



FEBRUARY 2009

The Housing Chronicle



On January 20, 2009, Barack Obama was inaugurated as the 44th president of the United States and the first African American to hold that office. He was born in Hawaii of an interracial marriage in one of only nine states that never banned it. His father was from a small village in Kenya, and his mother from Kansas. People all over the world watched this historical election, they cried, they cheered, they thanked God, but there are people who say they just don't get it. What's all the fuss about, the crying, the cheering, the praying. Why does this Inauguration mean so much to so many people, even those who don't live in the United States.

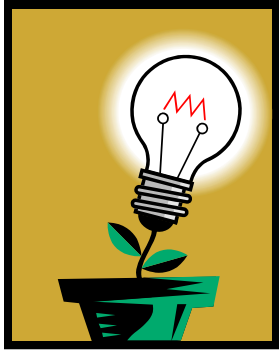


It means something to the man who was bused 16 miles to school because the local school was for whites only. To the Grandmother who was spit on for not giving up her seat. For the little white girl who couldn't play with her best friend because she was black. Or the couple who were denied marriage because they weren't the same color. For the slaves who built the White House that President Obama now lives in. Or the Muslim man who's denied boarding on a flight. To the Indian, the Japanese, Asian, Mexican, Greek, Jewish, to all those who are American citizens and have been persecuted because of their religion or their skin. It means America's people and their way of

thinking is evolving that the door is open for all races to hold one of the most powerful offices in the United States regardless of their color. It means the struggle was long and worth it.

President Obama has given many Americans a revived sense of hope and change with his slogan "Yes We Can". "I'm asking you to believe. Not just in my ability to bring about real change in Washington... I'm asking you to believe in yours." - President Obama. Welcome home President Obama.





Inspiration Corner: Cleaning House For 2009

Last Week I threw out **worrying**, it was getting old and in the way. It kept me from being me; I couldn't do things God's way. I threw out a book on **MY PAST**. (Didn't have time to read it anyway). Replaced it with **NEW GOALS**, started reading it today. I threw out **hate** and **bad memories**, (Remember how I treasured them so)? Got me a **NEW PHILOSOPHY** too, threw out the one from long ago. Brought in some new books too, called **I CAN, I WILL**, and **I MUST**. Threw out **I might, I think** and **I ought**. **WOW**, you should've seen the dust.

I ran across an **OLD FRIEND**, I hadn't talked to in a while. His name is **GOD the Father**, and I really like **His** style. He helped me to do some cleaning and added some things **Himself**. Like **PRAYER, HOPE, FAITH** and **LOVE**, Yes... I placed them right on the shelf. I picked up this special thing and placed it at the front door. **I FOUND IT**- it's called **PEACE**. Nothing gets me down anymore. Yes, I've got my house looking nice. Looks good around the place. For things like **Worry** and **Trouble** there just isn't any space. It's good to do a little house cleaning, Get rid of the things on the shelf. It sure makes things brighter; maybe you should **TRY IT YOURSELF. BE BLESSED AND BE A BLESSING TO SOMEONE ELSE!!!!**

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. Joseph Balgar	All Communities	09/13/01
2. David Barnes	All Communities	02/22/02
3. Harry Barnes	All Communities, except Carver	04/03/02
4. Seagram Barnes	All Communities	10/04/01
5. Tonya Barnes	All Communities except Carver	09/05/02
6. Loretta Baugher	All Communities	11/07/02
7. Theodore Belton Jr.	All Communities	05/06/03
8. Edward Charles Bowen	All Communities	10/26/02
9. Ricky Bowie Jr.	All Communities	12/22/01
10. Matthew Bowie	All Communities	07/20/02
11. Coral Montrey Bowie	All Communities	03/06/02
12. Bohonon Tavares Bowie	All Communities	08/12/01
13. Owen Thirston Bowie	All Communities	12/09/01
14. Dawn Stacey Bowser	All Communities	03/14/03
15. Elizabeth Geneva Boyd	All Communities	09/26/02

Extermination Schedule

February 24, 2009	113 - 316 Catocotin View
February 25, 2009	401 - 516 Catocotin
February 26, 2009	601 - 716 Catocotin
February 27, 2009	103 - 405 Catocotin Manor
March 24, 2009	202 - 234 Lincoln
March 25, 2009	236 - 268 Lincoln
March 26, 2009	270 - 298A Lincoln
March 31, 2009	All Scattered Sites

Resident's 2008 Tenant Payment receipts are still available until February 15, 2009 at our office at 209 Madison Street. Tenant receipts are retained by the HACF whenever the tenant is not present to accept the receipt at the time of payment. If you do not pick up your receipts, they will be discarded after Feb. 15, 2009.

