

The Housing Chronicle

October 2008

THE HOUSING AUTHORITY OF THE CITY OF FREDERICK

Imagine Me



Who would even imagine that we would be celebrating our One Year Anniversary on October 6, 2008. "Imagine Me" originated on October 1, 2007. This past year we have been inspired and encouraged by those who came and shared their stories. Imagine Me is a group that helps to encourage others to believe in themselves. The stories of those who came to share were a way to motivate and lift us up, letting us know that we too, can move forward and make a difference not only in our lives but our children's lives. The speakers that came were college graduates, authors, future homeowners, or those who have started businesses.

So the journey continues. Join us October 6, 2008 from 6:30 to 7:00 for light refreshments. Our guest speaker will be Dr. Chastity Edwards at 7:00 PM at The Clara D. Harris Community Center. Continue to Believe that You Can Do Anything. You Can Be Anything. All You Have to Do is BELIEVE IN You and then You Can "IMAGINE ME!"

For more information contact:

Linda Helms, Community Enrichment Facilitator at 301 696-1874.

Welcome Home New Residents

The opportunity to live in one of our communities gives residents many resources to accomplish their goals through successful partnerships with community agencies. Residents are able to go to school, get specific job training for a career that will lift up your income, and give your family more financial stability. We also have support groups and volunteer opportunities to tutor students. Use your time to move forward while also making a difference in your community. Welcome Home!

**REGISTER
TO VOTE**

The last day to register to vote in this historic election is October 14th.

Extermination Schedule



Date	Location
October 7, 2008	113 - 316 Catocin View
October 8, 2008	401 - 516 Catocin
October 8, 2008	601 - 716 Catocin



VOTING TIPS

To register to vote you must:

Be a U.S. Citizen

Be a Maryland Resident

Be 18 years or older on or before the next election

Not have been convicted of buying or selling votes

Not be under guardianship for mental disability

Not currently serving a court ordered sentence of imprisonment - you must have completed probation/parole

Maintenance Concerns Meetings



Rick Gladhill, Director of Physical Services will be holding maintenance concern meetings for each community on the following days:

Carver Apartments	Thurs. Oct. 9, 2008 at 11:00 a.m.	HACF Board Room
Lincoln Apartments	Mon. Oct. 13, 2008 at 1:00 p.m.	Lincoln Community Room
Sagner Apartments	Mon. Oct. 20, 2009 at 6:00 p.m.	Sagner Community Room
Catocin View & Catocin Manor Apartments	Wed. Oct. 22, 2008 at 1:00 p.m.	Catocin View Community Room

Alcohol Treatment

Do you know anyone whose life is ruined by alcohol, whose life is always in chaos and who is ready to live life differently? There is hope for him/her. Call Ann for more information (301)696-1875.

How can you tell if someone has a problem?

Answering the following four questions can help you find out if you or a loved one has a drinking problem:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

One "yes" answer suggests a possible alcohol problem. More than one "yes" answer means it is highly likely that a problem exists.

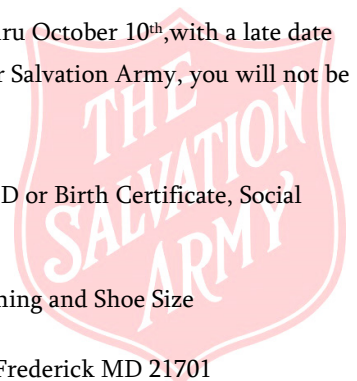
Christmas Assistance Applications

The Salvation Army will be taking Christmas Assistance Applications beginning on September 29th thru October 10th, with a late date of October 20th. Toys and Clothing will be for children up to the age of 12 years old. If you sign up for Salvation Army, you will not be eligible for Toys for Tots Program.

Bring the following information for each Adult in household :Proof of all income and bills, Picture ID or Birth Certificate, Social Security Cards for all adults

For each Child in Household: Birth Certificate or Medical Card with DOB, Social Security Card, Clothing and Shoe Size

***For more information contact The Salvation Army (301)662-2311 located at 223 West 5th Street, Frederick MD 21701



Monday, Sept. 29	Tuesday, Sept. 30	Wednesday, Oct. 1	Thursday, Oct. 2	Friday Oct. 3
9:00 - 12:00 p.m.	9:00 - 12:00 p.m.	9:00 - 12:00 p.m.	9:00 - 12:00 p.m.	9:00 - 12:00 p.m.
6:00 p.m. - 8:00 p.m.	6:00 p.m. - 8:00 p.m.		6:00 p.m. - 8:00 p.m.	
Monday, Oct. 6	Tuesday, Oct. 7	Wednesday, Oct. 8	Thursday Oct. 9	Friday, Oct. 10
9:00 - 12:00 p.m.	9:00 - 12:00 p.m.	9:00 - 12:00 p.m.	9:00 - 12:00 p.m.	9:00 - 12:00 p.m.
6:00 p.m. - 8:00 p.m.	6:00 p.m. - 8:00 p.m.		6:00 p.m. - 8:00 p.m.	

