

# CrossTalk

CROSSROADS Language Studio's Newsletter October, 2023

## EYE COLOUR

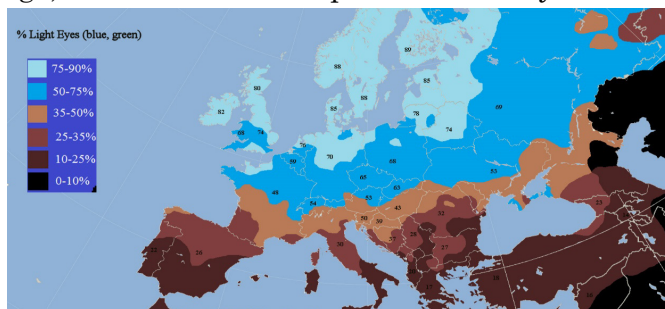
One of the most distinctive features of human physical diversity that shapes our culture and perception of others is our eyes; specifically the colour of the eye iris.



The iris has two layers. The back layer is almost always brown, and the front (visible) layer's colour depends on how much melanin pigment we have. These 2 layers create a 3-dimensional palette of colours, ranging from grey, blue, green to dark brown. In some cases, the eyes may look violet, pink, or even multicoloured.

The combinations of colour hues are infinite. There are no two people with identical iris colour. Because there are as many as 60 genes responsible for eye colour, the resultant iris colour and pattern can never be duplicated.

And speaking of genes, the very reason we have such a diversity of eyes is due to gene mutation that happened around 10,000 years ago, when all humans sported brown eyes.



Since then, a blue colour appeared and began to mutate further to create a full spectrum of browns, blues and greens. This is particularly the case with people living in continental Europe.

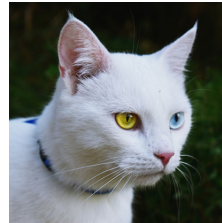
You may ask yourself, why do we have these differences? Are some advantageous to us? Are there pros and cons to, say, green eyes?

Well, unsurprisingly, there is a tonne of research done to answer these and many other questions.

Brown eyes are the most common in the world, and they carry with them clear health benefits. Apart from naturally protecting us from excessive UV light entering our eyes, brown eye colours lower the risk of melanoma and macular degeneration. Unfortunately, people with this colour suffer from cataracts more often than those with lighter eyes.

On the other hand, blue eyes (and other light-coloured eyes) have the advantage of a lower risk of developing vitiligo (losing skin pigment).

The downside of lighter eyes is that they let in more sunlight and often cause irritation and other adverse health effects.



We have a great sense of esthetics, and appearance plays a big role in shaping the way we think and interact with others. We find different eye colours more attractive and interesting to look at. We choose our life partners often based on the colour of their eyes. It's also one of the best features to remember or recognise people by.

When we are born, we have either brown or blue eyes and in the first year, melanin develops and will change to a more permanent and unique colour, that generally remains the same throughout our life. A drastic change of iris colour or an appearance of black spots is a sign of a bad health condition, so it's advisable to see an optometrist.

*Article by Marek*

## Net News

**NET LESSONS:** Too busy to come to CROSSROADS?

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

For more facts about eye colour, head to:

<https://redmondeyedoctors.com/why-do-we-have-different-eye-colors/>

# Some Thoughts for the Month



**Joshua Says:** “You have to be wrong to learn.” This is a quotation from Professor Michelle Simmons, a quantum physicist. What caught my attention in this quote is the words “you have to be...” There is no doubt here. If you want to learn, you *must* make mistakes. This is true, not only for quantum physicists, but for everyone in any field. It also follows that those who “know” they are right have stopped learning. The message? Keep making mistakes, they only help you to grow.

**Junko Says:** I think by now everyone has met Katrina, “Cat”, our new staff member. If you read our November ’22 newsletter you will be aware of all the benefits cats can bring into our lives; their purrs have healing properties that work even on humans, they can help to reduce stress levels in people, lessen the risk of heart disease and have a strong positive influence on our mental health. “Cat” has been with us for only a couple of months, but I can see she is already having a positive effect in Crossroads!



**Marek Says:** The colour of our eyes is largely determined in the first year of our life, but external influences, such as climatic conditions, diet, certain illnesses, and even physical damage to the eyesight, may and does result in the iris changing colour. We’re talking a subtle change of the colour intensity, but occasionally the iris may go from, say, brown to blue. A musician David Bowie is a prime example of such a radical change.

**Mandey dit:** C est enfin l'automne. Le climat est devenu plus frais et je me délecte en pensant à routes les saveurs d'automne. En effet, octobre est la saison des vendanges, on récolte le raisin afin de le déguster ou de faire du vin. De plus, de nombreux fruits à coque sont disponibles tels que les noix ou les châtaignes. Et je me réjouis à l'idée de dévorer un petit Mont-blanc où une tarte aux noix de pécan. Et vous ? Qu'allez-vous déguster ? Partagez-le avec moi !



