

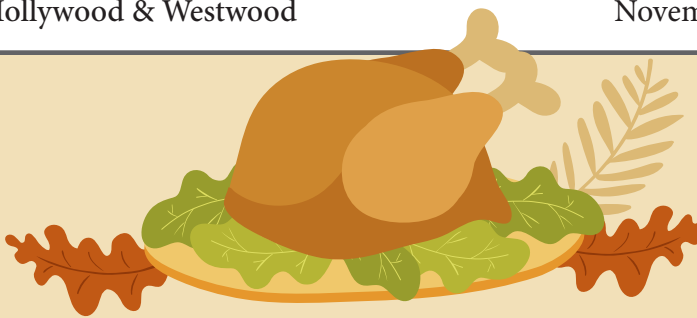


GAZETTE

Hollywood & Westwood

November

2019



PREPARING FOR THANKSGIVING DAY

Thanksgiving Day is one of the most popular holidays in the United States. People usually stay at home and have a big family dinner. I want to tell you some ideas on how you can celebrate this day with your friends.

First of all, you should decide who you will be with during this day and where it will be. If you do not want to cook, you can go to a restaurant. For example, Andres Italian Restaurant has a great menu. The price will be around 18 dollars and includes turkey, vegetables, yams, and pumpkin pie.

Another way to celebrate, you can invite your friends to your home and make a great dinner. Ralphs is a popular super market that has great choices for food. There you can buy a turkey, vegetables, fruit, and drinks. What can be better than spending only one dollar for decorations? The 99 cent store has some themed selections for decoration and games that you can use with your company. Ultimately, do not worry if your family is far from you. I believe that you can have the best Friendsgiving Day as some Americans say. It will be unforgettable and below is a turkey recipe that can help you achieve this.

TURKEY RECIPE



I made a recipe for you. First, preheat the oven to 325° and then remove the thawed turkey from its packaging. Remove the neck (usually found in the large cavity of the bird) and the bag of giblets (which are sometimes found in the smaller neck cavity of the bird). Throw them away, or save them for gravy. Pat the turkey dry with paper towels. Use your fingers to loosen and lift the skin above the breasts (on the top of the turkey) and smooth a few tablespoons of the herb butter underneath. Use some twine to tie the turkey legs together. Then slather the outside of the turkey in the rest of the herb butter. That's it! You are ready to let your oven do the rest of the work, the turkey typically cooks in about 3 to 3.5 hours. Use your oven light to see if the skin is golden, and then place a large piece of tinfoil over the breast meat of the turkey to help keep it from overcooking. Make sure to use a thermometer in the turkey to check that the inside of the turkey has reached 165°. And that's it! Enjoy!

by Marina Golubkova

BLACK FRIDAY

EXPERIENCE IT!

Do you know what “Black Friday” is? It’s a shopping event that happens the Friday after Thanksgiving. However, many stores have promotions that begin earlier and depending on the store, might begin Thanksgiving Day or even the Wednesday before. Make sure to check advertisements from your favorite stores. You can do this by searching the store’s promotions online, I would recommend doing this a week before to be prepared.

A great place to shop at during Black Friday is just outside of LA. In the city of Commerce, there is a nice shopping mall, the Citadel, that offers many promotions for Black Friday. Usually sales begin on Wednesday and they have a variety of stores like Kate Spade, the Disney Store, Vans, Levi’s, and many more. This is also a great time to buy gifts for Christmas because it is the last holiday sale before Christmas.

However, this day is sometimes dangerous because people fight each other to get cheaper goods. Some people get injured during this time, so it is best for you to go with a friend to protect each other. For this reason some people prefer Cyber Monday, which often has similar sales to Black Friday but instead of going to the store, you can shop online. There are many benefits to this as well and may be worth considering as an option. Whichever you decide to do, stay safe and happy shopping!

by Duckku Kim

READING BOOKS: If you need a vocabulary challenge to improve your English the best choice is to read. This can be through paper or online. There are also many types of readings like comics, fashion magazines, cooking books... The perfect way is reading something that you like and really enjoy.

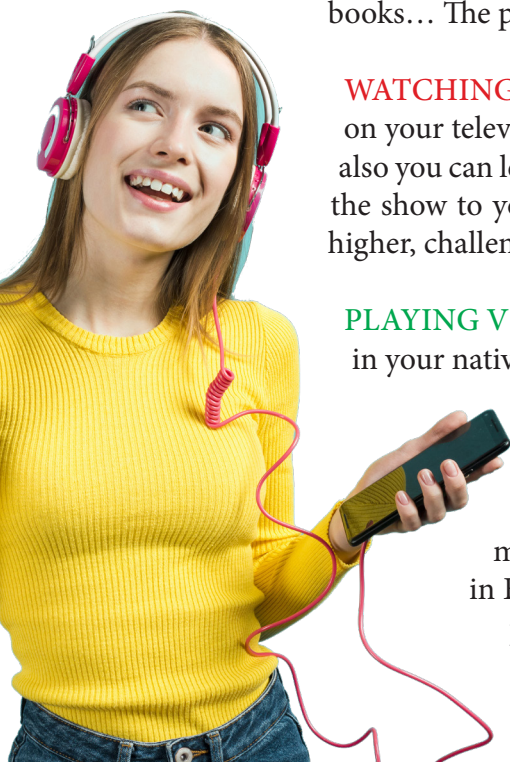
WATCHING TV: If you’re not a big fan of books and you think that it’s boring, you can turn on your television or whatever device you use for Netflix. Yes! You can learn vocabulary and also you can learn more popular phrases. In your favorite movies or series, you can also adjust the show to your level of English (with subtitles or no subtitles). If you are intermediate or higher, challenge yourself with no subtitles!

