Exercise Linked to Feeling Fulfilled in Life.

(3401 강윤수)

A recent survey by the Japan Sports Agency has shown that middle-aged and older people who exercise **regularly** have a greater **sense** of **fulfillment** in life than those who don't. Over 56,000 people took part in the survey, which was done between May and October 2022.

In the survey, participants told researchers how many times a week they exercised, and for how long. They also said how fulfilling they thought their life was, choosing from four **options** — "fulfilling," "a bit fulfilling," "not very fulfilling," or "not fulfilling at all."

Researchers then looked at how exercise and a sense of fulfillment were **related** for adults in their 40s and adults in their 70s. They found that 42% of men in their 40s who exercised for at least one hour, three days a week or more, said they felt fulfilled in life.

But among men the same age who **rarely** exercised, only 18% said they felt fulfilled. Among women in their 40s, the results were almost exactly the same. An even larger 47% of men in their 70s who exercised said they felt fulfilled, while it was 45% for women.

However, those in their 70s also felt more fulfilled even if they didn't exercise — 30% for men, and 26% for women.

It's not clear if exercise makes people feel fulfilled, or if feeling fulfilled makes people exercise more, said Noriko Sekine from the Open University of Tokyo, who took part in the research.

But it's likely that the two are related. So if you're looking for a way to feel more fulfilled in life, exercise might be a good way to start!

요지: 인생에서 더 만족감을 느낄 수 있는 방법을 찾고 있다면, 운동을 시작하는 것이 좋은 방법일 수 있다.

출처: https://engoo.com/app/daily-news/article/exercise-linked-to-feeling-fulfilled-in-life/kGoRrmnSEe68W8_6v_y8jg

A Laboratory Turns Deadly Insect Venom into Medicine

(3803 강지웅)

To most of us, medicine comes from a **drugstore**. But originally, much of the medicine developed in the last century came from natural sources: plants, **bacteria** and **fungi**.

Now, a group of scientists in Great Britain are hoping to develop a medicine from poisonous insects. They are researching whether the deadly **venom** of some insects can work against **bacteria** that make people sick.

About 400 insects live in plastic containers in the Venomtech laboratory. Each container has an image of a skull and crossbones. The images warn that a bite from the insects inside can be anything from painful to **downright** deadly.

Finding new ways to kill bacteria is important to researchers. One reason is because people have used **antibiotics** so much that some bacteria can now **resist** it.

To get as much venom as possible, researchers feed the insects well, then put them to sleep.

Researchers separate the venom into hundreds of proteins. Each **protein** contains between one and five different molecules. Someday, those tiny molecules might be turned into powerful new drugs.

요지:

영국 과학자들이 독충의 독을 활용해 항생제 내성에 대응하는 새로운 약물을 개발하고 있다.

출처:

https://engoo.com/app/daily-news/article/a-laboratory-turns-deadly-insect-venom-into-medicine/c6h3ELdTEearrO8etl8ksA

Study: Nighttime Eating May Increase Depression, Anxiety

(3518 임창민)

Eating at night may increase our feelings of depression and anxiety, a study from Harvard Medical School and Brigham and Women's Hospital in Boston has found.

The study authors noted that **shift** workers — people who work at times other than the usual daylight hours — have a 25%-40% higher risk of depression and anxiety.

So they put 19 people on 28-hour **schedules** designed to **misalign** their waking time from the natural day and to **simulate** working at night.

This **schedule** was followed for four 28-hour "days." During this time, 10 of the participants ate meals on a 28-hour **schedule**, with the result that they ate both during the day and night.

The other nine woke and slept by the 28-hour schedule, but ate on a 24-hour **schedule** that made sure they only ate during the day.

During the experiment, participants were also asked to put **marks** on a set of lines to show whether they felt more relaxed or **tense**, happy or sad, excited or calm, and so on.

It was found that, by the fourth "day," the group eating both during the day and night had feelings suggesting they were 26% more depressed and 16% more anxious than they were on the first day. No significant effect was seen in the group that ate only during the day.

One of the study authors, Frank Scheer, said the results show that taking care of the times when we eat could be a way to reduce mood changes when doing night work, or when experiencing other misalignments from the natural day, such as when we have jet lag.

Another of the authors, Sarah Chellappa, said more studies will be needed to find out whether changing meal times might also be a way to help people experiencing depression and anxiety.

요지: 야식은 우울증과 불안을 증가시킬 수 있다.

출처: https://engoo.com/app/daily-news/article/study-nighttime-eating-may-increase-depression-anxiety/OdS9sMm2Ee27L5dX79ebmQ

5 Star Stays: What Do Hotel Ratings Really Mean?

(3218 양민영)

Some travelers will only book five-star hotels. But how are those stars decided, and what do they really mean?

Hotel star ratings began with gasoline company Mobil. In 1958, the company started paying **anonymous** reviewers to **rate** hotels and restaurants for the *Mobil Travel Guide*. The company wanted to encourage people to use gasoline to travel, and its guide helped people find the best places to stay and eat in the US.

This guide is now called the *Forbes Travel Guide*. It still uses anonymous reviews, but focuses on international luxury travel. Five stars in this guide mean a hotel has almost perfect service and amazing **facilities**.

But there are other star systems, and not all are based on reviews. Hotels in many European countries get stars from the Hotelstars Union, which gives points based mostly on hotels' facilities.

For example, hotels get more points for having larger rooms and beds, 24-hour **reception**, and staff who speak several languages. More points mean more stars — with 95 points needed just to get one star.

But while the Hotelstars system is used in 20 countries, it isn't used in popular places like France, Spain and Italy.

France has a national rating system, while in Italy and Spain, stars are decided by local governments.

And booking websites like Expedia and Hotels.com give their own stars as well.

Some journalists now even **refer** to certain luxury hotels as "seven-star" — but this isn't based on any official system, so it doesn't really mean anything.

So what do hotel stars mean? Unfortunately, for each system, you need to look at how the stars were given to find out.

요지: 호텔의 별 시스템은 공신력이 떨어질 수 있다. 따라서 별이 높더라도 그것들이 매겨진 방식이나 이유를 유심히 살펴야 한다.

출처: 5 Star Stays: What Do Hotel Ratings Really Mean? | Engoo 데일리뉴스

Should You Turn Off Devices Before Unplugging Them?

(3705 김윤중)

So, you say there's something wrong with your device? Have you tried unplugging it and plugging it back in again? Many of us have done this, and sometimes even found that it worked!

But a question that people are asking online is whether it's actually safe to unplug a **device** from the wall before pushing the device's "off" button.

Let's say you're vacuuming your home, and you want to move the vacuum to another room. Do you push the "off" button on the vacuum, and then pull out the plug, or is it okay to just unplug without turning off the device first?

According to online forums, lots of families have been **arguing** about this!

There are a few different answers to this question, experts say. A lot of the time, it should be safe to unplug most devices without turning them off first.

