

kagro.com

NATIONAL  
 **KAGRO**  
JOURNAL

November / December 2007

Volume 19, Number 1





WHEN THE MOUNTAINS TURN BLUE  
YOUR BEER IS COLD AND READY FOR KICKOFF.



**COLD  
AND  
REFRESHING!**

THIS NFL SEASON, REACH FOR THE FIRST BOTTLE THAT TELLS YOU  
WHEN YOUR BEER IS COLD—THE COORS LIGHT® GOLD ACTIVATED BOTTLE.  
IT'S WHAT COLD BEER LOOKS LIKE.

**21**  
MEANS 21®



THE WORLD'S MOST REFRESHING BEER 





# 신속. 안전. 용이.

## 머니그램® 송금은 한국 및 중국과 전 세계 송금시 탁월한 선택입니다.

- **신속** - 송금후 10 분\* 이내 수취 가능
- **안전** - 은행처럼 안전하지만 은행구좌 불필요
- **용이** - 전세계 네트워크를 이용한 송금은 신청서 한 장으로 가능
- **편리** - 머니그램은 170여국에 84,000 여지점 보유
- **저렴한 수수료** - 수취인 수수료 부담 없음

한국대리점:



중국대리점:



1-800-926-9400 [www.moneygram.com](http://www.moneygram.com)

# MoneyGram®

국제 송금서비스



## 목차

### OFFICERS

#### President

David Kim  
 National

#### Vice-President

Kwang H. Choi  
 Maryland

#### Vice-President

Calvin Choe  
 Arizona

#### Vice-President

Bruce H. Choe  
 Georgia

#### Vice-President

Myung H. Cha  
 Washington DC

\*\*\*\*\*

#### Advisors

KiOk Kim  
 Yangll Kim  
 KiPung Chun  
 David H. Kim  
 Andrew Ku  
 Thomas Lee  
 JuHan Kim

6. 이사장 인사말
7. 회장 인사말
8. 협회 소식
22. Industry News
26. USA News
31. 메릴랜드 주 소개
38. Ellicott City와 Baltimore 한식당 리스트
37. Direction to Turf Valley
42. 세계의 명연설
45. 건강뉴스
48. 한방클리닉-천식, 식생활 개선으로 치료해보자
50. 회장단 및 스폰서 소개

### BOARD of DIRECTORS

#### Chairman

YongWong Han  
 Delaware

#### Vice-Chairman

Kwanglk Lim  
 Colorado

#### Vice-Chairman

Philip Kim  
 Vancouver, Canada

#### Vice-Chairman

John J. Jung  
 Virginia

\*\*\*\*\*

#### Auditors

TaeWhan Ko  
 Texas

MooShik Won  
 Harrisburg, PA

## CONTENTS

### BOARD of MEMBERS

Phoenix, Arizona  
Los Angeles,  
California  
Denver, Colorado  
Wilmington,  
Delaware  
Atlanta, Georgia  
Chicago, Illinois  
Honolulu, Hawaii  
Baltimore, Maryland  
New York, New York  
San Jose,  
Northern California  
Portland, Oregon  
Harrisburg,  
Pennsylvania  
Philadelphia,  
Pennsylvania  
Memphis,  
Tennessee  
Dallas, Texas  
Richmond, Virginia  
Seattle, Washington  
Washington, D.C.  
Calgary, Canada  
Edmonton, Canada  
Ontario, Canada  
Quebec, Canada  
Vancouver, Canada

6. Chairman's Message
7. President's Message
8. Chapter News
22. Industry News
26. U.S.A. News
31. Maryland Charm
38. Korean Restaurant List in Ellicott City & Baltimore
37. Direction to Turf Valley
42. Best Speech in the world
45. Health News
48. Oriental Clinic – Control your Asthma
50. Board Members & Sponsors

### EDITORIAL STAFF

**Publisher**  
David Kim

**Editor**  
Tina Lim

**Korean Translator**  
SungMi Park

**Journal Advisor**  
YooJun Kim

**Photograph**  
Ike Soo Song

National KAGRO  
is a member of the FMI  
Association Council and  
a member of the NGA  
Association Council.

Designed/Printed by  
**Korea Monitor**  
703-750-9111  
7203 Poplar St.,  
Annandale, VA 22003



# 이사장 인사말

## Greeting of Chairman



한 용 웅 이사장  
Chairman of National KAGRO  
YongWong Han

총연을 위하여

덥다 더워 하였던니 어느새 가을입니다. 변화는 그렇게 주어지는 것인 모양입니다. 총연에 얼굴 내어 민 지 어느덧 십 수 해가 흘렀습니다. 여름과 가을이 열 번도 넘게 바뀐 세월입니다. 무어라 무어라 해도 우리 미주 한미식품상 총연은 그 세월만큼 성장하고 자랐습니다.

성장통(成長痛)이라고 합니다. 사람이 자라며 클 때 아픔이 뒤따르게 마련이라는 말입니다. 그렇습니다. 우리 총연이 대나무 마디 마디 선을 그으며 자라듯 성장하며 선을 그어 왔고 그 때마다 아픔이 있었습니다. 그렇게 우리 총연이 성장하 듯 우리 회원님들 개개인의 삶도 오늘 여기에 이르기까지 같은 모습으로 이어져 왔을 것이라고 생각해 보는 것입니다.

존경하는 회원 여러분! 입에 바른 말이 아닙니다. 우리 총연의 역사는 앞서 나서는 이들이 만들어 온 것이 아닙니다. 오늘도 삶의 현장에서 이민자로서 최선을 다 하는 회원 여러분들이 밀바탕 큰 힘이 되어 총연이 여기까지 왔다고 믿기에 진정 존경한다 이렇게 말씀드리는 것입니다.

반면교사(反面教師)라는 말이 있습니다. 잘 못된 것, 실수한 것, 실패한 경험들이 앞으로 전진하는데 크게 도움이 될 때 쓰는 말일 터입니다. 어느 한 개인의 삶이나 단체의 역사를 뒤돌아볼 때 하늘 아래 한 점 부끄러움 없는 사람이나 집단은 역사 이래 존재하지 않았다는 것이 진실일 것입니다.

그렇습니다. 우리 총연이 여기에 이르기까지 참 모든 것이 좋고 긍정적으로만 자라왔다고는 말씀드릴 수 없을 것입니다. 부정적인 것을, 고쳐야 할 것들을 그대로 안고 어쩔 수 없이 내일을 향해 나아가는 모습이 바로 우리 총연의 현실일 수도 있을 것입니다. 그 어떤 개인이든 단체든 어쩔 수 없는 한계일 터입니다.

그러나 그것을 뛰어 넘을 수 있다고 말하는 것이 바로 “반면교사(反面教師)”의 교훈입니다. 결코 덧칠도 비난도 하지 않고 옛 것에 대한 철저한 반성과 성찰의 토대 위에 새롭게 성장하는 내일의 모습을 그려보자는 뜻입니다.

존경하는 회원 여러분! 세상 모든 것이 변한다 하여도 변하지 않는 것이 있다고 옛날 어른들이 또한 말씀하셨습니다.

인지상정(人之常情)이라 하였습니다. 사람이 항상 변하지 않고, 또 변해서는 아니되는 정(情) 곧 인지상정입니다. 도울 수 있는 형편이든, 돕지 못할 처지이든 저 보다 못한 사람을 보면 측은지심(惻隱之心)이 일어 나는 것이 바로 인지상정(人之常情)입니다. 이 말 뜻의 아주 근본적인 것, 저 밀바탕에 깔린 뜻은 바로 사람에 대한 믿음이고, 신뢰입니다.

바로 이 것입니다. 이제 앞으로 우리 총연이 성장하고 더 크게 발전하는데 전제되고 존중해야 하는 가치는 바로 인지상정(人之常情)이라고 감히 생각해 보는 것입니다. 항상 있어야 하는 것(常), 바로 서로에 대한 믿음입니다.

존경하는 회원 여러분! 한참 일 할 장년으로 총연에 발을 디뎠던 저도 이젠 나이 값 할 나이가 되어 뒤로 물러 섭니다. 나이 값이 사랑방 물러나 앉아 헛기침 숫자로 매겨지던 시대는 오래전에 지났습니다. 비록 총연의 최일선에서는 물러 나지만 제가 총연을 위해 해야 할 일이 있다면 지난 십 수년 못지않게 열과 성을 다 할 것입니다.

가을입니다. 가을~ 그 풍성함이 우리 모든 회원님들 가정과 사업체 위에 가득하시기를 기원합니다.

한용웅

## 회장 인사말 Greeting of President



김 현 주 회장  
President of National KAGRO  
David Kim

오곡이 무르익는 풍요의 계절 가을이 돌아왔습니다.

전국에 계신 회원 여러분, 안녕하십니까?

오는 11월 15일부터 18일까지 메릴랜드 Turf Valley Resort에서 제 37차 National KAGRO 총회를 개최하고자 합니다. 여러 임원진들과 협회 회원 및 관계자들을 모시고 메릴랜드에서는 두번째로 총회를 개최하게 되오니 많은 성원과 참여를 부탁드립니다.

이번 총회의 타이틀은 Unity입니다. 이는 우리 National KAGRO 총회의 제일 중요한 안건이거나와 가장 큰 사업이기도 합니다. 여기서 우리가 하나로 뭉치지 않으면 절대 도약할 수 없으며, 발전할 수 없기 때문입니다.

두번째로는 KAGRO라는 단체의 중요성입니다. 우리 단체는 무엇보다 중요시하며, 보호하고, 회원이 필요로 하는 단체가 되어야 합니다. 회원 개개인의 이익을 앞세워야 하며 나아가 협회 발전에 이바지 할 수 있어야 합니다. 개개인의 욕심 보다는 단체 회원 모두의 인정과 승인을 받는 단체로 거듭나야 합니다.

회원 여러분의 많은 성원 부탁드립니다.

11월 메릴랜드에서 만나 뵙기를 기대하며 안녕히 계십시오.

Welcome to the National KAGRO's 37th Annual Board Meeting! On behalf of the Staff and Board of Directors of the National KAGRO, I would like to thank you all for joining us. I also want to thank my friends for their ongoing support and contribution!

Your participation affirms what we believe-that all of us care about the well being and the future of the National KAGRO, local chapters and our invaluable members.

For the next few days, we will spend time to network, learn, share and strategize about possible solutions together. Moreover, we will emphasize on the 'Unity' and 'Harmony' of all our KAGRO chapters.

Over the past few years, we experienced many memorable events such as the unification of Washington D.C. KAGRO. As we look forward to the 37th Annual Board Meeting, we also hope to witness the merger of our California chapters. It is our heartfelt desire to be recognized as the largest and most efficient Asian American small business organization in North America.

Again, welcome and wish you a memorable and enjoyable stay in Maryland!

Sincerely,

David Kim  
President



# CHAPTER NEWS

## Maryland 협회소식

### ▶ 코카콜라 불공정 영업 시정 촉구 KAGRO, 공급가격 대폭 인상·냉장고 사용료 부과

메릴랜드식품주류협회(회장박갑영)는 코카콜라회사의 영업방식이 불공정하다며 시정을 촉구했다.

KAGRO는 9월 25일 긴급 임원회의 및 기자회견을 열고, 미국 최대 음료회사인 코카콜라사가 소매상들을 상대로 비합리적인 가격인상 단행, 약속 불이행 등으로 어려움을 안겨주고 있다면서 조만간 항의서를 작성해 코카콜라 본사와 지사에 발송하겠다고 밝혔다.

KAGRO에 따르면, 코카콜라사는 최근 수년 간 협회나 상인에게 공고 없이 임의적으로 가격 인상을 추진, 일부 품목의 가격이 2005년 이전 14.99달러(1Case 20oz 24병 기준)에서 작년 초 20.99달러로 올린 데 이어 올 초여름 다시 24.99달러로 올렸다. KAGRO는 도매상에서 동일 제품을 구입할 경우 7-9달러 싸게 구매할 수 있어 코카콜라사가 소매상 대상으로 영업을 직접 하지 않겠다는 의도로 받아들이고 있다.

또 KAGRO는 지난 2005년 11월, 지난해 1월과 12월 코카콜라 지사 사장 또는 임원 등과 만나 가격조정 등에 관한 협의를 갖고 해결책을 모색해 왔으나 코카콜라사가 번번이 약속을 어겼다고 밝혔다.

박갑영 회장은 “코카콜라가 비용 증가에 따른 보전방책 실행과 새 영업 방침을 따라 이익 창출에 나서는 것은 당연한 권리지만 그 과정과 방침이 터무니없고 일방적”이라고 주장했다.

KAGRO는 또한 코카콜라사가 최근 업주들에게 공문을 보내 지난 9월 1일부터 자사 냉장고(cooler)의 사용료 부과 방침을 통보한데 이어 일부 업소에는 냉장고를 회수하고 있다고 밝혔다.

강진욱 고문은 “냉장고를 회수하면서 코카콜라사의 영업직원이 앞으로 두 달간 냉장고 회수로 바빠질 것 같다”며 “회사로부터 직접 구매를 안 하는 업소를 중심으로 냉장고를 철수할 것이라고 말했다”고 전했다. 임원들은 “도매가격과 현저하게 값을 올려놓고, 직접구매를 안할 경우 냉장고 회수라는 억지를 쓰고 있다”며 “횡포와 다름없다”고 분개했다.

협회는 우선 항의서를 전달하고, 코카콜라측이 무성의한 태도를 보일 경우 단계별로 강도를 높여 대응할 방침이다. 또 회원들을 상대로 불매운동과 배너설치 등 초강경수단도 사용할 수 있다고 밝혔다.

최광희 이사장은 “해리스버그에서 유사한 일이 발생, 업주들이 먼저 코카콜라 제품 불매운동을 벌인 결과 3개월 후 회사 측이 기존의 방침을 철회하고 타협점을 찾은 선례가 있다”고 전했다.

박 회장은 “회원들이 단결된 행동을 보여야 불이익을 면하게 된다”며 “회사측이 냉장고 회수를 원하는 경우, 협회와 상의하겠다고 의사를 밝히고 협회에 바로 통보하기 바란다”고 말했다.

이날 회의에는 박종섭 고문, 김길영 수석부회장, 홍성범 부회장이 동석했으며, 협회는 오는 30일 열리는 야유회에서도 회원들과 이에 관해 논의를 할 계획이다.



## ▶ 가을 정취 즐기며 화합 다져



▶ 추계 야유회, 가족 게임, 정보교환도

청명한 가을 날씨 아래 지역 공원에서 한인들의 즐거운 함성이 울려 퍼졌다.

메릴랜드식품주류협회(KAGRO, 회장 박갑영)는 9월 30일 추계 야유회를 갖고, 친목을 다졌다.

볼티모어 동부 해변의 건과우더 폴스 주립공원에서 열린 KAGRO 야유회에는 100여 회원 및 가족, 관련 업체 임직원들이 참가, 다양한 게임을 통해 하루를 즐겼다.

화창한 날씨와 멋진 바다 풍경이 어우러져 더욱 분위기를 돋운 야유회는 남녀노소가 함께 보물찾기를 시작으로 빙고, 휠게임, 가족게임, 발 볼링 등 다양한 게임이 진행됐으며, 노래자랑으로 숨은

실력을 뽐냈다.

준비위원장을 맡은 홍성범 부회장은 “올해는 매년 이용했던 곳에서 새로운 곳으로 장소도 옮기고 이전에 하지 않았던 게임을 준비, 회원들이 기대감을 갖고 오도록 시도했다”고 밝혔다.

행사 사회를 맡은 박종섭 고문은 그동안 캐그로의 행사 때마다 전폭적으로 지원을 아끼지 않았던 메릴랜드도매상협회(WRAM)의 제품 마크오프가 내년 은퇴한다며 서운한 감정을 전했다.

