

JULY 2024

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Challenge*

**The Temples of Siem
Reap Cambodia**

*USAG Daegu
Command Team
Workout*

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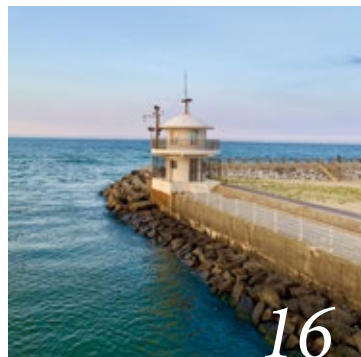
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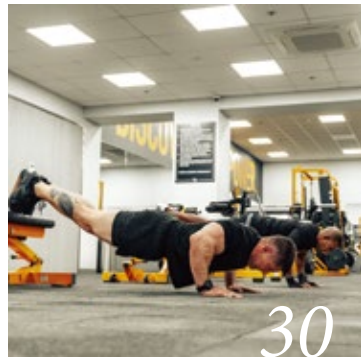
Discover the Temples of Siem Reap Cambodia

Step back in time and learn about the rich history of Cambodia's famous temples. Learn how you can plan your next trip to include historically significant places across the world!

Cover: Carlos Prieto and Karen Yau cycle in the Yang Yang Gran Fondo, June 2023, Seoraksan National Park, 80 miles, 7500ft. Read *United in Endurance*, a couple's journey through South Korea's Thriving Fitness Landscape.



Korean Beach Challenge, The Ultimate Summer Adventure



USAG Daegu Command Team Workout

40

30

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Gyeongbokgung Palace in Seoul,
captured by Jetta Allen

Contents

JULY 2024

10 Events Calendar

14 Hey You, Daegu!

22 Service Member Support

24 Called by God, Country, and Service Not to Oneself, An Interview with Army Captain Glad

28 Pumping Iron: A Beginner's Guide to Building Muscle

34 Sinawi: Korea's Ancient Art of Musical Improvisation



36 Seoul City Wall Stamp Tour

50 Bingsu: Summer Treat of Kings



52 A Military Couple's United in Endurance: Journey Through South Korea's Thriving Fitness Landscape

56 Summer Learning Through Play

58 USO Coffee Connection: Way More Than Coffee, It's Community

60 Recipe Corner Ice Cream in a Bag

62 A Newcomer's Guide to Daegu and Area IV

66 Monsoon Safety Guide

68 Just Military Things: Understanding Life After the Military

70 International and National Celebration

72 A Weekend in Yeosu



76 Recycled Cycles: The Abandoned Bike Club at Camp Humphreys

80 Book Recommendations

82 Photo of the Month

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ticketlink.co.kr/global/en



JUL26
Noel Gallagher's High Flying
Birds
Ilseon KINTEX
globalinterpark.com



JUL27
John Williams vs Hans
Zimmer
Lotte Concert Hall
lotteconcerthall.com/eng


JUL27-28
Youth Days, EPEX 2nd Fancon
KBS Arena
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AUG03
Jack White at Pentaport Rock
Festival 2024
Songdo Moonlight Festival Park
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AUG04
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and Gabe Bondoc Tour 2024
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AUG22
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SEP06-07
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SEP29
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Events & Festivals



JUN15-JUL14

2024 Hydrangea Festival

The Garden of Morning Calm
www.morningcalm.co.kr/_ENG/html/main.php



JUL18-21

Daegu Cafe Show

EXCO Daegu
www.bcafeshow.com/main



JUL26-AUG11

Hangang River Festival Summer

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



JUL-AUG

Waterbomb Festival Across Korea

www.waterbombfestival.com



JUL18-23

The 17th World Taekwondo Culture Expo

Muju-gun
www.chimacfestival.com



AUG02-04

Incheon Pentaport Rock Festival

Songdo Moonlight Festival Park
(350, Central-ro, Yeonsu-gu, Incheon)
pentaport.co.kr

As one of the most famous rock festivals in Korea, Pentaport Rock Festival is a global festival that unites the world through music. Each year, the festival invites top musicians from around the world to create stages that set the hearts of the audience on fire. This year's Pentaport Rock Festival features the legendary guitarist and singer-songwriter Jack White; Turnstile, one of the world's leading hardcore punk bands in the world; as well as Jannabi, sunwoojunga, and SE SO NEON. The festival will feature standing areas for the dancers and the headbangers, as well as a picnic area for a more relaxed experience.



AUG14-18

Jeonju International Sori Festival

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

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



AUG15-17

Gangneung Culture Night

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

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

• Inquiries: +82-33-823-3224



JUL19-AUG04

Boryeong Mud Festival 2024

Daecheon Beach
www.mudfestival.or.kr/en/festival/main.html



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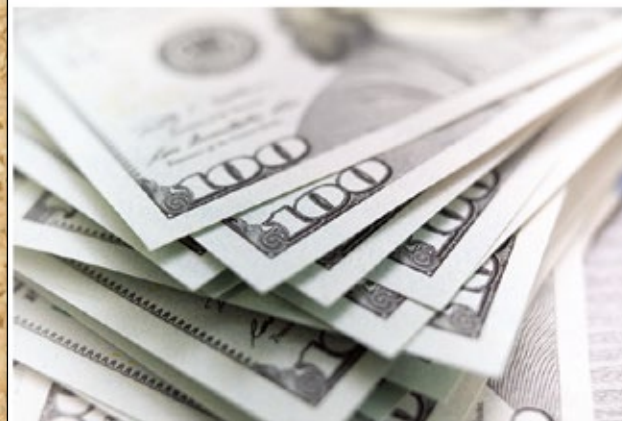
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Hey You, Daegu!
Here's the news in Area IV

FINANCIAL BUDGET BRIEF



Jul 9 2024, 10:40 am - 11:40 am

Mandatory for all Service members within 30 days of arrival. Camp Walker Soldier Support Center Bldg. 330 Rm 315

In-Processing sheets will be processed.

Registration is required.

Contact info:

Lana L. Edwards, AFC, FINANCIAL READINESS PROGRAM MANAGER

LANA.LEWEDWARDS.CIV@ARMY.MIL 763-4496 or 0503-363-4496

BOSS Summer Pool party



Jul 12 2024, 1 pm - 4 pm

Dive into the coolest party of the summer, where the fun makes a splash!

Open to BOSS Soldiers only. BOSS Soldiers include: Single and Unaccompanied Soldiers, KATUSAs, and Single Soldier Parents

FOR MORE INFORMATION:
Camp Carroll BOSS President SGT Hernandez: darlene.l.hernandez.mil@army.mil, 010-8305-2962
Area IV BOSS NCOIC SSG Navarro: princesssherra.navarro.mil@army.mil, 010-4332-3527

Smash Bros. on the Big Screen Tournament



Jul 18 2024, 4 pm - 7 pm

Claim bragging rights for being Smash Bros. champ at Carroll. The competition will be held in the auditorium on the big screen. Prizes for the top finishers. Sign up at the front desk.

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lisa.levergin.civ@army.mil or
Daegu Army Community Service FB or
DSN: 763-4456, Comm: 0503-363-4456

KOREAN BEACH CHALLENGE

The Ultimate Summer Adventure

By Heather MacLeod and Jetta Allen

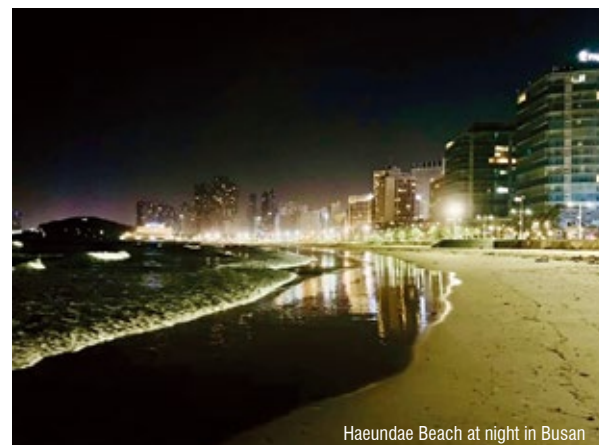


This summer, embark on the ultimate beach challenge and discover the stunning coastal gems of South Korea. From city beaches to serene island retreats, this challenge will take you on an unforgettable journey across five of South Korea's most beautiful beaches. Are you ready to dive in?

Challenge 1: Haeundae Beach, Busan

Start your adventure at Haeundae Beach, South Korea's most famous beach destination.

Your challenge: Experience the vibrant atmosphere by trying at least two water sports and



Haeundae Beach at night in Busan

exploring the local eateries. With its soft, white sands stretching over 1.5 kilometers, Haeundae offers the perfect blend of relaxation and excitement. Hike the coastal trail on Dongbaekseom Island and see the Princess Hwangok Statue and Busan's lighthouse. Don't forget to capture the sunset and nightlife for an iconic summer photo.

Challenge 2: Gyeongpo Beach, Gangneung

Next, head to the serene Gyeongpo Beach in Gangneung.

Your challenge: Wake up early to witness the breathtaking sunrise. Take a leisurely bike ride around Gyeongpo Lake and visit the Gyeongpodae Pavilion for a quick rest. Known for its stunning natural beauty and coastal pine tree forests, Gyeongpo Beach is a haven for nature lovers. Spend the day basking in tranquility and soaking up the sun. Make sure to walk along the Gangmun Sotdae Bridge, Gyeongpo Beach which will guide you to amazing restaurants and burger shops.



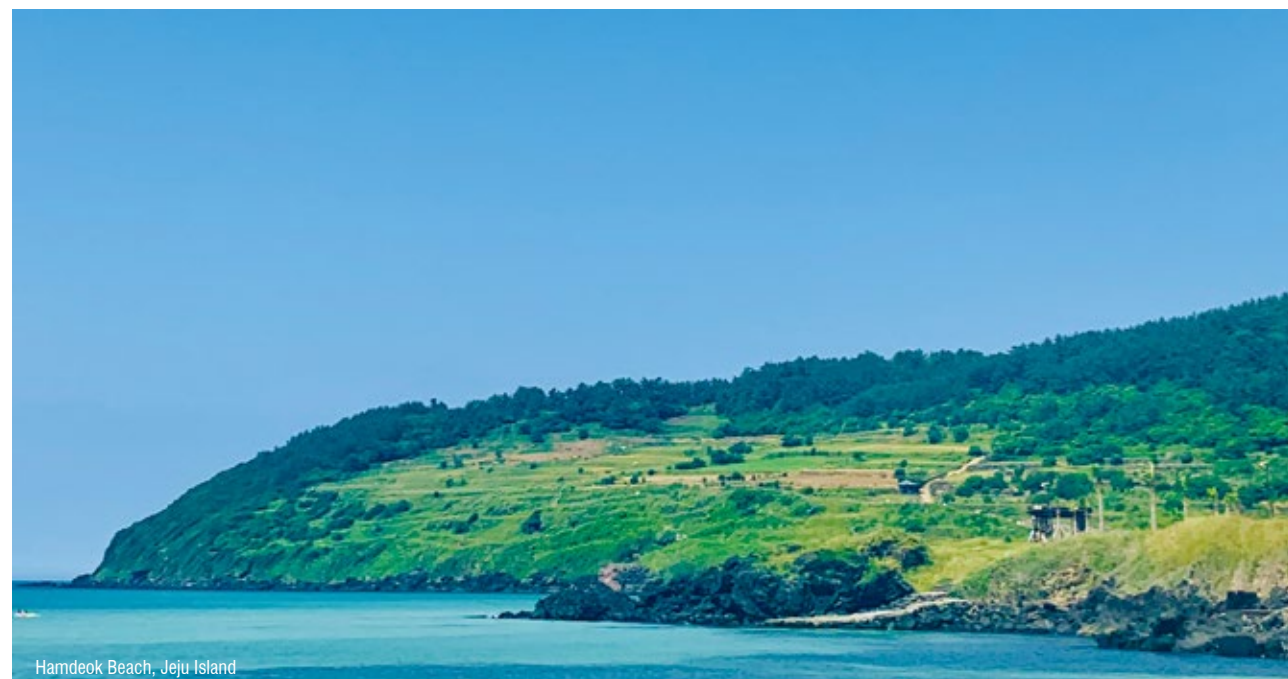
Princess Hwangok Statue Dongbaekseom Island, Busan



Gyeongpo Beach in the pine city of Gangneung



Gyeongpo Beach



Challenge 3: Hamdeok Beach, Jeju Island

Fly to Jeju Island and visit Hamdeok Beach for your third challenge.

Your challenge: Snorkel in the waters and explore marine life. With its emerald-blue waters, Hamdeok Beach is perfect for those seeking an underwater adventure. After snorkeling, relax on the beach, enjoy the island's laid-back vibe, hear some busking in the evening, and order food from one of the many cafés and restaurants. Be sure to find a dol hareubang stone and rub its nose for good luck.



Challenge 4: Sokcho Beach, Sokcho

For the fourth challenge, journey to Seoraksan National Park and end your day at Sokcho Beach.

Your challenge: Combine a hike in Seoraksan with beach fun. Start your day with an exhilarating hike at any location in the scenic mountains of Seoraksan. After your hike, explore local seafood markets and cultural sites in Sokcho City. Complete your day with a refreshing swim in the clear waters of Sokcho Beach. View the city at dusk in the Sokcho Eye and feel the night air while taking a beach stroll.



Challenge 5: Daecheon Beach, Boryeong

Conclude your beach challenge at Daecheon Beach in Boryeong.

Your final challenge: Participate in the famous Boryeong Mud Festival or, if visiting off-season, enjoy a mud spa treatment. Daecheon Beach is perfect for families and those looking to unwind because of its soft sand and shallow waters. End your challenge by watching the beautiful sunset over the Yellow Sea.



Soft sands of Daechon Beach

Bonus Challenge: Eurwangni Beach, Incheon

For an extra challenge, visit Eurwangni Beach near Incheon International Airport.

Bonus Challenge: Enjoy a seafood feast at one of the local restaurants and capture the stunning sunset. Eurwangni Beach is known for its clean, sandy shores and convenient location, making it an ideal spot for a spontaneous beach trip.

