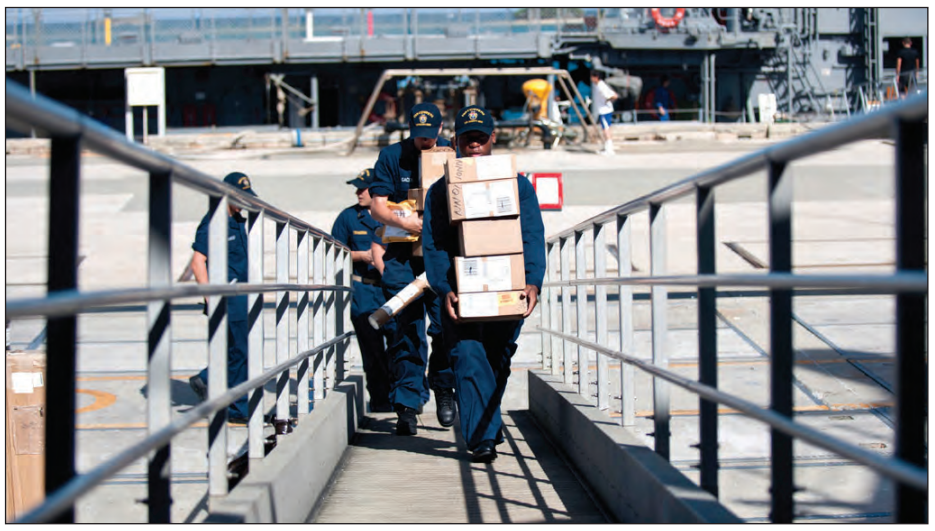
Sailors man the rails aboard *USS George Washington* (CVN 73) as the ship arrives in Yokosuka for a mid-cruise break July 26.

US Navy photo by Lt. Cmdr. Denver Applehans



Sailors assigned to the forward deployed Ticonderoga-class guided-missile cruiser *USS Cowpens* (CG 63) carry supplies and mail up the brow after mooring pier-side July 23.

U.S. Navy photo by Mass Communication Specialist 3rd Class Paul Kelly

Ensign Andy Wang and fellow Sailors assigned to U.S. 7th Fleet flagship *USS Blue Ridge* (LCC 19) form ranks during a change of command ceremony in Yokosuka, Japan July 27. Capt. Will Pennington relieved Capt. Daniel Grieco to become the 25th commanding officer since the ship was commissioned in 1970.

U.S. Navy photo by MC3 James Norman

A day prior to returning to Yokosuka, Sailors scrub the flight deck aboard the U.S. Navy's forward-deployed aircraft carrier USS George Washington (CVN 73) during a scrub exercise (SCRUBEX). Aqueous film forming foam (AFFF), a soap-like compound used to fight petroleum fires, is used during SCRUBEXs to clean the flight deck.

U.S. Navy photo by MC3 David A. Cox

HM3 Brittani Zarzeck lowers the Jack from the bow of the forward deployed Ticonderoga-class guided-missile cruiser *USS Cowpens* (CG 63) after getting underway July 25. *Cowpens* is forward deployed to Yokosuka, Japan and is currently underway in the 7th Fleet area of responsibility.

U.S. Navy photo by MC3 Class Paul Kelly

Konnichiwa

Commander Fleet Activities Yokosuka Port Operations Dock Master BM1 Jakarri McFolley watches from the pier while *USS George Washinton* (CVN 73) pulls into port. Jakarri helps the harbor pilot and ensures the ship is moored properly.

Photo by Yuji Kawabe

Where is your hometown?	Columbus, Georgia.
How long have you been in Japan?	Two years.
Favorite food?	*Yaki-niku* (grilled meat).
What is your life goal?	Reaching the highest level in the Navy and trying to make a difference.