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#### ZAMA ROLLER DERBY TEAM RECRUITING

The Zama Killer Katanas, a new female roller derby team, are looking for members 18 years or older to join! All skill levels are welcome. **SEE PAGE 3**

#### DBIDS REGISTRATION TO BEGIN TODAY

Registration for a new identification card-scanning system that is required for all personnel to gain entry to USARJ installations will begin today. **SEE PAGE 3**



# U.S. ARMY GARRISON JAPAN RISING SUN

MARCH 1, 2012 • VOLUME 1, NUMBER 3

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## 623rd returns to Japan



Spc. Hezekiah Allard, in uniform, assigned to the 623rd Movement Control Team, reunites with his wife Emily and their 1-year-old son Cayden at the Youth Center here Monday upon the unit's return to Japan following a 12-month deployment to Afghanistan. The unit's 20 Soldiers marched onto the Youth Center's gymnasium floor and were met with applause from their family members, fellow Soldiers and other community members. The 623rd MCT departed Japan last February, just a few weeks before a 9.0-magnitude earthquake and follow-on tsunami devastated the country. **U.S. Army photo by Dustin Perry**



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High school students in Japan design, build virtual bridges for West Point engineering contest. See Page 5.



## 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.

With a semi-monthly paper circulation of 1,500, this publication is printed by Pacific Stars and Stripes, Tokyo. All photos are U.S. Army photographs unless otherwise indicated. The newspaper uses military news services including American Forces Press Service, Army News Service, Defense Media Activity and other U.S. Government news sources.

Story and photo submissions not including commercial advertising may be sent to the USAG Japan PAO editorial staff at least two weeks prior to the desired publication date. The *Rising Sun* is distributed on the first and third Thursday of each month, excluding officially-recognized holidays. Submissions may be e-mailed to the PA Office [usag.japan@gmail.com](mailto:usag.japan@gmail.com).

PAO reserves the right not to publish any submissions that are not in accordance with Army Public Affairs regulations and/or standard operating procedures. Editorial offices are located in room A-208, Bldg. 102, South Camp Zama, Japan. APO, AP 96343-0054, DSN 315-263-5978

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Published in support of:  
U.S. Army Japan & I Corps (Forward)

**Commanding General:**  
Maj. Gen. Michael T. Harrison Sr.

# Odierno fleshes out Pacific strategy

**By Jim Garamone**  
American Forces Press Service

WASHINGTON – The Army will remain strong in the Pacific to reflect the increased emphasis on the region, the Army chief of staff said here Feb. 21.

The Army already has a strong presence in the region, Gen. Raymond T. Odierno told a Defense Writers Group roundtable.

“If you added up the number of people, the Army has more people over there than the Navy and the Air Force,” he said.

These numbers will not drop despite overall reductions in the Army’s size, the general told the group.

“We will sustain what we have and then review how we do our business,” he said. “This issue over the past eight years has been that many of the forces in the region were used in Iraq and Afghanistan.”

This means troops nominally assigned to the region actually fought in U.S. Central Command, or CENTCOM. The 25th Infantry Division, for example, recently returned to Hawaii after completing its mission in the CENTCOM region, Odierno explained.

This model will change, he added. Going forward, if the Army must use Pacific forces outside the region, commanders will replace that capability.

“There will always be a baseline of

capability in the Pacific,” he said.

But the numbers tell only one part of the story. The service will review prepositioned stocks around the world to ensure these are positioned properly in case of a contingency. In the Pacific the most important aspect is to accomplish multilateral training, noting that he is working with regional Army chiefs to find ways to increase this training, Odierno said.

These army-to-army contacts are important, he said. Seven out of the 10 largest armies are in the Pacific, he noted, and 22 of the 27 nations in the region have an army officer as chief of defense.

“Us engaging with them to build relationships will help us in the long run in the Pacific,” the general told the defense writers.

Odierno also talked about the “advise and assist” brigades that will deploy to Afghanistan shortly, and said they will become more important for Afghan units in the future.

The Army is putting together two of these brigades now, the general said, and they will deploy with the numbers of officers and noncommissioned officers needed to advise and assist Afghan national security forces.

Most Soldiers in the brigades will be combat veterans and will understand what

these Afghan forces need, Odierno said.

