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## A day of Junichi Ushiba

October 6, 2009

4:30 ~

Rising from bed, rubbing the sleep out of his eyes. It's still pitch-dark outside. Checks incoming e-mails. Prepares slides in his room to be used in classes.

6:00 ~

With the slide preparation almost over, he looks through the theses contributed by students.

7:00 ~

Wakes family members and eats breakfast.

9:00 ~

Takes his eldest son to kindergarten.

On the way, they happen to find a large magnolia leaf and play using it as a fan.

10:00 ~ 10:30

Arrives at the campus, and checks incoming e-mails.

10:30 ~ 11:00

Have a discussion with students. Confirms the progress of research work, and discusses about the next experiment to be conducted and experiment materials and equipment to be prepared.

11:00 ~ 11:30

Hangs around in the lab, casually speaking to students.

("What are you going to do with your research work?" and general topics like "Hey, Mac just came out with a new software package, didn't it?")

11:30 ~ 12:30

Goes to the cafeteria for lunch together with the lab members. Recently putting on weight because of eating too much ice cream at night, he eats the smallest plate of rice and a slice of broiled salmon, costing only 294 yen! He made it a rule to have the smallest plate of rice. He once attempted to omit rice, but gave up the idea accepting advice from a middle-aged cafeteria lady who said, "You should take even a small bit of rice which is good for your health."

12:30 ~

Moves to the School of Medicine together with the students.

13:30 ~

Arrives at the lab for joint research with the Department of Rehabilitation of the School of Medicine. Receives a visit from a technical official from the Ministry of Education, Culture, Sports, Science and Technology. Introduces to the official the research work in question and makes a demonstration together with some School of Medicine faculty members. Being tense, his spine is kept straight the whole time.

16:00 ~ 18:00

Does an interview for insertion in the "New Kyurizukai" to be published soon. Photographing and an interview session. Because he appeared for the interview straight from the previous job, he is very clear-headed and quick-tongued – apparently showing Adrenalin secretion.

18:00 ~ 18:30

Moves to Roppongi with some students. Running out of time, he dashes to the place using a taxi like a "great sensei." Makes an excuse saying, "I usually take a train, not a taxi."

18:30 ~ 19:30

Pays a visit to a certain company and has a meeting on the progress of a joint research project. After checking a prototype, both parties exchange a smile of satisfaction with the favorable progress of the project.

19:30 ~ 20:30

Says good-bye to the students. Goes home. The moment of release from the day's tension, at last.

20:30 ~ 21:30

Supper. Roars with laughter while enjoying a comic variety show TV program.

21:30 ~ 22:30

Prepares a bed, takes a bath, then changes his clothes. Gets into bed and falls asleep in only five seconds.

## Checking his fashion

### Suit

He wears a suit like this when visiting companies or attending academic society gatherings, and when meeting people from businesses or foundations who are financially supporting his research projects.

### Knit sweater + jeans

This combination is his regular clothing. Casual clothing like jeans is especially useful when getting on his knees to handle experimental equipment and materials.

### Parka + T shirt + jeans

He likes this combination on Saturdays when he meets only lab members, no visitors from the outside. Originally for off days, he favors this style also when he feels like working in a relaxed frame of mind.

## Usshy's favorite!

## Usshy's "ushi" (cow) goods collection

**Ruler with photos of cows on it:** Made in France. If I remember correctly, I bought it at a shop I happened to drop in while taking a stroll with my family. My mother was also a collector of cow-related goods. As a country famous for dairy farming, goods designed with cow motif can be found here and there in France.

**Colorful (red, blue, etc.) "cow" clips:** These clips I bought myself, but don't remember where.

**Large porcelain cow object:** This cow-shaped object is a present from my former secretary. The cow's skin surface features a pattern made of many numerals. Her comment: "This pattern just fits you as a man of science and technology." My desk is so messy that I often forget the whereabouts of my wristwatch, ring and so on and am always looking for them. Unable to stand it, she advised, "Why not hang them up on the cow's horns and neck?" Surely, I've never lost sight of such items ever since.

**"Cow" bottle opener:** This item is a present from a student who attended an international academic convention overseas. Made in Spain.

**Stuffed white "cow":** If I remember correctly, this is also a present from a student. Made in Germany.

