

GAZETTE

H o l l y w o o d & W e s t w o o d

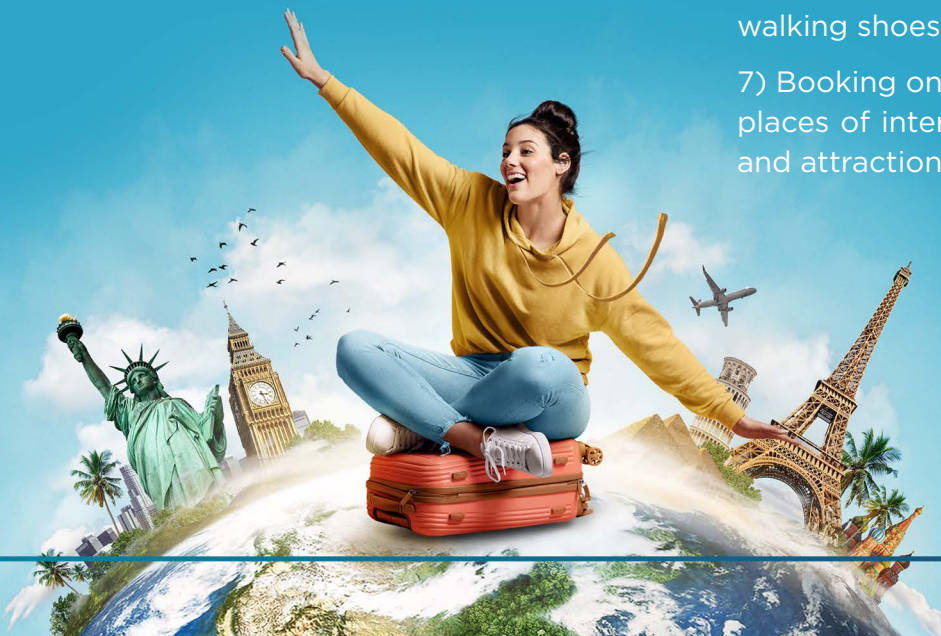
MY TRAVELING
TIPS

Traveling is probably my favorite hobby. I really enjoy visiting places I've never been to before and having the chance to learn from other countries through their people, culture, language, food and customs.

When I'm in a new city, sometimes I like being an explorer and roaming around but I've had better experiences by making an itinerary and sticking to it as much as possible. Having a previous plan ensures that I'll have enough time to see the highlights of the city.

In addition, there are some tips or points I usually follow:

- 1) Booking flights in advance - depending on the destination, but at least 2 or 3 months before might help to get a better deal.
- 2) Using websites like kayak.com or kiwi.com to compare fares between the flights.
- 3) The best days for buying flight tickets are usually Tuesdays and Wednesdays during midday.
- 4) Booking the hotel just after getting the flight tickets.
- 5) Checking the weather of the destination one week before the trip.
- 6) Packing lightly. Some of my basic baggage items are: a basic first-aid kit, an empty metal water bottle, a jacket, and good walking shoes.
- 7) Booking online tickets of the activities or places of interest like museums, excursions and attractions to get better prices.

Miguel Gutierrez

A MINI GO-TO HEALTH GUIDE

If you want to start to become healthier, in shape, feeling better or just want to get active. This is a perfect guide to get started.

The first thing that is important to know is that every “body” is different and everyone has different goals. So along your journey don’t compare yourself to other people. You are beautiful the way you are.

To begin, write down your goals and divide them into little steps, this makes it easier to reach your goals.

For exercising, start to walk outside for at least 30 minutes a day to get some movement in your body. Depending on your work schedule, plan how many workouts you want to do in a week. Do workouts that you like so that it will be easier to maintain.

The most important part of getting healthy is the food you eat because 80% of getting in shape is consuming the right food. It is not all about eating extremely healthy but finding a balance. For example, eat good portions that are full of protein and greens but you can also treat yourself with some chocolate or a dessert after. If you find the right balance it is easier to maintain this (new) lifestyle.

