

SEABEE COURIER

www.cnbc.navy.mil/gulfport
Happy 73rd Birthday Seabees!

Vol. 55 No. 8

Naval Construction Battalion Center, Gulfport, Mississippi

March 5, 2015

U.S. Navy Reserve 100 years strong



Capt. Paul Odenthal, Commanding Officer, NCBC Gulfport, center; Cmdr. Brian Benassai, Executive Officer, Navy Oceanographic Intelligence Unit, left and Lt. Cmdr. Rick Tester, Commanding Officer NOSC Gulfport commemorate 100 years of the U.S. Navy Reserve with a centennial kick off celebration and cake cutting on board NCBC Gulfport, March 3. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

See Reserve story page 4



Lawrence Schwanke, a front desk clerk for the Navy Gateway Inn and Suites assigns guest Jason Dupree into a room on board Naval Construction Battalion Center Gulfport, March 2. The Navy Gateway Inns and Suites on board NCBC, Gulfport recently received the Admiral Elmo R. Zumwalt Award for Excellence in Lodging Management. (U.S. Navy Photo by Builder Constructionman Samantha Opyoke/Released)

NGIS: A Zumwalt award winner

By BUCN Samantha Opyoke
NCBC Public Affairs

The Navy Gateway Inns and Suites on board Naval Construction Battalion Center (NCBC), Gulfport received the Admiral Elmo R. Zumwalt Award for Excellence in Lodging Management. The Secretary of the Navy established the Admiral Elmo R. Zumwalt Award to recognize installations that provide exceptional facilities, amenities, and premier lodging services and accommodations.

According to Simone Callaghan, general manager of Navy Gateway Inns and Suites on board NCBC Gulfport, the focus of the accreditation program is to ensure consistent superior management in all functional areas at every Navy lodging operation as well as

back of the house functions. The performance of each function is validated against operational and program standards.

The operations are graded on the reception area, front desk, housekeeping and custodial services, facility requirements, personnel management, financial management, and logistics management. To be eligible to be accredited, one must score a total of 201 out of a possible 223 total points.

The Zumwalt Award is accredited when 95 percent of the grading points are achieved.

"It isn't difficult to achieve if you're in standards," Callaghan said. "These are things that must be maintained consistently."

The Navy Lodging

See ZUMWALT page 4

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Public Affairs Survey

From NCBC Public Affairs at: <https://www.surveymonkey.com/s/PXJLMBR>. We would appreciate it if you would take a few moments to fill out the survey so we can provide you with the best possible customer service in the future. For further information, please call 228-871-2699 or 228-871-3662.

Naval Construction Battalion Center (NCBC) Public Affairs (PA) has created a short survey on PA products and services available to customers. Your feedback is very important to us. The survey is open until March 27 and available

Time to 'Spring Forward' and change smoke detector batteries

From Balfour Beatty Communities

Now that winter is coming to a close, NCBC Gulfport is looking forward to spring and the extra hours of sunlight that follow.

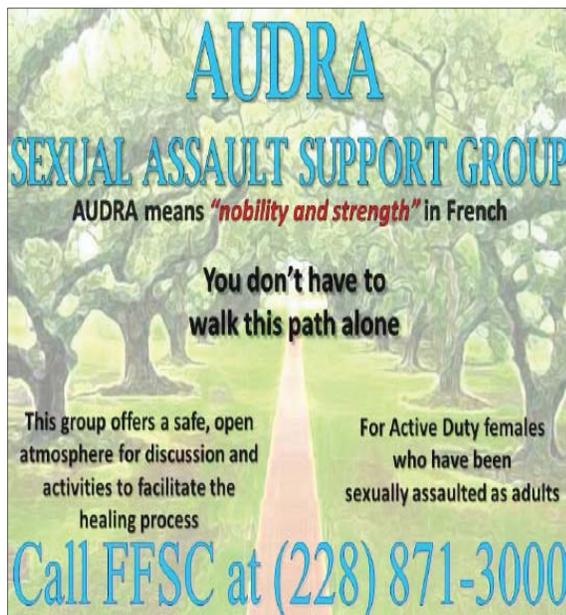
For most of the United States, Daylight Saving time begins March 8 at 2 a.m. Remember to set clocks forward one hour. Changing clock settings is the perfect time to check batteries in smoke detectors. Smoke alarms save lives, prevent injuries and minimize property damage by detecting fires early and alerting residents, allowing crucial time to escape.

To learn more about fire safety equipment and best practices, visit: www.ncbcgulfporthomes.com/residentresources/safety/.

Balfour Beatty
Communities

Are you ready for something different and challenging?

Come to the U.S. Department of State Information Session March 24 and 25 from 9 - 11 a.m., in Building 433 (Tactical Training Facility) Room 152. The program is open to CPO's, First and Second Class Petty Officers who are Builders, Construction Electricians, Construction Mechanics, Utilitiesmen and Steelworkers. Interested family members are welcome to attend!



AUDRA
SEXUAL ASSAULT SUPPORT GROUP
AUDRA means "nobility and strength" in French

You don't have to walk this path alone

This group offers a safe, open atmosphere for discussion and activities to facilitate the healing process

For Active Duty females who have been sexually assaulted as adults

Call FFSC at (228) 871-3000



Congratulations
Civil Engineer Corps
Established March 2, 1867!

Happy Birthday Seabees!
Established March 5, 1942
Can Do since '42!



Seabee 73rd Birthday Special Meal!

