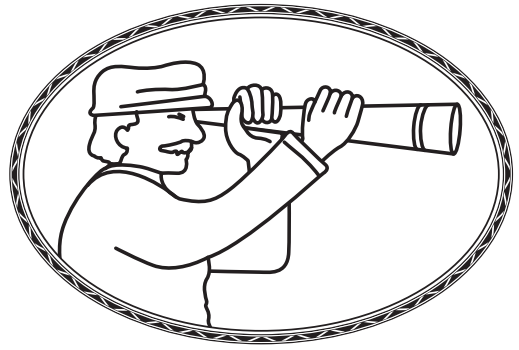


# North-Sea Lookout | No. 6



Dec. 21 Winter 2009



## My Favorite Photo

My favorite photo is of me tree planting in Malaysia. It was taken in 2008 on the Malaysian Island of Borneo. In this photo is a Malaysian family that helped with the tree planting program. We planted Mahogany, Acacia, Mango, Durian and Mangrove trees. This picture is important to me because it reminds me that trees and forests create a life support system for humans and the environment. Trees and forests provide humans with the elixir of life.

I am a member of a Non Governmental Organization that promotes tree planting to help the environment around the world.

Takashi Ishikawa

## Flashback To The Old Days

World travel is very interesting and has healing effects. Also, if you go abroad for travel, you can get unusual experiences. World heritage sites are very historical, traditional or have beautiful nature. Therefore, you should go to them when you travel the world. For example, you can enjoy going to the Tower of London and the historic district of old Quebec.

UNESCO registered the Tower of London as a world heritage site in 1988, and it has three nice points which you must visit there. First, it has a dreadful history. William I thought England needed a fortified castle to guard enemies, and started to construct in 1078. After about 20 years, it was finished during Henry III. Then, it started to be used as a prison since 1282. For this reason, many historical famous people were executed there. In addition, it has mysterious animals. Many raven are there and breeder called a raven master lives. The Great of Fire of London occurred in 1666, and many people were burned to death. Therefore, ravens ate many dead bodies and increased dramatically. Finally, it has beautiful treasures. Although it was used as a prison, it is used as a palace of the royal family now. Also, it holds the largest diamond in the world, called the Great Star of Africa. This diamond is 530.20 carats. For these reason, you might feel like going to the Tower of London.

UNESCO registered the Historic District of old Quebec as a world heritage site in 1985, and it has three attractive points. First of all, it has an interesting fact. Quebec is the only "castle city" in North America. Therefore, it has a lot of historical places to go sightseeing. Second, you can experience French culture there. Because it was a colony of France, French culture is widespread in Quebec. For example, there are many French restaurants, most people speak French and the signs are written in English and French. Finally, it has many charming places. For instance, Fairmont Le Chateau Frontenac is very historical hotel. This hotel looks like a castle and has a very luxurious interior. Maybe, almost of Japanese want to stay there. In conclusion, you should go there.

Overall, when you travel the world, I recommend going the world

heritage. If you go the Tower of London and the Historic District of old Quebec, you will feel to become a soldier or the royal family. In the old days, these places were a fortified castle or a castle city living the royal family or many soldiers.

Kazuki Sawai

## Vestige of the Roman Age

Traveling abroad is very interesting and everyone enjoys it. If you travel, you should go to a World Heritage Site. You can enjoy seeing, hearing, touching, and taking pictures at the place. There are two big walls in the United Kingdom that are registered on UNESCO's World Heritage list, and they are both worth visiting.

Hadrian's Wall is the longest and is somewhere I would like to see. It has an interesting history. It was built in 122 A.D. It took ten years to complete. In addition, this wall was built by command of the emperor. Therefore, this wall was named for that emperor. The wall's length is long. It is 118 kilometers. It was built from West to East along the border of England and Scotland during the age of the Roman Empire. People absolutely had to obey the emperor.

The other World Heritage Site is Antonine Wall. First of all, it was built in 142 A.D. It took only two years to complete. Anntonine Wall was built very quickly. It was also named after an emperor. Therefore, this wall also has the name of an emperor. The wall's length is 60 kilometers long. It was built to guard against attack from the Scottish. The emperor and people must have been desperate to protect their country.

