

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



FREE BON DANCE LESSONS

Free Bon dance lessons will be offered July 26, July 31 and Aug. 2, from 5 to 7:30 p.m., at the Community Activity Center! No need to register! **SEE PAGE 4**

'BRING YOUR CHILDREN TO WORK' DAY

"Bring Your Children to Work" Day will take place July 31 for U.S. Army Garrison Japan employees located in the Kanto area. **SEE PAGE 4**



U.S. ARMY GARRISON JAPAN

RISING SUN

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SERVING THE U.S. ARMY JAPAN COMMUNITY

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Full-scale exercise conducted at Zama



Members of the Camp Zama Fire Department, clad in a protective suit, approach to the suspected object July 18 at Camp Zama during a mock scenario that was part of a full-scale U.S. Army Garrison Japan exercise held here that concluded last week. The exercise, which was the first of its size and scope to be held on the installation, was meant to evaluate various USAG-J organizations' response to a number of disaster scenarios, including a downed aircraft, hostage situation, hazardous material leak, and an explosive device. **U.S. Army photo by Tetsuo Nakahara SEE MORE, PAGE 2**



INSIDE THIS EDITION

- 2 ARMY NEWS
- 3 HONSHU NEWS
- 4 COMMUNITY NEWS
- 5 OKINAWA NEWS
- 7 SPORTS
- 8 TRAVEL & CULTURE



FEATURE STORY

All-in-one community center with restaurant, bar, 3D movie theater and library opens on Sagamihara Housing Area. See Page 4.



RISING SUN

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Garrison Commander: Col. Eric D. Tilley

Director of Public Affairs: R. Slade Walters

Managing Editor: Dustin Perry

Photo Editor: Tetsuo Nakahara

Okinawa Bureau Chief: Lauren Hall



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Zama exercise kicks off with downed aircraft scenario

By Dustin Perry
Editor

Rescue workers responded July 16 to a mock scenario here involving a downed aircraft and several injured personnel on the first day of a full-scale exercise, the first of its kind to be held on the installation.

The simulated emergency included participation from U.S. Army organizations such as the 78th Aviation Battalion and Directorate of Emergency Services, and neighboring Japanese fire departments from Zama and Sagami-hara cities.

Just before 1 p.m., firefighters and ambulance crews were called to Kastner Airfield here, where a UH-60 Black Hawk helicopter was parked on the runway. Simulated smoke spewed from under the aircraft's carriage, while training dummies and live role-players awaited rescue from inside the cockpit and passenger cab.

Firefighters first had to extinguish the "blaze" and deem the crash site safe before emergency medical technicians could move in and evacuate the "injured" personnel and treat their wounds. This combination of elements was meant to test the participants' response to a complex disaster, said the emergency manager for G-3/5/7 at U.S. Army Garrison Japan.

"The scenario teaches cohesion, equipment that is used, procedures that are followed, and techniques we can share across lines so that we can learn from each other and improve the way that we respond [to emergencies] that happen on Camp Zama," said Ransome Bush.

Once the accident victims were evacuated, they were taken to a triage area. They each wore cards that stated the extent of their injuries, which dictated the treatment they were administered. One role-player had a bandage applied to his arm and a brace placed around his neck before being moved from triage on a stretcher.

Ambulances from the Sagami-hara Fire Department are dispatched to the U.S. Army's nearby Sagami General Depot about 80 times per year, said firefighter Kazuyuki Kodama. The experience gained from taking part in Monday's scenario was therefore beneficial for his entire crew, he said.

"Fortunately, we haven't received any emergency requests related to fires lately," said Kodama. "However, the risk of various disaster occurrences does exist, so I think an exercise like this is very important."

The multi-day exercise, which concluded July 19, was meant to evaluate the installation's comprehensive response to a variety of hazardous and disaster scenarios. Other scenarios included an earthquake, a hostage situation, a hazardous material spill, and a possible explosive device found in a vehicle entering the installation.

"From what I have observed so far, it has been a very professional response from all of the players who are participating, and it seems to be going really well," said Bush.



