

JULY 2025

UNITED ON THE ROK



**A TASTE OF THE
AEGEAN IN
PYEONGTAEK**

**SOKCHO:
WHERE MOUNTAINS
MEET THE SEA**

**A MURAL
SCAVENGER
HUNT FOR
ALL AGES**

***PREPARING YOUR
CHILD FOR A PCS***

COURTYARD[®]
BY MARRIOTT
Pyeongtaek



THE ICONIC NEW YORK STEAK HOUSE
ARRIVES IN PYEONGTAEK

COURTYARD BY MARRIOTT PYEONGTAEK

BLT STEAK

Savor the true essence of steak
Bold, Aged, and Expertly Seared

10% OFF

Until Aug 31, 2025

Exclusive Offer for USFK

Special Offer Inquiry | Noah Baek

+82 31-6190-8339 | Noah.Baek@Courtyard.com

VISIT OUR RESTAURANT:

AT COURTYARD BY MARRIOTT PYEONGTAEK HOTEL

Located within the Courtyard by Marriott Pyeongtaek, the city's first globally branded hotel, which newly opened on May 30, 2025, offering 230 stylish rooms and Korea's first Courtyard indoor swimming pool.

110 Cheomdan-daero, Godeok-myeon, Pyeongtaek-si, Gyeonggi-do

Explore Now



Best Rates!
Top Service!
More Choices!
K-Car Rental



For reservation

031-618-6112 / 010-7202-1133



rickeykim1969@gmail.com



Call us anytime

- We're open 24/7

010-5556-7643



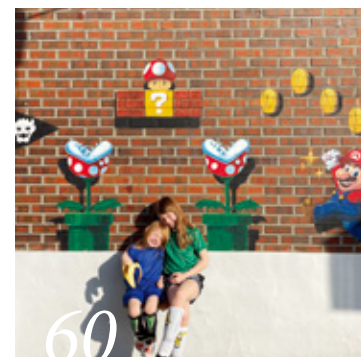
A Taste of the Aegean: Wine Nights at Little Greece in Pyeongtaek

Step into the sun-drenched spirit of the Mediterranean—without leaving Korea. In this issue's feature story, "A Taste of the Aegean," we explore how Little Greece in Pyeongtaek has transformed into a cultural oasis through its celebrated Wine Nights, serving not just authentic flavors but the warmth of Greek hospitality.

Cover Photo by Anna Lonborg with Photos by AnnieLou



Preparing Your Child for a PCS: Practical Tips for a Smooth Transition



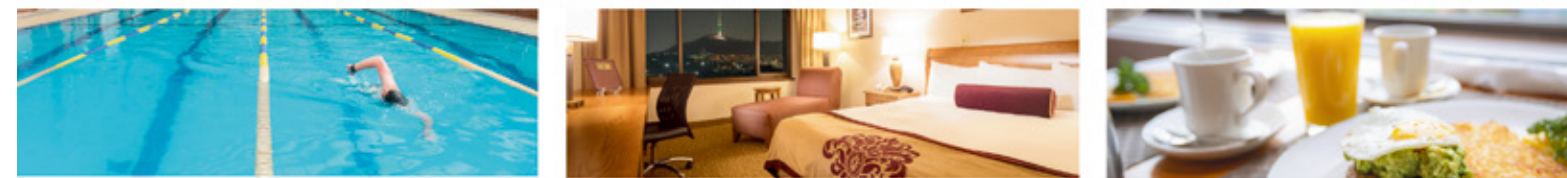
A Mural Scavenger Hunt for All Ages



Sokcho: Where Mountains Meet the Sea – A Gateway to Nature, Reflection, and Discovery

YOUR ARMED FORCES RECREATION CENTER IN SEOUL

Conveniently located at USAG Yongsan, we exclusively welcome our US military service Members, their families and DOD Civilians. We're also proud to extend our hospitality to even more veterans who qualify under The Purple Heart and Disabled Veterans Equal Access Act of 2018.



Our room deals are perfect for those looking to visit Seoul! Enjoy a convenient location, create lasting memories, and savor classic American cuisine.



For a quick getaway 6 Days / 5 Nights Package

\$499

BOOK NOW

This room deal is perfect for a quick getaway! Enjoy Seoul to the fullest with our hotel located right in the heart of the city, making your commute to popular attractions quick and convenient.



For a full Korean experience 20 Nights Package

\$1899

BOOK NOW

Our extended package is perfect for those looking to explore all that Seoul has to offer! With our 20-night package, you can split your stay to visit nearby cities while still having plenty of time to discover the beautiful sights in and around Seoul, including fantastic day trips outside the city.

*Offer and rates subject to change. Visit our website for up to date, rates and all information about our room packages.



www.DragonHillLodge.com



reservations@DragonHillLodge.com



DSN: #315-738-2222 or #02-790-0016 ext.1

UNITED ON THE RoK

Published by
Oriental Press

Editor in Chief
Jetta Allen

Co-Editors
Robyn Connell / Melissa Edwards-Whittington /
Mini DeLamarter-Lefebvre

Social Media Marketing Manager
Melissa Edwards-Whittington

Web Manager
Naomi Suguitan

Strategic Content Editor
Tyrese Cook

Art Director
Eric Young-Seok Park

Writers

Jetta Allen
Raven Atwood
Tyrese Cook
Kizzie Cunningham
Bianca Del Carmen
Mini DeLamarter-Lefebvre
Melissa Edwards-Whittington
Robert Gault
Jeremy Hilton
Krystal Key
Katlyn Kim
Frederick Lusby
Kate Nelson
Eunmi “Diana” Park
Zachary Rogers
Naomi Nubin-Sellers
Cord Scott
Cat Son
Sarah Symbolisty

Photographers

Kathy Alcova
Jetta Allen
Michael Altman
Amaris Anter
Sierra Beaton
Kymbirly Bernett
Kelsea J. Caballero
Miranda Cornett
Alyssa Damiles
Sean Irwin
Katlyn Kim
Anna Lonborg
Maggie Melton
Jason Ragucci
Kimberly Rideout
Cristine Smith
Sarah Symbolisty

Contributors

Adaptable Human Solutions
Katlyn Kim Photography
Kaychan Photography
Photos by AnnieLou
USAG Daegu MWR
USAMSC-K Motorcycle Mentorship
Program
USO Camp Walker

United on the RoK Magazine is a magazine with a military community focus that is distributed to United States Forces Korea installations within the Republic of Korea. This magazine aims to connect readers to the diversity of our communities and showcase what South Korea has to offer from culture and travel to food and family, and more. Contents of *United on the RoK* are not necessarily the official views of, or endorsed by, the United States Government, the Department of Defense, or Oriental Press. All content within *United on the RoK* Magazine is written by non-paid, volunteers within the military-connected communities across the RoK. Articles within *United on the RoK* are written independently and non-sponsored, with no monetary compensation or products received in exchange for the author's opinions, reviews, or mentions in the magazine.

Oriental Press

Chief Executive Officer
Charles Chong

Chief Operating Officer
Joseph Shim

Senior Adviser
Hyun Jong Shin
Sang Sil Kim

Marketing Director
Jay Park
Kye-Hwan Pak

Interns
Ho Cheol Shin
Nguyen Thi Bich Loan

Southern West District
Jong Kwon Noh
Gyeong Ho Lee

Commercial Advertising
Phone: 010-5005-8611 / DSN (315)738-2222 ext. 6815 / 02-6903-6815
E-mail: unitedontherokmag@gmail.com
Mailing address: PSC 450, Box 758, APO AP 96206-0758



Sokcho Beach is a peaceful stretch of sand and sea where you can unwind, watch the sunrise, or simply soak in calm coastal waters. Captured by Jetta Allen.

Contents

JULY 2025

12 Events Calendar

20 75 Years Later: Remembering the United Nations' First Battle in Korea at Osan

22 Underserved and Overlooked: Special Education Gaps in DOD Schools

26 After the Crash: A Foreigner's Guide to Handling Car Accidents in Korea

29 Dive In: Camp Carroll Outdoor Pool Opens for the Summer Season

34 Reeling in Memories: A BOSS Deep Sea Fishing Adventure off the Coast of Korea

38 Through Your Lens: Respecting the Past, Forging the Future

40 Riding on the RoK



46 Diamonds in the Rough: The Untold Story of a Prodigal Daughter

48 Ordering Like a Local in a Korean Restaurant

52 The Impact of Nature on Mental Health: Understanding How Time Outdoors Improves Our Well-Being

55 Camp Walker Comes Together for Military Kids: Purple Up Day Celebration 2025!



58 Canadian Valor in Korea: Marking 75 Years of Service and Sacrifice

66 Tech Apps for Newcomers

68 Delish Dish: Buddha's Belly at "Famille Station" in Seoul's Express Bus Terminal



76 Navigating Korean Beauty Standards as a Plus-Size Woman

78 Whispers Beyond the Fence: Urban Legends of Korea's DMZ

80 From Blossoms to Beaches: Life on the RoK With Boss

82 Recipe Corner: From Market to Mason Jar: Our Sweet Journey with Maesil-Cheong (매실청)

86 Photos of the Month



One subway station away from Lotte World Tower!

Get the **Healthy White Smile!**

BRACES & INVISALIGN

Book a consultation today with our U.S. Board Certified Orthodontist, acknowledged as a speaker for Invisalign in Korea!

UPENN BARUN DENTAL CLINIC



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
- DDS, School of Dentistry, Seoul National University, Seoul, Korea
- 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

— Contact us! —

Call: 02-2088-6068

Email: swkim1352@gmail.com

Website: upennbarundental.com

- Address: 3rd Floor, 119 Olympic-ro, Songpa-gu, Seoul, Korea
- Subway: Line #2 (Green Line), Jamsilsaenae Station Exit 5
- Driving: On the navigator, please type in "Upenn Barun Dental."
- Parking: 3 hour FREE PARKING on the basement of the building



OFFICE HOURS

Mon/Wed/Thr/Fri 10am-7pm • Tue (evening hours) 10am-9pm
Sat 10am-3pm • Sun/Holidays Closed

EDITOR'S NOTE

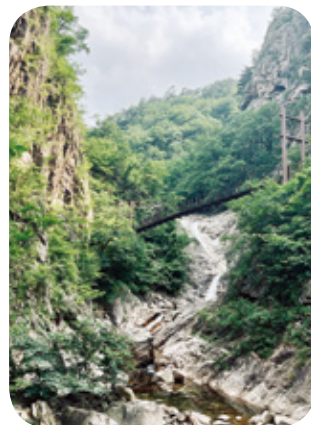
Dear Readers,

As the seasons shift across the Korean Peninsula, our community shifts too. Service members and their families move on to new duty stations, while others arrive to begin their next chapter here on the RoK.

In this issue of *United on the RoK*, we explore what it means to navigate transition—and the discoveries that await when we open ourselves to change, embrace new cultures, and find strength in both community and Korea's rich heritage.

Whether you're settling into life in Korea or getting ready to PCS, this issue meets you at that crossroads between adjustment and adventure. Inside, you'll find practical guidance in stories like "Preparing Your Child for a PCS" and "After the Crash." We also feature more personal reflections on resilience, including "Diamonds in the Rough" and "Navigating Korean Beauty Standards as a Plus-Size Woman." Together, they speak to the complex realities of military life overseas. We've also made space for important conversations. "Underserved and Overlooked" looks at the gaps in special education within DoDEA schools, a critical topic for families navigating support systems overseas.

Our cover story, "A Taste of the Aegean," takes you inside wine nights at Little Greece in Pyeongtaek, a reminder that even far from home, we can find comfort, connection, and community. More than just a restaurant, Little Greece is a labor of love by Chef George Morakis and Sol Hong, a place where authentic Greek flavors meet heartfelt hospitality. Their now-famous Wine Nights offer an experience, transporting guests to the Mediterranean through carefully curated wines and traditional dishes. From humble beginnings to a local favorite, Little Greece is a shining example of passion, perseverance, and "philoxenia"—the Greek spirit of welcome that turns strangers into friends.



Meanwhile, "Through Your Lens: Respecting the Past, Forging the Future" captures powerful moments from Osan Air Base's Air Power Days 2025, as seen through the eyes and lenses of our community. This photo-driven feature offers a front-row view of the celebration, commemorating the legacy of the A-10s and honoring the enduring partnership between the U.S. and Korean communities. Through shared images and memories, we reflect on the past while looking ahead to the future.

If you're looking for rest and rejuvenation, nature has much to offer, whether that's cooling off at Camp Carroll's newly opened pool or escaping to Sokcho's coastal mountains. As explored in "The Impact of Nature on Mental Health," time spent outdoors isn't just refreshing, it's vital for our well-being, especially amid the unique rhythms of military life.

From deep-sea fishing off Korea's coast with members of the BOSS program, to savoring homemade maesil-cheong, every story in this issue echoes a shared truth: military life here in South Korea is as much about discovery as it is about change. We hope our authors' voices help you feel seen, supported, and inspired—wherever you are in your journey.

So turn the page. Let's discover what's next—together.

Warmly,

Jetta Allen, Editor in Chief
United on the RoK Magazine

About Photos

Our Vacation in Sokcho — We hiked across Seoraksan's suspension bridge to hidden waterfalls, ate burgers by the beach, rode the Sokcho Eye, stood beneath the towering Buddha at Naksansa Temple, looked out toward the DMZ in Goseong, and took in stunning coastal views. A perfect mix of mountains, sea, and culture.

LIVE MUSIC&ARTS

Events & Festivals



JUL12-OCT26
Musical <WICKED>

BLUE SQUARE Shinhancard Hall
globalinterpark.com




JUL14
Son Minsoo & Lim Yoonchan
Piano Recital

Lotte Concert Hall
lotteconcerthall.com/eng



JUL17
The 12 Cellists of the Berlin
Philharmonic Concerts in Korea

Lotte Concert Hall
lotteconcerthall.com/eng



JUL18-20
PSY Summerswag 2025 -
Gwacheon

Seoul Grand Park
Summerswag Stage
globalinterpark.com



JUL19-27
2025 SAC Universal Ballet
<Swan Lake>

Seoul Arts Center, Opera Theater
ticket.yes24.com



JUL21-22
Joe Hisaishi
Royal Philharmonic Orchestra
Special Tour 2025

Lotte Concert Hall
lotteconcerthall.com/eng




AUG26
2025 Hic et Nunc! Music
Festival - Sejong Soloists &
Gil Shaham and Adele Anthony

Concert Hall, Seoul Arts Center
sac.or.kr/site/eng



SEP06-07
2025 Let's Rock Festival

Nanji Hangang Park
globalinterpark.com




SEP13-14
2025 Tyler, The Creator

KINTEX Exhibition Center 2,
Halls 10
globalinterpark.com



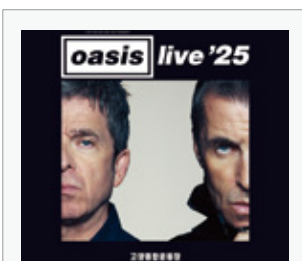
ONGOING -SEP21
Marc Chagall Exhibition:
BEYOND TIME

Hangaram Art Museum
Gallery 1, Gallery 2
sac.or.kr/site/eng



OCT11-DEC28
Cirque du Soleil KOOZA

Big Top in Jamsil Sports Complex
ticket.yes24.com



OCT21
OASIS Live '25

Goyang Stadium
globalinterpark.com



JUL25-AUG10
Boryeong Mud Festival

- Venue: Mud Expo Plaza
- Address: Sinheuk-dong, Boryeong-si, Chungcheongnam-do
- Website: www.mudfestival.or.kr
- Operating hours: 10:00-18:00
- Inquiries: +82-41-930-0891
- Fees: [General Zone] Adults Mon-Thu 10,000 won / Fri-Sun 14,000 won [Family Zone] Children Mon-Thu 9,000 won / Fri-Sun 11,000 won




Among the many festivals in Korea, the Boryeong Mud Festival attracts the highest number of international visitors. Held annually in summer, the festival is filled with people eager to enjoy various experiences using high-quality mud from the Boryeong coast. Festival programs include the Mud Slide, Mud Run, and Mud Bath, providing a diverse range of activities for visitors. People of all ages and all nationalities gather for a jolly old time of jumping, rolling, and sliding. You can paint your body with colored mud, give yourself a mud massage, and play in the mud to your heart's content. Highlights include the Ocean Fireworks Fantasy Show, Mud Busking Performances, and the Poseidon Water Music Festival, all of which add to the romantic atmosphere of a summer sea-side celebration.



JUL26-AUG03
Jeongnamjin Jangheung
Water Festival

- Venue: Tamjingang River and Cypress Forest Woodland
- Address: 83 Chilgeoriyeang-ro, Jangheung-eup, Jangheung-gun, Jeollanam-do
- Website: festival.jangheung.go.kr
- Inquiries: +82-43-871-3415
- Performance time: 10:00-22:00
- Fees: Free



The Jeongnamjin Jangheung Water Festival is held in the cleanest locations, such as the Tamjingang River, Jangheung Dam Lake, and Deungnyangman Beach. The summer festival runs a variety of programs under the familiar theme of "water" for those who want to get out of the heat. Main programs include "Salsu Battle Street Parade" and "World's Largest Water Fight," where locals and tourists alike gather to join in the fun. Water guns are a must-have! Visitors can easily find water guns and water balloons at the festival. There is also an underwater tug-of-water competition, a fun reenactment of Jangheung's "Gossam Tug of War," in which tens of thousands of people participated.



AUG01-03
Incheon Pentaport Rock Festival

- Venue: Songdo Dalbit Festival Park
- Address: 350 Central-ro, Yeonsu-gu, Incheon
- Inquiries: +82-32-899-7423
- Performance time: 11:00-23:30
- Fees: 1-day Pass 120,000 won 2-day Pass 180,000 won 3-day Pass 240,000 won



The Incheon Pentaport Rock Festival is Korea's premier rock festival. It features performances by world-renowned rock bands as well as talented emerging bands. The festival is highly popular because of its exclusive lineup. One of the highlights of the festival is the outdoor Camping Zone, where attendees can set up tents with a view of the stage and stay for up to three days. This attracts trendy individuals looking to enjoy both camping and a rock festival. The festival boasts three stages with various artist lineups, enhancing its popularity.



SEP26-28
Bupyeong Pungmul Festival

Bupyeong-daero, Sinteuri Park
portal.icbp.go.kr



SEP12-OCT11
Yeongdong Nangye Korean
Traditional Music Festival

Yeongdong Gugak Experience Village Area
www.ydnan-gye.co.kr



ONGOING -OCT20
2025 Seoul International
Garden Expo

- Venue: Borame Park, Seoul
- Address: 33, Yeouidaebang-ro 20-gil, Dongjak-gu, Seoul 7-minute walk from Exit 1 of Sinlim Line Boramae Park Station
- Theme: Seoul, Green Soul
- Website: festival.seoul.go.kr/garden/introduce/introduce2025
- Fees: Free

Last year's Seoul International Garden Expo, held at Ttukseom Hangang Park, will be held this year at Borame Park. This year's theme is "SEOUL, GREEN SOUL", and various programs such as diverse 'garden exhibitions' and 'garden industry exhibitions' will be prepared so that citizens can enjoy gardens in their daily lives.

A Taste of the Aegean

Wine Nights at Little Greece in Pyeongtaek

By Mini DeLamar-Lefebvre and Melissa Edwards-Whitington
Photography by Anna Lonborg with Photos by AnnieLou

In the bustling city of Pyeongtaek, nestled among modern buildings and Korean BBQ joints, a small corner feels distinctly Mediterranean. At Little Greece, the warm breeze of the Aegean is in the air—even if only imagined—thanks to a proudly and passionately Greek restaurant. With its now-iconic Wine Nights, Little Greece isn't just serving food and drink; it's serving culture.



From a Dream to a Destination

Founded by Chef George Morakis and Sol Hong, Little Greece is a testament to their passion for culinary experience, bold ambition, and a deep love for Greek heritage. Originally from Greece, Chef George has been in Korea since 2011, honing his craft in Seoul's restaurant scene. This knowledge and a desire to share Greek culture led them to open Little Greece.

"After so many years in Korea, we felt confident enough to open our own business," George shares. "This was our way of sharing a big part of Greek culture—through its cuisine."

Their unwavering commitment to authenticity sets them apart, and their dedication ensures that the flavors

are authentic to traditional Greek cuisine.

"What makes us unique is not just the menu but the ingredients," Chef George explains. "We import products like wine, beer, olive oil, and feta cheese directly from Greece—ingredients that most restaurants in Korea don't use."

The Birth of Wine Nights

Wine Nights at Little Greece was born from the desire to introduce Greek wines to Korea. Initially starting with a modest wine list, the restaurant began showcasing Greek wines to unfamiliar but curious guests. The response? Overwhelmingly enthusiastic. These events showcase the quality and variety of Greek wines paired



Greek Wines

thoughtfully with seasonal dishes.

"Greek wines are not well known in Korea despite their quality," Chef George says. "The uniqueness of the Greek wines comes from the richness of the soil, which, in some cases, is volcanic, and from the Mediterranean climate. It is unique compared to central and northern Europe's."

