



Vol. 294
November
2015

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



In the Heart of Autumn The Bright Sunshine Falling on *Momijien* Maple Garden

Momijien, the Maple Garden in the Koshiji District, has beautiful maple and cherry trees, many of which are over 150 years old. The garden is well known for its illuminated maple trees in autumn. When the garden is illuminated in the evening, it brings to life a world of fantasy. Red and crimson maple leaves are at their best in the middle of November. Visitors can enjoy the illumination until November 23rd.



Population and Households
As of October 1, 2015
(compared to the previous month)

277,069 (-261)	135,134 (-98)	141,935 (-163)	104,782 (-36)

Major Features:

- A Child-Rearing Support Facility in Every District of the City -- p. 2
- The Nagaoka Youth Employment Organization ---- p. 2
- Important Information about Tax Deductions ----- p. 2
- Seasonal Events ----- p. 6
- Safety Tips on How to Use Space Heaters ----- p. 7
- Warnings against Traffic Accidents----- p. 7
- Major Emergency Medical Facilities ----- p. 8

***Kosodate no Eki* (Child-Rearing Support Facility) in Every District of the City**

In addition to the four current child-rearing support facilities (*Chibikko Hiroba*, *Gun Gun*, *Teku Teku* in Central Nagaoka; *Suku Suku* in Tochio), more multi-generational child-rearing support facilities will open in the city's nine other districts by April 2016.

One of the city's mottos is "to develop Nagaoka into a community where the citizens can support and join child-rearing." The new facilities will be set up in nursery

schools or public buildings and managed by the city or private organizations. Citizens of all ages are welcome to any of these facilities where everyone can have a good time even on rainy or snowy days.

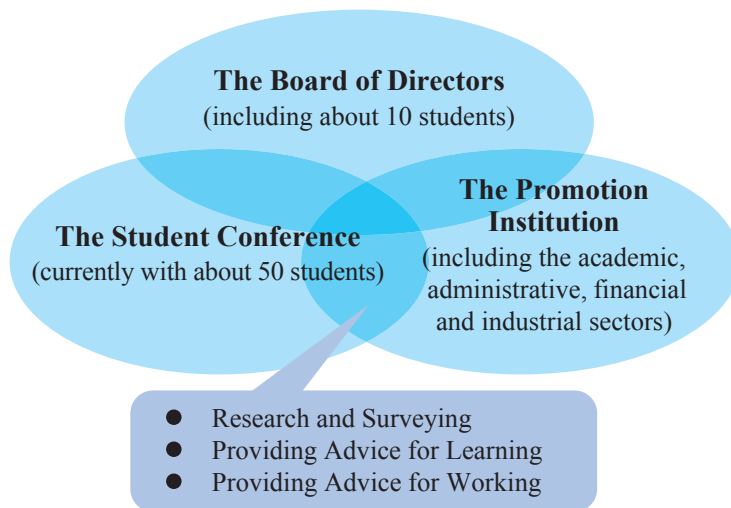


The Nagaoka Youth Employment Organization

In order to prevent depopulation and turn the city into a place where the citizens, especially younger generations, can enjoy life, the City of Nagaoka inaugurated a comprehensive strategic project named the "Nagaoka Rejuvenation Project" on October 21st.

This project aims to ensure that younger generations continue to live in Nagaoka, return to Nagaoka, or move into Nagaoka. Under this project, the city will establish the Nagaoka Youth Employment Organization in December 2015.

Aiming to promote regional revitalization, this innovative idea will help students (from the three universities, one college, and 15 vocational schools all located in Nagaoka), businesses from the industrial and financial sectors, and the administrative sector come together to seek new potential for the future of the city.



The Student Conference



A total of 108 students joined an interaction program held at the Citizens' Information Lounge, East Wing, *Aôre* Nagaoka on April 25th.

A Project to Preserve Earthquake-Affected Houses

During the 2004 Great Chûetsu Earthquake, large-scaled landslides blocked the Imo River in the Yamakoshi District, which partially buried 40 houses of Kogomo Village with mud and water. Two of the houses still stand in the mud while the others were all demolished. However, these two old houses are deteriorating year after year, facing harsh weather conditions such as snow damage.

