

2019

English Newspaper by Boin High School Students

THE BOIN TIMES



| The value of GM crops in the future | Imagining a unified Korean peninsula |



BOIN HIGH SCHOOL

Renew everyday,
with justice,
and beneficence.

Boin High School inspires students with passion for learning and to succeed in all they wish to accomplish while contributing to the global community.

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"As a leader, it was impressive to see how players eventually managed to change their personal schedules and join in training sessions. It was everyone's passion and cooperation that led us to winning the competition."
Han Jae Min, Page 35

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Chairman of Daejoo Educational Foundation Mr. Kim Seok Han



Welcome to Boin High School

My name is Kim Seok Han, the chief director of the school. Boin High School has a deep-rooted history of more than a hundred years. Now, we thrive to bloom for the next hundreds and thousands of years and I would like to use this opportunity to explain our school motto, "Renew everyday", "With justice", and "Beneficence". These school mottos reflect upon our educational beliefs.

*Kim Seok Han,
Chairman of Daejoo Educational Foundation*

Renew everyday

To renew everyday means to drive for the better tomorrow through continuous learning. If every member of the society seeks progress, the society will be able to take a major step toward building a better, a more civilized community.

With justice

With justice means 'honesty'. Only when everyone is honest can we build a healthy society that can walk the right path. Hence, Boin High School endeavors to educate our students the value of honesty.

Beneficence

Boin High School values charity. This is not necessarily restricted to donations, but rather incorporates the value of looking after each other during times of difficulty. We believe mutual relationship is the engine that keeps our society alive. For that, Boin High School cherishes beneficence.

Ever since I was inaugurated as chairman of Daejoo Educational Foundation, I was fully dedicated in providing the best learning environment for our students. I was able to bring outstanding teachers from across the nation and transformed Boin into an acknowledged academic high school. Today, every corner of Boin is filled with proud members of the community. Words cannot express my gratitude, and I look forward to the vast future that lies ahead of Boin! There is no doubt that with the support of all members of the Boin community, including students and teachers, Boin will continue to grow as one of the most accredited schools in South Korea. Thank you.

Interview with Mr. Kim Seok Han

Q1. You are well recognized for your talents in marketing and business. Furthermore, you're famous for founding Boin High School and succeeding to shape it into one of the most prestigious high schools in this region. Can you tell us the history of our school?

As you all know, in the 1900s Korea underwent drastic changes under Japanese rule. All people could hope was being educated and thus a lot of schools and systems of public education were established in those times. Back then, Boin High School was the symbol of resistance against Japan. Even today, we try to teach students about the significance of being able to contribute to the enhancement of our national status within a global community.

Q2. Boin High School has a history of 100 years but it started as an information industry high school and it has been only a decade since the school became an autonomous high school. Despite this relatively short period, the number of students the school sends to top colleges is substantial. What makes this possible?

The process of changing our school from an information industry high school to an autonomous private high school was very difficult and I had to devote a lot of time and effort to it. First, we expanded our facilities, and then we recruited new teachers adequate for our school. Through many stages I hired teachers considering their major, lecturing, and any other abilities to be required as a teacher. We also conducted in-depth interviews and this led to employing teachers currently teaching at Boin. I'm confident that Boin's greatest strength lies in our teaching staff. Teachers have spent the

last 10 years communicating and strengthening their intimate relations with students to build what is now the value of Boin.

Q3. We heard that you are a graduate of Boin High School yourself. As a former student and as the chief director, what do you expect from the currently enrolled students? Do you have any advice to give?

I hope our students always keep in mind of our school motto. You might not fully recognize how important it is to seek for continuous progress everyday and being honest and caring of others at the same time. But as an older person, I would say the words in the motto are the most that I value. Lastly, I wish for you that whatever you want most in life it comes to you, just the way you imagined it, or even better!

interviewed by Lim Yoon Jae (1-2)



Positive student-teacher interactions and relationships encourage students to participate cooperatively.



GREAT SCHOOLS have GREAT BENEFITS



International agreements and MOUs with schools overseas bring valuable opportunities to gain skills in inter-cultural learning and understanding.



Conducting effective parent-teacher conferences can boost family involvement in classrooms and promote positive outcomes for students.



School field trip experiences provide explorations in fields as science, technology, aviation, etc.



By singing, dancing, or acting in the school festival, students improve their artistic skills.



Students have fun while prepping their team to win the annual school soccer tournament.

Message

Principal of Boin High School Mr. Kim Jong Hwan



Welcome all readers, including students and parents, to Boin Times 2019! My name is Kim Jong Hwan, the principal of Boin High School.

Boin Highschool, under the school motto "Renew everyday", "with justice" and "beneficence", endeavors to raise our students into an outstanding individual with a good character and knowledge!

On behalf of Boin Highschool, I promise to raise our students into individuals with good hearts; someone who can be

modest, yet generous to lend a hand to those in need. In Boin High School, there are a vast number of extracurricular activities such as Sorokdo Island volunteer work, English summer camps, sports clubs, art contests, and many others, that focus on building our students' character.

Boin High School also strives to educate our students into strong-minded people who are unwilling to give up. On top of maintaining high school grades, we want our students to be able to solve difficult problems through critical thinking; not be afraid of making mistakes, but rather learn from them. We have a diversity of selective classes that students can choose to take, as well as consultation programs and mentoring activities led by successful school graduates. As such, Boin High School provides the best environment where students can focus on thriving for the best of their futures.

Lastly, Boin High School aspires to build our students' self-esteem. One of Boin High School's most valued asset is the dynamic class environment where students and teachers communicate at will to solve problems, share creative ideas, and build a better community. I would also like to emphasize that violence and bullying are not tolerated at Boin in any form. Every staff member at Boin are determined to build a warm-hearted community where students are always felt welcomed.

To all readers of Boin Times, thank you once more for your interest in Boin High School, and for all the support and advice you are sending us. We wish for the best of your upcoming days. Thank you!

Kim Jong Hwan,
Principal of Boin High School



How to live a cancer-free life

Development in medical science guides our path towards a cancer-free future but Ohn Tae Hyun reminds us that individuals taking responsibility for the care of their bodies should come first

We are living in an era where life expectancy is close to a hundred years. It is not a surprise that people are growing interest in living a healthy life. People are keen to know how they can live a cancer-free life since over the past thirty years cancer has been the leading cause of death in South Korea.

Cancer : a leading cause of death

According to a statistic in 2015, released by the National Cancer Information Center, 47,678 men died of cancer. This accounts for 31.7% of the total number of deaths. Similarly, 23.3% of female deaths was due to cancer. This is surprising because in the past, cardiovascular and cerebrovascular diseases were known to be the leading cause of death. Today, cancer, especially one in the lung, is by far the most common cause of death. Consequently, there is an overabundance of cancer-related information in the media. It is becoming more difficult for the public to select appropriate information on cancer-prevention amidst the flood of new information.

Prof. Lim's lecture on cancer prevention

The International Agency for Research on Cancer(IARC) reported that 25-30% of cancer was due to tobacco. Another 25-30% of cancer were linked to diet, according to IARC. This study underscores that approximately two thirds of cancers are avoidable with a healthy lifestyle and clean diet.

On 24 May, 2019, professor Lim Chae Hong from the College of Medicine at Korea University, well-known author of the book "Power of Anti-cancer Diet by a Cancer Specialist", gave a lecture about cancer prevention at a public library in Seoul. He emphasized the importance of quitting smoking. "Smoking can increase the risk of lung cancer by over 2,000 percent" he said, and added that "tobacco contain over 50 carcinogens, causing adverse impacts on the lung, stomach, breast, pancreas, heart, and the esophagus." He also stressed the adverse effects of secondhand smoking: "It causes pregnant women to give birth to low-weight babies. Also, the level of nicotine is double the amount in children living with smoking parents compared to those who don't."

Professor Lim recommends the consumption of clean, fiber-rich foods like fresh vegetables and fruits, instead of red meat, high fat dairy products and salts, in order to prevent gastric and colon cancer. On the bright side, garlic, an essential ingredient in almost every Korean cuisine, topped the list of "48 foods effective in preventing cancer" released by the National Cancer Institute of the United States.

Professor Lim moved on to explain the effect of coffee, our favorite beverage, on the development of cancer. Until early 2000s, coffee was

believed to be non-related to cancer. However, recent studies highlight the positive effect of coffee on cancer: "drinking three to four cups of brewed coffee may be beneficial for our health, especially in preventing liver cancer", said professor Lim.

The World Cancer Research Fund presented the following list of ways to prevent cancer:

1. Lose weight! – keep your weight in the ideal range, especially during adulthood
2. Be physically active everyday – more walking and less sitting
3. Eat healthy – more grains, vegetables, fruit and beans
4. Eat less fast food
5. Eat less red, processed meat
6. Eat less sugar – drink water instead of sweetened beverages
7. Drink less alcohol – alcohol is yet another major risk factor of cancer
8. Do not rely on unproven supplements – focus instead on improving your diet

Professor Lim stated that those who comply with five or more recommendations listed above are less likely to develop cancer. When we are flooded everyday with information on cancer prevention, it is vital for us to select the right knowledge and make the right application. Professor Lim concluded by emphasizing the importance of regular medical checkups and implying a healthy lifestyle to protect the health of you and your family. After all, only when every individual of the society stays healthy, can we make a path to a friendly future.

Only when every individual of the society stays healthy,
can we make a path to a friendly future.

Ohn Tae Hyun (1-12)

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The value of Genetically Modified(GM) crops in the future

There are two sides to every story; in this article, Shin Min Kyu discusses the good reasons of growing genetically modified organisms taking into account their potential effects on the food industry and human health

People are keep playing with genes and we do this for various reasons. It might be to end fatal diseases, prevent suffering, save endangered species, or solve problems like food shortage. The technology applied is called "Genetic manipulation(GM)", or often mentioned as "modern biotechnology" or "gene technology". This technology allows selected individual genes to be cut or connected from one organism to another using a special enzyme, sometimes causing the number of genes increased within cells. Currently, as many of you already know, genetic manipulation techniques are frequently used in the mass production of food products and this is referred to as GM foods.

Developments in biotechnology expanded the global GM seed market

Although there are controversial disputes over the issue of producing GMO, recent developments in biotechnology are likely to increase the global genetically modified seed market. GM seeds help to expand crop yield and support in cultivating different types of crops. According to a report from Fortune Business Insights, GM seed market is expected to reach approximately \$30 billion by 2026, and among crop types, corn and soybean are expected to cover the largest share in the global market.

Over 53% of the global commercial seed market is already controlled by three companies: DuPont, Monsanto, and Syngenta. Monsanto has already sued dozens of small farmers who are growing the modified seeds without permission. In some cases, the seeds came from an authorized farmer and blew into neighboring fields because of regular growing conditions. In total, over 140 patent infringement lawsuits against 410 farmers have already been filed in at least 27 states in America and this implies how GMO market has already grown around us.

Genetic engineering can ease the global food crisis

Cultivation or import of GMO products in Korea are not so different. Considering that 90% of Korea's edible beans are GM foods and about 50% of edible corns are genetically modified, I think it is impossible to not eat modified products. Therefore in some way it is desirable to prove the safety of these foods and develop them further.

Firstly, genetic manipulation is one of the ways to solve future food shortages. In modern times, there are too many people and we now live longer in a limited space. As a result, many countries are suffering from food problems. Some countries have difficulties because it is hard to get fresh water and some have difficulty having enough food to eat. If we use gene manipulation to solve these issues, we can make fake meat that is actually not composed of real meat but tastes like a real one.

GM Golden rice : a solution to vitamin A deficiency

A new type of rice is invented, called Golden rice. Golden rice is a form of normal white rice that has been genetically modified through biofortification, the process by which the nutritional quality of food crops is improved through modern biotechnology, and produces beta carotene, which is not normally produced in ordinary rice. Beta carotene is converted into vitamin A when metabolized by the human body. People need vitamin A for healthier skin, stronger immune system, and improvement in vision. Vitamin A deficiency is not practically know in the developed countries but it is a significant nutrition being a matter of life or death in several developing countries. So the invention of golden rice could treat children with blindness in certain poor countries around the world. Despite the benefits it has, it was developed two decades ago but is still struggling to gain approval in most

nations due to safety issues. Ed Regis, a popular writer of science and technology books, states in an article that "Golden Rice has not been made available to those for whom it was intended in the 20 years since it was created. Had it been allowed to grow in these nations, millions of lives would not have been lost to malnutrition, and millions of children would not have gone blind."

"Golden Rice has not been made available to those for whom it was intended in the 20 years since it was created. Had it been allowed to grow in these nations, millions of lives would not have been lost to malnutrition, and millions of children would not have gone blind."
- quoted by Ed Regis

Conclusion

Those in favor of these genetically modified foods claim advantages in terms of how to prepare for future food problems. They state that this process would make it possible for the items to grow on lands which are not presently suitable for cultivation. By shifting the genetic structure of these crops, it becomes possible to engineer the foods in ways that help them to taste better and become better for us. It would also ensure that our food supply remains accessible. When the state of Texas endured one of its most significant droughts that began in 2010, the agricultural losses were staggering. Farmers lost up to \$5 billion per year because there wasn't enough rainfall occurring. The science of genetic engineering makes it possible to consistently produce food resources without requiring a significant alteration in lifestyle or working habits.

