

# Crossroads Talk

CROSSROADS Language Studio's Newsletter February, 2020

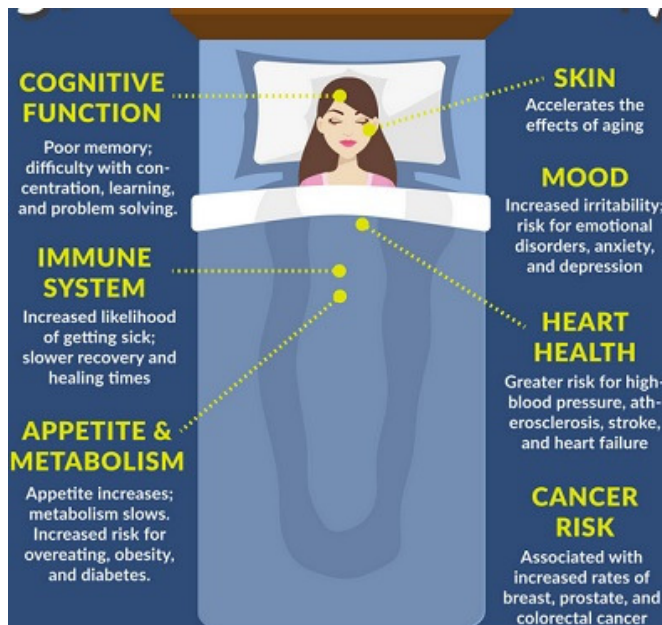


## Three powers

**SLEEP** is the real deal, my friends.

My daily routine revolves around three fundamental *powers* that help me stay healthy, physically strong and mentally fit. **Sleep, diet and exercise.**

All the stimuli from the environment and new information can only be processed and absorbed properly when our brains are sleeping. A long and uninterrupted sleep strengthens your immune system, boosts your metabolism, regenerates your skin, bones and muscles, and effectively removes all the toxins and dead cells from the body.



Our brain has a special *glymphatic system*, responsible for recycling and removal of dead cells and toxins from the body, keeping us healthy and rejuvenated and ready for another day. When we miss out on quality sleep, we end up accumulating these toxins and cellular waste, straining our immune system and risking contracting viruses and diseases. And this build-up of waste and toxins has been found to be one of the major causes of **Alzheimer's disease**.

Sleep is also the only time certain hormones are released in the body, helping our immune system, controlling digestion, regulating blood pressure and managing our fat reserves. These hormones are released in the absence of light (especially sunlight). On the other hand, there are hormones that are produced only during daytime, under sufficient exposure to natural light. You may have heard of people, who live in northern parts of the world being more likely to suffer from depression. This is because a production of a hormone *serotonin* – helping us to feel happy – is adversely affected by lack of sunlight. If we don't spend enough time in the sun, every day, our mood, sleep pattern and sleep length will suffer.

Japan is known worldwide for its delicious, fresh and varied cuisine that allows us to stay strong and healthy and live longer, so I am happy to be able to adopt a new diet. And that is the second *power* I will talk about, next time, so stayed tuned!

*Article by Marek*



## Net News

**NET LESSONS:** Too busy to come to CROSSROADS?  
.... Try our *lessons on the net!*  
Importance of sleep:  
<https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important>

# Some Thoughts for the Month



**Joshua Says:** Aristotle is reputed to have said, “*For the things we have to learn before we can do them, we learn by doing them.*” In other words, he is simply giving us advice along the lines of *learn by doing!* There is some good sense in this approach when it comes to learning how to communicate in English as a second language. You may be concerned about making mistakes when you speak, but the best approach to correcting those mistakes is to keep speaking!

**Junko Says:** Now you can look at some of your favorite movies in English with our TV screen in the Open House. So whenever you wish to look at one, just let me know. I will set the TV for you. I would also like to remind you that you can use the laptop computer in the Open House area any time. You can look at a movie with it or do a listening practice, or other lessons, with earphones. Please Enjoy!



**Marek Says:** Sleep became short in supply soon after my arrival to Matsuyama. I had no choice but to go through induction into my new job the very next day, under a severe jetlag, physical exhaustion, high level of stress, and lack of 8-hour uninterrupted sleep. Fortunately, the last couple of weeks have seen a huge improvement in my sleep quality and thankfully I am back to my former glory and ready for new experiences and challenges.

**Darrin Says:** Wow! Where did this last blast of winter come from. I had been enjoying this winter as it had been so mild and comfortable. Even after all these years, I still can’t get used to the winter here. I had even observed the confusion of the plum and cherry trees beginning to bloom. But this last week. Snow!! Winter’s last hurrah. Bring on spring. Please.



**Mandcy dit:** Ce mois-ci, c'est la chandeleur et c'est l'occasion parfaite pour manger des crêpes! En effet, nous fêtons le retour du soleil et une crêpe, c'est rond et jaune comme le soleil. Toutefois, c'est avec tristesse que nous regardons les nouvelles. Le mois dernier, plus d'un milliard d'animaux ont péri dans les incendies d'Australie. Et nos voisins chinois se battent actuellement contre une terrible grippe. Je leur souhaite bon courage. Nous pensons à eux.

## ACROSS

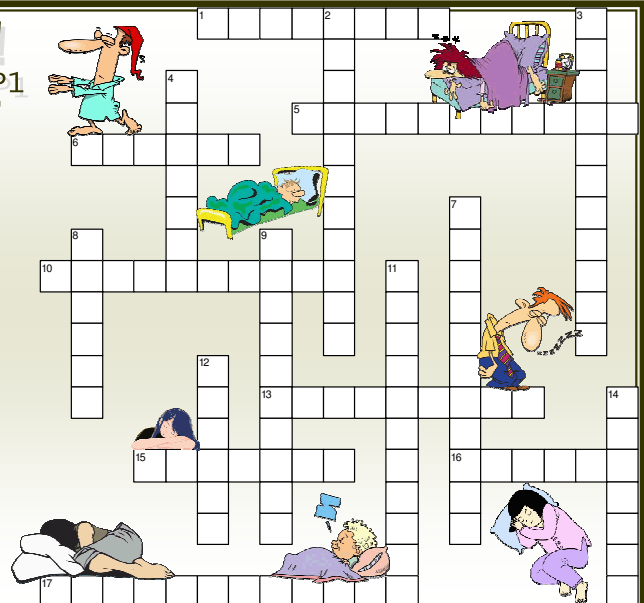
- 1 retained without any loss
- 5 become young, energetic again
- 6 having many different components
- 10 enough to fill a need
- 13 against best interests
- 15 unvarying procedure or habit
- 16 poisonous substances
- 17 collecting on one place and growing

## DOWN

- 2 being formed or shaped newly
- 3 producing the desired result
- 4 arousing interest or action
- 7 involved with basic facts
- 8 feel ill, uncomfortable or in pain
- 9 controlling
- 11 fall victim to an illness
- 12 resistant to disease
- 14 taking a chance

## Play A Game!

Find the answers on P1



([print version here](#))

