



BREAKING GROUND

INSIDE THIS ISSUE:

- ✦ VA Clinic Ground-Breaking 3
- ✦ Chaplain's Corner 5
- ✦ Estate Planning 7
- ✦ This Month in Photos 8
- ✦ Living Shoreline 10
- ✦ Energy Awareness 11
- ✦ P2P File Sharing 12
- ✦ NGIS Employee Award 12
- ✦ STEM Skills 13
- ✦ Hurricane Preparation 14
- ✦ Mosquito Advisory 15

NSA Panama City Chain of Command



Commanding Officer
Cmdr. Christopher Serow



Executive Officer
Lt. Bobby Kenning



Command Master Chief
Petty Officer Hector Sandoval



NSA PANAMA CITY CARES ABOUT:

- ➔ **Our Mission**
- ➔ **The Environment**

We C.A.R.E. about our Environmental Policy

- C – Comply with Rules**
- A – Always Improve**
- R – Reduce Waste**
- E – Eliminate Pollution**

The CO Relies on YOU for Compliance

For Information on Environmental Management Systems (EMS): Our ISO 14001 Approach

Contact your Command EMS Action Team Member:
NSWC: Carmen Ferrer, 234-4146, NDSTC: Paul Gurisko, 235-5258, NEDU: MR1 Franco Nora, NSA and all other tenants: Sylvia Parzentny, 234-4743



Public Affairs Office
101 Vernon Drive
Panama City, Fla.
32407-7018

Steven Applegate
NSA PC
Public Affairs Officer
(850) 230-7717

Ens. J. Søren Viuf
Public Affairs Staff
(850) 230-7699

Mass Communication Specialist 2nd Class (SW/AW)
Kevin Gray
Contributing Editor/ Layout & Design
(850) 234-4803

NSA PC Breaks Ground on Two New Clinics

By Mass Communication Specialist 2nd Class Kevin B. Gray, NSA PC Public Affairs

Military members and civilians gathered together for a ground-breaking ceremony for two new clinics Aug. 7, 2014 on board Naval Support Activity Panama City (NSA PC). The new clinics, one belonging to the Gulf Coast Veterans Health Care System, and the other to Naval Hospital Pensacola, will be accessible from outside of NSA PC, allowing customers easier access to both facilities.

The current Department of Veterans Affairs (VA) clinic services approximately 5,500 veterans. The VA projects a 28-percent growth of veteran enrollment in the Florida panhandle within the next 10 years.

The new VA clinic will provide the following services: primary care, laboratory, pharmacy, dietician, dental, social work, radiology, teleretina/surgical, volunteer services and women's health/primary care.

The Naval Branch Health Clinic Panama City (NBHC

PC) is one of 10 branch clinics assigned to Naval Hospital Pensacola and is currently located onboard NSA PC. NBHC PC was recently awarded Level III Recognition, the highest possible recognition a practice can receive, from the National Committee for Quality Assurance.

The current NBHC PC building encompasses approximately 6,400 square feet and was constructed in 1957 as a dispensary for the United States Navy Mine Defense Laboratory, and prior to May 2001, NHBC PC was an Active Duty-only clinic. In May 2001, NBHC PC expanded its services to active duty family members, retirees and their family members. The clinic has an enrollment of more than 1,400 TRICARE beneficiaries and provides occupational health care to approximately

Continued on Page 4 GROUND BREAKING

(From left to right) Anthony Dawson, Director, Gulf Coast Veterans Health Care System, the Honorable Steve Southerland II, U.S. House of Representatives (R-FL, 2nd District), Darl Willet, Veteran and Veterans Affairs volunteer, David Bergum, President, Billy W. Jarrett Construction Company, Capt. Maureen Padden, Commanding Officer Naval Hospital Pensacola, Cmdr. Christopher Serow, Commanding Officer Naval Support Activity Panama City (NSA PC), Jose Negron, Director, Naval Branch Health Clinic Panama City, partake in a ground-breaking ceremony to build a new Veterans Affairs clinic and a new building for Naval Branch Health Clinic Panama City on NSA PC.



