



MARCH 2009

# The Housing Chronicle



## Lincoln Holds A Resource Night

Lincoln Apartments recently held a Community Resource Evening. Information regarding education, training programs, camps, and other resource information was presented. Wendy Thompson spoke of her educational goals and how she is meeting them through hard work and perseverance. She is currently a student at Frederick Community College preparing for entrance to Medical Assisting program.



## Annual Fishing Rodeo

The Housing Authority will be hosting its annual Fishing Rodeo, "Hooked On Fishing Not On Drugs" on May 9, 2009. We will be heading to our favorite camp, Camp Airy located in Thurmont Maryland. This event is for children ages 6-15 and because of limited space we can only take the first 25 children to sign up. Please contact Linda Helms if your child would like to attend at (301) 694-1874.

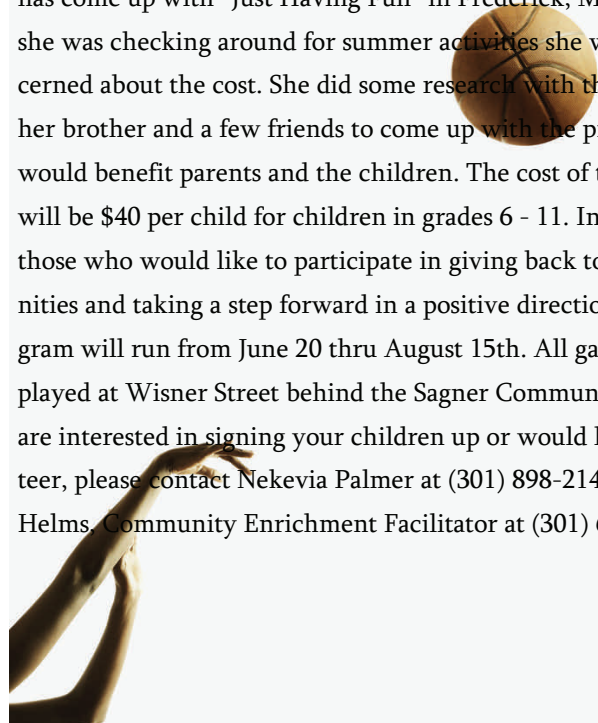
## Elections

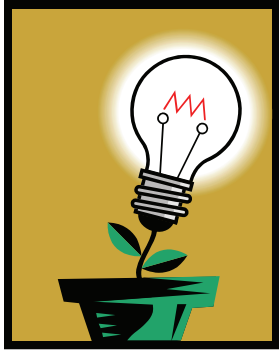
We have received nominations for all officers of the Sagner, Carver, and Lincoln communities. We are looking forward to elections to be held near the end of April and hope all residents will participate. Watch for notices in the mail regarding who is on the ballots and the specific date and time of elections.

Officers have the potential of making great improvements in their communities. They can help create new events, new programs, and greater safety and security within their neighborhoods. Please take the time to vote. It's important to all of us.

## Just Having Fun

Resident Nekevia "Bunny" Palmer of the Lincoln Community has come up with "Just Having Fun" in Frederick, MD. When she was checking around for summer activities she was concerned about the cost. She did some research with the help of her brother and a few friends to come up with the program that would benefit parents and the children. The cost of the program will be \$40 per child for children in grades 6 - 11. In addition to those who would like to participate in giving back to all communities and taking a step forward in a positive direction. The program will run from June 20 thru August 15th. All games will be played at Wisner Street behind the Sagner Community. If you are interested in signing your children up or would like to volunteer, please contact Nekevia Palmer at (301) 898-2142 or Linda Helms, Community Enrichment Facilitator at (301) 696-1874.





## Inspiration Corner: Embraceable You *Comparing Yourself To Others...*

You are unique. There is no one else like you in the entire universe. In honor of your unique self, it is good to acknowledge and embrace the special qualities that make you the person that you are. One way to do this is to not compare yourself with other people. It is human nature to want to see how we measure up in comparison to others especially if we think that they are better than us or have more of something that we want. Yet the truth is that it is not a good use of time to compare ourselves with others because there is no one like us and this makes us incomparable. It is sometimes almost easier to look outside of ourselves and feel like we are deficient in comparison to other people rather than taking responsibility for our own progress in relation to the fulfillment of our life purpose. It actually takes more courage to be self-referential and look at ourselves to see whether we are measuring up to our standards or meeting our full potential. Each of us has very special gifts, and we are here for very specific reasons. We each have a life purpose to fulfill and with this come the lessons that we must learn and the circumstances that we must go through in order to evolve as spiritual beings. To compare our lives to other people's lives when we have no idea of what they are here to learn or fulfill doesn't benefit anyone especially you. Instead, if we can accept ourselves, appreciate the special talents and qualities that we alone possess, and realize that each of us is going through certain kinds of experiences for a reason, we are less likely focus so much on what other people have or are doing. Realizing and valuing our uniqueness enables us to bring out the best in ourselves so we can get on with living rather than preoccupying ourselves with meaningless comparisons. Try to not compare yourself to others, and you will see how much you have and how special you are.

