

HANSAMO NEWSLETTER

Vol. 8 Winter 2015

Table of Contents

| | |
|---|------|
| Oakland Baseball Korean Heritage Night----- | 2 |
| Pleasanton Korean Culture Festival ----- | 3 |
| DVHS Motion, Emotion Night----- | 4-5 |
| WRMS Heritage Night----- | 6 |
| KCCU 5th Annual Performance----- | 7 |
| 2015 Hansamo Parent Seminar----- | 8 |
| DVHS Korean Traditional Play ----- | 9-10 |
| New Korean Hourglass Drum Dance Team----- | 10 |
| Swarm of Earthquakes in San Ramon----- | 11 |
| Norovirus Outbreak in Boston----- | 12 |
| Korea becomes Technology Startups Hub ----- | 13 |
| International Junior Science Olympiad ----- | 14 |
| Nutrition: Doenjang----- | 15 |
| Food Corner: Doenjang Jjigae ----- | 16 |
| Hanbok----- | 17 |
| Hangul----- | 18 |

Oakland Baseball Korean Heritage Night

By Yunchai Sung

Once again, the Korean Heritage Night opened on June 9th of 2015 with immense excitement and hearty cheers from the Korean fans of A's. The festival was hosted by Hansamo at O.co coliseum in Oakland, CA.

With a strong support from the last year's game, the Hansamo samulnori and samgomu team were once again invited to perform on the base field this year. The students in the samulnori team have reported that they had spent weeks of practicing for the performance regardless of their busy schedules and other school activities.



Paul Shin (9th grade student in DVHS), one of the members of the samulnori team said, "Well, I was quite nervous when we first started the performance since the place was huge and there were a lot of people who came to watch the A's game. However after it, I felt proud of my samulnori team that we were able to perform without any noticeable mistakes. It was a very valuable experience for me and I look forward to

have this kind of performance next year".



Julia Chai (12th grade in DVHS), currently a leader of the samulnori team stated, "I was very very proud. Although I was nervous, performing with the team made it less nervous. This was our first big performance with the new team and I think it was a great start to getting to know the new members and actually bond with them". She also added, "It felt like we were a true family and I was really proud and grateful to be Korean and share the Korean culture with other nationalities".

On the performance students wore traditional samulnori costumes consisting of white tops and bottoms with yellow, red and blue ties around their shoulders and waist lines. The samgomu team wore women's hanbok designed with vibrant colors of neon blue and pink. The audience acclaimed that the costumes made the performance seem highly professional and felt like they were in Korea.



Pleasanton Korean Culture Festival

By Alina Shim

On October 10, 2015, a Korean culture festival was held in Pleasanton, California. This festival included many different kinds of activities that showed different aspects of Korean culture. The festival began with a ribbon cutting ceremony. Then followed an informational presentation on Korea, showing “Slides of Korea”.



There were remarkable Korean performances, such as the flower crown dance, Tae Kwon Do, fan dancing, and etc. These performances showed the true arts of Korean culture. Afterwards, a Korean folk tale was told and a traditional clothing talk and its demonstration was held. Lastly, there were crafts, activities, and food tasting. The crafts included a photo zone where you try on hanbok ok and take pictures with models, Korean calligraphy demonstration, and rice cake shaping. Activities included a quiz about Korea, jegichagi (a Korean traditional outdoor game that includes the use of foot and a Jegi), and Ddakjichigi (a Korean traditional game).

For food tasting, people had a chance to try bibimbap, kimchi, and rice cake. A participant Chloe Hong stated, “I think this culture festival is a great way for people to learn about the Korean culture. People can learn about the Korean culture by getting involved in these activities, and the activities are great because they help promote the culture in a fun and enjoyable way.”



DVHS Motion, Emotion

By Amy Jung

December 14, 2015, San Ramon – 7 PM All the heads in the audience turned towards the entrance of the theatre as the sound of the Kkwaenggwari silenced the murmurs among the audience. The 2015 Korean Motion, Emotion by San Ramon Hansamo began with a loud clash of brass from the Hansamo Samulnori team as they began the opening act.

Sponsored by the Consulate General of Korea in San Francisco and Korean Education Center SF, this event took place at the Dougherty Valley High School Performing Arts Center. Notable figures, Supervisor of the Contra Costa County District II, Candace Anderson, and President of the San Ramon Hansamo, Minyoung Bang, attended Korean Motion, Emotion to hand out the annual Hansamo Scholarship Awards & Appreciation Awards to outstanding students and parents who helped promote Korean culture within the community.

