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2020 Spring

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◇ 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.



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SUNGKYUL UNIVERSITY

NEWS

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2020 Opening Speech



Spring 2020
The President of Sungkyul University

Yoon Dong-cheol

Freshmen, students! The semester has started, but I feel sad because I couldn't attend the entrance ceremony and the school schedule has been postponed. First, we regret that COVID-19 has caused you to start your college life on online, not in campus. Moreover, as president, I am very sorry to the new students who are having a hard time taking online classes with professors who they have never met without an entrance ceremony. This is the first time for an entire school to give online lectures, so there will be difficulties due to trial and error, and there will be many inconveniences because of poorly prepared lectures. We are checking the problems every day, and improving them by accepting the students' suggestions.

At first, We delayed the opening of the class for about two weeks and expected COVID-19 to calm down. But rather, because of the rapid spread in Europe and North America, and all over the world, we postponed the school schedule once again, and we'll start face-to-face lecture again on May 4th at the campus. In a Pandemic state, for students who are afraid of infection through group meetings, face-to-face lectures, online lectures are inevitable.

The college is fully prepared for May 6th. The COVID-19 Emergency Committee has been formed. Only the main gate is open and outsiders are restricted entrance since March 21, before school begins. In addition, Thermal imaging cameras will be installed at the main entrance to check the temperature of all visitors and entrance allowed only for those who are wearing a mask. And also, we restrict all events on campus except for classes and thoroughly disinfect the campus. Labs and academic information centers, especially labs used by students of engineering, arts, music and physical education will be disinfected every day as well as additional necessary measures. Moreover, school cafeterias and cafes will also be thoroughly disinfected and checked hygienically. We'll work hard so that not even one new student or students are not infected with Corona on school campus.

If you go to school, please observe COVID-19 Preventive Action Rules. We all need to make an effort to finish this semester without a single infected person.

I can't wait to meet you on May 6th. Including me, professors of undergraduate studies, staff members of the administration, seniors and alumni are all heartily congratulating you on your admission and welcoming you. Furthermore, we welcome the opening of lectures. Until then, I hope we can all meet in good health in the grace of God.

March 24, 2020

The President of Sungkyul University,
Ph. D. Yoon Dong-cheol

The Internship Program of ‘The 4th Marine Port Logistics Training Program’ hosted by the Ministry of Oceans and Fisheries has been selected as an Industry-Academic-Linked Project.

Sungkyul University was selected for the 4th internship program of the Ministry of Oceans and Fisheries on February 10, 2020 to receive 540 million won in state funding for five years until 2024. The project is primarily aimed at fostering personnel with global capabilities to contribute to national competitiveness by fostering future-oriented professionals in the shipping, port and logistics sectors, and with the ability to apply fourth industrial revolution technology to the shipping and port logistics sectors, and the ability to contribute to corporate strategies and further policy-making in response to the rapidly changing environment.

This school, which has already carried out the 3rd Marine Transport and Port Logistics Specialized Personnel Promotion Project for five years from 2015, organized a marine port logistics workforce training business group, which was led by the Department of East Asian Logistics and the Department of Industrial Management and Engineering in the form of a concordance.

The internship program, which will be conducted by the school, aims to expand youth employment in shipping port logistics and SCM, and supports all students enrolled in the department (second, third, and fourth year students), job seekers, and full-time master's program. The internship program will be conducted in conjunction with domestic and foreign shipping and port logistics companies, the SCM of the shipper's company, and the department in charge of logistics, in a short-term (4 to 8 weeks) and long-term (16 to 24 weeks), and the students who prepare the case analysis report are entitled

to both the support fund and the support money for the case study.

With this selection, the company plans to select more than 20 students as overseas interns every year and send them to six countries, including the Netherlands, Singapore, Australia, the United States, Japan and the Philippines for more than six months (24 weeks), as well as 30 domestic short-term interns every year.

In order to increase the level of trade and on-site adaptability of students participating in internships, we will continue to train marine logistics professionals, local customized language education, accounting and financial practice education, and data analysis education that can be preemptively responded to in the era of the Fourth Industrial Revolution. At the same time, by linking internships to future employment at leading shipping and port logistics companies in Korea and abroad, the company will enhance its pride and honor as a household name for overseas internships, and contribute to the discovery of excellent overseas employment locations and the increase in the employment rate of Korean workers.

By reporter **Kim Hwa-rang**

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Community Cooperation, Prospects and Awards Ceremony for Community Cooperation for the 2019 College Innovation Support Project

The Community Cooperation Agency met at 11:00 a.m. on February 6 in the conference room on the 7th floor of the Jaerimgwan. The awards were presented for undergraduates and club activities with excellent achievements in cooperative projects conducted by the comity of learning community in 2019. The screening resulted in the Barista Learning Community of the Tourism Development Department winning the best prize. The Anyang Academy's qualification exam Learning Community and Telecommunication Engineering 'DNA' Drone club were awarded the Excellence and Encouragement Awards.

"This award will boost the morale of students who have participated in community cooperation projects, and more students will participate in the 2020 to expand contributions to the community," said Kim Kye-dong, head of the Community Cooperation Group. Also, "We ask for extensive support and the generous support from the community education donation group, which consists of students from the



main school, in the future."

By reporter **Kim Chan-wung** chanwunga@naver.com

Kim, Shin-Ae, Professor of Business Administration Awarded the Best Researcher Award by Brand Design Association of Korea

At the 20th International Invited Zone and 28th International Academic Seminar of the Korea Brand Design Association held on the Daehak-ro Campus of Hongik University on November 30, Professor Shin-Ae Kim of Sungkyul University received the Best Researcher Award in the academic field.

The Brand Design Association of Korea is an academic organization that conducts research on the academic and social development of brand design. It conducts research and academic presentations for effective brand building of companies, investigates actual cases of brand design and

examines its current status. It is also an excellent journal of the Korean Research Foundation.

In this seminar, two scholarships and three design awards were presented. Professor Shin-Ae Kim received the Academic Excellence Researcher Award.



