



Vol. 326
July
2018

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

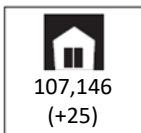
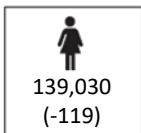
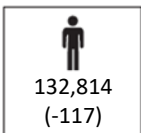
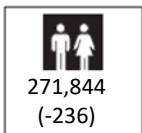


NaDeC BASE Opened! Connecting Academia, Businesses, and Entrepreneurs

A variety of programs and events have been organized at NaDeC BASE since its opening on June 2nd, 2018. They include academic classes, seminars for entrepreneurs, research presentations, panel displays, discussions on how to best use IoT (Internet of Things), and many others. NaDeC BASE is expected to take the lead in another renovation project of the Nagaoka downtown area, which will start in five years.



Population and Households
As of June 1st, 2018
(compared to the previous month)



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The 2018 Nagaoka Festival



Wednesday, August 1

Heiwa Sai (Peace Celebration)

5:30 p.m. – 10:00 p.m.

Ote Street, Suzuran Street, and Central Street

Opening Ceremony 5:30 p.m. – 6:15 p.m.

• Harley-Davidson

• Mini-Live

• Baton Twirling

(1st Program) 5:55 p.m. – 6:35 p.m.

• Taiko Drumming

• Parade

(2nd Program) Parade 6:35 p.m. – 7:00 p.m.

• Harley-Davidson

• Fire Department Band and Baton Twirling

(3rd Program) 7:00 p.m. – 7:20 p.m.

• Toyokawa Tezutsu Fireworks

(Pyrotechnicians launch fireworks from big hand-held launching tubes.)

(4th Program) 7:25 p.m. – 8:45 p.m.

• Dai Minyô Nagashi (Grand Folk Dance Parade)

Everyone is welcome to join *dai minyô nagashi*.

Just come and join us.

(5th Program) 8:50 p.m. – 10:00 p.m.

• Mikoshi (portable shrines)

• Ohayashi (festival music bands)

• Taiko Drumming



Nagaoka City Peace Prayer Ceremony:

9:00 a.m. *Aôre* Nagaoka

Nagaoka Peace Forum:

2:00 p.m. *Aôre* Nagaoka

Tôrô Nagashi (Releasing Paper Lanterns)

7:00 p.m. – 8:30 p.m.

On the Kaki River from Oimawashi

Bridge to Ichinohashi Bridge



Pure White 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.

Ote Street, Suzuran Street, and Central Street

• Parade

• Fire Department Band 11:50 a.m.

• Stage Shows

• Summer Music Festival 12:00 a.m. – 1:00 p.m.

• Many shows, fun programs, and food stalls

Ote Street intersection, in front of NaDeC Base, and Arena in *Aôre* Nagaoka, City Hall Complex



Ôhanabi Taikai (Grand Fireworks Show)

7:20 p.m. – 9:10 p.m.

On the Shinano Riverbanks between Chosei Bridge and Ote Ohashi Bridge

Friday, August 3

Wampaku Omatsuri Hiroba

(Romping Kids' Festival Plaza)

(Daytime Programs)

11:30 a.m. – 3:30 p.m.

Ote Street, Suzuran Street, and Central Street

• Stage Shows

• Parade

• Many shows, fun programs, and food stalls

• Flea Market



Ôhanabi Taikai (Grand Fireworks Show)

7:20 p.m. – 9:10 p.m.

On the Shinano Riverbanks between Chosei Bridge and Ote Ohashi Bridge



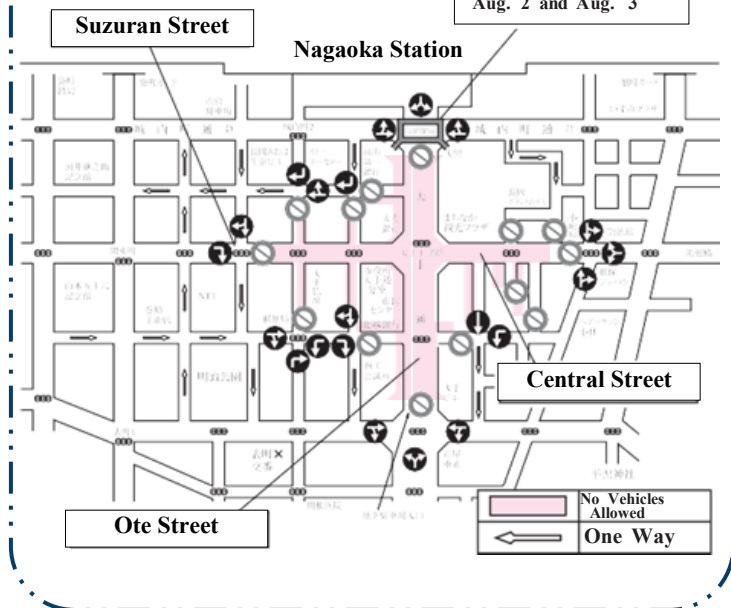
Traffic Restriction Hours during the Heiwa Sai (Peace Celebration) and Daytime Programs

