

2010-3-26

Kids Times

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YOUR WINDOW TO THE WORLD

# THE kids TIMES

No. 322

★ March 26, 2010

|Friday|

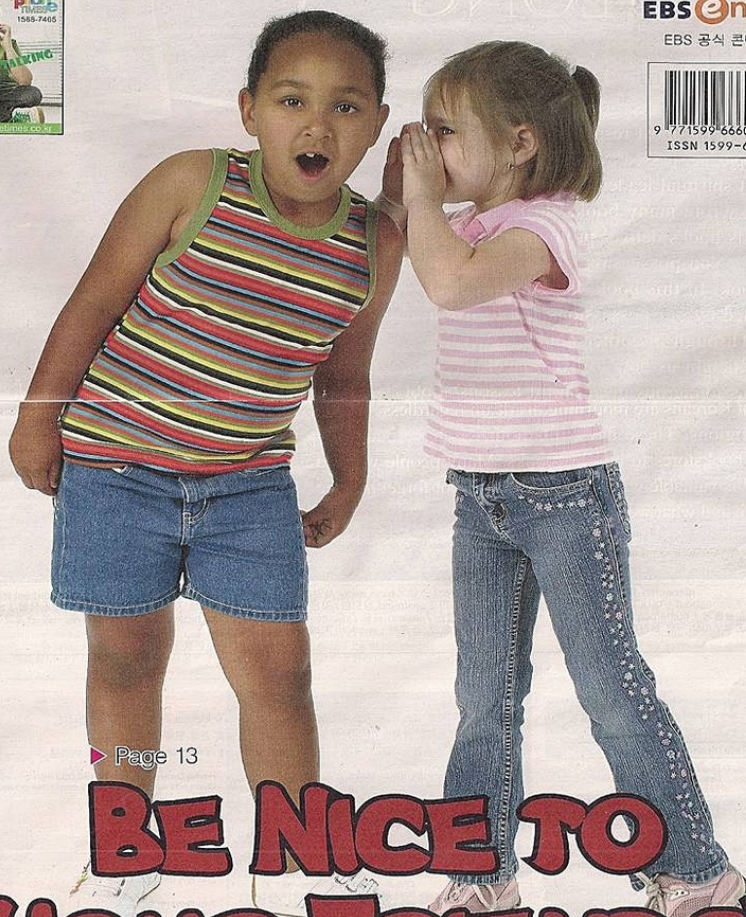
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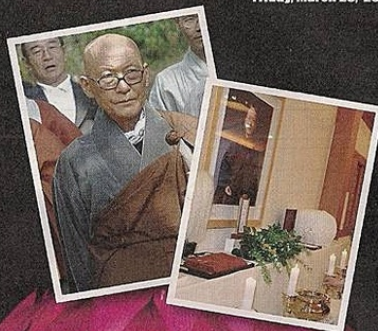
## BE NICE TO YOUR FRIENDS!



# VENERABLE BEOPJEONG PASSES AWAY

On March 11, the most respected Buddhist priest in Korea, Beopjeong, passed away at the age of 78. He was a great spiritual leader. He was also a great author. He wrote many books throughout his lifetime. His books deliver profound messages about life. "Non-possession" <sup>무소유</sup> is his most popular book. In this book, he tells us not to be controlled by our possessions and to live a free life. Through his other books, venerable Beopjeong taught us how to live peacefully. He also gave us numerous meaningful lessons about life. A lot of Koreans are mourning his death regardless of their religions. These days, his mourners have been rushing to bookstores to buy his books. Many people want to remember his valuable wisdom forever. Let's not forget how he lived his life and what we can learn from him.

Staff reporter Lauren Kim



법정 스님 임종 respected 종현한, 높이 평가되는 / Buddhist priest 스님 / pass away 사망하다, 세상을 떠나다 / at the age of ~의 나이로 / spiritual leader 영적 지도자 / author 작가 / throughout ~내내 / lifetime 일생, 평생 / deliver 전달하다 / profound 심오한, 깊은 / be controlled by ~에 지배당하다 / possession 소유물 / through ~을 통해 / peacefully 평화롭게 / numerous 수많은 / meaningful 의미 있는 / lesson 교훈 / mourn 애도하다, 슬퍼하다 / regardless of ~을 떠나서, ~에 관계없이 / religion 종교 / mourner 조문객 / rush ~로 돌진하다, 급히 서둘러 가다 / valuable 귀중한, 소중한 / wisdom 지혜

## THE kids TIMES

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# New York May Levy Tax on Sodas

Today, obesity is a serious problem in America. Nearly 20 percent of American children between the ages of 6 and 19 are suffering from obesity. Child obesity often leads to serious health problems such as heart disease and diabetes when they become adults.


