

NEWSLETTER

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FEATURING

Korean Heritage Night
 Hansamo Showcase

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KOREAN HERITAGE NIGHT

The Overall Event

David Lee

On April 18th 2017, the Oakland A's and Hansamo hosted the third annual Korean Heritage Night. Korean Bay Area residents gathered with friends and family to celebrate Korean culture. With a large selection of food inside the stadium, including Korean instant meals and street food, stomachs were filled and spirits were high before the game of the Oakland A's versus the Texas Rangers.

During the game, there was a performance by the Hansamo Samulnori Team and the national anthem by a Korean Choir Group. Both groups performed on the field, representing and sharing Korean pride and culture. Free hats were given out, and a raffle for plane tickets to Korea was held. The winner of the raffle explained how he came to visit his daughter in Sacramento, California, when he came across an ad to the heritage night. He decided to come and here he was with his plane ticket to Korea.

Aaron, Sr. Manager of the Oakland A's Season Ticket Sales, explains,

“Korean Heritage Night is a great event that brings together and celebrates the Korean community. This event is especially important to me because of my own Korean heritage. It's truly great to see so many people from the Bay Area Korean community come and support the event. We would love to see the event grow and



attract more and more attendees every year. That is one of the challenges with organizing an event like this. Finding the right people and getting the word out is paramount to running a successful event, but to grow it we need to reach out to more and more people. We're truly appreciate the support from the Korean community and hope to see the event grow every year. We're looking forward to making it a memorable experience for all who attend.”

The final score of the match was 4 against 2, with the Oakland Athletics taking the win. The game was filled with joy and excitement as fans cheered for both the Oakland A's and the famous Korean Baseball player, Choo Shin Soo.

Hansamo Press Team was given access to an exclusive interview with Mr. Choo before the match.

Choo Shin Soo Interview

—“While not playing baseball, what are other activities you enjoy?”

—“I have a family, so I spend a lot of time with my family. I spend time with my children and wife. I don't have many other hobbies when I don't play baseball, I like to spend my time with my family.”

—“What is the main difference between baseball in Korea and in America?”

—“I only played high school baseball when I was in Korea. The difference I find is that when I was in Korea, the coaches had a teaching style, but in America, the coaches wait for the player's natural talent to develop and help instill creativity in them.”

—“How was the transition from Korea to America?”

—“It was difficult. I couldn't speak the language, the food was different, and I didn't have any friends, but baseball was the one thing that I had. So, I was able to win and endure during the difficult times, because I had a goal. That is how I ended up where I am today.”

—“What are your memories from playing baseball in Korea or moments that you miss about Korea?”

—“It is my friends. My friends are what I miss most and what I remember about Korea is that while playing baseball, I went through both difficult times and good times with other players in the championships.”

—“야구를 안 할 때 무엇을 하세요?”

—“저는 가족이 있으니까 가족들과 시간을 많이 보내요. 애들이랑 와이프랑 시간을 보냅니다. 야구를 안 할 때 별다른 취미가 없이 가족들과 시간을 보내는 것이 좋아요.”



Hansamo Newsletter Team interviews Choo



Left to Right: Jae Oh, Diane Choi, Choo Shin-Soo, Alina Shim, Daniel Han, David Lee

—“한국 리그와 미국 리그의 차이가 뭐가 있을까요?”

—“저는 한국에서는 고등학교 때까지만 야구를 했거든요, 차이점을 찾자면 한국은 감독님, 코치님이 가르쳐 주는 스타일이고 미국은 가르쳐 주지만 그 선수가 창의력을 가지고 할 수 있게 도와주고 기다려 주는 스타일이에요. 한국은 오늘 할 일은 오늘 해야 하고 미국은 시간을 주고 기다려 주는 게 많은 것, 개성이 많은 것 같아요.”

—“한국에서 미국으로 올 때 어땠나요?”

—“많이 힘들었죠. 말도 안되고 음식도 다르고 친구도 없고 많이 힘들었는데 야구라는 것, 그것 하나 가지고 있었어요. 그래서 이길 수 있었고 힘들어도 목표가 있으니까 참고 그렇게 하다 보니까 여기까지 올 수 있었습니다.”

—“한국에서 야구를 하면서 제일 기억나는 순간이나 그리운 것은 무엇인가요?”

