



Vol. 254
July
2012

Konnichiwa!

NAGAOKA

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English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka

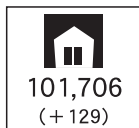
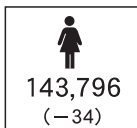
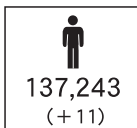
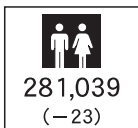


Treading to Make Tasty Noodles?

This year marks the 25th anniversary of the establishment of the sister city affiliation between the cities of Nagaoka and Fort Worth, Texas, U.S.A. As a part of annual exchange programs, a group of youth ambassadors consisting of 24 students and 4 leaders stayed in Nagaoka for 14 days. On June 13th, they had a hands-on experience of preparing *onigiri* (rice balls) and *soba* (buckwheat noodles) at a community facility in the Tochio District.



Population and Households
As of June 1, 2012
(compared to the previous month)



Major Features:

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The 2012 Nagaoka Festival

Wednesday, August 1

Zenyasai (the celebration on the first night)

5:45 p.m. – 10:00 p.m.

Ôte Street, Suzuran Street, and Central Street

(Opening) 5:45 p.m. – 6:30 p.m.

* *Maebure* (Forerunner)

Harley-Davidson

Baton Twirling

* *Taiko* Drumming

(1st Program) 6:30 p.m. – 7:00 p.m.

Special Program in Memory of Nagaoka Air-Raid Victims and with a Prayer for Recovery of East Japan Earthquake-Stricken Areas



(2nd Program) 7:00 p.m. – 7:25 p.m.

* Parade

(3rd Program) 7:25 p.m. – 8:45 p.m.

* *Dai Minyô Nagashi* (Grand Folk Dance Parade)

7:25 p.m. – 8:45 p.m.

Everyone is welcome to join *dai minyô nagashi*.

Just come and join us.

(4th Program) 8:50 p.m. – 10:00 p.m.

* *Mikoshi* (portable shrines)

* *Ohayashi* (festival music bands)

* *Taiko* Drumming.



Tôrô Nagashi (Paper Lantern Floating)

7:00 p.m. – 8:15 p.m.

Near Oimawashi Bridge on the Kaki River ¥300/lantern

Prayer Meetings for the Nagaoka Air Raid Victims

6:00 a.m. – Hiragata Park

7:00 a.m. – Shôfukuji Temple

Prayer Meeting for Anti-Nuclear Arms and Peace

8:00 a.m.

Heiwa no Mori (Peace Forest) Memorial Park

Fireworks in Memory of the Nagaoka Air Raid Victims

10:30 p.m.

Thursday, August 2

Fureai Friendship Plaza

(Daytime Programs) 11:30 a.m. – 3:30 p.m.

Ôte Street, Suzuran Street, and Central Street

* *Fureai* Parade 11:30 a.m. – 11:50 a.m.

* Summer Music Festival 11:45 a.m. – 12:50 p.m.

* Many Fun Programs 11:30 a.m. – 3:30 p.m.

* Many shows, fun programs, and food stalls at Ôte Street intersection, in front of Carnation Plaza, and *Nakadoma* (roofed open plaza) in *Aôre* Nagaoka, City Hall Complex

* Flea Market 11:30 a.m. - 3:30 p.m.

Suzuran Street

Fee : ¥500/3m x 1.8m ¥2,000/vehicle

Registration: By July 30 (Mon.)

Suzuran Dôri *Shôtengai Jimukyoku* (Suzuran St. Shopping Mall Office)



Phone : 0258-32-2480

(9:00 a.m. – 4:00 p.m./weekdays)

Ôhanabi Taikai (Grand Fireworks Show)

7:15 p.m. – 9:10 p.m.

On the Shinano Riverbanks between Chôsei Bridge and Ôte Ôhashi Bridge



Friday, August 3

Wanpaku Omatsuri Hiroba

(Wild Kids' Festival Plaza)

(Daytime Programs) 11:30 a.m. – 3:30 p.m.

Ôte Street, Suzuran Street, and Central Street

* Many Fun Programs 11:30 a.m. – 3:30 p.m.

* Many shows, fun programs, and food stalls at Ôte Street intersection, in front of Carnation Plaza, and *Nakadoma* (roofed open plaza) in *Aôre* Nagaoka, City Hall Complex

* Flea Market 11:30 a.m. – 3:30 p.m.

Suzuran Street Area

Fee : ¥500/3m x 1.8m

Registration: By July 30th (Mon.)

