



Vol. 271
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2013

Konnichiwa!

NAGAOKA

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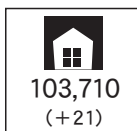
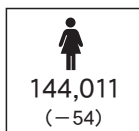
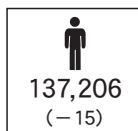
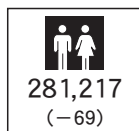
URL: <http://www.city.nagaoka.niigata.jp/> (長岡市ウェブサイト) →
English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka



The large bench-like wooden structure set up facing Ôte Street at the eastern part of the front of City Hall Plaza – Aôre Nagaoka is called “*Engawa no Bench* (an *engawa* bench).” An *engawa* is a narrow wooden veranda usually built, facing outside, around rooms in a traditional Japanese house and is written as 縁側, meaning “edge side.” The *engawa* at Aôre Nagaoka is written as 縁川 (*engawa*), meaning “the river of good relationships” because 縁/えん (*en*) means both “edge” and “good relationship.” Have you noticed the sound of flowing water as you walk past the bench?

On November 2nd, children enjoyed drawing and painting Aôre birds with Mr. Seitarô Kuroda, an illustrator, and Ms. Chie Morimoto, an art director who designed the Aôre Bird logo for Aôre Nagaoka. To the joyous sounds of the guitar and the piano, many Aôre birds were created and flew over the *Engawa*.

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

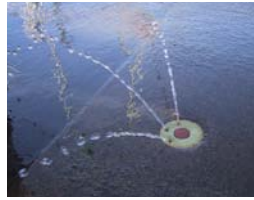


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We Are Running Out of Groundwater!

The snow-melting pipe system, called *shôsetsu paipu*, is used to melt snow utilizing the natural heat energy of groundwater (14°C), which is sprayed over the surface of roads. The system was invented by Mr. Yosaburô Imai, a former city councilman. He got the idea of melting snow when he noticed that snow was melting in an area where groundwater flowed out.



The first experimental snow-melting pipes (55 meters) in Nagaoka were installed in 1961, the first in Japan. Since then, the number of wells to pump up groundwater for snow-melting pipes throughout the city has been increasing, reaching nearly 25,000 wells.

Consequently, the city's groundwater levels are getting lower and lower year after year, a cause for concern that the snow-melting pipe system won't be able to properly function and that we will eventually face the problems of the land sinking. In order for us to be able to continually utilize groundwater, which is a shared asset, the city will organize a committee to discuss countermeasures for conservation of groundwater by checking the groundwater levels at the end of this snowy season. We should not waste our precious groundwater, letting it constantly flow out of snow-melting pipes.

We Love Reading Books

A very special book that you happen to encounter can change your life. We can still remember some books we enjoyed reading in our childhood. Books can be a compass leading us in the right direction, giving us encouragement and strength to live our lives.

In March 2013, the city established the Promotion Plan for Children's Book Reading. Under the plan, a variety of programs have been offered for children. They include "Reading Books for Child-Rearing" at home and neighborhood communities, "Enjoy Reading" at kindergartens and nursery schools, "Extensive Book Reading" at schools, and "Book Reading for Encounters" at libraries.

It is our hope that many children will develop a habit of reading books, which will help them find their own lifetime treasures.



Kome-Hyappyô Bookmobile

"Kono Sora no Hana, the Story of Nagaoka's Fireworks" Shown in Disaster-Stricken East Japan

A film entitled "*Kono Sora no Hana, the Story of Nagaoka's Fireworks*" was completed in 2012. It was directed by Mr. Nobuhiko Ôbayashi and features Nagaoka's fireworks, which symbolize a safe and complete recovery from war devastation and disasters as well as the pursuit of peace. Many citizens took part in shooting the film at various locations around the city as extras or backstage staff members.



In November 2013, the film was shown in Ôtsuchi Town and Kamaishi City, Iwate Prefecture, which encouraged the people in the catastrophe-stricken areas. Nagaoka City accepted Ôtsuchi Town's debris from the tsunami caused by the Great East Japan Earthquake. The debris was incinerated at the Tochio Clean Center in February 2013. Since then, a special bond has been established between Nagaoka City and Ôtsuchi Town.

