



Vol. 305
October
2016

Konnichiwa!

NAGAOKA

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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

The Hero Is Here!



A basketball court was completed at the Nagaoka Civic Disaster Prevention Park (*Shimin Bôσαι Kôen*) so that everyone can enjoy playing basketball. On September 17th, 3-on-3 opening games were held. The many spectators gathered there were wowed by the lively plays.

The court is open from 9:00 a.m. to 8:00 p.m. between April and November. Applications are required when using the court as a group.

Kôen Ryokuchi Ka (Parks and Greens Division)
Phone: 0258-39-2230

Echigo Kawaguchi Onsen Hot Spring Resort







The view from the open-air hot spring bath of Echigo Kawaguchi Hotel Sun Rolla is splendid, overlooking a vast landscape of terrace riverbanks where the Shinano River and the Uono River meet. The fine quality of the brownish hot spring water containing common salt is good for recovering from fatigue and also effective for neuralgia, arthritis, or skin problems.

Hotel Sun Rolla is offering:
10th Anniversary Special Accommodation Plan
December 1 (Thurs.) – March 31 (Fri.)
(except for Dec. 30 – Jan. 2)
An overnight stay with two meals:
¥9,800/junior high school student and above
¥9,300/65-year-old and above
Phone: 0258-89-3000
Fax: 0258-89-3465
<http://www.hotel-sunrolla.jp>



Chef's specialties full of
locally-produced ingredients

Population and Households
As of September 1st, 2016
(compared to the previous month)

			
275,516 (-68)	134,468 (+1)	141,048 (-69)	105,657 (+30)

Major Features:

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Nagaoka, a Basketball Town

Let's Whip Up the Basketball Sensation from Nagaoka

The arena of City Hall Plaza – *Aôre* Nagaoka was chosen as the home for the Niigata ALBIREX Basketball Club, a Japanese professional basketball team. The first half of the first season of the newly established B League of the Japanese Professional Men's Basketball Championship, the most prestigious competition in Japan, started in September 2016.

Many home-games and away-games are scheduled to be held during the season until May 2017. Women's Japan Basketball League games will also be held occasionally at *Aôre* Nagaoka with the B League games.

Free shuttle bus services will be provided connecting the Riverside Senshu Shopping Mall, Aeon, and *Aôre* Nagaoka every hour from 10:00 a.m. to 5:00 p.m. on Saturdays, Sundays, and National Holidays in October and November.



On September 13th, the Civic Interaction Agreement for the Promotion of City Development through Basketball was signed by representatives from Nagaoka City, the Pro Basketball Corporation, the ALBIREX Supporters' Organization, and the Nagaoka City Sports Association.



The "Sky Deck" elevated walkway connecting Nagaoka Station and *Aôre* Nagaoka is being decorated with advertising banners and stickers in orange, the team's color, until May 2017.



Young players learning basic techniques at the Basketball Summit (August 6)

ALBIREX practice open to public viewing



Free copies of "How to Enjoy Basketball," a booklet containing everything about basketball, are available at *Aôre* Nagaoka, the Nagaoka Civic Center, and other public facilities.



On August 3rd, the Minister from the Australian Embassy visited the arena of *Aôre* Nagaoka on an introductory tour to Nagaoka. The city hopes that Australian basketball teams consider the arena as a possible training site for the 2020 Tokyo Olympics and Paralympics. The city renovated the arena to meet various international standards by installing a new lighting system and a larger score board as well as improving seating areas.

Nagaoka's Ancient Pottery on Display at the British Museum

Over a span of three years starting on October 14th, 2016, four pieces of ancient pottery from the *Jômon* Period (10,000 B.C. – 300 B.C.) unearthed at historic sites in Nagaoka will be on display at the British Museum in London.

On the occasion of a renewal project of the *Jômon* Period Section of the Japanese Galleries at the British Museum, the museum requested the City of Nagaoka, where a great number of unique ancient pots were discovered, to display some pieces of the pottery.

