



## The Monthly Prescription

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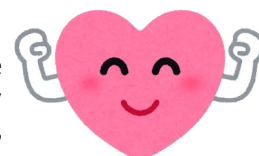
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The Monthly Prescription is an easy to understand, monthly medical advice column written by various doctors from the Soraku Doctor's Association in Kizugawa City. This month's contributor is **Dr. Matsumori** from Matsumori Internal Medicine Clinic.

Monitoring Your Blood Pressure as a Family

Hypertension (high blood pressure) is often the root cause of negative health events such as heart attacks, heart failure, strokes, and kidney disease. As one's blood pressure can change depending on the season, time, and environment, it is important to measure it appropriately.



The idea of measuring blood pressure was first proposed over 100 years ago, and the process has remained relatively unchanged since then. It is said that measuring one's blood pressure at home rather than the doctor's office provides more information, is helpful in predicting stroke or heart attack risk, and is a better indicator of medication effectiveness. Some individuals may experience "White Coat Hypertension" or "Masked Hypertension" when getting their blood pressure measured in the doctor's office, leading to artificially high or low readings.

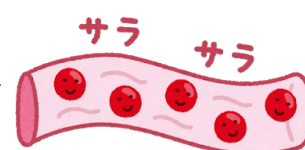
At the doctor's office, the process of taking a patient's blood pressure starts with wrapping a cuff around their arm where there's an arterial pulse. The cuff cannot be wrapped around thick shirt sleeves or outerwear; and while measurements taken by finger or wrist are convenient, it is recommended that the upper arm be used to avoid misreads. Measurements are generally taken on the patient's non-dominant arm, but should the readings differ between left and right, the side with the higher number is recorded. Consult with your doctor if the reading between both arms differs more than 20mm Hg, as it could be a sign of arterial stenosis (narrowing arteries).



It is advised that those with hypertension take their blood pressure once in the morning, and once at night. Morning measurements should be taken within 1 hour after waking, before eating breakfast, and before taking medication. Be sure to use the toilet, sit up straight, and relax for 1~2 minutes before taking measurements. Night measurements should be taken before going to bed, while sitting up straight. Persons with hypertension report readings of 10~20mm Hg lower than usual when measuring their blood pressure at night.

As one's blood pressure is prone to change, persons living with hypertension should take measurements 3~5 times a week over a long period of time. Those without hypertension should take routine measurements once a week or once a month.

Generally speaking, systolic pressure readings under 135mm Hg (top number), and a diastolic pressure readings under 88mm Hg (bottom number) are considered normal.

Seika Town Mascot  
Kyōmachi Seika

Keep track of your blood pressure as a family, and work together to live healthy lifestyles!



## Everyday Dangers in Everyday Items

The first week of June (June 2–8) is Hazardous Material Safety Week, an awareness movement created to rid hazardous material facilities of serious accidents.

However, accidents involving hazardous materials don't happen only where they're stored. They can also happen in everyday life.

Raise your awareness by reading some of the real-life examples of accidents involving hazardous, everyday items, and help keep them from happening in your daily life.

### Examples of Real-life Accidents

- **Enjoying a summer BBQ...**

While pouring lighter fluid into an already hot barbeque, a splash of fluid spills onto the clothing of a child nearby, causing their clothes to catch fire and lead to burns. Lighter fluid contains highly flammable components and should not be added to an already burning fire.



- **Tending to one's nails...**

While applying nail polish remover, the person then tries to light a cigarette, which ignites the remover liquid and causes burns. When using nail polish remover indoors, make sure to there is good air ventilation and stay away from fire sources.



- **Using cold spray to cool off...**

Right after using a cold spray in their car with the doors and windows shut, they then try to light a cigarette, which causes the cold spray liquid on their clothes to ignite. When using cold spray during the summer to cool off, refrain from immediately lighting a cigarette and stay away from other fire sources.



### Be Cautious when Storing and Disposing Sprays

Cans with pressurized contents, such as hairspray or bug spray, are prone to explode when stored in hot, enclosed spaces, such as the inside of a car. Make sure to never neglect these items or leave them in hot areas.

When disposing these items, take them to an outdoor area with good air circulation, check to see if there are any people nearby, and gradually, and completely empty the spray's contents before throwing it away.

### Store Gasoline Appropriately

Gasoline must be stored in dedicated metal containers to prevent a build-up in static electricity that could ignite the gasoline.

