



ON THE ROAD AGAIN SUMMER CAR CARE TIPS

Going driving this summer? Summer driving can take its toll on our environment and our health. Ground-level ozone, also called smog, is formed when vehicle emissions mix with sunlight and heat. It can result in lung irritation and breathing difficulty, especially in the summer.

Before you leave home, make sure your car is ready for hot weather. This will ensure that your car works safely and efficiently, costs less to drive, and produces less pollution—and that your summer travel doesn't take a wrong turn! Here are some tips to keep you sailing safely down the summer road:

- **Check your tires to make sure they can withstand heavy loads and high temperatures.** Make sure you have the correct tire pressure in all tires, including the spare. If you're not sure what's correct, check the recommendations listed on the side of the driver's door. Also make sure to check that your tires aren't overly worn. If so, you should replace them.
- **Make sure your radiator core is in good shape.** If you live in a place where they salt the roads in winter, the salt can cause your radiator to become rusty and leaky, and your car to overheat. Have your radiator inspected and tested. Use antifreeze in your radiator, even in the summer. It contains corrosion inhibitors that will help reduce rusting.
- **Don't forget to change the oil.** This is especially important in the summer because hot weather requires extra lubrication for the engine. If you will be pulling a trailer, use "severe duty" oil.

**AUGUST is National Night Out:
America's Night out against Crime**

**FREE TIDES BASEBALL TICKETS
AVAILABLE FOR ANY HHR RESIDENTS
WHILE THEY LAST - LIMIT 2 TICKETS**



**AVAILABLE AT
BLDG. NH 141, J 53
anytime
U 16 MON - FRI
8am to 4pm**



Attention Residents

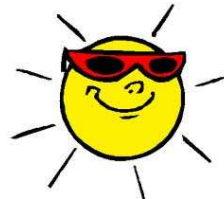
Summer is here and we have more outdoor events planned such as Basketball, Volleyball, Horseshoes, and Cookouts.

Events are free and include food and prizes.

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

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

Mary McQuesten - Activities Director



Stay Hydrated

Alexander York



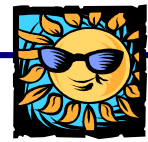
Resident Recognition

HomePort Hampton Roads would like to recognize Alexander York from VAW 120. Alexander moved into the Camp Allen Mid Rise property in February of this year and loves having his own place.

Alex hails from Thomaston, GA where he has six siblings of which he is 5th in line. He has been in the U.S. Navy for one year and has made many friends. He enjoys playing as well as watching basketball and football. The tight end line backer position is where he likes to be.

It is our pleasure to have you in PPV Housing.
Thanks for your support Alexander.
HomePort Hampton Roads wishes you the best.

- Pg 1 Notices
- Pg 2 Resident Life
- Pg 3 Director's Corner
- Pg 4 Contacts & Info
- Pg 5 Birthdays
- Pg 6 Notices & Info
- Pg 7 Photos
- Pg 8 Calendar



Resident Life

The Best Meat Loaf

Recipe Ingredients

- 3/4 cup ketchup
- 2 large eggs
- 1/2 cup milk
- 2 Tbsp Worcestershire sauce
- 1 tsp salt
- 1/4 tsp pepper
- 2 lb meat loaf mixture (beef, pork and veal)
- 1/2 cup chopped scallion
- 1/2 cup bell pepper
- 1 cup crushed saltine crackers (24)
- 1 Tbsp minced garlic
- 1 Tbsp packed brown sugar



Nutrition Facts

Yield 6 servings
Amount Per Serving
Calories 499
Total Fat 31g
 Saturated Fat 12g
Cholesterol 194mg
Sodium 1094mg
Total Carbohydrates
 22g

Recipe Preparation

1. Heat oven to 425°F. Line a rimmed baking sheet with nonstick foil. 2. Whisk 1/2 cup ketchup with the next 5 ingredients in a large bowl. 3. Add meat loaf mixture, scallion, bell pepper, saltines and garlic. Mix well with hands or with a wooden spoon. 4. Place on baking sheet and pat into an 11 x 5-in. oval loaf. Mix remaining 1/4 cup ketchup and the brown sugar; spread over loaf. 5. Bake 50 minutes, or until a meat thermometer inserted in center registers 160°F. Let rest 5 minutes before slicing. Leftovers are great served cold with mustard or horseradish.

