

# HANSAMO NEWSLETTER

Vol. 9 Summer 2016

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Edited By: Daniel Lee, Amy Jung, Yunchai Sung, Donggyu Han

## Korean Heritage Night

By: Daniel Lee

*DVHS Junior*

On May 17th, the Oakland Athletics hosted the second annual Korean Heritage Night, a night which celebrates various aspects of Korean culture. An array of people from across the Bay Area enjoyed beers, instant ramen, and triangular kimbaps, a traditional Korean seaweed roll stuffed with rice and other fillings.

Rock Williams and Julius Johnson, two students who had heard about the event through word of mouth explained, “We just came to have fun and watch some baseball.” Julius Johnson also added, “I used to attend a montessori school that focused on Japanese culture. I became interested in exploring new cultures after that experience, which is why I love events like this.”



During the night, many activities and performances transpired; there was a free give-away hat event, a pregame performance by the samulnori team, a performance of the national anthem by a Korean choir group, and interactive games, with eleven hundred participants. Adding on to all of this, two free airplane

tickets to Korea were drawn in a raffle.

Ultimately, the Heritage Night was filled with fun activities and had exuded a charged atmosphere during the festivities. The Oakland A’s ended victorious, with a score of 8 to 5 against the Texas Rangers. Once again, the Korean Heritage Night was a big success and is a night most will not forget.

### Interview with Ryan D., president of the Bay Area Korean Baseball Association

Interviewer: What exactly is it that you have brought to today’s Korean Heritage Night?

Ryan D: Today, we are promoting our Baseball League formed by the Bay Area Korean Baseball Association (BAKBA). The Bay Area Korean Baseball Association, as of last year, has become a nonprofit organization with an official umpire.

Interviewer: What certain events or activities does the association participate in or form?

Ryan D: Teens all over from the Bay Area come to compete against each other. There are teams even from Berkeley that come to compete in our tournaments.

Interviewer: Who specifically participates in these tournaments?

Ryan D: There are currently seven teams: the United Fungoz, the East Bay Bears, the San Jose Stealers, the Silicon Valley Giants, the Symphony Sluggers, the Stanford Cardinals, and the Emmanuels. There are about 110 adults above the age of 18 that play in the local leagues. So there are a lot of teams that come to compete and participate in events like these.

Interviewer: Are there any other things you would like to mention?

Ryan D: I am simply happy to be here! We've grown so much as an organization since 2011 and are continuing to rapidly grow. We've recently been able to acquire an actual high school field and have the biggest hopes for our continual expansion. For more information, you can always visit our website at [www.bakba.net](http://www.bakba.net).

## DVHS International Festival

By: Dooie Doh  
*DVHS Sophomore*

The International Festival at Dougherty Valley High School on Friday, May 27th 2016 was centered around the idea of unifying culture. People from all around the San Ramon community were able to experience the eclectic mixture of heritage mingle into a wholesome and somewhat edifying experience. Many cultures from not only those in the high school, but also those in the San Ramon community as whole, joined the International Festival to share their cultures and promote awareness and unity.

There were multiple booths set up for each culture and attendants of the festival walked around each booth to learn something new. Indeed, the unique and exotic foods from each and every country allowed many people to be introduced to the small nuances of cultures that they did not realize before. It was not only the food that allowed everyone to experience culture; after a few hours, audiences were led into the school gym, where there were eloquent performances from countries all around the world, including Chinese dances and Indian chants. Hansamo itself prepared a Samulnori performance and surprised the audience with a thunderous percussion performance. It especially seemed like the Korean community was very knit together when preparing for the Dougherty Valley High School International Festival, because many of the events there, including the Korean K-Pop contest, was prepared by the Korean community.

It is indeed atmospheres like this that truly promoted the true purpose of the International Festival. At the end of the day, the International Festival had been successful at allowing different ideas and heritages to resonate with one another and opening up novel revelations to many people. It is very fortunate that events like these are always present to encourage respect, interest, and most importantly, celebration of all of the cultures that we have and will encounter throughout our lives.



