

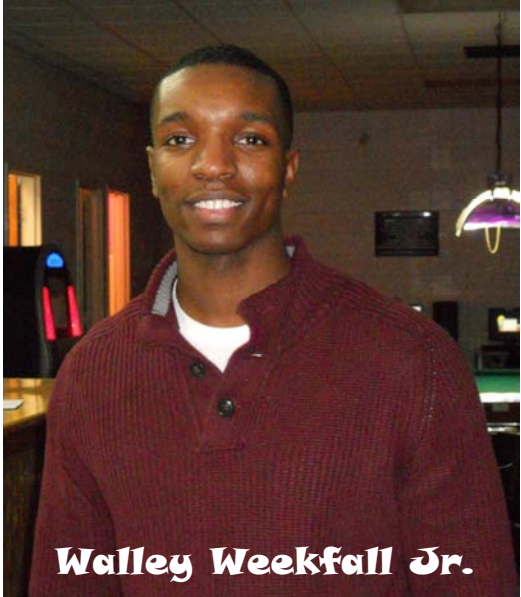


**February 2011 Volume 4 Issue 2**  
**February is Black History Month**  
**and National Heart Month**

**Resident Recognition**

HomePort Hampton Roads would like to recognize Walley Weekfall Jr. stationed on the USS Dwight D Eisenhower CVN-69. Walley has been in the Navy for 3 1/2 years and enjoys living in Bldg. U-16 Miller Hall PPV Housing. His hometown is Temple, Texas and favorite sport teams are the Dallas Cowboys, the Dallas Mavericks and the Texas Longhorns. Walley likes boxing, working out and relaxing. He plans on going to school to become a Computer Software Engineer.

Thanks for your support Walley.



**Walley Weekfall Jr.**

**Steelers vs Packers**



**Super Bowl Sunday - February 6th**  
**Events to be held at buildings J-53, SP-29,**  
**Newport News and Iowa Estates Mid Rise.**  
 Free food and drinks will be provided.  
 Kickoff at 6:30 p.m.



**FLEET & FAMILY SUPPORT NORFOLK OFFERS FREE CLASSES**

Fleet & Family Support Center Norfolk will be holding free classes on a variety of topics geared towards Sailors needs. The classes will be held at the Iowa Estates Mid Rise classrooms. All residents of PPV housing are encouraged to attend the scheduled classes. **It's your future, time to take control.**

17 Feb - 1700-1800 **Military Saves (Jeopardy)**  
 Establishing credit, savings & investment, test your knowledge, dispel financial myths. Goodies to win for correct answers!

1 Mar - 1700-1800 **Car Buying**  
 Negotiating, trade-ins, discounts, financing, sales tactics and tricks to watch for

31 Mar - 1700-1800 **Persuasive Communication**  
 Learn styles of communication, effective listening & speaking tips

14 Apr - 1700-1800 **Using Credit Wisely**  
 Understand debt-to-income ratio, card options

3 May - 1700-1800 **Stress & Time Management**  
 Learn about goal setting & progressive relaxation

26 May - 1700-1800 **Using your TSP**  
 Save & Invest Build wealth & financial independence, plan for retirement

15 Jun - 1700-1800 **Maintaining Respect**  
 Learn group dynamics, bystander awareness, communication with respect

27 Jun - 1700-1800 **Developing Your Spending Plan**  
 Making a spending plan, paying bills on time to achieve financial goals



**Stay Warm**

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



# Resident Life



## Speedy Cheesesteak

- 4 steak rolls, split
- 2 tsp olive oil
- 1 cup precut onions and peppers
- 4 slices (1/2 oz each) provolone cheese
- 3/4 lb sliced roast beef

1. Brush cut sides of each roll with 1 tsp oil. Toast in broiler.
2. Coat small non stick skillet with cooking spray and set over medium heat. Add onions and bell peppers. Add salt and ground black pepper to taste. Saute until vegetables are tender and browned.
3. Divide roast beef among bottom halves of rolls. Top with vegetables. Put cheese slices on top halves of rolls. Broil sandwich halves 2 minutes, or until heated through and cheese browns slightly.