It will be a great opportunity for Nagaoka to share the special features of *Jômon* pottery as well as the *Jômon* culture with many visitors to the British Museum, which is visited annually by approximately 6 million people from around the world. We hope that the 5,000-year-old history and the energetic figurative beauty of the ancient pottery will amaze the world.

The four pieces of pottery will be on display at the Japanese

Embassy in the U.K. for ten days from October 3rd, followed by the display at the British Museum.

This year marks the 80th anniversary of the discovery of the original Flame-Shaped Pot (exclusively named *Kaen Doki*/火焰土器), which was unearthed at the Umataka Historic Site in 1936. In Nagaoka, there is a movement campaigning for a *Kaengata Doki* design for the 2020 Tokyo Olympics and Paralympics Cauldron.



Flame-Style Pot
Kaengata Doki
火焰型土器



Crown-Style Pot
Oukangata Doki
王冠型土器



Flame-Style B Group Pot
Kaen B Gun Doki
火炎B群土器



Flame-Style C Group Pot
Kaen C Gun Doki
火炎C群土器

The Four Pieces of Pottery to Be Displayed at the British Museum

We Will Never Forget October 23rd!

Memorial Programs for the 12th Anniversary of the 2004 Great Chuetsu Earthquake

~ Our Condolences to the Victims, Our Appreciation for Support, and Our Prayers for Further Recovery ~

Oct. 22 (Sat.)

- Memorial Symposium
Nagaoka Earthquake Disaster Archive Center
10:00 a.m. – 12:00 p.m.
1:30 p.m. – 5:00 p.m.
- *Nishikigoi* Ornamental Carp Memorial Exhibit
Yamakoshi Branch Office
12:30 p.m. – 3:30 p.m.

Oct. 23 (Sun.)


- Floral Tribute and Silent Prayers
City Hall Plaza - *Aôre* Nagaoka
1:30 p.m. – 7:00 p.m.
- Memorial Bullfighting
Yamakoshi Bullfighting Ground
1:00 p.m. –
- Gathering for Recovery in Yamakoshi
Yamakoshi Sports Gym
3:00 p.m. – 7:00 p.m.
- Song of the Earth 2016
Kawaguchi Sports Park
4:00 p.m. – 6:30 p.m.
- Special Memorial Musical, "Momotaro"
City Hall Plaza - *Aôre* Nagaoka
11:00 a.m. – 12:00 p.m.



Aôre Nagaoka,
October 2015

How to Apply for Enrollment in Nursery Schools or Kindergartens

A new comprehensive support system for child-rearing was implemented throughout Japan in April 2015. Under this system the child-rearing support facilities for preschool-aged children are categorized into four types. If you wish to enroll your child in either one of these facilities, you must apply for both approval (*nintei shinsei*/にんてい しんせい・認定申請) and enrollment (*nyûen môshikomi*/にゅうえん もうしこみ・入園申し込み).

Types of Facilities	Ages of Children Accepted	Hours	Requirements for Application	Application Period for 2017 enrollment	Fees		
● Nursery School	0 - 5	7:00 a.m. – 7:00 p.m.	<ul style="list-style-type: none">• Employment• Pregnancy or childbirth• Illness or disability• Caring for a relative• Recovery after a disaster• Job hunting• Attending school• Possible risk of domestic violence or abuse	From Oct. 3 (Mon.), 2016	Based on guardian's household's income		
● Nursery School Section of <i>Nintei Kodomo-En</i> <small>にんてい こどもえん</small> 認定こども園 (*Center for Early Childhood Education and Care)	0 - 5	7:30 a.m. – 6:30 p.m. 		(1) First submit an application for approval. (2) After being approved, submit an application for enrollment.			
● Kindergarten	3 - 5	8:00 a.m. – 3:00 p.m. Extension possible with extra fees				From Nov. 1 (Tues.), 2016	Based on each kindergarten's tuition system
● Kindergarten Section of <i>Nintei Kodomo-En</i> <small>にんてい こどもえん</small> 認定こども園 (*Center for Early Childhood Education and Care)	3 - 5					Application forms for approval and enrollment can be submitted at the same time.	

