

GAZETTE

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

HALLOWEEN AND DIA DE LOS MUERTOS

Halloween is a big festival in the United States and it is always on the last day of October. However, the origins of Halloween come from the Spanish festival, El Día de los Muertos. In both festivals, the idea is to honor the dead and celebrate the spirits of our beloved ones, though there are different ways to celebrate these festivals.

Halloween

The origin of this celebration is Celtic (from the Europeans that immigrated to the US) and the meaning is far distant from the Halloween of today: wearing costumes, carving pumpkins, decorating with Autumn themes and, for the children, going “trick or treat.” The original idea was to celebrate the end of the summer and the change to autumn and the end of the harvest.



Actually, the festivals have changed and so have the traditions. Far from the original purpose, now adults and kids dress up in spooky and scary costumes and walk the streets displaying their outfits and asking for candy by going door to door and saying “trick or treat.” Moreover, some adults take it to another level by dressing in extravagant (and sometimes quite sexy) costumes.

Here in Los Angeles, Angelenos claim that they put on the largest Halloween celebration in the U.S., and it’s surely a must-see if you’re here on October 31st. This massive Halloween crowd is estimated to be well over half a million people that gathers on Santa Monica Boulevard in West Hollywood. A 4-kilometer section of this boulevard is closed to cars from 6:00pm to 2:00am, and people in their Halloween costumes (or without a costume) stroll up and down this wide street that is lined with popular gay bars, cafés, and a variety of restaurants. So, if you want to experience a Halloween celebration that you will never forget, you must go there.

TIP: Don’t try to drive to this event because parking is absolutely impossible to find. Instead, take public transportation or Uber. If you cannot make it to West Hollywood on October 31st, you can find many other amazing night parties around Los Angeles, but buy your admission tickets ahead of time because they can sell out fast.

El Dia de Los Muertos

This is the name for the festival for Latinos and Spanish people. This day, November 1st, is to remember the ones that are not anymore with us; immediately following Halloween, it is a day to spend with family. Both in Spain and in Mexico people have the same reason for gathering on this day: to remember the relatives who have passed away.

In Spain, people go with their family to the cemetery to clean their relatives’ graves and put new flowers on them and put other decorations on them. Also, they go to church and pray for the souls of the relatives who died.

In comparison, Mexican people are more festive during this celebration. They prepare altars with flowers, crosses, candles, skulls and photos of thier deceased relatives and they prepare their favorite food and drinks. They also use a specific flower, the Cempasúchil, which is supposed to guide the soul from the other land to ours in order to reunite them with their family on that specific day. The idea of the altar is because it is believed that the spirits of dead ones come back to the world in order to stay with the family for that day. Many families eat the food and drink “with them” as they used to do when they lived. So, in addition to remembering them, they celebrate that their spirits come back for one day to stay with them.

By Isabel



FISHING IN LOS ANGELES

Los Angeles is a city on the ocean. Therefore, many beaches have piers, and each location offers a variety of fishing options. For example, Redondo Beach, Santa Monica, and Long Beach have famous piers where many people enjoy fishing. However, depending on the location, the sea pollution near the shore is so bad that it is better not to eat the fish you catch, so please be careful.

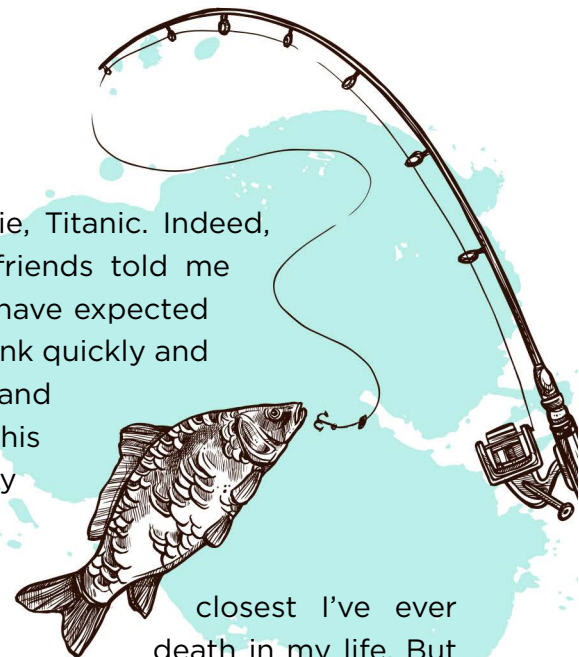
Of course, you can also enjoy going out far into the ocean, or you can fish from a boat that stays docked at the shore or in a marina. However, when boarding a boat, make sure that everything on board shows that it is a well-maintained boat.

