

MARCH 2023

United

ON THE ROK

TITANIUM WOMAN

THE SIGNIFICANCE OF
MARCH IN KOREA

*Equine Assisted
Activities & Therapy
for PTSD*

The Connection
Between *The Korea
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Titanium Woman

Coach K shares her experience recovering from spinal surgery and her encouragement for people with disabilities.

Cover: Photo by Erin Henderson



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* United States Pharmacopeia

United ON THE ROK

Published by
Oriental Press

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

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

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The Zumba Crew at Duke Memorial Library, from left, Olivia Godfrey, Song In Yong, Pak So Hyon, Kim Kyong Hon, Zach Nelson, Choe Na Un (Photo by Erin Henderson)

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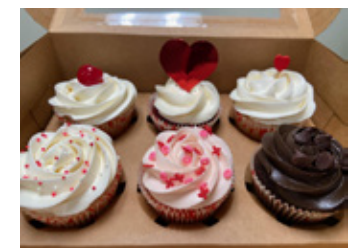
98 Photo of the Month

Amber Griffith Sweets & Treats

I am a home-based-baker who specializes in custom cakes, cupcakes, cake pops, cookies and more! I love to create things that not only taste delicious but look beautiful as well. I started baking back in 2021 when my husband deployed to keep myself busy, and I developed a passion for it as well as a love for creating new designs, flavors and styles. Every holiday no matter how big or small, I have a menu themed around it so you can constantly try new and fun flavors and designs! I'm located at USAG Humphreys in the new family housing!

St. Patrick's Day Menu
PICK UP: MARCH 17TH
BUILD A CUPCAKE BOX
\$4 EACH, HALF DOZEN \$24, DOZEN \$42
MIX & MATCH


IRISH CREAM Baileys Irish cream cupcake soaked with Irish cream, topped with vanilla buttercream & chocolate shavings!	POT OF GOLD Chocolate cupcake topped with a green buttercream, gold sprinkles & gold coin!
SHAMROCK SHAKE Green mint vanilla cake topped with a white vanilla buttercream & a cherry!	GREEN VELVET Fluffy red velvet style cake but with a green takeover & topped with a cream cheese frosting & sprinkles!
END OF THE RAINBOW Yellow vanilla cake with a green buttercream topped with a rainbow rope & gold sprinkles!	LUCK OF THE IRISH Lucky charms cereal milk cupcake topped with a vanilla buttercream & topped with lucky charms cereal!



Wanna eat my cake?



LIVE MUSIC&ART CALENDAR



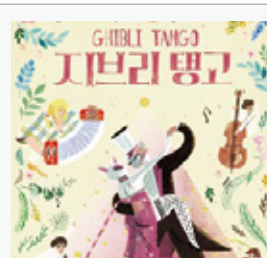
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MAR18-19
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Sejong Concert Hall
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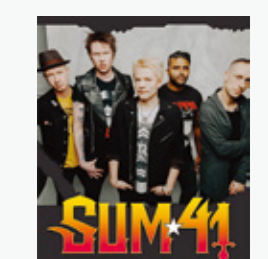
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MAR19
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EDITOR'S NOTE

“ONLY CURIOSITY ABOUT THE FATE OF OTHERS, THE ABILITY TO PUT OURSELVES IN THEIR SHOES, AND THE WILL TO ENTER THEIR WORLD THROUGH THE MAGIC OF IMAGINATION, CREATES THIS SHOCK OF RECOGNITION.”

— Azar Nafisi

The theme of this issue is health and in honor of International Women's Day, a number of inspiring women are highlighted, starting with our cover star Krista Fagala, also known as Coach K and Titanium Woman. Krista shares her story of overcoming the odds. She is an inspiring person and coach with a great message. At Humphreys, Librarian Pak So Hyon shares her life changing experience with Zumba—you may want to go to the library after you read this article just to meet the Zumba crew.



Christina Etchberger in Area IV shares information about her organization It's a Military Life that supports military spouses and veterans by providing volunteer and networking opportunities. Her dynamic organization is changing people's lives. From off the pen, we hear from MilSpouse Amy Schweizer, the Founder of Tiny Troops Soccer. She has an empowering, relatable message for our community that might be just what you need to read. Erin Henderson shares six things to know before you visit Dubai for the first time, as well as ten business tips to own your space in the workplace. Siân Upton shares her journey of becoming a writer, befriending your struggles and the power of friendships. These women are strong and inspiring, and they are sharing their strength and lessons learned with you.

Another incredible woman highlighted in this issue is leading equine therapy expert Dr. Anita Shkedi who shares her work and the science behind equine therapy. Describing her work, she explained, “My goal is to make people aware of what PTSD does to the mind and how destructive it is, and how we can help people through partnering them with horses. I'm going to try my best to convince people and to be honest with themselves.” Her article is deep, thorough and will teach you a lot about equine therapy. Dr. Shkedi will be coming back to the ROK this Spring so keep an eye out on social media for information about her next visit—or reach out to her, her contact information is in the article. She is genuinely, disarmingly passionate about helping people suffering from PTSD recover their mind, body and soul.

U.S. Army Colonel David O'Leary shares his journey with Taekwondo. He describes the sport, what it means to him and what you can expect to get from it. His message is motivating, reassuring and reminds us that where we go is up to us. U.S. Marine Andrew Markoff explains hybrid training, a method where athletes simultaneously increase strength and endurance performance using multiple training methods. He uses a case study to explain in detail how an athlete prepared to compete in the CrossFit open, achieve a personal record (PR) at a marathon, and climb the East Face of Mt. Whitney.

March is an important month in South Korea. This issue contains two articles about the March 1st Movement, which was one of the earliest public displays of Korean resistance to the Japanese occupiers. One article provides a snapshot of the incredible woman who is the focus of *An Extraordinary Life: A Biographical Novel of Colonial Korea*. The second article profiles the monk, independence fighter and poet Han Yong-Un who wrote the powerful poem “*Lover's Silence*.”

Haeyeong Choe shares an article about Korean tea history, culture, ceremonies, and places across the country where you can learn how to carry out a tea ceremony. The tea culture and Independence Movement are significant parts of Korean history and culture and will enrich your understanding of this beautiful country.

Yeonjoo McDonough teaches us about the differences between kindergartens and daycares off-post. John Behrend introduces baseball in Korea. Kristine Provins provides another round of responses from people interviewed about their experience serving. Jeunggok Kim shares a recipe for Abalone Porridge; if you haven't heard her name before, check out her group on Facebook (@Korean Travel and Food). She is a chef with a kind heart who wants to share her knowledge and skills with you. Alexia D. Moria Mateo shares why she has joined Toastmasters and encourages you to better yourself too.

Two restaurants in Daegu are spotlighted. The owners of Casa Bianca and SnowPea share the beautiful stories of how their respective restaurants were created and how the owners became friends. If you live in Area IV, you know there's great food and community at Casa Bianca and SnowPea; if you're in Area III, they are looking to open new locations soon.

I hope you enjoy every page and feel inspired.

Caitlin Ward
Editor in Chief

* Photo: Caitlin Ward pictured with her husband and kids, taken by Meaningful Ladybug Photography





Boseong Tea Field
(Photo by Jetta Allen)

The Culture of Tea in Korea

Written by Haeyeong Choe
Photos by Caitlin Ward

My name is Haeyeong Choe. I am a barista at Coffeerville, a pleasant cafe near the Ville at Camp Humphreys where you can grab a delicious pumpkin spice latte, or other coffee of choice, or you can join one of my tea classes and learn about the history, culture, and etiquette of tea in the Republic of Korea.

I come from a family with a rich appreciation for the beauty of tea—it is calming, it is healthy, and it is inclusive. My guess is you've never thought of tea as inclusive.

The History of Tea in Korea

Tea was first introduced to Korea when a Buddhist monk brought green tea trees from China. It was originally used in Buddhist rituals and ceremonies and eventually was served to monks and the royal family.

As tea continued to develop as part of Korean culture, tea was served to kings, scholars and warriors. Tea was generally enjoyed by the wealthy because the cost of tea and tea sets was prohibitive for the lower classes. Furthermore, the etiquette of making, serving and drinking tea was time intensive; the lower classes had to work to eat so they did not have money for tea nor time for tea ceremonies.

Buddhism was oppressed during the Joseon Dynasty, which embraced Confucianism, and as a result, tea ceremonies and tea culture declined. During the Japanese occupation of Korea from 1910-1945, Korean tea culture was revived and influenced by Japanese forms and customs. Some Koreans dedicated themselves to preserving and sharing Korean tea culture, my grandparents and parents among them.

Why Tea is Good For Your Health:

1. Rich in antioxidants
2. Improves brain function
3. Reduces risk of cancer
4. Boosts immunity
5. Slows down aging
6. Maintains oral health
7. Promotes heart health
8. Aids in weight loss
9. Treats diabetes
10. Reduces inflammation



My Family

My family is from the southern part of Korea, close to Jiri Mountain where many tea plants grow. My grandfather Choi Jae Ho enjoyed tea and dedicated time to spreading tea culture throughout the area. He was the second president of Jinju Tea Club Society and he carried out cultural exchanges with many tea clubs from other areas in Korea. He and many of his friends united and established the National Korean Tea Club; my father, Choi Moon Seok, served as the nineteenth president. Members of the National Korean Tea Club performed traditional Korean tea ceremonies to share Korean tea culture.

Korean tea culture has been influenced by Buddhism and Confucianism, as well as by China and Japan. Drinking tea in a calm, deliberate, and restrained way, as part of meditation is the Buddhist way—you listen to the sounds of the water, you feel the hot temperature of the cup, you smell the green tea, you observe the color of the tea, you taste the flavor of the tea.

Tea Ceremonies

There are generally two types of tea ceremonies. One is to serve guests, one is to sacrifice for God or Buddha. In a tea ceremony, there are specific ways to set teapots and tea cups, just as there is a certain way to place silverware in Western culture. There is also a specific way to infuse tea and to drink tea.

A traditional tea ceremony is difficult and strict, but tea culture has changed with modern lifestyles. Traditional tea masters maintain the strict way of their traditions, but basic tea ceremonies are not difficult or strict.

The tea ceremony is a meaningful part of Korean culture; the purpose is to meditate, to serve other people, and to enjoy health benefits. If a tea ceremony is performed in a religious area, every



“When you boil water, you enjoy the sound. When you touch a teapot and china, you enjoy its warmth and the sense of touch. When you infuse tea, you enjoy its color and smell. And then you taste your tea.”

.....

“There is a lot of nutrition in tea but the part I like most is the use of all your senses to drink tea. It’s really good for your mind.”



Haeyeong Choe pictured with her husband “T” at Coffeerville

aspect of the ceremony is significant, however modern tea culture is more casual so when a monk offers you tea during a ceremony, you can accept the tea. Koreans usually wear Hanbok in formal tea ceremonies. Green tea is the tea traditionally served in formal ceremonies.

A tea ceremony can be performed anytime you want to drink tea with others. Tea is for everyone so you can wear anything. Fruit tea or flower tea are not traditional but you can use any type of tea for a modern tea ceremony.

Places to Learn More About Tea Ceremonies & Tea

There are many places where you can learn how to carry out a tea ceremony. In Pyeongtaek, Simboksa Temple and Sudosa Temple have tea ceremony classes. I also teach a tea

ceremony class at Coffeerville right outside the Humphreys walk-in gate and we are planning to hold some classes in 2023 in Goduckjang.

Jeonrado and Gyeongsangdo areas, located in the central and southern parts of Korea, are well known for tea plants and tea ceremonies. Boseong, Hadong, and Sacheon tea plant farms are very famous. I learned how to carry out a tea ceremony in Sacheon, where the tea trees were brought from Japan. For those who love green tea, Hadong-gun, Gyeongsangnam-do, is home to the nation's first green tea plantation, with a history of over 1,200 years. This is where the first green tea trees brought from China were planted, and the Korean Record Institute has certified the plantation as the peninsula's first, based on Silla Kingdom records.

The Tea Museum of Korea in Boseong-gun, Jeollanam-do, dis-

plays the tea production process, utensils and tools from historical periods, showing the evolution of tea culture over time. In addition to Korea's tea culture, the museum features those of China, Europe and Japan. Boseong is also home to the famous Daehan Dawon Tea Plantation, whose Boseong tea boasts a history going as far back as the Baekje Kingdom era (18 B.C.-A.D. 660).

There is enormous cultural and historical value in tea ceremonies and so much to learn from the tea leaves, infusing the tea, and drinking the tea. Enjoying and learning about a tea ceremony is a special way to experience and understand Korean culture and traditions.

To register for a class, contact me at 010-8625-4777.

My smart store address: <https://smartstore.naver.com/coffeerville>



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The Benefits of Off-Post Kindergartens/Daycares in Korea

By Yeonjoo McDonough

One of the challenges of overseas deployment is finding a good childcare facility. Fortunately, South Korea's education systems are among the highest ranking according to the annual Best Countries Report, conducted by US News and World Report, BAV Group, and the Wharton School of the University of Pennsylvania. Another bonus, Korean schools are very affordable compared to prices of daycares in the U.S.

There are 33 registered daycares and 5 registered kindergartens around the Camp Humphreys area. Tuitions are between USD 150 to USD 500 per month. All the schools must provide freshly cooked lunch and snacks every day and the cost is included in monthly tuition. The Korean government encourages ages 3-5 years old foreign nationals to enroll in daycares/kindergartens in Korea by offering subsidized tuition programs for foreign nationals with an Alien Registration Card (ARC) starting March 2023. Through the deduction program, registered kindergarten tuition could be subsidized up to 60-70%.



If you are a parent looking for off-post childcare for kids between ages 0 – 6, this article is for you. I want to help you understand the differences between Korean daycares and kindergartens in Korea and explore your options near Camp Humphreys. The language barrier and cultural barrier are challenging, and I am writing to help you.

I encourage someone with this knowledge at other USFK installations to write a similar article to help parents where you are.

Benefits of Registering at Off-Post Daycares/Kindergartens in Korea

Korean nationals have easy access to enroll in daycares/kindergartens with at least 60-70% subsidized tuition by the Korean government. Because of that, all the daycares and Kindergartens in Korea follow a national curriculum developed by the Ministry of Education. The Ministry of Education also monitors this national curriculum, which is revised every five to

ten years, reflecting the changes happening in Korean society.

With subsidized funding from the Korean government, all the daycares and kindergartens around Camp Humphreys area offer outstanding childcare services including 5-6 different after-school programs such as Art, English, Science and Music classes. At off-post-daycares/kindergartens, kids are busy between 900-1600 from Monday to Friday.

From March 2023, Gyeonggi province is going to subsidize partial tuition for foreign nationals who have ARC. If your child is between 3-5 years old and if you have a lease in Gyeonggi province (Pyeongtaek, Osan, Suwon, Dongtan), you can apply for the ARC. With the ARC, parents could apply for the tuition deduction program at daycares/kindergartens. The funding comes from the Ministry of Education Pyeongtaek and the City Hall of Pyeongtaek. Parents just need to submit copies of the child's and one parent's ARC to their school. If the application is approved, 100,000 won of monthly daycare tuition will be subsidized and 350,000 won of monthly kindergarten tuition will be subsidized.

Purpose of Tuition Reduction Program in Gyeonggi Province

The main reason the Korean government is offering subsidized tuition for foreign nationals with ARC is because to give equal educational opportunities to the children of foreign nationals who are registered living in South Korea. There are many foreign national workers working in the industrial areas in Korea. Previously, if both

parents were registered foreign nationals, even though they pay Korean tax, kids couldn't get any subsidized tuition benefits. Further, the government offers a higher deduction for kindergarten tuition to encourage participation for the purpose of preparing children for elementary school.

There are two semesters in each school year; the first semester runs from March to August, and the second semester runs from September to February. Unless you register at a kindergarten located inside of an elementary school, off-post daycares/kindergartens have one week of spring, summer and winter vacation each.

How to Search for Daycares and Kindergartens Around Camp Humphreys

Child care centers are called Euh Rin E Jip (어린이집), and they are run by local governments, companies, non-profit organizations, and private institutions. Kindergartens are called You Chi Won (유치원), they are run by elementary schools, companies, and churches.

Parents decide which center suits their needs and then contact that center directly. If the language barrier is an obstacle, you can go to the school during school hours and use a translation application or ask a friend who speaks Korean to reach out on your behalf to indicate your interest and inquire if they have space.

It can be hard to differentiate between daycares and kindergartens in part because many daycares around Humphreys usually accept children ranging from several months old to 6 years of age, while kindergartens usually accept

children from age 3 to around 6 years old.

The best way to find daycares/kindergartens is by searching on Naver Map. When you type '어린이집' you can see daycare options near you. When you type '유치원' you could see kindergarten options near you.

There are only 5 registered kindergartens around the camp Humphreys area. If you are looking for kindergartens in Pyeongtaek, these five kindergartens are registered ones, the rest of the childcare utilities are daycares:

- Pangseong Kindergarten
팽성유치원
- St. Paul's Kindergarten
성바울로 유치원
- Songwha Elementary school's kindergarten
송화초등학교 부설 유치원
- Buyong Elementary school's kindergarten
부용초등학교 부설 유치원
- Pangseong Elementary school's kindergarten
팽성초등학교 부설 유치원

The kindergartens run by the elementary schools are nearly free but it is very difficult to get a spot without Korean citizenship. These three kindergartens located inside of the elementary schools do not offer after-school programs and have a total of 45 days of vacation days, in line with the calendar of the Korean elementary schools.

Parents may be getting misleading information by the name of the business. Around Camp Humphreys, Pangseong Kindergarten and St. Paul's Kindergarten are the only schools that offer a Montessori curriculum. The rest of the daycares and kindergartens around the Camp Humphreys area



don't offer a Montessori curriculum even though the business name includes the word Montessori. Except for these five kindergartens, the rest of the childcare sites are daycares.

Around Asan Techno Valley, there are only three registered kindergartens; other childcare facilities are registered daycares:

- Bigbear kindergarten
큰곰유치원
- Salang Kindergarten
사랑유치원
- Yumjak elementary school's kindergarten
염작초등학교 부설유치원

How to Enroll in Daycares/Kindergartens Off Post

Registering at off-post daycares/kindergartens isn't as difficult as you might think. Korean nationals must use two online portals to register – one for daycare/childcare and one for kindergartens. If the daycare center or kindergarten is registered on the site, parents could apply to a maximum of three daycares/kindergar-

tens at once. However, Americans without alien registration numbers don't have access to these websites. The best way of finding childcare utilities is searching via Naver map and walking in to ask about availability.

Fortunately, around Camp Humphreys there are many foreigner-friendly daycare/childcare centers and kindergartens, though they may or may not have English-speaking staff. Kindergartens are harder to get into in comparison with daycare centers. You have a better chance of getting a spot at a private daycare or kindergarten rather than the public options. Around the Camp Humphreys area, most of the off-post daycares/kindergartens have openings around PCS seasons.

The school year begins in March, so February is the best time of the year to enroll in daycares/kindergartens off-post. Almost every daycare/kindergarten off-post has many bilingual students. Kids also tend to adapt to new languages faster

than adults because they are hearing the same words every day. The daycares/kindergartens (except the ones run by elementary schools) use the Kids Note application to send photos and reports from teachers on a daily or weekly basis. It's very easy to communicate with Korean teachers even without knowing any Korean.

Tips

If you are a parent with children between 3-5 years old, and you could benefit from the subsidized monthly tuition, enrolling in registered kindergartens provides a greater deduction than registered daycares.

► Make an appointment to get the ARC via the HiKorea website (one of the parents and the students need to have the ARC): <https://www.hikorea.go.kr/mobile/mMain.pt?locale=en>

► Under A-3 status (SOFA stamp holders), the 30,000 won application fee is waived. It takes about 5-6 weeks to receive the ARC card, so we highly recommend you make the appointment as soon as possible.

► Required Documents for applying for the ARC card

- Copy of your ID (back and front)
- Copy of Passport
- Picture of child and parent (you can get a photo at the photo studio in PX)
- Copy of lease
- Copy of orders and pinpoint orders

It's your responsibility to make copies of the required documents before the appointment.



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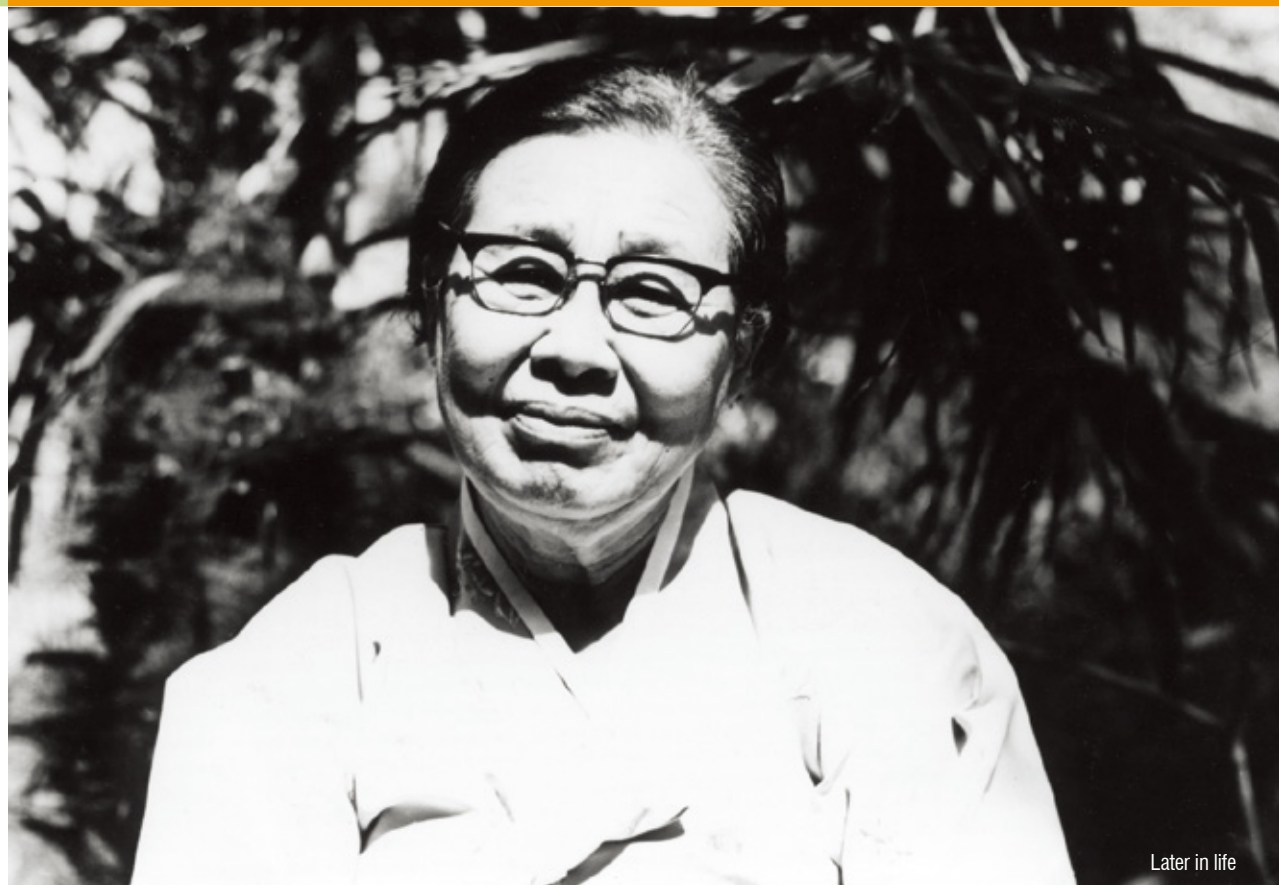
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Later in life

An Extraordinary Life: A Biographical Novel of Colonial Korea

By A. D. Trimble

In 1989, my wife received word that her grandmother had passed away on the Korean island of Jeju. I learned then that she had been in the resistance during the Japanese occupation of Korea and became one of the country's first female physicians. I thought her life would make an interesting story. Three decades later and after four years of research I found out just how extraordinary she really was.

