

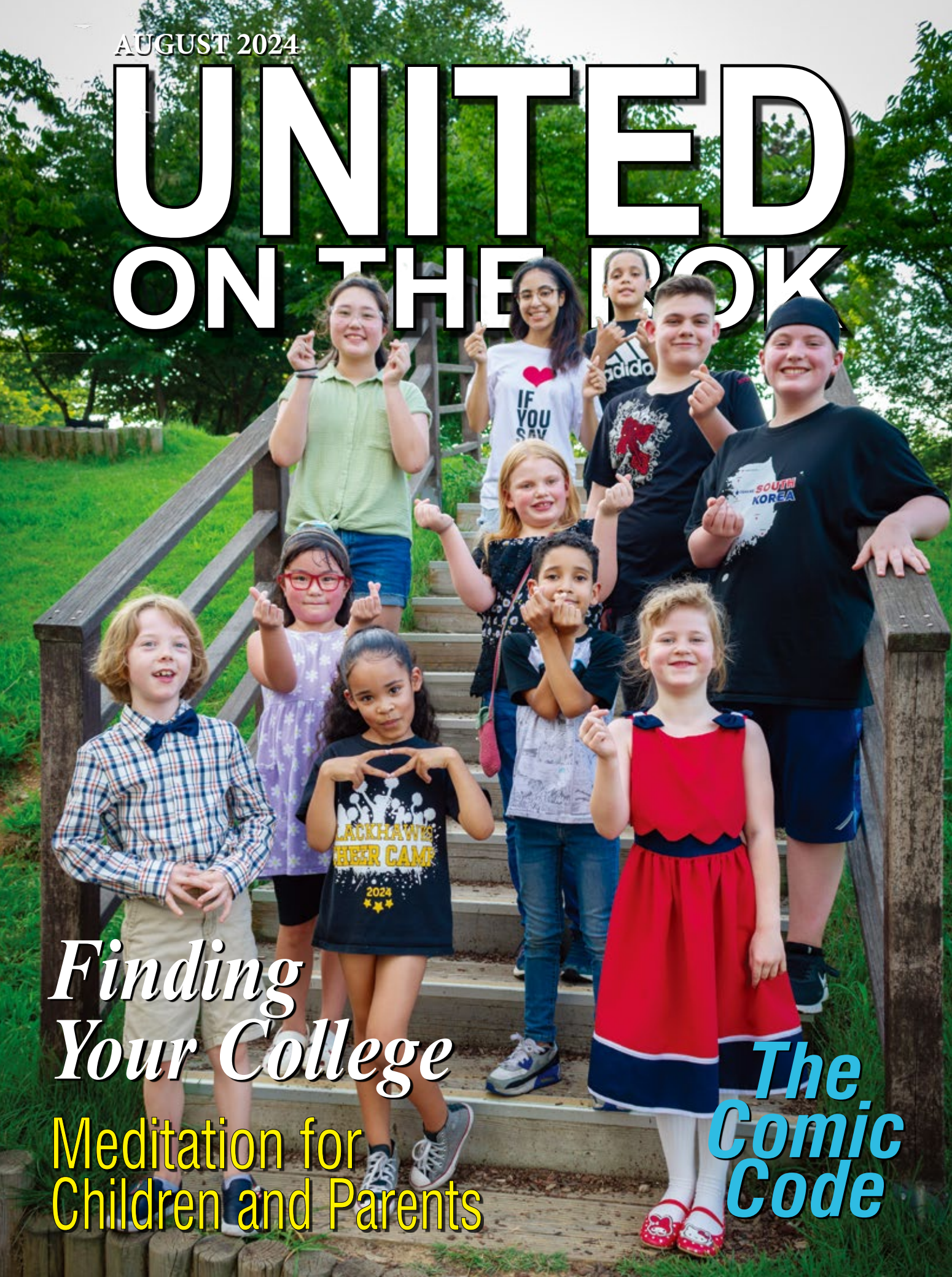
AUGUST 2024

UNITED ON THE ROCK

*Finding
Your College*

Meditation for
Children and Parents

*The
Comic
Code*



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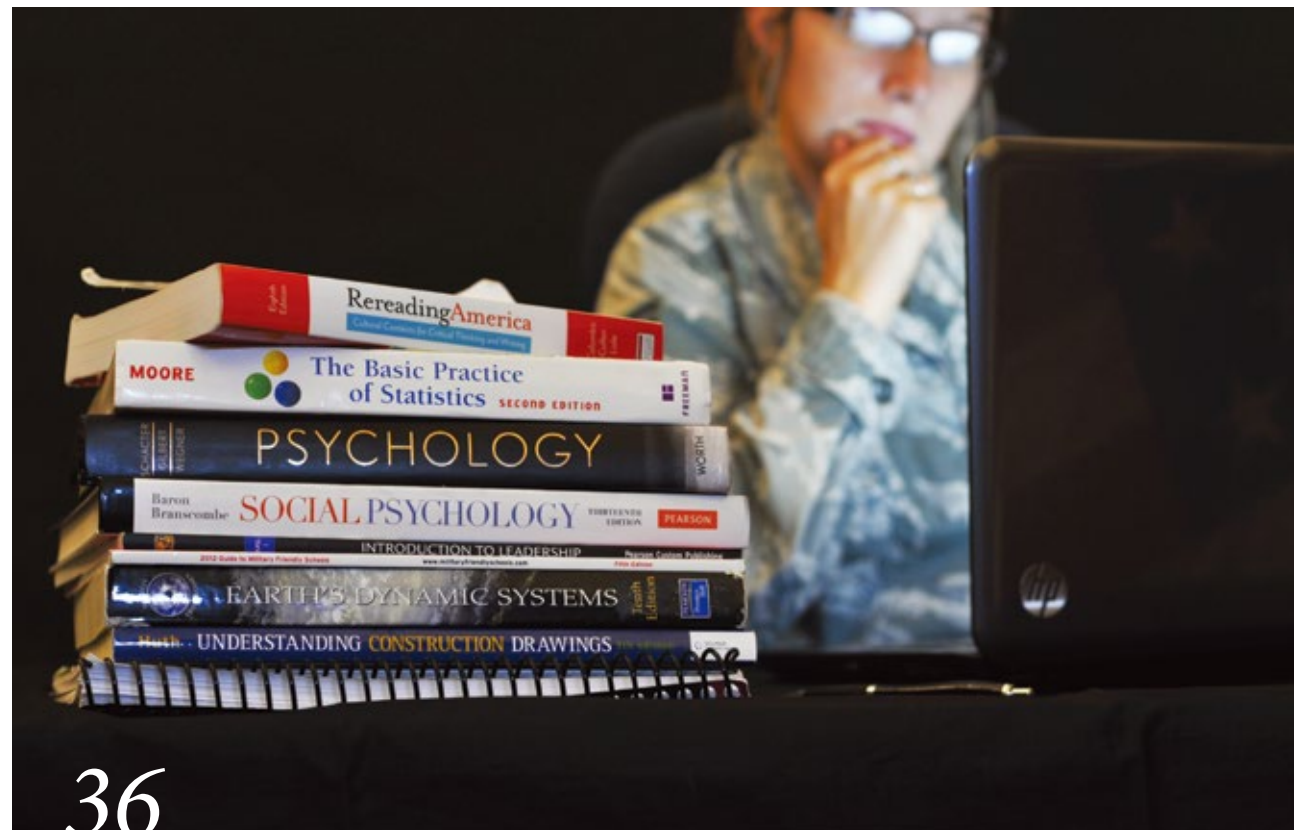
	3 EAST COAST TRIP \$89 for adult \$69 for child (3-9yrs)	4 SEOUL DAY TRIP \$89 for adult \$69 for child (3-9yrs)	
	10 DMZ TUNNEL TRIP \$99 for adult \$79 for child (3-9yrs)	11 BUYEO HISTORY TRIP \$89 for adult \$69 for child (3-9yrs)	
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	24 DMZ TUNNEL TRIP \$99 for adult \$79 for child (6-9yrs)	25 CHUNGJU KAYAKING CAVE \$89 for adult \$69 for child (3-9yrs)	
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36

Finding Your College

15 Tips for Servicemembers and Their Dependents.
Veteran Esther Kim shares college tips for the community.

Cover: Area 3 students gathered for a summer meet-up to enjoy the sun! Getting involved in your child's education, even over the summer, helps your child learn so many important lessons about cooperative play, social skills, and problem-solving. "10 Tips to Get Involved in Your Child's Education" will help you engage with your child's school and positively impact your child's educational experience overseas.

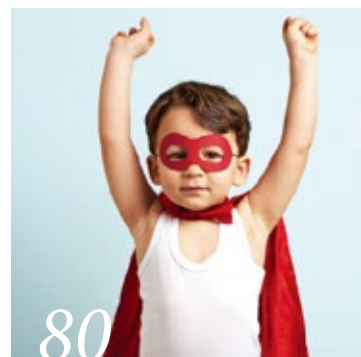
Students in photo: Sachi N-Carter, Miranda Garrison, Mik'al Garrison, Asher W., Joshua A., Kayda W., Waylon Palmer, Emi N-Carter, Maliyah Garrison, Kamdyn Garrison, Frances Palmer.



72

Meditation for Children and Parents

How to relieve stress for both children and parents.



80

The Comic Code

Comics are powerful educational tools that impart essential lessons in morals and ethics.

JEONBUK STATE

JEONBUK STATE

Jeonbuk Bank

JEONJU INT'L

SORI

Local Prism: Enlarging Perspectives

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2024. 8. 14. Wed — 18. Sun

Sori Arts Center of Jeonbuk State,
14 districts of Jeonbuk State

UNITED ON THE ROK

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United on the RoK is a magazine with a military community focus that is distributed to United States Forces Korea installations within the Republic of Korea. The goal of this magazine is 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 Defence, or Oriental Press.

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용인시 by Giheung Lake.
Captured by Kanon Morrison.

Contents

AUGUST 2024

12 Events Calendar

14 Hey You, Daegu!

16 Humphreys and Osan Update

18 The National Hangeul Museum in Seoul

20 Revitalization of Confucian Culture in Nonsan



26 Welcome to Korea! Recommendations and Explanations to Prepare for an Assignment on the Peninsula

34 Service Member Support

38 Opportunities Await: The Importance of Volunteering with Your Installation's School

42 10 Tips to Get Involved in Your Child's Education

46 Snail Farming In Korea

48 The Importance of Metabolism and Its Impact on Health

51 Exploring Daegu

52 Celebrating Summer in South Korea

54 Recipe Corner The Humble Sausage Roll

58 The Pairing of Korean Foods and Traditional Liquor at the Gen Z's Hot SPOT "OWL MT. CABIN"

60 Discovering the Mystique of Vietnam's Sapa Region and Incense Village



68 Enhancing the Harmony in Your Space

70 Intentional Learning Back to School: A tip that will help everyone in your home

76 The Elegance of JI HWA: Korean Paper Flowers in Tradition

78 Snail Slime...Weird or Wonderful?

82 Book Recommendations

84 International and National Celebration

86 Photo of the Month

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EDITOR'S NOTE

This month's theme is "Back To School". Many think this time of year is just for children, but that can't be more wrong, it is for everyone! I have come to realize that learning is a lifelong journey. As our circumstances change, as society demands more, as our careers take off or switch trajectories, or as our family grows, we must keep learning and adapting to succeed. Education doesn't have to come in the form of a degree. In today's world, "education" means so much more. It means opening your mind to new ideas and challenging yourself to just keep learning, anything, but don't stop learning.

In this month's magazine, our authors challenge you to learn a little about yourself, support your family, get engaged in your community, and simply be open to learning something new and interesting. Learning doesn't have to be expensive, at a fancy school, or even in a brick-and-mortar building. You will see that learning can happen all around us, especially in a country with such a rich culture and history like South Korea.

Personally, in this military lifestyle, I find myself learning more and more to help my own family. The birth of our son was the first stepping stone that led me back to college. Learning about developmental disabilities, Autism, and special education was the only way I could ensure my son's needs I thought. This would later lead me to become a teacher, a leader of a non-profit organization at Humphreys, and to become a writer in July of 2022. My first published work in *United on the RoK* was "Support Networks on RoK" for children and adults enrolled in the Exceptional Family Member Program. Like many, each PCS we must learn so much to establish ourselves and I wanted to share my expertise and knowledge with others.

Now, two years later, I am still writing to you, our readers, and I am hoping that the words here in our magazine make an impact. Professor John Hattie said, "Know thy impact". Your impact depends on your education, your ability to learn, and how you incorporate those things into your daily life. Leaders never stop learning. Inside each of us is the power to be a leader somewhere in our lives, so just keep learning, anything, but don't stop learning.

May each one of you find the support you need to be successful, may that support help you reach your goals, and if you find yourself at a standstill, think to yourself, "What can I learn today?"

Jetta Allen

United on the RoK Editor in Chief

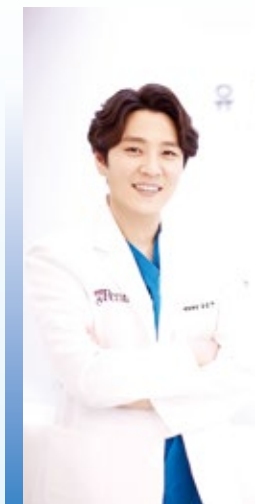


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- Specialty in Orthodontics, Montefiore Medical Center, Albert Einstein College of Medicine, NY, USA
- Speaker for Invisalign in Korea
- Invisalign Provider Since 2008
- TRICARE Preferred Dentist of US Armed Forces in Korea
- Dentist License Both in the US and Korea
- Member, American Association of Orthodontists



DR. AN, JINSEON (PEDIATRIC SPECIALIST)

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- Member, Korean Academy of Pediatric Dentistry
- Member, Korean Dental Society of Anesthesiology
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- Youth Psychological Counselor Level 1 Certificate
- Pediatric Director, Children's Forest Dental Clinic (2016-2017)
- Pediatric Director, Twinkle Pediatric Dental Clinic (2018-2021)



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



LIVE MUSIC&ARTS

Events & Festivals



AUG16-18

2024 Seoul POPCON

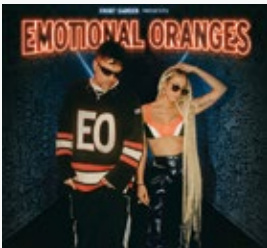
COEX C Hall
ticket.yes24.com



AUG22

Mina Okabe Live in Seoul

Musinsa Garage
globalinterpark.com



AUG28

Emotional Oranges

YES24 Live Hall
ticket.yes24.com



AUG29

8th Army Popular Ensemble Band

USAG Humphreys



JUL26-AUG11

Hangang River Festival Summer

Yeouido Hangang Park, Ttukseom
festival.seoul.go.kr/hangang



JUL-AUG

Waterbomb Festival Across Korea

www.waterbombfestival.com



AUG24

CassCool Festival

Seoul Land
globalinterpark.com



SEP07

Language Festival

Pyeongtaek Insight
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AUG31

Summer Jazz Break 2024

Guro Arts Valley
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SEP06-07

Conan Gray Superache Tour

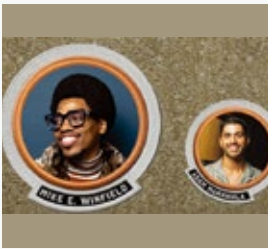
KBS Arena
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SEP06-07

Conan Gray - Found Heaven On Tour in Seoul

KBS Arena
globalinterpark.com



SEP06-14

Mike E. Winfield and Adam Mamawala Comedy

9/6 Camp Casey
9/10 Chinhae Naval Base
9/11 Camp Walker 9/13 Kunsan Air Base
9/14 Osan Air Base



AUG14-18

Jeonju International Sori Festival

Sori Arts Center and various venues in Jeollabuk-do
sorifestival.com



AUG15-17

Gangneung Culture Night

Seobu Market
(6 Imyeong-ro 155beon-gil, Gangneung-si, Gangwon-do)
gncn.or.kr
Instagram @culture_tour



SEP25-29

Cheonan World Dance Festival

Venue: Area of Cheonan Stadium
208 Beonyeong-ro, Seobuk-gu, Cheonan-si, Chungcheongnam-do
Host: Cheonan Foundation for Arts and Culture
cheonanfestival.com



SEP28-29

Love Chips Festival 2024

Sangsang Platform Outdoor Plaza
ticket.yes24.com



SEP07/10

Moe Cason

Sept 7 USAG Humphreys
Sept 10 Osan Air Base



SEP20-21

Olivia Rodrigo - GUTS world tour

Jamsil Gymnasium
globalinterpark.com



SEP29

Lany: a beautiful blur: the world tour

KINTEX Exhibition 2, Hall 9
globalinterpark.com



DEC04-05

Dua Lipa - Radical Optimism Tour

Gocheok Skydome
globalinterpark.com

The Jeonju Intl Sori Festival is an international music festival that showcases various traditional music from the world and present Korean traditional music including Pansori which has been registered as a Masterpiece of Oral and Intangible Heritage of Humanity by UNESCO and promotes exchange among them. The Jeonju Intl Sori Festival founded in 2001. The festival presents the grand gala concert for opening and closing, outdoor stage of the invited artist from Korea and the world. Also, various programs such as Master Classes, World Music Workshops, and Kids& Family vitalize the atmosphere of the festival. Jeonju Intl Sori Festival is becoming a world-level festival beyond that of Jeonbuk State, or Korea.