The owners of the houses and the people of the community wish to preserve these houses as reminders of the earthquake. In order to come up with the best way to preserve these houses, the city's engineering team removed the mud around the houses and started surveying their conditions. In collaboration with the national and prefectural governments, the city will discuss proper measures to preserve these houses where they originally stand.



Important Information about Tax Deductions

Your premiums or payments for the National Health Insurance, the Medical Insurance System for the Elderly Aged 75 or Over, the Public Nursing-Care Insurance System, and the National Pension Plan are all deductible on your tax return. You need to follow the proper procedures to claim your payments as a tax deduction.

For further information and language assistance, please contact the Nagaoka City International Affairs Center, *Chikyû Hiroba* in the Nagaoka Civic Center on Ôte Street. (see p. 4)



Celebrating Its 1st Anniversary
TANITA CAFE
 ~ 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 in November 2014 as a part of the Nagaoka City Multi-Generational Health-Conscious Urban Development Project. TANITA CAFE was designed to be a hub that supports good health by focusing on balancing the elements of “diet,” “exercise,” and “relaxation.” Since its opening last November, approximately 40,000 customers have visited this cafe and had a relaxing time.

Mr. Takashi Kiryû, the manager, is very friendly and enjoys chatting with his customers. He says with a smile, “TANITA CAFE is a place where everyone can relieve stress and relax. Some people even doze off while reading a book.”



Features:

- * Relaxation Corner
-foot bath -hammocks -screen display with music
- * Healthy Menu
- * Health Counseling Corner (10:00 a.m. – 3:00 p.m.)
A registered dietitian can offer health advice by using body composition meters and sphygmomanometers.
- * Updated Health-Related Information
- * Health-Related Lectures, Seminars, and Events
- * Free Health-Related Lectures on Tuesdays and Fridays
10:00 a.m. – 11:00 a.m. (Registration Not Necessary)



TANITA CAFE

Nagaoka Civic Center First Floor

Phone: 0258-86-7867

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

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

Closed: December 29 (Tues.) – January 3 (Sun.)

Promoting the *Nishikigoi* Industry (multi-colored ornamental carp)



Cherishing *Nishikigoi* as our regional treasure and a symbol of recovery from disaster, the Cities of Nagaoka and Ojiya designated *Nishikigoi* as the City Fish in October 2014.

Being the original birthplace of *Nishikigoi*, the two cities established the Committee to Promote the *Nishikigoi* Industry in the hopes that our communities be rejuvenated through the breeding and marketing of *Nishikigoi* around the world. The committee also aims for the *Nishikigoi* industry to be certified as a Globally Important Agricultural Heritage System. The Yamakoshi District enjoys welcoming many overseas buyers of *Nishikigoi* and exporting *Nishikigoi* to over 30 countries.



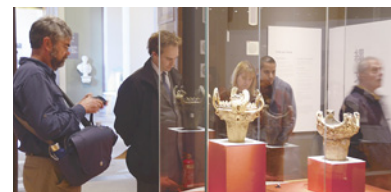
Nishikigoi admirers visited Nagaoka from the Netherlands, the UK, and other countries on the 10th anniversary of the establishment of a *Nishikigoi* breeding farm. (October 21)

Nagaoka’s Ancient Pottery Will Be on Permanent Display at the British Museum

Several pieces of Nagaoka’s ancient pottery, *Kaengata Doki* (Flame-Type Pottery), will be on permanent display at the British Museum in the U.K. from October 2016. Since approximately six million people visit the museum annually, this will provide a great opportunity for Nagaoka to show to the world the proud beauty of Nagaoka’s ancient earthenware.

Back in 2012, a piece of *Kaengata Doki* along with other types of ancient pottery were also on display at the museum for four months, which drew over 110,000 visitors.

In Nagaoka, there is a movement campaigning for a *Kaengata Doki* design for the 2020 Tokyo Olympic and Paralympic Cauldron.



British Museum (October 2012)

The Nagaoka Civic Center

2-2-6 Ôte Street, Nagaoka City (Phone: 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 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. The 2nd term of classes for the 2015 fiscal year is being offered from October 2015 to March 2016.

