



## Celebrating the 300th Issue of the Ichigo Newsletter

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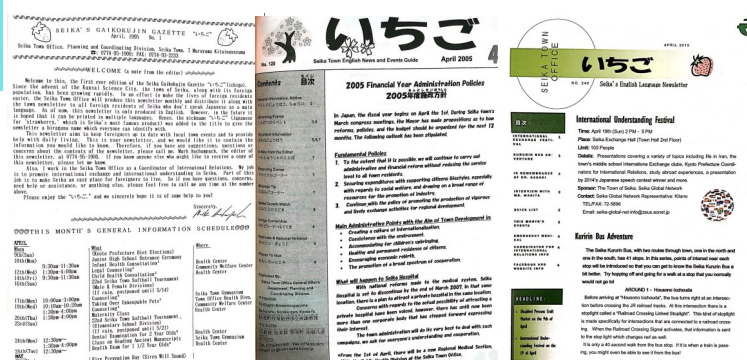
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Seika Town Mascot  
Kyōmachi Seika

I hope you all continue to read Ichigo for years to come!

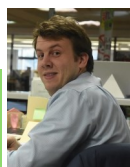
Ichigo's of Years Past  
Left: Issue No. 1 (1995)  
Middle: Issue No. 120 (2005)  
Right: Issue No. 240 (2015)

Since 1995, the Coordinator for International Relations (CIR) of Seika Town has published an English newsletter for foreign persons residing in Seika. This newsletter, then named "Seika's Gaikokujin Gazette" was started with the purpose of keeping foreign residents "up to date with local town events and to provide help with daily living."

The newsletter has gone through various changes throughout its 25 year history, most notably a change in name to "Ichigo," multiple design changes, and the addition of a Easy Japanese version with kana readings for kanji characters. However, its mission to inform foreign residents in Seika remains the same.

Thank you for your continued patronage of Ichigo and we sincerely hope this newsletter will continue to be enjoyed by both foreign and local residents of Seika for years to come.

## Celebratory Messages from Former CIRs and Other Distinguished Persons



**Jacob Biros**  
Seika Town CIR (2014-2016)

During my time in Seika, this newsletter saw a big redesign. One of the great things about Ichigo is how it continues to change with each new CIR while still leaving traces of previous CIRs.



**Steven Pelcovits**  
Seika Town CIR (2012-2014)

Having edited Ichigo for 2 years, I am happy to see that it has made it to its 300th issue. I hope Ichigo continues to play a role in bringing together Seika's foreign community.



**Brea Clark**  
Mayor of the City of Norman (Oklahoma, USA), sister city to Seika Town

The City of Norman is so happy to be included in the Ichigo newsletter! We are proud of our sister city relationship with Seika and are grateful for the opportunity to share more about our city with Ichigo readers. In the future, we hope to have an informative newsletter like Ichigo of our own!



**Marles Bradley**  
President of PASSPORTS, Norman's International and Sister Cities Organization

The Ichigo newsletter gives citizens of Norman, Oklahoma, USA a beautiful window into the events and activities of our global friends in Seika. I look forward to the news and always learning more about our Sister City, Seika, in each edition. We are pleased when we see an article about Norman that is included. Congratulations on this special anniversary worthy of recognition.



## The Monthly Prescription — Cholesterol and You



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

Lifestyle diseases such as high blood pressure, diabetes, high cholesterol, and illnesses brought on by tobacco smoking are well known contributors to arteriosclerosis, the hardening of one's arteries, which can lead to life-threatening health events like strokes, brain hemorrhages, or heart attacks. In this article, I will touch upon dyslipidemia, an illness brought on by high LDL or low HDL cholesterol.



At a health check up, the staff may check your cholesterol levels and give you numbers for LDL and HDL. If you don't know what these terms mean, it can be quite confusing at first. LDL or low-density lipoproteins, is known as bad cholesterol. When you have an overabundance of this type of cholesterol, it builds up the walls of your arteries and causes arteriosclerosis.

High-density lipoproteins, or HDL cholesterol, is a good type of cholesterol that rounds up bad cholesterol and helps keep your arteries from hardening. High cholesterol has no observable symptoms, and in many cases, people don't realize they have it until they experience health difficulties stemming from it.

That's why it's important to get a blood test during a health check-up. If your LDL cholesterol is over 140 mg/dl and your HDL is under 40 mg/dl, you will be diagnosed as having dyslipidemia. When diagnosed, your health risk is then determined by the doctor depending on other risk factors, and a cholesterol management target number will be set for you.



Cholesterol levels can be lowered by simply improving your lifestyle habits, diet, and exercise regimen. If these changes aren't enough, medicine will be prescribed to help lower your cholesterol.

