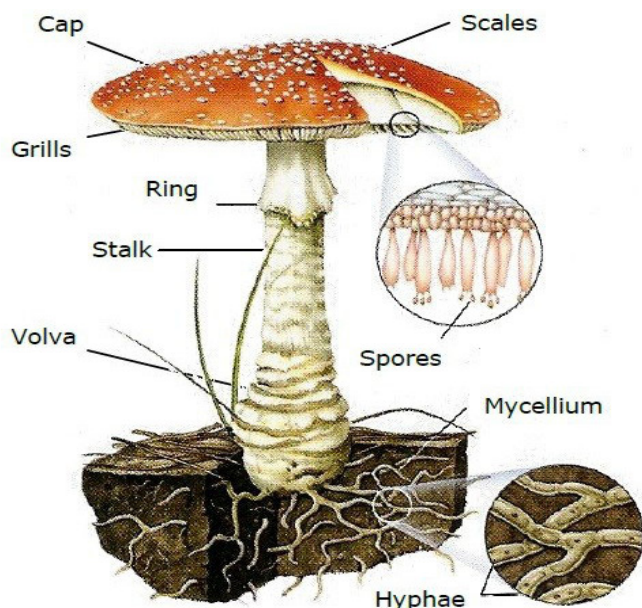


CrossTalk

CROSSROADS Language Studio's Newsletter October, 2020

TASTE OF JAPAN - mushrooms -



Japanese cuisine is famous worldwide for incorporating some of the most delicious mushrooms into its dishes, and these fruits of the forest are hugely popular and valued for their taste and health benefits.

The most common Japanese varieties found in markets include: *enoki*, *maitake*, *shimeji*, *matsutake*, *nameko*, and *shiitake*.

Mushrooms are the fruiting bodies of fungi, a primitive life form very closely related to plants. Unlike plants, though, fungi lack chlorophyll and cannot produce their own food, and instead they rely on using enzymes which digest plant-derived cellulose, decomposing it into simple sugar, glucose, thus helping turn over dead and dying flora and fauna. After all source of nutrition is exhausted, the fungi produce fruiting bodies - mushrooms, which then spread spores into the air, colonizing new areas.



The culinary value of mushrooms is widely recognized, but it's their medicinal aspects that keep scientists busy working hard to create cures and medicines for many life-threatening illnesses, such as cancer and heart disease. Mushrooms are often packed full of essential nutrients and micro-elements. The world-famous *shiitake* mushrooms contain all 8 essential amino acids, and are rich in B vitamins. They also provide a large part of Copper intake, much needed for our heart's health.

Other examples, such as *maitake*, *nameko* and *enoki*, help boost the immune system and reduce inflammation. They have also been proven to help with insulin production, which should particularly be worthy of note to people suffering from type II diabetes.

With many health benefits and culinary attributes, mushrooms are a true gift of nature from Japan.

Article by Marek

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

For interesting recipes with mushrooms, follow the links at:
<https://bestlivingjapan.com/japanese-mushroom-recipes-2/>

Some Thoughts for the Month



Joshua Says: An old Chinese proverb says: *"the best time to plant a tree was 20 years ago. The second best time is now."* It has been about 20 years since the Chinese seriously adopted English as the International language for trade and commerce. Now there are as many people in China with some working level of English as there are in the whole U.S. population! And China is now the second most powerful economy in the world and may soon take over the number one spot. Japan, on the other hand, hasn't even planted a twig yet! Who will put out the message, "it's time to take the second chance, now"?

Junko Says: With Corona's influence, telecommunication technology has taken over an important role in business as well as in education. And because of its characteristics, business people, professors and students are naturally encouraged to communicate more often internationally. Business consultants, along with a MITI representative, are saying that in order to cope with a chaotic world after Corona, people will need to have a higher skill of English than ever before. And they are hoping for English education to be reborn and much improved from how it is now.



Marek Says: Japan's Prime Minister, Yoshihide Suga, is pressing for a swift phasing out of hanko as a signature for numerous official documents. The move aims to curb immense bureaucratic red tape, which Japan is infamous for. The hanko has a strong symbolic value in the country, but Mr. Suga seeks to improve efficiency of public offices by abolishing outdated technology such as fax machines and the need to print paper documents, which then require a hanko stamp.

