and natural gas reserves.



**KYRGYZSTAN:** A mountainous jewel in Central Asia, Kyrgyzstan's capital, Bishkek, is surrounded by stunning landscapes, including mountains, lakes, and valleys. The country proudly upholds nomadic traditions, contributing to its unique cultural fabric.



**PAKISTAN:** A South Asian gem, Pakistan is known for its diverse landscapes. Islamabad, the capital, is a hub of cultural fusion, influenced by Persian, Turkish, and Indian civilizations. The country is home to the world's second-highest mountain, K2.



**TAJIKISTAN:** Landlocked in Central Asia, Tajikistan's capital, Dushanbe, is surrounded by mountains, including the Pamirs. Endowed with hydropower potential, the country is rich in natural resources, offering a unique blend of scenery and economic opportunities.



**TURKMENISTAN:** With a landscape dominated by deserts, Turkmenistan in Central Asia has a history entwined with the Silk Road. Ashgabat, its capital, is a testament to ancient civilizations. The country is particularly abundant in natural gas resources.



**UZBEKISTAN:** Nestled in Central Asia, Uzbekistan is a landlocked nation with Tashkent as its capital. Steeped in history, cities like Samarkand and Bukhara showcase intricate Islamic architecture. Uzbekistan is a canvas painted with a rich cultural heritage.

Now, let's quickly explore the appearance of each capital city in each country:



*Baiterek in Nur-Sultan, the capital city of Kazakhstan. Baiterek is a monument and observation tower.*





The *Pakistan Monument* is a national monument and heritage museum located on the western Shakarparian Hills in Islamabad, Pakistan.



In Bishkek, Kyrgyzstan, there are many museums, bazaars and historical landmarks to explore.

The National Library in Dushanbe, the capital of Tajikistan. It is recognized as Central Asia's largest library.



Kabul City at a Glance. The contemporary city of Kabul, Afghanistan, is nestled high up in a narrow valley and is surrounded by the Kabul River.



*Minor Mosque* in Tashkent, Uzbekistan. Currently, the *Minor Mosque* stands as one of the prominent Muslim spiritual hubs in Uzbekistan.



The *Gypjak Mosque* or *Türkmenbaşy Ruhy Mosque* is a mosque in the village of Gypjak, 7 km west of the center of Ashgabat, Turkmenistan.



# Asia's Best Music:

## An Invitation to Korea's Traditional Music

By Seung-Kook Kim,  
Culture columnist



**Korean traditional music, shrouded in mystery, possesses a high level of artistry.**

Korea, China, and Japan, the three countries that make up East Asia, have distinct seasons and picturesque landscapes, providing a favorable natural environment for people to live. As a result, these countries possess a rich history and have bloomed with brilliant civilizations and cultural arts more than many other Asian nations. This phenomenon continues to endure. Particularly, China, with its vast territory and popula-

tion, has been well-known in the Western world since ancient times. Japan, starting from the modern era, rapidly grew into a new emerging power by embracing the advancements of Western civilization and became well-recognized globally. However, Korea, in comparison to these two nations, remained relatively unknown.

In the 1960s, Korea initiated industrialization, experiencing rapid growth after hosting the 1988 Seoul Olympics. Today, it has emerged as one of the world's top ten economies. In recent years, the global success of idol groups like 'BTS,' K-pop, dramas such as 'Squid



Game,' and movies like 'Parasite' have contributed to the rapid rise of Korea's international stature. Nevertheless, the awareness among foreigners that Korea is not just an economically advanced country but also a culturally rich nation with a vibrant traditional arts scene is not as widespread.

**The success of the global idol group 'BTS' is not a coincidence.**

The success of K-content is not accidental but is rooted in Korea's brilliant traditional cultural arts. In particular, Korea's traditional music exhibited exceptional artistic qualities compared to China and Japan. While Korea was significantly influenced by continental culture due to its proximity to China, it assimilated the imported culture, developed it into a unique cultural art, and even conveyed such cultural assets to Japan. Despite Korea's smaller territory compared to China and Japan, it boasts 23 items of intangible cultural heritage, including pansori, Jongmyo Jeryeak (royal ancestral ritual music), nongak (farmers' music), and

gagok (lyric songs).

Korean traditional music manifests itself in two main forms based on the audience: whether it caters to the ruling class or the common people. Traditional music favored by the ruling class is called Aak (아악) and is divided into palace music (gungjungmugak) and court music (jeongak). Palace music includes instrumental music like jeryeak (ritual music), yeonryeak (banquet music), and gunryeak (military music), while court music consists of instrumental pieces like pungnyu (wind and string music) and traditional vocal music like jeonga (정가/court songs).

The representative court music, Jongmyo Jeryeak, is performed during the Jongmyo Jerye ritual dedicated to the ancestors of the Joseon Dynasty (14th-19th centuries). It is a solemn piece accompanied by singing and dancing. Recognized as a UNESCO Masterpiece of the Oral and Intangible Heritage of Humanity on May 18, 2001, Jongmyo Jeryeak was later integrated into the Representative List of the Intangible Cultural Heritage of Humanity in 2008.

Within Aak, the traditional vocal song jeonga (court





songs) is gaining attention as healing, therapeutic, and slow music. It is expressed through various forms such as songs (gagok), lyrics (gasa), and poetic tunes (sijo). Gagok, consisting of five parts, represents the music enjoyed by scholars in entertainment rooms. Gasa, using a similar vocalization as gagok, features elaborate and delicate expressions typical of Seo-do minyo (folk songs). Sijo, often referred to as Sijo Chang, consists of three parts and is a simplified form of gagok, allowing anyone to easily sing along and enjoy the vocal music.

**Korean traditional music is divided into Aak and folk music depending on the audience.**

Another form of traditional music is called minsokak (folk music), representing the music enjoyed by the common people. This genre includes instrumental music like sinawi and sanjo, and vocal music such as pansori and minyo. Among the folk instrumental pieces, sinawi and sanjo stand out for their exceptional artistic qualities. Sinawi is known for its open format, either solo or ensemble, where different instruments are played spontaneously without sheet music, capturing the performer's emotions and sensibilities. It is acclaimed as the most humble and Korean-like music. Sanjo, among folk instrumental pieces, is a freely improvised solo piece where the performer plays rhythmically within a framework, making it a unique



and highly artistic form of Korean music. It developed as an instrumental solo influenced by the melodies of pansori, similar to "pansori on instruments." While the prevailing theory suggests its roots in the Sinaawi ensemble pieces performed during the Joseon Dynasty, there are also instances of Sanjo originating from the folk music played mainly in the Honam region, including the development of Minsok Eumak (folk music) in the southern parts of Chungcheong-do, Gyeonggi-do, and Gyeongsang-do.

Sanjo is further categorized by instruments, including geomungo sanjo (zither), daegeum sanjo

(flute), haegeum sanjo (fiddle), and ajaeng sanjo (bowed zither).

Pansori, a representative genre of folk vocal music, is a UNESCO Intangible Cultural Heritage, proudly preserving Korea's cultural heritage. Pansori is a form of traditional vocal music where a solo singer narrates a story, incorporating singing (chang), speech (aniri), and gestures (ballim) to create a one-person musical drama. Pansori encapsulates our history, culture, society, and religious elements within its narratives and is structured as a dramatic musical composition combining satire and humor to transform historical events into



National Gugak Center



musical pieces.

Minyo, representing folk vocal songs, is a traditional genre that reflects the life, emotions, thoughts, and history of the people. The different regions in Korea have distinct minyo styles, including Gyeonggi-minyo in Seoul and Gyeonggi-do, Namdo-minyo in Jeolla provinces, Hwanghae-do, and Pyeongan-do in North Korea, Seodo-minyo in Chungcheong-do, Gangwon-do, and Gyeongsang-do, and Jeju-minyo in Jeju Island.

If you want to experience Korean traditional music, visit a theater dedicated to traditional music. Living abroad, you naturally become interested in experiencing the traditional music unique to that country. However, it's not always easy to know where to find it. Traditional music performances are often held in theaters dedicated to traditional music. In Seoul, there are several such venues within the National Gugak Center (2364 Nambusunhwan-ro, Seocho-gu, Seoul), including "Yeakdang," "Umeondang," "Pungryu Sarangbang," and "Yeoni Madang." The Korean Cultural Heritage Foundation also operates "Minsokgukjang Pungryu" (406 Bongeunsa-ro, Samsung-dong, Gangnam-gu) and "Han-guk Munhwaui Jip KOUS" (12-9 Teheran-ro 92-gil, Gangnam-gu). Additionally, there are venues operated by the Seoul Metropolitan Government, such as "Seoul Namsan Gugakdang" (28 Toegyero 34-gil, Jung-gu) and "Seoul Donhwamun Gugakdang" (102 Yulgok-ro, Jongno-gu), where you can always find excellent traditional music performances.

In regions outside of Seoul, you can experience traditional music performances at the National Center for Korean Traditional Performing Arts in Namwon, Jeollabuk-do (54 Yangrim-gil, Namwon), the National Busan Gugak Center in Busan (2 Gugak-ro, Busanjin-gu), and the National Namdo Gugakwon in Jindo-gun, Jeollanam-do (3818 Jindo-daero, Imhoe-myeon).

Apart from the mentioned venues, there are other options. By visiting the official website of the Korea Tourism Organization (<https://www.visitkorea.or.kr/>), you can access diverse performance information nationwide as well as tourism-related information.



Seoul Namsan Gugakdang



#### About the author

Kim, Seung-Kook is currently Head of the Traditional Cultural Contents Research Center and a contributing cultural columnist to Monthly Guest and other publications.

Formerly he was Chairman of the Nowon Foundation for Arts and Culture, CEO of Suwon Cultural Foundation, President of Korea Cultural Arts Center Association and he has served as Chairman of the Seoul Cultural Heritage Committee.



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# Greek Dessert *Baklava*

By Robyn Connell

For this month's Recipe Corner, I reached out to the Humphrey's United Club's Cooking Sub-Club. They are a group of HUC members that meet once a month and share recipes, cooking and baking tips and camaraderie while enjoying the rewards of their labor at the end of their session. I was fortunate enough to be invited to their Greek Night cooking class, where they prepared a delicious Baklava.

What I thought was interesting was that of the 6 participants, all came prepared with their hair tied

back, and they all had their own aprons. I had neither of those things. Oops! The Cooking Lead, Alison Rock, had printed a copy of the recipe for all students, and had also gathered all of the ingredients they would be using. However, rather than just show them how to follow the recipe and make the dish in front of them, she asked them each to participate in preparing the ingredients. One student chopped the almonds into tiny pieces, another gathered all the butter and melted it, while another two students learned how to handle the phyllo (pronounced



Figh-low) dough and ensure it was thoroughly buttered. Is there such a thing as too much butter? I think not! While the two students gently brushed the phyllo dough sheets with butter and then layered them ten deep into the metal baking pan, other students mixed the dry ingredients with the chopped nuts. Yet another student was preparing the syrup in the kitchen on the stove, and this would be used to pour over the top of the finished product. Once the first ten layers of phyllo dough was in the pan, they gently layered the nut mixture on top, and then added another two layers of phyllo dough, then another layer of the nut mixture, and finally, another ten layers of buttered phyllo dough. Alison explained to the students that if you leave the dough out too long, it can dry out, so she recommended keeping the dough moist. She had brought a flour sack towel, and had it





lightly dampened, and kept it on top of the dough until the next sheet was ready to be buttered. Once the layering was complete, Alison took a sharp knife and cut the baklava into three rows by five rows, and then cut a diagonal across each square (as shown in photo). Finally, she brushed remaining butter on top of the baklava. She then cooked the baklava at 325 degrees for about an hour and fifteen minutes.