PLAYING VIDEO GAMES: For all the gamers who are reading this, if your favorite game is in your native language, go and change it for the English version.

You already know what the items are and the movements, but now you have the challenge to learn them in English. You can do it!

LISTEN TO MUSIC: Nothing is more relaxing than listening to your favorite music. You can try looking for English songs that you like. There are many genres in English like pop, hip hop, rap, country, rock, etc. Create your own playlist! And practice singing along to improve your pronunciation. Hang out with friends and do a Karaoke night with your favorite songs.

by Frances Martinez



Meditation

Meditation has become a new way of wellness. Lots of people like it. For example, Ray Dalio who is president of American billionaires and a global hedge fund giant said, “meditation is more than anything in my life, it was the biggest ingredient of whatever success I have had.” Kobe Bryant also meditates for 10-15 minutes every morning. Steve Jobs meditated every day and had created a new software to Apple in the era of iOS 10. You can find the same meditation feature called Mindfulness in the Health App.



In modern society, it's very convenient if you want to learn meditation. Successful Wall Street investment elites encourage their employees to meditate to help promote a sense of our overall well-being. Large companies including Google and Ebay have their own meditation centers. By having access to their meditation centers, employees are able to work more efficiently. Time magazine reports there are many places to meditate. For example, in Los Angeles, the Windhover Contemplative Center is a spiritual retreat on the Stanford campus to promote and inspire personal renewal. West Point Military Academy has a meditation class. In Berkeley, California, mindfulness is also used in courts to allow juries to make more accurate trials. So far, nearly 1,000 certified mindfulness stress relief teachers have taught mindfulness skills (including meditation) in the United States and more than 30 countries around the world. Moreover, meditation is the necessary way to achieve mindfulness.

About 322 million people worldwide suffered from depression in 2015. It was up by 18.4% from a decade ago. Depression affects about 7 million people in the US. In the process of meditation, we will gradually find that by controlling breathing, we can change our cerebral cortex. Simultaneously, it releases stress and fatigue. It also makes us smarter and wiser. It calms the nervous system and will improve depression, GAD, mental disorders, mood disorders, insomnia. Meditation is better than consuming drugs, alcohol or medication (medicine). So in the eyes of westerners, meditation is also a method of “psychosomatic therapy.” This can help reduce the number of people who suffer from depression.

There are many different kinds of meditation to learn. For instance, zen meditation, walking meditation, yoga, reiki, and chatting. But whatever you learn, it will make you physically and mentally healthy. I encourage you to try it.

by Qian Ma



FINDING BRAZIL IN LOS ANGELES

When you leave your country you get lost, not knowing anyone, away from your culture and friends. Then you begin to look for a place that reminds you of your country. I always enjoyed the cuisine of my country and I confess that is what I miss the most, so I decided to help the Brazilians who are new with some helpful tips to find Brazilian cuisine in Los Angeles.

The famous stroganoff, which although not of Brazilian origin, you can find in the restaurant Bossa Nova. They have three locations in different parts of the city. The restaurant has a great menu, including the cheese bread, guarana and our dear coxinha.

For people who come from the South and love picanha, the original Farmers Market in Los Angeles offers the famous Fogo de Chão and it is not so expensive in Pampas Grill, which has a self service system for obtaining your food.

My favorite food, which is not a restaurant but instead it is a more homey place is Cantinho Brasileiro, located on Venice Blvd. in Culver City. There you will find varieties of Brazilian products found in our supermarkets and famous Brazilian dishes.

by Naiara Parrillo



V isit M adrid

Frequently, my friends from other countries have asked me about which city to visit on their first trip to Spain. It is difficult for me to choose only one city, because I really love my country. Spain is a country of contrast. Each region you visit has different climates, gastronomy and customs.

My favorite city in Spain is Madrid. Madrid is located in the geographical center of the country. It's the capital of Spain. It is also the financial and political center of the country. Madrid is a modern and vibrant city. Similar to New York, Madrid is a city that never sleeps. You can party until dawn! The best way to enjoy the city is by walking its many neighborhoods along the historical center and take in their atmosphere.

The “Letters Neighborhood” (Barrio De Las Letras) is one of them. Its name is a tribute to the great writers who lived on their streets during the Spanish Golden Age (1492 to 1681 A.D). Some of the writers’ quotes can be read engraved in golden letters on the pavement. This is a charming neighborhood, where there are many special shops and lots of places to eat. By the way, in Spain it is typical to eat “tapas”. They are small portions of food. You also have to try “tortilla” (the potato omelette). They really know how to make it in this neighborhood

“The Latin” (La Latina) is another popular neighborhood. Its streets of medieval origin house landmarks like “El Rastro,” a traditional flea market where you can find all kinds of small treasures. In “La Latina” neighborhood, you can find the restaurant “Hijos de Botin”. According to the Guinness Book of World Records, this is the world’s oldest restaurant. It’s been in continuous operation since 1725.

Next, you can visit The Royal Palace. It is a pleasant walk, closed from traffic. The Royal Palace or “Palacio Real” is the official residence of the Spanish Royal Family, though it is only used for state functions. On Wednesdays and Saturdays, you can witness the changing of the guards.

Another area that you can visit is the Retiro Park, or “Parque del Buen Retiro”. It is a great place to have a picnic, to watch people, and to check out street performers.

Hanging out in Retiro Park is very common. People lounge in the grass, play music or also run. Retiro Park is also home to the Crystal Palace: a beautiful glass structure built in 1887.

Before leaving Madrid, you should enjoy a beautiful sunset with great views at the Debot’s Temple, an Egyptian temple located in the heart of the city. I hope you are now curious to travel to my city, Madrid. We will be delighted to receive you!

by Chelo Morcillo

