



### JULY is National Make a Difference to Children Month

#### Drinking and Driving

In 2008, 11,773 people died in drunk driving related crashes. 32% of the total U.S. traffic crash fatalities. On average someone is killed by a drunk driver every 40 minutes. The most frequently recorded BAC level among drivers who were killed in alcohol-impaired-driving accidents in 2008 was .16, or twice the legal limit.

Drunk drivers who were over the legal limit when they died in 2008 were 8 times more likely to have been previously convicted for drunk driving. 6,316 passenger vehicle drivers were over the legal limit when car crashes claimed their lives. A sobering thought: 50 to 75% of drunk drivers whose licenses are suspended continue to drive. A second sobering thought: 216 of the 1,347 children <14 yrs old who died as occupants in car accidents were the direct result of drunk drivers, another 34 children died as pedestrians or bikers who were hit by drunk drivers.

#### **Simply put Alcohol & driving DO NOT MIX!**

3 out of 10 people will be involved in an alcohol-related accident sometime in their lives. Use a designated driver & report suspected impaired drivers to the authorities, the life you save could be your own.



**Joshua Stape**



#### Resident Recognition

HomePort Hampton Roads would like to recognize Joshua Stape from Dayton, Ohio. Joshua is the baby of the family with two brothers and one sister.

Joshua has been in the U.S. Navy for three years and is stationed at NNSY. He has been a HHR resident since February 2010 and loves the privacy.

In his spare time he enjoys being with his family, watching football, Nascar or playing XBOX.

His favorite sport teams are the Ohio Buckeyes and Cleveland Browns.

Joshua plans on attending Ohio State and wants to become an NFL Agent.

Thanks for your support Joshua.

HomePort Hampton Roads wishes you the best.



### Have a Happy and Safe 4th of July

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#### Employee Recognition

HomePort Hampton Roads would like to say thanks to Nicole Whitaker service desk assistant at our Newport News property for all her support.

Nicole has worked for HHR for the past 18 months and is always willing to go above and beyond to help the team. Nicole hopes to hold a management position with HHR in the near future.

Nicole loves her job meeting and assisting our residents. Her hobbies are shopping and reading. Her favorite sport teams are the Boston Celtics and the Philadelphia Eagles.

Thanks for all your support Nicole!  
Great Job!



**Nicole Whitaker**

# Resident Life



## Barbecue Bacon Wrapped Shrimp

For the Shrimp

- 30 fresh basil leaves, chopped
- 2 tablespoons freshly grated parmesan cheese
- 1 teaspoon minced garlic
- 30 large shrimp, peeled, tails intact
- 15 thin bacon slices, cut in half

For the Sauce

- 1 1/4 cups barbecue sauce
- 1/4 cup applesauce
- 1/4 cup pure maple syrup
- 1 tablespoon balsamic vinegar



1. Prepare shrimp: Mix basil, cheese and garlic in a bowl. Slice down the back of each shrimp and remove vein; fill the cut with 1/2 teas. Basil mixture. Wrap each shrimp with 1/2 slice bacon, secure with a toothpick.
2. Build a fire for indirect cooking by situating the coals on one side of the grill. When the temperature reaches 400 degrees, place the shrimp on the grill away from the coals. Close the lid and cook until the bacon is crisp and the shrimp is cooked through, about 14 minutes. Drain on a paper towel lined plate.
3. Mix all the sauce ingredients in a bowl. Dip each shrimp in the sauce and return to the grill away from the coals. Close the lid and allow the sauce to caramelize, about 3 minutes. Serve hot.

## Turkey Black Bean Burgers

**Prep Time:** 15 minutes

**Microwave Time:** 7 to 8 minutes

- 1 lb ground turkey
- 1 can black beans
- 1/2 tablespoon chili powder
- 2 teaspoons paprika
- 2 teaspoons cumin
- 2 teaspoons garlic salt
- 1/2 small yellow onion, finely chopped
- 6 hamburger buns
- 6 tomato slices
- 6 slices cheddar or pepper jack cheese



Start off by opening and draining the can of black beans. Pour half of the can into a food processor, and process the beans until they become a paste. Pour the bean paste into a mixing bowl with the ground turkey. Mix together thoroughly. Then add the rest of the whole black beans, the chopped onion, and the spices into the mixture. Again, combine well, until all of the ingredients are fully mixed.

