



# Making Waves

November is  
National Diabetes Month

**NOVEMBER 2009**

**VOLUME 2**

**ISSUE 11**



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

From

HomePort Hampton Roads



## Thanksgiving Facts & Trivia

Thanksgiving Day is a very important day in the United States. There are many things that are especially related to the celebrations of the Thanksgiving Day. These include Thanksgiving turkey trivia, pilgrims, thanksgiving proclamation, thanksgiving as a national holiday and other things. Some of such facts are mentioned here which will not only help you enhance your knowledge about Thanksgiving Day but also make you enjoy this day with even more zeal.

1. Thanksgiving Day is celebrated on the fourth Thursday in November in the United States.
2. They celebrated the first Thanksgiving Day in the fall of 1621.
3. The drink that the Puritans brought with them in the Mayflower was the beer.
4. The first Thanksgiving celebration lasted three days
5. The state of New York officially made Thanksgiving Day an annual custom in 1817
6. The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
7. President Franklin D. Roosevelt restored Thursday before last of November as Thanksgiving Day in the year 1939. He did so to make the Christmas shopping season longer and thus stimulate the economy of the state.
8. They celebrated the first Thanksgiving Day at Plymouth, Massachusetts.
9. By the fall of 1621 only half of the pilgrims, who had sailed on the Mayflower, survived. The survivors, thankful to Be alive, decided to give a thanksgiving feast.
10. The Wampanoag Indians were the people who taught the Pilgrims how to cultivate the land.





## Chicken & Dressing Casserole

You can have a home style meal any night of the week in 30 minutes. Using packaged dressing and adding a can of cream of mushroom soup you can save time, but not sacrifice any flavor.



- 2 large chicken breast or 6 thighs
- 3 cups water a 1/2 tsp. each of salt & pepper
- 1/4 cup melted margarine
- 1 6-8 oz box/bag dressing mix
- 1 can cream of mushroom soup

Cook chicken in water with salt and pepper. When chicken is done remove chicken from broth and let cool. Once cooled cut into bite size pieces.

Reserve 1 1/2 cups of broth and mix with cream of mushroom soup.

In medium size bowl mix box/bag dressing mix with 1/4 cup of melted margarine.

Using an 8x8 casserole dish, layer 1/2 of dressing mix covering the bottom of dish. Sprinkle half the chicken pieces as next layer. Using the rest of the dressing mixture sprinkle on top of chicken layer and then place rest of chicken on this layer. Pour the soup mixture over the entire casserole and bake for 30 minutes at 350.

### HOMEPORT HAMPTON ROADS Community Assistants

- Bryce Edgeman - Newport News
- Ron Campbell - Newport News
- Andy Shelton - Cole Village
- Paul Bettis—Cole Village
- Terry Williams - 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
- Kendall Perkins - NH-141
- Alonzo Williams - Bldg. J-53
- Patrick Reynolds - Bldg. J 53
- Jackie Ramey - Bldg. U-16
- Jason Smith - Bldg. U-16
- Miles Weekly - Bldg. U -16



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### S O D U K O P U Z Z L E

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	7							3
	9					7	4	

### Healthy snack foods

- Peanut Butter - Frozen Mangos - Frozen Yogurt - Fruit Smoothies
- Walnuts - Sunflower seeds - Tuna - Sliced Apples



# Director's Corner



## Shipmates,

I am sure you have had the following happen to you:

1. Driving along minding your own business and you look in the mirror and the guy behind you is so close you can't even see the vehicle headlights.
2. The driver who runs down the left lane ignoring 10 miles of merge signs and then expects you to let him in your lane as he runs through the last 25 feet of the merge lane.
3. The driver who is "window shopping" looking for a business or street address or sees the exit ramp and darts across 3 lanes of traffic to get to it.
4. The guy who is the road racer, listening to the stereo, thinking he is Tony Stewart changing lanes trying to set a new land speed record.

The national Highway Transportation Safety Administration reports 2/3 of all motor vehicle accidents are due to aggressive driving.

