



April is Alcohol Awareness Month

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[Norfolk NATO Festival Flag Raising](#)

DATE/TIME: Wednesday, April 28, 2010 at 10:00 am

LOCATION: Headquarters, Supreme Allied Command Transformation, 7857 Blandy Road, Norfolk, VA 23551

Celebrate Norfolk's international community with the raising of all NATO member flags.



[NATO Festival Night at Virginia International Tattoo](#)

DATE/TIME: Friday, April 30, 2010 at 7:30 p.m.

LOCATION: Norfolk Scope, 215 E Brambleton Ave., Norfolk, VA 23510

The largest Tattoo in the United States, presented with all the grandeur

As A Sailor You Have a Strong Advantage:

Your Navy benefits can completely pay for your education if you use them. Here is what you may be eligible for in 2010:

- Navy Tuition Assistance -- \$4,500
- Post-9/11 or Montgomery GI Bill -- Both Worth Over \$49,000
- Credit for Service -- Up to 15 Semester Units
- Tuition Top-Up Program -- Supplements fees not covered by Tuition Assistance
- Navy Marine Corps Relief Society Grant -- Up to \$2,000 a Year **Next Steps:** [Find VA Approved Schools](#) who offer credit for military service Get the [2010 GI Bill Guide](#) to learn how to use the benefits you've earned.

Resident Recognition

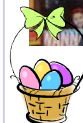
HomePort Hampton Roads would like to recognize 22 year old IC3 Staples who is stationed aboard the USS Wasp.

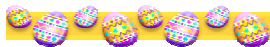
Brandon hails from Decatur, Ga. and is the eldest of eight siblings. Our Camp Allen property is where Brandon calls home these days. He loves the freedom of having his own place. Thanks to Brandon recommending HHR we now have many Sailors from the USS Wasp.

Brandon enjoys building mosaic puzzles and travelling. His favorite teams are the Atlanta Hawks and the Atlanta Falcons. His favorite beer is Delirium Nocturnum from Belgium. Brandon plans on studying Fire Science or anything electrical. Thanks from HHR!



IC3 Brandon Staples





Resident Life



COFFEE CUP SCRAMBLE

Ingredients

- 2 eggs
- 2 tablespoons milk
- 2 tablespoons shredded Cheddar cheese
- Salt and Pepper

Directions

1. Coat 12-oz. microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended.
2. Microwave on High 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer. Top with cheese; season with salt and pepper.

MEXICAN CORNBREAD CASSEROLE

Serve this with a salad for a complete meal.

- 2 boxes cornbread mix
- 1 lb ground beef
- 1 small can chopped green chilies
- 1 package taco seasoning mix
- 1 can regular corn
- 1 can creamed corn
- 1 1/2 cup shredded cheddar cheese



Brown ground beef add taco seasoning per package directions; add green chilies; set aside .
 Mix cornbread per package directions; to corn bread add 1/2 can cream corn and 1/2 can drained regular corn
 add 1/2 of cornbread mixture in bottom of 9x13 pan; On top of cornbread put meat mixture; remaining can of corn and cream corn over that; now add 1/2 of the cheese; top with remaining cornbread mixture and cheese all over top; bake 350* 35-40 min let set 5 minutes, cut into squares .



Value Your Life and the Lives of Others
Don't Drink and Drive

5 Secrets to Lasting Weight Loss

 If you've ever wondered why some people are able to shed those pounds and keep them off, it's probably because:

1. They eat breakfast.
2. They eat a fruit and/or vegetable with each meal and snack.
3. They have protein with each meal or snack.
4. They're physically active.
5. They plan their meals, snacks and exercise.

Keeping a food journal is paramount to a successful weight-loss plan. It will help you identify the times that you eat certain things, allowing you to learn from your eating patterns. It is imperative to keep track of the number of calories you take in (and burn off through exercise) each day, especially when you're just getting started. Take notes throughout the day because it's easy to forget an unplanned snack or tasting. Find a routine, a favorite place and a time to record in your journal. This is one of the biggest keys to your success.

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Safety is everybody's job!

