



I Can Herald



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I Can Academy Students Newsletter

February 2020

FROM WUHAN TO THE REST OF THE WORLD: **CORONAVIRUS**

The coronavirus epidemic may be peaking in China where it was first detected in the central city of Wuhan but it is just beginning in the rest of the world and likely to spread, a global expert on infectious diseases said on Wednesday.

The Chinese government's senior medical adviser has said the disease is hitting a peak in China and may be over by April. He said he was basing the forecast on mathematical modelling, recent events and government action.

Dale Fisher, chair of the Global Outbreak Alert & Response Network that is coordinated by the

World Health Organization, said that predicted "time course" may well be true if the virus is allowed to run free in Wuhan.

"It's fair to say that's really what we are seeing," he told Reuters in an interview. "But it has spread to other places where it's the beginning of the outbreak. In Singapore, we are at the beginning of the outbreak."

The flu-like virus has killed more than 1,100 people and infected nearly 45,000, predominantly in China and mostly in Wuhan.

Singapore has reported 50 coronavirus cases, one of the highest tallies outside China, including mounting evidence of local transmission.

"I'd be pretty confident though that eventually every country will have a case," Fisher said.

Asked why there were so many cases in Singapore, he said there were comparatively more tests being conducted on the island. (cont. p2)



ENDANGERED SPECIES

What species do we need to save now?

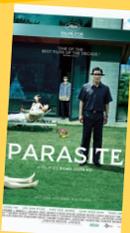
Page 4



PARASITE MOVIE

Everything you need to know about the film

Page 9



NEWS AND EDITORIAL



HUMAN RIGHTS

BY CHOI JUNG WOO

The idea of human rights may seem natural, practiced as it must be practiced; however, it is not far from now that it has started to being practiced. Many people still think that it is being practiced everywhere, equally, yet it isn't. Today, people are saying that in Dubai, human rights are getting violated. I believe this is true and I have some solutions.

Workers, especially physical workers, often face violations of human rights. This is because that in fact, even though it is the hardest job, even quite dangerous, it is still treated as a poor job. Poor people doing hard work in the construction place is the common image for physical workers. Since they work hard yet get very poor, that is a human right violation.

Now, some may say "if it is a human rights violation, then they could just quit and find other jobs. Anyways, their boss at least gave them their money." That is such a very stupid thing to say. In the first place, they end up doing this because they weren't able to find jobs or they don't have any skill. Unless, why would they want to do the hard work? No one even appreciates one's work. Moreover, most of them did not become like that because they were lazy, they weren't lazy. They can't escape from it. No one wants to use them. Thus, they live in thin ice using the money they have left to live and survive.

"We have a very low index of suspicion for testing people so...we do have higher ascertainment," he said, but added that there was a lot about transmission of the virus yet to be understood.

Kenneth Mak, director of medical services at Singapore's health ministry, told a news conference it was difficult to be confident in projections that the epidemic will peak in China this month but, in any case, peaks in other countries will lag China by one or two months.

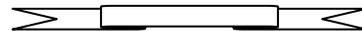
Fisher said there was no justification for the kind of panic buying of essentials like rice and toilet rolls seen in Singapore.

"There's no suggestion we are going to run out of anything," he said. "I would just stay level-headed."

He said the elderly and those with diabetes were most at risk of serious illness.

"For the vast majority of people it will just be a mild illness but still treat it with respect," Fisher said.

Reuters © 2020



So, the solution to this problem can be providing jobs. If there are lots of choices of work, they can have a better and even happier life. But, to be this available, the government should work and on it. They need to plan carefully and manage it very well. If it succeeds, it has very great effects, however, if it fails, it is very hard to recover.

In conclusion, the government should work hard to solve the problem of their own citizen. Since their countrymen are suffering, they need to do something soon. If the boss of the workers just increases their payment, this is not even a problem. The most important thing is the workers themselves, they need to increase their courage to voice out themselves.

FEATURE

A GOLDEN SUCCESS BY JEONG HA RIN

All people have the desire to be successful.

