

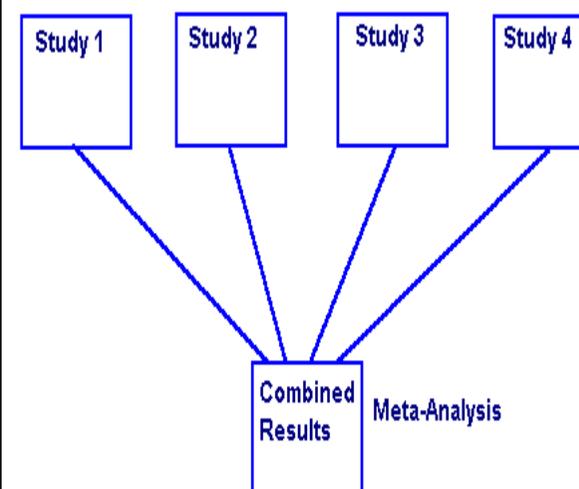
It was my daughter's birthday last week. She turned¹ five years old. Do you remember when you were five? Her grandfather made the mistake of² taking her to ToysRUs and asking her what she wanted for her birthday present. Do you know how hard it is for a five year old to choose one thing out of a giant shop full of toys? "I want this ... no, this ... no, I want this ... wait ... this ... no, this ..." and on and on for ages³. She finally chose something called Oonies. It's balloons that stick together and you can make models with. Very noisy. Our cat hates it.

Something Interesting (Coffee)

1. Coffee comes from and was first drunk in Ethiopia⁴.
2. It came to Arabia⁵ from there and then into Europe in the late 16th century.
3. The word coffee comes from the Dutch⁶ *koffie*, which come from the Turkish *kahve*, which comes from the Arabic *qahwah*, which means "to lack⁷ hunger".
4. Finland drinks the most coffee per person per year. The average is about 12kg.
5. Kopi Luwak is the most expensive coffee in the world. The beans are eaten by an Indonesian wildcat and then collected after the animal excretes⁸ them. This coffee costs \$700 per kg.
6. Black Insomnia is the world's strongest coffee. A 350ml cup has 702 milligrams⁹ of caffeine. A typical¹⁰ Starbucks coffee has 195. That would probably kill me.
7. The first coffee shop in Japan was opened in 1888, in Tokyo.

Coffee is (mostly) good for you

I started drinking coffee when I was 16 years old. I've drunk it pretty¹¹ regularly¹² since then. Every year there is a new study that says coffee is good for you, then one that says coffee is bad for you. Some researchers¹³ at the University of Catania, Italy, decided to find out. They looked at 127 meta-analyses¹⁴ that had lumped together¹⁵ research on similar coffee related topics. All of the research looked at the health benefits¹⁶.



The researchers gave each meta-analysis a score from "convincing¹⁷" down to "limited¹⁸". Convincing means the study shows obvious¹⁹ health benefits. Limited means that there was no evidence²⁰. What they found is that no study showed "convincing". Some studies showed a strong link between drinking 5 cups of coffee a day and a lowered risk²¹ of various diseases, however there was no definitive proof²².



10 differences



Last Week's Answers



Announcements

The JHS have their singing competition on Wednesday. Every time I walk down the hallway, I can hear them singing. They have very beautiful voices. I think the homeroom teacher should join in,

However, one good thing the study was able to do was to explain the link between coffee and high blood pressure²³ and cancer. What they found is that most smokers are also coffee drinkers. When they looked only at non-smokers, this risk was found to disappear, which means the risk comes from smoking, not coffee. So, drink coffee, in moderation²⁴, but don't smoke.