Currently, New York is planning to impose a “fat tax” on soft drinks to fight the rising obesity rate. Sodas usually contain a lot of sugar in them. A lot of children in America drink sodas every day. The sugary beverages are partly responsible for the increasing obesity rate across the country.

New York recently came up with the idea of levying a fat tax on sodas. "The fat tax will help make many children healthier. The soda tax will save people's lives. It will also cut rising health costs," said


New York Mayor, Michael Bloomberg, last Monday. Let's hope the fat tax will work and save many children! Sodas will become a lot more expensive and may be even adults will drink less. 

Staff reporter Sarah Choi

만산음료에 세금 부과하는 뉴욕 obesity 비판 / serious 심각한 / nearly 거의 / suffer from ~로 고통 받다. ~을 앓다 / lead to ~로 이어지다 / diabetes 당뇨병 / currently 현재 / impose 부과하다 / tax 세금 / soft drink 청량 음료, 음료수 / fight 물고기 / rising 증가하는 / rate 비율 / contain 포함(含む)하다 / sugary 설탕이 든 / beverage 음료수 / responsible for ~의 원인이 되다 / come up with ~을 생각해 내다 / levy (세금)을 부과하다 / cut 줄이다, 삭감하다 / cost 비율 / work 효과로 나타



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## 1. Let's Learn Earthquake Safety!

On March 15, elementary school students in Suwon learned about earthquake safety. In the picture, they are practicing how to hide under their desks in case an earthquake occurs. It's important to know how to protect yourself during dangerous situations.



## 2. Brush Your Teeth Well!

You have to brush your teeth 3 times a day. It is important to take good care of your teeth. On March 15, many children visited a public health center in Hanam City. They got their teeth checked there and learned how to brush their teeth correctly.



## 3. Singer Rain's Photo Exhibition

On March 14, famous singer Rain (Jung Ji-hoon) held a special photo exhibition. It was held at a café in Seoul. The exhibition displayed various photos of his fans. He donated all the proceeds to a charity. Isn't he nice? That is why he is loved by so many people!



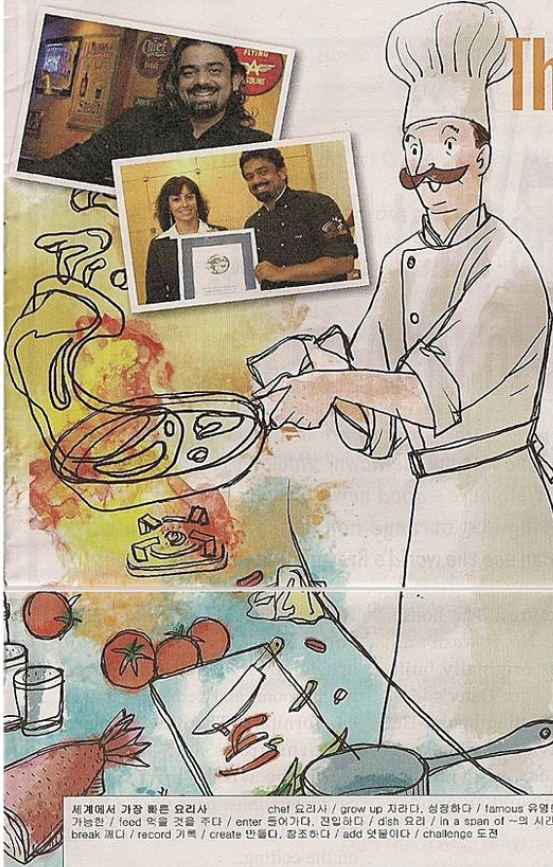
## 4. Let's Enjoy Spring Days!

It's still a little bit chilly these days. But it doesn't mean that you can't have fun outside! On March 14, many people had a good time with their families at Seoul Children's Grand Park 서울 어린이대공원. Look at the picture! The family is riding a camel! They are having so much fun! ☺

Staff reporter Elinä Bae

포토뉴스 earthquake 지진 / safety 안전 / practice 연습하다 / hide 숨다, 피하다 / in case -경우에 / occur 일어나다, 발생하다 / protect from -로부터 보호하다 / dangerous 위험한 / situation 상황 / brush one's teeth 이빨 닦다 / take good care of -을 잘 관리하다 / check 검사하다 / correctly 올바르게 / exhibition 전시회 / famous 유명하다 / held 열다, 개최하다 / display 전시(나열)하다 / various 다양한 / donate 기부하다 / proceeds 수익, 이윤 / charity 자선단체 / a little bit 조금, 약간 / chilly 쌀쌀한 / mean 의미하다 / have fun 재미있게 놀다 / ride 타다 / camel 낙타





# The Fastest Chef in the World

Do you like cooking? I'm sure some of you want to become a chef when you grow up. There are many famous chefs in the world. They work very hard to cook delicious food. Many chefs cook all day long! So, is it possible for a chef to cook nonstop for 24 hours to feed about 500 people? Yes, it is!

