

U . S . A R M Y G A R R I S O N J A P A N

RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

This Special Edition of the Rising Sun Weekly Email Dispatch will highlight
“Back-to-School 2017” for the
Camp Zama/SFHA area.



Table of Contents:

Message from SLO
Gradespeed
Back-to-School Humor
20 Helpful Tips for Back-to-School
Principal's Corner
Supply Lists
Feature Topic: Immunizations
School Meal Program
Academic Calendar
School Bus Information
PCS/ SAC/ SKIES

Dates to Remember:

Arnn New Parent Orientation - Aug. 18
ZAMHS New Student Orientation - Aug. 25
Kindergarten Orientation - Aug. 28
First Day of School (1st - 6th) - Aug. 28
First Day of School (7th - 12th) - Aug. 29
No School: Labor Day - Sept. 4
Kindergarten First Day of School - Sept. 5
ZAMHS Open House - Sept. 13
Sure Start First Day of School - Sept. 14
Arnn Open House - Sept. 14
SAC Open House - Sept. 14
SHA CDC Open House - Sept. 15
Day for Kids - Sept. 16

USAG Japan Social Media Network

Facebook - <http://www.facebook.com/usagi>

Flickr - <http://www.flickr.com/usagi>

YouTube - <http://www.youtube.com/usagjapan>

Vimeo - <http://www.vimeo.com/usagi>

Twitter - <http://www.twitter.com/usagjapan>

Pinterest - <http://www.pinterest.com/garrisonjapan/>

Slideshare - <http://www.slideshare.net/usagi>



Feature Topic

School-age children, from preschoolers to college students, need vaccines. Making sure that children receive all their vaccinations on time is one of the most important things you can do as a parent... See Page 7.

U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

Message from the School Liaison Officer: Mr. Robert Chance

The first day of school for SY17 - 18 is **August 28th and August 29th**. All schools are open for summer office hours Monday through Friday from 8 to 11 a.m. and 1 to 3 p.m.

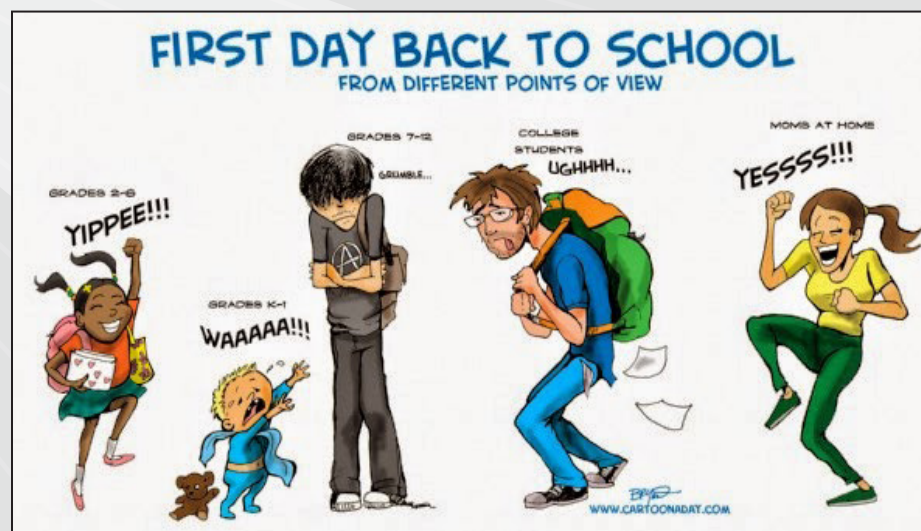
If you have not renewed your application for free and reduced lunch program for SY17 - 18, please do so at your earliest convenience. Applications are due before the beginning of each new school year to ensure your child's name is added to the AAFES list. AAFES updates their list every school year and your child will have to pay full price for meals if forms are not turned in on time. Please stop by the School Liaison Office in the Youth Center (Bldg 744) or Parent Central Services with your current LES to fill out an application.

DoDEA schools implemented the College and Career Ready Standards (CCRS) in the areas of mathematics and literacy last year. The CCRS will set foundations for greater student success and growth. For more information on CCRS please visit newly developed DoDEA website <http://www.dodea.edu/collegeCareerReady/index.cfm>.

Zama American Middle and High School has combined this school year, called Zama American Middle High School.

For any school related issues please reach out to your local School Liaison Officer at DSN at 263-5441.

Robert Lee Chance III
School Liaison Officer
263-5441



Message for New Parents:

First of all I would like to welcome you to Japan. You and your family will have some great experiences while living and working here. We understand you have concerns about your child(ren)'s education, and we are here to provide information to help you and your family.

As the School Liaison officer, I serve as the subject matter expert and conduit between the school community and the Army Family, providing access to information that will empower parents to be advocates for their children in school settings.

The SLO may inform parents and students of accomplishments of local schools, information from the region (bottom-up), policy issues, data, parent and teacher training opportunities, education related opportunities for Families, school transition solutions, school board trends, programs and initiatives for students on and off the installation, success stories and best practices at a minimum.

My office is located in Camp Zama Youth Center Bldg 744 and you can reach me at DSN 263-5441 or by email at slo@campzamacys.org.

I am looking forward to hearing from you and welcome to the Camp Zama school systems. Please stop by the following website for more information: www.campzamacys.org/SLO.

Message for Returning Parents:

We thank you for continuing to serve your country overseas and hope that we are providing the best education we can for your child(ren).

The Liaison Office is always here to help you guide your child(ren)'s education. If you haven't used the services of the School Liaison Office please don't hesitate to stop by or call Mon-Fri, 7:30 a.m. to 4:30 p.m. to get all your questions addressed.

I will make sure to guide you in the right direction to get your needs solved. My office is located in Youth Center Bldg 744 and you can reach me at DSN 263-5441 or by email at slo@campzamacys.org.

I am looking forward to another wonderful year in the Camp Zama school systems. Please stop by the following website for more information: www.campzamacys.org/SLO.

U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



GradeSpeed Web-Based Program

GradeSpeed is a web-based program that enables parents to log-in to view grade and attendance data for their student(s). GradeSpeed will be the only authorized and supported grade book used by U.S. Department of Defense Education Activity (DoDEA) employees in Grades 4-12.

All teachers have secure access to GradeSpeed through the use of an Internet web browser. Teachers use the grade book portion of GradeSpeed to enter assignments, grades, and to maintain grade calculations. Teachers are also able to email progress reports to parents through GradeSpeed.

GradeSpeed is just one of DoDEA's continuous improvement initiatives designed to ensure highest student achievement. When parents have timely information about student progress and are involved in the education of their student, the entire learning environment is improved. GradeSpeed enhances that all-important connection between home and the school.

GradeSpeed makes communication between parents and teachers easier, more effective and timelier. Since GradeSpeed is web-based, the program can be accessed from anywhere. Parents who are deployed will be able to stay informed and involved in their child's academic life regardless of location.

Parents must register at: dodea.gradespeed.net to establish a personal GradeSpeed access account. After their account has been established, parents will be able to login to view grade and attendance data only for their student. They will also be able to view school announcements and calendar events. There is a note feature available in GradeSpeed that parents can use to directly contact their student's teachers.

Parents, remember the following:

- GradeSpeed is not intended to replace face-to-face communication between parents and teachers in meetings and parent conferences.
- A teacher's primary job is to teach! While communication with parents enhances the educational experience, parents must be reasonable about expectations on the posting of grades and responsiveness. Please remember to be patient when waiting for an email response.
- While students may have concerns about how much information parents will have, the truth is children with parents who are involved in their education have a much greater chance to be successful.
- Always keep your email address current.

Of course I am sad you're going back to school, because I have to stay home all alone where it's quiet and do whatever I want.



A Funny School Poem for Kids

"Dear students, the summer has ended.

**The school year at last has begun.
But this year is totally different.
I promise we'll only have fun.**

**We won't study any mathematics,
and recess will last all day long.
Instead of the pledge of allegiance,
we'll belt out a rock-and-roll song.**

**We'll only play games in the
classroom. You're welcome to bring
in your toys. It's okay to run in the
hallways. It's great if you make lots
of noise.**

**For homework, you'll play your
Nintendo. You'll have to watch lots
of T.V. For field trips we'll go to the
movies and get lots of candy for free.**

**The lunchroom will only serve
chocolate and triple fudge sundaes
supreme.**

**Yes, that's what I heard from my
teacher before I woke up from my
dream."**



--Kenn Nesbitt

U . S . A R M Y G A R R I S O N J A P A N

RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

1. Take the time to do a classroom visit before school starts and meet with the teacher if possible.

2. Help your child find his or her locker and walk thru what a daily room change will be for your child.

3. Get your children into a school sleep schedule at least 2 weeks before school.

4. Establish (or re-establish) a routine for bathing, breakfast, lunch etc.

5. Kids aren't the only one who need to get back into a routine. Get yourself back into the school routine state of mind.

