

Rising Sun daily reports air five days a week on the Command Channel at 5, 7 and 9 a.m. and p.m.



**NATURAL RUNNING FORM CLINIC**

A Natural Running Form Clinic will be held June 23 at the ZAHS track. Run faster, stronger, more efficiently, and with less injury. **SEE PAGE 4**

**ALCOHOLICS ANONYMOUS MEETINGS**

Alcoholics Anonymous meetings are now held four days a week at Camp Zama. The meetings are free and confidential. **SEE PAGE 4**



U.S. ARMY GARRISON JAPAN

# RISING SUN

JUNE 21, 2012 • VOLUME 1, NUMBER 10

SERVING THE U.S. ARMY JAPAN COMMUNITY

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## Con'grad'ulations, Zama seniors



Forty-nine seniors from Zama American High School's class of 2012 toss their caps during their graduation ceremony held June 9 at Camp Zama's Music Theater Workshop. More than 500 family members, friends and community guests attended the ceremony. **U.S. Army photo by Tetsuo Nakahara SEE MORE, PAGE 2**



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## 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.

# Zama seniors 'overwhelmed, excited' to graduate

By Tetsuo Nakahara  
Photo Editor

Forty-nine graduating seniors from Zama American High School received their diplomas during a ceremony held June 9 at the Music Theater Workshop here, with more than 500 family members and friends in attendance to witness the milestone.

Guest speakers at the event included Maj. Gen. Michael T. Harrison Sr., commander of U.S. Army Japan and I Corps (Forward), and Marilee Fitzgerald, director of the Department of Defense Education Activity.

The graduates, clad in the traditional robes and with tasseled mortarboards atop their heads, entered the theater as the school's band played "Pomp and Circumstance." In keeping with other ceremony traditions, the class' valedictorian and salutatorian spoke to their fellow graduates, reflecting on memories of their time at the school and offering advice for the future.

"Stay positive and have pride in yourself," said Roniel Visita, the valedictorian of ZAHS' class of 2012, during his address. "Stick to your standards; do what you feel is right – stay genuinely 'you.' No matter what happens, Zama will be a part of us. As the saying goes, 'He who does not remember his origin will never reach his destination.'"

During the presentation of the diplomas, a slideshow was projected that juxtaposed recent photos of each graduate with an accompanying baby picture.

"There were 49 students who could graduate [this year], and usually at most



Ronie Herana, top left, a member of Zama American High School's 2012 senior class of 49 students, receives his diploma from Bruce Derr, ZAHS principal, during a graduation ceremony held June 9 at the Music Theater Workshop here. **U.S. Army photo by Tetsuo Nakahara**

schools, two or three don't make it," said Bruce Derr, ZAHS principal. "But all 49 made it, and I am very pleased with this class. I'd like to say to them, after the event, 'Even a fool is wise,' so in their lifetime they should be proactive and think and do and take action."

Following the ceremony, many of the graduates' friends and family members congratulated each other with flowers, tearful hugs and a seemingly endless stream of photos.

"I feel a little overwhelmed, but I'm excited," said Visita, who will attend the University of the Philippines. "The people I met here, I'm pretty sure that I'll be

friends with them forever. The greatest lesson I learned in high school is probably how to be a friend. I will miss [my classmates] and they better keep in touch."

"[Seeing my daughter graduate is] bittersweet, because I watched her grow up from a little girl to young lady," said Gabrielle Garner-Thomas, the parent of a ZAHS senior. "I'm excited because she is entering a new chapter in her life, [but] I know I have to cut the string, let her fly ... and find her own self."

"My message to my daughter is to just follow your dreams, do well and don't let anyone stop you from doing what you believe is right," Garner-Thomas added.



