Sailors, Marines, family members and other community members register for the Great American Smokeout 5K and 10K races aboard CFAY Nov. 6. The Great American Smokeout is an annual event that challenges tobacco users to quit cigarettes and smokeless tobacco for a day. The 5K and 10K races were coordinated by CFAY MWR.

U.S. Navy photo by MC2 Bryan Reckard

Marines embarked aboard the 7th Fleet command ship *USS Blue Ridge* (LCC 19) bow their heads during a moment of prayer at the Marine Corps birthday celebration Nov. 10. This year marks the 234th anniversary of the founding of the United States Marine Corps.

U.S. Navy photo by MCSN Devon Dow

Chicago native CS3 Cyrus McCarthren and MA1 Brent Harwood, a Rockford, Ill., native scrub memorial gravestones at the Yamate *Gaijin Bochi* Cemetery in Yokohama, Japan Nov. 6. Sailors from various commands in Yokosuka and Yokohama volunteered for the bi-annual cemetery cleanup community relations project. The cemetery is the final resting place to hundreds of foreigners who died in Japan during the first and second World Wars.

U.S. Navy photo by MC2 Byron C. Linder

United Service Organization (USO) volunteers invite attendees of the Veterans Day barbecue held Nov. 11, to write messages of support and condolences to the victims of the recent Fort Hood tragedy. The banner will be forwarded to the USO in Fort Hood, Texas.

Photo by Mark Elrod

Konnichiwa

(Center) FAST Company Pacific Squad Leader Cpl. Zachery Potwine performs a gear inspection for an upcoming re-deployment.

Photo by Yuji Kawabe

Where is your home town?	Tampa, Fla.
How long have you been in Japan?	Seven months.
What is your favorite food?	Filet mignon.
What is your life goal?	To succeed at everything.

(Right) Yokosuka Middle School (YMS) 7th-grade Advancement Via Individual Determination (AVID) student Brandon Cole demonstrates how he uses AVID strategies to maintain a well-organized binder. AVID students learn note-taking, study and organizational skills, which helps students to be more prepared for learning now until they graduate from college. AVID techniques are being adopted schoolwide to help students to achieve their language arts and math goals.

Photo by Dale N. Duncan Jr.