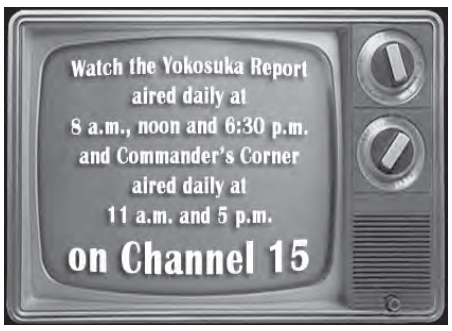
Capt. Daniel L. Weed, Commander, Fleet Activities Yokosuka

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 cfay.pao.watch@fe.navy.mil. 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: Seahawk-Umitaka@fe.navy.mil.



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Community announcements/Action line

Rickert Drive Tunnel Repairs – The tunnels on Rickert Drive will be under repair Jan. 11 to Aug. 9. Usage will be reduced to single lane, two-way traffic during the day with total tunnel road closure in the evenings from Feb. 26 to May 17 and July 13 to 31. Alternate routing of traffic during the evening will be provided. Stock Yard area parking will be secured. Temporary fleet parking will be provided by Gridley Tunnel exit. Call Public Works Department Lt. Andrew Cline at 243-5062 for more information.

Second Hand Rose Temporary Closure – Second Hand Rose has temporarily closed its doors for relocation and donations cannot be accepted at this time. Families wishing to make donations are asked to hold on to those items until such time as to when they can be accepted. Please refrain from dropping off large items such as furniture and TVs at the previous location. The base has a designated bulk trash area for these items. As soon as the new location is operational, another announcement will be made and those donated gently used items that are so appreciated will again be welcomed. Contact Yokosuka Officers' Spouse Club President Christie Wood at 241-2407 for more information.

COMPASS Spouse Mentoring Program – The next COMPASS Spouse Mentoring Program class will be held Jan. 25-27 in room 223 on the 2nd floor of the Community Readiness Center from 9 a.m. to 1 p.m. The class will cover seven different aspects of Navy life to include PCS, deployments, communication, finances, local insights, history and traditions, and benefits. Lunch provided and childcare reimbursed. Call Shelle Napier at 264-7270 for more information or sign up online at www.gocompass.org.

UMUC Asia Book Award, Scholarship Programs – UMUC Asia offers the following book award and scholarship programs for military services members and their family members:

• Orkand Family Military Book Award. Active duty enlisted service members attending UMUC Asia can apply to receive a $100 award to help pay for textbooks. Eligibility requirements are: active duty enlisted service members of the armed forces; undergraduate students maintaining a minimum 2.5 grade point average (GPA) at UMUC; graduate students maintaining a minimum 3.0 GPA at UMUC; enrolled in a minimum of six or more credit hours for the session; admitted as UMUC Asia campus student; and be a degree-seeking UMUC student.

• Orkand Family Military Scholarship fund. Eligible spouses of active duty service members can enroll in the scholarship to receive $1,000 per semester towards the cost of tuition. Eligibility requirements are: must be the spouse of an enlisted active duty member of the armed forces; undergraduate students maintaining a minimum 2.5 GPA at UMUC; graduate students maintaining a minimum 3.0 GPA at UMUC; enrolled in a minimum of six or more credit hours for the semester; and demonstrate financial need.

Contact your local field representative or the UMUC Asia Associate Director of Financial Aid Lisa Marrin at 225-3680 for more information.

Navy College Office (NCO) Web Tuition Assistance (TA) Brief – The NCO WebTA process is now required as of Jan. 1. WebTA briefings are conducted every Thursday at 11 a.m. at the NCO located in room 333 on the 3rd floor of the Fleet Recreation Center. Command WebTA briefs can be arranged for groups of eight or more at your location. Contact NCO at 243-8131 or by e-mail to navycollege_yokosuka@fe.navy.mil for more information.

National Military Family Association (NMFA) Scholarship Fund – NMFA scholarship funds are awarded only to military ID card carrying uniformed services' spouses of active duty, retiree, reserve, National Guard and, or surviviors. Scholarships of up to $10,000 are awarded to obtain professional certification or to attend post-secondary or graduate school. To apply, submit your online application at www.militaryfamily.org/our-programs/military-spouse-scholarships/ between now and Jan. 31. Contact Navy College Office Senior Education Technician Cynthia Cross by e-mail to cynthia.cross@fe.navy.mil or call 243-8131 for more information.

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. Customer service hours are Monday through Friday from 7 a.m. to 4 p.m.
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。

Yokosuka Officer Spouse Club Charities Season – The Yokosuka Officer Spouse Club charities season has begun. Applications are now available for charitable contributions to local groups and organizations at Takusan Treasures Gift Shop, the Officer's Club, or by e-mailing to yosccharities2010@yahoo.com. The deadline to submit applications is Feb. 10. Call Tamara Calandra at 241-3907, or e-mail to tamaracalandra@yahoo.com for more information.

Home-to-Work Bus Priority Seating Policy Reminder – In accordance with Commander Fleet Activities Yokosuka Instruction COMFLEACTINST 11240.3F, priority seating on the Ikego and Negishi Home-to-Work buses is given to active duty military and Department of Defense civilian employees. Family member children may only board the bus at the last stop by U.S. Naval Hospital Yokosuka only after all adults have boarded the bus.

Seahawk-Umitaka Community Announcements, Article and photo submissions – Deadline for community announcements and article and photo submissions for the Seahawk is the Friday before the next Seahawk edition. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Please include your telephone contact information in the body of the e-mail so we can contact you if necessary. 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.

Sailors, civilian shift workers at high risk from fatigue driving

By Adrian Marsh, CFAY Traffic Safety Office

People employed in occupations requiring shift work, are at high risk for drowsy driving, according to the National Highway Traffic Safety Administration (NHTSA) and the National Sleep Foundation (NSF).

Shift workers get on average about 5 hours of sleep in a 24-hour period, which is about 1-2 hours less then non-shift workers. The midnight to 8 a.m. shift carries the greatest risk of sleep disruption because it requires workers to contradict circadian patterns in order to sleep during the day.

Sleep deficit impairs driving judgment, increases fatigue, depression and risk-taking behaviors. Drivers 16-29 years of age are the highest risk for fall-asleep crashes.

The following are some tips to combat fatigued driving:

• Create a positive sleep environment (darken sleep area and reduce background noise).
• Sleep at regularly scheduled times.
• Nap before a long or late drive.
• Pay attention to warning signs.
• Try to drive with a passenger (car pool).
• Seek medical attention for any sleeping disorders.

Managers and supervisors have a vital role to ensure their employees are not on the roadways in a fatigued condition. Understand and educate personnel on the risks associated with fatigued driving and discuss ways to reduce or mitigate those risks. The only safe driver is an alert driver. Wake up and get some sleep!