Visiting a World Heritage Site is interesting because you can learn many things there. I especially recommend going to these walls. You can walk along the walls. If you are interested in Roman history, you should go there.

Masataka Sakaida

# Living Abroad

## Living Abroad

Living abroad has many great advantages mainly because it is really exciting and everything people experience is new, such as fresh surroundings and meeting interesting people. People can learn foreign languages and more about other cultures, as well as making many new friends. I went to Canada this past March to study English and I stayed there for almost a month. I had a great time and I was able to make friends with people from many different countries; like Korea, China, France, Spain, and, of course, Canada. At first, it was difficult to communicate with the people I met, but we were able to finally become good friends.

On the other hand, there can be some setbacks. For one thing, it is hard to contact your family and friends, so sometimes you feel lonely. You can even feel lost because of the great differences between your own language and culture and another culture. The new one you are living in. I remember feeling lonely because I could not communicate with my host family during the first three days. Overall, when you are considering whether or not you would like to live abroad, you should think about the positive value of the experience you can have and be prepared for any challenges you might meet along the way.

Rina Yamamichi

## Advantages and Disadvantages

Although living abroad has advantages and disadvantages, I think it's important to seek out new opportunities through this unique experience. When I was in Canada, the scenery and landscapes I saw were pretty amazing, so they impressed me deeply. Of course, I could experience the differences in language and culture and I was particularly excited about having the chance to become more fluent in English and communicate with people on a more meaningful level. In fact, I was able to meet and become friends with several people from many different countries.

On the other hand, when I stayed in Canada, I also experienced some disadvantages. First of all, the airline fare was very expensive from Japan to Canada. I also lost my way once and wandered into a strange place that ended up to be a private road. Since I didn't have any close friends or family around, I occasionally got homesick. Naturally, it was difficult at times to communicate because English is so different than Japanese. Despite the fact that there are certain disadvantages to living abroad, you can be sure to have both a meaningful and interesting experience.

Hatsumi Honma

## Japanese Students' Attitude to Study

I went to New Zealand to study English last year and met a lot of people from different countries. In the whole of my stay, the biggest surprise I had was the local and foreign students' attitude towards their major subjects. I realized that Japanese students are less serious

about their major studies in comparison with the students from other countries, which may be the result of shortcomings in the Japanese education system.

In Japan, I have seen a great number of university students who hardly ever think deeply about their majors. I actually used to be one of those students and thought it was quite normal. Students in Japan tend to study only for credits, entrance, or graduation. They are not very curious about what they are studying.

On the other hand, the students I met in New Zealand were totally different. One of my Korean friends may be a good example. He was studying English there to study his major, which was engineering science, intensively in a university in New Zealand. It was obvious that all classmates had very clear reasons to study English abroad. They consider studying to be a great opportunity to expand knowledge in their interests.

Why can Japanese students not be as eager to study as foreign students are? In my estimation, the problem may be the Japanese education system itself. In terms of English, we all study English for at least six years in junior high school and high school, but only a very few adults speak English in fact. English teachers in Japan always focus on grammar, but in real communication, there is no use whatever learning about various highly subtle esoteric points of grammar and vocabulary.

In conclusion, if Japanese education covers more useful and interesting ways to study, it will motivate students. Now I know how interesting it is getting to know more things. I want everyone to know this feeling.

Hiroshi Onizuka

## Living Abroad

I think that living abroad is a good experience because it is exciting and you can learn a new language. It is likely that you can learn a new language at a steady pace because you are forced to communicate with people by using their native language. When I went to Hawaii to play lacrosse, I was able to talk about lacrosse with local residents. I couldn't understand what they said at first, but I could gradually understand after talking with them over a few days. You can also experience a new culture. You usually can't fully experience a new culture in Japan, so you will receive a good stimulus. Finally, making friends is a sure way to get accustomed and thoroughly enjoy your experience abroad.

However, there are also some disadvantages. First of all, the food is very different. Perhaps there are some types of foods you cannot eat and that do not agree with your constitution. Through my own experience, I wanted to eat rice, but the rice balls that were sold at the food stalls were more expensive than those sold in Japan. It is also possible to suffer from the differences in language. If you don't communicate actively, you can't learn a new language. Finally, you may also suffer from differences between cultures. Although it is difficult to accept a new culture, I think it is a good experience for people to try and live abroad at least once in their lives.

