

# Thu

## 2016 Edition

The magazine from  
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Introducing sundubu  
Avatar movie review  
Computer security  
and more



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### Spicy Korean Rice Soup: Sundubu

#### *Introduction*

There are man wonderful foods, which can be healthy, tasty, or both healthy and tasty. Spicy Korean soup is the best combination of healthy and tasty.



## **The soup**

Korea is well known for its kimchi [1], at least in Japan. Kimchi is made with Chinese cabbage and chillies, and fermented in stone pots, usually buried underground for months [1]. It is often used as a side dish at all meals, for breakfast, and as a base for soups. However, the spicy Korean rice soup, known locally as 'sundubu' is a little different. It is made of spicy oil, chillies, tofu, and rice is added [2]. You can add more spicy oil to it, and as much rice as you like. A little hint, rice can help control the burn in your mouth! It is a fantastic dish that is served in a hot stone bowl, which makes it perfect for winter.

## **Conclusion**

There are many great foods, but spicy Korean soup makes a great winter treat. It is healthy, tasty, and easy to make. It is a great treat that has to be tried at least once.

## **References**

- [1] <https://en.wikipedia.org/wiki/Kimchi>
- [2] [https://en.wikipedia.org/wiki/Sundubu\\_jjigae](https://en.wikipedia.org/wiki/Sundubu_jjigae)

## **Movie review: Avatar**

*Avatar* is a science fiction movie written and directed by James Cameron [1] made with the latest and greatest special effects. Visually, it is a stunning extravaganza containing important political messages for our times. The movie is set in the future on an alien world, where humans have invaded and are attempting to extract resources to be used in industry on Earth. The iconic blue local people, the Na'vi, are resisting the military efforts of the humans to mine their planet. The movie begins when Jake Sully, played by Sam Worthington [2], uses his Na'vi-shaped avatar to join the local people. He learns that they want peace, and the humans are actually invasive, cruel, and inhumane of their treatment of the Na'vi. Consequently, Jake decides to support the Na'vi in their resistance against the humans [1&2]. Firstly, the movie has stunning visual effects, where the computer animations are amazingly life-like. However, the 3D effects were a little lacklustre. Initially the story seems fantastic, that is until you realize that *Avatar* is just a copy of *The Last Samurai*, starring Tom Cruise. The flying scenes are brilliant, but again until you realise they are a copy of the movie *How to Train your Dragon*. The story concept is politically relevant for America which has troops in Afghanistan and Iraq, is stimulating for American audiences, but not really interesting for non-Americans. In all, the alien world story is fascinating at first, the visual effects are



superficially stunning. However, James Cameron was still able to draw in the crowds and earn over 2 billion dollars! [1] ☆☆☆/5

[1] Wikipedia: [http://en.wikipedia.org/wiki/Avatar\\_\(2009\\_film\)](http://en.wikipedia.org/wiki/Avatar_(2009_film))

[2] Internet Movie Database: <http://www.imdb.com/title/tt0499549/>

## Computer and Internet Security

23<sup>rd</sup> June, 2016

### **Introduction**

Everyday, hackers and criminals get into people's digital lives. These hackers can destroy people's lives because they do not secure their computers nor their smartphones. Computer and smartphone safety is simple, if you know how. This article will first describe how passwords are important, and then how to protect your computer. An opinion of how computer and internet security should be taught in schools. Finally, a conclusion is given.



### **Background**

Internet security is important for everyone. According to Prochaska & Taylor (2009), without good security, it is possible for criminals to get into your email and SNS accounts. Weak passwords are often exploited. When Adobe was hacked, it was possible because hackers assumed some passwords would be "123456789", "adobe", and even "password" [2]. Therefore, we all must start using strong passwords.

Even if you have a good password, it is important to have good security on your computer. People must have an anti-virus programme on your laptop or Android phone. If there is no anti-virus software, then it is easy to steal people's passwords. A keylogging program like Net Bull keeps a record of everything you type, including your passwords [3]. A hacker can make a copy of the Net Bull file, and then look for passwords. Consequently, it is extremely important to use a security program that can detect keylogging programs and can destroy them and the files they made.

### **Opinion**

Everyone must have computer and internet security education and knowledge. The Japanese Ministry of Education must start teaching computer and internet security to junior

high school students. Most young Japanese university students have little understanding of computer and internet security [4]. Consequently, students must learn some important points like how to make a strong password. Additionally, Students should learn that not all popular companies are good. For instance, even though Dropbox is popular, it is not safe like Tresorit is [5]. Tresorit provides encryption, but Dropbox does not. Therefore, students must learn to look past popular internet services, and choose safe ones.

### **Conclusion**

In conclusion, Japanese university students need to learn more about computer and internet security. There are many dangers that they do not know about, and so education is needed. It is hoped that the Japanese Ministry of Education will start to teach these important life skills to high school students.