They try their best, but only a few people become great successful men. Why people try so hard even if they could not achieve their goals? People easily give up when they think it is not the right job for them, and try to find another way. This pressure disturbs our works and makes it easy to put down all the things that they really need to be successful. Let me clear your mind with this topic about success.

Some people face hardship. The same thing that appears to failures is that they don't know how to lead their path. Practice is a repetition by having a certain purpose. And this practice affects the hard process which makes us know more about our lives. The basic stage, for example, is to practice by requesting pieces of advice of successful people, and self-development. It is really important to realize the task that we have to finish. Just keep practicing and focus on what you are doing. Practice makes perfect. If we think about practice, we can't forget the passion. Passion is a first step to be suc-

cessful, and start to know about what the practice means. Some people say that passion is not essential. They can just try hard, and finish their duty. But no, it is perfectly wrong. If we don't have any zest, it means that there is no purpose for our job. They feel there is uncertain volition, so they won't try hard. That is a track for a hole that leads to failure which we should not be tricked. No passion, no success.

Nothing goes in a good way at first try, so let's just keep on giving our best shot and try hard with what we are doing. The main two things we should never forget are the two Ps; **practice and passion**. Just do your best. We don't need any supporters. We are the ones who need to encourage ourselves if something goes wrong.

The success is made from a little hope and a single drop of sweat. We should learn how to cultivate our self-credit to a big success.

FEATURE

ENDANGERED SPECIES

BY: LEE DA JUNG

Amur leopard, gorilla, sea turtle and orangutan. What do these animals have in common? These animals are endangered species. Endangered animals are animals and plants that are seriously at risk of extinction. Species become endangered for two main reasons: loss of habitat and loss of genetic variation.

First, habitat. As trees are destroyed and forests are burnt. Animals lose their homes and the majority of these animals died. For example, the Amazon forest fire and the Koalas of Australia.

Second, genetic variation. Genetic variation is the diversity found within species. It allows species to adapt to the changes in the environment. Human activity can cause a loss of genetic variation. Overhunting and overfishing are examples of human activity that cause the loss of genes these animals can produce. For example, grenade fishing could cause deaths of baby fish when we catch them.

How are we going to save endangered species?

Educate your family about them. Grow native plants. Volunteer your time to protect wildlife. Do not buy products from companies that are known, polluters. These are just simple acts, but remember; simple actions must start with us. We can make a difference.



FEATURE



BY: KIM MIN SEONG

Do you like apples? Imagine, shiny, red, crunchy, juicy, and sweet apple. Would you like to taste it?

I like eating apples. I eat apples every day. There is a saying, an apple a day keeps the doctor away. Apples are nutritious. Did you know that apples are rich in Vitamin C, A, E, B1, B2, and B6? It makes your immune system stronger.

Apples are also good for weight loss. They are high in fiber and water that is why they make you eat less. In one study, people who ate apple slices before a meal felt fuller than those who consumed applesauce, apple juice, or no apple products.

In the same study, those who started their meal with apple slices also ate an average of 200 fewer calories than those who didn't.

Apples can fight Asthma. Apples may help your lungs from damage. Apple skin contains the flavonoid quercetin, which can help regulate the immune system and reduce inflammation. These are two ways in which it may affect asthma and allergic reactions.

Even if apples are that healthy, you should not eat them in the evening. If you eat apples at night or in the evening, this pro-digestive fruit can turn against you and load on your intestinal functions. This means apples at night will produce gas and make you severely uncomfortable during the wee hours.

All things considered; apples have a lot of benefits. Apples are incredibly good for you, and eating them can lower the risk of many major diseases.



LEMONS

BY: HONG JOO HYUK

Do you like lemon? Some people don't like lemon. First, lemon is a good source of vitamin C. It has a sour taste. One lemon provides 3 mg of vitamin C. Second, it helps to control weight. Some people want to go on a diet. Lemon can help them to be fit. Since lemon juice contains no pectin. This will not prime fullness in the same way. Third, lemon juice may help prevent kidney stones. Just a ½ cup of lemon juice may provide enough citric acid to help prevent stone formation. Fourth, lemons can help protect against anemia. Since lemons contain both vitamin C and citric acid, they may protect against anemia. By ensuring that you absorb as much iron as possible. Fifth, it can reduce cancer risk. Some researchers say that plant compounds found in lemons could have anti-cancer effects. These are the five benefits of lemons.

