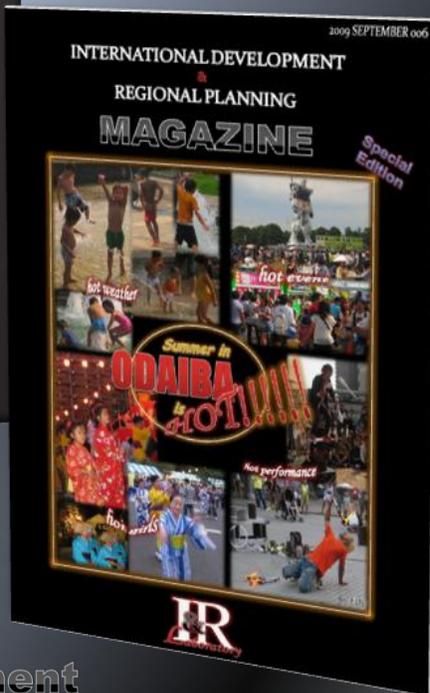
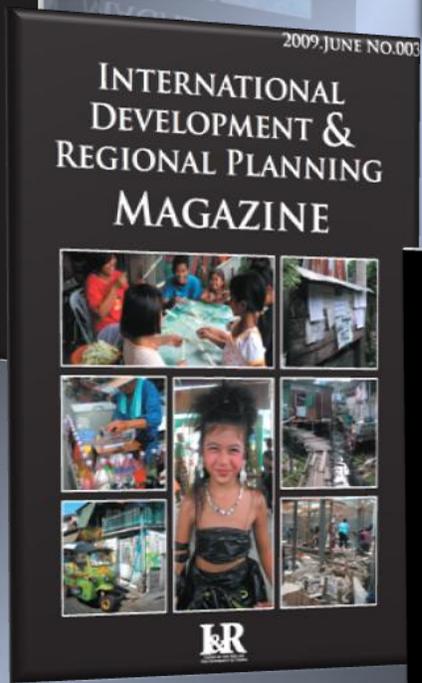
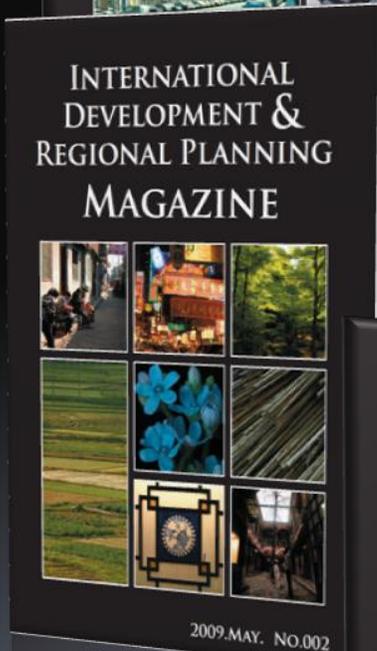
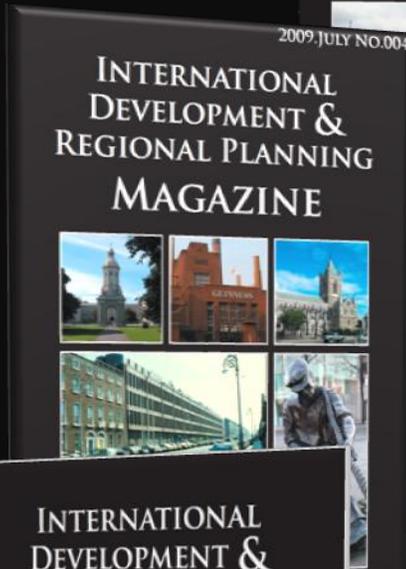


*Finally, it is*

# THE END

*2009 March ~  
2009 October*



**International Development  
& Regional Planning  
Laboratory**

Finally, it is time to say

# Goodbye

COVER STORY

Since April, We have published lab. Magazine. However, there was little reaction from everybody. I think that the reason for I is that the content of the magazine became mannerism. Therefore, I end the magazine once. I think that the opinion from everyone becomes the most important factor to avoid making of the magazine mannerism.

研究室マガジンを4月から発行開始しましたが、10月ではやくも飽きられてしまったと感じています。記事のマンネリ化が問題でしょうか？マガジンを面白く、意味のあるものにするには、皆様からの意見がとても参考になります。メールや口頭で意見を下さると編集者にとっていい刺激になりますので、次回からは気にかけてくださいますようお願いいたします。でないとも余りにもレスがないので編集者は淋しくなってしまうし、レスがあればマガジン自体は生まれ変わるような気がしていますので(?)



