

SEPTEMBER 2024

UNITED ON THE ROK

Fall Across
the RoK

Korean
Snickerdoodle
Cookies

Advice For
ETSing

USFK Car Rental

USAG Humphreys / USAG Yongsan / USAG Casey
Kunsan AB / Osan AB / CP Walker / CP Carroll



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SEPTEMBER 2024

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	14 ATV_PAINTBALL \$109 for adult \$89 for child (6-9yrs)	8 DANYANG CRUISE TRIP \$109 for adult \$89 for child (3-9yrs)	
	21 DMZ TUNNEL TRIP \$99 for adult \$79 for child (3-9yrs)	14~15 BUSAN 2-DAY PKG (Special Deal) \$399->\$299 for Single \$599->\$499 for Couple	
	28 DMZ TUNNEL TRIP \$99 for adult \$79 for child (3-9yrs)	15 BUYEO HISTORY TRIP \$89 for adult \$69 for child (3-9yrs)	
BUSAN 2-DAY PKG (Special Deal) AUG 19 - SEP 06 \$399->\$299 for Single \$599->\$499 for Couple \$299->\$199 for Child/3rd Person Rate		22 PRESIDENTIAL VILLA TRIP \$89 for adult \$69 for child (3-9yrs)	
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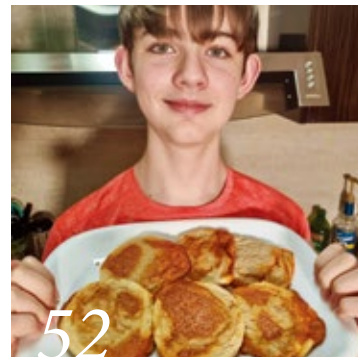


Fall Across the RoK

Fall Across the RoK will be your guide for the season! Experience fall by traveling to destinations in the provinces of South Korea and find the most picturesque views with Jetta's fall travel tips.

This Photo: Roller coasters of Everland, Yongin.

*Cover Photo: "Fall in Korea."
Photo by Pham Long.*



Korean
Snickerdoodle
Cookies



Advice For
ETSing

JUNG KWAN JANG

World No.1 Ginseng Brand
KoreanGinseng (Since 1899)

"JungKwanJang aims to provide a healthy and vibrant life for people across the globe."

We are expanding from the world of ginseng to become a total healthcare solution provider; from being the No.1 Korean ginseng brand to becoming a global guardian of health. Looking at the bigger picture, we are introducing nature's benefits into everyday well-being.

Our vision for a healthy lifestyle is designed to support people in taking back their physical, mental, and social balance, and to enrich their daily lives so they can live comfortably.



Korean Red Ginseng Extract Capsule

~~₩141,000~~

This capsule-type product is easy to consume and it has no bitter taste, as a concentrated extract of Korean Red Ginseng cultivated over six years in the form of a capsule.

Contents 600mg x 180 capsules
Dosage 3 capsules, twice a day

**Sale of all items
at a discount**

Korean Red Ginseng Extract Everytime BEST

~~₩316,000 | ₩165,000 | ₩102,000~~

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Contents 10mL x 100 pouches | 10mL x 50 pouches |
10mL x 30 pouches
Dosage 1 pouch, once a day



EARTH TO HEALTH

FGTO is offering all products from Jung Kwan Jang at **special discounts** to USFK service members and their families. You can see more products by accessing the **QR-code**. Your order can be received by courier service anywhere in Korea. **please contact FGTO.**



UNITED ON THE RoK

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The great zelkova tree Samsindang, Andong, South Korea. Captured by Jetta Allen.

C

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EDITOR'S NOTE

As the cool weather blows in and the leaves change, so do our daily lives. No longer the buzz of summer, but a more relaxed adventure begins. Fall brings about coziness and togetherness, but in Korea, it also means the best weather for exploring the phenomenal national parks all over the peninsula. It could be the sweater weather, the cup of hot cider, or the anticipation of the coming holidays, whatever the case, the season has something for everyone to love.



This season, travel and experience fall in all the provinces of Korea. Embrace today, knowing that the opportunities you have in Korea may not last because we all must leave sometime. Don't forget that fall is for building the friendships and relationships that will get you through the winter months filled with gatherings and social events. So, grab a friend or family member and go to that cafe. Take the hike, even the hard ones! Go to a temple and admire the beauty of nature and art. Let your curiosity run wild as you get lost on some back mountain roads. Make the memories that will last a lifetime and do it together with your friends and family!

For those around South Korea celebrating Chuseok with their families, the United on the RoK team wishes you a happy Chuseok that brings happiness and prosperity to your family. May the time together enrich your heart and soul.

Go on a journey this month with our authors and photographers Go through the pages and make your way to fall destinations that inspire you as soon as you can, the colors of fall won't be around long! Share your moments with us, we'd love to hear from our readers and how they experience the military lifestyle here in the RoK.

Jetta Allen
United on the RoK Editor in Chief

LIVE MUSIC&ARTS

Events & Festivals



SEP18

Ghibli OST Concert : The Orchestra

Lotte Concert Hall
lotteconcerthall.com/eng



SEP20-21

Olivia Rodrigo - GUTS world tour

Jamsil Gymnasium
globalinterpark.com



SEP20-22

2024 Zerobaseone The First Tour "Timeless World" In Seoul

Jamsil Olympic Gymnastics Stadium (KSPO DOME)
globalinterpark.com



SEP29

Lany: a beautiful blur: the world tour

KINTEX Exhibition 2, Hall 9
globalinterpark.com



SEP25-29

21st ROK-US Cultural Festival

Sinjang Shopping Mall (Osan S.E.D.)
Inquiry: 031-667-2353



SEP27-29

Hanseong Baekje Cultural Festival

Olympic Park
www.songpa.go.kr/hanseong_en/index.do



SEP27-29

Bupyeong Pungmul Festival

BuBupyeong-daero, Bupyeong Art Center, Incheon
Inquiry: 032-509-7516



SEP28-29

Love Chips Festival 2024

Sangsang Platform Outdoor Plaza
ticket.yes24.com



OCT16

NE-YO Champagne & Roses Tour in SEOUL

Korea University Hwajeong Tiger Dome
ticket.yes24.com



OCT18-20

21st. Jarasum Jazz Festival

JARASUM JAZZ FESTIVAL
globalinterpark.com



NOV07-JAN12

Jesus Christ Superstar: The Musical

Kwanglim Arts Center BBCH
ticket.yes24.com



NOV20-21

Sir Simon Rattle & Symphonieorchester des Bayerischen Rundfunks

Lotte Concert Hall
lotteconcerthall.com/eng



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



SEP27-OCT06

Andong International Mask Dance Festival

Venues: Talchum Park, Jungangseon 1942 (Previous Andong Station), downtown Andong



OCT03-13

Geumsan World Insam Festival

Venue: Areas of Geumsan World Insam Expo Plaza & Insam Yakcho Street



OCT03-05

Gwangju Busking World Cup

Gwangju
buskingworldcup.com



NOV23

Inspire Concert Series #2: Westlife

INSPIRE ARENA
globalinterpark.com



DEC02-08

BBC Scottish Symphony Orchestra & Jaemin Han

Lotte Concert Hall
lotteconcerthall.com/eng



DEC04-05

Dua Lipa - Radical Optimism Tour

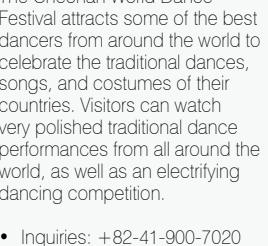
Gocheok Skydome
globalinterpark.com



JAN18

OneRepublic The Artificial Paradise Tour in Korea

INSPIRE ARENA
globalinterpark.com



SEP25-29

Cheonan World Dance Festival

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

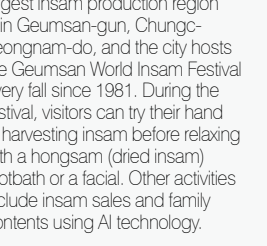


SEP27-OCT06

Andong International Mask Dance Festival

The Andong International Mask Dance Festival has been held annually in Andong-si, Gyeong-sangbuk-do since 1997. The festival showcases the cultural heritage of Andong and Korea's traditional mask dance, a UNESCO-recognized intangible heritage, through various performances and programs. Festival-goers can learn more about the history and meaning behind the masks, as well as watch exciting mask dances from countries all around the globe. Aside from traditional dances, the festival is complete with busking, a flea market, play area, musicals, street parade and more fun activities for the whole family to enjoy.

- www.maskdance.com
- Inquiries: +82-54-840-3424



OCT03-13

Geumsan World Insam Festival

The health benefits of insam, or ginseng, grown in Korea have been well-known throughout Asia since ancient times, being exported as far as the Roman Empire! Korea's largest insam production region is in Geumsan-gun, Chungcheongnam-do, and the city hosts the Geumsan World Insam Festival every fall since 1981. During the festival, visitors can try their hand at harvesting insam before relaxing with a hongsam (dried insam) footbath or a facial. Other activities include insam sales and family contents using AI technology.

- www.insamfestival.co.kr
- Inquiries: +82-41-750-4147



OCT04-06

Suwon Hwaseong Cultural Festival

Hwaseong Temporary Palace
Inquiry: 031-228-3068

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

REASONS To Join DCSC

- Social Connections**
Attend our Monthly social events where you can make friends, build a supporting network, get involved with Sub Clubs and so much more!
- Support the Community**
Support Area IV community through volunteering at events, Donate items, and/or shop at our Apple Tree Thrift & Gift Store! 70% donated return back to the community through Scholarships and Welfare Grants!
- Experience Korea**
It's a great way to make the most of your time here. Learn ways you can experience the Korean Culture through outings with friends and engage with people from a variety of backgrounds.

JOIN NOW!
\$25 annual membership fee
POC below

Bldg 240 Camp Walker, South Korea
Membership@thedcsc.org
Daegu Civilian & Spouses Club

WCG BOWL 1 GET 1 FREE

THURSDAY 1600-2100

Bowl one get one free every Thursday! Bring a friend & they bowl free. One friend receives complimentary bowling per each paying guest.

For more information: 0503-363-2283

DAEGU DCSC Civilian & Spouse CLUB



DCSC Apple Tree

GIFT & THRIFT SHOP

GARY SINISE FOUNDATION ACTIVE DUTY EAT FREE!

2ND WEDNESDAY OF EVERY MONTH AT PERIMETER PUB FROM 1100-1300!

LUNCH BUFFET INCLUDES 1 NON-ALCOHOLIC BEVERAGE. MILITARY ID IS REQUIRED WHEN NOT IN UNIFORM.

Daytime Volunteers Needed

VOLUNTEER OPPORTUNITIES @ USO WALKER & CAMP CARROLL LOUNGE

JOIN OUR TEAM TODAY
Contact us for more information

DSN 763-1431 | Facebook.com/USOCampWalker | @USOWalker_ | Email: xfranco@uso.org

BLOOD DRIVE

AREA IV - DAEGU

- September 5th
Camp Carroll Community Activity Center (CAC) 0900-1600
- September 10th
Camp Walker Community Activity Center (CAC) 0900-1600

You can't donate blood if...

- You've been in Korea less than 30 days
- You've received any vaccinations in the past 7 days
- Lived a cumulative of 3 years or more in Europe
- You have taken Risperin in the last 72 hours

BOSS Mentoring Program

EVERY 3RD SATURDAY, 0930-1300
DAEGU SEOGU YOUTH CENTER

SIGN UP AT CAMP CARROLL OR CAMP WALKER CAC FOR MORE INFORMATION

Camp Carroll BOSS DSN: 763-2258 COMM: 0503-363-2258
Camp Walker BOSS DSN: 763-2219 COMM: 0503-363-2219

TAKE A CHANCE.. ROLL THE DICE!

THE WALKER CAC INVITES YOU TO ENGAGE IN EXCITING FANTASY ADVENTURES WITH TABLETOP ROLEPLAYING GAMES.

NEW PLAYERS WELCOME! NO PRIOR EXPERIENCE NECESSARY. GAME MASTERS NEEDED

- DUNGEONS AND DRAGONS (5TH EDITION)**
EXPLORE THE DANGEROUS DUNGEON OF THE MAD MAGE FOR RICHES AND GLORY.
- PATHFINDER (2ND EDITION)**
COME EXPLORE THE TERRIFYING ABOMINATION VAULT AND SAVE THE CITY OF ARESALOM FROM IMPENDING DOOM!
- CALL OF CTHULHU**
"THE OLDEST AND STRONGEST EMOTION OF MANKIND IS FEAR, AND THE OLDEST AND STRONGEST KIND OF FEAR IS FEAR OF THE UNKNOWN." - H.P. LOVECRAFT

JOIN OUR DND DISCORD GROUP discord.gg/dKoa25G

AREA IV RECEPTION & INTEGRATION NEWCOMERS ORIENTATION

EVERY OTHER TUESDAY AT THE SSC, RM 315

REGISTRATION REQUIRED 0503-363-4487

BOSS Senior Feeding Volunteer Service

EVERY 4TH TUESDAY 0930-1330

@ Kumoh Social Welfare Center

Sign up at the Camp Carroll or Camp Walker CAC

Humphreys and Osan Update



Please join us at our next Hispanic Osan Latino Association (HOLA) meeting on the third Thursday of every month!

For more information follow our socials

POCs:
 TSgt Rodriguez, Daniel
 (daniel.rodriguez.60@us.af.mil)
 TSgt McGuire, Sabryna
 (sabryna.mcguire@us.af.mil)



CHECK US OUT

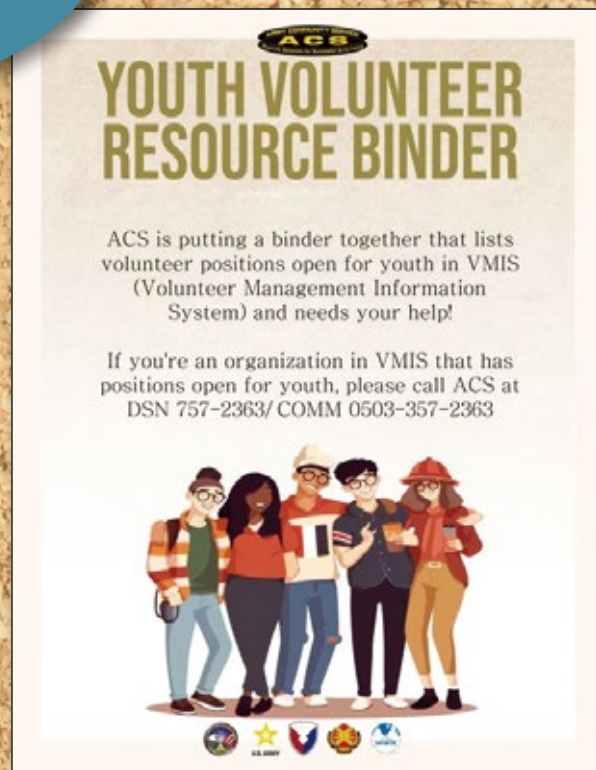
Discover what's available at your Army MWR Library

COMING SOON: A NEW WAY TO BROWSE AND RESERVE ALL THE LIBRARY OFFERINGS YOU LOVE!

Reserve books and movies, of course — but also gaming consoles, board games, take-home kits, and more!

THE CHANGEOVER ARRIVES IN JUNE — SO GET EXCITED! AND BE PATIENT WITH US WHILE WE LEARN THE NEW SYSTEM, TOO!

<https://milrec.bibliovation.com>



YOUTH VOLUNTEER RESOURCE BINDER

ACS is putting a binder together that lists volunteer positions open for youth in VMIS (Volunteer Management Information System) and needs your help!

If you're an organization in VMIS that has positions open for youth, please call ACS at DSN 757-2363/ COMM 0503-357-2363




Follow Us on Social Media

Let's Get Connected for Our Latest News & Updates

on Facebook
Osan Middle High School PTSO

on Instagram
@OMHS_PTSO

osanmiddlehighPTSO@gmail.com

BOSS "Quality of Life" Walkthrough

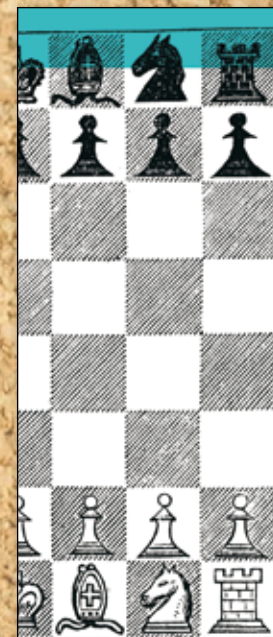
Join BOSS as we go around the garrison for Quality of Life issues.



