

Vol. **67**  
2021 Summer

# SUNGKYUL UNIVERSITY NEWS



## CAMPUS

- Elder Seo Jong-ro donated development fund to Sungkyul University
- Department of Computer Science and Engineering student team, selected for the 2021 Undergraduate Research Program(URP)
- 2021 Sungkyul FAIR



## SOCIETY

- What is Corona Blue?

## EXERCISE

- Why should I do lower body exercises?



성결대학교  
SUNGKYUL UNIVERSITY

- 03 THE PRESIDENT'S ADDRESS**
- 04 CAMPUS**  
 · Elder Seo Jong-ro donated development fund to Sungkyul University  
 · Department of Computer Science and Engineering student team, selected for the 2021 Undergraduate Research Program(URP)  
 · 2021 Sungkyul FAIR  
 · 38th General Assembly of Sungkyul University Alumni Association
- 06 WORLD**  
 · Guns in America
- 07 ECONOMY**  
 · Young Generation and Cryptocurrency
- 08 CULTURE**  
 · Blog challenge early termination and resumption
- 09 SOCIETY**  
 · Corona Pandemic, Side Effects of Masks
- 10 SOCIETY**  
 · What is Corona Blue?
- 11 HEALTH**  
 · Unexpected foods that help you lose weight
- 12 HEALTH**  
 · Zero-calorie soda, can I trust you?
- 13 CAMPUS**  
 · Do you still go to school paying tuition?
- 14 EXERCISE**  
 · Why should I do lower body exercises?
- 15 SOCIETY, ECONOMY**  
 · Hangover relief drink, why is it sold so well in Korea?
- 16 CULTURE**  
 · Have you heard of "Marine Gardening Day"?
- 17 GAME**  
 · The Big 3 Console, Records The Biggest Results Since Its Inception
- 18 WORLD**  
 · Global Shortage of Semiconductors, Why?
- 19 PHILOSOPHY**  
 · A view of fate, An ancient Chinese philosopher, Lao-tzu

◇ **Philosophy of Education : Well-fitted People of God**

◇ **Objectives of Education :**  
 Christian leaders, Creative professionals, Autonomous service workers

◇ **Purpose of Establishment**

The founders established SungKyul University to provide a strong biblically-based education for church ministry in its various forms.

The University is committed to the Fourfold Gospel: Regeneration, Sanctification, Divine Healing, and the Second Advent of Christ. Holding firm the evangelical faith, it rejects modern liberalism and extreme mysticism of any kind.

Its doctrine remains the same as that of the early Holiness (SungKyul) Church, namely a scriptural Wesleyan-Arminian Faith.

It continues to provide an education based on the Word of God that prepares men and women for effective ministry in this ever-changing society to the glory of God.



Vol. **67**  
 2021 Summer

SUNGKYUL UNIVERSITY

**NEWS**

**Published by**  
**Sungkyul University**  
 Sungkyul University-ro 53,  
 Manan-gu, Anyang-si,  
 Gyeonggi-do, Republic of Korea  
 Phone : 031)467-8368

**Publisher**  
 President Kim Sang-sik

**Managing Director**  
 Prof. Yim, Tae-kyun

**English Advisor**  
 Prof. Craig R. Anderson  
[cranders99@gmail.com](mailto:cranders99@gmail.com)

**Manager**  
 Jo, Sun-mi

**Editor-in-Chief**  
 Kim, Gun-hwi  
[gunhwi1995@naver.com](mailto:gunhwi1995@naver.com)

**Senior Reporters**  
 Lee, Dong-in  
[dilee3939@naver.com](mailto:dilee3939@naver.com)

Park, Chan-woo  
[ike0711@naver.com](mailto:ike0711@naver.com)

Choi, Jun-suk  
[jk97oul@naver.com](mailto:jk97oul@naver.com)

Wi, Young-bum  
[bum5046@naver.com](mailto:bum5046@naver.com)

Kim, Hae-yong  
[rlagodyd@naver.com](mailto:rlagodyd@naver.com)

Choi Dong-hee  
[dhchoi5779@naver.com](mailto:dhchoi5779@naver.com)

**Junior Reporters**  
 Na, Gyeong-bin  
[w1nteryyy@naver.com](mailto:w1nteryyy@naver.com)

Kim Ga-young  
[gaga0987@naver.com](mailto:gaga0987@naver.com)

Kim Se-Jin  
[jjkim0210232@naver.com](mailto:jjkim0210232@naver.com)

Kim Ae-ri  
[kar0875@naver.com](mailto:kar0875@naver.com)

Song Jin-hee  
[ssjjhh0125@naver.com](mailto:ssjjhh0125@naver.com)

Ahn Ye-rim  
[yerim030582@naver.com](mailto:yerim030582@naver.com)

Youk Kyung-soo  
[Yookks13@naver.com](mailto:Yookks13@naver.com)

Designed & Printed by  
**JOEUNSARAM OSP**  
 Phone : 02-830-6123

# Closing Speech



President of Sungkyul  
University

**Kim Sang-sik**

Dear Sungkyul University Families! First of all, I give all the glory to God for giving me the grace to finish the first semester of the 2021 school year. We would like to express our heart of encouragement to all students and faculty for their hard work in a difficult educational environment that is completely different from the situation before COVID-19. In particular, I extend my deepest condolences to the freshman and sophomore students who have reached the end of the semester without directly meeting their professors and classmates even after entering the university. The essence of education is through encounters, and it is a well-known fact that there are difficulties in class between professors and students being taught as meeting becomes difficult due to social distancing. It is a pity that, as we conduct classes in difficult circumstances, there is no choice but to lack emotional exchanges and personal exchanges beyond intellectual exchanges. I would also like to express my gratitude to the professors who put more effort than before in the preparation of the lectures and to the staff who worked hard in various fields such as university evaluation and innovation projects. I would also like to express my gratitude to those who organized various events such as Holiness Fair despite difficult circumstances.

Most people think that the temporary, non-face-to-face situation will be converted to a normal situation once the COVID-19 is over soon. Is that really possible? I don't think so. Advances in science and technology in the era of the 4th industrial revolution are making it unavoidable to change communication methods even in the field of education. So our lives will move in the direction of utilizing total communication using both online and offline. I think that the recent emergence of the concept of HyFlex, which freely uses online and offline, reflects this atmosphere. What do we need to think about in order for education to take place properly amid these changes?

Unfortunately, we cannot guarantee face-to-face classes even in the second semester. How can our education be enriched? The first is to maintain personal relationships in the online educational environment. I think that personal relationships are possible even online. If a professor can create a 'presence' by calling a student's name in an online lecture, I think a personal encounter is possible. The second is to apply the model of the incarnation of Jesus Christ. In the incarnation, God became human and entered the human world. Jesus Christ, who was humbled to man, not only had a point of contact with man, he also took part in human life. I hope that this principle of incarnate life can become a principle of education and can be applied to us. If professors, students, and staff all work together as one mind, we will be able to overcome many of the crises facing universities.

