



Vol. 320
January
2018

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
2-2-6 Ote 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



“This Year Marks the 400th Anniversary of the Establishment of Nagaoka!”

Population and Households
As of December 1st, 2017
(compared to the previous month)

273,443 (-132)	133,501 (-68)	139,942 (-64)	106,670 (+18)

Major Features:	
Mayor Isoda’s Message for the New Year -----	2
The 76 th National Pearl Harbor Remembrance Day Commemoration --	2
The 400 th Anniversary of the Establishment of Nagaoka -----	3
The 15 th Cross-Cultural Get-Together -----	6
A Guide for Ski Areas -----	7
Major Emergency Medical Facilities -----	8



Mayor
Tatsunobu Isoda

Mayor Isoda's Message for the New Year

Nagaoka Will Step into the Future by Nurturing Human Resources and Revitalizing the City

Happy New Year to you all! The year 2018 celebrates the 400th anniversary of the establishment of Nagaoka. I look back on the history of our city, at the beginning of the new year, and I have come to feel that this year will present us with various opportunities to take pride in and feel happy about living in Nagaoka.

Our Intention to Nurture Human Resources for the Future of Nagaoka

New technologies such as artificial intelligence (AI) are bringing about great changes to Japan and the world. No one can predict what kind of society we will become in the future. Thinking back on Nagaoka's 400-year-old history, I came to realize that the Spirit of One Hundred Sacks of Rice, the teaching of "education first," is the most important agenda for our city.

How Will Technological Innovation Lead Us to the Future?

The goal of Nagaoka-based innovation is to develop a more comfortable living environment, to strengthen Nagaoka's industries and businesses, and to create various attractive job opportunities for young people. By making the best

use of conventional as well as innovative thinking, ideas, and technologies, our mission is to nurture human resources who will play leading roles in a new era blessed with science and technology that are steadily making innovative progress.

We will provide the children, youth, and adults of the city with many opportunities in which they can continue to learn innovative ideas and experience a variety of programs to promote our mission. These programs are named, for instance, Nagaoka Job Experience Land, Programming Learning, and Robot Contest Classroom.

A New Step Starting with the Spirit of One Hundred Sacks of Rice

The academia of Nagaoka, including three universities and one national college of technology, expressed their support to promote Nagaoka-based technological innovation, which will become a vital engine for the further development of the city. Now is the time for us to implement once again Nagaoka's traditional teaching of the Spirit of One Hundred Sacks of Rice and come together to honor and respect this great education-first philosophy for the next 100 years.



Nagaoka Job Experience Land for children and their parents (November 26)



AI Programming Class for junior/senior high school students (October 21 and 22)



Representatives from the academia proposing an innovative idea to the city (November 13)



Robot Contest for elementary school children (September 9)

An Official Nagaoka Delegation Attended the 76th National Pearl Harbor Remembrance Day Commemoration



On December 7th (8th in Japan), a commemoration was held to honor the fallen of the 1941 Pearl Harbor attack. The City of Nagaoka was the only municipality from Japan invited to attend the ceremony. The Cities of Nagaoka and Honolulu have continued to promote various peace-oriented exchange programs since 2007. In 2012, our cities united as sister cities.

The delegation led by Mayor Tatsunobu Isoda consisted of 20 members including seven high school students and four college students.

The official delegation also visited a trash-utilizing power generation facility, the largest in the State of Hawaii, and considered the possibilities for establishing a new area of exchanges such as industrial exchange.

At the University of Hawaii, the student delegation had a discussion with students there and deepened their understanding about the pursuit of peace through sharing their respective histories, traditions, culture, and community affairs.



Let's Celebrate the 400th Anniversary of the Establishment of Nagaoka

The year 2018 marks the 400th year since the Makino Clan was appointed Lords of Nagaoka by the Tokugawa Shogunate Military Government in 1618. Under the reign of 13 generations of Makinos, old Nagaoka flourished as a castle town for 250 years up until 1868, followed by the

establishment of the modern municipality after the Meiji restoration. Under the promotional phrase “For the Next 100 Years and the New Spirit of One Hundred Sacks of Rice,” there have been a variety of programs and events for everyone to take part in to celebrate the anniversary.



A group named “BAS Nagaoka” is creating a game to explore the history of Nagaoka. (November 12)



Commemoration goods such as calendars, Japanese sake, T-shirts, etc. are available.



