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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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Opening speech



SungKyul University acting President

Lee Sang-In

In the name of the Lord, I pray that God's guidance has always been with you, among the difficulties threatening our ordinary daily lives due to the tedious rainy season, consecutive heat waves, typhoons, and COVID-19.

We all expected to have lectures freely in a classroom and meet friends. Unfortunately, however, the social distancing level was elevated so the Ministry of Education guidance was that lectures should be conducted entirely online in September. Now, it's time to draw up measures and implement specific research of new methods and the roles of university education in the post-COVID era and paradigm revolution.

Our university prepared an efficient online lecture environment for the fall semester by upgrading the online lecture system and developing that online class-oriented teaching methods during the summer vacation. We are fully ready for a blended learning platform that combines in class lectures and remote lectures by establishing a blend of on-offline education. We will provide students with an innovative, efficient, and educational environment that fully considers the convenience for students by activating on-offline education. We are expanding the system for future education, including establishment of real time lecture environment like expansion of LMS (Learning Management System), Zoom, and Google Meet.

It is true however that we are quite uncomfortable with the new normal way of life which we haven't experienced before. We will put every effort into compensating for the limitations of distant education, such as restrictions on time and space for learning, difficulties in communication between professors and students, lack of management, and decreased motivation for learning. Therefore, Sungkyul University will strive to become a university with an upper hand in competitions as an educational institution that fosters talent required for the times.

I regret that your college life is passing through the midst of this pandemic.

Especially, I am particularly sympathetic to the freshmen who missed the initiation of college life, such as the entrance ceremony and campus opening events. But let us use this time wisely. The inconvenience of social distancing is a time of opportunity, to take some time for more self-examination and investing time in improving our skills for the future. And I hope that in the distant future, you will experience joy and your efforts will not be in vain.

Now is the season we harvest the fields. I hope that when everyone looks back at 2020 and plans for the rest of the year that it will be a meaningful and valuable second semester. Following last semester, I'd like to offer my condolences to all my beloved SKU family members who are still struggling with any difficulties. I wish for the end of this virus soon and look forward to the day we meet on campus. Also, I pray for peace in your home.

THANK YOU.

SEP, 2020

SungKyul University Acting President

Lee Sang-In

Sungkyul University, Selection for Outstanding Universities for the First-year Annual Evaluation of University Innovation Support Projects

As a result of the first annual evaluation of the university innovation support project supported by the Korea Research Foundation and the Ministry of Education, the school was selected with an excellent grade and won a grant of 3.7 billion won.

University innovation support projects are general financial support projects that support the establishment of future creative talent training systems that are the foundation for innovation and growth through autonomous innovation of universities. This year's university innovation support projects annual evaluation was achieved by competing with 53 universities (143 universities nationwide) in the Seoul metropolitan area, which were selected as self-agreement types in 2019.

In order to improve the university education and operation system that can respond to future changes, including the fourth industrial era, the school has established and implemented four innovation strategies (education, research, industry, miscellaneous), 11 programs and 26 detailed programs for achieving the goals of innovative projects.

As a result, our school received an excellent evaluation in connection with the university's mid- and long-term development plan and innovation strategy,

proper financial investment plan and execution, preparation of various members' opinions, and implementation of the next-generation media professional training program, and received additional incentives for existing projects.

Yoon Ki-ho, head of the University Innovation Support Project, said, "We will continue to do our best to foster creative talents for future society with Christian attribute capabilities, global communication capabilities, creative thinking capabilities, and field work capabilities through this project, and we will make efforts to achieve better results by actively reflecting the supplemental results of the annual evaluation of the first year's project in the second year."

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



Sungkyul University maintains accreditation status with an 'All Pass' evaluation index for university evaluation certification

Sungkyul University maintains accreditation status with 'All Pass' evaluation index for university evaluation certification.

Sungkyul University met all the criteria in the University Evaluation and Certification College Certification Qualification Monitoring organized by the Korean Council for University Education and conducted by the Korea University Evaluation Institute, thereby maintaining its certification qualification.

The monitoring of university evaluation certification qualifications is an evaluation to check whether universities continue to maintain their qualification standards. Qualification can be maintained by meeting all six mandatory evaluation criteria, which are related to financial and student recruitment, and all 30 evaluation criteria related to university operation, including: university management, finance, education, faculty, educational facilities, student support, university performance, and community cooperation.

The university evaluation certification system was introduced to ensure the quality of university education and to secure social responsibility and international commonality. This will be used to improve the quality of education, secure social trust in college education, secure objective information for financial support and link it with the government's administrative support projects.

Yoon Ki-ho, head of the evaluation strategy office, said, "After obtaining certification qualification in this evaluation in 2017, Sungkyul University has also been certified as having excellent competitiveness in all areas of the university's operation and curriculum by maintaining qualification in this year's evaluation, which will allow it to receive the same positive evaluation in the 2021 basic competency assessment."

Meanwhile, Sungkyul University will remain eligible for the evaluation until December 2022.

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

Sungkyul University Department of Social Welfare, signed an industry-academic cooperation agreement with Woolimteo Gwacheon City's Independent Living Center

On July 23rd, Sungkyul University's Department of Social Welfare signed an industry-academic cooperation agreement with the 'Ulimteo Gwacheon City's Independent Living Center' to promote joint industrial-academic development and community development through the utilization of human resources and academic information, technology, facilities, equipment, etc.

At the signing ceremony, the two organizations promised to cooperate in various fields through this agreement. The contents of the agreement were topics such as, △Building mutual industrial-academic cooperation through the exchange of technical information between industry and academia, △Student field trips, field trips and employment promotion, △Cooperation in field activities for professors'



training in the industry, research and joint development of teaching materials. And during the duration of the agreement, the Commission decided to actively implement activities that contribute to the development of other industries and schools.

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

Sungkyul university, Ministry of Land, Infrastructure and Transport's Selection of Logistics Specialist Training Projects



Professor Chung Tae-won, head of the logistics-specialized human resources development business group.