When the timer went off, we all gathered around to see what the beautiful creation looked like. It smelled so delicious, and it looked perfect. Sometimes cooking classes don't go as you'd hoped, but this was perfection. She brought the baklava out into the main room where we were all gathered. The syrup had cooled a little and was a perfect consistency. Not watery, but not thick like maple syrup. She poured it all over the baklava, into the cracks and along the edges. We let it sit for about 5 minutes, then we all sat down together and tasted a true Greek recipe. It was sweet and nutty and flaky and delicious. I was definitely thankful that they had allowed me to participate in their class.

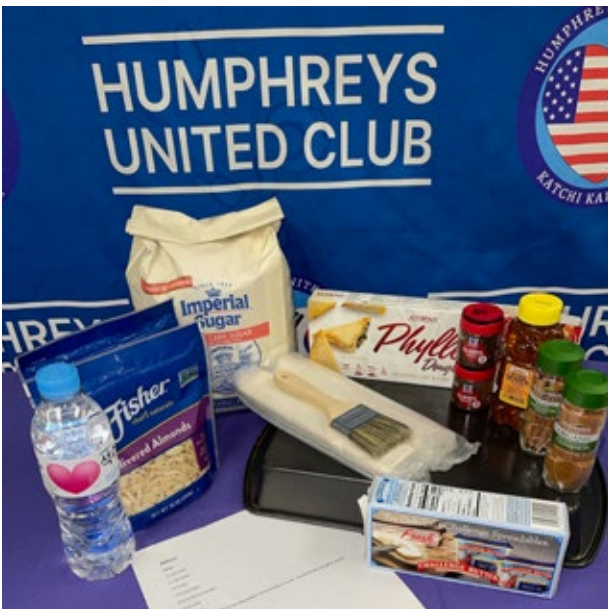
If you would like to join their classes, too, please consider becoming a member of the Humphreys United Club. The HUC is open to all USFK affiliated personnel and their family members, including soldiers, civilians, retirees, contractors, and teachers. If you'd like to join, please reach out to the HUC Membership Chair at [membership@humphreysunited.org](mailto:membership@humphreysunited.org).

If you or your organization has a recipe they'd like to share in a future publication of United on the Rok, please reach out to Eric Park at [oriental.press.eric@gmail.com](mailto:oriental.press.eric@gmail.com).

Syrup

- 3 cups Sugar
- 3 cups Water
- 10 cloves
- Cinnamon Bark
- 2tsp Cinnamon powder
- Lemon juice
- 2TBS Honey

Cook on low heat until you get big bubbles 20-45 minutes no more. Should be thin enough to absorb not sit on top.



Baklava

- Mix together:
  - 1 pound coarsely chopped nuts (Almond or Pistachio)
  - 3tsp Cinnamon
  - 1/2 tsp ground cloves
  - 2 cups sugar
- Melt 4 cubes of butter in a glass bowl in the microwave. Lay phyllo dough out on a clean surface and cover with a tea towel sprinkled with water - not wet.
- Take a flat dish and baste with butter. Add phyllo dough and brush with butter add more phyllo until
- you have 10 sheets. Then sprinkle with nut mixture, 2 more sheets of phyllo then nuts, drizzle with butter then 10 more sheets of phyllo. Be liberal with the butter, make sure you have a lot on layer under nuts.
- Bake at 325 for 1 hour to 1 hour 15 until golden brown then add syrup to top and sides





# HYYGIA SHOWER FILTERS:

## Transforming My Skincare Routine and Boosting Confidence

By HYYGIA

**M**oving to Korea was supposed to be an exciting adventure, but my itchy, flaky skin quickly turned me into a walking snow globe – minus the snow and the joyful children. I spent more time moisturizing than exploring, leaving behind a trail of lotion bottles like breadcrumbs through the PX and Commissary. Even a visit to a local dermatologist in Osan offered only temporary relief, leaving me feeling like a deflated stress ball filled with oatmeal.

Then, a newfound friend, with the kindest eyes and the smoothest skin I'd ever seen (seriously, was she bathing in unicorn tears?), mentioned the Hyygia shower filter. Skeptical but desperate at the point of considering bubble wrap as a fashion statement, I decided to give it a shot. Installation was a breeze, and the first shower surprised me. The water felt softer, and a calming lavender scent filled the air. It was like stepping into a French spa, minus the awkward silence and overpriced croissants (being stationed near the French-German border has its perks).

But the true magic unfolded



over the following weeks. The constant itching slowly faded, replaced by the comforting sensation of my skin finally taking a deep breath. The stubborn flakes vanished faster than my skepticism, revealing healthy, glowing skin that made me question if I'd accidentally stumbled upon a portal to eternal youth (spoiler alert: I haven't, but hey, a girl can dream).

Now, showering is no longer a chore but a daily ritual of self-care. Stepping into the steam and

inhaling the clean cotton scent is the perfect way to start the day. My skin feels healthy and radiant, and my confidence has soared. If you're struggling with problematic skin, don't give up hope. This simple change in your shower routine could be the key to unlocking a world of comfort and confidence. Give Hyygia shower filters a try, and you won't regret it, unless you enjoy looking like a walking snow globe – minus the snow and the joyful children (seriously, those kids are loud).

### My Personal Experience with HYYGIA

**My** baby had been struggling with eczema shortly after he was born. His baby smooth skin was riddled with scaly dry patches over his arms, legs and neck. He would regularly scratch himself til he bled. We tried lotions, expensive "clean" serums and creams from the US, some helped but never cleared up his skin and didn't stop him from scratching.

My friend suggested a shower filter that all the ladies at Camp Humphreys were absolutely raving about. I didn't know how a shower filter would help, but I reached out to Jsun Ahn and bought it.

After the first bath, my husband and I immediately saw a difference in our baby's skin. His rough patches were clearing up. By the end of the week, his skin was almost completely clear and he was no longer scratching. We also installed a HYYGIA filter in our shower, and I noticed my skin felt smoother and less itchy. My hair also felt softer even without using conditioner. I was ecstatic! I started buying and gifting filters for friends and family so they could try it too.

— A baby mom from Asan

**I'm** so glad my friend told me about these filters! Since moving here my hair's texture seems to have changed and it's always frizzy. The filter smells very nice and I noticed our skin is softer. My hair is noticeably less frizzy and for that reason alone I will keep getting these filters as long as we live here!

— A military spouse from Humphreys



**Jsun McDowell, HYYGIA**

010-9229-9830

hyygia10000@gmail.com

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# Commemoration for Dr. Hulbert's 161st Birthday

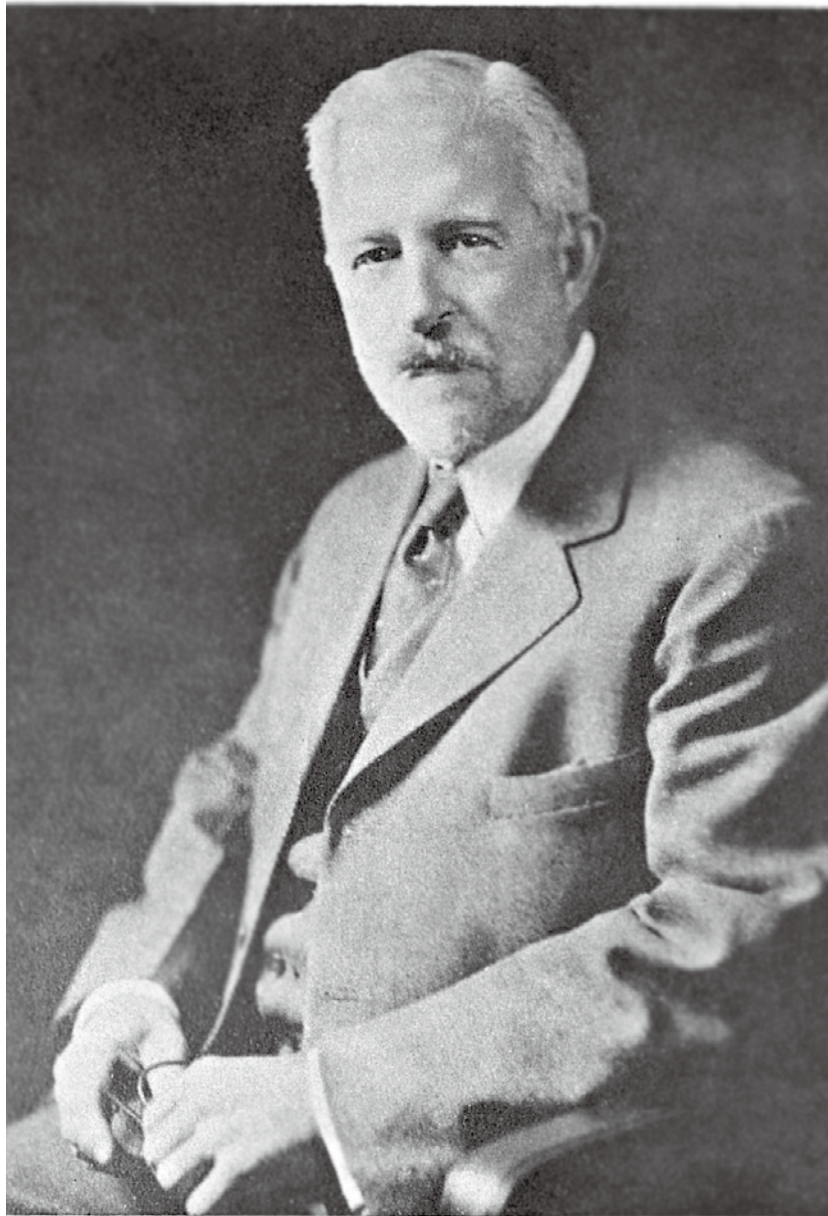
By The Hulbert Memorial Society

The Hulbert Memorial Society conducted a commemorative ceremony in honor of Dr. Hulbert on his 161st birthday, which took place on January 26, 2024.

During this year's ceremony, participants actively shared insights into the historical significance of '사민필지(Saminpilji),' a seminal work written by Dr. Hulbert in 1891. Saminpilji, translating to "Knowledge necessary for all," holds the distinction of being the first textbook crafted in the Korean language within the context of Korean history.

While the exact date of the manual binding of the inaugural copy of Saminpilji in January 1891 remains undetermined, the celebratory occasion aligns with Dr. Hulbert's birthday. This serves as a commemoration of the book's publication. Notably, the preface of Saminpilji imparts profound didactic proverbs to Koreans, advocating for the use of Hangeul (Korean alphabet) and promoting educational equality regardless of gender or age. As a result, the Society has chosen to incorporate the reading of the preface into every commemorative ceremony for Dr. Hulbert. A segment of the preface is shared here for your enjoyment:

"Today's world is quite different



Homer Bezaleel Hulbert (1863-1949), an American missionary, journalist, linguist, and Korean independence activist.

from the past..... Thus you must have some knowledge about those countries, and that would be essential for establishing ties with them..... Whereas Hangeul, the native character, is much more useful than Chinese characters, the people do not know the usefulness of it, but rather despise it. Alas, sad!..... So I, foreigner, beg you to forgive me for the awkward paragraphs and clumsy expressions, and I hope you just grasp the texts and messages."

