



Gold Star widow shares her story



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RISING SUN



June 4, 2018 + Volume 6, Issue 1

SERVING THE U.S. ARMY IN JAPAN COMMUNITY

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

From the Commander



COL Phil Gage

U.S. Army Garrison Japan

Commander's Monthly Radio Show



Listen Online: afnpacific.net/AFN-360

Friday, June 8, 2018

LIVE @ 8:00 a.m.

UNITED STATES ARMY

BOSS STRONG

REGISTRATION

Want to compete in BOSS STRONG?

Registration Open May 4 - June 29, 2018

FOR MORE INFORMATION, VISIT

ArmyMWR.com/BOSSStrong





ArmyBday SM Campaign

JUNE 14, 2018

U.S. ARMY BIRTHDAY

243 YEARS OF SERVICE



SHARE



I WANT YOU



**TO POST A
BIRTHDAY
SHOUT-OUT
TO YOUR
SOCIAL MEDIA**



#ARMYBDAY



U.S. ARMY



101 Days of Summer Safety Tips

ASAP Presents

101 DAYS OF SUMMER Safety Tips

- #1 Stay Hydrated
- #2 Drive Sober
- #3 Enjoy alcohol-free activities with friends

For more information, contact ASAP at 263-8059



Biggest Loser Competition

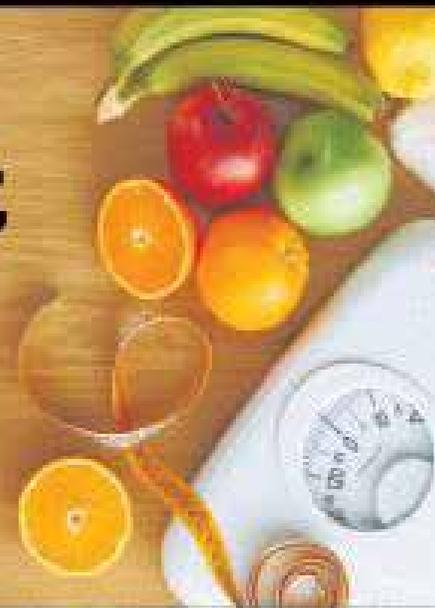


HEALTHY LIFESTYLE
Festival
CAMP ZAMA EXCHANGE

X
EXCHANGE

THE BIGGEST LOSER COMPETITION !!!

**The individual who
loses the most weight
(keeping your health in mind)
by pounds,
will win a gift card !**



**The contestants must enter between JUNE 1st
and JUNE 5th at the Customer Service.**

- The contestants has 15 days to lose weight for their final weigh in.
- Winner will be announced JUNE 22nd.



FEVS Campaign

Let Your **Voice** be **Heard!**

Army Engagement in **2018**



67% of Army Civilians were provided the opportunity to demonstrate **leadership skills** by their supervisor. **Were you given opportunities to demonstrate leadership skills?**

Take some time.
Take the Survey.

Let Your Voice be Heard!

Open Window
1 May to 12 June*

For more information, please visit: <https://www.opm.gov/fevs>

*USACE survey opens and closes one week later.



Gold Star widow shares her story



James and Avis Carter together for a couple's picture. The Carters met at Redstone Arsenal in Huntsville, Ala. and married Jan. 5, 1985. (Photo courtesy of Avis Carter)

by Lance D. Davis,
Public Affairs Specialist

Avis Carter was home about to start a workout on her elliptical trainer. She had a family vacation to Hawaii coming up with a goal to be slim and fit for some fun with the love of her life and their two sons on the beach.

Her husband James Carter, a Soldier in the U.S. Army

deployed to Afghanistan, was scheduled to come home next month for rest and relaxation, just in time for the trip.

Avis normally read when using the elliptical. She had two books to choose from. One, discussed the power of a praying wife and the other talked about the power of a praying parent. She was at a dilemma about which book she wanted to read.

“Do I read and pray for my husband or do I read and pray for my children?” she began to ask herself.

Then, without any more thought, Avis grabbed the book about the praying parent and started her exercise routine.

After she finished her workout and showered, she took a moment for relaxation.

