YOUTH FORUM NEWS

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Street dancers perform at Spade Stage 3

By Rei Morita

Spade Stage 3 Dance Recital (S.S.3) was held in PREA HALL at Sapporo University on February 11, 2018. SPADE is a street dance circle at Sapporo University.

The letters in SPADE stand for Sports, Play, Art, Dance and Entertainment. Sapporo University students are not the only ones who belong to SPADE.

First of all, team SPADE was created by Sapporo University together with KING.PRO, which is a company that does various activities to support Sapporo's dance scene.

SPADE also has some lessons for kids. Lessons are held three days a week by professional dancers. Therefore, Spade Stage is created for kids and university students.

The recital opened at 2 p.m. and started at 2:30 p.m. Advance ticket prices were ￥1,000. Tickets on the performance day were ￥1,500.

The recital was divided into three parts with two intermissions. Part 1 was the opening performance and performances by seven classes followed by the first break.

Part 2 was a battle in the kids section and then a special guest group performance. Part 3 had two guest performances in the final class performance.

All of the SPADE members put on a show at the end of the event.

Three special guest groups performed at this show. They were U.S.H, echo and Satsunamu. U.S.H. is a group of three men who do street dance and they have a won awards at numerous competitions.

Echo is a group of two females who do soul and punking dance style. They have a great career, too. Satsunamu is a group of three females who do contemporary dance. They performed a creative choreography for the audience.

Spade Stage 3 was a great event. But it's not only the kids' performances that were great. There were great performances by university students and the special guests, and the attendance has been growing every year.

If you didn't catch Spade Stage 3, you should try to go to Spade Stage 4 next year.

SU Training program abroad in Huizhou, China

By Karen Matsuda

From March 3 to 17 of this year four Sapporo University students and Vice-President Takimoto visited Huizhou University, China to learn about Chinese language and culture, and the students and Vice-President Takimoto taught about Japan and Japanese culture.

Huizhou is located in the southeast province of Guangdong. It's famous for Huizhou West Lake and the Lantern Festival from the end of December to the beginning of March.

Huizhou University has a student population of 17,000 and it consists of 16 departments such as Faculty of Foreign Studies, Computer Science, Model training and so on. It has a huge campus and it has the largest swimming pool in China.

This is the fifth time for this training abroad program. The first time there were sixteen students, the second time there were ten students, and the third and fourth times there were nine students. This year there were four students.

Our first day we flew from Shin-Chitose Airport to Haneda Airport, then on to Hong Kong International Airport.

From there we took a bus and finally arrived Huizhou. That same afternoon we took part in the opening ceremony and then had a meal together.

The next day we went to a factory tour in TCL, an electronic equipment manufacturer. Its head office is in Huizhou.

We looked at the latest televisions, smartphones and washing machines and we learned about the history of TCL televisions.

From the third day we learned Chinese language, dumpling making, calligraphy, Chinese knotting (traditional crafts using string), the art of Chinese paper cutting, Guqin (a traditional Chinese instrument) and about Chinese tea.

In Chinese language class we learned pronunciation, greetings, self-introductions and common everyday expressions.

In dumpling making we learned how to wrap dumplings and then we made pan-fried dumplings and boiled dumplings.

We also taught about the history of Hokkaido, Japanese companies, Japanese pronunciation and how to use business Japanese and casual Japanese.

The Chinese students enjoyed it. Vice-President Takimoto taught Japanese martial arts to the Chinese students.

The last day we took part in the closing ceremony and we showed everyone what we learned, such as playing Guqin, poetry reading in Chinese and Chinese paper cutting.

At the end of the ceremony we received graduation certificates.

On this training trip to China we learned many things. One surprising thing was you can't flush toilet paper because Chinese toilet paper doesn't dissolve well.

The next training abroad program is March 2 to 17. If you are interested in this program, you should join it!

Namie Amuro's Final Tour

By Tomoko Ishizuka

Namie Amuro held a concert at Sapporo Dome on April 14 and 15. This tour included Nagoya, Fukuoka, Sapporo, Osaka, Tokyo, Shenzhen, China, Hong Kong and Taiwan. There were 23 performances altogether including the Japan tour and the Asian tour.

Approximately 800,000 people attended. About 750,000 people attended the Japan tour and updates of attendance winners are posted of the solo artist's most current tour sites.