Throughout the year 2023, the Society engaged in several impactful initiatives to honor Dr. Hulbert's legacy, including:

- The 74th Memorial Service
- The publication of a concise book detailing *Hulbert's 50-year Korean Independence Activities in Sight*
- An essay contest centered around the book "Homer B. Hulbert: Joseon Must Blossom," delving into the

- life story of Dr. Hulbert
- Collaborative efforts with KBS TV to produce a Christmas Special Feature on Dr. Hulbert
- Promotional endeavors aimed at elevating the *Order for Country Foundation* to the highest level
- Conducting lectures and participating in media interviews to introduce and highlight Dr. Hulbert's contributions.



Dr. Seul Ong Kim, reading the preface of *Saminpilji*



Floral tributes by President Dong Jin Kim and advisors



Grave of Dr. Hulbert





## NAVIGATING MEDICAL EMERGENCIES ABROAD:

By Heather MacLeod

### *A Cautionary Tale from South Korea*

*As* an Air Force veteran and currently a civilian employee, I encountered a life-altering experience in South Korea that underscores the importance of understanding and navigating local medical systems for foreigners living or working abroad.

One evening, in the dimly lit parking lot of a cafe, a simple trip and fall escalated into a dire medical emergency. The accident resulted in a hyper-extended leg with a dislocated joint. Rushed to the nearest emergency room, the initial treatment seemed straightforward: the leg was to be reset. However, as I lay in the emergency room, an admission employ-

ee demanded my Alien Registration Number, which I didn't have. He seemed more concerned about how I would pay than about treating me. A friend accompanying me had to call another who spoke Korean. After an x-ray, they reset my leg without any sedation. Having had four children, two naturally, I can say the pain of having my leg reset was the most intense I've ever experienced. Despite this, everyone assumed the treatment was complete. However, the severity of the injury was underestimated until it was discovered that an artery had been severed, marking the onset of a grueling medical journey.

This journey was fraught with challenges, includ-

ing a refusal to transfer me to my preferred hospital and delays in treatment, culminating in a series of six surgeries. The surgery to repair the severed artery took place the next morning. After that, I was pretty much left in a room with others, without anyone checking my leg. While many friends came to support me, my own office did not. Many were unaware I was in the hospital.

Navigating the complexities of a foreign medical system became glaringly apparent. Despite repeated attempts, transferring to a facility where I regularly received care was denied due to the policy on services already provided—a policy unfamiliar to many and a critical lesson on the importance of understanding local healthcare protocols. After failing to reach my supervisor, I contacted the Deputy Garrison Commander, who immediately put me in touch with the chaplain and the patient advocate. The patient advocate, a doctor, came to see me to find out how we could get the care I needed. By this point, nine days had passed.

The ordeal took a terrifying turn the next day during a routine check to change the bandages and splint. The doctor unwrapped my leg and immediately noted the repair to the artery had failed, necessitating immediate surgery. Explained that I couldn't be sedated due to recent water intake, I lay there with only a local anesthetic while they cut into my leg. After a rush to emergency surgery in another room, I was sedated, but upon waking, I was informed I needed a blood transfusion. Feeling weak, I asked a nurse if I was going to die. Their concerned expression and reply, "I don't know," haunted me. I faced the real prospect of death, prompting me to reach out to my children and parents to say goodbye. The following day, another surgery was performed to fix the artery. Compartment syndrome developed due to the trauma and lack of blood flow to my leg. The delayed response to relieve the pressure exacerbated the situation. Unfortunately, response time is critical with compartment syndrome, and my leg began to die. (Compartment syndrome, according to the





Cleveland Clinic, is a painful buildup of pressure around your muscles. It is a medical emergency that happens after severe injuries or as a surgery complication.)

Two weeks after the accident, I was transferred to a second facility due to the initial surgeon's lack of necessary skills, where I was confronted with the devastating recommendation for an amputation. This underscored the perceived limitations of local care for specialized medical needs and led to the decision to return to the U.S. for surgery and rehabilitation.

I remained at this hospital for two more weeks while my patient advocate and leadership worked to get me to Tripler Medical Center in Hawaii. The room was not handicap accessible, so I had to use one of the two available bathrooms down the hall, initially with my mother's help until she contracted COVID-19 and had to leave the hospital. I spent the rest of my time alone, navigating these challenges without assistance.

In the fourth week, fearing I would lose more than my leg, I emailed several generals begging for help. The next day, the rescue began. Soldiers, including the chaplain, visited me to offer support to the airport. Their presence felt like a rescue.

Upon arrival in Hawaii, an ambulance transferred me to Tripler, where surgeons, doctors, and nurses prepared me for surgery. They performed an amputation mid-calf to remove the dead portion of my leg and other parts that could cause further health issues. Three days later, they performed an above-the-knee amputation. The surgeons lamented that earlier intervention could have saved my leg, highlighting essential lessons for navigating medical emergencies:

1. Advocate for Transfer to Your Hospital of Choice: Insist on being transferred to a hospital where you regularly receive care or one that specializes in your medical needs, if possible.
2. Request Your Patient Advocate: Once an emergency occurs, identify and establish contact with a patient advocate who can navigate the healthcare system on your behalf, ensuring you receive the best possible care.
3. Ensure Leadership Accountability: Immediately inform your leadership of any acci-



dents and insist on the prompt completion of an accident report to facilitate your medical care and prevent being left in limbo.

Adding to the distress, the first hospital appeared more concerned about payment, harassing me daily, as well as a couple of people who were assisting me. This not only compounded the stress of the situation but

also highlighted the potential financial implications of receiving medical care abroad.

This story is not merely a recount of personal suffering; it serves as a powerful reminder of the challenges faced when dealing with medical emergencies in a foreign country. It underscores the importance of being prepared, informed, and proactive in securing the care you need. Let my tale be a guide for others to navigate their own emergencies with greater awareness and preparedness, ensuring a swift, effective response that could make all the difference in outcomes.

The harrowing experience taught me the critical importance of understanding healthcare systems in foreign countries, the need for patient advocacy, and the invaluable role of leadership in crisis situations. It's a cautionary tale that emphasizes the necessity of preparation and informed decision-making in emergencies abroad, especially for expatriates and travelers. By sharing my ordeal, I hope to empower others to better navigate their healthcare needs in unfamiliar environments, ensuring that they advocate for themselves effectively to avoid similar hardships.



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# THE WAR MEMORIAL OF KOREA: EXPLORING THE RICH TAPESTRY

By Charles Chong,  
Oriental Press



the bustling district of Yongsan-gu, Seoul, where modernity converges with rich historical tapestry, The War Memorial of Korea (전쟁기념관) stands as a sentinel, commemorating the valiant spirit and indomitable resilience of the Korean people. Established on June 10, 1994, on the historic grounds that once housed the nation's army headquarters, this monumental institution transcends the realms of a conventional museum. It is a living repository of the nation's military history, a guardian of collective memory, and an educational beacon illuminating the path toward a peaceful future.

The War Memorial of Korea spans three above-ground floors of exhibitions. In addition to the above-ground floors, the main building also encompasses two underground levels, occupying an expansive area of approximately 20,000 m<sup>2</sup> (220,000 sq ft).

## **Architectural Splendor: A Harmonious Blend of Past and Present**

The architectural marvel that is The War Memorial of Korea seamlessly integrates with the urban landscape, offering a blend of solemnity and modernity. The complex encompasses six distinct indoor exhibition rooms and an expansive outdoor exhibition center, each curated to provide a nuanced perspective



The museum's logo, featuring a character called *Mudori*.





on different facets of Korea's military legacy.

The indoor halls are portals to the past, each with a specific thematic focus. The Memorial Hall, with its dignified ambiance, serves as a tribute to the fallen heroes, evoking a sense of solemn reflection. The War History Room meticulously chronicles the historical events leading to the Korean War, providing a comprehensive backdrop for visitors. The Korean War Room delves into the intricate details of the conflict, while the Expeditionary Forces Room pays homage to the troops who ventured beyond Korean borders.

The ROK Armed Forces Room stands as a testament to the strength and preparedness of the Republic of Korea's military, showcasing its evolution over the years. Meanwhile, the Large Machinery Room offers a captivating display of military equipment, providing visitors with a tangible connection to the nation's defense capabilities.

Situated in the south-west corner of the museum's outdoor exhibition area, The Statue



The Statue of Brothers



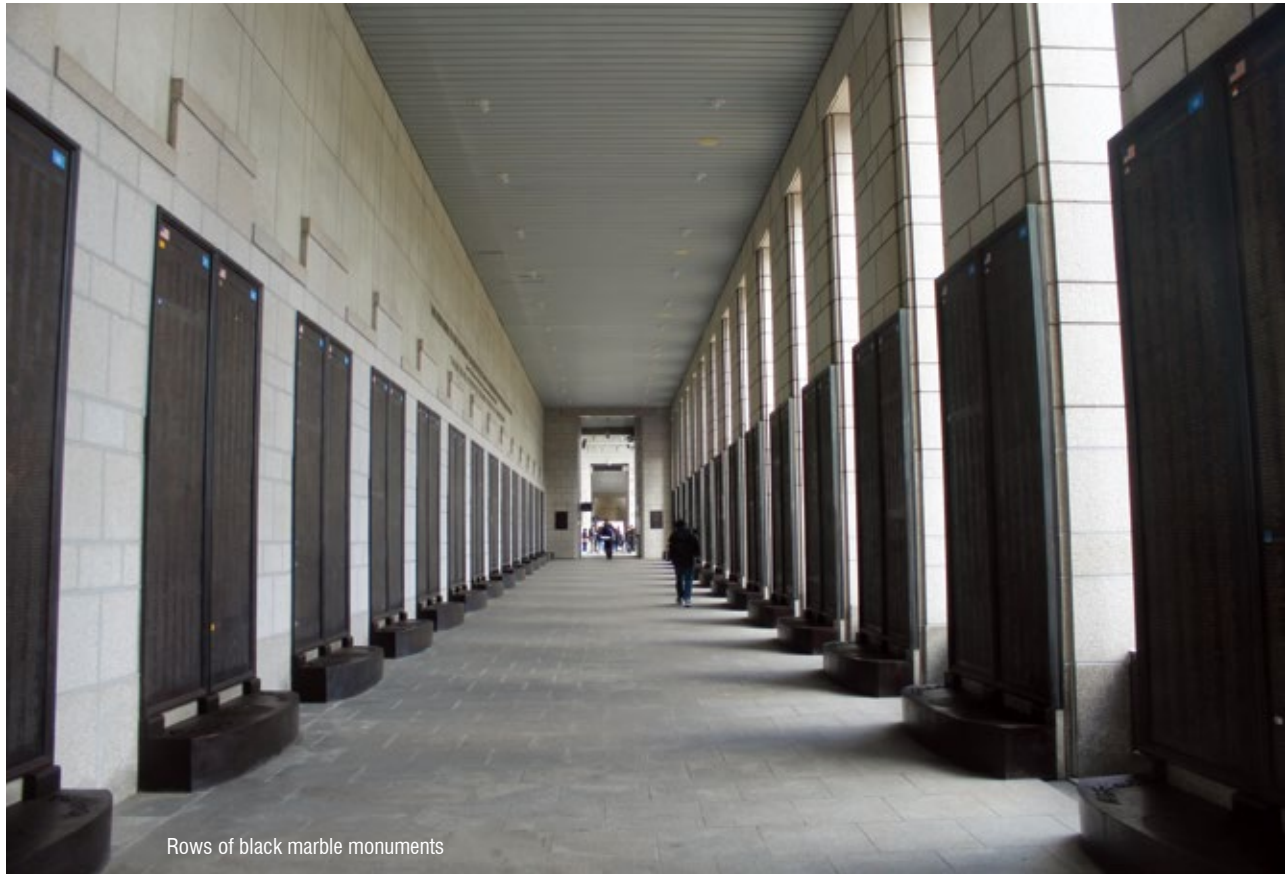
of Brothers serves as a poignant symbol of the Korean War and the yearning for reunification. This sculpture captures a powerful moment: a South Korean soldier, the eldest son of a family, and his younger brother, a North Korean soldier, coming together on the battlefield. The embrace depicted in the statue conveys themes of reconciliation, love, and forgiveness.

