

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

August 8, 2013



## Congratulations to all FY 14 CPO Selectees!



Chief Builder (Sel) Albert Amos of Naval Mobile Construction Battalion (NMCB) 1, introduces himself and his wife, Air Force Tech. Sgt. Dorothy Amos, to the chief petty officers (CPOs) attached to NCBC Gulfport during a family meet and greet for fiscal year 2014 CPO selectees at the Training Hall, Aug. 6. The chief selectees are currently undergoing Phase Two of CPO 365, a year round, Master Chief Petty Officer of the Navy (MCPON) driven program designed to train first class petty officers to successfully assume the duties and responsibilities of a CPO. Pinning for the chief selectees will be Sept. 13. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

## SECDEF announces reduction in civilian furlough days

### From American Forces Press Service

Hundreds of thousands of Defense Department civilian employees who have had to take a weekly unpaid day off from work since July 8 are getting some relief, as the total number of furlough days has been reduced from 11 to six, Defense Secretary Chuck Hagel announced Aug. 6.

Here is the complete text of the secretary's announcement:

When I announced my decision on May 14 to impose furloughs of up to 11 days on civilian employees to help close the budget gap caused by sequestration, I also said we would do everything possible to find the money to reduce furlough days for our people. With the end of the fiscal year next month, managers across the DoD are making final decisions necessary to ensure we make the \$37 billion spending cuts mandated by sequestration, while also doing everything possible to limit damage to military readiness and our workforce. We are joined in this regard by managers in non-defense agencies who are also working to accommodate sequestration cuts while minimizing mission damage. As part of that effort at the Department of Defense, I am announcing today

that, thanks to the DoD's efforts to identify savings and help from Congress, we will reduce the total numbers of furlough days for DoD civilian employees from 11 to six.

When sequestration took effect on March 1, DoD faced shortfalls of more than \$30 billion in its budget for day-to-day operating costs because of sequestration and problems with wartime funding. At that point we faced the very real possibility of unpaid furloughs for civilian employees of up to 22 days.

As early as January, DoD leaders began making painful and far reaching changes to close this shortfall: civilian hiring freezes, layoffs of temporary workers, significant cuts in facilities maintenance, and more. We also sharply cut training and maintenance. The Air Force stopped flying in many squadrons, the Navy kept ships in port, and the Army cancelled training events. These actions have seriously reduced military readiness.

By early May, even after taking these steps, we still faced day-to-day budgetary shortfalls of \$11 billion. At that point I decided that cutting any deeper into training and maintenance would jeopardize our core

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# Legal: Protecting tenants at foreclosure - what renters need to know

**By Lt. Matt Kozyra,**  
JAGC, Legal Assistance  
Attorney, Naval Station,  
Mayport

It is an unfortunate fact of the modern housing world that homes across the country are going into foreclosure every day. Many of those homes are rental properties, and in many cases the tenant is the last one to know about it. If you rent your home and have come home to a "Notice of Sale" on your front door, or if you've started receiving court documents in the mail about your home going into foreclosure, this article is for you.

Luckily, there are steps you can take to make sure you're protected against your landlord's foreclosure, and resources available to assist you and your family.

## How Can I Prevent This Situation?

There are simple steps you can take to make sure the home you're about to rent is not going into foreclosure. Having this information up-front is one of the things you'll want to consider, along with loca-

tion, price, and whether there's plenty of running space for your pet hedgehog, when you determine which house to rent. The first and easiest is to ask your landlord whether his home is in foreclosure. It's a simple step to take, but there is no guarantee that your landlord will be honest with you. Many homeowners will avoid giving out that information to their tenants for fear that they (a) won't sign a lease, or (b) will stop paying rent on a lease they already have. Still, it doesn't cost anything to ask, and it's an easy early warning system for upcoming foreclosure issues.

If your landlord refuses to answer, or if you are still suspicious, you can always check your local newspapers. Foreclosure sales will be listed daily. The downside is that you have to check every listing regularly, and it will only list homes that are just about to be put up for sale. It still won't give you any notice that your landlord might be headed for trouble down the road.

The best way to find out if foreclosure proceedings have been filed against your landlord is to call your local Clerk of Court. Foreclosure proceedings are public record, and you will be able to get all the information you need from your local courthouse. Different states have different procedures for getting access to those files, so make sure you give the courthouse a call.

## Too Late – I've Already Gotten the Notice!

If you start getting notifications of a pending foreclosure in the mail or on your door, you will have to decide whether you want to terminate your lease early or stick around to the end. Many families want to avoid moving in the middle of a tour, but having a bank as a landlord can be a huge hassle. The bank probably won't care that your plumbing is broken or there are roaches in the home. They may not fix the heating, and they probably won't return your calls about the water heater. Many families de-

cide that it's better to just find a new place to live. Fortunately, the decision is yours to make.

## I've Decided I Want to Stay

Until recently, a foreclosure nearly always meant that the tenants were about to be evicted. That all changed in 2009, when Congress passed the Protecting Tenants at Foreclosure Act (PTFA). If you don't have a lease, the new homeowner is required to give you 90 days' notice before you have to move out. If you do have a lease, the PTFA requires the new homeowner to stick to the terms of that lease, unless the new owner wants to move into the home as their primary residence. Even then, though, the new owner is required to give you 90 days' notice before you are required to leave.

In order to get the benefit of the PTFA, you should file a Notice of Tenancy in the court that's hearing the foreclosure case. This lets the judge know that there is some  
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Local 24/7 Sexual Assault Prevention and Response Program Contact #: 228-596-0697; Your installation Sexual Assault Response Coordinator's Contact #: 228-323-4717; Alternate Sexual Assault Response Coordinator's contact # 504-762-0224; Click: [www.SafeHelpline.org](http://www.SafeHelpline.org); Call: 877-995-5247; Text \*55-247 (inside the U.S.); Text \*202-470-5546 (outside the U.S.) \*Text your location for the nearest support resources.

