



## HUNT HEROES FOUNDATION SCHOLARSHIP

Hunt Heroes Foundation, the non-profit organization founded by Hunt Military Communities (Hunt), is excited to announce it will begin accepting applications for its fourth annual HHF scholarship grants. Hunt will award \$50,000 to deserving applicants.

The HHF scholarship program assists active-duty Service members, National Guard or Reservists of one of the five branches of the United States Armed Services or their dependents who plan to continue their education in college or vocational school programs.

The deadline to submit a nomination is March 2, 2023 at 3 pm CST or until 50 applications are received, whichever comes first. For questions or issues with the scholarship process, nominees are encouraged to email:

[HuntHeroesScholarship@ScholarshipAmerica.org](mailto:HuntHeroesScholarship@ScholarshipAmerica.org)

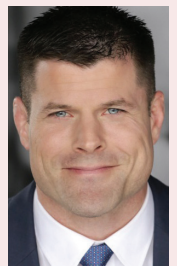
You must apply ONLINE at

[LearnMore.ScholarsApply.org/HuntHeroesScholarship](https://LearnMore.ScholarsApply.org/HuntHeroesScholarship).

## OUR CEO'S MESSAGE

Dear HMC Resident,

Our fifth annual Hunt Heroes Foundation scholarship program is now open and accepting applications. This opportunity is for those looking to attend secondary schooling at a 2-year, 4-year, or technical school. This year we will be awarding 18 scholarships totaling \$50,000. Those eligible include any active service member or their dependents. This is open to any branch of our armed forces and you do not need to be a Hunt Military Communities resident. All scholarship applications must be filled out online at: [LearnMore.ScholarsApply.org/HuntHeroesScholarship](https://LearnMore.ScholarsApply.org/HuntHeroesScholarship). The deadline to submit an application is March 2, 2023, at 3 pm CST, or until 50 applications are received, whichever comes first. Even if you do not have a need this year, we invite you to share this opportunity with someone who qualifies. This is one of many charitable endeavors Hunt Military Communities is actively pursuing. Other top-rated charities that serve our active duty & military veteran populations include career transition assistance, housing, education, and health and well-being. Our support for these organizations, Tunnels to Towers, Hire Heroes USA, Travis Manion Foundation, Operation Homefront, and our scholarship program is all part of our desire to go above and beyond providing much needed services to our nation's heroes and their families. Thank you very much for choosing to live with HMC, and we hope you have a wonderful month!



Semper Fidelis,

Brian Stann  
President & Chief Executive Officer  
Hunt Military Communities

719-982-4800

@AFAFamilyHousing

@AFAFamilyHousing



# IMPORTANT EVENTS

## Popcorn Fridays

Pop into the Community Management Office every Friday in January for a FREE bag of popcorn. See calendar for times Popcorn Friday will be available.

## Story Time with Hunt Military Communities

Join us at the Community Management Office each Thursday for a story time with your Hunt Military Communities' team from 10:30 to 11:00 AM.

## Safety Alert & Reminders

Don't forget to replace your air filter at least monthly. We recommend the 1st of every month. This will help keep your heater working properly this winter season. If you need a replacement air filter at no charge, visit the Community Management Office during business hours to pick up a FREE air filter.

Be sure to test your smoke detectors and carbon monoxide sensors twice monthly. We recommend doing this every payday, so you do not forget.

## Valentine's Day Hot Cocoa & Candy Bar

Join us at the Community Management Office to make a sweet Valentine's treat and a hot cup of cocoa yumminess from 8:00 AM to 5:00 PM on Tuesday, February 14th, 2023. We guarantee it will be a LOVELY and YUMMY time!

# CONTACT INFORMATION

**Office Hours:** Monday, Tuesday, Thursday, & Friday - 8:00 AM – 5:00 PM  
Wednesday - 9:00 AM – 5:00 PM

**Office Number:** 719-982-4800

**Email:** [AFAContact@HuntCompanies.com](mailto:AFAContact@HuntCompanies.com)

**Facebook:** @AFAFamilyHousing

**Website:** [AirforceAcademyHousing.com](http://AirforceAcademyHousing.com)



# EMPLOYEE SPOTLIGHT

## Chris Aria

Chris is a Maintenance Technician here at Air Force Academy Family Housing. He loves cooking and making people laugh! When asked what he love about working for Hunt Military Communities, Chris said, "I like working with Hunt Military Communities because of my co-workers, and I like helping our veterans, active-duty members, and our military families."