Aug. 1 (Wednesday) 5:00 p.m. – 10:30 p.m.

Aug. 2 (Thursday) 10:30 a.m. – 4:00 p.m.

Aug. 3 (Friday) 10:30 a.m. – 4:00 p.m.

Ote Sky Deck Closed
8:00 p.m. – 11:30 p.m.
Aug. 2 and Aug. 3



The Origin of the Nagaoka Festival

The people of Nagaoka celebrate the Nagaoka Festival annually in August with a festive mood. However, its origin goes back to the memory of a sad incident on a miserable summer night, which has been deeply inscribed in the history of Nagaoka.

On August 1, 1945, B29 bombers dropped a massive amount of incendiary shells over Nagaoka, which immediately turned Nagaoka into a deluge of fire. Starting at 10:30 p.m., the air raid lasted until 12:10 a.m. of August 2. The bombing burned down nearly 80% of the downtown area and claimed 1,486 lives (confirmed as of August 1, 2018).

With indescribable sorrow and anger, the people of Nagaoka trembled and shuddered at the nightmarish sight of misery extending throughout the town.

Expressing our condolences to the air raid victims and sym-

bolizing the sad day as a significant day for restoration, the City of Nagaoka held the Nagaoka Restoration Festival on August 1st, 1946, one year after the bombing. The annual Nagaoka Festival has its origin in this 1946 restoration festival.

This festival helped comfort the hearts of the war-affected citizens of Nagaoka and encouraged them to restore the war-devastated city by working together with all their indomitable spirit and strength.

In order to convey this history to future generations, the Nagaoka Festival is held annually on August 1st, 2nd, and 3rd.



In the aftermath of the Nagaoka Air Raid
(Photo Courtesy of the Nagaoka War Damage Exhibit Hall)

Special Features of the Nagaoka Fireworks

A total of 20,000 fireworks shells are launched during the two nights of the Nagaoka Festival Grand Fireworks Show. The dynamic event is held against the backdrop of the Shinano River, the longest river in Japan. The most spectacular and magnificent fireworks color the summer night sky of Nagaoka.

Shô-Sanjakudama (3-foot-diameter shell fireworks) and Niagara Falls

The highlight of the Nagaoka Festival Grand Fireworks Show is the renowned *Shô-Sanjakudama*, which are simultaneously launched with a set of fireworks called Niagara Falls. These fireworks magnificently illuminate the fireworks viewing sites all around the riverbanks. In the image of the true Niagara Falls, the 650-meter-long dynamic fireworks display vigorously flows down into the river, creating a mystical glowing world in a matter of seconds after ignition. Both fireworks, shown exclusively in Nagaoka, are the embodiment of the most sophisticated skills of local pyrotechnicians.

Phoenix Fireworks Wishing for a Complete Recovery

Phoenix Fireworks were born in 2005, one year after the Great Chuetsu Earthquake hit. Since then, the fireworks have been launched annually in order to encourage many people in the Chuetsu Region as well as in other areas in Niigata Prefecture to move forward despite the hardships we experienced during the disaster.

Ten Chi Jin Fireworks

Ten Chi Jin, a long-running period TV drama, was broadcast in 2009. These brilliant and spectacular fireworks are accompanied by the magnificent sounds of the theme music from the drama, which depicted the deep affection that Kanetsugu Naoe had for the people. Kanetsugu Naoe was a *samurai* warrior from the civil strife era who had a special connection to old Nagaoka.

