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THE COASTAL COURIER



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Happy Birthday Navy

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Photo by Ens. J. Søren Viuf

NSA Panama City Chain of Command²



**Commanding Officer
Cmdr. Christopher Serow**



**Executive Officer
Lt. Bobby Kenning**



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:

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Cover photo: Senior Chief Hospital Corpsman Garth Sinclair, NDSTC, and Religious Programs Specialist Seaman Apprentice Zachary Rogers, NSA PC, cut the cake during the 239th Navy Birthday Celebration.

New LCAC C4N Suite Completes Critical Design Review

By NSWC PCD Public Affairs

The Navy successfully completed the Critical Design Review (CDR) for a new Command, Control, Communications, Computers & Navigation (C4N) suite for landing craft, air cushion (LCAC), Naval Sea Systems Command (NAVSEA) announced Oct. 2.

The LCAC C4N suite, also known as the command module electronics package, is the user interface the crew uses to operate the craft. This new C4N suite, the System Baseline Configuration 4 (SBC4) design, employs a modular open scalable approach (MOSA). This approach will improve sustainability while helping the Navy reduce procurement costs.

"The critical design review is an important milestone," said Senior Software Engineer Lisa Nowalk, Naval Surface Warfare Center Panama City Division (NSWC PCD). "This technical review assessed the system final design and established the initial product baseline for SBC4."

During the CDR, the NSWC PCD team demonstrated an operational prototype based on the MOSA, along with more than 90 percent of the technical data package completed.

The LCAC C4N suite provides a glass cockpit display environment for the craft's three-person crew in the command module. The suite consists of a fly-by-wire craft control system with two fully redundant engineering control system processing units, along with four sensor interface units that provide the signal conditioning and conversion of 190 different sensors and alarms on the craft. It includes a fully-integrated navigation system that integrates with a 25-kilowatt surface search radar system, a primary and



A Landing Craft Air-Cushion (LCAC) transits St. Andrews Bay. (U.S. Navy photo by Jacqui L. Barker, NSWC PCD Public Affairs/Released)

secondary GPS system, and an inertial navigation system.

Also included is a display system consisting of six sunlight-readable, night vision device-compatible liquid crystal displays and a common data recorder to perform mission plan transfers, as well as recording of real-time navigation, audio and engineering data/actions.

"SBC4 will incorporate MOSA best practices to reduce the complexity of maintenance efforts and increase supportability of components in the baseline," said Robert Holmes, Landing Craft C4N manager within Program Executive Officer Ships Amphibious Warfare Program Office.

During the CDR demonstration, craftmasters and navigators from Assault Craft Units (ACU) 4 and 5 provided recommendations for

improving maintainability and supportability. NSWC-PCD also simulated various failure modes to help LCAC crew members assess training impacts.

This next generation configuration, SBC4, will significantly reduce the footprint of the electronics in terms of volume, weight, and power requirements. Transition to front I/O connectors and a box level lowest replaceable unit should allow easier access and significantly reduce the actual time required to perform corrective and preventative maintenance.

CNIC Holds Change of Command

By Sandra Niedzwiecki, Navy Installations Command Public Affairs

More than 500 military and civilian personnel attended the change of command ceremony for Commander, Navy Installations Command (CNIC) on Friday, Oct. 24 at Admiral Leutze Park on the Washington Navy Yard. Vice Adm. Dixon R. Smith relieved Vice Adm. William D. French as the fifth commander since the command's inception in 2003.

The ceremony included full gun salutes, musical performances by the Navy's Ceremonial Band, march on of the troops and parading of the colors by the Navy's Ceremonial Guard, and an a cappella rendition of the national anthem sung by Naomi Howell, one of CNIC's civilian employees. A special contribution to the ceremony was the participation of side boys by former submarine Sailors with whom French served during his first command, USS Spadefish.

"From these men," said French, "I've learned the trade of going to sea in submarines. Gentlemen, thank you for finding your full dress blues, putting them all together and being here today."

Guest speaker for the ceremony was Chief of Naval Operations, Adm. Jonathan Greenert.

"I'm honored to be here to take some time to speak about a person who has had a long and distinguished career, who has dedicated the last two and half years to CNIC, and who is an extraordinary leader," said Greenert. "Bill French has sustained the fleet, enabled the fighter and supported the family. He has revolutionized the Navy shore enterprise."

