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ShamRock N' Roll - The Official Kickoff of the 2010 Festevents Festival Season

Norfolk, VA – Norfolk Festevents kicks off the 2010 season with the return of a **GRAND ST. PATRICK'S DAY PARTY** outside in Town Point Park, **Wednesday, March 17, 2010**, at Towne Bank Fountain Park. St. Patrick's Day was the **FIRST** event produced by Norfolk Festevents in 1983, which has moved to various locations over the years.

"**ShamRock N' Roll**" is **free and open** to the public, with live music by local favorites "**The Deloreans**". Food, beverage, including adult beverages will be available for purchase... The fun continues inside at Waterside with more live music and dancing, along with the Dockmaster's Irish Pub featuring traditional St. Pat's party food and beverages for purchase!

What: ShamRock N' Roll - The Official Kickoff of the 2010 Festevents Festival Season presented by AT&T

When: Wednesday, March 17, 2010; 5pm – 10pm

Where: Towne Bank Fountain Park in Town Point Park, and Inside Waterside, Downtown Norfolk, VA

Admission: Free & Open to the Public



Navy Physical Readiness Test (PRT)

Are you ready?

HomePort Hampton Roads gyms are available twenty four hours a day to fit your schedule. We also have some Yoga and workout dates set. Check our calendar on the back cover for dates, times and locations. Be healthy, happy and fit.

Free Online Tutoring

The Defense Department recently announced a free, online tutoring service for service members and their families.

For Navy personnel the service (Tutor.com) is accessed through Navy Knowledge Online and offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Tutor.com's network includes more than 1,800 professional tutors and career specialists and each tutor is certified through the site, and all sessions are recorded for quality control

This program is provided by the Department of Defense. Authorized patrons include U.S. active duty military service members, U.S. military reservists, U.S. National Guard personnel on active duty in a deployed status and DoD civilians in a deployed status, and their dependents.

More information is available at <http://www.tutor.com/military-programs>.





Three Tips for Faster Walking

Use your toes. Your foot should roll smoothly from heel to toe. Propel yourself forward by pushing off with your back foot. For a more powerful push off, drive your toes back and raise the heel as if you were showing a walker behind you the sole of your shoe.

Pump your arms. You'll get more drive for each stride if you bend your elbow 90 degrees. Pull your elbow back so your hand is by your hip and then let it swing forward in an arc to about chest height. Don't let your arms swing out to the side; it'll slow you down.

Don't over stride. Reaching forward with your front foot slows you down and can lead to a back or hamstring injury. Focus on extending the leg that pushes off behind you and then pull that leg forward once you finish the push off.

To estimate your walking speed, count the number of steps you take per minute (SPM)

- 120 SPM = 3.0 MPH
- 130 SPM = 3.5 MPH
- 140 SPM = 4.0 MPH
- 145 SPM = 4.5 MPH
- 150 SPM = 4.5 MPH
- 155 SPM = 5.0 MPH

I'm prepared for today's workout.

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

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Corned Beef and Cabbage Dinner



INGREDIENTS:

- 3 pounds corned beef brisket with spice packet
- 10 small red potatoes
- 5 carrots, peeled and julienned
- 1 large head cabbage, cut into small wedges

Directions:

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.
2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

Sweet Irish Bread



Ingredients

- 1/4 cup butter
- 1 cup white sugar
- 2 eggs, beaten
- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 pinch salt
- 1 cup sour cream
- 1 cup raisins

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan. Use a glass pan if possible.
2. In a medium bowl, cream together the butter and sugar until smooth. Beat in the eggs one at a time, then stir in the sour cream. Sift together the flour, baking soda, cream of tartar and salt; stir into the sour cream mixture until just blended. Fold in raisins. Transfer the batter to the prepared loaf pan.
3. Bake for 50 to 60 minutes in the preheated oven, or until a small knife inserted into the crown, comes out clean.

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



Director's Corner



2010 Census

Shipmates,

Every 10 years, our Constitution requires the federal government to conduct a census. Census data is used to apportion congressional seats to states or in layman terms it helps determine your representation in Congress. It is also used to distribute more than \$400 billion in federal funds to tribal, state and local governments each year and to make decisions about what community services to provide. It helps decide how the federal funds are spent on things like schools and roads, and where businesses decide to put new stores and factories.

So when you get your census form in mid-March, take about 10 minutes to answer 10 questions. If you are 18 years of age and older, participation in the census is required by law.