With the end of the U.S. military mission in Iraq, he added, more forces are available for the advise-and-assist mission in Afghanistan. He told the writers he expects the number of advise-and-assist units to grow as the deadline for turning over security responsibility to the Afghan forces approaches at the end of 2014.

Special operations and conventional forces will work even more closely together to accomplish this training mission, Odierno said, and the Army forces will work with Marine advise-and-assist teams as well. He added that he sees no duplication of effort with special ops, the Marines and the Army pitching in to train Afghan soldiers and police.

“There’s room for all of us to do this in order to sustain it for a longer period of time,” he said.

This shows the Army is flexible, Odierno said, as Army brigades can “own ground,” conduct counterinsurgency operations, send a brigade to conduct high-end operations in Korea, all while being able to conduct the training and advising mission.

“That shows the flexibility of our organization and the kind of organization we will need in the future,” he added. “We are going to have a lot of diverse operations to do.”



## A themed interpretation

Ki’a Booker performs an interpretative dance to represent African-American culture during the Black History Month observance held Feb. 22 at the Camp Zama Community Club here. The observance was hosted by Special Troops Battalion and focused on the theme of “Black Women in American Culture and History.” Approximately 200 Soldiers and civilians attended. **U.S. Army photo by Yuichi Imada**



## Guests of honor

Command Sgt. Maj. Ron Joshua helps seat Amanda Green and her son at a table during a Deployed Spouses' Luncheon held Feb. 10 at the Camp Zama Community Club. Amanda's husband, Staff Sgt. Stanley Green, is assigned to the 623rd Movement Control Team, which returned Monday after deploying to Afghanistan last year. **U.S. Army photo by Yuichi Imada**

# Registration for new ID-scanning access system to begin today

## News Release

Special to the Rising Sun

Registration for a new identification card-scanning system that is required for all personnel in order to gain entry to three major U.S. Army Japan military installations will begin today.

The following provides a comprehensive overview of the new system, and also explains the regulations that must be followed to register oneself, family members or guests. Further information on exact registration dates for individual units and organizations will be released regularly through the Command Channel and the U.S. Army Garrison Japan Facebook page at [facebook.com/USAGJ](http://facebook.com/USAGJ).

### What is it?

The Defense Biometric Identification System, or DBIDS, is a Department of Defense-owned and -operated system developed by the Defense Manpower Data Center as a force-protection program to manage personnel, property and installation access at DoD installations.

It is a network client and server database system designed to easily verify the access authorization of personnel entering military installations by the use of barcode technology and fingerprint biometric identification.

The DBIDS software application is used to enter personnel data into a database, capture biometric information, and retrieve that data and biometric information for verification and validation at a later time. The program supports the adding, retrieving, updating and displaying of information for individuals who require military installation access.

All DoD ID cardholders requesting access to a Camp Zama, Sagami-hara Family Housing Area and Sagami General Depot will be required to be registered in DBIDS. This includes service members, retired personnel, DoD contractors, family members, and civilians requiring access.

### DBIDS pass procedures

Visitors to the installation who do not possess a DoD ID card will be issued a DBIDS visitors pass. DBIDS produces two different types of installation passes.

The first is a paper pass which is utilized for those visitors who make infrequent visits to the installation, for example, one-time visitors such as family. This type of pass will be made for individuals visiting less than 90 days.

The second type of pass is an ID card style of pass known as a DBIDS card. This is used for personnel who are entitled to recurring and unescorted access to military installations, but do not possess a DoD ID card. This type of pass will be made for individuals requiring access to USAG-J installation for more than 180 days.

Personnel assigned to a duty station that does not currently utilize DBIDS will not be required to register if they are visiting a USAG-J installation for 30 days or less. Any visit lasting longer than 30 days will require registration. Members must have a copy of their orders in either case.

Selective enforcement in the form of random antiterrorism measures will be conducted at varying times during a 24-hour period. If an individual is found to not be registered into DBIDS, he or she will be directed to the Registration Office to register during duty hours prior to gaining access to the installation.

Dependent ID cards are issued to those eligible children 10 and older. If a military sponsor has not obtained an ID card through Defense Enrollment Eligibility Reporting System for eligible children, they will vouch their child onto the installation. Children 24 and older who are not full-time students are not eligible for DoD ID cards and will need to be sponsored onto the installation.

One individual in the vehicle has to be in DBIDS and can vouch for the other occupants. Occupants will be advised to register as soon as possible.

