

APRIL 2022 VOL 1

T O W A R D S

T O M O R R O W



MAIN THEME
REST

VALUABLE ADVICE

"A HEALTHY BODY HELPS CREATE A
HEALTHY MIND"

Michael David Dives

COVER STORY

A 17-YEAR-OLD GIRL WHO DREAMS OF
BECOMING A MARKETER

Ahyoung Lim

SPECIAL INTERVIEW

WHAT SHE GAINED THROUGH MEDITATION

Li Teen Gong

T O W A R D S

T O M O R R O W

Editor in Chief / Dogyu Lee

SUPERVISOR / Lianne Dominguez

ADVISOR / Gregg Maloberti

**PEOPLE WHO HELPED WITH
THE PRODUCTION:**

Ahyoung Lim

Brenda Lee

Li Teen Gong

Michael David Dives

Minji Go

Sumok Lee

Contact:

23dogyu.lee@ssm-fc.org

Web Address:

<https://23dogyulee.wixsite.com/towards-tomorrow>



Towards Tomorrow has not been published for commercial purposes.

SHATTUCK ST. MARY'S INTERNATIONAL
SCHOOL'S JUNIOR MARKETING TEAM

SSM-FC JMT

SSM-FC JMT was formed to promote SSMFC. The account is run by students, with the goal of depicting the authentic school life of a student at Shattuck St. Mary's.



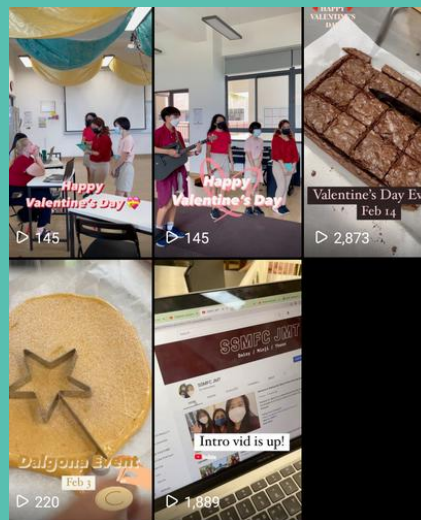
Then, Minji & Daisy



SCAN ME!



NEW YOUTUBE
VIDEOS ARE POSTED
ONCE EVERY TWO
WEEKS :)



INSTAGRAM REELS



White Flag

INITIATIVE

Please support people in destitution due to COVID-19
by donating items to MUN angels

Examples of items you can donate:



Date of Collection:
Last Wed of the Month

Place:
Students Service center (1st floor)

Contact:
mun.teens@ssm-fc.org

C O N T E N T S



*Mural - Kids on bicycle by Ernest Zacharevic

THEME: *Rest*

5

.....
Editor's Letter



7

.....
Special Editorial

The Horrible War Crimes of the Russian Army and Putin



Photo credit: Reuters

10

.....
Rest in Peace

8th anniversary of the Sewol ferry disaster



12

.....
A poem that makes your body warm

13

.....
Valuable Advice

The importance of sleep and rest, advised by Mr. Michael



17

.....
Stress Self-Diagnosis

21

.....
Cover Story

Ahyoung, a 17-year-old girl who dreams of becoming a marketer



24

.....
Healthy Recipes

29

.....
Special Interview

What Ms Gong Gained Through Meditation





Historically, March was considered the beginning of the year in the Northern Hemisphere. Because March is the first month of spring. In the northern hemisphere, the month of March is still chilly. However, when the month of March passes and the month of April comes, the cold winter has passed and the body and mind are excited.

It has been two years since I left my hometown and set foot in a new land. Although I cannot feel the change of seasons as if a roller coaster is moving in this land like my hometown, the excitement of April still comes to me. In this stimulating season of April, Towards Tomorrow is published for the first time. This magazine is published every two months, and it can be expressed as a house of various contents that change according to the theme that changes once in two months.

In 2022, we're going through pains we shouldn't have to go through. Infectious diseases that have never existed on this scale in human history, the war that has plunged the international community into chaos, and hatred that is deepening by ethnicity, nation, race, and gender. All of these things are afflicting our society and our generation living in the present. The magazine's name, Towards Tomorrow, carries the meaning of moving forward by shining brightly the candle of hope in the midst of these trials and tribulations.

Wondering what this month's theme will be? The answer is rest (relaxation). In a world that keeps hurting us and giving us trials, isn't rest what we lack in modern society? The magazine will deliver a variety of content to you based on the main theme of relaxation, starting with what pain we are going through, and then what we can do to overcome it with rest.

