



The Housing Chronicle

MAY 2009

Please come out to vote for Resident Council officers. . Voting will take place on the following dates: Sagner: May 27th 5:30-7:30 p.m., Carver May 14th 5:30-7:30 p.m., Lincoln May 21st 5:30-7:30 p.m. There is much we can do to improve our communities and we need everyone's help.

CARVER



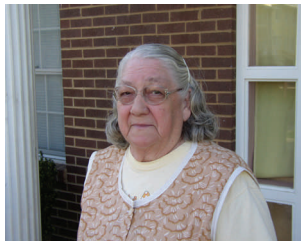
Tammy Jackson, President



Marie Davis, Vice President



Debbie Woodyard, Vice President



Charlotte Cavell, Secretary



Ann Oram, Treasurer

SAGNER



Dina Naylor, President



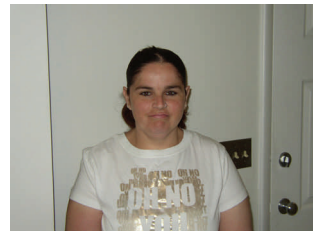
Akisha Witherspoon, President



Cheryl Mckenzie, Vice President



Jennifer Paxton, Vice President



Wanda Lynch, Secretary



Pam Kretzer, Treasurer

LINCOLN



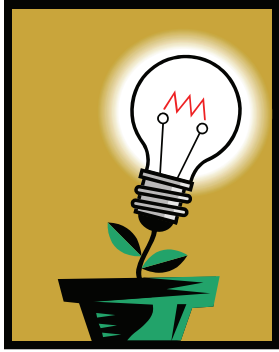
Brenda Tillery, President



Wendy Thompson, Vice President



Nikevia Palmer, Secretary/Treasurer



Inspiration Corner: Mother's Day

A Mother loves right from the start.
 She holds her baby close to her heart.
 The bond that grows will never falter.
 Her love is so strong it will never alter.
 A Mother gives never ending Love.
 She never feels that she has given enough.
 For you she will always do her best.
 Constantly working, there's no time to rest.
 A Mother is there when things go wrong.
 A hug and a kiss to help us along.
 Always there when we need her near.
 Gently wipes our eyes when we shed a tear.
 So on this day shower your Mother with Love.
 Gifts and presents are nice but that is not enough.
 Give your Mother a day to have some peace of mind.
 Be gentle, be good, be helpful, be kind.
 Happy Mothers Day.

Carol Matthews

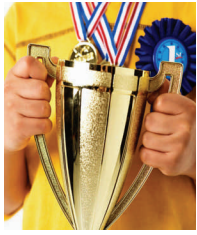
TRESPASS LOG

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 COMMUNITIES/EXEMPTED RESIDENCES	DATE SERVED
1. Angela Angel Carter	All Communities	03/23/04
2. Wayne Rondorian Cartnail Jr.	All Communities	03/22/02
3. Stuart Eugene Chambers	All Communities except Lincoln & Carver	02/21/03
4. Nikia Chase	All Communities	12/29/06
5. Daniel Mark Cheeks	All Communities	07/29/03
6. Renee Winifer Coleman	All Communities	03/06/02
7. Damon Clayton Colkely	All Communities	05/30/02
8. Denise Jessica Collins	All Communities	09/21/02
9. J.B Rudolph Cooper	All Communities	07/14/02
10. Dewayne Kenneth Cooper	All Communities	09/15/01
11. Roseanne Copeland	Lincoln & Catocin View	03/28/02
12. Justin Raven Cosley	All Communities	03/28/02
13. Nathan Joe Daniels	All Communities	01/22/02
14. Allen Roy Davidson a.k.a John Davidson	All Communities	01/11/02
15. Kirkland Anderson Davis	All Communities	08/25/01

Community



Honors Club Celebration to Take Place at Sagner!

