



The Monthly Prescription

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Seika Town Mascot
Kyōmachi Seika



"If in doubt, see a doctor!
Remember to always put
your health first!"



The Monthly Prescription is an easy to understand, monthly medical advice column written by various doctors from the Soraku Doctor's Association in Kizugawa City. This month's contributor is **Dr. Nakajima** from Nakajima Orthopedic Surgery Clinic.

To Massage, or Not Massage?

When and when not to massage pains and injuries

During visits, I am often asked by my patients whether or not it is okay to massage an injury or area of pain. One common question is whether or not massaging an injection spot post-inoculation is effective in relieving pain. In this case, as a general rule, doctors believe massage is unnecessary. In fact, depending on the type of injection, you may be instructed by your doctor to refrain from massaging the injection spot to prevent a reaction in the local area.



The efficacy of massaging persistent arm pain brought on by physical activities such as gardening is another commonly asked question. Those who are extra concerned about the pain tend to unconsciously rub or massage the pain continuously, even during their visit to the doctor. While doing this may ease the pain for a short time, sustained, strong massaging could cause further inflammation of the area, so be careful not to over-massage bodily pains.

In some instances, such as injuring your finger in a door or stubbing your toe, applying pressure can alleviate pain by adding a separate physical stimulus to combat the sensation of the primary injury. Stimulating your tactile sense by applying non-painful pressure to inhibit the nerve gates that send pain signals to your central nervous system and thus easing the sensation is a medical phenomenon called the "Gate control theory." However, as previously stated above, applying too much pressure or over-massaging could cause an injury to worsen, so be mindful not to overdo it.

In summation, while pressure and massage has been shown to be effective in relieving pain in some instances, it is important to refrain from overdoing it, as doing so could conversely increase your pain and discomfort. Also, it is recommended that sufferers of chronic pain incorporate light exercise and stretching into their routine as well, as it could prevent muscular atrophy or the weakening/shrinking of muscle.





Mayor's Column

Kaname's Monthly Introspection

At the turn of the new year, I took some time to recollect past events and to sharpen my focus on my efforts for the coming year.

Through the entire 30 year span of the Heisei-era, Seika has walked hand in hand with the Kansai Science City. Following plans solidified at the end of the Showa-era, Seika was transformed with the construction of new research laboratories belonging to major companies along Seika Ōdori Street, new bases for Science City operations, the Keihanna Commemorative Park, and the Keihanna Open Innovation Center (KICK, formerly the My Job Center).

After the burst of the bubble economy in 1994, the annual Green Fair, an exhibition of flora held at different locations in Japan, and the Science City Machibiraki events were held in Seika, bringing new energy to our town during an economic downturn. As I was Chairman of the Seika Town Assembly at the time, I had the pleasure of being involved in these events.

On October 24, 2003, in the middle of another harsh recession where some businesses were unwilling to build and other companies retreating, I walked into Town Hall as Mayor of Seika Town for the first time. No sooner after starting my tenure, I proposed that the governor of Kyoto reevaluate land usage in the Science City area to help us build a city for workers by connecting the successes of the Science City to real production. Fortunately, my plea was heard and reflected in the governor's 2005 Third Stage Plan, which led to the construction of the numerous companies that line the streets of Seika today.

In preparation for the new Japanese era, the coming enthronement of the new emperor, the 2020 Tokyo Olympics, and the 2025 World Expo in Osaka, I will continue to enact a motto of "plan, enact, and reflect" in my work, and pursue success for Seika Town.



Seika Town Mayor
Kaname Kimura

Emergency System Tests on February 24

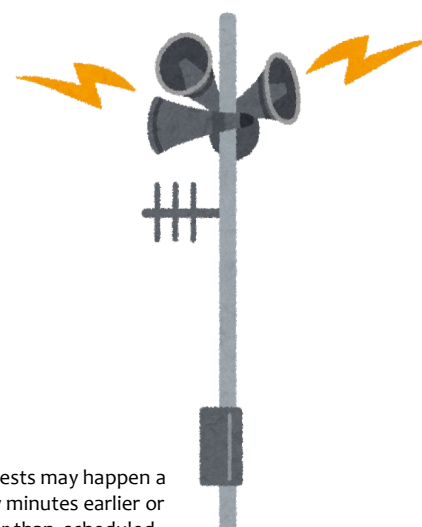
Seika Town has recently completed a two-year project of installing emergency alarm systems across the entire town in order to provide citizens throughout Seika with information in the event of a disaster.