**Fraud, Waste and Abuse Hotline:**  
Due to limited IG resources throughout the Southeast Regional, all Fraud, Waste and Abuse hotline work will now be handled by the Region. To report Fraud, Waste and Abuse, contact the Region at: Toll Free 1-877-657-9851, Comm: 904-542-4979, DSN 942-4979, FAX: 904-542-5587, Email: [CNRSE\\_HOTLINE@navy.mil](mailto:CNRSE_HOTLINE@navy.mil).

**Furlough Financial Assistance . . .**  
Does the furlough have you barely getting by? You are not alone and there is help. The Federal Employee Education and Assistance fund is making available up to \$1,000 through the Emergency Assistance Program. Learn more at <http://www.feea.org/programs/emergency-assistance/furlough-aid-information>.

Seabee Courier

# Buzz on the Street

By CECN(SCW)  
Lucinda Moise  
NCBC Public Affairs

How would you describe the life of a Seabee?



"Very sporadic."

**UTCN Katy Keplinger**  
NMCB 1  
Hometown: Vancouver, Wash.



"Unpredictable, depending on the day and events."

**BU3(SCW) Richtofen Pascua**  
NMCB 11  
Hometown: Los Angeles, Calif.



"Spontaneous. You never know what you will do week by week; it's something new all the time, from community projects to disaster relief."

**UT2(SCW) Kareem Vilbrun**  
NMCB 11  
Hometown: Boston, Mass.



Sailors assigned to NCBC Gulfport and their families participate in a morning physical training (PT) session outside the Fitness Center on board NCBC, Aug. 1. This is the first time NCBC has invited the families to exercise with their Sailors, to show them the physical training they do and the importance of staying active. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)



Utilitiesman 1st Class Joseph McCarty, Yeoman 3rd Class Jeremiah Osborne, and Yeoman Seamen Bernard Washington, assigned to Naval Mobile Construction Battalion (NMCB) 74, set up tables and chairs for a picnic at Seabee Lake on board NCBC, Aug. 2. NMCB 74 welcomed all unit personnel and families for a deployment fair and command picnic later in the day. (U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)



Paula Ingram, Education Services Facilitator with Fleet and Family Support Center (FFSC), instructs class attendees about safe supervision of children during a babysitting class held at the FFSC on board NCBC Gulfport, Aug. 6. The class was for youths ages 11 and up, and provides them with the knowledge and skills necessary to safely and responsibly care for infants and children. (U.S. Navy photo by Utilitiesman Constructionman Alicia Fluty/Released)

# NBHC chief corpsman selected as BUMED 2013 Shore Sailor IDC of the Year

By MCC(SCW/SW/AW)  
**Ryan G. Wilber**  
 NCBC Public Affairs

Chief Hospital Corpsman (FMF/EXW) Eric Motz, assigned to Naval Branch Health Clinic (NBHC) Gulfport, was selected as the Bureau of Medicine and Surgery's (BUMED) 2013 Shore Independent Duty Corpsman (IDC) of the Year, July 22.

According to a BUMED message, only one corpsman in four different categories was selected out of 40 nominations from commands around the world for outstanding performance, technical expertise and commitment to the Navy, their command and their community. Motz was also selected as BUMED Expeditionary IDC of the year for 2012.

Motz, a third generation Chief Hospital Corpsman (HM), was nominated for the many duties he performs for NBHC Gulfport, including Medical Home leading chief petty officer (LCPO), Dental LCPO, Command Career Counselor, and medical liaison for Naval Construction Training Center (NCTC) students in addition to patient care.

"I'm a chief that happens to be an IDC, chief first," said Motz. I love being a chief. I love leading troops. I love taking care of the troops. That's where my heart is. I love patient care, but I love taking care of my Sailors," said Motz. "My goal has always been and always will be to do the best I can do, to be the best chief I can be, to give the best care I can give to the patient and never settle. I don't do this for fit-rep (fitness report) purposes. I do this 24/7, 365. There is no such thing as a day off or after work hours."

Lt. Cmdr. Joseph Mastrangelo, officer-in-charge, NBHC Gulfport, cited Motz' natural leadership abilities and his willingness to take on the toughest tasks and to see them through as traits that lead to his selection. Dr. Katharine Heron-Malozzy, NBHC Gulfport IDC program coordinator, agreed.

"He's persistent, he's motivated, and he won't back down when he sees something that needs to be done or something that's not right," said Heron-Malozzy. The junior Sailors readily look to him as a



Chief Hospital Corpsman (FMF/EXW) Eric Motz, left, assigned to Naval Branch Health Clinic (NBHC) Gulfport, holds an impromptu meeting with his first class petty officers in an NBHC conference room on board NCBC Gulfport, Aug. 1. Motz was recently selected as the Bureau of Medicine and Surgery's (BUMED) 2013 Shore Independent Duty Corpsman (IDC) of the Year. (U.S. Navy photo by Chief Mass Communication Specialist Ryan G. Wilber/Released)

mentor, as a role model," added Mastrangelo.

Motz said he is honored to be selected, but doesn't feel that the citation should bear his name only, rather it should include

those he has lead, worked with and worked for.

"I am grateful that I got recognized for both expeditionary and shore," said Motz. I think that is an amazing thing, but it

speaks volumes for the troops I had, it speaks volumes for the peers I had and it speaks volumes for the leadership that had the confidence in submitting me up," said Motz.

## NCBC Fire and Emergency Services to assume base ambulance services . . .

Beginning Aug. 11, at 8 a.m., the NCBC Fire and Emergency Services will begin offering emergency ambulance transport services. The ambulance will be staffed with Emergency Medical Technicians certified at the basic life support level, and provide basic life support care to all personnel onboard NCBC Gulfport. Transport will be provided to Memorial Hospital. Request for service will not change. Call 911 and state you are on the Seabee base.