Hansamo's Salmunori performance demonstrates a big tradition of Korea.



The K-Pop Contest attracts a sizable audience.



## Art and Wind Festival

By: Yunchai Sung  
*DVHS Sophomore*

On May 30th, Art & Wind Festival was held in San Ramon, California. This festival included stations that displayed traditional costume, food and art for the public, and performances that showed diverse culture and ethnicity around the globe. Hansmo's Samulnori and Jangu Team also performed to represent Korean culture and its traditional dance.



Prior to the performance, Julia Chai and Erin Kim, the two leaders of the Samulnori team, explained about the Korean percussion instruments the team used and what those instruments symbolized to Koreans in ancient times. Once Jing (징: a type of brass percussion instrument) started off with a broad ringing note, other instruments came in with unique beats that weaved into each other's melody. After a while, Jangu Team entered to perform Korean "Fan dancing" (부채춤). Along the beat, they arranged in different styles to form symmetrical flower shapes and wave looking flows with the folding fans.

After Jangu team's performance, Samulnori kept playing with fast paced rhythm and ended with Jing, just the way it started.

Clare Shin, a 9th grade student in the Jangu Team commented, "At our recent showcase at Art and Wind Festival, I was proud of myself and my teammates when our performance made our audience smile and dance along with us." She added, "Hansamo brought me treasurable memories and experiences and I look forward to working harder to travel to other places to widely spread Korean culture and its beauty".



The festival performance and practices that followed not only created valuable memories for the students but spread Korean culture and its unique identity to people in San Ramon. In essence, the festival united people of different ethnicities by drawing connections between various cultures around the world.

## Hansamo Samulnori and Jangu Team

By: Diane Choi  
*DVHS Freshman*



The Hansamo Samulnori and Jangu Team put together a collaboration to perform at the Oakland A's opening performance. To prepare for the performance, about thirty middle and high school students came together every Saturday night, from three months prior to the performance. The Samulnori team practiced from 6:00 to 7:00, combined with the Jangu team from 7:00 to 8:00, and the Jangu team practiced from 8:00 to 9:00.

Although it was difficult to gather these busy students and practice, we were able to unite through the Korean culture. The long practices

paid off when the team finally performed on the field of the Oakland Coliseum. The practices took place at Koo's Martial Art Academy.

At Valley View Park, the Samulnori and Jangu Teams were able to practice at a much larger setting, similar to their performance stage at the Oakland Coliseum. Go Mi Sook (Urisawe) made the choreography and led the teams through the practices to create a wonderful performance.

Through this performance, the Korean culture was spread to become more well known throughout the bay area.





## Teacher Luncheon

By: David Lee  
*DVHS Freshman*

On February 8 2016, Hansamo began to prepare the third annual new year's day celebration for the teachers at Dougherty Valley High School. Hansamo is a nonprofit organization dedicated to spreading Korean culture and its language throughout Northern California, with the chair being Minyoung Bang. Local Korean parents helped prepare the food and serve it to about 130 teachers.

The goal of this event was to spread and spark interest in Korean culture, through traditional food. It was also a way for the parents to show appreciation to the teachers at Dougherty Valley High School. Bibimbap, a large bowl of rice, vegetables, meat, with a sauce of either hot pepper paste or soy sauce, was one of the main dishes. Other popular dishes included the seafood jun and tofu jun, types of Korean pancakes. For dessert, fruits and cookies were handed out.



Rachel Decker, an English teacher at Dougherty Valley, exclaimed that she was very excited about the event and that the jun was her favorite dish. Everybody seemed happy with the dishes, providing an upbeat ambiance.

Although this New Year's celebration was only for the staff members and teachers, there will be another opportunity to experience the wonderful culture of Korea. On May, the San Ramon Art and Wind Festival will be featuring multiple entertainers. Out of these entertainers, Hansamo will be back with more traditional Korean foods. This will be a good opportunity to learn about Korean culture and to buy some delicious dishes.

