

HOUSING CHRONICLE

Housing Authority of the City of Frederick

September 2008

KIDS GET A BRIGHT START BACK TO SCHOOL

The sunshine never set on the Housing Authority's 1st Back-To-School fair on Saturday, August 23, nor did the music provided by DJ Marvin. The children enjoyed face painting by Frederick School of Cosmetology, a puppet show by the Mental Health Association, prizes, obstacle course and more. Parents were able to visit tables hosted by community agencies and business like WIC, The Frederick News-post, DSS, Costco, Sam's Club, The Mental Health Association, Basketball Coaches Without Boundaries, Big Brothers Big Sisters, Priority Partners, CASS, EAG, The Frederick Police Department, The MD State Police, The United Way, and Head Start. Besides the milk and cookies stand provided by donations from Dairy Maid and Uncle Ralph's Cookies, staff led by Executive Director Teresa Justice served hot dog lunches.

The Housing Authority partnered with Cass to put on this back to school fair, with top sponsor Saint Paul AME church. Together we were able to send 150 students home with book bags, and school supplies. The Temple was also able to provide free haircuts for over 30 children and adults.

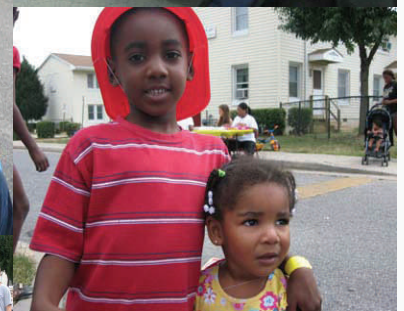
In the midst of all the excitement kids competed for an autographed Wizards basketball, trophy, and pendant necklace at the basketball shoot out.

Xzavion Sappington-Spriggs walked away with the ball by scoring 23 shots in 60 seconds.

The whole event turned out to be a great success and we thank all the sponsors, volunteers, and those who attended, see you next year!



Basketball shoot out winners (LtoR) Isaiah West 3 rd Place Trophy winner, 1st Place Wizard's autographed basketball Xzavion Sappington-Spriggs, 2nd Place Pendant Talia Amante



EXTERMINATION SCHEDULE

September 9, 2008	113 - 151 PA Ave./Sagner Community
September 10, 2008	153 A-F PA - 169 PA Ave.
September 11, 2008	171 PA Ave.—18-34 A/B Sagner Ct.
September 16, 2008	2 - 16 Sagner Drive
September 17, 2008	18 - 30 Sagner Drive
September 18, 2008	32 A-F 34A/B - 42 A/B 44-46 Sagner Drive



MAIN OFFICE CONSTRUCTION

The Main Office Construction will be coming to a close in the coming weeks. The new Vestibule installed will make the Main office Handicap accessible for all. In addition there are now 2 drop boxes added to the building. The first box is located outside the building at the door to the Section 8 department, this box should be used for all information pertaining to Section 8.

The second box is located inside the Vestibule, all information concerning Public Housing or general information should be put into this box. We appreciate your cooperation during the construction, and hope that the new and improved addition will make your business with the Housing Authority more convenient.

COMMUNITY FACE LIFTS

Lincoln Apartments has finished its exterior face lift with having the stucco and drivit of the building power washed and painted. Combined with the new siding and 2-toned arches, the community looks very nice.

At the end of last month the replacement of siding and exterior lighting at Carver Apartments began. The Contractor is moving along quickly tearing down the old siding to begin the new 3 color scheme of Hardy Plank siding that will replace the vinyl siding.

The Sagner Apartment Building stairways are receiving a needed stairway repair that will make the steps safer for residents, along with an improving the maintenance of the steps.

We appreciate all Residents cooperation and safety precautions during all Construction improvements in the communities.

PLAYING IN THE STREET

We are still receiving concerns about unsupervised children playing and riding bicycles in the middle of the streets. Please be mindful with cars coming in out of the community, we don't want your child or children to get hit by a car. We want the community to be a safe place for all that reside there. To eliminate the problem with children being unsupervised and out past curfew, we need all parents to take responsibility for their child's welfare, we believe that this would help.





MAINTENANCE CUSTODIAN OPENING

The Housing Authority of the City of Frederick is hiring a temporary part-time position in the area of waxing and maintaining floors throughout public areas located within the Housing Authority properties (Community Rooms, Offices, Hallways, etc.). This job will consist of working approximately 10 hours per

week with some hours being between the time frame of 8:00 p.m.-4:00 a.m. Applicant must possess valid driver's license. Applications are available at the Housing Authority, 209 Madison Street, Frederick, MD. Deadline for receiving applications is September 22, 2008, 4:30 p.m. We are E.O.E

Ability is what you're capable of. Motivation determines what you do. Attitude determines how well you do it.