6. Find a designated place in the home for school items.

7. Realize your child being nervous about school is normal.

8. There are a number of back to school books you can read to young children in preparation for school.

9. Stay in a positive perspective about school, encouraging your child.

10. Remind children they will get to see their friends again, even if they are not in the same classroom.

11. Realize that changes in school districts can also create a big adjustment for kids.



12. Help your child find the right bus since route (pick up, drop off may change with a new year).

13. Let the teacher and school officials know if your child has any special needs (getting medication to the nurse, check-ins with the guidance counselor).

14. Notify the teacher if any major life changes such as divorce or a death in the family has occurred during the summer.

15. A few stomachaches or headaches may be normal the first week. But if this continues it may be best to check with a professional to find the source of the problem. It could be anxiety or a medical condition.

16. You can build bridges to communication with their child's teacher through phone calls or email. Email is a quick way to give an update regarding any issue.

17. The sooner you start prepping for the school year the better.

18. If you drive your child to school, utilize that time as a positive, relationship building time with your child.

19. Develop a central calendar to keep track of all school related activities, late starts, early closings and any change in events or school events.

20. Start a fun yearly new school tradition; for example, a special breakfast for the first day, a yearly photo or bring a surprise to their new teacher. Keep it fun!

U . S . A R M Y G A R R I S O N J A P A N

RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



Dear Arnn Knights,

We are delighted to welcome students, parents and staff back to our wonderful school! Take time and enjoy your remaining days of summer break. It's important to take time to relax and rejuvenate. Each year brings about "changes". Don't forget this year; every Wednesday will be an early

release for students at 1:30 p.m.

During this time educators will focus on school and system-wide trainings. Staying abreast of the latest research based strategies for success helps us to create a learning environment to help your child reach his or her highest academic potential. It takes team work to create success and we are counting on your help too.

I welcome you to our community school. We know that you will come out and volunteer to help our students connect "classroom learning" with "real life experiences". Please see our supply list to ensure your child has his or her supplies.

Subsequently you can join our PTO by emailing: arnnpto@gmail.com. The PTO provides phenomenal support to our school and sponsors various activities to encourage our students to succeed.

Looking forward to a rewarding, and exciting school year!

Educationally yours,

Gwendolyn Baxter-Oakley
Principal

Please save the date for the following activities:

New Parent Orientation: Aug. 18 from 2 - 3 p.m.

Kindergarten Orientation: Aug. 28 from 9 - 10 a.m.

SLO will have a Arnn Class List at his office on Zama for your convenience

Arnn First Day of School/Welcome Back to School Assembly: Aug. 28 from 8:30 - 9 a.m. (1st-6th grade)

No School for Labor Day: Sept. 4

First Day of School for Kindergarten: Sept. 5

Sure Start First Day of School: Sept. 14

Arnn Open House: Sept. 14

John O. Arnn Elementary Official Website
<http://www.dodea.edu/ArnnES/about.cfm>



Greetings,

Zama American Middle High School students, parents, staff, and all community members who rely on Zama American Middle High School to provide a top-notch educational environment. I am deeply proud to be your principal. As the school's primary educator I can state without reservation that every member of this school has a strong sense of Trojan Pride. I also know that all of our stakeholders, especially the students, do too.

We are fortunate at ZAMHS to have an excellent cadre of educators who have a vast wealth of instructional expertise, great respect for their students, and take deep pride in their chosen profession. We are eager to begin developing relationships with each of our students and the families. As professional educators, we recognize that the educational needs of our students are the foundation of our daily work. Our students are the reason why we come to work every day.

All of the faculty and staff at ZAMHS look forward to being your educational leaders and being a vital and supportive resource in the Camp Zama community. As the principal, I invite all stakeholders to schedule time to meet with me and discuss the opportunities or concerns unique to providing educational services to our students.

Please do not hesitate to share ideas about how I can serve you better. I have a powerful expectation for a productive and dynamic year. I cannot wait to share my excitement with you.

Dr. Louis D'Angelo

Please save the date for the following activities:

ZAMHS New Student Orientation: Aug. 25 from 1 - 2 p.m.

ZAMHS First Day of School: Aug. 29

No School for Labor Day: Sept. 4

ZAMHS Open House: Sept. 13 from 5 - 6 a.m.

"Like" the ZAMHS Facebook Page for immediate updates and announcements at www.facebook.com/zama.american.MHS

Check the school calendar for practice information for ZAMHS athletics. School physicals, including shot records, must be current to participate in athletics.

Bus Passes will be mailed out soon. Please contact the Transportation Office if not received by Aug. 25.

Zama American Middle High School Official Website:
Website is currently being updated!!

U.S. ARMY GARRISON JAPAN

RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

John O. Arnn Elementary School
SUPPLY LIST SY 2017/2018

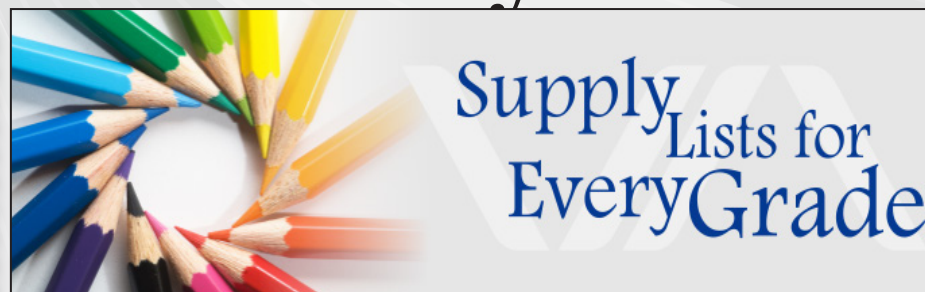
KINDERGARTEN

- 1 - Large Size Backpack
- 1 - Pack of Pencils, regular size #2
- 2 - Box of Crayons, 24 count
- 1 - Bottle of Glue-All, 4-oz size
- 8 - Glue Sticks
- 1 - Blunt/Rounded Edged Scissors
- 2 - **Plastic** two pocket folder with brads - Solid color - No character folders
- 3 - Spiral One Subject Wide Rule Notebooks - Solid color - No characters
- 1 - Primary Lined Composition Book
- 1 - Box of Colored Pencils (12 or 16)
- 1 - Box of Water Color Paints (8 colors per box)
- 2 - Large Erasers

Please DO NOT label supplies with your child's name (except backpack).

Bring supplies to Kindergarten Orientation - August 28

16 JUN 17



John O. Arnn Elementary School
SUPPLY LIST SY 2017/18

FOURTH GRADE

- 1 - Large backpack or book bag
- 4 - Composition notebooks
- 2 - Plastic Pocket Folders
- 2 - Package of wide-ruled notebook paper, 150 sheets each
- 2 - Packs of #2 pencils (10-12 count) - please, no mechanical pencils
- 1 - Large eraser
- 1 - Box of markers?
- 4 - Large Glue Sticks
- 1 - Box of colored pencils
- 1 - Personal headphone
- 1 - Plastic supply box or pouch (optional)

16 JUN 17

John O. Arnn Elementary School
SUPPLY LIST SY 2017/18

FIRST GRADE

- 1 - Large size backpack
- 2 - Packs of #2 pencils, 10-12 count - please, no mechanical pencils
- 2 - Boxes of color pencils
- 3 - 2 in. erasers
- 1 - 1 in. white 3 ring binder
- 1 - 1/2 white 3 ring binder
- 4 - Primary Composition Journal books - black and white type (Early Creative Story Tablet)
- 4 - Packs of glue sticks (pack of 2,3 or 4)
- 2 - Boxes of Crayons 24 count
- 1 - Pack washable markers, not permanent
- 1 - Child size round end scissors
- 2 - Pocket Folders with NO prongs (plain colored and same colored preferred)

16 June 17

John O. Arnn Elementary School
SUPPLY LIST SY 2017/2018

THIRD GRADE

- 1 - Medium backpack or book bag
- 1 - Pack of #2 pencils, 10-12 count - please, no mechanical pencils
- 1 - Box of markers-broad or fine tip
- 1 - Box of colored pencils, 12 count
- 1 - Box of crayons
- 2 - Packs of glue sticks (2,3 or 4 count)
- 3 - Composition books - black & white type
- 1 - Package of wide-ruled notebook paper, 200 sheets each
- 3 - White erasers
- 1 - 3 ring binder (1" white with inside pockets hard back no color)
- 2 - Plain colored vinyl folders with brads
- 1 - Plain colored paper folder with brads

16 JUN 17

John O. Arnn Elementary School
SUPPLY LIST SY 2017/18

FIFTH GRADE

- 1 - Pack of #2 pencils (10-12 count)
- 1 - Pack of large erasers
- 1 - Wide ruled spiral bound (3 subject) spiral notebook
- 2 - Composition notebooks - black and white type (1 - FLES)
- 2 - Package of wide-ruled notebook paper, 200 sheets each
- 4 - Two pocket folders plain color and same colored
- 1 - Pack of colored pencils
- 1 - Ballpoint pen
- 1 - Bottle of glue-all (4 oz size)
- 1 - Glue stick
- 2 - Highlighters

Optional:

- Antibacterial Wipes (Child Safe)
- Dry erase chisel point board markers
- Fine point magnetic dry erase markers
- Red pens
- Tissues
- Pencil Sharpener

16 JUN 17

John O. Arnn Elementary School
Supply List SY 2017/2018

SECOND GRADE

HOW MANY	ITEM
3	Composition Notebooks- black and white, wide-ruled
2	Plastic Pocket Folders
2	Pocket Folders w/pockets on the bottom, solid color
2	Packs of #2 pencils 10 - 12 count, sharpened (NO MECHANICAL PENCILS)
1	Box of Colored Pencils
1	Box of Crayons
1	Box Broad Line Washable Markers
2	Packs of Glue Sticks
1	Bottle of liquid glue
1	Pack of White Pencil Erasers
1	Supply pouch

14 JUN 17

Zama Middle High School Supply List SY 17-18

DoDEA Pacific School Supply Guidelines

This is the official list of supplies for students of DoDEA Pacific schools. The basic guidelines regarding provision of school supplies are listed below. Please check with your child's teacher to determine what items are needed for your child's class. Not all items on the list are required by each teacher.