## Hansamo Korean Placement Test Preparation

By: Donggyu Han  
DVHS Sophomore

Upcoming freshmen at Dougherty Valley High School have prepared for the Korean placement test, which shows whether or not one is capable of skipping a level of the Korean language class. Not many students take advantage of this opportunity to advance, even though many incoming freshmen students know that they will be taking the Korean language class next year.



The Hansamo president, Minyoung Bang (박민영), organized a preparation program that is “designed to prepare students who want to skip Korean 1.” This program, which started in January 2016, has prepared 5 students during the span of 8 weeks for the Korean Placement test. Yoonjung Lee (이윤정) was the teacher of this program who taught the students the necessities to skip Korean 1.

Students participating in the Hansamo Korean Preparation program

A student of this Hansamo program, Jalene Wong, commented that this program “allowed [her] to achieve something she could not have done by [herself]: the advancement to Korean 2.” Such support incentivizes students to exceed their capabilities and advance on to higher levels in their highschool years. The Hansamo Korean Preparation program not only helped students pass the Korean placement test, but also made them realize how far vast their abilities were.

On March 7th, 19 students took the Korean placement test to attempt to advance to Korean 2. Boohyun Lee, the Korean class teacher at Dougherty Valley High School, supervised those students in her classroom, Room 4106.



## Fundraising

By: Sihyun Na,  
*DVHS Freshman*

In Hansamo, we have many fundraisers to help us support our cause. The three main fundraisers are: Krispy Kreme Doughnut sale, side dish sale, and golf tournament.

Every few weeks, the Hansamo Organization holds a Krispy Kreme Doughnut sale fundraiser. This fundraiser is the most frequently held due to its popularity. Krispy Kreme offers special deals in partnership with other organizations and groups in order to support their cause. They sell boxes of doughnuts at a discounted price to organizations while the organizations earn money by selling the boxes at the regular price. Through this program, the Hansamo organization receives its share of money.



The Hansamo members sell the boxes of doughnuts to their fellow friends and family--hundreds of boxes are sold most of the time. Suna Kim, a member of the Hansamo organization said, "This fundraiser brings joy to both the organization and the buyers."



The second main fundraiser works just like the first one, but instead of doughnuts the Hansamo Organization sells side dishes provided by the Korean Market in San Jose.

The last main fundraiser is the Hansamo Organization Golf Tournament. The Hansamo Organization has established a partnership with the Blackhawk Country Club Lake Side Course.

Then, people who want to support Hansamo come to donate while having enjoying their time on the greens.

Suna Kim expresses her gratitude for supporters saying, "We really cannot be this stable and continually growing, without the help of our supporters."



## Arts of Silla

By: Yunchai Sung,  
*DVHS Sophomore*



Korean ancient era began with three countries called the Three Kingdoms which included Goguryu, Baekjae, and Silla dynasties. Silla, the dynasty that started off as a smallest region, was established in 57 B.C.E. lasted until 935 C.E. surviving for almost 1000 years, making the longest dynasty in Korean history. In this period, Silla people had shown their artistic sense through their craftworks.

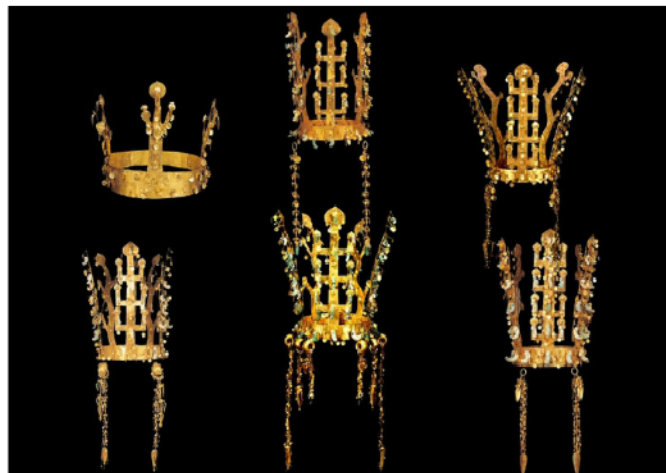
One of the their famous art works is Seokguram Grotto, a statue of the Buddha placed close to Bulguksa Temple. This stone statue illustrates the moment Buddha gained enlightenment. It displays elaborate detail and calculated design that could be never found in any other art work in the same period.