Lastly, South Korea is far more advanced in gene manipulation technology than other countries and furthermore has the potential to develop even further. However, the Korean government does not support enough and has excessive sanctions compared to other countries, making it difficult for companies to expand the field compared to other foreign companies. Genetic manipulation will keep having a huge impact on the fourth industrial revolution and our future lives, so we must support and watch the growth of genetic manipulation technology in favor of our future.

Shin Min Kyu (1-11)

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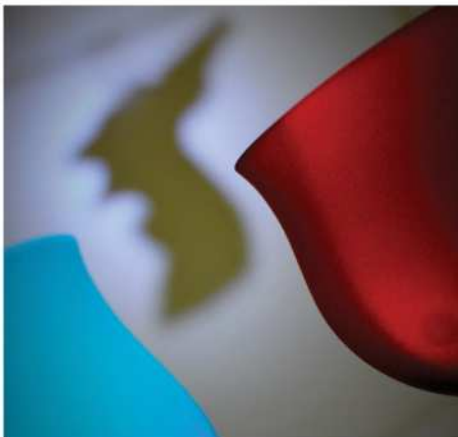
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Imagining a unified Korean peninsula

Cho Hee Jun discusses what the two Koreas can learn from a reunified Germany, the historical precedent remaining to be a popular model for future Korean unification

The reunification of the two Koreas was unimaginable until the president of South Korea Moon Jae In and the North Korean leader Kim Jong Un met for a historic summit in 2018, shaking hands in the demilitarized zone(DMZ). Their meeting demonstrated a certain possibility in the



progress of an attempt to solve issues for denuclearization, improving the relationship of the two countries, and moreover into bringing the reunification of Korea. Since the meeting of the two leaders occurred, people started to imagine what Korean reunification would look like and what would happen if the two blocs merged again into being a single nation. In fact, there is a historical precedent for a nation's reunification and it is the German reunification.

How did German reunification happen?

Germany used to be divided into two blocks which is the East with a socialist regime and the west with a capitalist system. After the division, East Germany had no further political and economic progress, but West Germany had achieved what it was called the "Miracle on the Rhine" and strengthened its alliance with the West, engaged in reconciliation and diplomacy with the Soviet Union and other Eastern countries. Because the capitalist west and communist east were so different and on opposite sides of a cold war, the two remained as separate countries for a long period. Over time the Berlin wall was built between the two Germanies making sure the poor people from the east could not come over to the west. Thus, imagining a unified Germany at that time was almost impossible.

Then suddenly, on November 9, 1989, the East-German press secretary made a mistake that changed history. He announced that the government decided to enact legislation making it possible for any citizen in Germany to be free to cross the border; but this was actually not true. They were just allowed to apply to travel abroad in few months, not immediately at that time. But people already heard the secretary saying that they could cross the border and this caused a massive number of people to gather around the wall and try to cross it. The border guards lost control and opened the gates letting the east German

people through the gates. This was how German reunification happened.

Germany after the fall of the Berlin wall

Germany had many difficulties in achieving unification in such a short period of time. It was not easy to offer new jobs because it was difficult for West German companies to hire people who lacked skills. Also, in the process of integrating money, many East German companies were shut down and East Germans left their home moving to West Germany. This led to an oversupply in the West German labor market, which has driven up unemployment rate.

The economic cost of reunification in Germany is estimated to be about 1 trillion euros (about 1,490 trillion Korean won). According to an analysis, social security spending, including pensions and wages for East German residents and subsidies for child care, totaled 630 billion euros, with the rest spent mainly on economic and infrastructure development. The German government also spent 295 billion euros on unification funds and financial support for each state. It took a lot of effort and economic power for the two regions that lived on different systems to come together. However, according to the 2014 analysis by experts, the benefits of reunification are far greater than the cost. The domestic and Eastern European markets expanded and corporate production increased, while security costs reduced.

Now as our country is also a divided country, what advantages could we expect from a reunification?

The benefits of Korean unification

First, we can live a peaceful life due to the reduction of tension between the two Koreas. Unification can fundamentally decrease the possibility of war in the Korean Peninsula. The South and the North can avoid unnecessary competition for war, drastically reducing the cost of military. The unification would save trillions of won annually by reducing the amount of keeping weapons. For instance, there will be a lot of mobilized goods piled up for war, and the cost of storing them will not be required anymore.

Second, the synergy effect of an economic integration will be enormous. As of 2011, the number of South Koreans stood at 50 million and if reunified, the population will be about 74 million. If the population reaches 75 million after reunification, the domestic market will generate profits due to the economic theory of scale. In other words, money will not flow out the country, but because it is invested domestically through labor and material costs, consumption, production, workforce vitality will increase and thus create a so-called virtuous circle of the economy.

Third, logistics routes linking the continents will be secured. If reunified, the Korean Peninsula could become the core of transportation and logistics linking the Eurasian continent and the Pacific Ocean. Goods produced in South Korea and imported goods can be transported by rail to China via Mongolia to Russia. Moreover, trains can be connected to Paris, Rome and London, leading us to raise our competitiveness in the world market.

Fourth, the economic revitalization effect of utilizing North Korea's land resource is enormous. According to the Korea Mineral Resources Corporation, North Korea has 2,000 tons of gold, 5,000 tons of silver, 21.1 million tons of zinc, 100 billion tons of limestone, 5 billion tons of iron and 6 billion tons of magnesite. South Korea lacks resources and has a weak domestic market base, making



it difficult to actively develop consumption and production. If North Korea's mineral resources and South Korea's working force combine, businesses will have more opportunities and employment rates will increase to revive the economy.

Fifth, it allows the meeting of separated family members who cherish the pain of division. Currently, about 60,000 South Koreans are separated from their family. We need to get rid of the pain of not being able to meet our own family. How much longer do we have to wait with sighs and tears? Unification is also necessary for the meeting of separated families.

Then, how should we prepare for reunification? Despite there are many differences between Korea and Germany, the reunification of Germany still provides valuable lessons.

How do we prepare for a reunification?

First, Koreans should be ready to take ownership of unification and become part of it. This process is not necessary but definitely will make full unification happen more quickly. For this to happen, we might need a joint mission. For example in Germany, environmental problems has always been an issue and soon after the merge of west and east they could finally become one of the world leaders in climate politics. Wolfgang Grunding, the spokesperson for the Foundation for the Rights of Future Generations once stated that the reason why they could succeed in generating more energy from renewable than any other source was because people from both sides of Germany shared the common opinion that they need to transform energy supplies from fossil and nuclear to sustainable sources in order to stop climate change and prevent a nuclear catastrophe. Like this, we should keep in mind that putting effort to accomplish the same aim could bring people from different blocs all together.

Second, diplomatic efforts should be made for unification. Just as we did not want to be divided, unification needs the help of foreign nations and cooperation. In other words, the Korean government should create an environment for unification through cooperation and persuasion with neighboring countries. For Germany, at the beginning their reunification was not welcomed by neighboring countries such as France and Great Britain. But later countries were persuaded by the United States in favor of a unified Germany. This implies how a country's unification can have an influence on other countries and vice versa. In the case of Korea, the situation is not so different. Some nations are against, and some are for the unification. However, Koreans should be able to persuade countries by emphasizing that if they unify, there will be peace and stability in the Korean peninsula and beyond, eradicating worries about the problem of nuclear weapons. Moreover, a unified Korea could help other nations to expand their economic scale activities in the newly opened region. This is why all interested parties should eventually support and be in favor of the Korean unification.

Third, we need to prepare funds for unification. As we saw in the case of German unification, the cost of reunification is essential and for reference, experts estimate German reunification has cost the country more than two trillion dollars. Therefore, if Korea is planning to be unified at any point, then the government should start financing as soon as possible. Especially considering the fact that when Germany reunified, people in the west made two to three times as much as their eastern part. In 2017, South Korea's per capita GDP was about \$30,000 while the North's was \$1,200. The figures tell us that there is a huge possibility that it would take years and decades for North Koreans to catch up and enjoy the same prosperity as South Koreans. According to an analysis, the estimated Korean reunification is to cost \$10 trillion, or almost seven times South Korea's annual GDP. With these factors, planning seems to be the only way to mitigate financial problems.

Cho Hee Jun (2-1)

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Montage by Michael Tsang

Korea against Japan : 1919 vs. 2019, and for the next hundred

Kwon Hyun Wook and Kim Seo Hyeong promotes deeper understanding on the increased tension between the two Asian neighbors

This year marks the 100th anniversary of the day of the earliest public demonstrations of Korean resistance during the Japanese occupation but at the same point, recently, relations between Korea and Japan have deteriorated and a trade war between the two countries has begun. Japan announced to remove Korea from their trusted trade partner list and we are also supporting the trade war by boycotting Japan. As conflicts should be avoided at all costs for better international relations and interactions, we need to find out more about the causes and results of the recent

dispute and eventually should come up with a peaceful way to solve the issue for a better future.

1919 Independence Movement Day in Korea

The March 1st Independence Movement held in 1919 was the largest Korean independence movement and a non-violent one. Under the slogan "Long Live Korean Independence", participants rejected the Japanese Empire's unauthorized rule and declared Korea's independence, which resonated with the public and intellectuals, and developed into a massive nationwide protest. Even after the protests ended, various support groups and civic groups, including independence organizations like the Uigyeoldan, were formed. These all gave birth to the provisional government of the Republic of Korea, the modern Korea.

Celebrating 100th anniversary of the Independence Movement Day

Various events were held nationwide this year to mark the 100th anniversary of March 1st Independence Movement, including the one held in Gwanghwamun Square, attended by president Moon Jae In. In front of the City Hall, colorful street marches and performances commemorated the meaningful day, with many citizens chanting "Hurrah!"

The event begun with massive people carrying a large Korean flag and entering Seoul Plaza through the Gwanghwamun intersection. More than 10,000 stage seats were installed at the Square, and the public filled chairs around the large LED screens in an open space outside the venue. The venue is a place where it consists of things representing the past 100 years, delivering hope for the next 100 years. You can also see the emblem of the Independence Movement Day, created based on the motif of the number "100". It was surely impressive to listen to more than 3,000

citizens chanting the national anthem, including Arirang and the song of the Independence army.

At noon, seven major private organizations, local governments and government-sponsored events celebrated the 100th anniversary of the March 1 Independence with the public and after a series of impressive, interesting events the celebration ended with a video.

A historic recurrence : 2019 Korea Japan trade dispute

One hundred years have passed since the March 1, 1919 Movement, the uprising for Korean independence against Japanese occupation, and yet again Korea and Japan are quarreling over economic and security issues in unprecedented ways with no clear resolution in sight.

The trade war begun on July 1 when Japan imposed export restrictions on three key materials for semiconductors. The gap between the two countries has intensified, with Japan excluding South Korea from the white country, while South Korea terminates 'General Security of Military Information Agreement'.

Causes of the trade war

Treaty on Basic Relations between South Korea and Japan

The cause of the trade war between South Korea and Japan dates back to 1965 when Korea signed 'Treaty on Basic Relations between Japan and the Republic of Korea' with Japan. At that time, Korea was gradually moving to Japan after a cease-fire. Under such circumstances, a treaty signed with Japan to promote mutual development without asking about the past is the 'Treaty on Basic Relations between Japan and the Republic of Korea'. Japan promised to compensate South Korea \$300 million, a considerable amount of money equivalent to the current value of \$30 trillion.

A lawsuit on compensation for forced labor

In December 1997, victims of forced labor filed a lawsuit against Japanese war criminals companies. However, they lost in 2001 after a long legal period. But it was in Japan, fighting with Japan laws. Then in 2005, the victims filed lawsuits against the same companies again in South Korea. They lost in 2008, but they continued to protest and in 2012, the last time they protested to the Supreme Court, the result was different. The retrial eventually reached a verdict that victims of forced labor should be paid \$100,000,000 in 2018, but Japan refused to comply with the verdict and started to regulate trade. This is the ultimate reason of the trade war between Korea and Japan.



Japan's position

Japan argued that it is not right to make two compensations, as it has already paid as promised in the 'Treaty on Basic Relations between Korea and Japan'. It was wrong to claim compensation personally because the compensations made at the time included compensation to individuals. They claim that South Korea violating international law also comes from here.

South Korea's position

Under South Korea's Constitution, South Korea is a country that inherits the March 1 Movement and colonial rule is clearly illegal. Therefore, it can demand compensation from Japan. We also argued that 'Treaty on Basic Relations between Japan and the Republic of Korea' contained only a 'reward' but no 'compensation', so South Korea claims that there was a 'reward' to the nation, but there was no 'compensation' for the individuals.

Also, we assume the real goal of Japan is to turn the Japanese public's attention away from their own country as its extremely sluggish economy is not resolved by Abenomics. Abe also used to use tensions with South Korea and North Korea to boost his approval rating, and he is doing the same thing through the trade war with South Korea.