Cont'd from Page 3 GROUND BREAKING

2,200 civilian employees.

NBHC PC's new clinic will continue to provide the following services: family practice medicine, occupational health, pre/post deployment, health promotion, laboratory, pharmacy, radiology, audiograms, immunizations, overseas screening, Exceptional Family Member Program, dental (active duty servicemembers).



The Honorable Bill Nelson, U.S. Senate (D-FL), speaks at the ground-breaking ceremony for new Veterans Affairs Health Clinic and Naval Branch Health Clinic Panama City buildings held on Naval Support Activity Panama City (NSA PC).



Cmdr. Christopher Serow, Commanding Officer Naval Support Activity Panama City, speaks at the ground-breaking ceremony for new Veterans Affairs Health Clinic and Naval Branch Health Clinic Panama City buildings held on Naval Support Activity Panama City (NSA PC).



Rendering of the Naval Branch Health Clinic, Panama City - facility's exterior design and color subject to change.



The Honor Guard from Tyndall Air Force Base parade the colors during the ground-breaking ceremony.



Rendering of the Panama City Community Based Outpatient Clinic, Gulf Coast Veterans Health Care System - facility's exterior design and color subject to change.

Chaplain's Corner

By NSA PC Chaplain LT Jennifer Howe



Every Sailor, Everyday: Suicide Prevention Month 2014

iceberg, most of which is underwater and cannot be seen from the surface.

While a great number of suicides were reported, there were many that were not. According to Livingworks.net, the number of unreported suicides is 5% - 25% greater than those reported. Individuals may often ask, "Why would a suicide not be reported?" I challenge you to consider the many auto accidents that in

reality had a clear cause, the accidental overdose that was never an accident, or the misuse of a weapon that concealed great intentions.

The number becomes even larger as we examine those who exhibit suicidal behaviors, which is estimated to be 40-100 times greater than the number of suicides. We then take into consideration the number of people who are affected by suicide: family, friends, coworkers, classmates, a community or a nation and the number keeps getting increasingly larger. However, the largest number of all has not been mentioned: the number of people with thoughts of suicide.

Many times we are not aware of these thoughts, but in reality this could be an aunt, mother, father, wife, husband, son, daughter, best friend or coworker. In most cases, an individual contemplating suicide will send out signals, giving indication of their thoughts, but most often, we do not recognize those signals, and therefore,

we neglect to help.

We as a community must gain a working knowledge regarding suicide. We must recognize the warning signs and know the risk factors, while having

"We must look out not just for ourselves, but for our family, our friends and our shipmates. Every Sailor, Every Day. "

As August comes to an end and we head into September, many changes are taking place: kids have headed back to school, in most parts of the county the weather is cooling, and we are looking forward to a winter filled with holidays and new possibilities. However, we must not forget that September is also a time to cultivate suicide awareness and prevention, while also giving tribute and remembrance to those who lost their lives in the struggle of life.

Statistics demonstrate that suicide is a deep and unfortunate concern within the United States and within the military. In 2013, the Center of Disease Control (CDC) reported 38,518 suicides with approximately 271 of those being servicemembers. While the current population of the country is more than 307,000,000, many may view this number as a small concern, however, I would like to contend that suicide is much greater concern than most of us think. For a moment, let's think of suicide as an

the courage to ask the difficult and uncomfortable question, "Are you thinking about suicide?" Suicide does not discriminate. We all are susceptible.

We must look out not just for ourselves, but for our family, our friends and our shipmates.

"Every Sailor, Every Day."

For more information on suicide prevention and awareness, or if you or someone you know might benefit, please see the flier on the next page.

Every Sailor, Every Day⁶



Every day, each of us has the opportunity to encourage and support fellow Sailors and Marines.

**Military
Crisis Line**



1-800-273-8255
PRESS 1

www.militarycrisisline.net



800-342-9647

www.militaryonesource.mil/

If you or someone you know is in crisis, visit your local Fleet and Family Support Center, or call the Military Crisis Line or Military OneSource.

