

## *There's Some New Nurses In Town*



On December 16th, four residents celebrated their completion of the Certified Nursing Assistant program at Frederick Community College. They will now be qualified to work as CNA's in nursing homes, hospitals, doctors' offices and other medical sites. Congratulations to (l-r) Jackie Bennett, Andrea Gillard, Desire Hallenbeck, and Trokeia Addison. (Ann Ryan Project Coordinator at center) Way to go!

## *Congratulations Darrick Goines*

Hard work paid off for Darrick Goines. He set a goal to get his GED last year and he studied two nights a week with the Fast Track GED class held at TJ Middle. He kept his eyes on his goal and took the test in October and just found out he passed. He is now registering for computer repair and digital design classes at Frederick Community College. Way to go, Darrick!

## *The New Year*

As we celebrate hope and change in our nation with Barak Obama's inauguration on January 20th, think about the change and growth in your own life. Are you where you want to be? What successes would you like to celebrate at the end of 2009? Now is the time to make a plan and begin the work of improving your life. It takes a vision, a plan, and the hard work of following through. There are many opportunities to improve skills, increase your education, and continue to move forward. If you want to learn about them, just call Ann at (301)696-1875.

## *JANUARY Kick-off Incentive/Reward Program*

Reminder that if you want to receive a \$50 Wal-Mart gift card in June, you need to keep track of the following:

- Receipts that show you paid your rent on time
- Participation in 3 Resident Council Meetings.
- Participation in at enrichment meetings (ex. Imagine Me, Budgeting, Support Groups, etc.)
- Pass Housekeeping inspections

Interested, contact Ann at (301) 696 - 1875

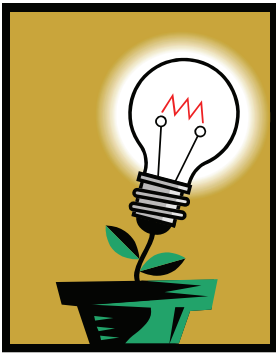
## *Think Of Your Neighbors*

A reminder to be considerate of your neighbors. Remember that if you are on the second floor, your first floor neighbors can hear almost everything. Think about your neighbors when you are playing your music or your kids are running back and forth. Also, if you have someone picking you up PLEASE ask them to call you to announce their arrival rather than honking!

## *A Note From the Editor*

The Chronicle is revamping itself for 2009 by adding some additional sections you haven't seen before. Such as an inspirational message, a section for teens, seniors, and Dads in addition to our Mom section. We will also have a running column of the trespass log, and more. We hope that you enjoy some of the new features, and Happy New Year!





## Inspiration Corner: Make a difference

Your time is never wasted when you're truly making a difference. Every productive effort adds value to your world.

Don't worry about what's in it for you. If you're making a difference, if you're making a positive contribution to life, there's always something in it for you.

Though there may not seem to be any direct or immediate rewards, your efforts will most certainly be rewarded. The longer you're willing to wait for those rewards, the bigger they will be.

Many times your efforts will pay off in ways you could not have foreseen. Keep being creative, keep being productive, keep being effective, and keep being your best.

It may sometimes seem that no one appreciates the work you're doing. When you feel that way, then raise your efforts to an even higher level, for at some point someone will definitely take notice.

Be sincere in your efforts and in your desire to make a valuable, meaningful positive difference. And know that the rewards will always come.

-- Ralph Marston

## 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. Nahif Iran Abdul	All Communities	11/29/01
2. Elvin Addison	All Communities	09/05/01
3. Kathy Ann Adelsberger	All Communities	09/01/02
4. Clarence Mason Allen	All Communities	07/11/02
5. Clinton Angleberger	Sagner Only	04/07
6. Sharon Ann Ashby	All Communities	03/14/03
7. Tina Askins	All Communities	08/21/03
8. Joseph Leonard Balgar	All Communities	09/13/01
9. David Timothy Barnes	All Communities	02/22/02
10. Harry Steven Barnes	All Communities	04/03/02
11. Seagram Bruce Barnes	All Communities	10/04/01
12. Tonya Marie Barnes	All Communities except Carver	09/05/02
13. Loretta Baugher a.k.a. Lorretta Bohle	All Communities	11/07/02
14. Theodore Belton Jr.	All Communities	05/06/03
15. Charles Edward Bowens	All Communities	10/26/02

