



Vol. 275  
April  
2014

*Konnichiwa!*

# NAGAOKA

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





## Mishima's Log-Sawing Event (One of Nagaoka's Cultural Treasures) Attracted Many Visitors to the Nagaoka Booth during the Honolulu Festival


The National Log-Sawing Competition is held annually in the Mishima District. A mini-version of the competition, held in Honolulu on March 8<sup>th</sup> and 9<sup>th</sup>, drew 300 contestants who tried to saw through a locally prepared log (much thinner than Mishima's) with a large saw taken to Honolulu from Mishima.




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

  
280,510  
(-199)

  
136,852  
(-70)

  
143,658  
(-129)

  
103,655  
(-8)

### Major Features:

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## “Saiwai Plaza” Will Open on Tuesday, April 29<sup>th</sup> (National Holiday)

The remodeling of the former City Hall in Saiwai-chô was completed. It is now equipped with earthquake-resistance devices and barrier-free structures. A variety of opening events for the newly named “Saiwai Plaza”

building are scheduled to be held on Tuesday, April 29<sup>th</sup>. Everyone is welcome to visit *Saiwai Plaza*, which will provide citizens with various opportunities for learning and maintaining good health.

**Tuesday, April 29<sup>th</sup>**

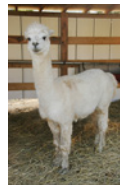
**Opening Ceremony 12:40 p.m.**

**Saiwai Plaza Opening Events 1:30 p.m. – 4:30 p.m.**

- \* “Enthusiasm, Excitement, and Building Dreams” Educational Project
- \* A performance of large-scale calligraphy
- \* Playing with alpacas from Yamakoshi
- \* A mini-aquarium
- \* Free health check-ups
- \* *Kome Hyappyô* Bookmobile
- \* Many others

Special Displays:

- \* An 8-meter long replica of a *kaigyû* (a prehistoric herbivorous marine mammal) nicknamed Myôshii
- \* Four pieces of a *kaigyû* fossil that were discovered during restoration efforts at the landslide site of Myôken-machi in 2007. The fossil is estimated to be about 2 – 2.5 million years old.



The Entrance of the Municipal Science Museum, 1<sup>st</sup> Floor

## Nagaoka's Fireworks Have Deeply Taken Root among the People of Honolulu

It has been three years since the cities of Nagaoka and Honolulu united as sister cities. Both the Official and Civic Delegations from Nagaoka (about 90 members), led by Mayor Mori, visited Honolulu from March 6<sup>th</sup> to 11<sup>th</sup> and participated in the 20<sup>th</sup> Honolulu Festival.

Mayor Mori presented a keynote speech introducing Nagaoka's historic One Hundred Sacks of Rice Story and Legacy at the Japan-U.S.A. Friendship Symposium. Nagaoka's culture group introduced Mishima's log sawing, Oguni's *origami* art, and Yamakoshi's multicolored ornamental *nishikigoi* carp. Many visitors to the Nagaoka booth also enjoyed tasting Nagaoka's *sake*.

Nagaoka's fireworks provided the finale of the festival. The first three shots, white chrysanthemums, were presented in memory of the victims of the attack on Pearl Harbor and the air raid on Nagaoka, as a sign of friendship between Japan and the U.S.A., and as our expression of the pursuit of everlasting world peace. They were followed by approximately 1,800 fireworks shells launched over the course of 20 minutes.



Mayor Caldwell (left) and Mayor Mori (right)