Shape the mixture into burger patties (should make about 6 medium to large size patties). Place the patties on a microwave safe platter, and microwave on high for 7 to 8 minutes, turning the burger patties over once and rotating the platter at about 4 minutes. Cook until each patty is cooked all the way through and test by using a meat thermometer, or cutting the patties in the middle to make sure meat is no longer pink.

When fully cooked, serve the patties on hamburger buns with cheddar or pepper jack cheese, and the condiments you prefer! Enjoy!

## Heat Index and Physical Exercise Chart

WBGT Index (F)	Flag Color	Intensity of Physical Exercise NAVMED P-5010 CH 9
Less than 80	<b>White</b>	Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution must be taken.
80-84.9	<b>Green</b>	Discretion is required in planning heavy exercise for unacclimatized personnel. This is a marginal heat stress limit for all personnel.
85-87.9	<b>Yellow (Amber)</b>	Strenuous exercise and activity must be curtailed for new and unacclimatized personnel during the first 3 weeks of heat exposure. Outdoor classes in the sun must be avoided when the WBGT index exceeds 85.
88-89.9	<b>Red</b>	Strenuous exercise must be curtailed for all personnel with less than 12 weeks training in hot weather.
90 or Above	<b>Black</b>	Physical training and strenuous exercise must be suspended for all personnel. (excludes operational commitment not for training purposes).

Wearing body armor or NBC protective uniforms adds approximately 10 points to the measured WBGTI. Limits of exposure should be adjusted accordingly.

## Preventing Heat Injuries

Heat Exhaustion - Symptoms: nausea, dizziness, weakness, headache, pale/moist skin, heavy perspiration, normal or low body temp., weak pulse, dilated pupils, disorientation, fainting spells. Give water, shade, elevate feet, seek medical attention.

Heat Stroke - Symptoms: headache, dizziness, confusion, rapid/strong pulse, hot dry skin, high body temp., 106 or higher, possible vascular collapse, coma, and death. Move to a cool shaded area, soak victim with water & fan, elevate feet. Seek immediate medical attention, this is a medical emergency.

Recognize the symptoms of heat related illnesses. Stay hydrated. Pace yourself if you are working or exercising in a hot/humid environment.

**DON'T PUSH YOUR ENVELOPE**



# Director's Corner



Shipmates,

We here at HomePort Hampton Roads would like to wish you a happy and safe Independence Day! We truly appreciate your service to our country. Make sure you take advantage of the various activities scheduled throughout the holiday weekend and the remainder of the month. As a reminder fireworks are not authorized on any HHR property.

Director of Operations

### Proper Hydration

- Upon rising, drink two cups of water to help cleanse and detoxify your system.
- Try to drink at least half your body weight in ounces daily. If you weigh 200 pounds, your daily intake would be best at 100 ounces.
- You should consume 6 to 8 ounces of water every 15 to 20 minutes while exercising.
- Have two 8-ounces glasses of water to restore fluids after exercising.
- Limit caffeinated soda, tea and coffee, as well as alcohol. All of these have a diuretic effect, causing fluid loss. If you enjoy caffeine or alcohol, follow them up with a water chaser to stay in balance.
- If you feel hungry, you might actually be thirsty. Simply drink a glass of water if you think you're hungry to see if it satisfies.
- Don't like plain water? Flavor a pitcher of water with herbs like mint or basil or slices of citrus fruits or cucumber.
- Watch liquid calories.

### U.S. Navy Trivia

- What was the first U.S. Destroyer named after a woman?
- Which U.S. Battleship was NOT named for a State?
- Where is the Naval War College located?
- What was the monthly base pay for an Apprentice Seaman in 1941?
- In what year did pay grades E-8 and E-9 become effective?