Serves 4 PER SERVING 406 cal, 31 g pro, 33 g carbs, 2 g fiber, 15 g fat, 6 g sat fat, 55 mg chol, 535 mg sodium

## 6 benefits of regular physical activity

You know exercise is good for you — but do you know how good? From boosting your mood to improving your energy, find out how exercise can improve your life.

1. Exercise improves your mood.
2. Exercise combats chronic diseases.
3. Exercise helps manage weight.
4. Exercise boosts your energy level.
5. Exercise promotes better sleep.
6. Exercise can be — gasp — fun!

## Alcohol and judgment

Alcohol can impair the parts of the brain that control the following:

### Motor coordination

This includes the ability to talk, drive and process information.

### Impulse control

Drinking lowers inhibitions and increases the chances that a person will do something that they will regret when they are sober.

### Memory

Impaired recollection and even blackouts can occur when too much alcohol has been consumed.

### Judgment and decision-making capacity

Drinking may lead young people to engage in risky behaviors including getting into a car with someone who has been drinking. These behaviors can result in illness, injury and even death.



## The Law

**Code of Virginia:** ● It is illegal for any person to purchase alcoholic beverages for someone who is less than 21 years of age. If convicted the court may order up to 12 months in jail and/or fines up to \$2500. Any person found guilty of this violation shall have his license suspended for a period of not more than one year. ● Young adults (ages 18-21) who purchase, possess or drink alcohol, upon conviction, may lose their privilege to drive for not less than six months (and up to one year maximum). ● They face a mandatory minimum fine of \$500 or must perform a mandatory minimum of 50 hours of community service.

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

Sudoku Puzzle hp6



## U.S. Military Trivia



- This branch of the U.S. armed services has no official motto, but is often associated with the phrase "Non sibi sed patriae" ("Not self, but country").  
A. Marines B. Army C. Navy D. Air Force
- The U.S. Military is made up of how many fighting branches? A. 6 B. 3 C. 5 D. 4
- Who controls the National Guard in times of peace?  
A. State Governors B. Congress C. The Army D. The U.S. President
- While the U.S. President is Commander-in-Chief of the United States Armed Forces, only two presidents have actually commanded troops in time of war. Name them.  
A. Abraham Lincoln B. Theodore Roosevelt C. George Washington D. James Madison
- Which World War II general went on to become a U. S. President?
- Their motto, "Semper Paratus," means "always ready."  
A. Marines B. Army C. U.S. Coast Guard D. Air Force





# Director's Corner



Shipmates,

I want to talk about the 30-day "Notice To Vacate (NTV) requirement. You remember, the one explained to you at lease signing. The submission of the NTV is a requirement prior to vacating, but it continues to be overlooked or sometimes disregarded all together. Why the need for a 30-day NTV you ask?

The NTV is a means of communication; it allows residents to inform the property manager of the desire or need to terminate their lease and vacate their assigned unit. It has two main functions; first and foremost, it ensures individuals involved in process of stopping the Basic Allowance for Housing (BAH) entitlement and MAC allotment are properly notified. Secondly, it gives the maintenance department ample time to schedule pre move-out and move-out inspections. There have been instances where individuals failed to submit NTV's, moved out, went on deployment and the next thing they see is their pay shorted due to the MAC allotment still running and the BAH stopped. In cases like this, there are no refunds. So do the right thing when it comes time to leave us...take the time and submit a "Notice To Vacate."

If there are questions concerning NTV's, call your friendly neighborhood leasing agents located at Miller Hall (U-16). They can be reached at 757-402-4247/48/56.

Don't forget to stop by at our activities. Remember, there are friendships to be made and food to be had! Enjoy your February!