야유회에는 회원 및 가족 뿐 아니라 관련 업체 관계자들도 대거 참여, 회원들과 스스럼없는 대화를 나눴다.

## ▶ “에너지 비용 함께 절약하자”

한인 직능단체들이 에너지 비용 절약을 위해 에너지 업체와 단체 협상을 추진 중이다.

메릴랜드 식품주류협회 (KAGRO, 회장 박갑영), 워싱턴 식품주류협회(회장 차명학), 메릴랜드세탁협회(회장 박종팔) 등은 다이렉트 에너지사와 소속 회원들이 일정 기간 동안 고정된 가격에 전기를 공급받을 수 있게 하는 계약을 논의하고 있다. 협상이 성사되면 이들 직능단체 회원들은 소속 단체의 협조를 얻어 다이렉트 사와 계약을 맺으며, 계약기간은 24개월, 31개월, 58개월 등으로 선택할 수 있다. 또 월 전기료 사용 하한선 등 별도의 제약은 두지 않는다.

다이렉트 에너지사의 존 버그 상공업분야 세일즈 매니저는 “에너지 가격이 현재 완만한 상승세를 유지하고 있다”며, “다이렉트사는 타 경쟁업체에 비해 낮은 가격으로 공급할 수 있을 것”이라고 밝혔다. 버그 씨는 “메릴랜드 지역에서 2년 전부터 전기 공급을 시작, 현재 2,000여 업소를 고객으로 확보했다”며 “지금까지는 소비자 만족도가 높다”고 밝혔다.

다이렉트 에너지는 현재 메릴랜드, 워싱턴 DC, 델라웨어 지역에는 전기를 공급하고 있다.

김현주 미주한인식품상총연합회장은 “한번 선택으로 몇년간 고정가격에 서비스를 받는 만큼 단체들이 신중하게 계약서를 검토하고 있다”며 “다이렉트 에너지사의 일정을 고려, 이달 중순 이후에나 결론이 날 것”이라고 밝혔다.

다이렉트 에너지사와 막바지 협상을 벌이고 있는 메릴랜드 식품주류협회의 박갑영 회장은 “다이렉트 에너지가 BGE사 서비스 라인을 통해 전기를 공급하기 때문에 고지서가 이원화돼 회원들이 혼돈할 소지가 있어 다이렉트사에 고지서 일원화를 요구한 상태” 라고 밝혔다.

MD세탁협회 경우 회원업소들이 가스 소비가 월등히 많아 KAGRO를 통해 간접 협상을 하고 있으며, 다이렉트사의 지역 가스 공급 진출 고려에 기대를 걸고 있다.

이날 다이렉트사와 첫 회동을 가진 차명학 회장은 “회원들과 회의를 갖고 신중하게 결정을 하겠다” 고 밝혔다.

## Seattle 협회소식

### ▶ “연회비 납부하고 30명 추천 필요” KAGRO 회장선거 11월 25일 등록마감

워싱턴주 한인 그로서리협회(KAGRO) 2008년 회장 및 이사장 선거 등록 마감이 11월 25일로 확정됐다.

회장 후보는 본인 이력서와 함께 공탁금 2000달러를 머니 오더나 캐쉬어스 체크로 준비해 협회 정회원 30명 이상의 추천서를 동봉해 협회 사무실로 제출해야 한다.

변호사 공증이 필요한 협회 사무실 리스 이행 서약서 제출도 필수 사항이다.

올 해 선거관리 위원회 위원장은 문성환씨가 맡았으며 당선 선포는 경선시 득표에 의해 총회에서 선포되며 무투표 당선자는 등록마감과 동시에 서류심사를 거쳐 당일 선거관리 위원장이 선포하게 된다.

문의 : 253-952-1188

## California 협회소식

### ▶ 또...한인업소 공익소송 ‘할리우드 리커 장애인 시설 미비’

샌디에이고 거주자가 고소장 내 한인업소를 상대로 한 공익소송이 다시 고개를 들고 있다.

이번에는 잉글우드 지역의 한인운영 리커스토어가 장애인주차시설 미비를 이유로 소송을 당했다.

소송을 제기한 사람은 샌디에이고에 거주하고 있는 것으로 알려졌다.

업주 최모씨는 “지난 20일자로 LA법원에 고소장이 접수됐다는 내용의 법원 서류를 24일 받았다” 고 밝혔다.

소송을 당한 이 업소는 단독건물로 건물 뒤편에 차량 4대를 주차할 수 있는 공간이 있으나 장애인주차표지판과 구획선은 없는 상태다.

6개월 전 이 업소를 인수한 최씨는 “소송인이 전 주인에게 장애인보호법에 맞게 시설을 개조하라고 요구하는 내용의 편지를 보낸 적이 있다는 사실도 최근 알게 됐다” 며 황당해 했다.

가주한미식품상협회(KAGRO 회장 박종태)에 따르면 이처럼 한인 마켓.리커스토어를 상대로 한 공익소송은 올해 3번째이며 지난해에는 무려 24건에 달한 것으로 집계됐다.

얼마전 한 업소가 화장실 입구 턱이 높아 장애인 출입이 힘들다는 이유로 공익소송을 당해 합의금 700달러를 지불한 적이 있으며 또 다른 업소는 출입구의 계단으로 인해 장애인 출입이 힘들다는 이유로 공익소송을 당하기도 했다.

박종태 회장은 “협회차원에서 문제를 해결하기 위해 최선을 다하겠다” 며 “전례에 비춰 볼때 이번에도 서로 합의도 가능할 것 같다” 고 조심스럽게 말했다.

공익소송은 주로 타인종 장애인들이 마켓이나 리커스토어 식당 카페 등을 돌아다니며 장애인 시설 미비등을 트집잡아 소송을 낸 뒤 합의금 등을 요구하는 것을 말한다.

지난 6일에는 장애인 시설 미비를 이유로 공익소송을 당했던 타운업소가 이들에 맞서 승소한 바 있다.



## ▶ 가주한미식품상협, 월마트 상대 750만불 소송

가주한미식품상협회(회장 박종태)가 한인 비하 발언을 한 민권운동가 앤드루 영(71)과 월마트를 상대로 명예훼손에 따른 거액의 손해배상 소송을 제기했다.

박종태 회장은 25일(이하 현지시간) 월마트와 앤드루 영을 상대로 500만 달러의 일반 피해와 250만 달러의 특별피해 등 모두 750만 달러를 배상하라는 소송을 24일 로스앤젤레스 지방법원에 제출했다고 밝혔다.

마틴 루터 킹 목사의 수석보좌관을 지내고 애틀랜타 시장, 유엔주재 미국대사를 역임했던 앤드루 영은 월마트가 기업이미지 제고를 위해 유희초 고용했으나 최근 흑인계 주간지와의 인터뷰에서 “우리에게 바가지를 씌우는 그들은 지역사회에 물건을 다 팔아먹고 플로리다주로 가버린다. 처음엔 유대인이었고 다음은 한국인, 지금은 아랍인이다” 며 유색인종을 비난했다.

KAGRO측은 “이번 사건 이후 영과 월마트 측은 서로 책임을 회피하려 하고 있어 책임소재를 분명히 하기 위해 소송을 제기했다” 고 배경을 설명했다.

## ▶ Eastern KAGRO held BBQ Party with Pomona Police Department



▶ 동부식품상협회가 주최한 바비큐 파티에서 포모나경찰서 경관들이 음식을 들고있다.

동부식품상협회(회장 박재현)는 10월 16일 정오 포모나 경찰서(서장 조셉 로메로)에서 바비큐 파티를 열어 치안 관계자들의 노고를 치하했다.

이번 바비큐 파티는 경찰서 경관들과 직원을 비롯하여 동부식품상협회 회원들까지 총 150여명이 참석한 가운데 성황리에 이루어졌다.

한편 이날 행사에서 데이브 키틀 부서장은 동부식품상협회에 대한 감사의 표시로 박재현 회장에게 직접 감사패를 증정하였다. 데이브 부서장은 “매년 맛있는 한국음식을 제공해 주어 경관들에게 많은 격려가 되고 있다” 며 감사의 말을 전했다.

동부식품상협회는 포모나 경찰서에 이어 오는 23일 정오에 인더스트리 세리프 스테이션에서도 바비큐 파티를 갖는다.

## ▶ Free Tax Seminar



가주조세형평위원회미셀박위원(3지구)이OC한미식품상협회(회장 에이브러햄 정)와 함께 마련한 무료 세금 세미나가 19일 가든그로브 US메트로뱅크(행장 김동일)에서 열렸다. 미셀 박(왼쪽) 위원이 강사로 참석한 닐 샤 특별 세금보좌관의 강의를 통역하고 있다.

## Maryland KAGRO members... Just like you, we stock what our customers want.

The Korean-American Grocers Association has teamed up with Direct Energy to provide members a better way to manage energy costs. KAGRO's Electricity Purchasing Program offers price certainty that can help reduce your bottom-line risk.

Difficulty getting control of your electricity costs? Call 1.866.809.9143,  
ask for a KAGRO quote and enroll today!



Simple. Friendly. Direct.

Official Endorsed Supplier of KAGRO Maryland & DC Chapter



For membership information, visit [www.kagro.com](http://www.kagro.com)  
For information on Direct Energy, visit [www.directenergy.com](http://www.directenergy.com)

For more detailed information regarding price, terms, conditions and restrictions relating to our products, you may call 1-866-336-6483 or write to Direct Energy, P.O. Box 642156, Omaha, NE 68164-8156. Direct Energy rates do not include taxes for charges from your utility or any other third party. Direct Energy® and the Energy Bolt design are registered trademarks of Direct Energy Marketing Limited, used under license. You must be a member of KAGRO Maryland to participate in this program. Participation is also contingent upon the availability of retail electric service at customer's location. Other terms, conditions and restrictions may apply. Maryland License #IR-719



*Miller*

NEW  
BOTTLE  
FRIDGE  
PACK

PACK ON

THE PROFITS



Great Taste...  
Less Filling.

USE SIDE  
CARRY  
HANDLE

*Miller*

**Lite**



12 12 FL. OZ. BOTTLES

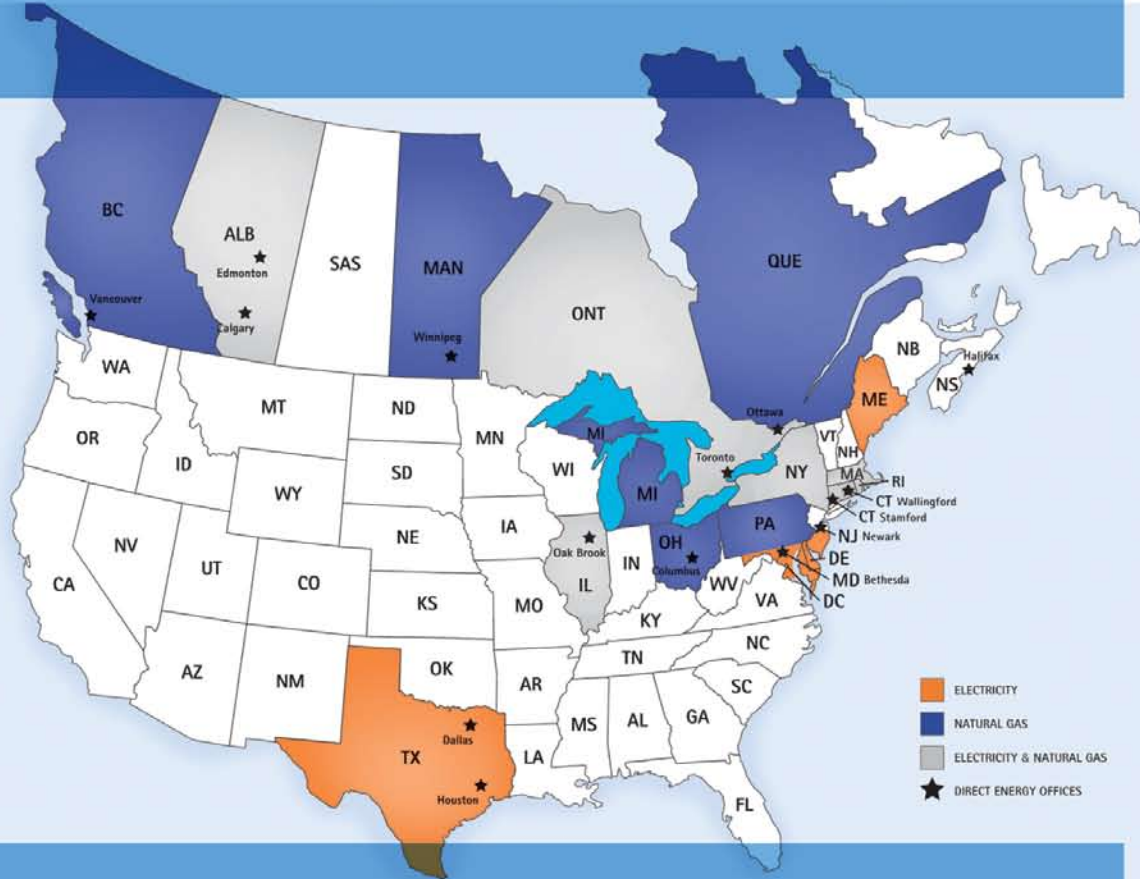
Only 3.2g carbs and  
95 calories. Choicest Hops  
for Premium Taste.

12 12 FL. OZ. BOTTLES



# North American presence. Local partnership.

We are among the Centrica Family of businesses. Centrica plc ranks in the top third of Forbes' "World's 2000 Largest Public Companies." Together with our global resources, we're currently one of North America's largest energy providers. Yet, we're never too big to help you manage energy costs with our customized solutions that are tailored to your business objectives.

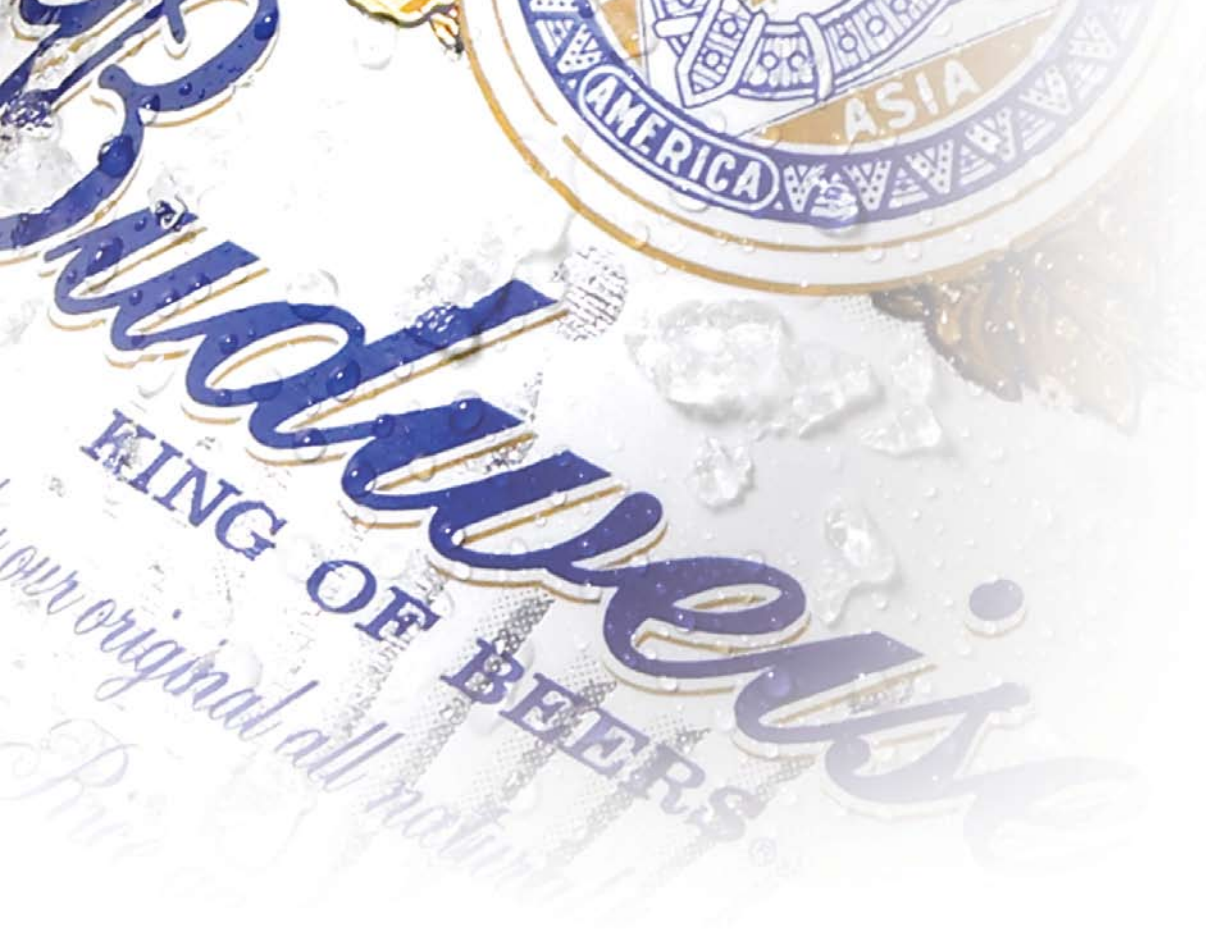


Simple. Friendly. Direct.



