

Fun Fathers Figures Staying Healthy

Our President's Message



This month, we will officially welcome summer, celebrate graduations, and honor fathers on Father's Day. It is also a time to prepare for PCS season and the moves many will be facing. We know all too well the stress and anxiety that come with moving. One of our goals is to help families feel a sense of community and to understand their new community, the place they will call home. Hunt Military Communities offers a host of information aimed at making the transition seamless, as well as programs addressing deployment, family crisis, and special services. The Hunt Heart Program is designed to

help our families when they need it most. If you are not familiar with this program, I invite you to visit your community website or huntmilitarycommunities.com to learn about these special services. Additionally, each community has a Resource Guide listed under Resident Services that will help to acclimate our families to some of the many services your specific community offers. Thank you for choosing to make your home at a Hunt Military Community, and I wish you a safe and healthy start to summer and PCS season.

Best,

John Ehle
President
Hunt Military Communities



HuntMilitaryCommunities.com



10 Creative and Virtual Ways to Celebrate Dad

1. Have a Backyard Movie Night
2. Have a Game Day
3. Video Chat with Relatives
4. Play Cornhole in the Backyard
5. Make a Father's Day Craft
6. Serve Breakfast in Bed
7. Go Camping
8. Learn about his Family Tree
9. Share Favorite Memories
10. Watch a Movie

CONTACT INFORMATION



Please see below for our updated contact information:

Office Phone Line: 360-394-7304

Leasing Phone Line: 844-407-7951

Maintenance Work Orders: 888-335-3297

Email: landingsrso@huntcompanies.com

JUNE - Men's Health Month



Nine tips for Men's Health

by Air Force Reserve Lt. Col. Christopher W. Bunt, M.D.

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses.

Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

Move. Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.

Say no to tobacco. Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.

Control stress. Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.

Eat better. Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.

Drink water. Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.

Get plenty of sleep. Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.

Prevention first. Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.

Nurture positive relationships. Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

Use mindfulness. Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other "centering" activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

<https://www.health.mil/News/Articles/2019/06/12/Nine-tips-for-Mens-Health>

FATHER'S DAY MEAL

Super Summer Burgers

Recipe courtesy of The Old Farmer's Almanac

BACON TOPPING INGREDIENTS:

- 6 slices Applewood smoked bacon

*Preheat oven to 400 degrees. Line a rimmed baking sheet with aluminum foil. Preheat grill to medium-high. Arrange bacon in single layer on baking sheet. Cook in oven for 10-12 minutes, or until brown and crispy.

RELISH & MAYONNAISE INGREDIENTS:

- 3 Tbsp butter
- 2 Gala apples, peeled, cored, and finely diced
- 1 yellow onion, finely diced
- 1 tsp chili paste
- 1/2 tsp kosher salt
- 1 lemon
- 1/2 cup mayonnaise
- 2 Tbsp thinly sliced scallions

*For relish: In a skillet over medium heat, melt butter. Add apples and onions and cook for 5 to 10 minutes, or until tender. Add chili paste and salt. Remove from heat and cover to keep warm.

*For mayonnaise: Remove zest from lemon and set aside. Juice half of lemon. In a bowl, combine zest and lemon juice. Add mayonnaise and scallions and stir to combine.

SLIDERS INGREDIENTS:

- 2 pounds freshly ground beef chuck
- 1/4 cup finely chopped fresh italian parsley
- 2 tsp salt
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Balsamic Glaze
- 1 Tbsp melted butter
- 2 tps dark-brown sugar
- 1 tsp chili paste
- 12 slices sharp white cheddar cheese
- 12 brioche slider rolls or dinner rolls, split in half
- 1 cup coarsely chopped red leaf lettuce

*For sliders: Break beef into clumps by hand and put into a bowl. Add parsley and salt.

In another bowl, whisk together Worcestershire sauce, Balsamic Glaze, melted butter, brown sugar, and chili paste.

Add to beef and gently mix to combine. Form into 12 patties.

