



GAZETTE

Hollywood & Westwood

September

2019

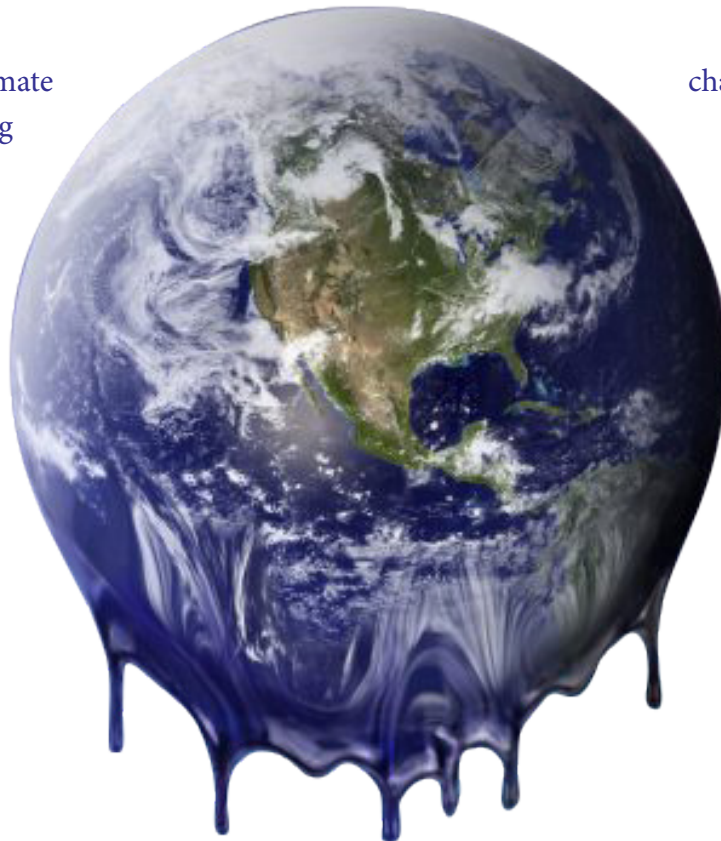
EARTH IS IN CRITICAL CONDITION

Earth provides an environment where we can live comfortably. We can enjoy leisure or refresh in nature. However, right now the Earth is in crisis. We must stop global warming.

Global warming causes some serious problems. First, “sea level rising” is a problem. The sea level rises because of the glaciers melting due to sea temperatures rising caused by global warming. As a result, low altitude countries such as Fiji, Tuvalu, and Marshall Islands May sink. If the land sinks, the place of living creatures that live there will be lost.

The next problem is climate because of global warming will decrease and the time also be accelerated. If this that the amount of spring and summer

If we don't wake up, only beautiful nature human life. So we have for our Earth and the Earth a better



change. It causes drought and the amount of snowfall of the snow melting will happens, it is thought water resources in will decrease.

we will lose not or animals but also to take some action contribute to making environment for us.

by Yuta Takahashi

A HEALTHY HABIT OF HUGGING

When we decide to travel, we commonly leave our families and friends, without realizing that we're also moving away from a healthy habit of hugging.

One of the things I miss most about my country is hugging and having physical contact with several people every day. Beyond the romantic memory, the worrisome thing is that I may be losing a great tool that helps me stay healthy.

It turns out that a simple action such as hugging brings great health benefits:

1. Helping us sleep and rest well: Hugging increases our amount of dopamine, which plays an important role with the pineal gland.
2. Increasing attention and motivation: Dopamine is also key in learning and memorizing. By learning something we like, we activate dopamine in the hippocampus, allowing knowledge to remain in our memory.
3. Calming our brain. Releasing dopamine might bring calm and relaxation.
4. Reducing stress and anxiety: Hugging reduces cortisol production - which favors stress. Plus, it increases not only dopamine, but also serotonin, both of which generate a feeling of wellbeing and calm.
5. Improving the immune system: The pressure of a hug stimulates the thymus gland, which is responsible for the regulation of white blood cells. Favoring the creation of these also improves our defenses.
6. Reducing blood pressure: Oxytocin is released, and Pacinian corpuscles, which are responsible for reducing blood pressure, are activated.
7. Cardiovascular benefits: With the release of oxytocin, the health of the heart and the cardiovascular system are improved because of a significant reduction in the heart rate.
8. Reducing the risk of dementia: Since they stimulate us, give us peace of mind, and balance the nervous system, hugs from an early age reduce this risk.
9. Improving the mood: By raising serotonin, hugs help us to recover our mood and feel happiness.
10. Rejuvenating the body: Hugs stimulate the process of transporting oxygen to the tissues, prolonging the life of the cells and retarding the aging process.
11. Relaxing the muscles: Soft tissue circulation is stimulated, so hugs can calm muscles aches and release tension.
12. Building trust and security: Hugs make us feel supported, and generate a feeling of security that favors communication. A hug before speaking in public will help us to perform better.
13. Increasing self-esteem: Self-esteem is related to the physical contact that we experience since we are children. So hugs increase our ability to love and respect ourselves.

Even though only physical contact brings health benefits and all kind of hugs work, there are better ways to do it if you're looking for wellbeing. In Colombia, some centers for people with HIV have investigated and adopted the following way as the most powerful and beneficial:

Stand in front each other and hug the other person by putting your left arm above and your face a little to the right side. This creates a heart to heart connection in between the two people. Then move your left hand up and down in the back of your partner, creating more closeness and greater energy in contact. Stay about 20 seconds in that position, creating a therapeutic hug for both of you.

