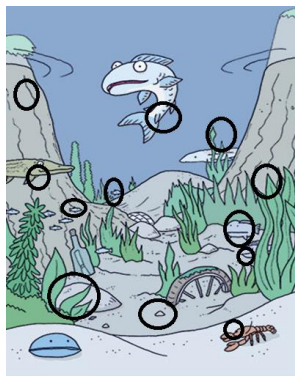


A teacher called Andrew came from a school called RCA in Vancouver, Canada to visit us last week. He was doing a tour of all the Asian schools that go to RCA. Did you see him? Many of our high school students that have come from our junior high school have been to that school and they recognized him. I'm always so glad that our students are friendly and willing to¹ greet anyone that they meet. Andrew said that one thing he remembered about Hokusei students is how friendly they were. RCA was a very nice school and Vancouver is a beautiful city. When I was there, I met many friendly people. Although, I meet a lot of friendly people in Japan as well.



12 differences

Last week's answer



Something you didn't know about food bank

1. The first food bank was made in 1967 by John van Hengel in Phoenix, USA. He was trying to stop food waste and didn't realize how important it would be at the time.
2. Most cities in developed countries² have food banks, but there are not enough in poorer countries. There are many charities that are trying to set them up.
3. Food banks in Japan started quite recently. There are only 230 at the moment, but there are more every year.
4. The number of people visiting food banks skyrocketed³ after the corona virus. The cost of living crisis⁴ is also making it very difficult for a lot of people to make ends meet⁵. Many people need help.

Free Grocery Store

Canada has opened its first free grocery store. It is in Regina, Canada. The grocery⁶ store is open from 9 to 5, for five days a week. Why is it free? The grocery store is operated⁷ by the Regina Food Bank and all of the food has been donated⁸ by people



or local supermarkets and businesses. All of the items in the grocery store are free for anyone who needs them, and it is set up like a regular store so the customers can use a shopping cart and choose what they need. People can visit the store once every two weeks. The store was set up by the local food bank because they realized a few things. Firstly, visiting an food bank is very embarrassing⁹ for people. When it is set up like a store, there is a lot less shame¹⁰. Secondly, food banks give everybody the same things, but people don't always need the same things. It is better if they can choose what they need. Thirdly, the store is more visual, and they receive a lot more donations than before. They help about 200 families a day and 25% of the people who come in are children. The majority of people who use a food bank have a job, but they can't

always afford to go to a regular shop. They only visit the food bank sometimes, when they are having difficulty. That is why they are vital¹¹. Food banks are a safety net¹².



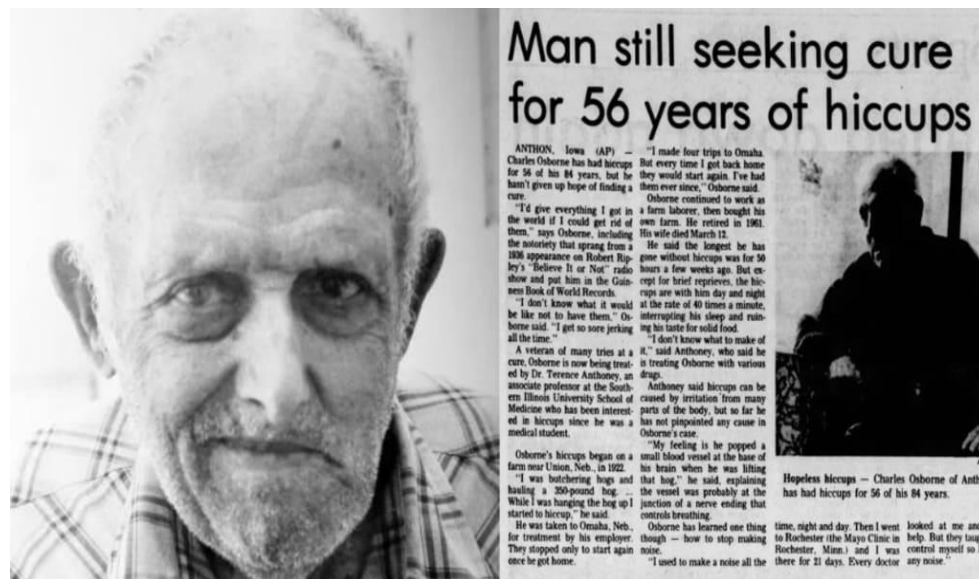
1.willing to する意思がある 2.developed country 先進国 3.skyrocket 急に高くなる 4.cost of living crisis 生活費危機 5.make ends meet 生活の収支を合わせる 6.grocery 食料雑貨店 7.operate 営業する 8.donate 寄付する 9.embarassing 恥ずかしい 10.shame 恥ずかしさ 11.vital 命の 12.safety net 安全網



World record

I always get hiccups¹ when I eat spicy food. My daughter gets hiccups when she starts to laugh. When you get hiccups, it is called an attack. What about you? When do you get hiccups? Most people get hiccups, but they usually go away pretty quickly. Charles Osborne from the USA has the world record for the longest attack of hiccups. He started hiccupping in 1922 and he suddenly stopped one morning in 1990. He had been hiccupping for 68 years! He said that he would give anything to get rid of² them. He started when he fell over. He might have damaged his ribs, or he might have damaged part of his brain, but whatever he did he started hiccupping. He died about a year after he stopped hiccupping. Do you know how to stop your hiccups? I have a foolproof³ method. You

breathe in as much as you can and then hold your breath for 10 seconds. After 10 seconds, breathe in even more without breathing out. Then breathe in even more again. Then breathe out. I guarantee it will stop your hiccups.



"We cannot solve problems with the same thinking we used when we came up with them." — Albert Einstein

An Unusual Job

Waterslide tester

Have you ever been to Gateau Kingdom? They have a great waterslide there, although it is quite short. The world's longest waterslide is in Penang, Malaysia, and it is 1,140 m long!! It takes about 4 minutes to slide! I would love to ride that! What about you? Well, if you decide to do this week's job, you might be able to. This week, I am looking at the job of waterslide tester. New waterslides are built all the time. A company designs and installs⁴ them, but how do they know if the slide is good? Maybe it is too steep⁵? Maybe it has too many sharp turns⁶? Maybe it doesn't have enough water. Maybe it has too much water? Maybe it is too slow? How can the company find out all of these things? Well, they can hire a professional waterslide tester. These people travel to new waterslides and ride them many times before they are opened to the public. Then they write a report about the waterslide, so the company know if it is ok. If their report is bad, the company will have to redo⁷ the slide. Waterslide testers get paid about 3,000 yen an hour. I expect that most people do it for fun, more than for the money.



- 1.hiccup しゃっくり 2.get rid of なくす 3.foolproof 誰にもできる
- 4.install 設置する 5.steep 急勾配 6.sharp turn 急カーブ 7.redo やり直す