Born in 1898 on the tiny fishing island of Gapa near Jeju Island, Ko Su-seon exhibited intelligence and uncommon curiosity. As a six-year-old she was learning how to read and write Chinese characters by peeking in the window

of a local boys' school. She had an unusually strong desire to attend school and wanted to become a physician, but at the time, Korea was a Confucian society and girls were only expected to become good wives, raise children and care for the home. It would be the Japanese who gave her the opportunity to achieve her dreams.

The Japanese Empire had long desired control over the country of Korea as it would offer them direct access to China. In the late 1800s, their efforts to tighten control over Korea were being impeded by the strong-willed Queen Myeongseong and in 1895 she was assassinated in a plot conceived by the Japanese Ambassador. This event marked the beginning of the complete conquest



As a young student (L) ▲



Ko Su-seon with Yuk Young-soo (ROK First Lady and wife of President Park Chung-hee) ▲

of Korea. With Japanese Imperial military forces already occupying large portions of the country, Japan officially annexed Korea in 1910.

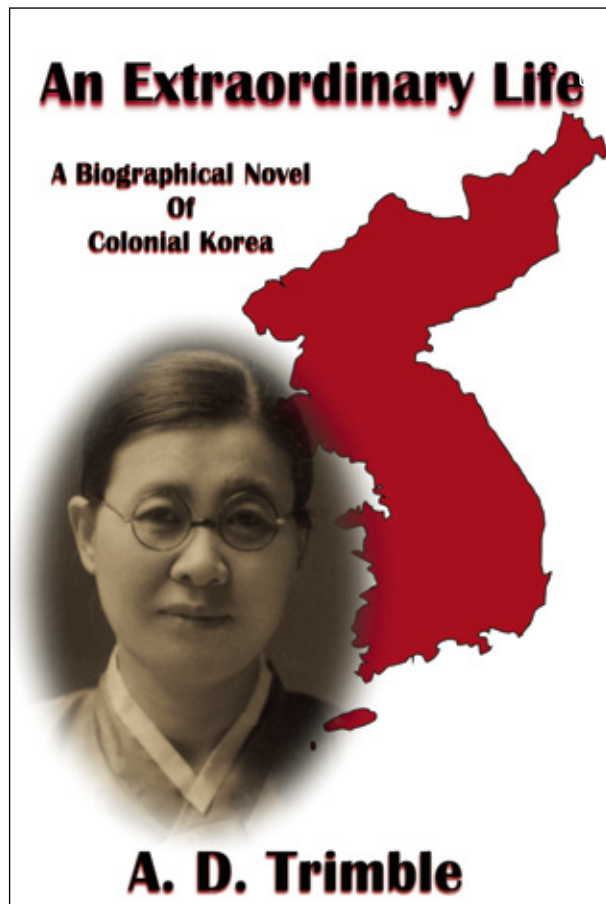
Recognizing the need to control their newly subjugated people, the Japanese were determined to assimilate them into their society. To accomplish this, they devised educational policies intended to indoctrinate and transform Korean children into loyal Japanese subjects. To succeed, however, they also needed to educate girls and thus built schools for them throughout the country. Before Japan had fully implemented their policies, Su-seon attended school on Jeju where she learned the true history of Korea, becoming fervently patriotic. Continuing to excel academically, she went to Seoul to advance her education, but soon bridled at the Japanese policies intended to erase Korean culture and rewrite its history. Outspoken and confrontational with her Japanese teachers and administrators, she quickly gained a reputation as a troublemaker.

In 1917, Su-seon joined the country's fledgling resistance movement determined to help rid her country of its oppressors. While attending an all-women college she established a secret anti-Japanese group of Korean students. Resistance leaders designated 1 March 1919, as the date they would announce Korea's Declaration of Independence from Japan, followed by peaceful celebratory demonstrations. Su-seon's school learned their Korean students intended to participate and locked their doors to keep them in. However, Su-seon and other students broke down a door and rushed out to hear the declaration being publicly read. The young Korean women then joined the massive peaceful demonstrations taking

place throughout Seoul. The Japanese responded by massacring thousands in the streets—arresting, torturing, and imprisoning many more.

After graduating from college, Su-seon taught school but also secretly collected funds for the Provisional Government of Korea in Shanghai, which was considered a national security crime by the Japanese. Anyone collecting funds was subject to imprisonment and even execution. Eventually the Japanese learned of Su-seon's activities, forcing her to flee Korea on a small fishing boat to Shanghai carrying a large amount of money for the government. Even in China, however, the Japanese continued to stalk her as a wanted criminal. Fearful for her life the provisional government sent her to Tokyo to help the Korean student independence movement there while she attended Tokyo Women's Medical school. She was eventually arrested and tortured by the police for leading a Korean independence demonstration on the Japanese Emperor's birthday.

In 1923, the Great Kanto earthquake struck Japan, killing over 140,000 people, and leaving 2,000,000 homeless. With the city of Tokyo engulfed in a sea of flames, Su-seon fled on foot, having to avoid vigilante gangs searching for and killing Koreans. Nearly 6,000 Koreans were murdered. Surviving a long and harrowing trip, Su-seon finally made it back to Korea exhausted, malnourished, and severely depressed from all the horrors she had experienced. While being treated at a Seoul hospital, the Japanese finally captured and brutally tortured her for over a month. She was eventually released but would carry the physical scars from the experience the rest of her life.



Book Cover ▲



Young Ko Su-seon ▲

Despite her recent treatment, Su-seon was determined to finish her medical studies. The Seoul Imperial Medical School refused to accept her as a student because she was a woman, and because she was a wanted criminal and recently arrested by the Japanese. Unrelenting, however, she eventually coerced school officials into admitting her. As a female medical student, she was isolated, not allowed to interact with the male students and ignored by her professors. Refusing to accept this treatment and demanding a quality education, she aggressively sought opportunities to display her intellect, medical knowledge, and skills until finally the professors and even classmates accepted her. Su-seon graduated in 1926 as one of Korea's earliest female physicians, and the first from Jeju.

Returning to Jeju, Su-seon married her former school-teacher who was also a physician and together they ran non-profit medical clinics. They struggled to provide adequate medical care for the Korean people during the shortages of World War II and survived the horror and destruction of the Korean war.

In her later years Su-seon would become an outspoken activist for the rights of Jeju women, children, orphans,

and senior citizens. From her home she ran schools and orphanages, established daycare centers, and assisted senior citizens. She continued to advocate for the people of Jeju until her death on 11 August 1989.

In 1990, for all her resistance activities the Republic of Korea posthumously awarded her the Order of Merit Medal for National Foundation and the Patriotic Order of Merit Medal. She was interred in the Daejeon National Cemetery For Heroes.

This book was self-published and is available on Amazon Kindle.

The author has a BA in Music Theory/Composition and a MA in Asian Studies. As an intelligence officer in the U.S. Air Force, he served overseas with 13th Air Force in the Philippines, the Combined Forces Command/U.S. Forces Korea, and then the United Nations Command/ Military Armistice Commission. While Chief of the Defense Intelligence Agency Korea Division he retired as a Lieutenant Colonel and became an Operations Officer with the Central Intelligence Agency, serving multiple overseas tours and holding several field command positions before retiring.

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Exploring Jogyesa Temple

Written and photographed by Chunghee Jung



Decorations of chrysanthemum flowers for Autumn in the Jogyesa temple

J

ogyesa Temple is located in central Seoul and is one of the most important Buddhist temples. The temple was established in 1910 and the building was in 1937. It is a place for people to come together for worship, including meditation and rituals, to connect with their spirituality, and find peace and inner calm.

At Jogyesa Temple, there are often events and exhibitions that showcase Korean culture such as traditional dances, musical performances, classes where you can make lotus lanterns, and tea ceremonies. These events are especially frequent around the celebration of Buddha's Birthday, which will fall on April 8, 2023 according to the Lunar calendar.

Since Jogyesa Temple is located in the heart of Seoul, there are many attractions around the temple for tourists to visit such as Gyeongbokgung Palace, Bukchon Hanok Village, the National Museum of Modern and Contemporary Art, Insa-dong, and Cheonggyecheon.

If you are planning a visit to Jogyesa Temple, here is some information about the site and programs. First, tours of Jogyesa Temple are regularly offered and include visits to the following monuments: Great Hero Hall, Paradise Hall, Avalokiteshvara Hall (the Bodhisattva of Compassion), and the Bell Pavilion. These monuments are significant to the site and learning about them will enrich your understanding of Buddhism.

At Jogyesa Temple, you are welcome to join in the rituals where mantras are chanted. The chanting rituals occur four times each day, at 4:30 am, 10:30am, 2:00 pm, and 6:00 pm. Sometimes the schedule may change depending on the special event or prayer. When you join a ritual, you can learn about and experience the three vows of Buddhism and why practitioners must bow 108 times too.

The International Dharma Instructors Association (IDIA) also offers a free one-day temple stay. The experience includes making a Lotus flower lantern, writing a postcard, copying proverbs; or with a Buddhist Nun (fee of 30,000 won for two hours), you can attend a tea ceremony, and a singing ball meditation.

Jogyesa Temple Etiquette

1. Wear the provided vest to distinguish yourself as a guest
2. Do not wear sleeveless shirts, shorts, pajamas or sandals
3. Smoking and drinking alcohol is prohibited inside of the temple complex
4. Speak quietly, keeping your voice low
5. Do not run
6. Be on time and participate in the program with a positive attitude



Celebration of Buddha's Birthday at the Great Hero Hall



Lotus Lantern Making at Jogyesa Temple



Tea room setting for Singing bowl meditation

What is Chanting?

In Buddhism, chanting is a type of spiritual practice, of repetitively reciting certain words or phrases in Sanskrit, Pali or other languages, in unison or solo sometimes, accompanied by musical instruments such as bells, drums, or wooden balls. The objective is to purify the mind, create positive energy, express devotion to the Buddha or other Buddhist figures, and connect with the divine. Chanting may also help cultivate mindfulness and wisdom.

The most common forms of Buddhist chanting are

1. The recitation of the Diamond Sutra, the Lotus Sutra, or the Heart Sutra, which are considered the essence of Buddhist teachings
2. Mantra chanting, which is the repetition of sacred words or phrases mostly in Sanskrit or Pali language
3. Repeatedly call the name of Buddha or bodhisattvas.

Benefits of Chanting

1. Enhance Mindfulness: repeating phrases or sounds with intention and concentration helps clear the mind to focus on the present moment and cultivate mindfulness, thereby training the mind to be present and aware in the moment
2. Increase mental clarity: it can promote calmness and clarity, help reduce stress and anxiety levels, and

improve emotional stability by balancing emotions and increasing feelings of peace and tranquility

3. Spiritual Connectivity: regular chanting helps the practitioner connect to a supernatural energy, fostering a sense of inner peace and spiritual growth
4. Improve physical strength: reducing stress-related tension in the body helps strengthen the immune system, improving the breathing system and heart rate

Benefits of Singing Ball Meditation

1. Reduce stress and anxiety levels by calming the mind and body
2. By focusing on your breath, you can improve your overall breathing systems and improve your lung capacity and respiratory health
3. Increase mindfulness to become more aware of your thoughts and emotions.
4. Calming effect on the mind and body to promote better sleep
5. Improve your creativity by opening new ideas including fostering new ways of thinking

All of us with IDIA look forward to welcoming you to Jogyesa Temple to learn more about Buddhism, to connect with your spirituality, and find peace and inner calm.

Give Yourself the Opportunity to be Great

By Alexia D. Matos Mateo

We have all been there in our lives, whether we caught stage fright or experienced sweaty palms, or stuttering between all the words we spent a week rehearsing. The truth is, public speaking can be scary and it does not come second nature to everyone. For most speakers who we honor and admire, it has taken them years to perfect their stands, a calm demeanor, and a flawless delivery. I can imagine that they once felt incapable of delivering a speech and shied away from the idea of standing on a stage. However, their development and success reminds us that practice can indeed make perfection.

Public speaking is a critical skill in life and the workplace. Whether you are serving in a leadership position at work or volunteering in a soup kitchen, your voice will be heard, and you will have to speak up. It is for this reason that I invite you to take a leap and join the Pacific Sunrise Toastmasters Club here at USAG Humphreys. It does not matter how much experience you have in public speaking, we are an inclusive club and strive to help each other develop our communication and leadership skills. It is our duty to ensure a supportive and constructive learning experience. There are members in our club from all occupations—mothers, doctors, teachers, Soldiers, Airmen, you name it, we have it all.

If you are still not convinced, here is my testimony in the hope that you can relate to or understand my experience. Some might say taking the leap to join this club is simple. In my case, it is part of a deeply rooted desire to improve myself. I have been in leadership positions for over a decade of my life and have had to deliver many speeches. The first time was as the valedictorian of my eighth grade class when I was 13 years old and it was completely nerve wrecking because English is not my first language and we only spoke Spanish at home. I still tell people that I speak “Spanglish” – sometimes I mix up the two languages.

The language barrier made life growing up complicated; from being bullied by people for mispronouncing words, to being teased by those of authority. At times I felt discouraged but I did not let the discouragement push me away from my calling to lead. We all walk different paths and come from diverse backgrounds, yet we all have a story. For me, it is simple: I continue to make strides to be a better me because I owe that to my immigrant parents and to those who came before me.

I will leave you with this, no one will bet on you like you will bet on yourself. If public speaking is something you want to improve, to build a community, and be a better version of you, look no further and give yourself the opportunity to



Alexia D. Matos Mateo

be great. Join the Pacific Sunrise Toastmasters Club today!

Toastmasters Meetings

Toastmasters meetings occur the second and fourth Tuesday of every month at Duke Memorial Library from 11:40 AM to 12:50 PM. Also, you can follow us on Facebook at Pacific Sunrise Toastmasters Club at Camp Humphreys or join our Kakaotalk chat at Camp Humphreys Toastmaster.

Perspectives You Should Read: *On Serving and Living in Korea*

By Kristine Provins



Living in Korea can be exciting or completely overwhelming. I asked a few folks on their perspectives to better understand what makes the difference.

Six people shared their experiences by answering a series of questions about working and living in Korea. I reached out to these specific individuals due to their diverse backgrounds and experiences. Interestingly, none know each other; despite me knowing them all. Their responses were not surprising to me. However, I was intrigued by their replies to question #5, because each person hit on a key reason for why the US remains so committed to the defense of Korea. Outside of this survey, I have found many of the younger people on pen (18-25) whom I've spoken with, do not have the same interpretation of why the US military is here. While this contrast may merely be a factor of age, it likely keeps many from appreciating what Korea has to offer (on and off duty).

Whatever your reason for being here, know we are all trying to make the best of our time in Korea. Every person is different, and everyone's experience is unique. Regardless of your circumstances, keep in mind, your assignment here is made better with adaptability, resilience, empathy, and applying healthy coping skills.

This is the second in a series of three articles, each highlighting responses from two individuals.

I hope you enjoy their perspectives as much as I did...and maybe see things a bit differently through their diverse experiences, built on a common factor—being a veteran, who served in Korea.

► 1. Why did you join the military?

Andre: I wanted to leave the comfort of living at home with my parents and step into my manhood—being able to sustain a living, provide for myself, and have a platform to get an education. The military provided a job, security clearance, housing, clothing, professional education, job skills, free food, and the ability to travel the world and attend college using tuition assistance without having to touch my GI bill.

John: I like the everyday structure and routine. I came from a poor family like most who join, and I was working four part

time jobs and one full time job to make ends meet. And I love to work. It's not a long commitment at first and it provided a steady income, a place to live, health benefits, and the opportunity to travel. My first base was Aviano, Italy.

► 2. Did you choose to come to Korea? If so, why?

Andre: I did volunteer to come to Korea. The food is the first and foremost reason. The blankets, clothing and bargain shopping is the second reason. Martial arts, culture and travel is the third reason. Korea has evolved from 1979 all the way up to 2022. It is not the same Korea. Each year Korea advances and changes. Some things remain the same but every two years there seems to be a refresh; something new and different.

John: Korea was a step to take to move to another base. I was at Travis and volunteered to go to Korea with a promise for a follow on base to Guam. So off to Korea I went. Never regretted it. Love Korea and the food.

► 3. What did you imagine being in the military living in Korea would be like and what are the differences?

Andre: For many people the attraction is the nightlife where drinking and socializing with the local people are what they envision. For many others, the food, travel and culture open the doors to venture and see Korea's hidden gems by traveling the least traveled and uncommon path.

John: Of course you are held to a higher standard and I represented our country in everything I did. Even out of uniform. That was never a problem with me. I'm proud to be serving and it was a great experience working side by side with my Korean counterparts everyday and learning about their Military and country. One difference I see is that our US military here is a closer knit group than in the states. We do things together most of the time. In the states, when you left work you went home and wouldn't see your coworker's until the next day.

► 4. How do your family and friends living state-side feel about your location?

Andre: If they had a chance to visit, the experience should be

shared. When they get immersed into the culture, they will envy you and ask you to send them blankets, clothes, and they will gauge each Korean restaurant back home by the food they tasted from the restaurants in Korea.

John: My family back home is very proud and enjoy hearing all about Korea. They are very supportive. They know I will make smart decisions and take care of myself and other Americans around me.

► 5. Is there anything about the US military in Korea you wish many understood?

Andre: The value and integral role the United States plays in keeping a presence in Korea. Understanding the magnitude of our role and impact globally, people should appreciate the peace we provide.

John: How dangerous it can be if you don't follow the rules. Rules are there for a reason, we have been in Korea for many years and have learned what rules need to be in place.

► 6. What would you say is the highlight of being in the military, especially living overseas?

Andre: The exposure to the culture, the opportunity to travel, companionship and friendship, and the camaraderie within the organization you are a member of.

John: The friends you make and the experiences we share being in another country.

► 7. Is there a person you served with or worked for who had a positive impact on you and what would you say if you saw them now?

Andre: My Platoon Sergeant. He demonstrated how to be a professional at your job, master your skills, and execute the mission and tasks with expert precision. When it's time to play, he believed in maximizing time with family, experiencing the culture, and getting out of the barracks. Drinking and getting drunk is not the priority but travel, shopping, and breaking bread, building relationships and nurturing friendships, is how time should be invested. I would tell him thank you for living the phrase, work hard and play hard. The person in Korea who had the greatest impact on me would be Korean Grand Master Chang Sae Soon. He had a great heart, opened his arms to help anyone who needed help, he helped to share the culture of Korea and gave many people the opportunity to see a side of Korea that many do not get to see. The same man introduced me to the Minister of Defense of Korea during lunch one day. The next day, we were eating dinner with the World TaeKwonDo Federation President, meeting and hosting the Yun Sae University Taekwondo team, and putting on a demonstration.

John: I don't feel that one person had a great impact on me or changed my life. I made a couple life long friends who accept me for who I am. And I them.

► 8. What is your favorite place or aspect of this assignment and what is the most difficult part?

Andre: The coffee shops, 63 story building, Namsan Tower, and Cheju Do. The most difficult part has been time away from family and being so far away. Technology has helped to bridge that gap.

John: My favorite part has been eating local food when going out to the country sightseeing. The most difficult time was when I worked with some people who believe their way is the only way. Always looking over your shoulder and telling you that their way is better, pulling rank.

► 9. How has living in Korea changed your life?

Andre: Korea is as much a part of me as I am a part of it. Korea's culture is my culture and my culture is Korea's without the negative things.

John: Not really changed my life. I enjoy the places I go. I try to make the best of any base or deployment I'm sent on. I already know who I am. I'm 27, with life experience, not 18 and think I know everything.

► 10. Do you have any advice for those looking to join or get out?

Andre: If you have not experienced Korea to the fullest, there is a perspective problem. Do not make a life changing decision without being exposed to the bigger picture. If you still do not enjoy yourself and the experience, then a good decision for something new can be made.

John: Getting out? Start looking for a job now. Use your GI bill and go back to school. Don't blame the military for your problems, aches and pains, YOU signed on the dotted line. No one forced you. Joining? Make sure you have a guaranteed job that you want when you sign up. Don't go in open, pick a job you can use when you get out.

► 11. Lastly, hindsight is 20/20, would you have stayed in? What would you have done differently?

Andre: Yes. I would have liked to have done more and traveled more. You get busy with the mission and miss some opportunities to experience more of Korea. I was able to maximize the experience within the surrounding area near my post. I have no regrets and I would still do the same thing just more of it.

John: Yes, I would have stayed in. I would have tried to make rank faster and added more to my retirement. I encourage any new airman or older member to invest in their lives, retirement, making friends and lots of memories. Don't miss out on opportunities to go the extra mile or go see the world. Show respect to everyone, even if they don't deserve it. There's always something good about any situation you may find yourself in.



Pregame warm-ups: taking our hacks!

A Guide to Equine Assisted Activities & Therapy (EAA/T) and Its Effectiveness as a Treatment for PTSD

Written by Dr. Anita Shkedi
Photos by Caitlin Ward

Dr. Anita Shkedi is a leading authority on Equine Assisted Activities and Therapies (EAA/T). In December 2022, Dr. Shkedi came to the Republic of Korea to provide an Equine Therapy lecture series and workshop in collaboration with Grace Stables, American Red Cross, and Wounded Warrior. In this essay, Dr. Shkedi explains the effectiveness of EAA/T, the intentional matching of horse and person, and the design of the sessions.



For over three decades I have seen magnificent horses respond and react to human contact in a way that has changed people's lives. Whatever the chosen type of equine connection, activities on the ground or actual horseback riding, they quickly become planned interactional experiences helping individuals develop awareness of their own needs and how they should care for others. From these interactions a person becomes the master of self and their environment.

Like many small children, I had wished for a pony and filled my head with all sorts of imaginary dreams about myself and riding. I remember one of my dreams, where I jumped onto the back of a pony and took hold of the mane to gallop across an open space. My hair would be flying, my heart pounding and my face was smiling. As I grew older, I was able to become a horse owner, competitive rider and fulfill my dreams. Without words, the magnificent horse alerted emotions, and gave me motor

commands that alerted my neural mechanisms giving me a sense of self, my body, and the movement of my limbs. My dreams became my experience and eventually my life's work. It was my fortune to be able to take my dreams and pleasure to help others experience the sensations and joy I felt through connecting and bonding with horses.

My career began in Britain where I worked as a registered nurse for ten years and specialized in pediatrics and obstetrics, and then for a further ten years as a health visitor. During those manifestations of human challenges, I was able to parallel this para-medical career—which was filled with curious times—and a solid theoretical and practical understanding of pathologies, with my passion for horses and success as an equestrian. Gathering my knowledge, I realized that I could impact the lives of many people with disabilities. Integrating medical knowledge, education, and equestrian skills, I have been able to work as an Equine Assisted Activities and Therapy (EAA/T) practitioner for

people with health conditions or impairments.

In 1985, after moving from Britain to Israel, I introduced the treatment modality Therapeutic Riding (TR) for people with mental and physical impairments. TR is the conventional name for EAA/T that includes both horseback riding and some form of groundwork. As an EAA/T practitioner, I help people cope with real-life issues through the companionship of horses. During three decades of practice, I have established programs aimed at rehabilitating individuals who have experienced trauma, learners with disabilities, and children with severe disabilities in an EAA/T setting.

I came to the Republic of Korea to pass on my knowledge to as many people as possible so that more veterans and people suffering trauma can benefit from EAA/T. The workshop I led at Grace Stables and on USAG Humphreys was designed to explain and demonstrate how EAA/T is excellent for treating those suffering from symptoms

of Post-Traumatic Stress Disorder (PTSD). I began with an explanation of PTSD and how horses can positively impact the lives of veterans as well as those who were traumatized through sexual assault. I followed the explanation with a live demonstration at Grace Stables, which showed the value of a human-horse connection, and how this can begin

only use the term PTSD). Globally we are continually learning more about PTSD and how people can acquire symptoms.