—“아무래도 친구들이죠. 친구들이 제일 그리고 그리고 한국에서 기억에 남는 것은 같은 선수들과 같이 야구하면서 힘든 점도 있었고 좋은 점도 있었고 챔피언십 했을 때가 가장 기억에 남아요. 말이 통하니까 장난도 치고 했던 기억이 제일 남아요.”

Interview with Asiana Airline Plane Ticket Winner (Yoon-geun Oh)

아시아나 항공권 추첨 당첨자(오윤근)와의 인터뷰

—“소감을 말씀해 주세요.”

—“나는 한국 서울에서 사는데 한달 전 3 월 18 일 미국을 방문했어요. 미국 새크라멘토에 딸이 살아서 방문을 했어요. 방문 중에 경기가 있다고 해서 왔는데 행운으로 당첨이 되어 너무 좋아요. 아까 본 사물놀이도 보고 해서 참 좋아요. 한국에서 40 여년 고등학교 교사로 은퇴를 했어요. 사물놀이 하는 학생들이 저의 제자들 같아서 풍물하는 걸 보고 체육교사로서 눈물이 날 정도로 기뻐어요. 교민과 같이 봐서 흐뭇하고 기쁘고 당첨이 돼서 정말 기쁩니다.”



—“Please tell us how you feel.”

—“I live in Seoul, Korea, but one month ago, I came to visit America. I came to visit, because my daughter lives in Sacramento, California. I came to the stadium here after I heard that there was a game. I didn't expect to win the raffle originally, but thanks to my luck I did. I also watched the Samulori performance—I thought it was excellent. I retired after working over 40 years as a teacher in a high school in Korea. The performers from the Samulori team reminded me of my students, and as a P.E. teacher, I was happy to the point of tears. I am glad that I was able to watch the game with the local Korean residents, and also that I won the raffle.”

A Performer's Perspective

Jalene Wong

Bright lights, the swarm of eager baseball fans filling the seats, and colorful garments surrounded the Oakland A's stadium on this special evening. This year at the Oakland Coliseum, the third Korean Heritage Night was hosted, a special annual event to celebrate Korean culture. I participated in an activity that was truly an eye-opening experience, to learn and embrace the rich culture and heritage of Korea. I was able to partake in a traditional Korean drum and dance performance that not only allowed me to immerse myself into the Korean culture, but was also something that gave me a sense of community.

Before the day of this grand performance, we practiced for long hours as a big group. This grand performance was a combination of the *samulnori* team and the *jangu* dance team, both which brought unique touches to the total effect of the performance. The *samulnori* team gave a foundation to the dance by providing traditional beats, whereas the *jangu* team brought more of an artistic and colorful aspect to the overall effect.



Although the long practices during the late nights were a bit of a tribulation, all the practices eventually paid off. I appreciated the opportunity to actually perform on a baseball field, and the opportunity to learn more about my Korean heritage. It was great not only to perform, but to also be able to come out and support our local baseball team, the Oakland A's. Growing up as an Asian American, I believe that it is important to always remember your heritage and your roots. I did not really know much of my Korean heritage at first, and that is why I was glad to have joined the team. Ultimately, this night as a whole was truly a remarkable and memorable one.

Performing at the Oakland A's Game

Sihyun Na

As we walked out from the back entrance in formation, we saw the vast field with rows of seats for audiences above us. As we took our place in the center of the field, we could see the players warming up on the sides, practicing their throws. When the leaders started the routine with their gongs, people hushed and we felt the ambiance of the stadium. Our team filled the silence and energy in the massive space. The rich blue of our dresses stood out on the green field and our fans caught the

eyes of viewers. As we danced and played, numerous cameramen circled around us capturing moments of movement. While

running, and performing it was entertaining catching glimpses of different members on the big screens. As the beat got faster and all the instruments were



playing, the excitement grew. Members were energetic in their motions and all the hours of practice revealed itself. As the performance came to an end, smiles were planted on everyone's faces. The amount of applause was surprising and lifted the spirits of the performers. The thrilling experience was heightened during the game. The multiple A's hits and scores kept audience on their feet cheering. Also, the player Choo Shin Soo, of the Ranger's team, caught great catches heightening the Korean pride during the Korean Heritage night. Overall, the event was a huge success and brought joy to all those that attended.

In the Stadium, Behind My Buk

Do-hyung Kim

As the stadium manager led us into the tunnel leading to the center of the stadium, the group talked in whispers, hardly able to suppress their excitement for the grand event. After waiting nearly ten minutes, the manager signaled us inside.