Improving your diet to lower your cholesterol can be easier said than done. The first steps you should take are to try to cut down on the amount of food you eat, consume more seafood and soy products rather than meat, and reduce your consumption of high cholesterol foods like eggs and liver.

When it comes to exercise, try to incorporate 30 minutes or more of aerobic exercise such as walking, jogging, swimming or cycling three or more times a week. Improving your lifestyle is connected to having a better life expectancy, so continuing to incorporate these changes daily is important.



Finally, I would like to briefly mention familial hypercholesterolemia, a genetic disease that makes the body unable to remove LDL cholesterol. This disease is very common and occurs in approximately 1 out of every 500 people. There are no other symptoms other than having high LDL cholesterol from youth, and, left untreated, is said to cause heart attacks in persons even in their 30s.

No matter how young you are, health checks at the doctor are important. Be proactive and visit your doctor to get a check-up!





## Cooperating With Emergency Vehicle Efforts

Please refer to the guidelines detailed below and make way for emergency vehicles when you encounter them on the road.

### The “Right of Way” for Emergency Motor Vehicles

Emergency vehicles like fire trucks and ambulances perform highly urgent duties such as fire fighting and transporting injured people to the hospital. Under Article 40 of the Road Traffic Act, emergency vehicles have the right of way and are allowed to drive on the right side of the road (against traffic) and through red lights.

This law was created to ensure emergency motor vehicles get to the scene of an emergency as soon as possible.

Everyone’s cooperation is necessary in making sure these emergency vehicles get to where they need to be.



#### ① When you are at an intersection...

Move your vehicle to the left side of the road away from the intersection.

#### ② When you are anywhere else on the road...

Move your vehicle to the left side of the road and allow the emergency vehicle to pass.

#### ③ When you receive directions from the emergency vehicle...

In the event the emergency vehicle gives you directions through their loud speaker, be sure to follow them and allow the vehicle to pass.



### Be aware of parking in prohibited areas

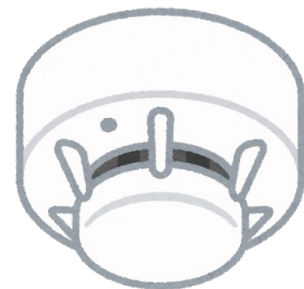
Under Article 45 of the Japanese Road Traffic Act, parking in areas related to firefighting facilities (e.g. fire departments and firefighting cisterns) is prohibited. Cisterns for firefighting and fire hydrants are placed on the side of roads and on sidewalks to make putting out fires easier for firefighters. Parking within 5 meters of firefighting cisterns, fire hydrants, and fire department entrances is prohibited. Parking a car near these areas could prevent firefighters from accessing the tools they need to put out fires and lead to a greater number of injuries and damage.

Fire department employees also check the condition of fire hydrants and cisterns in Seika Town periodically, and cannot properly access them if cars are parked nearby. Help the fire department respond to emergencies efficiently by refraining from parking in these areas.

### **Equip your home with a smoke detector!**

Under firefighting law, all houses are required to have a smoke detector set-up in their home. Smoke detector batteries may die after 10 years of use. Be sure to change the battery of your smoke detector every 10 years.

< Places in your house where you should set-up a smoke detector >  
All bedrooms, the kitchen, on the ceiling above your staircase







## Town News

### Cool Down the Green Way this Summer!

In order to help prevent global warming, Seika Town is promoting the planting of vine-type plants that grow “green curtains,” like the goya and raku-imo potato plant.

The green curtain, created by the plant’s vines, helps block sunlight and cuts down about 80% of the thermal energy produced by the sun’s rays, helping keep your house at a comfortable temperature. Planters can also enjoy the flowers and vegetables grown in addition to the cooling effects created by the natural, green curtain.

To encourage residents in Seika to grow their own green curtains, the Environment Promotion Division at Seika Town Hall will be distributing goya seeds starting on April 27 (Mon.) Seeds can be received between 8:30 a.m. ~ 12:00 p.m. and 1:00 ~ 5:00 p.m. Distribution will be limited to the first 150 Seika Town recipients (approximately 10 seeds per household).

The success of last year’s seed distribution period can be seen when moving about the residential areas of Seika Town. Many houses around Seika enjoy the benefits of the green curtain.

Goya seeds can be harvested from the plant itself for use in the coming year as well. Spend the summer nice and cool by growing your own green curtain!

For additional inquiries please contact the Environment Promotion Division at Seika Town Hall (tel 0774-95-1925)



### Raku-imo Potato Seedlings for Sale

Seedlings of Seika Town’s special product, the rakuimo potato, will be made available for purchase starting May 1 (Fri.).