On March 15, a chef from India was entered in the Guinness Book of World Records for cooking for the longest time! The amazing chef's name is Jacob. He cooked about 485 dishes in a span of 24 hours since last Sunday morning. He cooked Indian barbeque dishes. The dishes were given to many orphanages and poor families in India.

"It is my passion for cooking that made it possible to achieve the feat," said Jacob. "My next goal is to break my own record. If someone breaks it, then I will try to create a new record," he added. Good luck with your challenge, Jacob and keep cooking wonderful food!

Staff reporter Liz Ahn

세계에서 가장 빠른 요리사 / chef 요리사 / grow up 자라다, 성장하다 / famous 유명하다 / work hard 열심히 일하다 / delicious 맛있는 / all day long 하루 종일 / possible 가능한 / feed 먹일 것을 주다 / enter 들어가다, 진입하다 / dish 요리 / in a span of ~의 시간 동안 / orphanage 고아원 / passion 열정 / achieve 달성, 획득하다 / goal 목표 / break 깨다 / record 기록 / create 만들다, 창조하다 / add 덧붙이다 / challenge 도전

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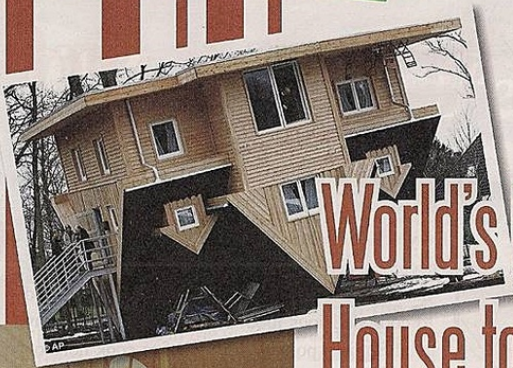
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**3월 15일(월)~5월 10일(월)**  
접수 기간 | 2010. 3.15(월)~5.10(월)  
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접수 문의 | 02. 6363. 8857  
참가료 | 25,000원  
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## World's First Upside-Down House to Open in Germany

What if your house was upside-down? Wouldn't it be interesting to live there? Well, here's good news for you. You can actually experience living in a strange house like that! If you visit Germany, you can see the world's first upside-down house.

Look at the pictures! The house is upside-down! No, it wasn't an accident. It was originally built that way. It was Dirk Oster's idea to build the interesting house. He is an investor living in Hamburg, Germany. One day, he thought it would be fun to build an upside-down house.

Three German carpenters worked hard for a few months to complete the crazy house. "Building the strange house was a challenge for us," said one of the carpenters, Gerhard Mordhorst. "We had to constantly think of the mirror image. It is definitely not a typical idea to build a house like this."

Now, the upside-down house is completed. The house has an upside-down kitchen, bathroom, living room, and bedroom. It also has furniture. The heaviest piece of furniture is a 45-kilogram wardrobe with a mirror. The carpenters must have used a lot of nails and glue to hang everything on the ceiling.

The unusual house was built inside a zoo in Gettorff. Mr. Oster will open the house to the public on March 30. It will be a great tourist attraction in Germany. Don't you want to visit the upside-down house some day?

Staff reporter Dan Chun



독일에서 선보이게 될 세계 최초의 거꾸로 된 집 upside-down 거꾸로, 뒤어짐이 뒤집힌 / experience 경험하다 / strange 이상한 / accident 사고, 우연 / be built 지어지다 / investor 투자자 / carpenter 목수 / work hard 열심히 일하다 / complete 완성하다 / challenge 도전 / constantly 계속해서 / living room 거실 / furniture 가구 / the heaviest (heavy의 최상급) 가장 무거운 / piece 한 점 / wardrobe 옷장 / unusual 독특한, 특이한 / open to the public 일반(대중)에 공개하다 / tourist attraction 관광 명소





# Can Humans Regrow Body Parts?

Some amphibians and reptiles can regrow their body parts. For example, if a salamander loses its tail, it can regrow it in a few days! Isn't that amazing? But can humans regrow body parts, too? According to American scientists, it will be possible in the future!

The researchers have found that removing a gene called "p21" may help us regrow our body parts. They studied mice to see if they could regrow their damaged body tissues. When they turned off the p21 gene, the mice regrew their damaged ears! This is incredible.