With seasonal selections and pairings that bring out the best in food and drink, every Wine Night is thoughtfully curated. Guests can expect to sample standouts like the bold Avantis Syrah or the crisp, floral Malagouzia—wines sourced carefully and passionately.

"We choose the wines ourselves," Chef George notes. "Besides some input from our importers, we're knowledgeable enough to build our wine list from experience."

An Immersive Experience

The moment you step into Little Greece, the calming whites and blues, warm hospitality, and



welcoming energy transport you to Greece. Little Greece creates an ambiance that evokes the charm of Greek islands like Santorini and Mykonos. The decor and versatile dining options make it perfect for family dinners, romantic date nights, wine events, and corporate gatherings.

"We try to create an atmosphere as Greek as possible," Sol explains. "Originally, we designed it as a family restaurant, but it's evolved into something more—ideal for date nights, parties, company events, and, of course, Wine Nights."

Those evenings are more than tastings—they're celebrations. On Wine Nights, Chef George steps out of the kitchen to join his wife, Sol, as they guide guests through a journey of flavor, with the food thoughtfully prepared in advance. They also explain pairings, wine origins, and fun anecdotes.

"People often ask for recommendations based on French wines," he laughs. "When we match them with a Greek wine, and they love it, their surprised reactions always make us smile."



Wine Night Food



Chicken Souvlaki

Food that Feels Like Home

Of course, the wine is only part of the story. The food at Little Greece is rooted in George’s culinary heritage. With nearly 20 years of experience in restaurants and hotels in Greece and Korea, he draws inspiration from his mother’s cooking and personal recipes.

“I don’t have a favorite dish,” he says, “but I enjoy making pita bread, yogurt, and dessert pies. Many of our dishes are family recipes—I evolve them as needed while keeping their soul intact.”

Crowd favorites include the rich, layered Mousaka, the perfectly seasoned Chicken and Pork Souvlaki, and the iconic Gyros—each crafted with love, skill, and the finest ingredients.

A Community Staple with Big Dreams

Little Greece’s journey is one of growth—both in popularity and vision. Their first Wine Night had just 10 guests. Now, they regularly sell out.

“The community response has been amazing,” Chef George says. “Things keep getting better every month.”

Looking ahead, Chef George and Sol plan to introduce new events, such as Movie Nights, and contin-

ue evolving the menu with seasonal changes. They envision growth for Little Greece, expanding to a more prominent location or opening another restaurant in a different area.

“In five years, who knows?” Chef George muses. “Maybe a bigger space or even another Little Greece in a new location. We have many dreams—we’re just not ready to share them all yet.”

Award-Winning Excellence

Little Greece’s dedication to authenticity and hospitality hasn’t gone unnoticed. In 2023, they were honored in the South of Seoul Best of Pyeongtaek Poll, winning Best Date Night Restaurant and Best Aegean Restaurant. This solidified their reputation as a top-tier dining destination.

In 2024, their momentum continued, where they swept three categories: Best Date Night Restaurant, Best Aegean Restaurant, and Best Family Restaurant. These accolades reflect the restaurant’s ability to create a versatile and memorable experience for every guest—whether it’s a romantic evening, a lively family meal, or a deep dive into authentic Mediterranean cuisine.

Little Greece is more than just a restaurant; it



Moussaka



Sol Hong, George Morakis, and Changhee Hong

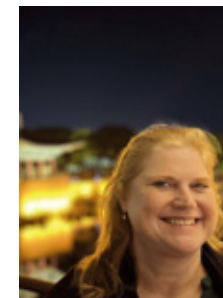
celebrates Greek culture and cuisine, offering an authentic and memorable dining experience in Korea. Whether you’re a seasoned wine lover or simply a newcomer, Little Greece’s Wine Nights offer a passport to a cultural experience unlike any other in Korea. Come for the wine, stay for the food, and leave with a heart full of philoxenia—the Greek spirit of hospitality.

- **Address:** 경기 평택시 팽성읍 안정소핑로 91 리틀그리스 91 Anjeong Shopping-ro, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do
- **Naver:** <https://naver.me/xDJXMwDd>
- **Phone:** 0507-1414-8983
- **Follow on Facebook:** <https://www.facebook.com/littlegreeceinpyeongtaek>
- **Follow on Instagram:** <https://www.instagram.com/littlegreece.official/>
- **For Wine Nights:** Check social media for upcoming dates and reservation info
- **Family-Friendly:** Little Greece is a family-friendly restaurant, offering amenities such as high chairs, a baby changing table, and a dedicated kids’ menu to make dining with little ones easier and more enjoyable.
- **Parking:** Street parking is available around the restaurant.
- **Reservations:** Planning a special night out or hosting a celebration? Reservations are highly recommended for larger groups and parties to ensure the perfect experience. Little Greece also offers catering and event services, making it an ideal choice for hail and farewell gatherings, private parties, and corporate events.
- **Accessibility:** Accessibility accommodations may vary based on individual needs. We recommend calling the restaurant directly to discuss your specific requirements and ensure they can provide the appropriate assistance.

About the Authors



Mini De Lamarter-Lefebvre is a dedicated DoDEA teacher at Humphreys Middle School, where she began her adventure in August 2022. She is married to Michael, a retired Army Field Artillery officer, and together they have two wonderful children, Zachary and Michaela. Mini has a passion for travel and the adventures it brings. She loves making connections in the new places she visits and cherishes the friendships she forms along the way. Her enthusiasm for exploring the world is matched by her commitment to volunteering and improving the community she lives in. Mini’s efforts to make a positive impact are evident in her dedication to both her students and her community.



Melissa Edwards-Whittington has been in Korea for over 7 years. She and her husband have a YouTube channel, “KimchiRednecks”, where they share about life in Korea, places to eat and visit in Korea, and cooking. They also have a YouTube channel, Shining With KimchiRednecks, dedicated to their hobby of making whiskey and brandy at home. They are also parents to three precocious senior Shih Tzu daughters, Minion, Sookie, and Mayhem, who are featured often on their social media.

Follow Melissa and her family here:
YouTube: youtube.com/@kimchirednecks
youtube.com/@shiningwithkimchirednecks
Instagram: [@kimchirednecks](https://www.instagram.com/kimchirednecks)
Facebook: [KimchiRednecks](https://www.facebook.com/kimchirednecks)
South of Seoul Blog: www.blog.southofseoul.net

About the Photographer



Anna Lonborg is a versatile creative with a Bachelor of Fine Arts from the Savannah College of Art and Design (SCAD) and a Master of Business Administration from the University of Maryland Global Campus (UMGC). Previously, Anna worked as a fashion designer specializing in product development, where she collaborated on designs and oversaw the production process from concept to completion. As a military spouse, she has lived in Korea for nearly five years, where she now works full-time as a career counselor but pursues her love of creating through photography at Photos by Annielou.

In addition to her professional pursuits, Anna is a full-time stepmom to a high schooler who is a senior at Humphreys High and a wife to her active-duty Army husband. In her free time, she enjoys painting, traveling, and spending time with her family. Her experiences as a military spouse and her travels have shaped her perspective, making her a strong advocate for adaptability and growth in both career and life.

75 Years Later: Remembering the United Nations' First Battle in Korea at Osan

By Cord Scott, UMGC Okinawa

By June 28th, 1950, the Korean War was but a few days old, but things were going badly for the ROK forces. North Korean troops were in Uijeongbu and were pushing on Seoul, which would fall by the 30th. At this same time, the UN authorized the first troops to assist South Korean forces, and the US activated elements of the 24th Infantry Division, which were stationed in southern Japan.

The US contingent south of the 38th parallel had diminished from approximately 25,000 in 1945 to a mere 500 by the late spring of 1950. Simply put, the attack from the north was unexpected. As troops and supplies were gathered, then loaded onto ships bound for Busan, an area that had to be defended was assessed. Finally, Lt. Col Charles B “Brad” Smith of the 21st Regiment was chosen to lead this defense. Troops loaded onto trains at Busan, then went north to Taejon, and finally set up defensive positions in Osan. It was here that the first direct battle between North Korean and US forces occurred in the Korean conflict.

On July 5, 1950, at approximately 8 am, the first shots rang out as forward positions of the approximately 540 US troops shot at the North Korean tank column coming down the road from Seoul. This was the North Korean Fourth Division, which was equipped with tanks, artillery, and some air power. The Americans had some artillery in the form of 75mm and 105 mm cannons, but that was all. Despite a valiant defense of the area, by 10 am, the site was overrun, and the US and ROK forces in the area retreated. For the task force, this scattered troops, with 60 killed, 21 wounded severely, and 82 captured. It also started a long series of retreats towards Busan.



The New United Nations First Battle Memorial stands proudly atop a hill, encircled by the flags of United Nations member states that assisted in the Korean War. (Captured by Jetta Allen)



Osan Jukmiryeong Peace Park

The site of the battle has been somewhat preserved and now serves as the UN Forces First Battle Memorial Museum. To get to this site, one merely has to take the #1 train line to the Soma stop, four stops north of Songtan (Osan Air Base). The museum itself is free to all and has several different markers in the area. Across the street from the actual museum is a marker to the members of the 24th Infantry Division to commemorate the battle. South of the museum itself is a large marker with large statues of soldiers on it, demonstrating their larger-than-life bravery in the face of such long odds. Inside the two-building museum, some rooms give an overview of the conflict to that point, a 3-d model of the terrain showing how the attack unfolded on July 5, some weapons from that time used in the conflict, and most importantly a room with the names and photos of the men who were part of the battle. This room, in particular, gives the battle a very personal touch.

As one goes out of the first building towards the second, there is a green area with sculptures to commemorate the battle and the sacrifices. The second building goes into further detail on the rush to get men to the location to stop the onslaught of the northern forces. Again, personal stories and photographs are on

the walls to show the human cost of the battle.

Finally, as one goes up the hill to a viewing platform, a life-size bronze statue of Lt. Col. Smith is situated at approximately the same area as he coordinated the battle, as well as the battery fire from the artillery units. One can see where the old road from Seoul was located between the hills.

There is usually a commemoration of the battle on July 5 of each year. Speakers will gather, along with witnesses and veterans of the battle. If one sees a veteran, it would be rare, as many of these men are now in their mid-90s. Given the length of time that has passed, their history needs to be preserved as well.



U.S. Military veterans bow their heads during a moment of silence at the Task Force Smith memorial in Osan Jukmiryeong Peace Park, Republic of Korea, July 5, 2023. U.S. Soldiers from Task Force Smith defended Osan from the advancement of North Korean forces on July 5, 1950. (U.S. Air Force photo captured by Staff Sgt. Kelsea J. Caballero)



About the Author

Cord A. Scott has a Doctorate in American History from Loyola University Chicago and currently serves as a Professor of History for the University of Maryland Global Campus for Asia. He is the author of *Comics and Conflict*, *Four Colour Combat*, and *The Mud and the Mirth: Marine Corps Comics of WWI*. He has written for several encyclopedias, academic journals such as *The International Journal of Comic Art*, *The Journal of Popular Culture*, *The Journal of the Illinois State Historical Society*, and several books on aspects of cultural history. He has lived all over the Pacific and currently resides in Okinawa, Japan.



Underserved and Overlooked: Special Education Gaps in DOD Schools

By Jeremy Hilton | Photography by Jason Ragucci

On April 17, 2025, the Government Accountability Office (GAO) released a critical report: “Special Education: Improved Allocation of Resources Could Help DOD Education Activity Better Meet Students’ Needs.”

While the GAO’s recommendations are thoughtful and measured—as is customary—the most revealing insights lie deeper in the report. The real story emerges in the candid, often unsettling comments from DODEA staff and parents. These voices provide a sobering view of the human impact of systemic shortfalls in special education within Department of Defense schools, especially overseas.

On Systemic Turnover and Staff Instability

“staff said that they have had more than 14 different administrators in the last 4 years.”

“teachers said that they had a student who did not receive required special education services for months because the school lost the student’s paperwork during an administrator turnover.”

“it took about 6 months for their child to get an IEP because ‘things fell through the cracks’ ”

On Lack of Instructional Materials

“One teacher emphasized that they are “not a curriculum developer.”

“I feel like I am constantly reinventing the wheel to adapt the curriculum.”

“General education gets the curriculum. Where is the equity and access? Could DODEA please provide a model unit for us to follow?”
– District official

“It puts the onus on special education teachers to level down the work, and those teachers come to the table with varying degrees of expertise.”
– Regional official

“As each unit comes along, there are fewer and fewer appropriate level books for our students. For later units, we don’t have enough books at our students’ level for them to read.”
– Special education teacher

“They [DODEA] should have a specialist identifying tools and giving us the training on those tools. Please give me more tools! I look on the internet and there are all those things out there, but we don’t have access to them.”
– Special education teacher

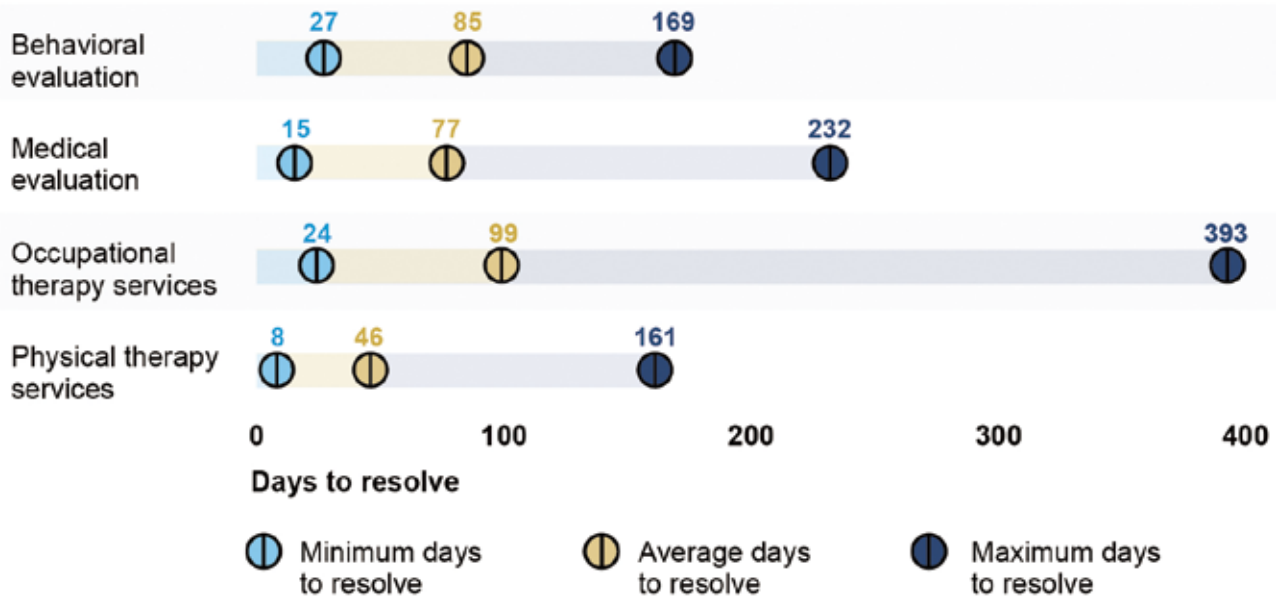
“It feels like there are times where we are still teaching basic elementary skills at the high school level. I’m trying to hit those skills but have no curriculum.”
– Special education teacher

Source: GAO analysis of interviews with Department of Defense Education Activity (DODEA) special education staff. | GAO-25-107053

On Gaps in Service Delivery Overseas

“...because our location only has three physical therapists, students receive their required IEP service minutes in one week rather than spread out over a month, making it more difficult for students to build skills.”

“we found delays in service delivery for students in 44 of the 114 schools overseas for the 2022–2023 school year. On average, it took between 37 and 99 days to resolve delays for different services.”



Source: GAO analysis of Department of Defense Education Activity (DODEA) administrative data. | GAO-25-107053

On Inconsistent Policies Across Schools

“When you talk to folks at other schools, they do things different. You can do what works for your school, but that may not be best practice for students.”

“There is no conformity. The two schools I work at are night and day.”

“School staff from more than half the schools we visited (eight of 14) also expressed concern that they may be out of compliance with IDEA or DOD policy.”

“The lack of clear guidance affects what we do. It should be that we all know how certain SPED processes go. When you talk to folks at other schools, they do things totally different. You can do what works for your school, but that may not be the best practice for students. Then, students coming from other schools might have IEPs written a different way.”
– School administrator

“Processes are also super vague here, but we are trying to figure it out. The DODEA guides are very vague and not explicit about roles. There is no true standard operating procedure here, which causes conflict, and we use way more time, and it causes issues. Kids would benefit a great deal if we could make these things more efficient and had the time, resources, and tools available to do the best things for us.”
– Related service provider

“There is a lack of consistency across DODEA and across schools. The lack of consistency is the number one problem. There is no true guidance. Our procedural safeguards we share with families are dead links. We have a vague companion guide. Referrals are done differently everywhere, and we have no website to go to.”
– Related services provider

“We get people from everywhere, people from the Pacific region, people from the Americas. They all have different information about procedures. Where is that standard operating procedure that would make sure we get the same standards so everybody knows what to follow and has the same understanding of the process?”
– School administrator

“It seems like the rules are different in each DODEA location...”
– Paraeducator

Source: GAO analysis of interviews with Department of Defense Education Activity (DODEA) special education staff. | GAO-25-107053

On Lack of Crisis Training for Paraeducators

“Only certain people in the schools receive the [crisis] training. Administrators are trained, but they don’t always show up when they are needed. It is dangerous.”

“paraeducators must “get lucky” that the teachers they work with provide on-the-job training”

[paraeducator] I was “thrown into the job to sink or swim.””

On Staffing Mismatches and Service Gaps

“One teacher is supposed to serve a certain number of students, but a certain number of students doesn’t necessarily equal a certain number of hours.”

“We are grouping students together to make service delivery work...but it means losing individualized attention that was helping them progress.”

On Insufficient Guidance

"In nearly all (13 of 14) schools we visited, DODEA school staff said that they need more clarity and detail on how to implement DOD’s special education policies."

"regional officials we spoke with told us that DODEA does not have procedural guidance for special education."

Final Thoughts

The GAO’s investigation reveals a system under strain—marked by understaffing, inconsistent training, and delays in essential services. These failures are particularly acute overseas, where resources are even more limited. This reality starkly contrasts with the praise DODEA schools received from The New York Times for their general education programs. It raises an important question: Why are students with disabilities receiving such disparate treatment?

Behind the data are real stories—of students missing vital therapy, of paraeducators physically harmed on the job, of teachers overwhelmed by needs they’re not resourced to meet. These aren't just operational challenges. They are signals that the system is failing the very families who depend on it most.

DODEA's commitment to providing a free and appropriate public education is clear in policy—but in practice, it falters. The GAO’s recommendations aren’t optional upgrades. They are urgent fixes.

What’s at stake isn’t just legal compliance—it’s the dignity, safety, and success of thousands of military students already facing substantial hurdles. The solutions are visible. What remains is the will to act.

“**Good ideas are not adopted automatically. They must be driven into practice with courageous impatience.**”

~ Retired Adm. Hyman Rickover

Read the full GAO Report on Special Education: Improved Allocation of Resources Could Help DOD Education Activity Better Meet Students' Needs here: <https://www.gao.gov/products/gao-25-107053>

* United on the RoK Mag Editorial Team contacted DODEA for comment, but as of publication, no response had been received.



About the Author

Jeremy Hilton is a Legislative and Public Policy Advocate with over 15 years of experience leveraging policy expertise to develop grassroots campaigns, directly engage policy makers, and create an impact on various issues, including the Exceptional Family Member Program, resilience, military pay and benefits, healthcare, and disability policy.

**The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement. The views and opinions presented herein are those of the author and do not necessarily represent the views of United on the RoK Magazine, the DoD, or its Components. Appearance of, or reference to, any commercial products or services does not constitute United on the RoK Magazine or DoD endorsement of those products or services. The appearance of external hyperlinks does not constitute United on the RoK Magazine or DoD endorsement of the linked websites, or the information, products, or services therein.*

The Department of Defense Education Activity (DODEA) remains firmly committed to delivering high-quality, individualized education to students with disabilities across our global school system. We appreciate the GAO’s engagement and have taken meaningful steps to address its recommendations while balancing operational feasibility and student-centered outcomes.

As part of our ongoing commitment to continuous improvement, we have already undertaken several initiatives aligned with the GAO’s recommendations. These include publishing a revised special education policy to ensure clarity and consistency across our schools, procuring high-quality instructional materials designed to better support diverse learning needs, and expanding training opportunities for paraeducators to strengthen classroom support for students with disabilities. These efforts reflect our dedication to enhancing the educational experience and outcomes for every student we serve.

— Miranda Ferguson,
Pacific Region Communications Director

GAO Highlights

Highlights of [GAO-25-107053](#), a report to congressional committees

Why GAO Did This Study

Meeting the educational needs of children with disabilities attending DODEA schools poses unique challenges. For example, children in military families often relocate frequently, which requires finding appropriate special education and related services each time.

Senate Report 118-58 includes provisions for GAO to examine special education and related services at DODEA schools. GAO examined (1) the extent to which DOD makes these resources available to meet the needs of DODEA students and (2) key obstacles to providing these resources to DODEA students that were reported by DOD staff and families.

