

The UC Center NEWSLETTER

2013 Fall



Feeling Local -Antenna Shops-

Have you ever heard about “Antenna shops” in Tokyo?

Antenna shop is a shop that sells regional products from a particular prefecture. Although it might be hard to travel to all over Japan, these antenna shops make your dream come true of enjoying the food/culture of every prefecture without going out of Tokyo! For those of you who are living out of Tokyo, please visit them once you have a chance to visit Tokyo! It is even useful when you want to find your favorite regional souvenir again.

[Area between JR Tokyo Station and Yurakucho Station](#) is very famous for antenna shops- there are over 30 shops!

Here are some examples:

<Hokkaido> Hokkaido Foodist: 2-2-1 Yaesu / Hakodate Antenna Shop: 2-4-12 Kyobashi

<Kyoto> Kyoto Kan: 2-1-1 Yaesu

<Hiroshima> TAU: 1-6-10 Ginza

<Kagoshima> Kagoshima Yuraku Kan: 1-6-4 Yurakucho

<Kumamoto> Ginza Kimamoto Kan: 5-3-16 Ginza

<Okinawa> Ginza Washita Shop: 1-3-9 Ginza



If you want to save your time, the best place to visit would be [Tokyo Kotsu Kaikan](#) which is a few minutes' walk from the Kyobashi Exit of JR Yurakucho station— It has 12 antenna shops in the same building from B1-2 Floor including; Hokkaido, Akita, Toyama, Nagano, Shizuoka, Osaka, Shiga, Wakayama, Hyogo, Tokushima and Fukuoka. For the list of antenna shops at Kotsu Kaikan, see [here](#).

One more thing that should be interesting to find out at antenna shops would be the mascots of the prefectures and/or cities called Yuru-kyara (ゆるキャラ). You might find images of particular mascot printed on the goods sold. The most famous mascot is “Kumamon” from Kumamoto Prefecture, who won the 2010 Yuru-kyara grand prix and Kumamon-related goods became so popular that generated 29 billion YEN in sales in 2012! Kumamon’s image is printed even on a car, and his popularity is expected to go on!



Kumamon and his mini cooper



Autumn Festivals MATSURI!!

Numbers of traditional festivals will be held all over Japan and it should be a nice experience to visit, see, and feel what is going on. Listed below is just some examples of the festivals from Tohoku to Kansai area- hope you will have a chance to visit some of Fall Festivals!

<[Michinoku Yosakoi Matsuri](#)>

October 12 (Sat) & 13 (Sun), 2013

One of the top 3 Yosakoi Festivals in Japan, Michinoku Yosaki Festival is consisted of 8,000 people & 180 teams gathered from all over Japan. Tournaments will be held on the 12th and parade on the 13th at Jyozenji Street near Sendai station.

Yosakoi Dance was originally born in Kochi Prefecture back in 1953 in the hope that Japan overcomes the recession after the World War II. Since the 70s, Yosakoi developed rapidly as a nationwide style of dance after the founder of Yosakoi had permitted arrangements with the Yosakoi music style (e.g. samba/rock version), design, and dress.



<[Festival of the Ages Jidai Matsuri in Kyoto](#)>

October 22 (Tue), 2013

Started in 1895 and is one of the 3 Great Festivals in Kyoto in addition to Gion Festival held in July and Aoi Festival in May.

The 2,000-people-parade (including houses and cows!) starts from Kyoto Imperial Palace at noon and the length of which extends to be about 1.5miles. The parade finishes at 4:30PM with a closing rituals at [Heian Jingu Shrine](#).



<[Festival of the Ages Jidai Matsuri in Tokyo](#)>

November 4 (Mon), 2013 (National Holiday)

The parade takes place between Umamichi Street and Kaminarimon Street which is very close to Asakusa Sensoji Temple.

This magnificent samurai parade started in 1989 and represents the age from A.D. 628, when the Asakusa Sensoji Temple was founded through the Heian, Kamakura, Edo, and Meiji era up to the contemporary period.



<[Takeda Jinchu Hōtō Matsuri](#)>

November 4 (Mon), 2013 (National Holiday)

Will be held at [Nikkawa Keikoku Leisure Center](#)- free shuttle bus from KaiYamato Station to the venue will be available.

Hōtō, the regional dish originated from Yamanashi prefecture will be offered on an all-you-can-eat (tabehodai) basis at 500 yen. Takeda Shingen, a local war hero of Yamanashi, is thought to be the inventor of Hōtō and took it with his soldiers before each battle. Also, you can enjoy taiko performance at the site as well.



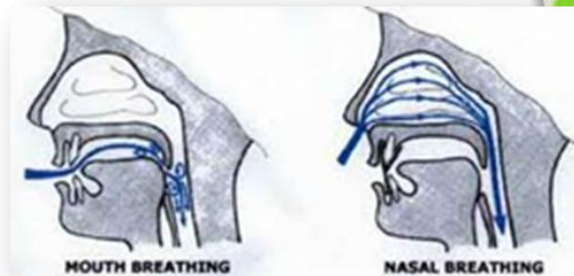
Nasal breathing VS Mouth Breathing?

Here's one tip to strengthen your immune system before autumn season deepens.

Did you know that the immune system is closely related to the way you breathe- Nasal Breathing or Mouth Breathing? Can you guess which breathing is better? The answer is... Nasal Breathing!

Below are the possible signs of Mouth Breathing. If applicable more than 3, it is very likely that your way of breathing is by mouth.

- Open-mouthed while asleep or watching TV.
- Have forward head posture or round shoulders.
- Have sore throat upon waking up.
- Have stuffy nose.
- Have a bad breath.
- Easy to get chapped lips.
- Have mouth ulcer frequently.
- Bucktoothed.
- Snore often.
- Chew noisily when eating.
- Get cold or swollen tonsils easily.



Three Big Reasons why Nasal Breathing is better than Mouth Breathing:

1. The oxygen converting rate is higher in Nasal Breathing compared to that of Mouth Breathing.
The converting rate is determined by how much percentage of oxygen in inspiration could be contained in expiration. In this way, Nasal Breathing is making the most of inhaled oxygen.
2. Air brought to lungs through nasal is in optimal temperature and humidity after filtered by nasal hair.
The filtering system of Nasal Breathing is 70% whereas Mouth Breathing is 0%, thus 100% of cold, dry and unclean (with dust and bacteria) external air will be taken directly into mouth and airway.
3. As a result of #2, Mouth Breathing easily induces dry mouth which provides bacteria with easy access into mouth and airways- resulting in getting mouth ulcers, bad breath or catching cold.

Wearing masks is also a reasonable action for covering one's mouth in preventing dry mouth, which could be the source of all kinds of illnesses! Try Nasal Breathing and let's keep away from getting sick!



Enjoy the Fall season!