A pair of firefighters moves closer to a UH-60 Black Hawk helicopter at Kastner Airfield here, which was used during a downed aircraft exercise scenario. A week-long full-scale exercise took place here through July 19 and incorporated various disaster scenarios. **U.S. Army photos by Dustin Perry**



A member of the Camp Zama Fire Department administers CPR to a training dummy as part of his first-responder requirements during a mock scenario here involving a downed aircraft and several injured personnel on the first day of a full-scale exercise, the first of its kind on the installation.

USAG-J welcomes new command sergeant major

By Dustin Perry
Editor

Command Sgt. Maj. Katrina M. Najee assumed responsibility as the senior noncommissioned officer of U.S. Army Garrison Japan during a ceremony held July 20 at the Music Theater Workshop here.

Najee took over for outgoing Command Sgt. Maj. Scarlett I. Stabel, who relinquished the position after having served in it since April 2009.

The ceremony included the traditional passing of the USAG-J guidon from Stabel to Col. Eric D. Tilley, the unit's commander, who then passed it to Najee, officially recognizing her as the new command sergeant major.

During her remarks, Najee expressed to the more than 100 Soldiers, community members, Japanese civilian employees, and other guests in attendance that she was honored to have received the opportunity to serve in her new position.

"Japan is enriched with honor and courage, and I cannot wait to be part of the family that you all have built here," said Najee. "I look forward to serving alongside my commander ... and continuing the legacy to our mission and community, and the Soldiers, families and civilians who make this installation what it is today."

Najee brings to Japan "a level of experience and diversity that will benefit [the] community tremendously," Tilley said, praising his new command sergeant major.

"As you are well aware, this command will be extremely challenging, yet very rewarding," Tilley added. "It is a responsibility that I know you will assume with dedication and diligence, and we are excited to have you aboard."

During her past three years in Japan, Stabel said she had a number of experiences in her role as USAG-J's command



Command Sgt. Maj. Katrina M. Najee paints the eye on a traditional Japanese *daruma* doll after assuming responsibility as the senior noncommissioned officer of U.S. Army Garrison Japan during a ceremony held July 20 at the Music Theater Workshop here. U.S. Army photos by Dustin Perry

sergeant major that were "challenging, rewarding and humbling." Perhaps the most significant among these was the 9.0-magnitude earthquake and subsequent tsunami that struck northeast Japan in March 2011, and the U.S. and Japanese military-led relief and rebuilding effort that followed, "Operation Tomodachi."

"I have grown tremendously from these experiences, both on a professional and personal level," said Stabel. "There is not one day that went by that I did not learn

something new."

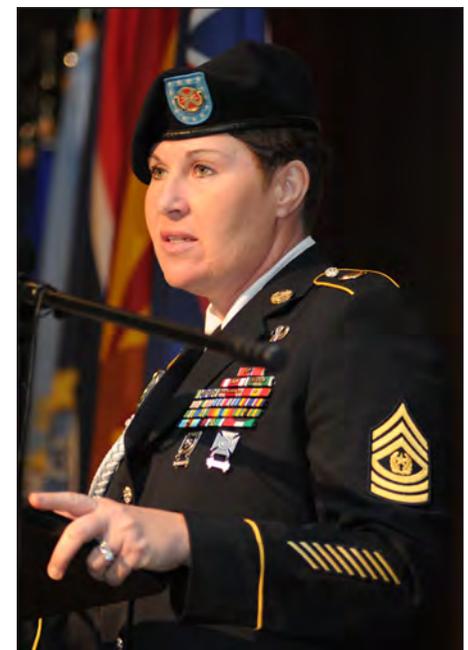
Stabel concluded by thanking the entire community for working together with her to help accomplish the garrison's mission on a daily basis, but most of all for their friendship and for making her tenure here enjoyable.

"I'm a person who has to be at home, and I very much felt at home in United States Army Japan and our beautiful host nation," said Stabel. "It has been an honor and privilege to serve as your command sergeant major."

Tilley praised his outgoing command sergeant major for her dedication and knowledge in all the areas required of a senior NCO, saying Stabel "worked tirelessly, with a single focus and purpose ... to take care of the service members, families and civilians [here], and to improve their quality of life."

"You have done [your job] with a style and a flair that is definitely all your own; with you, not only did they break the mold, they shattered and pulverized it," Tilley said, addressing Stabel. "On behalf of the entire garrison, the tenant military and civilian organizations, and our host nation community, I thank you for your professionalism and your dedication."