Amina Roeleven





R&B AND COUNTRY MUSIC

There are many different genres of music like Hip-Pop, classical, jazz, EDM, R&B, country, and rock. I'm going to introduce two of my favorite styles, R&B and country music.

Rhythm and Blues (also called R&B) is a kind of popular music originated in African-American communities, the band usually uses piano, guitar, bass, drums, saxophone, and some background vocalists. In the late 1980s, a new style of R&B music called "contemporary R&B" developed. It combines rhythm and blues with pop, funk, disco, hip hop, and electronic music. There are a lot of popular R&B singers, like James Brown, Usher, Mariah Carey, and Whitney Houston. I also recommend Korean singers HEIZE, Crash, and Oceanfromtheblue's songs!

Country music often consists of simple forms, folk lyrics, and harmonies that use string instruments such as banjos, electric guitars or acoustic guitars, and often use violin and harmonicas too. Most country music singers have a special voice and accent, because the modern country music style started from the Southern United States! Some of my favorite country singers are Taylor Swift, Alabama, and George Strait.

These are some of my favorite music genres and I hope you enjoy listening to these recommendations.

Evelyn

TAKING DANCE CLASS IN LA

Los Angeles has many famous dance studios. People come from all over the world to take dance classes with world-famous choreographers.

I will introduce how to take dance classes. It is so easy! First, you will download an application from the studio, such as Millenium Dance Complex or Playground LA, and add your credit card number to pay and also some information about yourself. Second, you will look at the class schedule, choose the class which you would like to take and book it. On the day of the class, you can wear any clothing that makes you feel comfortable. Go to the studio and tell them your name at the counter before the class begins. Then, you are good to go!

You don't need to register for a membership. You can start with just one class. Usually, each class costs about \$20-22 dollars. So I think it is easy to start, and it's not too expensive. You can expect one lesson to last about 60 to 90 minutes.

Sometimes, when people take a dance class for the first time, they are a little nervous and feel hesitant to join. But you will be fine! Usually, there are many different levels of classes. So you can start in a beginner class which is similar to exercise. You don't need to

worry about new steps, technical things, or your skills because it will be easy.

Also, there are many people from different generations taking the same class, from small children to mature adults.

I recommend that the first time you go to a dance studio, you just enjoy it and get a feel for the vibe and the people. The most important part of dancing is feeling free and enjoying it!

Try a dance class at least one time while you're in L.A. and get an amazing LA dance studio experience!



Tsumu

Gym and Diet

What is the best advice to have a great body shape?

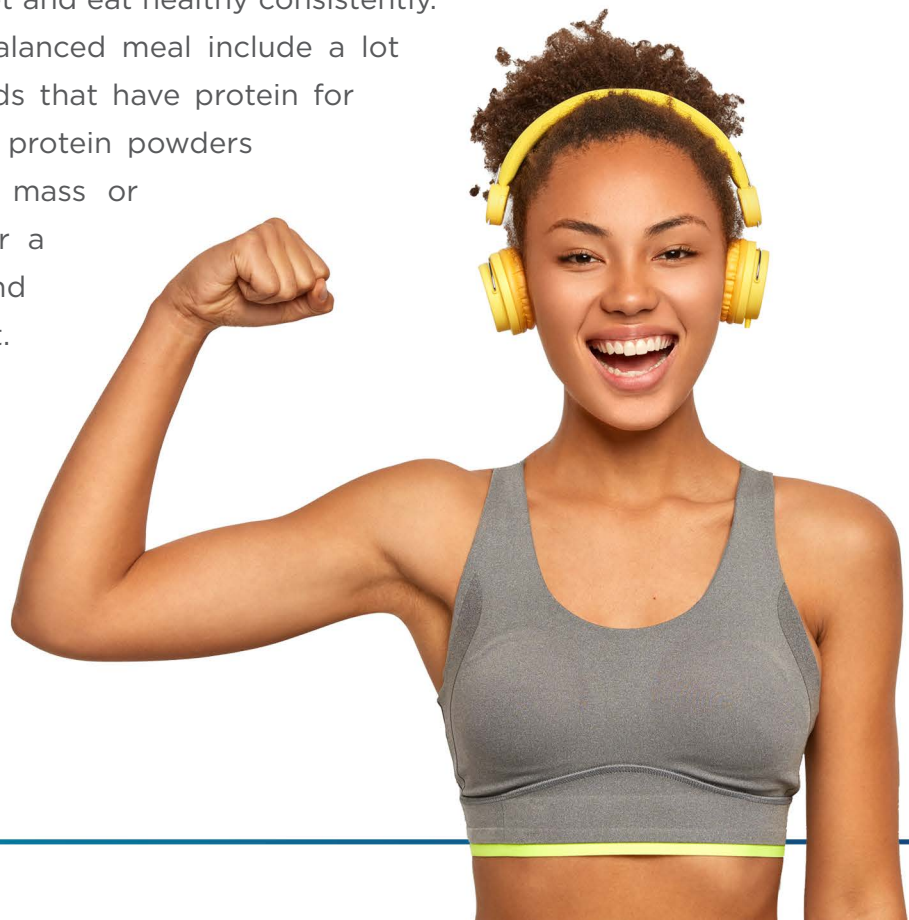
First, you have to go to the gym. There are many gyms in Los Angeles where you can get a good work-out, for example, LA Fitness, Planet Fitness, 24 Hour Fitness. Depending on the contract or the membership you can expect to pay \$10 to \$100 a month. Planet Fitness is the most affordable at \$10, but some gyms offer more equipment and access to pools or other recreation activities for a larger fee. The gym is important because the exercises you do in the gym, serve to shape your body. There are several kinds of exercises - exercises with different machines, which allow you to focus on one part of your body. These machines will help you gain muscle mass or lose fat depending on your goal.