Microwave Chocolate Scotch Bars

- 1/2 cup margarine
- 2/3 cup packed brown sugar
- 2 cups quick cooking rolled oats
- 1/2 cup chopped nuts or coconut
- 1 teaspoon vanilla

Topping:

- 1/4 cup peanut butter
- 1/2 cup chocolate chips



Melt margarine and blend in sugar and stir in remaining ingredients. Spread into greased 8" x 8" baking dish, or round dish of same capacity. Cook for 3-8 minutes at 70% until bubbly all over. Cool for 1-2 minutes and sprinkle with chips. Place small drops of peanut butter on chips. When chocolate and peanut butter begins to melt, spread, marbleizing slightly, to frost. Allow frosting to partially set before cutting into pieces.



Shipmates,

During my travels one topic continues to come up at every ALL HANDS call, and that is Perform-To-Serve. Be proactive in submitting PTS applications on time to ensure the opportunity for in-rate approval to another rating to fully support our Navy's mission.

Perform to Serve (PTS) Policy Changes - - One of the new policy changes requires Commands to submit PTS applications for all E3-E6 Sailors with less than 14 years of service, regardless of their career intentions.

The PTS program will be integrated with Fleet RIDE during the first quarter FY11. This effort will streamline all elements of the PTS process, from matching Sailor qualifications to available Navy ratings.

BLUF: OSA preserves career choice, volunteerism and predictability of IA assignments while solidifying Sailor and family support. This effects enlisted only.

The Overseas Contingency Operations Support Assignments (OSA) program will be implemented this fall through the Career Management System/Interactive Detailing (CMS/ID) system, utilizing Sailor duty preference inputs. OSA will allow Sailors to apply for an IA assignment 10 to 12 months prior to their projected rotation date (PRD).

HOOYAH!

MCPON



Director's Corner



Let me start by saying... "Welcome Home" USS EISENHOWER (CVN 69) and the CARRIER STRIKE GROUP EIGHT Battle Group! You are finally home after a long and arduous deployment. At this time I want to extend my sincere thanks to the "Mighty IKE" and crew for outstanding support and hospitality extended to my leasing staff during Tiger Cruise 2010. HomePort Hampton Roads was able to successful complete 580 leases in a 1 and 1/2 day period. The team could not have done it without the continuous support from the entire crew especially our new residents (they found the time to come in and see us during their busy schedule) and to the excellent service served with a smile from the Food Service Attendants. It was a memorable experience. Thank you all. Again, Welcome Home!

Personal Safety

Keep your personal safety in mind. Avoid going out at night alone. Ask a friend to go out with you, there is safety in numbers. Now is a good time to check the locks on doors and windows in your home. Repair or replace those that are not working properly. When leaving the malls, ask a security officer to walk you out to your car. Avoid leaving items in the back seat in plan view, place items inside the trunk instead, or cover them up with a blanket.

U.S. Navy Trivia

- The U.S. Congress bestowed the title "Admiral of the Navy" upon just one person. Who was it?
- Which American battleship was the first to enter a floating dry dock?
- When wearing miniature medals with Dinner Dress uniforms, where is the miniature Medal of Honor worn?
- What was the main duty for a ship that had the classification of CM?
- Name the U.S. Navy's first nuclear powered submarine.



Dismal Swamp Canal Trail

A multiuse trail opened to bicycling, walking, running, horse-back riding and boating. The north trail head is located at the intersection of Dominion Blvd. and Old Rt. 17 in Chesapeake, VA and runs south 8.5 miles, adjacent to the Dismal Swamp Canal.



https://www.chesapeake.va.us/services/depart/park-rec/dismal_swap_trail.shtml



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 conformation of your new password.
5. Log back on to <https://www.accway.com> and access the portal using your new pass word.
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

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

MWR Fitness & Recreation

Locations: bldg. N-24, Q-80 and CEP-58

Pierside Bowling Alley
Liberty Lanes Bowling Alley

Wind & Sea C9, Q80

SUDOKU PUZZLE

Ford: OPERATION DRIVE ONE WANTS YOU!

