



Coastal Courier

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Naval Support Activity Panama City Fla.

November 8, 2010

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Navy Ombudsman links family to command



Navy Experimental Dive Unit Ombudsman Laura Leaman.



Naval Support Activity Panama City Ombudsman Mellissa Martin.



Naval Surface Warfare Center Ombudsman Debbie Westbrook.

**STORY BY MC2 DAVID DIDIER
NSA PC PUBLIC AFFAIRS**

Military Spouses hold down the home front while service members are away. They are often referred to as unsung heroes because of their ability to endure the frequent moves to unknown places, long deployments and wartime fears while still being supportive.

To help them with finding thier way through the paperwork and Navy jargon Naval Support Activity Panama City Fleet and Family Support Center has recruited the help of a few Navy spouses to become the liaison between the families and the command.

The Ombudsman Program

was introduced to the U.S. Navy Sept. 14, 1970, by then-Chief of Naval Operations (CNO) Adm. Elmo Zumwalt. Zumwalt adapted the program from a 19th century Scandinavian custom originally established to give private citizens an avenue to express their concerns to high government officials.

The Ombudsman Program is a command-based program with each commanding officer tailoring the program to meet the needs of the families. The commanding officer officially appoints an ombudsman who then undergoes 25 hours of basic initial training.

"I've been a military spouse for about 25 years and we've moved every three years," said Debbie Westbrook, Naval Sur-

face Warfare Center (NSWC) Ombudsman. "I know just myself from having been a military spouse for many years that a lot of information that is put out to the Sailors is not sent home."

Services provided by the Ombudsman Program are designed to steer families in the right direction so that issues can be resolved.

Information about family events that are released through base emails but do not seem to make it home to the families can be distributed through the command Ombudsman.

"We are here to provide the spouses with support services, references, anything to make their lives easier," said Navy

Ombudsman Contd pg. 2

Ombudsman

Contd from cover

Experimental Diving Unit Ombudsman Laura Leaman. "We are a sounding board for any concerns that they may have with their spouse and the command."

For the majority of issues ombudsman are bound by confidentiality and cannot discuss information disclosed to them. However, there are some issues that the ombudsman are required to report including suspected child abuse or neglect, alleged domestic abuse, suspected or potential homicides, violence or life endangering situations, suspected potential suicide risks and other issues identified by the commanding officer as re-

portable.

With the help of new social media tools, the Ombudsman can interact with families at the tips of their fingers, allowing questions to be answered down the street or around the world. Gone are the days of writing letters and waiting for weeks to receive a response. Here are the days of getting the answers you need in minutes.

"Ultimately I want to get this program up and running. I want to get as many spouses involved with the things that we have here because there are so many things available to us and there just not being used," added Leaman. "I don't think a lot of spouses know

about them or that they are even out there, especially on a shore duty command."

"I'm just hoping to be a little voice or another way that the family members can know or find out what's going on," added Westbrook. "That's one thing I'm hoping to do with the facebook. I don't want to be intrusive in there family lives at all but I want to have another venue that the family can go and find out the information."

For contact information to comand ombudsman contact Fleet and Family Support Center (FFFC) at (850)-235-5800.

Energy awareness

-YOU MAKE IT HAPPEN

STORY BY NAVFAC

October is Energy Awareness Month and this year's Energy Awareness Month theme, POWERING AMERICA; We're On Target. The theme depicts how, across the nation, Federal agencies continue to zero in on energy targets to stimulate the economy, lower operating expenses, reduce greenhouse gas emissions, and achieve long-term energy and economic security. Since 1991, the U.S. Department of Energy has been conducting energy awareness campaigns that promote the wise and efficient use of our nation's energy. Public Works Department kicked off this annual event by placing large energy awareness banners at both gates and by putting up posters throughout the base promoting the need for energy conservation by all base personnel and visitors.

Every year, Energy Awareness Month is a great time to refocus our efforts to reduce our energy consumption. We can make energy conservation a part of our day-to-day activity all year long through these simple but important actions.

- Switch off all unnecessary lights and equipment.
- Use efficient ENERGY STAR® products.
- Use compact fluorescent light bulbs.
- Use power-down or sleep mode feature for CPU's and monitors.
- At the end of the day, turn the copy machine and printer off.
- Keep government vehicles maintained and only drive when necessary.
- Walk, carpool or use public transportation to conserve fuel.