To ensure that the alarm system works properly, we will be conducting tests using the system's voice alert function on February 24 (Sun.). These tests will measure the volume of the voice alert, whether it can be heard, and other elements to ensure its stability and reliability in an emergency.

The system will be tested 4 times throughout the day, twice in the morning, and twice in the afternoon. Specific times can be found in the table below.

We apologize for any inconvenience or nuisance imposed upon you during these tests. Thank you for your understanding and cooperation in performing these vital tests for the safety of Seika Town's residents.

February 24 Voice System Tests	
Test Times※	Test 1 – 10:30 a.m.
	Test 2 – 11:30 a.m.
	Test 3 – 2:00 p.m.
	Test 4 – 3:00 p.m.
Test Content	<ul style="list-style-type: none">• Chime ring• Kochira wa Seika-cho desu. (This is Seika Town)• Tadaima, shiken hosochu desu. (This is a test of our emergency system)• Ijo, shiken hoso wo owarimasu. (System test finished)• Chime ring



※Tests may happen a few minutes earlier or later than scheduled



Last Coming of Age Ceremony of the Heisei-era in Seika

This year's Coming of Age Ceremony, the last of the Heisei-era, was planned by a committee spearheaded by the some of the same men and women celebrating their first step into adulthood. The Seika Town Youth Choir also attended the event, opening the ceremony held at Keihanna Plaza's Main Hall with a spirited vocal performance.

Below is an excerpt of the speech provided by a member of the planning committee, Mr. Kentaro Nakanishi.

"Until today, we were supported by many people to get to this point in our lives. Although some are lost without the support of another, we must find it in ourselves to not only be supported, but now, as adults, it is necessary for us to find the power to support one another. And, while we may still be green behind the ears in this world, we must diligently strive every day to become upstanding adults capable of supporting others."

Following the closing of the ceremony, attendants celebrated together at an energetic "Grown-up Gathering," where they toasted to their newfound adulthood, and conversed with their former teachers and classmates.



Top: Ceremony attendants taking a commemorative photo with town dignitaries

Bottom: Seika's newest adults in the audience wearing their best threads for the occasion



Prevent the Spread of Norovirus

Norovirus, also known as the winter vomiting bug, has been known to infect many people during the winter season. The first step in preventing yourself from succumbing to norovirus is to practice proper hygiene. In addition to washing your hands well and gargling water or medical mouthwash, try the following methods to keep yourself Norovirus-free this winter:

- Wash your hands thoroughly with soap.
- Clean your dishes well using hot water.
- Heat your food thoroughly (heat to 85 degrees Celsius for at least 1 minute).

Norovirus is a viral infection that can be transmitted from person to person, and once it enters your body, it can take a few days for symptoms to show. Symptoms may include severe nausea, vomiting, abdominal pain, diarrhea, and fever. These symptoms usually clear up in about two days and normally there are no lingering effects. However, as complete recovery from the virus can take up to a week, it is recommended you do not go back to work, school, or communal living immediately after recovering from norovirus.



See a doctor as soon as possible if you think you may have contracted norovirus. As you may suffer from dehydration while sick, be sure to drink plenty of water and allow yourself to use the bathroom instead of taking stool hardeners or remedies for diarrhea as they could prevent the virus from exiting your body naturally through your waste and delay your recovery.

Do your best to stay healthy this winter!



A Winning Wind Ensemble

The wind instrument ensemble from Higashi Hikari Elementary School brought home awards for their stellar performances at two national band competitions. At the Japan Wind Performance Contest that took place in the Bunkyo Civic Hall in Tokyo, they were presented with the top-prize in the elementary school division for the third year in a row. They also brought their talents to Kansai, where they received a gold medal for their performance at the National Elementary School Band Festival at Osaka-jo Hall.

This year, they performed the piece “Takuchisui” by Masamichi Amano. Dizzily weaving between gentle solo parts and tension-filled ensemble parts, Amano’s score is difficult to perform but was ultimately conquered by both the performers and teachers through group and individual instruction, from which the young musicians burnished their performance technique and musical expression. Their hard practice translated into a charming, fantastic performance for the listening audience and multiple big wins!



A Christmas Concert for All

December 13

This past December, a Christmas recorder concert was held at Minna no Genki Juku in cooperation with Hikaridai Nursery School. Minna no Genki Juku is a child-rearing event held by Hikaridai Nursery School every second and fourth Thursday where residents from every generation can interact with each other.

