



The Housing Chronicle



The Housing Authority of the City of Frederick

Grand Opening a Success!



HOPE VI would like to extend thanks, to all the residents who came out for the grand opening of the Catoctin Manor Senior Apartments. The event had well over 60 attendees who enjoyed brunch, and toured all the apartments and sunrooms.

The ribbon cutting ceremony was very warm with brief comments from Mayor Holtzinger, Teresa Justice, Richard Ramsburg Principal of Frederick Adult Education, Jim Upchurch President of Interfaith Housing, James Kelly from the Baltimore HUD Office, and John Maneval Community Development Administrator from HUD.

New residents are sure to enjoy their wonderful new apartments, and amenities like an onsite computer lab, outside chess tables, a large laundry room, and spacious handicapped accessible upgrades.

Special thanks to Housing Authority employee Lee McGraw who designed and decorated the lobby, community room, and sunrooms.

Inside this issue:

Message from the Director	2
Maintenance	3
Neighborhood News	4-6
In Your Community	7
Project Alive	8
HOPE VI	9
Mom's Only	10
Youth	11



**Message
from the
Executive
Director**

As the weather is getting colder, I'd like to take this month's issue to talk about heating and energy conservation. First of all, I'd like for you to take a look at your thermostat. We have installed thermostats in all of our units which allow for heating up to 75 degrees. Many local housing authorities, or perhaps even most, have installed thermostats in their units that only allow for 68 degrees. City code requires that heating equipment be capable of maintaining a room temperature of 65 degrees during the day and 60 degrees at night.

Therefore, although your thermostat may allow for a room temperature of up to 75 degrees, far less than that is actually required, and I want you to think about taking some actions to SAVE YOU MONEY and CONSERVE OUR NATURAL RESOURCES. These actions are as follows:

- Set your thermostat no higher than 68 degrees during the day when you are at home and slightly lower at night, and lower it to 58 - 60 degrees when you are going to be away from your home for more than a few hours. You can save as much as 3% on your heating bill for every 1 degree that you lower the setting.
- Dress warmly in the home. This might sound like a no-brainer, but when you are paying for your heat, it doesn't make sense to wear shorts and T-shirts in the winter, forcing you to keep your apartment warmer in order to be comfortable.
- Keep drapes and blinds at windows facing the sun open during the day so that any available sunshine will be absorbed indoors. At night, keep drapes and blinds closed to keep heat inside and keep drafts out.
- Don't block your heating vents with furniture.
- Keep blankets/throws on your sofa, so that you can cover up while watching TV.
- DON'T use your oven for extra heat – not only will it run up your gas bill, but it is also UNSAFE.

Heating costs continue to rise, and every dollar that you can save on your heating bill is another dollar that YOU can choose how to spend. Furthermore, the earth's supply of natural gas is not unlimited – do what you can to conserve our natural resources. If you have any tips for energy conservation that you'd like to share with other residents, just let us know and we'll be glad to pass them on!



Preventing Home Fires

As the Holidays approach we need to look for and eliminate potential dangers from lights and decorations that could lead to fires. Each year 8,100 people are treated for injuries, such as falls, cuts, and shocks related to holiday decorations. Have a safe and happy holiday season by paying attention to these tips:

- Candles are beautiful, but make sure they are in stable and secure holders and keep them away from combustible materials and small children.
- Never tamper with your smoke detector. Make sure to change the battery when the time changes in fall and spring.
- Check holiday lights for cracked or broken bulbs, frayed wires and loose plugs.
- If your smoke, fire, or carbon monoxide detectors go off, get everyone outside and call 911. Don't try to solve the problem yourself
- If you have a real Christmas tree, put it in a stable stand, and keep it fresh by checking the water level daily. A dried tree is more susceptible to fire. Keep the tree away from heat sources that could dry it out. Most trees dry out in two weeks, so don't leave your tree up long past the holidays.