Celebration of Health, Hope and Possibility

To kick off this new year and the power we have to change and improve our lives, we will be holding a special evening of health awareness on February 24th at 7pm at the Clara D. Harris Community Room in Sagner. There will be food, music and a special presentation by a local physician providing vital health information to us all. Please RSVP to Linda Helms at (301) 696-1874. Let us know if you need transportation!

Head Start Accepting Fall Applications

Do you have a child who will be 3 years old by September 1st or a child turning four this year? Are you interested in getting him/her enrolled in Head Start. If so, stop by any of the community rooms on the following dates and sign your child up.

February 9th from 1-3 at Lincoln Community Center

February 17th from 1-3 at the Clara D. Harris Community Room

February 23rd from 1-3 at the Carver Community Room

Questions? Call the Head Start Office at (301) 600 - 1024

Learn How To Manage Your Money

Do you know how much money you have coming in each month? Do you know how much you have going out? Do you know where it goes? This is the year to take control of your finances, begin to get out of debt and clean up credit. How ??

The Financial Management Series begins in February. Besides being vital to financial health, these sessions will also count as participation toward the Wal-Mart gift card!

The first class of the series begins on February 11th, come to Hope VI (420 E. Patrick Street) from 10-11:30am to focus on making the best use of your tax return. Mary Reynolds will present information on services available at Hope VI to prepare tax returns. Janet Fogle will discuss the financially wise uses of tax returns, how to build better credit with these funds and how best to position yourself for better financial health.

On February 17th come to Hope VI from 6-7:30pm to participate in "Financial First Aid! Take Control and Stop the Bleeding!" Janet Fogle will help you examine your financial ills and work with you to develop a plan to recover, outlining strategies to lead you toward financial health. This session will be repeated on **February 25th** from 10:30-Noon.

Dottie Wilson Ministries (301) 401-8719

Guess what you can get for \$30 (food stamps accepted):

1.5 lb. Ribeye Steak (4x6 oz.), 4 lb. Leg Quarters, 1.5 lb Beef Patties, 18 oz. Cheese filled manicotti, 2 lb. Pork Rib Strips, 1 lb. Chicken Breast Fajita Strips, 1 lb. Ground Turkey, 1 lb. Broccoli, 1 lb. Peas, 6 ct. Oatmeal variety box, 32 oz. 2% shelf staple milk, 8 oz. Blueberry Muffin Mix, 12 ct. White Corn Tortillas, 1 lb. Pinto beans, 7 oz. Chicken Flavored Rice Vermicelli, 1 dz. Eggs, Dessert.

Resident Spotlight



Shelby Harris, Janet Fogle (Homeownership Coordinator)

Homeownership is an incredible achievement that many of us are working toward. Having been a resident of the Sagner community for 5 years, Shelby Harris chose to buy a newly renovated home in the Sagner neighborhood. A large motivating factor for this is her connection and commitment to the community. One being the Clara Harris Community Room which was named after Shelby's mother. Secondly, her own work in the community by organizing special recognition programs for the youth like the Honors Club and her participation in Imagine Me. Shelby says the feeling of buying her first home came with mixed emotions; a sense of joy for accomplishment met with the wish that her mom could have been there to share it.

She is very grateful to those who say she's given them hope through her accomplishment. Shelby is also proud that her and her family have a place to call their own. The road has been long, but Shelby says it's been worth it, "With God all things are possible"

Each month we will be spotlighting a Resident of the Month. If you feel that you or someone you know has a life story, passion, job, etc. that they would like to share with other residents. Contact:

Larissa Metzger (301) 662 - 8173 ext. 103

MONDAY

Imagine Me

Clara D. Harris Community Center, 1st Monday at 7:00 p.m.