Our commitment at NASCC is greater than ever and we need you to become a knowledgeable

steward of energy resources and begin conserving energy for a stronger future. Only you make it happen!

For more energy saving tips see pg. 8.



Are you a fan of NSAPC?

We're on Facebook!

Info on

- Base events
- Photos
- Links to Navy News and related pages



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Taking the bite out of bed bugs



**STORY BY MARY ANNE
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In recent years, a world-wide resurgence of a long-forgotten nemesis - the bed bug - has invaded public consciousness. The way we live today, with increased domestic and international travel, living in close quarters, and limited use of insecticides, have all contributed to the bed bugs' unwelcome return. While the mere mention of the pint-sized pest is enough to make anyone's skin crawl, knowing what they are, where they come from, and how to treat and prevent them are important to calming fears about their significance as a threat to public health.

What exactly are bed bugs? They're small, brown, nocturnal insects that survive on the blood of their hosts, which are usually sleeping humans. "Bed" bug is something of a misnomer as they can live just about anywhere, including clothing, carpets, cracks, and crevices. While they are not known to carry diseases like mosquitoes or ticks, they can be difficult to eliminate and can make life miserable for anyone who experiences an infestation. These unpleasant characteristics have made the bed bug an object of fear for many, including military members and their families.

Dr. Harold J. Harlan, a board-certified Entomologist of the Information Services Division

of the Armed Forces Pest Management Board in Washington, D.C., has studied *Cimex lectularius* L., the common bed bug, for more than 38 years. In his dealings with both the insects and with people, including those bitten by them and those tasked with controlling them, he's ready and willing to address the common perceptions about bed bug behavior and their effect on quality of life.

"The most common public misconception about bed bugs is that they are only present in unsanitary conditions," Harlan

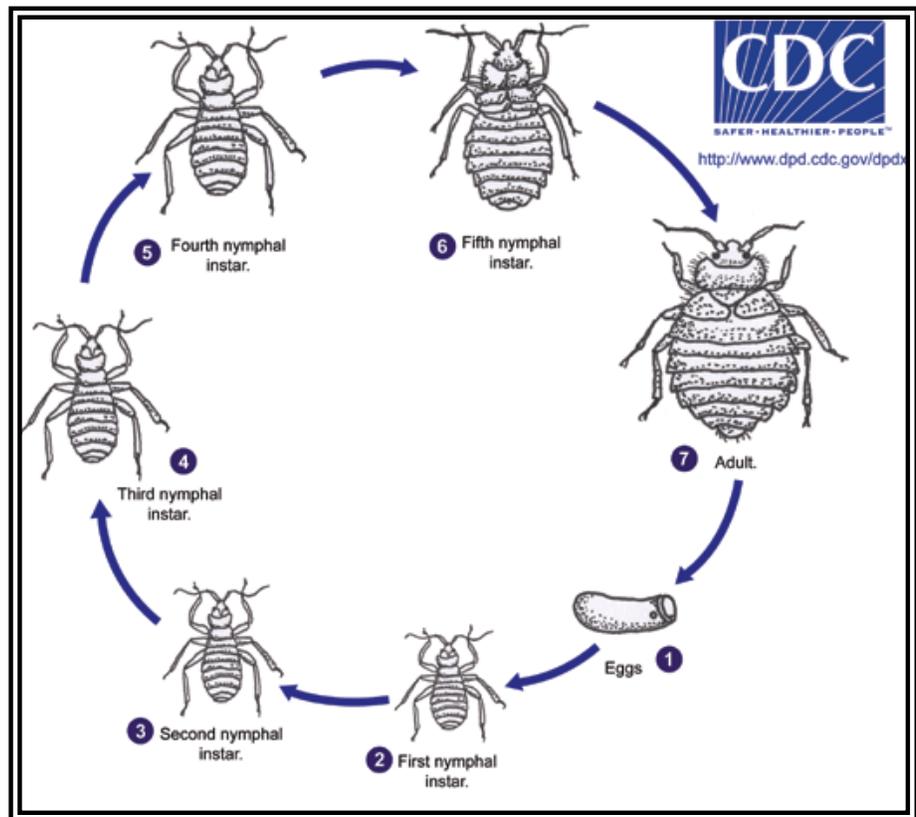
said. "The reality is that bed bugs have been found in just about every place you find people, including hotels, apartment buildings, cruise ships, movie theaters, trains, and long-term care facilities."