### 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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**SUDOKU  
PUZZLE**

### Hampton Roads Fireworks Displays

- Newport News - July 4<sup>th</sup> - Stars in the Sky
- Portsmouth - July 4<sup>th</sup> - Fireworks over the Elizabeth River
- Virginia Beach - July 4<sup>th</sup> - Celebration at Mount Trashmore
- Virginia Beach - July 4<sup>th</sup> - Stars and Stripes Explosion
- Williamsburg - July 4<sup>th</sup> - Colonial Williamsburg 4th of July
- Suffolk - July 4<sup>th</sup> - Stars & Stripes Spectacular
- Norfolk - July 4<sup>th</sup> - Spirit of Norfolk Independence Day Fireworks Dinner Cruise

**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.

**Answers to Trivia**

**Answer:** USS HIGBEE (DD-806)

**Answer:** USS Kearsarge (BB-5)

**Answer:** Newport, RI.

**Answer:** \$21.00

**Answer:** 1958



**The Basics for Water & Beach Safety**

If caught in a rip current, DO NOT PANIC and don't try to swim against it. Swim parallel to the beach until you get out of the rip current affects.

Never dive headfirst into any unknown water. The beach/ocean floor can change, submerged logs or debris in lakes and rivers cannot be seen. Swim on guarded beaches, ask lifeguards about the conditions before entering the water.

Don't stand with your back to the waves, you can be surprised by a rogue wave or series of larger breaking waves. Don't jump or dive from a cliff, pier, jetty or bridge.

Don't swim near piers or breakwaters. The currents there can be strong, even for the best of swimmers. Stay clear of boats. They take time to change direction, and may not see you. Be watchful for any other water crafts as well (i.e. jet skis).

Wear eye protection, sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Wear sunglasses with labels that indicate that they absorb at least 90% of UV sunlight.

**HOMEPORT HAMPTON ROADS  
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
- Patricia Dennis - 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**  
757-402-4255  
lherndon@studenthousing.com

**Taco Villarial - AGM**  
757-402-4217  
avillarial@studenthousing.com

**BOOKKEEPING**  
Sandra Barnes 402-4233  
Gloria Woodmore 402-4234  
Vickie Osborne 402-4230  
Hours Mon - Fri 0730 - 1600

**Mary McQuesten - Activity Director**  
757-402-4231  
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  
Camp Allen 757-274-9237

**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

Check out calendar of events 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.



BLAINE FURRER 29th  
 NASSACIA DALEY 29th  
 CHRISTOPHER ENAMORADO 29th  
 MICHAEL ROBERTS 29th  
 RAULITO MARTINEZ 29th  
 BRANDON WALKER 29th  
 CHRISTIAN JOHNSON 30th  
 JUSTIN COLLINS 30th  
 BOBBY MULLER 30th  
 PARKER WOOLFOLK 30th  
 ODIRA ANYSCHONKEYA 30th  
 CLIFTON POWELL 30th  
 LEVI POWELL 31st  
 CODIE HESSE 31st