Comment

The more we investigate the issue, the more we find out that this is not just a trade war. This crisis deals with not only the economy, but also security and politics, and all countries in the world are intertwined. It seems that the nation's public are also divided into sides depending on their political orientation and, in extreme cases, criticize each other, being disappointed with politicians.

In order to develop a better relationship in and out the country for the next hundred years, the way how the two Asian countries react to each other should be changed: if Korea and Japan both are just seeking to retaliate, it will lead to making a more extreme and dangerous choice. Getting international support to help resolve tensions should be continued but regarding the urgency of this conflict, just sitting back and waiting will not work. Instead, it is time for us to take the initiative and come up with possible pathways out.

Kwon Hyun Wook (2-2)
Kim Seo Hyeong (2-3)



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Hong Kong's protest explained

Lee Yun Seong writes about the longest, disruptive social moment in Hong Kong's history



Hong Kong was ruled by Britain as a colony until it was returned to China in 1997. However, despite China being a socialist country, Hong Kong maintained its free-market economy, making the "one country, two systems" arrangement.

The controversial extradition bill, which was the trigger to the protest, was introduced in April. The bill would enable China to extradite suspected criminals from the city. The Hong Kong government is saying that the bill is necessary to cover up a legal loophole. On the other hand, the protesters are emphasizing that the extradition bill, if passed, would allow the extradition of critics of Beijing. Once in China, the critics would not be allowed

to have a free and fair trial, according to the protestors. They also argued that the bill would give greater influence over Hong Kong's activists and journalists. In June 9, 2019, 1 million protestors dominated the streets of Hong Kong.

Over several months of battles, the bill was finally withdrawn by leader Carrie Lam in September. However, protestors are still sweeping through the streets. Their concern is that the bill could be revived. Protestors are calling for the complete withdrawal of the bill, and for the independence of Hong Kong.

Lee Yun Seong (2-1)



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Is US winning the trade war with China?

Kim Jae Hyeon gives a perspective on the evolving power relationship between a rising China and a relatively falling U.S.

In a changing world we cannot take our position for granted. Especially shifts of power between countries occur frequently and rarely happen through peaceful phases. This time, the United States is increasing the damage of conflict with China and they have been unable to settle the dispute for nearly 18 months.

The outbreak of US-China Trade war

Trading began long ago with the exchange of goods needed between countries. In any case, this long-standing trade has become essential to each other's interests and prosperity. And today, there are many trade wars that take advantage of these trade characteristics. The most recent trade war along with the Korean-Japan trade war is the U.S.-China trade war. The U.S.-China trade war began on July 6, 2018, when U.S. imposed a 25 percent retaliatory tariff on 818 Chinese imports worth \$34 billion. In response, China criticized U.S. for violating WTO rules and waging a trade-war. Accordingly, China had no choice but to launch a counterattack to defend the core interests of the nation and of its people. Since then, China imposed a 25 percent retaliatory tariff on U.S. agricultural products, automobiles and fisheries imported with the same amount as U.S. did.

Timeline of growing tensions

Shortly after the outbreak of the trade war, China asked EU to join forces with them to confront the United States, but the EU immediately refused. Then, on July 10, 2018, the U.S. Department of Commerce and the Trade Representative announced a statement that they will impose an additional 10 percent tariff on the value of \$200 billion worth of Chinese products of 6,031 types. Later on August 23, the two countries imposed additional tariffs on goods of each other worth an additional \$16 billion. On September 24, the U.S. imposed a 10 percent tariff on the size of \$200 billion worth of Chinese imports, while China also imposed tariffs of up to 10 percent on products worth \$60 billion, including U.S. meat and chemical products.

On December 1, 2018, the United States and China said they will enter a truce for the next 90 days and negotiate. Continuing the trade negotiations, U.S. Treasury Secretary Steven Mnuchin said on April 10, 2019, "The United States and China have agreed to set up an implementation office to review the trade agreements to be reached in the future." This seemed to raise prospects for an end of trade war. However, the situation worsened again after bilateral trade talks broke down in Washington, D.C. from May 9 to 10, 2019. The U.S. called for the legislation of the agreement to address structural problems such as insufficient measures to protect intellectual property rights in China, forced technology transfers and excessive state subsidies, but China has countered that it is a violation of their sovereignty. Then from May 10, the U.S. imposed 25 percent tariffs on 5,745 Chinese goods worth \$200 billion. In response, China imposed tariffs of up to 25 percent on 5,140 U.S. goods worth \$60 billion on May 13. President Trump warned that he will impose 25 percent tariffs on the remaining 3,805 items of Chinese goods worth an additional \$325 billion. Trump signed an executive order on May 15 to secure a network of information and communication technologies and services that would prevent U.S. companies from using foreign-made equipment that threatens national security. The executive order did not say that it was targeted at specific countries or companies, but it is almost widely believed that Chinese telecom companies such as Huawei and ZTE are the main targets.

US sanctions hurting Huawei

The U.S. suspects that Huawei could be abused for spying for the Chinese government by planting devices that infiltrate 5G equipment into computer networks without certification. Google decided to stop providing software and technology services to Huawei, and U.S. semiconductor companies such as Intel and Qualcomm have also started to stop supplying semiconductor chips to Huawei. In response, China launched a counterattack, saying it will impose limits on exports of raw materials, which are essential for the production of high-technology products.

Why is this happening?

Then why did the US-China trade war start? The biggest reason is the attempt of U.S. trying to keep China in check. China has grown rapidly and aims to reach a global dominant position by 2049. The U.S. has kept China in check to maintain their own position, already taking 2038 protectionist measures against China under the Bush administration and 1,834 under the Obama administration. And these protectionist measures have gotten worse since the Trump administration took office, and Trump already has a tough stance on China. He has taken aggressive actions against China, which led to a trade deficit of 47 percent.

Damage on both economies

The damage between the two countries by the trade war is serious. First of all, China saw 5.04 million companies go bankrupt in 2018 alone, and its indicators alone - including a sharp fall in the Chinese stock market, a weak yuan, a decline in foreign investment, a weakening domestic market and rising consumer prices - have suffered considerable damage. In addition, the World Bank downgraded China's economic growth rate, proving that the trade war is a big blow to China.

The U.S. is also facing a tough moment. The U.S. has also been hit by falling GDP or various economic indicators, but consumer prices have risen too much above all. In fact, many experts have proven that the biggest victims of the U.S.-China trade war are U.S. consumers, and that the rise in U.S. consumer price is a big deal. From the beginning of the trade war until now, many people thought China would suffer more damage: as China is more dependent on export than the U.S., people think many of these tariffs will mainly have a huge impact on China. However, China is so far the winner of the trade war, which was seen through negotiations in October. In the trade talks, the U.S. included many of the negotiations that seemed to be giving way to China almost unilaterally, and many foreign media outlets also proved that the U.S. was hit harder than expected by the trade war, calling it a victory for China.

Kim Jae Hyeon (1-8)

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Infamous serial killer found after thirty years

Kim Jeong Tae delivers the shocking and dreadful news about a man confessing to a series of murders from decades ago

With a 56-year-old man identified as a leading suspect in the Hwaseong serial murder case and a 24-year jail term in Busan prison, it is shocking to learn that Lee Choon Jae is a first-degree model prisoner. A Busan prison officer told Yonhap News Agency on Wednesday, 'Lee is usually reticent and quiet, and has never caused trouble. He would have been eligible for parole if he had been a typical intern,' he said.

Kwon Il Yong, a former profiler of the National Police Agency (now a professor at Dongguk University's College of Police and Justice), told News1 that hiding behind the mask 'good people' is a characteristic common to serial killers. 'When you interview sex offenders or serial killers, they are very intimidating when they commit a crime, but they are usually very sensitive to being considered 'good people' by others,' Kwon said.

Kwon says that the serial killer in Hwaseong's way of murder is similar to Kang Ho Soon, Yoo Young Chul and Jung Nam Kyu's. 'The method is similar to that of Jung Nam Kyu in that he suddenly appeared and attacked the victim while hiding from her. Also, the fact that he killed the victim with clothes or belongings without preparing any crime tools resembles Kang Ho Soon. The serial killers are in a state of 'killer addiction,' he said. 'I can't stop smoking even if I quit smoking,' once said Jung Nam Kyu.

The serial killing in the case of Lee Choon Jae was rape and murder of 10 women residing in Taean-eup, Hwaseong-si and Gyeonggi Province, from 15 September, 1986 to 3 April, 1991. Lee, was found to be in line with DNA collected from evidence from the fifth(1987), seventh(1988) and ninth(1990). At the time of the fifth crime, it is definitely surprising that Lee was only 24 years old.

Kim Jeong Tae (1-6)

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A brief guide to "Brexit"

Kim Jeong Tae and Kim Tae Hyeong provide a simple guide to what Brexit is and why it matters

Experts are concerned about what would happen after 'Brexit'. Sure enough, the day after Brexit was decided, the US dollar and the Japanese yen went up. The currency of the rest of the world has fallen sharply. Stock markets in Asia, including Korea, have plummeted. Britain could lose its status as the world's financial hub to other countries, or lose a lot of trade and investment. Now the questions is, despite all the risks of leaving EU, why did Britain decide to do Brexit? Let's take a closer look at the issue.

What is Brexit?

Brexit is a newly coined term and an abbreviation for "British exit," referring to the U.K.'s decision in a June 23, 2016 referendum to leave the European Union (EU). It was 43 years since joining the European Economic Community, the predecessor of the European Union, in 1973 and the Britain's withdrawal has reduced the number of European Union members from 28 to 27.

Brexit is an abbreviation for "British exit," referring to the U.K.'s decision in a referendum to leave the EU.

Causes of the vote for Brexit

The British people's support for Brexit is based on expectations that the benefits of leaving the country will be greater than those of remaining as a member of the European Union. Europe, which has been plagued by refugee issues, terrorism and economic slowdowns, is now stuck with the aftermath of Brexit for the time being. The following are the main three reasons why the British people want to "Brexit".

1. Workers from other European countries who moved to the United Kingdom are taking up British people's jobs and thus increasing the amount of government welfare spending.
2. Britain, which has the fourth-largest share in the EU, has little benefit from the European Union.
3. The British public is skeptical about the integration of Britain into the European Union as a whole economic and political community.

Referendum results

Britain broke up after 43 years as a member of the European Union. On June 23, the British government voted to leave the European Union. Fifty-two percent of the British people voted in favor of the vote. Opinions for and against Brexit can be clearly divided by region, generation and class.

North VS. South

England is divided into England, Scotland, Northern Ireland and Wales. England and Wales had more pro-Brexit votes in the 50-60 percent range. Particularly England consists of many low-income and factory workers who have not benefited from being a member of the European Union. So

there were a lot of votes in favor of Brexit. But in Scotland and Northern Ireland, there was a strong anti-Brexit sentiment. In Scotland particularly, 62 percent opposed.

The Elderly VS. Young People

According to the poll, 73 percent of voters aged 18-24 and 62 percent of those aged 25-34 opposed Brexit, while 60 percent of voters aged 65 or older voted for it. England was a huge country with 43 colonies until the early 1900s. Older people in England miss and want to get back to the old England. And to do that, you have to have less EU regulations, and this would be the reason why they voted for Brexit. But young people in England, who have enjoyed many benefits since birth as members of the European Union, want to stay in the European Union. It is easy for a member of the European Union to study or get a job in another country. It's easy to travel or immigrate.

The rich vs. the poor

The driving force behind Brexit was the low-income and low-educational classes. According to the British daily newspaper The Guardian, there were many anti-Brexit votes in areas where the average annual salary is 25,000 pounds, which is more than 40 million Korean won. There were many dissenting votes in areas where people with higher education usually live. In other words, poor and poorly educated people voted in favor of "Let's leave because we're having a hard time living in the European Union!" They voted to explode their anger towards the government.

The impact on the Korean economy

Stock prices plunged and exchange rates fluctuated when the Brexit was decided in June. Contrary to concerns, however, the stock market and the exchange rates are quickly stabilizing. Experts say Brexit will not be a big risk factor for Korea right now, but in the long run, it will have a negative impact on our economy as the global economy becomes unstable. They believe that the trade volume between Korea and the U.K. is not big, and that it will not have much impact in the short term because it will take years before the U.K. and the EU are completely separated. In the long run, however, foreign investment is likely to decrease as the global economic turmoil increases the sentiment of safety asset preference to put money into safe investment targets. There are also concerns that if the global economy is shaken significantly by Brexit, it could have a negative impact on the nation's economy as exports shrink.

Kim Jeong Tae (1-6)

Kim Tae Hyeong (1-6)

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Star Wars, the 2019 European Champions League

European Championships awards and results given by Lee Yun Seong

This is a football competition organized by the Union of European Football Association(UEFA), where clubs with outstanding performances from each European country gather to compete each other and decide on the best soccer club in Europe. Europe is the center of world soccer, and it is no exaggeration to say that the FIFA Club World Cup is actually the most prestigious club football tournament in the world in spite of its short history and lack of authority. The preliminary round matches begin every July and last until May the following year.