For more information, visit:

NMCPHC HPW Suicide Awareness and Prevention: www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/suicide-prevention.aspx

Navy Suicide Prevention Program: www.public.navy.mil/BUPERS-NPC/support/21st_century_sailor/suicide_prevention/Pages/default.aspx

Vets4Warriors: www.vets4warriors.com/



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Estate Planning - Wait...What Estate?

By LT Chris Reintjes, JAGC, USN, Legal Assistance Attorney, NAS Jacksonville

For most people estate planning seems like something only the rich need to worry about. However, there is more to planning your estate than just deciding who gets your money when you die. For instance, who is going to take care of your children? What if you remarry and you have children from a previous relationship: do you want your former spouse handling your child's money when you're gone? Do you have step-kids you are raising as your own and wish to plan for as if they were your own biological children? Is there someone in your life that would be the last person in the world you would want getting any of your money when you're gone (e.g. your mother-in-law, dead-beat dad, current spouse, drug addict sibling, etc.)? All of these issues and more can be discussed, for free, by scheduling an appointment with your local Legal Assistance office and meeting with an attorney.

Most Americans have very few savings in the bank, live paycheck to paycheck, average \$15,000 in credit card debt, \$154,000 in mortgage debts, and \$33,000 in student loans. If your financial situation is like that, you might be thinking that you don't have anything to give away except debts. It is true that the value of your estate when you die is calculated by taking the value of what you own minus the value of what you owe: $Estate(\$) = Own(\$) - Owe(\$)$. So, that being said, what is the value of your estate?

First, we have to figure out what you own. If you're like most military members, you have elected the standard \$400,000 from your Service Group Member's Life Insurance (SGLI). If you were to die on active duty, or in certain reserve statuses, the federal government provides an additional \$100K death gratuity to help provide for the

immediate needs of your surviving family members. Thus you're looking at a minimum of a half a million dollars in assets immediately upon your death.

By keeping your SGLI form up to date, you have planned for this to pay out to your surviving spouse. However, in the event he/she dies before you, it is directed to go to your children, but wait: can a minor child be given \$400,000? No; your child can not be given that money directly. And for good reason - think of the havoc you would have wreaked on the world if you had \$400,000 burning a hole in your pocket when you were a teenager! The solution is a trust fund. Come meet with a legal assistance attorney and we will see if this is right for you.

Lastly, there is someone out there who has read this far into this article and is thinking, "Oh, I am just going to give everything to my brother, he knows what I want him to do with my money." Although your brother is probably very trustworthy, circumstances that neither of you could have foreseen, such as an unexpected illness or hard financial times could befall him and the money you intended your brother to use to care for your children could be subject to your brother's creditors. Instead, tell your money where to go. Plan your estate today, because yes, you do have one.



Operations Specialist 2nd Class Gary Viator, assigned to the guided-missile frigate USS Rentz (FFG 46), reunites with his family after a seven month deployment. (U.S. Navy photo by Mass Communication Specialist 3rd Class Katarzyna Kobiljak)

This Month in Photos

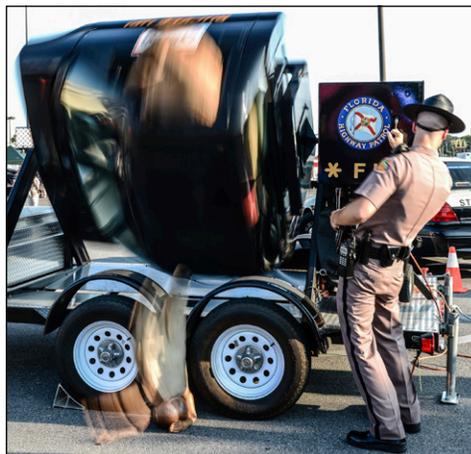
Photos by Mass Communication Specialist 2nd Class Kevin Gray



Top Left: Master-at-Arms 1st Class Richard Garner instructs a civilian in a field sobriety test during National Night Out (NNO).
Top Right: Gunner's Mate Seaman Apprentice Trina Zimmer hands stickers to children while McGruff the Crime Dog greets his audience during NNO.



