

## Opinion by Sebastian Calzadilla

Music's definition is reliant on who you ask. It can be a form of art, a hobby, or a form to express your feelings and emotions to an audience.

For me, personally, I see music as something to initiate relaxation—even when the music I listen to is fast paced, I get a feeling of tranquility whenever I listen to it, which honestly, is every day. And I am sure that I am not the only person that feels this way.

One question does come to mind when listening to music though, and that question is: *what effect does listening to music have in our brains?*

When researching this question, different benefits came from listening to music. As stated by an article entitled “Keep Your Brain Young With Music,” “if you want to keep your brain engaged throughout the aging process, listening or playing music is a great tool. It provides a total brain workout.”

According to the article, “research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.”

I can notice these effects whenever I listen to music. I work better when I am listening to music, no matter what I am doing, listening to music adds something to my daily activities that cannot be described.

“My favorite type of music is electronic types of beats, especially artists like Daft Punk,” elicited senior Pablo Alvarez.

“Listening to music makes me relaxed and focused specially when training and exercising on my days off work.”



“The genre of music that I like the most has to be slow or chill rap since the lyrics have a deeper meaning than that of regular rap,” commented Antonio Guzman (12).

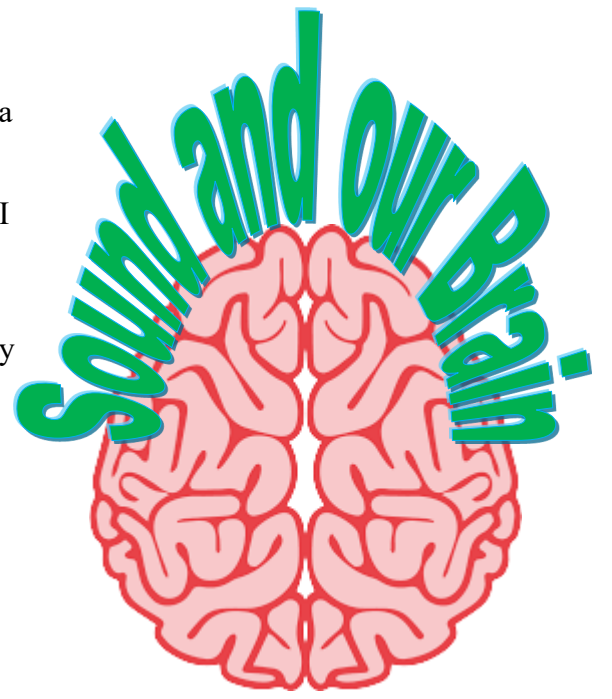
“I also feel as if listening to music helps me be relaxed especially when doing schoolwork, and I can feel my brain working better when I listen to music.”

The article “Your Brain On Music” states how different parts of our brain react when stimulated by music. Those affected parts of our brain include the frontal lobe, which by listening to music we can enhance its functions of decision making. Additionally, the Temporal Lobe which is used to appreciate music by processing what we hear. The Amygdala is used to process and trigger our emotions when it comes to music listening. And by looking at this information, it is impressive how something so simple like music can trigger so many parts of our brain to make us feel a specific way. Whether it is happiness, sadness, fear, anger, or hysteria, music can make you feel that way in a few minutes depending on your music preferences.

Music can be anything to every person. It can be art, entertainment, hobbies, forms of expression, or a form to express feelings. All of these apply to what music can be, music can help with our daily activities and when it comes to harder work it can help to relax and make the activity less stressing. Music will help stimulate the brain when going to sleep.

Try listening to relaxing music when going to sleep and a better sleep is almost guaranteed.

This is why I believe music is such a great form of media that everyone can and should enjoy when it comes to their daily activities.



# The life that travels through music

## Opinion by Krystal Calderon

Music has been around for so many years and everyone has their own values to which they associate it with. We listen to music in the car, when we are showering, in our rooms, at parties, and mostly wherever you go. It has changed many people's lives and helped them get through hurdles. We all have our own opinion, and we choose what we like, so many of us have our own taste in music and some share the same taste as well. People can talk about why they like that certain type of music and be openminded to hear different music that other people like. Music is something very special in a lot of people's lives, it helps them when they are sad or lonely, helps them calm down, whenever they need something positive to hear and overall, just something beautiful to hear.

Music is very important in American culture because it provides identity and the opportunity to tell others who you are. And music takes a big part on many different cultures. There are very different types of styles and languages that go into cultural music—it shows people who you are and what you represent. Music has the power to alter one's mood, alter one's environment, and urge one's conduct to change. In fact, the average American spends four hours per day listening to music. Music impacts our society on a cultural, moral, and emotional level. People who really care and love about music and usually the ones who grew up listening to songs that touched them and spoke to them in a way they will always remember.

It sets the moods and creates atmosphere. And as humans, we are behaviorally influenced by the way we feel. The more connected we are with the sounds, messages, and moods we make and emit through music, the more powerful we will be in creating lasting beneficial effects. Songs become a part of our personal narrative. Their lyrics have left a permanent impression on us. We remember those words, but not the meaning they had for the individual who penned them. It is about how much they mean to us. We connect their lyrics to situations that have occurred in our lives.

We mix our own story into their songs, and it feels as if they reflect our own memories and feelings. Some songs make us feel good, while others make us sad. Some songs connect us to the present, while others transport us to the past. They aid in the recall of long-forgotten memories. Some songs are associated with our personal identities and specific life events. Because of our influence, we have the support and power to change the world around us as artists and musicians, and that truly makes music something worth dedicated a life to. When people are connected to the songs they listen, they grow a connected to the artists because for most of the part the artist can be singing something personal, and their listeners relate to them. When that happens, people feel better about themselves and know they are not alone, and the music impacts their life in different ways. “People who dance and actively engage with music were found to be happier than other who didn't,” stated journalist Nina Avramova. She believes that music has a strong power over feelings and how we perceive the around us can be influenced by music.

Overall music is very important in people's lives because when people hear songs, it helps them remember a previous incident and how they felt about it. This is how music affects them. It connects to their lives. It gives purpose to the world. It aids in their self-awareness. And it creates an own musical history throughout in their lives, shaped by their likes and life events. It is the closest thing many of us have to the journal we never wrote or the diary we have tucked away for a long time.

# The world cup every two years is a **BAD** idea

## Opinion by Josue Avila

Ever since 1930 the FIFA World Cup has been held every four years, but this is now at risk. The FIFA president Gianni Infantino has been the FIFA president for five years, 332 days, and counting...