Free tax assistance

located on Naval Station Norfolk in building B 30 on the corner of Gilbert St. and Maryland Ave.
 Hours: 0800-1700 M-F For info call - 445-0542
 April 15th is right around the corner.



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Director's Corner



REMINDERS

Shipmates,

Every so often I will send reminders out about resident policies. While I know you all signed your lease as well as your resident handbook, unfortunately not everyone is paying attention to what they are signing. The biggest problem we have in our facilities is guest behavior, not my guest, your guest. If you bring a guest to the property you are responsible for them 24/7. They are not allowed to have access to your room without you. They are not allowed to vandalize the property because they are bored and immature. You are responsible for any damage caused by your guest. Bottom line is the guest will continue to be a problem unless you take control of their actions. If you don't, they will be your problem at a facility other than one managed by HomePort Hampton Roads.

Please respect your facility and the property of others!

Did you know?

- **Did you know:** Avocados have more protein than any other fruit.
- **Did you know:** Time magazine's 'Man of the Year' for 1938 was Adolph Hitler
- **Did you know:** It cost 7 million dollars to build the Titanic, and 200 million to make a film about it.
- **Did you know:** 42% of men and women 25% don't wash their hands after using a public toilet



New Resident Information

Rent – Needs to be paid on time. You may receive the rent money in your check even though you signed up for an allotment. Do not spend this money for anything other than your rent. Stay in contact with bookkeeping during your first few weeks to verify how you will be getting the money. Delinquent payments affect your credit rating and will hurt you in the future. 757-402-4233/4234/4230



Camp Allen has a temporary service desk located in the Mid Rise on the 2nd floor by the elevators.
Temporary hours of operation are: 1500 to 0730
7 days a week.
Contact number is: 757-270-0011



How to Submit an Online Service Request

1. Go to <https://www.accway.com>. This website will take you to the "Welcome to the American Campus Communities Resident Portal."
2. If you have not already created an account, click "DON'T HAVE AN ACCOUNT YET" under Log In.
3. Enter the personal information requested. Be sure to enter the email address stated on your application, your last name, date of birth and the last four digits of your social security number.
4. Upon completion of creating your new account, check your email! You should receive confirmation of your new password.
5. Log back on to <https://www.accway.com> and access the portal using your new password.
6. Your general lease information will appear on your home page. Go to the Service Request tab.
7. Enter the information regarding your service request and click "SUBMIT SERVICE REQUEST" at the bottom of the page.

Your service request has been submitted!

Enter as much detail as possible when submitting a service request on line. If you have any questions refer to the "Resident Portal FAQ" sheet or call Service Desk at 757-402-4245/4253.

NOTE

The Resident Portal is NOT for emergency work orders.
You must submit emergency works orders by calling the Service Desk at (757) 402-4245 / 4253

LIBERTY WIND & SEA RECREATION CENTER C-9

- 04 April Easter Sundae Ice Cream Social
- 05 April Cut Throat Pool Tournament, Prizes, \$5 entry Fee, starts at 6 PM
- 07 April Big Game Hunter on Wii Tournament, prizes awarded, starts at 6 PM
- 13 April Pistol Qualification, \$37, departs at 4:30 PM
- 14 April Free Movie Night, Main Gate Cinemas, ~7PM, MOVIE TBD
- 22 April Texas Hold'em Tournament, prizes, sign up 4 PM, play starts at 6 PM
- 25 April WWE "Extreme Rules" Action starts at 8 PM
- 27 April Rifle Qualifications, \$50, departs at 4:30 PM
- 28 April Free Movie Night, Main Gate Cinemas, ~7PM, MOVIE TBD

*All Tournaments start at 1800 *All Qualifications Leave C-9 at 1630

UPCOMING OFF-SITE TRIPS:

- April 10 Washington DC Trip
- May 05 Cinco De Mayo Barracks Bash

*For more information on Liberty Programs please call 444-4814.

LIBERTY WIND & SEA RECREATION CENTER Q-80



- 01 April – Movie Theme Thursday
- 04 April – Easter Sundae Ice Cream Social
- 06 April – 8-Ball Tournament
- 13 April – March Madness Tournament
- 20 April – Call of Duty Tournament
- 27 April – Texas Holdem' Tournament

All Tournaments start at 1830

*For more information on Liberty Programs please call 444-1216.

