



GAZETTE

Hollywood & Westwood

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DO YOU WANT TO LIVE IN A PET-FRIENDLY CITY ?

If I was asked that question, the answer would be “Yes!” As a great dog lover, I would definitely love to live in a pet-friendly country. In fact, I was fascinated to find that LA is such a pet-friendly city when I came here to live with my dog.

What makes LA pet-friendly? For me, having many choices to live with her is very important... for instance, living in apartments, going shopping, eating out at restaurants, staying at hotels etc. These kinds of simple things can be often found difficult if you live in a non pet-friendly place.

Then, how did LA become a pet-friendly city? I looked into the history and found out that LA tried to change the consciousness of both pet shops and owners. It was achieved not only by allowing pets entry to many places, but also by making the dog shops & owners more responsible for dog “ownership”.

Nowadays, selling dogs at pet shops is prohibited as it would cause the killing of animals. People usually get their dogs by adoption instead, and if they get a dog, owners must pay for their annual registration fee, take vaccinations, microchip the animal, be aware of spaying and neutering, and they are also encouraged to take obedience training courses. As a result, there are less unwanted dogs to be killed, and more beloved dogs with caring owners. No wonder why I am always welcomed in everyday situations with my dog!

I really hope that this “pet-friendly” concept gets applied to many other cities in the world.
My dog and I will definitely enjoy our stay in LA !

By Mako Bando



HOW TO DEAL WITH CYBERBULLYING

The world wide web connects billions of people, over every continent, but sadly, this technology also allows bullies to easily spread threats, lies, and rumors about others.

Bullying is a repeated pattern of aggressive behavior with the intention to hurt others physically, verbally, emotionally or economically. Cyberbullies use computers, smartphones, and tablets to post negative and hateful things on social media sites, chats, or even create content like youtube videos or live feeds. It also happens that some cyberbullies pretend to be someone else, whilst sending disrespectful messages or spreading gossip.

Cyberbullies are often weak themselves and they're only satisfied when they are able to bring down another person's self-esteem or self-worth. These people often try to ruin other's friendships and social life. They may even contact relatives, friends, co-workers or bosses. Anybody can become a victim. Cyberbullying is a crime.



WHAT CAN YOU DO IF YOU OR A FRIEND BECOMES A VICTIM OF A CYBERBULLYING?

1. Reach out directly to the bully and ask them to stop. Sometimes this helps and sometimes not.
2. Share the problem with family, friends, school –they are your support network.
3. Do not react to them. Cyberbullies are looking for a reaction, they want to take your personal power away.
4. Save and print screenshots, text messages, photos and store all evidence of online abuse. You can even write a diary of who is active and when the problems occurs.
5. Write a report to social networking sites, to the website company or cell phone provider and try to get help there too.
6. When it does not stop, call help lines and read books about these problems. You are not alone, there are thousands of people who have had the same problem as you.
8. Contact a lawyer if it does not stop. Trying to ruin people's mental health and life is a crime.
9. Stop reading the gossip and take a break with coffee or tea. Take a walk and listen to your favorite music. Spoil yourself as much as you can. Buy yourself your favorite food or meet friends. Go shopping or visit a cinema or sports event and distract yourself. Take it seriously, but never give up on your life goals and dreams .

By Antonia Schaumburg



MEET A TEACHER-MONIREH

Let me introduce you to Monireh. Monireh teaches Beginner ESL at MLI Westwood.

Monireh was born in Iran. She got her B.A. in English teaching and has taught English for over 17 years. She was even a vice principal of a high school in Iran.

Monireh is a world traveler and has lived in Iran, Cypress, Canada and the United States. She moved to Los Angeles in February 2016. She has a black belt in Karate, so don't mess with her.

Monireh advises students to get active and engaged in sports. She says, "sports will help your confidence and health. Lastly, love yourself to love others."

If you see Monireh at school, say hello. She's fabulous!

HOT SPRINGS

Do you like hot springs? In Japan, people really like to go to hot springs in the winter. We have a lot of hot springs all over Japan, but we have only a few 100% pure hot springs.

What's the difference between “a hot spring “ and “ a 100% pure hot spring “?

Usually, hot springs use pure hot spring water diluted with cool water. On the other hand, 100% 100% pure hot springs don't mix other things, and it contains very good minerals for the body. The texture is thick, silky, and smooth. If you don't feel the texture, it might just be a hot springs. After bathing, your body will be much warmer, your stiff shoulders will disappear, and you will sleep better.

If you really like hot springs, you should search for 100% pure hot springs, but if you're in Japan, you must be prepared to get naked in public. Women and men are usually separated, however. Also, I found some hot springs in California. The place which is named “ Sycamore Mineral Springs Resort & Spa” is between Los Angeles and San Francisco. You can stay there and enjoy the hot springs with a swimsuit.

By Mitsue Matsuda



WHY I DIDN'T LIKE « THE IRISHMAN »

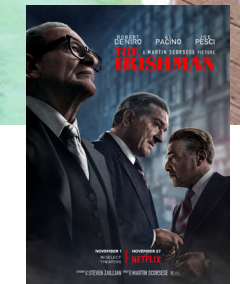
Every new movie from Martin Scorsese is an event. Recently my girlfriend and I had the chance to watch The Irishman in The Regency Bruin Theater in Westwood. To my surprise, it was the worst movie experience of my life.

This disaster had something to do with our unpreparedness for the entire experience. First, our English skills were not good enough and there were no subtitles, so it was very hard to understand everything that the actors were saying,

Second, we were cold because of the air-conditioning. My girlfriend almost froze to death!

Furthermore, the movie went on for three long hours and the theater didn't have sweet popcorn but just salty popcorn, which contributed to our terrific evening.

The day after I saw The Irishman in the theater it was available for free on Netflix. Just think about all the inconvenience I could have avoided...



By Marco Traglia

JANUARY 2020



JANUARY | 03

1:00 PM

Disney Land &
California Adventure

1 PARK \$155
PARK HOPPER \$210



JANUARY | 10

1:00 PM

Dave and Buster's
Hollywood

\$10 - \$ 50
(Pay Onsite)



JANUARY | 17

1:00 PM

Dodgeball at
Westwood Park
(Transportation Fee)



JANUARY | 24

10:00 AM
6:00 PM

Six Flags
Magic Mountain

\$120



JANUARY | 31

9:30 AM
6:00 PM

Universal Studios
Hollywood

\$150