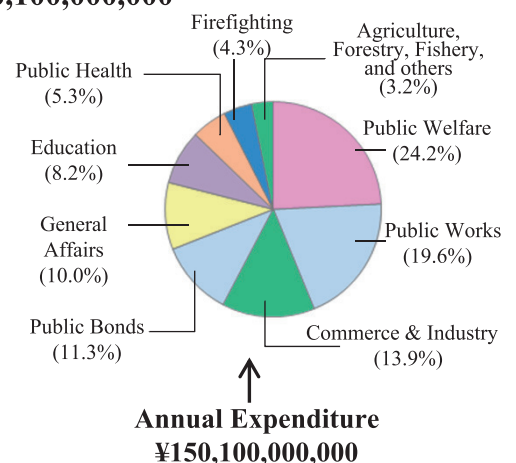
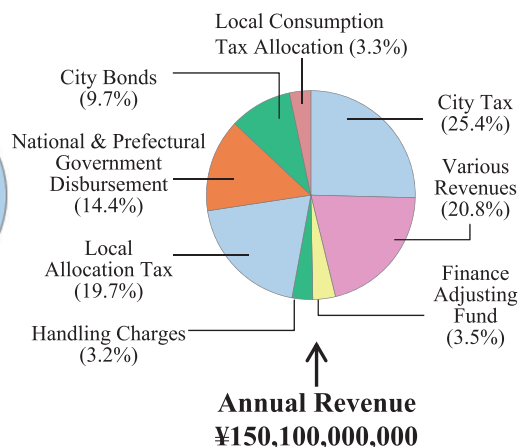
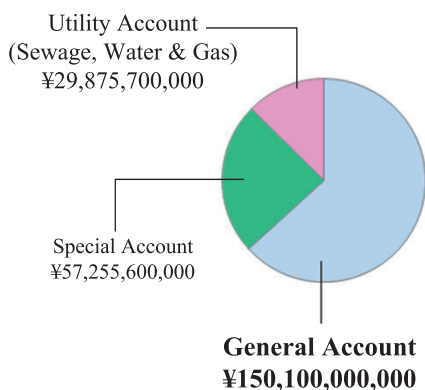


## The Municipal Budget for the 2014 Fiscal Year

Ensuring a safe and secure lifestyle and creating community strength and vitality

**Total ¥237,231,300,000**

**General Account ¥150,100,000,000**





# Priority Tickets for the 2014 Nagaoka Grand Fireworks Show

Compared to past years, we are expecting the largest number of spectators to fill the Shinano Riverbank areas during the 2014 Nagaoka Grand Fireworks Show on Saturday, August 2<sup>nd</sup> and Sunday, August 3<sup>rd</sup>.

The city's residents (people with postal addresses in Nagaoka City) will have priority to purchase tickets for prepaid areas with reserved sections. All applications will be accepted via designated return postcards and decided by lottery.

## Five Possibilities of Getting Tickets for Prepaid Areas with Reserved Sections:

1. Applications for priority tickets only by citizens of Nagaoka  
Deadline: May 13 (Tues.)  
All applications will be decided by lottery.
2. Applications by general public including citizens of Nagaoka  
June 3 (Tues.) – June 12 (Thurs.)  
All applications will be decided by lottery.
3. Applications to claim canceled applications from above applications will be accepted.  
All applications will be decided by another lottery.  
June 30 (Mon.) (tentative)
4. Internet purchases for unsold tickets from above 1, 2, and 3 will be available on a first-come, first-served basis.  
From July
5. Tickets can be purchased at the designated area on West Riverside on Aug. 2<sup>nd</sup> and 3<sup>rd</sup> on a first-come, first-served basis.

For further information: *Matsuri Shinkô Ka*  
(Festival Promotion Division)  
Phone: 0258-39-2221

## How to Apply for Priority Tickets

Send in the designated return postcard (*ôfuku hagaki* おうふくはがき・往復はがき) attached to the April issue of the Japanese version of the city newsletter (*shisei dayori* しせいだより・市政だより). A copy of 市政だより is distributed to each household every month. Copies are also available at the Nagaoka Civic Center. If you cannot get a copy of the April issue of the Japanese city newsletter with this return postcard, please use a standard postage-paid return postcard available at any post office.

Detailed information about applications for priority tickets using a return postcard will be available at the Nagaoka City International Affairs Center, *Chikyû Hiroba*, in the Nagaoka Civic Center on Ôte Street.



A sample of a return postcard attached to the April issue of 市政だより

## The 2014 Nagaoka Grand Fireworks Show Viewing Sites



# 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*) (1<sup>st</sup> 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](mailto:kouryu-c@city.nagaoka.lg.jp)

### Consultations Offered for International Residents

Various services are provided for international residents. The center is a place where international residents can find help and support. The staff are ready to respond to you either in English or easy Japanese. No appointment is necessary for consultations. Feel free to stop by if you have any difficulties, worries, or questions.