Responsible for 52,000 military and civilian personnel, 11 Regions and 69 installations worldwide, French received the Defense Distinguished



Vice Adm. Dixon Smith salutes Chief of Naval Operations (CNO) Adm. Jonathan Greenert after he assumed command as Commander, Navy Installations Command (CNIC), during a change of command ceremony held at Leutze Park on the Washington Navy Yard. Hundreds of guests, coworkers and family members attended the ceremony during which Smith relieved Vice Adm. William French. (U.S. Navy photo by Mass Communication Specialist 2nd Class Eric Lockwood/Released)

Service Medal for his accomplishments including the attainment of the Homeport Ashore initiative, the development of governance and oversight for the Overseas Drinking Water program, and efforts to align CNIC to support fleet requirements.

The ceremony also recognized French's retirement after more than three-decades of exemplary service to the Navy.

"Today I want to thank many people," said French. "One of the many thankful parts of this job is you get the opportunity to work with so many different people both inside the Navy, fellow services and support organizations that take care of our sailor and families outside the Navy."

French thanked his family, fellow shipmates and mentors throughout his career, and welcomed Smith to CNIC recognizing the talent and commitment of Smith's new staff.

Prior to the ceremony, Smith was

promoted to Vice Admiral to serve as Commander, Navy Installations Command. He is the first former installation commanding officer to lead CNIC.

Smith shared his enthusiasm about taking on greater responsibility to lead the Navy's shore enterprise.

"CNO, thank you for your kind words," he said. "I'm honored and deeply humbled by your faith and confidence for this opportunity for continued service to our Navy and our nation."

A native of Connecticut, Smith was commissioned through the Naval Academy in 1983. He was designated as a surface warfare officer in 1985 and then went on to serve aboard five surface combatants and held five shore assignments. Later in Smith's career he went on to lead shore installations as

Continued on Page 6

Our deadliest enemies...



Know your critical information and protect it!
For help, contact your OPSEC Officer.

Think. Protect. OPSEC.
www.ioss.gov



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the commander for three Regions including Naval Surface Group Middle Pacific, Navy Region Hawaii, Navy Region Southwest, and most recently, Region Mid Atlantic prior to arriving in Washington, D.C.

Smith thanked French for a smooth transition and emphasized his commitment to service through

action.

"I'm happy to report that as I assume this watch, that thanks to Vice Admiral Bill French, CNIC is on course, focused on fully supporting CNOs tenets of warfighting first, operating forward, and being ready," said Smith. "CNIC will maintain that course."

Smith offered that he is excited to join the CNIC family.

"I consider it a privilege to lead and serve you," he said. "To those who serve, the only reason we at CNIC exist is to support you. You have my promise and commitment to do just that."

Leading a world-class enterprise, CNIC is responsible for managing shore installation support for the Navy's fleet, fighter and family under the Chief of Naval Operations.

Navy Region Southeast Wounded Warriors

Safe Harbor Program Helps Sailors and Coast Guardsmen in Need

By Mass Communication Specialist 2nd Class Stacy D. Laseter, Navy Region Southeast Public Affairs

The Navy Wounded Warrior (NWW) – Safe Harbor program, is the Department of the Navy's support program for critically wounded, injured or ill Sailors and Coast Guardsmen, and with over 3,000 served, it is a vital care network for those in need.

The program's objective is to resolve persistent non-medical concerns and arrange enrollees for transition back to active duty or civilian

life so the service members

can focus on getting well. They do this by

facilitating assistance during three phases: recovery, rehabilitation and reintegration.

"The recovery phase is typically the hospitalization phase," said Lt. Daniel J. Simonds, the program manager for Navy Region Southeast Navy Wounded Warrior – Safe Harbor. "Next is the rehabilitation phase, when a service member is out of the hospital and learning how to navigate through their injury, illness or wound. Finally, the reintegration phase is if the service member is found unfit for continued naval service we help with the transition into the civilian

life, or if they are found fit, we help reintegrate them back into the Navy or Coast Guard."



The program currently has over 1,640 enrollees, with more than 1,500 additional service members who have received assistance though they did not qualify

NWW Safe Harbor offers an extensive variety of services, including assisting with employment and education opportunities, connecting them to benefits, hosting adaptive athletics events, and family and mental health resources.

The program was formally established in 2008 and since its foundation, NWW's mission has extended beyond offering support to service members wounded in combat. Currently, of its enrolled service members, half are injured and half are ill. The injuries may have been acquired while on liberty,

training or on shipboard accidents.

For more information about NWW and how to enroll, call 1-855-NAVY WWP/1-855-628-9997, or visit <http://safeharbor.navylive.dodlive.mil> or email safeharbor@navy.mil.