Suzuran Dôri *Shôtengai Jimukyoku*

(Suzuran St. Shopping Mall Office)

Phone: 0258-32-2480

(9:00 a.m. – 4:00 p.m./weekdays)



Ôhanabi Taikai (Grand Fireworks Show)

7:15 p.m. – 9:10 p.m.

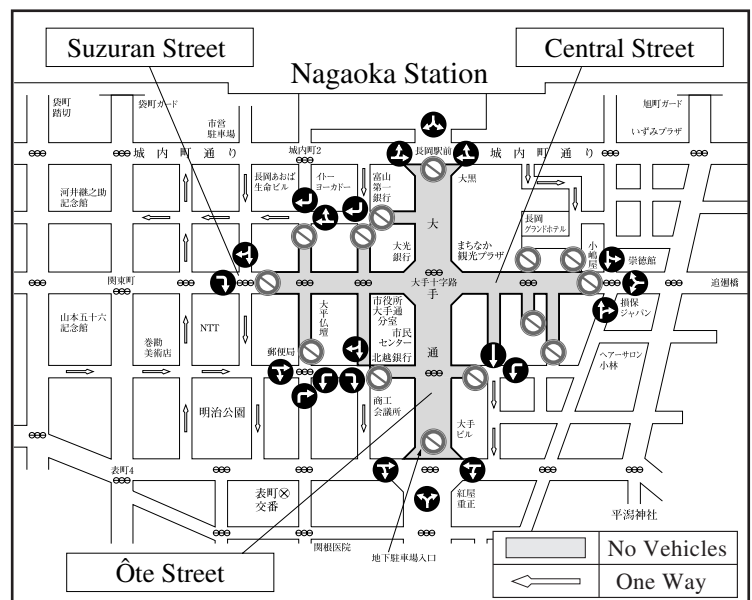
On the Shinano Riverbanks between Chôsei Bridge and Ôte Ôhashi Bridge

Traffic Restricted Hours during the Zenyasai Celebration and Daytime Programs

Aug. 1 (Wed.) 5:30 p.m. – 10:30 p.m.

Aug. 2 (Thurs.) 11:00 a.m. – 4:00 p.m.

Aug. 3 (Fri.) 11:00 a.m. – 4:00 p.m.



The Origin of the Nagaoka Festival

August 1st, 1945 was a sad and distressing day Nagaokans will never forget. Starting at 10:26 p.m., a total of 125 B-29 bombers flew over Nagaoka and dropped approximately 163,500 firebombs for one hour and 40 minutes. Flames turned the land literally into a deluge of fire. The bombing claimed 1,480 lives and burned down 80% of the city.

After the Pacific War ended, the once-discontinued Nagaoka fireworks were revived during the Nagaoka City Festival for Restoration from War Devastation, which was held in 1947. The annual Nagaoka Festival has its origin in the Nagaoka City Festival for Restoration from War Devastation. In memory of the Nagaoka Air-Raid victims and in the pursuit of everlasting peace, the Nagaoka Festival has continued on August 1st, 2nd, and 3rd year after year since then. The fireworks display has continued annually on August 2nd and 3rd since 1948.

On August 1st, the city holds the Annual Citizens' Rally for Declaring Nagaoka an Anti-Nuclear Peace-Advocated City. Many citizens participate in this rally in order to share with and convey to future generations the misery of war and the significance of peace.

A lantern-floating ceremony is also held annually on the Kaki River to remember and comfort the souls of the air-raid victims. It is said many victims rushed into the water of Kaki River, where some lost their lives during the air raid.

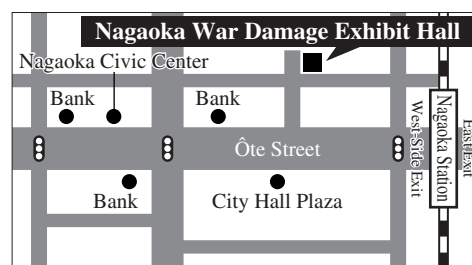
In the Nagaoka War Damage Exhibit Hall, various materials related to the 1945 air raid and the people's daily life during the hardships of the Pacific War are permanently on display.

In March 2011, the city received some materials related to the 1941 Pearl Harbor attack. These materials were presented by the Pacific Historic Parks, a nonprofit organization affiliated with the U.S. National Park Service, when the Nagaoka Goodwill Delegation visited the Arizona Memorial Hall in Hawaii in

March 2011. The Nagaoka War Damage Exhibit Hall and the Isoroku Yamamoto Memorial Museum have set up new sections to display these materials. In March 2012, the cities of Nagaoka and Honolulu united as sister cities. Both cities experienced the misery of war.



