Traffic Regulation for the 28th Tokyo Bay Urayasu City Marathon

During the Tokyo Bay Urayasu City Marathon, traffic will be regulated near the marathon course. Your cooperation is appreciated.

Date and time: February 3 (Sun.), 7:40 a.m. to noon

<table>
<thead>
<tr>
<th>Area</th>
<th>Scheduled Regulation Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Road around the hotels</td>
<td>7:40 a.m. to noon</td>
</tr>
<tr>
<td>Sports Park to Clean Center</td>
<td>7:40 to 11 a.m.</td>
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<tr>
<td>Sports Park to Tomisaka Koban (police box)</td>
<td>8:30 to 11 a.m.</td>
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<tr>
<td>Tomisaka Koban (police box) to Takasu Tayo-no Oka Park</td>
<td>8:45 to 10:30 a.m.</td>
</tr>
<tr>
<td>City Planning Street No. 3,17</td>
<td>8:45 to 10:30 a.m.</td>
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<tr>
<td>Symbal Road (Hotel Emora Tokyo Bay to Hinode Kominkan (public hall))</td>
<td>8:45 to 10:30 a.m.</td>
</tr>
<tr>
<td>Symbal Road (Hinode Kominkan (public hall) to La Finniss (Shin Urayasu))</td>
<td>8:45 to 10:30 a.m.</td>
</tr>
<tr>
<td>Takasu Chuo Park to Takasu Tayo-no Oka Park</td>
<td>9 to 10:20 a.m.</td>
</tr>
<tr>
<td>Takasu Seaside Park to Tokyo Tessel Corp.</td>
<td>9:10 to 10:30 a.m.</td>
</tr>
<tr>
<td>Tokyo Tessel Corp. to Takasu Tayo-no Oka Park</td>
<td>9:10 to 10:30 a.m.</td>
</tr>
</tbody>
</table>

Notes:
- Please refrain from driving near the marathon course on the day of the event.
- Please do not park on the streets along the marathon course on the day of the event.
- Please note that traffic may be congested around the course during the race.
- Bus services on certain routes will be suspended on that day. Visit the city website for more details.

Inquiries: Sports Section, Tel: 712-6819

Traffic Regulation

● Please file your 2018 income tax return no later than March 15 (Fri.).

For the convenience of city residents, every year the city opens a tax return consultation and submission site for income tax (a national tax) with the cooperation of the Ichikawa Branch Office of the Chiba Certified Tax Accountant’s Association.

Please note that since tax office staff will not be available at any time for consultation at the Urayasu site, the types of income and content of the fileable tax return are limited. Please use the site sponsored by the Ichikawa Tax Office for tax returns the Urayasu site cannot handle.

Inquiries: Ichikawa Tax Office, Tel: 047-335-4101 (Residential Tax Section)

Completion of Your Income Tax Returns at Urayasu City Culture Hall

Free Consultation Service by Licensed Tax Accountants

Eligibility:
Those whose income was only from wages (those who received a salary from two or more locations, those who have not completed year-end tax adjustments, those who have retired, etc.)

Income Tax Return Consultation Services

Consultation about gift tax
Consultation about loss deduction
Consultation about medical fee deduction or donation deduction (such as hometown tax)
Consultation about social insurance deduction
Consultation about pension deduction
Consultation about trust dividends
Consultation about Medical Insurance, Pension Insurance, and Health Insurance
Consultation about Tax Deductions

Submission of Income Tax Returns to Urayasu City

Date and time: February 18 (Mon.) through March 15 (Fri.), 9:30 a.m. to 3 p.m. (except Saturdays, Sundays, and national holidays)

For the abovementioned services:
Location: Culture Hall 3F

What to bring:
- Your tax withholding slip, your personal seal (an unregistered seal is acceptable), various tax exemption documents, and a certificate of your income for 2018.
- Properties have a different income tax report.
- Those who received a full-term insurance benefit or a pension benefit.
- Those whose income was solely from wages (with year-end tax adjustments, those who have retired, etc.)
- Those who received an annual salary of ¥20 million or less.
- Those who would like to submit a completed tax return, please submit it to the Ichikawa Tax Office directly or by mail.
- If you have questions, such as about the necessary documents.

