



Vol. 264
May
2013

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
2-2-6 Ôte Street, Nagaoka City Phone: 0258-39-2207 Fax: 0258-39-2280
E-mail: intlexchange@city.nagaoka.lg.jp

URL: <http://www.city.nagaoka.niigata.jp/> (長岡市ウェブサイト) →
English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka







A Flying Little *Sumô* Wrestler at *Aôre* Nagaoka Grand *Sumô* Tournament

Children from Suyoshi Elementary School and Kawaguchi Elementary School were so excited during their bouts with popular *sumô* wrestlers such as Aminishiki at the Grand *Sumô* Tournament at *Aôre* Nagaoka on Saturday, April 13th. The completely filled arena resounded with the thundering applause of the spectators as the two *Yokozuna* champions clashed with all their might.



Population and Households
As of April 1, 2013
(compared to the previous month)

			
281,100 (-1,006)	136,997 (-565)	144,103 (-441)	102,946 (-121)

Major Features:

- Aôre* Nagaoka, Celebrating Our 1st Anniversary-----p. 2
- Tickets for the 2013 Nagaoka Fireworks Show-----p. 3
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City Hall Plaza - Aôre Nagaoka Celebrating Our 1st Anniversary



Welcoming over 1.5 million visitors in its first year of service since opening in April 2012, City Hall Plaza - Aôre Nagaoka has continued to grow with the driving force of citizens' creativity and enthusiastic participation.

Aôre Nagaoka has been the citizens' favorite location for a variety of activities such as cultural and sports events presented by top artists and athletes, fun events proposed by citizens, programs introducing special features of local communities, presentations by elementary school children, and many other events.

As this City Hall Complex is the first of its kind in Japan, many people from in and around the city continue to visit every day for observation or introductory tours. On April 6th and 7th, a number of civic groups came together and held various commemorative events to celebrate the 1st birthday of Aôre Nagaoka.

Visitors to Aôre Nagaoka in the First Year

Sections/Purposes	Numbers
Event Halls	1,066,125
Civic Cooperation Center	214,800
City Office General Service Desks	224,285
Observation/Introductory Tours	15,004 (764 Groups)
Total	1,520,214

- ① Food Stalls at *Nakadoma*, the Roofed Open Plaza
- ② Flea Market on Ôte Street
- ③ NST "Smile Studio" Live Broadcast
- ④ "Ikumen (Good Looking Guy)" Contest
- ⑤ Sales of Homemade Sweets

- ⑥ *Washimaro-Kun*, the Mascot Character from the Washima District
- ⑦ A Big Bite of Tochio's *Aburage* (deep fried *tôfu*)
- ⑧ Rice Cake Pounding
- ⑨ Relay Concert

What's New at City Hall Plaza – Aôre Nagaoka

Vegetable Market Nagaoka San Yûgure Marche

May 14 (Tues.) and June 25 (Tues.)
Nakadoma, the roofed open plaza of Aôre Nagaoka

- Locally-grown seasonal vegetables
- Home-made side dishes

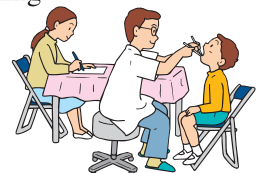


Dental-Care Event

June 2 (Sun.) 10:00 a.m. – 4:00 p.m.
Nakadoma, the roofed open plaza of Aôre Nagaoka

- Free dental checkups
- Toothbrush tips
- Consultations on how to quit smoking
- Quizzes related to dental care

For further information:
Health Division
Phone: 0258-32-5000



Tickets for the 2013 Nagaoka Fireworks Show

Compared to the past years, we are expecting the largest number of spectators to fill the Shinano Riverbank areas during the 2013 Nagaoka Fireworks Show on Friday, August 2nd and Saturday, August 3rd. In order to conduct this annual event smoothly,

safely, and securely, fireworks viewing sites (including both prepaid and free areas) will be expanded for this year's show. Here is a guide on how to get tickets for prepaid areas with and without reserved sections.

How to Get Tickets for *Yûryô Shitei Seki* (Prepaid Areas with Reserved Sections):

All applications will be decided by lottery.
Application Period:
May 27 (Mon.) – June 5 (Wed.) 5:00 p.m.