Nagaoka was reduced to rubble during the air raid of August 1st, 1945.



The Nagaoka War Damage Exhibit Hall
2-6-17 Jônai-chô (0258-36-3269)
Hours: 9:30 a.m. – 6:00 p.m. Tuesday - Sunday

The Grand Fireworks Show

On August 2nd and 3rd, Japan's largest scale fireworks show is held along the banks of the Shinano River in memory of the people who lost their lives during the 1945 air raid.

The spectacular display of 20,000 shots of fireworks draws over 800,000 people from home and abroad. The highlights of the Grand Fireworks Show of the Nagaoka Festival include the launching of the 650-meter-diameter "chrysanthemums" called *Shô Sanjakudama* (3-foot-diameter fireworks shells) and the 800-meter-wide "Niagara Falls" reflecting off the Shinano River. This year's new highlight on August 2nd will be a wide star mine (approximately 1,000 consecutive shots), which will be launched to the soundtrack of "*Kono Sora no Hana, the Story of Nagaoka's Fireworks.*"

"*Ten Chi Jin* Fireworks," a repeat of previous years' shows, will also thrill many spectators this year as well.

"*Ten Chi Jin* (Heaven, Earth, and Man)" was the title of NHK's long-running period drama for 2009. The main character of the popular drama was Lord Kanetsugu Naoe, who was appointed as the feudal lord of a castle in old Nagaoka in the 16th century.

At the finale of the show, all the spectators will be fascinated by phoenix-shaped fireworks that were created to represent wishes for a safe and complete recovery from the damage caused by the 2004 Great Chûetsu Earthquake and the 2011 Great East Japan Earthquake. Over a span of 2.8 kilometers, the impressive scale of this super grand star mine will be breathtaking.



The 16th Kome Hyappyô (One Hundred Sacks of Rice) Award

After the end of the *Boshin* Civil War of 1868, one hundred sacks (6 tons) of rice were donated as emergency relief to the war-devastated Nagaoka *Han* (a feudal domain) in 1870.

Torasaburô Kobayashi, the Grand Councilor of Nagaoka *Han*, convinced starving clansmen that the rice should not be distributed among them. Against their hostile opposition, he insisted that the rice be sold and that the funds raised be used to establish a school in order to foster promising young people who would play leading roles in the city's future development.

On "*Kome Hyappyô* Day," June 15, 2012, the 16th *Kome Hyappyô* Award was presented to Bangladesh Silpakala Academy. The historic event in Nagaoka, known as One Hundred Sacks of Rice Story, was first introduced by the drama entitled "*Kome Hyappyô*" written by Playwright Yuzô Yamamoto. The drama was translated into English,

Spanish, and Bengali. *Kome Hyappyô* in Bengali has been performed on stage in Bangladesh 49 times so far since 2006.

Mr. Liaquat Ali Lucky, the Director General from Bangladesh Shilpakala Academy and Mr. Golam Sarwar, the Director of the Production One Hundred Sacks of Rice attended the award ceremony. Mr. Sarwar stressed, "Knowledge is powerful than arms. Education is the key to success. This drama inspires us to concentrate on spreading education. As a developing county we may take Japan as an example to follow."