## TRESPASS LOG

The purpose of the trespass policy is to ensure that all residents can live in a safe and secure neighborhood. The policy's goal is to help alleviate the negative affects that drug activity can have in our communities. The Housing Authority does its part by maintaining a trespass log, in turn we ask that residents assume responsibility that their guests do not engage in drug-related or other activity that threatens the health, safety, or right to peaceful enjoyment of their neighbors. Those who are currently on the trespass log have a right appeal to have their name removed from the log.

Each month The Chronicle will be keeping residents informed of our effort to keep our neighborhoods safe by running a list of those currently on the trespass log. If an excluded person is seen visiting a residents apartment, that resident will receive only **1 warning letter**. If the excluded person is seen again on the property visiting that residents apartment it will be grounds for lease termination. In addition if you see any of the individuals listed on the trespass log on the community property, please contact the police department. Please do your part to keep our neighborhoods safe.

NAME	PROHIBITED COMMUNITIEDS/EXEMPTED RESIDENCES	DATE SERVED
1. Richard Lee Thompson Jr.	Lincoln Only	12/05/08
2. Kevin Mansfield Harris	Sagner Only	01/02/09
3. Timothy Pernell Goines	All Communities	01/06/09
4. Chase Patterson	Sagner Only	01/09/09
5. Donald Eugene Lee	All Communities	02/11/09
6. Brian Anthony Diggs	Sagner Only	02/20/09
7. Izaiah Montrel Smothers	All Communities	03/20/09
8. Julius Brown III	All Communities	03/28/02
9. William Richard Brown Jr.	All Communities	06/12/01
10. Steven Brown	Sagner Only	10/13/08
11. Winston Brunn	All Communities	08/25/01
12. Michael Anthony Butler	All Communities except Sagner	10/18/01
13. Linda Christine Caldwell	All Communities	09/05/02
14. Kendall Allen Capozio	All Communities	07/30/02
15. Theodore Wesley Carpenter	All Communities	01/20/02

# Maintenance

## “SPRING HAS SPRUNG”

Your Grass Is Growing Yard Cleanup Needs Done Before The Mowing.

As warmer weather approaches, you need to focus on the appearance of your yard area. **Residents with yard areas, please maintain the following:**

1. Rake up all leaves, twigs, and seed pods.
2. Pick up all cigarette butts
3. Remove all trash from your yard. This includes litter of any kind, plastic bags, glass, etc.
4. Clean under and around your shrubs.
5. Remove all chalk from your walls, sidewalks, etc.
6. Please rid your yard area of old tires, collectibles, washer, dryers, mattresses, etc.

The Housing Authority offers free bulk pick up on Tuesday of every week. These items must be set out on the perimeter sidewalk after 5:00 p.m. on Monday's. You must call ahead for a special pick up at 301-662-8227 ext. 1. The Housing Authority does have a charge policy for yard litter, un-kept lawns, etc. The charge for services range from \$18.50 to \$37.00 per Employee. For subsequent occurrences within a (30) day period the charges range from \$37.00 to \$74.00 per employee.

## “GARBAGE COLLECTION”

The City of Frederick picks trash up on Monday and Thursday Mornings. We ask that all residents set out garbage after 4:30 p.m. the evening before. **LINCOLN** residents are to **place** their trash on the perimeter sidewalks tied up in bags.

**CARVER AND SAGNER residents with TIPSTERS must place them on the perimeter sidewalks. No loose bags can be placed out for pick up in these two communities. The City will not pick up loose bags. The Housing Authority will charge those residents for not returning there trash tipster to their unit within 24 hours and any loose bags set out.**

Meeting your responsibility in these areas will keep the appearance of our yards and community looking good.

Our staff continues to hear resident complaints in reference to trash in the communities and/or trash in their yard that is not theirs. The community is “your community” and we encourage you to do all you can to help keep your community clean and attractive.