**ATTENTION FEMALES!**

Are you over 18 and ready to challenge yourself, have fun while exercising and be involved in community events?

**WANTED: Fresh Meat for the Zama Killer Katanas Roller Derby Team!**

All ability levels, sizes and backgrounds are welcomed! Members are comprised of NAF Atsugi & Camp Zama women and practices alternate between the bases.

Volunteers and referees (male and female) are also wanted!

**WANT MORE INFO?**  
Contact: [Zamakillerkatanas@gmail.com](mailto:Zamakillerkatanas@gmail.com) or check us out on Facebook! "Like" us while you're there!

## Exchange shoppers express 'Satisfaction'

By Myra M. Dizon

Exchange Public Affairs

At 116 years of age, the Army and Air Force Exchange Service may not have "moves like Jagger," but its shoppers are getting plenty of satisfaction according to a recent American Customer Satisfaction Index survey.

The ACSI was developed to provide information on satisfaction with the quality of products and services available to consumers. In the latest survey, the Exchange scored higher than ever before as its operations equaled the industry of excellence.

In addition to the ACSI, the Exchange relies on a Customer Service Index to provide localized, real-time

snapshots of the job Exchange facilities are doing to improve the value of support provided to Soldiers and their families. Here at Camp Zama the Exchange's CSI score for 2011 increased by two points from the previous year.

"We're excited about the satisfaction level shown by Camp Zama Exchange shoppers," said the Exchange's General Manager Shirley Huth. "We continue to maintain an intense focus on customer satisfaction in an effort to meet, or beat, shoppers' expectations."

The CSI survey, which addresses customer service, pricing, sales associate availability, merchandise assortment and many more key issues, is administered at 130 Exchange main stores around the world. The next CSI survey will take place at Camp Zama in the spring.

# ACS resiliency training provides mental, emotional strength

By Tetsuo Nakahara

Photo Editor

A class that enhances the understanding of resiliency and promotes mental and emotional health in the workplace and daily life is now being offered at Camp Zama through the installation's Army Community Service organization.

The class was created as an offshoot of the Master Resiliency Training, which itself is a supplement to the Army's Comprehensive Soldier Fitness program, established in 2008 to increase resiliency and enhance performance in Soldiers, family members and civilians.

ACS representatives offered a two-hour introductory overview of the Master Resiliency Training course here on Feb. 15 and 16. Attendees included Junior Reserve Officer Training Corps cadets from Zama American High School, and employees from the Civilian Personnel Advisory Center. Following the overview, those who were interested could sign up to attend the full 40-hour course.

"We decide to condense the MRT course into a two-hour review ... because some people don't have 40 hours to take the whole course," said Hilary Valdez, an MRT trainer at ACS. "The class offers leadership skills, confidence, problem-solving skills and mental flexibility, character strengthening, and improving communication within an organization and within one's family."

The course is based on "Rational Emotive Therapy," which was developed in 1950 by Dr. Albert Ellis, the intent being to improve one's approach to critical thinking, said Valdez.

"It is scientifically based, but we try to incorporate [the familial aspect] to humanize the information," said Valdez. "So we've got science, which is the RET therapy, and the students also learn the art of how to put it into practice in their private lives."

In the overview, most of the topics were covered



Hilary Valdez, a Master Resiliency Training trainer at Army Community Service, talks about problem-solving skills and mental flexibility during Resiliency Fundamental class to employees from the Civilian Personnel Advisory Center at their meeting room Feb. 16. **U.S. Army photo by Tetsuo Nakahara**

utilizing an open-discussion format. Some of the psychological aspects that were touched on included how to avoid "thinking traps," developing energy management, and building mental toughness.

"Being positive is very important," said Valdez. "This course will help you take a look at who you are, what you are, and what makes you tick. [It] plants a seed of change so people can begin the process. These are principles you can practice every day. You will begin to slowly shift your life in a direction that leads to personal growth."

"It was a very good class because we deal with all types

of people in our job," said Juliette Bates, the director of Nonappropriated Funds at CPAC. "It helps us to learn how to deal with people. We have to know ourselves in order to figure out how we want to interact with other people. The class helps you to see 'you,' but then also to see how other people are, plus perceive how people may see you."

The resiliency class is open to all community on the installation, including Soldiers, family members, civilians and Japanese employees. Call ACS at 263-5127 for more information.

