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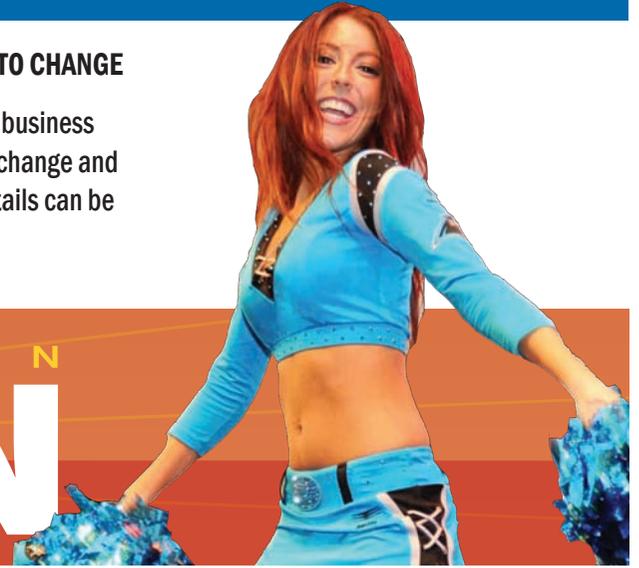


**SINGLE, MARRIED RETREATS IN TOKYO**

Free retreats for single and married Soldiers, sponsored by the USARJ Chaplains Office, will be held in February and March in Tokyo. **SEE PAGE 4**

**EXCHANGE, PXTRA HOURS TO CHANGE**

Beginning Feb. 20, the daily business hours for the Camp Zama Exchange and PXtra stores will change. Details can be found inside. **SEE PAGE 4**

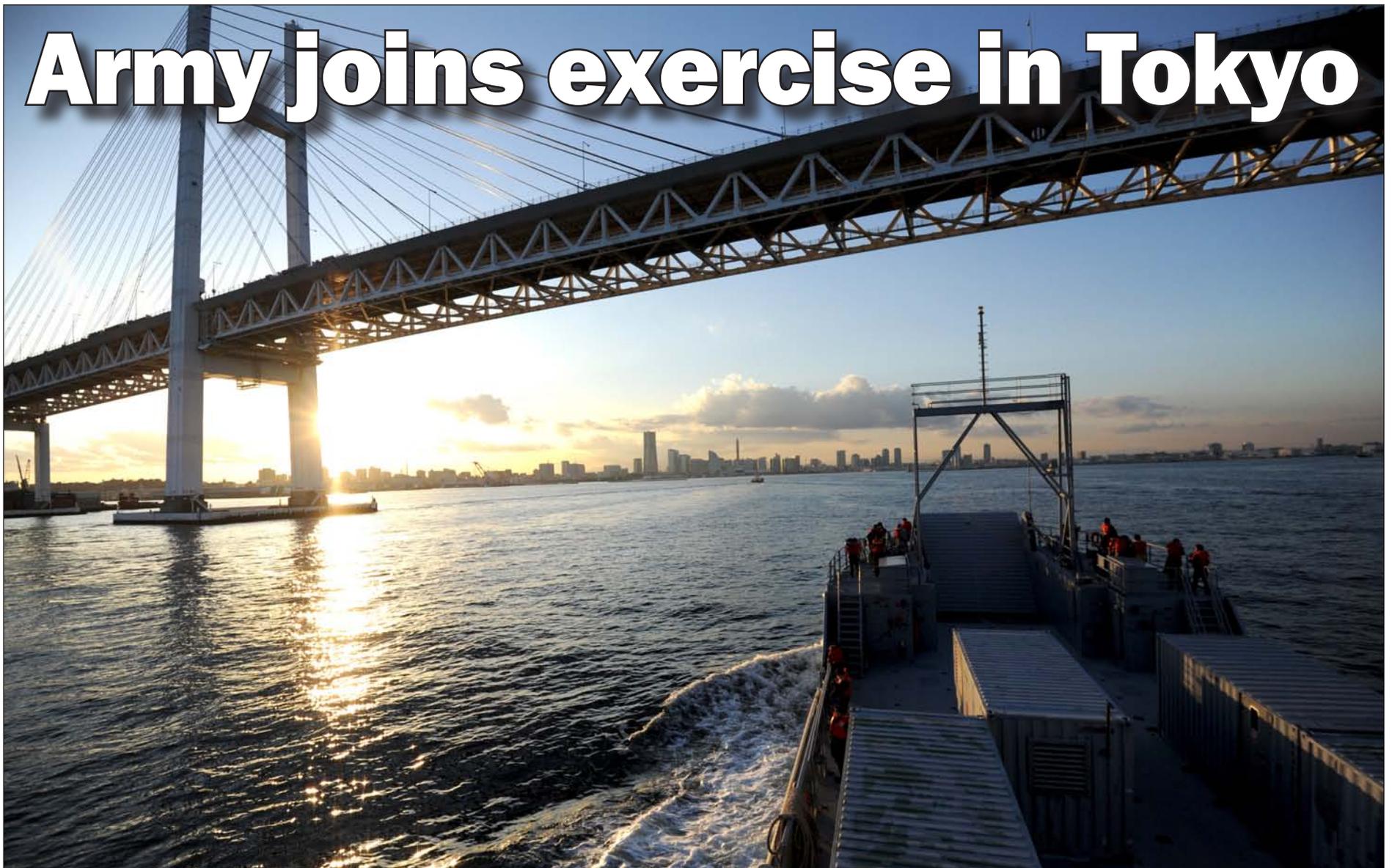


U.S. ARMY GARRISON JAPAN  
**RISING SUN**

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# Army joins exercise in Tokyo

YOKOHAMA – A U.S. Army Landing Craft Utility 2020 vessel transfers 25 people participating as evacuees to Yokohama North Dock during a Humanitarian Assistance/Disaster Relief Exercise held Feb. 3, and organized by the Tokyo Metropolitan Government. The large-scale joint exercise involved participation from the U.S. Navy, U.S. Army Japan, the Japan Maritime Self-Defense Force, and the Japan Coast Guard. Approximately 10,000 people took part in the drill. **U.S. Army photo by Tetsuo Nakahara SEE MORE, PAGE 3**



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**FEATURE STORY**

*Hundreds of football fans turn out for Camp Zama's Super Bowl XLVI party. See Page 7.*



## RISING SUN

This Army-funded newspaper is published weekly by the U.S. Army Garrison Japan Public Affairs editorial staff in support of the U.S. Army Japan & I Corps (Forward) community in accordance with Army Regulation 360-1. Contents of this publication are not necessarily the official view of, or endorsement by, the U.S. Government, Department of Defense, Department of the Army, U.S. Army Japan or U.S. Army Garrison Japan.

