



Resident Recognition



HomePort Hampton Roads would like to recognize Jason Perreault from HSC-26. Jason has lived with HHR for two years and recently transferred to the Camp Allen Mid Rise property where he is very happy.

Jason is from Mooresville, NC and has one sister. He wants to attend college and become a mechanical engineer. In his spare time he likes to participate in paintball wars, skiing and mountain biking. Jason's favorite sports team is the UNC Tar Heels.

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

Jason Perreault



Why People Who Gossip Lose

The happiest people spend two-thirds less time in small talk and have twice as many substantive conversations as less joyful folks reported researchers. Those having deeper conversations socialized more and watch TV less than habitual chitchatters. "Meaningful connections with other people are an important part of happiness, says Siminie Vazire, Ph.D. You don't have to start a conversation about the Mideast conflict or the meaning of life on your Monday morning coffee break. But for a few days, instead of gossiping, try sharing information or an opinion on something you care about and see if it lifts your mood.

37th ANNUAL VIRGINIA BEACH NEPTUNE FESTIVAL

Sept. 24th - **Art and Craft Show** @ Ocean Front
Fri. noon-7p.m., Sat. 10am-7pm, Sun. 10am-6pm

Sept. 24th - **North American Sandsculpting Championship**
5th - 10th Streets
Fri. 8am-2pm, Sat. 9am-1pm, Sun. 8am-2pm

Sept. 25th - **Surfing Classic** 8:00 a.m. - 6:30 p.m.
8th Street, Virginia Beach

Sept. 25th - **Volleyball Tournament** 9:00 a.m.
32nd - 36th Streets, Virginia Beach

Sept. 25th - **GRAND PARADE** 11:30 a.m. - 1:00 p.m.
Oceanfront 16th to 32nd Street

Sept. 25th - **Fireworks Extravaganza** 9:00 p.m.
14th Street Pier, Virginia Beach Oceanfront

Employee Recognition

HomePort Hampton Roads would like to say thanks to Katrina Thomas in the Maintenance Department. Katrina has two brothers and one sister. She has been married for nine years and has two daughters and one son as well as several grandchildren. Hometown is Hampton, VA. She spends her free time with her grandbabies. Katrina takes great pride in her work and is always busy helping residents with concerns and Work Orders. Katrina having been in the Navy herself understands what it means to relax at home and she strives to provide the best service to all residents.

Thanks Katrina, Great Job!

Katrina Thomas



- 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

Hot-Cha-Cha Shrimp

- 3/4 lb. raw extra-large shrimp, peeled, deveined, tails on
- 3 Tbs. olive oil, divided
- 1/2 small onion, chopped (about 1/4 cup)
- 1 Tbs. chopped garlic
- 1 can (14.5oz) diced tomatoes with Italian seasoning
- 1/2 cup white wine or chicken broth
- 1 tsp. crushed red pepper flakes
- 1 Tbs. lemon juice
- 1/2 cup chopped scallions
- 2 Tbs. chopped fresh parsley
- 1 Tbs. fresh basil
- 2 tsp. fresh oregano



1. Season shrimp with salt and pepper. In medium skillet over medium-high heat, cook shrimp in 2 Tbs. olive oil 4 minutes or until shrimp turn pink, stirring occasionally. Set aside.
2. In same skillet, cook onions in remaining olive oil 2 minutes or until tender. Add chopped garlic. Cook 30 seconds. Stir in diced tomatoes, white wine and red pepper flakes.
3. Increase heat to high; bring to a boil. Reduce heat to medium; let simmer 5 minutes. Stir in shrimp, lemon juice, scallions, parsley, basil and oregano. Cook 2 minutes, or until shrimp are heated through. Serve with crusty bread, if desired. Garnish with lemon wedges. Per serving: Cal. 277, Pro. 20g, Carbs. 15g, Fiber 3g, Chol. 129mg, Sod. 602mg, Total fat: 12g, Sat. 2g, Trans. 0g

Hungry Girl's Ab-Fab Artichoke Crab Dip

- 1/2 cup fat-free cream cheese
- 2 wedges the Laughing Cow creamy Swiss cheese
- 1 (14 ounce) can artichoke hearts, drained and chopped (see note)
- 8 ounces (about 1 1/2 cups) roughly chopped imitation crabmeat or high-quality real crabmeat
- 1/2 cup fat-free sour cream
- 1/ teaspoon chopped garlic
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper, or more to taste
- 1/8 teaspoon salt, or more to taste
- 1/8 teaspoon cayenne pepper, or more to taste
- 2 tablespoons reduced-fat Parmesan-style grated cheese

Place cream cheese and cheese wedges in large microwave-safe bowl. Microwave for 30-45 seconds until soft. Stir until blended. Add all other ingredients except Parmesan-style cheese to the bowl. Mix thoroughly. Microwave for 1 minute. Stir well. Top with Parmesan cheese and microwave additional 1 minute or until dip is warm. Yield: 8 servings.

