(Right) Lt. Dave Van Kampen, from Reno, Nev., discusses navation bearings with QM2 Stephen Heinonen, from Waldorf, Md., and QM2 Ashley Chandler, from San Diego, on the navigation bridge of the U.S. Navy's forward-deployed aircraft carrier *USS George Washington* (CVN 73).

U.S. Navy photo by MC3 William Pittman

Sailors, dependents and Japanese nationals depart from the starting line during a Suicide Awareness Run and Walk held at CFAY's Berkey Field Sept. 26.

Photo by Greg Mitchell

(Left) Negishi's Officer-In-Charge LSC De'Andre Allen awards Deborah Hedge a certificate for second place in Negishi's Yard of the Month for August. First place went to MM1 Jason and Maria Williams. Brian and Shoko Pritchett won third place.

Photo courtesy of Negishi Housing Office

Commander, U.S. Pacific Fleet, Adm. Cecil Haney arrives onboard guided-missile destroyer *USS Mustin* (DDG 89) during the ship's visit to Malaysia in conjunction with the 2012 Western Pacific Naval Symposium.

U.S. Navy photo by MC2 Devon Dow

Yokosuka Middle School students in science class measure a piece of candy prior to conducting an experiment. The students were then asked to make a hypothesis about how the density would change after the candy is soaked in water.

Photo by Dale N. Duncan Jr.

ABHC Marcus Williams speaks to the Sailors on the flight deck of the U.S. Navy's forward-deployed aircraft carrier *USS George Washington* (CVN 73) before the start of flight deck drills.

U.S. Navy photo by MCC Jennifer A. Villalovos

Konnichiwa

Ship Repair Facility and Japan Regional Maintenance Center Commanding Officer secretary Saori Rose reviews the command's organization chart of SRF and JRMC.

Photo by Yuji Kawabe

Where is your hometown?	Zushi city.
How long have you worked on base?	Seven years.
Favorite food?	Tempura.
What is your life goal?	To voyage around the world onboard a luxury liner with my family.