"The same process can be applied to humans. In the near future, regrowing damaged body parts, including the brain, will be a reality," said Professor Ellen Heber-Katz, lead scientist at the Wistar Institute in Philadelphia. "The p21 gene is key to the magical ability. One day, we will be able to accelerate healing in humans by temporarily inactivating the gene." Science and technology are going to make almost anything possible in the future!

Staff reporter Liz Ahn

인간이 신체부위를 재성장시킬 수 있을까? regrow 재성장시키다, 재성장하다 / amphibian 양서류 / reptile 파충류 / for example 예를 들면 / salamander 도롱뇽 / according to ~에 따르면 / possible 가능한 / remove 제거하다, 없애다 / gene 유전자 / damaged 손상된 / body tissue 신체 조직 / process 과정 / be applied to ~에 적용된다 / including ~을 포함한 / reality 현실 / professor 교수 / institute 기관, 병원 / ability 능력 / accelerate 속도를 높이다, 가속화 하다 / healing 치료 / temporarily 일시적으로 / inactivate 비활성화 하다

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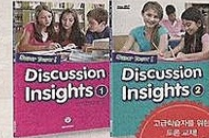
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# Things to Do When You Feel Down



*You go through a variety of feelings in one day. Sometimes you feel very happy and motivated. But other times, you feel sad and depressed. Even though feeling down is a natural part of life, it is not healthy to have such negative feelings for a long time. So, what can you do to make yourself feel better? Here, Annie and Jack are talking about the topic.*

**Annie:** Hey, Jack, you look very down today. Is something wrong?

**Jack:** Yeah, I feel like a loser. I made so many mistakes at school today. On top of that, I even had a fight with my little brother after school.

**Annie:** Oh, I see why you are depressed. But these things happen. Hey, why don't you do something fun to feel better?

**Jack:** Like what?

**Annie:** Well, there are many things that could make you feel better. For example, eating something

delicious or reading a comic book, or writing in a diary might make you happier.

**Jack:** Hmm... I don't feel like eating something or doing any of those things. Maybe I'll just go home and take a nap.

**Annie:** Actually taking a nap can also be helpful. But why don't you do something more active before?

**Jack:** Okay, why don't we go for a walk together? I think getting out into nature will help me feel peaceful. I need some fresh air.

**Annie:** Yes, that's a great idea!

When I'm stressed or feeling blue, I often go to a park and run. Then, I feel much better. Talking to a friend also makes me feel happier.

**Jack:** Ah, I know what you are talking about. The other day, I talked about what's bothering me with my best friend and I felt much better. I guess there's nothing like a good friend! And you are also a good friend, Annie.

**Annie:** Exactly! Let's think about other things we can do to make us feel better when we are feeling down. Let's go to the park right now!

Staff reporter: Dan Chun

기분이 안 좋을 때 해야 할 일 go through 겪다, 경험하다 / a variety of 다양한 / motivated 의욕에 찬 / depressed 우울한, 활기가 없는 / even though 비록 --알지라도 / feel down 우울하다 / negative 부정적인 / for a long time 오랫동안 / make a mistake 실수하다 / take a nap 낮잠을 자다 / actually 실제로 / why don't you --하는 것이 어때? / active 활동적인 / go for a walk 산책 가다 / peaceful 평화로운 / feel blue 기분이 우울하다 / often 종종 / similar 비슷한 / experience 경험 / the other day 일전, 며칠 전에 / bothering 괴롭히는, 신경 쓰이게 하는 / exactly 맞아, 정확히





# A Swimming Cat?

Can cats swim? Have you ever seen a cat that swims? It's not impossible for them to swim. However, most cats don't really enjoy swimming. But in Australia, there is a cat that loves swimming! Just take a look at the pictures! That's right. It's a real swimming cat!



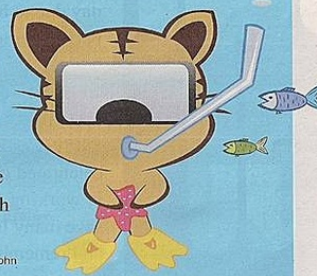
The Persian cat in the pictures is Prinny. She lives in Australia with her owner and a dog named Bandit. She is a very special cat. According to her owner, unlike most cats, Prinny really likes playing in the water! She often swims with her owner at home. These days, she goes to a swimming pool for dogs at the Doggy Paddle Swim Center in Melbourne even though she's a cat. The center offers swimming sessions for sick dogs.

The other day, Bandit hurt his back. His owner took him to the dog swimming center to treat his back. Now, Bandit is taking regular swimming sessions for his bad back and he is getting better. Currently, there are 150 dogs that come to the swimming pool for treatment.