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

Sungkyul University Received a Citation for School of Life Technology by the Governor of Gyeonggi Province



Sungkyul University's Lifelong Education Center has won an award from the Gyeonggi Province Governor on Oct. 30 for participating in 'the Joint Second-half Graduation Ceremony and Performance-sharing Event of the Gyeonggi School of Living Technology', which was held at Suwon University of Science and Technology's Syntex.

At the graduation ceremony, 90 graduates of the second half of the year received certificates of completion, and various exhibition and experience booths were also operated so that they could see the curriculum that was offered for the year, especially the Demitasse Coffee Club and the Number One Dementia Teaching Club, which was formed by the students.

The Gyeonggi School of Living Technology, operated by the lifelong education center, was divided into upper and lower half (between April and November) and awarded a commendation from the Gyeonggi-do Governor, in recognition of "Providing a second life design opportunity with a total of three courses (hair beauty, coffee barista, and dementia prevention instructors) to help prepare for re-employment and start-up after retirement." Contribution to the development of lifelong education in Gyeonggi-do through

social contributions such as community volunteers and field practices. Sung Baek-ho, Hwang Ae-ran, and Lee Jong-seok were also awarded the honors.

"I think it is the result of the students' consistent efforts to participate in the entire curriculum through the year," said Chung Hee-seok, the president of Sungkyul University's Lifelong Education Center, who won the award for the Gyeonggi Provincial Office of Life and Technology as a representative of the College of Education. "I think the students improved their skills to strengthen their capabilities and made great contributions to the community through volunteering and field training, giving great dreams and hopes to the prudent generation. We will reward middle-aged people in Gyeonggi Province so that they can start their second life after retirement through the Gyeonggi School of Living Technology," he said.

Meanwhile, the Gyeonggi School of Living Technology will also open a variety of education courses that are essential for the middle-aged generation in the province in 2020 to provide more benefits.

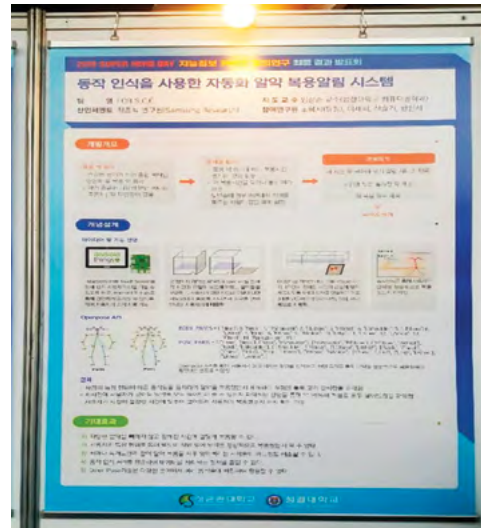
By reporter **Wi Young-bum** bum5046@naver.com

Department of Computer Science Student Team Wins the Participation Prize of the 2019 CONNECT Creative Research Final Conference

On November 15th, the department of computer science student team, RohOgi, LeeOhee, ShinOgi, HanOseo (Professor: LimOsun, Mentor JungOsik) For S.C.C, won the participation prize of the 2019 CONNECT creative research final conference.

This team presented the research results about 'Using motion recognition, automation pill-taking notification system'. The research is about a system that pills are supplied at a preset time to solve the problem of elderly who have difficulty with their dosing time.

By reporter **Kang Jae-eun** jaeun00@daum.net



Sungkyul University Awarded Minister of Oceans and Fisheries at the 8th Shipping & Logistics Thesis Contest

The thesis by Bang Hyun-kyung, Min Kyung-woon, Park Sang-woo, Wi Myung-sung, and Kim Bo-ram of the Sungkyul University's East Asian Logistics Department were awarded the Minister of Oceans and Fisheries at the 8th Marine Logistics University Thesis Conference held in Incheon on November 8th.

The title of the thesis is 'Emissions of Air Pollutants Caused by -Focusing on Incheon Port.' This conference was hosted by the Korean Association of Shipping and Logistics, and was sponsored by Incheon Port Authority, Incheon Institute and Incheon Port Development Council.

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



17th Industrial Management Systems Association College Student Project Competition Kim Hyun-jin of Industrial Management Engineering and three others won the Best Award



picture 2-a

photo 2-b

On Oct. 30, "Team Rho"(Professor Kang Joon-gyu) composed of Kim Hyun-jin, Bae Ji-yoon, Baek Jung-hyun(4th grade), and Lee Chang-han(3th grade), won the top prize (Korea Management Promotion Award) at the 17th College Student Project Competition organized by the Korea Society for Industrial Management Systems. 'Team Rho' has shown new kitchen techniques that contribute to environmental issues with its "easy and fast cup sinks, W-SINK" development project for cafes using cups that can be used multiple times.

While the use of multi-use cups in cafes has exploded due to the recent reinforcement of the Recycling of Resources Act, 'Team Rho' sought to develop tools to help workers perform efficient tasks and improve convenience, taking into account the inconvenience of conventional cup washing machines, and carried out a 13-month-long project to improve. The developed cup wash sink (W-SINK) is a powerless functional kitchen appliance that fuses the pedal with the normal sink to rotate the inner brush (see picture 2-a). It is expected to reduce work time by one-third compared to cup cleaners commonly used in the current business, and simplify operation during use, thereby reducing work fatigue.

The "College Student Project Competition" was attended by universities across the country, and among them seven teams that passed the screening process participated in the finals. On this day, each team introduced projects on industrial engineering and related major knowledge, research tasks, and

future plans for the development of industrial engineering. Besides our department (Team Rho), which won the top prize in this competition, The grand prize (the president of the General Association of Korean Science and Technology Societies) is a team the Air Force Academy, The excellence awards were awarded by Konkuk University, Changwon University respectively, The participation prize were awarded by Air Force Academy and teams from Dongguk University and Changwon University, respectively. In this contest, which marks the 17th anniversary, the Industrial Management Engineering team of the main school participated from the 1st competition and achieved excellent results, including the 2nd Grand Prize and the 2nd prize. And the award once again brought to light the competence of students majoring in industrial management engineering at Sungkyul University.