## Japanese Learning Programs

### *Nihongo Kôza*

A free trial lesson is being offered. Please call ahead.

#### Morning Classes (Tuesdays & Fridays)

##### \* Class I

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

11:00 a.m. – 12:00 p.m. (60 minutes)

##### \* Class II

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

9:30 a.m. – 10:30 a.m. (60 minutes)

April	1, 4, 8, 11, 15, 18, 22, 25	¥1,600
May	2, 9, 13, 16, 20, 23, 27, 30	¥1,600
June	3, 6, 10, 13, 17, 20, 24, 27	¥1,600
July	1, 4, 8, 11, 15, 18, 22, 25, 29	¥1,800
Aug.	5, 8, 12, 15, 19, 22, 26, 29	¥1,600
Sept.	2, 5, 9, 12, 16, 19, 26	¥1,400

#### Sunday Classes

##### \* Class I

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

1:00 p.m. – 3:00 p.m. (120 minutes)

##### \* Class II

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

10:00 a.m. – 12:00 p.m. (120 minutes)

April	6, 13, 20, 27	¥1,600	July	6, 13, 20, 27	¥1,600
May	11, 18, 25	¥1,200	Aug.	10, 17, 24, 31	¥1,600
June	1, 8, 15, 22, 29	¥2,000	Sept.	7, 14, 21, 28	¥1,600



### *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 Japanese Proficiency Tests in 2014

### \* Japanese Language Proficiency Test (JLPT)

Test Dates: July 6 (Sun.) for all levels from N1 to N5

Dec. 7 (Sun.) for all levels from N1 to N5

Test Sites: Niigata City and other major cities

Application Period for the July 6 Test:

April 1 (Tues.) – 30 (Wed.)

Test Fee: ¥5,500

Application and Inquiries: JPLT Application Center

Phone: 03-6686-2974

<http://www.jees.or.jp>

### \* Business Japanese Proficiency Test (BJT)

BJT measures and evaluated one's Japanese communication skills in business situations.

Test Dates: June 15 (Sun.) and Nov. 16 (Sun.)

Test Sites: Major Cities in Japan

Test Fees: ¥7,000

Application Period for the June 15 Test: By May 9 (Fri.)

Application and Inquiries: Japan Kanji Aptitude

Testing Foundation

Phone: 0120-509-315

<http://www.kanken.or.jp/bit/>

E-mail: [bjt@kanken.or.jp](mailto:bjt@kanken.or.jp)



## The Bamberg Youth Orchestra Concert

In collaboration

with some of Nagaoka's Youth

Nagaoka Lyric Hall

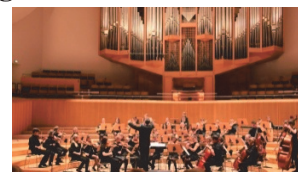
Friday, April 18

Doors open at 6:00 p.m.

Concert starts at 6:30 p.m.

Admission: Free

On a first-come, first-served basis for 700 seats



Applications are being accepted via:

The Nagaoka International Exchange Association

Phone: 0258-39-2207

Fax: 0258-39-2280

E-mail: [intlexchange@city.nagaoka.lg.jp](mailto:intlexchange@city.nagaoka.lg.jp)



## Recycling Corner at *Chikyû Hiroba*



There are collection boxes for recycling materials such as used ink cartridges and postcards that were written on but not sent, which can be turned in for a small refund. Benefits from these postcards and ink cartridges will be used to support children in Bangladesh and mine removal operations in Cambodia, respectively.