This is a night festival celebrating the cultural heritage of Gangneung, a coastal city on the East Sea. It will be held at the Gangneung-daehohu Government Office, a designated cultural heritage site, with special nighttime exhibitions, performances, and experience programs. The highlight of the festival will be a reenactment of the street performance held by Gangneung residents to welcome the new governors during the Joseon dynasty. Other features include a drone light show, light tunnels inspired by Gangneung's cultural heritages, and hanbok fashion shows featuring Gangneung residents.

• Inquiries: +82-33-823-3224

The Cheonan World Dance Festival attracts some of the best dancers from around the world to celebrate the traditional dances, songs, and costumes of their countries. Visitors can watch very polished traditional dance performances from all around the world, as well as an electrifying dancing competition.

• Inquiries: +82-41-900-7020
• Fees: Free
• Performance time: 10:00-22:00



OCT03-05

Gwangju Busking World Cup

Gwangju
buskingworldcup.com

Hey You, Daegu!
Here's the news in Area IV

**AREA IV RECEPTION & INTEGRATION
NEWCOMERS
ORIENTATION**

EVERY OTHER TUESDAY AT THE SOLDIER SUPPORT CENTER, RM 315.

Upcoming Orientation Dates:

- 11 & 25 June
- 9 & 23 July
- 6 & 20 August
- 3 & 24 September

REGISTRATION REQUIRED | 1503-363-4497 | www.daegu.armymwr.com

Korean language class

Aug 13 2024, 5:30 pm - 6:30 pm

Cost
Free

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18 Aug 2024**

**BACK TO
SCHOOL
BLESSING**

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Goodies!! Pizza!

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SATURDAY / 1800-1930
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Please register for this event
lisa.levergin.civ@army.mil or
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Humphreys and Osan Update

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REBEL RESCUE SOUTH KOREA

FB GROUP: RRSK ONLINE AUCTION

BOSS "Quality of Life" Walkthrough

Join BOSS as we go around the garrison for Quality of Life issues.



Aug 22 2024, 6 pm

Volunteer opportunity. Join us as we walk around the garrison to spot any out-of-commission street lights and dark areas.

Registration Information
This event is open to all single service members and KATUSAs.

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BACK TO SCHOOL FIESTA

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OMHS Endurance Field

FOOD & ENTERTAINMENT

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Follow [@Osan Air Base FSS](#) [@osan_air_base_fss](#) for event details and schedule.

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at Osan Chess Club

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DOMINGOS 1:30 PM
SERVICIO DE ADORACIÓN

MARTES 7:00 PM
ESTUDIO BÍBLICO

MIÉRCOLES 7:30 PM
UNIDOS EN ORACIÓN
(WHATSAPP LINK)

BOSS Installation Meetings



Aug 27 2024, 2 pm - 4 pm

Mandatory bi-monthly BOSS Representative meeting. Information on upcoming BOSS programs and activities will be discussed.

The National Hangeul Museum in Seoul

By Alison Rock

The National Hangeul Museum is a must-see for those who reside in Korea. This exhibition is dedicated to expanding your understanding of the Korean Language. The museum is located within walking distance from Ichon station line 4 and is open daily from 10 am-6 pm and 10-9 on Saturdays. They have a very small parking lot that does not accept foreign credit cards so please try to take public transportation. Inside the museum is a small café and gift shop but most importantly, admission is FREE.

This museum opened on October 09, 2014, and that date is significant because 10/09 is Hangeul Day, a national holiday in Korea. The Korean alphabet Hangeul, “han” meaning Korean and “geul” meaning letter, was invented by the fourth king of the Joseon dynasty, The Great King Sejong in 1443 because he felt pity for the common man. Before this time the Korean language was written in Chinese characters that were very complex, so only scholars could read and write. King Sejong and his team of academics developed an alphabet that everyone could learn and published it in a manuscript called the Hunminjeongeum. Hunminjeongeum basically means the proper sounds for teaching people. The alphabet originally had 28 letters based on the shape that the mouth and tongue make when saying the sounds. It has been shortened to 24 letters as the language progressed into modern times consisting of 14 consonants and 10 vowels.

You can wander through the museum at your leisure or take a guided tour. During your visit, you will see a beautiful artistic engraved glass display of the Hunminjeongeum, the original Hunminjeongeum, and many old documents for Confucianism, Buddhism, and common people. They have displays of old cookbooks, rice stamps with Korean lettering, calligraphy, and much more. I enjoyed learning about the progression of the



National Hangeul Museum in Seoul



Inside the museum



The Statue of King Sejong is located at the Sejongno, Gwanghwamun Plaza in Downtown Seoul, South Korea. Sejong the Great was the fourth King of the Joseon dynasty.



Glass Hunminjeongeum display

language from right to left and top to bottom. They explained why writing evolved to the current way we read today from left to right. They have a nice display from the original moveable type to the progression of the Hangeul typewriter.

If you're the kind of person who enjoys interactive displays, you won't be disappointed as you can be immersed in videos or get hands-on with the Hunminjeongeum. Don't fret if you have energetic children as it is also a playground for kids to understand Hangeul with special exhibits that allow them to express themselves whilst learning.

The museum is celebrating its tenth year, so they have a special exhibit dedicated to communication. With the development of technology and transportation, people are interacting differently than they have in the past so some scholars are worried that regional dialects may disappear. The museum has a special exhibit focused on understanding and preserving the six local dialects. This is displayed beautifully with the sharing of audible accents where you can hear intonation differences, variance in words and expressions, as well as the unwritten language shared in different cultures like the Haenyeo, the female divers in Jeju.

In addition to all of this, the museum offers a variety



First Korean Dictionary written 1876



Original 28 letter hangul alphabet. Can you spot the letters no longer used?

of special classes and demonstrations. I participated in a calligraphy class where I learned about different styles and scripts, watched a live demonstration, and then got to test my hand in Hangeul. I learned how to use a Korean Calligraphy brush, write several Korean expressions, and went home not only with an amazing experience and art project but, with an understanding of the beauty of Hangeul calligraphy. The best way to learn is through play so a day trip to the National Hangeul Museum is truly an educational experience that will leave you understanding and appreciating the lovely language of Korea.

Website: <https://www.hangeul.go.kr/lang/en/>

About the Author

Born in California Alison Rock is a trained culinarian, actor in Korea, K-influencer, painter, and most importantly a wife and mom to two teenage boys. She enjoys travel and has resided in Korea for ten years.





Korea Confucian Culture Center in Nonsan

Revitalization of Confucian Culture in Nonsan

By Jetta Allen

An hour and a half south of Pyeongtaek, or two hours west of Daegu, is the city of Nonsan. Filled with endless beauty from nature, cultural history, and agricultural development, it's no surprise that Nonsan is on everyone's list of must-visit places! The picturesque rolling hills, small lakes, tall pine trees, and the many farms make the city life slowly fade from view. You can relax, smell the fresh air, slip your shoes off, and walk through the lushest grass.

One can't help but wonder if Nonsan's culture of Confucianism is part of what makes it a place of respite. Confucianism is a belief system brought to Korea by the Chinese. This belief system isn't just a personal system, it is a belief system that has helped shape Korean history, government, society, justice, education and academics, and culture across the peninsula. Today the practices and beliefs of Confucianism are feared to be on a decline and a cultural awakening

is happening across the peninsula with government-funded programs to support history, culture, and a variety of beliefs and religions.

The Korea Confucian Culture Center in Nonsan is dedicated to revitalizing Confucianism in South Korea. The revitalization is possible by intentional programming sponsored by the government of Nonsan. Together, United States military families and other Korean families experience culture with a whole day of activities and learning. The center is full of walkways, hanoks, traditional buildings, and a main complex building that hosts conference and auditorium rooms, libraries, exhibitions, a cafe, and a craft room. In the craft room, we learned about harmony and balance through Confucian art. Our family painted a pomegranate painting with butterflies, each component, deliberately placed and sized, in balance with the other.



Jetta's pomegranate painting.

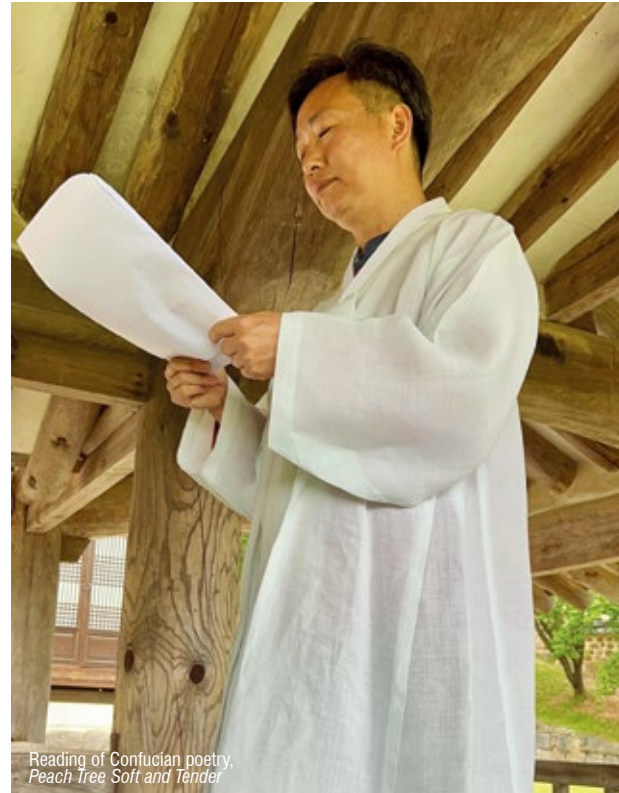
The speakers discussed that through Confucianism and balance, inner peace and happiness can be found, and with inner peace, a community and society can be prosperous.

Many activities took place across the grounds in a restored pavilion called “Jeongsulu”. This was the Jonghakdang Family School classroom originally built in the mid-1600s in Nonsan. The Jonghakdang Family School was based on Confucianism, academics, and rules with a strict emphasis on the education necessary to pass the state exam that was required for those to hold government roles during the Joseon dynasty. The school was established by the Papyeong Yun clan (sometimes pronounced Yoon). Here members of the clan, as well as other families around the region of Nonsan, learned together. During the Joseon dynasty, the clan started to become an influential family, holding notable government and academic positions. One has to note that the rigorous curriculum and consistent rules were the main contributors to the clan’s rise to influence. Today an influential member of this clan includes the current President of South Korea, Yoon Seok-youl, the 35th generation of the Papyeong Yun clan.

The importance of academics and an appropriate education are recognized in Confucianism.

Today, Jeongsulu stands as an open-air classroom overlooking the Korea Confucian Culture Centre and the hills of Nonsan. Here we learned Confucian songs that are more like poetry and how to play the haegeum. Our son enjoyed the sound of the haegeum being played and accepted the challenge to attempt to play the instrument. The haegeum is a complex handmade string instrument. They are made from hardwoods such as mulberry, quince, and even bamboo. When playing, the pitch changes with the position of your hand grasping the “ipjuk” (rod-like neck part). Then notes are played with a bow made of horsehair across the ipjuk, in a motion similar to the cello. Musicians must do these two movements together in unison to make pleasant music. One can hear the notes wane in and out as an experienced player works the ipjuk, slowly grasping and releasing. It was an experience that we will not soon forget!

In another hall, we practiced calligraphy with traditional paint brushes, an ink stone, and an ink stick.



Reading of Confucian poetry,
Peach Tree Soft and Tender



An inside look at Jeongsulu,
the classroom of Jonghakdang
in Nonsan



Playing the haegeum

After practicing our calligraphy, we were given fans to create individual messages. As a group, we had many laughs as we created art together and as children explored the concepts of calligraphy. We had a few more laughs when the pitch-black ink seemed to get everywhere!

Lastly, the group was led to the gardens on the grounds and given time to explore freely before heading back to the bus. My shoes came off as I purposefully and quietly walked around the grounds appreciating the beauty of nature. Other families were enjoying their children running and playing in the gardens. All of a sudden we heard music approaching!

The farmer’s folk band could be heard hundreds of feet away walking up the trail. We looked on in amazement as the various instruments seemed to be played perfectly by the men and women. As the band began up the hill we saw a group of four men and two women playing four traditional instruments. The sounds of the janggu (an hourglass leather drum), the pungmul-buk drum, and the two “jings” (gongs) could be heard hundreds of feet away. As they came closer, you could see the expressions on the musicians’ faces were full of emotions; happiness, passion, and enthusiasm. We



Jetta makes a fan with the
phrase “I love you” for her
mother back in Texas.

all became enamored with each beat. Our expressions were met with laughter from the tour guides as we were given traditional hand drums called “youngchang sogo” to play with the band. My son and I joined the circle and played our hearts out matching the beat and steps of the others in the band. There was something familiar about the feelings of the drums being played. It reminded me of the First Nation powwows and why many Indigenous communities believe drum circles and dancing to be healing. As I let my cares go, a sense of peace swelled inside me, so much so it nearly brought me to tears. The leader of the band taught my son to play the jing and together, with no words shared, we played, we danced, and we laughed.

In the countryside of Nonsan, music became a universal language.

Our military lives often leave us stressed, worried about the future, and disconnected from our family and culture. This doesn’t mean we can’t embrace one another and join in with others to experience these special moments together! I implore all those stationed in Korea to get out and explore. Go anywhere, but get



off your installation. This country is steeped in culture, but you won't know if you don't experience it. You can't experience it fully by reading it in a book or watching it on a screen, you have to go out and live in it! People in Korea are ready to welcome you with open arms and share a smile, a moment, or a meal with you. Start experiencing Korea today.

Put Nonsan on your Korean experience list. Go in summer for adventures, fall for the colors of the leaves turning, winter for the snowy hills, or visit in spring for strawberries and flower blossoms. It's great at any time!

About the Author

Jetta Allen is Co-Editor of United on the RoK, a writer, and a photographer. She loves nature, travel, and culture, but most of all, making memories with her family. She believes the opportunities to explore and experience Korea are a blessing and hopes that all stationed here take advantage of the rich history of Asia.



Resources

- Haegeum at a Glance: https://www.igbf.kr/DataFiles/App/PDF/haegeum_en_print.pdf
- Korean Confucian Culture Center
 - Website: https://www.ikcc.or.kr/en/0101/content/greeting_en/
 - Youtube: @ikcc_official
 - Facebook: 한국유교문화진흥원
 - IG: ikcc_official
 - Open 09:00 ~ 18:00
 - Closed every Monday, every January 1st, New Year's Day, and Chuseok.
 - Admission: Free
 - Address: Korea Confucian Culture Center, 35, Jonghak-gil, Noseong-myeon, Nonsan-si, Chungcheongnam-do, 30121

Other Places To Visit in Nonsan

Baekje Military Museum
 Nonsan Culture and Art Center
 Noseonggwollisa Confucian Shrine
 Myeongjae Historic House
 Donamseowon Confucian Academy
 Noseongsanseong Fortress
 Gwanchoksa Temple
 Gaetaesa Temple
 Ssanggyesa Temple
 Banyasa Temple
 Korea Army Training Center
 Sunshine Land
 Tapjeongho Lake and Suspension Bridge
 Tapjeongho Waterfront Ecological Park
 Daedunsan Mountain

Welcome to Korea!



Jiphyeonjeon, or the Hall of Worthies, was originally built by King Sejong. This was where Hangeul, the Korean alphabet, was invented.

Recommendations and Explanations to Prepare for an Assignment on the Peninsula

By Justine Meberg

Why learn about Korea?

Thousands of servicemembers, civilians, contractors, and their families arrive in South Korea every year, but few feel prepared to make sense of their new home. That's understandable. Most do not learn about Korea or Northeast Asia in school, and sifting through endless online information is hard to do without assistance. In a sea of options, where should you begin?