Everyone is invited to Colmer Dining Facility March 5 from 11 a.m. – 12:30 p.m., for a special meal honoring 73 years of Seabee history. A cake cutting ceremony will take place at 11 a.m. Menu includes: Prime Rib, Grilled Salmon, Twice baked potatoes, Brown rice, assorted vegetables and salad. Desserts include: Coconut Cream Pie, Cheese Cake and Oatmeal Raisin Cookies. The cost of the meal is \$5.65 and all with authorized access to NCBC Gulfport are invited!

Top Shooting Competition

All military personnel on board NCBC Gulfport are invited to participate in a Top Shooting Competition 8 a.m. – noon, March 13 in the old gym (building 361). The competition is designed to promote good combat shooting fundamentals and enhance techniques. This event will decide which person and unit on the Center has the highest combat shooting skills throughout the 10-event competition. One team and one individual will be crowned Top Shooters. Scoring will be based on accuracy and speed, calculated by the Synthetic Shooting System. Beginning March 9, the facility will be open 8 a.m. – 3:30 p.m. so that personnel can come in and sharpen their skills for the competition. The Top Shooting Competition will utilize Synthetic range and rifles located in the facility. For more information and to preregister, contact: Chief Builder Mark Dickey, NCG2, mark.j.dickey@navy.mil or 228-392-6267.

Safe Helpline

Sexual Assault Support for the DoD Community

Live 1-on-1 Help Confidential Worldwide 24/7

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.Safe-Helpline.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.



Chloe giggles as she finds her mother Sara waiting for her at the end of the slide at a playground on board NCBC Gulfport, March 4. Playgrounds are located throughout housing for the convenience of base residents. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/ Released)



Left: Emily spends a cold winter morning indoors at the Child Development Center (CDC) reading her favorite *Berenstain Bears* book on board NCBC Gulfport, Feb. 25. For more information about the CDC and the programs they offer, call 228-871-2323. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

Above: Patrons of Colmer Dining Facility on board NCBC Gulfport enjoy a special meal in honor of Black History Month, Feb. 26. Colmer Dining Facility will prepare a special lunch honoring the Seabees 73rd birthday March 5 from 11 a.m. - 12:30 p.m. (U.S. Navy photo by Builder Constructionman Samantha Opyoke/Released)



NOSC Gulfport celebrates 100th Anniversary of Navy Reserve

By HM1 Howard Salter
Navy Operational Support Center
Gulfport Public Affairs

Service members, dignitaries and guests were greeted by command staff of the Navy Operational Support Center (NOSC) in Gulfport, to celebrate the Navy Reserve's 100th birthday, March 3. Officiated by the NOSC's Executive Officer, Lt. Matthew Burkett, attendees at the ceremony witnessed multi-media messages from the President of the United States, Navy Reserve Forces Commander, Vice Admiral Braun and the Master Chief Petty Officer of the Navy (MCPON), Mike Stevens, as well as speeches from the NOSC Commanding Officer, Lt. Cmdr. Rick Tester and the Executive Officer of Reserve Navy Oceanographic Intelligence Unit 0182, Cmdr. Brian Benassai.

The Navy Reserve has served the United States in every major conflict since World War I and at the height of the Cold War was unto itself the world's fourth largest Navy. Its Sailors have volunteered to support fleet missions around the globe and have contributed to the past 9/11 world on missions in Afghanistan and Iraq.

Tester commended the efforts of Gulfport's reserve Sailors who had supported missions of the fleet abroad. He noted that 67



Cmdr. Brian Benassai, executive officer of Reserve Navy Oceanographic Intelligence Unit 0182, addresses guests at the Navy Reserve Centennial Kick Off Celebration on board Naval Construction Battalion Center (NCBC) Gulfport, March 3. Since Sept. 11, 2001, there have been more than 70,000 Selected Reserve mobilizations, along with an additional 4,500 deployments by Full Time Support Sailors, including more than 8,000 who have done a second combat tour. Since its establishment in 1915, there have been five U.S. presidents who have served in the Navy Reserve. (U.S. Navy photo by Senior Chief Mass Communication Specialist Jeffrey J. Pierce/Released)

members of the NOSC returned from mobilization in 2014, with another 32 members currently deployed. These Reservists supported or are supporting missions Operation Enduring Freedom in Afghanistan, Bahrain and Djibouti and several other missions at home and abroad.

Benassai spoke of his Navy pride and mentioned the benefits of a career with the Navy Reserve.

"I have found it an institution that rewards its members for their hard work and dedication. I have seen many of my colleagues advance and grow,

either by making chief or receiving a commission, through their perseverance and drive," Benassai said. "I have seen it open doors of opportunity for many and I have witnessed how those who are willing to seize opportunities and commit to a goal benefit not only themselves but keep this Navy the finest in the world."

The morning closed with a look toward the future of the Navy Reserve force. The Navy Reserve's vision is dedicated to a ready and agile force, where military and civilian skills are deliberately leveraged to support mission accomplishment.

This will be achieved through Braun's 10-year vision which includes five strategic imperatives:

1. We will keep pace with Navy's future capabilities.
2. We will maintain a ready force for tomorrow.
3. We will actively employ each Sailor's unique capabilities.
4. We will deliver technologically advanced solutions.
5. We will develop transformational leaders.

The celebration at NOSC Gulfport looked to the future and celebrated the past 100 years of Navy Reserve Service. The celebration concluded with a reenlistment of a 2nd Class Petty Officer leaving active duty and joining the Navy Reserve.