**Maintenance
Department**

	Extermination Schedule		
	November 13	202 - 234	Lincoln
	November 14	2360 - 268	Lincoln
	November 15	270 - 298A	Lincoln
	November 21		All Scattered Sites



After-hours Calls

Please remember that calls made after The Housing Authority's regular business hours are for emergencies only, such as fire, flood, serious leaks, no heating, etc. A mouse in your apartment, a dripping sink, or small leaking toilet is not an emergency. Also if your thermostat is set at 75 degrees and reads 75 degrees, but you're still cold this is not an emergency. If your thermostat is set to 75 degrees and it reads 60 degrees, this would be cause for concern. If a maintenance worker comes out to your home after hours, for a call deemed not an emergency you will be billed for it. If a maintenance worker comes out for a false call you will be billed for it. Please be mindful and considerate of our workers time and their families when making after-hours calls.

Welcome to all the new residents !!!

Remember that there are many opportunities available to you while you are here:

Interested in continuing education? Call Ann at (301) 696-1875
 Is a computer class up your alley? Call Mary at (301) 662-3691
 Looking for positive and inspiring groups? Call Linda at (301) 696-1874
 Want to get ahead with a better job? Call Ann at (301) 696-1875
 Need positive activities for you child? Call Larissa at (301) 662-3691.

**Open Doors' Senior Solution
Employment Program**

Has openings for participants 55 years and older. Eligible participants earn money while gaining job skills in paid, part-time employment training sites, and also receive help looking for permanent employment. This program has immediate openings!!!

Advertising

If you have something you would like to advertise in the newsletter, such as a service or something you would like to sell. Submit it to Larissa Metzger's mailbox the third Friday of the month to run in the next month's newsletter.

Submissions must include your name and contact information.

**Neighborhood
News****Carver Community**

The Carver Community Council met on October 22nd. Plans for upcoming Thanksgiving dinners were discussed. Tammy and Jackie plan to solicit donations for the event.

Linda Helms presented ideas for a resident led Bible Study at Carver and possible location and times were discussed. Also, Bingo nights were discussed, check with Tammy for times for the next one!

Ann Ryan presented the new Allied Health Academy that will be beginning in January. All interested residents were encouraged to call her.

Concerns were raised about rules regarding carpet in the units. It was clarified that carpet is allowed as long as it is not tacked down.

Concerns were also raised about how Section 8 unit size is determined because several residents are preparing for upcoming moves.

A special thanks to Jackie White for all her hard work as Resident Council Vice-President. We wish you happiness in your new home and look forward to staying in touch with you.

Sagner Community




At the October Resident Council Meeting, we received the results of the survey that residents Chafin Louia and Wanda Lynch conducted at Sagner and surrounding neighborhoods. They asked residents what their most pressing concerns were regarding Sagner, and these were some of the most frequent responses:

1. Guys hanging out in the street that don't live here and who generate noise, litter, and sometimes drug activity.
2. Trash everywhere, especially overflowing in the small trash bins on Pennsylvania Avenue.
3. Need more parking spaces.
4. Need speed bumps on Pennsylvania Avenue.

Also mentioned was the interest of some parents of PAL kids to meet with Michelle Bowman, PAL Center Coordinator, to review disciplinary policies of the center and how they are enforced.

Please come to the next Sagner Community Council Meeting on November 19th to discuss solutions to issues raised. Also, don't forget the Neighborhood Advisory Councils for the Frederick's East End (including Sagner) meet at the Sagner Community Room on the second Tuesday of each month at 7 P.M. Representatives from the mayor's office and the police department are always there. Come let your voice be heard!!!



Bible Study at Sagner
Community Center
every Thursday at
7:00 P.M.
All are Welcome!



Join us the first Monday at the Sagner community center at 7:00 P.M.
for
"IMAGINE ME"
Come and be empowered as guest speakers
share their story

**Neighborhood
News**

Lincoln Community




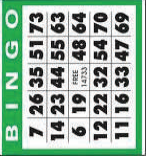



The Lincoln Council meeting was held on October 8th. Brenda presented resident concerns about the towing company. Many residents feel that the towing company treats people rudely and unfairly. The need for a better parking arrangement was discussed, recognizing that there are 19 residents with cars and only 14 parking spots.