BOWLING CENTER LIBERTY LANES call 451-0100.

BOWLING CENTER PIERSIDE LANES call 451-0600.

MWR AUTO CENTER **Now open!**

Stop by our new combined auto center!! call 444-1130.

MWR IMPOUND LOT call 444-2631

Next Scheduled Abandoned vehicle auction is [5 May](#)

**HOMEPORT HAMPTON ROADS
Community Assistants**

- Bryce Edgeman - Newport News
- Ron Campbell - Newport News
- Andy Shelton - Cole Village
- Ian Tallman - Cole Village
- Robert Cedillo - Bldg. U-20
- Butch Dwyer - Bldg. U-20
- Hector Medina - U-20
- Michael Singleton - Bldg. SP-29
- Larry Favors - SP-29
- Heather Moore - SP-29
- Matthew Huff - NH-141
- Chad Varney - NH 141
- Alonzo Williams - Bldg. J-53
- Patrick Reynolds - Bldg. J 53
- Jackie Ramey - Bldg. U-16
- Patricia Dennis - Bldg. U-16
- Lyle Treese - Bldg. U 16
- John Stokes - Camp Allen
- Joe Mack - Camp Allen
- Raymond Oaks - Mid Rise
- Raymond Marquis - Mid Rise

Overnight Guests at
HomePort Hampton
Roads properties must
be at least
16 years old



NOTICE



**PER YOUR LEASE
NO GUNS OR WEAPONS
OF ANY KIND ARE
ALLOWED ON
HHR PROPERTIES.
VIOLATIONS ARE
SUBJECT FOR
EVICTION**

**HomePort Hampton Roads
1274 Cowan Street
Norfolk, VA 23511
WWW.HOMEPORTHR.COM**

**Tom Weber
Director of Housing Operations**

**Larry Herndon - AGM
757-402-4255**

lherndon@studenthousing.com

**Taco Villarrial - AGM
757-402-4217
avillarrial@studenthousing.com**

BOOKKEEPING

Sandra Barnes 402-4233
Gloria Woodmore 402-4234
Vickie Osborne 402-4230
Hours 7:30 am - 4:00 pm
Monday - Friday

Mary McQuesten - Activity Director

757-402-4231

mmcquesten@studenthousing.com

MAINTENANCE

Ben Banks - Maintenance Supervisor

Jim Vick - Maintenance Supervisor

Norfolk - 757-402-4238

Newport News - 757-327-0357

Hours - 0700-1530 M-F

SERVICE DESK

Yolanda Strand - Service Desk Manager

J 53 757-402-4245 / 4246

NH-141 757-402-4252 / 4253

Newport News 757-534-7710

Cole Village 757-769-7084

LEASING

Holley Ayres - Leasing Manager

Bldg. U 16 Miller Hall

1274 Cowan Street

757-402-4247 / 4248 / 4256

M-F 0730-1600

Sat 0800 -1200

SECURITY

U-16, U-20, SP-29

757-592-2248

Monday - Thursday 4 pm - 7:30 am

Friday 4:00 pm to Monday 7:30 am

Naval Base Emergency444-3333

Check out calendar of events back cover.
**Resident Advisory Board Meeting is the
2nd Thursday of the month at
Bldg. U-16 1530**

What would you like done?
Ideas & Suggestions welcome.