As it is considered the best football club competition in the world, the European Champions League is often compared to the FIFA World Cup, the highest single-event sporting competition in the world, and the key player of the winning team is likely to win the Ballon d'OR award. The FIFA World Cup attracts the biggest single television

The FIFA World Cup has long been the most-watched live sporting event on television and the UEFA Champions League final and the NFL Super Bowl compete for the second place.

Awards & prize money

Every European football club dreams of winning the UEFA Champions League, and it's not only for the glory of it but also for the huge amount of prize money. UEFA pays clubs €2,700,000 (approximately ₩3,480,000,000) for every match they win and €900,000 (approximately ₩1,160,000,000) for every match they draw. However, the actual amount of money that the winning club earns is bigger than this because the sponsorship income, marketing, broadcasting rights, and sales are separately received after the season is over. In 2017, for example, Real Madrid grossed €80,900,000 (approximately ₩107,700,000,000) in revenue. That's more than double the prize money for the FIFA World Cup, UEFA Euro or even Major League Baseball World Series.

If a club wins the competition, they would receive a trophy called Big Year. It is a dream for every football player to raise and cheer up the trophy right after the victory. The tournament began in 1955, originally known as the European Cup and it changed into the Champions League in 1992. The qualifications for the Champions League competition seem very tough, given that clubs like Manchester United or Arsenal don't make it to go in the tournament for a long time. The winner of the Champions League is Liverpool FC, and Real Madrid hold the record for the most victories, having won the competition 13 times.

2019-2020 Champions League analysis

Now, it's time to get to know more about the 2019-2020 Champions League. (This analysis is based on 15th of November, 2019)

First, in Group A, there are Paris Saint-Germain and Real Madrid. Real Madrid seem to lose their reputation, with two wins, one draw and one loss, while Paris Saint-Germain tops the group with four wins. The two teams are expected to advance to the round of 16 without a hitch.

In Group B, German powerhouse Bayern Munich lead the pack with four

wins, while Tottenham, led by Son Heung Min, place second in the group with two wins, one draw and one loss. It seemed tough for Tottenham to advance to the round of 16 due to Tottenham's poor performance in the early matches, but they could secure a ticket to the round of 16 after winning two consecutive matches. Moreover, Son Heung Min is competing for the top scorer with five goals.

Next is Group C, Manchester City, the second-best team in the English Premier League, led the group with three wins and one loss, and Shakhtar and Dinamo Azgreb tied at one win, two draws and one loss, respectively. The second places seem unclear in that the two teams still face matches against Manchester City.

In Group D, Juventus and AT Madrid are placed first and second, respectively. The match between Juventus and AT Madrid match at Allianz Stadium will determine which team tops the group.

Next is Group E, Liverpool is in the lead with three wins and one loss, and Naples is in the second place with two wins and two draws, Salzburg, where Hwang Hee Chan plays, is in third place with one win, one draw and two losses. Hwang Hee Chan has greatly contributed to the team by scoring two goals.

Group F is called Group of Death, Spanish powerhouse FC Barcelona, another German powerhouse Dortmund and Italian powerhouse Inter Milan are in the group. After Inter Milan tied with Slavia Prague and lost to Barcelona, Inter Milan is in the third place. While Barcelona and Dortmund are expected to advance to the round of 16, the remaining matches for Barcelona seem very tough.

Group G seems less competitive since there are only small clubs in this group. Benfica is expected to advance to the next round among RB Leipzig, Lyon and Zenit, but Benfica has only one win in the last four matches. RB Leipzig has shown wonderful performances with three wins and one loss.

Group H is called Group of Death as well, there are the Netherlands' Ajax, which made it to the semi-finals last year, Chelsea who won last year's Europe League title, and Valencia, the club where Lee Kang In plays as a midfielder, tied with seven points. However, given the remaining schedules, Chelsea and Ajax are more likely to advance to the round of 16.

Comment

Have you enjoyed the article so far? It is a somewhat hard mission for the Korean fans for football to watch the Champions League on TV since the match will be played at 3 or 4 a.m. in Korea. If you are a hard-core football fan, I'd love to recommend you to watch Son Heung-Min, Hwang Hee Chan and Lee Kang In play.

Lee Yun Seong (2-1)

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Son breaks Cha Bum Kun's European goal record

Jeong Won Young highlights the score records of two legendary football players in South Korea

Cha Bum-Kun is considered a living legend in football by not only Koreans and Germans but also people in the world. His football career started in 1978 at SV Darmstadt 98 in the German Bundesliga. After he showed a number of signs of having a promising football career ahead of him, he played for a couple of prestigious German football club including Frankfurt and Bayer Leverkusen and then he scored 121 goals throughout his career in the Bundesliga and this was a record for any Korean football players in European football.

Son Heung Min who started his career at Hamburg SV in the Bundesliga and plays as a winger for Tottenham Hotspur recently broke Cha Bum-Kun's scoring record. He scored twice during the match against Crvena Zvezda and helped the club to make it easier to advance to the round of 16 in the Champions League. Now Son has 123 goals in his European career. This is quite surprising because Son lately tackled the opposing team's player during a game against Everton, and this caused him a terrible injury. Seeing Son in check, many people doubted about him showing a good performance for a while. However, he surprised people by overcoming his trauma and scoring successively.

Son, who is only 27 years old, is expected to score more goals in the future and make history as an Asian football player, and this draws attention both Korean football fans and football fans all over the world.

Recently, Son Heung-min is preparing for the national team match after he returned to South Korea. And many Korean football fans have high expectations of him showing his great football abilities.

Jeong Won Young (1-12)

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The BTS story : How the K-pop boy band conquers the world

Lee Yun Seong unravels the secret of the boy band's success

Bulletproof Boy Scouts(BTS) is a Korean boy band comprised of seven members: V, J-Hope, Rap Monster, Jin, Ji-min, Jung-kook and Suga. Without a doubt, BTS is today's most well-renown K-pop stars: some people even call them the new Beatles. In May 2019, BTS played at the Ed Sullivan theatre: the same theatre where the Beatles made its US television debut. It wasn't just the theatre: the intense cheering by fans reminded people of the Beatlemania in the 1960s.

BTS released their first music album, "No More Dream" in June 2013. However, their first album was not a big hit even in South Korea. At the time, K-pop boy bands like EXO, Big Bang and SHINee dominated the music charts. Moreover, BTS was produced by Big Hit Entertainment, which was a relatively small and new player in the K-pop industry compared to the three main K-pop agencies: SM Entertainment, YG Entertainment, and JYP Entertainment. How did BTS become the world's most famous K-pop band?

The key to BTS's success is "sincerity." Their first release "No More Dream" talks about how Korean kids feel suppressed by societal expectations; Rap Monster recorded a song that conveys the importance of activism; Suga released a song about his depression. "We wanted BTS to talk about the reality based on their own experiences and feelings including their pain, anxieties and worries," Bang, BTS's main producer said. BTS's music videos are full of symbols and cultural references that their fans analyze. In fact, many people fall for BTS's honest experiences of the youth.

The second key to BTS's success is their close bond with their fan group, the ARMY, via social media. "We wanted BTS to be a band that can side with their fans rather than to preach from above" said Bang. In fact, the images and clips that BTS presents online almost on a daily-basis creates an intimate relationship between BTS and their fans. David Kim, who runs a Youtube channel analyzing K-pop, said that "BTS just

show themselves how they are; they show the good and bad. I think that is what makes them different from other K-pop stars'. With the help of the ARMY, BTS's 'Boy With Luv' became the most viewed music video on Youtube. Moreover, the ARMY from all around the world worked as a group of translators, making English subtitles of BTS's contents. This enabled BTS to connect with the non-Korean speaking audiences. There is no doubt that the ARMY played a huge role in making BTS successful in America.

All BTS's members are Korean. Likewise, almost all BTS's songs are predominantly Korean. Nonetheless, BTS made two successful hits: one in South Korea, and another in America. The messages conveyed in their songs, combined with the group effort of their fans, were the key elements of their success across the globe.

The messages conveyed in their songs, combined with the group effort of their fans, were the key elements of their success across the globe.

Lee Yun Seong (2-1)

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Why cyber-bullied stars choose to take their lives

K-pop stars appear to have a perfect life on camera but Kim Eon Joong, Park Jung Hyuk and Lee Da Hyun notes what they go through behind scenes

Sulli's death and cyberbullying

The 25-year-old famous celebrity, once a member of the K-pop group FX and who later transferred as an actress, was found dead at her home and her death turned out to be an apparent suicide. Some people say that words can never hurt but this seems to be wrong. Ever since Sulli made her debut in 2009 she was the target of online bullying, at first for her pretty looking face and later for leaving the group FX citing several different reasons. Especially mean comments became serious when she started to date Choi Ja, one of the singers of Dynamic Duo. It seemed that fans were frustrated by the fact that she abandoned (or betrayed) the group and had a quite entertaining time with her boyfriend who was even 14 years older than her.

Sulli, despite always being in the spotlight, continuously posted pictures in her social media going on dates with Choi Ja and once she was criticized for openly celebrating the legalization of abortion in South Korea. In fact her behavior was just being frank and open with her personal opinions but in a conservative society her acts caused a lot of controversy online. Sulli didn't seem to mind but later she confessed through a TV show that she was stressed and was suffering from depression.

Prevalence of cyberbullying in the entertainment business

Obviously cyberbullying in Korea is not exclusive to Sulli but across the entire industry. Previous to Sulli's death, a former group member of SHINee, Jong Hyun also suffered from negative online comments and unfortunately committed suicide. He also once mentioned about how he was concerned about negative online comments and how he struggled to stay good enough in front of his fans.

The harshness of fans and haters of K-pop stars does not end here:

Hara, former member of Kara, was also found dead at her home. Celebrities might have different causes and situations but it cannot be denied that being a star in Korea can be very competitive and stressful with all the mean comments they have to endure.

Suicides by stars prompt introducing cyberbullying laws in Media

The deaths of Sulli, Jong Hyun, Hara and few more sent a shockwave throughout South Korea. The media again insisted on the introduction of the real-name system on the Internet, saying malicious comments were the cause of their deaths. Another issue has been the need to look back on 'yellow journalism'. The surge in unverified media outlets ever since the intensified competition in journalism are also to be blamed for reporting reckless articles related to female entertainers that trigger many clicks from readers. In other words, it can be said that the media has in some way acted as a booster in the click competition within the news industry, eventually causing the deaths of celebrities.

Kim Eun Joong (2-3)

Park Jung Hyuk (2-3)

Lee Da Hyun (2-9)

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Side to side & paw in hand

As a future veterinarian, Song Chan Min is interested in animal rights and concerned about the number of abandoned animals continuing to increase in Korea

According to data released by a local animal care organization, in between January of 2017 and October of 2019, 357,386 animals were abandoned by their owners and were brought to animal shelters. This is approximately 330 pets per day! 47,071 have been returned, and 103,468 were found new homes. This accounts for approximately 42 percent. This means that the remaining 58 percent are being protected by the shelter. Did you know that the pet's ownership must be established through the state-run Animal Protection Management System within 10 days? Because otherwise, they are euthanized. This is a regrettable circumstance we are facing today.

"Pawinhand"

Anyone with a keen interest in abandoned animal rights might have heard of Pawinhand, a mobile application developed by a veterinarian Lee Hwan Hee. "People had no idea how many animals were being abandoned each day; where these abandoned pets were being held at and how people can adopt them," said Dr. Lee and added, "which is precisely why I developed Pawinhand: to give people the necessary information to adopt shelter animals." Today, Pawinhand has over 10,000 users. Every year, over 10,000 animals are being adopted via Pawinhand, figuring up to half of the total number of adoptions.

"Veterinarians for Life"

The number of people with pet animals is snowballing. According to a survey in 2018 by the Association of Korea Pet Product, 28.8% of households have pet animals. Consequently, people's interaction with veterinarians is growing. However, in the media, we hear about veterinarians illegally practicing surgery on stray dogs, illegally testing drugs on animals, and the list goes on.

Veterinarian Park Jong Mu founded an organization named Veterinarians for Life in the belief that veterinarians should foster a life-conscious mind. "The social distrust of veterinarians is now a serious matter. We should instead be leading the society to acknowledge animal rights" said Dr. Park.

The first session Veterinarians for Life took place last June in the form of a book club. Dr. Park suggested to read Mutual Aid: A Factor of Evolution, which carries a message to the readers that all living beings, including mankind, cannot survive alone. Instead, all species should stay in a mutual relationship for survival. Dr. Park hopes to continue working

together with veterinarians across the nation to discuss matters that relate to animal welfare at stake. He also believes that with continuous effort, his organization can bring about a positive awareness of animal rights to the public.

Comment

I dream to be a veterinarian because I always had a keen interest in animal rights. I believe that having the ability to help animals, to be able to relieve their sufferings are great benefits of a career in veterinary medicine. Hearing about abandoned animals, illegal puppy mill, and animal testing in the media, I always ask myself "what I can do to be of help." After encountering Pawinhand, and Veterinarians for Life, I was astonished by the various ways veterinarians could work for animal welfare. I hope that I could soon play a role in creating a community where we have their paws in our hands, standing side to side.

