(All events, classes and lectures are conducted in Japanese.)

August 2014 No.1125 Issued by Nara City Hall

Translation by Nara SGG Club (Goodwill Guide Association)
Inquiries in English: Phone 0742-22-5595 (9:00-17:00)
For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:
Nara City Hall Information Counter, Nara City Hall Foreigner Registration Counter
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center
Public Health Center (4F, Hagukumi Center)
Nara City Tourist Information Center (by JR Nara Station)
Kintetsu Nara Station, Chubu Kominkan, Seibu Kominkan, Hokubu Kominkan
Chuo Library, Seibu Library, Nara Chuo Post Office and Nara-Nishi Post Office.

Lotus flower (Toshodaiji Temple)
**NARA TO-KAE LIGHT FESTIVAL**
Candlelight Events in the Ancient Capital of Nara
Aug. 5 (Tues.) — Aug. 14 (Thurs.), 19:00-21:45

*It may be cancelled in case of rain or strong wind.

<Weather inquiries on the day> NTT Teledome Tel: 0180-997-515

Ikkaku·Itto (One Candle for One Visitor): Everybody can enjoy lighting one candle during the Festival.

[Reception] 19:30-21:00  [Fee] 500 yen

[Place] Ukiugumo·enchi Venue, Nara Prefectural New Public Hall Venue

*Please understand that this may not be possible due to overcrowding or bad weather.

Official Goods Sales “Toya”

Original goods such as handy paper lanterns and fans are available only here during the festival

[Time] 18:00-21:45

[Place] Special booth on the east side of Sarusawa Pond

To-Café

Come to this official eating/drinking space to enjoy a wide variety of delicious foods and sweets.

[Time] 18:00-21:45

[Place] Prefectural New Public Hall, etc.

Nara To·kae Special Shop for the animated show *Kyokai no kanata*

A limited number of specially-prepared goods will be on sale to celebrate this first collaboration.

[Time] 18:00-21:45

[Place] special booth in Prefectural New Public Hall

◆ Other Night Events

Around Nara Park

・*Chugen Mantoro* (Langern Lighting Ceremony) at Kasuga Taisha Shrine (Aug. 14 & 15)
・Todaiji *Manto Kuyoe* (Lantern Festival) (Aug. 15)
・Nara Daimonji Okuribi (Daimonji Bonfire Festival) (Aug. 15)
・Light-up Promenade Nara 2014

You can get real time parking information through the Nara City Parking Lot Guide System

[Inquiries] NPO Nara To·kae·no·kai, Secretariat
Tel.: 0742-21-7515 (10:00-16:00 for weekdays), Fax.: 0742-21-7520. URL: [http://www/toukae/jp/](http://www/toukae/jp/)

**HEIJO-KYO TENPYO-SAI FESTIVAL, Summer 2014**
Romantic Light Decoration on Summer Nights

Date & Time: August 29 (Fri.) – 31 (Sun.), 18:30-21:00 (Food court starts at 16:00)

[Place] Nara Palace Site

■To·kae Light Festival at Daigokuden Hall
■Special Stage Performance
■Silk Road Food Court

There are many other exciting events such as light-up performances by modern artists. Please come to enjoy this rare nighttime festival.

[Inquiries] Heijo-kyo Tenpyo-sai Festival Executive Committee, Tel.0742-25-0707
Renewals of (1) Child-Care Family Allowance (Jido Fuyo Teate) and (2) Special Child-Care Allowance (Tokubetsu Jido Fuyo Teate)

The city government will send each allowance recipient a notice that describes the renewal process on July 31 (Thurs.) for (1), and in early August for (2), so that the government can check if recipients are still qualified to receive allowances during this fiscal year. Be sure to complete your renewal process within the specified time period: August 1 (Fri.) – 29 (Fri.) for (1), and August 11 (Mon.) – September 10 (Wed.) for (2). Those who are no longer qualified to receive them should also go through the process. Recipients of (2) whose income exceeds the eligibility limits for two consecutive years do not have to go through the process. Those who have been qualified to receive (1) for five years and want to be exempted from the payment reduction starting from the 6th year should go through the necessary process during August, as notices have been sent. If it is late, the payment might be reduced in half.