## Meeting the future neighbors

Lt. Gen. Hiroshi Yamamoto, second from left, commanding general of the Japan Ground Self-Defense Force's Central Readiness Force, shakes hands with Col. Ronald Rallis, U.S. Army Japan and I Corps (Forward) Headquarters, Office of the Staff Judge Advocate, during his visit to USARJ headquarters June 7. Also pictured is Maj. Gen. Michael T. Harrison Sr., left, USARJ commander. Yamamoto visited Camp Zama to meet with USARJ leaders and observe the construction site of CRF facilities, which are scheduled to open here next spring. **U.S. Army photo by Tetsuo Nakahara**

# Army celebrates 237th birthday

By Katie Nelson  
Army News Service

WASHINGTON – In the Pentagon courtyard here on June 14, crowds gathered around a massive replica of an Abrams tank constructed entirely out of cupcakes. The sweet creation was in honor of the Army's 237th birthday.

The Army's official birthday is June 14, though the service celebrated with events throughout the week.

The Pentagon event began with an address by Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey. During his message, Dempsey commended the Army for their dedicated service over the years.

"What impresses me the most is the heart and soul of our Army, and that, of course is the men and women of courage and character who sign up to serve something greater than themselves," Dempsey said.

Following Dempsey's speech, Secretary of the Army John M. McHugh spoke of how honored he felt to participate in such a special event, and how the purpose of the celebration should not only be to rejoice at the Army's longevity, but also to thank the 1.1 million Soldiers who serve now in America's Army.

When asked if he had any words for the men and women currently serving overseas, McHugh said, "America is what it is today because of the sacrifices that people like them make each and every moment. They're always in our hearts and thoughts, and this birthday is a celebration of what they and their comrades do to keep this great nation strong."



Secretary of the Army John McHugh poses with the Georgetown Cupcake tank during the Army birthday celebration, held June 14 in the Pentagon courtyard. This year marks the 237th anniversary of the forming of the U.S. Army. **U.S. Army photo by William Garbe**

Following McHugh's speech, members of the U.S. Army Honor Guard carried in the official Army birthday cake, which was cut with a ceremonial sword, by McHugh, Dempsey and Austin.

Perhaps the biggest highlight of the birthday celebration was the second "cake," in the shape of an Abrams tank, that was made from cupcakes.

The tank cake was created by local Washington, D.C., bakery Georgetown Cupcake. It was built from 5,000 mocha

fondant and buttercream cupcakes and weighed around 2,500 pounds, according to the bakery's founders, Sophie LaMontagne and Katherine Kallinis.

For the two sisters and stars of the TLC reality show *DC Cupcakes*, the opportunity to showcase their work at a large Army event was a privilege.

"We love being part of these events," Kallinis said. "Every year, we bake and ship 10,000 cupcakes to the troops in Afghanistan and Iraq, and it is a huge

honor for us. It really brings meaning to what we do every day."

Arguably the cake's most exciting feature was its ability to fire a cupcake from the tank's "main gun." That feature was engineered by placing an air cannon inside the cake that propelled the cupcake outward, the two co-owners revealed.

The birthday celebration continued with the Army Birthday Ball, which was held June 16 at the Columbia Metropolitan Convention Center here.

## Girl Scouts serve as example of USARJ's 'Words to Live By'

By Capt. James T. June  
MEDDAC-Japan

Over the past few months, I have noticed U.S. Army Japan's "Words to Live By" posters around our communities. These five imperatives offer every member who lives and serves in our communities across Japan a baseline for personal and professional actions and interactions, and I think they apply to all citizens.

I offer the Camp Zama Girl Scouts as a true example of our command's Words to Live By, as evidenced by the positive affect the Scouts are having on helping my family grow together.

As a father of three girls, I knew it would only be a matter of time before the Girl Scouts found their way into my life. However, having grown up in a house with all boys and coming from a Boy Scout and military background, this was a bit intimidating.

Camp Zama offered our first opportunity to become involved with Girl Scouting when my eldest daughter joined the Zama Brownie Troop and my wife volunteered as one of the leaders. It quickly became apparent that not only were my perceptions of Girl Scouts completely wrong, but also the girls were being taught values and interpersonal skills that any father would be proud of. In fact, the Girl Scouts are the Words to Live By personified.

Starting with the Girls Scout Promise and the Girl Scout Law, which they all have to memorize as Daisies, the girls are continually exposed to values and behaviors that make them better people. Ideas like serving God and

country, helpfulness, honesty, fairness, courage, personal responsibility, respect of self and others, and kindness are all values infused into what the Girl Scouts do every day.