Cook on grill for 3 minutes. Turn over, top each with slice of cheddar, and cook for 3 minutes more. Transfer patties to a plate.

Place rolls split side down on grill for 1 minute, or until lightly toasted.

To assemble: Spread mayonnaise on bottom half of each roll. Arrange lettuce on top. Add patty, cheese side up. Halve each bacon slice. Put one half on each patty. Top with relish and remaining roll halves.

<https://www.almanac.com/recipe/super-summer-burgers>



Modified Site Operations

As Hunt Military Communities (HMC) continues to monitor the COVID-19 pandemic we continually look to adjust property operations in accordance with recommendations from the Centers for Disease Control (CDC), state, and local authorities. As a precautionary measure and abundance of thoughtfulness for the health and wellbeing of our staff and residents, we have made the following adjustments to our operations.

NEIGHBORHOOD MANAGEMENT OFFICE

We will be available for your needs with precautionary measures in place for your safety and ours!

- We will be available in the office, Monday – Friday, 8 AM to 5 PM by appointment ONLY or for emergency purposes. Otherwise, our offices will be closed to the public.
- If you have flu-like symptoms including fever, cough, or difficulty breathing, please do NOT come to our offices. We are still here for you and can offer virtual assistance in all matters. Stay home and get well!
- To make an appointment to come to the office, please call us (360) 394-7304.
- If your rent is paid via check, please call to schedule a drop off, however; we highly encourage all residents to pay via RentPayment.com or automatic allotment if able.
- For up to date communications and to create a maintenance request, please register using the Hunt Resident App which can be found in the Apple or Android store.
- Move-ins, pre-inspections, and move-outs will be conducted with a Hunt representative and one other person only unless a virtual inspection is requested.
- Our offices will be limited to no more than 1-2 people in the office at a time. All others will be asked to wait outside or in his/her car to practice social distancing.
- Masks will be required to enter our offices. Please bring a mask along with you.
- The use of hand sanitizer will be required of all who enter our offices. We will have sanitizing stations on all office desks, we ask that you please use it.
- Multiple signs are posted throughout our offices reminding everyone to practice social distancing, wear a face mask, and preventative measures in stopping the spread of the virus e.g. washing hands, etc.

What to expect from our team

We are taking extra precautionary measures to keep our office areas clean and safe for everyone's safety!

- Sneeze guards have been installed at every desk as an extra layer of protection.
- Our team is required to wear masks while in office.
- The team is required to use hand sanitizer after every interaction.
- After every visit, contact areas will be wiped down before the next person will be allowed to enter the office.
- Strict cleaning measures have been implemented at the opening of the office, throughout the workday, and at the closing of our office.
- HMC employees have and will continue to receive the required training on all policies and procedures to ensure understanding and adherence to the policy and standards set forth.

MAINTENANCE SERVICES

Maintenance will continue to respond to ALL work order requests at this time. We will continue to screen prior to performing work in your home. Also, we are now requiring some additional precautions of our residents before we enter into a resident's home.

- We will be asking questions to identify any potential risk of exposure to COVID-19 to ensure the most appropriate response. Please note our policy instructs all employees and 3rd party providers to stay home if they are ill, showing signs/symptoms, or have been exposed to COVID -19.
- In order for us to perform repairs in the home, we will require residents to take the following action to ensure our employees can perform work in a safe manner. As a resident, you will have three options when a work order is performed inside their home:
 1. Do not be inside the home while work is being performed.
 2. Be located in a separate area of the home, with no engagement with our team member.
 3. Only 1 member of the family is allowed contact with our team member, and if this occurs a mask must be worn along with maintaining appropriate social distancing.

While we understand this action will be disappointing to some, your health and safety, our employees' health and safety, as well as that of our military, civilian personnel, family members, and the base community is our top priority.

What to expect from our Maintenance Team

Our technicians will continue to take extra precautionary measures to keep their vehicles and work areas clean and safe for all our safety!

