

Nantong report

There are more than 6 million acres of natural wetland in our city

By Yu Huijuan

On 1 June, the 1st law in China to protect wetlands specially —— *wetland protection law of the people’s Republic of China* was implemented officially. In the second national wetland resources investigation, more than 6 million acres of natural wetland was discovered in Nantong, which is ranked the

2nd in Jiangsu.

In the past few years, our city targetted protection of wetland ecological system, has promoted ecological restoration and comprehensive treatment of Yangtze River wetlands and coastal wetlands. In the present, there are 4 provincial level major wetlands in our city including the Yangtze River wetland, coastal estuary wetland and provincial

level wetland park, the area is 1.0545 million acres; there are 1 provincial wetland reserve and 2 provincial level wetland parks.

In the next stage, Nantong will include wetland protection work in ‘three districts and three lines’, and discover the effective way of coastal wetland protection and utilization actively.

The exercise story of three runners

By Wang Quanli



“ Geng Jianfeng

‘By running, I lost 20 kg weight in 4 years.’

At more than 4 am every morning, Geng Jianfeng always runs on the road. It is the morning work of him in the past 4 years. Geng Jianfeng is a physics education teacher of Sutong industrial park experimental school. Major in physics education, he lacks exercise after 30 years old. ‘In 2018 spring, in physical examination, I found out that I had severe fatty liver and high uric acid. I realized that I must exercise to improve my fitness.’ Geng Jianfeng said that he changed time to go to bed to 9 pm, and woke up at 4 or 5 am every day. Four years of effort, Geng Jianfeng’s weight is close to 20 kg less than before. In November 2019, Geng Jianfeng appeared at the site of Nanjing marathon, and completed half marathon. In the next two years, he participated marathons held in places including Xi’an, Nanjing, Wuxi, Yancheng and Shaoxing.



“ Jin Xiang

‘Run for the suitable amount, control the amount according to your physical strength.’

In the running circle of Nantong, Jin Xiang is famous. In June 2013 she founded the first running club in Nantong —— Nantong Chongchuan Ai Pao Yi Zu club. In the past 10 years, Jin Xiang not only run at hometown, she also went to famous domestic marathons in places such as Beijing, Shanghai and Xiamen. Considering the epidemic, in the past few months, running lovers arranged their exercise plan, some run outdoors, some run on the treadmill, still keeping 500 km per month. As the organizer of running club, while Jin Xiang is planning her own running plan, she does not forget to remind runners some points: the first is do not create trouble, follow relevant epidemic control regulations while running; the second is suitable amount, control the amount of running according to own physical strength.



“ Tang Jianwen

‘I improved my fitness and had a good habit. This is the largest wealth running granted me.’

Running in the morning for 2 times every 3 days, half an hour every time in working days, one 10 km or 1 hour running in weekends, this is the running ritual of Tang Jianwen recently. Tang Jianwen works in Nantong institute of sports science. An medical examination 6 years ago, he had two unhealthy indicators. The thing made him to bring fitness plan on schedule. He started from walking, 30 minutes every day, and adjusted dietary structure, ate less meat, quitted smoking, and seldom touched alcohol. He had a medical examination one year later, and it was good. Running improved his fitness further more, Tang Jianwen said that, running not only gave him healthy body, but also made him more self-disciplined, he quitted smoking and does not like snacks any more.

19 Song dynasty cultural relics restored successfully in Rugao



By Li Bo

The 19 pieces of Song dynasty porcelains and pottery unearthed in 2021 Rugao Gujuegou site (ancient salt transport river Rucheng – Dongchen section) were restored successfully a few days ago. The restored collections will be exhibited according to plan, living scenery of Rugao people of one thousand years ago will be presented. In June 2021, archaeological team of Nanjing University carried out archaeological exploration in ancient salt transport river Rucheng – Dongchen section, discovered a batch of porcelains and pottery. The cultural relics have undergone underground water, microorganism, and bacterial erosion for a long time, porcelain and pottery had different levels of defects. In September 2021, Nantong museum sent this batch of cultural relics to Jiangsu Wenbo cultural heritage protection Co., Ltd. for restoration and protection, after 4 months, the relics got a new life. Restoration of cultural relics, has a lot of advantages for Rugao to build archaeological site park, enter offshore silk road intangible cultural heritage application list, and increase influence of the city.



Photo by Shen Liang

On 3 June, the third Nantong parent-child dragon boat festival Jianghai junior reporters Dragon Boat Festival special session was held in Hao river in the downtown. The starting point is the tourist dock of Hao river scenic spot. The route goes around Hao river and the length is about 5 kilometers. The event attracted close to 300 groups of Jianghai junior reporters’ families to participate.

The most beautiful store signboard evaluation held in Nantong

By Jiang Jiaojiao

On 30 May, Nantong urban management and law enforcement published an announcement that as of the day, the most beautiful store signboard election would be held in the city. The selection objects are boards and plaques and similar facilities which present the name, registration number, sign and other contents of state-owned organizations, private enterprises, social groups and individual businesses on the exterior walls or within the land scope of their working and operation places. The specific types can be classified as: plaque store signboards, door header signboards, and wall type signboards.



Photo by Qian Xianhua

On 2 June, old Honggang ‘places all over the state, homely flavor of dragon boat festival’ folk culture sharing meeting was held at Nantong economic and technological development area, to celebrate dragon boat festival with employees of enterprises in the area by Zongzi making and food competitions.



Photo by Huang Zhe

On 31 May, Nantong ‘our festival – dragon boat festival’ folk culture demonstration event was held at Rudong Benchang ancient town by CPC Nantong Committee publicity department and cyberspace administration, municipal civilization office, municipal foreign affairs office together.