Sungkyul University's Logistics Professional Human Resources Development Project (Director: Professor Chung Tae-won) has been selected as a new global logistics market pioneering human resources development course by the Ministry of Land, Infrastructure and Transport's "Logistics Specialist Training Project." This is a great achievement following the Ministry of Oceans and Fisheries' selection of a project to train experts in marine and port logistics in 2020. This school's logistics professional human resources development project will receive a total of 400 million won (80 million won per year) in grants from the Ministry of Land, Infrastructure and Transport for five years as a project selection, and will train 40 logistics experts every year.

Due to the globalization of production and sales and the

expansion of the FTA, the demand for overseas advancement of domestic shippers such as manufacturing and distribution is continuously increasing, to foster manpower to effectively support the expansion of the saturated domestic market into the growing global market is the main purpose. Under the auspices of Division of East Asian Studies&Logistics, Sungkyul University formed a logistics professional human resources development project group in which the Division of English Language and the Division of Chinese Language participate together in the form of a consortium.

This school's logistics professional human resources development project has played a pivotal role in fostering professionals who enhance the competitiveness of the logistics industry in the Gyeonggi area by selecting logistics experts development projects Ministry of Oceans and Fisheries in 2015, the fourth in 2020. And the establishment of the logistics expert training line in the Ministry of Land, Infrastructure and Transport in 2020. The business group aims to train working-level human resources tailored to global logistics companies.

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

Proud Sungkyul Students Won Excellence Award in 2020 Media Contents Contest

Students Choi Ju-ho and Yoon Yu-jin, majoring in the Division of Convergence, won the excellence award from the 2020 Media Contents Contest- "Overcoming COVID-19 with Gyeonggi-do" which is hosted by Gyeonggi Content Agency and G-HUB.

As they had a capstone design class, which is a Next-generation Media major class, they thought it would be effective to participate in the contest with a submission deadline, so that they could practice how to set goals and carry out a plan. Then they took part in the contest for the COVID-19 virus, the biggest social issue these days.

To arouse awareness and convey

the protective measures to people in their teens to 30's, who are highly insensitive to COVID-19, they decided to produce a genre of entertainment and parody considering the age group. They also made a parody song so it could be remembered for a long time.

Choi said, "I'm puzzled and happy to win the award because it was the first contest in my life that I started with significance for the experience." Yoon said, "I think enjoying the filming with my friends gives good results. I hope the video does more to help to overcome the Coronavirus."

By reporter **Kim Jae-sung**

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Student Team from the Department of Computer Engineering Wins 2020 Jeonju City Public Data Utilization Contest Award (2nd place)

In the 2020 Jeonju City Public Data Utilization Contest hosted by Jeonju City, a student team from the Department of Computer Engineering at Sungkyul University (third grade Cho Sung-jae, Lee Bum-ki, Ye Jun-sung, and Shin Tae-hwan) won the Excellence Award (second place). The contest was to develop an app using Jeonju City's public data, and this team conducted planned team activities through Sungkyul Study.

Titled "Jeonju Life Up", developed by the team, is an application aimed at improving the quality of life of Jeonju



공모전
출품 작품
'전주 라이프 업'

citizens by utilizing Jeonju City's public data. "Jeonju Life Up" introduces information on public facilities (such as toilets, parks, libraries, traditional markets, etc.) in Jeonju City and information that citizens need in real life, such as education programs, sports facilities, and



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상장

lifelong learning, at a glance. Launch applications have been approved and anyone can download them from the Google Play Store at this time.

By reporter **Kim Ha-yong**

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Department of Computer Science Team's Final Selection of Undergraduate Research Program (URP) in 2020 hosted by the Ministry of Education

Department of Computer Engineering, Sungkyul University

The student team of: Noh Hye-ji (4th grade), Ko Jeong-ryun (4th grade), Shin Seul-gi (3rd grade), Song Ha-joon (2nd grade), and Park Sang-hoon (2nd grade), submitted a research proposal to the "2020 Student Research Program (URP)" hosted by the Ministry of Education and promoted by the Korea Foundation for the Advancement of Science and Creativity, and were finally selected as the research team. (Professor: Im Sang-soon, a professor of Computer Engineering) The URP program is a project to support research activities in science technology and convergence fields for undergraduates to foster creative and excellent scientific and technological talents. The research team will conduct research for six months from July 2020 with 5,200,000 won in research funds from the Korea Foundation for the Advancement of Science and Creativity.

The title of the research project is "Study on the Improve-

ment of Electronic Attendance System Using AI," which aims to improve students' complaints and professors' inconvenience about attendance grades due to illegal attendance and checkout during classes in the existing electronic attendance system.

The purpose of this study is to derive an electronic attendance system that accurately captures students' attendance and check-out during class through the method of face recognition authentication using OpenCV and the method of receiving and processing data values of seats where students sit using Beacon, Bluetooth and weight sensors. Through this, we hope to improve the technical level of the electronic attendance system used by college students by presenting an electronic attendance system that introduces the new process.

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

Film and Video Major Film Awards and Competition Selection of the School's Theater and Film Department

<Jeonju International Film Festival Award for Best Short Film>

Sungkyul University's class of 2010 Yoo Joon-min's work, "Date of Distribution," won a special jury award in the short section of the Jeonju International Film Festival, one of the largest film festivals in Korea. After Song Ye-jin's "Refund" won the director's award in 2018 at the Jeonju International Film Festival, Korea's most prestigious international film festival, our alumni work has achieved another great achievement. In the feature-length competition section of the festival, Kim Jong-jae, a fellow student of the class of '07, was also selected as the "Summer of Thought" and has made remarkable achievements every year.

<Selected as Short Story Competition at the Bucheon International Fantastic Film Festival>

At the 2020 Bucheon International Fantastic Film Festival, "Deoksan-ri Shelter" by Shin Ha-yeon, a senior majoring in film and video at the school, was selected for the short

competition section. Please give a lot of support to Sungkyul University's film and video major, which has been making great achievements every year at the prestigious film festival.