The girls participate in many service projects throughout the year, ranging from visits to orphanages and homes for the elderly to stuffing backpacks for Operation Backpacks, a Girl Scout-driven relief effort following the Japanese earthquake. They also conduct cross-cultural events with the Japanese Scouts where they learn they have some cultural differences, but that Girl Scout values are always a commonality.

I recently had the honor of attending a Girl Scout "bridging" ceremony, where new Scouts are welcomed into the program and those who are already scouts advance from the junior groups to the more senior groups. It was apparent that the values the girls are learning aren't just practiced and recited at the weekly meeting, but rather are part of their everyday lives.

The older, more experienced girls were mentoring the junior girls and making sure they understood what to do. They coached them through the recital of the Promise and Law and explained what each point meant. It was also apparent that the younger girls looked up to their seniors as role models as they paid close attention to their lead.

I have also noticed changes in the behavior of my daughters that is reflective of the values they are learning in Scouts. Whether it is my eldest daughter going to her sister's room at night to comfort her when she is scared, or my middle daughter always volunteering to help with whatever is going on, it is apparent that they are living the

values taught. Of course, like all children do, they have their moments of relapse in behavior. But I am convinced that, among other things, the Girl Scouts are having a positive impact on them and teaching them the values that are important and respected throughout society.

The Girl Scout Promise is:

*On my honor, I will try  
To serve God and my country,  
To help people at all times, and  
To live by the Girl Scout Law.*

The Girl Scout Law is:

*I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,  
and to respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.*

The Girl Scout Promise and the Girl Scout Law, much like our command's five imperatives, are terrific "Words to Live By."



### Taking a look around

Dayana Medina, a program assistant at Sagamihara Family Housing Area's School Age Care, leads a group of children on a tour of the new SAC facility, which opened its doors June 15 following a ribbon-cutting ceremony there. More than 80 community members, including the commander of U.S. Army Garrison Japan, attended the event. **U.S. Army photo by Tetsuo Nakahara**

## Upcoming Ongoing Events

### Upgrade for SHA Phone Users

Due to a telecommunications upgrade being conducted, home phone users at Sagamihara Housing Area may experience intermittent technical difficulties between the hours of 9 a.m. and 6 p.m. through July 31. Call 263-5644 for more information.

### Alcoholics Anonymous Meetings

Alcoholics Anonymous meetings are now being held on Camp Zama. AA is a no-cost, confidential forum for those seeking support and fellowship in a lifestyle free of alcohol and drugs. Meeting are held from 7 to 8 p.m. on Mondays, Tuesdays, Wednesdays and Fridays in Bldg. 533 on the second floor. Call (090) 1771-4271 for more information.

### Natural Running Form Clinic

A Natural Running Form Clinic will be held June 23 from 8 to 10 a.m. at the Zama American High School track. The clinic can teach participants how to run faster, stronger, more efficiently, and with less injury. It is open to all active-duty military members, Army civilians, their family members, and Japanese civilian employees. Call 263-2004 for more information.

### Summer Hire Orientation

The Summer Hire Orientation will begin at 8 a.m. on June 25 at Camp Zama's Community Activity Center. Summer hires will receive a number of briefings, after which they will be greeted by their respective supervisors and taken to their places of duty. Call 263-3589 for more information.

### CPR Training at Red Cross

The American Red Cross offices on Camp Zama and Atsugi

will be the first in Japan to introduce web-based CPR and defibrillator courses to the community. Those who visit either of the Red Cross offices and pledge at least four volunteer hours or donate to the Red Cross volunteer fund during the month of June will be registered for the course for free. Call 263-3166 for more information.

### VA Overseas Military Coordinator Visit

The Department of Veterans Affairs overseas military services coordinator will be returning July 11 and 12 to the Camp Zama Transition Service Center, located in Bldg. 102, Room M-107. Call 263-3940 or 263-3513 if you would like to schedule an appointment to discuss veterans benefits you may be entitled to, such as applying for disability compensation, education benefits such as the Montgomery and new Post-9/11 GI Bills, or the VA Home Loan Guaranty Program. Appointments are limited, so don't delay.