Parents are expected to provide the following for their children as needed:

All Schools

- Pens, pencils, colored pencils
- Rubber eraser
- Glue (sticks, bottled)
- Pocket folders
- Highlighters
- Book bag or backpack
- Spiral notebooks
- Plastic supply box or pouch
- Notebook dividers
- Bound composition book
- Tri-folds
- 3-ring binder
- Personal Headphones
- Washable colored markers
- Loose-leaf paper

Grades 7-12:

- Crayons (Grades 7&8)
- Clipboards
- Scissors
- Protractor
- Compass
- Rulers
- Appropriate P.E. clothes/shoes

John O. Arnn Elementary School
SUPPLY LIST SY 2017/18

SIXTH GRADE

- 1 - Large backpack or book bag
- 1 - 1 1/2" binder
- 3 - Packs of #2 pencils (10-12 count)
- 10 - Composition notebooks -black and white type
- 1 - Pack of loose leaf notebook paper
- 1 - Pack of colored pencils
- 1 - Package of glue sticks
- 2 - Boxes of facial tissues
- 1 - Pack of highlighters
- 5 - **PLASTIC** pocket folders with brads
- 2 - Black permanent markers
- 1 - Box of fine point colored markers

15 JUN 17

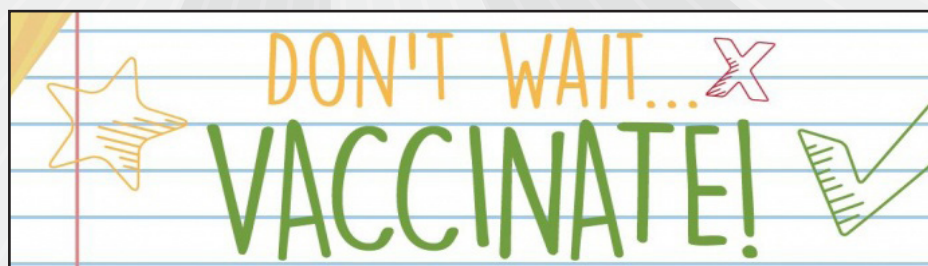
U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



Make sure your children are up-to-date on vaccines before sending them back to school.

School-age children, from preschoolers to college students, need vaccines. Making sure that children receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long-term health—as well as the health of friends, classmates, and others in your community.



August is National Immunization Awareness Month.

The Centers for Disease Control and Prevention (CDC) has online resources and tools to help parents and doctors make sure all kids are up to date on recommended vaccines and protected from serious diseases. Get your

children to the doctor if you discover they need vaccines to protect them against serious diseases.

What All Parents Need To Know

To keep children in schools healthy, your state or school system may require children going to school to be vaccinated against certain diseases, such as pertussis (whooping cough). If you're unsure of your state's or schooling system requirements, now is the time to check with your child's doctor, your child's school, or your health department. That way, your child can get any needed vaccines before the back-to-school rush.

Vaccines for Your Young Children (Newborns through 6 years old)

During the early years of life, your children need vaccines to protect them from 14 diseases that can be serious, even life-threatening. Parents who choose not to vaccinate their children increase the risk of disease not only for their own children, but also for other children and adults throughout the entire community. For example, vulnerable newborns too young to have received the maximum protection from the recommended doses of vaccines or people with weakened immune systems, such as some people with cancer and transplant recipients, are also at higher risk of disease.

Flu vaccines are recommended for kids in preschool and elementary school to help keep them healthy. In fact, all children 6 months and older should get flu vaccines. Getting all of your children vaccinated—as well as other family members and caregivers—can help protect infants younger than 6 months old. Ask your family's doctor or nurse about getting flu shots or the nasal spray to protect against flu.

Vaccines for Your Preteens and Teens (7 years old through 18 years old)

Preteens and teens need vaccines, too! As kids get older, they are still at risk for certain diseases. Before heading back to school, three vaccines are recommended for 11-12 year olds—HPV, Tdap, and meningococcal conjugate vaccine—for continued protection.



HPV vaccine is important because it can prevent HPV infections that can cause cancer later in life. For other diseases, like whooping cough, the protection from vaccine doses received in childhood fades over time. That's why 11-12 year-olds are also recommended to get the booster shot called Tdap to help protect them from whooping cough, tetanus, and diphtheria. Meningococcal conjugate vaccine helps prevent two of the three most common causes of meningococcal disease, which can be very serious—even life-

threatening.

It's important to know that flu can be serious, even for healthy, young people. Preteens and teens are no exception. So older kids should get at least one flu vaccine (the shot or nasal spray for healthy kids) every year.

It's Not Too Late

Getting every recommended dose of each vaccine provides children with the best protection possible. If a child misses a shot, your child's healthcare professional can use the catch-up immunization schedule help get her back on schedule.

Keep in mind that there are many opportunities to catch-up on vaccines for your preteen or teen. Preteens and teens typically see their doctors or other health care professionals for physicals before participation in sports, camping events, travel, and applying to college. Beat the back to school rush and use these opportunities to get your preteen or teen vaccinated today!

(Go to <http://www.cdc.gov/features/catchupimmunizations/> to see this message and more.)



U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



School Meal Program

With the end of the DoDDS school year fast approaching, here is a quick note about the School Meal Program (SMP) accounts at the Exchange stores:

For those members of your communities who use the SMP and will PCS back to CONUS this summer, we'd ask for your help in reminding patrons to stop by their local Exchange's Customer Service counter to pay off any negative balance or receive a refund for the remaining balance prior to closing out their SMP accounts.

Many are required to stop by the Exchange as a required stop on out-processing checklists, and that is appreciated.


Due to a planned system upgrade this summer, those PCSing to another OCONUS assignment do NOT have to close their accounts. The account will follow to the next DoDDS school; however, those patrons are still encourage to pay off any remaining negative balances prior to PCS.

Patrons who are currently participating in the Free/Reduced Price Meal Program will also need to reapply for eligibility prior to the start of the next school year, as all accounts revert to full price at the beginning of each school year. Applications are also accepted during the school year and eligibility becomes effective on the date of approval.


The Exchange provides over 8,000 healthy meals a day for our kids at 31 locations in the Pacific, and we thank you for your support for this important program.

As always, if you have questions or need more information get in touch with your local Exchange's management team.





*New to DoDEA overseas...follow these
4 easy step. Returning? Jump to #3*

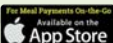



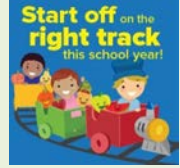
HEALTHY MEALS ON THE MENU:


Tasty and nutritious meals on the menu Daily offerings consist of a hot lunch, vegetarian option, and either a sandwich or an entrée salad choice. Fresh fruit and a variety of milk flavors are offered daily as are NEW a la carte options to complement their meal. School meals meet dietary guidelines.

- 1. REGISTER YOUR CHILD AT SCHOOL AND OBTAIN A DODEA STUDENT ID# (10-digit)**
 - Obtain DoDEA student ID# for all children, including Sure Start students, from registrar to set up a lunch account, MyPaymentsPlus (MPP) parent account and/or apply for Free or Reduced Meals
 - Provide school nurse a Dr.'s letter regarding any special dietary needs or allergies so menu substitutions may be made by cafeteria staff as necessary
- 2. SET UP A LUNCH ACCOUNT WITH AAFES EXCHANGE**
 - Visit your AAFES EXCHANGE Customer Service to set up a student accounts
 - Deposit money into the "Meal" account for school lunches
 - Deposit money into the "General" account for additional entrée and/or a-la-carte food and beverages that are screened to meet USDA's SMART SNACK guidelines
 - You will receive a 6-Digit PIN number assigned to your child to use for all purchases
 - ALL** students, including Sure Start and those eligible for Free & Reduced meals, **MUST** have a LUNCH ACCOUNT
- 3. SET UP A PARENT ACCOUNT THROUGH MYPAYMENTSPLUS (MPP)**
 - To create a new account, visit www.MyPaymentsPlus.com or on mobile app (must download first) Follow the onscreen directions and register your student using their DoDEA Student ID number. For additional support, contact MyPaymentsPlus at: +1-877-237-0946.
 - Benefits for using MPP
 - View student balances and purchase history from your mobile device or computer anytime, anywhere
 - Make payments to your student's cafeteria account online or mobile app
 - Set up alerts and reminders so you know when the balance is low
 - Deposits made at the AAFES EXCHANGE or school cafeteria are FREE of charge
 - Online deposits have a small nominal administrative fee to cover credit card fees
- 4. APPLY ONLINE FOR FREE OR REDUCED MEALS**
 - Paper applications are no longer available.
 - Parents must apply online for benefits every year
 - Sure Start students **MUST** apply online for free lunches as part of the program
 - Applications for the next school year begin 01 July 2017
 - Apply at: <https://freereducedapps.aafes.com/>

[Download your MPP mobile app](#)





2017-18 School Photo Dates

School Photos:

Who: all students, grades 7-12
Dates: September 11, 12
Place: lab 609, bldg. 919

Senior Graduation Photos

Who: Class of 2018
Dates: September 13 -16
Appointments: mailed out over the summer and confirmed Aug/Sept



Questions? See Mr. Rodgers, Building 919, room 608.