NAVY WOUNDED WARRIOR SAFE HARBOR

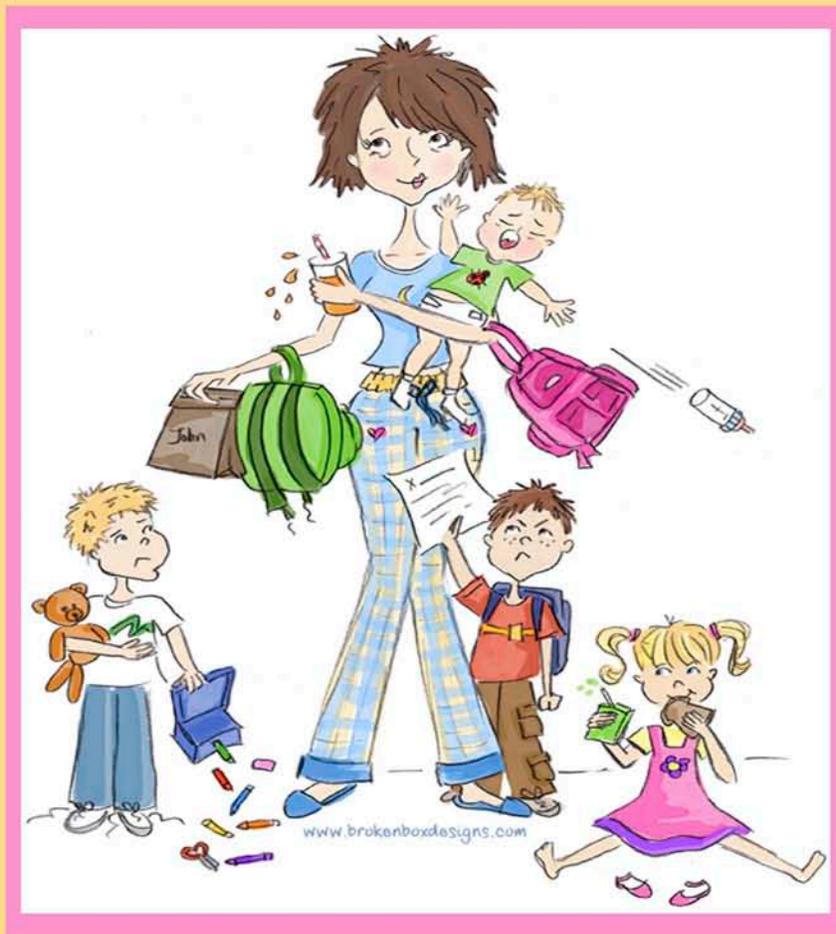
for enrollment.

"If a Sailor or Coast Guardsmen is considered severely wounded,

ill or injured by a physician, then their parent command will submit information on their behalf and we receive the notification that there is a service member in our region who needs assistance," Simonds said. "From there an enrollment committee makes the determination on whether they will be accepted into the program. Regardless of the decision, they can and will receive assistance from us."

Give Parents A Break Program

Parents can enjoy a break while CYP takes good care of your children!



2014 - 2015 Schedule:

October	November	December	January	February	March
11th 1500-2300	1st 0900-1700	6th 0900-1700	9th 1800-2200	14th 1500-2300	6th 1800-2200
17th 1500-2300	15th 1500-2300	13th 1500-2300	17th 1500-2300	20th 1800-2200	14th 1500-2300
			23rd 1800-2200	27th 1800-2200	20th 1800-2200
April	May	June	July	August	September
10th 1800-2200	1st 1800-2200	6th 1500-2300	11th 1500-2300	8th 1500-2300	12th 1500-2300
18th 1500-2300	8th 1800-2200	27th 0900-1700	25th 0900-1700	21th 1800-2200	18th 1800-2200
24th 1800-2200	16th 1500-2300			28th 1800-2200	25th 1800-2200

Children must be registered with CYP. Sign up is required 1 week prior to the date of care.

Cost is \$5/hour, care is located at the Youth Center and CD-MAP.

Spots are limited. Contact 850-234-4938 for more information.

Commander Earns NDIA Bronze Award for Technical Merit

By Jacqui Barker, NSWC PCD Office of Corporate Communications

National Defense Industrial Association (NDIA) awarded Dr. Kerry Commander with their 2013 Undersea Warfare Bronze Medal Award for Technical Merit by Rear Adm. Michael Jabley, USN, in Groton, Connecticut Sept. 23, 2014.