## Upcoming Ongoing Events

### New Info on 'Driving in Japan' Orientation

Effective this month, the "Driving in Japan" orientation will be combined with Camp Zama's existing Newcomers' Orientation. Call 263-3627 or 263-3671 for more information.

### Road Closure at 1st Avenue

First Avenue near the Camp Zama Gas Station will be closed from today through March 12, and a Tunnel Road closure will be in place until October 2013.

### 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: Sagamihara Commissary
- March 9: Bldg. 743 (High-rise Housing)

### 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 <http://www.strongbonds.org/skins/strongbonds/home.aspx>. Call 263-4888 or 263-5204 for more information.

### Road Closure at Sagamihara Housing Area

A half-road closure is scheduled to be in place at a portion of Aqueduct Road on Sagamihara Family Housing Area through March 17 due to ongoing construction.

### ZaCSA Basket Auction

The Zama Community Spouses' Association will host its sixth annual Basket Auction on March 10 from 6 p.m. to midnight at the Camp Zama Community Club. Both live and silent auctions will be held, with the money going toward scholarship funds for seniors at Zama American High School. The theme is "Roaring '20s," and attendees are encouraged to come dressed in period costumes, but casual attire will also be fine. Tickets are \$10 and must be purchased in advance at Camp Zama's East Meets West Gift Shop. Call (773) 305-3085 for more information.

### Remedial Driver's Training

The U.S. Army Garrison Japan Safety Office will conduct Remedial Driver's Training on March 13 from 1 to 5 p.m. at Building 102, Room A-205. Call 263-3627 or 263-5611 for more information.

### Quarterly BOSS Town Hall Meeting

Camp Zama's Better Opportunities for Single Soldiers Program will hold its quarterly BOSS Town Hall meeting from 3 to 5 p.m. on March 28 at the Camp Zama Community Club. It provide single, single-parent and unaccompanied Soldiers beneficial information, as well as a chance to raise concerns they may have in regard to their quality of life.

### 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. Be sure to retain your tracking number, and go to [www.usps.com](http://www.usps.com) to track your vote.

## What's Happening Outside the Gate?

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



Eagle 810 Radio

### Fire-Walking Festival @ Mount Takao Yakuo-in Temple, Tokyo, March 11

Everyone is welcome to join the fire-walking. No reservation is needed. Visit <http://www.keio.co.jp/english/local/takao.html> in English.

### Academy Award-Nominated Short Films on Screen @ Brillia Short Shorts Theater, Yokohama, Now through March 15

Visit <http://www.brillia-sst.jp/en.html> 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/travell/amusement/sagamikol/> for information in English.

### Splendid Hina Miniatures: Doll Festival Dolls from the Toraya Collection @ Nezu Museum, Tokyo, through April 8

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

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

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

# Japan defense minister visits Okinawa

By Chip Steitz

10th Regional Support Group Public Affairs

Japanese Defense Minister Naoki Tanaka visited various U.S. facilities in Okinawa, including the Army's Kuwae Tank Farm and Naha Military Port, on Feb. 18 to gain a better understanding of their role in the Pacific region.

Tanaka was escorted during the tours by Lt. Col. Cory Anderton, commander of U.S. Army Garrison Torii Station. The defense minister said he was very engaged and appreciative of the U.S. Forces' support during his visit.

Maj. David Shaffer, assigned to the 505th Quartermaster Battalion, explained the purpose of Kuwae Tank Farm and how bulk fuel is received from offshore fuel tankers and pumped across the Army's pipeline to Marine Corps Air Station Futenma and Kadena Air Base.

The executive officer of the 835th Transportation Battalion, Maj. Tennille Gladden, provided the an overview covering staging space, warehouse utilization, bilateral use with the Japanese Coast Guard, community relations, and bilateral exchange events with the 15th Brigade of the Japan Ground Self-Defense Force. Tanaka commented on the possible use of the port for Okinawa's 40th anniversary of the Reversion.

"It was a great opportunity ... to provide Defense Minister Tanaka overviews of Kuwae Tank Farm and Naha Military Port during his visit," Anderton said following the tours. "We all appreciated how engaged he was."