### Here are some tips to consider for safe driving:

1. Be patient and keep your cool.
2. Do not retaliate.
3. Ask yourself "Is it worth my life?"
4. Never underestimate a driver's capacity for violence!



### Personal Finance for Military Families

Download a copy of a handbook created by Kiplinger's Personal Finance and Kiplinger.com and the Council of Better Business Bureaus called Personal Finance for Military Families. You will find practical, easy-to-understand information about being financially prepared for deployment, buying a home, minimizing taxes, holding down insurance costs and avoiding financial schemes that too often target military families. The guide is available at [https://ffscnorva.navy.mil/navycni/groups/public/documents/document/cnicp\\_a133645.pdf](https://ffscnorva.navy.mil/navycni/groups/public/documents/document/cnicp_a133645.pdf)

### U. S. Navy Slang

- \*\*\*\*\*
- Bat phone: A dedicated outside telephone line
  - Bluenose: A person that crossed the Arctic Circle
  - Brig Chaser: A Sailor escorting a prisoner to the brig
  - Chow Boss: Food Service Officer
  - Burn a Flick: To watch a movie underway
  - Deep Six: Term for throwing things over board
  - Flattop: Aircraft carrier
  - Gerbil Alley: Jebel Ali, United Arab Emirates
  - Hockey pucks: Swedish meatballs

**Bottom Line:  
Up Front**

I am proud to discuss the recent announcement to make warfare qualifications mandatory for all hands. Here is my reasoning: it's what is best for the Navy. Bottom line. It's not about pennants or fitness reports. It's about building warriors and Sailors who are ready to fight their ships.

**It's about Ship, Shipmate, Self.**









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**NOVEMBER 1**  
JOSHUA PIPER  
BOBBY POWELL  
DANIEL MACHADO

**NOVEMBER 2**  
MCKENZIE BESSOM  
MARCUS KUBOW

**NOVEMBER 3**  
ANTHONY WALDROP  
JASON WILSON

**NOVEMBER 4**  
TOREY KANIKOWSKI  
ANDREW COOK

**NOVEMBER 5**  
ADAM L HURD

**NOVEMBER 6**  
LASHANTAE ANDERSON  
PAULETTE A GUILBAULT  
RYAN SKOLD  
DANIEL A MOLINA

**NOVEMBER 7**  
DOMICK CONLEY  
FRANK EHBRECHT  
DANIEL REED  
ANTOINE R GORDON

**NOVEMBER 8**  
PARIS PHARIESIEN  
MATTHEW VILLET  
TRAN TUANHUY  
EDMUND BOLDS  
TARA B DANIELS

**NOVEMBER 9**  
BRANDON FRENCH

**NOVEMBER 10**  
NICHOLAS VARGAS  
CHAD WILSTED  
JAMES FABIAN A  
ALFONSO SOLORIO

**NOVEMBER 11**  
JON SCHWENCKE  
CORNELIUS CHESTNUT  
DAVIS A MERKER  
MATHEW COSTON  
FRANCISCO DELUNA-RAMOS  
CHRISTOPHER KUBENA  
DONALD SMITH  
JASON E PERREAULT

**NOVEMBER 12**  
KIRK LAVASSEUR  
ANTWAN ROBINSON



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TRACEY WHITLEY  
LAMONT ROMAN

**NOVEMBER 13**  
RAYMOND F NIZER JR  
VINCENT LINDELEIN

**NOVEMBER 14**  
RYAN FORD  
LAUREN RODGERS  
WAYNE D IMBALZANO  
AMY MEJSTRIK  
ELESAH BROWN

**NOVEMBER 15**  
COURNOT EMMANUEL  
THERESA TEMONEY  
CORY STANLEY  
ANTHONY HENRY  
TRAVIS BUTERA  
BEAU FERGUSON  
RECECCA ROMO  
CHRISTOPHER J FISCHER  
MATTHEW BAHNER