The W-SINK idea was patented with the support of the school's Industry-Academic Cooperation Group, and the W-SINK prototype was produced with the support of the start-up support group for prototyping (see photo 2-b). W-SINK is seeking to start its own business at the business incubation center of this school, as more and more franchises are expected to use it as a reinforcement of the Resource Recycling Act.

By reporter **Kim Gun-hee** jkop1935@naver.com

Kim Ye-jin, Department of English Literature, Won the Anyang Mayor Award.

Kim Ye-jin, a 3rd year student in the Department of English Literature, received a mayor's commendation at Anyang City Hall on December 31 in recognition of her service as an interpreter.

Kim Ye-jin has faithfully performed translation services for three consecutive years since her freshman year. Based on the experience accumulated so far this year, she was the leader of the translation service team, contributing greatly to the friendship and cooperation between Korea and the United States.

The Department of English Literature has signed an agreement with Any-

ang City for interpreting services and provides interpretation services every year. The Anyang City Administration Department and the Youth Training Center hold an annual event inviting a Garden Grove City high school student from the United States. For the event, four to five students of English literature are accompanied by interpretation services each year, and on the day American students visit Sungkyul university, more than 20 students of English literature have conducted school introductions and fellowship events.

By reporter **Kim Chan-wung**

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Start-up Education Center Proceed 2019 Campus Start-up Idea Contest Award



From October 21st to November 15th campus received the Start-up Idea Contest application. A total of 30 teams participated, and 5 teams advanced to the finals and proceeded to the presentation screening on November 21st (Thursday). Results of the examination were: the Department of Industrial Management Engineering's idea of 'Non-rigid, using the aromatherapy' won the grand prize, the Department of Media Software Engineering's 'Application to decorate their own 3D character,' and department of

Grade	Team Name	Department
1st(grand prize)	Jam jal rea yong	Industrial Management Engineering
2nd(gold prize)	Char-Char	MediaSoftware Engineering
3rd(silver prize)	Machine Learning	Information and Communication Engineering
4th(bronze prize)	chameleon	Information and Communication Engineering
5th(bronze prize)	Start-up Club Rho	Industrial Management Engineering

Information and Communication's 'The home power management system using the machine learning' won the gold and silver prizes.

On November 28th (Thursday), the winners of the grand prize, gold prize, silver prize were presented their awards in the president's office on the 8th floor of Jaelim Hall.

By reporter **Kang Jae-eun** jaeun00@daum.net



Memories from Europe

Before the Travel

I really didn't expect to go on a trip to Europe. When I entered university, my dream was to travel Europe with my friends. But when it actually happened it happened so fast. It only took a few hours to buy airplane tickets, decide on which country to go to, and which football game we're going to watch. So, we simply made a 25-day itinerary, including Christmas and the New Years.

England - London



Jiho said he was going to spend Christmas with his girlfriend. So Seongho and I ventured to London. Actually, I was anxious when the plane arrived at Heathrow Airport. But we knew when we arrived at Waterloo Station on the London Tube (a.k.a Underground or Subway). Finally, we had arrived in Europe that I dreamed of. There was a London Eye in front of the hotel, so we enjoyed the night view. Looking at the night view, I felt something unknown. We only stayed in London for four days. So, we walked all over. However, most tourist attractions and shops weren't open because it was Christmas Eve, Christmas and Boxing Day. But we didn't give up and walked for 10 hours and felt the taste of London: London

Bridge, Big Ben, Westminster Temple, Buckingham Palace, Baker street, Notting Hill Bookstore, we saw and felt a lot in the center of England. But we didn't know at that time, how embarrassing it will be for us.

England - Manchester



Jiho is a Manchester United fan, so we decided to watch a game in Manchester. But I said I think we have a really big problem. Without considering the time difference with Korea, we had gotten tickets to the football game and accommodations. So, we had to leave London a day earlier and go to Manchester. However, we had no choice but to use an Uber because the subway, train, express buses and all public transportation did not operate in London because of Christmas and Boxing Day. The cost of the Uber was as if we had taken a taxi from Seoul to Jeonju. It cost 300 pounds (about 450,000

won). But we moved with the mindset that we would watch football. And the game we saw was Manchester United's big win after a long slump. Therefore, taxi fare was not a waste of money.

England - Liverpool

I'm a big fan of Liverpool, so I bought a ticket to a game even though it was expensive. This time, the time of the game and the flight to Spain overlapped because of the time difference. My friends took a flight to Spain, and I watched the game alone and went the next day. If I hadn't watched the Liverpool game, I would have regretted the rest of my trip. That's how much my expectations were for this trip. When I first arrived at Anfield (Liverpool's Home Stadium), I was really impressed. Liverpool's staff warmly welcomed foreigners from around the world. Of course, it could have been because I had a VIP ticket. Every moment was unforgettable. After the game, that night I couldn't sleep because I had to catch my flight at dawn.

España (Spain) - Madrid

The weather in England was so gloomy that there was no clear or refreshing feeling. But I got out of Madrid airport, and the weather was so nice that I took off my jacket. The weather in England and Spain was that different. The people of Madrid felt more cheerful than in England. We spent January 1 in 'Puerta del Sol' in Madrid. There is a tradition in Spain where people eat 12 grapes on New Year's Day. We also participated because we didn't want to miss it. Also, Puerta del Sol is a world-famous place where so many people gather. We had a stadium tour



of Santiago Bernabéu, Real Madrid's home stadium. The museum and stadium were wonderful because they were a prestigious team with a deep history. I want to play soccer in a place like this.

España (Spain) - Barcelona



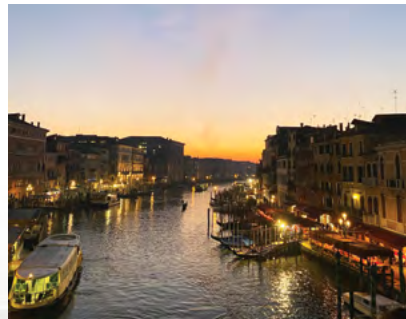
Whereas Madrid people were cheerful, Barcelona people were very laidback. I now know why Messi stays in Barcelona for such a long time. The city was so clean and relaxed, and the weather was clear and refreshing. We took a stroll on the Barcelona beach and enjoyed sightseeing. At this moment, we felt that we were also Barcelonan people. We visited the Barcelona home stadium 'Camp Nou,' but Real Madrid's home stadium was still nicer. Messi may get angry if he hears.