- + Meet Bill Goldberg!
- + Enter for a chance to win a private Toby Keith concert, one of two 2011 Ford Mustangs or a trip to Homestead Miami Speedway for Ford Championship NASCAR races.
- + Test drive on the Precision Driving Course.
- + Enjoy refreshments, activities & more!

WHERE: **Naval Station Norfolk
Main Gate Theater Parking Lot**

WHEN: **Saturday, August 7**

Call 445-7884 for more information.



Check out Homeport Hampton Roads activity calendar of events on the back cover.

Resident Advisory Board Meeting is the 2nd Thursday of the month at Bldg. Miller Hall (U 16) 1530

What would you like done? Ideas & Suggestions welcome. You can make a difference.

Move-out Policy

When moving out of PPV Housing you are required to give HHR a 30 day written Notice of Intent to Vacate in person. They will then schedule your pre-inspection and set the date for your final inspection.

You will be responsible for any damages or cleaning needing to be done. Upon check out you will turn in your access card, room key and parking permit. HHR staff will coordinate the suspension of the allotment.

This process should ensure your pay will not be affected after you move out. Leasing office is located in Miller Hall U 16, 1274 Cowan St.

Community Assistants

- Bryce Edgeman - Newport News
- Kurt Jefferson - 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
- Calvin Crawford - SP-29
- Matthew Huff - NH-141
- Chad Varney - NH 141
- Tyrone Hill - Bldg. J-53
- Patrick Reynolds - Bldg. J 53
- Jackie Ramey - Bldg. U-16
- Lyle Treese - Bldg. U 16
- Michael Malig - Camp Allen
- Jose Hernandez - Camp Allen
- Brian Roberts - Mid Rise
- Raymond Marquis - Mid Rise
- Ron Campbell - Mid Rise
- Eric Dixon - Mid Rise
- Heather Moore - Mid Rise

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

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



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

**Tom Weber
Director of Housing Operations**

**Larry Herndon - AGM
757-305-9287
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 Mon - Fri 0730 - 1600**

**Mary McQuesten - Activity Director
757-233-4291
mmcquesten@studenthousing.com**

**MAINTENANCE
Ben Banks - Facility Manager
Jim Vick - Facility Manager
Norfolk - 757-402-4238
Camp Allen - 757-351-0089
Newport News - 757-327-0357
Hours Mon - Fri 0700 - 1530**

**SERVICE DESK
Yolanda Strand - Service Desk Manager
J 53 757-402-4245 / 4246
NH-141 757-402-4252 / 4253
Newport News 757-534-7710
Iowa Estates 757-233-3302 / 228-5232**

**LEASING
Holley Ayres - Leasing Manager
Bldg. Miller Hall (U 16)
1274 Cowan Street
757-402-4247 / 4248 / 4256
Mon & Fri 0730-1600
Tues 0730 - 1700
Wed 0730 - 1800
Thurs 0730 - 1730
Sat 0800 - 1200**

**SECURITY
U-16, U-20, SP-29
757-592-2248
Monday - Thursday 1600 - 0730**

Answers to Trivia

- Answer:** George Dewey
- Answer:** USS Idaho (BB-42), 1944
- Answer:** The Medal of Honor is NOT worn in miniature.
- Answer:** Mine laying
- Answer:** USS Nautilus (SSN-571).