Also, professional musicians, Danbee Yoon and Hyunkyung Doh, came to play traditional Korean instruments. Ms. Yoon performed “Yak-sok”, which means “promise” in Korean, from an OST of Yi San, a Korean historical play on the dae-guem. The dae-guem is a delicate Korean bamboo flute, known for its distinct wood tone and piercing pitch. Ms. Doh played a traditional folksong “Chulkang” on the traditional Korean zither with six thick twisted-silk strings called the komungo.

During the joint performance, the two women started off with the most well-known traditional Korean folksong, “Arirang”, and then merged into a more upbeat jazz-like song called “No-young Na-young”. “The contrast between the two songs really emphasized the different beautiful sounds of the traditional instruments,” commented one audience member, “It took me by surprise when they played the more contemporary one; I didn’t know that these instruments would sound so good in different types of music.”

Next was a special performance by Sam-go-mu team from San Jose Urisawe Korean Culture

Center. Sam-go-mu is derived from one of the oldest traditions of Buddhist drum dancing. The dancer, traditionally female, is surrounded by three drums. In this performance by three high-school students from San Jose, the drummers used various drumming techniques and dance movements to create a harmonious dance. Many audience members were amazed by the unified choreography and complex drumming patterns as the drummers moved their arms and feet with dexterity.



One Dougherty Valley High School student remarked, “They all moved as if they were one! I was especially amazed when they bent their backs and were hitting the three drums backwards even as the tempo picked up.”

Hansamo’s newly started Janggu dance group came up right afterwards. Only two months since its establishment, the Janggu dance team choreographed a spectacular dance incorporating both traditional Korean dance movements and janggu drum beats. Each of the eight students from different schools across the Contra Costa County carried the janggu drum as they performed their dance routine. The combination of both hand-eye coordination and body movements stunned the crowd.

The Hansamo Samulnori team later joined in and brought its exhilarating beat with them. Like the opening program, the loud clang of the Kkwaenggwari took lead and set the increasing tempo of the drumming pulses from both the Samulnori and Janggu teams.

The night ended with a finale of more than 100 students from the Dougherty Valley High School Korean class singing “Arirang” with the traditional Korean instrument professionals, Ms. Yoon and Ms. Doh. A couple of the audience members joined in at the end of the folksong as the curtains fell down and applause erupted from the audience.

A special night to remember for all the participating students, artists, and parents, the 2015 Korean Motion, Emotion showcase reignited the appreciation for traditional Korean culture and brought together the community for an evening filled with amazingly talented and hardworking performers and students from all across the Bay Area.



WRMS Heritage Night

By Dooie Doh

On November 19, 2015, Windemere Ranch Middle School held its annual heritage night. The purpose of this event was to mingle the many cultures within the community and to share their traditions. During this event, multiple representatives of certain countries were given the opportunity to present a booth that illustrated their cultures. Hansamo was fortunate enough to host a Korean booth at the event, which seemed to use interaction and food as main ways of grabbing people's attention and spreading cultural awareness throughout the school.



A teacher from the school admitted that “the food was the most impressive part.” The eclectic collection of Korean food on the booth included gimbap (김밥), tteok (떡), and tteokbokki (떡볶이), which were all staples of the Korean diet that delighted everyone. Another visitor commented, “The booth was very visually organized, and the interactive aspect of the booth made the culture more understandable.” Indeed, the booth provided traditional Korean musical instruments and even a video documentary on tourism in order to demonstrate a hands-on

experience on Korean tradition. The audience was able to watch the documentary to see the many attractions in Korea that were available to tourists.

Many others also tried playing the instruments, such as the Janggu (장구), which was open to playing. What further distinguished the Korean booth from many other booths was the fact that the display featured characteristics of Korea that were both old and modern. For example, Korean cultural items, such as fans, drawers, and pouches, illustrated the ancient features of Korea. But the metropolitan display of Seoul in the video documentary showed the audience how much Korea had developed over time, and demonstrated features of Korea which resemble facets of modern Korea.

But the importance of this Korean booth was the addition of diversity to the community. The Korean booth was definitely a positive contribution to the many cultures at the event. Famed sportscaster Stuart Scott once said, “Diversity means understanding.” Well, the Korean booth seemed to have truly taken this idea to heart. The holistic display of Korean culture, filled with interaction and food, allowed for something that everyone, not just Koreans, could appreciate, understand, and enjoy.

