

JULY  
2021

CONSTITUTION PARK INSIGHTS  
**NEWS & STORIES**



**Our Vice President's Message**



Welcome to the official start of summer! In just a few days, we will celebrate American Independence Day on the Fourth of July. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.

*It is also a time families gather to barbecue, gather with friends, and watch fireworks. Whatever your plans are, we hope you will be safe and continue to give thanks for our precious gift of freedom.*

*Many have already experienced extremely hot weather, and it is forecasted to continue in many parts of our nation. Should you have a maintenance emergency, our teams will be on call throughout the holiday weekend 24/7.*

*We are also pleased to announce our Hunt Heroes Foundation will once again be partnering with Operation Homefront on their Backpack Brigade program. Be on the lookout for the details on how to register your child to receive a complimentary backpack filled with school supplies. This will be on a first-come, first-served basis, and quantities are limited per community. Wishing you all a safe, happy, and healthy holiday and summer!*

Best,



**Karen Plesh, Vice President**  
**Hunt Military Communities**



HuntMilitaryCommunities.com



**The History of America's Independence Day**

On June 11, 1776, the Colonies' Second Continental Congress met in Philadelphia and formed a committee whose express purpose was drafting a document that would formally sever their ties with Great Britain. The committee included Thomas Jefferson, Benjamin Franklin, John Adams, Roger Sherman and Robert R. Livingston. Jefferson, who was considered the strongest and most eloquent writer, crafted the original draft document (as seen above). A total of 86 changes were made to his draft and the Continental Congress officially adopted the final version on July 4, 1776.

The following day, copies of the Declaration of Independence were distributed, and on July 6, The Pennsylvania Evening Post became the first newspaper to print the extraordinary document. The Declaration of Independence has since become our nation's most cherished symbol of liberty.

Read more here: <https://www.pbs.org/a-capitol-fourth/history/history-independence-day/>

CONTACT INFORMATION

Please see below for our updated contact information:

<b>Office Phone Line:</b>	360-394-7297
<b>Leasing Phone Line:</b>	888-597-8174
<b>Maintenance Work Orders:</b>	360-930-4529
<b>Email:</b>	constitutionpark@huntcompanies.com

# JULY - UV Safety Awareness Month



## Sun Safety

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

## How to Protect Your Skin From the Sun

### Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

### Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

### Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

### Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

### Sunscreen

Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options.

Sunscreen is not recommended for babies who are 6 months old or younger. The U.S. Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

**SPF.** Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

**Expiration date.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

# Festive 4th of July RECIPE

## Loaded Red, White and Blue Cookie Bars

Recipe courtesy of Pillsbury



### INGREDIENTS:

- 1 Roll (16.5 oz) refrigerated Pillsbury Sugar Cookie Dough
- 3oz (from 8oz package) cream cheese, softened
- 2 tablespoons all-purpose flour
- 8 Golden Oreo sandwich cookies, coarsely crushed (about 1 cup)
- 1/2 cup red, white and blue M&M's candy-coated milk chocolate candies
- 1/2 cup semi-sweet chocolate chips
- 1/4 cup coarsely chopped cocktail peanuts
- 2 tablespoons red, white and blue candy sprinkles
- 1/4 cup white vanilla baking chips

### DIRECTIONS:

1. Heat oven to 350 degrees. Let dough stand at room temperature 10 minutes to soften. Spray 13x9 pan with cooking spray.
2. In large bowl, break cookie dough into small chunks. Add cream cheese and flour; stir with spoon or hands until well blended. (DO NOT EAT RAW COOKIE DOUGH AFTER COMBINING WITH FLOUR.) Stir in crushed cookies, candies, chocolate chips and peanuts. Spread in bottom of pan. Sprinkle candy sprinkles on top.
3. Bake 25 to 29 minutes or until golden brown and toothpick inserted in center comes out clean. Cool 30 minutes.
4. In small microwavable bowl, microwave white vanilla baking chips uncovered on High 30 to 60 seconds or until chips can be stirred smooth. Spoon melted chips into small resealable food-storage plastic bag; partially seal bag. Cut off tiny corner of bag; squeeze to pipe over top of bar. Cool completely, about 1 hour. Cut into 6 rows by 4 rows.