We then watched a game. I saw Messi right in front of me. He has an aura all over his body. I knew why he is called the GOAT (Greatest Of All Time). The game ended in a tie, but I won in my heart.

Italia (Italy) - Torino (Turin)

We started on the wrong foot in Italy. Seongho's baggage was missing. The airline said it lost his bag. Since then, our perception of Italy was poor. Of course, it's not Italy's fault. The reason we came to Turin is because Seongho is a big fan of Ronaldo, so we came to visit Juventus Stadium. I and Jiho gave Seongho a Ronaldo jersey as a birthday present. We hoped this would help cheer him up for the lost baggage.

Italia (Italy) - Venezia (Venice)



Venice, the city of water. This is the image of Venice I know. But when I arrived, I also lost my backpack. It didn't contain anything expensive, but I was hurt because I lost my precious muffler that my girlfriend gave me. I called the police, but they didn't help. So, I gave up. An old friend of mine came to Venice and we met together. Thanks to her, we saw a hidden spot in Venice and had a delicious dinner. Thanks to her, we enjoyed the view.

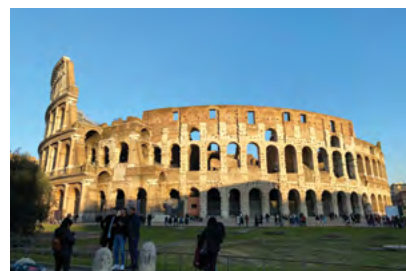
Italia (Italy) - Firenze (Florence)

If I were to go to Italy on my honeymoon, I would go to Florence. It was



the best city on this trip for me. Every single building was engraved in my mind. Florence is a very beautiful city. What is still memorable is the Duomo Cathedral, a small alleyway up the Michelangelo hill. You can't imagine it without feeling it for yourself.

Italia (Italy) - Rome



When we came to Rome, the last stop of this trip, we were exhausted. So, I could not go to the Vatican, which was my goal. However, the 'Foro Romano' on the tour ticket of the Colosseum was very impressive. It really feels like a Gyeongju. Everywhere we went, it was a historical site. But seeing strange merchants and pickpockets everywhere, I was disgusted. Still, we went to see the last football game without any problems.

Korea

When we got back, we went home right away because we were exhausted. But the lingering effects of the trip were still strong. A month later, I still remember Europe, and I am living hard for the day I will go again someday.

By reporter **Kim Chan-wung**

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Peng-ha! Korea is in love with Giant Penguin



South Korea has a new idol - a giant genderless penguin with a gruff voice, a brazen attitude and a hunger for fame.

Its name is Pengsoo, and by most normal mascot measures, it's not cute.

It tells people not to cheer it up, is often decked in sunglasses and its voice sounds like that of a middle aged man despite being 10 years old.

Yet the expressionless giant penguin, which was initially aimed at children, has now gained a large fan base amongst many millennials who find its blunt personality refreshing.

The 2.1m giant penguin was even named South Korea's "Person of the Year" - despite obviously not being a person - even beating contenders like K-pop phenomenon BTS.

The 10-year-old penguin is originally from the Antarctic, but made its way to South Korea to become a star, according to Pengsoo's creators, the Education Broadcasting System (EBS).

Its goals, they said, were to emulate Pororo, the cute goggle-wearing character loved by children all across the country. It also wanted to be more popular than BTS.

It's "it" because Pengsoo is neither male nor female - EBS, where officially Pengsoo is works as trainee, are keen to stress that point.

EBS producer Lee Seulyena said that the character was created to be someone the "whole family could like", targeting kids around the age of 10. "I wanted to make the character three-dimensional," she said. "Cute and cuddly characters are just what adults expect of a kid's character. In fact, children also have a desire to express themselves honestly."

The giant penguin went on to become a hit with young adults in their 20s and 30s. The EBS YouTube channel that

features Pengsoo, Giant Peng TV, has over 1.2 million subscribers.

Pengsoo is also a popular guest on talk shows and TV programmes. He's even met the foreign minister of South Korea, Kang Kyung-wha.

But what's the appeal? The company behind Pengsoo says its appeal lies in its ability to "not be tied to hierarchy or rank" but yet still hold a form of "childlike

innocence".

In multiple videos, it refers to the chief of EBS Kim Myung-joong without the expected honorific "Sajangnim" - a term of respect used to refer to someone older or in a higher position.

It also often jokingly blames Mr Kim when something goes wrong, akin to someone blaming their boss for all their problems.

"Pengsoo treats everyone equally whether its counterpart is a lawmaker, a company president or a famous celebrity. This is really charming," one 31-year-old engineer and Pengsoo fan told news agency Yonhap News.

"Pengsoo speaks for what office workers in their twenties and thirties think (but cannot say)," analyst Ha In-Whan from Seoul-based Meritz Securities Co said in a report.

"The audacity to refer to the head of its company without honorifics and say, 'Don't tell me to cheer up when I can't,' draws empathy."

Pengsoo also brags that it's a "superstar", something that goes against South Korean society, where people are taught to be outwardly modest and humble.

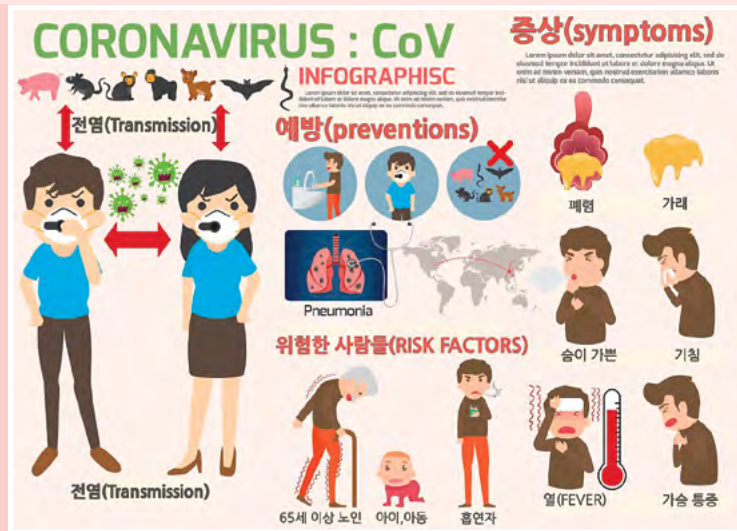
According to Mr Ha, Pengsoo could eventually go on to be worth more than Pororo as its character is more popular among those in their 20s and 30s - those with greater purchasing power.

