

HAMURA NEWS

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'PICK-YOUR-OWN' STRAWBERRIES & POTATOES FARM PLOTS FOR SALE!

Have fun picking strawberries and digging up potatoes! The harvesting right of local farmer-grown fresh strawberries and potatoes will be sold by farm plots. Of course, you can buy the rights for both!

Strawberries

Harvesting Season: Beginning of May Farm Location: Hanekami 4-20

Number of Plots: 15 Price: ¥5,000 each plot (Approximately 40 roots in each plot)

Potatoes

Harvest Season: Middle of June Number of Plots: ①20 ②15 ③5 ④15

Price: ¥3,000 each plot (Approximately 30 plants per block)

Farm Locations: ①Hanekami 1-18, ②Hanekami 4-22, ③Sakae-chou 2-10, ④Midorigaoka 5-9-10

How to apply & Inquiry: Starting April 26th(Thu), from 9AM to Noon, visit directly to Sangyou-ka Nousei-kakari in City Hall West Annex Building. *Please pay as you apply.

KYODOU HAKUBUTSUKAN (FOLK MUSEUM) ☎558-2561

< Boy's Day Dolls and Koinobori >

"Tango no Sekku" on May 5th is an annual event of old tradition that celebrates boys' healthy growth. Koinobori (Carp Banners) and Gogatsu Ningyou (Samurai Armor or boy doll) are traditionally displayed for this event. Come and see many examples of Gogatsu Ningyou and Koinobori.

Exhibition Schedule: April 14th(Sat) ~ May 6th(Sun), 9AM ~ 6PM (~ 5PM at the Old Shimoda Residence)

*Cancelled in case of rain *Folk Museum will be open on April 30th (Mon).

Place: Folk Museum Orientation Hall and the Old Shimoda Residence Admission: Free

SENIOR CITIZEN HUMAN RESOURCE CENTER ☎554-5131

< Kimono Dressing Workshop >

Join in this class to learn how to dress in Kimono with proper style and manner. Anyone is welcome to join!

Date & Time: 1st and 3rd Wednesdays, 10AM ~ Noon Fee: ¥1000 per session

Place: Silver Jinzai Center (Senior Citizen Human Resource Center)

How to apply & Inquiries: Call or visit Silver Jinzai Center to make a reservation in advance.

ECO-WORKSHOP ~ Let's find best Garbage Composter for you ~

A new public subsidy program for purchasing a food waste decomposing container was introduced in Hamura News April 1st Issue. If you are interested in having a compost bucket, please join in this workshop to learn about various types of compost buckets sold in the market and the differences in their functions. It will help you find the one that most suites your convenience and home environment.

Date & Time: April 25th(Wed), 10AM ~ 11AM Place: Shouhi Seikatsu Center Capacity: First 30 people

Fee: Free Eligibility: Hamura residents (No business entities) Things to bring: Writing materials

Inquiry: Call or visit Seikatsu Kankyou-ka Seikatsu Kankyou-kakari prior to the event day.

BICYCLE USERS' RULE

People of all ages can ride bicycles and it is good for your health too. After the 3.11 Earthquake a lot of people started commuting by bicycle, but at the same time the percentage of bicycle-related traffic accidents went up over 30 percent and some are due to bicycle riders' disobeying traffic rules.

Bicycle is an easy tool, but please note, that bicycle is considered as "vehicles". Not only bicycle rider can become a victim of traffic accident, but also possibility of perpetrator. Once you became a perpetrator, you would be burden with liability of damages. Be always aware that the bicycle is a "vehicle", and follow the traffic rule when you ride. Also don't forget to subscribe to a bike rider's casualty and liability insurance.

<< 5 Basis Rules for Riding Bicycles >>

① Ride on roadway, not on sidewalk

If there are both roadway and sidewalk in site, the bicycle has to go through the roadway, except the conditions stated below:

- When there is a traffic sign allowing bicycle go through sidewalk
- When the rider is either under 13 or over 70 years old, and/or the rider is handicapped
- When the bicycle cannot go on the left side of roadway due to the construction or parked vehicles, or when the traffic is extremely heavy and dangerous

② Ride on left side of roadway

Since the bicycles are considered as "vehicle", in principal, they have to go on the left side of roadway, not on right side. However, if the side strip line is the single line, the bicycles can go thorough on any side.