Dr. Commander's recognition marks the 10th NSWC Panama City Division employee to have earned the NDIA Bronze Award distinction for technical merit since 1998.

Dr. Commander, who has over 29 years of distinguished service for the U.S. Navy, began his professional career as a research physicist at the Naval Coastal Systems Center (NSCS), Panama City, Florida which is now Naval Surface Warfare Center Panama City Division (NSWC PCD). His early research led to several important discoveries in non-linear bubble dynamics, multi-phase flow, and inverse scattering acoustics and had a direct application to the Surface Ship Torpedo Defense Program.

NDIA selected Dr. Commander for the undersea distinction based upon numerous technical achievements that have laid the foundation for several Fleet programs.

"My most significant technical accomplishment to date is leading the first successful demonstration of a synthetic aperture sonar (SAS) on a fully autonomous underwater vehicle in CJTFEX04-2 by our science and technology (S&T) team," said Dr. Commander. "This was a major milestone in the transition of this early S&T program to advanced development programs and the beginning of a new era in MCM (mine countermeasures)."

Additional technical



accomplishments include leading a number of research efforts in very shallow water/surf zone acoustics, underwater communications, SAS applied to buried target detection, sediment acoustics, medium coherence, and parametric sonar. Under his direction and leadership many notable contributions were made by the team to systematically improve SAS systems that include increasing bandwidth, range, interferometry, circular SAS, and acoustic color analysis of data.

Dr. Commander feels his technical achievement and recognition are a true reflection on his team.

"The reward is really a group recognition award for our science and technology team that worked for years to develop advanced technology that could perform some parts of the MCM mission from an autonomous underwater vehicle (AUV), removing people and marine animals from a very dangerous job," said Dr. Commander. "The team consisted of experts in sonar systems, signal and image processing, unmanned systems and autonomy, and of course all the

support personnel from the test and evaluation side of the lab."

Dr. Commander, whose hometown is Clarksdale, Mississippi, serves as Naval Surface Warfare Center Panama City Division Science and Technology Department Head. Today, he is a senior leader for technical research and development initiatives of 180 scientists and engineers performing science and technology work in support of mine/undersea warfare and expeditionary warfare. Additionally, he serves as NSWC PCD's Chief Technology Officer (CTO) where he is known for demonstrating outstanding leadership in developing and implementing latest S&T trends to evolving naval requirement.

"This prestigious undersea warfare award is a tribute to Dr. Commander's leadership and technical excellence," said NSWC PCD Technical Director Ed Stewart, a member of the Senior Executive Service Corps. "Currently, as Chief Technology Officer (CTO)

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Trunk or Treat



Trunk or Treat!

Photos by Mass Communication Specialist 2nd Class Kevin Gray



Naval Support Activity Panama City's (NSA PC) Morale, Welfare and Recreation (MWR) held its annual "Trunk-or-Treat" even Friday, 24 October. More than 1,000 people attended the family friendly Halloween-themed event. Children and families had the chance to experience inflatable bouncy rides, a haunted trail, hay rides, pony rides, a pumpkin carving contest, Halloween themed crafts and competed in costume contests and more. NSA PC's Police Department, Fire Department and Tyndall Air Force Base's Fire Safety House all provided educational (and spine-chilling!) displays. Sponsors were also on hand with opportunities to win prizes and learn more about the sponsor's goods and services. The culmination of the evening was the trunk or treating which was held in the Navy Exchange parking lot. From 8 p.m. to 9 p.m. the children visited the decorated automobile trunks in the parking lot where candies and treats were distributed! See you next year and have a safe and happy Halloween!

This Month in Photos

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



Sailors and naval personnel browse exhibits during the Combined Federal Campaign's kick off event, Oct. 1, 2014.



(Left to right) Ens. J. Soren Viuf, Operations Specialist 1st Class Pedro Figueroa and Logistics Specialist 1st Class Tiffany Montgomery participate in a community outreach event about "Patriotism" at Jenks Middle School Oct. 1, 2014.



(Left) Ordnance Facilities Manager Robert Sanderson relocates an inert mine target at Navy Munitions Command (NMC) Component Panama City. Sanderson was recently recognized by NMC for his outstanding mission support of Naval Support Activity Panama City and tenant commands. Sanderson is a retired Chief Gunner's Mate who served as the Chief Armorer at Panama City, during which he efficiently processed over 700,000 pounds of munitions during FY 14. Sanderson was selected as runner-up for NMC Employee of the Quarter Navy-wide, making him eligible as candidate for employee of the year. Photo by Ens. J Søren Viuf.