Here! This article explains some important dynamics in Korean history; makes recommendations for what to read, listen to, and

watch; and offers tips for traveling. Whether you are coming to the peninsula for a long assignment or a few weeks of temporary duty, if you invest a little time learning now then you will understand more about the country and region, interact more effectively with our Korean allies, and get more out of your experience.

Start with the basics—Learning some Korean

Learn the basics of the Korean alphabet, Hangeul (also written Hangul). Of note, Hangeul refers to the writing system, not the



Statue of King Sejong the Great, father of Hangeul, in Seoul. Captured by Jetta Allen.

TALK TO ME IN KOREAN



language. The word for the Korean language is Hangeul-oh or Hangeul-mal. The great King Sejong and his scholars created Hangeul in 1446. They officially released it on 9 October, a day Koreans now celebrate as Hangeul Day. Before this, only elites could write because only elites could afford the education necessary to learn Chinese characters. King Sejong wanted all Koreans to be able to write their native language—probably the most noble origin story of any alphabet in history.

Also, this means Hangeul is easy to learn by design. As a Korean scholar once said, "A wise man can learn it in one morning, and a fool can learn it in the space of ten days." There are many YouTube videos and online tutorials to learn the alphabet. Find one you like. To understand what you're reading, popular podcasts include Talk to Me in Korean and Essential Korean. You might also order a beginning textbook. Integrated Korean is a popular choice for colleges and available on Amazon.

What to Read

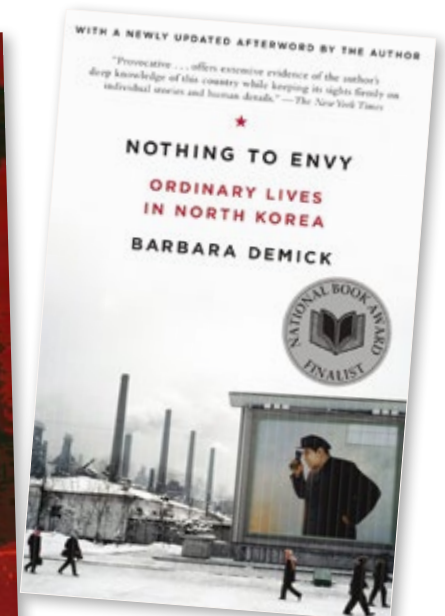
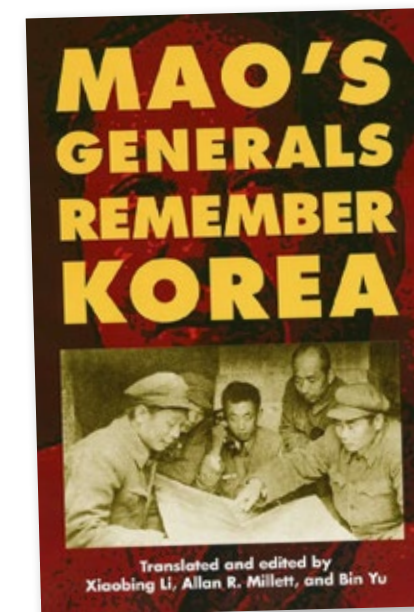
Korean history didn't start in June 1950 when the north invaded across the 38th parallel. Yet, for many on assignment to Korea, their knowledge of the region starts and

ends with the Korean War. The war is important, and the reason we are here, but it is not a good place to start. Limiting yourself to the Korean War disrespects our Korean allies by disregarding Korea's long, complex, and fascinating history.

Instead, begin with an overview. Wikipedia's entry on Korean history is a good introduction, and you can follow that with the pages on North Korea (officially the DPRK) and South Korea (officially the ROK). Then, work to understand the basics of modern South Korean politics. Complement your Wikipedia reading with some recent studies to shed light on South Korea today. For instance, recent polling shows that many South Koreans hold negative views toward China, and generally positive (although sometimes complicated) views toward the US. For current events,

about modern Korean history and how the two Koreas have developed, try *Korea: A New History of South & North* by Victor D. Cha and Ramon Pacheco Pardo.

If you want to learn more about the Korean War, consider *Rethinking the Korean War* by William Stueck, which situates the conflict in its global context. For a Chinese perspective, try *Mao's Generals Remember Korea*. It includes translated remembrances from seven Chinese military leaders, accompanied by useful essays on what China learned from the Korean War. Academy Professor and U.S. Army Colonel Bryan Gibby's recent book *Korean Showdown* explains why the war lasted so long. Its chapters can also help readers learn more about specific parts of the war. For example, chapter 2 concisely summarizes



English-language news sources include Yonhap and the Korea Herald.

Once you grasp some of the basics, you may want to dive in a little deeper by reading a few books. If you want to learn more

the war's first year, chapter 4 covers the war in the air, and chapters 5 and 8 address how Chinese and North Korean leaders reformed their forces. Similarly, his previous book *The Will to Win* covers how ROK forces, enabled by U.S.

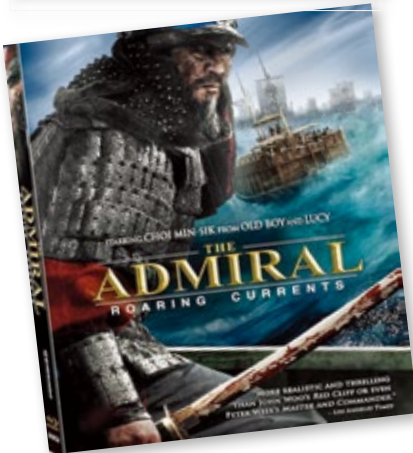
advisers, transformed throughout the war. In my (admittedly anecdotal) experience, the thing most non-Koreans understand the least about the war is the ROK perspective — I encourage you to explore it. You can also find numerous pamphlets and publications about the Korean War on the Center for Military History website.

If you want to learn more about North Korea, read *Nothing to Envy*. It tells the stories of ordinary North Koreans. Journalist Barbara Demick uses extensive interviews to reconstruct the lives of six people over fifteen years. *Without You There is No Us* gives readers a sense for how today's North Korean elite thinks, seen through the experiences of Korean-American journalist Suki Kim, who taught English at an elite Pyongyang university during the final months of Kim Jong Il's rule. *Becoming Kim Jong Un* is an easy-to-read overview of Kim Jong Un's rise to power and mindset.

Listen and Watch

Try the podcast *Wiser World*, which has three easy-to-understand episodes about North Korea, plus additional episodes on regional actors like China, Russia, and Taiwan.

South Korea makes excellent films and television, and they are easy to find online. Here are two film recommendations focused on important moments in Korean history. *The Admiral: Roaring Currents* is available on streaming services. It is about Admiral Yi Sun-Sin's great victory at the Battle of Myeongnyang in 1597. Yi Sun-Sin is one of Korea's great heroes. During the devastating Japanese invasions of 1592-98 known as the Imjin War, Yi Sun-Sin's extraordinary leadership helped to stop Japan's rapid advance up the peninsula, ultimately allowing Korean forces (ruled by the Joseon



dynasty) and Ming China to repel the Japanese.

Just a few decades later, the Manchus invaded China from the north and toppled the Ming dynasty. They took over, calling themselves the Qing dynasty, and quickly invaded Joseon Korea. *The Fortress*, based on a South Korean novel, is another film available on streaming services. It is set in 1636 and depicts a point in this invasion.

Based on the popular novel, *Pachinko* is a streaming series about a Korean family through three generations, beginning in Japanese-occupied Korea and ending in the 1980s. It provides a fascinating overview of recent Korean history as well as changing relations between Korean and Japan.



Under the title *K Food Show*, you can find miniseries such as 'A Nation of Kimchi', 'A Nation of Banchan', and 'A Nation of Broth'. The show's stars travel Korea to explore these food themes. The result is a great introduction to Korean cuisine in its historical and cultural context. It is also a fantastic way to get excited about traveling to Korea.

Regional relationships

Many Koreans look at their history and see evidence to support the Korean proverb "When whales fight, shrimp get crushed," meaning that Korea was often caught in the middle of disputes between great powers. After reading the below synopses of regional relationships, consider your thoughts on this interpretation of Korean history.

Korea-China. This is a complicated relationship. A Chinese perspective is that Korea was either ruled by Chinese dynasties or was a Chinese tributary for thousands of years. Most Koreans (often vehemently) disagree. A Korean perspective might be that Korea resisted China when it could, and accommodated when it could not. Korea incorporated some elements of Chinese



culture but retained a distinct cultural identity and history—Koreans are not Chinese.

Korea-Japan. Korea also has a long and painful history with Japan. This began in the ancient era with centuries of cultural, economic, and technological exchange, sometimes marked by conflict, as when Japanese pirates (called wako or waegu) raided coastal Korean towns. Japan invaded Korea twice between 1592 and 1598. Later, in 1854, the US Navy forced Japan to trade with Western nations. Japan quickly militarized to become a regional power. After two destructive wars, Japan forced Korea to be a protectorate in 1905, and annexed it in 1910. Many Koreans resisted Japanese rule. One famous example is the 1919 March 1st movement. Decades of colonization ended in 1945 with Japan's defeat, leaving behind bitter and unresolved issues that are still relevant today.

Korea-Russia. Russian influence on Korea is relatively recent, beginning in the late 1800s when Korea cultivated Russia as an ally to counterbalance Japan. Japan violently contested this strategy. When Korean Queen Min (Empress Myeongseong) sought Russian help, Japanese agents assassinat-

ed her. Russian influence faded while Japan ruled Korea and only resurged in 1945 when the Soviet Union occupied North Korea north of the 38th parallel.

Korea-US (pre-Korean War). The US is the newcomer here. It had some limited interactions with Korea in the late 1800s (see the Sherman Incident), culminating in an 1882 Treaty of Peace and Friendship. However, after the Russo-Japanese War, Roosevelt mediated the 1905 Portsmouth Treaty. The document, signed by Russia and Japan, cleared the way for Japan to control Korea.

Korea-US (post-Korean War). The ROK-US relationship started in earnest after WWII when US forces occupied the peninsula south of the 38th parallel. The ROK-US mutual defense treaty dates to 1953, when the Korean War ended. Since then, the ROK-US Alliance has become deeply important to both sides—forged in blood and lasting across the decades. One unique expression of this relationship is the Korean Augmentation to the US Army program. Male citizens in the ROK (who are medically cleared) complete mandatory military service for at least 18 months. Every year, conscripts with English skills

can enter a lottery to become KATUSAs. In 2023, over 15000 young men applied for under 2000 spots. Those selected do their service in a US unit instead of a ROK one.

South Korea-North Korea

Pre-war. The modern DPRK and ROK formed when the Allies defeated Japan and decided to put the formerly Japanese-occupied Korea under an Allied trusteeship (rather than grant Korea its outright independence). The USSR occupied the north, the US the south. Each used its resources to build up its chosen local government and leader—the charismatic communist Kim il Sung in the north, and the staunchly anti-communist and US-educated Syngman Rhee in the south.

Korean War. The differences between these two Koreas grew, and after several years of smaller conflicts the north invaded the south on 25 June 1950 (called the 6.25 war today in South Korea). Because the USSR was boycotting the UN at the time, the United Nations Security Council authorized the formation of the United Nations Command (UNC). The north's Korean People's Army (KPA) pushed ROK forces, supplemented by the few remaining US forces (most WWII-era forces had left by 1950), all the way down to the southeastern portion of the peninsula, called the Busan perimeter. They barely held on until reinforcements arrived. Soon, UNC forces landed at Incheon and retook Seoul, cutting the KPA's supply lines and forcing them to move back. UNC forces continued pushing the KPA back until they were nearly at the DPRK's northern border at the Yalu River. China sent a massive force called the People's Volunteer Army (PVA) over the border that radically changed the war, retook Seoul, and

pushed the UNC back south, but UN forces fought their way back to lines near the 38th parallel. Fighting continued around the 38th parallel for about two years, from July 1951 to July 1953, as all parties debated a potential armistice. Ultimately, several factors (including Stalin's death in March of 1953) led to its finalization. The UNC, KPA, and the PVA (ROK leader Syngman Rhee refused) signed the armistice on 27 July 1953 in Panmunjom. The war had destroyed the peninsula and cost millions of lives.



North Korean soldiers standing guard at the Joint Service Area of the DMZ. Captured by Jetta Allen.

Post-war. After the armistice, the DPRK continued to commit sporadic acts of aggression. This included a large number of border incursions from 1966-1969, now called the Second Korean War; the 1968 DPRK commando raid that sought to assassinate the ROK President; the 1976 axe murder incident in the DMZ where KPA soldiers killed two American officers serving in the UNC; a DPRK submarine that torpedoed and sank the ROK ship Cheonan in 2010, killing 46 ROK sailors; and the 2010 DPRK shelling of Yeonpyeong Island that killed four people.

Opposite trajectories. Initially, the DPRK's highly centralized state

seemed to work, but the Soviet Union's fall and disappearance of Soviet aid revealed staggering inefficiencies. In the 1990s, economic decline became famine. Perhaps 500,000 North Koreans died. None of this disrupted the Kim regime's extraordinary level of control over the DPRK. Today, the DPRK invests heavily in missiles and nuclear weapons. In the south, after massive protests forced the authoritarian Syngman Rhee's ouster, General Park Chung Hee took power in a coup and the ROK

remained a military dictatorship for decades. The ROK experienced astonishing rates of economic growth throughout the 1970s and 1980s, in a sustained wave of development known as the Miracle on the Han. In the 1990s, the ROK remains a genuine democracy. The ROK today has considerable economic power and seeks continued growth. It is also a global cultural force, with Korean food, music, and beauty products gaining in popularity.

Note on Confucianism

You will likely hear references to Confucianism, a Chinese philosophy that Korea embraced. In fact,

for centuries, Koreans emphasized that they were better Confucians than the Chinese. Where the philosophy of Taoism is about natural balance in the world, achieved by a dynamic universe (as shown by the Taegeuk on the Korean flag), Confucianism is about balance in human society. Confucians believe that individuals and societies can become perfect if people improve themselves, using values like filial piety and faithfulness to fulfill their social roles. It also places a heavy emphasis on ritual — doing the right things in precisely the right way.

Confucian social harmony is about knowing your place. Confucian social roles (the Five Bonds) come in pairs. Four are superior/subordinate relationships: ruler to ruled, father to son, husband to wife, and elder brother to younger brother. Lastly, there is one equal pair: friend to friend. The point is mutual obligation. The subordinate gives loyalty, the superior gives benevolence. In practice, of course, those who wielded power often failed to be benevolent. Despotism, kings, fathers, and husbands mar the historical record. Moreover, this strict, hierarchical arrangement disenfranchised most of the population (commoners, women). Still, reciprocity mattered. Korean and Chinese history are full of uprisings against rulers who failed the people.

In South Korea, Confucian roots show in rituals during Seollal (Lunar New Year) and Chuseok (fall harvest), maintaining family graves, respect for elders and a person's rank, and the high social value of education. In North Korea, Confucian values influenced the ruling philosophy of Juche (often translated as self-reliance, more like hyper-national autonomy). North Korean propaganda emphasizes that



Yi I or Yulgok Yi Yi as his artist name, was a Korean Confucian scholar of the Joseon period. He was a philosopher, writer, and artist. Captured by Jetta Allen.

the leader keeps the people safe, and the people reciprocate by providing what the state needs—Confucian reciprocity between ruler and ruled. Also, North Korea is full of rituals celebrating the Kim regime. These demonstrations of filial piety range from massive parades to requirements that families maintain portraits of leaders and wear certain pro-regime pins.

Traveling in Korea

Papago is a useful translation app, plus you can download the dictionary to use when offline. You cannot navigate using Google Maps in South Korea. Waze is best for on-post navigation, and Naver is best for off-post navigation. In Naver, you can select additional layers like bike and hiking trails. There are lots of both here, and Koreans enjoy the outdoors. People especially like getting outside in spring and fall when the world seems full of cherry blossoms or golden ginkgo leaves.

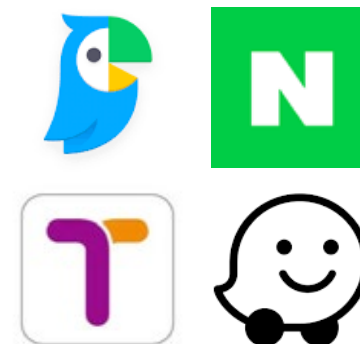
You can also use Naver for public transportation. The official subway app has an English language option. For the subway, most people use a T Money card



The Ojukcheon House was the Confucian household of Yi I. He taught, wrote, and practiced Confucianism. His daughter, Shin Saimdang was raised at the Ojukcheon House. Her portrait is now seen on the 50,000 won note. Captured by Jetta Allen

that you tap on your way in and out of subway stations. You can also use T Money cards in Seoul for buses and taxis. Most convenience stores sell them, and you can add money to your card there or do so with the subway station card reloading machines. You can reserve train tickets using the Korail app or buy tickets at the station. Trains are punctual and inexpensive.

