

LSI Torrance Newsletter

Written by Torrance Students January 2011



JANUARY ACTIVITIES

& IMPORTANT DATES FOR STUDENTS

**ASK AT THE FRONT DESK FOR TIMES
& SIGN UP OR ELSE...**

Activities may be cancelled due to lack of participants so make sure you sign up right away!

Winter 2011 Term Begins

Monday, January 3rd

Morning Orientation ~ No Classes

Afternoon & Evening Regular
Classes Begin!

Thurs, Jan. 6th 🎸 **Beginner Guitar
with Jeff**

Fri, Jan. 7th 🎬 **Universal Studios**

Fri, Jan. 7th 🍷 **Welcome Back
Dinner Lazy Dog Cafe with Sylvia,
Bhumika & DJ**

MLK Day NO SCHOOL

Monday, Jan. 17th

Martin Luther King Day!!

Wed, Jan. 19th 🏀 **L.A. Clippers
NBA with DJ**

Fri, Jan. 21st **Desert Hills Outlet**

Wed., Jan. 26th 🎤 **Karaoke
at Keegan's with DJ and Jeff**

Thurs., Jan. 27th 🎸 **Intermediate &
Advanced Guitar with Jeff**

Fri, Jan. 28th **Bowling with Sylvia**

Fri, Jan. 28th thru Sun., Jan. 30th

LAS VEGAS BABY!!!

Letter From the Program Coordinator



We are very excited for Winter Term! There are lots of activities planned to help you practice English with your friends, classmates and teachers. **Participation** and **practice** is one of the best ways to improve, so come to the front desk to see what's going on. You too can sign up to go **bowling** this month!

Another great way to stay informed about fun events is by becoming a member of LSI Torrance's **Facebook** page. It's easy and fun to friend your classmates and teachers.

If you have **any questions**, comments, or concerns, please feel free to come to the front desk and see one of our awesome staff members: Opal (Thai), Henry (Korean), Jackie (Portuguese) and Sanae (Japanese).

We also have great teachers here for you like: Andres, Bhumika, DJ, Jeff, John, Laura, Les, Steven, Suzy, and Tony. Yukio and I are here to help you, too. Have a great term! I look forward to helping all students make the most of your time here.

~ Sylvia D. Macias
LSI Torrance Program Coordinator

New Gifts for Christmas

By Monica Trejo – Level 6

If I could change one thing about Christmas, I would change the gifts. What I mean is that people don't need gifts for Christmas. I think it is better to give a hug instead of material gifts because sometimes people don't have enough money to buy expensive presents for everybody. I think the most important thing is the thought because people don't need expensive gifts to feel love.

If somebody asked what I want for Christmas I would say that I would like to have health and also I would like to receive a hug from my family.

Sometimes people think that if you receive an expensive gift it means that the person really loves you because that person spent a lot of money, but this is not always the truth.

When I was a child, my parents explained to me that they wanted to buy a lot of gifts for me and my siblings for Christmas, but they did not have enough money. That is when I understood that the most important thing is the feeling that you have when you buy the gift and it does not matter if it is expensive or not.

A hug is a general way to express love, good cheer, joy and happiness and it's the best gift for everyone.



Similarities & Differences Between Iran & Korea



By Eon-kyoung (Amy) Sim — Level 7

Do you think there are any similarities between Iranian and Korean traditions? At first, I didn't think so. Yet after spending time with my Iranian boyfriend, I learned that we have many similarities in our traditions and the ways we do things. There are three main similarities; hygiene, diet, and traditional dress. However, these are performed different ways and they have different reasons.

First of all, both have similar habits of hygiene. Usually, Koreans scrub their body skin once a week at a public sauna. In the same way, Iranians scrub their body skin. When I came to America, I took a steam bath in our apartment and I scrubbed my skin. When I told my boyfriend, he laughed and told me that his mother does the same. I asked him to tell me more about Iranian bath culture, and I found two differences between both. Koreans use special towels to scrub their body with regular soap, but Iranians use special towels with particular soap for easier scrubbing. The other difference is that Koreans usually go to a public sauna. In contrast, Iran doesn't have a public sauna, so they take saunas and scrub their bodies at home. Iranians think the public sauna place is not hygienic.

