



Kōhō-ka (Public Relations Section), Sakura City Hall

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This is a free monthly English newsletter carrying excerpts from the Japanese newsletter *Kōhō Sakura* (こうほう佐倉) issued by Sakura City. For a free subscription by postal mail, please send your request via email or fax to the above email address/fax number. In general, inquiries can be answered in English on **Wednesdays**, in Spanish on **Thursdays** and in Chinese on **Fridays**, through *Kōhō-ka*, City Hall. Except these days, questions can be answered only in Japanese at City Hall and/or other city facilities. Therefore, when making inquiries, please be accompanied by someone who speaks Japanese as needed.

GARBAGE IN SAKURA CITY

LET'S GET TO KNOW IT! LET'S REDUCE IT!



The garbage issue is directly related to our daily lives. If garbage is not separated correctly or the rules are not followed, it can lead to injuries to workers during collection and increased garbage disposal costs. On the other hand, if garbage is adequately separated and the rules are followed, the amount that can be sold as a resource increases and the sales' fees become a source of revenue for the city. Garbage problems also have an impact on the global environment. Let's think about what each of us can do to protect our way of life.



Inquiries: Haikibutsu Taisaku-ka (Waste Management Section) ☎ 484-6149



LET'S CHECK OUT SAKURA CITY'S GARBAGE SITUATION DATA!

GARBAGE EMISSIONS: The amount of household waste generated in the city per person per day is slightly higher than that of the prefectural average. Making efforts in reducing waste on a daily basis is very important!

ANNUAL WASTE VOLUME IN SAKURA CITY: 47,747 tons (Fiscal year 2023, includes business waste). The daily amount per person was 578 g. in Sakura City compared to 501 g. per person in Chiba Prefecture.

BREAKDOWN OF HOUSEHOLD WASTE: During Fiscal Year 2023, The combustible waste in Sakura City accounted for a high proportion of 84%. The landfill garbage accounted for 2%, large and bulky garbage 5% and recyclables 9% (Items in the combustible bulk such as plastic bottles and food trays can be recycled if separated).

GARBAGE DISPOSAL COSTS: In Fiscal Year 2023, the city's waste disposal costs were approximately 1.5 billion Yen (8,900 Yen per citizen). The main expenses include collection and transportation costs, fees for operating the cleaning plant, labor costs, intermediate processing costs for recyclable materials and fees for operating the sewage treatment facility.

LET'S REDUCE WASTE WITH THE 4 "R's"!



REFUSE

Abstain from getting things that will turn into garbage.

For example:

- ✓ Refuse unnecessary plastic bags.
- ✓ Refuse excess packaging, etc.

REDUCE

Minimize waste. For example:

- ✓ Choose products with simple packaging.
- ✓ Purchase refillable products, etc.

RECYCLE

Make items suitable again.

For example:

- ✓ Buy recycled items.
- ✓ Properly separate recyclable items, waste, etc.

REUSE

Use items again.

For example:

- ✓ Utilize reusable bottles.
- ✓ Carry your own bottle.

DO YOU HAVE ANY COMPUTER YOU ARE STRUGGLING TO DISPOSE OF?

Recycling of computers is required by law. Please use the collection service provided by the manufacturers or the free collection service by mail provided by ReNet Japan Recycle Co., Ltd, a city-partnered company. For detailed information, please see the city's homepage.➔



CHECK SAKURA CITY OFFICIAL YouTube CHANNEL "SAKURA VIDEO DISTRIBUTION"

Detailed explanation on the basics of garbage disposal, no more confusion! From sorting to precautions. (2023/5/15).



"Let's Recycle" Garbage Information Bureau (2024/2/26). ➔

← Battery collection box and small appliances collection box created by the Sakura Jr. High School Art Club located at Yumesakura-kan.



Filing period:
Feb. 17 (Mon) ~
March 17 (Mon)

2024 RESIDENCE TAX FILING (Shiminzei / Kenminzei Shinkoku) & INCOME TAX RETURN (Shotoku-zei no Kakutei Shinkoku)

During this period, city and tax offices will set up consultation venues and accept tax returns.
The latter half of the period will be very busy, so please file your tax return early.