KCCU 5th Annual Performance

By Diane Choi

The Korean Culture Center - Urisawe (우리사위) held their 5th annual performance on September 27th, 2015 at the Santa Clara Convention Center. Performances of many traditional songs and dances were joined to create a wonderful night of Korean culture. The show started with “Serene Beats”, a performance of the big drums and the three drum dance. The first performers were great and created a lively, dynamic mood. The dances and the Arirang sing along were appreciated with applause and everyone’s favorite was the ‘little’ three drum dance of adorable young students. Two dances from the Goseong Ogwangdae Play truly completed the show. Our Hansamo team was also included into the program and left a great impression. Many traditional percussion instruments joined together to conclude the night with a strong performance.

Program

- “Serene Beats” big drums and three drum dance (대북 & 삼고무)
- “Shim-Chung-Ga” singing (판소리)
- natural basic dance (입춤)
- dance of a leper man (문등북춤)
- ‘little’ three drum dance (삼고무)
- traditional folk group dance, under a full moon (강강술래)
- traditional flute with traditional piccolo and gayageum (대금연주)
- janggu drum dance (설장구 춤)
- “Jin-Do-Arirang” sing along (진도아리랑)
- “Harmony” performance with hansamo team (사물놀이) and KCCU members



2015 Hansamo Parent Seminar

By Donggyu Han

On October 21st, Hansamo president, Bang Min Young (방민영), organized a seminar which more than 40 people attended. The seminar took place at Odagada in Dublin. Choi Chul Soon (최철순), the Korean Education Center Director in San Francisco, promised support for the Korean education programs in the Bay Area, particularly Hansamo.



Several announcements were made during this event. Firstly, Kang Sang Chul (강상철), Hansamo's founder, informed people about the Korean Heritage Night which would take place during the Oakland A's baseball game next year on May 17th. He also stated that on December 14th, there would be an award ceremony in which Hansamo scholarships and volunteer awards would be handed out to exceptional students at the Dougherty Valley High School Performing Arts Center. Samulnori, a Korean traditional drumline, and several Korean traditional dances and music would be performed at the same ceremony.

According to Sunny Kim (김선아), the Hansamo committee plans to open up Korean classes in middle schools in the district to spread Korean language and culture. In order to accomplish this, Sunny Kim is allowing students to volunteer at elementary schools. These volunteers are expected to teach Korean language and culture.

Oh Jae Woong (오재웅), the president of Brain Trust, informed parents on and prepared students for college. Choi Mi Kyung (최미경), a math tutor, talked about the advantages and disadvantages of skipping math courses and gave insights on the new SAT math section.

Finally, Park Ji Won (박지원) announced that a preparatory class for the Korean placement test designated for 8th graders, which will take place on March 2016, would be provided by Hansamo. In addition, Park Ji Won gave out information about internships, club activities, and summer programs.

DVHS Korean Traditional Play

By Daniel Lee

On October 9th, 2015, a traditional Korean play was performed during lunchtime at Dougherty Valley High School. The performing troupe consisted of Go Mi Sook, Yoon Hyun Ho, and Choi Sung Bum. They performed a traditional Korean play called "Goseong Ogwangdae."(고성 오광대) The literal translation of the Korean Phrase means Goseong (region) and Ogwangdae (Five Clowns).



The performance is a five part performance that uses traditional-style mask dancing and an accompaniment of traditional Korean music. The play is in five parts in order to represent the four cardinal directions (north, east, south, west), and the center. The first act is the Leper's Drum Dance. In this act, a leper plays a small drum and dances. Often times, another person accompanies the leper while he dances. In the second act, the Five Clown Mask Dance, a group of noblemen are teased by another group of servants. The next act, the Imaginary Animal Bibi, a mysterious animal teases a group of noblemen. In the fourth act, the Monk's Dance which is somewhat satirical, a monk dances alongside another woman. In the final act, Mistress Jemilju, a fight between a mistress and

a wife results in the death of the mistress' child and the wife.

Ultimately, the play seems obviously acrimonious toward noblemen. The reason behind this lies within the social class system of the Joseon Dynasty. During this time, resentment toward noblement resulted in the formation of various satirical comedies. Out of these comedies, Goseong Ogwangdae was one of the most popular, making it an important facet of Korean culture.

Interview with performer Ms.Go Mi Sook.

