



Gyeongju
University

Herald

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Messages

We welcome you back for Fall and hope you are refreshed and renewed. I extend to you my heartfelt gratitude for your contributions to our collective-conscience by involving yourselves so deeply in the lives of our students, and fostering harmonious and collaborative relationships with one another. Enjoy this season of your lives, and I hope you will find meaning in your work and time.



*Soon-Ja Lee, Ph.D.
President*

Dear GU Colleagues and all,

What a great season!

Thank you for coming back to 2013 GU Autumn semester. I know you have all enjoyed wonderful summer breaks. As you know, everyone was excited to enjoy Chuseok (Korean Thanksgiving Day) in Korea.

Soon you will see and enjoy Korean autumn and winter days. We Koreans say autumn is a good season to enjoy harvested fruit, reading and hiking. Of course, burning mountains nationwide will offer another joy to your eyes. I hope that we could also enjoy GEC Mt. Seolak hiking all together on October 9, 2013.

What are you going to plan during winter breaks? If you do not have any specific overseas travel plan, why don't you visit Seoul and north area? It will be cold, but you may experience clearly one of the four seasons in Korea. You will learn why your Korean friends say "Spring will surely come soon."

Autumn is also a harvest season and a time for you to review your 2013 school year. I personally appreciate your valuable year at GU in 2013.

Here I would like give a tip...an oriental maxim from the Root of Wisdom:

Human Heart finds Happiness in Harmony

**Birds are ill at ease in high winds and pelting rain,
Grasses and trees rejoice in sunshine and gentle breezes.
Just as heaven and earth needs harmony every day,
So every day the human heart needs happiness.**

Looking forward to seeing you for coffee anytime.



*Larry Chong, Ph.D.
Director of International
Cooperation Center*

GU was very thankful to the addition of GU Herald during the Spring Semester. The paper served as a great venue for sharing linguistic, cultural, and educational information and ideas among GU family. With the beginning of the autumn semester, I sincerely hope GU Herald will have more roles to play for the GU community. It is great to hear from the Editorial Board that the GU Herald decided to solicit news and feature articles not just from faculty members but from students as well. I am sure this will help our GU students find a more authentic way of improving their English ability as well as their writing skills. Welcome back GU Herald and Long live for YOU. Thanks!



*Sang-Ho Han, Ph.D.
Director, GEC*

News

GU Conducts Faculty Assembly; Progress Report Presented



by Irish Marie P. Sagmon, MA in Teaching English

Gyeongju University opened the Fall Semester with a general faculty meeting at Room 2B01 on August 21, 2013.

The said activity which was attended by approximately 70 international faculty members and some Korean professors, who were members of the university's special committees, tackled GU's vision and long-term development strategies.

Some of the university's development plans were: innovations in education, faculty force, student potentials and external relations, and strengthening university specializations by bringing in specialists in the fields of Culture –Tourism through internationalization and globalization.

The university aims at "Sharpening Competitive Edge for Excellent University Status in Gyeongsang Area."

Songpyeon-Making Event Held



by Massuline Antonio Ligaya, Ph.D.

Gyeongju University kicked off the Choseok celebration through a Songpyeon-making event on September 13, 2013.

The said activity was spearheaded by GU's Culinary Arts Department. It drew the participation of more than 20 international faculty, university officials and Culinary Arts professors and students. The university President, Dr. Soon-Ja Lee, graced the event and introduced Dr. Yeonjung Lee who led the proceedings.



Songpyeon-making participants

The primary objective of the said activity was to give the international faculty members an opportunity to learn more about Korean culture while at the same time socialize with both their Korean colleagues and students from the Culinary Arts department. Participants in the event were given the chance to prepare their own *Songpyeon*.

Songpyeon is a red bean-filled traditional rice cake delicacy served during Chuseok.

CHUSEOK PICNIC HELD



by Massuline Antonio Ligaya, Ph.D.

Gyeongju University - Global Education Center (GEC), in keeping with the spirit of Chuseok (Korean Thanksgiving), sponsored a picnic for the foreign professors on September 16, 2013.

The picnic activity held at Gyeongju's Cheomsongdae Observatory was participated by more than 20 professors from the GEC, some guests and school administrators namely Dr. Larry Chong, Director of International Cooperation Center, Dr. Sang Ho Han, GEC Director and Dr. Sanghun Han.