Saori Shimura

# FUTURE

I am going to live in Australia after university. I want to spend my life time there. I think I can find new myself and change myself. But first of all I have many things to do in Japan while I am in university. For example, improving my English skills, making big money to stay there and to go to school, and graduating from university. Only people who can work them out will have an awesome experience in another country I think. Going to overseas is easy. But hard

to get a great experience. Because there are many things there include good and bad things.

This essay [=one we read in the Reading textbook] gave us really simple advices. But really important. We should make a plan seriously and find out reasons why we want to study abroad, what we'll do there and we will have an awesome experience in another country I think.

Honami Sato

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## The Importance of Learning English

Learning language plays a significant role for people who are looking for something special, such as business, a stay abroad and so on. There have been lots of people who consider that English is the common language around the world and they have started to study English to keep up with the global situation lately. I agree that English and the cultures of English speaking countries are becoming more important in our society. Learning the language is one of the best ways to learn about English cultures and to broaden our perspectives.

One reason why learning English is important is because we can learn the cultures of Anglophones while we study English. I believe that we have to get to know their cultures to be able to use English well because we can't communicate with people who are from a different cultural background without understanding their customs. Moreover, we can avoid misunderstanding their cultures if we are able to use English without any problem when speaking to people living in English-speaking countries. Therefore, this motivation is going to help us to learn English.

Another reason why English is a good thing for us to learn is because we can find lots of different opportunities in our future if we can use English very well. Many

companies need people who can speak English because, as I said before, English plays an important role for them to keep up with the current global business. It means we can get a job easily if we can speak English. In such a situation, bilinguals are valuable in the world so it is also possible that we can get a job abroad with our English skills. In addition, learning English allows us to live easily abroad. If we can speak English, we can get out of our country and live in most of the countries around the world. Most people have learnt English as a second language so it is possible, as well, to stay in countries where English is not spoken as a first language. Especially, when we are young, it is a great opportunity to broaden our minds by living in different countries and we experience many things we can't have in our own country.

In conclusion, learning English is a great objective. I understand why so many people try to study English. On the whole, we can obtain lots of advantages from that and it has recently become very important for our global society. As a consequence, learning English is very useful for us to acquire global "thinking" so we can obtain not only language skills but also the best of life's experiences.

Tomoaki Kita

## The Mask



The Mask is the masterpiece of American comedy. Movie industries in America have developed since the 1890s and launched a lot of movies in the world. Now, no one in most of countries do not know American movies. Even if you say an American movie, it has many kinds such as action, animation, horror, documentary and so on.

Many kinds of films are made in America. Above all, comedy movies are best because of the personalities of Americans. An image of American I have is fine, lively, cheerful and very funny people. They are always homey and sometimes joke on somebody naturally. Maybe, it depends on the person, but I believe they have a large number of sense of comedy. Thus, the movies they made are high quality and make me laugh.

The movie, The Mask was released in 1994 in America. In Japan, it was in 1995. The director is Charles Taze Russell and the actors are Jim Carrey, Cameron Diaz and so on. Jim Carrey played the lead in this movie, who is a timid and foolish man.

One day, he tries to help a drowned person and jumps into the river. But a person is a mask which is a green wooden one. Casually he picks up a doubtful mask. The moment he puts it on his face, he greatly transforms to the mystery man with the face of the pea green with the superhuman strength. He borrows the power of the mask, and gives a try to the club singer, Cameron with whom he fell in love.

In this movie, the viewpoint is a dance powerful scene. Dances are cheerfully after all. I am sure to smile in unconsciously. A man with a green face moves comically. As if we watch a overseas animated cartoon. Because we are happy, our body moves instinctively together.

The same name comic of Dark Horse Comics is an original. Jim Carrey was accomplished The Mask and suddenly he became a great actor. Also, despite Cameron Diaz was a newcomer, she was greatly selected for this work, and joined a top star. The image made good use of by SFX, and was nominated to the achievement in visual effects in Academy Award. "The Mask 2" of the sequel is open to the public in 2005.