[directenergy.com](http://directenergy.com)





About  
*Budweiser*



For more than 15 years, Anheuser-Busch has contributed to Asian Pacific American communities through the development and support of a variety of programs that help meet the needs of these diverse communities. These programs are designed to provide immediate and long-term benefits through joint efforts with national, regional and local organizations developing the next generation of leadership.

Based in St. Louis, Anheuser-Busch is the leading American brewer, holding a 48.4 percent share of U.S. beer sales. The company brews the world's largest-selling beers, Budweiser and Bud Light. Anheuser-Busch also owns a 50 percent share in Grupo Modelo, Mexico's leading brewer, and a 27 percent share in Chi-

na brewer Tsingtao, whose namesake beer brand is the country's best-selling premium beer. Anheuser-Busch ranked No. 1 among beverage companies in FORTUNE Magazine's Most Admired U.S. and Global Companies lists in 2007. Anheuser-Busch is one of the largest theme park operators in the United States, is a major manufacturer of aluminum cans and one of the world's largest recyclers of aluminum cans. For more information, visit [www.anheuser-busch.com](http://www.anheuser-busch.com) or [www.asianbud.com](http://www.asianbud.com).

# DISCOURAGING IRRESPONSIBLE DRINKING



For decades, Miller Brewing Company has embraced our role in encouraging and supporting the responsible consumption of alcohol. We've created programs, supported initiatives and promoted messages that embrace one simple, obvious reality:

## Alcohol is not for everyone, every time or every place.

How we respond to that plainly stated fact is at the heart of what defines us as a company. Miller Brewing Company believes that adults are responsible decision-makers and that individual responsibility is enhanced by the ability to make informed choices. We invite you to become familiar with our programs and ways to address illegal underage drinking, drunk driving prevention and the steps we take to ensure that our marketing meets strict standards that go above and beyond legal compliance.

We recognize that the issues of illegal underage drinking and drunk driving are complex and that no organization can do it alone. We believe it 's a collective responsibility that includes the support of federal, state and local governments, community leaders, parents, retailers, producers, law enforcement, and, of course, consumers of alcohol to work collaboratively to address these important issues.

Significant progress has been made in the last 20 years to reduce drunk driving and prevent underage access to alcohol.

While this is encouraging, there is more work to be done. Drunk driving and underage access are of great concern, and we affirm our commitment to help ensure that legal drinking age adults consume our products responsibly.

## FACTS

### Who is drinking?

82.4% of adolescents, ages 12 through 17, do not drink. In 2005, beer drinking among college freshmen was 10% lower than in 2000. The percentage of college freshmen who say they drink beer frequently or occasionally was 41% lower in 2005 than 1982.

### Who is influencing them?

The overwhelming majority of youth (74% of 8-17 year-olds; 74% of 8-12 year-olds; 74% of 13-17 year-olds) cite their parents as the primary influence in their decisions about whether they drink alcohol or not. Seventy-six percent of college-bound youth (ages 13-17) and 74% of youth identified their parents as a leading influence in their decisions about drinking alcohol.

### Drunk Driving Fatalities Decreasing

Fatalities in drunk-driving crashes decreased 39% from 1982 to 2004. In 2004, the percentage of total traffic fatalities that



involved a drunk driver was 30.3%. The number of drunk-driving fatalities is down 39% despite an 86% increase in vehicle miles traveled. The number of fatalities in teen (ages 16 ~20) drunk-driving crashes has decreased 64% from 1982 to 2004.

## Programs

Through sponsorships, marketing and advertising, as well as relationships with distributors, retailers and the community, Miller continues building on our longstanding commitment to promote the responsible use of our products by legal aged consumers. Miller's responsibility platform covers three key focus areas: Youth Access Prevention, Effective Self-Regulation and Safe Roads

### Youth Access Prevention: Respect 21™

Respect 21™ encompasses Miller Brewing Company's approach to help keep alcohol away from youth. This initiative provides educational resources and tools for parents, other concerned adults and retailers to address illegal underage drinking and access prevention. Preventing youth access is not an easy endeavor, but it's one we're passionate about.

### Effective Self-Regulation

Marketing self-regulation is something we have taken seriously for years. Miller Brewing Company was the first brewer to voluntarily ensure that our advertising is only placed where 70 percent of the audience is anticipated to be above the legal drinking age of 21. Our marketing continues to meet strict standards that go above and beyond legal compliance.

### Safe Roads: Respect the Road™

The majority of the 80 million Americans who do drink beer do so responsibly; however, occasions arise when someone has had too much to drink and should not drive. Our Respect the Road, program recognizes that drunk driving is completely preventable and promotes the use of designated drivers and transportation alternatives.

## EFFECTIVENESS

Since its inception in 2005, Miller's *Respect 21 Responsible Retailing Program* has effectively supported retailer efforts to prevent underage access to a alcohol. A university



study of the Waukesha, Wis., pilot program demonstrated a 13 percent improvement in the number of times retailers asked for age verification and a 17 percent improvement in the number of the times retailers validated I.D. s. Program components include; employee training; mystery shopper inspection; the HELP Guide for Retailers that outlines government-approved best practices; and ways to work with the community to reduce social sources of alcohol for youth. The pilot program has since been expanded to Madison, Wis., Miami and New York. Early results of the Madison program shows a 44 percent increase in the number of times retailers asked for age verification.





KAGRO 회원여러분,

처음 머니오더 서비스로 KAGRO 와 인연을 맺고 함께한 세월이 벌써 17년을 넘어섰습니다. 그동안 항상 저를 도와주시고 같이 자리를 해주신 여러 회장님 및 이사님께 다시 한번 감사드리고, 여러 어려움속에서도 협회가 꾸준히 성장하고 발전해온 데 대해 진심으로 축하를 드립니다.

70여년전 머니오더 서비스 (Travelers Express) 로 시작한 이 회사가, 지금은 국제 송금 서비스와 각종 유틸리티 Payment 서비스 등으로, 세계에서 가장 큰 규모의 Payment서비스 회사중 하나로 성장하였습니다. 현재 MoneyGram International 은 뉴욕 증권시장에 MGI로상정하여 거래가 되고 있으며, 국제송금 서비스에 주력을 하고있습니다, 멕시코 및 중남미로의 송금이 항상 가장 큰 비중을 차지하고 있었지만, 지난 수년간 동남아국가 (중국, 필리핀, 한국등) 로의 송금이 급성장 하고 있는 추세입니다. 뿐만 아니라, 아프리카 및 동유럽 국가로의 송금도 빠른속도로 늘어나고 있습니다.

특히 다양한 인종의 고객을 상대로 비즈니스를 하고계신 KAGRO 회원 여러분께서는 저희 회사의 다양한서비스 상품을 적극 권하고 싶습니다. 이는 단순한 부수입의 이유 뿐만이 아니라, 여러분의 고객에게 다양한 서비스와 편의를 제공 해줌으로서, 더 많은 고객을 유치시켜 드리며, 여러분 사업체에 더 많은 부가가치를 올려 줄 것입니다.

어떠한 문의사항이 있으시면 언제라도 전화 주십시오. 성심껏 도와드리겠습니다. 저의 직통 전화 번호는 213-700-2627 입니다.

감사합니다.

Ted Lee



**10.23.07 Release -- For KAGRO Publication**  
**Contact: Cathy Rebuffoni**  
**952-591-3335**

KAGRO and MoneyGram International have a very long history, and Ted Lee was there in the beginning.

Lee was hired by Minneapolis-based Travelers Express in 1990 to help the money order company build a strong relationship with the growing ranks of Korean grocers across the U.S. Travelers Express believed its money order service would be a good fit in the community grocery stores that Korean merchants were setting up in cities from coast to coast, and they believed that Lee was the right man to introduce the service to them. One of Lee’s first moves was to establish ties with KAGRO, the young association serving the Korean grocers.

It’s a relationship that has lasted for about 17 years, although more than a few things have changed.

For starters, KAGRO has grown into a very large and influential organization that now reaches into Canada. The same is true for Travelers Express, which has grown into a publicly traded global company called MoneyGram (NYSE:MGI). At the same time, the relationship between KAGRO and MoneyGram has continued to expand and Ted Lee is still the man serving as a liaison between the two organizations.

Many KAGRO members continue to sell the company’s money orders, although the brand name is now MoneyGram. It’s still the same company, but two years ago the Travelers Express name was retired and the MoneyGram name was adopted. The line of services has also greatly expanded. Today, MoneyGram offers merchants a wide array of payment services including global money transfers, utility bill payments and emergency bill payment services.

“We continue to provide a valuable service to customers worldwide as well as the merchants that offer our services,” said Lee. “What makes the MoneyGram brand stand out is that it’s an affordable, reliable and very convenient service.”

While the money order is still a strong staple in the company’s line-up of payment services, the MoneyGram money transfer and electronic bill payment services are growing rapidly.

“We now have 138,000 money transfer agents around the globe,” said Lee, “and that’s so important to the many immigrants who send money home to family. I expect that many of our KAGRO agents, in fact, have used our money transfer service to send funds to Korea.”

When MoneyGram money transfers are sent to Korea, they can be picked up at any Woori Bank location throughout the country.

To meet the needs of the growing Korean market, MoneyGram also has continued to add Korean-speaking staff over the years to assist both Korean-speaking agents and customers, noted Lee. The company also has rolled out a global website with market pages in many languages including Korean.

Lee still enjoys his work with KAGRO and encourages KAGRO members to contact him if they have questions about any MoneyGram service.





## About COORS



In 1873, as the United States approached its centennial year, its people were busy building a new kind of nation. It was thirsty work. And that's where Coors Brewing Company came in.

When we began in that same year, we were a small, family-owned brewery, located at the foot of the Rocky Mountains. We were busy creating the same kind of crisp, refreshing beer we're known for today.

While hundreds of such family-owned breweries have come and gone in the years since, we believe the reasons for our success are simple. We've never compromised on quality in producing our award-winning brews and we've never lost sight of our rich Rocky Mountain heritage. Just as important, we've always believed in doing well by doing good. We treat our employees with respect, we support the local communities where we do business, and we strive to protect the environment. That's just how we do business.

### 130 and still going strong

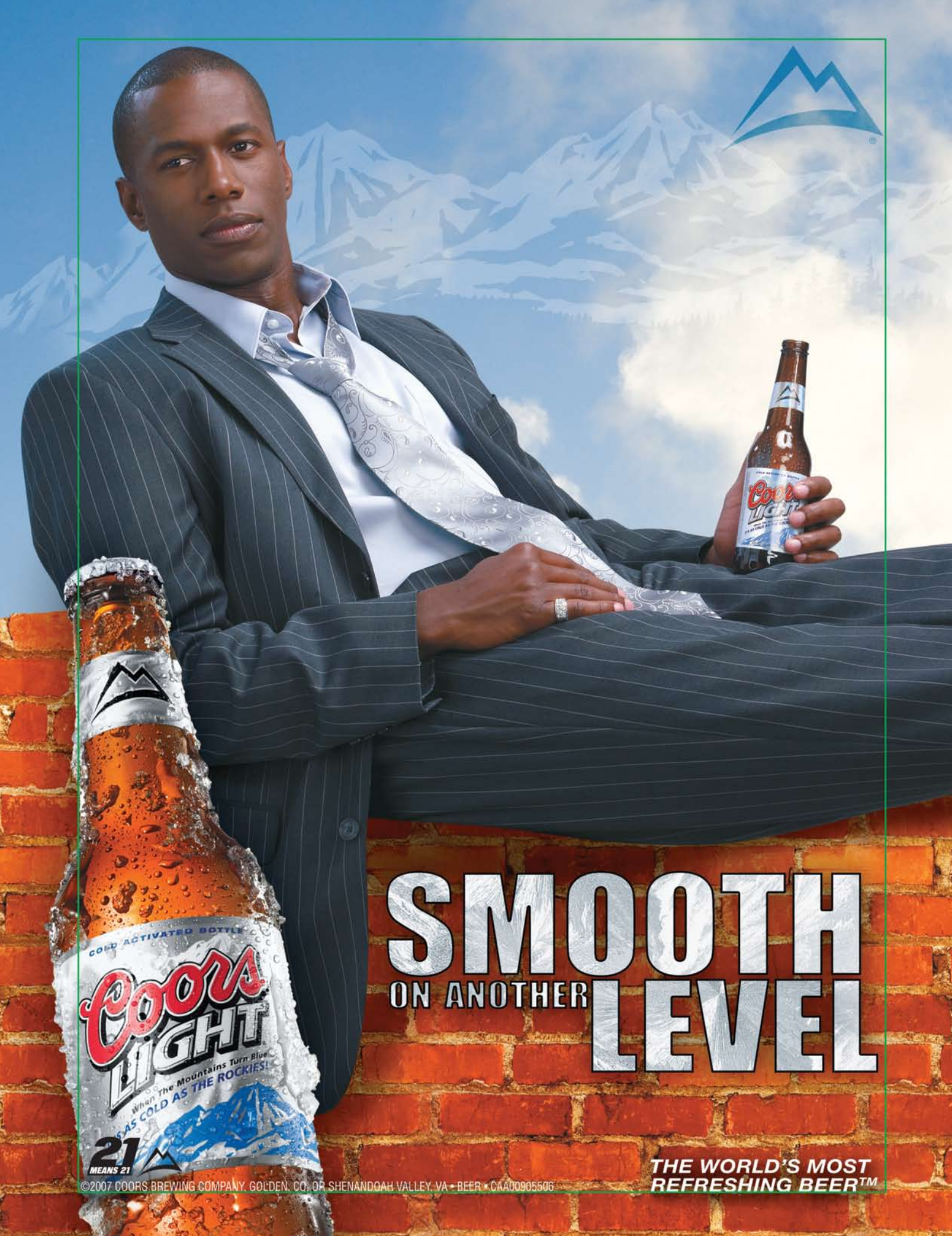
You won't find many companies that are more than 130 years old, still doing business at their original address, and have grown to become one of the world's best at what they do. But that's exactly the case for Coors Brewing Company.