Japan Defense Minister Naoki Tanaka, right, visited various U.S. installations in Okinawa, including the Army's Kuwae Tank Farm and Naha Military Port, on Feb. 18 to gain a better understanding of their role in the Pacific region. **U.S. Army photo by Chip Steitz**

## Virtual engineering contest includes participants from Okinawa, Zama schools

By Todd Lyman and Mieko Yonaha

Japan Engineer District Public Affairs

High school students from four Department of Defense Education Activity schools in Japan were posed with a problem on Feb. 23.

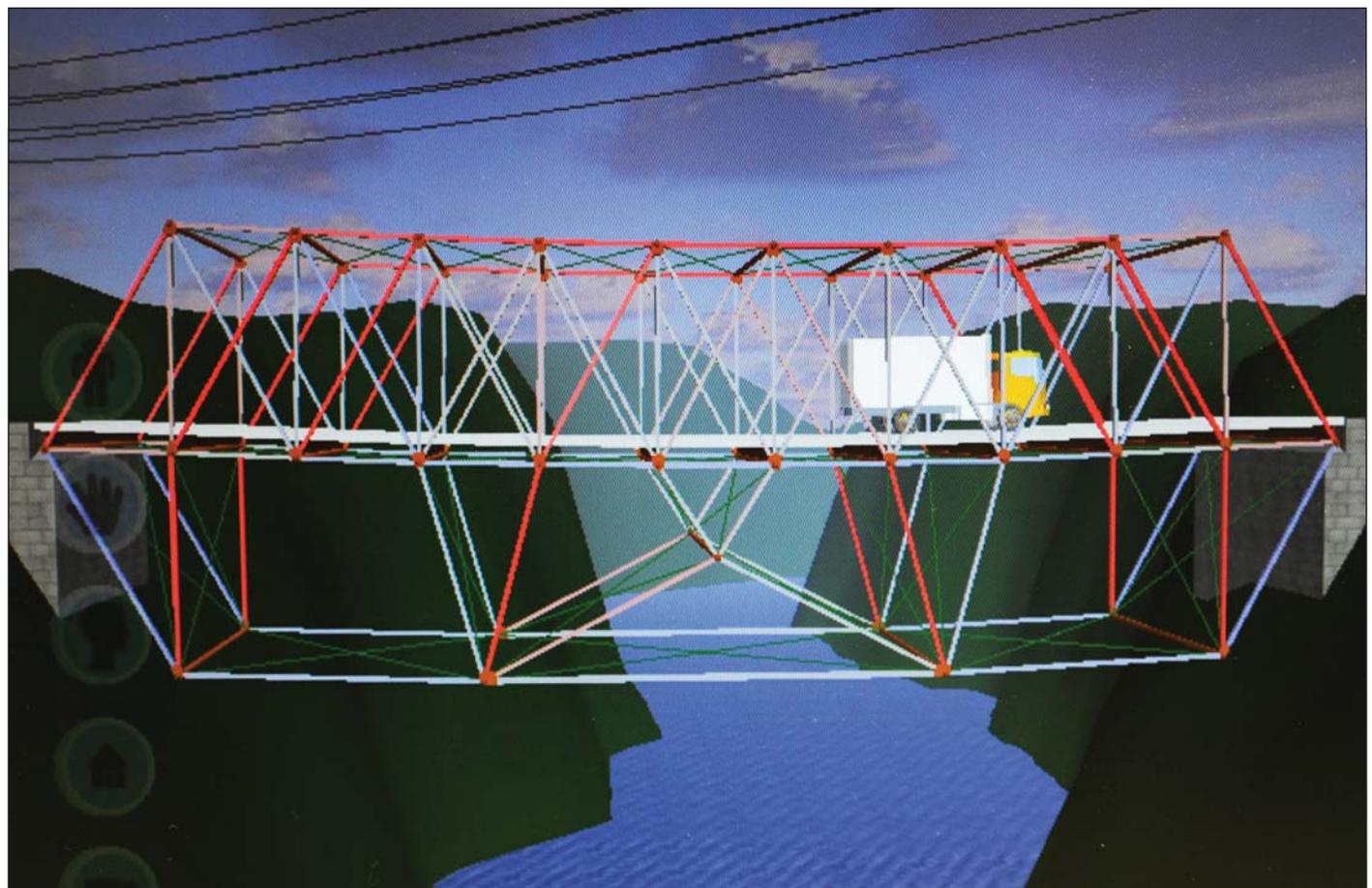
In approximately one hour, each student had to design and build a virtual bridge that would allow a loaded truck to safely pass over a river. The bridge had to be functional and affordable; every dollar would be tabulated for materials used, based on a common scale. The best bridge had to withstand the load and be delivered at the lowest price.