- Technicians are required to sanitize their hands before entering the home at every visit.
- Technicians will utilize appropriate Personal Protective Equipment (PPE) to include face coverings, shoe coverings, eye protection, and gloves.
- We ask that anyone in the home maintain a 6-foot social distance. One adult is permitted in the work area, maintaining a 6-foot distance during the repair process. If present in the work order, we would further require a mask/face covering be worn. Please have all other family members and pets located in another area of the home.
- The technician will wipe down/sanitize all possible work surfaces and touch-points before and after the work is completed.
- Technicians are required to wipe down the interior of their vehicle and any touched surface after every home visit and at the beginning and end of their work shift.

AMENITIES

Please know that our intent is to solely limit the exposure to COVID while still allowing some amenities to open for you and your families' enjoyment. We are taking great care to evaluate which amenities can be reopened or remain open with the safety of all in mind. We are thrilled to announce the Fitness Center will be open for use again on May 10, 2021. Keeping safety in mind for all, you will see reminders to maintain social distance and not to visit the amenity if you are ill, or experiencing any symptoms of COVID -19. When using the Fitness Center please keep in mind the danger to the exposure of the coronavirus that cause COVID-19 exists and you are using these amenities at your own risk. Should there be changes, we will communicate this to you and your family.

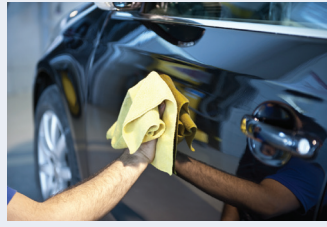
EMPLOYEE SPOTLIGHT



She was a military spouse for 6 years, so she bounced around the country each year during PCS season. When she got pregnant with her son, her husband decided he wouldn't re-enlist so they could be a family. Her parents moved to Washington in 2014 to Jackson Park and finally convinced them to come up to the PNW. She has loved every day being here. She started working for HUNT in February of 2021. Before HUNT, she worked at a Pediatric Autism Center where she managed the outpatient intake process for 8 states. She decided to go back and finish her degree when her husband left for deployment. So she quit her full-time job and started working part-time at Kohl's. Then 3 years later, she was a full-time Admin/HR. She loves her team at The Landings just as much as the satisfaction of finding a family a home. She said, "Moving is so stressful, especially

when it's across the country and you don't know where you are going to live. Hearing the sigh of relief and the graciousness when the family has an address is so gratifying." She is a firm believer in that everything happens for a reason, so she is open to whatever opportunities the future holds. The Navy taught her how to embrace and adapt to new surroundings and opportunities. Whatever it may be, she is excited to see what HUNT will look like in the future. She plans to gain a better understanding of the NBK Waitlist and their functions so she can paint a full picture to prospects of what to expect from start to finish. Most of her free time is spent being a mama. She is a creative soul, so she likes to paint, sew, and listen to music. The motto she tends to live by is, "Kindness is seeing the best in others when they cannot see it in themselves."

FRIENDLY REMINDERS



Automotive Maintenance and Policies:

Due to environmental and safety concerns, automobile/vehicle maintenance shall not be performed by Resident, Occupant or Guest anywhere in the Neighborhood or Premises including garages, carports, parking spaces, or street. This includes but is not limited to repairs, engine cleaning, oil changing, and car washing.

Outdoor Items:

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. Fire Pits, including free standing fire pits, Tiki Torches or like items are not permitted.

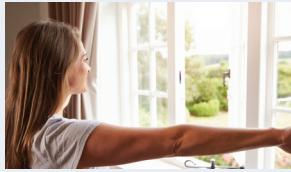


Children Playing Outdoors:

With the temperatures warming up, children will start playing outside more often. We just want to remind you to take a little extra time to be aware of your surroundings. Be sure to look both ways at intersections. Make sure to slow down in neighborhoods, and keep an eye out for children playing in the streets.



Pools: 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.