Dear students! I hope that you can wisely make time for rest and recharge during the vacation period. So I look forward to seeing you in good health next semester. During the vacation period, the president will check the overall education system for the second semester so that students can receive classes under better conditions. I pray that God's grace will be with you, students, professors, and staff. Thank you.

President of Sungkyul University **Kim Sang-sik**

## Elder Seo Jong-ro donated development fund to Sungkyul University

Senior Elder Seo Jong-ro and Deaconess Jeon Eun-kyung (Sillim First Church) donated 100 million won to Sungkyul University on April 16 (Friday).

Elder Seo Jong-ro, who delivered the development fund to President Kim Sang-sik on April 16 (Friday), said, "I will donate the development fund to Sungkyul University, a leading university in creative convergence talent development in difficult times with Covid-19. I hope it will continue to be a small help for the nation's future."

Meanwhile, President Kim Sang-sik expressed his gratitude, saying, "We will do our best to continue to serve the world and cultivate leading talents without forgetting the interest and love for Sungkyul University by Seo Jong-ro and Jeon Eun-kyung."

Senior Elder Seo Jong-ro has been a strong partner for the development and talent development of Sungkyul University since 2001, and in 2008, he sponsored the develop-



ment fund for the establishment of an academic information center where leaders of the next generation can cultivate academic knowledge.

By reporter **Choi Dong-hee**  
dhchoi5779@naver.com

## Department of Computer Science and Engineering student team, selected for the 2021 Undergraduate Research Program(URP)

A team of computer science students (Lee Jong-pyo (4th grade, team leader), Kang Jung-ah (3rd grade), Kwon Won-jung (3rd grade), Shin Won-seop (3rd grade), and Jung Gil-yeon (3rd grade) were finally selected for the 2021 Undergraduate Research Program hosted by the Ministry of Education and promoted by the Korea Science Foundation. The URP is operated to foster talented people in science and technology by providing opportunities for undergraduate students to improve their creative research capabilities and self-directed research.



The research team's proposed study is "a study on how to improve the productivity of plants using digital twins," which will study how to improve the productivity of plants in the real world by building virtual models and exchanging information between them. Professor Choi Jung-yeol, an advisor, expected that through this study, students will be able to improve their major capabilities and cultivate the ability to utilize the latest technologies by comprehensively utilizing various knowledge they learned in the department of computer science.

**Digital twin** : A concept that emerged in 2002 when Dr. Michael Grieve described as an ideal model for product lifecycle management, is a technique that implements the structure, function, and behavior of physical systems in the real world and connects them to each other to act like twins. Recently, the government selected the digital twin as an important task in the Korean New Deal.

By reporter **Choi Jun-suk**  
jk97ou@naver.com

## 2021 Sungkyul FAIR



The Education Innovation Support Center and the University Job Center of this school announced that they successfully completed the 2021 Holiness FAIR held from May 24 to May 30.

The consecutive FAIR consists of "Comparison FAIR" introducing the in-school comparison department, "JOB FAIR" introducing the job, and "Performance FAIR" sharing student comparison and performance and university job center business performance. In order to prevent the spread of Corona 19, it operated online events, and offline booths that reflect-

ed students' interests such as VR interviews and AI interviews.

The offline events, which began with the cutting ceremony of President Kim Sang-sik, Vice President Han Jong-gil, Vice President Chung Hee-seok, University Job Development Minister Lee Joon-seo, and Education Innovation Director Choi Jung-yeol, consisted of six departments, 14 job introductions, and four events. In addition, online, performance sharing such as competency certification portfolio competition, introduction of university job center business, and live broadcasting were conducted together.

In the FAIR, the Education Innovation Support Center, Professor Learning Support Center, Social Service Center, Convergence Department, Start-up Education Center, Student Counseling Center, and XR Center participated in the program. In JOB FAIR, social welfare, foreign companies (overseas), public companies, mobile web SW development, sales, tourism (hotels), logistics (distribution), marketing, game development, broadcasting, information security, PD consulting. It also held events such as VR interviews, AI interviews, and personal color diagnosis.

After experiencing all the booths in person, President Kim Sang-sik encouraged participating students and working staff, saying, "I hope it will be a time to dream of growth and reap the fruits through the sacred FAIR to learn about our university's comparative programs and understand various tasks."

By reporter **Park Chan-woo** ike0711@naver.com

## 38th General Assembly of Sungkyul University Alumni Association

The 38th General Alumni Conference of Sungkyul University was held on May 13 at the opposition International Conference Room on the sixth floor of Sungkyul University's Academic Information Center. After Pastor Kwak Jong-won's prayer, Rev. Min Joong-ki, the chairman of the alumni committee, delivered the message under the title of "Union Alumni."

The service was then completed with a congratulatory speech by Pastor Lee Sang-moon and Pastor Kim Sang-sik, president of Sungkyul University, and a congratulatory speech by Pastor Na Se-woong.

At the meeting that followed, Kwak Jong-won, a director of the Sungkyul Theological Seminary and a pastor in charge of the Yangmuri Church in Cheongju, was elected as the 38th alumni chairman. Pastor Kwak Jong-won, who was elected as the 38th alumni, expressed his ambition to create an alumni association that serves as a strong support for Sungkyul University by drawing active participation of alumni from the humanities department and expanding scholarship missionary support through CMS.

By reporter **Lee Dong-in** dilee3939@naver.com

# Guns in America

On May 30, a gunfire rang at a large shopping center in Miami, Florida. Three gunmen who suddenly appeared started shooting at people in the shopping center, killing two people and injuring more than 20.

On May 26, a shooting occurred in Silicon Valley, California. The suspect went on a shooting rampage without stopping, resulting in which nine people were shot to death. At the time, the suspect was carrying hundreds of bullets and shot himself in the head when the police were dispatched. The United States, dubbed the land of blessing, is gradually turning into a land of tragedy due to the shootings.

The Centers for Disease Control and Prevention (CDC) said 39,566 people died in shootings in the United States in 2019. That's more than people dying in flu and traffic accidents in the United States. In particular, 15,208, or 38% of the total, were shot to death by others.

In 2020, the United States recorded huge gun sales. The number of guns sold in 2019 was about 13.9 million, up 65% to 23 million by 2020.

Analysts say that the reason for the increase in gun purchases is because of the deepening political and social unrest in the United States. This is because conflicts and riots have erupted across the United States over the issue of black human rights since George Floyd, a black man, died in May last year due to excessive police suppression.

As the anxiety about the safety of the American people grows, gun purchases increase, and related industries such as gun stores and shooting ranges are growing rapidly. Also, the American people, who have not felt the need for guns so far, have joined the gun-buying ranks, and some areas have sold out their guns.

There is a saying that buying a gun in the United States is easier than buying a headache pill. There are gun shops everywhere in the neighborhood, and you can buy guns easily enough to even have areas where guns are sold at the mart.