Ready to Take On the Challenge?

Pack your bags, grab your beach gear this summer, and set out on the ultimate beach challenge across South Korea. Whether you're seeking adventure, relaxation, or cultural exploration, South Korea's diverse beaches have something to offer. Are you ready to accept the challenge and create unforgettable memories along South Korea's stunning coastline this summer?

We want to see your photos from your Beach Challenge. Email them to unitedontherokmag@gmail.com



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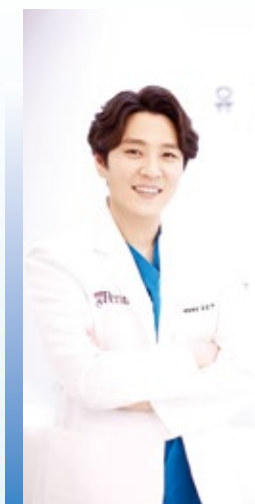


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- Invisalign Provider Since 2008
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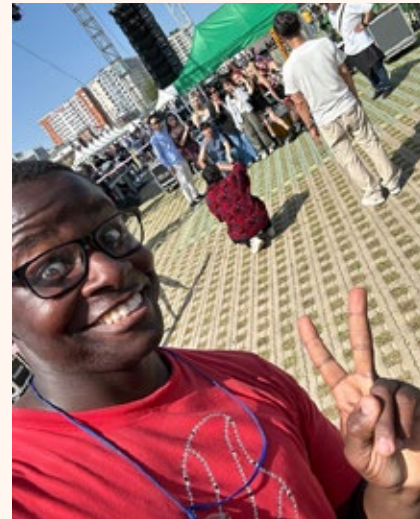
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SERVICE MEMBER SUPPORT

By SPC Zachary Rogers, 339th Quartermaster

Getting out and into the sun for some fun is a great way to enjoy Korea this summer. I have to say that it has been amazing so far, but when I first arrived in Korea it was kind of scary trying to learn how to use the transportation system. Now I've come to learn that getting a little lost can be the best part of traveling due to the experiences and memories that are created along the way. While traveling I have met so many different people and enjoyed so many different places while trying to find a single spot. As long as you know where you came from you can never get lost.



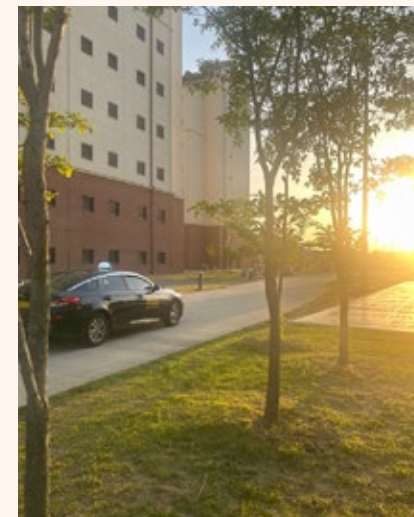
***“Everyone has a different experience when traveling so get out there and make it your own.”
~SPC Rogers.***

Service Member Traveling Tips

Always travel with a battle buddy or communicate to someone where you are going. It can be as easy as sending an email with your plans.

It may seem old fashioned, but I carry a travel book with me along with my translator app. Think of getting one of your own or grab a map in each city you visit. Maps here are filled with great travel recommendations too!

Learning the transportation routes makes things easy. Here in Korea all routes are color coded and can easily be remembered. Take pictures so you can show a local what you are trying to do or where you are trying to go.



***“Start each adventure with a good attitude and don’t be afraid to get a little lost.”
~SPC Rogers***

As for money to pay for transportation, if you do not have a TMoney card, be sure to withdraw some won for the ride. It is always handy to have some cash wherever you go and don't worry about learning how to use a TMoney card, it is too easy. You can get one at any convenience store off the installation. Just upload the funds you need to it and use it for buses and subways.

My favorite way of transportation is probably the subway. Even though it can get crowded, it is very fast, efficient, and affordable.

Trust me when I say the taxis here are extremely affordable compared to where I came from. When the subways are closed, taxis are the next best thing if you do not have the bus route planned out.

For those who hesitate to be spontaneous, be sure to plan ahead on where you want to go. Practice saying the name of the place properly so wherever you go the locals can point you in the right direction.

To ensure you don't get a little agitated, be sure to take a simple snack and juice. Take full advantage of the market foods when the opportunity arrives.

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

CALLED BY GOD, COUNTRY, AND SERVICE NOT TO ONESELF

An Interview with Army Captain Glad

By Jetta Allen and PV2 Emma Steele

United

States Army Officer, Captain Benjamin Glad arrived in South Korea with his family in January of 2022. While stationed at USAG Humphreys, he is currently serving with the 602nd Aviation Support Battalion. As a logistics officer, he has served in an Active Duty capacity for over 7 years. During our interview with Captain Glad, it became evident that he did not consider enlisting in the Army by chance.

He was guided not only by his personal experiences as an Army brat but by something much more powerful than ourselves, God.

Captain Glad's father, LTC Daniel C. Glad, served in the Army for 20 years. His father's time in service taught Captain Glad about giving back to your community, your country, and its citizens. He also began to cultivate a strong desire to follow God's plan for his life and listened to him for instruction and guidance.

On September 11, 2001, the world as we know it changed. While Captain Glad had already determined that joining the United States Army was in his future, this sad moment in our country's history solid-



ified his drive to join. As the world came together, supporting one another after this tragic moment, young Benjamin Glad watched as people set differences aside and bonded together.

These bonds are what made a young boy long to be a part of something. A sense of community and support impacted his decision to join the United States Army. He began to focus on a sense of individual purpose and supporting his country and community. As a proud Army Veteran, his father fully

supported Captain Glad.

Before he was a Captain, he attended ROTC at Weber State University initially for nursing. After a short time in nursing, he changed his major to criminal justice to support his professional goals of pursuing social justice. Later Captain Glad was commissioned in Ogden, Utah, beginning his military journey. His time in service has included serving at many installations including school at Camp Williams, Fort Stewart, Fort Polk, Fort Irwin, Fort Johnson, and even Poland.

Challenges surrounding constant moving and deployments can arise in your military career; learning to be flexible, but always being prepared is crucial, Captain Glad shared. His deployment in 2020 to Poland was expected to be a short 3 months, but due to the pandemic, it was extended to 10 months.

Accepting unexpected change can be difficult during a time of high restrictions, but Captain Glad trusted in God's plan for him and those he served with. Religion and God's voice helps to guide him in everything he does.

Lessons learned are both a blessing and a burden of leadership Captain Glad shared. Every day is a learning opportunity for him, influenced by observing the soldiers in his command and supporting their professional and personal growth. As he learns these lessons, he passes that knowledge to those around him. He pushes his soldiers to succeed and for them to go further than they believe possible because he believes in them. Captain Glad wants his soldiers to positively influence the world, one action at a time, led by his example.

Leadership though does not come without risk and responsibility either. A former Captain mentored him stating that "No matter how bad things are, they can improve". In your career, you will see the units of all kinds he shared. Encouraging others to not let the difficult times determine their career is something he wished to share with service members reading this article. A reminder that the call you make today may be a price you pay later is a constant reminder to Captain Glad. His father shared a saying that stitch with Captain Glad:

"A Veteran is anybody who at any point signed a blank check to the Government, for an amount up to or including my life."

Captain Glad has realized that as a leader his choices impact his soldiers. Poland and Germany taught him personal growth and development, personal priorities, and how you take care of yourself directly impacts readiness. Today, Captain Glad carefully considers his actions and how they impact the mission and the service member. Daily he

includes his responsibility to the soldier, their loved ones, and the soldier's parents; to support their child in the service, ensuring their physical and mental safety, growth, and personal success.

We asked Captain Glad what challenges service members face in maintaining ties with comrades. He shared that while many truly make conscious efforts to stay in touch, it is often difficult. One of the biggest challenges he faces when trying to keep ties strong is that everyone



LTC Daniel C. Glad and CPT Glad at USAG Yongsan summer of 2023

aims to treat soldiers as competent, trusted team members. Captain Glad said he has high expectations, but won't quit fighting for his soldiers, hoping his example will help them rise as well. He is fair in correction and recognizes that when leaders do well and provide structure where it is needed, a strong team is the result. Thinking back, Captain Glad shared that he independently decided to sign on the dotted line and the Army deserves the best of him, but that soldiers also deserve the best of the Army.

As a leader in the Army, he feels that the "best of the Army"

has drastically different lives. From different living and duty locations, time zones, professional responsibilities, and also maintaining a family, it can be tough to maintain strong ties with those you have served, but he encourages soldiers to keep trying.

When considering continuing his career in the Army, retirement in the Army is his future goal. He remembers to seek guidance from God, intently listen, and be open to hearing an answer, even if it is one you may not want. At one point, there was a time he considered leaving the Army. He sought



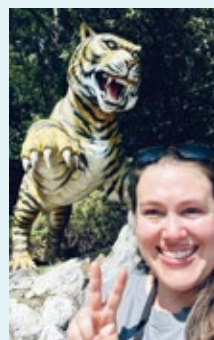
The Glad family in Korea

direction from God and when including his wife, Catherine Glad, in the decision, asking to stay in the Army or leave, she too prayed for an answer. Together Captain Glad and Catherine both felt God's call directing him to rethink leaving the Army, urging him to stay in to fulfill God's plan for his life. Together, as a family, they will go where the Army sends them, trusting in God's larger

plan for their lives. Catherine enjoys being a military spouse and mother to their military children. She loves how their children develop and continue to grow while experiencing new things every day. One day he and his wife intend to own a house in Kansas. They love Kansas for its central location, beautiful sites, and overall great place to live with a family. Captain Glad wants to

see his career take him places that a traditional school experience could not. The US Army is full of possibilities and opportunities. God can help you make the decisions that we can't always make alone.

"You will seek me and find me when you seek me with all your heart."
~ **Jeremiah 29:13**



About the Authors

Together Jetta Allen and PV2 Steele were able to collaborate to share Captain Glad's inspiring story.

Jetta Allen is a Co-Editor of United on the RoK, a writer, and a photographer. She loves nature, travel, and culture, but most of all, making memories with her family.

PV2 Emma Steele came to Korea in January of 2023. After experiencing the amazing culture and Korea's beauty, PV2 Steele extended her stay in Korea to continue her adventure. PV2 Steele enjoys mentally and physically challenging activities such as weight lifting and running. She enjoys things that push her as she pursues a bright future. She sets high expectations for herself within her career. PV2 Steele loves dogs and would adopt every dog who needs a home if she could.

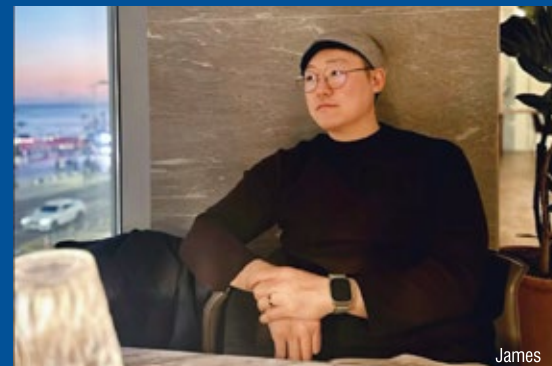


Finding Our Dream Home in Korea: Why We Chose James at Plus Realty

By a Member of the Humphreys Commissary

Moving to a new country can be overwhelming, especially when it comes to finding a place to live. Stationed near Camp Humphreys, we faced Korea's exclusive listing system and felt lost. Then we met James from *Plus Realty*.

James was a game-changer. He understood the complexities of the Korean market and had access to exclusive listings we wouldn't have found on our own. Beyond his expertise, James' patience and attentiveness were invaluable. He listened carefully to our needs and priorities, never pressuring us into a decision. He tirelessly searched for properties that fit our criteria, ensuring we found the perfect home.



James

James' knowledge of the Korean market and access to exclusive listings helped us avoid countless dead ends. He leveraged his network and insider knowledge to find us a hidden gem that wasn't publicly advertised.

James' guidance went beyond just finding a house. He ensured a smooth transition throughout the process. We highly recommend James to anyone looking for a trustworthy and resourceful real estate agent near Camp Humphreys, especially in this exclusive listing environment.

An added bonus was James' background. As a US citizen born and raised in the States, he completely understood our cultural background. Being bilingual, he could perfectly communicate our needs to Korean landlords and agents. This ensured nothing got lost in translation, making the entire experience stress-free.

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THE FANDOM ONION

peeling back the Nerdy Soldier's layers

Have you ever met a soldier who's also a die-hard Trekkie? Or maybe one who spends their downtime leveling up in World of Warcraft? Well, let me tell you, they're out there, and they're totally owning it! We're diving into the world of soldiers who are proud nerds, and let me tell you, it's a wild ride.

Let's not forget about the camaraderie. Being a soldier is tough, no doubt about it. But finding fellow nerds among your comrades? That's like striking gold. It's a bond that goes beyond ranks and deployments – it's about sharing a love for something bigger than yourselves, whether it's saving the galaxy from evil overlords or slaying dragons in a mythical realm.

So, picture this: you're in the barracks, and instead of the usual talk about drills and missions, you stumble upon a heated debate about the best Doctor in Doctor Who. Yep, welcome to the world of soldiers who aren't afraid to geek out. These guys and gals are just as likely to be talking strategy for the latest Call of Duty release as they are about their next deployment.

So here's to the soldiers who aren't afraid to let their nerd flags fly high. Whether they're defending their country or defending Middle-earth, they're proving that being true to yourself is always worth fighting for. And hey, if you ever find yourself in a firefight with a soldier who knows the Konami code by heart, well, you're in pretty good hands.

But what's really cool about soldiers who enjoy nerd culture is how they bring that passion into their military lives. You might catch them rocking a Captain America t-shirt under their uniform or organizing a cosplay contest during their downtime. Heck, some units even have their own gaming tournaments where soldiers can battle it out for bragging rights and maybe a shiny trophy or two.