Storing these containers on car racks or the backs of trucks can cause them to become insulated and accumulate static electricity within. Store them on the ground or metal boards to ensure that static electricity build-up travels outside the container.

Keep in mind that gasoline has a flashpoint (temperature at which the vapors of a material can still be ignited) of approximately -40 degrees Celsius, is extremely flammable and can be easily ignited. Be extra careful when handling gasoline.





## Town News

### Healthy Food, Healthy You!

The entire month of June is dietary education month, and 19th of every month is dietary education day. Both occasions encourage us to learn more about the food we put in our body and how it relates to maintaining a healthy self.

### Let's Reevaluate Our Eating Habits!

- **Eat Breakfast** – Breakfast is an important meal that helps jumpstart your day. Make an effort to go to bed early and wake up early, and make eating breakfast a lifestyle habit.
- **Eat Balanced Meals** – Make healthy living a reality by preparing nutritionally balanced meals to improve your lifestyle and prevent lifestyle sickness.
- **Eat as a Family** – Spending meal time as a family is important. Make time to eat together and enjoy each other's time.



- **Be Mindful of the Environment** – Be careful of overbuying ingredients or cooking more than you can eat. Try your best to reduce leftovers, utilize reusable bags when grocery shopping, and recycle food containers.
- **Take Care of Your Teeth** – Visit your dentist regularly for checkups and cleanings. Keep an eye on your oral health so you can continue using your own teeth to eat as you age.

### Defining “Dietary Education”

“Dietary Education” is defined as education that promotes the development of a populace that, through the power of dietary knowledge obtained through various experiences and the power of choice, can choose to practice healthy eating. (Translated excerpt from the Basic Act on Dietary Education).

Dietary education is not just important for children, but adults as well. Eating is a basic, lifelong activity, and choosing to eat healthy is especially important as an adult.

The power to eat is the power to live. Practice dietary education daily, and let's work together to live long, healthy lives!



### Kyomachi Seika Birthday Celebration

Kyomachi Seika, the Seika Town mascot, plays an important role in our community by spreading information in an easy to understand manner across the town. Kyomachi Seika has an active role in Seika Town, gracing the Seika Town home page, involving herself in various awareness campaigns and the town's social media pages, appearing on original birth certificates and marriage certificates, and acting as the face of the Seika Town Mappuru guide.

July 5 marks the 6th anniversary of her arrival to Seika Town as a being from the future. We are currently planning a “2019 Kyomachi Seika Birthday Fest,” to celebrate this momentous occasion. Stay tuned and visit our homepage for more information! ([https://www.town.seika.kyoto.jp/link/kyomachi\\_seika.html](https://www.town.seika.kyoto.jp/link/kyomachi_seika.html) – Japanese only)



## 2019 Keihanna Fureai Concert



### **2019 Keihanna Fureai Family Concert**

Enjoy a live musical performance with your family at the 2019 Keihanna Fureai Family Concert held at the Keihanna Plaza Main Hall on August 4 (Sun.)

The renowned Osaka Shion Wind Orchestra Soloists, directed by Shungo Moriyama, will be performing a set list of familiar songs, including theme songs from select popular anime as well as classical pieces.

The event will have a kids play corner staffed by teachers from local nurseries and an hands-on instrument experience available for attending children. One lucky child will even be chosen to participate in the conductor experience! (Child will be chosen by lottery).

All ages are welcome to attend, so be sure to bring the entire family!

#### **Time**

8/4 (Sun.) 2:00 ~ 3:10 p.m.

Conductor experience lottery and hands-on instrument experience tickets will be passed out between **1:30 ~ 1:55 p.m.** (quantity limited distribution)

※Instrument experience will take place after the concert is finished

#### **Set List**

- ① Theme from Lupin the 3rd
- ② Ghibli Medley
- ③ Lemon (by Kenshi Yonezu)
- ④ Songs of Summer Medley...and more

#### **Tickets**

**Pre-sale - 1500 yen Day of concert - 2000 yen**

※ Children under 3 yrs. free if sitting on parent/guardian's lap

※ No refunds

#### **Presale Outlets**

##### **Seika Town Hall**

##### **Planning and Coordinating Division (5 fl.)**

Sale date: 6/10 (Mon.) ~ 8/2(Fri.)