③ Pedestrians have priority on sidewalk, and bicycles go slowly on the roadway side

When riding bicycle on sidewalk, go slowly on the roadway side and do not interrupt pedestrians' way. If you get in their way, get off from bicycle and walk with your bicycle.

④ Obey the traffic rules

- Do not drink alcohol and ride.
- Do not ride bicycles side by side (except certain areas).
- Do not ride with two (except when riding with child of 6 years old or younger).
- Obey the traffic lights. Stop at the stop sign and make sure it is safe to go on.
- Turn the light on at night.
- It is against the regulation if you use umbrella, and/or cell phone when riding bicycle.

⑤ Child has to wear a helmet

Please make sure that 13 years old or younger child wears helmet when riding bicycle.

< Buying Insurance for your Bicycle >

More bicycle riders are becoming perpetrators. Bicycle riders should be aware of themselves as a "vehicle" rider, as well as buying insurance for the bicycle.

*In addition to regular liability insurance of general insurance company, there is TS mark regulation for bicycle, which is provided by Japan Traffic Management Technology Association. TS mark (sticker to be placed on a bicycle) is issued to all the bicycles that are certified as safe vehicle. It is available at bike shops certified as TS mark agency.

< Bicycle Parking Areas Near Rail Stations >

Please see the parking location maps on *Hamura News* April 15th Japanese Edition page 2.

- Near JR *Hamura* Station ... 7 parking areas

*For Motorized bicycles, please use *Nishiguchi* No. 3 Parking only.

- Near JR *Ozaku* Station... 4 parking areas

* For Motorized bicycles, please use *Higashiguchi* No.1, *Nishiguchi* No. 1 and 2 Parking only.

< Illegally Parked Bicycles >

Leaving bicycles on road and/sidewalk near train stations could cause a lot of troubles such as following:

- Bicycles parked over the yellow braille blocks make it difficult for visually-challenged people to walk on the street safely.
- Get in the way of evacuation route in case of disaster.
- Randomly parked bicycles on streets ruin the scenery.

< No Street Parking Allowed around Rail Stations >

The areas within 400 meters from JR *Ozaku* and JR *Hamura* stations are designated as no-bicycle-parking area. Any bicycles or motorized bicycles parked within these areas will be towed to the city's storage facility. To pick up towed bicycles you will have to pay the fine.

Fine fee: Motorized Bicycle... ¥3,000 / Bicycle...¥2,000

< Opening Hours for Bicycle Storage >

As of April the opening day has been changed. It is closed on Sundays, Holidays, and New Year holidays.
Mon, Tue, Thu, and Friday... 9AM ~ 4PM / Wednesday... 9AM ~ 7:30PM / Saturday... 9AM ~ Noon

LET'S PRACTICE "ECO DRIVE"!

~ Friendly to the Earth and your wallet ~

Did you know that about 10% of total CO² output in Japan is from the automobile emission?

Back in February, *Hamura* city has held "Eco Drive Class" in which participants have learned some driving tips and techniques to reduce the CO² emission, the biggest cause of global warming. The summary of fuel efficiency improvement results reported after Eco Drive Class shows 15% up in average, and 35.7% up for a participant who has most improved!!

Inquiry: *Kankyō Hozen-ka Kankyō Hozen-kakari*

<< Eco Drive Tips >>

① Soft acceleration, "Eco-Start"

By stepping on the gas gently, you can save your fuel by 11%. Aim at 20km/ph in the starting 5 seconds.

② Driving with less acceleration and deceleration

Make sure to keep enough distance between cars.

③ Early lift-off from gas pedal

Use engine brake rather than stepping on gas pedal and brake pedal too often.

④ Use air conditioner less often

Make sure that the room of your vehicle does not get too cold.

⑤ Idling Stop

Do not put your car on an unnecessary idling.

⑥ No More Pre-driving Warm-up

Recently manufactured cars do not require pre-driving engine warm-up.

⑦ Use Traffic information wisely

Plan ahead and check traffic information such as jam and constructions.

⑧ Check the air pressure on your tires

The fuel efficiency lowers if the tire's air pressure is lower than the manufacturer's recommended pressure
It is also important to maintain the tire condition for safe handling.

⑨ Drive with less luggage

Do not load with unnecessary luggage. Keeping your vehicle light helps the better gas millage.

⑩ Park at appropriate space

Do not park your vehicle illegally -- it could cause traffic jam.