GAO analyzed DODEA data on student enrollment, staffing, and service provision. GAO also visited 14 DODEA schools in seven military communities worldwide, selected for variation in number of students with disabilities and location. Across the visits, GAO held 98 group interviews with DODEA teachers, principals, and other stakeholders. GAO also reviewed relevant federal laws and policies and interviewed DOD and DODEA officials.

What GAO Recommends

GAO is making five recommendations to DOD, including to (1) incorporate students' required service minutes into special education staffing formulas, (2) ensure paraeducators receive required crisis training, and (3) communicate the resources staff should currently use to interpret DOD special education policy. DOD partially agreed with all five recommendations, as discussed in the report.

For more information, contact Jacqueline M. Nowicki at EWISinquiry@gao.gov.

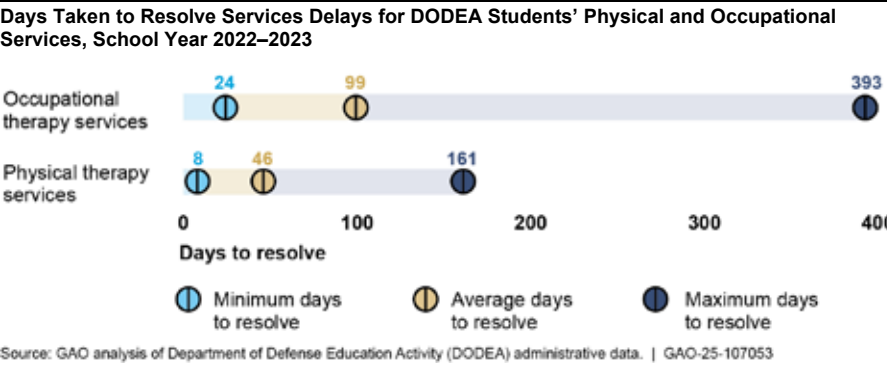
April 2025

SPECIAL EDUCATION

Improved Allocation of Resources Could Help DOD Education Activity Better Meet Students' Needs

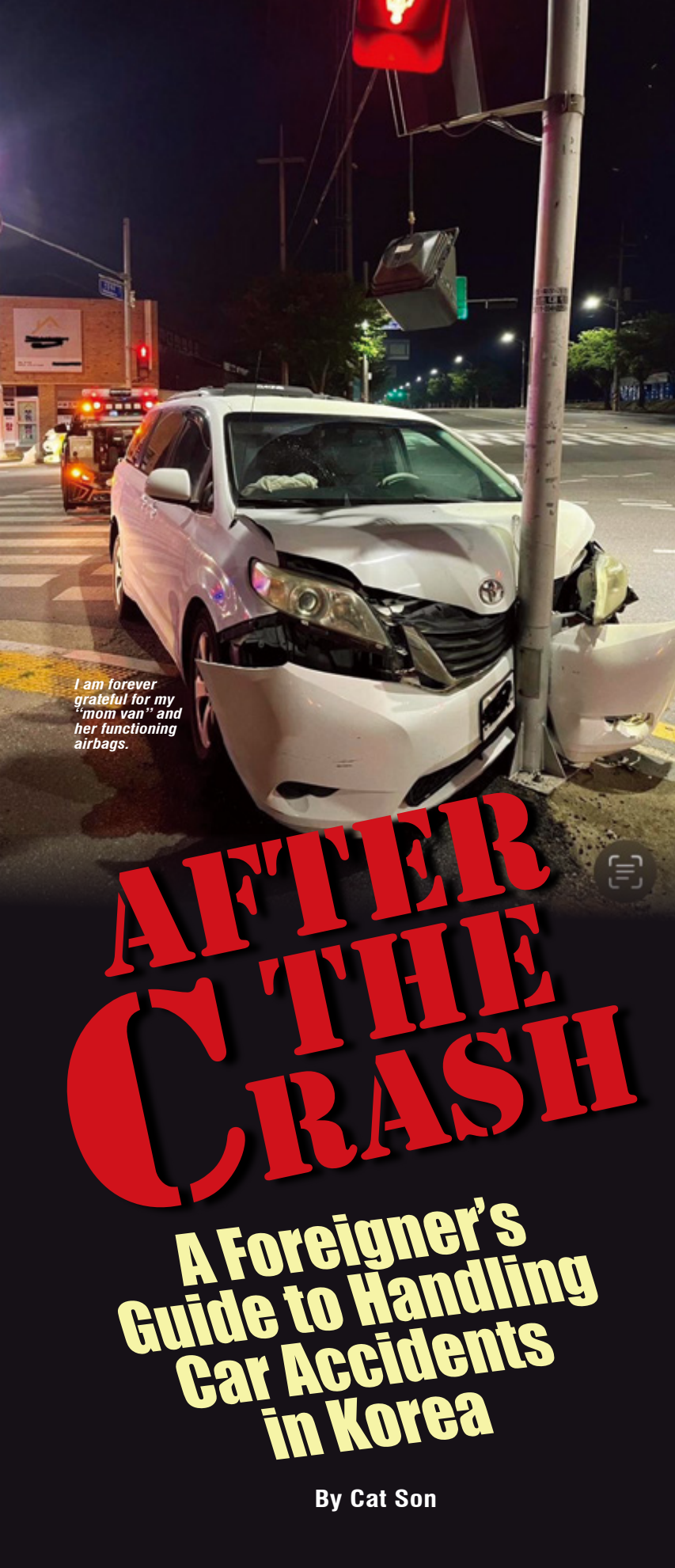
What GAO Found

The Department of Defense Education Activity (DODEA) operates DOD’s school system and provides special education and related services for about 15 percent of its students worldwide. However, GAO found that related services provided by the military branches for students in overseas locations—such as physical therapy—were often limited or unavailable, resulting in service delays or disruptions. These services are required by students’ individualized education programs—legally binding written plans describing the services students are to receive. GAO found delays in service delivery for students in 44 of DODEA’s 114 overseas schools for 2022–2023 (see figure). Further, from school years 2018–2019 through 2022–2023, at least six cases took more than a year to resolve. Service delays and disruptions can negatively affect students' academic progress, according to related service providers and parents GAO interviewed.



GAO also found that DODEA's staffing formulas for special education teachers are based on student headcounts and do not consider the required service minutes (i.e., minutes of specialized instruction) specified in students' individualized education programs. Because required service minutes can vary widely among students, allocating staff without considering them may contribute to staffing shortages and to delays in delivering required services.

DODEA school staff and parents at the schools GAO visited identified several key obstacles to providing special education, including insufficient training and guidance. First, at 12 of 14 schools, paraeducators (staff providing extra help to students) reported receiving little to no onboarding training for special education. For example, paraeducators across all three DODEA regions told GAO they had not received DODEA-required crisis training, despite working with students with behaviors needing crisis response. Further, all regional officials and DODEA staff in 13 of 14 schools described insufficient procedural guidance on how to implement DOD’s special education policies. School staff at seven schools said that without clear guidance, service delivery is inconsistent across schools. DODEA officials said they will update procedural guidance by school year 2025–2026, and staff should refer to DOD policy in the interim. Communicating which resources staff should currently use to interpret DOD policy—consistent with DODEA's goals for internal communication—would help promote a shared understanding of how to comply with DOD special education policy.



I am forever grateful for my "mom van" and her functioning airbags.

AFTER THE CRASH

A Foreigner's Guide to Handling Car Accidents in Korea

By Cat Son

When your time is up in Korea, you might find yourself

bringing home a large dose of driving PTSD right alongside all of your beautiful souvenirs. The driving here, as you probably have noticed, is a bit intense for some. A simple chat with neighbors and friends will show just how many have been in a car accident while residing here in Korea. Hopefully, from reading this article, you can acquire a game plan just in case it happens to you too.

Last year, I was hit by a drunk driver. This car crash has taught me a lot about how Korea handles traffic violations, what to do immediately after an accident, how to advocate for yourself with the Korean police, and what rights SOFA members have during this process.

There are some helpful things you need to know for when you are at the scene of the accident, when the investigation initiates, and for dealing with the aftermath of it all.

Key Things to Remember Immediately After a Car Accident:

- Language barriers can be intimidating. Keep in mind that Korean police officers may not speak English fluently. Having a translator, a Korean-speaking friend, or your SOFA representative present can be incredibly helpful in making sure your side of the story is clearly understood.
- As you may have heard, in Korea, you cannot move your car, even to the side of the road. You must wait until the police have come. Waiting for the police is standard, even if traffic is blocked. If you do, you open yourself up to being charged with a hit-and-run violation. The only time that you are allowed to move is if both parties agree to move to a second location.
- Call 112 for the police if no one is hurt, and 119 if anyone is injured and needs fire, rescue, or an ambulance.
- Immediately turn on your hazards and put out a reflective warning triangle behind your car.

- Once the Korean police arrive, you can ask them to request the United States Military Police. You can also inform the military police yourself by calling 010-7178-0249.
- Make sure to exchange your information with the other driver, including: names, contact numbers, and insurance information.
- If there are any witnesses, be sure to get their information as well.
- If needed, a tow truck will be on site within minutes of the accident.
- If it is safe, take pictures of the accident and any damage done to your car. Photos can be critical in fault determination.
- If the car accident was significant, go to the hospital and get checked out. Even if you are feeling relatively fine, it is worth it to double-check for any unknown internal injuries.
- Make sure to get your scan results to make sure there were no internal injuries.

Understanding Damage and Fault Assessment in Korea

The way car accidents are assessed in Korea is very different from back in the States. Honestly, for me, this was the hardest part. In Korea, they have a concept called 과실비율 (Gwasil Biyul). Roughly translated, it means "fault ratio." It is believed that only on very rare occasions is one person to blame completely for the accident.

The Korean police will investigate the case to determine the ratio for which you were at fault. Not all minor accidents lead to a formal investigation or court.

Fighting for Fairness: Understanding Fault Ratios in Korea

I had never heard of this concept before. It was shocking that I was being investigated at all after being hit by a drunk driver who broke several traffic laws. If you feel you are not given a fair ratio, this is where you can advocate for yourself. For me, this meant taking detailed pictures of my car to show where the point of impact was and requesting CCTV footage to show that I was not breaking any traffic laws. In Korea, insurance companies typically negotiate fault ratios on behalf of drivers before or in parallel to any legal proceedings as well.

In the end, they only found one minor traffic infraction. I studied that infraction, and it was based on a law that was being reviewed by the Korean courts. The law was vague and not known to many Korean or expat



Here we are getting scan results to make sure there were no internal injuries.

drivers. When I talked this over with Korean investigators, they agreed to drop the charge against me. If I had not advocated for myself, I could have been expected to pay a fine.

Getting Help: SOFA Representatives and Legal Support

If you are a member of the U.S. – ROK Status of Forces Agreement, also known as a SOFA visa, you are entitled to have access to a SOFA representative. When I met with the investigators, I asked my SOFA representative to come to the meeting. They are there solely to make sure all of your rights as a member of the SOFA are being honored and to explain anything that might be unclear to you. They cannot act in place of a lawyer. For me, it was very comforting to have the SOFA representative there.

What Happens Next: Korea's Legal Process After a Crash

Once the investigators are finished, they will send the case up to the prosecution. This can take several months. The Korean courts take their time sorting through cases, and you may end up waiting several months for a trial date. During this time, the other party may try to offer a forgiveness settlement.

This is where the alleged guilty party will offer you money in return for your forgiveness. If you accept this settlement, it will most likely mean that the offender will have their penalties with the Korean court reduced. At

this point, it might be helpful to hire a lawyer to help you figure out what route is best for you. If you contact legal at your service member support center on your military installation, they can give you a list of recommended lawyers. For my accident, that meant contacting the legal office at Maude Hall on Humphreys.

Coping with the Emotional Impact of a Crash

The accident itself can be traumatizing, not to mention dealing with everything that comes with it. For me, I had a very hard time driving after my accident. For months, I would wake up at night dreaming and reliving the accident over and over. The only thing that helped me was going to therapy and learning techniques to help me overcome my fear of driving and settle my trauma from the accident. There are many resources that are available for you. For military families, a good place to start would be by calling your installation's Behavioral Health Clinic or a Military and Family Life Consultant. They will have resources to support your emotional and mental well-being after a car accident.

Korea has so many wonderful adventures to explore and cultural opportunities waiting for you. If you find yourself in a similar situation, don't let it stop you from living your best life here. It can be very traumatizing to get into a car accident here. But many resources can help you if you need them. Stay safe and drive safe!

Your Road Safety Kit: What to Keep in the Car

- Driver Information.** Always have a copy of your insurance and contact numbers printed in your glove box. You never know if you will have cell service to be able to pull this information up on digital applications.
- Reflective warning triangle.** When your vehicle breaks down or is involved in an accident, placing the triangle behind the car warns other drivers and prevents secondary accidents. These are inexpensive and can be found at most Korean stores, including grocery stores and Daiso. A warning triangle (or similar device like traffic flares) is legally required in South Korea and must be carried in all vehicles, according to the Motor Vehicle Management Act and the Road Traffic Act.
- First aid kit.** Though not legally mandatory in all private vehicles, it's essential for treating minor injuries on the road until help arrives. Make sure your kits include an emergency safety blanket to keep you warm. Also, think about a normal blanket or jacket, too.



- Flashlight or Emergency Light.** A flashlight or emergency light is essential for visibility in dark environments (e.g., tunnels, country roads) or during nighttime car trouble.
- Spare Tire, Jack, Lug Wrench, and Tire Air Pressure Gauge.** These tools allow you to refill your tire or replace a flat tire and continue driving without waiting for roadside assistance, especially helpful in remote areas.
- Dash Cameras.** It is highly recommended to have dash cams installed in your car. These can be front and/or rear-facing, while others offer a 360-degree view. This can provide vital evidence for your case and help protect you from receiving undue blame for the accident. Many local auto shops will install it for a good price.



About the Author
Cat Son is a Colorado Native who calls Hawaii home. She enjoys spending as much time outdoors as she can. She loves exploring Korea with her family.



Dive In: Camp Carroll Outdoor Pool Opens for the Summer Season

There's no better way to welcome summer than with a refreshing dip under the sun — and at Camp Carroll, the season is officially underway. The Camp Carroll Outdoor Pool is now open and ready to make a splash in your summer plans.

Nestled in Area IV, USAG Daegu, the outdoor pool offers a cool escape for Soldiers, families, and community members looking to beat the heat. With generous hours during the week and extended availability on weekends and U.S. holidays, it's the perfect place to relax, recharge, or get in a few early morning laps before the day begins.

More than just a place to swim, the Camp Carroll Pool is a summer hub for connection, fun, and wellness. Whether you're training, spending time with family, or simply looking for a cool way to unwind, the pool offers a welcoming space for all ages.

Features:

- Spacious swimming areas
- Thrilling water slides
- Comfortable lounge chairs
- Shaded umbrella tables
- Family-friendly atmosphere

So pack your sunscreen, grab your goggles, and dive into another unforgettable summer. The water's fine — we'll see you poolside.

For the latest updates and information, visit:
<https://daegu.armymwr.com/programs/camp-carroll-aquatics>



CAMP CARROLL

OUTDOOR POOL

SUMMER HOURS of OPERATION

| MONDAYS: | CLOSED |
|--------------------------------------|-----------|
| TUESDAYS - FRIDAYS | 0600-1900 |
| WEEKENDS U.S. & TRAINING HOLIDAYS | 1200-1900 |

NOTE: HOURS ARE SUBJECT TO CHANGE DUE TO CAMP WALKER INDOOR POOL RENOVATIONS

ENTRY FEE

| | |
|-------------------------------------|--------|
| E1 TO E5 ACTIVE-DUTY MILITARY | \$1.00 |
| ALL OTHER SOFA USERS & RETIREE'S | \$2.00 |
| AUTHORIZED LOCAL NATIONAL EMPLOYEES | \$3.00 |
| GUEST'S | \$6.00 |

PRICES ARE SUBJECT TO CHANGE

CHILDREN UNDER THE AGE OF 3 YEARS OLD (36 MONTHS) ARE FREE OF CHARGE
PHYSICAL READINESS TRAINING IS FROM 0600 TO 0800 HOURS (FREE)
VALID ANNUAL POOL PASSES WILL BE ACCEPTED.

Authorized SOFA users and Retiree's are defined as:
U.S. Military, U.S. Civilian Employees, Invited Contractor, U.S. Military and U.S. DOD Civilian Retiree's

Local National users are defined as:
Any Local National employed by the U.S. Government that holds a Base Access I.D. card

Guest's users are defined as:
All others not listed above, to include Non-SOFA visitors from outside Korea, regardless of citizenship, and family members of ROKA Service members





Preparing Your Child for a PCS:

Practical Tips for a Smooth Transition

By Tyrese Cook
Photography by Katlyn Kim Photography

Moving is a reality of life for military families. Just when we start to settle in, orders drop, and it's time to say goodbye - goodbye to friends, favorite spots, and the familiarity we worked so hard to create. As adults, many of us have learned how to navigate the logistics and embrace the adventure, but for our children, every PCS (Permanent Change of Station) can feel like an emotional rollercoaster. They leave behind the only world they've known, step into the unknown, and search for a sense of stability in the midst of change.

The good news? With the right approach, we can make these transitions smoother, helping our children feel more in control and emotionally secure. Through trial, error, and a whole lot of grace, I've learned strategies that have made a difference for my little ones over the years. Here are some practical, tangible ways to prepare your children for a PCS while protecting their mental well-being.

Tell Them Early & Keep Them Involved

It might be tempting to wait until things are finalized before telling your kids about a move, but



giving them as much notice as possible helps them process the change. Talk to them about where you're going, what to expect, and how things will look different (or the same!). Involve them in small decisions—let them help pick out a new home, research fun things to do at the next duty station, or even pack their own boxes.

I always make a point to tell my kids in a fun but meaningful way where we are headed before we announce our move to friends and family. Typically, we share the news 2-4 months before moving. This gives them time to adjust and get excited about what's to come, rather than feeling like the change is happening suddenly. When we were stationed at Fort Carson, we also informed their school around that same timeframe, and they hosted a going-away party for my girls. As a special send-off, they played a special farewell song specifically for my daughters, making the farewell memorable!

Let Them Take a Piece of "Home" With Them

PCS moves can feel like a clean slate, but for kids, continuity is key. Encourage them to bring items that make their new space feel familiar—whether it's a favorite stuffed animal, a beloved blanket, posters, or even a small jar of sand. These small but meaningful touches can help them feel grounded in the midst of change.

When we were stationed at Fort Carson, my girls

loved collecting rocks. When it was time to move, I let them pack a few things to take with them. These little reminders of a place they loved helped them feel connected and provided a sense of comfort when they started feeling homesick.

Give Them the Power to Personalize Their New Space

One of the quickest ways to make a new house feel like a home is by giving kids ownership of their space. Allow them to choose a theme, pick out decorations, or rearrange furniture in a way that feels comfortable to them. Their room should be their safe space—a familiar refuge while they adjust to new surroundings.

For example, when my oldest daughters were obsessed with unicorns, I decorated their new room with unicorn bedding and pictures.

Keep Connections Strong

Leaving friends behind is one of the hardest parts of a PCS. Help your kids stay connected by setting up regular FaceTime calls, pen-pal letters, or even online gaming sessions with their friends. If they're old enough, encourage them to exchange emails or social media contacts. Knowing they don't have to say "goodbye" forever can make leaving a little easier. Small efforts can keep friendships alive even across miles.

In our family, we make it a priority to call home daily



so our children can talk to their friends and relatives. Just because we are miles apart doesn't mean our hearts are not closely connected. Keeping those bonds strong has helped them feel less isolated and more secure.

Find Community as Soon as Possible

New places feel less overwhelming when you find your people and a sense of belonging. Whether it's a homeschool co-op, youth sports team, or church group, helping your kids get plugged into activities early on can assist them in building new friendships and feeling more settled. Look for local Facebook groups, installation youth programs, or community events that align with their interests.

When we moved to South Korea, I made sure to get my girls involved in many things; this not only helped them make new friends but also gave them a sense of structure in a new environment.

Why School Liaisons Matter for Military Families

One resource I always recommend to fellow military parents-especially during a PCS- is the School Liaison

at your new duty station. These incredible professionals are often one of the best-kept secrets on base, and can make a world of a difference when it comes to helping your child transition academically.

Whether your kids are in public school, private school, or homeschooled like ours, School Liaisons act as that bridge between military families and local educational systems. They help you figure out enrollment steps, understand state requirements, and find programs that align with your child's needs. And if you're homeschooling, they're just as valuable—they can connect you to co-ops, testing resources, and enrichment opportunities you might not have known existed.

When we PCS'd to Korea, reaching out to the School Liaison was helpful; she helped answer questions about enrollment, summer programs, and extracurriculars. Knowing there was someone I could turn to for support made the transition feel a little less overwhelming and a lot more manageable.

A simple email or phone call can open the door to resources that make a big difference—not just for you, but for your child's sense of continuity and success.

Validate Their Feelings (Even the Hard Ones)

Even with the best preparation, PCS moves can bring out a mix of emotions—excitement, fear, sadness, and frustration. Instead of dismissing tough feelings, acknowledge them. Let your kids know it's okay to feel all of those things. A simple "I know this is hard, and it's okay to be sad" can go a long way in helping them process the transition.