I love fishing, so I joined a group of fishing friends in Los Angeles and often went fishing on a boat owned by one of them. On one of those trips, we left the shore at night to catch some big tuna. Unfortunately, the ship's sonar was actually broken, and after leaving shore, our ship hit a submerged rock outcropping. It made a hole in the front of the ship's hull, and water flooded in from the front of the ship. An emergency call was made immediately by the captain, and a rescue boat arrived within a few minutes. Luckily, the engine was still running and it had only been about 40 minutes since the ship left at the shore, so we could follow the rescue team's boat and headed for the shore. However, even while we were on the way back to shore, the men who were on the boat with us were scooping out the water in the boat with buckets, which reminded me of the

famous movie, *Titanic*. Indeed, one of my friends told me that I could have expected the ship to sink quickly and completely, and I think that this potentially disastrous event

was the closest I've ever been to death in my life. But luckily, the water that was flooding the boat didn't touch my feet and we were able to come back to the shore. After arriving at the shore and going into the yard house where we went to refresh ourselves, the 18" tall glass of beer I drank was the best I've ever had.

Earlier, back on the boat, when I saw water ahead of me and felt like I was going to die, I thought I would never go fishing again. However, as soon as I got off the boat, I realized that I would like to continue enjoying fishing from a boat while making use of my reflections on this momentous event in my life. So, please don't let my "Titanic" story dissuade you from going fishing here in Los Angeles! Because in the ocean off the coast of Los Angeles, you can catch many different types of fish depending on the season, including horse mackerel, flatfish, scorpionfish, and sundabs, etc. Please also know that a license is required to fish in California, so be sure to purchase a license online before enjoying fishing in Los Angeles!



By Akari Tanabe

MY THOUGHTS ON SHARKS



I am most impressed by the sharks made famous in the *Jaws* movie. Sharks are not sea creatures that we encounter on a daily basis. Therefore, I do not have a fear of sharks. The sharks I see in movies and at the aquarium do not attack me. However, if I were to encounter a shark in the ocean, I would be prepared to be eaten by it out of fear. The news about sharks that I hear about is surfers who lost their limbs to sharks while surfing. Just the thought of having a limb ripped off by a shark in one bite is horrifying. It is a horrifying thought because in the ocean we feel more helpless and less likely to win against a shark. Do you think you could win a swim race against a shark? I don't think so because they are very fast swimmers in the ocean, but humans are not. I think they look very cool, but I hope we never encounter them in the ocean.

By Kaori Toyasaki





HOW MUCH DOES IT COST FOR DENTAL CARE IN THE U.S. AND JAPAN?

Have you ever considered the difference in dental care costs between the U.S. and your country? The high cost of healthcare in the U.S. is well known because there is no national health insurance system. I would like to make a comparison with Japan, which has a well-developed national health insurance system. Japan has a national health insurance system in which all citizens are covered by medical insurance. Under Japan's medical insurance system, the co-payment is 30% throughout Japan for any treatment at any hospital, as long as the treatment is within the scope of treatment stipulated by the insurance.