LATE APPLICATIONS
 Monday , October 20
 9:00 - 12:00 p.m.
 6:00 p.m. - 8:00 p.m.

Safety & Curfew Reminders

Reminder to Parents: Elementary School Students should have an adult at the bus stop in the morning and afternoon. All Pre-K and Kindergarten children will not be released to an older sibling and parents must be there to put them on the bus and to get them off bus. Please help to make this school year a successful one by keeping our children safe. Parents please remember the change in curfew times due to school being in session. There have been several reports of children outside unattended.

In addition, please remember that if you want to make a complaint that it must be in writing to the Housing Authority. If you have property stolen or damaged, you have been threatened, or fear for your safety this should be reported to the Police immediately. Please do not wait to report these incidents to the Housing Authority these are Police Matters.



Residents Continue To Pursue Education

Three nights a week the scrubs come out at Sagner, Carver, and Lincoln. We're not talking about a song, but the devoted women of Allied Health Academy. Eight residents from our three communities are taking Certified Nursing Assistant classes at FCC, and one is preparing for Medical Assisting.

They've been working toward their goal since January, and it's not easy, but their hard work and commitment is paying off.

In addition to Allied Health Students we have 17 women and three men also taking courses at FCC this semester.

We wish them all much success as they invest in their futures and strive to succeed.

If you too would like to make an investment in your future, now is the time. There are so many possibilities: want to be a chef? An accountant? A nurse? A teacher? An electrician? Contact Ann about setting up a plan: 301.696.1875



Family Self-Sufficiency Program

*It's not something you wait for it
is something you plan for.*

For more information, contact:

Linda Helms, FSS Coordinator

301.696.1874

FCF Church SWAP

A free shopping ministry! Bring a donation for the Rescue Mission (list of needs below) to swap for gently used clothing, household items, maternity & baby items.

Donation is not required to shop!

Saturday, Oct. 4, 9 a.m. - NOON

In the FCF KidsStuf Theatre (enter through the side door and follow the signs)
Lynfield Complex Center Bldg #5 just off of 15N. At 10142 Hansonville Road Frederick.

(Rescue Mission's ongoing needs: new/gently used clothing, furniture and appliances, clothes hangers, plastic dinnerware, napkins, toilet paper, paper towels, coffee, creamer, sugar, pancake syrup



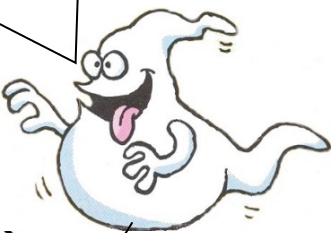
For question, call: 301.620.2255 or email: info@fcfchurch.com

Get Caught Up In An Activity!

Young Men's Exodus Program
 The Clara D. Harris Community Center
 Every Thursday at 8:30 p.m.
 All boys ages 9 and up are welcome.



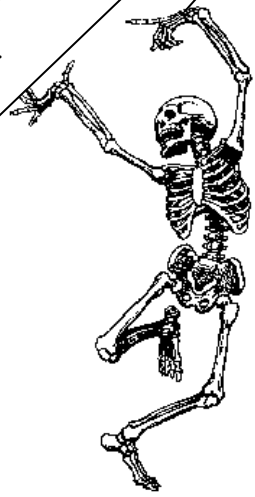
BINGO at Carver !October 18th.
 See Frances Rollins for more information