PTSD is a stressor-related disorder caused by a debilitating trauma and is challenging to treat. Symptoms can arise from exposure to any dangerous, or life-threatening situations, natural



healing the mind, body, and soul.

The workshop was for all interested participants, which included medical professionals, paramedics, EAA/T practitioners, trauma victims, veterans, military family members, other military personnel, and anyone interested in learning more about horses and how they can benefit the lives of those suffering from PTSD.

Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress (PTS) or Post Traumatic Stress Disorder (PTSD) depending on individual situation, is a term that is now universally recognized but poorly understood. *(For this article I will*

disasters, acts of war, terror attacks, the shock of death and/or injuries. Forced traumatic lifestyles, non-accidental physical and/or emotional injury, rape, assault, and/or abuse also cause PTSD. People who have been victims of random agonizing traumatic attacks at any time in their life, or have been bullied in school, or have experienced work-related harassment, can be left with scars in the mind, which often develop into full blown chronic PTSD. They have recurrent unwanted intrusive recollections when exposed to internal and external events, which can be visual flashbacks that can cause intense somatic pain anywhere in the body. Individuals with PTSD can feel ter-

minally alone even when surrounded by people. They often develop a deep fear of trust and are unable to manage intense ranges of emotions going from hyper-vigilance to numbness. The result is that they avoid people, places, or activities. They lose faith and feel hurt, and for some they feel their childhood needs have not been met. PTSD can leave some yearning for help and feeling hopeless. They armor themselves with tense muscles and pain, or divide the mind causing disassociation, and for some the only solution is suicide.

Today, PTSD is a growing public health problem and is a predictor of many other health problems like obesity, anorexia, physical pains, lack of movement, diabetes, alcoholism, substance abuse, and excessive gambling. It has been estimated that PTSD costs our global society billions of dollars, especially when the costs include psychiatric and nonpsychiatric medical treatments, prescription drug costs, indirect workplace costs, and mortality costs. Besides the thousands of veterans who have PTSD globally, there are many millions of people who have been victims of random agonizing traumatic attacks at any time in their life or have experienced catastrophic trauma that causes PTSD. The causes of PTSD, recent conflicts and the numbers of people who have post traumatic symptoms is causing much debate about the reasons for the rise in the number of reported cases, the severity of the symptoms, and who is more likely to become afflicted. Medical health specialists and researchers are trying to establish the reason why so many veteran soldiers develop symptoms of PTSD, and why more than twenty-five

Army veterans commit suicide daily. There is growing evidence that modern missions have added stresses and ethical complexities not noted previously.

To survive and manage PTSD, time and effort must be invested in the process. Actions in opposition to the condition itself are necessary. To support those with symptoms of PTSD, chosen therapies must help a person feel that they can move forward from their static mental and physical state. To defeat the endless loop of painful survival, therapy must provide a constructive process that can guide a person out of their negative state. EAA/T has shown that it can move someone with PTSD forward on the path to healing.

What are Equine Assisted Activities and Therapy?

EAA/T is a global term that embraces Therapeutic Riding (TR), therapeutic carriage driving, interactive vaulting, which is like gymnastics on horseback, equine-facilitated learning, educational health activities improving intellectual ability, and hippotherapy. Therapeutic activities are carried out either on the ground or on top of the horse, in the arena, or in or around the stable.

It is a human-horse experience that provides and facilitates a treatment modality that encourages physical, cognitive, and behavioral improvement, including increased strength and flexibility, improved motor skills, promotion of speech and cognitive reasoning, as well as building relationships and social skills.

EAA/T builds on human-horse connections, and the bond requires



Sarah Shechner-McNight and Dr. Shkedi at Grace Stables



some understanding of our senses. Without our senses we would be blind and deaf to our world. Our senses give us information about our personal world. They detect changes in our body and are the physical means by which all living things see, hear, smell, taste and touch. They react and interact with the horse. Horses are large tactile moving surfaces containing countless receptors that are constantly stimulated by everything they come into contact with, including the rider. The horse becomes a sensory stimulator for the rider.

EAA/T provides specially structured instructional techniques, which facilitate learning skills by carrying out motivating tasks and activities with a horse. EAA/T offers the contact and controlled opportunities for people living with challenges to experience responsibility, independence, self-regulation and control, and task completion, which improve self-management, negotiation and team awareness, self-image, self-esteem, and self-awareness.

EAA/T can positively challenge human physical abilities through the horse's rhythmic three-dimensional movement that simulates the pattern of the human walk. When sitting astride a walking horse, its rhythmic movement positively influences one's posture, improving balance, equilibrium body, special awareness, and coordination.

What are Equine Assisted Activities for PTSD?

For people who have experienced trauma, given the appropriate amount of time, the horse can reach the core of problems by shifting energetic patterns that keep destructive emotions, physical symptoms, life-depleting habits, and negative thoughts entrenched.

PTSD is a difficult condition to treat and heal and is often misunderstood and difficult to manage. It is increasingly evident that horses, with whom we have had a relationship from ancient times, are able to provide holistic energetic healing that addresses the human mind, body, and soul as an integrated unit, which is known to be more successful than treating any of these levels separately.

Practitioners partnering with the horse leverage the human-horse connection to reduce PTSD symptoms and find that EAA/T, through



groundwork and horseback riding activities, specifically empowers and motivates sufferers, improving their quality of life. EAA/T is a task-oriented treatment that takes place in a normal non-threatening environment and can provide outdoor activities where a person can engage positively with a horse. These activities diminish emotional numbness and normalize any negative arousal state, allowing for a new sense of belonging. During EAA/T sessions, individuals experience reduced tension, restlessness, and anxiety attacks. They start to feel that they are again in control of residual

emotions and fears, and that doors are being opened for new trusting interpersonal relationships with family, friends, and spouses. Over a period of time, a person learns more about themselves and how to manage their PTSD symptoms not only at the horse farm but in all other environments.

I recommend EAA/T as a treatment because I remain convinced that PTSD requires more than traditional psychotherapy and medicine to obtain enduring positive results. It requires a treatment like EAA/T, a non-invasive intervention

to take place in a non-threatening environment. The method provides both prevention and an integrated rehabilitation experience for those individuals who suffer over an extended period.

EAA/T is a broad-scale holistic therapy that builds strong connections while reducing or eliminating most of the manifestations that are intricately interlaced in stress-related disorders. For many, the activities are new and different. Decoding how to take care, comfort and support a horse requires learning new skills and knowledge. This emboldens individuals who learn

during the process how to also manage themselves. Acquiring new knowledge and skills is a positive start to releasing mental and physical confinement, and building new and stronger lasting connections, which are all important for the healing process. New doors and pathways to realities appear for the sufferer. EAA/T is an extraordinary technique that not only establishes a commitment to caring for a horse, but also shows the individual how to heal their mind, body, and soul all at the same time.

The EAA/T Practitioner

An EAA/T practitioner is a name that encompasses all the different naming conventions for therapeutic riding instructors, and medical and para-medical specialists who partner with horses to carry out EAA/T. EAA/T practitioners must be qualified or registered to practice their occupation. EAA/T practitioners are involved in repetitive practice to continuously hone their skills.

The overarching goal of an EAA/T practitioner is to help a person with PTSD move from their static mental and physical state, to be able to consider a future. To provide new learning (blue print) skills and transferable skills that can be used in other environments especially at home and with other members of the family.

The practitioner must be able to carry out the following:

- Know about self, and why you want to teach EAA/T
- Consistently prepare EAA/T sessions designed specifically for each client
- Be a role model: behave in a manner that models appropriate practices in an equestrian center
- Wear professional riding gear
- Know who the client is and what

their concerns are

- Build a relationship with the client
- Act in a professional manner and assume responsibility for the client's riding program, the ride and safety
- Maintain ethics, and core values, be conscientious of personal conduct
- Be a resource for the client, i.e. have an understanding and knowledge about the subjects you are teaching
- Be a motivator
- Be a good listener
- Be a good observer
- Be objective
- Give immediate feedback
- Be supportive towards your clients and families in accordance with the policy of where you are working, i.e. if your center does not allow you to speak with your clients' families, you will not be able to do so

The Design of an EAA/T Program: Matching Horse and Person

Both humans and horses have different physical and psychological characteristics, patterns of thinking, feelings and behaviors. Matching a horse and a person requires knowledge of an individual's personality and personal traits as well as the horse's individual traits. Like humans, horse traits are inherited and, or, influenced by early learning and socialization. It is best to partner with a domesticated horse that has had the opportunity to receive education and bonding from the mother horse, and in a natural surrounding where the mare can teach the foal how to live and socialize in the group. If horses have had this opportunity and have grown up as mentally secure horses, then they are more capable of successfully bonding or pairing with a human in

the often-restricted environment of an EAA/T center.

To set up an effective human-horse bond, practitioners must consider personality traits and nuances that may restrict a person's or a horse's ability to make social connections. Traits that manufacture high levels of stress and irritability, or that interfere with resilience, make an individual more vulnerable to having their situation exacerbated, causing them to find it much harder to bond and establish connections.

Effectively matching a horse with a person with PTSD requires more than knowing an individual's PTSD symptomology, especially as there are five types of post-traumatic stress disorder: Normal Stress Response, Acute Stress Disorder, Uncomplicated PTSD, Complex PTSD, and Comorbid PTSD. It is important to understand the person's symptoms and manifestations of their specific PTSD as well as their mood on the day of the equine therapy or activity. The practitioner can then provide the best activity for the person on that day.

PTSD, like other psychopathologies, has symptoms that are causally connected through a myriad of biological, psychological, and societal mechanisms. Personality traits such as openness, conscientiousness, extraversion, agreeableness, and neuroticism will impact an individual's medical picture and PTSD symptoms. Those traits that restrict openness, and the desire to try or succeed, will impact the performance of any new activity and the speed and type of recovery. Frustration, guilt, and depression intensify neuroses exhibited after the trauma, which make everyday decisions difficult for an individual to assume responsibility for in any major area of their life. In this situ-

ation, human-horse bonding only succeeds when the practitioner and the horse transfer an excessive amount of reassurance.

Types of EAA/T Sessions

The EAA/T session is planned and designed to foster wellness by integrating traditional calming, relaxed breathing activities, with horse care and management, and balancing positive thoughts with calming activities and human-horse bonding, which achieves a deep level of self-healing and awareness. EAA/T helps an individual conceptualize problems taking place in their daily life, especially with family, friends, study and/or work. Each session is planned to help an individual maintain positive mental health, while preventing further illness and if possible, relapses.

As previously stated, all sessions are holistic and healing as they are taking a psycho-social-spiritual approach to treatment, blending traditional horse care and management and even horse mastership with complementary and alternative healing methodology. They focus on the person, with the main goal being removal of the “stuck” state and new positive awareness of self as well as experiencing a human-horse bond. Once achieved, the person is no longer static mentally and physically; they are able to understand how they can transfer their new awareness and positivity to their home environment and/or work experience.

Activities: Groundwork, Arena Riding, and The Trail

EAA/T utilizes various methods and activities to achieve the goal of healing. One method may be

groundwork, which is a valuable tool for helping clients understand themselves and learn to cope with their real-life issues. During groundwork sessions, individuals learn to halter, lead, groom, and wash the horse as well as general horse care. Individuals will learn to identify and talk about the characteristics of their horse and some herd behaviors. They will learn to have a leading role in round pen situations and find that they can regain power and control as well as a new sense of love and comfort.

An individual with PTSD can build trust and motivation from groundwork techniques that are known for human-horse bonding. They often are overwhelmed by the thoughts they are shuttling in their mind that shift between their internal and external world. Groundwork helps improve focus, and the ability to focus on a particular human-horse situation. It helps a person realize that the thoughts they were having often interfere with focus. When the EAA/T practitioner gives the person a visually motivating experience, it encourages positive self-talk and motivation. Groundwork is designed for positive experiences that require much concentration from a client (See *Horses Heal PTSD: Walking New Paths*, Shkedi, page 100 for examples of positive emotional connections during groundwork sessions).

Another method is horseback riding that is tailored to meet a veteran's needs and treatment level. Riding a horse in a safe environment and breathing deeply can reduce anxiety attacks caused by flashbacks and other PTSD stressors. After being inactive for a long time, veterans find that the three-dimensional movement of

the horse's walk dissipates mental and physical health issues, like pain, headaches, stomach aches and sexual dysfunction. Emotional numbness and hyper-arousal are normalized, giving space for motivation and the desire for more. Deeper breathing sends a message to the brain to be calm and relax. This message is returned to the person's body, lowering the heart rate and blood pressure and reduces tension and stress.

The EAA/T method of horseback riding is positive, creative and motivating. Sitting astride a horse the session requires fast automatic thinking that is emotional and instinctive, which immediately reawakens the mind, body, and soul. Sitting on top of a huge tactile moving surface, the person's senses react and interact with the horse. The body learns to coordinate with the movement, and the session is filled with motivation and commitment as the individual attempts to learn new tasks. Learning new horseback riding skills requires fast judgment, which is enabled through positive physical, psychological, social, and educational experiences.

All EAA/T methods activate a sense of accomplishment, satisfaction, and co-operation, and rebuild concentration and focus. They are designed to improve self-image, confidence, and assertiveness. A veteran starts to feel that they can face their stressors and the mistrust and anxiety that they are feeling. They start to understand who they are and how they should manage themselves sufficiently to feel once again free and independent. The task of riding a horse introduces the rider to a more realistic existence while diverting attention from

mental and physical stressors and anxieties. It teaches relaxation and the ability to self-correct. It helps them to favor fast responses and adaptability rather than the fixed antagonistic behavior patterns like avoidance, emotional numbness, and even hyper-arousal.

The Influence of PTSD on Family Life

Trauma survivors often have trouble maintaining their close family relationships or friendships. Often their symptoms cause poor family functioning, marital prob-



lems, and parenting problems. It is not uncommon to see both the sufferer and spouse become more hostile and psychologically abusive, with less acceptance and positive moods. Issues of trust, closeness, communication, and the lack of ability to problem solve will affect the way the survivor acts with other members of the family and the community at large. It will affect how spouses in such a family get along with each other. One spouse with PTSD affects the mental health of the partner and other members of the family. A spouse of a veteran

with PTSD can feel isolated, alienated and frustrated from the inability to work through family problems and help his or her partner. They might feel hurt or helpless because their spouse has not been able to get over the trauma, which leaves them feeling angry or distant toward the suffering spouse.

Children in the family might also suffer from Post-Traumatic Stress Disorder (PTSD) symptoms that include neuroticism and traumatization. Some might experience negative effects of their situation, causing anger, anxiety, self-con-

sciousness, irritability, emotional instability, and depression. They might even present delinquent and aggressive behaviors, attention deficits and problems in social relations. Others have posttraumatic stress reactions, symptoms of intrusion and avoidance as well as significantly higher levels of stress compared to children in a family without PTSD. Children in a family where a parent has PTSD can demonstrate an increase in behavioral problems such as withdrawal, somatic complaints, meaning they focus and internalize excessive

thoughts, feelings and behaviors related to their physical symptoms, such as pain, weakness, or shortness of breath, to a level that results in major distress and/or problems functioning.

EAA/T for The Family

Equine Assisted Activities and Therapy (EAA/T) is an opportunity for intergenerational healing for families that are suffering from multigenerational trauma. Multi-generational trauma can be defined as trauma that gets passed down from those who directly experience an incident to subsequent generations.

An EAA/T safe environment provides horse activities that engender care and relationship building with a horse and others. Partnering with horses is a profoundly effective physical, psychological, and meta-physical therapy that has long-lasting results for all the family. Bonding with the horses becomes a life altering experience, allowing a person the possibility of, once again, setting goals, pursuing life dreams and wishes, and rebuilding relationships. Families suffering from the symptoms of PTSD can relieve anxieties, which are deeply rooted at the emotional and ethereal level, rebuilding mindfulness, and spirituality. They can free themselves of unwanted thoughts and emotions, as new energy is released, which is extremely motivating, and provides a renewed sense of control and fulfillment.

Using a specific EAA/T model of treatment, it is possible to reframe and redefine the PTSD parental role. It can help them find new positive strength to manage the sufferer's unresolved trauma and situation so

that they are able to regain their role as nurturer and supporter of their family. EAA/T can guide those suffering from PTSD and become one of the best emotional and mental health supports for spouses and their children.

Focus of EAA/T for the Family

EAA/T for the family focuses on the entire family in order to determine, explore and address their needs. It is the opportunity for a spouse with PTSD to understand their role in family life. They will be guided by first examining the role they play in adult relationships as an individual, a spouse, a worker, a consumer, a community member, and as a parent. In a normal family setting, partners would demonstrate empathy, work as a team, acquire knowledge, and communicate effectively. They would take care of their children's basic needs, such as food, medical care, shelter, clothing, etc., as well as give love, attention, understanding, acceptance, time and support.

For the children, connecting and bonding with horses in a positive way provides an opportunity to reduce any neuroticism, traumatization, and PTSD symptoms, and perhaps for the first time replace these traits and feelings with a sense of safety, trust and self-control.

For parents with or without PTSD symptoms, interacting with horses can be awesome. In their current state of health framed by their PTSD, they have difficulty in reducing stressors, and controlling or freeing themselves of unwanted thoughts and emotions. In the presence of the horse the release of new energy is extremely motivating and healing.

Role playing in the horse envi-

ronment, taking care of a horse, and making sure they remain fit and healthy, provides skills and positive behaviors that can be practiced and used to help individuals with PTSD understand their role within the family. Nurturing and supporting the horse via horse care and management teaches a person to learn, listen and observe. Horses are always in the present, and in their company one has to be attentive and available to all their needs. To achieve this level of attention and communication, a new skill is learned that is extremely useful. When transferred into a home environment, individuals with PTSD restore their ability to listen to their families, be patient, and enjoy their company. The individual with PTSD becomes able to show an interest in their spouse and children, and their activities, and encourage them to pursue their passions. Partnering with horses can transform thoughts into actions, opening doors for communication and love within the family.

In Conclusion

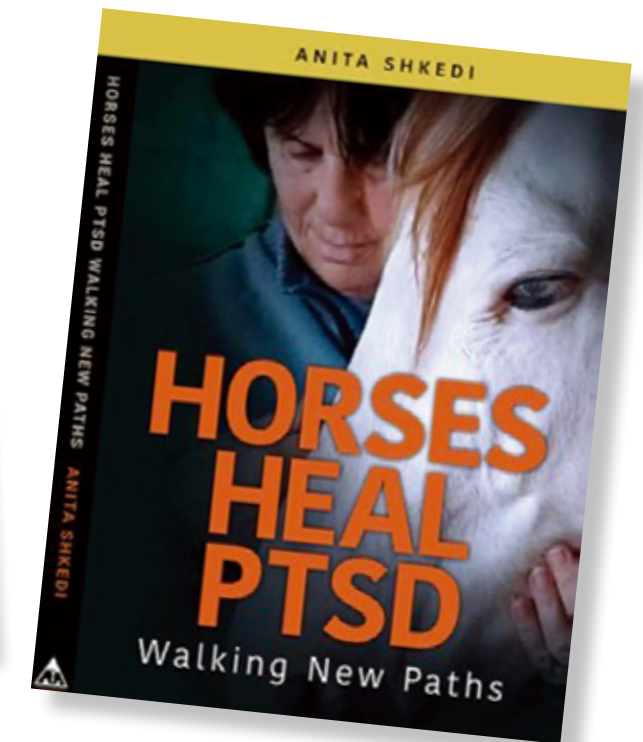
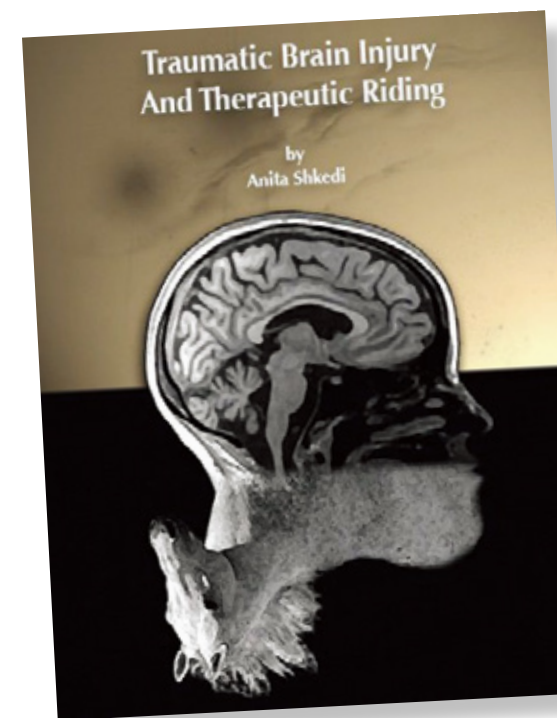
Today, the world is becoming more aware of the realization that horses, with whom we have had a relationship from ancient times, are able to provide holistic energetic healing, and can address the human mind, body and soul as an integrated unit, which is known to be more successful than treating any of these levels separately. In my work, I have seen how the horse can reach the core of problems by shifting energetic patterns that keep destructive emotions, physical symptoms, and life-depleting habits and negative thoughts in place.

For individuals with PTSD, who have difficulty in reducing stressors, and controlling and even freeing themselves of unwanted thoughts and emotions, the release of new energy is extremely motivating, providing a renewed sense of control and fulfillment. In the company of horses, individuals with PTSD can relieve anxieties, which are deeply rooted at the emotional and ethereal level, rebuilding mindfulness, spirituality, and inner peace. Bonding with the horses becomes a life altering experience, allowing a person the possibility of, once again, setting goals, pursuing life dreams and wishes, and rebuilding relationships.

Books by Dr. Anita Shkedi

Traumatic Brain Injury and Therapeutic Riding (2012) documents an effective form of therapy for those suffering from post-traumatic brain injuries. It lays out how the unique properties of the horse are instrumental in the recovery of psychologically and physically impaired riders. It also aims to guide the reader towards a more in depth understanding of TBI, brain plasticity, and the complexities of being a person suffering from TBI. This book is an extremely useful tool for EAA/T practitioners, paramedical therapists, and all those who are interested in the topic.

Horses Heal PTSD: Walking New Paths (2022) addresses the power of the horse to heal this often misunderstood and difficult to treat condition. It will deepen the reader's knowledge of PTSD and demonstrate how partnering with horses is a profoundly effective physical, psychological, and meta-physical therapy that has long-lasting results.



Dr. Anita Shkedi founded Therapeutic Horseback Riding in Israel in 1985 and developed Israel's official diploma curriculum for therapeutic horseback riding at the Nat Holman School of Coaches at the Wingate Institute of Physical Education in 1988, which became the springboard for multiple other related therapeutic studies. She has a Doctorate in Education specializing in curriculum building for EAA/T. She lectures and consults worldwide in the areas of equine assisted activities and therapies, PTSD, and traumatic brain injuries, and provides clinics and workshops through her new website, anitashkedi.com. In 2015, the author received an Award of Excellence from Israel's prestigious Wingate Institute and is in the International Jewish Sports Hall of Fame for her contribution to therapeutic horseback riding.

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Tribute to Jonathan, by Dr. Anita Shkedi

Much of my work with veterans is connected to the memory of my late son Jonathan. Jonathan, who was almost twenty years old, died in July 1993. Jonathan was a kind and gentle person who was gifted with high intelligence and physical strength. Academically he was a real achiever, he designed his first computer program in the last year of high school. His physical prowess culminated in him achieving track running records and becoming Israel's cycling champion.

I loved my son Jonathan, and I find it extremely painful to say that Jonathan died during active service for the State of Israel. Jonathan joined the Israeli Army and served his country with pride and enthusiasm. He died after being mortally wounded on a rescue mission in the Bekar Valley in Lebanon. He was a fighter, sniper and was recognized for his bravery. I gave the State of Israel my most precious possession...Jonathan. Always leading from the front, he sat on the outside of his armored vehicle with his guns ready to protect his fellow soldiers inside the vehicle. In this position he was mortally wounded from a bomb that landed next to his vehicle, and three weeks later died from his traumatic brain injuries.