In this movie, there are many funny scenes, for example, a cartooned over action form which eyeballs and heart dash out. It is a Slapstick comedy movie that is the photograph taken from life of "Tom and Jerry" as it is. Occasionally, musicals are included. This movie is so funny that I can not forget.

Mami Hiratsuka

## 24



The American drama 24 is a good example of American technology, government, terrorism, crime and gun. These are good matters to know about American culture and society. Knowing that is good to study different

# Culture

culture for us. 24 showed American culture simply, so we can know about America easily.

First of all, 24 showed a good technology. For example, people who appear in 24 are using cell phones. They use them anytime. They can call at once. They can send information each other. Moreover, they use computers. They can use the Internet by computer. It is good for them to search information. For instance, information is about an enemy. Where is an enemy? How many is an enemy? Of course, if computer catch information, it can send information to cell phone. Technology is very important for this drama. Without nice technology, they cannot find, and arrest enemies. Moreover, old American movies do not using like cell phone and computer. So, this drama showed technology is progressing very quickly. It is good for police.

Second, this drama is near the American presidential election. In other words, there are near Super Tuesday. It is showed about government, for example, the work of president. And, supporter of president, raise an outcry against the president, activity of government face the crime, and so on. Moreover, in this drama, American president is from Africa. And, now, real American president is an African- American. His name is Barack Obama. In drama, the terrorists are out to kill president. Actually, in 1963, John F Kennedy was killed by someone. It is a real story. Perhaps, terrorism is happen again. This drama is reminds me of this sad happening.

Third, this drama has many crimes. There is, abduction, child abuse, and so on. Crimes in 24 are very realistic. Crimes are happening actually in America. Moreover, crimes are at issue these days. So, we have to raise awareness concerning crimes issues. 24 showed real American crimes. American drama has many crimes. And, in 24, most of the culprit, both the actor and the police are white man. This is very traditional thing.

Finally, this drama usually uses guns. Apart from this drama, many American dramas and movies more use gun than Japanese dramas and movies. This is showed that America is more a gun society than Japan. Police is using guns. Moreover, citizens are using guns too. These days, American news showed many problems that a crime by using gun citizen. Perhaps, this movie has bad influence on many people. In drama, people use gun usually. This kind of dramas and movies are growing real crimes. We should distinguish between drama and reality.

Shiori Nawa

## American Hip Hop Music

Hip hop is one of the great American cultural things. Hip hop culture originally emerged in the Bronx, New York City, in

# in Media

the mid-1970s. Hip hop was developed by African Americans and Latin Americans who lived in the Bronx. Hip-hop mainly consists of four factors which are rap, DJ, graffiti writing, and breakdancing. Among these four factors, I am going to focus on rap music.

Today, rap music is getting more popular day by day all over the world, for example, Japan, China, Korea, France, Germany, and America of course. There seem to be many people, including me who like to listen to rap music. Rap music is especially loved by young people. Maybe, they think it is cool for them to listen to rap. People have been fascinated by the unique melody, the impact it has, the way of singing, and the lyrics.

There are so many hip hop musicians in various countries who sing hip hop songs in their own languages. In America, there are so many famous hip hop singers who lead the hip hop music field. For instance, my favorite famous singers are Eminem, Nelly, Black Eyed Peas, T-pain, Akon, Ciara, and Kanye West. They usually express anger and frustration at various political and social problems. They put a lot of thought into their songs. Sometimes, rap songs contain offensive language. For example, some artists are "dissing" particular people in their songs, so sometimes rap songs are not good for children to listen to because of the offensive and bad language.

By the way, there is rivalry between East coast hip hop and West coast hip hop, and there's no chance of it going away. So far, several famous hip hop singers were killed in shootings because of the big strife. It is a sad thing in view of the fact that rap performances were originally made to avoid killing one another. It was created to make a distinction between people without fighting. The popularity of hip hop and rap in the past 20 years has made a huge impact on American culture and society among the younger generations. I believe rap music will become more and more important in America in the future.