When my girls share with me that they're overwhelmed, I don't try to fix it right away. I let them feel, process, and talk through it with me. Sometimes, just knowing they have a safe space to express their emotions makes all the difference.

Keep Routines as Consistent as Possible

PCS moves disrupt the familiar, but keeping small routines intact can provide stability. Whether it's a bedtime ritual, Saturday morning pancakes, or family movie nights, maintaining these traditions can create a sense of normalcy, no matter where you are.

In our home, we have "Club Cook," where we turn up our favorite songs, sing, and dance together. No matter where we move, keeping this tradition has helped maintain a sense of joy and togetherness.

Make the Move an Adventure

Instead of framing the PCS as a disruption, turn it into an adventure. Create a travel map, start a "New Duty Station Bucket List," or plan fun stops along the way if you're road-tripping. Shifting the perspective from "we have to move" to "we get to explore a new place" can help kids approach the change with curiosity rather than fear.

Before every move, I sit down with my kids and we research all the exciting places we can explore at our next duty station. When we moved to South Korea, one of the places we were most excited about visiting first was Mallipo Beach. We went for a day trip shortly after arriving on the peninsula.

Final Thoughts

Military kids are some of the most resilient children, but that doesn't mean we should take that resilience for granted. Behind their adaptability are real emotions—excitement, sadness, uncertainty, and hope—all mixed into one big transition. As parents, it's up to us to create a sense of stability in the midst of change, to remind them that home isn't just a place, but the people we share it with.

Through the years, I've learned that a little preparation goes a long way in making a house feel like home—no matter where the next set of orders takes us. And as my family prepares for yet another move, I'm grateful to have these tools to lean on once again. The process won't be perfect, but knowing that I can help my children navigate this transition with confidence and security makes all the difference. Every PCS is a new chapter, and while goodbyes are never easy, I'm reminded that each move also brings fresh opportunities, new adventures, and another chance to grow together as a family.

*The information provided in this article is for educational and informational purposes only and is not intended to replace professional mental health treatment or to serve as a diagnosis or treatment for any health condition. This article does not establish a client/therapist relationship between the author and the reader. Readers should consult their own licensed medical or mental health providers for personalized advice and treatment for any concerns related to their health or well-being. Always seek the guidance of your qualified professionals regarding any specific questions or concerns you may have regarding your health.

About the Author

Tyrese Cook, also known as Re, is a devoted military spouse and proud mother to five daughters—including two sets of twins—who brings warmth, insight, and a touch of humor to every subject she explores. Tyrese, a non-denominational Christian with a master's degree in social work, is a licensed social worker in Ohio and Kentucky who practices therapy. Drawing on her faith and expertise, she is passionate about mental health and committed to helping others reach their full potential with compassion and understanding. Recently featured with her family on CNN, *United on the RoK*, The OCO-NUS Project, and The Goode Show. Tyrese's life and work reflect her deep commitment to family, love, and resilience. Outside of her work and family life, she delights in cooking creative meals, diving into captivating books, and experiencing the world's diverse cultures. Follow her journey on Facebook, YouTube, and Instagram at @AuthenticallyRe.



About the Photographer

Katlyn Kim is a portrait photographer and military spouse living in South Korea. As a mom of two and an adventurer at heart, she loves exploring new places, connecting with families, and documenting the beauty in everyday moments. She owns Katlyn Kim Photography and specializes in capturing meaningful milestones for military and expat families. You can find her work on Instagram at @katlynkimphotography or visit her website at www.katlynkimphotography.com.

SPLASH INTO SUMMER

AT THE CAMP CARROLL OUTDOOR POOL!

SEASON DATES:
23 MAY – 2 SEP 2025

POOL HOURS:
TUES–FRI: 0600–1900
WEEKENDS & U.S. HOLIDAYS: 1200–1900
CLOSED MONDAY



U.S. ARMY MWR MILITARY WELFARE RECREATION PROGRAM

Reeling in Memories:

A BOSS Deep Sea Fishing Adventure Off the Coast of Korea

By Robert Gault

BOSS, Better Opportunities for Single Soldiers, is one of those things you don't realize you need until you go on your first trip. It's a chance to get out of the barracks, see new places, and do things you might not normally get to do, like fishing off the coast of Korea or exploring local culture with people who get what military life is like. There's something about being out there with other Soldiers, sharing laughs, learning something new, and just enjoying a break from the routine that makes these experiences stick with you.

I had no idea what to expect when I signed up for my first BOSS trip ever, but let me tell you about my experience deep-sea fishing in South Korea. Fishing expeditions have an early wake-up call. I left my barracks at 0335 and got on the bus that was waiting at the walk-out gate around 0400. From the walk-in gate, we traveled to the coastal city called Sinjindo-Ri just west of Taeon. Here we found our boat at the port and made our preparations to get started.

Setting Sail

From there, we took the boat out to sea. It was a good thing I packed a jacket because the boat was moving quickly over the water, and the early morning air felt very cool as we made our way out into open waters. It was nice to watch the sun rising as we rode out into the deep blue waters of the Yellow Sea, also known as the West Sea by Koreans. It was very exciting to have the opportunity to catch some fish, as well as get to know some fellow service members.



Soldiers cast lines and share laughs during a BOSS deep-sea fishing trip off the coast of Korea.

Learning the Ropes

To make sure we all had a successful fishing experience, everybody was shown a tutorial on how to set up our lines the proper way by the boat captain and some of the crew. We grabbed our fishing rods and added a weight for the line to be able to sink. Next, we added the bait. It was very easy to add to the hook as the bait was pre-cut little pieces of bait that looked like strips of gum and felt a little bit slimy and cold. If someone couldn't add bait to their



Snapper caught during the BOSS fishing trip, one of many memorable catches made off the coast of Sinjindo-Ri.

hook, the boat's help did it for them, and they were very helpful. From here, we all dropped our first lines of the day, hoping for a big catch!

The First Catch

The first time I reeled in my line, there was actually a tiny little fish on the hook, but being as it wasn't big enough to bring home, I said my goodbye to the fish and threw it back into the water. It was an exhilarating feeling waiting for the fish to grab my line.

Immersed in Nature

Our fishing location was very scenic. The boat was positioned just between a few islands offshore. Hearing the sounds of the waves hitting the rocks on shore was delightful. Hearing the birds squawking as they were flying overhead, the weather was very nice, and I was even able to take my jacket off to enjoy the breeze.

Support and Comfort

The BOSS representative was very helpful in the whole process, checking in with everybody to make



A fresh catch — a flounder adds to the day's haul as Soldiers enjoy a break from routine on the open water.

sure everything was going well. The boat even had a nice little room with blankets and pillows if you wanted to take a nap or lay down for a bit. Taking photos and videos of the expedition was allowed and encouraged. Every participant was capturing beautiful photographs for memories of the trip.

The Action Picks Up

Our fishing expedition was slow at first, but eventually fish began to bite. When somebody would catch a fish, it was motivating for everybody else who had their lines in the water. Every once in a while, the boat would make a sound which signaled us to reel in our lines. The boat would then move to a different spot so we could try and catch fish in different areas. Occasionally, we could see other boats of people fishing and would wave at the fellow fishermen trying to catch something as well. Eventually, around noon, there was lunch which was served to everyone on the boat. Our lunch consisted of a tasty ramen dish and also included a few different sides; there was also rice that was served.

Local Sea Life

It was interesting to see all the different types of fish that people were catching. Having no idea before the trip what local fish were in the area, it was fun to see all the different species people were hooking on their rods. The most common fish people were catching were flounders, which are bottom feeders that lie flat on the bottom of the ocean, almost like a dinner plate, along the sand. There were also some marbled rockfish, as well as some eels that were caught.

Catch and Keep

If you caught any fish, you were permitted to keep them. As you caught fish, the Captain had us put them in a small red bucket, which we filled with water so the fish would stay alive until we got back to shore. Then you could choose to take it home and eat it or throw it back into the ocean.

Peace and Reflection

Spending time on the ocean was nice. It helped me to really enjoy nature and be in the moment with my thoughts. Around 1500, we headed back to shore, which was bittersweet. Part of me wanted to stay, but I also wanted to cook my freshly caught flounder at home. Thinking of all the different ways I could cook the fish flooded my mind. Eventually, I decided on frying the fish with some mustard and flour and serving it with some white bread and tartar sauce. As I thought about it, I could already imagine the taste.

Wrapping Up the Day

Once back on shore, I put my fish in a bag and got some ice from the store to ensure it was fresh and sealed on the bus ride home. Everyone who caught a fish held them proudly as we smiled for a photo on the dock, laughing about the amazing day we had all spent together. After stopping once for a break to stretch our legs, we were able to get back to Humphreys' walk-out gate around 1700. Everybody signed out and said our goodbyes, and I headed back to my barracks with my flounder.



Robert Gault takes in the peaceful ocean views during the BOSS fishing trip, enjoying a well-earned break from the daily demands of military life.

Overall, the trip was an amazing experience where I got to meet new people and try new things. If you have been debating joining a BOSS trip activity, think no more! Just sign up at your local BOSS, you won't be disappointed. I plan on attending more BOSS trips in the future whenever I get the opportunity to do so again!




About the Author
Robert Gault is a Texas native who joined the U.S. Army right out of high school. He comes from a proud military family with brothers who have served in the military and been stationed all over the world. He has been serving for 6 years, having lived in North Carolina for most of his time in service. Now stationed in South Korea, Robert intends to spend the next year exploring the peninsula. Robert has a bachelor's degree from Texas State University. Robert believes that the military lifestyle brings welcomed adventure and is what you make of it!

PhởMein®
VIETNAMESE CUISINE

PhoMein by your side to keep you warm at all times.







Group
Reservations
Available!

32 different Vietnamese dishes to make your day extraordinary!
Located at the end of Shinjang Mall in front of Osan AB main gate
Call: 031-663-9090

Caffé bene




Caffé bene brings the significance and authenticity to the place where the story of each of us is made and built. The place where you want to spend time for brighter day.



Caffé bene 031-664-0101

SONG'S BURGER

A delicious handmade burger like no other!



Korean-style burgers that Americans love!

Located in the market alley in front of Osan AB
031-667-7080



Enjoy Army Base Stew/Spicy Jjigae Korean Stew!

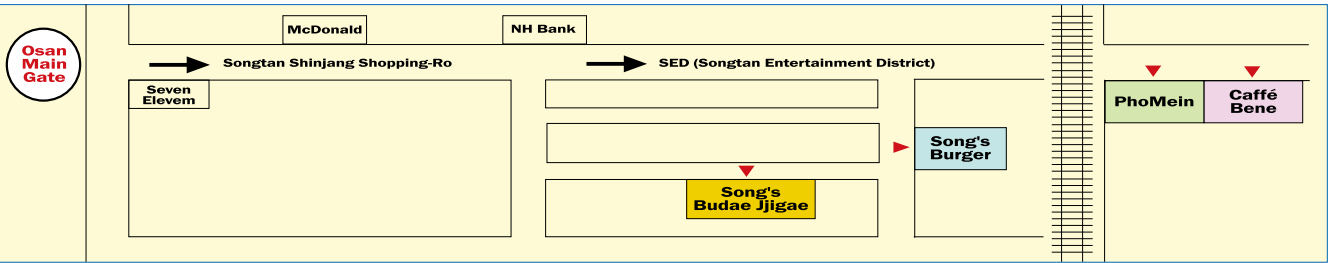
SONG'S Budae-Jjigae



Spicy, rich, and delicious soup! Come try it now!

Located in the market alley in front of Osan AB
031-611-6466





Through Your Lens:

Respecting the Past, Forging the Future



From afar, the Black Eagles streak past above the trees—graceful, fast, and gone in a flash, submission by Cristine Smith.



Kids of all ages enjoyed Osan Air Base Air Power Days, submitted by Sarah Symbolist.



Lock, load, and smile! Visitors test out a Stinger missile launcher at Osan Air Base Power Days. Submission by Sierra Beaton.



ROKAF Black Eagles roar by on its side, revealing its full top profile against the sky, submission by Sean Irwin.



F-16 Fighting Falcon, submission by Jetta Allen.



Father and son take in the static displays, up close and personal, enjoying every detail at Osan Air Power Days, submission by Kimberly Rideout.



51 Medical Group at the Air Power Day Air Show. Submission by Miranda Cornett.



51 Medical Group at the Air Power Day Air Show. Submission by Miranda Cornett.



Pink Sweat\$ lights up the stage at Osan Air Power Days 2025 with smooth vibes and sky-high energy, submission by Kathy Alcova, Kaychan Photography.



The F-35 Lightning II, submission by Amaris Anter.



ROKAF KAI T-50 B Black Eagles, submission by Michael Altman.



Col. William McKibban, 51st Flight Wing Commander, poses for photos with children attending the event, submission by Alyssa Damiles.



Future pilot in the making, submission by Alyssa Damiles.



The RoK's Air Forces Black Eagles aerobatic team flying through the air, submitted by Sarah Symbolist.



ROKAF Black Eagles blaze the sky in perfect formation, trailing vibrant red and blue smoke—an awe-inspiring display of precision and national pride, submission by Dan Romano.

RIDING

By Frederick Lusby



Taking to the road on a motorcycle in Korea for the first time can be intimidating. It's important to be aware that Korean traffic can be assertive, and motorcyclists are often expected to yield to larger vehicles. And importantly, remember to be extra cautious around buses, taxis, and delivery drivers – they can sometimes make unexpected moves, even when traffic is heavy.

Because of these challenges, city riding is often more about practicality than enjoyment. Motorcycles offer a significant time-saver for commutes and eliminate taxi costs. However, if you don't thrive on navigating chaotic traffic, escaping to the open road is highly encouraged.

Beyond the urban areas, you'll discover a completely different side of Korea. The countryside offers predictable traffic, stunning scenery, and a peaceful atmosphere. Imagine trading high-rise buildings for majestic mountains, convenience stores for lush forests, and smog for clear, fresh air. A trip to the Korean countryside can truly transform your experience of the country.

Popular Riding Routes (Central Korea, from Daegu):

- **Daegu to Haeinsa:** A well-known route, but characterized by tight turns and heavy bus traffic, potentially hindering a relaxing ride.

on the RoK

- **Daegu to Gyeongju (East):** A safer and more scenic option with varied landscapes. Highly recommended for a leisurely experience.
- **Daegu to Cheongdo (Route 25):** A shorter ride that can be easily extended to Gyeongju via Route 20, creating a circular route.
- **Coastal Route to Pohang:** For a longer adventure, explore the beautiful coastal roads leading to Pohang.

Key Takeaways

While city riding has its advantages, the real magic of motorcycling in Korea unfolds when you explore the breathtaking countryside and the freedom of the open road. Remember to be well-prepared for the challenges of urban riding and always prioritize safety.

There's a special kind of freedom found on two wheels, especially on a beautiful day. Imagine a clear blue sky, warm sunshine, and a cool breeze – a feeling of pure exhilaration with nowhere to be but forward.

Riding is more than just transportation; it's a deep connection with your surroundings. You feel the subtle shifts in the wind, breathe in the changing scents, and hear the symphony of the road. Every bump and curve becomes a part of the experience.

And then there's the engine – the rumble, the roar, the surge of power. It's a liberating sensation, a feeling of being truly alive and present. Motorcycling isn't just a hobby; it's an experience that awakens your senses and nourishes your spirit.

Riding with U.S. Army Materiel Support Command Korea

U.S. Army Materiel Support Command Korea (USAMSC-K) offers a fantastic mentorship ride





program twice a year! It's a great opportunity for all military riders to learn and connect. We also warmly welcome DOD/DA Civilians, Contractors, and spouses who enjoy riding to join us.

USAMSC-K Motorcycle Mentors

Primary: Frederick Lusby, 763-2097

Alternate: Thomas Robertson, 763-2098

Riders want freedom to ride, and the Army wants riders to have the freedom to ride safely.

Additional motorcycle safety information is available in the resources listed below.

MSC-K Guide 385-SF-04, Motorcycle Mentorship Program Guide

MSC-K Guide 385-SF-04, Motorcycle Mentorship Program Guide, serves as a comprehensive guide outlining the policies, responsibilities, and safety procedures for motorcycle operations within the Military Surface Deployment and Distribution Command – Korea (MSC-K). The guide is divided into three chapters: Chapter 1 introduces the purpose, references, and abbreviations used; Chapter 2 details the structure and goals of the Motorcycle Mentorship Program, including roles, staffing, and standardization across subordinate units; and Chapter 3 focuses on general motorcycle safety, emphasizing situational awareness, speed management, use of personal protective equipment (PPE), training, and proper incident reporting protocols. This guide is designed to enhance motorcycle safety



culture and ensure consistent mentorship and oversight across the command.

Service members find the MSC-K Guide 385-SF-04, Motorcycle Mentorship Program Guide online using their Common Access Card.

Motorcycle Training: Basic Rider Course and Advanced Rider Courses from the Motorcycle Safety Foundation

At Camp Humphreys, motorcycle safety training is provided through the Motorcycle Safety Foundation (MSF) and includes both the Basic Rider Course (BRC) and the Advanced Rider Course (ARC). These courses are essential for new and experienced riders alike, focusing on fundamental skills, advanced techniques, and overall rider safety. Training is conducted by the Humphreys Garrison Safety Office, and registration is available online. While classes are held at USAG Humphreys, personnel are encouraged to check with their local garrison safety offices for additional class availability and scheduling. This training is a key component in promoting safe riding practices among military personnel.

The Motorcycle Safety Foundation at Camp Humphreys is the only military-authorized training center in Korea. All branches of service are eligible to enroll in a course if they are stationed on an army installation.

Garrison Safety Office Website: <https://home.army.mil/humphreys/about/garrison/safety-office>



Motorcycle Safety Instructor

DSN: 755-2667

Hours: Mon-Fri, 8 a.m. - 5 p.m.

Garrison Safety Manager

DSN: 755-2660

Hours: Mon-Fri, 8 a.m. - 5 p.m.

USACRC Motorcycle Safety Program

The USACRC (U.S. Army Combat Readiness Center) Motorcycle Safety Program website is a central resource dedicated to enhancing motorcycle safety awareness and reducing rider-related incidents across the Army. The site offers a wide range of tools and information for both riders and leaders, including Motorcycling 101—a guide tailored for non-riding leaders to better understand motorcycle operations and risks. Key features include regulatory guidance, leader-specific resources, USAR/ARNG-specific information, mentorship support from the

Defense Safety Oversight Council, and various training materials such as riding tips, advanced courses, and 3-wheel motorcycle guidance. It also provides downloadable tools like the ODSAP Spotlight on PMVs, Small Unit Leader Cards, and details about Harley-Davidson-sponsored training opportunities. The website is a valuable hub for promoting motorcycle safety through education, leadership engagement, and standardized training.

USACRC Motorcycle Safety Program Website: <https://safety.army.mil/OFF-DUTY/Motorcycles>



About the Author

Frederick Lusby has spent the past 22 years riding motorcycles around the world. His journeys have taken him through the mountains during changing seasons, moments often captured in vivid photographs that reflect the beauty and freedom of the open road. Sharing these experiences with his wife and daughter has made the adventure even more meaningful. Over the years, he's explored diverse regions including the United States, Kuwait, the Philippines, and South Korea. For Lusby, riding offers mental clarity and sharpens his focus in both life and career. One of the most rewarding aspects of his travels has been connecting with fellow riders—especially in the Republic of Korea—adding community and camaraderie to an already unforgettable journey.

SAM'S GARAGE AUTO SERVICE OFF BASE

Best Repair Shop for U.S. Troops in Korea!



Top Car Repair Body Shop for USFK.



All services are available for your cars!

TOWING SERVICE PROVIDED

LOCATION
Right in front of Morin Gate at Osan AB
031-667-7878



VA BENEFITS DELIVERY AT DISCHARGE (BDD) CLAIMS WORKSHOP

Hosted by the VA Korea BDD Intake Office

The BDD program allows Servicemembers to apply for VA disability compensation benefits between 180 to 90 days prior to separation. This timeframe permits VA to review Service Treatment Records (STRs), schedule needed exams and evaluate the claim before separation. The goal of the BDD program is to deliver a decision within 30 days after separation.

WHO: Transitioning Servicemembers with 90-180 days remaining on active duty.

WHAT: An information session about the BDD program followed by in-person assistance with submitting BDD claims.

| WHEN | | | WHERE |
|--------|--------------------|------|--------------------------------------|
| Monday | July 28, 2025 | 1400 | Maude Hall, Bldg. 6400, Room W303 |
| | August 25, 2025 | | |
| | September 29, 2025 | | |
| | October 27, 2025 | | |
| | November 24, 2025 | | |

SEATING IS LIMITED – PLEASE EMAIL TODAY TO RSVP.

Send your name, DoD ID Number, ETS/last date on active duty, and the date of the workshop you wish to attend to KoreaBDD.vbapit@va.gov.