Director of Operations



Shipmates,

Thank you all for making our Navy the best it has ever been. I have enjoyed traveling around our great Navy seeing you in action... I could not be more proud of you.

---

**BLUF: Documented, sustained, superior performance is crucial... Sailors take charge of your Evals.**

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Our Navy has never been more competitive and reenlistments are soaring. Sailors must take a more active role in their careers, and documented performance is key. Performance is an area Sailors have control over and all Sailors should take the time to ensure they provide good inputs into their evaluations.

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**BLUF: Navy policy on drug abuse is simple and clear - zero tolerance.**

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NAVADMIN 108/10 constitutes a general order for drug use and possession and instituted guidance on controlled substance analogues (designer drugs), Salvia Divinorum, or products containing synthetic cannabinoid compounds.

Sailors cannot possess or use "Spice" or herbal products.

There is no room for this behavior in our Navy.

Thank you for working hard for our nation's freedom. Our Navy certainly is the service of choice!

HOOYAH!  
MCPON



**Bookkeeper's Corner**



Your LES, BAH and Allotment

Our goal is to ensure your pay is never affected by your rent payment. No doubt you have been told numerous times how important it is to check your LES regularly. It is especially important to check your LES after you've signed your lease and moved in with HomePort Hampton Roads. There are times the BAH does not start as it should and the allotment does, causing your pay to be short. Other times the BAH will start and the allotment doesn't. If the allotment does not start, you are responsible to make the rent payment. Remember, the Navy pays you the BAH and you pay HomePort Hampton Roads the rent through allotment. It is vital to check your LES regularly ensuring your account is maintained accurately. Please notify our Bookkeeping office immediately if you see any errors.

If you experience any issues or you have other questions regarding your allotment, please contact our office **Monday – Friday 7:30am – 4:00pm** at 402-4234, 402-4232 or 402-4230.

Thanks,  
Vickie

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

**Tom Weber**  
Director of Housing Operations

**Larry Herndon - AGM / REALTOR®**  
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  
Iowa Estates - 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 3pm-7am  
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  
Friday 1600 to Monday 0730

**HomePort Hampton Roads  
Community Assistants**

- Kurt Jefferson - Newport News
- Chris Nailon - Newport News
- Andy Shelton - Cole Village
- Ian Tallman - Cole Village
- Gilbert Armijo - Bldg. U-20
- Jean Previllon - Bldg. U-20
- Sean Lewis - Bldg, U-20
- Michael Singleton - Bldg. SP-29
- Calvin Crawford - SP-29
- Stephen Tamburri - NH-141
- Tyrone Hill - Bldg. J-53
- Patrick Reynolds - Bldg. J 53
- Jackie Ramey - Bldg. U-16
- Lyle Treese - Bldg. U 16
- Jason McGaughey - IE Manor
- Jose Hernandez - IE Manor
- Raymond Marquis - Mid Rise
- Eric Gray - Mid Rise
- Sean Campbell - Mid Rise
- Charles Friday - Mid Rise
- Catarino Briones - Mid Rise



**Help Support Special Olympics**

**Come out to the  
19th Annual**

**Polar Plunge 2011**

**Friday February 4th**

**6:00 p.m. to 10:00 p.m.**

Friday Night Plunge Party 7th street

**Saturday February 5th**

**7:00 a.m. to 3:00 p.m.**

- 7:00 a.m. - 5K Registration
- 8:30 a.m. - 5K along Boardwalk
- 10:15 a.m. - Sand sculpting
- 11:00 a.m. - Opening Ceremony
- Noon - Costume Parade
- 1:15 p.m. - Costume Contest
- 2:15 p.m. - "How to Survive the Plunge"

**2:30 p.m. - THE PLUNGE**

Event location: Virginia Beach Oceanfront  
6th - 9th Street, Virginia Beach  
<http://www.polarplunge.com/>