In honor of all the elementary and middle school kids who did well in school this year, we will be throwing a party at Sagner (on Pennsylvania Avenue in front of the Family Services Office) on June 24th at 6pm. There will be food, music, awards and more. If you know any kids in 1st through 8th who did well (got at least 2 O's any semester for the 1st and 2nd graders, or honor roll any semester for the 3rd thru 8th), we want to know so we can celebrate their achievement.

John Chaney, a community leader, has raised funds to help reward these children. Please come out on June 24th to help us acknowledge and celebrate kids who work hard and excel. Call Linda or Ann at (301) 696-1874 or (301)696-1875 to register your child for this event.



Let's Celebrate our High School Graduates!

If you know anyone in Sagner, Lincoln or Carver that is graduating from high school, please call Ann at (301)696-1875. We want to make sure they get a gift in celebration of all their hard work.



Akisha Witherspoon's daughter Malayah who is 3 at Easter Extravaganza that was sponsored by The Church of The Redeemer on April 11th at The Sagner Community Center. time. As you can see she had a good time.



Please Watch Your Children!

As the weather gets warmer, please remember to keep a close eye on your kids. We will be sending a curfew reminder around. We have had reports that young kids are out late at night unsupervised. Several residents have expressed their concerns and are worried for the children's safety.

Please don't jeopardize the kids' safety (or your housing) by not paying close attention.

The **I AM SPECIAL** Girls Group and The Exodus Boys Group will meet together every Thursday from 5:30 - 7 PM in the Clara D. Harris Community Center. All are welcome to attend. All kids ages 9-14 are welcome. Contact Linda Helms for more information.

CAMP West-Mar is still looking for Boys ages 9-12 years to participate in a week summer camp on July 19th - July 25th. This camp is free and is being sponsored by The American Legion Post #11. Please contact Linda Helms.



JUST HAVING FUN BASKETBALL CAMP will begin on June 20th, \$40.00 per child for youth in grades 6-11th grade. Please contact Nekevia Palmer, 301.898.2141 or Linda Helms for more information.

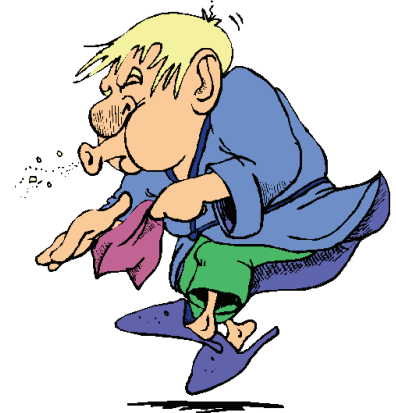
The Love of God Ministries is having a family night at the movies on May 11, 2009 at the Clara D. Harris Community Center from 5:30-8:00 PM. Come out and join them for fun and food. Contact Pastor Mary Turner, 301.668.9332 or 240.422.5802.

For those who have signed up your children for the Annual **Fishing Rodeo** it will be held on May 9, 2009. If your child(ren) are being picked up from the Sagner Community, please be at the Clara D. Harris Community room at 8:10 a.m. The bus will then pick up the Carver Community in front of the Housing Authority at 8:30 a.m.. Followed by Lincoln at the community room at 8:45 a.m.. If you have any questions please contact Linda Helms.

Linda Helms # 301. 696. 1874

Community

FCPS has recently received a number of questions regarding swine flu. To date, there are six probable cases of swine flu in Maryland. FCPS is coordinating with the Frederick County Health Department in monitoring the situation and has ongoing contact with their staff as well as other local emergency-preparedness partners. School health nurses and administrators are monitoring attendance data. Custodial staffs are maintaining the cleanliness of our schools. Students and staff are encouraged to remain home during any illness. Following these good hygiene practices can assist in controlling the spread of influenza-like illnesses: *Wash hands frequently *Cover coughs and sneezes

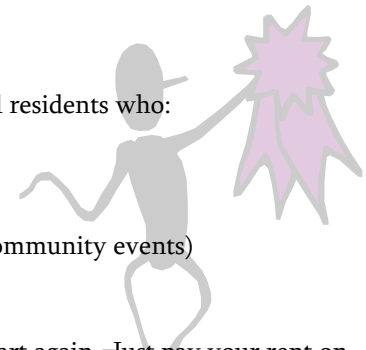


If you have questions, please call the Frederick County Health Department's Swine Flu Information Line: 301-600-4786 or visit: www.cdc.gov/swineflu
Check out Page 9 for tips for prevention.