Interviewer: Why do you think performing is so important?

Go Mi Sook: It is important to preserve our Korean culture, which in my case is through music. Ultimately, I choose to perform, because I know that if I don't do it, then I can't pass down our culture to my children. The same applies to other families in Korea.

Interviewer: Where have you performed?

Go Mi Sook: I've performed in various countries, which include not only the United States, but also main sites in China.

Interviewer: How did you come to performing?

Go Mi Sook: I really loved playing instruments as a kid. The fun that I drew from music soon became my inspiration, allowing me to perform the way I do today.

Interview with Navkar D. Gandhi. Navkar is currently a student in Korean 3 at Dougherty Valley High School.

Interviewer: By the looks of it, what would you say is taking place right now?

Navkar Gandhi: I would say that the performance consists of some sort of traditional Korean dances.

Interviewer: Why do you think that such performances are held here at Dougherty.

Navkar Gandhi: The diversity in Dougherty Valley High school is a key aspect that allows for such performances to be founded. The reason these performances take place is because they reflect the diversity and cultures that are present in the school.



New Korean Hourglass Drum Dance Team

By Sihyun Na

On the night of Monday, December 14th, the Hansamo Hourglass Drum Dance (장구춤) Team performed in Dougherty Valley High School. This group is made of eight people in 7th through 11th grade. The dance team started learning the dances two months ago in Koo's Tae Kwon Do center from 9 to 10 P.M. every week. After two or three times of meeting, the group was presented with their hourglass drum from the Hansamo Organization. From then on, they practiced diligently on their instruments and dances to create an performance. Only after eight hours of practice total, they were prepared to present themselves on stage. On the night of their performance, the performers went through three hours of preparation to get ready to face the audience members.

The dance team performed two types of dances for the audience. One was the collaboration with the Samulnori Team. The Samulnori team consisted of about twenty experienced people who had practiced regularly for quite a long time. The mash up of the two Korean traditional dances excited the audience. The Samulnori Team and the Hourglass Drum Dance Team played loud and lively music from the different instruments, such as the hourglass drums, small and large gongs, and barrel drums. All together, the thirty kids showed off their skills and communicated their thrill to play to the listeners.



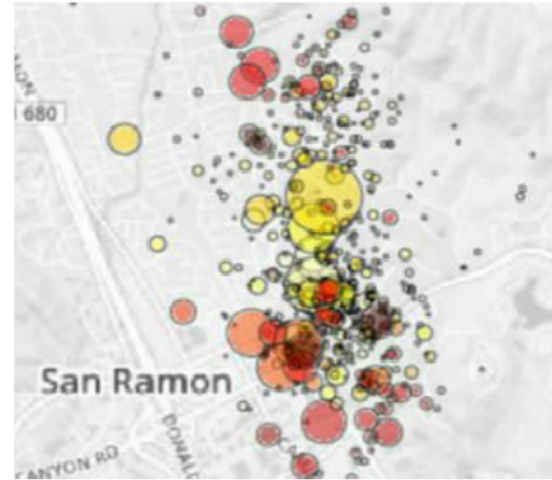
For their second dance, the Hourglass Drum Dance Team left their drums behind. They showed their Ki-Bon-Mu dance dressed in sequined blue hanbok skirts, with black long-sleeve shirts. Nobody failed to have a smile on her face.

One of the audience members said, "They gave me the chills," after seeing the recital of their dance. Their dances were polished, and overall, the evening was outstanding. The Hansamo Organization was proud to present this newly established dance team, which displayed a unique part of Korean culture.

Swarm of Earthquakes in San Ramon

By: David Lee

Have you ever felt the ground beneath you shake? Between October 13 and November 6, there was a swarm of 583 small earthquakes that hit the San Ramon area. Experts from the U.S. Geological Survey are predicting for a big earthquake to hit California soon. There has recently been a 3.1 magnitude earthquake on December 19th, 2015 at 12:34 am. This earthquake struck San Ramon in the same area as the previous swarm of earthquakes a few months ago.



Earthquakes are created by the movement of plates under the earth's crust. These plates

are called tectonic plates. California has had a history of earthquakes due to the San Andreas fault, which runs along the coast of California and forms a tectonic boundary, an area where 2 tectonic plates (the Pacific and North American Plate) meet. The movement between the tectonic plates creates fault zones, curved fractures in the rocks of the Earth's crust. The Calaveras Fault is a major branch of the San Andreas Fault. It runs through and near the cities of Alamo, Danville, San Ramon, Dublin, Pleasanton, Sunol, Milpitas, San Jose, Gilroy, and Hollister.