I entered and looked at my surroundings. It was a bright and windy day.

We performed for a total of five minutes, dancing and hopping around the grass field while playing our music. We matched each other's movements, step by step, beat by beat. I could see the group unfold its performance in front of me. The crowd cheered.

As a performer in the Samulnori group, the Hansamo performance was a success. After the event, I suddenly felt proud of our months of practice and teamwork. The months were filled with effort and devotion, at times marked by conflict and disappointment, but in the end, a fantastic showcase of culture was shown to the public.



Events like these are my personal favorites. I enjoyed the opportunity to show off my heritage to the rest of the world with friends who have practiced with me. The emotion reflected from the audience was moving. The emotion you feel when performing in front of a curious crowd is unmatched by anything else.

After this performance, I realized that the Hansamo Samulnori program is likely one of the most valuable programs of the Hansamo organization. Besides being able to learn traditions from Korean culture first hand, it guides you to share it with others and feel pride in it. Culture is something to be shared, not to be studied. Culture is culture when it is shared and enjoyed.

As a performer of the Hansamo Samulnori Team, I wish more people join the program so that others would get the opportunity to do the same. There are few programs for students that allow you to learn culture in a way so direct. It definitely feels different than traditional language and culture classes in school.

I thank the teacher of our Samulnori group for being so knowledgeable and skilled in her leadership. Without her, there would have been no leader to teach and guide us to this point. Her sense and creativity made our unique performance at the A's game possible. She has constantly worked hard for the program, and her passion for it is clear.

I eagerly await the next performance of the year.

HANSAMO SHOWCASE

Hansamo Showcase

Diane Choi

On January 27, 2017, Hansamo held their annual showcase to present service awards and to view performances by the traditional Korean drums and dance teams. To start the night, the students from Hansamo Newsletter Team interviewed Bill Clarkson, mayor of San Ramon and Gayle Israel, Chief of Staff of Contra Costa County, representing Candice Anderson. We heard from their perspective on the community and on Hansamo's contributions.



The showcase included a time for students to receive various volunteer service awards, like the President's Volunteer Service Award for the year of 2016. Hardworking students who contributed to the community in order to make our society a better place were able to receive such awards.



The showcase had performances by the Samulnori team created sounds and beats for the audience to enjoy listening to while the Janggu team performed a dance. Together, a joint performance took place where the sounds came and joined together, while also showing an entertaining performance. The performers showed their enthusiasm on stage as they drummed and danced around. The Hansamo showcase was a great time for students and parents interacting in the community through the organization.

Interview with Gayle Israel

Daniel Han

Hansamo Showcase, which presented a variety of musicians and performers, was meant not only to entertain, but to display and present the Korean culture present in San Ramon. The Hansamo Showcase grasped the attention of its residents, while spread the awareness of the various and diverse cultures.

The repertoire of the night included the performance from Samulnori Team, featuring a group of drummers and dancers who mixed rhythmic beats with a dance. The showcase was attended by many non-Koreans, including the Chief of Staff of Contra Costa County, Gayle Israel.

Chief Gayle Israel, representing Candice Anderson, was interviewed by members of the Hansamo Newsletter Team before the showcase.



—“Can you introduce who Candice Anderson is?”

—“Candice Anderson is the District 2 County Supervisor for Contra Costa County, and she

was elected in 2012 to serve a four year term, and she was re-elected this past year in 2016, running un-opposed. There are five County Board Supervisors for the five districts within the county. The county basically implements programs like child support services. The members of the county council are the de-facto city councils, and oversee the community of Alamo.”

—“What do you expect out of this showcase tonight?”

—“Well, I’ve had the luxury of attending it before, so I know what to expect. I love the entertainment, especially the drummers, the Samulnori team. They are a group of very talented students. Also the Hansamo musicians are great as well. I also love the youth involved in these showcases.”

—“Do you think these types of nights are an effective way to introduce culture to others?”

—“Absolutely, I think it is a great way to introduce to a community at large. I think it is very important for the Korean culture to thrive and teach the younger generation the ways of their culture.”

—“How does Anderson’s role as a supervisor help spread cultures, if at all?”

—“There are many ways. The board of supervisors are very happy to issue proclamations and even resolutions for all sorts of cultural events and programs, and those that are put by the state.”

—“How diverse is the community of Contra Costa County?”

—“It is as diverse as it can get, as far as I know. This is probably the most diverse area in the planet.”