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.



OSAN CHESS CLUB

TUESDAYS

STARTING AT 4:30PM

MUSTANG CENTER
OSAN AB

NO EXPERIENCE
NECESSARY

ALL AGES
AND
SKILL LEVELS WELCOME

Find more info on Facebook
at Osan Chess Club



Encuentro DE Paz

PACIFIC VICTORS CHAPEL BLDG 6360
USAG HUMPHREYS, COREA DEL SUR

DOMINGOS 1:30 PM
SERVICIO DE ADORACIÓN

MARTES 7:00 PM
ESTUDIO BÍBLICO

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



SCOUTING AMERICA

Troop 203

Troop 80 Girls

JOIN TROOP 203 & TROOP 80 (GIRL TROOP) FOR AN AWESOME YEAR OF ADVENTURES

ARE YOU INTERESTED IN CAMPING, HIKING, SWIMMING, AND MANY LIFE SKILLS NOT TAUGHT IN SCHOOLS? COME JOIN US ON TUESDAY EVENINGS AND GET TO KNOW OUR SCOUTS AND LEADERS!

MEETS EVERY TUESDAYS
18:30-20:00

SCOUTING BUILDS LEADERSHIP SKILLS & COLLEGE ENTRANCE OPPORTUNITIES

LOCATION: SCOUT HUT NEXT TO THE SENTRY VILLAGE BURGER KING DRIVE THROUGH



The 20th ALLIANCE RUN (MND Marathon) 2024

2024.10.6.(SUN) 08:00
Peace Plaza, Olympic Park, Seoul

Host: Defense Media Agency (DEMA)

Course: 5km, 10km

Eligibility: U.S. Servicemembers, GS Civilians and their Family Members/ CFC Servicemembers

Inquiries: USFK Public Affairs Office, Public Engagement Division at indopacom.humphreys.usfk.list.pao-correl@army.mil / DSN : 755-4461

Registration available at 2024 Alliance Run (MND Marathon) (aift.edu)

SERVICE MEMBER SUPPORT

By SPC Zachary Rogers, 339th Quartermaster

Fall In Korea

A Balanced Approach of Work and Play



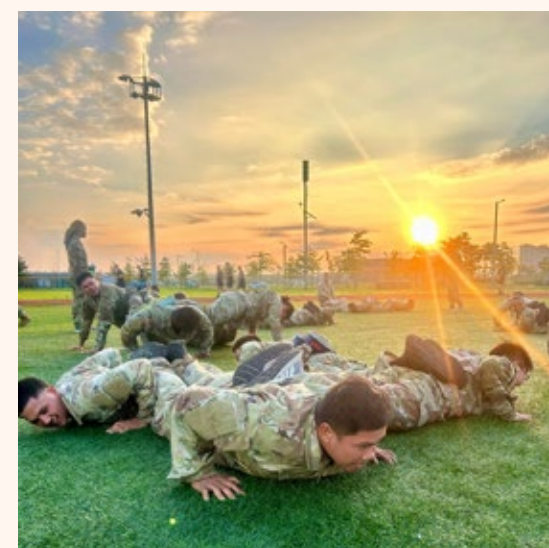
The fall season in Korea is characterized by its unique and somewhat unpredictable weather patterns, earning it the reputation of being strange but undeniably beautiful. The season typically starts with warm temperatures that gradually cool down, leading to crisp mornings and mild afternoons.

However, sudden bursts of cold air when you least expect it can bring about early frosts or even snowfall, creating a stunning contrast between the fiery reds and oranges of the changing foliage against a backdrop of white snow. Despite these unexpected weather events, Korean fall remains a favorite among locals and tourists alike for its vibrant autumn colors, festivals celebrating harvests and cultural traditions, and the opportunity to experience nature's breathtaking transformation firsthand. The juxtaposition of unpredictability and beauty during this season truly captures the essence of Korean fall.

In a professional setting, it is important to recognize the significance of blending work with play to enhance team cohesion and foster a sense of togetherness. While dedication and hard work are crucial for achieving success in any organization, ignoring the need for recreational activities can lead to burnout and reduced productivity among team members.

Engaging in team-building exercises, social events, and leisure activities not only provides individuals with a much-needed break from their daily tasks but also promotes trust, collaboration, and camaraderie within the group. By creating opportunities for others to bond outside of the workplace, organizations can strengthen relationships, boost morale, and ultimately improve overall performance.

It is through a balanced approach that includes both work and play that teams can achieve optimal levels of productivity and effectiveness in today's competitive business environment. Thanks to the BOSS Team for supporting my idea to bring others together, my company was able to enjoy the beautiful weather and the company of another unit. You never know who you will need in your time of need, so get to know others as you cross paths with them; who knows, you may need them someday.



FALL ACROSS THE ROK

By Jetta Allen

Persimmons in Andong,
South Korea

Fall is my favorite season in South Korea! Growing up in Texas, I didn't think much of fall. When we experienced our first Korean fall, I had no idea what to expect. Everyone was so excited to go to the parks and I thought to myself, "What's so special about fall?" Then it happened!

The cool air rejuvenated my spirit as the heat of summer faded into the distance. Suddenly, all the outdoor adventures we postponed because of the monsoon rains of July or the sweltering heat wave of August could finally commence! We could hike, bike, and spend the entire day outside together.

While on these adventures, I would find out the best part of fall, the secret Texans don't all know, the spectacular color show of the leaves changing! The tree's leaves were like a paint pallet, there were brushes of color everywhere. Where I am from in Texas, almost all the leaves on trees were burnt to a crisp by fall if not by drought, by fires. Here on the peninsula, leaves were dancing in the wind and fluttering all around, fall flowers were blooming, and in the morning, there were breathtaking views as the cool fog blanketed the mountains in the distance, and of course, fireside get-togethers at night were also in store!

Fall was the gift I didn't know I needed. The reds, oranges, yellows, and even pink colors of fall would open my eyes to the beauty that happens each year. I want to share with you some of the must-go spots in South Korea this fall and I hope you enjoy them as much as we have over the years.



Gyeongbokgung Hyangwonji
Pond in Seoul

Gyeonggi Province

Seoul

USAG Yongsan

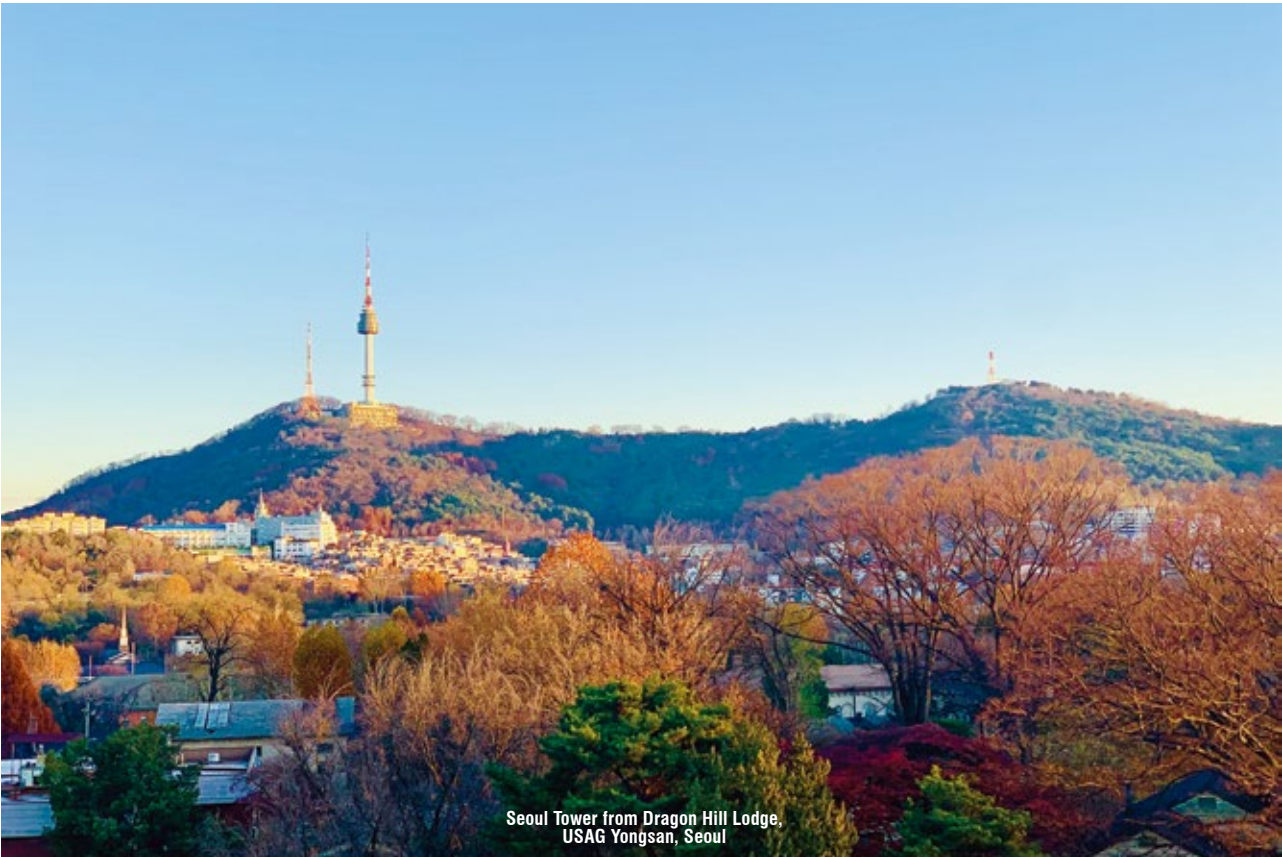
Our family loves the Dragon Hill Lodge. During fall, the views of the mountains and Seoul Tower are spectacular. The coziness of the hotel, the apple fritters, and walks together in Itaewon with cocoa are memorable fall moments for our family.

Gyeongbokgung Palace

Dress up in a rented hanbok while it is cool and head to the palaces! See the changing of the guard, tour the meticulously curated gardens and grounds, look at the architecture, and check out the museums too.

Bukhansan National Park

This national park is right outside Seoul, but from its peaks, you can see the entire city! Dobongsan Mangwolsa Temple in the mountains will give you the best fall pictures, silence to meditate, and a day full of art and architecture to inspire you.



Yongin

Everland

Everland is a fun Korean theme park with rides, food, and beautiful gardens. The park is situated in the hills making this an ideal park for adults to walk, view the gardens and mountains, and have some fun on the attractions too! It huge, so make sure you can spend the entire day there exploring!

Pyeongtaek

Nae-Ri Cultural Park

Around the corner from Humphrey's Yoon Gate, you will find the Nae-Ri complex, a community favorite with its fantastic jungle gym, zip line for kids, summer splash pads, and paths for cycling and walking. During September and October, you will find walking trails with pops of colors from hundreds of Cosmo flowers and the famous pink muhly grass. People come out in droves to take family portraits and get Instagram-worthy shots in the pink grass! Take a bike ride or walk along the river and spot one of the many coffee shops to enjoy the fall day at the park!



Simboksa Buddhist Temple

On a hill overlooking the countryside sits Simboksa. There are very peaceful lily ponds, a couple of gardens, and various shrines around the grounds. If you head up the mountain towards the back of the property, the stairs will take you to an area overlooking the valley beneath that stretches for miles. Simboksa is a close place of respite for those living in Pyeongtaek.



Fall at Simboksa



Ryan Joe in the muhly grass. Courtesy of Kimberly Clark.

South Chungcheong Province

Nonsan

Baekje Military Museum

At Baekje Military Museum you can see the spirit of loyalty and tradition in the monuments, structures, and museum artifacts dedicated to General Gyebaek. General Gyebaek is remembered for his heroic battle where he and 5,000 of his men on horseback fought against 50,000 Silla troops. The Baekje Military Museum is more than a building with paintings and artifacts. It's a huge complex with parks and outdoor lending book libraries, relics, and items of cultural significance spread throughout. You could easily spend an entire day here at the museum in Nonsan and love every minute of it! Sit in the gardens and enjoy!

Gwanchoksa Buddhist Temple, Nonsan

Like many temples, Gwanchoksa Temple is located at the foot of Banyasan Mountain. Mountainside locations mean trees in abundance that will make a stunning backdrop for many of the cultural properties on the temple grounds. Most notable is the Buddha statue, widely known as "Maitreya Buddha of Eunjin".



Reading nooks for fall leisure in the park.



Stone Statute of Mireuk Buddha of Gwanchoksa Temple, Nonsan.



Monument to General Gyebaek at Baekje Military Museum, Nonsan.

Built around 968 by monk sculptor Hyemyeong, it is the largest stone Buddha in Korea (18.12 meters in height, 9.9 meters in girth, 1.8 meters in the length of ears, 2.43 meters at the height of crown). Make sure to stop here while in Nonsan!

Myeongjae Historic House

Myeongjae Historic House in Nonsan is part of the National Folklore Cultural Heritage in Korea. This house was built by Yun Jeung (1629~1714), a scholar during the reign of King Sukjong of the Joseon Dynasty. Myeongjae's residence has a man-made pond and sprawling gardens which add color and style, especially in fall. Unfortunately, I was just a week too late for leaves, but the warm tones were still present! At the corner of the large yard, there are lots of Jangdokdae that make the area even more beautiful. Jangdokdae or Jangttoktae is an outside space, most often a garden, where a series of large pottery jars are kept together. Inside the jars are food being fermented. Nonsan Myeongjae's House is also renowned for fermented soybean paste. The unique paste known as 'Gyodong Doenjang' is sold to restaurants all around the peninsula. The jars are made for stunning photos!



Jangdokdae at Myeongjae Historic House in Nonsan

Daejeon

Mt. Jangtaesan Natural Recreation Forest, Daejeon

The fall colors of Mt. Jangtaesan Natural Recreation Forest in Daejeon can't be beat. The sequoia and redwoods are majestic here and tower above everyone. The sequoia trees were established in 1973, creating a dense forest. Many come to this recreational forest to walk on the trails that are up in the trees on bridges and platforms. It's like a forest skywalk! These elevated walkways and suspension bridges make you feel like you are in the sky, like a bird flying in the trees. Come midday and stay until sunset, it was beautiful. Keep in mind that fall and winter hours mean many national forests close early. This park closes early as well, so make sure all the paths will be open when you arrive.



Mt. Jangtaesan Natural Recreation Forest, Daejeon.

Taeon

Anmyeondo Island Recreational Forest

Korea is jam-packed with recreational forests but each is unique. On Anmyeondo Island in Taeon, this forest is filled with pine trees and maples that seem to be hundreds of feet tall. While they may not be a hundred feet tall, they are over a hundred years old! There are pavilions to take a rest, tables to have lunch with friends on, multiple gardens, gurgling streams, and ponds with giant koi. It's the perfect place for walks, meditation, and exploration. These forests take all your cares away with their beauty.



Anmyeondo Island Recreational Forest, Taeon.

Cheonan

Gakwonsa Buddhist Temple

At Gawonsa, a seated Amitabha Buddha sits atop the mountainsides of Cheonan. This temple offers a different perspective each season. Spring brings gorgeous cherry blossoms, summer is lush and green, and winter offers a snowscape, but fall brings pops of color for miles! This honored place is my favorite location in all of Korea. I come here quite often to meditate and to ground myself. Every duty station I aim to find a place where I can go and just be still. This is my place, and I hope it can be for you, what it has been for me.

Cheonhoji Reservoir

As you leave Gakwonsa, check out Cheonhoji Reservoir. Around the waterfront is a trail often used as a

marathon training course and a small cable suspension bridge. Go at sunset for full views of the mountain's fall leaves in the background and the beginning of the Cheonan nightlife!

Asan

Asan Gokgyocheon Stream Ginkgo Trail

While in the South Chungcheong Province, don't miss the scenic trail along the Gokgyocheon Stream! Here hundreds of ginkgo trees that are over 50 years old line the streams and pathways. Their green leaves turn to gold and it makes for the perfect fall backdrop. Many people enjoy family photos as the fall leaves seem to fall in abundance like rain.



The Allen family crossing the cable suspension bridge at Cheonhoji Reservoir, Cheonan.

North Gyeongsang Province

Andong

Andong Hahoe Village

Step back in time at Andong Hahoe Village! This cultural park isn't just a folk village made for tourists, it's an ancestral homeland. The village's families still live, farm, and care for the land as Koreans did centuries ago. It is a must-see. This working village is so important to Korea, that it is now a cultural property. If you want to see beautiful fall colors around the Nakdonggang River and Mountain Hwa, persimmon trees with growing fruit, and buildings from the Joseon Dynasty, visit Andong!