**HUNT HEROES FOUNDATION IS ACCEPTING  
SCHOLARSHIP APPLICATIONS ALL MONTH LONG**



# GARBAGE DISPOSAL INFORMATION

## The Proper Care and Feeding of your Garbage Disposal

What is my garbage disposal good for? That's a great question! Your garbage disposal is a very useful tool and an integral part of your home's whole plumbing system. A garbage disposal is a machine that is primarily used to shred food waste into super small pieces that won't clog pipes. It's smart to run your disposal regularly and to keep it clean. It's also important to always run your disposal with cold running water, which solidifies any grease or oils so they can be ground too.

Things it can be used for include soft, cooked food plate scrapings, fruit peels, ice cubes, etc. The disposal helps to keep plumbing pipes cleaner and running unclogged by those substances that would otherwise cause major plumbing issues all the way down the line.

Using a garbage disposal helps to cut down on odors in garbage. The downside to using a garbage disposal is that the disposal itself can develop a foul odor, particularly if you put forbidden food items down the drain and clog up the disposal. Your garbage disposal is one of the most convenient appliances in your home, but it is also one of the appliances that we get called about the most for repairs. In many cases, garbage disposal problems are avoidable if you know how to properly use and take care of your unit. By using the garbage disposal tips below, you can keep your unit running smoothly and avoid unnecessary repairs.

### All of these items are safe to put down your disposal:

- **Citrus rinds:** Small sections of citrus fruits also naturally clean your disposal and leave your drain smelling fresh.
- **Egg shells:** The hard shells also help clean and sharpen garbage disposal blades.
- **Cooked meat scraps:** Food scraps leftover from dinner are fine if they end up in the garbage disposal after washing dishes; just avoid large amounts or big chunks.
- **Fruit scraps:** Apples, oranges, bananas, berries, and grapes are all fine if they end up going down the garbage disposal; they also help freshen your drain.
- **Most vegetable scraps:** Pretty much all veggies are fine to let run through the garbage disposal. There are a few that are too fibrous and therefore might be hard on your disposal, which we listed below.

### Please don't put these items down your garbage disposal:

There are a few biodegradable items that aren't a good idea for disposals and we've highlighted two at the top of our list. These are our two favorite culprits: PASTA AND RICE. These foods can go in the trash. They contribute to a high percentage of our calls for clogged kitchen sinks and the plumbing pipes beyond.

- **Pasta:** Pasta expands in pipes, even after it's been shredded to bits, which will cause clogs.
- **Rice:** Just like pasta, rice expands so please avoid letting it slip into your disposal to join the other stuff that wants to clog your plumbing, too.

- **Grease:** Avoid pouring grease or anything super fatty down your drain or in your garbage disposal. It congeals into a big, nasty mass that will clog your pipes.
- **Potato peels:** Potatoes are really starchy, which isn't a good combination with your garbage disposal, your drain, or your pipes. These cause clogs. Toss in the garbage or compost instead.
- **Fruit pits:** Fruit pits are best to be deposited in your compost or garbage, not the disposal.
- **Large bones:** If you're finding yourself trying to shove something in the disposal, then it's too big. Toss big bones in the compost or trash.
- **Shrimp/Seafood shells:** Shrimp shells are pretty tough and can also leave a not-so-fresh scent.
- **Nuts:** Let's just imagine peanut butter in your garbage disposal for a moment. Yeah, not such a good idea.
- **Corn husks:** Husks are another fibrous material that make your disposal work really hard. It's best to toss them in the compost.
- **Onion skins:** Onion skins are also a no-no for the garbage disposal.
- **Artichokes:** The leaves of an artichoke are really tough and can get caught in the disposal blades, causing it to break down.
- **Asparagus:** Another fibrous veggie that isn't good for the blades of your disposal, and it composts well, too.