However, the U.S. does not have a national health insurance system like the one in Japan. U.S. citizens have private health insurance coverage provided by private insurance companies or through workplace-provided health insurance. The amount of co-payment for private medical insurance in the U.S. varies greatly depending on the medical insurance company and the insurance policy. The figure below shows the treatment costs borne by the U.S. and Japan. Here are some examples that show the cost of various treatments in the U.S. and Japan. By comparing these costs, we can start to ask many important questions about the system in each country.



	U.S. 	Japan 
First consultation fee	\$100	\$18-\$27
X-ray	\$150	\$12
Resin filling	\$285	\$28
Crown	\$1,400	\$90
Root canal	\$1,200	\$58
Scaling	\$120	\$10
Anesthesia	\$20	\$4
Extraction	\$400	\$25
Extraction Wisdom tooth	\$600	\$50
Dentures	\$1,700	\$100
Orthodontic	\$7,000	\$10,000
Implant	\$2,200	\$4,000

What I actually felt when I saw dental care in the U.S. and Japan is that dental care in the U.S. always explains the amount of money or provides a written estimate to the patient. However, in Japan, when dental treatment is covered by insurance, patients tend to receive less detailed explanations than in the United States. This is because in Japan, the amount of money is not much different regardless of where the treatment is provided, and they know the amount of money based on their own experience.

When I was treated in Japan, I had to explain the amount of money in detail regarding treatment not covered by insurance. Especially for orthodontics and implants, as you can see in the table above. The more expensive the treatment is, the more trouble the patient will have if they do not fully understand and agree to the treatment. I felt that explanation and consent are indispensable for patients in the U.S., where insurance is expensive and not effective, when I saw the scene of American dental treatment.

By Yukina Senoo





WHAT IS “THANKSGIVING”?

Thanksgiving is an annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists of Plymouth and the Wampanoag people. Some of the first English colonists were the Pilgrims, who were the settlers of Plymouth, Massachusetts, the first permanent colony in New England (1620). Plymouth, a county southeastern Massachusetts, is bordered by Massachusetts Bay (northeast), Cape Cod Bay (east), and Buzzards Bay (south). And the Wampanoag were Algonquian-speaking North American Indians who formerly occupied parts of what are now the states of Rhode Island and Massachusetts, including Martha’s Vineyard.

THANKSGIVING CELEBRATIONS AROUND THE WORLD

Eight nations of the world have official Thanksgiving Days. The nations are Argentina, Brazil, Canada, Japan, Korea, Liberia, Switzerland and the United States.

Family Celebration

Thanksgiving is an American public holiday which is held on the fourth Thursday of November every year. It is an important celebration for Americans. They usually spend the day with their families. When I was living in Hawaii, my local friend’s family invited me to their Thanksgiving celebration. We made a Thanksgiving meal, which traditionally includes a roast turkey, stuffing, potatoes, vegetables, cranberry sauce, gravy, and pumpkin pie. During the day, we went to Thanksgiving parades and watched American football on TV. However, the most important part of the celebration was the dinner. Before the feast, every member of the family said one thing that they were thankful for. Thanksgiving began as a harvest festival, but now it is a day to spend time with your family and remember the good things in your life. In some cities and towns, there are parades during the Thanksgiving weekend. In most areas, these festivities also mark the opening of the Christmas shopping season.

LONG WEEKEND IN MORE THAN 20 STATES

The day after Thanksgiving, also known as Black Friday, is a holiday in more than 20 states. It's common to take trips and visit family and friends during the long weekend.

BLACK FRIDAY

Black Friday is the day following the Thanksgiving Day holiday on the last Thursday in November. Black Friday is the biggest retail sales day in the United States, and it is often regarded as the unofficial start of the holiday shopping season.



CYBER MONDAY

Cyber Monday is the Monday after Black Friday, and it is a 24-hour online shopping event that was created to persuade people to do their shopping online and is now seen as an extension of the Black Friday sales.