### Vacation Bible School Registration Begins

Registration has begun for the U.S. Army Garrison Chaplains Office's "2012 SonSurf Beach Bash Vacation Bible School." The camp will be held Aug. 6 through 10, from 9 a.m. to noon, at NAF Atsugi's Shirley Lanham Elementary School.

The camp is open to children from kindergarten through sixth grade. Transportation will be provided from the Camp Zama Youth Center and SHA Commissary parking lot. Buses will leave at 8:15 a.m. for Atsugi and return at around 12:30 p.m.

The camp is free, and registration locations are at the Camp Zama Chapel, the Exchange, the Camp Zama and SHA Child Development Centers, and Camp Zama's Central Registration. The deadline to register is July 31, or until the camp is full. Call 263-4898 for more information.

## What's Happening Outside the Gate?

Hisano Yamazaki  
hisano.yamazaki.jp@yokota.af.mil



Eagle 810 Radio

### Ground Cherry Fair, or Hozuki-Ichi @ Atago Jinja Shrine, Tokyo, June 23 and 24

Japanese people say the roots of ground cherries, or *hozuki*, have a medical effect. Today, they enjoy it as a decoration when the fruit turns a bright orange-red color, because red is believed to protect people against evil. It is also said that you will take home 1,000 days' worth of good luck if you visit the Atago Jinja Shrine during this festival.

### "Flower Dream 2012" @ Tokyo Big Sight, June 30 - July 1

English website: [http://www.flowerdream-tokyo.net/document/pdf/english\\_overview.pdf](http://www.flowerdream-tokyo.net/document/pdf/english_overview.pdf)

### "Gujo Odori" Bon Dance @ Chichibunomiya Rugby Stadium, June 30

This dance performance has been a tradition for more than 400 years in the Gifu prefecture. Everyone is welcome to join the circle and dance. If you don't know how to dance, take a free lesson starting at 3 p.m. before the performance at 4 p.m.

English website: [http://www.jnto.go.jp/eng/attractions/event/traditionalevents/a41\\_fes\\_gujo.html](http://www.jnto.go.jp/eng/attractions/event/traditionalevents/a41_fes_gujo.html)

### Tokyo International Book Fair @ Tokyo Big Sight, July 5 - 8

English website: <http://www.bookfair.jp/en/>

# Renovated Torii library features coffee shop, Internet café

By Lauren Hall

USAG Torii Station Public Affairs

TORII STATION, Okinawa – After 17 months of renovations, the Torii Station library reopened on May 30. The new facility, however, is much more than just a library.

In addition to offering books, movies and music CDs for checkout, the library now also offers free Wi-Fi, free public-use Internet service, computer workstations, a media room, a children's room, and even a full-service coffee shop.

"We're very excited," said librarian Casey Grimmer. "Libraries are going in a new direction. There is less focus on collections and being a warehouse, and more focus on using the space as a common gathering."

The entire facility was gutted and rebuilt. Everything is new, from the plumbing, wiring and flooring to the computers and shelving. The layout is completely different and was redesigned to make it more user-friendly than the old library.

"We have a lot of new [available] books on the bestsellers list, along with current magazines and periodicals," said Justin Evers, chief of the Morale, Welfare and Recreation's Business and Recreation division at Torii Station. "The Internet section has 10 computer workstations and the Wi-Fi is available on a commercial network."

Nobu Taka Takaesu, whose father worked at the Torii Station Library nearly 40 years ago, attended the grand opening ceremony.

"I'm most grateful to be invited to such a wonderful ceremony," said Takaesu. "Before the reversion of Okinawa, my father worked on this U.S. military base. His last place to work was this library. I cannot believe I am standing here to celebrate the opening of this facility."

One of the new features in the library is a soundproof media room where patrons can watch DVDs, and even play video games online.