How do they get around in the first place? Bed bugs and their eggs are transferred from location to location in a variety of ways, most commonly on bedding, moving boxes, and furniture. Travelers are especially vulnerable to picking up bed bugs on both their luggage and clothing.

Reactions to bed bug bites vary from individual to individual. While bites often go undetected, they can cause skin reactions after repeated bites that are the result of proteins in the bed bugs' saliva. Very often, people will seek medical attention for bed bug bites because of their general fear of the insect.

"Another common misconception that bed bug bites cause terrible and long-lasting medical problems for their victims," Harlan added.

Bugs contd on pg. 7



Adults and all nymphal stages of Cimex spp. need to take blood meals from warm-blooded hosts, which are typically humans for *C. lectularius* and *C. hemipterus*, although other mammals and birds can be utilized in the absence of a human host. Female bed bugs lay about five eggs daily throughout their adult lives in a sheltered location (mattress seams, crevices in box springs, spaces under baseboards, etc). Eggs hatch in about 4-12 days into first instar nymphs which must take a blood meal before molting to the next stage. The bugs will undergo five nymphal stages (, , , ,), each one requiring a blood meal before molting to the next stage, with the fifth stage molting into an adult . Nymphs, although lacking wing buds, resemble smaller versions of the adults. Nymphs and adults take about 5-10 minutes to obtain a full blood meal. The adults may take several blood meals over several weeks, assuming a warm-blooded host is available. Mating occurs off the host and involves a unique form of copulation called 'traumatic insemination' whereby the male penetrates the female's abdominal wall with his external genitalia and inseminates into her body cavity. Adults live 6-12 months and may survive for long periods of time without feeding.

Navy's 235th Birthday Ball

PHOTOS BY MC2 DAVID DIDIER
FOR MORE IMAGES CHECK OUT
THE NSA PC FACEBOOK FAN
PAGE



NSA PC Color Guard presents colors at the Navy Ball held at the Edgewater Beach Resort October 16.



CWO4 Randy Poladian (USN ret.) stands with his trumpet at the ready while Navy Diver 1st Class Trent Johnson rings the bell during the two bell ceremony.

Capt. (Ret.) Chris Murry was the guest speaker at the 235th Navy Ball.



The youngest Sailor Gunner's Mate Seaman William Nalley and oldest Sailor Cmdr. Michael Egan conduct the ceremonial cake cutting at the 235th Navy Ball.



Guest of the Navy Ball enjoyed dancing to the music of Lady J's at culmination of the evening's festivities.



Oil spill response det demobilizes

STORY BY STEPHEN STRICKLAND, NAVY REGION SOUTHEAST PUBLIC AFFAIRS

In Gulfport, Miss., Navy Region Southeast personnel are preparing the last skimmers and utility boats for return to their home installation following their use in cleanup of the Deepwater Horizon oil spill in the Gulf of Mexico. Rear Adm. Tim Alexander, Commander, Navy Region Southeast, reflected on the support the region received from Navy commands around the country.

“From Puget Sound to Key West, and San Diego to Rhode Island, installations and Navy regions stepped up to help us in our efforts to clean up oil in the Gulf region,” Alexander said. “The professional response we had from so many commands nationwide ensured the success of the Southeast Oil Spill Response Detachment.”

The Southeast Oil Spill Response Detachment (SE OSR DET) was created under the cognizance of Navy Region

Southeast in June when the Coast Guard asked the Navy for assistance in the cleanup efforts. While the Navy was already providing assistance to the cleanup efforts through the Navy Sea Systems Command’s Supervisor of Salvage and Diving

(SUPSALV), the Coast Guard asked what other resources the Navy could bring to bear to help in the fight.

The Navy’s response was to bring 27 skimmers, 35 utility boats, and four Harbour Buster skimmers into the Gulf region from installations around the country. Navy Region Southeast brought these boats and nearly 200 crew members and support personnel to the Gulfport, Miss., laydown area. Under the leadership of Lt. John “Stormy” Fairweather of NAS Key West, SE OSR DET began operations as directed by the Coast Guard- and BP-led Unified Area Command.