Home Maintenance: Spring/Summer weather allows for a great opportunity to open windows are air out your home. Also, consider cleaning window tracks at this time to remove any dust or debris.

Wipes: Even those labeled "flushable", have been enemy number one of sewer systems for years now. With the COVID-19 outbreak, wipes are flying off the shelves. Flushing wipes increases the chances that your own pipes will get blocked, and causes serious problems for the sewer system in general. So no matter what the container says, please do not flush wipes.



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.



Thermostats - Check your thermostats to ensure they are working properly. Replace batteries if necessary. Always keep your heat ON. Reduce temperature to 55 degrees IF you plan to travel and leave the home. Contact your local neighborhood management office if you plan to be away from your home.

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.



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 lawncare. 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 of any item.

Office Hours:

Mon. - Fri. | 8am - 5pm
(closed 12pm - 1pm)

Sat. - Sun. | CLOSED

www.thelandingskitsap.com




The Landings

**Contact us for more information
or check out our Facebook Page!**



Routine Maintenance Requests through the Hunt Resident App or Online Portal

➤ Service Requests submitted through the Portal or App, are **ONLY** for Routine Maintenance Requests.

- These are Maintenance requests that are **not** a potential threat to life, health, or safety. Examples Include:

- | | | |
|------------------|--------------------------------|---------------------------------|
| ○ Air Filters | ○ Flags/Flag Poles/Flag Holder | ○ Mailbox Repair |
| ○ Blind Repair | ○ Flooring Repair | ○ Routine Pest Control Requests |
| ○ Cabinet Repair | ○ Light Bulbs over 10ft | ○ Toilet Seat Repairs |

➤ For Urgent or Emergency Maintenance

Please call your Maintenance Service Request Line, 24 Hours a day to reach our team directly.

****DO NOT Submit These Requests Through the Online Portal or Mobile Application****

- Urgent or Emergency Maintenance may be defined as, but not limited to:
 - Appliances that are Inoperable
 - Clogged Toilets
 - Door Security
 - Gas Concerns
 - HVAC Not Heating or Cooling Your Home
 - Leaks/Water Intrusions
 - Lock Outs/Key Issues
 - Mold Concerns
 - No Power
 - No Water
 - Smoke Detector/CO Detector Chirping or Inoperable
 - Water Heater Concerns
 - Any other work order that is a potential life, health, or safety concern

Work Order Submission Process:

- Open your Hunt Resident application or log into the online portal to submit a Routine Maintenance Service Request
- Work Orders are time stamped and immediately logged in the property management software
- Residents receive email work order status notifications throughout the process of their request through to completion from cdr@yardi.com
- Resident receives automated online survey and phone call to ensure satisfaction from surveys@satisfacts.com upon work order completion



COMMUNITY ADVISORY BOARD

CREATING BETTER COMMUNITIES TOGETHER

- HUNT MILITARY COMMUNITIES -



GET INVOLVED & BE AN ACTIVE
VOICE FOR YOUR COMMUNITY



HUNT IS EAGER TO CREATE A COMMUNITY ADVISORY BOARD
**TO BETTER SERVE OUR RESIDENTS
& MEET THEIR NEEDS.**

We are **LOOKING FOR MOTIVATED RESIDENTS**
that would like to get involved and be an active
voice for the community.

If you interested in being a voice for the community contact the Management Office at:

360.394.7304 • LandingsRSO@huntcompanies.com



NEW GUIDANCE ON THE USE OF OUR **FITNESS CENTERS**

Welcome! In line with state and CDC safety measures, please know that our fitness centers will be covered by the guidelines below.

- Our Fitness Center will accommodate 3 residents.
- Our amenities will operate during the hours of 8:30 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m. It will be closed daily between 12 p.m. and 1 p.m. for sanitation.
- You may sign up to use our amenities in one hour blocks and schedule your appointment one week in advance. If available, any of our residents may walk-in without an appointment, but please keep in mind that due to pre-scheduled appointments, we will not be able to accommodate both households and will prioritize appointments that have been scheduled a week in advance.
- All our residents are required to check in with our staff no more than 5 minutes before their scheduled time, where they will be asked COVID-19 Screening Questions before entering the amenities.