Inquiries: Kodomo Ikusei-Ka (Child Allowance Section), Tel. 0742-34-5042

Registration for Support Daily Life Project for single-parent families

The support Daily Life Project is available if you register at City Hall in advance. Registration is renewable once a year, so those who also want to receive this support this fiscal year need to apply for registration. Registration should be completed between Aug. 2014 and July 2015.

Support Daily Life Project for single-parent families: if a single-mother family, a single-father family, a widow and a widower has some difficulty in looking after their family because of job hunting, illness, etc., qualified homecare workers, children’s nurses and nurses can take care of your children, providing childcare, meals, personal care, etc..

☆ Fees might be required, depending on your income and type of support.

Inquiries: Kosodate Sodan-Ka (Child Consultation Section), Tel. 0742-34-4804

Bosai Center (Disaster Prevention Center)

404-1 Hachijo 5-chome, 630-8145 Tel./Fax 0742-35-1106

◇ Special Program for Summer Holidays

Date: Aug. 15 (Fri.) – 17 (Sun.)

Contents: Experience disaster prevention (fire drill, evacuation from smoke, rain storms, earthquakes) ① 10:30 ② 13:00 ③ 15:00 (Bring a rain coat with a hood, rain shoes, and towels for experience of a rain storm.)

Animated cartoon Theater “Disaster Prevention” ① 9:40 “Fire Fighter Shimajiro”
② 14:40 “Look out for fire, Seal Tama-chan”

Disaster Prevention Bingo Games: 10:05,
Memory Skill Games for Disaster Prevention: 14:10

Mini Games such as hoopla for Disaster Prevention: ① 11:40 ② 16:10

There will also be origami fishing, coloring and a display space for pictures of disasters.

Application: Unnecessary
Special courses for Summer Holidays
First-aid Introductory Course
Date & Time: Aug. 27 (Wed.) 10:00-11:30
Contents: How to do cardiopulmonary resuscitation and use the AED for children and students.
Capacity: 30 elementary school 4th graders and to high school students
Application: Phone the Emergency Section (Tel. 0742-35-1190) of the Fire Department by Aug. 25 (Mon.).

First-aid Advanced Learning Course
Date & Time: Sept. 12 (Fri.) 9:00-17:00
Contents: How to do cardiopulmonary resuscitation and use the AED, how to carry, and give first aid to people who are injured, laws about management for people who are injured and ill, etc.
Capacity: 30 junior high school students and older, those who work and study in Nara City
Application: Phone the Emergency Section (Tel. 0742-35-1190) of Fire Department by Sept. 5 (Fri.)

Nara City's Basic Plan for Residential Life
Basic Objectives
1. To make our residential environment active and attractive
2. To make our residential environment better, safer, and more durable
3. To make our residential environment free from anxieties

The City's Approach to Municipal Apartment Housing
Houses for families with small children
◆ For an improved child-rearing environment, approx. 20 municipal apartment houses specially allocated for households with small children are available this year.
Those eligible: Households with preschool children. (Income requirements must be met.)

Houses for single-parent families
◆ Houses specially allocated for both motherless and fatherless families will be available.
※ For details of the Nara City basic plan for dwelling life, visit Nara City's web site.

Seeking Tenants for Municipal Apartment Houses
Available Apartment Houses
The 4th Municipal Apartment House (Hannyaji): 1 for general public
The 18th Municipal Apartment House (Gojoyama): 1 for general public
The 20th Municipal Apartment House (Shoyodai): 2 for general public
The 1st Community House (in front of JR Nara Station): 1 for general public
The 2nd Municipal Apartment House (Higashinosaka): 1 for households with preschoolers
The 3rd Municipal Apartment House (Sakuramachi): 1 for households with preschoolers
The 5th Municipal Apartment House (Daianji): 1 for households with preschoolers
The 9th Municipal Apartment House (Kidera): 1 for households with preschoolers
The 14th Municipal Apartment House (Minami-Kidera): 1 for households with preschoolers
The 1st Community House (in front of JR Nara Station): 2 for households with preschoolers
The 5th Municipal Apartment House (Daianji): 1 for households with many children
The 9th Municipal Apartment House (Kidera): 1 for senior citizens
※A single senior is allowed to apply for the 18th.
A single senior over the age of 60 is allowed to apply for the 9th for senior citizens.