高田



柏崎

数々のご協力ありがとうございました。編集作業自体よりも、皆さんの興味動向を掴むことの難しさを経験しました。今後とも良いマガジンを作るべく皆さんの発信を期待しております。

Thank you for your cooperation. I could experience the difficulty of editing works itself, but also getting together member's interests and needs instead. Hope further progress of the magazine by your initiative!

Although I am only a guest editor, who is invited to in charge two issues of this magazine, I felt the same feeling as the editors, experienced the same experiences as them, and was troubled by the troubles that can hardly be imagined without putting oneself in the editors' shoes.

Most of the time, working as an editor is valueless yet meaningful; less appreciative but contributive. Try to imagine: when all the readers are bored to read the magazine but you still have to publish it timely every month; while people do not care about what is published, you still have to squeeze your brain thinking about the contents of the next issue; when people finally get rid of it, yet you are stuck to the responsibility as an editor..... Suppose the magazine is for the readers. If nobody is interested with it anymore, why should it be continued?

Therefore, after a thorough and deep consideration, the editor board decided to end the magazine. While it seems like a little bit emotional and desperate, the reason behind such decision is full of wisdom and courage. It is not only a demonstration of the editors' feeling, but also applying and upholding the neo-classical economic theory: *scarcity creates demand*. Since people tend to take it for granted, what would happen if the magazine is no more existed? Would they feel lost, disappointed or.....? No one else can say it for sure, but the question is: *to be or not to be*. We, the editors, already moved the first step, now is your (the readers') turn to give us the answer, whether to let go the magazine or not.

FOO

## The Chronicle of L&R Magazine

	Date of Publication	Number of Article from VIP (professor, lecturer, etc.)	Number of Article from Students	The Feature of the Magazine
Issue 1	March 2009	1	3	The original form of the magazine
Issue 2	May 2009	1	4	The first design with cover Magazine with complete form
Issue 3	June 2009	1	3	The first L&R logo is created
Issue 4	July 2009	1	4	-
Issue 5	August 2009	1	4	-
Issue 6	September 2009	0	4	First time with guest editor The new L&R logo is created The special edition of the magazine
Issue 7	October 2009	0	5	The final issue of the magazine

~ by Editor Board

The Final Issue  
L&R Laboratory

Finally, the carpet has been

# Changed

The carpet was more than a decade before it is changed. Maybe since this lab established (we must check with Katayama-san). It means that we make a history. Through the class participation we can make it.

I remember since I landed in this Lab 2007 April, we, the students already had a proposal/suggestion to change the carpet, but never happen. Finally it happened in 2009 September. Bravo for 2009!

The participation was effective. It started from the color selection, till the decision and the implementation. We, all lab member not only this room member but also building 8 member and under graduate student involved and we had a sense of belonging that is important for keeping the carpet clean and kept well.

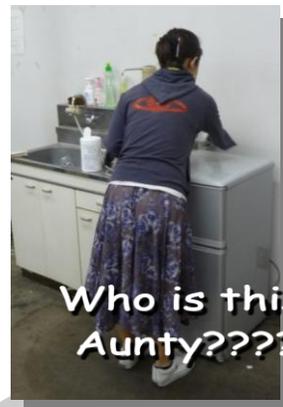
# PHOTO SECTION



The Boss & The Slave



A dumping site???



Who is this Aunty????



New guy???



Cheap Labours & Air Pollution



~ Photos by TOGU  
3<sup>rd</sup> year of PhD

The Final Issue  
**IR**  
Laboratory

Finally, the lab has to be

# Cleaned

Hi, my friends!

During the summer semester, we changed the carpet in room 914. Thank you so much for the participating.

We got a new & clean room! After changing, I have an idea to keep our room (914) clean. Check it out!

The detailed cleaning & maintenance procedures will be released as soon as possible. I will show you all the proper way of cleaning by demonstration.

Don't miss it!!!

LAB INFO

## Proposal for Room Cleaning & Maintenance

<b>Objectives</b>	<ul style="list-style-type: none"> <li>-To keep room 914 clean as long as possible</li> <li>-To promote &amp; enhance civic-mindedness among the lab members</li> <li>-To instill the feeling of "home sweet home" among the lab members</li> </ul>
<b>General Rules</b>	<ul style="list-style-type: none"> <li>-No shoes is allowed beyond the specified boarder</li> <li>-Members of room 914 (staff &amp; students) are responsible to keep the area around their desk as clean as possible</li> <li>-Members of room 914 (students only) must participate any cleaning &amp; maintenance program organized in room 914</li> <li>-Outsiders are restricted to any rule that applied to room 914 once they stepped into it</li> </ul>
<b>Cleaning &amp; Maintenance Guidelines</b>	<ul style="list-style-type: none"> <li>-Members of room 914 (students only) must involve in cleaning up the room at least 10 times per semester</li> <li>-Daily room cleaning &amp; maintenance starts at 6.00 pm</li> <li>-Every time after cleaning up the room, one "point" is given to the particular member. Such "point" will be recorded in a table as shown below</li> <li>-After fulfilling the 10-time cleaning responsibility, members are free to choose whether to continue or not</li> </ul>