## See Something Wrong, Do Something Right .

NCIS has two anonymous ways to report crimes or suspicious behavior with the use of discreet and secure online or texting tip lines. To report information by Cell text: 1. Text "NCIS" to the short code 274637 (CRIMES) from any cell or smart phone. 2. Receive a response. For example, your alias is S2US. Call 911 if urgent! If replies put you at risk, text "STOP." 3. Begin dialogue. To report information ONLINE: 1. Go to [www.NCIS.navy.mil](http://www.NCIS.navy.mil), click on the "Report a Crime" tab and select the icon for "text and Web tip Hotline." \*\*\*There is a reward of up to \$1,000 for information leading to a felony arrest or apprehension.



## Feeling Good! A Self-Care Workshop Aug. 28, Seabee Memorial Chapel

8:30 a.m. - Childcare drop-in and light breakfast

9 a.m. - Yoga

9:40 a.m. - Relaxation, self care plan

10:30 a.m. - Chair massages

All military and civilians are welcome  
 RSVP by Aug. 23: 228-822-5736 or [dthomas@focusproject.org](mailto:dthomas@focusproject.org)

Hosted by FOCUS,  
 NCBC Chapel and MWR

# NCBC Frames

# FREEZE FRAME

**Utilitiesman 3rd Class(SCW)  
Daniel Martin  
NMCB 133  
Bravo Company Assistant  
Command Fitness Leader  
and Timekeeper**

By **UTCN Alicia Fluty**  
NCBC Public Affairs



What single experience during your career stands out the most, and why?

**DM: I have too many to state on here but I will say that it humbles me to know that I have a skill set to provide to others in need. Whether it be hot running water or cool air conditioning to some Marines on a small Forward Operating Base or to a third world country where their school building and head facilities are way below standards, I can say on countless occasions I was there and assisted in making the quality of life better for someone.**

What has been your biggest motivation throughout your career?

**DM: My family has been my**

**motivation since day one of joining the Navy. I have full support from my wife, Katelyn. My kids, Ben and Lilly, look up to me as their hero, so I do my best to live up to their image of me every day.**

What advice would you give to future Seabees/Sailors?

**DM: Do the right thing always. Stay motivated and be the go to guy or gal. It may not seem to be the popular choice amongst your peers, but when your chief is not happy when you go on leave because their go to guy is gone, you know you have done your job above and beyond expectations.**

What is your favorite part about being/working with the Sea-

bees, and why?

**DM: I would say my favorite part of being a 'Bee is that we are different from the rest of the Navy, like the cream of the crop. We are a tight community . . . it's like a second family to me.**

Who was your most influential mentor during your career, and why?

**DM: UT1 Huizar has been the most influential person during my career. Even though he is now stationed in California, I still confide in him for advice or input on my career. He taught me to trust my own work and to stay motivated and keep working hard no matter what goes on around me. He taught me to be a good leader through his ways of taking care of the troops before himself.**

From **FURLOUGH** page 1

readiness mission and national security, which is why I announced furloughs of 11 days.

Hoping to be able to reduce furloughs, we submitted a large reprogramming proposal to Congress in May, asking them to let us move funds from acquisition accounts into day-to-day operating accounts. Congress approved most of this request in late July, and we are working with them to meet remaining needs. We are also experiencing less than expected costs in some areas, such

as transportation of equipment out of Afghanistan. Where necessary, we have taken aggressive action to transfer funds among services and agencies. And the furloughs have saved us money.

As a result of these management initiatives, reduced costs, and reprogramming from Congress, we have determined that we can make some improvements in training and readiness and still meet the sequestration cuts. The Air Force has begun flying again in key squadrons, the Army has increased funding for organizational

training at selected units, and the Navy has restarted some maintenance and ordered deployments that otherwise would not have happened. While we are still depending on furlough savings, we will be able to make up our budgetary shortfall in this fiscal year with fewer furlough days than initially announced.

This has been one of the most volatile and uncertain budget cycles the Department of Defense has ever experienced. Our fiscal planning has been conducted under a cloud of uncertainty with the imposition of sequestration and

changing rules as Congress made adjustments to our spending authorities.

As we look ahead to fiscal year 2014, less than two months away, the Department of Defense still faces major fiscal challenges. If Congress does not change the Budget Control Act, DoD will be forced to cut an additional \$52 billion in FY 2014, starting on October 1. This represents 40 percent more than this year's sequester-mandated cuts of \$37 billion. Facing this uncertainty, I cannot be sure what will happen next year, but I want to assure our civilian employ-

ees that we will do everything possible to avoid more furloughs.

I want to thank our civilian workers for their patience and dedication during these extraordinarily tough times, and for their continued service and devotion to our department and our country. I know how difficult this has been for all of you and your families. Your contribution to national security is invaluable, and I look forward to one day putting this difficult period behind us. Thank you and God Bless you and your families.

# One Team, one Fight - NMCB 15 Kandahar

By MC1 Daniel Garas  
NMCB 15 Public Affairs

A team of Seabees from Naval Mobile Construction Battalion 15, assigned to Detachment 4, Combined Joint Special Operations Task Force – Afghanistan, completed a project in four months that rectified approximately 800 life, health and safety hazards for a subordinate task force.

The existing infrastructure, which included berthing and operation capabilities, was upgraded through a series of six-month to one-year deployment improvements required by each successive command. Those improvements simply added more pipe or wires to already overloaded circuits. These were substandard repairs that eventually led to numerous LHS issues and the building's condemnation.

The effects of eviction would require a CJSOTF-A task force to relocate their headquarters and operations center at the beginning of the 2013 fighting season, severely reducing the fighting capacity.

Seabee teams assigned to CJSOTF-A and the task force were responsible for cooperating to ensure the completion of the building's renovation within the anticipated time line - with minimal interruptions to operations. Because the team found literally hundreds of LHS violations and expected to find more during the time-sensitive labor, meeting the deadline was not guaranteed.