I believe that having the ability to help animals, to be able to relieve their sufferings are great benefits of a career in veterinary medicine. I hope that I could soon play a role in creating a community where we have the abandoned paws in our hands, standing side by side.

Song Chan Min (1-11)

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Keep your eyes out for scoliosis

Lim Yoon Jae cautions against poor posture that can cause severe pain in your back

Adolescent scoliosis is a condition that causes the spine to bend into a S or a C shape instead of a straight line. It can appear at any age, but it often manifests during puberty. A recent survey by National Health Insurance indicates that 44% of scoliosis patients are in their teenage years. Early detection of scoliosis throughout a child's growth spurt is critical, because it can lead to serious issues such as permanent back pain and respiratory issues.

44% of scoliosis patients are in their teenage years. Early detection of this back problem is critical because it can lead to serious issues such as permanent back pain and respiratory issues.



The causes of adolescent scoliosis remain unclear. Genes play a role, but behavioral factors such as slouching and maintaining bad desk posture are known to be critical. Due to the increasing number of adolescent scoliosis, public health centers regularly visit schools to screen for scoliosis.

To avoid adolescent scoliosis, it's important to release the pressure on the shoulders and neck. First, make a habit of reading with your spine stretched and chins tucked down to the chest. Second, change your study posture at a regular interval and stretch your back during study breaks. When using smart phones, putting it at eye-level can also help. Lastly, try not to sleep on the desk since it can cause excessive curving of the spine. The following is the steps for an ideal neutral posture:

1. Keep your spines stretched and chin tucked down to the chest.
2. Pull your shoulders back and keep your back flat against the chair.
3. Don't cross your ankles or legs.
4. If necessary, use a lumbar tool to help keep your back straight.

Many people panic when they realize that they have scoliosis. But don't be too alarmed because mild scoliosis can always be reversed with the few simple tricks explained above. Moderate to severe scoliosis can also be

treated using braces and surgery. Although a brace is an effective option, it is usually a several-year process. Spinal fusion surgery remains as the last resort, but it is often unnecessary unless the condition is very severe. So keep an eye out for your back!

Lim Yoon Jae (1-2)

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“Heritage” advertising resonates with Korean consumers

Lee Jae Won introduces a current trend in advertising that keeps brand marketing strategies relevant in a country where retro-boom is sweeping

Every brand needs a story, and every brand needs to tell that story. The most popular new marketing trend for year 2019 is the “Heritage” advertising and this form of product advertisement refers to sending a promotional message via the power of brand legacy accumulated throughout a long period of time. In other words, “Heritage advertising” is applying marketing strategies and techniques to a long-time tradition and history of a particular brand.

Heritage advertising, as the term implies a certain image, does not limit its usage to expensive, luxurious, high-end products. If a corporation possesses a distinctive business philosophy, value or history in the aspect of branding there is no limit in drawing consumer attention and faith by means of heritage marketing.

In Korea, where a retro-boom is sweeping the country, traditional brands like Jinro and Sejong have balanced exclusivity and ubiquity by employing heritage marketing strategies. Let’s take a look at some of this year’s heritage ads, and the different approaches advertisers are taking:

Jinro is back

Hito/Jinro is a distiller in South Korea, founded in 1924. It is the world’s leading producer of soju, accounting for more than half of that beverage’s domestic sales. They previously sold its toad soju “Jinro” in the 1970s and 1980s, which became a sensational hit for its clean taste and bottle design. Hito/Jinro, which announced the return of Jinro soju by promoting toads, formerly the signature logo of Jinro soju, also names this soju “Jinro is back.” At the same time, it temporarily opened Jinro’s Toad House, which recreated its pub in the 1980s with modern sensibilities. In fact, the toad house, which was operated in Hongdae and Gangnam for 45 days, was popular between many people. By introducing products aimed at the younger generation who inherited the cultural value of soju fell in love with old sensibilities, “Jinro is back,” which has secured a wide range of consumers from middle-aged to younger generations, can be cited as a successful example of the heritage advertisement.

Lotteria’s crab burger & squid burger

Lotteria’s CF (commercial film), which left the famous saying, “Do you know the taste of crab?” flowed out of the cathode-ray tube again in September 2019. Lotteria held a “Legend burger Popular Voting” to mark its 40th anniversary and according to the results of the vote, the company re-released crab burger and squid burger, which had been discontinued. In commemoration of this, Shin Gu, a veteran actor who appeared as an advertising model for Lotteria’s crab burger in 2002, has been selected again as the CF model and this has drawn a lot of attention. In a promotional video for the squid burger, actor Shin

Gu drew laughter from many people by repeating the phrase “Do you know the taste of crab?” once again.

Men’s clothing brand Indian

Sejong Group’s flagship men’s clothing brand “Indian” has been drawing attention this year by releasing campaign videos with remade old advertising images to mark the 45th anniversary of the brand’s foundation. The 2D advertisement, which was created in the early days of the Indian, has been reborn as a 3D video advertisement today. It added elements of retro sensitivity and fun with reminiscent narration of TV commercials in the 70s. In line with the main concept of “Men of Indian”, the company also recreated a man wearing and Indian’s T-shirt and enjoying a wide range of outdoor activities such as golf, tennis and mountain climbing and this enhances the brand-name aspect of T-shirt craftsmanship that boasts comfort and excellent activity. In addition, the ad revealed its intention to deliver the Indian’s heritage, which has been consistently high-quality, aiming for a timeless classic since the brand’s foundation in 1974.

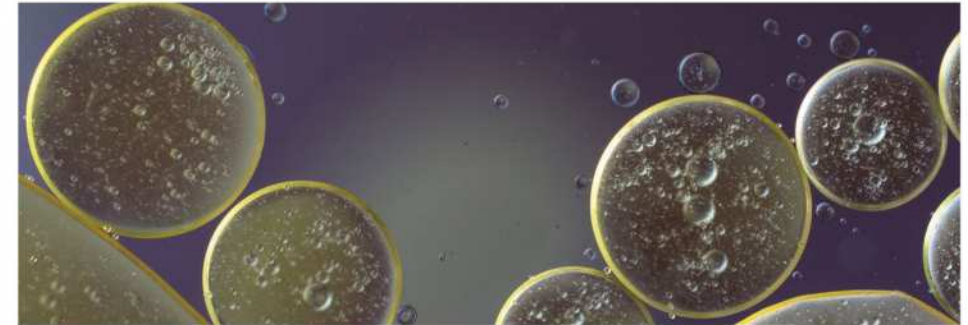
A critical view on heritage advertisements

As seen from above examples, rather than reinventing the wheel some brands are reviving old advertisements in new ways and this method makes a point to spotlight significant moments, imagery and icons that have become intrinsic to a brand’s identity over time. However, it is always necessary to reflect on the results whether the ads are actually attracting consumer’s attention. It is highly likely that marketers will miss the intention of delivering product strengths that can lead to sales increasing because they might be only focusing on giving fun and amusement. There is a chance that viewers will only remember the advertisement itself and cannot recall what the product was that appeared in the ad. That is, the company might fail to promote its products at a high cost and only make people laugh. I hope many advertising planners will develop ads based on the essential purpose of advertising, which is to promote the product to a large number of consumers and get them to actually make a purchase.

Lee Jae Won (1-4)

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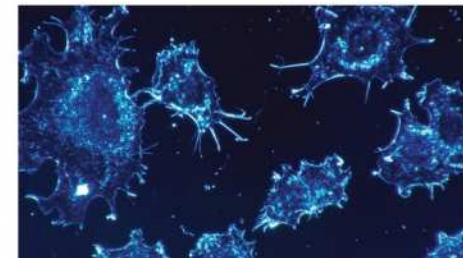


Natural Killer cells : The ‘secret police force’ in our body

Lee Song Won brings up NK cell, a type of blood cell, to the interested readership of medical science

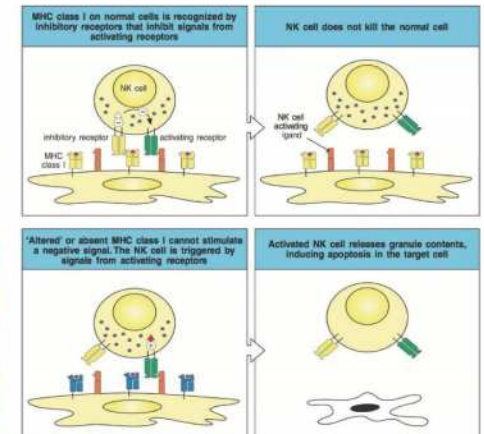
There are mainly two types of cells in our body: red and white. Red blood cells are responsible for transferring oxygen from the lung to different parts of our body. On the other hand, white blood cells protect us from infection. Natural Killer (NK) cells are a subtype of white blood cells that “patrol” our body for suspicious activity, just like a secret-police force.

Most of the cells that compose us are covered with proteins called major histocompatibility complex (MHC) class I, equivalent to what we call identification cards.



Cancer cells and infected cells don’t have the same subset of MHC class I molecules. This means that they cannot be recognized by the NK cells as “self-cells.” When cells are unable to show their “identification card”, they are demolished instantly by the NK cells. NK cells do this by secreting granzymes that induce programmed cell apoptosis in the target cell. They also release a myriad of chemokine and cytokine that trigger further immune response.

When cancer or infected cells are unable to show their “identification card”, they are demolished instantly by the NK cells.



The role of NK cells in our bodies is critical. The ability to recognize abnormal cells means that NK cells can be used as a mean to cure cancer, which is essentially the proliferation of abnormal cells. As a matter of fact, the academic community has been studying NK cells as a mean to treat cancer. Recent attempts include: injecting certain cytokines to activate NK cells, transplanting MHC class I molecules to treat leukemia, and discovering new receptors on NK cells. It will not be long before the conquer of cancer, a challenge that has been considered impossible thus far- “Stop right there! Show me your identification card!”

Lee Song Won (1-1)

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Effects of sleep, smoking, and obesity in human health

Lim Yoon Jae presents with evidence-based research to assist students and teachers at Boin in making decisions about proper health care

Sleep is a necessity, not a luxury

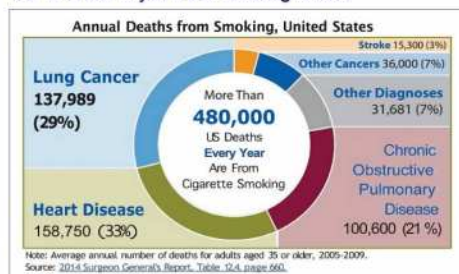
According to the national sleep foundation, the recommended sleep range for adults is usually 7 to 9 hours. However, due to various reasons such as studying and internet usage, adult and teenager sleep durations declined remarkably over the last few decades. It's important to know that sleep is a necessity, not a luxury. It may seem that the benefits of shortening the hours spent on sleeping outweigh the costs, and therefore you can be tempted to swap sleeping with a few hours of being awake. But don't ignore the hidden costs. Sleep is also important. If we look in a longer term, enough amount of sleep can help us avoid potential health consequences caused by insufficient sleep and increase our productivity to the maximum while we are awake. Most of the medical conditions that result from sleep deprivation develop over a long period of time. These include depression, high blood pressure, diabetes, weakening of the immune system and so on. I would like to share some tips to increase sleep efficiency as the following:

- Get more bright light exposure during daytime** : Natural sunlight helps keep your circadian rhythm healthy. This maximizes your energy during daytime, and increase of sleep efficiency in adults by 80% although the exact percentage may differ according to age.
- Reduce being exposed to blue light in the evening** : A number of studies show lights from electronic gadgets affect our sleep condition. Getting too much blue light in the evening, especially right before going to bed, suppresses the production of the sleep hormone melatonin.
- Stop taking irregular, long daytime naps** : While a short nap, between 20 to 30 minutes, may benefit your health, long and irregular napping may mess up your sleep schedule.

You can be tempted to swap sleeping with a few hours of being awake. But don't ignore the hidden costs. Sleep is also important. Depression, high blood pressure, diabetes are all caused by sleep deprivation.

Sleep does not always guarantee perfect health. However, it takes an essential part in helping the body repair itself such as making blood cells, muscle growth and tissue repair. Also, many sleep experts strongly claim that sufficient sleep increases the chance of living healthier, more productive lives.

You're a fool if you think smoking is cool



Smoking is the leading cause of preventable deaths. Researches show that cigarette causes more than 480,000 deaths every year in the United States. Even though the following consequences of smoking are well informed, its strong addiction makes it difficult for smokers to quit. Smoking causes a variety of harmful diseases to nearly every part of your body. Below are some examples of chronic health risks.