Najee enlisted in the Army in 1986. She has been deployed four times in her career, with two different divisions. Her previous assignments include Fort Bragg, N.C.; Fort Drum, N.Y.; Korea; Germany; Fort Lee, Va.; and her most recent assignment at Fort Campbell, Ky., where she served as the command sergeant major of the 129th Combat Sustainment Support Battalion.



Najee gives remarks after assuming responsibility as the senior noncommissioned officer of U.S. Army Garrison Japan.

She is married to Nadir Melrose Najee, and they have one daughter, Endasia.

Stabel was born, raised and educated in Germany, and enlisted in the Army in 1985. She deployed to Kuwait in 2007 as part of the Battalion Staff of Logistics Task Force 10. Her previous assignments include Fort Hood, Texas; Vilseck and Kaiserslautern, Germany; and Korea. Her next assignment is Fort Leavenworth, Kan., where she will serve as an instructor at the Command and General Staff College there. She has three daughters – Kim, La'Kisha and Jamila – who each serve in the Army Reserve, Air Force and Navy, respectively.



(From left): Command Sgts. Maj. Najee and Scarlett I. Stabel, the respective incoming and outgoing command sergeants major of U.S. Army Garrison Japan, during their change of responsibility.

All-in-one community center opens on SHA

By **Dustin Perry**
Editor

A new complex at Sagamihara Family Housing Area featuring a restaurant, bar, digital-projection 3D movie theater and library opened for business July 13 following a ribbon-cutting ceremony there.

The Community Recreation Center replaces older versions of the aforementioned facilities on the installation, and consolidates them at a single site.

Opening-day festivities at the included a free sampling of food from the Pacific Rim restaurant, an open-house viewing of the library, and a costume contest in conjunction with the theater's debut theatrical showing, *The Amazing Spider-man*, in 3D.

The ribbon was cut by the managers of each facility in the center, the directors of the Army and Air Force Exchange Service and Directorate of Family, Morale, Welfare and Recreation, and the commander and command sergeant major of U.S. Army Garrison Japan.

"This event is a great day for the SHA community," said Col. Eric D. Tilley after the ribbon-cutting. "It's been many, many years in the making and it's just a reinforcement of what a wonderful place this is to work and live each and every day."

The restaurant features family-style dining and a menu of entrees, appetizers and drinks from both the U.S. and Japan.



The Pacific Rim restaurant, located in the newly opened Community Recreation Center at Sagamihara Family Housing Area, features family-style dining and a menu of entrees, appetizers and drinks from both the U.S. and Japan. Also included are six tables equipped with built-in gas grills in the center, which allows for a unique, do-it-yourself Japanese barbecue experience known as *yakiniku*. U.S. Army photo by Tetsuo Nakahara

Also included are six tables equipped with built-in gas grills in the center, which allows for a unique, do-it-yourself Japanese barbecue experience known as *yakiniku*.

Located next to the restaurant is the Blue Moon bar, which features U.S. and Japanese draft selections.

The movie theater has a seating capacity

of 246 and is equipped with a digital projector and surround sound.

The library is twice the size of the one it replaced and features a massive selection of books, periodicals, DVDs and Blu-rays for checkout, a viewing room, and Internet-accessible computer stations.

Free, commercial Wi-Fi is expected to be

available by September, Shoda said.

The opening of the Community Recreation Center came just a few weeks after the opening of the new School Age Care facility on SHA. Other future construction initiatives on the installation include a new outdoor swimming pool, gymnasium and family housing units.

Upcoming Ongoing Events

Free Bon Dance Lessons

Free Bon dance lessons are being offered to the Camp Zama community in preparation for the installation's annual Bon Odori Festival, which will be held Aug. 4. Lessons will be held every Tuesday and Thursday through Aug. 2, from 5 to 7:30 p.m., at the Community Activity Center. No registration is required to attend. Call 263-7156 for more information.

Remaining dates:

Week Two: July 26

Week Three: July 31 and Aug. 2

'Bring Your Children to Work' Day

"Bring Your Children to Work" Day will take place July 31 for U.S. Army Garrison Japan employees located in the Kanto area. If your child or children would like to participate, consult your supervisor and sign up. Call 263-4866 for more information.