Secondly, the main diet of both Iran and Korea consists of rice. However, the shape of the rice is different. Also, there are different ways of preparing the rice. Iranian rice is longer than Asian rice, just like Indian rice. When they cook the rice, they put water and olive oil in the rice-cooker. On the other hand, Koreans cook the rice with only water.

Finally, both Iranian and Korean women covered their hair in the past. As we know, Iranian women still cover their hair for religious reasons. On the other hand, Korean women had covered their hair and face (except the eyes) for ideological reasons, but these days, Korean women don't cover their faces any more.

It is really surprising to me that Iran, which is located in the Middle-east, and Korea have these similarities. Even though they have different methods and reasons for doing things, I feel closer to my boyfriend now that I have learned more about our similarities.



Is it fate that leads me to meet a certain person? I wish I had the answer to this question. We have been a couple for a long time, and I still remember the day we met very clearly. I was working in a Vietnamese restaurant as a waitress. It was my first day. I was nervous and worried a lot because I had not done this job before, and I could not speak the language very well. He was wearing shorts and a white shirt. I thought he must have a Vietnamese wife or girlfriend because he came with a Vietnamese magazine. I remember his face very clearly from the first moment I saw him. He ordered a glass of water because he wanted to wait for his friend. Then, he came to me and paid for the water with a tip and went away. I was impressed because he gave me a 2 dollar tip for a 1 dollar bottle of water. Then I found the magazine he had left on the table.

I kept the magazine for him. I read it a bit and accidentally spilled soda on it. I was very worried about that. I hoped that he would never come back and ask for it. Very late in the afternoon, he came back. I was so nervous, but I had to talk to him because I was the only one there at that time. I

asked him with a very worried and embarrassed attitude, "Did you come for the magazine?"

He answered, "Did I forget something? No, I just came to eat." He looked at me confused for a few seconds and then continued, "Would you recommend something from the menu because I have no idea about the food?"

"Chicken salad, beef rice, and fresh greens with a coconut drink. Is that good?" I responded.

He looked at me, gave me a very friendly smile and said, "That sounds good, yes."

When he had finished, I went to give him a bill. He started talking to me more personally. He wanted to have my email address or phone number, but he felt embarrassed and did not dare to ask. He just gave me his email and phone number. I was too innocent to understand that when he did that, I should have done the same in return. I gave him my email and phone number. That night, when I got back home, I got an e-mail from him thanking me for the dinner.

After e-mailing each other back and forth for a while, I decided to go out for dinner with him. I was worried that I did not understand him enough to go out with him, and also because he had told me that he was a police officer. However, I went out with him anyway because I liked him. He was nervous too because he did not believe that I was over 18 years old. He came to pick me up at my house. I opened the car door, a little hesitant, and I asked, "Are you sure you are the police?" He laughed and said yes. Then, he showed me his police ID. I felt good and got in the car. Then he turned to stare at me as if he wanted to look through me. "Are you sure you are over 18?" Then, I laughed and showed him my ID. We have been a couple ever since.

The day I met him was my first day at work, and I was off after that day. The magazine was just an advertising magazine that a Vietnamese man had given him for free. However, it was a nice thing to remember how we met. We have been through hard times, and many ups and downs, and a lot of differences and expectations, and even fighting. However, we have been very good friends to each other. Was it fate? I'd have to say yes.

BULIMIA



By Rei Imai – Level 7

Recently, a large number of people, especially teenage girls have been suffering from the eating problem bulimia. Bulimia nervosa is an eating disorder in which a person repeatedly eats too much and then induces vomiting. What are the causes of bulimia?

The general reason people become bulimic is because they worry too much about their appearance. It is not mostly people who are fat, but rather people who think they are fat. If they eat food, they feel guilty and have low-esteem. People's insults might prompt them to engage in unhealthy behavior and if they keep vomiting it might become a mental illness.

