

# The Housing Chronicle



The Housing Authority of the City of Frederick

## HAPPY NEW YEAR !!!!



Trevon Tyre, grandson of Louise White, enjoys himself at the Lincoln Christmas Party!

We have three new additions to the "A" kids club from Lincoln. They are Sashae Baxter, Ausitn, Robert and Hope Keeney. Way to go Keeney Kids!! Congrats to the following "A" club kid additions from Sagner. Way to go Fantasia McKnight, Emmanuel Gennes, Timothy Carmen, and Timisha Carmen. They turned in report cards with at least one "A" and were added to the "A" club list to be included in an end of the year party. If your child has a report card with an "A" on it, get it to Ann or Linda!

You are cordially invited to attend an open house!

When: Saturday January 26 from 10 -2 P.M.

What: Hope VI renovated homeownership townhomes

Where: 2 Sagner Drive

Take a look at our newly renovated Townhomes available for purchase!

Refreshments will be served.



### Inside this issue:

Neighborhood News	2
Project Alive	3
Mom's Only	4
Youth	5

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### Sagner Community News:

The Sagner Community looks festive with Christmas lights on many houses. Thanks to the Dudley's for decorating the Family Services Office! Also, thanks to Sherry Kline for all her help with Toys for Tots this year!

The old mail boxes are being replaced! Be on the lookout for new pedestal mailboxes. The Post Office will make sure you have new keys.

**Reminder** about the Clara Harris Community Room: In January, we will be requiring a \$20 deposit on the room when you reserve it. If it is left clean, you will get your deposit back.

**Reminder** that Bible Study will start back up on January 10<sup>th</sup> at 7pm, in the Clara Harris Community Room.

The next **Imagine Me** meeting will be Monday eve, January 7<sup>th</sup>, at 7pm in the Clara Harris Community Room. Our guest speaker will be our own Tonya Brown. She will talk about her struggles and successes as she moves forward with her education. Come be inspired!

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### Carver News:

Thanks to Marie Davis and Rosie Thompson for putting together and distributing welcome baskets to the new residents. Thanks, also, to Tammy Jackson for all her help distributing the Toys for Tots bags to Carver families.

Several Carver residents came to the presentation at Sagner on December 17<sup>th</sup> on how to keep our energy bills from getting out of control. Jeannine Jennings of the Office of Energy Assistance spoke to us about some energy conservation tips and how best to work with Allegeny Power and Frederick Gas to ensure you understand your bill and don't get any service cut offs.

Be on the lookout for more Bingo nights in January at Carver. Flyers will be posted at the mail boxes.

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### Lincoln News:

Thanks to Brenda Tillery for her help in distributing the Toys for Tots bags.

Lincoln had a wonderful Christmas gathering on December 13<sup>th</sup>. They had a great dinner of chicken and sides, with residents each contributing a dish. The community room was decorated with Christmas poinsettias and looked very festive, thanks to Brenda Tillery and Wendy Thompson! Omega Psi Phi generously contributed presents later to the children of Lincoln.

## Project Alive

We had a kickoff luncheon for the Allied Health Academy on December 5<sup>th</sup> at Jennifer's Restaurant. We celebrated the commitment of 14 participants who signed up to attend classes over the next five months in preparation for allied health training. Participants in the program are: **Trokeia Addison, Vanessa Anderson, Jackie Bennett, Rose Brown, Amanda Chase, Desire Hallenbeck, Andrea Gillard, Christie Howard, Kiana Love, Rashiydah Love, Cheryl McKenzie, Latisha Pearson, Linda Snowden, and Wendy Thompson.** Classes begin January 8<sup>th</sup>, 6pm, at Hope VI.

If you are making a New Year's resolution to improve your education or make more money (or both), please call Ann at Project ALIVE. Workforce Services has lots of training money and can pay for you to do almost any kind of studies. If you want to get your GED, you can do it this year!! We can connect you. **This is the year to make things happen.**

Do you live in Hillcrest Commons?? You are eligible for Project ALIVE services. Call Ann at (301)696-1875 to see how we can help you go to school or get a better job.

### Reminders:

Reverend Brenda Mack has a great women's support group at the Family Services Office on Thursdays at noon. The next one will be January 3<sup>rd</sup>. Come for lunch! Open to all communities. Call Ann or Linda if you need a ride.

## FREE TAX RETURN PREPARATION SERVICES



Increase your savings with Money in the Bank

INTERNAL REVENUE SERVICE APPROVED



Live the Dream Become a Home Owner

(VITA) Volunteer Income Tax Assistance  
The VITA program offers free tax help to low-to moderate income ( 40,000 and below) for people who can not prepare their own tax returns.

### Approved Sites:

#### Hope VI - Housing Authority of the City of Frederick

420 East Patrick Street  
February 5, 2008 - April 15, 2008  
(301) 662-0294

#### Frederick County Department of Social Services

100 East All Saints Street  
February 5, 2008 - April 14, 2008  
(301) 631- 2652

#### Mount Airy Branch Library

705 Ridge Avenue  
February 6, 2008 - April 9, 2008  
(301) 788- 9076

#### Araby United Methodist Church

4614 Araby Road  
February 5, 2008 - April 8, 2008  
(301) 788 - 9076

**T**rained community volunteers can help you with special credits, such as Earned Income Tax Credit (EITC), Child Tax Credit and Credit for the Elderly for which you may qualify. In addition to free tax preparation assistance; these sites offer free electronic filing (e-filing) of your Federal return. Individuals who take advantage of the e-file program will receive their refunds in half the time compared to paper returns. You can even have you refund deposited directly into your bank account.