'Operation R.E.A.D.Y.' Training at ACS

"Operation R.E.A.D.Y. training, offered through Camp Zama's Army Community Service, will be held July 31 and Aug. 29 from 9 a.m. to 1 p.m. at ACS, Bldg. 402. Call 263-8089 to schedule additional training sessions.

Soldier Show Performances at Zama

Two performances of the 2012 U.S. Army Soldier Show will be held Aug. 1 and 2 at Camp Zama's Music Theater Workshop. Each performance will begin at 6 p.m., and there is no cost to attend. Call 263-3939 for more information.

Zama ITT July, Labor Day Travel Specials

Zama ITT has their July through Labor Day travel specials available now. Call 263-5273 for more information.

Telecommunications Upgrade at SHA

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.

Parking Lot Closure at Community Club

A portion of the parking lot at the Camp Zama Community Club will be closed from Aug. 6 through 27 due to construction being done on "Narita Bus Road" (the entrance road on the north side of the CZCC). A road will be open for passing traffic through the construction area. Call 263-8721 for more information.

Youth Wellness Physicals

Youth wellness physicals will be offered Aug. 16 at Camp Zama for children ages 4 and older. The physical is required to register children for Child, Youth and School Services, team sports, after-school and extracurricular activities, school physicals and immunizations. Call 263-4175 to make an appointment, and be sure to bring your child's CYSS forms and immunization records.

Date: Aug. 16

Time: 7:30 to 11:30 a.m.

Location: BG Sams U.S. Army Health Clinic

Road Closure at MacArthur Drive

A road closure will be in effect through Aug. 18 at a portion of MacArthur Drive near Camp Zama's 1000 block of on-base housing to reroute existing storm drainage piping. Call 263-7073 for more information.

College, Career Fair for ZAHS students

A "Life After High School" college and career fair will be held from 3 to 6 p.m. on Oct. 11 at the Zama American High School cafeteria. Call 263-3241 for more information.

What's Happening Outside the Gate?

Hisano Yamazaki

hisano.yamazaki.jp@yokota.af.mil



Eagle 810 Radio

Hawaiian Event "Ukulele Picnic Week 2012 Yokohama 4 Days" @ Yokohama Red Brick Warehouse, July 26-29

Eisa Dance and Music Performance Festival @ JR Shinjuku East Exit area, Tokyo, July 28

Eisa is an Okinawan folk performing art that represents an Okinawan Bon dance. The unique tones of Okinawan music are blended with taiko drums to create artistic and energetic beats.

Special Exhibition: Nijo Castle Kyoto @ Edo Tokyo Museum, July 28 - Sept. 23

English website: <http://nijo-castle2012.jp/blog/category/english>

"Yugawara Yassa Matsuri" Festival @ Yugawara Town, Kanagawa, Aug. 2-3

This festival originated from dancing and singing performances a feudal lord proposed in the 1500s, to wish for their safety. Around 3,000 adults and children dance in a parade to the rhythmic call of "Yassa, Yassa!"

Aug. 2 - 6 to 9 p.m.: Parade

Aug. 3 - 6 to 7:30 p.m.: Parade

Aug. 3 - 8 to 8:30 p.m.: Fireworks display

Fussa Tanabata Festival @ JR Fussa Station West Exit Side, Tokyo, Aug. 2-5

Torii Station holds inaugural farmer's market

By Lauren Hall

USAG Torii Station Public Affairs

TORII STATION, Okinawa – Torii Station held its first ever farmers market here July 13, offering fresh produce grown on the installation by local farmers.

Torii Station is a 479-acre U.S. Army installation located in Yomitan Village on the island of Okinawa's southernmost prefecture. Its subtropical climate makes it an ideal location for farming a large variety of produce.

Local farmers have been farming nearly two-thirds of the land on Torii Station for more than 52 years.

There are currently 474 farmers on Army installations on Okinawa whose crops include sugarcane, watermelon, carrots, green peppers, cucumbers, purple sweet potatoes (*beni-imo*), hechima squash, cabbage, Chinese radish (*daikon*), eggplant, papaya, bananas, okra, mango, dragon fruit, tomatoes, bitter melon (*goya*), and more.

Seizen Higa has been farming watermelon, carrots and sugarcane here for 30 years. The secret to his health and success, he said, is farming every day and staying hydrated in Okinawa's heat and humidity.