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YAN SOE	1-Apr
NICHOLAS RICKMAN	1-Apr
MARSHONDRA MILLER	1-Apr
DAWAYNE PARKER	1-Apr
JAMES FENNER	1-Apr
EVAN VUJNOVICH	1-Apr
CHRISTIE GUTIERREZ	1-Apr
JEREMY MILLER	1-Apr
ALONTE HORN	1-Apr
DEWAYNE CAMPBELL	1-Apr
SARAH PURDY	1-Apr
ANDREW SIMON	2-Apr
MATHEW DAWE	2-Apr
JAMES MORRISON	2-Apr
ALEZANDRA SLAYTON	2-Apr
VICTER LOPEZ	2-Apr
PADEN FACKRELL	2-Apr
JARROD FRAZIER	2-Apr
JACOB BERTOLDI	2-Apr
TRAVIS KUYKENDALL	2-Apr
KALEB ALEXANDER	2-Apr
BRYAN WEYERS	3-Apr
MICHAEL MERCER	3-Apr
FABIO PEREZ	3-Apr
JERROD SANTEE	3-Apr
ERIC BURROUGHS	3-Apr
COTY STOUT	3-Apr
STEVEN STONE	3-Apr
BRIAN WHIDDON	3-Apr
CORY STINSON	3-Apr
LAWRENCE BARRETT	4-Apr
SAMUEL MCKEVER	4-Apr
EVAN WOODWORTH	4-Apr
JOSHUA VANCE	4-Apr
STEPHEN MAC	4-Apr
SAMANTHA GALERA	4-Apr
KRISTIAN BARBA	4-Apr
KADIDHA SMITH	4-Apr
DARRYL ABROGUENA	5-Apr
ZU WU	5-Apr
SEAN GILROY	5-Apr
WHITLEY ROBINSON	6-Apr
DARREL CHARLES	6-Apr
DEVON GRENADA	6-Apr
JACQUA BROWN	6-Apr
BENJAMIN MURRAY	7-Apr
KRISTOPHER SCHOFIELD	7-Apr
JEFFERY BAILEY	7-Apr
ANDREA WALLACE	8-Apr
CLAYTON HATCHETT	8-Apr
TAMARA ALBERTA	9-Apr
JOHN CASTANEDA	9-Apr
SHAQUANNA ARGROW	9-Apr
REBECCA WHITE	9-Apr
JOVAN WHITE	10-Apr
PAUL HERNANDEZ	11-Apr
TOM FRANCISCO	11-Apr

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JOVAN ALLEN	12-Apr
DESMOND HOUSTON	12-Apr
KIMBERLY WALKER	12-Apr
MARCEL TELEBO	12-Apr
MATTHEW LAWSON	13-Apr
DIONNE MARTINS	13-Apr
JEFF SALES	13-Apr
BRETT BAKER	13-Apr
SEAN COLEMAN	13-Apr
JOSHUA RUESTIG	13-Apr
JOHN MACPHERSON	13-Apr
CHAO WANG	13-Apr
JUSTIN BROWN	14-Apr
HOMER LUGO	14-Apr
RYAN MARTIN	14-Apr
LATHAY DAVIS	14-Apr
JOSEPH GAMEZ	14-Apr
ROBERT BALIEL	14-Apr
MORGAN DIAL	14-Apr
EDWIN LOVE	15-Apr
TERENCE DAVIS	15-Apr
LOUIS JAMES	15-Apr
BIANCA STRAUGHN	15-Apr
FRANK DURANT	15-Apr
PAULA HARRISON	16-Apr
TIMOTHY CZUBEK	16-Apr
RICARDO DOUGLAS	16-Apr
BRIANNA JETER	16-Apr
ASHLEY DUNCAN	16-Apr
STEPHEN LYNCH	17-Apr
BRANDON CLAIR	17-Apr
MATTHIAS ELLIS	17-Apr
ANDRE REED	17-Apr
EMILY WEBSTER	17-Apr
NELSON RUNYAN	17-Apr
BASSIE SOMBIE	17-Apr
ANDRE NATION	17-Apr
BIJAY MAHARJAN	18-Apr
HEIDI COBARRUBIAS	18-Apr
STEVEN KEITH	18-Apr
KYLE OSBOURNE	19-Apr
WAYLON JOE	19-Apr
HONG LIANG	19-Apr
KARI DEMPSEY	19-Apr
JACK RICHARDS	19-Apr
WILLIAM DEMPS	19-Apr
KAYLA UNDERWOOD	19-Apr
DOUGLAS WEBB	19-Apr
BRIAN POUNCE	20-Apr
JAMES PANNELL	20-Apr
NICHOLAS BOOS	20-Apr
ERNESTO RODRIGUEZ	20-Apr
JOSHUA HOLT	20-Apr
CODY WALKER	20-Apr
CLAUDIA LOSCO	21-Apr
JUSTIN SCHATZINGER	21-Apr
CASEY BROOKS	21-Apr
LORENA HERNANDEZ	21-Apr