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



VOL.1

NERD NEWS

YOUR MONTHLY PORTAL TO FANDOM

Summertime has come! Nerds from all over have left Winterfell and are heading to King's Landing in search of events that will itch the nerdy scratch!

Look no further, Traveler! We are here to help!

First up, you will need to make your way to the COEX mall in Seoul. The Ultimate Cosplay Battle will be taking place on July 7th. Registration is open now. Sign up, grab your gear, and compete!

After you have conquered this quest, head over to your local USO for a session of Dungeons and Dragons or Magic the Gathering.

Once you have bested your enemy or made new allies, head back to the COEX mall for... SEUL POPCON 2024! A 3-day convention from (August 16-18) that will fulfill the hearts and minds of all nerds united! Scan the QR code below for details on UCB and POPCON.

Upcoming Movies and TV Shows:
The Acolyte Season 1
The Boys Season 4
House of the Dragon Season 2
A Quiet Place: Day One



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Pumping Iron: A Beginner's Guide to Building Muscle

By Jaime Barroso

So, you've decided to embark on a journey to build muscle, huh? Whether it's for that superhero physique, to feel comfy in a swimsuit, to improve your quality of life as you age, or just to get that pickle jar open without breaking a sweat, building muscle is a fantastic goal.

But where do you start? Fear not, aspiring muscle maven, for I've got the basics covered in a way that's easy to digest and actionable. So let's go!



1. Lift Heavy Things

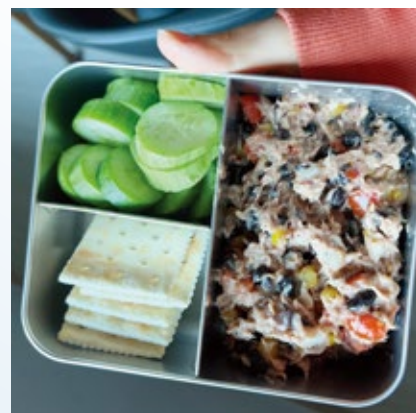
The cornerstone of muscle building is resistance training... or in layman's terms, lifting heavy stuff. Ideally, this is using dumbbells and barbells. The key

here is progressive overload, a fancy term for gradually increasing the weight or resistance you're lifting over time. Sure, bodyweight or resistance band training can provide a bit of this as well, but you are much more limited in how much you can increase the resistance over time. The best way to progressively overload is to follow a program designed for growth over time - no more of those sporadic Instagram workouts that have you doing crazy squat to overhead press to burpee combos...you need to be doing the same workouts utilizing the same foundational movement patterns week after week for 6 weeks minimum so that you can track your progress and see growth. If you need a solid program to work from, send me a message - we have a fabulous and affordable group training program called The Squad with tons of well-designed programs to choose from.

Pro Tip: Once you have chosen a program to follow, start with a weight that challenges you but doesn't make you feel like you've been run over by a truck the next day. Aim for 8-12 reps per set...that's the sweet spot for hypertrophy (that means muscle growth for you muggles).

2. Fuel The Growth

What and how much you eat is almost as important as the stimulus you are pro-



viding your body in the gym! Your body needs fuel to grow muscle - that means your days of chronically under-eating or dieting need to end like, yesterday. Yes, even if you want to lose weight or body fat. Constantly bouncing between over and under eating or bingeing and restricting is keeping you forever stuck in the

hamster wheel of madness. So what I'd love to see you do is eat a solid 3 meals and 2 snacks per day, with each meal prioritizing protein and produce. Protein is your new best friend. Think chicken, fish, steak, tofu - anything that packs a protein punch. Aim for about 0.7-1 gram of protein per pound of goal body weight if you're tracking, and 30-40 grams per meal to get started. And don't forget the carbs and fats - your body needs energy and fuel to lift more, get stronger, and build muscle.

Pro Tip: Keep it simple. Chicken breast and broccoli might sound boring, but they're effective - however, don't feel restricted by this as a "rule". Add spices, low-cal sauces, and try some new recipes. Your taste buds and muscles will thank you.

3. Rest and Recover

Guess what?! When you are lifting in the gym you actually aren't building muscle - you're tearing it down. Muscle and strength are built outside of the gym - while you eat, sleep, and recover. So those hours are almost as important as the ones you put in the gym.

Imagine if your phone never got a chance to charge. It wouldn't last long, right? Your muscles are the same. They need time to recover and grow stronger after being stressed by exercise. Get plenty of sleep and don't work the same muscle groups two days in a row. Rest days are your friends, not a sign of weakness.

Pro Tip: Aim for 7-9 hours of sleep per night. Your muscles grow while you're catching those Z's. Think of sleep as a natural steroid - but without the pesky side effects.

4. Consistency is Key

Rome wasn't built in a day, and

neither are quads of steel. Consistency beats intensity. It's better to have regular, steady workouts than to go all out once a month and then fall off. Set a realistic schedule that you can stick to. Even three days a week can make a huge difference over time.

Pro Tip: Find a workout buddy and follow a program. They'll keep you motivated and make the process more enjoyable, and you can track your progress over time using a program designed for strength and muscle. Plus, it's harder to skip the gym when you truly fall in love with the process and start to see the results of your efforts.

5. Form Over Ego!

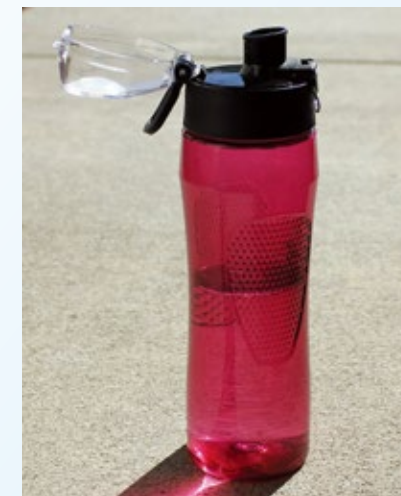
Lifting heavy is great, but lifting heavy with terrible form is a recipe for disaster. Proper technique is crucial to avoid injuries and maximize gains. Don't let your ego drive you to lift more than you can handle properly. Check your form, use mirrors, and don't be afraid to ask for help. I work with clients 1-1 on mastering form and technique, so if that's something you need, feel free to reach out. The gym you go to also likely has some wonderful trainers, and YouTube is chock-full of tutorials. In our group coaching program The Squad, there are video tutorials for every exercise. Your options really are endless!

Pro Tip: If in doubt, start with lighter weights and master the form. You can always add more weight later. Remember, the tortoise beats the hare in the end.

6. Stay Hydrated

Muscles are like sponges - they need water to function properly. Dehydration can lead to fatigue, poor performance, and even injury. Keep a water bottle handy and sip throughout the day.

Pro Tip: Aim for at least 2-3 liters of water a day, more if you're sweating buckets during your workouts. A hydrated body is a well-functioning body.



7. Mindset Matters

Building muscle is as much a mental game as it is physical. Stay positive, set realistic goals, and don't get discouraged by setbacks. Progress might feel slow, but every rep, every meal, every night of good sleep is a step in the right direction. Remember that this is your life, not a race to a finish line. You've been there, done that - it's time for something more sustainable. Give yourself time to fall in love with the process and the results in your strength, aesthetics, health and longevity will speak for themselves.

Pro Tip:

Celebrate small victories. Increased your bench press by 5 pounds? Fantastic! Finally, hit your protein target for the day? High five! You figured out how to deadlift properly so now you don't have low-back pain? HECK YES. Each milestone is worth acknowledging.



About the Author:

Jaime Barroso is a Certified Personal Trainer, Nutrition Coach, and owner of Strength by Jaime Barroso, LLC. For 9 years she has provided personal training and nutrition coaching for people all over the world who want to get stronger, eat better, and take back control of their own health and wellness through my program The Strength Method. If you're ready to master your deadlift and feel confident in your bathing suit, without giving up your favorite foods, you're in the right place.



- Join our free Facebook Community: www.facebook.com/groups/TeamStrengthJB
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USAG Daegu Command Team *Workout*

Written by Jetta Allen
Photos by Ysamar Gómez



U.S. Army Garrison Daegu Garrison Commander Colonel Dave Henning and Command Sgt. Maj. Asgar Kamaludeen work hard every day to “Make a Difference”. At Kelly Gym on Camp Walker, the Command Team strengthens more than just themselves. CSM Kamaludeen likes to share his fitness progress on social media and to motivate others, including soldiers in his community! Make sure to follow him for daily check-ins, workout routines, and encouragement.

“Consistency is key to maintaining a healthy lifestyle. Whether it’s a weekday or a Sunday, sticking to your routine helps you stay on track with your goals. Stay with it!”

— CSM Kamaludeen, IG @reggieabnatw

1. Warmup With Elliptical



Chest and Upper Body Workout

2. Stretch



3. Incline Dumbbell Flys



4. Incline Dumbbell Press



6. Decline Pushups



7. Prone Row



5. Flat Bench Dumbbell Flys



8. Alternating Floor Oblique Twist



Sinawi

Korea's Ancient Art of Musical Improvisation

By Seung-Kook Kim,
Culture columnist

Sinawi' is a form of MUAK, traditional Korean music rooted in Korean shamanistic rites.

If I had to choose the most artistic piece of Korean traditional music, it would be Sinawi without hesitation. The version we hear today is said to have been perfected around the end of the 19th century, but its origins likely trace back to the ancient Three Kingdoms period. Sinawi is an instrumental ensemble, typically featuring two flutes, a Daegeum, a Haegeum, a Janggu, and a gong, with additional instruments such as the Gayageum, Tungso, Taepyeongso, and more recently, the Ajaeng.

Sinawi is also known as 'Shinbanggok' (神房曲) and 'Simbanggok'. Some scholars claim its etymology comes from the old word "four brains" (詞腦), while others suggest it derives from the Chinese characters for "act of faith" (信仰爲). Despite various theories, it is widely agreed that Sinawi, like much of Korean folk music, is rooted in shamanism.

Sinawi is an open-format music where different instruments, either solo or in ensemble, improvise without a score to freely express their feelings and emotions. It is considered one of the most representative forms of Korean music. This unique musical art, unparalleled in other cultures, boasts a high level of artistry worthy of being listed as a World Intangible



Cultural Heritage. It is a demanding genre that cannot be played by beginners and requires the skill and artistry of master musicians.

'Sinawi' Resembles the Early Days of Jazz

Although there is a basic framework for the entire piece, there is no fixed melody, making it fluid and improvisational. Similar to Western jazz music, musicians exchange eye contact and nods to roughly coordinate before playing. Early jazz is especially similar to Sinawi, as instruments play one chord progression with different melodies to the drum beat. In Sinawi, each player takes turns playing solos, with every instrument having its moment.

When you first hear it, the dissonance might seem disturbing because the instruments appear to play random tunes. However, the harmony amid the dissonance is the biggest attraction of 'Sinawi', showcasing the vibrant world of folk music where each instrument plays independently yet cohesively.

Harmony Amid Dissonance: The Improvised Music of Sinawi

Sinawi evolved from the music played to accompany shaman dances at Gutpan (exorcisms) and can be divided into three regional styles: southern Gyeonggi-do, Chungcheong-do and Jeollabuk-do, and Jeollanam-do. Particularly, Sinawi developed in the inherited dance areas south of the Han River, sometimes referred to as the Sinawi region. The Gyeonggi-do Sinawi, often accompanying the slaughter grass dance at Danggut in Gyeonggi-do, has a strong improvisational flavor, contrasting with the more commonly heard Sinawi from the Honam region, but is also sophisticated and attractive.

However, the most popular Sinawi is from the southern region, usually composed of long and short pieces like Gutguri, Jajinmori, Utmori, and Dongsalpuri. This style is unique in its melodic progression, with several instruments playing similar melodies but improvising to tell different stories.

Sinawi Must Be Heard Live to Fully Appreciate Its Flavor

Sinawi was originally performed with only wind instruments like the incense flute, Daegeum, and Haegeum, but gradually included gongs and Janggu. Recently, the Gayageum, Geomungo, and Ajaeng have been added. The melody is composed of amorphous movements, characteristic of shamanic music, allowing for improvisation. It is played on the premise of safety by having the same basic sound among the performers, creating an improvisational piece without a score where each instrument plays a different melody. The harmony of dissonance through the unification of the main chord is the hallmark of this music.

Nowadays, most people play Sinawi organized by a score, but this differs from the original Sinawi and cannot be considered true Sinawi. If you want to hear the music of Sinawi, you can find it on YouTube, but it is best experienced live. The ethereal beauty of live performance in a small space captures its true essence.



Haegeum

If you want to see Sinawi music live, visit venues like Yeakdang or Woomyeondang at the National Gugak Center, Seoul Donhwamun Gugak Center or Seoul Namsan Gugak Center, and Pungnyu Theater or KOUS theater at the Korea Cultural Heritage Foundation. You can also check the Korea Tourism Organization's website (<https://www.visitkorea.or.kr/>) for information on various performances and tourist information across the country.