However, it is possible to create "**electrica**l arcs" when unplugging some older devices from the wall before turning them off. Electrical arcs are not common, but they could cause **sparks** and even a fire. That's because there is still an electrical current moving from the plug to the device.

And according to writer Marilyn vos Savant, it's also better to be safe with things like irons, which can get very hot. Some irons may not actually have an "off" button, so it's best to turn these down to a low temperature before unplugging them.

Finally, with computers, a possible problem is that unplugging first can cause you to lose data, so it's not recommended for devices like these. But one good thing about unplugging a device is that it can save a bit of electricity — since some devices still use a small amount of electricity even when they're turned off.

요지: 전자기기를 끌 때, 플러그와 전원 중에 무엇을 먼저 끄는가?

출처: https://engoo.com/app/daily-news/article/should-you-turn-off-devices-before-unplugging-them/3WwUiMQ8Ee6iBB_emB07ew

How One Letter Gave MSG a Bad Name

(3711 방경민)

In 1968, a medical researcher named Robert Ho Man Kwok wrote a letter describing the strange symptoms he experienced every time he ate at certain Chinese restaurants. The symptoms for what he called "Chinese restaurant **syndrome**" included an increased heart rate, general weakness and more.

In the letter, published in the New England Journal of Medicine, Kwok questioned whether the cause was an ingredient commonly used in Asian cooking: monosodium glutamate, or MSG.

MSG is a **flavor enhance**r that was first developed by Japanese scientist Kikunae Ikeda from seaweed in 1908 — although it's made using sugar cane and other ingredients today. But it doesn't always need to be made — MSG occurs naturally in many foods, including tomatoes and cheese.

After Ikeda's discovery, people in Japan and other Asian countries started using MSG in their cooking, and had been doing so for years before it entered the US market.

In the months after Kwok's letter, others reported similar symptoms, and news of this "illness-causing" ingredient started to spread around the world. As a result, for a long time, the general belief was that MSG was harmful.

But over the years, an increasing number of studies found that this may not be true. In the 1990s, after receiving reports of MSG-associated symptoms, America's Food and Drug Administration (FDA) asked for some research into the safety of MSG.

It found that mild symptoms, such as headaches and increased heart rate, were indeed present in some people — but only if they had 3 grams or more of MSG without food.

The report **concluded** that since most food with added MSG has less than half a gram of it per **serving**, it is generally safe to **consume**. And the FDA still supports this view today.

요지 : MSG가 섭취하면 안 되는 식품이라고 알려졌지만, 사실 MSG는 FDA의 인정을 받은 섭취해도 되는 안전 식품이다. 출처 : https://engoo.com/app/daily-news/article/how-one-letter-gave-msg-a-bad-name/AvZqSvpPEe2GvncyJ4qGgg

Study: We May Need to Sleep More in Winter

(3708 김찬솔)

On cold winter mornings it can be difficult to come out from under the **blankets**.

But according to researchers in Germany, there may be a reason why we find it hard to start our winter days.

No, it's not **laziness** — it could be because we need more sleep during the colder months.

A team of scientists studied the sleeping habits of almost 200 people.

During the study, the participants had been asked to go to sleep at the same time as usual, but they were told not to use alarms. Participants were tested for **several** days each month over a year.

The results showed that people got more REM sleep in winter than in spring — about 30 minutes more on average.

REM, which means **rapid** eye movement, is important for brain development and it's also when we dream.

There are different stages to our sleep, and REM usually starts 60 to 90 minutes after we go to sleep. However, we leave this stage several times, and most of our REM sleep actually happens in the second half of the night.

The body **tries to** get as much REM sleep as it needs — so if you're getting more, then it's for a good reason, say experts.

All those who took part in the German study had been **suffering** from sleep problems, and **similar** studies will need to be done on people who don't have problems sleeping, say the researchers.

However, they think their results might show it could be a good idea for us to change our sleeping habits at different times of year.

요지 : 겨울에는 더 많은 수면을 취해야 한다.

출처 : https://engoo.co.kr/app/daily-news/article/study-we-may-need-to-sleep-more-in-winter/VV8iqLE6Ee2CxLOjUD7KUQ

US Company Makes Wind Turbines That Look Like Art

(3620 이희승)

Can wind turbines be beautiful? Perhaps you already think they are, but not everybody loves them. Some people don't like how they look and think they make too much noise. Plus, their long blades, which can turn at over 300 kilometers per hour, can kill bats and birds.

However, an American company has invented a turbine called the Wind Tulip to help solve some of these problems.

With the smallest version at just 1 meter tall and the largest at 6 meters, Wind Tulips are much smaller than traditional wind turbines and come in different colors like real flowers. The turbines are also quieter and more wildlife-friendly because of their shape and easy-to-see colors.

Wind Tulips are designed to look like art, and they can be put on the ground or even on a roof. A group or field of them can help to power a house, school or even a skyscraper.

Flower Turbines CEO, Daniel Farb, told Israel21c that Wind Tulips can make up to 50% more electricity when they work together because they can push air into each other. Other small turbines can interfere with each other when they're close together, he says.

Wind Tulips can already be found in the Netherlands, Germany and Colombia. Farb explains that Wind Tulips work well anywhere with strong winds, suggesting Northern Europe or the Great Plains in the US as some of the best wind locations.

There are already a lot of big wind turbines in these places, but Farb hopes to build Wind Tulips there too.

요지: 윈드 튤립은 자연 친화적이며 더 많은 전기를 생산한다.

출처:

https://engoo.com/app/daily-news/article/us-company-makes-wind-turbines-that-look-like-art/cgpDHMLxEeu5MEuzeO5M5w

Swiss Students Break Electric Car Acceleration Record

3607 김승록

A team of Swiss students has broken the world record for **acceleration** by an electric car.

The car, called "Mythen," was designed by students from Lucerne University of Applied Sciences and the Swiss Federal Institute of Technology Zurich. The students, who are all part of the Academic Motorsports Club Zurich (AMZ), spent a year working on Mythen, and developed all the parts themselves.

The car weighs just 140 kilograms and has 240 kilowatts of power.

AMZ wanted to beat the previous world record for an electric car: accelerating from 0 to 100 kilometers per hour in 1.461 seconds, set in September 2022 by a team from the University of Stuttgart in Germany.

The AMZ car accelerated from 0 to 100 kilometers per hour in just 0.956 seconds — breaking the record by a wide margin, and doing it over a distance of just 12.3 meters. To give you some idea of how fast that is, a cheetah can accelerate from 0 to 100 kilometers per hour in three seconds, while a Formula One car can do the same in around 2.6 seconds.

The driver, Kate Maggetti, said: "It's like being on a roller coaster with a really, really fast start. You feel the tension and — a kick!"

AMZ has around 30 members, and every year they develop a new race car that they enter into various international design competitions. This wasn't even the first time for AMZ to set the record for acceleration by an electric car — they also did it in 2014 and 2016.

AMZ test manager Ben Weber said that when they lost the record in 2022, "we wanted to bring it back to Switzerland." "Now we'll see if we can do it again," he added with a laugh.