WE'RE HIRING ON THE SPOT!*

NAVY CHILD & YOUTH HIRING EVENT

BENEFITS

- Starts at \$15.54 and earn up to \$21.29 per hour (depending on experience)
- Premier benefits package starting on your first day of employment (full time employees only)
- Career growth and development opportunities, including ongoing training and tuition reimbursement
- Work with a team of professionals who are passionate about work that matters

PERKS

- Priority for child care as available
- Access to on-base recreation centers, gyms, movie theaters and more
- Career transfer options within Navy Child & Youth Programs (CYP)



"The staff and management are incredible. It's amazing watching the kids grow. We have an unbelievable support system."

-Carli P., Program Assistant

JOIN OUR TEAM

FULL-TIME AND FLEX POSITIONS FOR:

- ✓ Program Leaders
- ✓ Program Assistants
- ✓ Operations Clerks

APRIL 30

JULY 15

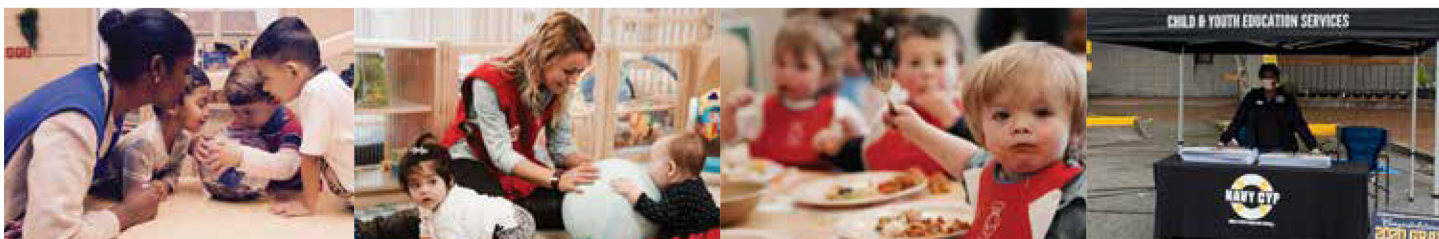
MAY 20

AUGUST 19

JUNE 17

SEPTEMBER 16

JACKSON PARK COMMUNITY CENTER • 2572 CASCADES PASS BLVD., BREMERTON
INTERVIEW TIMES: 8:30 A.M. • 10 A.M. • 11:30 A.M. • 1 P.M. • 2:30 P.M.



PREREGISTRATION AND COMPLETED APPLICATION ENCOURAGED:
[KITSAP.NAVYLIFEPNW.COM/CYP-HIRING](https://kitsap.navalifepnw.com/cyp-hiring)

**Offer contingent upon successful completion of a background check. Select two preferred interview times when submitting application.*



Navy health precautions and social distancing in effect, please bring a face covering with you to this event.



navalifepnw.com



For more information, call:

360-476-7243

Kitsap Mobile Grooming



As of May 7th Kitsap Mobile Grooming will be servicing the military pets on Bangor Base!

On Fridays and Saturdays our mobile unit will be parked in front of the NEX to meet our base furry clients and do nail trims and baths, on a walk-in basis.

Full grooms on the 2nd and 4th Sunday of every month - to your door - by appointment only.

Text 360-710-4094

www.kitsapmobilegrooming.com

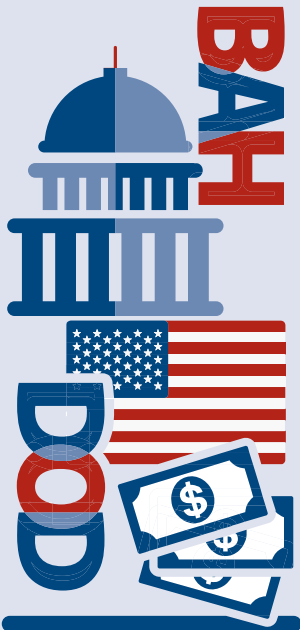
info@kitsapmobilegrooming.com

Or message us on Facebook



Kitsap Mobile Grooming loves those who serve our country!