Hours: 9:00 a.m. ~ 12:00 p.m., 1:00 ~ 5:00 p.m.

※ First day (6/10) start time will be 10:00 a.m.

##### **Ticket Pia**

Sale date: 6/10 (Mon.) ~ 7/31 (Wed.)

Locations: Ticket Pia stores, 7-11, FamilyMart

E-Ticket Sale: <https://t.pia.jp> (search P code 162-835)

※ Additional fees may apply



Inquiries: Keihanna Fureai Concert Planning Committee TEL: 0774-95-1900



## Asunaro Cooking - Warabi Milk Mochi

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 warabi milk mochi with this recipe from Ms. Nishiyama!

### \* Ingredients (2 servings)

Milk (cow)	200cc	Sugar	18g
Potato starch	36g	Powdered kinako	desired amount

### \* Instructions

1. Combine milk, potato starch (katakuriko), and sugar in a pot, and mix well with a paddle while heating.
2. Knead mixture together into one mass (with paddle) and continue to knead for additional 2-3 minutes.
3. With a wet spoon, scoop bite-size pieces from the mix and drop them into cold water to harden and cool.
4. Once cooled, lightly dry the outside, then coat with desired amount of powdered kinako※.

※TIP: Mix kinako powder with your desired amount of sugar before using it to coat the mochi for a sweeter taste.

### \* Nutrition information (per serving)

Calories	165kcal	Protein	3.5g
Calcium	119mg	Dietary Fiber	0g
Fat	4.0g	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: Rain

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



- |     |   |
|-----|---|
| 1.  | かさ<br>傘 - umbrella                              |
| 2.  | こさめ<br>小雨 - drizzle, light rain                 |
| 3.  | おおあめ どしやぶ<br>大雨／土砂降り - heavy rain               |
| 4.  | ごうう<br>豪雨 - torrential rain                     |
| 5.  | あまみず<br>雨水 - rain water                         |
| 6.  | あまぐ<br>雨具 - rain gear (coat, boots, etc.)       |
| 7.  | うりょう<br>雨量 - amount of (rainfall)               |
| 8.  | こうすいかくりつ<br>降水確率 - chance of rain               |
| 9.  | うてんけっこう<br>雨天決行 - (event) held rain or shine    |
| 10. | うてんちゅうし<br>雨天中止 - (event) cancelled due to rain |
| 11. | こうずい<br>洪水 - flood (overflow river, dam, etc.)  |
| 12. | しんすい<br>浸水 - inundation (house, boat, etc.)     |
| 13. | すいがい<br>水害 - water damage                       |

単語



## Seika Town Events

### 104th NAIST Science Class

Program robot dogs, dinosaurs, and other interesting models and race them against your friends at our fun science class. There will be four time slots open to interested applicants. (Class in Japanese)

Date: 7/13 (Sat.) ①9:30 ~ 10:30 a.m. ②11:00 a.m. ~ 12:00 p.m.  
③1:15 ~ 2:15 p.m. ④2:45 ~ 3:45 p.m.

Place: Takayama Science Plaza 4th Fl. (Ikoma-shi Takayama-cho 8916-12)

Fee: 500 yen / person

Participants: Elementary school students (parent or guardian presence required)

Max of 7 children per time slot (28 in total)

How to Apply: By 6/21 (Fri.) fax or email a document titled "104th NAIST Science Class Application" with the child's desired time slot (3 choices), name, school name, school year, postal code, address, and email/fax/phone number at which the parent or guardian can be reached to 0743-72-5819 (fax) or [kagaku@science-plaza.or.jp](mailto:kagaku@science-plaza.or.jp)

Inquiries: Foundation for the Nara Institute of Science and Technology TEL: 0743-72-5815



### 2019 Keihanna International Children's Camp (Elementary Age)

Date: ①8/13 (Tues.) ~ 8/17 (Sat.) (4 nights/5 days) ②8/18 (Sun.) ~ 8/22 (Thur.) (4 nights/5 days)

※Camp reunion planned for 2020 January

Place: Ikoma Sanroku Park Fureai Center - Outdoor Activity Center (Yagai Katsudo Center)

Participants: 4~6 grade elementary school students (28 children per week, 56 total; lottery held if camp applicants exceed limit)