"Taking regular breaks and drinking plenty of water is very important," said Higa. "Otherwise you would be miserable and dehydrated, and you may even pass out."

Shinei Higa has been farming on Torii Station for more than 15 years. His crops include purple sweet potatoes, sugar cane, okra and watermelon. Higa shared a tip on how he helps his watermelon become sweeter: he places Styrofoam cushions underneath each watermelon as it ripens on the vine.

"The sugar cane is sold to a factory in Uruma City where it is processed into unrefined brown sugar, white granulated sugar and powdered sugar," said Higa. "The purple sweet potatoes are sold to a local pastry shop. Okra grows so fast, we have to pick it every morning and evening."

After nearly a year's worth of coordination between the commander of U.S. Army Garrison Torii Station, Lt. Col. Cory Anderton, and the Yomitan mayor's office, local ward chiefs, Okinawa Defense Bureau, other Yomitan officials and Torii's Staff Judge Advocate office, the farmers will begin holding a weekly farmer's market on Torii Station, offering only produce grown on the installation.

"It is a pleasure to have the farmers and the farmer's market on Torii Station, said Command Sgt. Maj. Kevin Nolan, USAG Torii Station command sergeant major. "It allows the Soldiers to interact with our great neighbors and learn about the history and traditions of Okinawa farming. I look forward to increasing our close ties with our neighbors, and the farmer's market is another step toward a great relationship."

Before getting the approval to hold the farmer's market, a sample of the produce



Torii Station held its first ever farmers market here July 13, offering fresh produce grown on the installation by local farmers. Green peppers are one of the vegetables grown by local farmers here. Others include carrots, goya, eggplant, cucumbers, okra and more. U.S. Army photo by Lauren Hall

was sent for testing to ensure it passed U.S. Department of Agriculture standards.

"A sample of the produce, including sweet potatoes, carrots, leafy greens, garlic and eggplant, was sent to the U.S. Army Veterinary Services, Okinawa Branch, and analyzed for pesticides and radiological residue," said Mike Riegert, environmental

division chief.

Finally, the farmers will be able to provide their produce right where it is grown: on Torii Station. The first farmer's market was held in the small parking lot next to the four-way stop at the entrance to Torii Beach.

All sales will be in yen only, so patrons

are encouraged to bring enough to purchase the fresh produce directly from the farmers on Torii Station.

Effective July 20, the farmer's market will be held in the same location every Friday from 4:30 to 5:30 p.m. Check the USAG Torii Station Facebook page for updates.

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. 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 and 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. 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: December 26, 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/info/tinfo-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. ALL applicants shall register in the Central Contractor Registration (CCR) at 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 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.

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.

Vehicles for sale

01 Subaru Impreza WRX: 20K Blue Sports Wagon JCI 4/2014 71K KM One owner, \$9500, 09060420797 / 08034167390. (2)

06 Toyota Estima Aero G V6: 3.5l 6sp AT JCI 4/2013 69K KM One owner, \$20,000, available 8 Aug 09060420797 / 08034167390. (2)

00 Nissan: silver, only 24,000 miles, excellent condition, 2nd owner, JCI good until Oct 13, available 5 Aug, \$1,700.00, phone 263-5995 (0700-1600). (2)

00 Toyota Spacio: GF-AE111N, silver, 86K km, JCI 7/2013, Available July 26, \$2,800, 08044197443

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

Pets

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

Others

Sayonara PCS Sale: some free items, All must go before Aug. 2. See items pictured: <http://flic.kr/s/aHsjAE9xo9> or e-mail: gcfedler@gmail.com

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://zamadestu.net/czpc>, or send us an email at CZPhotoClub@gmail.com.

Alcoholics Anonymous: Starting June 26, Alcoholics Anonymous (AA) on Camp Zama meets on Tuesday, Wednesday and Thursday. AA is a no-cost, confidential forum for those seeking support and fellowship in a lifestyle free of alcohol and drugs. Meeting time is 7 to 8 PM. Location is building 533, 2nd floor. For more information, call 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.