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# USARPAC commander sees growth at Zama



Lt. Gen. Francis J. Wiercinski, left, commander of U.S. Army Pacific, is briefed Feb. 8 by Col. Takeshi Ishimaru, commander of the Japan Ground Self Defense Force's 4th Engineer Group, at the future site of the headquarters for the JGSDF's Central Readiness Force. Wiercinski was at Camp Zama as part of a tour of Army installations throughout the Pacific. **U.S. Army photo by Dustin Perry**

**By Dustin Perry**  
Editor

The commander of U.S. Army Pacific was at the headquarters installation of his previous command Feb. 8 for a firsthand look at the significant transformations – namely, the construction of several new facilities – currently taking place there.

Lt. Gen. Francis J. Wiercinski's visit to Camp Zama, the home of U.S. Army Japan and I Corps (Forward), a unit he commanded from June 2008 to October 2010 before moving to USARPAC, came at the end of a tour of Army installations throughout the Pacific.

The general's first stop at Camp Zama was the construction site of a pair of buildings that will serve as the new headquarters for the Central Readiness Force, a unit of the Japan Ground Self-Defense Force currently based at Camp Asaka in Saitama, Japan. Construction is scheduled to be completed in March 2013.

Wiercinski said he had been aware of the CRF headquarters construction initiative for about four and a half years, going back to his tenure as the USARJ commander, but had only "seen it on paper."

That changed Feb. 8 when he donned a protective hard hat and was led by Col. Takeshi Ishimaru, commander of the JGSDF's 4th Engineer Group, to an acre-wide block of land teeming with welders, carpenters and heavy machinery operators hard at work.

"To actually see dirt, and holes in the ground, and the construction that has

*"To actually see dirt, and holes in the ground, and the construction that has already happened in just a very short few months is really amazing."*

**- Lt. Gen. Francis J. Wiercinski**  
U.S. Army Pacific Commander

already happened in just a very short few months is really amazing," said Wiercinski. "[Also], to see that we're still keeping the same kind of capabilities ... and making sure that everyone here at Zama has all those capabilities still available to them, it's really good to see."

Wiercinski toured other facilities on Camp Zama further along in the construction process, such as a complex that will house a new Military Clothing Sales Store, Arts and Crafts Center, and Auto Skills Shop. Construction on the building is scheduled to be completed this summer.

"It's really impressive to see all of these things that are coming to fruition – the construction, the way the camp looks, the motivation and the passion of the people who work here," said Wiercinski. "We all call [Japan] this 'Little Jewel' out here in the Pacific that a lot of people don't know about, but does so much as an economy of force, and so much for us in the Pacific."

He went on to emphasize the importance of the relationship between the U.S. and Japan, saying it is "at the highest it's ever been." The two countries' military-

to-military relationship has always been extremely strong, he added, a fact that was further proved following the earthquake and tsunami that devastated Japan last March.

"Our Soldiers from Sagami-hara and Camp Zama and Okinawa all came together to help support – that had an impact, not only on those people who were devastated on 3/11, but also to all the Japanese people," he said. "The Japanese people [are] seeing that what we have said all along was true: We are here to help."

Wiercinski was briefed following Army Chief of Staff Gen. Raymond T. Odierno's visit to Japan and Camp Zama last month, and said the top-ranking general was "extremely impressed" with the work being done throughout USARJ.

"With the new national security strategy, [and] the president, secretary of state and secretary of defense clearly stating that the Pacific is the priority," Wiercinski said, "and watching our chief of staff come out here and learn so much and be so energized by it, it *really* energizes me as the commanding general of U.S. Army Pacific."

# Army joins disaster-relief exercise in Tokyo

By Tetsuo Nakahara  
Photo Editor

YOKOHAMA NORTH DOCK, Japan – Army Soldiers assisted with a “sealift drill” during a large-scale Humanitarian Assistance/Disaster Relief Exercise on Feb. 3 that was coordinated by the Japanese government and included participation from more than 10,000 people.

The Tokyo Metropolitan Government organized the joint exercise, the focus of which was the reaction of emergency responders when dealing with a natural disaster.

Various organizations, including the U.S. Navy, U.S. Army Japan, the Japan Maritime Self-Defense Force, and the Japan Coast Guard, coordinated closely in their support of the exercise and helped to transport stranded commuters from the Tokyo Lumber Pier to a safe area.

Soldiers assigned to the 836th Transportation Battalion and 481st Transportation Company performed sealift operations using an U.S. Army Landing Craft Utility vessel, or LCU 2020, to carry the 53 passengers, including members of the national media, to Yokohama North Dock.

Evacuation shelters were set up on the open deck of the vessel to protect people from harsh weather. Soldiers gave a briefing and tour of the vessel to passengers to demonstrate to them the capabilities of the LCU, which include carrying up to 150 tons of supplies, personnel or equipment.

“Every opportunity we get as an Army to participate in an exercise with bilateral partners or any other partners throughout the Pacific is a fantastic training opportunity – not only for us, but also for different agencies from the government of Japan that would respond to any type of scenario that is going on,” said Lt.