Due to the fact that this was her last tour before retirement, more than 5.1 million fans sent in requests for the 750,000 available seats.

The set list for this tour was decided by fans in a vote. There were about 264,000 votes cast, which is very high.

This tour began with the song "Hero" and included 30 other hits. Amuro is the only solo artist who has sold millions of CDs from fans in their teens to fans in their forties.

Amuro was born in Okinawa in 1977. She was scouted at the age of eleven by the Talent Training School of Okinawa. She was later selected as a member of the dance performance group SUPER MONKEYS at the age of 14.

In 1995, she made her solo debut at the age of 18 years old. She participated the annual NHK New Years' "Red and White Singing Contest" as the youngest female solo artist at that time. In 1997, the single "CAN YOU CELEBRATE?" from the CD of the same name was released and sold over two million copies.

It became the highest selling CD in Japan at that time. The album "Queen of Hip-Hop" which she released in 2005, in collaboration with the animated character "Pink Panther."

She also recorded the best-selling album "BEST FICTION" in 2008 and it held first place for six consecutive weeks. It was an achievement seen for the first time in 28 years 7 months for a female solo artist.

The CD sold more than 1.7 million copies and won the best album award in Japan that year. The 20th anniversary memory album "Uncontrolled" was released in 2012.

She held a release press conference in Taiwan, Hong Kong and Singapore at that time and approximately 100 members of the press attended. In July, 2016, the theme song "Hero" was used in the NHK Rio de Janeiro Olympics and Paralympics.

She reached her 25th anniversary as a performer in 2017 and held live outdoor broadcast in Okinawa on September 16 and 17, which was the same day she make her debut.

In 1996, it was a social phenomenon to imitate her long, brown hair, miniskirt, thick sole boots and arched eyebrow shape.

Many young girls copied her hair style, fashion and make-up. Her single and album sales exceeded 20 million in Japan. She is the only female artist to have place in the top 10 for sales as a solo artist.

Twenty-three of her songs appeared in commercials for cosmetics company KOSE in 20 years since 1997. The song "Body Feel EXIT" from her last album became the theme song for the TV Drama "Miss Devil."

The specially designed airplane "AMURO JET" was created by Japan Transocean Air service. She also won the citizen of Okinawa honor prize.

I went to her concert at Sapporo Dome. I had to apply online many times in order to get a ticket. She didn't talk, but she talked a lot because it was her last tour.

Audrey Hepburn Photo Exhibition

By Mizuki Ando

The Audrey Hepburn Photo Exhibition was held at the Sapporo DAIMARU department store from March 7 to March 19, and was open every day from 10 a.m. to 7:30 p.m.

The ticket price was ￥1,000 for adults, ￥800 for students and it was free for elementary school students and younger. The advance price was ￥800 for adults and ￥600 for students.

The exhibition was sponsored by Hokkaido Shinbun Press. The title of the exhibition was "The Eternal Fairy." There were three themes: "Fashion," "Cinema" and "Personal Life."

This exhibition was a large-scale photo exhibition that displayed about 150 valuable photos. The photos were on loan from Co.mptv of California.

The photographers were mainly Mark Shaw, Bob Willoughby and other top photographers.

There were also photos of Audrey from private collections that have been published in Japan.

Audrey was once chosen an international best dresser (hall of famer), and now she is respected by the fashion industry. She died of cancer in 1993. It has already been about 25 years since her death, but she still attracts great interest from young women.

Moreover, a lot of original goods were on sale. The goods included notebooks, magazines, T-shirts and so on, and all of the goods have photos of Audrey printed on them. They were all specialty items on sale only at the exhibition.

This event was also held in Kyoto DAIMARU, Shinsaibashi and Nagoya in 2017. In 2018, it was held in Nihonbashi MITSUKOSHI, Kobe DAIMARU, Yokohama, Okayama, Takasaki, Kochi, Tokorozawa and Shizuoka. If you ever get chance to go to the Audrey Hepburn Photo Exhibition sometime in the future, you won't regret it.

Last of all, in the words of Audrey Hepburn, "The most important thing is to enjoy your life—to be happy. It's all that matters."

The Lisa Larson Exhibition

By Mayu Kasai

This exhibition is a collection of representative works by the popular Swedish ceramic artist Lisa Larson.