1. Fill out an application form.

Forms are available at the Information Lounge (1st Floor, East Wing, *Aôre* Nagaoka), district branch offices, Nagaoka Civic Center, East Service Center (Riverside *Senshû*), and West Service Center (Across Plaza).

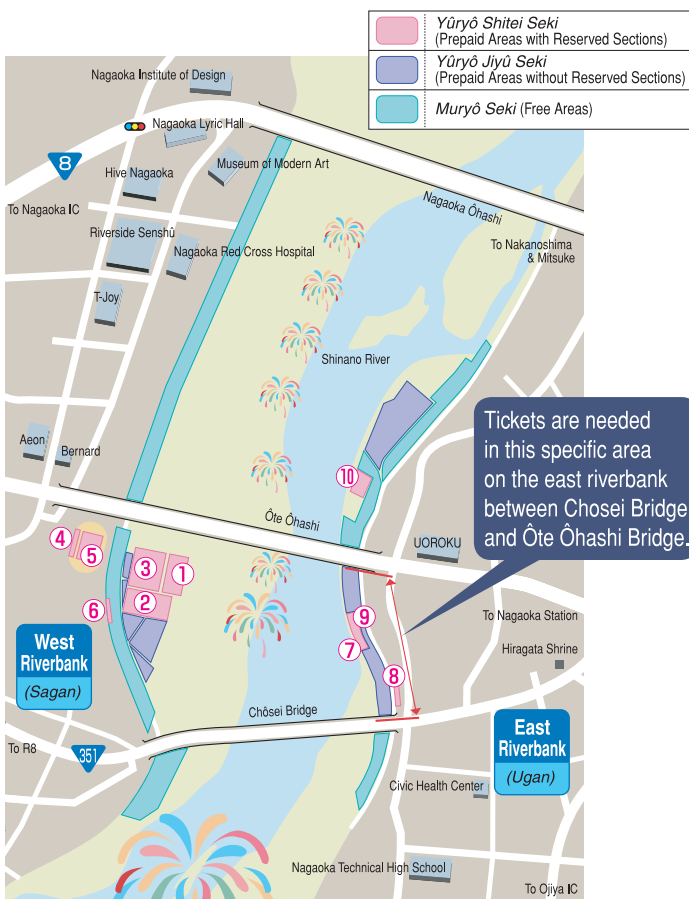
- Send your application form to Nagaoka *Matsuri Yoyaku* (Festival Reservation) Center, POB 88, Nagaoka Post Office, 940-8692 (postmarked by June 5)
 - Fax to 0258-35-9366
 - Via <http://www.nagaokahanabi.jp>

How to Get Tickets for *Yûryô Jiyû Seki* (Prepaid Areas without Reserved Sections):

Tickets will be sold at designated ticket outlets in the city from Monday, July 1st. Detailed information will be given in the June issue of *Konnichiwa Nagaoka*, the City Newsletter in English.

Four Possibilities of Getting Tickets for Prepaid Areas with or without Reserved Sections:

- Applications for prepaid areas with reserved sections will be accepted between May 27 (Mon.) and June 5 (Wed.) and decided by lottery.
- Canceled tickets from above applications will be sold at designated ticket outlets in the city on a first-come-first-served basis. Detailed information will be given in the June issue of *Konnichiwa Nagaoka*, the City Newsletter in English.
- Tickets for prepaid areas without reserved sections will be sold at designated ticket outlets in the city from July 1st (Mon.) on a first-come-first-served basis. Detailed information will be given in the June issue of *Konnichiwa Nagaoka*, the City Newsletter in English.
- Tickets for prepaid areas without reserved sections will be sold at designated ticket outlets in the city and riverbank areas on the days of the fireworks show on a first-come-first-served basis.



- For Large Groups: ¥110,000 per plot for 50 people
¥ 60,000 per plot for 25 people
- At Tennis Courts: ¥20,000 per plot for 5 people
- Chairs: ¥3,000 per person
- Bleachers at the Athletic Field: ¥2,500 per person
- Grounds at the Athletic Field:
¥4,000 per table for 2 people
- 50 Plots only: ¥10,000 per plot for 5 people
- Terraced Benches: ¥3,000 per person
- Towered Plots: ¥27,000 per plot for 4 people
- For Photographers: ¥4,000 per plot for 2 people
- Parking and Viewing Area
for physically-challenged people:
¥1,000 per vehicle (Applications are accepted only via postal mail or fax between May 13 and May 27.)

