AN Jeremiah Williams from Baton Rouge, La., fires an M14 rifle as GMSA Anthony Byers from Oroville, Calif., observes during small arms qualifications aboard the nuclear-powered aircraft carrier *USS George Washington* (CVN 73) Aug. 18. The qualification was held to train and maintain Sailors' proficiencies with the M14 rifle.

US Navy photo by MCSN Justin E. Yarborough

DC3 Chris Thibodeau, left, demonstrates the usage of a self contained breathing apparatus to Republic of Singapore Navy LTA Soh Gou Zhong, center right, LTA Eugene Tan, far right, during a Chemical Biological and radiological drill aboard the guided-missile destroyer *USS Curtis Wilbur* (DDG 54) Aug. 23. *Curtis Wilbur* is participating in cooperation afloat readiness and training (CARAT). CARAT 2011 is a series of bilateral exercises held annually in Southeast Asia to strengthen relationships and enhance force readiness.

U.S. Navy photo by MC3 Andrew Ryan Smith

Orion Food Service's William Koepp presented a rebate check for $50,000 to MWR Food and Beverage Director Kevin Dugan and his staff June 15. The rebate was generated by MWR's successful operations at the 24/7 Food Court in the J.D. Kelly Fleet Recreation Center, C-Street Café in Club Alliance and Mean Gene's at the Yokosuka Bowling Center, and will be put to use subsidizing other great MWR programs.

Photo by John Sullivan

Michael W. Gabiga, assigned to Naval Facilities Engineering Command Far East at Commander Fleet Activities Yokosuka, takes part in the 10.5-mile bike leg of the MWR sponsored Salty Dog Sprint Triathlon Aug. 27. The Salty Dog Sprint Triathlon consisted of a 400-meter swim, 10.5-mile bike ride and a 5k run.

U.S. Navy photo by MC3 Matthew R. Cole

Konnichiwa

MWR Life guard Michael Collins watchs over the green beach swimming pool during his shift.

Photo by Yuji Kawabe

Where is your home town? Jacksonville, Florida.

How long have you been in Japan? Four Months.

What is your favorite food? Fruit smoothies.

What is your life goal? To go to callege and become a nurse.

Pet of the Week

Freedom was rescued here on base and has been learning that people can be gentle and loving. She loves anyone who'll let her snuggle up and sleep on them. Being a kitten, she is also playful and very curious. Freedom is wonderful and she'll only get better from here. To find out more about Freedom, or any animal at Pets Are Worth Saving (P.A.W.S.) contact 243-9996, or e-mail usskittytalk.yokosuka@gmail.com, or visit the P.A.W.S. Web site at www.pawsyokosukajapan.com