<Winning the "Excellent Award" for the nation's largest screenplay contest>

Shim Soo-kyung (class of 2013), an alumni scenario of Shim Soo-kyung (class of 2013), won the Excellence Award at the Korean Film Scenario Contest in the first half of 2020 hosted by the Korean Film Council. The Screenplay Contest of the Korean Film Council is the largest and most prestigious contest in Korea, and this year alone, the number of entries reached 575. Shim Soo-kyung's work, "Three People," received favorable reviews from judges for "following the psychology of characters through the management of admirable characters."

By reporter **Yi Geun-Soo**

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Black Lives Matter

"BLM" means "black lives matter" and refers to the black human rights movement that began in 2012 when a white man who killed a black boy in the United States was found not guilty. Online backlash flooded hashtags #BlackLivesMatter, and the BLM movement began here. BLM began to spread in 2014 when a series of indiscriminate shootings by white police officers began to take place, protesting the excessive use of public power against black people. However, some point out that the police are only criticizing the police's discrimination and cannot provide an essential solution.

George Floyd case

The George Floyd case began with a suspected use of counterfeit bills. Minneapolis police, who were dispatched after receiving a report, arrested Floyd, who was sitting in his car drunk near the scene, on charges of using counterfeit bills. But during the arrest process, Floyd's resistance delayed his arrest, and the police laid Floyd on the floor and crushed his neck to subdue him. In the process, Floyd lost consciousness and was immediately taken to a hospital from the scene, but eventually died that night.

On May 26, the next day, the problem began when the video of Floyd's arrest, filmed by a passerby, spread through social media and other media. According to the video, the police are pressing Floyd's neck with their left knee, and Floyd is lying underneath, appealing, "I can't breathe, don't kill me." And Floyd,

who was complaining of pain, soon stopped moving with a nosebleed and was stretchered to an ambulance at the scene of the incident. On May 27, an additional video was released showing that Floyd did not significantly resist the police at the time of his arrest, raising the anger of citizens again.

Protests, spread across the United States

Police, however, said Floyd's death was a medical accident, adding to the seriousness of the situation. Police authorities dismissed four police officers at the scene only after fierce protests from citizens. But thousands of citizens with signs reading "Black lives matte" and "Justice for George Floyd" took to the streets to protest throughout Minneapolis. During this, President Donald Trump tweeted that he had launched an investigation into the sad and tragic death of George Floyd's death.

However, protests against police violence spread throughout the United States, leading to more violent riots and shootings that accompanied looting and arson, leading to serious deaths. In Washington, D.C. thousands of protesters approached the White House, prompting President Donald Trump to flee to an underground bunker once. On the other hand, there was a peaceful demonstration of kneeling in opposition to racism, and some police officers sympathized with it.

It is not right to force one's thoughts on others. If we proceed with peaceful and correct demonstrations with those who participate in the protests, we will win the support of many.



#AllLivesMatter

By reporter **Kim Chan-wung**

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Military Service Benefits : Is it Evil or Beneficial?

New developments in military service have recently emerged as one of the biggest issues in Korea. The son of the current justice minister Choo Mi-ae, allegedly applied for an illegal vacation extension and solicited illegal troop deployment while serving in the military, and the military exemption benefits of BangTanBoys (BTS), which topped the Billboard chart for the first time in Korea, are also emerging as recent issues. The world knows that the Billboard chart No. 1 has a huge meaning. However, the issue is becoming more serious. Because, the current members of BTS, Jin and SUGA, are about to join the military next year and the next year.

Currently, Korea's current law stipulates that only athletes and classical art workers who have won prizes in major competitions are exempt from military service. According to Article 33 of the Military Service Act and Article 68 of the Enforcement Decree of the Military Service Act, those who win third or higher place in the Olympics or first place in the Asian Games will be considered "sports agents," those who win second or higher award in international art competitions, those who win first prize in domestic art competitions, and those who complete the training of im-



portant intangible cultural assets will be included as "Art agents" and will be effectively exempted from military service obligations. However, there have been many problems related to this exceptional law. In 2004, the incident, in which celebrities and baseball players illegally attempted to be exempt from military service and created a stir big enough to be called a "Folding Screen". Of the 136 people involved, 43 were arrested because of this case. In 2007, there was also a massive "Folding Screen" involving celebrities and high-ranking officials' children. More than 120 special agents from dozens of special military service companies across the country have been caught abusing the exceptional law. In addition, there is no end to military service corruption that intentionally injuring one's own body to be exempted from military service or bribed to obtain exemption, reduction of period, assignment of certain units and posts.

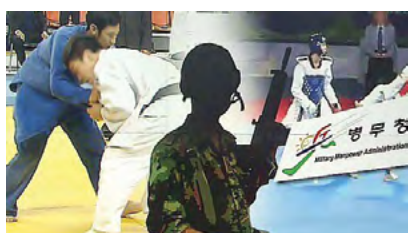
Our country is the only divided country in the world as everyone knows. It is even in a state of "Truce" that stops a war for a while, not an "End of war". In addition, Korea's national

defense currently imposes a military duty on Korean men as a 'Conscription system', not a 'recruitment system', unlike other countries. The duty of national defense should be equal to all men. Denying this is tantamount to denying the nation itself. That's why the public's attention is now focused on the suspicion of Justice Minister Choo Mi-ae's son's alleged preferential treatment for military service.

After all, the core of the problem is fairness and equity. Military service benefits bring a profound sense of deprivation to those who faithfully serve in the military. There is no one whose youth is not precious. So, It is important to create a fair standard that anyone can understand even if they are given military service benefits. The above cases should lead to serious discussions on the overall military service benefit system. It will be necessary for politicians to seriously collect public opinions in a sincere posture and change the system in a reasonable direction, not simply to make political use of it.

By reporter **Lee Han-Gyu**

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Problems with Shared Electric Kickboard Services



Kickboards, which we used to ride when we were young, have been frequently seen around us recently. Unlike the kickboards we used to ride when we were young recently spotlighted 'electric kickboards' are equipped with an electric motor, which is a 'personal mobility devices' that uses electric power.