Declaration inquiries:

- ◆ Municipal/Prefectural tax ➡ Sakura City Hall, Municipal Tax Section: ☎484-6115.
- ◆ Income Tax Return ➡ Narita Tax Office: ☎0476-28-5151

About distribution of declaration forms: We started distributing tax return forms:

Final Tax return

At the City Hall, Building 1, 2nd floor lobby. ※*Not distributed at branch offices, dispatch offices or citizens' service centers.* ※Distribution will end once all the papers have been distributed. (The city may not be distributing some documents). After distribution in the city has ended, please contact the Narita Tax Office (the city will not send them by mail). The forms can be downloaded from the National Tax Agency website.

Municipal and Prefectural Tax declaration Until Friday, March 14.

At the Municipal Tax section, branch offices, dispatch offices and citizens' service centers. ※For those who submitted their city and prefectural tax returns for fiscal year 2024 by December of last year, return forms were sent in late January. However, these were not sent to those who were not necessarily required to submit tax returns. (Forms can be downloaded from the city's website.)

Please prepare and complete your tax return at home as much as possible and submit it electronically or by mail.

Declaration mailing addresses:

- ◆ Income Tax Return ➡ Narita Tax Office: 1-15 Karabe, Narita City 〒286-8501 ☎0476-28-5151
- ◆ Municipal/Prefectural tax declaration ➡ Sakura City Hall, Municipal Tax Section: 97 Kairinji-cho, Sakura City, 〒285-8501 ☎484-6115. If submitting by post mail and you wish to have a copy returned, please enclose a return envelope (addressed and stamped). We recommend filing your tax return electronically from your smartphone. QRC➡



Who needs to file a tax return?

INCOME TAX – Inquiries: Narita Tax Office, ☎0476-28-5151

People in any of the following situations must file an income tax return:

- ① The person's total employment income in 2024 was more than 20 million yen (January ~ December)
- ② Received a salary from only one employer, and the total of various kinds of non-salary income was more than 200,000 yen in 2024.
- ③ Received a salary from two or more employers, and the total amount of "(income not subject to the year-end adjustment) + (various kinds of income, besides salary and/or retirement income)" was more than 200,000 yen in 2024.
- ④ Income tax has not been withheld from the person's monthly salary and are subject to income tax.
- ⑤ The balance of "(total income in 2024) – (income deduction)" gives a positive amount*

People in either of the following situations do not need to file an income tax return (There are cases where you may need to file city and prefectural taxes):

- ① All income was from a salary, and the year-end adjustment has been made by the employer.
 - ② No income was subject to income tax (for example, survivor's and disability pensions and unemployment insurance benefits, childcare leave benefits).
 - ③ Those whose public pension income is 4 million yen or less and whose income other than miscellaneous income related to public pension is 200,000 yen or less (excluding cases involving overseas pensions, etc.)
- ※Income tax may be refunded by filing a tax return.

RESIDENCE TAX – Inquiries: Shiminzei-ka (Municipal Tax Section) of Sakura City Hall, ☎484-6115

Anyone registered as a Sakura citizen as of January 1, 2025 and meets any of the following conditions must file a residence tax return:

- ◆ Those who are not salary earners and have income that is not subject to income tax (e.g. from sales, agriculture, real estate, etc.)
- ◆ A salary earner or public pension recipients (pension income of 4 million yen or less) who also had an income of 200,000 yen or less in total.

Those who meet any of the following conditions do not need to file a residence tax return:

- Have already filed income tax return.
- All income was from one salary and a payroll report has already been submitted to the City Hall by the employer.
- A dependent family member listed on the tax return form or payroll report of any other member in the same household.

Recommended to file a tax return:

- Those who are dependent on another household or someone outside the city.
- Those who do not have income and are not dependent on anyone.
- Those who are eligible for deductions for city and prefectural taxes (social insurance premium deductions other than those withheld, life/earthquake insurance premium deductions, etc.)

TAX RETURN FILING VENUES

Changes from this year:

The city's receipt seal will not be stamped on copies of documents submitted to the tax office, such as final tax returns.

Tax return preparation/consultations at the Central Community Center (Chūō Kominkan) require prior reservations.

A reservation is not required if you only want to submit.

Reservation period: From January 31, 9:00 ~ 3 days before the desired date.

How to make a reservation: Please make a reservation through the reservation system. ●Reservations cannot be made by phone or at the counter. ●Applications may close early as they are first-come, first-served. ●We cannot accept consultations without a reservation. ●We have closed the reservation acceptance by postcard.