"Due to the numerous problems, they were under the threat of being evicted," said Utilitiesman 1st Class Daniel Cotter. "We just couldn't let that happen, so we're taking care of some safety issues."

Cotter explained the most

hazardous deficiencies included exposed wires, overloaded panels, broken stairs, and even stairs without handrails.

"One of the biggest things we're doing is upgrading the wiring and piping inside to keep it from being exposed to the elements," said Builder 1st Class Heath Younts. "That way, it prevents wiring and piping from becoming a safety issue and lasts longer."

Younts noted the Seabees are ensuring the building is structurally sound in addition to providing modern conveniences.

"...We added three-way switches to the rooms," said Younts. "That way if the occupants want to turn on just one light in their room instead of all of them, they have that ability. Previously, they didn't have the option. It used to burn a lot of energy."

Utilitiesman 1st Class Anthony Moore says although his team has a lot of work ahead of them, the work is essentially repetitive as most of the problems are recurrent throughout the structure.

"Many of the problems are consistent throughout the whole facility," said Moore. "Now we're going through and completing those upgrades."

Moore noted the building's age contributes to most of its problems, but the CJSOTF-A Seabees upgraded the electrical system, repaired dangerous stairs, and installed numerous handrails.

By applying their expertise, Seabees were able to raise the facility's standards, which allowed units to keep their original office building.

"A lot of these guys do the work people never see," said Moore. "By saving them from being evicted,



Seabees assigned to Naval Mobile Construction Battalion (NMCB) 15, work to complete Life Health and Safety issues for a berthing area near Kandahar Airfield. NMCB 15 is currently mobilized in support of Operation Enduring Freedom and is an expeditionary element of U.S. Naval Forces that support various units worldwide through national force readiness, civil engineering, humanitarian assistance, and building and maintaining infrastructure. (U.S. Navy photo by Mass Communication Specialist 2nd Class Daniel Garas)

it saved a lot of headaches and kept them on task and on schedule."

The team finished within the anticipated deadline and demonstrated professionalism in cooperating with the Army to complete the complex task.

"The flawless coordination between DET OIC and the task force command in presenting a unified front to the GSB," said Construction Electrician Chief Ed Morse, Seabee liaison officer. "Allowed the time required to develop a reasonable plan of corrective action."

Many Seabees understand that their work may not be entirely noticeable at first; however, their impacts are long lasting.

"I like knowing that you can do little things to help improve people's quality of life," said Younts. "It feels great."

Construction Electrician 1st Class James Conway added, "It's always nice to

hear from the Army personnel - that stay in the rooms - how good of a job we did."

The Army Special Forces personnel that largely comprise the task force were nothing but impressed with the Seabees' work. The Seabees harnessed personnel and assets from the U.S. Army, the U.S. Navy, the U.S. Army Corps of Engineers, and civilian agencies to mitigate those structural, safety, and health risks that led to the headquarters' condemnation.

The task force director, Maj. Scott Morley, stated, "CEC Morse and his team have been truly impressive. To go from a building condemnation and a battalion-sized unit ready to be thrown out of its headquarters in mid-March, to passing a USFOR-A [United States Forces – Afghanistan] level inspection with flying colors just four months later, speaks vol-

umes about their professionalism, work ethic and motivation the Seabees brought to the project. We literally would have been without a home right now, was it not for these hard-working sailors."

First Sgt. Frank Roman, the senior enlisted adviser of the task force's support center, added, "The Seabees made this project happen, period. These guys and gals never complained once. 'Never' and 'can't' are just not part of their vocabulary. In some of the most challenging conditions [routinely working in temperatures over 100 degrees], the Seabees consistently provided solutions to every problem they encountered. They are true professionals."

NMCB 15 is currently mobilized in support of Operation Enduring Freedom – Afghanistan.

For more news from NMCB 15, visit [www.facebook.com/NMCB15](http://www.facebook.com/NMCB15).

For all of the latest information, follow Seabee Center on Facebook and Twitter; subscribe to Inside the Gate by sending an email to [seabecourier@navy.mil](mailto:seabecourier@navy.mil) and check out the new and improved website at: [http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc\\_gulfport.html](http://www.cnbc.navy.mil/regions/cnrse/installations/ncbc_gulfport.html)

# NMCB 5 Yokosuka bus stop project



YOKOSUKA, Japan - Sailors assigned to Naval Mobile Construction Battalion (NMCB) 5 spread and level concrete as it is poured during the Replace Bus Stop Shelters project on Fleet Activities Yokosuka. NMCB 5 has been working on the base-wide project for five months, investing more than 4,800 man-hours and replacing 13 bus stops. (U.S. Navy photo by Mass Communication Specialist 3rd Class Everett Allen/Released)

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## Race Engines, Dirt Bikes, ATV's, Cigarette Boats, Zodiacs

Are you up to the challenge of hard work and repairing unique SOF equipment? Naval Special Warfare Development Group is seeking active duty Construction Mechanics and all other Seabee rates.

- Motivated/Volunteer
- Pass Navy PFA
- E4 - E6
- No NJP
- No Bankruptcy
- Able to obtain SECRET/TOP SECRET clearance



Email us at !DEVGRURecruiting@vb.socom.mil or contact your detailer to request additional information.

**CBC Command Assessment Team (CAT)** seeks members. The CAT team is looking for new members, military and civilian, of all ranks. If you are interested, please contact CS1 Luzunaris at Michael.luzunaris@navy.mil or 228-871-2194.