Personal Mobility is also called "Last Mile Mobility", which means short distance transportation that is too short to travel by public transportation, such as buses, but is easy to travel ambiguous distances quickly and easily. With the spread of Corona 19, Personal Mobility is in the spotlight as it can prevent physical contact with an unspecified number of people, and according to a survey by the Korean Consumer Agency, 'Electric kickboards' are selected as the most popular form of personal mobility. As a result, many businesses are starting rental business using Electric kickboards. The rental business is commonly called a 'Shared electric kickboard service'(SEKS) and is being used by many people.

However, if you look at the users of shared electric kickboards, most of them are not wearing helmets because individuals need to bring their own. Moreover, they are causing an inconvenience to citizens by being freely ridden on sidewalks, roads and bike paths. Due to this effect, the new term "kick-rani" (a compound word of "kick-board" and "gorani") which refers to electric kick-board riders who suddenly pop out like Gorani (an animal similar to a deer) and

threaten other vehicle drivers and pedestrians has recently emerged. In order to enhance the safety and convenience of personal mobility, the government announced a revision to the Road Traffic Act in June, which classifies electric kickboards and others as "personal mobility devices." (It was classified as a 'two-wheeled car' in Road Traffic Law before). When the revision of the Road Traffic Act, which is scheduled for December, is implemented, Electric kickboards must be driven on bike paths as bicycles and passenger riding is prohibited. Also, it can be used without a license for riders 13 years of age or older.

However, there are concerns that the revised law could increase the risk of accidents between cars and kickboards, pedestrians and kickboards, and bicycles and kickboards. The biggest problem with the SEKS is that the kickboard is left unattended on major roadside sidewalks and residential roads, causing inconvenience to the walking environment and adversely affecting the city's beauty. Because of those problems, critics point out that the revision law does not solve the fundamental problem, because of a number of complaints are occurring continuously in areas that operate SEKS. Personal Mobility is still in its early stages of settlement, and legal and institutional foundations have yet to be properly established. Therefore, it is believed that continuous institutional readjustment will be necessary in accordance with future changes.

By reporter **Lee Han-Gyu** bruno1224@naver.com

Youtubers' viewer deception

It is said that the longest-running app for smartphone users in Korea is YouTube regardless of age. About 40 percent of YouTube users watched the results of the survey for more than an hour a day. However, there has been an advertising controversy behind YouTube recently. A paid advertisement is an advertisement that does not tell the audience that a video or article is an advertisement. Pretending that it's not an advertisement, stressing that it's something I spend money on and introducing products or services, but behind it all means charging "advertising fees" for all acts of propaganda. YouTubers receive advertising, planning, and conducting related content from advertisers, and receive a corresponding monetary price. However, as the number of these commercials increased, more and more viewers began to feel repulsed by the videos that were announced as advertisements. Since when, it's hard to tell if this is a lot of images from advertisements. When you mention advertising, the effectiveness of advertising will decrease, and paid advertising will become popular. During this period, the controversy over the paid advertising of Youtubers, a former broadcaster, was sparked.

The controversial YouTubers deliberately concealed the fact that they were "sponsoring and advertising." While hosting the show, they talked to their viewers about the products they bought through a specific product, "pure curiosity." However, as news spread that the video was made at a cost of money, paid advertisements for Youtubers became more

controversial. As the advertising controversy behind the scenes began to widen, many Youtubers belatedly acknowledged the facts and posted an apology video. Almost all of the products in food, cosmetics, and even in the medical field have been subject to advertising controversies behind them, and viewers' sense of betrayal is growing.

Paid advertisements induce consumers to purchase products and services that they did not purchase when they did not see the relevant images. Paid advertisements cannot be known about their utility without direct use, but refunds and other problems are very complicated, focusing on clothes, cosmetics, and food items that are hesitant to buy. Listen to Youtuber's postscript and look forward to buying the product, and if you don't have sufficient information to search and rely on unbalanced information, you are more likely to be dissatisfied. All the consequences and costs of this discontent should be borne by consumers and markets.

To address these problems, the Fair Trade Commission revised its September 1 advertising policy and created a new plan to mark the facts if Youtuber posted postscripts for money. Therefore, when uploading ads and sponsoring videos on YouTube, words such as "advertising" or "sponsored" must be included at the beginning and end of the title or video. Under the new revision, viewers can easily tell if the video is an advertising video when they watch it.

By reporter **Park So-yeon**

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How Corona Virus Changed Our Way of Life

It's been over half a year since the COVID-19, or Corona virus, started spreading. The Corona virus crisis is still ongoing, and we don't know when it will end. Due to the highly contagious nature of the Corona virus, many people refrain from going out and spend most of their time at home. This article will take a closer look at how the prolonged corona virus has changed our lives.

First of all, the Corona virus has changed the way people work. Many companies have started working from home to avoid going out and minimize contact with others. It's no longer unusual for people to have meetings at home via video communication and to do business.

Corona virus has also changed the way education is done. Students no longer go to school, but they turn on their computers or smartphones at home and attend classes on video. Sometimes they can take pre-recorded lectures at any time they want.

People's consuming life has changed greatly, too. Now, instead of going shopping, people buy what they need on the Internet. And instead of going out to eat, they order delivery food.

Thanks to this change in daily life, people also have more leisure time. But the way people spend their leisure time has changed a lot since before the Corona virus crisis. As they refrain from going out as much as possible, more and more people do leisure activities at home. People read books, play games, or watch YouTube. Instead of going to the gym to exercise, they do home-training at home.

As such, the Corona virus has changed our livings a lot. Many things that used to be done offline have been moved to the online environment, and people's life radiuses have narrowed. Some people like this change, but many people are not very happy with the continuation of this frustrating life. I hope that the Corona virus crisis ends as soon as possible and brings back a free life.

By reporter **Wi Young-bum**

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The Aftermath of the Beirut Explosion

On 4 August 2020, an explosion occurred in a warehouse at the port of Beirut, the capital of Lebanon in the Middle East, causing at least 190 deaths, 6,000 injuries, and leaving about 300,000 people homeless. The explosion was felt in Turkey, Syria, Palestine, and parts of Europe more than 250km away and the damage from the blast is estimated to be about \$15 billion (\17 trillion). The Lebanese economy is collapsed with more than half of the population below the poverty line. Lebanese government blamed the explosion on 2,750 tons of ammonium nitrate stored at the Beirut port warehouse without proper safety measures for years. Ammonium nitrate is a crystal-like white solid commonly used as a component of fertilizers and explosives. Experts say that it's relatively safe when stored properly. However, if you have a large amount of material lying around for a long time it begins to decay. Even the 2,750 tons of Ammonium nitrate is equivalent to around 1,155 tons of TNT.