Recipe here: <https://www.pillsbury.com/recipes/loaded-red-white-and-blue-cookie-bars/>



# UPCOMING IN JULY

**4th** USA Independence Day

**7th** National Strawberry Sundae Day

**11th** All American Pet Photo Day

**15th** National Pet Fire Safety Day

**17th** World Emoji Day

**18th** National Ice Cream Day

**25th** National Parent's Day

**29th** National Intern Day

## July 31st COMMUNITY APPRECIATION BARBEQUE

**Location:** Community Center Park - covered patio

**Time:** 12:00pm-2:00pm

**Sugar & Spoon Edible Cookie Dough Food Truck**

*\*Offering desserts for purchase after the BBQ\**

**Time:** 6:00pm-8:00pm



**JULY.** This month used to be called Quintilis – the Roman word for “fifth” as it was the fifth month of the Roman year. It was later changed to July by the ruler of Roman world, Julius Caesar, after his family name (Julius).

## FUN IN JULY

### Fruit & Vegetables for July:

July is high summer, and the racks at the farmer's markets are bursting with apricots, blackberries, blueberries, cantaloupe, corn, cucumbers, green beans, kiwi, kohlrabi, lettuce, mangoes, okra, peaches, peppers, plums, raspberries, strawberries, summer squash, Swiss chard, tomatoes, watermelon, and zucchini.



### July Quotes and Sayings

"Government of the people, by the people, for the people, shall not perish from the Earth."

-Abraham Lincoln

"All great change in America begins at the dinner table."

-Ronald Reagan

"The fact is, with every friendship you make and every bond of trust you establish, you are shaping the image of America projected to the rest of the world."

-Michelle Obama

## Fun Movies for Kids



# MAINTENANCE CORNER



**Filters** - Please ensure that your air filters are replaced regularly (every 3 months). Stop by the maintenance shop to pick up your FREE filter when you are ready to replace them.



**Smoke Alarms** - Test all smoke alarms to make sure they are working properly. Check the batteries and replace if necessary.



**Self-Maintained Flowerbeds** - Spring/Summer temperatures have allowed many residents the opportunity to start yard/flowerbed upkeep. If you opted to maintain your flowerbed at the time of lease signing, please remember it is your responsibility to maintain the condition of the landscaping at your home.

**Watering Lawns** - Residents are responsible for watering the lawn (front and back) and flowerbed areas. If your home has an automated irrigation system, your front lawn and flowerbed will be watered on a schedule. Do NOT over water your lawn and/or flowerbed.



**Self-Service Options** - Our maintenance department has a few self-service options to help maintain your home and lawn care. Mowers and weed eaters are available to loan out, as well as long dusting poles to clear debris from the exterior of your home. Please give maintenance a call to inquire about self-service availability.

**Insect/Pest Control** - Residents are allowed and encouraged to treat any insect issues with insect sprays and/or repellents. If the issue persists or is recurring, please contact your maintenance shop for further assistance to resolve the issue.



## FRIENDLY REMINDERS



**BBQ Grills:** Outdoor grills are permitted only outside the home no closer than ten (10) feet to the house or fence. Barbecue grills should not be left unattended when in use or while still hot. Cooking food in the front yard or on covered balconies, and/or patios using hibachis, grills, etc. is prohibited.

**Pools/Bounce Houses/Trampolines:** NO swimming pools or hot tubs are allowed on property. Wading pools are allowed and must be emptied and put away daily. Wading pools are only allowed in the backyard. Bounce houses are permitted and must be taken down and put away on a daily basis. Trampolines are NOT permitted on resident premises.



**RVs/Utility Trailers/Boats:** Recreational vehicles (campers, trailers, boats, etc.) are not permitted to be parked in the Neighborhoods at any time; however, such vehicles may be parked within the confines of the garage on the Premises. Please refer to the Community Handbook for more information.