When your son dies, a part of you dies with him. I was left with a choice, either to stay at home, or go back to work and try to cope with the most terrible pain by dedicating the rest of my life to his memory. My child was remarkable, he proved it during his army service, he dedicated himself to fighting for Israel, always supporting his fellow soldiers to finally be mortally wounded on a rescue mission.

Off duty, on his very few weekends back at home he would visit his officer from his unit who had been severely wounded and left with quadriplegia. Jonathan asked me to help in his rehabilitation.

Knowing what Jonathan would have wanted, eight days after his death I went back to work at my therapeutic riding center. On that day, a woman came into the office with her son, a veteran who had been in an ambush. He had a severe traumatic brain injury; she said both her sons had now been injured. It was at that moment that I decided to dedicate my life to helping soldiers returning damaged from the horrors of war. Jonathan remains with me forever.

Abalone Porridge

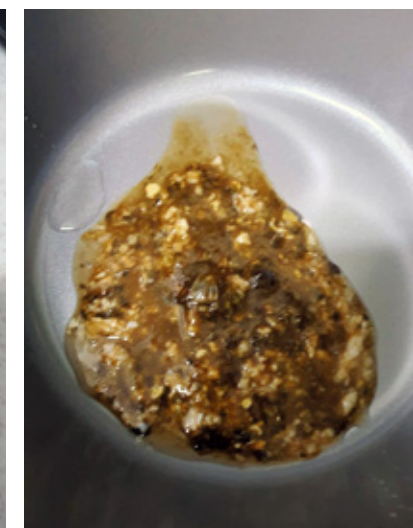
By Jjeunguk Kim

Abalone is more like a snail than a clam. Abalone belongs to the celiac class, such as conch and snail. Consumption is highest in China, Japan and Korea, and most abalone eat brown algae, but Korean abalone is raised on kelp as food. As a dish, it is made into porridge, sashimi, steamed, tang, and grilled. Korean abalone porridge is a very flavorful and healthy food that is recognized by Michelin.

Abalone is a high-protein, low-fat food that is well absorbed by the body, so it is often used as a healthy food for convalescent patients or the elderly. Amino acids such as taurine, arginine, methionine, and cysteine in abalone play an important role in creating the taste by matching the unique crunchy texture. Seaweed ingredients are concentrated in the intestines, so the taste, aroma, and nutrition are excellent. So, I recommend the abalone porridge.

Directions

1. It is best to buy Abalone live. When washing, remove green algae by washing the bottom of the abalone with a brush as if scrubbing clean.
2. Separate the abalone and intestines from the shell of the abalone using a spoon.
3. Separate the intestines and chin from the separated abalone. The abalone has two denticles.
4. Finely chop the intestines with a knife or put them in a grinder.
5. Stir-fry the intestines with soaked rice in a pot with sesame oil, under high heat, that way, you can catch the unique fishy smell.
6. Pour water little by little and keep stirring. Continue to add water little by little and stir for about ten minutes to prevent sticking to the bottom of the pot. When the rice is slightly dissolved, add water and bring to a



boil. Stir occasionally to keep the rice from sticking to the bottom.

Tips

- I add anchovy fish sauce in the fifth step to get rid of the fishy taste.
- You can also use perilla oil instead of sesame oil.
- Since the flesh of abalone becomes tough if cooked for a long time, you can eat soft abalone flesh by slicing it thinly 5 minutes before eating and boiling it with abalone porridge.

For Another Dish

Samgyetang, or Korean chicken soup, with abalone and ginseng, can be eaten as a stamina food, grilled abalone in butter, or seafood soup.



Han Yong-un:

A Monk, Poet & Freedom Fighter Behind the March 1st Movement

Written and photographed by Caitlin Ward

The March 1st Movement

The March 1st Movement was a series of protest demonstrations initiated by thirty-three Korean cultural and religious leaders after they published a "Proclamation of Independence." The leaders were protesting the Japanese occupation of Korea and forced assimilation into the Japanese lifestyle.

March 1, 1919 was the selected date because many mourners were gathering for the commemoration day of the late Emperor Gojong, who was a strong supporter of Korean independence. The nonviolent protests began that day and soon spread across the country; the movement was not fully suppressed until twelve months later.

Although the protests were designed to appeal to the Japanese conscience, they were met with a brutal response; about 7,000 Korean citizens were killed, 16,000 were wounded, and 46,000 were arrested. Though the country did not achieve independence on that day, March 1 is celebrated as a national holiday because it was the largest national protest rally against foreign occupation in the country's history.

One of the leaders of the movement was Han Yong-un. Han was a monk, independence fighter, and poet. He is well known for his revolutionary writings.



Photo of *Lover's Silence* painted by artist Man Jae Lee on traditional Korean silk scroll

Han Yong-un

Han was born on August 29, 1879 in Songguk village, Kyolsong-myeon, Hongseong, South Chungcheong Province. His pseudonym was Man-Jae, which means ten thousand seas. As a child, he entered a private school where he studied Chinese characters. He was recognized as a bright student, and at age nineteen, began teaching students Chinese classics and philosophy.

In 1897, Han joined a revolt of peasants who were suffering extreme poverty. Subsequently he left his village and found refuge in the Paek-dam Buddhist temple on Mount Sorak. He returned to the temple in 1905, where he worked in the kitchen and later became a monk.

In 1905, Korea was placed under Japanese military rule and in 1910, the country was officially annexed. Over the following years, Han was a leader in the independence movement that developed between 1910 and 1919 among Koreans who resented Japan's brutal control over Korea and he wrote a number of articles calling out for the reform of Buddhism to better meet the needs of Korean Society.

Han and thirty-two other cultural and religious leaders signed the historical document of independence made public on March 1, 1919, which was followed by the non-violent demonstrations. Han was arrested and refused aid from lawyers to defend his case. While in Sodaemun Jail, Han wrote "A Letter on Korean Independence," justifying his position. Han refused to apologize for the March 1st Movement despite pressure from the Japanese governor-general. He remained in prison for three years.

In October 1925, Han finished his first collection of poems titled *Lover's Silence*. The collection contains 88 poems, one of which is the same as the book title, and is described by translators Jaihiun Kim and Ronald B. Hatch in *Love's silence & other poems*, as "a eulogy to love in all its varied and complex meanings. Han's understanding of love moves beyond particular individuals and objects to embrace something more comprehensive, more profound; love for country, truth, the liberation from worldly bondage, and also Buddha's compassion for suffering humanity."

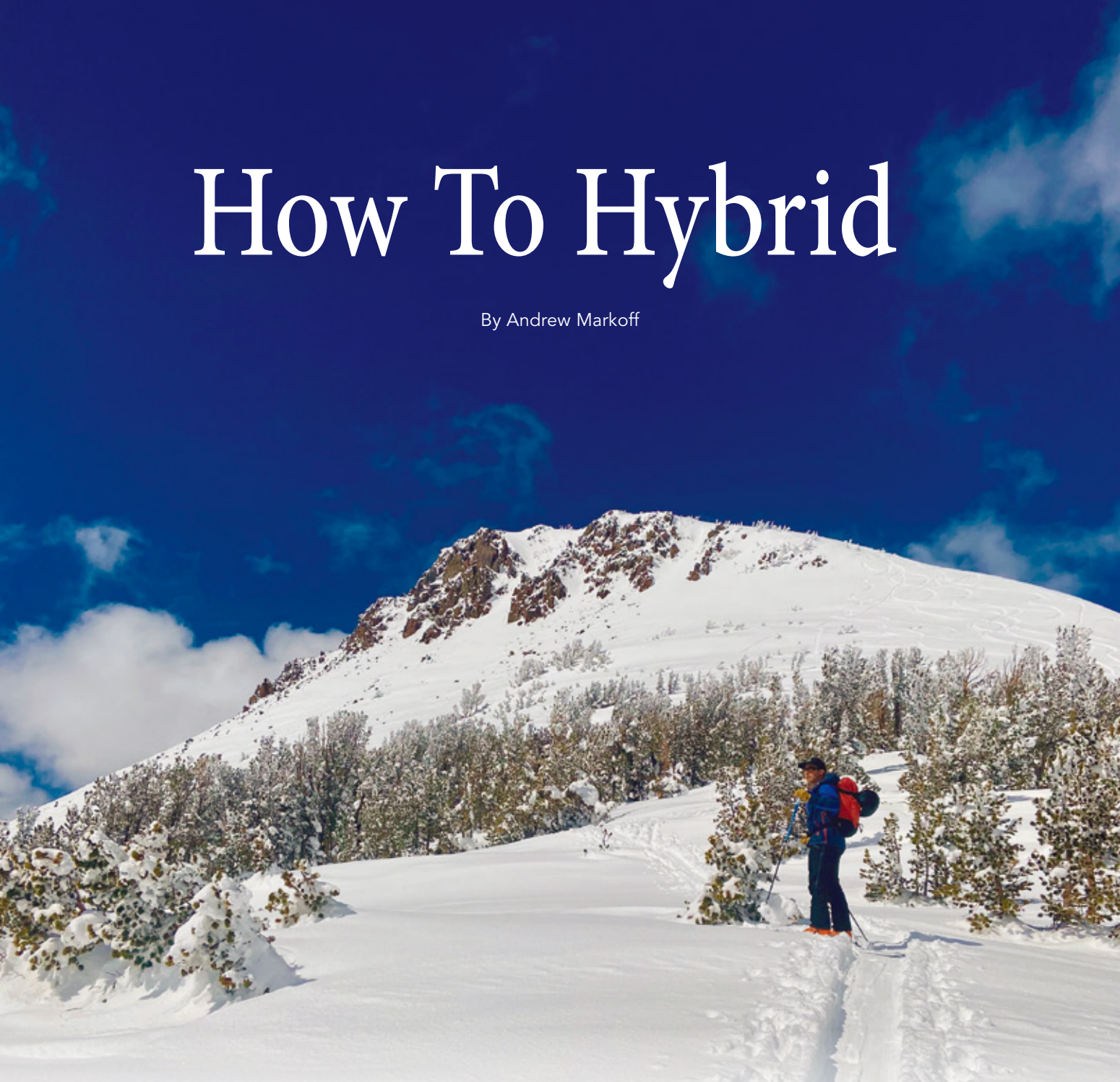
Han Yong-un passed away in June 1944. Though he was not able to see Korea free from the 35-year long Japanese occupation that ended in 1945, his spirit and values continue to be celebrated. In 1962, the Korean government posthumously decorated him with a Republic of Korea Medal. He ranks among the national poets and he was selected by the Korean Ministry of Culture as the Cultural Person of the Month in March 1991.

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How To Hybrid

By Andrew Markoff



Hybrid training is the latest hotness in fitness. Why focus on one sport when you could train for many, at the same time? 2023 doesn't have to be the year you quit CrossFit to run a marathon. There's no reason you can't compete in the CrossFit Open, run 26.2 miles, and still meet your friends at Mt. Whitney for a single day summit because you didn't get camping permits ahead of time. Where the tradi-

tional high-performance approach tells you to say "or", the hybrid approach encourages you to say "and". So, is the high-performance approach wrong? What's so special about the hybrid method?

The high-performance approach isn't wrong. Focusing your technical practice as well as your strength and conditioning on one sport is necessary to reach an elite level. If you want to qualify for the CrossFit Games or win your age group at

the Ironman World Championships, you don't have time to dabble. But elite athletic performance isn't for everyone. Many of us feel called to be elite at something else, like public service, parenting, or entrepreneurship. For us, sports aren't the mission; they support it. Pursuing athletic goals is the most powerful tool we have for health and longevity, but it only works if we're consistent. High performance training can be both draining and

boring. If health is your goal, variety may be the secret to consistency. Hybrid training offers both variety and, for those of you who are competitive, the ability to beat your friends at multiple sports.

Like everything in the fitness industry, hybrid training means different things to different people. It's most commonly used to refer to programs that incorporate substantial amounts of weight lifting and running. My definition is a bit broader. I like to think of hybrid training as a method that enables you to be well above average in multiple sports, of your choosing, at all times. My approach to hybrid training comes from my time in the US Marine Corps Special Operations Command (MARSOC), where we concurrently maintained many skills that were not of our choosing, and seemingly multiplied weekly. Our training weeks generally had a smattering of everything, but tended to focus on re-upping proficiency in a few areas while preventing complete atrophy in others. This allowed us to maintain baseline proficiency across our skillset. As we received specific missions, we could peak the required skills relatively quickly. When I started coaching, I used a similar approach with our multidisciplinary athletes: triathletes, CrossFitters, tactical athletes, mountain guides, and mixed martial artists. Now I use it with our hybrid athletes who dabble in a bit of everything. The keys to success are balanced metabolic training, greasing the groove for skills and prehab, and surging focus to peak for specific events.

So how does this work in practice? Let's look at a case study. Megan has decided that 2023 is the year of "and". She wants to

compete in the CrossFit open, achieve a personal record (PR) at her marathon, and climb the East Face of Mt. Whitney with her friend. While she knows the Open starts in February and has signed up for a marathon in August, she has no idea when she is climbing Mt. Whitney. Like many climbers, her friend is allergic to planning and rarely answers her phone. Megan is hoping for a 72-hour notice. Megan works full time as the head of nutrition at a new coaching company. She has 1-1.5 hours per day during the week to train, with more flexibility on the weekends.

Before we look at how to balance her metabolic training, let's quickly review our three energy pathways: the phosphagen system, the glycolytic system, and the aerobic system. I promise not to turn this into a physiology dissertation. The phosphagen system relies on adenosine triphosphate (ATP) and creatine phosphate and fuels high intensity activities lasting ten seconds or less. Glycolysis relies on the breakdown of carbohydrates and is heavily involved in fueling high intensity activities lasting between ten seconds and two minutes. Together, the phosphagen and glycolytic systems make up our anaerobic system, which doesn't require oxygen to produce energy. Lastly, our aerobic energy system, which does require oxygen, breaks down carbohydrates and fat as the dominant energy pathway for activities lasting longer than two minutes. Now, to be clear, our body doesn't shut one energy pathway off and turn another on. All three are always working in some capacity, but intensity and duration determine which system is dominant at a given time.

Now let's look at the metabolic

demands of Megan's 2023 activities. CrossFit leverages all three energy pathways. It relies on the phosphagen system for heavy lifts and the glycolytic and aerobic systems for METCONs. However, when it comes to the aerobic system, CrossFit performance relies heavily on the upper end of the aerobic spectrum, at or near VO2 max. For VO2 max, think max 5 to 7 minute efforts, fueled by carbohydrates. Marathon performance, on the other hand, relies heavily on the lower end of the aerobic spectrum. The fatigue resistance required to PR a marathon is largely a function of improving fat metabolism and lactate threshold, both of which require training at intensities significantly lower than those typically seen in CrossFit. For lactate threshold, think of a max 60 minute effort in a well-trained runner. Climbing is interesting. Easy alpine climbing, like the East Face of Mt. Whitney, is more similar to a marathon, metabolically, than it is to CrossFit. That's because the climbing itself isn't very steep or technical, allowing your lower body to carry most of the load. You might encounter a few sections of climbing that tax your forearms' glycolytic system, but they are few and far between. The hard part is the altitude and the length approach and descent, which tax the lower end of your aerobic system.

Given the above, here is how we can balance Megan's metabolic training so she can do everything at an above average level. Going to CrossFit three to four times a week will give Megan more than enough high-intensity stimulus to support her marathon. While a pure marathoner would likely get a few high intensity track workouts, Megan will not. Most pure marathoners

would get hill repeats for strength endurance too, but Megan really doesn't need these because she's getting more than enough strength endurance at CrossFit. Instead, we will focus her running on what she isn't getting at CrossFit: long, slow, low-intensity mileage to improve her fatigue resistance. On a few days where she is going to CrossFit, we can add short, low intensity runs to increase time on feet without setting her back for her next CrossFit session. Occasionally, we might add a few lactate threshold intervals to these runs. On Sundays when she isn't going to CrossFit, we will progressively build her to a long slow run, up to 2.5 hours in length. The combination of marathon training and CrossFit will be more than enough metabolic preparation for climbing Mt. Whitney, so we don't need to do anything there.

Now let's talk about greasing the groove for skills and prehab. Greasing the groove is a concept developed by Russian kettlebell guru, Pavel Tsatsouline. Tsatsouline argues that strength is a skill that requires frequent, perfect practice. Frequent, perfect practice improves the efficiency of your neuromuscular system. Instead of a single, exhaustive workout, you "practice" strength skills multiple times throughout the day. For example, instead of completing thirty pull-ups as a ladder three times a week, you would complete three pull-ups on the hour, for six hours a day, five days a week. The total number of repetitions are the same, but greasing the groove allows you to complete the reps with perfect form since it removes fatigue. While I do incorporate Tsatsouline's method into our athletes' strength training, I've found



Zeb on Lead, Frigid Air Buttress, Red Rocks

greasing the groove to be incredibly effective for a completely different purpose: fitting sport-specific skill work and prehab into a busy, hybrid athlete's schedule.

In Megan's case, she has to build and maintain Olympic lifting

skills, gymnastics skills, running technique, climbing technique, and land navigation skills if she wants to survive her Mt. Whitney adventure. She knows it's unlikely her friend is going to study the route beforehand. Furthermore, she needs to

strengthen her Achilles tendon, activate her gluteus medius, and strengthen her rotator cuff. Most CrossFit gyms cycle skill training well enough that Megan can maintain her Olympic lifting and gymnastics skills just by going to CrossFit three to four times per week. However, her running form needs work and she doesn't have a dedicated block of twenty minutes for prehab three times a week. Using the grease the groove method, Megan can fit running form and prehab work into five minute breaks, on the hour, throughout the work day. On her days off from CrossFit, she plans to go to the local climbing gym and practice climbing technique without turning it into a workout. She'll tackle land navigation by allocating five minutes of study to her nighttime

ritual as the navigation books are so poorly written they put her to sleep better than CBD hot chocolate.

As far as peaking for specific events, we aren't looking for perfection. Remember, our motto is "above average at everything." In the Marines, we used to call this "good enough for government work." When we look at the annual plan, we just need to make sure there are no fatal flaws that will prevent Megan from completing an event. And while this article is about how to have your cake and eat it too, there are some small trade-offs hybrid athletes need to make. From January to March, Megan needs to surge on CrossFit to support her goal of competing in the Open. This might mean only running twice a week. That's okay because

she's got plenty of time before her marathon. However, three months out from the race, Megan will likely need to drop down to three CrossFit sessions per week to make sure she gets enough running in to build the fatigue resistance she needs to PR and ensure her ligaments and tendons can handle the strain of 26.2 miles. Once the race is done, she can bump her CrossFit volume back up and her running volume back down. As far as Mt. Whitney goes, all Megan knows is that her friend hates the snow, which puts the climbing window between June and October. Peaking is really just making sure she's got the route dialed so her friend doesn't get them lost. Oh, and maybe packing some bear spray. You can't use your CrossFit to fight a bear.

About the Author

Andrew Markoff served in the Marine Corps from 2006 to 2017, initially as an infantry officer and later as a special operations officer at MARSOC. During his service, he deployed to Iraq three times and to Afghanistan once. After leaving the Marine Corps as a Major in 2017, Andrew worked for a few technology companies in northern California while mountain guiding part-time in the Sierra Nevada. In 2021, he quit a stable tech job to co-found Pallas with his wife, Megan. Pallas is a coaching company on a mission to support athletes in pursuing their crazy, athletic goals. Pallas athletes include triathletes, runners, rock climbers, skiers, mountaineers, thru hikers, military service members, mixed martial artists, CrossFitters, and people trying to maintain healthy lifestyles with crazy work schedules.

Awards:

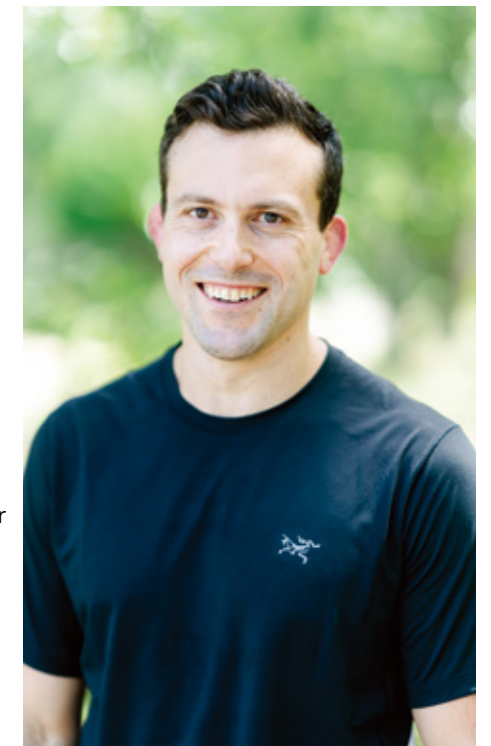
- Bronze Star with Combat V
- Bronze Star
- Navy and Marine Corps Commendation Medal
- Navy and Marine Corps Achievement Medal
- Combat Action Ribbon x 2

Certifications:

- Marine Special Operations Officer
- Military Free Fall Parachutist Combatant Diver
- Joint Terminal Attack Controller
- USA Triathlon Level 2 Certified Coach
- AMGA Apprentice Ski and Alpine Guide

Media:

- Website: <https://pallas.io/>
- Instagram: @pallas.io



Andrew Markoff
(Photo by Erin Henderson)

Vonphotography

Hey, everyone!
My name is Javon Starnes and I'm addicted to photography. I mean, while driving I see sunsets and take mental pictures.

I frame life as if I'm viewing it through a lens. My wife, Nelle, tells me I'm the only person she knows who takes pleasure in looking at the clouds. Now she does it too.

Nelle and I own and operate Vonphotography. We also have three beautiful children who help run the business. They let me practice on them for candy.

We are no strangers to South Korea as this is my third time here. Every PCS has become better than the last. While here, I'd love the honor and privilege of capturing phenomenal imagery for you, your family and friends, or even military balls.

I specialize in commercial style lighting and high speed sync. That's just a fancy way of saying I love to take cinematic looking pictures with cool lights. It's kinda my thing! I'm able to offer studio, outdoor sessions, or a combination of both.

I'm a Soldier, so I'm mainly free on the weekends — especially those lovely three and four-day weekends. We're located in Daegu, however, travel packages can be designed and tailored to your needs.

I'm currently running a special! Ask about our free mini session with every "paid referral." While you're at it, check us out on social media.

[Facebook.com/vpLLC](https://www.facebook.com/vpLLC)



Harper's Giftshop Boutique



Hi, my name is Ashley and I am a business owner here in Daegu of Harper's Giftshop Boutique.

About Me

I am a mother of four and the wife of an Active Duty service member. I have been married for sixteen years this December. My husband has been a service member for almost twenty years. Having my own business allows me to stay at home with my kids and watch them grow and not miss a thing. Life is so precious and I want to be there for my kids whenever they need me and for them to know that mom will be there to see them off to school and greet them at the door when they return. This business allows me to do that and more.

About Harper's Giftshop Boutique

I absolutely love crafting. It is my happy place in a world full of uncertainty. If I can help just one person create something magical I'd feel that I have made at least one person smile. My business offers something

for everyone and every budget. Anything and everything from home decor to gifts for special occasions. Every gift is tailored to the receiver. If you don't see anything you like or that speaks to you, please don't hesitate to contact me with your gift idea and I will try my best to make it the way you envision.

New products are featured at least once a month. Sales and discounts are also available and will be mentioned. Referral bonuses are also given to those who refer my business to their friends and family. Just have them mention your name when they place their order and you will receive a discount on your future order. There is no limit to the number of discounts you can earn.

Please give Harper's Giftshop Boutique the opportunity to help you give the perfect gift to friends and family as well as to help make your house a home with my personal creations. Shopping will never be the same again.