Dogyu Lee

Dogyu Lee
Editor in Chief

The Dark Present

- Special Editorial
- 304 Beautiful Souls
Submerged in the Sea

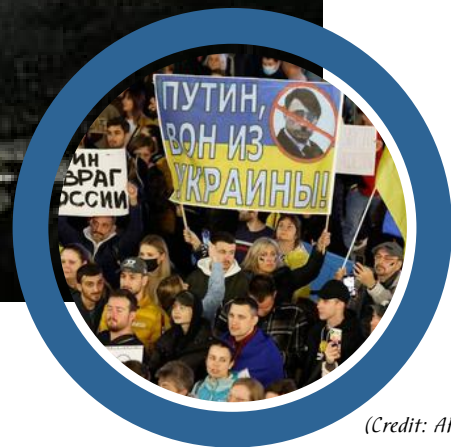




<Special Editorial>

The Horrible War Crimes of the Russian Army and Putin: 2022 Russian Invasion of Ukraine

(Credit: CNN)



(Credit: AFP)

This article contains extremely disturbing depictions of the offensive massacres of Russian troops

If we ask SSM-FC's faculty and students, and even people around the world, to choose the worst and biggest incident of 2022, Russia's invasion of Ukraine will undoubtedly come out of their mouths. In fact, Ukraine was already in the war even before the Russian invasion. In April 2014, pro-Russian rebels started a civil war against the Ukrainian government in the Donbas region of Ukraine, which escalated into the Russia-Ukraine War in 2022 with the Russian invasion. It is estimated that 12,000 Ukrainian and Russian soldiers and more than 1,600 civilians have been killed in this war to today (4 April).

Even more dreadful news is that it has been confirmed that Russian troops have massacred civilians in the Bucha region of Ukraine. Bucha is a satellite city located just northwest of Kyiv, the capital of Ukraine, and was occupied by Russian forces besieging Kyiv at the beginning of the war.



(Credit: Wikipedia)

According to the Ukrainian government, more than 410 Ukrainian civilians were tortured and killed by the Russian occupation forces. As one of the revealed facts, 18 bodies were found in the basement of a villa occupied and used by the Russian army. It is strongly believed that the cellar was used as a torture chamber, and among the victims were minors. Some of the victims are said to have been executed after being tortured with their ears cut off or their teeth pulled out. This is not all of the war crimes committed by the Russian military.



Photo of a destroyed car and a civilian killed inside it, taken in Bucha on April 2, 2022. The Russian army trampled a car with a civilian on it with a tank

(Credit: National Police of Ukraine)



(Credit: AFP)

In some of the destroyed and shattered Russian military vehicles, several bodies of infants (kids) tied to the vehicle and who were brutally murdered were found. It is believed that the Russian military kidnapped Ukrainian children and used them as human shields in battle. In addition, the Ukrainian Ministry of Defense announced that on a highway on the outskirts of Kyiv, four or five naked bodies of a female victim that the Russian army had attempted to burn were found.



(Credit: BBC)



In another outskirts of Kyiv, Irpin, their massacre of civilians was equally carried out. It is said that some of the 20 bodies found in Irpin had their ears, tongues, etc. cut off or all teeth pulled out. In addition, traces of severe torture were left throughout bodies, including a 14-year-old child. The 15 bodies found in the Russian trenches in Irpin were contained in black envelopes, each with several separate body parts. Furthermore, it is said that Russian troops withdrew from Irpin and pushed and crushed protesting Ukrainian citizens with tanks.

The Russian government and military are saying that these horrendous acts are fabricated, decorated acts, and fake videos. The international community will have to take steps to ensure that Russia can no longer prolong war crimes and war, and of course, it will have to prosecute the Russian military and government officials, including Putin, in the International Criminal Court. At the moment of writing this article, my prayers go to the ordinary citizens of Ukraine who have been slaughtered and are already victims of war crimes.

References

Ahn, H. (2022, February 26). [Infographic] The Ukrainian War in Seven pages. SBS. https://news.sbs.co.kr/news/endPage.do?news_id=N1006654818

Ministry of Foreign Affairs of Ukraine. (n.d.). War in Ukraine: official website | MFA of Ukraine. <https://war.ukraine.ua/>

Shin, K. (2022, April 4). Confirmation of mass burial of civilians in Bucha, Ukraine... "Russian War Crimes". Hankyoreh. https://m.hani.co.kr/arti/international/international_general/1037372.html?_fr=gg#cb

Ukraine: Apparent War Crimes in Russia-Controlled Areas. (2022, April 3). Human Rights Watch. <https://www.hrw.org/news/2022/04/03/ukraine-apparent-war-crimes-russia-controlled-areas>



APRIL 16, 2014

304 BEAUTIFUL SOULS SUBMERGED IN THE SEA

SEWOL FERRY DISASTER



(Credit: Korean Western Regional Coast Guard Headquarters)

A school trip that turned into a disaster

Have you seen the movie Titanic? The movie Titanic is a movie starring Leonardo DiCaprio. When I saw the Titanic sinking in the movie, my heart sank too. It wasn't simply because the scene was well portrayed in the movie. In 2014, when I was in 4th grade, an unfortunate accident occurred in Korea that plunged the entire country into sorrow. That was the Sewol ferry with 476 people on board sank. Among the passengers on the ship were 325 Danwon High School students and 14 high school teachers aboard for a school trip to Jeju Island. The reason for the sinking of the ship has not been established, despite investigations. The biggest problem was that the captain and crew of the Sewol ferry at the time gave an order to "Never move from your seat" when the ship was tilted. Because of that, passengers, including good students who listened to the adults, and Danwon High school teachers could not escape from the sinking ship. What enraged people even more was that the crew and captain who gave the order got out of the boat long before it sank. This year marks the 8th anniversary of the Sewol ferry disaster. The students who died were in the 11th grade, and most were 16 or 17 years old. That's the same age as me. I close this article with a prayer for the students, the teachers, passengers, and also the five beautiful souls who are still at sea.