Similar stone statues can be found in other countries, yet the technical and artistic difference is obviously noticeable.



Seokguram Grotto truly depicts the utter artistic strength the people of Silla had during its dynasty.

Silla's Golden Crowns also represent their excellent quality of artwork. These crowns, wore by the kings and queens of Silla, have remarkable aesthetic values above other dynasties in Korea. These crowns not only are made out of gold and jewels, but also have decorative jewels attached on each end of the crown, adding distinct, majestic style to it.





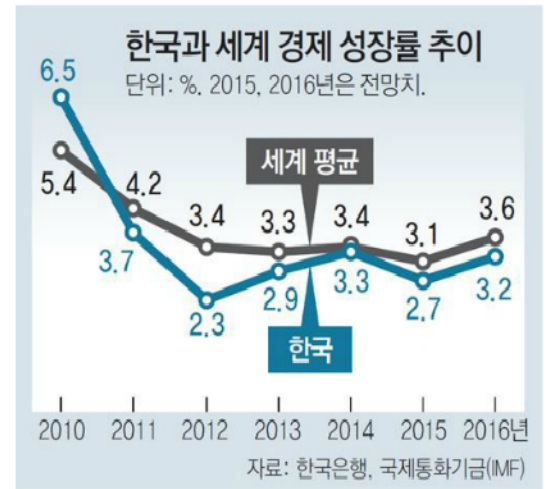
## Korean Economy

By: Dooie Doh

DVHS Sophomore

South Korea is known for being one of the most economically solid countries in East Asia, perhaps even the world, as its market based economy has proved to be extremely effective in recent years. The markets in South Korea are all developed, and most people have a high enough incomes to support themselves. Its 11th placing in the world for nominal GDP, along with various other factors, has placed South Korea in the list of the Next Eleven countries, which is a list compiled by professional economists declaring that those eleven countries have the potential to be some of most economically powerful countries of the next century.

However, this is not to say that South Korea is absolutely flawless. Despite the lofty developments and a sound infrastructure that the country holds, there is a major blunder that is starting to falter the economy. According to the Korea Herald just a few days ago on June 7th, 2016, South Korea is starting to experience a slowdown on its manufacturing sector, which is consequently causing a slump on the economy overall because of its effect on the overall export amount in South Korea. If this phenomenon continues to reign true, the slowdown can escalate into a crisis, especially since South Korea is a free market economy, which is grounded on production.



Fortunately, the most important factor that is keeping South Korea economically stable is the substantial amount of domestic consumption. Still, production amounts in South Korea are undergoing drastic decreases by several percentages. The future is not as promising either. The Korea Herald further explains that the global economic slowdown and external uncertainties are discouraging chances of recovery.

At this point, it seems most logical for South Korea to depend on domestic affairs to sustain the economy. Internationally, the situation is not as optimistic, meaning that South Korea cannot pool its resources to promote its international stance. Alternatively, South Korea could support its current domestic stance, as domesticity still seems to work. Furthermore, by putting more effort into the domestic situation, the working infrastructure may improve to the point where South Korea can escape its export and production stagnation.

## Samsung

By David Lee

*DVHS Freshman*

The next big thing is here! On March 11, 2016, Samsung released their new Samsung Galaxy S7. Just 2 days after of the release of the Samsung Galaxy S7, there has been more than 100,000 units sold! Compared to the Samsung Galaxy S6, it is selling more than 2 times faster. There has been an increase in the Samsung's net income dramatically increased by 14.1%.