Recently, Prinny joined the dogs! Even though she is not sick at all, she hops in the pool and enjoys swimming with other dogs! "I've never seen a cat swim before," said Jacque Olsen, the owner of the center. "Prinny really likes playing in the water. What an unusual cat!"

She is also not worried about being around only dogs. What a brave and unique cat. Prinny's owner should take her to the beach someday.

Staff reporter Samuel Sohn



수영하는 고양이? impossible 불가능한 / take a look at ~을 보다 / Persian cat 페르시아 고양이 / owner 주인 / named ~라고 불리는 / according to ~에 따르면 / unlike ~와 달리 / often 종종, 자주 / these days 요즘 / the other day 일전에, 최근에 / hurt 다치다 / treat 치료하다 / regular 규칙적인, 보통의 / get better 나아지다, 좋아지다 / currently 현재 / treatment 치료 / recently 최근에 / even though 비록 ~원자라도 / hop in 뛰어들다 / unusual 특이한, 드문





# What Is World Toilet Day?

*We go to the bathroom every day. In fact, each person goes there an average of 6 times a day. In Korea, we can use the bathroom anytime, anywhere. There are many clean public restrooms. For most of us, using the bathroom is a normal part of our daily lives. However, many people in the world still live without toilets!*



Today, about 1.8 million children worldwide die each year because of a lack of sanitation. Many children living in poor countries have no toilets to use. They don't have clean water to wash, either. As a result, many people are suffering from illnesses such as diarrhea and malaria. This is a very sad fact.

Feces can cause many diseases because it can transmit bacteria, viruses and worms. One gram of feces can contain 10 million viruses, 1 million bacteria, 1,000 parasite cysts, and 100 parasite eggs! The majority of the illnesses in the world is caused by fecal matter. About 5,000 children die per day due to bacterial infection. Being clean is a very important part of being healthy and growing well.

In order to raise awareness about sanitation, the WTO (World Toilet Organization) <sup>세계 화장실 기구</sup> was founded in 2001. It established World Toilet Day <sup>세계 화장실의 날</sup>. The day is celebrated on November 19 every year worldwide. The WTO is working hard to bring awareness about sanitation and to save many lives. Let's keep in mind that this is a serious issue and remember to not be lazy washing. <sup>ㅁ</sup>

Staff reporter Erica Choi

<sup>\*</sup>세계 화장실의 날이 무엇일까요? bathroom 화장실 / average 평균 / public restroom 공중 화장실 / daily life 일상 생활 / without -없이 / worldwide 전 세계적으로 / lack 부족 / sanitation 위생 시설 / either -또한, -도 / as a result 그 결과로서 / suffer from (병을) 앓다, -로 고생하다 / illness 병 / such as -같은 / diarrhea 설사 / feces 배설물 / transmit -을 전하다, 운반하다 / cause 일으키다, 유발하다 / disease 질병 / bacteria 박테리아 / virus 바이러스 / worm 벌레 / contain 포함하다 / parasite 기생충 / cyst 낭포 / fecal matter 배설물 / due to -때문에 / bacterial infection 박테리아 감염 / in order to -하기 위해 / raise awareness 인식을 높이다 / establish 설립(제정)하다 / celebrate 기념하다, 축하하다





# BE NICE TO YOUR FRIENDS!

*I'm sure you spend a lot of time with your friends. Having good friends is important. They make your life happier. But friends can come and go, depending on how you treat them. If you want to keep them, you should avoid doing certain things to your friends.*

First of all, never laugh at your friends' personal choices such as clothes and shoes. Making fun of someone's looks is also bad. Even if you said something just for fun, it can hurt your friends' feelings and they may leave you.

Never talk about your friends behind their backs. If you say mean things about someone behind their backs, they will find out about it sooner or later. Don't even join in when others are saying horrible things about your friends. That is simply disloyal.

Never criticize your friends' parents. Everyone sometimes complains about their own parents. However, negative comments about someone else's parents is a different story. If you start saying nasty things about someone's parents, they will resent you.

Friends usually share many things from a pencil to computer games. But never borrow anything from

your friends without permission. Always ask first if you want to use your friends' belongings. It shows respect for them and their possessions.

Keeping your friends' secrets is very important, too. If your friends tell you their secrets, never let the cat out of the bag. Embarrassing someone is not kind at all. You wouldn't want the same thing to happen to you, would you?

There are many more things you should never do to your friends. Why don't you think about them yourself and always be aware of them?