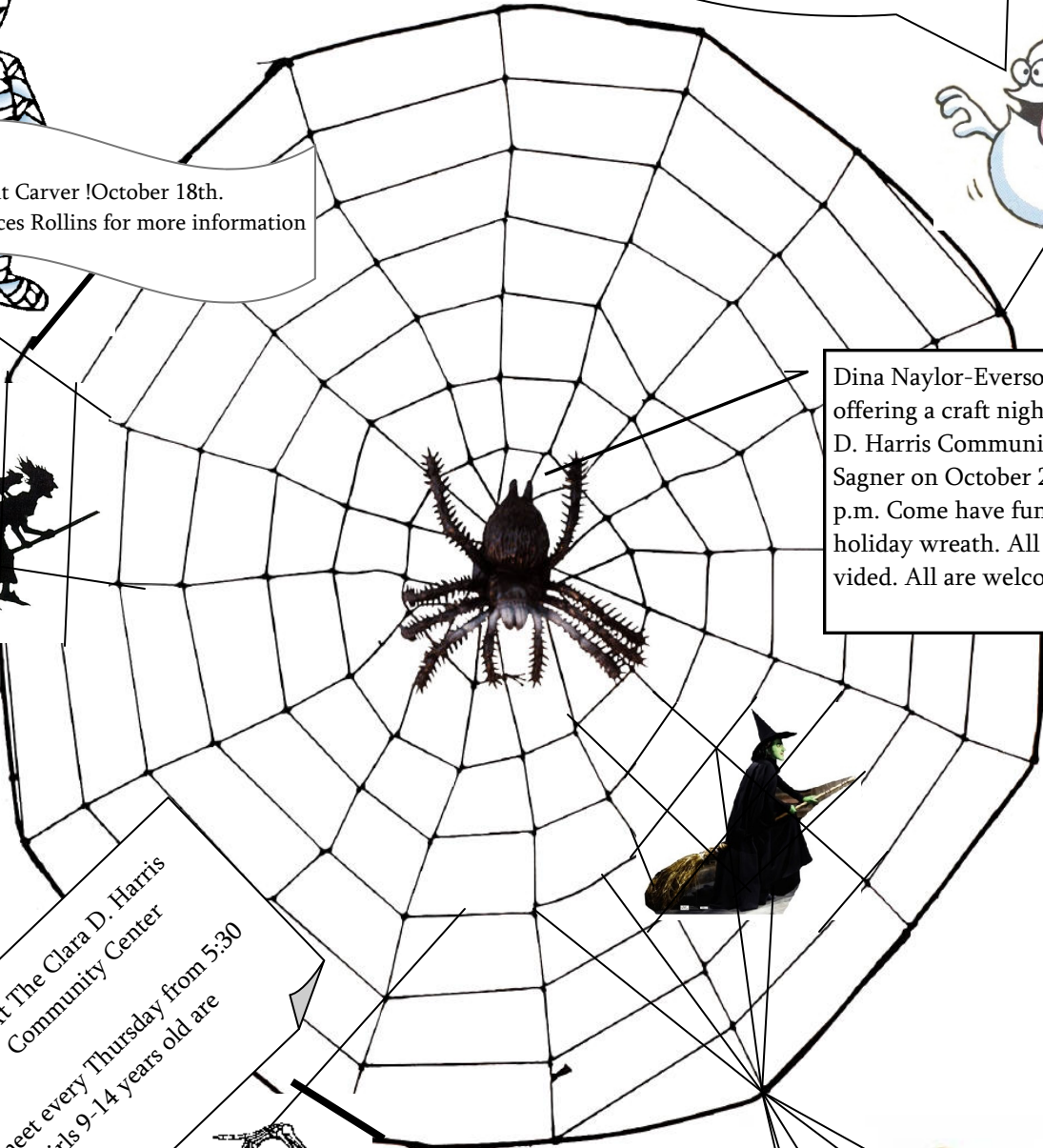
Dina Naylor-Everson will be offering a craft night at the Clara D. Harris Community room in Sagner on October 21, at 7:00 p.m. Come have fun making a holiday wreath. All materials provided. All are welcome. Call Ann



4th Annual Special At The Clara D. Harris Community Center
 Continues to meet every Thursday from 5:30 to 7:00 p.m. All girls 9-14 years old are welcome to join in.

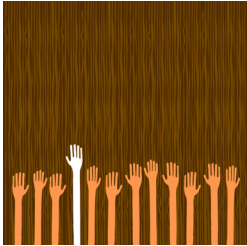


Halloween Party at Carver on October 27th, 6pm! Come for the fun!



Mom's Space

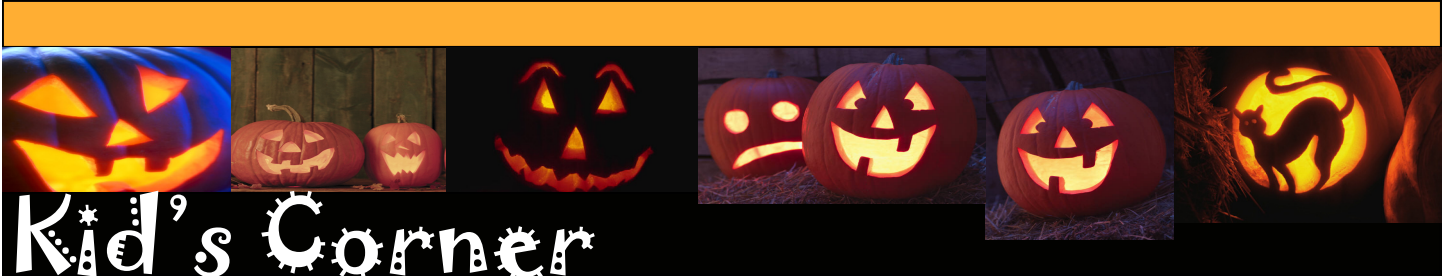
Let Me Tell You Why I Vote by Ayesha Johnson