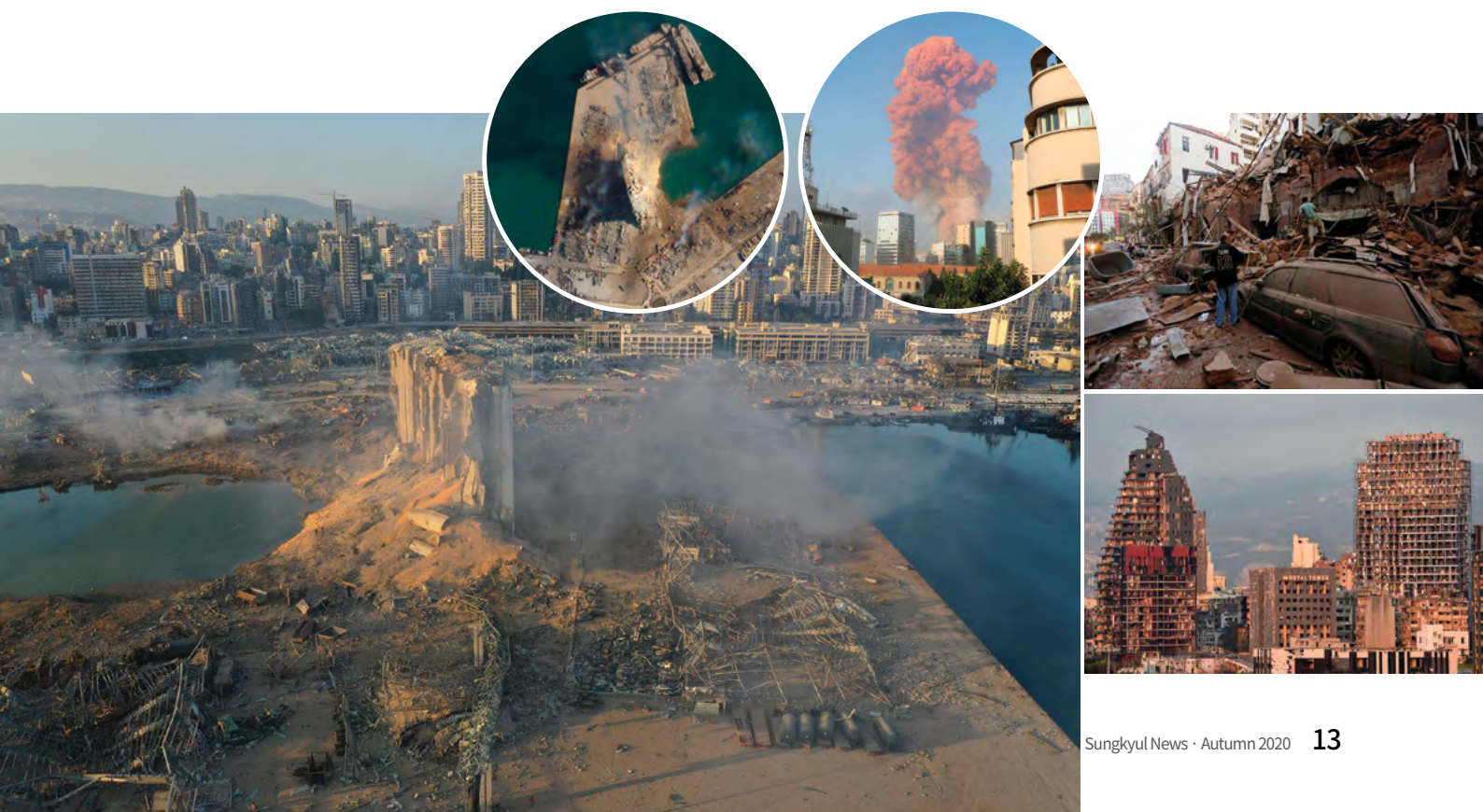
Prime Minister Hassan Diab announced that the 5 August, the day after the explosion, would be a national day of mourning. Lebanese President Michel Aoun said the government would provide support to displaced people, and the Ministry of Health would meet the expense of treatment for the wounded. However, the public pinned much of the blame on the Lebanese government. Because it turns out that the government has ignored local Customs' several

warnings about the danger posed by the stored ammonium nitrate and calls for it to be removed since 2013. On the night of August 6, the protests against the government that had been ongoing since last October resumed requiring the resignation of Lebanese government officials. Eventually, Diab called for early elections, saying it would be the only way for the country to exit the crisis on August 8. Shortly after the resignation of the entire Lebanese cabinet, Diab stepped down from office.

Lebanon is still struggling to recover from the massive explosion. A team of rescuers from Chile was walking through the area when their sniffer dog gave a sign that there was a person inside. When they returned the next day, the dog gave the same signal again. Then a sensor machine detected a pulsing signal in the area. Rescue workers searched for 3 days after sensor equipment detected possible signs of life. Although many people prayed for a miracle, unfortunately, rescuers failed to find a survivor under the mountain of rubble.

According to Lebanese officials, seven people are still missing following the blast. Many rescue teams from over the world including the Chilean team and local rescuers will never stop with even one percent of hope and never give up until the job is done.

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



How to spend a day with 'Jip-Cance'(Home-Vacation)

Are you staying at home without going anywhere because of the prolonged Covid-19? Are you looking for a way to get away from your repetitive, boring weekend made out of it?

I've heard of the word 'Ho-kangs'(Hotel vacation) a lot, but 'Jip-Cance'(Home-Vacation) (STAY-CATION) may seem a little unfamiliar to you. It is literally a 'Vacation at home.

I'm going to introduce you to some ways and things that might help you if you have no choice but to stay home.

