

# LSI Newsletter Alhambra



## May Calendar of Events

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**May 4th - Lunch Social**

**May 6th—Soccer practice.**

**May 12th—Observatory with Andrea**

**May 13th— Soccer Tournament!**

**May 21st—trip to Solvang.**

**May 23d—Horseback riding!**

**May 27th—Lunch Social**

**Come join your Beautiful Teacher for a delicious lunch at a local Japanese Restaurant!**

**Do you like to play soccer? Then join our Fantastic teacher Erber on Friday for a soccer practice in the park!**

**Do you want to see the lights of LA at night? What a beautiful view! Join Andrea for this exciting activity!**



Let's show everybody that Alhambra has got the best soccer players and the best cheerleaders in LA!

**Join your teacher Tim for this awesome activity!!!! Solvang is a beautiful town in Santa Barbara County. It's a home for many Danish people. Go sightseeing, try their delicious desserts and enjoy a beautiful day with your teachers and friends.**

Dust off your cowboy boots and get out a can of Skol! We are going for a 1 hour of ride with a guide through the beautiful Hollywood Hills offering scenic views of the LA basin, the Pacific Ocean and Catalina Island. There will be a photo opportunity where you will be able to have pictures taken of you on horseback with the Hollywood sign in the background.



**Join Rachel for some yummy Korean food!**

# Vintage Shopping in L.A.

By Naoki

Have you ever heard of vintage clothing? Generally, vintage clothes are high-quality, well-designed clothes made in the 50's, 60's or 70's. Most vintage clothing has been previously worn. Vintage clothing includes t-shirts, jeans, sweaters and dresses. Nowadays, many companies' clothes are reproductions of vintage clothing. For example, Ralph Lauren and Abercrombie & Fitch use vintage clothing as inspiration. Some vintage clothes are expensive. Actually, there was a vintage movement in Japan about 10 years ago. Many Japanese people came to buy them. Recently, vintage clothes are harder to find in America. Nevertheless, I know where you can get them.



First, I think that the cheapest way to get vintage clothes is at thrift stores and garage sales. They have a lot of used clothing. On the downside, it is going to be hard to find high-quality vintage clothes, because most of the used clothes are really old. You should be patient when you are looking for vintage clothing.

Next, I recommend swap meets. One of the most famous swap meets in the U.S. is the Rose Bowl Flea Market. There are many types of vintage goods, including furniture, vinyl, comics, and cars. When you want to find good stuff, go there early in the morning. Some good stuff is going to be sold out early. You can get cheap vintage clothing. If you want to get a discount, say "Could you give me a discount?" Some vendors might give you a discount. Don't forget to bring cash and instead of "dollar" you can say "buck".

Finally, you can easily find good quality vintage clothes from vintage stores and eBay. The price definitely is more expensive than the prices at a thrift store. However, sometimes you might be able to find cheap vintage clothing on eBay. Don't forget that you have to bid on eBay.



If you shop for vintage clothing, you might be able to really enjoy learning about American culture. Vintage clothing is almost always unique. If you find something you like, make up your mind quickly, because someone else might be looking for it. Incidentally, be careful about vintage clothing's condition. Sometimes, they have some damage or scratches. I hope that you are excited and get something fun.

# Making New Friends

**By Keisuke**

You may have a hard time of making new friends and acquaintances when you settle in a different environment. Even for local people, it's not easy to make new connections. However, there are many chances to meet people whenever you are. You can easily make friends if you connect with people at places of work or school, share the same hobbies, and use Internet tools.

First, it's easy to build relationships at your workplace or school. Although it depends on your approach, you can get along with new people who may have spent a lot of time with you in both work and free time. For example, it's easy to make classmates your friends because you have many opportunities to do activities with your classmates during lessons. If you can get along with your colleagues in your workplace, it will lead you to connect with another person.

Next, hobbies or interests are a fun way to make new connections. People who have the same interests will understand each other easily. For example, at some public places in a city like a community center, there are various kinds of lectures or lessons to share a particular interest. For example, one of the recreation activities in Alhambra is a dance workshop, held at a dance studio weekly. Even if you are a little bit close minded at first, you can get to know new people when you get used to it.

Finally, more and more people are making new connections through the Internet by using social networks. Facebook is one of the largest social networks in some countries. Especially for foreigners, it's a great way to keep in touch with your friends. Once you get friends by using social networks, you can keep in touch after you go back to your home country. In addition, you can use your personal profile to show your hobbies and expand relationships with as many people as possible.

