(Left) Commander Navy Installations Command Vice Adm. Michael C. Vitale listens as CFAY Public Works Officer Cmdr. Steven Stasick explains the ongoing CFAY building A-20 renovations Sept. 10. Vitale toured building A-20 during his recent visit of Western Pacific commands.

Photo by Mark Elrod

(Left) *USS Fitzgerald* (DDG 62) Ombudsman Erich Claxton and Leanne Quarterman, and CFAY Commanding Officer Capt. David Owen cut the ceremonial cake during the CFAY Ombudsman 40th Anniversary Dinner Sept. 3.

Photo by Mark Elrod

(Right) MCC Jason Penny videotapes MC3 Dominique Pineiro during a segment for a Monkey Island travelogue on board the island's ferry Sept. 22. The travelogue is part of the Commander Navy Region Japan "Duty in Japan" video series, which provides a clearing house of information about living and working in Japan from a military component perspective. These videos are available for viewing at http://www.youtube.com/user/DutyInJapan.

U.S. Navy photo by MCC Daniel Sanford

(Left) SH3 Christian Bennett from Evansville, Ind., temporarily assigned to security, practices strong hand baton defense tactics aboard *USS George Washington* (CVN 73) Sept. 21. Sailors temporarily assigned to security undergo several weeks of training that includes, oleoresin capsicum (OC) spray, baton defense tactics and take down procedures.

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

Pet of the week

The Pet of the week this week is Sandy. She is small in size but not in spirit. She often waits for us to open the door, then off she goes into the hallway. Sandy is a sweet lady and would love a home where she can explore to her heart's content. To find out more about Sandy, or any animal at P.A.W.S., contact them at 243-9996, by e-mail to usskittytalk.yokosuka@gmail.com or visit the P.A.W.S. website at www.pawsyokosukajapan.com.

Photo courtesy of P.A.W.S.

Konnichiwa

USNH Yokosuka HM3 Ninder Kandola checks the registration of participants for the Suicide Prevention-Awareness 3k Walk/Run Sept. 22.

Photo by Yuji Kawabe

Where is your hometown? Yuba City, Calif.

How long have you been in Japan? Eleven months.

What is your favorite food? Indian spinach and chicken enchiladas.

What is your life goal? To reach out to many and give a helping hand.