

Committed to Quality.
Dedicated to Service.

June 2013

Contact Information

Welcome Center: 983-9044 or 983-9046

Winter Hours of Operation:

Monday–Friday, 7:30 a.m.–6:00 p.m.

Saturday, 11:00 a.m.–4:00 p.m.

Sunday Closed

24-Hour Maintenance: (866) 962-5778

Emergency Services

Security Forces 911

Fire Department 911

Your Friendly Office Staff

Mary Holliday-Sopko Community Dir.

Judith Lovellette ... Assistant Comm. Dir.

Julie Wellborn

Heather Phillips

Tylynn Reinemann

Brenda Fry

Jillian Fry

Emily White

Your Friendly Maintenance Staff

Cade Wood Maintenance Director

Mark Johnson ... Maintenance Supervisor

Lesia Brinker ... Maintenance Coordinator

TJ Ruhter

Joshua Richardson

Alan Marcus

Eric Smith

Doug Beals

Steve Miller

James Stanbery

Keith Smith

Gary Cox



LITTLE ROCK
FAMILY HOUSING

A Hunt Military Community

101 Arkansas Blvd. • Jacksonville, AR 72076

Phone: (501) 983-9044 • Fax: (501) 983-9021 • www.littlerock-family-housing.com

Summer Story Time Is About to Begin!



Everyone enjoys summer story time at the Little Library

Everyone needs a vacation, and a great way to get away and never leave is to pick up a good book. Here at Little Rock Family Housing, we are going to make that easy for you and your family this summer by bringing story time to you!

We are very lucky to have the great librarians from the base library come every month to have story time with the wonderful families that call Little Rock Family Housing home.

Reading can be exciting, motivational and educational for kids of all ages. It offers adventures in

another time and another place that no road trip can match.

Summer reading can also improve reading skills. Some children have trouble returning to school after summer vacation, but when your child is involved extensive summer reading, they spend their summer improving their reading skills rather than letting them slip.

Summer story time is a great way to spend your day. Watch the calendar for all the story times scheduled this summer and be sure you have liked us on facebook to keep up-to-date with all the summer fun coming up!



Facebook Bingo

Be sure to like us on facebook for facebook Bingo. The winner receives a \$25 gift card. It is great fun and open to all Little Rock Family Housing residents.



find us on facebook!

Summer Reading at LRAFB Library

Reading is not only fundamental, it is fun. Join the summer reading program at the Little Rock Air Force Base Library, where you can experience the fun for yourselves.

This year's early registration begins June 3. You can register at the base library. The program runs June 17-July 26. Everyone who signs up will receive a goodie bag full of great library stuff including a t-shirt, pencil, bookmark and bracelet.

There are prizes to win along the way. For every 5 books you read you have a chance to win. You can go up to 15 books giving you 3 chances to win, but you can always read more! "Of course, we encourage them to read as many as they can!" said Jennifer Amy Porter of the Little Rock Air Force Base Library.

There is no limitations on the kinds of books the kids are reading, as long as they are reading! Let them go on adventures with Harry Potter or battle with Katniss Everdeen in the Hunger Games series!

The summer reading program is also open to younger readers as well. The stories of Llama Llama Red Pajama will create lasting memories for both you and your little reader!

For more information about their summer reading program you can call them at (501) 987-6979 or stop by the library during regular hours. They will be happy to assist you.



Get signed up starting June 3 for this year's summer reading program.



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 a garden, 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. An alternative is to check with your city about participating in a community garden.

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.

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 grime can hide, such as:

Coffee maker. Coffee pots should be washed regularly, but the machine itself also needs 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 sit for 15 minutes. Run the cycle with the solution and then once more with water. An alternative to lemon juice is white vinegar.

Small electronics. Lots of hands touch everyday items such as phones, the computer mouse and keyboard, 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 dirt 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 of baking soda with one half cup of warm water and scrub each section of the tray with a cloth.





Storage for the Digital Age

As technology improves and more tasks are done on the computer, the way we store information also changes. Paper copies are becoming a thing of the past, but the need to save and transport data remains. Several options are available to keep digital files organized and available on the go.

External hard drive. This device uses the same technology as your computer's hard drive, but in a portable form. Although they can be expensive and must be handled carefully, external hard drives hold very large amounts of data—even entire programs—and are compatible with most computers.

CDs and DVDs. These devices are used for storing large files such as music, photos and videos. DVDs usually have five to 10 times the storage capacity of CDs. Some types of CDs and DVDs only allow you to "burn" data to the disc once, but others can be updated and rewritten.

Flash drive. Also called a thumb drive or jump drive, this small memory stick transfers information via a computer's USB port. Durable and fast, flash drives hold a large amount of data in an inexpensive, compact unit.