Unlike California, South Korea is not on the edge of a tectonic plate. According to KMA data there was a recorded number of 26 earthquakes

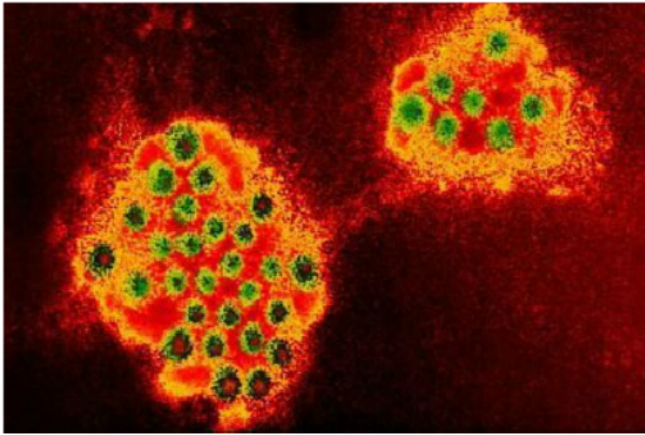
in South Korea during the 1990s and 44 earthquakes in the 2000s. From 2010 to 2014, there has been 58 total earthquakes. Experts say that it is very unlikely that any major earthquakes will occur in the peninsula of South Korea, but that does not mean Korea is invulnerable to a deadly earthquake. In the Joseon period, based on historical record, Korea's biggest earthquake measured a magnitude of 7.0. The biggest earthquake that was actually measured was a magnitude of 5.0 at Hongsung, Chungnam on 1978. Professor Hong Tae-Kyung, at Yonsei University, says that earthquakes will be especially active these next ten years.

According to experts, the string of mini earthquakes in San Ramon could be a sign of another swarm of earthquakes or a premonition for a big one. Scientists have predicted the epicenter of a massive earthquake to be in San Ramon. Are you prepared for this big earthquake?

Norovirus Outbreak in Boston

By Donggyu Han

On December 9th, an unusual case of a virus outbreak began at a popular fast-food restaurant, Chipotle, in Boston. More than 120 Boston college students were infected with the notoriously communicable norovirus. The number of the victims is increasing as more and more people report their symptoms to Chipotle. Boston Inspectional Services department, which is responsible for inspecting the city's restaurants, reported that an employee was sick during the shift.



It theorized that the virus spread when the employee served the customers with unsanitized hands. Food safety experts have pointed out that Chipotle's heavy reliance on fresh ingredients led to the outbreak, though not yet proven. Chipotle spokesman, Chris Arnold, defends that Chipotle has served over "...22 years and served millions of people... without seeing incidents like we have seen this year..." He then declared that it was not necessary for them to "impeach ingredients or supplies" when the cause of the outbreak is still unknown.

There were several cases of illnesses due to Chipotle's food in 2015, like E. coli and salmonella, but the norovirus outbreak called out to the consumers. The magnitude of the outbreak was far more greater than the ones of previous illnesses. All Chipotle restaurants in the vicinity are closed off to prevent future chaos, and even the ones in different states like California had little to no customers because if this outbreak.

Norovirus causes extreme gastrointestinal pain, diarrhea, nausea, cramps, and vomiting. The virus spreads through direct contact with an infected person, eating contaminated food, and touching objects that have the virus on them. The primary reason why norovirus spreads fast is due to its ability to survive on surfaces after contact. People are then vulnerable to the possible virus particles when making direct contact. Unfortunately, there is no vaccine because antibiotics do not work on viruses. However, it can be treated by drinking plenty of water to prevent dehydration.



Korea Becomes Technology Startups Hub

By Dooie Doh

Many countries are known as grounds for technological business startups. The United States, Finland, and Sweden, are all top destinations for technology startups in the world. These countries are also being acquired by American companies such as Apple and Google, and have also brought up many notable startups of their own as well, such as Spotify and Rovio Entertainment. But a new ground for technological startups is emerging – South Korea. Recently, Bloomberg has ranked South Korea among the top countries for research and development capabilities, productivity, patent activity, and communications technology. In fact, South Korea boasts the highest broadband penetration in the world at 97% and has a top broadband speed of 50 megabits per second.