A Soldier assigned to the 481st Transportation Company gives a briefing about the Landing Craft Utility 2020 vessel to a member of the Tokyo Metropolitan Government during during a Humanitarian Assistance/Disaster Relief Exercise held Feb. 3. The exercise involved participation from the U.S. Navy, U.S. Army Japan, the Japan Maritime Self-Defense Force, and the Japan Coast Guard. **U.S. Army photos by Tetsuo Nakahara**

Col. Gregory Bunn, commander of the 836th Transportation Battalion at North Dock. “It demonstrates our capabilities, it demonstrates the existing capabilities of the government of Japan, and it allows us to see how we can best respond by combining our collective effort when we respond to any sort of humanitarian crisis.”

The exercise also showed the capabilities and prompt readiness of U.S. Army reserves, Soldiers said. The crews from the U.S.-based 481st Transportation Company arrived in Japan in less than 96 hours, and were ready to execute any sort of humanitarian assistance.

“The feedback we got from the

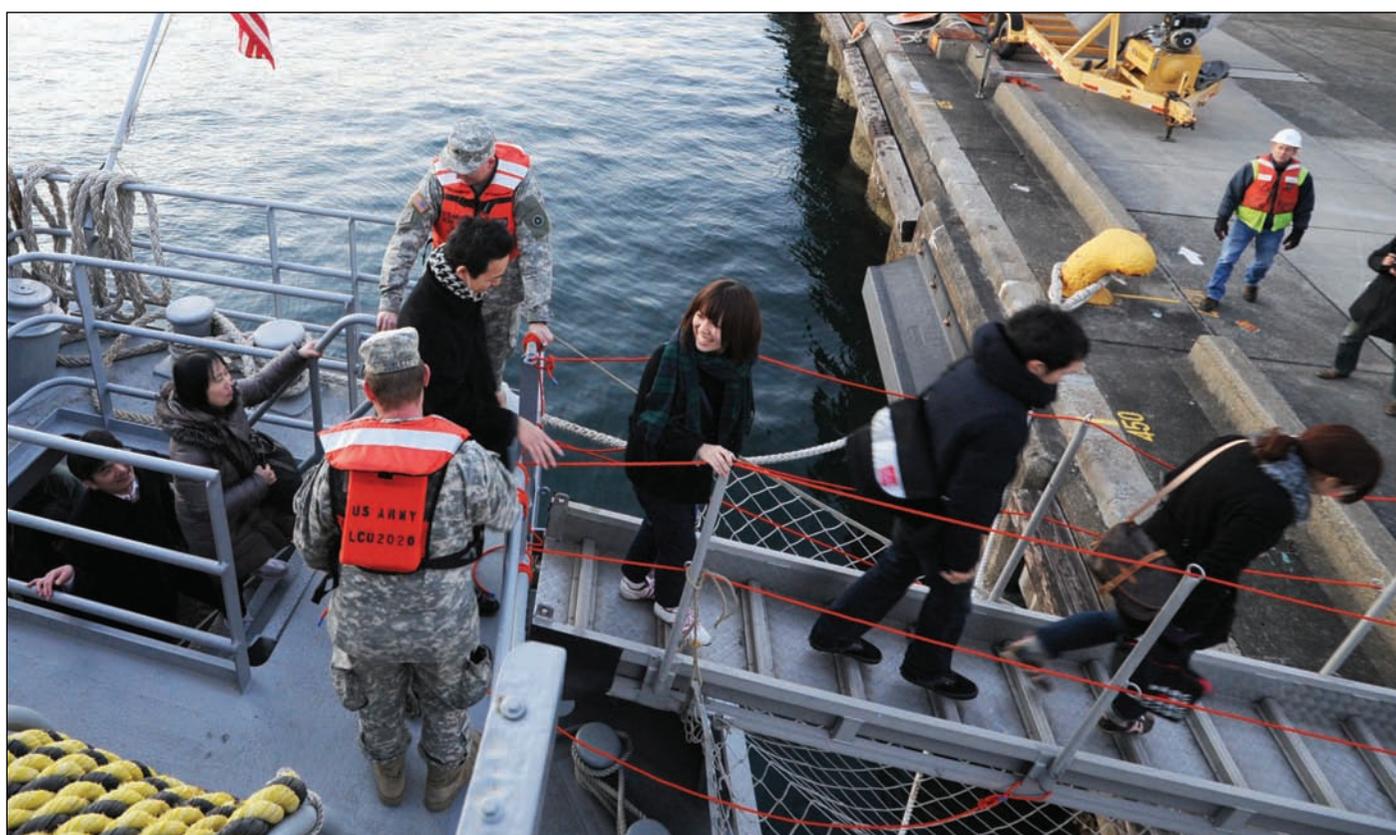
passengers was great,” said Chief Warrant Officer 4 Anthony Moschella, the vessel master assigned to 481st. “They were happy with the comfort and safety provided by the ship. Within 16 hours of arrival we were able to get the vessel out and running, so it was a good demonstration of the flexibility of the reserves as an operational organization in the watercraft field.”

After approximately 90 minutes of sailing from Tokyo to North Dock, the passengers were successfully offloaded from the vessel and loaded onto a bus and taken to the Yokohama train station.

Currently, 10 LCU 2000-series vessels at North dock are controlled by the Army Materiel Command’s prepositioned stocks and are ready to respond to any emergency or contingency operation in Pacific region.

“We really appreciate the U.S. Navy and U.S. Army joining this disaster-relief exercise,” said Akinori Muramatsu, senior director of the Tokyo Metropolitan Government’s Disaster Prevention Bureau. “We think that it is essential to have measures [in place] to support stranded commuters promptly after any type of disaster.

“This is sixth time for us to have a bilateral disaster-relief exercise that included a sealift coordinated between the Japanese government and U.S. military forces,” added Muramatsu. “We would like to make a strong effort to continue having training like this.”



Soldiers see passengers off at Yokohama North Dock after 90 minutes of sailing them there during a humanitarian assistance exercise held Feb. 3.