As Imagine Me continues into the New Year, we want to bring about a *change* in our lives. The things that have kept you from reaching your goals or potential in 2008, in 2009, we want to see how we can become unstuck and go to the next level. *Imagine Me* is to help *Educate, Empower* and to *Encourage* all people that you are valuable and that you don't have to settle for anything. You can rise above your circumstance and move forward in this New Year. Be Empowered as people come and share their stories !

TUESDAY

Tuesdays With Sherri

Lincoln Community Center, Every Tuesday, 11:00 a.m.

Tuesday's with Sherri is a Women's Support Group where women can come and get support from each other. The group just recently had a birthday celebration for everybody that had a birthday in January which was held at the Hampton Inn on January 17, 2009. All that attended brought a cover dish and a good time was enjoyed by all.

THURSDAY

I Am Special Thursday 5:30-7pm for girls ages 9-14

The Exodus Program, Thursday 7 - 8 p.m.

Clara D. Harris Community Center,

I Am Special Girl's Group and The Boys Exodus Program joined Saint Paul AME Church on December 20th at the Maryland Sheriff Ranch for A Christmas Fellowship and Appreciation for The Rev. Sterlin Powell, who had the vision to have a boys and girls group in the Sagner Community.

The girls sang and the boys thanked Rev. Powell for all he had done for them. Rev. Powell was re assigned to a different church and our new Pastor, The Rev. Reginald H. Crump is continuing the work that Rev. Powell started. We were also joined on Sunday, January 25th at our morning worship service with some of the boys and girls from both programs, who sang and helped out on the Men's Choir. As you can see the children love being a part of both of these groups that are spiritual based and teach life skills.

Contact Linda Helms

For Additional Information: (301)696 - 1874

Senior Station

Beware of Health Scams

You see the ads everywhere these days—"Smart Drugs" for long life or "Arthritis Aches and Pains Disappear Like Magic!" or even statements claiming, "This treatment cured my cancer in 1 week." It's easy to understand the appeal of these promises. But there is still plenty of truth to the old saying, "If it sounds too good to be true, it probably is!"

Health scams and the marketing of unproven cures have been around for many years. The problem is serious. Untested remedies may be harmful. They may get in the way of medicines prescribed by your doctor. They may also waste money. And, sometimes, using these products keeps people from getting the medical treatment they need.

Why do people fall for these sales pitches? Unproven remedies promise false hope. They offer cures that appear to be painless or quick. At best, these treatments are worthless. At worst, they are dangerous. Health scams prey on people who are frightened or in pain. These scams usually target diseases that have no cures, like diabetes, arthritis, and Alzheimer's disease. You may see ads for: Anti-aging, Arthritis remedies, Cancer cures, Memory aids, Dietary supplements, even Health insurance. Some companies target

people who are unable to get health insurance. They offer coverage that promises more than it intends to deliver. are licensed in your State.

How Can You Protect Yourself From Health Scams?

Remember the old stories about old snake oil salesman who traveled from town to town making wild claims for his fabulous product? Well, chances are that today's scam artists are using the same sales tricks. Look for red flags in ads or promotional material that:

- Promise a quick or painless cure
- Offer products and services only by mail or from one company
- Promise a no-risk, money-back guarantee
- Offer an additional "free" gift or a larger amount of the product as a "special promotion"
- Require advance payment and claim there is a limited supply of the product

Two Federal government agencies work to protect you from health scams. The Federal Trade Commission and The Food and Drug Administration . Getting the facts about health care products can help protect you from health scams. To see the full article check out: www.nia.nih.gov/HealthInformation/Publications/quackery

