Congratulations! Finally, I could get my winter vacation from November 21st until January 1st. I have finished all classes and the total scores were awesome. I was selected as one of the members of EXCELLENT PERFORMER. I am so proud of having succeeded not only body building but also my current studying.

During the winter vacation, I visited San Francisco and Los Angeles with my friends for two weeks. We went to San Francisco first. I thought it would be much warmer than Illinois, but it was as cold there. I did not bring enough warm clothes, so I had very hard time there. We visited downtown, Alcatraz Island, and Twin Peaks, where people can see the landscape of San Francisco and the Golden Gate Bridge and so on. There are so many hills in San Francisco, but it was a nice view from the top of the hills. It was very tough to walk there, but I was very satisfied with watching the nice view.



Alcatraz Island is a famous prison in America. We went there by ship and we watched the inside. Many people at the time were staying there and had a difficult time, though some criminals could play sports in the ground and read books and magazines. Those people who could not control themselves were not able to even go outside of jails.

We also could see the whole San Francisco from the island. While watching the city, I realized how they felt. What they really wanted to do was go back to the bright life in San Francisco. They could only see the view from the worst place.

At Golden Gate Bridge, it is very long, and people can go to the opposite side by cycling and walking. We were planning to ride on bikes, but we could not rent them, so we had no choice but to walk. The bridge was made on the sea and it was very windy, though it was sunny and was essentially a nice climate. Due to the bridge being super lengthy we were exhausted, so on our way back, we took an Uber, which was one of the public transportations and is very famous among tourists.

At the point of using transportation in America, it is better to use buses and trains, not taxi because each transportation costs only just 1.75 bucks one way. The cheap

fee was very helpful to me. When traveling in California, please use the bus and train!

Our hotel was a guest house and hence very cheap. We stayed there for 6 days and it costed only 120 dollars. I had a lot of opportunities to talk with the other members. A man who I called Shawn was a teacher and taught English to students who were learning English as another language. We discussed how to teach in better ways and he gave me some tips for teaching. Moreover, he recommended me some articles and authors to read. He was a very likeable person and I'm glad to have met him. I really enjoyed staying in our hotel.

After spending time in San Francisco, we moved to Los Angeles with my driving. We took Route 1 which is a very popular driving course. I remember the sea was very beautiful with the sunset.

In Los Angeles, I could not enjoy as I did in San Francisco. There are so many tall buildings and people were busy for work. Though there are some museums and historical places, I felt like I was walking through the office street in Tokyo. We thought there were lots of sightseeing places in downtown, but in fact, there are much more places in suburbs to see. In Hollywood, it was a very good place to me. There are so many good stores for shopping and eating, and it is much safer than downtown. I learned that it was much better staying in the suburbs than downtown sometimes.

In staying Los, we went to Santa Barbara, Salvation Mountain and San Diego. At Salvation Mountain, it is in the desert. It was a good memory to me because I had never seen a desert and driven there. I was so thrilled because there was nothing except

the desert and the horizon. The mountain was made by a man who was named Leonard Knight for the religious purposes. In this picture, the man is a new manager of Salvation Mountain now. Usually it is painted on paper or wall. But he made it on the sand, and it was very colorful. Generally, people can enter inside, but unfortunately, it rained a few



days ago, so it was needed to repair. We could not enter inside...

Finally, if you visit California, you should eat Mexican food there. It is very cheap though there is too much food on plate and so yummy! As you visit there, you will find a lot of Mexican food places, so please try it!

Totally, it was a wonderful two weeks to me. I really, really recommend people to visit California, especially in winter. It is warm, and local people are kind. When you decide to visit there, please ask me!