Today, we're the third largest brewer in the U.S., with 15 brands under our roof. In early 2005, we joined forces with Molson Brewing Company to become a top global brewer. Coors Brewing Company is now a major business unit of Molson Coors Brewing Company, providing our brands to the U.S., Puerto Rico, Mexico and the Caribbean.

### What's a "world class" brewer?

Naturally, you have to produce great beer to be considered "world class." But at Coors, we know it takes much more than great beer to make a great brewing company. A world-class brewer thrives on innovation, and has an adventurous spirit that is never reluctant to experiment with new ways of brewing -- and doing business. Because such a spirit is a big part





# SMOOTH ON ANOTHER LEVEL

COLD ACTIVATED BOTTLE  
**Coors**  
**LIGHT**  
When The Mountains Turn Blue  
IT'S AS COLD AS THE ROCKIES!  
**21**  
MEANS 21

THE WORLD'S MOST  
REFRESHING BEER™

# Industry News

## Subtracting Sugar

**Flavored and fortified waters and watered-down juices are providing lower-sugar options for parents — and additional sales for retailers**



Healthier versions of beverages geared toward little ones are finding their way up tiny straws this back-to-school season. But that's not all that's being drawn.

Retailers are reporting

a rise in incremental sales amid a steady flow of new products.

"We're seeing more and more launches of flavored water drinks and reduced-sugar beverages," said Tom Vierhile, director of Naples, N.Y.-based Datamonitor's Productscan Online. "It's partially because schools are cutting back on calorie-laden drinks with high sugar content, and partly because parents are looking for healthy beverage alternatives for their kids."

During the first half of 2007, 146 new kids-focused beverages were launched, he said. That's on top of 349 in 2006. The hottest kid drink trends involve water. Drink boxes, pouches and bottles of water are being flavored and/or fortified. Similarly, kids' juices are being diluted with water.

"Juices are more nutritional than soft drinks, but the problem with regular juice is that the body processes sugar as sugar, and it doesn't care if it is in the form of a soft drink or a fruit juice," noted Vierhile.

Plastic straws filled with flavored powders that can be added to a bottle of water or a carton of milk are also gaining in popularity, and consequently revitalizing the powdered-drink market. "These sticks have been the innovation that has turned this category around dramatically," Vierhile said.

Merchandising strategies for healthy kids' beverages vary. Some retailers are displaying brands in their specialty food departments, while others opt for the more heavily traveled beverage aisle. Whole Foods Market is placing purified water and flavored-water beverages, like those marketed by Wateroos-brand drink boxes, in its water aisles.

Healthy kids' juices, on the other hand, are segregated to a kids' juice area in the juice aisles. A six-pack of Wateroos sells for \$2.79 at Whole Foods, while an eight-pack of Honest Tea's Honest Kids line of organic, low-sugar, fruit-flavored pouch drinks in Tropical Tango Punch, Berry Berry Good Lemonade and Goodness Grape flavors retails for \$4.99. "They're selling very well," said an East Coast Whole Foods store manager.

Delaware, Iowa, Kentucky, Louisiana, Maine, Maryland, Minnesota, Montana, New Jersey, Oregon, Rhode Island, Texas and Utah.



## Extortion Scam Plagues Retailers

Retailers in more than a dozen states have become the target of an extortion scam in which clerks are told they will be harmed unless they agree to give money to a person calling them on the telephone. What is of most concern is the specifics of the threat: the caller tells a store clerk that he or she is being watched and identifies certain elements of the store or the clerk's behavior. While the case is under investigation, some crime experts are speculating that the extortionists are hacking into stores' computer systems to provide details that make it seem if they were nearby or even inside the store.

Currently, the threats are targeting larger retailers like Wal-Mart and grocery stores. Last month at a Wal-Mart in Newport, Rhode Island, a caller threatened to detonate a bomb inside the store unless his demands were met, reports the Providence Journal. Eventually, an employee wired \$10,000 to the caller.

The FBI is assisting local police in more than a dozen states where such threats have occurred, and believes that they are related. "At this point, there are enough similarities that it appears to be one person or one group of folks," FBI spokesman Rich Kolko, told the Providence Journal. "Some of the leads have led us to look overseas."

And ironically the successful extortion attempt at the Newport Wal-Mart may be the lead that law enforcement needs. "We now know where the money was transferred to. Once the money was wired, it was cashed right away. The officials on the other end have been working with us... in an attempt to identify someone. They are closing in on the identity of the individual," Newport Police Sgt. James Quinn told the newspaper.

Businesses across the country are urged to "keep your people safe" and to "be a good witness for us," Kolko

told the newspaper. He recommended that any victims of the threats immediately take notes of what occurred and that retailers revisit tip sheets on bomb threats.

"This is something, to be honest with you, that America is not prepared to deal with, to deal with acts of terrorism, whether that be people related to the global war on terrorism or people here, homegrown, and taking advantage of the global war on terrorism and playing on those fears," Charles Carroll II, vice president of business development for ASET Corp., told the newspaper.

## Bottled Water Shows Signs of Slowing

U.S. bottled water sales have shown signs of slowing, due to higher prices and cool summer weather across much of the country, Kim Jeffery, chief executive of Nestle Waters North America, recently told the International Business Times.

"This is the first time in seven years that pricing is not going down," Jeffery said, citing such factors as the high cost of raw materials and the lack of a price "war" like the one last year between PepsiCo Inc.'s Aquafina, Coca-Cola Co.'s Dasani, and Nestle brands, including Poland Spring, Nestle Pure Life and Deer Park. "There was a lot of competitive fire in the industry last year that is really not there this year," he said.

Sales of bottled water grew 11 percent in the first half of 2007 --- about half as fast as during the year-ago period, according to industry newsletter Beverage Digest, which counts "enhanced water" drinks, such as Coke's "vitaminwater" and Pep-



si's SoBe Life Water as bottled waters, the International Business Times noted.

Still, Nestle expects U.S. volume growth of its bottled-water brands to improve in the next few months as comparisons with last year become easier. "We start to go against some very easy comparisons in the last few months of the year," Jeffery said, noting that a lack of hurricanes last year failed to spur disaster-related demand for bottled water. "So, I expect that volume is going to pick up a little bit in the next couple of months." Looking further ahead, Nestle is gearing up to launch some new products. The company, which also makes Arrowhead, Ice Mountain and Ozarka, is working on new brand/line extensions. "You can expect us to be extending these brands in some fashion in the coming years," Jeffery told the Times. "Most likely in 2009." He declined to say exactly what the new drinks would be, but noted that the cutting edge in bottled water is "functionality," such as added vitamins or minerals.

## Justice Department Investigates Credit Card Fees

The Justice Department is looking into transaction fees charged by credit card companies that retailers say is crippling their business. During a hearing on Capitol Hill this week, Rep. Ric Keller (R-FL) asked Thomas Barnett, assistant attorney general for the Antitrust Division at the Justice Department, about his big ticket items. Barnett responded that the Justice Department is studying interchange fees, Congress Daily reports. Rep. Zoe Lofgren (D-CA) criticized the fees, saying, a lot of retailers are getting the short end of the stick. Strapped by increasing credit card fees, one retailer is reverting to the old days when there was one price for

cash and one for credit. Michael Gharib reintroduced the split pricing a year ago. Since then, he has reduced by a third what he pays to banks and companies that handle card processing to about \$3,500 a month, The New York Times reports.

The fee structure for accepting plastic varies from company to company. For instance, Visa and MasterCard charge different rates, depending on the credit card that is used. A debit card with a PIN has the lowest interchange fee while a credit card that offers reward points has the highest.

The companies that process the cards add another fee, so the merchant pays total cost for accepting Visa or MasterCard can be more than 3 percent of a transaction. Processing fees can be the third highest expense on a small business.

Bob Carr, a payment processor at Heartland Payment Systems, recommends that small businesses compare the rates charged by processors before picking one.

Large retailers have converted 90 percent of debit purchases to PIN transactions through that is, subtly encouraging customers to use the lower-cost payment method, said Ken Paterson, director of credit advisory services at consulting firm Mercator Advisory Group.

Having customers pay with PIN numbers requires devices at the checkout to accommodate them, Patterson said, but the cost of installing the machines can be quickly recouped through savings in fees. But steering can also turn customers off.





## Pepsi Launches New Non-Carbonated Beverages

PepsiCo. debuted its new non-carbonated beverages, including a low-calorie version of



Gatorade called G2, in an effort to spur U.S. sales, CNNMoney.com reports. Pepsi indicated that G2 is the first brand extension in its sports drink category. Coming in fruit punch, orange and grape flavors, G2 has 25 calories per 8-ounce serving, while retaining all the electrolytes in the original Gatorade. G2 is Pepsi's biggest new product debut since Propel Fit Water. With vitamin-infused energy drinks and bottled water sales soaring as health-conscious Americans switch to low-calorie, low-sugar and non-carbonated beverages, both Pepsi and Coca-Cola are developing new drinks to capitalize on that trend.

In the bottled water category, Pepsi will unveil a new vitamin-enhanced water called Propel Invigorating Water that will contain some caffeine and come in three flavors strawberry, citrus and berry. Also, Pepsi is reformulating its SoBe Life Water brand to add antioxidants, natural herbs, sucrose and vitamins.

Pepsi already is the leader in non-carbonated drinks. These new additions strengthen its lead but Coke is also well-positioned to gain market share with Glaceau, its Fuze drinks and Powerade John Sicher, editor of Beverage Digest, told the news source.

Convenience stores, gasoline stations and independent retail outlets will start seeing G2 and Propel Invigorating Water in stores later this year.

## FDA to Crack Down on Unapproved Cough Meds

PepsiCo. debuted its new non-carbonated beverages, including a low-calorie version of Gatorade called G2, in an effort to spur U.S. sales, CNNMoney.com reports.

Pepsi indicated that G2 is the first brand extension in its sports drink category. Coming in fruit punch, orange and grape flavors, G2 has 25 calories per 8-ounce serving, while retaining all the electrolytes in the original Gatorade. G2 is Pepsi's biggest new product debut since Propel Fit Water. With vitamin-infused energy drinks and bottled water sales soaring as health-conscious Americans switch to low-calorie, low-sugar and non-carbonated beverages, both Pepsi and Coca-Cola are developing new drinks to capitalize on that trend.

In the bottled water category, Pepsi will unveil a new vitamin-enhanced water called Propel Invigorating Water that will contain some caffeine and come in three flavors strawberry, citrus and berry. Also, Pepsi is reformulating its SoBe Life Water brand to add antioxidants, natural herbs, sucrose and vitamins.

Pepsi already is the leader in non-carbonated drinks. These new additions strengthen its lead but Coke is also well-positioned to gain market share with Glaceau, its Fuze drinks and Powerade John Sicher, editor of Beverage Digest, told the news source.

Convenience stores, gasoline stations and independent retail outlets will start seeing G2 and Propel Invigorating Water in stores later this year.

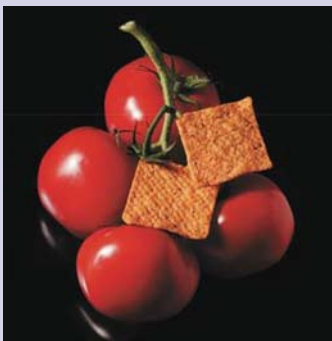




# 미국내 소식

## Taking the Junk Out of Junk Food

### How Frito-Lay is re-engineering its munchies to make healthier snacks



Except for the occasional oversize bag of naked Cheetos lying around (they're not yet covered in fluorescent orange cheese flavoring), the maze of windowless rooms on the second floor of the Frito-Lay headquarters could pass for a university microbiology lab. Highly flammable beakers of globby fats are separated, broken down and measured, as scientists try to test the fat content in batches of chips. A walk-in cooler is filled with huge boxes of apples, part of something the company calls the "Eden Project." And don't laugh: with the recent launch of Frito's Flat Earth line of baked fruit and vegetable crisps ("one-half serving of real vegetables in every ounce"), the company is now the nation's largest buyer of pumpkin, a big ingredient in the snack. It's all part of Frito-Lay's attempt to secure its financial future by creating the ultimate oxymoron: healthy junk food.

At a time when rising obesity levels have become a national preoccupation and New York City has banned artery-clogging trans-fatty oils in restaurants, food companies are trying to adapt to shifting nutritional mores. It's a risky and expensive balancing act—no company wants to alienate the junkies who care about taste above all. But, in fits and starts, food companies are changing. McDonald's has become the nation's biggest buyer of apples (which it serves with a side of sugary caramel sauce).

Coca-Cola recently launched Diet Coke Plus, fortified with vitamins. After several years and 28 recipes, all 4,500 Dunkin' Donuts stores will be using zero-gram trans-fat oil to make the doughnuts. But will Homer Simpson still approve?

Perhaps no company has more at stake than chip-giant Frito-Lay, the world's biggest producer of snack foods, with \$10 billion-plus in annual sales. Home of Doritos, Fritos, Cheetos and Tostitos, Frito-Lay represents 36 percent of parent company PepsiCo's operating profits. Faced with emerging scientific data of the perils of trans fats, which are created when hydrogen is added to liquid oil in a process that creates a solid fat that's easier to work with, Frito-Lay abandoned their use in 2002. But now that so many other food companies have made the switch, how can Frito-Lay still look more healthful than the competition?

The snack company has come up with a provocative new tack: making chips it claims provide the kind of dietary fat a body needs (seriously). Often, companies replace trans fats with saturated fats, which are known to raise LDL, or "bad," cholesterol. So Frito-Lay is starting to use more unsaturated fats, which help lower LDL cholesterol and are believed to raise HDL, or "good," cholesterol.

"We're telling customers that it may seem counterintuitive, but there are good fats, and the fat you are going to get in our products is going to be beneficial," says Bob Brown, Frito-Lay's director of nutrition and regulatory affairs. It's not the easiest argument to make—no company has yet developed a chip as nutritionally sound as, say, carrot sticks or a few raw nuts. Frito-Lay's conversion last year to sunflower oil, however, demonstrates the



complexity of addressing consumer awareness about nutrition on such a large scale. When the company first eliminated trans fats, it switched to cottonseed oil, which, although healthier in some respects, was still high in saturated fat. Amid mounting evidence of a link between saturated fat and heart disease, Brown said the company knew it would need to evolve further, but its choices were limited: soybean oil, which spoils easily, or sunflower oil, of which there was little supply.

It took several years and millions of dollars for Frito-Lay, oilmakers and farmers to develop a sustainable sunflower crop. It was only last year that the supply was steady enough to make the switch—"eliminating 60 million pounds of saturated fat from the U.S. diet," the company crowed. Frito-Lay's research division is now looking for the next competitive advantage, from using

more whole grains to adding colon-healthy fiber and lycopene, an antioxidant found in tomatoes and watermelon.

Not that Frito-Lay's core customer cares deeply about heart-healthy eating habits. And, good fats or not, dietitians don't plan on blessing high-calorie processed snacks any time soon. "Nobody got heart disease from a deficiency of chips," says Lisa Young, a dietitian at New York University. "I think the food industry gets an A in marketing. But this is better than nothing." As the saying goes (sort of): all that, and a bag of trans-fat-free, good-cholesterol-enhancing chips.

## Company Recalls 21.7 Million Pounds of Beef

### New Jersey firm expands recall because of E. coli concerns

The Topps Meat Co. on Saturday expanded its recall of frozen hamburger patties to include 21.7 million pounds of ground beef that may be contaminated with E. coli bacteria that sickened more than a dozen people in eight states. The recall of products distributed to retail grocery stores and food service institutions in the United States was a drastic increase from the 332,000 pounds recalled.

The recall represents all Topps products with either a "sell by date" or a "best if used by date" between Sept. 25 this year and Sept. 25, 2008. The Elizabeth-based company said this information is found on a package's back panel. All recalled products also have a USDA establishment number of EST 9748, which is located on the back panel of the package and-or in the USDA legend, the company said.