Approximate nutritional values per 1/3 cup serving: 79 calories; 1.5 grams fat; 556 milligrams sodium; 9 grams carbohydrates; 0.75 grams fiber; 3.5 grams sugars; 6.5 grams protein.

Easy Organizing

- **KEEP** an envelope tacked to the bulletin board to stash coupons, gift certificates, or other money-savers you might need to grab on your way out the door, saving you cash without costing you that other valuable asset-time.
- **TOSS** one thing for every new item you bring in. When you've got this much coming in and out, it's easy to have papers (and whatever else) pile up.
- **KEEP** a trash can or recycling bin close by (or even better, a paper shredder) for all the mail and papers you've dealt with-or already know are junk. When possible, sign up for online opt-outs like electronic billing.
 - Take advantage of e-minders, online shared calendars.

U.S. Navy Trivia



- How long did the Nimitz go between its launch and its first refueling?
- What boat did John F. Kennedy command during WWII?
- What was the first U.S. nuclear submarine?
- What is the oldest commissioned U.S. Navy ship?
- Who was the 'father' of nuclear propulsion in the U.S. Navy?

COTF Parking Lot Policy

Command Location

Diven Arch, located across from Camp Allen Property

1. Parking only for COTF Staff.
2. 1st Violation: Issue DOD Ticket AND remove base decal date. Will force vehicle owner to go to Pass & ID office to get on base.
3. 2nd Violation: Issue DOD Ticket, remove base decal date and have vehicle towed. CMC will contact the parent command CMC.
4. 3rd Violation: Issue DOD Ticket, remove all the base decals and have vehicle towed. Third ticket will ensure owners driving privileges are suspended for at least 90 days. If possible, ID owner via DOD Decals and/or PPV sticker. Initiate a formal report chit so I can forward to the parent command CO recommending NJP/disciplinary action for disobeying a lawful order.

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





Director's Corner



Vandalism Concerns

My number one concern is the safety of you the resident. While we have 24 hour service desks and a security rover in the evenings and on weekends, we continue to struggle with vandalism and total disregard for the safety of others. I did not budget for vandalism, so when we have to keep fixing or replacing broken lights, fire extinguishers and wall repairs, items such as larger refrigerators, new mattresses and other furniture items aren't affordable anymore.

One metric of interest...**residents' guests and vandalism go hand and hand!** Those individuals caught for vandalism and turned over to the police were guests of the residents. So think about who you invite over and how their actions can affect your future quality of life improvements.



Shipmates,

Here in D.C. we recently meritoriously advanced our four Sailors of the Year to Chief Petty Officers at a ceremony held at our Navy Memorial and Naval Heritage Center wrapping up the Navy's Sailor of the Year Recognition Week.

I am very proud and honored that for the first time in history all four of our SOYs are women and I would like to congratulate them again on their outstanding achievements:

- HMC(SW/AW) Ingrid J. Cortez, 2009 USFF Sea Sailor of the Year;
- OSC(SW) Samira McBride, 2009 U.S. Pacific Fleet Sea Sailor of the Year;
- HMC(SCW) Shalanda L. Brewer, 2009 Navy Reserve Sailor of the Year;
- CTTC(SW/AW) Cassandra L. Foote, 2009 CNO Shore Sailor of the Year.

Post 9/11 GI Bill Service Obligation Requirement

BLUF: You must understand the guidelines for transferability of the Post 9/11 GI benefits in order to successfully transfer your benefits.