Participants of the said activity brought different kinds of foods and drinks which were shared in the duration of the activity. The activity organizers prepared games namely "sack race," "egg-relay" and "tug-of-war." Such games caught the foreign professors by surprise yet they performed with so much enthusiasm and fun.



The picnic ended at around 5:30 PM but the professors, upon the suggestion of Dr. Han, decided to have dinner together at a restaurant in Chunghyo.



The group wrapped the night up with a 3-hour non-stop singing at a noraebang also in Chunghyo.

Feature

Honoring the Departed



by Engelbert Pasag, Ph.D

Chuseok in Korea is a time when people travel to their hometowns, creating traffic in the countryside and often causing KTX website to crash due to heavy online bookings. On this occasion, Koreans return to their hometowns to celebrate and honor the dead relatives. This is coupled with several gestures such as offering foods and giving thanks for a bountiful harvest, or shall we say, a successful life.

Geoffrey Scarre, in his article "*Speaking of the Dead*" (2012, Durkheim University) explained why we should treat the dead with respect. He wrote that it is how we ourselves would hope to be treated someday.

Confucius, in his Golden Rule, has also put forward that "*you should do unto others what you would have others do unto you*". This was Confucius' attempt to explain how harmony and balance can be achieved with friends, in the family or in the government.

Further, Confucius hugely emphasized respect for parents, a teaching shared by almost everyone regardless of belief or religion. He said that our relationship with our parents is the first one that we experience and therefore, is the root of character and virtue. Parents are given a very high regard in the Chinese culture and so they are to be obeyed. On the other hand, the children are expected to care for their parents even after death. In the Ancient Chinese philosophy, the deceased still have influences on the living so children are expected to carry out various rituals in their honor.

Venerable Master Hsuan Hua, in his talks on Dharma, mentioned that the greatest act of filial duty (Great Filiality) is repaying the kindness of one's parents, teachers and elders. This means that giving respect and honoring even the dead are the greatest acts of showing love to them. In contrast, Small Filiality is about making our parents and elders happy, providing food and shelter for them and giving them peace of mind. This means that it is a great act to show respect to those who have died.

Paying respect to dead relatives is one of the most honorable act-a living person can give to the people who were once part of his life. Just as a tree has its roots and a stream has its source, it is proper to pay attention to the people who initially cared for us in our growing years, before we are able to stand and make decisions for ourselves.



A family gathered to pay respect to the departed



Foods and drinks offered for the departed

A Trip to Istanbul: Meeting Point of Nations and Civilizations



by Sang-Ho Han, Ph.D



Feeling Turkish in front of Dolmabache Palace

During the first week of September, I had a chance to visit Istanbul, the cultural capital of Turkey. Since I work at Gyeongju which, on the other hand, is regarded by many as the cultural capital of Korea, I was expecting to see something similar between the two cities. It turned out that I would learn not only things about the two (2) cities but much about world history and the cultural exchanges between the East and the West.

During my visit to Istanbul, there were two important international events being held simultaneously in Istanbul – the 'Istanbul-Gyeongju World Culture Expo 2013' and the 'International Symposium on Ancient East and West Capital Cultures.' The World Culture Expo was jointly hosted by the province of Gyeongsangbukdo-do and the city of Istanbul to highlight the historical fact that there were cultural exchanges between the East and the West as early as during the Silla Dynasty (BC 57 ~ AD 935). However, as my trip was more for the symposium than to the Culture Expo, I would like to share my experiences related to the former with GU Herald readers.

The exact theme of the symposium was "*Encounter between Ancient East and West Capital Cultures and Directions for their Confluent Development*". The event consisted of special presentations of four keynote speakers from different countries: Italy, Turkey, China, and Korea followed by question-and-answer sessions.

Since the principal medium of communication was English, my role during the presentations was to provide translation service to the 70 international participants, at the symposium. Even if the areas of culture and history were not my main field of study, I had to translate the speeches of each speaker from English into Korean or vice versa. During this process of translation, I had the fortune of getting to know much about the east-west exchange of cultures since the ancient times.

The first speaker, Dr. Michael Teichmann from the German Archaeological Institute in Rome, made a full-length introduction to quantitative and qualitative approach to archeological research. Along with research methods, he introduced how to study Roman landscapes from a variety of perspectives. His presentation ended with material evidences of cultural exchanges between the East and the West, such as silk and Roman glasswares.