The U.S. Department of Agriculture said Friday it had suspended the grinding of raw products at the Topps plant after inspectors found inadequate safety measures at the Topps plant. The USDA declined to detail the inadequate safety

measures.

"Because the health and safety of our consumers is our top priority, we are taking these expansive measures," said Geoffrey Livermore, Topps' operations vice president. He said Topps has augmented its procedures with microbiologists and food safety experts.

"We sincerely regret any inconvenience and concerns this may cause our consumers," Livermore said.

The USDA said three people are confirmed as getting E. Coli from Topps products, with 22 other cases under investigation. Cases were found in Connecticut, Florida, Indiana, Maine, New Jersey, New York, Ohio and Pennsylvania.



## Will Ethanol Strain Huge Water Aquifer?

Corn fields like this one provide the basic ingredients for ethanol, but the process also requires lots of water. Environmentalists and ethanol promoters have their differences, but one in particular is surfacing from below the nation's fields of corn: Will the Ogallala Aquifer, which contributes to water supplies in eight states, be further strained if current trends in ethanol production persist?

"State agencies that are proposing ethanol plants need to be concerned about water withdrawal," said Timothy Male, senior scientist for Environmental Defense. In a report last week, the group noted that the process of turning corn into ethanol requires huge amounts of water.

"The direction we're taking is that not all biofuels are created equal," Male added, "and we need to come up with standards through which we can evaluate all the fuels." Trade groups, however, defended ethanol from corn as an important component of the rural economy and criticized some of the report's findings. "I think they're hitting the panic button a little prematurely," said Matt Hartwig, spokesman for the Renewable Fuels Association, which promotes ethanol.

"Our industry is very aware of natural resources, and we're very cautious in how we use those resources," Hartwig said ethanol plants go through a lengthy approval process and have to meet standards that include ensuring adequate water supplies. "We're also working on technologies that will continue to improve ethanol production efficiencies, which include reducing water use," he said.



---

## 86 new plants on way

Ethanol's popularity as an alternative fuel has reached an all-time high. With about 119 plants nationwide and 86 more on the way, the country's ethanol output was about 6 billion gallons last year, according to the RFA. But according to an Environmental Defense report, President Bush's goal of 35 billion gallons of ethanol by 2015 is "almost certain to result in a major increase in corn production."

That increase will strain the underground aquifer, as well as grasslands that would be turned into cropland to grow the corn used in most ethanol plants. The Environmental Defense report said new corn ethanol plants under construction in areas of highest depletion in the aquifer will increase the region's

ethanol production by 900 percent. "This dramatic expansion of ethanol production has substantial implications for already strained water and grassland resources in the Ogallala Aquifer region," according to the report.

But Geoff Cooper, spokesman for the National Corn Growers Association, said that of the additional 14 million acres of corn planted last year, none came from native grassland or pasture land "or anything like that." "To suggest corn is going to be planted on native grassland is a stretch, and we just don't see it playing out that way," Cooper said.

Report's estimates

Water demands from the ethanol plants in areas where the



aquifer is depleted “may reach 2.6 billion gallons per year for corn-to-fuel processing alone, and between 59 and 120 billion gallons per year for increased water demand if there are local increases in irrigated corn production,” according to the report. The eight Ogallala states are Kansas, Wyoming, Nebraska, Colorado, New Mexico, South Dakota, Oklahoma and Texas. Ethanol production in Kansas, which has nine ethanol plants, with a capacity of more than 270.5 million gallons, was expected to quadruple by 2010.

The report said if four new ethanol plants in Kansas lead to any increase in local irrigated corn production, the plants would have an “even larger impact on water pumping demands in one of the most over exploited sections of the Ogallala Aquifer, where a large region of the water table declined by over 40

feet between 1980 and 1996.”

But Kansas Agriculture Secretary Adrian Polansky said ethanol plants in Kansas do not adversely affect the aquifer. “Ethanol plants being put in place in western Kansas in the Ogallala Aquifer area have no impact on the water use in that area,” Polansky said. “The Ogallala Aquifer area is basically closed to new appropriation.”

Polansky also said the increased demand for corn did not have a major effect on corn production in Kansas last year. Kansas farmers planted about 3.65 million acres of corn last year, and this year they planted 3.7 million acres. “That’s hardly a significant change,” he said. “I think it’s very oversimplistic to try to make conclusions about what farmers’ decisions will be because of ethanol.”

---

## The Redesigned Currency

In order to stay ahead of counterfeiting, the United States government continues to redesign our paper money. A new \$5 bill design was unveiled to the public in late September 2007 and will enter circulation in early 2008. It will be followed by a new \$100 bill. Redesigned \$10, \$20 and \$50 bills are already in circulation. This redesigned currency is safer, smarter and more secure:

Safer because it is harder to fake and easier to check

Smarter to stay ahead of savvy counterfeiters; and

More secure to protect the integrity of United States currency.

While the addition of subtle background colors is the most noticeable design change, you should not use color to check the authenticity of your money because color can be duplicated by potential counterfeiters.

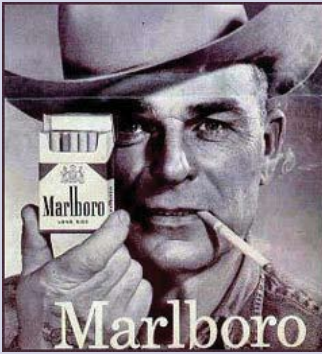
Help protect yourself by learning the easy-to-use security features in the new \$5, \$10, \$20 and \$50 bills. Although the government works hard so that it will be unlikely that you will receive a counterfeit bill, if you end up with one, you will be at

a loss. Counterfeit bills cannot be exchanged for genuine ones, and knowingly passing along a counterfeit is illegal.

Counterfeiting of United States currency has been kept at low levels through a combination of improvements in security features, aggressive law enforcement and education efforts to inform the public about how to check their money.



## Marlboro Introduces Smokeless Tobacco Product



Philip Morris USA said on Tuesday it would start selling Marlboro chewing tobacco in Atlanta this October, marking the latest step in the cigarette maker's plan to diversify its lineup of tobacco products. Philip Morris, the largest U.S. cigarette maker and a unit of Altria

Group Inc., said it planned to test consumer response to original and wintergreen flavors and long-cut and fine-cut varieties of the product in Atlanta, Georgia.

"Marlboro Moist Smokeless Tobacco represents premium quality and flavor and will be introduced at an attractive price for the adult moist smokeless tobacco consumer," said Michael Szymandczyk, chairman of Philip Morris. "Smokeless tobacco is the largest tobacco category behind cigarettes and has been growing for a number of years."

Smokeless tobacco is seen as an attractive new market for cigarette makers that have seen smoking steadily decline in the United States, Reuters reports. The company expects the products to sell for about \$3 per can at retail, priced between the highest- and lowest-priced tobacco products in the city.

The move comes after rival Reynolds American Inc., bought the Conwood smokeless tobacco company last year to tap into that market. Conwood's brands include premium-priced Kodiak and value-priced Grizzly. Goldman Sachs analyst Judy Hong said the introduction creates the potential for pressure on Reynolds and longtime smokeless tobacco maker UST Inc.

Both Philip Morris and Reynolds are also test-marketing snus — a smokeless, spitless tobacco product in a pouch — to see if it is a viable alternative for smokers who have shunned traditional smokeless tobacco.

## Food Stamp Training Video Available Online

A food stamp training guidance is now available in streaming video form on a federal Web site. The Food Stamp Program's Retailer Training video can be seen on the Food and Nutrition Service Web site, which can be found at [www.fns.usda.gov](http://www.fns.usda.gov).

It is illegal for retailers to require food stamp customers to make a minimum purchase or pass transaction fees on to them. A violation of these rules could result in loss of authorization to sell food stamps, the U.S. Department of Agriculture warned while announcing the advent of the training guidance in streaming video format.

The training guidance contained in the video is not new. The retailer training content can also be found in CD and DVD form. The Food and Nutrition Service will continue to mail the Retailer Training Guide booklet and the Retailer Training video as part of the food stamp authorization package.

In addition, as of May 29, 2007, food stamp clients have been able to use their EBT cards at licensed stores in all 50 states and the District of Columbia. With only some limited exceptions all EBT transactions are now interoperable, meaning clients can shop across state borders.

# 대서양안 중부에 위치하고 있는 메릴랜드 (Maryland)

## Maryland Charm

In 1629, George Calvert, 1st Lord Baltimore in the Irish House of Lords, fresh from his failure further north with Newfoundland's Avalon colony, applied to Charles I for a new royal charter for what was to become the Province of Maryland. Calvert's interest in creating a colony derived from his Catholicism and his desire for the creation of a haven for Catholics in the new world. In addition, he was familiar with the fortunes that had been made in tobacco in Virginia, and hoped to recoup some of the financial losses he had sustained in his earlier colonial venture in Newfoundland. George Calvert died in April 1632, but a charter for "Maryland Colony" (in Latin, "Terra Maria") was granted to his son, Cecilius Calvert, 2nd Lord Baltimore, on June 20, 1632. The new colony was named in honor of Henrietta Maria, Queen Consort of Charles I.

To try to gain settlers, Maryland used what is known as the headright system, which originated in Jamestown. On March 25, 1634, Lord Baltimore sent the first settlers into this area. Although most of the settlers were Protestants, Maryland soon became one of the few

regions in the British Empire where Catholics held the highest positions of political authority. Maryland was also one of the key destinations of tens of thousands of British convicts. The Maryland Toleration Act of 1649 was one of the first laws that explicitly dictated religious tolerance, although toleration was limited to Trinitarian Christians.



Cecil Calvert (1st Proprietor of the Maryland colony)

The royal charter granted Maryland the Potomac River and territory northward to the fortieth parallel. This proved a problem, because the northern boundary would put Philadelphia, the major city in Pennsylvania, partially within Maryland, resulting in conflict between the Calvert family, which controlled Maryland, and the Penn family, which controlled Pennsylvania. This led to the Cresap's War (also known as the Conojocular War), a border conflict

between Pennsylvania and Maryland, fought in the 1730s. Hostilities erupted in 1730 with a series of violent incidents prompted by disputes over property rights and law enforcement, and escalated through the first half of



the decade, culminating in the deployment of military forces by Maryland in 1736 and by Pennsylvania in 1737. The armed phase of the conflict ended in May 1738 with the intervention of King George II, who compelled the negotiation of a cease-fire. A final settlement was not achieved until 1767, when the Mason-Dixon Line was recognized as the permanent boundary between the two colonies.

After Virginia made the practice of Anglicanism mandatory, a large number of Puritans migrated from Virginia to Maryland, and were given land for a settlement called Providence (now Annapolis). In 1650, the Puritans revolted against the proprietary government and set up a new government that outlawed both Catholicism and Anglicanism. In March 1654, the 2nd Lord Baltimore sent an army under the command of Governor William Stone to put down the revolt. His Roman Catholic army was decisively defeated by a Puritan army near Annapolis in what was to be known as the “Battle of the Severn”.

The Puritan revolt lasted until 1658. In that year the Calvert family regained control of the state and re-enacted the Toleration Act. However, after England’s “Glorious Revolution” of 1688, when William of Orange and his wife Mary came to the throne and firmly established the Protestant faith in England, Catholicism was again outlawed in Maryland, until after the American Revolutionary War. Many wealthy plantation owners built chapels on their land so they could practice their Catholicism in relative secrecy. During the persecution of Maryland Catholics by the Puritan revolutionary government, all of the original Catholic churches of southern Maryland were burned down.

St. Mary’s City was the largest site of the original Maryland colony, and was the seat of the colonial government until 1708. St Mary’s is now an archaeological site, with a small tourist center. In 1708, the seat of government

was moved to Providence, which had been renamed Annapolis. The city was renamed in honor of Queen Anne in 1694.



Maryland (IPA:/mɛrələnd/) is a state located on the Atlantic Coast in the Mid-Atlantic region of the United States of America. It is

comparable in size to the European country of Belgium. According to the most recent information provided by the U.S. Census Bureau, as of August 2007, Maryland is now the wealthiest state in the United States, with a median household income of \$65,144, ahead of New Jersey which had previously held that title.

It was the seventh state to ratify the United States Constitution and bears two nicknames, the Old Line State and the Free State. Its history as a border state has led it to exhibit characteristics of both the Northern and Southern regions of the United States. As a general rule, the rural areas of Maryland, such as Western, Southern, and Eastern Maryland, are more Southern in culture, while densely-populated Central Maryland — areas in the Baltimore and the Washington Beltway Regions — exhibit more Northern characteristics.

Maryland is a life sciences hub with over 350 biotechnology firms, making it the third-largest such cluster in the nation. Institutions and agencies located throughout Maryland include University System of Maryland, Johns Hopkins University, Howard Hughes Medical Institute, the Food and Drug Administration (FDA), and the National Institutes of Health (NIH).

대서양안 중부에 위치하고 있는 메릴랜드(Maryland) 주의 주도(州都)는 아나폴리스(Annapolis)이며, 주 최대의 도시는 볼티모어(Baltimore)이다. 동쪽은 델라웨어, 북쪽은 펜실베이니아, 서쪽 및 남쪽은 웨스트버지니아 • 버지니아 등의 주와 접한다. 메릴랜드주는 면적 2만 7091km<sup>2</sup>이고, 인구가 약 540만명 정도이다.

지형은 애플래치아산맥을 중심으로 연안평야와 산록고지로 나뉘는데, 애플래치아산맥과 함께 남북으로 나란히 전개되어 있다. 동부의 체서피크 만안(灣岸) 일대는 평탄한 해안평야를 이루나, 서부는 애플래치아산맥의 구릉성 산지에 이어져 있으며, 산자락에는 폭포선(Fall Line)이 발달되었고, 주의 남쪽 경계는 포토맥강(江)과 거의 일치된다. 기후는 온화한 해안성 기후인데, 평야는 연평균기온 12~13℃로 평균 봄 12℃, 여름 23℃, 가을 13℃, 겨울 1℃로 서부쪽은 동부해안보다 약 4~5도 정도 낮다. 겨울에도 월평균기온이 빙점 이하로 내려가지 않는다. 연강수량은 약 1,100mm 내외이다.

최초의 식민은 세실 캘버트가 초대 영주가 된 후인 1634년, 200명의 영국인이 이주하여 개발한 데서 비롯된다. 세인트메리스시티가 이

지방의 중심도시로 변영했으나, 1694년에 아나폴리스가 수도로 결정되었다. 1776년 헌법을 제정, 1788년 7번째의 주로 편입되었다. 1790년에는 연방수도로서의 콜롬비아구(區) 때문에 토지의 일부가 할양되기도 하였다. 노예제도를 폐지한 것은 1864년이며, 주명(州名)은 찰스 1세의 왕비 메리에 연유하여 명명되었다. 동부는 아메리카 메갈로폴리스에 속하여 도시화 • 공업화가 진전되어 부근에 많은 대도시가 있는 관계로, 채소 • 과일의 재배, 양계 등의 근교농업의 발달이 현저하다. 양계에 의한 브로일러의 산출이 많다. 그 밖에 밀 • 옥수수 • 콩 • 감자 • 잎담배 등의 생산도 많다. 수산업도 성하고 체서피크만(灣)의 굴 • 새우 양식은 세계적이다.

주(州)의 대부분이 삼림으로 덮여 있어 임업은 성하나, 광업은 석회석 정도이다. 공업은 식품화학을 비롯하여 금속 • 전기기기 • 고무 • 플라스틱 • 가구 • 인쇄 등 각종 공업이 발달되어 있다. 볼티모어항(港)은 무역항으로서 중요하다. 1782년에 창설된 위싱턴대학, 1807년에 창설된 메릴랜드대학, 1876년에 창립된 존스홉킨스대학과 해군사관학교 등이 있다.