- Cardiovascular diseases** : Smoking causes damage to blood vessels, thickening them and blocking blood to flow regularly. This causes higher heartbeats and high blood pressure.
- Respiratory diseases** : Respiratory disease is a type of illness that affects the lungs and other parts of the respiratory system. Cigarette smoking causes most cases of lung cancer, which is an abnormal growth of cells. Symptoms include coughing, chest pain, shortness of breath and so on.
- Cancer** : Chemicals in cigarettes enter our blood stream when smoking. This is why smoking is able to bring about cancer almost anywhere in our

body. Mouth, pharynx(upper throat), nose and sinus, larynx(voice box), oesophagus(food pipe), liver are all body parts vulnerable to cancer.



To decrease smoking rates, governments should implement stronger tobacco control programs through mass media programs repeatedly. Increasing education about smoking to children can also contribute to decreasing the rates. Individuals who have not experienced smoking until adulthood have a higher chance to live as a non-smoker compared to those who already experienced smoking during one's teenage years.

For people who want to quit smoking, the first step is to throw away all the cigarettes and lighters. Instead of lighting up a cigarette, try to chew gums. There are many different alternatives available in the market. Also, spend more time with non-smokers and keep going to places where smoking is not allowed. If you can handle the first few days well, the temptation of smoking will become easier to resist as time passes.

Obesity is now a disease



Obesity, also called overweight, is a complex disease that refers to the condition of having more than enough amount of body fat. A lot of people view obesity just as a cosmetic concern, but it leads to much more severe problems. Higher ratio of body fat to muscle puts stress and pressure on your bones and body organs. As a result, your quality of life may decrease, and you may even be unable to do things you once enjoyed. Additionally, psychological problems are often followed when people are overweight. These include avoiding public spaces, feeling depressed and shameful, along with having low self-esteem.

Being obese is also linked to a variety of physical health problems. High blood pressure, strokes, diabetes, breathing disorders, etc are all potential health problems that could be caused by obesity. Then what are the major causes of this health problem?

Firstly, obesity is influenced strongly by genes. Genes affect the amount of fat your body stores and they also have an impact on the efficiency of converting food into energy. In addition, children of obese parents are more likely to be overweight compared to those with lean parents. Then another common cause of this health problem is when calory you consume is larger than calory you burn. Without sufficient exercising, all the left over calories you failed to burn will be stored in your body as fat. Lastly

but not least to mention, overeating itself can account for the obesity epidemic. Sugary, high-fat junk foods stimulate the brain and tricks you into thinking that you are hungry when actually you are not. These food products are usually cheap, sweet, and addictive. All are designed to make as much profit as possible, which means health is not a matter of concern for these kind of product manufacturers.

To prevent obesity, adults should try to change eating habits of family members and increase activity levels at the same time. Lifestyle plays a big role in preventing obesity. Reduce time spent in front of electric devices and encourage more exercise. Also, try to increase eating fruit and vegetable on a daily basis but limit taking in processed food. Avoid foods that contain high calories such as chocolates and sugary snacks. Remember children reflect parental behavior. If parents set a good example, children are likely to follow.



Increased physical activity reduces the risk of colon cancer, heart disease, and any other harmful health problems. The WHO(World Health Organization) recurrently emphasizes that insufficient physical activity is one of the leading factors for death worldwide. These are one of the reasons why a lot of countries include physical education as a mandatory subject at school - to plant healthy exercising habits to children.

For children and adolescents at the age of 5 to 17, over 60 minutes of moderate to vigorous intensity activities should be practiced everyday. Exercises that build muscle and strengthen bones should be incorporated. These include exercises that force you to work against gravity such as jogging, hiking, climbing stairs and weight lifting.

Adults age ranging from 18 to 64, 150 minutes of moderate to vigorous intensity activities are recommended. Exercises for muscles and bones should continuously be done. In addition, aerobic activities are perfect. These exercises stimulate blood circulation in the body and is therefore essential to adults who work day to night crammed in their offices.

Older people above 65 years old should also do at least 150 minutes of activity and focus on aerobic activities. Those that lack with mobility should do physical activity that helps them enhance their sense of balance which eventually prevents them from falling. Moreover, taking care of one's own garden can also be a great exercise for the elderly.

To conclude, have you heard the saying that a little progress each day adds up to big results? Physical activity does not need to be something strenuous, just a moderate amount is sufficient to keep you healthy, although the amount and effectiveness may differ among people.

Just a moderate amount of physical activity everyday is sufficient to keep you away from cancer, heart disease, or any other health risks. Remember that a little progress each day adds up to big results.

Lim Yoon Jae (1-2)

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Apple's AR headsets and glasses could hit stores in 2022

Choi Jun Hyuk reports facts and rumors about Apple's plan to release its first AR wearable devices along with the golden opportunities augmented reality could bring to people

AR(Augment Reality) headsets and glasses, which are being secretly developed by Apple, are expected to be released in 2022. This state was reportedly leaked to a news publication called The Information, well-known for its IT exploration report, through an unnamed participant in an internal presentation at Apple Park's Steve Jobs Theater.

What is AR or augmented reality technology?

It is an interactive experience of a real-world environment where the objects that reside in the real world are enhanced by computer-generated perceptual information, including visual, auditory, haptic sensory modalities. Consumers have become aware of the existence of AR technology through the vast success of the mobile game Pokemon Go, while Google hastily attempted to create AR tools but failed.

A false start: Google glass

In 2012 April, the prototype of Google glass was released and pilots of the wearable Glass device started selling at 1,500USD but soon discontinued sales in year 2015. There were controversial rumors that Google shifted their attention away from developing Google glass application and the general manager literally admitted that Google glass was a failure in gaining commercial success. However, Google's executive chairman Eric Schmidt has said that the technology behind Glass is too important to throw away, and that the program has been put to make it ready for users in the future. At any rate, Google glass was a failure as it was brought off the market at the time lacking in clarification on why the device existed.

Apple AR headsets and glasses available in 2022

Now Apple is getting an eye for developing AR wearable devices and it aims to release its first AR headset in 2022, which is about two years behind schedule, and will be followed by more sophisticated AR glasses in 2023. It is predicted that Apple will contact developers to improve software that will be inserted into AR headset by year 2021.



Mike Rockwell, vice president of Apple's AR and VR(Virtual Reality) division, has announced a new set of AR headset designs and features. Apple's AR headset is known to look similar to Facebook's Oculus Quest VR headset, which was released earlier this year. However, the design will be slimmer than Facebook's products by using lightweight materials to make the device more wearable. Moreover, Apple believes such AR headsets will replace smartphones. Rockwell was quoted to have said that this would happen "in about 10 years." Apple is pushing to develop its products, calling AR headset N301 and AR glass by code name N421.

Additionally, Apple plans to release AR glasses, which are smaller than AR headsets, by 2023. It is also said that AR glasses that Apple is developing are concerned about social aspects such as privacy invasion. If a consumer uses AR, the lens parts of the glasses are designed to be dark so that the person nearby can notice that AR is used. According to the testimony of the person who saw the prototype of AR glasses, they contain batteries and chips and look like expensive sunglasses designed with thick frames. I think AR glasses are better suited to wear for a long period than AR headsets.

The future of retail with AR



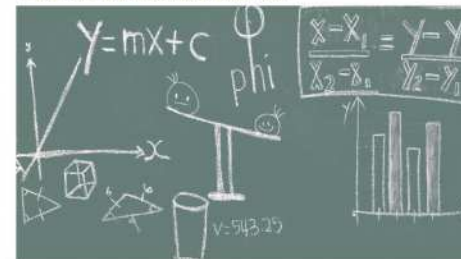
An American action thriller film "Minority Report(2002)" directed by Steven Spielberg has a scene where a prediction of the future includes retail shops using augmented reality technology. Smart mirrors, or also known as digital mirrors, use AR along with AI(Artificial Intelligence) technology and this basically allows people to virtually try on products such as clothing, make-up, footwear, or accessories, without going through the inconvenience of the actual try-on experience.

The future of medicine with AR



It is believed that AR can increase the motivation in children with autism. Autism is a behavioral syndrome, particularly having trouble building positive relationship with other people. To cure the mental disorder, the main focus until now was to make patients open up themselves to social circumstances or preferences. However, this was not an easy thing to be done as patients have limited skills in having an increased impact on the world around. On these bases of the issue, if we could create an augment reality providing more stimulations for the children, he or she could get more chances to build new knowledge or interests and eventually be cured.

The future of education with AR



The development of AR technology could also reach out to the education field. Students nowadays are used to acquiring knowledge by experiencing, screen-touching, and actually doing the task. Accordingly, schools need to provide an adequate environment that supports this kind of education and using AR tools and applications to create content and activities provides an

easy way to accomplish this. Basically, AR expands the physical world for the students by adding a layer of digital information onto what we see and hear, therefore narrowing the difference between the virtual and real world. This will make the learning environment within the classroom more entertaining and exciting.

The future of building with AR



As there is increasing opportunity for AR in retail, medical science and education, there is also an emerging expand of technology usage in the industry of architecture and building. For instance, tools and devices of AR can change the way construction planners make their presentations in the developmental stages of designing cities or buildings. That is, architects can show decision makers how their structures are going to look like in real life by showing interesting visual aids with AR tools. This evolution adds cost-saving value as it triggers building process to be more time-efficient right from the start and prevents making any construction mistakes.

Opportunities with the development of AR include :

- smart mirrors allowing people to experience try-ons with more convenience
- children with autism getting wider ranges of social interactions
- expanded learning environment by adding digital information to what we already see and hear
- more straightforward ways for an architect to show decision makers in advance what a building will look like

Comment

I became interested in Google glass in 2013 when I read an article about Catalin Voss, a German inventor and entrepreneur, who innovated the AR application when he was a freshman in Stanford university. It was astonishing to know that he was trying to apply the technology to his cousin suffering from Autism. However, it was unfortunate to hear that the glasses were taken off the market for privacy issues. Although Google partially failed to gain people's attention on AR technology, I was impressed with how these innovative technologies could reach to us with countless benefits in many different ways. I hope Apple, Google, and many other domestic corporations such as Samsung or LG could continue their development on AR apps and present a better world to all of us.

Choi Jun Hyuk (1-12)

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Psychology behind Placebo and Nocebo

Kim Jeong Tae and Kim Kang Min take a closer look at the study of human behavior and the two famous psychological effects

Psychology refers to an area of empirical science that scientifically studies human behavior and psychological processes. One of the sciences that looks for answers to various questions about human and animal behavior and mental processes is psychology. The word psychology is a combination of the Greek words psyche, which means "soul" or "mind", and logos, which means "the study of." People initially called psychology as "discovery of soul." This can be seen as the influence of theology on early psychologists. The definition of psychology changed with the subject of the study over time and it wasn't until the late 19th century that psychology became a field of science. Through the study of mental processes, all areas in which human beings are involved are required to provide academic support for psychological research, both directly and indirectly. As we live in highly informational society today, problems related to the quality of human life are increasingly adding importance, and these problems should take into account human characteristics such as sense, perception, personality, intelligence and aptitude. Therefore, revealing human psychological principles is expected to be the most important field, and psychology contributes in many areas, from liberal arts to natural sciences, engineering and so on. In other words, in addition to basic psychology such as physiology, sensory, perceptual, cognitive psychology and so on, psychology has a wide range of specialties to be classified as a complex area with both literary and binary attributes.

What is psychology?

Psychology is an area where we ask questions about our inner process. By studying the interactions in which humans adapt to their individual and social environments, it can be said that the study tracks the interaction of human consciousness and the interrelationship of phenomena. In other words, psychology is the science of asking why and how we think, feel, and behave in a certain way.

Psychology studies the physiological, psychological, and social processes associated with human and animal behavior. Not only the individual's psychological process, but also the physiological process of controlling physical function, and the individual-to-person relationships and social processes are subjects of the study of psychology.

Because of the diversity of psychology, there are many difficulties in giving a single definition. There are differences among psychologists in explaining the definition, goals and research methods of psychology. In general, however, psychology can be defined by taking into account two aspects: First, psychology aims at a comprehensive explanation of human behavior. Second, in order for psychology to become science, one must follow a generalized scientific methodology that emphasizes strict justice, clearly defined procedures and consistent results. Considering these two important factors, psychology can be defined as a scientific study of human mental process and behavior.

The origins of psychology

Psychology is as old as human history, and as modern as the reality we face today. Theoretical development and research are changing the face of modern psychology every year. But there have been many who have contributed to the development of psychology since ancient Greek times.

Demokritos suggested that human behavior could be viewed from the perspective of the body and mind and he was first to raise the question of whether free will or choice exists, given that our actions are influenced by external stimuli. Plato, a student of Socrates, recorded the teacher's teaching, "know thyself," which remained a slogan of psychological thought in later generations. Socrates' argument implies that our senses do not accurately reflect reality. Therefore, since our senses do not give us a reliable knowledge of ourselves, Socrates suggested that we use rational thinking or immunity to get to know ourselves.

Why study psychology?

The benefits of the study of psychology are varied and practical. Examples include better ways to treat people in a state of psychological confusion and new ways to improve workers' jobs and promote happiness. These are just as important as the scientific benefits that psychology provides. Now, let's take a look at some well-known psychological effects we approach in our lives.