—“What ways should the Hansamo organization do to present itself to gain more recognition and members?”

—“I think Hansamo is doing a great job, and I think the organization is fairly new. I think that it is growing every year with popularity. I believe that Supervisor Anderson can help by promoting in her newsletter every time we interface with Hansamo. That’s one way we can help to promote. Another way is to present Hansamo to the board of supervisors every year. Anderson can also attend different events that the community puts on.”



—“What are your thoughts about this melting pot here in CCC and the possible problems and benefits from its diversity?”

—“I think diversity is very important to the community. It should be embraced and it helps us to understand each other in a human level. I think that the problems are that sometimes it is difficult to understand with empathy. The advantages goes back to what I previously said- it helps people to understand each other, and become closely related.”

Interview with Mayor Bill Clarkson

David Lee

The event showcased the various different teams and groups within Hansamo. With a large array of different performances ranging from the Samulnori team, a group of traditional Korean drum players, to a performance of a traditional Korean string instrument, the Hansamo Showcase was a night to remember.

Before the event, preparations and practices from the various groups were held. From sound checks to arranging awards, the preparations for the night started fairly early. *Kimbap*, a rice filled Korean seaweed roll, and other traditional Korean food was provided before the showcase.

Everybody did phenomenal job in presenting the Korean tradition and culture. Bill Clarkson, the mayor of San Ramon, reflected upon the experience as one of the most unique and wonderful representations of the diverse cultures in San Ramon.



Everybody did phenomenal job in presenting the Korean tradition and culture. Bill Clarkson, the mayor of San Ramon, reflected upon the experience as one of the most unique and wonderful representations of the diverse cultures in San Ramon.

Interview with Bill Clarkson

—“Can you introduce yourself? How did you become the mayor of San Ramon?”

—“My name is Bill Clarkson, resident of San Ramon for 39 years. I ran for mayor in 2011, I had served 12 years before that, on the school board. When the position for mayor occurred, and it was my belief that the city was headed the wrong direction, I threw my hat in the rain and outlined my plans for the city. Then, I got elected.”

—“What are your daily tasks as the mayor? What does your job encompass?”

—“There isn’t really a normal or average day. It can range from being at my other job and not even being at city hall, to meeting residents of San Ramon asking them their opinion on a large variety of issues or anything else.”

—“What are some significant milestones that you have reached within your career? What are some future plans you hope to accomplish this year?”

—“Many milestones have been achieved, such as the New City Hall and just the improvement within the community. With understanding the residents more and listening to them, we hope to accomplish to further improve our community.”

—“Is there any advice that you can give to students such as us?”

—“My advice is that students should not overwork themselves at school. They should not tire out their desire to learn. I would encourage to work hard, however, your future is not dependent by an A. It is more important to do better within college and to enjoy what you learn within high school so that you can gain an interest in a career you are actually passionate about.”

—“How do you think the cultural diversity and spread of these multiple cultures affected the city of San Ramon?”

—“San Ramon has always been a very culturally diverse city. The culture has affected San Ramon in being a very safe and unique area. It is a very wonderful city and a very fortunate place to live. Cultures and the diversity has always been a positive side to the city.”

OTHER EVENTS

Dougherty Valley Teacher Luncheon

David Lee

On January 31 2017, the PTSA (Parent Teacher Student Association) hosted Dougherty Valley High School's Annual Teacher Luncheon. The luncheon is a way for parents to show their appreciation to the Dougherty Valley teachers. With dishes such as *bibimbap*, egg rolls, and curries, the teachers enjoyed a large array of Korean, Chinese, and Indian food.

Amrit Dhaliwal, hospitality chair of the PTSA, explains, "Through luncheons, we are able to celebrate diversity and the education of diverse cultures...We appreciate all the teachers for their teaching for the kids." Mr. Dhaliwal explained how he believed that the luncheon was a way to show appreciation through the diversity of the community.

Mrs. Chamberlain commented that the luncheon gives her an opportunity to eat without her children, so that she can enjoy new foods without worrying about whether her children would like it. She explained that she has been going to the luncheons ever since she started teaching at Dougherty Valley High School, and that she always goes for the Korean food.