But the catalyst of South Korea's technological hub boom is Koreans' interest in digital media and their mass consumption of digital resources. For example, many Koreans are interested in video game and social media development. This leads entrepreneurs who are ambitious to make digital media developmental businesses to go to the United States in order to familiarize themselves with a more competitive environment, and return to South Korea with better business tactics and a "bolder" willpower to create a successful business. This, in turn, grabs the attention of big American technology companies. Google, for instance, is playing a significant role in nurturing many South Korean technology startups into creating a global profile. Such opportunities seem to be very attractive, as more and more successful startup companies are being based in South Korea. The South Korean government seems interested in this boom of tech business, too, as they stretched their budget for fostering these new technology businesses to an amount equivalent to more than 12 billion USD.

South Korea's position in technology seems to be in very good shape. And it is. However, the main thing that must be realized is that South Korea really needs its hub of technology startups in order for its economy to thrive and keep pace with other economic powerhouses. Logically, it makes sense. South Korea is very small, its size being only 20% of California. Therefore, there is not that much space to provide natural resources, agriculture, or manufacturing. So South Korea has to rely on ways to promote its economy that doesn't involve direct production, and entrepreneurships and small businesses seem to be viable solutions. Sure, South Korea does have chaebols, or large business conglomerates, but they focus too much on exports and manufacture: things that aren't very diverse, and more problematically, things that South Korea doesn't have much of. Now economists are recognizing the benefits of small business startups, and are promoting those more and more.

International Junior Science Olympiad

By Daniel Lee

The International Junior Science Olympiad is an annual major competition which includes a variety of scientific topics, including physics, biology, and chemistry. The top students from each nation are allowed to compete in the notoriously difficult competition. The competitors must form teams up to 6 students who must all be under the age of 16. The actual test is composed of three parts, which are each 3 hours long. The first portion of the test is a 30 question, multiple choice test which features biology, physics, and chemistry. Each of the questions have 4 options and is worth 1 point. The second portion of the exam is a theoretical examination in which the competitors are asked questions on biology, chemistry, and physics. The final portion of the exam is performed in groups of up to 3 students, allowing for a maximum of 2 teams from each country. The teams are then asked to follow instructions in order to answer specific questions.

Recently, Korea hosted the International Junior Science Olympiad, which took place in Daegu. from December 2 to 11. At the competition, three students representing India, Bhaskar Gupta, Lakshya Sharma and Vidushi Varshney, won 2 gold medals and 1 silver medal, respectively. The team from India ultimately won 5 gold medals and 1 silver medal, placing second at the

The first place team from medals, placing them above six students, Lu Chen-Yu competition with the best best overall prize. This is team from Taiwan has year period. The top ten earn gold medals, the earn silver medals, and the bronze medals. As a result,

Taiwan walked away with all six gold medals and the team from India walked away with 5 gold medals and 1 silver medal is impressive in itself.



competition.

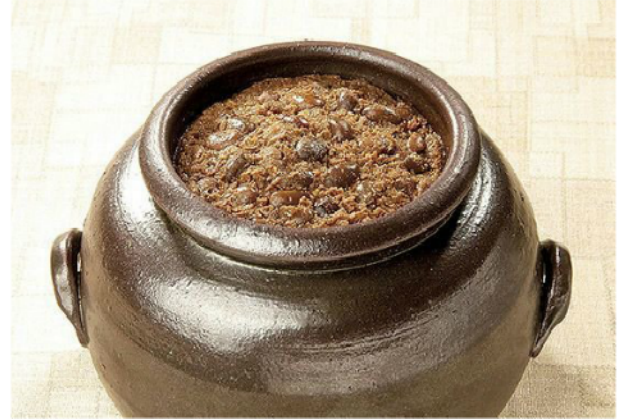
Taiwan received six gold the India team. Out of the walked away from the theoretical prize and the the seventh time that the ended in first in a twelve percent at the competition following twenty percent final thirty percent win the fact that the team from

For more information, visit <http://ijsso-official.org>

Nutrition: Doenjang

By Diane Choi

Doenjang, or fermented soybean paste, is one of the most important ingredients in Korean cooking. It can be used in many types of Korean stew, or as a dip for vegetables. It is most prominently used in the soup broth of doenjang jjigae, which also contains tofu, meat, and various vegetables. Doenjang also contains many hidden nutritional benefits.