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at NSWC PCD and head of the Science and Technology Department, his contributions to the undersea community are many and profound.”

At NSWC PCD, Dr. Commander is personally involved with and responsible for the execution of science, technology, unmanned systems, strategic systems, and threat analysis programs supporting Navy and Marine Corps research, development, test and evaluation, homeland defense, and force protection. This also includes championing and obtaining funding for associated programs, developing sponsor relationships, and driving the technology transition and Fleet support processes.

He has published and presented his research in numerous papers and conferences, and is recognized internationally as a Subject Matter Expert in Acoustics. He was the U.S. Navy representative on the Technical Committee for

the Institute of Acoustics' International Conference on Synthetic Aperture Sonar and Synthetic Aperture Radar, held in 2010 in Lerici, Italy and again in 2014.

His professional standing within the technical community has been recognized through his election to the grade of Fellow of the Acoustical Society of America (ASA). Dr. Commander currently serves on the ASA's Technical Committee on Physical Acoustics and is a technical reviewer for the ASA's Journal. He also continues to serve as a reviewer for the classified Journal of Underwater Acoustics and the IEEE Journal of Oceanic Engineering.

Dr. Commander holds a Doctorate in Physics degree from the University of Mississippi, a Master of Science degree in Applied Mathematics from the University of Arizona, and Bachelor of Science degrees in Physics and Mathematics from the University of Mississippi.

Wearing Ball Caps: What you Need to Know

From Chief of Naval Personnel Public Affairs

Optional wear of the Navy and command ball caps was authorized Sept. 1 with Navy Working Uniforms (NWU) (Type I, II and III) as well as with flight suits, coveralls, Flame Resistant Variant (FRV) coveralls and the Navy physical training uniform.

The Uniform Matters Office continues to receive a large number of questions and plenty of feedback on the optional wear of the Navy and command ball caps.

Based on your questions, here are the top five things you need to know about wearing ball caps:

1. The Navy ball cap is a seabag-issued item first received by Sailors at boot camp. Replacements can be purchased using the annual clothing replacement allowance for enlisted E1-E6 personnel. It is considered property of the Sailor upon purchase.
2. The command ball cap is organizational clothing procured by the command (meaning that

the supply officer buys them using operating target (OPTAR) funds) and issued to the Sailor by their assigned command. Sailors may purchase command ball caps with their personal funds, just as they purchase command badges, patches, belt buckles, and other permissible uniform items. However, since the command ball cap is not a seabag item, Sailors cannot be required to purchase it.

3. If a Sailor is authorized to wear NWUs out in town, he or she may wear the Navy or command ball cap. Ball caps may be worn with civilian clothes provided they do not have rank insignia or command titles reflected (i.e. CO, XO, CMC, CHENG, OPS, DECK LCPO, etc.). Command ball caps may substitute the Navy logo with the command name and logo and a Sailor's last name can be embroidered on the back of the cap in command colors. The ball cap is made of standard navy

blue wool, synthetic, or blended fabric.

4. Commands may prescribe the eight-point cover with the NWUs for Sailors in formation at a ceremony or formal occasion. In this case, the ball cap shouldn't be worn.
5. The Navy and command ball caps may be worn with the NWU, Navy flight suits, navy blue coveralls, flame resistant coveralls, and the Navy physical training uniform.

For more information on uniform regulations and a list of FAQs relating to the ball caps, visit the Uniform Matters Office website at: <http://www.public.navy.mil/BUPERS-NPC/SUPPORT/UNIFORMS/Pages/FAQs.aspx>.

Email: umo_cmc@navy.mil for feedback on uniform matters and usnpeople@gmail.com for feedback on other personnel matters.

For more news from Chief of Naval Personnel, visit: www.navy.mil/local/cnp.

Sailors stand watch on the bridge during sea and anchor detail aboard the amphibious dock landing ship USS Gunston Hall (LSD 44). (U.S. Navy photo by Mass Communication Specialist 3rd Class Jesse A. Hyatt/released).



Shield your Eyes - Save Your Sight

By Mr. Don Sparrow, Vision Center of Excellence Strategic Planning Officer

Have you ever stopped to imagine what life would be like if you couldn't see? If we all did, then chances are, protecting our eyes would be a higher priority. Instead, the precious sense of sight is often overlooked when in the field, in training, fixing the house or playing a pick-up game. Eye injuries can happen within an instant and can cause permanent damage with even a fleck of debris.

So what do you need to do to shield your sight?