About 35 students from schools throughout Japan – to include Kubasaki High School at Camp Foster, Okinawa – competed in their regional leg the 11th annual West Point Bridge Design contest, hosted this year by Zama American High School.

The Army Academy provides the contest as a service to education, and Japan Engineer District here has promoted it in Japan for three consecutive years since its inception.

The competition is held annually during National Engineers Week, or EWeek. The observance is dedicated to ensuring a diverse and well-educated future engineering workforce by growing interest in engineering and technology careers, and ensuring understanding of engineering.

Building a bridge for a school assignment used to require a large quantity of physical materials such as toothpicks, cardboard and glue, and would involve many calculations and tests. Today, students can key all the necessary data into a computer program and test their



A truck crosses a bridge created by a student using a computer program during the 11th annual West Point Bridge Design Contest, held Feb. 23 at Zama American High School here. Thirty-five students from schools throughout Japan and Okinawa took part in the event, organized by the Japan Engineer District here. ZAHS student David Bordenave won the competition with a bridge that cost just more than \$220,000 **U.S. Army photo by Dustin Perry**

structures within minutes.

Once a student completed his or her bridge, a truck would attempt to cross it without the bridge collapsing. A successful crossing sparked the students to switch out building materials to bring the cost down without losing effectiveness.

The winner of the contest was ZAHS student David Bordenave, whose architecturally sound bridge cost \$221,726.

In second place was Robert Beard from Kinnick High School at U.S. Fleet Activities Yokosuka, whose bridge cost \$231,961. And third-place finisher was Greg Bryant from Kadena High School at Kadena Air Base in Okinawa, whose bridge cost \$237,536.

Col. Bryan P. Truesdell, JED commander, presented a certificate to Bordenave for his accomplishment. The

colonel told the students that projects like the one in which they competed are best tackled as a collaboration between individual engineers, noting that even many of the top companies throughout the world collaborate to get the best sustainable solutions.

"We are always better when we collaborating as a team," Truesdell told the students.

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, March 1

6 p.m. - We Bought a Zoo

#### Friday, March 2

6 p.m. - Mission: Impossible 4

9 p.m. - This Means War

#### Saturday, March 3

3 p.m. - The Muppets

6 p.m. - Mission: Impossible 4

9 p.m. - This Means War

#### Sunday, March 4

3 p.m. - The Muppets

6 p.m. - We Bought a Zoo

#### Thursday, March 8

6 p.m. - Alvin & the Chipmunks 3

#### Friday, March 9

6 p.m. - Alvin & the Chipmunks 3

9 p.m. - Act of Valor

#### Saturday, March 10

3 p.m. - Alvin & the Chipmunks 3

6 p.m. - Joyful Noise

9 p.m. - Act of Valor

#### Sunday, March 11

3 p.m. - Alvin & the Chipmunks 3

6 p.m. - Joyful Noise



## 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, March 1

5:30 p.m. - We Bought a Zoo

#### Friday, March 2

7 p.m. - Journey 2: Mysterious Island

9:30 p.m. - Act of Valor

#### Saturday, March 3

4:30 p.m. - Journey 2: Mysterious Island

7 p.m. - The Darkest Hour

9:30 p.m. - Act of Valor

#### Sunday, March 4

3 p.m. - Joyful Noise

5:30 p.m. - The Darkest Hour

8 p.m. - Contraband

#### Monday, March 5

7 p.m. - Act of Valor

#### Tuesday, March 6

5:30 p.m. - War Horse

#### Wednesday, March 7

7 p.m. - Joyful Noise

9:30 p.m. - Contraband

#### Thursday, March 8

5:30 p.m. - Journey 2: Mysterious Island



### Rising to the occasion

Isaac Sheppard of the Morrison Academy of Taiwan Mustangs makes a shot during the final game of the Far East High School Division II Basketball Tournament against St. Paul Christian of Guam, Feb. 24 at Yano Fitness Center. Morrison beat St. Paul 47-39. The Mustangs earned their fourth straight title and sixth in the school's history. **U.S. Army photo by Tetsuo Nakahara**

## Army blood drive seeks targeted donors this year

By David Vergun  
Fort Meade Public Affairs

FORT MEADE, Md. – The goal of the Army's new blood drive campaign, which began two weeks ago, is to match a donor's blood type with a specific need, rather than simply issuing a general call for donations.