* *Nintei Kodomo-En* ・ 認定こども園 (Center for Early Childhood Education and Care) are mostly located in the same building of a nursery school or a kindergarten. For further information and assistance, please contact the staff at the Nagaoka City International Affairs Center, *Chikyû Hiroba*. (Phone : 0258-39-2714)

Sale of Recycled Items

Discarded recyclable items such as bicycles and furniture will be repaired and put on display for sale at reasonable prices (e.g. ¥500 - ¥1,500 per bicycle). As there are usually many applicants, purchases will be decided by lottery. Lottery winners can pick up their items at a later date. Only residents of Nagaoka City can apply for the lottery.

Oct. 17 (Mon.) – Oct. 21 (Fri.) 9:00 a.m. – 4:00 p.m.

Recycling Plaza, Environmental Sanitary Center
Environmental Management Division
3-chôme Kotobuki (Phone: 0258-24-2837)

Bus: A 20-minute bus ride from Nagaoka Station
Ote (West-Side) Exit Terminal No. 13
to Ecotopia Kotobuki (エコトピア寿)

Leaves at:

9:20 a.m., 10:00 a.m.,
10:20 a.m., 11:20 a.m.,
12:00 p.m., 12:20 p.m.,
1:20 p.m., 2:20 p.m.,
and 2:40 p.m.



Payment of Premiums for Members of the National Health Insurance Policy

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.

The notice regarding your premiums for the 4th – 6th terms (for October, November, and December) of fiscal 2016 will be sent to you in the middle of October. Please be sure to pay your premium for each term by the due date. You can pay your premium at convenience stores throughout Japan, *Yûcho Ginkô* (the Japan Post Bank) in Niigata Prefecture, or a branch or the head office of any financial institution in Nagaoka City. Detailed information about payment is on the back of the notice.

If you have been unemployed due to bankruptcy or displacement, your premium may be reduced. In this case, you are required to apply for premium reduction. If it is difficult for you to pay your premium due to some specific reasons, please contact *Kokuho Nenkin Ka*, the National Health Insurance and Pension Division.

For further information, please contact *Kokuho Nenkin Ka*, the National Health Insurance and Pension Division (Phone: 0258-39-2220) or the Citizens' Affairs and Service Division of each district branch office.

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 (Chikyû Hiroba) (1st Floor)

Monday – Friday 8:30 a.m. – 7:00 p.m.

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

Phone: 0258-39-2714 Fax: 0258-39-2715

E-mail: kouryu-c@city.nagaoka.lg.jp



Consultations Offered for International Residents

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

Japanese Learning Programs

Nihongo Kôza

A free trial lesson is being offered. Please call ahead. The 2nd term of classes for the 2016 fiscal year is being offered from October 2016 to March 2017.

Weekday Classes (Tuesdays & Fridays)

* Class I

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

11:00 a.m. – 12:00 p.m. (60 minutes)

* Class II

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

9:30 a.m. – 10:30 a.m. (60 minutes)

Oct.	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
Nov.	1, 4, 8, 11, 15, 18, 22, 25, 29	¥1,800
Dec.	2, 6, 9, 13, 16, 20, 27	¥1,400
Jan.	6, 10, 13, 17, 20, 24, 27, 31	¥1,600
Feb.	3, 7, 10, 14, 17, 21, 24, 28	¥1,600
March	3, 7, 10, 14, 17, 21, 24, 28	¥1,600

Sunday Classes

* Class I

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

2:00 p.m. – 4:00 p.m. (120 minutes)

* Class II

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

9:30 a.m. – 11:30 a.m. (120 minutes)



Oct.	2, 9, 16, 23, 30	¥2,000	Jan.	8, 15, 22, 29	¥1,600
Nov.	6, 13, 20, 27	¥1,600	Feb.	5, 12, 19, 26	¥1,600
Dec.	4, 11, 18, 25	¥1,600	March	5, 12, 19	¥1,200

Nihongo Hiroba

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

- Sundays 1:00 p.m. – 3:00 p.m.
- 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.