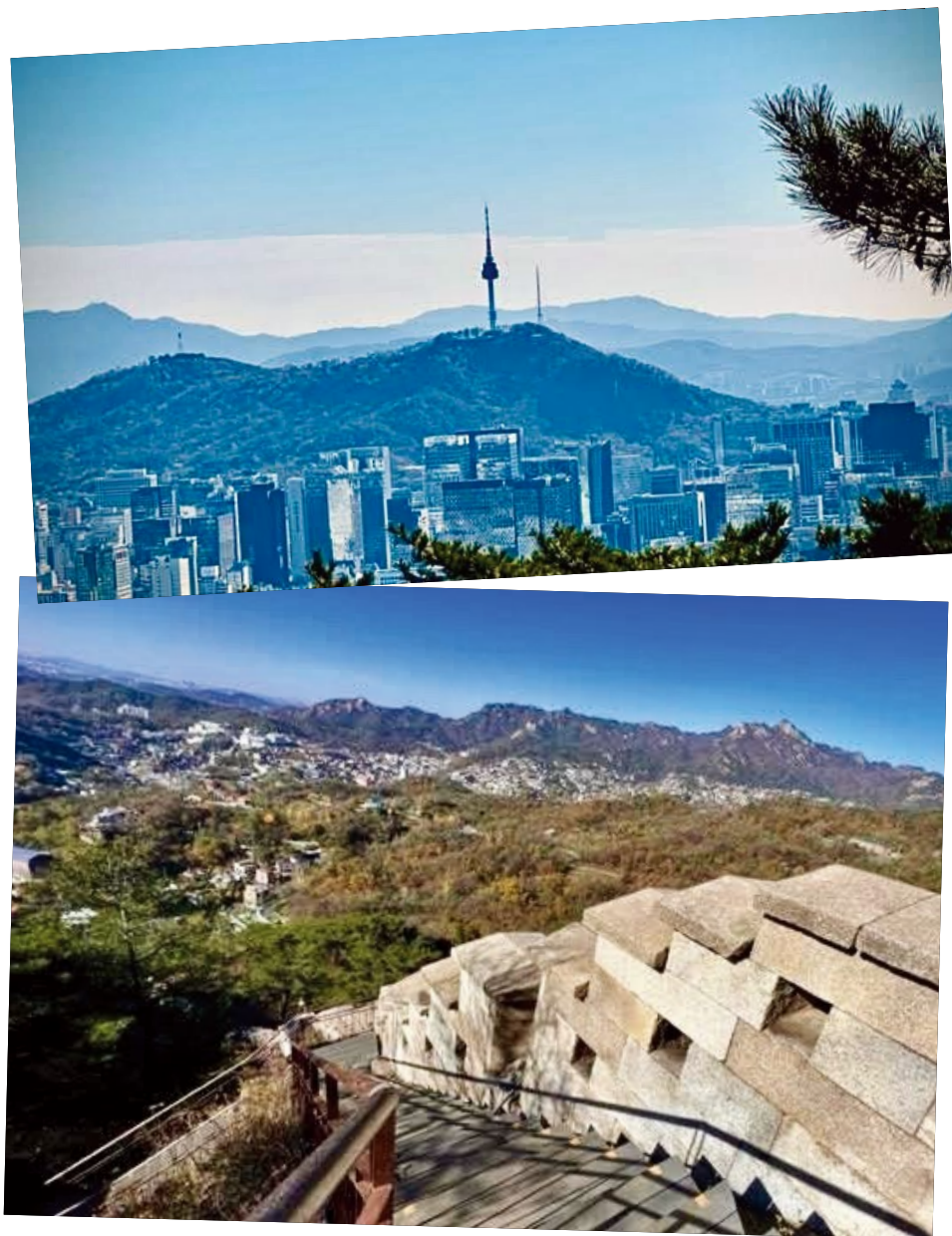
About the Author

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

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

Seoul City Wall Stamp Tour

By Lenina Lee Clark



The city of Seoul, South Korea was formerly called Hanyang or Hanseong. Most of the population of Korea resides in the many districts of Seoul. It is often the first stop for many tourists when they arrive in the Republic of Korea. Seoul has an abundance of attractions in the city, but did you know it has plenty of wonderful nature trails

all over the city located in parks, neighborhood districts, a National Park, and much more to offer nature lovers like myself?

One of the most popular trails I highly recommend, and just completed myself, is the Hanyang-doseong city wall stamp tour. This tour will let you experience and truly see the city, from the lower parts of the city, to a birds eye view from the tops of the moun-

tains surrounding the metropolis. You will even see sections of the old fortress walls, originally built in 1396, during the Joseon Dynasty to protect Hanyang (Seoul) from adversary dynasties.

I recently hiked Bukhansan National Park and witnessed Seoul from the highest peak named Baegundae. After learning about the city wall trail, I decided to add this to my list of hikes that

I must complete in this country while I'm here. I knew the perfect leader who would lead us on the entire trail and not get the group lost. I asked my fellow-seasoned veteran hiker, Heinz, to lead my family and myself on this adventure. Heinz has hiked all different sections and completed the entire trail every year since 2009!

So, we hiked the perimeter of the city, counter-clockwise, from

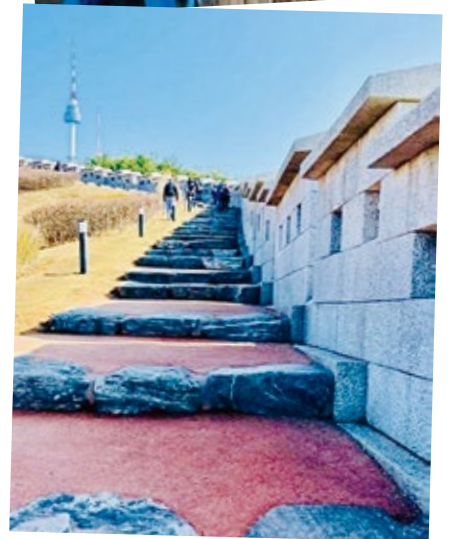
the south side easterly. For our first stop, we used the subway station, between Gwanghujimun and Heuginjimun gate, to collect our guide map and first stamp. We used the stamp to mark our map, which was located in a brown box and stamp inside. There are four stamps you must collect to receive a commemorative badge and certificate. There is also a QR

code on the map if you want to download it to your phone, and it's a very useful app to guide you along your journey. The app has the history of the wall, customized course, audio guide, and map of the stamp locations. The trail takes you along the fortress walls passing along Naksan, Baegaksan, Inwangsan, and lastly Namsan. We started heading east to north, to the west, and ended our hike on the southernmost part of the trail at Namsan.

The trail has four main gates, which are Heuginjimun (East Gate), Donuimun (West Gate), Sungnyemun (South Gate), and Sukjeongmun (North Gate). The trail is approximately 18.6 km if you follow it without getting lost. Some of the trails passed through neighborhood side streets, which I knew I would easily miss if I did not follow Heinz. I was grateful I did not have to look at my phone and the map on this adventure. Thankfully, there are also brass trail markers embedded in the road to assist with keeping hikers on track.

Some people hike the entire trail in one day. I chose to break it up into two separate days over two seasons. We hiked the first half during fall season and experienced the changing of the leaves. We finished the second half of the perimeter wall in early spring. Fall and spring are the best seasons to hike.

As we were ending our hike, we realized we needed to head back to the visitors office to receive our certificate before closing, which was around 5 pm. The people working at the office were happy to help us fill out the forms. We had to show them the pictures



of us at the markers as proof we were there. While there, I learned that you can hike this trail each quarter, four times in a year, to earn another commemorative pin that shows you hiked it four times! Once was enough for me, and I don't think I can easily navigate the trail without getting lost.

My favorite sections of the trail were passing through Baegaksan (342.5m) and Inwangsan (339.9m), which gives you an extensive view of Seoul from high above. Some parts are not easy, you climb

steep rocks and possibly descend narrow one-way trails. When you reach the top of a mountain, you can take a nice long break and absorb the beauty of Seoul. The trail is also open at night. So, you can see the night views while you hike along the wall. I highly recommend hiking this trail if you have a day or two to experience the amazing trail system the city has built, as well as learn along the way when and how the wall was built to protect such a wonderful beauty that is Seoul.

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Discover the Temples of Siem Reap Cambodia

By Dan Romano

The remains of about thirty temples scattered about Siem Reap Cambodia are carved out of the thick jungle. Many of these temples have been deemed historically important sites by the United Nations Educational, Scientific, and Cultural Organization (UNESCO). Many of the temple grounds are between 800 - 1,500 years old and the most well-known is Angkor Wat. During this period, the Khmer Empire ruled the region (i.e., what is now Cambodia, Thailand, Vietnam, and Laos) and was centered in Angkor, which is now Siem Reap. It is renowned for this distinct type of architecture from the period and the temples show their impressive artistic and engineering capability.





During this period, the temples were derived from Hinduism and dedicated to Hindu gods (Shiva, Brahma, and Vishnu), and then when the regime was overthrown, many of the temples started including Buddhist themes as well. A visit to Siem Reap would not be complete without a couple of days to explore some of the temples. This article will touch on four of the many temples during my visit to Siem Reap Cambodia.

Angkor Wat, One of the Seven Wonders of the World

Known as the 'City of Temples,' Angkor Wat was built in the early 12th century and is the world's largest religious monument. Angkor Wat is so ubiquitous with Cambodia, that it is the image on the country's flag. It mainly consists of five towers encircled by a moat. The five center towers represent Mount Meru, a sacred mountain in Hindu mythology believed to house Hindu gods. In the center tower, tourists can attempt a challenging ascent up a considerably steep staircase to

reach the Bakan, the highest floor of the whole temple. From here one can get an overview of the temple grounds.

Angkor Wat was originally constructed as a Hindu temple and dedicated to the god Vishnu. Then in the late 12th century, after the death of the Khmer king, Angkor was taken over. The new king transformed it into a Buddhist temple. Many of the walls are ornately carved with various period scenes documenting their beliefs and way of life, making one wonder what it was like to live in such a civilization at the time.

Bayon Temple, The Temple of Many Faces

Known as 'Victory Mountain' among other names, Bayon was built in the late 12th to early 13th century. This location is the last state-built temple and the last location of the capital of the Khmer Empire. It is legendary for its 216 smiling faces carved into every side of the temple's many towers. It also was originally a Hindu temple, then converted to Buddhist





when the Khmer regime changed hands. Bayon is compact with small passageways and has been added to over time. It has very intricately carved reliefs on many of the walls depicting life at the time including war, marketing, farming, and more. While there is no agreement on who the faces depict (e.g., Buddhist or Hindu gods, or a king at the time) it is agreed the temple was intended to represent Mount Meru on Earth.

Ta Prohm Temple, The Tomb Raider Temple

Ta Prohm goes by several names with one of the originals being 'Monastery of the Kings.' It is best known for being in the 2001 film *Lara Croft: Tomb Raider*. Ta Prohm was built in the late 12th to early 13th century and was consumed by the jungle after the fall of the Khmer Empire in the 15th century.

Vegetation still claims parts of the temple with some inside passages blocked with parts of the structure toppled by nature. Outside, there are the iconic Silk Cotton, Strangler Fig, and Banyan trees that grow through and around the structure, roots entangled in the architecture. The trees and roots present an interesting paradox, seemingly pushing the temple apart

while at the same time holding it together.

Compared to the other temples (i.e., Angkor Wat and Bayon) Ta Prohm lacks reliefs depicting the way of life at the time but has many decorated walls with various idols, figures in prayer, dancers, and warriors. Some of the reliefs are original and some have been carved over time. As we walked toward the temple, I could only imagine trekking through the dense jungle to rediscover this temple. It gave a feeling of living history, adventure, and wonder. The trees and natural growth enveloping this temple bring the fight with nature alive.

Banteay Srei Temple, The Citadel of Women.

Originally called the 'Great Lord of the Threefold World,' Banteay Srei was built in the 10th century and dedicated to the Hindu gods Shiva and Parvati. The temple was not built in full size and is relatively small with miniature buildings that are divided with the south end of the complex devoted to Shiva and the north end to Vishnu. Among the temples we visited, Banteay Srei has the most intricate carvings and reliefs of Hindu mythology; decorative carvings seem to cover almost every wall.

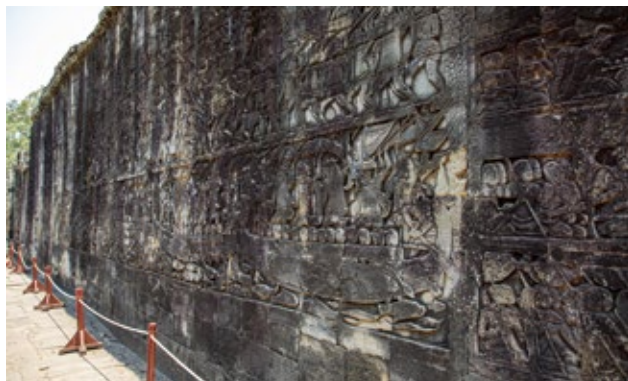


Visit Siem Reap

There are many more temples to explore in Siem Reap and these four are likely the most popular. Visiting the temples of Siem Reap was more than a physical trek but also a journey back in time. As I watched the jungle trying to take back the land and considered the number of centuries these structures have stood and fought back, I thought about how small of a speck we are on this timeline and that I needed to plan my next trip somewhere in the world!

When is the Best Time to Visit Siem Reap?

There is no right or wrong answer and depends on your tolerance for heat, crowds, and the risk of rain. The climate in Cambodia is tropical year-round and generally, the temperature is hottest in April/May. It can reach the upper 90s or more (~35 - 40 Celsius) but has a low to moderate chance of rain and very few tourists. This trip was in May and the temperature was in the 90s (~33 Celsius) on average; however, any rain that fell was at night, never impacting our tours,



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and the tourist count was very low, at times hardly any people in a temple. As the year progresses, the temperature declines, and the chance of rain increases. Then, from about November through March, the temperature is the most moderate and the chance of rain at its lowest; however, the number of tourists skyrockets, and all sites are packed! What do you prefer?

Whatever time you decide, take advantage of your time in South Korea by visiting the many great historical areas of Asia, including Siem Reap and others in Cambodia. To find out more about the UNESCO locations across Asia, check out their World Heritage List. On this list, UNESCO lists cultural and natural historical sites within each country to make travel easy.

UNESCO World Heritage List Website:
<https://whc.unesco.org/en/list/>



About the Author

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

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



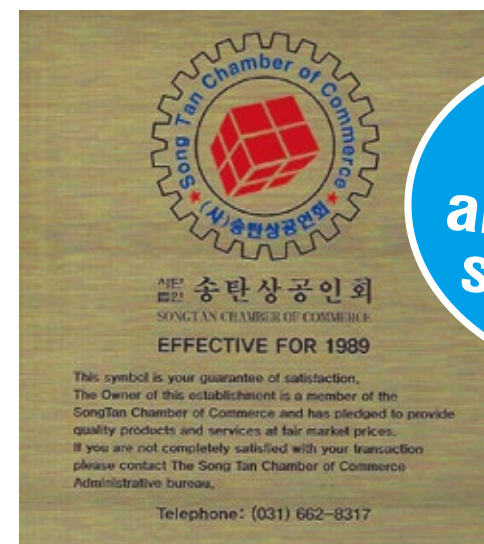
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Alison Rock's son enjoying bingsu

BINGSU

Summer Treat of Kings

By Alison Rock

Is the summer heat overwhelming you? Why don't you give bingsu a try? What is it you ask? Simply put, it is an ultra-indulgent gourmet version of shaved ice.

