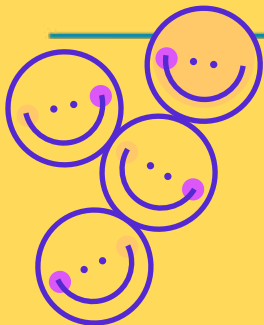


## GAZETTE

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

**THE FASTEST WAY  
TO FEEL HAPPIER**

Feeling stressed? Life can be hard, but small actions can often make a big difference to your mood. Here are three simple but effective methods I use to feel better. They might not all work for you but by trying different activities, you can find your own way to feel happy.

**1. Listen to music**

Music can change your mood almost right away. When I'm feeling sad or tired, I choose either fast and lively songs or calm and relaxing ones. Do you have a favorite singer or band? Put on your headphones and enjoy their music. You could also listen to songs from your favorite childhood animations or movies. These can bring back happy memories and help you destress.

**2. Go to a concert**

Live music has a special energy. I go to my favorite rock band's concerts whenever I feel stressed. Being there with other fans and friends always makes me feel better. If you don't have a favorite artist yet, check out ticket websites and choose a music festival that looks fun. It's a great way to hear different styles and discover what you like.

**3. Meet your friends**

Friends can make you feel safe and understood. Invite them over and get food delivered, or visit a nice café. If meeting in person is not possible, a phone call or text can still make you feel close to them.

Happiness doesn't always need big changes. Sometimes, you can just listen to music, go to a show, or talk to someone you care about. I hope these tips help you feel better!

*By Soli*

# MEDELLÍN, A DANGEROUSLY ATTRACTIVE CITY!

Greetings everyone! Welcome to the city of eternal spring, Medellín!

Do you have any plans to travel to Colombia? Then you should go visit Medellín, the second biggest city in Colombia (after Bogotá). It has now become an attractive place for lots of young tourists, including me! I visited there in late July and here are things you can enjoy. You can see the groups of beautiful houses with fantastic views taking advantage of the alpine area. You can check out some elaborate graffiti, join a 'Grafitour' with local graffiti artists, and even get a chance to make your own graffiti. Also, as you can recognize with the nickname of the city, the weather is always nice and warm – like an all-year-long spring!

Did you know that this place was once the epicenter of Colombia's drug war? Have you heard about Pablo Escobar - the boss of the Medellín Cartel? Pablo Escobar is one of the worst criminals in history. Pablo and his sicarios (hired killers especially when referring to Latin American drug cartels) illegally circulated cocaine. Anybody who went against Escobar would die. There is even a famous quote from him, "Plato o plomo" which literally means "silver or lead," implying that anyone should take a bribe to survive. He killed over 1000 police officers, and more than 200 judges, politicians, and journalists. He even committed several terrorist acts including a gunshot murder and bombing on an airplane to eliminate the politicians who were against him.





By 1990, there was a civil war in Colombia between the cartel and the government. Even the United States Drug Enforcement Agency (DEA) got involved. Eventually in December of 1993, the police succeeded in intercepting his phone calls to pinpoint where he was hiding in Medellín, and he was shot dead after a chase.

After the cocaine cartel faded away, Medellín started to reinvent itself. Comuna 13, known for years as the epicenter of the city's most dangerous neighborhood, today has a very different reputation. Now, if you visit Comuna 13, you can check out local artists dancing, drawing, and selling food and souvenirs. I must say, it's a bit ironic that they also sell souvenirs about Pablo Escobar, who turned this entire city and country into chaos.

So that's a little history of the dangerously attractive city, Medellín! Next time you visit, you will see Pablo Escobar's face everywhere, and you will see what I saw and understand what I said. I mean, if you know, you know! Then, muchas gracias a todos!

*By Joya*

# BEATING THE HEAT: SMART WAYS TO STAY COOL AROUND THE WORLD

We are looking into summer survival methods around the world. Which method would you like to try? We're sharing how you can stay cool during the hottest months in L.A.!