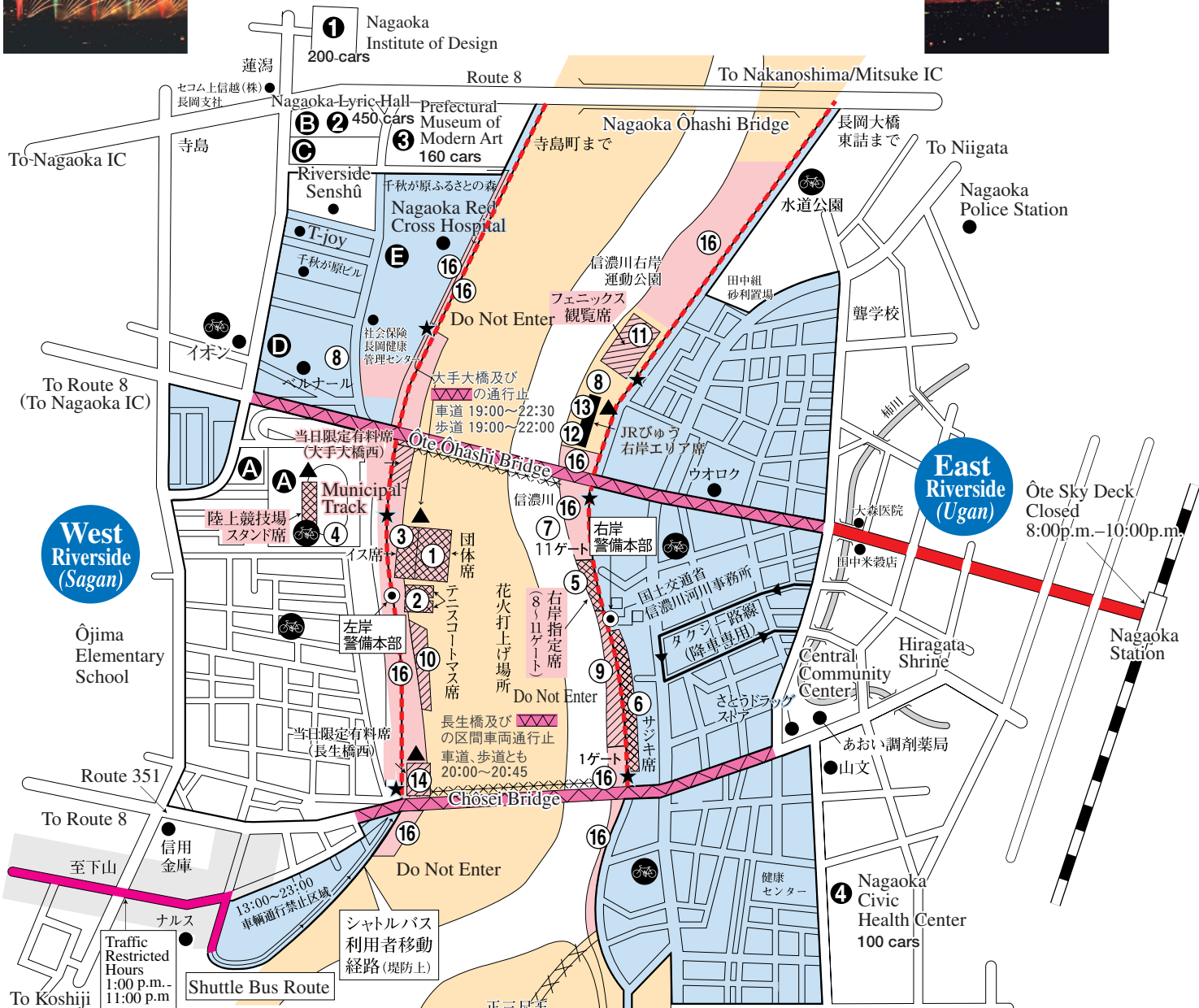
Nagaoka Festival Grand Fireworks Viewing Sites and Traffic Restriction

Restricted Hours:

Thursday, August 2 and Friday, August 3 5:30 p.m. – 10:30 p.m.

Parking is available at P① – P⑤ (¥1,000/car)

(from 10:00 a.m.)



KEY

- ①~⑮ Reserved Areas
- ⑯ Free & Open to the Public from 2:00 p.m.
- Roads on Riverbanks
- XXX Do Not Enter
- No Vehicles during Restricted Hours
- No Vehicles during Restricted Hours
- ★ Security Guards
- First Aid
- ▲ Souvenir Shops
- ①~⑤ Temporary Parking Lots
- 🚲 Free Bicycle Parking Areas

Traffic Restriction on the Bridges (Aug. 2 and Aug. 3)

Chōsei Bridge

No Pedestrians 8:00 p.m. – 8:45 p.m.
 No Vehicles 8:00 p.m. – 8:45 p.m.

Ôte Ôhashi Bridge

No Pedestrians 7:00 p.m. – 10:00 p.m.
 No Vehicles 7:00 p.m. – 10:30 p.m.



2012
Fireworks Timetable
<http://nagaokamatsuri.com>



Thursday, August 2

Friday, August 3

7:25 p.m. Size 10 (2 shots)
Wishing for Peace in Memory of the Nagaoka Air-Raid Victims