Suggested subject line: BDD Workshop RSVP



VA **VIRTUAL** BENEFITS DELIVERY AT DISCHARGE (BDD) CLAIMS WORKSHOP

Hosted by the VA Korea BDD Intake Office

The BDD program allows Servicemembers to apply for VA disability compensation benefits between 180 to 90 days prior to separation. This timeframe permits VA to review Service Treatment Records (STRs), schedule needed exams and evaluate the claim before separation. The goal of the BDD program is to deliver a decision within 30 days after separation.

WHO: Transitioning Servicemembers with 90-180 days remaining on active duty.

WHAT: A virtual information session about the BDD program followed by Q&A to assist with submitting BDD claims.

| WHEN | WHERE |
|------------------------------|--|
| Wed, June 25, 2025 | MS Teams (Meeting invite will follow after RSVP is received) |
| Wed, July 23, 2025 | |
| Wed, August 20, 2025 | |
| Wed, September 24, 2025 | |
| Wed, October 20, 2025 | |
| Wed, November 19, 2025 | |
| All Sessions: 1400 – 1500 | |

EMAIL TODAY TO RSVP. Send your name, DoD ID Number, ETS/last date on active duty and your location to KoreaBDD.vbapit@va.gov.
Suggested subject line: Virtual Workshop RSVP & Workshop Date

The Untold Story of a Prodigal Daughter

By Dr. Naomi Nubin-Sellers



A Lifetime Question

Who am I? I have spent considerable time trying to unpack this question. This reflection has been especially intense in the past few months. At this moment, the trajectory of my life and my past decisions are colliding with some unknown future. I suppose my mother was right; the question of "who we are" takes a lifetime to answer. As for who I am, I consider myself a prodigal by definition. As a young person, I strayed away from family and made decisions that, unbeknownst to me, would change the course of my life. When referring to children that

stray, the term prodigal can often have a negative connotation, and perhaps rightfully so. But as some of you have learned from reading my column, my stories are never quite straightforward; similar to my life, I seem to prefer the scenic route.

The Road Less Traveled

Most of us may be familiar with the stories of prodigals. Those sons and daughters who have left home to live a life of their own decision and return changed forever. My tale follows a similar suit but is quite unusual in its own right. It begins with a young high school dropout who left home early and continues with an academic journey resulting in a PhD. I know that my story is not the norm; in fact, it may be the first of which you have read from someone with my background. But it is mine nonetheless, and I am proud of it because it has shaped me into who I am. With the culmination of my recent achievements, I find myself in nearly constant reflection on my past life. These deliberations are not ones of regret or uncertainty but of curiosity. Who are we? Are we merely a culmination of our accomplishments, the people we care for, the community we represent, the interests we pursue, the mistakes we make/make, or the

work we do? What happens when we wear multiple hats, whether we are parents, spouses, scholars, or business owners? And who determines the order of our priorities? Are we destined to struggle with finding a definition that accurately captures our unique experiences? My recent examinations have led me to grapple with these questions.

Between Ambition and Belonging

My short answer would highlight how we are all a combination of interests, relationships, and experiences, some of which are critical to shaping us into who we are at present, which can sometimes change over time as we reorient our lives. As for me, I am the mother of a young family, a wife, a doctor, and an adamant overachiever. From childhood, my mother taught me never to take no for an answer and always to believe in myself because my potential was endless. Even though I became a mother myself at a very young age, I still had big dreams and (with the support of my mother) still believed in myself wholeheartedly. Even with a growing family, I evolved to dream bigger and became very good at conflating high achievement with setting unreasonable expectations for myself. Some of us live in a career-driven world where our accomplishments and advance-



ment in the workplace can define most of our lives. While others of us are characterized by our families, and the days can seem much longer than the 24 hours we are all allotted. But many of us live at the intersection of these two worlds. A place where our passions drive us, but from a place where we also aim to be present in the lives of our loved ones. This experience has largely depicted my own journey. As children came, a husband, an academic journey, more children, and a military life with cross-country and international moves, I learned that even when you are inclined to follow your passions, people will readily join you in reinforcing unreasonable expectations. This point begs to reiterate the initial question: Who are you?

Grace for the Journey

You are someone who can break any cycle by giving yourself the space to experience the full spectrum of emotions. You are someone who is capable of giving yourself the grace you so freely give to others. And you are someone who continues to learn the important lessons of life, even if you don't know how to apply them just yet.

As my mother or any older woman from the South would say, "Just keep living!"

Redefining Success

I wish this were a more straightforward answer to a simpler question, but unfortunately, it is one that I am still grappling with. Additionally, the recent completion of my doctorate has also spurred another interesting development; everyone, friends, family, peers, and colleagues, are all curious about what is next for me. And the very first time I answered, a mere day after my dissertation defense, I replied for the first time in my life, "I don't know yet." I am used to dealing with some uncertainty in my life, but I was even shocked. As military-connected people, we all eventually become accustomed to the random, slow-moving processes that define our experiences. However, I always imagined my life differently once I accomplished "The goal." Even as a young person, I was goal-oriented. Reaching milestones and achievements marked a checkbox off of my checklist and, of course, provided some individualistic validation as I raised my young family. As the children grew, so did my achievements. Now that I have reached the close of one chapter, I have reflected on the value of the journey I have experienced thus far and accepted that having a plan is not equated to living a happy life. I learned that this is only the be-

ginning. I am just getting started, and that excitement has granted me a sort of permission to pause and breathe before taking my next step. I am proud of where my journey has brought me.

Ultimately, it gave me the courage to know that whatever comes next, I am especially well prepared for.

The Prodigal's Return

In the biblical story, the prodigal son returns and is welcomed by his father with open arms. Like this story, forgiveness and acceptance are key themes in many of our lives; they only differ in how we experience them. In my prodigal story, forgiveness is the grace I strive to give myself. It is the permission I sought, not from others but from myself—a thorough acknowledgment of my sacrifices and accomplishments that warrants celebration. The tale of a prodigal daughter continues a journey honoring the hard lessons of life.



About the Author

The column "Diamonds in the Rough" is about embracing the challenges and lessons of family, career building, and all the possibilities in life. The author, Dr. Naomi Nubin-Sellers, currently resides in Pyeongtaek, South Korea, with her active-duty spouse and four beautiful children who range from ages 6 to 17. She currently holds a Bachelor's, Master's, and PhD degrees in the social sciences. In addition, she is a current instructor for a program housed at the University of Michigan. Her career aspirations include data-driven policy research, higher education, and non-profit services tailored to young mothers.



Ordering Like a Local in a Korean Restaurant

By Bianca Del Carmen

Walking into a Korean restaurant is a one-of-a-kind experience. Whether you're grilling your meat at a Korean BBQ spot, sampling the endless variety of side dishes (banchan), or diving into a bubbling pot of traditional Korean stew, every meal is a little culinary adventure. If you're living in Korea, you are bound to go to many Korean restaurants, and there's something especially satisfying about being able to order for yourself. It adds a whole new layer of confidence and connection to the experience—and makes every meal that much more rewarding.

The good news? You don't need to memorize a whole phrasebook to enjoy a great meal. With just one key phrase, 주세요 (joo-seh-yo), you can navigate most dining situations with ease.

What Does “주세요” Mean?

주세요 (joo-seh-yo) is one of the most useful and polite phrases you can learn in Korean. It means “please give me” and is used when making a request—especially when ordering food or drinks.

This phrase is polite without being overly formal, and it is easy to pronounce. If you know the name of the

dish you want, all you have to do is say the dish and then add 주세요 (joo-seh-yo), and you're good to go.

Think of it as your restaurant superpower.

Example:

불고기 주세요. (bool-go-gee-joo-seh-yo)

→ “Bulgogi, please.”

물 주세요. (mool-joo-seh-yo) → “Water, please.”

김치 주세요. (kimchi-joo-seh-yo) → “Kimchi, please.”

Four Delicious Dishes to Try While in Korea. (And How to Order Them)

Now that you've got the key phrase down, let's talk about food. Korean cuisine is rich in flavor, color, and variety. If you're not sure where to start, here are four amazing dishes that you should try. Remember, don't forget to add the magic phrase, 주세요 (joo-seh-yo)!



닭갈비 주세요 (dalk-kalbi-joo-seh-yo) – “Dak-galbi, please.”

If you like bold, spicy flavors and food that comes with a little bit of a show, dak-galbi is your dish. It's spicy stir-fried chicken with cabbage, rice cakes, sweet potatoes, and other veggies, all cooked right at your table on a large flat pan.

The sauce is rich with gochujang (Korean red chili paste), and you can even add cheese or fried rice at the end for the full experience.

Tip: The word for “spicy” in Korean is 매워요 (meh-woh-yo). If you hear someone say this, they might be warning you that the dish is spicy or asking if you're okay with heat. It's a good word to recognize, especially if you're not used to spicy food!



김치찌개 주세요 (kimchi-jee-gay-joo-seh-yo)
– “Kimchi stew, please.”

This hot, fiery-red stew is a staple in almost every Korean household and in many restaurants. Made with aged kimchi, tofu, pork, and green onions, kimchi stew is tangy, spicy, and comforting—especially when paired with a bowl of rice.

It's the kind of dish that tastes even better on cold days or when you need something to clear your sinuses. It's also a great dish to try if you're just starting to explore the world of Korean stews (jee-gay).

Bonus Phrase: 밥도 주세요. (bap-dow-joo-seh-yo)
“Rice too, please.”



감자탕 주세요 (kam-jah-tang-joo-seh-yo) – “Gamjatang, please.”

This dish is a rich, comforting stew with tender pork that falls off the bone and a bold, flavorful broth. Made

with potatoes, vegetables, and a hint of nutty perilla seed, it has a deep, satisfying taste that stands out among Korean stews. It's the kind of meal you'll crave on a chilly day—or anytime you're in the mood for something hearty and nourishing.

And here's a bonus if you've got little ones: many gamjatang restaurants in Korea are family-friendly, and some even have indoor play areas so kids can play while the adults enjoy their meal.



비빔밥 주세요 (bee-bim-bap-joo-seh-yo) – “Bibimbap, please.”

Bright, balanced, and beautiful, bibimbap (literally “mixed rice”) is one of Korea's most famous dishes. It's a bowl of warm rice topped with various seasoned vegetables, a fried egg, and often some sliced beef. It usually comes with gochujang on the side so you can mix to taste.

You can also try the hot stone bowl version, dolsot bibimbap, where the rice gets crispy on the bottom for added texture. The combination of warm rice, spicy sauce, and fresh toppings makes it a truly satisfying dish.

Fun Fact: Bibimbap is known for its beautiful presentation—each topping is carefully placed to create a rainbow of colors. This isn't just for looks: in traditional Korean medicine, the five colors (white, black, red, green, and yellow) are believed to promote balance and health in the body.

Other Handy Phrases to Know

Once you've mastered 주세요, you can build on it with a few other phrases that'll come in handy:

- 이거 주세요. (ee-go-joo-seh-yo) → “This one, please.” (Perfect for pointing at the menu.)
- 한개 주세요. (han-gay-joo-seh-yo) → “One, please.”
- 계산해 주세요. (keh- san-hey-joo-seh-yo) → “Please ring me up.”
- 물 주세요. (mool-joo-seh-yo) → “Some water, please.”
- 더 주세요. (doh-joo-seh-yo) → “More, please.” (Great for those addictive side dishes.)

Dining Culture Tips

Korean meals are often meant to be shared, so don't be surprised if you get one big dish for the table instead of individual plates. Also, many restaurants offer free refills on side dishes, so don't hesitate to ask for more (더 주세요: doh-joo-seh-yo). It's normal—and expected.

If you're dining at a place with grills, the staff might help you cook or cut the food. Just sit back and enjoy the experience.

Tip: When looking for your cutlery, chopsticks, or napkins, they could be in a communal location near a water station, or they could be in a drawer under the table. When in doubt, look around and see what others are doing!



In Summary

When asking for something, remember to use 주세요 (joo-seh-yo). It's polite, simple, and will make your dining experience much smoother. Whether you're ordering a hot bowl of kimchi stew or pointing to something on the menu you can't quite pronounce, adding 주세요 at the end of your sentence to ask politely for an item. It shows respect and makes you sound like you know some Korean!

So go ahead—walk into that Korean restaurant with confidence, order something new, and say it like a local. My biggest piece of advice? Savor as much of the food as you can while you're here—it's one of the things I'll miss most whenever I leave Korea.

If you want to pick up more Korean to use at cafés and restaurants, check out my course all about ordering food and drinks with confidence. And good news—United on the RoK Magazine readers get a special \$10 discount using the code: KOREANFOOD

Website: www.boramlanguageinstitute.com/dining



About the Author

Bianca Del Carmen was born in Las Cruces, New Mexico. As a military-connected child, she grew up all around the world, allowing her to experience many cultures. Bianca graduated from the W. P. Carey School of Business at Arizona State University with a major in Business Marketing. Bianca has lived in South Korea for over 12 years now and resides with her husband in the Daegu

area with their three children. As the founder of the Boram Language Institute, Bianca offers tailored Korean lessons to students online. If you are looking for a personal and interactive way to learn a new language and to gain a sense of “Boram/보람”, contact Bianca and join the Boram Community.

If you are looking for a personal and interactive way to learn a new language and to gain a sense of “Boram/보람”, contact Bianca and join the Boram Community.

Website: www.boramlanguageinstitute.com
Blog: <https://www.boramlanguageinstitute.com/blog>
Facebook group: Korean Language Support (for the RoK Military Community & Friends)
IG: Boram_in_Korea
YouTube: Boram_in_Korea

ONE STOP CAR RENTAL

BOOK NOW, PAY LATER

☎ 010-2450-4899

ONESTOP CAR RENTAL
99-29, ANJEONG-RI, PAENGSEONG-EUP (17978)

WhatsApp

Website

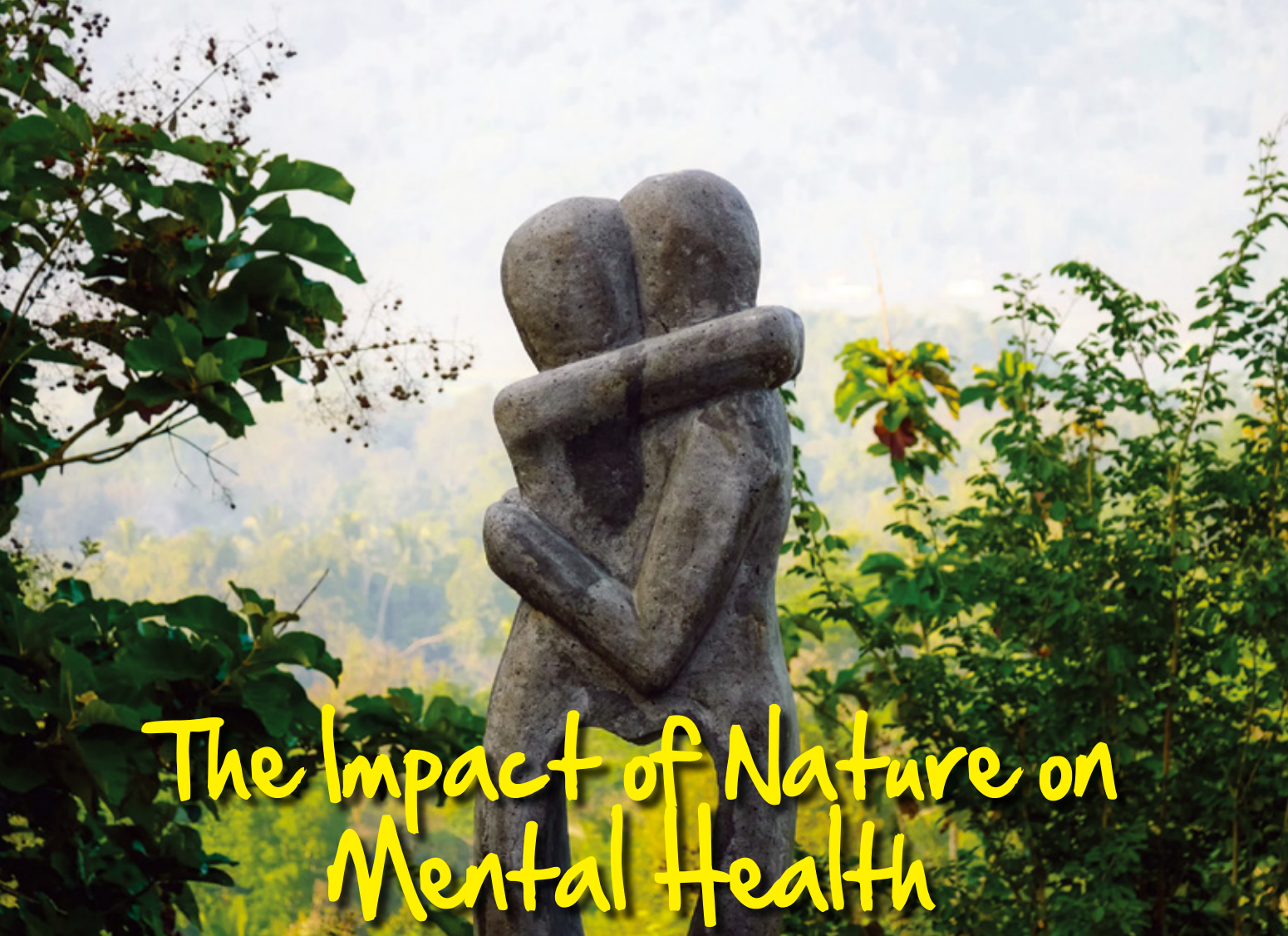
One stop car rental :
5.0 ★★★★★ (80)
Car rental agency in Pyeongtaek, South Korea · Open

You can get an additional discount when you bring this coupon.

10%

| | | |
|---|--|---|
|  Economic MORNING (KIA) \$ 40.00 30.00 |  Small Wagon RAY (KIA) \$ 45.00 35.00 |  Compact AVANTE (HYUNDAI) K3 (KIA) \$ 50.00 40.00 |
|  Medium SONATA (HYUNDAI) K5 (KIA) \$ 60.00 50.00 |  SUV SANTAFE (HYUNDAI) \$ 90.00 70.00 |  VAN CARNIVAL (KIA) STARIA (HYUNDAI) \$ 100.00 80.00 |

House for Rent 010-5428-8386
3 rooms and 2 bathrooms (5 minutes walk to Main Gate)



The Impact of Nature on Mental Health

Understanding How Time Outdoors Improves Our Well-Being

By Eunmi "Diana" Park

We all know that spending time outdoors can feel refreshing. Still, recent research has provided a deeper understanding of why nature is so good for our mental health. A study titled *The Oxytocinergic System as a Mediator of Anti-stress and Restorative Effects Induced by Nature: The Calm and Connection Theory* (Grahn, Ottosson, & Uvnäs-Moberg, 2021) reveals that nature does more than lift our spirits—it plays a crucial role in reducing stress and helping us feel more connected, calm, and rejuvenated. Let's explore how this happens and why it matters for our well-being!

What's Going on in Our Bodies?

The study focuses on a natural chemical in our bodies called oxytocin, often referred to as the "love hormone." Engaging in positive social interactions stimulates oxytocin release, such as hugging a loved one, bonding with friends, or even petting a dog. This hormone helps us feel calm, connected, and happy. The new research shows that nature, whether it's a walk in the park, a hike through the woods, or just spending time in a quiet garden—can trigger the release of oxytocin in much the same way.

The Calm and Connection Theory

The research introduces something called Calm and Connection Theory. In simple terms, this theory explains how nature impacts our mental health through two key effects:

Calm: Being in nature helps us feel relaxed. Nature provides an environment free from the noise and stress of everyday life, allowing our minds to unwind. This calm feeling lowers the levels of cortisol (a stress hormone) in our bodies, reducing feelings of anxiety and stress.

Connection: Nature also helps us feel more connected. This connection isn't just to the natural world around us but also to other people. The presence of green spaces, natural beauty, and peaceful surroundings can foster a sense of belonging and social bonding. And, as oxytocin is released, we feel more empathetic and connected to others, which is crucial for our emotional health.

How Nature Reduces Stress

In today's fast-paced world, many people experience stress, anxiety, and even feelings of isolation. The study highlights that spending time outdoors can provide a natural remedy for these common issues. Stepping outside—whether for a short walk or a longer outing—allows us to disconnect from the work pressures, screens, and social media. Our bodies naturally respond by lowering stress levels, helping restore a sense of peace.

Moreover, when surrounded by nature, our brains don't have to work as hard to process information. Unlike urban environments, full of distractions and stimuli, natural spaces offer a more calming, restorative environment. This break from overstimulation helps our minds rest and recharge, reducing stress and anxiety symptoms.

The Lasting Benefits of Nature on Mental Health

What's particularly exciting about this research is that the effects of nature aren't just short-term. The study suggests that regular exposure to natural settings may have long-lasting benefits. By boosting oxytocin levels and reducing stress, nature helps to build resilience, making it easier to handle challenges and maintain a positive outlook on life.

For people dealing with anxiety, depression, or burnout, nature can be a real game-changer for mental restoration. It offers a simple, low-cost way to improve mental health without the need for complicated treatments. Regular outdoor activity can help you feel more grounded, reduce feelings of isolation, and promote a healthier, more balanced mind.



How Can You Benefit from Nature?

