



February is National Black History Month

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Just a reminder
Sunday February 14th
is Valentine's Day



Need a suggestion: Candy, Dinner, Movie, Card, Jewelry

Spirit of Norfolk Valentine's Weekend Cruises

For info contact: Spirit of Norfolk, 109 East Main St., Norfolk VA 23510 866-304-2469

The new movie "Valentine's Day" opens February 12th
Check local listings for locations and times.



Personalization MALL.COM

Express your Love with...
PERSONALIZED GIFTS

Personalized Gifts are remembered for a Lifetime...

Valentine's Day is just around the corner. Nothing says "I Love You quite like a romantic gift personalized for your sweetheart."

PersonalizationMall.com offers a huge selection of [Personalized Valentine's Day gifts](#) for [Men](#), for [Women](#)

Personalized Gifts Shipped FAST in Just 1-2 Days!



Doris (Dorie) Miller, American Hero

In honor of Black History Month let's take a moment to remember Doris (Dorie) Miller. Waco native Doris Miller was the first black American to win the Navy Cross, stemming from his heroic actions at Pearl Harbor when the Japanese attacked on December 7, 1941.

In addition to the Navy Cross, Miller was entitled to the Purple Heart Medal, the American Defense Service Medal, Fleet Clasp, the Asiatic-Pacific Campaign Medal and the World War II Victory Medal. Oscar Award winning actor Cuba Gooding Jr. portrayed Miller in the 2001 movie Pearl Harbor. Miller Hall building U 16 was named in his honor.

SUPER BOWL PARTIES

Come Join the Fun with HHR!

Free food - wings, chips, dips and more.

Locations: Bldg. J 53, SP 29,
Cole Village and Newport News

Date: February 7th Time: 5:00 p. m.

Kickoff time is set for 6:25 p.m. EST

Biggest Football game of the entire year.

COLTS



SAINTS





Resident Life



Kitchen Confidential

Your daily calories:

45% COMPLEX CARBOHYDRATES

Per meal: 45 to 60 calories from fruit,
55 to 60 calories from vegetables,
50 to 55 calories from whole grains.

Per Snack: 55 to 60 calories from fruit,
vegetables or whole grain.

Why it works: By choosing fruits and vegetables with a high water content, you can eat more for less. Plus, the fiber in whole grains keeps blood sugar steady so you feel full longer.

30% LEAN PROTIEN

Per meal: 100 to 105 calories
Per snack: 30 to 35 calories

Why it works: It reduces cholesterol from your diet, helps support muscle growth (which boosts metabolism) and controls blood sugar (to keep you satisfied).

25% HEALTHY FAT

Per meal: 90 to 95 calories
Per snack: 25 to 30 calories

Why it works: A diet that contains less than 25% fat is unrealistic to maintain—and unhealthy. But there may be hidden fat calories in some carbohydrate and protein choices, so add just small amounts of healthy fats to meals.

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2010 HANDBOOK

Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince & dinner like a beggar.
3. Eat more foods grown on trees and plants, eat less processed food.
4. Live with the 3 E's - Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009.
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 or more hours.
10. Take a 10-30 minutes walk daily. And while you walk, smile.

Personality:

11. Don't compare your life to others. This is your journey.
12. Invest your energy in the positive present moment.
13. Don't over do. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake.
17. Envy is a waste of time. You already have all you need.
18. Forget issues of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree...

Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything..
28. Spend time with people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you're sick. Friends will.

Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change...
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come...
38. When you awake alive in the morning, thank GOD for it.
39. Your Inner most is always happy. So, be happy.



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



Shipmates,

I have continued to put the word out on copy right infringement. Some of you are not listening. I want to refresh everyone's memory on what copy right infringement is. It's when an individual downloads music or movies through a site without paying the copy right owner his legal and entitled fee. **Copy right infringement is against the law!**

As I mentioned, recently there have been numerous cases of residents illegally downloading movies through our internet service. COX Internet Services has received from the compromised movie sites all identification and information concerning what, when and who downloaded these movies.

All copy right infringement must stop immediately. If it does not, there is a possibility of FCC intervention on the behalf of the copy right owner and this action could force HHR to discontinue internet services.

Remember, there could be legal action by the copy right owner. They are entitled to recover the actual damages suffered by the infringement. Just ask the 25 students from the College of William and Mary in Williamsburg. They were just fined \$5,000 each for the same type of violation.

So, do the right thing...pay for whatever you decide to download. It's cheaper than the alternative.

Parking Notice

Parking is at a premium; therefore it is limited to HHR residents only. This notice is to inform all HHR residents about parking and the required parking stickers. All residents residing at Cole Village, Newport News and Camp Allen are required to have parking stickers affixed to their back windows indentifying their residency. Any vehicle without a parking sticker will be towed at owner's expense.