“Moving all these assets took a lot of cooperation and hard work by so many organizations and people,” Al-



Navy civilian Skip Schaul leads the Great Lakes, Ill., oil spill response team in laying out boom for stenciling in Gulfport, June 25. Schaul, a Navy motor vehicle operator, is one of 35 trained personnel on the Great Lakes team. “They receive facility response training and exercise twice a year on spills. The 12 we brought with us to Gulfport were the most qualified to operate the particular equipment requested,” said Kelly Devereaux, Navy Facilities Engineering Command Midwest on-scene coordinator and member of the Southeast Oil Response Detachment. (U.S. Navy Photo by Mass Communications Specialist Chief Petty Officer Monica R. Nelson)

exander said. “Environmental departments had to coordinate with state agencies to ensure that we weren’t leaving other areas vulnerable. The Fleet Industrial Supply Center had to coordinate transportation and myriad other things to stand up the detachment. All of our other stateside Navy regions had to track personnel and assets. Naval Facilities Engineering Command brought a lot of their expertise to the fight. Our Port Operations folks were the experts on the ground. And SUPSALV gave us great support in the Gulf region, from helping with maintenance contracts to giving us the lay of the land in oil spill response.”

The coordination of the response effort touched dozens of Navy commands and departments. Messing and berthing had to be arranged, hurricane evacuation plans had to be developed, transportation requirements had to be vetted, and personnel had to be trained. Most importantly, boats and

crews had to deploy quickly to help prevent an environmental disaster along the Gulf Coast.

Crews quickly started operating in Pensacola, Fla., Perdido Pass in Alabama, Myrtle Grove in Louisiana, and Bay St. Louis in Mississippi. After initially recovering a good amount of oil and tar balls, the crews eventually found that oil was becoming harder and harder to find.

“I think we all feel very fortunate that the amount of oil to be recovered was less than expected,” Alexander said. “Though we were prepared for a worst-case scenario, thankfully it didn’t come to pass. I hope we brought some measure of assurance to the people of the region with our presence, but the Coast Guard has released us from our mission, and it’s time to get our people and assets home.”

SUPSALV remains in the Gulf Coast region to support

Demobilize Contd on pg. 8



Commander Navy Region Southeast Rear Adm. Tim Alexander welcomes a group of Sailors from installations within the United States to the Southeast Oil Spill Response Detachment in Gulfport, July 9. The detachment was set up to help prevent oil from reaching Gulf Coast beaches.

Chaplain's Corner

Be a first responder in Suicide Prevention

STORY BY LT. DIANE HAMPTON
NSAPC CHAPLAIN

September was designated as Suicide Prevention Month. This month has been a reminder to always stay vigilant to those around us. Making sure to, not only, pay attention and take notice of any changes in the moods or behaviors of our friends, family, and co-workers but also to take action as a first responder to save lives.

Suicide is an intentional act resulting in one's own death, "... it is a permanent solution to a temporary problem." (NCBC, CINP-5G-4301B) A Suicidal person is a person who is in overwhelming pain, who sees death as their only escape and who do not necessarily want to die but just want the pain to stop yet see no other way.

In accordance with the statistics provided by the Naval Chaplaincy School in Fort Jackson, South Carolina, the United States ranks suicide among the top ten causes of death. For ten years suicide has been either the second or the third leading cause of death among active-duty Sailors. Overall, one person dies of suicide every 17 minutes for annual total of just under 31,000, compare this with approximately 20,000 annual homicides and 26,000 alcohol related driving incidents; it's the 10th leading cause of death in the U.S. and the third leading cause of death for 15-24 year olds. Suicide has been a steadily building epi-

demie in our society.

Being Aware of Suicide is important but more importantly is to recognize that with intentional actions, some (not all) suicides can be prevented. It is important to note that not all suicides can be prevented because there are some people who, no matter how much others care about them, have made up their minds and will follow through regardless of any external efforts. To have the best chance at preventing suicide it is important to recognize our opportunities to be a First Responder, a person who first recognizes the threat or risk of suicide and takes action to offer the best possible help in preventing it. A first responder can be anyone - a supervisor, Officer on Duty, family member, shipmate, co-worker, friend or you.