You don't have to live near a forest or beach to experience the benefits of nature. Even small, everyday moments in natural environments can make a difference. Here are four simple ways to take advantage of nature's calming effects:

Take short walks in a park or around your neighborhood: Even just 10 minutes in green spaces can help reduce stress and boost your mood.

Spend time gardening: Tending to plants or flowers can



provide a sense of peace and accomplishment.

Unplug from technology: Try to leave your phone behind for a little while when you're outside, allowing yourself to focus on the sights and sounds around you.

Join outdoor activities: Whether hiking, biking, or a picnic with friends, getting outside and sharing experiences with others strengthens social connections and promotes well-being.

Take-home message

Nature is more than just a pleasant backdrop for relaxation; it's a powerful tool for mental health. The research shows that spending time outdoors can reduce stress, improve mood, and help us feel more connected to ourselves and others. By triggering the release of oxytocin, nature provides a restorative way to bring balance and well-being in our busy lives. So, the next time you feel stressed or overwhelmed, consider stepping outside. Whether it's a quiet walk or simply sitting in the sun, nature offers a simple but effective remedy for your mental health.



Source:

Grahn, P., Ottosson, J., & Uvnäs-Moberg, K. (2021). The Oxytocinergic System as a Mediator of Anti-stress and Instorative Effects Induced by Nature: The Calm and Connection Theory. *Frontiers in psychology*, 12, 617814. <https://doi.org/10.3389/fpsyg.2021.617814>

*The information provided in this article is for educational and informational purposes only and is not intended to replace professional mental health treatment or to serve as a diagnosis or treatment for any health condition. This article does not establish a client/therapist relationship between the author and the reader. Readers should consult their own licensed medical or mental health providers for personalized advice and treatment for any concerns related to their health or well-being. Always seek the guidance of your qualified professionals regarding any specific questions or concerns you may have regarding your health.



About the Author

Eunmi "Diana" Park is a Licensed Creative Arts Therapist (New York State Department of Education) and a Board-Certified Registered Art Therapist (Art Therapy Credentials Board), currently practicing as a clinical therapist at Adaptable Human Solutions in Pyeongtaek, Korea. She combines traditional and art-based assessments to tailor treatment to each client's unique needs, using approaches like CBT, Mindfulness, and Art Therapy. With a compassionate and collaborative approach, she helps clients navigate their journey toward healing and self-discovery.



For more information about mental health services at Adaptable Human Solutions, please feel free to connect with us!

AHS Phone: +82-2-749-7915
Website: www.ahskorea.com
Email: welcome@ahskorea.com

Camp Walker Comes Together for Military Kids: Purple Up Day Celebration 2025!

By Kizzie Cunningham
Center Operations Coordinator, USO Camp Walker



The Life of a Military Child

Worldwide, there are approximately 1.6 million military children, members of families that typically move every 2 to 3 years. It makes sense, then, that dandelions are the emblem of military children. Like the dandelion seed dancing in the breeze, military children board flights around the world and bloom wherever they land. Just as for military-connected adults, the lives of our youth come with their own set of unique challenges. They are asked to sacrifice a great deal, must hone their ability to adapt to different environments, and do their very best to support a service member parent who may be serving elsewhere for long stretches of time.

Month of the Military Child: A Global Celebration

The month of April is the Month of the Military Child and is celebrated at military installations around the globe. It is a crucial time to remember the bravery, resilience, and heart of the youngest members of our community. This year, celebrations around the world included the Pentagon's "Bring Your Child to Work Day", USAG Bavaria's Kinderfest offering the opportunity to have your photo taken in the Falcon Team's Helicopter, and Fort Knox putting on a school talent show.

Purple Up Day in Daegu

This April, the Daegu Middle High School sports field was abounding with youthful joy. Numerous organizations came together to celebrate Purple Up Day – honoring the military children of Area IV in Daegu, South Korea.



At USAG Daegu, the organizations of Area IV wanted to show how much we appreciate the children of our community during Purple Up Day. Hours before, tables were set up in the shade with snacks, drinks, and crafts. Sports equipment was spread out across the field. Volunteers tirelessly worked to make sure their representative organizations had everything they needed.

For our young guests of honor, the adventure started with a jump around in the bounce house to bopping music, both provided by the installation's Family and Morale, Welfare and Recreation's Outdoor Recreation department. After working up enough energy, many dove right out of the bounce house to roll straight onto the field to play one of the numerous games conducted by volunteers from the Better Opportunities for Single Soldiers organization. Whether it was basketball or taking part in the obstacle course, the choice was theirs.

After all that exercise, it was time to enjoy a cooling cup of water or Gatorade, provided by the American Red Cross. All were gifted a goody bag from Army Community Services, filled to the brim with prizes for everyone, including their own beautiful king or queen crowns. To cool down for the afternoon, our guests could then sit in the

shade at the Family and Morale, Welfare and Recreation's Library crafting table to explore their creativity. Having worked up a sufficient appetite, it was then the perfect time to head over to the USO Walker's table, where kids big and small could each pick up a bag of fresh popcorn and an ice cream float.

Topping off the entire day, everyone used that last bit of energy to take part in a giant group game of Red Light, Green Light, sprinting across the Daegu Middle High School sports fields. It was an event filled with water hose fights, beautifully made crafts, friends playing in the bright Daegu sunlight, and so much more.

Behind the Scenes: An Interview with Jo Velazquez

Purple Up was a combined effort by USO Walker, Family and Morale, Welfare and Recreation's Outdoor Recreation and Library departments, American Red Cross, Army Community Services, Better Opportunities for Single Soldiers, and DoDEA's Daegu Middle High School. We sat down with Jo Velazquez, the Center Operations Specialist at USO Walker, to discuss the preparation of the event, the day itself, and the impact of the military child.

Q. How long did the planning process take? What did it look like?

A. We started talking about the event at the end of February. We had to think about the what, the where, the when, and the how, all while keeping the goal in mind: to make the kids feel valued and appreciated, and of course to let them have fun. We had to think about the food, the cost... But our biggest worry was whether people would attend.

As far as the planning goes, we wanted to invite all the organizations. We all support the same community, and we wanted everyone to be a part of it. One of our volunteers, Diane, had mentioned bringing Band-Aids to the event, and we knew that was something the Red Cross could help with. We thought about what each organization could bring to the table, and what we [at the USO] could contribute.

The date was chosen based on when the kids finished school. It kept them occupied and happy on such a hot day. It also meant that the parents could relax a little, too, before vacation started.

Q. Which part of the day was most memorable for you?

A. Spraying the kids with the hose! And playing Red Light Green Light at the very end.

Q. What does Month of the Military Child mean to you?

A. It makes you take a step back and remember as a service member, spouse, parent... You've got kids who also have to deal with the changes and adjustments. Changes in friends, environment... they have to adjust to everything changing in their lives. It's not just the spouse doing the sacrificing, it's also the children.

Year-Round Programs for Military Kids

Q. Camp Walker USO has multiple programs year-round. Could you tell me a little about the programs specifically created for the little ones?

A. During the school year, we have "Finally Friday" where we celebrate the kids by handing them a small snack. We start at the elementary school bus stop [at Camp Walker] and then head up to the middle-high school. We get a bunch of smiles from that, we love it. Their expressions change from tiredness at the end of the day to "COOKIES!"

For our younger ones, aged 0 to 5, we have "Story Time" where we read a book together and then create a craft. They get to go on an adventure through the book. Then, with the craft, they get to explore their senses through their hands and exercise their motor skills. This event also allows parents to relax, too, and meet other military spouses.

During summer, we have "Crafternoons", which is tailored towards kids of all ages. They get to create a craft, eat a snack, meet and mingle with their friends... It's an opportunity for them to meet and make friends with others; the parents get that same opportunity, too.

Gratitude and Opportunities to Get Involved

A huge thank you goes out to the organizations that took part in Purple Up. And to our military kids... thank you so much for everything you do!

Purple Up is just one of many programs hosted by the USO. Some of the most popular programs include the biannual baby shower, "Coffee Connections" for military spouses, "Lunch on the Go" at Camp Walker, and "Motor Pool Monday" at Camp Carroll. To see which events are planned for the month, please visit the Camp Walker USO Facebook page or visit our center. We are located in Building 318, across from Hilltop Restaurant.

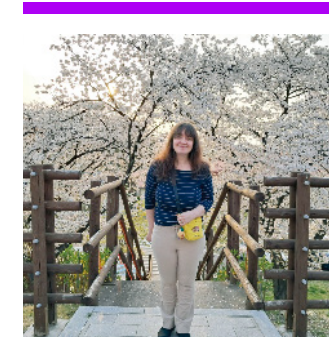
Area IV has two USO locations, one each at Camp Walker and Camp Carroll. Both locations have a variety of amenities for active-duty service members, retirees, and their families. This includes free snacks, PCs with printing access, gaming consoles, a lounge and dining area, calls home, local area information, and more.

Even if you aren't in the Daegu area, your local USO has amazing programming tailored to support your community.

Volunteers are the backbone of the USO. You, too, can volunteer with us at events such as Purple Up. It is a great way of getting involved in the community, meeting new people, developing skills, and looks excellent on a resume! If interested, please stop by our center at Camp Walker or your installation!

Head to our website for more information.

USO Volunteer Community Website: <https://volunteers.uso.org>



About the Author

Kezziah "Kizzie" Cunningham is the Center Operations Coordinator at USO Camp Walker and a proud military spouse who has been in South Korea since January 2025. Her favorite part of working for the USO is seeing the smiling faces of service members and their families at the various events. She is passionate about writing, traveling, and volunteering.

Canadian Valor in Korea: Marking 75 Years of Service and Sacrifice

By Cord Scott, UMGC Okinawa



Canada has been at a unique cross-section of Western history. Canada holds this position by being both a member of the Commonwealth of Nations—an organization primarily composed of former British colonies—and sharing the world's longest undefended border with the United States. They were a founding member of the North Atlantic Treaty Organization (NATO) in 1949, and their role in the United Nations peacekeeping operations has been well established throughout history. It is no surprise, therefore, that the Canadian forces had a role to play in the fighting of the Korean War.

The Canadian units tasked with going to Korea were first activated in the summer of 1950. However, given the need to equip, train, and then bring them to Korea, the process was slow. The original request was for the Canadians to form the 25th Canadian Infantry Brigade Group (CIBG). As training commenced for the brigade, the war in late 1950 seemed almost over, so a unit was sent over before. This unit was the second battalion, Princess Patricia's Canadian Light Infantry (2PPCLI). Additionally, the Canadians would later send the Royal Canadian Regiment, as well as the 2R22eR, the Royal 22nd Regiment of Quebec, commonly known as the Van Doos as part of the 25th CIBG. All of these regiments had fought with distinction in WWII. However, the manner in which they were composed was somewhat disjointed, and so the units were deployed in stages. They eventually were sent from their home bases in Canada to Fort Lewis, Washington, before eventually being loaded onto transports and shipped to Busan. Once at Busan, the Canadian forces eventually made their way up to the front and started patrols in February of 1951.

For any of the United Nations markers, their location is often determined by their "defining" battle. For the Canadians, it is near the town of Kapyong, north of Seoul. It was here in April 1951 that the PPCLI, 3rd Battalion, Royal Australian Regiment (3 RAR), and the attached United States units of the 1st Marine Division fought off a Chinese assault. What made this defense even more important was the artillery support from the Australians a few miles away to the East.

One of the most decorated Canadian indigenous soldiers also continued his career here as a member of the 1st Battalion, Royal Winnipeg Rifles, part of the Canadian Army. Tommy Prince, known in Ojibwe as "Dagomen" (meaning "the chief who never dies"), was from Manitoba, Canada, and a member of the Ojibwe Nation. He had served with distinction not only in the Canadian Army of WWII, but also with the joint manned First Special Service Force during WWII. This unit, which was made up of US and Canadian troops, trained in commando tactics, served



▲ Canadian Korean War Memorial Garden, Gapyeong, South Korea. (Photo: Veterans Affairs Canada)

with distinction, and was feared by the enemy for their stealth and tenacity, in Italy. For his actions on February 8, 1944, near Littoria, Italy, Prince was awarded the Military Medal by the United Kingdom. He was also awarded the Silver Star by the United States for his reconnaissance mission in France on September 1, 1944, one of only three Canadians to hold both awards. On the evening of April 22-23, 1951, the Canadians and Australian artillery held off a spirited Chinese attack, which in turn prevented them from pushing further south. On April 26, 1951, the PPCLI was pulled from the front line. Their exploits and spirited defense were recognized by US forces, and both the RAR and 2PPCLI were awarded the US Presidential Unit Citation. The 2nd Battalion of the PPCLI is the only Canadian battalion to receive this award. In all, elements of the 25th CIBG served until the armistice was signed in 1953.

While the Canadian forces served in the Kapyong area and prevented a breakthrough during the battle of Kapyong in April 1951, there were also contributions from the Canadian Navy and Canadian Air Force. The HMCS Cayuga took part in an enemy bombardment of the port of Yosu (modern day Yeosu) in August 1950. The Royal Canadian Air Force (RCAF) flew support missions from the US to Hawaii or Japan for much of the war, but some fighter pilots from the RCAF did take part in Combat. Flight Lieutenant Ernest Glover flew 58 combat missions and was credited with three MiGs shot down. Unique Canadian practices even occurred in Korea. During the winter of 1952, members of the unit played several games of ice hockey on the frozen Imjin River.

In all, the Canadians contributed close to 22,000 servicemen to the Korean theatre during the war, with losses totaling 312 killed, 1,202 wounded, and 32 taken prisoner. As Dr. David Borys noted in his book *Punching Above Our Weight: The Canadian Military at War since 1867*, the Canadians were able to contribute to the war effort in a manner of strength and agility, and continue to do so.



▲ Ernest Glover. (Photo: Canada Remembers)



▲ Sergeant Tommy Prince (R), M.M., 1st Canadian Parachute Battalion, with his brother, Private Morris Prince, at an investiture at Buckingham Palace. (Photo: Library and Archives Canada PA-3191550)



A Mural Scavenger Hunt for All Ages

By Sarah Symbolist

One of my favorite things to do in South Korea is simply to walk. There's something magical about wandering through alleyways and uncovering little treasures tucked away around town. If you live near Osan Air Base, you've probably seen the colorful wall murals in the SED by the train tracks—they're hard to miss. But did you know there are at least eight other themed murals scattered throughout Songtan? These playful pieces are hidden in plain sight across the neighborhood, just waiting to be discovered. It's like a mini art adventure right in our own backyard. So lace up your comfiest shoes and join me on a fun, family-friendly walking tour of Songtan's street art! I like to kick things off at Songtan Station and wind my way through town, ending up closer to the Songtan Entertainment District Gate of Osan Air Base.

1. WORLD TOUR MURAL (세계여행 벽화)

Just one street over from Songsin Elementary School (송신초등학교), you'll find the vibrant World Tour mural. This colorful display showcases 14 countries from around the globe, with each one labeled in both English and Hangul, along with fun facts such as population and size. Each section highlights something iconic, like the Statue of Liberty for the United States or a moose for Canada. It's a great way to spark curiosity and conversations with kids while exploring the neighborhood. How many of these countries have you visited—and which ones would you like to see in the future?

2. GAROSU-GIL MURAL (가로수길 벽화)

Continue walking past the Vietnam section of the World Tour mural, and you'll notice a pink painted line

winding its way along the houses. "Garosu-gil" means "tree-lined street" in Korean, and this mural lives up to the name with paintings of cherry blossoms, ginkgo trees, and dreamy, nature-filled scenes. Some parts are painted at kid-height, making it an interactive stop, perfect for a quick photo or a pretend swing on a painted tree.

3. FLOWER MURAL (꽃길 벽화)

Just before you reach the church, keep an eye out for a small pink floral sign marking the entrance to mural #3, tucked away in a narrow alleyway. It's easy to miss—but worth the turn. The alley is filled with painted cherry blossoms and floral designs stretching along the walls, adding bursts of pink to the brick surroundings. Keep your eyes peeled for a fun hidden detail: a bouquet of balloons tucked into the mural.

4. BOOK PLAYGROUND MURAL (책 놀이터 벽화)

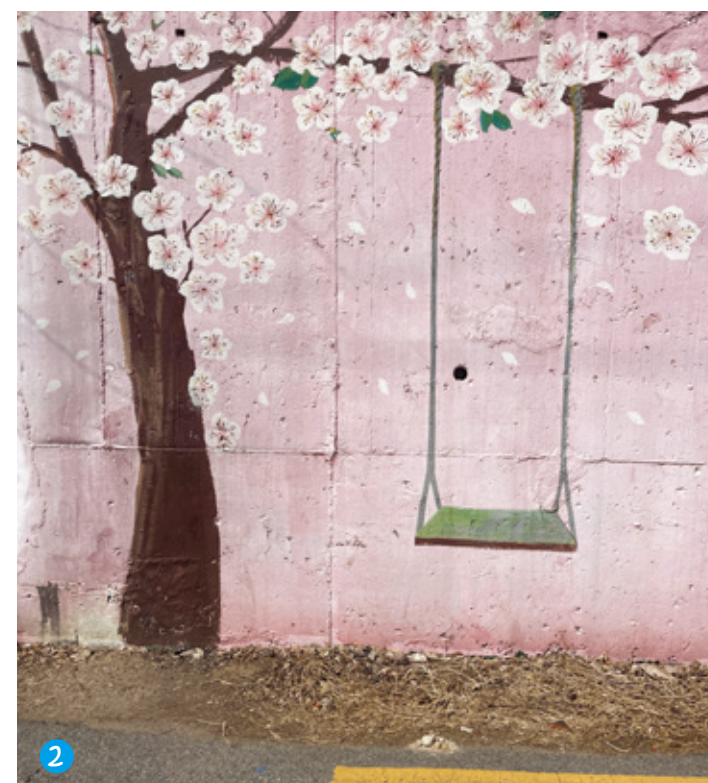
At the bottom of the hill, turn left and walk uphill once again. On your left, you'll find painted stacks of books along the wall, accompanied by inspiring Hangul quotes about the joy of reading. At the top of the hill, the Book Playground Mural awaits a single wall painted to resemble a giant bookshelf, with book titles displayed along its spines in both English and Hangul. It's a charming tribute to literature and imagination.

5. FAMOUS PAINTING MURAL (명화거리 벽화)

Just past the book mural, you'll reach the final stop on the mural walk: mural #5 – the Famous Painting Mural. This section features iconic works from renowned artists, including Leonardo da Vinci, Alfred Sisley, and Vincent van Gogh. Each painting is labeled in both English and Hangul, except for one. Can you find Van Gogh? This vibrant, art-filled finale wraps up your art walk with a touch of classical beauty.

If you're looking for a free, fun, and semi-educational way to spend a summer day with your kids, Songtan's mural trail is the perfect adventure. Turn it into a creative scavenger hunt, practice reading signs in Hangul and English, or simply enjoy the colorful scenes together. With surprises tucked around every corner, it's an easy way to keep kids engaged and learning while enjoying the sunshine.

As you explore Songtan's mural trail, remember to be respectful of the local community. Keep loud noises to a minimum, as these are all residential areas, and always be considerate of the people who live nearby. Please be mindful not to litter or damage any of the beautiful art-





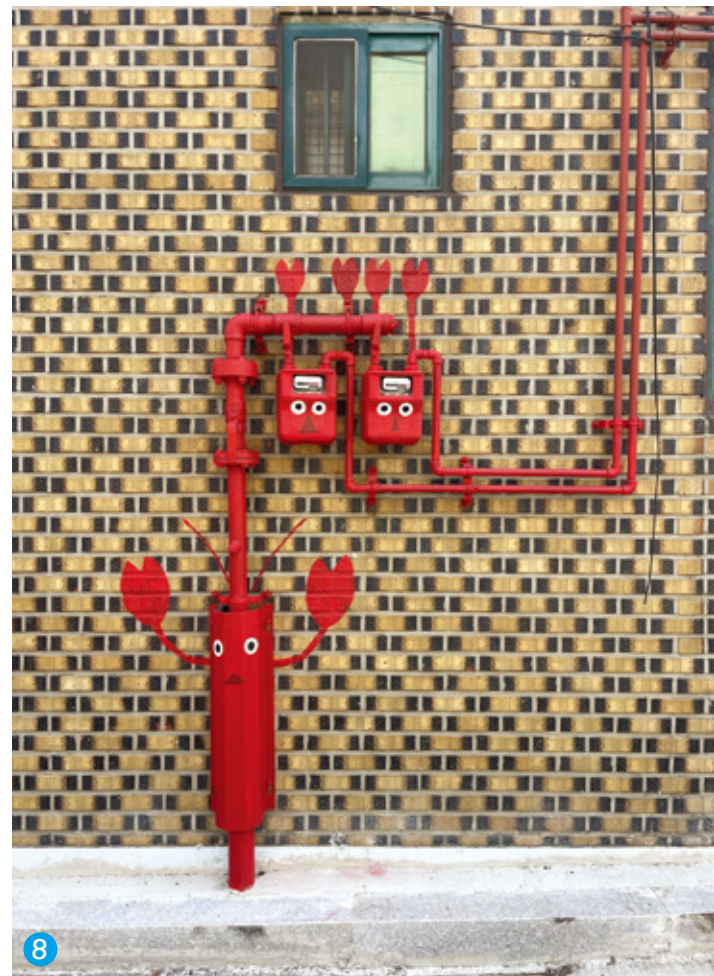
3



5



8



8



6



7



8



8



work. Let's all do our part to keep these murals vibrant and enjoyable for everyone! Happy exploring!