MARK HOOVER	1st	TYLER IRIE	5th	ARIEL AMIGABLE	11th	SETH GANTZER	16th	QUINTARRAH SARJEANT	22nd
CHARIEANN CABAHIT	1st	CHRISTOPHER CIRILO	5th	JAMES DAWSON	11th	TEREY MATUS	16th	ZULMA DAVILA	22nd
JAMES MUGWE	1st	JALEESA STEEN	5th	RENE MENDOZA	11th	JIALEI YUAN	17th	JOHN MARTELL	23rd
JAMIE ENGLEMAN	1st	SAMUEL MARKLAND	6th	MELANIE JACKSON	11th	JESSE EATON	17th	JOSIAH JACKSON	23rd
TYSON WATTS	2nd	ANDREW SINGER	6th	REBECA GARCIA	11th	ROBERT JONES	17th	JOSHUA HERNANDEZ	23rd
RYAN BLANK	2nd	DAVID DAWSON	6th	LOREN NELSON	11th	KALEIGH FARRAR	17th	SHARONICA BURNOM	23rd
EDWIN GLASSRIVERA	2nd	MIN LONG	7th	CHRISTIAN ANAYA	12th	DILLON RIPPERGER	17th	EDWARD MORENOBAHENA	23rd
CHRISTIAN TRIPLETT	2nd	STEPHANIE SURELS	7th	RICKY ESTEBAN	12th	DANTE BLESOCH	17th	ZACHARY SCARPETTI	23rd
ROBELE BEJIGA	2nd	TRAVIS KRAMBECK	7th	DANIEL KING	13th	MATTHEW PELLEGRINO	17th	BRIAN HUGHES	24th
LILI XIE	2nd	JOSHUA GIBSON	7th	JESSE LOCKHART	13th	SHUWEI YIN	18th	BRADLEY LEAR	24th
DIAMOND JONES	2nd	PARIS WILLIAMS	7th	KENNETH BROWN	13th	JOHNATHAN KIM	18th	TRAVIS DELANEY	24th
COSME ROMO	2nd	JEFFREY BROWN	8th	ARIANA CORTEZ	13th	KEVIN BENNETT	18th	STANLEY CANNON	24th
BRANDON WOODSON	2nd	NELSON CARDONA	8th	ALEX MANNING	13th	TREAVOR ELLIOTT	18th	CORTNEY MUMPHREY	24th
ASHLEY LAMAC	2nd	ESTHER ROXAS	8th	CHARLES GERRARD	13th	SAMANTHA WIENIC	18th	KEVIN CUSACK	24th
CHARLES CONKLIN	2nd	AMANDA DAME	8th	MATTHEW COSTELLI	13th	STEVEN FORD	18th	JOSE HERNANDEZ	25th
ANGELA BOSGRAAF	3rd	SEAN STAGEBERG	8th	CODY PALMREUTER	13th	DAVID HOLLOWAY	18th	CORTLEIGH STURDEVANT	25th
JASON VINK	3rd	JUSTIN WELLBORN	8th	JAMIE BERNY	14th	DANIEL SPLINTER	18th	JUSTIN PODDANY	25th
JASON LEACH	3rd	JOEL BELL	9th	GREGORY SIEGMUND	14th	ALBERTO BRUZON	18th	HEIDI DUNLAP	25th
CHRISTEN SEAWRIGHT	3rd	JOHN CROZIER	9th	MICHAEL BASHAW	14th	CHERISE OLIN	19th	DAVID BOBIKEWICZ	26th
TIFFANY ONEALJONES	3rd	KAREN HARGER	9th	YONGQING SHANG	14th	JASON STEINMAN	19th	RAAHSAAAN SHARP	26th
CEDRIC REED	3rd	SHERI RUSSELL	9th	CHRISTOPHER BASTI	14th	TENEA ANDREWS	19th	JT BRYANT	26th
CHRISTOPHER KEARNEY	4th	ODERRIOUS PERRY	9th	SAMETRA BRIGHT	14th	ANTHONY MARTIN	19th	SHANICERAYNELL FLOYD	26th
JUSTIN PELLETIER	4th	TIMOTHY CROWELL	9th	JOSEPH SIMMONS	14th	BRANDON NYBERG	19th	BRIANNA RICH	26th
CHASE JACKMAN	4th	DENNIS CHAVEZ	9th	BRANDAYLE MCGILL	14th	ANTHONY KELLEY	19th	MICHAEL LOUIS	26th
SCOTT GRABON	4th	CHRISTOPHER JONES	9th	SHAKISMATE MCRAE	14th	CHRISTOPHER ZARATE	20th	CASEY GONZALES	26th
ARCHIE MEW	4th	ROSS LEWIS	9th	RYAN ONEILL	14th	DEREK MATTHIAS	20th	STEVEN KOTSOKALIS	27th
FELIX GONZALES	4th	DANIEL ANDERSON	9th	JOSEPH GAUSE	14th	MICHAEL DEME	20th	LIGREGORY CRAWFORD	27th
DARIUS MAGEE	4th	JAY JAY GARLEJO	10th	BRYAN BUCKLEY	15th	MATTHEW CUNNINGHAM	20th	DARIUS BRUNSON	27th
PHILLIP WILLIAMS	4th	GORDON CARLSON	10th	SEAN WRIGHT	15th	DANIEL COX	21st	AMBER REYNOLDS	27th
CODY TAMAIAAN	4th	CRAIG CALDWELL	10th	AUSTIN ISELT	15th	ALLI ALTMAN	21st	BRYSON ROBERTS	27th
VERNE POLAND JR	5th	LASHAYNA THOMAS	10th	JESUS GONZALEZ	15th	JOANNA RIMANDO	21st	MATTHEW YOUNG	28th
AMY CAMPBELL	5th	DAVID ANDERSON	10th	STEPHANIE VANWART	15th	MATTHEW WHEELER	21st	DANIEL HAMILTON	28th
JUSTIN WHITEHEAD	5th	RYAN WOODFIELD	10th	VICTOR ESCAMILLA	15th	BRIAN HUGUENIN	21st	BILL ZHANG	28th
ANTHONY REED	5th	MICHAEL CAIREL	10th	ANTHONY PAGANO	16th	JENNIFER STANFORD	21st	DEWAYNE LEE	28th
ERICA TAPIA	5th	BRIAN SHAW	11th	ANDREW FOSS	16th	STEPHEN HENSON	21st	ANTHONY PICCIRILLI	28th
MATTHEW BLAKE	5th	MICHAEL MARFELL	11th	KENNETH WINBUSH	16th	IAN TALLMAN	22nd	DAMIEN ALBROW	28th
KARA NELSON	5th	ADAM SMITH	11th	CHRISTOPHER NACHREINER	16th	JAMON JEFFERSON	22nd	ADAM RESSUE	28th
STEVEN CUMMINGS	5th	DELANTE SAMPLE	11th	MICHAEL MCCORD	16th	ROBERTO RODRIGUEZ	22nd	JORDAN MORELLI	28th
RAINA YBARRA	5th	ROBERTO RAMIREZ	11th	LATASHA BRITTON	16th	BRANDON MCCARY	22nd	MICHAEL ELLER	29th
COREY SMITH	5th	ALAN SMITH	11th	DEXTER JAMES	16th	THOMAS SWIFT	22nd		

