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Cover photo: Raymond Arcega

Japanese, I was baffled at how early and often weather terms and plant names showed up in my textbook. Within weeks, I had learned and memorized the words and flowers associated with spring, summer, fall and winter, as well as the unaccredited fifth season: tsuyu (the rainy season). My textbook described tsuyu as almost continuous rain throughout June and the first half of July. As opposed to last year's mild rainfall, this year came just as my textbook promised; with each day more wet and humid than the last.

However, now tsuyu is giving way and, as the heat and humidity continue to elevate, it's time to forget about those lost "rain" umbrellas and buy a trendy, new "sun" umbrella. Don't worry if you're not the parasol type; there are still plenty of other ways to escape the Nagasaki summer heat. You can cool off under one of Nagasaki's many waterfalls (check out our guide on page 12 to find the closest one to you). If you're up for a longer trip, catch a ferry to Iki Island, featured on page 8, where you can lounge on the beach by day and enjoy the great foods and local alcohols by night. Before you go on your summer escape, don't forget to guard your house against the friendly and not-so-friendly house sitters introduced on page 20.

With great summer hideaways and plentiful events, summer in Nagasaki is more than just humidity and insects. So pack some sunscreen and don't let bug bites slow you down!

Kim Durinick, Editor-in-chief





Sasebo Seaside Festival Sasebo City, August 6

It's hard to experience Japanese summer without numerous festivals and fireworks and Sasebo Seaside Festival is one of our favorites. Held near the port adjacent Sasebo station, this festival consistently brings good food, local bands, great fireworks and a lively crowd.

Huis Ten Bosch International Pyrotechnician Competition

Huis Ten Bosch, mid-July to late August At 8pm each Saturday, a different country will get a chance to show off their skills in a fireworks competition. You can go to Huis Ten Bosch for a front row seat or search for one of the various places around Omura Bay that will also offer great views of the show. This year's competitors include England, Macau, Australia, the USA, and Germany.

Tatsunoshima Beach Festival Iki island, August 7

Fresh seafood, sea kayaking, traditional games and unique events all on one of Japan's best beaches.

Nagasaki Dragon Boat Races Nagasaki City, July 30-31

Originally from China, dragon boat racing has also been incorporated into Nagasaki culture. Each year in late July, teams of 26 race 14-meter long boats in a two-day tournament.

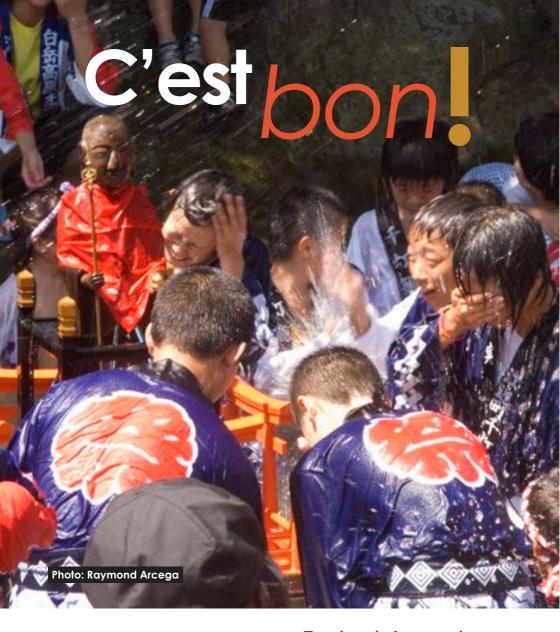
Obon no Shoronagashi Nagasaki City, August 15

During Obon, it is said that recently passed relatives return to earth. On the final day, Nagasaki families send their relatives back to the afterlife with a celebration, parading boats around the city and setting off thousands of fireworks. Known for the noise, it might be a good idea to bring ear plugs.

Tsushima Chingu Music Festival Tsushima, August 28

Celebrating music as a language that transcends cultural differences, the annual Chingu (Tsushima dialect meaning "close friend") festival features both Japanese and Korean musicians. Get out and visit this beautiful island while you've got a great soundtrack!





Katelyn Schwartz introduces Nagasaki's version of this ancient ritual for the dead t the peak of summer, when you are sweating more than you ever thought possible, Obon comes and drags you away from your air conditioner and into the streets.