- 7:15 Message Fireworks
1. :30 Niagara Falls & Super Grand Star Mine
 2. :34 Vesuvius Super Grand Star Mine
 3. :37 Vesuvius Grand Star Mine
 4. :39 Vesuvius Super Grand Star Mine
 5. :42 Grand Star Mine
 6. :44 Size 10 (58 shots)
 7. :47 Vesuvius Grand Star Mine
 8. :49 Vesuvius Super Grand Star Mine
 9. :52 Vesuvius Grand Star Mine
 10. :55 Vesuvius Super Grand Star Mine
 11. :58 Size 10 (10 shots)
 12. 8:00 Super Grand Wide Star Mine
 13. :03 Vesuvius Super Grand Star Mine
 14. :06 Vesuvius Grand Star Mine
 15. :08 Vesuvius Super Grand Star Mine
 16. :11 Vesuvius Grand Star Mine
 17. :13 Vesuvius Super Grand Star Mine
 18. :15 *Ten Chi Jin* Fireworks
 19. :20 Star Mine
 20. :22 Vesuvius Super Grand Star Mine
 21. :25 Size 4 – 20 (25 shots)
 22. :27 Vesuvius Super Grand Star Mine
 23. 8:30 Niagara Falls
 24. 8:30 Size 30, *Shô-Sanjakudama*
(a 3-foot-diameter shell)
 25. :33 Grand Star Mine
 26. :35 Vesuvius Super Grand Star Mine
 27. :38 Vesuvius Grand Star Mine
 28. :40 Vesuvius Super Grand Star Mine
 29. :43 Vesuvius Grand Star Mine
 30. :45 Super Grand Miracle Star Mine
 31. :48 Vesuvius Grand Star Mine
 32. :50 Vesuvius Super Grand Star Mine
 33. :52 *Kome Hyappyô* Fireworks
Size 10 (100 shots)
 34. :55 Vesuvius Grand Star Mine
 35. :57 Vesuvius Super Grand Star Mine
 36. 9:00 Size 30, *Shô-Sanjakudama*
(a 3-foot-diameter shell)
 37. :02 Phoenix-Shaped Fireworks
 38. :06 Takumi (Artisan) Fireworks

- 7:15 Message Fireworks
1. :30 Niagara Falls & Super Grand Star Mine
 2. :34 Size 10 (30 shots)
 3. :37 Vesuvius Super Grand Star Mine
 4. :40 Grand Star Mine
 5. :42 Vesuvius Super Grand Star Mine
 6. :45 Vesuvius Grand Star Mine
 7. :47 Twin Vesuvius Grand Star Mine
 8. :50 *Ten Chi Jin* Fireworks
 9. :54 Vesuvius Grand Star Mine
 10. :56 Vesuvius Super Grand Star Mine
 11. :58 Vesuvius Grand Star Mine
 12. 8:00 Super Grand Wide Star Mine
 13. :03 Size 10 (10 shots)
 14. :05 Vesuvius Super Grand Star Mine
 15. :08 Star Mine
 16. :10 Vesuvius Super Grand Star Mine
 17. :13 Grand Star Mine
 18. :15 *Kono Sora no Hana* Fireworks
 19. :20 Star Mine
 20. :22 Vesuvius Super Grand Star Mine
 21. :25 Size 10 (30 shots)
 22. :27 Vesuvius Super Grand Star Mine
 23. 8:30 Niagara Falls
 24. 8:30 Size 30, *Shô-Sanjakudama*
(a 3-foot-diameter shell)
 25. :33 Size 7 (4 shots) and Size 10 (12 shots)
 26. :35 Vesuvius Super Grand Star Mine
 27. :38 Size 10 (13 shots)
 28. :40 Vesuvius Super Grand Star Mine
 29. :43 Vesuvius Grand Star Mine
 30. :45 Super Grand Miracle Star Mine
 31. :48 Vesuvius Grand Star Mine
 32. :50 Vesuvius Super Grand Star Mine
 33. :52 Size 10 (100 shots)
 34. :55 Vesuvius Grand Star Mine
 35. :57 Vesuvius Super Grand Star Mine
 36. 9:00 Size 30, *Shô-Sanjakudama*
(a 3-foot-diameter shell)
 37. :02 Phoenix-Shaped Fireworks
 38. :06 Takumi (Artisan) Fireworks

Rules at the Fireworks Viewing Sites

- In order to secure the safety of the east riverbank between Chôsei Bridge and Ôte Ôhashi Bridge, admission will not be allowed after 6:00 p.m. or earlier depending on the site situation.
- Follow instructions given by police officers and persons in charge.
- Refrain from reserving a larger space than you actually need.
- Smoking is only allowed at designated sections.
- Smoking while walking is strictly prohibited.
- Your cooperation in reducing and separating trash is appreciated.
(Over 5,000 volunteers annually join the early-morning cleaning operations at the fireworks viewing sites on the days following each fireworks show.)

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.

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 members 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

The 1st term of classes for the 2012 fiscal year is being offered from April 2012 to September 2012. A trial lesson is offered. Please call ahead.