## *Extermination Schedule*

April 21, 2009	2 - 40 Carver
April 22, 2009	42-82 Carver
April 23, 2009	84 - 120 Carver
May 19, 2009	113 - 151 P.A. Ave.
May 20, 2009	153A-F—169P.A Ave.
May 21, 2009	171-P.A. Ave thru 18-34A/B Sagner Ct.
May 26, 2009	2 - 16 Sagner Drive
May 27, 2009	18 - 30 Sagner Drive
May 28, 2009	32 A-F// -34A/B—42A/B & 44-46 Sagner Drive

# Community

## College Is Knocking, Will You Answer?

Now is the time to register for summer classes at Frederick Community College. If you are thinking of registering for summer or fall semesters, please get in touch with Ann Ryan. She will connect you with advisors, financial aid information, and helpful supports (gas money/child care money) to make your education experience as smooth as possible. Her number is (301)696-1875.

## Parents: Please Supervise Your Kids.



As the weather gets nicer, kids will want to play more outdoors. Please make sure you know where your kids are. We have had several complaints of kids as young as 3 or 4 wandering around the neighborhoods by themselves! At night!!

## Do You Know The Definition of Insanity??

**Doing the same thing and expecting different results.** If you would like to try a new way, maybe go to school or counseling or a new job, it is up to you. You deserve to be successful. Call Ann or Linda for more information (301)696-1874 or 5.



## Goal: Less Litter.

Each of the Resident Council Meetings in Sagner, Carver and Lincoln mentioned **litter** as a source of frustration. The kids drop it, the wind blows it and residents hate it. What can we

do? We as adults can be more vocal about the kids littering. If you see a kid littering in your community, please ask him/her to stop. We will start fining their parents if they can't stop! \$10 every time they are spotted for littering!!



## Interested in GED at Sagner??

Did you know that we hold on-site high school diploma classes at Sagner two mornings a week? If you are interested, give Ann a call at (301)696-1875. You do not have to live in Sagner to attend; you just have to be interested in moving forward.

The Frederick Police Department is partnering with the Frederick Country Department of Emergency Management to offer a unique emergency preparedness program to residents who reside in the City of Frederick. The program named Plan 9 is a simple guide to encourage citizens to start a conversation with their family members about emergency preparedness and to encourage them to make a plan and a kit using nine essential items to shelter in place during an emergency. We will be offering this 45 minute presentation about Plan 9 as well as answer any questions you may have about emergency preparedness.

The dates and location that this program will be offered:

Wednesday April 15<sup>th</sup> 7:00 pm - Hillcrest Community Center

Thursday April 16<sup>th</sup> 7:00 pm - Sagner PAL Center

**Each family that attends will receive a FREE emergency kit. Limit of 1 per family There is a maximum of 50 of these kits to be given away at each location.**

# Senior Station

## APRIL 2009 FREDERICK SENIOR CENTER ACTIVITIES

Mon	Tue	Wed	Thu	Fri
*Emergency Preparedness for the Care of Animals" Tuesday, April 21-2:00		<b>1</b> 9:00-Strength Training 11:00-M&M Exercise 11:30-Bookmobile 12:30-Blotter Bingo 12:30-Bridge/Pinochle 12:30-Line Dancing*	<b>2</b> 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Mental Health Issues/ Fred Balius 1:30-Knitting	<b>3</b> 9:30-Strength Training 12:30-Canasta
<b>6</b> 9:00-Tai Chi* 9:30-Strength Training 11:00-M&M Exercise 1:00-Art Class	<b>7</b> 10:00-Blood Pressure 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30- Mah Jongg	<b>8</b> 9:00-Strength Training <b>9:00-2:00-Health Fair</b> 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Line Dancing	<b>9</b> 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Music by Evelyn & Charles Summers	<b>10</b> CLOSED
<b>13</b> 9:00-Tai Chi* 9:30-Strength Training 11:00-M&M Exercise 1:00-Art Class	<b>14</b> 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30-Mah Jongg	<b>15</b> 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 11:30-Bookmobile 12:30-"Make your Own Cleaning Products"/Kitty 12:30-Bridge /Pinochle 12:30-Line Dancing*	<b>16</b> 9:00-Quilting 11:00-Strength Training 12:30-"Bacteria & Foodbourne Illness/ Steve 1:30-Knitting	<b>17</b> 9:30-Strength Training. 12:30- Canasta 12:45-3:45- <b>AFTERNOON BINGO</b> Reservations a Must!
<b>20</b> 9:00-Tai Chi* 9:30-Strength Training 11:00-M&M Exercise 1:00-Art Class	<b>21</b> 11:00-Strength Train. 12:15-Chair Yoga* 12:35-Bingo 12:30-Mah Jongg 2:00-E. Preparedness for Animals	<b>22</b> 9:00-Strength Training 11:00-M&M Exercise 12:30-Video 12:30-Bridge/Pinochle 12:30-Line Dancing*	<b>23</b> 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Wheel of Fortune	<b>24</b> 9:30-Strength Training 12:30-Canasta
<b>27</b> 9:00-Tai Chi* 9:30-Strength Training 11:00-M&M Exercise 1:00-Art Class	<b>28</b> 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30-Mah Jongg	<b>29</b> 9:00-Strength Training 11:00-M & M Exercise 12:30-A Time To Talk/Edi 12:30-Line Dancing*	<b>30</b> 9:00-Quilting 11:00-Strength Training 12:30-High Cholesterol/ CVS Pharmacy	