JACOB COOK	1-Aug	GABRIEL GUEL	5-Aug	MICHAEL SINGLETON	11-Aug	SHAWN STEWART	18-Aug	BRANDON PANNELL	25-Aug
TANESHA MCFADDEN	1-Aug	ANTHONY COLLINS	5-Aug	JACOB WOOD	11-Aug	NICHOLAS FIELDS	18-Aug	MATTHEW DODGE	25-Aug
KARRIE JEWELL	1-Aug	MARTIN FOX	6-Aug	JOSEPH ADAMS	11-Aug	JOSHUA LYNCH	18-Aug	JAMIRE WIMBERLY	25-Aug
AKEEM EDWARDS	1-Aug	JONUTHIN LYONS	6-Aug	REBECCA RESNIK	12-Aug	KYLE MCDONOUGH	19-Aug	LASHAWN SLOAN	25-Aug
ANDREW AUGUSTA	1-Aug	STEVEN HARRELL	6-Aug	DANIEL TETER	12-Aug	JOSHUA SCRIPTER	19-Aug	DOLE CREGO	25-Aug
DONALD FISCHER	1-Aug	JOSEPH LEROY	6-Aug	ORLANDO WILLIS	12-Aug	TIMOTHY HOGAN	19-Aug	LOREN SHUMARD	25-Aug
SHANE BIRCH	1-Aug	ERIC BRESSLER	6-Aug	JARED LUMDY	12-Aug	ADRIENNE YELVERTON	19-Aug	OPRAH NIN	25-Aug
CASEY JOHNS	1-Aug	NICOLAS RIOSSALOMON	6-Aug	DAVID RUNKLE	12-Aug	MATTHEW POLING	19-Aug	JEROME ACQUAH/JAMESON	25-Aug
RYAN MCCOMBS	1-Aug	ANTHONY CANNON	6-Aug	DAVID FALK	12-Aug	MATTHEW HOBSON	19-Aug	DAVID CURRIER	25-Aug
JOSHUA GALVAN	1-Aug	KENTARA GILLIARD	6-Aug	GARRETT TOMLIN	13-Aug	ARMIN MONDRAGON/VENENCES	19-Aug	TIFFIQUE BURGESS	25-Aug
NICHELLE MASON	2-Aug	BRYAN SHERMAN	6-Aug	MICHAEL MALUG	13-Aug	DANNY VALDEZ	19-Aug	MATTHEW EVANS	25-Aug
MAX GROESBECK	2-Aug	MICHAEL JONES	7-Aug	MICHAEL JOHNSON	13-Aug	DANTAVIUS EVANS	19-Aug	BRANDON TEDESCO	25-Aug
JOYCELYN BULLARD	2-Aug	BARBARA SPITZER	7-Aug	JUSTIN HERBERT	13-Aug	TONY DUPREE	20-Aug	BRITNEY BENDER	25-Aug
JACOBE NAPIERALA	2-Aug	MANDIE HUNTER	7-Aug	QUIJANA MANUEL	13-Aug	DYLAN SNYDER	20-Aug	JOSHUA CARVER	26-Aug
JOSE HERRERA	2-Aug	NAWANG TSETAN	7-Aug	RICHARD TEMPLIN	13-Aug	HENGDE LIN	20-Aug	EDDIE EDWARDS	26-Aug
CEDRIC BENJAMIN	2-Aug	LINDSEY BONAPARTE	7-Aug	GIOVANNI HERRERA	13-Aug	DELVON GLOVER	20-Aug	DEVIN ONEAL	26-Aug
NICHOLAS BELL	2-Aug	WHITNEY PRICE	8-Aug	GLENN HAMBY	13-Aug	HOWARD MCRAE	20-Aug	BRIAN TROUTMAN	26-Aug
CAMERON SHAW	2-Aug	GREGG EBERLE	8-Aug	BRANDON GOODWIN	14-Aug	GERALDINE COZHUJAJAN	20-Aug	CORBIN LAUDENSLAGER	26-Aug
SCOTT MCINTOSH	2-Aug	DARIN WOOD	8-Aug	ERIC DIXON	14-Aug	JOSHUA MADDEN	20-Aug	MICHAEL POWELL	26-Aug
JANTAVIA MAPLE	3-Aug	ANDRE THERINA	8-Aug	CHARLES TAYLOR	14-Aug	SHATOYA ECHOLS	21-Aug	RESHARD SLAY	26-Aug
DENNIS QUILANTANG	3-Aug	JOSHUA MCCLUER	8-Aug	GEORGE COE	14-Aug	BRENDON BRAVEBOY	21-Aug	DAVID SHRACK	26-Aug
JACOB MASKULKA	3-Aug	TYLER PICKRELL	8-Aug	SHAWN SANDERS	14-Aug	ISAAC CHASTAIN	21-Aug	CHELSEA GREENE	26-Aug
DONNIE NG	3-Aug	ARNOLD WEI	9-Aug	LESLIE PRIMO	14-Aug	CHRISTIAN ANTHONY	21-Aug	MATTHEW FOGLE	27-Aug
PETER DALESSANDRO	3-Aug	COLIN JONES	9-Aug	TAMIARA MANN	14-Aug	JOSEPH FEINMAN	21-Aug	JOHN HOWERTON	27-Aug