Please visit shopashleysboutique.com to place your order and view the various products available to you and your friends and family.

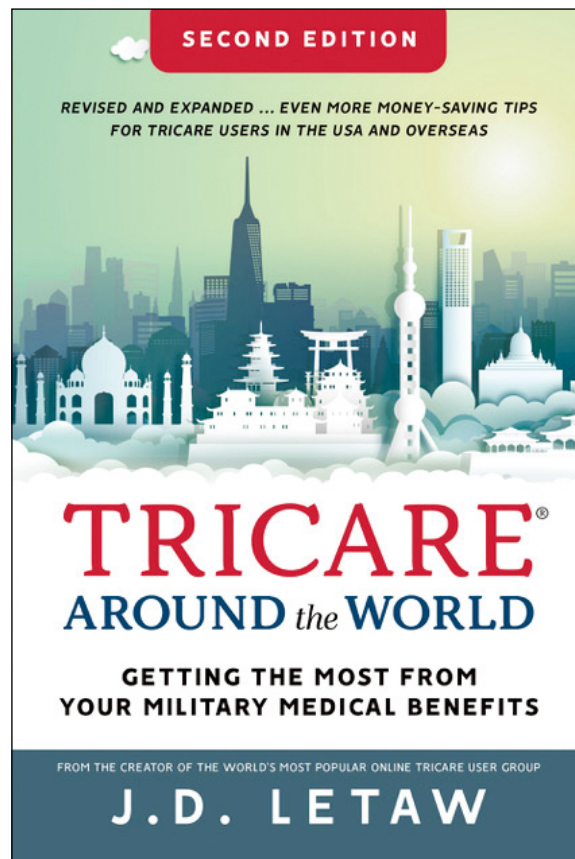
TRICARE: Your Key to Healthy Living

By John Letaw

Military life brings a lot of great benefits for service members and their families. Besides the obvious advantages of international travel, career skills, a regular paycheck, and the chance to make lifelong friends, you also have access to affordable healthcare not just for the sponsor, but the entire family. Lifelong healthcare (if you reach military retirement) might not seem like a big thing when you are young but compared to your non-military friends who do not have TRICARE, this is a huge benefit that will grow only more valuable with age.

I am a Navy retiree and completed a second career at age 58. After that, my family lived two years in Japan (non-SOFA) and 18 months in Thailand. In my 25+ years since retiring from the Navy, we have relied solely on TRICARE and have never taken any sort of employer-sponsored coverage. We have gained a lot of expertise in how to use TRICARE in a variety of situations.

In Korea, you are triply blessed. You not only get to live in a magnificent country, rich in culture and natural beauty, but it is home to a first-rate health care system both on and off base. If you know how



your benefits work, TRICARE will take care of you and your family wherever you may go. However, the “look & feel” of TRICARE varies according to your status. We want to examine the many facets of TRICARE in Korea, and how it can be used whether you are an active duty family, a retiree family (SOFA or non-SOFA), or a Korean spouse with other health care alternatives.

Active Duty Families

TRICARE for active duty members and their families is as easy as it gets. While this doesn't mean it is perfect, with TRICARE Prime you can be seen on base with American-trained practitioners. If you need referrals, you are sent to network providers, so you'll never need to file a claim. TRICARE Prime is a managed-care plan, meaning you don't have to figure out where to go, who to see or how to pay. Problems may occasionally pop up, but Prime normally works well and is the simplest plan to use.

Active duty family members (ADFM) may also choose to enroll in TRICARE Select. Select is not a managed-care plan, which means you can choose your own providers on the economy. There are some who prefer this approach as it offers greater flexibility and does not require seeing a Primary Care Manager (PCM) to get referrals. If you visit a network provider off base, you will have a small copayment, and the provider bills TRICARE for the rest. If you visit a non-network provider, you will likely have to pay the entire bill upfront then submit a claim for reimbursement. If you remain overseas after retirement, Select is the only plan available to you; thousands of retirees in-country have made this transition.

Under TRICARE Select, you will no longer have priority at the military clinic or hospital (also called MTF, or Military Treatment Facility), although the pharmacy will still be available to you. You may be able to sign up for an add-on plan called TRICARE Plus, which gives you access to Primary Care on base. Specialty care with the Select/Plus combination would be with civilian doctors off base. As of this writing, the Osan Air Base medical facility offers Plus, but this is subject to change. Acceptance into TRICARE Plus is done via your local MTF and is not transferable to other facilities. Give them a call to ask.

Retirees and Their Families

As members approach retirement age, we see them getting uneasy about their health care options. Can you remain in Prime? Will you be seen on base? Will you get the same level of care? What will it cost? Many people have difficulty finding answers to these questions.

In our Facebook group *TRICARE Around the World*, we work with transitioning service members every day to help them successfully navigate the system. Here are some basics.

Retirees living overseas cannot remain in TRICARE Prime. They will be required to switch to TRICARE Select. When they turn 65, they'll switch to TRICARE for Life. Retirees cannot receive priority care in an MTF, although they might be able to add TRICARE Plus to their plan, for access to the Primary Care Clinic. Specialty care would be with civilian providers off base. For most retirees, TRICARE Select has a monthly fee, depending on the sponsor's initial date of military service. Group A are those whose initial service was before January 1, 2018. Group B are those who joined on or after that date. In 2023, the monthly fee for a Group A retiree family in Select is \$29 or \$14.33 for an individual. Aha! For Group B, the monthly fee is \$91.33 per family or \$45.66 for an individual.

Whether a retiree is SOFA (such as a defense contractor or government employee) or non-SOFA does not change their TRICARE status. They will be in Select either way and most of their care would be with civilian providers off base. To find a list of TRICARE network providers in Korea, visit www.rsokorea.org and click on the Health Care menu at the top. The great folks at Retiree Support Online Korea (RSO Korea) are there to help the retiree community, surviving spouses, and other beneficiaries on the peninsula.

If you are unable to find a network provider nearby, you are welcome to visit any non-network doctor or hospital. No referral is needed. You will have to pay the bill in full out of pocket, and then submit a claim for a partial reimbursement. For retirees at a non-network provider, TRICARE covers 75 percent and preventive care is covered 100 percent. Filing claims might seem daunting, but we provide a checklist in my book, *TRICARE Around the World*.

With the checklist and after doing it two or three times, you can complete a claim in 30 minutes and submit it online via the TRICARE Overseas web portal www.tricare-overseas.com. Finding providers, understanding your coverage, decoding cost & copayments, and submitting claims is a bit of an art. Your best bet is to pick up a copy of TRICARE Around the World which walks you through all this and more. The book can be found on Amazon, either as a paperback or downloadable eBook.

There are further nuances which exceed the scope of this article such as how to use TRICARE for Life after age 65, coverage for adult children, former spouses and more. These can be the topics of future articles.

Korean Spouse and Others

The spouse of a military TRICARE sponsor is always eligible for TRICARE, even after the sponsor passes away (providing the spouse does not remarry.) However, TRICARE for a Korean-born spouse might be challenging for a number of reasons. First of all, the American healthcare system can be convoluted and unfamiliar, including the process for filing claims. There might be language barriers. But one of the greatest issues is if your spouse is enrolled in Korea's national health system. In fact, this is true for any family member who has health coverage in addition to TRICARE, such as Blue Cross Blue Shield or others.

When a TRICARE beneficiary has additional coverage, this moves TRICARE to a second-payer status and the other plan becomes first-payer. This is known as Other Health Insurance (OHI). When obtaining care, file first with the OHI; complete the claims process, get an Explanation of Benefits (EOB) from your other claim, and then you can file with TRICARE for remaining charges. If done right, TRICARE will cover deductibles and copayments from the OHI. If you don't follow the steps correctly, your claims are denied, and you'll have to figure out what went wrong. If you have other health coverage whether through employment or national health care, let TRICARE Overseas know about it and they can help explain the rules of OHI. We will also help you in our Facebook group.

Summary

In our book TRICARE Around the World, we like to say: TRICARE is not hard to use. It's just hard to learn to use because no one clearly explains the rules to you. We try to break down this barrier through our book and Facebook group; we have thousands of success stories over the years. When we first started down the path of educating TRICARE users, we were faced with a widespread belief that TRICARE could not be used by retirees living overseas. We have proven this wrong; my family and thousands of our group members are successfully doing this daily in every corner of the world. Just know that the answers are out there, and help is available if you would like to learn more. Visit us at www.theTRICAREguy.com to find a variety of resources, including our Facebook group, Amazon book, TRICARE newsletter, and more. We are committed to assisting each and every user of TRICARE who wants to learn more about this important benefit.

John Letaw is a Navy retiree and best-selling author. His book TRICARE Around the World can be found on Amazon and Apple Books. John is administrator of "TRICARE Around the World," Facebook's largest forum of TRICARE users worldwide. Find these resources and sign up for his monthly newsletter at www.theTRICAREguy.com.



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Speak Up, Work Hard & Acquiesce with Grace

Written by Erin Henderson
Photo by Derik Henderson

Over the years I've been called a go-getter, a ball-buster and some other terms that I am sure you can guess that are not so great. Perhaps the negative connotation of most of those terms should bother me more, but as I've grown older (and perhaps a little wiser) I learned to wear them as a badge of honor. I had to develop a thick skin early on. From my days fresh out of college working in an extremely male-dominated field in corporate America, to branching out on my own in my mid-20's as an inexperienced entrepreneur trying to navigate the nuances of running my own business, here are a few things I have learned along the way that perhaps will help you create a sustainable craft or business.

- 1) Just because you do the work and put in the hours, doesn't mean you will be instantly rewarded. Sometimes it takes years of continuously showing up and honing your craft before you achieve whatever version of what success looks like to you. Stay the course.
- 2) Always be learning. Take a class, practice your craft, read new books, and learn from other experts in and out of your field.
- 3) Ask for feedback from people outside of your family and inner circle. Let's face it, our families and close friends typically only want what's best for us and are probably not the most unbiased when it comes to critiquing our work. If you truly want feedback you can grow from, seek it from sources in your field and other respected business community members.
- 4) Ask for what you want. Sometimes we just assume people know what we want, and other times we are simply too afraid to speak up. Here's the thing, if you ask and are told no, nothing has changed.
- 5) If you are told no, accept the rejection with grace. Continue to do the work and keep asking, eventually that no will turn into a yes, even if it's not in the exact form in which you had hoped.
- 6) It's ok when your dreams change. When I started out as a photographer I thought I wanted to photo-



graph weddings forever. After ten years of weddings, I realized that was not what I wanted to do anymore, despite it bringing in a large chunk of my income. As you grow, you will realize you are either exactly where you want to be, or that you need to pivot and make a change—this is perfectly fine. Don't hang on to something because it's comfortable.

- 7) Speaking of comfort, your best work happens when you get uncomfortable. I am sure you have heard this notion a million times, but a little reminder here doesn't hurt.
- 8) Integrity. I can't stress this enough, if you say you are going to do something, do it. If you book a client, gig, etc, show up or deliver that product when you say you are going to!
- 9) Your journey is your own. Comparison to others on their own journey robs you from acknowledging your own accomplishments and how far you have come.
- 10) Be financially responsible. This is a hard one, especially for those pursuing crafts or businesses that require an investment to get up and running or for those who are still carrying school or other debts. Do not go into debt pursuing your dream. I worked my corporate job to still pay my living expenses while I reinvested the money I was making in photography directly back into my photography business—gear, electronics, education, etc. It's easy to get caught up in the latest and greatest gadgets and gear for our businesses, but the truth is, you are what make your business unique. Don't get caught up in the spending game thinking it will get you ahead—it will not.

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1988 - Track star **Carl Lewis**
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The Korean War, USFK and *The Korea Times*

By Kim Myong-sik, former managing editor of *The Korea Times*

My editor, as soon as he found me in the hapless crowd of reporters, told me to go immediately to “the Eighth Army” in Yongsan and borrow as many typewriters as possible from whoever was willing to help us. I and the driver of a one-ton truck headed directly to the South Post, the residential area of the USFK Headquarters, where I was met by a group of officers’ wives who were already informed of the big fire at the Korea Times. Soon, the ladies brought nearly 30 typewriters, large and small, old and new, from their living quarters and loaded them in the truck. As I thanked them, they said they were just happy to help us and that the machines need not be returned.

So, we continued our work in a makeshift editorial room with the donated typewriters without missing a day’s edition after the fire. We knew why the military wives were so willing: they, like their husbands, depended so much on the newspaper for their life in Korea and wanted to be able to read it the next morning. Perhaps they also were aware that the primary reason for the founding of *The Korea Times* during the early days of the Korean War was to help the US military personnel get informed of what was going on in the country they came to defend – on the frontline and elsewhere.

The inaugural edition of *The Korea Times* issued on Nov. 1, 1950, barely a month after Seoul was recaptured from the North Korean People’s Army following the Inchon Landing directed by Gen. Douglas MacArthur stated in its editorial: “Korea is not ‘the Hermit Nation’ anymore. She shed the coat of long dormancy, and, stepping out of her ancient shell has become a



On Feb. 27, 1968, smoke billowed from the Hankook Ilbo newspaper building where *The Korea Times* and its sister papers were published. Thousands of people sent letters of condolences to *The Korea Times* and its sister papers after the fire destroyed the newspaper building.

booming voice echoing all over the world... This is a really memorable new start for Korean people, and now is the opportune moment to build a free, democratic and unified Korea.”

The Korean Ministry of Information purchased thousands of copies from the company every day to distribute them among US Army and Air Force personnel who were deployed here from Japan and the

mainland. *The Korea Times* thus started as a government operation, but its reporters and editors, journalists as they were, did not always follow official instructions and occasionally carried articles critical of government policies. In 1953, the ministry turned the newspaper over to a young financier named Chang Key-young who was planning to establish a media company.

The US Army bus that carried international journalists covering the Military Armistice Commission (MAC)

meeting between the U.N. Command and North Korean officers at the Panmunjom truce village unloaded us at the Gwanghwamun intersection, the very center of Seoul, one afternoon in February, 1968. Leaving the group, I walked up to the Korea Times building a few blocks away to write a story of the day’s debate in the MAC conference room exchanged by the two adversaries of the Korean War that ended a decade and a half earlier.

As I approached the three-story building, which the five “sister papers” of the Hankook Ilbo newspaper group shared, I spotted smoke rising from the ground where my office had stood when I left it early in the morning. A fire that started from the underground printing shop had destroyed the whole structure, killing seven employees. There was little time to save machines and other equipment because fire quickly engulfed the structure helped by the printing oil. Luckily, a new office was being built at an adjoining site and the owner, Chang Key-young, decided that all five newspapers, including *The Times*, should continue publishing papers despite the disaster.



The inaugural edition of *The Korea Times*, the nation’s longest, continuously-published English newspaper

The inaugural edition of *The Korea Times* was published on November 1, 1950 when the nation was in the height of the Korean War.



An employee works at the print shop of *The Korea Times* in 1968.

The government's free supply of the English-language newspaper was discontinued, but USFK remains the major subscriber to *The Times* newspaper along with the members of the various foreign aid agencies, diplomats, missionaries and English-learning and English-speaking Korean students. *The Times* devoted a large portion of its space to the coverage of the US Army and Air Force outfits stationed in different parts of South Korea with much spotlight given to the activities of the USFK commander, concurrently the UN commander-in-chief, which had big military as well as political significance here.

The fire at my office building took place in a particularly eventful year in the post-war history. On Jan. 23, 1968, the US intelligence-gathering ship *Pueblo* with a crew of 83 was seized by the North Korean

Navy off the port of Wonsan and teams of North Korean guerrillas appeared in Seoul and coastal areas throughout the year. There was a lot of reinforcement of men and equipment from the US and joint exercises were held with the Korean forces in effort to cope with the increase of military threats from the North. The *Pueblo* crew were freed on Christmas Eve but military tension continued on the Korean Peninsula while the war in Vietnam was raging.

Once in the late 1960s, there was an episode of a copy of *The Korea Times* flying over the conference table during a Military Armistice Commission meeting. Maj. Gen. John Cicorella, the U.N. Command senior member, read a Korea Times article introducing a graveyard for North Korean armed infiltrators killed in firefights south of the truce line in his harsh accusation of the communists' frequent violation of the Armistice Agreement, and handed the copy to his North Korean counterpart Maj. Gen. Pak Chung Kuk across the table. Pak picked up the newspaper, tore it in half and threw it back to the UNC side. I watched the scene from outside the conference room through the window and had a weird feeling because I was the writer of the article.

As years went by, the size of USFK has been gradually reduced to a single infantry division, a number of Air Force command and support units with the total strength coming down to the present figure of 28,500 men and women. They consist of the Eighth US Army of about 20,000 soldiers, the US Naval Forces Korea headquartered in Busan with about 300 sailors, the US Marine Corps For-

ces Korea with about 100 marines, the Special Operations Command Korea with about 100 operators and the Seventh Air Force operating with 8,000 airmen. The Yongsan headquarters of the USFK has recently completed being relocated to Camp Humphreys in the Osan-Pyeongtaek area, which is the new integrated compound housing the entire American military forces in Korea now serving as the strategic mobile force under the US Indo-Pacific Command and as a component of the Korea-US Combined Forces Command.

Seven decades after the Korean War, in which 34,000 American young men were killed along with some 140,000 Korean soldiers, the military alliance between the two countries remains firm and strong while economic, diplomatic and cultural ties continue to grow across the Pacific Ocean. *The Korea Times* is doing its part to enhance the historical partnership that began in the heat of war seventy-some years ago, providing those tens of thousands of men and women in uniforms with as much information about their host country and its people as possible, thereby helping increase mutual understanding. While North Koreans call the USFK the tool and symbol of US imperialism, most South Koreans consider them almost as an integral part of the republic with deep appreciation for their presence. *The Korea Times* may attribute its birth to the war and the foreign forces' service here caused by the conflict, but the newspaper has grown over the past several decades to an indispensable medium for political, economic and cultural communication in the global community.



Misaki Kerfoot

Let's Do Yoga!

Your Yogi in Area IV

By Misaki Kerfoot

My name is Misaki, and I am from Okinawa, Japan. I have been in Daegu for a year and a half and I offer yoga classes at Kelly Fitness Center every day—on Monday, Wednesday, and Friday at 6 PM; on Tuesday and Thursday at 10 AM. When you join the class, it's good to connect with the yoga group on KakaoTalk because I post updates there, such as if I need to cancel a class. If you are new to the yoga class, don't hesitate to get in touch with me.

Connect With Me

Kakao ID: Akimama1229

Facebook: <https://www.facebook.com/misaki.taira/>

First of all, I need to explain the definition of yoga. Yoga is a cessation of mental modifications; it means to have a still mind. It is a state of peace and calm. In the class, I teach Asana, a part of yoga. The postures and positions you know of as yoga is actually "Asana." And there is a breathing technique that allows your muscles to relax. Combining two techniques can improve body flexibility and deepen your breath, calm you down and control your heart rate. In addition, it can enhance strength training, cardio, and aerobic exercises.

I enjoy yoga and encourage you to give it a try because yoga is suitable for maintaining both physical and mental health. Moreover, you can do it every day and everywhere. All you need is a yoga mat and space. If you are not ready to join the yoga class or pay for membership, or if you prefer privacy, you can practice yoga from the comfort of your home with YouTube videos. There is so much information online, and YouTube has thousands of hours of videos from beginner to advanced. On the other hand, if you get your energy from people around you, if you prefer direction from a yoga teacher in person, or if you are looking to meet people and make friends, I welcome you to join my classes. If you're not in Area IV, check if classes are offered at your gym(s) on base or look for classes off-base.

My own journey with yoga began about seven years ago after moving from Okinawa to North Carolina. My hobby is surfing, but I could not go surfing as I used to, so I was looking for a new hobby. I began to learn yoga on my own by watching YouTube videos. I started with beginner videos and continuously worked toward the intermediate and advanced level videos.

After moving to Daegu, I enrolled in a yoga teacher training course at Ayurveda Yoga Academy. I graduated from the teacher training program one year ago and continue to gain knowledge there about yoga, to improve my posture and skills as a yoga instructor. I have done many types of yoga including hot yoga, and I like them all. However, I most enjoy classic yoga, which I learned at the studio here. I have enjoyed learning at this studio so much that when the day comes that we PCS to my husband's next duty station, I will continue studying through this academy online.

When you start yoga, set the goal of 70% to 80%. Do not think you will do it perfectly. When you skip your routine, do not judge yourself. Practice every day until you do not need to put effort into it. My yoga teacher keeps telling me: consistency and enjoyment of whatever you do is the key to anything you decide to do. Do not let mind and body control you; you control them. Let's do yoga!

It's a Military Life — We Go Together | 같이 갑시다

By Christina Etchberger (크리스티나) and
Suleyka Gonzalez

When one thinks of "growth" many times an individual might only consider oneself. As an individual, I view growth as a community effort, whether it is the growth of a child into adulthood or the growth of an entrepreneur into a successful CEO. As a military spouse, currently navigating entrepreneurship in South Korea, I took to the new culture around me to reflect on my personal and professional development.

"Katchi Kapshida" or "같이 갑시다" (in Korean) means "We go together".

These words truly impacted my view on what it means to be a global citizen and military community advocate. It allowed me to stop and reflect on whether or not my nonprofit organization, It's a Military Life, was truly living up to our mission and values. When I have these moments of reflection I do not solely rely on my own thoughts and feelings, but the expertise and support of the invaluable Association of Military Spouse Entrepreneurs (AMSE) network and my extraordinary professional volunteer team.

How did my nonprofit organization begin? It began with an idea

and grew because of the tribe I chose to be a part of my personal and professional life.

Ideation: Began with Me and Ended with Team

It's a Military Life Corporation began simply as an idea like any business or organization starts. This idea was definitely stirring up in my mind for a while, but truly came into fruition when I saw a need. I noticed there were so many military spouse communities and resources out there, but not a centralized hub for both military spouses and veterans to learn and grow together. IML was first a lifestyle blog where I featured military community members and opportunities, but after I pivoted to developing my blog space as a community that serves, the professional volunteer team was created.

IML officially was founded in June of 2020 as a lifestyle blog and soon after, a community hub of military spouses, veterans, and families. My husband was deployed for the second time, and I was home alone with my two small children—a five month old and a two year old—during the pandemic. The first deployment was definitely challenging for me, but I decided

to be a change agent this time around because I could make an impact virtually through my newly founded community.

I was in search of a volunteer assistant due to the fact my community was growing. I published a volunteer job posting for a volunteer assistant position. Who mostly applied? Military spouses and veterans. As an educator, I knew this was an opportunity I could not pass up. So many qualified candidates for a volunteer position? How could I make this an educational experience that also builds up those that choose to volunteer?

After completing interview after interview, I decided to create a cohort immersion program. I reached out to incredible military affiliated businesses to act as mentors for those who participated. After this program, many of the participants had the opportunity to extend their experience with the resource partners or stay on as professional volunteers with It's a Military Life. Many did choose to stay with IML. Those individuals are the reason IML is a nonprofit organization. We worked together during their time with IML to help with the nonprofit development process, and they are the first supporters of our mission:

It's a Military Life Corporation is a

military spouse and veteran network that advances resiliency, promotes community involvement, and forges meaningful relationships.

Business Start-Up Success: Developing the Professional Team

AMSE has always been a part of my entrepreneurial journey. My first mentorship and networking experience was with this incredible network of military spouse entrepreneurs.

I too wanted to create a team of professionals that built each other up and celebrated each other's successes.

The professional volunteer team begins by searching for qualified candidates via LinkedIn. I create a job posting with a detailed description of whatever position I am looking for that has an SOP relevant to the role. I go through an interview process, and speak to each and every qualified candidate about the position they are applying for but also help them dive deeper into where they are professionally and where they want to go professionally. This helps us decide the best role for them on the team, and also develop professional goals for them within and beyond the organization.

