

Making-Waves

Dírector's Corner

Shipmates,

An issue raising its ugly head is "resident/guest behavior." We are running across residents not adhering to lease and HHR policies. Some examples are: finding animals of different sorts including snakes, tarantulas, cats, dogs to include the occasional "Pitbull." This is clearly against regulations. Believe me when I tell you," individuals caught will pay a hefty fine to include carpet replacement and other damages caused by the animals. So do the right thing and follow set

guidelines and policies. Remember...NO PETS or ANI-MALS ALLOWED on HHR properties.

Now to the guest limitations...the month of June is the time of hot weather, the beginning of summer and the opening of the outside swimming pools. HHR has set the policy of one guest per resident as it pertains to pool and spa usage. Reminder, the pools can only sustain a certain capacity. I ask all residents to use good judgment and care when using the facilities. I want

everyone to enjoy their leisure time off!

Our pools are for Residents and registered Guests only, CHIL-DREN are NOT allowed in the pools at HomePort Hampton Roads.

Pool/Spa Rules are posted at each location; continued violations of these rules may result in loss of pool/spa privileges.

Don't forget....Father's Day is celebrated this year on 19 June!

Director of Operations



Inside this Issue:

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







Shipmates,

NAVADMIN 129/11 announced that the Navy will conduct a focused Enlisted Retention Board (ERB) for 31 specific ratings this year as a result of record high retention and low attrition among active duty Sailors and to meet current and future planned end strength controls.

The board will review the records of selected third class petty officers (E-4) through senior chief petty officers (E-8) in the 31 overmanned ratings with greater than seven but less than 15 years of cumulative service as of Oct. 1, 2011, and will be conducted in two independent phases -- Phase I will review E-4 to E-5 Sailors and will convene Aug. 22, 2011. Those Sailors not selected for retention will need to separate by June 30, 2012.

Our Navy is facing challenges with a very

serious matter that no Sailor should have to endure, and that's sexual assault. Sex-

BLUF: Sexual assault is a crime, and one I will not tolerate in my Navy.

ual assault does not belong in our Navy and we have a zero tolerance policy for this criminal offense. Sexual assault "Hurts one, affects all," and it's our job as leaders and Shipmates to ensure we are all a part of a proud organization that will not tolerate this behavior. DoD has launched an online crisis support service for victims of sexual assault called https://www.safehelpline.org/ which provides active and reserve Sailors with support from trained sexual assault support professionals by clicking or calling from anywhere 24/7.

NPC web site is getting a new, but famil-

iar look. The new web site features improved content management, faster access time, and common access card login for Web authors. The new web site is located at:

http://www.public.navy.mil/bupersnpc/Pages/default.aspx

BLUF: NPC web site received a facelift, so take a moment to familiarize yourself with its new layout.

HOOYAH! MCPON





Being Discharged Soon?

If you are; there are some things you should know. First, you need to complete a Notice to Vacate with our Leasing Department and second, you need to see the bookkeepers regarding your final rent payment. The primary reason behind this...PSD will stop your allotments 30 days prior to your discharge date and due to this fact, you will receive your BAH in your check. Remember, your BAH covers your PPV rent and normally comes to us via allotment. Since the BAH will be in your checking account you need to pay your PPV rent directly! If you vacate without properly settling your account and if we don't hear from you within 45 days, your account will be turned over to Norfolk General District Court for collections. As a note; you are entitled to and will receive your BAH until the last day on active duty. It is your responsibility to ensure your rent is paid prior to being discharged. HHR bookkeepers are available to answer any of your questions.

They can be contacted Monday – Friday, 0730 - 1600 at 757-402-4230/33/34.

Transferring From Ship to Shore or Vice Versa...

Please remember to bring a copy of your transfer orders to the Leasing Office when you check into your new Command. If you fail to do so, your BAH will be stopped as this changes your PSD designation. We can only restart it with a copy of your orders and this can take up to 30 days to process.







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.



Guests must be

accompanied by their sponsoring resident at all times. You are responsible for your guest.

Do not give your room key to anyone.

Pool Rules

No Persons under 18 years of age may use the pool or pool facilities.

No Smoking or Alcohol consumption allowed.

No Glass or Breakable containers allowed.

Proper Swimwear Required.

Only 1 Guest Per Resident - Guest must be accompanied by resident..

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.



To create and use the ACCWAY account, you MUST use the same email address you provided to the leasing department at lease signing.

"THIS IS THE EMAIL ADDRESS ON YOUR LEASE."

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."