“Kono Sora no Hana (The Flower of This Sky), the Story of Nagaoka Fireworks”

These fireworks have been displayed in commemoration of a film entitled *“Kono Sora no Hana,”* which was created by Mr. Nobuhiko Obayashi, a film director in 2012. The fireworks are displayed annually along with the hopes of Mr. Kiyoshi Yamashita, an artist, who said, “If we could convert all the bombs of the world to fireworks and launch them, there would be no wars.”

“Furusato Wa Hitotsu (The Earth, Our Only Hometown)”

In 2014 Mr. Ryudo Uzaki, a musician, and Ms. Yoko Aki, a lyricist, created a song to express Nagaokans’ thoughts. The song is entitled, *“Furusato Wa Hitotsu.”* We have only one hometown, the earth.

Super Grand Wide Star Mine Fireworks

Star mine fireworks in five different colors are launched simultaneously from five locations in a row. A dynamic pageant is presented with a brilliant glow of lights in crimson, blue, yellow, green, and purple along with the echoing sounds from each roaring mine.

Super Grand Miracle Star Mine Fireworks

In 1998, a new type of highly elaborate fireworks were created. “Miracle Star Mine” was chosen from recommendations for the name by the general public. Being launched simultaneously from several locations, the three-dimensional Miracle Star Mine with a stereoscopic effect is one of the most well-known star mine fireworks of Nagaoka.

Kome Hyappyô (One Hundred Sacks of Rice) Fireworks

For this year’s fireworks show, this musical star mine will be displayed with a song entitled “Look upon the Sky” created by Ms. Chikako Sawada. She wanted this song to be sung to encourage and to convey the Spirit of One Hundred Sacks of Rice to the children, who are our hopes for the future. Ms. Sawada proposed that *Kome Hyappyô* Fireworks be shown accompanied by the Nagaoka Boys’ and Girls’ Choir as a new Nagaoka Fireworks version.

Pure White Fireworks

The Nagaoka Festival has its origin in the Nagaoka Air Raid that started at 10:30 p.m. on August 1st, 1945. At this memorial time every year, three shots of pure white fireworks are shot up quietly in expression of our condolences to war victims, in appreciation of our predecessors who helped Nagaoka recover from the war devastation, and with our prayers for everlasting peace.

Proper Manners at Fireworks Viewing Sites

In order to ensure the safety of fireworks viewing sites, spectators are required to obey the following rules:

- Each person’s space is limited to approximately 100 cm long by 80 centimeters wide. Refrain from reserving a larger space than you actually need. Do not use rocks or concrete blocks to hold down the edges of a sheet.
- Smoking is not allowed in fireworks viewing sites.
- Pets are not allowed.
- If you use a tripod, make sure that it is at an appropriate height that does not obstruct the view of other spectators.
- High heels are dangerous for walking on the grassy, sandy, and slanting turf of the riverbanks.
- Tables and chairs are not allowed because they may obstruct the view of other spectators.
- Decide on a meeting location with the people accompanying you so that no one gets lost.
- Small unmanned aircrafts including drones and radio-controlled helicopters are strictly prohibited at the fireworks viewing sites.