**NOVEMBER 16**  
BRICE STREMEL

**NOVEMBER 17**  
JOSEPH MACK  
DARRIN DAVIS  
MORGAN WEIR

**NOVEMBER 18**  
COREY D JOHNSON  
JOHN DEVORE  
ROSS CARTER  
BENJAMIN AUSTIN

**NOVEMBER 19**  
JOSHUA COLLINS

**NOVEMBER 20**  
TIMOTHY NICHOLSON  
CARMINE COPPOLA  
KELSI GOODRICH  
MICHAEL T MELL II  
DEREK BEAVER  
ALGIE JONES  
JOHN A WILCOX  
DAVID HAUGHT

**NOVEMBER 21**  
CARLA BOWEN  
TABITHA AUBREY  
JOSHUA SZCZEBLEWSKI  
DOMINIQUE L WILLIAMS  
AMANDA J FORBES  
KEVIN E KRAUSE



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**NOVEMBER 22**  
RYNEL CABRERA  
JOHN P GREEN  
MATTHEW FARINA  
DUSTIN SPRINGER

**NOVEMBER 23**  
KALLI MCCRARY  
FRANK A KALNA IV  
EMMA HANSON

**NOVEMBER 24**  
ROBERT STINSON  
CHRISTOPHER DAVIS  
JUSTIN OAKLEY

**NOVEMBER 25**  
JEREMY RIDDLE  
PHILLIP TOLARO  
ADAM BEQUETTE  
BRETT BAKER  
TOILAKEDA JOHNSON  
THERESA BRONIAK  
PIERCE JOHNSON

**NOVEMBER 26**  
ADAM DRIGGERS  
JENNIFER LUKE  
JOHN D IRVING  
HUI CHEN  
JENNIFER TAVEREZ

**NOVEMBER 27**  
JORDAN ROSS  
ERIC REED  
ROBERTO HERNANDEZ  
DIEGO F FAJARDO  
PAUL E COOPER  
SAENZ HECTOR  
CLINTON GOBLE  
ALIOUNE NDIAYE  
TIARA PONDER  
ANGELA MARTINEZ  
KEDEMA PERKINS

**NOVEMBER 28**  
JUSTIN WILSON  
CHRISTOPHER DAVIS

**NOVEMBER 29**  
CHRISTOPHER DENFELD  
BENJAMIN MORAN  
JESSICA CORONA

**NOVEMBER 30**  
ASHLEE OHLSEN  
ADAM LONG  
MARY M MOUNTAIN  
JAMES HOWELL



**HOW TO HANDLE THE PAIN OF THE HOLIDAYS**

Dr. Calvin Frederick, formerly of the National Institute of Mental Health, estimates that there is a 15% increase (this number may have increased) in the number of people seeking professional help during the holiday season. He suggests several things you can do to help raise your spirits.

1. First, stop putting unreasonable pressure on yourself to be happy during the holidays. When you have legitimate reasons for being happy, acknowledge them and be gentle with yourself.
2. You may find your mood improves when you're in the company of special friends and favorite relatives - especially those who accept your full range of feelings and don't put pressure on you to be other than who you are. So seek out people who make you feel better, and avoid people who contribute to your depression.
3. Make an effort to be more physically active. Physical activity is one of the best ways to make yourself feel better. Recent research indicates that exercise stimulates the production of endorphins, mood-elevating chemicals produced by the body. Take a walk, go to the gym, get out in the country, or take on a project that calls for physical activity.
4. Many people regain control when they set one or two specific, manageable goals every day even if they are as simple as cleaning out a closet or drawer or writing a letter. The satisfaction they get from completing these tasks adds to their sense of well being and self respect.



**Skin Care in Winter**

Winter season can be extremely stressful for our skin due to winds and cold temperatures outside as well as drying-low humidity resulting from heating inside.