It's an education campaign as much as it is a blood drive, according to Julie Oliveri, director, Communications and Marketing, Armed Services Blood Program Office.

"Many of our donors are accustomed to signing up for blood drives and coming in to donate, irrespective of their blood type. We don't want our very dedicated donors to be alienated by the idea that we might need a specific type at a specific blood drive, and that type may not be theirs," she said.

"Our goal," she said, "is to encourage donors to register online so local donor centers can contact them to let them know when their type is needed and where and when the next blood drive will be." To register, visit <https://www.militarydonor.com/index.cfm>.

Giving blood is a way of supporting wounded warriors, as well as Soldiers and their families everywhere, who could someday require a blood transfusion, said Col. Ronny Fryar, Army Blood Program director, who went on to explain the process. ABP is a component of the Armed Services Blood Program.

"We monitor the blood supply worldwide," he said. "For example, we ensure there's enough in Afghanistan

to treat our wounded warriors. Having enough on hand could entail requesting a shipment from Germany or elsewhere to replenish the supply. As a matter of fact, blood is routinely shipped throughout DOD.

"Blood has a relatively short shelf life," Fryar added. "When blood is drawn, it is processed into three components: platelets, red blood cells and plasma. The approximate shelf life on platelets is a mere five days; 42 for red blood cells and about a year for plasma, if frozen. This makes stockpiling a challenge."

Fryar said the Army routinely shares blood with the other services and even their civilian counterparts.

Maintaining an adequate supply of blood on hand depends on the goodwill of volunteers, and this is where ASBP's advertising efforts help get the word out, Fryar said. Also, every unit has a blood coordinator, who can be found by asking the first sergeant. For Army families, the family readiness groups also assists with getting donors to turn out for blood drives.

Which types of blood are needed?

"All types," Fryar emphasized.

"Especially rare types like AB, which we solicit through targeted advertising. But even the common types like O are always in demand." He said the process is safe, easy and relatively pain free. "Although (ASBP) donors are not paid for their blood, units sometime give Soldiers time off. Also, there's a canteen on hand with delicious snacks so donors can replenish their fluid and sugars."

## March is National Traumatic Brain Injury Awareness Month

By Lt. Gen. Patricia Horoho  
U.S. Army Surgeon General

March is National Brain Injury Awareness Month. Traumatic Brain Injuries are disruptions of the brain that occur due to a blow or jolt to the head or penetrating head injuries. The severity of TBIs can range from mild to severe.

The Army wants leaders, Soldiers and family members to understand the signs and symptoms of mild traumatic brain injuries, also called concussions, and the importance of seeking prompt medical care – which is an act of strength and courage.

Most concussions occur without a loss of consciousness and are treatable. The majority of people who experience a concussion recover completely with no lasting effects. Some common signs and symptoms of a concussion may include amnesia, confusion, dizziness, fatigue, headache, slurred speech, nausea, vomiting or ringing in the ears. Some people have memory or concentration problems, sensitivity to light and noise, sleep disturbances, irritability and depression.

### What has the Army done?

The Army adopted an "Educate, Train, Treat and Track" strategy in late 2009 and implemented a theater-wide TBI and concussion protocol in June 2010 that provides guidance for all Soldiers.

Any deployed Soldier who sustains a direct blow to the head, experiences a loss of consciousness, is within

50 meters inside or outside of a blast, is in a vehicle associated with a blast event, collision or rollover, or is command-directed – especially in cases involving exposure to multiple blasts events – must undergo a medical evaluation.