Suddenly, Avis heard someone at the door. She wasn't expecting any company. To satisfy her curiosity, she got up to answer the door. There were two men dressed in Army uniforms.

“We hate to inform you that your husband CW4 James Carter is deceased,” said one of the Soldiers.

The Soldiers asked if they could come into her home, but Avis disregarded them. She was too shocked by the news. In a state of disbelief, she stepped down from her doorsteps and fell to the grass on her knees, bursting into tears and cries.



Army Chief Warrant Officer 4 James Carter in uniform. Carter died June 5, 2008 at Kandahar Army Airfield, Afghanistan after a helicopter had a malfunction during a test flight. (Photo courtesy of Avis Carter)

Chief Warrant Officer 4 James Carter, assigned to the 96th Aviation Support Battalion, 101st Combat Aviation Brigade, 101st Airborne Division at Fort Campbell, Ky., died June 5, 2008, while serving during Operation Enduring Freedom at Kandahar Army Airfield, Afghanistan.

The Kiowa helicopter he was in went down during a test flight due to a mechanical malfunction. Pfc. Andre D. McNair, Jr., who was on board with him, was also killed.

James was buried in his hometown of Montgomery, Ala.

“He was very supportive, always looking out for our family,” says Avis.

“He wouldn't eat at restaurants because he felt he would take food out of our mouths.”



Gold Star widow...continued

Avis and her two sons, Joshua and Caleb, received lots of support from the Army installation, friends, family, church and the community at large.

Seeing other Soldiers come home from deployments was hard when she would go teach at the elementary school on Fort Campbell, she says, as well as hearing other spouses complain about their husbands coming home later than scheduled.

“Instead of opening my mouth, criticizing them saying ‘you should be happy your husband is coming home even if it’s a month late, even if they have been extended for two months, because my husband didn’t come home,’ I’d just divert quickly because they had no clue.”

Their family was provided counseling by the Army to help them deal with their life-changing circumstances.

Avis says they appreciated the counseling, but it just didn’t work for them.

“You go (to counseling) and think you’re going to move forward, but there is always a regression with it.”

She says they decided as a family to stop receiving the counseling services.

“Nobody knows what you’re going through. Everybody handles death differently.

“What’s good for one may not be good for the other.”

Avis handled the loss of her husband the only way she knew how: through her Christian experience, praying to God for strength.

“I didn’t have time to give up,” she says. “I had my family to support.”

Avis says she kept herself busy with work, church, Bible Study, reading, and exercise.

As she continued to pray, she looked back at the moment before she received the tragic news about her husband: when she chose to read about the power of a praying parent over the power of a praying husband.



Avis Carter, center, and James Carter, right, pictured with their two sons for a family photo. Joshua, left, the oldest son, now an adult, is currently serving in the Army. Caleb, center, the youngest son, is a college student at Temple University - Tokyo Campus. (Photo courtesy of Avis Carter)

“When I think about that, I should’ve been reading and praying for my husband first, then my children.”

She says, based on her religious beliefs, her priorities were out of order in that moment, and they should have been: “God, husband, children.”

Avis met James in 1984 at Redstone Arsenal, Ala. They both were serving in the Army. Avis was ranked private first class and James a specialist.

It didn’t take them long to realize they were meant for each other as evidenced by them getting married Jan. 5 1985.

She says their marriage was full of life, love and laughter. It also had its share of ups and downs, and she believes this helped them grow.

Since her husband’s death, Avis has been writing a book called *If not for him, then who?*

In this project, she examines her own journey through her marriage with James, including the pleasant moments, struggles and her spiritual awakening.



Gold Star widow...continued



Avis Carter, library information specialist, for Arnn Elementary School on Sagamihara Family Housing Area, Japan. (Photo courtesy of Avis Carter)

Avis says she struggled with understanding why God had taken her husband away so soon, cutting the time short for them to experience the growth and change that was taking in place in their marriage.

"I felt the Lord had changed me for my husband."

"It was no more my way or the highway. There was no more being insensitive. "It was an honor to be able to serve."

Avis says she came to realize the change God made in her was not just for her husband and family.

"Sometimes we think our preparation is for people, but it's not. It's for us to be used in service to Him."