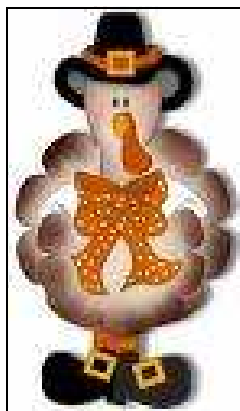
1. **Go Easier** on daily cleansing and alcohol containing skin care in the winter. Choose a lighter non-stripping cleansing solution: cleansing milk or mild foaming cleanser.
2. **Peel Deal:** If you are a fan of daily peeling products, it is advisable to change your routine for winter and to do a maximum of 2-3 peelings per week.
3. **Go Heavier on Moisturizer: Timing is Important:** Apply your moisturizer at least 30 minutes to an hour before going outside.
4. **Hot Bubbly Escapes:** It is not recommended to have prolonged hot showers or long hot baths in winter. When you shower make sure the water is not too hot, make sure to apply a moisturizing body product afterwards.
5. **Nobody Cancelled Sun Protection for Winter!** In winter the sun's reflective powers on the snow can be higher than on the sand of a beach in the summer. Use sun protection to prevent UV damage and photoaging. We don't have to remind you but your sun protection should not be lower than 15 SPF.

**Huntington Hall Navy Exchange  
3100 Huntington Avenue  
Bldg. 633  
Newport News, Va. 23607**

**HOURS OF OPERATION**  
**MONDAY - FRIDAY            8:00-6:00**  
**SATURDAY                    12:00-5:00**  
**SUNDAY                        12:00-5:00**

**Lower Back Stretch - Lying Back Presses**

Lie flat on your stomach on a mat on the floor with your legs out straight and your arms outstretched over your head, parallel to the floor. To perform this exercise, simultaneously bring both of your hands up towards the ceiling as high as you can while bringing your feet up off the ground as well. Imagine that your body is nearly forming the letter "U".



**NOTICE**

**PER YOUR LEASE  
NO GUNS OR WEAPONS  
OF ANY KIND ARE  
ALLOWED ON  
HHR PROPERTIES.  
VIOLATIONS ARE  
SUBJECT FOR  
**EVICTON****

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





1st Place Costume Contest



**HOMEPORT HAMPTON ROADS**

**FREE EVENTS,  
FREE FOOD, PRIZES  
FUN, FUN, FUN**



**PRIZES**

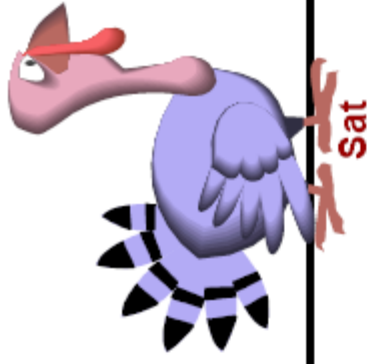


**Come join the Fun!**





# NOVEMBER 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>PAY DAY</b> Daylight Saving Time Ends 	2	3	4	5 Wii Bowling Bldg. U 20 7:00 pm Free food & prizes	6	7 Air Hockey Bldg. U 16 7:00 pm free food & prizes
8	9 Free Cookout Bldg. U 20 Front of building 4:30 pm	10 <b>Free Bowling</b> Pierside Lanes free pizza & prizes 6:30 pm	11	12 Breakfast on the Go Bldg. SP 29 5:00 am RAB & CA MTG. BLDG. U 16 3:30 pm	13 <b>PAY DAY</b>	14
15	16	17 <b>NEW RESIDENT</b> MTG. 7:00 pm <b>BIRTHDAY</b> CARDS	18 Spades Tourney Bldg. J 53 6:30 pm Free food & prizes	19 Tom's Meeting 9am	20	21 Pool Tournament Bldg. NH 156 7:00 pm Free food & prizes
22 Poker Game Cole Village 5:00 pm Free food & prizes	23	24 Breakfast on the Go Bldg. U 20 5:00 am	25	26  Thanksgiving	27	28
29 <b>Free Pie &amp; Ice Cream</b> Bldg. U 16 5:00 pm On the quarter deck 	30					<b>Happy Thanksgiving From HomePort Hampton Roads</b>

M A K I N G W A V E S