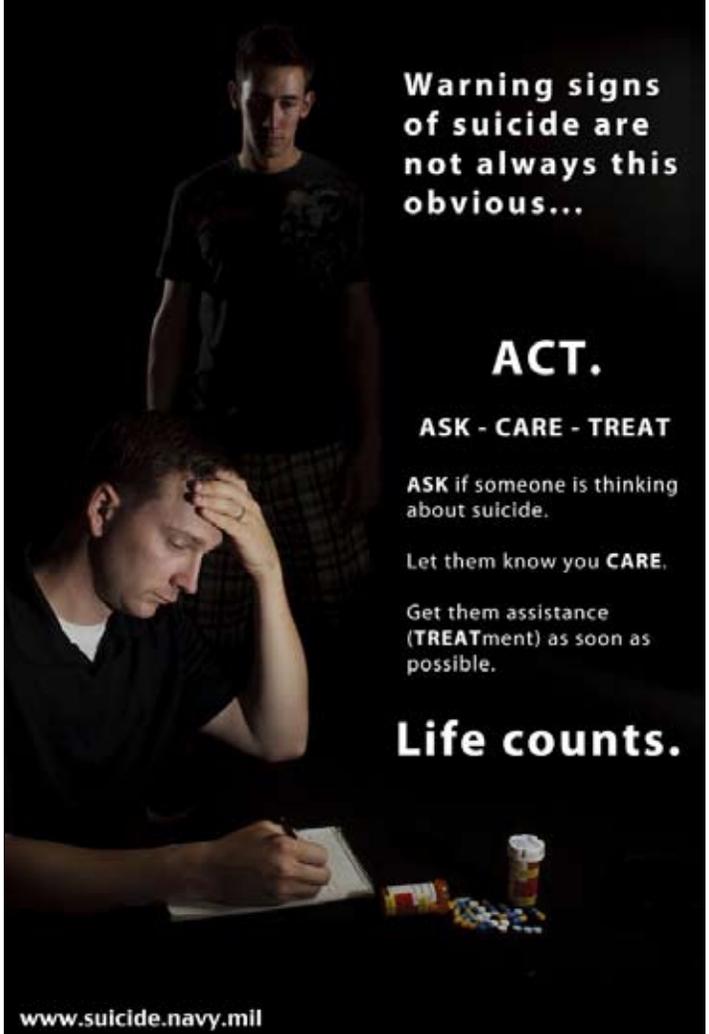
Knowing the warning signs is one of the first steps in being a first responder. A person who might be contemplating suicide may talk about suicide by making threats on their own life, by saying things like "nothing matters" or "It's no use." The person can seem to be deeply depressed and express a sense of hopelessness by withdrawing from friends and family. They could begin to prepare for their death by giving away personal possessions, preparing a will, or by making unexpected changes to a will. Personality changes, mood swings, changes in eating or sleeping habits can be other warning signs. When a person has made the final decision to follow through with suicide

they can show a sudden change in mood, a sudden lift in spirits, signifying the person is relieved because they see their problems will soon end.

As a first responder we must inform the Chain of Command immediately and while waiting for the command representative we can help by offering emotional support through active listening, genuine caring, showing we take the person's feelings seriously, encourage that with help and support recovery and alternative solutions to their problems can be found. Do not leave a suicidal person alone until relieved by someone in the

command, do not let them out of your sight until help arrives.

Learning about the warning signs of suicide and finding out what we can do to help will put us on the path to becoming a first responder. September was a time to remind us to brush up on our knowledge of how we can help prevent suicide. Understanding the behaviors of a suicidal person and taking action can truly be a matter of life or death. Showing sincere concern for those around us can offer hope in seemingly hopeless situations. There is much we can do to make a difference in the lives of others around us.



Warning signs of suicide are not always this obvious...

ACT.

ASK - CARE - TREAT

ASK if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATment**) as soon as possible.

Life counts.

www.suicide.navy.mil

Bed Bugs

Contd from pg. 3

Most of the time, concern about the bites drives people to seek information and help.

“Usually, we hear from individuals who have stayed somewhere and been bitten,” said Lt. Cmdr. Craig Stoops, acting officer in charge of the Navy Entomology Center of Excellence (NECE), a field activity of the Navy and Marine Corps Public Health Center, located on board Naval Air Station Jacksonville, Fla. “We receive anywhere from one to two inquiries about bed bugs every month.”

What is the best way to keep bed bugs out of your home and property? Travelers can treat luggage with a commercially available, EPA-labeled pesticide developed specifically for these insects. Check hotel rooms for bed bugs and inform the management if any are detected. Keep luggage and personal items off of the floor and hang clothing that isn't being worn. When returning home, avoid bringing bed bugs into the home by checking belongings for bugs or eggs, which are both readily visible. Wash affected clothing in hot water followed by drying in a hot dryer, which will kill bed bugs in all states of development. Vacuum bed bugs from box springs and mattresses with a high energy particulate air (HEPA) filtered vacuum. Seal any openings where they have access to the home. Enclose mattresses and box springs in commercially available plastic covers, which will prevent bed bugs from entering and entomb any bugs that are already present.