Future Planning and Growth

It's a Military Life has a volunteer incentive program that is growing each and every day. We recently became a certifying organization for the Presidential Service Award program. This gives our volunteers a goal to achieve in regards to hours served. We use Clockify to track their hours, with the expecta-



It's a Military Life MILSO & VET NETWORK

tion they serve five hours a week. They reflect each week on their progress in their various roles, and set goals for the following week. Many of our program directors have 30-60-90 Day Plans for their teams, and this is especially relevant for our marketing department.

IML also awards a professional volunteer each month, with the Volunteer of the Month award and the Certificate of Excellence. They receive a gift card from the CEO personally, a feature on LinkedIn, and endorsements from the CEO and fellow team members. As much as we are proud of where we are with this program, our goal is to further acknowledge the efforts of our team members and receive official sponsorship so we can further support our volunteers with professional scholarship and event opportunities, as well as stipends for the year.

Quality networking within LinkedIn and the AMSE community is the reason IML has found so many quality professional volunteers ranging from military spouses to

veterans, to serve our organization. Each and every volunteer has the resume and experiences to successfully meet the demands of the role assigned, but most importantly they have the passion to learn and grow together, while supporting a good cause.

It's a Military Connection

Are you currently transitioning out of service and feel overwhelmed by the question of what to do next? Have you already transitioned out of the military and don't know what career path to follow? Are you a military spouse looking to find the profession that will meet your lifestyle needs? It's A Military Connection is the place for you! Within our growing community you will find the tools and resources to help you navigate through your professional journey.

Cohort Immersion Program

Once in the spring and in the fall It's a Military Connection offers



a cohort immersion program to military spouses, Veterans, and transitioning service members. The purpose of the program is to provide an interactive, hands-on experience to guide participants on their professional journey.

During the 6-week program participants will cover various topics such as; goal setting, professional development, workplace etiquette, task and time management, communication and mentorship. Whatever professional path you choose, the IMC team wants to provide the support needed to ensure your success.

Quotes about the Founder and organization

Christina is a wonderful leader and mentor. When I became a new military spouse, living in a new area, I struggled to find meaningful employment. Christina believed in me when she hired me as an intern for It's a Military Life. That experience

provided me with a platform to utilize my skills and learn new things in a safe environment. Because of Christina's leadership and organization, I am now employed by a non-profit organization doing something I love. Through this experience I formed a passion for supporting military spouses. I am so thankful to Christina and all she has done to help me get where I am today!

-Kyra Seeley, <https://www.linkedin.com/in/kyraseeley/>, Military Spouse, 1st Cohort Immersion Program Participant and Former Volunteer

I met Christina after curiously coming across an internship opportunity with It's A Military Life. Through this internship, I gained not only professional experience, but relevant knowledge to Nonprofit development. Christina is the heart and soul of IML. She is a kind and passionate professional, and an excellent mentor. Her strengths as an educator are superb. As a leader

she offered exceptional guidance and skill-building opportunities that were transferable to the Nonprofit and business sectors. I'm grateful for Christina and all she has taught me. I am also grateful to continue to support her through IML and Nonprofit development. I know she will be successful because of her dedication to learning and leading!

-Alia Schenck, Veteran and Military Spouse, 1st Cohort Immersion Program Participant and Former Volunteer <https://www.linkedin.com/in/alia-s-0b9178b0/>

"Volunteering for It's a Military Life has exceeded all my expectations and I have gained as much as I have given. I am grateful to the IML team for the opportunity to learn and grow as a person and professional while contributing to such a special community."

-Lourdes Gonzalez, Military Spouse, It's a Military Child Life Program Director <https://www.linkedin.com/in/lourdescg/>



6 Things You Might Not Know About Dubai

By Erin Henderson

As the final days of winter come to an end, now is the time to start thinking about getting out and taking a trip to somewhere warm, perhaps a trip to the desert? Dubai is located in the United Arab Emirates and is known for glamorous shopping, exotic sports cars and more lights and high rises than you can imagine. It boasts the tallest building in the world, ornate fountains choreographed to music and endless activities for couples and families. There are so many outdoor activities (as well as indoor) you can partake in so it's definitely worth putting this glitzy city on your radar. Here are a few fun facts about Dubai for first timers!

1. The city is extremely clean. You will sometimes see workers polishing the street signs.
2. You will hear the call to prayer five times a day throughout the city (even in the airport).
3. License plates are status symbols. The fewer the letters/numbers, the wealthier or higher in political ranking the owner.
4. Most people speak English in the tourist areas.
5. Dubai is very family-friendly. From treks in the desert, viewing the city from the tallest Skyscraper in the world (Burj Khalifa), splashing in the water at one of their pristine beaches, to trying your hand at the indoor ski resort, or checking out the aquarium in the Dubai Mall, there are endless activities to keep your family entertained!
6. If you are a female traveling solo or in a group of females, there are taxi cabs at the airport designated in pink specifically for women only, driven by women.



TITANIUM

My Story and Advice for Athletes With Disabilities

By Coach K (Krista Lynn Fagala)

My name is Krista Fagala but my students call me Coach K. I was born and raised

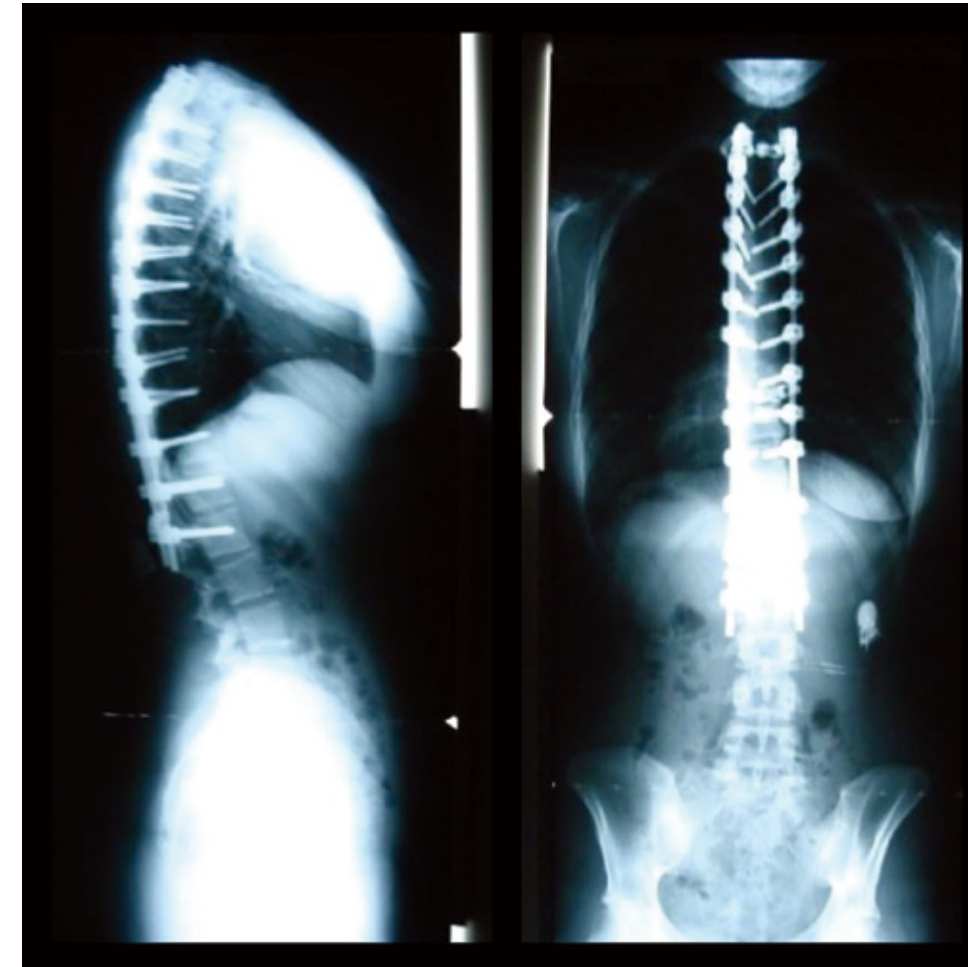
in Oklahoma and have lived and taught all around the world. I have been teaching for twelve years in health, physical education, safety, and exercise science. My passion in life is teaching everyone how to be healthy for a lifetime. At Osan I am in my eighth year of teaching health and physical education to Pre-K through 5th Grade. I have previously coached at the high school, coached our security forces personnel and I am currently coaching at CrossFit Osan.

How I Got Into Health & Science

Since I was a kid, I have always loved being active. You could normally find me in a swimming pool, playing football with my brothers or outside our country house on an adventure. I started off with a major in Athletic Training but switched to Health and Physical Education. I wanted to teach people how to be healthy for a lifetime.

When I was 22, I had life-changing surgery. I was born with Kyphosis and it got to the point where I was having a hard time breathing and my curvature moved to 86 degrees. My spinal surgery took eight and a half hours. I have thirteen vertebrae fused with two rods, twenty-three screws, four hooks, four crossbars and a battery stimulator—later I became the "bionic woman" (insert song, Titanium here). The Doctor said I would more than likely not be able to do what I was able to do beforehand, which made me determined to do more.

A month before my surgery, I had interned with Team USA. I worked



with Olympic and Paralympic athletes and their stories changed my life. I saw athletes in wheelchairs, missing anywhere from one to all four of their limbs, blind athletes, and athletes with other disabilities, all representing Team USA in the Paralympic Games. They had been told things like, "You'll never walk again" and turned it into "You're right, watch me soar." Check out this YouTube video— if you take a minute and watch it, you will see what I mean—Paralympics—Meet the Superhumans: <https://www.youtube.com/watch?v=tuAPPeRg3Nw>.

After surgery, I went into a two-year recovery, learning how to do everything again. I remember

crying in the pool because I wasn't able to do a flipturn, something I had taken for granted and was now unable to do. But I worked hard and stayed consistent and even though my rods weighed me down in the water, I learned how to flipturn again. I remember crying the first time I ran after surgery. I hadn't been able to run for almost two years and then it just clicked again. I rebuilt my strength through years of hard work, being consistent, and remembering the stories of the Paralympic Athletes who overcame life's challenges and turned them into something beautiful. Now it was my time to teach others what I have learned and continue learning,



in hopes that when they are faced with challenges, they do the same.

Tips for Creating a Healthy Lifestyle

Start today. Don't wait until the New Year or Monday. Just get up and go on a walk, pick up a new activity. Once you start, be consistent and know it'll take time. Find something you love and look forward to. Nothing comes overnight, remember it's about the journey and the people you meet along the way, so find an activity that you enjoy.

Don't worry about what people think. When I was 14, I wanted to become a lifeguard and join the swim team. I was a strong swimmer but was never taught the strokes. I remember going into my first practice and the lifeguards laughing at me because I didn't know how to do a simple free style. I decided I

had two choices, become bitter or better. I chose better and practiced as much as I could, and with practice always comes success. After a year of hard and consistent work, I became a strong swimmer and at the age of 17, I started coaching my first swim team.

To a Young Athlete With Disabilities

So you're interested in sports but you have a disability. Go look up these athletes: Rudy Garcia-Tolson, Melissa Stockwell, Erin Popvich, Amy Purdee and Logan Aldrige. Read their stories, watch them on TV, commercials, YouTube, etc. You'll see them on Dancing with the Stars, in IronMans around the world, on the slopes and in the water. They will show you anything is possible even if you only have one arm or your legs are prosthetic.

After my spinal surgery, I remember the words of one of my bosses with the U.S. Olympic Committee; he said, "It's just a paper cut." He lost his leg in a truck accident and he would tell people it's just a papercut. When you look at my back, you will see a scar from the top of my neck all the way down to my lower back, and I learned to say, "It's just a paper cut." Meaning, don't let what life throws at you, whether it's physical or mental, hold you back from being who you were designed to be. You have two choices, you can focus on what you can't control or you can focus on what you can control.

To the Parent of an Athlete With Disabilities

Let your child do things on their own. Speaking from my own experience, you have to let them figure out how to do things on their own. Yes, help them and love them where they are at, but let them know it's okay to fail. I tell my students, I fail and mess up everyday, but that is how I learn. I learn through my failures and mess ups.

Let them try all the sports and activities and please don't tell them they can't. We hooked up sprinklers at both ends of the pool so our blind athletes knew where they were at before they hit the wall. Where there is a will, there is a way, you just have to find it. I have seen so many disabled people do things I wouldn't have thought possible. I have learned not to tell my students they can't and when a student says they can't, I ask them, what word is after can't? They reply, I can't do it, yet. If you teach children how to have a growth mindset, they will know it's okay to fail and to mess up, but through failures and mess ups, we learn and we keep going, and



before we know it, we've achieved what we thought was not possible.

CrossFit in Osan—A Place to Start and Get Connected

I am all about people and getting to know their stories. I started with CrossFit Osan and absolutely love the community. I have been blessed to be able to coach and workout

alongside some amazing individuals. It's hard being overseas alone and CrossFit Osan has given me a family, just like the Teachers at the school, they are my family.

I have been here for over seven years and I have seen a lot of people come and go and some return. Getting to know their stories and building a group of friends who are

in all walks of life, is what life is all about. A wise mentor once said, you didn't bring anything into this world and you can't take anything out, all you have is what you leave behind. So what are you going to leave behind? Me, I want to leave this world better than I found it and my life quote is, "To the world you may be one person, but to one person you may be the world."

What Fans Should Know About Baseball in Korea

Written and photographed by
John F. Behrend, Retiree and Baseball Fan

To describe baseball in Korea, I'll start with my very first experience watching a game in 1985 at Citizen Stadium in Daegu. The Samsung Lions were playing the Lotte Giants. The Stadium was packed with standing room only. It was an awesome game between two rivals, like watching the San Francisco Giants play the Los Angeles Dodgers. I don't remember the score of that game but I know Samsung won. I remember the excitement and the sense of Community and Camaraderie. I really enjoyed leaving the stadium, heading for the subway with fellow revelers, feeling full and with still a few bucks in my pockets. That's the moment I fell in love with Korean baseball back and I have been a fan ever since. I am currently a season ticket holder at Lions Park and have my very own seat with my name on it (Mr. Baseball), 14 rows behind the Lions dugout 2016-2022.

History of Korean Baseball

Let me give you a bit of history of the league, the Korean Baseball Organization (KBO), which was founded in 1982 with six teams. Some of the teams don't exist anymore or have changed their name, such as the Kia Tigers (the Haitai Tigers), LG Twins (formerly the MBC Changgyong), Doosan Bears (for-



merly the OB Bears), and Hyundai Unicorns (formerly the Sammi Superstars)—the Hyundai Unicorns were disbanded in January 2008. The only original teams left in the KBO are the Samsung Lions in Daegu and the Lotte Giants in Busan.

Samsung won their first Championship in the league in 1985; Samsung has won the Korean Championship eight times and finished as runner-up on a few occasions. Samsung was the first team to win regular season league titles over five consecutive years 2011, 2012, 2013, 2014 and 2015. They also won four consecutive Korean series in 2011, 2012, 2013 and 2014. In 2015, however, they lost to the Doosan Bears in the Korean Series,

four games to one.

Attending a baseball game at a stadium in Korea is an opportunity for a lot of people to let loose. Between the cheerleaders dancing on podiums and the famous "Kiss Cam" that offers sweet, often awkward, sometimes disturbing moments, there are plenty of opportunities to laugh and enjoy the game, even when not much is happening on the field.

Here is a list of the stadiums around the country, in the major cities. In Seoul the Jamsil stadium is the most popular; Seoul is also home to the Gocheok Sky Dome and Mokdong stadium, which is the former home of the Nexen Heroes. Munhak stadium is in Incheon. Going

south, you can find other stadiums in Suwon, (SK) and in Daejeon (Eagles). Gwangju has two stadiums, the Kia Champions Field and Mudeung stadium, while Busan, the second largest city only has one, the Sajik (Lotte) baseball stadium. The next two are set in Daegu, Samsung Lions Park and the old stadium Citizens Stadium, which was built in 1948 before the Korean War. Citizens Stadium is the former home of the Lions, and is still used today for amateur baseball and high school games—it is a national landmark in Daegu. Each of the following cities have a single location: Ulsan (Giants), Pohang (Lions), Gunsan (Kia), Masan (NC Dinos) and Cheongju (Hanwha Eagles).

Over the league's history, more than 200 Americans have played in the KBO, as well as 80 players from the Dominican Republic, 20 from Venezuela and a smattering of players from other countries across the globe.

American Tyron Woods was the first notable foreign player to hit a home run, eventually breaking the home run record that year. He was also the first player, Korean or not, to be thrown out of a game by an umpire. In 2007, American Jerry Royster was the first foreign born manager in the KBO, managing the Lotte Giants for 4 seasons. Some other notables are Juilo Franco, Josh Lindblom, Eric Thames, Eric Hacker and Darin Ruf, just to name a few.

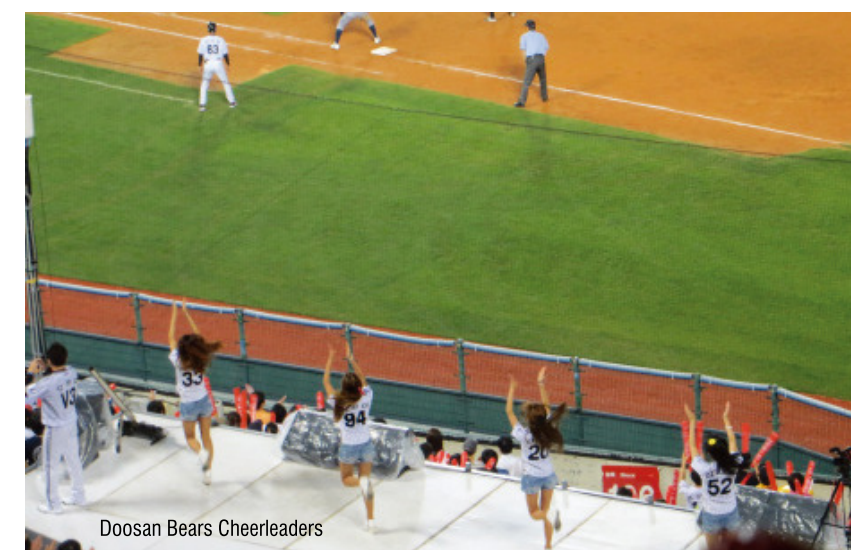
Food, Drinks and Fans

There is a wealth of food and drinks to buy at each stadium, but be warned, wealth doesn't mean health. The selection is generally fried chicken, hamburgers, a bowl of Ramen noodles, and beer. If you want something else, even pizza, you'll have to bring it; bringing your own food is fine as long it is not in glass or can

containers (including soda and beer). Anything in glass park aluminum containers will be taken from you at the stadium entrance.

If these items are your thing, then you'll be very happy as the combination of fried chicken, beer, cheerleaders, pop tunes and the waves of cheer are a match made in baseball heaven. And oh yes, they do the wave by the way.

You don't have to plan on spending \$25 for a beer and hot dog. KBO games offer cheap food and drinks inside and outside of the stadiums—what a concept! They even sell tra-



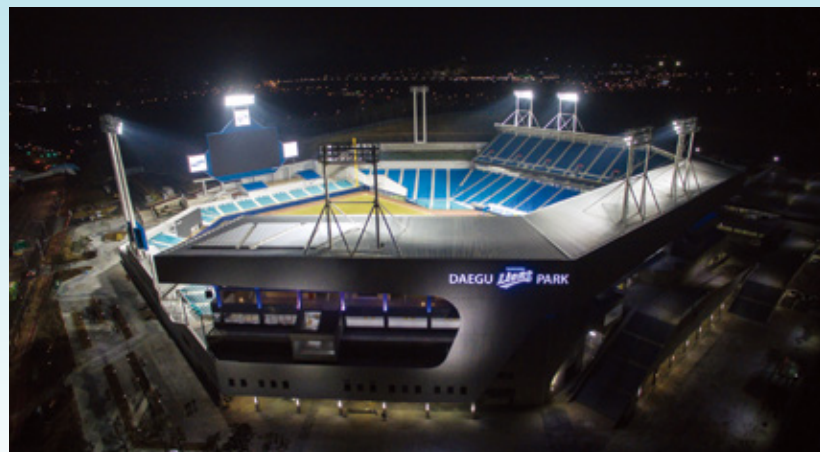
ditional Korean food like fish cakes, rice cakes, kimbap, tteopokki, dried squid and other goodies including chips, popcorn and candy. You can get cups for beer to be poured in so you can take it to your seat.

The energy in the stadiums is kind of like a more polite, less violence-inducing Venezuelan soccer game—intense fans, big flags waving, chants, a decorum of taking turns saying cheers. A peaceful intensity. Beer is cheap, food is cheap and most stadiums are new and nice. Sometimes the pitching isn't great but when that's the case, you will see an exciting offensive game.

Cheering and Dancing

Each player has a song as they come up to bat, that the fans know and sing. Announcers call their names as they step up to bat, to pump up the crowd. In addition, for the home team and visiting team, there is a mascot, a cheer master and cheerleaders to lead the cheering fans.

The atmosphere of the stadiums is electric and the fans are committed. Once on site and after the snarky grin washes off your face, you will be chasing after the plastic bags



country is a great experience and the general joie de vivre of the Korea stadium-goers is infectious and truly memorable.

Baseball Season

The season usually starts around the end of March or first week in April with all teams playing on opening day. The 2023 KBO season will start on Saturday, April 1, with the 10 clubs each playing the standard 144 games. This year teams will play 73 Home and 71 away games in 2023.

Four of the five Opening Day games will be played in the greater Seoul area; the Lotte Giants will play at Jamsil Baseball Stadium in western Seoul to take on the Doosan Bears, the Hanwha Eagles will head to Gocheok Sky Dome in western Seoul to face the Kiwoom Heroes, the Kia Tigers will head north to Incheon SSG Landers Field in Incheon to play the reigning champion SSG Landers, and the LG Twins will take on the KT Wiz at KT Wiz Park in Suwon, Gyeonggi.

The sole game to take place outside the capital region will be between the NC Dinos and the Samsung Lions at Daegu Samsung Lions Park in Daegu.

Purchasing Regular Tickets or Season Tickets

If you are a fan of Korean movies and dramas, especially those about daily life, you probably already know that Koreans love baseball. Popular baseball players in Korea receive as much love and support from fans as idols and actors. Getting tickets to the big baseball games is as difficult as getting tickets to a football game. This is partly due to the passion of the fans and partly because the capacity of baseball fields in Korea is only about 20,000 seats, equal to half the capacity of football fields.

Do not fear, I'm here to walk you through it. There are several sites where you can buy tickets to watch professional baseball, but Ticket Link is the most popular site and app. After downloading the app, you will see "fastest sports booking" in the middle. Select the team you want to purchase a KBO baseball ticket for (Kia, KT, LG, NC, Samsung, or Hanwha).

Website: m.ticketlink.co.kr/

Website: www.interpark.com/

Another site for buying baseball tickets is Interpark. To pur-

chase a baseball ticket on Interpark, you must have an Interpark ID. You should check the website at least a week in advance and make a reservation quickly to get a good seat. You can select your seat by first selecting the desired zone. You should keep in mind that each seat in different zones has a different price. The better the position is, the more expensive the ticket is. Also, you will notice that prices vary on weekdays and weekends. You must pay within five minutes to complete the reservation. Baseball tickets are often on-site pickup so you can receive your reserved ticket at the stadium ticket booth on game day.

Tickets to games range between 5,000 (unreserved) to 60,000 won (VIP) depending on the location of the seat and the day (weekends/weekdays). Blue and red zones (general infield seating area) are between 10,000 and 15,000 won. For the season tickets, first choice goes to previous season ticket holders then season tickets are opened to the general public. For more information and procedures, it is best to contact the team's marketing branch.

The baseball season lasts from April to October or November, with a 144-game schedule. There will be a break from July 14 to 20, 2023 for the All-star game.

Best Times to Catch a Game

The best times to catch a KBO baseball game for a family outing are Friday, Saturday the games start at 17:00 and on Sundays at 14:00.