Bingsu originated in Korea during the Jeosan dynasty in about 1392 when it was a treat for Kings and high-ranking officials. As you can imagine, ice was

a rarity during the hot summer months. To have ice and preserve food during the hot summer months, the Koreans developed large stone storage caves called Bingo's. Ice would be collected from places like the Han River and stored in these caves until it was needed. Freezers were not common in Korea until the 1980's and ice stores were on every block until the



Sul Bing standard mango and a king mango bingsu



Yoggerpresso using shaved fruit juices versus traditional plain shaved ice

1970's. So, you can imagine how precious ice was in Korea. On very special occasions ice was crushed and topped with fresh fruit, but only for the elite.

As ice distribution became more popular in the 19th century, Patbingsu became the most common traditional treat enjoyed. Patbingsu is shaved ice topped with boiled red beans that are mashed and sweetened. As this dessert has evolved in the 20th and 21st centuries it is now served with rice cake, fresh fruit, and condensed milk. After the Korean War, bingsu was elevated to an entirely new level with chocolate syrup and other treats the US military brought with them from America.

Nowadays bingsu is being made with frozen shaved milk and fruit juices allowing the toppings to be added while keeping a light fluffy melt in your mouth texture. The fluffy shaved ice is quite the opposite of snow cones or Hawaiian shaved ice that can get clumpy or hard when toppings are added. Bingsu can be found in many different shops across Korea like Yoggerpresso which has over 300 locations, Sulbing with over 400 locations, and can even be found seasonally at Lotteria Korea's largest fast-food restaurant with over 1,300 locations.

Now the biggest debate in Korea is what is the best flavor and frankly, I don't know! I am a certified chocoholic yet I have a hard time choosing what to order. The Chocolate brownie bingsu at Yoggerpresso is absolutely sinful made with shaved chocolate milk, brownie chunks, and cheesecake bites. To finish off

this decadent dessert it is then topped with condensed milk and powdered chocolate goodness. At Sulbing I love the fruit bingsu. They have amazing flavors like fresh blueberry and strawberry but the mango is to die for. In fact, their mango bingsu is so popular that they now offer two versions; the standard mango and the king mango that not only has fresh mango chunks, cheesecake, and mango syrup, it is also topped with a scoop of mango sorbet! Every restaurant has its own twist on bingsu. Yoggerpresso tends to use shaved juices and call it snowflakes, Sulbing uses a more traditional ice and focuses more on the toppings. Most bingsu in Korea is designed to be shared by two or more people so the portions are quite hardy and always enjoyable.

Start your summer adventure of finding the best bingsu in Korea and let me know what you think. And don't worry if you get addicted, bingsu is gaining popularity in America. You can enjoy it at several different restaurant chains from California to New York that will give you a glimpse of Korea back home.

About the Author

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



United in Endurance

A Military Couple's Journey Through South Korea's Thriving Fitness Landscape

By Carlos Prieto and Karen Yau

In the bustling streets of South Korea, amidst the backdrop of a lively culture and rich history, lies a dynamic and thriving fitness scene waiting to be explored. South Korea's fitness landscape has been nothing short of exhilarating, filled with challenges, triumphs, and unforgettable experiences. Korean sports have taken an active part in the global arena over the past century, displaying Koreans' fighting spirit even in harsh environments. South Korea hosts a variety of successful international competitions to create a sports-friendly environment that all people can enjoy. Together we embarked on a shared mission to discover these competitions and pursue our passions.

Sports and exercise have been integral to our lives and together. We even share the same passion for endurance sports in triathlons as well. Our journey into triathlons took a significant leap forward when we both moved to South Korea. Despite arriving as experienced in the world of triathlons, the vibrant sports culture in Korea was the catalyst for our continued growth, both personally as a couple and physically as endurance competitors. The transition to a new country



came with its challenges and adjustments, but it also opened doors to new training opportunities and a community of fellow athletes who were just as passionate about pushing their limits. As we immersed ourselves in this new setting, we felt our abilities and enthusiasm for the sport flourish.

Competing in Korea

Our first competition was the middle distance triathlon events hosted by Challenge Family and

Ironman 70.3. Middle-distance triathlons consist of a 1.2-mile swim, a 56-mile bike, and a 13.1-mile run. The Ironman 70.3 Goseong, South Korea competition was the first time we completed a relay event, which was such an amazing experience to share as a couple.

After competing in the South Korean triathlon events in 2022, our curiosity began to grow and we decided to explore the local Gran Fondo Events. Gran Fondos meaning "Big Rides" in Italian. These big rides are long-distance,



mass-participation cycling events. As well as the Gran Fondos, we also participated in various cycling events that epitomize the freedom and joy of outdoor activities synonymous with cycling. These events aren't solely races but encompass group rides with the Camp Humphrey's Cycling Club (CHCC), commencing early morning as a collective journey where decisions on meals and accommodations are made along the way. These rides span diverse distances ranging from 62 km to 130 km, with elevation gains spanning from 900ft to a staggering 9000 ft.

Experiencing Korea Through Cycling

Exploring South Korea through cycling has been an enriching journey for us, offering a unique perspective on the country's landscapes, culture, and people. From traversing the rugged terrain of the Taebaek Mountains to cruising along the picturesque coastal roads of Jeju Island, each cycling event

has been a captivating adventure filled with unforgettable experiences. As we pedal through quaint villages steeped in history, pass by ancient temples nestled amidst lush greenery, and glide alongside cityscapes pulsating with life, we find ourselves surrounded by the beauty and diversity of Korea's scenery.

Beyond the physical exertion and adrenaline rush that cycling provides, we have discovered a deeper connection to the land and its

people. We are forging bonds with fellow cyclists and locals alike. One aspect that stands out in our cycling journey is the sense of camaraderie and community spirit that permeates each event. Whether it's joining the group rides at the crack of dawn or banding together with fellow cyclists to conquer a challenging ascent, the shared experiences on the road have fostered lifelong friendships and created lasting memories.

Cycling, in essence, has become more than just a recreational activity—it's a gateway to forging connections, embracing new cultures, and embarking on adventures that transcend borders and boundaries.

South Korea's fitness community is not just thriving; it's an exhilarating, powerful force that draws enthusiasts from cycling to the adrenaline-packed realms of running and triathlons. Our journey through the fitness community here has been transformative, pushing us beyond our limits and deepening our connection with the country's rich customs, history, and diverse





Carlos Prieto and Karen Yau competed in the Ironman 70.3 Goseong, South Korea June 2024, finishing 2nd in their group!



terrains. Participating in the Seoul Marathon, we've pounded the asphalt of the capital's busy streets, experiencing the city's spirit up close. This iconic race challenges participants with its notorious hills, setting the tone for the resilience required in endurance sports.

Resiliency Through Fitness

While the military lifestyle is inherently demanding, integrating a dedicated fitness regime offers more than just physical benefits—it's a mental and emotional escape that fosters resilience. Engaging regularly in physical activities isn't merely about staying in shape; it's about cultivating a mental fortitude that parallels the tactical skills and strategic thinking valued in military personnel.

The integration of fitness and endurance sports into both military life and the broader South Korean lifestyle aligns seamlessly with this cultural embrace of physical activities and outdoor life.

This widespread enthusiasm for endurance sports offers a unique opportunity for military personnel stationed in Korea to engage with the local community through fitness. Participation in these events not only aids in the physical conditioning expected of military members but also exposes one to Korean practices and values, such as perseverance, community involvement, and the pursuit of personal excellence.

These values resonate deeply with military ethics and the ethos of endurance, making fitness activities and organized sports a natural bridge between military expatriates and local citizens.

Additionally, the regular scheduling of such events ensures that military personnel have continuous opportunities for physical engagement and cultural integration, enhancing their service experience while fostering positive relations with the Korean and

international community. This ongoing involvement in Korean endurance sports can significantly enrich the lives of military members, offering them a fulfilling way to connect with their host country while maintaining the high levels of fitness required by their respected roles.

Pathway to Personal Growth and Adventure

As we continue our journey as a couple through South Korea's fitness scene, we look forward to new adventures, new challenges, and new opportunities to push our limits and explore the world around us. Our commitment to living life to the fullest is constantly reinforced by these activities, which not only challenge us physically but also provide profound mental and emotional rewards. With every mile cycled, every trail ran, and every swim, we push ourselves, uncovering new strengths and overcoming barriers that once seemed insurmountable.

The journey through South Korea's fitness scene is more than just a series



of physical activities—it's a pathway to personal growth and adventure. It allows us to connect with like-minded individuals, each sharing the same zeal for health and exploration. As we look ahead, we are eager to continue this journey, embracing each new opportunity as a chance to grow, learn, and thrive. Through ongoing adventures, we are forging bonds and shared experiences leaving us with enduring friendships and unforgettable memories.

About the Authors

Carlos Prieto is a dedicated Naval Officer with a distinguished 20-year career spanning both the U.S. Marines and the U.S. Navy. He is currently serving with Command Naval Forces Korea. Over the last five years, Carlos has delved deeply into the world of endurance sports, achieving impressive results that consistently place him in the top 10% of his age group. His commitment extends beyond mere participation. He is currently enhancing his expertise by pursuing a Master's Degree in Sport Science with a specialization in Human Performance. Carlos is also dedicating time to coaching. Guided by elite coaches from Elevate Performance Coaching in Singapore, Carlos is continually honing his skills and pushing the limits of what is achievable in the demanding field of endurance sports. He is currently preparing for the full-distance Ironman in Gurje, South Korea. A monumental challenge encompassing a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile marathon. He is supported by his loving wife.

Carlos is the newly appointed Ambassador for the U.S. Marine Reconnaissance Foundation Athletics.
Insta: recon_foundation_athletics

Karen Yau is a dedicated military spouse from Britain. She works full-time for JLL, a Global Corporate Real Estate Company. Karen enjoys traveling and competing internationally in a variety of sports. She has competed in various events including half and full Marathons, Gran Fondos, and four 70.3 Ironman Events, one of which took her to the Ironman 70.3 World Championships in Finland. She is currently taking her course in personal training, via the SECO program.

Authors' Social Media and Strava

- Insta: kyau22_tri
- Strava: Karen Y
<https://www.strava.com/athletes/83183809>
- Insta: krtos_tri22
- Strava: Carlitos Tri_22
<https://www.strava.com/athletes/128650975>

Useful Websites

- Challenge Family
<https://challengefamily.com/races/challenge-gunsan-sae-mangeum/>
- Gran Fondo
<https://granfondo.wixsite.com/koreaepicride>
- Endurance Sports Wire
<https://www.endurancesportswire.com/free-registration-for-internationals-thanks-to-visit-korea-and-gran-fondo-world-tour-new-agreement-done-between-organization-and-gfwt-with-the-support-of-visit-korea-tourism-board/>
- Korea By Bike
https://www.koreabybike.com/routes/hangang-bicycle-path/seoul-south-side/gwangnaru-hangang-park/#google_vignette
- Running Races 2024 - 2025 in South Korea
<https://www.ahotu.com/calendar/running/south-korea>
- Finishers: Races in South Korea
<https://www.finishers.com/en/destinations/asia/south-korea>
- Ironman 70.3 Goseong
<https://www.ironman.com/im703-goseong>
- Seoul Marathon
<https://en.seoul-marathon.com/?redirect=no>
- Hell of the Marianas
<https://www.hellofthemarianas.com/>

Facebook Groups and Pages

- Bike Club Humphreys: This page is dedicated to preparing abandoned bikes on Camp Humphreys. It then donates the bikes to the public. Follow them for more information on when their donation events happen. Bikes are sized for all riders, from children to adults.
- Camp Humphreys Cycling and Multisport
- Camp Humphreys Health, Fitness, and Runners Hub
- Camp Humphreys Hike & Bike
- Running Area IV
- MTBSK - Mountain Bike South Korea
- Korea Cycling Community
- Trail Running Korea

Summer Learning Through Play

By Kortnee Anne

Welcome back to the Intentional Learning Corner. It is officially summer on the peninsula and your need for heat relief is most likely ramping up. Here are our top 5 suggestions for beating the heat this summer while your child is intentionally learning through play.

5 Educational Ways to Beat the Heat and Where to Go!

Splash Pads

- Outdoor play promotes decision-making and improves gross motor development (jumping and running). Splash Pads provide sensory stimulation that aids in developing motor skills, social skills, language development, and more.
- Seoul Aquafield Goyang
 - Seoul Joypool Swimming Pool Kid's Cafe
 - Yongsan Blue Lagoon Hannam
 - Pyeongtaek Naeri Park
 - Humphreys Downtown Plaza
 - Daegu Water Park Spa Valley
 - Daegu Duryu Water Park



Visit an Ecological Museum

- Museums encourage children to embrace challenges and use problem-solving skills while teaching about broad topics such as renewable energy as well as about the plants and animals native to their location. Ecological museums encourage children to appreciate nature and conservation history.
- Seocheon National Institute of Ecology
 - Asan Ecological Environment Insect Museum
 - Daejeon National Science Museum
 - Jang Yeong-Sil Science Museum
 - Daegu Haengso Museum of Keimyung University
 - Daegu Seoriji Waterside Ecological Park

Bowling

- Bowling is great for gross motor development and coordination, learning patience, taking turns, enhancing problem-solving skills, and building confidence. Explore math concepts such as counting, keeping score, weights, and measurements while playing.
- Kids Bowl Free is available at Camp Humphreys and Osan AFB. Visit Kidsbowlfree.com for more information.
 - For Daegu, Camp Casey, and Camp Hovey check with MWR for promotions this summer!

