



### May is National Bike Month

### Resident Recognition

HomePort Hampton Roads would like to recognize David Christopher Dawson from the USS Elrod. He has been on active duty since July 2006.

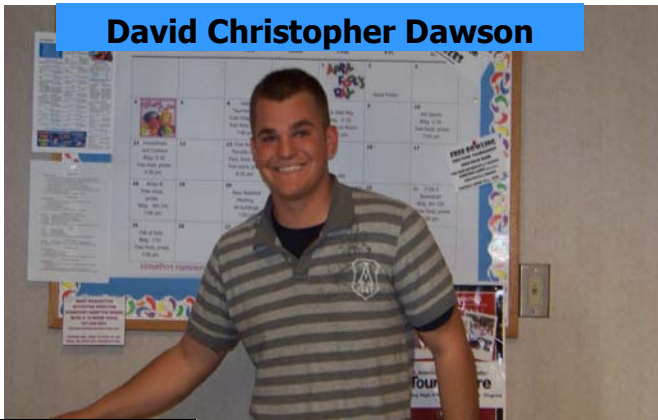
David has been a resident in PPV housing since December 2009 and resides at the Mid Rise in Camp Allen.

His hometown is St. Petersburg, Florida. David has two sisters and one brother. In his spare time David enjoys watching movies and supporting his favorite team the Tampa Bay Buccaneers.

Once David completes his tour in the Navy he plans on going to college to become a Lawyer.

HomePort Hampton Roads wishes you the best.

**David Christopher Dawson**



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### Employee Recognition

HomePort Hampton Roads would like to say thanks to Shalonda Washington in the Leasing department. Shalonda is always busy helping new residents with their leases or informing them about all HHR has to offer.

Shalonda loves to bowl and is always challenging the residents to a game at the free monthly bowling event. Thanks for all your support! Great Job Shalonda!



Disaster Supply Kit

### Hurricane Season is Back

When an emergency strikes, knowing what to do can save time, property and lives. Learn how to prepare and cope with natural disasters.

Have a Plan - what to do, where to go, whom to call  
Communicate your emergency plan with family  
During or following a disaster, the Navy must be informed of your status and needs. The Navy requires you muster or report your whereabouts with your command to ensure all members of the Navy Family are accounted for.

Make a Kit:

- \* Water- at least 1 gal daily per person 3 to 7 days
- \* Food- at least enough for 3 to 7 days
  - non-perishable packaged or can food/juices
  - snack foods - paper plates / plastic utensils
  - non electric can opener - cooking tools / fuel
  - blankets / pillows - clothing seasonal / rain gear
- \* First Aid Kit - medicines / prescription drugs
- \* Toiletries \* Moisture wipes \* Hygiene items
- \* Flashlights \* Batteries \* Fully charged cell phone
- \* Radio - battery operated & NOAA weather radio
- \* Cash (small bills) & credit cards \* Keys \* Games
- \* Vehicle fuel tanks filled
- \* Important documents - in waterproof container
  - insurance, medical records, bank account numbers, Social Security card, etc.

For more information:

Operation Prepare— [www.cnic.navy.mil/CNIC\\_HQ\\_Site/OpPrepare/EPRRKit/EmergencyKits](http://www.cnic.navy.mil/CNIC_HQ_Site/OpPrepare/EPRRKit/EmergencyKits).  
Or [www.hurricane.gov/prepare](http://www.hurricane.gov/prepare)



**Shalonda Washington - Leasing Agent**



# Resident Life



## Baked Beans Recipe

- 1/2lb mild Italian sausage
- 1/2lb hot Italian sausage
- 1 can black beans
- 1 can northern beans
- 1 can Navy Beans
- 1 can Van DeKamps Pork & Beans
- 1 stalk celery
- 1 onion chopped
- 1/4 cup brown sugar



Fry and drain sausage  
Spray casserole dish with Pam for easy cleaning

After sausage is done, combine all ingredients and bake at 350 degrees for 1 hour.

You can use whatever sausage you prefer if you like hot or just mild.

## Easy Microwave Lasagna

- Ingredients: 1/2 lb. ground beef, ground chicken, or ground turkey  
1 (32 oz.) jar spaghetti sauce  
1/2 c. water  
1 1/2 c. Ricotta or cottage cheese  
1 egg  
1/2 tsp. pepper  
8 lasagna noodles, uncooked  
8 oz. Mozzarella cheese, thinly sliced  
1/2 c. Parmesan cheese



Directions: Set power at High. In large glass bowl crumble ground beef. Heat 2 to 3 minutes until beef is browned, stirring once; drain. Stir in spaghetti sauce and water. Combine cheese, egg and pepper. In oblong baking dish spoon 1/2 cup sauce; then alternately layer noodles, egg mixture, Mozzarella cheese and sauce, forming two layers. Heat, covered, 8 minutes at high. Set power at medium low. Heat covered 30 to 32 minutes or until noodles are tender. Top with Parmesan cheese and let stand covered 15 minutes before serving.

