

CrossTalk

CROSSROADS Language Studio's Newsletter June, 2015

AFRAID OF "NOTHING"..?

Irrational fears: Phobias. Most of us have at least one in some form or other.



We should feature this friendly looking fellow in page 3's "Pet's Corner", he's so "cute"!

The dictionary defines a **phobia** as: persistent, irrational fear of a specific object, activity, or situation that leads to a compelling desire to avoid it despite the knowledge that it is almost certainly not dangerous.

Some of the more common phobias include: a fear of spiders (arachnophobia), a fear of mice (musophobia), a fear of small places (claustrophobia) and a fear of heights (acrophobia).

In general, most phobias are completely harmless and don't effect our day-to-day lives in any great way. However, for some people, phobias, especially sociable phobias, can be completely debilitating. Sufferers will often go to great lengths to avoid meeting new people, answer telephone calls or attend parties or social gatherings of more than a few people in order to avoid being judged or embarrassed.

Social phobias, more than any other phobia, are often more prevalent in some cultures than others. A social phobia very common in Japan is the phenomenon of *anthropophobia* (in interpersonal relation phobia). Sufferers of this culture-bound syndrome are likely to be extremely embarrassed about their appearance, body condition and bodily functions to the point where they withdraw themselves from society. The treatment of this affliction seems like it would probably exacerbate the problem rather than alleviate it. *Morita Therapy* requires the patient to be isolated, have enforced bed-rest and also take part in hard manual labour.

Most simple phobias begin to develop during childhood. The trigger might have been an unpleasant experience that festered over time. Other phobias may be acquired. That is to say, we witness another person's fear of something and take on that fear ourselves.

The cause of more complex phobias such as social phobias is hard to pin down. Experts believe it is likely a result of a combination of life experiences, brain chemistry and genetics.

While simple phobias are easily overcome by avoiding situations where a fear is likely to be triggered, other phobias require the kind of extensive treatment that may include drug & psychological intervention.

But, no matter what your own personal fear is, rest assured that there is almost certainly, not too far away, someone who suffers from a phobia infinitely more irrational than your own.

Article by Mark

Net News

NET LESSONS: Too busy to come to CROSSROADS?

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

You can find an extensive list of phobias at this site. Which one sound like you? <http://www.fearof.net/>

Some Thoughts for the Month



Joshua Says: The theme of this month's Newsletter is "Phobias", and I wonder if this applies to many Japanese people, not our students, or course, when it comes to speaking English. So many people here want to speak English but can't muster up enough courage to actually get started learning. Is this a type of phobia? As I've said in this space before, English is everyone's language and everyone has a right to claim it as their own. It should be second nature for people all over the world to embrace learning English. What's there to be afraid of?

Junko Says: A research presentation about the symbiotic relationship between Sea Anemone and the Orange Clown Fish came 4th in the Zoological Sciences section of the International Science and Engineering Fair 2015. But who do you think the presenters were? They were 2 students of Nagahama High School in Ehime! What they realized about themselves through this experience is that they are not only excellent researchers, but also very good English speakers. This made them very happy.... and serves as an inspiration to everyone.



Mark Says This month's newsletter topic reminds me of a recent class where a student brought in a snakeskin from her garden to show her classmates. To my surprise, a few of the students appeared to be repulsed by the object. As for my personal phobias, I do not like heights, but my greatest phobia must be . . . natto¹phobia!! You can learn about it here [<https://goo.gl/vWVd9R>]

Aaron Says: Energy is a topic that I enjoy studying, and recently it has become rather important in Japan. After the Tohoku earthquake, almost all nuclear reactors were taken offline in Japan. This year, many of those reactors were put back online, and that has a few Japanese people angry. The most pressing question is, *why* are these people angry about the use of nuclear energy...



Danielle dit : Le mois de juin, c'est la fin de l'année scolaire en France. Ca veut dire que c'est la période des examens pour beaucoup d'étudiants. Les lycéens passent le baccalauréat, un examen national nécessaire pour étudier à l'université ou dans les écoles donc beaucoup d'entre eux sont stressés à cette période comme le sont les étudiants japonais au moment des examens d'entrée à l'université.

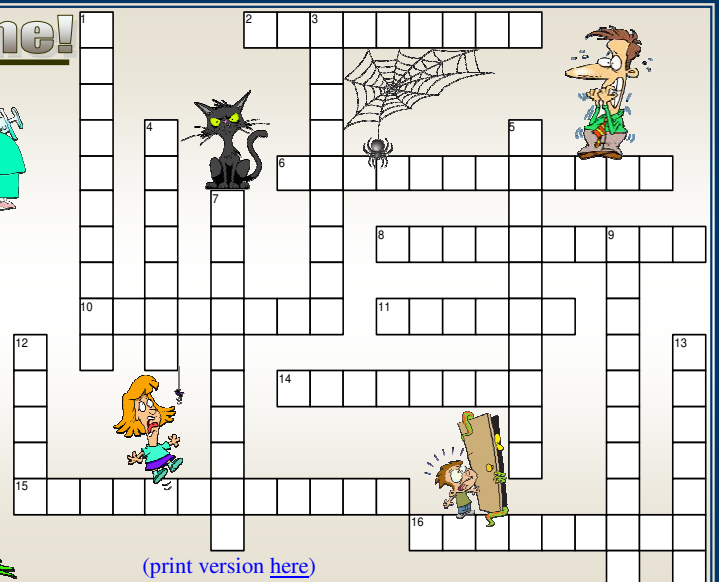
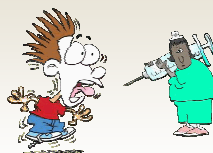
ACROSS