Far Left: An explosive ordnance disposal petty officer places a bomb disposal helmet on a child during NNO.
Right: McGruff the Crime Dog high fives children during NNO.
Bottom Left: The National Night Out Knight high fives a child during NNO.
Bottom Middle: A Florida Highway Patrolman uses a crash simulator to demonstrate the effects of not wearing a seatbelt during an accident. The blur is a child-sized doll being ejected from the cab of the simulator.
Bottom Right: Panama City Fire Fighters demonstrate the lifting-power of pulleys to children.



This Month in Photos - Continued

Photos by Mass Communication Specialist 2nd Class Kevin B. Gray



Top Left, and Left: Principals from the Bay County School District are given a tour around Naval Support Activity Panama City (NSA PC). Above: Members of the Intrepid Adaptive Divers, from Ft. Sam Houston, Texas, pose with the Jake outside of the Naval Diving and Salvage Training Center during a tour of NSA PC. Photo by Steve Applegate.



Above: First responders assigned to Naval Support Activity Panama City recover a casualty during an oil spill recovery drill.



Bottom Left: Contractors install solar water heaters at buildings 308, Public Works and the fire station to help conserve energy. Photo by Ens. J. Soren Viuf.



Bottom: Electrician's Mate 2nd Class Jarmaine Pichon pulls a boom to shore during an oil spill recovery drill.

Rep. Steve Southerland Tours Panama City's Living Shoreline

Oysters Provide Natural Defenses for Coastal Communities

By The Nature Conservancy

The Nature Conservancy (TNC) and NSA PC took U.S. Rep. Steve Southerland (FL-2), and others on a tour of the naval base to show the results of how oysters are playing a key role in buffering the shoreline from erosion, Aug. 7, 2014.

Hand-harvested oysters are a local treat enjoyed by Panama City's residents and visitors alike, but many don't know that oysters also provide a valuable service to the Department of Defense.

In 2010, the Naval Support Activity Panama City (NSA PC) began a restoration project to re-establish a coastal ecosystem along its shoreline on St. Andrew Bay. Volunteers planted 22,000 marsh grasses and installed 175 oyster reefs over an 18-month period.

"I grew up here, and fished in these waters," said Southerland, looking at the results of the project along St. Andrew Bay. "I see the value in habitat restoration projects as nurseries for the fish that inhabit the bay and the Gulf, and for protecting shorelines from erosion as well. I am thankful for the partnerships like this one between the Navy and many other organizations, that come together to ensure our local environment is protected."

Shorelines are often stabilized with hardened structures, such as bulkheads, revetment, and concrete seawalls. But these structures often increase the rate of coastal erosion, remove the ability of the shoreline to carry out natural processes, and provide little habitat for estuarine species. The Nature Conservancy and others, including the Department of Defense, are implementing a more natural shoreline stabilization technique called "living shorelines."

Living shoreline projects utilize a variety of structural and organic materials, such as wetland plants, submerged aquatic vegetation, oyster reefs, coir fiber logs, sand fill, and stone to provide shoreline protection and maintain valuable habitat.

"The loss of shoreline can be detrimental to local fish and other estuarine species, so this restoration project enhances juvenile habitats and foraging grounds for the fish of St. Andrew Bay," said Jonnie Smallman, Natural Resource Manager for NSA PC.

The benefits of living shorelines include: reduction in erosion, protection of surrounding riparian and intertidal environment, improvement of water quality via filtration of upland run-off, and the creation of habitat for aquatic and terrestrial species.

A living shoreline, like the oyster restoration project at NSA PC, is one example of how nature can be an ally for the Department of



Jeff DeQuattro, with The Nature Conservancy (TNC), describes the benefits of using oyster reefs as natural infrastructures to the Honorable Steve Southerland II, U.S. House of Representatives (R-FL, 2nd District, pictured in foreground).

