# Drop, cover, hold; students prepare with earthquake drill

**Story and photo by Ben Avey, CFAY Public Affairs**

Students and teachers at The Sullivans School had the opportunity to prepare for one of Japan's most common natural disasters during an emergency preparedness drill simulating an earthquake aboard Commander Fleet Activities Yokosuka (CFAY) April 14.

The drill was the first earthquake-specific exercise students practiced this year and taught them the simple, yet lifesaving slogan, "drop, cover and hold."

It was those words that guided students when at 9:10 a.m., the school intercom came to life informing students that there was an earthquake drill and students and teachers should take action accordingly.

"We got under our desks to protect us from any falling objects and for stability," said drill participant and 5th-grade student Hannah Tufts.

After approximately one minute of taking cover under their desks, the voice on the intercom let students know that the shaking had stopped and they should proceed to the earthquake evacuation point on the school playground. Once all the students, teachers and school personnel were accounted for on the playground by administrators, students were led back to their classrooms.

"It was pretty interesting and it was really cool getting to experience what would happen if an earthquake occurred," said Tufts. "We know what to do. We're prepared."

**(Left) Chakira Burton, Jordyn Osmus and Damon Johnson hold onto a table during an earthquake drill held at The Sullivans School April 14. The drill was the first earthquake specific exercise students practiced this year and taught them the simple, yet lifesaving slogan: "drop, cover and hold."**

The earthquake drill was preceded by classroom instruction in which students were taught about earthquakes and what to do in the event of an earthquake or drill said The Sullivans Elementary School Teacher Torey Wigfall.

"At first, they didn't take it seriously, but once we started going through the class and analyzing the hazards and what potentially could happen, then it really got their attention," said Wigfall.

After returning to their classrooms after the drill, students and teachers engaged in dialog discussing earthquakes. Some teachers even plan to incorporate the drills into future science lessons.

According to The Sullivans School Assistant Principal Willette Horne-Barnes, the drill, coordinated in conjunction with Commander U.S. Naval Forces Japan Regional Fire Department, was prompted by the continuous school improvement group focused on safety and security.

"They were really interested in the school having an earthquake drill because we live on an island where we have so many, yet they didn't feel we were prepared to evacuate the building safely so they suggested we do this," said Horne-Barnes.

The drill was held in addition to monthly fire drills and other anti-terrorism force protection exercises geared towards the protection of students and teachers.

"It makes me feel better that I know what to do and I feel protected," said Tufts. "I hope all the other schools get to experience a drill of what happens during an earthquake."

# CFAY prepares for upcoming command cyber readiness inspection

**By Dan Bowen, CFAY Public Affairs**

The Defense Information Systems Agency (DISA) will be on board Commander Fleet Activities Yokosuka (CFAY) the week of June 8 to conduct a command cyber readiness inspection.

Inspectors will look into several areas to assess CFAY's ability to maintain the integrity of the global integration grid (GIG).

According to www.globalsecurity.org, "the GIG represents a globally interconnected, end-to-end set of information capabilities and processes for collecting, processing and managing information on demand to war fighters, policymakers and support personnel. The GIG fulfills a fundamental principle of network-centric operations by securely connecting people and systems regardless of time or place, providing vastly superior situational awareness and better access to information for accelerated decision-making."

What this means to CFAY personnel is that with the GIG in place, a threat to one user is a threat to all users. The inspection will look at physical security, network assurance, information awareness and will also determine if there are any deficiencies in the system.

According to Lt. Michael Gann, Naval Computer and Telecommunications Station Far East (NCTSFE) N9 department head, who will serve as the military lead for the CCRI at NCTSFE, everyone has a part to play in maintaining system integrity.

"Little things go a long way in protecting our networks," said Gann. "Don't wear security badges outside of your spaces, make sure you don't allow anyone [who doesn't belong] into your secure spaces and don't leave your Common Access Card (CAC) unattended in your computer. Also, know who your security manager is and follow the rules concerning information assurance and physical security."

Users also need to beware of visiting unauthorized Web sites, opening suspicious e-mails and sending secret information over the Non-Secure Internet Protocol Router Network (NIPRNET).

Protecting the network is not limited to classified networks only. Adversaries to the United States are constantly looking for ways to breach our cyber security and gain access to our systems and information. Information doesn't have to be classified to potentially have a significant negative impact to our over all defense posture. Bits of unclassified information can be pieced together and allow our adversaries to make clear estimations and logical deductions concerning the classified information we are trying to protect.

Additionally, the Navy uses the unclassified networks for logistical support of deployed units worldwide. Exploitations of these networks could be the difference between "click" and "bang." Therefore, protecting the NIPRNET is as vitally important as protecting our classified networks.

Because the majority of Americans use computers daily, we may forget that we cannot expect to use them the same way at work as we do at home. "Your work computer is a tool, same as a government vehicle, a needle gun or a weapons system," said Gann. "Use it correctly or it will be taken away. All it takes is one guy [to use the computer improperly] to bring down the entire network."

For more information on the proper use of your Navy Enterprise Network (ONE-NET) computer, visit www.disa.gov and take one of the many training sessions available online.

# Students graduate drug and alcohol prevention specialist course

**By Mark Elrod, CFAY Public Affairs**

The Navy Drug and Alcohol Prevention Specialist Course successfully ended with the graduation of 23 students in a Navy College classroom at Commander Fleet Activities Yokosuka (CFAY) James D. Kelly Fleet Recreation Center April 10.

"It's a culmination of a two-week course," said Navy Drug and Alcohol Prevention Specialist Course Director Paul Morrow. "[It's an] intensive 80-hour course where the students learn the science of drug and alcohol prevention and how to incorporate that and build prevention programs to take back to their commands to implement, so we [can] reduce the footprint of alcohol and drug misuse here in the CNFJ and 7th Fleet [area of responsibility]."

Though most of the students were CFAY and CNFJ personnel, the course is actually open to all members of the sea-community (Navy, Marine Corps and Coast Guard) as well as Department of Defense civilians and dependents.

The requirement to attend the course for active duty service members is that they are E-7 and above, although there are some exceptions to the rule as E-6 and below may be eligible for waivers, if they attend an alcohol and drug awareness (DAPA) program advisors course, and the skills learned in the course will be used within their job.

"What I do is ask them about their skill set, what is their job back at their command in relation to drug and alcohol prevention," said Morrow.

The skills that students learn in the course are not only good for self-knowledge, but can contribute to the improvement of others as well.

"I think, as a result of this training, it is important to these individuals, because it will allow them, now, to go back to the deck plates and really put their programs to use to protect their Sailors and command and also keep our relations with the host country, here, on an even keel," Morrow said.

In addition to possibly helping their, and others, Navy careers, graduating the course helps the students by opening up other opportunities for them as well.

"An individual can earn the certificate and then they can take that when they leave the Navy, and [be] highly employable in the states," Morrow explained. "It's actually an international certificate, which they can take to other countries and do prevention specialist work."

The importance of the course, which is part of the Navy Alcohol and Drug Abuse Prevention Program (NADAP), runs deeper than just job opportunities and Navy operational readiness. It extends into other aspects of life as well.

"I think the more that we get, not only the Navy folks, but [also] the dependents into these programs and understanding the nuances of setting up programs, I think we enhance the quality of life for our Sailors and our dependents," said Morrow. "I think that's really critical for our families today."

For more information about NADAP visit the Navy Knowledge Online Web site at www.nko.navy.mil or the NADAP Web page at http://www.npc.navy.mil/CommandSupport/NADAP/.