요지: 스위스 학생들이 전기차 가속 기록을 경신함

https://engoo.com/app/daily-news/article/swiss-students-break-electric-car-acceleration-record/r78zdmauEe6bpG-jT3K1lQ

Apple Vision Pro: 'Spatial Computing' Headset Released

(3602 고유곤)

Apple released its Vision Pro headset on February 2 — a product that is supposed to mark the start of a new age of "spatial computing."

So what is spatial computing? It's a technology that makes use of both **augmented reality**, or AR, and artificial intelligence, or AI, to **blend** the real and virtual worlds in a way that seems natural.

Cathy Hackl, an industry consultant who runs a startup working on apps for the Vision Pro, said: "Spatial computing will enable devices to understand the world in ways they never have been able to do before. It is going to change human to computer interaction, and eventually every interface — whether it's a car or a watch — will become a spatial computing device."

In a sign of the excitement surrounding the Vision Pro, more than 600 newly designed apps are already available to use on the headset, according to Apple. These apps include a wide selection of television networks, video streaming services, video games and various educational options.

On the work side of things, videoconferencing service Zoom and other companies that provide online meeting tools have built apps for the Vision Pro, too.

The Vision Pro has high-**resolution** screens that can play back three-dimensional video recordings of events and people to make it seem like the encounters are happening all over again.

Apple's headset also reacts to a user's hand **gestures** and eye movements. While wearing the headset, users can use their hands to pull up and arrange a series of virtual computer screens.

But some fear the Vision Pro's use of spatial computing could be so absorbing that people start seeing the world differently when they aren't wearing the headset and start to believe life is far more interesting when seen through the goggles.

That could worsen people's screen addictions and deepen the **isolation** caused by digital **dependence**.

요지: 애플 비전 프로: 공간 컴퓨팅 헤드셋
출처: https://engoo.com/app/daily-news/article/apple-vision-pro-spatial-computing-headset-released/5K4ttMXZEe6DmA8ivANW0A

Hyundai, Kia Reveal Tires with Built-In 'Snow Chains'

(3610 김지훈)

For many children — and some adults — there is nothing more exciting than looking out of the window on a winter morning and seeing fields and cars and trees covered with snow.

But it's not so exciting when you have to drive through that snow, traveling as slowly as possible to stay safe. People who do it a lot, especially on mountain roads, may have snow chains to put on their tires. But these can be difficult to put on — and having cold hands makes it even harder!

So to make things a little easier, Hyundai and Kia have developed technology that lets drivers put on a "snow chain" just by touching a button.

It almost sounds like something from a James Bond movie. It's not quite as dramatic as you might think — snow chains don't fly out from the tires.

Instead, strong metal wires are pushed out of six grooves in the tires so their sides touch the surface of the road. And they can then be moved back inside the tires when they're not needed.

Hyundai and Kia say this will help drivers save time, and the "chains" will "improve safety in sudden, heavy snowfall."

However, the technology won't be used on customers' cars this winter.

The companies are waiting for a patent in South Korea and the US, and they say more testing is needed before the technology is ready to go.

So keep your snow chains in the back of the car for now — and don't forget your gloves!

요지 : 버튼 하나만 누를면 '스노우 체인'을 달 수 있는 기술이 개발되었다.

출처 : https://engoo.com/app/daily-news/article/hyundai-kia-reveal-tires-with-built-in-snowchains/MOTI3p9GEe6aRDMXQ43v1

Study:

A Week Without Social Media May Reduce Depression

(3807 김규환)

Taking even a short break from social media could help improve our well-being, according to a study from the University of Bath.

Researchers found that after seven days without TikTok, Facebook, Instagram and Twitter, people felt that their mental health was better.

About 150 participants, with an average age of just under 30, were put into one of two groups — either they were asked to stop using these four social media apps and websites for a week, or they were told to continue with their normal use.

Participants took surveys of their feelings of well-being, anxiety and depression before the start of the week, and then again at the end, as well as recording their social media usage with a smartphone app.

The group that promised not to check social media didn't actually go the whole week without checking, however. But they cut their average time to about 30 minutes for the week, compared to nearly 10 hours for the other group.

By the end of the week, the group that (mostly) stopped scrolling social media reported 22% better feelings of well-being, 34% lower feelings of anxiety and 35% lower feelings of depression compared to the beginning of the study.

The other group felt a little better too, but only reported 3% better feelings of well-being, and 10%-15% lower feelings of anxiety and depression.

"Even just a small break can have an impact," said Jeff Lambert, who led the study.

"If you are spending hours each week scrolling and you feel it is negatively impacting you, it could be worth cutting down on your usage to see if it helps," he said.

요지: 소셜미디어의 사용을 줄이는 것이 긍정적인 영향을 줄 수 있다.

출처: https://engoo.co.kr/app/daily-news/article/study-a-week-without-social-media-may-reduce-depression/CshPwA-SEe2ISjctBuwcWQ

Smartwatches Could Help Identify Early-Stage Parkinson's

3701경 태 훈

Smartwatches do a lot more than just tell the time. They can track how much you walk, how much you sleep, what activities you do — and, according to new research, they may be able to provide an early diagnosis of Parkinson's disease.

Parkinson's is a disease that affects the brain, causing symptoms like involuntary shaking and slow body movement. It's a degenerative disease, meaning it gets worse as a person gets older.

Parkinson's can be difficult to diagnose because there is no test for it, and its symptoms can be mistaken for something else. But researchers from the UK Dementia Research Institute at Cardiff University believe smartwatches could help with this.

In their study, published in Nature Medicine, the team used artificial intelligence to analyze data from over 100,000 smartwatch users between 2013 and 2016.

Because slow body movement is a main symptom of Parkinson's, the researchers tracked the speed of users' movement over one week. They also compared the data to that of people who had already been diagnosed with Parkinson's.

With their analysis, the researchers were able to correctly identify people who had already been diagnosed with Parkinson's, as well as those who were in the early stages of Parkinson's and were only diagnosed years later — for some people, that diagnosis took as many as seven more years.

Kathryn Peall, one of the researchers, told the BBC they were also able to distinguish Parkinson's from other things that could slow movement, like old age.

Lead researcher Cynthia Sandor added that, because millions of people wear smartwatches every day, they could provide a cheap and easy way of identifying early-stage Parkinson's.

요지: 스마트워치가 착용자의 파킨슨병을 진단할 수 있다.

출처: https://engoo.com/app/daily-news/article/smartwatches-could-help-identify-early-stage-parkinsons/sd2qzivCEe6ZPN9xadW_KA

Study: Daytime Naps May Keep Your Brain Healthy

(3407 김주연)

Our brains begin to get smaller in our 30s or 40s — and around age 60, they start getting smaller even faster. But a study has found that regular daytime **naps** may help slow down this reduction in size, keeping our brains healthier for longer.