- If you have not already created an account, click "DON'T HAVE AN ACCOUNT YET" under Log In.
- 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.
- Upon completion of creating your new account, check your email! Receive conformation of your new pass word
- 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.
- 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

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

Iherndon@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

ACTIVITIES

Mary McQuesten - Activity Director

757-233-4291

mmcquesten@studenthousing.com

MAINTENANCE

Ben Banks - 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 757-228-5232 / 233-3302

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

Naval Base Emergency

444-3333

Resident Advisory Board Meeting

The 2nd Thursday of every month.

Location: Iowa Estates Mid Rise

4:00 p.m.

What would you like done? Ideas & Suggestions welcome.



New Resident Meeting

The 4th Tuesday of every month.

Meet your Community Assistants and other new residents. Find out what PPV Housing has to offer as well as what is planned for the future.

Locations:

Carter Hall Bldg. J-53 & Iowa Estates Mid Rise 7:00 p.m.

What is VITAL®?

VITAL is an employment program for Wounded Warriors interested in Civil Service jobs.

VITAL matches interested job candidates with a career Mentor to guide them through the training process to a Civil Service position with the Navy.

V ITAL provides Wounded Warriors the opportunity to grow in a career of choice. Career progression is clearly mapped from entry level to mid-level to senior level.

VITAL **®** focus is on the Wounded Warriors. The goal is smooth transition to Civil Service employment.

VITAL R Contacts:

Albert D. Welcher

Naval Medical Center Portsmouth

AL@SmartSolutionsCorp.com

301-848-4153





U.S. Military Trivia



What was the B-17 long-range bomber nicknamed in World War II?

What modern vehicle was invented to circumvent trench warfare?

What was the first war in which one jet plane shot down another?

What Ohio city was the 1995 Bosnian peace accord signed in?

What U.S. war broke out the same year the federal government first printed paper money?





Employee Recognition

Homeport Hampton Roads would like to say "Thank you" to Katherin Shirley, an integral part of the Maintenance Department.

"Kat" as everyone knows her, takes great pride and responsibility in all that she does. Her "Happy, Go lucky" personality makes everyone around her feel comfortable. Her work ethics makes sure the job is done right the first time. She's a Navy wife to her husband Robert and a Mom to her sons Austin and Kristopher.

Thank you for all your hard work and effort.

Happy Birthday from HHR!

Angela Taylor - June 3rd Rolnick Wright - June 10th Brandon Taylor - June 20th Charles Friday - June 21st

Journalism award goes to HHR resident.

PPV Sailor wins award in the Navy's annual competition for its in-house journalists, the CHINFO Merit Awards.

Petty Officer 3rd Class Austin Rooney of the aircraft carrier Theodore Roosevelt was named outstanding new Navy writer.

Austin resides in Newport News PPV Housing.

Way to Go Austin!

Resident Recognition

HomePort Hampton Roads would like to recognize Jamison McCain who is residing at Iowa Estates Mid Rise. His hometown is Memphis, Tennessee.

Jamison has been in the U.S. Navy for two years and is stationed at Joint Expeditionary Base Little Creek - Fort Story.

In his spare time Jamison enjoys working out in the fitness center in the mid Rise, watching movies and likes watching sports on ESPN. His favorite team is Miami Heat.

Thanks for your support Jamison.

Katherin Shirle



Preparedness for High Temperatures

General Information. High humidity and high temperatures can cause heat stress and if proper treatment is not rendered - death. Other heat injuries include: Heat Illness, Cramps, Exhaustion, Heat Stroke, and Heat Syncope (i.e. fainting). Ozone and particle pollution have been linked to short-term health concerns, particularly among children, asthmatics, people with heart or lung disease, and older adults.

Sustained high temperatures can be harmful to your health. Follow the following steps to avoid heat-related medical emergencies.

Slow down. When possible, avoid strenuous activities.

Work smarter. Take frequent breaks when working outdoors. **Remain hydrated.** Drink plenty of water regularly and often, even if you are not thirsty. Avoid drinks with alcohol or

even if you are not thirsty. Avoid drinks with alcohol or caffeine in them.

Eat small meals and eat more often. Avoid foods that are high in protein, which increases metabolic heat.

Dress for the weather. Wear lightweight, light-colored clothing.

Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor out of the sunshine.