Yusuke Sakai

## EMINEM

Eminem is a good example of American culture. He is a musician and sings hip hop and rap music. Also, he writes the lyrics in his songs. His first released CD album *infinite*, in 1996, was under an independent label. At that time, he held a minimum-wage job of cooking and dishwashing at a restaurant. It was in 1999 he quickly became popular with his major-label debut album *The Slim Shady LP*, and which won a Grammy Award of Best Rap Album. His next album, *The Marshall Shady Mathers LP*, became the fastest-selling album of hip hop in history. It brought him great popularity. His third album, *The Eminem Show*, also won Grammy Awards, and in 2002, he

won the Academy Award for Best Original Song for a song in the film *8 Mile*, in which he also played the lead. Nowadays, it is possible to say that he is the most famous hip hop singer.

Why I picked him for this topic is that Hip Hop music is from African Americans and Latin Americans music. Hip Hop music is part of Hip Hop culture, which began in the Bronx, in New York City in the 1970's. African Americans and Latin Americans are predominant in hip hop. But Eminem, a white rapper, overcame this. He became interested in hip hop and performing amateur raps at age fourteen after procuring a copy of the Beastie Boys album *Licensed to Ill*. He frequently participated in "freestyle battles" at Osborn High School across town from where he lived, gaining the approval of underground hip hop audiences. It is also possible to say that he became famous by these battles.

Eminem also gets much attention because he sometimes disrespects other people. A good example is with the rap artist, Everlast. Actually, Everlast sang a song disrespecting Eminem along with his wife and daughter before Eminem made the song. After that, Eminem made two songs completely disrespecting Everlast. One of those songs is a reference for his fans to physically hurt Everlast for me. That incident proved that Eminem is not scared in his mind. However, Eminem made a song which demonstrates racial discrimination. From this it is possible to say that he is a typical American. Many Americans demonstrate forms of racial discrimination.

Now Eminem is a top star. He succeeds in his music style. He came into African American culture and won some prizes. Also, many people from all over the world know him. Of course, because America has a big influence on the world, Eminem has it, too. His CD sales are huge. His brand new CD had about 3,000,000 sales at only one CD chain store in a week. This is an amazing sale. He is a top seller in the rap world. His words are popular.

Yukie Kimura

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# Animal Talk

## Dugong

Hello. My name is Harry. I am an eighteen-year old male dugong. I live in the ocean near North Australia. This is the story of my life. My family was so big. There were three brothers, three sisters, my father, my mother, my grandfather, and my grandmother. The reason I had such a large family is that dugongs live so long; our life expectancy is over seventy years. For example, my grandmother is eighty years old now.

When I was a baby, I lived with my mother because I had to be nursed. By the way, do you know the story of the mermaid? I have heard that humans think we dugongs are the model of the mermaid story because when our mothers nurse their babies they look like mermaids. When I was a baby, perhaps my mother also looked like a mermaid. Anyway, I lived with my mother when I was an infant. After I was weaned, I mainly lived alone. A human may think it is strange, but it is not strange for us; there are many dugongs who live alone. However, I was not always alone, sometimes I swam in schools. Also, I swam with Mark; he is a sea turtle of my age. He and I were really good friends. We used to swim to many different places to get food. To my joy, we both like the same type of food, especially seaweed, our favorite food.

I was more curious about things than most dugongs. Once, when I was swimming I saw a fisherman who was diving for fish. It was very fun to see! I really loved humans. Seeing humans under the sea was one of my greatest pleasures. In short, there were many interesting things going on in my life.

However, there are some terrible things. For example, the sound of a boat engine is one of them. The reason is that sometimes we dugongs have accidents with boats and I had seen one dugong meet his death like this. Since then, I became more scared of boats. We were also sensitive to sound so if I heard the sound of a boat engine, I would swim away at full speed.

Unfortunately, the accident happened suddenly. One day, I was swimming as usual with Mark. That day, he and I swam together for long time, over eight hours. After I bade him farewell, I was swimming alone. This was also as usual every day. Then, I heard the sound that I really hate -a boat was coming! So, I swam to escape at full speed. But the boat was faster than me, and not aware of me. At last, I was caught in a propeller under the boat. I was hurt badly, but I could not have been helped by anyone. Finally, I lost my life due to my injuries.

Ryota Nishimoto

## Ganges River Dolphin

Hello. My name is Dariya. It means river in Hindi, or that's what my father told me when I was a child. I am a 13-year-old male Ganges River Dolphin and I live in Brahmaputra River in India. We don't live in the sea. My mother told me, "Most humans think dolphins only live in the sea, but our species don't. We can live only in fresh water like a river or a lake, you know."

