



Vol. 283
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2014

Konnichiwa!

NAGAOKA

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地球広場 (International Affairs Center) → Konnichiwa Nagaoka


With Little Hands, Learning Artisans' Skills of Making Japanese Sweets





Nagaoka is known for its technology of creating and manufacturing a variety of products. At the *Gôgi! Nagaoka Creating Things Fair, held at City Hall Plaza - Aôre Nagaoka on November 9th, various skills and products from many parts of the city were introduced. A number of children enjoyed a hands-on experience of learning a variety of artisans' skills.


*Gôgi means "great" in Nagaoka's local dialect.

Population and Households
As of November 1, 2014
(compared to the previous month)


279,139
(-64)


136,167
(-5)


142,972
(-59)


104,157
(+57)

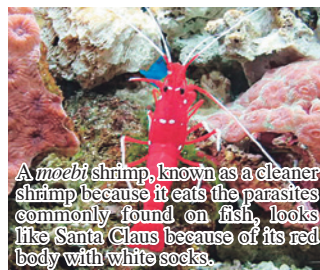
Merry Christmas and Happy New Year from the Teradomari Aquarium



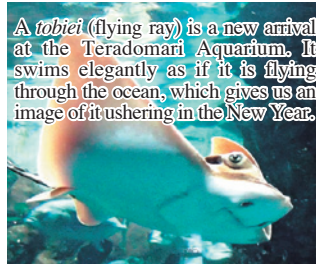
A "marine girl" dressed in a Santa Claus costume feeds hungry fish at 10:15 a.m., 11:30 a.m., 1:30 p.m., and 3:00 p.m. until Thursday, December 25th.



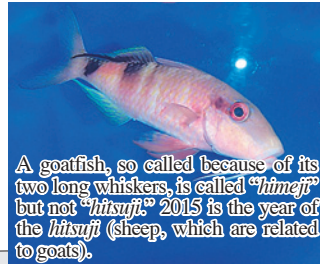
Different kinds of red and white shrimp (lovingly called Santa shrimp) are on display until Thursday, December 25th.



A *moebi* shrimp, known as a cleaner shrimp because it eats the parasites commonly found on fish, looks like Santa Claus because of its red body with white socks.



A *tobiei* (flying ray) is a new arrival at the Teradomari Aquarium. It swims elegantly as if it is flying through the ocean, which gives us an image of it ushering in the New Year.



A goatfish, so called because of its two long whiskers, is called "*himeji*" but not "*hitsuji*"! 2015 is the year of the *hitsuji* (sheep, which are related to goats).

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The Nagaoka City Multi-Generational Health-Conscious Urban Development Project ~ A Hub for Maintaining Your Healthy Lifestyle ~

TANITA CAFE, the first of its kind in Japan, opened in the Nagaoka Civic Center on Ôte Street on November 2nd as a part of the Nagaoka City Multi-Generational Health-Conscious Urban Development Project. TANITA CAFE is designed to be a hub that supports good health by focusing on balancing the elements of “diet,” “exercise,” and “relaxation.”

The cafe has drawn a great number of customers since its opening. Customer comments include, “I’m

happy to have this kind of cafe in the downtown area,” “I’ll stay in good health by making the best use of this cafe,” and “I look forward to enjoying the various services that TANITA CAFE will offer.” Mayor Mori expressed, “It is necessary for us to learn from the know-how of business management from private firms including TANITA CAFE, in order for us to develop a health-conscious city.

TANITA CAFE

Nagaoka Civic Center First Floor

Phone: 0258-86-7867

Hours: 7:00 a.m. – 8:30 p.m. (weekdays)

9:00 a.m. – 8:30 p.m. (Saturdays, Sundays, and National Holidays)