Wear your protective eyewear—without exception. This is super important. Choose your Military Combat Eye Protection (MCEP) from military accredited sources like the Authorized Protective Eyewear List (APEL) or Air Force's Flight Protective Eyewear List (FPEL). Spectacles and goggles on the list are designed to withstand battlefield conditions like ballistic fragmentation, as well as environmental factors like wind and sand. Simply stated—donning your protective eyewear will keep you in the fight, and your eyes protected from injury that could take your sight. While thousands of eye injuries happen each year, 90% of are preventable by wearing the appropriate protective safety glasses, because shields save sight.

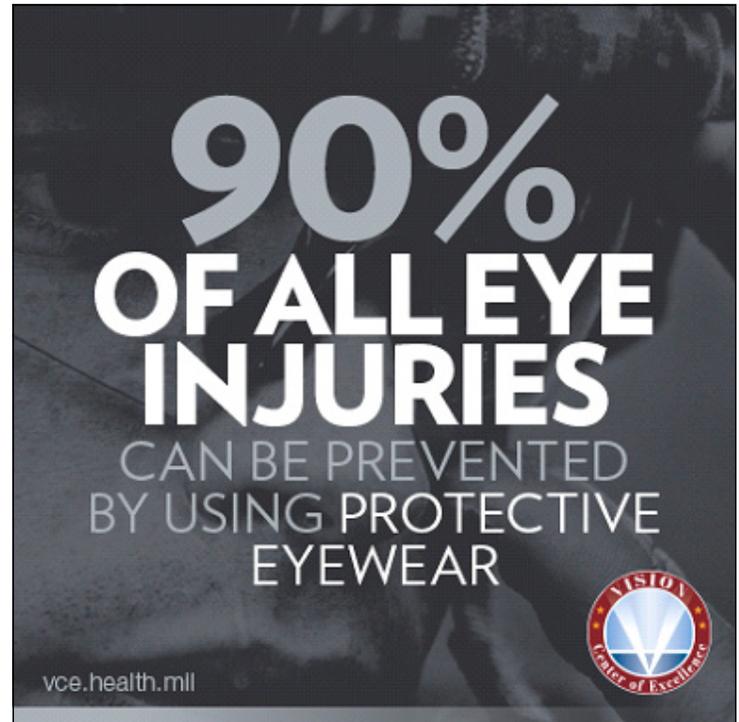
Where/when do you need to shield your eyes?

It may be easier to say when you shouldn't, because shielding your eyes should happen all the time to guard against accidents. It's a given to shield while in combat and in training, not just because it's policy, but also because of the conditions. However, wearing protective eye gear also makes sense if your task entails welding or cutting of materials, essentially anytime

there are debris and particles flying in the area. Injuries also happen at home, so eye protection can protect your vision when trimming trees or cleaning the oven. You might also need to shield with hobbies like riding a motorcycle when things are flying at your face, or hitting the court where elbows and hands to the face are part of strategy.

What do you do if an eye injury is sustained?

Place a Rigid Eye Shield. Say your buddy sustains an eye injury. Your first instinct may be to wrap it or put pressure on it like a body wound, but this is the absolute worst thing to do for an eye injury. Instead you will want to use a rigid eye shield at the point of injury (POI) to prevent pressure from getting to the eye and to prevent further trauma. The Army's revised "Individual First Aid Kit (IFAK) II" includes rigid eye-shields—which are basically a small, curved, aluminum disk with padding on the edges. It keeps the pressure off the eye post-injury until the injured Service member can receive proper medical treatment by an ophthalmologist. If the aluminum shield isn't available, then you'll need to improvise with anything that creates a hard dome cover over the eye area. Good substitutions include putting the



eye pro back on or even the bottom of a disposable cup. Place the shield over the eye and secure it with tape on the edges—with nothing underneath. Using a shield to protect keeps the pressure off the eye, which can prevent additional injury and potentially help save your buddy's sight.

Summing it up

Shields Save Sight: It is that simple. Be proactive in protecting your sight from most hazards on the job or while having fun by wearing APEL protective eyewear. Be smart in properly responding to an eye injury if you are the first on-site of an accident. Using a shield and keeping pressure off the eye could save someone's vision. The Vision Center of Excellence urges all Service members to take the proper precautions at home to protect themselves and their families not only for this Eye Injury Prevention Month, but every day. For more information on eye safety and tips on preventing and basic care for eye injuries, visit vce.health.mil.



