Capt. David A. Owen, Commander, Fleet Activities Yokosuka

CMDCM Gregory Vidaurri, Command Master Chief

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an e-mail to CFAYactionline@gmail.com. We welcome your feedback, especially if it is of a general nature and can help others. To contact the Seahawk, call 243-5607/3003 or send an e-mail to: CFAYactionline@gmail.com.

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Heads Up Yokosuka!
Community announcements/Action line

American Red Cross Worldwide Telephone Number – As part of an ongoing effort to better serve the military community, the American Red Cross announced that it has move to a single telephone number for its emergency communication services. Already in effect, all military members and their families can use one number – 877-272-7337 (U.S. Toll Free) to send an urgent message to a service member. The change means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live. This number allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies. Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling 877-272-7337 direct, accessing the number through a military operator, or calling the local Red Cross station. The Red Cross service to the armed forces program provides assistance to more than two million service members and many of the nation's 24 million veterans. The Red Cross provides emergency communications linking service members with their families during time of crisis; comfort and care in military and veterans medical facilities; access to financial assistance in partnership with the military aid societies; information and referral and assistance to veterans.

Second Hand Rose Closure – Second Hand Rose will be closed from July 17 through Aug. 15 for summer break. Donations will not be accepted during this closure. Second Hand Rose will reopen and resume its regular schedule Aug. 16 from 9 a.m. to 2 p.m. Your continued donations and support are appreciated. Contact Second Hand Rose General Manager Lindsey King at 243-4090 for more information.

Disposal of Potassium Iodide (KI) has been authorized by Joint Support Force Japan – You may dispose of KI with your normal household or burnable garbage. Like any pharmaceutical, do NOT flush it down the toilet, sink or other waste water system.

Substance Abuse Rehabilitation Program (SARP) Counselors – Are you interested in making a career move into the counseling field after the Navy, whether it be in the field of social work, independent practice in Psychology or, working in the civil service sector in any branch of the military in the substance abuse counseling field? Then, contact the Yokosuka SARP Office for more information on becoming a Navy certified substance abuse counselor. Upon successful completion of the Navy Drug and Alcohol Counseling School, you will earn an estimated 60-plus accredited hours toward a degree. After graduation as an intern, you will log in more than 300 hours of clinical work in a one-year internship program towards certification, after having been in the counseling field for two additional years. If interested, contact your command Drug and Alcohol Program (DAPA) advisor or SARP Director John Baptiste at 243-2623 or by e-mail to john.baptiste@med.navy.mil for more information.

Information Control Points in the Event of Power Outage – In the event of power outages, emergent information can be found at the following locations:

Yokosuka
- Community Readiness Center
- Housing Office Bulletin Board
- Carney Gate Quarterdeck
- Tower first floor bulletin boards

Ikego
- Community Center
- OIC Office Bulletin Board
- Post Office
- Tower first floor Bulletin Board
- Mini Mart

Negishi
- Community Center
- OIC Office Bulletin Board
- CBQ/NGIS
- Chapel
- Veterinary Clinic
- Installation gates
- Richard E. Byrd Elementary School
- Teen Center

Emergent information includes facility and school closures, late openings and other critical information.

PACOM Health Risk Communication Survey – The Pacific Command surgeon invites you to participate in a brief survey to better understand how you would like to receive additional radiation health communication. This anonymous survey takes 5 to 10 minutes to complete and can be accessed by visiting the website https://www.surveymonkey.com/s/JWK677V.

DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel who are currently registered in DBIDS but have changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside building 1495. Additional DBIDS registration locations are at the Community Readiness Center and PSD Yokosuka.

指紋認識データシステム – 横須賀基地に関係する軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は全て指紋認識データシステム（DBIDS）に登録する必要があります。既に登録された方で、データに変更がある方は、1495ビルのDBIDS登録事務所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで。

Deadline for Seahawk submissions – Deadline for submissions to the Seahawk is the Thursday before the next Seahawk edition. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Contact the Seahawk editor by e-mail to Seahawk-Umitaka@fe.navy.mil or call 243-2567/3003 for specific submission requirements or for more information.

"Triple-C"

By Capt. David Owen,
Commander Fleet Activities Yokosuka

It has been brought to my attention by both school administrators and military leadership aboard some of our commands at Commander Fleet Activities Yokosuka, that high school teenagers and junior Sailors have been using over-the-counter medications to get high.

Coricidin Cough & Cold medicine, or "Triple-C" for short, is just one of several over-the-counter medicines that contain dextromethorphan, which is also known as DXM. DXM goes by several street names to include: Candy, C-C-C, Dex, DM, Drex, Tussin and Skittles.

When taken in large quantities DXM is known to cause hallucinations, loss of motor control, and out-of-body sensations. In large quantities it is also known to cause side effects such as: vomiting, brain damage, seizures and death. In the case of "Triple-C" there are additional health risks due to antihistamines and other active ingredients that are harmful in large quantities.

"Triple-C" is currently sold in the Navy Exchange and sales are monitored to help ensure it is not being purchased in large quantities by customers for the purpose of getting high. Pulling products with DXM in them from our shelves will not solve the problem. These products are widely available elsewhere and can serve a valuable function in recommended quantities.

For military members, abuse of over-the-counter medications is contrary to Navy policy and can result in discipline under the Uniform Code of Military Justice (UCMJ) and serious career consequences.

Just like any form of drug abuse, parents need to talk to their kids and leaders to their junior personnel. Explain to them that even though taking lots of a cough or cold medicine may seem harmless, it is not. Even if you don't think your kids or Sailors are doing it, chances are they know individuals who are.