THE 43rd HAMURA SPORTS FESTIVAL

Opening Ceremony: April 21st (Sat), 7PM ~ Place: Sports Center No.1 Hall *Please bring indoor shoes.

Event	Event Date	Place
Soft-ball Baseball	~ November 4 th (Sun)	Musashino Park
Soft-ball Baseball (Junior High Students)	August 2012 ~ March 2013	Relevant Junior High Schools
Soft-ball Baseball (Elementary School Kids)	September 9 th (Sun) ~ October 8 th (Mon)	Miyanoshita Sports Ground, Musashino Park, Asahi Park
Track and Field	September 16 th (Sun)	Fujimi Park
Youth Ekiden	October 21 st (Sun)	Miyanoshita Sports Ground, etc.
Kendo	September 9 th (Sun)	Hamura Nishi Elementary School
Table Tennis	August 19 th (Sun)	Sports Center
Skiing	January 20 th (Sun), 2013	Sugadaira Kougen Ski Field Kamoshika Slope
Soft Tennis	October 14 th (Sun)	Fujimi Park
Volleyball	May 27 th (Sun), October 13 th (Sat)	Sports Center, relevant Schools
Softball	August 26 th (Sun) ~ September 23 rd (Sun)	Fujimi Park, Asahi Park
Tennis	November 11 th (Sun)	Fujimi Park, Hamura High School
Stretching Exercise With Music	August 12 th (Sun) ~ 18 th (Sat)	Fujimi Park
Badminton	June 17 th (Sun)	Sports Center
Canoe	September 8 th (Sat), 9 th (Sun)	Suijou Kouen Water Park
Swimming	August 5 th (Sun)	Swimming Center
Kyuudou (Japanese Archery)	September 16 th (Sun)	Kyuudou Field
Gate Ball (Japanese Croquet)	October 11 th (Thu)	Fujimi Park
Soccer (Boys)	September ~ January 2013	Relevant Elementary Schools
Soccer (Junior High Students)		Relevant Junior High Schools
Soccer (General, Seniors, and Women)		Miyanoshita Sports Ground, Fujimi Park
Basketball	July 22 nd (Sun) ~ August 18 th (Sat)	Sports Center
Golf	July 10 ^h (Tue)	Oume Golf Club
Indiaca	July 8 th (Sun)	Sports Center
Aikido	October 28 th (Sun)	Freshland Nishitama

*Tournaments of Judo, Dance Sports, and Naginata will not be held.

*For more information please contact Hamura-shi Taiiku Kyoukai or refer to its Website.

Tel: 555-1698 Fax: 555- 1699 Email: hamura-taikyo@npo-jp.net

JAPANESE ARCHERY (KYUUDOU) CENTER ☎555-9255

< Kyuudou Class for Beginners >

Date & Time: Wednesdays and Saturdays between May 9th(Wed) ~ 30th(Wed) (Total of 7 times), 7PM~9PM

Place: Kyuudou Field Capacity: First 15 Fee: ¥3,000 (for 7 classes) *Please bring Socks or Tabi Socks

Eligibility: Junior high school students or older (Junior High school students must be accompanied by an adult)

How to apply: Before May 2nd(Wed), provide your name, age (grade), and phone number via postal mail, by fax or phone to the center; Hamura-shi Ozakudai 4-2-8, Tokyo 205-0001, Fax: 555-9255.

CITY HALL IS OPEN ON THE WEEKENDS

Offices Open on the weekends throughout the year:

Shimin-ka (Citizens' Affairs Section), *Kazei-ka* (Taxation Section), *Nouzei-ka* (Tax Payment Section), *Kaikei-ka* (Accounting Section), *Gakkoukyouiku-ka* (Educational Guidance Section)

Offices Open on the weekends during limited season:

The following sections will be open on the weekends only during the season of high volume of inquiries.

Shakai Fukushi-ka (Social Welfare Section), *Shougai Fukushi-ka* (Welfare for the Disabled Section), *Kourei Fukushi Kaigo-ka* (Senior Citizen's Welfare and Nursing Care Division), *Kosodateshien-ka* (Child Care Support Section), *Jidouseishounen-ka* (Children and Youth Section), *Hoiku-ka* (Children Welfare Section)

Opening Hours: 8:30AM ~ Noon and 1PM ~ 5:15PM (inquiries are accepted until 5PM)

* City hall is open on national holidays that fall on Saturday or Sunday, but closed on those on weekdays.

* City Hall is closed for year-end / new-year holidays from December 29th to January 3rd.