Traditionally, Obon is a Buddhist holiday where families come together to pray for their ancestors. It is believed that during the three days of Obon, the spirits return to earth to visit their families. There are many preparations to be made for the visiting spirits. Families spend time cleaning the homes and gravestones of deceased relatives and put out food and drinks at in-home altars. A lantern, called *mukae-bi* or welcoming flame, is hung outside as a guiding beacon.

While in the past, it was a time to welcome back lost loved ones, it has turned into a family reunion of sorts. In an era when family members tend

to be scattered throughout the country, this is one of the few times of the year when families gather together.

There are many community events that take place during the Obon season. The most notable is Bon Odori, a traditional dance of the Obon season, which is performed differently throughout the various regions of Japan. Women typically wear beautiful summer yukata (light cotton kimono) while men wear breezy happi coats. A procession of various community groups winds its way through the city streets. Many people have been performing this same dance their whole lives so they know it by heart. In addition to Bon Odori, many cities hold other community performances, such as taiko drumming

There are often food stalls selling a variety of street fair, from grilled squid on a stick to chocolate-covered bananas.

Obon concludes on the third night as families float lanterns down the river in a ceremony called *Okuri-bi*. This process symbolizes sending the souls of loved ones back to the spirit world. *Okuri-bi* is a very important step in the Obon celebration. If ancestors are not led back, their souls remain trapped on earth, which can cause problems for the living. For this reason, when you return home from Obon celebrations, you should enter your house backward to ensure no spirits have followed you home.

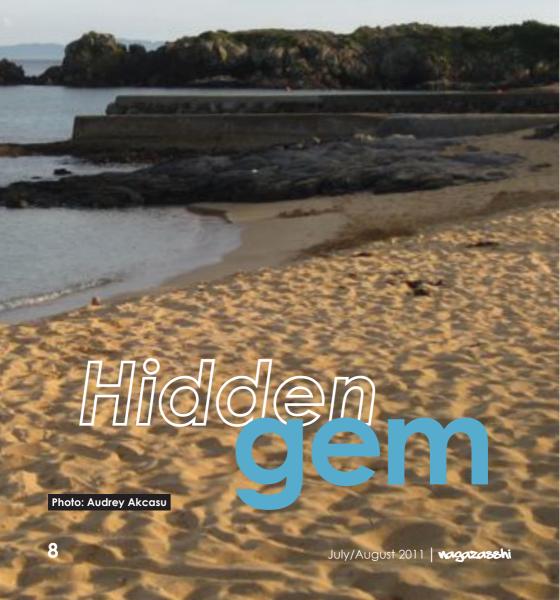
66 Okuri-bi is the highlight of Nagasaki's Obon celebration

Okuri-bi is a highlight of Nagasaki City's Obon celebration.

Elaborate boats decorated with lanterns and photos of loved ones who have passed away that year are constructed and paraded through the hills and city streets. Depending on the size of the boat, it can seem like a small navy is trudging toward the bay. As the night progresses and the shochu (Japanese liquor) flows, the trudging turns to joyful strides and the bearers occasionally break from the boat to light firecrackers. The night concludes with the streets blanketed in spent firecrackers and the memorial boats destroyed. Once it's finished, you can return to your air-conditioned room no worse for the wear, except maybe for the echo of pyrotechnics in your ears and a spirit to follow you home. •

and other styles of traditional dancing.

Nathan Stackpoole invites you to Iki island, where you can enjoy a unique slice of Japan that few have the privilege of experiencing



agasaki is a prefecture ripe with sites, tastes and sounds to satisfy every traveler that comes its way. Unique history, culture, food, and nature are spread throughout our little oft-forgotten corner of Japan. Anyone who has lived here for an extended period of time will tell you that Nagasaki always has something new to offer. However, even intrepid travelers and erudite residents remain unaware of a few of Nagasaki's harder to find hideaways. Many places and experiences lay beyond the perusals of a Lonely Planet glossary, only to be found by the most adventurous

The locals on Iki have a plethora of tourist sites that they hold so dear they decided to put them on

explorer—or in

this case, you.

every cake, cookie and candy omiyage (souvenir) available. The aptly named "Monkey Rock," a very large coastal rock shaped like its namesake, is the most popular, but others include: The Devil's Footprint, a geological wonder with a beautiful sea as its backdrop; Dolphin Park, where you can feed and pet very friendly dolphins; and the Iki Historical Museum ,with English translations available! If you are willing to rent a car you can visit all of these locations in a single day, with time to spare for an amazing dinner.