RYEHEIM MAGOBET	3-Aug	CHRISTOPHER HUBBARD	9-Aug	MICHAEL MCFARLANE	14-Aug	TROY YOUNGER	22-Aug	MARLON THOMPSON	27-Aug
SABRINA LAFRANCE	3-Aug	DANIEL RIVERA	9-Aug	CLIFFORD EDWARDS	15-Aug	SEAN FOX	22-Aug	JAMES GRAHAM	27-Aug
CHELSEA POLLARD	3-Aug	AMANDA BAZAN	9-Aug	EDMUNDO ERSTAIN	15-Aug	DYLAN EVANS	22-Aug	CAMIA CHAMBERS	27-Aug
VICTORIA HOLT	3-Aug	JUSTIN ISELIN	9-Aug	ADAM BECKEDAHL	15-Aug	DUSTIN MOORE	22-Aug	NICHOLAS PONCZKA	27-Aug
ERIC LEE	4-Aug	JOSEPH RIOS	10-Aug	NICOLAS STYLES	15-Aug	CHRISTOPHER JONES	23-Aug	SILVIA CURESES	28-Aug
SEAN PRIOR	4-Aug	PHILLIP CLARK	10-Aug	MICHAEL HERRINGTON	15-Aug	CRAIG FLIPPEN	23-Aug	BENJAMIN CEDILLOS	28-Aug
ANDRE DUHANEY	4-Aug	STEPHEN PARTON	10-Aug	KATIE SOSA	15-Aug	MARSHALL MARTIN	23-Aug	TAMIKA SNODDY	28-Aug
JEREMIAH JOHNSTON	4-Aug	DAVID MAYUNGO	10-Aug	ANTHONY WELCH	15-Aug	NICOLE SUMAN	23-Aug	KATHERINE WEISINGER	28-Aug
JOSHUA ROSSER	4-Aug	LARRY CRUZ	10-Aug	EVERETT RUBIO	15-Aug	EZRA LOWE	23-Aug	JAMES CHAPMAN	28-Aug
CARLOS MARTINEZ	4-Aug	CHARLES THOMAS	10-Aug	ARNOLD LANDI	16-Aug	WILLIAM EATON	23-Aug	TAVARISE JETER	28-Aug
CHRISTOPHER LAWS	4-Aug	MATTHEW GAMPP	10-Aug	ALYSSA TOSUN	16-Aug	JONATHAN SIRMANS	23-Aug	XINGTONG LIU	28-Aug
ZACHARY POWELL	4-Aug	LATISHIA ANDERSON	10-Aug	STEPHANIE KIRKPATRICK	16-Aug	DONEL PINEIRO/DRIGUEZ	23-Aug	JAIJUAN MANGUAL	28-Aug
JOSEPH BOWE	4-Aug	GABRIELLE HALL	10-Aug	ANDREW MOORE	16-Aug	REMIIL PEREZ	23-Aug	MIGUEL CASILLAS	28-Aug
KRISTY JENKINS	4-Aug	PHONG COONG	11-Aug	SHERRIA HUGHLEY	16-Aug	BRIAN WHITED	24-Aug	JARED TERHUNE	28-Aug
WILLIAM ALMES	4-Aug	DANIEL ALDREDGE	11-Aug	STEPHAN TUCKER	17-Aug	JESSICA PATTERSON	24-Aug	NICKOLAS GLADWELL	28-Aug
YASMIN DAVIS	4-Aug	ANDEW PERRY	11-Aug	ACHAZ GALVIN	17-Aug	CHRISTOPHER ERICKSON	24-Aug	NAKIA WILLIAMS	28-Aug
ERIKA COLTER	5-Aug	SAMUEL DAUGHERTY	11-Aug	MATTHEW HORRELL	17-Aug	JASON DIMAOALA	24-Aug	LAMONTE LAKE	28-Aug
MATTHEW MARTINEZ	5-Aug	SHEILA MAALIHAN	11-Aug	CHRISTOPHER WORTHY	17-Aug	JOSEPH LAWHORN	24-Aug	JACOB WEIDNER	28-Aug
ZACKERY REED	5-Aug	TIFFANY BULLARD	11-Aug	AMANDA HUNSEBERGER	17-Aug	DERYCK MARQUES	24-Aug	DENNIS FAULKER	29-Aug
SEAN HILLMAN	5-Aug	MEGAN DONAHAY	11-Aug	BRENT COLYER	17-Aug	BIANCA BRYNGTON	24-Aug	ALEIANDRO DIAZ/MARIN	29-Aug
DANE MCVANN	5-Aug	ERIC LOCKWOOD	11-Aug	JONATHAN JENSEN	18-Aug	FRANCIS RICHARD	24-Aug	JONATHAN SAUCER	29-Aug
ONTARIO BURKS	5-Aug	BRETT POLLARD	11-Aug	MICHAEL KING	18-Aug	JUSTIN SNOW	24-Aug	TYLER STRINGER	29-Aug
JEROME SEEGARS	5-Aug	JAIME VALIENTE	11-Aug	OLIVIA SACKETT	18-Aug	BRIAN CAMPBELL	24-Aug	DESIREE HAMBRICK	29-Aug