Children performed taiko drumming at an event to introduce the Makinos' traditional culture. (October 9)



A group of volunteers are trying to create a new cherry blossom viewing site by planting 3,000 cherry trees in the Snow Country Botanical Gardens.



Mr. Tadamasa Makino, who is the 17th generation of the Makinos and an advisor of the Organizing Committee for the 400th Anniversary, let us interview him. He stressed that the 400th anniversary can help us create an environment in which future generations can endeavor to reach their own lifetime goals.



At the One Hundred Sacks of Rice Festival, youth from the city's 11 districts played the roles of the successive lords of Nagaoka Han (a han is a feudal domain.) Mr. Tadamasa Makino, the 17th Makino, is in the front row center. (October 7)

Current Topics in Nagaoka



Mr. Carlos Almada, Ambassador of the United States of Mexico to Japan, visited the Nagaoka City Central Library and enjoyed the special exhibit introducing the poet Daigaku Horiguchi and Kumaichi Horiguchi (a diplomat and Daigaku's father). While Kumaichi Horiguchi was stationed in Mexico, a coup d'état broke out in 1913. Envoy Horiguchi gave refuge to the president of Mexico and his family in the Japanese legation. In appreciation of Horiguchi's generous care for the then Mexican President, Ambassador Almada took this opportunity to visit Nagaoka, the hometown of the Horiguchi Family. (December 10)



Students from 14 junior high schools in the city joined a cultural festival entitled “Nagaoka Yume (Dream) Festa.” Showing their great enthusiasm, the students performed dramas, played wind instruments, and beat taiko drums. They also exhibited art works and haikus. (November 25)



The Nagaoka Delicious Rice Contest was held to promote rice farmers' agricultural technology. The 10 judges (including “rice masters”) chose the best rice out of 315 entries. (November 23)



Yamatoya, a traditional Japanese confectionery and attached residential quarters will be registered as a national government tangible cultural property. The complex was built in 1947, representing a typical Japanese merchant house. Yamatoya is well-known for its sugar cake named *Koshi no Yuki* (snow in Koshi, old Nagaoka), which is delicately soft, smooth, and sweet. The city currently has 34 registered tangible cultural properties including this Yamatoya complex. (November 17)

The Nagaoka Civic Center

2-2-6 Ote 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 (*Chikyū 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 Kōza

The 2nd term of classes for the 2017 fiscal year is being offered from October 2017 to March 2018. A free trial lesson is offered. Please call ahead.

Weekday Classes (Tuesdays & Fridays)

* Class II

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

* Class I

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

Jan.	5, 9, 12, 16, 19, 23, 26, 30	¥1,600
Feb.	2, 6, 9, 13, 16, 20, 23, 27	¥1,600
March	2, 6, 9, 13, 16, 20, 23, 27	¥1,600



Sunday Classes

* Class II (Lesson 13 – Lesson 25 of *Minna no Nihongo*)
9:30 a.m. – 11:30 a.m. (120 minutes)

* Class I (Lesson 1 – Lesson 12 of *Minna no Nihongo*)
2:00 p.m. – 4:00 p.m. (120 minutes)

Jan.	7, 14, 21, 28	¥1,600
Feb.	4, 11, 18, 25	¥1,600
March	4, 11, 18	¥1,200

Short-Term Japanese Language Class

Sundays, Oct. 1 – Jan. 28 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, Oct. 1st to Sunday, Jan. 28th so that you can brush up on 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.

Jan.	7, 14, 21, 28	¥1,600
------	---------------	--------



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.
- Mondays 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.



A Hands-on Experience of *Kakizome*

Kakizome, the first calligraphic writing of the new year, is usually held in Japan during the New Year's Holidays. We hope many international residents enjoy trying *kakizome*, a traditional Japanese way of practicing calligraphy for the new year at *Chikyū Hiroba*. You can express your new year resolutions or wishes in calligraphy with a *fude* brush and *sumi* India ink. Your works of calligraphy will be on display at *Chikyū Hiroba*.

Kakizome: Jan. 7 (Sun.) – 16 (Tues.)
Display: Jan. 8 (Mon.) – 17 (Wed.)