You can find useful information on the newcomers tab of the



Eighth Army website. There are also many social media options, like the Camp Humphreys Support Group on Facebook, which includes advice, links to travel blogs, and information on upcoming events.

Traveling in Korea is great, whether solo, with other adults, or

with kids. We have found Koreans to be incredibly kind to our two children. Public facilities are high quality and numerous. If you drive, the highways have wonderful service stations with delicious, inexpensive food. If finding hotels feels daunting, try the Booking app, which I just used for a family road trip around the peninsula. On our recent journey, we rode the Seoraksan National Park cable car to the top of the mountain and walked to an 800-year-old pine tree, before having traditional herbal drinks in a lovely teahouse. In Gangneung, we had platters of crabs, Korean-style sashimi (hwe), prawns, and grilled fish, and swam in a rooftop infinity pool, looking out on a beautiful sea.

We stayed in a traditional Korean house to explore Gyeongju, the ancient capital of Silla, a dynasty that remained powerful for almost one thousand years and emerged victorious from Korea's three kingdoms to unify the peninsula. We drove to a beach that looked out to the underwater grave of King Munmu, a Silla monarch who demanded to be buried at sea so he could become a water dragon and protect his people from invaders,



Cheomseongdae Observatory in Gyeongju was built during the Silla Dynasty to observe the heavens. It is the oldest astronomical observatory in all of Asia. Captured by Jetta Allen.



Beautiful day for a hanbok experience. Captured by Michael Berkley.



Handcut noodle seafood soup. Captured by Jetta Allen.

and for whom a ROK Navy destroyer is now named (he got his wish!). We enjoyed the famous Jinhae cherry blossom festival, walking under endless rows of blooming trees. In Yeosu, we had piles of oysters, cooked on our table's built-in grill and accompanied by heaping bowls of local side dishes. In Damyang, we bought local wine aged and sealed in harvested bamboo and walked through a vividly green bamboo forest.

To encourage yourself to explore and to have something on hand that does not depend on battery life or cell service when you arrive, it may be worth buying a physical copy of a travel guide or two. *Insight Guides* offers significant detail on Korean history and culture. *Lonely Planet* remains an excellent all-around choice for travel. As you find places you want to visit, save them in Naver.

One way to schedule your travel around the peninsula is to go to festivals. Visit Korea offers maps for festivals in each province. We went to the Anseong Namsadang Baudeogi festival last fall, which celebrates traditional performances and is just a thirty-minute drive

into the country east of Camp Humphreys. We watched acrobat troupes and tightrope walking, tried freshly made traditional candies, watched martial arts demonstrations, and ate chickens deep-fried whole in enormous iron cauldrons. There are also Outdoor Recreation trips, BOSS trips, and trips organized by Discover Seoul, the travel agency on Camp Humphreys.

There is much to explore. Stroll through Seoul's stunning palaces and admire the many groups attired in traditional Korean clothing (hanbok) or rent some to wear yourself. Explore the large shop-

ping centers attached to every large train station and see a movie in 4DX where the seats move around like a theme park ride. Eat all sorts of local specialties in colorful markets, from savory pancakes (jeon) to hand-cut noodles, huge dumplings, and even fish still swimming in large tanks that the vendors cook to order. Go to the beach, or hike past clear mountain streams to rocky peaks, and share a bottle of makgeolli (fizzy Korean rice wine) at the top. Whatever you do, I hope you come away from this article ready to start your own adventure. Welcome to Korea!

About the Author



Justine Meberg is the 501st MIB(T) Analysis and Control Element Chief. Previously, she was the Eighth Army collection manager. She deployed to Iraq as a platoon leader and commanded two companies. She has also served as a company executive officer, squadron S-4, division artillery assistant S-2, and battalion S-2. She taught history at the United States Military Academy at West Point and holds a doctorate in U.S. History from Columbia University.

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By SPC Zachary Rogers, 339th Quartermaster

Summer Time Thoughts, Back-To-School, and A Message For Our Students



Summer vacation is truly the ultimate time to unwind and take a break from the stresses and demands of everyday life. With warmer weather, longer days, and plenty of opportunities for outdoor activities, it's the perfect chance to kick back and relax. Whether you're lounging on a sandy beach with a good book in hand or sipping on a cold drink by the pool, there's something undeniably refreshing about letting go of all your worries and just enjoying the simple pleasures of summer. From barbecues with friends to road trips to new destinations, summer vacation is all about creating memories that will last a lifetime and recharging your batteries before diving back into reality. But summer must eventually end. And with that comes back-to-school season.

One of my favorite times of year has always been back-to-school season. I love the feeling of fresh starts, new notebooks, and the opportunity to learn and grow. I was not a fan of shopping for school supplies and picking out the perfect first-day outfit. Thirty minutes felt like a lifetime, but there's something about the anticipation and excitement that gets me every time. I enjoyed reuniting with friends after a summer apart, meeting new teachers, and diving into trouble with my classmates.

My friends would grow into a school family and they would help each other take on challenging subjects. This was a big help to me to have my friends help me learn (not copy) the actual subjects. The structure and routine of the school year appeal to my well-needed organized nature. I thrive on setting goals and working towards achieving them throughout the academic year. Plus, who doesn't love the smell of freshly sharpened pencils (I would sharpen multiple pencils on purpose) or the sound of bustling hallways filled with students eager to start another year of learning? Well, I don't think everyone was too eager to learn, but I know for a fact that everyone was looking forward to the feeling of being accepted by someone and creating a strong friendship.

The season of back-to-school may not be everyone's cup of tea, but for me, it's a time full of potential and possibility that never fails to make me smile. No matter whether your class is outside or inside, the feeling of being in a group aiming for the same goal is an amazing feeling. For some the feeling of competition to be the best is what sparks them to do great things. What is something you love about school?

So go ahead, kick off your shoes, feel the sun on your face, and embrace the laid-back vibe of summer vacation—it's truly one of the best times to just chill out and soak up the good vibes. Go out and join groups and try to have some fun, this is truly the time to reset your mind after all the book reports and math tests. Rest hard now so you can work hard later. The work you put in now will pay off later. Take advantage of every opportunity. Make all the memories. This school year could be the most memorable of your life if you let it!

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” — Pele, Brazilian Soccer Player



Sgt. Courtney Davis and her husband walk their daughters to their first day of school at Humphreys Central Elementary School.
*Photo by Sgt. Maryam Treece.

FINDING YOUR COLLEGE

15 TIPS FOR SERVICEMEMBERS AND THEIR DEPENDENTS

By Esther Kim

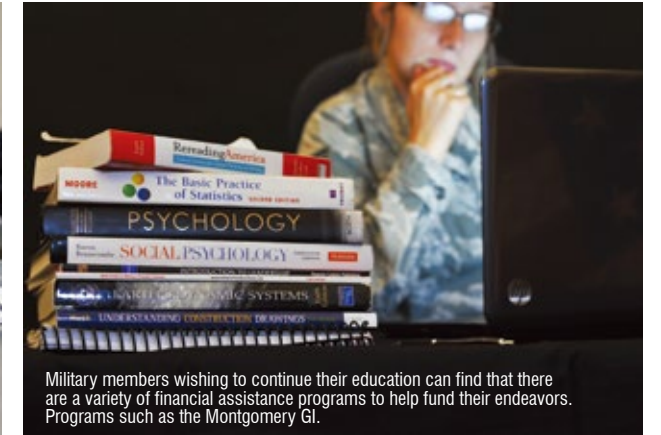


U.S. Army Sgt. 1st Class Kevin Ortiz, a master driver assigned to U.S. Army Garrison Humphreys, Headquarters and Headquarters company, right, receives flowers and a diploma

- 1. Start Early:** Head to your installation's Education Center or Veteran Affairs Office if separated. These agencies can help you understand your tuition assistance benefits, which schools have a memorandum of understanding with the military, and help your education and training align with your future career plans.
- 2. Transferring Benefits:** If you want your dependents to have access to your educational benefits, make sure to add them today. You may be able to transfer your Post-9/11 GI Bill benefits to a dependent family member if you're on active duty or in the Selected Reserve. First, you have to ensure you meet all of the requirements including completing at least 6 years of service on the date your request is approved, agreeing to add 4 more years of service, and the person getting benefits is enrolled in the Defense Enrollment Eligibility Reporting System (DEERS). Talk to your Veteran Affairs Office for more information on how your dependents can access your educational benefits.
- 3. Understand Financial Aid:** If you need financial assistance, research and apply for scholarships, grants, and financial aid options offered by both colleges, external organizations, and even private organizations like the Humphreys United Club and Daegu Civilian & Spouses Club which offer grants and scholarships to servicemembers and their dependents.
- 4. Use DoD Tools:** Tuition Assistance (TA) Decide is the DoD's college comparison tool created for those using DoD tuition assistance. This website tailors your search to your needs, provides information on education costs, shows courses offered at each degree and certificate level, and even notes the point of contact for the school's military liaisons. Tuition Assistance (TA) Decide is the servicemember's best tool for finding a college.
- 5. Be Prepared:** Begin researching colleges and compiling necessary materials well in advance. Deadlines can sneak up on you, and starting early gives you more time to perfect your application.



Mass Communication Specialist 3rd Class Jeremy Laramore. (U.S. Navy photo)



Military members wishing to continue their education can find that there are a variety of financial assistance programs to help fund their endeavors. Programs such as the Montgomery GI.

- 6. Understand Application Requirements:** Each college has its own set of application requirements, including essays, standardized test scores, recommendation letters, and transcripts. Make sure you understand what each college needs from you and plan accordingly.
- 7. Create a Timeline:** Break down the application process into smaller tasks and set deadlines for each one. This will help you stay organized and ensure you don't miss any important steps.
- 8. Proofread Carefully:** Take the time to review your application materials for spelling and grammar errors. Typos can detract from your application, so it's important to present yourself in the best possible light.
- 9. Highlight Extracurricular Activities:** Showcase your involvement in extracurricular activities, such as sports, clubs, volunteer work, or part-time jobs. Colleges value well-rounded applicants who demonstrate leadership, passion, and commitment outside of the classroom.
- 10. Write Compelling Essays:** Use your essays to tell your unique story and highlight aspects of yourself that may not be apparent from your grades and test scores. Be authentic, honest, and reflective in your writing.
- 11. Request Recommendation Letters Early:** Ask teachers, counselors, mentors, and even your military leadership for recommendation letters well in advance of deadlines. Choose recommenders who know you well and can speak to your strengths and character. Make sure their current contact information is noted in their recommendation letter. For military leader recommendations, consider having them use a personal email as personnel could be separated from the military or on leave and not have access to their military email accounts.
- 12. Stay Organized and Keep Copies:** Keep track of all application materials, deadlines, and correspondence with colleges. Make copies of everything you submit for your records.
- 13. Demonstrate Interest:** Show colleges that you're genuinely

interested in attending by visiting campus, attending information sessions, and contacting admissions representatives with thoughtful questions. Have a friend read it. Read it out loud.

- 14. Have a Backup and Don't Procrastinate:** Apply to more than one school. Having a plan A and a plan B is always best. After communicating with various schools through the application process, you may find that the "backup school" is actually the right fit for you! Take advantage of your education benefits now while serving in an active duty capacity. Complete a degree or certificate program that will make you a highly desired candidate in your desired field after service.
- 15. Stay Positive and Persevere:** The college application process can be stressful, but try to stay positive and focused on your goals. Remember that rejection is a normal part of the process, and there are many excellent colleges out there where you can thrive. Following these tips and staying organized throughout the process will increase your chances of submitting strong applications and finding the right college fit for you.

* The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.

About the Author



Originally from Illinois, Esther Kim is an active-duty soldier living in Korea. Esther is passionate most about helping people and enjoys acts of service. Her hobbies include reading books, learning languages, horseback riding, finding good food spots, and so much more. Her next adventure is taking her to the East Coast, where she will be attending school this fall. Esther's goal in writing for *United on the RoK* is to give back to her community in Korea.

Fresh buttery popcorn from the PTSO and PTOs are a district wide hit! Who doesn't love popcorn!



OPPORTUNITIES AWAIT

The Importance of Volunteering with Your Installation's School

By Christine Ebersole

So, you're new to South Korea, or maybe you're not, and you are wondering what you can do to pass the time. You may only have a few hours a week or only the occasional day here or there, or you might just have way too many hours on your hands and not enough to do. You may have a household full of children, or maybe none at all. While you are here, consider spending time with your installation's school. There are many opportunities to volunteer despite which of the various posts or bases you will call your home.

Contribute to your community by volunteering through the PTO and PTSOs at one of the schools here on the peninsula! No matter which installation you find yourself be it Daegu, Osan, Humphreys, or one located near one of these, there is at least one school that would benefit from your free time.

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has.
~ Margaret Mead

The best way to find yourself is to lose yourself in the service of others.
~ Mahatma Gandhi

Everyone can be great because everyone can serve.
~ Dr. Martin Luther King Jr.

Many of the schools have fun activities like popcorn days or book fairs, there are spirit wear events, and helping with health fairs or field days. There are seasonal events like spring and winter bazaars, teacher appreciation days, student appreciation days, dances, and much, much more. Osan's Middle High School PTO even fundraises for senior scholarships! Some opportunities occur during the day, some in the afternoons, and some in the evenings or weekends so there is something that's perfect for anyone's schedule.

Taking part in school engagement can be as simple as becoming a member of a PTO or PTSO. These membership dues fund events for students, teachers, and the entire school. Maybe you can help once a year. These organizations can use leaders too, board members are always welcomed! These volunteer opportunities are great things to add to a résumé for when you return to work or to fill requirements to aid in promotion. Best of all, you will bring joy to the many wonderful students whose lives you will enrich.

As a parent, I am always looking for ways to engage with my child's school. As they get older, the days of "room moms" slowly dwindle. Through the PTSO I can be in my child's school more regularly. Through volunteering,





Osan Middle High School PTO donated \$1,000 in scholarships. Fundraising helped fuel their scholarship program. Volunteers are always welcome to support the Osan community.

I build relationships with the school administrators, and teachers both in my child's grade and maybe future teachers too. Meeting other parents in our community has also strengthened ties and helped me put down roots here in South Korea. Volunteering has supported my entire family; our family is more connected to the school happenings and our child has meaningful experiences that will build lasting positive memories of his school time overseas.

There are more benefits I could list, but to get at the heart of this message, opportunities await, you just have to take them. Not sure where you start? Many of our schools have a Facebook page or you can get contact information through the main front desk of the school they support.

Children are the future. When you invest in children, you help shape and mold our society. How will your investment of time and involvement shape the course of our community? Find out and volunteer this year!

*The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement.



U.S. Army Garrison Humphreys DoDEA mascots compete in a 100-meter race during the Humphreys Unified Special Olympics Track & Field Event, April 11, at Camp Humphreys, South Korea.



Humphreys West and Humphreys Central PTSO.



Humphreys Central Elementary School (HCES) celebrates the month of the military child at the Humphreys High School football field on April 14, 2023. HCES hosts a purple up event.

CUSTOM TAILOR SHOP AT DRAGON HILL LODGE



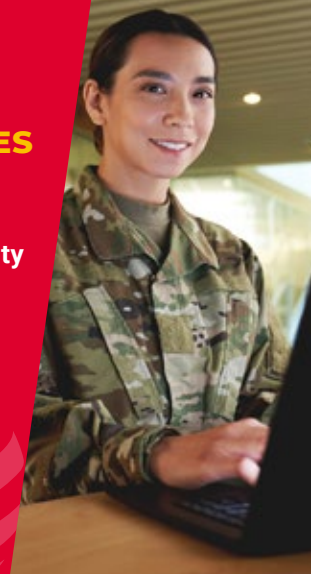
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- We have been chosen by numerous leaders throughout the Army.

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Cell: 010-7468-1988 (Mr. Chang)
Email: changtailorshop@gmail.com

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10 Tips to Get Involved in Your Child's Education

By Jetta Allen and Kimberly Day



Volunteer! Get in the school to see and understand the general needs and the specific needs of your kid(s) and to help your school community. Volunteer with the homeschool groups and co-ops. Being hands-on in your child's learning environment helps parents stay connected with the school and with other parents.

