

# SHINE English Club



*Tokai Suzwa High School English Club Newsletter*

## Autumn is here!

Riho Hidaka - 2nd Year English Club Member



Hello. The autumn season has come. It's a cool and comfortable time to spend outside. In autumn, the autumn leaves are beautiful and there is Halloween, so there are fun unique things to autumn. Among them, I've been taking a walk in the autumn season. I'm going to introduce the scenery and how I felt.

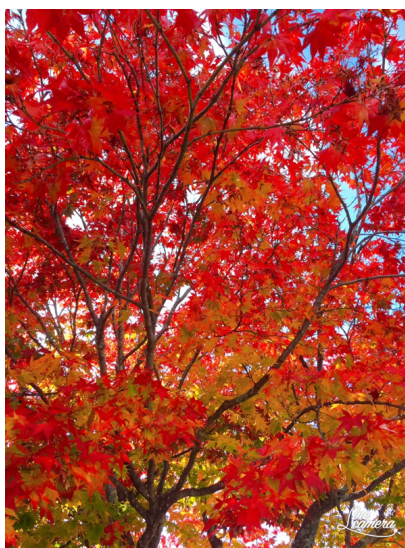


•**Location:** I was walking around the sports park in Chino City. I walked for 30 minutes. First, I walked through the forest. It feels very good to walk with the wind in nature. I was happy to see a lot of plants after a long time. In particular, there were a lot of flowers called cosmos flowers. I'd been watching them at that time. Next, I walked on the pedestrian bridge in the sports park. There was a squirrel on top of it, but unfortunately I couldn't see it. Next time, I want to see a squirrel.

If you go down the pedestrian bridge toward the soccer field, there is a small river, like a beautiful stream. And while listening to the sound of the river, I went back the way I came. After crossing the pedestrian bridge, there is a slope on the right. I walked through a wooden tunnel. It felt good because the sunshine was shining beautifully. This took 30 minutes, so it was a good course and easy to walk. I thought it would be good to walk for a short time during this time, when it's cool and very easy to walk. That's why I wanted to find time and walk a little longer on the course.

•**Last year's best autumn memory:**

I thought the leaves were beautiful. So I couldn't help but take a picture. They hadn't turned completely red yet, but the autumn leaves were very shiny in the clear sky. I felt radiant when I saw this scenery. I can't see such beautiful autumn leaves very often. In autumn, most of the days are sunny days when the air is dry and the weather is cloudless. This season gives you time to relax in a different way. That's why I'm impressed by the beauty of nature. I would like to see the red autumn leaves in the same place this year. I want to see all the colors dyed in red.



**Nature has so much charm that it can't be put into words.**



•**Summary:** It was a relaxing time. It was so fun to take pictures and take a walk. Taking a walk is such a refreshing time. It will solve the lack of exercise. It's also fun to see the scenery while exercising. Nature has so much charm that it can't be put into words. Next time, I would like to see autumn plants and animals while taking a walk.

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## Hay Fever Tips & Tricks

Kairi Terada- 2nd Year English Club Member

Hay fever is usually associated with spring, but there are actually plants that cause hay fever in autumn, too. I have a lot of allergies, and I get hay fever symptoms in autumn as well. So here are some hay fever remedies that I've tried.



- **Wet a towel with water, warm it in the microwave, and put it on your nose.**

This is effective when your nose is stuffy. Your nose will be clear for about a minute after you do it! The only problem is that the towel gets cold very quickly...

- **Tuck a bottle of warm water under your arm.**

This also works well when your nose is stuffy. Unfortunately, it didn't seem to work so well when my nose was very stuffy.

- **Pollen blocking goods.**

The *Morilabo Pollen Barrier Stick* is the way to go! The fresh forest smell is very pleasant, and it also helps to control nose and eye symptoms. There are also a variety of other types, such as spray and sticker types, so please check them out! Of course, you can get medication from your doctor, too.



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## Halloween Books

Alina & Kiri - English Club ALTs

Halloween is a great time for scary reading! We love reading horror stories this month. You can find these books at the school library!



## CORALINE

Coraline by Neil Gaiman

This book is in English! Why don't you try reading a little bit? It's a good challenge for you.



## FRANKENSTEIN

Frankenstein by Mary Shelley

Frankenstein is a famous monster, but do you know the story? This book is mysterious and fun!

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## Vocabulary

autumn leaves 紅葉

chestnut 栗

saury サンマ

hay fever 花粉症

have a stuffy nose 鼻が詰まっている

squirrel リス

We are not  
マロン!!

We are  
chestnuts!