Incentive Rewards to be distributed in June!

Remember the \$50 Walmart gift cards? We will be distributing them in June for all residents who:

- Paid their rent on time
- Attended at least three resident council meetings
- Attended at least three enrichment events (Imagine Me, GED, other community events)
- Follow rules of Housing Authority



If you weren't aware of this, you have another chance. Beginning July 1, we will start again. Just pay your rent on time, participate in resident council meeting, and attend some of the community meetings (Bingo!!). Call Ann or Linda for a sheet to record your participation, or ask at the main office.

BINGO

Bingo, Anyone?

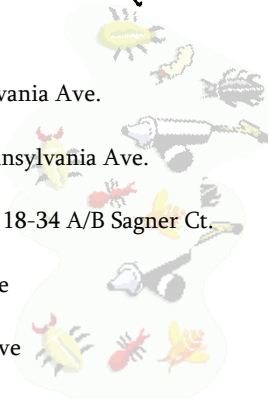
Carver will be holding a fun Bingo event every 1st (if no residents reserve it within a week of Bingo) and 3rd Saturday. Call Frances Rollins for more information: (301) 694 - 0769.

Beauty Break on May 6th and May 20th at 7pm at the Sagner Community Room. Take a evening to pamper yourself by learning beauty and skin tips. Participation will count as an enrichment activity for the Walmart gift card.



Extermination Schedule

May 19, 2009	113 - 151 Pennsylvania Ave.
May 20, 2009	153A-F—169 Pennsylvania Ave.
May 21, 2009	171 P.A Ave. thru 18-34 A/B Sagner Ct.
May 26, 2009	2 - 16 Sagner Drive
May 27, 2009	18 - 30 Sagner Drive



Senior Station

MAY – 2009 FREDERICK SENIOR CENTER - ACTIVITIES

Mon	Tue	Wed	Thu	Fri
				1 9:30-Strength Training 12:30-Canasta
4 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class 3:00-Book Club	5 10:00-Blood Pressure 10:00-Brown Bag Pharmacy 11:00-Strength Training 12:15-Chair Yoga 12:30-Mah Jongg 12:35-Bingo	6 9:00-Strength Training 11:00-M&M Exercise 12:30-Blotter Bingo 12:30-Bridge/Pinochle 12:30-Line Dancing	7 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga 12:30-"Canaries" 1:30-Knitting	8 9:30-Strength Training 12:30-Canasta
11 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	12 11:00-Strength Training 12:15-Chair Yoga 12:30-Mah Jongg 12:35-Bingo	13 9:00-Strength Training 11:00-M&M Exercise 11:30-Bookmobile 12:30-"Lymph Nodes"/Steve 12:30-Bridge/Pinochle 12:30-Line Dancing	14 9:00-Quilting 11:00-Strength Training 11:00-1:00-Out to Lunch- Café 611-no lunch served at the center 12:15-Chair Yoga	15 9:30- Strength Training 12:30- Canasta
18 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	19 10:00-FACEBOOK training 11:00-Strength training 12:15-Chair Yoga 12:30-Mah Jongg 12:35-Bingo	20 9:00-Strength Training 10:15-Comp. Dis. Group 11:00-M&M Exercise 12:30-"A Time To Talk"/Edi 12:30-Bridge/Pinochle 12:30-Line Dancing	21 9:00-Quilting 11:00-Strength Training 12:30-Music by "The Community Singers" 1:30-Knitting	22 9:30-Strength Training 12:30-Canasta
25 CLOSED	26 11:00-Strength Training 12:15-Chair Yoga 12:30- Bingo 12:30-Mah Jongg	27 9:00-Strength Training 11:00-M&M Exercise 11:30-Bookmobile 12:30-"Nutritional Facts"/ Kitty Devilbiss 12:30-Bridge/Pinochle 12:30-Line Dancing	28 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga 12:30-Mental Health Issues/ Susie Pederson	29 9:30-Strength Training 12:30-Canasta

PLEASE NOTE: ACTIVITIES ARE SUBJECT TO CHANGE.