# Child-Rearing Support Facilities

## Kosodate no Eki, Gun Gun

Nagaoka Civic Disaster Prevention Center, 1<sup>st</sup> 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. – 11:00 a.m. Every Day
- \* **Picture Storybook Reading Time**  
3:00 p.m. – 3:15 p.m. Every Day
- \* **“Spot Time”** 10:45 a.m. – 11:15 a.m. Every Monday
- \* **Craft Work Cafe**  
10:00 a.m. – 11:30 a.m. April 10 (Thurs.)
- \* **Waku Waku Time** 10:45 a.m. – 11:15 a.m. April 16 (Wed.)
- \* **Baby Massage** 1:00 p.m. – 1:30 p.m. April 17 (Thurs.)
- \* **Healthy Tea Time**  
1:30 p.m. – 2:30 p.m. April 17 (Thurs.) and May 8 (Thurs.)
- \* **Happy Birthday Party** 10:45 a.m. – 11:15 a.m. April 18 (Fri.)
- \* **Exploring Fire Department Headquarters**  
10:45 a.m. – 11:45 a.m. April 23 (Wed.)
- \* **Child-Rearing Salon**  
10:30 a.m. – 11:30 a.m. April 24 (Thurs.)
- \* **Mini-Lecture: Protecting Children’s Security from the Internet**  
10:30 a.m. – 12:00 p.m. April 25 (Fri.)
- \* **Spring Family Concert**  
11:00 a.m. – 11:30 a.m. April 29 (Tues./Holiday)
- \* **Mini-Athletic Meet** 10:30 a.m. – 11:30 a.m. May 9 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
April 17 (Thurs.) Nursery School Teacher

## Kids’ Plaza (Chibikko Hiroba)

Phoenix Ôte West 2<sup>nd</sup> Floor and 3<sup>rd</sup> 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)** April 28 (Mon.)
- \* **Time for Chibikko Kids and Birthday Party**  
11:00 a.m. – 11:15 a.m.  
April 2 (Wed.), 9 (Wed.), 16 (Wed.), 23 (Wed.), 30 (Wed.),  
and May 7 (Wed.)
- \* **Birthday Party:** April 30 (Wed.)
- \* **Smiley Kids Day** 9:00 a.m. – 12:00 p.m.  
April 4 (Fri.), 11 (Fri.), 18 (Fri.), 25 (Fri.), and May 9 (Fri.)
- \* **Wai Wai Chatting**  
11:00 a.m. – 12:00 p.m. April 8 (Tues.) and 15 (Tues.)
- \* **Picture Storybook Reading Time**  
11:00 a.m. – 11:30 a.m. April 13 (Sun.)
- \* **Let’s Play to the Rhythms**  
11:00 a.m. – 11:15 a.m. April 14 (Mon.)
- \* **Let’s Play with Blocks** 11:00 a.m. – 12:00 p.m. April 19 (Sat.)
- \* **Talking with Babies** 10:45 a.m. – 11:15 a.m. April 22 (Tues.)
- \* **Making Koinobori (Carp-Shaped Streamers)**  
9:00 a.m. – 6:00 p.m. May 1 (Thurs.) – 6 (Tues./Holiday)
- \* **Celebrating Children’s Day**  
11:00 a.m. – 11:40 a.m. May 5 (Mon./Holiday)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
April 17 (Thurs.) Nursery School Teacher

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

## Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860

Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays  
(Open on Wednesday if it is a national holiday)

- \* **Nakayoshi Time**  
10:45 a.m. – 11:00 a.m. Every Friday
- \* **Mini-Concert**  
12:30 p.m. – 1:00 p.m. Every Friday
- \* **Playing Games from the Old Days**  
10:30 a.m. – 11:30 a.m. April 5 (Sat.) and May 3 (Sat.)
- \* **Picture Storybook Reading Time**  
10:30 a.m. – 11:30 a.m. April 7 (Mon.)
- \* **Story Telling Time**  
1:00 p.m. – 1:30 p.m. Every Monday
- \* **Enjoy Drawing Pictures**  
2:00 p.m. – 3:00 p.m. April 7 (Mon.) and 21 (Mon.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
April 10 (Thurs.), 24 (Thurs.), and May 8 (Thurs.)
- \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. April 11 (Fri.) and May 9 (Fri.)
- \* **“Toy Hospital” for Fixing Broken Toys**  
10:00 a.m. – 2:00 p.m. April 11 (Fri.)
- \* **A Week for Viewing Cherry Blossoms**  
April 17 (Thurs.) – 22 (Tues.)
- \* **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. April 20 (Sun.)
- \* **5<sup>th</sup> Anniversary Celebration**  
10:30 a.m. – 11:00 a.m. May 5 (Mon./Holiday)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
April 15 (Tues.) Nutritionist  
April 24 (Thurs.) Experienced Mother