Iki is without a doubt a rural destination;

the island's main industries are fishing and agriculture, and it lacks convenience stores and train tracks. This may seem unfortunate, and even a bit intimidating, but there is one huge advantage to the rural lifestyle: deliciously fresh food. Those who appreciate Japanese cuisine will love Iki's incredible sushi and sashimi, often caught by the cook the day you eat it. The local specialty is uni (sea urchins), and is the perfect challenge for all adventurous eaters. For those who like to indulge, practically every restaurant on the island offers locally produced mugi shochu, a strong

liquor much like whiskey made from barley. For those with a more Western palette, you are also in luck. Iki's most famous specialty is its beef, which can be enjoyed as

steak, yakiniku (grilled meat), or even a burger at select locales. The most famous destination for beef is a restaurant named Umeshima, conveniently located across the street from the ferry port.

Finally, the epitome of Nagasaki island life, and the foremost reason most tourists visit: the beaches. The sand is soft and the water is clear and blue as the sky. These amazing vacations spots are tucked away and lack the crowds one would normally find at popular tourist attractions. The most famous beaches on the island, Nishikihama and Tsuzukihama, offer scuba diving,

snorkeling, raft-riding, and kayaking to those who are willing to pay. However, swimming in the clear water and lounging in the sun are always free and make for a magnificent day of leisure.

The fastest and most convenient way to go to Iki is by plane. Nagasaki airport, located in Omura, has flights to Iki departing twice daily, once in the early morning and again in mid-afternoon. The flight takes a mere 25 minutes, but is expensive with a round trip ticket costing roughly 16,000 yen. Another means of getting to Iki is by taking a bus from Nagasaki bus station, just across the street from Nagasaki train station, to the Karatsu ferry terminal and taking a ferry to the southernmost part of the island. This is relatively inexpensive,

though the process does take a considerable amount of time (about 4 hours in total). Finally, for those who find themselves in Fukuoka, you can go to the Hakata ferry terminal, located a short taxi ride away from Hakata station, and take one of the numerous ferries (roughly 2 hours and 5,000 yen roundtrip) or the jet foil (half the time for twice the price).

Many will likely be dissuaded from going to Iki because of its location. It's far. It's isolated. It's definitely rural. It's a world away from what most people are used to in Japan, but Iki offers a unique and enjoyable slice of Japanese life that few have the privilege of experiencing. Make sure you visit this hidden gem of Kyushu; you won't regret it.

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Kanji of the Month



What Joes it mean?

This reach, a term, is comprised of a single character, 平, runing an ar wheal, written these times. Lagically, you wish impice this lengt then refer to three charles those care, or constitute at last mostally related to transport, right? For example, the lengt for trees, 本, when visible (林), reace seach, and when tripled (株), reace forces.

Soularly, the time for lawn. To, when trightly name many barrie (Th) and the time for him E, when trightly (Th), name form in floff

This long that cought my upon in bulkage, appearing in the term were. At MI (Bulkashiraha). The term is furner for its bountiful contenful, Technolos Falls (on page 15). This is quite fitting given the passing of this reaches longic coordinating quark.

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Flower Manuface



Senryu Falls (潜竜ヶ滝)

Emukae (江迎町)

Access: Coming from Sasebo on Route 204, take a right after passing Senryugataki Train Station (look for signs indicating the way). Continue down the path and over the bridge, until you reach a parking lot. From there, it'sa 10-minute hike up a small path.

Located in the quaint town of Emukae, Senryu Falls is a small, but nonetheless beautiful, waterfall. Miniature statues of dragons welcome visitors, as does a small shrine dedicated to the resident gods. Don`t miss the signs warning travelers of vipers. It is said that those who are spiritually in tune can feel the presence of spirits while enjoying the sites of this special area. **Raymond Arcega**

Ryūtosen (龍頭泉)

Higashisonogi, Chiwata (東彼杵町千綿)

Access: Take Route 34 to Chiwata. From



there, signs to Ryūtosen will lead you up a mountain to the parking lot. Then, follow the short footpath to the waterfall. It's about a 20 minute drive from Omura.

A famous waterfall in the Higashisonogi area, Ryūtosen is a must-see for both foreign residents and natives of Nagasaki. On the path to the waterfall is a *soba* (buckwheat noodles) and *sōmen* (white wheat noodles) shop run by enthusiastic locals. The end of the trail

offers a beautiful view that you would never expect to find in this farm-filled countryside. There are two main pools, so don't turn back before seeing both. Ryūtosen comes equipped with a rope swing and swarms of mosquitoes.