Short-Term Japanese Language Class

Sundays, Oct. 2 – Dec. 25 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. 2nd to Sunday, Dec. 25th 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.

Oct.	2, 9, 16, 23, 30	¥2,000
Nov.	6, 13, 20, 27	¥1,600
Dec.	4, 11, 18, 25	¥1,600



This Month's Useful Japanese Expressions

Kinkyû Jishin Sokuhô (緊急地震速報)

Kinkyû Jishin Sokuhô (Earthquake Early Warning) will inform you of possible powerful tremors so that you can prepare yourself. If tremors with a seismic intensity of 5 lower or more on the Japanese seismic scale are predicted, the Meteorological Agency will announce the Kinkyû Jishin Sokuhô warning to areas where a seismic intensity over 4 is expected.

The Kinkyû Jishin Sokuhô warning will be sent with special warning sounds through TV, radio, cell phones, smart phones, and the emergency municipal radio communication system. If you see or hear the Kinkyû Jishin Sokuhô warning, protect yourself and stay calm. If you are indoors, protect your head and take cover under a sturdy table or desk. Please do not rush out of buildings.

A Relaxing World Tour to Georgia, U.S.A.

Date: October 29 (Sat.) 2:00 p.m. – 3:00 p.m.

Limited to: 30 participants

(on a first-come, first-served basis)

Registration is required.

Application Deadline: October 22 (Sat.)

Mr. and Mrs. Stanford from Georgia, U.S.A. will introduce American traditions and culture.



Multilingual Broadcast on FM Nagaoka (80.7 MHz)

Wednesdays 6:30 p.m. – 7:00 p.m.

Chinese and Easy Japanese: 1st and 3rd Wednesdays

English and Easy Japanese: 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** 10:45 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
- * **Gun Gun English Time** Oct. 17 (Mon.)
- * **Healthy Tea Time** Oct. 24 (Mon.)
- * **Kamishibai (Large Picture-Card Story)** Oct. 31 (Mon.)
- * **Parent-Child Art Workshop** Nov. 7 (Mon.)
- * **Mini-Library** 11:00 a.m. – 12:00 p.m. Oct. 12 (Wed.) and Nov. 9 (Wed.)
- * **Happy Birthday Party** 10:45 a.m. – 11:15 a.m. Oct. 21 (Fri.)
- * **Mini-Lecture: Fully-Clothed Baby Massage** 10:30 a.m. – 11:30 a.m. Oct. 26 (Wed.)
- * **Child-Rearing Salon for Mothers and Fathers on Child-Care Leave** 11:00 a.m. – 12:00 p.m. Oct. 27 (Thurs.)
- * **Kamishibai (Large Picture-Card Story) Day** 10:00 a.m. – 2:30 p.m. Nov. 3 (Fri.)
- * **Mothers’ Chat Cafe** Mother-Child Healthcare Advisor 11:00 a.m. – 12:00 p.m. Nov. 4 (Fri.)

Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m. Oct. 12 (Wed.) Child-Rearing Advisor