## Baltimore (볼티모어)



**매**릴랜드 최대의 도시인 볼티모어의 이너하버(Inner Harbor)로 불리는 항구 지역. 그 북서쪽이 고층빌딩이 몰려 있는 도심지이며 북쪽에 있는 월드 트레이드 센터의 꼭대기에서 볼티모어 전경을 한눈에 내려다 볼 수 있다. 시내에는 최고 수준의 수족관은 물론 동물원, 박물관등이 즐비하며 거리 곳곳에 역사적 건물들이 즐지어 서 있으며 이너하버 남쪽에는 미국의 국가 '성조기여 영원하라'의 탄생 무대였던 성채 포트 맥헨리가 있다. 화약고와 포대 등 당시 요새의 모습을 그대로 간직하고 있다. 볼티모어의 주요한 관광명소는 대부분 이너하버 지역에 밀집되어 있으므로 도보로 구경하는 것이 가장 편리하다. 이너하버에서 운영되는 워터 택시는 요금이 그리 비싸지 않아 시내를 돌아보기에 적당하면서도 멋진 추억을 남겨준다. 이너하버, 리틀 이탈리아, 국립수족관, 하버 플레이스, 과학센터 등 16개 명소가 있다.

### Inner Harbor (이너하버)

볼티모어에서 연중 가장 활기가 넘치는 관광 중심지이며 체사피크만의 지류인 패타스코강을 마주보고 도심에 자리하고 있다. 1960년대에 광범위한 개 보수작업을 마침에 따라 현재 항구에는 100개 이상의 상점과 레스토랑, 하버플레이스 등 2개의 대형 쇼핑몰 등이 자리하고 있다. 특히 볼티모어 수족관, 메릴랜드 과학센터, 볼티모어 해양수족관 등이 주변에 있다.

### National Aquarium (볼티모어 국립수족관)

수족관으로는 세계적으로도 빠지지 않을 만큼 유명한 곳으로 이너하버의 보물같은 존재. 이너하버 3부두와 4부두에 걸쳐서 세워진 현대식 건물이 바로 볼티모어 국립수족관으로 찾기는 별로 어렵지 않다. 파충류, 어류, 양서류, 무척추동물, 포유동물 등 모두 500여종에 이르는 1만마리 이상의 생물이 전시되어 있다.

[www.aqua.org](http://www.aqua.org)

### Maryland Science Center (메릴랜드 과학센터)

1797년 설립된 메릴랜드 과학 아카데미의 후신으로 미국 내에서 가장 오래된 연구소중의 하나다. 3층에 걸쳐 다양한 과학 주제가 알기 쉽게 설명되어 있다.

[www.mdsci.org](http://www.mdsci.org)

### World Trade Center (월드 트레이드 센터)

이너하버 인근 프랫스트리트에 있으며 5각형 빌딩으로는 세계에서 가장 높은 건물이며 27층에 볼티모어의 아름다운 전경을 감상할 수 있는 전망대가 있다.

[www.constellation.org](http://www.constellation.org)

### USS Constellation (칸스텔레이션호)

이너하버에 웅장한 모습으로 떠 있는 칸스텔레이션호는 1854년 진수된 미 해군 최초의 전함. 19세기 해군들의 생활상을 엿볼 수 있는 투어와 어린이를 위한 체험 프로그램이 있다. 여기서 볼티모어항을 돌아보는 유람선이 출발한다.

### Fort Mchenry (포트 맥헨리)

별 모양의 요새. 영국군의 포격에 대항해 볼티모어를 지킨 역사적인 장소로 아름다운 공원 안에 자리하고 있다. 1814년 이곳에서는 25시간에 걸친 영국군의 대대적인 포격이 있었는데 다음날 아침 변함없는 모습으로 펠릭이는



성조기를 보고 이에 감동한 프랜시스 스캇 키가 써내려 간 가사가 미국의 국가가 됐다.

### Star-Spangled Banner Flag House (성조기의 집)

포트 맥헨리에 계양된 15개의 가로줄 무늬 15개를 가진 성조기를 만든 집. 프랜시스 스캇 키가 이 성조기를 보고 영감을 얻어 ‘Star-Spangled Banner Flag House’ 의 가사를 썼다. 야외에는 미국 각 주에서 보내온 돌로 해당 주의 모양을 만들어 완성한 미국 지도가 있다.

[www.flaghouse.org](http://www.flaghouse.org)

### Babe Ruth Birthplace and Museum/ Baltimore Orioles Museum (베이브 루스 박물관)

베이브 루스사 태어난 집과 근처 세 채의 집을 박물관으로 보존하고 있다. 이곳은 사진과 영화, 야구 관련 기록으로 가득 차 있으며 많은 사람들의 사랑을 받던 홈런 타자의 생애, 업적과 함께 야구와 선수들에 대한 흥미진진한 설명을 들려 준다.

### Baltimore Museum of Art (볼티모어 예술박물관)

세계적 수준의 박물관으로 13만점 이상의 예술 작품을 상설 전시하고 있다. 마티스, 모네, 세잔느, 고갱, 반 고흐 등의 작품들이 전시 되어 있다.

[www.artbma.org](http://www.artbma.org)

### B&O Railroad Museum (B&O 철도 박물관)

볼티모어의 가장 유명한 관광명소 가운데 한 곳으로 다운타운 남서쪽에 자리하고 있다. 미국 최초의 철도인 볼티모어-오하이오 노선의 기점인 마운트클레어역 차고에

파라솔로 지붕을 덮은 초기의 객차를 포함한 수십대의 객차와 디젤 기관차들이 전시되어 있다.

[www.borail.org](http://www.borail.org)

### American Visionary Art Museum (아메리칸 비저너리 아트 박물관)

이 박물관에 전시되어 있는 것은 정규 코스를 밟은 예술가들의 작품이 아닌 정신병자나 가정폭력 희생자 등 비정상적인 상태에 놓인 이들이 작품이다. 독학 작가나 ‘아웃사이더’ 들을 위한 전시관 겸 교육센터로도 활용된다.

[www.avam.org](http://www.avam.org)

### Port Discovery (포트 디스커버리)

볼티모어 어린이 박물관으로도 불리는 이곳은 어린이들의 천국이다. 캐리비안 해적선에서부터 스틸 넘치는 피라미드 톱 레이더 체험 등 각종 놀이기구들이 흥미를 끈다.

### Harborplace and The Galley (하버플레이스)

2개의 동으로 이루어진 이너하버의 쇼핑 명소, Light Street Pavilion은 푸드 코트와 레스토랑이 입주해 있고, Pratt Street Pavilion은 유명 브랜드를 위시해서 다양한 점포들이 들어서 있다.

[www.harborplace.com](http://www.harborplace.com)

### Power Plant (파워 플랜트)

원래는 볼티모어 시내에 전력을 공급하던 발전소였으나 지금은 밤낮으로 북적대는 상가로 변신했다. 하드락 카페, 반스앤노블 서점, 그리고 마치 스타디움처럼 느껴지는 ESPN Zone 등이 이곳에 몰려 있다. 스포츠 전문채널인 ESPN은 볼티모어 오리올스의 게임이 있을 때는 이곳에서 생방송을 진행 하기도 한다.

## Fells Point (펠스 포인트)

식민지 시대의 유적들이 만든 이너하버 인근에서도 유명한 전통의 거리. 부티크, 엔틱 상점, 재래시장, 특이한 물건을 파는 가게들이 곳곳에 있어 구경하는 재미가 쏠쏠하다. 저녁에는 라이브 음악이 흐르는 바에서 하루의 피로를 잊는 여유를 누릴 수 있는 곳이다.

덕(city dock)은 해사와 더불어 관광객이 가장 많이 찾는 명소로 주말과 저녁 무렵에 가면 요트들이 즐비하게 늘어서 있어 좋은 구경거리가 된다. 우아하고 고풍스런 식민지풍의 주택과 주 의사당, 멋진 해사 캠퍼스 등이 어우러져 더욱 인상적이다. 이곳에서 매년 전세계에서 가장 규모가 크고 유명한 보트쇼가 열리는 까닭에 ‘세계의 범선 도시’ ‘미국의 항해 수도’ 라는 별명이 생겼다.

[www.visit-annapolis.org](http://www.visit-annapolis.org)

## Annapolis (애나폴리스)



매릴랜드의 주도 애나폴리스는 워싱턴D.C가 존재하기도 전 이미 미국의 수도였던 유서깊은 도시 이다. 식민지 시대의 건축물을 많이 보존하고 있어 그지없이 아름답다. 해사도 시내 중심부에서 지척지간. 시내 해안부두 시티

## U.S Naval Academy (해군사관학교)

넓고 웅장한 교정을 주민들에게 공개하고 있다. 독립기념일 불꽃놀이를 구경하는 장소로도 유명하다. 해사와 해군을 소개하는 영화를 볼 수 있고 해군과 관련한 각종 상품도 구입할 수 있다.

[www.navyonline.com](http://www.navyonline.com)

## State Capitol (주 의사당)

현재 사용하고 있는 주 의사당으로는 가장 오래 된 곳이다. 애나폴리스가 독립직후 1년간 미국의 수도였을 때 미합중국의사당으로 사용되기도 했다. 18세기 건축미를 감상할 수 있는 대표적 건물로 연중 공개되고 있다.

[www.mdarchives.state.md.us/msa/homepage/html/statehse.html](http://www.mdarchives.state.md.us/msa/homepage/html/statehse.html)

## City Dock (부두)

100여년이 넘는 전통을 고스란히 간직하고 있는 장소이다. 유럽풍의 건물에 각종 해양상품과 기념품 등을 파는 가게들이 아기자기하게 자리잡고 있고 벽돌로 포장한 길은 관광객들의 발걸음을 경쾌하게 만든다.

## Quiet Waters Park

도심에서 남쪽으로 몇 마일만 내려오면 사우스 리버를 따라 공원이 펼쳐져 있다. 카약을 빌려 탈 수 있으며, 밀크 셰이크와 게 요리도 맛볼 수 있다.

[www.aacounty.org/RecParks/quiet\\_waters\\_park/index.cfm](http://www.aacounty.org/RecParks/quiet_waters_park/index.cfm)

## Harpers Ferry (하퍼스 페리)

포토맥강과세난도어강이 만나며 메릴랜드-버지니아주와 경계가 맞닿는 웨스트 버지니아주에 자리잡고 있다. 워싱턴DC에서는 북서쪽으로 약 65마일 거리. 1796년 미 의회가 이 지역의 풍부한 수력을 이용, 이곳에 병기창을 건설하면서 생긴 이 마을은 강과 철도라는 탁월한 운송수단을 발판으로 19세기와 20세기 초반에 걸쳐 중요한 산업기지 역할을 해왔다. 존 브라운의 실패한 노예혁명과 남군과 북군 사이의 치열했던 전투를 기념. 1944년 의회에서 1,500에이커의 땅을 역사유적지로 보존해 놓았다. 이어 1963년 국립공원으로 지정되었고, 오늘날 2,200에이커 규모의 역사공원으로 탈바꿈하게 된 것이다. 19세기모습 그대로 원형을 복기한 로어타운은 340번 도로상에 있는 방문자 안내소에서 셔틀버스로 연결되는데 수십채의 전통가옥과 건물 등 볼거리가 다양하다. 이 타운에서 도보로 제퍼슨 락이라 불리는 바위 벼랑까지 오르면 두 강이 만나는 장관을 앞뒤로 탁트인 전망을 통해 만끽할 수 있다. Tel. 304-535-6298

[www.nps.gov/htc](http://www.nps.gov/htc)

## Frederick (프레드릭)

인구 5만7천의 프레드릭은 18세기 중엽에 설립된 유서 깊은 도시이다. 1970년대 이후 워싱턴 생활권 팽창과 함께 새롭게 성장해 왔다. 프레드릭은 올드 다운타운에는 수백여개의 골동품점이 있어서 수집가들의 발길을 모은다. 18,19세기의 인테리어로 단장한 가게들은 일반 관광객들에게도 좋은 볼거리다. 다운타운에는 사적으로 보존된 저택과 박물관, 미국 국가의 작사인 프랜시스 스캇 키가 묻힌 마운트올리벳 묘지 등도 눈길을 끈다. 방문자 센터에서 관련 정보를 받을 수 있으며, 주말에는 워킹 가이드 투어도 제공한다. Tel. 301-228-2888, 800-999-3613

[www.fredericktourism.org](http://www.fredericktourism.org)

## Ocean city (오션 시티)

오션 시티는 메릴랜드의 대표적인 해변이다. 길고 좁게 뻗은 오션 시티 반도의 호텔과 상가는 여름이면 피서객들로 성황을 이룬다. 특히 넓은 백사장과 나무를 깔아서 만든 보드워크는 휴가의 한가로움을 만끽하는 사람들의 발걸음이 이어진다. 오션 시티 남쪽 입구에는 인명 구조 박물관이 있다. 이곳은 1891년 까지 인명 구조 센터로 사용됐던 곳으로, 오션 시티의 역사와 미국의 해양 인명 구조 활동 등에 관한 기록을 살펴볼 수 있다. Tel. 410-289-4991

[www.ocmuseum.org](http://www.ocmuseum.org)

## Antietam National Battlefield (앤티탐 국립 전적지)

메릴랜드 앤티탐은 남북 전쟁에서 가장 많은 희생자를 낸 전적지 중 하나로, 국립 전적지로 보호되고 있다. 남군 로버트 E. 리 장군은 1862년에 북진을 감행했고, 버지니아 매나사스에서 승리를 거둔 뒤 18일만인 9월17일 앤티탐에서 북군과 격전을 치렀다. 이 전투는 북부에서 처음으로 일어났고 또 가장 큰 희생자를 낸 전투였는데, 이 날 하룻동안에 만 2만3천 여명의 사상자가 발생한 것으로 기록되고 있다. 앤티탐의 격전은 어느 한 쪽의 일방적인 승리로 끝나지는 않았지만 남북 전쟁의 큰 전환점을 가져왔다. 이 전투에서 큰 타격을 입은 리 장군의 부대는 퇴각할 수 밖에 없었고, 링컨 대통령은 정전과 노예 해방 등에 대한 메시지를 더욱 강하게 전파할 수 있는 계기를 마련했다. 앤티탐 전적지는 피의 역사를 뒤로 하고, 현재는 아름다운 자연의 모습으로 방문객을 만나고 있다. 전망대에서는 전적지를 한 눈에 조망할 수 있다. Tel. 301-791-3246, 888-257-2600

[www.nps.gov/anti](http://www.nps.gov/anti)



# Ellicott City와 Baltimore의 한식당 리스트



	Restaurant		Tel	Address				
①	Niko	니코	410-418-8400	8450 Baltimore Nat'l Pike#29	Ellicott City	MD	21043	
②	ManNa	만나분식	410-480-5050	8801 Baltimore Nat'l Pike	Ellicott City	MD	21043	
③	Mi Rac Jo	미락조	410-461-2333	10194 Baltimore Nat'l Pike#111	Ellicott City	MD	21042	
④	Shin Chon	신촌	410-461-3280	8801 Baltimore Nat'l Pike #25-B	Ellicott City	MD	21043	
⑤	JangUhSi	장어시광어동	410-480-1442	10176 Baltimore Nat'l Pike #116	Ellicott City	MD	21043	
⑥	Han Sung	한성식당	410-750-3836	3570 St. John's Ln.	Ellicott City	MD	21043	
⑦	Korean Chinese	한중관	410-461-1099	9338 Baltimore Nat'l Pike	Ellicott City	MD	21042	
⑧	ManNaRang	만나랑	443-612-9029	800 N. Rolling Rd.	Catonsville	MD	21228	
⑨	BesetoFoodCourt	베세토식당가	410-744-4306	822 N. Rolling Rd.	Catonsville	MD	21228	
⑩	Wong Gal Bi	왕갈비	410-788-5678	1111 N. Rolling Rd.	Catonsville	MD	21228	
⑪	Nam Kang	남강	410-685-6237	2126 Maryland Ave.	Baltimore	MD	21218	
⑫	NakWon	낙원식당	410-244-5501	1216 West 20th St.	Baltimore	MD	21218	
⑬	Ni Wa Na	니와나	410-366-4115	3215 N. Charles St.	Baltimore	MD	21218	
⑭	Jong Kak	종각	410-837-5231	18 W. 20th St.	Baltimore	MD	21218	