- Lou Holtz

NEW HEALTHCARE FOR FAMILIES

Medical Assistance for Families will provide comprehensive health care to many more parents and other family members caring for children. Eligibility depends on family size and income. The annual income limit is about \$20,500 for a family of three. [There is no asset test.](#) *Medical Assistance for Families* will provide free health services including:

- Low-cost or free prescriptions;
- Doctor visits;
- Emergency room visits;
- Hospital stays;
- X-ray and lab services; and,
- Many other services.

Families will be able to apply at Local Health Departments, by mail, fax, online, or can call 1-800-456-8900 to request an application. More info and a printable application form can be found at <http://www.dhmf.state.md.us/workingfamilies/index.html>

Adults in households without children can get benefits through the PAC - Primary Adult Care Program, which includes primary care doctor, prescriptions, mental health treatment but no hospitalization.

HOMEOWNERSHIP

Tired of renting and want something to call your own? Start working toward homeownership! If you have a steady job, make at least \$25,000, and have a little savings, participate in an exciting home buyer opportunity. New home buyer education series will be beginning again soon. Call Janet Fogle at 301.682.3493 for more information.



Home buying Helpful Hints

Things You Should Not Do Before Buying A Home

You always hear about the things you should do before buying a home— like paying your bills on time, saving money for a down payment, and keeping steady employment. How about the things you shouldn't do?

First on the list is buying a new car. Why? Even if you think you can afford a new car payment, the bank or mortgage company approves your mortgage based on their guidelines, not yours. When determining your ability to qualify for a mortgage, a lender looks at what is called your "debt to income" ratio.

This is the percentage of your gross monthly income that you spend on debt. This includes your new mortgage amount, credit cards, student loans, and ... car payments.

Think again before you decide to buy a car. Buy the house first.

NATIONAL NIGHT OUT

We had a great gathering at Sagner on August 5th to celebrate National Night Out. This year, it was held at Sagner Court where a water slide was assembled for the kids and food was provided by Doc Geiser's.



Over 100 people attending enjoyed DJ Robert Dorsey as fun was had by all. The PAL Program recognized and awarded the members of the winning PAL track team, which won first place in the state for the 2nd year in a row!!

TAKE PRIDE WHERE YOU RESIDE!

All residents please help the TAKE PRIDE WHERE YOU RESIDE team to keep your community clean. If each resident that resides in the community, would take the time to pick up trash in their area, we know that it would make a difference. So let us join the team and take pride where we reside.



FAMILY SELF-SUFFICIENCY PROGRAM

The journey of self-sufficiency represents the journey that each family travels to overcome obstacles that are in their path of becoming self sufficient. Whether or not the final outcome is financial self sufficiency or just realizing that the path we started on is not the path in life that we have to accept. *Change is necessary... are you ready for the journey?* The journey of a thousand miles begins with one step. Contact Linda Helms, FSS Coordinator for Public Housing for more information. 301.696.1874



EDUCATION, NOT JUST FOR THE KIDS

As the kids went back to school last week, so did many of Sagner, Carver, Lincoln, and Hillcrest Commons. There are over **FIFTY** residents participating in educational programs. They're hitting the books studying for their GEDS, attending FCC both online and on campus, and attending other colleges. If you'd like to invest in your future, now is the time.

Did you know employers view a high school diploma or GED as proof of potential. Beyond the basics of math, science, and literature, a diploma is proof that you are able to commit yourself to an education. As a job candidate, you'll have proof of organizational skills and ability. Getting a high school diploma could be your key to a brighter future.

Just in case you still had some doubts, the U.S. Census Bureau has released data proving the substantial value of a college education in the United States. Workers 18 and over sporting bachelors degrees earn an average of \$51,206 a year.

Not only can you increase your education and your income, you will also send a message to your children that education is important. For more information contact Ann at 301.696.1875.



IMAGINE ME

The Clara D. Harris
Community Center at Sagner
Monday, September 8, 2008
7:00 P.M.

Join us with our guest speaker Maria Whittemore, of The Frederick County Public Schools and Eliminating Achievement Gap Group, to hear about ways to help our youth to understand the importance of getting a good education and being the best student that they can be everyday. For more information, call Linda Helms 301.696.1874

TUESDAY'S WITH SHERRI

Tuesday's with Sherri Ames continues to meet every Tuesday at 11:00 A.M. at the Lincoln Community Center. This is a support group for women. All are welcome! For more information, contact Linda Helms.