**Frederick Senior Center
1440 Taney Ave;
Frederick, MD 21702 301-600-1605 8:30am-4:00pm M-F**

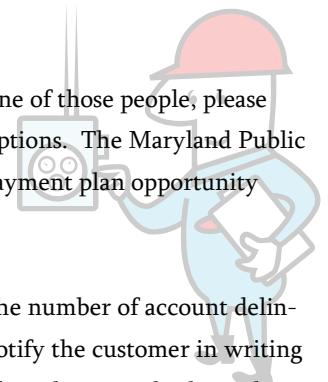
Utility Bill Payment Plan Approved

There are more than 120,000 Maryland customers behind on their gas and electric bills. If you are one of those people, please take advantage of the opportunity to work out an interest-free payment plan to avoid service disruptions. The Maryland Public Service Commission lifted its temporary ban on service terminations on April 24 and invoked the payment plan opportunity approved by state regulators.

Amid the recession and high utility bills the temporary ban was to give relief and restore order to the number of account delinquencies. Before sending termination notices or carrying out terminations utility companies must notify the customer in writing that a flexible payment plan is available with no interest or late fees. Any late fees accrued prior will not be waived. This order gives customer **14 days** after receiving the written notice to contact the utility company to negotiate a payment plan.

Further the order prohibits utility companies from requiring any down payment from customers whose service has not previously been terminated, who have made payments within the last 90 days or who have not defaulted on previous payment plans. Otherwise, the utility companies can require up to 25% down payment.

Please take advantage of this opportunity to avoid service disruption and respond promptly to your notice. For the whole story check out the Baltimore Sun online.



Parent Corner

Finding the motivation to write this month's column has been a struggle, I was prepared to throw in a Mother's Day poem and call it a day. However, I couldn't let myself take the easy way out.

I do want to say Happy Mother's Day to all of our Mothers, Grandmothers, God-mothers, Aunties being Mothers, even Daddy's playing both positions.

It's definitely the day that I look forward to having it "MY WAY", but it's also a day that I thank God for the kids that gave me the title. Recently, my 18-month old niece passed away. I tried to imagine my life without my 15 month old little boss lady. Not rolling over to see this little girl who ends up in bed with me 5 out of 7 days a week. Not hearing "Hey Mommy" every 5 seconds. Or finding her mummifying herself with the toilet paper dispenser.

As a mom I know we'd all like some extra time in the day to just do us. I mean really, can I paint my nails without my oldest daughter asking me to do hers too. I find myself hiding or doing it on my lunch break, but it really doesn't matter because when she sees me she says, "Oh when did you paint your nails? Let's paint mine." I can't even get mad, she's me through and through. Or when my son interrupted my five minutes of a "spa" shower, to tell me he blew his nose really hard, just like I told him and got all the green stuff out. All I can do is be proud because my child's face looks like he just won the playoffs.

For me all the sacrifices to make ends meet are worth, knowing I'm raising some fabulous kids (and one day they better take care of me). So I won't change my name from Mommy, or throw out all the polish, and I'll give up 1 minute of my 5 minute shower. If it means being their mother. One of my favorite quotes, "A hundred years from now it will not matter what my bank account was, the sort of house I live in, or the kind of car I drove; however, the world will be different because I was important in the life of a child."

HAPPY MOTHER'S DAY!

Until next time Health, Wealth & Soul.

I was all set to write something else for this week's [Fatherhood Friday](#) until I took this picture of my daughter while we were hanging out at [Fort Tryon Park](#), one of my [favorite places to chillax](#).

My daughter is but a speck compared to this tree, which stretches far past the frame of this picture, and everyone else that sits down or stands next to it doesn't fare much better. I have no idea how old it is, but given the age of the park, I know it's been around longer than all of us in the 20, 30 and 40 set. Large and gnarled it doesn't yet have its leaves which will soon shade thousands of visitors from the sun and provide homes for this season's set of insects and birds.