### **References**

- [1] Prochaska, E., and Taylor A. (2009) *Reading for the Real World Intro*, 2<sup>nd</sup> Edition. Compass Publishing
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- [3] Anon. (n.d) How to hack Gmail. *Wikihow*. Retrieved from <http://www.wikihow.com/Hack-Gmail>
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- [5] Anon. (n.d) Dropbox has taken control from you. Get it back. *Tresorit*. Retrieved from <https://tresorit.com/business/dropbox-alternative>

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## **From the Writing Journal / Blog**

### ***The Kindest Person I Know is... (p3)***

17<sup>th</sup> April 2014

The kindest person I know is my writing class teacher, Andrew. Everyone knows that he is so handsome, but I wish they would see past his sheer beauty. Deep, deep inside of him is a very kind and warm heart. He does look mean and tough, but really, he is like a puppy-dog inside, all warm and fuzzy. If you have a problem, he will listen to you and help you. If you cannot do something, he will listen and suggest a solution to help you. Even though he looks mean and scary, he is really quite empathetic and sympathetic. He truly is the kindest person I know.

### ***The Piece of Clothing I like Best of All is my... (p5)***

24<sup>th</sup> April 2014

The best piece of clothing I have is my dinner suit. You see, I'm a British spy, and a British spy must always look his best. Ladies love to see a man in a dinner suit, they go weak at the knees. The only other thing that is more glamorous than me in a dinner suit is me in a dinner suit in an Aston Martin DB5. It is a stunning car, and it and I (in a dinner suit) look astoundingly handsome and suave when we go driving in the Scottish countryside. So in all, me in a dinner suit and an Aston Martin are my favourite pieces of clothing.



### ***The Nicest Thing I Ever did for Anyone was... (p9)***

1<sup>st</sup> May 2014

The nicest thing I ever did for anyone was to buy him some dinner. He was a homeless man who said he was starving. It was in the middle of winter, in the early evening, and the snow had just started to fall. All the weather reports said that it might be a record snow fall, and a record low. He did not speak loudly, he was sitting on the ground, leant up against the convenience store wall. His eyes were not open very much, so it seemed like he was very low on energy. So I asked him if he had a place to stay, and he said he did, but it was an hours walk away, but he said he was hungry. So I went into the convenience store, I bought some hot food like deep fried chicken, fries, and some high energy snacks like chocolate and a sports drink. I took them outside to him. His eyes opened wide and was very, very thankful. My heart melted when I saw that he was so, so happy to see all this food for him. I was so proud that I could help this man.



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## **Final Report & Self-reflection**

23<sup>rd</sup> June 2016

### ***Introduction***

It is interesting to reflect on all the things I have learnt and achievements I have made this semester. Definitely, I am a much better person now, than I was in April. This self-reflection will

discuss a summary of new knowledge and skills, a self-assessment, and what I plan to do to keep my written English up during the summer holidays.

### ***Summary of knowledge & skills***

There were many new skills that I learnt this semester. They include typing, essay structure and desktop publishing. Firstly, I have rarely used a computer before. I had assumed that you only need to fingers to type. However, the lessons at TypingStudy.Com has helped me a lot. According to 10FastFingers.Com I now have a speed of about twenty-three words per minute. Secondly, I learnt about essay structures. It was interesting to learn how to write an introduction, and conclusion. It was also interesting to hear about hamburger paragraphs, too. These were never taught in high school. Also, I was surprised to see many great YouTube videos about how to write an essay (Blyth, n.d). Thirdly, is about desktop publishing. Since I had rarely used a computer before, there were many skills I had to acquire. These include changing font, changing font size, inserting pictures, and page numbers. These skills are probably really important in my future career.



### ***Self assessment***

It is important to consider how much I have learnt and how well I am doing. Overall, I have learnt many skills in this short semester. However, I am still lacking in vocabulary, some computer skills, and essay structure. I have learnt some new vocabulary from Prochaska and Taylor (2009) and Wikipedia, but I have not studied these, and so I have soon forgot them. Furthermore, MS Word has many features that I still have not used yet, so there is more for me to learn here. Finally, I think I understood how to do topic 4 and write an opinion paragraph. Consequently, I would give myself ★★★/5.

### ***Summer study***

Summer is a great time to enjoy life, but I still should keep improving my written English skills. Therefore, I will continue to do blogging in English. I like the idea of posting pictures of the food I eat, where I ate it and give it a score out of five stars. I hope the information will be useful to some people. I might even do the same with some movies I see in the cinema. Consequently, I will aim to write at least one new blogpost a week during the summer holidays. Of course, on Thursday morning.

## **Conclusion**

It is interesting to reflect on all the things I have learnt and achievements I have made this semester. Definitely, I am a much better person now, than I was in April. This self-reflection will discuss a summary of new knowledge and skills, a self-assessment, and what I plan to do to keep my written English up during the summer holidays.

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Blyth, A. (n.d.) <http://winjeel.com/blog/english-classes/writing/>

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## **Photo Credits**

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P2 CC0 Sundubu photo from [http://en.wikipedia.org/wiki/Sundubu\\_jjigae](http://en.wikipedia.org/wiki/Sundubu_jjigae)

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<https://www.pexels.com/photo/startup-planning-notes-mac-book-7357/>

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<https://www.pexels.com/photo/woman-typing-writing-programming-7112/>

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