Concerns continue regarding guys cutting through the Lincoln apartments, littering, urinating, and otherwise disrespecting the neighborhood.

We discussed the possibility of having a tea to welcome the new residents and invite them to become involved in resident council meetings.

November Senior Calendar

Bible Study Every Thursday
10:30 AM Community Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Grocery Shopping  Noon	2	3
4 Church Services  10:00 AM Protestant 5:00 PM Catholic	5  7:00 PM	6 Charlestown  11:00 AM		8 Grocery Shopping  Noon	9 FSK MALL NOON 	10
11 Church Services  10:00 AM Protestant 5:00 PM Catholic	12  1:00 PM	13  Noon	14 Resident Council 1:00 PM 	15 Grocery Shopping  Noon	16 THANKSGIVING DINNER  5:30 PM	17
18 Church Services  10:00 AM Protestant 5:00 PM Catholic	19  7:00 PM	20	21	22	23	24
25 Church Services  10:00 AM Protestant 5:00 PM Catholic	26  1:00 PM	27 FSK MALL NOON 	28	29 Grocery Shopping  Noon	30	

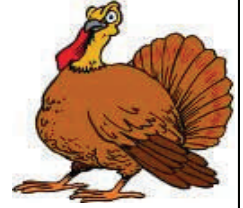
Community Thanksgiving Dinner: Salvation Army

Tuesday, November 20, 2007

Noon - 6:00 pm

223 West 5th Street

Sponsored by: Bar Association & The Salvation Army Women's Auxiliary



For more information please call 301 662 - 2311

Take outs are not available

My Healthy Access Your Health... Your Clinic...

The health clinic is located in the Wal-Mart store at 7400 Guilford Drive.



Open late 7 days a week

Visits take 15 - 20 minutes

Average Treatment cost \$45

Medicaid and Medicare accepted

Clinicians offer medical care and treatment of common health ailments, such as colds, allergies, bladder and urinary tract infections, strep throat and pink eye, for patients 2 years and older. They also offer immunizations, vaccinations, preventive screening and education.

For more information call 301 631-1066

Or online at: www.myhealthyaccess.com

In Your Community

Earth & Space Science Laboratory Evening Programs: Frederick County Public Schools

Welcome to the Universe: November 6, 13

Get a broad overview of the splendors of the universe, from our own solar system to the depths of the inter-galactic space!

Explorers of Polynesia: November 20, 27

Find out how the people of Polynesia used the stars as a compass to navigate from Hawaii to Tahiti

- Location:** Lincoln Elementary School "B" building 200 Madison Street
- Times:** 6 p.m. (Doors open at 5:30 p.m.)
7:30 p.m. (Doors open at 7:00 p.m.)
- Admission:** Open to the general public, tickets are sold only on the date of the show.
\$1.00 for students (18 and younger)
\$2.00 for adults
All students 8th grade and under must be accompanied by an adult





Empowering Young Girls thru GAL PALS!

- Linda Helms

On October 24, 2007, I was the Guest Mentor for GAL PALS at Hillcrest Elementary School. The theme for the girls aged 10-15 is "You're Awesome". My topic was Self-Confidence. I had the pleasure of sharing my experience with the girls and participate in exercises for that session. There were 11 girls that participated. This is a 30 week program that is geared to letting the young girls know that they are beautiful, they are appreciated, valuable and **YES** they are "AWESOME".



Allied Health Academy to open in here in January!



What is it? It is a new program that will serve twelve women of Sagner, Carver, Lincoln or Catoclin View. It is will be a new opportunity for those with or without GED's to break in the high demand allied health careers.



Students will take classes in math, reading and writing to prepare them for a variety of allied health care trainings and employment. These fields include the following and more!



Have you been thinking about trying to break into the health care field? Now is your chance to upgrade your math and writing/reading skills so that you will be a sure success in this high demand field.