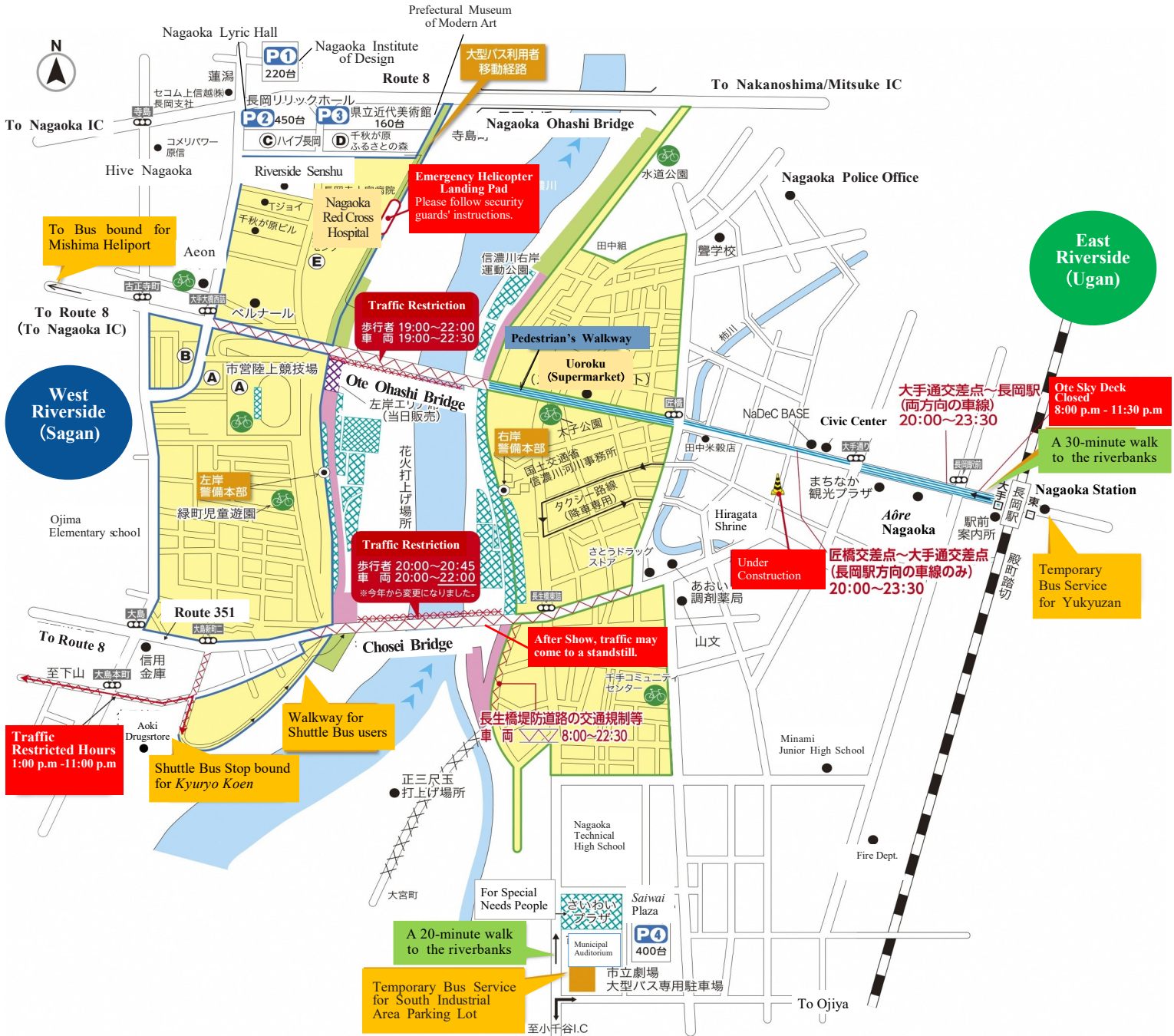
The Nagaoka Festival Grand Fireworks Viewing Sites and Traffic Restriction

Restricted Hours:

Thursday, August 2nd and , Friday, August 3rd 5:30 p.m. - 10:30 p.m.

Parking is available at ①-④ (¥2,000/car from 10:00 a.m.)

Bus Parking (reserved) at A - E



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

Traffic restriction may begin earlier than scheduled

Ote Ohashi Bridge

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

Chosei Bridge

No pedestrians 8:00 p.m. – 8:45 p.m.
No Vehicles 8:00 p.m. – 10:00 p.m.

	Security Guard Headquarters
	Prepaid Areas with Reserved Sections
	Tickets available at the site on the days
	Non-Prepaid Areas (open tentatively at 12:00 p.m.)
	Free Areas
	Temporary Parking Lots (¥2,000/car)
	Temporary Bicycle Parking Areas (free)

交通規制凡例	
	Shuttle Bus Route
	Do not Enter
	No vehicles Allowed during Restricted Hours
	Pedestrians only
	No Pedestrians