## FIGHT OR FLIGHT? TWO WAYS TO COPE WITH THE HEAT IN KOREA:

In Korea, one way to beat the summer heat is... by eating something hot. It's called 이열치열 (ee-yeol-chi-yeol), which literally means "fight heat with heat." On the hottest days of the year—especially during Sambok, three dates that mark the peak of summer—people sit down to steaming bowls of samgyetang (ginseng chicken soup) or extra-spicy stews. Think of it like how Americans might have chicken noodle soup when they're sick: warm, nourishing, and oddly comforting. The idea is that hot, hearty food helps your body adapt to the heat and gives you a boost of energy. For many Koreans, it's less about cooling off right away and more about embracing the season with a tradition that leaves you feeling recharged.



— Suyeon (Sophia)

It's been really hot, hasn't it? Let's cool down with Korea's refreshing summer foods! Naengmyeon and bingsu are Korean summer dishes. Naengmyeon is a noodle dish served in a tangy, cold broth with ice, cucumber, and tomatoes. You can add vinegar and mustard to taste. Bingsu consists of finely shaved ice topped with various sweet toppings. Traditional Bingsu usually has rice cakes and red beans as toppings. Recently, fruit toppings such as mangoes, melons, and Shine Muscat grapes have become popular. You can enjoy Bingsu with your family, friends, or even by yourself.

— Yeju (Clara)



**POPULAR SUMMER ITEMS IN JAPAN:**

To overcome the hot, humid summer in Japan, people rely on practical cooling items in daily life. Cooling patches on the forehead or neck offer instant relief, and sun umbrellas (higasa) help block sunlight while lowering body temperature outdoors. Handheld fans and mint-scented wipes are also popular for staying cool and refreshed. When I took a basketball class during my exchange program in Japan, almost everyone brought a handheld fan and hand towel, using them during breaks to cool down and wipe away sweat. These simple habits show how people in Japan actively adapt to the intense summer heat.

— Shinyu (Sharon)

**HOW TO OVERCOME THE HEAT IN ARMENIA DURING SUMMER:**

Summers in Armenia get really hot, but people have lots of fun ways to cool down. One of the most famous is Vardavar, when everyone throws water on each other in the streets, making the heat way more fun. Many families go to Lake Sevan for the holidays, where the air is fresh and the water is super cold - perfect for swimming! There are also lots of pools where you can pay and spend the day swimming and relaxing. Some people go to the mountains for cooler air and nice picnics. In the cities, ice cream shops and cafés are always full of people enjoying cold drinks and desserts. That's how everyone makes the hot Armenian summer more enjoyable.

— Artyom (Art)



*By Suyeon, Yeju, Shinyu, and Artyom*

# DANGEROUS WILDLIFE IN CALIFORNIA

A few months ago, a group of adults and children were attacked by a mountain lion in the Tapia Park picnic area, a few kilometers from Malibu. It reminds us of the dangerousness of the Californian wildlife. Indeed, we will talk about the most dangerous animals in California.

On land, we have various animals like reptiles or insects. However, the most iconic animal in California is the grizzly. Even if this animal is not living around Los Angeles, we can still see him in national parks such as Yosemite. This species of bear is well known for its aggression against humans. Thus, there are plenty of attacks in national parks.



The deadliest animal in California is a reptile. Despite its small size, the rattlesnake has a very dangerous venom capable of killing a human in only a few minutes! Even Americans are afraid of snakes like this.



Accidents happen frequently. In fact, each year, 7000 to 8000 people are bitten by this snake, but only a few of them die.

We cannot forget the ugliest species in our review. The black widow is the most venomous and dangerous spider in the entire country! Its venom is very powerful despite its size. Indeed, a few thousand people are bitten every year. However, thanks to American hospitals, cases of deaths are extremely rare.



Finally, to finish this review, the most impressive animal is the great white shark. This species of shark attacks surfers in Southern California. Even though these attacks are rare, they are astonishing and traumatizing for the victim.

To conclude, California is populated by various animals in various environments. Some of these reptiles, sharks, insects, or bears can be dangerous for humans. However cases of deaths are extremely rare even if the numerous attacks influence the collective imagination.

*By Sacha*

# A TALE OF TWO BALLPARKS: COMPARING FAN CULTURE IN KOREA AND THE USA



People all over the world love sports, but how they enjoy them can be very different. A good example is comparing baseball fans in South Korea and the United States. They both love the same game, but the way they cheer, the league formats, and the other sports they like are not the same.