March 5, 2015

Seabee Courier

Operation Ball Gown Giveaway

**March 5 from 2 to 7 p.m.
Thrift Shop, Building 20**

**Limit of 2 gowns per active duty sponsor
Subject to change, based on inventory
Gowns will go on sale March 6
For more information, contact NMCRS
228-871-2610**

From **ZUMWALT** page 1
Program (NLP) must be assessed by the Commander, Navy Installations Command (CNIC) once every 36 months to ensure the NLP continues to strive for excellence in lodging. The assessment consist of a three-day accreditation visit that includes an informal in-brief, room evaluations, program evaluations, customer focused interviews, complete program evaluation and an out-brief with the installation's com-

manding officer, the regional lodging director and the local lodging management.

"Everyone here has done their part to consistently meet standards and they appreciate who they do it for," said Callaghan.

Although the CNIC staff gave the Navy Gateway Inns and Suites a congratulatory letter, they will receive the official award plaque in November during the NLP employee appreciation awards ceremony.

Fraud, Waste and Abuse Hotline: Due to limited IG resources throughout the Southeast Region, 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



Buzz on the Street

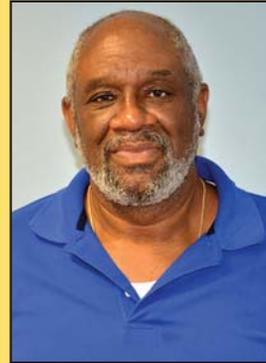
By BUCN Samantha Opyoke

"How do you stay healthy?"



BU3 Rebecca Nuss
NCBC Gulfport
Hometown: Pittsburgh, Pa.

"My husband cooks for me!"



Kevin Garnier
NCBC Post Office Mail Clerk
Hometown: New Orleans, La.

"I eat healthy and walk three miles a day to keep my blood pressure down."



YN2 Domonique Green
NCG2
Hometown: Jacksonville, Fla.

"I drink a lot of water, work out every day and eat small healthy meals throughout the day."

Keep What You've Earned

Have each one of your friends or shipmates choose a night to be the designated driver this month. Offer to serve as a DD during the first week, and then you won't have to think about finding a safe ride home the rest of the month. You work hard ... remember to play smart.

WE BUILD ★ WE FIGHT

OFFICIAL ONLINE MAGAZINE OF THE SEABEES SEABEEMAGAZINE.NAVYLIVE.DODLIVE.MIL

March 5, 2015



March

LifeWorks
© Balfour Beatty Communities

Puppy Play Date

Meet us at the dog park located by Seabee Lake for an afternoon of play! Bring your dog! Wednesday, March 11 11am-12:30pm

Stuffing of the Eggs

Help us prepare for our Annual Easter Egg Hunt! We have over 2000 eggs to stuff with goodies. Meet us at 609 Palm Court to stuff the eggs! Wednesday, March 18 10am-12pm

Ladies' Pinterest Party

DIY Sugar Scrub! Come make some sugar scrub to take home! Friday, March 20 10am-12pm 609 Palm Court

Kids Craft

Sand art necklaces! 609 Palm Court Monday, March 23 4pm-6pm

Terracycle

Did you know that we have an ongoing project to help our environment while benefiting our local Humane Society? Save all your personal beauty product bottles for us, we recycle them & the Humane Society receives \$0.02 for each container! Help us help the Humane Society! Empty bottles can be dropped off at the Community Management Office or call us we will pick them up.

Fire Safety Briefing

All new residents are required to attend a Fire Safety Briefing. Briefing is held the 1st & 3rd Wednesday of the month 3:30pm at the Base Chapel.

Resident Participation in all Lifeworks activities is voluntary and all activities, seminars, & events are FREE! Please feel free to email ljadner@bbcgpr.com if you have suggestions. Be sure to like us on Facebook to stay updated. Search "NCBC Gulfport Homes".

Seabee Ball

March 28, 5:30 - 11 p.m.

Mississippi Coast Coliseum

Guest Speaker: Retired Chief Equipment Operator, Ron Harvey

Uniform: Dress Blues or equivalent civilian attire. If dual military couple attending, one spouse may wear appropriate civilian attire.

Cost: E1 - E4: \$25; E5 - E6: \$30; E7 - 03; Warrant Officers, Retirees and Civilians: \$40; 04 and up: \$50

Point of contact: BUC Eric Van Norman, email: eric.vannorman@navy.mil. Contact your command representative for tickets through March 6. CBC rep: MCCS Jeff Pierce: jefrey.j.pierce1@navy.mil

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, 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.



Seabee Courier

NMCB 11 - GUAM



Steelworker 3rd Class Kyle Mellon of Naval Mobile Construction Battalion (NMCB) 11 uses a drill press to drill anchor bolt holes in a flagpole stand for use at Camp Covington, Naval Base Guam. NMCB 11 Detachment Guam provides a naval construction force ready to deploy in support of operations ranging from disaster relief to major combat operations throughout the PACOM area of responsibility. (U.S. Navy photo by Steelworker 3rd Class Frank Piner/Released)



Construction Electrician Constructionman Ping Tang of Naval Mobile Construction Battalion (NMCB) 11 paints a corrugated metal awning for the camp maintenance building at Camp Covington, Naval Base Guam. (U.S. Navy photo by Steelworker 3rd Class Frank Piner/Released)



The Navy-Marine Corps Relief Society has consistently maintained very low administrative and overhead costs because more than 3,600 trained volunteers support our work as budget and financial counselors, thrift shop workers, knitters of baby blankets and office administration support staff.



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
- Obtain Secret/TS clearance

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

Energy Savings Tip:

Spring is around the corner ... Have you ever thought about installing an attic ventilator? An attic ventilating system draws cool air up through the house and can provide the same level of comfort as an air conditioner at a much lower cost. Pump in cool air during summer evenings then seal your home during the day. Attic ventilation can help lower winter heating bills too.