Researchers in the UK, Uruguay and the US studied data on the brains of 35,000 people between 40 and 69 years old. They **measured** the size of the participants' brains, and looked at differences in DNA that are thought to make some people more likely to take **regular** naps.

They found that people who were likely to take regular daytime naps had brains that were, on average, 16 cubic centimeters larger than the brains of those who were less likely to take naps.

The difference in size was **equivalen**t to between 2.6 and 6.5 years of brain aging, the researchers wrote in *Sleep Health*.

"Our findings suggest that, for some people, short daytime naps may be a part of the puzzle that could help preserve the health of the brain as we get older," said senior author Victoria Garfield of University College London.

Scientists have previously linked larger brain size to reduced risk of dementia and other diseases.

The new study adds to the data showing that "sleep is important for brain health," said Tara Spires-Jones, a brain scientist at the University of Edinburgh, who was not part of the study.

While it may be good for your brain to nap, it may also be important not to nap too long, however.

A recent study in China found that older people who don't nap — as well as those who take long naps of more than 90 minutes — have a higher risk of poor brain health than those who take short naps.

요지 : 주간 낮잠은 뇌를 건강하게 유지할 수 있다.

출처 : https://engoo.com/app/daily-news/article/study-daytime-naps-may-keep-your-brain-healthy/dkSRhhFAEe6TsP_pFVC8WA

Be Kind to Yourself: Using Self-compassion to Bounce Back

(3715 윤선민)

Are you your own worst critic? Do you blame yourself for your failures and feel angry if you make a silly mistake?

Experts say many of us are too hard on ourselves, and might feel better if we used more self-compassion.

Self-compassion means being kind to yourself, understanding that everyone makes mistakes, and controlling your negative thoughts.

Thinking too much about our mistakes, or feeling sad or angry at ourselves, can make it more difficult to bounce back from setbacks.

Self-compassion can help us overcome those setbacks and improve our mental health.

For a friend, "More likely than not, we'd be kind, understanding and encouraging," Chen wrote for Harvard Business Review.

Self-compassion can also help you learn from your mistakes.

Margie Warrell, an expert on personal development, has found that some business executives reject the idea of using self-compassion, seeing it as self-indulgent. But studies have shown that self-compassion can help people to be more motivated to work hard and "get ahead," Warrell wrote for Forbes.

People who use self-compassion are in fact "more likely to try things and risk failure," she said.

One way to create a growth mindset is to stop seeing your abilities as fixed, she said. Rather, we can all work to grow and improve in the future.

요지 : 자기연민이 있어야 좌절로부터 회복하고 자신의 실수를 통해 배울 수 있다.

출처 : https://engoo.co.kr/app/daily-news/article/be-kind-to-yourself-using-se lf-compassion-to-bounce-back/dRSJ0MFWEe67rVeYS-FbdQ

Turkish Architects Design Floating, Spinning Hotel

(3520 정재윤)

A hotel has been designed that will **float** in the ocean, **spin** and make its own electricity.

The Eco-Floating Hotel was designed by Turkish company Hayri Atak Architectural Design Studio (HAADS). The company shared its design for the hotel on Instagram, saying that it is planned for Qatar, but would be able to travel to other places too.

The hotel will have 152 rooms, with each room having a **balcony**. HAADS says the hotel will also have swimming pools, a gym, a spa, and spaces for mini golf and other activities.

It will take the hotel 24 hours to spin all the way around. While it spins, the hotel's roof will also make electricity from the wind and sun.

The roof will also collect rainwater for its garden spaces. The hotel will **purify** seawater for other uses, and clean its own wastewater so it does not damage the environment.

Guests will be able to get to the Eco-Floating Hotel by traveling up a floating pier from the land, or by boat. Guests could also arrive by helicopter, landing on the **pier**.

Work to design the Eco-Floating Hotel started in March 2020, and HAADS says it would like it to be finished in 2025. However, it's not yet clear if the hotel will actually be built.

This isn't the only plan for a floating hotel in Qatar. Finnish companies Admares and Sigge Architects are building 16 floating hotels with 101 rooms each. The country is building thousands of new hotel rooms to prepare for the 2022 FIFA World Cup.

요지: 바다 위에 떠서 회전하는 호텔의 특징과 앞으로의 전망

출처:https://engoo.com/app/daily-news/article/turkish-architects-design-floating-spinning-hotel/uRAakIzBEeuZlc89MP5-Fg

AI Inspires More UK Teens to Study Computing

(3723 한효진)

Interest in artificial intelligence (AI) has helped inspire more teenagers than ever to apply for computing courses at UK universities, a report has found. The number of 18-year-olds applying to study computing from September 2023 increased by nearly 10% from 2022 and 33% from 2021, said a report from the Universities and Colleges Admissions Service, or UCAS.

UCAS manages applications to study at universities and colleges in the United Kingdom. It said about 196,000 people applied to UK computing courses in 2023, including 95,000 18-year-olds. UCAS said interest in computing is growing as AI and gaming become more popular and new AI technologies, such as ChatGPT, are developed.

The British Computer Society (BCS) said computing is growing in popularity faster than any other area of study. This is probably because of the "high profile of AI," and because these students can later find jobs in things like internet security and climate change data science, BCS said.

Responding to the report, BCS CEO Rashik Parmar said, "Teenagers in the UK know that AI will change the world forever." "The thousands of young men and women applying for computing through UCAS do so because they want a say in this future," Parmar added.

요지 : 인공지능은 우리에게 계속해서 도움이 된다.

출처 : https://engoo.com/app/daily-news/article/ai-inspires-more-uk-teens-to-study-computing/vFCu7CZzEe64tv8oyMDJOw

Man Wins Art Competition with AI-Generated Image

(3614 송민석)

An image created using artificial intelligence (AI) technology has won first place in its category at the Colorado State Fair Fine Arts Competition.

Jason Allen created his winning image , Théâtre D'opéra Spatial — which means "Space Opera Theater" — using Midjourney, an AI program that can create images based on written descriptions.

Allen was one of 11 artists in the "digital arts" category. He won a $300 cash prize. According to The New York Times, this is among the first AI-generated images to win such a prize, and other artists aren't happy about it. Some believe that Allen "cheated," while others think his win undermines the work of artists who create their art in more traditional ways.

But Allen told The New York Times that he isn't sorry for anything because he didn't break any rules. He said he never tried to hide the fact that he used AI technology to create the image.

While AI-generated art has been around for years, it has become more popular recently since the technology for creating it has become more advanced.

AI programs like Midjourney, DALL-E 2 and Imagen have made it easier for people to make art — all they have to do is type in a few words and the AI will generate an image based on those words.

But it wasn't so simple for Allen. According to CNN, he created over 900 images before choosing three to enter into the competition.

In total, he spent over 80 hours working on them, using different words and phrases that affected different parts of the images.

"It's like a word game," he told The Pueblo Chieftain.

요지: AI를 사용한 그림이 미술대회에서 우승할 정도로 AI 기술이 발전하였다.