I hope you can get to watch your favorite team and maybe recognize the face of a former MLB player on the field, like Puig who played for the Dodgers and now plays right here in the KBO in Seoul for the Heros. So, let's play ball!

3 Cafes to Check Out Near Osan Air Base

By Erin Henderson

Café Counting Stars

Café Counting Stars is in the Osan Ville not too far from the Songtan walk out gate. Their cookies are some of the best around and they do offer a gluten free and a vegan option. On top of having cookies that rival your grandmother's baking, their coffee is superb. From the Songtan walk out gate, simply cross the street and the café is on the right-hand side not too far down. The shop is very small inside and is set up more for a grab and go style. They are open Monday-Friday 8AM-6PM, Saturday 11AM-6PM and closed on Sundays.

Address: 8-1 Shopping-ro, Pyeongtaek-si, Gyeonggi-do



Caffe Bene

Located a little farther down in the Ville past Cafe Counting Stars you will find Caffe Bene. Caffe Bene is part of a larger coffee house chain that was started in Korea in 2008. It was founded in Seoul and despite having to close many locations in 2018, Caffe Bene still operates hundreds of locations throughout Korea. Though it's part of a larger chain, when you walk in, it doesn't have a chain feel as each of their stores is designed uniquely for the location. This café is filled with funky artwork on the walls and littered with eclectic knick knacks on the shelves. The tables are wooden farmhouse style that make you want to stay a while and work, or perfect for gathering with your friends. They are open 8AM-12AM, 7 days a week.

Address: 324-22 Sinjang-dong, Pyeongtaek-si, Gyeonggi-do



Hocus Pocus Roasters

Have you ever seen that cartoon where the character is floating in the air following the most amazing smell ever? That is the feeling you get when you get out of your car and walk up to Hocus Pocus Roasters. You are greeted with the sensational aromas of freshly roasted coffee and bonus, the coffee tastes as good as it smells. When you walk in, the roasting room is on the right near the counter where you order so occasionally you can see them roasting beans right in front of you. Order a cup to enjoy in their garden area when the weather warms up or grab a bag of their freshly roasted beans to take home and enjoy. They are located 15 minutes from Osan Air Base and it's a drive worth making. They are open 10AM-10PM, 7 days a week.

Address: Gyeonggi-do, Pyeongtaek-si, Jangan-dong, 412-1



Espresso Machine

How Befriending My Anxiety Helped Me Rediscover Myself

By Siân Upton

In November 2019, we packed up our four children (ages 21 months to 7 years at the time) and promised them the adventure of a lifetime. Daddy's new orders were to USAG Humphreys. Not only would we be in South Korea, we would also be experiencing military life outside our Air Force bubble.

Just as we were getting settled, Covid-19 put the brakes on everything. Suddenly, I was juggling two kids virtual-learning in separate bedrooms while my toddlers destroyed my house. A house we rarely left. We had promised them adventure and had yet to deliver.

To make life more fun, my high functioning anxiety spiraled out of control. When we took the family out, it was usually a good time. The problem was getting me out with the kids. I was afraid one of them would wander off and the idea terrified me. If the hubby wasn't going, we didn't go.

After that first year, things eventually settled down. Three important things happened:

First, my bestie told me about



Siân Upton
Photo by Liza James

a normal practice for me with every new location, but I had miscredited my emotional improvement with leaving a location I loathed.

Second, I sought out several months of counseling off-post with a licensed practitioner. Never be ashamed to ask for help! Military life is already hard, and we all deserve a little grace. Knowing my anxiety and struggles weren't my fault and—I cannot stress this enough—did not make me a bad mother, freed me. Long after I quit taking that pill, I was afraid to be too loving with my kids, in case I "broke" again. In my head, that yoyo with my open affections and cuddles would be so much worse than whatever it was I was

hesitantly offering. I was literally afraid to show my love, and it was killing me to be distanced from my kiddos. Knowing the real cause and forgiving myself was required to move on.

Lastly, we met and befriended a sweet ex-pat and her young daughter. She was on the RoK as a teacher, and she felt so alone. We met them at a park near the

Walk-in Gate by chance, and the rest is history. Her willingness to meet us at a train station literally anywhere motivated me to get out of my own head and make myself plan fun things for our family again. Having an extra adult on hand also eased the fear one of them would wander away and never be found. It was also a joy to offer them a place to celebrate a truly American Christmas, something her daughter had never had.

I will always have anxiety, but I learned to prioritize myself, put on real pants, and get back out there. Before the anxiety kicked off, I was always ready to run out the door with my kids at the drop of a hat. I won't say I'm back there, but I'm getting there. That's good enough for now.

So, what the heck did I do when I was home alone with four kids for months on end? Well, as I was helping my then third grader learn to write more efficiently given her lack of typing skills, I remembered how much I love to write, too. Like... I really, really love to write!

One glorious Monday—that was my sitter day—I opened up a word processor for the first time since I left college, over a decade ago. I wrote the most ABYSMAL crap!

And then I laughed. I knew I could tell a good story, but that wasn't it, folks. So, I tried again. And again.

The third time, it stuck. I felt a fire long missing from my life and with it came purpose and freedom. I was still Covid-trapped, but I wasn't as overwhelmed by it. Writing became my joy outside of motherhood. The joy I created for myself, and not for them.

I hadn't invested in me for so long, I had forgotten how. The joy of writing spilled over. We

had more dance parties while we cleaned the house on weekends. We left the house more on weekends! Investing in myself improved our whole family dynamic. Once I got out of my head, I remembered why I'd wanted to be a mom in the first place. I cuddle them more now, something that had been overwhelming for a long time.

It's important to note, a lot of my issues were signs of being suicidal. I was distancing myself from my family because I was afraid of hurting them, and really didn't feel like I deserved the beautiful life I do. I was not suicidal, but many of my mental hang ups are classic signs. Suicide amongst our ranks is a heart breaking and elevated reality, but it doesn't have to be. We have the resources to overcome.

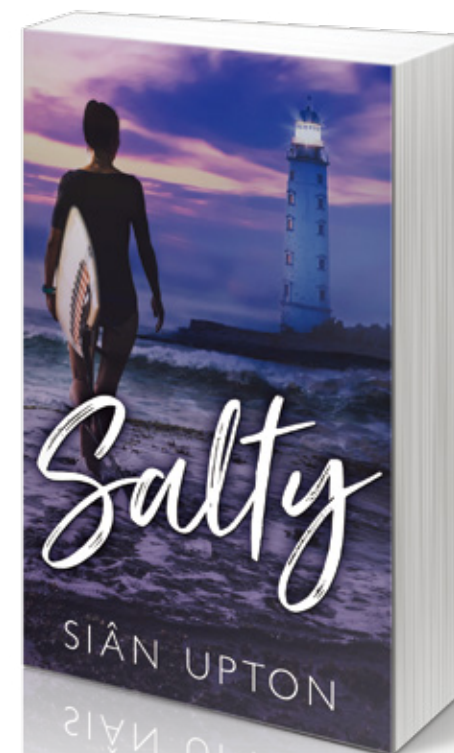
For myself, I know I get lonely in a crowded room, despite being extremely social. It's quality over quantity for me. Outside my close circle of ride-or-dies, who I am completely at ease with, I take a bestie or the hubby along to adult events so I don't trigger my anxiety when I don't see anyone I am comfortable with upon arrival. Plus, carpooling is good for the earth. Win win.

By the time we left in July 2021 (ahead of Daddy by three months so the kids started school at our next base on time), we had visited Everland at least five times. Covid,

who? We had this! Beaches? All three coastlines, baby. Museums? Heck, yeah! Parks and trails? Yup.

I made over 200 masks for family and friends. Our kids picked their favorites, and we were out the door. I admit, some days were better than others. The anxiety never went away completely.

But you know what else didn't go away? My writing.



In July 2022 I self-published Salty under the pen name Siân Upton; the novel I started in Korea while I was still so lost. Salty has become a series! I'm also working on a dystopian duet, which I hope to rapid release late spring 2023, amongst the titles adjacent to Salty. This thing that saved my sanity during one of the most difficult

times has become a business.

I chose to write under a pen name so I can be more candid about what it means to be a military wife on social media without violating OPSEC or making it super obvious who my service member is. We are grossly misunderstood in the civilian world, so finding a way to have anonymity and still educate others on our community has been... weird, if I'm honest. My personal social media is free of all talk regarding the struggles unique to military families. But as Siân Upton, I finally understand the point of a hashtag. It's been a wild ride!

My time in Korea was challenging for many reasons, but what I got out of it was worth it. #MilitaryBesties are a thing, and I know mine are the best of the best. I found myself again through friendships, writing, counseling, and the Korean barbecue around the corner.

Oh, and I saved those first cringe worthy drafts... just in case I need a good laugh.

SUMMARY

"Widow" was not a title Saoirse O'Brien expected to hold at twenty-eight, but after the sudden death of her best friend and husband, she knew what she had to do. Escaping the drama surrounding her husband's death and the bustle of the city was her only choice. Reminiscing over the stories her Nan had shared fondly in her childhood, and the things she pointedly had not, Saoirse felt drawn to her ancestral homeland. Ireland.

Off to investigate her family history, she happens upon an Englishman—more like gets trampled upon—and they strike up an unusual kinship. The chance encounter finds her on a road trip

with the intriguing Kevin Powell.

Kevin sensed a familiarity about the woman in the airport and while he couldn't put his finger on it right away, he knew he had to know more about her. After convincing her to take the road trip to his hometown together, where she miraculously is also headed, he becomes intrigued with her charm, wit, and even her reluctance to share her past.

As their connection grows, something more than friendship blossoms, but with each of their troubled pasts, they need to figure out if either of them is ready to move on, let alone move forward. When secrets are revealed about who they really are, and what they've had to overcome, their connection to the past overlaps with their connection to each other.

Salty is a standalone novel with a HEA.

Salty

Salty was inspired by a 'what if'... I had seen a segment on a morning show many years ago discussing how a nine-year-old boy was allowed to attend a prestigious east coast college, but because he couldn't keep up on notes

himself, they allowed his mother to attend as his note taker. This got me thinking, at what point is it a detriment to a child to have their intelligence so focused on that it stunts their emotional development? From that, Salty was born!



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The Love and Friendship Behind Casa Bianca and SnowPea

Written and photographed by Caitlin Ward



Bianca Del Carmen and Andres Kim enjoying sushi at SnowPea

My dear friend Janelle Matthews is a great supporter of *United on the RoK*. We met in 2021 as leaders of the spouse clubs at our respective bases and we have continued building our friendship since. For months, Janelle kindly responded to my requests for tips on who to reach out to in the area to write about different topics for the magazine. One day, I broached the idea of coming to Daegu to build connections, with her help. Neither of us were sure what the reception would look like but Janelle reached out to a number of her connections and set up a day of meetings. We were both excited with anticipation to spend a day together

and see what would come of it.

This high-speed, wonderful day, packed with back to back meetings, had brief moments of calm that I wish I could have stretched. In those moments, I fell in love with Daegu's small town feel.

One of those special moments, when time seemed to stand still, happened when I met two pairs of restaurant owners at a restaurant called SnowPea. Janelle and I entered the restaurant to find a sweet little girl named Ellie, sitting at a table with her parents, Andres and Bianca. They invited us to sit with them and I learned that Andres and Bianca are the owners of Casa Bianca, and Jin and Jay, who were taking orders and

preparing dishes, are the owners of SnowPea.

Janelle had brought me to the restaurant to meet both owners because both restaurants are very popular among Koreans, expats, and the military community. The owners shared their stories which are very different, and yet intertwined, by Daegu, by friendship, by food, and by military families.

SnowPea

The story of SnowPea is like a snapshot of a family saga, following the rise of a Korean family. The story was quickly summarized but picturing each step of the journey is reminiscent of many Korean historical novels.

Jay is from Seoul. Jin was born in Busan and grew up in Seoul where her parents moved for work. Jin and Jay met at an elementary school where they both taught. The chemistry was immediate; Jin recalled, "We just had a good feeling about each other." Before long they were dating and building a life together.

The young couple eventually grew tired of teaching and developed a hunger for a new opportunity; they contemplated opening a business. In 2011, in search of a challenge, Jin and Jay asked her mother's sister, Aunt Suk, if they could come live with her in Austin, Texas and learn how to make sushi at her restaurant, SnowPea.

After living with Aunt Suk for one year, Jin and Jay found their own place in Austin and stayed for another six years, continuing to work at SnowPea. In Austin, the couple enjoyed the atmosphere, the country music, the view, the air, the weather, the people and the food. Jin and Jay loved to go to Lake Austin and Zilker Park, enjoy Tex-Mex at the Oasis, and grab coffee at Anderson's, which had been there since 1972. Once, the couple traveled across the United States, visiting all the big cities. They briefly considered opening their own place in Portland or Colorado, but between the cost of healthcare in the States and the pull from their families, the couple decided to move back to Korea.

Impacted by their experience in Austin, when they returned to South Korea in 2017, Jin and Jay decided to move to Daegu instead of Seoul. Daegu is often described as a big city with a small town feel, and that is exactly what attracted the couple. Once they got to Daegu, Jin's mother picked the location for the restaurant, choosing a spot at the end of an alley thinking it would make people feel comfortable. In deference to Aunt Suk, the couple named the restaurant SnowPea.

Being new to the city, Jin and Jay were unaware



Bianca Del Carmen, Andres Kim and their daughter pictured with Jay and Jin Lee at SnowPea

of the military community, baseball players, and soccer players who would soon become their regular customers.

Feeling the familiar hunger for a challenge, the couple is opening a second restaurant in March outside Camp Humphreys on Rodeo Street, offering the same delicious spread of sushi.

Casa Bianca

The story of Casa Bianca is a love story. Hearing it told was like listening to the script of a yet to be filmed romantic comedy, replete with serendipity and excitement.

Andres was raised in Daegu where he lived until he was twenty-five years old. He taught Taekwondo until an injury from a car accident forced him to take a break. One day during his recovery, he read a book about traveling and decided to go to India and back pack for two months. The decision was as sudden and impulsive as it reads. On his journey across India, he also visited Nepal and Hong Kong. He gained confidence and from there, traveled to South America. From then on, he worked so he could travel and over the next few years of his twenties, Andres traveled to a total of thirty countries. He

was consumed with wanderlust and chased traveling.

In 2009, Andres moved to Lima, Peru where he worked for three months at a Peruvian restaurant. Several times after that, Andres visited Latin America and developed an interest in the cultural differences between Spain and Latin America. In 2014, Andres decided to move to Spain to immerse himself in Spanish culture. He started learning Spanish at a language school in Valencia and joined a culinary school in Barcelona.

Andres moved back to Daegu in 2014 and opened a restaurant downtown called Bueno Spain. One day, Bianca walked into his restaurant.

Bianca was born in Mexico and grew up in the southwest. She moved to Korea in 2012 to teach English and stayed. She came to Daegu every week-end for swing dancing and loved to visit a Mexican restaurant. One day when she went to enjoy food at her favorite restaurant, it was closed for remodeling so she went to the restaurant behind, Bueno Spain. She gave it a chance when she saw a sign out front that read Horchata.

Horchata is an interesting drink to find in South Korea because in Spain, the drink is made with tiger nuts which are hard to find in Korea. Andres had found a recipe to make Mexican style Horchata with rice, and through research and trials, had made the drink to his standards. Bianca was so happy to see he had Mexican style horchata, which she tried and loved.

When Bianca came to the counter, Andres started speaking to her in Spanish. She stubbornly responded in Korean and neither would budge. The chemistry was immediate. She ordered to go, and went home. She returned one hour later with her phone number. At the time, Andres was sure he didn't want to get married but he was intrigued. He followed up with Bianca the next day and invited her out again and again to meet his friends and before long, the two became a couple, and then married.

One day while they were dating, Bianca made chicken tacos at her home. Andres loved the taste and wanted to add it to the menu. As the restaurant menu gradually changed to half Mexican cuisine and half Spanish cuisine, the restaurant was re-named Casa Bianca.

When the couple started running the restaurant together, she recognized regular customers from the military communities in

the area. Bianca—who had immersed herself in Korean culture, loved speaking Korean and loved her Korean friends—was pleasantly shocked by the warmth of the military community members and families she started meeting.

“Since we got the restaurant going,” she explained, “it’s like I got a new family among the regular customers. Meeting all these different American families is something I hadn’t realized that I missed. The military community is unique because they are trying to re-create their community here. The friends we have made have invited us to church with them, and to join them for Thanksgiving.”

When They Became Friends

Similar to how she met her husband, one day Bianca came to SnowPea with friends and soon became a regular customer. Jin and Bianca knew each other as restaurant owners and before long, the pairs of restaurant owners would get together to enjoy each other’s company and talk about business. A friendship was born. When Bianca was pregnant, Jin brought her sushi—a special firecracker roll with cooked salmon since pregnant women are discouraged from eating raw fish. After giving birth, Bianca brought her newborn baby to SnowPea, to share the joy with her friends who had become family.

After Jin and Bianca had each shared their stories and hopes for the future, the conversation drifted from one with me, to one between business owners, talking shop, contemplating the rewards and challenges ahead of them and their shared interest in opening new locations outside USAG Humphreys. That moment was like looking through a window into their lives, connected by food, friendship, love, and Korea.

Casa Bianca

Master Chefs
Andres Kim
Bianca Del Carmen

Tel: 070.4224.2744
 SMS: 010.9753.2744

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Dancing for My Health: How Zumba Saved My Life

Written by Pak So Hyon
Photos by Erin Henderson

Aside from dancing, which I loved to do in my twenties, the only exercise I find remotely interesting is Zumba. Think about it, it's a high intensity workout where potential injury is fairly limited, you don't have to run, you don't have to lift weights and well let's face it, I'm Korean and Zumba is basically synchronized dancing.

I'm not just a fan, I am a certified instructor. No, I won't teach classes. I am a Zumba aficionado and the smiling face behind the front desk at the SFC Ray E. Duke Memorial Library at Camp Humphreys, who can help you find your way to the book you're looking for. I share Zumba with my coworkers when we create performances for our young reader patrons for programs and event days. I share Zumba with my crew at the library because it's fun and I enjoy sharing health and happiness.

Before I started working at Camp Humphreys, I worked at the library at Camp Casey. The library there is a little smaller but a lot like the Humphreys library. I worked there for thirteen years. I was drawn to the library and the security of the government job.

While I was working there, in 2015, I was diagnosed with throat cancer and doctors identified a desmoid tumor on my abdomen; a 3kg giant tumor on the abdominal wall. Desmoid tumors are benign, however the cells of the desmoid tumor can invade nearby body tissue and be very painful.

This type of tumor often appears after pregnancy and that's when it appeared for me. At the time, my daughter Min Jeong An was two weeks old. It was very hard and brings me to tears recalling that moment.





Don't worry. This story is happy. After many surgeries, the cancer was addressed (I am in remission) and the tumor was removed. Two years post-op, as a result of all of these surgeries and resulting stress, I had gained a lot of weight, was having trouble breathing, had trouble walking, and was experiencing heavy depression. I'm not a gym rat so I wanted to find an alternative exercise to lose weight and cheer up. I researched online, searching for a high intensity workout option. I came across Zumba and it looked like exactly what I could get into.

In 2017, I started doing Zumba at a studio in Dongducheon. I loved it and before long, I was doing Zumba for one to five hours each day. The teacher at the center recognized my enthusiasm and encouraged me to pursue Zumba instruction certification. Following her advice, I joined the Zumba Instructor School in Seoul where I met Zes Nana.

Zes Nana inspired me. She is

famous but she is not a diva. She cares about people. For example, when Zumba classes across the world could not meet because of gathering restrictions, Zes Nana was the one who reached out to Zumba headquarters in New York City and suggested a worldwide discount on the membership price.

Now, I have been doing Zumba for over five years and I believe it has saved my life. I was so sick physically and mentally. Thanks to Zumba, I lost 73 pounds over eight months.

As personnel and service members began to shift to Camp Humphreys, I followed the movement and came to Pyeongtaek in March 2021. I enjoy my job at the library because I love books and I enjoy reading. I also love sharing Zumba with my coworkers, building our sense of community and team spirit.

Like many other fitness programs, Zumba instructors are certified. They teach high intensi-

ty routines to four basic rhythms (salsa, reggaeton, merengue, and cumbia), each with four core steps. The moves are choreographed by Jammers who teach the Instructors. Zumba is originally from Columbia but it has been very popular in Korea since 2015 and correlates with Korean culture, which values synchronized dances. Our love for synchronized dances has to do with our cultural norm of respecting each other.

If you are interested in learning more about Zumba, come find me at the library or join a Zumba Center — you'll be hooked by the catchy music. You can also add seeing the Zumba Fitness Korea Team at the Wonju Dynamic Dance Festival to your bucket list (<https://www.wonju.go.kr/english/contents.do?key=2885&>).

Come by the library with your little one(s) for our next program, you never know when there will be a Zumba performance or k-pop dance activity!



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MINDSET: The Key to Thriving

By Amy Schweizer, Founder, Tiny Troops Soccer ®

“No problem ma’am. Can we speak to your husband?”

“I’m sorry – you need to speak to my HUSBAND about this?”

“Yes ma’am. He is your sponsor so we need his approval.”

“Let me get this straight. You need my HUSBAND’S approval for ME to have dental work done?”

“Yes ma’am. You are his DEPENDENT, so we need his approval.”

“I have never heard of such a thing; regardless, he is in Afghanistan right now.”

“Can you call him?”

“No! I can’t. He’s in AFGHANISTAN.”



“I’m sorry, we can’t proceed without his approval. Let us know the best way to get ahold of him and we will schedule you then.”

Dependent. I hated that word from the start. That story was one of the first encounters I had in a long line of slow-but-sure loss of independence. Don’t get me wrong – marrying into the military had plenty of “ups”, with its share of “downs.” Unfortunately for a career-minded, independent, then-28-year-old woman, it created a “failure to thrive” atmosphere.

Upon arriving at Camp Pendleton, California, our first duty station as a married couple, I was unable to locate a job that used my education, work experi-



ence, or passions. There were no positions that fully utilized my background, nor offered compensation that was even close to my prior salary. I guess I should fill you in on what my prior salary was...

My pre-military career was in professional sports. I was lucky enough to play on the Cincinnati Ladyhawks, which was a team in the women’s division of the United Soccer Leagues (USL). Following that, I got the amazing opportunity to intern with the Philadelphia 76ers professional basketball team, and had a job lined up with the Jacksonville Jaguars professional football team. I never had marriage or kids on my brain – it was always “if” I had a husband, he would supplement whatever I already had going on. Insert meeting a handsome Marine in his dress blues uniform while he was recruiting and I was working at a job fair. On our first date, I told him that I was moving to Jacksonville, Florida in six months, and he informed me that he was PCSing to Oceanside, California at about the same time. We both chalked it up and said we could hang out until then, not thinking much more of it. Fast forward nine months and my head-strong, independent self was in love with a Marine. We were

married within one year and headed off to California. I didn’t realize then that our move to Oceanside instead of Jacksonville would be the beginning of the end of my career as I knew it.

Trust me, I get it. It’s not fair. It’s not fair that we are home with the kids all day and night for months at a time. It’s not fair that the military always comes first. But, we can either choose to live in misery and destroy our marriages, or we can choose to accept the things we can’t change, and focus on what to do with the things that we can.

Thus, Tiny Troops Soccer was born. It took about three years to get all of the processes in place to open more locations seamlessly (currently in 17 states as well as 3 overseas locations). My best advice? Figure out what you love and continue pursuing it, despite your location. Don’t be afraid of “brass” who may tell you “no”. Instead, think of creative ways to respectfully get around it. Use the network of mil-spouse entrepreneurs – we’ve been there and we are so willing to help.

Turns out there’s a lot of things we “dependents” can do.

Meet Your Next Favorite Book!