The reason why guns can be easily purchased in the United States is because of the Second Amendment. The

Second Amendment of 1791 clearly states that the right of the people to own or carry arms cannot be infringed. At the time of the enactment of this law, the role of the militia was very important for security, and guns were necessary to protect themselves.

The Second Amendment is still in effect in the United States 200 years later. A Supreme Court ruling in 2000 also ruled that regulating individual gun ownership was unconstitutional. In the United States, controversy continues over the Second Amendment. Questions continue as to whether the Second Amendment, which was essential to protect oneself and the community in the past, is necessary even now, a modern civilization.

What choice does the United States make about owning a gun? It is clear that unless there is a fundamental change to the Second Amendment, the tragedy of the shooting spree will continue.

By reporter **Kim Gun-hwi**  
gunnhwi1995@naver.com



# Young Generation and Cryptocurrency

One of the biggest topics of conversation for the current youth generation is cryptocurrency. Cryptocurrency already has a deep relationship with the younger generation, making it hard to find anyone who has not invested in it among many young people. Sixty percent of the nation's total cryptocurrency investors are in the 2030 youth generation, which proves their interest and participation in cryptocurrencies are enormous.

Bitcoin, which soared to around 60 million won last month, has fallen to around 40 million won as of June 1, plunging in price every day. As the plunge was large with extreme price fluctuations that continued over the past few weeks, the situation is still negative, although the price was expected to rise. Some of the people who invested in Bitcoin have borrowed as much as they can, making it a bigger problem. More and more people are turning to stocks rather than coin investments with very high price volatility.

Young people who invested in cryptocurrency with maximum loans are in such a serious situation that they cannot sleep. On April 27, the Bank of Korea hinted at a possible hike in the key interest rate within this year. In fact, if interest rates rise, interest rates on loans will rise due to a hike in the base rate, which is highly likely to increase interest costs such as credit loans and credit card loans. For many people who have taken out loans and invested in coins, it is tantamount to another disaster following the plunge in cryptocurrency prices.

Why is the investment in virtual currency so booming among young people? The reason is the current situation of the young generation. This is because there is no hope for



the younger generation due to real estate prices, economic downturn and job problems that have risen sharply in recent years. As of June 1, the average price of apartments in the Seoul metropolitan area is approaching 700 million won, and the median price of apartments in Seoul is approaching 1 billion won. It is said that it takes 17.8 years for ordinary office workers to collect their salaries and purchase apartments in Seoul. This real estate problem and the economic downturn have caused the youth generation to fail to instill their desire to work and flock to investment means such as virtual currencies and stocks, especially resulting in a surge in young generations seeking to reverse their lives through virtual currencies. In other words, the rise in real estate prices and the investment in cryptocurrency by the younger generation can be directly related.

Amid deepening sighs and worries among young people, the government has begun to respond to virtual currency. First, the government selected the Financial Services Commission as a virtual currency management department. The Financial Services Commission is pushing to set up virtual currency-related organizations and reinforce manpower. The Financial Services Commission also said it would intensively crack down on and manage numerous coin exchanges in a row.

The young generation's interest in cryptocurrency, which is directly exposed to economic problems such as soaring real estate prices, worsening employment conditions, and declining income, should not be blamed simply for the young generation's greed for a quick raise. Given the situation facing the younger generation, there is certainly a reason why they are obsessed with cryptocurrency.

By reporter **Kim Gun-hwi**  
gunnhwi1995@naver.com

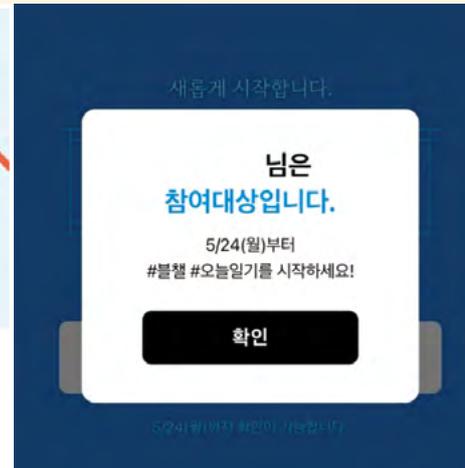


# Blog challenge early termination and resumption

On the first day of May, Naver Blog's official blog team told the news. The news is that Naver host the "Today's Diary Challenge" event for two weeks from May 1 to 14. This "Today's Diary Challenge" event was designed to revitalize Naver blogs, and is an event that pays a total of 16,000 won, including 1,000 won for the third day, 5,000 won for the 10th day, and 10,000 won for the 14th day. News of the event spread quickly, and many people participated in the event.

However, Naver announced on its blog on the 4th that it was forced to end today's diary challenge early. The blog team said the challenge began with the aim of encouraging those who record their journals every day, but there were too many abnormal participants. As many users flocked to the event, the event ended with only 1,000 won each for participants. A total of 560,000 people participated in the event for three consecutive days, and if 500,000 people participate for 14 days, Naver will have to pay a total of 8 billion won.

Participants in the event strongly protested, saying, "Naver deceived the user." The early end of the challenge



caused a backlash from many participants, and even a petition from the Blue House was posted under the title of "Please scold Naver for not keeping its promise." In response, Naver posted an apology again, and said "The event ends early, but we will pay 1,000 won, an event benefit for the third day, to those who participated by the third day." In addition, the "Today's Diary Challenge" will be resumed on May 24 compensating the deficiencies, and the criteria will be clearly revised for the participation method, which was not enough.

The Naver blog team announced on the 17th that it will resume the "Today's Diary Challenge" event, which

was criticized for its early termination as previously announced. . This challenge will run for a total of 11 days from May 24 to June 3, and Naver points worth 15,000 won will be given to those who complete it. However, it will be conducted for those who have completed participation in the last challenge. It also stated that writings that do not meet the purpose of the challenge can be excluded from the benefits, and that among those who completed the "Today's Diary Challenge," there are additional benefits for 100 bloggers through lottery.

The Naver blog team drew much attention and participation from the public, but produced the result of an early end and was criticized by many event participants. Although there were critics when it resumed, it restored some public sentiment by resuming it. How about participants participate according to their purpose and lead various events in the future?



By reporter **Kim Ga-young**  
gaga0987@naver.com

## Corona Pandemic, Side Effects of Masks

The Corona Pandemic, which began last year, continues into 2021. As the coronavirus, which was expected to end soon, has spread contrary to people's expectations, people seem to gradually adapt to and coexist with pandemics.

Following the prolonged pandemics, masks have become a basic necessity for people.

I have to wear a mask wherever I go except my house.

However, people seem to overlook the fact that masks worn to avoid the risk of coronavirus could pose another risk.

I'm sure everyone already knows the story of a man who died of suffocation by wearing a mask and exercising excessively. According to the media, more and more people have skin problems since wearing masks. Therefore, I would like to inform you about the adverse effects of the recent issue of masks on skin health.