FEBRUARY 2009 FREDERICK SENIOR CENTER ACTIVITIES

Mon	Tue	Wed	Thu	Fri
2 9:00-Tai Chi* 9:30-Strength Training 11:00- M&M Exercise 1:00-Art Class 3:00-Book Club	3 10:00-Blood Pressure 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30-Mah Jongg	4 9:00-Strength Training 11:00-M&M Exercise 11:30-Bookmobile 12:30-Blotter Bingo 12:30-Bridge/Pinochle 12:30-Line Dancing*	5 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-"Acid Reflux"/Steve 1:30-Knitting	6 9:30-Strength Training 12:30-Canasta
9 9:00-Tai Chi* 9:30-Strength Training 11:00-M&M Exercise 1:00-Art Class	10 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30- Mah Jongg	11 9:00-Strength Training 11:00-M&M Exercise 12:30-"Emergency Preparedness"/Kitty 12:30-Bridge/Pinochle 12:30-Line Dancing*	12 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Variety of Music Entertainment	13 9:30-Strength Training 12:30-Canasta
16 CLOSED	17 11:00-Strength Training 12:15-Chair Yoga* 12:35-Bingo 12:30-Mah Jongg	18 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 11:30-Bookmobile 12:30-"A Time To Talk" 12:30-Bridge /Pinochle 12:30-Line Dancing*	19 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-"Ask a Pharmacist"/ QD Pharmacy 1:30-Knitting	20 9:30-Strength Training. 12:30- Canasta
23 9:00-Tai Chi* 9:30-Strength Training 11:00-M&M Exercise 1:00-Art Class	24 11:00-Strength Training 12:15- Chair Yoga* 12:35-Bingo 12:30-Mah Jongg	25 9:00-Strength Training 11:00-M&M Exercise 12:30-Video 12:30-Bridge/Pinochle 12:30-Line Dancing*	26 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30-Music by "Young Brothers"	27 9:30-Strength Training 12:30-Canasta

* = Pre-registration, prepayment **required**; classes run in sessions

Programs and activities are provided by the Department of Aging, other agencies and individuals. Programming is geared toward adults who are 60+ and independent in all activities of daily living. There are no fees to join, but a contribution is requested for our luncheons, transportation and some activities. Besides food and friends, you are likely to find dancing, crafts, bingo, shopping and social outings.

Call for details regarding programs and activities.

Parent Corner



It's that time of year again, VALENTINE'S DAY.

With this economy you may be wondering what to get the people in your life this year without breaking the bank. For the man in your life, how about the gift of forgiveness? Have you been holding a grudge against your partner? Today, forgive it and move on. Witness how much power the act of forgiveness injects into your relationship. Kidnap them. Get rid of the kids and head off to your favorite restaurant, hotel, or transform your home into a romantic abode. Show your kids some love by having a Game Night. Pick up some the kids' favorite munchies and spend the evening together. Lastly, for yourself try taking a long hot bath, get some new soaps, lotions, bath salts, aroma candles and lots of bubbles. Put on your favorite music and tune out the world. Happy Valentine's Day. Until next time Health, Wealth, & Soul.



Well fellas, the day that makes us or breaks us has come around again. If you're like me you don't want to be in the dog house again this year. I thought my wife would appreciate comfortable socks and her favorite movie. She was thinking more roses and romance. I'm stepping my game up this year and you should too.

As dads know, Valentine's Day is pretty important to the women in our life. Taking some time ahead of the big day to help the kids think about how to recognize their mom will go a long way toward making their day special too. Whether or not you are still with their mom, helping them focus on her will be a real positive for them.

The more lovey dovey and cornier it seems to us the more they like it. You can never be too romantic. Take it from Jack the Mac who gave his girlfriend a huge homemade Hershey's Kiss. He filled a big balloon with scented rose petals and tons of little notes of what he loves about her. This balloon was wrapped up in tin foil like a Hershey's Kiss. When she began to open the Kiss, the balloon popped and there were all of the little notes and rose petals.

Now although it's the "ladies day" we can't forget about ourselves. Call your boys and hit the court, the field, or meet up at your favorite spot. If your wife/girlfriend asks tell her it's a little pre-valentines planning.

Top 10 Reasons Why I Love You

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Co-Parenting

EXERCISE FUN FOR THE FAMILY

- **Walk to the park.** Bring Fido, stroll with your small children in a wagon or race to the slide. And, while you're at the park, be sure to push each other on a swing, play tag or climb on the money bars together!
- **Dance, dance, dance.** Turn on your favorite song and make up a dance routine. Each family member can make up his/her own dance moves and other family members can judge each other on talent and difficulty.
- **Shoot some hoops.** Whether it's in your backyard or at your local recreation center, a quick pick up game can boost agility while burning calories.
- **Bike the trails.** Pick a few trails or explore them all. Your family will be building muscle while encouraging each other to reach the top of the hill. After the ride, enjoy a family picnic.