Avis currently works as a library information specialist at Arnn Elementary School on Sagamihara Family Housing Area for Camp Zama, Japan.

She encourages students to achieve their fullest potential, providing them with opportunities to read, write and showcase their talents through performing arts.

Her eldest son, Joshua, enlisted in the Army, and youngest son, Caleb, is enrolled at Temple University – Tokyo Campus, studying international business.

She says she remembers so many good things about her husband James.

"He was smart. He was brilliant. He always put our family first. James never missed either of our boys' football games.

"He was just a great father, a great husband, and a great man."

Avis says her family now honors her late husband's memory by appreciating life and enjoying it to the fullest because the next second, hour or day is not promised.

"Life is precious. Enjoy your loved ones while you have them.

"Treat others better than you want to be treated. Be willing to give. Pray without ceasing."

Avis also believes people should not major on what's minor or complain too much, especially when it comes to the ones who are loved the most.

"Sometimes we think things are so bad, so awful. Imagine living without that someone you love."



U.S. ARMY GARRISON JAPAN
RISING SUN



June 4, 2018 + Volume 6, Issue 1

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MWR Calendar

This is what's happening with Zama MWR!

U.S. ARMY MWR
JUNE 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>U.S. ARMY JAPAN • CAMP ZAMA Saturday • June 30 • 3-9 p.m. Yano Fitness Center Field</p> <p><i>Independence Day</i> CELEBRATION 2018</p> <p>Fireworks • Food & Beverages • Entertainment & Music • Youth/Family Activities</p>						
<p>3 Outdoor Rec./LT • Ueno Zoo</p> <p>Zama Bazaar CZCC • 10 a.m.-4 p.m.</p> <p>Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p>Prime Rib Night • Pacific Rim • 4:30-9 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>4 ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Yoga • CRC • 10:30-11:30 a.m.</p> <p>BOSS Warrior Zone Table Tennis • 12 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>5 ACS Playgroups Ann Elementary • 9-11 a.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>6 Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Mongolian BBO • CZCC • 5-9 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>7 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m.</p> <p>Coffee Hour (ACS) Camp Zama Food Court 9:30-10:30 a.m.</p> <p>Tire Inspection • Auto Skills Center • 5:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>8 Tomodachi Day Camp Zama Golf Club</p> <p>Wing Night • CZCC • 5-7 p.m.</p> <p>Summer Reading Program Starts Zama & SHA Libraries</p> <p>Firelite Lounge • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>9 Outdoor Rec./LT • Steam Locomotive, Kakegawa Castle, & Ryugasaki Cavern</p> <p>6 Person Soccer Yano Soccer Field • 9 a.m.</p> <p>Soul 81 Band Blue Moon • SHA Club 8:30-10:10 p.m.</p> <p>Firelite Lounge • Country Night 9 p.m.-2:30 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>
<p>10 Outdoor Rec./LT • Jinba-Mt. Tako Hiking • Sawara Iris Festival & Naritasa Temple</p> <p>Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p>Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>11 ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Yoga • CRC • 10:30-11:30 a.m.</p> <p>BOSS Warrior Zone Call of Duty II • 12 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>12 ACS Playgroups Ann Elementary • 9-11 a.m.</p> <p>Good Morning Beginners Japanese SHA Library • 10:30-11:30 a.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m. & 5 p.m.