The library's soundproof children's

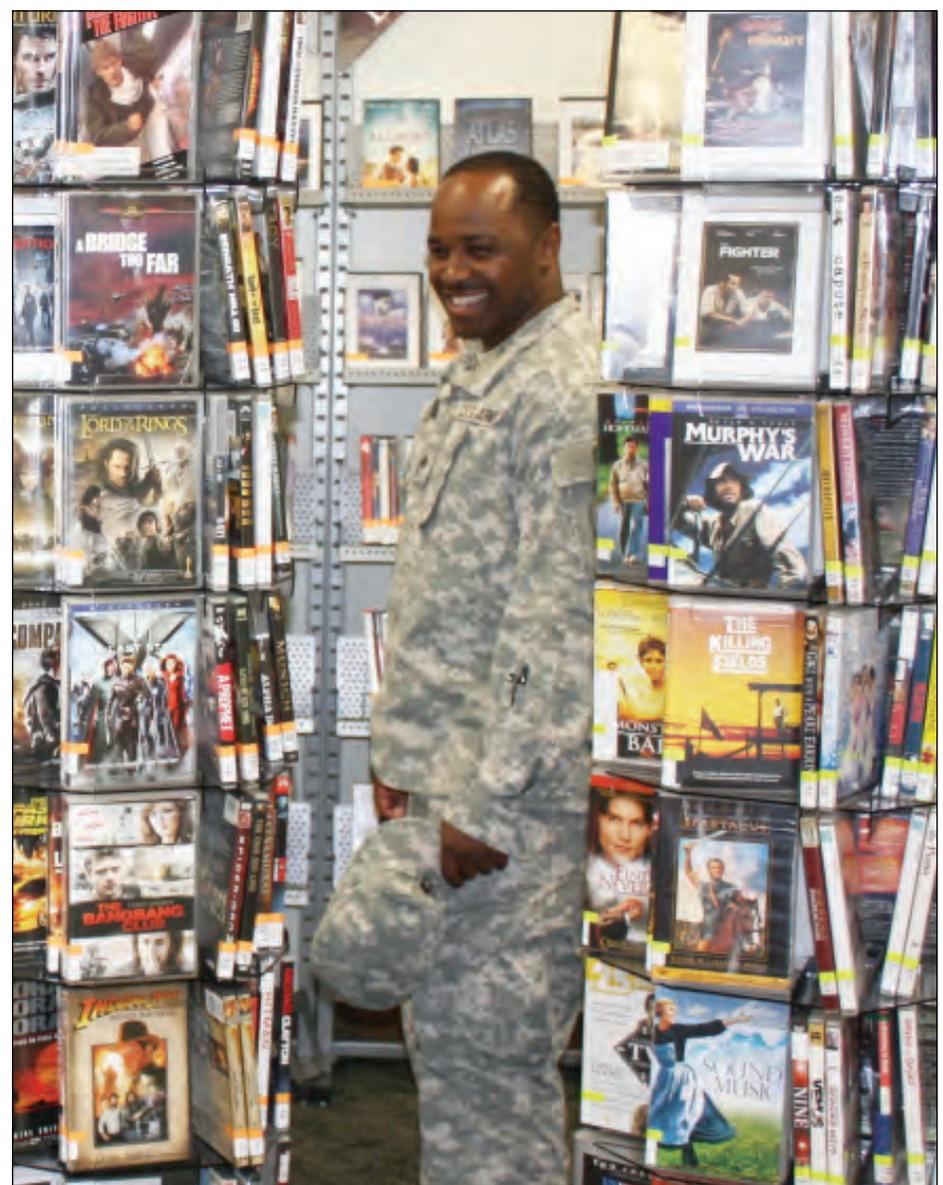


(From left): U.S. Army Garrison Torii Station Commander Lt. Col. Cory Anderton, Librarian Casey Grimmer, guest Nobu Taka Takaesu and 10th Regional Support Group Commander Col. Lance Koenig cut the ribbon May 30 to signify the official grand reopening of the Torii Station Library, which now offers the Pirate Republic Coffee Shop and free Wi-Fi access, among many other new features. **U.S. Army photos by Lauren Hall**

room is stocked with age-appropriate books, a TV, DVDs, a DVD player and a PlayStation 3.