U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

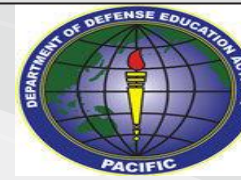
SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



John O. Arnn Elementary School 2017-2018 Academic Calendar



August 2017						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2017						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2017						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2017						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2018						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2018						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March 2018						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April 2018						
Su	M	Tu	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2018						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June 2018						
Su	M	Tu	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

28Aug – Q1 & Semester 1 Begins
 02Nov – Q1 Ends
 06Nov – Q2 Begins
14 & 15Nov – Parent Conferences
 25Jan – Q2 & Semester 1 Ends
 29Jan – Q3 & Semester 2 Begins
 29Mar – Q3 Ends
 09Apr – Q4 Begins
14Apr – Parent Conferences
 14Jun – Q4 & Semester 2 Ends

First & Last Day of School

Early Release Day @ 1330

Parent Conferences
 No School for Students

No School for Students
 Teacher Work Day, Professional Development and
 Common Core Training

School Closed/Holidays

Kindergarten First Day – **05Sept2017**
 Sure Start First Day –

Main Office DSN: 267-6112

Sub Line: 0428-69-6226

Main Office from cell: 0428-69-6112

U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



ZAMN

**AMERICAN MIDDLE-
HIGH SCHOOL**

**2017 - 2018
ACADEMIC CALENDAR**

Main Office DSN: 263-3181
School Nurse DSN: 263-5036
Local Phone Prefix: 046-407 (last 4 #'s)

	Begin / End Grading Period
	A Day
	B Day
	Holiday; No School Day
	Teacher Work Day
	Professional Development Day

ZAHS Purpose and Direction:
"Providing academic rigor and preparing students to be successful, productive global citizens."

	Early Release Day @ 1:30 p.m.
	Alert Day
	Parent-Teacher Conference Day
	System-Wide / Local Assessment
	NS Orientation; Open House Day

AUGUST 2017

Su	M	T	W	Th	F	Sa
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

21-25: Teacher work days
25: New student orientation, 1-2 p.m.
28: Teacher work day
29: First day of school.

NOTE: the 1st student day of school is Tuesday, 29 August because of school construction.

SEPTEMBER 2017

Su	M	T	W	Th	F	Sa
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Spanish Am. Heritage Month (9/15 - 10/15)

4: Holiday (Labor Day)
11-12: School Photos (7-12 gr.)
13-16: Sr. Graduation Photos
13: Open House, 5-6 p.m.
17: Constitution Day
29: Mid-term Progress Report

NOTE: There will be no makeup dates for school photos.

OCTOBER 2017

Su	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

2-6: Spirit Week
6: Homecoming Day
7: SAT test
9: Holiday (Columbus Day)
11: PSAT Test
17: Teacher/staff professional development day; no school

TBA: ASVAB Test

NOVEMBER 2017

Su	M	T	W	Th	F	Sa
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

Native American Heritage Month

2: 1st quarter ends
3: Teacher workday; no school
4: SAT test
6: 2d quarter begins
13: Parent-Teacher Conference day
23-24: No school (Thanksgiving recess)

DECEMBER 2017

Su	M	T	W	Th	F	Sa
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

2: SAT Exam
8: Mid-term progress reports
12: Accelerated withdrawal begins
18-29: No school (winter recess)

JANUARY 2018

Su	M	T	W	Th	F	Sa
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

1-2: No school; winter recess
15: Holiday (M.L. King Jr. Day)
22-25: Semester exams (HS only)
25: 2d quarter/semester ends
26: Teacher work day; no school
29: 3d quarter begins

FEBRUARY 2018

Su	M	T	W	Th	F	Sa
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3

African-American History Month

19: Holiday (President's Day)
26: Parent-Teacher Conference Day
?? ESL Testing
?? NAEP Test (8th grade only)

MARCH 2018

Su	M	T	W	Th	F	Sa
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

National Women's History Month

2: Mid-term progress reports
29: 3d quarter ends
30: Teacher work day; no school

APRIL 2018

Su	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

2-6: No school; Spring recess
9: 4th quarter begins

MAY 2018

Su	M	T	W	Th	F	Sa
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Asian-Pacific American Heritage Month

5: Mid-term progress reports
11: Holiday (Memorial Day)
28:

JUNE 2018

Su	M	T	W	Th	F	Sa
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

7: Senior graduation, 6 p.m.
11-14: Semester exams (HS credit courses only)
14: Last student day; end of quarter / semester
15: Teacher work day

U . S . A R M Y G A R R I S O N J A P A N

RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

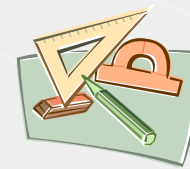
<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

School Bus Information:

Parents MUST REGISTER with the DoDEA school first before thier child can ride on the school bus.

After child(ren) have been registered with the school, parents will recieve School Bus Office location and parents must go to the bus office to sign up for their child's bus pass. Parents will recieve their child's pick-up location and time during bus pass registration. Call DSN: 263-4151/4555 for more information.



BEHAVIOR STANDARDS FOR SCHOOL BUS STUDENTS

ON AND AROUND SCHOOL BUSES STUDENTS WILL:

1. Comply with all school rules with the "Behavior Standards for School Bus Students."
2. Board and exit the bus in an orderly, safe manner.
3. Present bus pass when boarding the bus, and upon demand.
4. Remain seated while on the bus.
5. Talk with other passengers in a normal voice.
6. Keep all parts of the body inside the bus windows.
7. Keep aisles, steps, and empty seats free from obstruction.
8. Remain fully and properly clothed.
9. Treat the driver, security attendant, and fellow students with respect.
10. Promptly comply with the bus driver's or security attendant's instructions.
11. Treat the bus and other private property with care.

ON OR AROUND SCHOOL BUSES STUDENTS WILL NOT:



1. Fight, push, shove, or trip other passengers
2. Use or possess unacceptable items identified in the school "Code of Conduct."
3. Push while boarding, on, or exiting the bus.
4. Get on or off the bus while the bus is in motion.
5. Make excessive noise, or play electronic equipment without earplugs.
6. Put objects out of bus windows or hang out of windows.
7. Engage in horseplay.
8. Obstruct aisles, steps, or seats.
9. Engage in public displays of affection.
10. Eat, drink, or litter on the bus.
11. Use profane or abusive language or make obscene gestures.
12. Spit or bite.
13. Harass, bully, or interfere with other students.
14. Disrespect, distract or interfere with bus driver or security attendant.
15. Damage private property.
16. Sit in the bus driver's seat, or touch bus operating devises or equipment.
17. Open or try to open bus door.
18. Throw or shoot objects inside or out of bus.
19. Tamper with bus controls or emergency equipment.
20. Violate any other school rule, law or military installation regulation.