Hansamo took charge in providing the different authentic Korean dishes at the teacher luncheon. Dishes such as *jun*, *kimchi bokumbap*, *bulgogi*, and *muchae* were made by Korean parent volunteers and served to the teachers. Yun Jeong Lee, one of the parent volunteers, commented, "I wanted to express my gratitude and appreciation towards the Dougherty Valley teachers." Ultimately, the event ran smoothly, and the parents of the Dougherty Valley students were able to show their appreciation for the teachers.



Game Night - DVHS Korean Club

Sandy Joo



DVHS Korean Club officers organized a game night, which took place on February 19th at club president Yunchai Sung's house. Members enjoyed Korean food, played games, and had a *yutnori* (윷놀이) tournament, a traditional Korean game. Many non-Korean members also attended the event, experiencing Korean culture firsthand.

Members ate Korean food that includes spicy rice cake (떡볶이), dumplings, and a variety of Korean chips.

As Korean Club grows, more DVHS students will be able to learn and connect with Korean traditions and cultures, through events like this.



COLUMN

Current Issue: Living as an Asian American

Diane Choi

In many cases, the population of an area does not represent a single ethnic group or cultural identity. As a reader, you probably associate yourself with one or more different groups, whether it is an age group, a racial category, or a social circle. In a community of minorities and majorities, there tends to be a clash because of bias toward a different group. Historically, immigrants and minorities have lived in oppressive societies and have been forced to become subordinate. To provide an example of this, I would like to address the experiences of living in America as an Asian.

Recently, there have been many incidents that show racial prejudice toward Asians living in America. This April, a conflict arose when the United Airlines forcefully dragged a passenger off an overbooked plane, claiming that seat was needed for their employee. The passenger, David Dao, is a doctor, who happens to be Asian. He needed to get back home on that flight in order to see patients the next day. Dr. Dao suffered a concussion and broken nose, and also lost two teeth due to the incident, according to the stories that have been spreading through the media. Many people have started to question whether if this was a result of racial prejudice.

Back in 1992, the Los Angeles riots were one of the most impactful occurrences of American history. The riot arose from minorities in the United States and this civil disturbance put many people at a disadvantage socially, mentally, physically, and financially. One of the main victims were Korean immigrants. African Americans and Koreans share a common trait: they are both underrepresented and overshadowed. However, they hold different ideologies and have different ways of approaching situations and voicing out opinions. Although the Korean immigrants came in search of the American Dream, this event prevented them from hoping for a better future.

Stereotypically, Asians are not only a minority group, but we tend to have a quiet voice also. Asians have fewer opinions and have a smaller will to voice out our opinions and we often times disregard our complaints. As a result, we have a decreased amount of cooperation within our society. Asians as a group represent a smaller portion of charitable donations, volunteering hours, and voting rates. This makes us become underrepresented in various ethnic groups.

As an Asian American and a student, improving my community is a small way to make changes for the betterment of our society. Differences such as ethnicity should not be an issue when we participate in our community. For this matter to improve, few of the ways would be to increase participation in social events, such as volunteering within your community and being an active part of community organizations. Another great way to engage in the community and create a

positive change is to serve in an organization like Hansamo, where we work to spread awareness of the Korean community. Living as an Asian American, one should take pride in oneself and one's unique identity from heritage and culture.

South Korea's Technological Future: Where Is It?

Do-hyung Kim

There are several companies and brands associated with South Korea that have expanded their market to overseas, such as Samsung, LG, Hyundai, Kia, and Doosan, to name a few. The best-known brands today are mostly electronic. Samsung and LG have conquered a large portion of the smartphone market in the U.S., in addition to various household appliances such as refrigerators, microwaves, and televisions. Brands like Samsung and LG are as well-known as Apple, a U.S.-based company competing for the smartphone market in the U.S. Observing this, it is easy to see how much the peninsula has advanced in the recent few years.

But how long will it last?

President Trump of the United States has recently been observing Korea closely. Only a few weeks ago did he make a small mention of the cost of the THAAD (Terminal High Altitude Area Defense) and his desires for Korea to take a share of its burden, leading to a controversy about the terms of the US-SK SOFA (Status of Forces Agreement) agreement concerning it and whether or not the U.S. should take it back. As anti-US sentiment increased among some citizens, Presidential Candidate Moon Jae-in (문재인) and others began to call more intensely for a more self-reliant national defense and an ending of the US-SK FTA (Free Trade Agreement). The tension between the two countries has been steadily growing.