Rear Adm. Katherine Gregory, commander, Naval Facilities Engineering Command, discusses construction plans and progress with U.S. Army Corps of Engineer representatives during a tour of the ongoing construction of permanent facilities at Naval Support Facility Deveselu. NSF Deveselu is Navy Region Europe Africa Southwest Asia's latest facility for providing efficient and effective shore service support to United States and Allied Forces operating in Europe, Africa and Southwest Asia. (U.S. Navy photo by Lt. j.g. Alexander Perrien/Released)

NAVFAC Commander, Seabee FORCM visit new base under construction in Romania

By MC2(SW/AW) Luke Meineke

Navy Region Europe, Africa, Southwest Asia Public Affairs

Naval Facilities Engineering Command (NAVFAC) Commander Rear Adm. Katherine Gregory and Seabee FORCM (SCW/MTS) Christopher Levesque visited Naval Support Facility (NSF) Deveselu, Romania Feb. 19-20.

The purpose of the two-day visit was to assess the progress and effectiveness of the base's construction and development. It was also a chance for Gregory to witness the efforts of everyone involved in the construction of Naval Deveselu first hand.

"My visit was really to see the great work that all the people – whether from the Navy, other military, civil servants, or contractors – are doing to see that the Navy's newest base is up and rolling," Gregory said. "It takes a lot to develop and run a base. To be on the ground floor of that, I think, is exciting, fascinating, but also a lot of work."

NSF Deveselu, which features the Aegis-Ashore Mis-

sile Defense System (MDS), will further strengthen the NATO defense shield in the European area of operations (AOR), and that, Gregory said, makes NSF Deveselu's timely construction vital.

"[NSF Deveselu] is a huge piece of the European defense perspective for the U.S. and its allies," Gregory said. "The Aegis defense system is a state-of-the-art weapons system that continues to serve the Navy and our allies as part of our defense infrastructure."

Gregory began her visit to the base with an All Hands Call with the Seabees on temporary assigned duty (TAD) to NSF Deveselu. Gregory congratulated Naval Mobile Construction Battalion (NMCB) 11 for their command's recent distinction in earning the Battle "E" award, and congratulated them for their hard work and dedication during this deployment.

"This is one of the best deployments you will see in your career," Gregory said. "To go someplace where Seabees can learn what being a Seabee is really about, to go someplace where you are needed, that is the best deployment you can have."

In step with 'The First and the Finest' of NMCB 1

Mike Rowe (center), host of CNN's "Somebody's Gotta Do It," congratulates Equipment Operator 3rd Class (Seabee Combat Warfare) Joshua D. Earhart, NMCB 1, after receiving his Seabee combat warfare specialist qualification. Naval Mobile Construction Battalion (NMCB) 1 hosted Rowe during Operation Bearing Duel, Camp Shelby, Miss. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)



Seabees from Naval Mobile Construction Battalion (NMCB) 1 engage opposing forces at the forward operating base 1 entry control point during Operation Bearing Duel 2015, a field training exercise in which the battalion certified ready to deploy. (U.S. Navy photo by Chief Mass Communication Specialist Kim Martinez/Released)

Focus on Education

Education Notes

GI Bill Reminder

Before transferring your Post-9/11 GI Bill benefits, review the obligated service requirements. Visit www.public.navy.mil/buperspc/career/education/GIBill/Pages/default.aspx and read NAVADMINs 203/09 and 235/11 for more information. By choosing to transfer your benefits to a dependent, you may incur additional service requirements; please take the time and read the information before transferring your benefits.

Balfour Beatty Communities Foundation Scholarships

Do you have a child that is a high school senior, undergraduate or graduate student? Balfour Beatty Communities Foundation, a non-profit organization committed to supporting the post-secondary educational goals of residents who live in a Balfour Beatty Communities property, is now accepting applications for its 2015/2016 academic scholarship program! Applications and more information can be accessed on the Foundation's website at bbcommunitiesfoundation.org. Deadline to apply is April 15.

Coastline Community College

Registration for Coastline Community College's Spring "B" term is open until March 30. The spring "B" terms begins April 6 and ends May 31. Additional information can be obtained by calling Dr. David Drye at 228-871-3439, DDRYE@COASTLINE.EDU or visiting the Navy College Office in Building 60, Room 239.

UPCOMING ADVANCEMENT EXAMS

The March 2015 Navy-Wide Advancement Examination (Cycle 227) will be administered at Building 433 on the following days.

E6: March 5

E5: March 12

E4: March 19

Doors will open at 6:30 a.m. All participants shall be in Uniform of the Day with Military ID and DoD ID Number. No watches, cell phones, or calculators with memory storing capability will be allowed.

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

All Hands Domestic Violence Awareness Brief

In accordance with Secretary of the Navy (SECNAV) directives, NCIS' Crime Reduction Program 2nd Quarter's training "DOMESTIC VIOLENCE AWARENESS" will be held at the Training Hall

theatre, Building 446, at the following times for personnel on board Naval Construction Battalion Center (NCBC) Gulfport:

- March 5, 2 – 3:30 p.m.
- March 10, 8:30 – 10 a.m.
- March 12, 2 – 3:30 p.m.
- March 17, 8:30 – 10 a.m.

- March 19, 2 – 3:30 p.m.
- March 24, 8:30 – 10 a.m.
- March 26, 2 – 3:30 p.m.
- March 31, 8:30 – 10 a.m.