## Making Waves

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6	1	8	9	7	2	3	4	5
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1	9	3	7	5	6	2	8	4
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Hampton Roads' concerts  
heat up the Summer



### Local Events in July

TGIF Downtown-Live  
Friday July 2,9,16,23,30, 2010  
Ocean View Beach Park - July  
27th Annual AT& T Fourth of July Great  
American Picnic & Fireworks  
Sunday July 4th  
The Shore Thing Concert &  
Independence Day Celebration  
Sunday July 4th  
28th Annual AT&T Norfolk  
Jazz Festival July 23rd & 24th  
For more info 757-441-2345 or  
www.festevents.org

**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.

Logos: MVR, NAVY ENTERTAINMENT, 2010 USA Navy Concerts, FREE

**July 7**  
Michael Buble  
Constant Center, Norfolk

**July 10**  
70's Soul Jam  
nTelos Wireless Pavilion, Ports.

**July 10-11**  
The B-52's  
At Busch Gardens

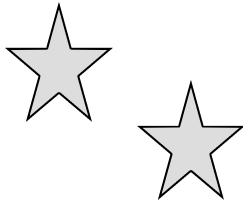
**July 14**  
311 and The Offspring  
Va. Beach Amphitheater

**July 20**  
Dave Matthews Band  
Va. Beach Amphitheater

**July 27**  
Santana with Steve Winwood  
Va. Beach Amphitheater

**July 29**  
American Idol Live  
Va. Beach Amphitheater

For info:  
<http://www.livenation.com/Virginia-Beach-Amphitheater-tickets-Virginia-Beach/venue/8370>  
[www.pavilionconcerts.com](http://www.pavilionconcerts.com)



**Bottom Line  
Up Front**



Shipmates,

Career Development Boards are more critical now than they've ever been in the past. It is the responsibility of our Sailors to ensure they've weighed all their options when making their career decisions.