The Pirate Republic Coffee Shop, located inside the library, features a Trifecta unit, essentially an automatic French press. It uses an air-infusion, single-cup process. Torii Station is the first military base in the world to have one. The shop offers freshly brewed coffee and tea, a variety of espresso drinks, and a wide range of Panini sandwiches and pastries.

"You'll be blown away and will never want to go back to regular coffee again," said Evers. "It's like riding in first class: you'll never want to go back to coach."



The newly remodeled Torii Station Library, which reopened May 30 after 17 months of renovations, offers books, DVDs and music CDs for checkout free of charge.



There are 10 public-use computers available at the library, along with free Wi-Fi throughout.

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.nakahara4.ln@mail.mil](mailto:tetsuo.nakahara4.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: June 30, 2012

**Lead Child and Youth Program Assistant (Level 5)**, SHA, CY-02, RFT, \$13.14 - \$17.09, Close: June 30, 2012

**Recreation Assistant (Lifeguard)**, RD, NF-02, Flex, \$ 9.29, Close: Oct. 31, 2012

**Food Service Worker**, BD, Flex, NA-02, \$8.77, Close: October 10, 2012

**Recreation Assistant**, RD, Sagami Depot, Flex, NF-02, \$ 9.29, Close: October 5, 2012

## Other local positions

**Nurse Practitioner/Physician Assistant (Part-Time)**: The U.S. Embassy Tokyo is seeking candidates for the following position: Nurse Practitioner/Physician Assistant (Part-Time). For position details and application procedures, please see U.S. Embassy website: <http://japan.usembassy.gov/e/infotinfo-jobs.html>

**Pharmacist, Intermittent (420 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 positions open to SOFA status applicants. Resumes may be sent to [Yoshiyasu.Aoki@us.army.mil](mailto:Yoshiyasu.Aoki@us.army.mil). ALL applicants shall register in the Central Contractor Registration (CCR) at [www.ccr.gov](http://www.ccr.gov).

**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 [asdjjobs@gdit.com](mailto:asdjjobs@gdit.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).

**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:

[partngtn@jcom.home.ne.jp](mailto:partngtn@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, washi 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.

## Pets

**Animal adoption**: Dogs and cats are available for adoption at the Camp Zama Veterinary Clinic. For more information, call 263-3875.

## 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://zamedesu.net/czpc>, or send us an email at [CZPhotoClub@gmail.com](mailto:CZPhotoClub@gmail.com).

**Alcoholics Anonymous**: Alcoholics Anonymous is now meeting on Camp Zama. AA is a no-cost, confidential forum for those seeking support and fellowship in a lifestyle free of alcohol and drugs. Meeting times are Monday, Tuesday, Wednesday and Friday, 1900 - 2000. Location is building 533, 2nd floor. For more information, contact Garrett at 090-1771-4271

**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)

**\*\*\*Temporary Closure\*\*\***

The final showing at the Sagamihara Movie Theater was April 25. Construction for the new theater is ongoing, but an official announcement has not yet been made regarding when it will open.

It has been confirmed that the new theater will utilize a digital-projection system.

The theater and adjoining club are expected to have a joint grand opening once a date has been announced. Look for updates in the *Rising Sun* newspaper, the Command Channel and the U.S. Army Garrison Japan Facebook page ([www.facebook.com/USAGJ](http://www.facebook.com/USAGJ)) for more details as they become available.

**\*\*\*Temporary Closure\*\*\***



## 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, June 21**  
5:30 p.m. - Madagascar 3

**Friday, June 22**  
6:30 p.m. - Think Like a Man  
9:30 p.m. - The Raven

**Saturday, June 23**  
4 p.m. - The Pirates! Band of Misfits  
6:30 p.m. - Think Like a Man  
9:30 p.m. - The Five-Year Engagement

**Sunday, June 24**  
2:30 p.m. - Madagascar 3  
5 p.m. - Think Like a Man  
8 p.m. - The Raven

**Monday, June 25**  
7 p.m. - Prometheus

**Tuesday, June 26**  
5:30 p.m. - Madagascar 3

**Wednesday, June 27**  
7 p.m. - The Pirates! Band of Misfits  
9:30 p.m. - The Raven

**Thursday, June 28**  
5:30 p.m. - Think Like a Man

# Public health unit evaluates benefits of 'mindfulness'

By Dustin Perry  
Editor

The possible benefits of an increasingly prevalent form of resilience-building, as well as the widespread number of ways it can be applied throughout the military, are being evaluated following an eight-week class held here.