Application: Submit an application form by mail or by hand to the Jutaku-Ka (Housing Supply Section) no later than Aug 15 (Fri.). Application forms will be available at the Jutaku-ka of the City Hall, Shutcho-sho (branch offices), or Gyosei Center (administration centers) between Aug 1 (Fri.) and 15 (Fri.).
Public Lottery: Aug. 22 (Fri.)
Inquiries: Jutaku-Ka (Housing Supply Section)   Tel. 0742-34-5174 Fax. 0742-34-4871

Seeking Volunteer Staff for Nara Marathon 2014
Date & Time: December 14 (Sun.) 6:30 - 16:30
Place: Konoike Athletic Field & surroundings, around Nara City, around Tenri City
Contents: Route arrangement, Water supply, Activities along the course, etc.
Capacity: 4,000 people
Application: Fill in the application form (can be printed out from the event homepage in Japanese) and send it to Nara Marathon Volunteer Center by August 20 (Wed.). You can also apply over the internet from the homepage.
   *Applications will close if maximum capacity is reached.
Inquiries: Nara Marathon 2014 Volunteer Center
c/o Ken Nara-Sogo Chosha, 757 Horen-cho 630-8113
Tel. 0742-21-7880 (10:00-16:00 on weekdays)
E-mail: volunteer@nara-marathon.jp

Tsuge Kogen (Highland) Marathon
Date & Time: November 9 (Sun.) Start at 10:20 (Reception from 8:30)
Place: Tsuge Koryu (Communication) Center (Tsuge Shiraishi-cho)
Events: Adults- Half, 10 km, 3 km / High School Students- 10 km, 3 km / Junior High Students- 3 km /
Elementary School Students & families (preschool child & their guardian form a pair)-3 km
Fee: Adult- 3,500 yen, High School Student- 2,000 yen (2,500 yen), Elementary & Junior High School Student- 500 yen (1,500 yen), Family Pair - 3,500 yen (4,000 yen)
   * ( ) –Prices in parenthesis are for those who live outside of Nara City.
Application: Please register at C-RUNTES on the Internet by September 21 (Sun.) and pay at convenience stores, by credit card or by bank transfer.
Inquiries: Tsuge Kogen Marathon Executive Committee
c/o Tsuge Gyosei (Administration) Center, 1026-1 Tsuge Shiraishi-cho 632-0292
Tel. 0743-82-0201
■A big lottery and the giving of various prizes will be held.

Water Sprinkling Operation
Uchimizu (Water Sprinkling) Operation is a countermeasure against the heat island phenomenon and to lower the temperature of the hot summer even a little to save electricity. “Water sprinkling” will be done with leftover bath water, well water, rain water, etc. using hishaku (dippers) and joro (sprinkling cans).
[Date & Time] August 4 (Mon.) 15:30 – 16:30   *In case of rain, the event will be cancelled
Tokino Hiroba (Time Square) at Nara Centennial Hall (Sanjo-miyamae-cho)

Contents Water sprinkling by nursery school children, play with water pistols and soap bubbles, and dances by “Miracle Victory (Sentokun Dancers)”, the City Sightseeing Ambassador

Inquiries: Kankyō-Seisaku-Ka (Environment Section) Tel. 0742-34-4591

Child Care SOS

◆ In case of illness

Kyuujitsu-yakan-oukyuu-shinryousho (Holiday and Night-time Emergency Medical Clinic)
Address: Kashiwagi-cho 519-28 (to the south of Sougou-iryou-kensa-center)
Tel. 0742-34-1228