U . S . A R M Y G A R R I S O N J A P A N

RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



SCHOOL BUS INFRACTIONS AND RECOMMENDED CONSEQUENCES

SCHOOL BUS INFRACTIONS AND RECOMMENDED CONSEQUENCES		BUS RIDING PRIVILEGES SUSPENDED FOR:				
		WARNING	5 SCHOOL DAYS	20 SCHOOL DAYS	30 SCHOOL DAYS	REMAINDER OF SCHOOL YEAR
TAMPERING WITH BUS CONTROLS OR EMERGENCY EQUIPMENT						
<i>Number in columns designates the number of incidents.</i>						
UNSAFE BEHAVIOR						
FIGHTING, PUSHING, SHOVING OR TRIPPING		1	2	X	3	4
USE OR POSSESSION OF UNACCEPTABLE ITEMS IDENTIFIED IN THE SCHOOL CODE OF CONDUCT. (THE SCHOOL BUS IS AN EXTENSION OF THE SCHOOL CAMPUS.)		1	2	3	X	4
FAILURE TO HAVE BUS PASS IN POSSESSION		1	2	3	X	4
PUSHING WHILE BOARDING OR LEAVING THE BUS		1	2	3	X	4
GETTING ON OR OFF THE BUS WHILE BUS IS IN MOTION		X	1	X	2	3
NOT PROPERLY SEATED		1	2	3	4	5
MAKING EXCESSIVE NOISE OR PLAYING ELECTRONIC EQUIPMENT WITHOUT EARPHONES		1	2	3	4	5
PUTTING OBJECTS OUT OF THE BUS WINDOWS OR HANGING OUT OF WINDOW		X	1	X	2	3
ENGAGING IN HORSEPLAY		1	2	3	4	5
OBSTRUCTING AISLES, STEPS, OR SEATS		1	2	3	4	5
INAPPROPRIATE BEHAVIOR						
FAILURE TO REMAIN PROPERLY CLOTHED		1	2	X	3	4
PUBLIC DISPLAYS OF AFFECTION		1	2	3	4	5
EATING, DRINKING, OR LITTERING ON BUS		1	2	X	3	4
USING ABUSIVE/PROFANE LANGUAGE AND/OR GESTURES		1	2	X	3	4
SPITTING OR BITING		X	1	2	3	4
HARASSING OR INTERFERING WITH OTHER STUDENTS		1	2	X	3	4
FAILURE TO COMPLY WITH BUS DRIVER'S OR MONITOR'S INSTRUCTION		1	2	3	4	5
DISRESPECT, DISTRACTION, OR INTERFERENCE WITH DRIVER		1	2	3	4	5
DESTRUCTIVE BEHAVIOR						
DAMAGING PRIVATE PROPERTY (REQUIRES PAYMENT OF DAMAGES)		X	1	X	2	3
SITTING IN DRIVER'S SEAT OR TAMPERING WITH BUS CONTROLS		X	1	X	X	2
OPENING OR TRYING TO OPEN BUS DOOR		X	1	X	X	2
THROWING OR SHOOTING OBJECTS INSIDE OR OUT OF BUS		1	2	3	4	5
PROHIBITED BEHAVIOR						
TAMPERING WITH BUS CONTROLS OR EMERGENCY EQUIPMENT		X	X	1	X	2

U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

CYS (Child & Youth Services)



Family Child Care (FCC) offers childcare in a home-like environment within the military family housing community. It is operated by an Army certified childcare provider. The benefits of such a program are as follows: small ratio groups, federal subsidies, business opportunities, resource library, flexible work schedule, and many more. Currently, the Camp Zama community is in desperate need of FCC providers in order to offer this awesome program to the community. If you are interested, please contact Parent Central Services.

Child Development Centers

CDCs are quality age-appropriate environments that prepare your child to master life skills through hands on developmentally appropriate program activities and learning environments.

Educational activities and programs are available for children ages 6 weeks through 5 years old (kindergarten).

Programs are designed to promote a positive self image, develop fine and large muscle coordination, increase verbal communication, expand creative ideas, build self help skills and problem solving techniques, and to teach educational learning concepts through situational learning experiences and play.

Programs Provided:

Hourly Care • Part Day 2, 3 and 5-day Preschool • Part Day 2, 3 and 5-day Toddler (Toddler Time) • Infant, Pre-toddler, Toddler, and Preschool Care • Strong Beginnings Before/After Kindergarten programs.



Parent Central Services

Parent Central Services is your first stop to register and make payments for the CDC (Child Development Center), SAC (School Age Center), Youth Center, Youth Sports, and SKIES classes. Families wishing to enroll their children in any of the Child & Youth Services programs must register at Parent Central Services. Registration is FREE for all eligible patrons. We will be happy to assist you in the registration process from start to finish.

School Liaison

The School Liaison Officer (SLO) for the Zama Community is available to assist families who have school-age children enrolled in Zama High, Zama Middle, and Arnn Elementary School, or who are home-schooling their children. The School Liaison Officer is available to work with the community and command on any school related issues such as assisting families involved in home-schooling their children by offering/coordinating resources that are available within the community that will help broaden their youth's hands-on knowledge and experiences.



Camp Zama Parent Central Services • Bldg. 680

Families wishing to enroll their children in any of the Child & Youth Services programs must register at Parent Central Services (Bldg 680). Registration is FREE for all eligible patrons.

U.S. ARMY GARRISON JAPAN RISING SUN

Aug. 14, 2017 + Special Edition

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

**Must be registered with CYS to participate in SKIES Unlimited.
Please visit Parent Central Services (Bldg 680) for enrollment information.*

Sports

Gymnastics with Mr. Yosuke Kinoshita

**Classes held at the Community Recreation Center*

Mondays (Ages 5 - 7): 5:30 - 6:30 p.m. (Beginner) • (Ages 8 - 10): 6:30 - 7:30 p.m. (Beginner)
(Ages 11 - 18): 7:30 - 8:30 p.m. (Beginner/Intermediate) • \$13 per session (All classes)

Wednesdays

• Tiny Tots (Ages 3 - 5): 5:30 - 7 p.m. • *Classes are separated into A, B & C - 30 minute session • \$7 per session
• Power Tumbling (Ages 13 - 18): 7 - 8 p.m. • \$13 per session

Thursdays

• Beginner (Ages 5 - 7): 5:30 - 6:30 p.m. • Intermediate (Ages 8 - 10): 6:30 - 7:30 p.m.
• Advanced (Ages 11 - 14): 7:30 - 8:30 p.m. • \$13 per session (All classes)

Taekwondo with Takeo Sensei & Noel Sensei

Mondays & Thursdays (SHA Building #126) • (Ages 5 - 8): 5 - 6 p.m. • \$4 per lesson
• (Ages 9 - 18): 6 - 8 p.m. • \$8 per lesson

Dance

Ballet Conditioning with Ms. Yuka

Wednesdays • Ballet Conditioning - Intermediate (Ages 6 & up) • 3:45 - 5 p.m. • \$10 per lesson
Total Ballet Conditioning (Ages 7 & up) - Advanced • 5 - 6:30 p.m. • \$15 per lesson

Dance with Ms. Minori (Freestyle dance system of modern & ballet)

**Techniques aim to improve skill, strength, flexibility, by teaching students to dance freely.*

Thursdays \$10 per lesson • (Ages 6 - 12): 4 - 5 p.m. • (Ages 3 - 5): 5:15 - 5:45 p.m. • \$15 per lesson
(Ages 3 - 5): 6 - 6:30 p.m. • \$10 per lesson

Hawaiian Hula with Mr. Pueblos

**Students will also learn the Hawaiian language & culture to have a better understanding of the Hawaiian hula.*

Thursdays • Keiki's (Ages 5 - 12): 4:45 - 5:45 p.m. • \$15.00 per lesson
Keiki's (Ages 13 - 18): 6 - 7 p.m. • \$15.00 per lesson

Music

Drumming with Kamei (Ages 5 - 18)

Mondays • Times established with Instructor • 3 lessons per month • \$18.75 per lesson

Piano Lessons • Ms. Miho/Sekita/Mayumi/Kayoko/Mie • *Call for availability

Monday ~ Friday • Locations on ZAMA or SHA • 3 - 7 p.m. • \$17.50 per lesson

Ukulele with Mr. Pueblos (Group) *Coming Soon

**Beginners ~ Intermediate levels • Lessons will be conducted in a "group" like class room*

Mondays (Ages 13 - 18): 4:45 - 5:30 p.m. • \$12.50 per lesson

Tuesdays (Ages 5 - 12): 4:45 - 5:30 p.m. • \$12.50 per lesson

Violin Lessons with Mr. Sumi

Mondays (SHA) or Tuesdays (Zama) • 3 - 7 p.m. • \$17.50 per lesson

Arts & Crafts

Balloons & Decorations with Ms. Emi (Ages 6 - 12)

Thursdays • 5:15 - 6:15 p.m. • \$10 per lesson

CreARTivity with Ms. Masumi

Wednesdays (Ages 3 - 5): 5:15 - 6 p.m. • \$10 per lesson

(Ages 6 - 12): 6 - 7 p.m. • \$10 per lesson



Rising Sun Weekly Email Dispatch

Guide to Supervise Your Child

**** Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), developmental delays, behavioral problems, impulsivity, psychiatric problems or other impairments should not be given the degree of self-management and/or responsibility allowed in this policy.**



HOME ALONE?

Age (Birth-6 yrs) - NEVER

Age (7-9 yrs) - NEVER

Age (10-12 yrs) - Up to 4 hours with access to adult supervision. NEVER overnight (2230 hrs - 0530 hrs)

Age (13-15 yrs) - Up to 6 hours. Requires sponsor in local area and access to designated caregiver supervision

Age (16 - 18 yrs) - May be left overnight. Requires caregiver in immediate area with POA and Military Police notification



BABYSITTING?

Red Cross Certification recommended!

Age (Birth-6 yrs) - NEVER

Age (7-9 yrs) - NEVER

Age (10-12 yrs) - NEVER

Age (13-15 yrs) - Up to 6 hours with access to designated caregiver supervision and/or up to 0000 hrs if babysitting.