2010 Norfolk, VA St. Patrick's Day Parade

The parade route begins at Northside [Middle School](#) on Granby Street (460) and continues toward Tidewater (168), crosses over Tidewater and continues to A View Avenue. At A View Avenue the parade turns left and continues to First View Street and heads back toward Tidewater.

The Parade steps off at 10:00am on March 13, 2010



Did you know?

- **Did you know** 11% of people are left handed
- **Did you know** August has the highest percentage of births
- **Did you know** unless food is mixed with saliva you can't taste it
- **Did you know** the average person falls asleep in 7 minutes

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

COPY RIGHT INFRINGEMENT

It's when an individual downloads music or movies through a site without paying the copy right owner his legal and entitled fee. Each room at HHR has an account number with Cox Cable. **Copy right infringement is illegal and against the law!**

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

Crime Prevention Tip

Now is a good time to mark and inventory your valuables. Etch your driver's license number and state's abbreviation (ex: A11111111-VA). Marking your property DOES NOT lower the value of the item, however it does act as a deterrent to property loss. Laptop computers, Ipods/MP3 players, televisions, DVD's, digital cameras are but a few of the items that should be engraved with an identifiable number. Ensure items are marked in a visible area or in the battery area. Items such as jewelry, paintings and other small valuables should be photographed with a description and value marked on the photo. For further Physical Security/Crime Prevention assistance please contact Lloyd.bynum@navy.mil john.m.peck2@navy.mil or priscilla.cuffee@navy.mil

RESPECT QUOTES

"The first duty of love is to listen."

"Men are respectable only as they respect."

"Treat others as you want them to treat you because what goes around comes around."

"Knowledge will give you power, character earns respect."

"Respect yourself as you would have others respect you."



**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
- Miles Weekly - Bldg. U -16
- John Stokes - Camp Allen
- Joe Mack - Camp Allen
- Raymond Oaks - 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
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 HHR calendar of events on the 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.

HAPPY BIRTHDAY

- Ron Campbell
- Christopher Varney
- Nijah Hems
- Aaron Batchel
- Sarah Shababy
- Dawn Orlando
- Michael Behm
- Jeremiah Cross
- Lin Liu
- Michael Kay
- Scott Slocum
- Tesfa Halstead
- George Rosemon
- Kathryn Carr
- Lawrence Long
- Robert Griffin
- Tyler Rhodes
- Jesus Vega
- Andrew Mix
- David Conner
- Sandra Morgan
- John Maynard
- Jessica Lubis
- Shellian Stephenson
- Ryan Cuppernall
- Milos Todorovic
- Joey Salzman
- Brandy Buffington
- Ryan Macmillan
- Justin Stich
- Nancy Ramirez
- Cameron McDowell
- Daniel Moalem
- Terry Gloster
- Latoya Brown
- Bryce Stevenson
- Lucas An
- Monica Payne
- Mengshi Fu
- Ryan Hoen
- Christopher Altman
- Benjamin Buchanan
- Cole Ratz
- Brandon Mims
- Tyesha Ervin
- Kyle Matson
- Scott Gorman
- Zachary Glaser
- James Rainey
- Brock Howard
- Korey Riddle
- Hugh Lafleur
- Wilfranc Casseus
- John Berger
- Brandon Savage
- Xing Wang
- Ryan Jaynes
- Cory Weiss
- Shandea Edwards



BIRTHDAYS IN FEBRUARY

- Maya Byars
- Roderick Johnson
- Stephen Gerrald
- Shannon Bailey
- Ceslia Holden
- Chad Simmons
- Deandra Gorman
- Tyler Dukes
- Mary Carlton
- Timothy Schenick
- Jeffrey Fentress
- Joseph Berren
- Christopher Church
- Andrew Noffsinger
- Osborn Nesbitt
- David Blake
- Jakarr Greenidge
- James Guerra
- John Martin
- Amber Starkey
- Ashley Tellinghuisen
- Gary Williamson
- Ellen Goupil
- Steven Engel
- Jeffrey Moore
- Christopher Jillson
- Joseph Keahey
- Steven Patch
- Raquel Romero
- Roberto Martinez
- Gabriel Deleon
- Oliver Garcia
- Octavius Little
- Blake Petenbrink
- Zachary Smith
- Alan Lockwood
- Aerial Lucky
- Sean Kohl
- Anthony Schmidt
- Arthur Raff
- Michelle Oconhernandez
- Dean Wefel
- Jesse Alcorn
- Nicholas Stanoch
- Wesley Little
- Dallas Sebra
- Jesse Williams
- Timothy Talley
- Victor Troutman
- Paul McKinney
- Matthew Nolette
- Sean Gage
- Kenneth Dennis
- Christopher Williams
- Kashad Martin
- Chandler Henderson
- Taquandalyn Howard