FEATURE

IMAGE BY: KIM MIN JI

What do you perceive of me? Image is superficial. I can make my image look nervous; I can make it seem intellectual. Or I could make me look like a person who had forgotten my speech when, in fact, I didn't. My image can be changed to whatsoever I want it to be. But what can I make of myself? What can I make my image like I am a dominating speaker?

Again, image can be superficial. It can be changed easily. The image you perceive of myself might actually be fabricated. However, the very superficial image can affect us more powerfully than we think. It can easily change what we think of a speaker.

First and foremost, your image must look confident. You should be able to overwhelm the audience with your confidence. Will you listen to a person whose voice is just small, and keeps touching his clothes, and stutter? No, you won't. You would rather listen to those who use the right intonation, the one smiling like they are not anxious or nervous at all. Use the right hand gestures- not too much, and don't make your hands look weird. Walk a little bit to look natural. But not too much, you would look like you are dashing around the stage. Though you might feel extremely nervous, do not show it to your audience. Use the appropriate gestures and tone to make you seem confident. Remember: image is superficial. You are able to transform it without much effort.

Create an image that symbolizes something using fashion. Your fashion is important. Imagine that you don't know anything about the speaker. You don't know what his name is, his job, his

background, nothing. You don't know whether he is trustworthy or not. However, think like this now: if you think of him wearing neat, primed clothes and glasses, what image would he give? What do you think he is going to talk about? Maybe economics, or that kind of professional topic. Then, change his attire wearing casual clothes, no ties at all. He will give you a thought of a creative, innovative person. Or you could wear those that make you represent a famous person in the field you intend to speak. For instance, if you were trying to speak something about IT, you could wear a black turtle neck and jeans like Steve Jobs.

Look intelligent. I am now wearing these glasses just to look intelligent, though I have absolutely no problem seeing. Well, if you are someone known for their smartness like Bill Gates, you have no need to look intelligent. But if you are an unknown person to your audience, how can you give them the impression your words are worth their trust? Well, you could wear glasses like me, or make eye contact with the audience. Provide actual information. It would surely make people think you are worth trusting. Make your facial expression seem you are absolutely sure about what you say in your speech. It would certainly look promising, wouldn't it?

These are the things I think would help create a dominating image in your talk. So, remember. When preparing for a TED talk. Look confident, mind your fashion, better if you look intelligent. I hope this helps.

FEATURE

PUBLIC SPEAKING BY: KIM BO MIN

Are you scared to talk in front of many people? I was so scared to talk in front of people in school. However, when I knew about the four important things about how to speak in front of many people, I overcame my fear of speaking. If you follow and practice it periodically, you will be the master of speech.

The tone of voice. If I do rap, you might be very sleepy. However, having ups and downs, slower or faster, my voice will surely excite the audience, and the more you will concentrate on my speech. So why is it so important than others? It is important because the tone of your voice will make judgments about your attitude, your willingness to help, and even your personality based on the way in which you speak. It can also demonstrate your sense of humor.

If the voice and tone were not considered like what I said before, rapping out your speech should be really carefully thought about. It makes the audience confused and the speech won't be understood. Thus, Doctor Nick Morgan, a famous speech instructor in TED, said that you need to count three when you enter the stage. It can make you feel more comfortable and listeners will be too.

Second, using body language can make your speech livelier. And it is one of the most effective things in speech. In one survey, it shows your body language almost affects 55%. And it is the part that shows you are scared of having a speech. According to Dr. Morgan, our brain first detects body language. And, if the words and body language do not match, the audience's trust cannot be gained. So, he advises us to know the habits that you have. For exam-

ple, having a cross arm in front of an audience is a bad habit because it can be seen as you are having negative minds. Walking in the stage for a long time can be your bad habit. It can be distractive and the audience cannot concentrate easily.

