OS2 Pamala Lynch takes the E-6 advancement exam on the mess decks of the forward-deployed Ticonderoga-class guided-missile cruiser *USS Cowpens* (CG 63).
U.S. Navy photo by MC3 Paul Kelly

Sailors assigned to guided-missile destroyer *USS Mustin* (DDG 89) pull the ship's mooring line onboard as the ship departs Fleet Activities Yokosuka Sept. 4.
U.S. Navy photo by MC2 Devon Dow

Sailors from Explosive Ordnance Disposal Mobile Unit 5, Platoon 503, assigned to Commander Task Force 70 fast rope onto the flight deck of the Arleigh Burke-class guided-missile destroyer *USS McCampbell* (DDG 85) to assist in a helicopter visit, board, search and seizure drill.
U.S. Navy photo by MCSN Declan Barnes

Landing signal officers aboard the U.S. Navy's forward-deployed aircraft carrier *USS George Washington* (CVN 73) stand by to help guide approaching aircraft toward the flight deck during flight operations.
U.S. Navy photo by MC3 William Pittman

The U.S. 7th Fleet Band performs during a friendship concert titled "American Sound in Yokosuka" with the Yokosuka Symphony Orchestra at the Yokosuka Arts Theatre in Yokosuka, Japan.
U.S. Navy photo by MC1 Joshua Karsten

# Konnichiwa

Commander Naval Forces Japan Fire Department Drill Master Yuhei Hino explains the fire department's progress to CFAY Chief Staff Officer Capt. Donna Kaspar during a Regional Training Team (RTT) Drill Sept. 5.
Photo by Yuji Kawabe

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|---|---|
| Where is your hometown? | Kobe city. |
| How long have you worked on base? | Seventeen years. |
| Favorite food? | Yakiniku. |
| What is your life goal? | To continue to play soccer with my child. |