Kyuujitsu-shika-oukyuu-shinryousho (Holiday Emergency Dental Clinic)
Address: Nijyo-oji-minami-ichoume 1-30 (to the west of City Hall)
Tel. 0742-34-3144

Telephone counseling for emergency medical care for children
(For children under 15 years old and their families)
Tel. #8000 or 0742-34-3144

◆ Counseling about vaccinations

Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397 Fax 0742-34-2486

◆ Counseling for child care

Health counseling during pregnancy and for children
Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax 0742-34-3145

Guidance for child care at home
Kosodate-Sodan-Ka (Child Consultation Section) Tel. 0742-34-4804 Fax. 0742-34-4817

Counseling about infant care (childcare centers in the city)
Kodomo-en-Suishin-Ka (Kodomo-en Promotion Section) Tel. 0742-34-5493 Fax 0742-36-7671

◆ When you suspect child abuse

Kosodate-Sodan-Ka (Child Consultation Section) Tel. 0742-34-5597 Fax 0742-34-4817
Ken-Chuo-Kodomo-Katei-Soudan Center (24 hours) Tel. 0742-26-3788

* Email service updates about suspicious individuals, etc.

Preparation for Typhoons and Storm Rainfalls
In summer time, it is difficult to forecast sudden, local torrential rains (up to about 100mm per hour) and even in urban areas, lowlands and roads can flood and be covered with water. From now thorough autumn, great damage from typhoons and local downpours is reported every year. We must take appropriate measures to be well prepared against these natural disasters.

Are you fully prepared for typhoons and local downpours?
Please check your house and around your house thoroughly!
Outdoors
Roof: Are roof tiles cracked, slipping or dislodged? Is the TV antenna firmly fixed?
Rain gutters and shutters: Are they clogged or loose?
Exterior walls: Are there any fissures or decaying parts?
Window panes: Are there any cracks? Are window panes fixed properly?
Are windows well protected against flying objects?
Veranda: Have flower pots, laundry poles, and the like, which could be easily blown away, been moved indoors?

Indoors
In case of blackout: Prepare a flashlight and a portable radio.
In case of water stoppage: Secure portable water to drink.
For evacuation: Secure emergency kits, including valuables.
Correct information: Be attentive to weather reports including typhoon forecasts.
For more details, please check the website of Nara Local Meteorological Observatory.
Nearest evacuation site: All family members must be well aware of where to relocate along with the evacuation route.

Six Must-Do's in case of Floods in Urban Areas
1. Always keep the ditches around your house clean.
2. Prepare sandbags to prevent flood damage.
3. Be sure to put out any fires at home before evacuation.
4. Due to high water pressure, doors may not open, so hurry to leave buildings.
5. If a river or a canal is flooded, hurry to a higher place. (Basements are dangerous. Go upstairs when you are in a building.)
6. A car or motorcycle may easily drift or fall over, so evacuate on foot.

Bits of Knowledge about Evacuation Preparation Information, Evacuation Advisories and Evacuation Directives

Evacuation Preparation Information (Hinan-Junbi-Joho)
For the elderly and physically challenged who need much more time to prepare for evacuation, this information will be announced well in advance of an evacuation advisory and an evacuation directive.

Evacuation Advisory (Hinan-Kankoku)
This advisory is announced in cases when a disaster is expected to occur, advising residents to evacuate.

Evacuation Directive (Hinan-shiji)
This is announced if a disaster is imminent. Residents should evacuate from dangerous areas to a safe place. It has a stronger binding effect than the evacuation advisory.

Inquiries: Kiki-Kanri Ka (Crisis Management Section) Tel. 0742-34-4930
**HEALTH COLUMN**

“Hagukumi” Center  （13-1 Sanjo-Honmachi）
(The nickname for the Public Health Center /General Education Center)

- Kenko·Zoshin·Ka (Health Care Section)  
  Tel.0742-34-5129,  Fax 0742-34-3145
- Hoken·Yobo-Ka (Health Protection Section)  
  Tel. 0742-93-8397
Tsukigase Administrative Center (Tsukigase Oyama)  
  Tel. 0743-92-0480
Tsuge Health Center (Tsuge Shiraishi·cho)  
  Tel. 0743-82-0341
Nara City Hospital (Higashi-Kidera·cho 1·chome)  
  Tel. 0742-24-1251

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**Medical Consultation for Pregnant Women and Babies**

Please consult us about life during pregnancy, breast·feeding, and infant growth and development.  