MANY AMERICANS HAVE THE DAY OFF

Most government offices, businesses, schools, universities, colleges, and other organizations are closed on Thanksgiving Day. Many offices and businesses allow staff to have a long four-day weekend for Thanksgiving, so these offices and businesses are also closed on the day after Thanksgiving Day. Public transit systems usually do not operate on their regular timetables. Thanksgiving Day is one of the busiest periods for travel in the USA. This can cause congestion and overcrowding. Seasonal parades and busy football games can also cause disruption to local traffic.



By Chika

People usually have strong opinions on whether they prefer a dog or a cat, and which of these pets is the best. That's why my friend and I recently had a discussion about which one is the best, because she has a cat and I have a dog. Our discussion centered on three differences between the habits of dogs and cats.

Our first point of discussion was the sounds dogs and cats make. For example, when someone rings the doorbell bell of the door, on the one hand, a cat is not going to do anything. He will just continue what he was doing. Or if he makes a sound he's going to meow. On the other hand, a dog is going to bark and might attack the person who's coming. A dog protects the house.

We also considered what we are able to teach them. My friend can't teach anything to her cat. And this is the same with most cats. They just eat, sleep, and play indoors or go outside to explore by themselves. But for my dog, I can teach him everything I want; I just need some kibbles, some time and patience and he will do everything that I ask him.

Finally, the last difference we talked about is the games dogs and cats play. Cats usually don't need anybody to play with. There are cat trees that can occupy them, although they also like to play with humans. Dogs for their part can't really play alone. They can eat shoes, chew on a stick or a toy, but they are not going to play alone. Dogs also need to go out for walks frequently.

In the end, my friend and I learned that each of our animals has its unique characteristics. Indeed, cats and dogs don't always have similar personalities, and deciding which animal was the best to have was harder than my friend and I had anticipated. My friend doesn't want to take too much time for an animal, so the cat is the best animal to have for her. As for me, I want to take time to take care of my dog and to make him happy. Thus, we believe that the best animal to have between a cat and a dog depends largely on each person's preference.

By Charlotte Leroy



NUTRITION & BODYBUILDING

It is important to have a balanced diet based on your body's physiology and your daily routine. The best way to build muscle is to have a surplus of calories and at the same time train properly. Calories are divided into carbohydrates (sugars), proteins, fat and micronutrients. All of this together is the amount of calories. It's important to introduce all of them in your daily diet and in all of your meals too.

To not have a break in your growth and to continue to build muscle and increase your strength, the calories must be different on your day ON and your day OFF from the training session. Some people work well with high carbs and low fat during the day ON training and others work in the opposite way. It depends on the person.

A normal person, the total amount of the daily caloric intake is 2000 Kcal for a man and 1800 Kcal for a woman. For women it's better to train mainly the lower body (legs and glutes) but it's important to train the upper body, too (arms, shoulders, back).

Maybe it's better to avoid training the chest for women, because the muscle tends to replace the fat on the breasts and, therefore, decreases their size.

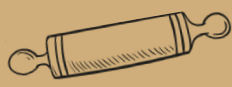
The first year of training for a person who has never been to the gym it's possible to gain up to 20kg. The workout must be in a hypertrophy range, reps from 6 to 15 and bring the workout to exhaust the muscles. For increased strength the rep range must be between 2 to 6 reps (with a heavy weight). For the hypertrophy the rep range is from 6 to 15 reps (with a low weight). The muscles need to have some rest days where the destroyed fibers can rebuild again.

Personally, we go to the gym about four times a week and do fundamental exercises like deadlifts, squats, hip thrusts and other complementary exercises. And working out together is a lot of fun, too!

So, we hope to see you at the gym!

By Lorenzo Coral & Alessia Carlino





THE BAKERY

Every weekend, young people hang out together and have fun. They go to the park, go shopping, go to a coffee shop, or go to Paris. This is not what I personally do. I work in a bakery in Japan. I wake up at 6:30am and come back home at 8:30pm. I have only one break, between 1 and 3pm. While I'm working, I have the opportunity to observe the customers and distinguish the following different groups of people.

