Lincoln Military Housing

Community News

Proudly serving the residents of our Annapolis Neighborhoods *July 2012*

What's Inside

Kids' Crew
Pirates of the Chesapeake
Thursday, July 12

Kids' Crew Water Fun Day
Saturday, July 21

Kids' Crew Six Flags
Friday, July 27

Kids' Crew Paint A Playhouse Summer Crafts
Tuesday, July 31

Independence Day
Wednesday, July 4
(Office Closed)

Lincoln Military Housing

Every Mission Begins at Home™

Kids and Breakfast

www.keepkidshealthy.com

Do your kids eat breakfast? By many reports, 40% of kids don't. But everyone knows that breakfast is the most important meal of the day, right?

Here is some proof:

- The State of Minnesota Breakfast Study showed that 'students who ate breakfast before starting school had a general increase in math grades and reading scores, increased student attention, reduced nurse visits, and improved student behaviors.
- Children who eat a healthy breakfast meet their daily nutritional needs, keep their weight under control, have lower blood cholesterol levels, attend school more frequently, and make fewer trips to the school nurses office complaining of tummy aches.
- Kids who eat breakfast are more likely than children who skip breakfast to consume foods with adequate levels of minerals, such as calcium, phosphorus, magnesium, and vitamins, such as riboflavin, vitamins A, C, and B12, and folate.
- Kids who skip breakfast do not make up for the missed calories at other meals.

So why aren't your kids eating breakfast each day? Most likely, it is because your family is already rushed in the morning and you don't feel like you have time to provide a nutritious breakfast. But remember that breakfast doesn't have to mean home-made waffles or french toast every day. There are many quick and easy breakfasts that you can give your kids that are also nutritious.

According to the American Dietetic Association, these can include:

- ready-to-eat cereal with fruit and milk
- toasted bagel with cheese
- fruit-filled breakfast bar and yogurt
- toasted waffle topped with fruit and yogurt
- fruit smoothie (fruit and milk whirled in a blender)
- peanut butter on whole-wheat toast

Follow Lincoln Military Housing on

LINCOLN MILITARY HOUSING
Every Mission Begins at Home™

July 2012

Annapolis
HOUSING NEIGHBORHOODS

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 *Independence Day Housing Office Closed*	5	6	7
8	9	10	11	12 Kids' Crew Pirates of the Chesapeake	13	14
15	16	17	18	19	20	21 Kids' Crew Water Fun Day
22	23	24	25	26	27 Kids' Crew Six Flags	28
29	30	31 Kids' Crew Paint A Playhouse Summer Crafts				

Annapolis Team	
District Manager	Christine
Resident Manager	Ted
Housing Manager	Carla
Executive Homes Manager	Dori
Community Services Coordinator	Heidi
Customer Service Representative	Erica
Maintenance Supervisor	Duane
Service Manager	Erica
Maintenance Technicians	Dan, Chris, Paul, Thacious
Groundskeepers	John, Willie, Fausto

Annapolis Office

349 Kinkaid Rd.
Annapolis, MD 21402
410-349-1740

Office Hours

Mon. - Fri. ..... 7:30am - 4:30am
Sat. ..... 9:00am - 1:00am
Sun. ..... Closed

LINCOLN AT YOUR SERVICE: 888-578-4141 (toll free hotline)

Community Services Notes

- Annapolis Community Services Email: hwalker@lpsi.com
- Register for upcoming events at: www.LincolnMilitaryResident.com.
- Resident volunteers are needed. Email hwalker@lpsi.com
- New event ideas are always welcomed!

Join Us for Free LMH Activities

Kids' Crew Pirates of the Chesapeake

Date: Thursday, July 12
Time: 2:00 p.m. - 4:00 p.m.
Location: Annapolis Pier 1
RSVP by: Monday, July 9

Event Details: Sail away with us on a private adventure to find the sunken treasure. Climb aboard the ship and learn the rules at sea, read the map of where the treasure might be hiding, and defeat Pirate Pete, the meanest pirate of the Chesapeake, with real water cannons! This is a drawing event.