"*Kono Sora no Hana, the Story of Nagaoka's Fireworks*" was also shown in August 2013 in Hiroshima and Nagasaki, which also experienced the misery of war as we did in Nagaoka. We will continue to send out our thoughts in the pursuit of peace to the world by showing this film in various places across Japan and around the world.



Mayor Tamio Mori (left), Director Nobuhiko Ôbayashi (center), and Mayor Yutaka Ikarigawa of Ôtsuchi Town (right) talking about the film to the audience (Ôtsuchi Town Central Community Hall, November 3rd)

Merry Christmas at Teradomari Aquarium

9353-158 Hanatate, Teradomari
Phone: 0258-75-4936

Hours: 9:00 a.m. – 5:00 p.m.

Closed: Dec. 11 (Wed.) and Dec. 31 (Tues.)

Admission: ¥700 for adults ¥450 - ¥200 for children

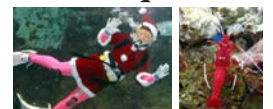
* Santa Claus Feeding Time:

10:15 a.m., 11:30 a.m., 1:30 p.m., and 3:00 p.m.

Until Dec. 25 (Wed.)

* Special Displays of "Santa Shrimps" including White Socks, *Otohime Ebi* (Princess Shrimp), and Camel Shrimps, all patterned in red and white

Until Dec. 25 (Wed.)



ロング・ヒルの秘宝 "Nagaoka's Treasures"



UX 新潟テレビ (Niigata TV) 21

Every Friday until March 14, 2014

11:10 a.m. – 11:15 a.m. (for 2 minutes)

Dec. 6: Salmon in the Teradomari District

Dec. 13 and Dec. 20: *Aburage* (deep-fried *tôfu*)
in the Tochio District

Office Hours during the Year-End and the New Year's Holidays



Offices	Closed
General Information Desks 1 st Floor, East Wing City Hall Plaza – <i>Aôre</i> Nagaoka	Dec. 31 (Tues.) – Jan. 2 (Thurs.)
West Service Center (Riverside Senshû) East Service Center (Across Plaza Nagaoka)	Dec. 31 (Tues.) – Jan. 2 (Thurs.)
Nagaoka Civic Center	Dec. 29 (Sun.) – Jan. 3 (Fri.)



Trash Collection Days during the Year-End and the New Year's Holidays

Trash will not be collected from Dec. 31st (Tues.) to Jan. 3rd (Fri). Trash cannot be put out during this period.

Please note that the trash collection schedule during the Year-End and the New Year's Holiday is different from the usual schedule. Trash will be collected until Monday, December 30th. Trash collection will start again from Saturday, January 4th according to the Calendar of Collection Days. Copies of the calendar in Chinese, English, Japanese and Portuguese are available at the Nagaoka City International

Affairs Center, *Chikyû Hiroba* in the Nagaoka Civic Center on Ôte Street. Trash can be put out only on the designated days for your neighborhood.

Twigs, leaves, and grass will not be collected in January and February. Used clothing and pieces of cloth will not be collected between January and March.

The Year-End Income Tax Adjustment for Salaried Workers

Kyûyo Shotokusha Shotokuzei Nenmatsu Chôsei

(給与所得者所得税年末調整・きゅうよ しょとくしゃ しょとくぜい ねんまつ ちょうせい)



If you are employed, your income tax is customarily collected from your monthly wages. However, the total amount of income tax you have paid in a year does not always correspond to the exact amount of income tax that should be imposed.

The reason for this inconsistency is that the taxable amount of your income has been calculated, on a pro-forma basis, without deducting tax exemption amounts. Various insurance premiums and the number of dependent family members are deciding factors of tax exemptions.

Therefore, all salaried workers are requested to submit declaration forms for the amount of insurance premiums they have paid for the year and the number of their

dependent family members for the year. Then the exact amount of their income tax will be adjusted at the end of the year. Around the end of each year, your employer will give you two forms of declaration on which you should fill in necessary information about your insurance premiums and dependent family members.