On the first floor, visitors can explore a collection of paintings and panoramic displays depicting intense battles fought against invading Mongol, Japanese, and Chinese armies. While some items are vaguely dated, a notable replica of Admiral Sun-sin's renowned iron-clad turtle warship, known as "geobukseon," is on display. This vessel played a crucial role in defeating the Japanese navy during the 1590s.

Additional exhibits on the first floor delve into Korea's participation in the Vietnam War, marked by the sacrifice of 4,700 Korean lives. The displays also touch upon North Korean attacks on the South since 1953 and Korea's involvement in UN peacekeeping missions.

Exploring the entire venue typically takes





Rows of black marble monuments



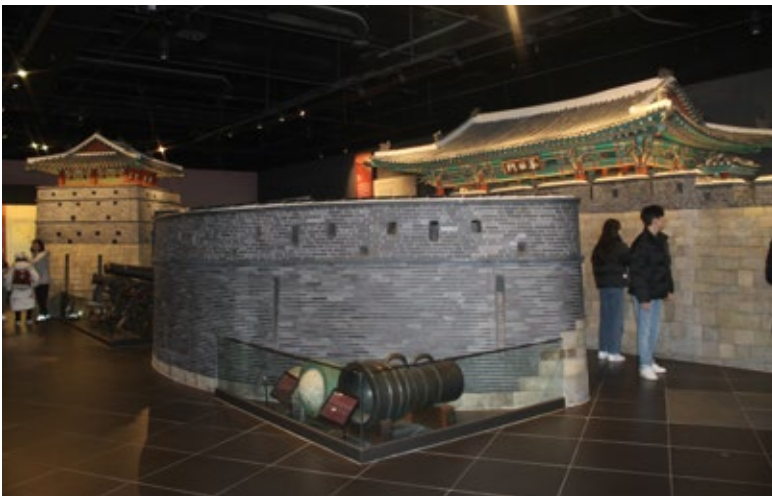
Inscriptions of the names of those who lost their lives

about three hours, so it's advisable to arrive before 3 pm. For those seeking guided insights, free one-hour tours are available at 10 am and 2 pm daily.

An outdoor children's museum complements the experience, offering a narrative of Korea's war history, introducing young visitors to national war heroes of the past, and providing a 'training ground' play area.

**Symbolism Woven into Every Corner:  
'Mudori' and Beyond**

At the heart of The War Memorial's identity lies 'Mudori,' a symbolic representation that transcends mere aesthetics. The "Mudori" is a character featured in the museum's logo. It represents a helmet symbolizing the unwavering commitment to the protection of the nation, and a bay leaf, embodying the collective aspiration for enduring peace. The term "Mudori" is derived from the Korean words "Mugunghwa" (Rose of Sharon, the national flower of Korea) and "Dorae" (a crown or helmet). As visitors traverse the memorial's halls, 'Mudori' serves as a poignant reminder of







the sacrifices made and the collective vision for a harmonious future.

### Reflections of Sacrifice: Honoring the Fallen at The War Memorial of Korea

Adorning the left and right galleries that flank the main building's facade, rows of black marble monuments stand as a solemn tribute to individuals who made the ultimate sacrifice. These monuments bear inscriptions of the names of those who lost their lives in significant events such as the Korean War, Vietnam War, conflicts with North Korea since the Korean War, and policemen who met their fate while on duty. Among them are the names of 36,574 U.S. soldiers killed in action during the Korean War and 4,216 individuals (40,790 in total) from 17 countries of the United Nations. Honoring their souls with silence in front of the names who made the ultimate sacrifice in the Korean War allows viewers to reflect on the profound gratitude and significance of their sacrifices in Korea.

A poignant inscription on the wall reads:

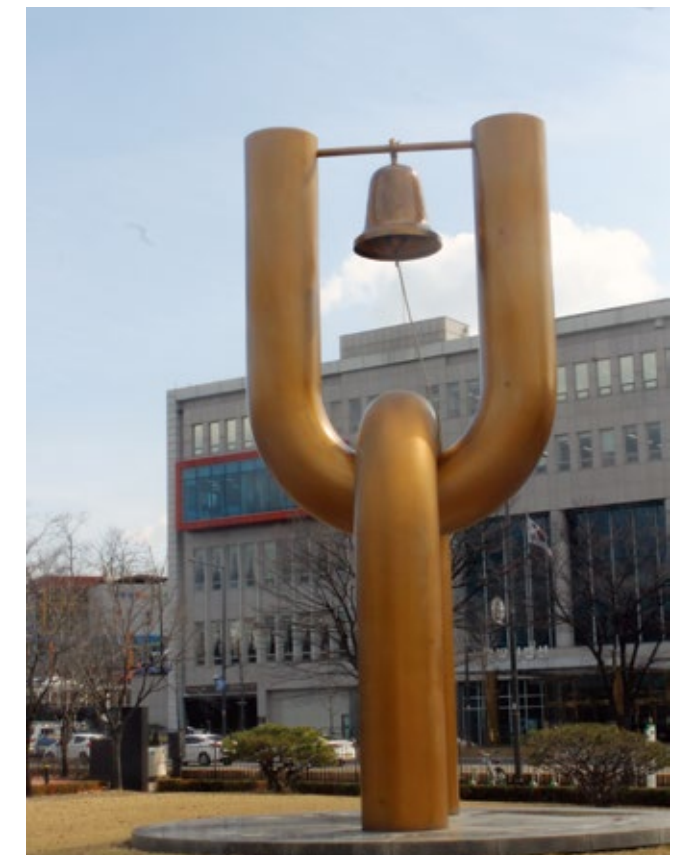
"OUR NATION HONORS HER SONS AND DAUGHTERS WHO ANSWERED THE CALL TO DEFEND A COUNTRY THEY NEVER KNEW AND A PEOPLE THEY NEVER MET"

"전혀 알지도 못하는 나라, 한 번도 만난 적이 없는 국민을 지키라는 부름에 응했던 그 아들, 딸들에게 경의를 표합니다."

This phrase naturally etches sublime humanity in the hearts of all of us. Once again, we express gratitude and deep appreciation for the unconditional sacrifices made by the U.S. and U.N. participants. Their efforts not only saved Korea from the desperate war crisis 75 years ago but also played a crucial role in instilling freedom and democracy in the land.

### A Tapestry of Artifacts: Exploring Korea's Military Heritage

Housing approximately 33,000 artifacts, with 10,000 on public display, The War Memorial of Korea meticulously preserves the tangible remnants of the Korean War era. From war vehicles to vessels and planes, each artifact tells a story of valor, sacrifice, and resilience. The institution's commitment to educational initiatives ensures that these artifacts are







not static relics but dynamic tools for understanding and empathy.

The outdoor exhibition center extends this exploration, featuring a diverse array of war memorabilia and military equipment from China, South Korea, and the United States. The carefully curated displays invite visitors to engage with history on a grand scale, fostering a deeper connection to the events that shaped the nation.

#### Cultural Events and Interactive Exploration: Engaging Beyond the Artifacts

The War Memorial of Korea is not merely a static institution; it pulsates with life through a myriad of cultural events. Military music resonates through its halls, honor guard events add ceremonial grandeur, and drawing contests infuse creativity into the narrative. The institution actively encourages interactive exploration, allowing photography in most areas and providing a souvenir center for those seeking a tangible reminder of their journey through history.

#### Lessons and Symbolism: Echoes of the Past, Visions for the Future

Beyond the artifacts and exhibits, The War Memorial of Korea serves as an educational hub, offering nuanced insights into the complex historical events that unfolded between 1950 and 1953. The memorial not only commemorates the sacrifices made during the Korean War but also strives to instill a deeper understanding and empathy for the victims. Symbolizing the collective hope for a future free from conflict, it stands as a guardian of peace, where the lessons of the past serve as guiding beacons.

In essence, The War Memorial of Korea transcends the conventional boundaries of a museum. It is a living narrative, a testament to the indomitable spirit of a nation, and a reservoir of knowledge that invites visitors to embark on a profound journey through Korea's military legacy. As each artifact whispers tales of courage, and each hall unfolds a different chapter, visitors leave not just with knowledge but with a profound connection to the resilience and valor that define the Korean people.



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# Braces in Korea: Your Path to a Confident Smile Begins Here

By Dr. Kim, Seung-Woo  
Diplomate, American Board of Orthodontics  
Speaker for Invisalign in Korea  
At UPenn Barun Dental Clinic, Seoul



In the journey towards a confident smile, one significant milestone is the decision to seek orthodontic treatment. For individuals in Korea considering braces, the search for a trusted dental provider is crucial. Here at upennbarundental, we understand the importance of this decision and strive to offer exceptional care and expertise to all our patients. If you're exploring braces in Korea, here are several compelling reasons to consider treatment at our hospital:

## 1. Specialized Expertise:

At Upenn Barun Dental, we take pride in our team of highly skilled orthodontists who specialize in a wide range of orthodontic treatments, including braces. With years of experience and ongoing training, our experts are equipped to address various orthodontic concerns, from misaligned teeth to bite irregularities.

## 2. Comprehensive Consultations:

We believe in the power of informed decision-making. That's why we offer comprehensive consultations for all patients considering braces. During these consultations, our orthodontists take the time to assess your dental health, discuss treatment options, and address any questions or concerns you may have. Our goal is to ensure that you feel confident and well-informed about your orthodontic journey.

## 3. Personalized Treatment Plans:

No two smiles are alike, which is why we prioritize personalized care at upennbarundental. Our orthodontists work closely with each patient to develop customized treatment plans tailored to their unique dental needs and goals. Whether

you require traditional metal braces, ceramic braces, or other orthodontic solutions, we'll create a plan that aligns with your preferences and lifestyle.

## 4. State-of-the-Art Facilities:

Our hospital is equipped with the latest advancements in dental technology, allowing us to deliver superior orthodontic care in a comfortable and modern environment. From digital imaging systems to advanced treatment techniques, we leverage cutting-edge tools and resources to enhance the efficiency and effectiveness of your braces treatment.

## 5. Commitment to Patient Satisfaction:

At upennbarundental, your satisfaction is our top priority. We understand that undergoing orthodontic treatment can be a significant commitment, which is why we strive to make your experience as positive and rewarding as possible. From your initial consultation to the completion of your treatment, our team is dedicated to supporting you every step of the way.

## Conclusion:

Choosing the right dental provider for your braces treatment is a decision that can impact your smile and overall dental health for years to come. At upennbarundental, we're committed to providing exceptional care, expertise, and personalized attention to every patient who walks through our doors. If you're considering braces in Korea, we invite you to experience the difference at our hospital.