Visit the Library

- Check out the free Summer Reading Programs offered at your installation's library. Libraries across the peninsula will have a schedule of free in-person learning activities all summer long! Reading to your child increases their vocabulary, boosts their memory, and improves their cognitive brain development. Reading will also help your child continue to improve their language skills, and critical thinking skills, and improve their concentration. Come to the summer programs and work on socialization and cooperative learning. Read with your child and log your minutes together to earn cool prizes by registering through Beanstack.com. These are the dates for your installation's summer reading program.
- USAG Yongsan Casey: May 27 - September 2, 2024
 - USAG Humphreys: June 12 - August 17, 2024
 - USAG Daegu: June 16 - July 27, 2024



Play Board Games

- Playing board games will improve your child's ability to learn new vocabulary, follow directions, take turns, be patient, and much more. Looking for more options than the ones you have at home? Check out your local recreation and activities centers for indoor air-conditioned spaces, a multitude of games, and other options including free movies!
- Camp Casey Community Activity Center
 - USAG Humphreys Downtown Recreation Center Activities
 - Camp Walker Community Activity Center

Whatever your reason is to beat the heat, do it as a family and make it an intentional learning experience!

About the Author



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



Guest learned how to make salami roses for their charcuterie boards

USO Coffee Connections

Way More Than Coffee, It's Community

By Kymbirly Bennett

During my first few weeks in Korea, I've been fortunate to forge deep connections with incredible people thanks to a special event organized by the United Service Organization commonly known as the USO. Every month across the peninsula the USO hosts "Coffee Connections". According to their website, "On average, military spouses can move up to 12 times in the span of a 20-year military career, which often results in having to start over at each location, dealing with the

struggles of meeting new people and feeling connected to their new home." This is why Coffee Connections was started, to help the military spouse in their transitions to new communities. In my community, the Camp Walker USO hosts their Coffee Connections monthly, alternating locations between Camp Walker or Camp Carroll. Our USO offers a relaxed and welcoming space for spouses to mingle which has helped me as a new to Korea military spouse.

These gatherings have become the highlight of my time here,

fostering genuine connections and creating a sense of belonging in a new and unfamiliar place. The atmosphere is warm and inviting, with coffee and snacks always at the ready, setting the stage for meaningful conversations and new friendships. In just a short time, I've discovered the true value of community through events like Coffee Connections, where strangers quickly become friends, and shared stories bridge cultural divides. It's moments like these that make living abroad feel like home.

On May 14, 2024, the USO host-



USO is ready for the charcuterie board class



Gifts for Coffee Connection guests

ed a delightful and unique Coffee Connections event at their Camp Walker location, centered around the art of creating your own charcuterie board. Stepping into the USO center, I immediately felt embraced by a warm and cheerful atmosphere. The staff greeted everyone with wide smiles and inviting hellos, creating an engaging and enjoyable gathering.

After being greeted, each participant received a raffle ticket, sparking excitement for the chance to win a small door prize. The event kicked off with a brief yet informative presentation on the history of charcuterie, peppered with interactive questions that drew everyone into the conversation.

The highlight of the evening was undoubtedly the hands-on activity. Each table was generously provided with a delectable assortment of ingredients — cheeses, meats, honey, jelly, vegetables, and fruits. We even learned how to make fresh hummus! All of this allowing us to unleash our creativity and craft personalized charcuterie masterpieces. Laughter and lively conversations filled the room as we explored new flavor combinations and shared culinary tips.

To top off the experience, a lucky attendee went home with a charming charcuterie board featuring the USO logo! Everyone received a prac-



Sweet jams and jellies are the perfect pairing for meats and cheeses



Charcuterie board must-haves: delicious cheese and meats!

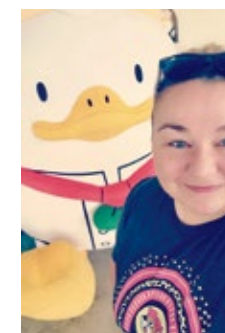


USO staff teach guests how to make fresh hummus from Xiara Franco's recipe

tical drink cup complete with a straw, a thoughtful keepsake from a memorable evening. This Coffee Connections was truly unforgettable and will be a topic of conversation for months to come.

If you're new to Korea, I highly recommend exploring the USO's offerings. The USO's events in the Area IV Daegu community have not only provided valuable experiences but the staff have also strived to foster a sense of community that enriches life in this vibrant corner of the world. Check out your local USO today, don't wait!

About the Author



Kymbirly Bennett has recently relocated to Daegu in April following her husband's Army assignment. She finds joy in a variety of interests, including metal detecting, motocross, crafting, and maintaining faith in God's plan for her life. Exploring new places and connecting with fellow enthusiasts are some of the things that fuel my sense of adventure and purpose.

Ice Cream in a Bag

By Kortnee Anne



Ingredients/Supplies

- Milk (Whole milk, 2% milk, lactose-free milk, and heavy whipping cream will work for this recipe.)
 - Sugar
 - Vanilla Extract
 - Tablespoon
 - Teaspoon
 - Measuring cup
 - 2 sandwich bags (per serving)
 - 2 one gallon sized freezer bags
 - Salt (larger salt or ice cream salt work best but are not necessary)
- Ice (enough to fill a gallon-sized freezer bag)
 - Teaspoon salt
 - 2 teaspoons sugar
 - 1½ stick cold butter
- For 1 Serving

1 cup milk

2 Tablespoons Sugar

1 Teaspoon Vanilla



Directions

1. Gather all ingredients.
2. Pour 1 cup of milk, 2 tablespoons of sugar, and 1 teaspoon of vanilla into a sandwich bag. Close the bag. Make sure all the air is out of the bag. Put the first sandwich bag into a second sandwich bag and seal the bag as before.
3. Add ice and a liberal amount of salt to a gallon-sized freezer bag.
4. Take the double-bagged sandwich bag of milk mixture and place it between the ice and salt inside the gallon-sized bag. Close the gallon-sized bag. Make sure all the air is out of the bag. Place the gallon-sized bag into another gallon-sized bag and seal it.
5. Shake the bag vigorously for 5-10 minutes. Time may vary.

We have made up to 4 servings at a time. When your ice cream is your desired consistency, open the bag, grab a spoon, and enjoy!



A Newcomer's Guide to Daegu and Area IV

By Ashley Courts

Every

military move comes with its challenges and a list of unknowns about your new duty station, even more so when that move takes you overseas. However, one of the best things about living overseas as a military-affiliated person is the resources available at your fingertips. Here in Area IV the Newcomer's Spouse Orientation held by the Army Community Service Center on Camp Walker is one of those special resources. Along with an in-depth look at your new home during the Spouse Orientation, there is a guided tour of the subway system that gives you a better understanding of the ins and outs of using public transportation in Daegu.

Once a month, Mr. Joe Missildine, the Area IV Relocation Specialist, provides an informative Spouse Orientation for military and civilian spouses new to Daegu and Area IV. This incredible program brings the available resources straight to you. During the brief, you will receive presentations from Family Advocacy Program, ACS, Legal, and the Military and Family Life Counselor. Each presenter will



explain their program and what services they offer the community. Different organizations such as the USO, the Commissary, Camp Walker Chapel, Girl Scouts/Boy Scouts, and more will also be in attendance to provide information

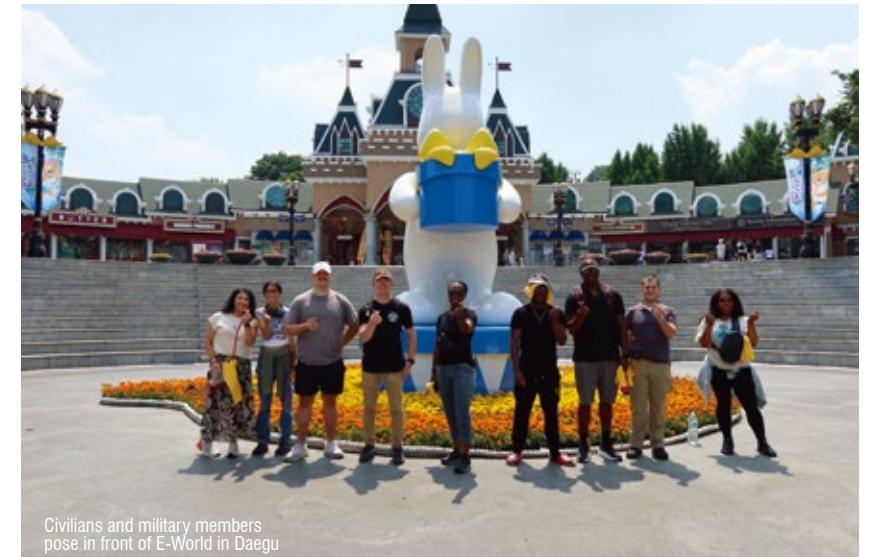
on their services and opportunities available to you and your family.

The Spouse Orientation is also a convenient way to receive the SOFA stamp on your no-fee passport, which is mandatory to stay in South Korea. To receive your

stamp, simply bring with you a copy of the front and back of both your military ID and your sponsor's ID, the sponsor's orders with DEROS date, approved command sponsorship paperwork, and your no-fee passports. You will hand all this over to the representative from Legal during the brief and they will then contact you once the stamps have been processed, usually within two to three weeks.

Another amazing opportunity to get to know your new home away from home is with the Newcomer's Subway Tour. Twice a month, Mr. Missildine gives an immersive tour of the subway system in Daegu. He will assist you in purchasing a T-money card, instruct you on how to load it with funds in the future, and share how it will be used to pay for public transportation, including some taxis. He will thoroughly explain how to navigate the subway system and will take you to some of the most known places in Daegu, including the Seomun Market. You will stop for a delicious lunch and finish your day shopping around downtown Daegu. This unique tour is available to all spouses, civilians, and military members- single or married.

When asked what he hoped military families get out of the Spouse Orientation and Newcomer's Subway Tour, Mr. Joe said he hoped people walked away with "a sense of normalcy within a foreign country, learn some of the cultural norms such as food, history, and interactions that go along with living in Korea, Daegu City and the U.S. Military while living abroad." Whether you have been here for one month or six months, you will



Civilians and military members pose in front of E-World in Daegu



A worker organizes her bean products at her shop in Seomun Market



Newcomers pose with Mr. Missildine and representatives from Daegu Transportation Corporation

be able to learn something new with these amazing programs.

To sign up for the Spouse Orientation and/or the Newcomer's Subway tour, stop by the Army Community Service center located in Bldg 330, Room 202 on Camp Walker or give Mr. Joe Missildine a call from your cell phone at 0503-363-4497.

Upcoming Dates

- Spouse Orientation
July 11th
August 8th
- Newcomer's Subway Tour
being held on
July 6th
July 20th
August 3rd
August 17th

Anout the Author

Ashley Courts is the Area IV Coordinator for *United on the RoK* as well as an author for the publication. As an Army spouse and mother of 3, Ashley is very involved in her community. She believes that a strong community increases the quality of life in overseas military installations. For fun Ashley enjoys spending time with her family, traveling and hiking with friends, volunteering in her community and making new experiences to last a lifetime.



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Monsoon Safety Guide

By Jetta Allen

For newcomers to Korea, the monsoon season begins in July and ends in September. Heavy rains and flooding are common during this time. While newcomers may be hearing this for the first time, monsoon and flood safety is for everyone.

Flood waters can be scary, causing property damage and injury. Flash floods and mudslides also occur during this time. It is important to not enter flood waters as waters can be unhealthy, have harmful items in the flood water, contain snakes trying to escape, and can be deep with water moving quickly. Be safe this monsoon season and remember, things can be replaced, but you can not. Safety first.

Before a storm or flood:

- Stay informed: Keep track of weather forecasts and warnings issued by local authorities.
- Talk to your family, unit, or battle buddy: Know where the high grounds for your location are and communicate how to navigate there.
- Have an evacuation plan: Review it, practice it, and post it in a visible location if needed.
- Secure outdoor items: Secure or bring in any items that could be swept away by strong winds or heavy rain.
- Be prepared: Have an emergency supply kit.

- Be aware of where you are parking: Rivers and streams flood. The bases of hills are prone to mudslides. Underground garages can also flood.

During a storm or flood:

- Be cautious of flooding: Avoid areas prone to flooding.
- Stay indoors during storms: If there is a storm, it's best to stay indoors and away from windows.
- If outdoors: Move to high ground.
- Avoid traveling in heavy rain: If possible, avoid driving, using the bus, or using the subways during heavy rainfall as roads and tunnels can become slippery, dangerous, or flooded.
- If driving: Do not drive through flooded roads.
- If you are stranded in your car during a flood: Do not stay in your car. Leave it immediately.
- Avoid floodwaters: Never try to walk, swim, or drive through flood waters.
- Evacuate: Be prepared to evacuate yourself, your family, and your pets.

After a storm or flood:

- Be aware: Survey your soundings. Be aware of downed power lines or electrical appliances to avoid electrocution.
- Look for pests: Bugs and snakes may have evacuated themselves to avoid drowning. Look for them in places they don't normally live and watch as they go back to their homes, especially snakes.
- Stay safe: If you're in a safe location, stay put until the flood danger is over and no one in the vicinity needs assistance. Staying put allows police, fire, emergency, and medical services to do their job with fewer people on the roads or out and about.

Monsoon Emergency Supply Kit

Remember to customize your emergency kit based on your specific needs and consider any additional items that may be necessary for your family's safety during a monsoon. Stay safe and prepared!

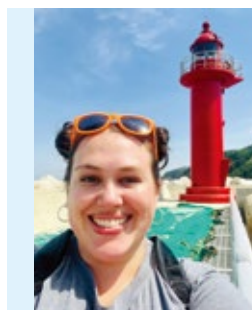
- Water: Have an ample supply of clean drinking water for each person in your household. Fill your tub or a bucket with water to have extra water to flush your toilet.
- Non-perishable food: Stock up on canned goods,

- energy bars, and other non-perishable food items.
- First aid kit: Include bandages, antiseptic wipes, hand sanitizer, pain relievers, and any necessary medications.