Weekday 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)

Nov.	6, 10, 13, 17, 20, 24, 27	¥1,400
Dec.	1, 4, 8, 11, 15, 18, 22, 25	¥1,600
Jan.	5, 8, 12, 15, 19, 22, 26, 29	¥1,600
Feb.	2, 5, 9, 12, 16, 19, 23, 26	¥1,600
Mar.	1, 4, 8, 11, 15, 18, 25	¥1,400

Sunday Classes

* Class I

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

2:00 p.m. – 4:00 p.m. (120 minutes)

* Class II

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

9:30 a.m. – 11:30 a.m. (120 minutes)

Nov.	1, 8, 15, 22, 29	¥2,000
Dec.	6, 13, 20, 27	¥1,600
Jan.	10, 24, 31	¥1,200
Feb.	7, 14, 21, 28	¥1,600
Mar.	6, 13, 20	¥1,200

Nihongo Hiroba

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

- Sundays 1:00 p.m. – 3:00 p.m.
- Monday 9:15 a.m. – 10:15 a.m.
(intermediate level)
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



Short-Term Japanese Language Class

Sundays, Oct. 4 – Dec. 20

11:45 a.m. – 1:45 p.m.

Room 2A Nagaoka Civic Center 2nd Floor

An intensive short-term Japanese language class is being offered from Sunday, October 4th to Sunday, December 20th so that you can brush up your Japanese skills. International residents who have completed the Japanese Language Class II at the Civic Center or who have mastered a basic level of the Japanese language are recommended to join this intensive class.

Nov.	1, 8, 15, 22, 29	¥2,000
Dec.	6, 13, 20	¥1,200

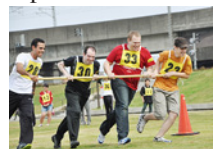


Recent Event

The 10th Annual International Athletic Meet

The Nagaoka City International Affairs Center, *Chikyû Hiroba*, held their annual athletic meet with international residents and Nagaokans on Saturday, October 10th. Many participants from 13 countries had a great time making the event very exciting. Blessed with balmy autumnal weather, approximately 77 participants in two teams competed against each other in a variety of games such as tossing bean-bags in baskets, a big ball passing race, a typhoon race, and many others.

The athletic meet will be organized again next year. We hope there will be more participants including returnees and those who missed this year's event. You are welcome to take a look at the snapshots of the athletic meet on display at *Chikyû Hiroba*.



Forthcoming Event

~A Relaxing World Tour to Laos~

Date: Saturday, November 21

1:00 p.m. – 2:30 p.m.

Limited to: 30 participants

Registration is required.

Application Deadline: Nov. 18 (Wed.)

A student from Laos will introduce Laotian traditions and culture in English.