</p> <p>ACS - Coupon Clip 'n Learn • ACS Bldg. 402 • 2-3 p.m. • SHA Chapel • 4-5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>13 ACS Japan Specific Sponsorship Training • 2-3 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p> <p>Mongolian BBO • CZCC • 5-9 p.m.</p>	<p>14 Aikido Yano Fitness Center 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center 12-12:30 p.m.</p> <p>Tire Rotation • Auto Skills Center • 5:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>15 Tomodachi Day Camp Zama Golf Club</p> <p>Wing Night • CZCC • 5-7 p.m.</p> <p>Firelite Lounge • Free Karaoke Night 6-10 p.m. • Variety Music 10 p.m.-3 a.m.</p> <p>Prime Rib Night Sagami Lounge • 5-8 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>16 Outdoor Rec./LT • Hakone Glass Museum & Open Air Museum</p> <p>Inter-Service Golf Tournament Blue Moon • SHA Club • 6 a.m. Tee Times</p> <p>Oshiri Chips (Disco Band) Blue Moon • SHA Club 8:30-10:10 p.m.</p> <p>Firelite Lounge • Hip Hop/Reggae 9 p.m.-2:30 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>
<p>17 Outdoor Rec./LT • Kamakura June Photo Walk • Clam Digging</p> <p>HAPPY Father's Day</p> <p>Father's Day Special Brunch Buffet CZCC • Ballroom • 10:30 a.m.-2 p.m.</p> <p>Prime Rib Night • Pacific Rim • 4:30-9 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>18 Junior Golf Clinic #1 Starts CZCC • 9-10:30 a.m.</p> <p>Yoga • CRC • 10:30-11:30 a.m.</p> <p>ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>19 ACS Playgroups Ann Elementary • 9-11 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m. & 5 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>20 Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Mongolian BBO • CZCC • 5-9 p.m.</p>	<p>21 ACS Newcomer's Orientation CZCC • 8 a.m.-4 p.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center 12-12:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>22 Wing Night • CZCC • 5-7 p.m.</p> <p>Firelite Lounge • Free Karaoke Night 6-10 p.m. • Hip Hop Music w/DJ 10 p.m.-3 a.m.</p> <p>Mongolian BBQ Dinner Sagami Lounge • 11 a.m.-1 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>23 Outdoor Rec./LT • Yokohama Bay Lunch Cruise & China Town Free Time</p> <p>Aikido Yano Fitness Center 10-12 p.m.</p> <p>Firelite Lounge • Variety Music 9 p.m.-2:30 a.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>
<p>24 Outdoor Rec./LT • Funabashi Andersen Park</p> <p>Sunday Mini Brunch CZCC Ballroom • 10 a.m.-1:30 p.m.</p> <p>BOSS Warrior Zone Movie Night • 12 p.m.</p> <p>Thai Night • Pacific Rim • SHA Club 4:30-8:30 p.m.</p>	<p>25 Yoga • CRC • 10:30-11:30 a.m.</p> <p>ACS Reading Circle Zama Library • 10:30 a.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 5 p.m.</p>	<p>26 ACS Playgroups Ann Elementary • 9-11 a.m.</p> <p>Good Morning Beginners Japanese SHA Library • 10:30-11:30 a.m.</p> <p>Aikido Yano Fitness Center 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center • 12 p.m.</p> <p>Yoga with Michael Yano Fitness Center • 6:30 p.m.</p>	<p>27 Good Evening Beginners Japanese SHA Library • 5-6 p.m.</p> <p>Little Chef's Night & Kids Movie • Pacific Rim • 4:30-8:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p> <p>Mongolian BBO • CZCC • 5-9 p.m.</p>	<p>28 Aikido Yano Fitness Center 11:45 a.m. & 5 p.m.</p> <p>Brazilian Jujitsu Yano Fitness Center 12-12:30 p.m.</p> <p>Yoga with Michael Yano Fitness Center 5:30-6:30 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>29 Tomodachi Day Camp Zama Golf Club</p> <p>Aikido Yano Fitness Center 11:45 a.m.</p> <p>Wing Night • CZCC • 5-7 p.m.</p> <p>Chef's Special • Pacific Rim • 4:30-9 p.m.</p>	<p>30 Outdoor Rec./LT • Kamikochi Hiking • Nikko Edo Mura</p> <p>Independence Day Celebration Open Post Event • 3-9 p.m.</p> <p>Firelite Lounge • Variety Music 9 p.m.-2:30 a.m.</p>

*For more information, please call 263-8993 • Log on: <http://www.armymwrjapan.com> • Check the monthly "Bugle".