Good appearance or not, it does not matter for them. Overeating and then throwing up by themselves becomes a habit. If after eating they do not

to vomit, it makes them feel guilty. The body says it must vomit. Even if they are not fat, they cannot convince themselves of this fact. They just keep eating and throwing up.

Mental illness may become an issue once they realize that they do not have to be on a diet, and that they are actually underweight. It might be too difficult to stop this habitual behavior. After having bulimia, treatment takes a long time. They have to cure the body and the mind.

In conclusion, bulimia is a very serious illness. Sometimes it can lead to suicide. Some celebrities have already suffered this tragic fate. Bulimia can happen to the best of us. The most important thing to remember is to keep our self-esteem and be confident with our bodies the way they are.

My Resolutions for 2011

Caroline Janssens—Level 6

Resolutions are about things that you want to change or improve, starting on January first and usually given up on January second. This is a stupid concept. Why do we need to wait until January first to get better? However, like everybody, I have my resolutions for 2011.

My first big important resolution is not to do boring things anymore. I want to choose what I want to do, when I want to do it, and who I want to do it with. I don't want to depend on other people's choices and be denied the opportunity to say what I really want. For example, my Thanksgiving dinner was very boring because I didn't choose the people that were invited. Of course, it's not my house and I am only a host student so of course, I don't have any choice or chance to share my thoughts and feelings. But what a chore it is to be with people you don't like for a special event!

My second resolution is to be more independent. I have to work hard to earn enough money to live by myself, because it's my own fault if I live with people I don't like. I need to do my part and rid myself of my current situation.

One other annoying thing I often do and want to stop is sulking. I don't know why but I sulk easily and a lot. At least, that's what people say. I do not agree with them all the time because I think that when I am sulking, it's for a right and justified reason, but that's ok. For them, I am going to try sulking less. I promise, but just a little because of course I cannot stop sulking for the rest of my life.

These are my main resolutions for 2011. There are only three, but I think three is already too ambitious, so I think I am going to focus on the second one first and continue to sulk and do boring things for a while or maybe why not keep it for 2012? Let me think about it.



Should Marijuana Remain Illegal? By Toshihiko Sakuma —Level 7

Seeing the picture of Michael Phelps, one of the greatest swimmers of all time and winner of eight gold medals at the Beijing Olympics, inhaling from a marijuana bong at a party aroused many negative reactions among people. “What nonsense!” they exclaimed, or “That’s rude!” they said. But after apologizing, even though Kellogg canceled his sponsorship, the majority of his sponsors accepted his apology. This shows that American public opinion is not very concerned about this incident. It also indicates that people no longer have strong objections to marijuana use. This public acceptance is apparent when we consider the relatively easy access to marijuana. According to a public survey, 85% of high school seniors reported that they could get marijuana rather easily or quite easily. This means that the American public no longer considers marijuana a hard drug that should be absolutely prohibited by law. Given such an increase in public acceptance, marijuana should be legalized, especially because of its fewer serious side effects, its less addictive nature, and the potential decrease in crimes related to its purchase and possession.

First, marijuana has fewer serious effects on human health than cigarettes, alcohol, or other drugs. For example, marijuana has no calories, so there is no need to be concerned about obesity. In contrast, not only is alcohol high in calories, but because it is usually consumed in large quantities, these calories become multiplied and can cause rapid weight gain. Furthermore, when marijuana is used through vaporization, it is very safe for people’s bodies as all the harmful effects associated with smoking are eliminated. On the other hand, cigarettes are never smoked



through a vaporizer and therefore the smoker is exposed to all the harmful chemical ingredients, such as tar and nicotine.

Second, the rate of marijuana dependence is lower than that of other substances. According to the Los Angeles Times, six substances based on five problem areas were graded by UCLA. In this study, marijuana was ranked lower than not only nicotine, but also alcohol for dependence and addiction. In addition, withdrawal symptoms associated with marijuana dependency are easier to stamp out than alcohol or cigarettes.