* Application unnecessary  
Please come directly to the place on the day with the “Mother’s and Child’s Health Handbook.”

**Traveling Consultation by Public Nurses**

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>August (Schedule before Aug. 5 is listed in July issue.)</td>
<td>6 (Wed.)</td>
<td>Fushimi Kominkan</td>
</tr>
<tr>
<td></td>
<td>8 (Fri.)</td>
<td>Mikasa Kominkan</td>
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<tr>
<td></td>
<td>11 (Mon.)</td>
<td>Fushimi Kominkan Ayameike Bunkan</td>
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<td>12 (Tues.)</td>
<td>Wakakusa Kominkan</td>
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<td></td>
<td>18 (Mon.)</td>
<td>Tatsuichi Fureai Kaikan</td>
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<tr>
<td></td>
<td>19 (Tues.)</td>
<td>*Koto Kominkan</td>
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<tr>
<td></td>
<td>20 (Wed.)</td>
<td>Heijo·Nishi Kominkan</td>
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<tr>
<td></td>
<td>26 (Tues.)</td>
<td>Heijo Kominkan</td>
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<td></td>
<td>28 (Thurs.)</td>
<td>Tomio Minami Kominkan</td>
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<tr>
<td>September</td>
<td>2 (Tues.)</td>
<td>Tomigaoka Kominkan</td>
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<tr>
<td></td>
<td>4 (Thurs.)</td>
<td>Nimyo Kominkan Nimyo Bunkan</td>
</tr>
<tr>
<td></td>
<td>5 (Fri.)</td>
<td>** Heijo Higashi Kominkan</td>
</tr>
</tbody>
</table>

Time:  9:30 – 11:30  
(* 10:00 · 12:00  ** 13:30 – 15:30 )

Consultation over the phone or in the the office is held on weekdays, 8:30 – 17:15  
in Kenko·Zoshin·Ka (Health Care Section).

**Consultation by Maternity Nurses**

- **Seibu Kaikan (2F) Consulting Room**  
  (Consultation at the office)
  Date & Time: Weekdays  10:00 – 14:00  
  *These sessions may be held by public nurses.

- **Kenko·Zoshin·Ka (Health Care Section)**  
  (Consultation over the phone or at the office)
  Date & Time: Weekdays  9:00 – 15:00

[Inquiries] Kenko·Zoshin·Ka (Health Care Section)  
  Tel. 0742·34·5129

**Fluoride Coating for Tooth Decay Prevention**

Those eligible: Children born in January 2012  
(You can apply until the birth month of the third year)

Date & Time: Sept. 19 (Fri.)  9:30 – 11:30  
Place: Chuo Hoken Center (Central Health Center)
Things to bring: Mother’s & Child’s Health Handbook, a toothbrush for babies, a cup, towels
Others: Dental checkup, instruction for brushing teeth
Application: Call or send a fax with the heading “fluoride coating” and your child’s name, birth date and phone number to Kenko-Zoshin-Ka between July 1 (Tues.) and July 25 (Fri.).
Tel.0742-34-5129 Internet applications on the HP will be also accepted.

