### LITTLE ROCK INSIGHTS

# **NEWS & STORIES**





## **Our President's Message**



.As we welcome warmer days and longer nights, we also look to a future of doors opening back up and life returning to a new normal. I want to personally thank you for your patience this past year as we all navigated the safest way to serve our residents, employees, and our partners. It was

not easy to manage an unexpected pandemic, but we did so, always keeping our residents' best interests and safety first and foremost. Over the course of the next month, we hope to begin opening up our amenities (as appropriate and approved by local guidelines) and see a full return of staff to our offices. Our teams look forward to seeing you and helping you in any way we can. And as a reminder, one of the best ways to help minimize the spread of COVID-19 is to get vaccinated. If you are having difficulties finding a location where you can receive your vaccination, please check out vaccinefinder.org

Best.

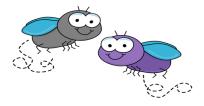
John Ehle

President



#### How to Reduce Summertime Bugs on the Patio

Summertime means sitting on the back patio sipping iced tea, enjoying warm summer evening on the porch swing and making homemade ice cream. The only fly in the ointment is the ... fly. Or gnats, or other bugs that enjoy summer as much as you do. There are ways to help reduce the number of bugs that show up this summer on your back patio. Keep the dog feces picked up. Picking up the dog stuff is not a pleasant chore, but if you leave it on the ground even for a few hours, it will attract flies. Keep a lidded trash can to dispose of the feces as soon as possible. Install a bug zapper or hang a fly trap in a corner of the yard to attract the bugs away from the patio and to their demise.





#### A Midsummer Pest

Fruit Flies make an appearance every summer as ripened produce graces our countertops. There's an easy solution, however, and it's probably in your home already. Simply fill a bowl with vinegar, add a few drops of citrus-scented dish soap, and voila! The bugs will be attracted to the mixture and drown.

#### Fun Facts About Little Rock Air Force Base

The base opened on 24 January 1955 with 6,100 acres donated by landowners, valued at \$1.2 million in 1952.[2] Communications and several storage buildings, JATO facility, ordnance igloos, track and loading platform were completed by 30 June 1955, and the base was opened to limited air traffic on 9 September 1955. The base headquarters facility was accepted 31 January 1956, and all runways and other operational concrete areas were completed by January 1957.





## **Meet our May Employee** Spotlight, Gabi Stark

Fun Fact about Gabi:

She is bilingual and has Hispanic heritage

What do you love most about your job?

**Leasing Specialist** 

"I love that I have a great work life balance."

We are so excited to have Gabi as part of our team! If you speak with her feel free to give her a warm Little Rock Family Housing Welcome!























Refuse Collection Schedule

Monday: Bulk Items and yard waste

Tue: House Hold Trash

Every other Thurs: Recycle

In accordance with the Waste Management Collection schedule, a oneday delay for all Federal Holidays will be observed; please plan accordingly for the delays. With warm weather here, avoid pests such as flies, ants or our very own raccoons by bagging your household trash properly, cleaning out your receptacle once the start to get an odor and securing the lid. Also storing your receptacles away from your home the same day your refuse collection has been removed is a great way to show your pride in your home and community

#### Name That Noodle

According to the National Pasta Association, Americans eat 6 billion pounds of pasta a yearmore than any other country in the world. Your cupboard is probably home to basics such as elbow macaroni and spaghetti, but did you know there are hundreds of different types of pasta?

On your next rip to the grocery store, pick out a new noodle to try, starting with one of these favorites:

Farfalle. Commonly called "bow tie pasta," farfalle is actually Italian for butterflies." Its unique shape adds flair to any dish, from pasta salads to soups. Rotini. The name of this pasta means "twist or spirals." The ridges help it hold on to bits of meant, vegetables and cheese, making it ideal for chunky sauces or baking casseroles. A similar pasta, fusilli, has an even tighter coil.

Orzo, Italian for "barley," this small grain-shaped pasta is perfect addition to salads and soups and is often served as a side dish with a light sauce.

Penne. This popular, versatile pasta easily completes any sauce. The hollow shape makes penne a great choice for baking, as it will hold meat and vegetables well.

Ruote. The Italian word for "wheels," ruote is a popular pasta for kids thanks to its fun shape and ability to be pierced easily with a fork. Ruote ia a great base for past salads and helps trap flavor is stir fry dishes.