The biggest difference is the cheering style. In Korea, stadiums are full of energy. Fans sing and dance together for the whole game. Each player has their own cheer song and cheerleaders lead the crowd. It feels like a fun party! In America, the cheering is more relaxed. Fans cheer loudly for big plays but it's not constant. They might shout simple things like "Let's go!" It's a more casual atmosphere.

However, one thing is similar: the food! Both American and Korean fans love to eat at the stadium. In America, people eat hot dogs and peanuts. In Korea, many people enjoy "chimaek," which is chicken and beer. Enjoying food while watching a game is a fun tradition in both countries.

The structure of the leagues is also very different. In Korea, the KBO League has 10 teams. After the regular season, the top five teams enter the playoffs. It's like a ladder, where lower-ranked teams have to win more games to reach the final called the Korean Series. In America, the Major League Baseball (MLB) is divided into two separate leagues: the National League and the American League. Each league has its own playoffs. At the end, the champion of each league plays against the other in the famous World Series.

Finally, the most popular sports are also different. In Korea, baseball and soccer are very popular. In the U.S., fans love many sports. Besides baseball, American football, basketball, and ice hockey are also extremely popular. This shows that Americans enjoy a wider variety of sports.



In short, Korean and American fans both love baseball, but they show it in different ways. From the organized cheering to different league structures, there are many contrasts. However, both enjoy eating at the game. These differences just show that there are many interesting ways to be a sports fan.

*By Younghoo*

## DON'T FORGET YOUR FEET



These days, there are all kinds of stylish and cute shoes including heels, pumps, sneakers, leather shoes, and so on. They have excellent designs and protect your feet. However, we know that many people still suffer from issues such as bunions, calluses, and flat feet. I used to be one of them. In fact, our feet adjust to the shape of the shoe and over time can change the natural shape of the foot.

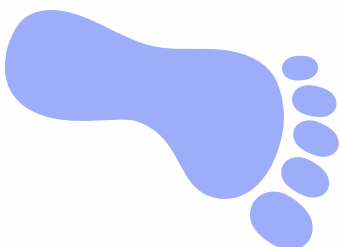
Originally humans walked barefoot, feeling the ground, keeping their balance, and being able to move their toes the way we move our fingers. Today, many people are suffering because of the shoes we are wearing with narrow toeboxes or thick cushioning. For example, when you stand barefoot for a period of time, you may begin to experience pain. This can be caused by improper balance - putting pressure on the wrong parts of your feet.

In order to avoid this, I recommend doing some foot stretches. Move each toe up and down and spread your toes apart. It may be difficult at first, so just start by moving your big toe and work your way up to a complete range of motion. Another thing to do is to choose shoes with flat soles and a wide toe area. Soles with thin cushioning may cause pain in your calves at first, but over time you'll get used to them and develop arches in your feet.

If you keep wearing modern shoes, you may gradually lose the functions your feet naturally have, and you'll be more likely to trip and stumble as you get older. Since I started focusing on my feet, the pain has decreased. That's why you should start taking better care of your feet today so you can keep them healthy and feel better in the future!



*By Yuki*



# PERFECT MUSEUMS FOR MODERN ART: IN L.A. AND KOREA

Modern art holds a prominent place in the United States, with Los Angeles serving as one of its vibrant centers. Among the city's many art institutions, the Los Angeles County Museum of Art (LACMA) stands out as a cultural landmark. The largest art museum in western United States, it welcomes over a million visitors each year and it holds more than 150 000 works spanning from ancient times to today. Highlights include exceptional Asian art, Latin American works by Diego Rivera and Frida Kahlo, and one of the world's most significant collections of Islamic art. LACMA also hosts film screenings, concerts, and public programs. If you plan to visit, keep in mind that admission is free on the second Tuesday of every month - a perfect chance to enjoy world-class art without spending a dime.

Korea's counterpart is the National Museum of Modern and Contemporary Art (MMCA). Since its opening in 1969, MMCA has played a central role in preserving and presenting the history of Korean modern and contemporary art. Its collection features works by leading Korean artists such as Park Soo-keun, Kim Whanki, and Lee Ufan, alongside pieces by global icons like Andy Warhol and Nam June Paik. Photography, design, and installation works further showcase the evolution of visual culture in Korea. Through exhibitions, research, and education, the MMCA connects Korea's artistic heritage with the wider world.