Best known psychological effect: Placebo

We can find many psychological effects in our daily lives. There are a lot of psychological effects and some of them are famous. For example, the placebo effect is one of the most famous psychological effects. It's a phenomenon in which a disease has been cured by taking a drug that has no medicinal effects. So, it is also called the 'fake' drug effect.

A placebo is a neutral substance that has no biological effect, but it is a drug that works for those who believe it works. In practice, experimental procedures are taken to compare the relative effectiveness of groups that administer fake and actual drugs to show that there is a real clinical effect when developing new drugs. The longer a disease is susceptible to long-term or psychological conditions, the greater the placebo effect.

Of course, there are limited cases that help alleviate some of the symptoms of depression or insomnia patients, but because they are not scientifically proven, placebo prescriptions are rarely used today. Not only is there an ethical problem, but when a patient finds out that placebo, not a real drug, is prescribed, it can cause side effects that make the patient's health condition worse.

The evil twin : Nocebo effect

Contrary to the placebo effect, the nocebo effect is a phenomenon in which the right medication is prescribed, but if the patient is suspicious, the drug does not work. The nocebo effect can develop into diseases or even death by substances that do not actually cause any harm. For example, as rumors spread about an endemic disease, many people in the area complain of symptoms of diseases such as rash, fever, vomiting and so on without cause even though they are not infected. Doctors witness many patients dying soon after being diagnosed negatively.

An example of the nocebo effect can be seen with the following clinical trials of drugs: A you man took part in a drug clinical trial, and the man thought the drug was an antidepressant. The man's condition became critical when he took an overdose of drugs that he deemed to be an antidepressant. But when he was told that he belonged to a group of people who were taking fake drugs that were harmless to the human body, the man recovered his health. But as a matter of fact, the drug that the man took was actually a real antidepressant. Like this, if the placebo effect refers to the positive effect of anticipation, it can be said that the nocebo effect is about negative consequences of negative expectations.

Kim Jeong Tae (1-6)
Kim Kang Min (1-10)

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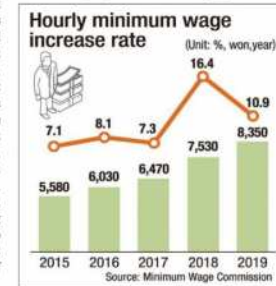


Issue of raising minimum wage is still heating up the country

The minimum wage was still a political hot potato this year and Kim Seo Hyeong looks at the issue from various angles to help you get a better understanding of the topic

The minimum wage is a system that legally forces users to pay workers

more than a certain amount of wage to preserve worker's right to live a better life and people in the labor market are showing mixed reactions. Last year, the government announced that the minimum wage for this year will hike to 8,350 won, up 10.9 percent from 7,530 won in 2018, which was also a 16.4 percent increase from a year earlier. The continuous increase in minimum wage is bringing controversial issues to different sides of the market: so what are the arguments of each side?



Pros of raising the minimum wage

First, the problem from income polarization and economic inequality can be resolved. This can result from easing the wage gap between low-income workers and high-income earners. According to the Statistics Korea, the level of income polarization, which had been low since the 2008 financial crisis, has rose again since 2016. In particular, the income of low-income earners in the first quarter got lower in 2018 due to a decrease in the number of temporary workers, and it brought up a severe competition among small businesses. The reason why the income polarization problem has started to occur is that the direct impact of the economic downturn and political instability has concentrated entirely on the lower income bracket. The high-income bracket with high paychecks increased their expenditure somewhat, while the low-income bracket closed their wallets. In Korean society, the quality of life can be deteriorated due to the deepening polarization of individual's income. According to the income earned in 2003-2006, the top 20 percent had 84 percent increase in their income, while the bottom 20 percent had only 42 percent increase. Low earned income among low-income earners acts as a major cause of polarization, and it causes contraction in their consumption, putting a strain on economic growth.

Second, labor productivity can be improved. The minimum wage hike boosts a morale and guarantees workers to live above a certain level, which could lead to better labor productivity. In fact, the minimum wage system was introduced in Germany to facilitate consumption, resulting in job creation effects. Such a minimum wage hike will boost consumption, which in turn

will lead to economic revitalization and economic growth.

Cons of raising the minimum wage

Although it is easy to think the increase of wage as a government welfare policy, it can be more of a market regulation for the following reasons.

First, if the high minimum wage were to benefit workers, it would only be helpful when everyone observes the minimum wage law sincerely. In 2017, the minimum wage noncompliance rate of South Korea was three times the OECD average. Seventy percent of the minimum wage's noncompliance comes from business with fewer than 10 employees. Under these circumstances, raising the minimum wage will make it harder for employers who honestly adhere the minimum wage to increase labor costs. Unless punitive damages are adopted to ensure through compliance with the minimum wage law, the benefits of the law will cause a considerable number of illegal employers.

Second, there is no evidence that artificially restricting companies from the market by the government's arbitrary standards, namely the minimum wage hike, works positively for the economic market. By artificially raising the minimum wage, the government simply damages

"a company capable of paying the minimum wage" into a "non-payable one." This logic is not much different from what it calls a national gain when workers who do not have the capacity to work as they get paid should be kicked out of the market.

Third, the minimum wage does not adversely affect small businesses or self-employed people. As workers at small or medium-sized enterprises can receive smaller amount than before because of the minimum wage system, it results in reduction of their actual wages. In other words, it would make those who were not minimum wage workers close to the minimum wage workers. The average annual salary for new four-year college graduates working at small businesses is 25.23 million won as of 2017, compared with 20.94 million won per year for the part-time jobs with minimum working hours of 40 hours a week, which will be covered by the state holiday allowance as of 2019. Considering the average and the lack of room for wage increases for many small and medium enterprises, it would be unfair to get a job and earn the same amount of money as a part-timer.

Kim Seo Hyeong (2-3)

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PAPS in school

Choi Jun Hyeok and Ohn Tae Hyun describes how a physical strength examination is proceeded in Boin

On 24 May, Boin High School students examined their physical strength going through four different activities. We call this test with a series of tasks done in a clinical environment as "PAPS", which stands for Physical Activity Promotion System. It's a mandatory program and the aim is to evaluate students' physical status and organize follow-up programs to enhance any weaknesses. It is held once a year, and the scale ranges from 1 to 5.

Before we began we measured our height and weight in our classrooms. Many students were frustrated with how much they weigh and determined to lose their weight by exercising, which later turned out most of them gave up within a week.

Then, we tested our flexibility, which was also conducted in our classrooms. The test was done with a special equipment that students had to push with their legs straight. Most of the students were not good at this. Some students could not even push a centimeter, and the average students pushed 7 to 8 centimeters. Few students pushed more than 30 centimeters.

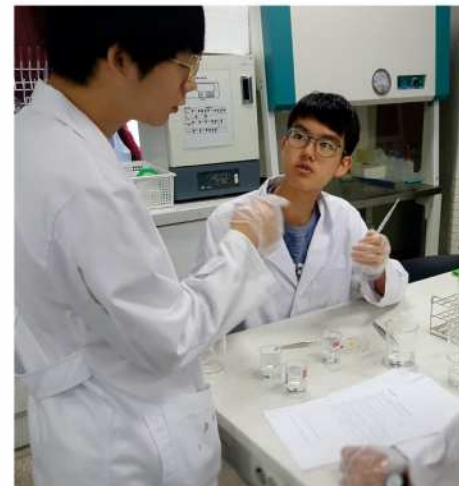
The second activity was checking our abdominal strength by sit-ups. Most of the students were fairly good at this and the student with the most sit-ups had a record of doing 90 sit-ups in two minutes.

Our third activity was to test our jumping ability by jumping as far as we could. Students good at this activity went far as more than 2.55 meters and overall about one-fifth of the students passed to get the highest level.

The last exercise was to check our running. We had to run 25 meters for more than 80 times. In fact, the gap for each lap was quite long, and the funny thing was that it was easy to cheat because no one was actually watching. But students got into the finish line with none of them cheating. I believe this was because as a Boin student, we know the responsibility of being honest.

This year's PAPS finished without anyone getting hurt and students went home after lunch. Of course, students with low results had to get an extra training for improvement in physical status.

Choi Jun Hyeok (1-12)
Ohn Tae Hyun (1-12)



Join a school science club and see the benefits

Lee Song Won and Kim Jae Hyeon interviewed the club leader of BISI-C and gives you a chance to peek through how students enrich their scientific knowledge through club activities

Have you heard about BISI-C, a distinguished chemistry school club in Boin High School? BISI-C is one of the most popular science clubs in Boin High School. It is a club that does many high-level experiments so that students can fulfill their curiosity with science-related subjects. As some of you might be wondering about what kind of club BISI-C is, we had an interview with Lee Sun Woo, the student leader who is in charge of BISI-C, and would like to share what we learned about this club.

Open to all majors

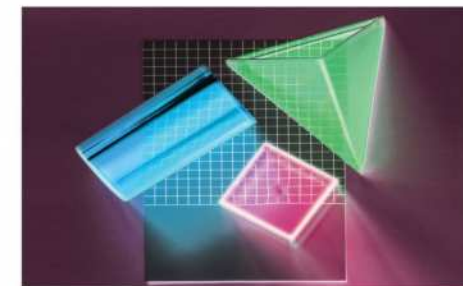
First, we asked what kind of club BISI-C is and which students usually join. Lee replied by saying, "BISI-C is a representative club in Boin High School, where there are ones who want to study various subjects in science and have been studying science hard since middle school." Then he goes on to say, "However, there aren't just students who are majoring in natural science. Among my classmates, there was a student from the liberal arts department and he passed the club interview. This means BISI-C is a club for anyone who is simply interested in science."

Serves as a platform to achieve one's dream job

There are many students in BISI-C who want to have jobs related to science. For example, there are ones who want to study various subjects such as chemical engineering, biotechnology, biochemistry, etc. So most of the students do a lot of activities that will help them make their way to future jobs through participating in club experiments or discussions. Lee thinks the members of BISI-C all came to this club to accomplish their own goals towards their dream careers. And he thinks the main goal of the club is to help members take one step closer to each of one's dream by writing science-related papers or doing long-term projects together.

You can engage with interesting experiments

Every member of the club engages with more than one experiment. For Lee, the most impressive experiment that he did at BISI-C was "the chemical traffic light experiment", a stunning colorful reaction. Through this experiment, he had a chance to take a new approach to new knowledge which students don't learn in regular classes. As this typical experiment required deep knowledge, only students with great understanding of chemistry could understand and design the experiment. This fact made all of his group members feel special. To add to that, students who are curious about any other kinds of experiments are free to proceed with their own experiments and solve



any questions they have with a subject at BISI-C. It's common to see students in this club personally investigate questions, write reports, and post them on BISI-C's internet cafe to share information with each other. This really seems to help students improve their ability of learning.

Through this interview with BISI-C, I hope you got to know more about BISI-C. If you are interested in BISI-C, why not sign up?

BISI-C students spontaneously design and implement science experiments. Then they share results, information or details of interesting facts. This shows how juniors become close with seniors in a school club, and there is no reason not to join.

Lee Song Won (1-1)
Kim Jae Hyeon (1-8)

Daejoo foundation signs MOU with The Affiliated High School of Shanxi University

Expand your horizons by studying abroad in China!

On 24 June, 2019, Boin Middle and High School signed a MOU (Memorandum of Understanding) with The Affiliated High School of Shanxi University, which locates in Taiyuan city, Shanxi province of China. Both sides agreed to develop research cooperation, academic exchanges, and professional development projects in the field of middle and high school education for teachers and students, seeking to give students broader advantages and outcomes.

Benefits of student exchange programs

- ▶ Development of new life-long friendships
- ▶ Sense of accomplishment upon completion of program
- ▶ Language acquisition is achieved through practical usage
- ▶ Understanding of different cultural and community perspectives
- ▶ Enhanced interest in global issues as well as broader general knowledge





Meet Mr. Seo, the head teacher of PR division at Boin

Kim Jeong Tae and Kim Tae Hyeong interviewed Mr. Seo Jeong Min, the head teacher of the public relations division at Boin high school and shares the core value and strengths of the school

Mr. Seo is a social studies teacher at Boin high school and at the same time he is currently in charge of the public relations and planning division at our school. Unlike other public schools, Boin is a private school where a certain amount of school promotion is necessary to boost student enrollment.

Q1. How long have you been teaching in Boin?

This year was my 12th year. I always had dreamed of becoming a teacher since I was young and in order to achieve my career goal as an educator I studied hard and entered university majoring in sociology. But life never goes the way you planned! For the first few years after graduation I worked for a company but I never let go of my dream of becoming a teacher. I enjoy my days here at Boin teaching and interacting with students and I regard this job valuable in the aspect that I can quite directly lead students to a brighter future by helping them enter top ranked universities.

Q2. What are some difficulties you face with promoting our school?

I am not sure if I should specifically call this a difficulty but there are some moments when I feel I should put effort in promoting our school. It was my second year planning for school promotions and I felt that there are many middle school students who are interested in Boin High School but that there was not enough accurate information to provide them. Also, I was sorry for the false rumors that spread around the neighborhood. We are still trying to correct any wrong facts about our school through various routes.