Staff reporter Crystal Lim



친구에게 잘 대해주세요! spend (시간을) 보내다 / depending on ~에 따라 / treat 대하다 / keep 유지하다, 지키다 / certain 어떤, 특정한 / avoid ~ing ~하는 것을 피하다 / first of all 우선 / laugh at ~을 비웃다(놀리다) / personal 개인적인 / choice 선택 / make fun of ~을 놀리다(비웃다) / look 위도, 모습 / even if ~해도 불구하고, ~한 하더라도 / just for fun 단순히 재미로 / hurt 아프게(다치게) 하다 / find out 발견하다 / sooner or later 조만간 / horrible 못단, 끔찍한 / simply 그냥, 정말로 / disloyal 불충실한 / criticize 비판(비난)하다 / sometimes 때때로, 이따금 / complain about ~에 대해 불평하다 / nasty 못단, 그악한 / resent 증개하다 / usually 대개, 보통 / share 함께 쓰다, 공유하다 / borrow 빌리다 / permission 허락 / possession 소유물, 재산 / respect 존중 / secret 비밀 / let the cat out of the bag 무성코 비밀을 누설하다 / embarrass 당황하게(난처하게) 만듦다 / not ~ at all 전혀 ~ 아니다 / why don't you ~? ~하는 게 어때요? / be aware of ~을 알다




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**Dear Andy,**

Hi, Andy! How are you today?  
 It is not my day today.  
 I got into trouble at school.  
 This is only between you and me, ok?  
 I fell asleep during math class!  
 I couldn't understand the lesson very well.  
 So I got bored.  
 Soon, I fell asleep.  
 It's a little embarrassing to say, but I even had a dream!  
 In my dream, I was eating ice cream.  
 It was very delicious and I was very happy.  
 But suddenly, I heard a loud shout.  
 "Do you think this is your bedroom?"  
 It was my math teacher!  
 ① When I opened my eyes, she was standing in front of me!  
 ② I hung my head in shame.  
 ③ My teacher was angry at me.  
 And she gave me a lot of homework!  
 ④ I think I have to stay up late tonight to finish my math homework.  
 I won't fall asleep during class again!  
 Don't tell anyone, okay, Andy?

Troubled, Mina



## Let's Learn How to Write E-mails in English

1. When I opened my eyes, she was standing in front of me!

(눈을 떴을 때, 선생님이 내 앞에 서 계셨어!)

▶ in front of: ~의 앞에

Ex) The person \_\_\_\_\_ me stepped on my foot on the subway.

(지하철에서 내 앞에 있는 사람이 내 발을 밟았어.)

3. My teacher was angry at me.

(선생님은 나에게 화가 나셨어.)

▶ be angry at: ~에 화내다

Ex) My mother will \_\_\_\_\_ me when she finds out.

(엄마가 내 잘못을 알면 화를 내실 거야.)

2. I hung my head in shame.

(난 부끄러워서 고개를 들지 못했어.)

▶ hang one's head: 부끄러워 고개를 숙이다

Ex) I \_\_\_\_\_ because I acted like a coward.

(난 겁쟁이처럼 행동 한 것이 부끄러워 고개를 숙였어.)

4. I think I have to stay up late tonight to finish my math homework.

(수학 숙제 끝내려면 오늘 밤 늦게까지 깨어 있어야 할 것 같아.)

▶ stay up late: 밤늦게까지 안 자다

Ex) Don't \_\_\_\_\_ tonight playing computer games!

(컴퓨터 게임 하면서 밤 늦게까지 깨어 있지 마!)



[Answers]

1. in front of 2. hung my head 3. be angry at 4. stay up late

**미나의 편지** get into trouble 곤경에 빠지다, 혼나다 / fall asleep 잠들다 / during ~동안 / embarrassing 당황스러운 / even 심지어는 / have a dream 꿈을 꾸다 / suddenly 갑자기 / shout 외침, 고함 / in front of ~앞에 / hang one's head 부끄러워 고개를 숙이다 / shame 부끄러움, 창피함 / be angry at ~에게 화가나다 / stay up late 밤늦게까지 안 자다





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## Dear Troubled Mina,

① Hey, Mina! Did you fall asleep during class today?  
I can imagine how embarrassed you have been!  
I'm sorry to hear that you have a lot of homework to do.

② But I can't help but laugh! Haha!  
Well, Mina, don't feel too bad.  
Everyone falls asleep during class sometimes.  
I feel very sleepy during some boring classes, too.  
Even the smartest students at school often fall asleep!  
But of course, it's not a good idea to sleep in class.

③ You know, teachers try their best to teach us.  
We must respect them and study hard.  
Even if you are not really interested in a certain subject,  
try to focus.  
If something is too difficult to understand, ask your  
teacher questions.

④ Then, you will be able to understand the subject.  
The next time you feel sleepy, open the window.  
Getting some fresh air will help you wake up!  
Stay awake and study hard, Mina!  
Good luck with your math homework and don't worry,  
I won't tell anyone!