Medical Checkups for Babies and Children

<table>
<thead>
<tr>
<th>Checkups</th>
<th>Date Reception Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Checkup for 4-month-old babies born in May 2014</td>
<td>Within one month after the 4-month birthday</td>
<td>Designated Medical Facilities in Nara City</td>
</tr>
<tr>
<td>Checkup for 10-month-old babies born in November 2013</td>
<td>Within one month after the 10-month birthday</td>
<td>Designated Medical Facilities in Nara City</td>
</tr>
<tr>
<td>Checkup for 19-month-old Children born in January 2013</td>
<td>Thursdays: Sept.4, 11, 18, 25 13:15 - 14:15 (Waiting numbers will be distributed at 12:45 -)</td>
<td>Central Health Center</td>
</tr>
<tr>
<td>Checkup for 3 1/2-year-old children born in February 2011</td>
<td>Tuesdays: Sept. 2, 9, 16, 30 13:15 - 14:15 (Waiting numbers will be distributed at 12:45 -)</td>
<td>Central Health Center</td>
</tr>
</tbody>
</table>

Things to bring: The questionnaire and Mother’s and Child’s Health Handbook.
The questionnaire will be sent to you by the middle of August. People who moved to Nara City after August 1 and haven’t received the questionnaire by the checkup day should come to the place directly on the day.
(In the case of the checkup for 4-month-old babies and 10-month-olds, please contact Kenko-Zoshin-Ka.)

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Get Measles & Rubella (MR) Combined Vaccination

We recommend getting both MR combined vaccinations not only to prevent your infection but also to avoid spreading infection to your family and friends.

What is Measles? Measles virus infection spread through respiration, aerosol transmission, and direct contact. The epidemic infection of measles is perennial, and symptoms like a common cold last for four to five days. Then a rash appears on the neck and face. Measles has a high probability of causing complications, including serious pneumonia and encephalitis.

What is Rubella, or three-day measles? Infection is airborne. Rubella epidemics are observed from early spring through early summer. Once infected, rashes, fever and swelling of the lymph node behind the ear are observed. While symptoms are not serious, if a woman in the early stage of pregnancy without immunity to rubella is infected, the baby may contract disabilities of the heart, eye and ear: congenital rubella syndrome.

How can these infections be prevented? In the case of measles and rubella, one vaccination is not enough to give immunity or immunity weakens as time goes on, so two vaccinations are necessary.

Side-effects caused by vaccinations: Fever and rash may appear, but they will go away in one to three days. Serious allergic symptoms such as anaphylaxis or encephalitis are rarely observed.

Those eligible for periodical preventive vaccinations in fiscal 2014: Those eligible for measles & rubella (MR), the first term combined vaccination: From one year after birth until one day before the second birthday. Those eligible for measles & rubella (MR), the second term combined vaccination: Those born between April 2, 2008 and April 1, 2009.
How to get vaccinations: Make an appointment at a registered clinic. On your appointment day, bring the Mother’s and Children’s Health Handbook and your children’s ID document such as a Health Insurance Card, etc. Those born on or after January 1, 2013 are requested to bring the Preliminary Examination Leaflets. Please contact Hoken-Yobo-Ka for details.

Notices will be sent individually after mid-August to those:
A Preliminary Examination Leaflet: born in June 2014 (bring leaflet on the day of vaccination).
Notice of the first term for Japanese encephalitis: born in August 2011 (Note this is not vaccination ticket, but for only a notice.)
* Please check the child’s vaccination history in the Mother’s and Children’s Health handbook, and make sure to get proper vaccinations.
[Inquiries] Hoken-Yobo-Ka (Health Protection Section)

**Tuberculosis Examination for Citizens**
Eligible: Those aged 65 years old and over
Date & Time: Aug. 16 (Sat.) 9:30 – 10:30
Place: General Medical Examination Center (Kashiwagi-cho)
Contents: Chest X-ray examination
Capacity: 15 persons
Application: Call Hoken-Yobo-Ka (Health Protection Section) between Aug. 1 and 15

**Classes for Babies**

**Paku-Paku Class for five-month-old babies (Baby Food Class)**
Those eligible: Babies born in April 2014 and their guardians
Date & Time: Sept. 3 (Wed.) or 17 (Wed.) 10:00-
Contents: Talks about baby food by dietitians and child-rearing by public health nurses.
Things to bring: “Mother’s and Child’s Handbook”, leaflets referring to baby food enclosed in the questionnaires for the four-month-old baby’s health check, etc.
Capacity: 40 babies and their guardians for each date