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

Thursday, July 26

2 p.m. - Ice Age 4: Continental Drift
7 p.m. - The Avengers

Friday, July 27

2 p.m. - Men in Black III
6 p.m. - The Dark Knight Rises
9:30 p.m. - Men in Black III

Saturday, July 28

1 p.m. - Men in Black III
5 p.m. - The Dark Knight Rises
9 p.m. - Chernobyl

Sunday, July 29

3 p.m. - Men in Black III
6:30 p.m. - The Dark Knight Rises

Monday, July 30

2 p.m. - Ice Age 4: Continental Drift
7 p.m. - The Dark Knight Rises

Tuesday, July 31

2 p.m. - Men in Black III
7 p.m. - The Dark Knight Rises

Wednesday, Aug. 1

2 p.m. - Ice Age 4: Continental Drift
7 p.m. - The Dark Knight Rises



Atsugi Cinema 77

For ratings and run times, visit: www.cnrc.navy.mil/Atsugi/FleetAndFamilyReadiness/ThingsToDo/Entertainment/index.htm

Thursday, July 26

5:30 p.m. - Ice Age Continental Drift

Friday, July 27

Midnight - The Dark Knight Rises
6:30 p.m. - The Best Exotic Marigold Hotel
9:30 p.m. - The Dark Knight Rises

Saturday, July 28

3:30 p.m. - Snow White & The Huntsman
6:30 p.m. - The Best Exotic Marigold Hotel
9:30 p.m. - The Dark Knight Rises

Sunday, July 29

2:30 p.m. - Ice Age Continental Drift
5 p.m. - The Best Exotic Marigold Hotel
8 p.m. - The Dark Knight Rises

Monday, July 30

7 p.m. - The Dark Knight Rises

Tuesday, July 31

5:30 p.m. - Ice Age Continental Drift

Wednesday, Aug. 1

6:30 p.m. - Snow White & The Huntsman
9:30 p.m. - The Dark Knight Rises

Thursday, Aug. 2

5:30 p.m. - The Best Exotic Marigold Hotel

World Class Athlete Program mission: win the Olympics

By Jennifer Mattson
NCO Journal

FORT BLISS, Texas – Service members have participated in the Olympics since 1896 as athletes and as coaches in both the summer and winter games. In 1997, the Army created the World Class Athlete Program with the explicit goal of competing – and winning medals – in the Olympic Games.

Since its founding, 40 World Class Athlete Program, or WCAP, Soldiers have brought home gold, silver and bronze Olympic medals.

This summer, the Army's World Class Athlete Program will send eight noncommissioned officers to London; four of them have competed in the Olympics in previous years, and four of them stand ready to show what it means to serve in WCAP. These NCOs are charged with one task: to bring home medals.

After the games, these NCOs will continue to serve the Army by supporting U.S. Army Recruiting Command, hosting clinics and promoting the Army. Then, they will either serve in WCAP by training for national and international competitions, or they will return to the operational Army to serve in their military occupational specialty.

U.S. Army Soldiers compete alongside other Americans at the Olympics. They wear the Team USA gear, and when they win, they step up to the podium to hear "The Star-Spangled Banner" play. But these Soldier-athletes continually represent the Army on and off the field – through their discipline and determination.

Sgt. 1st Class Daryl Szarenski, an air pistol Olympian, will return to the Olympics for the fourth time in the shooting event. Previously, Szarenski has gone to the Olympics with the Army Marksmanship Unit, which also sends Soldiers to the Olympics. The difference, Szarenski said, is that the World Class Athlete Program's focus is solely on the Olympics.

"Our mission is to go to the Olympics and win the Olympics," Szarenski said. "Not everyone here will make the Olympic team, but we're all pulling together to try to get the mission accomplished. We're there to win."

Staff Sgt. John Nunn has served in the Army and the Army Reserves for more than 11 years. He will compete in the 50-kilometer racewalk event in the Olympics, an event he has only competed in three times. He puts in 100 miles a week in training, and says he supports the other WCAP athletes as they head to London.

"Within the Army, everyone is striving for success and being the best that they can be in whatever the Army is asking them to do," Nunn said. "This is a situation with the program when we make the Olympic team. It's an honor, one, to make an Olympic team and represent your country. But for us, it's even more of an honor because we get to represent the Army along the way."