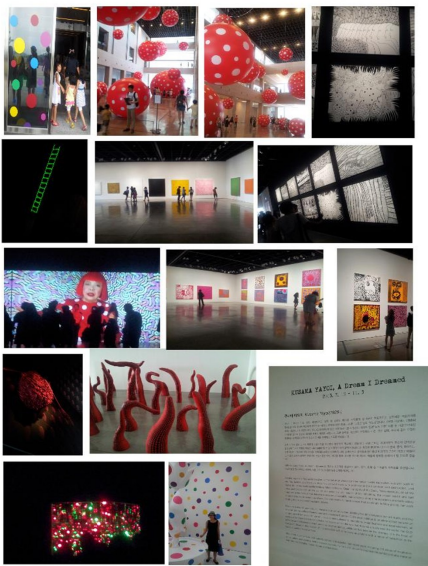
Dr. Teichmann's theoretical background was followed by the speech of Dr. Cezmi Eraslan, a professor of History at Istanbul University, on the chronological description of the city of Istanbul as the meeting point of nations and civilizations. This made me fully aware that the city of Istanbul served as a very important intermediary between East and West cultural exchanges through the Silk Road.

In the next issue of the GU Herald I will be presenting more historical evidence about cultural exchange and Gyeongju as the starting point as well as end point of exchanges between the East and the West.

IPL's Art Comment



by Jeffrey Paul Lane, Ph.D



Collage of Kusama Yayoi's Works

strobe-kaleidoscopic animation of lights, like bright pegs or a pulsing neon and reforming organic space city.

Silkscreens in black and white make up the bulk of the exhibit. Also on display are some paintings on canvas in acrylics - colorful, a bit naïve, expressive and doodle-like - while, big, red-dotted sculpted spheres and great pumpkin gourds fill the overall mis en scene, and do so with dots, big dots and little spots.

This is a review of artist Kusama Yayoi's *A Dream I Dreamed* retrospective exhibition which is up until November 3rd at the Daegu Museum of Art (DMA).

Kusama Yayoi is a "groovy ol' dame", with pink hair and an elegant, frumby style. She is the artist who gave us Dots, and not merely polka-dots, but rather the ones that are "like the holes in my pocket" of a Beatlesque Yellow Submarine sentiment. In any event the show is a must-see for those interested in modern art.

I recommend watching the 2-hour video on her oeuvre and life story. This documentary exposes her art making process from initial magic marker drawing on large canvases to the transfer of these scale works at a printers' shop for silk-screened monoprints, of up to about 10 by 16 feet in scale. Also seen is her recent receipt of a cultural award from the Japanese emperor, to her early hippy days in New York, with poses from the (in)famous nude concept art event "MeatJoy" at Woodstock.

Kosher or Oscar Meyer, note her "Phallus Boat" on the second floor of the venue. Red tentacles, which surprisingly on close inspection, are blow-up balloons of a sort and not made of a more solid art material, guard this rowboat. A video installation features recitation of her poem Melancholy Mixed with Stardust. Another room sets up a ladder atop a mirror for a neat special effect of infinite vertical length. And another installation booth allows viewers to peer in to see a

About Korea

CELEBRATING CHUSEOK



by Fely D. Kam, Ph.D

From September 18 to 20, 2013, Korea celebrated CHUSEOK. So, what is it?

Chuseok is a Korean thanksgiving and harvest celebration, also known as "Hangawi," which means "Harvest Moon Festival." Originally, Koreans gave thanks to their ancestors for plentiful harvest and shared their abundance with the family members, relatives and neighbors, being a former agrarian country.



Family members take time to be together during Chuseok.

The Jeju Weekly says, the origin of Chuseok is not clear but it "can be traced back to a religion related to the moon from ancient times. The sun was considered natural, but the full moon that came once a month to brighten the dark night was seen as a grateful presence".

The 3-day holiday does not have a fixed date but always takes place on the 15th day of the 8th month of the lunar calendar, which may fall on a weekend or during the weekdays. Chuseok is a big holiday in Korea and one of the most awaited festival in the country. This is also the time when Korean people go back to their hometowns to visit their families, relatives and friends.