Seabee Courier

WE BUILD ★ WE FIGHT

# SEABEE

Online

United States Navy

OFFICIAL ONLINE MAGAZINE OF THE SEABEES (seabeemagazine.navylive.dodlive.mil)

# Focus on Education

## Back to School Supplies Giveaway



Military and civilian personnel select school supplies for their children at the United Services Organizations (USO) school supply give away at the Naval Operations Support Center (NOSC) on board NCBC, Aug. 5. The giveaway, which was open to E5 and below service members and their

families, was made possible through donations by Northrop Grumman employees. Area students are returning to school for the new school year over the next couple of weeks. **(U.S. Navy photo by Construction Electrician Constructionman Lucinda L. Moise/Released)**

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## NEX rewards students with the A-OK Student Reward Program

By Kristine Sturkie  
NEXCOM Public Affairs

The NEX wants to help its customers finance their children's college education through its A-OK Student Reward Program. All qualified students will participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. The next drawing will be held at the end of August 2013.

Any eligible full-time student that has a B-grade point average equivalent or better, as determined by their

school system, may enter the drawing. Eligible students include dependent children of active duty military members, reservists and military retirees enrolled in first through 12th grade. Dependent children without an individual Dependent Identification Card must be accompanied by their sponsor to submit their entry. Each student may enter only once each grading period and must re-enter with each qualifying report card.

To enter the drawing, stop by any NEX with a current report card and have a NEX associ-

ate verify the minimum grade average. Then fill out an entry card and obtain an A-OK ID, which entitles the student to discount coupons for NEX products and services.

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to pay for college through its A-OK Student Reward Program since 1997. Since the program began, NEXCOM has awarded over \$611,000 in Series EE U.S. savings bonds and monetary awards with the help of its generous vendor partners.

### Coastline extends fall registration

Coastline Community College has extended the registration period for Fall A Term. The new deadline is Aug. 19. A Term classes begin Aug. 26 and end Oct. 20. For students unable to register for Fall A Term, the registration cycle for Fall B Term begins Sept. 3 and ends Oct. 3, with classes running Oct. 21 - Dec. 15. Additional information is available in the Navy College office in building 60, or by contacting Dr. David Drye, 228-871-3439 or ddrye@coastline.edu.

Back to School  
Health and  
Wellness Fair  
Aug. 10, 9 a.m. to 1 p.m.  
Barksdale  
Pavilion, Jones Park, Gulfport  
Featuring safety education, Seabee obstacle course,  
vaccinations, Red Cross Blood Drive, FREE health  
screenings and much more!

Seabee Courier

NCBC School Liaison Officer Kevin Byrd  
MWR, Building 352, 1706 Bainbridge Ave  
Phone: 228-871-2117  
Email: kevin.r.byrd@navy.mil

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Attack of the Killer Teens

This week, my youngest child turned 13, making my husband and I the parents of three teenagers.

For those readers who have raised (i.e., survived) teenagers, I could end my column here. There's no need for lengthy anecdotes. Upon reading my first sentence, other parents of teens most likely heaved a collective groan, and instantly understood the prickly muddle of pride, anguish, adoration and frustration involved.

But for the benefit of the rest, I'll trudge on with my story.

"I'll take a hot chocolate with whipped cream and a large sausage Calzone," my 18-year-old son blurted to the waiter before anyone else had a chance to order. It was his youngest sister's 13th birthday dinner out, and he was starving.

Incidentally, that was after he had polished off a barrel of popcorn and a gallon of soda at the Island Cinemas, where I spent \$60 and three-quarters of the movie covering the birthday girl's eyes to shield her from what I realized was a totally inappropriate horror film.

The next morning, I got up early to drive my son to his first job at Yagoog Boy Scout Summer Camp. My Navy husband was in Florida on TDY, so my son had to rely on his mother, again. I tiptoed to keep from waking my new 13-year-old – she slept with me thanks to my stellar movie choice the night before – but I had no idea that I'd be tiptoeing around my son's attitude all morning.

"Hey Buddy?" I gingerly hailed my son as he carried his sleeping bag through the kitchen, "I think you should wear a troop shirt instead, because there's a pretty strict dress code for Scouts at camp."

He stopped with his back to me, and like the demon-possessed character from the previous night's movie; he turned his head slowly, squinting his eyes. In a low, guttural tone, which spewed pure aggravation, he muttered between gritted teeth, "I'm not a Scout, I'm on the Staff."

Ten minutes later, my son appeared at my minivan, wearing his troop shirt and a scowl.

After a silent drive, we arrived at Camp Yagoog. While checking in, we realized that my son needed uniform socks, so we stopped by the Camp's Trading Post to buy a few pairs.

Knowing I was about to leave my only son there for the rest of the summer, I was feeling generous.

"Hey Buddy, don't you need one of these belts like the other Staff had on their shorts?"

My son spewed, squinted and gritted, "NO, MOM, my shorts have a built-in belt," stated in such a way that implied, "you idiot!"

That was it. Something in me snapped. I dropped the socks and announced, "Buy your own socks. I'll see you on pick up day."

I could see mild panic in his eyes. The six pairs of socks would wipe out his spending money, and he had no way of cashing future paychecks without a ride to the bank. And then

there's the issue of his laundry.

I stormed out of the Trading Post to find my minivan.

Three yards from the store, I was seized by a rush of overwhelming realizations. This person, my son, was a huge bearded ball of contradiction. He wanted nothing to do with me, yet he was totally dependent on me. He believed he was omniscient, yet there was so much he needed to learn. He was technically a man, yet he behaved like a petulant boy.

Despite the fact that my lioness instinct was urging me to cut the apron strings and go, I didn't want to leave him on such a sour note. I found my son in the Trading Post, still looking stunned at the socks.

"I'm sorry," he offered, "I didn't realize I was being disrespectful."

Leaving the camp and my son behind, I wondered what it is that possesses teenagers. An instinctual drive to alienate the tribe and strike out on their own? Raging adolescent hormones? An underdeveloped pre-frontal cortex? Evil mutant zombie demons?

Whatever it is, I'm scared, and my teenagers are too.

But I learned an ironic lesson from that inappropriate horror film: When things get really scary, parental guidance is strongly suggested.