Get involved in the School Advisory Committee (SAC). Join the quarterly meetings at your school. These meetings happen routinely and are open to the public. Attend to advocate for changes in policy and programs, address concerns, advise the principal and installation commander, and create opportunities for kids. Agenda items like school safety, seminar/advisory minutes, functional pick up and drop off areas, changing the culture of sexual harassment and assault in our schools, cameras, dual enrollment, and ACT/SAT prep programming are just a few topics addressed at the School Advisory Committees across the peninsula! These committees are open to the public and if you're a homeschool family using Auxiliary services, consider attending to support your family and other homeschoolers too!

Get involved in your Installation Advisory Committee (IAC). Join the quarterly meetings at your installation. These meetings happen routinely and are open to the public. The IAC is for the whole community. Homeschool families can attend and advocate for community resources to support the education of their learning.



The IAC advises the installation commander on matters, including support. Agenda items like teen driver education, hiring, dual enrollment, student discipline, resources officers, cameras on the interior and exterior of our schools, and community access to DoDEA athletic facilities are topics that have been addressed at the Installation Advisory Committee across the peninsula.

Join the Parent-Teacher-Student Organization (PTSO). Get to know other parents, teachers, and the principal. Help fundraise for the school and amazing activities

for your kid(s). Events like reading under the stars, glow dances, popcorn Fridays, and even book drives are all done through the wonderful PTSOs in South Korea.

Connect with your School Liaison Officer (SLO) and Exceptional Family Member Program (EFMP). Understanding the resources your SLO and EFMP can offer supports not just your children but your entire family. If you are a homeschooled family, your SLO is your first resource! They can point you in the direction of the location of homeschool groups, co-ops, and the resources available to support learning on your installation.



Familiarize yourself with parent and student rights. The FY2024 National Defense Authorization Act (NDAA) included the Servicemember Parents Bill of Rights. The Individuals with Disabilities Education Act and Section 504 of the Rehabilitation Act of 1973 also cover parent and student rights. Knowledge is empowerment. For homeschool families, understanding your options through DoDEAs Auxiliary services can help your family. These services include access to academic resources, access to the school information center (i.e., library), after-hours use of school facilities, and participa-



tion in music, sports, and other extra-curricular activities and interscholastic activities.

Document communication with emails. Communicate with your students' teachers regularly via email. Emails make great reminders of conversations, due dates, and resources shared. Emails can also be useful to help create group schedules. Discuss if a family group calendar can help everyone coordinate plans, including academic activities and events.

Build relationships and assume the best intentions. Building strong relationships can positively impact future educational outcomes. Relationships with your child's educational team support your student as well.

Ask questions. Ask your friends. Ask your community. Ask your school leadership. Agencies want to engage with parents! Be open to every conversation that could impact your student- the good and difficult discussions! Know that the Adolescent Support and Counseling Services and Military & Family Life Counselors can help your student, parents in the community, or even group sessions together.

Don't quit! We cannot make up these years for our kids.

BLOOM: Empowering the Military Teen.

- <https://www.militaryfamily.org/>
- The Mission: We work with families to identify and solve the unique challenges of military life to create a world in which military families are thriving.

Five and Thrive

- Five & Thrive's Military Community Quality-of-Life Experience (or QX) is the positive outcome of a collaborative model made up of military leaders, community partners, and military-connected families who come together to find creative solutions to quality-of-life challenges.
- <https://www.fiveandthrive.org/home>
- The Mission: Tackle the top five quality-of-life (QoL) issues military families face: Childcare, Education, Healthcare, Housing, Spouse Employment



Military Homeschoolers Association

- Military Homeschoolers Association (MHA) is a support organization serving as a social resource network for homeschooling military families. Our mission is to elevate the voice of under-resourced homeschooling military families.
- <https://militaryhomeschoolers.org/>
- The Mission: To advocate for homeschooling, particularly within the military community, by providing informative content, resources, and training to governmental and non-governmental agencies and to empower military homeschooling families worldwide with the resources and support they need to thrive in their educational journey.



Partners in Promise

- Partner in Promise develops data-informed solutions that equip parents, inform leaders, and enable military students to thrive. They promote the principles of diversity, equity, and inclusion by advocating for the futures of our military children with unique and diverse backgrounds and needs.
- <https://thepromiseact.org/>
- The Mission: Our mission is to Protect the Rights Of Military children in Special Education and disability communities to ensure they receive equal access to an education.



STOMP

- Specialized Training of Military Parents offers virtual workshops and webinars throughout the United States and overseas for military families and military personnel of all branches of service. STOMP workshops and webinars are funded by the Army, Navy and Air Force who determine location and topics per installation. The installations served during this multi-year contract are in partnership with parent center staff in the US and its territories.
- <https://wapave.org/stomp/>
- The Mission: To provide information and resources so that military parents, individuals with disabilities and military with personal access services.



Resources for Military Children and Their Families

Military Interstate Children's Compact Commission

- Military Interstate Children's Compact Commission (MIC3) is the governing body of the Interstate Compact on Educational Opportunity for Military Children or ICEOMC.
- <https://mic3.net/>
- The Mission: ease the educational transitions of school-aged, military, and uniform-connected students attending public schools, including Department of Defense Education Activity schools worldwide, and also promulgate and enforce the compact rules.



National Military Family Association

- The National Military Family Association (NMFA) is the leading 501(c)(3) nonprofit dedicated to serving all military families. Since 1969, NMFA has worked with families to identify and solve the unique challenges of military life. Teens can look into joining



Military One Source

- Browse Children, Youth & Teens-related resources for detailed including links and access information. There are many resources through Military OneSource and other Defense Department programs.
- <https://www.militaryonesource.mil/parenting/children-youth-teens/resources/>
- The Mission: Enhance readiness and enhance quality of life for the military community.



About the Authors

Jetta Allen and Kimberly Day have served their overseas community on School Advisory Committees, Installation Advisory Committees, and PTO boards over the years. Jetta Allen's family is now a homeschool family and they are learning to navigate resources in their community. Together these two are active advocates for our military children and their educational opportunities. Together they have learned conversations with leadership and creative problem-solving can support their children and the entire community.



Giant African Land Snails are tiny when they are born and can grow to this size within a year. They can live for several years with proper care.

Snail Farming In Korea

By Mack Rock

The month I visited a snail farm in Korea. I thought the snail farm was going to look like a giant garden with snails walking around. However it did not, it was like apartments for the snails where many of them had roommates. These snails lived in a big greenhouse and they were kept in what looked like black boxes with dirt inside. This farmer had close to 50,000 Giant African Land Snails (*Achatina fulica*). Established in 1999, the *Achatina* Snailery farm has been open now for 35 years.

This farm was very interesting for me because I learned a lot of new things. The snails have mucin to protect their body from getting hurt or cut. Snails could walk on a knife and not get injured because of their mucin. The farmer recounted a time when he was burning something and a piece of plastic stuck to his face and burnt him badly. He said he started putting snail mucin on the burn and it disappeared without leaving a mark. Snail mucin works on almost everything like cuts and scabs he shared. Another thing he said was people who have joint pain can eat snail mucin and their joints



The farmer teaches Mack about harvesting mucin from snails.



In some countries, such as the United States, the Giant African Land Snail is considered an invasive species due to the large amounts of vegetation they can consume.



would be better.

Most of the mucin from the farm is given to hospitals and scientists like Seoul National University. This was nice to hear because the snail mucin could potentially cure cancer. They haven't experimented on humans yet but they tried it on mice and it was proven to work on them. They have not tested it on humans because of the cost, but someday in the future, it could happen. He also sells these snails to schools to be dissected and he sells the snails to the kids to be their pets.

Being a snail farmer isn't easy because feeding takes a whole day. He feeds the snails three things: calcium, soybean, and rice. He mixes and grinds the food into his special formula and then shovels the food into the snail compartments and they have a feast.

Every farmer has their way of gathering snail mucin but he says he is the most efficient at gathering the mucin without harming the snails. He says he has a secret method to extract the mucin. It takes 10kg of snails to get 1kg of mucin. Snails are good for your immune system so people who eat the snails typically have better immunities. While snail mucin is very good for your skin, it doesn't taste good. So this farmer has a different shop that carries a special kind of snail that has almost no mucin on them.

It was an amazing experience to have visited this snail farm. Korea has been using snail mucin for burns, cosmetics, and health benefits for a long time. This was so informative because I did not know this small animal found in the backyard could be this useful. I hope this was eye-opening for you and I look forward to learning what other things snails may do for us in the future.

About the Author

Mack Rock is a 15-year-old residing in Pyeongtaek, South Korea. He is fluent in both English and Korean and is a co-author of the Korean/English education book, '진짜 미국 영단어 그림 사전' (Real American English Picture Dictionary). In addition to his work in entertainment and education, Mack enjoys hobbies such as coin collecting, metal detecting, unicycling, performing magic tricks, and playing video games.



The Importance of Metabolism and Its Impact on Health

By Heather MacLeod

One's metabolism is the sum of all chemical reactions that occur within a living organism to maintain life. These processes are crucial as they enable organisms to grow, reproduce, repair damage, and respond to their environment. Metabolism is broadly divided into two categories: catabolism, the breakdown of molecules to obtain energy and anabolism, the synthesis of all compounds needed by the cells.

Energy Production

One of the primary roles of metabolism is to convert food into energy. This energy is essential for various bodily functions, from the microscopic level of cellular processes to macroscopic activities like walking and thinking. Without metabolism, cells would not have the energy required to perform essential functions, leading to organismal failure.

Building and Repairing Tissue

Metabolism plays a vital role in the synthesis of proteins, nucleic acids, and lipids, which are the building blocks of cells and tissues. This anabolic aspect of

metabolism is crucial for growth, development, and the repair of damaged tissues. For instance, after an injury, metabolic processes ensure the regeneration of cells and the healing of tissues.

Homeostasis and Adaptation

Metabolism helps maintain homeostasis, the stable internal environment necessary for optimal functioning. It regulates body temperature, pH levels, and the balance of water and electrolytes. Moreover, metabolic pathways allow organisms to adapt to changes in their environment. For example, during prolonged exercise or starvation, metabolic adjustments ensure energy supply continues.

Detoxification and Waste Management

Metabolic processes are also responsible for the detoxification of harmful substances and the elimination of waste products. The liver, a key metabolic organ, converts toxins into less harmful compounds that can be easily excreted. This detoxification is crucial for preventing the accumulation of toxic substances that could otherwise harm the organism.



Hormonal Regulation

Hormones significantly influence metabolism, and in turn, metabolism affects hormone levels. Hormones like insulin and glucagon regulate glucose metabolism, while thyroid hormones control the rate of metabolic reactions. This interplay ensures that energy production and utilization are finely tuned according to the body's needs.

The Impact of Metabolic Rate

The speed of an individual's metabolism—whether it is fast or slow—has significant implications for their health and well-being.

Fast Metabolism

A fast metabolism means the body burns calories more quickly. This can be advantageous in several ways:

- **Weight Management:** Individuals with a fast metabolism often find it easier to maintain

or lose weight because their bodies use up energy at a higher rate.

- **Energy Levels:** A fast metabolism can lead to higher energy levels, allowing for better physical performance and stamina.
- **Efficient Nutrient Utilization:** Faster metabolic rates can enhance the body's ability to use nutrients efficiently, contributing to better overall health.

However, a very fast metabolism can also have drawbacks, such as difficulty in gaining weight or maintaining muscle mass, and a higher risk of nutrient deficiencies if the diet is not adequately balanced.

Slow Metabolism

A slow metabolism burns calories at a slower rate, which can lead to different outcomes:

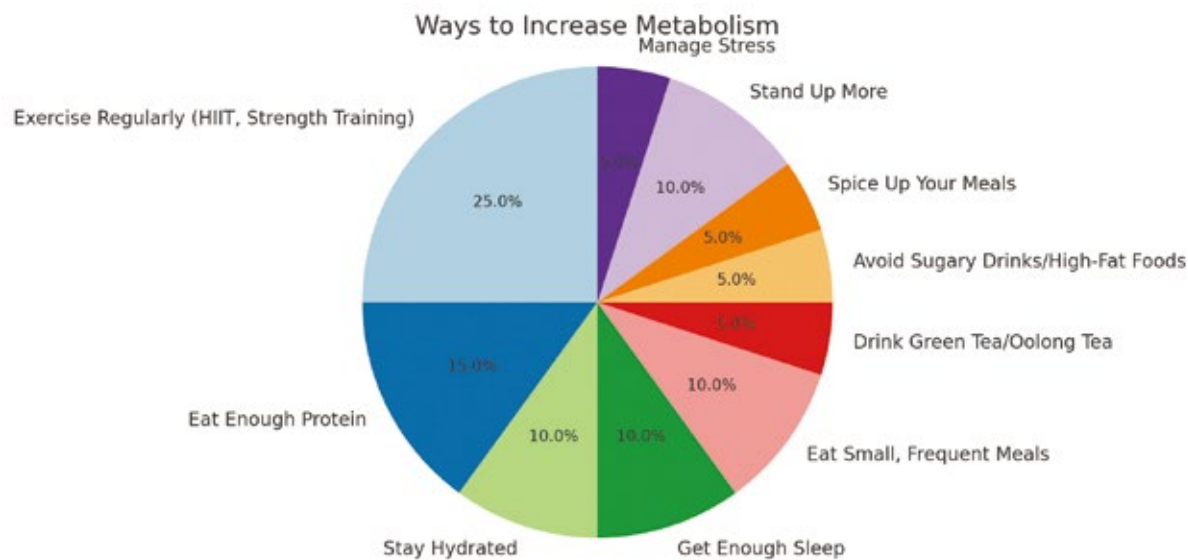
- **Weight Gain:** Individuals with a slow metabolism are more prone to weight gain, as their bodies store more energy as fat.
- **Energy Storage:** A slower metabolism can be beneficial in situations where food is scarce, as the body can conserve energy more efficiently.
- **Risk of Metabolic Disorders:** A slow metabolism can sometimes lead to metabolic disorders such as hypothyroidism, insulin resistance, or type 2 diabetes, increasing the risk of chronic health issues.

Despite these challenges, individuals with a slow metabolism can improve their metabolic rate through regular physical activity, a balanced diet, and other lifestyle changes.



Conclusion

Metabolism is fundamental to life, underpinning every biological process from energy production to growth and repair. A well-functioning metabolic system is essential for health and survival, highlighting the importance of maintaining a balanced diet, regular physical activity, and a healthy lifestyle to support optimal metabolic function. Understanding metabolism not only provides insights into how our bodies work but also offers pathways to address various health issues related to metabolic disorders. Whether one's metabolism is fast or slow, managing it effectively is key to long-term health and well-being.



Here's a percentage chart illustrating different ways to increase metabolism.

- Exercise Regularly (HIIT, Strength Training): 25%
- Eat Enough Protein: 15%
- Stay Hydrated: 10%
- Get Enough Sleep: 10%
- Eat Small, Frequent Meals: 10%
- Drink Green Tea/Oolong Tea: 5%
- Avoid Sugary Drinks/High-Fat Foods: 5%
- Spice Up Your Meals: 5%
- Stand Up More: 10%
- Manage Stress: 5%

These methods are weighted based on their relative impact on boosting metabolism.

About the Author

Heather MacLeod is a Veteran living in Korea. She enjoys exploring, learning new things, and pushing herself to achieve her goals not only professionally, but personally. Heather shares her stories of overcoming obstacles and promoting accessibility across the peninsula on social media.

EXPLORING DAEJU

By Jetta Allen



AMUSEMENT PARKS

1. E-World
2. Sparkland



OUTDOOR ADVENTURES

1. Donghwasan Temple
2. Biseulsan Recreational Forest
3. Suseongmot Lake
4. Daegu Arboretum
5. Nakdong River Victory Hall
6. Seongbulbong Trail Hike
7. Apsan Park
8. Palgongsan Cable Car
9. Duryu Park with Daegu Tower

MUSEUMS AND CULTURE

1. Bongsan Culture Street
2. Daegu National Museum
3. Daegu Modern History Museum
4. Daegu Art Museum
5. Hangae Folk Village
6. Otgol Village Hanok Village
7. Museum of Oriental Medicine
8. Daegu Opera House
9. Hyanggyo Confucian School
10. Gwandeokjeong Martyrs Memorial



SHOPPING

1. Seomun Market
2. Gyodong Market
3. Hyundai Department Store
4. Shinsegae Department Store
5. Lotte Outlets Esiapolis
6. Color Square



FOR CHILDREN

1. Daegu Safety Theme Park
2. Daegu Culture Arts Center
3. CYS Classes
4. Walker Community Center



Celebrating Summer

in South Korea



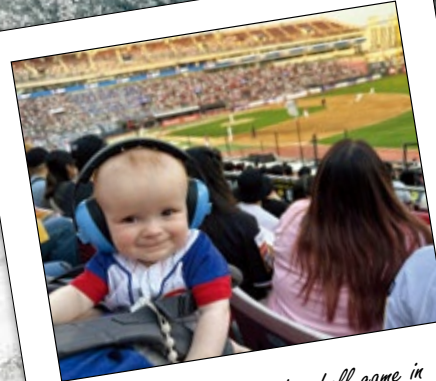
Frances Palmer at Nae-Ri Cultural Park, captured by Jetta Allen



Clark, DJ, and Raizo making summer memories in Daegu. Courtesy of Michael Berkley.