# Fans turn out for event-filled Super Bowl party

**Dustin Perry**  
Editor

Super Bowl XLVI, the climactic gridiron showdown between the New York Giants and New England Patriots, was brought live to more than 500 people who attended Camp Zama's annual event-filled party held Feb. 6 at the community club here.

Six members of the Carolina Panthers cheerleader squad were on hand to provide pre-game and halftime entertainment, and free food and a bevy of prize giveaways were other highlights of the event, coordinated by the Directorate of Family, Morale, Welfare and Recreation here.

Giants fans got to relive the glory of their team claiming the Lombardi Trophy against the same opponents for the second time in four years, with a nail-biting 21-17 win over the Patriots.

The outcome of the game, which drew a record 111.3 million viewers, literally hinged on the last play. Down by four and with 57 seconds remaining, the Patriots staged an admirable yardage gain that put them at midfield. Quarterback Tom Brady launched a final Hail Mary pass intended for tight end Aaron Hernandez, but it was swatted away by Giants defenders.

Throughout the game the six cheerleaders met with fans, signed autographs and posed for photos. Their performances on the CZCC stage prior to kickoff and during halftime were electric dance routines that kept the crowd cheering.



Members of the Carolina Panthers cheerleader squad perform during Camp Zama's Super Bowl Party, held Feb. 6 at the Camp Zama Community Club here. The NFL championship game between the winning New York Giants and the New England Patriots aired live that morning, and the party included free refreshments, prize giveaways, and opportunities for attendees to meet the cheerleaders and get autographs and photos. **U.S. Army photo by Dustin Perry**

"This has just been an amazing experience to be able to reach out to the families here that still want to have the same Super Bowl parties we have in the United States," said Richelle Grant, the cheerleaders' choreographer.

While in Japan, the cheerleaders also spent a day touring Harajuku and the nearby Meiji Shrine, and shopping along the city's famed Takeshita Street [See Page 8 - Ed.] In the afternoon following the game, the team hosted a cheerleading clinic at the

Youth Center here.

"We did some great performances, and we met a lot of very nice people and fans," said cheerleader Candis Halligan. "There were some Panthers fans out there, and they were so supportive of us."

## Upcoming Ongoing Events

### New Exchange, PXtra Store Hours

Effective Feb. 20, the Camp Zama Exchange and PXtra store hours will be as follows: Monday through Saturday from 10 a.m. to 8 p.m., and Sunday from 10 a.m. to 7 p.m.

### Local Mayoral Voting Dates, Locations

The voting period for local mayoral elections will take place in March. Here are the dates and locations where ballots will be available. (Voting times for each are from 5 to 7 p.m.)

- March 5: Sagami Depot Commissary
- March 6: Bldg. 1050 (High-rise Housing)
- March 7: Camp Zama Community Club
- March 8: Sagami-hara Commissary
- March 9: Bldg. 743 (High-rise Housing)

### Single Soldiers' Retreat

A Single Soldiers' Retreat, sponsored by the U.S. Army Japan Chaplain's Office, is scheduled to be held Feb. 22 through 24 at the Hilton Tokyo Bay Hotel. Those who have never attended the retreat have first priority. Soldiers must get their commander's permission and register on the Strong Bonds website at <https://www.strongbonds.org/skins/strongbonds/home.aspx>. Call 263-4888 or 263-5204 for more information.

### Strong Bonds Marriage Retreat

A Marriage Retreat, sponsored by the U.S. Army Japan Chaplain's Office, is scheduled to be held March 5 through 7 at the Hilton Tokyo Bay Hotel. Soldiers must get their commander's permission and register on the Strong Bonds website at <https://www.strongbonds.org/skins/strongbonds/home.aspx>. Call 263-4888 or 263-5204 for more information.

### National Children's Dental Health Month

February is National Children's Dental Health Month. It is the dental profession's major annual dental awareness campaign. It primarily focuses on the dental health needs of our children and provides education through community oriented activities. It is also an excellent opportunity to highlight the importance of oral health for people of all ages. Oral health plays an important role in overall health. See your local dental treatment facility to learn more.

### "Good Night, Sleep Tight" Event at Arnn

Arnn Elementary School will hold a "Good Night, Sleep Tight" event for kindergartners, first-graders and their families at the Arnn gymnasium on Feb. 27. Brownie Girl Scouts will read bedtime stories to model reading for pleasure and reading strategies to children.

### Express Mailing for Absentee Ballots

Free ballot tracking and fast delivery is available for absentee overseas military voters and their family members. "Label 11 DoD Express Mail" labels are available at APO, FPO and DPO locations. Service members, their voting-age dependents, and civilians stationed overseas may Express-return their absentee ballots with this label.

### Veterans Eligible for Disability Rating Review

In 2009, the Physical Disability Board of Review was created by Congress to address what were seen as inconsistencies in veterans' military disability ratings. To be eligible for a review, veterans must have been discharged between Sept. 11, 2001, and Dec. 31, 2009, and have a current disability rating of 20 percent. Visit [www.health.mil/PDBR](http://www.health.mil/PDBR) for more information about the program, its review process, and qualification requirements.

## What's Happening Outside the Gate?

**Hisano Yamazaki**  
[hisano.yamazaki.jp@yokota.af.mil](mailto:hisano.yamazaki.jp@yokota.af.mil)



Eagle 810 Radio

### "Aurora Seen from Outer Space" Photo and Film Exhibits @ Konica Minolta Plaza, Tokyo, Now - Feb. 19

Visit <http://kids-event.jp/event/> for information in English.

### Sagamiko Resort Pleasure Forest

From now through April 8, the Sagamiko Resort Pleasure Forest is offering a large area filled with snow on which children can play. Visit <http://jin.jcic.or.jp/en/travel/amusement/sagamiko/> for information in English.

### Spectacular Ukiyo-e Imagination @ Roppongi Hills Mori Arts Center Gallery

Visit <http://kuniyoshi.exhn.jp/english.html> for information in English.