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. – 11:30 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
- * **Artwork Workshop and Display** Nov. 12 (Thurs.) – 14 (Sat.)
- * **Toy Plaza** 10:00 a.m. – 12:00 p.m. Nov. 18 (Wed.)
- * **Child-Rearing Salon** 10:30 a.m. – 11:30 a.m. Nov. 18 (Wed.)
- * **Mini-Library** 11:00 a.m. – 12:00 p.m. Nov. 18 (Wed.) and Dec. 9 (Wed.)
- * **Happy Birthday Party** 10:45 a.m. – 11:15 a.m. Nov. 20 (Fri.)
- * **Mini-Lecture: Enjoy Rodi Yoga** 10:30 a.m. – 11:15 a.m. Nov. 22 (Sun.)
- * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. Nov. 26 (Thurs.) and Dec. 3 (Thurs.)
- * **Mini-Lecture: Baby Massage** 10:30 a.m. – 11:30 a.m. Nov. 27 (Fri.)
- * **Mini-Lecture: First Aid for Emergency** 10:30 a.m. – 12:00 p.m. Dec. 2 (Thurs.)
- * **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Dec. 4 (Fri.)
- * **Helpful Tips for Times of Disaster** 10:45 a.m. – 11:00 a.m. Dec. 7 (Mon.)
- * **Healthy Tea Time** 1:30 p.m. – 2:30 p.m. Dec. 10 (Thurs.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Nov. 25 (Wed.) Childcare Committee Chief
Dec. 9 (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** 11:00 a.m. – 11:15 a.m. Every Day
- * **Kamishibai (Large Picture-Card Story)** Nov. 17 (Tues.)
- * **Time for Chibikko Kids and Birthday Party** 11:00 a.m. – 11:15 a.m. Every Wednesday
Birthday Party: Nov. 25 (Wed.)
- * **Smiley Kids’ Day** 9:00 a.m. – 12:00 p.m. Every Friday
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Nov. 10 (Tues.), 17 (Tues.), and Dec. 1 (Tues.)
- * **Baby Food and Children Eating with Their Hands** **By: Nutritionist** 11:00 a.m. – 11:40 a.m. Nov. 12 (Thurs.)
- * **It’s Father’s Turn for Talking with Babies** 11:00 a.m. – 12:00 p.m. Nov. 14 (Sat.)
- * **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Nov. 16 (Mon.)
- * **Chat Time for Expecting Mothers** 2:00 p.m. – 3:00 p.m. Nov. 20 (Fri.)
- * **Let’s Play with Blocks** 11:00 a.m. – 12:00 p.m. Nov. 21 (Sat.)
- * **“Picture Storybook Therapy for Adults”** 10:30 a.m. – 12:30 p.m. Nov. 26 (Thurs.)
- * **Let’s Play to the Rhythms** 11:00 a.m. – 11:15 a.m. Nov. 30 (Mon.)
- * **Let’s Play with Grandmothers** 11:00 a.m. – 11:30 a.m. Dec. 7 (Mon.)
- * **Reading Picture Storybook and Playing Time (Ehon no Tobira)** 11:00 a.m. – 11:30 a.m. Dec. 8 (Tues.)
- * **Safety Tips in Case of an Emergency** 11:00 a.m. – 11:40 a.m. Dec. 10 (Thurs.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Nov. 19 (Thurs.) Experienced Mother
Dec. 3 (Thurs.) Child-Rearing Advisor
* **Temporary Day-Care for Preschool-Aged Children:** ¥300/hour

Child-Rearing Support Facilities



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)

- * **Story Telling Time and Mini-Concert** 10:45 a.m. – 11:15 a.m. Every Monday
- * **Lecture for Family: Protecting Your Children from Infectious Diseases in Fall and Winter** 10:30 a.m. – 11:30 a.m. Nov. 10 (Tues.)
- * **Making Wreathes with Sweet Potato Vines** 10:30 a.m. – 11:30 a.m. Nov. 12 (Thurs.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Nov. 12 (Thurs.), 26 (Thurs.), and Dec. 10 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys** 10:00 a.m. – 2:00 p.m. Nov. 13 (Fri.)
- * **Smiley Birthday Party** 10:45 a.m. – 11:15 a.m. Nov. 13 (Fri.)
- * **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. Nov. 15 (Sun.)
- * **Enjoy Drawing Picture** 2:00 p.m. – 3:00 p.m. Nov. 16 (Mon.)
- * **Mothers’ Chat Cafe** 10:30 a.m. – 11:30 a.m. Nov. 17 (Tues.) and Dec. 3 (Thurs.)
- * **Let’s Take a Walk** 10:30 a.m. – 11:30 a.m. Nov. 19 (Thurs.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m. Nov. 20 (Fri.) and 27 (Fri.)
- * **Let’s Play at the Kids’ Land** 10:30 a.m. – 11:30 a.m. Nov. 24 (Tues.)
- * **Enjoy Picture Storybook** 10:30 a.m. – 11:00 a.m. Dec. 1 (Tues.)
- * **Playing Games from the Old Days** 10:30 a.m. – 11:30 a.m. Dec. 5 (Sat.)
- * **Lecture for Parents: Ideal Communication Tips** 10:30 a.m. – 11:00 a.m. Dec. 10 (Thurs.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Nov. 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.
Tuesdays, Wednesdays, Fridays, and Saturdays