For more information contact Mary Reynolds or Ayesha Johnson at (301) 662-0294

Visit us on the web: [www.hacfrederick.org](http://www.hacfrederick.org)



## What Are You Worth?

A friend of mine forwarded me this story that made me think about how we as women look at our own self-worth, the kind of treatment we are deserving of, and what we truly want out of a life partner. In this new year think about what you as a woman, mother, sister, wife, or girlfriend are deserving of from the person in your life.

In a brief conversation, a man asked a woman he was pursuing the question, "What kind of man are you looking for?"

She sat quietly for a moment before looking him in the eye and asking, "Do you really want to know?" Reluctantly, he said, "Yes."

She began to expound.

"As a woman in this day and age. I am in a position to ask a man what he can do for me that I can't do for myself. I pay my own bills. I take care of my household without the help of any man... or woman for that matter. I am in the position to ask, "What can you bring to the table?"

The man looked at her. Clearly he thought that she was referring to money. She quickly corrected his thought and stated, "I am not referring to money, I need something more. I need a man who is striving for perfection in every aspect of life." He sat back in his chair, folded his arms, and asked her to explain.

She said, "I am looking for someone who is striving for perfection mentally because I need conversation and mental stimulation. I don't need a simple-minded man.

I am looking for someone who is striving for perfection spiritually because I don't need to be unequally yoked ... believers mixed with unbelievers is a recipe for disaster.

I need a man who is striving for perfection financially because I don't need a financial burden.

I am looking for someone who is sensitive enough to understand what I go through as a woman, but strong enough to keep me grounded.

I am looking for someone who I can respect in order to be submissive, I must respect him. I cannot be submissive to a man who isn't taking care of his business. I have no problem being submissive... he just has to be worthy.

God made woman to be a helpmate for man. I can't help a man if he can't help himself."

When she finished her spill, she looked at him. He sat there with a puzzled look on his face.

He said, "You are asking a lot."

She replied, "I'm worth a lot!"

And so are you. Until next time Health, Wealth, & Soul.



# dear wendell:

Is picking your nose really bad for you?

Signed,  
Jasmine

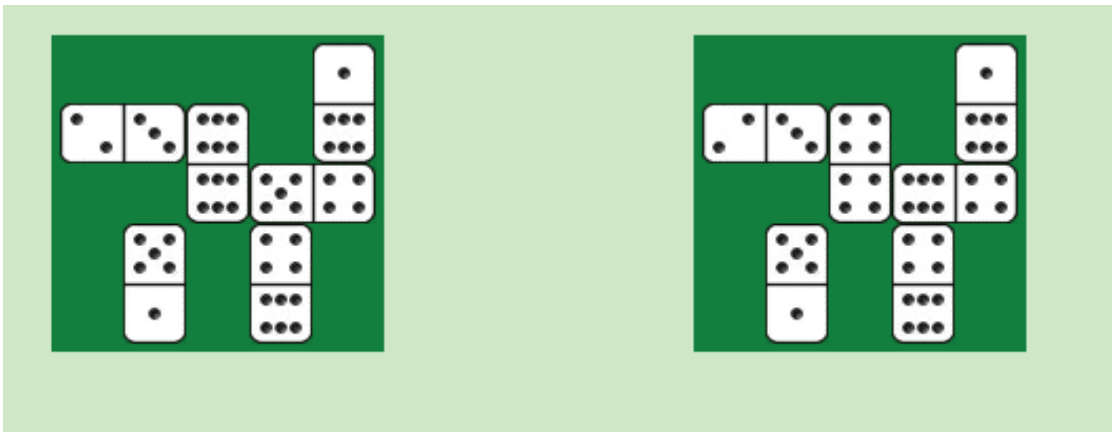
Dear Jasmine,

Picking your nose may rank up there with spitting and burping as good old-fashioned (and repulsive) fun. But for those who know noses, that unspeakable habit does involve health risks you just can't blow off. Not surprisingly, it all begins with your fingers--and doorknobs, and phones and all the other little things you touch every day. These objects are crawling with bacteria from the hands of every other person who has made contact with them. So if one of your fingers touches a germ-covered knob and then winds up way in your nose, you've just been given a bunch of bacterial hitchhikers a free ride into your body. Since the inside of your nose is dark, warm and moist, you can bet these microscopic buggers will make themselves right at home and multiply. And this, of course, can make you miserable and sick.

So what if your nails sometimes wander up your nostrils? If they're always trimmed and polished, it shouldn't matter, right? Well, manicured or not, fingernails can cut the interior of your nose and invite even more risk of bacterial infections. In one notable incident, a forceful young nose picker broke a blood vessel and needed an operation to stop the bleeding.

Okay, so what are some pointers that'll help pickers give up their sticky, icky habit? Well, if you got an itch, don't scratch it. Instead, tackle that tickle in your nose with a tissue, then wash up and keep it all to yourself. Or better yet, think of what the world would be like if EVERYONE fingered their noses in public. Now that's enough to kick the urge to pick!

Signed,  
Wendell



Can you spot 4 differences in the two Domino puzzles above?



**We're On The Web:**  
**[hacfrederick.org](http://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

