BM1 Shandell Black presents Commander, US 7th Fleet, Vice Adm. Scott H. Swift, the first piece of traditional cake during a Navy Birthday Ball held in the Purdy Fitness Center at Fleet Activities, Yokosuka to commemorate the 237th birthday of the United States Navy.

Photo by Greg Mitchell

DC1 Richard Baker, assigned to Afloat Training Group West Pacific, trains a Sailor how to properly don a self-contained breathing apparatus during a general quarters drill on board the Arleigh Burke-class guided-missile destroyer *USS McCampbell* (DDG 85).

U.S. Navy photo by MCSN Declan Barnes

Royal Malaysian air force Brig. Gen. Affendi Buang from the Malaysian Ministry of Defense walks through sideboys after landing aboard *USS George Washington* (CVN 73) for a tour of the ship.

U.S. Navy Photo by MCSA Brian H. Abel

Sailors from the Indonesian navy (TNI-AL) play music as the Ticonderoga-class guided-missile cruiser *USS Cowpens* (CG 63) gets underway.

U.S. Navy photo by MC3 Paul Kelly

Students and staff of Kinnick High School culminated their Hispanic Heritage Celebration on Oct. 16 with festive Mexican dancing. The morning festivities included a brief history of Latin struggle in America, poetry reading and dance performances by Latin dance guest performers, El Grupo Zumba.

Photo by Vicki Boehler

SN Roger Laque plays guitar on the mess decks aboard the forward deployed Ticonderoga-class guided-missile cruiser *USS Cowpens* (CG 63).

U.S. Navy photo by MC3 Paul Kelly

Konnichiwa

Commander Naval Region Japan's Fire Department Fire Prevention Chief George Salcedo announces the opening remarks during their drawing contest 2012 award ceremony at The Sullivans Elementary School.

Photo by Yuji Kawabe

Where is your hometown?	Honolulu, Hawaii.
How long have you worked on base?	Five years.
Favorite food?	Any Japanese food.
What is your life goal?	Staying healthy with my family and good friends.