- * **Suku Suku Tea Time** 11:00 a.m. – 11:30 a.m. Nov. 6 (Fri.), 17 (Tues.), and Dec. 4 (Fri.)
- * **Wampaku Plaza** 9:30 a.m. – 11:30 a.m. Nov. 17 (Tues.)
- * **Baby Massage** 1:30 p.m. – 2:30 p.m. Nov. 18 (Wed.)
- * **Birthday Party** 11:00 p.m. – 11:30 p.m. Nov. 25 (Wed.)
- * **Let’s Play in the Temari Hall** 10:30 a.m. – 11:30 a.m. Nov. 27 (Fri.)
- * **Fuwa Fuwa Plaza** 10:00 a.m. – 11:30 a.m. Dec. 2 (Wed.)
- * **Nakayoshi Plaza** 9:30 a.m. – 11:30 a.m. Dec. 4 (Fri.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Nov. 20 (Fri.) Nutritionist
Dec. 2 (Wed.) Maternity Nurse

Seasonal Events

The Tenkomorigô Sightseeing Bus Service

~ You can tour the city's sightseeing spots on the Tenkomorigô ~

The Tenkomorigô sightseeing bus is making round trips from Nagaoka Station to the city's various sightseeing spots on Saturdays, Sundays, and holidays until November 23rd.



Round Trip Course:

- ① Yomogihira Onsen – Nagaoka Station Ôte (West-Side) Exit – Hasegawa Mansion – Momijien (Maple Garden in Koshiji) – Shôraikaku – Asahi Shuzô (Sake Brewery) – Nagaoka Station Ôte (West-Side) Exit
- ② Nagaoka Station Ôte (West-Side) Exit – Asahi Shuzô (Sake Brewery) – Momijien (Maple Garden in Koshiji) – Hasegawa Mansion – Asahi Shuzô – Momijien (Maple Garden in Koshiji) – Yomogihira Onsen – Nagaoka Station Ôte (West-Side) Exit
- ③ Nagaoka Station Ôte (West-Side) Exit – Momijien (Maple Garden in Koshiji) – Nagaoka Station Ôte (West-Side) Exit

The bus will leave Nagaoka Station, Ôte Exit terminal, at 9:50 a.m., 1:25 p.m., and 5:30 p.m.

The morning route and afternoon route will be reversed.

Tickets: ¥500 for junior high school students and above
¥200 for elementary school children
Free for pre-school aged children
(admission to the facilities not included)



Ticket Outlets: Echigo Kôtsû Co. Information Desk
Nagaoka Station Ôte (West-Side) Exit
Phone: 0258-32-2809

For further information: Kankô Kikaku Ka
(Tourism Planning Division)
Phone: 0258-39-2344

Website: <http://www.city.nagaoka.niigata.jp/kankou/tenkomori.html>

Echigo Nagaoka Treasure Hunting Tour

Nov. 21 (Sat.) 8:30 a.m. – 4:30 p.m.

Meet at:

- Saiwai Plaza in Saiwai-chô
- Aôre Nagaoka

Ôte Street – Suidô Park – Asahiyama Hotaruan (restaurant)
– Hasegawa Mansion – Momijien (Maple Garden)

Fee: ¥1,500 (includes lunch)

Registration: By Nov. 16 (Mon.)

For further information: Chiiki Shinkô Senryakubu
(Regional Promotion Strategy Department)

Phone: 0258-39-2260

“Nozoki Karakuri” Show

Nov. 28 (Sat.) 11:00 a.m. – 12:30 p.m.

1:30 p.m. – 3:00 p.m.

Orinasu-Temari Hall

Tochio Industrial Interaction Center

The show with live narration features one of the two most important folk-cultural assets of this kind in Japan.

Information: 0258-52-2020

Website:

<http://www.shiteikanrisha.jp/tochio-bunka/sub7.html>



Cooking Class for Osechi Ryôri Special Dishes for the New Year Holidays

Aguratte Nagaoka, Suyoshi-machi

(Hometown Experience Agricultural Center)

Dec. 12 (Sat.) 10:00 a.m. – 12:00 p.m.

Dec. 16 (Wed.) 10:00 a.m. – 12:00 p.m.

Fee: ¥1,500

Information: 0258-34-5360

Website:

<http://www.business1.jp/aglatte/pc/index.html>



The 2015 Echigo Nagaoka Japanese Wadaiko Drumming Festival

Dec. 12 (Sat.) 12:00 p.m. ~

Arena and Nakadoma

City Hall Plaza – Aôre Nagaoka Arena

Drumming will be performed by over 400 drummers from the city's 16~17 teams. The annual event is one of the most exciting taiko drumming festivals in Nagaoka, being performed by many drummers from various age groups such as nursery school children, elementary school children, junior and senior high school students, and grownups. Come and enjoy the powerful sounds of Japanese drums. There will be various booths serving dishes prepared with local ingredients.

