

Koho Tokai 10 November, 2014

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1. Medical Services on Weekends in November

Hours: 9:30a.m.- 2:00p.m., except noon-1:00p.m.(Hours are available for all locations.)

Sun. 16: Tokai Village Hospital, ph. 029-282-2188

Sun. 23: Ishii Orthopedics (Seikeigeka) Clinic ph. 029-270-5141

Mon. 24: Tokai Clinic, ph. 029-283-1711

Sun. 30: Ibarakihigashi National Hospital, ph. 029-282-1151

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center, ph. 029-241-4199

Ibaraki Children's Resource Line, ph. #8000 (touch-tone phones and mobile phones) or 029-254-9900: everyday 6:30p.m.-00:30a.m., Sundays, public holidays, Monday 29 December, 2014- Saturday 3 January, 2015 9:00 a.m.- 5:00 p.m.

2. Extension of Administrative Service Time

Date: Every 1st and 3rd Thursday

Time: 8:30a.m.-7:00p.m.

Services and Sections:

Civil Registration Section; Resident registration, seal (hanko) registration, passport

issuance, and publishing of other certifications and permissions.

National Health Insurance and Pension Section; Procedures of national health insurance and national pension plan, issuance of Mother and Child Health Handbook (boshi kenko techo)

Social Welfare Section; Procedures for day-care center, application of children allowance and child-rearing

Welfare and Nursing Care Section; Application of long-term care insurance and support of the elderly.

Accounting Section; Payment of tax(except national tax, prefectural tax and national pension premiums) and royalties.

Tax Section; Issuance of certifications, (local) taxpayer assistance (needs reservation)

Waterworks Section; Procedures to supply public water, payment of water and sewage bills.

For more information visit: <http://www.vill.tokai.ibaraki.jp/>

3. 20th Tokai I-MOno Matsuri(Festival)

Tokai I-MOno Matsuri features food and events related to the sweet potato, a local specialty.

Date: Sun. 23 Nov.

Time: 8:45a.m.- 3:40p.m.

Place: Tokai Culture Center area

Attraction and event:

A lottery, drum and shamisen performance, Kamen Rider Show for children, music live performance of Uchu Mao, brass band playing (by Muramatsu Elementary School and Tokai-minami Junior High School) , compositions about sweet potatoes, magic show, and a gara-pon lucky dip.

Tickets for each of the below cost 100 yen each.

Imohori tanken-tai (sweet potato digging): 500 tickets to be distributed from 8:30 a.m.

Jyan-jyan-dori (fill a bag with potatoes to take home): 200 tickets to be distributed from 10:00 a.m.

Potato stacking competition: 50 tickets to be distributed from 10:00 a.m.

Food Stalls:

Baked sweet potatoes, local hot-pots, demonstrations of sweet-making with sweet potatoes, and imo-jochu (Japanese liquor distilled from sweet potatoes).

Others: As parking is limited, a free shuttle bus will operate between the Tokai Culture Center, Tokai-mura Village Office, Welfare Center Kizuna and the No. 4 car parking area at Kasamatsu Sports Park. Each group or each person that uses the bus will receive a free lottery ticket.

Inquiries: Tokai I-MOno Matsuri Administration Committee in Community Development Promotion Section of Tokai-mura, ph. 029-282-1711 ext. 1344

4. The 20th Bokuyu-kai Exhibition

Members of the calligraphy club Bokuyu, value the classical style but are also trying to make a unique expression for 20 years. 40 individual calligraphy pieces will be displayed for this exhibition.

Date: Sun. 30 Nov.- Sat. 6 Dec.

Time: 10:00a.m.- 7:00p.m. (until 3:00p.m. on the last day)

Place: Tokai Station Gallery (JR Tokai Station 2F)

Inquiries: Community Facility Management Office, Tokai Station, ph. 029-287-3680

5. Storytelling for Babies

A storytelling and child care meeting for babies and their parents will be organized by nursery teachers of public daycare center.