Dinner menu from the Peninsula - a cornucopia of crustaceans!



Caleb at a KT Wiz baseball game in Suwon. Captured by Chris Takacki.



Fun at low tide in Seokcheon-ri. Captured by Dan Romano



Matthew C. from Daegu, growing tall with the rice.



Takacki family at Haedong Tonggungsa Temple in Busan.



Ashley, Rich, Landon, Riley, and Hyland enjoy the Jamsil Bridge Festival on the Han River in Seoul.



Emi N-Carter and Sachi N-Carter staying cool with bingsu



Alyssa and Romeo Damiles at Juknokwon Bamboo Garden in Danyang.



Lena McGuffey at the Hansan Ramie Fabric Cultural Festival, in Seokcheon-gun. Captured by Autumn McGuffey.



Isabelle at MTQ Osan Tabletop. Captured by Kimberlie Cardona.



Caleb and Landon at Unification Village near the DMZ. Captured by Melanie Browning.



KATUSA Friendship Week at USAF Daegu. Captured by Ysamar Gomez



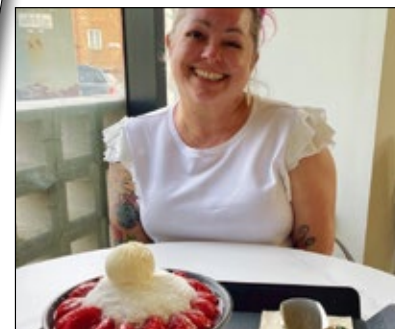
The Battles Family - Kyle & Heather, children Logan, Truett, Aubrey at Seoul Tower



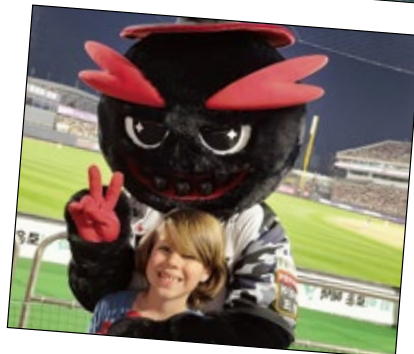
April Gleason, Jecheon-si, Chungcheongbuk-do



The Summers family at the Daereungwon Tomb Complex in Gyeongju.



Erica B. enjoying bingsu with friends. Courtesy of Robyn Connell.



Landon and Wiz at a baseball game. Captured by Melanie Browning

The Humble Sausage Roll

By Caitlin Willis

One of my all-time childhood favorites. Growing up in Australia, this was a staple in our home as a snack, meal, potluck dish etc. The humble sausage roll has been one of the things I have missed most since moving away. This tasty meat mix wrapped in flaky puff pastry is so quick to throw together and is versatile in that it can be eaten fresh from the oven, cold from the fridge, at room temp, or just about any other way you might grab it.

In my recipe, I'm going to share the "old faithful". The standard, basic recipe that is my absolute favorite. I will include a list of add-ins as well. My grandma is known for all her add-ins and everyone loves them, but I always take one bite and suffer extreme disappointment because of my attachment to the original.

To start with, I want to talk about the non-negotiables. In my years not living in Australia, I have tried a good many substitutes for the actual ingredients and 80% of them just cannot be swapped out. Puff pastry is much more expensive in the US (not to mention the commissary), so this dish is slightly more pricey than I am used to, but it's worth it for the result. I have used homemade rough puff and it's not bad, but I really do encourage no substitutes for the puff pastry otherwise you're just getting a totally different product. The recipe that I have, uses 1.5 packages of the pastry available here which is annoying. I sometimes adjust it for 1 pkg but since I was sharing the recipe, I wanted

to keep it to the tried and true version. Sausage mince is another phenomenon. It's basically a mix of ground beef and pork and certain herbs. Our butchers all have it in stock or will make it up for you on the spot. I have pretty good results with using 50% beef and 50% pork. The result is slightly more dense but it is good enough to suffice. Also, opt for the higher fat content beef though either will work just fine.

Secondly, I will talk about some add-ins or changes. If you Google this recipe, you might find people using fennel seeds. The result is yummy, but wrong for me. That's just not how it's meant to taste. I want to say it's the more British version. Often paired with just ground pork. My mom often uses bacon. I love bacon, but again, it's just the wrong taste in a sausage roll, for me. If you opt to add bacon, do fry it up with the onion so that both are caramelized and cooked down. It is truly very tasty and levels them up a little bit. My grandma adds things like apples and carrots but I don't really

know the exact adjustments she makes since those have a higher water content. You would definitely be able to find a recipe on Google if that sounded appealing.

Finally, cooking and storage. Cooking in the ovens here in Korea is a wild ride. When I made the test batch for this article, I cooked half in my regular oven and half in my convection oven since we are lucky enough to have both in our off-post home. Both turned out great. I find the convection oven gives better color and is a little faster but the regular oven can fit more and is a bit more

predictable. Sometimes I find the convection oven goes from white to burned way too fast for me to accurately keep an eye on. I do give cooking times in my recipe, but take your oven into account and carefully watch them towards the end to avoid either the top or the bottom burning.

Whenever I finish a batch, I allow them to cool and then immediately put them in a freezer bag. I have

a smaller family, so it's easiest for me to be able to grab out one or two when needed rather than feel like I need to get through a whole bunch quickly. They keep well in both the fridge and freezer, though. You can eat it at room temp or reheated. I personally like to thaw and air fry for a nice crispy reheat. Oven works well but just be careful not to overdo it and dry them out in the process.



Ingredients

- 750g (1½lb) ground meat (half beef and half pork)
- 1 large onion blitzed in the food processor
- 1/2 teaspoon Italian seasoning
- 1 teaspoon salt
- Pepper to taste
- 4 thick slices of white bread soaked in warm water
- 1.5 packages of thawed puff pastry (three of the tri-folded sheets)
- 1 egg
- Egg wash or half-and-half
- Cold water

Directions

1. Preheat your oven to 220 Celsius.
2. Put sausage mince, processed onion, Italian seasoning, salt, and pepper into a bowl.
3. Cut crusts from bread. Put bread in a separate bowl. Pour over enough warm water to cover, and let the bread stand for 5 minutes. Drain



- off the water, and squeeze the bread gently to extract water. It is important to squeeze the bread well to extract as much water as possible.
- Add bread to sausage mince mixture: mix well. Bread absorbs any excess fat in the sausage mince and helps to prevent the meat from shrinking inside the pastry when cooking.
 - Open the (thawed) pastry and break it at each of the folds. Use your rolling pin to widen each section by about 1/3.
This is not an exact science but you want each piece to be 4-5 inches wide so that it can adequately wrap the filling.
 - Use a piping bag or spoon to add a "sausage" of your filling all along the long edge of the pastry. Add cold water to the opposite edge and roll to enclose.
You want some overlap but not a heap. Maybe ½ inch.
 - Cut into however many portions you prefer and place on a lined baking tray. I usually do either 3 or 4 pieces per log but you can make them much smaller for finger food size!
 - Brush the tops with egg wash or half and half.
 - Repeat until the tray is full, leaving room for puff.
 - Bake at 220 Celsius for 10 minutes. Reduce heat to 180 Celsius and cook for a further 15-20 minutes. If making this recipe in Korea, use discretion and knowledge of your oven! I usually reduce the temperature by 20 degrees and reduce the time by 5 minutes if using the convection oven.
 - Eat straight from the oven with ketchup or allow it to cool and eat as a snack!

I hope you enjoy this recipe from my childhood that brings back fond memories of home and family with every bite!



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The Pairing of Korean Foods and Traditional Liquor at the Gen Z's Hot SPOT “OWL MT. CABIN”

By Grace Lee

In Korea, people like to “pair” their foods. There are many ways to pair foods in Korea, including the Western Garnish method that let's the main dish stand out, or having “ban-chan” (side dishes) with the main dish as many people know, or just having one main dish with another.

The pairing hasn't been only limited to foods. Since long time ago, Korean people liked having their traditional liquor paired with their Korean foods. For example, you might have seen Koreans drinking “Makgeolli” (Korean Rice Wine) with “Pa-jeon” (green onion pancake) or “So-ju” (popular Korean spirit) with “Bibimbap” (Rice mixed with vegetables). If you haven't tried these already, I recommend trying these foods paired with the traditional liquor or with another Korean foods as these are fun ways to truly enjoy Korean foods.

With all the retro vibes going viral recently, the pair-

ing of Korean foods and traditional liquor has become popular among the Millennials and Gen Z. Along with the excitements for Korean food all around the world, the pairing of Korean foods with traditional liquor has become even more popular in Korea.

The place I would like to introduce to you today is a Korean pub called “Bueong-i san-jang” (Owl Mt. Cabin). This is a Korean casual dining restaurant well-known for its pairing of great Korean foods and the traditional liquor. You can try their signature menus like “jeon” (Korean pancake), “tang” (soup), and stir-fried foods with the Korean traditional liquors such as “tak-ju” (also called Makgeolli, a Korean Rice wine), distilled beverages, or liqueurs. You can choose from many options based on your preference or get recommendations when you order.

Lots of Korean Millennials and Gen Z have visited

“Owl Mt. Cabin.” After Covid-19 became an endemic and the recovery of tourism in Korea, lots of tourists have started to visit the “Owl Mt. Cabin.”

Owl Mt. Cabin has gone viral not only among the tourists but the foreign residents in Korea as well. When you visit “Owl Mt. Cabin,” you will easily find foreigners enjoying “Cheese Potato Pancake” (one of the signature menu at “Owl Mt. Cabin”) paired with “Makgeolli.”

If you are interested in learning the Korean Millennials and Gen Z's culture, I recommend visiting “Owl Mt. Cabin.” You can easily get to “Owl Mt. Cabin” by metro as they have many locations in big cities, especially in Seoul Gangnam, Hongdae, and Songpa. You will have the special experience of enjoying Korean food with the traditional liquors as many Korean Millennials and Gen Zs do, which would be a great, new way to experience the Korean culture.

“Owl Mt. Cabin” will soon be available around the world as well. They have been preparing to enter the global market, and now they are currently negotiating to open stores in London, LA, Dubai, Taipei, and Ulaanbaatar.

Recently, a Korean Restaurant called “Kisa” in New York City became a hot spot. Last year, we have seen over 1.3 billion “kimbap” related reels in Tik Tok and social media. These show that Korean food has become popular globally. Now, the next one is “Owl Mt. Cabin.” It will enter the global market with the concept of Korean casual dining, and we hope to see it expands Korean food with the concept of pairing Korean traditional liquors and the food.



OWL MT. CABIN

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Phone: 0507-1473-1265
Home Page : www.owlmtcabin-official.com/html/menu.html



Discovering the Mystique of Vietnam's Sapa Region and Incense Village

By Dan Romano

IF you are considering a trip to Vietnam, it could take months to see all there is to see from Hanoi in the north to Ho Chi Minh in the south. When in the north, of course, Hanoi is likely your first stop, then two hidden gems should not be missed. One is the mountainous town of Sapa, and the other is the Incense Village. When allocating time to visit northern Vietnam, consider adding two nights or more to visit the mountain town of Sapa, and if staying in Hanoi, consider a half day or so to visit the Incense Village.

Sapa

Sapa is about 315 km (~200 miles) north of Hanoi, almost to the border with China. It can be characterized as a cozy and colorful crisp mountainous town with narrow streets that ascend and descend with the hills. The streets are lined with cafes, restaurants, hotels, and shops. Out-





side of town, the narrow streets switchback through lush nature, small villages, and around rolling terraces of rice paddies or other crops along the foothills of the mountains. At this altitude, the weather is cooler than the rest of the country; however, the days can get hot and nights cool and the potential for rain and fog can roll in and retreat like a breeze.

Sapa is in the Hoàng Liên Sơn Mountain range, which is the eastern end of the Himalayas, and includes Indochina's highest point, Fan Si Pan Mountain at a height of 3,143 meters (10,325 feet). The summit of Fan Si Pan offers stun-

ning views and if a two-to-three-day strenuous hike is not your idea of fun, take the 20-minute cable car and shorter tram to the summit. The Phu Quoc Cable Car holds a Guinness World Record for being the tallest and longest non-stop three-rope cable car at 7,900 meters (25,920 feet or 4.9 miles). While enjoying the views it would be impossible to miss the cultural attractions like the 21-meter-tall bronze Great Buddha or the Bich Van Zen Monastery where visitors can meditate. The summit is open each season and the winter must offer equally incredible views!

Sapa is home to several ethnic

minority groups, including the Hmong, Red Dao, Giay, Xa Pho, and Tay peoples. Many of the women still wear their authentic tribal dress. The traditional dress of each tribe offers a different kaleidoscope of color for your eyes.

Another highlight of Sapa is Sun World Fansipan Legend, a complex that sits at the base of Fansipan Mountain. The park offers various festivals, cultural and spiritual attractions (some at the top of the mountain), and other events include traditional dances. Open year round, the winter months, albeit cold weather would offer a whole different experience.





Incense Village

If you are staying in or near Hanoi, make time for a half-day trip to the Quang Phu Cau Incense Village. Honestly, it will take longer to drive to and from the village (about two to three hours round trip with moderate traffic) than to see the incense! A misconception is that the place where tourists typically take photos is big, but it is not. However, with that said, the area where the incense is laid out to dry is beautiful and worth the visit alone! It is

one of the most photogenic places and for a small fee, 100,000 dong (\$4 or ₩5,500), you can take all the photos you want. Let me explain a bit about the importance of incense and the process of making it.

Incense plays a significant role in Vietnamese and Southeast Asian spiritual life. It is used in temples, pagodas, shrines, and other worshipping places. Every Vietnamese family has an altar, where they worship their ancestors and burning incense is believed to be the bridge connecting the living with the spirits.

The traditional craft of making incense has been around for more than 100 years and was originally made by hand; presently, machines have taken over part of the process. After harvesting bamboo-like trees, it is split into the long toothpick-like sticks we are familiar with. Then the sticks are bundled, dipped into a vat of dye, and sent to a drying area. Once the dyed bundles are delivered to the drying area, ladies fan each bundle out into the round shape you see in the photos and remove any bad sticks from the bundles.



Next, to create the aroma typical of incense, various ingredients such as pine buds, clove roots, or cinnamon bark are ground into powder and glued to the sticks. After gluing two or three layers, the sticks are sealed and again left to dry. While certain tours will take tourists to see all the steps in the process, the part when the incense is fanned out to dry is quite impressive. The \$4 dollar fee is more than reasonable to take photos since they do make the area conducive for it. There are small paths between the incense and scaffolding along the



edges to climb up and shoot down.

Hanoi Vietnam is about a 4.5-hour direct flight from Incheon and if you are willing to go that far, take the extra time to go to Sapa and the Incense Village. Going to the top of Fansipan Mountain, seeing the sites in Sapa and Sun World, as well as driving about the beautiful foothills and small villages is a wonderful use of time in Vietnam! The Incense Village is a stunning site to see and take photos. To make the most of your time in the area, you might consider going on a group tour to see other things in addition to the incense. Both places are beautiful in diverse ways, and you will not regret the time spent!

Resource for your trip to Vietnam!

- Sun World Fansipan Legend: <https://fansipanlegend.sunworld.vn/en>
- Phu Quoc Cable Car: <https://honthom.sunworld.vn/en/exprience/longest-cable-car-in-the-world>
- Best free walking tours in Vietnam: <https://www.guruwalk.com/c/vietnam>

Tours for purchase:

- <https://www.momentlives.com/vietnam-photo-tours/quang-phu-cau-incense-village/>
- <https://vietnamtour.in/quang-phu-cau-incense-village/>
- <https://www.tripadvisor.com/Attractions-g293921-Activities-c42-Vietnam.html>

About the Author

Dan Romano retired from the Air Force after 30 years of service and was based at United States Force Korea for several years over two assignments. He recently returned and enjoys living in Korea. He is a nature lover, photographer, and traveler. His adventures take him to some of the most beautiful places in the world where he captures the beauty of nature, on land and in the water.