## Direction to Turf Valley

### Coming from Baltimore:

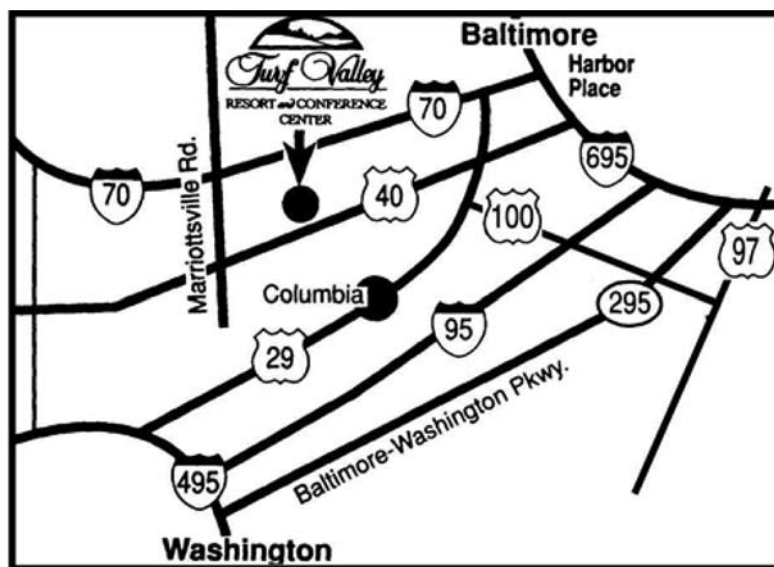
Take I-695 to exit 16 (I-70 West toward Frederick). Follow I-70 to exit 83 (Marriottsville Rd.). At the stop sign turn left onto Marriottsville Rd. At the first traffic light, turn left onto Route 40. Go 7/10 mile and turn left onto Turf Valley Rd. Turf Valley's entrance will be on your left.

### Coming from Frederick:

Take I-70 east towards Baltimore. Take Exit 82 - Ellicott City / 40 East. Go through one stop light. Continue approximately 7/10 of a mile and turn left onto Turf Valley Road.

### Coming from Annapolis:

Take your shortest route to I-695 and use the Baltimore directions to Turf Valley.







쉽고 빠른 자금이 비즈니스 경쟁력이다

# 한미SBA / 상업용자

Wow! 미주 최대 한인은행 덕분에 편안하게 사업 시작했습니다!

- 미주 한인은행 최대의 네트워크 (총 23개 지점, 8 LPO)
- 자체 승인에 의한 신속한 대출 결정
- 경쟁력있는 이자율
- 풍부한 경험의 전문 서비스

## 버지니아 용자 센터

7535 Little River Turnpike, Suite 200B, Annandale, VA 22003

Yong Jae Park

TEL: (703) 914-1001 FAX: (703) 914-1102

**Hanmi Bank**  
Life Gets Better





# IMPORtant IMPACT



When you're ready to grab your share of the rapidly growing import beer market, make sure that Grolsch is a major part of the plan. With four brand varieties – Grolsch Premium Lager, Light Lager, Blonde Lager and Amber Ale – Grolsch is the perfect year-round solution to your import equation.

- In 2005, Grolsch was among the fastest growing imports, registering +15.8% in case sales.\*
- The distinctive Swingtop packaging is a natural for display building that drives sales in this profitable category.
- Judged the "World's Best Beer" in the Pale Lager category for three consecutive years.\*\*

Now, in most markets, your familiar Anheuser-Busch wholesaler is the representative for the entire Grolsch brand portfolio, ensuring superior service, quality standards and streamlined ordering.



**Grolsch**

ANHEUSER · BUSCH



\*Source: IRI, Total US - FOOD, 52 Week Ending Jan 22, 2006

\*\*Source: Beverage Testing Institute, Inc., Chicago, IL  
For more information on the Grolsch family of imports contact your Anheuser-Busch sales representative and visit us at [www.beerprofitguide.com](http://www.beerprofitguide.com).

© 2006 Import Brands Alliance, Inc., St. Louis, MO



## 세계의 명연설

# What is an American?

by **Harold Ickes**  
- May 18, 1941

I want to ask a few simple questions. And then I shall answer them. What has happened to our vaunted idealism? Why have some of us been behaving like scared chickens? Where is the million-throated, democratic voice of America?

For years it has been dinned into us that we are a weak nation; that we are an inefficient people; that we are simple-minded. For years we have been told that we are beaten, decayed, and that no part of the world belongs to us any longer. Some amongst us have fallen for this carefully pickled tripe. Some amongst us have fallen for this calculated poison. Some amongst us have begun to preach that the "wave of the future" has passed over us and left us a wet, dead fish. They shout--from public platforms in printed pages, through the microphones--that it is futile to oppose the "wave of the future."

They cry that we Americans, we free Americans nourished on Magna Carta and the Declaration of Independence, hold moth-eaten ideas. They exclaim that there is no room for free men in the world any more and that only the slaves will inherit the earth. America--the America of Washington and Jefferson and Lincoln and Walt Whitman--they say, is waiting for the undertaker and all the hopes and aspirations that have gone into the making of America are dead too.

However, my fellow citizens, this is not the real point of the story. The real point--the shameful point--is that many of us are listening to them and some of us almost believe them.

I say that it is time for the great American people to raise its voice and cry out in mighty triumph what it is to be an American. And why it is that only Americans, with the aid of our brave allies--yes, let's call them "allies"--the British, can and will build the only future worth having. I

mean a future, not of concentration camps, not of physical torture and mental straitjackets, not of sawdust bread or of sawdust Caesars--I mean a future when free men will live free lives in dignity and in security. This tide of the future, the democratic future, is ours. It is ours if we show

ourselves worthy of our culture and of our heritage. But make no mistake about it; the tide of the democratic future is not like the ocean tide--regular, relentless, and inevitable. Nothing in human affairs is mechanical or inevitable. Nor are Americans mechanical. They are very human indeed.

What constitutes an American? Not color nor race nor religion. Not the pedigree of his family nor the place of his birth. Not the coincidence of his citizenship. Not his social status nor his bank account. Not his trade nor his profession. An American is one who loves justice and believes in the dignity of man. An American is one who will fight for his freedom and that of his neighbor.

An American is one who will sacrifice property, ease and security in order that he and his children may retain the rights of free men. An American is one in whose heart is engraved the immortal second sentence of the Declaration of Independence.

Americans have always known how to fight for their rights and their way of life. Americans are not afraid to fight. They fight joyously in a just cause. We Americans know that freedom, like peace, is indivisible. We cannot retain our liberty if three-fourths of the world is enslaved. Brutality, injustice and slavery, if practiced as dictators would have them, universally and systematically, in the long run would destroy us as surely as a fire raging in our nearby neighbor's house would burn ours if we didn't help to put out his.

If we are to retain our own freedom, we must do everything within



our power to aid Britain. We must also do everything to restore to the conquered peoples their freedom. This means the Germans too. Such a program, if you stop to think, is selfishness on our part. It is the sort of enlightened selfishness that makes the wheels of history go around. It is the sort of enlightened selfishness that wins victories. Do you know why? Because we cannot live in the world alone, without friends and without allies. If Britain should be defeated, then the totalitarian undertaker will prepare to hang crepe on the door of our own independence. Perhaps you wonder how this could come about? Perhaps you have heard “them”--the wavers of the future--cry, with calculated malice, that even if Britain were defeated we could live alone and defend ourselves single handed, even against the whole world. I tell you that this is a cold blooded lie.

We would be alone in the world, facing an unscrupulous military-economic bloc that would dominate all of Europe, all of Africa, most of Asia, and perhaps even Russia and South America. Even to do that, we would have to spend most of our national income on tanks and guns and planes and ships. Nor would this be all. We would have to live perpetually as an armed camp, maintaining a huge standing army, a gigantic air force, two vast navies. And we could not do this without endangering our freedom, our democracy, our way of life.

Perhaps such is the America “they”--the wavers of the future--foresee. Perhaps such is the America that a certain aviator, with his contempt for democracy, would prefer. Perhaps such is the America that a certain Senator desires. Perhaps such is the America that a certain mail order executive longs for. But a perpetually militarized, isolated and impoverished America is not the America that our fathers came here to build.

It is not the America that has been the dream and the hope of countless generations in all parts of the world.

It is not the America that one hundred and thirty million of us would care to live in. The continued security of our country demands that we aid the enslaved millions of Europe--yes, even of Germany--to win back their liberty and independence. I am convinced that if we do not embark upon such a program we will lose our own freedom.

We should be clear on this point. What is convulsing the world today is not merely another old-fashioned war. It is a counter revolution against our ideas and ideals, against our sense of justice and our human values.

Three systems today compete for world domination. Communism, fascism, and democracy are struggling for social-economic-political world control. As the conflict sharpens, it becomes clear that the other two, fascism and communism, are merging into one. They have one common enemy, democracy. They have one common goal, the destruction of

democracy. This is why this war is not an ordinary war. It is not a conflict for markets or territories. It is a desperate struggle for the possession of the souls of men. This is why the British are not fighting for themselves alone. They are fighting to preserve freedom for mankind.

For the moment, the battleground is the British Isles. But they are fighting our war; they are the first soldiers in trenches that are also our front-line trenches. In this world war of ideas and of loyalties we believers in democracy must do two things. We must unite our forces to form one great democratic international. We must offer a clear program to freedom-loving peoples throughout the world. Freedom-loving men and women in every land must organize and tighten their ranks. The masses everywhere must be helped to fight their oppressors and conquerors.

We, free, democratic Americans are in a position to help. We know that the spirit of freedom never dies. We know that men have fought and bled for freedom since time immemorial. We realize that the liberty-loving German people are only temporarily enslaved. We do not doubt that the Italian people are looking forward to the appearance of another Garibaldi. We know how the Poles have for centuries maintained a heroic resistance against tyranny. We remember the brave struggle of the Hungarians under Kossuth and other leaders. We recall the heroic figure of Masaryk and the gallant fight for freedom of the Czech people. The story of the Yugoslavs', especially the Serbs' blows for liberty and independence is a saga of extraordinary heroism. The Greeks will stand again at Thermopylae, as they have in the past. The annals of our American sister-republics, too, are glorious with freedom-inspiring exploits. The noble figure of Simon Bolivar, the great South American liberator, has naturally been compared with that of George Washington.

No, liberty never dies. The Genghis Khans come and go. The Attilas come and go. The Hitlers flash and sputter out. But freedom endures. Destroy a whole generation of those who have known how to walk with heads erect in God's free air, and the next generation will rise against the oppressors and restore freedom. Today in Europe, the Nazi Attila may gloat that he has destroyed democracy. He is wrong. In small farmhouses all over Central Europe, in the shops of Germany and Italy, on the docks of Holland and Belgium, freedom still lives in the hearts of men. It will endure like a hardy tree gone into the wintertime, awaiting the spring. And, like spring, spreading from the South into Scandinavia, the democratic revolution will come. And men with democratic hearts will experience comradeship across artificial boundaries.

These men and women, hundreds of millions of them, now in bondage or threatened with slavery, are our comrades and our allies. They



are only waiting for our leadership and our encouragement, for the spark that we can supply. These hundreds of millions, of liberty-loving people, now oppressed, constitute the greatest sixth column in history. They have the will to destroy the Nazi gangsters.

We have always helped in struggles for human freedom. And we will help again. But our hundreds of millions of liberty-loving allies would despair if we did not provide aid and encouragement. The quicker we help them the sooner this dreadful revolution will be over. We cannot, we must not, we dare not delay much longer.

The fight for Britain is in its crucial stages. We must give the British everything we have. And by everything, I mean everything needed to beat the life out of our common enemy. The second step must be to aid and encourage our friends and allies everywhere. And by everywhere I mean Europe and Asia and Africa and America.

And finally, the most important of all, we Americans must gird spiritually for the battle. We must dispel the fog of uncertainty and vacillation. We must greet with raucous laughter the corroding arguments of our appeasers and fascists. They doubt democracy. We affirm it triumphantly so that all the world may hear:

Here in America we have something so worth living for that it is worth dying for! The so-called “wave of the future” is but the slimy backwash of the past. We have not heaved from our necks the tyrant’s crushing heel, only to stretch our necks out again for its weight. Not only will we fight for democracy, we will make it more worth fighting for. Under our free institutions, we will work for the good of mankind, including Hitler’s victims in Germany, so that all may have plenty and security.

We American democrats know that when good will prevails among men there will be a world of plenty and a world of security. In the words of Winston Churchill, “Are we downhearted,” No, we are not! But someone is downhearted! Witness the terrified flight of Hess, Hitler’s Number Three Man. And listen to this—listen carefully:

“The British nation can be counted upon to carry through to victory any struggle that it once enters upon no matter how long such a struggle may last or however great the sacrifices that may be necessary or whatever the means that have to be employed; and all this even though the actual military equipment at hand may be utterly inadequate when compared with that of other nations.”

Do you know who wrote that? Adolf Hitler in *Mein Kampf*. And do you know who took down that dictation? Rudolf Hess.

We will help to make Hitler’s prophecy come true. We will help

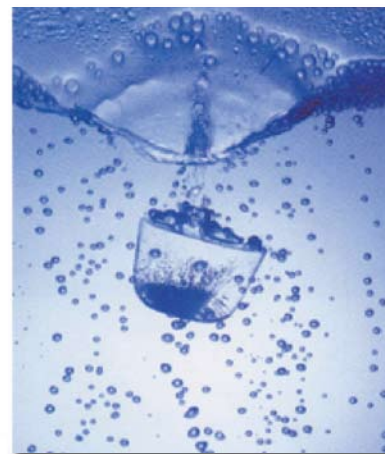
brave England drive back the hordes from Hell who besiege her and then we will join for the destruction of savage and blood-thirsty dictators everywhere. But we must be firm and decisive. We must know our will and make it felt. And we must hurry.

This remarkable speech was delivered during an “I am an American” day meeting in New York’s Central Park by Harold Ickes, President Franklin D. Roosevelt’s Secretary of the Interior. It came at a perilous moment in history, May of 1941, when Adolf Hitler and the Nazis seemed headed toward possible world domination.

By this time, countries that had fallen to the Nazis included: Austria, Czechoslovakia, Poland, Norway, Denmark, France, Belgium, Luxembourg, the Netherlands, and areas in North Africa. Airfields and cities in England were now under ferocious air attack from the German Luftwaffe while wolf-packs of Nazi U-boats attempted to blockade the British Isles. Many Americans, however, still questioned the wisdom and necessity of direct U.S. involvement in the European War. Pacifist sentiment was growing, while at the same time Fascism was sometimes referred to as the “wave of the future” by respected Americans, amid the onslaught of effective anti-democratic Fascist propaganda.

In this speech, Harold Ickes counters that propaganda, defines what it means to be a free American, and offers a blunt assessment of the perilous future the U.S. would face standing alone against a victorious Hitler.

# 하루에 7잔 이상 마신다! - 24시간 물 건강 생활법



물은 어떤 물을 마시는가 보다도 어떻게 마시는지가 더 중요하다. 하루에 7~8잔 마시라고 하는데 언제 마시면 가장 좋은지, 하루의 생활을 따라가며 구성해 본다.