Morning Classes

* Class I

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

Tuesdays & Fridays 9:30 a.m. - 10:30 a.m. (60 minutes)

* Class II

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

Tuesdays & Fridays 10:45 a.m. - 11:45 a.m. (60 minutes)

Sunday Classes

* Class I 10:00 a.m. – 12:00 p.m. (120 minutes)

(Lesson 1 – Lesson 13 of *Minna no Nihongo*)

* Class II 1:00 p.m. – 3:00 p.m. (120 minutes)

(Lesson 14 – Lesson 25 of *Minna no Nihongo*)

Hiragana – Katakana Course

* August-September Class

10:30 a.m. – 12:00 p.m.

August	12, 19, 26	¥1,600
September	2, 9, 23	



Nihongo Hiroba

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

- Sundays 2:00 p.m. – 4:00 p.m.
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



A Guide to Swimming Pools

(You can use the Internet to find each location.)

Yûkyûzan Swimming Pool 悠久山プール(0258-35-6368)

336 Yûkyû-chô, Nagaoka City

July 7 (Sat.) - Sept. 9 (Sun.)

Closed: Tuesdays (except for Aug. 21) and Aug. 17 – 20

Children's Outdoor Pool: 9:30 a.m. – 5:00 p.m.

Indoor Heated Pool: 9:30 a.m. – 5:00 p.m.

Fees: From ¥150 to ¥400, depending on age groups

Kibôgaoka Swimming Pool 希望が丘プール(0258-28-1775)

2156-1 Nishizu, Nagaoka City

July 7 (Sat.) – Sept. 9 (Sun.) Closed: Aug. 10, 13, and 14

Hours: Mostly 9:30 a.m. – 5:00 p.m.

July 21 – 31, Aug. 4 and 5, and

Aug. 17 – 21 9:30 a.m. – 6:30 p.m.

Fees: From ¥150 to ¥400, depending on age groups

Washima B&G Kaiyô Center Swimming Pool

和島B&G海洋センタープール (0258-74-2257)

5402 Shimazaki, Nagaoka City

Until Sept. 2 (Sun.) July 25 – Aug 31: 9:00 a.m. – 6:00 p.m.

Other weekdays, Sat., Sun., and Holiday: 6:00 p.m. – 9:00 p.m.

Fees: ¥100 for high school students and older

¥50 for elementary and junior high school students

Free for others

Koshiji B&G Kaiyô Center Swimming Pool

越路B&G海洋センタープール (0258-92-4594)

2281 Fudôzawa, Nagaoka City

Until Sept. 2

Closed on Mondays (except for July 16) and July 17

July 18 – Aug. 31 9:00 a.m. – 12:00 noon

July and Aug. 1:00 p.m. – 5:00 p.m.

6:00 p.m. – 9:00 p.m.

(except for Sundays and Holidays)

Echigo Kawaguchi Onsen Pool

えちご川口温泉プール (0258-89-4511)

2514-4 Nakayama, Kawaguchi, Nagaoka City

July 14 (Sat.) – Aug. 26 (Sun.) 11:00 a.m. – 5:00 p.m.

Closed: July 17 – 20, 23 – 27, 31, Aug. 7 and 21

Fees: ¥650 - ¥1,200

depending on age groups for using the *onsen/pool*)

The Beaches in the Teradomari District

Facing the Sea of Japan, the Teradomari District located in the north of Nagaoka City has four beaches stretching over the Nozumi, Chûô, Kanayama, and Gômoto areas. Vacationers can also enjoy visiting the nearby fish market, aquarium, art museum, and *onsen* hot spring bathhouse.

Seashore Fireworks Show

Tuesday, Aug. 7 7:30 p.m.

Teradomari Chûô (Central) Beach

The fireworks will be launched from the beach toward the sea, creating a dream-like stage of fantasy on the sea.





Now Accepting Applications for The 24th Annual Japanese Speech Contest for Non-Native Speakers Hosted by *Mutsumi Kai* and the Nagaoka International Exchange Association



Date: Sunday, September 30th, 2012 1:00 p.m. – 4:00 p.m.
Venue: Nagaoka Chamber of Commerce and Industry Building,
2nd Floor Hall
2-1-1 Sakanoue-machi Phone: 0258-32-4500
(A 8-minute walk from West-Side Exit of Nagaoka Station)
Prizes: Certificate, Plaque, and Gift Coupons
(¥10,000, ¥20,000, ¥30,000 or ¥50,000)