Point of contact for more information is NCIS Investigator Michael Bryan, 228-822-5315.

Military Saves ... Everybody Saves ...



Saudi Rogers, Personal Financial Education Specialist, with Fleet and Family Support Center (FFSC) Gulfport, speaks with students at Gulfport Central Middle School about financial savings and investing for the future. Rodgers was asked to speak with the 8th grade class as part of the March, Military Saves Campaign. (U.S. Navy photo by Builder Constructionman Apprentice Elizabeth Mills/Released)

Apply today for the Joint Science Tech Institute

The Joint Science Technology Institute (JSTI) will be held July 18-31, in Aberdeen, Md. Student should apply via application link at <http://www.orau.org/center-for-science-education/events/jsti/default.html>. Application deadline is March 15, 2015.

The two-week all expenses paid, residential program, administered by Oak Ridge Associated Universities, allows 36 high school

students from across the country an opportunity to work on leading-edge science, technology, engineering and math (STEM) projects with Department of Defense scientists and engineers.

Student projects include work in areas such as: Robotics, Water Analysis (Wet Chemistry), Forensics Analysis, Bacteria Resistant Surfaces, Operational Research Analysis, and 3D printing. Students conduct their science and engineering projects at ECBC's and Harford Community College's research laboratories.

Eligibility for students:
*Student must be 16 by

July 17, 2015

- *Must be a U.S. citizen
- *Student must be a high school student in the 2015-2016 school year
- *Student must have a teacher recommendation
- *Student must be willing to work cooperatively in a group and follow instructions

Point of contact is Denise Baken, President of the Shield Analysis Technology, LLC, at 703-993-9226 or via email at dbaken@shieldanalysis.com.

Additionally, you can visit the JSTI website at <http://www.orau.org/center-for-science-education/events/jsti/default.html> for more information.

'The Meat & Potatoes of Life'

By Lisa Smith Molinari
Special Contributor

Wary of war-weariness

All I did was go to a movie, eat a jumbo tub of popcorn, and fall asleep watching TV. But I'm totally exhausted.

Not in the fatigued sense of the word, but exhausted as in spent, drained, tapped out from the endless barrage of negative news related to the military.

My Navy husband and I have been lazing around most evenings, starting like zombies into our television until peeling ourselves off the couch and wandering off to bed. During these marathons of nightly sloth, our metabolisms slow to a crawl, allowing maximum fat storage, and our breathing decreases to a rate symptomatic of clinical coma.

"Hey Hon, you wanna go to the movies tonight?" my husband called from work to suggest. Although the outing still involved sloth -- and thanks to the theater snack bar, gluttony -- we thought leaving the house earned us major points for effort.

We'd wanted to see "American Sniper" ever since its December release, and were even more intrigued by Navy Seal Chris Kyle since the media coverage of the murder trial surrounding his death at the hands of ex-Marine Eddie Ray Routh.

The movie did not disappoint, but it certainly devastated. Watching the horrific portrayals of what our veterans have endured tapped into our deepest human sense of fear, morality and justice. I was too riveted to cry until the end, when real-life footage of hundreds of people and waving American flags lining Interstate 35 in Central Texas to watch Chris Kyle's funeral procession had me blubbering like a baby.

Back at home, we resisted the urge to spend the remains of our evening on the couch, opting instead to channel surf in bed, which ironically lent itself to even more inertia. Pressing the clicker, I came upon the HBO documentary "Crisis Hotline: Veterans Press 1."

"Hey, that just won an Oscar," my

husband piped up from his pillow. According to the documentary that portrays the stresses on the staff at the VA's only Crisis Hotline Center, over 22 veterans kill themselves every day, and in 2012 the number of active duty suicides surpassed US combat deaths. The responders are shown deftly fielding tense calls from veterans who want to hurt themselves or others. Many callers report flashbacks and insomnia. Some have weapons or have ingested pills. Some hold on until police arrive. Others hang up.

Drained from digesting so much popcorn and gut-wrenching reality, my husband snored that night like a hacksaw.

In the morning, we heard the news: "The jury rejected Eddie Ray Routh's insanity defense, finding him guilty of two counts of murder." Two years ago, Routh's mother, knowing that Chris Kyle worked with struggling veterans, asked if he could help her son who had recently been diagnosed with PTSD. One week later, Routh shot and killed Kyle and friend Chad Littlefield at the rifle range where Kyle often took fellow vets.

It took the jury less than two hours to decide that, despite evidence that Routh suffered from mental illness, he did not meet the burden of proof for legal insanity. In the hours that followed the verdict, commentators, reporters, and the public debated whether justice was served.

Some recognized the complexity and irony of the case, and wondered whether Chris Kyle, who served his country with distinction as a Navy Seal sniper through four combat tours, would still be helping fellow veterans if Routh hadn't slipped through cracks in the VA's system. Whereas others went to simplified extremes: "Only in backwards Texas would they convict the killer of a child-killer" and "I'd give Routh the chair two times over."

Just as I was hoping to take a rest from all this disheartening news



about our military veterans, my husband brought home a Stars and Stripes article by Travis Tritten. On Feb. 25, top enlisted leaders told Congress that our military is woefully unprepared for conflict because service persons are anxious about their uncertain future. The 24-hour cycle of war-weary news regarding further drastic defense cuts and constant threats to jobs, pay and benefits has taken its toll on morale and readiness.

As I contemplate what tragedies could befall the next generation of veterans, I realize that we can't rest on war-weariness. We should get off our lazy duffs and do something to help those who served tirelessly. Volunteer. Make a call. Write a letter. Spread the word. Let our elected officials know that the United States military cannot defend this country without adequate support for service persons, their families, and our veterans.