Making Waves

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3	8	5	2	7	4	6	1	9
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Summer Concerts in August

Josh Turner
Saturday, August 28
JEB Little Creek

Open to the public. Gates open at 5 p.m. and show starts at 7 p.m. Enter through gate 3 to access concert site. Call 462-7665 for details.

FREE CONCERT
Gates open at 5 p.m.
Show starts at 7 p.m.
Enter through gate 3 to access concert site. Details Call 462-7665

Virginia Beach Amphitheater

<http://www.livenation.com/Virginia-Beach-Amphitheater-tickets-Virginia-Beach/venue/8370>

Aug. 8th Sunday - Anthony Hamilton
Aug. 15th Sunday - Brooks & Dunn
Aug. 27th Friday - KISS
Aug. 29 Sunday - Jonas Brothers

nTelos Pavilion - Portsmouth

www.pavilionconcerts.com

Aug. 1st Sunday - Celtic Woman
Aug. 5th Thursday - O.A.R.
Aug. 7th Saturday - Counting Crows
Aug. 13th Friday - Heart
Aug. 14th Saturday - Fresh Fest
Aug. 15th Sunday - George Jones
Aug. 24th Tuesday - Train
Aug. 25th Wednesday - Jackson Browne
Aug. 28th Saturday - Trey Songz

Busch Gardens Summer Concerts

www.BuschGardens.com

Aug. 1st Sunday - The Fixx
Aug. 7,8 Sat-Sun - David Cook
Aug. 14,15 Sat-Sun - Grand Funk Railroad
Aug. 21, 22 Sat-Sun - Emily Osment

Local Events in August

Virginia Caribfest 2010 - Aug 7th
Hampton Cup Regatta - Aug 13th - 15th
MCA National Car Show - Aug 13th
Buckroe Beachfest 2010 - Aug 14th
Virginia Beach Sun Cup Soccer Tournament - Aug 21st, 22nd @ Hampton Roads Soccer Complex
Funk Fest - Aug 27th, 28th Virginia Beach 24th St. Park
Norfolk Latino Music Fest - Aug 28th
East Coast Surfing Championship Aug 25th - Aug 29th

HEALTHY BODY FAT PERCENTAGE FOR AN ACTIVE WOMAN
you need at least three percent fat on your body just to live. Drop below 15 percent for a long time, and you risk losing your period, developing osteoporosis and suffering general fatigue. "A body-fat percentage that's too low can be harmful to your health and well being. **Follow these guidelines for healthy body-fat percentage ranges based on your fitness level.**

Top athletes - 15% - 20%
Fit women - 21% - 24%
Healthy - 25% - 32%
Overweight - 33%

Noise Levels

Please be respectful of your neighbors at all times, loud music or loud TV's, and engine noise must be kept to a minimum after 10:00 p.m. nightly. Thanks for your cooperation.