6. ART MUSEUM MURAL (미술관거리 벽화)

This stretch of road feels like an open-air art gallery, with each piece framed and carefully labeled with its title, the artist's name, and the century in which it was created. Several of the artworks featured here come from the Pungsokdo album by Sin Yun-bok (해원 신윤복), a renowned Korean painter from the Joseon period known for his vivid and detailed depictions of everyday life.

7. SUNFLOWER MURAL (해바라기길 벽화)

Again, instead of continuing in numerical order, we're jumping to mural #7, just up the street. The

sunflower mural was actually the first one I discovered—completely by accident—a few years ago. My oldest sister passed away years ago, and sunflowers were always her favorite flowers. Seeing them felt like a sign from her, like she was reminding me that I can still find her, even when I'm far from home.

One long wall of sunflowers lines the left side of the road, each one in varying sizes. Depending on the time of year, real vines creep over parts of the mural, and in spring, yellow wildflowers bloom on top of the wall, spilling petals over the painted sunflowers below. It's a beautiful blend of reality and imagination.

At the top of the steep hill, you'll reach an intersection of streets. Turn around and head back downhill; stay on the road to the right to reach your next stop.

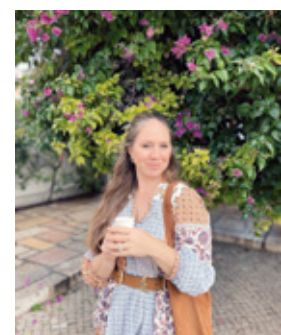
8. THEME VILLAGE MURAL (테마마을 벽화)

Woven into the center of the Garosu-gil mural is a colorful surprise—mural #8, the newest addition to Songtan's mural trail: the Theme Village Mural. And hidden within it? Mario! In fact, there are four Marios scattered throughout this section—can you find them all? Another fun photo opportunity for kids—several fold-down benches are built onto the walls, allowing you to sit right in the middle of the artwork for a unique and interactive picture.

Follow the gray-painted brick path through the middle of the mural block to the main road, then cross the street to find even more painted walls, including bright pink backdrops and whimsical animals.

Though out of order, visiting mural #8 now makes logistical sense, as it sits conveniently between murals #1 and #2. From here, follow the road in the direction of 송탄제일교회 (Songtan First Church), easily spotted by its yellow cross on the hill.

This Naver pin will bring you to the intersection of murals #1, 2, and 8. Gyeonggi-do Pyeongtaek-si Sinjang-dong 269-271 <https://naver.me/5EUj6qUJ>



About the Author

Sarah earned her bachelor's degree from the University of North Texas in Fashion Merchandising. She is married to her high school sweetheart and raising two fearless daughters. When she's not busy managing family life, you can find her browsing thrift stores, biking or hiking to discover new coffee shops, planning her next vacation adventure and writing about it all on her blog at www.sarahsymbolist.com

Songtan Mural Trail Scavenger Hunt

How many of these can you find?
Check them off as you go!

✓ World Tour Mural

- ☐ Find the Statue of Liberty
- ☐ Spot a moose
- ☐ What country would you like to visit?

✓ Art Museum Mural

- ☐ Find a painting from Sin Yun-bok (해원 신윤복)
- ☐ Which century is it from?
- ☐ Look for a painting that shows everyday Korean life

✓ Garosu-gil Mural

- ☐ Take a picture beneath the painted ginkgo tree
- ☐ Find a cherry blossom tree
- ☐ Take a photo on the tree swing mural

✓ Book Playground Mural

- ☐ Find a book title in English
- ☐ Find a book title in Hangul
- ☐ Count how many book spines are painted

✓ Theme Village Mural (Mario!)

- ☐ How many Marios can you spot?
- ☐ Take a picture with Mario
- ☐ Look for a painted animal

✓ Famous Painting Mural

- ☐ Find Leonardo da Vinci's artwork
- ☐ Look for an artist's name written only in Hangul
- ☐ Which painting do you like best?

✓ Flower Mural (Alleyway)

- ☐ Find the cherry blossom mural
- ☐ Spot the bouquet of balloons
- ☐ Look for the pink floral sign

✓ Sunflower Mural

- ☐ Count how many sunflowers you can see
- ☐ Take a picture of your favorite sunflower
- ☐ Spot the wildflowers on top of the wall

Bonus Activities:

- Take a picture at your favorite mural
- Try saying "mural" in Korean: 벽화 (byeokhwa)
- Write down your top 3 favorite murals!

Tech Apps for Newcomers

Installation and Base Support



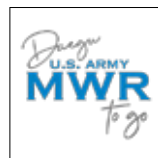
My Army Post

Get and share timely and accurate information about your Army Post; set your home post and most commonly used gates to get push notifications for gate traffic and closures! Through the My Army Post app you can access newcomers guides, bus routes, ArMA, HMS Genesis, your installation's gate information, event information, and so much more. This app is the #1 App for military-connected individuals in South Korea.



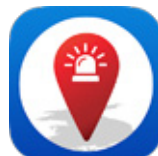
The USO

The USO app gives service members and their families the ability to find USO locations, discover USO programs, and quickly check-in on arrival at participating USOs.



MWR Daegu

Digital app with its own online ordering app.



Emergency Ready App

This Service provides emergency shelters for safe evacuation in case of disaster and First aid.

Travel and Entertainment



Visit Korea

Apps that provide all the information tourists may need when traveling to Korea such as finding directions and public transportation information, and emergency contacts to make their trip more convenient and safe.



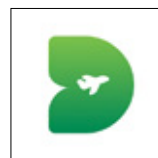
Visit Seoul - Official Guide

Explore the ins and out of Seoul with the optimized mobile platform of the Visit Seoul app.



Agoda: Cheap Flights & Hotels

Agoda is your ultimate holiday planner. Find cheap flights and affordable hotels and accommodations in just a few taps! The Agoda app is your best tool for finding and booking travel deals, anywhere in the world. Book flights on Agoda for domestic and international routes seamlessly.



Daegu Trip

Daegu travel integration platform.



ArirangTV

This free app for phones lets you watch Arirang TV live 24/7 and the past episodes of Arirang program. Also, you can get the latest world and Korea video news from business to k-pop, sports.



Arirang Radio

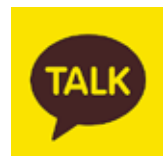
Arirang Radio is Korea's first all-English radio station, providing facts and information on Korea for foreigners. Arirang Radio is broadcast 24 hours a day. The station delivers an eclectic array of music, including traditional, classic, pop, mainstream, world music, as well as information, including the news, current affairs, culture, life, weather and traffic.

Communication and Translation



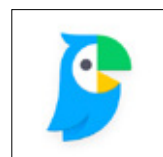
WhatsApp Messenger

WhatsApp from Meta is a FREE messaging and video calling app. It's used by over 2B people in more than 180 countries. It's simple, reliable, and private, so you can easily keep in touch with your friends and family. WhatsApp works across mobile and desktop even on slow connections, with no subscription fees.



KakaoTalk : Messenger

With more than 150 Million users worldwide, KakaoTalk is a messenger app connecting people and the world. It works across mobile, desktop and wearable devices. Enjoy KakaoTalk anytime, anywhere in real-time!



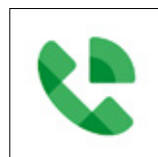
Naver Papago - AI Translator

Whenever you need translation during your travels, business trips or while studying a language just bring Papago, a smart parrot who can translate multiple languages for you.



Mango Languages Learning

Language is an Adventure. Learn languages in a fun and efficient way with real-life conversations, native-speaker audio and cultural context. Mango app will make you speak like a local in a blink of an eye. Mango is a convenient and simple foreign language learning app that features authentic content, interactive features, and an algorithmic review activity designed to adapt to your individual learning path. Forget about boring language lessons in a classroom, digitize your experience with Mango!



Google Voice

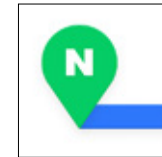
Google Voice gives you a phone number for calling, text messaging, and voicemail. It works on smartphones and computers, and syncs across your devices so you can use the app in the office, at home, or on the go.

Transportation and Navigation



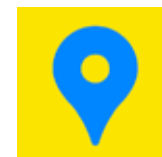
Waze

Community-driven navigation app that helps millions of users with real-time road alerts and up-to-date maps. Waze saves time by notifying you of traffic, construction, crashes, police, and more. From reroutes to safety updates and low gas prices, Waze is drivers helping drivers. Most useful on U.S. installations in Korea; may be less accurate on local roads.



NAVER - Map / Navigation

South Korea's GPS navigation



KakaoMap - Map / Navigation

KakaoMap will show you the fastest routes in Korea! With KakaoMap, you can find everything you want in a map app, from directions to hot restaurants and local attractions, and more!



Subway Korea

A must-have free app for subway travel in Korea, has completely reborn with new features and newly-designed UI that supports iPhone 8, iPhone 8 plus, iPhone X and iPad pro 3. Subway users will experience with upgraded usability, real-time transit information, vector-based map that can be zoomed at any zoom level, dashboard that provides useful information at a glance, and bookmark for frequently-used routes/stations/exits.



Subway Korea(route navigation)

The Subway Korea app provides the fastest and most accurate subway station timetable among all the public transit and subway map apps.



Exchange taxi : exchange, taxi

Taxi matching application that can be used within USFK troops.



Kakao T - Taxi, Driver, Bike

Kakao T innovates our lives to become more comfortable, fun, and valuable, without any concerns on mobility.



Tmoney Go

An integrated mobile platform in your hands! Experience a mobility life that adds to your life with the new T-money GO. Just register your transportation card and use public transportation to earn rewards! Check your own traffic data through your registered transportation card!



Korailtalk

Korail train ticket reservation service in English, Chinese and Japanese.

Shopping, Food, Miscellaneous



GMarket Global

Korean No.1 Shopping destination, Gmarket Global. A wide range of Korean products at affordable prices!



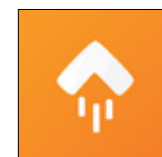
Coupang

Coupang is the perfect place for savvy shoppers. Baby, Kids, Fashion, Beauty, Home & Kitchen and Electronics, you name it! We have millions of items in our selection and we can also deliver them to your doorstep faster and cheaper than anybody else.



MyExchangeFood

Find your favorite restaurants on the app directly. Enjoy the online ordering experience.



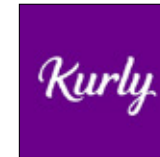
Shuttle

Browse restaurants, bakeries, and shops across Korea available for pickup & delivery. We deliver on-demand food from your neighborhood's best restaurants, so you can enjoy great food in the comfort of your home, office, or wherever you happen to be.



Coupang Eats - Food Delivery

Browse eateries and take advantage of Coupang member discounts.



Market Kurly

From everyday ingredients harvested on the same day to products with rare value, Kurly has been leading a new food culture through Morning Star Delivery.



IQAir AirVisual | Air Quality

The most trusted and reliable air quality information from the world's leading air pollution data provider. Covering 500,000+ locations from a global network of government monitoring stations and IQAir's own validated sensors. Recommended for sensitive people (allergies, asthma, etc), a must-have for families and great for athletes, runners, cyclists and outdoor sports activities. Plan the healthiest day with health recommendations, 48-hour forecasts, and check the real-time global air quality map.



Air Matters

Realtime broadcasting air quality information for more than 180 countries.

The Delish Dish
맛있게 드세요

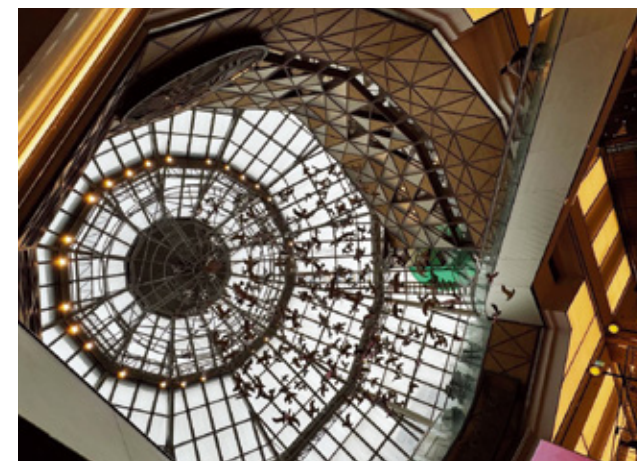
Buddha's Belly at Famille Station in Seoul's Express Bus Terminal

By Kate Nelson

M If you've lived in Korea for any length of time, there's no doubt that you've heard of or have been to the Express Bus Terminal. You can purchase tickets for a bus that leads anywhere in the peninsula and stop in for various purchases at the indoor Fashion Street.

Did you know about the secret eatery called the "Famille Station Station?" This delicious surprise is tucked away behind Shinsegae and the boarding area for the buses. It contains a variety of restaurant choices with international themes. It is organized as an airy mall containing eateries, but you must go on a treasure hunt to find it. Please check out the beautiful architecture and arcade choices along the way.

Our delicious meal from Buddha's Belly was Thai with choices of seafood, chicken, and others. It was a tranquil dining area, full of windows to look out into the sunny lobby connecting several other eateries. Food service was quick, and the spices were intense. They boast vegetarian options for anyone who wishes.



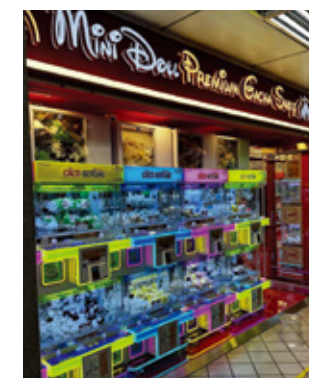
EXTRAS: Open daily 10:00 – 22:00. Accessible for people with disabilities.

DIRECTIONS: From the Express Bus Terminal Metro Station, Exit 4. Head towards the Food Hall of Shinsegae Department Store. Go past the bus boarding areas into the Famille Station.

[NAVER Map] Famille Station
118-1 Banpo-dong Seocho-gu Seoul
<https://naver.me/G58aVjqE>

About the Author

Kate enjoys experiencing new cultures and worldviews while sharing the love of God. As a military spouse, she encourages her children to bloom where planted and enjoy the 'now' moment in their lives. She is a graduate of Eastern Mennonite and Liberty University.



Globaly Recognized Water.
Supplied to the USFK
as the Official Drinking Water.

FREE DELIVERY SERVICE

070-7580-1839
(Osan AB)

010-5753-8801
(Off Base)

AAFES Osan
BX Mall
(Next to Starbucks)

HITE JINRO SEOKSOO
AAFES WATER SHOP

Sokcho

Where Mountains Meet the Sea — A Gateway to Nature, Reflection, and Discovery

By Jetta Allen



This statue of the Asiatic black bear, with its signature chest crescent, welcomes visitors at the entrance of Seoraksan National Park.

For service members and their families stationed in Korea, time off is precious — a chance to decompress, reconnect, and explore the incredible blend of nature, culture, and history this country offers. If you're looking for a weekend destination that captures Korea's mountain views, historical depth, and coastal beaches all in one, set your sights on Sokcho.

Located on Korea's northeastern coast in Gangwon Province, Sokcho is a rare gem — a city where the dramatic peaks of Seoraksan National Park spill down toward the East Sea, and where the line between adventure and serenity is delightfully blurred. Sokcho offers something unique: a space where the mountains meet the beach, the past meets the present, and the edge of one world brushes against another. Our trips to Sokcho never disappoint!

Seoraksan: A National Treasure Within Reach

The centerpiece of Sokcho's natural allure is undoubtedly Seoraksan National Park. As a UNESCO-designated biosphere reserve and one of Korea's most celebrated hiking destinations, it should be on everyone's Korea bucket list. What's even better is that it is just minutes from downtown Sokcho! Within the national park are over 1,500

service members and their

families stationed in Korea, time off is precious — a chance to de-

compress, reconnect, and explore the incredible blend of nature, culture, and history this country offers. If you're looking for a weekend destination that captures Korea's mountain views, historical depth, and coastal beaches all in one, set your sights on Sokcho.

Located on Korea's northeastern coast in Gangwon Province, Sokcho is a rare gem — a city where the dramatic peaks of Seoraksan National Park spill down toward the East Sea, and where the line between adventure and serenity is delightfully blurred. Sokcho offers something unique: a space where the mountains meet the beach, the past meets the present, and the edge of one world brushes against another. Our trips to Sokcho never disappoint!

Seoraksan: A National Treasure Within Reach

The centerpiece of Sokcho's natural allure is undoubtedly Seoraksan National Park. As a UNESCO-designated biosphere reserve and one of Korea's most celebrated hiking destinations, it should be on everyone's Korea bucket list. What's even better is that it is just minutes from downtown Sokcho! Within the national park are over 1,500



Soar above Seoraksan's peaks aboard the cable car for panoramic views of mountains, temples, and the sea — no hiking boots required.

species of animals and over 1,000 species of plant life. Seoraksan's granite spires, lush forests, and well-marked trails cater to every kind of explorer, from casual strollers to serious climbers. Trails also vary in composition, some being paved, others gravel, dirt, or made of a collection of large or small stones. This national park has something for all ability levels and can accommodate a wide range of accessibility needs. If you are using a stroller, walker, or wheelchair, some trails and paths can accommodate you as well!

Tucked within Seoraksan National Park is Sinheungsa Temple, a serene sanctuary that offers more than just a peaceful rest stop for hikers — it carries deep cultural and symbolic weight. Near its gates stands the Unification Great Buddha, an immense bronze statue that is a symbol of hope for peace and reunification of Korea. Inside the statue are sacred relics, including depictions of the Thousand-Handed Avalokitesvara, representing compassion and protection. Surrounding the Buddha are stone Arhats, each posed in meditation, reinforcing the message of unity and reflection.

If you're an adventurer, head up the scenic trail within Seoraksan National Park that leads to Biryong Falls, a waterfall named for the "flying dragon" it is said to



The Unification Great Buddha at Sinheungsa Temple stands as a serene symbol of peace, compassion, and hope for the reunification of Korea.

resemble as it crashes down the rocks. While the walk starts easily enough, about halfway up, the easy trail becomes more challenging. The trail drastically becomes steeper and more rugged, requiring a climb over large rocks. This trail became a personal challenge for me that was met with cheers as we made it to the top!

If you're not up for a steep trek, the Seoraksan Cable Car makes it easy to experience panoramic views of the Gwongseumseong Fortress and many mountain ranges. The ride lifts you high above the forest canopy, offering a stunning aerial perspective of the park with its mountains, temples, and the East Sea shimmering beyond. In spring, summer, fall, or winter, the view provides a moment of awe worth remembering.

Sokcho Beach and the Sokcho Eye: Coastal Calm and Perspective

After the heights of Seoraksan, wind down with a stroll along Sokcho Beach, known for its clean sands and clear blue waters. Unlike Korea's more crowded southern shores, Sokcho Beach has a laid-back feel that makes it perfect for relaxing or watching the sun rise dramatically over the sea.



Named for the "flying dragon" it resembles, Biryong Falls rewards hikers with a powerful cascade framed by Seoraksan's rugged beauty.



From fresh red snow crab to sizzling shrimp skewers, Sokcho's seafood scene is a delicious ritual not to be missed.

Nearby, the Sokcho Eye, a 65-meter-tall Ferris wheel, offers an unexpected but welcome shift in perspective. From your enclosed bubble capsule, you slowly make your way up, taking in the views of the coastline, cityscape, and mountains — all within a single, but slow turn. It's a reminder of how Sokcho elegantly bridges nature and urban life. I recommend riding the Sokcho Eye at sunset!

One of my fondest memories from our trip to Sokcho Beach was my son enjoying the sun and sand. No shovels. No toys. No squirt guns. Just his hands digging in the sand, playing with his dad. As I watched, they soon hatched a plan to bury me in the sand. Thankfully, they didn't want to cover me completely!

In Sokcho, seafood isn't just a meal, it's a ritual. At dawn, the piers hum with the clatter of fishmongers setting up stalls, trays brimming with glistening crab and plump, translucent shrimp still wriggling with freshness. Sokcho's famed red snow crab has a sweet, briny, and buttery taste that is the crown jewel of any meal. It's best enjoyed freshly steamed with a side of dipping salt and a cold glass of soju. Shrimp lovers, meanwhile, flock



Simple moments, big memories — playing in the sand with my son made Sokcho feel like home away from home.

to street vendors near Jungang Market, where skewers sizzle over open flames, brushed with garlicky or chili marinades that caramelize into perfection. My favorite was the tropical shrimp boxes with tasty shrimp, fruit, and a slice of garlic bread.

Eyes on the Horizon: The DMZ Observatory

Just a short drive north of Sokcho lies a place that brings Korea's complex past and ongoing tension into sharp focus: the DMZ Unification Observatory near Goseong. Here, from fortified observation decks, visitors can look across the border into North Korea — a surreal and sobering experience. The observatory offers a rare glimpse at one of the most heavily guarded borders in the world, while also promoting messages of peace, hope, and reunification. For military personnel and their families, especially, it's a meaningful stop that grounds the reality of our mission here in Korea.

