

GAZETTE

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

LONGEVITY AND HEALTH

I have always believed that if we want to change the world, we must first change ourselves. So, I have started with me. When I was 15 years old, I watched some news about how animals were tortured and mistreated in order to be made into food for human beings. I looked at myself and felt like a miserable person. So, at that moment, I started researching vegetarianism and how it can change your life. Of course, it was not easy for me because in my country we have a culture of eating meat at all our meals; it was not different in my family. I had to talk with my mom about it so that it would be easier for me; however, she decided to become a vegetarian, too. I felt amazing at that time because I realized that my decisions were starting to change my family's mentality, too. At first, it was not easy, but together we persisted and made it a habit. Searching for more information about nutrition in vegetarianism, I discovered that many animals are forced to have a strict diet, causing contamination in meat. And some diseases that come from eating meat can kill us earlier than we had previously known. Longevity in the future depends on what we decide to eat today.

Seven years ago, I didn't know how good it could be to protect the animals, improve my mental health and have better physical health. This has become a lifestyle and I'm doing my part to help the animals.

I hope that one day all people come to understand how becoming vegetarian can improve their lives.

By Paola



Nowadays, there are many alternatives for vegetarians. In any case, you can start today to open up your mind to a new journey.

DISNEYLAND

California Disney has two parks: Disneyland and California Adventure.

California Disneyland was opened in 1955, and it is the oldest of the Disney theme parks. Furthermore, it is the only Disney theme park which was designed and constructed under the direction of Walt Disney himself. The size is about 730,000 square meters, and these two parks are very close to each other.

The ticket's cost is more expensive than that of Disneyland in Japan. Disneyland mainly targets children, so families often visit. Disneyland is composed of 9 theme lands. Its symbol is the castle of Sleeping Beauty, and its colors are pink and blue.

“Star Wars and the Rise of the Resistance” is the most popular attraction in Disneyland; however, this attraction is not in Tokyo’s Disneyland!! Additionally, California Adventure has many thrilling attractions, and its symbol is a Ferris wheel. It is composed 8 areas; for example, Cars and Avenger areas, which are also not in Tokyo’s Disneyland. The park is themed after Disney’s interpretation of California, using Pixar and Marvel movies. It was opened in 2001.

By Yu





HOW CAN WE SAVE MONEY IN THE U.S?

I love the U.S., but in the U.S., everything is expensive, so it's hard to live easily. Especially because I'm a student and I can't work here, I shouldn't spend a lot of money; I need to save money. So, how can we save money? It's important to think about this if you want to stay here longer. We can avoid using money in many ways if you use ingenuity. For example, we have to eat, but if we buy prepared food every time, we are going to spend a lot of money. So, you can make your own lunch and bring a bottle of water. If you think about going to the gym, you can work out by yourself at home; by doing so you might save some money. Also, instead of buying books, you can go to the library and borrow some books. In the case of clothing, you can go to a second-hand store and buy inexpensive clothes, or you can ask your friends and maybe they will give you what they don't need anymore. What I'm doing now is cooking by myself.

Of course, I want to go to fancy restaurants,

but I need to be patient. Additionally,

sometimes we can join some free

events. If you search for them, you will find a ton of information.

In this way, you can get new friends and experiences. If you

join a volunteer organization, you might get some money, too.

Even if you are rich or poor, you can find something that you can enjoy without spending money.



By Megu

MAKING MEMORIES

Visiting America by myself was my first time, so I was nervous at first. However, all my classmates were so friendly and kind, especially my Korean friends who graduated last week, so I was able to express myself! I was able to make many friends. I went to various tourist spots with my friends. My best memory is going to California Adventure. I really wanted to go there, so my dream came true!! I rode some attractions, and my favorite attractions were Guardians of the Galaxy and Incredicoaster! They were so thrilling and fun for me! If you go to California Adventure, you should try them!!! I also enjoyed watching a beautiful show. I was very impressed because the scenery was so beautiful!! It was such a fun time! I'm glad that I got to meet many wonderful people and go to many places with my friends. These experiences will be unforgettable memories for me!!!

By Yui





REASONS WHY PEOPLE SHOULD CHOOSE USED CLOTHES

Have you ever bought “used clothes”? It means clothes someone wore before. Perhaps you may think that they are dirty and you don’t want to wear them. Also, I used to think like that. However, they have some good points so I’m going to introduce them.

First, they are eco-friendly. It is said that about 300 billion pieces of clothing are thrown away a year. Finally, they are incinerated or they are dumped into landfills. People can’t wear the same clothes every day because they get dirty and their sizes don’t fit them as they grow. Also, I think trends are connected to clothing disposal. However, used clothes are reused by people so we can avoid increasing disposals.

Second, they are attractive. Most fast fashion brands produce a lot of the same clothes so you can have the same clothes as your friends. However, almost all used clothes haven’t been produced recently, so we can wear one of a kind clothing and make our own style. They have unique designs and colors we don’t see at shops near here. I want to you find your favorite items!

Third, they are cheaper. When I went to some apparel shops in LA, I was surprised at the prices. At the time, I thought I couldn’t buy them during my stay. I like to go to second-hand shops or thrift shops so I visited these shops in LA. These shops have a lot of clothes and they are reasonably priced and in good condition. I bought 5 items there but the total price was only 34 dollars. Therefore, these used clothes were cheaper than in shops around LA. These are the reasons why I want to recommend used clothes to you. If we buy them, our world and our lives will be better than now. Please make a wonderful world with me!