Q3. What is the biggest strength of Boin?

Of course there are many advantages and among them the biggest strength would be our teachers. We see teachers at Boin are always caring and thinking about students, willing to sacrifice for them. They always remind themselves with the question "What do the students and parents want?" The teachers think the answer to the question would be to get enough attention, to be loved by teachers and friends, and to be able to develop. Teachers work so hard to fulfill these wishes. To sum up, the biggest reason to enroll in Boin High School would be because we have passionate teachers who know how to collaborate with students for the best results.

The biggest reason to enroll in our school would be because we have passionate teachers who know how to collaborate with students for the best results.

Q4. Do you have any last comments for future Boin students?

Boin High School, of course, is not an easy place. You have to study hard and there's a lot of competition between students. But this is not a place where you just study. It's a place where you do club activities, read books, build friendship and so on. I want to tell you that you shouldn't be scared of the idea that it is a place where you just compete for better grades. Please don't miss out one of the best chances to achieve your dream, which is to come and learn at Boin High School. Thank you.

interviewed by Kim Jeong Tae (1-6)
Kim Tae Hyeong (1-6)

Boin FC wins a sports club competition at Gangdong Songpa region in Seoul!

Lee Yun Seong delivers a delightful news about Boin High School defeating Paichai and winning the sports club soccer competition at Gangdong Songpa

We all have different plans over the weekend. As a leader, it was impressive to see how players eventually managed to change their personal schedules and join in training sessions. It was everyone's passion and cooperation that led us to winning the competition.

Boin High School football club reached the top by winning the final match at Paichai High School in Gangdong-gu, Seoul in August 30 with a 1-0. The tension of the final and the pressure of an away match led to minor mistakes in the beginning of the game. On the other hand, Paichai High School, with the support of their own students, attacked many times. After a brief moment of embarrassment, Boin FC lightened up the mood, restoring their athletic ability. In the first half session, captain Han Jae Min wobbled his opponent's defense, and Jung Jin Oh's quick breakthrough created many chances to attack. Han Jae Min's surprising shot drove through the goal twice, but the first half sadly ended with 0-0.

At halftime, Mr. Woo Sang Koo, coach teacher of Boin, ordered a more aggressive movement to midfielders. When the second half session began, our players pressed hard. Jung Jin Oh made his first goal after 16 minutes passed in the second half session. Boin's corner kick headed for Lee Nam Hyun's head and when the ball was passed to Jung Jin Oh, he shook the net with a fantastic overhead kick. I can't find any flaw in that goal, it was certainly a perfect one. Even the students from Paichai applauded with surprise. The match ended with 1-0, and now, Boin High School is going to have another match with Daegwang High School.



Interview with captain Han Jae Min

Q. What are some tough points you face as a captain?

First of all, I would like to mention the fact that I was really proud of our FC friends who had shown their best effort during practice in spite of the difficulties we had with organizing our schedules. It was really hard for us to meet on weekends as we all had things to do. I guess this was one of the difficulties I had as a captain: to keep everyone on their position. Even so, it was impressive to see how my friends eventually managed to change their schedules and participate in training sessions. I appreciate their cooperation and passion towards team playing.

Q. Tell me about the resolution about the upcoming Seoul competition.

I will encourage everyone to do their best and make it easier for them to score more quickly.

Q. Please say something to your juniors.

Don't worry about the 3rd grade players. You guys are good enough. I hope you do your best to make good results. Also, the special memories and relationships I earned through playing soccer is priceless. As a senior, I'd like to advice not to miss it!

Interview with player Jung Jin Oh

Q. The goal you scored today was great! Please tell us in detail how you made it.

When I scored the winning goal, it was very crowded. Nam Hyun headed the ball from a free kick and the ball came towards me unexpectedly. I stretched my left foot as much as possible, but it didn't work. Then as all of you who play soccer know, to trap a ball out of the air you should try an overhead kick whether the ball goes in or not. I used to practice this overhead kick a lot but it wasn't easy and my friends used to play jokes everytime I failed. But I never gave up. So during the game, as I used to do in my practices, I tried an overhead kick without hesitation and that's how I made it. The ball went in and I scored the winning goal. At first I myself couldn't believe it. It was the best shot ever to hit an overhead kick. I was so lucky to see the goal and I will never forget the moment.

Q. Are you prepared for the next game?

To participate in this kind of sports competition has given me a lot of trial and error and a few small challenges, but I'm very happy to be up in Seoul. Since this will be our last competition in high school, I hope to work hard with my friends and juniors to make good results.

Q. Do you have any words of advice to give to the juniors?

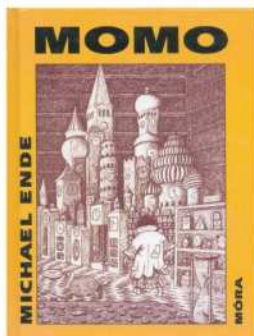
When I was a junior, I thought that first and second graders had a lot of opportunities to play so I was able to get used to the team and improve my performance. I'm sure the juniors will do their best next year, but one of my concerns is that they haven't participated in many games. I am slightly worried but I hope they will manage it anyhow since they are good!

Q. How was it to be part of a FC player in high school?

I think Boin FC was the driving force that enabled me to study hard during my high school life. When I was stressed out academically, I was able to relieve stress by kicking a ball with my friends, participating in competitions, and strengthening the relationship between seniors and juniors and these all gave me a sense of achievement. I want to thank the seniors and juniors for allowing me to have this opportunity. Also, I would like to thank Mr. Woo for his hard work in helping me improve my soccer skills and guiding us throughout the competition. Thanks to everybody, I feel like I have made some unforgettable memories during my high school years.

Lee Yun Seong (2-1)

MOMO, by Michael Ende



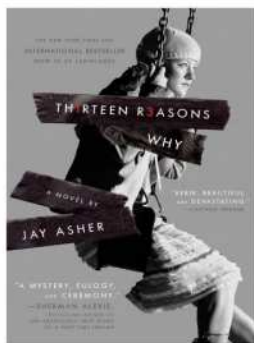
This book is an astonishing fairy tale written for children and young adults, which shows a modern society valuing time over money. The writer is Michael Ende, the recognized author of another famous novel 'The Neverending Story'. As the title of the book implies, the main character is a young girl named Momo and she is fairly a good listener and listens to people as they talk about their problems. People's problems seem to fade away as they talk about their troubles to Momo as she is a person representing all the good things in a society.

On the other side lies an evil character, the grey man, and he is someone who breaks up a good environment. Momo is in a situation where she has to escape from this man and while she is gone, the society changes in a way that everything corrupts. When Momo returns back, she tries to fix things and in this process, the writer delivers a message to think beyond the surface and to reflect on people's own lives, thoughts, and priorities by putting value on time rather than money.

It is a highly recommending book to those who lately think have failed with accomplishing something as it gives you some sort of comfort. As in my case, after reading the book I understood once again the importance of valuing time, especially after taking school exams, I used to take long rests after a test but now as I learned something from this book, I think I will try better not to waste any time at all.

reviewed by **Lee Jae Won (1-5)**

Thirteen Reasons Why, by Jay Asher



This is a book about a girl named Hannah Baker who sadly chooses to kill herself. Prior to her suicide she recorded tapes on thirteen reasons and the people that led her make this tragic decision. The people related to her suicide, including Clay Jensen, take turns to listen to her tapes, then pass the set on to the next person. Listening to the stories, people see the world in a new light and determine not to let the same things happen again.

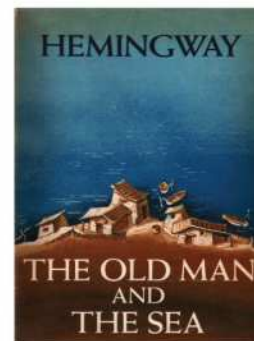
I was impressed by several phrases of the book and would like to introduce the best two quotes. The one that most caught my attention was the part saying, "You don't know what goes on in anyone's life but your own. And when you mess with one part of a person's life, you're not messing with just that part. Unfortunately, you can't be that precise and selective. When you mess with one part of a person's life, you're messing with their entire life. Everything..... affects everything." As I read this phrase it made me reflect on myself, thinking if I had done anything that unintentionally affected other people in a bad way. Also, it reminded me of the famous old saying that words are powerful and that I should be careful in choosing the right words while I talk to other people as every single expression I choose to say can influence the others in any unexpected way.

The second phrase was where it said, "If you hear a song that makes you cry and you don't want to cry anymore, you don't listen to that song anymore. But you can't get away from yourself. You can't decide not to see yourself anymore. You can't decide to turn off the noise in your head." For me, it is kind of embarrassing to mention but to be honest, I also have memories that I do not want to remember. For instance, I feel shameful for once when I tried to avoid facing a difficulty by lying and everytime I attempt to erase the bad memories, more vivid and clear it becomes. I guess thoughts and memories are one of the things that you just can't take control of. Anyway ever since then, I always keep in mind to behave good so that I don't make anymore regretful moments in my life.

After I finished reading this book, it gave me a chance to especially reflect my relationship with my friends. I used to say things or behave in a way not considering how my friends might feel. But from now on, I believe I should talk and behave more carefully so that I don't hurt anyone. The last thing to mention is that for those interested, there are TV series based on this book on Netflix so go ahead and watch it.

reviewed by **Lee Song Won (1-4)**

The Old Man and the Sea, by Ernest Hemingway



The author Ernest Hemingway is someone you probably have heard before if you are familiar with American Literature. He wrote the heroic novel The Old Man and the Sea, published in 1952. The main characters are an old fisherman named Santiago and a young boy named Manolin. Santiago is described as a man who spends most of his time in his boat but has no outcome in catching fish. Once he couldn't catch a fish for 84 days and for this Manolin's parents forced the boy to leave the unlucky man and move to another boat. However, Manolin keeps staying and supports his mentor who lives in a shack with food and bait.

Then one day, Santiago alone takes his boat far out into the deep waters where he soon hooks a blue marlin, thought to be more than 1500 pounds and thus struggles to catch it right away. He battles with the fish for three days and when he finally reels the marlin and kills it, he notices multiple sharks approaching. He fought most of the sharks with all his strength but he couldn't stop a few of them eating the marlin up leaving it with only bones. Santiago goes back home discouraged, and decides to go fishing together with Manolin after all.

As I read this book, I learned that 'process' is more important than an 'outcome' and that sometimes we learn great things by little experiences. Therefore, I came to realize that although results of an exam might not be good as I expected, I would learn from those failures and make improvements for my next exam.

reviewed by **Ohn Tae Hyun (1-12)**

About the school English newspaper club THE BOIN TIMES



Interested in an opportunity to enhance your English ability?
Join a club at your school for establishing a school newspaper.

- ✦ The only English-related school club
- ✦ You can write articles of ANY interest
- ✦ Voice your opinion, ideas, and ideals
- ✦ Learn the value of solid research in writing
- ✦ Build closer relationship with your friends and seniors

Blank -The Place of “C”

Hello colors.
 Hang on, I'm glancing at the top—
 well, maybe my flavors.
 To the sky, dreaming stars—
 but lonely, sometimes impossible—
 Shall we, be lighter?
 In silence, only dark room,
 Spilling tears, crying underneath the sea.
 Thought to be the doom—
 but believed to get over these.
 Red—showing passion and still focus,
 don't forget-revolution in crimson blood.
 Orange—becoming mature and sweet—
 not to be child-ish— everything solved by time.
 Yellow—as your light, you're right,
 don't try to be shiny— just conquer the miss.
 Green— naturally young & fresh,
 but bitter— so don't open the truth already.
 Blue— deep, swallowing, clear, marine shown—
 don't be blue— sweeping my flames down.
 Purple— Violet wants to be glorious—
 but the world can't be easily gorgeous.
 All my infinity decided now—
 to integrate— then became something new—
 Wait, here's a hint. Have you ever thought about
 the space? Yes. Because —
 universe, will achieve —
 finally time to choose —
 the eternal chess.

by Kim Seong Jin (2-2)

The Q' s words

Blocked, someone in one's coffin —.

Day darks without sun, night glows without moon.
 Just a landhold, falling — only got drunken.

What is their wind from? Grapes? Raisins?
 Neither — the farm, with not vividly, deadly, deeply —
 shall be a party!

Lock the door, now shout the start!
 Can't nobody bother, unless — will break apart!
 In the form of men, prepared meals — but now,
 creating beasts and ghosts, let's meet who mails...

Whipper, as bell rings, into our castle.
 No one cares and sees — hanging on the trees, in subtle.

There's no the shown — with only your crown.
 Now welcome to Kingdom... Come!

Lasted before the dawn — or no right will be!

Remember ;
 midnight — time to spread to change dream
 into night more — the eternal stream



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 Jeong Won Young(1-12)
 Choi Jun Hyuk(1-12)

“The path from dreams to success does exist.
May you have the **vision** to find it,
the **courage** to get on to it,
and the **perseverance** to follow it.”

*by Kalpana Chawla,
the first Indian-born woman to go to space*



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