*Get more wit and observations from Lisa at her blog, <http://www.themeatandpotatoesoflife.com>*

## Health Watch

### Pharmacy Disaster Preparedness

By Cmdr. Karen Anderson  
Naval Branch Health Clinic, Gulfport

Hurricane season is upon us and it is important that you are prepared if a disaster hits the Gulf Coast. I'm sure the first things to come to mind are non perishable food, blankets and water, but what about your prescription medications? Here are a few things to keep on hand if a disaster hits the gulf coast.

- ~ List of each family member's prescription medications and their doses, in case they need to be replaced.
- ~ List of each family member's allergies.
- ~ A properly-stored 30-day supply of all prescription medications for each family member.
- ~ For those who require insulin, a 30-day supply, as well as proper storage to keep it cool.
- ~ Nonprescription drugs, such as pain relievers, anti-diarrhea medication, antacid, laxatives, bug spray, itch control, etc.

After a disaster has occurred you may obtain your medication through TRICARE.

TRICARE recognizes that after a natural disaster you may not have access to your prescriptions or may not be able to refill prescriptions as you normally would. TRICARE and its pharmacies will allow you to refill your prescriptions ahead of schedule at one of more than 50,000 TRICARE retail pharmacies. If you use mail order pharmacy, you should contact Express Scripts Inc. to update your mailing address after you relocate or move to temporary housing.

For more information about retail pharmacy prescriptions call ESI at 1-866-363-8779, or for mail order prescriptions call 1-866-363-7667. You can also visit their web site at [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE).

#### FY14 Chief Petty Officer Selectee Events:



#### Gas & Glass

Aug 9, 9 a.m., NEX Gas Station

#### Car Wash Fundraiser

Aug, 10, 9 a.m. - 1 p.m. - 3 locations

- ~ O'Rielly Auto Parts, 2154 Pass Road
- ~ O'Rielly Auto Parts, Corner of Highway 49 and 25th Avenue
- ~ Shell Gas Station, Highway 49 (By Home Depot)



**Regular Season Tickets on SALE**

**AUGUST 15** (ACTIVE DUTY/ RESERVE ONLY)

**AUGUST 16** (ALL ELIGIBLE PATRONS)

**HOME GAMES**

- Sunday, September 8 vs. Atlanta Noon
- Sunday, September 22 vs. Arizona Noon
- Monday, September 30 vs. Miami 7:40 pm
- Sunday, October 27 vs. Buffalo Noon
- Sunday, November 10 vs. Dallas 7:30 pm
- Sunday, November 17 vs. San Francisco 3:25 pm
- Sunday, December 8 vs. Carolina Noon
- Sunday, December 29 vs. Tampa Noon

No refunds or exchanges. All ticket prices are subject to change without warning. ITT is not responsible for lost, stolen or laundered tickets and will not replace them. Due to government agency discounts, resale is prohibited and not authorized. Limit 2 tickets per military ID per game.

For more information call ITT at 228-871-2231.

Last call for Intramural Bowling . . . Registration at Keesler Air Force Base's Gaudé Lane Bowling Center. Letters of intent are due TODAY at 2 p.m. at the Coaches meeting at Gaudé Lanes. The season starts Sept. 5. Call 228-377-2444 for more info!

**Still letting Fluffy and Spot tell you how to fix your vehicle?**

**MAYBE IT'S TIME YOU GOT HELP FROM A PROFESSIONAL.**

**Auto Skills Center** is now offering one-on-one car familiarization and basic maintenance courses! Classes last about 30 minutes and cost \$5. Call (228) 871-2804 to schedule a class.  
Open Wed-Fri 11am-7pm & Sat 9am-5pm

Morale, Welfare & Recreation **MWR**  
Naval Construction Battalion Center Gulfport

**MWR program contacts**

- Anchors and Eagles, 228-871-4607
- Auto Skills Center, 228-871-2804
- Beehive All Hands Club, 228-871-4009
- Child Development Center, 228-871-2323
- Fitness Center, 228-871-2668
- Information, Tickets & Travel, 228-871-2231
- Liberty Center, 228-871-4684
- Seabee Heritage Center, 228-871-3619
- Navy Outdoor Recreation, 228-871-2127
- Shields RV Park, 228-871-5435
- The Grill, 228-871-2494
- Training Hall, 228-871-4750
- Youth Activities Center, 228-871-2251
- Main Office, 228-871-2538

**Free Movies at the Training Hall!**



Check out what's playing this week!

- Friday:** Iron Man 3, PG13, 6 p.m.
- Saturday:** Over the Hedge, PG13, Noon; Star Trek into Darkness, PG13, 2:30 p.m.; Tyler Perry's Peeples, PG13, 5:30 p.m.
- Sunday:** The Hangover Part 3, R, 6 p.m.

August 8, 2013

**18TH SEABEE VOLKSLAUF MUD RUN 2013**

**SATURDAY, SEPTEMBER 7TH AT 7AM**  
Naval Construction Battalion Center, Gulfport

To register visit us at:  
[www.active.com/running/gulfport-ms/seabee-mud-run-2013](http://www.active.com/running/gulfport-ms/seabee-mud-run-2013)

Enjoy music and great food and beverage vendors after the run!  
\*\*Runners under 18 must have a signed parental waiver form to run\*\*

Bring a canned good to the race to support families across America!

Seabee Courier

# NCBC Helping Hands volunteer opportunities

## **YOUTH FOR CHRIST WATER PARK LOCK IN**

Volunteers are needed to serve as chaperones for approximately 1,600 middle school and high school youth during the annual Youth for Christ Gulf Island Water Park Lock In, Aug. 23. Two shifts are available – 7:30 p.m. – 1:30 a.m. or 1 – 7 a.m. Volunteers can work one session and stay and enjoy the park the other, if desired. Volunteers are expected to watch for safety issues such as rough housing, running, as well as bullying, public displays of affection and other behavior not allowed in the park. Please call Stephanie at 406-465-0379 or 228-864-0788 for details or to sign up.