Age (16-18 yrs) - Yes. Requires access to a designated caregiver



UNATTENDED IN VEHICLE?

Age (Birth-6 yrs) - NEVER

Age (7-9 yrs) - Caregiver age 13 years or older also in vehicle, vehicle not in operation, keys removed from vehicle, & handbrake applied if caregiver is unlicensed

Age (10-12 yrs) - Vehicle not in operation, keys removed and handbrake applied

Age (13-15 yrs) - Vehicle not in operation

Age (16-18 yrs) - Yes (vehicle in operation if licensed; vehicle not in operation if unlicensed)



UNATTENDED OUTSIDE?

Age (Birth-6 yrs) - NEVER

Age (7-9 yrs) - For up to 1 hour (2000 curfew) with periodic checks by designated caregiver

Age (10-12 yrs) - Up to 4 hours (2000 curfew) with periodic checks by designated

caregiver

Age (13-15 yrs) - Up to 6 hours (2230 curfew) with periodic checks by designated caregiver

Age (16-18 yrs) - Up to 2230 curfew on nights preceding a school day; other days 0000 curfew

**** Children age 7 to 9 attending a Japanese school must be escorted in and out of the installation gate by a caregiver age 13 years or older. Children 7 to 12 may walk or ride a bicycle to or from a DoDDS school, CYS Services facility, a friend's home or other locations within the same immediate installation unattended.**

Rising Sun Weekly Email Dispatch

AND NOW BACK TO
OUR REGULARLY
SCHEDULED
PROGRAMMING

FIRE INSPECTION TOWER 743

WHO: All Tower 743 Residents

WHAT: Tower 743 Fire System Inspection

WHEN: 21 August -- 01 Sept 2017,
9 a.m - 4 p.m.

WHERE: All Tower 743 Homes
to include assigned storage units.

WHY: To ensure compliance with annual fire
code and testing requirements as outlined in
National Fire Alarm Code (NFPA-72) annual test-
ing requirements.

ALL TOWER RESIDENTS: Detailed infor-
mation regarding testing will be posted in each
tower common areas. Please call 263-5952 with
specific questions pertaining to this event.



**FIRE
ALARM**



MANDATORY EVENT MANDATORY EVENT MANDATORY EVENT

I WANT YOU



TO VOLUNTEER FOR USAG JAPAN'S ANNUAL FULL-SCALE EXERCISE

Mark your calendars for the week of Aug. 21-25

FOR MORE INFORMATION please contact ACS at 046- 407-4357/263-4357 OR IEMP
at 046-407-4560/263-4560. Visit the Volunteer Management Information System at:
www.myarmyonesource.com/FamilyProgramsandServices/Volunteering/VMIS/VMISHome.aspx

U.S. ARMY GARRISON JAPAN RISING SUN

August 14, 2017 + Volume 8, Number 1

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

Full-Scale Exercise

Camp Zama will host their semi-annual Full-Scale Exercise Aug 21 – 25. This will be a post-wide exercise to provide situational awareness for the first responders on Camp Zama.

This event will incorporate mission support from several partner agencies to include JGSDF and Sagami City.

The base gates will be impacted at some point during the exercise, and community members should go the USAG Japan Facebook page for the latest details on if and/or when the gates will be temporarily affected.

The “Big Voice” will be used during the exercise, so please be expecting to here and see a lot of action on the installation during that week.

We are also asking for volunteers to come out and assist with this exercise. We want to make this seems as real as possible, so if you would like to volunteer, please contact our Army Community Service at DSN 263-4357 or COMM at 046-407-4357.

August is Antiterrorism Awareness Month

Every August, the Army promotes its antiterrorism awareness program, iWATCH.

iWATCH is designed to encourage Soldiers, Family Members and Civilians throughout the community to become familiar with and report suspicious activity or behavior to Military Police or local law enforcement.

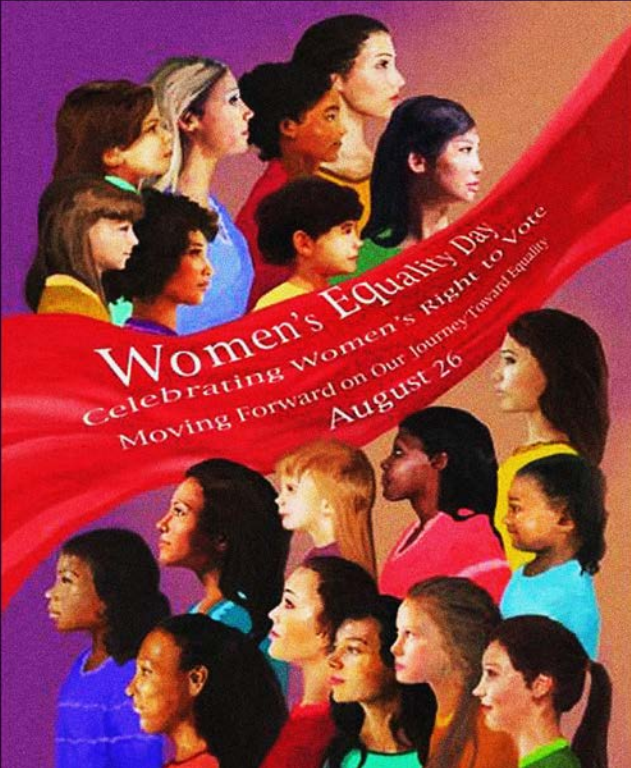
See something. Say something.

Visit the iWATCH Army -- “See Something, Say Something” page for more information and videos at:


<https://www.myarmyonesource.com/familyprogramsandservices/iwatchprogram/default.aspx>

USARJ

Women's Equality Day Observance 2017



24 August 2017, 1400 hours
Camp Zama's Community Recreation Center
Hosted by: I CORPS (FWD)



Camp Zama Community Club
Friday, September 15

- Interact with over 30 resiliency resource booths
- Connect with the community and build a support network
- Receive ALL mandatory suicide and substance abuse training credit for FY17
- Wear Blue and Yellow to support Suicide Prevention Month and Retiree Appreciation Day

Be a resource, save a life.
For more information, contact ASAP at 263-8059

iWATCH ARMY

iREPORT **iKEEP US SAFE**



iWATCH Training is Critical for Contractors

- Terrorists can attack anywhere, anytime
- Army contractor support is vulnerable to terrorist exploitation and attack
- Antiterrorism and OPSEC considerations for contracts is vital to protecting the force
- Units requiring contractor support must determine whether iWATCH training is required and include the requirements within the Performance Work Statement

Contractors should understand the indicators of suspicious activity and how to report

Always Ready, Always Alert
Because someone is depending on you

<https://www.us.army.mil/suite/page/605757>

VA Overseas Military Coordinator Visit

Do you have VA questions? The Department of Veterans Affairs (VA) Overseas Military Service Coordinator will be visiting the Camp Zama Army Education Center, Bldg. 278 on the following dates:

Aug 30 from 1 - 4 p.m.

Aug 31 from 1 - 4 p.m.

Sept 1 from 8 - 4 p.m.

For more information call DSN 263-5311. Don't delay, appointments are limited.

U.S. ARMY GARRISON JAPAN RISING SUN

August 14, 2017 + Volume 8, Number 1

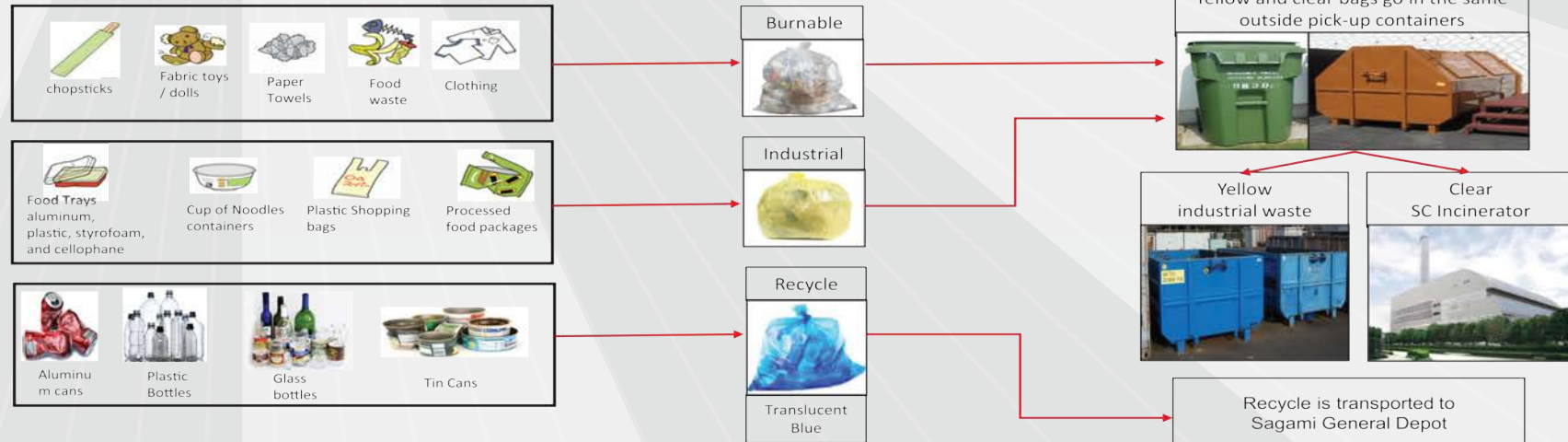
SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



COLLECTION OF WASTE AND RECYCLABLE MATERIALS FAMILY HOUSING OCCUPANTS (CURBSIDE PICK-UP)



Family Housing occupants must place the bins provided for burnable waste/recyclable materials at the curbside for pick-up before 0800 hours on the days of collection, and promptly return them to the quarters after pick-up. Non-burnable waste/large refuse should NOT be placed in the bins. These types of waste should be placed at the curbside on appropriate collection days.