WHERE DOES YOUR BAH WITH HUNT MILITARY COMMUNITIES GO?

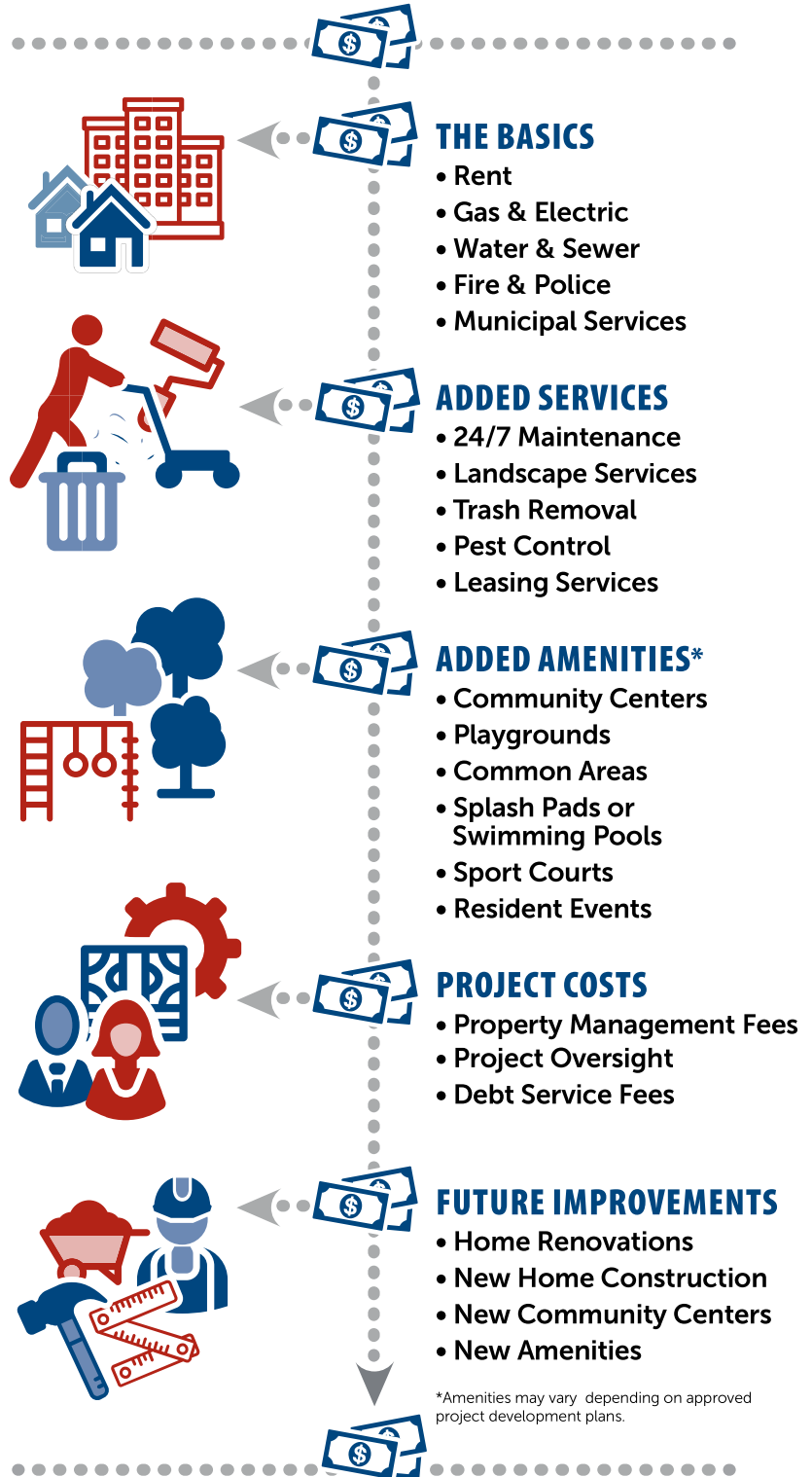


Your Basic Allowance for Housing (BAH) is the stipend the Department of Defense allocates for you to pay for the majority of rent and utilities.