The Nagaoka Civic Center

2-2-6 Ôte Street, Nagaoka City (0258-39-2763)

Hours: Every Day Except for the Year-End and the New Year's Holidays

Monday – Friday 8:30 a.m. – 9:00 p.m. Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.



Nagaoka City International Affairs Center (*Chikyû Hiroba*) (1st Floor)

Monday – Friday 8:30 a.m. – 7:00 p.m.

Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.

Phone: 0258-39-2714 Fax: 0258-39-2715

E-mail: kouryu-c@city.nagaoka.lg.jp



Consultations Offered for International Residents

Various services are provided for international residents. The center is a place where international residents can find help and support. The staff members are ready to respond to you either in English or easy Japanese. No appointment is necessary for consultations. Feel free to stop by if you have any difficulties, worries, or questions.

Japanese Learning Programs

Nihongo Kôza

The 1st term of classes for the 2013 fiscal year is being offered from April 2013 to September 2013. A trial lesson is offered. Please call ahead.

Morning Classes



* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)

Tuesdays & Fridays 9:30 a.m. – 10:30 a.m. (60 minutes)

* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)

Tuesdays & Fridays 11:00 a.m. – 12:00 p.m. (60 minutes)

May	7, 10, 14, 17, 21, 24, 28, 31	¥1,600
June	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
July	2, 5, 9, 12, 16, 19, 23, 26, 30	¥1,800
Aug.	6, 9, 13, 16, 20, 23, 27, 30	¥1,600
Sept.	3, 6, 10, 13, 17, 20, 24	¥1,400

Sunday Classes

* Class I

* Class I 10:00 a.m. – 12:00 p.m. (120 minutes)

(Lesson 1 – Lesson 13 of *Minna no Nihongo*)

* Class II

* Class II 1:00 p.m. – 3:00 p.m. (120 minutes)

(Lesson 14 – Lesson 25 of *Minna no Nihongo*)

May	12, 19, 26	¥1,200
June	2, 9, 16, 23, 30	¥2,000
July	7, 14, 21, 28	¥1,600
Aug.	4, 11, 18, 25	¥1,600
Sept.	1, 8, 15, 22	¥1,600

Nihongo Hiroba

Volunteers help international residents learn Japanese at this free program during the following sessions:

- Sundays 2:00 p.m. – 4:00 p.m.
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



Town Guide Bicycles

You can borrow a bicycle for the purpose of sightseeing or moving around the city on an errand. The bicycles are available free of charge. No previous booking is necessary. When borrowing a bicycle, you will be requested to show your identification card.



Monday - Friday, 8:30 a.m. – 4:30 p.m.

Saturdays, Sundays, & Holidays, 9:00 p.m. – 4:30 p.m.

A Guide to Special Events at *Rakuzan-En* in Yoita

Completed as a villa for a wealthy merchant in 1892, the illuminated *Rakuzantei* Cottage and azalea blossoms in the Japanese-style landscape garden attract many visitors.

Illumination: May 10 (Fri.) – May 19 (Sun.)

6:30 p.m. – 9:30 p.m.

Gagaku (Ancient Court Music) Concert: May 11 (Sat.)

7:30 p.m. – 8:30 p.m.

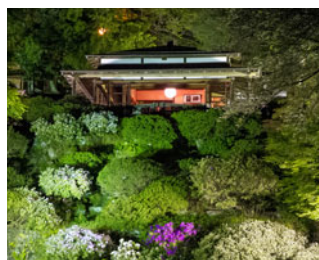
Jazz Mini-Concert: May 12 (Sun.)

7:30 p.m. – 8:30 p.m.

Koto (Japanese zither) and *Shakuhachi* (Bamboo Flute)

Concert: May 18 (Sat.) 7:00 p.m. – 8:00 p.m.

Tea Ceremony: May 18 (Sat.) 6:00 p.m. – 8:30 p.m.