Miracle McGowan	6/1	Portia Richards	9/9	Maria Vegatoral	6/12	Edward Veneracion	6/17	Matthew Moore	6/21		100
Christopher McNerney	6/1	Matthew Meyers	9/9	Phillip Poole	6/12	Elizabeth Ferman	6/17	Ethan Rogers	6/21	Shenika Miller	6/27
Heather Cole	6/1	Michael Richard Martin	9/9	Eric Torres	6/12	Rafael Coriadelgado	6/17	Tiesha Wilson	6/21	Nicholas Ciampoli	6/27
and the second	-10	Company Company	0/0	C 10 21 21 2	5/10	Davil Divore Ir	6/17	lacob Moinerding	10/9	Luke Brodland	6/27
Joseph Pierer	6/1	Josuna Simo	9/9	Kenneth Ponnie	5/17	rdui Divers Ji.	17/0	Silin lalilaid goner	17/0	Mister Hefflin	6/27
Christopher Aguirre	6/2	Mitchel Kempenich	9/9	Victor Tovar	6/12	Ashley Greenberg	6/1/	Michael Dixon	6/22	Robert Phillips	6/27
Christopher Irby	6/2	Terry Blackwell	9/9	Clarissa Garcia	6/12	Katherine Jochum	6/17	Michael Williams Jr.	6/22	Joshua Kimmich	6/27
Christopher Sheridan	6/2	Andrew Blumer	9/9	Chelsea Valiant	6/12	William Doxsee	6/17	Darius Sampson	6/22	Armando Magana	6/27
Nicholas Schuhmann	6/2	Thomas Backstedt	9/9	Brandon S Thompson	6/12	Zackery Ballard	6/18	Derek Nolan	6/22	Erik Wevodau	6/27
John Ho	6/2	Eliot Durrie	9/9	Andrew Oneil Pruden	6/12	Mellissa Soileau	6/18	Keandrea Dodson	6/22	Derrick Garcia	12/2
Elaine Brimhall	6/2	Joseph Morris	9/9	Sean Orourke	6/13	Tucker Rolison	6/18	Joshua Foote	6/23	Timothy Iloud	6/28
Sorsha Willis	6/2	Matthew McDonald	9/9	Katie Sluder	6/13	April Luckett	6/18	Phillip Hinkel	6/23	Brian Lange	6/28
Phillip Stewart	6/2	Luis Fiallos	9/9	Lonnie Barnes Jr.	6/13	Travis Mosley	6/18	Thomas Murphy	6/23	Maria Garcia	07/0
Juan Zavalaalcaraz	6/2	Brandon Outland	1/9	Rachal Boyd	6/13	Nathan Biscotti	6/18	Douglas Foster	6/23	Ciliana Mana	07/0
Norica Richards	6/2	Cody Branson	1/9	Daniel Cruz	6/13	Michael Geary	6/18	Sam Tintz	6/23	Sinarig wang	0/20
Jonathan Shackelford	6/2	Donald Gierach	2/9	Gianncarlo Rosadovazquez	6/13	Antwan McCall	6/18	Jimmy Deskins	6/23	Nicolo V Woods	6/38
Norman Sarona	6/2	Adam Embry	1/9	Garfield Johnson	6/13	Nephetiah Stanley	6/18	William Moore	6/23	Inchira Willie	6/28
Valerie Benavides	6/3	Malcolm Sears	1/9	Ben Palermo	6/14	Anthony Escalante	6/18	Durand Jackson	6/23	Rena Donzio	07/0
lan McCrery	6/3	Aaron Forest	1/9	Dottie Hallum	6/14	Leonard Kyles	6/18	Reginald McGill	6/23	Christonher Paulsen-Schmidt	6/28
John Moorer	6/3	Zachery Crutcher	8/9	Michael Willis	6/14	Elisa Prince	6/19	Elecia Vonner	6/23	William Schwartz	6/28
Tavish Jones	6/3	Theodore Olson	8/9	Shane Gibson	6/14	Courtney Peterson	6/19	Andrei Hipolito	6/23	Ronald I ee	86/38
Travis Gentz	6/3	Celeste Tobler	8/9	Ashley Campos	6/14	Michael Caudill	6/19	Jenelle Williams	6/24	lonnamae Acesta	6/20
Darrell Robertson	6/3	Quaneka Hobson	8/9	Bryant Barton	6/14	Daniel Cornell	6/19	Dashawn Dennis	6/24	Paril Holfield	6/20