The ones who are coming into the bakery early. These persons are the ones who are working in the marketplace. They are always wearing their gowns and ask for a coffee to warm up or to wake up.

There are also the regular ones. They ask for the same thing every weekend. The dad with his child who asks for bread. The nice woman who asks for 2 salads with 3 containers of sauce. The elderly woman who never says "hello" or "thank you," who just gives you her order, which is a croissant and a pain au chocolat. Although sometimes she has something else, such as marmalade or bread.

The ones who are coming into the bakery between 10am and 12am or 3pm and 6pm. At these two times of the day we can observe a lot of groups. There are the ones who ask for one or two things such as bread, a pastry or a cake. There are the ones who ask for a lot of extras but know exactly what they want. For these two groups it's really fast to move to the next client. And then there are the ones who don't know what they want and take a lot of time to choose, or they change their mind again and again. This group takes a lot of time to serve. Fortunately, this group is in the minority.

The ones who are coming into the bakery late, which means just before closing. These people are surprised when we tell them that we don't have what they want anymore. However, they still take something that can replace what they needed because often it's for the evening (of the same day). There is also a man who comes late and buys many cakes. This man is really nice and likes to make jokes.

Every weekend, young people aren't earning money, but I am. But this is not the only advantage. Indeed, I have the opportunity to have fun while I'm working because my co-workers are nice and I also have the opportunity to learn something new about the nuances of human tastes and behaviors. This is my job and it makes me happy and proud.

By Momoka

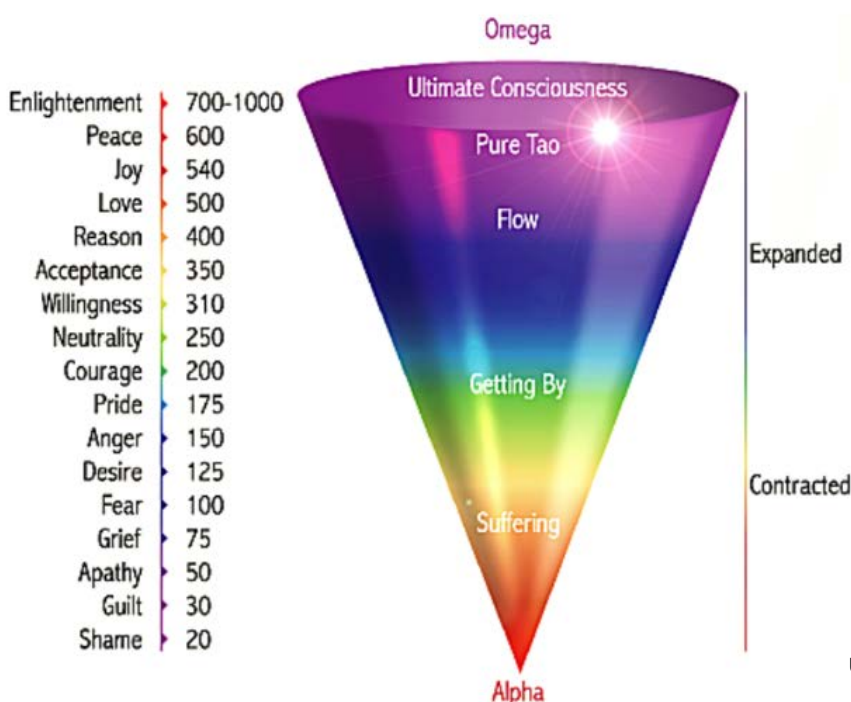


HOW MUSIC & SOUND CAN IMPACT OUR BRAIN AND OUR FEELINGS

Music is a part of me and I think that I'm not the only one who needs a daily dose of that crazy self-made playlist. Since the moment I started to appreciate music with my heart and my brain, I began to be exigent with the details even to this day. When I find a new song that touches my soul, I'm very happy because it is so rare. Every time I get this feeling, I am questioning myself about how melody can physically affect us.