The Zen master Thich Nhat Hanh made a huge famous hug meditation, and wrote, "When we hug, our hearts connect and we know that we are not separated beings. Hugging with attention and focus could bring reconciliation, healing, compensation and much happiness."

According to Hanh, this can be practiced even with a tree, and he recommends breathing three times while hugging: The first breath to recognize your presence in the current moment; the second to notice the other presence; the third to celebrate with gratitude the presence of him or her. You can add these three breathings to your hugs sometimes and have deep healing hugs.

In my office my friend and peer Alex brings hugs to everyone every Friday. I don't know what her purpose is, but I'm really grateful for her action. One thing is for sure: She is the one who receives the greatest benefits from this, even without knowing. She brings a hug for each person and receives at least ten or twelve for herself. The late psychotherapist Virginia Satir used to say, "We need four hugs per day to survive, We need eight hugs per day for maintenance, and we need twelve hugs per day to develop ourselves." So, Alex is doing a great job for us and herself.

Summarizing, hugs cause the production of oxytocin, dopamine and serotonin, and reduce cortisol, providing happiness, love and wellbeing. Knowing this, could we do something to start hugging each other more often?

Research sources for this article include Duke University; Karen Grewen at the University of North Carolina; psychologist Matt Hertenstein from DePauw University; the Touch Research Institute at the University of Miami, and many others.

By Luisa Fernanda Betancur Díaz



EXCITING BRUNCH PLACES IN LA YOU WANT TO TRY!

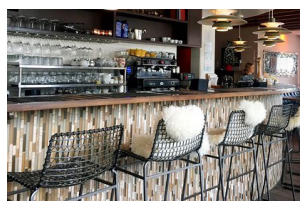
There are many exciting, high-quality brunch places in Los Angeles that you may want to visit and try out.

Le Pain Quotidien



This French restaurant is famous for its baguette, pastry and avocado toast. Also, all their products are organic, which elevates the restaurant to a healthy spot. You can enjoy their food in different locations in L.A, since they have many branches. Their Westwood branch is at 1122 S Gayley Ave, LA, CA 90024, a short walk from the MLI campus.

Blue Daisy



This brunch restaurant is famous for their Eggs Benedict. They offer a variety of unique, tasty dishes that are a fusion of American and Turkish. The address is 609 Broadway, Santa Monica, LA 90401.

Urth



Urth also uses organic products and has two menus - one for breakfast/brunch, and the other for lunch/dinner. They offer a variety of healthy food, including salads, sandwiches, omelets and more.

Urth also has different branches in L.A., including 267 S Beverly Drive, in Beverly Hills, 90212.

These are just a few places for you to try. L.A. has many other excellent brunch places you can visit. Enjoy your brunch!



THE EQUINOXES IN JAPAN



The equinox, the time when day and night are of equal length, occurs twice a year, around March 21 and September 23.

In Japan, the day that falls on the autumnal equinox is called Shabun no Hi, and the day that falls on the vernal equinox is called Shunbun no Hi. Vernal Equinox Day and Autumnal Equinox Day are both designated as national holidays in Japan.

They also both fall on the central day of the seven-day Buddhist memorial service called Higan. This is a Buddhist word that means the other side of the river that flows between this world and the other world. Buddhists believe the spirits of ancestors come to see their families and descendants during Higan.

Many Japanese people return to their hometowns during Higan and go to the graves of their ancestors.

By Seiki Kumagai

OTSUKIMI

Do you know what “Otsukimi” is? It’s a Japanese traditional custom, and it translates into English as “moon-viewing.” In the middle of September, we enjoy the full moon. While watching, we express our gratitude by drinking alcohol and eating Tsukimi Dango, which are sweet rice balls.

Although there are different customs depending on the region, it’s a rule to make offerings to the moon.

There are three decorations. One is Japanese pampas grass, as a charm against evil spirits. The second, the Tsukimi Dango, are piled up like a pyramid, as a bridge to the spirit world. Finally, there’s a freshly harvested crop such as sweet potatoes or chestnuts, as a thanks for a good harvest.

We also have Otsukimi versions of Japanese soba or udon noodles, with a hamburger and an egg.



If you come to Japan during Otsukimi, you can see a lot of Tsukimi food!

By Mitsue Matsuda

PLACES TO PLAY SOCCER IN L.A.

If you enjoy playing soccer or you’re just curious about the most famous sport in the world, but you don’t know where to play in the Los Angeles area, here are some options you can check out:

ZOG Sports L.A:

They call themselves the largest charity-based specials sport community. You can join a full team, a corporate team, or just a team with a few friends. You can plan a 7-against-7 or 8-against-8 soccer match.

Address: 12240 Venice Blvd.

Soccer field locations: Playa vista, El Segundo, Santa Monica

Playa Champions - soccer league and pickup games for adults:

You can join a team or be a free player. Just fill in a form on their website. You can play an 8-against-8 soccer match.

Address: Village Drive, Los Angeles

Evolve Soccer LA:

This training facility has an indoor football court and an outdoor turf field. You can join as a single player or a full team.

Address: 1921 Blake Ave., Los Angeles

By William Suarez