When I was born, I couldn't see anything. I was surprised, but my mother told me, "Oh, my dear little boy! Thank you for coming. Our eyes don't work, but it's OK. It's normal for us, boy. Don't worry." I understood. I can't see anything, but I can swim because we have echolocation system and a sensitive snout. I got food from my mother for 2 or 3 months after I was born. After that, I started to eat solid food like a fish.

When I was one year old, I left my parents and started living alone. I swam in the river freely using my large flippers. I always ate fish like catfish, freshwater shark, gobies and carp. I used my snout and flippers to probe for my food. Sometimes, I ate turtles and birds, but I don't like them. One day, a turtle named Jim spoke to me, "Hey, boy! How are you doing?" I was surprised and asked him, "All right, thanks. By the way, aren't you scared of me?" "Yeah, of course. But you are a kid! You can't eat me because I'm 30 years old. Do you wanna try?" We became friends and he told me "I envy you. Your body, it's so cool! You have a dark grayish brown body, large flippers, a long thin snout and a

stocky body. You look so strong!" It was the first time I understood my own appearance.

When I was five years old, I met a girl and fell in love with her. Her name was Lio. She is larger than me, but that's natural for us dolphins. I always swam with her, and in December, we married. December to January is one of our wedding seasons. The next year, in December, we had a child. My family and my friend, Jim lived a happy life and I believed it would continue forever.

When I was seven years old, suddenly, our river changed quickly. Humans started to construct dams. Because of them, our habitat and groups were divided. I could not see some of my group friends. What's more, the water became dirty, and some of my friends became sick. What happened in our lives? I couldn't meet my friends because we couldn't get over the dams. I heard some of us were caught by fisherman or entangled in fishing nets and they lost their lives. Why do humans do those terrible things!

Now, I am 15 years old. My best friend Jim died 2 years ago because of water pollution. Chemical water pollution causes creatures to die, but I can't stop this sad, bad story. If humans ignore these problems, we will all die out. I want humans to reflect about our lives and the environment of the earth.

Ayaka Nomura

## Tiger

Hello. My name is Bell. I am a twelve-year old female tiger. I live in the tropical rain forest in small pockets of Asia. I have orange, black, and white stripes. I'd like to tell you the story of my life. I had one brother and one sister who were born at the same time as me. I remember my mother used to hunt and kill gaur, deer, and wild boar, which was luxurious food for me. When I was two years old, my mother went hunting as usual, so I waited for her, and then I heard a big crack of guns. I was very surprised but I couldn't understand what had happened, and my mother never came back. Although my brother, sister, and I were young, we realized our mother had died, so we were very sad, and we didn't live in a group any more, so I lived in alone.

One day, three years after my mother died, I had to move because the vast forest was cleared for plantations. For this reason, I couldn't live in my territory, and the other animals and plants also lost their habitats and decreased, so it was very hard for me to find food. Then another tiger told me that some tigers, including my brother, Chip and my sister, Pot were attacking domestic animals and people because they were hungry, so they were considered to be harmful wild animals and were poisoned by people. I was very shocked to hear this story. Then, I realized our population was decreasing due to the destruction of our habitat. I left behind the forest where I had lived for many years.

On a hot and steamy day when I was six years old, I went to the river, and a big male tiger came down to the water's edge, and approached me. We enjoyed swimming in the river together, and fell in love. His name is Adam, a six-year old, and he and I decided to live together, and a year later, we had three children. One day, he told me we are endangered animals because tigers were poached by people. We had very beautiful fur and bones to make Chinese herbal medicines, and these could be sold for a lot of money. Then I realized my mother had been killed for these reasons.

When I was eleven years old, I went hunting to feed my children. I found a deer far away, so I stalked it, but then I heard a big crack of guns. Suddenly, I felt terrible pain, and could hardly move. Gradually, I lost my senses. The poacher got out, picked me up, and put me in the car. Consequently, my life ended like my mother's. I was really sad and sorry for my children to have been killed in front of them.