Kadeem Anderson	6/3	Maximilian Albee	8/9	Cody Beach	6/14	Michael Leroy Olcott Jr.	6/19	Cesar Godina	6/24	Takaisha Nawsoma	6/20
Karen Johns	6/3	John Haggamaker	8/9	Alexander Christie	6/14	Marco Manzo	6/19	Jeremie Lashe Fuller	6/24	Marcus Boncon	6/20
Kesula Rainey	6/4	Brandon Radley	8/9	Matthew Keeney	6/15	Jarmal Jackson	6/19	James Lawson	6/24	Marcus Derison	67/0
Tenea Howard	6/4	Antonio Jackson	8/9	Melson Collins	6/15	Neil Chapman	6/19	Dianne Creamer	6/24	brooke Parlee	67/0
Daniel Greenspan	6/4	Ethan Ellis	8/9	Douglas Clark	6/15	Adam Richards	6/19	Isaiah Banks	6/24	Victoria Crassia	67/0
Robert Vonmerta	6/4	Monty Cousins	6/9	Jennifer Castillo	6/15	Elizabeth Osborne	6/19	Savannah Green	6/24	VICIONA CIANEY	67/0
Joshua Young	6/4	Codey Franklin	6/9	Justina Arroyo	6/15	Lauren Puente	6/19	Lawrence Buck	6/24	Chen Sun	06/30
Paul Douglas	6/4	Lauren Harney	6/9	Ricky Dillinila	6/15	Victoria Boyette	6/19	Steven Crawford	6/24	Jayson Menuoza	06/0
David Pittman	6/4	Cory Shepard	6/9	Lashelby Conley	6/15	Jonathan Garcia	6/19	Laboyce White	6/24	Megan Bradtord	6/30
Joshua McQuillen	6/4	Keikilani Bennett	6/9	Lance Knapp	6/15	Alexis Coraspe	6/19	Ezekiel Phillips	6/24	Jared Nicholas	6/30
Kathleen Voigt	6/4	John Nortridge	6/9	Andrea Villarreal	6/15	Antoine Carter	6/20	Richard Carson Jr.	6/25	Stinson Scott	6/30
Adam Hill	9/2	Christina Burden	6/10	Michael Cameron	6/15	Derek Cruz	6/20	James Sharer	6/25	Artis Jackson	6/30
Edelson Michelin	9/2	Monica Vazquez	6/10	Bradley Herring	6/15	Nathaniel Rhymer	6/20	Alfonso Evans Jr.	6/25	Amanda Lowette	06/30
Ryan Anderson	9/2	Zackery Flannigan	6/10	Nhan Tran	6/16	Marcus Register	6/20	Christina Lopez	6/25	Charles lynch	05/0
Marcus Youngerbanks	9/2	David Worth	6/10	Ryan C Browar	6/16	Thomas Schroeder	6/20	Colin Russell	6/25	Citaties Lyncii	oc lo
Jorel Neville	9/9	lan Petersen	6/11	Kevon Patterson-Stewart	6/16	Nelson Villatoro-Flores	6/20	Tiffany Munoz	6/25		
Dale Edwards	9/9	Daniel Seaver	6/11	Stephen Shade	6/16	Charles Friday	6/21	Ruben Macias	6/25	00000	2
Jonathan Swift	9/2	Crenshaw Mitchell	6/11	Luis Maela	6/16	Phillip Maka	6/21	Shelby Winter	9/59		8
Sean Hoban	9/2	Jackie Wilson Jr.	6/11	William Pollard II	6/16	Jovanne Ramirez	6/21	Javier Ramirez	97/9	9	
Frank McGaha	9/2	Denardo Barnes	6/11	Tarek Ferrell	6/16	Justin Nix	6/21	Matthew Bulman	97/9)	
Jerry L Whitley Jr.	9/2	Alexander Grzyb	6/11	Graciela Flores	6/16	Tracy Thatcher	6/21	Justin Dokken	97/9	Aune birthdays	ر کرد
Casey Gore	9/2	Heebeum Park	6/12	Maggie Medellin	6/16	Adalberto Sosa	6/21	Brent Boyd	9/59	Have	?
Shawn Boswell	9/2	Immanuel Townsend	6/12	Angelo McDuffie	6/16	Michelle Chatoney	6/21	Sean Thatcher	6/26		
Caleb Bailey	9/9	Michelle O'Qhuinn	6/12	Liza Murillo	6/17	Richard Murphy	6/21	Erik Ybarra	6/27	great birthday!	
Orlando RodriguezMaldonado	9/9	Matthew Smith	6/12	Stephania Fells	6/17	David Cochran	6/21	Sergio Rodas	6/27		