## Church Services

Are you looking for a church that is in your neighborhood? Look no further. The Love of God Ministry under the pastorship of Pastor Mary E. Turner and Pastor Don Moody are hosting Church Services on Sundays at 11:00 a.m. at the Clara D. Harris Community Center, located in the Sagner Community "Where Love Always Comes First" (1 Corinthians 13:13). All are welcome to come. For more information, you can contact Linda Helms, Community Enrichment Facilitator at (301) 696-1874 or Pastor Mary Turner at (301) 668-9332 or Pastor Don Moody at (301)748-6826.

## Imagine Me

Imagine Me continues to Encourage, Empower, and Educate our communities. This month's guest speaker on April 6, at 7:00 p.m. will be Tammy Keener from the Heartly House whose topic will be "Love Shouldn't Hurt". Come out and join us at the Clara D. Harris Community Center. The May 4th guest speaker will be Larissa Metzger of the Housing Authority. Come, join us, and be empowered! All are welcome! Contact Linda Helms, Community Enrichment Facilitator for more information (31) 696-1874.

## In Memory of Laura Guthrie

The Housing Authority and the parents of Spring Ridge Elementary students would like to express their condolences to the family of Laura Guthrie, past principal of Spring Ridge Elementary. Her hard work and investment in the children of the Sagner community will always be remembered and appreciated.

# Parent Corner

## Fostering A Good Reader

I want to take a moment to give props to all the parents, who read books and take their kids to the library. Reading doesn't just have to be within the boundaries of books, it can be magazines, the newspaper, even the phone book.

My daughter is a big fan of Fancy Nancy because she's a little Diva. She also loves books that rhyme, finding Waldo, and the I Spy Books. My son's favorite books to read are information books, when we walk into the library he heads straight to the non-fiction.

With three kids I tried to limit their books to 3 per child, because after that many they're hard to keep track of. On our last visit my son was so excited about getting books on the States, he walked out with 7 books. I can't knock his reading hustle, he's a mean learning machine.

We are also often looking for books on authors they've read at school or specific illustrators. So my next shout out goes to the teachers and staff at our schools who work hard to foster our young readers. My kids attend Lincoln Elementary where they've been documenting how many books the kids have read. I was impressed to see the stats of one little boy who'd read over 200 books! They also have Family Literacy Nights that include a light meal, story, activity, and at the end of the night a free book.

Reading is fundamental, studies show that the more children read, the better readers, and writers they become. Many "things" pull kids away from reading like TV, video games, after-school activities, etc., but there are ways to motivate them to read like: Learn more about your child's interests and suggest books, magazines, and articles that relate to those topics. Sometimes good movies are a starting point for pleasure reading — after seeing a movie based on a book, children will be motivated to read the book. Sometimes travel sparks reading, and finding books that relate to a place you visit on a family vacation can get a child hooked. Keeps books and other reading materials at home. **Read books with your children! Children of any age can appreciate being read to. Be a good role model — let your children see you reading.** Try a hands on activity. There are many activities that tie in literacy themes. So get down to your local library it's FREE. Until next time Health, Wealth & Soul.