## ACROSS

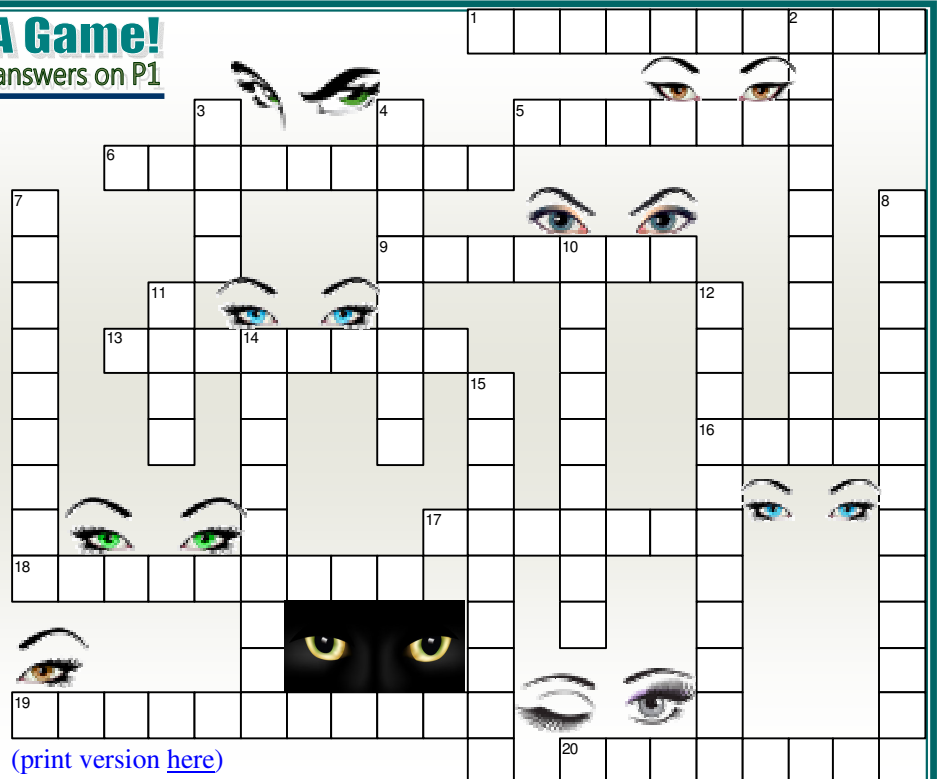
- 1 insightful observation
- 5 part of an eye's retina
- 6 unchanging
- 9 unfavorable
- 13 genetic alteration
- 16 a unit of weight
- 17 pigments in skin and eyes
- 18 concerning beauty (especially in art)
- 19 eye doctor
- 20 a range of colors

## DOWN

- 2 causing annoyance
- 3 part of the eye
- 4 malignant skin tissue
- 7 too much
- 8 declining in quality or power
- 10 the final consequence
- 11 the qualities of colors
- 12 characteristic, typical
- 14 having a more favorable position
- 15 many different types or kinds

## Play A Game!

Find the answers on P1



(print version [here](#))

Complete the sentences below by choosing the best **conjunctions** from the box below. Some may be used more than once and some may fit more than one sentence.

Since so that so where when although even though and but or because

1. She went to the store \_\_\_\_\_ it was closed.



2. \_\_\_\_\_ he held the record, he didn't win the race.



3. Everyone likes him \_\_\_\_\_ he is generous \_\_\_\_\_ helpful.



4. My friend recommended that movie \_\_\_\_\_ I watched it.



5. \_\_\_\_\_ you are free, let's go out for a drink together.



6. \_\_\_\_\_ he was very ill, he turned up for work yesterday.



7. I need to work hard now \_\_\_\_\_ I can retire early.



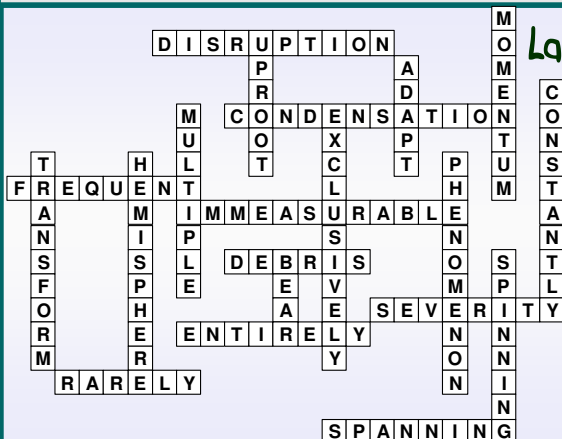
8. \_\_\_\_\_ he was angry with his boss, he didn't say a word.



9. I don't know \_\_\_\_\_ I can buy one.



10. She told her kids to keep quiet \_\_\_\_\_ go outside \_\_\_\_\_ play.



## Last Month's puzzle Solution

### ACROSS

- 2 displacement, discontinuity, disorder
- 7 atmospheric moisture
- 12 regular and often,
- 13 impossible to calculate
- 14 remaining after being destroyed
- 17 extremely negative
- 18 total, complete
- 19 not often
- 20 covering a large area

### DOWN

- 1 best, most favorable
- 1 a forward driving force
- 3 remove or destroy completely
- 4 change to suit a new purpose
- 5 without variation
- 6 many, numerous
- 8 only, without others
- 9 change the nature or appearance of something
- 10 half of the globe
- 11 a remarkable development
- 15 convey and support as fact
- 16 revolving quickly on an axis

 **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.