For art lovers, both museums offer rewarding experiences. LACMA takes visitors on a journey across cultures and centuries, while MMCA provides an in-depth view of Korea's unique artistic narrative. Whether you are in Los Angeles or Seoul, each destination offers a perspective that will leave you inspired.

*By Hanseul*



## BIRTHDAY FOODS IN KOREA

When is your birthday? What do you eat on your birthday? My birthday is in September and every year I eat cheese cake to celebrate because it is my favorite cake! Just like me, everybody has their own birthday food. It depends on their preference, hobby, and culture. Today, I'm going to tell you about the birthday foods in Korea!

In Korea, we eat miyeok-guk (seaweed soup) as a birthday food. You can add tuna, clams, beef, and shrimp to this soup. We usually add one among these ingredients. For me, beef miyeok-guk is the best. There is also another use for miyeok-guk. After childbirth, mothers eat miyeok-guk for a while to recover and replenish nutrients.



There are many other birthday foods in Korea. We eat japchae (stir-fried glass noodles and vegetables), samsaek namul (three colored vegetables), and yangnyeomgalbi (seasoned ribs) or bulgogi. These are the usual birthday foods in Korea. For the rice, in my province, we cook sweet glutinous rice with red beans. Some other provinces cook just sticky rice. We usually eat all of these foods in the morning for breakfast. However, there are many Koreans who don't eat breakfast or eat really simple things for breakfast these days.

There is another thing we should do on our birthdays: eat a cake just like the U.S.! It's not a tradition, but most Koreans do that. These days, there are many cake shops in Korea, so we can customize our cake – not just for birthdays, but for any other events, too! You can customize the flavor and cream, and any design is possible! It's also not that much more expensive than in the United States. I recommend that you try it when you visit Korea!

So these are birthday foods in Korea. Which food caught your mind? I hope you can try these things someday.

*By Tae Yun Noh*

# REPRESENTATIVE HAMBURGERS OF AMERICA

The representative food of America is the hamburger. Three popular hamburger chains in the U.S. are In-n-Out, Five Guys, and Shake Shack. Each restaurant has its own characteristics.

First, In-n-Out is beloved for its fresh ingredients and quality. The Double Double burger is the most popular, with two juicy patties, melted cheese and fresh vegetables. Their fries are hand cut and fried in 100% vegetable oil. Their secret menu includes Animal Style, Protein Style, 3x3 and 4x4 - adding a unique twist!

Next, Five Guys is known for their customizable burgers where you can add a variety of toppings from crispy bacon to grilled mushrooms. Their Bacon Cheeseburger is famous for its thick patties and generous amount of crispy bacon. They also offer free peanuts to customers while they wait for their orders. The Five Guys fries have a unique taste as they're fried in peanut oil- so be careful if you have a peanut allergy!

Finally, Shake Shack is known for its ShackBurger, which features a seasoned beef patty, melted cheese lettuce, tomatoes, and ShackSauce served on a toasted bun. I highly recommend pairing it with one of their signature milkshakes. I really love the classic vanilla and rich chocolate flavors. The combination of the savory burger and sweet shake is a treat you don't want to miss!

*By Minseo*



# DYING JAPANESE TRADITIONS

There are some Japanese winter festivals and events. I'll tell you about a traditional one and its problems. One of the most popular winter events in Japan is Namahage. The actors wear scary masks and have horns on their heads with long hair. They also wear coats made of straw. As night falls on the final day of the year, they go from house to house and ask, "Are there any naughty children?" The Namahage come to scare the children every winter. For the parents, the Namahage represent a practical tradition of keeping rowdy children well-behaved. They're welcomed with food and sake because they also wish the family a happy new year and they are believed to bring good fortune. They scare the children but do no harm to them. Traditionally, children and their parents respond to the Namahage's questions such as, "Do the children follow the parents?" and "Do the children do their homework?". This is a traditional ritual.

Sadly, there has been a growing danger of losing this tradition because of the shrinking population. A well known commentator suggested that, "It's good to call on people outside of the community to play the roles of the Namahage." However, another commentator said, "We should keep its present form because the Namahage is an intangible cultural property of the government," and that when the Namahage visit homes, the children cry out in fear. This commentator said, "Namahage does not fit the times of today's families."