Love, Andy

### Let's Learn How to Write E-mails in English

1. Did you fall asleep during class today?

(오늘 수업 시간에 잠들었다고?)

▶ fall asleep : 잠들다

Ex) I \_\_\_\_\_ while watching the boring movie.

(나는 지루한 영화를 보다가 잠들었다.)

3. You know, teachers try their best to teach us.

(알잖아, 선생님들은 우리를 가르치려고 최선을 다해서.)

▶ try one's best : 최선을 다하다

Ex) Did you \_\_\_\_\_ on the math exam?

(수학 시험에 최선을 다했니?)

2. I can't help but laugh!

(웃지 않을 수가 없구나!)

▶ cannot help but : ~하지 않을 수 없다

Ex) I \_\_\_\_\_ eat another piece of chocolate!

(초콜릿 한 조각을 더 먹지 않을 수가 없네!)

4. Then, you will be able to understand the subject.

(그러면, 너 그 과목을 이해할 수 있을 거야.)

▶ be able to : ~할 수 있다

Ex) You will \_\_\_\_\_ stay awake if you open the window.

(창문을 열면 깨어 있을 수 있을 거야.)



[Answers]

1. fell asleep 2. can't help but 3. try your best 4. be able to

앤디의 편지 Imagine 상상하다 / embarrassed 당황한 / cannot help but ~하지 않을 수 없다 / try one's best 최선을 다하다 / respect 존경하다 / try to ~하려고 노력하다 / focus 집중하다 / be able to ~할 수 있다 / wake up 잠이 깨다



# When Did People Start Swimming?

Do you like swimming? It is one of the most popular sports in the world. Swimming is a great form of exercise. It helps you stay healthy and strong. Today, many people all over the world enjoy swimming. But do you know when people started swimming?



You may be surprised to learn that swimming has a long history. People have been enjoying swimming for more than 7,000 years! The earliest records of swimming were found on some cave wall paintings from the Stone Age. The paintings clearly showed that swimming was practiced at that time.

Many historic books from 2000 BC depict swimming, too. For example, the Bible, the Iliad, and the Odyssey give written descriptions of swimming. However, the style of swimming practiced at that time is still unknown.

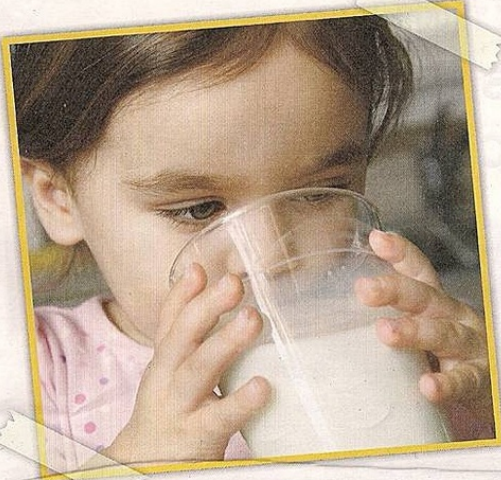
According to many history books, swimming became really popular in the Middle Ages. In Britain, swimming was required of knights. Romans also built swimming pools at all the places they conquered. Swimming pools played an important role in their social gatherings.

Staff reporter Erica Choi



사람들은 언제 수영을 시작했을까요? the most popular (popular의 최상급) 가장 인기 있는 / exercise 운동 / stay healthy 건강히 지내다 / enjoy -ing -하는 것을 즐기다 / be surprised 놀란다 / history 역사 / the earliest (early의 최상급) 가장 초기의 / record 기록 / cave wall painting 동굴 벽화 / the Stone Age 석기 시대 / clearly 분명히 / practice 통달하다, 연습하다 / historic 역사적인 / BC (Before Christ) 기원전 / depict 그리다, 묘사하다 / for example 예를 들어 / description 서술, 묘사 / be unknown 알려지지 않았다 / according to -에 따르면 / the Middle Ages 중세 시대 / be required of -을 요구하다 / knight 기사 / swimming pool 수영장 / conquer 정복하다 / play an important role in -에 중요한 역할을 하다 / social 사회적인 / gathering 모임





# Calcium Helps You Live Longer!

I'm sure everyone already knows about the importance of calcium. Calcium makes your bones and teeth strong. Therefore, you need to get calcium by eating foods rich in calcium. There is one more important reason to get calcium. It helps you live longer!

According to researchers in Sweden, people who absorb calcium every day from food can live longer than the people who don't. They found in their new study that getting a bit more calcium in your diet could help you live longer.