Closed: Dec. 29 (Mon.), 2014 – Jan. 3 (Sat.), 2015

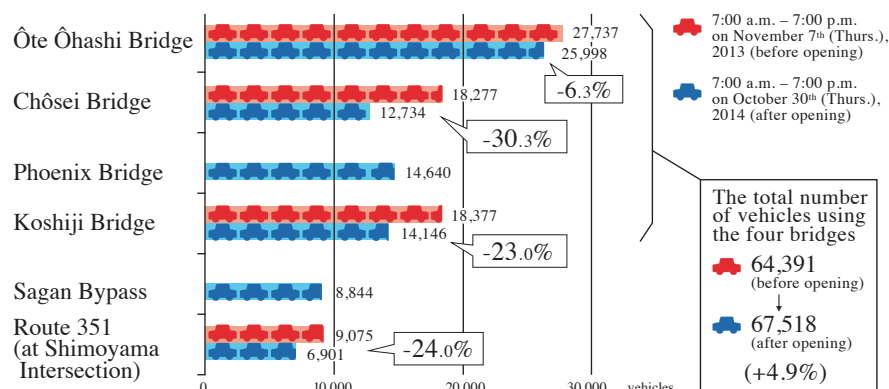


It Has Been One Year since Phoenix Ôhashi Opened

Phoenix Ôhashi, a new bridge for the Nagaoka Tôzai (East-West) Road connecting the east riverside area and the west riverside area of the city opened along with the Sagan (West Riverside) Bypass on November 24th, 2013. Thanks to the construction of these new roadways, the constant traffic congestion especially on Chôsei Bridge and Ôte Ôhashi Bridge has been greatly reduced. The heavy burden on the nearly 80-year-old Chôsei Bridge seems to have lightened as well.

Comparison of Vehicular Traffic

Before and After the Opening of Phoenix Ôhashi and the Sagan Bypass



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 (Wed.) – Jan. 2 (Fri.)
West Service Center (Riverside Senshû)	Dec. 31 (Wed.) – Jan. 2 (Fri.)
East Service Center (Across Plaza Nagaoka)	Dec. 31 (Wed.) – Jan. 2 (Fri.)
Nagaoka Civic Center	Dec. 29 (Mon.) – Jan. 3 (Sat.)



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

Trash will not be collected from Dec. 31st (Wed.) to Jan. 3rd (Sat). 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 Tuesday, December 30th. Trash collection will start again from Sunday, 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 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 proforma 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 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, 2015.

Elementary School

For a child born between April 2, 2008 and April 1, 2009

Junior High School

For a child born between April 2, 2002 and April 1, 2003

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 (Mon.) to Jan. 3 (Sat.)

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 a.m. (60 minutes)

* Class II

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

9:30 a.m. – 10:30 a.m. (60 minutes)

Dec.	2, 5, 9, 12, 16, 19, 26	¥1,400
Jan.	6, 9, 13, 16, 20, 23, 27, 30	¥1,600
Feb.	3, 6, 10, 13, 17, 20, 24, 27	¥1,600
Mar.	3, 6, 10, 13, 17, 20, 24, 27	¥1,600

Sunday Classes

* 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.	7, 14, 21	¥1,200
Jan.	4, 11, 25	¥1,200
Feb.	1, 8, 15, 22	¥1,600
Mar.	1, 8, 15, 12, 29	¥2,000

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. Come and join us!

Tuesday, December 23 (Holiday) 2:00 p.m. – 4:00 p.m.

Venue: Nagaoka Civic Center Basement Meeting Room

Fee: ¥500 (Please pay on the event day.)

Limited to 70 participants

(on a first-come, first-served basis)

Registration: Dec. 1 (Mon.) – Dec. 19 (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 18 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
- * Many Other Fun Programs

Registration: Dec. 10 (Wed.), 2014 – Jan. 10 (Sat.), 2015

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 (Tues.) – Jan. 1 (Thurs.)



- * **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 Christmas Wreaths**
10:45 a.m. – 11:30 a.m. Dec. 1 (Mon.)
- * **Healthy Tea Time** 1:30 p.m. – 2:30 p.m. Jan. 8 (Thurs.)
- * **Mini-Lecture: First-Aid for Emergency**
10:30 a.m. – 12:00 p.m. Dec. 5 (Fri.)
- * **Kira Kira Time: Playing to the Rhythms**
11:00 a.m. – 11:30 a.m. Dec. 10 (Wed.)
- * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. Dec. 11 (Thurs.)
- * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Dec. 15 (Mon.)
- * **Waku Waku Time** 10:45 a.m. – 11:15 a.m. Dec. 17 (Wed.)
- * **Child-Rearing Salon**
10:30 a.m. – 11:30 a.m. Dec. 18 (Thurs.)
- * **Merry Christmas! Here Comes Santa Claus!**
10:30 a.m. – 11:30 a.m. Dec. 19 (Fri.)
- * **Christmas Family Concert**
10:30 a.m. – 11:00 a.m. Dec. 21 (Sun.)
- * **Consultations about Vaccinations and Health Checkups**
11:00 a.m. – 12:00 p.m. Dec. 22 (Mon.)
- * **Making Konnyaku (arum root starch cake)**
1:30 p.m. – 2:30 p.m. Dec. 28 (Sun.)
- * **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Dec. 22 (Mon.)
- Free Child-Rearing Counseling**
10:30 a.m. – 11:30 a.m. Dec. 10 (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 (Tues.) – Jan. 1 (Thurs.)