**Kira-Kira Class for ten-month-old babies**
Those eligible: Babies born in Nov. 2013 and their guardians
Date & Time: Sept. 2 (Tues.) or 16 (Tues.) 9:30-
Contents: Talk about “how to care for new teeth”, practice, play, babies’ play & characteristics, lifestyle, etc.
Things to bring: “Mother’s and Child’s Handbook”, a baby toothbrush, gauze, etc.
Capacity: 35 babies and their guardians for each date.
Place: Chuo Hoken Center (Central Health Center)
Application: Phone or fax with class name, baby’s name, date of birth, address, guardian’s name, phone number, and the date you want to come, to Kenko-Zoshin-Ka (Health Care Section). If the class is full, we will provide a class on another day.

**Child Development Consultation for Four and a Half-Year-Old Children**
Date & Time: Aug. 13(Wed.), 25(Mon.), Sept. 1 (Mon.) 13:00- About 60 minutes / person.
Place: Chuo Hoken Center (Central Health Center)
Contents: An individual consultation will be held by doctors, occupational therapists, health nurses, psychological consultants, nationally registered dietitians, people related to education, and the staff of the Development Center.
Application: Call Kenko Zoshin-Ka (Health Care Section)
The consultation time will be set when you apply on the phone.
Rubella Antibody Test

Those eligible: Registered citizens of Nara City on the test day who fulfill these conditions:
1. Women who want to become pregnant.
2. Husbands of women who want to become pregnant and other family members living with them.
3. Husbands of pregnant women whose antibody value is low and family members living with them.

People who had same tests before, were vaccinated for Rubella, and have had a definite diagnosis of Rubella are exempt.

Date: By March 31 (Tues.) of 2015
Contents: Blood testing by implemented medical organizations
Application: Phone or send application forms by fax or e-mail to Hoken-Yobo-Ka.
e-mail: fushinkensa@city.nara.lg.jp
You can check the details on our website
Deadline: Feb. 28 (Sat.) 2015
Inquiries: Hoken-Yobo-Ka (Health Protection Section)

Various Cancer Examinations in September

* Apply by phone, fax or Internet application to Kenko Zoshin-ka (Health Care Section)
* Period for acceptance: Aug. 1 (Fri.) to Aug. 20 (Wed.).
  Internet applications will be accepted until Aug. 10 (Sun.)
* Free of charge for those who are on social welfare and households exempt from residential tax.
  Please notify us of such when you apply.
* Things to bring: "Kenko-Techo" (issuable on the current day)

Stomach and Lung Cancer Set Examinations

<table>
<thead>
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<th>Date</th>
<th>Place</th>
<th>Reception time</th>
<th>Capacity</th>
</tr>
</thead>
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<tr>
<td>1 (Mon.)</td>
<td>Nishi Nara Kenmin Center</td>
<td>9:00 – 10:00</td>
<td>30</td>
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<tr>
<td>8 (Mon.)</td>
<td>Hokubu Shutcho-sho</td>
<td>9:00 – 10:00</td>
<td>30</td>
</tr>
<tr>
<td>9 (Tues.)</td>
<td>Hagukumi Center</td>
<td>8:45 – 9:45</td>
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<td>17 (Wed.)</td>
<td>Nara City Hall</td>
<td>9:15 – 10:15</td>
<td>27</td>
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<td>18 (Thurs.)</td>
<td>Hagukumi Center</td>
<td>8:45 – 9:45</td>
<td>33</td>
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<tr>
<td>22 (Mon.)</td>
<td>Nishi Nara Kenmin Center</td>
<td>9:00 – 10:00</td>
<td>30</td>
</tr>
<tr>
<td>24 (Wed.)</td>
<td>Hagukumi Center</td>
<td>8:45 – 9:45</td>
<td>33</td>
</tr>
<tr>
<td>25 (Thurs.)</td>
<td>Toichi-Chiiki-Fureai Kaikan</td>
<td>9:15 – 10:15</td>
<td>27</td>
</tr>
<tr>
<td>29 (Mon.)</td>
<td>Nishi Nara Kenmin Center</td>
<td>9:00 – 10:00</td>
<td>30</td>
</tr>
</tbody>
</table>

Application is for a set of both stomach and lung cancer examinations. Please notify us when you apply if you wish to take only the stomach or lung examination.