**Answers to Trivia**

- Navy
- five
- State Governors
- Roosevelt and Washington
- Dwight Eisenhower
- U.S. Coast Guard



**NOTICE**



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

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





Jackie Ramey	1-Feb	Jeffrey Harris	6-Feb	Grant Blum	12-Feb	Raheem Gardner	16-Feb	Kimberly Stanton	22-Feb	Brian Battin	28-Feb
Sean Lewis	1-Feb	Marina Acosta	7-Feb	Steven Brown	12-Feb	Derek Curtsinger	16-Feb	Bryan Butler	22-Feb	John Fraking	28-Feb
Craig Metz	1-Feb	Eddie Berryhill	7-Feb	Raul Arocho	12-Feb	Jonathan Peacock	17-Feb	Adam Barr	22-Feb	Deandre Davis	28-Feb
David Sullen	1-Feb	Kayla Vazquez	7-Feb	Mitchell Manning	12-Feb	Emmanuel Maldonado	17-Feb	Andrew Neveu	22-Feb	Michael Helmnicky	28-Feb
Brendan Mooney	1-Feb	Brendan Lounsbury	7-Feb	Ladarrius Robinson	12-Feb	Jeremy Bailey	17-Feb	Dustin Dreckshage	23-Feb	Christopher Wu	28-Feb
Savannah Gall	1-Feb	David Acosta	7-Feb	Joanna Butcher	12-Feb	Dwayne Freeman	17-Feb	John Townes	23-Feb	Richard Checcin	28-Feb
Aaron Mcingvale	1-Feb	Anthony Faccioli	7-Feb	Marquita Galbreath	12-Feb	Benjamin Warlick	17-Feb	Quinton Wilson	23-Feb	Alison Pint	28-Feb
Jared Andrews	2-Feb	Laura Malone	7-Feb	John Fields	12-Feb	Jennifer Hargat	17-Feb	Scott Bando	23-Feb	Enrique Lara	28-Feb
Tory Myers	2-Feb	Andrew Bohrer	7-Feb	Mina Lin	13-Feb	Shaun Immariageon	18-Feb	Timothy Furlong	23-Feb	Coleman Jones	28-Feb
Aaron Betourney	2-Feb	Richard Rosa	7-Feb	Christopher Elliott	13-Feb	Joel Echevarria	18-Feb	Ashton Davis	23-Feb	Carla Hull	29-Feb
Christopher Webster	2-Feb	Tiffany Turner	8-Feb	Kenneth Vanhouse	13-Feb	Johnathan Guthrie	18-Feb	Alix Jones	23-Feb	Candance Harvey	29-Feb
Joseph Stgeorge	2-Feb	Ryan Rogers	8-Feb	Carrie Blum	13-Feb	Joshua Barker	18-Feb	Devin Carter	24-Feb	Lucky Sabarillo	29-Feb
Tyler Sanford	2-Feb	Alexander Ellis	8-Feb	Sean Robinson	13-Feb	Cameo Highes	18-Feb	Ryan Collins	24-Feb	Frances Fields	29-Feb
Eric Greenwald	2-Feb	Bryant Wilkins	8-Feb	Tyler Roy	13-Feb	Jessie Archie	18-Feb	Robert Smith	24-Feb		
Justin Lambert	3-Feb	Lance Brandi	8-Feb	Kyle Simon	14-Feb	Jarrett Merrell	19-Feb	Keith Masuhr	24-Feb		
Pedro Pachecodiaz	3-Feb	Koete Irvin	9-Feb	Andre Mumford	14-Feb	David Crago	19-Feb	Aaron Wierckz	24-Feb		
Brittany Zingo	3-Feb	Cedric Nole	9-Feb	Damien Smith	14-Feb	Nicolas Hastings	19-Feb	Ronnie Chandler	24-Feb		
Jacob Manning	3-Feb	Donny Johnson	9-Feb	Princess White	14-Feb	Robert Duncan	19-Feb	Eric Maples	24-Feb		
Meredith Burns	3-Feb	Stephanie Grawcock	9-Feb	Shaundell Wright	14-Feb	Kami Puckett	19-Feb	Reid Timperman	24-Feb		
Alan Cai	3-Feb	Maurice Hickman	10-Feb	Lateshia Reese	14-Feb	Arciete Delgado	19-Feb	Marion Ronquillo	25-Feb		