Multilingual Broadcast on FM Nagaoka (80.7 MHz)

The Nagaoka City International Affairs Center, *Chikyū Hiroba*, provides a multilingual broadcast on FM Nagaoka at 80.7 MHz. Some useful information on daily living and seasonal events in Nagaoka is provided for international residents in Chinese, English, and easy Japanese. International residents are also invited to talk about their impressions of Japan and the traditions and culture of their countries. Enjoy listening to interesting talks presented by international residents living in Nagaoka.

Chinese and Easy Japanese: 6:30 p.m. – 7:00 p.m.
1st and 3rd Wednesdays
English and Easy Japanese: 6:30 p.m. – 7:00 p.m.
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)

- * **Fureai Time** 10:30 a.m. – 10:45 a.m. Every Day
- * **Picture Storybook Reading Time**
3:00 p.m. – 3:15 p.m. Every Day
- * **“Spot Time”** 10:30 a.m. – 11:00 a.m. Every Monday
 - Happy Birthday Party** Jan. 15 (Mon.)
 - Helpful Tips for Times of Disaster** Jan. 22 (Mon.)
 - Let’s Sing Nursery Rhymes** Jan. 29 (Mon.)
- * **Mini-Library** 10:45 a.m. – 11:45 a.m. Jan. 10 (Wed.)
- * **Handicraft Cafe** 10:00 a.m. – 11:30 a.m. Jan. 18 (Thurs.)
- * **Cooking Time: Ninamasu (Niigata’s traditional dish)**
11:00 a.m. – 11:30 a.m. Jan. 26 (Fri.)
- * **Lecture for Parents:**
Parents’ Magic Words for Children’s Self-Awareness
10:30 a.m. – 12:00 p.m. Jan. 28 (Sun.)
- * **Bean-Throwing Time to Drive Away Evil Spirits (Mamemaki)**
10:30 a.m. – 11:00 a.m. Feb. 1 (Thurs.)
- * **Mothers’ Chat Cafe**
11:00 a.m. – 12:00 p.m. Feb. 2 (Fri.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 Jan. 24 (Wed.) Childcare Committee Chief

Kids’ Plaza (Chibikko Hiroba)

Phoenix Ote West 2nd Floor and 3rd Floor 2-5 Ote 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) Jan. 31 (Wed.)
- * **How to Use Multimedia Properly with Children**
11:00 a.m. – 11:40 a.m. Jan. 11 (Thurs.)
- * **Smiley Kids’ Day: Playing with Newspaper**
10:00 a.m. – 12:00 p.m. Jan. 12 (Fri.), 19 (Fri.), and 26 (Fri.)
- * **It’s Dad’s Turn for Talking with Babies**
11:00 a.m. – 12:00 p.m. Jan. 13 (Sat.)
- * **Mothers’ Chat Cafe**
11:00 a.m. – 12:00 p.m. Jan. 15 (Mon.)
- * **Enjoy Playing to the Rhythm**
11:00 a.m. – 11:15 a.m. Jan. 17 (Wed.)
- * **Let’s Play with Grandmothers**
11:00 a.m. – 11:30 a.m. Jan. 18 (Thurs.)
- * **Let’s Play with Blocks**
11:00 a.m. – 12:00 p.m. Jan. 20 (Sat.)
- * **Making Your Own Picture Storybook (Ehon no Tane)**
11:00 a.m. – 11:30 a.m. Jan. 21 (Sun.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m. Jan. 22 (Mon.) and 29 (Mon.)
Birthday Party: Jan. 29 (Mon.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Jan. 23 (Tues.)
- * **How to Prevent Cavities in Children**
11:00 a.m. – 11:40 a.m. Jan. 25 (Thurs.)
- * **Chatting Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. Jan. 26 (Fri.)
- * **Bean-Throwing Time to Drive Away Evil Spirits (Mamemaki)**
11:00 a.m. – 11:30 a.m. Feb. 2 (Fri.)



Temporary Day-Care for Preschool-Aged Children: ¥300/hour

January

Kosodate no Eki, Senshu (Teku Teku)

1-99-6 Senshu 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)

- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.
Jan. 5 (Fri.), 12 (Fri.), and 26 (Fri.)
- * **Let’s Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Jan. 8 (Mon.)
- * **Mothers’ Chat Cafe**
10:30 a.m. – 11:30 a.m. Jan. 9 (Tues.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Jan. 11 (Thurs.) and 25 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Jan. 12 (Fri.)
- * **Let’s Enjoy Singing Together** 10:45 a.m. – 11:15 a.m.
Jan. 15 (Mon.), 22 (Mon.), and 29 (Mon.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Jan. 19 (Fri.)
- * **Toy Box Sunday**
10:45 a.m. – 11:45 a.m. Jan. 21 (Sun.)
- * **A Kingdom for Snow Country Kids**
10:30 a.m. – 3:00 p.m. Jan. 28 (Sun.)
- * **Playing in the Snow**
10:30 a.m. – 11:30 a.m. Jan. 30 (Tues.)
- * **Bean-Throwing Time to Drive Away Evil Spirits (Mamemaki)**
10:30 a.m. – 11:00 a.m. Feb. 2 (Fri.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 Jan. 16 (Tues.) Child-Rearing Adviser

Temporary Day-Care for Preschool-Aged Children: ¥300/hour

Kosodate no Eki, Tochio (Suku Suku)

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

- * **Making Mayudama (cocoon-shaped rice cakes for New Year’s decorations) and Pounding Rice Cake**
10:30 a.m. – 11:30 a.m. Jan. 12 (Fri.)
- * **Suku Suku Tea Time** 11:00 a.m. – 11:30 a.m.
Jan. 12 (Fri.), 24 (Wed.), and Feb. 2 (Fri.)
- * **Let’s Cook Nina and Zenmaini (regional vegetable dish)**
10:30 a.m. – 11:30 a.m. Jan. 17 (Wed.)
- * **Let’s Make Demon’s Masks**
11:00 a.m. – 11:30 a.m. Jan. 23 (Tues.)
- * **Let’s Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. Jan. 26 (Fri.) and Feb. 13 (Tues.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Jan. 31 (Wed.)
- * **Bean-Throwing Time to Drive Away Evil Spirits (Mamemaki)**
10:30 a.m. – 11:30 a.m. Feb. 2 (Fri.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 Jan. 10 (Wed.) Maternity Nurse
 Jan. 19 (Fri.) Public Health Nurse



The 15th Cross-Cultural Get-Together for Nagaokans and International Residents

Saturday, February 17 7:00 p.m. – 9:00 p.m

Venue: Hotel New Otani Nagaoka

You can enjoy taking part in fun and interesting programs such as:

- Performance Show
- Tasting cuisine from Nagaoka's sister cities including, Hawaiian, German, Swiss, and Texan dishes
- Raffles



Admission:

- ¥1,000 for international residents
- ¥500 for international students
- ¥2,500 for adult members
- ¥1,000 for student members
- ¥5,000 for adult visitors
- ¥3,000 for student visitors
- You can register for annual membership (¥1,500/students and ¥2,000/adults) at the door.

Registration: By Feb. 9 (Fri.)

Nagaoka International Exchange Association 1st Floor, Nagaoka Civic Center on Ote Street

Phone: 0258-39-2207 Fax: 0258-39-2280 E-mail: intlexchange@city.nagaoka.lg.jp



Local Snow Festivals and Seasonal Events



Tochio Yūsetsu Matsuri (Playing with the Snow Festival)

Feb. 3 (Sat.) 5:00 p.m. – 9:00 p.m.

Feb. 4 (Sun.) 10:00 a.m. – 3:00 p.m.

Michi no Eki (Roadside Station) R290 Tochio

- Candle Lights in the Snow
- Fireworks: Feb. 3 (Sat.) 8:00 p.m.
- Sled Race

For further information:

Tochio Tourism Association

Phone: 0258-51-1195

<http://tochiokankou.jp/matsuri/yuusetsu.html>



Snow Festival in Koshiji

Feb. 10 (Sat.) 9:30 a.m. – 2:00 p.m.

Narude Sport Park

- Snow Sculpture Competition 9:30 a.m. – 2:00 p.m.
- Stage Show
- Mini-Concert
- Stalls serving food with locally grown ingredients

Application: By Jan. 12 (Fri.)

For further information: Koshiji Branch Office

Phone: 0258-92-5903

<http://www.city.nagaoka.niigata.jp/kankou/event/kosiji-snow.html>



“White Season”

Jan. 2 (Tues.) – March 4 (Sun.)

Echigo Kyūryō Kōen (Hillside Park)

9:30 a.m. – 4:30 p.m.

Closed: Mondays (Open on Monday if it is a national holiday)

Skiing, Sledding, SnowBoarding, and Snowshoe course

Admission and Parking: Free until the end of March

Rope Lift: Free on Saturdays, Sundays, and Holidays 10:00 a.m. – 4:00 p.m.