Date: Thu. 20 Nov.

Time: 10:30- 11:30a.m.

Place: Tokai-mura Library

Eligible people: Children aged 3 years old and under and their parents

No reservations are required.

Cost: Free

Inquiries: Tokai-mura Library, ph. 029-282-3435

6. Tokai-mura Marathon 2015

Tokai-mura Marathon 2015 will be held and the applications are now being accepted.

Date: Mon. 12 Jan., 2015 (Canceled in case of bad weather.)

Time:

Registration; From 8:30 a.m.

Opening ceremony; From 9:30 a.m.

Place: Kasamatsu Sports Park (Athletic stadium and the surrounding area)

Eligible people and course:

- 1) Junior high school students who live or study in Tokai-mura; 3 km
- 2) Grades 4, 5 and 6 elementary school students who live or study in Tokai-mura; 1.9 km
- 3) Grades 1, 2 and 3 elementary school students who live or study in Tokai-mura; 1.2 km
- 4) Family (A child born between April 2, 2005 and April 1, 2010 accompanied by parent or grandparent). At least one entrant should live, study or work in Tokai.

Cost: Including insurance fee of marathon, saddlecloth and fee of prize for participation.

500 yen per person for 1), 2) and 3).

1,000yen per family for 4).

Others: There is no limit to number of applicant.

Participant for 3)(Grades 1,2 and 3 elementary school students who live or study in Tokai-mura) also can enter 4).

All of the times will be recorded for categories 1), 2), 3) and will be announced at a later date.

Category 4) is not competitive race. All finishers will receive a certificate.

Application: Submit entries and pay at Tokai-mura Gymnasium 9:00 a.m.- 5:00 p.m. by Sunday 7 December (open every day except Monday 10, 17, Tuesday 25 November and Monday 1 December).

Inquiries: Tokai-mura Gymnasium, ph. 029-283-0673.

7. Let's Talk with the Mayor

Anyone who wants to talk to Mayor Yamada on a one-to-one basis about politics and daily life of Tokai-mura.

Date: Sat. 22 Nov.

Time: 2:00- 5:00p.m.

Place: AEON 1F(Near the food section)

Others: No reservation are required.

Inquiries: Planning and Management Section of Tokai-mura ph. 029-282-1711 ext. 1333

8. Ibaraki Prefecture Resident's Day (Kenmin-no-hi)

The name Ibaraki prefecture has been used since 13 November, 1871. Kenmin-no-hi was established in 1968 to commemorate this. The prefectural flower is a rose (bara), chosen for its connection with the name Ibaraki.

Various facilities will provide preferential treatment as free entrance on 13 November.

For more details see the website below.

HP: <http://www.ibarakiguide.jp/seasons/recommend/ibaraki-day.html>

<http://www.pref.ibaraki.jp/kenminnohi2014/>

Inquiries: Ibaraki Public Relations Division, ph. 029-301-2128

9. Oarai Anko(Anglerfish) Festival (Oarai Town)

The festival features anko (anglerfish), anko filleting demonstration, bowls of anko soup, presentation of local entertainments, character show for children, various stalls, talk show of Girls & Panzer cast, contest of ' itasha/ itachari/ itabike (decorating cars, bicycles, motorcycles with paint, decals and even dolls related to Japanese animation.)'.

Date: Sun. 16 Nov.

Time: 9:00a.m.- 3:00p.m.

Place: On the lawn in front of Oarai Marine Tower

Inquiries: Commerce, Industry, and Tourism Section, Oarai Town Office, ph. 029-267-5111

10. Starlight Illumination 2014 in Hitachi City

The area in front of JR Hitachi Station will be illuminated with hundred- thousands of brightly-colored lights every day and various events will be held during the period.

Date: Sat. 22 Nov.- Thu. 25 Dec.

Time: 5:00- 10:00p.m.