### Japan Grand Prix International Orchid Festival @ Tokyo Dome, Feb. 18-26

Visit [http://www.jgpweb.com/showContent.php?include\\_id=foreign\\_english](http://www.jgpweb.com/showContent.php?include_id=foreign_english) in English.

### Splendid Hina Miniatures: Doll Festival Dolls from the Toraya Collection @ Nezu Museum, Tokyo, Feb. 25 to April 8

Visit <http://www.nezu-muse.or.jp/en/exhibitions/index.html> in English.

# Military Saves campaign can help you 'Get the Gold'

By Mark Daybell  
Financial Readiness Program Manager

I don't know about you, but I just love the Olympics – the running of the torch, the Triumphal theme song, the five-colored rings plastered on everything under \$50,

and the elaborate opening ceremony. Every four years the world tunes in, alternately cheering and holding its international breath. We hope to see an athlete from our country mount that top step, with head bowed and neck beribboned, and to hear our national anthem played while others stand in teary reverence. Everyone wants to get the gold.

Ironically, with the recent downturn in the economy, the phrase "getting the gold" takes on new meaning this Olympic year. Many have despaired the reduction of "gold" in their retirement accounts, not to mention their pockets. The lack of savings or emergency funds forced many otherwise financially "front-running" Americans to lose their competitive edge in the marketplace and even, in some cases, to lose their homes.

However, in the military community, an unintended benefit of the misfortunes of war is that we enjoy job security in a time when employment is a literal luxury. So it may come as a surprise to some Soldiers when the economy and their military lives collide.

For those not paying their bills on time or floundering under too much debt, their credit scores may suffer. Poor credit scores may result in the loss of a Soldier's security clearance and, for some, a security clearance and their job performance is inseparably linked.

For several reasons, including the one

stated above, the Department of Defense is interested in your financial success. They understand Soldiers who are not living paycheck to paycheck can focus better on the mission. The stress that financial hardship can place on a Soldier or military family is well documented. Therefore, the DoD's Financial Readiness Campaign, in partnership with sponsors of *SaveandInvest.org*, created a social and informational campaign called "Military Saves."

Military Saves weeks are held quarterly with the sole intention of committing Soldiers and families to living a healthy financial lifestyle. As an indicator that the message is getting out, their goal is to have as many people as possible read and sign the Military Saves Pledge.

Every coach has a philosophy. The pledge is theirs: "I will help myself by saving money, reducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to 'Start Small, Think Big.'"

This year, the DoD has designated Feb. 19 through 26 as "Military Saves Week." So you don't have to wait until the Olympics to get the gold. You can make the pledge anytime on the website [www.militarysaves.org](http://www.militarysaves.org). Or come into Army Community Service, the Navy Federal Credit Union or the Community Bank and we can help you make the pledge.

In athletic terms, exercising discipline and achieving sequential goals propel an

athlete's performance forward. These same principles can also propel people toward financial security. You can receive some personal training by attending a "Saving and Investing" class at 2 p.m. on Feb. 21 at ACS.

In addition, the DoD has asked the Community Bank and Navy Federal Credit Union to be a large part of Military Saves. Both of these organizations will be supporting the Military Saves program in a big way with numerous activities scheduled. Please visit them to find out more about the activities planned.

If you decide to take the pledge you can begin receiving, for free, any of the three informational newsletters produced by the campaign organizers: the American Saver Newsletter, the e-Wealth Coach Series, or the Military Saves Newsletter. For questions about this campaign and how it can affect your future, call ACS in Torii Station, Okinawa, at 644-4378. To make a financial counseling appointment with the financial readiness manager at Camp Zama's ACS, call 263-8091.

What are they selling? Nothing. But a smart coach knows happy athletes perform at peak levels. It's no secret that the DoD wants you to be "Army Strong." By the closing ceremony of the Olympics, make sure you have a personal victory to celebrate. Sign up. Don't sit on the sidelines watching others. Be a contender. Who knows? You might just win the gold.

## Turn Your Blues to Bliss

By Catherine Jorgensen  
Licensed Psychologist

Two days ago we celebrated Valentine's Day. For some it was a day to express feelings of love and caring to friends and family members. For others it was a day to celebrate by having a romantic meal and exchanging gifts with your special someone. For many children it was a day to share Valentine cards and candy with their classmates and teachers.

However, not everyone is fond of this holiday of love; for some people it can be quite difficult. The increased commercialization of hearts, hugs, kisses and nostalgic TV specials can highlight grief, loss, painful breakups, or a sense of loneliness. There are many ways to transform these blue feelings to blissful ones, though.

When a person feels unloved or lonely, they are caught in an unhappy state of thinking only of themselves. Jimmy Durante popularized a song with lyrics that put it all in a nutshell: "Make someone happy, make just one someone happy, and then you will be happy, too." You can do so by simply offering RAKs, also known as Random Acts of Kindness.

Even the smallest act of kindness can make a difference in someone's life. It's a win-win-win situation because it benefits the receiver, the giver and onlookers. It's contagious, too.

In other words, if you need a smile, give a smile, and very likely you will get one in return immediately. Spread compliments, encouragement and assistance. Volunteer to help a child learn, send a greeting card to cheer someone, look into the eyes of any service member and thank them for all they do. The quickest way to turn blues to bliss is to become the reason another person is smiling.

If you or someone you know needs help with their stress, contact Behavioral Health Services, chaplains, Military OneSource, or the military and family life consultant at your installation.