Admission: Free

Information: 0258-39-2260

Website:

<http://www.city.nagaoka.niigata.jp/shisei/cate08/wadaiko-fes/>



Aôre Nagaoka in Anime!

The image of City Hall Plaza – Aôre Nagaoka is being shown in the opening scene of all 12 episodes of an animation program entitled “Gatchaman Crowds insight.”

Website: <http://locanavi.jp/>



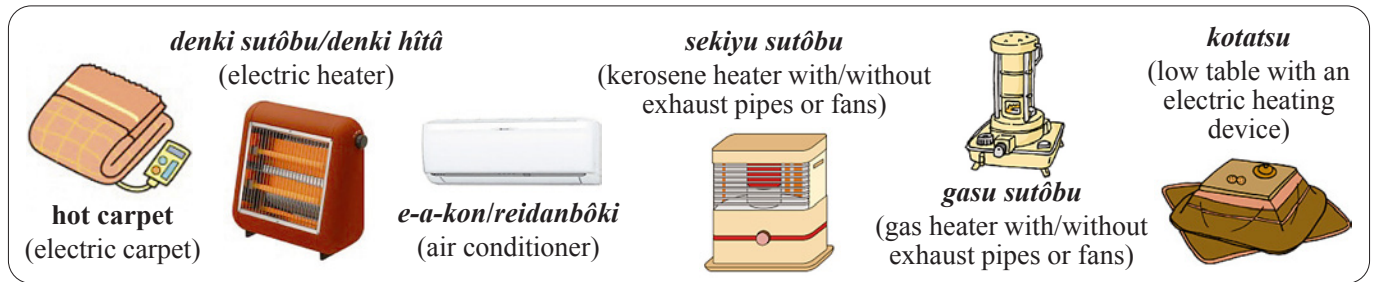
Sending Out Our Thoughts to the World Fireworks in Memory of War Victims and for the Pursuit of World Peace Tuesday, December 8th 7:30 p.m.

In order to express our wishes to convert all the bombs of the world to fireworks, fireworks including three shots of White Chrysanthemums fireworks will be launched at the riverbank of the Shinano on the day the Pacific War between Japan and the U.S.A. broke out in 1941.



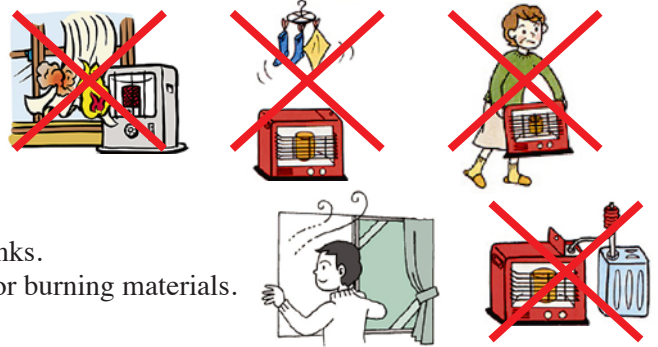
Safety Tips on How to Use Space Heaters

Most Japanese houses are not centrally heated. Space heaters and room air conditioners are widely used. Typical heating devices usually used in Japanese houses are:



If your heater is not equipped with a pipe for exhaust fumes, please be sure to ventilate your room. You are likely to feel sick or dizzy and even become unconscious if you stay too long in a room filled with carbon monoxide caused by imperfect combustion. Check and maintain the safety of space heaters before using them.

- * Do not use space heaters near flammable items.
- * Do not place heaters near doors or curtains.
- * Do not dry your laundry using space heaters.
- * Do not hang your laundry over space heaters.
- * Do not move space heaters while they are on.
- * Keep a proper distance between you and space heaters.
- * Be sure to ventilate your room.
- * Turn off kerosene heaters when refilling their kerosene tanks.
- * Fill kerosene tanks in a safe place away from any flames or burning materials.
- * Turn off space heaters before you go to bed.