Kosodate no Eki, Gun Gun

Nagaoka Civic Disaster Prevention Center, 1st Floor
1-3-85 Senzai Phone: 0258-30-1025
Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Tuesdays
(Open on Tuesday if it is a national holiday)

- * **Fureai Time** 10:45 a.m. – 11:00 a.m. Every Day
- * **Picture Storybook Reading Time**
3:00 p.m. – 3:15 p.m. Every Day
- * **“Spot Time”** 10:45 a.m. – 11:15 a.m. Every Monday
- * **Healthy Tea Time**
1:30 p.m. – 2:30 p.m. May 9 (Thurs.) and June 6 (Thurs.)
- * **Mini-Athletic Meet**
10:30 a.m. – 11:30 a.m. May 10 (Fri.)
- * **Exploring Fire Department Headquarters**
10:45 a.m. – 11:45 a.m. May 16 (Thurs.)
- * **Craftwork Cafe**
10:00 a.m. – 11:30 a.m. May 16 (Thurs.) and 30 (Thurs.)
- * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. May 17 (Fri.)
- * **Making Sasa Dango, a Traditional Japanese Sweet**
1:30 p.m. – 2:30 p.m. May 19 (Sun.)
- * **Mini-Lecture: Basic Tips on How to Prepare Baby Food**
1:30 p.m. – 2:30 p.m. May 22 (Wed.)
- * **Child-Rearing Salon**
10:30 a.m. – 11:30 a.m. May 23 (Thurs.)
- * **Chatting with a Mother-Child Health Care Advisor**
10:30 a.m. – 11:30 a.m. May 29 (Wed.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
May 8 (Wed.) Child-Rearing Advisor



Kids' Plaza (Chibikko Hiroba)

Phoenix Ôte West 2nd Floor and 3rd Floor
2-5 Ôte Street Phone: 0258-39-2775
Hours: 9:00 a.m. – 6:00 p.m. Every Day

- * **Story Telling Time**
With *Kamishibai* (Giant Picture Card Story)
11:00 a.m. – 11:15 a.m. Every Day
- * **Making Koinobori (Carp-Shaped Streamers)**
9:00 a.m. – 6:00 p.m. May 2 (Thurs.) – 6 (Mon./Holiday)
- * **Celebrating Children's Day**
11:00 a.m. – 11:40 a.m. May 5 (Sun./Holiday)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
May 7 (Tues.), 21 (Tues.), and June 4 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:20 a.m.
May 8 (Wed.), 15 (Wed.), 22 (Wed.), and 29 (Wed.)
Birthday Party: May 29 (Wed.)
- * **Smiley Kids' Day:** 9:00 a.m. – 12:00 p.m.
May 10 (Fri.), 17 (Fri.), 24 (Fri.), 31 (Fri.), and June 7 (Fri.)
- * **Child Growth and Speech Development**
11:00 a.m. – 11:40 a.m. May 16 (Thurs.)
- * **Chatting Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. May 17 (Fri.)
- * **Let's Play with Blocks** 10:45 a.m. – 11:45 a.m. May 18 (Sat.)
- * **Relaxing Concert:** 11:00 a.m. – 11:20 a.m. May 27 (Mon.)
- * **Making Your Own Picture Storybook**
11:00 a.m. – 12:00 p.m. June 5 (Wed.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
May 9 (Thurs.) and June 6 (Thurs) Child-Rearing Advisor
May 23 (Thurs.) Childcare Committee Chief
June 10 (Mon.) Maternity Nurse
Temporary Day-Care for Preschool-Aged Children: ¥300/hour



Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860
Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays
(Open on Wednesday if it is a national holiday)

- * **Enjoy Drawing Pictures**
For two hours in the afternoon 1st and 3rd Mondays
- * **Story Telling Time:** 1:00 p.m. – 1:30 p.m. Every Monday
- * **Teku Teku Mini-Concert**
1:00 p.m. – 1:30 p.m. Every Friday
- * **Teku Teku Birthday Concert**
10:30 a.m. – 11:00 a.m. May 5 (Sun.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. May 2 (Thurs.) and June 4 (Tues.)
- * **Birthday Party**
10:45 a.m. – 11:15 a.m. May 7 (Tues.) and June 7 (Fri.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. May 9 (Thurs.) and May 23 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. May 10 (Fri.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.
May 10 (Fri.), 17 (Fri.), 24 (Fri.), and 31 (Fri.)
- * **Photography Class: How to Take Great Shots**
10:30 a.m. – 11:15 a.m. May 11 (Sat.)
- * **Planting Sweet Potatoes**
10:30 a.m. – 11:30 a.m. May 13 (Mon.)
- * **Story Telling Time** 10:30 a.m. – 11:00 a.m. May 20 (Mon.)
- * **Kome Hyappyô Bookmobile**
11:00 a.m. – 11:30 a.m. May 24 (Fri.)
- * **Lecture for Parents: Enjoy Child-Rearing**
10:30 a.m. – 11:30 a.m. May 25 (Sat.)
- * **Playing with Big Brothers and Sisters**
10:30 a.m. – 11:30 a.m. May 30 (Thurs.)
- * **Lecture for Parents: Tips for Dental Care**
10:30 a.m. – 11:30 a.m. June 6 (Thurs.)
- * **Let's Take a Walk:** 10:30 a.m. – 11:00 a.m. June 10 (Mon.)
- Free Child-Rearing Counseling:** 10:30 a.m. – 11:30 a.m.
May 14 (Tues.) Nurse
May 21 (Tues.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children: ¥300/hour