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



MS KIM JIYOUNG, BORN 1982, *Cho Nam-Joo*

A novel written about the hardships experienced by a Korean stay at home mother. The author explained, "I thought of Kim Jiyoung's character as a vessel that contains experiences and emotions that are common to every Korean woman" (NPR).

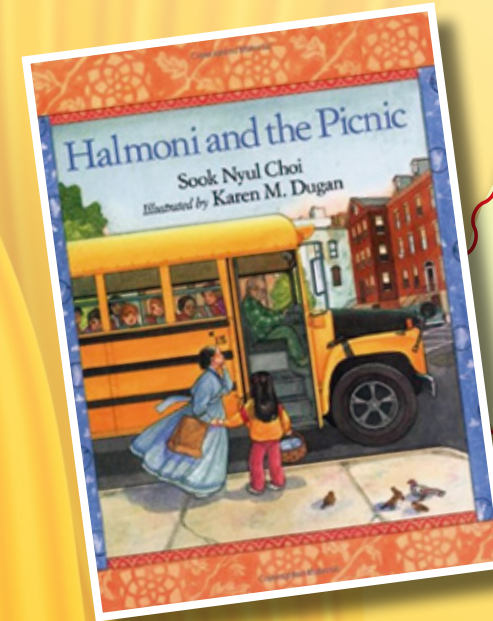
IN ORDER TO LIVE, *Yeonmi Park*

Human Rights Activist Yeonmi Park shares her story about her escape from North Korea, shining like on her struggles and unrelenting determination to build a better life for herself.

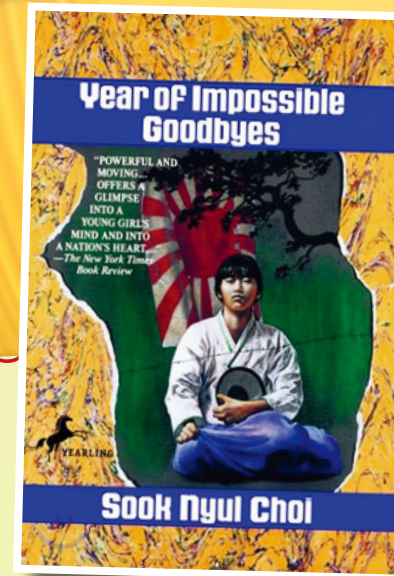
VIOLETS, *Kyung-Sook Shin*

A novel that explores misogyny, erasure, and repressed desire through a young woman's search for human connection in modern Seoul.

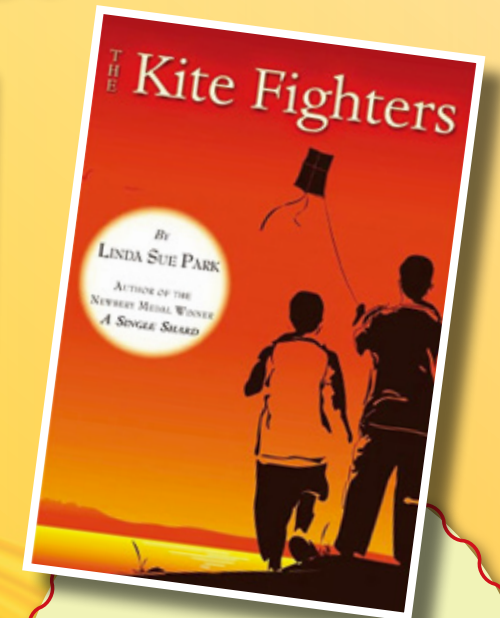
Childrens' Books



Halmoni and the Picnic is a story that takes place in New York City, about a grandmother from Korea adjusting to American culture and sharing her Korean culture.



Year of Impossible Goodbyes is about the struggles endured by a Korean family through Japan's occupation of Korea followed by Communist Russia's control of North Korea, and the family's daring escape to South Korea.



Kite Fighters is a story set in fifteenth century Korea, about two brothers with a shared passion for kites.

What is Pi?

Story and Photos by Maritzalyn Mercado-Santiago

“Probably no symbol in mathematics has evoked as much mystery, romanticism, misconception and human interest as the number pi.”

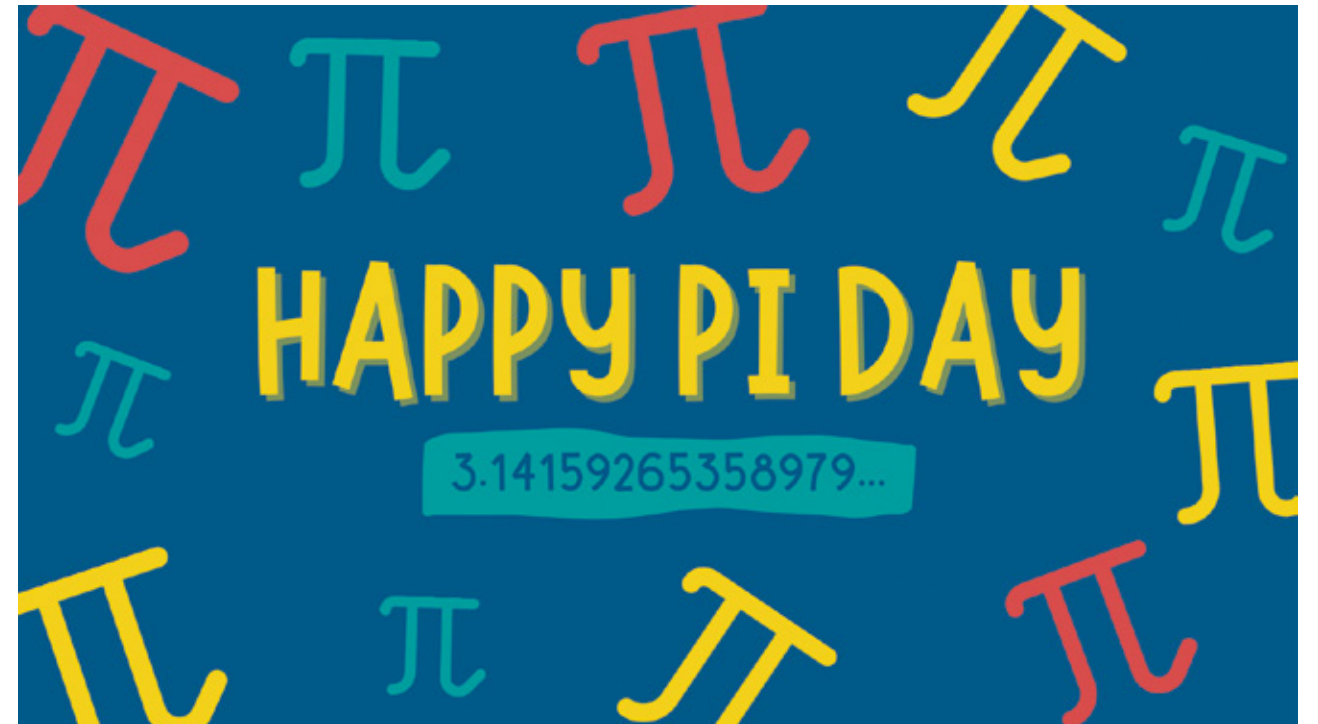
— William L. Schafer, *Nature and History of Pi*



People have been studying mathematics for thousands of years and many terms come from Greek or Latin words. The word circumference, for example, comes from the Latin words *circum* (which means around) and *ferre* (to carry). This refers to the line bordering the circle as well as to the length of that line. The word diameter is derived from the Greek words *dia* (across) and *metron* (measure). This refers to a straight line (length) that starts at one point on the circumference and travels across the center of the circle and ends on the other side of the circle. Mathematicians have proved that the diameter is also the longest distance across the circle and a line that bisects the circle.

Oh my, here comes Pi!

Mathematicians also found that the ratio (r) of the circumference (C) to the diameter (d) of a circle is a constant, meaning it is the same for all circles, no matter how large or small the circles are. They also determined that this ratio is a number that can never be determined precisely. Since the mid-1800s, this ratio has been referred to with the Greek letter π (pi), which is a remarkably interesting number. It appears not only in geometry but also in other mathematics such as probability theory. It also shows up in the natural world, such as in the description of



waves—from the visible ripples on the water to the invisible waves of light and sound!

The definition of pi gives us a way to calculate circumference: The circumference of a circle is the distance around a circle. If $\pi = C/d$, then $C = \pi d$. You can also calculate the circumference of a circle with $C = 2\pi r$. Pi is the ratio of a circle’s circumference to its diameter, meaning the distance around the edge is a little more than three times the distance across any circle. Pi has been calculated to over 50 trillion digits beyond its decimal point. As an irrational (a decimal with no end and no repeating pattern) and transcendental (cannot be a solution to a polynomial equation with rational coefficients) number, it will continue infinitely and without repetition. Only the first handful of the numbers are needed to perform calculations.

First Mathematician of Korean descent wins prestigious Fields Medal!

On July 5, 2022 in Helsinki, Finland, June Huh, distinguished professor at the Korea Institute for Advanced Study and professor at Princeton University, was awarded with the prestigious Fields Medal, which is regarded

as the Nobel Prize for Mathematics. This is the very first time the prize has gone to someone of Korean descent! While Huh was born in the US, he moved to Korea and that is where he completed all his education from elementary school to his Master’s degree. Huh was recognized for his advancements in algebraic geometry and through his studies he was able to solve a number of challenging problems. His research findings are helping many areas of science including technology, semiconductor design, transportation, logistics, machine learning, and statistical physics.

“Huh decided on his research topic after hearing a lecture during his master’s program by Heisuke Hironaka, who won the Fields Medal in 1970, and that led to his subsequent accomplishments,” said Kim Young-hoon, a professor of mathematical science at Seoul National University who served as Huh’s academic advisor during his master’s program. “Huh is a mathematician who took advantage of SNU and Korea’s research system to fuel his growth.”

Keum Jong-hae, president of the Korean Mathematical Society and a professor at the Korea Institute for Advanced Study said “Huh did a lot of his research at the Korea Institute for Advanced Study. His winning the Fields Medal, which is the greatest honor for a mathe-

matician, is a major coup for Korean mathematics, after the International Mathematical Union upgraded Korean mathematics to Group Five, the highest possible national ranking.”

Celebrate Pi Day 3.14!

Pi day is celebrated on March 14 (3/14) and is an annual opportunity for everyone to recite the infinite digits of Pi (as many as you can), talk and get excited about math, and, of course, eat pie! Our family likes to bake circle cakes and eat pi! It's a fantastic opportunity to talk about math and its relation to our daily lives (we even venture into fractions as well). Pi exists in many mathematical and scientific applications. As our technology continues to advance it will allow us to explore the famous number even more deeply than ever before!

Try It at Home!

Mathematicians look at the world around them in terms of numbers and formulas and you can too as you

discover the formula for Pi! In this science activity, you will examine circular objects around your home and see what you can discover about their sizes.

Supplies

- At least three circular objects of different sizes. These can be coins, round container lids, and bicycle wheels.
- A roll of twine, ribbon, or a string that you can cut into small pieces
- Scissors
- Optional: scotch tape, masking tape or a similar adhesive

Instructions

1. In this activity you will cut pieces of ribbon (string) that have the length of the circumference and the diameter of a circle. Once you have these pieces you are ready!

2. You will repeat this procedure for different sized circles in the hopes of discovering that the circumference and diameter of all your examples relate to each other in the same way.



3. Start your exploration with a medium-size circle object.

4. To create a piece of ribbon the length of the circumference of your circular object, hold the end of the ribbon with your thumb, on a point on the rim of the circular object.

5. Wrap the ribbon exactly one time around the object and cut the ribbon where the wrapped piece meets its starting point. To make this easier you can temporarily attach the beginning point with tape.

6. To measure the diameter, you need the length of a straight line that starts at a point on the circumference, goes through the center of the circle, and it ends at its other side.

7. Because it's not always easy to find a circle's center, we will remember the math fact that states that the diameter is the longest distance across the circle. To create this, you'll use a finger to hold the end of a new piece of ribbon on the edge of the circular object. Make a straight line across to another point on the circumference of the circle. Now move the second point left and right until you find the longest ribbon possible.

8. Cut off the piece of the ribbon where it is longest. This ribbon is the diameter of the circle.

9. Verify the piece is twice as long as the shorter piece.

10. If you did not find a good fit by folding the longer piece in two equal sections, see if you get a better fit by folding it into three, four, or five equal sections.

11. Repeat this again with your different sized circular objects.

Experiment Questions

- Did you notice the longest length across the circle went through the center?
- What distance is longer, the diameter or the circumference?
- If you fold the longer piece of ribbon in half does it fit the length of the shorter piece? Does it exactly or approximately fit when you fold the ribbon?
- Can you find a relationship that is the same for all the tested circles?

What happened?

If all went well, you should have discovered that the circumference was a little more than three times



the diameter of the circle for each circle, no matter how small or big the circle was. As a mathematical formula, this is written as:

$$\text{Circumference} = 3 \times (\text{Diameter})$$

If you were able to work more accurately, you might have found that it was not exactly three times, but rather three and one seventh the diameter. And even that is not exact. The ratio of the circumference to the diameter of a circle can never be determined precisely! Mathematicians use a symbol, the Greek letter π (pi), to refer to it. That is why mathematics books list the following formula for the circumference of a circle:

$$\text{Circumference} = \pi \times (\text{Diameter})$$

$$\pi \approx 3.14$$

Accurately measuring the circumference of circular objects like roundabouts, Ferris-wheels, and bicycle

wheels is hard. That is why it is common practice to measure the diameter (or radius) and to use the formula above to calculate the circumference.

About the Writer

- Social Media: Instagram @i_only_date_superheroes
- Background: 8+ years Army Veteran FA Meteorological Specialty; Master's degree in Environmental Science; 2+ years NOVA STEM Counselor for Boy Scouts of America; 5+ years Homeschool Parent.



MARCH HOMESCHOOL HOLIDAYS

4TH National Grammar Day
Spend the day reviewing grammar rules and teaching some new ones. Search online for funny memes that highlight incorrect grammar.

7TH National Cereal Day
If the kids want cereal for breakfast, lunch, and dinner – LET THEM! It is a day to celebrate cereal! Take the kids to the grocery store, let them pick out a special one, and enjoy not having to cook!!

10TH Mario Day
March 10 is Mario Day, so known because in the right typeface, M A R 1 0 looks like M A R I O. (Once you see it, you see it!) This is the kind of clever correlation that pop culture loves. Let's fire up our Nintendos, or simply, race and runaround like Mario and friends.

14TH National Write Your Story Day
What a fun way to spend the "school" day – writing your life story. And while you are at it, the kids can practice those grammar rules!



14TH Pi Day
American physicist Larry Shaw started Pi Day back in 1988. Pi is an irrational number. It never ends but the way it begins is always 3.14159. The date March 14, as written in the United States, is 3-14. Look around and find all the circular items surrounding you and maybe even have some Pi-e!

THE BASICS

Welcome to the Republic of Korea!
Here is some basic information to help you get around in the Land of the Morning Calm.

Emergency Numbers

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

988 Suicide & Crisis Lifeline

- Formerly known as the National Suicide Prevention Lifeline. Available 24/7.
- Suicide Prevention (Korea-Wide) 0808-555-118 or DSN 988
- Veterans Crisis Line 0808-555-118 or DSN 988, then press 1
- Internet-Based Chat Service Available at <https://988lifeline.org>
- 보건 복지부 자살예방 센터 (한국어 상담) DSN 1393
- 카투사 (KATUSA) DSN 1303
- LGBTQ+ Trevor Project Lifeline 002-1-866-488-7386
- Internet-Based Chat Service Available at <https://www.thetrevorproject.org/get-help/>
- Trans Lifeline 002-1-877-565-8860

Sexual Assault

- Eighth Army 24/7 Sexual Assault Response Hotline 050-3363-5700 or DSN 158

- DOD 24/7 Safe Helpline (Chat Service) www.safehelpline.org.
 - Rape, Abuse, and Incest National (US) Network 002-1-800-656-4673.
- #### Domestic & Child Abuse
- Domestic & Child Abuse Report (Unrestricted Option) 050-3355-9917 or DSN 755-9917
 - Family Advocacy Victim Advocate 050-3364-5997 or DSN 153
 - National (US) Domestic Violence 24/7 Hotline 002-1-800-799-7233.
 - Child help National (US) Child Abuse 24/7 Hotline 002-1-800-422-4453.

Holidays - 4 Month Outlook

Korean Holidays

- 1 March – Independence Movement Day
- 5 May – Children's Day (어린이날 or Eorininal)
- 27 May** – Buddha's Birthday (부처님 오신 날 or Bucheonnim Osinnal)
- 6 June – Memorial Day

** The celebration takes place on the 8th day of the 4th lunar month. Date is adjusted every year according to the lunar calendar.

US Holidays

- Women's History Month**
- 17 March – St. Patrick's Day
- 22 March – Start of Ramadan
- 9 April – Easter
- 21-22 April – Eid al-Fitr
- 22 April – Earth Day
- 12 May – Military Spouse Appreciation Day
- 14 May – Mother's Day
- 20 May – Armed Forces Day

- 29 May – Memorial Day
- 15 June – Flag Day & US Army Birthday
- 18 June – Father's Day
- 19 June – Juneteenth

Main Airports

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

Other airports include:

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

This Month's Cultural Spotlight

In South Korea, the academic year in Korea lasts from March until February. The first term starts in March and runs for five months through July. The first term is followed by a month of summer vacation. The second term starts in September and ends in February, with a winter break running from mid-December to late January. This corresponds with the lunar new year calendar.



TAEKWONDO:

One Way to Get Where You're Going in the RoK

By Colonel David O'Leary, U.S. Army

T

aekwondo, roughly translated as the "way of the hand and foot," is a Korean martial art that incorporates increasingly elaborate kicks and strikes with highly-choreographed series of movements known as Taeguk Poomse to test practitioners' skills and serve as the basis for advancement. Now an Olympic sport, Taekwondo's popularity has seen it grow from its origins as a Korean form of self defense into an international phenomenon. Given the sport's popularity, it comes as no surprise that many U.S. service members and their families become acquainted with it during their assignments to the Republic of Korea (ROK).

My aim with this article is not to provide a history of Taekwondo or to assess its value as a form of self-defense. It's certainly not to provide a comparison between different forms of martial arts – Korean or otherwise – as there are too many to compare and this author simply lacks that ability. Rather, this article seeks to provide a brief accounting of my own personal journey with Taekwondo, my assessment of its relative value to the average service member, and when possible, present it as an alternate way to experience the rich and inviting Korean culture.

I first studied Taekwondo more than 15 years ago during my first assignment to Korea. At the time, martial arts competitions of all types were surging in popularity and the Korea-wide Morale, Welfare and Recreation (MWR) enterprise, along with many installation gyms, offered various martial arts classes and competitions. Not surprisingly, one of the most common was Taekwondo, with English-speaking Korean masters and grandmasters offering on-base classes to servicemembers and their families. Availability, coupled with my own growing interest in martial arts, encouraged me to attend my first lesson. Immediately, I was hooked.

Taekwondo uses a belt system to indicate rank and seniority in the sport, and although each master or grandmaster may alter the sequencing or colors of belts, one can easily identify newcomers by the white belt. As a white belt, I began to learn the fundamentals of Taekwondo, including some of its history, how to properly perform a roundhouse kick and the importance of stretching. As an aside, I discovered stretching to be perhaps the single greatest investment one can make for injury prevention and as an enabler for physical fitness generally; to this day I stretch for at least 20 minutes after every run or other cardio event. But I digress.

While anyone can practice Taekwondo for any number of reasons, fundamentally, it exists as a form of self-defense. As a "striking" sport (versus a grappling-based sport such as wrestling or jiu jitsu) Taekwondo practitioners benefit from striking combinations – that is to say by incorporating many moves in rapid sequence to evade or deceive the opponent's own combinations and land a strike to score points. In much the same way that a boxer often sets up a hook or cross with the jab, Taekwondo competitors use kicks and movement to set up additional kicks. A typical Taekwondo session therefore includes combinations of footwork, blocking and striking, which in turn form the basis of the various Taeguk Poomse, or forms. These forms, which become increasingly complex as a student's skill level increases, form the basis for belt promotions. As a reference, the first Dan, or level of black belt, requires knowledge of eight Taeguk Poomse.

Mastery of these Taeguk Poomse and award of the first Dan does not mean mastery of Taekwondo, contrary to popular belief. To the contrary, it only indicates the beginning. When I earned my first Dan at the Kukkiwon headquarters in Seoul, my mentor and instructor likened my accomplishment to earning a drivers license. It was now "time to learn" Taekwondo. Having recently resumed my training after a many-year hiatus, I have no doubt that I have much left to learn – and too often – to relearn.

When asked why I so enjoy Taekwondo and what it means to me personally, the answer continues to evolve with age and experience. At the most basic level, Taekwondo is fun. Although my goals and motivations have also evolved with time and age, I've always enjoyed sparring and competing. In that arena – when two individuals face each other across a mat and bow respectfully to the referee and to each other seconds before proceeding to kick and punch each other repeatedly – one learns humility (sometimes willingly, sometimes not). At least he or she should. I competed in several tournaments during my first assignment to Korea – Taekwondo, wrestling, etc., winning some and losing others. In the process I reaffirmed my belief in a "truism" that I've adopted as a part of my core philosophy. When you win, or achieve success, you have many to thank. Rarely are one's victories and accomplishments due solely to their own efforts, but rather to the efforts, investments and time of others. When one loses, or fails to accomplish a goal or a task, more times than not, the reason is personal. When I lost, it was because I made a mistake – a missed block, the wrong kick, sloppy footwork, etc. Fortunately, "losing" a Taekwondo match, as with most things, is only a true loss if you fail to learn from it or become discouraged

and quit. In that sense, I enjoyed Taekwondo because it provided me with an opportunity to self-reflect, reassess and orient on new goals. In that sense, I will always be grateful to this sport.

From this belief, one can draw a fairly straight line to the next thing I like about Taekwondo, which is the sense of community. Don't be fooled – Taekwondo is a team sport. Anyone who has walked by one of the cardio rooms, basketball or racquetball courts during a Taekwondo lesson can see the interactions between the students; it's unavoidable. Whether holding pads for each other during kicks, providing feedback on footwork or mentoring new students on Taeguk Poomse, student interaction is central to Taekwondo training and augments the overall instruction provided by the masters and grandmasters. In my own personal case, as one of the oldest (but perhaps not the oldest) students, I have the privilege to not only learn from this new group of competitors, but occasionally, to share something as well. As my grand master told me many years ago, earning a black belt is like receiving a drivers license. Well, I may have many miles behind the proverbial wheel, but there's still plenty of road ahead and always new lessons to learn.

Would I recommend Taekwondo to anyone who has an interest but remains unsure? The answer is an unhesitating, resounding Yes! I've provided some reasons why I like Taekwondo – perhaps more philosophical than practical, but there is truly something for everyone. The contributions to one's cardiovascular fitness, coordination and flexibility are directly proportional to the cumulative frequency and intensity of the Taekwondo lessons. Although I'm only beginning to renew my Taekwondo training, I can honestly say that I was in the best shape of my life when I trained every day. Of course there are other reasons for this, but I am certain that Taekwondo had quite a bit to do with it.

Taekwondo is an outstanding option for anyone interested in learning a form of self-defense, experiencing another aspect of the Korean culture, or simply shedding a few pounds. MWR's offering of on-base lessons is both convenient and accessible, providing a safe and welcoming atmosphere for all – regardless of personal goal or motivation. I'm personally grateful and excited to once again practice this exciting sport in the ROK. Although my own goals and aspirations have changed over the years, the sense of teamwork, challenge and accomplishment remain largely the same. If you see me and happen to ask me what I like about Taekwondo or why I continue to do it, my answers may also continue to evolve, but isn't that the purpose of driving after all – to not stay where you are, but rather to take you to where you want to go?



Father and son, by Nick Paugam

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