Last but not the least, try to escape from failed memory. This is related to your experience in front of the audience. You might look at the frowning face of the audience or forget the words during the speech. These experiences will bother you to be confident in speech. But you should solve this problem by yourself. In my case, I was so scared to answer the question in my school.

However, when I thought about this problem, I think I should solve it. Hence, I actively answered questions. After a few days, I was freed from failed memory. I found myself a problem, I tried to solve problems and lastly, I tried not to remember failure memories for no reason.

In conclusion, you must remember three important things about how to speak so that people want to listen. First, the tone of your voice. Second, it was using body language and lastly, the escape from a failed memory. If you find problems and practice a lot you will be a great speaker someday!



FEATURE

SMOKING

BY: KIM SEO ON

Have you ever tried to smoke before? How did it feel? In my personal opinion, smoking is bad for people. For example, my dad. He is addicted to smoking. When he started to smoke, he smoked almost just once or twice a week. But now he smokes almost every day. After he smoked, he smelled bad. I will talk about why smoking is bad for our health and why people should stop smoking.

First, smoking can harm many parts of our body. According to NHS, UK smoking can harm the body such as blood circulation, heart, brain, lungs, and even bones. For example, smoking can make our blood thicker and could lead to a higher risk of heart attack or strokes. It also makes our bones brittle and vulnerable.

Second, did you know that lung cancer is the leading disease of smoking? Smoking causes 84% of deaths and 83% of deaths of pulmonary diseases.

Do you know what will happen if you stop smoking? Well, you might live longer and save your children from second-hand smoking diseases. You would feel happier and healthier as well as improve your personal life according to studies.

Smoking is bad for our health. People should stop smoking. You're always better off if you quit smoking; it is never too late.



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Parasite

BY AIDEN CHUN

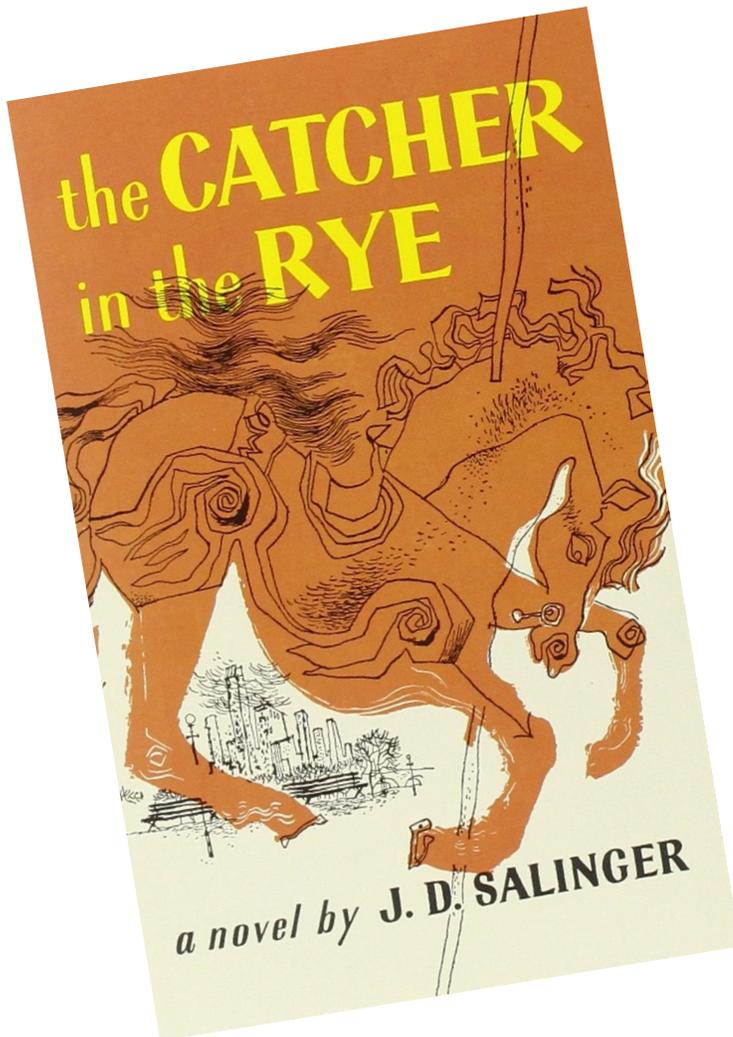
Academy award winner *Parasite* is one of the most important and thought-provoking films this year. Directed by Korean Bong Joon-ho, *Parasite* tackles the varied conflicts between the rich and the poor as well as skirmishes among the poor. At the 2019 Cannes Film Festival on May 21, it received the Palme d'Or, the greatest award of this ceremony.