Place: Hitachi Shintoshi Hiroba of Hitachi Civic Center (in front of JR Hitachi Station)

Inquiries: Hitachi Civic Center, ph. 0294-24-7711

11. Oyako DE Jazz 2014 (Omitama City)

An event of storytelling and picture story show with jazz arranged Christmas songs will be held.

Date: Sat. 20, Sun. 21 Dec.

Time:

10:30- 11:15a.m.(doors open at 10:00a.m.)

10:30- 1:15p.m.(doors open at 10:00p.m.)

2:30- 3:15p.m.(doors open at 2:00p.m.)

Place: Ogawa Culture Center APIOS (225 Ogawa, Omitama City)

Eligible people: Preschool age children and their parents

Capacity: 200 person per performance

Cost: Free

Application: Apply after 10:00a.m., Sunday 23 November at Ogawa Culture Center APIOS in Omitama City by phone or internet.

Inquiries: Ogawa Culture Center APIOS in Omitama City, ph. 0299-58-0921, HP <http://ticket.city.omitama.ibaraki.jp>

A. Information from WebMD: About Common Cold and Influenza(Flu)

It's not always easy to determine if you have a cold or the flu, but knowing the difference helps treatment work quicker at ending your symptoms

1.- Common Cold

1.-1 Symptoms: Runny or stuffy nose, sore throat, sneezing, slight fever (more common in children), cough, headache or body aches, mild tiredness

1.-2 Causes: More than 100 different viruses can cause the common cold. However, the rhinovirus is most often the one that makes people sneeze and sniffle, and it's highly contagious. Most cold-causing viruses thrive in environments with low humidity, which may be why colds are more common during the fall and winter months. However, you can catch a cold any time during the year.

1.-3 What to do if you have a Cold: Colds are contagious during the first three days, so stay home and rest up. Because this is a viral infection, antibiotics are not effective in treating a cold. However, over-the-counter medications (antihistamines, decongestants, and nonsteroidal anti-inflammatory medicines) can relieve congestion, aches, and other symptoms. Drink plenty of fluids to avoid dehydration.

1.-4. Prevention: There's an old saying that laments, "We can put a man on the moon, but we still can't cure the common cold." While it's true that doctors haven't yet

identified a vaccine, there are ways to prevent this mild but annoying affliction.

2.- Seasonal Flu(Influenza)

Influenza—or “the flu,” as it’s better known—is another respiratory illness. Unlike the common cold, the flu can develop into a more serious condition such as pneumonia. This is especially true for young children, older adults, pregnant women, and people with health conditions such as asthma or heart disease

2.-1 Symptoms: Dry, hacking cough, fever or chills (although not everyone with the flu will run a fever), sore throat, muscle or body aches, headache, stuffy and runny nose, profound fatigue (may last two to three weeks)

2.-2 Causes: The seasonal flu is caused by the influenza A and B viruses. Active strains of influenza virus vary from year to year. That’s why a new flu vaccine is released each year.

2.-3 What to do if you have the Flu: In most cases, fluids and rest are the best way to treat the flu. To control your symptoms and feel better, try over-the-counter decongestants and pain relievers such as ibuprofen and acetaminophen. However, never give aspirin to children. It can increase the risk of a rare but serious condition called Reye’s syndrome. Drink plenty of fluids to prevent dehydration.

Your doctor can prescribe antiviral drugs—oseltamivir (Tamiflu) or zanamivir (Relenza)—to treat the flu. These drugs can shorten the duration of the flu, and prevent complications such as pneumonia, but you need to take them within the first couple of days of getting sick.

2.-4 Prevention: The best way to prevent the flu is by getting the flu shot. Most doctors recommend getting the shot in September, at the very start of flu season. However, you can still get the vaccine in late fall or winter. To avoid picking up the influenza virus, wash your hands often and thoroughly with warm soap and water, or use an alcohol-based hand sanitizer. Avoid touching your nose, eyes, and mouth, and try to stay away from anyone who has the flu.

Information from WebMD

Reference: ©2005-2014 WebMD

<http://www.webmd.com/cold-and-flu/cold-guide/flu-cold-symptoms>