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Enhancing the Harmony in Your Space

By Kate Nelson



Flowers at Namdaemun Market

Come off the dusty and sweltering hot street in the middle of the summertime to find my organic treasures at the traditional market. These lovely treasures are flowers from the market at Namdaemun (남대문시장). They are the reflection of grace and beauty in Korean culture and many cultures worldwide as well. Making the space surrounding them pleasant, fragrant, and bringing simple joy; no wonder Korean art is adorned with flowers.

If you are considering whether choosing your own flowers is worth the trip, it most certainly is a fun experience! It combines the thrill of finding a good bargain with enjoying the harmony of fresh horticulture brought straight from the farms. Another benefit is supporting the local economy and local growers.

As one who has shopped wholesale flower markets back in the States and compared prices at large membership stores, please rest assured that the flowers at Namdaemun Market are some of the best prices you will ever find on the peninsula! I found the main flower (Peony), greenery (Eucalyptus), and filler flower (Limonium)

for a large arrangement for only ₩11,000. I don't need to tell you flower enthusiasts what a bargain that is! Namdaemun has fresh-cut flowers, arrangements for sale, potted plants, and artificial flowers. Please give it a try yourself and enjoy the calming nature of working with flowers.

Namdaemun Market

Directions: From the Hoehyeon Station on line 4, exit #5, which goes to Market Gate 5. Instead, take a left, walk down the street



Namdaemun Market

for 2 minutes, and enter Gate 6 into the market. At the first intersection, look to the right and see the Flower Market labeled on the 3rd floor.

Jongo Flower Market

For even more selections, if you would like to try a variety of unusual potted plants, exotic orchids, and succulents in many sizes, make your way to Jongo Flower Market. There I found a small succulent with vibrant colors I have never seen back in the States for only ₩3,000.

Directions: From the Dongdaemun Station on line 4, exit 10 and walk for about 5 minutes until you see the Flower Market sign.



Jongo Flower Market

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.

Back to School:

A tip that will help everyone in your home

By Kortnee Anne



Welcome back to the intentional learning corner. I hope you're enjoying your summer. Are your children starting school this month? Do you have a toddler or baby who seems to get frustrated easily? Are you tired of the meltdowns? Are you feeling overwhelmed as a parent? I want to share with you one of my favorite tips that has helped me preserve my mental health as a parent and a teacher as well as helped the children in our home have more control of their feelings.

Daily Quiet Time

That's correct. I often observe parents and teachers trying to do so many great activities with their chil-

dren, but they tend to forget that there is educational value in taking a moment to intentionally slow down and take a break.

- Quiet time has many benefits for children of all ages.
- Encourages self-regulation and calmness
 - Encourages imaginative play and problem-solving
 - Time to reflect and relax
 - Encourages independence and self-contentment
 - Allows time for all the lessons of the day to be absorbed by the brain

In our home, we make quiet time a priority. When our daughter was less than 2 years old, quiet time was nap time. At that age, she also had one short quiet independent play session in the afternoon. As she has grown, we have transitioned from naptime and a short quiet time to one long quiet time. We started quiet time with 20 minutes and over a period of time, quiet time is now 60-90 minutes.

Quiet time in our home means our daughter goes to her room where she has her bed and a basket of stuffed animals. At times we have put a small basket of toys in her room with 3-5 quiet items such as a pop-it, small books, fidget toys, etc. She often pretends her animals are babies and they have a lot of fun during quiet time. The rules for quiet time in our home are:

1. You do not have to nap but you are expected to be quiet. Quiet voices are ok.
2. You can leave your room to use the bathroom or if you need a parent.
3. Stay in your room until your timer goes off. Quiet time can include turning off all the noise and lights in your home.

If you prefer quiet activities, you could try putting a puzzle together, reading or looking at books, making a small craft such as a bracelet, stretching, practicing yoga, etc. during your quiet time. Remember, you decide the rules for quiet time in your home and it will take you time to establish what works well for you and your family. Establishing quiet time is not always easy, however, it is beneficial for you and everyone in your family. Good luck and reach out to me personally if you need support.

Mindfulness Craft

Materials

- Pipe cleaner (yarn or sting can also be used)
- 10 Beads (dried pasta can also be used)



Directions:

1. Gather materials.
2. Tie a knot at one end of your pipe cleaner. The knot should be big enough to keep the beads from being pulled off the end.
3. Thread 10 beads onto your pipe cleaner.
4. Tie a knot at the second end of your pipe cleaner. You can choose to keep it straight or to make it a bracelet.
5. As you slide the first bead to the end of the pipe cleaner, inhale slowly.
6. As you slide the second bead to the end of the pipe cleaner, exhale slowly.
7. Repeat for each bead.
8. Focus on intentionally breathing slowly.

About the Author



Kortnee is a military spouse, a yoga teacher, homeschool mom, and published author with more than a decade of experience in early and elementary childhood education. Her goal is to take parents on a journey with their children by integrating more opportunities for intentional learning daily through play. If you would like more activity ideas follow us on Instagram @intentionallearning.

Meditation for Children and Parents

By Harry Shin

Military families relocated to serve in another country face exposure to unfamiliar circumstances and increased stress. They may experience challenges adapting to the new environment, such as language barriers, cultural differences, relocation challenges, or social isolation. Meditation can be a way to relieve stress for both children and parents.

It is important to first identify the environmental sources of stress for families, especially young children. First, let me summarize some of the causes of environmental stress.

- In a home environment, arguments or tension between family members can create a stressful atmosphere. Changes in family structure can be confusing and unsettling. Economic instability can lead to strain if children perceive their parents' worries. Physical, emotional, or neglectful behavior can cause significant stress and trauma.
- High expectations and pressure to perform well can be stressful in a school setting, especially for young children. Negative interactions with peers can cause significant emotional distress, such as bullying or social exclusion. Moving from one school to another or even changing classrooms can be stressful. Lack of individual attention and noisy environments can be overwhelming.
- Being away from parents or primary caregivers can cause stress, especially in unfamiliar environments. Unstable caregivers, like the high turnover rates of caregivers, can also disrupt the sense of security. Inadequate supervision and lack of personalized care can cause anxiety and nervousness for all.
- Dealing with a person or family member's illness can be stressful for children. Frequent or prolonged hospital visits can be intimidating and unsettling.
- Pressure to conform to cultural norms or expectations can be stressful. Experiencing or witnessing discrimination based on race, gender, or other factors can cause distress.
- Exposure to age-inappropriate media can lead to



Buddha statue at Waujeongsa Temple. Captured by Jetta Allen.

- fear and anxiety. The overuse of electronic devices can interfere with sleep and physical activity, contributing to a dysregulated nervous system.
- Relocating can disrupt a child's sense of stability and significant changes in daily routines can be overwhelming.

There are several ways to improve the environment that are essential to maintaining mental and physical health and creating a supportive environment that can reduce and mitigate stress.

- Parents and educators can provide consistent routines and a stable environment to maintain stability. Additionally, encourage, and allow children to express their feelings and concerns to foster open communication.



Meditation Buddha is a great addition to add serenity to your home and calm space. Captured by Jetta Allen.



Joshua A. practicing meditation techniques at home. Captured by Jetta Allen.

- During stressful times, offer emotional support to provide comfort and reassurance, and create safe spaces to ensure physical and emotional safety in all settings.
- Encourage balanced nutrition, regular exercise, and adequate sleep to promote healthy habits, and monitor and regulate the content that children are exposed to limit stressful media exposure
- Encourage strong, supportive relationships with family, friends, and caregivers to foster positive relationships.
- By recognizing and addressing these stressors, parents can help create nurturing environments that support the emotional and psychological well-being of young children. Especially, meditation can help to cope with these issues.

Meditation for Children

There are many benefits of meditation for children.

- Children who practice meditation regularly will see a significant improvement in their concentration, especially school-aged children who struggle with focusing on tasks, including those with learning disabilities.
- Meditation is known to help children by improving their ability to retain what they learn, making their minds sharper, and more focused, and enhancing their creativity. It is not commonly understood that

the innate creativity of a child can only fully manifest when the child has a calm and peaceful mind and allows them to concentrate on the activity they are pursuing.

- Meditation also benefits kids by enhancing their overall health, which is crucial during their formative years. Focusing inward to improve mental, emotional, and physical well-being and providing solutions at the hormonal level, can significantly benefit children.

If parents introduce children to the basics of meditation and gradually guide them to deeper levels, they will experience the full range of benefits that lead to a better, improved, and healthier lifestyle.

An Introduction to Meditation for Parents and Children

Meditation encompasses various techniques aimed at cultivating mindfulness, concentration, and insight. In traditional Buddhist practices, meditation methods such as Anapana Sati (awareness of natural breathing), Samatha (concentration), and Vipassana (insight) are prominent. Additionally, modern approaches include practices like singing bowl meditation, silent meditation, Metta meditation, or music meditation, each offering unique benefits.

Breath-counting meditation is highly recommended

for children, parents, and beginners, especially because children and parents can practice together. Buddhist monks typically begin with traditional breath-counting meditation to enhance concentration before delving into a deeper level of practice, which is a Korean Buddhist traditional meditation called Ganhwasun. I would like to introduce meditation practices for children along with their parents and highlight the importance of breath awareness while providing insights into various meditation techniques for further exploration and practice.

1. Breath Counting Meditation

This meditation is a strength-building exercise for the mind. For the posture, sit comfortably, straighten your back, spine, and neck, relax your whole body, especially both shoulders, gaze at the floor or close your eyes, and place your palms together or on your knees. Now, count your inhale: one, two, three, four, then reverse: four, three, two, one. When you can do this with ease, increase the count to 10 or 20. When that becomes easy, increase to 30 or more.

Teach children to focus on their breath. Simple exercises like imagining they are inflating a balloon in their belly as they inhale and deflating it as they exhale can be very effective.

2. Guided Imagery

Use storytelling to guide children through a visualization exercise. For example, asking them to imagine themselves in a peaceful place like a beach or a forest can help them relax and focus their mind.

3. Body Scan

Encourage children to lie down and pay attention to different parts of their body, starting from their toes and moving up to their heads. This helps them become more aware of their physical sensations and relax.



Mr. Shin and Venerable Sun Up Sunim, head of the propagation at the Jogye Order of Korean Buddhism.

4. Mindful Listening

Have children close their eyes and focus on the sounds around them. This exercise helps improve concentration and makes them more aware of their environment.

5. Gratitude Practice

Ask children to think about or write down a few things they are grateful for. This can be done at the start or end of the day and helps cultivate a positive mindset.

6. Mindful Coloring

Provide children with coloring books or mandalas and encourage them to color mindfully, focusing on the colors and staying within the lines.

7. Walking Meditation

Take children on a slow walk and ask them to pay attention to the sensation of their feet touching the ground, the sounds they hear, and the sights they see. This helps them practice mindfulness while being active.

8. Mindful Eating

During snack time, encourage children to eat slowly and pay attention to the taste, texture, and smell of their food. This practice fosters mindfulness and an appreciation for their meals.

9. Five Senses Exercise

Guide children to use their five senses to explore their surroundings. Ask them to notice five things they can see, four things they can touch, three things they can hear, two things they can smell, and one thing they can taste.

10. Emotion Meditation

Help children identify and label their emotions. They can sit quietly, take deep breaths, and think about how they feel. This helps them develop emotional awareness and regulation. These methods can be incorporated into daily routines at home or in the classroom, providing children with tools to manage stress, enhance focus, and develop a sense of inner peace.

If parents and their children meditate together, they can improve their bond and lead a more stable and happy life. Why don't you meditate with your beloved children today?

About the Author

Harry Shin is a Certified Meditation Instructor accredited by the Jogye Order of Korean Buddhism. He enjoys introducing Korean culture to U.S. service members and their families and promoting cultural exchanges by leading a Facebook community called "Enlightenment Community at Osan Airbase and Camp Humphreys."

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The Elegance of JI HWA

Korean Paper Flowers in Tradition

By Chil Yong Lee



JI HWA refers to a beautiful flower crafted from Korean paper. These intricately designed paper flowers, adorned in various colors and shapes, are not real flowers but are often used in Buddhist ceremonies, such as the Yeongsanjae (Celebration of Buddha's Sermon on Vulture Peak Mountain) and Suryukjae (Water and Land Ceremony of Temple — a Buddhist ritual held to comfort the souls of the dead). They also serve as decorations on Buddhist altars, where their majestic beauty is prominently displayed.

According to Buddhist scriptures, when the joy of Buddhism is fully realized, the sky rains flowers. To honor this cosmic beauty, people engage in ritual activities, and the use of JI HWA in such Buddhist and royal ceremonies highlights its majestic elegance.

Lee Song-ja, a master of Paper Flower making, has been dedicated to this craft since 1983 when she learned the art from Monk Deokam at Beopryunsa



Temple in Seoul. In 1991, she further refined her skills under Monk Jeongeun at Bongdeoksa Temple in Anseong. Since 2014, she has served as the general manager of the Buddhist JI HWA Research Institute at Bomunsa Temple in Seoul, where she teaches Buddhists the techniques of making JI HWA.

Lee Song-ja's expertise has gained international recognition, leading to invitations to Paris in 2008, Taiwan in 2010, and the LA Korean Festival in 2012, where she shared the tradition of Korean Buddhist JI HWA. Her skill in this art form is widely acknowledged, leading to invitations from temples across South Korea, including Jeju Yakcheonsa Temple, Woljeongsa Temple in Gangwon-do, Jeongnimsa Temple in Buyeo, Bohyeonsa Temple in Ulsan, Daljeon Temple in Haman, and Yeongpyeongsa Temple in Sejong-si. There, she has participated in intellectual and artistic activities, such as Dabi (a traditional Buddhist cremation ritual) and Suryukjae.

Born in 1953, Lee Song-ja remains active in the creation of JI HWA flowers, continuing her work with passion and dedication well into her seventies.



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Snail Slime...

Weird or Wonderful?

By Alison Rock



I first heard about snail mucin in skincare in 2009 from my Italian friends who were paying close to \$200 a jar for face cream. I thought this was total marketing hype and they were crazy for purchasing this. In fact, I was very prejudiced against these little mollusks because when I was a child, my mother would pay me to collect snails from her garden, so I've never held them in high regard.

When I moved to Korea I learned more about them. As it turns out, the use of snails in skincare and medicine dates way back to Hippocrates. This famous doctor in ancient Greece would prescribe them as a topical treatment for inflammation. However, snails regained popularity in the early 1980s when farmers in Chile who were producing escargot for France noticed how soft their hands were and how quickly cuts and scrapes

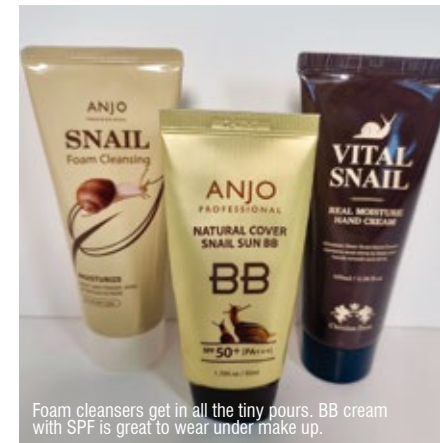
would heal. Korean doctors and researchers took this information and started using snail mucin for skin care in Korea. Many accessible studies that are independent of sponsorship and are from very reputable sources, like the Mayo Clinic or the Journal of Integrative Dermatology, tout the benefits of snail mucin in the areas of, wrinkles, anti-aging, hydration, water loss, and post-procedure healing.

In preparing this article, I met with a snail farmer here in Korea. He uses his snails for many different things, one of them is providing snail mucin to the big universities for medical research. He said snail mucin is approved by Korea's Ministry of Food and Drug Safety for use on burns. He recounted a story where he was burnt and applied snail mucin to the burn and he didn't scar. In the research that I have done, the regenerative

properties of skin with the use of snail mucin are significant. It sounds like there is potential to cure or curb skin cancer, keep cancer from metastasizing, regenerate skin cells to heal wounds quickly, kill bacteria to prevent skin wounds from worsening, fade acne scars, improve arthritis, liver disease, kidney inflammation, and much more. There have been studies done where skin has been biopsied after the use of snail mucin and clinically significant improvement has been observed. Now I am not making any of these claims, nor am I endorsing anyone else's claims, I'm merely commenting that there could be some potential here. I will be curious to see what we're doing with snail mucin ten years from now. It also opened my mind to trying and exploring these products.