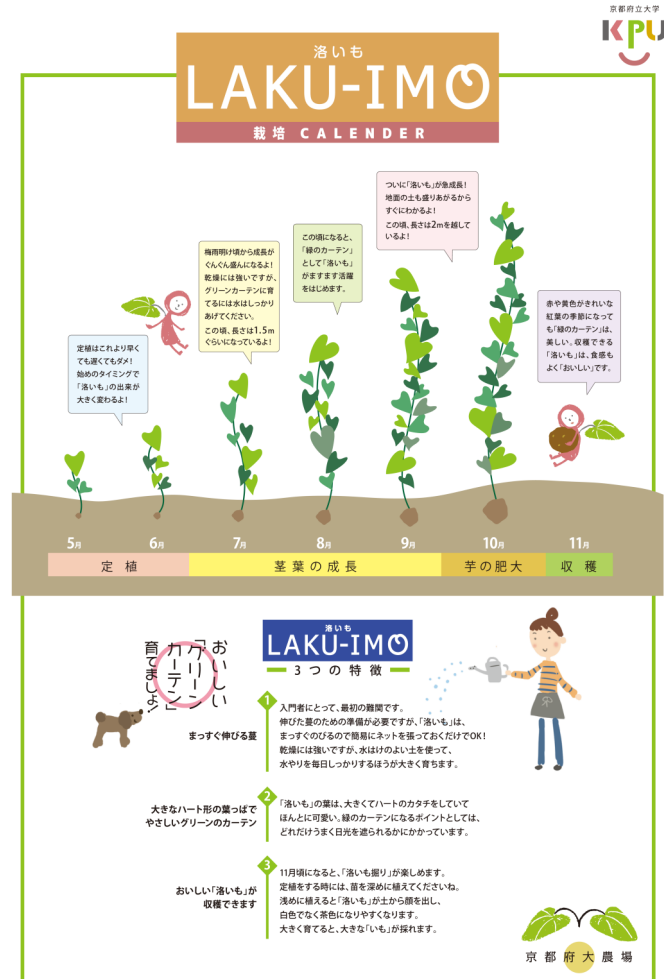
The rakuimo potato is a type of *yamaimo* that has lower water content than *nagaimo* potatoes, great viscosity, and a faintly sweet flavor. The rakuimo plant is versatile and has several uses. During summer, the rakuimo’s vines create a “green curtain” and provide natural shade, and it can be harvested to eat in autumn.

The graphic on the right shows a rough estimated growth and progression time for a typical rakuimo seedling.

Seedlings will be sold at JA direct sale markets in Inuidani (Aisaikan; tel 0774-72-5459) and Hosononishi (Green Market; tel 0774-94-5698) at 250 yen per seedling.



The humble yet delicious raku-imo





## Town Events

### Healthy Diet, Healthy You Projects

#### What are “Healthy Diet, Healthy You Participating Stores?”

Restaurants participating in the Healthy Diet, Healthy You project serve dishes that use plenty of vegetables and are low in sodium, provide caloric values and food allergy information for their entrees, and actively participate in improving the health of people living in Kyoto Prefecture.

Participating restaurants have this purple sticker posted somewhere in their restaurant.



### Participating Restaurant Introduction

#### PYEOL

This Asian fusion restaurant, dedicated to making food healthy for the body, serves dishes packed with vegetables!

**Address:** Seika-cho Shimokoma Sunagawa 2-3

**Business hours:** Please call the store for hours

**Contact:** 0774-66-4369



### Garbage Collection During Golden Week

Waste collection during this year's Golden Week period will take place as scheduled.

The pick-up date for each region can be found in the 2020 Trash Collection guide posted on the Seika Town homepage (<https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/2/2706.html>)



### Keihanna Plaza ATM Open Time Change

Hours for the Japan Post ATM located at Keihanna Plaza will be changed as follows.

#### ◆ Operation Times

Weekdays ······ 8:00 a.m. ~ 7:00 p.m.

Weekends and holidays · 9:00 a.m. ~ 5:00 p.m.

※ Four parking spaces are available for ATM users. Cars can also be parked in the Keihanna Plaza parking lot (first 30 minutes are free).



The Town Events section will not be included in this month's issue of Ichigo as a measure to prevent the spread of the coronavirus. Thank you for your understanding and cooperation.

### Information on COVID-19 (Coronavirus)

**CLAIR** <http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

**Japan Ministry of Justice** [http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10\\_00055.html](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html)

### Coronavirus Consultation Center Contact Information

Contact	Kyoto Prefecture		
Tel	075-414-4726	Hours	24 hours
Lang.	Japanese, English, Chinese, Korean, Portuguese, Spanish		





## Town News

### When going out, avoid the three 「密」!

① みつべいくかん 密閉空間: Avoid small enclosed spaces with bad ventilation.



② みつしゅうばしょ 密集場所: Avoid places with lots of people in one area.



③ みつせつばめん 密接場面: Avoid speaking to people at close quarters.



Preventing the cluster-spreading of the virus is important in stopping the spread of coronavirus.