Traditional houses at Andong Hahoe Village.

Andong Hahoe Village is also home to a 600-year-old great zelkova tree. This tree stands highest in the village and is named Samsindang. Samsin, the goddess of birth and fertility is said to live inside the great Zelkova tree. Many men and women pray to Samsin for their children or in hopes of having a child. Others come to pray here for a bountiful harvest and well-being. The white linen pieces with prayers adorn the area around this famous tree whose leaves change all different colors in the fall.

Gyeongju

Gyeongju City and Hanok Village

Gyeongju in October and November is another favorite for many. This city is over a thousand years old and was the capital of Silla from 57 BC to 935 A.D. We spent a few days in Gyeongju exploring the many



Cheomseongdae Observatory, Gyeongju



Bulguksa Temple in Gyeongju.

cultural sites, several of which will give you the best “fall in South Korea” experience.

The Cheomseongdae Observatory and Daereungwon Tomb Complex are located in Gyeongju, another must-do while in this province! Cheomseongdae is an observatory for looking at the stars and is said to be the oldest surviving astronomical observatory in Asia. The Daereungwon Tomb Complex holds 5 ancient tombs that have been excavated, some of which allow people to go in and see the items found in the museums underground. Both of these cultural properties are located in the same park complex along with trees and fall scenes around Gyeongju’s famous Hanok villages.

Gyeongju National Park

This national park has jaw-dropping views over the hills. Gyeongju’s Bulguksa Temple within the park should be at the top of everyone’s itinerary for this area! The rivers and streams throughout the temple grounds create subtle tones of relaxation and calmness while the changing leaves seem to paint a natural mural along the clear blue sky. The temple is on a



Lotus pond at Bulguksa Temple in Gyeongju

mountain and offers many lookout areas that stretch for miles. The temple also has many gardens and ponds to allow you time to center yourself, breathe in the clean air, and soak in the colors all around! There also is a National Museum on the property that is worth checking out! Not only is there a beautiful temple and fantastic museum, but you will also find the Seokguram Grotto, a Buddhist hermitage with stunning art carved into the granite grotto walls and ceilings. Expect to spend a few hours here at a minimum to get the full fall experience.

Gangwon Province

Pyeongchang

Woljeongsang Buddhist Temple

Woljeongsang (Korean: 월정사) is a head temple of the Jogye Order of Korean Buddhism, located on the eastern slopes of Odaesan in Pyeongchang County, Gangwon Province, South Korea. The 1-kilometer path leading to the temple passes through a forest of tall fir trees, some over 500 years old. Woljeongsang Temple is in charge of over 60 temples and 8 monasteries in the area. Woljeongsang Museum is also located within the temple grounds, displaying artifacts and treasures from the Buddhist culture of the Goryeo dynasty (918-1392), including an octagonal nine-story stone pagoda and a stone seated bodhisattva.

Sokcho

Seoraksan Mountain Natural Reserve

To say Seoraksan is massive is an understatement. You could spend a week there and still discover new areas. Seoraksan Mountain Natural Reserve spans over 173.7 km², across the Inje, Yangyang, and Sokcho areas in Gangwon Province. About 1,013 species of plants and trees call Seoraksan home, making it a spectacle during fall! There are hiking paths for all ability levels, but the best way to see the fall colors is by cable car! The Cable Car travel distance is 1,132 meters and it takes 5 minutes to reach the top. Atop the mountain, you can see the Buddha and all the trees! South Korea LOVES cable cars and we have enjoyed seeing so many mountains and oceans from the in the air!

Naksansa Temple

Naksansa Temple was founded in 671 by the great Buddhist Master Ven. Naksan is an abbreviation of



Woljeongsang Buddhist Temple, Pyeongchang



Seoraksan Mountain Natural Reserve

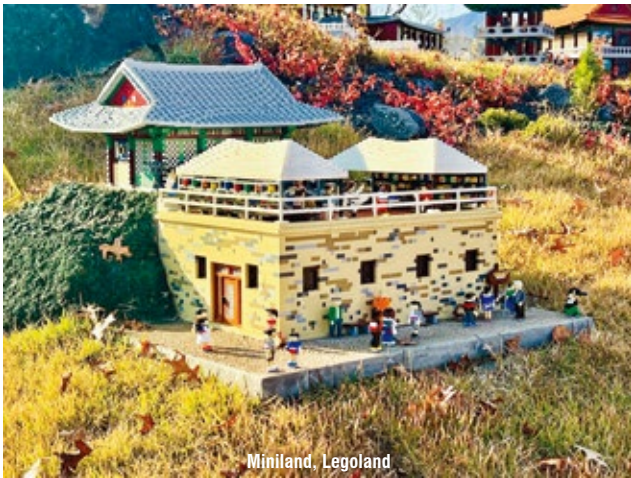


Botanakgasan in Korean to refer to "Potalaka Mountain", where the Avalokitesvara Bodhisattva is believed to live, so Naksan is also known as Korea's Potalaka Mountain. It was designated as Historic Site No. 495 in 2009 and as "Place of Scenic Beauty No. 27" in 2007 for its uninhabited coastal scenery. From Naksansa, you can see the Seoraksan Mountains in the distance one way, and the East Sea on the other. The priceless views make this hike very pleasant and memorable!

Chuncheon

Legoland

Be a kid again at Legoland, fall is also for fun after all! If you want a true Halloween fall experience like in the States, go to Legoland in September and October! We used a teacher work/student holiday to make the best of a weekday with low crowds. The colors of fall are very vibrant in the northern part of South Korea and the drive will leave you wanting to stop for pictures all along the way! Once at Legoland, you will feel the kid in you come alive again with all the Jack-o-lanterns and Halloween-themed experiences. There are holiday legos to collect and trade with staff and so many fall photo opportunities! The kids had a blast and weren't exhausted from the heat, so I'd say it was a win all around! We plan to go back this year for more Lego-themed escapades!



Miniland, Legoland

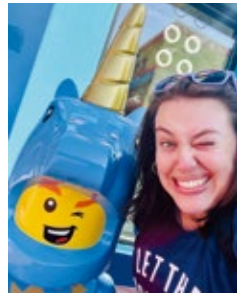
Fall is fabulous, from historical and cultural places to festivals and amusement parks! Remember, memories last a lifetime, so get out there and start making them! Check out travel groups for South Korea and do something that sparks your adventurous spirit!



Naksansa Temple, Sokcho



Fall at Legoland Korea



About the Author

Jetta Allen is the Editor in Chief of *United on the RoK*. Over the past few years, she has worn many hats; writer, poet, photographer, and editor. She loves nature, travel, and culture, but most of all, making memories with her family. She encourages readers to get out of their comfort zone and go explore!

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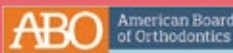
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5 Signature Foods

Made for

Traditional Korean Holidays



Courtesy of Korea Tourism Organization

Chuseok is one of Korea's three major holidays, along with Seollal (Lunar New Year's Day) and Dano (the 5th day of the 5th lunar month). Chuseok is also referred to as hangawi. Han means "big" and gawi means "the ides of the 8th lunar month or autumn." According to the lunar calendar, the harvest moon, the largest full moon of the year, appears on the 15th day of the eighth month.

During traditional holidays in Korea, the whole family gathers together and makes special foods to place on the table for the ancestral memorial ceremony. These foods serve to unite the family unit, with each food having a special meaning such as happiness, longevity, or financial success. To celebrate these holidays like a Korean, try making one of these signature Korean holiday foods and sharing with your family!

Jeon

Jeon is a savory pancake made by coating the ingredients of choice with a light flour batter and then frying it in a pan with some oil. The ingredients used will completely change the taste. A variety of jeon can be seen during Korea's holiday seasons, but you are almost guaranteed to see kimchi jeon (kimchi pancake), haemul pajeon (seafood and green onion pancake), gogi wanja jeon (pan-fried battered meat balls), kkochi jeon (pancake skewer), and gamja jeon (potato pancake). Outside of the holiday period, if you want to try some delicious jeon, head to a jeon specialty street. Near Hoegi Station on Seoul Subway Line 1, you can find plenty of restaurants selling thick haemul pajeon on Hoegi Station Pajeon Street. For a range of jeon, visit Mapo Jeon Street, located near Gongdeok Station on Seoul Subway Lines 5 & 6.



Japchae

Japchae is yet another dish that is often present during festive days in Korea. Japchae is a compound word of the Korean words “jap” meaning mix, and “chae,” from “chaeso” which means vegetable. In reality, japchae also includes meat, mushrooms, and glass noodles, and is stir-fried with a soy sauce-based marinade. While the ingredients complement each other when mixed together, they must first be chopped and fried separately, requiring a lot of work. While parents prepare the japchae, it is not uncommon to see their children waiting around for a bite of the tasty dish.



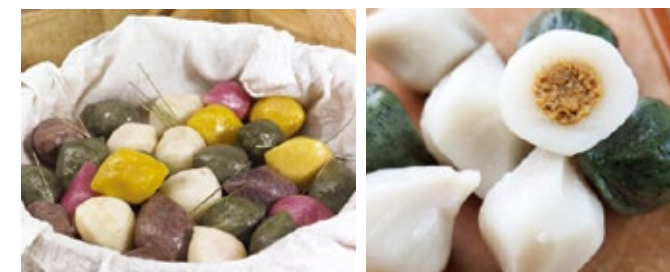
Tteokguk

On the morning of Seollal, Koreans make a wish for the New Year, greet their elders, and eat tteokguk (sliced rice cake soup)! While there are slight variations by region, the standard tteokguk is made by cutting a long rice cake stick into thin slices and then boiling them in a beef broth. Before serving, the soup is topped with egg garnish and seaweed flakes. The white rice cakes and broth represent starting out the New Year with a clean slate, while the long rice cake stick and round slices symbolizes longevity and prosperity, respectively. Koreans will also say “I ate one bowl of tteokguk” to say they got one year older, as Koreans previously counted ages as starting on the first day of the year.



Mandu

Mandu are dumplings made of a flour-based shell filled with a range of minced ingredients such as meat, vegetables, or kimchi. In addition to the range of possible fillings, mandu can also be prepared in a few different ways: in a soup, boiled, steamed, or fried. On Seollal (Lunar New Year's Day), many families add mandu to their bowl of tteokguk (sliced rice cake soup). The ingredients go well together, and mandu was used as a symbol representing the wish for a peaceful new year during memorial services. There are many mandu specialties throughout the country. In Seoul, Jaha Sonmandu, included in the 2024 Michelin Guide, makes a hearty mandu soup, while Wonju's Wonju Kimchi Mandu has famously plump kimchi mandu, and Daegu's Miseongdang offers flat mandu filled with just glass noodles and chives.

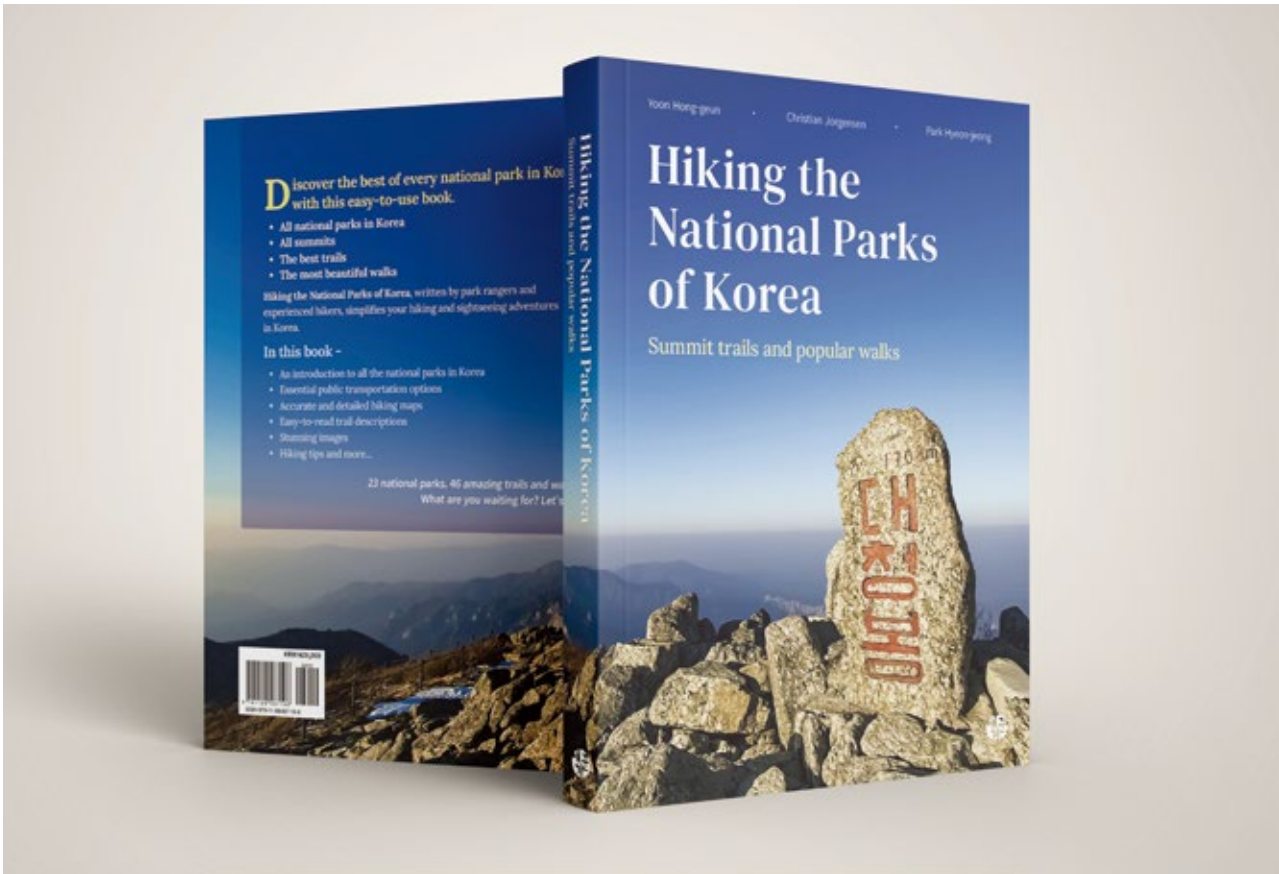


Songpyeon

When talking about Chuseok, songpyeon is the first food that comes to mind. Songpyeon is a type of rice cake made during Korea's harvest period with the year's new grain. The rice cakes are placed on the charye-sang (ancestral rites table) as a symbol of thanks for the results of the year. Although families in the past would gather and share their well-wishes for each other while making these rice cakes, these days many families buy them pre-made from rice cake shops. The rice cake is made using a dough of freshly harvest rice, and filled with beans, red beans, sesame, chestnuts or other nutritious ingredients and then steamed. The rice cakes get their name and signature scent from being steamed over a bed of pine needles (“song” means pine in Korean).

Hiking the National Parks of Korea: A Hiking Guide For Foreigners

By Yoon Hong-geun



Growing up, I enjoyed sports and other outdoor activities. As a freshman in my university years, I joined a table tennis club. Table tennis has been my hobby for almost 20 years. However, with the outbreak of COVID-19 in 2020, there was a situation where I had to take a break from table tennis. Instead, I had to work on mountain hiking to benefit my work as a park ranger. My partner was the best

hiking expert at the Korea National Park Service. I went hiking with this expert several times, and it was an opportunity to learn a little more about mountain hiking. As he explained small tips for mountain hiking, I naturally started to like hiking. It's been five years now. After hiking became my hobby, I thought it would be a good hobby to do while using English, so I joined a hiking community for

foreigners in Korea. Since I went to Australia for English study in 2004, I have been interested in English and people from foreign countries. At first, I did not participate in hiking with foreigners directly, but soon I began posting on Facebook hiking community groups and pages. After sharing about hikes, foreigners left comments and made related inquiries. Next, I tried to answer their questions which led to starting



many hiking community activities. Since then, many foreigners have voiced how difficult it is for them to get information about hiking national parks around the country and I felt very sorry for them. So, I tried to help as many foreigners as possible through one-on-one messages and chats. As time progressed, limitations became apparent. There was a limit to the number of people whom I could deal with, both physically and mentally. As I was trying to provide individual support, I found myself repeatedly responding to the basic content questions. This brought to mind an idea. A published guidebook could help many, rather than personally responding to each person. Hikers within Korea would be able to obtain

the necessary information at their leisure. This seemed a more reasonable and efficient way to help more foreign hikers enjoy the outdoors with ease of information. When I decided to write a guidebook for hiking national parks for foreigners, I was not yet confident about going to all 23 national parks across the country and even taking all the good pictures. Even though I graduated from a college abroad, my English was not good enough to publish a book. So, we formed a team to write this book. First of all, at my work, I asked Lily to join our team who was fluent in English and had a background in design. Then Christian Jorgensen from Australia joined the team. He is a native English speaker, an experienced hiker, and a skilled photographer. I had met Chris in the foreign hiking community and knew he was passionate about leading others to breathtaking hikes and trails. Together this team would build the resources our hiking community needed. The three of us gathered together and started writing the book. At first, rather than each of us having a detailed role, we mostly discussed and worked together. However, as time passed, the roles were naturally decided by utilizing each of our strengths. I would be in charge of general planning, coordinating, and content related to national parks. Chris played the role of the main writer. He wrote all of the 46 trail descriptions and upgraded 23 park introductions.