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

## Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyô Kôryû Center, 2<sup>nd</sup> Floor 1765 Miyazawa, Tochio  
Phone: 0258-51-1022 Hours: 9:30 a.m. – 3:30 p.m.  
Tuesdays, Wednesdays, Fridays, and Saturdays

- \* **Fuwa Fuwa Plaza**  
10:00 a.m. – 11:30 a.m. April 2 (Wed.) and May 7 (Wed.)
- \* **Nakayoshi Plaza**  
9:30 a.m. – 11:30 a.m. April 4 (Fri.) and May 9 (Fri.)
- \* **Suku Suku Tea Time**  
11:00 a.m. – 11:30 a.m. April 4 (Fri.), 16 (Wed.)  
and May 9 (Fri.)
- \* **Wampaku Plaza**  
9:30 a.m. – 11:30 a.m. April 16 (Wed.)
- \* **Making Toys**  
10:30 a.m. – 11:30 a.m. April 22 (Tues.)
- \* **Birthday Party**  
11:00 a.m. – 11:30 a.m. April 23 (Wed.)
- \* **Making Koinobori (Carp-Shaped Streamers)**  
10:30 a.m. – 11:30 a.m. April 30 (Wed.)



**Free Child-Rearing Counseling**  
10:30 a.m. – 12:00 p.m. April 2 (Wed.) Maternity Nurse  
10:30 a.m. – 11:30 a.m. April 18 (Fri.) Public Health Nurse  
10:30 a.m. – 12:00 p.m. May 7 (Wed.) Maternity Nurse

# A Guide to Cherry Blossom Viewing (*Ohanami*)



Fukushimae Canal

Symbolizing the arrival of spring, cherry blossom viewing is one of the most popular spring events. There are many cherry blossom viewing spots in Nagaoka City and Niigata Prefecture. According to cherry blossom forecasts, cherry blossoms this year will come out as usual or a little earlier than usual. Here are some spots we'd like to recommend to you. If you want to know how to get to these cherry blossom viewing spots, please contact the staff at the Nagaoka City International Affairs Center, *Chikyû Hiroba*, on Ôte Street. (Phone: 0258-39-2714)



Yûkyûzan Park

## Cherry Blossom Viewing Spots in Nagaoka City:



The Drooping Cherry Tree in the Courtyard of the Nagaoka Institute of Design (NID)



The approximately 11-meter tall drooping cherry tree, estimated to be nearly 100 years old, is splendid swaying in the spring breeze.

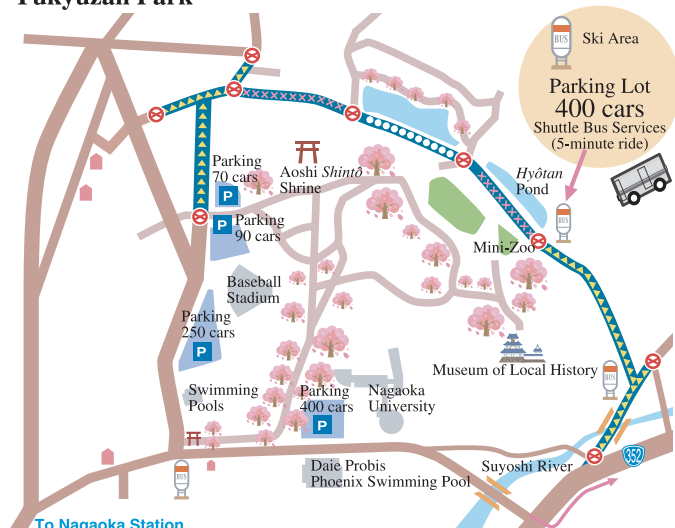
### (1) Yûkyûzan Park

Visitors can enjoy nearly 2,500 cherry trees in full bloom at Yûkyûzan Park, where “*Sakura Matsuri*”, a special cherry blossom festival, will be held from April 11<sup>th</sup> (Fri.) to May 6<sup>th</sup> (Tues.). Over 500 lanterns illuminate the blossoms at night (6:00 p.m. – 10:30 p.m.) and create a mystical fantasy world.