Child-Rearing Support Facilities

Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyô Kôryû Center, 2nd Floor
1765 Miyazawa, Tochio Phone: 0258-51-1022
Hours: 9:30 a.m. – 3:30 p.m.
Tuesdays, Wednesdays, Fridays, and Saturdays

- * **Fuwa Fuwa Plaza:**
10:00 a.m. – 11:30 a.m. May 1 (Wed.)
- * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. May 10 (Fri.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. May 10 (Fri.) and 15 (Wed.)
- * **Wanpaku Plaza**
9:30 a.m. – 11:30 a.m. May 15 (Wed.)
- * **Birthday Party**
11:00 a.m. – 11:30 a.m. May 29 (Wed.)
- Free Child-Rearing Counseling**
May 1 (Wed.) 10:30 a.m. – 12:00 p.m. Maternity Nurse
May 17 (Fri.) 10:30 a.m. – 11:30 a.m. Public Health Nurse



Seasonal Events

Nagaoka Hokoten (*Hokôsha Tengoku*) on Ôte Street

Vehicle-Free Pedestrians' Paradise

11:30 a.m. – 4:30 p.m. (tentative schedule depending on the day's weather)

Dates	Events
May 5 (Sun.)	Flower Festival, Kids' Plaza, Flea Market
June 2 (Sun.)	Exhibit of Classic Cars from the <i>Shôwa</i> Era (1926 - 1988), Pet Owners Wanted, Kids' Plaza, Flea Market
July 7 (Sun.)	<i>Tanabata</i> Star Festival, Kids' Plaza, Flea Market
Sept. 7 (Sat.)	Emergency Fair, Kids' Plaza, Flea Market
Oct. 5 (Sat.)	One Hundred Sacks of Rice Festival, Kids' Plaza, Flea Market
Nov. 2 (Sun.)	Civic Activity Fair, Kids' Plaza, Flea Market

Applications for the Flea Market:

Plots: 100 (on a first-come-first-served basis)

Hours: 11:00 a.m. – 3:00 p.m.

Sites: Covered Sidewalks on Ôte Street

Fee: ¥500 per plot (2m x 2m)

Deadline:

By 3:00 p.m. on the Friday before each event

Shôtengai Association (Phone: 0258-32-7002)

Monday – Friday, 10:00 a.m. – 5:00 p.m.

Registration:

10:00 a.m. – 10:45 a.m. on the event day

In front of the Nagaoka Chamber of Commerce and Industry Building (Across the street from Hokuetsu Bank, behind Carnation Plaza on Ôte Street)



The 2013 Nagaoka City Full-of-Flowers Fair



Nagaoka Civic Disaster Prevention Park

1-chôme Senzai (near Minami Junior High School)

May 25 (Sat.) 10:00 a.m. – 5:00 p.m.

May 26 (Sun.) 10:00 a.m. – 4:00 p.m.

The Nagaoka Rice Seedling Planting Festival



May 26 (Sun.) 10:30 a.m. – 2:00 p.m.

“Aguratte Nagaoka,” a rice paddy in Suyoshi-machi

Have you ever planted rice seedlings in rice paddies? How would you like to get into a rice paddy and plant rice seedlings by hand? The rice paddy, named “Aguratte Nagaoka,” is located near the municipal ski area. If you want to know how to get to the rice paddy, please contact the staff at the Nagaoka City International Affairs Center, *Chikyû Hiroba* (Phone: 0258-39-2714) on the 1st floor of the Nagaoka Civic Center on Ôte Street. (See p. 4)

No registration is necessary. The fee is ¥200 for adults and ¥100 for elementary school children and younger. You are advised to wear beach sandals, cotton work gloves, and work clothes. Local products will be on sale and some homemade pork soup will be served.