Chris painstakingly reviewed all the other writings from others as a native English speaker. He checked for clarity and accuracy, but most importantly, accessibility to foreigners reading our book. After all, the main goal was to create a resource all could use. Chris also brought his photography expertise to our project by providing 240 of the 390 images found in the guide as well. His pictures captured the landscape of each trail, and stunning views, and even included some visuals for some of the hiking paths, helping readers "see" a trail before hiking. Lily's role would be an integral part of the publication as she



hiking to national parks. This book contains so much important information that foreigners must know when hiking national parks.

The information for hiking national parks in a foreign language in Korea is really limited. Even the Korea National Park Service provides very little of this information. So, for those foreigners who want to hike around Korea, we are confident that this book will answer all your questions, including transportation, duration and distance, and features of the hiking trails. Our book includes not only mountain-type national parks but also sea-type national parks. Included are also introductory good walks for people with limited physical strength so all can enjoy Korea's amazing national parks. Among the mountain-type national parks, there is a variety of hiking trails, many of which include easy courses that even beginner hikers can complete.

We hope that all of those wishing to hike in Korea find our book the resource they need to explore and create new adventures hiking. Those interested in purchasing our book can find our book in any Kyobo bookstore in Seoul. There are 17 total stores in Seoul. You can also buy it from online bookstores.

The main three online bookstores are Kyobo, YES24, and Aladin.

- Kyobo: <https://product.kyobobook.co.kr/detail/S000213642399>
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created detailed maps inserted into the book. The maps she would design would show hikers options of where to start, and which direction to go, and included information about the terrain as well. Lily was also in charge of the overall design of the book.

Together, all three of us were able to make a guidebook to assist our hiking community. Hiking the National Parks of Korea: Summit Trails and Popular Walks

was the final product of our team's collaboration. The composition of the book includes a total of 46 hiking trails. Each has been introduced by selecting two representative hiking trails for each of the 23 Korean National Parks. Each course also includes around 10 vivid photos, and in particular, it introduces in detail the policies of national parks, such as controlling hiking trails during forest fire prevention, which are essential for

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Gonjiam Psychiatric Hospital.
Photo courtesy of Gwangju News.

Raven Atwood's Veil of Shadows: Korea's Most Chilling Legends

By Raven Atwood

Gonjiam Psychiatric Hospital, once nestled in the quiet town of Gwangju in Gyeonggi Province, South Korea, was a name that sent shivers down the spines of many. Often dubbed one of the most haunted places in the country, it became a hotspot for thrill-seekers and paranormal enthusiasts. The hospital's notoriety stemmed from a chilling urban legend: in the late 1990s, patients and

staff began disappearing mysteriously. Allegedly, the hospital director went mad and confined himself to one of the rooms, never to be seen again. The remaining patients were reportedly found dead in gruesome conditions, leading to the immediate closure of the facility.

Rumors spoke of tortured souls and restless spirits wandering the decrepit halls, with eerie sounds and ghostly apparitions frequently

reported by those brave enough to venture inside. Stories of cold spots, unexplained noises, and the feeling of being watched only fueled the legend, making Gonjiam a symbol of fear and intrigue.

While the urban legends provided a gripping narrative, some true accounts added layers of eerie authenticity to Gonjiam's haunted reputation. Visitors to the abandoned hospital often reported unsettling

experiences that seemed to defy logical explanations.

A Chilling Encounter: A group of urban explorers ventured into Gonjiam one night, armed with flashlights and cameras. As they navigated the crumbling corridors, one member of the group suddenly felt a cold hand grip his shoulder. Turning around, he found no one there, and his friends were several feet ahead. This experience left the group spooked and convinced of the hospital's haunted nature.

Disembodied Voices: Numerous visitors claimed to have heard faint, disembodied voices echoing through the empty hallways. Some described the voices as soft whispers, while others reported hearing distant screams or cries for help, adding to the atmosphere of dread.

Unexplained Shadows: Many explorers reported seeing shadowy figures darting across rooms or standing at the end of hallways, only to vanish when approached. These sightings were often accompanied by an overwhelming sense of being watched or followed.

The reality of Gonjiam Psychiatric Hospital, while less sensational, was equally tragic. The hospital was indeed closed in the 1990s, but the reasons were more mundane: financial difficulties and unsanitary conditions led to its shutdown. There is no documented evidence to support the gruesome tales of disappearances or the mad director. Instead, it seems the hospital's closure was a result of mismanagement and economic decline.

However, the hospital's dilapidated state, coupled with its eerie silence, created an atmosphere ripe for ghost stories. The peeling paint, broken windows, and abandoned medical equipment evoked a sense of unease, making

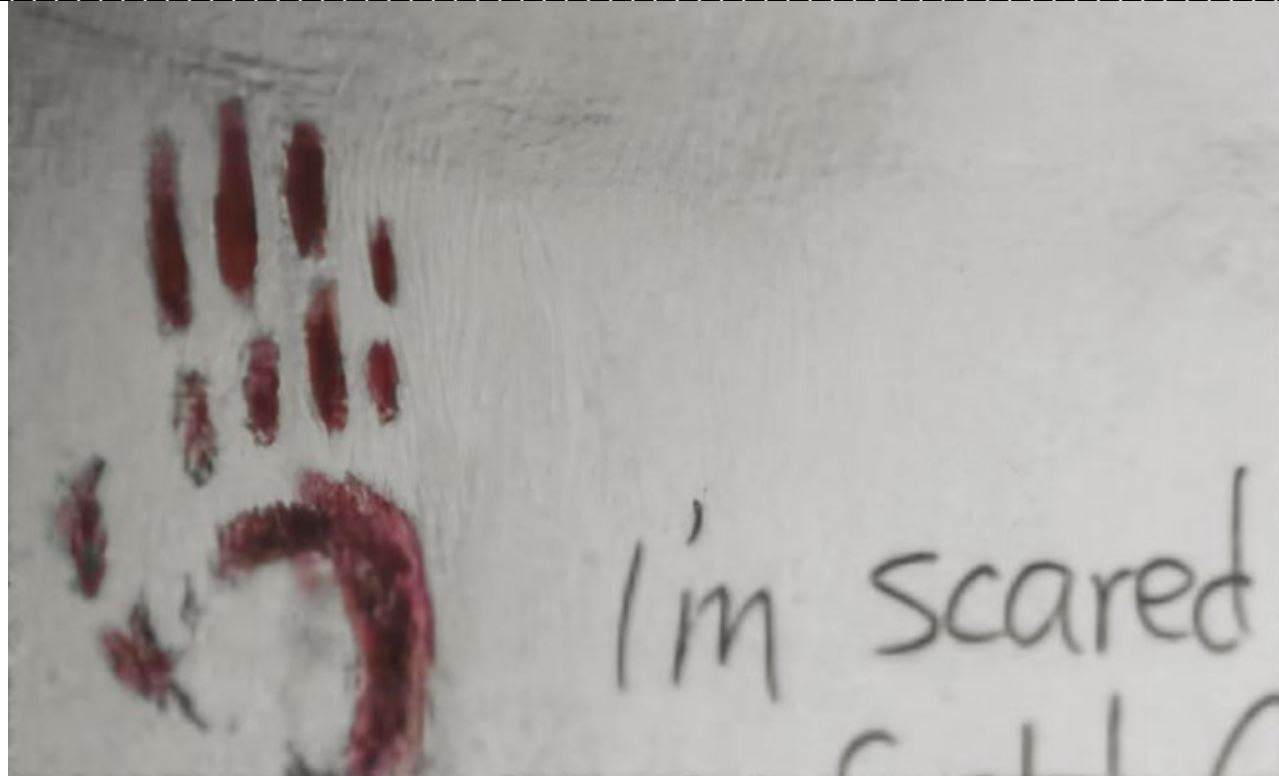
it easy to understand how such legends took root.

At its peak, Gonjiam Psychiatric Hospital was a facility designed to treat mental health patients, offering various treatments and care. However, as conditions worsened and funding dwindled, the hospital's standards plummeted, leading to its eventual closure. The building was left abandoned, becoming a ghost of its former self, a canvas for

urban myths and horror stories.

Today, the once-infamous site of Gonjiam Psychiatric Hospital has undergone significant changes. The hospital was torn down, and the area is currently under renovation, leaving the land in a state of transition. An old rest stop sits in front of the area, offering a stark contrast to the modernized world around it. Despite the physical transformation, the legend of





Gonjiam lingers in the collective memory, with many still sharing tales of the haunted hospital that once occupied the space.

Gonjiam Psychiatric Hospital's eerie reputation has not gone unnoticed in popular culture. It has been ranked among the top haunted locations worldwide, drawing international attention. This notoriety has inspired several TV shows and movies, adding to its mystique:

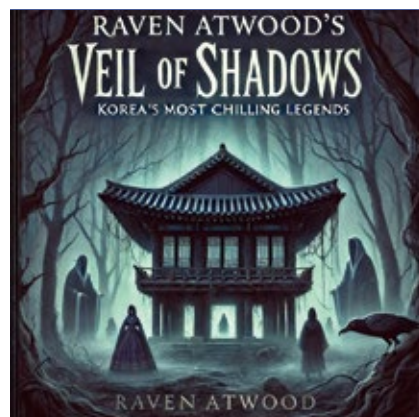
"Gonjiam: Haunted Asylum" (2018): This South Korean horror film, directed by Jung Bum-shik, is one of the most well-known depictions of the haunted hospital. The movie follows a group of young people who explore the abandoned asylum while broadcasting their experiences live on the internet. The film's realistic portrayal and use of found footage style made it a hit, cementing Gonjiam's status as a horror icon.

"Scary Stories" TV Series: Various episodes of paranormal TV series, including "Scary Stories,"

have featured Gonjiam Psychiatric Hospital. These shows often delve into the urban legends and true accounts of hauntings, showcasing the hospital's chilling atmosphere and spine-tingling tales.

Documentaries and Paranormal Investigations: Numerous documentaries and ghost-hunting shows have explored Gonjiam, capturing eerie experiences and unexplained phenomena. These programs contribute to the ongoing fascination with the hospital and its haunted reputation.

Gonjiam Psychiatric Hospital



About the Author

Raven Atwood is a dedicated storyteller who delves into the mysterious and eerie world of urban legends. With a passion for the unknown and a flair for the dramatic, Raven brings to life the tales that haunt the edges of our reality.

remains a powerful symbol in South Korean culture, blending the lines between myth and reality. Its story is a testament to how places of tragedy can transform into legends, captivating the imagination of generations. Whether one visits out of curiosity, fear, or a quest for the paranormal, Gonjiam leaves an indelible mark, a reminder of the stories we tell and the truths they conceal. The renovations currently taking place signify a new chapter for the site, yet the haunting tales and ghostly legends will likely persist, keeping the spirit of Gonjiam alive for years to come.

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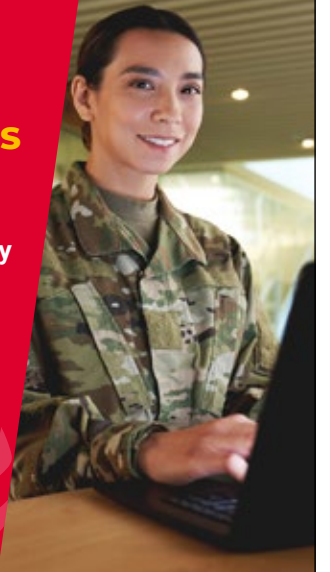
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Discovering Malaysia:

A Journey of Unexpected Hospitality and Adventure

By Heather MacLeod

Traveling to new countries can be an exciting yet daunting experience, especially when faced with unforeseen challenges. My first trip to Malaysia, a vibrant country rich in culture and natural beauty, was no exception. What started with a hiccup turned into an unforgettable journey, thanks to the incredible hospitality of a local driver named Danny.

A Rocky Start with a Silver Lining

Upon our arrival in Malaysia for the New Year's celebration, we were eager to explore this enchanting destination. However, our excitement was dampened when we discovered our hotel room was not what we had been promised. Frustrated and tired from the long flight, we were unsure how to proceed. Enter Danny, our airport pickup driver, who swiftly returned to assist us. Danny's promptness and willingness to help set the tone for our entire trip.

Danny, the Hero of Our Trip

Danny didn't just help us resolve our accommodation issues; he became



Petronas Towers and the city of Kuala Lumpur, Malaysia



Arte Hotel by Thomas Chan, Kuala Lumpur, Malaysia



Arulmigu Murugan Statue, Batu Caves

the hero of our trip. Understanding that we wanted to make the most of our time in Malaysia, Danny took it upon himself to organize our entire itinerary. From the iconic Batu Caves and the bustling Chinatown to the serene Genting Highlands and the diverse wildlife at the local zoo, Danny ensured we experienced the best of Malaysia. He even arranged a day flight to Singapore, adding an international touch to our adventure.

A Luxurious Stay at Arte Hotel

Our stay at the Arte Hotel was a highlight of the trip. Despite its luxurious Black Diamond rooms, the hotel was surprisingly reasonable. The elegance and comfort of the hotel provided a perfect retreat after our daily excursions. The staff's attentiveness and willingness to accommodate our needs, especially during our second visit when I faced mobility challenges, were truly remarkable. They went above and beyond



to make sure I could access the pool from my wheelchair, showing a level of care that made us feel valued and remembered.

Returning for More Adventures

So impressed were we with our initial experience that we returned to Malaysia just five months later. This time, Danny was the first to know of our visit. His dedication to ensuring our comfort and enjoyment remained unwavering. He meticulously scheduled all our activities, including pampering sessions like nails and facials, which added a touch of luxury to our stay.

Embrace the Adventure: Tips for Travelers

Visiting Malaysia taught us valuable lessons about travel and hospitality. Here are four essential tips for anyone planning to explore new places:

1. Ensure Trusted Hotel Accommodations: Research and confirm your hotel bookings to avoid any unpleasant surprises.
2. Be Aware of Local Customs: Understanding and respecting local traditions will enrich your



3. Find a Local Travel Agent: A local guide can offer invaluable assistance in organizing activities and navigating the area.
4. Relax and Enjoy the Atmosphere: Take the time to soak in the local culture and scenery, enhancing your overall experience.

Our journeys to Malaysia were filled with unexpected challenges that turned into beautiful memories, thanks to the kindness and resourcefulness of locals like Danny. I highly recommend stepping out of your comfort zone and exploring new destinations. The world is full of wonders waiting to be discovered, and sometimes, the most memorable adventures come from the most unexpected situations. I can't wait to go again!

Contact Danny on WhatsApp for your custom guided experience of Malaysia!
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What is Phase I orthodontic treatment, and for which types of malocclusion is it strongly recommended?

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

Phase I orthodontic treatment, also known as early orthodontic treatment, is a proactive approach aimed at addressing specific dental and skeletal issues in young children. It is typically recommended for children between the ages of 7 and 10, when the primary (baby) teeth are still present but the permanent teeth are beginning to emerge. Here's a more detailed look at Phase I treatment:

Goals of Phase I Treatment

1. Guide Jaw Growth: At this stage, the jaws are still growing, and orthodontists can influence their development to correct or prevent misalignments. This helps to ensure that the permanent teeth come in properly and reduces the likelihood of needing more extensive treatment later.
2. Correct Severe Dental Problems: Early treatment can address severe issues such as significant crowding, crossbites, and severe misalignments, which could be difficult to correct once the permanent teeth have fully erupted.
3. Improve Function and Aesthetics: By addressing issues early, Phase I treatment can improve the child's bite and overall dental function, as well as enhance their appearance and self-esteem.
4. Prevent or Reduce the Risk of Future Problems: Correcting certain issues early can help prevent more complex problems from developing as the child grows.