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)** Oct. 20 (Thurs.)
- * **Time for Chibikko Kids & Birthday Party** 11:00 a.m. – 11:15 a.m. Oct. 12 (Wed.) and 19 (Wed.)
- * **Birthday Party** Oct. 26 (Wed.)
- * **Smiley Kids’ Day: Let’s Play with Balls** 9:00 a.m. – 12:00 p.m. Every Friday
- * **Wai Wai Chatting Time** 11:00 a.m. – 12:00 p.m. Oct. 11 (Tues.)
- * **How to Care for Child’s Speech Development** 11:00 a.m. – 11:40 a.m. Oct. 13 (Thurs.)
- * **Lecture on Healthy Recipes for Children** 10:30 a.m. – 12:00 p.m. Oct. 15 (Sat.)
- * **It’s Fathers’ Turn for Talking with Babies** 11:00 a.m. – 12:00 p.m. Oct. 15 (Sat.)
- * **Mothers’ Chat Cafe** Mother-Child Healthcare Advisor 11:00 a.m. – 12:00 p.m. Oct. 17 (Mon.)
- * **Chatting Time for Expecting Mothers** 2:00 p.m. – 3:00 p.m. Oct. 21 (Fri.)
- * **Enjoy Playing to the Rhythms** 11:00 a.m. – 11:15 a.m. Oct. 24 (Mon.)
- * **Let’s Play with Blocks** 11:00 a.m. – 12:00 p.m. Oct. 29 (Sat.)
- * **Health Lecture for Child-Rearing Mothers** 10:30 a.m. – 12:00 p.m. Nov. 1 (Tues.)
- * **Toshihiko Shinzawa – Satoko Yamano Joint Concert** 10:30 a.m. – 11:30 a.m. Nov. 5 (Sat.)
- * **Lecture for Expecting Mothers:**
 - Enjoy Picture Storybooks with Your Expected Baby** 10:30 a.m. – 12:00 p.m. Nov. 16 (Wed.)
 - Talking about Picture Storybooks by Noritake Suzuki** 10:30 a.m. – 12:00 p.m. Nov. 20 (Wed.)

Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m. Oct. 10 (Thurs.) Child-Rearing Advisor
Oct. 27 (Thurs.) Childcare Committee Chief
Temporary Day-Care for Preschool-Aged Children: ¥300/hour



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)

- * **Let’s Enjoy Singing** 10:45 a.m. – 11:15 a.m. Every Monday
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Oct. 20 (Thurs.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m. Oct. 21 (Fri.)
- * **Mothers’ Chat Cafe** Mothers-Child Healthcare Advisor 10:30 a.m. – 11:30 a.m. Oct. 11 (Tues.)
- * **Recreational Program with Imaginary Marine Animals** 10:30 a.m. – 11:30 a.m. Oct. 13 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys** 10:00 a.m. – 2:00 p.m. Oct. 14 (Fri.)
- * **Smiley Birthday Party** 10:45 a.m. – 11:15 a.m. Oct. 14 (Fri.)
- * **Sunday Toy Box** 10:45 a.m. – 11:45 a.m. Oct. 16 (Sun.)
- * **Park Exploration** 10:30 a.m. – 11:00 a.m. Oct. 18 (Tues.)
- * **Lecture for Fathers and Mothers by a Maternity Nurse** 10:30 a.m. – 11:00 a.m. Oct. 20 (Thurs.)
- * **Let’s Play at the Kids’ Land** 10:30 a.m. – 11:30 a.m. Oct. 25 (Tues.)
- * **Happy★Halloween** 10:30 a.m. – 11:30 a.m. Oct. 28 (Fri.)
- * **Playing Games from the Old Days** 10:30 a.m. – 11:30 a.m. Nov. 5 (Sat.)
- * **Lecture for Parents: How to Start Toilet Training** 10:30 a.m. – 11:30 a.m. Nov. 10 (Thurs.) Public Health Nurse



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m. Oct. 18 (Tues.) Child-Rearing Advisor
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

Also open on

- Oct. 9 (Sun.) 10:00 a.m. – 3:00 p.m. during the *Kaidō Festival*
- Oct. 23 (Sun.) 10:00 a.m. – 3:00 p.m. during the *Agricultural Festival*
- * **Let’s Play in the Temari Hall** 10:30 a.m. – 11:30 a.m. Oct. 18 (Tues.)
- * **Suku Suku Tea Time** 11:00 a.m. – 11:30 a.m. Oct. 19 (Wed.) and Nov. 4 (Fri.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Oct. 26 (Wed.)
- * **Making Toys** 11:00 a.m. – 11:30 a.m. Oct. 28 (Fri.)

Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Oct. 21 (Fri.) Public Health Nurse



Seasonal Events

We are getting into the heart of autumn.

It's the harvest season and the season for enjoying local festivals and regional specialties.

Bara Matsuri (Rose Festival)

Oct. 1 (Sat.) – Nov. 6 (Sun.)

9:30 a.m. – 5:00 p.m. (October)

9:30 a.m. – 4:30 p.m. (November)

Echigo Kyûryô Kôen (Hillside Park)

2,315 plants of 667 different species are being on display.

Information: 0258-47-8001

<http://echigo-park.jp/event/news/1307.html>



Echigo R290 Kaidô Matsuri (Highway Festival)

Oct. 9 (Sun.) 10:00 a.m. – 3:00 p.m.

Michi no Eki R290 Tochio

Information: 0258-51-1195

<http://www.city.nagaoka.niigata.jp/kankou/event/kaidoumatsuri.html>



Nô to Sakana (Agriculture and Fishery) Festival in Teradomari

Oct. 9 (Sun.) 10:00 a.m. – 3:00 p.m.

Teradomari Minato (Port) Park

Information: 0258-75-3363

<http://www.city.nagaoka.niigata.jp/kankou/event/sakana-fes.html>



Koshiji Aki Matsuri (Autumn Festival)

Oct. 9 (Sun.) 10:00 a.m. – 3:30 p.m.

Koshiji Branch Office Area

The highlight is the serving of soup cooked in a huge pot that is large enough to serve 10,000 bowls of soup.

Information: 0258-92-5903

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



Meisui Koshihikari Matsuri

Oct. 16 (Sun.)

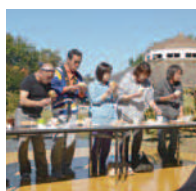
10:00 a.m. – 3:00 p.m.

Todonomori Park, Tochio

There will be a variety of Tochio's regional specialties. Visitors can purchase *onigiri* rice balls made from newly harvested *Koshikhikari* rice, locally-grown farm produce, and *donburi* bowls of rice with locally-produced ingredients. Visitors can also enjoy rice-cake pounding and a jumbo *inarizushi* eating competition. *Inarizushi* is sushi wrapped in deep-fried tofu beancurd.

Information: 0258-58-3050

<http://todonomori.com/koshihikari-matsuri/>



Kawaguchi Aki Matsuri (Autumn Festival)

Oct. 16 (Sun.) 10:00 a.m. – 4:00 p.m.

Kawaguchi Branch Office Area

Information: 0258-89-3113

<http://www.city.nagaoka.niigata.jp/kankou/event/kwg-bussan.html>



Echigo Mishima Take Akari Kaidô (Illuminated Bamboo Lantern Road)

Oct. 22 (Sat.) 4:00 p.m. – 9:00 p.m.

Honcho Street, Wakino-machi

The 1-kilometer road will be illuminated by 50 LED lighting units and 25,000 bamboo lanterns.

Information: 0258-42-2249

<http://mishimatakeakari.com/>



Yukyû Sai (Nagaoka University Campus Festival)

Oct. 29 (Sat.) and 30 (Sun.)

Stalls, wacci Live, etc.

Information: 0258-39-1600



Nakanoshima Sangyô Matsuri (Industrial Festival)

Oct. 23 (Sun.) 9:00 a.m. – 3:00 p.m.

Nakanoshima Community Center Area

The highlight is a 1.7-meter high and 2-meter wide jumbo *onigiri* rice ball.

Information: 0258-61-2013

<http://www.city.nagaoka.niigata.jp/kankou/event/sangyomatsuri.html>



Tochio Chiiki Nôgyô Matsuri (Agricultural Festival)

Oct. 23 (Sun.) 10:00 a.m. – 3:00 p.m.