I vote because my grandparents and great grandparents couldn't! They were never given the choice that we have today. It disturbs me to hear so many people ask that question "Are you going to vote this year?" Why do we even need to ask it should be something that's done without question. We have taken our right to vote for granted but what would you do if someone said you no longer had that right. It's been 43 years and it seems like some people have forgotten what the right to vote has cost us, as a country. It came with a price and some people even paid with their lives so we could enjoy that right today. Everyone was not born with the right to vote so I see it as a privilege to walk up to the polls without the assistance of an armed escort or without hearing dogs barking in the background like they did in the 60's. Today I am able to walk into the polling place and cast my vote for whoever I declare to be the best person for the job. Perhaps you only learned about the civil rights movement from our history books so it doesn't seem real to you, but I want to let you know that change did not come easy. Our ancestors fought that

fight for us and it is up to us to keep the dream alive. The right to vote has cost us blood, sweat and tears and I feel it is disrespectful to those that came before us to just throw your vote away, as if it doesn't matter, as if everything that they endured doesn't mean anything.

We are down to the final few weeks before election day and with the economy failing and people losing their homes the outcome of this election is crucial to the way we live. I encourage everyone who is able to register and vote on election day. During the 60's churches were the foundation of the civil rights movement. This is a time where we need more involvement from our churches and community leaders. I want to remind people what the right to vote has cost us over the years and all the things we had to sacrifice to get where we are today. The future of our country is in our hands. Once again we are being called for service so make your mark on election day. Stand up and be counted. Americans report for duty....It's our time. **The last day to register to vote in this historic election is October 14th.**



Kid's Corner

HELP THE GHOST! Help the ghost break the code and reveal what time it is.



20	9	26	7	25	22	5	10	16	22	22	11	6	25	15	14
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	
12	2	21	4	7	25	18	8	9	19	11	23	26	14	22	
P	Q	R	S	T	U	V	W	X	Y	Z					
16	17	5	10	20	15	3	1	24	6	13					

Halloween

E	M	M	N	O	Q	P	F	H	W	C	N
S	S	O	A	U	M	I	A	E	A	R	G
K	P	U	O	S	F	Y	R	N	E	F	O
E	U	S	O	R	K	B	D	T	I	V	O
L	M	S	K	H	B	Y	N	D	T	K	D
E	P	T	M	B	D	A	H	U	V	M	I
T	K	I	A	P	L	E	T	C	K	M	E
O	I	T	A	O	W	U	T	S	T	K	S
N	N	R	K	J	O	O	A	N	O	I	E
Y	T	C	T	R	E	A	T	S	U	H	W
Y	A	C	O	S	T	U	M	E	S	A	G
J	B	W	O	R	C	E	R	A	C	S	H



BAT
 BREW
 BROOM
 CANDY
 COSTUME
 FUN

GHOST
 GOODIES
 HAUNTED HOUSE
 HAY
 JACK O LANTERN
 MASK

PARTY
 PUMPKIN
 SCARECROW
 SKELETON
 TREATS
 WITCH

THE HOUSING
AUTHORITY OF THE CITY
OF FREDERICK

**209 Madison Street
Frederick, Maryland 21701**

Main Office

301.662.8174

Maintenance

301.662.8227

Catoctin View

800 Motter Avenue

301.663.8440

Project Alive

155 Pennsylvania Avenue

301.696.1875

HOPE VI

420 East Patrick Street

301.662.3691

Emergency Phone Numbers

Checkmate Anonymous: Report Crime

301.662.1424

Non-Emergency

301.694.2100

Drug Task Force

301.846.32246



October 2008 Health Message: Cancer Prevention

Do you know that many types of cancer are easier to treat and cure, if found early.

Breast cancer is one of the most common forms of cancer in women. The screenings include breast exams by your doctor every 1 to 3 years, mammograms every year starting at age 40, and optional monthly breast self exams at the age of 20.

Cervical cancer can be found early by having a regular Pap tests. Women should have their first Pap test 3 years after becoming sexually active or no later than age 21, which ever comes first. After that, talk to your doctor to find out how often you should get screened.

Colorectal cancer screening for men and women should begin at the age of 50. There are several tests available. Ask your doctor which test is right for you.

For all of these cancer screenings, talk to your doctor about which tests are right for you and how often you need them. All of these services are covered benefits through your health plan and offered at no cost to you.

“UNITED”

by: Robin Denise Alston

In certain times of turmoil and uncertain duress.

These are the times when we are drawn closer.

United as one as we progress.

We become united un all that we stand for.

United by all the things that make up the core.

The core of what our Nation has come to be.

One Nation under God and with liberty.

United in color, united in creed.

United in faith, the land of the free.

United in the words each one of us speaks.

From the depths of our hearts, we become one family.

United in justice, in body, heart and soul.

Indivisible under God, the pursuit of freedom is our goal.

United we stand.

To reign, to rule, to stand tall.

UNITED!!!