

THE Hokusei Times

WINTER 2022 Edition --- News and Fun

INFORMATION YOU NEED!

Around Town

Sapporo Snow Festival back again after two years!

By Miki Niwatsukino

The Sapporo Snow Festival is coming back again after being cancelled for two years. It will last for eight days from February 5 to 12, and passers-by can enjoy watching snow statues being built in Odori Park in Chuo Ward, Sapporo City. People working in the tourist industry and people involved with making the snow statues were delighted by the decision. Although the number of coronavirus cases in Hokkaido has declined, the concern for the sixth wave still remains due to the winter's arrival. But tourist industry insiders are expecting this event to be a success case for economic activity that takes serious counter measures against the coronavirus.

(This article is a translated summary of a Japanese article originally appearing on the online Hokkaido Shimbun newspaper website on November 26, 2021.)

The Sapporo City Redevelopment Project

By Yuki Nakagawa

Recently, the Sapporo city redevelopment project has become the talk of the town. Many buildings around Sapporo Station will be rebuilt or newly constructed. The construction is scheduled to start in 2023 and be completed during 2029. One of the main aspects of this redevelopment project is the new shopping complex tower which will include apartments and offices, and the opening of Sapporo Station to bullet trains.

The extension of the bullet train line to Sapporo has been talked about for years by the people of Sapporo. It will make our lives so much easier and more convenient when it happens. The new shopping complex tower has been getting the most attention. The building will be designed by famous architect Hiroshi Naito and will be the highest tower in Sapporo. It will be constructed next to JR Tower and connected to ESTA JR Tower so that people can go back and forth. The sad news about this is that ESTA will close in the summer of 2023 due to the rebuilding work needed for the construction of the new tower.

ESTA has 45 years of history since it opened in 1978. It has so many popular shops such as LOFT, Bic Camera, and UNIQLO, which is the world's largest one-floor store. The stores in ESTA will be relocated before the closing, but the destination is unknown at the moment.

IN THIS NEWSPAPER

--- Sapporo News --- Cafe Information ---

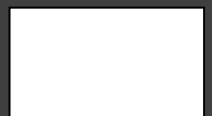
--- Stories and Game Fun! ---

A WORD FROM THE EDITOR

Due to COVID restrictions, the Hokusei Times reporters did not conduct interviews or onsite investigation for this issue. We did, however, write on topics we are passionate about, and we hope everyone will find something interesting, fun, and helpful within these pages! Please have a safe and cool summer!

THE STORY BEHIND THE STORIES...

This English language newspaper is a long-time tradition of the Hokusei Gakuen University. All articles were written by the students of the Japanese to English Translation course: 翻訳法 BII



SHORT STORY TIME

Cold Morning Thoughts

By Hasegawa Shoko

It was a cold morning. She woke up thinking there must be at least a little amount of snow outside because the tip of her nose, which was the only part of her that was outside her cozy blanket, was freezing. After spending another fifteen minutes of doing nothing but wondering how on earth to survive this sudden cold winter day, she finally got out of bed. There are two big windows in a little atrium at her house which allows her to see what is going on outside from upstairs.

What she saw that morning was the normal neighbor coated with beautiful powder sugar. Yes, the winter is cold and sometimes it makes her heart empty just because of the outside temperature. She wonders if other animals feel sad or depressed. She always wanted to be a cat in her next life, but is being a cat easier than living life as a human being? Somehow people feel sad when they cannot gain enough warmth when it is cold. But why? For what? On the other hand, she also wonders if there are some fun things in winter as well. Or we perhaps should say, the highlights of the winter season, such as vanilla ice cream in a warm room or

a sharp wind that makes you come awake in a second, or the magical atmosphere of the city with illumination lights. Those are the things that among all animal kind, only human being can have. She sips her morning coffee and chuckled to herself, thinking how far the cold temperature took her to doubts about human nature. Each person perhaps has philosopher potential. She thought this when she put on her face mask after she locked the door.

An Ordinary Day

By Ami Miyoshi

Yuki woke up at 7:08 a.m. on the first day of her winter vacation. This was the second winter vacation in her high school life. She was still in bed. She checked her smartphone and saw some messages from her friends on the locked screen.

“Yeah, exactly.”

“(stamp)”

“Can I send you nengajo this year?”

“Are you coming to the Christmas party?”

Yuki put her smartphone next to her pillow and closed her eyes. “Uh...” She sighed, and she fell asleep again, planning to get up in an hour. She had decided to start cleaning up her room on her first day of winter vacation, so she had to get up soon.

Suddenly, she started feeling cold. “It’s cold, isn’t it? Did I leave the window open?” She tried to look around, but she couldn’t see anything. “What’s this? Am I in the dark?” She couldn’t understand what was happening, so she started to become afraid.