Maj. Mike Mai won the hammer throw with a hurl of 69.55 meters at the Jim Bush Southern California Championships in Los Angeles, June 2, 2012.
U.S. Army photo by Phil Sussman

Olympian and NCO

The World Class Athlete Program has benchmarks for those hoping to compete in the Olympics. When the program begins to recruit, usually two years before the Olympic trials, NCOs in the program are charged with setting the example for younger Soldiers. The unit, which serves under Installation and Management Command's Morale, Welfare and Recreation department, consists of a company with a commander and support staff.

"You're still an NCO, and still in the absence of orders or the absence of leadership, take charge," Szarenski said. "There's not a squad or teams, but you're still an NCO, and how I carry myself influences those younger guys. You have to maintain your military bearing."

Sgt. 1st Class Dremiel Byers has served on and off with WCAP since 1997, when it was stood up at Fort Carson, Colo. Byers, who competes in Greco-Roman wrestling in the 120 kg weight group, said being professional and disciplined is a part of his training. Byers and other wrestlers also teach combative clinics for other Soldiers.

"It's Soldiering all around," Byers said. "There's discipline that you have to have to be a highly competitive athlete and even more discipline to be a Soldier. The two go hand in hand, and they complement each other."

As NCOs and competitors, many Soldiers in the program compete against one another when it comes to Army standards and tests – especially the Army Physical Fitness Test.

"The Soldiers in this program are some of the cream of the crop that the Army

has to offer," Nunn said. "Every Soldier in this program is not working to just get the bare minimum on their PT test or the bare minimum to pass so they can get a promotion. Everyone is striving for perfection."

Training Brings Home Medals

Most WCAP Soldiers come into the Army with the explicit intent of serving the Army by winning Olympic medals. Most, though, say that Army training has helped them compete at the higher level by teaching them mental strength.

"The Army has taught me with discipline and being able to train every day," Szarenski said. "With periodization, many people will taper down to 20 or 40 shots. With me, I've learned through the Army drilling and doing something over and over again until it's second nature. Like anything you do in the Army, you do it until you can't. It's just second nature. The Army has taught me that if you think you have it down, you're about halfway there and you just need to keep beating it down to the ground."

Staff Sgt. Keith Sanderson served in the Marine Corps for eight years before joining the Army Reserve. He served for 12 years as an infantryman before he started to compete nationally in shooting events. Sanderson credits the Marines for his ability to shoot.

"WCAP is the ultimate expression of leadership by example that you can have in the Army for both physical fitness and shooting ability, which is the most fundamental skill anyone can have in the Army," Sanderson said.

Nunn said his time during basic training has helped him mentally prepare for competition.

"Physically, basic training was very easy for me," Nunn said. "I actually got out of shape going through basic training since I was training at such a higher level. Mentally, I'd never been in a situation where they break you down by being mean and angry and building you up the way they want you to be. After I got out of basic, it really helped with my training. I was already a decent athlete, but racewalking requires so much mentally of you."

Lessons Learned

Though their primary goal is to bring home medals, Soldiers with the World Class Athlete Program also make time to give back to the Army. They support recruiting efforts in which they can tell their Army story and inspire athletes to join, and they host wrestling and shooting clinics to make Soldiers more proficient in their warrior tasks.

"People should know we're the same," Byers said. "We learn from everybody around us; I'm truly humbled in the presence of every Soldier."

Their mission to win the Olympics makes them unique among Army units. It also means that many of them will come in and out of the program every two or three years. When not training for the Olympics, they maintain proficiency in their primary MOSs and work within the operational Army.

"Every job you can train a Soldier to standard and hold them accountable for failure," Byers said. "There are a handful of jobs where you just have to have it or you don't. How many Soldiers can you pull out of the ranks and say, 'Go get a gold medal'? We can be number one in the nation and bring home world medals."

King of the hill atop Mount Fuji



By **Tetsuo Nakahara**
Photo Editor

Climbing to the top of Mount Fuji is definitely a once-in-a-lifetime experience in Japan. Officially, the months that people are allowed to climb are July and August because of the snow and cold temperatures on the mountain throughout most of the year. Mount Fuji's elevation is 3,776 meters (12,388 feet) and it is surrounded by five lakes.

The recommended starting point is in the Yamanashi Prefecture at the Kawaguchiko fifth station, which is the most popular base to climb from. Climbers can take the Fuji Subaru Line toll road to get there. It will cost ¥2,300, and will take you to the parking lots near the starting point. The parking at this station can be packed during the holiday season, so it is better to get there very early in the morning.

