

**AUG
2020**

QUAIL HOLLOW INSIGHTS **NEWS & STORIES**



Time for Fun in the Sun!

Our President's Message



As we all prepare for back-to-school, we want to help support you and your children in whatever form their educational experience takes this year. In 2019, on average, families spent close to \$700 per student for school supplies. In addition, many schools also asked parents to contribute up to \$100 per family for general

use classroom materials. When combined with other childcare costs, many military families face difficult choices about whether to ensure their children are well supplied for school or whether to purchase other essential items for their family, including clothing and food. This year, the Hunt Heroes Foundation, in partnership with Operation Homefront, will distribute 1,850 backpacks filled with much-needed school supplies to military families at each of our communities. We are proud to be partnering with this well-respected national non-profit who last year, provided backpacks to over 43,000 military children across the U.S. Watch for more information in the coming days about this effort and how you can apply to receive school supplies for your child. As we move ahead together and navigate these uncertain times, we remain committed to serving you and your families.

Best,

John Ehle
President
Hunt Military Communities

Thank You for Participating

We are glad everyone enjoyed their Independence burgers. More great things to come here at Quail Hollow.

Thank You To Our Residents

Thank you to all of our residents for being patient with all the Covid craze.

Friendly Reminder

SPEED LIMIT is 15mph! Please abide by the speed limit as we have many residents out walking as well as kids playing. Please slow down!

Back to School Safety Tips

It's that time of year again, school is back in session. We can all do our part to ensure that students get to and from school safely by remembering these safety tips:

- SLOW DOWN: Look for children waiting at the bus stop, walking, or riding their bicycles to school
- RED flashing lights and the extended 'STOP' arm means traffic (in both directions of a 2 lane roadway) is required to stop until the lights stop flashing and the extended 'STOP' arm is withdrawn
- Yellow flashing lights indicate the bus is preparing to stop.
- Use caution when coming to a bus stop. Children could be running out to the bus
- Follow all school zone speed limits
- Look for crossing guards and students in cross walks
- Never pass a bus on the outside of a turn

OFFICE STAFF

Sandy Nichols - Community Director
Pam Bagwell - Community Manager
Chris Ruybal - Resident Services Specialist
Candace Jones - Leasing Specialist

MAINTENANCE STAFF

Brian Humecki - Maintenance Director
Jim Fetsch - Maintenance Technician
Levi Ingram - Maintenance Technician
Roger Lusko - Housekeeper

SAVE THE DATES

August 20th

First Day of School
(Possible Subject to Change)

August 20th

National Lemonade Day



HuntMilitaryCommunities.com



Maintaining Health & Fitness

Make a point of talking to other renters you meet. You'll get to know your neighbors, but more importantly you may find out that other residents face the same challenges that you do about working out and balancing that with their work, school, family or other commitments. Use that bond to suggest that you become workout buddies. Then set up a regular schedule where you meet to work out together. Having a buddy will help you both stay motivated and hold each other accountable.

You can also post a notice for other renters in community areas, asking if anyone is interested in forming a walking group, a running group, or doing some other type of workout as a group. You could even use the community areas to create a regular workout schedule for something like Zumba or other video workout options.

Recipe Corner

Caprese Summer Salad

Whether you're looking to impress your friends, or enjoy an easy, healthy and sophisticated treat, the perfect answer to your quest is a Caprese Salad.

Start by slicing your tomatoes into 1/4 inch thick slices. Arrange the tomato slices on a plate so they overlap. Slice your fresh mozzarella so the slices are the same thickness as the tomatoes.

Place a mozzarella slice in between the tomato slices and continue until there is a slice of cheese between every tomato slice. Top each piece of mozzarella with leaves of fresh basil. Then gently drizzle olive oil over the entire plate and add a light drizzle of balsamic, if desired. Sprinkle the top with salt and pepper and you've got a beautiful, sophisticated summer delicacy.

Mental Health Resources: Taylor County School District

We Are Here for You!