The Korea Institute for Industrial Economics and Trade also say there is the potential of Pengsoo going global, according to a report by The Diplomat.

So don't be surprised if you soon see a giant gruffy penguin pop up around you, it's just Pengsoo.

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

COVID-19 : Coronavirus Strikes South Korea



Novel Coronavirus, SARS-CoV-2 is officially called COVID-19(CO-Corona, VI-Virus, D-Disease). COVID-19 has spread worldwide since the outbreak began in Wuhan, China in December 2019. The Chinese government officially confirmed the possibility of transition from person to person by diagnosing 15 Wuhan medical personnel with the disease. In Korea, it seems that the new coronavirus is prevented well since the first patient in January. In February, however, the number of confirmed cases started to rise rapidly. It has been thousands just in a few weeks. Most of the cases linked to a Shincheonji in Daegu city and a Daenam Hospital in Cheongdo. The Korea Centers for Disease Control and Prevention (KCDC) said the 31st case is a 61-year-old woman associated with the Shincheonji in Daegu and 1,000 Shincheonji members attended worship with the 31st case. And in the case of Daenam Hospital, the virus spreads from its psychopathic ward. Furthermore, two patients have died so far and there are fears the virus will spread nationwide. Therefore, we must be fully aware of the main symptoms, protective measures of COVID-19, and how the virus spreads.

If infected with COVID-19, it causes a fever, respiratory symptoms such as coughing, difficulty breathing, and pneumonia through the incubation period. Current estimates of incubation period are 2~14 days with median estimates of 6~7 days. According to WHO, it may be possible that people who are infected may be infectious before showing significant

symptoms. However, based on currently available data, the people who have symptoms are causing the majority of virus spread.

The COVID-19 is a respiratory virus that spreads primarily through contact with an infected person or droplets of saliva or discharge from the nose. So, wash your hands frequently, especially palms and under the nails, with soap and water. Do not touch your eyes, nose, and mouth before washing your hands. When coughing and sneezing please follow the coughing etiquette (cover mouth and nose with sleeves or tissue). Avoid contact with anyone coughing, sneezing or has a fever. Refrain from visiting a crowded place. And Eat fully cooked food and don't touch sick animals or raw meat.

If you have visited China or an area infected with COVID-19 transmission outside of China (in the last 14 days), pay special attention to fever or respiratory symptoms. Then if you have a fever or any symptoms such as coughing and difficulty breathing, do not go out and call the KCDC Call Center 1339. Following the instruction of the KCDC Call Center, make sure to wear a mask and visit medical institutions. And inform your travel history to the medical staff.

The COVID-19 spreads so fast throughout the world that numerous people are infected and died so far. Please take care of yourselves by keeping protective measures and practicing respiratory hygiene.

By reporter **Kim Jae-sung** jsjs0620@naver.com

Sleeping Position Suitable for each Sleep Type

Usually, sleep time is about a third of our daily routine, and it is time to recharge our fatigue. Various musculoskeletal disorders are prevented according to the correct sleeping posture and are important for the treatment of musculoskeletal disorders. Also, it is very important to have an effective and appropriate gas exchange through the airway. The right sleeping position determines the condition of the day.

The best posture for sleep is left and right symmetry.

- It is better to use a relatively shallow pillow and not to break your neck in order to get the right sleep. Only then can proper gas exchange be made through the airway and various musculoskeletal diseases be prevented. There are also cases where fluffy beds are good for each individual and hard beds, which should be chosen according to their desire. Our bodies are most stable when symmetrical. The root cause of various musculoskeletal disorders can come from left and right asymmetry, and only one-sided sleep can cause asymmetry. Therefore, it is recommended to sleep in a reclining position. If you place a pillow or cushion under your knee so that your spine does not bend when you have back pain, it can maintain an S-shaped curvature, which helps ease back muscle tension.

-It's important to sleep on your face, to be symmetrical and not to bend your neck.

If you sleep on your stomach, it is difficult to take a symmetrical position. In addition, you should not bend your neck too far, but in a prone position it is difficult to maintain this position. In this case, you should also maintain a symmetrical, neck-tight position using a pillow or cushion. However, this posture is the worst for the waist because the backbone is raised and the waist is lowered, which can cause



deformities in the spine.

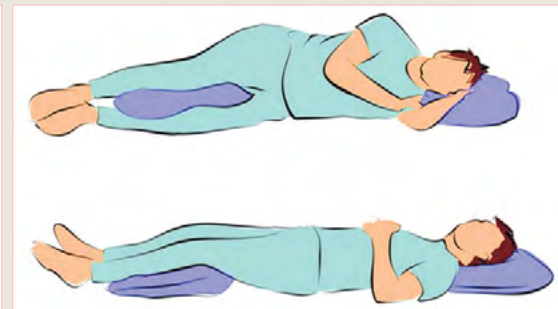
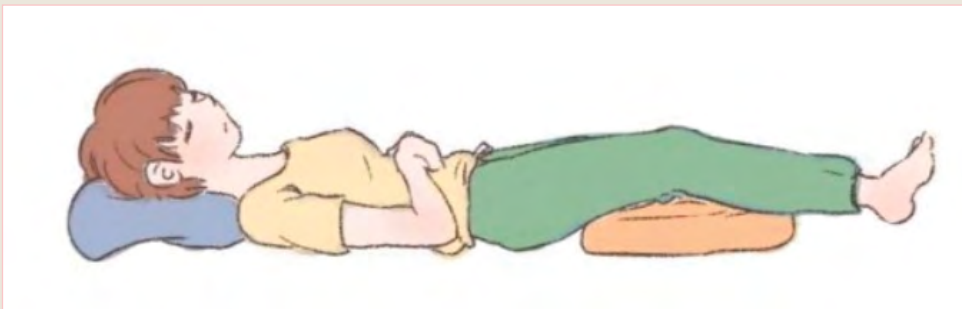
Fifty-eight percent of people sleep sideways, accounting for more than half of the population, according to a survey conducted by the nation's throat and spinal cord disease hospitals. Side sleep can cause asymmetry in the body, but sleep in the left-hand direction with the right posture has a positive effect on the body, such as heartburn, bloated symptoms, memory improvement due to the development of the circulatory system, prevention of heart disease, and prevention of snoring, according to a study.