Warnings against Traffic Accidents ~ Drive Carefully! ~

There have been an increasing number of serious and fatal traffic accidents happening in the area under the Nagaoka Police Jurisdiction.

Drivers are advised to drive carefully by keeping the following tips in mind:

- Pay due attention to your forward view and try to anticipate any possible hazards including bicycle riders or pedestrians.
- Be sure to make a complete stop at a stop sign and check the surrounding area.
- Keep a safe distance between your car and the car in front.
- Turn your lights on early at dusk.
- Drive carefully at night even if traffic is not so heavy.
- All drivers and passengers are required by law to wear seat belts. Child seats should also be properly installed.

Pedestrians are advised to walk carefully by keeping the following tips in mind:

- Pay due attention to the left and the right when crossing a street.
- Try to avoid going out in the dark.
- Wear bright clothes or reflectors when going out at night.

Penalties for Illegal Bicycle Riding

Bicycles are considered to be light vehicles by the Road Traffic Law. Violators will be punished. Intoxicated riders will receive a sentence of a maximum of five years in prison or maximum fine of 1 million yen. There is a maximum penalty of ¥50,000 for riding at night with no lights. There is also a maximum penalty of ¥50,000 for riding while using a cell phone, smartphone, or headphones. You are always encouraged to ride safely by following the traffic rules.



Major Emergency Medical Facilities

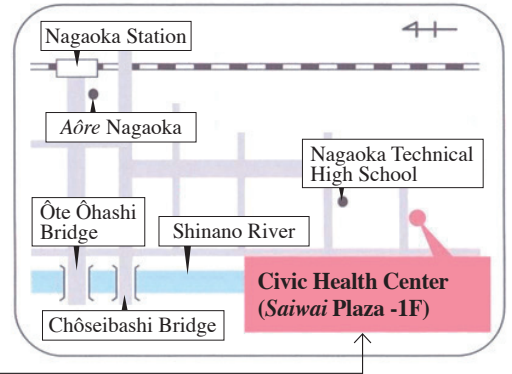
Major General Hospitals

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)	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.
	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.	Pediatrics (<i>Shônika</i>)
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.

Can You Come up with a Good Name?

The new high-rise building being constructed in the Ôtedôri Omote-machi West Area needs a good name. The complex will function as both the headquarters for social welfare programs and a nursing home.



An artist’s conceptual drawing of the complex

Prize:

A ¥30,000-Gift Coupon

How to Apply: Pick up a postcard at the Citizens’ Information Lounge, East Wing, City Hall Plaza – Aôre Nagaoka, fill it out with the necessary information, and put it into the application box set up at the lounge. If you need any language assistance, please contact the staff at *Chikyû Hiroba* in the Nagaoka Civic Center. (see p. 4)

Papa Can Do a Good Job

“Papa Mama Circle”

(A Club for Expecting Parents)

This program offers opportunities for expecting parents to learn about childbirth, child-rearing, and how to bathe a baby.

Dec. 12 (Sat.) 10:00 a.m. – 12:00 p.m.

Saiwai Plaza

Participants: 35 couples
(on a first-come, first-served basis)

Registration: Nov. 12 (Thurs.) ~

For further information:

Kodomo Katei Ka

(Child and Family Affairs Division)

Phone: 0258-39-2300



Nagaoka’s Shining Stars

~Preserving and Creating Nagaoka’s Treasures~

Mr. Seiji Miyakawa of the Teradomari District

Representing the Association to Grow *Tsuwabuki* (Japanese silver leaf)

In fall, *Tsuwabuki* grows in colonies along the Historic Path in the Teradomari District. The path is dotted with various historic sites such as *Shûkan En* Historic Park (the former site of a wealthy family) and *Mitsuzôin* of *Shômyôji* Temple (the Buddhist monk *Ryôkan*’s former temporary lodging.)

Mr. Miyakawa: The sight of “*tsuwabuki*

slope” completely covered with yellow *tsuwabuki* is breathtaking. Visitors can also look down on the ocean from this slope. We try to maintain this slope by weeding, setting up signs, and decorating the walls along the slope with pictures of *tsuwabuki* for visitors who come here out of season.



Tsuwabuki



Shûkan En Historic Park