출처: https://engoo.com/app/daily-news/article/man-wins-art-competition-with-ai-generated-image/kcwWPC-BEe2MopunSEG_jQ

The Painful Truth about Ice Cream Headaches

(3521 정철우)

Ice cream is a sweet treat that so many of us love, especially on a hot day.

But if there's one thing that makes ice cream — and other cold treats and drinks — a lot less enjoyable, it's brain freeze.

Also called an ice cream headache or a cold-stimulus headache, it's the short painful feeling you sometimes get in your head when you eat something really cold.

It can be very uncomfortable, but what's actually happening in our bodies?

Well, experts aren't exactly sure what causes the pain, but they know our brains haven't actually been turned to ice! The best idea that scientists have is that when we take a big **scoop** of cold ice cream or a big **slurp** of a cold drink, the blood vessels at the top of our mouth **constrict**.

That's because they have felt the cold and are working quickly to try to **maintain** the body's temperature.

But after that, the **blood vessel**s quickly open up. This sends a pain **signal** to the brain, and we usually feel that pain behind our eyes and nose or in our forehead.

However, scientists still don't completely understand brain freeze.

They do say that if you want to make yourself feel better, you could try drinking warm water or pushing your tongue against the top of your mouth to warm it up.

You'll probably need to stop eating the ice cream for a moment, too.

And if you don't want any ice cream headaches, eat or drink slowly.

The good news is that they're not serious and the pain usually goes away after a few minutes, so there should be no need to take a painkiller, and you can quickly get back to your cold treat!

요지: 한 번에 많은 양의 찬 음식을 먹었을 때 생기는 두통은 체온 유지와 관련이 있지만 과학자들도 아직 완전히 이해하지는 못했다.

출처: The Painful Truth about Ice Cream Headaches | Engoo Daily News

ChatGPT Solves Some Problems Better than College Students

(3503 곽기강)

It can write emails and stories, tell jokes and have interesting conversations — but how well can ChatGPT solve problems?

Well, according to a new study, OpenAI's language model can solve problems as well as an undergraduate college student — or, sometimes, a little bit better.

Researchers from the University of California, Los Angeles, gave GPT-3 questions and problems that are often included in **intelligence** tests like the SATs — exams taken by high school students in the US before college.The same problems were also given to 40 undergraduate students.

In one test, students and GPT-3 had to **predict** the next shape in a series of shapes. The results showed that GPT-3 solved 80% of the problems correctly, while the average result for the students was just under 60%.**match**

In a different test, the researchers asked the participants to **match** two perpieces of text that had the same meaning. The students **perform**ed better than GPT-3 in this problem, although GPT-4 — a more advanced version of ChatGPT — **performed** better than GPT-3.

The study was published in *Nature Human Behavior*.Taylor Webb, one of the researchers, told *The Guardian* that, while it can't be said that ChatGPT has the full **intelligence** of a human, it has improved in many areas.

He explained that ChatGPT still has difficulty with things like social **interactions**, mathematical **reasoning** and solving certain types of problems — like deciding the best way to move sweets from one bowl to another. But is ChatGPT thinking like a human, or is it showing a new type of **intelligence**?

The researchers aren't sure — and they said they can't be sure, without looking into how the AI was made, and how it works.They added, however, that they'd like to find out.

요지:첫 gpt 대학생보다 문제 해결능력이 좋음

출처: ChatGPT Solves Some Problems Better than College Students | Engoo Daily News

The Ups and Downs of Coffee and Caffeine

(3814 이루다**)**

Many people drink coffee or tea to help them wake in the morning.

So, it is no surprise that if you get too much **caffeine** before bedtime, it can keep you awake. It turns out that **interrupting** your sleep is bad for your health on many levels.

A new study explains how **interrupted** sleep can affect your mental and physical health. The study also explores how poor sleep can affect the **cells** in your body.

Researchers from the United States and the United Kingdom have joined to investigate this issue.

The investigators are from the University of Colorado, Boulder in the U.S. and the Medical Research Council Laboratory of Molecular Biology in Cambridge, England. They found that caffeinated drinks taken up to three hours before expected bedtime can **delay** normal sleep times.

The amount of **caffeine** that disrupted sleep was equal to about two shots of espresso.

Not getting enough sleep can affect a person's mood. It also disrupts the body's natural sleep-wake cycle called the circadian rhythm. Your body's circadian rhythm is found in **cells** throughout the entire body.

So, when **caffeine** disrupts your circadian rhythm, it affects **hormone** production and the re-growth of new cells in the human body. And this can play a role in many health problems.

요지 : 커피를 마시면 생체 리듬을 방해하여 건강에 영향을 미친다.

출처 : https://engoo.com/app/daily-news/article/the-ups-and-downs-of-coffee-and-caffeine/xZjtQrypEeaLbrNgnQVCSQ

New Material Promises Faster Computer Chips

(3604 구현우)

Scientists from University of Texas said this week that they had created what was previously possible only in theory: a one-atom-thick form of silicon, the material essential for production of transistors, the basic elements of all computer chips.

The exotic material, called silicene, has all the electrical properties needed for production of much smaller and faster semiconductors.

One of the critical properties of today's computer chips is the distance electrons must travel from one transistor to the next. In transistors that are only one atom thick, the distance and time that signals travel during information processing would obviously be reduced.

The new material was notoriously difficult to work with, but the University of Texas scientists said they developed a method to handle the silicene by keeping it between two protective layers.

The new method is not ready yet for production, but scientists said it was an important step toward a commercially viable, low-energy, high-speed digital computer chip.

요지: 원자 1개의 두께인 실리콘을 만들어 트랜지스터 정보 처리과정에 대한 향상

https://engoo.co.kr/app/daily-news/article/new-material-promises-faster-computer-chips/3BqcSMwpEea1Q39ZjVZvCw

Social Jet Lag: The Risks of Changing Sleep Times

(3422 최지호)

When the weekend comes, do you like to stay up late, then stay in bed for a long time the next morning? Many of us have different sleep **habit**s on weekends. But scientists think these changes in sleep are bad for us, and could affect our health.

And they say that sleeping at different times on different days is **evidence** of "**social** jet lag." The idea of social jet lag came from a 2006 study, which showed that people who had different sleep times on work days and weekends drank more caffeine and alcohol, and used more tobacco.

Social jet lag can be similar to travelers' jet lag, when people feel tired and confused after they fly across the world to a place with a different **time zone**.

Till Roenneberg, one of the authors of the 2006 study, says people live their lives by three different clocks.

These are the social clock for work, school and meeting others; our **biological** "body clock," which **control**s what time of day we need to sleep; and the daily "sun clock" of light and dark.

When our social clock and body clock are different, we get social jet lag.

Research has found that differences in sleep times can make people more likely to get heart problems, put on weight or have depression.

Social jet lag can have a growing impact on people's health, in the same way as not having enough sleep over many days, Roenneberg wrote in 2023.