- * **Story Telling Time** 11:00 a.m. – 11:15 a.m. Every Day
- * **Kamishibai (Large Picture-Card Story)** Dec. 10 (Wed.)
- * **Let’s Play to the Rhythms**
11:00 a.m. – 11:15 a.m. Dec. 1 (Mon.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m.
Dec. 3 (Wed.), 17 (Wed.), and 24 (Wed.)
- * **Birthday Party:** Dec. 17 (Wed.)
- * **Smiley Kids’ Day** 9:00 a.m. – 12:00 p.m.
Dec. 5 (Fri.), 12 (Fri.), 19 (Fri.), 26 (Fri.), and Jan. 9 (Fri.)
- * **Reading Picture Storybook and Playing Time**
11:00 a.m. – 11:30 a.m. Dec. 8 (Mon.)
- * **Let’s Play with Blocks**
11:00 a.m. – 12:00 p.m. Dec. 13 (Sat.)
- * **Mother’s Chat Cafe**
11:00 a.m. – 12:00 p.m. Dec. 15 (Mon.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Dec. 16 (Tues.)
- * **Christmas Party** 11:00 a.m. – 11:40 a.m. Dec. 20 (Sat.)
- * **Making Your Own Picture Storybook (Ehon no Tane)**
11:00 a.m. – 12:00 p.m. Dec. 21 (Sun.)



Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Dec. 4 (Thurs.) Child-Rearing Advisor

10:30 a.m. – 11:30 a.m. Jan. 8 (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 (Tues.) – Jan. 1 (Thurs.)



- * **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. 1 (Mon.) and 15 (Mon.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.
Dec. 5 (Fri.) and 26 (Fri.)
- * **Christmas Mini-Concert**
12:30 p.m. – 1:00 p.m. Every Friday
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Dec. 6 (Sat.)
- * **Picture Storybook Reading Time**
10:30 a.m. – 11:00 a.m. Dec. 9 (Tues.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Dec. 11 (Thurs.) and 25 (Thurs.), Jan. 8 (Thurs.)
- * **Mothers’ Chat Cafe**
11:00 a.m. – 12:00 p.m. Dec. 11 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Dec. 12 (Fri.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Dec. 12 (Fri.)
- * **Let’s Play at the Kids’ Land**
10:30 a.m. – 11:30 a.m. Dec. 18 (Thurs.)
- * **Christmas Party** 10:30 a.m. – 11:00 a.m. Dec. 19 (Fri.)
- * **Sunday Toy Box**
11:00 a.m. – 12:00 p.m. Dec. 21 (Sun.)



Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Dec. 9 (Tues.) Nursery School Teacher

10:30 a.m. – 11:30 a.m. Dec. 16 (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.

Tuesdays, Wednesdays, Fridays, and Saturdays

Closed: Dec. 28 (Sun.) – Jan. 4 (Sun.)



- * **Fuwa Fuwa Plaza**
10:00 a.m. – 11:30 a.m. Dec. 3 (Wed.) and Jan. 7 (Wed.)
- * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Dec. 5 (Fri.) and Jan. 9 (Fri.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m.
Dec. 5 (Fri.) and 17 (Wed.)
- * **Christmas Mini-Concert**
11:00 a.m. – 11:30 a.m. Dec. 6 (Sat.)
- * **Wampaku Plaza**
9:30 a.m. – 11:30 a.m. Dec. 17 (Wed.)
- * **Christmas Party**
10:00 a.m. – 2:00 p.m. Dec. 18 (Thurs.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Dec. 24 (Wed.)
- * **Making New Year’s Decorations**
10:30 a.m. – 11:30 a.m. Jan. 6 (Tues.)



Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Dec. 3 (Wed.) Maternity Nurse

10:30 a.m. – 11:30 a.m. Dec. 19 (Fri.) Public Health 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)

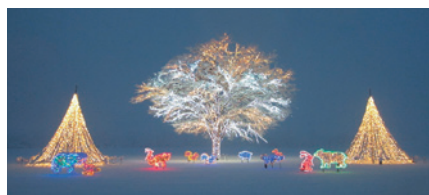
Closed: Dec. 1 (Mon.) – 4 (Thurs.), 8 (Mon.) – 10 (Wed.), 15 (Mon.), and 29 (Mon.) – Jan. 1 (Holiday), 5 (Mon.)

* Winter Illumination

This year's decorations are using 400,000 bulbs. There are a 7.5-meter-high illuminated Christmas tree made of over 1,500 PET Bottles and a 6-meter-high Champagne glass tree made of 700 champagne glasses. How would you like to visit the park and enjoy a spectacular world of lights?

Dec. 6 (Sat.), 7 (Sun.), 13 (Sat.), 14 (Sun.), and 20 (Sat.) – 25 (Thurs.)

4:00 p.m. – 9:00 p.m.