First released in Korea on May 30, 2019, it has earned 177 million dollars worldwide which is way over the 11 million dollar production budget. Most of all, it garnered four major prizes at the 92nd Academy Award: *Best Picture*, *Best Director*, *Best Original Screenplay* and *Best International Feature Film*. It is the first Korean film

to be conferred the Academy Award as well as the first Asian movie to win *Best Original Screenplay*. Also, *Parasite* received many other important prizes such as the Golden Globe Award for *Best Foreign Language Film* and the BAFTA.

Born in Daegu in South Korea, Director Bong Joon-ho comes from an artistic family; his father is a famous art professor and a graphic designer, and his grandfather is a famous poet. His films focus on social and environmental themes such as class conflicts and climate change. He directed important movies such as *The Host* (2006), *Snowpiercer* (2013) and *Okja* (2017). His debut film is *Barking Dogs Never Bite* (2000).

BOOK REVIEW



CATCHER IN THE RYE: SUMMARY BY AIDEN CHUN

About the Book

Published in 1951, J. D. Salinger's *Catcher in the Rye* is a bildungsroman about an adolescent boy named Holden Caulfield who became an icon for teenage rebellion. It is about how the narrator experiences complex problems with identity and belonging. Listed as one of the best 100 best English-novels in the 20th century, it sells 1 million copies annually.

About the author

Born on January 1, 1919, Jerome David Salinger is a popular American author mostly well-known for the novel *Catcher in the Rye*. He comes from an affluent Jewish family. At first, he attended public schools on the west side of Manhattan. But after his family moved to Park Avenue, he enrolled in a nearby private school. He had trouble fitting in his new school, though he was the leader of the school fencing team and wrote for the school newspaper. In 1936, he graduated high school and enrolled in New York University. He started writing several short stories in a story magazine in the 1940s to earn money. He met Ernest Hemingway during the war, who complimented him on writing talent.

After the war ended, *Catcher in the Rye* was released in 1951 which made him popular and wealthy. According to Salinger, he shares some similarities with his protagonist Holden Caulfield. For instance, they both had a hard time fitting in their private schools, they loved writing and were the leaders of the fencing teams. The widespread acclaim of this book and the concomitant fame was disliked by Salinger who became reclusive.

In May 1986, Salinger found out that a British writer Ian Hamilton intended to publish a biography that made extensive use of letters that Salinger had written to his friends and authors, so he sued him not to publish the book. Even though it was successful, it changed his life so much. He also had conflicts with his ex-lover Joyce Maynard and his daughter Margaret Salinger in the 1990s.

Salinger was 91 when he died of natural causes at his home in 2010. It was a shock to so many people since he was considered healthy. Even after his death, he continues to influence numerous writers all over the world.

BOOK REVIEW

Summary

Seventeen-year-old Holden Caulfield narrates his experience in the past year when he got expelled from Pencey Boarding School in Agerstown, Pennsylvania. Before leaving Pencey, he goes to see Mr. Spencer, his history teacher who scolded him for getting bad grades. After seeing Mr. Spencer, he goes to his dormitory where he meets Ackley and later Stradlater. Caulfield learns that Stradlater is going to date Jane Gallagher, the girl Caulfield has a crush on, so he is concerned. He fights Stradlater and talks to Ackley. He decides to leave school since there are too many 'phonies' in his school. So, he gets on a train to New York and decides to stay there for a couple of days.