2018 Fireworks Schedule <http://nagaokamatsuri.com>

**7:20 p.m. Pure White Fireworks (Size10, 3 shots)
In Memory of War Victims and for the Pursuit of Peace in the World**

Thursday, August 2

1. 7:25 Niagara Falls & Super Grand Star Mine
2. :29 Vesuvius Super Grand Star Mine
3. :32 Vesuvius Super Grand Star Mine
4. :34 Vesuvius Super Grand Star Mine
5. :37 Vesuvius Grand Star Mine
6. :40 Size 10 (30 shots)
7. :42 Vesuvius Super Grand Star Mine
8. :45 Vesuvius Super Grand Star Mine
9. :47 Vesuvius Grand Star Mine
10. :50 *Ten Chi Jin* Fireworks
11. :54 Vesuvius Grand Star Mine
12. :56 Size 10 (64 shots)
13. :58 Vesuvius Super Grand Star Mine
14. 8:00 Super Grand Wide Star Mine
15. :03 Vesuvius Super Grand Star Mine
16. :06 Vesuvius Super Grand Star Mine
17. :09 Size 4,7,10, and 20 (25 shots)
18. :12 Vesuvius Super Grand Star Mine
19. :15 Phoenix Fireworks Wishing for Recovery
20. :22 Vesuvius Grand Star Mine
21. :24 Vesuvius Super Grand Star Mine
22. :27 Vesuvius Grand Star Mine
23. :30 Niagara Falls
24. :30 Size 30, *Shō-Sanjakudama* (3-foot-diameter shell)
3 shots in sequence
25. :34 Vesuvius Super Grand Star Mine
26. :36 Vesuvius Grand Star Mine
27. :38 Vesuvius Super Grand Star Mine
28. :40 Super Grand Miracle Star Mine
29. :42 Vesuvius Super Grand Star Mine
30. :45 Vesuvius Super Grand Star Mine
31. :48 Vesuvius Super Grand Star Mine
32. :50 "*Furusato Wa Hitotsu*" Fireworks
33. :54 Vesuvius Super Grand Star Mine
34. :57 Vesuvius Super Grand Star Mine
35. 9:00 Size 30, *Shō-Sanjakudama* (3-foot-diameter shell)
36. :02 Vesuvius Super Grand Star Mine
37. :05 Vesuvius Grand Star Mine
38. :07 *Kome Hyappyō* Fireworks,
1-foot-diameter shell (100 shots in sequence)
39. :10 *Takumi* (Artisan) Fireworks



Friday, August 3

1. 7:25 Niagara Falls & Super Grand Star Mine
2. :29 Grand Star Mine
3. :32 Vesuvius Super Grand Star Mine
4. :34 Vesuvius Grand Star Mine
5. :37 Vesuvius Super Grand Star Mine
6. :40 Vesuvius Grand Star Mine
7. :42 Vesuvius Super Grand Star Mine
8. :45 Vesuvius Grand Star Mine
9. :47 Vesuvius Super Grand Star Mine
10. :50 "*Kono Sora no Hana*" Fireworks
11. :54 Size 10 (28 shots)
12. :56 Vesuvius Super Grand Star Mine
13. :58 Twin Vesuvius Grand Star Mine
14. 8:00 Super Grand Wide Star Mine
15. :03 Vesuvius Super Grand Star Mine
16. :06 Vesuvius Super Grand Star Mine
17. :09 Size 10 (60 shots)
18. :12 Vesuvius Super Grand Star Mine
19. :15 Phoenix Fireworks Wishing for Recovery
20. :22 Vesuvius Super Grand Star Mine
21. :24 Vesuvius Grand Star Mine
22. :27 Vesuvius Super Grand Star Mine
23. :30 Niagara Falls
24. :30 Size 30, *Shō-Sanjakudama* (3-foot-diameter shell)
3 shots in sequence
25. :34 Vesuvius Super Grand Star Mine
26. :36 Size 10 (24 shots)
27. :38 Vesuvius Super Grand Star Mine
28. :40 Super Grand Miracle Star Mine
29. :42 Vesuvius Grand Star Mine
30. :45 Vesuvius Super Grand Star Mine
31. :48 Star Mine
32. :50 "*Furusato Wa Hitotsu*" Fireworks
33. :54 Size 10 (24 shots)
34. :57 Vesuvius Super Grand Star Mine
35. 9:00 Size 30, *Shō-Sanjakudama* (3-foot-diameter shell)
36. :02 Vesuvius Super Grand Star Mine
37. :05 Star Mine
38. :07 *Kome Hyappyō* Fireworks,
1-foot-diameter shell (100 shots in sequence)
39. :10 *Takumi* (Artisan) Fireworks



Your Cooperation Is Most Appreciated!