## Extermination Schedule

January 20, 2009	113 - 151 P. A. Avenue
January 21, 2009	153A-F—169 P.A Avenue
January 22, 2009	171—P.A. Ave. thru 18-34 A.B Sagner Court
January 27, 2009	2 -16 Sagner Drive
January 28, 2009	18 - 30 Sagner Drive
January 29, 2009	32A-F//--34A.B.--42A.B. & 44-46 Sagner Drive
February 24, 2009	113 - 316 Catoctin View
February 25, 2009	401 - 516 Catoctin
February 26, 2009	601 - 716 Catoctin
February 27, 2009	103 - 405 Catoctin Manor

## From The Accounting Dept.

### *Receipts Are Ready*

Resident's 2008 Tenant Payment Receipts will be available for pick-up from January 15, 2009 until February 15, 2009 at our office on 209 Madison Street

Tenant receipts are retained by the Housing Authority whenever the tenant is not present to accept the receipt at time of payment, for example: drop box payments.

If you do not pick up your payment receipts, they will be discarded after Feb. 15. 2009

Thank you!,  
The Accounting Department



If you have a dog, it must be registered with the main office. Also, if you have a dog and you do not clean up after it (or you have a visitor with a dog and you do not clean up after it) you are creating a mess for your neighbors. Please be considerate!

## From The Maintenance Dept.

### *Bulk Trash Policy*

Many residents have questions about bulk trash. The following is the Housing Authority's policy on bulk trash.



Pick up of discarded furniture or appliances is made every Tuesday weather permitting. Residents are to phone the maintenance department at (301) 662 - 8227 to arrange pick up. Items are to be set out at the curb after 5:00 p.m. Monday evening, unless an exception is arranged with maintenance prior to removing it from your home.

In addition, if the Housing Authority is required to haul away furniture, appliances, or bags of garbage not set out according to the Housing Authority or City Policies, the resident will be charge a fee of \$37.00.

In regards to household trash, each resident has been provided with a tipster large enough to hold all trash. If you can not fit all your trash in the tipster, please purchase a metal or plastic trash can to store garbage in behind your apartment until the next trash collection day. Metal or plastic trash can cannot be set out beside tipsters because trash collection will not dump these. As the cold weather continues to set in, it is extremely important that everyone follows these guidelines to control the pest problem inside and outside their homes.

### **Reminder**

Keys will be made each day during the hours of 10:00 a.m. - 10:30 a.m. and 2:00 p.m. - 2:30 p.m. Keys are only made for the Head of Household, please do not send children or other household members to get keys.

## Resident Spotlight



Many residents will remember the Housing Authority's after-school program through HOPE VI, The HOPE Youth Leadership Academy. During enrollment, I had an impressive application come across my desk from a young man. I was pleased to see he had career aspirations

outside of becoming an athlete or musician. His writing was articulate, and well thought. There had to be a good mother who helped this son with his application. When I called it was dad not mom on the other end.

Irresponsible, immature, and worthless. are just some of the labels attached to young black fathers by some moms, as stated by The Fatherhood institute; but what about those dads trying to break the stereotype and embrace young & single fatherhood?

Angelo Schell has been a single father for the last seven years caring for his daughter since she was just three months and also gaining custody of his son. Angelo says the biggest reward of being a full time father is getting to wake up and see them everyday. When most relationships end the women usually retain custody of the children, and Angelo is proud to say he has been there since day one.

Fatherhood is by far a man's most important work, Angelo teaches his son not only to respect himself, but to respect others. He says mainly women because a lot of black men he grew up with didn't have that same respect. Raising not only a son, but a daughter also, Angelo agrees a fathers role in his daughter's life is very important. "Most daughters adore their father. Take the father out of the picture and the daughter looks elsewhere, and usually ends up with jerks. A father has the opportunity to show his daughter what a real man is. How he interacts with other women so when she looks for a man she finds a good mate."