The Student Service Department of Taylor County School District wants to be a resource for your family during this time. We are here to help with any mental health needs you might have.

Contact Paul Peavy, Mental Health Coordinator, at paul.peavy@taylor.k12.fl.us or Alicia Poole, Supervisor of ESE and Student Services, at 850-838-2536 or alicia.poole@taylor.k12.fl.us.

Community Supports

Our community partners that provide mental health services have all confirmed that they are set up to offer telehealth counseling services through the telephone or computer.

Contact Information:

A New Dawn, A New Beginning - 850-329-5776

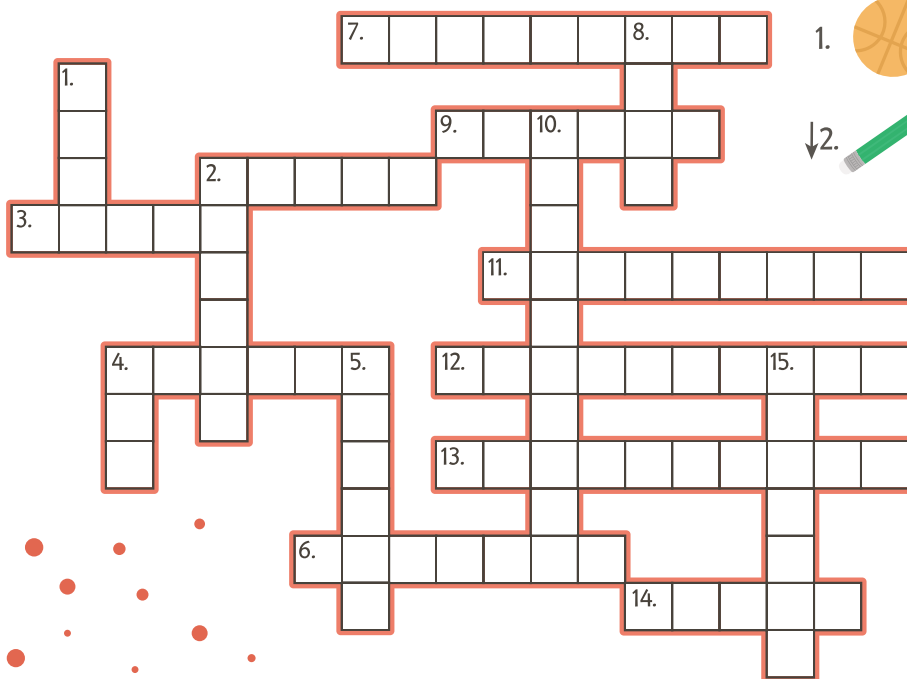
Apalachee Mental Health Services - 850-584-5613

Disc Village - 850-838-2525

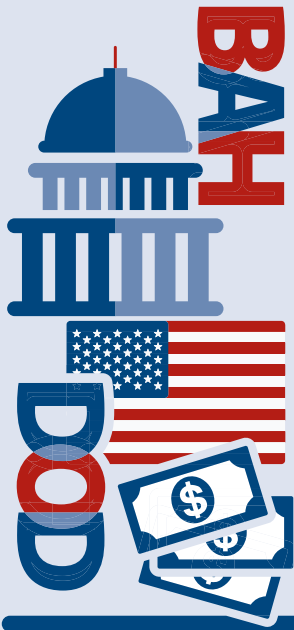
Community Wellness - 850-644-7724

If you or anyone you know is feeling suicidal or in need of immediate help, please call the National Suicide Prevention Hotline at 1-800-273-8255, or text "Help" to the National Crisis Text Line at 741741. You can also dial 211 to talk with someone or to find out more about community services available.

BACK TO SCHOOL — crossword puzzle —



WHERE DOES YOUR BAH WITH HUNT MILITARY COMMUNITIES GO?