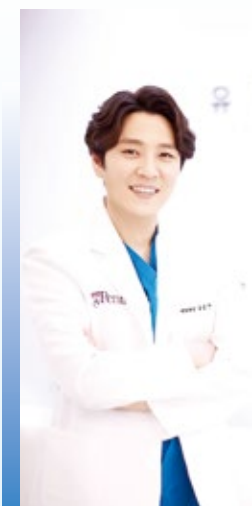
Take the first step towards a confident smile – schedule your consultation with us today!



Get the **Healthy White Smile!**  
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Book a consultation today with our U.S. board-certified orthodontist, acknowledged as a speaker for Invisalign in Korea!

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## DR. KIM, SEUNGWOO (US ORTHODONTIST)

- Diplomate, American Board of Orthodontics (ABO)
- DMD, School of Dental Medicine, University of Pennsylvania, PA, USA
- Specialty in Orthodontics, Montefiore Medical Center, Albert Einstein College of Medicine, NY, USA
- Speaker for Invisalign in Korea
- Invisalign Provider Since 2008
- TRICARE Preferred Dentist of US Armed Forces in Korea
- Dentist License Both in the US and Korea
- Member, American Association of Orthodontists



## DR. AN, JINSEON (PEDIATRIC SPECIALIST)

- Pediatric Specialist, Certified by the Ministry of Health and Welfare
- Member, Korean Academy of Pediatric Dentistry
- Member, Korean Dental Society of Anesthesiology
- Child Psychological Counselor Level 1 Certificate
- Youth Psychological Counselor Level 1 Certificate
- Pediatric Director, Children's Forest Dental Clinic (2016-2017)
- Pediatric Director, Twinkle Pediatric Dental Clinic (2018-2021)



## DR. LEE, MINKYUNG (ENDODONTIST)

- Endodontic Specialist, Certified by the Ministry of Health and Welfare
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- Specialty in Endodontics, School of Dentistry, Seoul National University, Seoul, Korea
- BS, Chemistry, Korea Advanced Institute of Science & Technology (KAIST), Daejeon, Korea
- Member, Korean Academy of Conservative Dentistry

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- Subway: Line #2 (Green Line), Jamsilsaenae Station Exit 5
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Blacktip Reef Shark

# SHARK DIVING IN FIJI

By Dan Romano

*What* is the first thing that comes to mind when you think of a vacation in Fiji? White sandy beaches, crystal clear ocean, a tropical paradise, right? How about sharks? Sharks are what comes to mind after a December trip to this beautiful island nation. Worldwide, sharks have yet to receive the protection they deserve, and many attitudes range from indifference to aggression. While it is difficult to say, Fiji is home to about seventeen or more species of sharks. Sharks are more abundant in Fiji because they

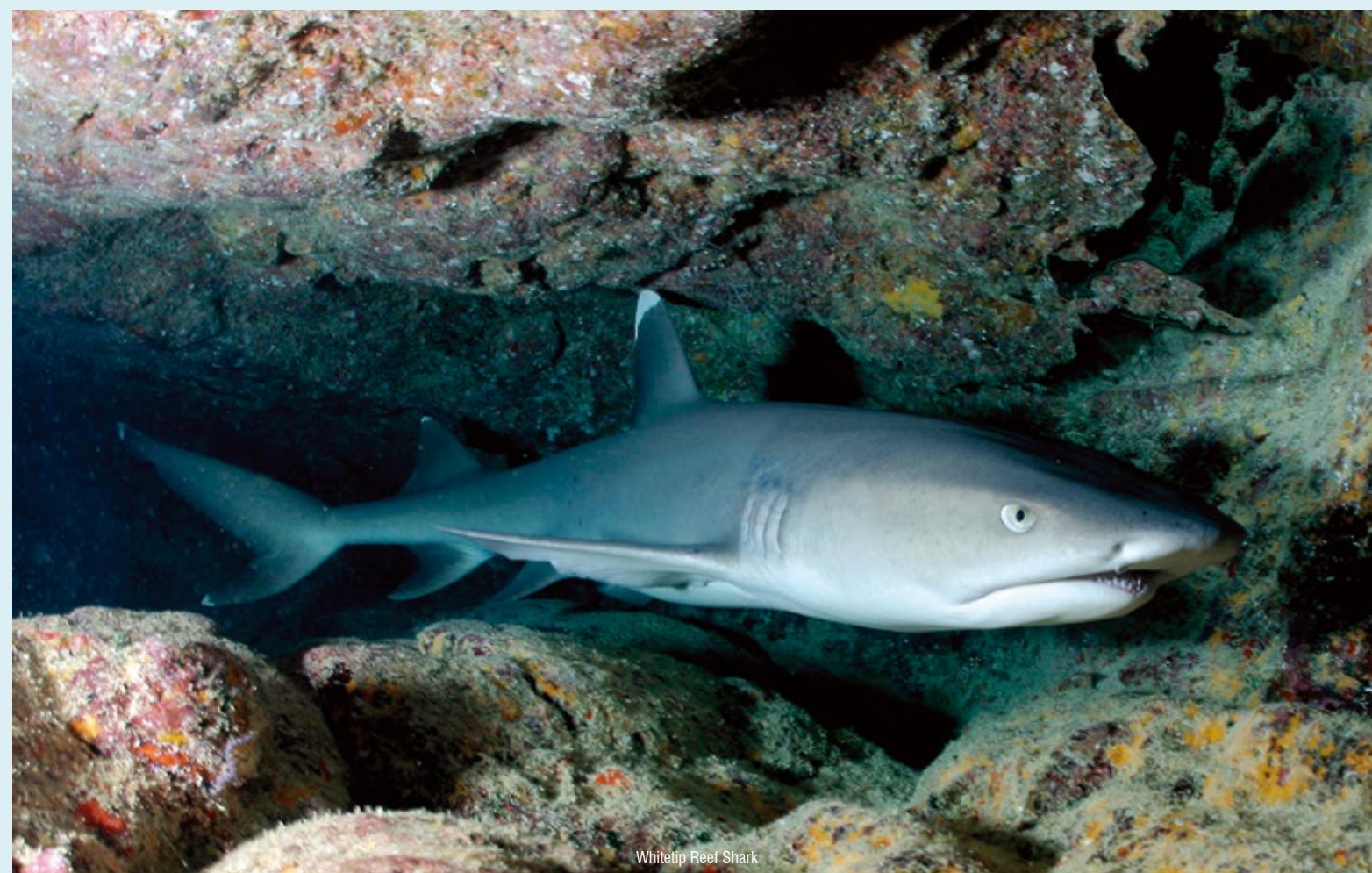
are less preyed upon than in other countries so the waters around Fiji boast higher numbers. During regular ocean dives, seeing sharks was common and we luckily saw seven types on this trip. Fiji also offers a dedicated shark diving tour giving the opportunity to see the sharks listed here:

Blacktip Reef Sharks are the smallest of the seven species we saw and can grow up to about five feet in length. Obviously, because of its small size it has a small mouth and rows of serrated teeth. Their name comes from the fact that the tips of their fins are typically black.

Blacktips are considered more curious and not aggressive toward humans.

Whitetip Reef Sharks are also small and can grow up to about five feet in length and has a small mouth with rows of serrated teeth. Yup, their name comes from the fact that the tip of several of their fins are typically white. Whitetips are also considered more curious and not aggressive toward humans.

Tawny Nurse Sharks can grow up to about ten feet in length and despite their larger size, they also have a small mouth with rows of



Whitetip Reef Shark





Tawny Nurse Shark

small, serrated teeth. They have a deeper gray/olive drab color and long flexible tail. Although, it is unclear how they got their name, they are the gentlest of the bunch and have a nickname the puppy dogs of the sea. These sharks are also more curious and not aggressive toward humans.

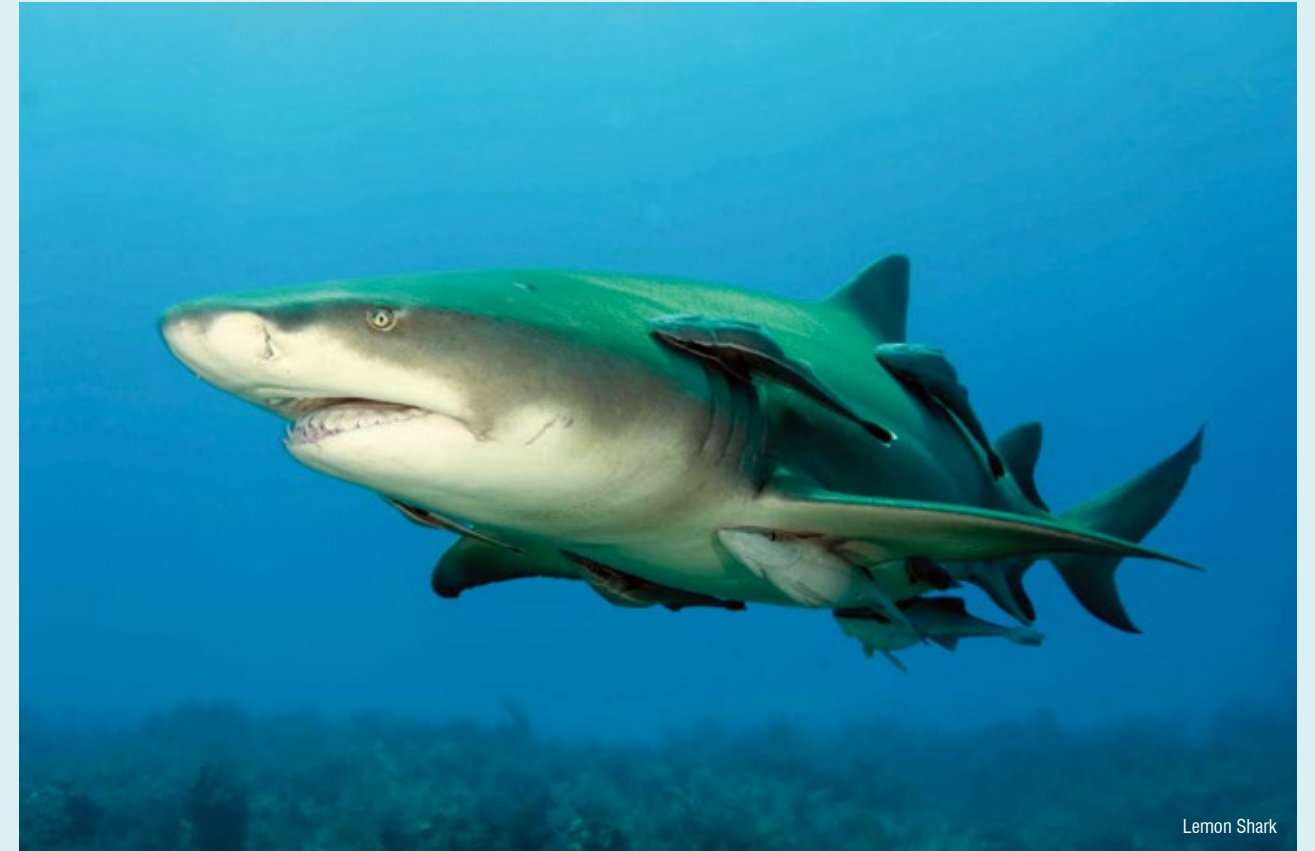
Lemon Sharks can grow up to about ten feet in length and have rows of longer jagged teeth. They get their name from their yellowish skin tone to blend in with the sandy bottom. Despite their size (and teeth), they are not particularly aggressive toward humans.