* There are certain procedures that cannot be handled on weekends. Please confirm before you visit.

Inquiries: *Kikaku Seisaku-ka Kikaku Seisaku-tantou*

ONSEN (Hot Spring) CENTER DISCOUNT TICKETS

Discount tickets for *Onsen* (Hot Spring) Center are distributed to the members of National Health Insurance at city hall. If it applies to you, you can pick up your ticket at *Shimin-ka* on 1st floor. Please be sure to bring your National Health Insurance Card to be given the ticket. *Not applicable to members who are age 75 or over.

Discount tickets can be used at these facilities:

- 数馬の湯 *Kazuma-no Yu* ☎598-6789, *Hinohara-mura* 2430
- もえぎの湯 *Moegi-no Yu* ☎0428-82-7770, *Okutama-machi Hikawa* 119-1
- 瀬音の湯 *Seoto-no Yu* ☎595-2614, *Akiruno-shi Otsu* 565
- つるつる温泉 *Tsuru-Tsuru Onsen* ☎597-1126, *Hinode-machi Ooaza Ooguno* 4718

Tickets expire on March 31st, 2013. Contact: *Shimin-ka Hoken-kakari*

CITYWIDE PUBLIC ADDRESS SYSTEM SPEAKERS WILL BE INCREASED

Hamura City has conducted audibility inspection of city-wide outdoor public address system (*Bousai Musen*). Following the results of the inspection, the city has decided to install 12 new speakers and relocate some of the existing speakers in order to improve audibility in certain neighborhoods. The installation works will be conducted during mid April to July 2012.

Please refer to *Hamura* News April 15th issue Japanese Edition page6 for the map of speaker locations.

Map Symbols: ①~⑫ new speakers, ○→★ speakers to be moved, ● existing speakers

Inquiry: *Bousai Anzen-ka Bousai-kakari*

SCHOOL ATTENDANCE SUPPORT (*Shuugaku Enjo*)

Application Deadline is April 29th (Sun)

Hamura City provides financial aid to parents of municipal elementary or junior high school students residing in *Hamura* City who are having difficulty paying for their children's school supplies, school lunch fee and other school expenses because of the economic reasons. Should you wish to apply for this support program, please file an application before April 29th (Sun) in order to start receiving the benefit from April 2012.

Applications are also accepted on Saturdays and Sundays at *Kaikei-ka* in city hall 1st floor.

- ▶ Application forms are already distributed to students of Elementary and Junior High Schools in *Hamura*. Please submit the application to the school office or to *Gakkou Kyouiku-ka* in city hall.
- ▶ If your child is attending to a school in other municipality, please come to city hall for the application procedure, with your *Inkan* and proof of bank account to which you want the benefit to be deposited.

Inquiries: *Gakkou Kyouiku-ka Gakumu-kakari*

SPECIAL PROVISION OF NATIONAL PENSION PREMIUM EXEMPTION FOR STUDENTS

Foreign nationals at age 20 ~ 60 years who stay in Japan for longer than one year are subject to National Pension membership and premium payment responsibility, unless he/she is joined in other pension program. However, as it is generally difficult for students to pay the pension premiums, there is a special exemption system for students who qualify. Student Payment Exemption System (学生納付特例制度) allows students to have their premium payments deferred. (*Income restriction will apply)

Exempt students are insured with the Basic Disability Benefits during the premium exemption period. Once the exempt student becomes able to make the full monthly payments, he/she must start paying the deferred premiums. A specially designed payment scheme may be provided over counseling, if preferred. The payment of deferred premiums must start within 10 years from the year of school graduation.

- ▶ Those who wish to enroll in this provision must file an application before April 29th (Sun) in order for the exemption to take effect from the April premium payment.
- ▶ To know more about this system or to apply, please contact Shimin-ka Kourei Iryou Nenkin-kakari.
- * Those who were enrolled under this exempt system must take a status renewal procedure in order to sustain the exempt status for FY2012. Enrollment Renewal Confirmation Form (継続申請確認通知) will be mailed to the applicable students.

NATIONAL HEALTH INSURANCE HIGH MEDICAL EXPENSE BENEFIT

There has been a revision applied to High Medical Expense Benefit System.

Previously, the insured members of National Health Insurance needed to pay the entire self-pay portion of medical charges, then apply for the reimbursement of portion that exceeded the regulated self-pay ceiling. In the new system, those who present High Medical Expense Benefit Certificate at a medical facility do not have to pay the portion of medical charge that exceeds the ceiling.