Rest in peace

DEAD BEAUTIFUL SOULS:

299 (248 DANWON HIGH SCHOOL STUDENTS, 10 TEACHERS)

PEOPLE STILL IN THE DEEP SEA:

5 (2 STUDENTS FROM DANWON HIGH SCHOOL, 1 TEACHER)

TOWARD TOMORROW

WITH REST



Cool Breeze

Mehta Hasmukh Amathaal



Cool breeze and fresh air,
Give comfort and raise hair,
Body relaxed and sound sleep,
Novel ideas and insight to peep,

What a gift from nature,
Fresh impetus with ideas to nurture,
Leaving behind past and think of future,
Fresh page of life with beautiful signature,

Never to loose heart or courage,
It is nature's gift or message,
New avenues and new passage,
Bad memories but feelings assuage,

World doesn't end with end of day,
Spring almost there in month of May,
Never close door for future say,
Who knows ship may come at bay,

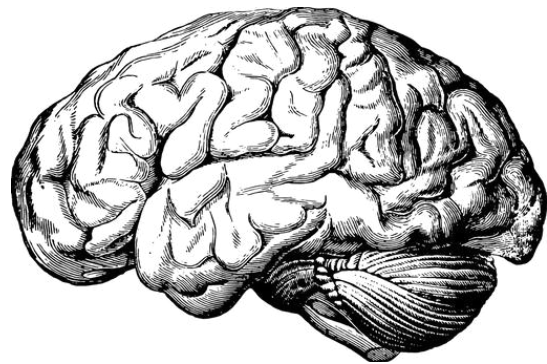
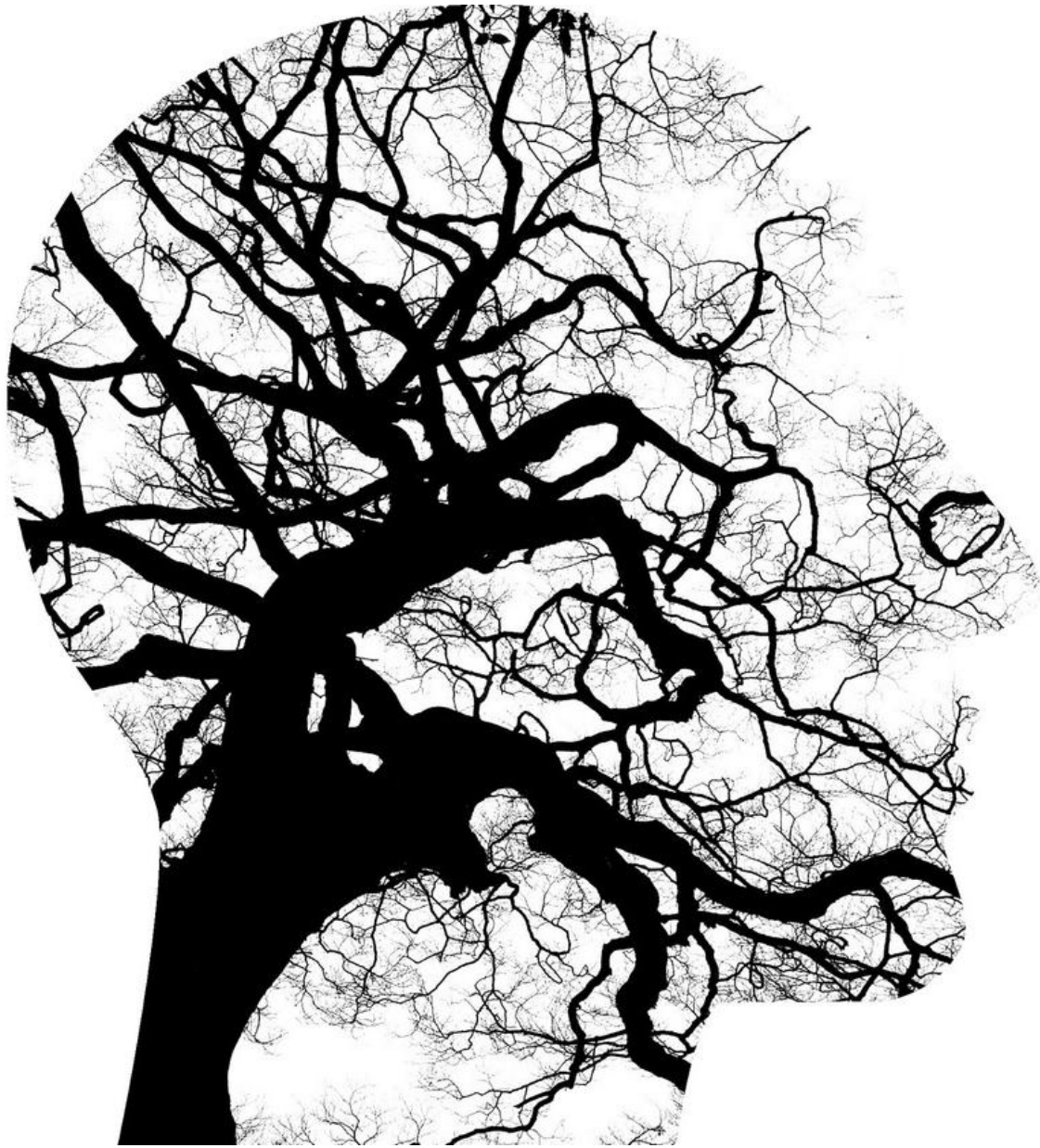
After all future is bunch of hopes,
Great heights with steep slopes,
Even walking on tight ropes,
Nature is key to secret codes,