For more details, please visit the city's website →



AEON MALL NARITA

Aeon Hall, 2nd Floor, (Wing Tsuchiya 24, Narita City)

※ In principle, you will be required to prepare your tax return using your own smartphone.

Dates: Feb. 17 (Mon) ~ March 17 (Mon). Closed on Sat., Sun. & public holidays. Special opening on March 2 (Sun).

Time: 9:00 ~ 16:00

A numbered ticket is required. Numbered tickets will be distributed from 8:30 AM until 9:00 AM on the 3rd floor of the multi-story parking lot. ※ Depending on the distribution status, applications may close early.

Aeon Mall is open from 10 AM. If you arrive 9:00~10:00, please enter from the parking area connecting passage located on the 3rd floor and go to the "C" entrance on the 2nd floor of the mall. **Note:** If you wish to automatically input information about your income, deductions, etc. into your tax return please prepare for My Number Portal linkage in advance →



Advance issue of admission tickets via LINE:

You can get your ticket in advance. Please add the National Tax Agency's official LINE account as a friend on the LINE app through the QRC →



CHŪŌ KŌMINKAN, 198-3 Nabekicho, Sakura City (Advanced reservation required)

Date: Feb. 18 (Tue) ~ March 14 (Fri) (Closed on Sat., Sun., Mon. and public holidays).

Time: 9:30 ~ 15:30 (Same for submissions only).

※ Please come to the facility on the reserved date and time if you wish to have a consultation.

● **Consultation and preparation:** On the first floor, Main Hall.

● **Submissions only:** At the conversation area on the first floor.

※ There are certain matters that we cannot accept regarding tax returns (Please see the box below). *Please be sure to prepare a medical expense deduction statement before coming to the venue. If not created within the reserved time, we may decline your consultation as it may be difficult to accept your request.*

※ During the opening period of this venue, the City Hall will not be able to accept consultations or submissions of tax returns.

Please note that assistance in preparation of the following items is provided only at AEON MALL Narita.

Chūō Kominkan cannot handle preparation on them.

- Those with income other than salary or public pension (excluding personal belongings).
- Special deduction for housing loans, etc. (excluding those already adjusted at the end of the year).
- Declaration of donation deduction other than hometown tax.
- Declaration of income related to sales, agriculture, real estate, interest, dividends, transfers, temporary income and retirement income.
- Declaration of lost earnings.
- Declaration of foreign tax credit.
- Declaration of future transactions.
- Declaration of gift tax and consumption tax.
- Quasi-final return (deceased/moved abroad).
- Declarations for 2023 or before.
- Other declarations with complex calculations or declarations requiring judgment by the tax office.

NARITA TAX OFFICE

1-15 Karabe, Narita City

Service: Only submission of income tax return filing.

※ Service for consultations/preparations is not provided.

Date & Time Until March 17 (Mon). Closed Sat., Sun. & Public Holidays. From 8:30 ~ 17:00

※ A submission collection box is available for after-hours.

SAKURA CITY BRANCH OFFICES

Service: Only submission of residence tax return filing.

※ Service for consultations/preparations is not provided.

Date & Time: Until March 14 (Fri). Closed Sat., Sun. and public holidays. From 8:45 ~ 17:00

SAKURA & NISHISHIZU CITIZENS' SERVICE CENTERS

Service: Only submission of residence tax return filing. ※ Service for consultations/preparations is not provided.

Date & Time: Until March 14 (Fri). Open on Saturdays and Sundays. Closed Mondays and public holidays. From 9:00 ~ 17:00

What to bring:

- ◆ Documents required for filing the tax return (tax withholding slip, etc.) If you are filing a medical expense deduction, you will need the "Medical Expense Deduction Statement" or "Medical Expense Notice" (Not a receipt, but the total amount of medical expenses for the year, calculated in advance).
- ◆ My Number Card and password related to My Number Card (user authentication electronic certificate (four-digit number) and signature electronic certificate (six or more alphanumeric characters). If you do not have it, please bring a document showing your My Number and a form of identification such as a driver's license.
- ◆ Your smartphone.

LET'S GET STARTED WITH A HEALTHY LIFE IN WINTER!

During the cold winter months, it's easy to get sick so it's very important to focus on maintaining a good health. We share with you some useful health tips you can practice right now as well as some advice too keep in mind during this time of the year. So let's work on improving our health this winter! Additional information is given on the Japanese version of *Kōhō Sakura*, February 1 edition, this is also available on the free app "Catalog Pocket" with a variety of features, among them, translation into 10 languages. You can download the app from the following links and search for "Sakura".