David Sho Ly

Todoroki Falls (轟の滝)

Isahaya, Takakicho Zenjuji (諫早高来町善住寺)

Access: From Yue Train Station, take a bus or car up Route 136 to Todorokikyo Camp Jo (轟峡キャンプ場).

While not elusive like a tropical hideaway, Todoroki certainly has the feel of one when you see the crisp, cascading water and emerald environs for yourself. The icy water is a refreshing and effective way to cool off in the summer, but be careful—stay in for too long and you might lose feeling in a few of your limbs! Thrill seekers can test their courage at a leap from the top into the deep pool below. **Matt MacLeod**

Tonosumi no Taki (戸ノ隅の滝)

Nishiarie, Minamishimabara (西有家町南島原市)

Access: Going toward Arie on Route 251, head toward Unzen on Route 47 until you see a landmark sign pointing the way to the waterfall.

Tonosumi waterfall is a tranquil place in the middle of the woods near Unzen. Many locals know of this waterfall but seldom visit it. Once you arrive at Tonosumi Park, you must hike 20 minutes downhill to get to the waterfall.

After you've cooled off, you can enjoy the long uphill hike back to the parking lot. However, this beautiful enclave is well worth the trek. **Jacky Lau**

Ochiai Falls (落合の滝)

Matsuura, Shisa (松浦志佐町)

Access: From Central Shisa, take Route 11 pass Shisa Elementary School. Continue straight for 2 or 3 kilometers and there will be a sign guiding you to the fall on your left.

This is one of Matsuura's hidden gems. Most people drive right by without even knowing it's there. It may not be ideal for swimming, but it has the feel of your very own adventure movie hideaway. It even comes complete with drizzling rock walls and a small cave. **Hannah Conklin**

Tomigawa Ravine (富川渓谷)

Isahaya, Tomigawa (諫早市富川町) **Access:** From Route 34, take Route 212 until it ends. Follow the signs to the parking lot and from there it's a short walk to the ravine.

Take a dip in or walk alongside one of the several little waterfalls and pools created by this long downhill stream. Some of the surrounding rock walls have drawings etched into their faces. It's a relaxing place where you can have a nice picnic and cool off. **Audrey Akcasu**

Don Don Buchi (どんどん渕)

Goto, Fukue, Kishiku (五島福江岐宿) **Access:** By car, drive roughly 30 minutes to Kishiku and follow the signs from there.

Named after the sound of the water



hitting the rocks, Don Don Buchi is a hidden treasure on Goto Island. Don Don Buchi is a double-waterfall surrounded by forests and mountains. While it is tucked away in an isolated corner of Nagasaki, this waterfall offers plenty to those who reach it. It's a great place for a walk on the rocks that line the water, or a relaxing place for a swim.

Nathan Stackpoole



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What I learned from the Fat Man

As the anniversary of the atomic bombing of Nagasaki approaches, Troy Yu Lewis reflects on what this day means as a Japanese-American descendant of a survivor

Photo: Josh Berglund

ost people have heard the personal accounts at one time or another. Clear weather that day. The moment of the blast, a second sun in the sky. The heat. The loss. The fear. More loss, and then, still more loss. They recall where they were and what they were doing, whom they were with when it began, and whom they had lost when it was over — the everyday details of life mixed with the not-so-everyday. Stories in different shades of the same color, like screams in a different pitch. Stories strangled by a miasmatic horror in the manner of a chemical fire strangling still air. Stories of loss and pain. The story of my grandfather.

On an evening in August 1945, a tenyear-old boy and his mother step from a just-arrived train in Nagasaki to find lodging in a nearby hotel. The next morning, Nagasaki lacked everything that fire and death and misery can take from a city, and the boy is pushing his broken mother in a wheel-barrow. He traverses three towns in search for help, finding shelter amongst shattered souls in a hole on the outskirts of devastation. A factory worker manages to curse the Americans despite the pipe protruding from his chest, and the boy thinks he hears the fluttering of a flag, but it is only flayed skin dancing against the breeze. The boy's name is Isamu Nakashima. My grandfather.