Memory cards. Another sturdy option, memory cards are commonly used in digital cameras and camcorders, video game systems, and cell phones. Memory cards are available in full, mini, and micro sizes to fit different gadgets.



One Minute Chef

Pasta Salad With Vegetables

Ingredients:

- 3/4 cup mayonnaise dressing with olive oil, divided
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon ground black pepper
- 6 cups assorted fresh vegetables, such as zucchini, red and yellow peppers, and red onion, sliced
- 1 box (16 ounces) fusilli pasta, cooked, drained and cooled
- 1/3 cup sliced black olives
- 1 cup loosely packed fresh basil leaves, chopped

Directions:

Blend 1/4 cup mayonnaise, vinegar and ground black pepper in medium bowl. Stir in vegetables.

Heat oven to 400 degrees F. Place vegetable mixture in a baking dish and roast in oven for about 15 minutes, stirring once, until vegetables are crisp-tender. Cool.

Combine vegetables with remaining mayonnaise, pasta, olives and basil in large bowl. Serve immediately, or cover and refrigerate until ready to serve.

Find more recipes at www.Hellmanns.com.



Wit & Wisdom

"The summer night is like a perfection of thought."

—Wallace Stevens

"Oh, the summer night,
Has a smile of light,
And she sits on a sapphire throne."

—Barry Cornwall

"Ah, summer, what power you have to
make us suffer and like it."

—Russell Baker

"Occasionally I have come across a
last patch of snow on top of a
mountain in late May or June. There's
something very powerful about finding
snow in summer."

—Andy Goldsworthy

"I like summer. I like warmer weather
and long days. I'm one of those silly
people who still enjoy lying in the
sun—my children are horrified!"

—Danielle Steel

"In summer, the song sings itself."

—William Carlos Williams

"It's a cruel season that makes you
get ready for bed while it's light out."

—Bill Watterson

"In June, as many as a dozen species
may burst their buds on a single day.

No man can heed all of these
anniversaries; no man can ignore
all of them."

—Aldo Leopold

"What is one to say about June,
the time of perfect young summer,
the fulfillment of the promise of the
earlier months, and with as yet no sign
to remind one that its fresh young
beauty will ever fade."

—Gertrude Jekyll

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3	4 Coupon Club at the Welcome Center 10 a.m.	5	6	7	8
9	10	11 Coupon Club at the Welcome Center 10 a.m.	12	13 Little Library Story Time at the Welcome Center 10 a.m.	14	15
16 	17	18 Coupon Club at the Welcome Center 10 a.m.	19	20	21 	22
23/30	24	25 Coupon Club at the Welcome Center 10 a.m.	26	27	28	29

Arkansas Travelers

Home Games

- Dickey-Stephens Park
(501) 664-1555
www.Travs.com
- June 1, 2 vs. Corpus Christi Hooks
 - June 12-15 vs. Tulsa Drillers
 - June 16-19 vs. Northwest Arkansas Naturals
 - June 26-28 vs. Frisco RoughRiders
 - June 29-July 1 vs. Midland RockHounds

Through June 15

"Steel Magnolias"

Murry's Dinner Playhouse
(501) 562-3131
www.MurrysDinnerPlayhouse.com

June 1

Cheetah Chase 5K and Family Fun Run

Little Rock Zoo
(501) 666-2406
www.LittleRockZoo.com

June 2-15

Hot Springs Music Festival

Hot Springs National Park
(501) 623-4763
www.HotMusic.org

June 5-30

"Avenue Q"

Arkansas Repertory Theatre
(501) 378-0405
www.TheRep.org

June 6

Moonshine Bandits

Juanita's
(501) 372-1228
www.Juanitas.com

June 7-Sept. 8

Rembrandt, Van Dyck, Gainsborough: The Treasures of Kenwood House, London

Arkansas Arts Center
(501) 372-4000
www.ArkArts.com

June 8

World Oceans Day

Little Rock Zoo
(501) 666-2406
www.LittleRockZoo.com

June 11-15

55th Annual Petit Jean Show and Swap Meet

Museum of Automobiles
(501) 727-5427
www.MuseumOfAutos.com

June 21

Johnny Winter

Juanita's
(501) 372-1228
www.Juanitas.com

June 22-Sept. 22

How People Make Things

Museum of Discovery
(501) 396-7050
www.AMOD.org

Upcoming Events:

July 23-Aug. 31

"South Pacific"

Murry's Dinner Playhouse
(501) 562-3131
www.MurrysDinnerPlayhouse.com

Aug. 31

Breakfast With Great Apes

Little Rock Zoo
(501) 666-2406
www.LittleRockZoo.com

Dates and venues are subject to change.

Little Rock
AREA EVENTS