

Obirin Newspaper

How are your days going?

-About food poisoning-

Did you know that summer(July to September)and the rainy season(May to June) can cause food poisoning easily?

Why do we get food poisoning easily?

The season which can cause food poisoning easily is summer with rain.That is because humidity and temperature go up and this will cause an environment in which a lot of viruses can increase.

This can cause food poisoning in fresh food such as sashimi and fresh meat.

The temperature which can cause food poisoning is 37 degrees.

If we get food poisoning we feel ill, vomit, have a stomachache and diarrhea.

It is easy to get dehydration symptoms so we should hydrate frequently.

For example hot water, normal water at room temperature, oral rehydration solution, sports drinks.

We must not drink cold water because our symptoms can get worse.

Take care to not get this disease and have a nice day every day this summer!



-What do you want to do in summer?-

I'm going to tell you about what I want to do during summer vacation. I want to go to Okinawa during summer vacation.

The sea is very beautiful there!!

So I want to swim in it with my family.

And I like ice cream, so I would like to eat a lot of them.



Written by Mahiru Sasamoto

There are many things I want to do during summer vacation. For example, go on a trip, have a barbeque, camping and more! Today, I would like to introduce two of them. First, I want to go to the beach with my family in Enoshima. There are many sea creatures in Enoshima. I would love to pick up seashells and decorate a photo frame with the shells. Second, I want to go to a summer festival in Sagami-hara. At this festival, we can watch fireworks. They are the most beautiful fireworks I have ever seen. I want to see them again. It is good to have a lot of fun, but I have to study too.

I want to improve my English communication skills. I want to say "I am good at speaking English." after summer vacation. In conclusion, I can not wait for summer vacation to arrive!



Written by Karin Miyashita

-Interview with Mr.Noguchi-



The person we interviewed today is Mr.Noguchi. He is an english teacher at Obirin High school and the coach of the Handball Club.

We asked him 6 questions, about his life, his interests, etc.

The first thing we asked him was, how he became a teacher. He told us that he studied at an education department at college and has wanted to become a teacher since the age of 18.

Next, we asked him how he learned English, since his English is one of the best at Obirin High school (in terms of Japanese people). He lived in the United States, California for a year when he was ten, where he picked up the American accent. He then moved back to Japan and went to Ohio as a

student, 11 years later. Since pronunciation is so hard for most Japanese, he listened to CDs and watched a lot of movies. He also likes to listen to English songs.

We then asked him what his favorite anime is, since it is very famous in Japan. He answered with *Spirited Away*, *Sen to Chihiro* in Japanese. His favorite scene is when No Face follows Chihiro and they get on the train together. He also liked that the movie shows that humans have good and bad sides. It also demonstrates that we shouldn't judge a person based on their appearance.

The next question was what his favorite food is. It turns out that it's American Tacos! He likes hard shells, because they are crunchy.

Before we come to the last question, we asked him why Japanese people are so bad at English. He said that it is because the average Japanese person has no need for English, since they can have a fulfilling life living only in Japan. Also, people in places like Europe have a need to speak English because there are so many people living in Europe who have a different native language. English is their only common language, so they need to speak it to each other to communicate. This is in contrast to Japan, which has no border and is a huge country on its own, he said.

The last and most important question that we all ask ourselves every day: Why are you so funny??? And he answered with the best possible answer: It's what he lives for.

This was our interview with Mr Noguchi, by Shiona and Alex.

Thank you for reading.

-Peepers Mazesoba recipe-



serves 2

- Minced pork 80 g
- New burdock 1/3 bottle (70g)
- Carrot 1/2 (50g)
- Ginger 2 kake
- Sesame oil 1 tablespoon
- Cold barley (Hiyamugi) 2 bundles
- A. Sesame oil 1 tablespoon
- A. Salt 1/5 teaspoon
- B. Miso 1/2 tablespoon
- B. Soya sauce 2 teaspoons
- B. Sake 2 tablespoons
- B. Mirin 1/2 tablespoon
- B. Pipers 1 teaspoon
- C. Egg yolk 2 pieces
- C. Green onion (cut into small pieces) 2 tablespoons
- C. Self-sesame 1 teaspoon
- C. Chili pepper Appropriate amount

1. Chop carrots, new burdock, and ginger into slightly larger pieces.

2. Boil plenty of boiling water in a pot, boil cold barley, expose it to water, drain well, A. I'll turn it around.

3. Put sesame oil and ginger in a frying pan, heat it over low heat, turn it to medium heat when it smells, and add minced pork. Stir-fry.

4. When the minced meat is cooked, add carrots and burdock and stir-fry, and when the oil turns to the whole, B. Add it to low heat, boil it until the juice is gone, and turn off the heat.

5. Serve cold wheat in a bowl, topped with 4 and C, and it's ready.

Written by Rinna Habuchi

-Let me tell you about my feelings-

I am going to tell you how I felt at the entrance ceremony.

I worried about making friends. And when I entered Obirin, I felt lonely. This is because I did not have any friends from middle school. But I was looking forward to challenging a lot of things. For example, club activities, committees and school events.

I will do my best!!



Written by Yui Ezoe



In junior high school, I spent a lot of time studying. Since I was an elementary school student, I am not good at talking with others. I have felt lonely. I had nothing to do without a school assignment. I went to KUMON and studied math in third grade in junior high school before I entered junior high school. So I looked on studying as what I was good at. It was also what I could do with interest as well as to play video games. Then I studied hard. But I wasn't able to pass the second exam of the high school I wanted to go to. From now, I want to keep on studying to enter a good university.

Written by Katsuya Inui