## 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.

At that time they will schedule your pre-inspection and your final inspection.

You will be responsible for any damages or cleaning that needs 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.

The leasing office is located in Building U 16 Miller Hall, 1274 Cowan Street.

## Flatter Abs and Stronger Core

**Get off balance.** Anytime you're on an unstable surface—and therefore trying to balance you're developing your core strength.

**Suck it in.** To work your abs even when you're not working out, constantly pull your stomach in to work your transverse abdominus. This improves your posture, so your stomach looks even flatter.

**Sit and Sculpt.** Sit on a stability ball instead of a chair to work your abs all day long. It's a wonderful way to engage your muscles without having to think about it.

**Crunch and twist.** Regular crunches are great, especially if you can lift your feet off the ground and make a 90 degree twist from side to side. Do three sets of 20.

**Ride on.** Do up to 10 minutes of bicycle pedaling in the air while lying on your back to work your abdominals.

**Work your back.** Many people forget that back strength helps support your abs. So do some back extensions on a stability ball. Do as many extensions as regular crunches.

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## Spring Barracks Bash May 5th 6 to 10 p.m.

Inside gate 3A at the field west of Wall Manor  
across from Schamberger Hall



# Director's Corner



Shipmates,

Where does the time go? The first quarter of 2010 is over and it seems like just yesterday we were celebrating the arrival of the New Year!

We try and keep the newsletter a constant work in progress so if there is something you would like to see added please let us know. Your feedback is always welcome. Our goal is to try and get you as much information as possible to help you both professionally and personally. MCPON's Bottom Line Up Front (BLUF) always has information to help keep your naval career on the proper course.

Mary is going to make sure you have plenty of options on how to spend your free time. So whether it is with us or at one of the various MWR facilities on base you can't beat the price; FREE! Take advantage of the fitness rooms at our locations because we feed at all activities and don't want to be the cause of poor PRT results.

For those of you just checking in Welcome and for those who will depart us during the month of May, Fair Winds and Following Seas.

## Did you know?

\*\*\*\*\*

- **Did you know:** When a coffee seed is planted, it takes six years to yield it's first consumable fruit.
- **Did you know:** The common goldfish is the only animal that can see both infra-red and ultra-violet light.
- **Did you know:** A-1 Steak Sauce contains both orange peel and raisins.
- **Did you know:** There are almost twice as many people in Rhode Island than there are in Alaska.
- **Did you know:** If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

## 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 1st floor by the elevators.  
Temporary hours are: 1500 to 0730 7 days a week.  
Contact number is: 757-270-0011  
Security - 757-592-5841 M-Thurs 4 pm to 7:30 am  
Weekends - Fri 4 pm to Mon 7:30 am



## 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 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

**Noise Levels**

Excessive noise which disturbs others is not permitted.

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.



**Littering**

We all want to live in a clean and attractive community. The HHR staff is working hard to keep the facilities in excellent condition. We ask all HHR residents to help by not littering. Please place all trash in proper receptacles both inside and outside the buildings.

We all deserve a clean place to live.



**Smoking**

HHR facilities are 100% non-smoking facilities. Smoking is strictly prohibited at all times in the following areas:

- Inside all Apartments
- Inside all common areas, interior and exterior
  - Inside stairwells and landings
  - All exterior recreation areas.

Smoking is permitted outside, at least 50 feet away from any building, if the smoke does not bother others. Smokers must properly dispose of all smoking materials in the proper receptacles, not on the ground.

**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
- Michael Malig - Bldg. J-53
- Patrick Reynolds - Bldg. J 53
- Jackie Ramey - Bldg. U-16
- Patricia Dennis - Bldg. U-16
- Lyle Treese - Bldg. U 16
- Brian Roberts - 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.