VISION CENTER OF EXCELLENCE

SHIELD YOUR EYES FOR SAFETY

Accidents happen, but you can prevent most accidents from injuring your eyes by wearing eye protection.

Below are just a few of the reasons to shield your eyes for safety:

SHIELDS SAVE SIGHT

EACH YEAR MORE THAN **2.5 MILLION EYE INJURIES** OCCUR

50,000 people permanently lose part or all of their vision

90% of all eye injuries can be prevented by using protective eyewear



FIT THE GEAR TO THE JOB. Polycarbonate eye gear is the best protection against flying debris and particles. Splashguards are best for jobs with liquids. For all on-duty activities, wear gear from APEL (Authorized Protective Eyewear List).

AGES 18-45
Nearly half of all eye injuries occur in people 18 to 45 years of age

3 OUT OF 4 INJURIES

73% of eye injuries occur in males

WHAT IS THE IMPACT OF AN EYE INJURY?

Here's what it costs in dollars and in days lost for each service branch: \$

ARMY
\$ **\$9,724**
AND **6.1 DAYS**

NAVY
\$ **\$4,222**
AND **5.9 DAYS**

AIR FORCE
\$ **\$3,196**
AND **4.7 DAYS**

SHIELD AT HOME

Almost **half of all eye injuries** occur around the home most often during

44% IMPROVEMENT PROJECTS **14.7%** PLAYING SPORTS

125,000

Accidents involving common household products, like bleach and oven cleaner, cause 125,000 eye injuries each year

Sports-related eye injuries occur most frequently in baseball, basketball and racquet sports



SHADES SHIELD

20% OF ALL CATARACT CASES MAY BE ATTRIBUTABLE TO UV RADIATION

OVER 1 OUT OF 4 ADULTS

27% of adults rarely or never wear sunglasses

35%
did not know if their shades provided UV protection

40.5% of adults say that they do not look for health/safety information when purchasing sunglasses

SHIELD IN CELEBRATIONS

200 people go to the emergency room every day with fireworks-related injuries around the July 4th holiday

3 OUT OF 4 INJURIES

Of the fireworks-related injuries sustained, 74% were to males and 26% were to females

THE PARTS OF THE BODY MOST OFTEN INJURED WERE

HEAD, FACE AND EARS **19%** EYES **12%**
LEGS **13%** HANDS AND FINGERS **41%**

If an injury occurs, responding properly could save a person's sight. [Learn how on vce.health.mil.](http://vce.health.mil)

CNIC Promotes Energy Action Month

From Navy Installations Command Public Affairs

Energy Action Month is here and Navy Installations Command (NIC) is committed to doing its part.

With over 80,000 facilities and nearly 2 million acres of land to support the fleet, fighter and family, shore installations play a vital role in energy conservation. Sailors and civilians world-wide are helping make Navy facilities and infrastructure more efficient by working together to improve efficiency in shore energy consumption, and increasing the use of alternative and renewable energy across the enterprise.

Energy is a strategic resource and to best meet the NIC mission, leadership and staffs are reaffirming their commitment to continued awareness in conserving energy and operating more efficiently.

"It is the right thing to do," said

Cmdr. Jay Cavnar, NIC's energy branch head. "Every kilowatt-hour, BTU or gallon of fuel that we can avoid using - while still meeting our full mission -- allows us to stretch limited resources for mission success."

Throughout the month of October installations and regional commands are doing their part to contribute to this month's focus, but realize that energy action is a daily effort year-round and not just a one-month drill.

"Observing where we may become more energy efficient throughout the year to support our operations around the world is vitally important to improving fleet readiness," said Lt. Cmdr. Gareth Montgomery, one of NIC's energy action officers. "Improved readiness and efficiency means better operational capability for the warfighter."

According to Sandrine Schultz, NIC's Energy Program Manager, "We must monitor our energy consumption closely to gather actionable information required to implement cost-effective energy initiatives across all Navy installations."

Efforts are being made around the world and resources which highlight energy efficiency may be found on the Navy Installations Command website <http://cnic.navy.mil/energy> and FB pages including <https://www.facebook.com/navybrite>.

The Navy's website <http://greenfleet.dodlive.mil/energy/energywarrior> also offers a free Energy Warrior app, which allows individuals to view videos and discover what Sailors, civilians, and others Navy-wide are doing to lead change and increase combat capability.