### Home Sweet Home!!!!!!

This is a voluntary-based cleaning program instead of enforcement. It will be implemented as soon as possible. No complaint or argument is allowed, because it is the best method ever.

50times	You are GOD of this lab! You are GOD of this lab!											
...												
24												
23												
22												
21												
20times	You are the best cleaner of this room!											
19												
18												
17												
16												
15												
14												
13												
12												
11												
10times	Norm achievement!!			Norm achievement!!			Norm achievement!!					
9												
8												
7												
6												
5												
4												
3												
2												
1												
Player:	Toгу	Arthit	Takada	Kashiwazaki	Foo	Asim	Choi	Kim	Widodo	Jin	Diaz	John

In this case, Mr. FOO is the winner. He is the best model of dedicated & self-discipline in our lab.

~ by TAKADA  
2<sup>nd</sup> year of PhD

The Final Issue



# Finally, the secret is Revealed

The following article is brought to you by **Mr. Fit, Yamamoto sensei**. It is about the effective weight loss with healthy diets. It also shows the perfect calorie calculation method. If you have any inquiry, please do not hesitate to consult with him. Let's start to work out today!!!!

## ヘルシーフィットネスコラム 健康にやせるために・・・

今回から、現役フィットネスクラブインストラクターの私が、健康的な生活を送るための情報を提供していきます。

今回は、ダイエットのお話。ダイエットで重要なことは、摂取カロリー < 消費カロリーとすることです。そのために、①運動 ②食事 ③生活習慣 を改善しましょう！

今回は、一日の摂取カロリーについてお伝えします。  
一日の消費カロリーは、基礎代謝量×活動指数 で表されます。

基礎代謝量とは、心臓を動かすなど生きていく上で必要な活動量のことです。

男性 1400kcal～1700Kcal、女性 1100Kcal～1300Kcalです。

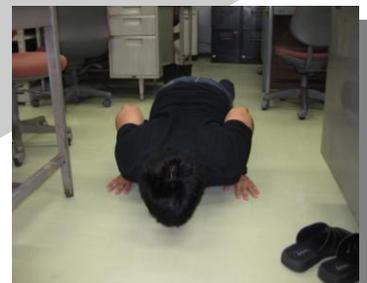
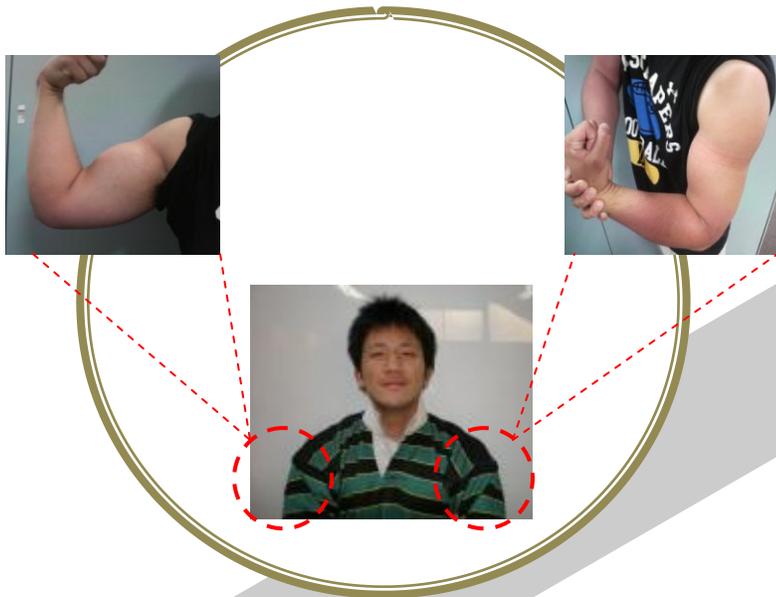
これに活動指数をかけると、一日の消費カロリーが出ます。