Learn to live with eyes around,
New things always nearly found,
Fresh wind raises beautiful sound,
Fragrance sweet from parallel ground

MICHAEL DAVID DIVES

On the 6th floor, in a classroom with a clear view of the dormitory, one teacher always maintains a bright smile. Mr. Michael, as always, vigorously teaches psychology to students. Although interviewed him in writing, his positive mind was evident in each letter he wrote. Now let's delve deeper into his talk about the importance of rest and sleep, and his rest routine.





Mr. Michael and Psychology

Mr. Michael teaches psychology in a way that is more unique than other teachers. For example, in order to make students feel the principles learned in psychology directly, sometimes, various foods are used. "I have always found Psychology to be a fascinating subject. It looks at so many aspects of being human, from the biology of our brains and bodies, to how we develop and grow."

"I think it is such an interesting subject that all students should be exposed to at some point in their lives."

Explanation of Mr. Michael why you should get enough sleep

A healthy adult needs about 7 hours of good quality sleep per day. But Mr. Michael says many people are suffering from not getting enough sleep, unfortunately. "If someone does not get enough sleep they will have a decrease in their mood, and they could become grumpy or more emotional and not about to control their emotions as much as they would otherwise be able to do." Mr. Michael also points out that people who lack sleep will not only simply lose concentration, but also point out that their skin and hair may look flatter and less energized. "People who are tired also eat more junk food to give them energy to stay awake, this can lead to weight gain in people." If you are suffering from lack of sleep and are gaining weight at the same time, consider Ms. Michael's advice.



Michael's Secret Leisure Life

Mr. Michael, as a psychology teacher, knows better than anyone else that people need a lot of sleep. However, Mr. Michael also suffers from sleep deprivation. "Ideally I would get a full 8 hours of sleep a night but unfortunately with the way things are I often only get 6.5 to 7 hours of sleep a night." Mr. Michael confessed that he sleeps late because of watching TV at night. What's surprising is that he has countless more leisurely activities other than watching TV shows at night. He really likes running and exercising, especially the 5km run in the evening. "I am also a big fan of technology so I like to play with electronic gadgets such as drones or computers etc."



MR. MICHAEL'S RECOMMENDED RELAXATION ACTIVITIES

"I would highly recommend that people do exercise to relax. it could be going to the gym or going running, but it could also be as simple as going for a walk or meditating. Another very helpful activity is yoga which really helps keep the mind and body fit and strong. Reading a good book is also something I think most people don't do enough of and so I would recommend people read more."



Stress Self- Diagnosis



The following questions are about what you have been feeling and thinking in the past month. Please indicate how often you felt the content of each question.

0	1	2	3	4
NEVER	ALMOST NEVR	SOMETIMES	OFTEN	Almost Always

1. In the past month, how often have you been embarrassed by something unexpected?

2. In the past month, how often have you felt that you were out of control over the important things in your life?

3. In the past month, to what extent have you experienced feelings of nervousness and stress?

4. In the past month, how often did you experience the feeling that you couldn't overcome because there were so many difficult things piled up?

5. In the past month, how often have you not experienced the feeling that things in your daily life are going according to your thoughts?

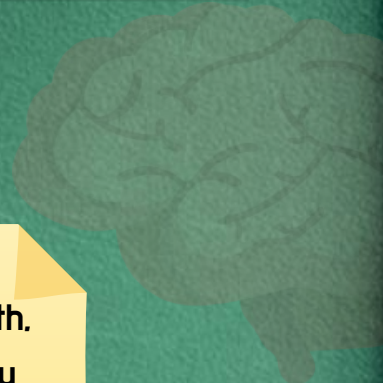
6. In the past month, how often have you felt that you could not do something you absolutely must do?

