

## GAZETTE

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

**FALL FOLIAGE  
SEASON IN JAPAN**

My favorite seasons are spring and fall because of the changing colors of the mountains. In spring, the mountains take on a lovely pink hue, while in the fall, they display a vibrant mix of red, yellow, and brown.

The optimal time to witness the stunning fall foliage varies depending on your location. In my city, it typically occurs from November to early December. During this time, my family and I enjoy picnicking, collecting fallen leaves, and capturing beautiful photographs amidst the breathtaking autumn scenery.

Back when I was in elementary school, we used to embark on excursions to the local forest to gather these fallen leaves. Once we had collected them, we would wonder what to do with this colorful bounty. Our creative minds led us to use these fall leaves to craft intricate pictures and make charming bookmarks, perfect for adorning the pages of our beloved books. This activity allowed us to bring a piece of nature's beauty into our daily lives and fostered our appreciation for the changing seasons.

*By Minayo Senko*





## COMPARING TWO COUNTRIES



South Korea and Italy are both peninsulas and have similar populations in each country. Although they are located far apart, they experience similar four seasons: Spring, Summer, Fall, and Winter. However, they differ from each other in terms of historical remains, geology, and safety for travelers.

First, Italy has many old historic remains inside the capitol, Rome. Rome was the central city during the Roman Empire, which held intensive power throughout Europe. Because of its historical significance, remains such as the Colosseum and the Pantheon can be preserved with minimal damage. When I traveled to Italy, I was surprised to find that most of the buildings were older than 100 years, including the hotels where I stayed. The government regulates the preservation of old buildings through reconstruction efforts. On the other hand, Korea doesn't have many historical remains inside the city. Korea has suffered from numerous wars, including the Korean War,

during which many historical sites were destroyed. Instead, Korea has modern skyscrapers within the city.

Second, Italy can access other countries by land routes despite being a peninsula, while South Korea cannot trade with other countries by land routes due to the border between South Korea and North Korea. For this reason, South Korea seems like an island.

Lastly, Italy is notorious among travelers for issues related to pickpocketing and theft, often involving gypsies. Many travelers have experienced difficulties with their belongings being stolen. Conversely, Korea maintains public safety effectively, allowing travelers to be less concerned about crime during their trips.

Although South Korea and Italy seem similar considering geography and the economy, they have different cultures, histories, and administrative power.

*By Jiyoung Hwang*



# EMBRACING THE CHALLENGE OF ACTING

Acting is a challenging endeavor, but it's a challenge I willingly embrace. In fact, it's a monumental challenge!

Firstly, I enjoy acting because it provides me with a platform to demonstrate my abilities to others. I frequently engage in public speaking due to my profession, but I approach it with a strong desire to excel, which sometimes makes me nervous. I hold myself to high standards. Secondly, acting serves as a means to enhance my proficiency in English. When I made the decision to venture to LA, I believed it was a wise move. I understand that it will be arduous, but I am determined not to give up; I am driven by the desire to make progress. However, I do have concerns about comprehending my acting instructors at the acting school.

Lastly, my aspiration is to perform in both French and English. Being fluent in two languages other than my native Spanish is a valuable asset, especially considering the requirements of my profession. Consequently, I hope to make significant strides in improving my English.

In conclusion, from my perspective, achieving fluency in English would be a dream come true. I recognize that this goal demands extensive effort and preparation for my performances.

*By Susana Bernal*







There are two reasons why I study English. Firstly, I enjoy connecting with people from around the world and learning about their culture, history, and ways of thinking. English is the international language, so by studying and speaking English, I can communicate with a much larger number of people than if I were only able to speak Japanese. I have a long list of places I would like to visit, including the United States, France, the UK, Australia, Korea, and Germany, and by speaking English, I can easily make friends in each of these countries.

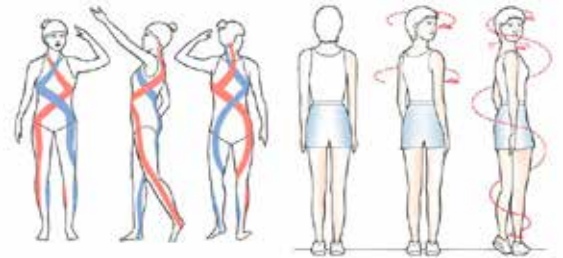
Secondly, studying English allows me to access a wider range of interesting books that are written in English. I have a passion for reading, and while I have discovered some excellent books in Japan, many valuable works have not yet been translated into Japanese. Reading books not only provides me with enjoyment but also offers the opportunity to learn about various topics such as the environment, diseases, different cultures, new recipes, and economics. While I can find information on these subjects on the internet or through social media, I cannot always be certain of its accuracy. In contrast, books are reliable sources of information and are therefore a much more trustworthy option.

For these two compelling reasons, I am committed to studying English.

*By Mae Sakamoto*



# EXPLORING THE ALEXANDER TECHNIQUE



Today, I would like to discuss the Alexander Technique, which I encountered during a class in the spring quarter. This particular class was offered by the dance department and proved to be a fascinating experience. I must admit that the topic seemed rather peculiar to me at first because I had never heard of it before. Furthermore, unlike many of my fellow dance majors, I do not engage in extensive physical movement in my daily life, which made it challenging to initially grasp its benefits. However, through dedicated practice, I began to understand how this technique could help me release tension from my body, leading to a notable improvement in how I felt.

