

CrossWalk

CROSSROADS Language Studio's Newsletter May, 2018

Let's Walk!

As a newcomer to Matsuyama I have been surprised by the warmth in welcome by the local people. Shikoku's long history as a place of pilgrimage seems to have made the people more welcoming to outsiders – though maybe the nature of the visitors themselves has helped form and strengthen this bond: After all, It takes a special kind of person to want to do a 1400-kilometre-long pilgrimage by foot in the first place, but the actual physical and spiritual process of walking itself has also been shown to have a profound impact on the person.

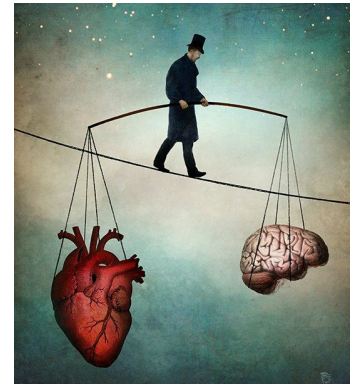
The origins of walking great distances for food and shelter may be traced back to before man became man, and walking for reasons beyond necessity may too come from our 'pre-history' before mentions in the tomes of world religions, Buddhist monks' scriptures and of the great pilgrimages practiced by devotees for thousands of years. Walking is a practice that seems to lie at the heart of all major spiritual movements, and a common metaphor repeated by the world's major religions is of *walking* a path, while aiming for spiritual enlightenment or progress.

Indeed, many of the world's greatest minds have found walking vital: Dickens saw walking as a 'psychological release' without which he'd 'burst' if kept static. Aristotle would hold walking lectures, Wordsworth walked around 290,000kms in his time, Beethoven, Einstein, Darwin, Plato, and countless others have used walking as an essential tool to clarify thought, meditatively clear the mind, contemplate and solve complex problems, become inspired and refreshed and to feel 'at one' with the world.



So what is so appealing about putting one foot in front of the other?

Exercise in general obviously aids the (blood's) circulation, replenishing oxygen to the brain as much as the muscles, and aerobic exercises, such as walking, are known to particularly benefit the mind. Memory and levels of focus and attention increase considerably afterwards, partly



because complimenting mental with bodily exertion helps the processing and compartmentalization (storage) of new-found knowledge, and clears the way for additional information.

Regular walking in particular has been shown to help create stronger and more complex neural networks, and increase the volume of the memory-responsible hippocampus region of the brain. Prolonged retention and regeneration of brain cells into old-age also means walking helps stop brain shrinkage, and can ward off dementia and other degenerative maladies. Improved plasticity too – allowing the brain to restructure and adapt itself to better comprehend and process new tasks – also helps us keep expanding our skill-sets and stay mentally adept. Walking, then, seems to be the perfect pursuit for the lifelong language learner too!

Article by Mark

Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

Walking for exercise – how to get started:

<https://www.wikihow.com/Start-Walking-for-Exercise>

Some Thoughts for the Month



Joshua Says: There really is a purpose for remaining active throughout life. It's when we stop trying, stop challenging ourselves, that we start to let go of all that's positive about life. It's with this thought that I want to encourage older people to get involved with something....anything really; computer games, shared interests in social clubs, sports and of course language studies. Keeping the mind and body healthy and young as we age is a blessing.

Junko Says: Recently we worked on our front garden for spring. A few years ago, we planted Avocado and Olive trees and a few other flowers there. The trees have now grown tall and their branches are spreading out. So we pruned them and put support poles around them to carry some of their weight. The delightful news is that we even found some olive flowers on a few branches. Our garden is a collaboration as most of the flowers have been given to us by our students, including two new ones this year which make the garden more colorful.



Mark Says: So it's getting warmer, and Matsuyama city gents have already started going tie-less, as part of the 'cool biz' initiative. Maybe it's a little earlier than normal, but we should be grateful that Japan seems to be missing the worst effects of global warming – where I lived in Thailand, for example, increased rainfall meant waist-deep flooding for 2 months of rainy season!

Darrin Says: It was my birthday at the beginning of this month and with it another milestone has been reached. I hit the half century, reached my fifth decade, was dragged kicking and screaming into middle age...Yes, I turned fifty!! But all is good. I still have my health and I have my young daughter to help get me through the next fifty, when I'll raise my bat in celebration on reaching my century.



Mandcy dit: Comme disait le proverbe: “Mai, met ce qu'il te plait!” l'arrivée des beaux jours signifie donc de renouveler sa garde-robe et de porter des vêtements plus légers. Les français profiteront donc des belles journées ensoleillées du mois de mai pour faire la grève et offrir des fleurs. Sacrés français!!

