

GAZETTE

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

MY DREAM RV TRIP

I had always dreamt of taking an RV trip across different states. I've loved road trips since childhood – even a short one to the countryside was exciting for me. Then I watched the movie *Beethoven*, where the family travels in an RV with their dog and it seemed so thrilling to me.

My dream came true last year. Together with friends we rented a huge RV and travelled through northern California and Oregon. It was amazing: stunning views, spontaneous stops in the middle of nowhere, sleeping in the wild and still in comfort, and cooking dinners in the desert or high up in the mountains.

However, a few things turned out different in real life. First, while RV travels give you some freedom, you are not allowed to stay overnight anywhere – it is prohibited. Second, it is quite expensive, as you still need to pay for parking spots. But if you are travelling with friends or a big family, it could be reasonable.

RV trips offer an unforgettable experience. You can get close to nature, meet interesting people, enjoy the camping vibe and create lifelong memories.

I would definitely recommend trying it at least once. I am a big fan of RV trips now, and have taken a few more since then.

By Evgeniya



MY POTLUCK EXPERIENCE

I don't like to cook, at all.

Tomorrow at my school there will be a potluck—it's a kind of party where everyone brings some food or a dish that is typical of their country. I already said I don't like cooking, and that's the truth. If my mum hadn't taught me how to cook pasta, I probably would have died five years ago.

But for this special event, I tried to make something. I cooked a dessert that my sister used to make for every dinner or important lunch. I bought cookies, Nutella, and milk. The preparation is quite simple: you have to crumble the cookies very finely, add a little milk and lots of Nutella, mix until it becomes a solid cream, then make little balls and roll them in shredded coconut, chopped pistachios, almonds, or whatever you like.

I tried to make it—the appearance isn't great, I'm honest—but I hope the taste is better. I'm so sorry, but I just don't like cooking at all. :.)



By Aysha



JAPANESE CUISINE



Japan is known not only for its rich culture and traditions, but also for its healthy cuisine. Traditional Japanese food, or washoku, has been praised worldwide for promoting longevity and well-being. Many experts believe that the Japanese diet is one reason why the country has one of the highest life expectancies in the world.

One of the key features of Japanese food is its balance. Meals often include rice, vegetables, fish, and fermented foods like miso or natto. These are low in saturated fat and rich in nutrients, such as omega-3 fatty acids, fiber, and antioxidants.

Portion control is another factor. Unlike Western meals, Japanese servings tend to be smaller, helping prevent overeating. In addition, traditional cooking methods like steaming, grilling, and boiling preserve nutrients without adding too much oil or sugar.

Fermented foods also play a major role in gut health. Items like miso soup, pickled vegetables, and soy sauce help support digestion and improve the immune system.

In a time when fast food is common, Japanese cuisine reminds us of the importance of fresh, seasonal ingredients and mindful eating. It is not just food—it is a lifestyle that supports a longer, healthier life.

By Shogo

LETTERS



MY WHOLE STORY

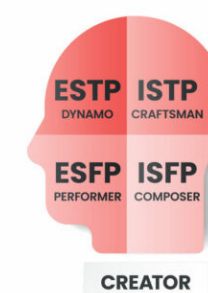
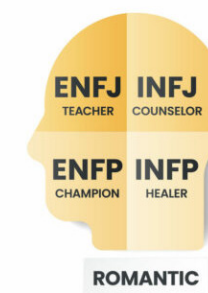
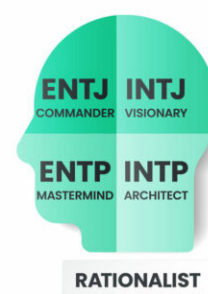
Do you know what MBTI is?

MBTI stands for Myers-Briggs Type Indicator. It's a personality test that divides people into 16 different personality types based on how they think, feel, and act. In Japan and Korea, this test is especially popular among young people. It's so common that people often ask each other, "What's your MBTI?" when introducing themselves. Recently, it's even being used for job hunting.

I think using MBTI to understand yourself better and to know what kind of people you match well with can be a great way to enjoy life more. However, is it really good to judge someone just by their MBTI type before getting to know them? For example, saying things like, "That person is this MBTI, so they must be like this," or "I don't like people with that MBTI type." I'm not very comfortable being asked about my MBTI right away when I meet someone new.

MBTI can be a useful tool if used wisely, but sometimes it can also limit our thinking. There are billions of people in the world. Can we really fit everyone into only 16 types? I don't think so. I believe that our small differences are what make us beautiful. I hope to use MBTI in a way that helps me understand both myself and others, without hurting anyone.

By Shiori



DO YOU WANNA BE A MINERAL HUNTER?

Did you know that California was a popular place to dig for gold between 1848 and 1855?

That's why it earned the nickname "The Golden State."

Even though there isn't as much gold found in California today, you can still discover some amazing minerals, such as serpentine, tourmaline, and benitoite. Additionally, benitoite is the official state gem of California.



If you're interested in minerals or looking for a unique adventure, I have got a fun idea for you! There is a place called "Ocean View Mine." It is about 3 hours from LA, where you can actually dig for real minerals for \$75. You can get to learn about mining, dig by yourself, and ride in a Jeep around the area. The whole adventure takes around four hours.

Before you sign up, you should know that mining isn't easy! You'll be under the sun and doing some digging, so please wear comfy clothes and bring water! But the best part is: You can take home every single gem you find!!

By the end of the day, you'll probably be sweaty, exhausted, but super proud of what you've found. Even if you don't dig up treasure, you'll definitely dig up some awesome memories.

So, why not be a mineral hunter for a day?

By Min