If you have paid an excessive amount of income tax, the refund will be made to your final paycheck of the year. On the contrary, the insufficient amount will be collected from your final paycheck of the year.

For further information, please contact the staff in charge at your workplace or the Nagaoka Tax Office/*Zeimusho*.

(1-3-88 Senzai Phone: 0258-35-2070)

A Guide to School Enrollment



Enrollment in elementary school and junior high school is compulsory in the Japanese educational system. While school enrollment for children of foreign nationals is not compulsory in Japan, they are welcome to apply for it.

A guardian whose child was born during the following period can apply for the child's first-year school enrollment which will start in April, 2014.

Elementary School

For a child born between April 2, 2007 and April 1, 2008

Junior High School

For a child born between April 2, 2001 and April 1, 2002

A guardian whose child has enrolled in a Nagaoka City public elementary school will receive a Notice of Admission to a city junior high school in the mid-December.

Enrollment in elementary schools and junior high schools is free of charge. Guardians are responsible for paying for school supplies (except for textbooks), school trips, school lunch, and other necessary things.

The School Attendance Support System provides subsidies for elementary and junior high school students from households whose total income for the previous year is lower than the standardized amount.

For application and further information, please contact: *Gakumu Ka* (School Affairs Division)
Phone: 0258-39-2239

If you need any language assistance, please contact the staff at the Nagaoka International Affairs Center, *Chikyû Hiroba* in the Nagaoka Civic Center on Ôte Street. (See p.4)

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.
Chikyû Hiroba will be closed from Dec. 29 (Sun.) to Jan. 3 (Fri.)
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 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*

A free trial lesson is being offered. Please call ahead.

Morning Classes (Tuesdays & Fridays)

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)
11:00 a.m. – 12:00 p.m. (60 minutes)

* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)
9:30 a.m. – 10:30 a.m. (60 minutes)

Dec.	3, 6, 10, 13, 17, 20, 24, 27	¥1,600
Jan.	7, 10, 14, 17, 21, 24, 28, 31	¥1,600
Feb.	4, 7, 14, 18, 21, 25, 28	¥1,400
Mar.	4, 7, 11, 14, 18, 25, 28	¥1,400

Sunday Classes (¥1,600 for a month)

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)
1:00 p.m. – 3:00 p.m. (120 minutes)

* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)
10:00 a.m. – 12:00 p.m. (120 minutes)

Dec.	1, 8, 15, 22
Jan.	5, 12, 19, 26
Feb.	2, 9, 16, 23
Mar.	2, 9, 16, 23



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.



Upcoming Events Organized by The Cross-Cultural Citizens' Club

Cross-Cultural Christmas Get-Together

International residents and Nagaokans are welcome to enjoy games and food from various countries. Come and join us!
Monday, December 23 (Holiday) 2:00 p.m. – 4:00 p.m.

Citizens' Interaction Hall A
City Hall Plaza – Aôre Nagaoka

Fee: ¥500

Registration: Dec. 2 (Mon.) – Dec. 20 (Fri.)

Please sign up with your name, phone number, and nationality at *Chikyû Hiroba*.



Cross-Cultural New Year Get-Together

International residents and Nagaokans are welcome to enjoy many fun programs. Come and join us!

Sunday, January 12 1:00 p.m. – 3:00 p.m.

Nagaoka City International Affairs Center, *Chikyû Hiroba*

Admission: Free Reservations are required.

Programs:

- * Hands-on Experience of Rice Cake Pounding and Tasting
- * Playing traditional Japanese games including *fukuwarai*, a face-making game using paper cut-outs and blindfolds

Registration: Dec. 5 (Thurs.), 2013 – Jan. 5 (Sun.), 2014

Please sign up with your name, phone number, and nationality at *Chikyû Hiroba*.

Phone: 0258-39-2714 Fax: 0258-39-2715
E-mail: kouryu-c@city.nagaoka.lg.jp



Multilingual Broadcast on FM Nagaoka

(80.7 MHz) 6:30 p.m. – 7:00 p.m.