7. In the past month, how often have you been unable to manage your daily irritability?

8. In the past month, how often have you felt your worst condition?

9. In the past month, how often have you been upset about something beyond your control?

10. In the past month, how often have you felt less confident in dealing with your personal problems?



Result

13 or less: You are experiencing a normal level of stress.

14 to 16 points: You are experiencing a moderately severe level of stress. You are under the influence of some stress. You need stress management such as reducing stress and creating positive experiences.

19 or higher: You are under severe stress. Active stress management is required, and it can be difficult to deal with on your own, so please actively seek professional help.

Source

Jong-Ha Lee, Cheol-Min Shin, Young-Hoon Ko, Jae-Hyeong Lim, Sook-Haeng Jo, Seung-Hyeon Kim, In-Kwa Jeong, Chang-Soo Han (2012). A study on the reliability and validity of the stress perception scale Korean version. Psycho-Physical Medicine 20(2): 127-134





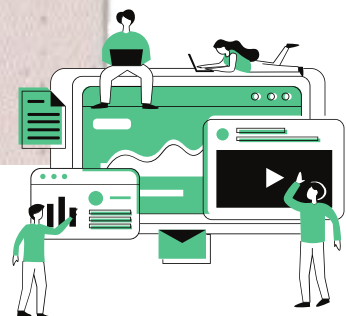


AHYOUNG IN SHATTUCK!



A 17-year-old girl who dreams of becoming a marketer

There is a student who came to Malaysia a few months ago and started a new life. She is unfamiliar with studying with friends and teachers she's never seen before. She is running towards her dream of being a marketer at school by day and in her dormitory at night. Then let's hear the story of the new SSM-FC student, Ah-young Lim.



Dormitory where you have to do everything yourself

Having attended public schools in Korea and the Philippines, the dormitory is still an unfamiliar place for her. “You have to do everything yourself” is what she mentioned about the dormitory. As she said, in the dormitory, students have to do laundry and cleaning by themselves, but she expressed that there is another most difficult task. “The most difficult thing about living in a dormitory is that you have to catch the bugs yourself (haha)” She says, despite the fatal flaw, there are advantages to living in a dormitory. “Originally, I was bored because I can’t go outside due to the pandemic, but I’m glad that the teachers are working hard to fill in the gaps. Also, I can assure you that the fact that there are many opportunities to unite with friends in the dormitory is the best thing about living here.”



(Photo credit: Mr. Michael)

A girl running towards her dream of being a marketer

Every 11th grader has a goal they want to achieve. Some aim to achieve a GPA of 4.0, while others prepare to take over the family business. Another student still cannot find his way and wanders into the cave. However, Ah-young is an explorer who has already escaped from the deep cave. She has clearer goals than others. “I will be a marketer. A marketer who specializes in business marketing or educational marketing.” To become a marketer, she and her friend Minji create a school publicity blog and do an internship studying marketing with Dr. Brenda, Director of Admission & Marketing Department. “I think the best thing about the school is that it provides an internship so that I can realize my dreams to the fullest.” Enjoying her internship and other activities, she continues to fly towards the star of a marketer.



Emily in Paris is the story of an American woman named Emily who works for a marketing company in Paris, France. After dreaming of being a marketer, she said that she watched this TV show a lot in her free time and was motivated by it. “When I am having a hard time, I gain strength by reminding myself that one day I will become a marketer like Emily in the show.”



Investing for the future: rest

Even if you are running for your dream, at some point you have to stop and rest your body. If a knight runs a horse while looking only at roe deer, he has no choice but to bump into a tree. Ayoung is also not a machine that can only work 24 hours a day, so she takes a break. “Since I moved into the dormitory, I usually talk to my roommate, Selena (G5), when I take a break. I replenish my stamina by talking with others.” Conversation is something many other people do during their breaks. However, she has a secret resting activity that we are all unaware of. “When I’m alone, I watch Emily in Paris on Netflix.”

Student's Rest Area: Library

During the break after class, Ahyeong always goes to a certain space. The library on the 6th floor, the gathering place for Secondary School students, is that place. In fact, it is a bit noisy to call it a library. Hearing the laughter of children, this place could be described as a Community Room. Ahyeong referred to this library as a resting place for secondary students. “Minji, who I was originally close with, has always taken me to the library since I came to SSM-FC. So, I was able to get to know them better by talking with my friends there. Anyway, the library is a great place to relax.” Thanks to her break in the library, she can concentrate during the long hour of class.

Healthy Recipes:

Apple Carrot Juice

Carrots are vegetables with a unique taste. They are rich in nutrients that are good for our body, so I try to eat them often, but unfortunately, I don't want to eat them. My mother found one fun way to feed me carrots on YouTube. It is to make juice by grinding delicious apples together with carrots. So let's learn about the benefits of apple-carrot juice, which is both delicious and nutritious, and how to make it



(Credit: Hurom)

Ingredients for 1 serving:

Benefits of Apple Carrot Juice



- 1. An apple*
- 2. Half a carrot*
- 3. 250ml to 300ml water*
- 4. A spoonful of olive oil*

Apples are rich in vitamin C, pectin, potassium, sodium, calcium, and fiber, which lowers the risk of heart disease, cancer, asthma, and diabetes, and helps relieve constipation and diarrhea.