- 2 most frequent or common
- 6 action intended to improve a situation
- 8 a cause of great suffering or distress
- 10 manage successfully
- 11 an extreme fear of something
- 14 indications of some kind of disease
- 15 weakening strength or vitality
- 16 provide relief from pain

DOWN

- 1 a remarkable, even unbelievable happening
- 3 large in scope
- 4 complicated
- 5 without bounds or end
- 7 make worse
- 9 not reasonable or logical
- 12 stay or keep away from
- 13 an act that starts an event

Play A Game!



(print version [here](#))

NOTICE BOARD

My Adventures in Ireland by S(a)3's Maki

4 years ago I lived in a beautiful place called Galway. It is located in the middle of Ireland and takes about 3 hours to get there from Dublin by bus. Many international festivals are held there such as the Galway Oyster Festival and the Galway Arts festival. There are many great places you can go to and visit if you have a free day.

Eyre Square is a 3 minute walk from the main bus station. It is a park where many people spend time enjoying the sun. There's a monument called the Quincentennial Fountain in the park. From Eyre Square you can walk to Shop Street where there are famous quilt shops and many pubs. Irish people like drinking and Guinness is a very popular beer. Each pub has live music, Irish music and Irish dance.

You will find Lynch's Castle near Shop Street. The Lynch family used to live in this castle. They wanted Galway to prosper and they helped the community a lot. Lynch's Castle is used as a bank today.

You will find the Spanish Arch a short walk from Lynch's Castle. The Spanish Arch was built in the 1580's to protect the quay. People call it the Spanish Arch because a Spanish trading vessel offloaded many things there. On sunny days many people go there to drink and talk with friends. Sunny days are precious for the Irish people. They want to enjoy the sun as much as possible.

After you cross the river and walk for another 10 minutes you'll see Galway Cathedral. This cathedral was constructed in 1865. It's a renaissance style building and, as such, is the youngest of Europe's great cathedrals. Its bronze dome is a landmark in Galway.

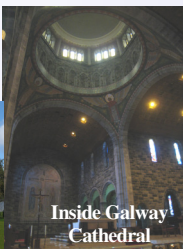
There are also good places to go and eat. McDonagh's is a popular fish-and-chips restaurant. If you visit Galway you must eat there. The food is delicious!

In Shop Street you will see Claddagh Ring Shop. The Claddagh Ring is a traditional Irish ring which represents love, loyalty and friendship. It has a crown, a heart and a pair of hands in its design and it is easy to see a person's relationship status by the way they wear it.

Galway is a great place to visit and spend some time. Please go visit and discover this amazing place.



Eyre Square



Inside Galway Cathedral

Here is instalment no5 in series 2 from Ren's stay in China:

My parents came to visit me during my stay in China. They traveled around Beijing by themselves because my dad can speak Chinese and his Chinese friend accompanied them. One day I went to see the Great Wall with them. To be honest, it was the first time for me to go there, although I had already spent more than three months in China. This was because I was too busy studying. Unfortunately, the air pollution was a little bad on the day, but the scenery from the Great Wall was magnificent. Another impressive moment I shared with them was when we joined my German friend's birthday party. He was my closest friend in China. We saw each other at breakfast every day. He said he would welcome my parents to his party when I asked if they could join. We spent a good night then! Two of the group members in the picture are my parents.



The birthday party

We became busier in December because most of my classes were reviewing what we had studied during the season. One of my toughest assignments was to give a presentation in Chinese. My presentation was about "my favorite city", Imabari. Of course, we were not allowed to use notes. Moreover, I was the first in our class to give a presentation. It was hard work, but it was a very good experience because I could listen to many presentations on topics I could absolutely not hear about in Japan, such as North

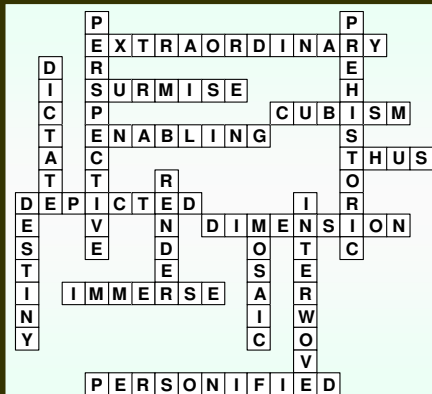


My presentation on Imabari

Korea, Kazakhstan, Nepalese festivals, etc. They were so interesting and valuable to see.



With my classmates



Last Month's puzzle Solution

ACROSS

- 3 beyond ordinary or usual
- 5 imagine to be the case
- 6 an early 20th century art movement
- 7 make capable or possible
- 8 therefore
- 10 shown as in a drawing or picture
- 12 length, width, height, time (and beyond)
- 14 to cover or sink completely
- 15 attribute human qualities to something

DOWN

- 1 a representation of 3-dimensional objects
- 2 before recorded history
- 4 command and control
- 9 (in art) to show, e.g. as in a picture
- 10 that which will happen, predetermined
- 11 locked together as if by weaving
- 13 art work made with small colored stones, etc.



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.