



New commissary systems look to reduce lines, add online payments

Commissary customers can now use new checkout systems designed to provide more convenience to their shopping experience.



Army veteran reflects on career ahead of Vietnam War observance

Lawrence Clements remembers the late-night phone calls, informing him to be ready in a few hours to notify a family that their loved one had died.



Women's History Month Featurette: Sgt. Pascual

Today we're recognizing Sgt. Nikita Pascual, a culinary specialist. In this video, Pascual, who has been in the Army for nine years, shares the reasons why she is proud to serve—literally!—on the 35th CSSB team.



Zama Pulse: March 24

After losing 80 pounds over the past year, Tara Culbertson wanted to find a unique exercise to stay in shape while making new friends. Willing to try something new, Culbertson, the director of Morale, Welfare and Recreation at Naval Air Facility Atsugi, decided to revive the local roller derby team that had dissolved due to the pandemic.



Intramural Dodgeball Tournament

Six teams came out to Yano Fitness Center Wednesday to face off in an intramural dodgeball competition! Each match in the double-elimination tournament pit two teams of six players against each other in a best-of-five-sets format.

CHECK OUT WHAT'S GOING ON!

Community News Briefs

Stay informed about what's happening on our U.S. Army Garrison Japan installations by check out our new Community News and Information site! To submit your information for publication, email full details (who, what, when, where, why and how, along with contact information) to <u>usag.japan@gmail.com</u> COMMUNITY NEWS AND INFORMATION

U.S. ARMY GARRISON JAPAN



Things to See and Do

Arts and Crafts, Community Events, Entertainment, Food, Libraries, Travel, Sports and Fitness, Outdoor Recreation and much more! Find it all here in the MWR Bugle Magazine!