Music is sound, which is vibrations, but with emotion. Music, objects and even humans are also vibrations. That is why it is very interesting to me. Our body is composed of energy-producing particles, each of which is in constant motion, like everything and everyone else in the universe. You and I are vibrating and creating energy. During our normal daily life, we are exposed to various sources of vibration particles, for example, in buses, trains, and cars. For humans, vibrations are measured in Hz (hertz). Researchers have found that each level of frequencies can be assimilated to different types of feelings/emotions, from shame to enlightenment, from Alpha to Omega, from suffering to ultimate consciousness. According to the existing research, the natural frequency of a standing human body is about 7.5 Hz, and the frequency of a sitting posture in a car is generally about 4 to 6 Hz. Does this mean that we are

doomed to constantly live between bad and really bad frequencies? What or who can help us to improve our vibration score?



Playing, listening and studying music is not new. Scientists, musicians and historians from all centuries have added their pieces of explanations and results to this wide, complex and universally appreciated subject to maybe find, one day, the answer to how the universe and all its components can be understood.

The beginning of this treasure hunt, in our millennium, started when Dr. Joseph Puleo rediscovered the first six ancient frequencies of solfège in a book called “Healing Codes for the Biological Apocalypse,” by Dr. Leonard Horowitz. Most of the ancient frequencies had been lost and the rest are kept in the Vatican’s archives. The six rediscovered frequencies are:

DO: 396 Hz - Exemption from feelings of guilt and fear.

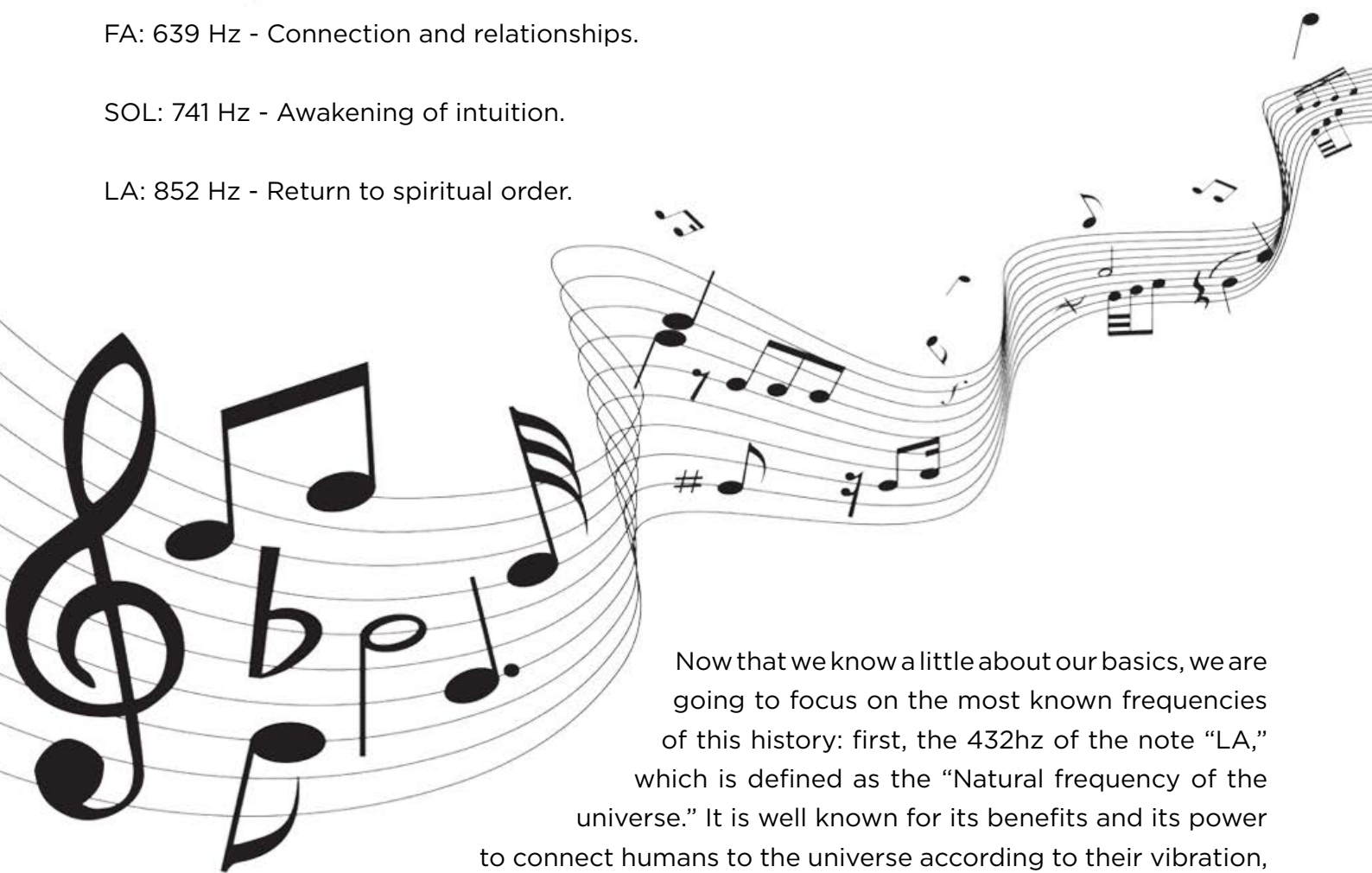
RE: 417 Hz - Neutralization of situations and helps change.