Navy Personnel Command reports a 25-29 percent rejection rate for requests to transfer the Post 9/11 GI Bill benefits to family members. Sailors need to understand transferability guidelines regarding Obligated Service (OBLSERV) commitment. For more detailed information, please review [NAVADMIN 203/09](http://www.npc.navy.mil/CareerInfo/Education/GIBill/Post_9_11.htm) and/or visit the Post 9/11 GI Bill NPC page at http://www.npc.navy.mil/CareerInfo/Education/GIBill/Post_9_11.htm

Understand What it Takes to Get Advanced

BLUF: Sailors who earn a good promotion recommendation on their evaluations and who score well on the advancement exam have the greatest opportunity to advance to the next paygrade.

In each enlisted rating, Sailors are rank ordered by their Final Multiple Score (FMS). Passed not advanced (PNA), awards, service in paygrade (SIPG) and education points contribute to the FMS, but it is the individual performance and exam score which have the greatest impact on FMS.

HOOYAH!

MCPON

Safety Driving Tip

Recently several vehicles have been stopped by the Norfolk Police and NSA Security for speeding on the main streets of Family Housing and HomePort Hampton Roads single Sailor Housing. It is important to adhere to the posted speed limit signs to prevent the possible risk of injury to yourself and others.



Have you forgotten...

Making Waves

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

Twenty Six Years
PT-109
USS Nautilus
USS Constitution
Admiral Rickover



Drive Down Car Costs

Transportation-related expenses account for 17 percent of what the average household spends in a year. Don't leave your cash in the dust:

SLOW DOWN! Driving at 65 mph uses 15 percent more fuel than driving at 55 mph - that can be like adding 40-plus cents per gallon to the price of gas.

KEEP WHEELS FROM TIRING Have them rotated every six months (or 6,000 miles) to distribute wear evenly. This occasional \$25 (plus a monthly inflation check) could double your tires' life.

BE SLICK ABOUT OIL Some quick-lube places recommend an oil change every 3,000 miles, but most cars only need one every 5,000 to 7,500 miles-a savings of up to \$360 over five years. Look at the manual for the manufacturer's recommended oil-change interval so you don't violate the terms of your warranty.

KNOW THAT CLEAN SAVES GREEN At your next inspection, ask if the oxygen sensor is working properly. If not, a new one can improve mileage up to 14 percent.

**HOMEPORT HAMPTON ROADS
Community Assistants**

- Kurt Jefferson - Newport News
- Chris Nailon - 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



NOTICE



**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
Camp Allen 757-233-3302 / 228-5232

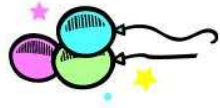
LEASING
Holley Ayres - Leasing Manager
Bldg. Miller Hall (U 16)

1274 Cowan Street
757-402-4247 / 4248 / 4256
Mon & Fri 0730-1600
Tues 0730 - 1700
Wed 0730 - 1800
Thurs 0730 - 1730
Sat 0800 - 1200

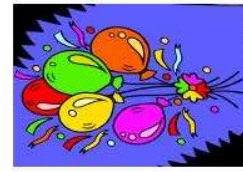
SECURITY
U-16, U-20, SP-29
757-592-2248

Monday - Thursday 1600 - 0730
Friday 1600 to Monday 0730

Check out calendar of events back cover.
**Resident Advisory Board Meeting is the
2nd Thursday of the month at the
Mid Rise 1st floor classroom - 1600**
What would you like done?
Ideas & Suggestions welcome.