Kids' Crew Paint A Playhouse Summer Crafts

Date: Tuesday, July 31
Time: 12:00 p.m. - 3:00 p.m.
Location: Sellers Road Park
RSVP by: Friday, July 27

Event Details: Crafts are always a fun way to create something special for you to enjoy. Stroll over to the park and let the kids create their own beautiful playhouse. Each family will be given one playhouse. Lunch will be served and houses are limited. This is a drawing event.

Sneak Peek

National Night Out
Tuesday, August 7

Back to School Block Party
Friday, August 17

Cooking with Amigos
Friday, August 24

Kids' Crew Water Fun Day

Date: Saturday, July 21
Time: 12:00 p.m. - 3:00 p.m.
Location: Kinkaid Road Park
RSVP by: Open Event

Event Details: Join us at the park for a wet and wonderful afternoon of water slides, music and fun.. Play on the slip and slide, race your friend down a double lane dolphin slide or have a water balloon fight. When you're tired, relax under our Lincoln Tent and enjoy a slice of pizza with a glass of lemonade. This is an open event.

Kids' Crew Six Flags

Date: Friday, July 27
Time: 11 a.m. - 9:00 p.m.
Location: Six Flags Bowie, Md
RSVP by: Tuesday, July 24

Event Deails: Hop in the car and journey to Six Flags for an exciting day at the amusement park. Pack your sunscreen, bathing suit and towel for the water park. We will provide the admission and a yummy picnic lunch. This is a drawing event.

Annapolis District News

- Dogs must be on a leash and supervised at all times when they are outside of the home. Having dogs on a leash and tied to a tree is not allowed.
- Pet Feces MUST be picked up immediately. This includes the feces in your backyards. Feces carry diseases that are harmful to humans.
- There is NO dog park in our community. Do not treat playgrounds and play areas as dog parks. The parks are for children to play in, and having the dogs loose and allowed to run freely upsets many of the children.
- Dogs MUST be trained. Excessive barking affect the quiet enjoyment of other residents.
- If you provide LMH with permission to enter for work orders, your dog must be secured . The safety of our team is prominent and we will not risk their safety.

Partner's Information

- For ticket information, contact ITT office: 410-293-9207.
- For information regarding pools and Recreational Services call 410-293-9200.
- For Youth Programs, contact Youth Center at 410-293-9396.

Important Telephone Numbers

Emergencies: Call 911 or 410-293-3333
Fire/Police Non Emergencies: 410-293-5760
Poison Control: 800-222-1222

Fleet and Family Support Center: 410-293-2641
Morale, Recreation, and Welfare: 410-293-9210
Operation Homefront: 800-779-5903
Hazardous Weather Status: 410-293-0032

LINCOLN MILITARY HOUSING

Every Mission Begins at Home™

Living Green Tips

July: Water Conservation

You can conserve water by applying some of the following tips to your everyday routine.

- Do not use a running hose to wash down sidewalks, driveways, parking areas, tennis courts, patios or other paved areas.
- Wash vehicles at a commercial car wash that utilizes reusable water. As per your Community handbook, washing cars with a hose within Lincoln's neighborhoods is prohibited.
- Water house plants and backyard plants no more than three days per week by using a hand-held container, hand-held hose with positive shut-off nozzle, or a low-volume soaker hose.
- Notify Lincoln At Your Service as soon as you notice any leaks.

Here are some simple things you can do to save even more water:

- Shorten showers to 5 minutes.
- Turn off water while brushing your teeth or while shaving, until you are ready to rinse.
- Turn off water while soaping your dirty dishes if you hand-wash your dishes.
- Don't use the toilet as a wastebasket.

Be sure to observe water rationing rules if they are enforced due to local drought conditions.