MI: 528 Hz - Transformation and wonders (DNA repair).

FA: 639 Hz - Connection and relationships.

SOL: 741 Hz - Awakening of intuition.

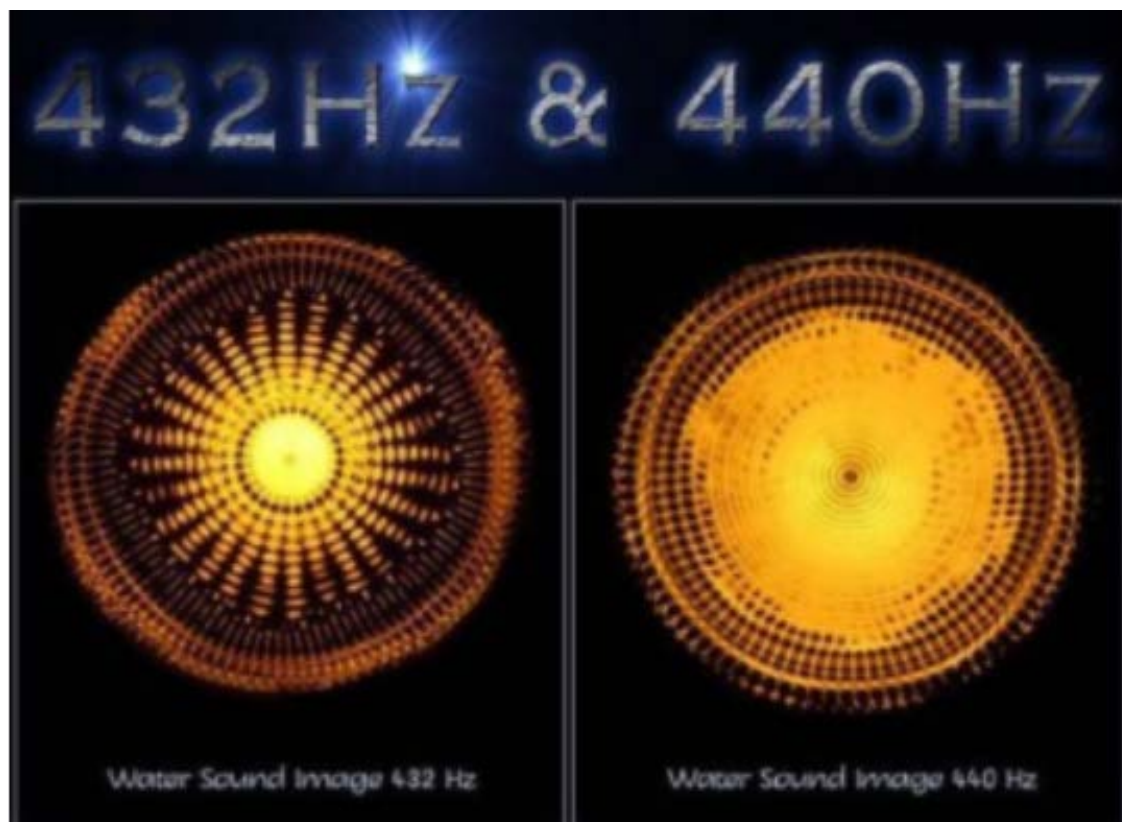
LA: 852 Hz - Return to spiritual order.