Doenjang is known for its anticancer properties that do not go away even after when it is boiled or heated. Daily consumption of doenjang is one of the fifteen rules for cancer prevention. It is gradually becoming recognized officially by health experts. Doenjang also helps in lowering blood pressure because the histamine-leucine amino acid increases the psychological activation of protein. This further prevents headaches and reduces blood cholesterol. Doenjang reduces the activation of glycosyl-transferase, and it strengthens the liver.

The liver can be detoxified and restored with its functions like distributing nutrients throughout the body.

Doenjang is known traditionally to aid in digestion and have an antidote effect on poison. It is known in traditional Korean remedies to increase appetite, while being digestible. Thin doenjang soup is used to cure indigestion. Doenjang is also effective in detoxifying poison in fish, meat, and vegetables. It is known to prevent dementia with its lecithin because it increases brain activity. Doenjang contains protein that can also prevent heart disease and brain tumor. Doenjang has many natural health benefits including traditional remedies and treatments that are beginning to receive recognition. See the nutrition facts of doenjang down below.

Nutrition Facts

Sunchang - Korean Seasoned Bean Paste (Doenjang)

| Servings: 1 1 tbsp (19g) | | | |
|----------------------------|------|---------------|--------|
| Calories | 30 | Sodium | 840 mg |
| Total Fat | 1 g | Potassium | 0 mg |
| Saturated | 0 g | Total Carbs | 4 g |
| Polyunsaturated | 0 g | Dietary Fiber | 0 g |
| Monounsaturated | 0 g | Sugars | 3 g |
| Trans | 0 g | Protein | 2 g |
| Cholesterol | 0 mg | | |
| Vitamin A | 0% | Calcium | 0% |
| Vitamin C | 0% | Iron | 2% |

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Food Corner: Doenjang-Jjigae

By Amy Jung

With the cold windy days settling in, a bowl of 찌개 (Korean stew) with rice sounds perfect for this winter season. That's why today's menu is 된장찌개 (doenjang-jjigae: fermented soybean paste stew)! Korean drama characters always seem to yearn for their mother's special 된장찌개 when they are missing family members or home. This dish is an everyday house food that varies in taste from one family to another. But the main ingredients are usually always the same, so let's get started!

Ingredients:

- 1 cup of cubed potato
- 1 cup of zucchini/squash
- 1 cup of cubed onions
- 5 cloves of minced garlic
- 1 green chili pepper chopped
- 7 dried anchovies
- 1 stalk of chopped green onion
- 150 grams of cubed tofu
- 5 tablespoons of doen jang (soy bean paste)
- OPTIONAL: shrimp, sausage, pork, beef, spam, etc.



Directions:

1. Prepare the pot by adding the potato, onion, garlic, zucchini, green chili pepper, (shrimp/pork/spam), and dried anchovies
2. Add 2 ½ cup of water, just enough to cover everything in the pot
3. When boiling starts after 10-15 minutes, add 5 tbs of bean paste, stir the stew, and keep cooking for another 15-20 minutes
4. Add tofu and cook for another 5 minutes
5. Add green onion and serve with a bowl of rice!

Hanbok

by Yunchai Sung

Unlike with the Chinese qipao and the Japanese Kimono, Korea's traditional clothing-both worn by men and women has remained under the international fashion radar. Top fashion brands, including Chanel, Dior, Carolina Herrera have been adding deeply hanbok-influenced designs in their 2011 spring collections and 2015/2016 Chanel cruise collection.

Hanbok refers specifically to clothing during Joseon period (1392~1897). It is often characterised by a title, "a dress made to wear and cover oneself", because of its unrevealing and upright style. Just like nowadays, Joseon period had fast moving stylistic trends regardless of the boundaries of each social classes. The popularity was often led by *gisaeng*, female artists who worked as a bar hostesses or to entertainers.

Women's hanbok usually consists of two primary pieces- *jeogori* and *chima*. Jeogori is an upper garment of the wear with two goreum (long ties) that are used to keep jeogori tied in place. *Chima* is a Korean term for "skirt". Just like the definition, it indicates a full, high wrap-around skirt, designed even fuller with a *sokchima* (underskirt) and *sokbaji* (underpants). For Hanbok, the concept of off-the-rack doesn't really exist. Long ties that are attached to most of the garments enables the wearer to adjust the size just right to his or her body. On top of these two basic apparels, women wore various accessories such as *norigae* (tied on the goreum), *gauche* (women's wig to make their hair look full) and *binyeo* (a stick shaped hair holder) These accessories came out in different values and shape, so most women, from commoners to royal families could enjoy wearing them.



