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## Living in Good Health – The Dangers of Secondhand Smoke

May 31 is World No Tobacco Day, and the following week is No Smoking Week in Japan. While the negative health effects of smoking are widely known, secondhand smoke, which children cannot avoid and often fall victim to, is a problem that must be tackled in both the home and in the community.



## Considering the Effects of Secondhand Smoke as a Family

According to recent data gathered from infant health check-up patient surveys in Seika Town, 3.5% of mothers and 23.4% of fathers are smokers.

What is secondhand smoke?

Secondhand smoke is smoke produced from the end of a cigarette and exhaled by a smoker that is then inhaled by people around them. Smoke from the burning end of a cigarette contains more harmful chemicals than the smoke inhaled by the smoker themselves.

What about secondhand smoke and its effects on children?

Secondhand smoke has been found to have a connection to Sudden Infant Death Syndrome (SIDS), underweight babies, ear infections, asthma, respiratory problems, cavities, and other negative health effects in children.

## Frequently Asked Questions about Secondhand Smoke

**Q. Is it okay to smoke under a running air vent or outside?**

A. Smoking below an air vent will not get rid of all the harmful chemicals present in cigarette smoke and smoking outside on a patio or balcony may expose neighbors to secondhand smoke.

**Q. Can I smoke electronic cigarettes?**

A. While electronic cigarettes, commonly known as e-cigs, do not produce smoke, the amount of nicotine in it is comparable to regular tobacco. In addition, recent studies have shown that the risk of falling ill from e-cigs is no different from traditional cigarettes. There is no scientific evidence that promotes e-cigs as a useful way to quit smoking.

**Q. Would it be okay to smoke if I used an air purifier?**

A. Air purifiers do not rid tobacco smoke of its harmful toxins.

## Quit Smoking as a Family

The problems of smoking affect not only the person who does it, but their family and others around them as well. Secondhand smoke occurs the moment one comes into contact with the hair or clothing of a smoker; the same is true for walls, floors and curtains that smell like cigarette smoke. It was recently discovered that the harmful toxins in cigarette smoke can linger in one's breath 40 minutes or more after their last cigarette. Use World No Tobacco Day as an opportunity to consider quitting smoking as a family!

Seika Town Mascot  
Kyōmachi Seika

“Quit smoking to end secondhand smoke! Let's work together to make our town healthy!”



## Discussions in Gender Equality

### 2018 Gender Gap Index: Where Does Japan Stand?

The 2018 Gender Gap Index, a ranking of countries based on the gender gap between men and women that takes into consideration a country's politics, economy, education, and health, was released in December 2018. The index uses a scale of 0 and 1 to measure a country's inequality, with 0 being complete inequality between men and women, and 1 representing complete equality.

While Japan jumped 4 ranks compared to the previous year, from 114th place to 110th place, it still lags behind the likes of other advanced countries and ranks last in the Group of Seven. Iceland, the country with the smallest gender gap, has occupied the top rank for 10 years straight.



### Near Complete Equality in Japanese Health and Education



In Japan, inequality in health and education was found to be low. In the health category, Japan scored 0.979, ranking 1st in the 2017 index but fell to 41st in the most recent ranking as 40 other countries scored 0.980.

In education, Japan climbed from 74th in 2017 to 65th in 2018. School attendance rates in primary and secondary education earned a perfect score of 1. However, attendance rates in higher education institutions (e.g. post-high school education or universities), which is closely related to lifetime wages and financial independence, show a lower percentage of women compared to men.

### High Level of Inequality in Japanese Economy and Politics

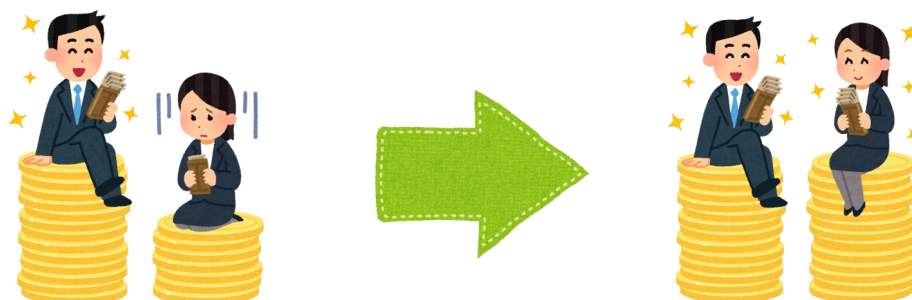
Japan improved in all of the five economic categories over the prior year, but fell from 114th to 117th place. In regards to women in managerial or supervisor positions, Japan's score is especially low. The lack of women occupying company president or director roles was also considered problematic.