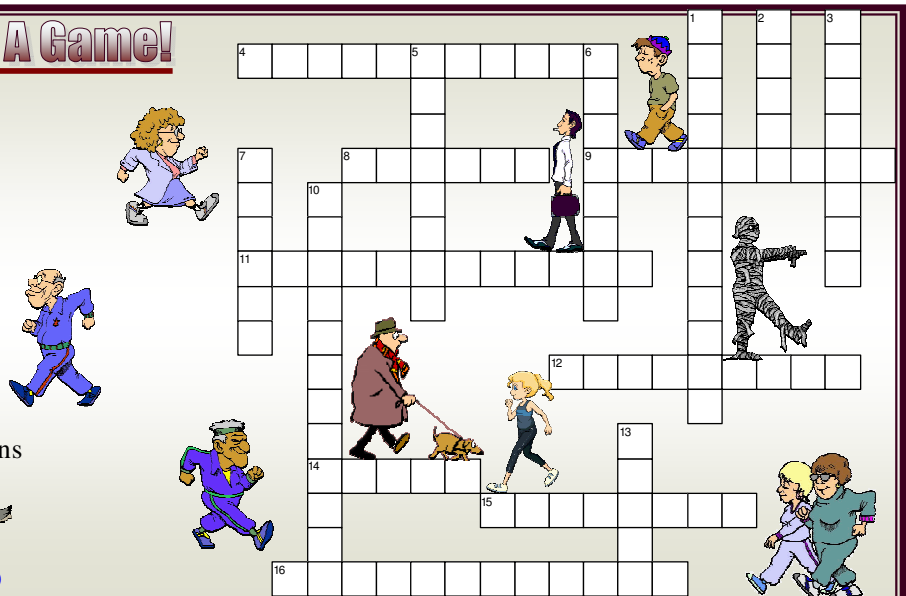
ACROSS

- 4 consider as a possibility
- 8 not moving
- 9 recalling past experience
- 11 give new life or energy to something
- 12 of great importance
- 14 large scholarly books
- 15 followers, admirers
- 16 a deep and serious way of thinking

DOWN

- 1 refilling or restoring
- 2 very skillful
- 3 to a great extent, far-reaching
- 5 impairment to normal physical functions
- 6 use of physical or mental energy
- 7 relating to the nervous system
- 10 a gradual deterioration
- 13 absolutely necessary

Play A Game!



Did you know....

What do you call a group of jellyfish? Or turtles, or Hyenas....? There are some unusual names for groups of animals. Here are some collective nouns you may not be familiar with:



A Smack of Jellyfish



A Mob of Kangaroos



A Conspiracy of Lemurs



A Cackle of Hyenas



A Bloat of Hippopotami



A Scurry of Squirrels



A Romp of Otters



A Waddle of Penguins



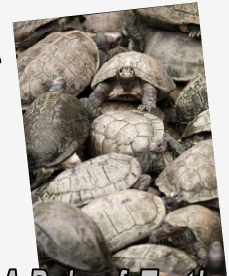
A Skulk of Foxes



A Dazzle of Zebras



A Parliament of Owls



A Bale of Turtles



A Tower of Giraffes



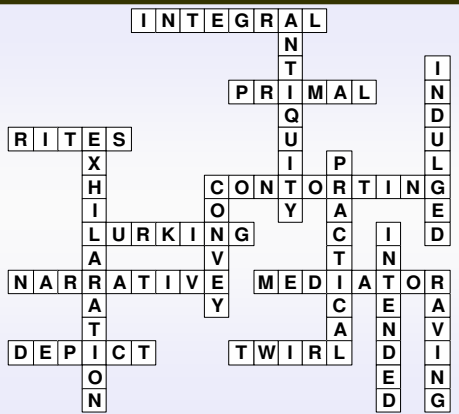
A Shiver of Sharks



A Prickle of Porcupines



A Crash of Rhinos



Last Month's puzzle Solution

ACROSS

- 1 lacking nothing essential
- 4 essential, fundamental
- 5 a religious ceremony
- 8 twisting or pressing out of shape
- 9 hiding intending an attack
- 11 story-line following a course of events
- 12 go between, especially for negotiations
- 14 show as in a picture
- 15 turn in a twisting or spinning

DOWN

- 2 an extremely old period in history
- 3 enjoyed to excess
- 6 feeling of lively, cheerful joy
- 7 actual or real
- 8 make known
- 10 anticipated or planned outcome
- 13 participating in an all-night dance



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