There are also exercises without machines. For example, with a mat a person can focus on their abs, or an elastic band that you can put around your thighs to do squats.

In addition, food is one of the major points to having a great body shape. You have to diet and eat healthy consistently. Great examples of a well-balanced meal include a lot of vegetables, and also foods that have protein for building muscle. There are protein powders that can be used to gain mass or to tone the muscles. After a workout, having a healthy and high-protein diet is important.

I hope you enjoyed my advice, see you next time for more tips and suggestions.

Olivia CONSTANTINE ALEX



BASKETBALL

Basketball is a sport composed of five people per team. A game is divided into **four quarters** that spans **12 minutes**. Points can be counted by **1, 2 and 3 points**. For example, if a basket is made within the 3-point line, a player gets 2 points. If a player scores behind the 3-point line, the team receives 3 points. Any free throws that are made are valued at 1 point. The **NBA is considered to be the highest league**, where the best players in the world compete to win a championship. To enter that league you must be great at a minimum of 3 out of these 5 skills: **dribbling, shooting, vertical jumps, offense or defense**.



Josiah Santos



WHY I WALK

Walking helps maintain a healthy diet, improves or prevents long-term diseases, and relieves stress. Walking leads to weight loss. The reason for this is that walking is an aerobic exercise that uses fat as energy. If you walk regularly you could see some weight loss to your body. Moreover, walking is expected to improve lifestyle diseases such as high blood pressure and blood sugar levels. This is important as having high blood pressure is linked to heart attacks and having high glucose (sugar), which is connected to diabetes. Walking can reduce the risk of these diseases. In addition, according to many researchers, walking in the sun releases a substance called serotonin, which helps relieve stress. For this reason, people tend to feel better after taking a nice walk.

In conclusion, walking has health benefits such as fat loss, the prevention and improvement of lifestyle diseases, and stress reduction. These are some of the reasons I walk and why you should too!

Rino Sunami

Benefits of Hiking

Today, I went for a hiking trip with a friend from Switzerland. I really enjoyed talking in my language. I refueled my vitamin D by being in the sun, which the human body needs, especially women.

On the way to this trip into the Hollywood Hills, we passed by the Las Palmas Hotel. This was the house from the movie “Pretty Woman” with Julia Roberts. While hiking I really enjoyed the flowers and their scent. To be in nature feels like I am in my hometown. My soul calms down while taking deep breaths of fresh air, my brain can relax and I will be ready for the next day.

Sandra