Now please do not let your children collect snails from the garden, they can carry parasites and you certainly don't want that on your skin. The snails used in skincare are grown in safe environments and the mucin collected is sterilized before use in cosmetics. Another important factor is that Korea does not allow animal testing for cosmetics and has very stringent laws against animal cruelty. So, my understanding is that the mucin used in Korean cosmetics is collected without harming the animals.

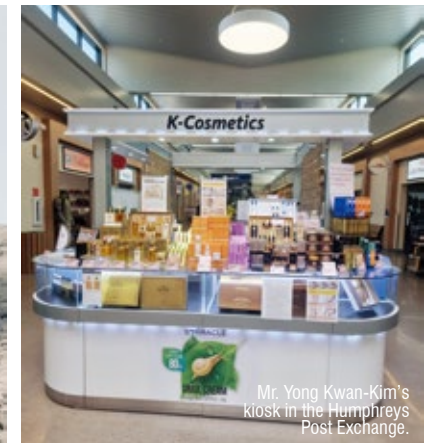
So, if this has now opened your mind towards trying snail cream,



Foam cleansers get in all the tiny pores. BB cream with SPF is great to wear under make up.



Having products within the same line of skincare can be beneficial as each product will complement the next step in the K-Beauty routine.



Mr. Yong Kwan-Kim's kiosk in the Humphreys Post Exchange.

the next question would be what to try and where to buy it? My first purchase of snail cream was in 2018 from the shop owned by Mr. Yong Kwan Kim in Seoul. He now operates the Kiosk inside the Humphreys Post Exchange. Mr. Kim is very knowledgeable about skincare and cognizant of what Americans want. You can buy from him at very affordable prices, or you can get the brands he sells from places like Amazon or Ulta amongst others. So, if you find something that you really like, don't be scared to try it even if you're only here for a short time as you can purchase it again stateside.

One of his most popular snail brands is the black snail line made by Eshumi. This line may help with four major things; first it helps you to retain moisture because snail mucin contains hyaluronic acid that helps soft tissue growth and stimulates your body to make more collagen and elastin. Secondly, it has anti-aging properties because it contains glycolic acid that may diminish the appearance of fine lines and wrinkles. Thirdly, snail mucin contains allantoin that helps with skin healing and regeneration. Finally, snail mucin contains beta-glucans proteolytic enzymes that calm and soothe irritated skin.

Eshumi has a full line of skincare products all containing about 50% snail mucin so it's great to use for

moisture all year long. The recommendation is to go from the thinnest product to the thickest. So, you can choose a different day and night routine or mix and match to meet your own skin's needs. It's recommended to cleanse and then use the hydrator. After that in the evening, one might use the ampoule and then the cream; while during the day under makeup, you might opt for an essence and then a moisturizer. Snail mucin is for all skin types and all ages. This particular line also has other ingredients added like jujube extract and niacinamide, a vitamin B3 derivative so, it helps brighten skin and prevent wrinkles.

If you need even more moisture and quick regeneration you may want to try Advanced Snail 96 Mucin Power Essence by CosRX. This product was released in 2014 but went viral on TikTok in 2023 because influencers started posting tutorials on how to use it and displaying how it affected their skin. It has 96% snail mucin so it's very concentrated. It is supposed to provide deep hydration, absorb quickly, soothe damaged skin, repair dark spots, and improve skin vitality. It is fragrance-free, sulfate-free, and doesn't contain parabens or phthalates. I tried this essence for the first time today and so far, I like it.

I asked Mr. Kim why snail cream has gained such popularity world-

wide and he says it's because it has a very quick effect. People want instant gratification, and the regenerating effects of snail mucin are fast. You don't need to use it for years to see results. He says it happens quite quickly.

I hope that you will give snail mucin a try. I recommend that you start with the black snail sheet mask by Jigott. I think it has the most wonderful fragrance and you can purchase it for as low as fifty cents. But, if you have other skin concerns like blemishes or deep wrinkles Mr. Kim has many other Korean skincare items like collagen, 24KT gold, and vitamin C that you may like. He's happy to give you a personal consultation on what might work best for you. I find the products in his shop reasonably priced and he quite often runs special offers like buy two get one free on his snail products.

As I started researching K-beauty products to write this article I found enough information to write a book but, since that's not the purpose of this article, I won't bore you with too many facts. If you want more information on any of the products above or the results of the CosRX essence after two weeks of use, follow me on Instagram or YouTube @AlisonRock-USA and I will post more details and honest reviews. Good luck with your beauty routine and I hope you will give snail mucin a try.



Comics have long been a beloved form of entertainment for children, captivating them with vibrant illustrations, dynamic characters, and thrilling storylines. However, beyond the flashy exterior, comics hold a potential to shape young minds by imparting valuable lessons in morals and ethics. This article explores how comics serve as a powerful educational tool, guiding children towards understanding right from wrong, empathy, and the complexities of human behavior.

Heroes and Villains: The Clear-Cut Morality

One of the most apparent ways comics teach children about morals is through the classic battle between heroes and villains. Superheroes like Superman, Spider-Man, and Wonder Woman embody virtues such as bravery, selflessness, and integrity. Their constant struggle against villains who represent greed, cruelty, and corruption provides a clear distinction between good and evil. This binary opposition helps young readers understand fundamental moral concepts, encouraging them to aspire to the qualities of their favorite heroes.

Consequences and Responsibility

Comics often highlight the consequences of actions, teaching children about responsibility and accountability. For instance, Spider-Man's famous adage, "With great power comes great responsibility," underscores the importance of using one's abilities for the greater good. By witnessing their heroes face the repercussions of their choices, children learn that actions have consequences and that ethical behavior is essential for maintaining justice and harmony.

Empathy and Understanding

Comics delve into the personal lives and struggles of their characters, fostering empathy and understanding among young readers. Storylines that address themes such as bullying, discrimination, and loss allow children to relate to the characters' experiences and emotions. This connection helps them develop a sense of empathy, encouraging them to be more compassionate and considerate towards others in real life.

Moral Ambiguity and Ethical Dilemmas

While many comics present clear-cut moral distinctions, others explore the gray areas of morality and ethical dilemmas. Characters like Batman and the X-Men often face challenging decisions where the right choice is not always obvious. These narratives introduce children to complex moral questions, encouraging critical thinking and discussions about ethics. By grappling with these dilemmas, young readers learn to appreciate the nuances of morality and the importance of making thoughtful, informed decisions.

Cultural Diversity and Inclusion

Comics also play a crucial role in promoting cultural diversity and inclusion. Characters from various backgrounds and cultures, such as Black Panther, Ms. Marvel, and Miles Morales, expose children to different perspectives and experiences. These diverse representations help children understand and appreciate cultural differences, fostering a more inclusive and tolerant mindset.

Comics are more than just a source of entertainment for children; they are a powerful educational tool that imparts essential lessons in morals and ethics. Through the adventures of their favorite heroes and the challenges they face, young readers learn about bravery, responsibility, empathy, and the complexities of human behavior. As parents, educators, and society at large continue to recognize the value of comics, their role in shaping the ethical foundations of future generations will undoubtedly remain significant. So, the next time you see a child engrossed in a comic book, remember that they are not just reading a story—they are learning the code of heroes.

presented by

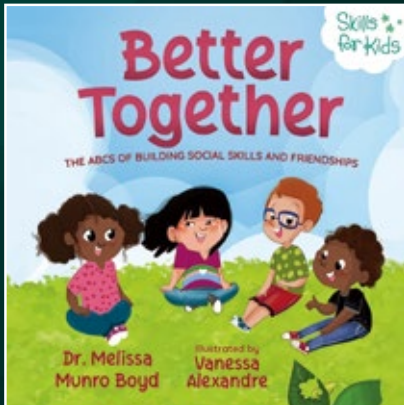
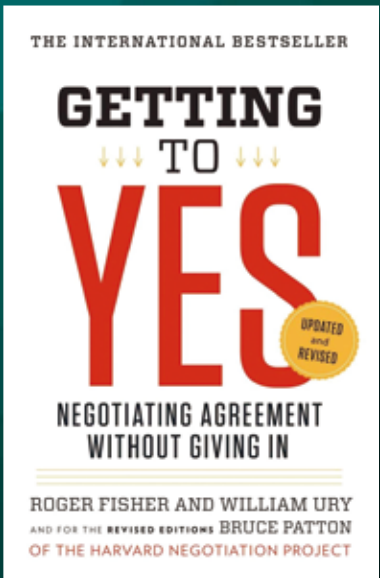
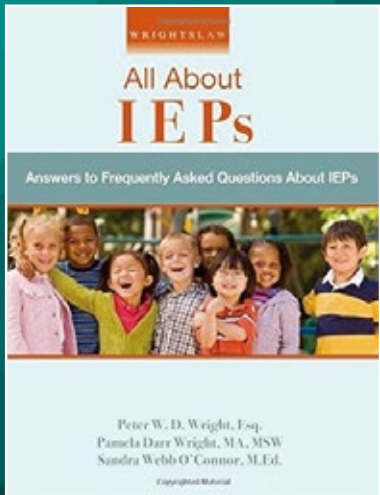
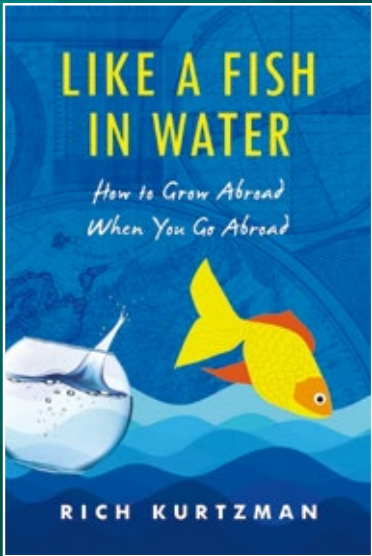
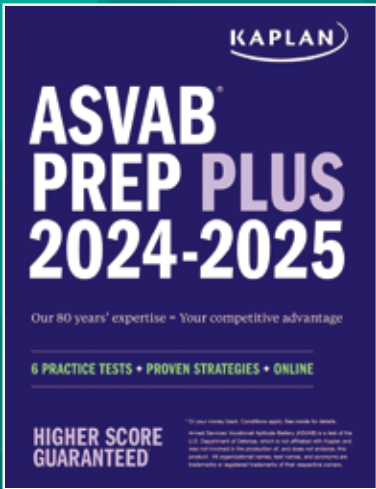
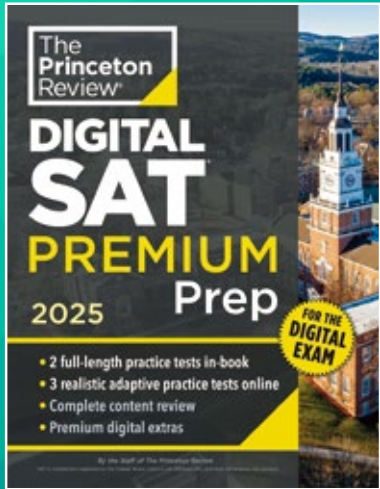


The Talking Nerd Talk Show is a local podcast about fans talking fandom that is hosted on Camp Humphreys. Check out weekly episodes and more:



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ASVAB Prep Plus 2024-2025 - *Kaplan Test Prep*

Kaplan's ASVAB Prep Plus 2024–2025 provides proven strategies and realistic practice for every section of the ASVAB and AFQT. With comprehensive subject reviews, expert tips, detailed explanations, and flashcards, you'll be ready to face the test with confidence. Kaplan is so confident in ASVAB Prep Plus that we guarantee results: Study with our online resources and book, and if your score doesn't improve, you'll get your money back.

Like a Fish in Water: How to Grow Abroad When You Go Abroad - *Rich Kurtzman*

Studying abroad is a once-in-a-lifetime opportunity, but leaving home can be daunting. Like a Fish in Water prepares you to feel confident and ready to thrive in any culture. Rich Kurtzman, a Chicago native with over twenty years in Barcelona, guides you through the challenges of living abroad, offering insights from his experience overseeing study programs and coaching executives. This book helps you adapt, connect with locals, and turn challenges into opportunities. Done right, studying abroad will expand your horizons for life—both personally and professionally.

Wrightslaw: All About IEPs Perfect Paperback – *Peter W. D. Wright and Pamela Darr Wright, Sandra Webb O'Connor*

Whether you're a parent of a child with special education needs, a seasoned educator, or a professional advocate, you likely have questions about Individualized Education Programs (IEPs). This comprehensive, easy-to-read book provides clear and concise answers to frequently asked questions about IEPs. Discover what the law says about IEP teams and meetings, parental rights and consent, developing an IEP, placement, transition, assistive technology, and strategies for resolving disagreements.

Getting to Yes: Negotiating Agreement Without Giving In - *Roger Fisher, William L. Ury, Bruce Patton*

Since its original publication nearly thirty years ago, Getting to Yes has helped millions of people master the art of negotiation. Based on the work of the Harvard Negotiation Project, this seminal business text offers a proven, step-by-step strategy for reaching mutually acceptable agreements in any conflict. Thoroughly updated and revised, it provides a straightforward, universally applicable method for resolving personal and professional disputes without anger or compromise.

Better Together: The ABCs of Building Social Skills and Friendships - *Dr. Melissa Munro Boyd*

From A to Z, Better Together teaches children essential friendship skills like sharing, taking turns, asking for help, and reading body language. Through fun examples of kids navigating social situations at home and school, this book helps children build confidence in using their social skills. Better Together is the third book in the Kids Healthy Coping Skills series.



INTERNATIONAL AND NATIONAL CELEBRATION

01Thu	International Childfree Day	21Wed	International Day of Remembrance and Tribute to the Victims of Terrorism
01Thu	World Lung Cancer Day	22Thu	International Day Commemorating the Victims of Acts of Violence Based on Religion
01Thu	Minority Donor Awareness Day	22Thu	World Plant Milk Day
02Fri	International Beer Day	22Thu	National Tooth Fairy Day (USA)
02Fri	National Coloring Day (USA)	23Fri	National Find Your Inner Nerd Day (USA)
03Sat	National Sandcastle Day (USA)	23Fri	National Cuban Sandwich Day (USA)
04Sun	National Sister Day (USA)	26Mon	National Dog Day (USA)
04Sun	International Clouded Leopard Day	27Tue	National Peach Day (USA)
09Fri	International Day of the World's Indigenous Peoples	28Wed	National Power Rangers Day (USA)
10Sat	World Biofuel Day	30Fri	International Day of the Victims of Enforced Disappearances
10Sat	National S'Mores Day	31Sat	National Minority Donor Awareness Month
11Sun	Global Kinetic Sand Day		
11Sun	National Son's and Daughter's Day		
12Mon	International Youth Day		
12Mon	World Elephant Day		
12Mon	National Vinyl Record Day (USA)		
12Mon	International Leftlanders Day		
14Wed	National Navajo Code Talkers Day (USA)		
15Thu	National Relaxation Day (USA)		
15Thu	National Liberation Day of Korea (RoK)		
16Fri	National Rum Day (USA)		
16Fri	National Tell A Joke Day (USA)		
17Sat	National Nonprofit Day (USA)		
17Sat	World Honey Bee Day		
19Mon	World Humanitarian Day		
19Mon	World Photography Day		
19Mon	International Bow Day		
19Mon	International Orangutan Day		
20Tue	World Mosquito Day		



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Sculpture on Dongseong-ro street, locally known as the street of youth with its cafes, fun shops, live entertainment stages, and vibrant atmosphere. Captured by Kymbirly Bennett.



HOT SUMMER

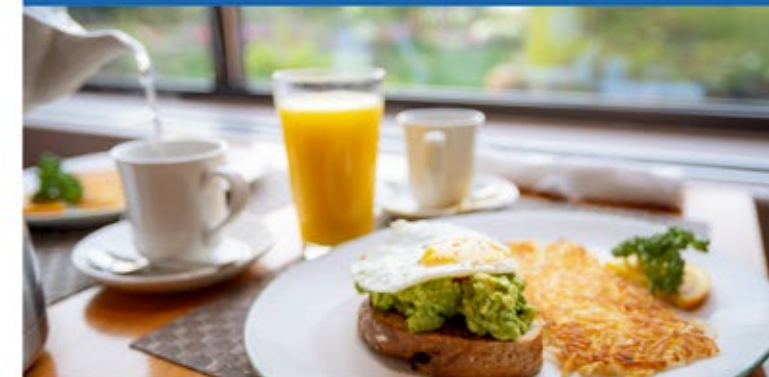
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