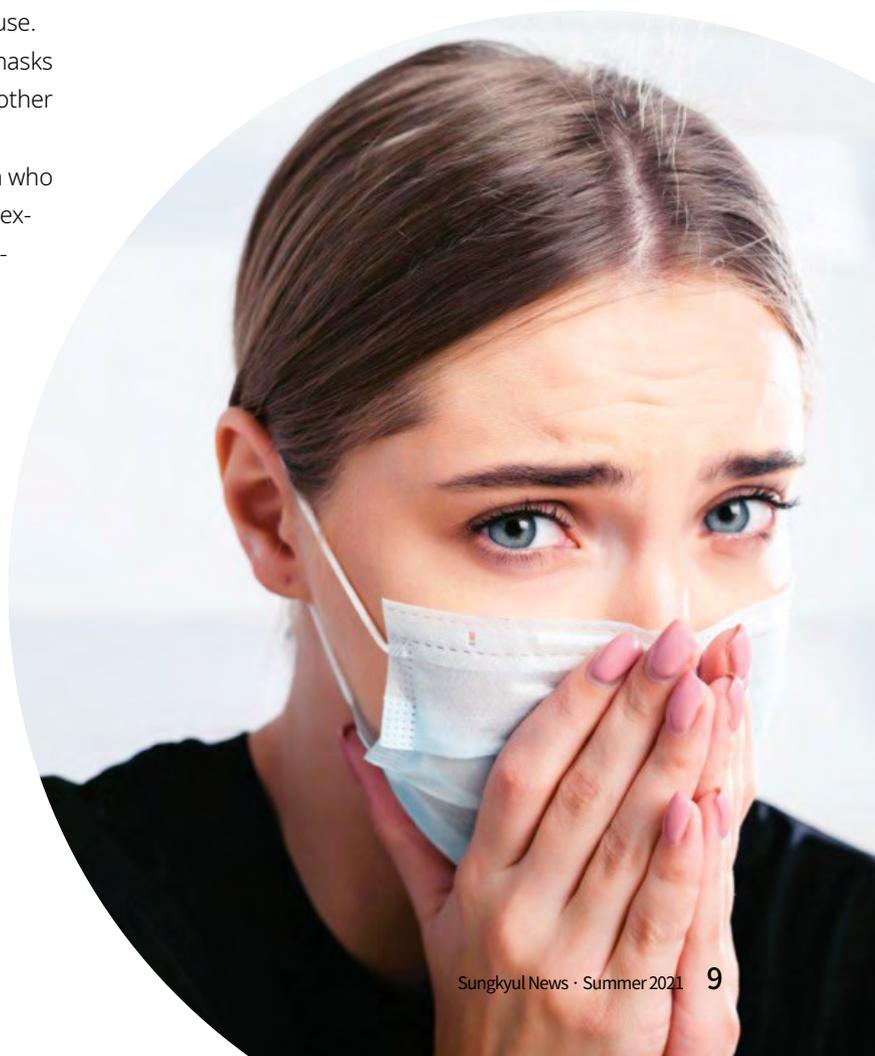
Skin may be threatened depending on the color of the mask. Unlike black masks, the forehead and eyes are exposed to ultraviolet rays except for areas that are covered when wearing white masks. This is because white reflects UV rays without absorbing them. The eye area exposed to reflected UV rays is a sensitive area, so it is likely to have an adverse effect on the skin around the eye. Also, even if you wear a mask, you can't be perfectly protected from ultraviolet rays. This is because there is ultraviolet light coming in through the gaps in the mask. Therefore, even if you wear a mask, applying sun-

screen thoroughly can prevent threats from UV rays.

In addition, skin troubles may occur due to increased humidity in the mask when wearing a mask. KF94 masks strongly block outside air from entering the mask. Therefore, germs can reproduce after wearing it for a long time. There is also more secretion of waste products, which can easily cause skin trouble. If you talk too much, the chances are even higher. Therefore, in order to prevent skin trouble, it is desirable not to wear a mask for a long time and not to reuse masks with contaminated inside. We also predict that moisture-preventing mask filters will be of great help.

It is a time when more than 100,000 people have been confirmed to have accumulated corona. As the fandom gets longer, people are looking for ways to coexist while avoiding the coronavirus. But if a mask worn to avoid coronavirus hinders skin health That would be so unfair. How about putting more time and effort into my one and only precious skin?

By reporter **Kim Se-Jin**  
jikim0210232@naver.com



# What is Corona Blue?



Corona 19, which suddenly came to us in 2019, has changed many things in our lives. Everyone wore masks, most of the classes were turned into untact, and many were turned into Untact and Ontact. We can't have the entrance ceremony and we can't go to school everyday.

Due to this long-term COVID-19 outbreak, many people are suffered with depression symptoms. We decided to call this "Corona Blue."

The elderly have severe depression symptoms. The mental and physical stamina is weakened due to the inability to exercise or do activities at the cultural center, senior citizens' hall, and indoor sports facility that I attended every day, and the body and mind are rapidly damaged. Prolonged social distancing and non-face-to-face lifestyles are driving people into mental devastation such as stress, depression, and sleep problems. In particular, in the era of the self-employed and the 1.5 million unemployed people who have

been hit hard by their livelihoods, they are showing a deeper focus, mainly among the youth who have failed to find employment.

No matter how much of the untact era, everything in daily life is possible through online, people still prefer to meet and communicate in person. In 2019, as a result of an analysis of the most frequently spoken words by users to the voice assistant AI speaker "Gi Genie," it is said that "I love you". This is an example of how much we, who enjoy the convenience of advanced IT digital civilization, are thirsty for human contact and affection. In the case of the United States, it is also noteworthy that a survey that last year several states supplied dog robots to elderly people who were isolated due to COVID-19, and that 70% of them had reduced feelings of isolation after about a year. This gives a hint on the direction that Untact technology, which has emerged from the Corona 19 crisis, should be directed in the future. It should be a

role that complements human contact. 'Human Touch' concept of overcoming corona blue caused by prolonged social distancing and non-face-to-face life with human warmth is also one of the keywords selected in 'Trend Korea 2021'. In the untact society, how well the modern people's desire for human communication can be understood and applied to work is expected to be directly linked to the survival of the pandemic era.

And then, how to cure 'Corona Blue'? First, you need to be aware of the state of your body and mind. Nobody hasn't been stressed with the start of Corona 19. But before had been stress, everyone's health state was different. Being aware of the state of your body and mind, especially how stress is causing changes in your body and mind, is fundamentally of the most important. Second, you need time to calm and recover your body and mind as quietly as possible. While wearing a mask, you have to listen to the news in order to understand the movement, and listen to a lot of negative news. Therefore, after understanding the state of my body and mind, you need to use the remaining energy efficiently. The easiest way to use energy efficiently is to calm your mind and body without being noisy.

It's a tough time to everyone. Until the end of Corona 19, let us all live by taking care of ourselves and others.