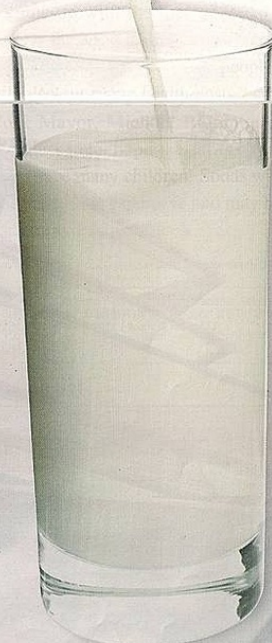
The Swedish researchers studied more than 23,000 people for 10 years. They found that people who consumed the most calcium in food lived longer than the people who

took in the least calcium from food.

"For the people in the study, the main sources of calcium were milk, milk products, and cereal products. Calcium helps reduce blood pressure, cholesterol, and blood sugar levels," said Dr. Joanna Kaluza of the Karolinska Institute in Stockholm.

From now on, drink lots of milk and eat milk products every day to live longer, everyone!

Staff reporter Sarah Choi



**한글을 먹으면 장수해요!** already 이미, 벌써 / importance 중요성 / calcium 칼슘 / therefore 따라서 / reason 이유 / live longer 오래 살다, 장수하다 / according to -에 따르면 / researcher 연구원 / absorb 흡수하다 / study 연구 / Swedish 스웨덴의 / consume 먹다, 소비하다 / the least (less의 화상급) 가장 적은 / source 공급원 / milk product 유제품 / cereal (흔히 아침 식사로 우유에 많이 먹는) 시리얼 / reduce 낮추다, 줄이다 / blood pressure 혈압 / blood sugar 혈당 / from now on 앞으로는, 지금부터





# Dr. Lee Ae-ran

## Receives International Women of Courage Award



On March 8, Dr. Lee Ae-ran received the "2010 International Women of Courage Award" from the U.S. Department of State 미국 국무부. Dr. Lee is the first North Korean escapee to earn a doctoral degree. Currently, she is a professor in the Department of Food and Nutrition 식품영양조리학과 at Kyungin Women's College.





The U.S. Department of State gives the award every year on International Women's Day, which falls on March 8. The day was established in 2007 by the former Secretary of State, Condoleezza Rice, to pay homage to those women who have contributed the most to improving women's rights around the world.

This year, a total of 10 women from all around the world received the award. The award ceremony was held in Washington D.C. The American First Lady Michelle Obama and the Secretary of State, Hillary Clinton, participated in the ceremony.

Dr. Lee was chosen for her courage and determination. She fled to South Korea in 1997 in search of freedom and a new life. She

overcame many hardships and became the first North Korean woman to receive a doctor's degree. She also worked hard to help other North Korean escapees.

"She has done so much to empower North Korean women refugees and to advance women's issues in South Korea," said Mrs. Clinton at the ceremony, praising Dr. Lee. "She also supports North Korean students in South Korea by providing them with access to scholarships every month."

"I was only doing what I was supposed to do for North Korean refugees in difficult situations," Dr. Lee said modestly. "I'm flattered to receive such award, although I have done nothing."

Congratulations, Dr. Lee! You are really amazing! We are very proud of you! ✨

Staff reporter Dan Chun

받기 있는 국제 여성상을 받은 이예란 박사 courage 용기 / award 상 / North Korean escapee 탈북자 / earn 벌다, 얻다 / doctoral degree 박사 학위 / currently 현재 / professor 교수 / fall (날짜가) ~이다 / be established 지정되다 / former 이전의 / Secretary of State 국무 장관 / pay homage to ~에게 경의를 표하다 / contribute to ~에 기여하다, 공헌하다 / improve 개선하다, 향상되다 / award ceremony 시상식 / be held 열리다 / first lady 정부인 / participate in ~에 참여하다 / be chosen 선정되다 / determination 투지 / in search of freedom 자유를 찾아서 / overcome 극복하다 / hardship 어려움(고난) / empower 권한을 주다 / refugee 난민 / advance 발전시키다, 진전하다 / praise 칭찬하다 / support 후원하다, 지지하다 / provide 제공하다 / scholarship 장학금 / be supposed to ~할 의무가 있다 / modestly 겸손하게 / be flattered 영광이다, 우쭐해지다 / congratulations 축하합니다 / amazing 놀라운, 굉장한 / be proud of ~을 자랑스러워하다

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- 1. 무료수용시설 / 한국국제협력단 (KIC) 800-2100-0404  
2. 무료수용시설 / 국가별 영수번호 1000-0404-0404  
3. 무료수용시설 / 해외 (국립) / 한국국제협력단 (KIC) 800-2100-0404

**민타인소외외교통상부 영상물센터**