HURRICANE PREPERATION

What steps should I take when a hurricane watch/warning is posted?

When a hurricane season starts - The time to start your preparations is long before a hurricane watch is issued for your area. A good time to begin is during Hurricane Awareness Week, which occurs the week before hurricane season begins on June 1st. This is the time to make a hurricane plan or assess the one you have already formulated. Go through your hurricane supplies and replace any items that are outdated. Test your flash lights and other battery operated equipment. Check your shutters to ensure they're in good working condition. You may even want to deploy one or two to make sure they fit properly and you remember how they go up. Update any emergency numbers and phone numbers for family contacts outside the area. Pick up a hurricane preparedness brochure at the store and review it for pertinent tips and useful information.

When a hurricane watch is issued for your area - Now is the time to double check your supplies, your shutters, and your plans. If there are any actions in your plan that need to be done long before you hunker down, now is the best time. You should get some cash from the bank or ATM and gas up your car. The longer you wait, the longer the lines will be, wasting your time.

When a hurricane warning is issued for your area - Now is the time for action! Put up your shutters before the winds get too high. Clean up your yard and prep your pool. Lower your refrigerator temperature and fill up your bathtub and any extra jugs with water. If you are evacuating, prepare your property first then leave the area with plenty of time ahead since roads will become congested soon after the warning is issued.

http://www.nhc.noaa.gov/outreach/

 $\stackrel{\wedge}{\Rightarrow}$

Trivia Answers

- 1. The Flying Fortress
 - 2. The Tank
 - 3. The Korean War
 - 4. Dayton
 - 5. The Civil War



Pineapple Teriyaki Burgers

Ingredients:

- 1 1/2 pounds lean ground beef
- 1 packet beefy onion soup mix (recommended: Lipton)
- 2 tablespoons ginger teriyaki marinade mix (recommended: McCormick Grill Mates)
- 1 (8-ounce) can pineapple rings, drained, juice reserved
- Salt and freshly ground black pepper
- 1/3 cup mayonnaise
- 1 tablespoon wasabi paste
- 1 tablespoon soy sauce
- 4 whole-grain burger buns

Lettuce, tomato, onion, for serving

Directions: Set up grill for direct cooking over high heat. Oil grate when ready to start cooking.

In a mixing bowl, stir to combine ground beef, soup mix, teriyaki marinade mix, and 1/4 cup reserved pineapple juice.

Form 4 patties slightly larger than bun. Gently press pineapple rings into tops of burgers.

Season burgers with salt and pepper and place on grill pineapple side down. Cook 8 minutes per side for medium.

Mix together mayonnaise, wasabi, and soy sauce.

Serve hot on toasted buns with lettuce, tomato, onions, and wasabi mayonnaise.



The deals are exclusively for the military community and range from 50% to 90% off services, restaurants, entertainment and shopping around the Hampton Roads area.

Every day, TroopSwap features a different cool business in your community offering an exclusive deal to veterans, service members and their immediate families. Our local employees are all military spouses and we give 10% of our profits to the Wounded Warrior Project. Our goal is to reward a life of service! For more details and to sign up visit: www.troopswap.com



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Don't





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SUN	MON	TUE	WED	THU	FRI	SAT
			1 PAW 7:05	PAW 7:05	3 ROC 7:05	ROC 7:05
ROC 1:05	ROC 7:05	7 PAW 7:15	PAW 7:15	9 PAW 12:15	10 PAW 7:15	11 DUR 7:05
12 DUR 5:05	13 DUR 7:05	14 DUR 7:05	0FF DAY	16 BUF 7:15	17 BUF 7:15	18 BUF 7:15
19 BUF 1:15	20 SWB 7:05	21 SWB 7:05	22 SWB 7:05	23 SWB 1:05	24 BUF 7:35	25 BUF 7:05
26 BUF 1:05	27 BUF 7:05	28 SWB 7:15	29 SWB 7:15	30 SWB 12:15		

IIINF



Free Norfolk Tides Baseball Tickets

Available at Carter Hall Bldg. J-53 and Iowa Estates Mid Rise Service Desks 24 hours a day.

Miller Hall Bldg. U-16 Monday thru Friday 8:00 a.m. to 3:30 pm





Guitar Hero







Free Bowling 2nd Tuesday of Every month Pierside Lanes

Residents may bring 1 guest



Bowling Winners

Pierside Lanes





June 2011



Norfolk

Resident Appreciation Cookout Bldg. U-16 & U-20 5:00pm	1
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6:00 a.m. 4:00 p.m.	9
16	15
Cooking 101 &	Cook
Maintaining Respect	Mainta
5:00 p.m.	i iri
23	22
Breakfast on the Go Resident	Breakfa
.1 App	Bldg
6:00 a.m. lowa Estates	9:0
4:3upm	
30	29