By reporter **Kim Ae-Ri**  
kar0875@naver.com





# Unexpected foods that help you lose weight

The spread of SNS, mass media have increased people's interest in slim bodies and healthy bodies, and the desire to have such bodies has increased. Wherever you go, you can see the gym and there are so many diet products and foods. Men, women of all ages and classes go on a diet. At this time, food is as important as exercise. Many people fail to diet because they cannot control what they eat even after exercising hard. Food is more important than exercise for diet. Here are some surprisingly helpful foods for diet.

## 1. Eggs

Few foods are as controversial as eggs. But eating an egg every day is safe for most adults and nutritionally good. Especially if you eat eggs in the morning, the effect of losing weight is better. It takes time to digest because it has a lot of protein, which increases satiety and reduces appetite during the day.

## 2. Steak

I'm sure you've been told to cut back on meat. But steak isn't always bad for dieting. Beef tenderloin is a more nutritious fat than chicken breasts. It is also a food that is full of protein like eggs. If you eat a little tender relief, you have nothing to worry about dieting. I also enjoy eating steak.

## 3. Nuts

Nuts can be high in fat, but that's good fat. It is also rich in nutrients, protein and fiber. A handful of nuts can help you avoid thinking about snacks or sweet foods instead.

## 4. Cheese

Nutritionists say it's wrong to stay away from calcium-rich livestock products for a diet. If you have a lot of

calcium in your body, you can break down more fat. Eating low-fat cheese, yogurt and milk has a weight-loss effect. Taking calcium supplements instead of them is not as effective.

## 5. Coffee

Coffee is never bad if you don't drink too much, or if you don't mix too much cream, sugar or syrup. Drinking americano promotes metabolism without consuming fat or calories.

## 6. Peanut butter

There is an unexpected food. It's sweet peanut butter. Peanut butter is high in calories in high fat, so should we avoid it on a diet? According to a survey conducted by researchers at Brigham Women's Hospital, people who eat peanut butter actually lost weight and maintained a better condition than those who followed a strict low-fat diet. The researchers explained that if you eat sticky food, you feel much fuller. Men who ate peanut butter felt less hungry, a Purdue University study found.

## 7. Whole wheat bread

White bread made of flour is high in carbohydrates and absorbs quickly. But brown whole wheat bread made from coarse whole wheat is not. It is rich in dietary fiber, minerals, and vitamins, and has a low glycemic index. Choosing bread that says 100% whole wheat or 100% water helps your diet.

There are so many surprising foods that help you lose weight. Eating only chicken breasts for a diet would be really hard. Let's succeed in dieting through various delicious diets.

By reporter **Kim Hae-Yong**  
rlagodyd8@naver.com

# Zero-calorie soda, can I trust you?

Are zero-calorie drinks really less harmful to your health than regular sodas? No matter how much you eat a hamburger set with high calories, you somehow feel less guilty with "zero calories" coke. The number of people looking for zero-calorie drinks is steadily increasing as there is no burden of weight gain while the fresh and refreshing texture remains the same.

Meanwhile, the word zero calories isn't technically zero kcal. According to the Ministry of Food and Drug Safety's "Food and other indications," foods with calories below a certain amount can be arbitrarily labeled as "nutrient-free" or "low calories." If it is less than 4kcal per 100g (100mL) of food, it can be labeled as zero calories, and if it is less than 40kcal per 100g (100mL) of food, it can be labeled as low calories.

So how do these zero-calorie drinks taste sweet with low calories? The method is to make it using artificial sweeteners such as sucralose, aspartame, acesulfam potassium, and saccharine, which taste sweet instead of sugar. These ingredients have similar calories to sugar and are 200 to 300 times stronger in sweetness. Usually, a can of cola contains 30 to 40 grams of sugar, which is 4 kcal per gram, so the total calories are 120 to 160 kcal, but aspartame, which is also 4 kcal per gram, produces the same level of sweetness even with 0.1 to 0.2 grams, so the total calories are only 0.4 to 0.8 kcal. Among artificial sweeteners, acesulfam potassium is a sweetener that is about 200 times higher in sugar and is added to diet cola or energy drinks. Aspartame is one of the most commonly used artificial sweeteners in Korea, which is 200 times sweeter than sugar and is often added to yogurt or jelly. Sucralose is a sweetener that is 600 times sweeter than sugar and is found in foods such as snacks, chewing gum, and jam because of its high solubility and stability. Neotame is 7,000 times sweeter than sugar and is added to bread, non-alcoholic beverages, and gum.

## ***So, can I trust my zero-calorie drink?***

Zero-calorie sodas are gaining huge popularity, so articles about various harmfulness controversies are pouring out, but in fact, it is not a matter of serious concern. Most artificial sweeteners in zero-calorie sodas are food additives that enhance the quality of food, such as taste, aroma, and

preservation.

However, it is prohibited to drink as much as water because zero-calorie drinks are less harmful to your body than soda. This is because zero-calorie soda is less sugar content reflected in real calories, but "sweetness" can stimulate appetite and increase intake of other foods. Studies show that the body may feel confused because artificial sweeteners certainly taste sweet, but not as sweet as they taste. The confused body may unwittingly try to eat less sugar elsewhere and try to eat more food. To prevent this and eat zero-calorie soda healthy for diet purposes, you can eat low-calorie foods while controlling the total amount of calories you eat accurately. But for health and weight management, drinking water as much as possible would be more helpful than a zero-calorie drink.

Further research is also needed on the effects of artificial sweeteners on diabetic patients. Some argue that if a diabetic drinks a zero-calorie drink containing artificial sweeteners, his calorie intake and blood sugar rise slightly, making it better than soda. On the contrary, a recent study by the European Diabetes Society showed that artificial sweeteners can absorb glucose and increase the risk of developing type 2 diabetes. Studies by Marta Yanina Pepino, a nutrition professor at the University of Illinois, also show that sucralose in artificial sweeteners promotes insulin resistance, the cause of diabetes. Studies have also shown that artificial sweeteners can also adversely affect intestinal microorganisms. According to a study, the number of beneficial intestinal bacteria in the group that consumed artificial sweeteners decreased significantly, while the number of opportunity infections that can cause disease increased when immunity weakened.

This introduced various information on zero-calorie drinks. If you don't eat too much, drinking zero-calorie soda instead when you want to drink soda seems a good choice. If you want to feel refreshed by eating greasy food, I recommend carbonated water rather than sweet soda. However, if you drink too much carbonated water, you should be careful because it can cause excessive inflow of carbon dioxide into your body and break your balance. It's not good to eat too much of anything, so you'd better adjust your eating habits.



By reporter **Na Gyeong-Bin**

w1nteryyy@naver.com

# Do you still go to school paying tuition?

- Everything about Sungkyul University Scholarship Information -

Our Sungkyul University has a really good scholarship system, and I think this scholarship system is the biggest advantage of our school. Most of the students get information by listening to their seniors' experiences, but there are quite a few students who do not know the scholarship system because of the lack of sharing information due to the COVID-19. As a student who receives a scholarship with the full tuition fee each semester, I would like to inform various scholarship information.