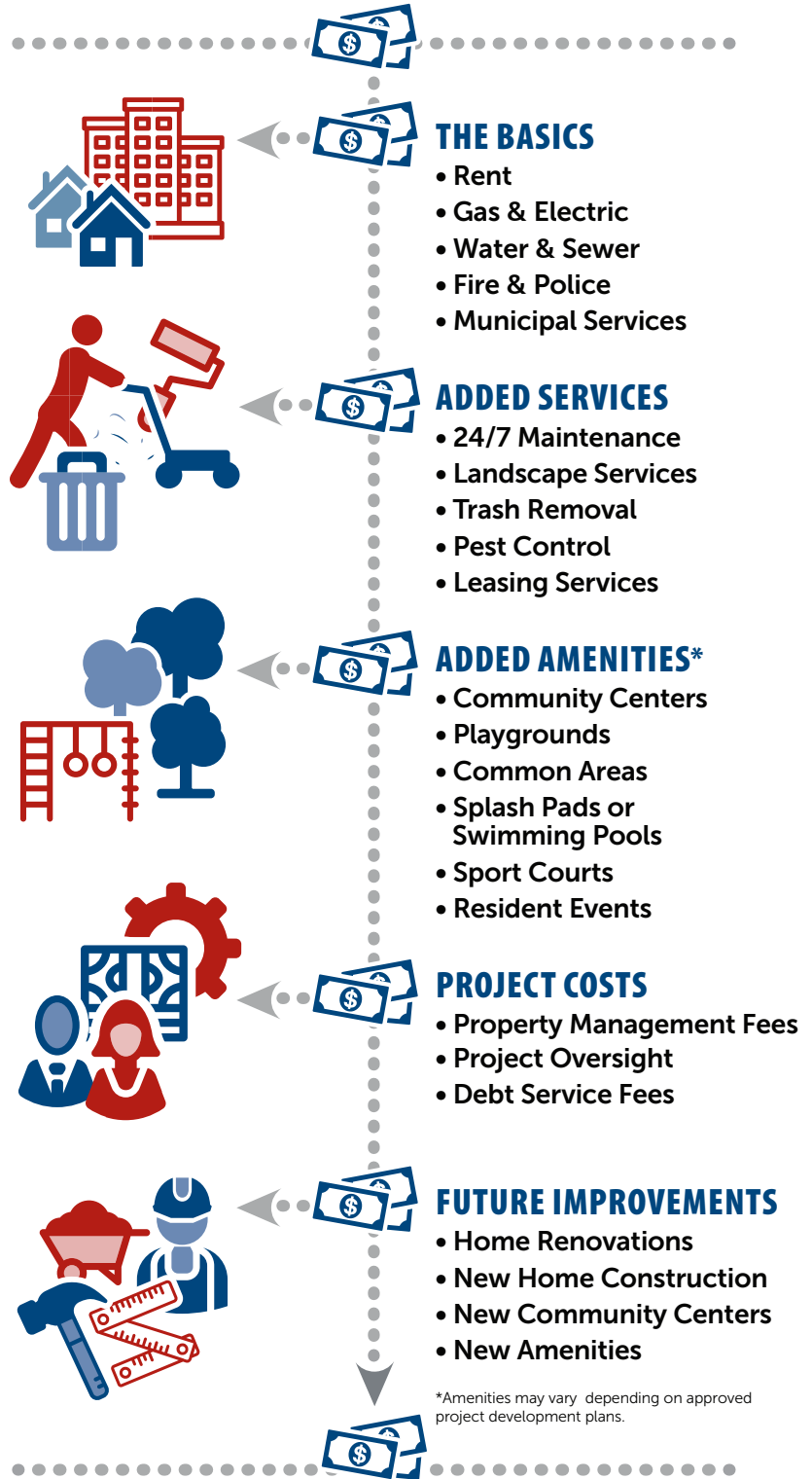


Your Basic Allowance for Housing (BAH) is the stipend the Department of Defense allocates for you to pay for the majority of rent and utilities.

HuntMilitaryCommunities.com



Your BAH with Hunt Military Communities Includes:



BAH funds are reinvested back into the project for current and future service members' needs.