In this exhibition, master-pieces from her earliest works to the more recent ones were exhibited at Sapporo Art Museum from April to June10.

"Lisa Larson's Sixty Years of Ceramics" was held at the Rohsska Arts and Crafts Museum in Gothenburg, Sweden in 2016.

The general admission fee for adults was ￥1,000. The admission fee for high school students was ￥700 and ￥500.

There are 190 works including some works by her painter husband Gunnar Larson and her daughter Johanna Larson. Lisa Larsson was welcomed by pottery maker Gustavsberg at the age of 23 and produced about 320 works over 26 years and is a representative potter of Sweden.

Much of her inspiration comes from a small things in everyday life, such as a person walking a child or a dog.

Using the large exhibition hall at Sapporo Art Forest Museum, the exhibition was divided into two sections.

In the first section, there were popular works such as cats, dogs, vases and birds which are well known in Japan.

In the second section there were about 40 items. Limited exhibition pottery, official goods and new items were also sold in this exhibition.

The Sapporo Art Park shop was the largest Lisa Larson goods shop in Japan.

Shinkai Makoto Exhibition

By Haruka Murakami

The Shinkai Makoto Exhibition was held from Jan. 3 to Feb. 25 at Sapporo Art Park.

This is the 15th year the exhibition has been held. Shinkai is a famous animated movie director in Japan.

The general admission fee for adults was ￥1,200 and the admission fee for high school and college students was ￥800.

This exhibition mainly displayed valuable items from production.

There were many story-boards, which is a collection of illustrated pictures before making a film.

The pictures were displayed on the wall and an explanation about each work was written next to each picture.

In addition, there were audio guides. The voice on the audio guide was Japanese actor Kamiki Ryunosuse.

He played the leading role of *Your Name* (*Kimi No Na Wa*) in 2016.

Shinkai has made six films and produced his first animated movie the *Voices of a Distant Star* (*Hoshi No Koe*) in 2002.

The story line of the movie portrays the romantic relationship between a boy and a girl.

Shinkai made the film by himself and it received various awards.

There are a few *Your Name* hot-spots at the entrance of the exhibition venue for taking commemorative pictures with large posters as a backdrop.

Besides Sapporo, the Shinkai Makoto Exhibition was also held in Shizuoka, Tokyo and Osaka.

The Exhibition will also be held in Fukuoka, Ishikawa, Okinawa and Aichi this year.

Many Shinkai Makoto Exhibition related items were on sale.

Those items are sold only at the Exhibition.

The items included key holders, pin badges, masking tape, clear plastic folders and so on.

If you have an interest in knowing more about Shinkai Makoto, please visit this exhibition.

Snoopy Café opens in Otaru

By Yuri Kikuta

Snoopy Café (Snoopy Cha-Ya) opened in Otaru on April 19. It's open from 10:30 a.m. to 5 p.m.

It is the forth Snoopy Café to open following Yuhuin, Ise and Nshiki. This café blends Snoopy in a Japanese way.

The design of this café is based on Taisho era as a motif.

The café menu includes healthy foods using fresh local vegetables with edibles, such as marsh mellows in the shape of Snoopy and Japanese sweets and drinks.

There are also takeout items such as ice cream and croquette.

There is a souvenir shop on the first floor of the café.

Kiriko drinking glasses and dishes are sold at all the shops and goods made of traditional Japanese cloth patterns.

Otaru limited design glasses, cheese cake and melon cake are on sale.

There is also raw caramel, tote bags, pouches and other goods sold only at the Otaru location.

The café is on the second floor. The café menu differs for each store.

There is Snoopy Hamburg Steak Omelet Rice, Woodstock soup Curry, Soba and so on in the Otaru shop.

There is also a boxed lunch. Desserts include Green Tea Parfait with Snoopy marsh mellows, Melon Parfaits and Hot Cakes.

For dinks you can order Green Tea Latte and Coffee. All of these foods and items are sold only in Otaru.

Snoopy is a Beagle dog appearing in the comic "Peanuts" that American cartoonist Charles Schulz started drawing in 1950.

Snoopy is Charlie Brown's dog. Charlie Brown, Shermy Plepler, Patty Swanson and Snoopy were in the comics which came out at first.

In 1952, Lucy and Linus appeared and the current form of "Peanuts" was completed.