Information: Echigo Hillside Park
Management Center
Phone: 0258-47-8001

* Stage Shows

(concerts, dances, and many other fun programs)
Dec. 6 (Sat.), 7 (Sun.), 8 (Mon.), 13 (Sat.), 14 (Sun.) and 20 (Sat.) – 25 (Thurs.)

4:00 p.m. ~

* Making *Mayudama*

(small pieces of cocoon-shaped rice cake for New Year's decorations)

Dec. 17 (Wed.) ①10:00 a.m. ~ ②11:00 a.m. ~

Fee: ¥500

* Making Jelly Candles

Dec. 22 (Mon.) – 25 (Thurs.) 3:00 p.m. – 7:30 p.m.

Fee: ¥600 ~

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 during 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 due to the weight of the snow, 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.



Fitness Classes

Nakanoshima Taiikukan

3807-3 Nakanoshima (Phone: 0258-66-1711)
shape-up boxing, inner muscle training, etc.

Mishima Taiikukan

1434 Mishimanakajô (Phone: 0258-41-2133)
yoga, pilates exercises, hip-hop dancing, shape-up boxing, etc.



Nanbu Taiikukan

(Phone: 0258-39-3600)

yoga, pilates exercises, healthy walking, hip-hop dancing, etc.

If you need any assistance for registration, please contact the International Affairs Center, *Chikyû Hiroba*. (see p. 4)



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.
- * Try not to splash through the water flowing out of the snow melting devices called “*shôsetsu paipu*.”
- * 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.

- * Drive at an appropriate speed.
- * Be watchful for pedestrians.
- * 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.



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.



せまくなります
Semaku narimasu

Roads become narrower.



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 stopcock installed near the water gauge box and contact the Nagaoka City Bureau of Waterworks.

Phone: 0258-35-0017



みえなくなります
Mienaku narimasu

You cannot see well.



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

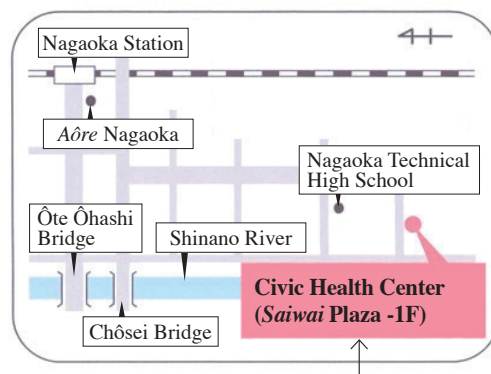
Major General Hospitals

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

Civic Health Center (Saiwai Plaza -1F)
2-1-1 Saiwai-chô (0258-39-7508)



Civic Health Center (Saiwai Plaza - 1F)

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.
Dental Clinic for Sundays and Holidays (0258-33-9644)	Dentistry (<i>Shika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:30 p.m.
Chûetsu Center for Children's Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.

Emergency Treatment from Dec. 31 (Wed.) to Jan. 4 (Sun.) at the Civic Health Center (Saiwai Plaza – 1F)

Departments	Hours
Internal Medicine Pediatrics & Surgery	Dec. 31 (Wed.) 1:00 p.m. – 4:30 p.m.
	Jan. 1 (Holiday) – Jan. 3 (Sat.) 10:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.
	Jan. 4 (Sun.) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
Dentistry	Dec. 31 (Wed.) – Jan. 3 (Sat.) 10:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.
	Jan. 4 (Sun.) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:30 p.m.

Have You Applied for the Following Special Benefits?

The application Deadline for the special benefits will be Wednesday, December 24th.

Since the consumption tax rate was raised in April 2014, special benefits are being provided as follows:

Extraordinary Exceptional Benefits for Child-Rearing Households *Kosodate Setai Rinji Tokurei Kyûfukin*

(子育て世帯臨時特例給付金・こそだて せたい りんじ とくれい きゅうふきん)

The amount of this benefit for each eligible child is ¥10,000. Application forms were sent to households with eligible children in July 2014. Applications are being accepted from July 1st to December 24th. The application form can be returned in the enclosed envelope.

For further information: *Kodomo Katei Ka*
(Child and Family Affairs Division)
Phone: 0258-39-2300

Temporary Welfare Benefits

Rinji Fukushi Kyûfukin

(臨時福祉給付金・りんじ ふくし きゅうふきん)

The amount of this benefit for each eligible person is ¥10,000. Only people who are exempt from residential tax in 2014 are eligible. Application forms were sent to eligible people in July 2014. Applications are being accepted from July 1st to December 24th, 2014. The application form can be returned in the enclosed envelope.

For further information: *Fukushi Sômu Ka*
(Social Welfare General Affairs Division)
Phone: 0258-39-2992

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