HAPPY BIRTHDAY

- Sean Barrite
- Samuel Farris
- Modibo Quaye
- Roxanne Sifuenties
- Brian Wojciechowski
- Jeremy Predgen
- Justin Hummel
- Christopher Jackson
- Garrett Dickey
- Adam Stoflet
- Donovin Christian
- Whitney Davis
- Tarek Ferrell
- Cory Woll
- Lawrence Hurd
- Sara McGlocklin
- Nicole Richardson
- William Aponterodriguez
- John Wessel
- Tiffany Bunch
- Charles Langley
- Kyle Hatter
- Neal Price
- Lyndsi Brown
- Jacob Gadowski
- Leonard Johnson
- Kevin Gayeski
- Timothy Seidl
- Mark Hawkins
- Russell Rewis
- Kainen Buch
- Patrick Taraszka
- Ryan Angeles
- Joshua Hernandez
- William Haggard
- Luke Emmanuel
- Travis Griffin
- Courtney Bellamy
- Jasmine Howell
- Rex Barner
- Joseph Hill
- Brittany Clinton
- Alfred Ellis
- Dekivia Walden
- Earl Buckwalter
- Jasarah Greer
- Craig Pitcher
- Dylan Hauptert
- Ashley Vandyke
- Lucio Robles
- Dustin Griswold
- William Graham
- Joshua Fidler
- Jesse Daniel
- Shandera Reynolds
- Seamus Cypher
- Charlisa Farmer
- Dominic Ramon

Military Sport-Bike Rider Course (MSRC)

Is a one-day required for all military personnel riding Sport bikes on or off base and all DoD civilian personnel riding Sport Bikes on base.

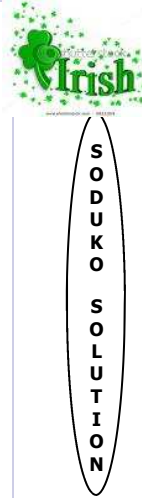
Riders who want to enroll in the MSRC must have completed the MSF Basic Rider Course and be able to provide proof of completion. Riders taking the MSRC must have a valid MC Operator's License, permits will not be accepted. Riders must also bring their MC License, BRC Card, Proof of MC Insurance and MC Registration card with them to the class. The MSRC will satisfy the three year recertification requirement, however

Sport Bike riders are encouraged to complete the course as soon as possible. Our training priorities for the MSRC are:

- Sport Bike riders with one-year or less experience.
- Sport Bike riders under 26 years of age.
- All other Sport Bike riders.

Personnel can enroll in the MSRC through our link to the ESAMS website at: www.navymotorcyclerider.com

2010 MC Safety Training Dates are now available in ESAMS



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

U. S. Navy Slang



Warrant: A warrant officer

Vampire Liberty: A day off for donating blood

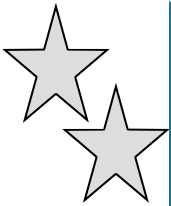
Snivel: To request time off

Smoke Pit: Designated smoking areas

Skivvies: Underwear

Rain Locker: Shower

Short Timer: A Sailor with less than 90 days until discharge or transfer and an attitude to match



I encourage you to take a look and make use of <http://www.navy.mil/mcpon/index.asp> We've put a lot of thought into what is on the site and believe every link and every section is of great value.

Reserve Affiliation — Look Before You Walk

For those who are thinking about getting out of the Navy, take a moment to look at the benefits of continued service in the Navy Reserve. A minimal time commitment earns you a secure retirement pension, medical retirement benefits, extra monthly income, and so much more. Sailors who affiliate with the Reserve can be eligible for bonuses, specialty pays, and mobilization deferment.

Visit the Career Transition Office Web site at www.npc.navy.mil/careerinfo/transition for more information.

HOOYAH Shipmates!
MCPON

Come join the Fun!



**FREE
BOWLING
2ND TUESDAY
EVERY MONTH
PIERSIDE
LANES**



PRIZES

**HOMEPORT
HAMPTON
ROADS**



**LOOK WHO'S ON FACEBOOK
HOMEPORT HAMPTON ROADS**





MARCH 2010



NORFOLK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			