Please share the VA's Crisis Hotline contact information: call 1-800-273-8255 Press 1; text 838255; or confidential chat online at www.veteranscrisisline.net.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, RI. Her self-syndicated columns appear on her blog, www.themeatandpotatoesoflife.com, and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*

11 Tips for making the most of your tax refund

From Military One-Source

Getting that tax refund check can tempt you to splurge on "stuff" that you later find you really didn't want or need. Instead of going on a shopping spree, be smart and think carefully about the best use of the money you get back. Follow these tips and put that money toward a carefully planned purchase, reducing your debt, or to give you a little extra financial cushion.

~ Retire your debts. Use your refund to pay down a high-interest credit card.

~ Start an emergency savings account. Financial experts recommend keeping a savings account with enough money to cover your expenses for three to six months.

~ Contribute to your Thrift Savings Plan. Saving for retirement is more important than ever. An extra contribution will help build savings for a secure future.

~ Roth TSP Investments. Traditionally, participants invest pre-tax dollars into their TSP accounts. With the Roth TSP, participants have the option to make Roth contributions, which allow participants to invest after-tax dollars into their TSP accounts too. Check out our article on Roth TSP Investments for more information.

~ Save for a down payment on a home or vehicle. If home or vehicle ownership is in your long-term plans, a larger down payment will lower your monthly payments and interest costs.

See REFUND page 12

NCBC Helping Hands

MENTAL HEALTH ASSOCIATION OF SOUTH MISSISSIPPI - The MHASouthMS is having a yard sale March 7 from 8 a.m. – 2 p.m., at a parking lot at 920 Cedar Lake Road (by Virginia College). Volunteers are needed to load up stored items for the sale from Pass Road Mini Storage at 6 a.m., the morning of the sale and transport them to the Cedar Lake Road site. Donated items are also needed for the yard sale. Sale proceeds will be used for art and other projects for adults with mental illness. Point of contact is Kay Daneault, 228-864-6274.

BETHESDA FREE CLINIC - The Bethesda Free Clinic of Ocean Springs will be sponsoring booths at Ron Meyers Harbor Fest, March 28, 10 a.m. to 8 p.m. at Jones Park in Gulfport. Volunteers are needed at both the events to help with setting up and breaking down booths, passing out flyers, etc. Volunteers may sign up to help all day or any hours that would be convenient. To volunteer, contact Teresa Dubuisson, 228-818-9191 or email info@bfhcd.com.

RED CROSS EVERYDAY HEROES - The American Red Cross sets aside the month of March to recognize the nation's Everyday Heroes who help those in need in their community. We are looking for individuals to discover their "inner hero" by giving time as a volunteer. Specifically, we are asking servicemen and women to join us in promoting the Everyday Heroes by volunteering to "shake the can" at an Every Red Cent Counts event, from 10 a.m. – 6 p.m., March 13 and March 14, at the Gulfport Walmart Supercenter on Hwy 49 and the Pass Christian Walmart on Hwy 90. Volunteers can work one hour, or more and will be provided with a table with handouts, Red Cross cans and vests. Point of contact is Michelle Wilson, 228-896-4512 or michell.wilson@redcross.org.

GULF COAST BIG RIG TRUCK SHOW - Gulf Coast Big Rig Truck Show is looking for volunteers to help with registration and other duties at their event March 20 – 21 at the Mississippi Coast Coliseum & Convention Center in Biloxi. The show benefits the Wounded Warriors Project. For show details, visit: www.GulfCoastBigRigTruckShow.com. To volunteer, call Jim McCleney, 985-630-9171.

MISSISSIPPI GOLF RESORT CLASSIC - Would you like to get an inside-the-ropes view as golf legends play during the Mississippi Gulf Resort Classic (MGRC), March 26–29. Habitat for Humanity Mississippi Gulf Coast (HFHMG) is the tournament's benefiting charity, as well as the official sponsor for the 18th Hole. As the sponsor, HFHMG needs volunteer marshals for the entire tournament. Volunteers will receive a golf shirt, and a lunch voucher. Volunteers who complete three shifts also get other perks, including a free round at Grand Bear. Shifts will be approximately noon to 5 p.m. Volunteers should plan to park about 1 hour prior to their shift and check in 30 minutes prior to their shift start time. Marshals also handle noise control in the sky boxes so if someone is mobility limited, that gives them a chance to participate. Contact Adele at alyons@hfmgc.org for registration info.

ART IN THE PASS - Pass Christian is hosting the Art in the Pass art show April 10-12, 10 a.m. – 5 p.m., at War Memorial Park. Volunteers are needed to work two hour shifts to: help artist set up booths, carry and help set up sound equipment on gazebo stage, set up tents, tables, chairs and displays, perform routine park maintenance, assist food vendors in setting up and maintaining their areas, selling tickets, welcoming visitors and tending to scholarship boxes. Volunteers are needed April 10, 11 a.m. – 4:30 p.m., April 11 and 12, 8 a.m. – 5 p.m. Point of contact is Martha Hawkins, 228-265-2955; Jane Parrish, 228-596-3363/jparrish46@gmail.com or Jamie Bridger, 228-363-0450/jbridger49@aol.com.

DISABILITY CONNECTION - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Point of contact is Ms. O'Keefe, 228-604-4020 or office@disabilityconnection.org.