- "Park and Ride" is recommended to reduce traffic jams during the Fireworks Show. Park your vehicle at a designated parking lot (e.g. Municipal Auditorium in Saiwai-cho, Echigo Hillside Park, Koshiji and Mishima Branch Offices, etc.) and use a shuttle bus service or a train to get to a fireworks viewing site.
- Park your bicycle at a designated free bicycle parking area. (See p. 4)
- The gates for *muryō seki* (free/non-prepaid areas) and for *yūryō seki* (prepaid areas) will open at 12:00 p.m. The gates may open earlier than these designated times depending on congestion.
- After 6:00 p.m., both prepaid and non-prepaid areas are very crowded, which can make them dangerous. It will take much longer to get to your seating areas because it is getting dark after 6:00 p.m.. Do not rush to enter your area.
- Driving back from the fireworks viewing sites is not easy. After the show, traffic comes to a standstill because everyone starts leaving the sites all at once. Expect heavy traffic congestion around the fireworks viewing sites and the Nagaoka Interchange to continue into the late night.



The Nagaoka Civic Center

2-2-6 Ote Street, Nagaoka City (Phone: 0258-39-2763)

Hours: Every Day Except for the Year-End and the New Year's Holidays

Monday – Friday 8:30 a.m. – 9:00 p.m. Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.



Nagaoka City International Affairs Center, Chikyū Hiroba (1st Floor)

Monday – Friday 8:30 a.m. – 7:00 p.m.

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

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

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



Consultations Offered for International Residents

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

Japanese Learning Program

Nihongo Kōza

The 1st term of classes for the 2018 fiscal year is being offered from April 2018 to September 2018. A free trial lesson will be offered. Please call ahead.



Level Vol.I



Level Vol.II



Sunday Classes

Basic Level I - Class 1

Minna no Nihongo Basic Level Vol. I

(Lesson 1 – Lesson 12)

9:30 a.m. – 11:30 a.m. (120 minutes)

Basic Level I - Class 2

Minna no Nihongo Basic Level Vol. I

(Lesson 13 – Lesson 25)

2:00 p.m. – 4:00 p.m. (120 minutes)

Basic Level II - Class 1

Minna no Nihongo Basic Level Vol. II

(Lesson 26 – Lesson 36)

11:45 a.m. – 1:45 p.m. (120 minutes)

July	1, 8, 15, 22	¥1,600
Aug.	5, 12, 19, 26	¥1,600
Sept.	I-1	2, 9, 16, 30
	II-1	¥1,600
	I-2	2, 16, 23, 30
		¥1,600

Weekday Classes (Tuesdays & Fridays)

Basic Level I - Class 1

Minna no Nihongo Basic Level Vol. I

(Lesson 1 – Lesson 12)

9:30 a.m. – 10:30 a.m. (60 minutes)

Basic Level I - Class 2

Minna no Nihongo Basic Level Vol. I

(Lesson 13 – Lesson 25)

11:00 a.m. – 12:00 p.m. (60 minutes)

July	3, 6, 10, 13, 17, 20, 24, 27, 31	¥1,800
Aug.	7, 10, 17, 21, 24, 28, 31	¥1,400
Sept.	4, 7, 11, 14, 18, 21, 25	¥1,800

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.



The 30th Annual Japanese Speech Contest for Non-Native Speakers

~ Hosted by *Mutsumi Kai* (an international student support group) ~

Sept. 29 (Sat.) 1:00 p.m. – 4:00 p.m.



Mutsumi Kai is looking forward to welcoming you all. The contest will be followed by a party for the speakers and the audience to get together.

Venue: Nagaoka Chamber of Commerce and Industry Bldg. 2nd Floor Hall 2-1-1 Sakanoue-machi

(A 7-minute walk from West-Side Exit of Nagaoka Station)

Phone: 0258-32-4500

Eligibility: International residents living in Niigata Prefecture

Topic: Free (Speech to be no longer than 5 minutes)

Contestant: 12 (narrowing down a field of applicants based on manuscripts, only first contestant)

Prize: Certificate, Plaque, and Prize

(¥20,000, ¥30,000, or ¥50,000)

¥10,000 for every speaker

Application Period: July 1 (Sun.) – Aug. 25 (Sat.)