By Nau

THE JAPANESE NATIONAL FLOWERS

The Japanese national flowers are the cherry blossom and the chrysanthemum. They are not unique to Japan, but they are familiar to Japanese. In the past, emperors preferred these flowers, so they were getting popular.

Cherry blossoms bloom at the end of March in Japan. Therefore, it indicates the arrival of spring and the beginning of new life. This is because the academic year and the fiscal year begin in April. When they bloom, many people go and see them and everyone enjoys drinking alcohol under them. In Washington D.C., there are a lot of cherry blossoms which Japan gifted to the U.S. to deepen their friendship. The National Cherry Blossom Festival is held between March and April every year. It is getting more and more popular. The other is an autumn flower. It is not as familiar as the cherry blossom, but it is used as the symbol of the emperor. It is depicted on the cover of the Japan passport.

By Kohei



LANGUAGE AS A MIRROR OF CULTURE: WHAT WORDS REVEAL ABOUT A NATION?



Language is more than just a tool for communication. It reflects a nation's culture, history, and way of thinking. Every language has unique words and grammar rules that shape how people express themselves and see the world. The way languages describe identity, emotions, and even colors shows how deeply language is connected to the culture. How language shapes identity:

1) One interesting aspect of language is how it expresses identity. In English, there is a clear difference between "I" and "me". "I" is used as the subject of a sentence, while "me" is used as the object. This reflects the strong focus on individuality and personal responsibility in English-speaking cultures. In contrast, in Russian and Kyrgyz, the word for "I" (я in Russian, мен in Kyrgyz) does not change its form depending on its role in a sentence. This suggests that in some languages, identity is seen as more stable and connected rather than divided into strict grammatical roles.

2) Another example is how languages express formality and social hierarchy. Japanese and Korean have complex systems of honorifics to show respect and rank. In English, formal distinctions are minimal, reflecting a more equal approach to social interaction. These differences in grammar show how cultures value individuality, hierarchy, and relationships. Language and culture

3) Even basic concepts like colors between languages. In Russian, there are two different words for light blue (голубой-goluboi) and dark blue (синий-siniy), while English speakers use just one word: blue. This linguistic difference may affect how people categorize colors.

4) Some languages also have words that do not exist in others, reflecting unique cultural ideas. For example, the Russian word “toska” describes a deep, unexplainable sadness, while the Kyrgyz phrase “kok umut” (literally “blue hope”) symbolizes endless possibilities, connected to the vast sky. The German word “Schadenfreude” refers to the pleasure one feels from someone else’s misfortune. These words highlight what different cultures consider important and meaningful. Does language shape the way we think?

5) The idea that language influences thought is called the linguistic relativity hypothesis. According to this theory, the language we speak affects how we understand reality. For example, the Guugu Yimithirr people in Australia do not use words like “left” and “right.” Instead, they use cardinal directions like “north” and “south.” As a result, they develop an excellent sense of direction.

This raises an interesting question: can we fully understand a culture without speaking its language? If language shapes the way we think, then learning a new language is not just about memorizing words—it is about adopting a new way of seeing the world.

Language is not just a set of words. It is a key to understanding how different cultures think, feel, and interact. The way a language expresses identity and emotions and describes the surrounding world reveals a lot about the values of the people who speak it. While some ideas can be translated, others are deeply rooted in culture. In the end, language is not just a reflection of culture—it is its foundation.

By Begaiym

JAPANESE IZAKAYA CULTURE : A POPULAR DINING SPOT

An izakaya is a casual bar in Japan where people enjoy foods and drinks after their work. There is a variety of dishes such as grilled meat, fried food, and seafood. The visitor is served it with beer or sake. Also, the izakaya is known for its relaxed and friendly atmosphere. It is a popular place for socializing with friends or coworkers. The affordable prices and the comfortable setting are a key part of Japanese dining culture. I also work part-time at an izakaya called Denya in Shiga, Japan. We offer delicious sake and traditional Japanese dishes. We welcome foreign visitors. If you come to Japan someday, we look forward to seeing you in Denya!

By Sato



STRAY TRASH

I find the way trash is handled in the United States quite strange. I live in an apartment now, and we don't separate the trash. We just put it in a trash bag and throw it in the basement. This is very different for me because in Japan, it is normal to sort trash. In Japan, there are certain days for different types of trash, like burnable and non-burnable days. Because of this, I had a separate trash can for each type of trash. But in the U.S., there is only one trash can. And Japan has a garbage disposal calendar, but when I came to Los Angeles, I was surprised that there isn't one here. I was also surprised that when people no longer need furniture or appliances, they just leave them on the street, and someone takes them. This would never happen in Japan, where you can't leave unwanted things on the street. But I think it's good that unwanted things don't just become trash but are given to people who need them. I wonder how trash is dealt with in the U.S. and who sorts it. I wonder what happens to unsorted trash.

I always feel guilty when I throw trash away. In Japan, my parents have told me to separate trash since I was little. And since I was little, I have thought about environmental issues at school and learned that separating trash is important. Also, not separating trash makes me feel bad for the environment. In America, the sight of trash scattered on the streets is also striking to me. Is Japan's garbage disposal system too strict? Even so, Japan still has environmental problems. I hope that all countries will separate their trash to make the world a little more eco-friendly.

By Shiori