Wednesdays 

Chinese and Easy Japanese: 1st and 3rd Wednesdays

English and Easy Japanese: 2nd and 4th Wednesdays



Child-Rearing Support Facilities



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)
Closed: Dec. 30 (Mon.) – Jan. 1 (Wed.)

- * **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
 - * **Making Mayudama**
(Small pieces of cocoon-shaped rice cake for New Year’s decorations)
11:00 a.m. – 12:30 p.m. Dec. 4 (Wed.)
 - * **Healthy Tea Time**
1:30 p.m. – 2:30 p.m. Dec. 5 (Thurs.) and Jan. 9 (Thurs.)
 - * **Craftwork Cafe**
10:00 a.m. – 11:30 a.m. Dec. 12 (Thurs.)
 - * **Making Konnyaku (arum root starch cake)**
1:30 p.m. – 2:30 p.m. Dec. 15 (Sun.)
 - * **Making Christmas Wreaths**
10:45 a.m. – 11:15 a.m. Dec. 16 (Mon.)
 - * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Dec. 18 (Wed.)
 - * **Child-Rearing Salon**
10:30 a.m. – 11:30 a.m. Dec. 19 (Thurs.)
 - * **Merry Christmas! Here Comes Santa Claus!**
10:30 a.m. – 11:30 a.m. Dec. 20 (Fri.)
 - * **Christmas Family Concert**
10:30 a.m. – 11:00 a.m. Dec. 22 (Sun.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Dec. 11 (Wed.) and Jan. 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
Closed: Dec. 30 (Mon.) – Jan. 1 (Wed.)

- * **Story Telling Time**
11:00 a.m. – 11:15 a.m. Every Day
 - * **Kamishibai (Large Picture-Card Story)** Dec. 19 (Thurs.)
 - * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Dec. 3 (Tues.), 17 (Tues.), and Jan. 7 (Tues.)
 - * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m.
Dec. 4 (Wed.), 18 (Wed.), 25 (Wed.), and Jan. 8 (Wed.)
Birthday Party: Dec. 25 (Wed.)
 - * **Smiley Kids’ Day** 9:00 a.m. – 12:00 p.m.
Dec. 6 (Fri.), 13 (Fri.), and Jan. 10 (Fri.)
 - * **First-Aid for Emergency**
11:00 a.m. – 11:40 a.m. Dec. 10 (Tues.)
 - * **Reading Picture Storybooks and Playing Time (Ehon no Tobira)**
11:00 a.m. – 11:30 a.m. Dec. 11 (Wed.)
 - * **Let’s Play with Blocks**
11:00 a.m. – 12:00 p.m. Dec. 14 (Sat.)
 - * **Christmas Party**
11:00 a.m. – 11:40 a.m. Dec. 21 (Sat.)
 - * **Making Your Own Picture Storybook (Ehon no Tane)**
11:00 a.m. – 12:00 p.m. Dec. 22 (Sun.)
 - * **A Week for Playing New-Year’s Games**
Jan. 2 (Thurs.) – 7 (Tues.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Dec. 5 (Thurs.) Child-Rearing Advisor
Dec. 12 (Thurs.) Nurse
Jan. 9 (Thurs.) Child-Rearing Advisor
- 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)
Closed: Dec. 30 (Mon.) – Jan. 1 (Wed.)

- * **Story Telling Time**
1:00 p.m. – 1:30 p.m. Every Monday
 - * **Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Dec. 2 (Mon.) and 16 (Mon.)
 - * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Dec. 3 (Tues.)
 - * **Baby Massage** Dec. 5 (Thurs.)
① 10:30 a.m. – 11:10 a.m.
② 11:30 a.m. – 12:10 p.m.
 - * **Kome-Hyappô Bookmobile**
11:00 a.m. – 11:30 a.m. Dec. 5 (Thurs.) and 20 (Fri.)
 - * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Dec. 6 (Fri.) and Jan. 7 (Tues.)
 - * **Christmas Mini-Concert**
1:00 p.m. – 1:30 p.m. Every Friday
 - * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Dec. 12 (Thurs.), 26 (Thurs.), and Jan. 9 (Thurs.)
 - * **Nakayoshi Time**
10:45 a.m. – 11:00 a.m. Dec. 13 (Fri.) and 27 (Fri.)
 - * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Dec. 13 (Fri.) and Jan. 10 (Fri.)
 - * **Day for One-Year-Old Kids**
10:30 a.m. – 11:30 a.m. Dec. 19 (Thurs.)
 - * **Christmas Party**
10:30 a.m. – 11:00 a.m. Dec. 20 (Fri.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Dec. 10 (Tues.) Nursery School Teacher
Dec. 17 (Tues.) Child-Rearing Advisor
- Temporary Day-Care for Preschool-Aged Children:** ¥300/hour