March Birthdays!

Happy Birthday Teens!

Dawn Code

Sonpon Nimley

Dora Rosales



The Forgotten Face of Black History

by Tamekia Reece www.teenwire.com

During the month of February, you're bound to learn about the struggles and triumphs of African Americans like Rosa Parks and Dr. Martin Luther King Jr. in their fight to achieve equal rights for themselves and others. While Parks and King were visionary leaders of the movement, schools and textbooks often leave out an equally relevant piece of black history: the struggles and accomplishments of teens. Back in the 1950s and 1960s, teens were an integral part of the civil rights movement, and today, teens continue to be a strong force in the fight for justice and equality.

A Teen Takes a Seat

Before Rosa Parks, there was 15-year-old Claudette Colvin from Montgomery, AL. In March 1955, this black teen refused to give up her seat in the middle of the bus to a white passenger. Her words? "I do not have to get up. I paid my fare...It's my constitutional right." As a result, she was handcuffed and hauled off to jail.

Some activists believed this incident would spark a larger attack on segregated seating, but Colvin's actions were largely lost to history — possibly because the 15-year-old was pregnant and unmarried at the time of her protest. Nine months later, Rosa Parks refused to give up her seat and became a household name.

She Closed Down Her School

Claudette Colvin isn't the only activist teen who's been left out of the early civil rights section of history books. Even if you don't know much about black history, you've probably read about [Thurgood Marshall](#) and his role in the 1954 *Brown v. Board of Education* U.S. Su-

preme Court decision. But what do you know about Barbara Johns?

In 1951, while attending Moton High School in Farmville, VA, Johns, 16, became disgusted with the inequities between white schools and black schools. She wasn't the first person to get angry, though. Many parents and activists had tried to improve schools for their children but had made no headway. Sick and tired of the injustice, Johns took one long look at her school — the deteriorating building, the tarpaper shacks used to hold the overflow of students — and decided if anything would be done, it would be up to the students to make it happen.

With the help of friends, Johns took over her school. She gathered all of the students in the auditorium and demanded that teachers and staff leave. When they refused, students escorted them out of the building. The students then staged a strike on the school grounds, refusing to return to the school building until it was in better condition.

Johns contacted the National Association for the Advancement of Colored People (NAACP) and asked for help in filing a lawsuit to receive funding that would make her school equal to the white students'. The NAACP decided to sue for an integrated school, rather than just for a black school that was comparable to the white schools — striking down the notion that separate could be equal. A month later, the NAACP filed suit in federal court on behalf of 117 students in Johns' school, becoming one of the five cases of *Brown v. Board of Education*, the Supreme Court case that would end segregation in schools.

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I'll Eat Where I Please

Years after Johns and her schoolmates took a stand to make their school better, four other students opted to take a seat.

In February 1960, Ezell Blair Jr. (who now goes by the name Jibreel Khazan), Franklin Eugene McCain, Joseph Alfred McNeil, and David Leinail Richmond — four black freshmen from North Carolina A & T in Greensboro — marched into a downtown Woolworth store and sat at the whites-only lunch counter. Despite the fact that a black waitress refused to serve them, saying, "Fellows like you make our race look bad," the teens sat there all day and promised to return the next morning.

Surprisingly, their sit-down protest against segregated lunch counters made the local news, and by the next morning, 19 other students joined the four freshmen. The day after that, a total of 85 students parked themselves at the Woolworth counter. They never were served, and they endured taunting by crowds of white people who had gathered.

But by April 1960, sit-ins continued to sweep the South, eventually shutting down more than 70 stores of 13 white-owned corporations for nearly three months. The students decided to start an organization to keep things flowing, and formed the Student Non-Violent Coordinating Committee (SNCC). SNCC continued to stage mass sit-ins until lunch counters in more than 150 cities were desegregated.

Remembering Their Efforts

While you may not learn about Claudette Colvin or Barbara Johns or the four Greensboro freshmen in history class, it's important to remember these teens and the impact their actions have had on your life. They paved the way for your being able to attend an integrated school, which made it easier to make friends with people of different races and cultures. Because of them, you have a choice where you eat and where you sit on the bus or train. So during this month of celebrating black history, remember the vital role that teens played in shaping the past, and think about how you can carve out your place in the history books of tomorrow.