HuntMilitaryCommunities.com



Your BAH with Hunt Military Communities Includes:



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

NAVY REGION NORTHWEST
FLEET & FAMILY SUPPORT CENTER

Virtual Job Fair

Friday, June 11

Join here:

<https://connect.apan.org/nrnw-jobfair>

Meet recruiters and hiring managers
for the following fields at the times
listed below:

10 a.m.-noon

- Law Enforcement
- Medical/Healthcare
- Defense Contracting

Noon-1 p.m. (Break)

1-3 p.m.

- Manufacturing
- Federal Employment
- Technology

Check out pre-job fair resources at
<https://connect.apan.org/nrnw-jobfair-resource-room>

For the best experience, download Adobe Connect.

MEETING YOUR NEEDS AT HOME AND AT SEA

Services are available free of charge for
active duty service members and their families.



navylifepnw.com



For more information, call:

866-854-0638

WHAT HAS HOUSING BEEN UP TO?

FUN STATS!

New Move-Ins Welcomed:

14

Leases Renewed:

21

Work Orders Completed:

653

Satisfacts Surveys Received:

29

Average Move-In Score:

4.91/5.00

Average Work Order Score:

4.63/5.00

BRAGGING RIGHTS

"Kristopher was very helpful and completed the work timely and had great communication!"

"Very prompt response after submitting the request. Technician Dino was nice, courteous, and professional. Kept me informed throughout the whole process."

"I received exceptional customer service from the initial phone call for confirmation, follow up with estimated arrival time, and the technician who did the installation and verified that everything was ok. I appreciate everyone's hard work."

NEW KIDS ON THE BLOCK



Resident Service Specialist

Stephanie Herring: Stephanie has been an employee with HUNT since February 2021. She has enjoyed working as a Resident Service Specialist at both the Bremerton Base and The Landings. Before HUNT, Stephanie worked as a daycare teacher to prekindergarten children. The work that she does is fulfilling. She gets to experience office work and also gets to work hands on with the residents. Her favorite motto is, "When you can't find the sunshine; be the sunshine." We

look forward to the great things that she will accomplish in working for HUNT.



Resident Service Specialist

Ashlei DiGiovanni: She was born locally here at the naval hospital. In 2010 she moved with her family to Guantanamo Bay, Cuba where they lived for nearly 5 years. After that, she lived in Tennessee, followed by California and Texas before moving back here to Washington at the beginning of 2018. She enjoys traveling and getting to meet people that are from other areas. Currently she is a full time student studying to receive her Bachelor's in Business Management. She came to work for

HUNT in February of 2021. Before that though, she was an EMT and volunteered at her local Fire Department for a little over a year. She then spent a little time in the hospitality industry as a bartender at Kitsap Golf and Country Club. She really enjoys the busy and faced paced environment here at HUNT. She loves working with such a strong and open-minded team. She has learned new things every day here and says it that it has been great getting to understand the company from this side as a Resident Service Specialist. She is looking forward to growing within the company. After developing a deeper understanding of the company in her current position, she hopes to transition over to an operations role and continue growing in that. She hopes to help implement new ideas to streamline some of our processes here to become as efficient as possible in what we do. In her free time, she spends most of it either studying for school, golfing, or spending time with friends and family. The motto she tends to live by is the quote by Wayne Gretzky, "You miss 100% of the shots you don't take."