HHR has hired Jack's Wrecker Service as our primary towing vendor for both on and off the base properties. If you are one of the unfortunate ones (or your guest) to get their car towed, you can call Jack's Wrecker at: 757-461-5765. He is located at 1114 Harmony Road, Norfolk VA, 23502.

Residents, ensure your visitors know parking regulations. You are ultimately responsible for their actions.

Did you know?

The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink 5 times a second.

The European Union has banned more than 1,100 chemicals from cosmetics. The United States has banned just 10.

Women make up 49% of the world population.

Lightning strikes men about seven times more often than it does women.

The electric chair was invented by a dentist.

Eskimos use refrigerators to keep food from freezing.

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

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



7 detox tricks that turbo charge energy

A "total body walk" - Pump your arms on a 10 minute walk.

Baked goods made with white whole wheat flour.

DIY foot massage - massage each sole for 3 minutes

Dandelion tea - drink two cups daily.

Epsom salts bath - warm bath opens pores, dilates skin's blood vessels.

Slow-roasted vegetables - winter veggies heal the body.

Dry-brushing - improves blood circulation and removes dead skin cells.



RESPECT QUOTES

"I'm not concerned with you liking or disliking me...All I ask is that you treat me as a human being."

"Never take a person's dignity:it is worth everything to them, and nothing to you."

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

"The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud; to yourself, respect; to all men, charity."



**HOMEPOR 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



**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.HOMEPORHR.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.

February 1
Matthew Thomas
Vance Curtis
Alezander Prior
Annika McCalla
Brian Douglas South
Jackie Ramey
Aviance Arteaga

February 2
Jeffrey Boeh
Nester Talcott
Nicolette Bennett

February 3
Anthony Manaos
Meredith Burns
Zachary Dile
Joseph Haaker
Pedro Pachecodiaz
Thomas Hart
Brittany Zingo

February 4
David Gullen
Cristina Gabaldon
Whitney Enright
Charleston Hines

February 5
Brandon Hall
Matthew Carter
Virna Solano
Jacob Hirsch
Lester Estrella
Jessica Emens
Mitchell Denzer
Joseph Casteel
Brandon Allen

February 6
Brandon Little
Curtis Shefland
Dao Li
Matthew McCoy
Kirk Traylor
Jennifer Aranda
Kyle Andrews
Michelle White
Delton Childers
Jaclyn Brown
Nicholas Kemper
Judeson Jean Charles

February 7
Anthony Faccioli
Nicholas Bennett
Christopher Scullin

February 8
Jarvis Parker
Tiffany Turner
Lance Brandi
Jonathan Blakney

February 9
Jessie Russo
Cedric Nole
Joseph Bailey
Koete Irvin

February 10
Daniel Ortega
Clint Carrington
Breana Shepherd
Taylor Austin
Brian Wright
Joseph Cleland

February 11
Nathaniel Allen
Anthony Lewis
Kyle Alday
Joshua Tulip
Kyle Hatlas
Justernee Carter
Kelly Ordonez

February 12
Raul Arocho
Michael Ortiz
Malayahe Brown
Chrisopher Ortiz
Mitchell Manning
Timothy Le

February 13
Christopher Elliot
Tyler Morrow
Mina Lin
Kenneth VanHouse
Chelsea Pierson
James Adams
Kevin Edge
Damien Childress
Lydia Gutierrez

February 14
Brittany Buerkle
Lavese Holden
Nolan Clark
Jared Hall
Shaundell Wright
Lawrence Taylor

February 15
Bradley Stiner
William Gossett
Matthew Reyes
Brian Murillo
Frederick Neal

February 16
Allen Carter
Carlton Russell
Travis Baker
Jonathan Rossetti
Thomas Dwyer
Cody Harrington

February 17
Jeremy Bailey
Robert Moe
Jordan Lafontaine
Andrew Somers
Ryan Taylor

February 18
Steven Govoruhk
Kyle Salce
Joel Echevarria

Tad Larson
Edward Henning
Jason Todora

February 19
Kevin Tipton
Jakob Leuellen
David Crago
Thomas Probulis

February 20
Michael Lyles
Kristofferson Masicampo

February 21
Tahnee Fields
Phylicia Graham

February 22
Ashley Johnson
Matthew Peter
Timothy Edwards
Timothy Miller
Jian Yu Lao

February 23
Dustin Dreckshage
Cornell Turner
Steven Birkner
Ryan Waple
Jacob Karlik
Angela Johnson
Mateus Malaguti
Michael Dubois
Cody Loskot