## Meet Your Management Team



Martha Allred  
Community Director

Katie Johannes  
Resident Services Specialist

Charles Mason  
Maintenance Manager

Robert Alvarez  
Maintenance Technician I

12832 5th Street NE, Lake Stevens, WA 98258

Phone: 877-245-7370 • Fax: 425-344-0843

Hours: 9 AM to 12 PM; 1 PM-5 PM

(By appointment only)

Facebook: @ConstitutionParkFamilyHousing



# HUNT HEART PROGRAM

## SPOUSAL OUTREACH SUPPORT

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Life as a military spouse has its own challenges, but deployment brings on additional challenges for the spouse who cares for the home. Today's military families may be faced with multiple deployments or have to leave home for extended periods of training and the spouse who stays home shoulders the responsibility of maintaining the home life, and caring for children and pets, often while supporting a career. Spouses of deployed service members are faced with fulfilling the roles of both parents while bearing the emotional load of concern about the safety of the deployed spouse and the risk they face abroad.

Hunt recognizes these challenges and cares about our service members and their families. This is why we have established the **Hunt Heart Spousal Outreach Support (SOS) Program** for our resident families during a time when the spouse is deployed or away from home.

The **Spousal Outreach Support (SOS) Program** is backed by a team of caring individuals whose goal is to make life a little bit easier and bring smiles to the faces of family members while the service member is not there.

## QUALIFICATIONS

Any resident with a spouse who is deployed, will be deploying or will be leaving for an extended period of time qualifies to be in the Hunt Heart Spousal Outreach Support Program (SOS).

## ENROLLMENT

Residents who want to be considered for the SOS Program should contact the leasing office for enrollment. You will need a copy of your orders and a Power of Attorney to get started.

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The **SOS Program** serves as an added bonus to living at a Hunt military community by providing deployed or absent service members peace of mind knowing that their loved ones will always have someone to contact for assistance while they are away.

## SPOUSAL OUTREACH SUPPORT (SOS) BENEFITS:

- Maintenance Plus
- SOS Days
- SOS Resources

## SOS MAINTENANCE PLUS

Maintenance Plus is designed to assist families with tasks that are traditionally done by the absent family member. Services provided are in addition to the 24 Hour Emergency and routine maintenance services that are already provided.

### *Services may include but are not limited to:*

- Assistance with hanging pictures
- Assembling bikes and toys
- Changing light bulbs or moving furniture
- Mowing lawns
- Putting up or taking down Christmas decorations
- Grass cutting
- Weed removal from flowerbeds
- Shoveled sidewalks during snow events
- Box and packing material up

## SOS DAYS

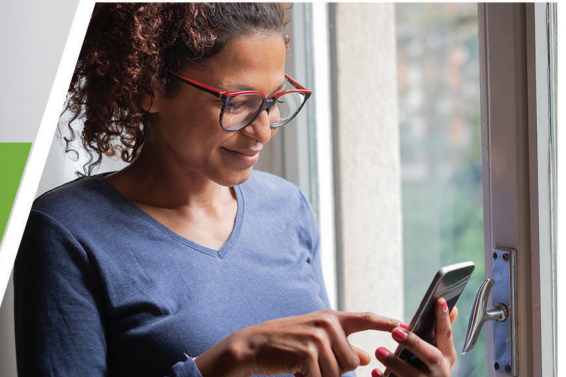
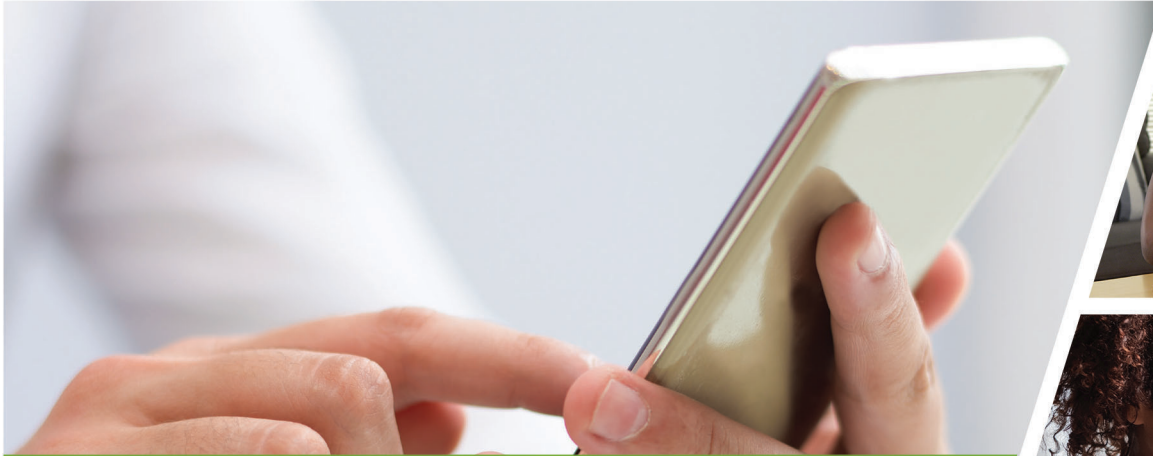
SOS Days are special events and days of family oriented activities dedicated to family of absent or deployed spouses.