Just minutes from the DMZ Unification Observatory, the 6.25 War Memorial Museum offers a sobering and informative look at the Korean War, known locally as the "6.25 War" because of its June 25th start date. Through exhibits, artifacts, and multimedia displays, the muse-

um traces the conflict's impact on the peninsula and the enduring legacy of division. It's a powerful stop that adds context to the nearby border views, reminding visitors that the scenery comes with a history not to be forgotten. Inside one display case are the remains of a recovered soldier—a powerful, quiet tribute to the profound human cost of the Korean War. A nearby sign notes that over 130,000 fallen soldiers were left behind in Korea's mountains and fields, and to date, only about 1% have been recovered. Countless others remain missing, with ongoing efforts to return them to their families and honor their sacrifice.

Throughout our time in Korea, we have visited many locations along the DMZ, including the Joint Security Area. I strongly urge all readers to visit somewhere along the DMZ at least once during your time in Korea. With each visit, we've gained deeper insight into Korea's past and how so many are waiting to one day reunite with friends, loved ones, and distant relatives.

Why Sokcho Should Be on Your Radar

Sokcho is more than a tourist spot — it's a destination that seems to renew my soul with each visit. Whether you're in the mood to chase mountain trails, unwind by the sea, or take in the weight of Korea's history just miles from the border, Sokcho offers it all in one unforgettable destination.

It's easy to reach from most installations via car or bus, making it an ideal weekend escape. Whether you're savoring a bowl of fresh seafood stew at a harbor-side market, standing atop a wind-blasted ridge in Seoraksan, or quietly gazing across the DMZ, Sokcho leaves an impression — one that lingers long after you've returned home.

In Sokcho, nature and history collide beautifully. Visit Sokcho, whether you're a single adult, a couple, or here with children; everyone can enjoy this area. It's where you can truly feel the heart of Korea, from the mountaintop to the shoreline, and all the way to the horizon.



About the Author
Jetta Allen is the Editor in Chief of United on the RoK Magazine and the 2025 Armed Forces Insurance Military Spouse of the Year for USAG Humphreys. She has been a driving force in South Korea's military community since 2019. What began as authoring a support column for the Exceptional Family Member Program evolved into a multifaceted role combining her talents in writing, photography, and content creation. Beyond her editorial duties, Jetta is passionate about advocating for the civil rights of military families, fostering community connections, and exploring Korean culture with her family.



From this vantage point, visitors glimpse the tense but hopeful border between North and South Korea—a place where history and hope meet.



This tank stands as a testament to the courage and sacrifice of those who fought in the Korean War.



The solemn remains of a fallen soldier—an enduring tribute to the human cost of war and a call to remember their sacrifice for freedom.

EXPLORING SOKCHO

By Jetta Allen

MUST SEE PLACES

- 1. Seoraksan Mountain Natural Reserve
- 2. Sokcho Beach

Fun Entertainment

- 1. Cheoksan Foot Spa Park
- 2. Sokcho Expo Tower
- 3. Sokcho Eye Ferris Wheel
- 4. Cheongcho Lake
- 5. Museum X Media Playground
- 6. Seoraksan Cable Automobile
- 7. Sokcho Seorak Sunrise Park

FOR CHILDREN

- 1. Seorak Waterpia Water Park
- 2. Teddy Bear Farm
- 3. Champion R HANWHA RESORT SEORAK Store

MUSEUMS AND CULTURE

- 1. Naksansa Temple
- 2. Yeonggeumjeong Pavilion
- 3. Seorak Cinerma: Film Theme Park
- 4. Sinheungsa Temple
- 5. Sokcho Lighthouse
- 6. Abai Village
- 7. National Mountain Museum
- 8. Seokbong Ceramic Museum
- 9. Sokcho City Museum



SHOPPING

- 1. Sokcho Central Market
- 2. Sokcho Tourist Fish Market
- 3. Cookie Castle Sokcho





Navigating Korean Beauty Standards as a Plus-Size Woman: My Journey to Health, Self-Love, and Confidence

By Krystal Key

Living in Korea as a plus-size woman has been both an eye-opening and transformative experience. Korean beauty standards emphasize being slim, petite, and well-groomed at all times, which can feel intimidating. Clothes are often made in limited sizes, diet culture is deeply ingrained, and public discussions about weight are far more common than in the West. However, rather than letting these standards bring me down, I have used them as motivation to redefine beauty on my own terms.

Through my fitness journey, self-care experiences, and content creation, I want to show others that beauty is not about fitting into a mold. It is about feeling good, being healthy, and embracing the best version of yourself—whatever that looks like for you.

My Fitness and Weight Loss Journey in Korea

When I first moved to Korea, I noticed how active people are. From walking everywhere to packed gyms and trending diet plans, fitness is a major part of the culture. Initially, I felt out of place in workout spaces where most people were much smaller than me, but I quickly realized I was not working out for them. I was working out for myself.

I started lifting weights, doing cardio, and trying out different workouts that helped me build strength and confidence. At one point, I experimented with extreme diets out of curiosity, including some of the well-known K-pop idol meal plans. Let me just say, they are not sustainable. What has truly worked for me is consistency, balance, and finding joy in movement.

While I love working out and seeing progress, I also believe in balance. I eat well, but I do not deprive myself. If I want Korean BBQ or a dessert, I will enjoy it without guilt. The key is making choices that align with my long-term goals while still enjoying life.

Korea's Affordable Wellness and Beauty Treatments

In Korea, beauty and wellness treatments are accessible and affordable. Back home, things like body contouring, facials, and weight loss treatments can be extremely expensive. Here, many of these services are reasonably priced and widely available, making self-care much more attainable.

I believe in treating myself, so I visit weight loss clinics for non-invasive treatments, go to spas for relaxation, and explore skincare clinics to keep my skin healthy. I have collaborated with clinics like Abijou, Endiet, Dr. Petit, and Xenia, where I have shared my experiences with different treatments that help me feel my best. I even have future collaborations lined up, allowing me to explore more services that could benefit not just me but also my audience.

Encouraging the Military Community to Explore Wellness in Korea

As part of the military community in Korea, I know that many people hesitate to explore local beauty and wellness treatments. There is often fear of language barriers or uncertainty about how things work. Through my experiences, I help bridge that gap by showing what is available, how to book appointments, and what to expect.

I create content specifically to encourage military families and expats to take advantage of the incredible services Korea has to offer. Whether it is weight loss treatments, skincare, or self-care experiences, I want to empower others to feel comfortable stepping into these spaces.

Empowering Others Through My Content

As a content creator, I use my platform to share my journey with fitness, weight loss, and self-care. I do not just focus on losing weight. I focus on feeling good and helping others do the same. My goal is to inspire people to take care of themselves for their own well-being, not because of societal pressure.

Through my videos, I showcase workouts, review beauty treatments, and give insights into life in Korea as a plus-size woman. I remind my audience that self-improvement should come from a place of self-love, not self-hate. Beauty is not about fitting into a certain size. It is about confidence, health, and happiness.

Redefining Beauty on My Terms

Korea's beauty culture can be both inspiring and overwhelming. On one hand, it pushes you to take care of yourself and be your best. On the other hand, it can feel restrictive if you let it define your worth. I have learned to take what serves me and leave the rest.

I work out, eat well, and indulge in treatments—not to conform, but because I deserve to feel my best. And that is the message I want to share with others.

Self-care is not about achieving perfection. It is about loving yourself enough to take care of your body and mind in a way that feels right for you. At the end of the day, self-love is the real glow-up.



About the Author

Krystal Key is a digital content creator, lifestyle influencer, and proud military spouse living in South Korea. With a BS in Computer Information Systems and an MBA in Business Administration, she masterfully blends technical expertise and creative storytelling to support military families and newcomers navigating life overseas. As the founder of Adventure Awaits Us Now, Krystal crafts practical guides on South Korea's public transportation, local attractions, and expat life, empowering others to embrace new adventures with ease. From exploring Korea's vibrant café culture to uncovering the latest K-beauty trends and culinary gems, she highlights the best of Korean culture while supporting local businesses. You can follow Krystal's journey as she inspires her audience to explore South Korea with confidence and curiosity across Instagram, TikTok, Facebook, and YouTube: @adventureawaitsusnow



Whispers Beyond the Fence: *Urban Legends of Korea's DMZ*

By Raven Atwood

On the surface, the Korean Demilitarized Zone (DMZ) is a geopolitical relic, a fortified scar dividing North and South Korea since the Korean War's uneasy ceasefire in 1953. But for those stationed near its barbed-wire boundaries, and for the few civilians living in its shadow, the DMZ is far more than just a buffer zone. It's a place steeped in silence, tension, and stories.

Long nights and dense fog give fertile ground for legends. And among the most chilling are the tales of ghost soldiers, vanished patrols, and phantom broadcasts. These accounts passed quietly among soldiers, never officially recorded, but never quite forgotten either.

The Ghosts That Walk the Line

Ask any soldier who's pulled night duty near the DMZ, and you're likely to hear it: the soft crunch of boots in gravel when no one's there. Flickering shadows pacing just beyond the perimeter lights. And sometimes, the unmistakable outline of men in outdated uniforms, rifles slung low, trudging silently through the trees.

These are the Ghost Soldiers, believed to be spirits of those who died during the brutal three-year conflict that left millions dead and families divided. In areas where battles once raged and bodies are still being recovered, some say the souls of the

fallen still patrol. Often seen during foggy mornings or moonless nights, the apparitions are never hostile, but always watching.

The Patrol That Never Came Back

One of the most persistent legends is that of The Vanishing Patrol, a group of South Korean soldiers who set out on a routine security sweep along the DMZ, only to disappear without a trace. There were no signs of conflict, no alerts tripped, no distress calls made. Theories range from defection to ambush, but local lore whispers something darker.

"They stepped into a place they weren't meant to go," one retired officer claimed in an anonymous online forum. "A pocket in time. Or a cursed zone. Something old, buried under the war."

Even today, some guards say they see shapes in that sector, vague outlines moving through the underbrush, too large for animals, too steady for shadows. And then, as quickly as they appear, they're gone.

The Broadcast That Shouldn't Exist

The DMZ is a technological battleground as much as a physical one. Radio towers on both sides blare propaganda and warnings, but occasionally, soldiers report picking up something... else.

Referred to as the Phantom Broadcast, it's described as a scratchy signal that cuts in briefly — a haunting tune, a child's voice, sometimes even your own name whispered across static. No source has ever been traced. Equipment logs show no record. And yet, enough soldiers have reported the phenomenon to give it eerie credibility.

One account from a U.S. soldier at Camp Bonifas describes hearing a lullaby his grandmother used to sing — in perfect English — playing through his field radio at 3:17 a.m. His tentmate heard nothing. The frequency was dead. But the sound haunted him for weeks.



A Place Where War Never Ended

Whether these are manifestations of trauma, stress, or something more supernatural, the DMZ continues to carry an aura that's impossible to ignore. It's a strip of land where history lingers — not just in textbooks, but in the air, the ground, and perhaps, in the quiet footsteps just behind you.

After all, the DMZ isn't just where the war paused. It's where some say it still walks.

* Images within were generated using artificial intelligence and do not depict a real person or event.



About the Author
Raven Atwood is an author dedicated to bringing history to life through the excitement of mystery for young readers. With a captivating storytelling style, Raven crafts tales that explore historical events and figures, blending suspense and intrigue to inspire curiosity and learning. Known for turning history's secrets into adventures, Raven's books, available on Amazon, have quickly become favorites for young readers and parents alike.



From Blossoms to Beaches: *Life on the RoK With BOSS*

By Zachary Rogers

How Better Opportunities for Single Soldiers Turn Seasons into Adventures

Spring in Korea has been nothing short of breathtaking. For anyone fortunate enough to witness it, the season felt like something pulled straight from a movie. Streets transformed into pastel dreamscapes as cherry blossoms drifted in soft pinks and whites. Parks and countryside burst into color with tulips, azaleas, and fresh greenery. Even for someone like me, who doesn't typically spend much time hiking—the scenery was too inviting to ignore. I found myself

venturing out more than ever, completely immersed in the postcard-like peace that only spring in Korea can offer.

As the scent of blossoms gives way to the salty breeze of summer, a new energy is in the air. Korea's coastline is beginning to buzz, promising longer days, golden light, and adventures that stretch from the bustling beaches of Busan to the volcanic shores of Jeju Island. Whether you're chasing ocean breezes or just looking for a change of pace, now is the perfect time to start planning.

And you won't have to do it alone.

BOSS and Outdoor Recreation Make It Easy to Get Involved

If you took part in the Dash of Color Run, you already know how these programs bring people together—and bring fun to the forefront. From Easter egg hunts to Warrior Up showdowns, BOSS continues to enhance life for single soldiers across the peninsula. They're not just about recreation; they're about building community, embracing culture, and making your time here truly unforgettable.

Diving Headfirst into Summer

I plan to explore as much of Korea as I can this year—its beaches, mountains, markets, and more. If you're new to the area or just looking to get more involved, know that support is always within reach. I'm Zachary Rogers, and my door is always open. Whether you have questions about the Better Opportunities for Single Soldiers Program or Outdoor Rec opportunities, I'm happy to help you live your best life on the ROK.

So grab your sunscreen, mark your calendars, and get ready—because this summer in Korea is just getting started, and BOSS is here to make it unforgettable. Head to your local installation's BOSS and start your summer off right!



About the Author

CPL Rogers writes monthly about the needs of service members stationed in South Korea. He encourages his readers to get out of the barracks, make meaningful relationships, and experience as much of this country as they can while stationed in Korea. He also understands the struggles of service members. If anyone wants to talk about their experience or just needs someone to listen to them, reach out. CPL Rogers will take the time to be that ear for you. He says to remember you're never alone when you belong to the military community.



From Market to Mason Jar: Our Sweet Journey with Maesil-Cheong (매실청)

By Melissa Edwards-Whittington

When my husband, Chuck, and I first began exploring Korean cooking, we never expected one humble ingredient to capture our hearts and taste buds. That star ingredient? Maesil-cheong (매실청), also known as maesilaek (매실액)—a sweet, tangy syrup made from green plums (maesil, 매실), also called ume in Japan. We noticed it popping up repeatedly in recipes as a secret flavor booster, adding just the right touch of brightness and balance to everything from marinades to dipping sauces.

As we experimented with Korean recipes, we kept seeing maesil-cheong pop up as a secret ingredient—brightening flavors, balancing savory sauces, and adding just the right touch of sweetness. Our curiosity deepened as we dove into videos and blogs by beloved chefs like Maangchi, Korean Bapsang, KimchiMari, Chef Julie Yoon, and especially Chef Seonkyoung Longest, whose vibrant cooking style first introduced us to the magic of this golden syrup. So when we spotted crates of green plums at the 3/8 market last summer, inspiration struck—and we decided to try making it ourselves.

In Korea, maesil-cheong isn't just something you keep in the back of the pantry—it's a meaningful part of everyday life and tradition. Rooted in a culture that values seasonal ingredients, fermentation, and the idea that food should nourish both body and soul, this plum syrup is used not just for its bright flavor but also for its many health benefits. A little tangy, a little sweet, and full of goodness, maesil-cheong has earned its place in many Korean households, whether it's steeped into a soothing tea or used to add depth and complexity to everyday dishes.



What is Maesil (매실)?

Maesil (매실) refers to the green, unripe Japanese apricot—commonly called a green plum in English—that grows abundantly in Korea. These plums are usually harvested in late spring or early summer, when they are still firm and tart. In traditional Korean medicine, it is valued for aiding digestion, detoxifying the body, and boosting energy. However, because of their sour and bitter taste, these tart green fruits are rarely eaten raw. Instead, they are preserved, fermented, or turned into syrups and liqueurs.

June marks the peak of maesil (green plum) season in Korea, when markets and roadside stands are overflowing with these tart, aromatic fruits. It's the perfect time for households across the country to start making maesil-cheong, as the freshly harvested plums are ideal for fermenting into syrup or turning into seasonal preserves.

How to Make Maesil-Cheong

To be honest, we hadn't planned on making maesil-cheong at all. But during a summer stroll through the 3/8 market, we spotted crates of fresh green plums and got inspired. The gears started turning: what if we made our own maesil-cheong... and then used it to craft a home-made maesil brandy? As home distillers who love experimenting with small-batch whiskeys and fruit brandies, the idea was too tempting to resist. So, without watching a single tutorial, we enthusiastically bought 20 kilograms of plums on the spot. Naturally, that meant 20 kilograms of sugar and a massive fermentation jar to match. In the end, we had about three gallons of syrupy gold—more than enough to share with friends and fuel dreams of our first batch of homemade plum brandy.

Once we recovered from our spontaneous plum-buying spree, we dove into researching the proper way to make maesil-cheong at home. The process was a bit more involved than we expected, but getting hands-on with this time-honored Korean tradition was an experience we absolutely loved.



To make maesil-cheong at home, you'll need:

- Fresh green plums (maesil) – 1 kg
- White sugar – 1 kg (equal weight to plums)
- Sterilized glass jar or fermenting container
- Optional: Fermentation weight, knife, chopsticks

Here is the process to create your own amazing maesil-cheong:

- 1. Clean the Plums**
Rinse the plums thoroughly under cold water. Remove stems and any damaged or bruised fruit. Dry the plums completely with a towel—excess moisture can lead to mold.
- 2. Cut or Prick the Plums**
You can leave the plums whole, prick them with a fork, or slice them in half. Cutting them speeds up fermentation but may slightly alter the flavor.
- 3. Layer with Sugar**
In your sterilized jar, alternate layers of plums and sugar until everything is used. Start your layers with sugar and make sure the top layer is sugar to help prevent mold.
- 4. Seal and Store**
Close the lid tightly and store the jar in a cool, dark place. You can gently stir or shake the jar every few days to mix the sugar and fruit.
- 5. Stir**
For the first few weeks, give the plums and sugar a gentle stir every couple of days to help the sugar dissolve evenly. If you notice the plums at the top starting to discolor or see any white film forming, give it a stir—this helps keep everything well-mixed and fermentation on track.
- 6. Ferment**
Let the mixture sit for at least 3 months, though many people wait 6 months or more. Over time, the sugar will draw out the juice, creating a thick syrup.
- 7. Strain and Bottle**
Once fermentation is complete, strain out the



fruit. Pour the syrup into clean bottles and store it in the refrigerator or a cool pantry.

How to Use Maesil-Cheong

Maesil-cheong is both a flavorful ingredient and a traditional remedy. Here are a few common uses:

- In Beverages:** Mix a tablespoon with hot or cold water for a refreshing tea (maesil-cha 매실차). Add to sparkling water or cider for a fizzy drink.
- In Cooking:** Use in marinades for beef, pork, or fish to tenderize and sweeten naturally.
- As a Dressing:** Add maesil-cheong to soy sauce, vinegar, and sesame oil for a quick salad dressing or dipping sauce.
- In Cocktails/Mocktails:** Use in place of simple syrup for a fruity, tangy twist.
- As a Home Remedy:** Traditionally, it is used to relieve indigestion, fatigue, or a sore throat.



Tips & Warnings

- Cleanliness is key. Always use sterilized jars and utensils to avoid spoilage.
- Use only firm, unripe plums. Ripe yellow maesil can cause the syrup to spoil or ferment improperly.
- Avoid eating the leftover plums raw — their seeds contain amygdalin, which can release toxins if not properly processed.
- Label your jar with the start date so you'll know when it's ready to bottle.

Bottle Up a Taste of Korean Sunshine

Making maesil-cheong is an excellent way to connect with Korean tradition while crafting something that's both delicious and healing. Whether you're looking to support your gut health, add a splash of flavor to your favorite dishes, or sip on a cozy, home-made tea, this sweet-tart syrup delivers. Try making a batch this summer—you might find yourself bottling up a little sunshine to carry you through the rest of the year.

Not quite ready to make your own? No worries—maesil-cheong is easy to find at Korean grocery stores and traditional markets.





Gwaneumsa Temple at the "University of Korean Buddhism", Dongguk University, Gyeongju, South Korea. Captured by Kimberly Bennett.

UNITED ON THE ROK

ADVERTISE WITH US!



With our assistance, you will be able to connect with a larger audience of potential customers and advertise your business across the RoK!
E-mail us today!

Home Based Business

Marketing

Service Advertising

PROMOTE YOUR BUSINESS!



010-4016-8048



oriental.press.eric@gmail.com



**Need Braces?
Looking for a GREAT
FAMILY DENTIST?**



**DENTAL
& Orthodontics**

**US Certified
Orthodontic Specialist**



Member
American
Association of
Orthodontists

My Life. My Smile. My Orthodontist.™

**BRACES &
INVISALIGN**



- Braces for Children & Adults
- General Check-ups (Cleaning)
- Teeth Whitening
- Night Guard
- Implants
- Fillings, Crowns, Bridges
- Root Canal Treatment
- Laughing Gas
- Wisdom Teeth Extractions
- Assistance with All Dental Insurance

Located Close to Camp Humphreys Walk-In Gate

Free Spacious Indoor Parking

CALL US: +82-31-658-2722
ivydental.humphreys@gmail.com

