

BACS 2017 Writing Portfolio Awards

Each year, the British and American Cultural Studies Program recognizes excellence in writing skills through its Portfolio Writing Awards. In spring and fall semesters, students in all 1st and 2nd year language program classes complete four or more pieces of writing of various kinds: paragraph-length compositions, books reports, opinion pieces, and short research essays. The writing is collected in the portfolio and evaluated by a committee of teachers at the end of the year. Awards are given for the Best Portfolio, the Most Improved Writer and the Best Essay. Congratulations to this year's winners and a special thanks to teachers who helped students improve their writing skills over the course of the year.

First-Year Awards

Best Portfolio:

Mizuki Ito

Most Improved Writer:

Hinako Yoshino

Best Essay:

Minami Taguchi

for "Lifestyle-Related Diseases in Japan"

Second-Year Awards

Best Portfolio:

Eri Tomida

Most Improved Writer:

Chizuru Mano

Best Essay:

Arisa Kani

for "A Charismatic Figure Skater"

Best Essay by a First-Year Student

Lifestyle-Related Diseases in Japan

MINAMI TAGUCHI

What's the most important health problem in Japan? Some people say it is cancer because it is the main cause of death in Japan. Others disagree and say it is heart disease because it is also major cause death in Japan. However, most people say it is life-style related diseases because the number of patients of life-style-related diseases is increasing year by year. Lifestyle-related disease is an important problem in Japan, but there are several solutions, such as changing eating habits and getting into the habit of exercise.

The causes of lifestyle-related disease are eating habits and lack of exercise, and they are related to modern lifestyle. First, high salt intake level is one of the causes of lifestyle-related disease. Japanese people consume too much salt. According to Japanese Nursing Association, the WHO suggests salt intake should be 5 g / day. However, Japanese people consume 10.4 g / day. High salt intake level will cause high blood pressure, diabetes and obesity. Second, people can buy and eat food anytime. These days, there are many stores and restaurants open 24 hours. It is convenient, but if people eat food at night, it changes to fat easily. Finally, lack of exercise is also one of the causes. These days, people can buy anything at home. People use the ele-

vator and escalator instead of stairs. People use public transportation. These modern lifestyles cause lack of exercise.

In order to solve the problem, several things can be done, such as changing eating habits and getting into a habit of exercise. First, people should change eating habits. It is not bad to eat at a restaurant and buy pre-cooked food. However, they should try to eat vegetables and not to consume too much salt. It is important to eat a healthy and balanced diet. Second, people should get into a habit of exercise. They should exercise in their daily life. They don't have to do hard exercise. For example, people should use stairs instead of elevator and escalator. Moreover, people should try to increase the amount of walking. It is important for their health to get into a habit of exercise in their daily life. According to Natural Health Perspective, people should do exercise regularly. It is important to keep doing exercise in the long term. They can't get into a habit of exercise in the short term.

In conclusion, life-style related disease is caused by modern lifestyle, but people can prevent it by some ways such as changing eating habits and getting into a habit of exercise. People need to consider their daily life. It is more important than medical treatment after they suffer from disease.

Best Essay by a Second-Year Student

A Charismatic Figure Skater

ARISA KANI

There are many kinds of sports at the Winter Olympics, but figure skating might be one of the most popular sports in Japan. Figure skating is a competition that fascinates and attracts audiences so that those who watch a performance sometimes get excited and even cry. According to Dr. Mark Adickes, medical director of Memorial Hermann's Sports Medicine Institute, ice skating is so artistic, people view it as closer to golf as opposed to ice hockey. Therefore, the point that figure skating differs from other sports it is a score competition that awards points to beautiful performances. In fact, figure skating is the art of sports. Why has figure skating become so popular in Japan? The cause of figure skating being popular in Japan is a woman. The woman who was the most popular and shining star among the skaters that Japan is proud of worldwide is Mao Asada. Indeed, there are many of her enthusiastic fans in strong countries of figure skating other than Japan. Mao Asada is one of the best performers in the skating world because she influenced people a lot through her ability, humanity and the advertisement of her university.

First, Mao Asada's skating skills and the results of the games are highly valued in both Japan and foreign countries. Her per-

formance at the Grand Prix of Figure Skating Final when she was 15 years old surprised not only Japanese people but also people all over the world. Since then, she became well known all over Japan and many people cheered her. Many people were fascinated by the high level skill of her jumps and her powerful expression which still has childlike qualities. In addition, she improved Japan records and world records one after another. Especially, Mao Asada is said to be a genius jumper because the axel is the only jump from the front among the six kinds of jumps. However, Mao Asada was one of the few skaters in the world who challenged that great technique, "the Triple Axel." Her accomplishment has been certified as a Guinness World Record, accomplishing a successful achievement of a triple Axel tried three times as a women's skater for the first time at one competition. Her best performance of free skating at the Sochi Olympic in 2014 was wonderful and inspirational for people who were watching her performance.

Second, Mao Asada's skating life and her humanity gives a lot of people courage and a positive impression. She made figure skating in Japan popular. She influenced many generations of figure skating performers. In particular, she is also an inspirational performer for many young performers. While she continued to grow more and more as a great skater, her mother, who was most supportive of her, passed away of an illness in 2011 when Mao was 20 years old. The shock she received was immeasurable. However, she overcame misfortune and continued to refine herself and kept growing more and more. Many people must

have been moved and cheered by her attitude. There were a lot of her fans all over the world as well as Japan. These days, an exhibition called "The Beautiful Fairy Mao Asada on the Ice" is being held until the spring of 2018. There the trajectory of her splendid skating life which has continued to fascinate people is introduced. Mao Asada is now 27 years old and announced her retirement in April 2017. Currently, she said that she would like to take part in activities that can give back to the skating world, such as ice shows and being a coach who trains young skaters.

Third, Mao Asada gave a big effect by her promotion of Chukyo University. Mao Asada was a student at Chukyo University. Mao Asada is a national athlete and thanks to the advertising effect of her university, it is clear that Chukyo University gained a higher level of awareness than before. Moreover, Chukyo University suddenly rose in popularity. Even now, famous performers who are dedicated to sports are gathering at Chukyo University to follow her. As a result, Chukyo University is equipped with fulfilling facilities and provides a very supportive environment for the promising performers, so students who want to enter Chukyo University will continue to increase in the future. To sum up, Mao Asada is a star in the figure skating world which influenced the university's recognition and management.

Finally, almost everyone in Japan knows Mao Asada's splendor because she gave great influence on people in terms of her achievement, personality and university recognition. According to the Nihon Keizai Shinbun, there are many citizens who believe

that Mao Asada should be awarded the National Honor Award, one of Japan's Prime Minister's awards. The National Honor Award is stipulated as honoring those who have been widely respected by the people and who have remarkable achievements in giving bright hope to society. I also think that this wonderful prize is suitable for Mao Asada. In conclusion, Mao Asada has become a part of the history of the skating world and will continue to inspire many people.

Works Cited

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