February 24
Kaymel Fisher
Michael Griffin
Michael Harris
Keith Masuhr
Kenneth Dugan
Robert Johnson

February 25
Marlon Hernandezsantos
Ciera Blair

February 27
Chase Campbell
Lauren Ball
Cletus Maag
Waitis Rogers
Aaron Ammazalorso

February 28
Anitarita Robles
Michael Kerr
Noah Wittenberg
Daniel Martin
Kyle Harris
Tiesha Rose

February 29
Carla Hull

BIRTHDAYS IN FEBRUARY

HAPPY BIRTHDAY

HAPPY BIRTHDAY



TGI Friday's Nine Layer Dip

Great for a Super Bowl Party



2 Strip Lean Bacon - 1 16 Oz Can Refried Beans Plain
 1/2 C. Sour Cream - 1/2 tsp. Taco Seasoning
 3/4 C. Shredded Cheddar Cheese
 3/4 C. Guacamole (Frozen or Prepared is Fine)
 1/3 C. Diced Tomatoes (about 1 Romano Tomato)
 1 Tbsp. Fresh Cilantro Chopped Finely
 2 Tbsp. Sliced Black Olives - 2 Tbsp. Sliced Green Onions

Fry diced bacon until done, add refried beans and cook slowly and stir frequently until the bacon and bacon drippings are mixed through about 15 minutes, remove from heat. Mix taco seasoning with sour cream and set aside.

To built 9 layer dip place ingredients in this order.
 Place refried beans on serving platter spread out to 1 – 1 1/2 inches thick the following:
 1/2 C. shredded cheese - 1/2 C. prepared sour cream
 3/4 C. guacamole - diced tomatoes - diced cilantro
 black olives - sliced green onion - 1/4 C. cheese for garnish
 Serve with crisp corn chips and a very cold beverage of choice.



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

U. S. Navy Slang

Fighting gear: eating utensils

Leave: Vacation time

Drop a Chit: The act of filling out a chit

Dixie Cup: The canvas white hat Sailors wear

Cracker Jacks: Slang for the dress blue uniforms worn by sailors below the rank of E-7

Airwing: Aviation detachment on board the ship

FEP: Fitness Enhancement Program



MCPON Stresses Brilliant on the Basics

In his remarks West stressed the importance of physical readiness and a culture of fitness. He also referenced the Navy adage of 'Ship, Shipmate, Self' and that every Sailor must anticipate a time when they'll be asked to save their ship. It's then that warfare qualifications and fitness will be of the utmost importance.

"PT [physical training] has to be part of our every day routine," said West. "Saying you don't have the time isn't going to work. No more excuses."

"Not a day goes by that I don't talk about the importance of 'Brilliant on the Basics (Career Development Boards, Sponsorship, Mentorship, Sailor Recognition, Command Indoctrination and Command Ombudsmen support). Those are six very traditional areas I expect us all to focus on.

"I value what you do. Not only as your MCPON, but as a CMC [command master chief], a COB [chief of the boat], and a master chief who's been on the deck plates and realizes just how important you are."



Come join the Fun!



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



**HOMEPORT
HAMPTON
ROADS**



PRIZES



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





FEBRUARY 2010

NORFOLK



Sun Mon Tue Wed Thu Fri Sat

1		2  Groundhog Day	3 Breakfast on the Go! 5:00 a.m. Bldg. SP 29	4	5	6
7 Super Bowl Parties 5:00p.m. free food, wings Cole Village, J 53 and SP 29	8	9 Free Bowling Pierside Lanes pizza and prizes 6:30p.m. Bring a friend	10 Breakfast on the Go! 5:00 a.m. Bldg. NH 142	11 RAB & CA Mtg. 3:30 p.m. Bldg. U 16	12	13 Rock Band Free food, prizes 7:00 p.m. Bldg. U 20
14  Valentine's Day	15	16 New Resident Mtg. 7:00 p.m. Birthday cards All buildings	17 Breakfast on the Go! 5:00 a.m. Mid Rise	18	19 Wii Sports free food, prizes 7:00 p.m. Bldg. NH 156	20 Are you smarter than a fifth grader? Free food, prizes 7 p.m. Bldg. U 16
21 Movie & Popcorn Free 5:00 p.m. Bldg. NH 141	22	23 Madden Tournament free food, prizes 7:00 p.m. Cole Village	24 Breakfast on the Go! 5:00 a.m. Bldg. NH 156	25	26 Halo Tournament free food, prizes 7:00 p.m. Bldg. J 53	27
28 Free manicures free food, prizes 7:00p.m. Bldg. U 16						