SEPTEMBER Birthdays



Renne Issawi	1-Sep	Alfredo Vega	6-Sep	Alexander York	11-Sep	Victor Aguilar	15-Sep	Thomas Sexton	20-Sep	Holly Layne	25-Sep
Talaura Gaddy	1-Sep	Kasey Krall	6-Sep	Rashaun Pearsall	11-Sep	Scott McDaniel	15-Sep	Kasey Brown	20-Sep	Charles Stull	25-Sep
Cameron Horvath	1-Sep	Andrei Moldovan	6-Sep	Justin Arnold	11-Sep	Michael Tolliver	15-Sep	Marcus Hayward	20-Sep	David Allred	25-Sep
Kristina Milon	1-Sep	Andre Wilson	7-Sep	Thomas Robertson	11-Sep	Cameron Janssen	15-Sep	Justin Delosreyes	20-Sep	Michal Ashbaugh	26-Sep
Justin Woodard	1-Sep	Keith Bailey	7-Sep	Marquis Hooper	11-Sep	Brandon Hogan	15-Sep	Christian Eddings	21-Sep	Nathan Smith	26-Sep
Lisandro Matos	1-Sep	Jacob Johnson	7-Sep	Aaron Nieland	11-Sep	Joel James Babino	15-Sep	Erick Diaz	21-Sep	Trisha Carrasquillo	26-Sep
Thomas Sibe	2-Sep	Joshua Parker	7-Sep	Zacarias Delacruz	11-Sep	Rico Cintron	15-Sep	Luis Garza	21-Sep	Lloyd Cleckley	26-Sep
Tavarus Flowers	2-Sep	Isaacs Kaiser	7-Sep	Rickie Livingston	12-Sep	Clara Clements	15-Sep	Joseph Ragsoa	21-Sep	Laquisha Walker	27-Sep
Nicholas Axley	2-Sep	Rex Allen	8-Sep	Steven Vier	12-Sep	Matthew Burke	15-Sep	Horus Hunter	21-Sep	Corey Henry	27-Sep
James Maroney	3-Sep	Paul Bradley	8-Sep	Fairren Foreman	12-Sep	Kristopher Knutsen	16-Sep	Kelon Wesley	21-Sep	Benjamin Ferguson	27-Sep
Natarious Coleman	3-Sep	Matthew Gilbert	8-Sep	Ignacio Landavazo	12-Sep	Owens Keys	16-Sep	Joshua Downing	21-Sep	Vianney Carrillo	27-Sep
Christopher Dixon	3-Sep	Nestor Noyolaruiz	8-Sep	Shane Brockmann	12-Sep	Heaven Lawrence	16-Sep	Randy Wright	21-Sep	Robert Noli	27-Sep
Daniel Hansen	3-Sep	Jose Soriaavila	8-Sep	Charles Clements	12-Sep	Edwin Atkins	16-Sep	Jacky Jang	21-Sep	Miguel Velez	28-Sep
Michael Campagna	4-Sep	Naomianelapume Layco	8-Sep	Jamie Kenney	12-Sep	Suiwen Hu	16-Sep	Jeffery Larson	21-Sep	Christopher Logan	28-Sep
Luke Galbantullar	4-Sep	Ryan Lozano	8-Sep	Ashley Raiter	13-Sep	Conrad Schanze	16-Sep	Justin Brown	22-Sep	Saleem Wanamaker	28-Sep
Leonard Cornelius	4-Sep	Brooks Patton	8-Sep	Jorge Vacca	13-Sep	Cliffon Elliott	16-Sep	Todd Shaffer	22-Sep	Andrew Fried	28-Sep
Katie Heilmann	4-Sep	Brandon Lockett	8-Sep	Joel Acevedocedeno	13-Sep	Graham Nelsen	17-Sep	Timothy Hoopsteden	22-Sep	Linh Dong	28-Sep
Robert Fray	4-Sep	Pauline Raymundo	8-Sep	Dustin Collard	13-Sep	Richard Kellen	17-Sep	Dennis Whaley	22-Sep	Mike Rodriguez	29-Sep
Zachary Williford	4-Sep	Virginia Jones	8-Sep	Joseph Kotalik	13-Sep	Trojan Cavaby	17-Sep	Monica Mitchell	22-Sep	Derrien Saxton	29-Sep
David Chamberlain	4-Sep	Eric Ashford	8-Sep	James Matthews	13-Sep	Chelsea Winters	17-Sep	Matthew Moy	22-Sep	Lonnie Hunter	29-Sep
Marquis Jones	4-Sep	Dominique Masonet	9-Sep	Bill Boat	13-Sep	Jessica Echerri	17-Sep	Rahnisha Rookard	22-Sep	Raine Tafaya	29-Sep
Meagan Morrison	4-Sep	Daniel Green	9-Sep	Joshua Odgetree	13-Sep	Jason Malone	17-Sep	James Surago	22-Sep	Sara Marie Hellam	29-Sep
Skyler Thatcher	4-Sep	Brendon Oconnell	9-Sep	Justin Bradley	13-Sep	Wade Tyler Smith	17-Sep	Eric Megargel	23-Sep	Harold Brooks	30-Sep
Nicholas Sorrell	4-Sep	Juan Perez	9-Sep	David Dumas	13-Sep	James Kauffman	18-Sep	Alberto Mireles	23-Sep	Patrick Sullivan	30-Sep
Isaiah McClary	5-Sep	Ruel Javillonar	9-Sep	Andrew Birtwisite	13-Sep	Jeremy Shank	19-Sep	Richard White	23-Sep	Rory Erhardt	30-Sep
Dwanise Harris	5-Sep	Isaac James	9-Sep	Delvin Morales	13-Sep	Adam Blackwell	19-Sep	Leigh Smith	23-Sep	Derrek Way	30-Sep
Ashley Lancaster	5-Sep	Tyson Hubbard	9-Sep	Billy Burns	13-Sep	Christopher Major	19-Sep	Chelsie Newsom	23-Sep	Anastasia Reuwer	30-Sep
Satar Salararabi	5-Sep	Christina Harland	9-Sep	James Mara	13-Sep	Jared Hanschu	19-Sep	Steven Drake	23-Sep	Kristin Miller	30-Sep
William Flores	5-Sep	Fai Meng	9-Sep	Abel Galvan	14-Sep	Michael Queen	19-Sep	Kem Watson	23-Sep	Ariel Jackson	30-Sep
Alyse Hamilton	5-Sep	William Williams	9-Sep	Ashton Scarborough	14-Sep	Jason Mink	19-Sep	Lawrence Brooks	24-Sep	Matthew Corblith	30-Sep
Anthony Williams	5-Sep	Price Rochelle	9-Sep	Benjamin Morland	14-Sep	Willy Andujar	19-Sep	Michael Monteton	24-Sep	Aaron Vance	30-Sep
Sean Sedgeman	5-Sep	Frank Young	10-Sep	Nicole Langerman	14-Sep	Jonathan Doty	19-Sep	Bryan Sullivan	24-Sep	Tray Bynam	30-Sep
Robert Jonesbest	6-Sep	Blain Goley	10-Sep	Brian Couplin	14-Sep	Samantha Woods	20-Sep	Forrest Commander	24-Sep		
Crystal Johnson	6-Sep	William Wagner	10-Sep	Levi White	14-Sep	Ian Lee	20-Sep	Matthew Johnson	24-Sep		
Shane McIennen	6-Sep	Cassandra Hummermeyer	10-Sep	Zachary Vneski	14-Sep	Curtis Pavlik	20-Sep	Abby Haynes	24-Sep		
Erica Manasala	6-Sep	Jesse Smith	10-Sep	Michael Cherry	14-Sep	Todd Atkins	20-Sep	Stephanie Burnett	25-Sep		
Corelius Bynum	6-Sep	Matthew Randol	10-Sep	George Clarke	14-Sep	Jessica Braun	20-Sep	David Holloway	25-Sep		
Louis Omos	6-Sep	Salvador Grateda	10-Sep	Xavier Thomas	14-Sep	Kelvin Perkins	20-Sep	Salud Valdezperez	25-Sep		
John Grady	6-Sep	Alex Ganze	10-Sep	John Hart	14-Sep	Jonathan Spence	20-Sep	Peter Colon	25-Sep		
David Ingram	6-Sep	Kalab Allen	10-Sep	Mikerson Luma	14-Sep	Frederick Cobbin	20-Sep	David Cardoza	25-Sep		