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.
Wednesdays, Fridays, and Saturdays
Closed: Dec. 29 (Sun.) – Jan. 3 (Fri.)

- * **Fuwa Fuwa Plaza**
10:00 a.m. – 11:30 a.m. Dec. 4 (Wed.) and Jan. 8 (Wed.)
 - * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Dec. 6 (Fri.) and Jan. 10 (Fri.)
 - * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. Dec. 6 (Fri.), 18 (Wed.),
and Jan. 10 (Fri.)
 - * **Christmas Mini-Concert** 
11:00 a.m. – 11:30 a.m. Dec. 7 (Sat.)
 - * **Making Toys**
10:30 a.m. – 11:30 a.m. Dec. 17 (Tues.)
 - * **Wanpaku Plaza**
9:30 a.m. – 11:30 a.m. Dec. 18 (Wed.)
 - * **Christmas Party**
10:00 a.m. – 2:00 p.m. Dec. 19 (Thurs.)
 - * **Birthday Party**
11:00 a.m. – 11:30 a.m. Dec. 25 (Wed.)
- Free Child-Rearing Counseling**
10:30 a.m. – 12:00 p.m. Dec. 4 (Wed.) Maternity Nurse
10:30 a.m. – 11:30 a.m. Dec. 20 (Fri.) Public Health Nurse
10:30 a.m. – 12:00 p.m. Jan. 8 (Wed.) Maternity Nurse



Echigo Kyûryô Kôen (Echigo Hillside Park)

Admission and Parking: Free (December – March)

Hours: 9:30 a.m. – 4:30 p.m.

9:30 a.m. – 9:00 p.m. (Winter Illumination Days)

Closed: Dec. 2 (Mon.) – 5 (Thurs.), 9 (Mon.) – 12 (Thurs.), 16 (Mon.), and 29 (Sun.) – Jan.1 (Holiday)

* Winter Illumination

This year's decorations are using 400,000 bulbs. There is a 7.5-meter-high illuminated Christmas tree made of over 1,500 PET Bottles. How would you like to visit the park and enjoy a spectacular world of lights?

Dec. 6 (Fri.) – 8 (Sun.), 13 (Fri.) – 15 (Sun.), and 20 (Fri.) – 25 (Wed.)

4:00 p.m. – 9:00 p.m.



* Stage Shows (concerts, dances, and many other fun programs)

Dec. 6 (Fri.) – 8 (Sun.), 14 (Sat.), 15 (Sun.), and 21 (Sat.) – 25 (Wed.)

4:00 p.m. ~

* Making American Flowers

Dec. 14 (Sat.) and 15 (Sun.) 3:00 p.m. – 7:30 p.m.

Fee: ¥400 ~

* Picture Storybook Reading Time

Dec. 15 (Sun.) 6:00 p.m. – 6:30 p.m.

* Making Jelly Candles

Dec. 23 (Holiday) – 25 (Wed.) 3:00 p.m. – 7:30 p.m.

Fee: ¥600 ~

* Making *Konnyaku* (arum root starch cake)

Jan. 12 (Sun.) 10:30 a.m. – 12:30 p.m.