Grey Reef Sharks can grow up to about eight feet in length and have

triangular serrated teeth. They get their name from their darker grey topside (with golden tint) and a white bottom side. Also, its dorsal fin is grey/white, the edge of its tail is black, and black tips on other fins. They are also more curious and not aggressive toward humans.

Silvertip Reef Sharks can grow up to about seven feet in length and have rows of triangular serrated teeth. They get their name from the silver tips and borders of their fins. This is one of the more aggressive sharks and can dominate over many of the other sharks. I have read they are regarded as potentially dangerous to humans; however,

I have never experienced one approaching me in an aggressive manner. Bull sharks can grow up to about 12 feet in length and have rows of serrated triangular teeth. They get their name from their blunt nose, aggressive nature, and tendency to head-butt prey. While it is sometimes difficult to identify the type of shark involved, Bull sharks are among the top three sharks that can be more aggressive toward humans (behind Great Whites and Tiger Sharks) and top this bunch. We saw more Bull sharks than any other on this trip. However, keep the risk in perspective, the chances of an unwanted incident with any shark are extremely low.



Lemon Shark



Grey Reef Shark





Of course, there is risk in seeing sharks in the ocean, but only to a small degree. While it is difficult to know, research suggests sharks do not have humans on their menu and bites are self-defensive or exploratory. In my experience, no shark has ever posed a threat. The Global Shark Attack File indicates in Fijian waters, there have been 70 incidences involving sharks since about 1839. When eliminating provoked attacks, where the person was in the process of spearing, hooking, or capturing a shark; other activities involving fishing from the water where a person had injured or dead fish near them or in their possession; and a 19th century shipwreck, the number of incidents drops to 42, of which 17 were fatal.<sup>1</sup> The chance of being attacked or dying by the jaws of a shark are extremely low

according to the International Shark Attack File (ISAF), with the odds of an attack at about 1 in 11.5 million and the odds of a fatality at about 1 in 3.75 million.<sup>2</sup> The annual risk of death during one's lifetime indicates there is about a 1 in 4.3 million chance of a fatality from a shark (a little different than the ISAF) and there are many more common activities that may end in a fatality such as a lightning strike, about 1 in 80,000; an air/space accident, about 1 in 5,000; bicycle accident, about 1 in 5,000; or a car accident, about 1 in 84.<sup>3</sup> It is likely that some of you have jobs with more inherent risk than being in the water with sharks.

As a lover of the ocean and every creature in it, I hope this article provided helpful information about sharks and how relatively safe it is to be in the water with

them. Sharks are not the man-eating machines they are often portrayed to be. Be careful driving to work today!

<sup>1</sup> Global Shark Attack File home page  
<sup>2</sup> Shark Attack Compared to Other Risks – International Shark Attack File (ufl.edu)  
<sup>3</sup> Risk of Death – International Shark Attack File (ufl.edu)

#### About the Author

Dan Romano retired from the Air Force after 30 years of service and was based at United States Force Korea for several years over two assignments. He recently returned and enjoys living in Korea.

He is a nature lover, photographer, and traveler. His adventures take him to some of the most beautiful places in the world where he captures the beauty of nature, on land and in the water.

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# Stem Cell Plastic Surgery Story:

## Unlocking Timeless Transformations with Stem Cells

By Dr. Eunyong Baek, DEKABI Clinic

*Does* the face become smaller, gather, and lift without evidence?

Let's try lifting the corners of the mouth slightly here.

Eyes become larger, the center-line of the forehead and aristocratic jaw moves forward...

Between closing and opening the eyes, if there is such a momentary change, it is beyond our common sense interpretation.

However, if it is possible to turn back 20 years in age, it might be possible.

Defying 10 years is relatively easy.

20 years require efforts from various angles.

30 years necessitate the mobilization of cutting-edge science.

DEKABI Clinic, which has observed the clinical results for almost 20 years after stem cell therapy, is witnessing people appearing almost 40 years younger.

### What should we do?

In an era where age seems to be irrelevant, should we inform those who are unaware of this fact or remain silent?

Since starting stem cell treatment in 2003, we have witnessed many clinical results over the past 20 years.

Even summarizing the changes in the first year of a child's life with Before/After comparison photos is impressive, but the After photos 20 years later are extraordinary.



When there is an abundance of stem cells, incredible transformations occur, much like in a child.

Regardless of age, looking at Before/After photos of stem cell treatment and realizing that the treatment results, appearing after a minimum of 20 years, are an ongoing process is quite remarkable.

As a result, it seems like one is gradually getting younger or aging appears to be halted.

At the beginning, our focus was on the 38 muscles of the face in detail.

We tried injecting stem cells into

the muscles that lift the corners of the mouth.

We tried injecting stem cells into the muscles around the eyes and even into the muscles of the cheeks.

While our body can be divided into parts, it is undoubtedly interconnected because, after stem cells are injected into the scalp, we have seen the face rejuvenate.

We discovered that stem cells need to be injected not only into the muscles around the ears, revealing themselves when lifting the cheeks but also into the perioste-



um, the membrane covering the bones.

And it doesn't stop there; when stem cells enter the brain, producing over 4,000 neurotransmitters, the impression changes, and one transforms into a true Enhanced Human.

The emotional thrill of witnessing a person's life changing over time with the introduction of stem cells goes beyond just excitement.

If we look into the secrets of our body, it is clear that wounds do not remain lifelong scars and are constantly being healed, even when menstruating, blood is being produced.

By moving stem cells at the cellular level to where our body needs them and obtaining Before/After photos, we are already surpassing modern medical aesthetics.

Stem cell-based reshaping at the cellular level eliminates wrinkles on the neck, hands, and even facial wrinkles.

It removes fat through lymph restoration in obese areas.

The scalp rejuvenates, eliminating the need for hair dye.

The dream of medicine that can turn back the clock for 20 or 30 years is right beside us.

**Look around us!**

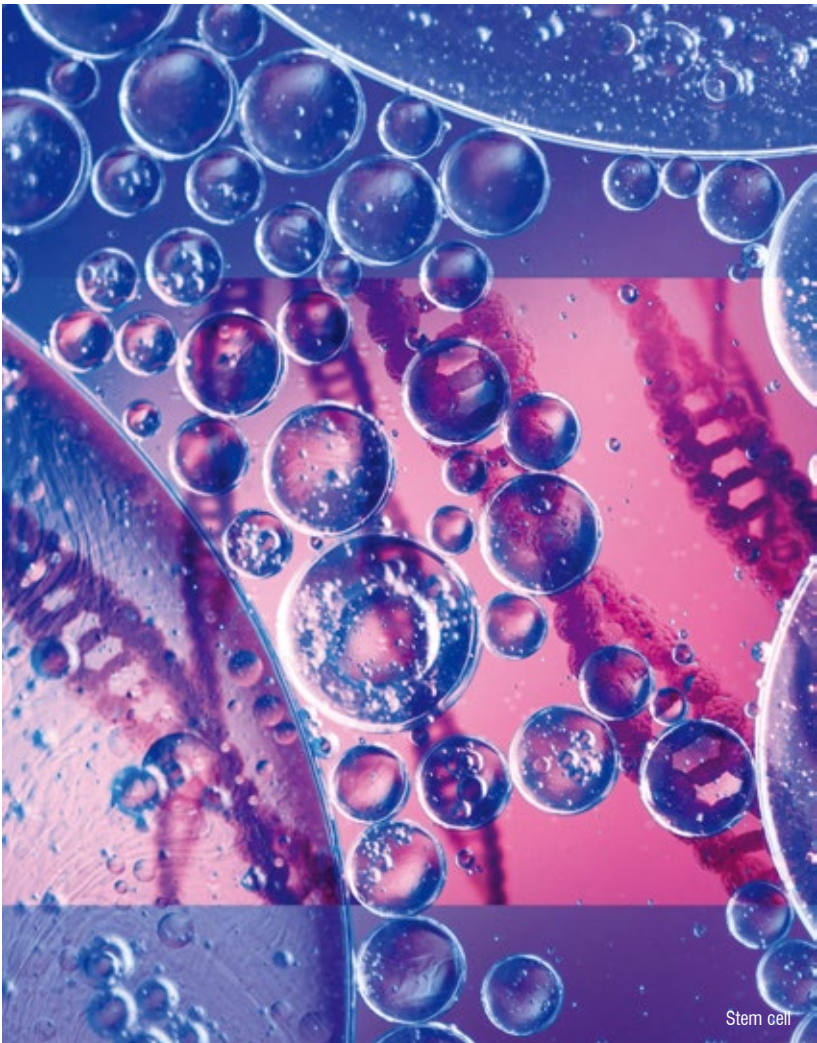
A university president in their 90s looks like they are in their 50s or 60s.

A singer in their 80s releases an album and confidently conducts interviews.

In their mid-70s, someone boldly reveals their body shape in a profile picture.

Clearly, we are living in an age where age seems to have no significance.

Hollywood actors collapsing all at once due to the poison of Botox



DEKABI Clinic President Baek Eun-yeong's appearance 12 years ago.



Current appearance after stem cell treatment

entering their brains.

The aftereffects of repeated laser treatments, turning skin blood vessels into fried squid due to sclerosis, are now a thing of the past.

In this era, it seems that more people will suffer from postoperative complications due to stem cell procedures with modified genetic information or stem cells from others that crumble over time than those who suffer from traditional plastic surgery.

Injecting someone else's genetic information into the face may seem simple and good, but as time goes on, the outcome may not be favorable due to the differentiation of genes with different genetic information.

People do not seem to notice the causes of such events that occur over time, and sometimes they are too busy making excuses for the transformation of brain cells.

Occasionally, entertainers are disappearing from the stage.

Even if it's my genetic information, as it transforms, the prognosis becomes unfavorable over time.

That's why we emphasize honest stem cells.

No matter how much we shout, it's not enough.

"Follow the path of my honest stem cells within my body within two hours!!"

Now we are in an era where we can reverse the information in our bodies.

I give a command to myself.

Get younger and younger...

And where my honest stem cells are attached, just like wounds being healed, the telomeres of genes are lengthened, and I become younger and younger.

Lifting the corners of the mouth, creating beautiful skin and a small face, and even performing a facelift.

This is the true genetic plastic surgery of this era.

**About the writer**

**Dr. Eunyoung Baek, DEKABI Clinic**



*Professional Background*

- Graduated from Korea University Medical School
- Dr. Dekabi Eunyoung Baek, Director
- 30 years of experience as a plastic surgeon
- Pioneered stem cell therapy in Korea with 20 years of experience
- Policy Advisory Council Member, Ministry of Health and Welfare
- Professor, Cha Medical Center
- Numerous successful stem cell treatments with over 100,000 cases
- 20 years of clinical experience in stem cell therapy
- Director Eunyoung Baek
- Successfully treated intractable diseases with world-renowned personalized stem cell therapy (1:1 matching)
- Specializes in stem cell side effect treatment, anti-aging, and rare diseases
- Offers customized treatments for all diseases through unique medical technologies such as energy shaping, brain shaping, detox, etc.