At that time, she saw a small light in the darkness. “What is the light?” And she heard her name called. “Who is calling my name?” The voice calling her name got louder and louder, and she finally woke up and found it was a dream. She was out of her blanket. “Wow, that why I felt cold,” she thought. And then her mother came to her room and said, “Ah, you finally woke up. I called you many times.”

“Ha ha, you did?” She checked her smartphone again, but there were no new messages. She got out of her bed at 8:24 a.m.

Agreement to Save Polar Bears

By Erina Nishimoto

Sapporo's Maruyama Zoo entered into an online agreement to address policy for climate change with Assiniboine Park Zoo in Manitoba State, Canada. That state has a habitat for polar bears, which are facing the threat of extinction due to global warming, so they share information and research together to protect wildlife.

The agreement was going to be signed in 2019, but it was delayed because of COVID-19. As the first effort, they are going to stream a joint-symposium on YouTube, and experts involved in the protection of polar bears are going to introduce study cases in December.

(This article is a translated summary of a Japanese article originally appearing on the online Hokkaido Shimbun newspaper website on November 25, 2021.)

Naniwa Danshi

By Reiri Okochi

Michieda Shunsuke is an idol and one of the Johnny's members of a musical group called "Naniwa Danshi". Naniwa Danshi is a fresh group which just released a CD on November 12.

Surprisingly, the average age of this group is just 20! Everyone in this group is from Osaka,

which is full of hilarious people, so their talking skill is awesome and that makes us laugh.

There seven men in this group. Each member is unique and their personalities are great, so everyone in the group is loved by many people.

The Construction of Disney Land

By Kana Hashimoto

With an increasing market of Disney creations, Walt Disney started a TV show because he wanted to join in the common domestic TV show programming at that time. In fact, there was a reason he accepted this offer in such a new media, TV. He needed a chance to announce California Disney Land in Anaheim. (cont. below)

The secret story behind our favorite park

Dreams made it possible, television made it reality!

The name of the TV show was simply "Disney Land". Walt became a host himself and talked a lot about Disney Land.

Critics said, "This can't be done by a normal person," and, "This is a waste of money," about Disney Land. However, Walt felt strongly he could make fantastic parks that everyone can enjoy. And, he was correct.

On July 17, 1955, Disney Land opened, and 10 billion people came to this wonderful park in seven weeks. It did not take long time for it to be widely recognized that Disney Land is a park at which anyone could have a great time. It embodied the idea of "Family Entertainment" that Walt had been thinking about. With this great success, Walt's plan grew bigger and bigger,

and new attractions were added in the park within a few years. He said, "Disney Land will never be completed. It will continue to grow as long as there is imagination left in the world."

Disney Memories

By Vince Coleman

What are your favorite Disney memories? Did you watch the movies as a child? Have you ever dreamed of visiting Disney Land?

My favorite Disney memory is reading the Mickey Mouse newspaper comic strip in a book collecting old American newspaper comics. I was surprised to find the strips actually contained a solid story with more depth than I had foreseen..

Cafes!

pool- Individuality is pooled and encounters are looped here

By Shoko Hasegawa

There is a fancy, modern café in the middle of crowded buildings between the Odori subway station and the Sapporo subway station. The name of the café is 'pool' with three o's. It has a big oval shaped table and seats facing the wall for people to focus on their work right in the front, and cozy couch seats for groups of people to enjoy communication in the back. What is special about this café? CO&CO, the head office of the café, was established as a Japanese school for foreign students in 2012. It always had one major concept: "Communities without borders, ideas without limits. We want to create a place for creative ideas. A borderless community in the world" (from the CO&CO official website).

pool is one of their initiatives for the actualization of this concept.

To achieve their goal of creating an environment for people to focus, meet others, be inspired, and learn, pool contains many different features. For example, there is a large bookshelf and a little book display. The books are uniquely collected along ten topics that the community would like to communicate about: art, design, culture, innovation, community, diversity, glocal (a coined word combining global and local), sustainability, philosophy, and peace. It is available for all customers, to browse and purchase.

Sometimes the brain needs sugar as a strong fuel. At pool, quality coffee made by experienced baristas and various sweets are available. Because the drinks and snacks there are so stylish, pretty, and

photogenic, many customers post photos of them on Instagram. Due to its popularity for its quality, sweets are frequently out of stock in the evening. Are you ready to inspire yourself and learn for your self-enrichment? pool is always there waiting for your individuality to be pooled.

Instagram:
@poolpoolpool

Location:
1F Takesato Bldg.
Kita 2 Nishi 3 1-29
Chuo-ku, Sapporo
Hokkaido
060-0002

Business hours:
8 a.m. -10 p.m.

(It currently closes at 8 p.m. due to the coronavirus epidemic)

Takeaway available

A Beautiful Cafe in Hokkaido

By MochidaMiona

Hokkaido is famous for its vast natural environs and delicious food. And there are many beautiful cafes which make use of the kind of nature that can only be seen in Hokkaido. I would like to recommend one to you today.