There will be a special event entitled “*Oishiimono Hiroba*,” a plaza for regional specialties, from 11:00 a.m. to 4:00 p.m. on April 19<sup>th</sup> (Sat.) and April 20<sup>th</sup> (Sun.). Many stores will serve dishes using locally grown or produced ingredients.

If you are driving, please remember that the traffic around the park is usually heavily congested and parking lots are full during the season, especially over the weekends.

### Yûkyûzan Park



Free shuttle bus services between the park (*Hyôtan Pond*) and the parking lot of the Municipal Ski Area are available from 10:00 a.m. to 5:00 p.m. on April 12<sup>th</sup> (Sat.), 13<sup>th</sup> (Sun.), 19<sup>th</sup> (Sat.), and 20<sup>th</sup> (Sun.).

### (2) Fukushimae Canal

Nearly 170 time-honored cherry trees, planted almost 95 years ago in the 1920s, display a spectacular view of gorgeous blossoms. Petals falling on the water are extremely beautiful and fascinate many visitors every season. Come and enjoy the sight of illuminated blossoms reflecting off the water.

### (3) Cherry Blossom Lane on the Shinano Riverbank

### (4) Kaki River (*Kakigawa*)

### (5) Nagaoka Technical High School Grounds (*Nagaoka Kôgyô Kôkô Gurando*)

### (6) Nagaoka University of Technology Campus (*Nagaoka Gijutsu Kagaku Daigaku Kônai*)

### (7) The Senshûgahara Furusato no Mori Area

### (8) Imamiya Park (*Heijima-machi*)

Many cherry trees are planted all around the park. It would be wonderful to enjoy playing baseball or soccer and having barbecues surrounded by beautiful cherry trees.

### (9) Kôrinji Temple (*Kumoide*)

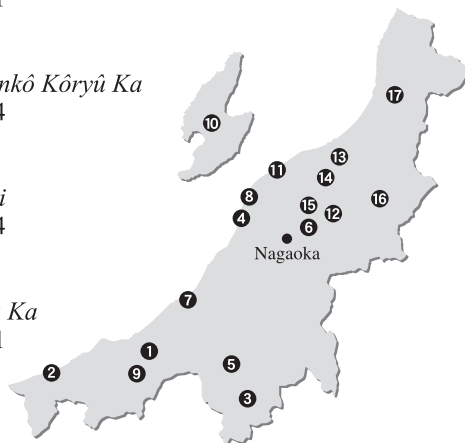
This temple is well-known for its time-honored *shidare-zakura* (a drooping cherry tree).