Mandey dit: Samedi. Le gouvernement francais a instauré un couvre-feu. C'est à dire qu'il est interdit de sortir entre 22h et 6 h du matin. Si vous sortez, vous pouvez recevoir une amende de 135 euros, soit 15000 yens. C'est très cher. En effet, il y a plus de 30 000 personnes infectées chaque jours. Cette mesure est idéale en fait, car les gens peuvent continuer de travailler et ils ne doivent pas faire la fête. Mais, les francais aiment faire la fête, je suis sûre qu'il vont trouver un moyen de s'amuser. Bonne soirée



ACROSS

- 1 proteins produced by cells
- 4 drained of energy
- 5 coming or developed from
- 8 characteristics to be considered
- 10 swelling in the body
- 12 animal life
- 14 small single-cell reproductive bodies
- 15 makes healthy again
- 16 a type of sugar
- 17 adding to well-being
- 18 greatly

DOWN

- 1 absolutely necessary
- 2 plant life
- 3 established beyond doubt
- 5 breaking down, decaying
- 6 differences within the group
- 7 including
- 9 moving to a new area to live
- 11 filled to capacity
- 13 the preparation of food

Play A Game!
Find the answers on P1



(print version [here](#))

Critic's corner with S(a)3's Taro:



"Shoot all the bluejays you want, if you can hit them, but remember it's a sin to kill a mockingbird."

Who is your favorite film hero or heroine? As a result of an American magazine's survey, Atticus Finch (portrayed by Gregory Peck, in *To Kill a Mockingbird*) is regarded as the greatest hero in American movies.

If I summarize the story, it is a kind of legal drama. Atticus was a lawyer who defended a black man, Tom Robinson, who was charged with raping a white girl. To prove his innocence, Atticus tried his best to fight against racial prejudice.

In addition to his wisdom, he was also brave. The movie was set in Alabama, in the 1930s. At that time, many white people felt antagonistic towards black people. In fact, when Robinson was arrested, people became so furious that they nearly tore down the prison in order to lynch him. However, Atticus met the mob without fear and tried to iron out the problem not with arms, but with reasons.

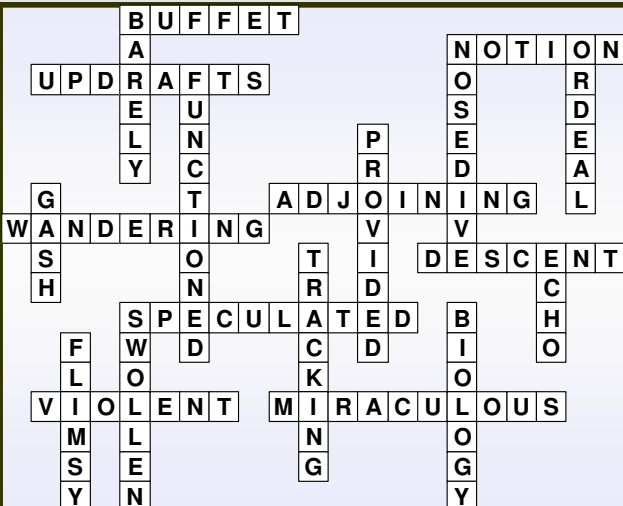
Because he defended a black guy, he was criticized by his local community. He must have been exhausted both physically and mentally, but he didn't show his fatigue at home. So, his children respected him from the bottom of their hearts.

Atticus was very gentle and his children and his friends had immeasurable faith in him. The whole story was narrated by Atticus's daughter Jean-Louise, nicknamed *Scout*. When she struggled to build a good relationship with her teachers at school, Atticus persuaded her to understand another person by considering things from their point of view.

As far as *Scout* knew, Atticus didn't put restrictions on his children's conduct. The only exception was the message at the beginning of this article. He said, "*Mockingbirds don't do one thing but make music for us to enjoy. They don't eat up people's gardens, don't nest in corncribs, they don't do one thing but sing their hearts out for us. That's why it's a sin to kill a mockingbird.*"

He taught us that it is foolish to hate or attack an innocent person without understanding them.

However nowadays, certain people continue to commit such sins. Last month, there were media reports that a white cop shot a black man in Wisconsin. What would Atticus Finch think if he knew they still kill mockingbirds 90 years later?



Last Month's puzzle Solution

ACROSS

- 1 strike against forcefully
- 2 general or vague idea
- 4 strong upward air currents
- 8 lying next to or connected to
- 9 having no fixed course
- 11 move downwards
- 13 carefully considered
- 16 wild, turbulent, aggressive
- 17 amazing, wonderful

DOWN

- 1 hardly
- 2 sudden sharp drop
- 3 severe hard experience
- 5 act to fulfill a purpose
- 6 give something
- 7 open cut
- 10 travel across or pass over
- 12 call to mind
- 13 expanded abnormally
- 14 the scientific study of living organisms
- 15 lacking strength



Don't forget... Our SPECIAL 1+1 Campaign offer! Up to 50% off!!

See our notice board, or ask Junko in our office, for the details.