Just like single moms it's not any different for single dads, Angelo admits you do get depressed, lonely, you might have no social life, and the only people to talk to are your kids, "Black men get a bad wrap. It's important to be there for your children. If you're doing it keep doing it. The ones who are not there, don't look at the lost time be in their life regardless. No matter what we have to be here for our children."

*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*



## Harvard

Harvard University announced over the weekend that from now on undergraduate students from low-income families will pay no tuition. In making the announcement, Harvard's president Lawrence H. Summers said, "When only ten percent of the students in elite higher education come from families in the lower half of the income distribution, we are not doing enough. We are not doing enough in bringing elite higher education to the lower half of the income distribution."

If you know of a family earning less than \$60,000 a year with an honor student graduating from high school soon, Harvard University wants to pay the tuition. The prestigious university recently announced that from now on undergraduate students from low-income families can go to Harvard for free... no tuition and no student loans!

To find out more about Harvard offering free tuition for families making less than \$60,000 a year, visit Harvard's financial aid website at: <http://www.harvard.edu/admissions/>



## Earned Income Credit

# Take the money.



# You've earned it.

**Claim the Earned Income Credit (EIC),** a tax benefit for people who work. Payments vary based on income and family size. **Many working families will get up to \$6,000 simply by filing federal and state income tax returns.**

Households may qualify for the federal and state EIC if, in 2008, they:

- were raising one child and earned less than \$33,995\*.
- were raising two or more children and earned less than \$38,646\*.
- had no children, earned less than \$12,880\* and were between ages 25 and 64.

\* This is the income limit for single workers. The income limit for married workers is \$3,000 higher.

## Free Tax Preparation Services

with Free E-Filing for Faster Refunds! Two locations!

(Available to households earning \$38,646 or less)

<b>LOCATION:</b>	HOPE VI Computer Learning Center 420 E. Patrick Street • Frederick, MD	Frederick Community Action Agency 100 South Market Street • Frederick, MD
<b>SCHEDULE:</b>	February 3, 2009 - April 14, 2009 Tuesdays 11:00 a.m. - 8:00 p.m. Thursdays 1:00 p.m. - 6:00 p.m. 1 <sup>st</sup> & 3 <sup>rd</sup> Saturdays 9:00 a.m. - 4:00 p.m.  By Appointment Only. Call 301-662-0294 to make an appointment.	January 26, 2009 - April 15, 2009 Mondays 5:00 p.m. - 9:00 p.m. Wednesdays 5:00 p.m. - 9:00 p.m. 2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays 10:00 a.m. to 1:00 p.m.  Walk-Ins are Welcome or By Appointment. Call 301-662-0294 to make an appointment.



# Senior Station

## What Happened To The Picture?

On February 17, 2009 all full-power broadcast television stations in the United States will stop broadcasting on analog air-waves and begin broadcasting only in digital. Digital broadcasting will allow stations to offer improved picture and sound quality and additional channels. Consumers "rabbit ears") to receive over-the-air broadcast to obtain separate digital-to-analog set-top Satellite TV Cable subscribers may need new format. You should ask your cable provider need new DTV equipment to receive and view your satellite company what you will need and 2008, and March 31, 2009, all U.S. households \$40 each, to be used toward the purchase of up Telecommunications and Information Administration (NTIA) has responsibility for administering the coupon program. (Please note that these coupons will expire 90 days after mailing). More information can be found at [www.DTV2009.gov](http://www.DTV2009.gov).



who rely on antennas (including outside antennas and signals on TV sets having only analog tuners will need converter boxes to watch over-the-air TV. Cable and DTV equipment to view DTV programming in digital what you will need and when. Satellite subscribers may high definition digital programming. You should ask when. Converter Box Coupon Program Between Jan. 1, to two, digital-to-analog converter boxes. The National

## *I'm Retired Now What?*

Retirement for some is seen as the beginning of the end, but it can be the beginning of a very nice vacation. Freeing you with time to pursue new adventures and try new things. Below is a list of 10 things to do in your retirement.