## Can you dig it?

CAMP HANSEN, Okinawa – Marines assigned to the 9th Engineering Support Battalion on Camp Hansen remove a 100-foot rock berm from Torii Beach. The process took the Marines only five days, from Jan. 30 to Feb. 3 – half as long as their 10-day estimate. The Marines worked mostly during low-tide, making the removal process go faster than anticipated. The rocks were placed in the ocean just off the shore of Torii Beach last spring as a temporary measure to help prevent naturally occurring erosion. **U.S. Army photo by Chip Steitz**

Classified ads not pertaining to commercial profit are free to military personnel, DA civilians, family members and MLC/IHA employees. Ads should be 20 words or less with non-workplace email or phone numbers listed. To submit a classified ad, email [tetsuo.nakabara4.ln@mail.mil](mailto:tetsuo.nakabara4.ln@mail.mil). However, the *Rising Sun* reserves the right not to publish inappropriate advertisements. **Deadline is no later than noon Mondays.**

## Jobs

Appropriated Fund (APF) and Nonappropriated Fund (NAF) job vacancies are available for viewing at [www.armycivilianservice.com](http://www.armycivilianservice.com) and [www.usajobs.com](http://www.usajobs.com). To apply for vacancy positions, applicant(s) must apply through one of those website. For submitting applications/resumes, please read the 'How To Apply' section on the vacancy announcements. Applications/resumes are no longer accepted at the CPAC or NAF Human Resources Office.

For questions regarding APF vacancies, please call 263-3755.

For questions regarding NAF vacancies, please call 263-5800.

Non-appropriated fund *Pacific Stars & Stripes* job announcements are available online at <http://cpol.army.mil>. For more information, call the Job Information Center at 229-3163.

Japanese national position vacancies are posted on the Internet at [http://www.usagj.jp/pac.army.mil/imalsites/jesol/rp\\_jjobs\\_list\\_j.asp](http://www.usagj.jp/pac.army.mil/imalsites/jesol/rp_jjobs_list_j.asp). Application forms are available on the same site. Selection status can also be checked. For more information, call 263-3325.

**Child and Youth Program Assistant (Level 2-4)**, (CYS, Zama & SHA), CY-1/2, RFT/RPT, \$9.59 - \$17.09, Close: 30JUN2012

**Lead Child and Youth Program Assistant (Level 5)**, SHA, CY-02, RFT, \$13.14 - \$17.09, Close: 30JUN2012

**Summer Child and Youth Program Assistant (Level 2-4)**, (CYS, Zama & SHA), CY-1/2, Flex, This is summer employment from 15 May to 30 September 2012, \$9.59 - \$17.09, Close: June 1, 2012

**Food Service Worker**, BD, NA-02, Flex, \$8.77, Close: June 30, 2012

**Recreation Assistant (Lifeguard)**, RD, NF-02, Flex, \$ 9.29, Close: August 13, 2012

**Supervisory Program Lead** (CYS Services), CYS, NF-03, RFT, \$ 27,000 - \$30,000, Close: February 22, 2012

**Program Associate** (Pre-Kindergarten), CYS, NF-03, RFT, \$27,500 - \$35,500, Close: February 24, 2012

## Other local positions

**Exchange Safety and Security Assistant:** PB2, RFT, \$8.71-\$17.97, Until filled, Apply online at [www.shopmyexchange.com](http://www.shopmyexchange.com)

**Security Attendants Needed:** This is a part-time position; training will be provided. Hourly pay \$13. For more information, stop by Bldg. 102, Room A-101, next to the Student Transportation Office. Call 263-5898 for more information.

**Project/Task Manager:** General Dynamics Information Technology is looking for a project manager at Camp Zama. Candidates must be a graduate of a military command and staff college or higher and have experience with the U.S. Army doctrine, organization, and procedures. Apply by sending a cover letter and resume to [asdjobs@dit.com](mailto:asdjobs@dit.com) with "Camp Zama" in the subject line. General Dynamics Information Technology is an Equal Opportunity and Affirmative Action Employer.

**Anti-Terrorism/Force Protection instructors:** Positions are available with Firearms Academy of Hawaii, Inc. Duties include instruction of marksmanship, watch standing and tactical team movements. Position location is Yokosuka Naval Base, Japan. Marksmanship instructor experience is a must. Tactical team movement experience is desired. Qualified candidates may call 243-6171 or send resumes to [yeagleycj@yahoo.com](mailto:yeagleycj@yahoo.com).

**Pharmacist, Intermittent (240 hours):** Provides pharmacist services for outpatient pharmacy at MEDDAC-Japan, Camp Zama. Must have a degree in Pharmacy from an accredited school in the United States or Canada. This is a contract position open to SOFA-status applicants. Resumes may be sent to [Yoshiyasu.Aoki@us.army.mil](mailto:Yoshiyasu.Aoki@us.army.mil). All applicants must register in the Central Contractor Registration (CCR) at [www.ccr.gov](http://www.ccr.gov).

**Substitute teachers:** Zama American High/Middle School are currently accepting applications for substitute teachers. U.S. citizenship and a high school diploma or GED are required. Call 263-4005 for more information.

## Wanted

**Instructors:** Child Youth & School Services SKIES Unlimited Program is looking for certified instructors to teach the following classes; filmmaking, dance, guitar, piano, martial arts, gymnastics, boxing, drivers education and digital arts. SKIES is also looking for either certified or volunteer instructors for Art, Photography, Bowling, Cooking, Babysitting and Academic Support. If interested, please contact Nicholas Andrews, SKIES Unlimited Director at 263-5441.

**Volunteer at U.S. Army Garrison Japan Postal Service Center:** Volunteer opportunities are available in the USAGJ Postal Service Center, we will provide you with valuable training in Post Office and Unit Mailroom operations. Please contact Army Community Services at 263-8087 for details and assistance on volunteering your services.

**English teachers:** A small off-post home school (about 200 students) near Sagami Depot. First time teachers welcome!

Classes available Mon. - Thu. 1pm to 9pm (No weekends or Fridays!) Call for details. Derek Partington English School, home 042-756-4483; cell 090-3082-4439 or E-mail: [partingtn@jcom.home.ne.jp](mailto:partingtn@jcom.home.ne.jp)

**ESL teacher:** Seeking ESL teachers for two conversational group classes. One requires travel to Tama and is very accessible by car. Meeting times are the 1st and 3rd Sat. from 10:30 a.m. - noon for one class and Sat. from 3 to 4 p.m. for the second. Pay is ¥7,500 and ¥3,000 per hour respectively. Call 090-549-6725 or e-mail [shantee12@yahoo.com](mailto:shantee12@yahoo.com).