We will be signing up participants during October and preparing to begin the Academy in January, two nights a week thru May. It will be held at the Hope VI office, right around the corner from Sagner.



Project Alive



REPORT CARDS, THE "A" CLUB

We would like to highlight the academic successes our youth . If your child receives an "A" in any subject, please let Ann or Linda know. We'd like to keep a page in the newsletter acknowledging their successes. We will do a special celebration at the end of the year for all "A" club kids! Call us at 301 696 - 1875 or 301 696 - 1876



The Housing Authority will be participating in the Toys for Tots program again this year. Ann and Linda will be sending you a form to complete and get back to them. We will need children's names, ages, and sizes. The Toys for Tots Coordinator at Ft. Detrick will need all of our information back by the end of November, so please be on the look out for the form (to be sent the week of Nov. 5th) and get it back to us as soon as you can.

Job Training, Counseling, Education or Elderly Assistance - Ayesha Johnson

It's hard to believe it's been four years since the Housing Authority was awarded the grant to establish Hope VI housing in Frederick, Maryland. Since the demolition of Hanson/Taney houses it has been our goal to provide you with supportive services during and after relocation. Over the years we have offered many programs to promote self-sufficiency and independence. During this time, we were able to assist many families and individuals who were relocated from the original site. We helped them to meet essential daily needs and assisted them with working towards a brighter future by offering programs in job training, education, counseling and elderly assistance. Unfortunately, time is running out on taking advantage of these programs and opportunities. At the end of 2008 the HOPE VI grant will end.

If you need assistance, please give our office a call as soon as possible! Don't get left behind!

**HOPE
VI**



Christmas Gift pick-ups

If you are in need of transportation to pick-up Christmas gifts through the Salvation Army, please contact Ayesha 301 662 - 3691 by December 3rd to make arrangements.

It's Never Too Early to Get Organized

The 2008 tax filing season is just a few months away - will you be ready? Get a head start on putting your tax records in order. Well organized records not only help you prepare your tax return, they can help you answer questions if your return is selected for examination by the IRS. Generally, income tax returns should be kept for 3 years from the date the return was filed.



BEGIN ORGANIZING YOUR TAX INFORMATION FOR THE 2008 TAX SEASON

For more information about your taxes please call, Mary at 301 662-0294

Being Thankful

Thanksgiving has long been a time for eating, watching football, eating, more football, eating, and giving thanks. For some of us it may be the only time we have a minute to sit and reflect on what we are thankful for. Around this time of year I tend to think about where I've been and where I'm going, and who has helped me along the way.

None of us is truly alone in this thing we call life, we have family members, co-workers, bosses, professors, or mentors. Each one of these people helps shape our lives in some way.

I am thankful today for the special people in my life: my children, my husband, my parents, co-workers, Liz at the grocery store, my children's teacher and my daycare provider. Each of these people has brought something to my life or to the lives of the people I love.

Don't forget to take a few minutes to give thanks to those people who've made a difference in your life and, remember, to keep thanking them not just at Thanksgiving time.

Until next time Health, Wealth & Soul!

**Mom's
Only**

~ THANKFUL ~

If I am thankful for one thing,
I know that this is true;
I'm thankful God has blessed me,
With such a friend as you.
He has given to my life,
Blessings I cannot explain;
For I am least deserving,
And yet His love remains.

Still He saw fit to send you,
When He knew I needed a friend;
He set our paths so they would cross,
On a journey with no end.
So, I am thankful in this life,
For blessings tried and true.
But most of all I am thankful,
That God sent a friend like you.

By: Allison Chambers Coxsey

dear wendell:



My Dad was making dinner the other day. There he was, chopping onions. And you know what happened. He started to cry. Not just a little, but big, wet tears. He said his eyes were just tearing from cutting the onions. How can that be?