Turn-in Procedures for Recyclable Materials:

1. Containers should be emptied of all contents and rinsed with hot water. Labels do not have to be removed.
2. Items do not need to be separated; however, they must be placed in plastic bags.
3. Recyclable materials can also be dropped off outside of the Camp Zama and Sagamihara Family Housing Area Self-Help Stores.

(TURN-IN AT COLLECTION POINTS)

CATEGORY	Recyclable Materials	Dry Cell Batteries
	<p>Note: These items should be bundled with string or placed in a paper bag or cardboard box, as indicated below:</p>	
COLLECTION POINT		
	<p>Self-Help Store, S-694, Camp Zama</p> <p>Self-Help Store, S-150, Sagamihara Family Housing Area</p>	<p>Self-Help Store, S-694, Camp Zama</p> <p>Self-Help Store, S-150, Sagamihara Family Housing Area</p>

For further information on waste collection and recycling, please call the **Solid Waste Management Program Manager** at 263-4920/4035. This program is organized by Directorate of Public Works, USAG Japan.

Help Us Decide!

We're replacing our Yano Field Tennis Courts



Which Would You Prefer?

PLEASE VOTE: www.surveymonkey.com/r/X7QCXFD

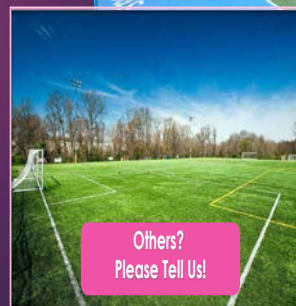
SURVEY PERIOD: JULY 25 - 30, 2017



Basketball Court?



Volleyball Court?



Others?
Please Tell Us!

ARE YOUR TEENS PREPARED?



IF NOT

Become prepared by going to Emergency Management's first ever Ready Army Teen Night, located at Zama teen center. This event is a perfect time to sit down with your family to make a plan, get tips for staying informed, tips for creating a kit, and much more.



Mark your calendars for September 14, 2017 1600-1800



U.S. ARMY GARRISON JAPAN RISING SUN

August 14, 2017 + Volume 8, Number 1

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch



U.S. ARMY MWR
SOLDIERS • FAMILIES • RETIREES • CIVILIANS

This is what's happening with Zama MWR!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOYS & GIRLS CLUBS Day for Kids 16 September 1-4 p.m. Go carts, Face Painting, Bouncy Castles, Snacks, Music and More! www.dayforkids.org	ACS Playgroups • Ann Elementary • 9 a.m. & 10:15 a.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m. Step Aerobics Yano Fitness Center • 7-8 p.m.	Yoga • CRC • 10:30-11:30 a.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Shodo Class (Japanese Calligraphy) Arts & Crafts Center • 4 p.m. ACS Beginners Japanese Religious Education Center • 5-6 p.m. Mongolian BBQ Dinner • CZCC • 5-9 p.m.	ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Step Aerobics Yano Fitness Center • 5:30 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	Tomodachi Day Camp Zama Golf Club Yoga Yano Fitness Center 12-12:45 p.m. BOSS Movie Night Warrior Zone • 6 p.m. Wing Night at Eda's • CZCC • 5-7 p.m. Firelite Lounge • Free Karaoke Night 6-9:30 p.m. • Hip Hop Music w/DJ 9:30 p.m.-3 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	Outdoor Rec./LT • Fukuroda Waterfall & Ryujin Bridge • Mt. Jinba - Mt. Takao Hiking BON ODORI FESTIVAL 2017 • Yano Field • 11 a.m.-9 p.m. Firelite Lounge • Old School Night • 9 p.m.-2:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	
6 Outdoor Rec./LT • Fujikyū Highland Sunday Mini Brunch • CZCC Ballroom • 10 a.m.-1:30 p.m. Prime Rib Night • Pacific Rim • 4:30-9 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	7 Story Time for Toddlers Zama Library • 10:30 a.m. Yoga • CRC • 10:30-11:30 a.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m. Outdoor Rec./LT • Mt. Fuji Orientation • 5:15-6 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	8 ACS Playgroups • Ann Elementary • 9 a.m. & 10:15 a.m. ACS Beginners Japanese SHA Library • 10:30 a.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m. Step Aerobics Yano Fitness Center • 7-8 p.m.	9 Tomodachi Day Camp Zama Golf Club ACS Japan Specific Sponsorship Training • CZCC • 2-3 p.m. Shodo Class (Japanese Calligraphy) Arts & Crafts Center • 4 p.m. ACS Beginners Japanese Religious Education Center • 5-6 p.m. Firelite Lounge • Free Line Dance Lessons 6:30-7:30 p.m. Mongolian BBQ CZCC • 5-9 p.m.	10 Brazilian Jujitsu • Yano Fitness Center • 12 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m. How to Change Brake Pads • Auto Skills Center • 5:30 p.m. Step Aerobics Yano Fitness Center • 5:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	11 Infant Massage ACS • 9-10:30 a.m. BOSS Movie Night Warrior Zone • 6 p.m. Wing Night • CZCC • 5-7 p.m. Firelite Lounge • Free Karaoke Night 6-9:30 p.m. • Hip Hop Music w/DJ 9:30 p.m.-3 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	12 Outdoor Rec./LT • Ohioshidashi Volcanic Park, Shiraito Waterfall, & Kusatsu Free Time 4 Ball Stroke Play Golf Tournament CZCC • 6 a.m. Tee Times SHA Block Party SHA Parking Lot • Starts 3 p.m. Billards Tournament (Yano) CZCC • 5 p.m. Firelite Lounge • Country Night • 9 p.m.-2:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.
13 Outdoor Rec./LT • Shirahama White Sand Beach • Hitachi Seaside Park • Ibaraki Aqua World Sunday Mini Brunch • CZCC Ballroom • 10 a.m.-1:30 p.m. Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	14 Junior Golf Clinic • Clinic #2 CZCC • August 14-18 Yoga • CRC • 10:30-11:30 a.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m. Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	15 Million Dollar Soldier (ACS) ACS Bldg. 402 • 8 a.m.-12 p.m. ACS Playgroups Ann Elementary • 9 a.m. & 10:15 a.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m.	16 Tomodachi Day Camp Zama Golf Club Brazilian Jujitsu Yano Fitness Center • 12 p.m. Shodo Class (Japanese Calligraphy) Arts & Crafts Center • 4 p.m. ACS Beginners Japanese Religious Education Center • 5-6 p.m. Mongolian BBQ CZCC • 5-9 p.m.	17 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m. How to Change Rear Brake Shoes/Linings • Auto Skills Center • 5:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	18 Infant Massage ACS • 9-10:30 a.m. BOSS Movie Night Warrior Zone • 6 p.m. Wing Night at Eda's • CZCC • 5-7 p.m. Prime Rib Special • Sagami Lounge • 5-8 p.m. • with Twist & Jam Firelite Lounge • Free Karaoke Night 6-9:30 p.m. • Variety Music w/DJ 9:30 p.m.-3 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	19 Outdoor Rec./LT • Mt. Fuji Climbing Fujiyoshidaguchi Trail Texas Hold'em Tournament (Yano) CZCC • 5 p.m. Aikido Yano Fitness Center 10 a.m. & 12 p.m. Firelite Lounge • Hip Hop/Reggae • 9 p.m.-2:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.
20 Outdoor Rec./LT • Dinosaur Exhibition at Makuhari Messe Sunday Mini Brunch • CZCC Ballroom • 10 a.m.-1:30 p.m. Prime Rib Night • Pacific Rim • 4:30-9 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	21 Reading Circle (ACS) Zama Library • 10:30-11 a.m. Yoga • CRC • 10:30-11:30 a.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m. Yoga • CRC • 10:30-11:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	22 Step Aerobics Yano Fitness Center • 7-8 p.m. ACS Beginners Japanese SHA Library • 10:30 a.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m.	23 Yoga • CRC • 10:30-11:30 a.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Shodo Class (Japanese Calligraphy) Arts & Crafts Center • 4 p.m. ACS Beginners Japanese Religious Education Center • 5-6 p.m. Firelite Lounge • Free Line Dance Lessons 6:30-7:30 p.m. Mongolian BBQ CZCC • 5-9 p.m.	24 Human Resources Input for Successful Resume Writing (ACS) ACS Bldg. 402 • 9:30-11:30 a.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Step Aerobics Yano Fitness Center • 5:30 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	25 Tomodachi Day Camp Zama Golf Club Hot Wing Night • CZCC • 5-7 p.m. Firelite Lounge • Free Karaoke Night 6-9:30 p.m. • Hip Hop Music w/DJ 9:30 p.m.-3 a.m. SAGAMI LOUNGE Mongolian BBQ Dinner • Sagami Lounge • 11 a.m.-1 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	26 Outdoor Rec./LT • Marine Activity at Futoh • Fuji Fire Festival Aikido Yano Fitness Center 10 a.m. & 12 p.m. Tavasko and Oshiri Chips SHA Club • Blue Moon • 8:30-10 p.m. Firelite Lounge • Latino Night • 9 p.m.-2:30 a.m. Chef's Special • Pacific Rim • 4:30-9 p.m.
27 Outdoor Rec./LT • Karasuyama Town & Castle Hiking • Grape Picking & BBQ Sunday Mini Brunch • CZCC Ballroom • 10 a.m.-1:30 p.m. Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	28 Story Time for Toddlers Zama Library • 10:30 a.m. Yoga • CRC • 10:30-11:30 a.m. Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m. Brazilian Jujitsu Yano Fitness Center • 5 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m.	29 ACS Playgroups • Ann Elementary • 9 a.m. & 10:15 a.m. Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Step Aerobics Yano Fitness Center • 7-8 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m.	30 Yoga • CRC • 10:30-11:30 a.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. ACS Beginners Japanese Religious Education Center • 5-6 p.m. Labor Day 4 Mile Run CZCC • 7 p.m. Shodo Class (Japanese Calligraphy) Arts & Crafts Center • 4 p.m. Mongolian BBQ Dinner • CZCC • 5-9 p.m.	31 Aikido Yano Fitness Center • 11:45 a.m. & 5 p.m. Brazilian Jujitsu Yano Fitness Center • 12 p.m. Step Aerobics Yano Fitness Center • 5:30 p.m. Lyric/Contemporary Dance • CRC • 5:30-6:30 p.m. Chef's Special • Pacific Rim • 4:30-9 p.m. *Times & dates of MWR events are subject to change.	Oktoberfest 2017 COMMUNITY EVENT Friday • October 20 5-9 p.m. OPEN POST EVENT Saturday • October 21 12-9 p.m.	