**Instructor:** Arts and Crafts Center seeks instructors to teach sewing, water color painting, wash paper craft and/or acrylic paint arts. Also looking for contracted framer who has at least three years experience in framing production. For more information, call Nodera-san at 263-4412.

**Help needed:** yard cleaning, house cleaning, and other chores. Compensations are upon agreements. Please contact [x35477@gmail.com](mailto:x35477@gmail.com), or call 080-5879-8318.

**Room Share Needed:** Newly arrived Civilian Employee @ Camp Zama needs to share/rent room. Prefer close by Zama. Around ¥30,000. [WA4TKG@GMail.Com](mailto:WA4TKG@GMail.Com)

## Pets

**Animal Rescue:** A small animal rescue NPO is asking for any dog & cat supplies, food, used kennels for donation. For details, please call Meg at 263-8327 or e-mail to [animalrescuezama@gmail.com](mailto:animalrescuezama@gmail.com).

## Others

**Camp Zama Photography Club:** We are a social organization open to all Military, DoD, MLC employees and their families. Our goal is to discuss, appreciate, and promote photography as an art, as well as develop the skills of our members through local events and mentoring. Members of all skill levels are eligible to join. For information about upcoming meetings, events, and a look at what the club is all about, visit our website <http://zamadegu.net/czpc>, or send us an email at [CZPhotoClub@gmail.com](mailto:CZPhotoClub@gmail.com).

**Cub Scout Pack 34:** P34 meets every 2nd Thurs 7 p.m. Zama Scout Hut Bldg 533. Parents & Single-Soldier Volunteers are welcome. All boys age 7 or grades 1 - 5 are encouraged to join us for great learning experiences, character building and fun! Contact [cubmaster@zamacubscouts.org](mailto:cubmaster@zamacubscouts.org).

**ZaCSA's East Meets West Shop:** located behind the dry cleaners on Camp Zama, carries vintage Japanese items and collectibles. Store hours are year round, every Tuesday from 10a.m. to 2:30p.m., and from August to May, every Thursday from 4p.m. to 6:30p.m. Profits from the shop go back to the community in scholarships and welfare grants. For additional information please call 263-5533. Stop on by and check it out.

## MOVIE SCHEDULE

### Sagamihara Theater

For ratings and run times, visit: [www.shopmyexchange.com/ReelTimeTheatres/Movies-CampZama.htm](http://www.shopmyexchange.com/ReelTimeTheatres/Movies-CampZama.htm)

**Thursday, Feb. 16**  
6 p.m. - Big Miracle

**Friday, Feb. 17**  
6 p.m. - Big Miracle  
9 p.m. - The Sitter

**Saturday, Feb. 18**  
3 p.m. - Big Miracle  
6 p.m. - Big Miracle  
9 p.m. - New Year's Eve

**Sunday, Feb. 19**  
3 p.m. - Big Miracle  
6 p.m. - New Year's Eve

**Thursday, Feb. 23**  
6 p.m. - Journey 2: Mysterious Island

**Friday, Feb. 24**  
6 p.m. - Journey 2: Mysterious Island  
9 p.m. - Sherlock Holmes 2

**Saturday, Feb. 25**  
3 p.m. - Journey 2: Mysterious Island  
6 p.m. - Sherlock Holmes 2  
9 p.m. - The Sitter

**Sunday, Feb. 26**  
3 p.m. - Journey 2: Mysterious Island  
6 p.m. - Sherlock Holmes 2



## Atsugi Cinema 77

For ratings and run times, visit: [www.cnic.navy.mil/Atsugi/FleetAndFamilyReadiness/ThingsToDo/Entertainment/index.htm](http://www.cnic.navy.mil/Atsugi/FleetAndFamilyReadiness/ThingsToDo/Entertainment/index.htm)

**Thursday, Feb. 16**  
5:30 p.m. - The Muppets

**Friday, Feb. 17**  
7 p.m. - Journey 2: Mysterious Island  
9:30 p.m. - Safe House

**Saturday, Feb. 18**  
7 p.m. - Journey 2: Mysterious Island  
9:30 p.m. - Safe House

**Sunday, Feb. 19**  
2:30 p.m. - Alvin & the Chipmunks 3  
5 p.m. - We Bought a Zoo  
8 p.m. - Safe House

**Monday, Feb. 20**  
7 p.m. - War Horse

**Tuesday, Feb. 21**  
5:30 p.m. - Mission: Impossible 4

**Wednesday, Feb. 22**  
7 p.m. - Alvin and the Chipmunks 3  
9 p.m. - New Year's Eve

**Thursday, Feb. 23**  
5:30 p.m. - Journey 2: Mysterious Island

# Your heart is in good hands at Tripler Medical Center

**Pacific Regional Medical Command**  
News Release

HONOLULU – Though you may not know it, Tripler Army Medical Center is making it easier for patients to take advantage of the robust and comprehensive set of heart services available to the Pacific region.

Tripler has always offered adult cardiology, pediatric cardiology and cardiothoracic surgery services, but in October 2011, the three were linked together to help patients and improve their access to care. Collectively, the clinics are known as Heart Services.

“Before, patients would sometimes have to call several numbers for something as simple as a transfer between hospitals,” explained Lt. Col. John Verghese, chief of Cardiac Surgery at Tripler. “We now operate a single pager system. [It allows] a member of our staff to get straight back with them.”

Currently, the Heart Services team is working on reaching out to their

beneficiaries who may not be aware of what services are available to them. Eligible patients include all Veterans’ Affairs beneficiaries, active duty service members and their families, and retired service members and their families.