Weekly DFAC Menu

<p>Hours of Operation and Prices:</p> <ul style="list-style-type: none"> - Breakfast: 7 - 9 a.m. / \$3.45 - Lunch: 11:30 a.m. - 1 p.m. / \$5.60 - Dinner: 5 - 6:30 p.m. / \$4.85 - Brunch: 9 a.m. - 1 p.m. / \$6.25 - Supper: 5 - 6 p.m. / \$7.65 <p>* Daily entrée includes: Salad bar, Desserts, Fruits and Beverages</p>	<p>Daily Breakfast Menu:</p> <ul style="list-style-type: none"> - Eggs to Order / Grilled Bacon - Grilled Turkey Sausage - Sausage Patties - Creamed Beef - Biscuits - French Toast / Pancakes - Oatmeal / Grits - Steamed Rice - Hashed Brown Potatoes - Muffins / Assorted Bread - Assorted Cereals / Cottage Cheese - Breakfast Pastries 	
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Camp Zama Dining Facility Lunch Jun 4, 11:30 a.m. to 1 p.m.

- Tortilla Chicken Soup / Cream of Mushroom Soup
- Beef Tacos / Beef Fajitas
- Baked Chicken / Chicken Enchiladas
- Refried Beans / Spanish Rice
- Garlic Roasted Potatoes
- Mexican Mixed Vegetables
- Seasoned Brussels Sprouts

Price: \$5.60

Camp Zama Dining Facility Dinner Jun 4, 5 p.m. to 6:30 p.m.

- Tortilla Chicken Soup / Cream of Mushroom Soup
- Cajun Baked Fish
- Braised Pork Chops
- Rissole Potatoes
- Steamed Rice
- Club Spinach
- Seasoned Scandinavian

Price: \$4.85

Camp Zama Dining Facility Lunch Jun 5, 11:30 a.m. to 1 p.m.

- Mulligatawny Soup / Cream of Broccoli Soup
- Lasagna / Spinach Lasagna
- Herbed Baked Chicken
- Spaghetti with Meat Sauce / Marinara Sauce
- Paprika Buttered Potatoes / Steamed Rice
- Seasoned Italian Blend / Seasoned Corn
- Toasted Garlic Bread

Price: \$5.60

Camp Zama Dining Facility Dinner Jun 5, 5 p.m. to 6:30 p.m.

- Minestrone Soup / Cream of Broccoli Soup
- Kalua Pig Cabbage
- Turkey Curry
- Mashed Potatoes
- Steamed Rice
- Seasoned Summer Squash
- Seasoned California Mixed Vegetables

Price: \$4.85

Camp Zama Dining Facility Lunch Jun 6, 11:30 a.m. to 1 p.m.

- Chicken Gumbo Soup / New England Clam Chowder
- BBQ Chicken / Fried Chicken / Baked Chicken
- BBQ Pork Spareribs / Southern Fried Catfish
- Baked Macaroni & Cheese / Corn Bread
- Glazed Sweet Potatoes / Steamed Rice
- Okra & Tomato Gumbo / Black Eyed Peas
- Southern Style Greens / Southern Fried Okra

Price: \$5.60

Camp Zama Dining Facility Dinner Jun 6, 5 p.m. to 6:30 p.m.

- Chicken Gumbo Soup
- New England Clam Chowder
- Chili Macaroni
- Turkey A La King
- Mashed Potatoes
- Steamed Rice
- Peas & Carrots
- Seasoned Wax Beans

Price: \$4.85



Weekly DFAC Menu Continued

Camp Zama Dining Facility Lunch Jun 7, 11:30 a.m. to 1 p.m.

- Chicken Egg Drop Soup / Corn Chowder
- Chinese Sweet Sour Pork
- Teriyaki Chicken / Beef & Broccoli
- Oven Brown Potatoes
- Pork Fried Rice
- Seasoned Cauliflower
- Seasoned Mixed Oriental

Price: \$5.80

Camp Zama Dining Facility Dinner Jun 7, 5 p.m. to 6:30 p.m.

- Chicken Egg Drop Soup / Corn Chowder
- Hot Spicy Chicken
- Asian Beef Stir Fry
- Franconia Potatoes
- Steamed Rice
- Herbed Broccoli
- Green Beans with Corn

Price: \$4.85

Camp Zama Dining Facility Lunch Jun 8, 11:30 a.m. to 1 p.m.

- Beef Barley Soup / Cream of Tomato Soup
- Swiss Steak with Mushroom Gravy
- Herbed Baked Fish
- Roast Turkey / Savory Bread Dressing
- Mashed Potatoes / Steamed Rice
- Vegetable Stir Fry
- Seasoned Cauliflower

Price: \$5.80

Camp Zama Dining Facility Dinner Jun 8, 5 p.m. to 6:30 p.m.