Due to the current disagreements, it's becoming more and more difficult to maintain the traditional form of Namahage. What should we do? I believe that we need to value and know our local traditions and you should as well.



## SUMMER IN JAPAN

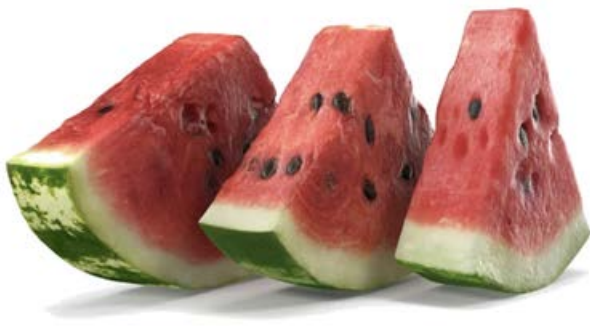


Japan has four beautiful seasons and summer is the most exciting for Japanese people. I'd like to tell you about how the Japanese celebrate summer through festivals, food, and the natural beauty of the season.

Summer festivals and fireworks make the season exciting! At summer festivals, people enjoy dancing to traditional music and eating delicious traditional cuisine. One famous example is the Awa Odori in Tokushima, where large groups of dancers parade through the streets in colorful costumes and perform lively traditional dances to the sound of Shamisen (a Japanese three-stringed instrument accompanied by drummers). Many people wear the Yukara (a light summer kimono) which makes the atmosphere even more beautiful and traditional.

The intense heat and humidity during the summer can be hard, but it's also part of what makes it unforgettable. People in Japan have used different ways of staying cool for hundreds of years. For example, the Sensu (folding fan) and the Furin (a type of wind chime that people see as calming). Recently, handy fans and small electric fans have become very popular. Summer is also a season when nature is full of life. Sunflower fields bloom under the strong sun, mountains turn lush with green and many people enjoy going to the beach to swim or just relax. These are some of the ways people enjoy the hot summer in Japan.

Summer foods like somen, watermelon, and shaved ice are not just tasty treats, they are part of Japanese summer traditions. Somen is a cold noodle dish. Shaved ice flavors include strawberry, lemon, and melon. The variety of summer flavors never get boring. Grilled corn called yaki-toumorokashi, and boiled edamame are also popular treats and are sold at summer festival stalls. These dishes help us cool down and enjoy the season.



All of these things: the festivals, the weather, the sounds, and the food come together to create a very special summer experience in Japan. What's more is that each season in Japan has its own atmosphere and traditions. That's the beauty of living in a country with four seasons.

*By Mikaze*

# COUNTING YEARS, CHANGING TIMES: KOREA'S SHIFT TO THE UNIFIED AGE SYSTEM

If you ask someone in Korea how old they are, the answer might come with a follow-up question: “Do you mean in Korean age or international age?” While most countries use the “international age” system — starting from zero at birth and adding a year with each birthday - Korea has long used other systems. In the traditional “Korean age” method, people are considered one year old at birth and everyone gains a year on January 1st. There is also the “calendar year age,” calculated simply by subtracting the birth year from the current year. This unique situation has created confusion in many aspects of daily life and law. To fix this, the government decided to unify all legal and administrative age calculations under the international standard, starting from mid-2023.

## 1. Three ways of counting age in Korea

Korea's traditional “Korean age” system starts at one year old at birth and adds another year every January 1. This means that a baby born on December 31st would be considered two years old the very next day! The “calendar-year age” is calculated by subtracting the birth year from the current year, regardless of the month and day of birth, and is used in specific laws such as the Education Act and the Military Service Act. The “international age” - used by most of the world - starts at zero and increases by one each birthday.



## 2. Problems caused by multiple age systems

The coexistence of three systems has led to both social and administrative problems. For example, a legal dispute arose at Namyang Dairy (which eventually reached the Supreme Court) over whether the retirement age in its wage system should be based on the Korean or international age. The “early school entry” system, which admitted children born in January and February alongside those born the previous year, blurred the concept of being the same age. Even during the early stages of COVID-19 vaccinations, the lack of a clear reference point for age caused confusion over eligibility. In everyday interactions with foreigners, Koreans often found themselves explaining their age multiple ways, leading to awkward and unnecessary conversations.