This means that Samsung's net income It is showing much better results that last year. After the release of the Samsung Galaxy S7 and S7 edge, Apple reported its first iPhone-sales drop of 3.1 billion in net income. Apple iPhones have far better sales in comparison to Samsung. Many people purchase Apple even though clearly Samsung provides a better quality phone. Samsung's recent efforts to make a better product have shown signs of success with the release of the Galaxy S7. They have added many new qualities in order to enhance the qualities of their phone.

Some qualities such as battery power isn't the strongest component within Samsung device. However, the Samsung Galaxy S7 has a 5.10-inch screen and a resolution of 2560×1440 pixels, water resistant and has fast wireless charging. This can be compared with the iPhone 6s, which has a resolution of 1920x1080. iPhone 6S in addition does not have water resistance or wireless charging.



Along with its superior qualities, the S7 is cheaper than the iPhone 6S plus. Another addition to the purchase of a Samsung Galaxy S7 and S7 edge is a free Samsung Virtual Reality headset. Samsung's new resolution has been stated to be the best that is out so far.

How will Apple react to the better prices and resolution provided by Samsung? Will they up their game with the upcoming iPhone 7?



## The Food Corner: Bibimguksu

By: Amy Jung

DVHS Junior

Summer is here and the warm weather has finally arrived! With the temperature climbing past 90° Fahrenheit, everyone craves for something cool (and spicy!), so we introduce to you: 비빔국수 (Bibimguksu). This spicy mixed noodle recipe is for only 2 servings, but with the same method and technique, you will be able to prepare the dish for many more.

### Ingredients:

- Thin noodles (somyeon)
- Cucumber
- Egg
- Kimchi + kimchi juice
- Sugar
- Hot pepper paste
- Garlic
- Vinegar
- Sesame seeds
- Sesame oil



### Directions:

1. In a mixing bowl, add: ½ cup chopped kimchi, 1/3 cup kimchi juice, 1 clove of minced garlic, ¼ hot pepper paste, 1 tsp. sugar, 2 tsp. sesame oil, 1 tsp. vinegar, and 1 tbs. roasted sesame seeds.
2. Hard-boil the egg, cut it in half, and set aside.
3. Cut ½ cup worth of cucumber into matchsticks and set aside.

### Cooking the noodles:

4. Add 7 oz of noodles into a pot of boiling water and stir with a spoon. Close the lid.
5. After a few minutes, open the lid and stir the noodles.

6. Cook a few minutes more with the lid open until the noodles are cooked well
  - a. Taste one or two strands of noodle to make sure they are chewy and soft
7. Rinse them in cold water a couple of times, strain them, and set aside.
  
8. Put each portion of noodles on a serving plate and add the seasoning mix plus the cucumber and egg.

For more direction with pictures please visit: <http://www.maangchi.com/recipe/bibimguksu>

## Nutrition: Tofu

By: Diane Choi

DVHS Freshman

Tofu is widely used as an important ingredient in Korean dishes. It is most commonly served in different types of Korean stews and is also used for various banchans, or side dishes. Tofu is made from soybean curds and is naturally gluten-free and low in calories. It contains no cholesterol and is an excellent source of protein, iron, and calcium.



Tofu is a great food for vegans and vegetarians because it is a non-meat source of protein. Consuming less animal protein can lead to lower levels of cholesterol, and help prevent cardiovascular disease by decreasing the risk of atherosclerosis and high blood pressure. Also, studies have shown that at least 10 milligrams of soy per day can decrease breast cancer recurrence by 25%. Soy is known to decrease bone loss and increase bone mineral density and reduce to risk of osteoporosis. Tofu can also prevent liver damage and brain diseases.