Sale of Recycled Items

Discarded recyclable items such as bicycles and furniture will be repaired and put on display for sale at reasonable prices (e.g. ¥500 – ¥1,500 per bicycle). As there are usually many applicants, purchases will be decided by lottery. Lottery winners can pick up their items at a later date. Only residents of Nagaoka City can apply for the lottery.

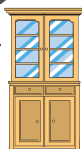
May 27 (Mon.) – May 31 (Fri.)

9:00 a.m. – 4:00 p.m. (Mon. – Fri.)

Recycling Plaza, Environmental Sanitary Center

Environmental Management Division

3-chôme Kotobuki (Phone: 0258-24-2837)



Bus: A 20-minute bus ride from Nagaoka Station Ôte (West-Side) Exit Terminal No. 13 to Ecotopia Kotobuki (エコトピア寿)

Leaves at: 9:00 a.m., 10:00 a.m., 11:00 a.m., 12:00 p.m., and 2:40 p.m.

Giant Kite Battles (*Ôtako Gassen*)



(1) Shirone *Ôtako Gassen*

Shirone and Ajikata, Niigata City
 June 6 (Thurs.) – June 10 (Mon.) 1:00 p.m. – 6:00 p.m.
 Between Shirone Bridge and Takomi Bridge
 Nakanokuchi Riverbanks
 30-minute drive from Tsubame Sanjô Station
 15-minute drive from Maki Kata Higashi IC
 Information: Minami-Ku *Shôkô Kankô Ka*
 Phone: 025-372-6505

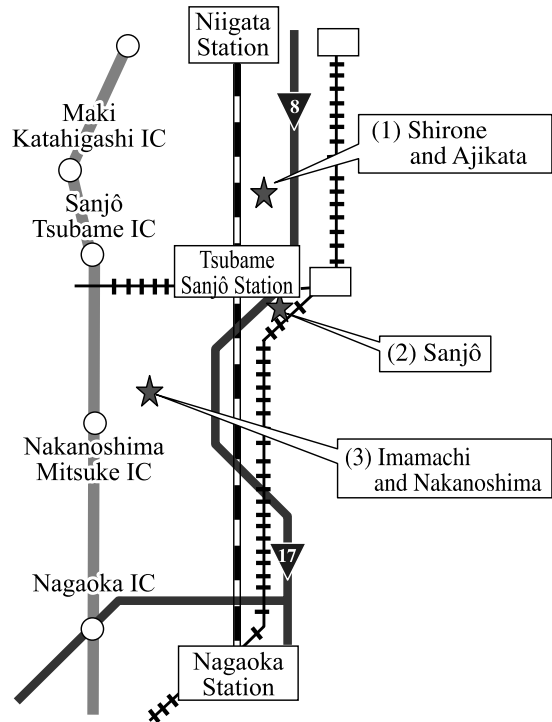
(2) Sanjô *Ôtako Gassen*

June 1 (Sat.) 9:00 a.m. – 4:00 p.m.
 June 2 (Sun.) 1:00 p.m. – 4:00 p.m.
 Near Sanjô Ôhashi Bridge, Ikarashi Riverbanks
 5-minute drive from Tsubame Sanjô Station
 5-minute drive from Sanjô Tsubame IC
 Information: Sanjô City *Kankôgakari*
 Phone: 0256-34-5511



(3) Imamachi (Mitsuke City) and Nakanoshima (Nagaoka City) *Ôtako Gassen*

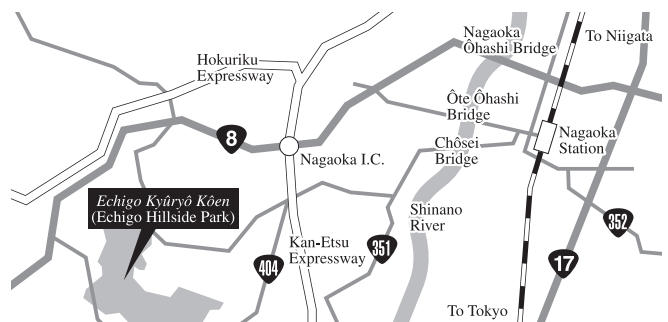
June 1 (Sat.) – June 3 (Mon.) 1:00 p.m. – 5:00 p.m.
 Near Imamachi Ôhashi Bridge, Kariyata Riverbanks
 7-minute drive from Mitsuke Station
 5-minute drive from Nakanoshima IC
 Information: *Sangyô Kensetsu Ka*
 Nakanoshima Branch Office
 Phone: 0258-61-2013