Fee: 48,000 yen

How to Apply: By 6/28 (Fri.) email a message including the child's name, gender, school name, school year, preferred camp date, postal code, address, and email/fax/phone number at which the parent or guardian can be reached to [antares@kvc.keihanna.ne.jp](mailto:antares@kvc.keihanna.ne.jp) or through the camp website ([international-kids-camp.jimdo.com/](http://international-kids-camp.jimdo.com/))

Inquiries: Keihanna Cultural Research Association TEL: 0774-95-5110 (contact email same as above)



### 16th Keihanna International Junior High Camp

Date: 8/17 (Sat.) ~ 8/18(Sun.) (1 night/2days)

Place: Keihanna Plaza

Participants: Junior high school aged children (30 max)

Fee: 25,000 yen

How to Apply: By 6/28 (Fri.) email a message including the child's name, gender, school name, school year, preferred camp date, postal code, address, and email/fax/phone number at which the parent or guardian can be reached to [antares@kvc.keihanna.ne.jp](mailto:antares@kvc.keihanna.ne.jp) or through the camp website (<https://globalcamp.jimdo.com/>)

Inquiries: Keihanna Cultural Research Association TEL: 0774-95-5110 (contact email same as above)





## Seika Town Events

### Keihanna Plaza Puchi Concert

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

Set-list (by session):

- ① Sonatina for Violin and Piano - F. Schubert
- ② Ballade No. 3 in A-flat Major - F. Chopin

Date:

- ① 6/12 (Wed.) 12:15~12:45 p.m.
- ② 6/26 (Wed.) 12:15~12:45 p.m.



## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
6/2 (Sun.)	Internal Medicine	7/7 (Sun.)	Internal Medicine
6/9 (Sun.)	Internal Medicine · Pediatrics	7/14 (Sun.)	Internal Medicine
6/16 (Sun.)	Internal Medicine · Pediatrics	7/15 (Hol./Mon.)	Internal Medicine
6/23 (Sun.)	Internal Medicine · Pediatrics	7/21 (Sun.)	Internal Medicine · Pediatrics
6/30 (Sun.)	Internal Medicine	7/28 (Sun.)	Internal Medicine · Pediatrics

### Health Center

Date	Time	Details
6/14 (Fri.)	1:00~5:00 p.m.	1.5 yr. Old Health Check-up
6/18 (Tues.)	1:00~5:00 p.m.	2 yr. old Dental Check-up
6/19 (Wed.)	1:00~5:00 p.m.	3.5 yr. Old Health Check-up
6/25 (Tues.)	1:00~5:00 p.m.	9-10 mon. Old Health Check-up
6/27 (Thur.)	1:00~5:00 p.m.	3-4 mon. Old Health Check-up
7/10 (Wed.)	1:00~5:00 p.m.	3.5 yr. Old Health Check-up
7/12 (Fri.)	1:00~5:00 p.m.	1.5 yr. Old Health Check-up

※Please call before visiting for a check-up  
Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)

### Mukunoki Center

Date	Time	Details
6/9 (Sun.)	9:00 a.m.~12:00 p.m.	Hohoemi Sports Arena
6/12 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
6/19 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
6/26 (Wed.)	—	Closed
7/3 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
7/10 (Wed.)	3:00~5:00 p.m.	Table Tennis Day

## Sister City News

### Exhibiting Millennia of History in the 21st Century



Façade of The Sam Noble Museum

The Sam Noble Museum, opened to the public at the turn of the 21st century, is the pre-eminent establishment for natural history in the state of Oklahoma. Located on The University of Oklahoma campus in Norman, the 198,000 square foot facility houses an enormous collection of over 10 million objects consisting of items from different world cultures, prehistoric fossils, Native American artifacts, and many other items. In addition to world history, visitors can get a unique, behind-the-scenes look at the operations of the museum, such as how artifacts are handled and researched. The Sam Noble Museum is a must-see for anyone interested in natural or world history. Visit their web-site for more information. ([samnoblemuseum.ou.edu](http://samnoblemuseum.ou.edu)—English only)

Picture: Andrew Goidell (Wikimedia Commons)

### About our Sister City - Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city 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](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 if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail please contact us!

#### 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



こうら  
ゲリラ豪雨  
Guerilla Rain

*Gerira gou'u* describes a sudden bout of unexpectedly heavy rain. "Guerilla rain" usually occurs during *tsuyu*, the Japanese rain season that spans the majority of June. Make sure you take your umbrella out with you during June, lest you get wet by a sudden shower!

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