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BRANDON TRAINQUE	21-Apr
YEVGENIY DMITRIYEV	21-Apr
ANDREA JONES	21-Apr
DAVID TIBERIO	21-Apr
DONALD KINGSFORD	21-Apr
JANNET SERRA	22-Apr
LESTER RIVERAROMGLOYD	22-Apr
DARNELL MUSSENDEN	22-Apr
KENNETH HOLT	22-Apr
DANIEL CAIN	23-Apr
BRANDON HUBBARD	23-Apr
DONALD MUNDY	23-Apr
SHELBY TANNER	24-Apr
GABRIEL GONZAZLEZ	24-Apr
JAMES FLATTERY	24-Apr
STEVEN PEELE	24-Apr
ROBERT MILLER	24-Apr
SWEANDA AFRICA	24-Apr
SADIA TAYLOR	24-Apr
JAMES BLEDSOE	24-Apr
FABIOLA PAUL	25-Apr
JASON WILKINS	25-Apr
JORDAN CROUSE	25-Apr
JESSE HENRY	25-Apr
JEREMY LINEBERRY	25-Apr
CALVIN BELL	25-Apr
JEREMIAH NEIDERT	25-Apr
ANTHONY CHAPLIN	25-Apr
WILLIAM HELLER	25-Apr
JONAS MILEON	26-Apr
SEAN DEGROFF	26-Apr
EUGENE WILLIAMS	26-Apr
TIMOTHY CHEMEL	26-Apr
JASON LAWSON	26-Apr
JACOB HAND	26-Apr
TIFFANY POLSON	26-Apr
GERMAN FURUKEN	27-Apr
RAYCIAL BYNUM	27-Apr
SHAUN MULLIN	27-Apr
RENEE CHAPLIN	27-Apr
DELMETRIUS BLANDING	27-Apr
NICHOLAS ASHCRISSLER	28-Apr
NICOLE WOODARD	28-Apr
TARA RENNINGER	28-Apr
KEVIN REMBACKI	28-Apr
BRANDON STAPLES	28-Apr
JEREMY SCOTT	28-Apr
BARION MCMILLAN	28-Apr
SAMUEL ARGOTSINGER	29-Apr
JENNIFER PARE	29-Apr
GARY SANDERS	29-Apr
JONATHAN SIBILA	29-Apr
JOSHUA PETERSON	29-Apr
NOEMI FLORES	29-Apr
KYLE FITZPATRICK	29-Apr
CHRISTOPHER MCGUIRE	30-Apr

Making Waves

Free to All Residents

With the warmer weather approaching we will be having more outdoor events such as Basketball, Volleyball, Horseshoes and Cookouts to name a few. Our events include free food and Visa Gift Cards as prizes for competitions.

If there is a special event you would like please feel free to contact me at 757-402-4231 or by email: mmcquesten@studenthousing.com

The 2nd Tuesday of every month we sponsor Free Bowling at Pierside Lanes just inside Gate 5 on Hampton Blvd. Free Bowling, Pool Tournament, Rock Band, Free Pizza and prizes for all events.

Come out for a few hours and meet your neighbors. We look forward to seeing you at the events.

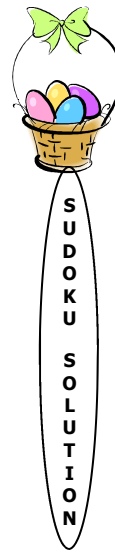
Mary McQuesten
Activities Director

ECO-TOURS

Back Bay Getaways in Sandbridge, at the entrance to Back Bay National Wildlife Refuge, has kayak and mountain bike tours and overnight trips into False Cape State Park. (757) 721-4484, www.backbaygetaways.com

Chesapean Outdoors on Laskin Road in Virginia Beach offers kayaking, hiking and biking eco-tours, specializing in dolphin sightings. (757) 961-0447, www.chesapean.com

Kayak Nature Tours guides trips in First Landing State Park, the Great Dismal Swamp, Back Bay, and Merchants Millpond State Park and Knotts Island, both in North Carolina. (757) 480-1999, www.tidewateradventures.com



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1	7	3	5	4	6	9	8	2
7	6	5	2	8	9	3	4	1
2	8	1	7	3	4	5	6	9
3	4	9	6	1	5	2	7	8

U. S. Navy Slang

Air Boss: Air Officer



Airedale: A Sailor who works on or around aircrafts.