As with other major characters, Woodstock can understand Snoopy's sounds.

Woodstock is Snoopy's best friend. He is a character known worldwide and he is also popular in Japan.

Five Snoopy movies have been released so far. "Peanuts" celebrated its 50th anniversary in Japan in 2018.

The store was very crowded and there was about a three hour wait to enter the café.

I was able to get in without waiting in line because there was an automatic reservation machine.

If you get a reservation ticket you can do sightseeing in Otaru during that time.

The souvenir shop on the first floor had more goods than I imagined.

Snoopy stuffed animals and carrying cases were also on sale.

All of the goods were very cute. The parfait was delicious.

Snoopy marshmallows and cookies were on top of the parfait and it was cute.

You can take it out and eat it on the terrace.

If you ever get a chance to go to Snoopy Café sometime in the future, you won't regret it.

Korean Cafés popular on Instagram

By Haruka Shudo

Posting photogenic photos on Social Network Sites is now popular among young women.

Many young women enjoy café-hopping to take pictures. In Korea there are a lot of fancy cafes to take pictures of.

One café on Instagram recently is the café DORE-DORE. This café's Rainbow Cake is famous and it's very colorful.

Its photo can be seen frequently on Instagram. It looks very sugary but actuary it's only a little sweet.

Another café recently on Instagram is the café MINT HEIM. Its interior mint green shop and chocolate mint cake is popular.

Mint in this store is used on various items on the menu. This café is recommended for those who like mint.

If you walk along the streets in Korea, you can find many fancy cafés.

Kiyomizudera Temple's Jishu Shrine

By Ayano Nagata

Kyoto is a long-established city in Japan. It was the center of politics and culture of Japan during the Heian period (794 to 1185).

There are more shrines and temples now than there are convenience stores.

The most famous among them is Kiyomizudera. It was built in 798 by Sakanoueno Tamuramaro. It's an historical temple that tourists from abroad visit. The view from the main hall is wonderful.

On the left side of the main hall there is Jishu Shrine.

This is also a very popular spot because it is said that this shrine has the power to make love come true.

There are two big stones in the shrine and it has been said from long ago that if you can walk safely with your eyes closed from one stone to the other stone your wish for love will come true.

Many people do this to influence their future.

There are omikukuji in every shrine in Japan. An omikuji is a strip of paper on which fortune and advice are written.

You can choose one Omikuji paper in a box in exchange for a small offering.

The price is usually ￥100 to ￥200. If you get a bad fortune, leave it behind at the sShrine.

If you get a good fortune you should keep it and carry it as a lucky charm.

You can get omikuji any time, but there are a lot of people who do it at the New Year to see their fortune for the year.

Amulets are also as popular as omikuji. An amulet has the same purpose as an omamori (lucky charm) in Japan.

There are many kinds of amulets according to the purpose. The most famous amulet in this shrine is the amulet of romance.

Many single people and couples buy it.

You can carry it around with you or display it in your room. Anyone can buy it as a souvenir, but you shouldn't open it. If you do, it will lose its power.

The most popular amulet in this shrine is the "shiawase" (happiness) amulet of love.

It's an amulet to help you meet your perfect life partner.

There are various kinds of amulets effective for academic success, good health, traffic safety and so on.

You should go to Jishu Shrine when you visit Kyoto. Shrine deities will fulfill your wishes and you can learn about the ancient culture of Japan.

The history of Japan's cherry blossom festivals

By Shione Morioka

Japan has the culture of Hanami. Its cherry blossom viewing history is very old. Cherry blossoms were written about for the first time in Japanese history in one of Japan's oldest history books titled Kojiki.

At that time it was thought that there was a god of cherry blossoms in Japan. The god was a guardian deity who was beautiful but who died young, just like a cherry blossoms.

The expression of cherry blossom viewing was clearly founded in the oldest existing collection of Japanese poetry called Manyoushu books from the Nara period. During the Nara period (710 to 794) it was thought that the god of the rice crop descended from the mountain when cherry blossoms bloomed.

The time of cherry blossoms was said to be the time for rice planting. At that time, the Emperor held a cherry blossom viewing event every year. Hanami was very popular among aristocrats.

Hanami became more common after the Kamakura period (1185-1333). In the past, Hanami was enjoyed only by the aristocracy, but it gradually spread to Samurai and then to the general population.