The Alexander Technique is somewhat challenging to articulate accurately. Even after taking the class, I find it difficult to provide a perfect explanation. Essentially, it falls under the category of alternative therapy and is rooted in the concept that poor posture can contribute to various health issues. It proves especially beneficial for individuals who rely on their bodies, such as dancers. During my practice of the Alexander Technique, I became more aware of where I was holding tension incorrectly. This realization prompted me to reorganize my body, resulting in a significant reduction in neck and back pain, and an improved posture while carrying out daily tasks. It is worth noting that numerous celebrities also embrace the Alexander Technique.

For instance, Aldous Huxley, the renowned British writer famous for his work “Brave New World,” was an advocate of the Alexander Technique. Huxley’s broad interests encompassed philosophy, psychology, and techniques for personal development. He explored the Alexander Technique as part of his quest for self-improvement and mind-body integration.

In his book “The Perennial Philosophy,” Huxley delved into the concept of “Somatic Education,” which incorporates the principles of the Alexander Technique among other somatic practices. He emphasized the significance of self-observation and conscious control of one’s physical and mental states. He suggested that by refining our bodily habits and postures, we can positively influence our perception and experience of reality.

In conclusion, Aldous Huxley’s engagement with the Alexander Technique reflects his overarching curiosity about consciousness and self-improvement. The technique served as a practical tool for him to cultivate harmony between the body and mind, aligning with his intellectual and creative pursuits.

*By Songeun Lee*

## A JOURNEY THROUGH MOROCCO

I would like to take this opportunity to recount a solo trip I embarked on during my time as an exchange student in Europe. I have always held a fondness for solo travel, especially to destinations that are unfamiliar to me, and Morocco, with its aura of mystery, was a country I was particularly drawn to.

My first stop on this adventure was Marrakesh, the fourth-largest city in Morocco. During my stay, I had a serendipitous encounter with a local young man in a café who happened to be a street photographer. His life's mission was to showcase the true essence of his hometown through his photographs, capturing the lives of people on its streets. He graciously showed me around the city, giving me insights into its vibrant culture, and later took me to his photo exhibition, hosted in a charming art gallery. His captivating photographs vividly portrayed the extraordinary diversity of Morocco. They depicted bustling street scenes with vendors, tanners, women shopping in the markets, and impoverished children playing games in the narrow alleyways—scenes that I would come to witness in the following days. Despite their often challenging circumstances, most of the people I encountered wore warm smiles on their faces.

One of the highlights of my journey was a three-day excursion to the Sahara Desert. Our group comprised about twenty travelers from various countries. Our adventure began with a scenic drive across the Atlas Mountains in a small van. Upon reaching the desert's edge, we were treated to the mesmerizing sight of a Sahara sunset during a one-hour camel ride across the dunes. Eventually, we arrived at a Berber camp nestled in the heart of the desert. There, we enjoyed a delightful dinner accompanied by spirited dancing and singing. After the meal, as I walked through the absolute darkness of the desert with fellow travelers, I gazed up at the night sky in awe. The vastness of the universe, with its myriad stars and cosmic mysteries, left an indelible impression on me. At that moment, I couldn't help but feel the profound insignificance of humanity when confronted with the grandeur of Mother Nature.

One of the reasons I cherish solo travel is the opportunity it affords me to connect with people from diverse cultures, share life stories, and learn from each individual I meet along the way. Thanks to this incredible Moroccan experience, I had a chance to witness the daily lives of the Moroccan people. This journey deepened my appreciation for the blessings I already had in my life. In our age of burgeoning social media, we are constantly exposed to tantalizing images and experiences, sometimes losing sight of the abundance in our own lives. To be candid, I occasionally find myself entangled in the allure of materialism. However, when I reflect on this inspiring trip, I am reminded of the scenes and people I encountered on the streets of Morocco, grounding me in gratitude for the simple yet profound moments that make up our lives.

*By Chi Chung*



# SHIFTING CRIME TRENDS: A LOOK AT JAPAN'S PAST AND FUTURE

I'm writing about a crime trend in Japan from about 20 years ago to the present day. Approximately two decades ago, around 50% of crimes were committed by individuals under the age of 20. However, in recent years, this demographic has seen a significant decline in criminal activity, with roughly 80% of crimes now being perpetrated by adults. Among these offenses, theft remains the most prevalent. It is worth noting that despite Japan's strict gun control laws, there has been a noticeable, albeit gradual, increase in murders.

In Japan, civilian gun ownership is prohibited, but some individuals have taken to crafting their own firearms due to the proliferation of social networks and the rapid dissemination of information. A tragic incident involving the assassination of a former prime minister in Japan serves as a stark example. The assailant in this case manufactured a firearm independently, leading to the prime minister's untimely demise.

It is concerning to observe that this incident garnered widespread media attention, being extensively covered on television and across various social media platforms. This heightened visibility may potentially contribute to a future rise in the number of murders in Japan.

*By Minayo Senko*