In addition, lying sideways, regardless of direction, is effective for pregnant women and for sleep apnea patients who stop breathing temporarily. To achieve these advantages, you must first select a pillow and bed that corrects your spine to prevent it from bending. Sleeping with a pillow between legs during side sleep also helps prevent back pain.

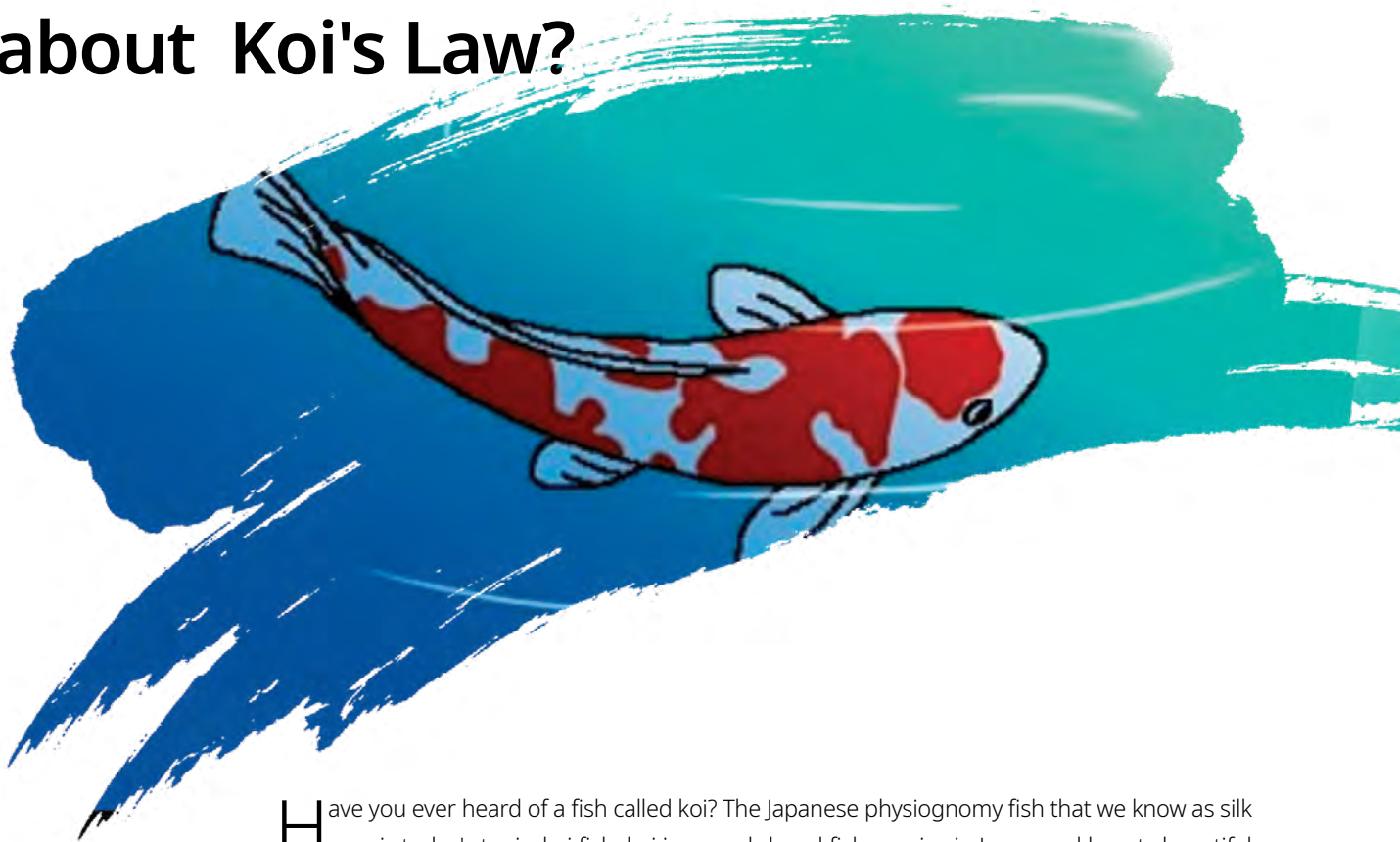
As much as sleep quality can determine our quality of life, we should pay more attention to sleep and try to prevent deep sleep and body deformities through proper posture.

By reporter **Kim Hwa-rang**

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Do you know about Koi's Law?



Have you ever heard of a fish called koi? The Japanese physiognomy fish that we know as silk carp is today's topic, koi fish. koi is a much-loved fish species in Japan and boasts beautiful array of all colors. Koi has a beautiful appearance as well as another charm. That is, the full-grown koi grows as tall as elementary school entrants. It's an amazing story, isn't it?

In fact, the size of fish generally varies depending on the environment in which many species of fish grow. It is said that fish that grow in a small fishbowl will remain small even if they become adult fish, and if they grow in large areas such as lakes and rivers, they will grow many times the size of fish that grow in small fishbowl. Even though they're the same species. But the change in the size of the koi is much bigger than other fish species. If it grows up in a small fishbowl, the koi will grow to be about 5cm smaller fish, and if it grows up in a larger fishbowl or pond, it will grow up to 25cm. And the most amazing thing is that when they grow up in a wide lake or river, they become a large fish species that is more than 1m long.