There are many ways to make new friends and acquaintances. You can establish good relationships at school or work. It is also fun to have certain hobbies which you can share with other people. In addition, Internet tools can make it easier to connect with people. Opportunities are everywhere. All you have to do is to be positive and express yourself.



# How to Gain Weight

By Mika

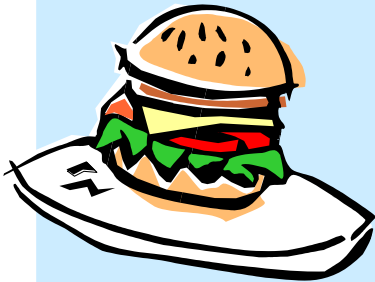
How to gain weight



Have you ever wanted to gain weight? If so, I have good news. It's very easy in the U.S.

First, sleep less. If you don't sleep enough, you'll get tired, and you'll want to eat something, especially sweets, to recharge your energy. So you should go to bed late at night and eat whatever you want. It's more effective to eat at midnight. If you eat at regular times, it's more difficult to put on weight.

Another way to gain weight is to eat a lot of American food! There are many delicious foods in the U.S. like pizza, hamburgers, ice cream, doughnuts and so on... They are very delicious!! But at the same time, they are also heavy. Probably, you can't eat a lot at first. However, don't worry. You can increase the amount of food little by little. The secret is to eat as fast as possible before you feel full. One day you may be surprised by how much you can eat! After a while, you won't be able to repress your appetite. As a result, you will start to look like a ball or snowman.



Finally, don't do any sports or move much. Exercise is your enemy when you are trying to gain weight. This is the ideal plan. Go everywhere by car. You should sit down when you find a bench. Use the elevator every time, and don't use the stairs. It's also better to do shopping on the Internet also. In addition, it is important not to sweat. You shouldn't have a bath for a long time, or go to the sauna. If you warm your body, you will burn fat. Particularly in the summer, be careful about that!

If you follow my advice, you will gain weight. However, at the same time you will get to sick easily! So if you are eager to gain weight, I recommend doing only one way. If you want to lose weight, just do the opposite!! It's harder than do those things. But it's really ideal for your health too. Let's sleep enough, eat moderately and move well!!!



# Mother's Day



In the U.S., Mother's Day is always on the second Sunday of May. This year, Mother's Day is on May 8. On this day, we show our appreciation for our mothers by giving them cards, flowers, or gifts. Some children bring their mothers breakfast in bed, and many families celebrate by eating lunch at a restaurant together.

## How to Make Lip Gloss

By Yvonne

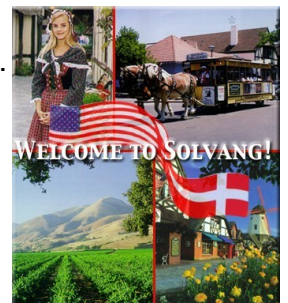
It is very simple to make homemade lip gloss when you follow these simple steps. Gather these ingredients on a well lit table:  $\frac{1}{4}$  teaspoon of grated wax, 1 teaspoon of coconut oil, 1 teaspoon of petroleum jelly, 1 candy melt,  $\frac{1}{8}$  teaspoon of oil-based candy flavoring, a bag, a bowl of hot tap water, and a container. First, grate some paraffin wax onto the wax paper and add coconut oil, petroleum jelly, and candy melt with the oil based candy flavoring into a bag. After that, seal the bag and sit it in a bowl of hot tap water to melt all the ingredients for about 3-8 minutes. Then remove the bag from the water and crush all the ingredients to mix them. Cut off a tiny corner of the bag and squeeze the lipgloss into the container. Finally, put the container in the refrigerator for 15 – 20 minutes to let it harden. Now you have a homemade lipgloss ready to use.

## Beautiful Solvang

Named by Sunset magazine as one of the "10 Most Beautiful Small Towns in the Western United States," Solvang's rich heritage dates back to 1911 when adventurous



Danish-Americans traversed the plains from Iowa to establish a settlement in the golden state of California. Founded by Danish immigrants in 1911, Solvang boasts authentic architecture, thatched roofs, old-world craftsmanship and traditional windmills. Over 1 million visitors come each year to experience the northern European culture, cuisine and unique boutique shopping. The pedestrian-friendly village hosts three museums, 15 inns and hotels, a full-service



guest ranch, meeting facilities, 30+ restaurants and bakeries, 150 retail shops and the Solvang Theaterfest, an alfresco 700-seat theatre.