Ron Gauthier, left, from SPAWAR Systems Center Pacific, talks with student veteran, Lucas Bultema, about his internship evaluating solar energy potential at Camp Pendleton, Calif. Lucas is part of the Energy Systems Technology Evaluation Program, or ESTEP, an innovative Office of Naval Research (ONR) program that helps student veterans find high-level, meaningful opportunities in energy-related fields within the Navy and Marine Corps. The program is a partnership between ONR, San Diego State University, SPAWAR, the Naval Postgraduate School and the Naval Engineering and Expeditionary Warfare Center. (U.S. Navy photo by John F. Williams/Released)

Today's Fluorescent Lighting

The old-timers on base (all but the newest recruits) grew up with very different fluorescent lighting than we have now. Some of the improvements include:

1. The hum and flicker are gone! Early versions of fluorescent lighting used magnetic ballasts that produced light in the same 60 cycle per second pattern as the building's electricity. Today's solid state electronic ballasts operate at 24,000 cycles per second and higher, eliminating the flicker that was once noticeable to many people. The electronic ballasts are not prone to vibrating, which has silenced the audible hum of lights past.
2. Colors are more accurate under the newer lights. The color rendering index (CRI) expresses how accurate colors look under a light source. The scale goes from 0 to 100, and higher values are better. Old style fluorescents had a CRI of 50 to 60, making colors look dull and complexions look gray. Today's fluorescents often have CRIs in the 90's.

3. Efficiency is considerably higher. Today's fluorescents produce the same light level for 30 to 40 percent less energy than those that were common just 15 years ago.

Did you notice the improvements? You'd be surprised how often energy efficiency upgrades also benefit quality of life.



The Right Light – Only Where You Need It

It's convenient when the first person in the office turns on all the lights and nobody else has to think about light switches until the end of the day, but it isn't necessarily energy efficient. Take a look around your work area and see if there are areas that are switched on, but really don't need to be.

Are there areas that look like they should have their own switch, but don't? Tell your supervisor or Building Energy Monitor. Depending on how many fixtures are involved, it might make sense to have another switch wired in. Is the switch on the other side of the room, increasing chances it will be left on when people leave? Report it. Sometimes it will make sense to install occupancy controls that shut lights off automatically when a room is unoccupied.

Many offices, shops, warehouses and other facilities can easily reduce lighting without affecting productivity. Turn off as many unnecessary lights as possible. Use task lighting instead of overhead lighting, and light only those areas that are needed at the time. According to the California Energy Commission, providing the right lighting can save up to 15 percent on your lighting bill. Across the Department of the Navy, that could be a savings of up to \$55 million!

(53,011,907 total MBTU in FY09 x 24% is lighting x 15% savings x \$28.65/MBTU average FY09 electrical cost across DoN)



Dial 511 for Traveler Info System

By Mike Wacht, Public Outreach Specialist, Florida's 511

The Florida Department of Transportation's 511 Traveler Information System is a free service that provides drivers with 24/7 real-time traffic information via phone, www.FL511.com, mobile apps and Twitter. FDOT encourages drivers to "know before you go" about traffic conditions so they can choose an alternate route or be prepared for conditions.

FDOT recognizes that the safety of our servicemen and women is a top priority of our military, even when they are traveling off base on personal time. FDOT also knows that many people currently serving here are not from Florida so they aren't familiar with local roadways or traffic patterns.

There are five convenient ways for motorists to receive traffic updates:

1. Call 511 toll-free for updates in English and Spanish.
2. Visit FL511.com, with interactive roadway maps showing traffic congestion and crashes, travel times and traffic camera views.
3. Set up My Florida 511 personalized routes to receive customized text, email or phone alerts.
4. Download the free Florida 511 mobile apps for iPhone and Android.
5. Follow one or more of the 12 statewide, regional or roadway-specific Twitter feeds.

The 511 phone call is voice responsive. Users can ask for traffic information on all of Florida's interstates, toll roads and other major roadways. They can also ask for a free transfer to local airports and transit authorities for quick information on other travel modes.

A map view showing all traffic conditions in the area is one of www.FL511.com features. Users can

also see traffic camera views and estimated travel times, and sign up for personalized alerts.

My Florida 511 personalized services allows users to create custom routes to quickly get information on those routes. Users can request alerts by text, e-mail or phone call.

The Florida 511 iPhone and Android app provides traffic information and traffic camera views near the user or along the user's custom routes.

The 511 Twitter feeds provide information by region and on Florida's most-traveled roadways.

Since it's the military's policy to prohibit drivers talking on phones while on base and discouraging it elsewhere, FDOT encourages users to check 511 before getting on the road or while stopped, have a passenger check, or pull over to avoid distracted driving.