Please Note:
- Since the Urayasu site cannot handle the types of income not listed in “Eligibility above”, please use the Ichikawa Tax Office site if you have other types of income, such as those listed below:
  - Consultation about gift tax
  - First year of home-loan deduction
  - Those with capital gains from land, buildings, stock, etc.
  - Those with complex dividend income such as investment trust dividends
  - Casualty loss deduction, except for those for liquefaction damage
  - Those requesting corrections for other mistakes

Income Tax Return Consultation Services

Sponsored by the Ichikawa Tax Office

Date and time: February 14 (Thu.) through March 15 (Fri.), 9:30 a.m. to 3 p.m. (except Saturdays, Sundays, and national holidays)

Note:
- Please refrain from driving near the marathon course on the day of the event.
- Please do not park on the streets along the marathon course on the day of the event.
- Please note that traffic may be congested around the course during the race.
- Bus services on certain routes will be suspended on that day. Visit the city website for more details.

Inquiries: Sports Section, Tel: 712-6819

File Your Taxes through the Internet or Smartphone

- Only an ID and Password is Needed for E-tax
- Filing Taxes through a Smartphone

Those who earned income solely from wages (with year-end adjustment completed) and will apply for medical fee deductions or donation deduction (such as hometown tax) can file their taxes through a special smartphone site.

Note:
- Those wishing to file taxes through the Internet or smartphone must register with the tax office to have an ID and password issued in advance.
- Visit the National Tax Agency website (http://www.nta.go.jp) for more details.

Income Tax Return Deductions for National Health Insurance Premiums and Latter-Term Elderly Medical Insurance Premiums

When reporting National Health Insurance premiums and Latter-Term Elderly Medical Insurance premiums as a social insurance deduction, you do not need to attach or show a certificate. Simply add the total amount you paid from January 1 through December 31, and report the amount.

If you do not know the amount, please ask the National Health Insurance & Pension Plan Section. When you do, please have your health insurance card with you.

Inquiries: National Health Insurance & Pension Plan Section
For National Health Insurance premiums, Tel: 712-6280
For Latter-Term Elderly Medical Insurance premiums, Tel: 712-6274

Note:
Population: 169,443
Male: 83,041
Female: 86,402
Foreign Residents: 3,953
As of December 31, 2018
The 41st Urayasu City Residents’ Track & Field Tournament

Events of the City Resident Track & Field Tournament

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Group</th>
<th>Event Times</th>
<th>Men’s</th>
<th>Women’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary school</td>
<td>First to third grades</td>
<td>50 m, 800 m, long jump, javelin throw</td>
<td>100 m, 1,200 m, 300 m hurdles, long jump, javelin throw</td>
<td>4×100 m relay, javelin throw</td>
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<tr>
<td></td>
<td>Fourth to sixth grades</td>
<td>1 m, 500 m, 3,000 m, 110 m hurdles, long jump, high jump, shot put, javelin throw</td>
<td>100 m, 100 m hurdles, 100 m long jump, high jump, shot put, javelin throw, 4×100 m relay</td>
<td>4×100 m relay</td>
</tr>
<tr>
<td>Junior high school</td>
<td>100 m, 200 m, 400 m, 800 m, 1,500 m, 3,000 m, 110 m hurdles, long jump, high jump, shot put, javelin throw</td>
<td>4×100 m relay, Javelin throw</td>
<td>4×100 m relay, shot put, javelin throw, 4×100 m relay</td>
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</tbody>
</table>

Realizing Comprehensive Cancer Countermeasures

Last year, which was my second year since taking office, we made steady progress in many fields, although there are many issues that still need solving. The biggest achievement was the establishment of the Ordinance to Promote Cancer Countermeasures, which I believe was something I have been working to gain a deeper understanding of its importance since I took office. This was a law to expand the range of cancer countermeasures that fit with our city’s special needs by cooperating with the national and prefectural government, medical institutions and other related organizations.

The ordinance also stipulates the roles of residents, as well as actively undertaking cancer checkups and working to deepen their understanding of what cancer patients go through.

In our city, Juntendo University Urayasu Hospital is a government-designated cancer treatment facility, and there is a cancer consultation support center established within the hospital. At this center, cancer patients, family members, and anyone else can receive free consultations. For example, topics include concerns during recuperation and everyday life, second opinions, palliative care, and financial issues.

As the earlier cancer is detected the more treatment options there will be and the higher the chances of recovery will be. We are determined to work on cancer countermeasures as a community by striving to increase the rate of cancer checkups, to offer employment support, and other actions.