Being a curious foreigner here in Korea, I desired to experience the Chuseok festival with a Korean family. I wanted to witness and enjoy the amazing traditional practices performed by the Korean people during the days of the celebration.

My wish came to a reality when we were invited by a Filipina friend, married to a Korean, to celebrate the holiday at her husband's hometown. As we traveled for 2 hours, I saw the beauty of the countryside and the green mountains along the highway. When we reached our destination, I felt the hospitality of the mother and relatives of my friend's husband. They entertained us and in tables overflowing with food and drinks.

In the morning of September 18, the women in the family prepared songpyeon and other Korean traditional foods. There were fish, beef, chicken, pumpkin, fruits and vegetables. The men went to the mountain to visit their ancestor's grave and to clean the burial place. At night, after the sumptuous dinner, the family members played poker and we, as guests bid them good night to sleep.

Early morning on September 19, the family members went back to their ancestor's burial ground to bring food offerings. I witnessed one culture of the Koreans when visiting the burial place. The men were wearing coat and tie to give thanks and pay respect to their dead. They put mats on the ground for kneeling and bowing before the grave.

Another tradition is the giving of gifts to the members of the family, in cash or in kind. I observed that the sons in the family gave gifts to their mother and in return, the mother also gave gifts to her sons and to her grandchildren as well. This act of giving gifts is also present in any culture especially during Christmas, new year, birthday and other celebrations which unite the families together. The celebration of thanksgiving day in Korea is truly about family ties and togetherness, gratitude to family, friends and relatives and even to the departed ones.



Korean dining tables will be filled with foods during Chuseok.

Students' Corner

The “Students' Corner” column, debuting in our September issue, will showcase works created by our talented Gyeongju University students. The materials to be featured here would either directly be contributed by them or through their university professors.

In this issue, Professor Jonathan De Leon has graciously shared the written exerts of sophomore nursing students from his Major English Conversation 2 class.

WRITTEN OUTPUTS OF MY MEC-2 STUDENT



by Jonathan de Leon, MBA

I'm pleased to present materials created by my students here at Gyeongju University during the fall semester of 2013. I decided to feature the written output of my Major English Conversation 2 (MEC 2) students. These students are sophomores belonging to the College of Nursing.

There were two reasons for my decision to share this material. First, these articles contain glimpses of the aspirations of our GU Nursing students. And second, these excerpts show the kind of writing they can produce given a 30- minute time limit.

The following section contains portions and quotes from the individual essays of my seven nursing students.



DA SOM KIM (Jasmine)

“After I graduate, I will work in a university or a general hospital. They have good facilities and technology that will give me a chance to learn more about my profession. I will go around all the nursing departments but I will specialize in emergency room. My aunt told me many things about it. So I want to have same experience she has had. I will prepare for NCLEX-RN and will go to USA... If given the chance, I want to be a travel nurse there... in my fifties, I'll do volunteer medical services because I have already gained lot of experiences and skills... I will also help small hospitals or home cares... Lastly, I want to write a book about my life story as a nurse.”



SA-RA KIM (Sara)

“My nursing career will start in Samsung Hospital. I hope to work in the internal medicine department. I've heard it is difficult there and it requires more study about human body... I will get a master's degree... I may want go out of the country but I want to be with my family. So I may stay in Korea. I also think there are enough people to help in Korea... I think I will select a workplace near the place where my parents live... I'm thinking of having two jobs, as a nurse and an artist.”



GA E HWANG (Annie)

“I love exercise and I dreamed of becoming a soldier when I was young... I have a different wish now. That is to be a nurse officer. I want to take care of people's health especially the soldiers and children. So, my other dream is to be a pediatric nurse... I don't want to choose between the two. I want both to happen. I will obtain my nurse license...”



HYEBIN LEE (Stella)

“If I pass my nurse licensure exam, I want to work in Busan University Hospital. I will work in the internal medicine department there at first... Then I will specialize in psychiatric nursing. I'm very interested in the human mind. I want to do psychiatric research too. I will be a head nurse or occupy a higher position... I may meet my husband in a hospital.... I will travel with my husband around the world after I retire as nurse...”



AH KYUNG KWON (Anna)

“I'm studying hard to get high grades because I want to work in a big hospital in Seoul. I will work in OR, ER, or ICU of Asan Hospital for 3 years. I will keep studying English and NCLEX-RN to get a hospital work in the United States, New Zealand, Australia or United Kingdom.... I will definitely find a job in any of those countries however long it may take. If I got a job there, I will go to a university to become a NP, Nurse Practitioner.”



