

SEPTEMBER 2019

# COLUMBUS FAMILY HOUSING NEWS & STORIES



## Contact Information

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## Our President's Message



Hunt launches HEART Program

By John Ehle

As we progress through August, everyone is focused on getting the kids back to school and thinking about all those chores that were put on hold while having fun over the summer. At

Hunt, we've been focused on finding more ways to support our military families. This month, Hunt launched the **HEART** Program. HEART stands for **H**unt **E**mbraces: **A**ctivities, **R**esources & **T**raining and this new program provides services and educational training in the areas of navigating military life, how to access base resources, and activities for children and families. Some new services you can look forward to include: a comprehensive Resource Guide including on-base and local community resources, introduction and guidance when navigating through new local school systems, extra maintenance hours to deployed spouses so when requested for thing such as removing Christmas trees, assisting with hanging pictures, etc., and special events in support of deployed service members such as preparing and mailing care packages twice a year and delivering special treats to spouses on Valentine's Day. And there is much more. Get in touch with your Resident Service Specialist for more information or to take advantage of these great programs.



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## Maintenance Corner

### Garbage Disposal Tips:

Use plenty of water. Every time you run your disposal, turn on the cold water while the food is being chopped up. After you hear the grinding of the motor turn into a soft whir, turn off the device and let the water continue to run for about 10 to 20 seconds. The running water will carry any remaining particles out of the disposal and will more completely flush the pipes.

Use cold water. While hot water won't damage the parts, cold water is better while running the disposal. Hot water will liquefy greases and fats. When they are in liquid form, grease adheres to the blades and will build up on them.

Avoid hard or fibrous foods. Disposals are for foods that grind into bits and pieces easily. Hard seeds, popcorn kernels, peach stones, apple seeds, or bones don't grind very well, if at all. The smaller pieces can get wedged underneath the blades causing them to jam. Fibrous foods should be avoided, also, because the fibers tend to wrap themselves around the blades causing them to jam, too. Therefore, avoid onion skins, egg shells, celery stalks, corn husks, etc.

### Pest Control Tips:

It's been a crazy year for pests with very wet and very dry parts of the country.

Every year, we hear concerns about swarms of lady bugs. Lady bugs (AKA Lady beetles) are beneficial and migratory. Swarms will dissipate within a week or so. They can be safely swept or vacuumed up and released back outside to eat aphids and other harmful insects. Control of pests comes down to basics – clean up, clear up, seal up, then repeat. Keep surfaces clear of crumbs, debris and spills. Clear up clutter in the house and the yard – pests love to hide in crammed closets or the grocery bag collection. Eliminate standing water in yards – even a capful can harbor hundreds of mosquito larvae. Rodents will feast on pet food left outside or spilled bird seed. Store pantry items in glass or hard plastic containers rather than boxes or plastic bags. Vacuum floors often and when you empty the vacuum be sure to seal the contents and dispose of in the outside garbage can.

### Ice Cream Mobile

The Ice Cream Mobile will be out and about again during the month of September! The dates and times will be posted on our Facebook page.

<https://www.facebook.com/ColumbusFamilyHousing/>



## MEET THE COLUMBUS TEAM

Kessler Cowans-Community Dir  
Don McMillian- Maintenance Dir  
Tamara Taylor-Community Supv  
Chris Burnett-Maintenance Supv  
Paula Wiles-RSS  
Suriah Hawkins-Leasing Specialist

Elijah Short-Maint Tech  
Donny Henry-Maint Tech  
Alan Reyes-Maint Tech  
Vickie Richardson-Warehouse Tech  
David Blackwell-Painter

# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day (Offices Closed)	3	4	5	6 National Read a Book Day	7
8	9	10	11 National Day of Service & Remembrance	12	13	14
15	16	17 Door Hanger Painting Event	18	19	20	21 National Day of Peace
22	23 First Day of Fall	24	25 National Comic Book Day	26	27 	28
29	30					

## Columbus AF Base Events

- September 7– Casino Trip 3pm-Midnight FMI call 434-7861
- September 7 - Back-2-School Frame Event FMI 10-11:30am call 434-7836
- September 12 - Healthy Eating Cooking Class 11am-12pm FMI call 434-2790
- September 17 - Door Hanger Painting Event @ the CFH Community Center FMI call 434-8213



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