Common Issues Treated with Phase I

1. Severe Crowding: When there is insufficient space in the dental arch for permanent teeth, it can lead to overcrowding. Early treatment can create more space, making it easier for teeth to align properly as they come in.
2. Crossbite: This occurs when the upper teeth bite inside the lower teeth. Crossbites can affect the way the teeth and jaws align, leading to wear and tear on the teeth, gum problems, and uneven growth of the jaws. Phase I treatment can correct this misalignment to prevent further issues.
3. Significant Overbite or Underbite: An overbite (when the upper teeth significantly overlap the lower teeth) or underbite (when the lower teeth are positioned in front of the upper teeth) can impact both function and appearance. Early treatment can help guide the growth of the jaws to correct

these issues.

4. Protruded or Retruded Teeth: Teeth that are significantly out of alignment can be repositioned to improve aesthetics and function.
5. Jaw Growth Problems: If the upper and lower jaws are growing at different rates or not aligning properly, early intervention can help to guide their growth in a more balanced manner.
6. Habits and Functional Issues: Persistent habits like thumb sucking or tongue thrusting can affect dental alignment and growth. Phase I treatment can address these habits and their impact on oral development.

Treatment Approaches in Phase I

Phase I treatment can include various appliances and methods, such as:

1. Space Maintainers: These are used to hold space for permanent teeth if a primary tooth is lost early.
2. Expander Appliances: These widen the upper jaw to correct narrow arches or crossbites.
3. Partial Braces: Sometimes used to align certain teeth while waiting for others to come in.
4. Functional Appliances: These can help correct issues related to jaw growth and alignment.
5. Invisalign First: Clear aligners can be used for Phase I treatment with great comfort.

Considerations:

1. Timing: Not all children need Phase I treatment. The decision is based on a comprehensive examination by an orthodontist.
2. Follow-Up: Phase I treatment may be followed by Phase II treatment (full braces) later on, once all the permanent teeth have come in.

In summary, Phase I orthodontic treatment is an early intervention aimed at guiding dental and jaw development to prevent or address significant issues. It's designed to optimize the growth and alignment of the teeth and jaws, ultimately making future orthodontic treatment more effective and less extensive.

FALL FUN

By Kortnee Anne

Welcome back to the Intentional Learning Corner. Fall is on the way and so is cooler weather which means it is a great time for you and your family to explore and experience the vast hiking experiences available to you here on the peninsula. Whether you want to stay near home or travel to hike you can choose to explore the many wooded trails, mountains, sidewalks along the coast, and more.

There are many reasons to encourage a love of nature in your child. Spending time in nature can reduce stress and anxiety, inspire your child to appreciate nature, encourage gross and fine motor development, encourage independence and problem solving skills, and much more.

Hiking with children can be challenging, however a few simple tips have helped us enjoy our adventures.

Tips for a smooth hike:

1. Pack water and snacks. We always pack more than we need so we can help others on the trail.

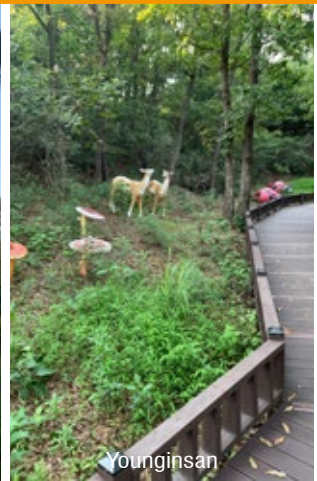
2. Ensure you are ready for the weather. Consider bringing sunhats, long sleeves, long pants, rain-coats, warm coats, comfortable hiking shoes, sunscreen, etc.
3. Know your hiking plan and share it with your family before you begin hiking. Expectation management is extremely helpful, especially during lengthy hikes.
4. Pack a small blanket to sit on during your hike for a fun picnic snack or lunch.
5. Remember to pack basic first aid items to include bug spray to ensure you are ready for anything.

Here are 5 tips for keeping your children engaged while actively learning throughout your hiking adventure:

1. Allow your child to gather and carry any nature items they find during your adventure such as rocks, sticks, flowers, and leaves. As your child collects items you can help identify the name



Maansan



Younginsan



Cheonjangho Suspension Bridge

of each item, if it is soft or hard, if it is heavy or light, etc. At the end of our family hikes, we explain that we leave nature in nature to encourage our child to appreciate and respect the world around them. You can also use the items to create a nature scene that you can photograph before leaving to remember all the fun treasures found during your hike.

2. Play I spy with your child while hiking. "I spy, with my little eye, something green." "Is it a frog?" "Yes!" This game is fun for the entire family and can last for a while depending on your location.
3. Create or print a free nature scavenger hunt for your child to complete during your hike.
4. Pack crayons and paper and have your child make leaf rubbings of all the beautiful leaves they find during your hike.
5. Teach your child to identify signs of animals as you hike such as scat, prints on the ground, burrows, and more. This will help your child become more aware of their surroundings, and what they can and cannot safely touch.

Nature is its very own classroom full of endless possibilities! I encourage you to explore nature with your children and try to see things through their eyes as they discover and explore this wonderful world.

3 Family Hikes:

1. Maansan - (Bee & Honey Café Hike) This is an amazing trail for families and all skill levels. We know many children under 5 that enjoy this trail and especially enjoy treats from the nearby cafe. This hike is free and bathrooms are across the street from the trailhead.

2. Younginsan Recreational Forest - Trails range in difficulty. We prefer to pay the small parking fee and park at the upper parking lot near the bathrooms. There is an option to park at the bottom of the hill and walk up. Although this is a slightly hilly hike it is great for strollers! They also have an amazing museum for all ages near the top.
3. Cheonjangho Suspension Bridge - Trails range in difficulty. They have an obstacle course that is free and suitable for all ages with minimal help. There is a cafe that serves ice cream and other treats at the end of one of the trails (Follow the trail to the left at the end of the bridge to find the cafe). This hike is free, several restaurants are available at the beginning of the trail, ample free parking is provided, and restrooms are also available.

Enjoy this fall with intentional learning moments the whole family can enjoy!

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.



Cooking Class: More Than Just Food

By Sierra Beaton



I went for the food; I left with a full stomach, new friends, and a deeper understanding of the people supporting Osan Air Base's mission. It was a tall order for a Wednesday evening on a sticky August night, but preparing a communal meal has a way of building cheerful camaraderie that knocks through societal obstacles we encounter in other spaces.

Co-hosted by the Military and Family Readiness Center (M&FRC) and the USO, and held in the USO kitchen located in the same building, the cooking class is a bi-month-

ly event featuring globally inspired menus. Alison Rock, an accomplished chef and long-time Korean non-resident, led our class through the preparation of Beef Bulgogi, Spicy Pork, and Korean Snickerdoodles, a delectable treat of her own creation that was the culinary highlight of the evening.

Hot tip: The cookies are a palate-pleasing combination of buttery, salty, sweet & spicy goodness that also pairs beautifully with coffee in the morning. Read the next article to learn how to make them at home! You can thank me later.

Bulgogi is a ubiquitous Korean dish most non-natives recognize instantly and can order with moderate-to-high confidence. Spicy Pork, on the other hand, strikes a bit of fear into the uninitiated foreigner. South Korea is famous for its spicy cuisine, so it is wise to approach with caution. Anticipating our tender American palates, Alison had already adjusted the recipe to feature a low-key burn, rather than a 3-alarm emergency. With aprons on, prior cooking experience assessed, and fears abated, the class commenced.



We asked Ms. Tokhui Kim, the Cultural Awareness Specialist for the M&FRC and cooking class coordinator, if there is a slang term for foreigners who can't handle the Korean culinary heat. She shared that Koreans who prefer their dishes less spicy jokingly refer to themselves as 맵짬이 (pronounced "maeb-jjir-i") which can be translated into English as "someone who can't handle spicy food" or more simply as "spice intolerant." Another informal way to say it would be "a spice wimp" or "spice weakling," which captures the playful tone of "맵짬이." The phrase 맵짬이 is made up of two parts: '맵다' (maeb-da) meaning 'spicy' and '짬이' (jjir-i) is a suffix used to indicate a person who is weak or easily affected by something, but literally translates as "pathetic," "pitiful," or "lame."

Attendance at these events is limited to allow each participant an opportunity to practice their cooking skills and contribute to the final meal. It is an immersive

cooking experience for all skill levels that adapts to the needs of the group. With Alison's calm and competent guidance, we rotated through chopping, measuring, mixing, scooping, cooking, and washing responsibilities. Each step was explained, and each ingredient was discussed. Experienced home cooks were situated next to beginners, facilitating smooth transitions and an easy pace. When

finished, we gathered at tables to enjoy the fruits of our labor, made tastier by having contributed to its preparation.

Although I went to the event prepared to write a story about the meal, I was drawn in by the people. I was captivated by the intersection of career fields and life stories that were teased out while julienning vegetables, passing measuring tools back and forth,





Beef Bulgogi, Spicy Pork, white sticky rice, and slices of Asian Pear come together for a delicious feast.

and chatting as meat sizzled in a wok. Newly arrived or visiting families worked alongside augmentees, while seasoned active duty members and spouses shared tips about the area and discussed the pros and cons of prior assignments. Bursts of laughter peppered the evening as helpful suggestions were volleyed back and forth. Requests to exchange contact information could be heard as the food was plated and seats were selected. Within two days of attending the class, I'd run into 80% of my fellow classmates at different events, helping to anchor my newly-arrived-to-Korea overwhelm with familiar faces.

Whether you'd like to learn more about cooking, make new friends or gather with existing ones, find a new recipe, or just switch up your dinner routine for the night, you'll find that there is something for everyone at these cooking classes. Sign up and attend with an open mind. You, too, may find that you go for the food but leave with a whole lot more.

*The M&FRC publishes a monthly calendar of events found on their website, their Facebook page, and on Instagram. Contact 0505-784-5440 for more information or to sign up for classes.

*While the cooking classes can accommodate older children on a case-by-case basis, these classes are typically an opportunity for service members and/or spouses to congregate and converse.

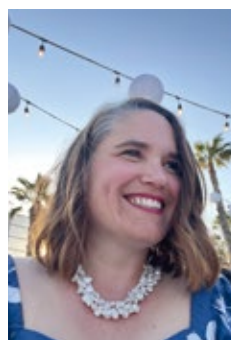
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Instructor Alison Rock putting the last pieces in place before serving time.



Working cooperatively in a small space to get each component of the meal ready on time.



About the Author

Sierra Beaton is a prolific reader, writer, and memory keeper. She enjoys capturing daily life through photography, regularly subjecting her family to new recipes, making friends out of strangers, and is easily distracted by plants.

As a seasoned military spouse, mom to three kids, and generally curious individual, she's had the opportunity to learn a lot of things she never knew she needed to know. She enjoys sifting through her lived experiences and sharing her observations with others.



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Korean Snickerdoodle Cookies

By Alison Rock

When

we first came to Korea, I wanted my small children to learn to eat Korean food but the flavors and textures were so different from what they were used to that I started experimenting to make Korean foods more western so they would try new things. Now I know this may be offensive to some but, I was dealing with a child who had multiple food allergies so he wouldn't try anything new. I came up with all sorts of fusion recipes like tteokbokki marinara amongst others. The more my kids tried Korean foods the more they liked it. My youngest now prefers Korean food to anything else. However, we all still enjoy a fun fusion dish occasionally, so here's a recipe I hope you will try.

It sounds a bit strange when you first hear about it but every time I bring these cookies to someone they can't eat just one. This recipe mixes the good all-American Snickerdoodle with the spice of Korean fermented chili paste. The butter and brown sugar help balance the spice for a multi-dimensional taste. At first, you will enjoy a traditional sugar cookie flavor with cinnamon sugar and then it may heat up with a little kick to the back of your throat. It's the perfect balance of Sugar, salt, and spice....give it a try.

Ingredients

1 stick, 8 tablespoons of unsalted very soft butter
2 Tablespoons of dark brown sugar
1 Tablespoon of Gochujang, Korean red pepper paste
1 cup granulated white sugar
1 large egg at room temperature
½ teaspoon kosher salt
¼ teaspoon ground cinnamon
1 teaspoon Vanilla extract
½ teaspoon baking soda
1-1/2 cups all-purpose flour

Directions

Preheat Oven 350°F or 177°C

Step 1

In a small bowl mix 1 tablespoon of butter, the brown sugar, and gochujang red pepper paste, and set aside.

Step 2

In a large bowl mix 7 tablespoons of butter, cinnamon, white sugar, salt, egg, and vanilla until smooth. Evenly sprinkle the baking soda on top and mix together. Add the flour and mix by hand to combine.

Step 3

Place dough in the refrigerator for about 20 minutes while the oven preheats. Line a cookie sheet with parchment paper.



Step 4

Remove the dough from the fridge and top it with the previously made gochujang. I like to drop little dollops spaced out over the mixture. Then I take a spatula and drag or swirl the gochujang mixture into the cookie dough. You should have a red and white zebra-striped mixture. Don't over mix as you want it to look marbled.

Step 5

Using a large cookie scoop carefully scoop the marbled dough onto the cookie sheet spacing them 2 or 3 inches apart.

Step 6

Bake for 12-14 minutes until they are slightly golden on the edges and firm in the center. Let the cookies cool before moving them as they are fragile when warm.

Yield

This recipe should make about 18 cookies.



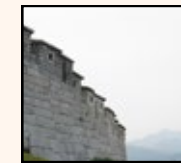
EXPLORING SEOUL

By Jetta Allen



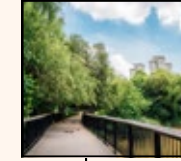
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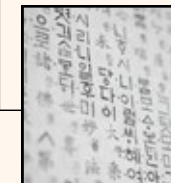
OUTDOOR ADVENTURES

1. Seoul City Wall Trail
2. N Seoul Tower
3. Doseonsa Temple
4. Cheongnyangsa Temple
5. World Cup Park
6. Gyeongchun Line Forest Trail
7. Saetgang Ecological Park
8. Han River Nature Bike Tour
9. Han River Guided Night Cruise



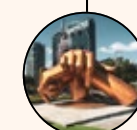
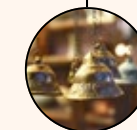
MUSEUMS AND CULTURE

1. The War Memorial of Korea
2. National Museum of Korea
3. National Folk Museum of Korea
4. National Hangeul Museum
5. Leeum Museum of Art
6. Gyeongbokgung Palace
7. Changdeokgung Palace
8. Gwanghwamun Gate
9. Bukchon Hanok Village
10. Namsangol Hanok Village



SHOPPING

1. Insadong Korean Art Street
2. Myeongdong Shopping Street
3. Kwangjang Market
4. Namdaemun Market
5. Shinsegae Gangnam
6. Starfield COEX Mall
7. Lotte Tower and Mall



FOR CHILDREN

1. Seoul Children's Grand Park
2. Korea Postage Stamp Museum
3. Samsung Transportation Museum
4. Pororo Kids Cafe





Agro Land Ranch

By Serena Hanlon

My husband was gone this weekend, so I kept us busy! I took my kids out for a farm day to a ranch that has been on my list for a while, it is cooling down and was the perfect day to spend all afternoon! As always, the pin can be found at the end. So stick with me, friends!

Agro Land has free parking lots and a beautiful cafe before you get to the ranch. We walked through the cafe to the back, we got to the ranch right as it opened at 10 am. There was a small barn in the cafe's yard with some baby cows which got the kids excited for all the farm fun they were about to have. I paid for the dairy experience and ice cream making class for me and my three, the total admission for those experiences was \$43 USD. They have multiple experiences to choose from and next time I will do the horseback riding one as well. My kids all took turns to milk the cow, mama should have, but I would of rather just watched my kids, says the mom who claims she wants cows one day.

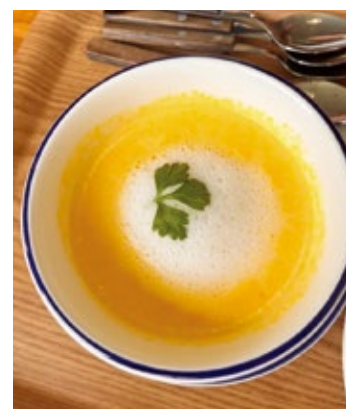
Feeding the cows milk out of a bottle was so cute! I am so proud of my oldest, she tends to be more timid around large animals, these cows were pretty excited to get their bottles and strong. My daughter was so brave and kept feeding them even as the cows were using their strength to pull her closer to them to get more

milk. Mama got in on this activity, feeding the cows bottles was filled with giggles. After we bottle-fed the cows, we were given a basket of hay and were able to feed more cows as well as goats.