GAS AND CHARCOAL GRILLING TIPS



- Never leave a grill unattended once it has been lit.
- Clean the grill regularly, using a grill brush.
- Open all vents before and during cooking.
- Long handled grilling tools make grilling easier & safer.
- Soak Bamboo skewers in water prior to using.
- Wash cutting boards, tools before and after handling raw poultry
- To serve food use clean platters and utensils.

5 Essentials for Healthy Fat Loss

Keep your body fat in check with these strategies that will have you looking leaner, tighter and stronger without even stepping on a scale.

1. **Strength train.** Add weights to your routine, it makes you stronger and leaner, it also increases your metabolism and helps you burn more fat.
2. **Eat clean foods,** such as whole grains. People who consume the highest amounts of whole grains have 2.4% less body fat than those who eat the least.
3. **Don't forget the cardio.** Try adding one-minute intervals to your program to up your energy and blast fat.
4. **Plan five to six meals a day** instead of three large ones, and never skip breakfast.
5. **Give it some time.** Quick results usually don't last, so go with the slow-and-steady approach to reach your goals and stay lean.

Nutritional Cool Down



After your workout, certain nutrients are depleted, including glycogen, protein, fluid and electrolytes, along with protective antioxidants. To restore what's lost, give yourself a nutritional cool down. Try some liquid nutrition, such as a protein/carbohydrate shake. Drink two 8oz glasses of water.



Karaoke Winner
Brandon Waynick

Bowling Winners
3rd Robert Duncan,
1st Joshua Stape,
2nd Nicholas Ponczka

July BBQ at Mid Rise

All events
are free to
HomePort
Hampton
Roads
Residents



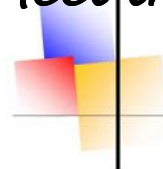
Pool Tournament Winner



Signing Leases on the
USS Eisenhower



Meet the Staff



Holley



HHR
Leasing Staff

Ashley



Shalonda



Gwen



Free Bowling - Pierside Lanes
2nd Tuesday of every month 6:30 p.m.
Just inside gate 5



August 2010

Norfolk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 UFC 117 Pay Per View Silva vs. Sonnen Bldg. SP 29 10:00 p.m.
8	9	10 Free Bowling Pierside Lanes free pizza & soda Prizes 6:30 p.m.	11	12	13	14
			Ladies Trim & Tone Mid Rise Yoga Rm. 7:00 p.m.	CA & RAB Mtg. Bldg. U 16 3:30 p.m.		Free Cookout Bldg. J 53 5:00 p.m.
15	16	17 New Resident Mtg. All bldgs. 7:00 p.m. Birthday Cards distributed	18	19	20	21
PAY DAY			YOGA Beginners Class Camp Allen Mid Rise 6:00 p.m.	Cooking 101 Bldg. U 20 quarter deck free samples 5:00 p.m.	Breakfast on the Go! Mid Rise 5:00 a.m.	3 Point Shootout & Hot Dogs Bldg. SP 29 6:00 p.m.
22	23	24	25	26	27	28
Cookout & Hula Hoop Contest Cole Village Poolside 5:00 p.m.	Cooking 101 Bldg. NH 141 free samples 5:00 p.m.	YOGA Beginners Class Camp Allen Mid Rise 6:00 p.m.	Ladies Scrapbooking Mid Rise 7:00 pm bring 8-10 pictures or digital pictures			3rd Annual HHR Tattoo Contest & Cookout Bldg. U 20 5:00 p.m.
29	30	31				
Pool Tournament Mid Rise food, prizes 7:00 p.m.	PAY DAY				Free Tides Baseball tickets Available @ J 53, NH 141 and U 16 Info: 402-4245	While supplies last