## SOS RESOURCES

SOS Resources are provided to assist our families in preparing and planning for deployment.

There are many decisions that have been made prior to deployment and preparing for deployment and preparing for deployment is paramount to family well-being.

# Introducing Online Payments!



Now Available on the **Hunt Resident Portal & Mobile App!**

## TWO WAYS TO REGISTER

### Visit Your Community's Website

Under **Current Residents** click **Maintenance Requests** and then **Click here to register**. Use your email address on file & registration code previously provided.

OR

Download the **Hunt Resident App**  at:

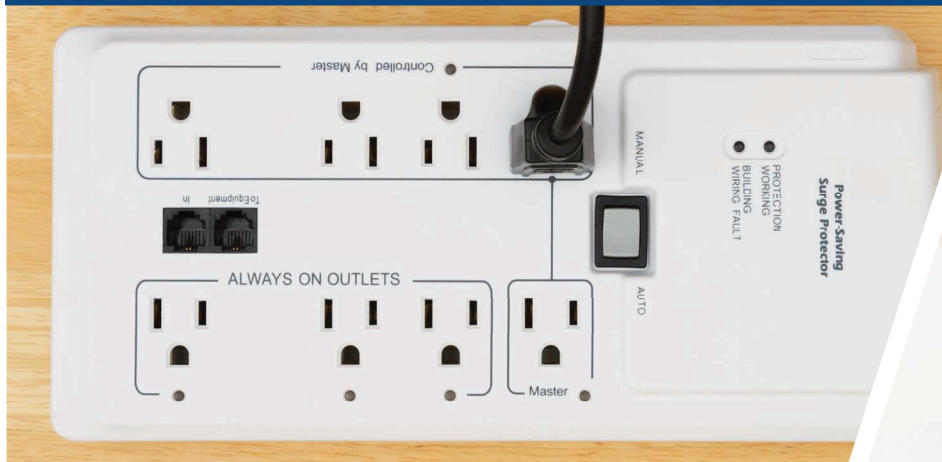


## Hunt Resident App Features & Services

- Easy Online Payments
- Enjoy 24/7 Self-Service Account Management
- Submit & Track Routine Maintenance Requests
- Opt-In to SMS Text
- Communicate With Your On-Site Team Via Your Mobile Device
- Check Out Upcoming Community Events & Announcements!

\*Must know property name & zip code. Emergency messages do not require opt in.

# ADVANCED POWER STRIP GIVEAWAY



## Why should I be interested in an Advanced Power Strip (APS)?

**Reduces Energy Consumption | Best for TV or PC Setup  
No Charge | Free Resources/Training | Savings Benefit the Community**

**Available July 1, 2021**

Pacific Northwest Communities has partnered with the local electric provider in your neighborhood to provide a **FREE** Advanced Power Strip for each home in their coverage area. Not only do we want to do our part in promoting conservation, but we want to help you to do so and save energy in your neighborhood.

### HOW CAN I GET AN ADVANCED POWER STRIP FOR MY HOME?

1. Contact your local Neighborhood Management Office to determine if you qualify & make arrangements to get your power strip.
2. An acknowledgment form will need to be signed so the provider knows you accepted the power strip.
3. Resources will be provided with your power strip to help you understand the equipment and set it up correctly.

*We appreciate your support of this initiative and in proactively taking action to conserve energy!*