Eligibility: International residents living in Niigata Prefecture
Topic: Free (speech to be no longer than 5 minutes)
Contestants: 10 (to be chosen based on speech manuscripts)
Application Period: July 25 (Wed.) – Sept. 7 (Fri.), 2012
Please send your manuscripts to: Ms. Seiko Takagi
5-20-1 Sekihara-machi, Nagaoka City 940-2035
Phone/Fax: 0258-46-4839 E-mail: soki@khaki.plala.or.jp

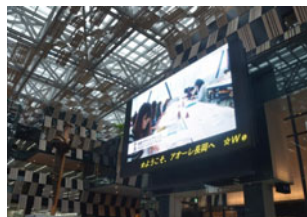
Useful Tips on How to Reduce Electricity Consumption *Setsuden/せつでん・節電*

Although a numerical target has not been set up yet, you are encouraged to save electricity as much as possible during hot and muggy summer days in Nagaoka. Here are some useful tips or strategies for you to try.

- If all family members go out together for shopping, dining, or to beaches or parks, you can reduce the electricity consumed by air conditioners at home.
- Spend time at nice and cool air-conditioned admission-free public facilities such as *Kosodate no Eki* (Child-Rearing Support Facilities), *Toki to Shizen no Gakushūkan* (The Nagaoka City Toki and Nature Learning Hall) in Teradomari, Libraries, the Science Museum, the Civic Center, etc.
- Cool yourself off with sprinkled water or mist shower at *Aôre Nagaoka*. (from mid-July to the end of August)
- Enjoy watching high school baseball tournaments or other sport competitions on the giant screen at *Nakadoma* in *Aôre Nagaoka*.



Mist Shower



The built-in giant screen

The Municipal Account Settlement for the 2011 Fiscal Year

The municipal account for the 2011 fiscal year has been tentatively settled. The contents of the settlement will be audited by inspectors and approved by the City Council.

Revenue: ¥164,810,300,000
Expenditure: ¥158,768,210,000
Balance: ¥6,042,090,000
Savings: ¥13,759,410,000 (reduced due to being used
for the construction of *Aôre Nagaoka*)
Debts: ¥156,996,810,000 (City Bond Balance)

Vegetable Market *Nagaoka San Yûgure Marché*

4:00 p.m. – 7:00 p.m. 2nd and 4th
Wednesdays July – November
Nakadoma
(Roofed Open Plaza in *Aôre Nagaoka*)

Locally-grown seasonal vegetables and home-made side dishes will be on sale. How about stopping by to get something for your dinner?



The National Health Insurance System

The National Health Insurance System is a mutually supporting system in which members share their premiums to cover their medical expenses for injuries or illnesses.

Employees of companies or organizations can be members of employees' health insurance policies. Those who are not members of these insurance policies are required to apply for the National Health Insurance.

Registered foreign nationals whose authorized period of stay is one year or more are required to apply for the National Health Insurance Policy.

The notice regarding your premium for the fiscal 2012 will be sent to you in the middle of July. Your new health insurance card (beige) to be used from August will be sent to you in the end of July.

For further information: *Kokuho Nenkin Ka* (0258-39-2317)
National Health Insurance and
Pension Division

Subsidies for Single-Parent Families

In order to support single-parent families, the city provides subsidies for child rearing (*jidô fuyô teatei*/児童扶養手当) and medical expenses (*iryôhi josei*/医療費助成). Detailed information about eligibility and registration is available at the Citizens' Support Division (0258-39-2338) and the Social Welfare Division (0258-39-2319) respectively. If you need any assistance for applications, please contact the staff of the International Affairs Center in the Nagaoka Civic Center on Ôte Street. (See p. 6)

Safety Tips for Playing with Sparklers

Playing with sparklers, called *hanabi* in Japanese, is a pleasure for many people in the summer. You are advised to keep in mind the following safety tips when handling sparklers:

- Be sure to follow the instructions provided with the packages of sparklers.
- Put out used sparklers in a bucket of water in order to extinguish embers.
- Avoid igniting sparklers when it is windy.
- Do not ignite many sparklers all at once.
- Do not disentangle or unravel sparklers.
- Children should be accompanied by adults when handling sparklers.



Some Precautions to Reduce the Risk of Sun-Stroke and Heat-Stroke:

- Use a sunshade, such as a parasol or a hat.
- Wear light, loose-fitting clothing.
- Drink plenty of liquids from time to time.
- Rest in the shade from time to time.