## **USS ALABAMA NEEDS HELP**

The Navy is looking for volunteers with construction expertise for a rewarding experience. The battleship USS Alabama, anchored in Mobile Bay needs help

from individuals that can work with wood, steel and concrete for work aboard ship and around the grounds. Work includes, but is not limited to: constructing 10 picnic pavilion covers, roofing a 40 by 20 maintenance shed, fabricating display cases. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

## **BILOXI VA AMBASSADORS**

The Biloxi VA is trying to get volunteers in uniform from 7 a.m. to 2 p.m. on a daily basis to help with a new program. The volunteers will provide assistance to Veterans entering the medical center by helping with directions and general information and whenever possible, escort the Veterans and family members to their destination. Point of contact for more information is Sharon Ladner, 228-523-5786 or Susan Smith, 228-871-3640.

## **VOLUNTEERS TO BUILD**

**RAMPS** - Volunteers are needed to build handicap ramps in Saucier and Biloxi. If you are interested in helping, please contact Susan at Fleet and Family Support Center (FFSC), 228-871-3640 or 228-424-2947.

**USO GULF COAST** - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. Whether you're interested in providing coffee and conversation to our traveling troops or assisting in deployments, the USO Gulf Coast has a special opportunity for you. We are also looking for volunteers to assist in community outreach events scheduled throughout the year. To become a USO volunteer, you'll need to create a volunteer profile through [www.uso-volunteer.org](http://www.uso-volunteer.org). This website allows you to keep track of your hours and if you move to another location your hours will transfer

with you to any USO in the world. For more info, contact USO Gulf Coast's Program Manager, Nicole Lewis at [nlewis@uso.org](mailto:nlewis@uso.org).

## **NAVY MARINE CORPS RELIEF SOCIETY**

The NMCRS Thrift Store is experiencing a severe shortage of volunteers to work at the Thrift Store in August. If you are interested, please call 228-871-2610.

## **COAST SALVATION ARMY**

Volunteers are needed for various projects throughout the year. Contact [Shawna\\_Tatge@uss.salvationarmy.org](mailto:Shawna_Tatge@uss.salvationarmy.org) if you have a bit of spare time to help out.

## **HELP SENIORS AND DISABLED CITIZENS**

Harrison County RSVP needs retired plumbers, electricians, carpenters, skill and unskilled laborers to join a team of handymen/women. If you are interested in helping in the community, call Mag Holland, 228-896-0412.

## **Musician/Worship Leader Contract FY-14**

For those interested in bidding on this part-time Seabee Memorial Chapel contract, please contact Chief Peter Butucel at 228-871-2454.

## Chapel Offerings

### **Looking for a church?**

The Seabee Memorial Chapel holds services every Sunday to suit your needs. Protestant Services include a Gospel Service at 8 a.m. and a Worship Service at 10:30 a.m. Catholic Mass is at 9:30 a.m., on Sunday and the Chapel also holds a weekly Mass on Tuesday at 11:15 a.m.

### **Seabee Pantry**

The Seabee Pantry is a valuable resource for those families needing a little extra assistance during the month. Please donate as many canned goods and other nonperishable items as possible. Donation drop-off sites are located at the Navy Exchange, Chapel, Commissary, Fleet and Family Support Center (FFSC) and Armed Forces Retirement Home.

### **Praise and Worship**

The Seabee Memorial Chapel is looking for new members for the Praise and Worship Team for the 10:30 a.m. Worship Service and the Gospel choir at 8 a.m. If you can sing or play an instrument, you

are invited to share your gift.

### **Feds Feed Families Food Drive**

The annual DoD, Feds Feed Families Food Drive, [www.fedsfeed-families.gov](http://www.fedsfeed-families.gov), is taking place through September. Food banks across the Nation are facing severe shortages of non-perishable food items, just as summer begins and children are left without school supplied nutrition programs. Federal employees and members of the uniformed services are stepping up to meet this challenge by gathering food for families in need. The CBC Chapel hopes you will donate any non-perishable goods to help us meet this National goal. NCBC food donation drop off locations are NCBC Commissary (special pre-packaged bags of food are available for purchase), Seabee Memorial Chapel, Navy Exchange, Fleet and Family Support Center, Command Quarterdeck, and Navy Gateway Inn. Please contact the chapel at 228-871-2454 for info.

## Seabee Memorial Chapel



### **NCBC Center Chaplains:**

**Lt. Cmdr. Paul Smith, Chaplain**

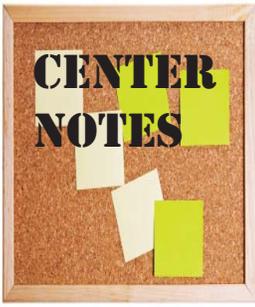
**Lt. Yoon Choi, Chaplain**

For more information about Chapel programs, please call the Chapel at 228-871-2454

Religious Services

Sunday: Gospel: 8 a.m., Catholic Mass: 9:30 a.m., Protestant: 10:30 a.m.

Weekday Mass: Tuesdays at 11:15 a.m.



## SUPPORT

### Family Readiness Groups

**NMCB 1 FRG** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activity Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and babysitting is provided during deployment. Contact FRG President Jenny Richter, e-mail nmcbonefrg@gmail.com. **NMCB 11 FRG** For more information regarding the NMCB 11 FRG, please visit Facebook, nmcb11frg or email us at nmcb11frg@gmail.com.