Fee: ¥600

Information: Echigo Hillside Park

Management Center

Phone: 0258-47-8001



This Month's Useful Japanese Expressions

Ôyuki/おおゆき・大雪 (Heavy Snowfall)

Ôyuki Chûihô/おおゆき ちゅういほう・大雪 注意報

(Heavy Snowfall Watch/Advisory)

Ôyuki Keihô/おおゆき けいほう・大雪 警報

(Heavy Snowfall Warning)



When the snow season starts, weather forecasts often refer to *Ôyuki Chûihô* or *Ôyuki Keihô*. When *Ôyuki Chûihô* is announced, it is predicted that heavy snowfalls may cause some damage. When *Ôyuki Keihô* is announced, it is predicted that heavy snowfalls may cause very serious damage.



Chakusetsu/ちやくせつ・着雪

Chakusetsu Chûihô/ちやくせつ ちゅういほう 着雪注意報

We have a lot of snow in Nagaoka in the winter months. When snow falls, weather forecasts often refer to “*Chakusetsu Chûihô*.” *Chakusetsu* is a phenomenon in which snow sticks to things. It also refers to the snow itself that is attached to things. When *Chakusetsu Chûihô* is announced, you have to be careful because there is a possibility that power lines may break under snow pressure, trees may fall over, or plastic greenhouses may collapse.

Disasters are unpredictable. We hope this section that provides useful Japanese expressions and information about disasters helps you protect yourself from disaster.



Warnings against Drunk Driving

Many people are likely to have more opportunities for drinking alcoholic beverages during the Year-End and New Year's Holidays. You are advised to never drive if you have drunk any alcoholic beverages and you should never let anyone who has drunk drive a vehicle. Drunk driving is prohibited by law. Violators are severely punished by law.

If you need to drive after drinking, you are encouraged to use a service called *daikô unten*, which is provided by taxi companies. Two taxi drivers come to pick you up and one of them drives your car to your house while the other one takes you home in a taxi.



Warnings Against Internet Mail-Orders

There have been an increasing number of problems involving Internet mail-orders. For instance, ordered and paid-for goods are not delivered and purchasers cannot get in touch with the Internet shops even though they tried to e-mail or phone the shops.

Please make sure to save the data about your online correspondence with Internet shops as well as their addresses and phone numbers. You should also carefully check their rules and regulations about returning purchased goods.

If you have such a problem, contact the Consumers' Center located on the 2nd floor of the Nagaoka Civic Center on Ôte Street. If you need any language assistance, please contact the staff of the Nagaoka City International Affairs Center, *Chikyû Hiroba*. (See p. 4)

For further information: *Shôhi Seikatsu* (Consumers') Center
Phone: 0258-32-0022





Safety Tips for Snowy Winter Months

Warnings against Traffic Accidents for Drivers



Driving between December and March in Nagaoka requires special precautions because snow-packed roads are 4-5 times as slippery as dry pavement.

—Preparations and Precautions to Take:

- * Replace regular tires with studless snow tires.
- * Keep a safe distance between your car and the cars in front of and behind you.
- * Drive at an appropriate speed.
- * Try not to splash through the water flowing out of the snow melting devices called “*shôsetsu paipu*.”
- * Be watchful for pedestrians.

* Watch out for elderly people.

Elderly people are likely to move about as they wish, believing that vehicles will stop for them. They are unable to react quickly or move fast.

* Watch out for electric wheelchair users.

You are advised to pay due attention to them because they are not easily spotted as their sitting positions are lower than those of drivers. It is also difficult for them to avoid hazards promptly as the speed of an electric wheelchair is usually under 6 kilometers per hour.

—Three Hazards in Snowy Months

すべります

Suberimasu

The pavement is slippery.



せまくなります

Semaku narimasu

Roads become narrower.



見えなくなります

Mienaku narimasu

You cannot see well.



Walking on Snow-Packed Roads

- Do not ride a bicycle when it snows. Icy and snow-packed roads are very slippery.
- Waterproof and skid-proof boots or shoes are recommended because snow in Nagaoka is heavy and wet. In addition, the city's roads are mostly wet all the time during snowy months because of water from snow-melting pipes.
- Watch out for approaching vehicles especially at street corners or when crossing streets.
- Wear gloves and do not put your hands in your pockets.
- Walk in a flat-footed manner, that is, without rolling from heel to toe in your stride.
- Be careful not to fall into roadside ditches or gutters as they can be very hazardous.