READING TUTORS - Approximately 20 volunteers are needed to read with children 30 minutes a week at 28th Street Elementary School Mondays - Thursdays from 7:30 a.m. - 1:30 p.m. A teacher will be present in the classroom to offer assistance. Email nancy.miller@gulfportschools.org or call Di-

anna Miller at 228-867-2140. Reading volunteers are also needed at Central Elementary School, Tuesdays through Fridays, with the greatest need being Thursdays and Fridays from 12:25 - 12:55 p.m., and from 1:05 - 1:35 p.m. Email tammie.gray@gulfportschools.org or call 228-865-1933 to volunteer.

GULFPORT SCHOOLS NAVAL SEA CADET CORPS - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically oriented, youth training and education organization which is run by the Navy League with support from the United States Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

COAST SALVATION ARMY - Volunteers are needed for various projects throughout the year. Point of contact is Shawna_Tatge@uss.salvationarmy.org.

HELP SENIORS AND DISABLED CITIZENS - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.

NAVY-MARINE CORPS RELIEF SOCIETY - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

USS ALABAMA ALWAYS LOOKING FOR 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. Point of contact is Owen Miller, 251-433-2703 or cell 251-767-0157.

USO GULF COAST - Interested in volunteering? We need volunteers every day to assist at our centers throughout the military community. To become a USO volunteer, you'll need to create a volunteer profile through www.usovolunteer.org. This will allow you to keep track of your hours. Point of contact is Nicole Lewis at nlewis@uso.org.

March 5, 2015

Seabee Memorial Chapel

Religious Services

Sunday:

Catholic Mass: 9 a.m.
Protestant: 10:30 a.m.

Weekday Mass:

Monday, Tuesday, Friday,
11:15 a.m.



NCBC Center Chaplain:

Lt. Cmdr. Ammie Davis, Chaplain

Workshops with You in Mind

March 16-17:ASIST; March 26 - 27: PREP

The Chapel is currently undergoing renovations and events schedule will be subject to change. Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events: <https://www.facebook.com/ncbchapel>, email us at gulfportchapel.fct@navy.mil with any questions, or call us at 228-871-2454.

What's happening at the Chapel?

Sundays: The Rosary/Confession: 8:30 a.m., Protestant Sunday School: 9:15 a.m., Catholic Mass: 9 a.m., Catholic CCD Class (Confraternity of Christian Doctrine): 10:30 a.m., Protestant Service: 10:30 a.m.

Mondays: Catholic Mass: 11:15 a.m.

Tuesdays: Catholic Mass: 11:15 a.m.

Wednesdays: Praise Break: 11:30 a.m. (20 minutes of praise and worship through music); Protestant Women of the Chapel Bible Study: Noon - 1 p.m.

Thursdays: Catholic Holy Hour: 5 p.m., Catholic Mass: 6 p.m., Catholic Fellowship: 6:30 p.m., Catholic Bible Study: 7 p.m.

Fridays: Catholic Mass: 11:15 a.m.

Stations of the Cross

Thursday-Friday: 6 p.m., Feb. 27 - March 29

Holy Week

Palm Sunday: March 29

Holy Thursday: April 2

Catholic Mass : 6 p.m.

Good Friday: April 3

Protestant Service: 11:30 a.m.

Catholic Service: 6 p.m.

Holy Saturday: April 4

Catholic Mass: 7 p.m.

Resurrection Sunday: April 5 at Seabee Lake

Sunrise service: 6 a.m.

Sunrise breakfast: 7 a.m. at Heritage Center

Catholic Mass: 9 a.m.

Protestant Service: 10:30 a.m.

Seabee Courier



Digital Cinema at the Training Hall

March 6	March 7	Mar. 8	March 12
6 p.m. Jupiter Ascending 3D (PG13)	2 p.m. The Sponge Bob Movie: A Sponge Out of Water 3D (PG)	2 p.m. The SpongeBob Movie: A Sponge Out of Water (PG)	6:30 p.m. The Wedding Ringer (R)
8:30 p.m. The Seventh Son 3D (PG13)	7 p.m. FREE SNEAK PEEK Run All Night (R)	4:30 p.m. Jupiter Ascending (PG13)	<div style="background-color: red; color: white; padding: 5px; text-align: center;"> 24 Hour Movie Hotline 228-871- 3299 </div>

Digital Cinema

FREE SNEAK PEEK- FEATURE LENGTH

March 7th at 7 p.m.

Run All Night (R)

Tickets available 4 p.m.; Doors open 5:30 p.m.



Information, Tickets & Travel

**3/13 ITT's Live it Up Locally
Travel Fair**

In the NEX Courtyard

11 a.m. - 3 p.m.

FREE Food & Prizes



Visit with local attractions &
Plan your next vacation!

Call 228-871-2231 for details

Program Telephone Numbers & Hours

Anchors and Eagles	871-4607	Hours:	Tu-Th 2-6p
Auto Skills Center	871-2804	Hours:	W-Fr 11a-7p, Sat 9a-5p
Beehive	871-4009	Hours:	M-Th 4:30-10:30p, Fr 4:30-11:30p Sat 5-11:30p
CBC Fitness Center	871-2668	Hours:	M-Th 4:30a-8p, Fr 4:30a-7p, Sat-Sun 9a-4p
Aquatics	822-5103	Hours:	M-Fr 5:30a-1:30p, Sat 10a-4p
Child Development Ctr	871-2323	Hours:	M-Fr 6a-5:30p
Free Movie Hotline	871-3299	Hours:	Open 30 min prior to movie showings
ITT	871-2231	Hours:	M-Fr 10a-4:30p, Sat 10a-2p
Liberty Center	871-4684	Hours:	Sun 10a-8:30p, M-Th:10:30a-1:30p & 4-8:30p, Fr 10:30a-1:30p&4-11p, Sat 10a-11p
Outdoor Recreation	871-2127	Hours:	M 8a-1p, Th-Fr 10a-6p, Sat 7a-1p
School Liaison Officer	871-2117	Hours:	M-F 7:30a-3:30p
Shields RV Park	871-5435	Hours:	M-Sat 8a-4p, Sun 8a-2p
The Grill	871-2494	Hours:	M-Fr 7am-1:30pm
Youth Activities Ctr	871-2251	Hours:	6-7:30a & 2:00-5:30p
SAC		Hours:	M-Th 3:30p-8:30p, Fr 3:30p-9p
Tenn Center		Hours:	Tu-Th 5:30p-8:30p, Fr 6p-9p
Rec Center		Hours:	