Chiaki Takahashi

# Potpourri

## A Cell phone

Today, our society has many communication technologies such as the telephone, e-mail, Skype or other tools. Now, we have cell phones that can do everything! Many people have a cell phone, and it has everything to do with our life. Cell phones are one of the nice things supporting the comfort of our life. How useful are they? There are three reasons that cell phones are very useful for our life.

First, cell phones are absolutely a perfect communication tool because we can call someone anywhere who has a cell phone. It is a very important function in our life; for example, you can call co-workers to ask to copy files immediately when you have forgotten to copy them yourself, or you can call friends when you feel lonely. Cell phones can also be used for e-mail. Mail can be more useful than calling because mail can be held in a folder for a long time, but calling generally can't be "stocked" for a long time. Consequently, calling and mailing are complementary services, each having a right time for use.

Second, we can use the internet with a cell phone like a computer. The latest models of cell phones are famous for functions like those of computers. Some models have a keyboard on the cell phones; other models like the iPhone have a pen for a touch panel. Nowadays, the cell phone can connect with computers currently appearing in Japan. By connecting with computers, cell phones can access the special USB memory that has large amounts of capacity and more functions than normal USB's.

Third, cell phones have useful functions to make our life comfortable; for instance, radio, TV, camera, games, GPS alarm, schedules, a calculator and more. There are, in addition, very many designs of cell phones with various colors, sizes, and forms. In addition, later models include a water-proof model like G-shock. Cell phones improve every day. In conclusion, cell phones are very useful for our life because they have many functions and the possibility of evolution to change our life comfortably.

Takuto Kibo

## Exercise

In our daily lives, many people don't have very much time to do exercise because they are busy every day. Especially, adult people who work in companies spend many hours in their office and they have no time to do exercise. Therefore, to become healthy, doing exercise in our daily lives can be good for our body, our mind and our brain.

First, doing exercise is good for our body. Nowadays, we can eat many kinds of delicious food everywhere and we can get enough nutrition anytime. Because of this, we tend to get fat. To keep our shape in good style, training our muscle is a good way to exercise. Training muscle may also help us to reduce our weight. However, it's better for reducing weight to walk and run than to train muscle. People who want to reduce their weight should commute to their office by foot, and for people who have time in the morning or after work, it will be good to run to reduce their weight.

Second, doing exercise also can be helpful to our mind. In our busy lives, moderate exercise will release our mind from stress. Relaxing is the most important feeling to keep a good mental condition. To make our mind happier, I recommend people play some sports. Playing their favorite sports will reduce stress that people have and improve their mental condition so that they will feel more energetic. Mind condition sometimes affects our body and it can be the cause of illness. To avoid this, we had better keep our mind in good condition.

Finally, we can also refresh our brain by doing exercise. When people study hard or work hard, their brain gets tired and stops thinking correctly. At that time, the brain needs to refresh. Consequently, when people get tired because of working hard or studying, it is effective to do exercise to improve the condition of the brain. If the brain is refreshed, it will start to work well again and concentration will be improved. What's more, refreshing the brain also makes an effect that improves people's way of thinking more clearly. Therefore, to refresh the brain, it's better to do the exercise that you like when you are tired. In conclusion, if you want to live a life in good healthy condition, you should do exercise to maintain your good body, mind and brain.

Ryu Kumagai

## Music

These days, we enjoy a variety of hobbies. Some people like sports, and some people prefer reading. From outdoor activity like hiking to indoor pleasure like internet surfing, we are invited to try many kinds of hobbies and have enjoyed them. Among other things, music, as a hobby, has been loved all over the world for a long time. Music

is one of the best hobbies for its genres, places where it may be enjoyed, and opportunities it provides for both professional and amateur musicians to perform.

There are many genres of music in the world. They all have their own history and characteristics. For example, classical music has a long history, and played an important role not only in cultural aspects but also historically. Rock music has exercised a great influence on tens of thousands of people. Folk music tells us about each ethnicity. These matters are meaningful for music lovers. Knowledge about music and its background makes them more receptive to the pleasure of music. It is always wonderful to hear new music. You can hear new music in various ways. Listening to radio and watching TV are suitable for checking for the latest music. Music magazines give us interviews with artists and information about music. By using the Internet, you are able to collect data on music and download to start listening. When you find unknown masterpieces, or when a talented newcomers come out, their music may excite you very much.