# Spots in Nagaoka City and Niigata Prefecture

## Cherry Blossom Viewing Spots in Niigata Prefecture



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| <p>(1) <b>Takada Park</b><br/>Jôetsu City<br/>Information: Jôetsu <i>Kankô</i> Convention <i>Kyôkai</i><br/>Phone: 025-543-2777</p> <p>(2) <b>Cherry Blossom Lane on the Himekawa Riverbank</b><br/>Itoigawa City<br/>Information: Itoigawa City <i>Kankô Kyôkai</i><br/>Phone: 025-552-1742</p> <p>(2) <b>Miyama Park</b><br/>Itoigawa City<br/>Information: Itoigawa City <i>Kankô Kyôkai</i><br/>Phone: 025-552-1742</p> <p>(3) <b>Yuzawa Central Park</b><br/>Yuzawa Town<br/>Information: Yuzawa Culture Center<br/>Phone: 025-784-1511</p> <p>(4) <b>10km Cherry Blossom Lane on Ôkôzu Bunsui Riverbank</b><br/>Tsubame City<br/>Information: Tsubame City <i>Shôkô Kankô Ka</i><br/>Phone: 0256-63-4131</p> <p>(5) <b>Kizakura (Yellow Cherry Blossoms) no Oka Park</b><br/>Tôkamachi City<br/>Information: Tôkamachi City <i>Kankô Kyôkai</i><br/>Phone: 025-763-3168</p> <p>(6) <b>Ôsakiyama Park</b><br/>Sanjô City<br/>Information: Sanjô City <i>Toshi Keikaku Ka</i><br/>Phone: 0256-34-5511</p> <p>(7) <b>Akasakayama Park</b><br/>Kashiwazaki City<br/>Information: Kashiwazaki City <i>Kankô Kôryû Ka</i><br/>Phone: 0257-21-2334</p> <p>(8) <b>Yahiko Shrine</b><br/>Yahiko Village<br/>Information: Yahiko <i>Kankô Kyôkai</i><br/>Phone: 0256-94-3154</p> <p>(9) <b>Kyôzukurayama Park</b><br/>Myôkô City<br/>Information: Myôkô City <i>Kensetsu Ka</i><br/>Phone: 0255-72-5111</p> <p>(10) <b>Mano Park</b><br/>Sado City<br/>Information: Sado <i>Kankô Kyôkai</i><br/>Phone: 0259-27-5000</p> | <p>(11) <b>Yasuragi Riverbank</b><br/>Niigata City<br/>Information: Niigata City, Chûô Ku <i>Kensetsu Ka</i><br/>Phone: 025-223-7403</p> <p>(11) <b>Toyosaka Gas Lamp Cherry Blossom Lane</b><br/>Niigata City<br/>Information: Niigata City Kita Ku <i>Shôkô Kankô Ka</i><br/>Phone: 025-387-1000</p> <p>(11) <b>Toyanogata Park</b><br/>Niigata City<br/>Information: Toyanogata <i>Kôen Kanri Jimusho</i><br/>Phone: 025-286-1080</p> <p>(12) <b>Muramatsu Park</b><br/>Gosen City<br/>Information: Muramatsu <i>Shôkô Kankô Ka</i><br/>Phone: 0250-58-7181</p> <p>(13) <b>Cherry Blossom Lane on Kajikawa Riverbank</b><br/>Shibata City<br/>Information: Shibata City <i>Kankô Shinkô Ka</i><br/>Phone: 0254-22-3101</p> <p>(13) <b>Shibata Jôshi Park</b><br/>Shibata City<br/>Information: Shibata City <i>Machizukuri Shinkô Kôsha</i><br/>Phone: 0254-26-6789</p> <p>(14) <b>Hyôko Suikin Park</b><br/>Agano City<br/>Information: Hyôko <i>Kanri Jimusho</i><br/>Phone: 0250-62-2690</p> <p>(15) <b>Kamoyama Park</b><br/>Kamo City<br/>Information: Kamo City <i>Toshi Keikaku Ka</i><br/>Phone: 0256-52-0080</p> <p>(16) <b>Kirinzan Park</b><br/>Aga Town<br/>Information: Agamachi <i>Kikaku Kankô Ka</i><br/>Phone: 0254-92-4766</p> <p>(17) <b>Shôjôji Park</b><br/>Murakami City<br/>Information: Murakami City <i>Kankô Kyôkai</i><br/>Phone: 0254-53-2258</p> <p>(17) <b>Murakami Jôshi</b><br/>Murakami City<br/>Information: Murakami City <i>Kankô Kyôkai</i><br/>Phone: 0254-53-2258</p> |
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## The Tulip Festival

April 26<sup>th</sup> (Sat.) – May 11<sup>th</sup> (Sun.)  
 April: 9:30 a.m. – 5:00 p.m.  
 May: 9:30 a.m. – 6:00 p.m.  
 Over 190,000 tulip plants of 140 species  
 Echigo *Kyûryô Kôen* (Echigo Hillside Park)  
 Phone: 0258-47-8001



## Movies

- \* **HAMLET** (Japan 2008)  
April 19 (Sat.) 1:00 p.m. – 4:05 p.m.
- \* **YAMA (coal mine) ni IKIRU** (Japan 2004)  
May 14 (Wed.) 2:00 p.m. – 3:20 p.m.
- \* **DES FLEURS POUR ALGERNON** (France, Switzerland 2006)  
May 25 (Sun.) 2:00 p.m. – 3:45 p.m.  
Nagaoka Central Library Hall  
1-*chôme*, Gakkô-chô  
Phone: 0258-32-0658  
Admission: Free

## The Tochio Temari Festival

May 1<sup>st</sup> (Thurs.) – 5<sup>th</sup> (Mon./Holiday)  
 10:00 a.m. – 4:00 p.m.  
 Jôanji Temple



A *temari* is an ornamental cloth ball that is handmade with brightly colored silk threads. Many colorful cloth balls are on display. Visitors can enjoy the exhibit of *temari* with various creative patterns as well as quizzes related to *temari*. This is a great opportunity for you to appreciate a part of traditional culture handed down among the people of Tochio.