Japan's rank in politics also fell, from 123rd to 125th place. The fall is attributed to the absence of female prime ministers in Japan's history and a ratio of female lawmakers to male lawmakers, on both the local and national levels, that is lower than the global average.



### The Urgent Need for Equality Measures...

Gender disparity in Japan may be disappearing, but it is happening at a sluggish pace; it is said that if Japan is to continue to close the gap at its current speed, it will take an additional 100 years or more to achieve. While facing the problem of its rapidly aging population, Japan must also take proper action to realize a society that allows anyone to demonstrate their abilities regardless of their gender as soon as possible.





## Tour of Japan Cycling Race – Kyoto Stage

Part of the Tour of Japan – Kyoto Stage, a cycling race officially accredited by the international governing body for cycling Union Cycliste Internationale (UCI), will be held in Seika Town on this coming May 20.

The Tour of Japan is the most prominent road bike cycling race in Japan and is one of the largest, high level cycling races in Asia. Many cyclists from around the world come to Japan to compete in this event.



**Traffic restrictions will be in effect between 9:40 a.m. and 1:00 p.m. on the day of the race on roads included in or surrounding the race course. Please plan accordingly.**

### **Traffic Restrictions and Temporary Bus Stop Changes**

Traffic restrictions enforced during the race will affect road traffic as well as bus stop schedules and stops. Detailed below are the effects the restrictions will have on the Nara Bus and Seika Kuririn Bus lines.

#### **Nara Bus Line**

**Passengers will not be able to get on or off busses heading east on Seika Odori Rd., which includes the stops Hikaridai 4-chome, Hikari 3-chome, and Keihanna Plaza. Please instead use Hikaridai 7-chome or ATR bus stops.** Routes heading west on Seika Odori Rd. will not be affected by traffic restrictions.



#### **Seika Kururin Bus Line**

**Busses will not be stopping at Kashinoki-en, Higashibata, and Higashibata-guchi stations during traffic restriction hours. In addition, busses headed for Hosono Station that regularly stop at Keihanna Plaza will be reverted to the Nara Bus ATR stop.** Busses may run late depending on the flow of traffic during the race.

We apologize for any inconvenience this may cause Seika residents that live in or around the race track and any others who may be affected. Thank you for your cooperation and understanding.



### **Kids' Clothes Exchange**

In order to reduce waste in our community, the Seika Town Ecological Program (STEP) will be holding a kids' clothes exchange event where families can trade clothing that their children have grown out of or have no need for. Clothes available for exchange will be displayed and participants can exchange clothes they bring for those displayed in their desired size.

Please bring clothing for children elementary school aged or younger that has been washed and is undamaged. Also, please separate the clothing first by gender then by size. Exchanged clothing will not be returned. Clothing donations from families that do not wish to participate in the exchange will be accepted as well.

Date: 6/2 (Sun.) 10:00 a.m. ~ 3:00 p.m.

Place: Kashinoki-en (Fureai Matsuri Space)

Inquiries: STEP Office 0774-95-1925 (Seika Town Environment Promotion Department)







## A Taste of Thailand March 23

An event showcasing the culture of Thailand was held on the weekend of March 23 and 24 at Keihanna Plaza.

The Kansai Science City participates in scholarly exchange on an international level with many South-east Asian and Western countries including Thailand; through collaboration with these countries, the Kansai Science City hopes to see greater developments in their respective academic fields.

The Thai Festival was held on the premise of providing festival goers an opportunity to experience the wonderful culture of Thailand. Festival attendants enjoyed a taste of Thailand through Thai food booths, music, dance, Muay Thai exhibitions, and short educational exhibitions.



## Seika, The Cycling Town March 21

A bicycle safety class was held at Seikadai Elementary School on March 21 in preparation for the Tour of Japan (TOJ) – Kyoto Stage cycling race to be held in Seika Town in May.

A group of 50 bike-loving children and their parents participated. Officers from the Kyoto Prefecture Police Department talked to the audience about traffic safety, and were then followed by the women's cycling team Charin-ko and the TOJ Kyoto Stage home team Matrix Powertag, who taught the proper way of riding a road bike.

After the class, participants were taken on a tour of the TOJ Kyoto Stage course by the team bicyclists. The children enjoyed their time on the rough, undulating course, and learning about bike manners and safety.

## Welcoming Friends from Across the Ocean March 19

A lively international exchange event between American students and Seika Minami junior high students was held at the Seika Minami Junior High School campus on March 19.

16 students and chaperones from a private school in Illinois, USA, and children of overseas residents living in Seika participated in the exchange event with the school's entire 1st-year class. Though the American students were older, that didn't stop them or the Japanese students from enjoying the games and activities, getting to know each other and interacting using what Japanese or English they knew with the added help of gestures.