## Teach Love Not Hate

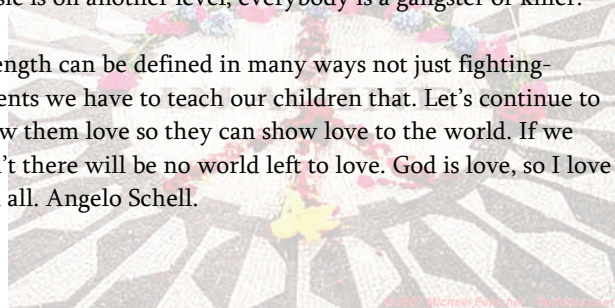
Recently one of my sons got into a fight on school property, because of this he was put on in school suspension for a day. When I got the phone call from the school they told me that my boy was sitting down and another student came from behind him and punched him in the back of the head. Then my son grabbed the boy and threw him down and started beating the other boy up. They continue to tell me that the other boy was going to be sent home and suspended because he started the fight and my son would not be suspended, but would face in school suspension, for participating.

I thought to myself that's funny. They just told me he was punched in the back of the head from behind. I wouldn't call that participating, I would call it being drug into the middle of a fight. At first I was angry because I couldn't understand if my child was just defending himself why he was getting in trouble? The person on the other end of the phone must have felt what I was thinking because they told me there's a zero tolerance policy. Which means if your involved in a fight in anyway you get in some kind of trouble. That conversation with the school made me think back to the days when I was growing up.

The 1st thing the streets taught me was if someone hits you then you hit them back. 2nd thing if you're not strong your not a man only the strong survive, the weak get walked over. I was a young father of 17, I was a baby having babies, and I thought I was a man. I believed that being a man met the macho stuff. I have to thank the Lord that he let me live threw my younger days so I could see that I was wrong in thinking the way I did. I teach my children now that being tough really has nothing to do with who you can and can't beat. Life is tough so if you can make it, and by making it I mean taking care of your family, getting a good education, the job that you always wanted, loving Jesus and yourself, then your o.k.

Let's be clear on something, else we live in a very violent world today. We need to help our children understand that violence is not the way. I know it's hard with these video games, TV, and movies always fighting and killing. Even the music is on another level, everybody is a gangster or killer.

Strength can be defined in many ways not just fighting—parents we have to teach our children that. Let's continue to show them love so they can show love to the world. If we don't there will be no world left to love. God is love, so I love you all. Angelo Schell.





## Adult Education Computer Classes

### Classes Offered:

Basic Computer Concepts  
Basic Office Skills  
Computer I-Microsoft Word I  
Computer II- Microsoft Word II  
Computer III-Microsoft Power Point  
Computer IV- Microsoft Excel  
Internet I- Internet Basics  
Internet II- E-mail Fundamentals  
Internet III- Microsoft Outlook  
Advanced I- Microsoft Publisher  
Advanced II- Microsoft Access

The William O. Lee Jr. Computer Learning Center offers a wide range of free adult education classes for community and city residents. Through our partnership with Volunteer Frederick, students have been able to receive top quality training from skilled teachers and professionals.

Students receive a certificate from the Computer Learning Center after successfully completing these courses.

Please contact Mary Reynolds at (301) 662-3691 for registration, class schedules, and placement.

## DON'T FORGET TO FILE YOUR TAXES BY APRIL 15, 2009

*Call Today for free tax assistance: Computer Learning Center 301.662.3691*

- **Don't Panic If You Can't Pay:** If you cannot pay the full amount of taxes you owe by the April deadline, you should still file your return by the deadline and pay as much as you can to avoid penalties and interest. You also should contact the IRS to discuss your payment options at 1-800-829-1040. The agency may be able to provide some relief such as a short-term extension to pay, an installment agreement or an offer in compromise. More than 75 % of taxpayers eligible for an Installment Agreement can apply using the Web-based Online Payment Agreement application available on IRS.gov. To find out more about this simple and convenient process type "online payment agreement" in the search box on the IRS.gov homepage.
- **Request a Extension of Time to File:** But Pay on Time if the clock runs out, you can get an automatic six month extension of time to file to October 15. However, this extension of time to file does not give you more time to pay any taxes due. You will owe interest on any amount not paid by the April deadline, plus a late payment penalty if you have not paid at least 90 percent of your total tax by that date. See IRS Form 4868 is available at IRS.gov or by calling 800-TAX-FORM (800-829-3676). Taxpayers needing Form 4868 should act soon to be sure they have the item in time to meet the April deadline.
- **File Your Return Electronically:** Nearly 90 million taxpayers filed their returns electronically in 2009. Aside from ease of filing, IRS e-file is the fastest and most accurate way to file a tax return. If you're due a refund, the waiting time for e-filers is half of paper filers.