## 1. Grades Scholarship, Academic Scholarship

A merit scholarship is a scholarship that can only be received by the top 10% of each department for each semester. The average grade of the previous semester is 3.5 or higher, and in the order of senior/secondary/excellent/honorary, students can benefit from 100%, 70%, 50%, and 30% (1st grade has different rates). The number of students is determined by rounding up, and if the number of students in a grade is 55, six students will receive a scholarship, two senior students, two second class, one superior, and one honor student.

An academic scholarship is a scholarship that you can get if you exceed a set grade in a semester. Before the non-face-to-face class, the standard grade was fixed at an average of 3.7 points, after the A+ rate has increased, the average standard of students' credits has been raised, and the credits that are the standard for academic scholarships have also changed fluidly every semester. For reference, in the 2020-1 and 2020-2 academic years, the average grade of the academic scholarship was 4.08.

## 2. Specification Scholarship, Language Excellence Scholarship

I think this scholarship system is the biggest comparison with other schools. It is a scholarship related to obtaining a certificate and basic specifications such as TOEIC, TOEFL, Computer Utilization, and the Korean History Proficiency Test, which students prepare to get a job. You can earn qualifications and receive scholarships, so you can kill two birds with one stone. Specification scholarships can be applied for each second

semester only for different types of certificates, so if you obtain certificates in various fields from the first grade, you can receive scholarships for four years.

The language scholarship is a scholarship system that allows students to receive a certain amount (A: 1.5 million won and B: 1 million won) in the form of post-payment if they exceed the set scores on Chinese, TOEIC, TOEFL, and JPT tests in Japanese.

## 3. Volunteer Scholarship

A volunteer scholarship is a scholarship that you receive while working for a school organization. Typically, he/she will work for institutions such as the student council, representatives' association, club association, etc., or as a student council of each university, department, student council, etc. Also, you can get a volunteer scholarship when you are working at a school news agency, a broadcasting station, and an English newspaper.

It is important to note that all scholarships are paid only within the tuition limit. For example, if you took the senior class last semester and received all the tuition for this semester as a grade scholarship, you will not receive an academic scholarship or a qualification scholarship for this semester. And if you took out a loan from the Korea Scholarship Foundation, you will have to repay the scholarship in the form of post-payment. Otherwise, it could be a duplicate application and disadvantage in the national scholarship screening next semester.

In addition, there are more and more scholarships, which can be found out in detail by entering the service - enrollment / scholarship information - scholarship on the website of Sungkyul University ([www.sungkyul.ac.kr](http://www.sungkyul.ac.kr)). For additional questions, call the Korea Scholarship Foundation and Student Support Department at 031-467-8254, 8209. A student who intends to receive a scholarship shall submit an application for scholarship (submitted each semester) and necessary documents to the student support department, strictly following the period of application announced each semester.

By reporter **Na Gyeong-bin**  
w1nteryyy@naver.com

# Why should I do lower body exercises?

It's a world where anyone can weight training and exercise anywhere. People of all ages, both sexes, enjoy sports. But people who start weight training for the first time, especially men, usually focus on upper body weight training rather than lower body weight training. Especially, it focuses on the arms that stand out even when wearing clothes. But more than 50 percent of the body's muscles are in the lower body, not just a symbol of a handsome man, a source of strength, but actually play a tremendous role.



## 1. Reduce risk of diabetes

First of all, if you look at the Internet these days, you can see the importance of lower body muscles for middle-aged women. This is because if the lower body muscles are trained, they can avoid adult diseases and various diseases. There is also a story that 1cm around the thigh determines diabetes. Diabetes is a very frightening disease that causes complications. However, if the muscles in the thighs develop, blood sugar does not rise easily, reducing the risk of diabetes.

## 2. Relief of joint pain

Lower body muscles are also said to hold the knee joint. If the lower body's muscular exercise is neglected, the knee joint will receive a lot of stimulation from the outside and cause joint pain. The most vulnerable part for many people who usually complain of pain in their joints is the knee joint. If the lower body muscle strength is healthy, it can reduce the burden on the joints and even pull the knee joint to prevent pain. In fact, people with weak muscles feel about 30 percent more pain than people with strong muscles.

## 3. Energy Storage

The biggest role thigh muscles play is to store sugar. You gain energy by eating food and use that energy to gain

movement. Because it is the thigh muscles that store nutrients obtained through food, if the thigh muscles weaken, energy consumption decreases. Also, it is easy to get tired and expose to obesity and various diseases by accumulating natural fat.

## 4. Prevent obesity

In other words, the muscles of the thighs, which are energy stores, play a role in preventing the remaining calories from accumulating in the body after eating food. Even if you don't exercise much, you will continue to burn excess calories in your body. Also, maintain weight and after diet, yo-yo. It prevents the phenomenon and, in conclusion, it greatly helps prevent obesity.

In this way, lower body muscles are not just lumps, but organs that play many roles in the body and prevent various diseases. Men focus on conspicuous upper body exercises, and women avoid lower body exercises for fear of thickening. But once you start working out your lower body, you'll see a better body line. You will also be able to spend healthy and energetic days full of energy.

By reporter **Kim Hae-Yong**  
rlagodyd8@naver.com

# Hangover relief drink, why is it sold so well in Korea?

Korea is the only country in the world that has developed a hangover relief market. Last year alone, 260 billion won worth of sales were sold. Domestic hangover relief companies are exploring overseas markets, including Europe and the United States, where they enjoy drinking alone, but the response is lukewarm. Why are hangover relievers so popular in Korea? According to various research results, it can be inferred that the drinking capacity of Koreans is not that strong.

Alcoholism, which is a property that does not break down alcohol well, is found only in Far East Asians such as Korea, China, and Japan. It is a disorder in which the genes that make alcohol-degrading enzymes mutate, and according to research results, it is found in 35% of Koreans. The reason why you have a splitting hangover after drinking alcohol is because there is no gene that makes the enzyme needed to break down alcohol.

Alcohol, or ethanol, is first broken down into acetaldehyde by alcoholases (ADH) in the body. The acetaldehyde is then broken down once again into acetic acid by the aldehyde degradation enzyme (ALDH). The final by-products are water and carbon dioxide. The

problem is that 35% of Koreans lack this aldehyde degradation enzyme. Undecomposed acetaldehyde remains in the body, causing hangovers such as headaches and nausea.

Maybe it's because of the hangover. Korean alcohol is weaker than other countries' alcohol. Soju fell from 25 degrees to 16 degrees. Brands commonly consumed in the West are over 35 degrees Celsius, and vodka, well-known for its soloism, usually starts at 40 degrees Celsius and goes over 60 degrees Celsius.

HK Innoen (formerly CJ Healthcare) was the first place to open the market for the first time. In 1992, 'Condition', the first hangover relief drug in Korea, was released for 2,500 won. It was 8 times the price of Bacchus, which was 300 won at the time. But this drink sells 10 million bottles in its first year. It's proof that there are a lot of drinkers but there are a lot of people who suffer from hangovers.