If a bed bug infestation is discovered, seek the services of a qualified pest management professional. They use a variety of extermination methods, including pesticide placement,

heat, cold and steam.

Many detailed resources about bed bug control are available through both government and university Web sites. Another good place to get objective information is with state

agricultural extension services. Understanding bed bugs and how to deal with them will bring peace of mind, and a better night's sleep.

Sources:

Harlan, Harold J., Armed Forces Pest Management Board Technical Guide 44,

“Bed Bugs - Importance, Biology, and Control Strategies”, Information Services Division, Armed Forces Pest Management Board, Office of the Deputy Under Secretary of Defense for Installations and Environment, April 2010.

Navy and Marine Corps Public Health Center:

<http://www.nmcphc.med.navy.mil/>

Additional Resources:

EPA Bed Bug Web Site:

<http://www.epa.gov/pesticides/controlling/bedbugs.html>

Harvard School of Public Health:

<http://www.hsph.harvard.edu/>

University of Florida UF/IFAS Extension:

http://sfyl.ifas.ufl.edu/hot_topics/families_and_consumers/bed_bugs.html.)

Thanksgiving

SOME OF OUR SHIPMATES WILL NOT BE AT THE TABLE THIS THANKSGIVING

TAKE TIME TO GIVE THANKS FOR THE DEDICATION AND SUPPORT OF YOUR SHIPMATES

Layout by MC2 Washington Calzede

Energy Tips

STORY BY NAVFAC

Using these energy recommendations for your home can save you money on energy as well as on appliance and lighting repairs and replacement.

Keep hot water temperature on your hot water heater set for 120 degrees, and use a thermal blanket wrap to add additional insulation to prevent excessive heat loss.

Use a programmable thermostat, or get one if you do not currently have one. Set it to set back air temperature in unoccupied times at your home to 80 degrees during the day time. Then set it to return to your normal home temperature about 1 hour before you return home.

Use ceiling fans and raise your houses normal temperature by about 2 degrees. You won't notice the difference due to the constant air movement.

Use Compact Fluorescent lights everywhere you can instead of incandescents. They now have available high efficient lights for your ceiling fans light kits use them as well. Install dust to dawn light fixtures on the outside of your house with the CFL's. You can even buy light kits with dust to dawn and motion detectors so the lights will only come on when motion is detected, as if someone comes to your front door.

Install solar screens or a good window film on your windows this will greatly reduce the amount of heat added to the

inside of your home from the sun. Ensure your windows are all well caulked and the window seals themselves are in good shape.

Use higher efficiency filters on you indoor air unit to help keep you home pollutants down as well as keep your evaporator coil and fan clean. This is essential for proper heat transfer and good unit efficiency.

Have you're A/C serviced once a year to ensure the outdoor coil on your condensing unit is clean and getting proper heat transfer. As well as checking the indoor coil and fan wheel for cleanliness. They should also check your other operating components and your refrigerant level if necessary to keep your unit running at the highest EER possible. This will well pay for the cost of this service during the course of the year. Make sure your use a reliable A/C dealer who is properly State licensed.

Use low flow water devices on your sinks, showers, and toilets to save water consumption. Also, consider watering your yards and plants during the cool part of the evenings to prevent losing water to evaporation. Watch for water runoff, don't over water!

Always purchase Energy Star rated products for you home! Check for the Energy Star Label.

Using these tips will save you 20% to 30% on you annual utility bills, money well saved.



Join the Combined Federal Campaign.

You have the opportunity to contribute through November 12.

We are currently at \$96,000.

Help us reach our goal of

\$120,000

Contact your departmental Key worker today.

Help support those in need.

Demobilized Contd from pg. 5

the ongoing cleanup efforts, as it has from the beginning. In addition, Naval Air Station Pensacola and Naval Support Activity Panama City are still serving as incident support bases, providing support to the Coast Guard and BP.

As the last of the skimmers is prepped for transportation back home, the now-demobilized Southeast Oil Response Detachment will serve as an example of Navy teamwork, professionalism, and rapid deployment.