In addition, the South Korean economy has recently been facing a recession. Internal demand for products has been staying low, preventing the flow of money within the country. Many citizens do not have money to spend on luxuries anymore, and many are now forced to restrict their spending on only the bare necessities. Prices have been increasing, wages have been staying low, and store owners have been facing decreasing demand from customers. The young segment of the population have been having a hard time finding a job, and many university students have been resorting to part-time jobs in convenience stores to pay for their living.



Nowadays there tends to be more temporary job hires than permanent ones. Politicians and citizens alike have been calling it an economic crisis.

But, the next presidential election is now about to come to a close as voters cast in their votes on Tuesday, May 9th. What do the current presidential candidates have in mind to fix this situation?

Moon Jae-in, currently assumed to be first place in the election, plans to fix the economy through government employees and the Kaesong Industrial Region (개성공업지구/개성공단). In his public pledges, he states that he will create 810 thousand new jobs by expanding government workers such as policemen, firemen, teachers, welfare workers, etc., as his solution to the unemployment crisis. He also states that he will revive the South Korean economy by investing in factories and infrastructure for the Kaesong Industrial Region, located in North Korea. By providing factories and infrastructure, Moon argues, North Korean workers will be hired in great numbers to work for a lower wage than in South Korea, and the money gained by the South Korean companies that have invested will return to benefit them in the end.

However, his policies have been met with plenty of public criticism. Some argue that investing in the large Kaesong Region, which covers up to 20,000,000 *pyeong* (about 66 km²), is unneeded and too risky, given that North Korea would have the final say on the future of the project, and that therefore it would give them diplomatic power. Some argue that it would be exporting jobs to the wrong place, because there are many people in South Korea who could benefit from the jobs created by it. It has also received plenty of criticism concerning how it would violate the global economic sanctions placed on North Korea by the U.N. Some also criticize his plan for government workers, saying that 810 thousand new jobs would lead to taxes higher than the current high ones, put too much dependence on the government instead of companies and businesses, create a stagnant or worsening economy, and possibly lead to even more incompetent government workers. Some even point out that the estimated budget for his plan is not accurate, because it does not include the additional hidden costs that would accompany an increase in workers, such as facilities and supplies.

Ahn Cheol-su (안철수) is another presidential candidate. As a doctorate graduate of the Seoul National University of Medicine and two other graduate schools from the United States, Ahn calls for getting South Korea ready for the Fourth Industrial Revolution (4 차산업혁명), which, he argues, many of the developed countries of the world have already been preparing for, such as the U.S. As part of the Fourth Industrial Revolution, Ahn states that South Korea will have to move their focus on STEM and technological education and economy, and to do that, he calls for a reform of the education system and support for companies and enterprises. He promises support for small and medium sized enterprises by giving citizens incentive to work there, through an initial supplementary income, and he states that he will create a Ministry of the Creation of Small and Medium Sized Enterprises (창업중소기업부) to manage policies regarding them. He also promises his plan of strengthening Lifelong Education (평생교육) to provide

government-funded education for people of all ages when they need to learn or improve a specialized skill, so that one can improve their competitiveness in the job market. Ahn states that currently in many aspects, South Korea is an extremely strange country compared to the rest of the world, and that notes must be taken from other countries like the U.S. to improve citizens' lives in today's competitive world.

In the long run, Ahn's policies seem more reasonable. His reforms are aimed to fix the deep and ingrained faults of South Korean society, and make sure that South Korea, as a nation, stays competitive. Unlike Moon, who states that the best direction for the country is to improve relations with North Korea and end the US-SK FTA, Ahn realizes that for South Korea to climb out of its economic recession, it needs to stay competitive and take advantage of diplomatic relations to expand global markets. Ahn also realizes that as a country powered by a capitalist economy, South Korea must take advantage of their large corporations for its own benefit, despite their shortcomings.

What will happen to the Samsung and LG that we know today in a few years, or a few decades?

The next couple days will determine Korea's direction for the next five years. A new chapter is about to unfold in the country's history.

Nutrition: Sesame Seeds (참깨)

Diane Choi

Sesame seeds are widely used in many Korean dishes. It is an ingredient that is mainly used as an ornament, as it is sprinkled on top of a *banchan* (side dish) to give it a more roasted flavor. It is also used to cook in the form of sesame oil. Sesame oil can be considered as the equivalent of the Western olive oil because it has been commonly used in similar ways. Sesame seeds not only add flavor to dishes but also contain many health benefits. These benefits include preventing diabetes (a disease in which the body's ability to produce or respond to the hormone insulin is impaired), lowering blood pressure, building strong bones, improving heart health, and much more. The nutritional content of sesame seeds includes vitamins, minerals, natural oils, and many organic compounds like calcium, iron, magnesium, and more.