*Work Experience*

- Vice Chairman, International Narcotics Controls Board (NGO)
- Advisory Board Member, American Academy of Anti-aging Medicine (A4M)
- Policy Advisory Council Member, Korean Ministry of Health & Welfare
- Member, European Society of Preservative, Regenerative, and Anti-Aging Medicine
- Chairman, Korean Association for Aging Prevention
- CEO, DEKABI Clinic (since 2020)
- CEO, DEKABI MSO Corporation (since 2020)
- CEO, DEKABI DETOX Research Institute (since 2020)

*Book List*

- "Time Game," Thought Tree, 2003
- "Moment. Plastic Surgery," Dr. Baek, 2004
- "Hormone Plastic Surgery," Dr. Baek, 2004
- "Genetic Plastic Surgery," Dr. Baek, 2004
- "Energy Shaping," Every Day, 2022
- "Brain Shaping," Literary Meal, 2022
- Numerous columns

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## 🎓 SCHOLARSHIP PROFILE

Humphreys United Spouses Club has awarded over \$50,000 in scholarship monies for four consecutive years to graduating high school seniors and continuing education students for undergraduate programs, graduate programs, technical training programs, and vocational courses.

## 🕒 IMPORTANT DATES

Scholarship applications will be accepted from January 15, 2024 – March 15, 2024. Submissions after March 15, 2024 or applications hand written or incomplete will not be considered.

## 🗣️ CONTACT INFORMATION

Email: [scholarships@humphreysunited.org](mailto:scholarships@humphreysunited.org)

## SCHOLARSHIP APPLICATION REQUIREMENTS AND CHECKLIST

- A cumulative GPA of 3.00 or higher. Students with a GPA under 3.0 will be considered with submission of an additional teacher/staff recommendation or written explanation of extenuating circumstances.
- Completed 2024 Scholarship Application
- List of awards and dates
- Acceptance letter (if available) or verification of enrollment for college, university, or other vocational or trade program.
- Transcripts
- High school transcripts for high school seniors and college freshman
- Most recent transcript for current undergraduate students
- Undergraduate and most recent graduate transcripts for graduate students
- Transcripts from continuing education applicants may be emailed directly from the school to the Scholarship Chair ([scholarships@humphreysunited.org](mailto:scholarships@humphreysunited.org)) and are subject to verification. It is understood that these transcripts may include the words "unofficial" – once verification has been completed these transcripts will be accepted.
- At least one Letter of Recommendation from a non-relative written to the United Club describing the applicant's character and/or accomplishments.
- An essay with a minimum of a 500-word count (not to exceed 1000 words) addressing one of the topics provided.

*Applications must be submitted electronically to the Scholarship Chairmen.*

*Amy Steffen and Megan Noell*

*[Scholarships@Humphreysunited.org](mailto:scholarships@humphreysunited.org)*

**Application deadline is March 15, 2024.**

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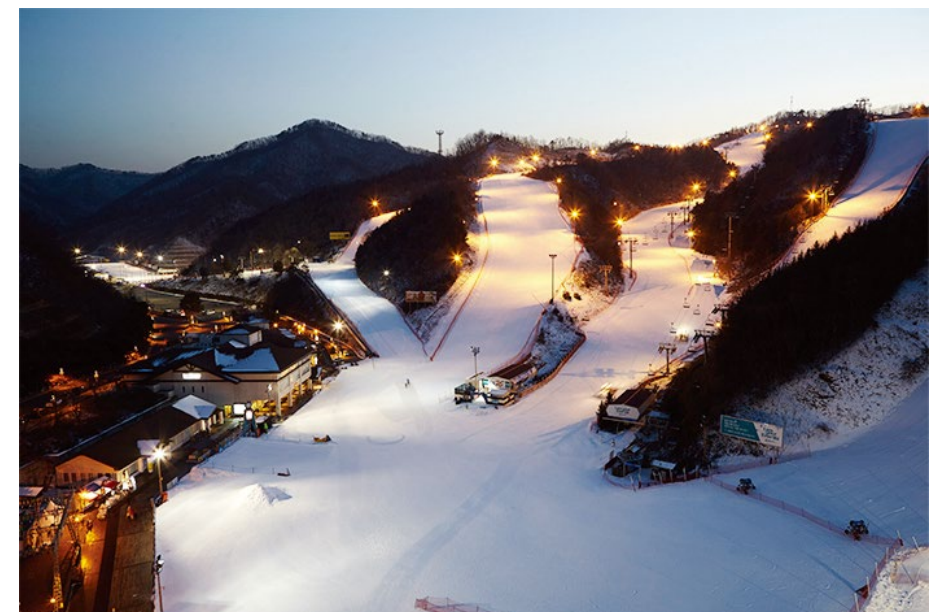


# Beginners' Guide to Ski Resorts

Courtesy of Korea Tourism Organization



**Ski** resorts can be found throughout Korea, the host country of PyeongChang 2018 Olympic Winter Games. For visitors who have never visited a ski resort, this guide to Korea's ski resorts will provide all the information you need for enjoying the upcoming ski season. After reading our guide, all that's left is to hit the slopes!





Step 1. Ski basics: lift and equipment

First things first, the basics include ski suits, equipment, and lifts. Ski suits and equipment can be rented from most ski resorts if you don't have your own. Beginner skiers should select skis with plates the same length or 10 cm shorter than the skier's height. Ski boots will connect directly with the ski plates and should fit nicely, holding the feet in place without being too tight. Poles can be used to help with balance, as well as release the boots from the ski plates. These should be as high as the skier's bellybutton. Lift operations are generally divided into morning, afternoon, evening, and midnight runs. Be sure to purchase a lift pass that matches your planned ski time.



Step 2. Become familiar with basic ski poses

Before hitting the slopes, we recommend beginners take some time in the practice area to become familiar with the basic poses for skiing. When starting out, you should put your skis in a parallel line. Use the poles for balance and step down strongly onto the bindings of the ski plates to lock into the skis. With the skis still in a parallel line, bend

your knees and lean forward slightly, being sure to keep your back straight without sticking your rear end out too far.

After becoming comfortable with the first pose, it's time to learn the A-pose. As the name suggests, in this pose the skier spreads their legs apart with the heels leading to position the plates in the shape of an 'A'. The A-pose is used to control speed, and a build-up of friction can stop the skier's motion. One thing to be aware of when making the A-pose is the spacing of the plate tips. The distance should be roughly the size of a fist. If the skis are too far apart, you can lose your balance; too close and you will change directions without decreasing your speed.



The last thing to learn is how to fall safely! As a beginner, falling over is expected, so it's best to learn the method for minimizing the risks of getting hurt. When one begins to fall, the natural inclination is to put out one's hands to stop the fall. However, catching your full weight on your wrists is dangerous, so cross your arms over your chest and let your rear end touch the ground first. From the ground, arrange your plates in a parallel line, cutting across rather than down the slope. Scoot as close to the plates as you can, place your hand on the ground and push yourself into a sitting position. From here, hug your knees and pull yourself up in to a standing position.



Step 3. Ride the lift up and ski down!

After learning the basic poses and positions, it’s time to ride the lift to the top of the slope. When it is your turn on the lift, follow the instructions of the staff for a safe ride. If your equipment is not securely in place on the lift, it can fall down so be careful, especially about any loose clothing and your poles. At the top of the slope, follow the guidance of the staff, lifting the safety bar and quickly clearing the area.



RESOURCE INFO

Emergency Numbers

- 119 - Fire and medical emergencies that require an ambulance
- 112 - Police
- 1339 - Korean Help Center for Disease Control (foreigner helpline that provides information about first aid and diseases in English, Chinese, Japanese, Vietnamese, and Mongolian)
- 1345 - Immigration (for simple immigration-related questions)
- 1331 - National Human Rights Commission of Korea (for questions related to human rights law and social justice in Korea)

National Suicide Prevention Crisis Line

Commercial: 1-800-273-8255/080-855-5118  
DSN: (315)263-8255/118  
Chat: [www.veteranscrisisline.net/get-help/chat](http://www.veteranscrisisline.net/get-help/chat)

Osan Emergency Room (ER)

A Mental Health provider is always on call to assess mental health emergencies.  
DSN 784-2500, or present to the Emergency Room

Domestic Abuse Victim Advocate (DAVA)

This is a 24/7 resource for those in need of Family Advocacy support.  
DSN: 784-5010 (business hours) or COMM: 010-9300-8753 (24/7)

Sexual Assault Response Program (SAPR)

This is a 24/7 resource for those in need of Sexual Assault Response support.  
SAPR Hotline: 031-661-7272; DSN 784-7272  
Osan DSN (during duty hours): 784-2832  
24/7 SHARP Hotline: DSN 158 or 763-5700  
Daegu Local Cell: 0503-363-5700  
From the States: 011-82-53-470-5700  
DoD Safe Helpline: +1 (877) 995-5247  
Safe Helpline Website: <https://safehelpline.org>

Non-Emergency Resources

Military and Family Life Counselors (MFLC)  
Licensed professionals who can provide problem-focused counseling to service members and their families outside of the medical appointment system. No medical record documentation.  
Camp Walker: 010-6445-9001  
Camp Carroll: 010-5960-3287  
2-1 ADA: 010-5960-3287

Military & Family Readiness Center

Osan AB: 784-5440 or <https://www.facebook.com/OsanMFRC>

Osan Chaplains

Chaplains provide 100% confidentiality.  
DSN 784-5000 during duty hours, contact via command post after hours  
DSN 784-7000

Osan Mental Health Clinic

Active Duty Outpatient Behavioral Health Services: DSN 784-2148  
Behavioral Health Walker: 0503-337-4784 (DSN: 737-4784)  
Behavioral Health Carroll: 0503-337-4236 (DSN: 737-4236)

Off Base Counseling Resources near Osan AB and USAG Humphreys (TriCare approved)

- Adaptable Human Solutions 02-749-7915
- Mind Care Institute of Korea 010-8263-8277
- Seoul Counseling Center 031-692-5556
- You & Me Psychological and Consultation Services 02-6929-3014

Military OneSource: 1-800-342-9647

Families OverComing Under Stress (FOCUS)

Resilience enhancing services for service members and their families. Offers telehealth appointments ('TeleFOCUS')  
[www.focusproject.org](http://www.focusproject.org) or call +1-703-784-0189 or email at [TeleFOCUS@focusproject.org](mailto:TeleFOCUS@focusproject.org)

Spouse Resilience Toolkit:

<https://www.afpc.af.mil/Airman-and-Family/Spouse-Resilience/>  
9 online, skills-based and self-paced modules to build healthy family bonds and overcome the unique challenges of military life.

Holidays - 4 Month Outlook

Korean Holidays

- 1 March – Independence Movement Day
- 5 April – Arbor Day
- 5 May – Children's Day (어린이날 or Eorininal)

US Holidays

- 17 March – St. Patrick's Day
- 10 March – Start of Ramadan
- 31 March – Easter
- 8 April – End of Ramadan, Eid al-Fitr
- 22 April – Earth Day

Main Airports

Incheon International Airport is the main airport on the RoK, located on the coast west of Seoul. It is one of the busiest airports in the world and is full of entertainment for travelers with time before, between, or after flights including a spa, a golf course, a casino, an ice-skating rink, and much more.