Carrots are rich in beta-carotene, one of several types of phytochemicals. It is a powerful antioxidant and is effective in preventing aging, as well as in cancer, heart disease, and eye protection.

1. WASH AN APPLE WITH ITS PEEL CLEAN

**It is better to use
baking powder when
washing an apple**



2. WASH AND CUT CARROTS AND STEAM OR LIGHTLY BOIL THEM (3 MINUTES OR ABOVE)



3. CUT THE APPLE WITH ITS SKIN AND REMOVE THE SEED



(Apple peel is rich in dietary fiber and vitamin C, as well as various antioxidants such as catechins, flavonoids, and polyphenols)



4. PLACE WATER, A TABLESPOON OF OLIVE OIL, AND APPLE AND CARROT SLICES IN A BLENDER AND GRIND





Photo credit: Mr. Michael



SPECIAL INTERVIEW

"When we are aware of how we feel from certain thoughts or events, we are able to react more mindfully or interact with others more mindfully"

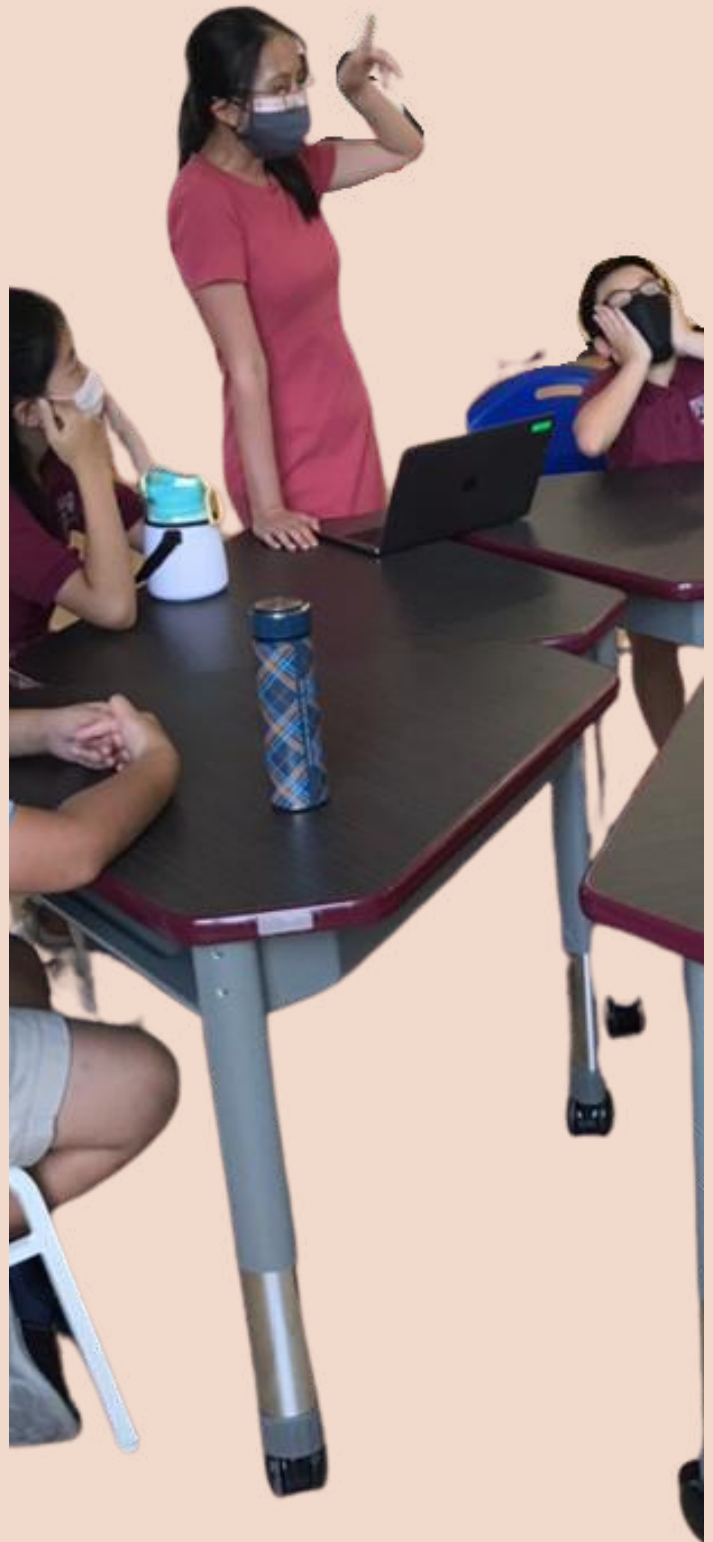


LI TEEN GONG

Last year, in November 2020, during the Mental Health period, students sat on the floor and placed their hands on both knees and experienced emptying their minds. During that time, the students, who were playful had to keep their laughter in their bodies for a while. That is how they learned to meditate. And it was Ms. Gong, a counselor who always warm the students' hearts, who taught them meditation. The Towards Tomorrow met the Ms. Gong.