### Personal Firearms

- BLUF: It's imperative that Sailors who own weapons take their responsibilities seriously. Violations of the personal firearms regulations are subject to the UCMJ.**

NAVADMIN 196/10 announces personal firearms storage in other locations on-base, such as bachelor quarters, automobiles, and work centers, is strictly prohibited.

- BLUF: You must to be physically qualified for promotion and your PRIMA data must be up-to-date.** It is crucial that all Navy personnel maintain personal physical readiness through regular exercise and proper nutrition.

### Social Media in a Disrupted Environment

- BLUF: Facebook and Twitter proved to be invaluable tools for current updates during the Millington flooding. Well done team Millington in your recovery.**

The Millington flood affected all normal communications at Navy Personnel Command, including the NPC Web site. Leadership turned to Facebook as an alternate channel to disseminate information.

### Military Sport Bike Rider Course

- This year there have been nine motorcycle fatalities, eight of them on sports bikes and seven of the Sailors had NOT completed the Military Sport Bike Rider Course. Navy sport bike riders who have completed MSRC are statistically less likely to be in a non-fatal mishap than an untrained rider.

HOOYAH!

MCPON

**Making Waves**



**All events are free to HomePort Hampton Roads Residents**



**Free Bowling  
2nd Tuesday Every month  
Pierside Lanes**



**Residents Appreciation Cookouts**

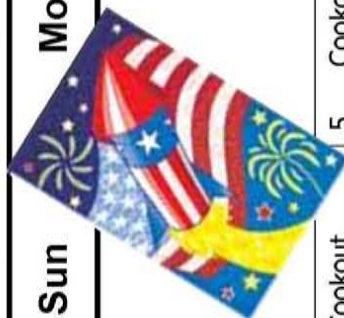




# JULY 2010

**NORFOLK**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4 Cookout Camp Allen by basketball court 5:00 pm <b>Independence Day</b>	5 Cookout Cole Village 11:30 am Cookout U 20 5:30 pm	6 XBOX 360 HALO 3 free food & prizes Bldg U 20 7:30 pm	7 Ladies Yoga Bldg. J 53 3rd floor gym 6:30 pm	8 CA & RAB Meeting Bldg. U 16 3:30 pm	9	10 2 on 2 B - Ball Tournament Bldg. Sp 29 6:00 pm
11 Time TBA Final FIFA 2010 Soccer World Cup Game Bldg. J 53	12 13 Free Bowling Pierside Lanes free pizza, soda PRIZES 6:30 pm	14 Breakfast on the Go! Bldg. U 16 5:00 am	15 Breakfast on the Go! Bldg. U 16 5:00 am	16 Pay Day	17 Spades free food & prizes Cole Village Rec. 8:00 pm	18 WWE Live on Pay Per View Money in the Bank free food Bldg. SP 29 8 pm
19 Cooking 101 Bldg. U 16 free samples 5:30 pm	20 New Resident Mtg. All Bldgs. 7:00 pm Birthday Cards Distributed	21 Ladies Trim & Tone Camp Allen Mid Rise Yoga Center 6:00 pm	22 Ladies Trim & Tone Camp Allen Mid Rise Yoga Center 6:00 pm	23 Pay Day	24 3 on 3 B- Ball & Cookout Mid Rise Court 6:00 pm	25 3 Point Shootout free food & prizes Bldg. NH 156 6:00 pm
26 27 Ladies Scrapbooking Mid Rise Bring 8-10 pictures 7:00 pm	28 Breakfast on the Go! Bldg. NH 141 5:00 am	29 Cooking 101 Bldg. J 53 free samples 5:30 pm	30 Cooking 101 Bldg. J 53 free samples 5:30 pm	31	31	31