**NMCB 74 FRG** All families of NMCB 74 are invited to the 74 FRG meeting the third Monday of each month. Meetings are at the MWR Youth Activities Center, building 335, behind the Grinder on NCBC. Socializing begins at 5:30 p.m., and meetings begin at 6 p.m. Bring a covered dish to share at our potluck dinner. Children are welcome. Email nmcb74fsg@yahoo.com or visit our Facebook page at "NMCB74 Fearless FRG" for details.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Center. Children

are welcome and babysitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

## FOCUS

**Families OverComing Under Stress (FOCUS)**, provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228-822-5736 or email [Gulfport@focus-project.org](mailto:Gulfport@focus-project.org)

### Gulfport Officer's

**Spouse Club** The Gulfport Officers' Spouses' Club is a social organization that has FUN while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [goscgulfport@yahoo.com](mailto:goscgulfport@yahoo.com). We hope to see YOU soon!

### Navy Wives Clubs of America, Inc.

The Navy Wives Clubs of America, Inc. is interested in re-establishing a club in the local area. If you are interested in joining an organization that promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields, 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-america.org) for more information on NWCA.

**NMCRS** The Navy-Marine Corps Relief Society Thrift

Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

### Gamblers Anonymous

The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000 for details.

## TRAINING

**Naval Sea Cadets** The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that help youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, 2nd floor conference room. Contact Lt.j.g. Bowling at 228-313-9035 or [coachcb@yahoo.com](mailto:coachcb@yahoo.com) for more information.

## PMI MEMBERSHIP DRIVE

The Project Management Institute ([www.pmi.org](http://www.pmi.org)) is recruiting project planning professionals for membership into the PMI Southern Mississippi Chapter. PMI is one of the world's largest not-for-profit membership associations for the project management profession. Their professional resourc-

es and research empower more than 700,000 members, credential holders and volunteers in nearly every country in the world to enhance their careers, improve their organizations' success and further mature the profession. Contact Mike Saunders at [saundersmt@earthlink.net](mailto:saundersmt@earthlink.net) or Len Krapcha at [lkrapcha@aol.com](mailto:lkrapcha@aol.com) for more information.

## SOCIAL

### Miss. Gulf Coast First Class Association

is always looking for new members. Meetings are every Wednesday at 2:30 p.m., at the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

### NCBC Multi-Cultural Diversity Committee

is seeking members. Meetings are held the first and third Wednesday of the month at 9 a.m., at the Seabee Memorial Chapel. Contact BU1 Jerma Cloude, 228-871-2454 for details.

### VFW Post 3937 Long Beach

is open Monday - Thursday from noon until 8 p.m., Friday and Saturday from Noon until 10 p.m., Sunday from noon until 7 p.m. The first Friday of the month is Seafood Night, the remaining Fridays are Steak Night. Breakfast is served from 7 to 10 a.m. on Saturdays. VFW meetings are held the second Wednesday of the month at 7:30 p.m. New members are always welcome. Contact Post Commander Bill North at 228-863-8602 for info.

### VFW Post 4526 Orange Grove

is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the first Wednesday of the month at 7

p.m. All are welcome and encouraged to attend. Call 228-832-0017 for more info.

**NMCB 62 Alumni Group** Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966, and decommissioned in 1989. To become a member, go to <http://nmcb62alumni.org> or for links to Seabee historical sites.

### D.A.V. - Disabled American Veterans, Chapter 5

invites Veterans and future Veterans to monthly meetings held the 3rd Monday of each month at 7 p.m. Call Service Officer, Silva Royer at 228-324-1888 to find out more about our organization.

Navy Seabee Veterans of America (NSVA) Island X-1, Gulfport is always looking to add new members. You do not have to be retired to be a member. If interested, please contact Eugene Cowhick at [eugene.cowhick@navy.mil](mailto:eugene.cowhick@navy.mil), 228-871-2488 or Robert Smith at [Robert.p.smith5@navy.mil](mailto:Robert.p.smith5@navy.mil), 228-871-2436. If you are already a member, please join us on the second Thursday of each month at 6 p.m. in the A&E Chiefs and Officers Club, NCBC Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit [www.nsva.org](http://www.nsva.org).

## HERITAGE

The Seabee Gift Store is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m., The shop has a variety of Seabee related memorabilia, books and DVD's. Contact the museum at [www.seabeesmuseum.org](http://www.seabeesmuseum.org) or call the gift store for more information at 228-871-4779.

## NCBC

### Commissary Hours Update

Effective Aug. 18, the NCBC Commissary will return to normal hours of operation.

Sun: 11 a.m. - 6 p.m.

Monday: CLOSED

Tuesday: 9 a.m. - 7 p.m.

Wednesday: 9 a.m. - 6 p.m.

Thursday: 9 a.m. - 7 p.m.

Friday: 9 a.m. - 6 p.m.

Saturday: 9 a.m. - 6 p.m.

## From TENANT page 2

one living in the property. If you are wondering whether to pay rent to the bank or to your old landlord, you can also file a Motion to Deposit Rent into the Court Registry, which will let you pay rent to the court, who will then figure out where it goes. For assistance in drafting either one of these documents, you should make an appointment with your local Legal Assistance office.

### I've Decided I Want to

## Move

The Protecting Tenants at Foreclosure act does not automatically give you the right to terminate your lease if the property is foreclosed. The good news is that most banks don't want to act as landlords. Some will even offer "Cash for Keys" programs that will pay you money in exchange for you moving out. The best way to get out of your lease if the home is being foreclosed is to talk to your landlord and the bank.

If you do decide to move,

the Navy is here to help. In 2008, the Department of the Navy began authorizing funded local moves for military members who are breaking their leases as a result of their landlord's foreclosure. You will need to bring a copy of the Notice of Foreclosure and a Notice of Lease Termination to either your command's Staff Judge Advocate (SJA) or your local Legal Assistance office. They will be able to help you get the authorization you need.

### That's It!

Being a tenant in a home that's being foreclosed can be a stressful and confusing situation. If you find yourself over your head, always feel free to make an appointment with your local Legal Assistance office. We're here to help!

*This article is not intended to substitute for the personal advice of a licensed attorney. Contact the Naval Construction Battalion Center (NCBC) legal office by calling 228-871-2620 for an appointment.*