Patrick Kent	3-Feb	Angela Lagos	10-Feb	John Myrick	14-Feb	Reginald James	19-Feb	Stephanie Matos	25-Feb		
Michael Barnes	4-Feb	Gloria Navarro	10-Feb	Lawrence Taylor	14-Feb	Maria Mendoza	19-Feb	Mason Alvey	25-Feb		
Vladimir Odysse	4-Feb	Christopher Wright	10-Feb	Joshua Morelock	14-Feb	Eric Jones	19-Feb	Raquel Diaz	25-Feb		
James McDougal	4-Feb	Nathan Robinson	10-Feb	Shoulong Gu	14-Feb	Mario Berry	19-Feb	Marcus Harris	26-Feb		
Ariana Payne	4-Feb	Terrill Woodard	10-Feb	Isaiah Linares	14-Feb	Paul Duchowski	20-Feb	James Shoemaker	26-Feb		
Jerome Hamilton	4-Feb	Dorothy Bowman	10-Feb	Carolyn Thompson	14-Feb	Jonathan Payne	20-Feb	Lester Gallman	26-Feb		
Mathew Thomas	4-Feb	Kevin Adams	10-Feb	Justin Kyser	14-Feb	Esteban Lucasleon	20-Feb	Andrea Bauman	26-Feb		
Tyler Neal	4-Feb	Danielle Edington	10-Feb	Danielle Knight	15-Feb	Rebecca Fletcher	20-Feb	Joseph Sanchez	26-Feb		
Jason Makowski	5-Feb	Pedro Suazowalito	10-Feb	Matthew Reyes	15-Feb	Jamie Healy	20-Feb	Virginia Mummey	26-Feb		
Marissa Toepfer	5-Feb	Bobby Gooden	10-Feb	Christopher Boggs	15-Feb	Robyn Weems	20-Feb	Christina Colon	27-Feb		
Aaron Goldberg	5-Feb	Cameron Rosen	10-Feb	Justin Johnson	15-Feb	Joshua Barnard	20-Feb	Mahogany Crosby	27-Feb		
Kevlin Cohen	5-Feb	Kelly Ordonez	11-Feb	Samuel Lastinger	15-Feb	James Brants	20-Feb	Cletus Maag	27-Feb		
Pricilla Cabello	5-Feb	Kyle Hatlas	11-Feb	Ryan Belluomini	15-Feb	Melvin Cooks	20-Feb	Aaron Ammazalorso	27-Feb		
Christopher Nailon	6-Feb	Dicy Chambers	11-Feb	Maria Cotez	15-Feb	Joel Greene	20-Feb	William Hardin	27-Feb		
Judeson Jean	6-Feb	Samuel Diefenderfer	11-Feb	Mathew Mudderman	15-Feb	Terrika Fields	20-Feb	Kenneth Cooper	27-Feb		
Michael Goetschel	6-Feb	Matthew Flynt	11-Feb	Anthony Maximo	15-Feb	Kristy Gonzalez	20-Feb	Emily Moser	27-Feb		
Benjamin Fryar	6-Feb	Robert Kirkman	11-Feb	Jeanette Rose	15-Feb	Steven Pickard	20-Feb	Sean Loury	27-Feb		
Xavier Collins	6-Feb	Nathaniel Allen	11-Feb	Travis Baker	16-Feb	Ronald Longfellow	21-Feb	Amber Seger	27-Feb		
Jaclyn Brown	6-Feb	Ryan Edgeworth	11-Feb	Alexa Bernas	16-Feb	Andrew Masters	21-Feb	Marcus Richardson	27-Feb		
Nicholas Kemper	6-Feb	Joshua Tulip	11-Feb	Allen Carter	16-Feb	Michael Foster	21-Feb	Chase Campbell	27-Feb		
Matthew McCoy	6-Feb	Darren Willis	11-Feb	Randall McClarity	16-Feb	Derall Stanley	21-Feb	Julian Crane-Johnson	27-Feb		
Kyle Andrews	6-Feb	William Jamieson III	12-Feb	Cheryl Richard	16-Feb	Christopher Taschner	22-Feb	Kevin Elyard	28-Feb		
Daniel Resch	6-Feb	Bryan Stuhr	12-Feb	James Cole	16-Feb	Claudia Ramirezflores	22-Feb	Luis Govea	28-Feb		
Daniel Garcia	6-Feb	David Michael Ortiz	12-Feb	Carlton Russell	16-Feb	Ashley Stanton	22-Feb	Treywick Kendrick	28-Feb		