Experts say it's best to keep the same sleep times for all seven days each week. And if you do want to go to bed at a different time on weekends, try to make it no more than one hour later than your normal bedtime.

요지: 매주 7일 모두 같은 취침 시간들을 유지하는 것이 가장 좋다

출

처 https://engoo.com/app/daily-news/article/social-jet-lag-the-risks-of-changing-sleep-

times/MF-KgMXcEe6GKedKZFNrRg

Which Countries Have the Fastest Internet?

(3618 이지성)

People over the age of 30 may remember the days of dial-up internet, when you could almost make a cup of tea in the time it took for a website to load.

Now, we expect every click to immediately take us to the page we want.

But of course internet speeds are not the same everywhere. So which country has the fastest internet?

It's not an easy question to answer, but a website called Insider Monkey has tried.

In July 2023, it took data from something called the Global Speedtest Index. It looked at both broadband speed and mobile internet speed, and ranked countries based on both.

At the top of the list was the United Arab Emirates. According to the website, it was the only country where the average broadband and mobile internet speeds were both above 200 megabits per second.

The UAE was one of nine Asian countries and territories in the top 20.

Singapore was second on the list, with China in fourth and Kuwait in fifth.

Insider Monkey said China has been testing super-fast broadband that's 10 times faster than currently available 5G speeds.

South Korea was 12th, and it was one of a small number of countries where the speed of mobile internet was found to be faster than the speed of broadband.

Seven countries in the top 20 were from Europe, including third-placed Denmark.

The US came sixth, while Uruguay — the only South American country on the list — was ninth, and Taiwan was 15th.

요지 : UAE가 모바일 인터넷 속도가 가장 빠르다.

Half of World's Beaches in Danger from Climate Change

(3508 김재혁)

New research says that climate change and human activity could make more than half of the world's beaches much smaller by the end of the century.

The study, led by the European Union's Joint Research Centre, looked at how coastlines changed between 1984 to 2015, and used that information to predict what is likely to happen in the future.

Over the last 25 years, sea levels have been rising quickly because of climate change, and this is one of the main causes of erosion along coastlines. Population growth and construction near coastlines can also make erosion worse.

More than one third of the world's coastlines are sandy beaches. Beaches are not just good for tourism; they also protect the land from storms and other dangerous weather.

In the next 30 years, at least 35,000 kilometers of sandy beaches are expected to be destroyed by erosion – or around 13.6% of all sandy beaches. Then, in the second half of the century, another 35.7% is likely to be lost.

However, this is only if carbon emissions stop increasing around the year 2040. If the world does not succeed in decreasing its carbon emissions, 15.2% of sandy beaches could be lost by 2050, and another 49.5% by 2100.

Australia could lose 11,000-15,000 kilometers of beach, more than any other country.

요지: 기후 변화로 인해서 해수면이 상승하여 해변을 잃게 될 수 있다.

출처: Half of World's Beaches in Danger from Climate Change | Engoo Daily News

Scientists Win Nobel Prize for Cancer Discoveries

(3420 전정우)

Two scientists have won the Nobel Prize in Medicine for discoveries that led to a new way to treat cancer.

Nobel officials announced that American James Allison and Japan's Tasuku Honjo were winners of the 2018 Nobel Prize in Physiology or Medicine. They will share a $1 million award that comes with the prize.

The two researchers discovered a way to help a person's own immune system attack cancer in the body.

Both James Allison and Tasuku Honjo studied proteins that prevent the body and its main immune cells, known as T-cells, from attacking cancer cells. After years of study, the researchers discovered a way to use drugs that would allow the immune system to attack tumor cells.

Their discoveries led to greatly improved treatments for skin cancer, as well as cancers of the lungs, head, neck, kidneys and liver. These types of cancers can be very difficult to treat.

The new treatments represent "a landmark in our fight against cancer," the Nobel Assembly at Sweden's Karolinska Institute said when announcing the winners.

Tasuku Honjo, a professor at Japan's Kyoto University, said winning the prize was "a great honor." Honjo said he hopes to keep working on the research in an effort to save more cancer patients.

요지 : 우리 몸의 면역 체계를 이용한 새로운 암 치료 방법 발견

출처 : https://engoo.co.kr/app/daily-news/article/scientists-win-nobel-prize-for-cancer-discoveries/W2KdfsYWEeioqQtmDaELew

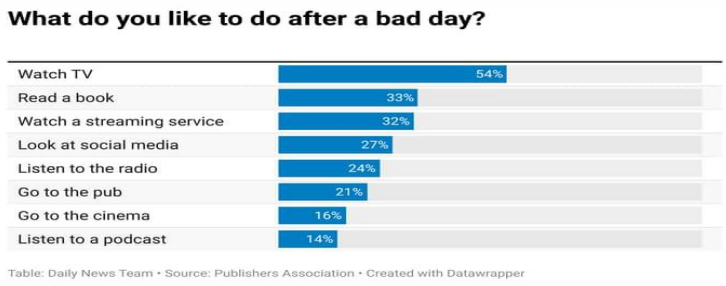
Brits Choose Books for Escapism over Pubs, Cinema

(3207 김시후)

More people would rather read a book than go to the pub or cinema if they're having a bad day, according to a new survey by the UK's Publishers Association.

In May, nearly 2,300 adults across the UK were asked what their favorite form of escapism was when they had a bad day. And it was found that 33% of participants preferred to read a book. Reading came second only to watching television, which 54% of participants preferred. The survey also found that 34% of participants give books to friends or family members once they have finished reading them. One-third give their used books to charity shops, and 12% sell them online.

Dan Conway, CEO of the Publishers Association, said in a press release: "Books are a great way for us all to escape from our everyday routines, and if we are able to share that with our friends, families, and more widely, we could be making a huge difference to people's lives without even realizing it."



Other popular forms of escapism included watching streaming services like Netflix, looking at social media, listening to the radio, going to the pub, going to the cinema, and listening to a podcast. According to the Publishers Association, almost 670 million books were sold in the UK in 2022, the highest number ever recorded in the country.

However, globally, the number of new books bought in 2022 decreased by 10% from 2021, according to data from research company WordsRated. But WordsRated also reports that while sales of new books may be decreasing, the number of second-hand books bought in 2022 increased by 5.5% from 2021.

WordsRated says the biggest reasons why people buy second-hand books are because they are cheaper than new books, and they are better for the environment

출처:https://engoo.com/app/daily-news/article/brits-choose-books-for-escapism-over-pubs-cinema/BjVkqA8EEe6SRH8g1RBqdQ 요지: 영국에서는 많은 사람이 독서로 기분전환을 하며 읽은 책을 가까운 이에게 주거나 판매하는 사람이 많다.

Deepfake Video Scam Costs Company $25 Million

(3718 이태환)

Scammers used deepfake technology to trick a financial worker into sending them over $25 million, say Hong Kong police.

Deepfakes use AI to create very realistic videos or audio recordings of people saying or doing things they never actually said or did.