Orinasu, Tochio Sangyô Kôryû Center

Information: 0258-52-5847

<http://www.tochiokankou.jp/matsuri/nougyou.html>



Nagaoka Nôgyô Matsuri (Agricultural Festival)

Oct. 29 (Sat.) 9:00 a.m. – 4:00 p.m.

Hive Nagaoka (Senshu)

Information: 0258-35-1304

<http://www.niigata-kankou.or.jp/sys/data?page-id=1962>



Koshiji Momijien (Maple Garden)

Oct. 29 (Sat.) – Nov. 20 (Sun.)

A 10-minute walk from the JR Raikoji Station
The garden will be illuminated by approximately 30 LED lighting units. The illumination will start from sunset and ends around 9:00 p.m. It will be nice to visit the garden when it becomes a mystical world of lights. At the temporary parking lot in front of the maple garden, you can purchase local products and food.

Information: 0258-92-5903

<http://www.city.nagaoka.niigata.jp/kankou/miru/kouen/momiji.html>



Yoita Iki Iki Culture Festival

Oct. 30 (Sun.) 10:00 a.m. – 3:30 p.m.

Yoita Taiikukan (Gym)

The highlight is the serving of mushroom soup.

Information: 0258-72-3201

<http://www.city.nagaoka.niigata.jp/kankou/event/y-ikiiki.html>



Oguni Aki Matsuri (Autumn Festival)

Nov. 3 (Thurs./Holiday) 9:00 a.m. – 3:00 p.m.

Oguni Community Center

Information: 0258-95-5906

<http://www.city.nagaoka.niigata.jp/kankou/event/o-akimaturi.html>



Mishima Sangyô Matsuri (Industrial Festival)

Nov. 3 (Thurs./Holiday) 10:00 a.m. – 3:00 p.m.

Mishima Kaikan (Hall) Area

Information: 0258-42-2249

<http://www.city.nagaoka.niigata.jp/kankou/event/m-sangyou.html>



Yamakoshi Sangyô Matsuri (Industrial Festival)

Nov. 3 (Thurs./Holiday)

10:00 a.m. – 2:00 p.m.

Yamakoshi Branch Office Parking Lot

Final Bullfighting 1:00 p.m.

Yamakoshi Bullfighting Ground

Information: 0258-59-2343

<http://www.city.nagaoka.niigata.jp/kankou/event/kosi-sangyou.html>



Nagaoka City Aki Matsuri (Autumn Festival)

Nov. 3 (Thurs./Holiday) – 7 (Mon.)

City Hall Plaza – Aôre Nagaoka

- Chrysanthemum Exhibit

Nov. 3 (Thurs./Holiday) 1:00 p.m. – 4:00 p.m.

Nov. 4 (Fri.) – 6 (Sun.) 9:00 a.m. – 4:00 p.m.

Nov. 7 (Mon.) 9:00 a.m. – 12:00 p.m.

- Nishikigoi (ornamental carp) Exhibit and Sale

Nov. 5 (Sat.) and 6 (Sun.) 9:00 a.m. – 4:00 p.m.

- Ranchû Goldfish Exhibit and Sale

Nov. 5 (Sat.) and 6 (Sun.) 9:00 a.m. – 4:00 p.m.

- Sales of Locally Grown Vegetables and Rice

Nov. 5 (Sat.) and 6 (Sun.) 10:00 a.m. – 4:00 p.m.

Information: 0258-39-2221

http://www.city.nagaoka.niigata.jp/kankou/event/aki_matsuri.html



Sekihara Rakuichi and Jômon Matsuri

Nov. 6 (Sun.) 10:00 a.m. – 3:00 p.m.

Umataka Jômon Kan

Information: 0258-39-2228



Nagaoka's Shining Star Athletes

~ Aspiring to Become a Professional Basketball Player ~



Keita Imamura (20 years old)
A Junior at the Niigata University
of Management (Keiei Daigaku)

“I will definitely become a professional basketball player!”