Currently, hangover relievers sold in Korea are Condition, Refreshing Hwan (Samyangsa), Dawn (Grammy), Sesame Shackang (Lotte Chilsung), and Morning Care (Dong-A Pharmaceutical). They claim that each ingredient has a difference in efficacy as well, each ingredients vary little by little. Common ingredients in hangover-relieving drinks are oriental raffle fruit and unembryonic fermentation extract (glumate). The uninfected extract is made by fermenting rice embryos and ingredients extracted from soybeans, and is known to relieve hangovers by helping decomposition of acetaldehyde. Studies have shown that orien-



tal raisin extract can also help relieve hangovers. According to an animal experiment commissioned by Kwangdong Pharmaceutical to Korea University and Suncheon University, it was confirmed that the fruit extract of oriental raisin taken as an oral method is effective in breaking down blood alcohol and acetaldehyde.

Recently, there are new products that add new ingredients. Morning care contains new taurine and vitamin B, which are good for relieving fatigue. Sesame cane also included green tea with various vitamins and seaweed ingredients. There is also a product that takes care of dry skin after drinking alcohol.

Then when should I take a hangover reliever to get a proper effect? The best time recommended by the manufacturers is 30 minutes to 1 hour before drinking. This is because the ingredients in hangover relievers help the body prepare for drinking. Many people are wondering which is better, drinks or refinancing. I think liquid drinks work faster. It's because the body absorbs quickly. It is more effective in improving blood alcohol concentration in the early stages of drinking.

By reporter **Song Jin-Hee**  
ssjjhh0125@naver.com



# Have you heard of “Marine Gardening Day”?



**M**arine Gardening Day. It may be a little unfamiliar to us. What kind of day was the Marine Gardening Day established as an anniversary? Let's find out together.

Marine Gardening Day is May 10 every year, which is established to inform the public of the importance of ecosystems in the sea and the seriousness of devastation and to allow sea forests to be created in national interest. Then why is it May 10th? This is because May 10 is the time of year when \*marine algae grow the most. On the Marine Gardening Day, marine algae are planted in the sea to solve 'Whiting event' in which the surface of rocks turns white and restore the habitat and spawning ground of aquatic organisms.

The first step in planting algae is to investigate areas that require the creation of sea forests and find suitable places for sea forests. Next, the optimal method for creating sea forests is precisely investigated by examining

the marine environment and habitat. Finally, after transplanting algae and collecting waste from the sea, a sea forest is created. Sea forests provide marine life habitats to increase marine productivity and fishermen's income. Also, it reduce carbon dioxide absorption and dissolved oxygen, purify heavy metal substances such as nitrogen and phosphorus, and provide clean bioenergy sources.

However, recently sea pollution and rising water temperatures have caused serious problems with algae disappearing. If the sea's water temperature rises, it will turn into an environment where algae cannot live, and if the Whiting event also occurs, the sea will be devastated and the desertification of the sea will worsen. When algae disappear, sea forests and marine life shelters also disappear, which in turn will shake the balance of the marine ecosystem and affect humans.

It is time for us to all pay attention and strive to prevent the disap-

pearance of sea forests and to protect healthy seas. Every year, a ceremony is held to celebrate the Marine Gardening Day and provide various educational programs. It is necessary to be more interested in Marine Gardening Day and to be active in informing people around it. Let's start with small actions and work hard to create a clear and beautiful sea ecosystem!



**\*marine algae** : It refers to the current from the sea. Avian refers to a plant that breeds on spores, and there are kelp, seaweed, and seaweed among other types of algae.

By reporter **Ahn Ye-rim**  
yerim030582@naver.com

# The Big 3 Console, Records The Biggest Results Since Its Inception

The three largest console platformers, Sony, Microsoft, and Nintendo, recorded their biggest performance since their inception.

Nintendo announced its fiscal year 2021 earnings on the 6th (April 2020 – March 2021). Nintendo earned 1.7578 trillion yen (18.67 trillion won) in sales and 640.6 billion yen (6.584 trillion won) in operating profit during the year. This is an increase of 34.4% and 81.8% respectively compared to the same period last year, and especially operating profit recorded the highest performance ever.

In the last quarter, the company recorded 353.4 billion yen in sales and 119.5 billion yen in operating profit from January to March 2021. This is an increase of 23.6% and 33.6%, respectively, from 285.9 billion yen in sales and 89.4 billion yen in operating profit in the same period of last year.

Nintendo Switch sold 28.83 million units in a year. This is an increase of 37.1% compared to the same period last year-on-year. Software also sold 230.88 million copies, up 36.8% year-on-year. As a result, cumulative sales of switches have reached more than 81 million units.

If you look at the sales by software, 'Mario Kart 8 Deluxe' added 10.62 million to the cumulative sales of 35.39 million, and 'Animal Crossing New Horizons' added 2.085 million copies, achieving a cumulative 32.63 million copies. In addition, the 35-year-old Super Mario 3D collection, which had been sold only in late March, sold 9.01 million copies.

Microsoft (hereinafter referred to as MS) announced its performance in the third quarter of fiscal year (January to March 2021). Among them, the game sector posted record sales of 3.533 billion U.S. dollars, up 50 percent from a year earlier, the highest ever. After the end of the year special season, it was the best performance since the game division figures were released, even though it was usually a time when low performance was recorded.

The company reported that sales of Xbox hardware rose 232 percent with the launch of the new console Xbox series x|s, while sales of

Xbox content and services rose 34 percent.

The achievement is attributed to Xbox leader Phil Spencer's strategy. In the meantime, Xbox has been in business with Xbox game passes at the forefront rather than new consoles. It has focused on content services such as including EA's subscription service EA Play as a standard and cloud service.

On the 28th, Sony Group announced its consolidated performance for fiscal year 2020 (April 2020 – March 2021). Among them, Game&Network Service sales in the fourth quarter (January to March 2021) grew 52 percent year-on-year to 660.3 billion yen (about 6.744 trillion won). Its operating profit decreased by 13.1 billion won to 33 billion yen.

In addition, annual sales rose 34 percent year-on-year to 2.6563 trillion yen, while operating profit rose 43 percent year-on-year to 342.2 billion yen (about 342.2 billion yen (3.952 trillion won)).

The cumulative sales of the PS5 were 7.8 million units, while the annual sales of the PS4 were 5.7 million units, down 7.8 million from the previous year. In other words, the purchasing power of PS4 has been transferred to PS5.

Experts say the results like these are "an aftermath of Covid-19."