How Have Rapid Refund **RIP OFFS** Taken a **BIG** Piece of Your Tax Return?

**FOR A TAX RETURN OF \$2000 YOU CAN LOSE AS MUCH AS \$500 IN FEES.
THAT'S 1 OUT OF EVERY 4 DOLLARS!**



Two Tax Preparation Fees

These Companies will charge you one fee for completing your federal tax forms and a second fee for completing your state tax forms.

Typical Preparation Fees: \$100

Electronic Filing Fee

You will have to pay a fee simply for filing your return electronically.

Typical Filing Fee: \$40

Check Cashing Fee

Cashing your "rapid refund" loan check or your tax refund check at a check cashing store will cost you another 2% to 10% of your tax refund. **Typical Check Cashing Fee: \$50-\$200**

Charges for the Refund

Anticipation Loan (RAL)

"Fast Cash Refunds" or "Instant Refunds" are actually expensive short term loans. Loan fees can range from \$50 to \$180 with annual interest rates of 60% to 700%.

Typical RAL Fee: \$125

Padded Loan Fees

Many refund loans include other additional fees like "application" fees or charges for "audit protection" and "document preparation".

Typical Additional Fees: \$35

Paid tax preparers and loan companies work together to take your money. They will charge you hundreds of dollars in fees just so you can "borrow" your own refund. Don't pay these high fees just to claim your own money. You can receive FREE help filing your taxes if you make under \$40,000 a year.

For More Information on Free Tax Preparation Call: Mary 301-662-0294

Kids Biz

Let's Learn Something New!

March Birthdays!

Ahava Thomas
 Anya Reid
 Allison Mender
 Shania Goines
 Nicole Parrotte
 Paul Johnson
 Kenneth Snowden Jr.
 Amanda Lynch
 Chante Weedon
 Anastasia Davis
 Thompson Tarr
 Chloe Williams
 Alexander Latson
 Tyriek Kimble



Madam C. J. Walker

Madam C. J. Walker (1867–1919) invented a hair-growing lotion. **Fast Fact:** Walker grew up poor. But she became the first female African- American millionaire.



Lonnie G. Johnson

Lonnie G. Johnson (1949–) invented the world-famous watergun, the Supersoaker.

Valentine's Math Message

Solve the addition problems, then put the corresponding letter in the box to read the message!

A	B	C	D	E	F	G	H	I	J	K	L	M
11	22	6	2	17	26	15	7	5	20	16	25	24

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	3	19	12	10	23	18	21	9	14	8	13	1



8	0	7	6	10
+ 2	+ 3	+ 16	+ 11	+ 13

8	3	7
+ 3	+ 7	+ 10

3	6	0
+ 7	+ 11	+ 2

5	2	1	23	2	11	5
+ 4	+ 3	+ 2	+ 2	+ 15	+ 7	+ 18

9	9	8
+ 2	+ 1	+ 9

22	23	1	13
+ 0	+ 2	+ 20	+ 4

10	9	6	10	5
+ 13	+ 12	+ 9	+ 1	+ 5

4	9
+ 1	+ 14

11	8	15	0	1
+ 12	+ 6	+ 2	+ 17	+ 17

0	3	1
+ 11	+ 1	+ 1

19	2
+ 4	+ 1

6	9	14
+ 5	+ 1	+ 3

1	1	16
+ 12	+ 2	+ 5



Housing Authority of the City of Frederick

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

Catoctin Manor 798 Motter Avenue 301. 620. 8666

Project Alive 155 Pennsylvania Avenue 301.696.1875

HOPE VI 420 East Patrick Street 301.662.3691

There is no moment like this moment...

What are you waiting for? What's holding you back? Don't spend the rest of your life regretting why you never took a chance to do the things you wanted. You will never know what you are capable of until you take the first step... Family Self Sufficiency Program may be for you.

Call Linda Helms FSS Coordinator, (301) 696 - 1874.

Emergency Phone Numbers

Checkmate Anonymous: Report Crime
301.662.1424

Non-Emergency
301.694.2100

Drug Task Force
301.846.32246