I AM SPECIAL

I am special is a spiritual based life skills program for girls ages 9 - 14. The group meets every Thursday at the Clara D. Harris Community Center from 5:30 - 6:30 P.M. All girls are welcome! For more information contact Linda Helms.

BIBLE STUDY

Every Thursday at 7:00 P.M., with Rev. Sterlin Powell of Saint Paul AME Church. All are welcome! For more information, contact Linda Helms.

YOUNG MEN EXODUS PROGRAM

The Young Men's Exodus Program for young men ages 9-18 meets every Thursday at 8:30 P.M. at the Clara D. Harris Community Center with Rev. Sterlin Powell of Saint Paul AME Church. All young men are welcome. For more information, contact Linda Helms.

BASKETBALL COACHES WITHOUT BOUNDARIES

September 6th to October 25th - Fall Basketball (Boys and Girls grades 6th, 7th and 8th). Games played at Whittier Community Center on Saturday mornings 10:00 and 11:00 AM. Practices will be either Tuesday or Thursday evenings from 7:00 to 8:00 PM. To register please contact Ray at 240-832-3670 or email bcwb@bcwb.org or aryan@hacfrederick.org. Fee: \$75.00 per participant (HACF & Community Service Organization rate).

September 13th - BCWB Back-to-School Dance - Trinity School of Frederick (6040 New design road, Frederick). 6:00 PM to 11:00 PM. Boys and Girls grades 6th to 9th. For tickets email Amy at aabulqasim@senecaone.com or call 301-663-0892. Benefits the Nicholas E. Leakins SAT Tutorial Program. Fee: \$7.00

Sunday, September 28, 2008 - BCWB Fashion Show - Cultural Arts Center 15 W. Patrick St. 2:00 - 4:00 p.m. For tickets and reservations email Amy at aabulqasim@senecaone.com or call 301-663-0892. Benefits the Nicholas E. Leakins SAT Tutorial Program. Fee: \$12.00.

October 18th to November 29th - BCWB Nicholas Leakins SAT Study Group. For Boys and Girls grades 9th to 12th to help prepare to take the SAT test for college entrance requirements. This is a six (6) week class held on Saturdays at the Talley Center (bakers park) from 11:00 AM to 1:00 PM. If you are interested in college, you need to take attend these study sessions. Sessions are designed to be fun, entertaining and rewarding. Included during the 6 weeks is a local college tour and football game trip. Class size is limited to 12 members - first come, first serve. Contact Robin to register for this class at RPrather@fhhlc.com or call us at 301-663-0892. Fee: Free

OUR COUNTRY IS A DEMOCRACY.

Democracy requires all its citizen to participate in order for it to work. That means you. That means voting in November for new leaders. You can still register. Call Ann at (301)696-1875 and she'll drop off a registration form to your house. Just fill in your name, address and put it in the mail. You will get your voter registration card back within two weeks. Use your voice: Vote.

WHY ARE YOU VOTING?

4,039 Americans have been confirmed killed in Iraq since the war began in March 2003. An estimated 47,677 Iraqis have died since the Shiite-led government was announced in April 2005. *Iraq Coalition Casualty Count*

One in three African American men will be imprisoned in their lifetime, compared to one in five Latinos and one in twenty Caucasian men. In 2004, one in twelve African Americans were denied the right to vote because of a felony conviction. *US DOJ and DrugWarFacts.org*

According to 2007 reports, adults ages 20-24 have the highest rate of unemployment in the country at 8.2%, more than twice that of the national average. They are followed by 25-34 year olds at 4.7%. *Bureau of Labor Statistics*

As of 2007, 13.3 of the 45 million Americans who lack basic health insurance are between the ages of 19 to 29. *The Commonwealth Fund, August 2007*

Glaciers are now melting twice as fast as they were in 2004, threatening fresh water access for people in the Himalayas, Andes, and the Western United States. *UN Environmental Programme*

Food prices are rising all over the world, causing riots in Egypt and the Philippines, and forcing a record-high 28 million Americans to rely on food stamps. *NY Times March 2008*

Today an average student will graduate with twice as much debt as a student ten years ago; today's average job pays less than it did ten years ago. *Campus Progress*

The Iraq War is expected to cost tax payers \$3 trillion. With that money we could give Medicaid Level Health insurance to every uninsured American at \$3,067 per person. Or we could buy 142 million Americans energy-efficient hybrid cars. Or we could send 20 million students to college. www.3trillion.org

For more information on the Rock The Vote movement check out:

www.rockthevote.com

MOM'S SPACE

THE NEW 4-LETTER WORD S-T-R-E-S-S

Stress isn't a 4-letter word, but it's no one's favorite word either. Moms are the busiest people on the planet. From getting the kids off to school to going to basketball games to overseeing sleepovers, in addition to the moms who also work outside the home, a mom's feet never seem to stay still. With this almost frantic pace, increased stress levels are natural, impacting many areas of life such as work, family, and other relationships. Stress can cause one to experience irritability, impatience, and distractibility. For busy moms, stress management is a necessity. Here are three tips to assist in living a more stress-free life.