Defense.

"We anticipate NSA Panama City's Living Shoreline will increase public awareness of coastal systems, educate coastal property owners about the advantages of Living Shorelines, and provide an effective educational strategy to teach school-age children the importance of protecting our precious bay, which were the original goals of the project" said Smallman.

Additional natural buffers have been proposed for restoration along the Gulf of Mexico coast using RESTORE Act funds from the Deepwater Horizon Oil spill and many will buffer military installations situated along the coast. NAS Pensacola, McDill AFB and Eglin AFB are rebuilding oyster reefs and stabilizing shorelines.

"The partnership between the Department of Defense and The Nature Conservancy began in the 1980's with a forest and species management program. It continues today with a robust program to buffer the bases with conservation lands, connect the bases to other protected areas and restore eroding shorelines and riverbanks," said Deborah Keller, the Director of Military Relationships for the Florida Chapter of the Conservancy. "It is a valuable partnership for DOD and our natural resources."



Before (2-23-11)



After (9-10-13)

Efficient Refrigerators Save More Than Energy

Did you know that the average refrigerator built after July 1, 2001 is about 30 percent more efficient than one built in 1993, and nearly 60 percent more efficient than one built in 1980? In addition, productivity improvements and competition between retailers and manufacturers has actually brought the cost of refrigerators down over time, while they became more efficient.

This alone should be enough reason to consider replacing an old watt-hungry refrigerator with an efficient new ENERGY STAR model.

But there are bonus benefits for the energy-conscious:

1. Efficient compressors and motors run quieter and turn on and off less often.
2. Since efficient units gain heat from their surroundings more slowly they won't emit as much heat into your kitchen, making your home more comfortable during hot summer periods.
3. Since they have better insulation, new efficient units

will warm up much more slowly during power outages than older units. This means less inconvenience and loss of valuable contents.

Just be sure you properly recycle the old refrigerator. The last thing you want to do is move an energy dinosaur to the garage to keep a few sodas cold.



Have You Tried Daylight?

It may seem like an odd question, but a few years back, a Naval Shipyard adopted a lunchtime lights out policy in the production shops. Naval Shipyards were all constructed over a hundred years ago, and many of the shops are in tall brick buildings with a lot of window area. The lights out policy was intended more to increase energy awareness in the production shops than to save energy over lunchtime.

But the energy savings surprised a lot of people. Some of the shops found that on nice days, they didn't need to turn the lights back on in the afternoon. Another characteristic of shipyard production shops is that they typically aren't air-conditioned. Leaving off heat-generating lights on hot afternoons can also improve comfort. That makes two good reasons to try shutting off the lights in the afternoon when you have a source of daylight! A few task lights here and there might be all you need to work safely, productively and energy efficiently. In other types of buildings it might make more sense to close blinds to keep out the heat, especially on the south and west side of the building.



Around The Fleet News

Peer-to-Peer File Sharing

5 Things you need to know

From Defense Media Activity

Peer-to-Peer (P2P) file sharing on your government computer is prohibited, bad for the network, and jeopardizes the mission.

1. P2P networks directly link computers to one another thus allowing users to share digital movies, music, and other files. Examples include: Shareaze, BitTorrent, Ares, and BearShare, among others.
2. P2P file sharing on government computers is prohibited, bad for the network, and jeopardizes the mission. Both Department of Defense and Navy policy prohibit the use of P2P software applications on government computers.
3. The use of P2P applications opens a door into our networks for malevolent cyber actors and malware that may potentially disrupt our ability to safely operate our platforms and accomplish our mission.
4. Every time we log in to a government computer we see the "U.S. Dept. of Defense Warning Statement."



You are subject to the Uniform Code of Military Justice and violating policy and regulations will result in NJP or worse.

5. Should you be tempted to use P2P on government computers, remember: not only is it prohibited, but it threatens your shipmates, your unit's mission, the Nation's warfighting capability, and possibly your career - is it really worth all this?