Please send your manuscripts to:

Mr. Masaaki Higuchi

2-4-31 Miyazeki, Nagaoka City 940-2021

Phone/Fax: 0258-27-3764

E-mail: m_higuchi054@ozzio.jp

A Guide to Swimming Pools

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

Yukyuzan Swimming Pool 悠久山プール

Phone: 0258-35-6368
336 Yukyu-cho, Nagaoka City
Until Sept. 9 (Sun.)
Closed: Tuesdays
Hours: 9:30 a.m. – 5:00 p.m.
Fees: From ¥150 to ¥400, depending on age groups



Koshiji B&G Kaiyô Center Swimming Pool

越路B&G海洋センタープール
Phone: 0258-92-4594 2281 Fudosawa, Nagaoka City
Until Sept. 2 (Sun.)
Closed on Mondays (except for July 16), July 17 (Tues.)
Hours: 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 5:00 p.m.
July 18 (Wed.) – Sept. 2 (Sun.)
6:00 p.m. – 9:00 p.m.
(except for Sundays, Holidays, Aug 2, 3, 14, and 15)
Fees: From ¥50 to ¥210, depending on hours and age groups

Kibogaoka Swimming Pool 希望が丘プール

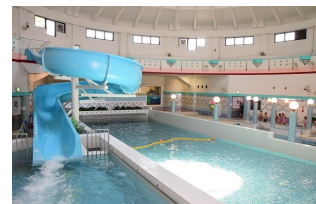
Phone: 0258-28-1775
2156-1 Nishizu-machi, Nagaoka City
Until Sept. 9 (Sun.)
Hours: 9:30 a.m. – 6:30 p.m.
9:30 a.m. – 5:00 p.m. (July 7 (Sat.) – 20 (Fri.), Aug. 1 (Wed.) – 3 (Fri.), 13 (Mon.), and Aug. 21 (Tues.) – Sep. 9 (Sun.))
Fees: From Free to ¥400, depending on age groups

Washima B&G Kaiyô Center Swimming Pool

和島B&G海洋センタープール
Phone: 0258-74-2257 5402 Shimazaki, Nagaoka City
Until Sept. 3 (Mon.)
Hours: 9:00 a.m. – 9:00 p.m.
Saturdays and Sundays of July 24 (Tues.) – Sep. 2 (Sun.)
6:00 p.m. – 9:00 p.m.: Until July 23 (Mon.) and Sep. 3 (Sun.)
Fees: From ¥50 to ¥100, depending on age groups

Echigo Kawaguchi Onsen Pool

えちご川口温泉プール
Phone: 0258-89-4511
2515-4 Kawaguchi Nakayama
July 28 (Sat.) – Aug. 26 (Sun.)
Hours: 11:00 a.m. – 5:00 p.m.
Fees: From ¥550 to ¥1,400, depending on age groups
<http://www.hotel-sunrolla.jp>



Kawaguchi Festival

July 28 (Sat.) 3:00 p.m. – 9:30 p.m.
29 (Sun.) 9:00 a.m. – 8:00 p.m.

Festival Plaza
Kawaguchi Branch Office

- Samurai Warrior Parade
- Mikoshi Portable Shrine Parade by women
- Grand Fireworks Show
(July 28, 8:00 p.m. – 9:30 p.m.)
- Many Fun Programs



For further information: *Sangyô Kensetsu Ka*
(Industrial Construction Division) Kawaguchi Branch Office
Phone: 0258-89-3113
<https://www.city.nagaoka.niigata.jp/kankou/event/kawa-fes.html>

こめひゃつびょう
米百俵まつり Kome Hyappyô Matsuri
(One Hundred Sacks of Rice Festival)
Saturday, October 6
Ote 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) Yataro Onikojima (a lancer)
 - (3) Lord Tadanari Makino and Lady Makino
 - (4) Princess Makino (Tadakuni's Daughter)
 - (5) Kanetsugu Naoe
 - (6) Lady Osen (Kanetsugu's wife)
- Fee: ¥6,000 for (1),(3)
¥3,000 for (2),(4),(5),(6)



Application: By Aug. 23 (Thurs.) Audition: Sept. 2 (Sun.)
For further information: *Kankô Jigyô Ka* (Tourism Division)
Phone: 0258-39-2221
https://www.city.nagaoka.niigata.jp/kankou/event/kome_matsuri.html

Warnings against Sun-Stroke or Heat-Stroke (*Necchûshô*/ねっちゅうしょう/熱中症)

You are likely to suffer from sun-stroke or heat-stroke during hot summer days with high temperatures. Here is some important advice on how to protect yourself from sun-stroke or heat-stroke.

Some Precautions to Reduce the Risk of Sun-Stroke or 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.