Third, if marijuana were legalized, the price of marijuana, black-market dealings, and the number of gangs would all decrease. Moreover, tax revenues would increase. An authority said, “If there was no money in it for the Mafia, there would be no friendly playground pushers, and addicts would not commit crimes to pay for the next fix.” In this case, the criminal syndicate would be weakened, too.

In conclusion, taking marijuana is healthier, easier to kick, and less harmful to society than other drugs. For these reasons, marijuana should be legalized. The United Nations estimates that “162 million people used marijuana in 2004, over 10 percent more than in the late 1990’s.” There is no reason to prohibit taking marijuana because such a huge percentage of the population enjoys it. Studies show that inhaling marijuana has less adverse effects than drinking alcohol or smoking cigarettes. If marijuana has to be kept illegal, we should consider the criminalization of currently legal substances with more adverse effects, such as alcohol and cigarettes. As long as alcohol and cigarettes are legal, marijuana should be too.

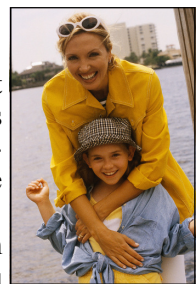
New Gifts for Christmas

Monica Trejo – Level 6

If I could change one thing about Christmas, I would change the gifts. What I mean is that people don’t need gifts for Christmas. I think it is better to give a hug instead of material gifts because sometimes people don’t have enough money to buy expensive presents for everybody. I think the most important thing is the thought because people don’t need expensive gifts to feel love.

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“ENGLISH; DO AS AMERICANS DO!”

By Tae Jin (Jason) Choi –Level 6

Next year, I don't know if it will be possible, but I hope to write a book about learning English. The title is “English; Do as Americans Do!” I have been studying in America for only 2 months, so frankly my English ability is still not good. However, if I can share my experiences as a beginning learner with new student readers, it might help them. Also, if I have a goal like this, it makes me improve my study habits.



The English I am learning in the U. S. is a little bit different than the English I learned in Korea. For example, when American people order in a restaurant, they usually say things like “Can I have ~?” or “Let me have ~.” However, many Korean people know that they have to say “I want to ~”. So, I'd like to introduce real speaking English that Americans use.

I've met many students from many other countries such as Japan, Thailand, Saudi Arabia, Venezuela, Mexico, Brazil and also Korea. They are all good students, and their speaking ability is good, but they still have their native intonations and pronunciation. Therefore, even though they speak English well, it might be strange English. The intonation is not as important in the Korean language, but it is very important in English. In addition, in Korean pronunciation ‘[g]’ usually has no voice, but in American ‘[g]’ is a vocal sound. Students who learn English should know these differences.

The Disadvantages of Taking a Shower in the Morning

By Misai Fujita—Level 7



Why do people take a shower in the morning? When people take a shower in the morning, they can fix their bed heads. Furthermore, they can feel refreshed right from the morning. Do you take a shower in the morning? I recommend for you to take a shower in the evening because there are some disadvantages to taking a shower in the morning.

The first reason why I do not recommend taking a shower in the morning is that it may damage your scalp. The scalp has a layer of skin that protects it from ultraviolet rays. When you get up, the pores on your scalp are open. At that time, if you wash your hair, it causes intense stimulation to your pores. Then, because people usually do not have much time in the morning, they leave their homes before the skin protection is made. As a result, the scalp is bathed in ultraviolet rays from sunbeams.

Second, shampoo contains some chemicals that may be harmful to your scalp, such as active surface agents. In the morning, you could neglect to rinse the shampoo out of your hair. If the shampoo stays on your scalp and soaks into your skin, it causes intense damage to the roots of the hair. You need to allow extra time in order to rinse the shampoo out of your hair, and you also need to choose a shampoo that does not contain dangerous chemicals.