**NAVAL STATION NORFOLK**

# Ski Trips

WINTERGREEN, VA

**LIBERTY PROGRAM**

**MWR**

**Saturday, February 26**

Open to active duty and one guest 18 or older.  
Meet at 4 a.m. inside building C-9 main lobby on the day of the trip.

Cost dependent on rank and includes transportation, ski or snowboard rentals and lift ticket (meals are NOT included).

NSN-09-215 PU

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

Sudoku Solution

**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 pre-inspection and set the date for 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: Miller Hall U 16, 1274 Cowan St.

**Newport News Public Library**

The Newport News Public Library System consists of four public libraries, a public law library and a bookmobile. Programs presented by the Library System are free and open to the public. For more information on Newport News Public Library System programs, please call 757-247-8875 or visit [www.nngov.com/library](http://www.nngov.com/library).



**Tuition Assistance (TA)**

Tuition Assistance is the Navy's educational financial assistance program. It provides active duty personnel funding for tuition costs for courses taken in an off-duty status at college, university or vocational/technical institutions. These institutions must have regional or national accreditation recognized by the U.S. Department of Education.



**How to Submit an Online Service Request**

Go to <https://www.accway.com>. This website will take you to the "Welcome to the American Campus Communities Resident Portal."

1. If you have not already created an account, click "DON'T HAVE AN ACCOUNT YET" under Log In.
2. 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.
3. Upon completion of creating your new account, check your email! Receive conformation of your new password.
4. Log back on to <https://www.accway.com> and access the portal using your new pass word.
5. Your general lease information will appear on your home page. Go to the Service Request tab.
6. 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

**Navy College Office**

**Naval Station Norfolk**

Bldg IE (corner of Gilbert St. and Bacon Ave.)

**Monday – Friday 0930-1600**

Phone (757) 444-7453/54; DSN 564-7453/54

Fax: (757) 444-7005; DSN 564-7005

E-mail: [nco.norfolk@navy.mil](mailto:nco.norfolk@navy.mil)  
Virtual Education Center (VEC)

Monday – Friday 0600 – 2100 EST  
Phone 1-877-838-1659; DSN 492-4684

Fax: (757) 492-5095; DSN 492-5095

E-mail: [VEC@navy.mil](mailto:VEC@navy.mil)  
Learn How to Apply for Navy Tuition Assistance Using [WebTA](#)

<https://www.navycollege.navy.mil>

**Resident Advisory Board Meeting is the 2nd Thursday of the month.**

**Location: Mid Rise**

**1st floor classroom 4:00 p.m.**

What would you like done?  
Ideas & Suggestions welcome.