People have come up with the word "koi's law" by relating to the koi. Just as the size of the koi fish depends on the water they grow in; people have different abilities and dreams depending on the environment and the size of their thoughts. We must set our own goals and take courage to challenge. Do you have the courage to go back to the river from a small fishbowl or go to a big aquarium? If you dare go beyond your environment with courage, one day you will get better results in a bigger environment. Perhaps many people are living today like yesterday because they are complacent rather than brave and challenging. Whether you are a koi in the small fishbowl will be a fish or a koi fish swimming in the mighty river will depend on you.

Sometimes I think life is like a movie. Instead of thinking of my own stage as a small fishbowl, why don't you think of it as a wide river or sea? I hope all of you who read this article believe in yourself and have the courage and sincerity to go beyond your environment. Good luck!

By reporter **Kim Gun-hee** jkop1935@naver.com

UPCYCLING : ONE OF A KIND 'FREITAG'

Upcycling is the higher concept of re-cycling, which is to repair and reuse something that has been thrown out deemed useless in life, refers to re-producing of something completely different from simply recycling a product that has been thrown away. Let's find out about 'Freitag', a well-known upcycling brand.

The birth of Freitag

Freitag was a manufacturer of bags that the Marcus Freitag and Daniel Freitag recycled truck tarpaulins in Zurich, Switzerland in 1993. Because it rains once every three days in Switzerland, the brothers who enjoy riding bicycles needed a bag to keep their sketch-books dry while riding their bikes on rainy days. One day, they saw a tarp fall off a speeding truck along the highway. They took the tarpaulin and washed it in the bathroom, cut it by hand and sewed it up to make their first messenger bag. This bag has become the F13 TOP CAT (₩348,000) model and it is still produced today. Also, F13 TOP CAT was selected as the Steady seller of Freitag.

Freitag was first made in small quantities for mailmen, but now more than 500,000 are made annually and sent worldwide.

Production process of Freitag

Not all truck tarps are recreated as Freitag. It must have been used for more than 5 years, be in good condition and suitable for printing. Due to various designs of the tarp, all of Freitag products are characterized by their own designs. Every Freitag in the world is made in five steps.

STEP 1 : TRUCKSPOTTING

Five people in charge of purchas-



ing truck tarps at Freitag hang around European truck stops looking for hot-test looking tarps.

STEP 2 : CUTTING TARPS

Removing all the things not needed for the Freitag bag and cut off important parts that look pretty. Then, cut them into appropriate sizes, fold them over and send to the laundry department.

STEP 3 : WASHING

Then washed and dried using Freitag's tarp cleaning additive in 15,000 liters of rainwater daily, it is separated into colors and sent to the designer.

STEP 4 : BAG DESIGN

Designers create the most beautiful and sophisticated designs that obtained from tarps and are cut into each model.

STEP 5 : THE FINISHING

The F-Crew sews a cut tarp manually to complete the bag.

Freitag does not only recycle truck tarps to make bags, but car's seat belts are also used as a strap to the handle of the bag and the bicycle wheel inner tube is used for the finishing material.



It's meaningful to recycle all the materials that make bags. The bag that was completed in five-steps are sent around the world censored by the Freitag color scheme.

In addition to messenger bags, Freitag sells various designer products such as shopping bags, laptop pouches, cell phone cases, and travel bags. The most popular products among them are the messenger bag F41 HAWAII FIVE-O (₩198,000 won), F11 LASSIE (₩248,000 won), and Shopping bag F52 MIAMI VICE (₩128,000).

Because the product's nature makes it difficult to get a refund, the customer must first decide which model to buy before purchasing whether it is monochrome or a printed edition. It's not a low price, but why don't you take this opportunity to buy your own unique bag?

Freitag Store You Can Meet in Korea

- Apgujeong Freitag (11, Seolleung-ro 153-gil, Gangnam-gu, Seoul, Republic of Korea)
- Chungdam b1 (35, Dosan-daero 85-gil, Gangnam-gu, Seoul, Republic of Korea)
- FREITAG BY MMMG (240, Itaewon-ro, Yongsan-gu, Seoul, Republic of Korea)
- Bliow (13, Wausan-ro 29da-gil, Mapo-gu, Seoul, Republic of Korea)
- 1300K (11, Jandari-ro 2-gil, Mapo-gu, Seoul, Republic of Korea)
- 1984 (194, Donggyo-ro, Mapo-gu, Seoul, Republic of Korea)
- Duffel center (48-12, Hancheon-ro 26-gil, Dongdaemun-gu, Seoul, Republic of Korea)

MAKE A GOOD CHOICE!

By reporter **Kang Jae-eun**

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Wildfires in **Australia**

The **Disaster** of Fire

The scenes of the Australian wildfires, where strong flames devour everything, are like watching an end-of-life movie.

The forest fire, which began in September last year, burned more than 100,000 hectares of forests and grasslands beyond the land size of Korea. Many people sought refuge, leaving their homes behind, and wild animals that have not escaped the flames are dying without refuge.

The unprecedented forest fires in Australia have killed 28 people and has taken more than 7,500 homes and early 1 billion wild animals have died.

Australian wildfires have evolved into catastrophes that not only cause people suffering but also cause enormous environmental degradation.

According to media reports, up to 11 million hectares of land has burned, which is larger than Korea's land mass (100,210 km²). In 2019, Amazon's wildfires, which caused serious damage, was accounted for 900,000 hectares (9,000 square kilometers) of land damage, and California's fire damage area was about 800,000 hectares (8,000 square kilometers).

The fire pollution is also a serious problem. Sydney and Brisbane's air pollution levels are the world's worst nearly every day, exacerbating the respiratory problems of people with underlying diseases such as children, the elderly and asthma sufferers. Many medical experts believe that prolonged air pollution can cause serious prob-



lems for even healthy people.

The damage from the wildfires is not limited to Australia. Some parts of New Zealand, about 2,000 kilometers away from the fire, were also covered by pollutants from the wildfires, and New Zealand's snow-covered glaciers turned yellow due to the accumulation of dust and particles from Australia. These contaminated glaciers do not reflect sunlight well and melt more quickly, causing secondary damage.

The main causes of the wildfires are long-term droughts and record-breaking heat waves.

Southeastern Australia is currently experiencing the worst drought in history. Many of the areas affected by the fires were the driest since last year, and in November there was no rain anywhere on the mainland Australia.

