US Navy yard tugboat Seminole (YT-805) assigned to Fleet Activities Yokosuka Port Operations pulls alongside the Ticonderoga-class guided-missile cruiser *USS Cowpens* (CG 63) as the ship makes preparations for getting underway Aug. 22.
U.S. Navy photo by MC3 Paul Kelly

American-pop band Gym Class Heroes perform a free concert for the Commander Fleet Activities Yokosuka (CFAY) community during a Navy Entertainment sponsored concert tour visit in the CFAY Bowling Center parking lot Aug. 21.
U.S. Navy photo by MCSA Jordan T. Buttolph

Konnichiwa

MWR Life guard Sanae Kamei watches over the green beach swimming pool during her shift.
Photo by Yuji Kawabe

Where is your hometown? Kamakura.

How long have you worked on base? Three weeks.

Favorite food? Rice.

What is your life goal? To study English and start home-visit care service business in U.S.

MU1 Brian Nefferdorf, assigned to the U.S. 7th Fleet Far East Edition Brass Band, plays a banjo during a performance at Mikasa Park during the 2012 Iicha-Icha Festival.
U.S. Navy photo by MC3 Gregory A. Harden II

A Republic of Korea child hangs a lei on U.S. 7th Fleet Chief of Staff Capt. Paul Stader after *USS Blue Ridge* (LCC 19) arrived in Pyongtaek, Republic of Korea.
U.S. Navy photo by MC2 Class Mel Orr

DCFN Zachary Huckaby, assigned to the Arleigh Burke-class guided-missile destroyer *USS McCampbell* (DDG 85), shows how to perform proper maintenance on one of the ship's damage control equipment.
U.S. Navy photo by MCSN Declan Barnes

BM3 Donte Ruffin, from Yonkers, N.Y., deadlifts 400 pounds during a weightlifting competition aboard the U.S. Navy's forward-deployed aircraft carrier *USS George Washington* (CVN 73).
U.S. Navy photo by MC3 William Pittman