Signed, Zack



Dear Zack:

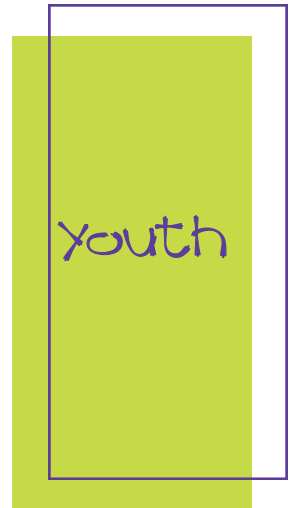
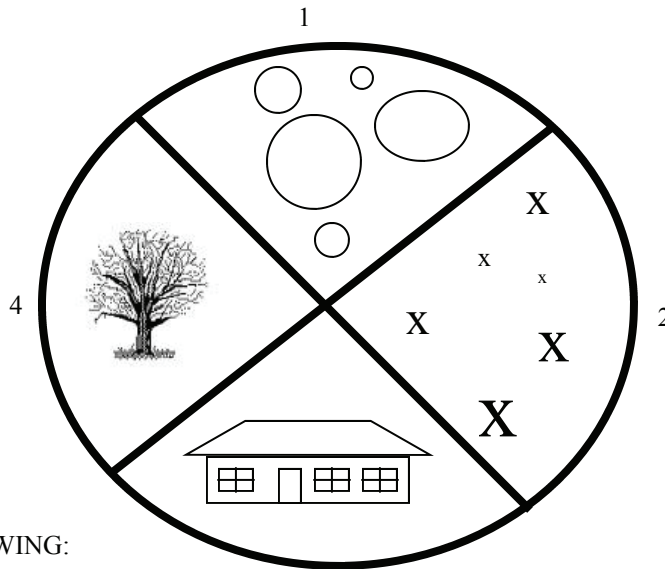
When you cut into an onion, a powerful acid sprays up into the air. If your eyes are in the way of the spray (which is likely if you are cutting onions), the acid, while not damaging to your skin, will cause your eyes to sting. Immediately, your lacrimal glands or tear glands, go into overdrive. Your eyes start to tear, and tears continue in excess until they've successfully gotten rid of the irritation. Cool, huh?

Signed,

Wendell

Intelligence Test:

First, draw the diagram pictured to the right or cut it out. Do not let your victim see you doing this it will ruin the test.



ASK YOUR VICTIM THE FOLLOWING:

You ask: Circle the biggest circle.

**** The correct answer would be to circle the perimeter of the diagram because it is the biggest circle. The victim may however circle the largest circle in section one, but don't tell them they are wrong.**

Next move to section 2, but do not point to the section for your victim.

You ask: Circle the biggest X.

***** The right answer would be to circle the X that divides the diagram into four sections.**

You ask: This is a purple house. The purple house is one story and everything in it is purple. The doors are purple, the sofa is purple, the refrigerator is purple, now what color are the stairs?

***** The correct answer is since the purple house is one story, there are no stairs!**

You ask: This is a picture of a tree in a park. It's winter and the wind is blowing to the left. Which way do the leaves go?

***** The correct answer is they wouldn't go anywhere because it is winter and there are no leaves on the tree.**

SCORING

Each section is worth 25%. Add up the section the person got wrong.
(Example: 2 sections would be 50%)

Then give them their score:

0%: You must have cheated

25%: About average

50%: Did you miss breakfast?

75%: Are you sure your awake?

100%: Hey as long as you did your best

Tell them the correct answers... if you want!



We're On The Web:
hacfrederick.org

Main Office 301 662 8174
Maintenance 301 662 8227
209 Madison Street
Frederick, Maryland 21701

Catoctin View (301) 663 - 8440
800 Motter Avenue

Project Alive (301) 696 - 1875
155 Pennsylvania Avenue

HOPE VI Office (301) 662 3691
420 East Patrick Street

EMERGENCY PHONE NUMBERS:
Checkmate Anonymous: Report Crime
301 662-1424

Non-Emergency: (301) 694 - 2100

Drug Task Force: (301) 846 - 2246

ANSWERS:

What is the amount of money shown in each problem?

1.  88 cents

2.  11 cents

3.  \$3.36



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