### And really, really, don't put these items down your garbage disposal:

- **Fats and Oils:** While your garbage disposal can handle liquid or semi-solid fat, grease, and oil, the rest of your home's plumbing system cannot. Instead, throw the greasy stuff out with the trash; seal liquid oil and grease in a can or jar first.
- **Shells:** Just like shrimp shells, other shells aren't good for your garbage disposal. (Yes, we know it's on here twice!).
- **Broken glass/beer bottles:** Please do not put broken glass in your garbage disposal.
- **Sanitary Wipes:** Wipes go in the trash... not in the plumbing EVER!
- **Fish Tank rocks:** After all... they are rocks! To put it bluntly, these are NO BUENO for blades.
- **Coins and Rings.**
- **Baby Pacifiers and Small Toys:** Turn off the power to the garbage disposal by unplugging the unit and remove obstruction with tongs if you can't wait for the Maintenance Technician to arrive.
- **Medication:** Tossing your unused medications down the garbage disposal might seem like a smart way to dispose of controlled substances, but putting drugs into the plumbing system can eventually impact the water supply. Instead, the FDA recommends removing the drugs from their packaging, putting them in a plastic bag with something unappealing like dirt or cat litter, then disposing of the bag in the trash.

# GARBAGE DISPOSAL SAFETY

## Safety Tips for using your garbage disposal:

- **Don't use bleach or commercial cleaner to clear the disposal!** When you turn on your appliance next, the caustic chemicals might fly up and out. If it's a case of the wrong place at the wrong time, that could result in bleach splashing in your eyes after flipping the switch to send food scraps down the drain.
- **If it gets clogged, don't pour hot water into the unit.** The heat will melt fats and oil and make unclogging the garbage disposal even more difficult to accomplish.
- **Exercise caution when retrieving something from your disposal.** If you accidentally drop something down into your disposal, the safest thing to do is call for help. If time is of the essence, be very careful when trying to retrieve it. Make sure your unit is unplugged, underneath the sink, before attempting anything, and try grabbing the object with tongs, pliers, or a bent coat hanger instead of your hand.
- **Do run the disposal every few days.** Even if you don't have to grind any food scraps up, you should run the appliance with cold water to keep the blades from rusting from lack of use. This also gives any food that might have stuck to the sides of the appliance from a previous use another chance to wash out.
- **Do clean your garbage disposal every two weeks.** First, fill it with ice cubes and a tablespoon of salt, then run it for a minute to let the natural abrasives scrape away the gunk lining the inside of your disposal. Pour a cup of vinegar and a half-cup of baking soda into the disposal to kill bacteria, then (again, with the power off) scrub the flaps with an old toothbrush.
- **Do ward off odors with warm water and lemons.** After you've reconnected your appliance, pour warm (not hot) water into your garbage disposal as it grinds cut-up lemons. The wedges are high in citric acid, which boasts "anti-bacterial properties" and their peels will scrub on the way down - an all-natural remedy!

Our garbage disposals can be a great first line of defense in keeping the whole plumbing system operating smoothly. We truly are all in this together. Your home is not an island unto itself. Every little thing we can do to make our home plumbing systems clean and clear will ultimately ensure our waste system continues to operate efficiently. If it is treated with care and respect, everyone involved will see less plumbing drain line back-ups and happier residents.

Just because you CAN fit it into the garbage disposal doesn't mean you SHOULD. Be wise. Clean pipes are friendly pipes! Nobody likes a flooded basement. Thank you for wisely doing your part!



SUPER BOWL LVII - FEBRUARY 12TH



# 2023

# FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			01 Rent is Due! Change Your Air Fiter! Trash, Recycling, & Bulk Trash Pick Up	02 Groundhog Day Story Time Community Management Office 10:30 - 11 AM	03 Popcorn Friday Community Management Office 8 AM - 5 PM	04 USO Birthday
05	06	07	08 Trash & Bulk Trash Pick Up	09 Story Time Community Management Office 10:30 - 11 AM	10 Popcorn Friday Community Management Office 8 AM - 5 PM	11
12 Super Bowl	13	14 Valentine's Day Hot Cocoa & Candy Bar Community Management Office 8 AM -5 PM	15 Pet of the Month Starts Facebook Check Your Smoke Detectors & Carbon Monoxide Sensors Trash, Recycling, & Bulk Trash Pick Up	16 Story Time Community Management Office 10:30 - 11 AM	17 Popcorn Friday Community Management Office 8 AM - 5 PM	18
19	20 Presidents' Day	21 Mardi Gras Pet of the Month Ends Facebook	22 Trash & Bulk Trash Pick Up	23 Story Time Community Management Office 10:30 - 11 AM	24 Popcorn Friday Community Management Office 8 AM - 5 PM	25
26	27	28 Check Your Smoke Detectors & Carbon Monoxide Sensors			Bulk Trash: If you have bulk trash that you need picked up, email AFAContact@HuntCompanies.com before 3:00 PM the Wednesday prior to pick-up with your address and list of items you need removed for bulk trash.	