A CAMP THAT TAUGHT MEDITATION TO MS.GONG

Ms. Gong is a meditator who started meditating at the age of 16. She first learned to meditate when her mother enrolled her in a seven-day meditation camp. At the time, she didn't think meditation would help "relieve stress" or "reduce anxiety." "Because my life was great back then, I always felt safe, my family was with me most of the time, things were stable, I had good relationships with friends, I was able to cope with academics." However, her perception of meditation was completely changed through meditation camp. "I did feel a sense of happiness and calmness and peacefulness throughout the camp and after the camp." After, she always pays attention when reading articles about meditation or when people talk about meditation. Although she did not learn to meditate professionally, she has been meditating ever since.



MEDITATION ISN'T ABOUT GETTING RID OF THOUGHTS, IT'S ABOUT LOOKING

Meditation is a way to immerse yourself in the mind to get rid of the illusion that blurs your mind. It is a training method observed in many religions, and modern psychologists and neuroscientists point to meditation as the essence of the religious people's experience of meeting the god and spiritual beings. Through these meditations, Ms. Gong says people can achieve calmness and peacefulness. It is her personal experience. She also says that meditation allows some people might achieve other aspects of life through meditation like increasing self-awareness and improving relationships with others. "Those are the ripple effects of meditation stemming from feeling calm and peaceful."



"When we meditate, we are to focus on the now—our breathing, our tummy rising and falling from the breathing, body sensation, muscles relaxation." But, she states, our brains don't focus for more than three minutes or less. "We tend to have lots of thoughts popping in, whether it's something happened in the past, or something you are going to do, or some visualizations on what would happen if you do or say certain things, or some imaginations." In an interview with *Towards Tomorrow*, Ms. Gong did not say that meditation is thought-free. Rather, she says, thinking is "totally normal." So, back to the beginning, what is meditation?



"What we do when we meditate is we become aware of the thoughts we are having—being aware of how those thoughts make us feel in terms of how our body reacts (maybe our heartbeat and breathing increase, or muscles tense up)." She explains that when we are aware of how we feel from certain thoughts or events, we are able to react more mindfully or interact with others more mindfully, and hence it helps us to improve our relationships with others.



MS. GONG, MEDITATION, AND OTHER RELAXATION ACTIVITIES

Many people have different recreational activities. Ms. Gong also has many relaxation activities, meditation is one of them. She meditates to relax when she has strong emotions, and she said it was very helpful for her. "When I have strong feelings, I meditate to observe my feelings and thoughts and try to regulate my feelings by asking myself the 5Ws and 1H."

**5Ws: What,
Why, Where,
Who, When
1H: How

She also says that when she has a lot of energy left, she works indoors, does yoga, or sings out loud. But when he had no energy left, he said he would just lie on the couch and watch a comedy show to relax.

MS. GONG'S MEDITATION TEACHING PLANS AND ADVICE

As mentioned earlier, she once taught meditation to Shattuck's students. In our interview with her, we all know that she has benefited greatly from her meditation, and she often meditates for relaxation. She always have plans to meditate with her students again. However, she says meditation may not be for everyone, so it depends on how willing students are to try or learn. "Some people might choose to talk about their feelings to others instead of observing by themselves, or to exercise while processing their feelings because that could be when their brains work well." Still, she states, she wants to recommend meditation to those who are tired of studying or working. Towards Tomorrow is cautiously looking forward to seeing if she will be able to hold meditation classes at SSM-FC for students and teachers who are tired of studying and working in the future.





A BIRD THAT MAKES YOU RELAX: (YELLOW-VENTED BULBUL)

Have you ever seen this beautiful bird in Forest City?

Seeing the beautiful appearance of this bird and listening to the chirping, you will feel the comfort of nature for yourself.

SPECIAL INFORMATION ABOUT YELLOW-VENTED BULBUL



Appearance

Brown above and whitish below with a bright yellow vent and a thick black line between the bill and the eye. Front edge of the weak, slightly peaked crest is also dark.