BI-HYANG OHK (Laura)

After I graduate, I will work in a university hospital in Seoul to learn more about nursing. I want to work as pediatric nurse because I like children... I like to become a travel nurse also at a disaster area or a developing nation... As I become older, I will work in a convalescent hospital as charge nurse.”



MINHEE LEE (Liz)

“... I want to work at Ulsan University Hospital. After five years of working there, I will prepare for Masters of Nursing.... I will major in pediatric or surgical medical nursing. I will be a professor. I want to teach university students. I also see myself working as a research nurse so I can bring up my child at work... I will volunteer as nurse for babies when I get old. If I have saved much money, I want to donate for disabled babies. I want to live my life as a nurse.”

Sports

HIIT it!



by Trevor Sim, MA Integrated Studies



It's an interesting time to be into exercising. Hard science is dispelling a lot of long established myths. This is the message in Gretchen Reynolds' thought-provoking book, *The First 20 Minutes*, published last year by Icon Books.

Reynolds says a lot of interesting stuff—too much to cover in one article— but one of the most poignant topics she discusses is the importance of ‘intensity’ for achieving overall health improvements through exercise. Key to this is the concept of ‘interval training’— repeatedly pairing short bouts of intense exercise with short periods of rest in a single exercise session. It isn't fun (which is my guess as to why most people don't do it) but Reynolds cites a number of studies

showing the efficacy of this form of training.

In a Japanese study, for example, middle-aged and elderly walkers were divided into two groups. The first group walked three to four miles at an easy pace (at 50% of maximum heart rate). The other group tried intervals, increasing their pace to 70% of maximum heart rate for three minutes and then walking slowly, at 40% of maximum heart rate. They performed these intervals at least five times in a session. After five months, both groups had better blood pressure, but the interval group was “significantly more physically fit than the strollers,” with more leg power and higher maximum oxygen capacities.

Another study involved making lab rats swim in water tanks. Apparently, rats aren't good swimmers, so it was a demanding task. The rats were divided into two groups. One group swam for three hours, took a forty -five minute break, and swam for another three hours. Tests performed on the rats' leg-muscle fibres showed the rats were becoming fitter. The second group was fitted with little weighted jackets. As you might imagine, they swam frantically for only twenty seconds, were given a ten second rest, and then put back in



the increases in endurance were shown to be about the same for the group that exercised six to nine minutes a week and the group that exercised for five hours a week. In Reynolds' words, "Six minutes or so a week of hard exercise (plus the time spent warming up, cooling down, and resting between the bouts of intense work) had proven to be as good as about 300 minutes of less strenuous exercise for achieving basic fitness."

These findings are further enhanced by a longitudinal Finnish study of 2,560 men which found that the men who were the most physically active were least likely to get gastro-intestinal and lung cancer. According to the research, men who jogged at least thirty minutes a day had a 50% reduction in the risk of cancer. Another study of walkers found that those that walked at 70% of their maximum heart rate had a greater increase in physical fitness than those who walked at less intensity, even if those who walked at less intensity walked more. The general conclusion is that, for your overall health, even moderately intense exercise is better than low intensity exercise.

The key message I take away from all this is, if you want to get healthy, you have to really get that heart pounding. Reynolds suggests that "If you're breathing hard enough that you can barely converse during a workout, you're exercising vigorously." That seems to be a good mark to shoot for. Of course, this call for increased intensity may not be welcome news to those who enjoy long leisurely workouts. Nonetheless, it's backed by science, and at the very least is good food for thought.

If you're interested in trying out some high intensity interval training, Reynolds suggests what a workout on a stationary bike might look like:



1. Warm up for three 3 minutes.
2. Pedal 'all out' for 60 seconds.
3. Rest for 75 seconds at 40% of max heart rate.
4. Repeat this cycle at least 8 times.
5. Cool down for 3 minutes.

Try to do three sessions a week. Reynolds states that this ninety minutes is equal to five hours of conventional exercise. And you'll feel great afterwards—a little like our furry friends finally being pulled out of the water tank, I'd imagine.

Reference: Reynolds, Gretchen. *The First 20 Minutes: Exercise Better, Train Smarter and Live Longer*



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