1. Volunteer to read to children at the local library.
2. Volunteer to read to someone at a local assisted living facility.
3. Sign up for a class that interests you.
4. Take a friend, go to the zoo, and spend an afternoon entertaining the animals.
5. Spend time with others who share your interest in a craft, game, sport or hobby.
6. Volunteer to help a non-profit organization.
7. Play with a grandchild.
8. Join a fitness group.
9. Spend one afternoon each week at a museum or art gallery.
10. Tutor students.



## Mom: R-E-S-P-E-C-T

As women and mothers to sons we have the most profound effect in shaping how our sons treat other women. The basis of this relationship comes from the foundation we build with them. Family Education.com says take a moment to think about this: If you wait on your son, clean up after him, and teach him that he is the center of the universe, what is he learning about women? If you insist that your son listen to your problems, carry your emotional burdens, and tell you that you look pretty, what is he learning about women? If you sleep with your son until he's well past toddlerhood, touch him constantly, and expect him to spend all of his time with you, what is he learning about women? Here are 3 major ways to teach your son to respect women. 1. Spend real quality time with your son in something he's interested in. 2. Make sure the men in your sons life respect woman, and they especially show respect to you. Nothing is worse than a son having to see his mother be disrespected and his mother allow it to go on. 3. Enact old school values such as ladies first, opening doors, helping carry heavy loads, simple please, excuse me, and thank you. Until next time Health, Wealth, & Soul.

## Dad: Daddy's Little Girl

Every father can make a huge difference in his daughter's life. As the primary male role model in a girl's life, fathers influence their daughters in profound ways, from how they see themselves to what they come to expect from men and the world at large. But men often don't realize the importance of their interactions or may shy away from too close involvement because of their inexperience, or conditioning. Especially as girls move into adolescence, fathers may find themselves feeling distant from their daughters or awkward with the changing dynamic. For my friend Shawn

this moment hit much earlier than expected. He told me one night his 5 year old daughter requested some assistance with the shower lever that wouldn't go up. After he fixed it, with no thought he began to squeeze the soap onto her wash cloth, and give her reminders on washing between the toes, under the arms, etc. As he told her each thing she stood looking straight at him simply saying yes. Finally he realized the look was more like, "When are you going to get outta here, I know what I'm doing." He came down and told his wife the story and said, "My little girl is growing up, man I felt embarrassed. But I'm glad I'm here to be embarrassed."

Spending time with your daughter not only strengthens your relationship, but builds their self-esteem. On Saturday, February 7, 2009 from 4- 6 p.m. or 7-9 p.m. at the Frederick County Activities Center take your little princess out for a night to remember. Dress to impress while we dance the night away. Photo opportunities will be made available and appetizers will be served. Space is limited so sign up early. Admission is \$35.00 per couple. For more information call 301-600-2936. Princesses must be accompanied by an adult male.

# Parent Corner



## Co-Parenting

Sharing the tasks of parenting as equally as possible will do a lot for the relationship between mom and dad. Don't let all of the parenting tasks always fall on one parent. Three major concerns parents disagree about is 1. Always having to be the bad guy. 2. Coming up with the cash for the extras. 3. Being the parent/child go between person. Don't hoard tasks and act like a martyr, and don't expect the other parent to be in charge of all of the communicating, all of the extra purchases for your child or all of the discipline. Successful co-parenting is a process of give & take, and understanding the other parent's feelings.

# The Loft

## 7 Ways College Isn't Like High School

You might have heard that, unlike high school, college is a mythical land where parties overrule study sessions and professors don't care if you skip class. Not quite. While the college experience certainly has its perks, the high school vs. college faceoff isn't as simple as good vs. bad, or work vs. fun. It's important to know the differences between the two.