His is a terrible story with Shakespearean timing. One full of the

grotesque and the heart breaking, and the loss, and the not-understoods and the can't-be-understoods. Significant elements in any story, and harshly honest, as the truth inherently must be. He remembers fires burning houses full of bodies. All around everything was dying or already dead and the world bore nothing but awfulness. My grandfather's story is one which all of us know, but which none of us will ever truly know. Being a descendant of a *hibakusha* (atomic bomb survivor) doesn't relieve me of that unknowing; it just makes me more ashamed of it. I have read the histories, heard the stories, and seen the devastation in battered clothes and melted glass, but that is all I will ever inherit — history, stories, old clothes, old glass.

I will never understand in my grandfather's words anything but the same horror that registers in anyone American descendants of hibakusha are granted not a greater understanding of that event, but a poverty of it. My American great-grandfather fought on the seas and in the jungles of Asia, while my Japanese grandfather pulled himself from the ruins of annihilation. They both knew fear, hatred and death, and I am a hybrid of both. What else could I possibly understand? Whose side do I take? On anniversaries of the bomb, what should I feel? Guilt? Sorrow? Both? Neither? There are thousands of questions in my life to which I may never find the answer, but these, I am certain, I will never know.

Who was the villain and who was the hero? "I was always hungry," my grandfather said to me, speaking of the intense poverty of his youth. He is still sickened by the taste of sweet potatoes and pumpkins from having eaten so many rotten, worm-infested ones as a child. However, for him, it had not always been the case. For five years, until the age of ten, my grandfather lived in relative affluence, inhabiting a threestory brick house with a view of the Great Wall in Japanese-occupied China. They were conquerors, wealthy, even employing a butler. A fortunate life. The house was a grand one, but one can only assume it belonged to an unfortunate Chinese family. As is known, not only governments are displaced by conquering armies.

Tables turn, however. Eventually, Japan, too, would be expelled. For my grandfather, the house in which he had lived was never anything but a home, and the butler had not been one of the conquered, but family. When told it would be too dangerous for him to follow them back to Japan, their butler wept. They all wept. Victims or villains, foreigners or family. In time, people invariably transcend the words that define them and become simply people again. I am proof of that.

My grandfather has lived a difficult, though not unfortunate, life, which long ago acquainted me with the idea that the world is anything but a foregone conclusion. I realize now that I had a brush with death many years before my

life even began. That life itself is little more than a subtle ballet of chance. That maybe I already understood everything I was ever bound to understand about that event in Nagasaki a long time ago: knowing even many decades past, the thought of a ten-year-old boy staving off starvation with rotten potatoes and wormy pumpkins can still make me hungry. Or, maybe that I wish that day hadn't happened at all. That I wish we didn't require tragedies in order to learn lessons. That the lesson is never worth the tragedy. That it wasn't really the war, the bomb, the weather that day, the train schedules, the B-29s, or Fat Man; it was ourselves. It was two peoples who were the same, and a line, and it was we, ourselves. That's the tragedy.



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Photo: Ashleigh Allen

(Un)
Welcomed
Guests of summer

Audrey Akcasu warns of the good, the bad and the annoying pests you're likely to see this summer and offers a few tips on how to deal with them

The Good

Brown huntsman spiders (ashidakagumo)

The first time I saw one I mistook it for a crab. After all, spiders don't actually get that big... right? Wrong. Islanders have seen ones the size of dinner plates, but on average, they're about the size of your palm. Scared? Don't be. If they pay you a visit, it just means they're after food – not you, but rather the bugs that reside with you. Instead of spinning webs, they hunt for their food, so they're fast and agile. Since it is Japanese belief that spiders are the guardians of the house, you shouldn't kill

them. Instead, try to catch them and place them outside.

Geckos (yamori)

The kanji for yamori 守宮,

literally means, "to protect the house" so, naturally, this is another guest you should welcome into your home. Like huntsman spiders, these guys also eat the bad bugs and are harmless to you. While attempting escape from predators, these little guys can detach their tails and regenerate them within a few weeks. Unlike other lizards, geckos can chirp to find mates or just to socialize.

The Bad

Giant centipedes (mukade)

Mukade are mean little (or big) guys. Having anywhere from 20 to 300

legs, these critters are strong and will bite you, if disturbed. While they are poisonous, their bite is not fatal; but it will cause pain, swelling and possibly weakness or fever. If you get bitten, you should consider seeing a doctor to get some antihistamine and antibiotics. The best way to dispose of these guys is to douse them with bug spray (sacchuuzai), boil them alive, or put repelling powder outside your house (beware, this might make your house smell like bacon).