Tsubaki Sunset Cafe (椿サロン 夕焼け店) is located in Niikappu Town. It is located on the top of a small hill, and there is a beautiful sky (cont.)



and ocean view in front of the cafe. According to reviewing journalist Yuka Uesaka, “Tsubaki Sunset Cafe is a cafe which was produced by Mr. Hasegawa of Atelier Temma, a design office in Sapporo. It is a cozy place where every detail of the furniture has been considered, as well as the sophisticated building.”



One of the features of this cafe is that there are no lights inside, because it is only open from 11 a.m. to "before sundown". The cafe has a glass wall on the ocean side, so you can enjoy delicious food and the beautiful scenery at the same time. When the sun goes down and you leave the cafe, you can also see the beautiful ocean and the starry sky.

This view cannot be seen in an urban city like Sapporo. I recommend healing your daily fatigue in a beautiful cafe. (These pictures were taken by me!)

Instagram: @tsubakialon_yuuyake

Location: 77-1 Okaribe, Niikappu Town, Niikappu District

Business hours: 11:00 to sundown

Closed: Year-end and New Year holiday season

How to Enjoy Ice Cream

By Gen Sogabe

There are different types of headaches such as tension, migraine, and cluster headaches. On the other hand, some of you may have experienced a headache from eating ice cream. This is a highly valid type of headache that is recognized formally under the medical term “Ice cream headache”. This symptom is a good research subject for those who are studying headaches, and surprisingly a relatively large number of research papers have been published on this topic. You may feel you cannot do anything about this illness, but there seems to be a cause and a remedy.

At first, because ice cream headaches occur in such a short time, it was difficult for researchers to find the clear causes as to why they occur. According to Shimohata, there are two dominant tentative theories, and both of these are said to be correct. One is two types of errors occurring in your body, which mean that the feeling of iciness is mistaken for pain because some organs such as the trigeminal and

glossopharyngeal nerves become stimulated strongly, and are incorrectly interpreted as indicating that pain exists in part of your body. Another theory is inflammation in blood vessels. When the throat is cooled rapidly, the nearby carotid artery is also cooled and constricted. After that, your body increases blood flow in an attempt to maintain body temperature, and conversely, blood vessels expand. At that time, mild inflammation occurs in them temporarily. (Why Ice Cream Causes Headaches, 2010)

Ice cream headaches seem to have no preventive method due to their temporary symptoms, but there are some effective remedies. The surest way to prevent it is to avoid eating cold foods, which is a pity for those who like ice cream. As a simple measure, you should eat ice cream very slowly. If you swallow it quickly, the sudden temperature difference will cause a headache going through the process as Shimohata has described. In addition, I have heard that ice cream headaches will not occur when you eat ice cream while enjoying a foot spa. This remedy is not scientifically elucidated, but you may feel that you are less likely to have a headache than

when eating ice cream normally. As long as the cause of the ice cream headache is an error between stimulus and nerves, it may be possible to prevent headache by preconception.

In association with the headache that results from coldness, it seems that there are a certain number of people who tend to have headaches in winter. According to Dr. Oshimizu, “Cold-stimulated headaches are caused by ‘rapid temperature changes’ that stimulate blood vessels and nerves.” To avoid exposure to sudden temperature differences, it is necessary to close the temperature gap between the living room and other rooms by placing small heaters in places that are likely to be cold in the winter, such as the restroom. In view of temperature differences, this same provision applies to the remedy of the ice cream headache. Therefore, it makes sense that eating ice cream slowly is less likely to cause headaches.

There are some solutions to avoid ice cream headache. The best remedy is to eat ice cream at a slow pace to make temperature differences gradual in order to not be misled into interpreting coldness or even deliciousness as a headache.

GAME TIME

A Number Card Game

By Momoka Nagao

This is a card game that can be played indoors. You need cards numbered 1 to 100. The players each take a card and do not show their number to the other players, but communicate the numbers to them only by atmosphere without saying any words. If players can arrange the cards in order of decreasing number, they succeed.

Example: A group of about five people each choose a card. If you think you have the smallest number, communicate this to the other players with gestures and atmosphere.

Here is an example with actual numbers.

Let's call the members A, B, C, and D. First, everyone draws a card with a number between 1 and 100 on it.

Here are the numbers the example players drew.

A: 23 B: 2 C:3 D: 56

At this time, no one tells anyone else the number of their card.

Then, they convey their figures without uttering a word, just using the atmosphere.

In this case, B with 2 has a stronger claim. However, the barrier here is that C, who has 3, also starts claiming the lowest place, which confuses everyone. In this case, one of the players should insist or give in.

And when the order is arranged as B: 2, C: 3, A: 23, and D:56, the players have succeeded.