The ranch has free tractor rides that go around every 30 minutes. After our dairy experience, we hopped on our first tractor ride to enjoy the views of the beautiful ranch. I will be coming back once fall comes around because they have fields of flowers, lots of photo ops in the fields, and a forest walk!

Our ice cream class was at 11:30am so we couldn't hop off the tractor to explore for the first ride. After taking us around the ranch, the tractor brought us back and we went over to the kitchen. The class instructor did not speak English, however we could follow along easily by just watching. We were given 3 flavor options and of course, my kids chose chocolate! They had fun swishing the milk and powder around until the





liquid turned solid. The best part was the excitement in their faces when they realized they just made ice cream from scratch! The instructor gave us cups and spoons to enjoy our homemade ice cream together.

We hopped back on the tractor after ice cream class and this time we were able to get off to explore until it picked us back up 30 minutes later. The wood playground here is just too cute! The metal slide was too hot for my kids to enjoy today, but they had fun running around the animal treehouses.

Swings surrounded by so much mud to add to the fun! How cute is this?! You could go all the way up to the top of the horse to look out. The view from the treehouse across from the wood playground. Next time I would like to walk down here, it was cutting it close to lunch time so I wanted to make sure we didn't miss the tractor ride.

After spending 3 1/2 hours outside we came back to the cafe for some lunch. It was the cutest farmhouse cafe! When I tell you that my mouth is still watering from this picture, I MEAN IT! These were the best rolls I've had! My kids each got a milk roll, but I took mom tax and had a few bites, wishing I got myself my own. My kids already swiped their fingers into the cream on top of the roll before I could snag a pic, but it's okay, because we eat first, not our phones lol! The kids loved getting a cup of fresh milk, knowing they milked a cow earlier! I got a milk tea and was excited to try the other drinks next time. The pumpkin soup was amazing, I am so excited for soup season! We shared a table with a sweet Korean family who I got to engage in a wonderful conversation with. I love humanity, and no matter the language barrier, we all seek to connect with each other.

I am so happy we made it here, the kids and I had the best time. I look forward to coming back this fall when all the fall flowers and trees are in bloom. Thanks for being here friends! I love sharing our adventures as we explore our temporary home here in South Korea.

Agro Land Taeshin Ranch

충남 예산군 고덕면 상몽2길 231 아그로랜드 태신목장
<https://naver.me/xHgnxEgl>

About the Author

Serena is a writer and content creator. She enjoys her little corner on the internet where she can let her creative outlet flow. Over the years she has blogged about her life as a first-time mom and now writes about life in Korea with her children. As a homeschool mother to three, she enjoys travel and adventures with her family. Serena runs a children's book club that has been incredibly fulfilling for herself and her kids.

• Check out her blog at <https://mywildthreeandme.wordpress.com/>



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Embracing the Outdoors: Discover the Joys and History of Waegwan

By Lt. Col. Celina S. Pargo



If you are new to Camp Carroll or Area IV, I hope to inspire you to lace up your sneakers and hit the trails to experience the beauty and history of Waegwan. This small and quiet city is a great destination for walking, running, hiking, and biking.

I chose to run along the Nakdong River one Saturday morning and embarked on a 5-mile journey on a trail that runs parallel along it. I wanted to run outdoors not only



for exercise but to connect with nature and gain mental clarity. The trail was well-maintained and filled with friendly people walking their dogs and biking. My senses were tickled as I ran through flower gardens and watched the breathtaking view of the mountains during my journey.

The Nakdong River is one of the longest rivers in South Korea and while I only ran 5 miles, I could easily continue my route and encounter several scenic viewpoints

and cultural landmarks.

Summers in Korea are hot, so I thought it was best to run at 0700 while it is still cool. If you are looking for some activities in the area, a run along the Nakdong River can easily become a cultural exploration and is easily accessible from Camp Carroll. During the summer months, consider sunscreen, hats, and protective clothing to protect yourself from the sun. Also, some bug spray for mosquitoes.

About the Author

Lt. Col. Celina S. Pargo is the Commander of DLA-Distribution Korea. Lt. Col. Pargo loves Korean food, running, hiking, and exploring.



Fork & Film at the Osan Youth and Teen Center

By Alison Rock



Event Poster



Kids making river water to drink

I had the pleasure of attending the very first Fork & Film event at the Osan Youth and Teen Center. This was a very fun affair that was not only a culinary experience but an extraordinary approach to developing life skills and bringing families together. If you're wondering what Fork & Film is all about, let me explain. This is a new culinary dining adventure that is taking big cities like Los Angeles and New York by storm. Fork & Film is an immersive experience where you not only watch the characters in the movie eat but you get to enjoy the sights, smells, and tastes of the food at the exact moment they are seen and served on

screen. The amazing children and program assistants were able to recreate this cinematic experience right here at Osan, Air Base. The children and parents voted between several movies and Spirited Away was selected. This is a Japanese animated fantasy film written and directed by Hayao Miyazaki that was released in 2001. Some of the children had seen the film before, but it was new to others and to me. The 14 kids who chose to attend gathered about two hours before the event with the task of preparing food for their own families. If they had 5 members attending, they were personally responsible for making 5

portions tailored to the taste buds and dietary requirements of their family. They had several stations set up so the kids could prepare multiple dishes to correlate with the dining scenes in the movie. Some of the kids were exposed to foods that they had never tried before like Onigiri, a rice ball filled with tuna and rolled in seaweed. This helped keep the experience authentic since it was a Japanese film. In addition, they decorated cupcakes that resembled one of the characters in the film for dessert and created some unique foods like "The Haku River Waste" beverage made from Sprite and green Gatorade.

When the families arrived, they were greeted by their children, presented a menu for the evening, and escorted to the rec room that was cleverly set up like a dinner theater. The movie started and the fun began. The children sat with their families and the program assistants worked like waiters to serve the food at the exact moment it came out on screen. It was wonderful watching the children's reactions as the staff had a few surprises up their sleeves and brought some items out that the children didn't know were coming like Konpeito, a popular candy in Japan that was given to the soot sprites after a long day of work in the movie. After the film, I spoke to some of the kids and Jackson said, "The movie was funny and it was even funnier that the staff only served 1 red skittle." to signify the magic food Sen ate in the movie. Anastasia said, "You could watch the movie 100 times and pick out new details every time you watch."

If you missed this event, don't worry as they hope to host these quarterly. The next Fork & Film will be a holiday edition held at the Osan Youth and Teen Center on December 6th from 17:00-21:00. Voting for the next film will take place in November, so stay tuned for the fun. And if you are new to Osan Air Base and haven't checked out the center yet, please do as they offer a plethora of activities and programs from camps to clubs, late-night activities, field trips, and more! Their programs offer activities in health and wellness, sports and recreation, the arts, leadership and service, and even an entire room dedicated to STEM (Science, technology, engineering, and mathematics) education. They have a flight simulator, virtual reality con-



Finished onigiri



Konpeito candy given to the kids when it was given to Soot Sprites in the movie.



Fork and Film Menu



Osan teens preparing the No-Face cupcakes

soles, a 3D printing machine, microscopes, and weekly activities to promote these areas of education. Their staff runs daily events to both educate and entertain the kids and many of the activities are affiliated and obtained from the Boys & Girls Clubs of America as well as from the 4-H curriculum. It's good to be a kid, especially with all of the fun to be had at the Youth and Teen Center on Osan Air Base.



Preparing the beware food



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.

Advice For ETSing

By Esther Kim

Meeting SFL TAP Appointments and Deadlines

- Do research early.
- Keep track of the many appointments - they are super helpful and educational, and a good way to feel like a civilian again.
- Write down appointments and track them. Be punctual - don't miss them - do not be late.
 - No one is going to keep track of them for you - step one of becoming a civilian.
 - They will mark you as "NO SHOW" and you will have to sign in.
 - Don't waste people's time, it's only hurting you.
- Create a timeline with check points of no-fail timelines.
- Think about where you want to go and what you want to do.

Applying to Jobs

- Non-paid work is still experience. Remember that. Volunteer! If you are volunteering, make sure to log hours in the Army's Volunteer Management Information System. While it is not mandatory, logging hours allows you to be recognized by the organization and Garrison Command for your volunteer efforts to the community. You can also legitimize your volunteer time for your resume or portfolio. I suggest volunteers log their hours weekly. Hours are difficult to log after 30 days past the volunteer date. VMIS is run and managed by the Department of the Army. You can populate a DA FORM 4162 for your official Volunteer Service Record and DA FORM 4713 which shows your Volunteer Daily Time Record. Both are official forms to support your volunteer contributions, document the organizations you've volunteered with, the position held, awards you have earned, and more!
- The Army's Career Skills Program does not necessarily guarantee jobs but it does have so many benefits. Do research on what is the best fit for your career goals.
- Networking for jobs is happening all the time, and your peers are evaluating you as people they rather or rather not work with in the future.

Applying to Schools

- The GI bill will keep you afloat. You can even go to school abroad!
 - Look at costs - GI Bill calculator
 - Look to see if you qualify for the Yellow Ribbon Program



that can help with tuition costs.

- Understanding the GI Bill
 - > 3 years of service is all that's required for 100% GI Bill on Active Duty, unless medically retired.
 - > Veteran Readiness and Employment and disability percentages can also provide education benefits outside of the GI Bill.
- Check your benefits in the state you enlisted or for your home of record.
 - > See what programs are offered in your state's Veterans groups such as the Texas Veterans Commission or your state's Department of Veterans Affairs.
 - > Many states have special educational programs for Veterans that allow them to attend public state colleges at low to no cost.
 - > The Illinois Veterans' Grant (IVG) Program pays tuition and mandatory fees at all Illinois state-supported colleges, universities and community colleges for eligible Illinois veterans.
 - > The Hazlewood Act is a State of Texas benefit that provides qualified Veterans, spouses, and dependent children with an education benefit of up to 150 hours of tuition exemption at public institutions of higher education in Texas, some fees included.



- Use Service2School for free education counseling.
- Service to School (S2S) is a 501(c)(3) non-profit that provides free college and grad school application counseling to military veterans and servicemembers
- Utilize Credentialing and Tuition Assistance while in service.
- Many service members complete their degree during the

service with educational programs at the Education Center. Apply! It's free money, and wasted if you do not use it every year. Get your degree and certificates on the military's dime! It is your educational benefit, use it.

- Get letters of recommendations and references.
 - Most of my letters of recommendations and references were from my undergraduate professors. I got one reference from a military coworker. Your NCO can also write you a letter of recommendation. Don't forget, military leaders make great references, so cultivate those relationships.
 - Contact people early if you need a letter of recommendation.
 - Write down what you would write and send them a template that's what I did.
 - Make sure your letters of recommendations include job skill areas for your future career.
- Get LinkedIn Premium as a Veteran for FREE.
 - US Veterans can receive, for free, one-year Premium Business subscription, including access to LinkedIn Learning.
 - Connect and network with people!



Other Programs Back up plans

- School isn't for everyone, but there are so many programs like Veteran Readiness and Employment and Veterans Technology Education Courses. They will pay for your education. Apply.
- Book appointments. Be your own advocate.
- Get your medical records.
- I looked into other Army programs as a backup. I still don't know if I will go Reserves, or if I will walk away completely, but it's one of your stops. They do offer a bonus and service in the Reserves can be a good way to slowly transition out.

Professionalism as a Civilian

- Create a resume with Employee Readiness.
- Buy business casual clothes.
- Practice interviewing, remember to follow up their questions with questions of your own to show you are invested in understanding the organization too.
- Be nice to people?? They're not required to help you.

Ask for Help

- DO NOT MISS THE DEADLINES. Get your signatures early.
- Do not be afraid to ask for help or to lean on your network.
- Army Emergency Relief fund is for soldiers. ETSing soldiers are high-risk, and considered protected Veterans even after 6 months of leaving the service. Apply if needed!
- Go to the therapist, and take care of yourself! You cannot help anyone unless you take care of yourself. Make sure the people around you are also okay.



Be Resilient

- I was rejected a lot. I applied to many schools, internships, and apartments. Finances are important. Applying to college is expensive. School is expensive. Flights are expensive. Rent is crazy. Groceries, too. Dogs are expensive. Credit scores are real. Apartment hunting is also stressful. Everything is stressful. Two phone bills is stressful. Retirement is important to consider.
- Support networks are important. Get the support that you need. Don't forget Public Service Loan Forgiveness and Service Member Loan Interest Cap.
- Be careful with information unless you get it from the source. Things change all the time. Everyone's experiences are different. Sometimes it's misinformation. Sometimes it's... conflict of interest.
- ETSing does require a lot of personal effort and a lot of sacrifices to do it right and enter civilian life prepared.

The experts on your installation will help guide you to where you need to go for your levy packet, CIF turn-in, etc. It's hard. But you got this. You've done more difficult things. You have to advocate for yourself now. You got this.

About the Author



Originally from Illinois, Esther Kim has just ETS'ed from Korea and is headed for the next adventure to the East Coast, where she will be attending school this fall. Esther is passionate most about helping people and enjoys acts of service which is what influenced her decision to write for *United on the RoK*. Her hobbies include reading books, learning languages, horseback riding, finding good food spots, and so much more. Esther's goal is to give back to her community in Korea by continuing to write meaningful editorials featured in *United on the RoK*.

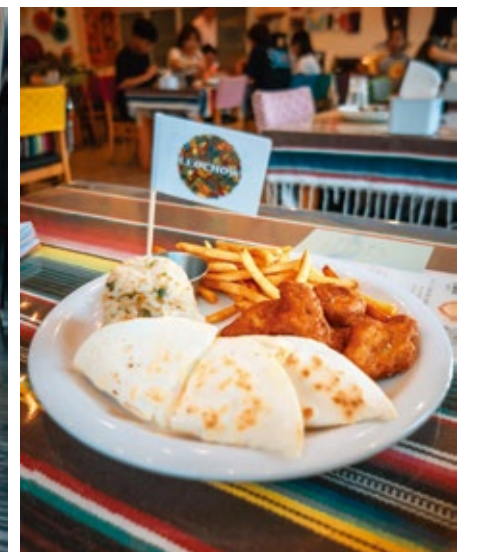


Leo Chow: Daegu's Favorite Taqueria

By Ysamar Gómez

Not far from Camp Walker is Daegu's favorite taqueria. For those who may not know Spanish, a taqueria is a taco shop, and Leo's taco shop is simply delicious! He opened the restaurant in 2006 and has served Mexican food for nearly 20 years.

When you walk into the taqueria, there's a warm energy where you immediately feel welcome. As a Puerto Rican, speaking Spanish with Leo was a joy as we are so far from other Spanish-speaking countries. There are Mexican touches throughout the restaurant too! From the vibrant colors and serape tablecloths to the



music and even the staff's uniforms, it feels like a little piece of Mexico right here in Korea!

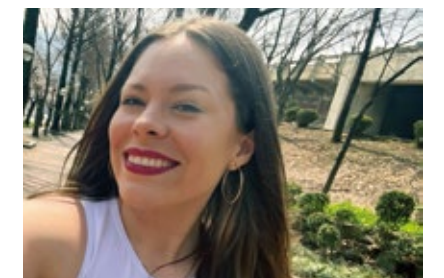
Service here is fabulous. The waitstaff was welcoming, helpful, and attentive to my family's needs. Leo Chow's has a varied menu with many Mexican dishes like nacho bowls, chimichangas, quesadillas, chili pork (sweet or spicy), rice pilaf, and taco rice. For the kids, they have a smaller plate with rice, quesadilla, chicken nuggets, and fries. I tried the pilaf and chili pork (sweet). My kids have gotten the kid's plate and they love it. Even my picky kid loved the quesadillas!

People from Daegu love Leo Chow's because of the taste of their food and the fun environment! You can make reservations, book group parties, dine in, and even take out. Anybody who loves Mexican cuisine should at least try it and judge for themselves!