You also can enjoy music in other places besides on records or CDs. Many live concerts are held everywhere. In the bar or club, many bands give performances, and you are able to enjoy them with drink and food. Musicians play rather close to you, and possibly you can watch a newcomer's rare playing. Listening to music in a concert is different from listening in a pub. It is wonderful to watch a live performance in a concert hall with the great acoustics. Going to a music festival is another way to enjoy live music. Many kinds of music festivals, like rock festivals or jazz festivals, take place especially in summer. Some festivals are held for two or three days, so people enjoy not only music but camping. One of the greatest things about attending a music festival is that you can enjoy performances by various musicians. You may unexpectedly be dazzled by a marvelous stage performance.

People have enjoyed music not only for listening but for performing for a long time. It is best to have a music lesson if you want to learn how to play musical instruments. There are many courses, so you can find a suitable lesson whether you are a beginner or not. If you make friends who have the same interests, playing music will become more delightful. Some people even enjoy composing music. You can become a composer only with a piano or other instrument. Of course, you don't have to aim to be a professional musician. You can enjoy yourself composing and playing. Additionally, if you put your music on the Internet, people all over the world can listen to your work.

There are many more ways to enjoy music. The situation revolving around music is always changing. We will find new ways to enjoy music. Music is always wonderful amusement.

Kozue Isochi

## Television

Television doesn't have the bad influence that some people insist if you use it in the right way. By using it in various ways, it produces a lot of good effects. The screen televises many things you cannot see on your own. Of course, going outside and watching real scenery or listening to real sound is very important, but to watch television is also important. Television is beneficial to improve yourself.

Television, which appeared in the twentieth century, is part of comparatively new media in modern world history. Today, TV is spreading almost all over the world. There are very many programs in the world. In these programs, there are various scenes or certain kinds of information that you would otherwise rarely see or listen to. For example, some programs televise the scenery of beautiful nature such as the depths of the Pacific Ocean or a savanna in Africa. In addition, the legacy of civilization can also be seen on TV through such cultural heritage as artistic buildings in foreign countries. Other programs televise talk, discussion, interviews, reports, and so on. These programs are mainly for exchanging respective opinions and information, or rather having fun. As you know, to go to watch nature or visit cultural heritage in foreign countries is hard for individuals. To listen to the opinions of people and to share information are the same.

Television is not media simply to watch but also to use for other materials. In recent years, DVD and Blu-ray disc have appeared in place of videos. These can be watched anytime, so you can use them for education, study, fun or other purposes. For students, using audiovisual aids helps them to understand the contents. If that is a conversation in foreign language, it will become easier to understand the circumstances. And you can imitate the behavior or voices of people or characters on screen. This is very important to develop your skills or for self improvement. As for other materials, there are many interesting video games especially in Japan. During the past quarter century, video games have been developed at high speed. Many of them are useful for having fun and getting knowledge. Some video games are intended for playing with friends, families or even others in the world. It is good to concentrate on video games you like.

Now, television has become part of the indispensable media for our life. Needless to say, it has many bad points for us, but we should use it more wisely than before, and get along with it. Because it is better to deal with reality, we ought to face forward flexibly rather than to ignore the up-to-date stubbornly.

Hideyuki Fukui

**LUNCHTIME SPEAKING**

Bring your lunch and come and enjoy a chance to chat in English

12:10-12:35

Check Professor's Schedule!

## EDITOR'S NOTE

We are on the lookout!

*North-Sea Lookout* aims to publish as much student writing as possible.



### LETTERS TO THE EDITOR

North-Sea Lookout is a place you can publish your own opinions about any topic that concerns you. If you want to write a letter to the editor, please put it in Prof. Zeff's mailbox. If you prefer, you may have your name withheld from publication with your letter.

This issue shows the high level of writing in English achieved by Hokkai-Gakuen University students. An ongoing interest of our writers is the international homestay and travel experience. In addition, this issue contains articles on subjects as varied as cooking rice and the internet.

**North-Sea Lookout** needs your viewpoints on whatever interests you. Your opinions, concerns, and experiences are important. Please don't hesitate to write about them, and then submit them to us. We welcome all submissions.

Fiction, Poetry and Photography Wanted!

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