Habitat

All over Southeast Asia from Indochina to the Philippines

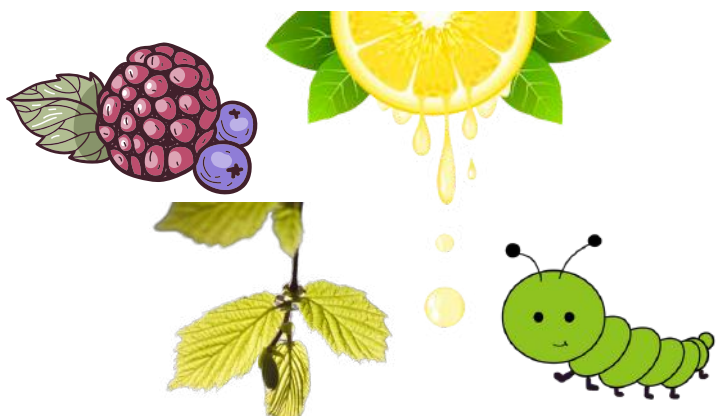


Nest

Well-camouflaged but fragile, loose, deep, cup-shaped nest from grass, leaves, roots, vine stems, and twigs. Also nests are untidy on the outside but neatly lined with plant fibers.

Foods

Berries and small fruits, nectar, young shoots, and some insects.



Campaign to Reduce Air Conditioning Use



Problems Caused By our use of Air Conditioning

Please take part in our survey

01 Global Warming

Greenhouse gases such as carbon dioxide generated by electricity production (especially coal-fired power generation) consumed by air conditioners or the greenhouse effect of refrigerants affect global warming. Global warming causes sea level rise and the destruction of animal habitats.

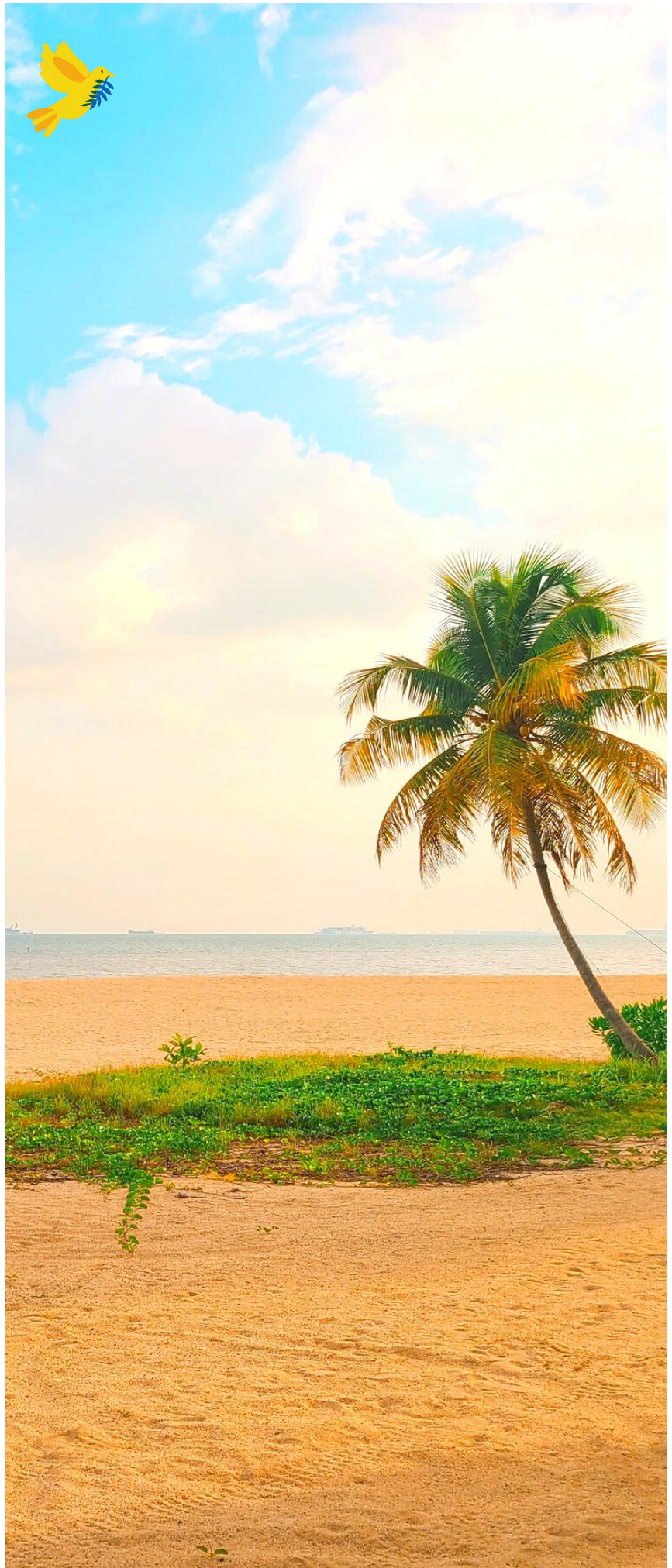
02 Climate change

Climate change is affecting natural disasters such as floods and droughts, reduced diversity of plant and animal species, and emerging vector diseases such as malaria in northern latitudes.

03 Acid Rain

It damages forests and crops directly or indirectly through soil changes, acidifies lakes, swamps and streams, and results in fish loss. In addition, if you are directly exposed to acid rain, it can cause dermatitis and other pain.





Towards Tomorrow
— Make everyone read