Temperatures soared to a record high in mid-December, a trend that continues into 2020. Many of the affected areas reached 40°C. In fact, Australia has a wildfire season every year. However, forest fires are beginning earlier and lasting longer, and are becoming more severe and unpredict-

able. This seems to be affected by climate change. Moreover, these climate changes are making it more difficult to control forest fires in the traditional way.

Although most of the forest fires have been extinguished now, there are still large and small forest fires. The Australian government expects the forest fires to be put out in March. The Australian government has declared a national emergency and has worked hard to extinguish the fire. In fact, it is a common opinion of many scholars that the wildfire situation in Australia is not just a natural disaster but a disaster caused by the climate crisis.

Therefore, the Australian wildfires should be regarded as a tragedy caused by the climate crisis rather than a simple natural disaster, and efforts should be made to respond to the current climate change crisis.

Why don't you start with a small effort like a separate collection that you can practice as an individual first?

By reporter **Kim Gunn-hwi**

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Manchester City, FFP Rule Violation

Manchester City, which used to command Europe, beyond the English Premier League, has been cornered. The Union of European Football Association (UEFA) disqualified Manchester City (Man City) for two years on February 15 (Korean time). In addition, the company also imposed a fine of 3 million euros (38.5 billion won).

The reason is a violation of the FFP (Financial Fair Play) regulations. The FFP is a rule that bans club spending, such as transferring fees and salaries exceeding a certain percentage of profits. Simply put, they want to ensure financial safety by spending as much as the club's pure profits, which in short is 'Spend only what you earn'. However, UEFA's survey found that Man City inflated sponsorships and actually received funds in excess of the FFP rules from the City Football Group, owned by Sheikh Mansour.

According to a survey by the CFCB, UEFA's club finance control department, Man City only received 8 million pounds in actual funding, compared to the press release that posted they received 67.5 million a year from its main sponsor, Etihad Airways, between 2012 and 2016. In other words, the rest of the money came from the pockets of Sheikh Mansour, the owner of Manchester City, not from the club's pure interests. The CFBC said it reviewed all the evidence and confirmed that Man City had seriously violated UEFA Club licensing and FFP rules.

UEFA's disciplinary action against Man City for violating FFP rules is aimed at fair competition on the European stage. UEFA put the brakes on some teams in 2011 to prevent them from making more than 45 million euros in losses over



three years after they made unilateral results using the huge amount of money they had drawn from outside. It was also intended that each team would maintain a balance between income and spending to prevent bankruptcy. However, Man City has escaped this measure by exploiting it to inflate its sponsorship income. According to data released by the FIFA-affiliated Center for International Sports Studies (CIES), Manchester City spent the largest amount of 1.04 billion euros (about 1.33 trillion won) in forming a team in Europe.

Under the circumstances, Man City is expected to appeal to the Court of Arbitration for Sport. Previously, Paris Saint-Germain (France Professional Football Team) was investigated by the FFP rule at UEFA in June 2018 and appealed to the CAS to avoid reinvestigation and sanctions. Although warnings and fines, bans on recruitment, cuts in points, bans on players, limits on the number of registered players, and bans from participating in competitions are common, Man City believes that they were the only ones who received the highest level of disciplinary action. With rumors that the grounds for the UEFA disciplinary action are not legitimate, the entire soccer community's concerns are focused on Man City.



By reporter **Lee Han-Gyu**

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The Oscars 2020 | 92nd Academy Awards

Parasite Makes Oscar History

Parasite director Bong Jun-ho made history at the 92nd Academy Awards. Before this, the film had premiered at the 72nd Cannes Film Festival on May 2019, where it became the first South Korean film to win the Palme d'Or. Afterward, *Parasite* released in South Korea and it won four Oscars (Best Picture, Best Director, Best Original Screenplay, and Best International Feature Film) at the Academy Awards on February 9, 2020. Despite the very local Academy, it became the first non-English-language film to win the best picture award as well as the first movie to win best picture and best international film at the Oscars. Furthermore, it tied the record for most wins in a single night. Bong became the first person to win four awards for a single film at the Academy Awards in history. He quoted and thanked Martin Scorsese during his best director award acceptance speech. "When I was young and studying cinema, there was a saying that I carved deep into my heart, which is 'the most personal is the most creative'" he said via translator, "That quote was from our great Martin Scorsese". He also said, "I would like to get a Texas chainsaw, split the Oscar trophy into five and share it" with his fellow nominees, which included Sam Mendes (*1917*) and



Parasite is a dark comedy thriller film. The main themes of it are class conflict, social inequality and wealth disparity. The story of the film is about two mirroring families, the wealthy Parks and the poor Kims. The Kim family (father Ki-taek, mother Chung-sook, daughter Ki-jung, and son Ki-woo) lives in a semi-basement apartment and struggle to make ends meet. One day, Ki-woo takes his friends' job (an English tutor for the Park family's daughter) over from his friend. Subsequently, the Kim family begins to infiltrate the Parks' household by recommending each other's services, posing as unrelated, skilled workers. In the meantime, a mysterious secret is revealed as the former housekeeper suddenly returns saying she has left something in the house's basement.

Not only the *Parasite* (2019) but also other high-grossing films directed by Bong Jun-ho such as *Memories of Murder* (2003), *The Host* (2006), *Snowpiercer* (2013), and *Okja* (2017) are masterpieces and are worth seeing. Especially, the movie *Okja* which is about a girl who raises a genetically modified super-pig named Okja premiered at the 2017 Cannes Film Festival. It competed for the Palme d'Or thereat and sparked controversy due to it being produced by Netflix. How about spending this weekend watching 'bongtail' (a combination of his name and 'detail') films?

Todd Phillips (*Joker*). Sam Mendes's World War I film *1917* missed for best picture but still won three awards for best cinematography, visual effects and sound mixing. When Bong accepted the Oscar for best international feature film, he said, "I'm ready to drink tonight. Until the next morning". Indeed, he enjoyed the afterparty all night at an LA Koreatown restaurant with 50 cast members and crew celebrating their historic achievements.



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Focus on refreshingly different
‘Sungkyul University News’

Keep an eye out for us!

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

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