NGIS Employee Awarded for Excellence

Danielle Barbe, a supply clerk at Navy Gateway Inns and Suites (NGIS), was recently awarded a Certificate of Excellence for her expertise in using the Non-Appropriated Funds Purchase Cardholder Program by Fleet and Family Readiness Navy Region Southeast, .

The write up of the award states that: "Ms. Barbe has been a card holder since 2009 for NGIS Panama City. This certificate is to recognize Danielle Barbe for her dedication and commitment to the Purchase Card Program. Ms. Barbe ensures all credit card purchase information is accurately documented into the transaction detail in PaymentNet; receives prior AO approval before purchases. She ensures transactions are reviewed in a timely manner and that purchases are in compliance with the Purchase Card Program requirements and policies. In spite of a busy schedule she kept her positive attitude and consistently performs her duties at a superior level. She is to be commended for her exceptional work, accountability and attention to detail in support of this program. Keep up the superb work!

Signed, Bruce Grenier, Quality of Life Program Director, 10/June/2014"



Danielle Barbe (second from the left), is presented a certificate of excellence by Thelma Olson (left), Jon Ritchey, Supply/Accounting Supervisor and Mickey Rebell, GM/NGIS for support of the NAF Purchase Cardholder Program.

Students Practice STEM Skills as Crime Scene Investigators

Story and Photos By Dan Broadstreet, NSWC PCD Public Affairs

Navy scientists and engineers partnered with Florida State University Panama City (FSU PC) STEM Institute July 14 – 25 to teach rising eighth, ninth and tenth graders how to conduct simulated Crime Scene Investigations (CSI) using science, technology, engineering and mathematics (STEM) skills.

Director of FSU PC STEM Institute Ginger Littleton said this summer's science camp was designed to challenge students to investigate hypothetical crime-scenes after having first participated in four basic CSI-related workshops: chemistry, robotics, electronics, and computer programming.

"So, for example, we have Navy Physicist Dan Flisek from the Naval Surface Warfare Center Panama City Division presenting chemistry methods to students so they can figure out whether or not particular evidence samples are actual blood stains or not," said Littleton. "And the programmers are learning (the web programming language known as) HTML and other computer languages to build their own profiles."

Littleton said that the FSU PC STEM Summer Institute started nine years ago and is funded by the National Defense Education Program (NDEP).

"NDEP helped us begin what grew to be an annual STEM summer science camp for our Bay District School students and gradually attracted students from neighboring districts such as Washington, Columbia, and Hamilton Counties. Our annual average of participating students grew to approximately 200 children," said Littleton.

According to Littleton, due to the country's economic challenges, NDEP had to cut this year's funding.

"Consequently, we had to begin charging a registration fee of \$50 per student to augment what funding we did receive from NDEP this year to provide the same academic challenges," Littleton said. "The result is we've had to reduce the number of students we could host, so this year we are serving about 120 students compared to the usual 200 participants. Previously we were reaching a wider range of students so the cutback has resulted in our losing some of the diversity we always seek."

Surfside Middle School Math Teacher Eddie Mills began teaching



Chemistry Teacher Louis Walsh instructs students how to record findings gathered from having conducted White Trace chemistry tests like real forensic professionals do in Crime Scene Investigations. Walsh, a chemistry teacher at Panama City's Dean Bozeman School, works as a master teacher for the FSU PC STEM Institute and helps develop themes and curriculum for the science, technology, engineering and mathematics camp.

students the basics of electronics, then to solder circuit boards before challenging them to use these skills like CSI professionals.

"Our class scenario involves a jewelry store employee who participates in a burglary," said Mills. "So, by having our students first build a basic alarm with their soldering iron and a circuit board kit, they will have to figure out, not only how to build the alarm, but how to bypass it before they'll be able to present a case against the suspect."

Rising eighth graders Dakota Wonsey and Winston Walsingham took on the challenge of building and programming a Lego Mindstorm® robot to act as an anti-theft surveillance sentry.