If You Feel Symptoms of Sun-Stroke or Heat-Stroke:

- drink plenty of liquids
- loosen up your clothing
- evacuate to a cool, shaded area



Liquids for sports activities are advisable. Supplements of salt will be helpful as you may have lost salt when perspiring. Putting a wet towel on your hands, legs, and feet will cool down your body temperature.

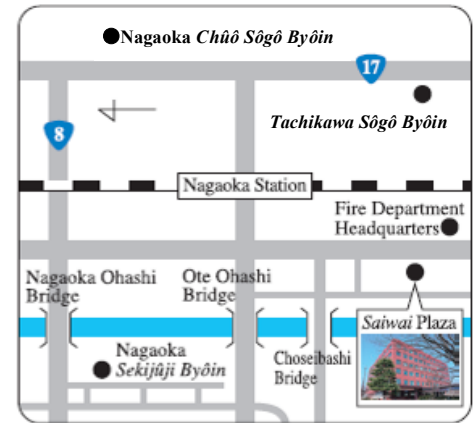
If a patient seems to be fading in and out of consciousness or is not able to respond clearly, immediately call an ambulance. You may suffer from sun-stroke or heat-stroke again, even if you feel you have recovered from it. Please make sure to seek medical treatment even if you feel you have recovered.

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
Civic Health Center (<i>Saiwai Plaza</i>)	0258-39-7508
Information about clinics in charge of specific Sundays or holidays:	
• Clinic for Sundays, Holidays, and Nights (in <i>Saiwai Plaza</i>)	0258-37-1199
• Nagaoka Medical Society	0258-22-5600
• Nagaoka Fire Department Headquarters	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.
Dental Clinic for Sundays and Holidays (0258-33-9644)	Dentistry (<i>Shika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:30 p.m.
Chuetsu Center for Children's Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.

When Paying High Medical Expenses due to Hospitalization and Other Cases



The city has set a cap for payments depending on patients' situations as follows:

For patients under 70 years old:

By showing your Payment Cap Certificate (*Gendogaku Tekiyô Ninteishô*/げんどがくてきょうにんていしょう/限度額適用認定証) along with your National Health Insurance Certificate (*Kokumin Kenkô Hokenshō*/こくみんけんこうほけんしょう/国民健康保険証) at a medical facility, you won't have to pay more than your eligible payment cap. You can apply for the Payment Cap Certificate and have it issued in advance at the General Service Desks in the city office.

For patients from 70 years old to under 75 years old:

There are two cases.

Case 1: Some people will have a payment cap simply by showing only their National Health Insurance Certificate.

Case 2: Some people will have a payment cap by showing their Payment Cap Certificate along with their National Health Insurance Certificate. Please contact the National Health Insurance Information Desk in the city office in advance regarding eligible payment caps and certificates you need to show.

For further information: *Kokuho Nenkin Ka*
(National Health Insurance and Pension Division)
Phone: 0258-39-2006

Insurance Premiums for the National Pension Program

If it is difficult for you to pay National Pension Program insurance premiums, you can apply for counter-measures such as exemption or postponement of the payments.

Eligible people include members of the National Pension Program themselves, their spouses, or their household heads if their previous year's income was lower than a set amount.

If your application for exemption or postponement of the payments is approved, your payments will be exempted or postponed. Exemptions include a full exemption or partial exemptions such as 3/4, 1/2, or 1/4 exemptions.

However, the amount of pension you can receive will be reduced according to the period during which your payments were exempted or postponed.

Therefore, you are recommended to compensate the amount that was exempted or postponed within 10 years in order to receive an appropriate amount of pension later on.

For further information:

Kokuho Nenkin Ka Kokumin Nenkin Kakari
(The National Pension Section of the National Health Insurance and Pension Division)
Phone: 0258-39-2250

Subsidies for Single-Parent Families

In order to support single-parent families, the city provides subsidies for child rearing (*jidô fuyô teate*/じどう ふよう てあて/児童扶養手当) and medical expenses (*iryôhi josei*/いりょうひ じょせい/医療費助成).

Detailed information about eligibility and registration is available at the Citizens' Support Division (Phone: 0258-39-2338) and the Social Welfare Division (Phone: 0258-39-2319) respectively. If you need any assistance for applications, please contact the staff of the International Affairs Center, *Chikyû Hiroba* on Ote Street. (See p.6)