“Retirees oftentimes have other

insurance and TRICARE is secondary for them,” Verghese said. “[We’re finding] they just don’t know about the level and quality of services available here at Tripler.”

The Heart Services team has also been working on making it easier for prospective and current patients to understand how the Heart Services team works

and what their experience will be.

“We started the website so we [could provide a comprehensive] heart education for patients,” Verghese said. “We wanted to help patients know what to expect when they get here, and what resources are available for them, for everything from post-surgery nutrition to the phone number of the Tripler Trolley.”

Heart Services at Tripler are not available only to eligible beneficiaries in Hawaii. Approximately half of the patients seen are from across the region, to include American Samoa, Guam, Japan, Korea and civilian patients admitted through the Pacific Island Health Care Program, which is a federally funded grant that provides care for a diverse patient population from various Pacific Basin countries.

“We are very proud of the host of services we offer here at Tripler,” said Lt. Col. Matthew Studer, chief of pediatric cardiology at Tripler. “We are always looking to advance the care and service we offer to patients and military dependents.”

Tripler’s adult cardiology clinic provides a wide spectrum of cardiovascular care to include evaluation, diagnosis and treatment of cardiovascular disorders to include coronary artery disease, rhythm disturbances, chronic heart failure, adult congenital heart disease, and a variety of other medical conditions affecting the cardiovascular system.

The pediatric cardiology clinic provides a wide range of cardiac care for infants and children with congenital and acquired heart disease along with services for adult patients born with congenital heart disease. The clinic also manages an extensive fetal heart program that is focused primarily on the evaluation of the fetal heart through ultrasonography. Pregnant mothers are seen during their second or third trimester. Diagnostic and interventional heart catheterizations are also performed, which includes hemodynamic assessments of patients with congenital heart disease and percutaneous closures of selective defects.

Approximately five times a year, the pediatric cardiology clinic partners with the Heart Institute at Rady Children’s Hospital, San Diego, and Kapiolani Children’s Hospital and Straub Hospital to offer both heart surgery and heart catheterizations during “Heart Week.”

The cardiothoracic surgery clinic provides the following surgeries: coronary artery bypass, valve, aortic and cardiac tumor removal, and thoracic and atrial fibrillation. To the extent possible, minimally invasive techniques are used and patients and their families are educated on how to manage during the postoperative period and briefed on the different agencies available for additional support.



## Dodge this

T.J. Riddle, playing for the Directorate of Emergency Services, aims for an opponent during a match at the intensely competitive intramural dodgeball tournament, held Saturday at Yano Fitness Center here. Riddle’s team came in second place overall, losing to the first-place finishers of the Special Troops Battalion. In third place was the 78th Signal Battalion. Six teams from throughout the installation competed in the tournament, one of dozens of events that count toward the annually awarded Commander’s Cup. **U.S. Army photo by Dustin Perry**



## Cheerleaders jump for joy in Harajuku

Six members of the Carolina Panthers cheerleader squad make a big jump in front of the entrance of Takeshita Street in Harajuku during a Feb. 5 visit to the city. **U.S. Army photos by Tetsuo Nakahara**

**By Tetsuo Nakahara**  
Photo Editor

There is no other place in Japan where you can see the most well-known traditional Shinto shrine and the most up-to-date fashion for sale, together and within a five-minute walk of each other, except in Harajuku.

Six Carolina Panthers cheerleaders spent the day in the bustling, iconic city to experience the culture of Japan prior to their appearance at Camp Zama the next day for the installation's annual Super Bowl party.

The first stop they made was at the Meiji Shrine, which was built as a dedication to the defied spirits of Emperor Meiji and his wife, Empress Shoken. It was built in a garden area where they used to visit before their deaths in 1912 and 1914.

The group walked through the 40-foot-high *torii* gate at the entrance, and along the path past a forest of 120,000 evergreen trees to the main shrine. The trek offered a pleasant view of the more than 300 other tree species, and the sounds of birds singing from the branches. To think this spot is in the middle of downtown Tokyo!

After the group entered to the main shrine, they happened to see a traditional Japanese wedding procession

in the courtyard. The group was excited to see the scene in which the bride wore a white kimono and hood and the groom in his formal robe escorted by a Shinto priest. They also followed the local Japanese rule of offering a prayer by tossing a coin into an offering box, bowing their heads twice, clapping twice, and bowing once more.

Their next stop was to shop at the famed Takeshita Street in Harajuku. Here, shops sell a most extraordinary blend of goods reflecting modern Japanese fashion and icons. Available are a mixture of Japanese characters such as Hello Kitty, 1950s *American Graffiti*-esque fashion and British punk threads. Harajuku aims to create a new style from the chaos of different cultures. The style even inspired American singer Gwen Stefani, with the release of her song "Harajuku Girls" in 2004. Harajuku is known all over the world for its unique style.

"The shopping was awesome," said Katie Birckbichler, a cheerleader for the Carolina Panthers. "There are so many different things to look at and so many people in different styles. You are very free to express yourself however you want to. It was very neat to see."

"I felt honored to visit Camp Zama and be here for the military," added Katie. "My cousin is in the Army and my boyfriend is in the Marine Corps, so I have a lot of respect for [service members] and the things they do. I feel very

blessed that we got to come and entertain them."

For their last stop, the cheerleaders visited an Oriental bazaar in Harajuku, which is the largest souvenir shop in Tokyo. The group took time to shop for gifts such as dolls, chopsticks, kimonos and tableware that would serve as a memory of their visit to Japan.

**Getting there:** Take the Odakyu line from Sobudai-mae Station to Shinjuku Station. Change to the JR Yamanote line at Shinjuku Station and get off at JR Harajuku Station. Meiji Shrine and Takeshita Street are within a five-minute walk from the station. It takes approximately 90 minutes to get there from Camp Zama.



Cheerleaders browse Harajuku fashion at Takeshita Street.



Japanese wearing kimonos are often seen at Meiji Shrine.



Cheerleader Candis Halligan offers a prayer at Meiji Shrine.