Self-pay ceiling is determined based on one's age and household income, and it is set to limit the maximum self-pay amount paid to each medical facility in a month.

*This new system is not effective immediately at some medical facilities.

◆ Who are eligible for the High Medical Expense Benefit System?

The Insured members of National Health Insurance who are up to 69 years old and those who are over 70 years old and Resident Tax-exempt are able to obtain High Medical Expense Benefit Certificate (限度額適用認定証/標準負担額減額認定証) which is issued upon application.

Certificate cannot be issued for persons who have delinquent National Health Insurance Tax.

The insured N.H.I. members who are at age 70 or older and paying Resident Tax do not need to obtain the certificate to have this system applied to their medical charges, because their N.H.I. Elderly Member Card or Late-Elderly Medical Insurance Card automatically indicates the qualification to this benefit.

◆ Reimbursement of the medical expense that exceeds self-pay ceiling

The procedure for reimbursement has not been changed. If you do not have the certificate, you will have to pay the whole charges, and later claim for the reimbursement of the portion that exceeds the self-pay ceiling. You may combine the medical expenses of household members paid to multiple facilities in a same month, in order to calculate the total medical cost for the family and the amount applicable to reimbursement.

Reimbursement Claim Form (国民健康保険高額療養費支給申請・請求書) will be mailed to applicable households.

Inquiries: *Shimin-ka Hoken-kakari* or *Kourei Iryou Nenkin-kakari*

FY2012 PROPERTY TAX and CITY PLANNING TAX NOTIFICATION

FY2012 Property Tax and City Planning Tax Notification will be mailed to the applicable tax payers in early May. These taxes are levied on the owners of fixed property based on the property registration information as of January 1st 2012. If you have sold or demolished your land / house/ building after January 2nd 2012, you are still obligated with FY2012 tax payment for those properties. Please be sure to pay taxes before the due date.

Inquiries: *Kazei-ka Sisanzei-kakari*

THE 5TH HAMURA CITY LONG-TERM COMPREHENSIVE MUNICIPAL POLICY

The Summary Book is delivered to your home

Along with the *Hamura News* April 15th Issue Japanese Edition, the summary book of The 5th *Hamura City Long-Term Comprehensive Municipal Policy* (第五次羽村市長期総合計画) was delivered to homes and business entities. The original book is available for public to read at city hall, city libraries and on *Hamura City Official Website*. We are sorry that the original book and summary book are currently printed in Japanese only.

Inquiries: *Kikaku Seisaku-ka Kikaku Seisaku-tantou*

INTRODUCING WELFARE ALLOWANCES/SUBSIDIES for HANDICAPPED PERSONS

Application is needed to benefit from these allowance/subsidy programs. For more details, or to find out about other welfare programs, please contact *Shougai Fukushi-ka Shougai Fukushi-kakari*.

Allowances	Eligibility
<i>Tokubetsu Shougaisha Teate</i> (Special Allowance for the Disabled) ¥26,260 / month	Age 20 years or older, and requires special support/care at all times due to severe disability. *
<i>Shougaiji Fukushi Teate</i> (Welfare Allowance for Disabled Children) ¥14,280 / month	Age 19 years or younger, and requires special support/care at all times due to severe disability. *
<i>Judo Shinshin Shougaisha Teate</i> (Allowance for Persons with Severe Physical and Mental Disability) ¥60,000 / month	Person with severe impairment of intelligence who is in constant support/care needs and unable to stay in a sitting position due to limb and trunk dysfunction. * Cannot newly apply if you are 65 or older.
<i>Shinshin Shougaisha Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥15,500 / month Provided by Tokyo Metropolitan Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade1~3, or person with brain paralysis or progressive muscular atrophy. * Cannot newly apply if you are 65 or older.
<i>Shinshin Shougaisha Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥12,000 / month Provided by <i>Hamura City Government</i>	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade3~4 or Certificate for Adults and Children with Mental Deficiency grade4. * Cannot newly apply if you are 65 or older.
<i>Nanbyou Kanja Fukushi Teate</i> (Intractable Disease Allowance) ¥7,500 / month	Person with specified intractable disease which the municipal government certifies, who is receiving Intractable Disease Medical Subsidy from Tokyo Metropolitan Government.
<i>Takushii Hiyou / Jidousha Gasorinhi Josei</i> (Subsidy for Taxi Fare or Gasoline Cost) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 (grade 1~3 for lower limb, trunk, or internal dysfunction) or Certificate for Adults and Children with Mental Deficiency grade1~2, or person with brain paralysis or progressive muscular atrophy. *
<i>Riyou / Biyou Saabisu Hiyou Josei</i> (Subsidy for Hair Dressing Cost) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2. Not applicable if hospitalized or living in special care facility
<i>Kinou Kaifuku Sejutsuhiyou Josei</i> (Subsidy for Physical Therapy Cost) Acupuncture/Massage Therapy Tickets	Person who holds Physical Disability Certificate grade1~4 (grade 1~6 for those at age 70 years or older). Not applicable if hospitalized or living in special care facility.
<i>Suidou/Gesuidou Shiyouryou Josei</i> (Subsidy for Water and Sewage Usage Charge) ¥915 / month	Residents tax exempt household with a person who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2.