- Flashlight and extra batteries: In case of power outages, having a reliable light source is crucial.
- Emergency blanket: Keep a thermal blanket to stay warm in case of exposure to cold and wet conditions.
- Portable phone charger: Ensure you can stay connected by having a way to charge your phone. Consider purchasing a solar phone charger.
- Whistle: A whistle can help you signal for help if needed.
- Utility Knife: Keeping a multitool utility knife can help in a variety of situations. Make sure yours has a small blade, pliers, and a saw function.
- Waterproof bags: Keep important documents, cash, and electronics in waterproof bags to protect them from water damage.
- Extra clothing and sturdy shoes: Have extra clothing and sturdy shoes in case your current attire gets wet or damaged.
- Personal hygiene items: Include items like hand sanitizer, wet wipes, and toiletries.

Remember to prioritize your safety during monsoon season in South Korea. Stay safe!



About the Author:

Jetta Allen is Co-Editor of United on the RoK, a writer, and photographer. She loves nature, travel, and culture, but most of all, making memories with her family.

Understanding Life After the Military

By Esther Kim

When I was younger, there was a trend on the internet called, “just girly things”. These “things” would consist of quintessential feminine symbols, such as messy buns, pumpkin spice lattes, UGG boots to nail polish, marks of achievement, all the way to girl dinners and beauty tips.

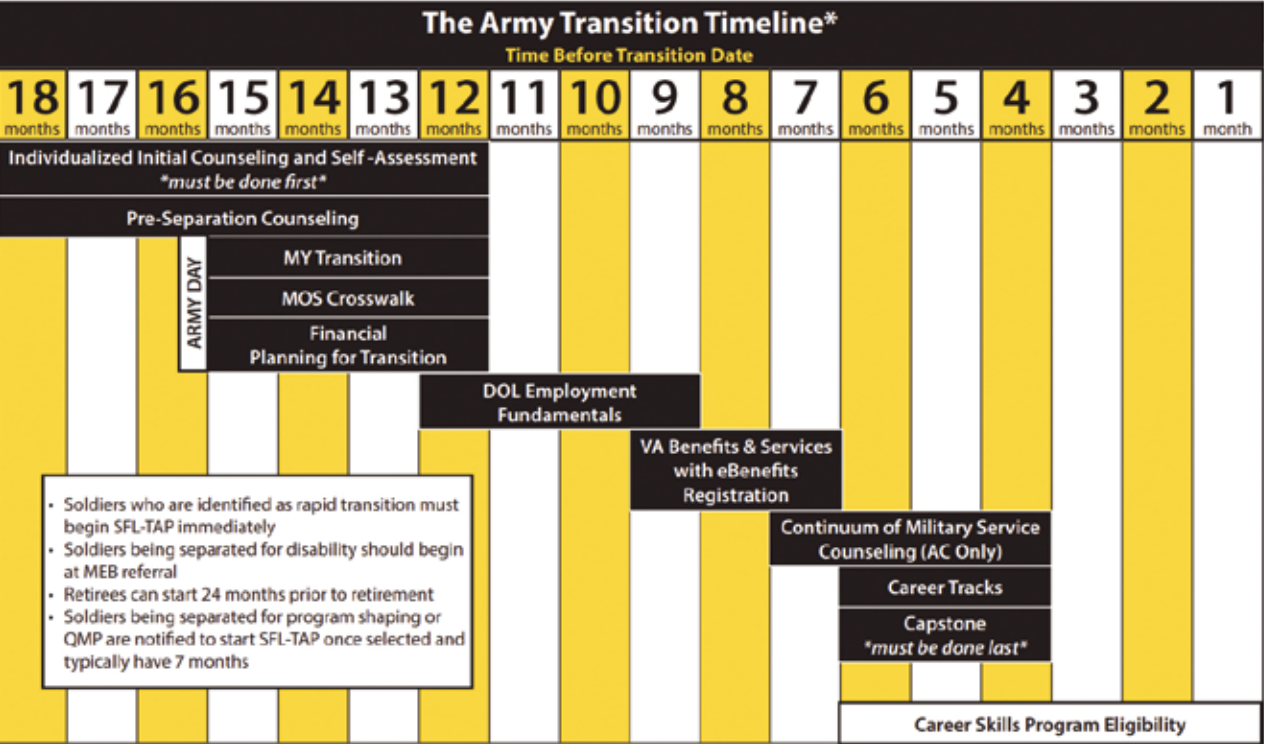
Recently, I've been saying to my friends, “just military things”! I would say that would include my uniforms, boots, and all of the hacks I've acquired along the way from those before me.

As someone who is supposed to leave the military in August, I am definitely in denial and jokingly claim to have Stockholm Syndrome. Regardless, I have diligently been attending my appointments and happily sharing my notes with others. This little section is going to highlight two programs that have personally helped me! I am definitely not an expert in veteran benefits or ETSing (expiration term of service/end of service), however, in true-army fashion, I do know people who are!

Career Skills Program and TAP

The military loves its acronyms, so let me pause. CSP stands for two things: Career Skills Program and the Command Sponsorship Program. The two are often confused but as a single soldier (and a local BOSS representative!) I am writing about the Career Skills Program.

The leading expert in the CSP programs at Humphreys is Mr. Wright at the Soldier for Life Transition Assistance Program (SFL-TAP) Center at Maude Hall. According to the Army’s website: “All soldiers must begin the TAP process no later than 365 days prior to the date of their anticipated transition from active duty.” If you are within two years of a transition you can start attending programs and appointments to learn more about your options within various careers. Mr. Wright has been a tremendous help, going above and beyond for soldiers, including myself.



As a former non-commissioned officer, he had realized his passion while instructing at the Non-Commissioned Officer Academy and realized that soldiers leaving the military actually needed more support than people had realized. For those unfamiliar with the program, it is a program that was designed to help veterans find employment and transition successfully after their service in the military.

Often, soldiers were ostracized for leaving the military, and not being given the support they needed. Now soldiers are required to attend TAP appointments starting from 180 days from their ETS date, and to out-process. The CSP program is approved on a case-by-case situation at the commander's discretion. I hope to create awareness about this amazing opportunity for those in the military and their families. As soldiers leaving the military are at extremely high risk for homelessness, unemployment, and suicide. The CSP program could be the answer for minimizing that risk if only people would use it to their advantage.

Everyone at the TAP center has been extremely professional, supportive, understanding, and helpful.

They have been the greatest advocate, especially for me as a junior enlisted soldier. Many say “The military taught me how to be a soldier, but it never taught me how to be a civilian.” The program helps the transition from military to civilian life by teaching you skills to create dynamic resumes, explaining VA benefits, teaching you how to dress professionally, information on starting a business, sharing education options, and so much more! They give you the tools to successfully pursue what you want after military life.

“Everyone ETS’s. Whether it be 20 years or 2 years...we all have to leave the service one day.”

Veterans Affairs and Your Benefits

Something soldiers forget when they leave the service is that a lot of civilian programs are self-directed and that they have to invest the time to figure out their passions and goals. They also forget how to translate their military skills to the civilian world. Mr. Green is the Veterans Benefits Advisor at Maude Hall on Humphreys. He teaches the VA class and advises people as well. He was formerly in the Air Force. For me, I go to Maude Hall a lot to ask my entire battery of questions. As a soldier, I always hear about the GI Bill, but I had no idea how to apply for it, or how to survive after the military. He also educates people on the resources available to veterans such as the VA home loan, education benefits, and rehabilitation programs with disability.

Just Military Things

Even now, there are a lot of question marks. Luckily, I have had a lot of help from the experts at Maude Hall. As many know... ETSing is scary. It is the unknown. For some, the Army is all they know.

It's hard to think about what makes things different for people in the military because we are around it everyday. Understanding the needs can be a challenge but there are people in your community who can help you figure it out. Find help at your local support center. There are so many in a position to assist. I look down at the OCPs I'm wearing, and smile. Just military things, I guess.

About the Author

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





INTERNATIONAL AND NATIONAL CELEBRATION

01Mon	American Zoo Day	12Fri	Malala Day
01Mon	Canada Day	13Sat	Beans 'n Franks Day
01Mon	International Joke Day	14Sun	Bastille Day
01Mon	International Reggae Day	14Sun	Mac and Cheese Day
01Mon	National Doctors' Day (US)	15Mon	Fire Pet Safety Day
01Mon	National Gingersnap Day (US)	15Mon	World Youth Skills Day
01Mon	National U.S. Postage Stamp Day (US)	16Tue	World Snake Day
01Mon	National Ducks and Wetlands Day (US)	17Wed	World Emoji Day
02Tue	National Literacy Day (US)	17Wed	World Day for International Criminal Justice
02Tue	World UFO Day	18Thu	Nelson Mandela International Day
02Tue	International Day of Cooperatives	18Thu	World Listening Day
03Wed	International Drop a Rock Day	18Thu	Global Hug Your Kids Day
03Wed	International Plastic Bag Free Day	19Fri	International Retainer Day
03Wed	National Chocolate Wafer Day (US) 03Wed National	19Fri	Flight Attendant Safety Professionals' Day
Fried	Clam Day (US)	20Sat	International Chess Day
04Thu	US Independence Day	20Sat	National Lollipop Day (US)
04Thu	Alice in Wonderland Day	20Sat	World Jump Day
04Thu	National Barbecued Spareribs Day(US)	21Sun	National Lamington Day (Australia)
04Thu	National Caesar Salad Day (US)	23Tue	World Sjogren's Day
04Thu	National Country Music Day (US)	24Wed	International Self Care Day
05Fri	National Apple Turnover Day (US)	27Sat	Bagpipe Appreciate Day
05Fri	National Bikini Day (US)	28Sun	World Conservation Day
05Fri	National Graham Cracker Day (US)	29Mon	International Tiger Day
05Fri	Workaholics Day (US)	30Tue	Paperback Book Day
06Sat	International Kissing Day	30Tue	International Day of Friendship
07Sun	World Chocolate Day	30Tue	International Day against Trafficking in Persons
07Sun	National Fried Chicken Day (US)	31Wed	World Ranger Day
07Sun	Global Forgiveness Day		
08Mon	Bodypainting Day		
09Tue	National Sugar Cookie Day (US)		
09Tue	World Kebab Day		
09Tue	International Skinny Dip Day		
10Wed	Global Energy Independence Day		
11Thu	World Population Day		
11Thu	World Benzodiazepine Awareness Day		
11Thu	International Town Criers Day - Second Monday in July		



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A Weekend in Yeosu

By Cat Son



With spring weather finally upon us we cannot miss the chance to explore Korea beyond our everyday boundaries. If you are aching for a seaside excursion: Yeosu is the perfect destination. Nestled in the very southern part of South Korea, Yeosu is part of the Jeollanam-do Province. From the Pyeongtaek area, you can expect Yeosu to be about a four-hour drive. For those in the Daegu area, expect about a two-and-a-half drive. Yeosu is the perfect weekend getaway!

During the Joseon Dynasty Yeosu was the headquarters for the navy. It was in Yeosu that Admiral Yi Sun-Shin launched his famous iron warship, the Turtle Ship (K. *buksan*) during the Imjin War. While traveling throughout the town you will see many statues, parks, posters, pictures, and more paying homage to Yi Sun-Shin and his valiant efforts.

You will want to make a quick stop at Yi Sun-Shin Square. Located in the center of the town, you can see a large statue of the Admiral as well as a replica of the Turtle Ship. Another architectural feature you will not want to miss is the Yi Sun-Shin Bridge. Quoted as being, "The Golden Gate of South Korea," the suspension bridge is the eighth longest in the world, clocking in at 2.26 kilometers. If you can drive it at night you will get the full ambiance of the colored lights that adorn the bridge.

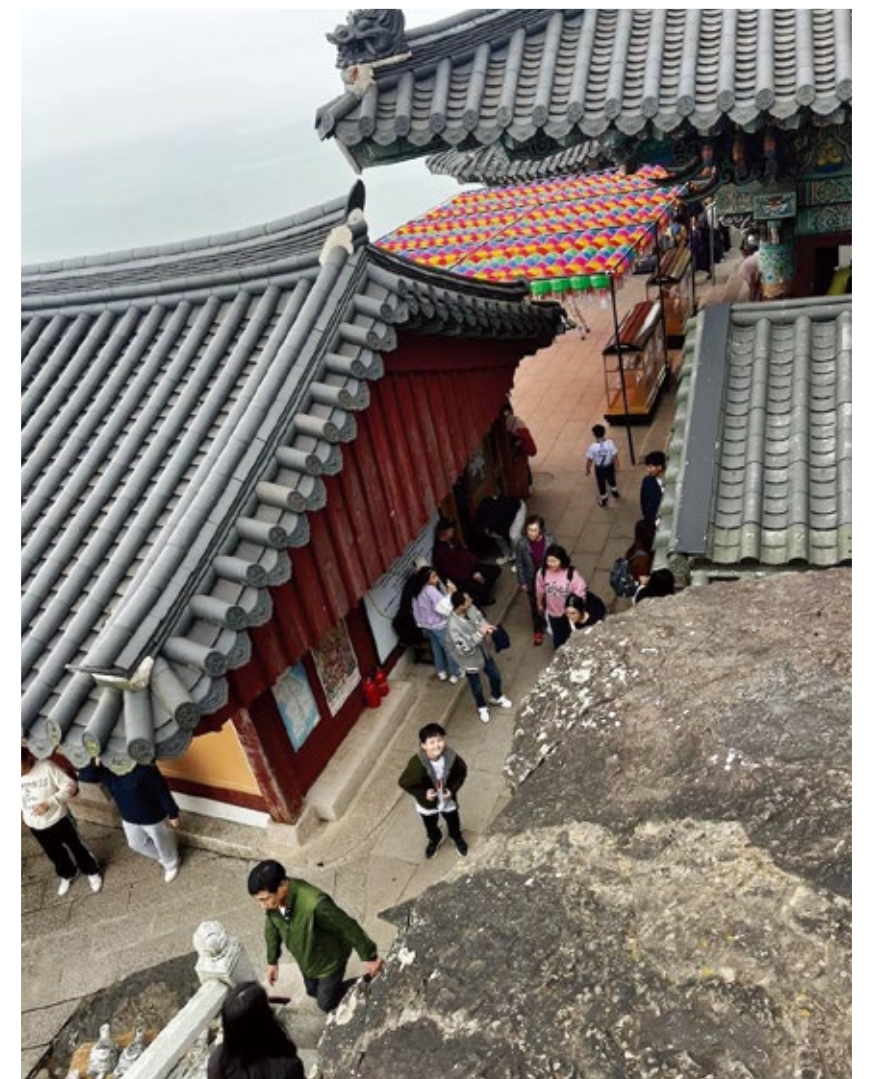
One of Yeosu's top attractions is the Hyangirama Hermitage. With its name meaning, "hermitage that faces the sun." For myself, this quickly has become my very favorite Buddhist temple in Korea. The temple itself is remarkable in that

it is all nestled into the mountain and the fresh ocean breeze and beautiful coastal views cannot be topped.

