



HELLO JUNE

Our President's Message



This month, we will officially welcome summer, celebrate graduations, and honor fathers on Father's Day. It is also a time to prepare for PCS season and the moves many will be facing. We know all too well the stress and anxiety that come with moving. One of our goals is to help families feel a sense of community and

to understand their new community, the place they will call home. Hunt Military Communities offers a host of information aimed at making the transition seamless, as well as programs addressing deployment, family crisis, and special services. The Hunt Heart Program is designed to help our families when they need it most. If you are not familiar with this program, I invite you to visit your community website or huntmilitarycommunities.com to learn about these special services. Additionally, each community has a Resource Guide listed under Resident Services that will help to acclimate our families to some of the many services your specific community offers. Thank you for choosing to make your home at a Hunt Military Community, and I wish you a safe and healthy start to summer and PSC season.

Best,



John Ehle

President

Hunt Military Communities

Savor the Flavors of Summer



The joys of summer are plentiful, including an abundance of fresh fruits and vegetables that are ready to tempt your taste buds. Here are some ways to ensure that fresh seasonal selections will be part of your summer menus:

Garden goodness. If you know someone who has garden or has a garden plot here on base, you're in luck. Many gardeners raise more produce than they can use. Earn yourself some of the harvest by offering to help with weeding, watering and other garden chores.

Farm fresh. Plan a visit to the local farmers' market or a roadside stand, where the produce is usually fresher than fare shipped from afar. The prices are often lower than the supermarket, and you will be supporting local growers. Also, the food is less likely to have been exposed to pesticides, herbicides and chemical fertilizers.

Pick a peck. To find out if there is a farm or orchard nearby where you can harvest produce yourself, visit www.PickYourOwn.org. Pick extra and freeze it for future use.

Fresh fruits and vegetables not only taste wonderful, they are full of vitamins, minerals and antioxidants. So give your body and brain a boost while enjoying the summer harvest.

Contact Information

101 Arkansas Blvd, Jacksonville, AR 72076

Phone: 501-983-9044 • Fax: 501-983-9021

Facebook: Little Rock Family Housing

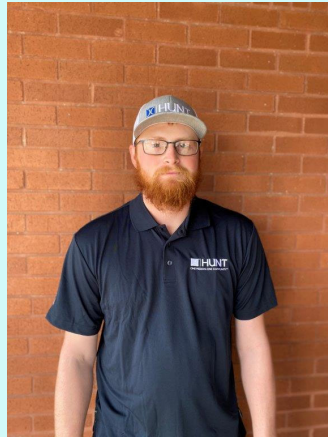
Employee Spotlight

Meet our June Employee Spotlight,

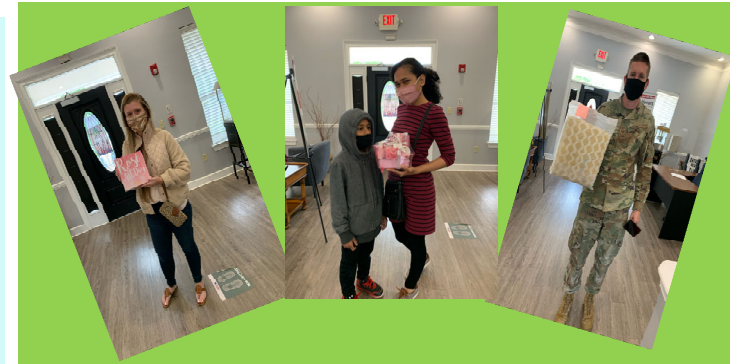
Brandon Capps

What do you love most about your job: Brandon loves working with his amazing team each person has their own special personality trait. It feels like a family!

Fun Fact about Brandon: Likes to Hunt and fish and when he is not doing that he races his dirt track car! GO #32c!



Brandon has been with LRFH for 5 years and was recently transferred from Maintenance Technician to Warehouse Technician!



Mothers Day Raffle

We had a few dads who came by to help pick up the mothers day gifts for our hard working mommas!



Yard of the month WINNERS for April!



Cold Water on the Go!

Whether you're planning a road trip or just a long day of errands, spending hours in a hot car is bound to make you thirsty. Freeze a refillable bottle of water and stash it in the car while you're out and about. It will melt in no time, and it's cheaper and more eco-friendly than buying water at a convenience store.



Hidden Dirt in the Home

When it's time to clean house, it's common to focus on basic sweeping and dusting. However, you might be neglecting some areas where dirt and grim can hide, such as:

Kurigs: They should be wiped down regularly, but the machine itself also needs a periodic cleaning to prevent minerals and mold from growing inside. Run a cycle with just water, then pour a mixture of equal parts lemon juice and water into the reservoir and let it run through the cycle 3-5 times. Once complete make sure to run just water another 3-5 times. An alternative to lemon juice is white vinegar.

Small electronics. Lots of hands touch everyday items such as phones, tablets and remote controls. Clean them regularly with antibacterial wipes, especially when someone has been ill.

Fans.

Fan blades gather plenty of dust, which can harm the motor and spread dirty around your home. Unplug the fan and remove the guard covering the blades. Use mild dish soap and warm water to clean the guard and blades. Let all pieces dry before reassembling the fan.

Ice cube trays. Odors in the freezer can be absorbed by the trays, causing the cubes-and your beverages-to taste unpleasant. For a thorough cleaning, mix two teaspoons and baking soda with one half cup of warm water and scrub each section of the tray with a cloth.