The victim, who works at an unnamed multinational company, believed he was taking part in a video conference with a few other members of staff. But in fact, the other "members" of the call were all deepfake recreations of his coworkers.

Baron Chan Shun-ching, from the Hong Kong police's Cyber Security Division, told local news the victim was initially suspicious after getting a message from the company's UK-based chief financial officer.

The message mentioned a secret money transfer that needed to happen, so at first the victim suspected he was being scammed. But he felt reassured when he joined the video call and saw what looked and sounded like his coworkers.

So the victim transferred over about $25.6 million. This is believed to be the biggest scam involving the use of deepfake technology to date.

This incident is part of a growing number of cases in Hong Kong where criminals have used deepfakes to steal money. According to the police, six people have been arrested in connection with such scams. And deepfakes aren't just a problem in Hong Kong. From recreations of politicians like London's mayor Sadiq Khan to pop stars like Taylor Swift, deepfakes are being made worldwide, causing confusion and spreading disinformation.

And with AI technology becoming more sophisticated, it's increasingly likely that more people will fall prey to deepfake scams in the future.

To avoid being tricked by such scams, experts suggest being careful about what information you share online, as scammers can use videos and images posted on social media to create deepfakes.

They also recommend always keeping your devices and software updated, so there are fewer vulnerabilities on them for scammers to exploit.

요지: 딥페이크 기술로 인한 피해가 늘어나고 있고 예방하기 위해서 공유 와이파이와 스프트웨어 업데이드를 권장한다.

출처: https://engoo.co.kr/app/daily-news/article/deepfake-video-scam-costs-company-25-million/DfylLsxvEe6bOs-SYzeCnw

Breaking Blood-Brain Barrier to Treat Diseases

(3721 장이건)

A natural barrier around our brains prevents harmful substances in the blood from entering the brain. Doctors call this the "blood-brain barrier."

However, this barrier also stops medicines from entering the brain. Doctors have trouble using medicines to treat brain tumors, Alzheimer's and other diseases affecting the brain. So researchers have been trying to find safe ways to get drugs through the barrier.

At Imperial College, London, researchers have been performing experiments with mice. Researchers there have shown that sound waves can help open parts of the blood-brain barrier.

First, researchers injected very small bubbles into the bloodstream. Then they added sound waves to make the bubbles vibrate. This caused cells in the blood vessels to stretch, allowing drugs to reach the brain.

Similar experiments are being performed at Sunnybrook Health Sciences Centre in Toronto, Canada.

Six Alzheimer's patients were part of a small test at Sunnybrook. A team of researchers successfully opened the blood-brain barrier for a short period of time using sound waves.

"It's very exciting ... and it's a whole new world of possibilities. But we have to take one step at a time, we have to make sure it's safe," said Dr. Sandra Black, who worked on the study.

The researchers add that as the technology improves, doctors will be able to target only the areas that need treatment.

It may be a long time before doctors can use this form of treatment. However, as Alzheimer's cases increase around the world, scientists are trying to find new ways to help those affected by it.

요지 : 치료를 위해 혈뇌장벽을 투과하는 방법을 개발하다.

출처 : https://engoo.com/app/daily-news/article/breaking-blood-brain-barrier-to-treat-diseases/Wql9Xq0pEei7DKs0LuWpKA

Samsung Introduces Ball-Shaped Home Robot

(3404 김상훈)

Fans of the later Star Wars movies might remember BB-8, the droid that's been described as "a living soccer ball."

And if you've ever wondered what it might be like to have your own ball-shaped robot friend, Samsung could be about to make your dreams come true.

The South Korean company has been showing off its latest version of a personal home assistant robot named "Ballie."

It's perhaps not quite as cute or quite as round as BB-8, but Samsung says its robot does lots of useful jobs around the house.

Ballie is a little bit like a moving version of a home assistant like Alexa or Google Home, with a few extra features. The company actually introduced an earlier, smaller version of Ballie four years ago, but that one never went on sale.

This version is about the size of a bowling ball, and can move around a home on its own. And it uses artificial intelligence to learn users' habits so it can do a better job!

That might mean telling us to water the flowers or give some food to the dog, while it also has a projector that can project videos or calls onto the wall or the floor.

It's designed to do a bit of everything: use its camera to check on the home or animals while you're out, automatically answer the phone, and turn lights or other things on and off.

It can also receive instructions by text message as well as speech, so you can give it jobs to do while you're away.

However, in January, when Samsung showed off Ballie before the Consumer Electronics Show in Las Vegas, the robot was only seen in a video — and the company hasn't said when it will be released or how much it will cost.

요지: 삼성기업의 독특한 로봇 출시

출처 : https://engoo.com/app/daily-news/article/samsung-introduces-ball-shaped-home-robot/l162dtADEe6ZuhspFhPA7A

Korean scientists tout 'beef rice' as source of protein for the future

3522 최지웅

Korean researchers have grown beef cells in rice grains in what they say is a major step towards achieving a sustainable, affordable and environmentally friendly source of protein that could replace farmed cattle for meat.

Professor Hong Jin-kee of Yonsei University in Seoul, who led the research published in the journal Matter this month, said the "beef rice" is the first product of its kind. It uses grain particles as the base for cultivating animal muscle and fat cells.

In the research, rice grains were treated with enzymes to create an optimal environment for cell growth, then infused with bovine cells that are cultivated to achieve the final hybrid product, which resembles a pinkish grain of rice.

The Yonsei team is not the first to work on lab-grown meat products. Companies around the world have launched cultivated meat; one of the latest involves plant-based chicken and eel cultivated from a soy base, marketed in Singapore. Hong's team said rice has an advantage in terms of safety relative to soy or nuts because fewer people are allergic to it.

"If successfully developed into food products, cultured beef rice could serve as a sustainable protein source, particularly in environments where traditional livestock farming is impractical," he said.

The beef rice contains approximately 8 percent more protein and 7 percent more fat than conventional rice. Hong noted the protein is 18 percent animal-based, making it a rich source of essential amino acids. Priced at about $2 per kilogram and with a far smaller carbon footprint than traditional beef products, cultured beef rice could compete on grocery shelves, Hong said.

Hong said challenges remain from a technical standpoint and in terms of winning over customers with flavor and texture. Keum Dong-kyu, who recently sampled the rice beef at a Korean barbecue restaurant in Seoul, said the idea is innovative.

"But honestly, I don't think it can replicate the juiciness or texture of real beef," Keum said.

Christian Krammel, who is visiting from Germany, was more positive.

"Now, it does not compare to beef yet, but as I see the research is in early stages, I would say it's a great way forward," Krammel said. (Reuters)

요지: 한국 과학연구원들이 미래 단백질 공급수단으로 쌀에 배양된 소 세포를 주입해 만든 쇠고기맛 쌀을 내세웠다. 출처:https://www.koreatimes.co.kr/www/nation/2024/03/119_370642.html

Virginia Tech Students Unveil the House of the Future

3612 박세율

Joseph Wheeler and his team of students and professors from Virginia Tech University believe they are building the house of the future. Judges at the recent Solar Decathlon Middle East agreed, awarding their future house first place in the December competition held in Dubai.