Avoid events and gatherings where any of the three 「密」 could happen together!

## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
4/12 (Sun.)	Internal Medicine · Pediatrics	5/4 (Hol./Mon.)	Internal Medicine
4/19 (Sun.)	Internal Medicine · Pediatrics	5/5 (Hol./Tues.)	Internal Medicine
4/26 (Sun.)	Internal Medicine · Pediatrics	5/6 (Hol./Wed.)	Internal Medicine · Pediatrics
4/29 (Hol./Wed.)	Internal Medicine · Pediatrics	5/10 (Sun.)	Internal Medicine
5/3 (Hol./Sun.)	Internal Medicine	※Please call before visiting Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)	

### Health Center

Date	Time	Details
4/14 (Tues.)	1:00 p.m. ~	2 yr. 4 mon. Old Health Check-up
4/16 (Thurs.)	1:00 p.m. ~	3.5 yr. Old Health Check-up
4/22 (Wed.)	1:00 p.m. ~	9-10 mon. Old Health Check-up
4/28 (Tues.)	1:00 p.m. ~	3-4 mon. Old Health Check-up
5/12 (Tues.)	1:00 p.m. ~	3.5 yr. Old Health Check-up
5/13 (Wed.)	1:00 p.m. ~	2 yr. 4 mon. Old Health Check-up

### Mukunoki Center

Date	Time	Details
4/15 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
4/22 (Wed.)	—	Closed
4/26 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
5/13 (Wed.)	3:00~5:00 p.m.	Table Tennis Day



## Asunaro Cooking

Looking for new recipes to incorporate into your cooking repertoire? Learn new, healthy recipes from the Seika Town Diet Improvement Association "Asunaro-kai!"

Learn how to make "Summer Cabbage with Sesame Dressing" with this recipe:

\* Ingredients (2 servings)

Cabbage····· 200g	A:
Imitation crab··· 30g	Grated garlic····· 1 1/2 tbs.
	Crushed sesame seed· 1 1/2 tbs.
	Sugar····· 3/4 tbs.
	Soy sauce ······ 1 1/2 tbs.
	Vinegar····· 1 tbs.

\* Instructions

1. Chop cabbage into 1 centimeter strips.
2. Put cabbage into a heat-resistant bowl, cover in plastic wrap, and heat for 2 minutes in the microwave.
3. Let cabbage cool then squeeze out and drain excess water.
4. Shred imitation crab.
5. Combine ingredients from A with cabbage and toss together.
6. Add imitation crab.

\* Nutrition information (per serving)

Calories	131kcal	Protein	6.3g
Calcium	174mg	Dietary Fiber	3.5g
Fat	5.3g	Sodium	1.2g



## QUICK LIST

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

This month's theme: Flowers

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



- |  |        |   |
|--|--------|---|
|  | さくら    | 1. 桜 - cherry blossom                   |
|  | しだれざくら | 2. 枝垂桜 - weeping cherry blossom         |
|  | やえざくら  | 3. 八重桜 - double flowered cherry blossom |
|  | ばら     | 4. 薔薇 - rose                            |
|  | うめ     | 5. 梅 - plum blossom                     |
|  | きく     | 6. 菊 - chrysanthemum                    |
|  |        | 7. スイセン - narcissus                     |
|  |        | 8. ツバキ - camellia                       |
|  |        | 9. ハス - lotus                           |
|  |        | 10. ラン - orchid                         |
|  |        | 11. タンポポ - dandelion                    |
|  |        | 12. アジサイ - hydrangea                    |
|  |        | 13. ひまわり - sunflower                    |

単語



## Sister City News



### Reining in a New Era with Norman City Mayor Breea Clark

Breea Clark was elected as the 60th mayor of Norman in 2019 after serving three years as a city council member. A resident of Norman since 2005, Mayor Clark began her career as an administrator at the University of Oklahoma in Norman after receiving her law degree from the University's College of Law. She is still active on campus as she serves as the director of the JCPenney Leadership Center in the University's College of Business. Since her days on the Norman City Council, Mayor Clark has championed sustainability issues, grown community partnerships, increased citizen engagement, fought to bring control to her local community, and worked to build an inclusive city. Ichigo commends Mayor Clark on her progressive actions for the Norman community and wishes her great success during her time as mayor. Way to go, Mayor Clark!

Article and picture courtesy of Norman City homepage

### About our Sister City - Norman, Oklahoma, USA

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 Office

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 Office 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 Office.

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) and are held 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



さくらふぶき

桜吹雪

Sakura Blossom Flurry

The combination of strong spring winds and the thin petals of the sakura flower make *sakura fubuki* a common occurrence during the spring cherry blossom viewing season. Make sure to catch a glimpse of this dramatic, natural phenomenon before all the petals are blown away!

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