

July
2021

LITTLE ROCK INSIGHTS



Our President's Message



Welcome to the official start of summer! In just a few days, we will celebrate American Independence Day on the Fourth of July. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an

independent nation. It is also a time families gather to barbecue, gather with friends, and watch -reworks. Whatever your plans are, we hope you will be safe and continue to give thanks for our precious gift of freedom. Many have already experienced extremely hot weather, and it is forecasted to continue in many parts of our nation. Should you have a maintenance emergency, our teams will be on call throughout the holiday weekend 24/7. We are also pleased to announce our Hunt Heroes Foundation will once again be partnering with Operation Homefront on their Backpack Brigade program. Be on the lookout for the details on how to register your child to receive a complimentary backpack -lled with school supplies. This will be on a -rst-come, -rst-served basis, and quantities are limited per community. Wishing you all a safe, happy, and healthy holiday and summer!

Karen Plesh

Karen Plesh
Vice President of Operations
Hunt Military Communities

Ants in my neighborhood??

When searching for food, ants are a common invader of the home.



Although ant activity is mainly just a nuisance, it is important to be aware of damage that some ant species are capable of creating, as well as the benefits associated with the presence of certain ant species. Ants kill numerous other pest insects such as subterranean termites; they are likely to kill and eat any insect they find such as flea and fly larvae. Ants also aerate soil, and recycle dead animals and vegetable materials. The approach for eliminating an ant invasion in the home should aim at keeping them out by providing a barrier to the home so that one can reap the benefits of ants outside the home. If you happen to find a trail of ants marching in your kitchen or swarming an area in the house, try controlling the situation by implementing some of these quick fix methods. Observe the ants and determine where they are going and at what point they entered. Usually ants march in line. They do this because they are following a chemical trail secreted by the scout ant that found the food. Place a temporary barrier where the ants are entering with petroleum jelly, duck tape or another sticky substance. Mop up the ants with soapy water. Once you have killed or removed most or all of the ants, permanently block the entry they were using with some form of structural barrier. To keep ants away it is important to maintain proper storage of food and waste management. The entails keeping food in sealed container, kitchen surfaces clean, and sweeping the vacuuming the floors frequently to eliminate crumbs.

There are, of course, exceptions to the rule. So if you are experiencing an ant invasion our pest control folks are here to help. Just give us a call. P: 501.983.9044

Contact Information

101 Arkansas Blvd, Jacksonville, AR 72076
Phone: 501-983-9044 • Fax: 501-983-9021
Facebook: Little Rock Family Housing

Employee Spotlight

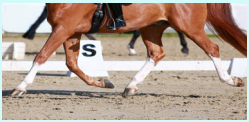
Meet our August Employee Spotlight,

Mark Johnson

What do you love most about your job: He enjoys working with his entire team!



Fun Fact about Mark: He use to race horses.



Mr. Mark has been with LRFH for 16 years and is currently our Maintenance Manager.

ONE Minute Chef

Easy Mini Cheesecakes

Ingredients:

-2 packages (8 ounces each) cream cheese softened

- 2/3 cup sugar

-2 eggs

-2 teaspoons vanilla extract

-1/2 teaspoon lemon extract

-12 vanilla wafers

Directions:

Preheat oven to 325 degrees. Beat cream cheese and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs and extracts; beat well. Place a water in bottom of 12 paper-lined muffin cups. Spoon batter into each cup, filling two-thirds full.

Bake in preheated oven for 22 to 24 minutes or until edges are lightly browned. Cool in pan on wire rack. The mini cheesecakes will deflate in the center upon cooling. Refrigerate four hours or overnight Garnish with fresh fruit, lemon curb or melted chocolate swirls. www.McCormick.com



Yard of the Month Winners



Sunburn Solutions

There's nothing like coming inside after a fun day in the sun and seeing that familiar redness on the surface of your skin: sunburn. You can't reverse sunburn once you have it, but you can use a variety of natural methods to soothe the pain and reduce inflammation.

Aloe vera. Slice open a leaf from the succulent and apply the gel directly to the burn. You can also buy aloe vera gel products, but avoid those that contain lanolin, which can make the burn feel worse.

Yogurt. This dairy products re-establishes pH balance and cools the skin. Apply plain, unsweetened full-fat yogurt with few additives to all sunburned areas. After the yogurt becomes warm, rinse it off with tepid water.

Tea. The tannic acid in tea helps relieve sunburn pain, soak a towel or compress in freshly brewed tea that has cooled and apply to the skin. If you've burned your eyelids, steep teabags in cool water and rest them on your closed eyes.

Potatoes. Blend two peeled potatoes until you have a paste. Gently rub the paste on the skin. Let it dry, then rinse with cool water. A less messy option is to lay potato skins directly on the burned area.

Oatmeal. Add one half to one cup of the skin soother to cool bathwater then soak for 15 minutes.

Base Gym

While exercising in the great outdoors might be exhilarating during cooler weather, the hazy days of summer can have you panting for air as your trying to burn calories.

Thankfully the base gym has a top notch fitness center that is open to anyone in