### Nutrition Facts

Amount Per Serving		% Daily Value*
Serving Size: 1 block (11g)		
Calories	13	Calories from Fat 8
<b>Total Fat</b> 0.88 g <b>1%</b>		
Saturated Fat 0.13 g <b>1%</b>		
Trans Fat		
Cholesterol	0 mg	0%
Sodium	316.03 mg	13%
Potassium	8.25 mg	0%
<b>Total Carbohydrate</b>	0.57 g	<b>0%</b>
Dietary Fiber		
Sugars		
Sugar Alcohols		
<b>Protein</b>	0.9 g	
<b>Vitamin A</b>	0 IU	0%
<b>Vitamin C</b>	0.02 mg	0%
<b>Calcium</b>	5.06 mg	1%
<b>Iron</b>	0.22 mg	1%

Tofu provides 44% of daily calcium needs, 9% of magnesium, and 40% of iron and also contains small amounts of vitamin K, thiamin, riboflavin, niacin, vitamin B-6, folate, choline, phosphorus, manganese and selenium. These vitamins and minerals are needed in our bodies to prevent various diseases and illnesses. Tofu is a great source of these vitamins and minerals, and it is a great alternative for vegans and vegetarians.

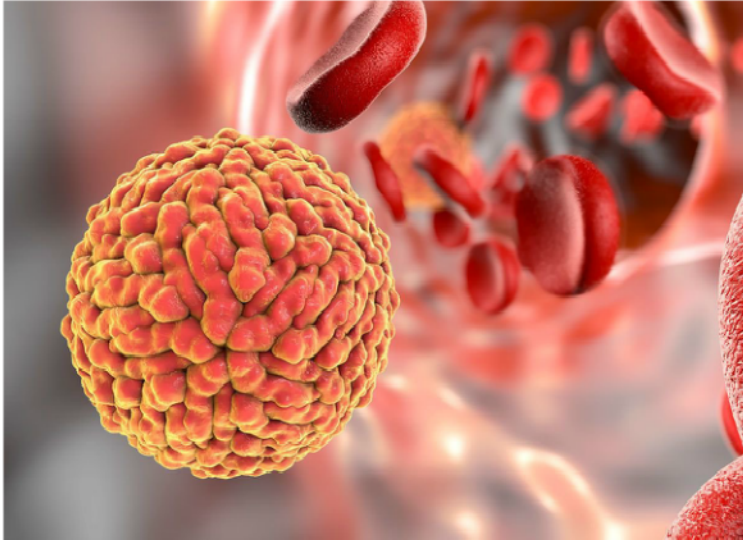
Tofu has many natural health benefits and prevention benefits. It provides different types of vitamins and minerals that can help prevent cardiovascular disease, osteoporosis, breast cancer, liver damage, and brain diseases. See the nutrition facts label down below.



## Zika Virus Outbreak

By: Donggyu Han

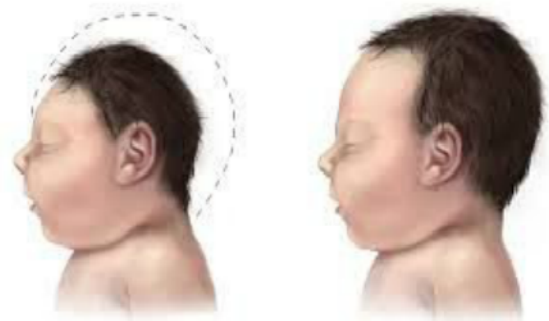
DVHS Sophomore



A new virus has arose in the United States, startling the Americans with fear of its virulent effects. Originating from the Zika Forest of Uganda in 1947, the Zika virus has spread all throughout South America, and even within the bodies of the Americans. There have been 691 travel-associated U.S. cases of this virus already, but no locally acquired vector-borne cases yet, according to the Centers for Disease Control and Prevention.

extremely easy to propagate within different groups of peoples. Some of the symptoms are mild fever, skin rash, muscle and joint pain, malaise, and headache. These symptoms are not too severe; however, there is a scientific consensus that this virus causes microcephaly--incomplete development of the head--and Guillain-Barre syndrome, a disorder in which one's immune system attacks his or her own nerves. The effects of the Zika virus are most apparent in newborns in which they have abnormally small head. According to Medical Treasure, the life expectancy of those who have the Zika virus varies greatly from the moment of birth to 35 years. With so little data and knowledge, it is difficult to estimate and determine the life expectancy of those infected.