## April Birthdays!

Shiheed Hill



### *Old Friends, New Friends: Switching Cliques* by Amy Bryant [www.teenwire.com](http://www.teenwire.com)

When Alex was 15, she started dating a boy outside of her regular group of friends. "I didn't feel accepted by the group I was in, so I thought maybe his group would be better," she says. "My boyfriend was in the popular crowd, and they seemed more mature than the punk rockers I'd been hanging out with before." The result was like a scene out of *Mean Girls*. Alex's old friends hated her for abandoning them, and when she couldn't conform to the demands of the popular crowd, her new friends pressured Alex's boyfriend to break up with her. Both groups spread rumors about her and made fun of her on the Internet.

#### **Be True to Yourself**

Friends often cluster together in groups or cliques based on common interests or attitudes. And sometimes when interests and attitudes change, friend groups change, too. Switching cliques doesn't always have to be a bad thing. It's possible to maintain old and new friends, but it's important to examine your feelings and learn to recognize the difference between a supportive friendship and an unhealthy friendship. If friends are being negative or critical of you, put you down, or make fun of you, the friendship is probably not worth saving. But if friends seem hurt but still care about you, it might be worth talking things out. "You have to ask yourself why you're shifting groups," says Jim Chitty, a psychoanalyst practicing in New York and New Jersey who works with teenagers. "Is it because you don't want to get close to people, or have you done your best here, and it's time to move on? If you're fearful about the choices you make, your peers will see that," he says.

#### **Be Open and Honest**

If you decide to leave a group of friends, you have to deal with the fact that feelings are going to get hurt. But pretending that the problem doesn't exist is the worst thing you can do. Be open with your old friends as much as you can, and acknowledge that your interests are taking you elsewhere. And be realistic: Not everyone is going to support your decision. If problems persist, consider talking to a parent, teacher, or counselor. Transitioning between friends is something that happens in all stages of life, and you're likely to need all the support and advice you can get. Talking about problems is a good thing, and an unbiased perspective from an adult you trust will help you make up your mind about what to do next.

#### **Stick It Out**

In some cases, you might find that you're flexible enough to maintain ties to more than one group of friends. Then again, you might not want to. "If you're holding onto one group out of desperation, and then you shift to another group, the responses from your friends are going to be negative," says Dr. Chitty. "But if you have a strong sense of self and are coming from a self-confident place, the shift could create a positive reaction." While cliques are common, you're not required to join one. Welcoming, flexible groups of friends do exist, without the exclusive downside of cliques. And then, of course, there are teens who choose not to belong to any groups. All of these choices are normal - it's a matter of figuring out what's right for you. Now 17, Alex has a new boyfriend and a few good friends who like her for who she is. "I had to make my own way," she says. "I couldn't figure out why I couldn't fit in with any one group, and finally I just stopped caring about what other people thought. I decided to be myself, and I'm much happier now." People of all ages find new interests and friends, and that's normal. Maybe you don't feel like you fit into any one group, or maybe you fit into more than one. The important thing is to appreciate who you are. If you're happy with yourself, your real friends will ultimately be happy for you, no matter what clique they might belong to.

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# Kids Biz

## April Birthdays

Bernardette Jones  
Jessica Clark  
Kendall Blake  
Marques Miller  
Kevin Parrotte Jr.  
Isaiah Hawkins  
Monay Shaw-Johnson



Victoria Hwakins  
Dynasty Collins  
Sean Sewell  
LaTiyah Mathis  
Keyon Mullen  
Faith Gordon  
Nevaen Burtner

## I Am Special Girl's Group

I am Special continues to meet every Thursday 5:30—7:00 p.m. All girls are welcome to attend ages 9-14 years. This group will teach girls life skills. The Exodus Boys Group continues to meet every Thursday from 7:00 - 8:00 p.m. All boys are welcome to attend ages 9-14 years. Both of these groups are sponsored by the St. Paul AME church under the pastorship of Reverend Reginald Crump, Pastor. For more information, contact Linda Helms, Community Enrichment Facilitator at (301)696-1874.



## Calling All Campers

The American Legion Post #11 in Frederick, is providing a free week of camp for boys ages 9-12 at Camp West-Mar during the week of July 19 thru July 25. Located past Thurmont. Activities include archery, swimming, hiking, rifle range, and more. If you are interested in participating have your mom or dad call Linda Helms, Community Enrichment Facilitator at (301) 696-1874 for an application.

## Let's Learn Something New!



The blue whale is the largest animal on earth. The heart of a blue whale is as big as a car, and it's tongue is as long as an elephant.



The swordtail is the fastest swimmer of all the fish