

The Housing Chronicle



The Housing Authority of the City of Frederick

Happy Valentines Day !!!!



Did everyone see the Allied Health article in the January 31st issue of the Gazette? It was a wonderful write up about the twelve students who are working hard to improve their skills so that they can get jobs in the health care industry. Desire Hallenbeck and Andrea Gillard were featured, and Jackie Bennett were interviewed, as well.

All participants are commended for working hard, coming out two nights a week in the cold to improve their lives and the lives of their families. They are: Trokeia Addison, Vanessa Anderson, Jackie Bennet, Rose Brown, Eva Bullock, Andrea Gillard, Desire Hallenbeck, Christy Howard, Kiana Love, Rashidah Love, Linda Snowden, and Wendy Thompson.



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Youth ages 8-14

We are sponsoring an Essay Contest for Black History Month and asking that you submit an essay of 500 words on an Afro-American that you most admire and why. Essays have to be submitted to Linda Helms-Community Enrichment Facilitator by February 22, 2008. If your essay is selected, **you will receive 2 movies tickets for** The Westview Movie Theater. Essays can be sent to Linda at 155 Pa. Ave or dropped off at the Main Office. Call Linda Helms for additional information at:



301 696-1874

BINGO AND POTLUCK

Did you know that the 3rd Saturday of each month Carver's Resident Joanne Rollins organizes a Bingo Potluck? She passes out flyers in the community and invites others to join them in an afternoon of fun and fellowship. Each person that comes brings a gift for the prizes and a dish. Per Joanne, they only spend \$5.00 for the gift. Joanne said that the reason she started this was because there was nothing for the older adults to do and she thought this would be fun. All that attend have a good time and they enjoy each others company and she makes homemade vegetable soup. Her hope is that others in the community would come out and share in the fun. For the month of February, Bingo will be held on February 23rd and then it will go back to the 3rd Saturday in March.

Tuesdays with Sheri Ames!

Ever feel alone? Ever feel that no one is listening? Do you wish you could find a moment each week where you could talk with other women about life and it's challenges? Now is your chance. Come by the Lincoln Community Room on Tuesdays at 11am and find some support. Sheri will facilitate this group each Tuesday through March 11th. See you there. For more information, call Linda Helms at 301 696-1874.

Women's Support Group with Rev. Brenda Mack is every Thursday at 12. They meet at 155 PA AVE Frederick MD

Bible Study every Thursday at 7 PM at Sagner Community Center.

Imagine Me

A special thanks to Tonya Brown and Shelby Harris for being our speakers in our "Imagine Me" series. They did a great job of presenting and inspiring.

Come and be empowered the 1st Monday of each Month 7:00 P.M. at The Sagner Community Room for **Imagine Me!**

Youth Movie Night

Was held on January 25, 2008 at The Sagner Community Center. Evan Almighty was shown and there were 34 youth in attendance. They were served Pizza and Refreshments. This was sponsored by The St. Paul AME Church Youth Council.

Young Men's Group

On **January 24, 2008**, was the kick off for a young men's group ages 13-18. This group was facilitated by The Rev. Sterlin Powell, Pastor of St. Paul AME Church, Dickerson MD. The group of young men were also joined by our own Rick Gladhill of The Housing Authority. This group is for the young men to come together and talk about their concerns and any issues. All young men are welcome. The young men that attended were from ages 11-17. They meet every Thursday at 8:30 PM at The Sagner Community Center.

Exercise

Are you looking to get fit this year? Interested in staying active? Wanda Lynch and Sherry Kline are having exercise classes at the Sagner Community room Monday, Wednesday, and Friday. 6:00 P.M.- 7:00 P.M.

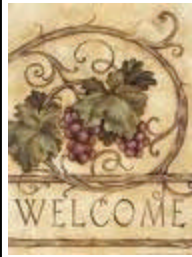
The next In-Home Child Care Licensing Class started Saturday, February 9th and will be held at the Hillcrest Community Center from 9am-noon. Please call Ann @ (301)696-1875 for more information.



Congrats to the last class who is now finishing up their paperwork in order to get their licenses. This class included Tina Harris, Dina Naylor, Kim Williams and Deisree Wentz .