You don't have to be an expert climber

to attempt Mount Fuji. It will take approximately five to seven hours to climb up to the summit and an additional three to five hours to go back down to the fifth station.

The walk is simple and not extreme, however some parts get rocky and steep. The last 300 meters to the top can, for some climbers, be the most difficult portion.

If you don't have confidence in your energy, you can stay overnight at an available mountain hut. You will see many mountain huts to rest yourself along the way. It is recommended to have plenty of rest at the hut on the way up and down. This will not only save energy, but also help you

adjust to the altitude and prevent altitude sickness.

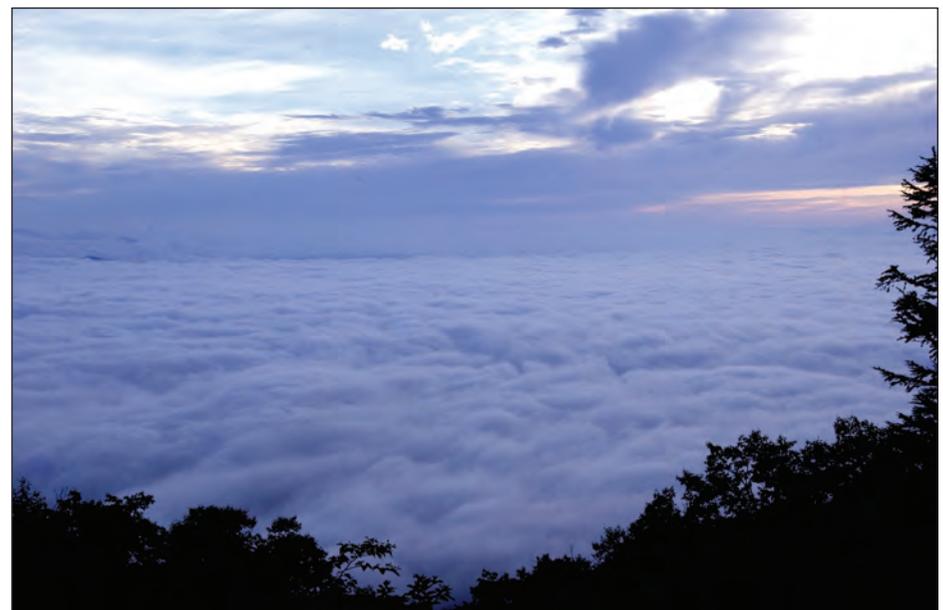
In fact, it is recommended to bring an aspirin or painkiller in case you get a headache because of the high altitude. And don't forget to bring plenty of water. Experts suggest at least two liters for a

night climb and much more for a day climb. Snacks are also a good idea. Even though snacks are sold along the route, at mountain huts along the way, it is smarter to bring a few necessities because the huts do not offer economical prices.

The most popular souvenir of Mount Fuji is the walking stick, which helps you with tracking along the way. At each station, you can get a fire-branded stamp on your stick as proof that you reached that far. The stick can be purchased at the start point of the walk or at mountain huts on the way. The cost of walking sticks range from ¥1,000 to ¥1,200. Each stamp at each starting point costs an additional

¥200. It can get expensive, but it's an experience of a lifetime.

At the peak of your climb, you'll discover a centuries-old post office, which first opened for business in 1909. Here, you can send postcards to friends and family members with stamps from Mount Fuji. This is Japan's highest altitude post office and only operates from 6 a.m. to 2 p.m. during the official climbing season. Letters and postcards posted here are stamped with a special "Japan's highest point" post mark. In addition to sending out commemorative certificates, special Fuji stamps are available for purchase.



The sight of a field of clouds at dawn on the way to the top of Mount Fuji is one of the highlights of a clear-weather climb of Japan's most well-known peak. U.S. Army photos by Tetsuo Nakahara



The fire-branded stamp on a walking stick is a popular souvenir from Mount Fuji. At each station, you can get a stamp as proof of your elevation.



The snow covers Mount Fuji from autumn to spring. The official climbing season lasts for only two months, from July to August. Even during these months, temperatures at the top can be below freezing at night and climbers must dress adequately.