Now that we know a little about our basics, we are going to focus on the most known frequencies of this history: first, the 432hz of the note “LA,” which is defined as the “Natural frequency of the universe.” It is well known for its benefits and its power to connect humans to the universe according to their vibration, like an instrument, according to various theories.

The second one is the 440hz “LA,” also known as the “Stuttgart pitch,” which serves as a tuning standard for the musical note of A above middle C, or A4 in scientific pitch notation. 1910 was the year in which John K. Digen, an officer in the United States Navy and disciple of physicist Hermann Helmholtz, was able to convince the American Federation of Musicians to adopt the pitch A = 440hz (instead of 432hz) as a standard pitch for orchestras and musical groups. Skilled in the fields of astronomy, geology and chemistry, Digen had studied many branches of physics, especially the theory of light and sound. His opinion is fundamental in the study of musical acoustics. In fact, Digen designed the wartime 440Hz chime.

Then, in 1936, the propaganda minister of the Nazi movement, Joseph Goebbels, adopted the same frequency, with the idea that it could easily affect the human brain and could be used as tool for effective propaganda towards the people. Indeed, if we deprive a human body of its natural tone by increasing its pitch, people start to gradually lose their free will and become easier to “manipulate”. This was the main reason why the Nazis adopted this new frequency (LA = 440hz).



In conclusion, there are a lot of theories about this subject. Some people even think that the actual worldwide commercial music industry uses 440hz to control the people. For my part I don't disagree with them, but I don't have the knowledge and the time to study music as I would like to. Scientists, researchers, historians and musicians are not going to find right now how to clearly understand and use sounds and vibrations, so I'm just doing my best to appreciate and study music in my way, and try to find my monthly golden nuggets. It can be a love song, deep house, bossa-nova, rap, or even a classical piece, from the moment when the alchemy of vibrations touches my heart and soul by passing through my ears and is understood by my brain through lyrics. I hope that you have learned a little by reading this, even though I failed to answer the question I posed at the beginning. But in the end, please don't forget to appreciate each single note and consider the hard work of a musical artist—due to the difficulty and complexity of music and the weight of the art that she needs to carry on her shoulders.

By Z

A PAPER SOCIETY OR A PAPERLESS SOCIETY

Many people likely misunderstand that a paperless society is way more comfortable than a paper society. However, they both have their pros and cons. First of all, in a paperless society, we don't have to bring any actual money in terms of paperless payment; however, if our credit or debit card is not working for some reason, we can't pay. And even if we still have bills, we should be able to pay even in those cases where we don't have enough cash for the bill. With a paperless society, it's also so hard to delete information or evidence completely; whatever we do, some trace will remain on

the Internet. In terms of a paper society, we can delete anything so easily without any trace. However, going paperless we can omit so many procedures because the system on the Internet can realize mistakes on contracts, which means we can make some corrections and/or agreements quickly and conveniently. On the other hand, if we make some mistakes when we write something on paper - for example, misspelling something - it might take far more time to fix than with paperless. So, when we consider these pros and cons, we can see that a paperless society is the society of the future.

By Iori