In New York, he checks in to the Edmont Hotel. There, he meets three women from Seattle and dances with them. He wanted to make friends with them, but he realizes that he can't have a good conversation with them because they are so interested in movie stars and inane topics. After leaving the women, he meets the elevator guy Maurice who says that he can arrange a prostitute for him. Though it is against his principles, Holden is feeling despondent so he goes along with the plan. Soon, the prostitute Sunny comes up to his room. However, he was so depressed that he just sends her away without having an intercourse with her. Afterward, Maurice and Sunny came up to see him and ask him for five dollars more. He declines, but Maurice hits him and gets the five dollars.

The next day, he calls Sally Hayes and asks to see her at Biltmore, at 2 o'clock. Before he meets her, he packs and checks out. Then, he decides to walk to Broadway to buy a record for his little sister Phoebe. While walking, he sees a small boy singing: "If a body catches a body coming through the rye." It impresses him and cheers him up. Subsequently, buys two tickets for a show with his date. Later, he meets Sally who was a bit late but he forgives her because she looks pretty. The date is initially pleasant but turns sour when she flirts with another student and Holden starts a tirade against the phonies in his prep school and the society and asks her to run away with him.

After that, he decides to meet his old classmate, Carl Luce. During the meeting, Holden annoys Carl with his fixation on sex. After Luce leaves, Holden gets drunk, awkwardly flirts with several adults, and calls old Sally. He tells Sally that he wants to go to the west and like the song a boy sang, he would just watch kids playing in the rye without adults, and he would become a catcher in the rye. But before that, he wants to meet old Phoebe. So he just went to his house earlier than he planned. He gets in there secretly late at night not to wake his parents. But thankfully, his parents left for movies and only Phoebe was sleeping there. He woke her up and told her the whole event. Although she was happy to see her, she deduced when he heard that he was expelled. He told her that he would like to be the catcher in the rye.

But just then, her parents came in. So he hid in the closet and slipped out of the house and visited his English teacher whose name is Antolini. He exaggerates that he should apply himself more at school, which he heard more than thousands of times. He let him sleep in his room, but he gets furious when he gets up and the teacher was padding his head. He thought the teacher might be gay, and he leaves and spent left of the night in Central Station.

So without gaining any hope from this urbanized society that he lives on, he just manages to be a gas charger in the West. And he contacts to Phoebe to have his final time with her. She said even though she had a show this Friday, she will follow him if he will leave. So, he decides not to go to the west, and he gained his happiness once again and revitalized.



SPORTS

Korean athletes, fans in mourning over Kobe Bryant's death

Korean athletes, sports fans and celebrities have paid tribute to Kobe Bryant after his death in a helicopter crash.

Bryant, an 18-time NBA All-Star and five-time NBA champion, and his daughter Gianna, 13, were among nine people killed Sunday (local time) when a helicopter crashed into a hillside in Calabasas, California. He was 41.

The Korean Basketball League reacted with an outpouring of grief and disbelief. The Anyang KGC and the Seoul SK Knights started their game that day with intentional 24- and eight-second clock violations in honor of Bryant's two jersey numbers. Bryant wore the numbers during his decorated 20-year career with the Los Angeles Lakers.

Some players, including the KGC's Brandon Brown and SK Knights' Jameel Warney, put short messages

such as "RIP/Remember" on their shoes.

"I hope he rests in peace," SK Knights' Choi Joon-yong wrote on Instagram.

"During my school years, I tried to mimic his moves. I will always admire you," wrote Jeong Hyo-geun, a former member of the Korean team for the 2019 FIBA Basketball World Cup.

Stars have also have offered their condolences.

On the red carpet at the 2020 Grammy Awards in Los Angeles, members of BTS offered their condolences to Bryant's family, saying they were big fans.

"Our thoughts are with his family, and big respect ... We have been always his fans, and the world will remember him," RM reportedly said on behalf of the group.

Many others, including singer Jay Park and actor Daniel Henney, have expressed their sorrow on social media.