*For more information, please call 263-5995 • Log on: <http://www.armymwrjapan.com> • Check the monthly "Bugle".

U.S. ARMY GARRISON JAPAN RISING SUN

August 14, 2017 + Volume 8, Number 1

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

We Welcome Your Feedback

Like something you see? Hate it? Tell us what you really think. Send us your feedback. You can reply to this email, use the Interactive Customer Evaluation system (ICE us), or use our web feedback form. ICE us here: http://ice.disa.mil/index.cfm?f_a=card&sp=118443&s=365&dep=*DoD&sc=2 Web contact/feedback form: <http://www.usagj.jp.pac.army.mil/contact/contact.aspx>

Weekly Email Submission Guidelines

Requests for inclusion in this weekly email can be sent to: usag.japan@gmail.com. If you or your organization(s) have something you would like the majority of USARJ or USAG Japan users to know about, please send the item/event/notification/update to the aforementioned email addresses.

(Note: Emails from commercial email addresses sometimes are not received at the above addresses. Please send emails from official .mil email addresses, if possible or emails from commercial accounts can be sent to: usag.japan@gmail.com.)

Be concise, but include as many relevant details as possible (WHO the item will affect or is intended for, WHAT it is about, WHEN it will be taking place, WHERE it will be taking place). Please keep in mind, USAG Japan PAO will edit all material received. Items may be pared down to delete any nonessential information before they are included in the weekly email, but not so much that they are incomplete. It is recommended not to submit an item until you are certain all pertinent details are verified and are not likely to change. Please include any photos/flyers/pdfs/powerpoint slides that can be used to visually add to the information sent.

The deadline to submit an item for inclusion in the weekly email is NOON on the FRIDAY before the following week in which the weekly email is to come out. The weekly email comes out every MONDAY. This will most often mean the deadline is due by NOON on Fridays every week; however, in the event of a three-day or four-day holiday weekend, the deadline will move back a day to NOON on Thursdays. In the event that a Monday is a holiday, the weekly email will be sent out on Tuesday.

U.S. ARMY IN JAPAN, CAMP ZAMA
在日米陸軍 キャンプ座間

Oktoberfest オクトーバーフェスト

Community Event
コミュニティーイベント

Friday
October 20
5-9 p.m.

Open Post Event
基地開放イベント

Saturday
October 21
12-9 p.m.



For more information
詳細・お問合せ

046-407-4177
(Taped Announcement / テープ案内)

 [armymwrjapan](https://www.facebook.com/armymwrjapan)
USAGJapan (日本語)

Date, times, programs and events are subject to change due to circumstances beyond our controls.
日時、プログラムおよびイベントは、予告なしに変更となる場合がございます。予めご了承下さい。

ZAMA INTERNATIONAL TRAVELS & TOUR

BOOK YOUR

LABOR DAY

TRAVEL NOW!

KYOTO • HIROSHIMA • UNIVERSAL STUDIOS JAPAN (OSAKA) • NAGASAKI • KOREA

CALL ZAMA IIT OR CHECK OUR WEBSITE FOR MORE INFORMATION
DSN: 263-5273 • COMMERCIAL: (046) 254-8896
<http://zamaitt.com>

Monday ~ Friday: 10 a.m. - 6 p.m. • Closed Weekends & Holidays

US FORCES JAPAN LIBERTY ORDER IS A LAWFUL GENERAL ORDER, ARTICLE 92, UCMJ

LIBERTY POLICY

ALCOHOL

- The drinking age in Japan is 20 years old.
- ALL Soldiers, regardless of rank, are prohibited from consuming alcohol off base between **2400-0500** on ALL days, including holidays.

CURFEW

- Soldiers E-5 and below are subject to curfew between the hours of **0100-0500**.
- During curfew hours, Soldiers must be on a US military installation, off the installation in a private residence, in a hotel, or in the performance of official duties.

FREEDOM PROVIDES THE ABILITY TO DO WHAT ONE CHOOSES.
YET, LIBERTY CAN BE RESTRAINED BASED ON THAT CHOICE. CHOOSE WISELY, MAKE IT A GREAT SUMMER!





U . S . A R M Y G A R R I S O N J A P A N

RISING SUN

August 14, 2017 + Volume 8, Number 1

SERVING THE U.S. ARMY JAPAN COMMUNITY

<http://www.facebook.com/USAGJ>

Rising Sun Weekly Email Dispatch

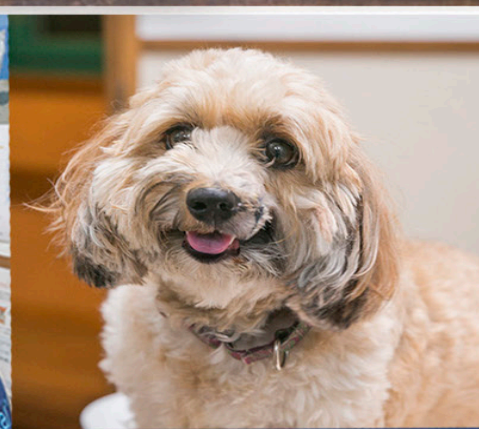
Camp Zama HEROES



KAREN STROTHER



Every now and then, we like to recognize local heroes who epitomize our Army values. Karen showed Selfless Service when a resident's dog was severely injured and she jumped in to help a Camp Zama family when they needed her the most.



"Ms. Strother's efforts are beyond any verbal thank you. It compels me to help others when the opportunity presents itself."

- Stefan S. Thompson, Sammy's Owner

Q: How did you get involved with Sammy and her care?

A: I saw Mrs. Thompson's post on Zama Classifieds for a recommendation for a vet off post and I personally sent her a message on facebook. About half an hour later, I received a call from her asking to translate what the vet was saying. The vet stated that they couldn't treat Sammy without a translator present. I told Mrs. Thompson I would be right over to assist.

Q: What did you do to help Sammy and her owners?

A: I translated for the vet during the operation and attended the daily visits.

Q: What connected you to Sammy so much? What motivated you to stay so involved?

A: Mr. and Mrs. Thompson were our sponsors when we first moved to Camp Zama and went above and beyond to make sure that we were comfortable. I wanted to make sure that I did all that I could to help them with Sammy.

Q: How many veterinarian visits have you gone to with Sammy and what is his prognosis?

A: With the initial visit and all follow-ups, I have attended 9 visits with Sammy. She is recovering very quickly and everything has been going smoothly.

Q: What would you say to encourage others to help those in need?

A: Think if you were in that position, what would you do? How would you feel? The answer is easy if you follow your heart.

Q: What if anything did this experience teach you?

A: This experience has taught me the importance of treating others the way I would want to be treated.