Men's hanbok styles vary a lot depending on the person's social status. Regardless of this fact, they usually consists of magoja (men's version of jeogori), *duromagi*(long sleeves coat), *baji* (pants) and *hangjeon* (piece of clothes used to wrap around on top of each calves) Unlike women's jeogori, men's tends to be much longer in length to cover the whole upper body. This made men's goreum to be slightly wider and thicker than women's.



Color takes a prominent role in hanbok. "Hanbok is all about color. The color is the design. It's not about what's stuck on it", says Younghee Lee, one of the most renowned hanbok designers. Color showed the person's social position and what kind of occasion they were in. It also indicated woman's age and whether she married or not. For example, young children wore bright colors such as yellow and orange. In the case of married women, they wore violet colored goreum to indicate that they had a husband. They wore navy cuffs to proudly show that they had a son, since it was an androcentric society.

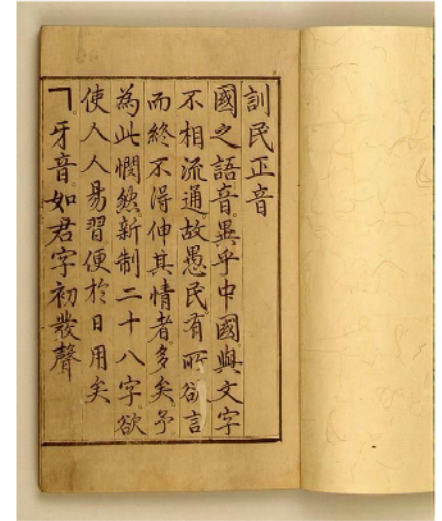
Hanbok isn't just an old traditional clothing only shown in museums. Hanbok is a part of Korean culture that is to be proudly represented to other countries.

Hangul

By Andrew Kim

Hangul (한글) also known as the “Great Script” was first invented by King Sejong the Great of the Joseon Dynasty and his researchers. The event was noted in his court, the Hall of Worthies, between 1443 and 1444. Before the invention of the script, it was standard to represent Korean with Hanja characters borrowed from Chinese. However, due to the sophisticated properties of Hanja characters, the Hunmin Jeongeum (훈민정음), *Correct Sounds for Teaching the People*, was published on October 9, 1446 as part of *Annals of King Sejong, Vol. 2*.

The Hunmin Jeongeum explained why King Sejong saw Hanja characters as incompatible for writing Korean naturally. He recognized the great amount of peasant illiteracy in his kingdom resulting in a concentrated literacy in the yangban (양반) aristocracy. As a solution, he devised the Hunmin Jeongeum script, named after the document that described the script, and was later renamed Hangul. Hunmin Jeongeum was featural, because its consonant moeum (모음), individual Hangul “letters,” represented the articulation of the tongue in the mouth required to pronounce a phoneme. The vowel jamo was designed based on the principle of yin and yang because of Korea’s strict vowel harmony.



Vowel harmony is the collection of rules that limit which vowels can be near other vowels. Although vowel harmony has been somewhat lost in modern Korea, some of it can still be seen in cases like the change of 노랗다 (yellow). The ㅏ and ㅑ in 노랗다, both positive “yang” vowels, became negative “yin” vowels in 누렇다 (very yellow) for emphasis. The neutral vowel ㅣ was chosen to represent man, ㅡ to represent earth, and ㆍ to represent the sun. Vowels which act according to vowel harmony are represented with a neutral vowel and an adjacent dot.

Although it was invented as early as the 15th century to replace Hanja writing, Hunmin Jeongeum did not come into wide use until later. The aristocratic class saw it as a threat to their power, and actively pushed to suppress its usage. It was not until the 17th century when Hangul novels became popular, and the 19th century when Hangul was adopted in schools, literature, and official documents. However, many documents were still written with Hanja, and the large uneducated commoner class continued to struggle with reading.

The Hunmin Jeongeum script did not have a common name until 1912, when Sigyeong Ju gave the script the name, Hangul. Previously, Hangul had several names, including eonmun (언문), which was a vernacular script due to its perceived inferiority to Hanja writing. However, Hangul began to be adopted more and more as the primary writing system after Japanese rule of the Korean peninsula, and standardizations of spellings spurred a simplification of Korean text.