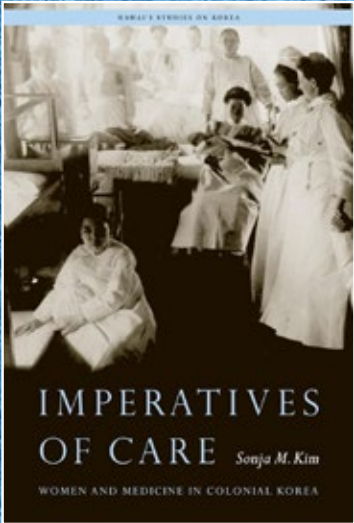
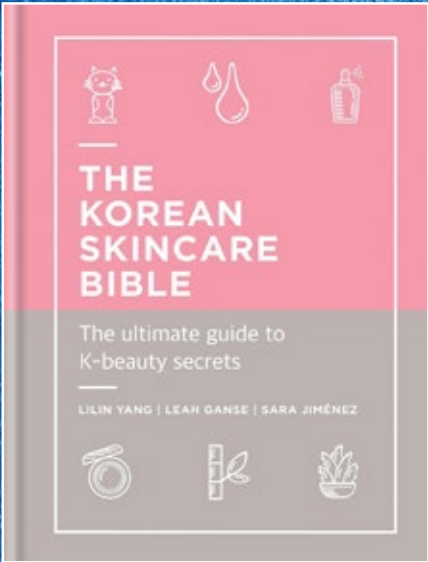
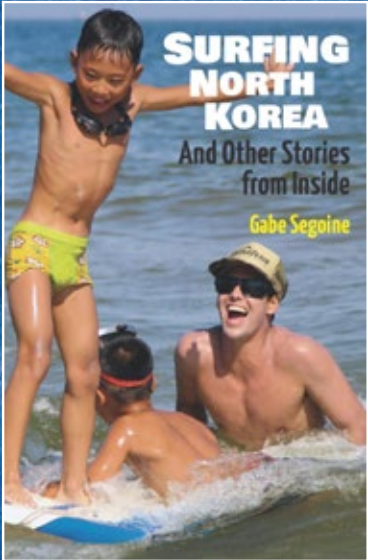
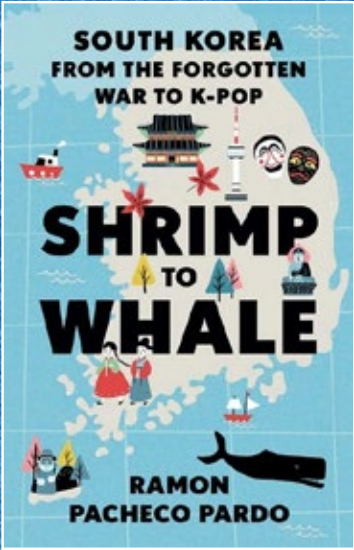
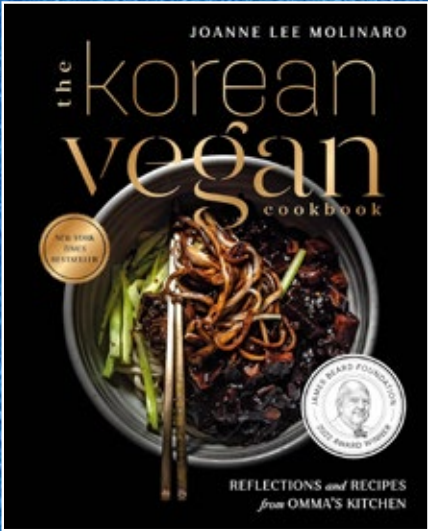
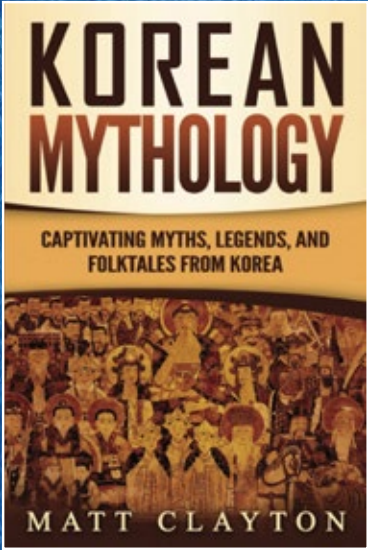
Other airports include:

- Jeju International Airport
- Gimpo International Airport
- Muan International Airport
- Yeosu Airport



# Meet Your Next Favorite Book!

*Wondering what to read next?  
Check out these books about Korean history, society, culture, and more!*



## **Korean Mythology: Captivating Myths, Legends, and Folktales from Korea - Matt Clayton**

The evolution of religious beliefs throughout centuries significantly influenced Korean mythology. In its early stages, a form of shamanism prevailed, emphasizing beliefs in deities and spirits residing within animals and mountains, which are prominently featured in various tales. The introduction of Buddhism in the fourth century brought forth stories with Buddhist monks or priests as central figures. As Confucianism gained prominence in Korea from the late fourteenth century onwards, it played a role in shaping the theme of filial piety evident in several narratives within this volume.

## **Surfing North Korea: And Other Stories from Inside - Gabe Segoine**

When someone dares to venture into North Korea nineteen times, as Gabe Segoine did, remarkable experiences unfold. On one occasion, he even brought his three daughters along for the journey. This intriguing book offers a glimpse into conversations and heartwarming stories, providing a perspective on the people of North Korea that diverges from the popular media narrative. Through over sixty unique pictures, readers are invited to see into the lives of individuals living in a country often shrouded in mystery. Segoine's unique experiences offer a perspective that very few people on the planet can provide.

## **The Korean Vegan Cookbook: Reflections and Recipes from Omma's Kitchen - Joanne Lee Molinaro**

Joanne Lee Molinaro, renowned for her emotionally rich stories of love, family, and food, has garnered a vast following. In her inaugural cookbook, she shares a selection of her cherished Korean recipes, ranging from traditional to reimagined, along with narrative snapshots that illuminate her family's history. *The Korean Vegan Cookbook* offers a vivid portrayal of the immigrant experience, weaving universal life lessons. It joyously recognizes the profound impact of food and our loved ones on shaping our identity.

## **The Korean Skincare Bible: The ultimate guide to K-beauty secrets - Sara Jimenez, Lilin Yang, Leah Gans**

*The Korean Skincare Bible* transcends being a mere beauty product guide; it embodies a lifestyle, a ritual, and a philosophy. This ultimate no-nonsense guide to daily Korean beauty care offers advice, step-by-step guides, and tricks to enhance your skin, even if you're unfamiliar with cosmetics or have problematic skin. It teaches how to create homemade beauty products and provides tried-and-tested routines. The book is a gateway to achieving radiant and flawless skin, revealing all the secrets for your everyday skincare journey.

## **Shrimp to Whale: South Korea from the Forgotten War to K-Pop - Ramon Pacheco Pardo**

South Korea's remarkable journey, born from colonialism and war doubts in the 1950s, led to global recognition for its exports. Today, it's a thriving democracy, economic powerhouse, and cultural hub. In seventy years, it transformed from uncertainty to success, credited to both citizens and visionary leaders. This story traces South Korea's evolution from ancient roots to a prosperous, free, and culturally influential nation.

## **Imperatives of Care: Women and Medicine in Colonial Korea - Sonja M. Kim**

In late 19th- and early 20th-century Korea, *Imperatives of Care* explores the intersection of public health, maternal and infant welfare, and women's roles. This pioneering monograph centers on the professionalization of medicine, nursing, and midwifery, examining their evolution within changing legal and institutional frameworks. Sonja M. Kim uses archival sources to highlight women's experiences as health practitioners and patients, emphasizing their role in navigating challenges and seizing evolving opportunities. The book illustrates the complex interplay between medicine, gendered expectations, the Korean reformist agenda, American Protestant missionary initiatives, and Japanese imperialism.



# New Professional Development Courses with UMGC

By UMGC

*Starting* in January, University of Maryland Global Campus is offering three new Non-Credit Management courses to promote professional development for service members, spouses, and dependents. These classes-- which focus on project management and human resources-- not only teach valuable job skills, but also prepare students for certification exams which can open new doors and improve resumes. As non-credit courses, these classes can be taken by anyone, enrolled in college or not.

The first course is our five-week Essentials of Project Management. (EPM) This class is designed for beginners to the project management career, and covers topics such as overseeing projects, managing teams, and business analysis. The course also prepares students to take the Certified Associate in Project Management (CAPM®) Exam. Having this certification on your resume shows potential employers that you have the foundational knowledge and skills to lead a wide range of projects and efficiently manage their progress. The next Essentials of Project Management section begins February 21st, 2024.

For more experienced project managers looking to take



their careers to the next level, UMGC is offering Project Management Professional Prep. This course is specially designed to prepare students for the Project Management Professional (PMP)® certification, awarded by the world's leading authority on project management. Learners in this course will hone their skills in managing the people, processes, and business priorities of professional projects. The certification is a proven career boost, conferring the potential for higher earnings, more opportunities, and improved career potential. UMGC's final new offering is SHRM – Certified Professional (CP) & Senior Certified Professional (SCP). Offered by the Society for Human Resource Management,

the two certifications this class prepares for will prove to potential employers your expertise and leadership ability in the Human Resources field. UMGC is one of only 275 approved SHRM Education Partners in the world, and this class sets students up for success with a SHRM certified instructor, access to the SHRM Learning System, and a curriculum based on the SHRM Body of Applied Skills and Knowledge. (BASK) The next start date for SHRM CP & SCP is February 26th, 2024. As part of UMGC's commitment to serving military communities in as many ways as possible, interested learners do not need to apply to the University to enroll in these professional development classes. To sign up for

classes, stop by UMGC's office at the Education Center (BLDG 657, open 0830-1700 Monday through Friday) to fill out an Enrollment Request Form, determine which course is right for you, and take your next steps towards success! Author Blurb: Ada Muffoletto is a Program and National Test Center Coordinator with the University of Maryland Global Campus' Camp Humphreys Field Office. They completed their education at the University of Louisiana at Lafayette with a Bachelor of Arts in English Creative Writing, and has been employed with UMGC since November 2023. To learn more about UMGC and their educational offerings, please email [Humphreys-asia@umgc.edu](mailto:Humphreys-asia@umgc.edu) or call 031-691-6190.



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**SAT** **MARCH 2024** **SUN**

	<p><b>2</b></p> <p><b>NAMI ISLAND</b> \$99 for adult \$79 for child (3-9yrs)</p>	<p><b>3</b></p> <p><b>KAYAKING CAVE</b> \$89 for adult \$69 for child (3-9yrs)</p>	
	<p><b>9</b></p> <p><b>LIGHT NIGHT TRIP</b> (GARDEN OF MORNING CALM) \$99 for adult \$79 for child (3-9yrs)</p>	<p><b>10</b></p> <p><b>WINERY EXPERIENCE</b> \$89 for adult \$69 for child (3-9yrs)</p>	
	<p><b>16</b></p> <p><b>DMZ TUNNEL TRIP</b> \$99 for adult \$79 for child (3-9yrs)</p>	<p><b>17</b></p> <p><b>SEOCHEON CAMELIA FOREST</b> \$89 for adult \$69 for child (3-9yrs)</p>	
	<p><b>23</b></p> <p><b>DMZ TUNNEL TRIP</b> \$99 for adult \$79 for child (3-9yrs)</p>	<p><b>24</b></p> <p><b>STRAWBERRY FESTIVAL</b> \$99 for adult \$79 for child (3-9yrs)</p>	
	<p><b>30</b></p> <p><b>SPRING SPECIAL</b> (CHERRY BLOSSOM FESTIVAL) \$99 for adult \$79 for child (3-9yrs)</p>	<p><b>31</b></p> <p><b>DANYANG SKYWALK</b> \$99 for adult \$79 for child (3-9yrs)</p>	

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