"Before attending this summer science camp, I had never built a robot and I never had any experience in programming either," said Wonsey. "Learning by books alone and lectures is boring. Here, we actually get to do the things we read about."

Fellow robotics class mate Wesley Wilmot echoed Wonsey's sentiments about how effective the STEM Summer Institute's teaching methods were.

"I have gotten more science experience in this summer science camp than I have through all my years of taking traditional science courses in school. Like a lot of my team, this has all been completely new to me and I've had a lot of fun in the process," said Wilmot.

According to Waller Elementary STEM Science Teacher Carla Thedford, the hands-on method of teaching students STEM skills is so inspirational and effective that her school principal, Peggy Bunch, is incorporating it throughout Waller Elementary's entire curriculum.

"We're really trying to take it to a broad-based plan where every classroom will be doing some type of STEM-related activity through our lessons," said Thedford. "It's really exciting to be a part of the FSU STEM Summer Institute because this program is helping our school systems to evolve. This particular evolution in teaching is engaging more of our students' interests in learning STEM skills, which is what our country needs."



Naval Surface Warfare Center Panama City Division Physicist Dan Flisek provides guidance to students about forensic methods using chemistry to examine hypothetical evidence presented to them while attending Florida State University Panama City Science, Technology, Engineering and Mathematics Institute.

Hurricane Preparedness: Are You Ready?

By Mass Communication Specialist 2nd Class (SW/AW/EXW) Stacy D. Laseter, Navy Region Southeast Public Affairs

It's the middle of the 2014 hurricane season with a possible storm brewing in the Atlantic, so there's no better time to ask yourself this question: Are you ready?

Although the Atlantic hurricane season lasts from June 1 to Nov. 30, the bulk of the named systems form during the latter part of the season, according to the National Oceanic & Atmospheric Administration.

And while the first part of this hurricane season has been quiet, NOAA records show that 321 hurricanes have made landfall in the southeastern United States. That places Region Southeast installations squarely in the target zone.

So how do you prepare? Start with a plan.

"Make a plan that your family understands," Navy Region Southeast Regional Emergency Management Officer Scott Crossley said. "Plans should include a meeting location if your family is separated, out of town contact numbers, local evacuation routes, medicines, what you'll do with your pets, important papers you'll need, and more. You can't be too prepared."

In addition to an evacuation plan, it's recommended families have at least three days of emergency supplies, according to the American Red Cross, including one gallon of water per person per day, non-perishable foods and hygiene products. Hurricane season will come and go, but as Crossley points out, being prepared is not a seasonal event.

"It's not just for hurricane season," said Crossley. "You need to plan and be prepared year round."

Yeoman 1st Class Serge Kabanda, CNRSE flag writer, whose entire career has been located in states prone to hurricanes, understands the need to "be ready."

"Disaster preparedness is important, especially if you don't live alone," said Kabanda. "Even if you have pets, you should always have an emergency plan. A hurricane. A fire. Even being robbed. Just be ready for anything that could happen and know what to do. Being prepared means you don't have to panic whenever things actually do happen."

So what do you do if something does happen? If an evacuation is ordered, the Regional Operations Center, commonly known as the ROC, springs into action. The resources section, which includes administrative, logistics, and financial personnel, uses the Total Workforce Management System, or TWMS, to automatically generate the names of all military and civilian personnel in the



Hurricane Isabel, circa 2003, as seen from the International Space Station. Isabel was the most destructive and deadly storm during the 2003 Atlantic Hurricane Season.

affected area. Orders are printed and made available so Sailors can travel to their designated safe haven, which is usually identified ahead of time by the installation. Specific guidance will be provided on authorization of families to travel, depending on circumstances of the incident. Once the event, such as a hurricane, has passed and it's safe to return, personnel and families are directed to return.

Mission essential personnel and emergency response personnel may be required to remain at their installation for the duration of the evacuation order.