1. Exercise Needs To Be A Priority. Exercise is a great way to relieve stress and manage your energy levels. It doesn't have to be a big deal. It could be bouncing on a mini trampoline while the kids watch TV or going for a walk or just deliberately parking further away so you get the chance to squeeze in a walk.
2. Eat Healthy. There are foods that promote calmness as well as foods that increase stress levels. Busy moms should ask themselves if they are consuming too much sugar or caffeine, and if they are getting enough protein. Eating fresh fruits and vegetables and staying away from refined and processed foods also help. Healthy eating is very important for any busy mom. Taking a look at your eating habits and making the necessary changes can result in increased optimal health.
3. Call a friend. It is always important to have at least one relationship where Mom can just vent and know that a listening ear and unconditional acceptance will be given.

MONEY MATTERS

Those living paycheck to paycheck may feel that they don't have any money leftover to set aside in savings. The way to get started is by taking small steps.

Jean Chatzky, Finance Expert, gives



this advice to get started: "The trick to reserve the process. People think that they don't have any money leftover they can save. You have to

save first and then work with whatever you have left to live. So, the savings process has to begin when you get the paycheck. That's when you set up the automatic transfer that moves a bit of money from your checking account to your savings account and gets it out of the way of your fingers, where you're likely to spend it."

So, pay yourself first. Start with a small amount every paycheck and gradually increase the amount. You'll

be surprised how quickly your savings will grow!



Kid's Corner

\$\$ FUN FACTS

Different strokes for different folks.

The most commonly used denominations in the U.S. are the \$1 and the \$20; internationally, it's the \$100 note.

Posthumous portraits only, please.

Since 1866, U.S. law has prohibited portraits of any living person on currency.

Red, whitish and blue.

Neutral-colored U.S. currency paper is composed of 25 percent linen and 75 percent cotton. Red and blue synthetic fibers of various lengths are distributed evenly throughout the paper.

Comeback for color?

The last U.S. currency with background color was the \$20 Gold Certificate, Series 1905, which was tinted gold.

For more with Wendell
check him out at:

www.yucky.discovery.com

For more on how your body works:

www.kidshealth.org

dear wendell:

I can't stop yawning? How come?

Signed, Mikey



Dear Mikey:

I've been waiting for a kid to stump me. I've done a lot of research to try to answer your question and you know what? There are some things that scientists and doctors -- and ace worm reporters -- don't know the answer to. And why critters yawn is one of them! Oh, and by the way, it's not just humans who yawn. While worms don't happen to yawn, there are all kinds of animals -- from

monkeys to lions -- who do!

Sometimes scientists think that people instinctively yawn because they're sleepy and they need the extra gulp of oxygen a yawn would provide to wake them up. That may be true, sometimes.... But that doesn't explain why if you sit in a room with other people and yawn, many of those in the room will start yawning too!

Some scientists have another idea. They wonder if yawning isn't behavior that you humans inherited from your early human relatives. Now early humans lived in groups. Maybe contagious yawning was a way to get everyone on the same schedule. Instead of someone yelling, "Go to sleep," maybe the yawning could make everyone get ready for bed!

Look, I'll keep researching. But maybe in a few years you'll be able to figure out this science mystery!

Signed,
Wendell

Experiments to Try

No Flavor Without Saliva



WHAT THIS EXPERIMENT SHOWS:

Why you need saliva to taste foods. In order for food to have taste, chemicals from the food must first dissolve in saliva. Once dissolved, the chemicals can be detected by receptors on taste buds.

WHAT YOU NEED:

- A friend or two
- Paper towels
- Foods to taste (cookies, crackers, pretzels, or other dry food)
- Drinking water for everyone

WHAT TO DO:

1. Use a clean paper towel to dry off your tongue.
2. Taste each food, one by one. How does it taste?
3. Have a drink of water.
4. Taste each food again, letting your saliva do its magic!