Keita is the only college student who was chosen as a prefectural team member for two years in a row to compete in the annual National Athletic Meet. Since his family loves basketball, he started playing basketball in a club filled with good players even when he was an elementary school first-grader. He joined the team at the Nagaoka Technical High School, which was in the top eight in Niigata Prefecture.

Since he was a freshman, he has been a regular member

on the Niigata University of Management team, which is a regular competitor in the National Athletic Meet.

Being the point-getter, his athletic ability and skillful shooting have often led his team to victory. Keita, who is commuting to the university campus in Kamo City from Nagaoka every day, says, “I never get tired of my five-hour daily practices. The most fascinating part of playing basketball is the speedy development of the games. While playing basketball, I always focus on the various flows of the games, which are constantly changing in a matter of seconds. I want to be a star player representing Niigata Prefecture in the future.”



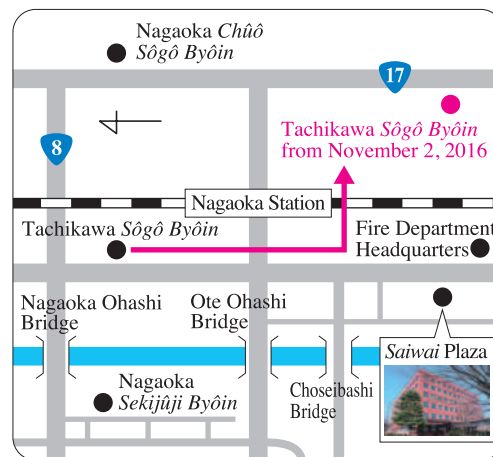
Major Emergency Medical Facilities

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)	0258-33-3311
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)
- 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 obstetrics 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.
	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)		
Chuetsu Center for Children's Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.



How to Get to the New Location of Tachikawa General Hospital



Tachikawa General Hospital will move to its new location in the beginning of November. The hospital will be located in the Jojo Takabatake area of Nagaoka City, south of Nagaoka Station, near the Route 17 West Bypass bound for Ojiya.

Starting on Tuesday, November 1, please use the *Minami Junkan* Line, the *Kaki-Takamachi Danchi* Line, or the *Muramatsu* Line to get to the hospital. Here is information about the bus terminal numbers situated at Nagaoka Station.

- The *Minami Junkan* Line leaves from Terminal No. 10 on the west side of Nagaoka Station (*Ote-guchi*) and Terminals No. 3 and 4 on the east side of Nagaoka Station (*Higashi-guchi*).
- The *Kaki-Takamachi Danchi* Line leaves from Terminal No.3 on the east side of Nagaoka Station (*Higashi-guchi*).
- The *Muramatsu* Line leaves from Terminal No. 7 on the east side of Nagaoka Station (*Higashi-guchi*).

For further information: *Kôtsû Seisaku Ka*
 (Transportation Policy Division)
 Phone: 0258-39-2267

Sports and Fitness Classes

October – November

- Nakanoshima *Taiikukan* (Gym)
 3807-3 Nakanoshima (Phone: 0258-66-1711)
 shape-up boxing, inner muscle training, etc.

October – December

- Hokubu *Taiikukan* (Gym)
 2-2-72 Higashizao (Phone: 0258-24-6116)
 yoga, Pilates exercises, soft volleyball, hip-hop dancing, etc.
- Shinsan *Taiikukan* (Gym)
 2-1-9 Shinsan (Phone: 0258-46-4601)
 yoga, healthy calisthenics, Pilates exercises, tennis, balance ball, training, waist shape-up exercises, etc.
- Mishima *Taiikukan* (Gym)
 1434 Mishimanakajo (Phone: 0258-41-2133)
 yoga, hip-hop dancing, shape-up boxing exercises, etc.

If you need any assistance for registration, please contact the International Affairs Center, *Chikyû Hiroba*.
 (→See p.4)