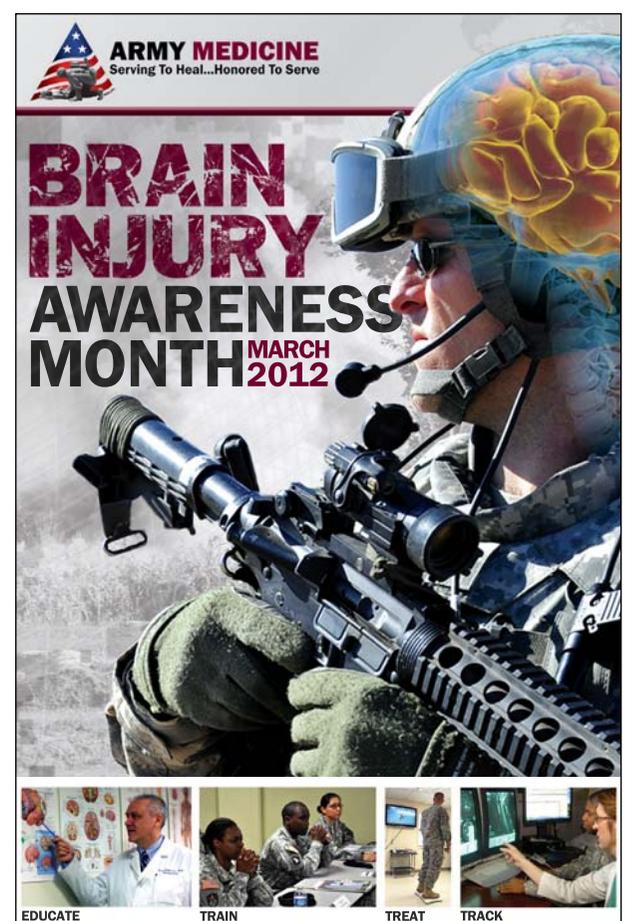
The protocol also requires a minimum 24-hour downtime period, followed by authorized medical clearance before a Soldier may return to duty. A comprehensive medical evaluation is also mandatory for any Soldier who sustains three concussions within 12 months.

### What is the Army's plan for the future?

The Army is aggressively researching the latest methods to protect Soldiers from injuries using improved equipment to detect brain injuries, and neuro-imaging techniques and assessments to treat concussions and mild TBI.

Soldiers are the Army's most important resource. Explosions and blows to the head can disrupt brain function and cause Soldiers to experience the effects of concussion. Whether on the battlefield or at home – a vehicle accident, a sporting event, a fall, etc. – the keys to successful recovery after a concussion are early detection, intervention, education, treatment and rest.

Rest is very important because it helps the brain to heal. Ignoring signs and symptoms after a concussion and trying to "tough it out" can make symptoms worse. The guidance for Soldiers and leaders is to be patient because it takes time for the brain to heal.



# Girls grow with *Hina-Matsuri*

By Tetsuo Nakahara

Photo Editor

As spring slowly approaches, families with daughters begin to take out an elaborate set of dolls they have stored in the back of their closet in order to celebrate “Girl’s Day.”

The *Hina-Matsuri*, or “Doll’s Festival,” is held annually on March 3. *Hina* means “girl” or “princess.” The holiday is meant to pray for a young girl’s growth and happiness.

In the traditional Edo period, some people believed the hina dolls possessed the power to contain bad spirits, thus protecting the owner. This ancient custom is traced back to the Japanese tradition of *Hina-nagashi* (doll floating), in which paper dolls were put into a boat and sent down a river to the sea, taking troubles or bad spirits with them.

Hina dolls are typically displayed on multiple-tiered platforms covered with red cloth. The top tier holds two dolls representing the *Dairi-sama* (Emperor) and *O-Hina-sama* (Empress).

The second tier holds three of the *San-nin kanjo* (court ladies), each holding a sake-filler. The third tier holds five of the *make go-nin bayashi* (musicians), each with a musical instrument. If you look carefully, you find the singer holding a fan without any instrument.

The remaining tiers on the platform hold a variety of miniature furniture, tools and carriages with two of the *Zuijin* (ministerial dolls), which may be displayed to the right and left of the fourth tier.

The popular superstitious belief states that if the family forgets to retire the whole doll display before the evening of March 4, the family’s eldest daughter will not marry before the next year.

During the festival of Hina-Matsuri, people generally have a good time, drinking a sweet sake and eating *Chirashi-sushi*, or red, white and green lozenge-shaped rice cakes, and *Hina-Arare* (colorful “popped rice”). The red rice cakes are for warding off evil spirits, the white ones symbolized purity, and the green ones are for good health. Very often, a dish containing clams is included, such as clam soup with spring herbs.

If you want to see what Hina dolls look like, a beautiful set of them is currently being displayed at the Camp Zama Library.



Hina Dolls are displayed at Camp Zama Community Library to celebrate Hinamatsuri or Girls day held on March 3, which is a day to pray for young girl's growth and happiness. **U.S. Army photos by Tetsuo Nakahara**