

Our Good Friends!

Many people have pets like family. A pet is a dog, cat, fish, bird, etc. Most of all, cats and dogs are really friendly animals to people. So when a person takes a walk, eats, exercise, etc., they can enjoy together. This is all very normal, but although they are animals, they do some things like people; also if they need something, they express it like people. Though people don't know their language, people can understand through the situation and their expression.

That is a very interesting fact that people and animals can understand each other. These days, a blind person can raise a dog to go outside: the dog is really smart and kind animal, and when the blind person is in danger or needs some help, the dog can protect the person, help the person and let the person know how to go which way.

The best and most important thing is most people's minds are open to dogs because a dog is a very friendly animal! - *Yuni*

Go Away Lighter!

Everyone wants to travel somewhere, but they want to try to go away easier and they should do something to solve many problems. For example, money, choosing the place, how to pack, with whom, etc.

At this time, let's introduce to pack, which is one of the problems here. First, the most important is to be lighter in your packing. If you have a heavy bag, you can't go look around anywhere. Take just the necessary things and the things which are petty and small: you should take your toothbrush, clothes, hat, sunglasses and camera; and especially money. That's all. You can go away anywhere right now.

- *Weon*

Food Recipes - "A Recipe for Ketchup Spaghetti"

This ketchup spaghetti is called "Napolitan". It's easy to cook. Most countries use ketchup only French fries, hamburgers, and so on. Let's make it now! At first, you need to prepare spaghetti, onion, green pepper and bacon. You don't forget: "ketchup".

- 1 - boil spaghetti
- 2- cut the vegetable and bacon to eat easily and fry them in a frying pan
- 3 - just mix all of them with ketchup
- 4 - at last, a slice of butter into it

That's it! If you want more information, you can ask me anything. I hope you'll make it soon!

- *Miyuki*

Yoga

Yoga is so famous and popular these days. Superstars in the U.S. like Madonna and Julia Roberts do that and keep the body shaped and attractive. There are some different kinds of yoga in this world: Power Yoga, Pilates, Indian Yoga.

During yoga, the most important thing is breathing. You have to inhale deeply completely and also exhale deeply completely. It makes you relaxed and concentrated. We don't need much time and place for yoga, just 15 minutes to make your body beautiful. Try it and get shaped.

- *Sakura*

Clothes Shopping Info in San Diego

There are a lot of shops that we can buy clothes in San Diego. We can choose to go to a big mall, small shop, outlet, thrift store. I'm going to talk about thrift stores.

If we go to a thrift store, we can buy clothes at a cheaper price. However, we have to pay attention when we buy clothes at a thrift store. We have to spend a long time because we have to choose good things from a lot of clothes. A popular thrift store is Buffalo Exchange. In addition, swap meet opens every weekend in Sports Arena. Swap meet is kind of a flea market. Make a lucky find at the swap meet. You might be able to find good things.

- *Miwako*

Let's Get Young-Looking

Every woman has desire; I think most women want to be more beautiful. This is the most important desire for women. Someone puts heavy make-up or perfect make-up, they look beautiful and sometimes not. Just start over!

Putting perfect make-up on sounds great, but think about what is under the make-up. Yes, skin. The number one reason of keeping healthy skin is washing. If you wash your face lazily your skin will be a disaster. Make long directions in short motions. Just make soap the silky texture of babies. After that, put it on your face. Make circles gently like petting your pets. Then rinse well. Rinse and rinse.

The next step is so important: your skin is thirsty, so use toner and moisturizer. Don't forget about this part. 2 weeks from now, you will look 10 years younger. Let's start today.

- *Shinobu*

Weekly Top-Ten

This week's Top-Ten are:

- 1 - Flo Rida featuring T-Pain: "Low"
- 2 - Chris Brown: "With You"
- 3 - Rihanna: "Don't Stop the Music"
- 4 - Sara Bareilles: "Love Song"
- 5 - Alicia Keys: "No One"
- 6 - Timbaland featuring One Republic: "Apologize"
- 7 - Snoop Dog: "Sensual Seduction"
- 8 - Sean Kingston: "Take You There"
- 9 - Webbie, Lil' Phat & Lil' Boosie: "Independent"
- 10 - Buckcherry: "Sorry"

The number one artist, Florida, a native Floridian, is an MC who toured as a teenager with 2 Live Crew's Fresh Kid Ice and began popping up on high-profile mix tapes by 2006.

This week's number two artist is Chris Brown. He is an R&B vocalist. With "Run It!" he became the first male solo artist to release a single that went straight to the top of the chart. He was only 16 at the time!

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Manami

What Will This Month Be Like For You?

Capricorn - Don't gamble.

Aquarius - You will meet a rich person.

Pisces - Don't travel northwest or you'll have an accident!

Aries - Take caution with raw food.

Taurus - Caffeine will refresh you.

Gemini - You will have good luck if you see a baby Panda.

Cancer - Drink Tequila & milk and you will speak English better.

Leo - If anyone gives you chocolate, you'll have bad luck for 2 hours.

Virgo - Somebody will give you a crocodile.

Libra - One of your close friends will be "The One".

Scorpio - Don't move your arms when you walk.

Sagittarius - You should sleep face down.

- *MTS*