"We set it up in two days," Wheeler said. "All the other teams took the full two weeks of construction. Ours was set up in two days, generating power on the third day by the sun."

Wheeler said the process is almost like building a Lego house. The entire house comes in parts that are put together on-site into a fully functioning house. But the quick construction time is just one thing that makes this home special.

As well as being very high-tech, it is also energy positive, which means that it produces more energy than it uses, thanks to solar panels.

Apart from building the home, the teams taking part in the competition had to keep all the appliances working for two weeks, which Wheeler's team managed to do.

The team said they expect this kind of construction to become the way homes are built in the future. Bobby Vance, a professor of architecture on the Virginia Tech team, believes that the home of the future should be as smart as our phones already are.

The team is now about to begin building a home that will be for sale sometime in the spring and soon hope to make their home of the future a reality.

요지:버지니아 대학 학생들이 새로운 방식으로 집을 건설했다.

출처:

https://engoo.com/app/daily-news/article/virginia-tech-students-unveil-the-house-of-the-future/9IZfYvoBEei6aqe4QZOOaA

Nobel in Chemistry Goes to Makers of “World’s Smallest Machines”

(3813 유진원)

Three scientists have won the Nobel Prize in Chemistry for their work in developing tiny machines. The three men are Jean-Pierre Sauvage, Sir James Fraser Stoddart and Bernard Feringa.

They designed extremely thin molecular machines. The machines are said to be 1,000 times thinner than a single piece of hair and have parts that move when energy is added.

The Royal Swedish Academy of Sciences said the scientists’ work could lead to developments in new materials and energy storage systems.

The science of making things unimaginably small is called nanotechnology. Nanotechnology gets its name from a measure of distance. A nanometer, or nano, is one-thousand-millionths of a meter.

Sara Snogerup Linse explained the importance of their work to reporters in Stockholm.

“… It’s been a dream of scientists for over half a century to take this development …”

Sauvage, Stoddart and Feringa will share a $930,000 prize for their work. They will also receive a medal and diploma at an award ceremony on December 10.

요지 : 세 명의 과학자들은 아주 작은 분자기계를 개발하여 노벨 화학상을 수상하였다.

출처 : https://engoo.com/app/daily-news/article/nobel-in-chemistry-goes-to-makers-of-worlds-smallest-machines/ZOnukLuTEeaSUwf7dFx4Cw

The Empire State Building: An Icon of New York

(3417 이기홍)

For almost a century, the Empire State Building has been synonymous with New York.

And from 1931 to 1971, it wasn't just the biggest thing in "The Big Apple" — it was the tallest building in the world.

Work on the building started in 1930, just after the Great Depression — a global economic crisis — had begun.

But this came at a good time for the city — it brought jobs for New Yorkers.

They worked fast. An average of four and a half floors were built every week, and after just 410 days, US President Herbert Hoover opened the 381-meter-tall building.

There was one problem — with the Depression still affecting the country, many floors of office space weren't used. Some called it "The Empty State Building."

Things got worse in 1945 when a plane crashed into the 79th and 80th floors, killing 14 people.

But the Empire State Building recovered.

Designed by William Lamb, it is an excellent example of art deco architecture — and has now attracted many businesses and millions of visitors.

It has been popular in the movies, too. King Kong fell from its top in the 1933 film, and again in 2005.

There's even a running race to the 86th floor each year, while tourists can visit the 102nd floor to look out from the top.

Well, not quite the top — the total height is now 443 meters if you include an antenna that was added in 1985.

It's no longer the tallest building in New York — that's now One World Trade Center, at 541 meters — but it's still one of the most iconic.

요지 : 현재는 원월드트레이드센터에 밀려서 뉴욕에서 가장 높은 건물은 아니지만, 여전히 상징적인 건물 중 하나입니다.

출처:https://engoo.com/app/daily-news/article/the-empire-state-building-an-icon-of-new-york/hIGN9u22Ee2L2z8BlznXAw

Samsung Introduces Ball-Shaped Home Robot

(3501 강병현)

Fans of the later Star Wars movies might remember BB-8, the droid that's been described as "a living soccer ball."

And if you've ever wondered what it might be like to have your own ball-shaped robot friend, Samsung could be about to make your dreams come true.

The South Korean company has been showing off its latest **version** of a personal home assistant robot named "Ballie."

It's perhaps not quite as cute or quite as round as BB-8, but Samsung says its robot does lots of useful jobs around the house.

Ballie is a little bit like a moving version of a home assistant like Alexa or Google Home, with a few extra **feature**s. The company actually introduced an earlier, smaller version of Ballie four years ago, but that one never went on sale.

This version is about the size of a bowling ball, and can move around a home on its own. And it uses artificial intelligence to learn users' **habit**s so it can do a better job!

That might mean telling us to water the flowers or give some food to the dog, while it also has a projector that can project videos or calls onto the wall or the floor.

It's designed to do a bit of everything: use its camera to check on the home or animals while you're out**, automatically** answer the phone, and turn lights or other things on and off.

It can also receive **instruction**s by text message as well as speech, so you can give it jobs to do while you're away.

However, in January, when Samsung **showed off** Ballie before the Consumer Electronics Show in Las Vegas, the robot was only seen in a video — and the company hasn't said when it will be released or how much it will cost.

요지: 삼성의 새로운 가정용 로봇

Most Students Feel Anxious Every Day, Says Global Survey

(3311 문현수)

Most students around the world suffer from anxiety and don't sleep enough, according to a new survey. And almost half said they have experienced academic burnout.

An education technology company called Chegg spoke to more than 11,800 university students aged between 18 and 21 for its Global Student Survey. Students from 15 countries, including the UK, the US, India and South Korea were surveyed.

About 54% of all students — and 68% of those in the US — said they have experienced daily feelings of anxiety. Fifty-nine percent said they weren't getting enough sleep, and this was true among 75% of the students surveyed in Malaysia.

It was not clear whether this was caused by anxiety or by things like going out with friends or having parties. However, 38% said they found it hard to meet new people or make new friends. And 46% of students around the world said that they have suffered from academic burnout.

Academic burnout is a feeling of stress or exhaustion that's caused by the demands of studying. This burnout is a much bigger problem than just feeling tired after late nights of study, and it is worst in South Korea where seven out of 10 students said they had suffered from it.

The survey shows that "students around the world are stressed, lack sleep, and have trouble meeting new friends," said Heather Hatlo Porter from Chegg. She added that universities should be offering good mental health support to students, to make sure that they are able to "make the most of their education and face the future with confidence."

But it was not all bad news, with 65% of students saying that they feel optimistic.

요지: 설문조사 결과 대부분의 학생들이 불안감을 느낀다고 말했다.

출처:https://engoo.com/app/daily-news/article/most-students-feel-anxious-every-day-says-global-survey/B87EcoGLEe6p-icyzwQFQA