For further information: Echigo Hillside Park Management Center Phone: 0258-47-8001

<http://echigo-park.jp/event/news/1374.html>



Snow-Removal Operations

Your kind understanding and cooperation are most appreciated.



- Snow-removal operations on roads are conducted in the daytime, the middle of the night, and early in the morning. Some noise is expected when removal operations are carried out.



- Please drive slowly and carefully when driving behind snowplows.



- Vehicles parked on roads make it difficult for snow-removal operations. Please do not park your vehicles on roads.



- It is appreciated if you remove snow from pedestrian crossings.



- Please do not dump snow on roads.



- Lumps of snow left by snowplows in front of houses should be removed by each household.



A Guide for Ski Areas (Ski Jô)



(depending on snow conditions)

(1) Nagaoka Shiei (Municipal) Ski Jô

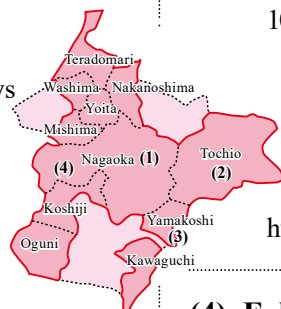
3300 Suyoshi (Phone: 0258-34-2225)
Open: Dec. 23 (Sat./holiday) – Mar. 4 (Sun.)
(except for Feb. 19 (Mon.) – 23 (Fri.),
Feb. 26 (Mon.) – Mar. 2 (Fri.))
Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.
Ski Rentals are available.

• Snowboard Classes:

Jan. 20 (Sat.) and 27 (Sat.)
10:00 a.m. – 12:00 p.m.
Fee: ¥4,000
(including snowboard rental fee, chair-lift)
Registration: Jan. 5 (Fri.) – Jan. 12 (Fri.)

• Ski Classes

Saturdays, Sundays, and National Holidays
Hours and Fees:
10:00 a.m. – 12:00 p.m. ¥2,500
1:30 p.m. – 3:30 p.m. ¥2,500
<http://www.shiei-ski.com/ski/>



(2) Tochio Family Ski Jô

6044 Tochio, Tochio (Phone: 0120-33-0773)
Open: Every Day
Hours for Chair Lift: 9:00 a.m. – 5:00 p.m.
9:00 a.m. – 9:00 p.m.
(Fridays and Saturdays)

• Ski Classes for Beginners:

Sundays (Jan. 14 – March 4)
10:30 a.m. – 12:00 p.m. ¥1,500
2:00 p.m. – 3:30 p.m. ¥1,500

• Civic Ski Classes (elementary school children):

Jan. 27 (Sat.) and 28 (Sun.)
10:00 a.m. – 3:30 p.m. ¥1,000

¥1,000 for one day

¥1,500 for two days

Registration: From Jan. 5 (Fri.)

For further information: Tochio Taiikukan
Phone: 0258-52-5571



<http://www.tochio.net/ski/>

(3) Koshi Kôgen Ski Jô

910 Takezawa, Yamakoshi
(Phone: 0258-59-3500)
Open: Wednesdays, Thursdays, Fridays,
Saturdays, Sundays, and National Holidays
Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.
9:00 a.m. – 9:00 p.m.
(Wednesdays, Fridays, and Saturdays)



(4) Echigo Kyûryô Kôen (Hillside Park)

1921-2 Nakayama, Higashikata-machi, Miyamoto
Phone: 0258-47-8001
Open: Jan. 2 (Sat.) – Mar. 5 (Sun.)
Hours for Rope Lift: 9:00 a.m. – 5:00 p.m.
Free on Saturdays, Sundays, and National Holidays
<http://echigo-park.jp/event/news/1374.html>



Setsubun, the Bean-Throwing Ceremony

Saturday, February 3 5:00 p.m. and 8:00 p.m.



Setsubun is held throughout Japan on February 3rd. It is known as a day to drive away evil spirits and wish for everyone's happiness and good health. As roasted soybeans (or sometimes peanut shells) are thrown, good luck is invited in and bad luck is driven away by shouting, "Oni wa soto, fuku wa uchi (Evil out, good luck in)."