Feedback from 15 participants of the "mindfulness meditation" sessions was very positive, said Col. Michael Brumage, commander of Public Health Command Region-Pacific here, the unit through which the class was coordinated.

Data from pre- and post-clinic surveys filled out by the participants here will be compiled, analyzed and combined with the results from other Army installations to form the basis of a program evaluation and survey.

"I'm hoping we can demonstrate to the Army and the rest of the military that [mindfulness meditation] is an effective intervention which merits and warrants endorsement and support from commands," said Rudy Melson, a former active-duty Soldier and currently a doctoral student in public health policy from New York Medical College who worked with Brumage during the evaluation here.

Brumage defines the concept of mindfulness as "learning how to be in the present moment." The secular practice has its roots in centuries-old Buddhist practices, but began being applied in wellness and resiliency courses in the late 1970s, championed by the likes of Dr. Jon Kabat-Zinn and author Saki Santorelli at the University of Massachusetts Medical School.

Benefits in stress reduction and improved performance have prompted U.S. corporations including Google, Target, Procter & Gamble, General Mills, Bose, and New Balance to offer mindfulness training and encourage its use at work.

"Most people can relate to the idea that they spend much of their time, while physically in the present moment, mentally somewhere else altogether," said Brumage.

During the eight-week class, held from January through April, Brumage led a number of meditation sessions meant to teach participants how to align those physical and mental states. This included several exercises that differed slightly in their execution, but were mostly all intended to focus one's awareness on the present moment, the colonel said.

"It's not about clearing the mind; it's about refocusing that attention back to your breath or whatever particular sensation you are focusing on at that particular moment," said Brumage. "We eventually expand the practice of mindfulness to everything, to have it permeate your everyday life so that everything you do becomes a practice of mindfulness."

Prior to his arrival at Camp Zama, Brumage was the commander of the Schofield Barracks Health Clinic in Hawaii. While there, the colonel said the



Col. Michael Brumage, left, commander of Public Health Command Region-Pacific here, leads a "mindfulness meditation" session with community members June 14. An eight-week class was held here from January through April, and feedback from the participants will be evaluated to determine if the practice of mindfulness could be beneficial for service members. **U.S. Army photo by Jana York**

majority of his time was spent focused on addressing and devising treatment and resiliency options for deployment-related stressors faced by Soldiers and their family members.

Mindfulness-based classes, workshops and other activities began to be offered to the community at Schofield, and were "enthusiastically embraced" there, Brumage said. Based on the success and positive reception he saw in Hawaii, Brumage was eager to bring mindfulness to Japan.

Studies have shown that mindfulness meditation can be helpful in treating depression, post-traumatic stress disorder and other psychological ailments common among service members.

"Science has shown us that people who practice mindfulness are able to get a number of health benefits from it," said Brumage. "People are actually able to thicken their cerebral cortex in areas associated with increased emotional regulation and decreased emotional reactivity."

Mindfulness meditation is already a part of Comprehensive Soldier Fitness, a multi-pronged Army initiative and educational resource that aims to improve participants in five dimensions of physical and mental strength. The goal, Melson said, is for the practice to become not just a larger part of medicine in general, but also to be infused throughout the military way of life.

"The evidence and feedback that has been gathered at this command and elsewhere shows that there are receptive individuals out there who believe that mindfulness does have an essential role in completing missions that Soldiers get on a daily basis," said Melson.

## Charles Barkley talks shop with wounded warriors in San Antonio

By Elaine Sanchez  
BAMC Public Affairs

FORT SAM HOUSTON, Texas – A group of wounded warriors put Charles Barkley's basketball knowledge to the test June 4 during a visit to the Center for the Intrepid here.

"What up, guys!" Barkley called out as he entered the military's state-of-the-art physical rehabilitation center, just steps away from San Antonio Military Medical Center.