Residents from 0 to 93 gathered in the warm, antique home to listen and enjoy the soothing sounds of the recorder group’s varied repertoire of music, ranging from classical pieces to Disney songs.



Keeping a Town Safe and Sound

December 14

In preparation for the year-end safety patrol, local police officers gathered in front of Seika Town Hall’s Exchange Hall for a pre-dispatch pep-talk by the Seika Town Mayor, Kaname Kimura. A total of 62 people entrusted with the safety of residents celebrating the New Year attended, ranging from officers from Kizu Police Station to representatives from local crime prevention associations.

“Preventing crime is a serious issue and I would like for us to continue to cooperate with each other to keep our town safe,” said a member from one of the participating local crime prevention associations.





Asunaro Cooking

Looking for new recipes to incorporate into your cooking repertoire? Bring Japanese cooking into your home with recipes from the Seika Town Diet Improvement Association "Asunaro-kai!"

This month, learn how to make Japanese-style cheesecake following this recipe by Association member Ms. Shimizu.

* Ingredients

Eggs 200g (about 3 eggs)
Heavy cream (nama cream) 200ml
Sugar 100g
Flour 27g (komugiko 3 tbs.)
Cream cheese 200g
Lemon juice 5g (1 tsp.)

* Instructions

1. Preheat oven to 170 degrees Celsius
2. Combine the ingredients in a mixing bowl and mix them well.
3. Lay a baking sheet in a 18~20cm sized cake pan
4. Pour mixture into cake pan.
5. Bake at 170 degrees for 40 minutes.

* Nutrition information (1 whole cake)

Calories – 2344, protein – 47.22g, fat – 177g, calcium 369mg, dietary fiber – 0.7g, sodium – 2.4g



QUICK LIST

Welcome to the Quick List, a short list of vocabulary words in both English and Japanese.

This month's theme: Grocery Shopping

Please send us feedback! Is this list a good level? If you have topic suggestions please let us know.



1. 買い物 か もの - shopping
2. レジ袋 ぶくろ - grocery/plastic bags
3. 現金 げんきん - cash
4. レシート れいしーと - receipt
5. 冷凍食品 れいとうしょくひん - frozen foods
6. 野菜 やさい - vegetables
7. 果物 くだもの - fruits
8. 肉 にく - meat
9. 食パン しょくぱん - bread
10. 牛乳 ぎゅうにゅう - milk
11. マイバッグ - grocery bag from home
12. カゴ - shopping basket

単語



Seika Town Events

English with Mommy and Daddy!

Learn English as a family at this English language event for parents and their young children (under 5 years old). Let's speak English together with Mr. Dennis!

Date: 2/12, 2/19, 3/5 10:00~10:40 a.m.

Place: Seikadai Nursery

Participants: 15 families max

Application: Call the number below by the day before the event to reserve a spot

Contact: Seikadai Nursery TEL - 0774-98-3866



Seika Koryu Hall Concert

Join us for an enjoyable concert of classical music performances at Seika Town Hall's 2nd floor Koryu Hall.

Set list: Toccata and Fugue in D minor – J.S. Bach, Triumphal March (from the opera Aida) – Giuseppe Verdi

Date: 3/23 (Sat.) 2:30~3:30 p.m. (doors open at 1:30p.m.)

Place: Seika Town Hall 2nd Floor Koryu Hall

Attendants: 100 max (lottery to be held if more than 100 people apply for tickets)

Tickets: Scan the QR code on the left to apply for tickets by 3/7 (Thurs.)



Apply here
for tickets!



Momo no Sekku – Girls' Day Fun with Arare and Origami Dolls

Celebrate Hinamatsuri (Girls' Day) at Suikeien in Keihanna Commemorative Park. Make origami hina dolls and come early to receive free hina arare snacks (first 100 attendants).

Date: 3/3 (Sun.) 2:00~4:00 p.m.

Place: Suikeien Kangetsuro (in Keihanna Commemorative Park)

Fee: Park entrance fee (200 yen)



30th Pocket Marche in Keihanna Commemorative Park

Find antiques, sundries, and other knick-knacks for purchase at this mini market in Keihanna Commemorative Park. Attendance is free!

Date: 3/9 (Sat.), 3/10 (Sun.) 9:30 a.m. ~ 4:00 p.m.

Place: Keihanna Commemorative Park – Green Square (Shibafu Hiroba)





Seika Town Events

Keihanna Plaza Puchi Concert

Mini classical music concerts held in the Keihanna Plaza atrium lobby.