*...Income restriction and/or exclusion regulation may apply.

< Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth.

Date & Time: Thursdays of May 10th, 17th and 31st (course consists of 3 sessions), 1:15PM~3:45PM

Place: *Hoken Center* Eligibility: Expectant mothers residing in *Hamura* *No reservation required.

Class Detail: Day1...Lecture by a midwife, Day2...Lecture by OB/GYN doctor and Dietician, Day3...Lecture by a dentist and talking with moms *You are not required to participate for 3 days. Pick your desired classes.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), writing materials.

*If bringing your child(ren), please contact *Hoken Center* in advance.

< Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: May 22nd(Tue), 24th(Thu), 26th(Sat), 27th(Sun), and 28th(Mon),
7:30AM ~ Noon (you cannot specify the time)

Place: *Hoken Center* Fee: Free Eligibility: *Hamura* residents 40 years of age and older

Capacity: 100 people each day (If there are too many applicants, selection will be done by drawing and winners will be notified by receiving a screening coupon around May 14th(Mon)).

Testing Methods: Abdominal X-ray for Stomach Cancer Exam, and Chest X-ray for Lung Cancer Exam

How to apply: Between April 16th(Mon) ~ May 1st(Tue), fill in necessary information on an application form and turn it in at *Hoken Center* on weekdays, or paste the form on a post card and send it to *Hoken Center*.

*An application form can be obtained at *Hoken Center*, city hall 1st floor, or city hall branch offices. You can also download it from the City Website.

*The next screening season will be announced in December.

Please Note:

- You may apply for all the screening/exams conducted on the same date.
 - You are not eligible to take this exam if any of the following conditions apply;
 - ① Pregnant, or possibility of pregnancy ② Currently being treated for stomach or lung illness
 - ③ Those who have the same cancer screening opportunity provided by the employer
 - We provide sputum examination only for people with the following conditions:
 - ① Those who had bloody sputum within past 6 months.
 - ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 400 or more.
- How to fill in an application postcard -

Front	Back
〒205-0003 To: "Gan Kenshin Tantou" <i>Hamurashi Hoken Center</i> 5-5-2 <i>Midorigaoka</i> <i>Hamura City</i>	•Your name, date of birth, mailing address, and phone number •Your desired screening date (first and second choices) •Screening/Exam you desire: •Whether you wish to have sputum examination: Yes or No *If yes, please state the reason:

◆ **MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital				Dental Clinic	
April	9am~5pm		5pm~10pm		9am~5pm	
15 th (Sun)	<i>Sakae-chou</i> <i>Shinryoujo</i>	555-8233	<i>Fussashi</i> <i>Hoken Center</i>	552-0099	<i>Nakano Shika Iin</i>	554-7053
22 nd (Sun)	<i>Yamakawa Iin</i>	554-3111	<i>Fussashi</i> <i>Hoken Center</i>	552-0099	<i>Nozaki Shika Clinic</i>	555-3316
29 th (Sun)	<i>Hamura Sougo</i> <i>Shinryoujo</i>	554-5420	<i>Heijitsu Yakan</i> <i>Kyuukan Center</i>	555-9999	<i>Hanenaka Shika</i> <i>Clinic</i>	554-2202
30 th (Mon) Holiday	<i>Yanagida Iin</i>	555-1800	<i>Takasawa Byouin</i> <i>(Mizuho-machi)</i>	556-2311	<i>Hamura Shika Iin</i>	570-4618