The Zika virus is primarily transmitted through the *Aedes* mosquitoes, making the virus



Currently, there is no vaccine for the Zika virus, so the only way to prevent it is to avoid mosquito bites. The *Aedes* mosquitoes are most active during the daytime, so beware of them. Be sure to wear long sleeve shirts and long pants to minimize exposed areas and consistently spray mosquito-repellent or eucalyptus extracts when traveling abroad to Zika endemic areas.



## Brain Death and the Consequences

By: Andrew Kim  
*DVHS Sophomore*

What is brain death (뇌사)? Brain death is the name of the condition when the brain (뇌) of a patient has been damaged in a way that prevents them from normal body functions such as language, breathing, and digestion. Usually, modern technology allows patients suffering brain death to continue basic bodily functions such as breathing and digestion with the aid of machinery. This is not to be confused with partial brain damage that affects the cerebrum (대뇌), in turn becoming what is often called a “vegetable”/person in a vegetative state (식물인간). The difference in these two conditions is that while patients suffering brain death require machinery to maintain their bodily functions, patients in the latter condition do not.

Handling a situation of a brain dead relative is difficult. Because the patient cannot respond verbally to communicate their own wishes, their family must make decisions for them. Usually, the most significant and difficult decision is to decide how long to keep the patient alive. Patients’ lives can usually be extended through life support, but many factors prevent families from prolonging them for long.

Brain death can affect family seriously. Relatives must decide on life support, and because of its high price, most people cannot afford to stay on this option for too long. Some people feel that prolonging brain death patients’ lives for long is wasteful, unnecessary, and immoral because of how it forces them to maintain the struggle for life, with possible pain. Some people desire to spend more time with their loved one before they die, but cannot because of financial burdens. Some people do not like to see their loved one in a state of brain death and would rather that they pass away sooner and naturally. Families must eventually come to an agreement on when to end life support and put their patient through euthanasia (안락사).

Seeing relatives in a state of brain death can be shocking. It is hard to imagine and accept someone one knows in a dead yet still partially alive condition. A normal death, in many cases, can be easier to understand, because there is a clear difference in their conditions before and after. However, a brain dead relative may seem less so. They may still respond to touches, breathe, and occasionally move slightly, giving off the impression that they as a person are still alive. For many, brain death is a particularly unique and unfamiliar form of death.

## Science Day

By: Daniel Lee  
DVHS Junior

On May 26th, 2016, Dougherty Valley hosted another Science Day. During this annual event, over 800 middle schoolers from around the district come to enjoy the myriad of projects and experiments that the various high school students have prepared for them. This experience is indeed rewarding to the middle schoolers, as most of the experiments are not explored in elementary level sciences.

As a result, visitors were able to enjoy subject-matter outside of typical classroom settings. Not only was this a moment for the middle schoolers to enjoy, but also an opportunity for the high school students to demonstrate their understandings and interests in particular fields of science. The STEM-oriented AP classes, such as AP Physics and AP Chemistry, prepare for this event weeks in advance, with the students creating their own twists to classic science demos.



The high school students chose their own experiments based on concepts that they wished to explore or ones that interested them.

The experiments ranged from creating a handmade air pressure gun to making colored fire, instilling a museum-like ambiance during the event. Some of

the visitors were also current Dougherty students who happened to stop by during lunch or brunch.

Hannah Moon, one of such visitors, commented, “This is truly a great experience that incorporates both scientific knowledge with fun; the visitors learn advanced concepts while having a blast at the same time!”

Such responses were common throughout the day, with many of the visitors remarking on the captivating experiments they had witnessed. The students, however, were not the only ones to enjoy the event. Teachers all over the district were able to learn something new from the experiments and

possibly even take the idea to their classrooms, making science a much more engaging study. Ultimately, all of the visitors gave resounding approvals for this truly fun and memorable day.