Today, imagine you are a customer who booked a full course and hotelier also. Bring the recipe for your favorite food and cook. You prepare your food with great care as if you are serving the most precious guest. It does not matter if you gain weight today. Please prepare appetizers, main dishes, and desserts in order. You are the only one who can comfort yourself after all your hard work. Enjoy the happiness you get from eating delicious food.

The second one is a lower body bath. It is time to relax your body from being hit by a busy daily routine. Prepare warm water and make the right temperature for yourself through the air conditioner. If you have a bathtub, it would be better to soak your whole body with a bath bomb, but just by dipping your feet can have a great calming effect and relieve your stress. Have a cup of coffee or a cup of tea and

do not think about your work and take the time to focus on yourself away from your cell phone. If you want to go to the sea, turn on the sound of waves on your phone, close your eyes, and imagine you are there. If you have a hard time, it is helpful to read a book that can comfort you like below.

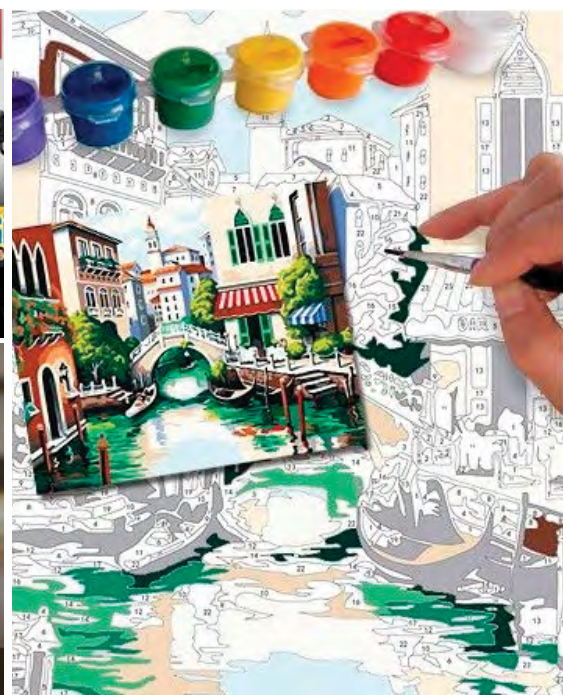
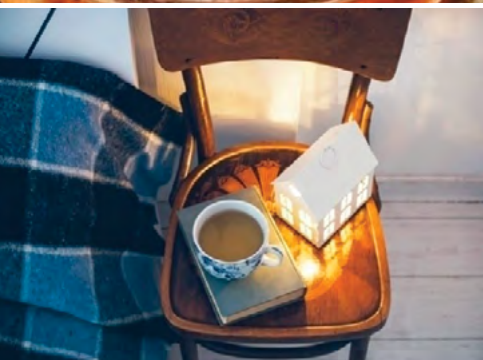
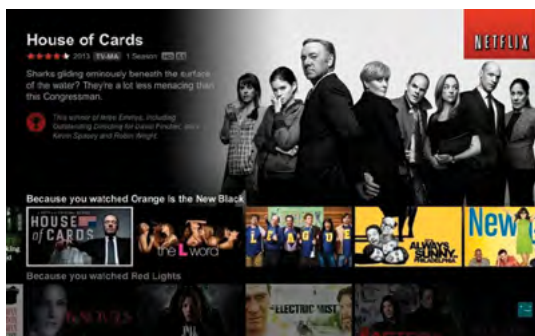
The third is nap time. Don't think it's a waste to sleep on a honey-like weekend and give yourself an hour of napping after a lower body bath. You will be able to sleep deeper and more comfortably without worrying.

Finally, enjoy your time through the things below.

1. Download a new game and play it with a friend all night
2. Watch Netflix - Bring snacks just like from the cinema
3. Drawing a masterpiece - Choose a work you want to paint and hang it at home
4. Learn Musical Instruments - Choose a song you want and play it with a musical instrument
5. Read a whole book - webtoons, novels, self-development books, etc. In one day
6. Learn to dance or sing on YouTube - Today you are an idol
7. Leave a family Vlog - make a video of our daily lives with your family.

By reporter **Kim Hwa-rang**

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The Best Way to Body Build for Beginners

In the early 2000s, soft images were common and popular in Korea due to the influence of idol culture. However, since 2010, fitness has become more popular, and people with healthy bodies have become more common. Fitness has become very familiar to our daily lives. These days, many young students go to the gym, and many people seem to have made exercise a part of their lives, both for health and looks. Since when has fitness permeated our lives so familiar and fast?

Personally, I believe that the development of media and video content played a part. Through YouTube, we can learn how to exercise properly, and fix bad habits. Due to the large amount of exercise videos, there is a large amount of direct and indirect exposure to the public. However, due to reckless video content, beginners may not be able to handle it, and they may waste time or possibly get injured while following advanced bodybuilding videos.

So what is the best way to build up your body?

Representative Exercise and Correct Posture

Beginners should repeat one or two representative exercises by part, rather than doing various exercises indiscriminately. Beginners will not be able to effectively use the muscles they want, nor will their musculoskeletal system be activated. If you follow the body builders' exercise on YouTube, you will waste time and may even get injured. Muscles will grow fast if you do basic exercise faithfully. Benchpress for chest, squat for lower body, pull-up for back, military press for shoulder, barbell curl for biceps and cable push-down for triceps are representative part-specific exercises. Perform 5 sets per part with weight that can be lifted 8 to 12 times. At this time, 1 minute to 1 minute and 30 seconds is an appropriate amount of rest between sets.

And most of all, it is important to exercise with proper posture. Focus on the desired target muscle to prevent the force from spreading to other areas, and perform it using only the muscles in the target area. For example, if you do bench-press, the chest should be the main target, not the shoulder or the triceps. Accurate contraction and relaxation using the chest should be achieved.

Progressive Overload

For the first few months, it is better to try to exercise with light weight and focus on maintaining the right posture,

and then gradually increase the weight to increase the load. Muscles are also easily adapted to the environment, so if they continue in the same pattern, the stagnation will continue. To prevent stagnation, it is recommended to increase the intensity of exercise, such as gradually increasing the weight of heavy equipment or increasing the number of sets.