Fee: 1,500 yen (1,000 yen for stomach examination, 500 yen for lung examination) with an additional fee of 600 yen for a sputum examination based on a general checkup for lung cancer. (An extra delivery fee might be needed.)

Lung Cancer Examination:

<table>
<thead>
<tr>
<th>Date</th>
<th>Place</th>
<th>Reception time</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 (Wed.)</td>
<td>Nishi Nara Kenmin Center</td>
<td>14:00 – 15:00</td>
<td>60</td>
</tr>
</tbody>
</table>

Fee: 500 yen with an additional fee of 600 yen for a sputum examination based on a general checkup for lung cancer. (An extra delivery fee might be needed.)
Those eligible: 40 years old and over. (35 years old and over for stomach cancer examination only.)
Pregnant women, those who have had stomach, lung or intestine surgery in the past or are in treatment, and those who were already checked at their work places are excluded. Those who have barium sensitivity are eligible only for the lung cancer examination. Those who had ileus, diverticulitis or a twist in the intestines are eligible only for the lung cancer examination.

Others: Those who had a detailed examination or have a pacemaker should consult with their doctors beforehand. For those who are breast feeding, please notify us of such when you apply.

Examination is once a year.

Inquiry: Kenko zoshin-ka (Health Care Section) Tel. 0742-34-5129

North-South-East-West

Information on events held by the government, Nara Prefecture or other organizations

Events held by the Nara Wakakusayama Hill Sightseeing Promotion Committee

◇ Enjoy the lights and the evening coolness on Wakakusayama Hill
Date & Time: August 5 (Tues.)-15 (Fri.) 19:00-21:00 Reception time: by 20:30
Place: the foot of Wakakusayama Hill (halfway up the South Gate)
Contents: Enjoy the night view from the hill.
Fee: Adult 150 yen, Child 80 yen as entrance fee (A shiny bracelet will be given to visitors)

◇ Deer Cracker Throwing Contest
Date & Time: August 9 (Sat.), 10 (Sun.) 15:00-18:00
Fee: 300 yen (Another 150 yen is required to enter the hill area)
Capacity: 500 people

Inquiries: Shimizu-san (Nara Wakakusayama Hill Sightseeing Promotion Committee)
Tel. 0742-22-3626

Collection Days & Areas for Garbage in August

<table>
<thead>
<tr>
<th>Area Code ※</th>
<th>Burnable Garbage</th>
<th>Unburnable Garbage (August)</th>
<th>Plastic Packagings</th>
</tr>
</thead>
<tbody>
<tr>
<td>A, F</td>
<td>Mondays &amp; Thursdays</td>
<td>6 (Wed.) &amp; 20 (Wed.)</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>B, E</td>
<td></td>
<td>13 (Wed.) &amp; 27 (Wed.)</td>
<td>Fridays</td>
</tr>
<tr>
<td>C, H</td>
<td>Tuesdays &amp; Fridays</td>
<td></td>
<td>Mondays</td>
</tr>
<tr>
<td>D, G</td>
<td></td>
<td></td>
<td>Thursdays</td>
</tr>
</tbody>
</table>

※ A-D: Collected by Nara City    E-H: Collected by Seibi-kosha

Please check your area code on the Collection Area Map and the Garbage Collection Calendar.

Please drain kitchen garbage.

Please do not park around the garbage collection site.

(We will be unable to collect garbage if cars block the site for fear of spattering filthy water on them; residents must bring in their garbage themselves in that case.)

About placing garbage collection boxes:

Please contact the Sushu-ka section in city hall beforehand, to check whether the boxes are lawful and don’t cost too much to maintain.

Inquiries: Shushu-ka (Collection Section) Tel. 0742-71-3012