Each installation, as well as the Navy Region Southeast headquarters, has emergency information cards. They provide specific instructions on mustering, as well as emergency contact numbers and Web sites, including the Navy Family Accountability and Assessment System Web site – <https://navyfamily.navy.mil>. This site provides key information to help keep you and your family safe and tells you what to do if disaster strikes. NFAAS recommends that after a severe weather event, it's critical to alert your chain of command on you and your family's status. It's not just mustering. It's also providing Fleet and Family Support necessary information on your specific needs. It's called a needs assessment. This is key is to make those needs known so Navy Family personnel can address them as quickly as possible.

The Navy Region Southeast web site – http://www.cnic.navy.mil/regions/cnrse/om/emergency_management/hurricane_season_2014.html – has additional information on how to prepare for hurricanes, as well as the American Red Cross -- <http://www.redcross.org/prepare/location/home-family>.

So don't wait until the storm is here. The time to prepare is now.

Are you ready?

Health Officials Issue Mosquito-Borne Illnesses Advisory

Provided by NBHC PC

The Florida Department of Health in Escambia County (DOH-Escambia) has received notification of a probable case of West Nile virus (WNV) infection in a resident of Escambia County, Florida. There is a heightened concern that other Escambia County, Florida residents and visitors may become ill from being bitten by an infected mosquito.

The Escambia County, Florida Mosquito Control Division and DOH-Escambia continue surveillance and prevention efforts. DOH-Escambia reminds residents and visitors to avoid being bitten by mosquitoes and to take basic precautions to help limit exposure to mosquito-borne illnesses.

To protect yourself from mosquitoes, you should remember to "Drain and Cover":

DRAIN standing water to stop mosquitoes from multiplying.

- Drain water from garbage cans, house gutters, buckets, pool covers, coolers, toys, flower pots or any other containers where sprinkler or rain water has collected.
- Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.
- Empty and clean birdbaths and pet's water bowls at least once or twice a week.
- Protect boats and vehicles from rain with tarps that don't accumulate water.
- Maintain swimming pools in good condition and appropriately chlorinated. Empty plastic swimming pools when not in use.

COVER skin with clothing or repellent.

- Clothing - Wear shoes, socks and long pants and long-sleeves. This type of protection may be necessary for people who must work in areas where mosquitoes are present.
- Repellent - Apply mosquito repellent to bare skin and clothing.
- Always use repellents according to the label. Repellents with DEET (N,N-Diethyl-m-toluamide), picaridin, oil of lemon eucalyptus, and IR3535 are effective.
- Use mosquito netting to protect children younger than 2 months old.

Tips on Repellent Use:

- Always read label directions carefully for the approved usage before you apply a repellent. Some repellents are not suitable for children.
- Products with concentrations of up to 30 percent DEET are generally recommended. Other US Environmental Protection Agency-approved repellents contain picaridin, oil of lemon eucalyptus, or IR3535. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label.
- Apply insect repellent to exposed skin, or onto clothing, but



not under clothing.

- In protecting children, read label instructions to be sure the repellent is age-appropriate. According to the Centers for Disease Control and Prevention, mosquito repellents containing oil of lemon eucalyptus should not be used on children under the age of three years. DEET is not recommended on children younger than two months old.
- Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing.
- If additional protection is necessary, apply a permethrin repellent directly to your clothing. Again, always follow the manufacturer's directions.

COVER doors and windows with screens to keep mosquitoes out of your house.

- Repair broken screening on windows, doors, porches and patios.

For more information on what repellent is right for you, consider using the Environmental Protection Agency's search tool to help you choose skin-applied repellent products:

<http://cfpub.epa.gov/oppref/insect/#searchform>

The Department continues to conduct statewide surveillance for mosquito-borne illnesses, including West Nile virus infections, Eastern Equine Encephalitis, St. Louis Encephalitis, Malaria, Chikungunya, and Dengue. Please report dead birds via the Florida Fish and Wildlife Conservation Commission's website at <http://www.myfwc.com/bird/>.

For more information, visit the Department's website at: <http://www.floridahealth.gov/diseases-and-conditions/mosquito-borne-diseases/index.html> or call your local county health department.

The Florida Department of Health works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.