Preventing Tap Water from Freezing

- Wrap water pipes with thermal insulation and wrap that with plastic tape. It is also helpful to cover pipes with cardboard.
- Drain water out of household water-heaters when it gets extremely cold at night.
- It also helps to keep water dripping from a faucet in a thin flow.
- When water does not run because it is frozen, cover the faucet with a towel and pour warm water slowly over it. Do not use extremely hot or boiling water, which is not safe because you might get burned if it splashes on you or the water pipe may crack.
- If water pipes break, close the stop-cock installed near the water gauge box and contact the Nagaoka City Bureau of Waterworks.
Phone: 0258-35-0017



Warnings against Fires

People seem to become busier especially during the Year-End and New Year's Holiday season and pay less attention to preventing fires. Here are some helpful tips to protect your life and property from fires.



Do not leave flammable materials near space heaters.



Do not leave a cooking stove unattended while it is on.



Do not smoke in bed.

Major Emergency Medical Facilities

Major General Hospitals

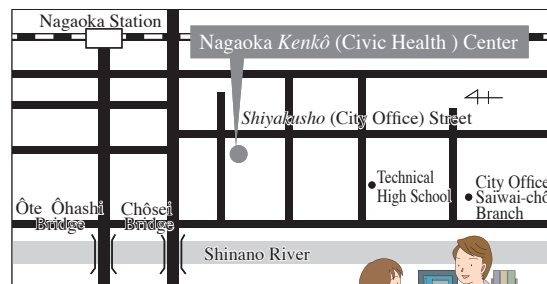
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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) 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.	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.
	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)		

Emergency Treatment from Dec. 31 (Tues.) to Jan. 3 (Fri.) at the Nagaoka *Kenkô* (Civic Health) Center

Departments	Hours
Internal Medicine	Dec. 31 (Tues.) 1:00 p.m. – 4:30 p.m.
Pediatrics & Surgery	Jan. 1 (Holiday) – Jan. 3 (Fri.) 10:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.
Dentistry	Dec. 31 (Tues.) – Jan. 3 (Fri.) 10:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.

Some Useful Tips for Protecting Yourself from Catching Influenza

We are more likely to come down with a cold when it gets chilly. This is also the season in which many people catch the flu. The common cold virus and influenza virus are different. When you have a cold, you may have some symptoms in your throat or nose. Influenza usually brings about high fevers ranging from 38 to 40 degrees Celsius (100.4 – 104 degrees Fahrenheit) and affects your whole body with symptoms such as headaches, joint pains, or muscle pains. Here are some useful tips for preventing the flu.

- Wash your hands and gargle when you return home.
- Sufficient sleep and nutrition will help you resist diseases.
- Avoid crowds.

The flu season is usually from November to April. You are advised to get a vaccination against influenza prior to the flu season. Please contact a clinic for an appointment.

Here is a useful Japanese expression. If you want to get a vaccination against the flu, you can say “Influenza *no yobô sesshu o uketai desu* (I want to get a vaccination against the flu).”

You are advised to get proper treatment within two days after being infected by the flu. If you have symptoms such as high fever, muscle pains, joint pains, etc., immediately visit a clinic and get treatment as soon as possible.

For further information: *Kenkô Ka*

(Health Division)

Phone: 0258-32-5000

Tips on How to Handle Kerosene Properly

During winter months, there have been an increasing number of cases in which kerosene leaks out of tanks. Kerosene that has flowed into rivers will pollute river water and damage the habitats of fish, frogs, and birds.

- Do not leave a kerosene heater tank unattended while filling it.
- Make sure to shut the cock of the main kerosene tank.
- Check thoroughly for any damage to tubes or hoses attached to tanks.
- Immediately wipe off any spilled kerosene with newspapers or towels.
- For large amount of spilled kerosene, immediately contact the Nagaoka Fire Department Headquarters. Phone: 0258-36-0119

Useful Japanese Expressions:

Tairyô no tōyu ga koboremashita/ moremashita.
(Large amount of kerosene has spilled/ leaked.)
Namae wa.....Jûsho wa.....
(My name is My address is.....)

