



Different Garbage Habits – Ashley Prescod

After having lived in Japan for almost two years, one thing that I still have trouble with is...**garbage**.

Do you all remember Kamikatsu Town from your English Communication textbook? The town that is working toward zero-waste? It has over 45 different categories to sort their trash into. 45! In Kumamoto, I think there are only about seven different categories.

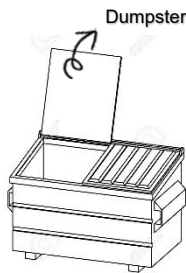
But in America, garbage sorting is much less serious. Most people want to take care of the environment by sorting their trash, but even if they don't, they won't get in trouble! In fact, most Americans only sort their garbage into two categories: regular trash and recycling.



Regular trash can be anything, including burnable trash, plastic, furniture, or anything you decide is trash. Families that live in houses have a large outdoor trash container. All week, they throw their garbage in their trash cans.

Then, once a week on garbage day, they put their trash in the trash container and take it to the street for the garbage collectors to pick up.

Later, they move the container from the street and put it back near their homes. For apartments, there is usually one big metal garbage container called a dumpster.



If people recycle, they put their recycled trash into a container that has a recycling symbol on it. Recycled trash includes glass, plastic, or aluminum cans. If the item has a recycle symbol on it, then it can and should be recycled.



Still, not everyone in America recycles. Some people throw their recyclables in the regular trash and

guess what? The garbage people will still take it! Sorting garbage is hard, but it's important for our environment. I'm still learning and trying every day to help save our planet, so let's all work hard together!

Life Lessons from a Houseplant – Katelyn Sondereker

In my apartment in Japan, I have at least 17 houseplants (観葉植物) placed all around my rooms. I like to watch them grow, and their green color makes my house look a little bit brighter.

The only problem is that I often go back to America to see my family. Sometimes I spend almost two weeks in Ohio, which means I need someone to water my plants (植物に水をやる) so that they don't die while I am gone.

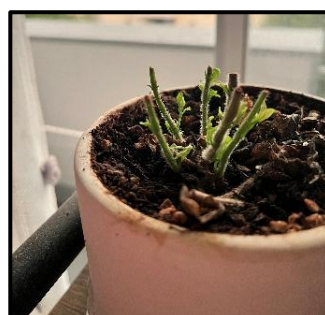
However, even though my friends water my plants, they sometimes still wither (しおれる) and start to die. This happened last year with a cute plant with pink polka-dots (水玉) on its leaves (葉). I was very sad, but I decided that the best option was to trim (刈り込む) the plant a lot and see if it would grow back.

I think this situation is similar to our lives. In life, we experience many difficult things. Because of this, we fail, we break, our leaves all turn brown and we feel like we will never recover (全然回復できない). It's easy to feel this way when we are stressed because things are not going well.

But look! You can see from the pictures below that my plant completely recovered (回復した)! It took a lot of time (about six months), but the plant is healthy now and even stronger than before.

This reminded me that going through difficult situations can help us to get stronger. Don't be afraid to get rid of what you don't need any more. By doing so, you can give yourself a fresh start (心機一転) and more space to grow into the person you want to be.

Don't worry if you are wilting (しおれている) right now. **You have time. You can always begin again.**



Before



After



Hello everyone!

I have some important news to tell you. My last day at Daini High School will be July 29th, 2026. I will continue to live in Japan, but I got a new job, so I won't be working as an ALT at Daini anymore.

So, please come talk to me as much as you can before I leave!

第二高校の皆さんへ

これまで四年半、第二高校で **ALT** として働いてきましたが、
8月から転職します。最後の日は7月29日です。まだ熊本県に住み続けますので、いつでも会うことができますと思います。でも、残り1ヶ月、
第二高校で一緒に話すことを楽しみましょう！ ケイト より

Can you find seven differences between the two pictures?