Instagram: [_leochow_](https://www.instagram.com/_leochow_) https://www.instagram.com/_leochow_

About the Author

Ysamar Gómez is a lifestyle photographer based in Daegu. She loves to travel and capture life through her lenses. She owns a photography business and would love to capture your special moments. Find her on Facebook at Ysamar Gómez Photography. View her amazing portfolio at <https://ysamargomezphoto.myportfolio.com>



For Your Little Einsteins

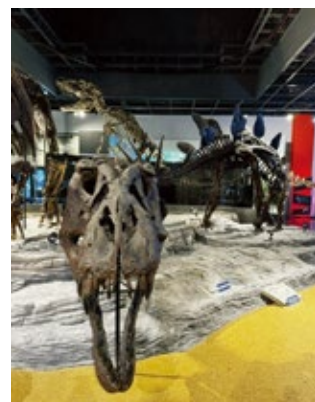
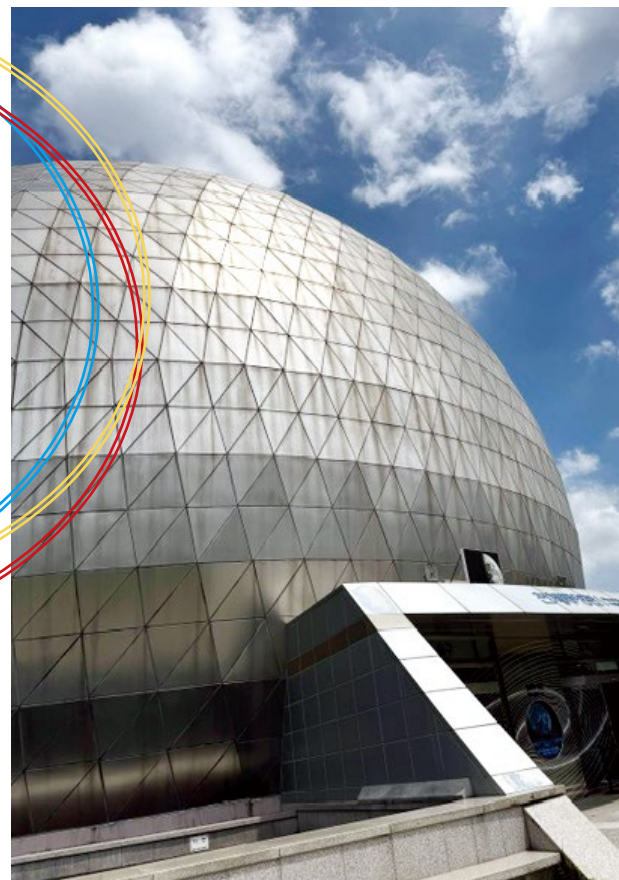
By Kate Nelson

a real appreciation of Science and Technology exists in the ROK. Take a trip to a museum that your young ones will remember...somewhere they can play and learn simultaneously. Take them to a Children's Science Museum! Interactive exhibits, the latest technology, and learning about science are all within your grasp. The price for the family is quite affordable!

Gwacheon National Science Museum

How about walking with the dinosaurs and elephants? It is possible in the natural history section of the museum! Then take a tour to the science fiction section, pose with a superhero, blast away in a space game, and create an avatar to bring to life on a room-sized screen. In the traditional and high-tech science sections, explore aviation and land a plane, race your friend on a high-speed bike ride, and try science experiments in rooms full of exhibits. Don't forget to visit the planetarium and catch a show expressed in English subtitles.

Many exhibits are in English or can be accessed in English with the exhibit's QR code, but please bring your translator app. This museum has a great indoor kids' playland that you sign up for by the hour and an unrivaled outdoor play-



ground, which will reopen after the heat of summer. Also offered are a mother's nursing room and a separate infant room. The cost is only ₩4,000 for adults and can be paid at the entrance, no reservations are needed. A food court on the 2nd floor can satisfy the sweet tooth or provide a hearty lunch.

Interest Group: All ages will appreciate this museum.
Directions: Take the metro to Seoul Grand Park (on the blue line), then use Exit 6.
Website: <https://www.sciencecenter.go.kr/scipia/>



National Children's Science Center

If your little ones can't get enough of science, another hidden gem for the younger crowd can be found here. Scouting for something unusual for the family? How about taking a jaunt morning trip through a science center, followed by a plethora of lunch options at a myriad of international restaurants? Please check it out.

We studied the native birds in South Korea, learned about national conservation efforts, and explored the principles of science through the amazing sensory lab. Afterward, we took in a 4D movie that lasted 20 minutes and had plenty of action to keep the littles entertained.

For booking, just choose a time a few days before and schedule on the Internet. Bring your translator app. Many of the exhibits are not in English but pictures guide the kids through the activities. The 3-floor center includes an observatory and a 4D theater that can also be booked online prior to your arrival.

Interest Group: Up to age 10 but tweens might enjoy the activities with the family.

Directions: Hyehwa Station in Seoul (on line 4). Exit 4. Take a left and walk down the avenue with the brightly colored lights strung overhead. At the end of the avenue, you will see the science center diagonally from your location.

Website: <https://www.csc.go.kr/index.do>

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.



What Do Businesses Look For In Their Employees?

By Heather MacLeod

Keys to Employment

Skills and Qualifications

- Specific technical skills
- Certifications
- Educational background relevant to the job

Experience

- Relevant work experience
- Internships
- Volunteer work
- Previous job roles

Soft Skills

- Communication skills
- Teamwork capabilities
- Problem-solving abilities and strategies
- Adaptability and flexibility
- Interpersonal skills

Cultural Fit

- Alignment with the company's values and mission
- Fit to the work culture

Work Ethic and Reliability

- Demonstrated commitment
- Punctuality
- Strong work ethic

Potential for Growth

- Ability to learn and adapt
- Growth mindset professionally within the company

References and Recommendations

- Positive feedback from previous employers or professional contacts
- Recommendations mentioning job skills required for the position

Professionalism

- Presentation
- Demeanor
- Professionalism during the application and interview process.

Skill Development for Overseas Employment

Developing skills while stationed on a US military installation in South Korea involves leveraging available resources and opportunities. Here are some strategies.

Education and Certifications

- Online Courses: Enroll in online courses and certification programs from platforms like Coursera, edX, or military-focused programs such as those offered by the Defense Activity for Non-Traditional Education Support (DANTES).
- Local Education Centers: Utilize education centers on the installation that offer classes and workshops.
- University of Maryland Global Campus, Troy University, and Embry Riddle have campuses on the peninsula. There are also many online educational options.

Work Experience

- Volunteer Opportunities: Engage in volunteer work within the military community or local area. This can provide valuable experience and networking opportunities.
- Temporary Duty Assignments (TDY): Seek TDY opportunities that allow you to gain experience in different roles.

Soft Skills

- Leadership Roles: Take on leadership roles within your unit or community organizations, such as leading a volunteer group or participating in base councils.
- Workshops and Training: Attend workshops and training sessions focused on communication, teamwork, and leadership skills.



Networking

- Professional Organizations: Join professional military organizations, which can offer networking opportunities and professional development resources.
- Mentorship: Seek mentorship from senior personnel or professionals within your field of interest.

Cultural Fit and Adaptability

- Community Involvement: Engage with the local community and participate in cultural exchange programs to enhance adaptability and cultural awareness.
- Language Learning: Learn the local language to better understand and integrate with the host culture.

Professionalism and Work Ethic

- Performance Excellence: Focus on excelling in your current military duties, demonstrating reliability and a strong work ethic.
- Feedback and Improvement: Regularly seek feedback from supervisors and peers to identify areas for improvement and work on them diligently.

References and Recommendations

- Build Relationships: Develop strong professional relationships with supervisors and colleagues who can provide positive references.
- Document Achievements: Keep a record of your achievements, training, and experiences to share with future employers.

By utilizing these strategies, you can effectively develop the skills and qualifications that employers look for, even while stationed overseas.

About the Author

Born in Trenton, Michigan, and a proud Air Force veteran, Heather now serves as an Army civilian. Passionate about exploring new places, Heather enjoys traveling throughout South Korea, immersing in its rich culture and vibrant landscapes.

Employers typically look for a combination of hard and soft skills, relevant experience, and cultural fit when considering job candidates.

Korean Coins and Their History

By Mack Rock

Have you ever wondered about Korean coins or their history? Well, I got the chance to sit and talk with Michael Phares, the famous 미국아재 “Mister American” YouTuber and coin collector. I asked him what the first coin in Korea was and he explained that initially, people in Korea didn’t use coins; instead, they traded cows, rice, cloth, and other essential items.

The oldest currency was not even coins, but carved seashells, spades, and what is known as knife coins. These coins started around 200 BC and could be traded when needed and useful when money was plentiful. It’s widely accepted that the first round metal coin to pop up in Korea was made during the reign of King Seongjong in 996 AD and called Geonwon Jungbo. This coin had a design similar to China’s coin from the Tang dynasty. To make it different, they put additional characters on the reverse side of the coin that said Tongguk which means eastern country. This shows the influence and power China had in Asia at the time. Since Korea was located to the east of China, they used the word eastern country to differentiate their coin. However, this coin did not catch on in popularity because the people preferred to barter goods.

During the Goryeo dynasty in 1097, King Sukjong tried to establish a cash-based society and cast Korean coins in bronze and brass. At this time, they moved the “Tongguk” characters to the front of the coin and they called this coin Tongguk Jungbo, which can be translated as money or treasure of the east country. But once again people refused to use the coins, they could not understand how this metal

could be equal to food and supplies. Again 300 years later in 1423 at the start of the Joseon Dynasty, the King made another coin called the Joseon Tongbo. This failed because the people still refused to use coins.

Around 1625-1650 the government wanted their people to use coins because China and Europe were using silver and copper coins successfully. The government enacted new laws requiring people to carry coins. King Hyojong went so far as to outlaw cloth as currency. Finally, coins started to get acknowledged. In 1670 to help get coins widely accepted, the government allowed private casting. The government would give molds to people so any man could make his own money; the coins were called Shipjeon Tongbo. By 1678, the kingdom had produced coins called Sangpyeong Tongbo, which were widely accepted and used.

Between 1678-1751, Korea made so many coins that



Korean Yeopjeon coins



Mack Rock & Michael Phares



Mack found old coins on a mountain hike in 2020.



Korean Empire Coins



they ran out of copper. Then in 1752 to solve this problem, they dramatically reduced the size of the coin. By 1800, the most popular coin was the one Mun coin and every township was making their coins. All of these coins are called Yeopjeon which means leaf coin because they were molded on a center branch so they looked like leaves on a tree. In 1886, the Joseon dynasty moved to a more modern currency in which the coins were machine-pressed instead of molded.

The Korean Empire was founded in 1897. From 1897 until 1910 most of the coins were made in Osaka Japan. This is where we see the first Korean gold coin produced. Japan annexed Korea in 1910 and this was the start of the Japanese Empire where Korea became part of Japan. No Korean coins were produced from 1913 to 1945.

Post World War II through the Korean War era and up until 1958, no coins were minted. Korea only circulated and produced banknotes. In 1959, The Bank of Korea did not have their own mint so they reached out to the Philadelphia mint to produce new Korean coins. They minted 10, 50, and 100 Hwan coins, and then in 1961 they manufactured another batch of 10 and 50 Hwan coins.

This brings us to the won we know and use today. This currency was released in 1966. The newly built mint near Busan produced 3 bronze coins in the denomination of 1, 5, and 10. This replaced the paper currency of the same value. If you want to start collecting modern Korean coins, here are some you should look out for:

- 10 won: 1966, 1969, 1977, and 1981
- 50 won: 1972, 1993
- 100 won: 1970, 1998, and 1981
- 500 won: 1982, 1987, 1998, and 2018

Interestingly in 1976, no 100 won coins were made. In 1998 instead of minting the normal 62 million 500 won coins, they only made 8000 for mint sets because of the International Monetary Fund crisis in Korea. So this particular coin is super rare and can sell for as much as \$6,200. If you want to learn more about Korean coins, you can visit The Bank of Korea museum in Seoul or purchase a catalog of Korean coins and banknotes which will give you the history of almost every Korean coin available.

About the Author

Mack Rock is 15 years old and has lived in Korea for almost 10 years. Mack is fluent in English and Korean. He is a co-author of Korean/English education book called 진짜 미국 영단어 그림 사전 that translates to Real United States English Word Picture Dictionary.

Mack gained popularity in Korea for his appearance as the youngest cast member on 대한외국인 (Korean Foreigners). He has appeared in many Korean movies, dramas, and reality TV shows. Mack has been in several viral videos that have amassed over 150 million views. Mack was named by Asian Boss as the most popular American boy in Korea. His hobbies include coin collecting, metal detecting, unicycle, magic tricks, and video games.

Mack met Michael when he was a guest star on the show 대한외국인 - Korean Foreigners. They shared an interest in collecting coins backstage where Mack learned that Michael has one of the most impressive collections of coins in Korea.

Michael is best known for his very popular YouTube channel called “미국아재-Mister American.” Michael is publishing a book about Korean coins that will be out soon.

Fall's Coziest Loaf: Crafting Perfect Homemade Pumpkin Bread

By Melissa Edwards-Whittington



There's something undeniably comforting about the scent of freshly baked pumpkin bread wafting through the house, signaling the arrival of fall. With its rich, spiced aroma and moist, tender crumb, this beloved homemade treat captures the essence of the season in every bite. Whether enjoyed as a morning indulgence with coffee or a cozy evening snack, pumpkin bread is a timeless favorite that brings warmth and nostalgia to any kitchen. Let's explore the secrets to baking the perfect loaf and you don't even need a mixer. Every fall I crave the simplicity of pumpkin bread. This is the recipe I have been using for over 40 years and it never disappoints.

Ingredients

- 1 ¾ cups of all-purpose flour (leveled)
- ½ cup granulated sugar
- ¾ cup light or dark brown sugar (packed)
- ¾ teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon ground ginger
- 2 large eggs at room temperature
- 1 ½ cups pumpkin puree (fresh or canned)
- ½ cup canola oil, vegetable oil, or coconut oil (no butter)
- ¼ cup orange juice (or you can substitute milk)

Directions

1. Preheat Oven 350°F or 177°C
2. After preheating your oven, lower the oven rack to the bottom position to prevent the top of your bread from over-browning. Grease a 9 x 5-inch loaf pan with non-stick spray and set aside.
3. In a large bowl, whisk the flour, granulated sugar, brown sugar, baking soda, cinnamon, nutmeg, cloves, ginger, and salt together until combined with no clumps.
4. In a medium bowl, whisk the eggs, pumpkin, orange juice, and oil together. Once combined, pour the wet ingredients into the dry ingredients and mix gently using a spatula or wooden spoon. (If you choose to add in chocolate chips, nuts, raisins, or cranberries, add them here.) Do not over-mix.
5. Pour the batter into the greased loaf pan. Bake for 60-65 minutes. Cover the bread with aluminum for the final 20 minutes of the cooking time to keep the top from browning too much. This also ensures the middle of the loaf will cook thoroughly while the top stays golden.
6. When you insert a toothpick in the center and it comes out clean (or with only a few small crumbs), the bread is done. Begin checking your bread every 5 minutes around the 55-minute mark since ovens can cook differently. (Pumpkin bread should register between 200°F and 205°F on a digital thermometer).



- When the bread is done, remove it from the oven and allow it to completely cool on a wire rack in the pan.
- Once the bread is completely cooled, you can slice it and serve.
- Pumpkin bread can be stored in the refrigerator for up to a week or at room temperature for 3 or 4 days (if it lasts that long!)

Optional Add-ins

If you choose, you can add in chocolate chips, raisins, walnuts, pecans, or cranberries for more flavor.

Storing Your Pumpkin Bread

Place your pumpkin bread in an airtight container or wrap it in plastic wrap and then seal it in a resealable plastic bag for up to 4 days at room temperature or in the refrigerator for a week.

If you freeze your bread, wrap it in aluminum foil or plastic wrap and place it in a tightly sealed container.

Baked pumpkin bread can be frozen for up to 2-3 months. When thawing, place the bread in your refrigerator overnight and bring it to room temperature in its packaging before serving.

As the last slice of pumpkin bread is eaten, it's clear that this homemade delight is more than just a seasonal treat—it's a celebration of the simple pleasures that autumn brings. With each bite, you're reminded of the warmth and comfort that come from baking with love. Whether you stick to the classic recipe or experiment with new flavors, pumpkin bread is a versatile and satisfying way to embrace the season. So, as the days grow cooler, why not relish the cozy tradition of baking your own loaf and sharing it with those you love?