Hyangirama gives you a seaside perspective that you will not soon forget. It changed names several times, but in 1715 the name Hyangirama stuck. It is located on the side of a steep mountain. You will find ample street parking at the bottom of the mountain and will enjoy small stores and street food all the way up. Not only does it provide stunning coastal views, but it is also rumored to be capable of granting wishes - but only if you pass through the seven stone passages along its path.

There is a theme of stone turtles throughout the temple. The mountain that the temple rests upon is called Geumsosan Mountain, which means "large golden turtle". While the mountain itself does not look like a turtle, the rocks that are found there have the texture of a turtle's shell.

Not far from Hyangirama are the neighboring Korean War Weapon and North Korean Semi-Submersible exhibition halls. The Korean War Weapon Exhibition Hall features several interactive exhibits. Our favorite was the area where you could dress up in the same uniforms that South Korean soldiers wore during the Korean War. Next door you will find a fascinating North Korean Semi-Submarine. Back in December of 1998, the South Korean military spotted the vessel close to the shore. By the next morning, they were able to capture it, it is believed to be from North Korea, however, North Korea still denies send-



ing it according to the exhibition plaques. The exhibition hall holds not only the Semi-Submersible but also all of the items found inside it as well.

Right across the street from the exhibition halls is a great beach. If you have time (and sturdy shoes), it is settled in a small bay and offers smooth rocks, a plethora of ocean glass as well as calm waves to skip the rocks on. However, there are several other beaches to choose from in Yeosu, the most famous one is Manseongri beach. It is the only black sand beach in Korea and many people believe that it has elements within the sand that can relieve pain.

Between the history, culture, temples and beaches, Yeosu is South Korea's hidden gem. Make sure you don't skip out on this one. A weekend off and a reliable car will give you memories of Yeosu you won't soon forget.

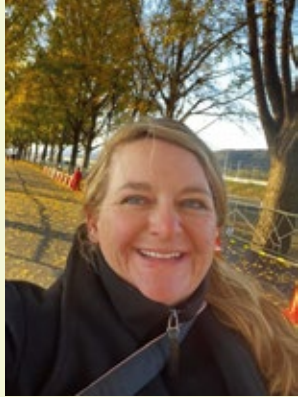
Visit Yeosu!

Other attractions around Yeosu:

- Hamel Lighthouse
- Yeosu Maritime Cable Car
- Dolsan Island Park
- Odongdo Island
- Jasan Park
- Arte Museum
- Yeosu Ocean Railbike
- Yeosu Fish Market
- Jongpo Marine Park

About the Author

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





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The Abandoned Bike Club at Camp Humphreys

Daniel "Dan" Melton, President
Abandoned Bike Club, Camp Humphreys

The Abandoned Bike Club started because I was riding around Camp Humphreys and saw all the abandoned bikes. A thought came to mind; it would be wonderful if we could collect them, refurbish and repair them, and then to give back to the service members and Camp Humphreys community. There had to be a better use for them, which is how the Abandoned Bike Club was formed.

Forming our organization was a challenge at first. We had to receive approval to start the program and use a warehouse that was being used just to store abandoned bikes. Humphreys Garrison Commander, Colonel Graves authorized us to start the program. He gave Major Colman the approval for us to use the warehouse and to repair and refurbish them. With the help of Danny Morris and Joe Colson, we put the word out for volunteers. Soon we had 9 volunteers show up that first Saturday ready to work. The word got out and we started getting an average of 10 volunteers when we met to fix these bikes. We meet on the first and third Saturday of the month and if we had 5 or more volunteers who wanted to come out on another Saturday, we'd open the bike warehouse.

After only 4 weeks of repairing and refurbishing bikes, we had our first bike giveaway in November 2023. Our club



Dan Melton, Danny Morris,
and Chaplain Lee



Find the Abandoned Bike Club on
Humphreys at Building P5550

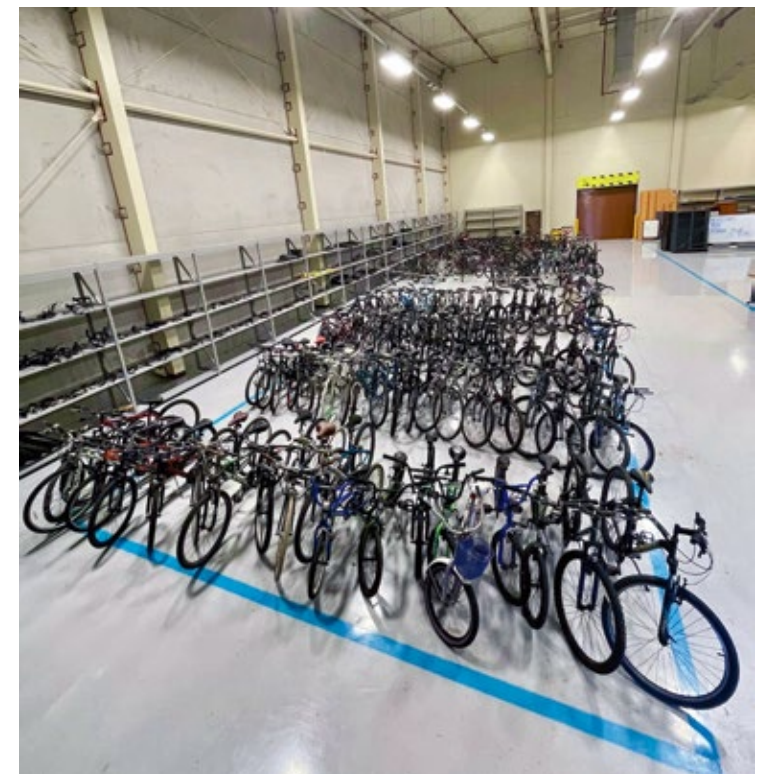
gave away 82 bikes to soldiers with a rank of E-6 and below and their family members. Our next giveaway happened in December of 2023. We gave away 32 bikes to RoK soldiers and KATUSA soldiers. In April of 2024, with the help of Chaplain Cho, another 20 bikes were given away to unaccompanied soldiers.

Our largest giveaway to date also happened in April as we gave away 105 bikes to the community. Thanks to our wonderful volunteers, they made this last bike giveaway the best yet. They did so much and just took charge to make everything run so smoothly. U.S. Army Colonel Marcus Franzen helped many soldiers join our volunteer team. With their volunteer efforts helping our organization, Colonel Franzen helped them receive their volunteer awards and their Presidential Award by logging volunteer hours with the Abandoned Bike Club. The Scouts also helped us by taking care of serving all the food for the event. Through support from the PMO traffic division, Major Paul Colman, the DPTMS Vehicle registration office, and the KATUSA volunteers, we are able to take care of all the registering of the bikes when we hold the giveaways for bikes. When people ride off with their new-to-them bike, they are all prepared and legally registered!

We will have another bike giveaway in August or around Labor Day. We are going to try to have more bikes to giveaway at the bike giveaway next time. Please be sure to check out our Facebook and email us.

Giveaways aren't the only thing our club does. Our club also is helping the youth of Humphreys as we partner with Scouts to give them a one-day bike maintenance class and also to help them get their merit badge. We can also teach other young people who would like to learn how to care for their bikes. They are welcome to come and learn as long as they have an adult with them at all times.

In the future, we are hoping to start





a program where the Camp Humphreys community may get a bike to use for a day or one week. The idea is that the program would be free to anyone with a valid ID card and will have to sign a responsible statement before they get the bikes to use. As we grow as an organization, we hope fewer bikes will be abandoned at bike racks and instead will be donated to our organization. This will allow us to build more programs to benefit our community.

Throughout the next year, the club will be holding some fundraisers. Our hope is that people will come out and support us to raise funds for our program. We are also looking for sponsorship from any sponsors who would like to support the Abandoned Bike Club Humphreys. These giveaways not only allow our community members to save money but it increases access to post services and increases people's quality of life. As a registered private organization, we accept donations to allow us to continue this great work. So far, the three founders of the Abandoned Bike Club Camp Humphreys have been paying for everything out of their pockets and with donations. Help us continue this community program with your support!



About the Author

Daniel "Dan" Melton is a U.S. Army Veteran from Baltimore Maryland. Dan volunteers with multiple organizations across Humphreys and is President of the Abandoned Bike Club. He is remembered most for the amazing food he cooks for the Maude Hall USO Lunch Box program. The Humphreys Garrison Command awarded Dan with the Volunteer of the Year Award for the Retiree Category in 2024. Dan is dedicated to his daily, community, and country.



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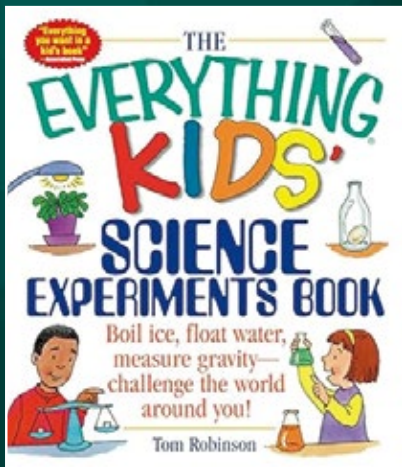
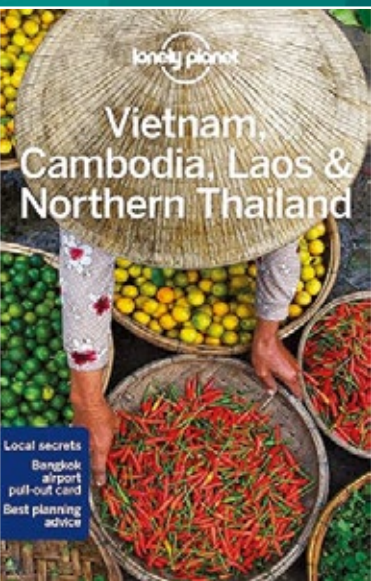
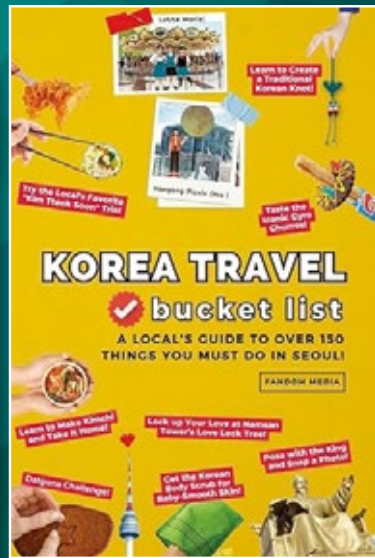
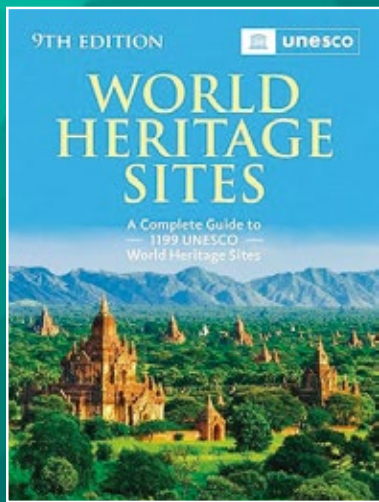
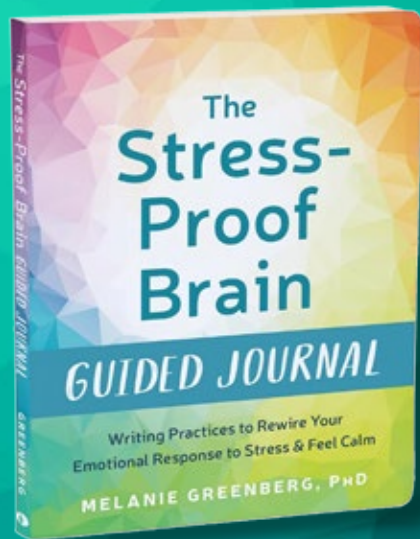
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The World Heritage List helps preserve the most extraordinary cultural and natural sites, such as the Great Pyramids, the Statue of Liberty, Machu Picchu, the Great Barrier Reef, the Taj Mahal, and the Grand Canyon. Both natural and human-made sites are protected. Firefly last published World Heritage Sites (8th edition) in 2017, and it has been unavailable for years. Since then, the COVID pandemic halted UNESCO Site Committee meetings, but between 2017 and 2023, 120 new sites were added. This updated edition includes all new sites, with full-color locator maps and about 700 color photographs. It's a great reference for history and travel planning, covering destinations in Europe, South America, Asia, and Africa.

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Awesome Engineering Activities for Kids: 50+ Exciting STEAM Projects to Design and Build - Christina Herkert Schul

Watch your child's eyes light up as they get excited about engineering, learn how things work, and have tons of fun. Awesome Engineering Activities for Kids is packed with more than 50 fascinating STEAM exercises, complete with step-by-step instructions, colorful pictures, and simple explanations of why the experiments work.



A beautiful day at Soyang Hanok Tirol Cafe in Jeonju. (Courtesy of Nicole Torrens)

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