Bean-throwing ceremonies (*mamemaki*) are held at homes, shrines, and temples. Senzoin (千蔵院) Temple in Nagaoka City invites you to its bean-throwing ceremony.
Senzoin: 1-chome, Kashiwa-cho (Phone: 0258-33-1962)

Seijin Shiki (Coming-of-Age Day Celebration)



On May 3rd (Thurs./Holiday), August 14th (Tues.), and August 15th (Wed.) in the city's districts, annual Coming-of-Age Day celebrations will be held for those who were born between April 2nd, 1997 and April 1st, 1998. Detailed information will be given in the April and August issues of the City Newsletter. A letter of invitation will be sent to eligible people.

For further information:

Seishonen Ikusei Ka

(Youth Education and Guidance Division)

Phone: 0258-39-2393



Districts	Dates
Nagaoka, Koshiji, Oguni, Tochio, and Kawaguchi	May 3 (Thurs./Holiday)
Yamakoshi	August 14 (Tues.)
Nakanoshima, Mishima, Washima, Teradomari, and Yoita	August 15 (Wed.)

Major Emergency Medical Facilities

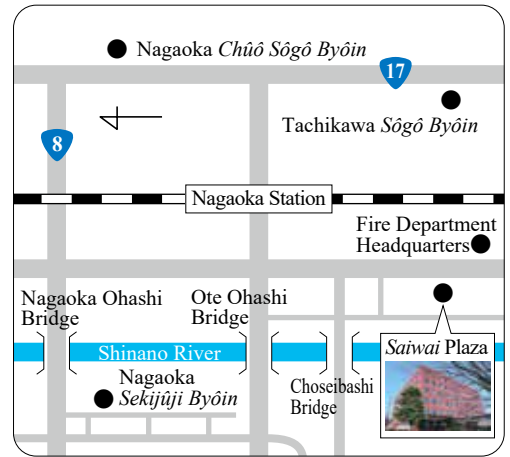


Major General Hospitals

- 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) 0258-39-7508

Information about clinics in charge of specific Sundays or holidays:

- Clinic for Sundays, Holidays, and Nights (Phone: 0258-37-1199) (in Saiwai Plaza)
- Nagaoka Medical Society (Phone: 0258-22-5600)
- Nagaoka Fire Department Headquarters (Phone: 0258-36-0119)



Civic Health Center (Saiwai Plaza - 1F)

Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199) For obstetric and gynecology (<i>san fujin ka</i>), the staff at this facility will give information about clinics in charge of specific Sundays or holidays.	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.
Chuetsu Center for Children’s Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday – Friday) 6:45 p.m. – 9:30 p.m.

Warnings against Norovirus

Norovirus is a contagious virus that causes inflammation in your stomach and intestines. Winter is the season in which many people are affected by Norovirus. The virus enters your digestive system through your mouth via your fingers, hands, or virus-contaminated food. You may be affected by eating Norovirus-contaminated food or coming into contact with the vomit of infected patients.

Some Helpful Tips to Prevent Norovirus Infection:

- Wash your hands thoroughly with soap before eating and after using the bathroom.
- Cook oysters and other shellfish thoroughly before eating them. Norovirus can be destroyed at a temperature of 85 degrees Celsius for at least one minute.
- Different cooking utensils should be used for each ingredient and they should be cleaned and disinfected after each use. Do not use the same utensils for raw seafood and raw vegetables.
- If you have any symptoms of gastroenteritis, make sure to refrain from touching food directly.
- Please dispose of vomit carefully in order to avoid spreading the virus.



Telephone Consultation Service for Overseas Workers



Languages	Days ^{*1}	Hours	Phone Numbers ^{*2}
English	Mon.– Fri.	10:00 a.m. – 12:00 p.m. 1:00 p.m. – 3:00 p.m.	0570-001701
Chinese			0570-001702
Portuguese			0570-001703
Spanish	Tues., Thurs., & Fri.		0570-001704
Tagalog	Tues. & Wed.		0570-001705
Vietnamese	Wed. & Fri.		0570-001706

^{*1} Except for national holidays and December 28 – January 3
^{*2} Callers will be responsible for applicable telephone charges.

Human Rights Bureau, Ministry of Justice Multilingual Human Rights Hotline

This telephone consultation service is available in different languages including Chinese, English, Korean, Filipino, Portuguese, and Vietnamese. If you have any difficulties due to cultural differences, we recommend you use this telephone consultation service. Please dial 0570-090911 on weekdays from 9:00 a.m. to 5:00 p.m. Call rates to the call center will be charged. Internet consultation service is also available in Chinese and English.