About the Author

Melissa Edwards-Whittington has been in Korea for 7 years. She and her husband have a YouTube channel, KimchiRednecks, where they share about life in South Korea, places to eat and visit in South Korea, as well as their hobbies like cooking and making whiskey at home. They are also parents to three precocious Shih Tzu daughters, Minion, Sookie, and Mayhem who are featured often in their social media.

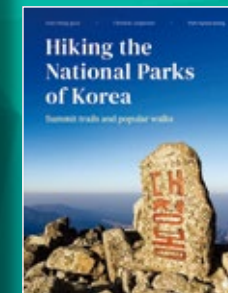
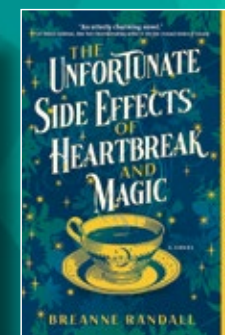
In addition to writing articles for United on the RoK, Melissa volunteers for a local organization called South of Seoul. She is a blogger, content creator, and online media manager for South of Seoul, supporting expats living in the country. She has volunteered with Pyeongtaek Insight as part of their content creation as well. Melissa is passionate about the community here in Pyeongtaek and seizes opportunities to increase the quality of life for those living in South Korea.



BOOK RECOMMENDATIONS

Meet Your Next Favorite Book!

*Wondering what to read next?
Check out these books !*



We're Going on a Leaf Hunt - Steve Metzger (Author), Miki Sakamoto (Illustrator)

Embark on a delightful leaf-finding journey with three friends! This lively new rendition of a beloved song invites readers to sing along. The adventure takes them hiking over mountains and through forests, gathering a vibrant array of autumn leaves. What's the grand finale? Jumping and playing in their colorful collection! With its playful rhymes and engaging sound effects, this cheerful autumn tale is sure to captivate children and make the season even more magical.

The Great Big Pumpkin Cookbook - Michalczyk Maggie

Pumpkin isn't just for pie anymore! With insights from Maggie Michalczyk, a registered dietitian and creator of the popular Once Upon a Pumpkin blog, discover exciting new ways to enjoy pumpkin, whether fresh or canned. From snacks and side dishes to breakfast, dinner, and dessert, these creative recipes will keep you inspired all year long.

The Great Big Pumpkin Cookbook features not only mouthwatering dishes but also options for paleo, vegetarian, and gluten- and dairy-free diets. Enjoy recipes with ingredients from your favorite brands like Libby's, Simple Mills, Quaker, and siggi's. Don't limit pumpkin to just fall baking—this cookbook lets you savor its deliciousness in every season!

The Unfortunate Side Effects of Heartbreak and Magic - Breanne Randall

For fans of *Practical Magic* and *Gilmore Girls*, *The Unfortunate Side Effects of Heartbreak and Magic* is a captivating debut novel about the defenses we build around our hearts to protect our magic. Sadie Revelare has always accepted the curse of four heartbreaks as the price of her magical gifts. But when her grandmother is given weeks to live and her first love, Jake McNealy, returns after a decade, Sadie's life starts to unravel. Her estranged twin brother, Seth, also returns, bringing long-buried family secrets that threaten to shatter Sadie's world. With her grandmother's death looming, Sadie struggles to hold her family and magic together while rekindling feelings for Jake. As she faces her final heartbreak, Sadie must choose between love and magic.

Hiking the National Parks of Korea – Yoon Hong-geun, Christian Jorgensen, Park Hyeong-jeong

Hiking the National Parks of Korea is your ultimate guide to exploring Korea's stunning trails and scenic walks. Whether you're an experienced hiker or just looking for easy nature strolls, this book offers something for everyone. Discover detailed descriptions and maps for 46 hikes, beautiful photos of Korea's 23 national parks, and practical tips for enjoying these natural wonders. From majestic mountains to coastal paths and island adventures, this guide will help you experience Korea's breathtaking landscapes like never before.

Malaysia, Singapore & Brunei (Travel Guide) - Winnie Tan, Lindsay Brown, Marco Ferrarese, Simon Richmond, Jaclynn Seah, Cheng Sim, Regis St Louis, Ria de Jong

Lonely Planet's Malaysia, Singapore, and Brunei is the ultimate guide to exploring this vibrant region. Offering in-depth coverage, it highlights both popular attractions and hidden gems. Trek through lush rainforests to spot flying lizards, savor fresh fish with coconut spice at local markets, and let this trusted travel companion lead the way through unforgettable experiences.

Korea's Secret Beauty Ingredient That Hollywood Stars Are Raving About... *Salmon Sperm!*

By Alison Rock



the transition was made from medical to dermatological uses.

My first exposure to PDRN products was from Genabelle (Gena in Latin means Face and Belle=beautiful in French) and they have a very interesting story. They are founded by Dr. Conan who runs a thriving dermatology clinic in Gangnam called Personal Beauty GU clinic located W. Tower54, Seocho-daero 77gil, Seocho-gu Seoul. He's known for treating many K-pop idols as well as some of Korea's most famous actors. If you visit Dr. Conan or one of the 20 doctors in his clinic you can have a PDRN facial, more professionally referred to as micro-needling.

Since PDRN contains polynucleotides, a key element in the production of collagen, this procedure should have a regenerative effect. It should strengthen the skin barrier, help skin elasticity, and leave you with a glow that will make you look younger. PDRN is not a filler but has a hydrating and plumping effect on the skin and stimulates natural collagen production. Kim Kardashian paid over \$500 for her treatment and is supposed to have it repeated at least three times. Dr. Conan wants skincare to be affordable to all people and he knows that not everyone can afford expensive treatments. His philosophy in developing Genabelle skincare is to provide dermatologist-quality ingredients available to

Have

you seen the headlines with Kim Kardashian telling her mother that she recently had salmon sperm injected into her face? Or did you read about the beautiful girl next door, Jennifer Aniston, in The Wall Street Journal where she admitted to having "the salmon sperm facial"? So, my question for you is... would you try a salmon sperm facial?

Ok, before you have a long internal debate as to why you would consider such a thing, let me tell you what I've learned. It's not actually salmon sperm, but an ingredient called PDRN which stands for polydeoxyribonucleotides. PDRN is a substance that contains DNA derived from salmon sperm and

is thought to be the purest form of DNA. They started using it because salmon DNA is very similar to human DNA. Of course, the next question on everyone's mind is "How is it extracted?" I have been assured that Korea has very strict laws against animal cruelty. The sperm is harvested through abdominal massage without harming the fish then it's filtered, cleansed, and sanitized for use.

PDRN has been medically studied for decades. I found countless articles in well-respected publications like the Journal of Korean Medical Science or The National Institute of Health showing significant results for wound healing in everything from ulcers to diabetes complications. So, it's no wonder



Genabelle PDRN Skincare line. Photos courtesy of Genabelle Labs



Genabelle Pink Cloud Cleansing Foam

everyone at reasonable prices. Dr. Conan uses the Genabelle skincare line in his clinic and sells the products to over 30 other professional dermatology clinics in South Korea.

After hearing all of this, I decided to give the Genabelle PDRN line a try. This consisted of a toner, an ampoule, a cream, and face mask sheets. You can purchase the full set of four products from the Genabelle Skincare website for \$113 or you can purchase them individually from Amazon or Olive Young online for about \$16 - \$30 each. The product line is made for use in dermatology clinics, so an important factor is the amount of PDRN in each product. They strive for the perfect balance and blend to help the skin absorb the PDRN as deeply as possible so that it boosts powerful skin repair. All of the products have between 1,000 ppm and 5,000 ppm (parts per million) of PDRN. Products are designed to be layered in a 3-step process to maximize how the product is absorbed and facilitate the repair of damaged skin to give that signature Korean glass skin glow. In addition, each product has a few

added ingredients to maximize the benefits. For example, the ampoule has 5,000 ppm of PDRN, but also contains 10,000 ppm of concentrated vitamins B, C, and E to help achieve the desired outcome of radiant sunlit skin.

I started my routine by using the Genabelle Pink Cloud Cleansing Foam. This is a very thick, concentrated formula so a little goes a long way. This cleanser is formulated with calamine so it's good for reducing inflammation and great to use if you have acne and sensitive skin. Additionally, it's PH balanced, so it felt good on my dry skin and left me feeling clean and clear. I love the fact that they claim not to add any harmful ingredients or artificial coloring to the cleanser. Next, I used the PDRN toner. A little splash on a cotton ball swabbed across the face preps the skin by creating a moisture barrier that helps give the skin a glass glow. The following step was the PDRN toning ampoule. This highly concentrated ampoule is formulated with very small molecules to enhance absorption of the high amounts of PDRN deep

into the skin. It goes on smoothly and smells a bit like baby powder. It has a fun texture with little beads that disappear into the skin. Finally, I added a few dabs of the moisturizing cream. This is a cream formula but it comes in a tube so it's convenient for travel and easy to apply in small quantities. It's nice to have a cream that you don't have to scoop out of a pot as I hate getting it under my fingernails and I'm often too rushed to use a spatula. Everything absorbed into the skin well without being greasy and I was able to apply my foundation on top of it. I can tell that Dr. Conan is a perfectionist as this is probably one of the most luxurious product lines that I have ever applied to my face. Initially, my skin felt soothed and refreshed and when it was absorbed, my skin was plump and radiant.

Before bed I tried the PDRN sheet mask on my face. I love sheet masks because they feel good and put me in relaxation mode but, typically they don't do much for me. However, I could actually feel this one working. It had a true plumping sensation when I took it off. It had



PDRN Vita Toning Ampoule. Photos courtesy of Genabelle Labs



COCOOnCO PDRN Booster Shot. Captured by Alison Rock.

lots of extra serum to rub on the neck so If you're looking for results from a face mask, this is the one to use for luminous skin.

In researching PDRN, I found another company by the name of COCOOnCO that has an interesting product called a PDRN Booster Shot. The CEO, Young Sin Ham, majored in beauty and taught natural cosmetics and aromatherapy in Korea before starting her company. In doing this she learned that everyone has diverse skin and different concerns about their skin and beauty routines. So, she was qualified by the Korea Food and Drug Administration as an expert in customized cosmetics. She shares the opinion that professional treatments are extremely important but, she believes that it's paramount to follow up with good at-home care after your professional treatment to maximize the benefit. In addition, she knows that realistically, people lead busy lives so they can't always get to the dermatologist as often as they should or want to. Therefore her goal is to make cosmetics that can be customized to every type of skin and used easily at home. The goal of at-home skincare led her to develop the Booster Shot ampoule series.

It's designed to be mixed with a cream or serum so you can customize your own formula. You can buy the COCOOnCO For Me Cream in a 50ml jar and mix in the booster shot or you can mix the PDRN booster shot into any cream you have at home. Since I had a new jar of snail mucin cream, I added the booster shot, hoping to combine two of my favorite ingredients, snail mucin and PDRN. The booster shot absorbed beautifully into the cream and didn't change the texture at all. This is a really inexpensive way to try PDRN as the shot retails for about 8,000 won or \$6. With this low-cost price point, the booster shot is perfect for people who want the benefits of PDRN but are on a very tight budget or those who want the benefit of PDRN but are loyal to their current face cream since it can be combined into any cream or serum. You can purchase COCOOnCO Booster Shots in Korea through many online stores like Coupang, and soon it should be available in the USA through Amazon.

I can see why the salmon sperm facial is going viral in Hollywood. I'm very impressed with the results I have personally seen from PDRN and I will continue to use it. I feel

that salmon sperm skincare is very effective and a great way to take care of your skin at home.

Follow me on Instagram @Alison-RockUSA or YouTube/AlisonRock-USA for a deeper dive into each of the products mentioned above. In addition, I plan to give away some free products on October 31 to one lucky subscriber. Stay tuned and pick up next month's edition of United on the RoK where I look forward to sharing a new skincare product line with you each month.



Skincare Resources

- Genabelle Skincare Website: <https://genabelle.com/>
- COCOOnCO Skincare Website: <https://coconco.com/>
- Olive Young Website: <https://global.oliveyoung.com/>
- Coupang Website: <https://m.coupang.com/>
- Amazon Website: <https://www.amazon.com/>



INTERNATIONAL AND NATIONAL CELEBRATION

01Sun	Labor Day	18Wed	International Equal Pay Day
01Sun	Pet Rock Day	19Thu	Talk Like A Pirate Day
02Mon	World Coconut Day	20Fri	World Cleanup Day
03Tue	US Bowling League Day	21Sat	International Day of Peace
03Tue	Merchant Navy Day	23Mon	International Day of Sign Languages
04Wed	Indigenous Literacy Day	23Mon	National Great American Pot Pie Day (USA)
05Thu	National Cheese Pizza Day (USA)	26Thu	World Maritime Day
05Thu	International Day of Charity	26 Thu	International Day for the Total Elimination of Nuclear Weapons
07Sat	International Bacon Day	27Fri	World Tourism Day
07Sat	International Day of Police Cooperation	28Sat	International Day for Universal Access to Information
07Sat	World Duchenne Awareness Day	28Sat	International Rabbit Day
07Sat	International Day of Clean Air for Blue Skies	29Sun	International Day of Awareness of Food Loss and Waste
08Sun	National Grandparents Day (USA)	30Mon	International Translation Day
08Sun	National Pediatric Hematology/Oncology Nurses Day		
08Sun	International Literacy Day		
09Mon	Emergency Services Day		
10Tue	World Suicide Prevention Day		
11Wed	US Day of Remembrance		
13Fri	Stand Up to Cancer Day		
15Sun	International Day of Democracy		
15Sun	National Google.com Day		
16Mon	Trail of Tears Commemoration Day		
	16Mon-18Wed Chuseok (RoK)		
16Mon	International Day for Interventional Cardiology		
16Mon	International Day for the Preservation of the Ozone Layer		
17Tue	World Patient Safety Day		
17Tue	World Patient Safety Day		
18Wed	World Bamboo Day		

Korea's 'Nongak' Becomes a Festival

By Seung-Kook Kim,
Traditional Culture Columnist



'Nongak' is a treasured aspect of Korean cultural heritage, celebrated for its artistic and communal significance. Originating in Korea's ancient farming societies, Nongak is a multifaceted performance art

that aims to promote community harmony, ensure the well-being of villagers, ward off misfortune, and alleviate the burdens of agricultural labor through collective artistic expression.

Nongak, also known by various names such as 'Pungmul',

'Pungmulgut', and 'Pungjanggut', is a comprehensive folk art form that includes percussion instruments like the kkwaeng-gwari, gong, janggu, drum, and sogo, along with dance, songs like binari and Gosa-Sori, and theatrical elements such as



witticisms and varied costumes. Despite regional variations, all forms share a common purpose of fostering communal solidarity and spiritual well-being.

The term 'Nongak' encompasses various regional practices. For instance, 'Honam Jwado Nongak' refers to the form practiced in the mountainous areas of northeastern Jeolla Province, while 'Honam Udo Nongak' is associated with the southwestern region. 'Yeongnam Nongak' is prevalent in Gyeong-sangnam-do, 'Utdari Nongak' in Chungcheongnam-do and Gyeonggi-do, and 'Gangneung Nongak' in the Yeongdong region. Each type has distinct features and purposes, ranging from prayers for the village to performances intended to entertain.

During the Japanese occupation, the term 'Nongak' was





promoted over 'Pungmul-gut' as part of an effort to suppress Korean folk beliefs and traditions. Post-liberation, Nongak was officially recognized and preserved as part of Korea's intangible cultural heritage. In 2014, it was inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity as 'Nongak: Community Band Music, Dance, and Rituals of the Republic of Korea'.

The debate continues over the use of the term 'Nongak', with some advocating for a return to the original term 'Pungmul' to better reflect its traditional roots. Despite this, 'Nongak' remains a vibrant and widely practiced art form across Korea, celebrated for its integration of music, ritual, dance, and theater.

Festivals celebrating Nongak are



held throughout Korea, including in cities like Jinju, Gumi, Gimcheon, Iksan, Gwangju, Wonju, Bupyeong, Pyeongtaek, Gwangmyeong, and Dongducheon. The largest of these is the Bupyeong Pungmul Grand Festival, recognized as a representative festival by the Ministry of Culture, Sports and Tourism. This year's '2024 Bupyeong Pungmul Grand Festival' will take place from September 27 to 29 in the Bupyeong-daero and Sintri Park area, attracting around 500,000 visitors including tourists from across the nation. The festival will feature creative folk performances, a grand parade, flash mobs, opening and closing ceremonies, traditional performances, and various exhibitions and interactive experiences.

For an immersive experience of Korea's vibrant Nongak tradition, the '2024 Bupyeong Pungmul Festival' is not to be missed!



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