活動指数は、デスクワーク中心（研究中心）の生活で1.3、立っていることが多い場合、1.5、肉体労働の人で1.7です。

つまり、研究中心の女性の一日の消費カロリーは  $1200 \times 1.3 = 1560\text{kcal}$  となります。

ちなみに僕は、基礎代謝量が2000kcalを超えているので、同じ計算でも、消費カロリーは3500Kcalになります。

この計算した消費カロリーよりも摂取カロリーを少なくしましょう！そうすれば、特別に運動しなくても体重は落ちていきますよ。



FITNESS POINTS  
from MR. FIT

~ by YAMAMOTO  
2<sup>nd</sup> year of Master

The Final Issue  
**IR**  
Laboratory

# Revitalizing a Downtown Area Towards a Pedestrian Area

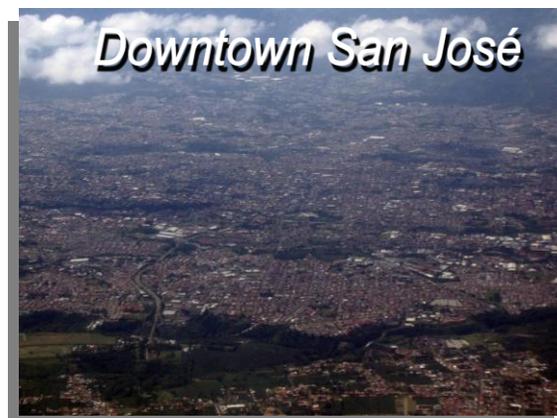
***“Constant traffic gridlock, Narrow and deteriorated sidewalks, Dangerous urban environment”***

These were common words at the beginning of the 1990s for those who visited, lived, and worked in the central area of the Costa Rican capital, San José. The downtown area of the city had seen during the 1980s a decade plagued with destruction of architectonic jewels –buildings linked to the city’s history– that were somehow thought as an obstacle to the modernization and development of the city. Apathy towards the central city was reinforced by the exodus of the population to more calm and quiet suburbs, a phenomenon not unique to San José.

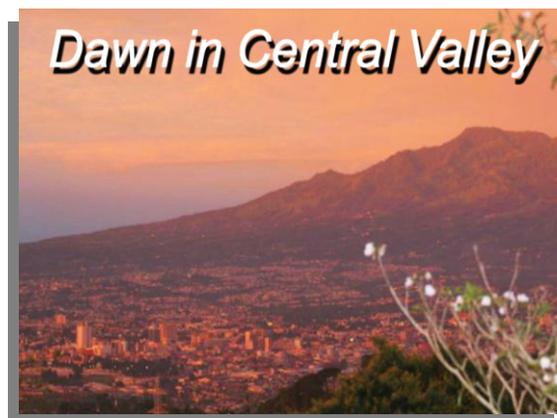
Today, 20 years later, the city still thrives to recover from the scars left by the massacre that its core area suffered in the name of modernity and development. Sadly, its only today, when those buildings are no longer there because in their place there is a parking lot or a newer, though lacking autochthonous character building, that the citizenship has realized the damage caused. Antique pictures, even though dating back maybe only 30 or 40 years ago, are a source of anger to today’s citizens, realizing what a beautiful city San José once was.

I would dare to say its human nature to react when already the crisis looms over us. Because, at least, this was the case in San José. Only after the evident decrease in the downtown population, new projects moving to the periphery, increase in crime and general discontent with the situation of the capital city were at its worst, plans began, very slowly, to take place.

About 15 years ago, the first of this plans triggered what would be a series of projects, many of which still continue up to this day, and that represent just the tip of the iceberg in the revitalization and reform of thinking the urban space in Costa Rica.



***Downtown San José***



***Dawn in Central Valley***



***Night in Central Valley***

~ by **DAVID DIAZ**  
2<sup>nd</sup> year of Master

15 years ago, Avenida Central, or Central Avenue, was that, a central avenue running east west in the core area of the city. Lined up with trendy stores, cafes, bookstores, plazas, it was once the most dynamic area of the city. Then traffic increased and the charm was lost.

In this effort to revitalize the city, the local government proposed to create a pedestrian mall all along the avenue in its way through the core of the city, this is to prohibit automobile and bus transit and turn it into a pedestrian exclusive area. The project was immediately criticized by the owners of the stores along the avenue, claiming that it was insane to think of no cars and the effect it would have on their sales.

*Continue.....*

# WORLD TRAVEL GUIDE



## Central Avenue

Maybe, again, its human nature to feel reluctant about what is new and unknown. The fear of these storeowners, however, couldn't stop the project. The street level was raised to match that of the sidewalks and it was covered with one unique bricklayer, new lampposts were installed, imitating those used in the city at the beginning of the century, trees and plants were planted, and cables were laid underground to clean the visual contamination. The project was promoted as "Costa Rica's largest mall", since it stretched over 12 city squares.