Set-list (by session):

- ① L'isle Joyeuse – Debussy
- ② Kobushi Magnolia – Shimizu Hajime,
Spiel' ich die Unschuld vom Lande (from the
opera *Die Fledermaus*) – J. Strauss

Date:

- ① 2/13 (Wed.) 12:15~12:45PM
- ② 2/27 (Wed.) 12:15~12:45PM



Seika Town Facility Schedules

Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
2/3 (Sun.)	Pediatrics	3/3 (Sun.)	Pediatrics
2/10 (Sun.)	Internal Medicine · Pediatrics	3/10 (Sun.)	Internal Medicine
2/11 (Hol./Mon.)	Internal Medicine	3/17 (Sun.)	Internal Medicine
2/17 (Sun.)	Pediatrics	3/21 (Hol./Thur.)	Pediatrics
2/24 (Sun.)	Internal Medicine · Pediatrics	3/24 (Sun.)	Internal Medicine · Pediatrics
		3/31 (Sun.)	Internal Medicine · Pediatrics

※Please call in in advance to confirm visit

Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)

Mukunoki Center

Date	Time	Details
2/6 (Wed.)	15:00~17:00PM	Table Tennis Day
2/13 (Wed.)	15:00~17:00PM	Table Tennis Day
2/20 (Wed.)	15:00~17:00PM	Table Tennis Day
2/24 (Sun.)	9:00AM~12:00PM	Hohoemi Sports Arena
2/27 (Wed.)	-	Closed

Health Center

Date	Time	Details
2/3 (Sun.)	9:30AM~12:00PM	Papa & Mama Class - Parenting
2/5 (Tues.)	1:00PM~	3.5 yr. Old Health Check-up
2/7 (Thur.)	1:00PM~	2 yr. old Dental Check-up
2/8 (Fri.)	1:00PM~	1.5 yr. Old Health Check-up
2/19 (Tues.)	1:30~3:30PM	Papa & Mama Class - Birthing
2/27 (Wed.)	1:00PM~	9-10 mon. Old Health Check-up
2/28 (Thur.)	1:00PM~	3-4 mon. Old Health Check-up

Sister City News

A Center for Cultivating Artists



European architectural styles incorporated in Holmberg Hall's façade.

Holmberg Hall, also known as the Donald W. Reynolds Performing Arts Center, is one of the state's most recognizable and historical buildings located on the University of Oklahoma's Campus in Norman. Built in 1918, the state's sole European-style performance hall hosts the University's Weitzenhoffer Family College of Fine Arts, and has been a launch point for the career of many artists educated at the University. Performers in many schools of performing arts have "benefitted from the opportunity to work in this exceptional [Oklahoma University] landmark," says College of Fine Arts dean, Mary Margaret Holt. The Hall continues to showcase classical and opera concerts, plays, and dance productions, and maintains its reputation as an advocate and leader for fine arts education in Oklahoma.

(Article: Oklahoma University website, Picture: Wikimedia Commons)

About our Sister City - Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city located in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture's sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

Seika Town Hall

Planning and Coordination Division

Kyoto-fu, Sōraku-gun, Seika-cho

Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL: cir@town.seika.lg.jp

What to do if...

You have a question about something in Ichigo

Call the Coordinator for International Relations at the Seika Town Hall. You may also call if you need an interpreter, as most of the events and classes in Ichigo will be in Japanese.

You have a problem with life in Japan

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Hall.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: cir@town.seika.lg.jp or kikaku@town.seika.lg.jp (Planning and Coordinating Division)

You have an issue with your visa or other questions

The Kyōto City International Foundation (located at 2-1 Toriichō Awataguchi, Sakyō-ku, Kyōto-shi), offers advice and consultation on visa issues and general problems. **Visa consultations are available on the 1st and 3rd Saturdays of every month (appointment required). Consultations can be done in English, Chinese, Korean, and Spanish.** General counseling is available Tuesday to Sunday from 9:00 to 21:00.

TEL: 075-752-3511 Homepage: <http://www.kcif.or.jp/en>

Find us online!

Facebook



Town Website



せつぶん
節分
Setsubun

Setsubun is the time just before the beginning of the spring season in Japan and is a cultural event associated with the beginning of the Lunar New Year. During Setsubun, people participate in *mamemaki*, the throwing of beans, while saying "*oni wa soto, fuku wa uchi*" (out with the demons and in with the luck) to ward off the bad spirits for the coming year. May we all have a year full of fortune!

Check out the Kyōto CIR blog: <http://tabunkakyoto.wordpress.com/>