For
iOS➔



For
Android➔



◆DEHYDRATION AND HEAT SHOCK◆

In winter, the air is dry and it is difficult to sweat or feel thirst, so it is easy to become dehydrated without realizing it. Make sure to drink plenty of fluids. Heat shock is the effect on the body caused by a sudden change in temperature, which causes a large fluctuation in blood pressure. Particular care must be taken when bathing as there is a sudden change in temperature when you take off your clothes in a cold changing room and then enter a hot bath.

Signs of dehydration

- Dry skin on the hands and other parts of the body.
- Thirst and sticky feeling in the mouth.
- Feeling fatigued, have a headache or feel dizzy or lightheaded.
- Reduced frequency of toilet visits.

HYDRATE YOURSELF
FREQUENTLY!

Measures against heat shock

- Warm up the changing room before bathing.
- The water temperature should be below 41°C and the soaking time up to 10 minutes.
- Do not suddenly stand up from the bathtub.
- Do not take a bath after taking medicine, eating or drinking alcohol.
- Inform family members before taking a bath.

◆LACK OF EXERCISE DUE TO COLD WEATHER◆

In winter, people tend to spend more time indoors to avoid the cold, which leads to less physical activity. Sitting for long periods without moving can lead to poor circulation and a drop in metabolism, therefore, you should prevent sitting for too long by moving your body once every 30 minutes, such as standing and stepping during commercials on TV programs, going up and down the stairs, stretching between reading or working, etc. In addition, your basal metabolic rate increases in winter compared to other seasons in order to keep your body temperature constant against the cold, which leads to more efficient fat burning.

◆Do you know about locomotive syndrome (Locomotion)? This is a condition in which mobility is impaired due to disorders of the organs necessary for moving the body, such as bone or joint diseases or reduced muscle strength. If the condition progresses, you may become dependent on care so it is important to prevent this condition by exercising moderately.

◆WINTER DEPRESSION◆

This is a type of seasonal depression that occurs during certain seasons and is characterized by loss of appetite, overeating and irregular sleep. It can be prevented by getting some sunlight and adjusting your body clock. ※ If the condition occurs every year, please seek the services of a specialized medical institution.

◆INFECTIOUS DISEASES◆

In winter, it is easy to catch influenza and other infectious diseases so it is important to take precautions such as washing hands, ventilating rooms and following a proper cough etiquette. A well-balanced diet is also important for preventing infectious diseases. Eat a variety of staple foods, main dishes and side dishes focusing on nutrients to boost immunity.

CITY-RUN HEALTH PROMOTION PROGRAMS TO HELP PEOPLE BECOME HEALTHIER

"Sakura Challenge! My Health Plan 2024"

My Health Plan is "Your own health plan that you make yourself". Continue doing what you can on your own, little by little, to improve your lifestyle and prevent lifestyle-related diseases.

● Practice your health plan and get a Chi-Value card! For one year, you can receive benefits such as discounts at participating stores. For details on how to receive the gift, please see the city's website ➔



"Suicide Prevention Month" – Let's be aware of the heart signs early.

The number of suicides tends to increase during the month of March, when living conditions change dramatically. Please deepen your understanding of suicide prevention measures and focus on mental health. For details, please see the website above ↑

"Holding lectures and seminars on health"

The city offers a variety of courses. Please contact the Health Promotion Section (Kenkō Suishin-ka) for details and other lectures, including how to apply.

① *Sakura City public lecture "100 years of life, 100 years of kidneys – Protecting kidney health and beyond"*.

Date & Time: Feb. 16 (Sun), 13:30 ~ 15:00 ※Doors open 30 minutes before. **Place:** Sakura Harmony Hall.

Capacity: 650 people, first-come, first-served.

② *Diet class:* **Date & Time:** Feb. 20 (Thur) 13:00 ~ 15:00. Registration required.

Place: Kenkō Kanri Center (Health Management Center). Lectures and more (ideal weight and required energy, how to eat and choose foods, cooking tips).

Capacity: 8 people, first-come, first-served.

Deadline: Feb. 19 (Wed).

Inquiries: ① Kenkō Suishin-ka ☎ 485-6713

② Kenkō Suishin-ka ☎ 312-8228



Inquiries: Kenkō Suishin-ka (Health Promotion Section) ☎ 312-8228