Please...  
**HELP KEEP THIS AREA CLEAN**  
**PICK UP AND PITCH IN**



Bowling Winners

1st Place - Mark Gonzales,  
2nd Place - Josh Rosser,  
3rd Place - Adam Caldwell



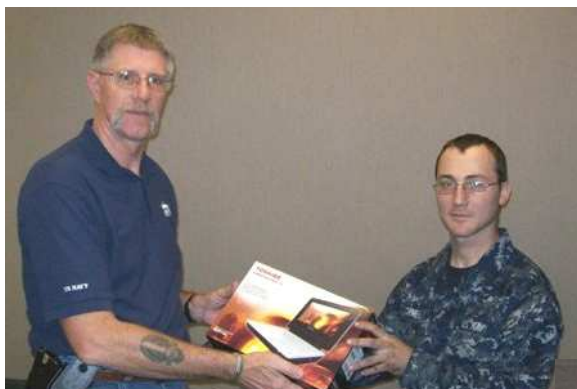
All events are free to HomePort Hampton Roads Residents



CEL Survey Grand Prize Winner John Moorer - 26 in TV



CEL Survey Prize Winner Reuben Williams - Laptop



CEL Survey Prize Winner Daniel Cornell - DVD Player



Director of Operations Thomas Weber with CEL Survey Winners

Free Bowling  
2nd Tuesday Every month  
Pierside Lanes



CEL Survey Prize Winners  
Terry Bryant  
Surround Sound  
Andrew Rank  
GPS



# February 2011

## Norfolk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 <b>Super Bowl</b> Food & drinks Bldgs. J-53, SP-29 and the Mid Rise 6:00 p.m.	7 Air Hockey Food & prizes Bldg. U-16 7:00 p.m.	8 <b>Free Bowling</b> Pierside Lanes <b>6:30 pm</b> Pizza, soda, prizes <b>1 guest allowed</b>	9 Checkers Tournament Snacks & Prizes Cole Village 6:30 p.m.	10 <b>CA/RAB Mtg.</b> <b>Mid Rise 4:00 p.m.</b>	11 Are you Smarter than a 5th grader? Prizes Bldg. J-53 7:00 pm	12 Ping Pong Food & prizes Bldg. SP-29 7:30 p.m.
13 Pool Tournament Food & prizes Bldg. NH-156 7:00 p.m.	14 <i>Valentine's Day</i> <i>February</i> <i>14th</i>	15 <b>Payday</b>	16 Breakfast On the Go! Bldg. SP-29 5:00 a.m.	17 <b>Military Saves</b> Fleet & Family class Mid Rise 5:00 p.m.	18 Wii Call of Duty Food & prizes Bldg. U-20 7:30 p.m.	19 Coffee & Cookie Swap Mid Rise Coffee Bar 4:00 p.m.
20	21 <b>President's Day Holiday</b>	22 Resident Meeting Rec. Center 7:00 p.m. Birthday Cards	23 Breakfast On the Go! Bldg. NH-156 5:00 a.m.	24 Cooking 101 Free samples Bldg. J 53 5:00 p.m.	25 Corn Hole Food & prizes Bldg. U-20 7:30 p.m.	26 Poker Game Prizes Cole Village Rec. 7:00 p.m.
27 9 Ball Pool Tournament Mid Rise Prizes 5:00 p.m.	28 Wii Sports Snacks & prizes Bldg. U-16 7:00 p.m.	<b>Yoga</b> <b>Monday &amp; Wednesday</b> <b>@ 5:00 p.m.</b> Mid Rise	<b>P90X</b> <b>Monday &amp; Wednesday</b> <b>@ 7:00 p.m.</b> Mid Rise	<b>P90X</b> <b>Monday &amp; Wednesday</b> <b>@ 7:00 p.m.</b> Mid Rise	<b>P90X Insanity</b> <b>Tuesday &amp; Thursday</b> <b>@ 7:00 p.m.</b> Mid Rise	
						5 <b>UFC Fight #126</b> <b>Silva vs Belfort</b> <b>8:30 p.m.</b> Mid Rise, Bldg. SP-29