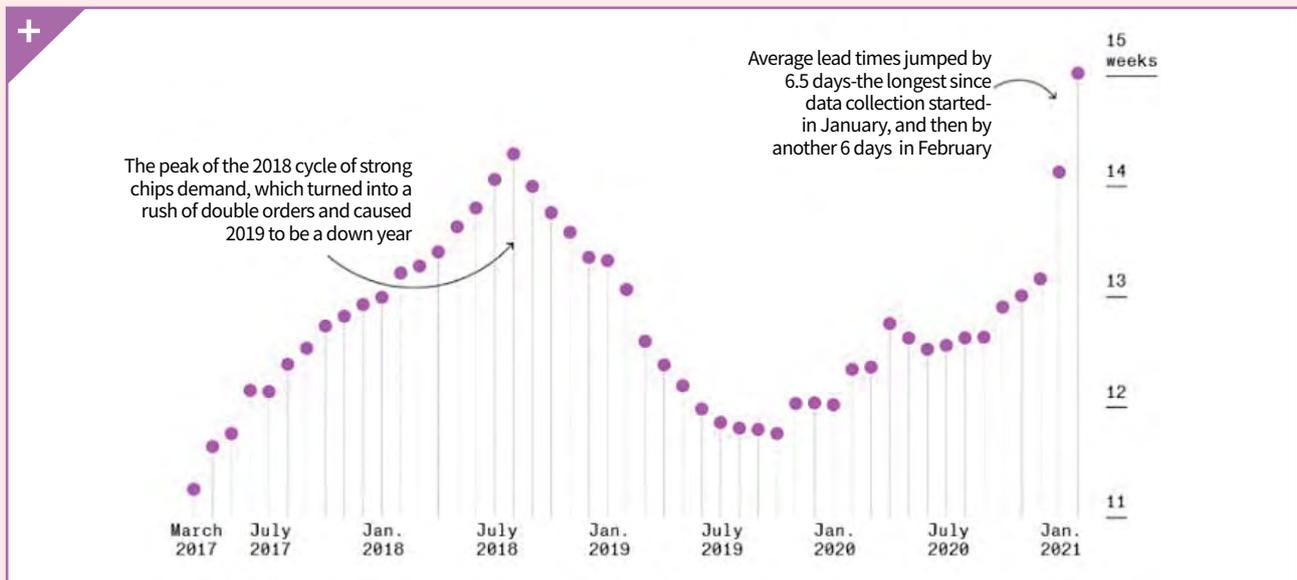
In March, Ampere Analysis, a market analysis company, said in a report that the annual console game market in 2020 rose 19% year-on-year to \$53.9 billion, and that it has achieved rapid growth in all areas including console hardware, software and services. In particular, the growth rate is expected to continue this year, reaching \$58.6 billion in the global console game market in 2021.

Against this backdrop, it is analyzed that the aftermath of "Covid-19," which has led people around the world to head home, has been prolonged. "South Korea's console game market, which used to be referred to as 'no land', has also grown rapidly since Covid-19," said an expert in South Korea's game industry. In particular, with the release of the new console in the second half of last year, people's interest has increased. "The proportion of the console game market will gradually increase not only in the domestic game market but also in the global game market."

By reporter **Wi Young-bum**  
bum5046@naver.com



# Global Shortage of Semiconductors, Why?



They are complaining that there is a shortage of semiconductors worldwide. After all, Hyundai and Kia Motors also have no semiconductors, so they are stopping producing electric vehicles and cars. Why is there suddenly a shortage of semiconductors? There are many reasons for this.

The graph above shows the average lead time, the time between ordering and delivering semiconductor chips from 2017 to 2021, by Susquehanna International Group Market Research Company. Semiconductor chip lead time was the shortest in November 2019 and will gradually increase from 2020. And 2021 lead time is increasing rapidly. In February 2021, it takes an average of 15 weeks for semiconductor chip orders to be delivered. This is longer than the previous peak of June 2018. This shortage of semiconductors is expected to continue beyond 2021 until 2022.

The reason for the lack of semiconductors is easy. It's not that there's a shortage of semiconductors because there's a fire or a problem in the pro-

duction line. Of course, there are problems such as power outages at Samsung Electronics' Austin plant and fire at Renesas plant in Japan, but this is an incidental cause, and the real cause is a rapid increase in demand.

Semiconductors are required in various industries. Typical is semiconductors for computers and servers. But in addition, military, industrial, aerospace, automobiles, wired and wireless communications also require semiconductors. Most products that use electricity need semiconductors. Among them, automobiles and computers are said to lack semiconductors.

Let's look at the automobile sector first. According to his Markit, a market research firm, usage of semiconductor in automobile was 18% in 2000 and increased to 40% in 2020. By 2030, 45% of automobile production costs are expected to be semiconductor-related as autonomous driving and electric vehicles become more common.

The reason why automotive semiconductors are lacking is that semiconductors used in automobiles have to

be large and durable unlike ordinary semiconductors, so only specialized companies produce them. However, while the proportion of semiconductors required for automobile production has increased significantly, the output of automotive semiconductor manufacturers has not kept up with the demand.

The reason for the lack of semiconductors in the computer sector is the increased demand for servers and hardware due to the surge in telecommuting, remote classes, and teleconferencing caused by Covid-19. Demand has increased this much, but foundry companies, which are semiconductor manufacturers, have not increased much. Why?

The reason is that it takes a lot of time and money to make and operate a factory for semiconductor production. That's why it's hard for foundry companies to invest time and money readily for demand that may decrease.

By reporter **Wi Young-Beom**

bum5046@naver.com

# A view of fate, An ancient Chinese philosopher, Lao-Tzu

Have you heard of the ancient Chinese philosopher Lao Tzu? Lao Tzu is said to be a philosopher of the early Spring and Autumn Period. He was the first person in China to think about all things in the universe, naming the truth of the universe he discovered as "Do." The faith centered on the province is called Taoism, and he explained that the fundamental reason for all things in the universe is Do. Lao Tzu's view of life is to encourage him to live with the world along the flow of the world without putting himself forward. In his book, Moral Sutra, there is a passage suggesting his view of fate.

He said “天網恢恢疏而不失”(cheonmang-hwihwi-sohibulshil 천망회회 소이불실) in the book of Moral Sutra. It means the net in the sky looks sloppy because it is large and wide, but it never escapes the net. We are living under the sky. As long as you live under the sky, you have no choice but to live according to the providence of the sky. Actions that do not make sense are bound to be caught in the net of heaven. You can earn a lot of money by taking power in the wrong

way, but of course you can eat well and live well and die. Some people may think that the sky is really indifferent by looking at the previous example. But it's not all it looks like. The children of the man who take a power in a wrong way or those who helped the people who seized power in the wrong way and accumulated wealth will surely be punished accordingly. That's why we don't need to complain about that.

Now that we live in a modern society, I think that the nets in the sky are much tighter because of SNS. Before the development of the Internet and broadcasting as it is now, misbehavior and words and actions of the past were buried as if they were not easily known or forgotten. Famous idols, athletes, etc. can be seen retiring or being punished through TV or the Internet due to misbehavior such as school violence. This is the logic of the world. Why don't you think about it one more time when you act or speak?

By reporter **Youk kyung-soo**

[yookks13@naver.com](mailto:yookks13@naver.com)



Focus on refreshingly different  
**'Sungkyul University News'**

Keep an eye out for us!

For any comments or opinions, please kindly direct them to us.

[E-mail Address: [gunnhwi1995@naver.com](mailto:gunnhwi1995@naver.com)]