- Beef Barley Soup / Cream of Tomato Soup
- Barbecued Corned Beef
- Chicken and Peas Au Gratin Casserole
- Parsley Buttered Potatoes
- Lyonnais Rice
- Seasoned Asparagus
- Seasoned Mixed Vegetables

Price: \$4.85

Camp Zama Dining Facility Brunch Jun 9, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / Pancakes / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Minestrone Soup / Cream of Potato Soup
- Hamburger Yakisoba / Japanese Ginger Pork
- Cajun Baked Chicken
- Mashed Potatoes / Steamed Rice
- Buttered Corn
- Seasoned Green Beans

Price: \$8.25

Camp Zama Dining Facility Supper Jun 9, 5 p.m. to 6 p.m.

- Minestrone Soup
- Cream of Potato Soup
- Ginger Pot Roast
- Baked Stuffed Salmon
- Oven Glo Potatoes
- Steamed Rice
- Glazed Carrots
- Seasoned Antigua

Price: \$7.65

Camp Zama Dining Facility Brunch Jun 10, 9 a.m. to 1 p.m.

- Omelet / Boiled Eggs / Waffles / Grits / Biscuits
- Creamed Beef / Hashed Brown Potatoes
- Chicken Noodle Soup / Cream of Tomato Soup
- Grilled Sirloin Steak / Pork Chops Mexicana
- Baked Salmon with Tomato & Basil
- Lyonnais Potatoes / Steamed Rice
- Sautéed Mushrooms & Onions
- Seasoned Succotash

Price: \$8.25

Camp Zama Dining Facility Supper Jun 10, 5 p.m. to 6 p.m.

- Chicken Noodle Soup
- Cream of Tomato Soup
- Jambalaya
- Pork Chop with Cranberry Sauce
- Mashed Potatoes
- Penne with Marinara Sauce
- Cauliflower Au Gratin
- Sautéed Cabbage

Price: \$7.65



Playground Safety Reminder

DEFEAT THE VILLAINS OF PLAYGROUND SAFETY!

THE STRANGLER
Never attach ropes, jump ropes, pet leashes or strings to playground equipment; children can strangle on these as well as loose strings on clothing.

HARDHEAD
Make sure there is shock-absorbing material under the play set as falls are the biggest risk to children on the playground.

THE FIREBALL
Don't let kids play on slides/surfaces that are hot. If it feels hot to your hand, it may be too hot for a child's bare skin.

DISTRACTATRON
Always supervise children on playgrounds to make sure they are safe.

NSN (Neighborhood Safety Network) logo and other safety organization logos are visible at the bottom right of the infographic.

Voting: Your vote is your voice

Are you registered to vote? Have you received your Absentee Ballot for your states' primary election yet? It's a midterm election year, and you don't have to wait until November to have your voice heard. [CLICK HERE](#) to find out if your state is having an upcoming election.

USARJ/USAGJ Website Update

The U.S. Army Japan and U.S. Army Garrison Japan websites are still offline. Please be patient during this transition to a new website system. [CLICK HERE](#) to find resources and information in the meantime.

Weekly Newsletter Submission Guidelines

The Rising Sun is a weekly newsletter produced by U.S. Army Garrison Japan Public Affairs and sent out every MONDAY (except on holidays or otherwise stated) to Camp Zama community members, providing news, information and highlights about the U.S. Army in Japan. [CLICK HERE](#) to send submissions for weekly newsletter. Please include relevant details. Submission deadline is **THURSDAY by NOON.**

CLAIM YOUR OFFER BETWEEN JUNE 1 - AUGUST 8, 2018!

PCS TIME?
SHOW YOUR ORDERS AND UNLOCK A SPECIAL MILITARY STAR. CARD OFFER IN-STORE AND ONLINE!
VISIT CUSTOMER SERVICE AT THE MAIN STORE FOR MORE DETAILS.

EARN 2 POINTS PER \$1**
2000 POINTS = \$20 REWARDS CARD

[CLICK HERE FOR DETAILS](#)