Benny: A treat or reward

Blue Water: Deep water far from land

DIVO: Division Officer

Golden Shellback: A Sailor who has crossed the equator at the 180th Meridian



The annual Navy-Marine Corps Relief Society (NMCRS) fund drive kicked off March 1 throughout the Navy, and The Master Chief Petty Officer of the Navy (MCPON) would like to stress how important this long-standing, nonprofit, charitable organization is in helping Sailors, Marines and their families during a time of need.

"The Navy-Marine Corps Relief Society is such a wonderful organization that is truly there for our Sailors and Marines," said MCPON (SS/SW) Rick West. "I want to emphasize the importance of contributing to this year's fund drive. This is truly about Sailors and Marines helping their own.

The NMCRS offers the Quick Assist Loan (QAL) program, which is an alternative to high interest loans (Payday lenders) that charge an average of 273 annual percentage rate. It is designed for Sailors and Marines who need help through payday. The QAL program accounted for nearly one-fourth of all financial assistance provided last year.

"It's important that we continue to support and communicate about programs and support services such as the Navy-Marine Corps Relief Society. You never know when you might be the one to walk through the door to obtain their assistance," said West.

HOOYAH Shipmates
MCPON

Come join the Fun!
Come join the Fun!



BINGO WINNERS



FREE BOWLING 2ND TUESDAY EVERY MONTH PIERSIDE LANES



Smarter than a 5th grader winner



Free Yoga



HOMEPORT HAMPTON ROADS




APRIL 2010

NORFOLK



Sun Mon Tue Wed Thu Fri Sat

<p>4</p>  <p>Horseshoes and Cookout Bldg. U 16 free food, prizes 4:00 pm</p>				<p>1</p> <p>APRIL FOL'S DAY</p>	<p>2</p> <p>Good Friday</p>	<p>3</p>
	<p>5</p>	<p>6</p> <p>Halo Tournament Cole Village Rec. free food, prizes 7:00 pm</p>	<p>7</p> <p>Breakfast on the Go! Bldg. J 53 5:00 am</p>	<p>8</p> <p>CA & RAB Mtg. Bldg. U 16 Conference Room 3:30 pm</p>	<p>9</p>	<p>10</p> <p>Wii Sports Bldg. U 20 free food, prizes 7:00 pm</p>
<p>11</p> <p>Horseshoes and Cookout Bldg. U 16 free food, prizes 4:00 pm</p>		<p>13</p> <p>Free Bowling Pierside Lanes Pool, Rock Band free pizza, prizes 6:30 pm</p>	<p>14</p> <p>Breakfast on the Go! Mid Rise 1st floor by elevator 5:00 am</p>	<p>15</p> <p>Pay day</p>	<p>16</p>	<p>17</p>
<p>18</p> <p>Bingo & Free pizza, prizes Bldg. NH 141 7:00 pm</p>		<p>20</p> <p>New Resident Meeting All buildings 7:00 pm</p>	<p>21</p> <p>Breakfast on the Go! Bldg. NH 142 5:00 am</p>	<p>22</p> <p>Are you smarter than a 5th grader? Bldg. U 16 Free food, prizes 7:00 pm</p>	<p>23</p>	<p>24</p> <p>3 ON 3 Basketball Bldg. NH 156 Free food, prizes 4:00 pm</p>
<p>25</p> <p>Call of Duty Bldg. J 53 Free food, prizes 7:00 pm</p>		<p>27</p> <p>Cooking 101 Cooking class & Free chili dinner Bldg. U 16 QD 5:00 pm</p>		<p>29</p> <p>Free Cookout Bldg. 5P 29 Back of bldg. 5:00 pm</p>	<p>30</p>	