The Rose Festival

June 1 (Sat.) – June 23 (Sun.)

Enjoy the sweet fragrance of the 609 different species of gorgeous roses blooming on 2,220 plants.
Echigo Kyûryô Kôen (Echigo Hillside Park)
 Phone: 0258-47-8001





Light Automobile Tax Payments

Owners (as of April 1st, 2013) of motorbikes (mopeds, scooters, and motorcycles), farming vehicles, and light automobiles must pay a light automobile tax. A light automobile tax notice will be sent to owners on Monday, May 13th. If you receive the no-

tice, please pay the tax by Friday, May 31st. You can pay at convenience stores or financial institutions.

For further information:

Citizens' Tax Division

Phone: 0258-39-2212/2214



Major Emergency Medical Facilities

Major General Hospitals

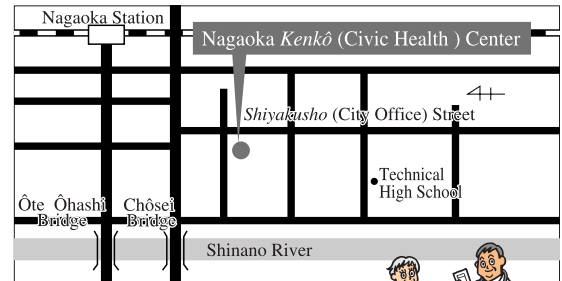
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

Nagaoka *Sekijûji Byôin* (Red Cross Hospital) 0258-28-3600

Tachikawa *Sôgô Byôin* (General Hospital) 0258-33-3111

Nagaoka *Kenkô* (Civic Health) Center 0258-32-5000

2-5-1 Nishi Senju



Nagaoka *Kenkô* (Civic Health) Center



Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199)	Internal Medicine (<i>Naika</i>)	(Monday – Friday) 6:45 p.m. – 9:30 p.m.
		(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Pediatrics (<i>Shônika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
For obstetrics and gynecology (<i>san fujin ka</i>), the staff at this facility will give information about which clinic is assigned for each Sunday or holiday.	Surgery (<i>Geka</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Dentistry (<i>Shika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:30 p.m.
Dental Clinic for Sundays and Holidays (0258-33-9644)	Pediatrics (<i>Shônika</i>)	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.
Chûetsu Center for Children's Emergency Treatment (0258-86-5099)		

Warnings against Photochemical Smog

Photochemical smog is a white fog that develops due to accumulated photochemical oxidants in the air, depending on certain meteorological conditions. Photochemical smog is generated when nitrogen oxide and hydrocarbons in exhaust fumes from factories or automobiles react to the strong ultraviolet rays of the sun.

Q: When are photochemical smog warnings issued?

A: Normally in May and June, the Niigata Prefectural Government issues warnings against photochemical smog when sunny days with high temperatures continue and the concentration of photochemical oxidants in the air becomes high.

Q: How can we protect ourselves when a warning is issued?

A: Here is some advice when a warning is issued.
 * Outdoor sport activities should be avoided.
 * Children, the elderly, and people with frail health conditions should stay indoors.

Q: Are there any specific health problems we might have?

A: Here is some advice if you have any health problems.

- * If your eyes hurt, turn red, or become itchy, rinse them with tap water.
- * If you have a sore throat or are coughing, gargling may be helpful.

* If these problems continue, you should see a doctor.

However, excessive worry is not necessary because these symptoms are not likely to happen immediately even after a warning is issued. For questions concerning health problems, please contact the Health Division of the Nagaoka City Office.

Phone: 0258-32-5000

<http://www.niigata-taiki.com> (for PCs)

<http://www.niigata-taiki.com/m> (for Mobile Phones)

