



**Quail Hollow Family Housing**

Office Phone  
325-690-6698  
Fax  
325-690-0388

After Hours Maintenance  
Emergency  
325-690-6698

Website  
[www.dyessfamilyhousing.com](http://www.dyessfamilyhousing.com)

**Office Staff**

*Sandy Nichols* - Community Director  
*Cecilia Aquino* - Assistant Community Director  
*Rasha Buckley* - Resident Leasing Specialist  
*Rouqad Bostons* - Leasing Agent

**Maintenance Staff**

*Brian Honecki* - Maintenance Director  
*David Thomas* - Maintenance Tech  
*Jim Fitch* - Maintenance Tech  
*Roger Lusko* - Housekeeper

**Happy Valentine's Day!!!**

**Kite Flying Day:** On February 8<sup>th</sup> come join the Quail Hollow staff behind the Kala Community Center from 4:00pm to 5:30pm and fly a kite! Kites will be provided!!

**Valentine's Day:** Join the Quail Hollow Staff on February 12<sup>th</sup> for Valentine sweets at the Leasing Office from 1:00pm to 5:00pm!

**Cherry Pie Day:** Join the Quail Hollow Staff on February 19<sup>th</sup> at the Leasing Office from 1:00pm to 5:00pm for variety of cherry pie!

**Take an extra step to better health and start walking today!**  
Join a member of the Quail Hollow Staff for a light walk around property every Wednesday in February beginning at 2 p.m. Check in at the Leasing office!



**Hunt Update**

**Valentine's Day**

Valentine's Day can be so much more than candy and flowers. How about taking care of your heart? Find a workout buddy and work out together. Treat a few more good for you meals into your rotation. Take off holiday sweets by making every other day fruit-free. Try an unfamiliar fruit or vegetable.

Take a walk. Short distances add up, and even one with many steps for dogs or kids is better than nothing. Bundle up and get outside on jobs, sunny days - you'll feel better!

What better gift than being healthy and happy for those you love?



Valentine's Day can be a light and healthy walk. Your acts of kindness or gratitude will you perform?

**Maintenance**

**February seems so long for a short month.**

Let's talk about winter driving. Whether that means car or snow in your area...

- Slow down and leave plenty of room between you and the car in front of you.
- Stopping distances increase - slow down for intersections, turns and other traffic early.
- If you sell or hydroplane, look and steer in the direction you want to go. Avoid sudden braking.
- Accelerate and decelerate slowly.
- Avoid using cruise control on wet or slippery surfaces.
- Ensure tires are properly inflated.
- Carry an emergency kit.
- Always wear a seat belt.
- If conditions warrant, stay home.