For further information: Tochio *Sisho Shôkô Kankô Ka*  
 (Commerce, Industry, and Tourism  
 Division, Tochio Branch Office)  
 Phone: 0258-52-5827





## Major Emergency Medical Facilities

### Major General Hospitals

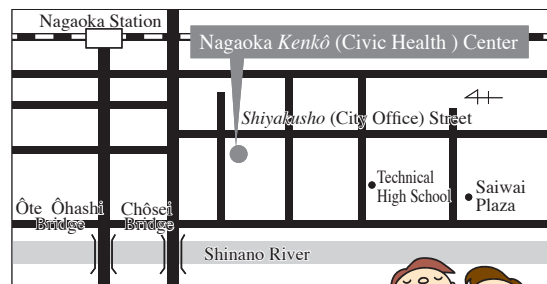
Nagaoka Chûô Sôgô Byôin (Central General Hospital) 0258-35-3700

Nagaoka Sekijûji Byôin (Red Cross Hospital) 0258-28-3600

Tachikawa Sôgô Byôin (General Hospital) 0258-33-3111

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

## Cancer Risk Examination Recommended

It is reported that one out of every three people dies of cancer in Japan. Early detection of the disease can save 90% of patients. As the first step, you are advised to have a cancer risk examination while you are still in good health. It is usually too late to completely overcome the disease once you are able to detect some symptoms on your own. Over 800 people died of stomach cancer in Nagaoka in the five years since 2008.

Cancer risk examinations are to find out whether you are likely to develop cancer or not. A simple blood test can detect your probability of developing cancer by checking for the presence of *Helicobacter pylori*, a type of bacteria believed to cause stomach inflammation and cancer.

The city also offers group cancer examinations. Detailed information about public facilities and dates for group cancer examinations or other medical institutions for individual examinations can be found in the booklet entitled 「長岡市健康カレンダー」 /Nagaoka Shi Kenkô Karendâ (Nagaoka City Health Calendar). This booklet is written only in Japanese.

For further information: *Kenkô Ka*  
(Health Division)  
Phone: 0258-32-5000

For assistance: Nagaoka City International Affairs Center,  
*Chikyû Hiroba*  
Phone: 0258-39-2714

Dr. Takashi Tomidokoro  
A Specialist in Cancer Prevention  
Vice Director of  
Nagaoka Chûô Sôgô Hospital



Q: The stomach cancer risk examination sounds scary.

A: It's a simple blood test.

You don't have to drink any barium or have an endoscopy test.

Q: What can the stomach cancer risk examination detect?

A: It can detect the existence of *Helicobacter pylori*, stomach inflammation, and the condition of the stomach. It is Not an examination to detect diseases.

Q: How much does the examination cost?

A: Medical institutions in the city can offer the examination for ¥4,100 (plus tax).



## Nagaoka Mon, Nagaoka's Special Products Badminton Rackets by YONEX Co. Ltd.

This section is part of a series that introduces high-quality products and technologies developed exclusively by various local industrial corporations.

Many top athletes around the world enjoy using YONEX badminton rackets, which reached a smash speed of 493 kilometers per hour in 2013 and rewrote the record in the Guinness Book of World Records.

The company started producing wooden badminton rackets in 1957. Their turning point arrived when they pioneered the implementation of carbon fiber in badminton

rackets. Currently YONEX badminton rackets weigh approximately 80 grams, which is ideal for effective smashing. In order to make the strongest rackets, air resistance and center of gravity are adjusted by layering, coiling, and heating up carbon fibers.

Their carbon-utilizing technologies are also used in producing tennis rackets and snowboards. With their earnest determination to create the best quality products, the company continues to develop high-quality products that are valued by top athletes.

## Apology

The May issue of *Konnichiwa Nagaoka* will be published on May 15<sup>th</sup> at the latest. The reason for this delay is that there will not be sufficient business days during Golden Week, a week full of national holidays. The editor would like to apologize for any inconveniences that may be caused by the delay.