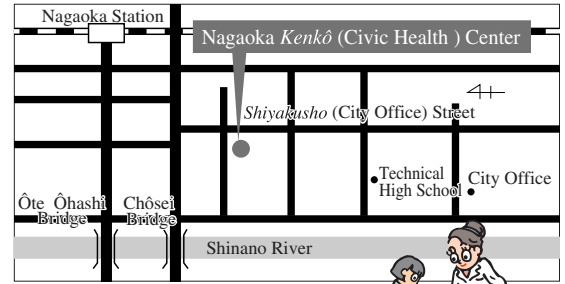


Major Emergency Medical Facilities

Major General Hospitals

Nagaoka <i>Chûô Sôgô Byôin</i> (Central General Hospital)	0258-35-3700
Nagaoka <i>Sekijûji Byôin</i> (Red Cross Hospital)	0258-28-3600
Tachikawa <i>Sôgô Byôin</i> (General Hospital)	0258-33-3111
Nagaoka <i>Kenkô</i> (Civic Health) Center	0258-32-5000

2-5-1 Nishi Senju



Nagaoka Kenkô (Civic Health) Center



Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199) For obstetrics and gynecology (<i>san fujin ka</i>), the staff at this facility will give information about which clinic is assigned for each Sunday or holiday.	Internal Medicine (<i>Naika</i>)	(Monday – Friday) 6:45 p.m. – 9:30 p.m. (Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 5:30 p.m.
	Pediatrics (<i>Shônika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 5:30 p.m.
	Surgery (<i>Geka</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 5:30 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.

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 from July to October.

Period: Saturday, July 14 – Sunday, October 28
(Only on Saturdays, Sundays, and National Holidays from July to October)

Round Trip Course

Nagaoka Station Ôte (West-Side) Exit - Mishima - Kanetsugu-Osen Museum - *Michi no Eki "Ryôkan no Sato Washima"* - Teradomari Aquarium - Fish Market - Hotel Asuka - Nagaoka Station Ôte (West-Side) Exit

Tickets: ¥500 for adults (admission to the facilities not included)
¥200 for elementary school children
Free for pre-school aged children

Ticket Outlets:

Echigo Kôtsû Co. Information Desk
- Nagaoka Station Ôte (West-Side) Exit (0258-32-2809)
- Nagaoka Station East Exit (0258-34-3251)

For further information:

Nagaoka Incorporated Association of Tourism and Conventions
0258-32-1187 <http://www.nagaoka-navi.or.jp>

The National Log-Sawing Competition

Thursday, Aug. 16 9:30 a.m.

Venue: Parking lot beside the Nagaoka City Mishima Sports Gym
The team of two contestants who can saw a *sugi* (Japanese cedar) log the fastest are the champions.

Application: By July 30 (Mon.)

Fax or e-mail with a team name and its representative's name, address, and phone number to:

Fax: 0258-42-3534

E-mail:

msm-sangyo@city.nagaoka.lg.jp



こめひやっぴょう

米百俵まつり *Kome Hyappyô Matsuri*

(One Hundred Sacks of Rice Festival)

Saturday, October 6

Ôte Street, Suzuran Street, and Central Street

How would you like to join the historic procession by playing a role of one of these characters?

- (1) Lord Kenshin Uesugi in his childhood and his mother
- (2) Yatarô Onikojima (a lancer)
- (3) Lord Tadanari Makino and Lady Makino
- (4) Lord Tadakuni Makino
- (5) Princess Makino (Tadakuni's Daughter)
- (6) Kanetsugu Naoe
- (6) Lady Osen (Kanetsugu's wife)

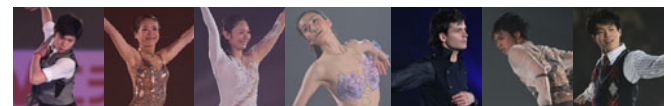
Application: By Aug. 10 (Fri.)

Audition: Aug. 19 (Sun.)

Kankô Ka (Tourism Division) 0258-39-2221



Figure Skating Show at *Aôre* Nagaoka



Saturday, Sept. 15 and Sunday, Sept. 16

Arena in *Aôre* Nagaoka

Featuring: Shizuka Arakawa, Stéphane Lambiel, Miki Andô, Akiko Suzuki, and many others

Tickets (¥18,000 - ¥6,000) will be sold from 10:00 a.m. on July 29 (Sun.)

Lawson Ticket: L Code 35427 Ticket ひあ(Pia): P Code 621-587
Seven Eleven: Seven Code 018096

Ôte Street Summer Illumination

July 7 (Sat.) – Aug. 31 (Fri.)

7:00 p.m. – 11:00 p.m.