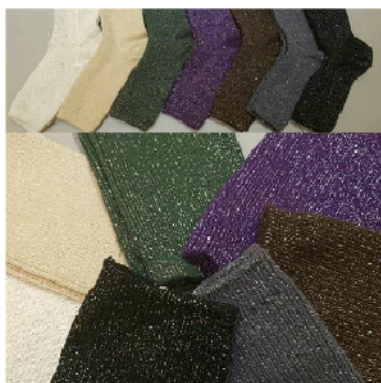
Sesame plants are the origins of sesame seeds. These plants are native to the areas of Asia and East Africa, but they can be found all over the world in different varieties and remain a popular seed that is used in cooking. Although they are not nuts, sesame seeds contain some chemicals and proteins that may cause the same allergic reactions as nuts. The nutrients and components of sesame seeds make them a highly used ingredient in many dishes.

The natural oils of sesame seeds are factors that reduce hypertension. This improves overall heart health as it reduces cardiovascular strain. Magnesium is a component that is known to be a reducing agent of blood pressure. It can prevent diabetes and also manage the symptoms caused by diabetes. Minerals such as zinc, calcium, and phosphorus in sesame seeds contribute to strong and healthy bones. This repairs bones from conditions like osteoporosis, a medical condition in which the bones become brittle and fragile from a loss of tissue. Sesame seeds supply our bodies with necessary minerals and elements for our health.

Although small amounts of this ingredient are used in dishes, sesame seeds provide a great roasted flavor and many healthy advantages. Whether it is used to garnish a side dish or as an oil for cooking, sesame seeds are an excellent way to obtain daily nutrients of calcium, iron, and magnesium. Enjoy the slight flavoring sesame seeds bring to your food, knowing the health benefits that they bring you.

Korean Fashion Trend: Sparkly Socks

Sandy Joo



Recently, sparkly socks have become a big hit in Korea among women, due to the increased belief that socks play a prominent role in an outfit. These socks are made as winter socks, but because they are not too thick, they give a comfortable and warm feeling. Leanback. W., a Korean blogger, noted in her review of the socks, “These sparkly socks are warm because they are made with materials for winter. However, they are not too thick and have a perfect length and a perfect amount of sparkles. These are also comfortable to wear with heels.” Many women also

wear the socks because of their cheap price—these socks cost 2000 KRW (~2 USD). Although some people believe that they are already out of style, many ladies, regardless of their age, enjoy wearing these socks, because they are comfortable, warm, and fashionable.



There are many looks that go with these sparkly socks. Many women wear it casually with folded jeans to reveal their ankle and give a different point with these socks. On the other side, others would wear it with skirts or dresses to give a fancy look. These socks looks great on both natural sneakers and pretty heels.

Korean Beauty Trend: Chemical Exfoliation

Yunchai Sung

Unless your life does not involve the restless daily makeup routine, you probably know that Korean beauty has taken the cosmetic industry globally. Korea is now considered to be the hub of global beauty trend and a place where the next “big things” reside.

In addition to the innovation of cushion foundation, which brought a big hit to the beauty industry in 2011, K-beauty trend is now aiming for chemical exfoliation and anti-acne products that can satisfy women of any age range to retain natural, glowing skin.



Aqua Peeling, a skin exfoliator, is a popular product which originated from this trend. The product allows Do-It-Yourself house care for dewy, moisturized skin. The product is ideal for blemishes or dry patches as it exfoliates your skin and provides ample hydration with few simple strikes on your face.



In addition, K-beauty has been recently combining the long tradition of the white facial mask with trending chemical exfoliation. Like its name indicates, “Mediheal Mogontox Soda Bubble Sheet” is a facial mask filled with carbonated water and propolis extract. Unlike any other facial mask, it instantly starts to fizz bubbles once it is applied onto your skin. It fizzes

deep into the deepest corners of your pores, breaking down blackheads and exfoliating your skin.

Having flawless skin is everyone’s dream. Yet, many people don’t have the time and money for a full-on facial. These chemical exfoliation products, however, can satisfy both men and women to experience the result of getting facials right in their living room. They are a big step forward for anyone who wants clear, naturally glowing skin.