For example, lifting a weight of 50kg increases muscle and muscle strength enough to weigh 50kg, but there is no further progress. At this time, the intensity of exercise should be increased by increasing the number of sets and reducing breaks between sets. If increase your workout weight to 60kg, your muscles will increase to match the increased weight and strength to lift it.

Nutrition and Rest

It is no exaggeration to say that muscles are made from 20 percent exercise, 80 percent nutrition and rest, so nutrition and rest are also important parts of the body-building process. Therefore, sufficient nutrition after exercise is of paramount importance, and sufficient rest the next day is also of importance. The principle of muscle growth is that after muscle tissue is destroyed by weight training, muscles grow during regeneration and restoration. If you continue to exercise without a rest or if you don't get good nutrition, muscle growth will not be smooth.

Muscles grow when you sleep, and sleep is very important for muscle growth because sufficient sleep makes body rhythms in the best condition. If the body becomes tired due to lack of sleep or rest, the immune system will deteriorate, making it easy to get sick, and reducing muscle growth activities.

It is also important to eat nutritious food and to provide the body with nutrients that help recovery and growth. For muscle growth, you need to eat twice as much protein as your body weight. If protein is not available in food, it is recommended to take protein supplements of lactose protein. Carbohydrates serve to provide the energy we need to live and work on, and when carbohydrate intake decreases, protein acts as carbohydrates. Then, the protein needed for muscle growth will be used for energy consumption.

A sound mind dwells in a sound body.

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



The Origin of Chuseok, a Korean holiday

It's 2020 and time is flying exceptionally fast due to the corona virus and other accidents. The hot summer has already passed and the cool wind is blowing in September. This year's Chuseok falls on September 30th to October 2nd. However, since October 2nd is Friday, the Chuseok holiday is actually 5 days in total. Chuseok is a holiday where to meet your parents, brothers, sisters, close and distant relatives. It is a big event in Korea to prepare traditional holiday foods and resolve long-standing problems. Do you know the origin of this holiday that gives us relaxation and happiness?

The origin or origin of Chuseok cannot be clarified exactly, but one can guess it roots from a belief in the harvest moon, which has been around since ancient times. In ancient times, the sun, which illuminates the world every day, was taken for granted, but the full moon once a month was a gift. For humans, the dark night was a subject of fear because when the night

was dark, people could not see approaching predators and see enemy's attacking. The full moon was a gift to humans, and as a result, the festival was held under the full moon.

The harvest moon is the largest moon of the year and lights up in the night sky which is Chuseok. It is the 15th day of the 8th lunar month. It is said that people held festivals, ate, drank, and danced under the full moon, and played tug-of-war, ssireum (traditional wrestling), and Ganggangsuvolrae (dancing in a circle) were naturally formed. Therefore, in ancient times, when the full moon was longed for and worshipped, the brightest one of the year was regarded as the biggest festival of our nation, and once everyone became conscious of it, it was passed down to this day.

As such, we learned about the origin of Chuseok, a national holiday. Korea is crowded with people on their way home every year on Chuseok. At the end of the long, long journey home

lies the family you've always missed, enduring the harsh modern life. Unfortunately, I don't think I'll be able to see my parents who live far away this year because of the corona virus.

The number of Corona 19 infections has soared due to participants in the Gwanghwamun rally and the Sarang Church rally, and the government has decided to upgrade the critical stage of the Corona incident to 2.5 and extend the period by another week. The effect of this decision seems to subside the Corona 19 again, but I think this Chuseok is a huge crisis. Since it is a big holiday, people are expected to move around. It is a hectic and tiring year due to Corona 19 and many other incidents. Nevertheless, I hope you will endure difficult times with a good sense of citizenship and a healthy lifestyle.

By reporter **Kim Gun-hee**

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The World's Three Delicacies

Did you know that there are three delicacies in the world? Caviar, the egg of an ironclad shark living in the sea of truffle, a truffle from the ground, and Foie gras, the liver of a flying goose, are called the world's three delicacies. Let's find out about the world's top three delicacies truffle, caviar, foie gras.



Let's find out about the **truffle** first. Truffle is called truffle in Korean.

In the case of regular mushrooms, they grow on the ground, but the truffle grows 30 centimeters below the ground, and it takes about seven years to grow to the right size. Truffles are not only difficult to grow artificial plants, but it is also highly rare due to the small amount collected in nature. Due to these truffle characteristics, the nickname of them is 'Diamonds in the Earth'. The truffle effect is also good for our body. One of the main effects is the prevention of cardiovascular disease. In addition, truffle plays a positive role in alleviating hand and foot numbness caused by blood circulation disorder. The flavor is a very strong mushroom flavor + a unique dreamy aroma oil flavor mixed with a bit of vinegar, grilled lean meat, and a trace of dirt. It is also very heterogeneous and has a dark scent.



Next is **caviar**. It is commonly used around the world and known as 'soaked in salt by Sturgeon.' It is nicknamed 'Black Diamond in the Sea' because it is very expensive and its existence itself

is rare. Caviar has a delicate feature that oxidizes and destroys its unique scent when it touches an iron tableware, so you should use a tableware made of glass, pottery, or shell. There are three main types, Beluga, Ostra, and Sebruga.

Beluga comes from an ironclad shark that has grown for more than 15 years until a female is mature enough to hold eggs, and is 2 to 9 meters long. The largest of the caviar, the color of the caviar varies depending on the skin color of the sturgeon and is generally black or silver. The size is about 3~4mm in diameter and the reason why Beluga caviar is the most expensive can only be found in long-grown sturgeon. The texture is important, so it has a popping texture and a savory and deep ocean scent. The size of an ironclad shark called Ostra is 1.5 to 5.5 meters and weighs 50 to 200 kilograms from more than 10 years of growth. The size of the eggs are 3mm in diameter, dark in color & brown, and the most popular caviar is the Ostra caviar.

Sebruga is the smallest caviar, about 2.5mm in diameter, from 1.5m to 2m and 25kg to 80kg, which has grown for more than seven years. The color of caviar depends on the skin color of the sturgeon, and it generally skips black or silver gray. Sebruga caviar is high in protein and fat, and its unique flavor is stronger than other caviar.