Making Waves



**Friday
September
17th,**
5:30 p.m.
**Saturday &
Sunday
September
18th & 19th**
10:00 a.m.
Admission &
Parking is free

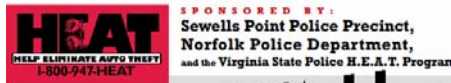
Admirals Hockey is Back!



Friday, Oct 1 2010
Admirals vs.
Charlotte Checkers
7:15pm



ALL affiliate of the
Carolina Hurricanes



SPONSORED BY:
Sewells Point Police Precinct,
Norfolk Police Department,
and the Virginia State Police H.E.A.T. Program

FREE VIN Etching

DATE: Fri., October 1, 2010
TIME: 1100 - 1500 hours
WHERE: Main Gate Movie Theater
Across from NEX, Norfolk

Verizon Wireless American Music Festival

September 3rd thru 5th 2010

Friday, September 3, 2010

5th St. Main Stage (\$10 Adv./ \$15 day of show)
The Village People - 8:15 P.M.
Gloria Gaynor - 9:45 P.M.
17th Street Stage
Foghat - 9:30 P.M.

Saturday, September 4, 2010

5th Street Main Stage
Chicago - 8:45 P.M.
31st Street Stage
The Grass Roots - 8:00 P.M.
The Turtles - 9:30 P.M.