**FLEXIBILITY IN YOUR SCHEDULE:** In high school, your time is structured for you, with bells and a beginning and end to your school day. In college, you structure your time. Your classes start at different times and are spread throughout the day. It's up to you to decide how to fill the time between classes and activities.

**MORE COURSE CHOICES:** In high school, most of your classes are chosen for you. In college, other than the basic core requirements, there's not only a wider selection of courses, but you also have more say in the selection process.

**WORKLOAD:** The college workload is often heavier than the high school workload: more preparation outside of class, more studying, more books, more papers and more (or at least more intensive) tests. Don't expect to be reminded of due dates; your professors will expect you to keep up with the syllabus. But don't worry -- most students who have done well in high school do fine in college.

**NOTE-TAKING SKILLS:** In college, especially in lecture classes, the ability to take good notes is more important than in high school. In many cases, you can't rely on study guides or handouts from your teachers.

**EXAMS:** College exams often involve much more than high school tests. For example, multiple choice questions are sometimes supplemented with or replaced by essays and short-answer questions.

**SOCIAL LIFE:** Out from under your parents' rules, in college you have more social freedom. You can go out every night of the week if you so choose, though your academic performance, not to mention your health and energy level, may suffer -- so take it easy! For More Tips & Articles check out [www.mycollegeguide.com](http://www.mycollegeguide.com)

**GETTING HELP** In high school, your needs are more readily anticipated; help comes to you. In college, help is there -- both academic and otherwise -- but you have to ask for it (so ask!). While college means more fun and more work, it also means more responsibility, particularly if you're living away from home for the first time. Remember, you'll have the opportunity to make your college experience the best it can be!

## JANUARY BIRTHDAYS!

Happy Birthday to all of our fly teens. If we missed your name let us know, and we'll shout you out next month.

Demetrius Bowie

Robin Brown

Veronica Blake

Marvin Johnson

Jonathan Garcia

Ciara Edmonds

Cass Crampton

Javon Bowie



# Kids Biz

## Let's Learn Something New!

Each month we will have a new topic to learn about and this month is the Chinese New Year.

### All about Chinese New Year

Chinese New Year is a holiday that celebrates the beginning of a new year according to the lunar calendar. It is considered to be one of the most important holidays for Chinese families.

The holiday is celebrated with big family gatherings, gift giving, the eating of symbolic foods and display of festive decorations--all focused on bringing good luck for the new year and celebrating the coming of Spring.

### When Is Chinese New Year?

The start of Chinese New Year changes every year since it is dictated by the lunar calendar. The Gregorian or solar calendar--which is based on the Earth's movement around the sun and has a fixed number of 365 days a year (366 during a leap year)--is the most widely used calendar system in the world and has been the official calendar used in China since 1912.

But in China the lunar calendar is still used to determine traditional holidays like Chinese New Year. Since the lunar calendar is based on the phases of the moon-- which has a shorter cycle than the sun--Chinese New Year is never on the same day each year, but typically falls somewhere between January 21st and February 20<sup>th</sup>. For 2008, Chinese New Year falls on February 7th. In 2009 it falls on January 26th.

## China Word Search

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

alligator  
Beijing  
congee  
dragon  
ginkgo  
gold  
karate  
narcissus  
new year  
ping pong  
pug  
red  
rice  
shenyi  
soy  
zodiac



## January Birthdays

Happy Birthday to all of you born in the month of January. If we missed your name please let us know, so we can give you a shout out next month.

Jasmine Franklin	Earl Blake
Aubrey Davis	Corey Jameson
Zachery Boykins	Nydoria Harrison
Zion Boykins	Rebecca Hagan
Javon Ricketts	Bishop Bullock
Nyaire Jackson	Beyonce Jackson
Shira Ambush	Malachi Jones
Earl Blake	Darren Harris
Elijah Goines	Josuwa Jeudy
Jayden Hoy	Drake Kline
Andrea Valiente	Davian Pryor
Tevin Jackson	Demitrius Holland
Ny'Asia Hawkins	Victoria Michaels