- 1.Turn～才になる 2.Make the mistake of～という過ちを犯す 3.For ages 長い時間 4.Ethiopia エチオピア 5.Arabia アラビア半島 6.Dutch オランダ語 7.To lack～が足りない 8.Excrete 排出する 9.Milligram 1 g の 1000 分 10.Typical 普通の 11.Pretty ほとんど 12.Regularly 定期的に 13.Researcher 研究者 14.Meta-analysis メタ分析 15.Lump together ひとまとめる 16.Health benefit 健康効果 17.Convincing 説得力のある 18.Limited 限られた 19.Obvious 明らかに 20.Evidence 証拠 21.Lowered risk リスク低下 22.Definitive proof 決定的証拠 23.High blood pressure 高血圧 24.In moderation ほどほどに

★ English News Page 2 ★

Hello everyone! I'm feeling nostalgic this week because I've been watching the new Bruno Mars video, "Finesse", and because my childhood crush, Justin Timberlake, released a new album. There is an old picture of me on this page somewhere. Can you find it? ☺ - Krystal

★ Flashback ★

90's Fashion

90's fashion is coming back in style! You can see it everywhere, such as in the newest Bruno Mars video "Finesse". Check out some 90's fashion below.



Which 90's fashions do you own?

High-rise jeans are worn at or above the belly button.



Overalls can be worn with both straps up, or one strap up and one strap down.



Crop tops show a little bit of skin.



Chokers are made from plastic, velvet, or metal.

★ English Speaking Celebrities ★

Justin Timberlake is an American singer-songwriter, actor and record producer. He was born in Memphis, Tennessee, on January 31, 1981. As a child, he was a contestant on the television show *Star Search*, but lost. He was also a cast member of *The All-New Mickey Mouse Club*, along with Britney Spears and Ryan Gosling. From the late 1990s to early 2000s, Timberlake was a member of the idol group NSYNC, which became one of the best-selling boy bands of all time. He released his debut solo album, *Justified* in 2002. His second album, *FutureSex/LoveSounds* was released in 2006. From 2008 through 2012, Timberlake focused on his acting career. He started making music again in 2013 with his third and fourth albums, *The 20/20 Experience* and *The 20/20 Experience – 2 of 2*. His fifth studio album *Man of the Woods* was released on February 2, 2018, and he headlined the Super Bowl Halftime Show over the weekend to promote his new album. Timberlake has won many awards during his career, including ten Grammy Awards, four Emmy Awards, three Brit Awards, and nine Billboard Music Awards. According to Billboard in 2017, he is the best performing male soloist in the history of the Mainstream Top 40. Krystal has been a huge fan of Justin Timberlake for 20 years.



NSYNC, left to right: Lance, J.C. Justin, Chris, Joey



★ From the English Lounge ★

JULIA ROBERTS HUGH GRANT



Tuesday @ 4:30: *Notting Hill*

Notting Hill is a 1999 British romantic comedy. In this romantic comedy set in London, the quiet life of sweet bookseller Will (Hugh Grant) is turned upside-down after a chance encounter with American movie star Anna Scott (Julia Roberts), who's in London for a film shoot. Constantly followed by the paparazzi and rarely able to escape her celebrity group, Anna becomes attracted to William's humble manner, simple life, and down-to-earth friends. Romance blooms between the pair, but Anna's fame creates serious challenges for the new relationship, as does her on-again, off-again affair with arrogant actor boyfriend Jeff King (Alec Baldwin).

New words: nostalgic 懐かしい belly button へそ suffer 苦しむ contestant 出場者 headline 主役をする promote 宣伝する encounter 出会い constantly いつも rarely めたに…しない humble 謙遜な down-to-earth 現実的な arrogant 横柄な

THE PAIN THAT YOU'VE BEEN FEELING, CAN'T COMPARE TO THE JOY THAT'S COMING.

Romans 8:18

Romans 8:18
We all face hard times during our lives. Sometimes, we are suffering so much that we feel like nothing will ever get better. But don't worry! No matter how bad you have it, things will always get better! Remember that God loves you and has a plan for you. Everything happens for a reason. If you keep your faith in God, he will guide you. And your reward will be everlasting life in the kingdom of heaven! Isn't that wonderful?