FIREWORKS to follow

Sunday, September 5, 2010

5th Street Main Stage
Pat Benatar - 7:15 P.M.
REO Speedwagon 9:15 P.M.
FIREWORKS to follow



September Concerts

Billy Idol - Sept 1st
NTELOS Pavilion, Portsmouth

Deftones - Sept 2nd
Norva, Norfolk

Lady Antebellum - Sept 3rd
NTELOS Pavilion, Portsmouth

Thirty Seconds to Mars - Sept 3rd
Norva, Norfolk

Tears for Fears - Sept 4th
Norva, Norfolk

Public Enemy - Sept 9th
Norva, Norfolk

Slash - Sept 18th
Norva, Norfolk

Sugarland - Sept 24th
Va. Beach Amphitheater

Bruce Hornsby - Sept 25th
Sandler Center, Va. Beach



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

Sudoku Solution



Secrets to calm energy

1. Giggle - helps the brain and muscles soak up energy.
2. Fake a yawn - eases stress and increases alertness.
3. Gab with a friend - elevates brain levels of oxytocin, that reduces sluggishness.
4. Sip mineral water - regain that get up and go.
5. Massage your ears - reduces fatigue.
6. Peel an orange - can cut down drowsiness.
7. Chew peppermint gum - help make you feel alert, awake.
8. Belt out a song - a surge of relaxed energy.
9. Doodle - revs mental energy and focus.
10. Take a break - walk outside for an energy boost.
11. Put on sunny colors - revs energy and alertness.
12. Nosh on nut butter - stabilize blood sugar, stay focus.
13. Feel the breeze - to reduce sluggishness.
14. Pace during calls - doubles your energy levels, boosts the flow of oxygen-rich blood to brain and muscles cells.
15. Wiggle your toes - helps to energize.
16. Snack on a super fruit - dried plum are packed with anti-oxidants which boost mental energy as much as 90%.
17. Think positively - Optimistic thoughts (happy things) increase mood-boosting serotonin, firing up energy levels.



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



Bowling Winners

1st place Matthew Cornblith,
2nd place Joshua Stape
3rd place Sean Degroff



Free Bowling
2nd Tuesday Every month
Pierside Lanes

All events are free to HomePort Hampton Roads Residents



Free Yoga Classes at Mid Rise



Yoga instructor - Pat McFadden


Pat volunteers her time to teach our yoga class. So come join in.

Thanks, Pat

SEPTEMBER 2010



NORFOLK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NFL Sunday Ticket now available at Bldg. SP 29 in the lounge. Watch up to 14 games on Sunday.		All events are free to HHR residents. Free food and Prizes.	1 Pay Day	2	3	4 Free Desserts NH 156 6:00 p.m.
5 Cole Village 2 on 2 B-ball Cookout 3:00 p.m.	6 	7 Wii Bowling U 20 7:00 p.m.	8 Breakfast on the Go U 16 Yoga Mid Rise - 6:15p	9 CA & RAB Mtg. Mid Rise Class room 4:00 p.m.	10 BBQ J 53 5:00 p.m.	11 Popcorn and Three Movies Mid Rise Theater 5:00 p.m.
12	13 Ladies Brazilian Workout Mid Rise 5:00 p.m.	14 Free Bowling Pierside Lanes Free pizza and prizes 6:30 p.m.	15 Pay Day	16	17 Pool Tournament U 20 8:00 p.m.	18 XBOX 360 Call of Duty NH 141 8:00 p.m.
19 Afternoon Movies Mid Rise Theater 3:00 p.m.	20	21 Resident Mtg. 7:00 p.m. All Buildings Birthday Cards Distributed	22 Breakfast on the Go U 20 Pool Tournament J 53 - 7:00 p.m.	23 Cooking 101 U 16 5:00 p.m.	24 Chips, Salsa & a Movie SP 29 8:00 p.m.	25 Weight Lifting Competition Mid Rise Fitness Center 4:00 p.m.
26 2 on 2 Volleyball & Cookout SP 29 1:00 p.m.	27 Bingo U 16 7:00 p.m.	28 Movie And Popcorn J 53 7:00 p.m.	29 Yoga Mid Rise 6:15 p.m. Yoga Center	30		<i>Have you forgotten...</i> 