HAPPY BIRTHDAY

DAVID GRAJALES	1-May
SARAH COTTON	1-May
JASON MCCONNELL	1-May
KLYE TUTEN	1-May
PHYLLIS BRAYDICH	1-May
JILLIAN SMALL	1-May
ANDREW PECK	1-May
JOHN PARRIS	2-May
TASHINA ROGERS	2-May
TRACY ALDRICH	2-May
JAMES RUTHERFORD	2-May
JELANI WALTON	2-May
RANDAL FISHBURN	2-May
LESLEY RODRIGUEZ	2-May
MELESIA ROBINSON	2-May
JOSEPH TURNER	2-May
JACOB ALDACH	2-May
HEATHER MOORE	2-May
ALEXANDRA DESILVA	2-May
LEANDRO LARGAESPADA	3-May
JUSTIN FITZGERALD	3-May
ANTHONY BROOKS	3-May
ERIC LAMY	3-May
STEVEN PHALEN	3-May
SCOTT BAILEY	4-May
PATRICK DOCKERY	4-May
JOHN BUSCH	4-May
JENNIFER WHEELER	4-May
MATTHEW KLEIN	4-May
MICHAEL SCOTT	4-May
PHILLIP SPARROW	5-May
CHAKHANDRA GREENE	5-May
SHATARA LEE	5-May
ANTONIO SAIZ	5-May
NICHOLAS STANDISH	5-May
TERI MCDONALD	5-May
JOSHUA HULS	5-May
MARCEARLSTON SAMUELS	5-May
MANUEL COLON	5-May
JOE GOOD	6-May
DEXTER HOWARD	6-May
ADRIAN WATSON	6-May
RANDALL WALTHER	6-May
ERICA MCDONALD	6-May
JUSTIN ZEIBA	6-May
JOREL NEVILLE	6-May
KASMIRA POPE	7-May
CODY MOSS	7-May
JAMES COLLINS	7-May
JAREN BRIGGS	7-May
SHAUN HARTFIELD	8-May
TIFANI DIAZ	8-May
BRIAN TURNER	8-May
JOSE GUTIERREZ	8-May
JESSE GRAY	8-May
GEORGE SHELTON	8-May
NICHOLAS STROUP	8-May
ROBERT RATLIFF	9-May



BIRTHDAYS IN MAY

MICHAEL WATSON	9-May
DARYL VANDERWOON	9-May
PEDRO MARTINEZ	9-May
JASON DESHEILDS	9-May
NICHOLAS STARK	9-May
KYLE REED	9-May
BENJAMIN MCDOWELL	10-May
CATHERINE CORCHADO	10-May
DAMIAN LINARES	11-May
RALPHEAL JOHNSON	11-May
ZACARY BREMAR	11-May
ANTHONY KOLDASH	11-May
KEESHA PETTY	11-May
MITCHELL BOLD	11-May
MICHAEL BAKER	12-May
MITCHELL TILLOTSON	12-May
AVERY ULMER	12-May
MICHAEL HART	12-May
TANEISHA RICHARDSON	12-May
JEROY WILLIAMS	12-May
JEREMY BALL	12-May
SAMANTHA MARTIN	13-May
ANTHONY MEANS	13-May
ASHLEY NEWSOME	13-May
DAVID PONCE	13-May
JARRET RODGERS	13-May
ROBERT ALLEN	13-May
BLAKE GRAHAM	13-May
ROBERT SIEWERS	14-May
NICOLE CULBERT	14-May
JOHN MYRICK	14-May
ANGELAMAE FERNANDEZ	14-May
BRIAN BARNETT	14-May
ASHLEY SEVERE	15-May
JUAN ABREU	15-May
MIKCO BARKSDALE	15-May
PATRICK FRAZIER	15-May
JIMMY WILLIAMS	15-May
TREVOR DONNELLY	15-May
JESSICA SAMPSON	16-May
JOSEPH RICCI	16-May
MICHAEL JACKSON	16-May
IESHA REEVES	16-May
CRISTINA BOLDUC	16-May
JING ZHU	16-May
KEVIN JACK	17-May
ALEX BURGOS	18-May
SELENA CLEMENTS	18-May
BRANDON HAWKINS	18-May
ZACARY WOOLBOY	18-May
RENATO ORDONEZ	18-May
ISAAC MORFIN	18-May
WHITNEY PAIGE	18-May
MICHAEL NEAL JR	18-May
DAVID LYONS	18-May
PETER YARINGTON	18-May
BRADLEY FRYMAN	19-May
JEFFREY HIGGS	19-May