However, there is evidence that the nobility enjoyed Hanami like an elegant party, but the common people enjoyed it like a crazy party under the cherry blossoms.

The custom of hanami spread during the Aduchi-Momoyama period (1573 to 1600). A Hanami festival sponsored by Hideyoshi Toyotomi was held in Yoshino, Nara. The festival was enjoyed by about 5,000 people over five days.

At that time they also ate steamed dumplings called hanami-dango. It can be clearly seen that Japan has had a culture rooted in cherry blossoms since ancient times.

The reason that Japanese people love the culture of cherry blossoms so much is because it's related to the spirituality of the Japanese people.

Cherry blossoms are inconspicuous when you see only one flower, but when there are many together the cherry blossoms show their presence.

This is just like Japan's national character itself where harmony is respected over individualism. Additionally, the Japanese feel the beauty in the momentary existence that is a cherry blossoms' life.

From ancient to modern times, cherry blossoms have been loved because cherry blossoms are very similar to Japan's national character.

It's "Show Time" in MBL for Ohtani

By Kengo Iguchi

Shohei Ohtani is a household name in Japan because he set various records in professional baseball in here. He has also become hugely successful in Major League Baseball in the U.S.

Ohtani was born in Iwate prefecture and went to Hanamaki Higashi high school. When he was a second year student, his team was good enough to participate at Koshien.

In his third year, he broke the high school pitching speed record, but his team couldn't participate at Koshien.

In his third year, he broke the high school pitching speed record, but his team couldn't participate at Koshien.

After that, he thought about joining a team in the MLB but was persuaded to stay in Japan by the coach of the Nippon Ham Fighters.

He set various records with the Fighters. For example, baseball pitchers usually only pitch and don't bat, but Otani is both pitcher and batter.

In 2015, he won the best pitcher award. Besides belting 22 homers he also won ten games as pitcher.

This was a first in Japanese baseball. He is most famous for his pitching of speed of 165km per hour, which is also a record.

After leaving the Fighters he signed with the Angels and wears jersey number 17. Before the season began he was told by the Angels General Manager that he won't be used as a pitcher and that he would have to start in the minor leagues.

However, besides winning his first game as a pitcher, he also belted homers in three games as a designated hitter. He continued to play an active part for the Angles until he injured his pitching arm.

It was thought that he might have to undergo surgery, but he seems to be on the mend. He return to the lineup as a designated hitter but he won't pitch again until his arm has fully recovered. His fans are waiting anxiously for his recovery.

The importance of a healthy diet and good nutrition for athletes

By Tsukasa Sato

Meals are very important for people, but it is even more important for athletes to have meals and get nutrition. Eating has three meanings for athletes.

First, it is effective to make a strong body. Second, it helps to bring out ones best performance.

Third, it helps with the prevention and healing of injuries. There are three especially important types of nutrition. One is sugar (carbohydrate).

Sugar is a source of energy. Protein and fat also give energy.

However, sugar has an immediate effect and it has good efficiency. Therefore, sugar is the main source of energy.

Another is protein. Protein is the main substance the body is made of. Muscle, skin, hair, internal organs and blood are made from protein. Protein is made from amino acid.

When we use protein, we convert it into amino acid.

There are twenty types of amino acids. There are amino acids which are stored in the liver.

Then it as synthesized again when the body needs some protein.

There are nine types of essential amino acids.

A balanced amount of amino acids is important.

Amino acid scores express the degree of essential amino acid's balance in the protein. Eggs, milk, natto, young soybean pods, horse mackerel, bonito, pacific saury, yellowtail, pork, chicken and horse meat have good amino acid scores.

The third type is fat, which helps to absorb vitamin A, D and E. It becomes the nutrition for blood and cell membranes.

Whereas sugar and protein make four calories, fat makes nine calories so fat is efficient energy but it takes time for it to be available.

Also, when you take in fat, it is stored easily in your body.

Another very important thing for athletes is hydration.

It is too late for athletes to drink water after getting thirsty.

Athletes always have to stay hydrated at the cellular level.

It takes the body 40 minutes to absorb water.

So athletes have to drink some water before training and have to worry about staying hydrated during training.

You can play sports without doing all of this, but if you want to win and to be professional athlete, you should have good meals and nutrition.