Finally, **foie gras**. Foie gras is French goose liver which is famous for its large fatty liver.

Foie gras has a high fat content, so it is rich in taste and very soft. There are various recipes such as grilling the liver, applying it thinly on toast, or putting it in soup. There are different kinds of foie gras. a foie gras entier, is fully cooked with the seasoning of a goose or duck, a block de foie gras cooked by shredding the goose or duck liver and molding it into square bricks. There is also mousse de foie gras which is made by grinding cooked goose or duck liver into a smooth mousse, foie gras me qui is half cooked goose or duck liver to keep the original texture and flavor as much as possible and foie gras qui is made by boiling goose or duck liver and then bottling it with goose or duck fat.

It was time to learn about the world's top three delicacies truffle caviar foie gras. If you have a chance, I hope you try these three delicacies known as the world's top three delicacies!

By reporter **Yi Geun-Soo** dlrmsnt125@naver.com



Dadaepo, a Hidden Tourist Attraction in Busan

Located at the end of Busan Subway Line 1, Dadaepo Beach houses the spot at which Nakdong River enters the sea. Dadaepo Beach is a giant red watercolor painting is painted in the sky at sunset. When sunset approaches, the sky above Dadaepo Beach is colored in layers with red energy from the dying sun as if painted with pastels. At that time, a magnificent view of the blue sky, the pink sky, and the red sky will unfold. If you sit on the sand from the start of sunset until the sun fully sets and look at the sky where the sea and the mountains both end, you can have a peaceful time away from all your worries. If you want to enjoy extreme sport or adventure, it's also good place to enjoy surfing!



Every year from April to October, the 'Dream Fall Fountain' runs every night. Unlike any small fountain you've seen, this fountain has a show, where different songs are played every day. It is a 30 minute spectacle that feels like three minutes. The Gouni Ecology Trail, located on the beach next to the Nakjo fountain, is a good place to walk in the cool sea breeze. The world's largest "Dream Falling Fountain" and

"Gowni Ecological Road", which will add to the summer night atmosphere with calm night lighting between reeds, are enough to keep tourists coming until the late hours of the night.

Unlike Gwangalli and Haeundae Beach, Dadaepo Beach features calm waves and a quiet atmosphere. Since the water level is low, it is also good for dipping your feet in sea water. Busan is a great place to eat a hearty meal with pork rice soup, sit in the Ocean View Cafe and look out the window. But it can be a perfect trip to Busan if you watch the sunset of Dadaepo, enjoy the fountain, and walk down the Gouni Ecology Trail.

By reporter **Na Gyeong-Bin**

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Let's go to Singapore!

I lived in Singapore from January to August 2020 and made very good memories while traveling to Singapore. Therefore, I would like to introduce some recommendations from my trip to Singapore.

Singapore is a small island country located at the southern tip of the Malay Peninsula. Singapore is an economically very wealthy city country, and has a hot climate where you can feel very intense sunlight all year round. Also, the tourism industry is very well developed based on its excellent economic power, and is very convenient to travel because the size of the country is similar to Seoul. If you have plans to travel to Singapore, please read this article.

1. China Town

In Singapore, where Chinese make up about 70 percent of the population, Chinatown is an indispensable tourist attraction. China Town, which is full of various Chinese-related items such as strong colors and Chinese-style hand-made products, is a place to experience Chinese culture firsthand. You can experience many Chinese-style accessories, as well as authentic Chinese cuisine and food materials.

2. Singapore Zoo & Night Safari

The Singapore Zoo and Night Safari are huge zoos filled with exotic animals from all over the world under the theme of tropical rain forests. It is the world's best zoo where animals live in the same environment as their original habitats.

The zoo, which boasts a large area of more than 84,000 pyeong, including a large animal sanctuary, is home to many animals, including orangutans,

elephants, primates and tigers.

There are various programs here where you can have breakfast with animals and observe them, and night visitors can enjoy a night safari tour from 7 p.m. Night Safari is an unusual safari tour, traveling on small trains with professional guides to observe animals.

3. Universal Studios Singapore

Universal Studios Singapore, located on Singapore's Sentosa Island, is the best theme park that seems to have surpassed the limits of human imagination. It is popularly operated by recreating not only the rides but also ancient cities and cities from movies. In addition, various events are held at night to choose and experience programs that suit your taste.

4. Lau fa Sat Market

Lau Pasat is Singapore's most famous traditional market and is located in the heart of downtown Singapore. It first opened in 1894, and has been open all year round since its opening. You can not only see the various foods of the world, but also experience many things, including fresh produce, hand-made crafts, souvenirs, and antiques.

5. Clark Quay

Clark Quay is located near the Singapore pier. This is where you can experience the lively atmosphere at night in Singapore. In this place, where young and diverse people show off their individuality, locals and tourists can have a great time together. Here, there are various restaurants, bars and clubs, you can have a passionate and enjoyable night with many people.



6. Singapore River Cruise

I'm sure that River Cruise in Singapore is one of the must-experience things for anyone who visits. When you're on board, you'll surely have an amazing and happy experience you've never experienced before. You will create fond memories while enjoying the grandeur and beauty of Singapore. Singapore River Cruise runs both day and night, and personally recommends a night tour to enjoy the night view of Singapore.

7. Orchard Road

Orchard Road is a tourist street filled with luxury brands such as Cartier, Louis Vuitton and Chanel. It is similar to Myeongdong and Cheongdam-dong in Korea. Luxury stores along the 1.6-kilometer-long Orchard Road gives patrons a very luxurious and elegant feeling.

If you want to enjoy luxurious shopping and atmosphere, make sure to visit Orchard Road.

In addition to the places mentioned above, there are many other wonderful things to see in Singapore. The world-famous Marina Bay Sands and the statue of Merlion are also great tourist attractions, but because they are so famous, they are not mentioned in this article. It is currently difficult to determine how long the corona crisis will continue. If you have any plans to travel abroad after the corona crisis is over, I would recommend Singapore.

By reporter **Kim Gunn-hwi**

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Keep an eye out for us!

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

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