HAPPY BIRTHDAY

XENISHA LOUIS	19-May
WENDY WALLA	19-May
DANIEL BOSTEL	19-May
DIOH VALENTINE	20-May
JOSEPH LOPEZ	20-May
ELIZABETH COZART	20-May
DAVID COPELAND	20-May
JODY POWELL	20-May
JAMES LEE	20-May
MITCHELL BURDICK	20-May
HECTOR MEDINA	21-May
MICHAEL AYCOCK	22-May
ANDRE PRIMES	22-May
ROSA GARCIAREYES	22-May
JESSE MILES	22-May
CHRISTOPHER ROCCO	23-May
ALANDO CHAMBERS	23-May
STORMY DOUGLAS	23-May
NICOLE SPRIGGS	23-May
ALPHONSO MILLER	23-May
LESLIE RAMER	24-May
ALEZANDER RENNIE	24-May
JUSTIN WILTH	24-May
VANESSA GARCIA	24-May
SHAWN BURDEN	24-May
LINDSAY YOUNG	24-May
REX SANGRONES	24-May
JOHN LOPES	25-May
DONALD LINDSEY	25-May
BRYAN FEDERER	25-May
JAUHARI LEE	25-May
JOSHUA BURNETT	26-May
RACHEL WEGENAST	26-May
THOMAS DELGATTO	26-May
JOSHUA LEWIS	27-May
JAMES HAWKINS	27-May
JOEL TRONCOSO	27-May
COLEEN KELLEY	27-May
MEAGAN BRAY	28-May
PHILLIP WEINER	28-May
LEWIS FILLYAW	28-May
HORATIO CAMPBELL	28-May
JEREMY LEDESMA	29-May
SHERIN ASAMOS	29-May
ANTHONY DUBE	29-May
KELLY O'DONNELL	29-May
DAVID JABER	30-May
JONATHAN BURHMAN	30-May
ADAM WEHMAN	30-May
KEVIN O'DONNELL	30-May
KELLY EWELL	30-May
TIMOTHY GATHERS	30-May
GABRIELLE JOHNSON	31-May
RICHARD CASEY	31-May
DEVADOSS RABINDRANATH	31-May
JEFFERY TAYLOR	31-May
KATHALEEN VINASCO	31-May
DESTINY JOHNSON	31-May

### **Attention Residents**

With the warmer weather approaching our pools will be opening soon. Watch for flyers with details. We are planning more outdoor events such as Basketball, Volleyball, Horseshoes and Cookouts.

All events are free, we provide free food and 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.

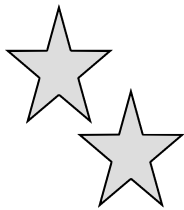
Come out for a few hours and meet your neighbors. We look forward to seeing you at the events.

Mary McQuesten  
Activities Director



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

**Sudoku Solution**



#### **1. Performance Evaluation Rejection Policy Adjustments**

Record accuracy is ultimately the individual's responsibility. The CoC must ensure timely and accurate performance evaluations are submitted.

For more detailed information concerning rejected performance evaluations, access the frequently asked questions at: <http://www.npc.navy.mil/careerinfo/performanceevaluation/faq.htm>

#### **2. Verification of Medical Readiness Online**

Medical readiness equals mission readiness. Do your part and stay on top of your medical readiness so you are an asset to your command and Navy.

To view medical readiness status, visit <http://www.bol.navy.mil> and select the IMR Status link under the BOL application menu.

#### **3. Nation Resource Directory**

This Web site is a collaborative effort between the DoD, VA and Department of Labor and is a great resource for wounded warriors, veterans, family members and caregivers in a single, searchable site.

Visit the site at [www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov)

Hooyah Shipmates  
MCPON



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



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

**PRIZES**




**HOMEPORT HAMPTON ROADS IS NOW ON FACEBOOK**



# MAY 2010

**NORFOLK**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 <b>Spring Barracks Bash</b> <b>May 5th 6 to 10 p.m.</b> Inside gate 3A at the field west of Wall Manor across from Schamberger Hall	4	5  Breakfast on The Go! Bldg. U 16	6	7	8 3 on 3 Basketball/Cookout Bldg. U 16 12:00 pm
9 Horseshoe & Free Cookout Bldg. NH 142 4pm <b>Mother's Day</b>	10 11 Free Bowling Pierside Lanes Free Pizza, prizes 6:30 pm	12 Breakfast on The Go! Bldg. NH 141	13 CA/RAB Mtg. Bldg. U 16 3:30 pm	14	15 Pay Day	22 Wii Bowling free food / prizes Bldg. NH 156 7:00 pm
16	17 18 New Resident Meeting All buildings 7:00p	19 Breakfast on The Go! Bldg. Sp 29	20 Cooking 101 Bldg. J 53 QD 5:30 pm	21	29 <b>Pool Opens this Weekend.</b> Watch for notices.	29 Cookout Cole Village 4:00 pm
23 Volleyball and Cookout free food / prizes Bldg. Sp 29 4:00 pm	24 25	26 Breakfast on The Go! Bldg. U 20	27	28		
30	31 Memorial Day 