After game time, Seika Minami students sang two songs for their new American friends, which was followed by a short question and answer session. A representative for the 1st-years then provided closing remarks in English and brought the fun-filled exchange event to a close.





## Asunaro Cooking - Amazake-Soy Pudding

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!"

Learn how to make Amazake-Soy Pudding with this recipe from Ms. Sato!

### \* Ingredients (2 servings)

Kouji Amazake (malt)	80ml	Sugar	1.5g
Soy milk	80ml	Gelatin mix (agar)	1.6g
Water	80ml		

### \* Instructions

1. Combine amazake and soy milk in a small pot and heat to about 80°C
2. In a separate pot, add the water and gelatin mix and bring it to a boil
3. Once boiling, add sugar and cook for an additional 1~2 min. at low-heat
4. Add the gelatin and water mixture to the pot with the amazake-soy milk mixture
5. Turn off heat, mix well, and allow mixture to cool before pouring it into a separate dish. Place in the refrigerator to chill and harden
6. Top with your favorite fruits and enjoy

### \* Nutrition information (per serving)

Calories	81kcal	Protein	2.1g
Calcium	8mg	Dietary Fiber	0.9g
Fat	0.8g	Sodium	0.1g



## QUICK LIST

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

This month's theme: The Road

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



- |     |                                     |  |
|-----|-------------------------------------|--|
|     | こうそくどうろ                             |  |
| 1.  | 高速道路 - highway, freeway, expressway |  |
|     | ゆうりょうどうろ                            |  |
| 2.  | 有料道路 - toll road                    |  |
|     | どうろ                                 |  |
| 3.  | 道路 - road                           |  |
|     | じゅうたい                               |  |
| 4.  | 渋滞 - traffic (congestion)           |  |
|     | うかい                                 |  |
| 5.  | 迂回 - detour                         |  |
|     | ちゅうい                                |  |
| 6.  | 注意 - caution                        |  |
|     | こうじちゅう                              |  |
| 7.  | 工事中 - under construction            |  |
|     | じょこう                                |  |
| 8.  | 徐行 - go slow, proceed slowly        |  |
|     | ほどう                                 |  |
| 9.  | 歩道 - sidewalk                       |  |
|     | ほうていそくど                             |  |
| 10. | 法定速度 - speed limit                  |  |
|     | とうけつどうろ                             |  |
| 11. | 凍結道路 - icy road, frozen road        |  |
|     | しゃせん                                |  |
| 12. | 車線 - (vehicle) lane                 |  |

単語



## Seika Town Events

### Hawaiian Hula Classes

Exercise your mind, body, and soul by learning how to dance hula to relaxing Hawaiian music at this semester long hula class. Anyone 18 years or older may join. Come dance with us!

Date: 5/27, 6/3, 10, 17, 24, 7/1 (every Monday starting 5/27 for a total of six classes) 1:30 ~ 2:30 p.m.

Place: Mukunoki Center Dojo

Fee: 3000 yen (one-time payment)

Participants: Limited to first 20 applicants

How to Apply: Fill out an application and bring the one-time fee to the Mukunoki Center front desk during open hours (8:30 a.m. ~ 8:30 p.m.). Application cannot be cancelled after turning in.

※Please bring a towel, a writing utensil, something to drink (socks optional)

Inquiries: Mukunoki Center TEL 0774-98-0200



### Keihanna Philharmonic Orchestra Concert

Enjoy a classical music concert by Keihanna's own Keihanna Philharmonic Orchestra. Pieces by Mahler and Debussy will be performed.

Date: 6/9 (Sun.) 2:00 p.m. ~ (doors open at 1:15 p.m.)

Place: Keihanna Plaza Main Hall

Admission: General Admission - 1000 yen, Elementary Students - 500 yen, Members of Friends of Keihanna Plaza (Tomonokai) - 700 yen

Tickets: Tickets can be purchased at the Keihanna Plaza office during business hours (10:00 a.m. ~ 5:00 p.m. on weekdays) or at the Ticket Pia website (P Code 141453)

Inquiries: Keihanna Philharmonic Orchestra website - <http://www.kpo.jp/>



### Keihanna Sunday Science Program

Spend sunny Sundays learning about science at the Keihanna Sunday Science Program for kids!

Date: 5/19, 26 (Sun.)

Preschool aged (5-6) to Elem. 3rd grade children class 1:00~3:00 p.m., Elem. 4th grade to 6th grade children class 3:10~5:10 p.m.