Self-Assessment: How is your life different than it was a year ago? How will it be different a year from now? It's up to you. If you want to improve your education, you can start now. If you want to get training in a certain field, you can start now. If you want to address whatever obstacles continue to get in your way, you can start now. There is courage in simply starting.

Now's your chance to make this year work for you. It's up to you. Call Ann Ryan at (301) 696-1875 for more information.

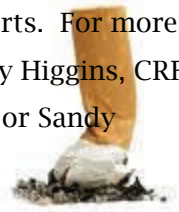


A warm welcome to residents who moved in during January 2008: Tara Lanier, Stephanie Harris, Aleasha McVey, Shyra Davis, Bridget Henderson. Jamie Drzewiecki, Jeanette Krote, Jacquetta Price, Kendra Branison, Andrea McDonald, Anthony Erias and Lela Barlow. Also, to Melissa Scott as she gets settled in her new Family Self-sufficiency unit in Hillcrest!



Our sincere condolences to Jean Bowie and family on the passing of her brother, Sterling Weedon. Our condolences, also, to April Sewell and family on the passing of her grandfather, Marion Nicewarner.

Free "Stop Smoking for Life" classes and support group sessions are offered monthly at the Frederick County Health Department for both adults and youth who are attempting to stop using tobacco products. Topics covered include nicotine addiction, behavior modification, coping with cravings, and relapse prevention. The Frederick County Health Department has a variety of resources available to assist the community in tobacco education efforts. For more information please contact Shelby Higgins, CRF Program Manager, 301-600-3311 or Sandy Menke at 301-600-3390.





A POEM ABOUT OUR GIRLFRIENDS

Someone will always be prettier.
Someone will always be smarter.
Some of their houses will be bigger.
Some will drive a better car.
Their children will do better in school.
And their husband will fix more things around the house.
So let it go, and love you and your circumstances.

Think about it!
The prettiest woman in the world can have hell in her heart.
And the most highly favored
Woman on your job may be unable to have children.
And the richest woman you know,
she's got the car, the house, the clothes~~~~
Might be lonely.
And the word says, 'If I have not Love, I am nothing.'
So, again, love you.
Love who you are.
Look in the mirror in the morning and smile and say,
'I am too Blessed to be Stressed and too Anointed, to be Disappointed!'
'Winners make things happen~~
Losers let things happen.'
Be 'Blessed' Ladies~~~~~
And pass this on to encourage another woman.

'To the world you might be one person,
But to the one person you just sent this to,
It could mean so much.

Until next time Health, Wealth, & Soul.



dear wendell:

My grandfather always mutters that the world is getting too crowded. Is that true?

Signed, Worried

Dear Worried:

Well, that's a hard question to answer. It's all a matter of perspective. In Montana, you might drive for a mile in any direction and not see another living being. In a Portuguese province called Macao, an average of 60,000 people live in every square mile!

What is true is that the world's population doesn't stay the same. It has been increasing at a very fast rate. That's in part because in each generation there are more people who then have children than in the previous generation.

Five hundred years ago, the population of the world was approximately 460 million. In 1900, the world's population was under 2 billion. Right now it is doubling every 40 years. That means, if this rate of growth continues, when you are a parent there will be twice as many people on earth as there are now. Wow! Now that's a whole lot of people!

Soon the world's population will reach 6 billion. Some people worry about that! But there is a lot of disagreement about just how many people on earth equals too many people. But everyone agrees that the more people there are, the more resources the world needs to feed, house and take care of all of them, and the more need there is to think carefully about how we live and use the earth's resources.

P.S. Personally, I'm used to having lots of worms living close by. After all, in one square acre, there can be a million of us wrigglers, wriggling away!

Signed,
Wendell

Check out more of Wendell at:
<http://yucky.discovery.com/flash/>



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| ARROW | FRIENDSHIP | RIBBONS |
| BE MINE | HEART | ROMANCE |
| CANDLES | HONEY | ROSES |
| CANDY | LACE | SWEETHEART |
| CHOCOLATE | LOVE | SWEETIE |
| CUPID | PINK | SWEETS |
| FLOWERS | RED | VALENTINE |

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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