Finally, hair grows at night. The scalp breathes through the pores. If you do not wash your hair, your pores become clogged by sebum that continues to accumulate. It is like you are choking your own pores. It causes hair to fall out and prevents the growth of new hair. In addition, the parasympathetic nervous system, which controls functions such as relaxing, repairing, and rest, becomes active and a large amount of growth hormone is secreted during the night. Consequently, taking a shower will relax your body and prepare you for sleep. If you do not wash your hair before you go to bed, you are going to sleep without relaxing.

In summary, people usually do not have enough time to wash their hair with shampoo in the morning. Furthermore, if you use shampoo that contains chemicals, it could cause intense damage to your hair and scalp. Besides, the scalp becomes active at night. During this time, the scalp needs to be clean. If you do not wash your hair at night, it could cause hair loss and interrupt hair growth. That's why I recommend taking a shower in the evening.



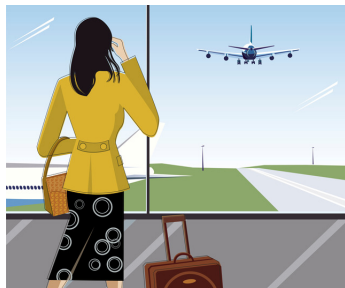
THE IMPORTANCE OF MUSIC

Lourival Neto – Level 7



Music is an important part of my life. I have lived with music ever since I was born. My mom used to play different songs for me and educate me in the musical traditions of my country. Once I was grown up, I started to get involved more and more with music. I became a musician. When I was 7 years old, I started taking piano classes. In the beginning, it helped me develop my musical skills. I could explore my creativity and develop other skills with this talent. Today, being creative is very important, even in the professional world. Certainly, learning music was fundamental to opening my mind to different things in the world. Music was the first thing that showed me that outside my small village, there were many other people to know, and many amazing places to explore.

While I was taking my first steps exploring a different world, I fell in love with American music. It is one of the reasons that I came to this country. American music has the largest amount of variety in the world; Blues, Jazz, Rock, Soul, Gospel, R&B, Country, Pop, along with many other genres and sub-genres that grow from those styles. In addition, almost all the most famous artists in the world were born here in America. Musicians like Madonna, Michael Jackson, Ray Charles, Frank Sinatra, Elvis Presley and many others that have changed the musical world forever. You can hear and see their influence around the entire globe, even in the music of the other countries of the world. You can go from Japan to Brazil and hear all these influences from American culture and music in each genre. However, it's not just about music. You can also see this influence in their dance styles and fashion.



My Christmas Wish

By Wanwisa Jainongbua—Level 6

If I could have only one wish this coming Christmas, I would wish for a plane ticket from Santa Clause to go visit my family and friends in Thailand. There is nothing else that I want to do, or wish for, besides spending time with my family and friends on such a special day. Christians believe that this is the day on which Jesus was born. I am not sure if there really was a Jesus, but that is what I have heard since I was a child until now. That is why Christian people celebrate Christmas every year, because they believe this story I guess.

There are three reasons why I wish I could get a plane ticket to go visit my family and friends in Thailand. The first reason is because I miss them so much. It has been four months already since the last time I saw them. I miss hanging out with them, making food with them, and going to parties with them. These are such wonderful memories that I wish they could last forever. The second reason is that one of my cousins is going to have her first baby boy this coming December 27. I am going to

be an aunt for the first time. She is the cousin who I am closest to, so that is why I want to be there for her. I want to take care of her and support her on one of the most special days in her life. I would just like to be a big part of it, and I know she will appreciate it very much. The third reason is that there is going to be a huge party at First Baptist Church, where I used to work when I was in University. I was one of the missionaries' translators. I would translate for them when they talked with Thai people about Jesus and how they could one day go to heaven! They are very kind, friendly and helpful people. I respect and admire them very much and I consider them my family. I wish I could go back and be a part of their big day at church.