MARCH 6-12

Fitness

Virtual Fitness Classes NOW in session!

3/17- St. Patrick's Run for the Gold 5K

Is your pot of gold at the
end of the race?



**3/17- King of Swings
Softball Tournament**

3/24 - Fast Feet Kickball Tournament

Call 228-871-2668 for information

Navy Outdoor Recreation

It's a beautiful month for a bike
ride! Rent your bicycle package
at NOR today for \$5/day or
\$15/week!

Call 228-871-2127 for details



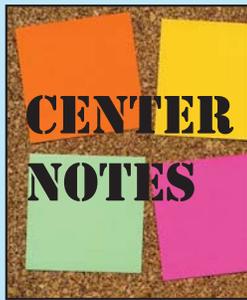
**Mar 7- 4 p.m., Memphis Grizzlies vs.
New Orleans Pelicans, \$27**

**Mar 8- 1 p.m., Ping Pong Tournament,
1st Place Prize**

**Mar 10- 6 p.m., Hula Hoop Contest,
1st Place Prize**

**Mar 11-6 p.m., Guitar Lessons
in the Music Lounge, Free**

**Mar 12- 6:30 p.m., Free Movie at the Digital
Cinema, Pick up coupon at Liberty**



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 Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

NMCB 11 FRG invites all friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcomed and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

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 Activities Center. Children are welcome and baby sitting 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 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@focusproject.org

Gulfport Officer's

Spouse 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@gmail.com or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see YOU soon!

Navy Wives Clubs of America, Inc., is interested in reestablishing 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 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 nationwide 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. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at Region63@juno.com or 850-890-6792.

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 Di-

versity Committee is seeking members. Meetings are held weekly on Wednesdays at 9:30 a.m., at the Seabee Memorial Chapel. Contact MCDC President, SW2 Crayton at 228-760-1107 or Vice President, CE2 Tandberg, 850-384-7982 for details.

VFW Post 3937 Long

Beach - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. For more information, contact Post 3937 at 228-863-8602.

Ladies Auxiliary to the VFW 3937 Long Beach

Are you eligible? The Ladies Auxiliary to the Veterans of Foreign Wars 3937 would like to invite you to become a member. Our organization supports veterans, their families and current service members. In order to join, you must be the spouse, mother, daughter, granddaughter or sister of a service member who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at VFW Post 3937, 213 Klondyke Road, Long Beach. Contact Carol Fetters, president, at 228-832-4893 for more information.

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 wel-

come 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 or for links to historical sites, visit: <http://nmcb62alumni.org>.

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 information.

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 228-871-3877 or Cell 228-224-5038 or Robert Smith, at Robert.p.smith5@navy.mil, 228-871-2436. Or join us on the second Thursday of each month at 6 p.m. in the Gulfport DAV, Chapter 5, 2600 23rd Ave, Gulfport, for the Monthly Island X-1 business meeting. For more information on NSVA Island X-1, visit 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. For info, contact the museum at www.seabee-museumstore.org or call gift store at 228-871-4779.



GULF COAST USO
901 CBC 3rd Street,
Building 114
228-575-5224

Free services:
FAX, Send and Receive:
228-575-5225, Copies,
United Through Reading program, Computers with web cams, Internet/email access, X-Box

Office hours: Monday -
Friday, 8 a.m. - 4 p.m.

From REFUND page 9

~ Do some preventive maintenance or improvements. Minor home or car repairs you make now could spare you a bigger future expense.

~ Save for college. If you have children, you can contribute to a college 529 savings plan for future college expenses.

~ Make an extra car or house payment. Just be sure there are no prepayment penalties and tell your lender to apply the extra funds to the principal balance, not the interest.

~ Reconsider your W-4 withholdings if you receive a large refund. Instead of giving the government an interest-free loan, make sure those funds go into your paycheck every month.

~ Consult with a financial planner. Make an appointment with an expert and do some long-range planning. Contact Military OneSource for information on free financial planning services.

~ Wait for your refund to arrive before spending it. If you can't fight the urge to splurge, don't spend your money in advance - pay cash after you receive your refund.

If you haven't filed your taxes yet, remember that VITA (Volunteer Income Tax Assistance) is available to help. VITA is located in Building, 60, room 116Z and open 8 a.m. to 4 p.m., Monday - Friday. To make an appointment, call 228-871-2620.



VITA (Volunteer Income Tax Assistance) is offered on board NCBC Gulfport and located in Building 60, room 116Z. Hours of operation will be 8 a.m. - 4 p.m., Monday - Friday. VITA is also looking for military vol-

unteers to assist people with filing their taxes. Volunteers must complete the IRS online training course and complete hands-on training before they begin. To make an appointment or volunteer, call 228-871-2620.