## 3. The “Unified Age System” reform

To address these issues, the Unified Age System law came into effect on June 28, 2023. Amendments to the Civil Act and the Framework Act on Administrative Regulations now require that age be calculated based on the date of birth in all legal and administrative contexts, unless otherwise specified by law. If someone is under one year old, their age is expressed in months. This reform was one of President Yoon Suk-Yeol’s campaign pledges. A survey by the Ministry of Government Legislation found that 82% of respondents supported the change.

## 4. Pros, cons, and the road ahead

Unifying the age system brings several benefits. It aligns Korea with international standards, making communication with foreigners simpler. It eliminates confusion caused by multiple systems, reduces the potential for legal disputes, and improves administrative efficiency. Many people also enjoyed the psychological boost of suddenly being one or two years younger on paper! However, the change also has its drawbacks. Those accustomed to the Korean age system may feel a sense of cultural loss. Short-term confusion may arise as different laws transition to the new standard. In daily conversation, many Koreans still use the old method. For full adoption, it will take time and a shift in social habits as well as legal frameworks.

Korea’s multiple age-counting systems have deep historical and cultural roots, but in a globalized era, they have become a source of inefficiency and misunderstanding. The introduction of the Unified Age System is a step toward reducing these problems and harmonizing with international norms. However, changing a long-standing social habit is not easy. The challenge ahead is to bridge the gap between the legal standard and everyday practice, minimizing confusion across generations and contexts. Simplifying age calculation is more than just an administrative fix - it could be the starting point for broader changes in how Korean society views hierarchy, identity, and daily interactions.

*By Jihyeon*

# THE IMPACT OF A.I. ON OUR DAILY LIVES

Have you ever used Chat GPT or any other AI tools? I think many people use various AI tools in their lives now. These tools can be extremely useful in many situations. Moreover, there are many opinions surrounding AI. I'm going to talk about the influence of AI on our real lives.

Nowadays, we have to handle a lot of tasks every day which costs us time and we find ourselves constantly busy. For example, we are using AI more often in our studies to search for information, edit our writings, correct grammar mistakes, translate, and so on. In my case, when I write simple things, such as short e-mails, I'll use AI to help compose the letter and make it look professional.

Also, without really being aware of it, when we shop, we're being influenced by algorithms. When I visit Amazon, I'm given options that are based on my prior purchases. Netflix and YouTube recommend personalized video content for us driven by AI. In fact, I'm sure you can easily see how more and more of our daily experiences are being managed by AI.

This also begs the question, "Do we have to acknowledge AI in media and the arts?" Recently, this has become a hot issue. AI is creating paintings, poems, novels, music, video and images at a breathtaking rate. We're coming to a point where we will not be able to distinguish between what is being created by a human being and a computer.

While there is no argument that we can benefit from using AI, there is another side of this technology. If we begin to completely rely on AI, we may lose the ability to think for ourselves and retain decision making capabilities. Is it possible that we will become like foolish children - unable to control our own lives?

I think it's important to continually check what AI puts out for us. We need to always ask ourselves, "Is this truthful information?" If so, we can keep growing and learning new things with the assistance of AI.

*By Cocoa*



# HOW TO OVERCOME JET LAG

When traveling by plane, you often end up sitting in a small seat for many hours in the same position, which makes it hard to get good sleep. This happened to me on my flight to the United States. I couldn't sleep at all and since the time difference is about half a day, I ended up wasting three to four days due to jet-lag. That experience made me want to find ways to overcome it.

First, drink water more frequently than usual and make sure to get extra sleep. Think about how much time you've spent preparing for your trip, and how tired you must have been from all the procedures like immigration checks. Your body, worn out from all the tasks and stress, needs extra care. Preparing items such as an eye mask or heat patches to create a comfortable environment can be helpful.

Another method I learned through research is to skip one meal and adjust your sleep to match the local time of your destination. Some Americans take melatonin to improve their sleep quality, so it might be worth trying that as well. From what I gathered, sleep impact on overcoming jet lag is significant. Experiencing jet lag means so it's even more important to focus on restorative sleep. Lastly, I hope everyone takes good care of their health on a regular basis so they won't suffer too severely from jet lag.



*By MinJoo*