A few dozen troops – some in wheelchairs and others standing on prosthetic limbs – gathered around to grill the former pro basketball player on everything from his predictions for that night's playoff game tonight to his pick for best player in the league.

A few of the Soldiers ribbed Barkley, an analyst on TNT's *Inside the NBA*, about some of his past predictions, particularly regarding San Antonio's beloved Spurs, but "Sir Charles" took it in stride. He joked with the troops, taking time to pose for pictures and sign basketballs and gym towels. One amputee Soldier even decided to pull off his prosthetic to be the "third wheel" in a picture.

"He's a really great guy," said Sgt. Ken Patterson, who bantered with Barkley for several minutes after they met. "And I can tell he really cares about

Soldiers. Plus, I admire the way he sticks to his convictions."

Spc. Chris Haley, who also chatted with Barkley for several minutes, agreed.

"He doesn't hold anything back," he said. "He's one of my favorite commentators."

Barkley invited the wounded warriors to ask him anything, but, with the playoffs then heating up and some avid sports fans in the room, the topic centered solely on basketball. Barkley talked about how he researches teams and players before each game and his fondness for his co-host, fellow former pro player Shaquille O'Neal.

"It's great how he treats [wounded warriors] like fellow sports enthusiasts," Rebecca Hooper, CFI's program manager, said. "He looks at them as people, not as people to worry about."

Maj. Gen. M. Ted Wong, commander of Brooke Army Medical Center, stopped by to give Barkley, a commander's coin as a gesture of gratitude.

"Thank you for taking time out to share some joy and cheer," he told him to resounding applause.

On his way out to ready for tonight's game, Barkley said he was the one who was grateful. In his opinion, he said, there are only five real jobs: teacher, firefighter, police officer, doctor and a member of the armed forces.

# Hydrangeas in bloom in Kamakura



A bouquet of hydrangeas rests in the hands of a statue near the Hasedera temple in Kamakura. From June through July is the ideal time to view the beautiful flowers. **U.S. Army photos by Tetsuo Nakahara**



Many tourists visit the Hasedera temple from June through July to view hydrangeas in bloom.

**By Tetsuo Nakahara**  
Photo Editor

The time of year that spans from Japan's "rainy season" through the summer months is the peak blooming period for the country's many varieties of flowers. Among those, colorful hydrangeas, or *ajisai*, are beloved by Japanese as the symbol of the rainy season.

One of the most popular spots for viewing hydrangeas around Camp Zama is the Kamakura area. Many temples, historical sites and even small walkways are filled with the bright flowers from mid-June to -July.

People from all over Japan visit Kamakura to witness the harmony of nature and ancient Japanese culture. The sight of a field of hydrangeas in the traditional town evokes a one-of-a-kind air of nostalgia.

One of the most popular temples among tourists during this season is *Hasedera*. Hasedera is famous for housing one of Japan's largest wooden Avalokitesvara sculptures, standing at nine meters tall: *Hase Kannon*, the goddess of mercy.

Hasedera is built along the slope of a wooded hill, which includes a pleasant

walking path on which visitors can view thousands of colorful hydrangeas in well-maintained gardens. During this season, the temple can get very crowded with tourists, so you may want to get there early in the morning.

Getting the opportunity to view the flowers in bloom, along with a visit to the temple and a breathtaking view of Sagami Bay, will definitely make for a lasting memory of the beauty of Japan.

The *Meigetsu-in*, nicknamed the Ajisai Temple due to the large amount of blue hydrangeas that bloom there, is also a famous spot for viewing the flowers.

If you plan to go to Kamakura, taking the train is recommended because of heavy traffic in the area, especially on weekends. Taking the *Enoden* (a local train running between Kamakura and Fujisawa) is an easy and convenient way to get there. You can also enjoy the ocean view from the train on the way to Kamakura.

**Getting there:** Take the Odakyu Line from Sobudai-mae or Odakyu-Sagamihara Station to Fujisawa Station. Take the Enoshima Dentetsu Line's Enoden and get off at Gokurakuji Station. It is about a five-minute walk to Hasedera from there. Travel time from Camp Zama is approximately 90 minutes.