I really hope my wish comes true. If it does, I will be so happy I'll have a smile on my face for the rest of the year. I am so thankful for all the people I have made friends with, and those who have played such a big part, or even a small part in my life. I really appreciate their friendship and I know in my heart this will last forever. I wish all of them and their loved ones well. Happy Christmas! ☺

Overpopulation

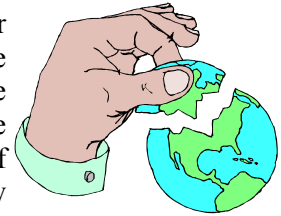
By Takao Kawamura — Level 7

Overpopulation has been a controversial issue throughout the twenty first century. The current population of the world is approximately six billion. However, according to research, the world's population is in the process of increasing even now. In fact, the planet can only handle a limited amount of people before it becomes overpopulated. If this trend continues much longer, it will have a devastating impact on our environment. People will face food shortages, the destruction of nature, and an overburdened education and employment system.

First of all, people need food to live. Because of this fact, they claim countless other lives in order to create food. However, if the overpopulation problem becomes so large that people can no longer handle it, this will limit the amount of food we have access to in the future. Obviously, the population of species of life other than humans has been decreasing, and some are even in danger of becoming extinct. Some people have even begun the meaningless cloning of innumerable animals in order to increase the amount of food available. People will face food shortages soon if they do not consider how to take care of our resources and conserve.

Secondly, overpopulation will destroy seemingly inexhaustible nature. For the past few decades, people have been muddling through forests, cutting down trees, and finding oil in the oceans to develop technology we depend on. Unquestionably, these things are necessary for people to live and survive in today's society. On the other hand, these actions contribute to the destruction of the Ozone

Layer, another victim of our neglect and abuse. The more we harm nature, the more we injure the Ozone Layer. However, even if people work hard on how they take care of nature, they must face the problem of overpopulation, which puts an increasing strain on our resources.



Thirdly, overpopulation causes a crisis in our educational and employment systems. These days, people face a critical economy, and they are struggling to attend school without money or a job. Mostly, countries with large and increasing populations have high unemployment. Also, the schools and the companies suffer from a lack of space. Even the government has difficulty providing effective services in overcrowded cities. Some people might say that packing many people into the same room is a good way to save money, and that they do not need a big room as long as they can do what they are supposed to do. However, such overcrowding will negatively effect people's concentration and obstruct the process of a country's development.

In conclusion, overpopulation has the power to end human life. Humans lose the things that they need to live at the same time that they are producing new human lives. When we are out of food, and nature has been destroyed, and our education and employment systems are strained to the breaking point, there will be nothing left for us to do except prepare for end of the planet.

UNSCRAMBLE DECEMBER & JANUARY SPECIAL VOCABULARY TO FIND MYSTERIOUS HIDDEN MESSAGES

1. **SUNITRELOOS = RESOLUTIONS** wishes or promises made to improve life in a new year.
2. **ZANKAWA = K** _____ week long celebration of African heritage and culture
3. **ALCUS SATAN =** _____ / _____ fat dude in red who visits all good boys & girls on xmas eve with gifts
4. **THISAVY BOLLOW WIGING =** ___ / **B** _____ / **W** ___ / **S** _____ what you can do if you sign up on 1-28-11
5. **CLISTEOS = S** _____ the shortest day of the year that marks the first day of winter & a pagan holiday
6. **VEE WEN R'AYES =** ___ / _____ ' ___ / _____ the night before the first day of the year
7. **NODRAWDLN RENTWI = W** _____ / **W** _____ old popular holiday song title describing the season
8. **PHANYEPI =** _____ **Y** January 6th traditional Christian feast day or a sudden realization of an idea.
An "A-ha" moment of discovery!!
9. **JADY THINKERING BRAIN THLUS' MR.T = M** _____ / **L** _____ / _____ / **JR'S** / **B** _____ MLK Day!
10. **JED CHAWCHAWS TOLL TINGES EEL HIPPERSS = W** _____ / **T** ___ / **L** ___ / **A** _____ / **C** _____ / **W** ___ / ___ Sign up to go with DJ to the NBA game