Mosquitoes (ka)

The first time I saw

a huntsman spider, I

mistook it for a crab.

After all, spiders don't

Few insects are as pesky as mosquitoes. If mosquitoes tend to find your blood

particularly delicious, get ready for an itchy summer. There are many repellants on the market, including katori-senkou (a spiral-shaped

repellants on the market, including the first which is the market, including the first which is the market, including the first which is the first which which is the first which is the first which is the first which which is the first which is the first which is the first which which which is the first which whic

Tatami mites (dani)

If you've been scratching at little red bumps on your body, check your floor: you might have mites. To prevent these tiny arachnids from taking over, keep your tatami clean! Vacuum regularly and wipe the mats with cleaner (tatamiyou kuriinaa). If your tatami mats happen to acquire these pesky insects, use some anti-dani spray or air-freshener (daniaasu). If the problem persists, you can deploy a mini mite bomb (dani no sacchuuzai).

The Annoying

Cockroaches (gokiburi)

For most people, cockroaches are the epitome of filth. However, in a humid Japanese summer, they're hard to keep out of your house, clean or dirty. They like the humidity, so keeping the air conditioner on may help keep them out. Cleaning up food and water should help, as well. If you don't succeed in keeping them out entirely, try a sticky trap (gokiburi hoi-hoi), foam sprays (awa), or poison (housan). As an alternative, you can keep a Huntsman spider around to eat them.

Ants (ari)

Don't be surprised if you walk into your house and find a long line of ants. They work together to survive. In fact, the kanji for ant is 蟻, which literally translates into 'loyal insect.' While they might bite you, they are harmless. To get rid of them, use any common insect spray or poisonous ant trap.

Cicadas (semi)

Having trouble sleeping because it's too noisy outside? Thank the cicadas. While the females are silent, the male cicadas vibrate special membranes on their abdomens to produce their mating song, which can reach up to 100 decibels. That's



equivalent to a car horn heard from a distance of 5 meters! As loud as they are, give them a break; they live underground for several years and only have a few weeks outside to find a mate and reproduce before they die. While these guys won't actually penetrate your walls, their lovely songs will.

Mold (kabi)

Why do my tatami mats look dark?
What's this white stuff on my floor?
Why do my dishes have a strange film on them? That's mold. And for the mold, thank the humidity. Some people are lucky and don't get much mold in their homes, but others find their walls and clothes covered in it. If you're in the unlucky bunch, never fear! First, kill the mold with some diluted vinegar or get some cleaner (kabi kiraa). Then, stock up on dehumidifier boxes (joshitsuki) and turn on the air conditioner.



My two yen: Reviews



ucked away in the sleepy suburb of Nagayo, a hint of Paris hides. Welcome to Café Amboise, a three-part ensemble of antique shop, hairdresser and café. This unique establishment is both beautiful in décor and a delight to your palette.

Upon entering, it feels as though you've gone back in time into a dusty little shop with knick knacks from all over the world. At the back of this beautiful antique shop is another door leading to an enchanting French café. With random tables scattered about, an antique treasure chest filled with records, an

old piano and a projector screening French movies in the background, this little café has all but transported Vaudeville, Paris into the suburbs of Nagasaki.

The menu is both in French and Japanese and consists of a variety of French dishes. It is more suited for lunch rather than a dinner outing. The set menu is a reasonable 1,050 yen with soup followed by a main course of quiche and galettes. A number of unique beverages are available including violet petal tea and caramel au lait.

The best items on the menu are, without a doubt, the desserts. There are a wide range of crepes available, from grapefruit, to apple and cinnamon, to banana and chocolate. Diverse kinds of cake are also available on a daily rotation. My recommendation is the caramel cheesecake. The presentation is divine and the crockery used is elegant and authentic, but another delicious option is the chocolat chaud, which is served in bowls.

Café Amboise is a family-run enterprise, which is evident in the attention paid to every detail. The family has spent some time in France, contributing to the authenticity of the cafe. The menu is in French and Japanese, but the staff is very friendly and willing to elaborate on any of the dishes in English.

Café Amboise is conveniently located a short train ride from Nagasaki City and a 2-minute walk from Koda Station. For a taste of Paris, it is definitely worth the trip. **Lynn Rusk**



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