## AM 07:00 기상 직후 물 한잔

기상 직후 물을 한 잔 마시면 밤새 축적된 노폐물을 용해시켜 몸 밖으로 배출시키므로 체내의 신진대사를 촉진시키고 원활한 혈액순환을 도우며 신장의 부담을 덜어준다. 더욱이 배변기능이 강화되어 변비 예방이나 치료는 물론 하루의 컨디션을 가볍게 시작할 수 있다.

## AM 08:00 아침식사전 물 한잔

식사 전에 물을 한 잔 마시면 위장의 컨디션을 조절하며, 과식을 예방하는 효과가 있다.

## AM 10:00 근무 중 물 한잔

사무실에 앉아 일을 하다 지치거나 피로해질 때 찬물 한 컵을 마시면 피로도 풀리고 지루함을 덜어준다. 또한 물은 흡연 욕구를 자제시키므로 담배를 많이 피우는 흡연자들의 건강에도 좋다.

## PM 12:00 점심식사전 물 한잔

점심식사 직전에 물을 한 잔 마시면 과식을 막아준다. 특히 외식을 많이 하는 직장인의 점심은 식당의 음식이 전반적으로 짜거나 매운데, 이때 중간 중간에 물을 조금씩 마셔주면 체내에 염분을 조절하므로 성인병 예방에도 도움이 된다.

## PM 03:00 공복에 물 한잔

오후 3시경은 균것질 욕구가 생기거나 흡연 욕구가 강해지는 시간이다. 이때 균것질이나 담배 대신 물을 한 잔 마시면 균것질 욕구도 사라지고 흡연 욕구를 줄이는 데 도움이 된다.

## PM 07:00 저녁식사와 함께 물 한잔

대부분의 사람들이 과식하게 되는 저녁식사 중간 중간에 물을 조금씩 마셔주면 체내 염분 조절도 이루어지므로 성인병 예방에 도움이 되며 과식을 하지 않도록 도와준다.

## PM 10:00 잠자리전 물 한잔

잠자기 전 미네랄 풍부한 물을 마시면 다음날 훨씬 가벼운 몸 상태를 느낄 수 있다.

### <물 건강 6계명>

1. 하루에 반드시 7~8컵 이상을 공복에 마신다.
2. 받아놓은 물은 밀폐해서 24시간 안에 마신다.
3. 미네랄이 함유된 물은 가능한 한 끓이지 말고 생수로 마신다.
4. 마시는 물은 알칼리성, 씻는 물은 약산성이 바람직하다.
5. 음주 후엔 반드시 2컵 이상의 물을 마신다.
6. 물은 천천히 마신다.

# 평생 갈 것 같은 천식, 식생활 개선으로 치료해보자!



기온이 갑자기 떨어지고 가을이 깊어지면 천식이 더 심해지는 경우가 있다. 이는 가을이 주관하는 장기인 폐가 균형을 잃어 호흡을 제대로 관장하지 못하기 때문이다.

천식은 폐에 공기가 들어오고 나가는 것을 힘들게 하는 만성병 중의 하나이다. 미국에서는 어린이 7명 중 한 명, 어른 12명 중 한 명이 천식질환을 앓고 있을 만큼 아주 흔하면서도 지독한 질환이다. 천식이 있으면 숨이 가쁘고 호흡이 곤란하며 기침을 심하게 한다. 천식을 일으키는 원인을 피함으로써 천식을 예방할 수는 있지만 완벽한 치유가 어려운 것이 사실이다. 천식이 심하거나 치료를 제대로 안하면 심한 발작이 나타나 매우 치명적인 경우도 있다. 점점더 많은 어린 아이들이 학교에 갈 수 없을 정도로 심한 천식을 앓고 있으니 참으로 안타까운 현실이다.

천식의 원인은 자극성 있는 물질이 폐에 있는 공기의 통로 조직을 부어 오르게 만들어 숨을 쉬기 어렵게 만들기 때문이다. 80 퍼센트 정도의 천식환자는 공기중에 있는 물질, 즉

나무, 잔디, 잡초들의 꽃가루, 곰팡이, 동물의 털, 진드기, 바퀴벌레알 등으로 인해 천식이 시작된다. 음식이 원인이 되는 경우는 드물지만 천식을 앓고 있다면 식생활도 반드시 체크해봐야 할 부분이

다. 어떤 경우에는 우유, 계란, 생선, 어패류, 이스트, 땅콩, 식용색소, 방부제 등이 천식을 일으킬 수도 있다. 또한 천식환자들에게 로얄젤리도 좋지 않은것으로 알려져 있다.

그러나 천식을 일으키는 음식만 피하는 것으로는 충분하지 않다. 전반적인 식생활 개선이 매우 중요하며 어떤 음식들은 천식을 완화시켜주는 효과가 있다. 또한 한의학에서는 식생활을 개선하기 위해 환자의 천식 증상이 어떤 유형인지를 아는 것이 첫번째이다. 맑은 가래가 나오며 추위를 많이 타는 한증, 노란 가래가 나오며 열이 있는 열증, 가래가 많고 누우면 숨을 쉬기 어려운 담증, 수시로 숨이 차고 피곤을 많이 느끼는 허증형 등 같은 천

식이라도 조금씩 다른 증상을 나타낼 수 있다. 아래의 표에 천식의 각 유형별 특징과 그에 따른 권장음식들을 요약하였다.



**인당한방클리닉**  
Yin Tang Oriental Clinic  
TEL: 443-857-4192

## <천식 치료에 도움이 되는 음식>

유형	특징	도움이 되는 음식
한(寒)증	맑고 하얀 가래, 손발이 찬, 안색이 창백함, 추위를 잘 탐	마늘, 녹색겨자, 아니스, 마조람, 베이질, 생강, 아몬드, 해바라기씨, 호두, 인삼, 검정콩,オート밀
열(熱)증	숨이 급하고 힘겨움, 노란 가래, 열기가 오른 안색, 몸에 열기가 느껴짐	무우, 숙주나물, 콩나물, 살구, 라임, 레몬, 두부, 썬박하
담(痰)증	가래가 심함, 종종 입을 벌리고 있음, 누우면 숨쉬기가 힘이 듦	고추냉이, 레몬, 라임, 생꿀, 팥, 자주개자리쌈, 느릅
허(虛)증	숨이 참, 운동이나 힘든일을 한후숨쉬기가 힘이 듦, 자주 피곤하고 몸이 약함	オート밀, 쌀, 보리, 검정콩, 호두, 아몬드, 메밀, 무화과, 인삼



간단히 또 꾸준히 즐길 수 있는 허브티도 천식치료에 도움이 된다. 다음의 허브들은 폐의 기능을 회복시키고 가래를 진정시키는 효과가 있는데, 각각 똑같은 양을 섞어서 차로 마시면 한증, 담증, 허증형 천식치료에 도움이 된다. 만약 열증이라면 따뜻한 성분이 있는 소회향과 호로파를 빼고 섭취하면 좋다.

천식에 효과있는 허브차:

소회향 (Fennel seed), 아마씨 (Flaxseed), 호로파 (Fenugreek seed), 감초 (Licorice root), 반변련 (Lobelia seed and/or leaf), 우단모예화 (Mullein leaf or flower)



## Eating Healthy, Control Your Asthma

When weather becomes chilly and falls into autumn, people with asthma often experiences their symptoms getting worse or severe attacks. Because this season is related to the lung organ in Chinese medicine, people who has asthma due to the imbalance of the lung may experience this.

Asthma is a chronic lung disease that makes it hard to get air in and out of lungs during attacks. In United States, one in seven children has asthma and one in twelve adults suffer from it. Its typical symptoms of asthma include wheezing, shortness of breath, and

coughing. Asthma attacks can be prevented, but not cured. In other words, people live with it every day. Sometimes asthma attack can be fatal if they are very severe and not treated. More kids miss school because of this disease than any other chronic one.

Asthma symptoms and attacks usually get started when triggers cause swelling of the tissues in the air passages of the lung, making it difficult to breathe. Eighty percent of people with asthma have allergies to airborne substances such as tree, grass, and weed pollens, mold, animal dander, dust mites, and cockroach particles. Food triggered asthma is unusual, but it should be checked out how diet can affect asthma in different ways. In some cases, certain foods including cow's milk, eggs, fish, shellfish, yeast products, nuts, and some food colorings and preservatives, can make symptoms worse. People with asthma are also recommended to avoid Royal Jelly products as they may trigger symptoms.

Also, just avoiding the triggers alone is unlikely to control asthma. The diet is very important to control asthma, and some foods are very helpful to improve their symptoms. Asthma treatment should be differentiated based on each type (cold, heat, mucus and deficiency) in Chinese medicine. The table below shows the foods are spices which are especially helpful for each type of asthma as well as their characteristics.

Valuable herb/seed tea can treat asthma symptoms by enhancing the lung's function and clearing mucus. The tea formula for treating cold-, mucus- and deficiency-types of asthma consists of equal parts of

- Fennel seed (*Foeniculum officinalis*)
- Flaxseed (*Linum usitatissimum*)
- Fenugreek seed (*Trigonella foenumgraecum*)
- Licorice root (*Glycyrrhiza glabra*)
- Lobelia seed and/or leaf (*Lobelia inflata*)
- Mullein leaf or flower (*Verbascum thapsus*)

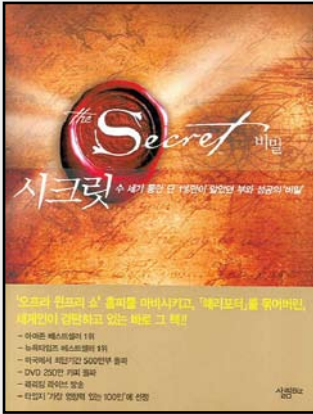
For heat-type asthma, omit fennel and fenugreek from the formula because those herb are warm nature.

### <Helpful foods for asthma>

Type	Characteristics	Helpful Foods
Cold-type	White and clear mucus, cold extremities, pale face, feeling of coldness	Garlic, mustard greens, anise, sweet marjoram, basil, fresh ginger, almond, sunflower seed, walnut, Ginseng, black bean, oats
Heat-type	Fast and heavy breathing, yellow mucus, red face, heat sensation in the body	Daikon radish, sprouts, apricot, lime, lemon, tofu, nettle leaf, horehound
Mucus-type	Copious mucus, mouth is often held open, difficult breathing when laying down	Horseradish, lemon, lime, raw honey, aduki bean, alfalfa sprouts, slippery elm tea
Deficiency-type	Shortness of breath, difficult breathing with exertions, fatigue and weakness	Oats, rice, barley, black beans, walnut, almond, buck wheat, figs, Ginseng

# THE SECRET 시크릿

저자 론다 번 (Byrne, Rhonda) | 역자 김우열 | 출판사 살림Biz(Simon & Schuster)



## 성공을 꿈꾸는 모든 이들을 위한 ‘위대한 성공의 비밀’ !

플라톤, 레오나르도 다 빈치, 아인슈타인... 지금도 수많은 사람들의 존경을 받는 역사상 위대했던 사상가, 과학자, 개척자, 창조자 등은 사실 ‘위대한 비밀’ 을 알고 있었다. 구전과 문학, 종교와 철학에서 단편적으로 전수된 이 비밀은 인생을 뒤바꿔 줄 마법 같은 법칙으로 개인에게 행복한 삶과 물질적인 성공을 동시에 안겨주었다.

『시크릿』은 수 세기 동안 소수의 사람들만이 알고 있었던 ‘부와 성공의 비밀’ 을 알려준다. 우리의 내면에 잠재되어 있는 이 비밀의 힘을 이용하면 좀 더 업그레이드 된 인생을 살 수 있을 거라고 조언하며 돈, 인간관계, 건강, 세상, 당신, 인생 등의 분야로 나누어 각각의 위대한 비밀을 파헤친다. 여기에는 『영혼을 위한 닥고기 수프』의 잭 캔필드, 『화성에서 온 남자 금성에서 온 여자』의 존 그레이 등 부와 성공의 비밀을 잘 활용하여 성공한 24명의 인물이 등장한다. 비밀에서 비

롯된 기적 같은 이야기와 성공 인물들의 메시지, 저자가 발견한 손쉬운 방법 및 비결 등을 모두 수록하였다.

**계비밀을 활용하여 건강, 부, 행복을 모두 획득한 대가들의 지혜가 가득 담겨 있다. 이미 아마존, 뉴욕타임즈 베스트셀러 1위의 자리를 차지하고 미국에서 최단기간 500만 부 돌파의 명예를 거머쥔 이 책은 당신의 인생을 180도 바꿔줄 것이다.**

프롤로그 :  
들어가는 말  
감사의 글  
비밀이 드러나다  
비밀에 접근하는 법  
비밀을 활용하는 법  
두 가지 강력한 도구  
돈의 비밀  
인간관계의 비밀  
건강의 비밀  
세상의 비밀  
당신의 비밀  
인생의 비밀  
인물 소개

### 지은이 - 론다 번(Rhonda Byrne)



호주의 전직 TV 프로듀서. 위대한 성공의 비밀을 전 세계 사람들과 공유하겠다는 마음을 먹고 미국으로 건너갔다. 뛰어난 저술가, 과학자, 철학자들과의 공동작

업으로 ‘시크릿’ DVD와 책이 제작되었고, 이는 미국에서 ‘시크릿 신드롬’ 으로 이어졌다. 오프라 윈프리 쇼와 래리 킹 라이브 등 미국 최고의 프로에서 집중적으로 조명을 받은 이 책은, 아마존에서 자기계발서가 세운 모든 기록들을 하나씩 갈아치우고 있다. 론다 번의 꿈과 비전이 성공을 꿈꾸는 모든 이들의 열망과 만난 것이다.

Fragments of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it.

In this book, you'll learn how to use The Secret in every aspect of your life - money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life.

The Secret contains wisdom from modern-day teachers -- men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.





*Always refreshing.  
Always delicious.*

*Always*





## 제 10대 집행부 명단

---

회 장      김현주 (MD)

부 회 장      최광희 (MD)  
부 회 장      켈빈 최 (AZ)  
부 회 장      브루스 최 (GA)  
부 회 장      차명학 (DC)

이 사 장      한용웅 (DE)

부이사장      임광익 (CO)  
부이사장      김영필 (CANADA)  
부이사장      정화식(VA)

### 본부임원

기획부장      유인현 (PA)  
섭외부장      곽상호 (PA)  
홍보부장      배윤향 (CA)

### 본부감사

감 사      고태환 (TX)  
감 사      원무식 (PA)

### 고문

김기옥  
김양일  
전기풍  
김치현  
구군서  
Thomas Lee  
김주한

## SPONSORS

---

Coors Brewing Co.

Money Gram International

Miller Brewing Company

Direct Energy

Hanmi Bank

Jong Kak Restaurant

Coca Cola USA, Inc.

Bacardi USA

Anheuser-Busch Inc.

Appreciates the support of its  
advertisers and encourage you  
to patronize them

# BACARDI®



## CLASSIC SUMMER TASTE

DRINK RESPONSIBLY.

Bacardi.com

©2007 BACARDI AND THE BAT DEVICE ARE REGISTERED TRADEMARKS OF BACARDI & COMPANY LIMITED. BACARDI U.S.A., INC., MIAMI, FL. RUMS - 40% ALC. BY VOL.





2001 & 2003년 금메달 수상  
유러피안 스타일 필젠 공법

탁월한 디자인

보기만 해도 끌리는 맥주, 지금 맛을 느껴보세요.  
고급 유러피안 아로마 호프로 빚어진 깊고  
풍부한 맛, 병 자체만으로도 특별한 차이가 보입니다.

RESPONSIBILITY MATTERS<sup>®</sup>

©2007 Anheuser-Busch, Inc., Michelob® Lager (Beer in TX), St. Louis, MO