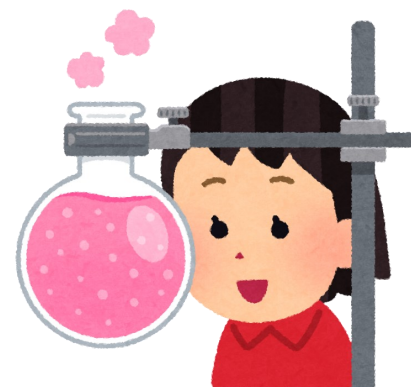
Place: Keihanna Plaza Lab Tower - Children's Science Lab (Kodomo Kagaku Jikkenshitsu)

Fee: 2000 yen (per class)

Participants: Limited to first 30 applicants

How to Apply: Send an email to the address below expressing an intent to attend that includes the name, school grade, contact information, and preferred event date (5/19 or 5/26) of the participant.

Inquiries: Keihanna Culture and Academics Association TEL 0774-95-5110  
EMAIL [antares@kvc.keihanna.ne.jp](mailto:antares@kvc.keihanna.ne.jp)





## Seika Town Events

### Keihanna Plaza Puchi Concert

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

Set-list (by session):

- ① Prelude a l'apres-midi d'un faune - C. Debussy  
Fantaisie brillante sur 'Carmen' - F. Borne

Date:

- ① 5/22 (Wed.) 12:15~12:45PM



## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
5/12 (Sun.)	Internal Medicine	6/2 (Sun.)	Internal Medicine
5/19 (Sun.)	Internal Medicine	6/9 (Sun.)	Internal Medicine • Pediatrics
5/26 (Sun.)	Internal Medicine • Pediatrics	6/16 (Sun.)	Internal Medicine • Pediatrics
<b>※Please call before visiting for a check-up</b> Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)		6/23 (Sun.)	Internal Medicine • Pediatrics
		6/30 (Sun.)	Internal Medicine

### Health Center

Date	Time	Details
5/8 (Wed.)	1:00PM~	3.5 yr. Old Health Check-up
5/14 (Tues.)	1:00PM~	1.5 yr. Old Health Check-up
5/15 (Wed.)	1:00PM~	2 yr. old Dental Check-up
5/16 (Thur.)	1:00PM~	9-10 mon. Old Health Check-up
5/21 (Tues.)	1:00PM~	3-4 mon. Old Health Check-up
5/25 (Sat.)	9:30AM~12:00PM	Papa & Mama Class - Parenting
5/27 (Mon.)	1:30~3:30PM	Papa & Mama Class - Birthing
6/14 (Fri.)	1:00PM~	1.5 yr. Old Health Check-up

### Mukunoki Center

Date	Time	Details
5/8 (Wed.)	3:00~5:00PM	Table Tennis Day
5/15 (Wed.)	3:00~5:00PM	Table Tennis Day
5/26 (Sun.)	9:00AM~12:00PM	Hohoemi Sports Arena
5/29 (Wed.)	3:00~5:00PM	Table Tennis Day
6/5 (Wed.)	3:00~5:00PM	Table Tennis Day
6/9 (Sun.)	9:00AM~12:00PM	Hohoemi Sports Arena
6/12 (Wed.)	3:00~5:00PM	Table Tennis Day



## Sensational in Seika

### Keihanna Commemorative Park — Enjoy a Moment with Nature



Keihanna Commemorative Park, located a stones throw away from Keihanna Plaza, was established in 1995 to celebrate the creation of the Kansai Science City. The large, 24.1 hectare park is separated into four sections: the relaxing Japanese garden area, Suikeien, the expansive lawn area, Shibafu Hiroba, the bamboo and cherry blossom tree area, Taniai, and the forest area surrounding Nagatani Pond, Mebuki no Mori. The park is enjoyed year-round by both residents of Seika and travelers alike. Whether you're looking for a location to view the seasonal flora, or just looking for a place to relax outdoors, Keihanna Commemorative Park has something for everyone.

### Our Town, Seika

Established in 1955, Seika Town is located in Southwestern Kyoto and neighbors Kyotanabe City and Kizugawa City in Kyoto, and Ikoma City in Nara. As one of the major constituents of the Kansai Science City from Kyoto Prefecture, Seika strives to be a town of culture creation and scientific promotion while maintaining its cultural roots.

### 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](mailto:cir@town.seika.lg.jp)

### What to do if...

#### You have a question about something in Ichigo

Call the Coordinator for International Relations at 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](mailto:cir@town.seika.lg.jp) or [kikaku@town.seika.lg.jp](mailto: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



### Word of the Month



ねんごう げんごう

年号・元号

Era Name, Regnal Year

In Japan, years are counted using era names. The current *Issei Ichigen* no Sei era naming system was first used in the Meiji era and stipulates that era names be changed only with the immediate ascension of a new emperor. Following the ascension of Japan's new emperor, the era name will change from "Heisei" to "Reiwa" starting in May.

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