Today, the success of the once feared project is evident in the continuous extension of the network of pedestrian malls in downtown San José, in an effort to make it a pedestrian city. Downtown's compact 100 meter blocks and two-lane streets, once deemed as San José's worst planning failure – still criticized by those who love driving and hate walking – has proven to be the essential ingredient in building a compact walkable city, with short distances and easy navigation in its grid layout.

The success of the project hasn't stayed in San José, and now it's been applied in other cities of the country, in a new era in city planning in the country, moving from a car-oriented city to a cleaner, environmentally-friendly and pedestrian-friendly urban space. Today, Central Avenue Pedestrian Mall provides citizens and tourists a comfortable and relaxed stroll along the core of the city, lined up with refurbished buildings that house cafes, bookstores, hotels, banks, and lots of Costa Rican flavor.

*"San Jose is still working on many projects, more depending on political will and money availability. Both nationals and foreigners, all are about to experience a new San Jose.*

*Would you like to join us?"*

~ by **DAVID DIAZ**  
2<sup>nd</sup> year of Master

The Final Issue  
**I & R**  
Laboratory



# Fasting (Ramdan) Experience in Japan



*“Something, I am writing here is not related to planning but it is related to one aspect of Muslim society as social behavior overwhelm by the religion in those society. So, it might be useful to read related to the social engineering or planning aspect.”*

### What is fasting

Muslim fast during the month of Ramdan. Here first of all I would like to explain what is Ramdan. Ramdan is the ninth month of the Islamic calendar (it based on the lunar system). It is the Islamic month of fasting, in which participating Muslims refrain from eating, drinking, smoking, and indulging in anything that is in excess or ill-natured; from dawn until sunset. As compared to the solar calendar, the dates of Ramadan vary, moving forward about ten days each year.

In Islam, fasting for approximately one month is an obligatory practice during the holy month of Ramadan, from dawn, until the dusk. Muslims are prohibited from eating, drinking (including water), engaging in sexual activity, becoming angry, and smoking while fasting. Fasting in the month of Ramadan is the worship act.

### Idea behind fasting

The act of fasting is said to redirect the heart away from worldly activities, its purpose being to cleanse the inner soul and free it from harm. It also allows Muslims to practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate; thus encouraging actions of generosity and charity.

Muslims believe that fasting is more than abstaining from food and drink. It also includes abstaining from any falsehood in speech and action, from any ignorant and indecent speech, and from arguing and fighting, and lustful thoughts. Therefore, fasting strengthens control of impulses and helps develop good behavior. During the sacred month of Ramadan, believers strive to purify body and soul and increase their taqwa (good deeds and God-consciousness). This purification of body and soul harmonizes between the inner and outer spheres of an individual. Muslims aim to improve their body by reducing food intake and maintaining a healthier lifestyle. Over indulgence in food is discouraged and eating enough to silence the pain of hunger is encouraged.

They should be active, tending to all their commitments and never falling short of any duty. On a moral level, believers strive to attain the most virtuous characteristics and apply them to their daily situations. They try to show compassion, generosity and mercy to others, exercise patience, and control their anger. In essence, they are trying to improve their moral character and cultivate good habits. Fasting also inculcates a sense of fraternity and solidarity, as one feel and experience what their needy and hungry people feel. However, even the poor, needy, and hungry participate in the fast.



### About my experience

Well observing Ramdan here in Japan was good experience. I do not find any problem and there are some families those who used to invite me for finishing fast at their home and serve a good food. So, I received many invitations from them and I did not cook much during Ramdan month.

Further, after passing two semester and one year of my stay here in Japan. I would like to tell to new comers to our lab. My stay during Japan is really nice as Japanese are very helpful people, especially our lab members.

~ by ASIM  
2<sup>nd</sup> year of PhD

## *Auld Lang Syne*

*“Should auld acquaintance be forgot,  
And never brought to mind?  
Should auld acquaintance be forgot,  
And auld lang syne?”*

*For auld lang syne, my dear,  
For auld lang syne.  
We'll take a cup o' kindness yet,  
For auld lang syne.*

.....

*And there's a hand my trusty friend!  
And give us a hand o' thine!  
And we'll take a right good-will draught,  
for auld lang syne.*

*For auld lang syne, my dear,  
For auld lang syne.  
We'll take a cup o' kindness yet,  
For auld lang syne.”*

by **Robert Burns**, 1788

# THE END

The Final Issue

**LR**  
&  
Laboratory