Isn't the same true of life? Life is bigger than all of us. It has also been around longer than us and will definitely continue on after we've all passed on. Like the Kansas song says (a recurring theme for television's Highland series, one of the worst and most addictive shows I've ever watched, "[all we is dust in the wind](#)" -- mere moments in the grander scheme of things.

Our economy, our nation, our world is all in a state of flux and turmoil. Everything from American cars to the price of milk is cause for complete woe. The media apparently has decided it isn't doing its job unless it's paralyzing us with a daily dose of insurmountable odds.

And then there's this tree... I'm certain it has weathered crisis after crisis that man has found himself swallowed up in. It doesn't seem to care. Neither does Life.

What are we really in control of? Like this tree my daughter is running from and Life itself, we aren't the biggest or even strongest things here. We die, seasons and trends change and three years from now, the madness right now might have direct effect on the future, but the current days, times and feelings will be nothing more than a memory.

I want to take a play from Life's game and simply exist, in spite of it all. Children instinctively understand this all too well. They just want to play. As we grow older and take on responsibilities we get stiff, tight and worried over things we ultimately cannot control.

Does this mean one should toss their hat into the ring of anarchy? No. But I do believe the only thing we have control over is what we do in our individual walks of life. I strive to do my best --- in work, at home, with my family, the occasional stranger in need of a random act of kindness and myself --- so that no matter the outcome, I can live without regret (or at least try). Maybe if a handful of people (no names required) tried to do this maybe our current state of affairs would be a little better. Maybe.

Life isn't too short, our time here is. Make the most of it. Starting with this weekend. Despite today's problems, today I can't be bothered. Happy Fatherhood Friday to my Dads (and Moms) and Happy Friday to everyone else.

Peace.

If you enjoyed this article check out E. Payne's blog at: [makesmewannaholler.com](#), as he discusses his experiences as a man, dad, and husband.

Kids Biz

May Birthdays

Courtney Cann
Sarah Boyd
Taja Lanier
Tatiana Alicea
Lyric Holmes
Jamil Love
Thomas Wetzel
Dalian Oram
Isabel Garcia
John Weedon
Manuel Aviles
Natalie Bennett
Janiya Jones
Zachary Bennett
Kammari Gray
Chayne Stockton
Xavian Gordon
Tanina Robinson



Let's Learn Something New!



Dear Wendall,

Why Do We Have Skin?

Signed,
Alicia

Think of all those wonderfully and gushy liquids and solids inside of you. What keeps them inside? Skin! It's only about 1/16 of an inch thick but it's the coating that keeps the inside in and the outside -- like germs -- out. You might have thought skin was just plain gift wrap but it's a lot more. Alicia, skin is downright cool! Skin is waterproof enough to keep water from getting in but porous enough to allow you to sweat to keep cool. It's tough but flexible enough that you can move; it can renew and repair itself, and it can manufacture its own vitamins to keep you healthy. Not bad, eh?

Signed,
Wendell

For more with Wendall check out:
Discovery Kids Yucky Science.



I Love You Mom!

Mom's smiles can brighten any moment,
Mom's hugs put joy in all our days,
Mom's love will stay with us forever
and touch our lives in precious ways...
The values you've taught,
the care you've given,
and the wonderful love you've shown,
have enriched my life
in more ways than I can count.

I Love you Mom!



May Teen Birthdays!

Robert Keeney, Nicholas Gennes, Cody Hagan, Christopher Johnson



Everybody Is Doing IT - Right?

Thought about sex? Who hasn't? But do you know what you'll do when the moment arrives? How will you avoid getting pregnant or getting someone else pregnant? **Wednesday, May 6th is the National Day to Prevent Teen Pregnancy and we want you to get involved!**

WHY IS THE NATIONAL DAY IMPORTANT?

One out of every three teen girls gets pregnant at least once before they reach age 20. Many teens say they are concerned about pregnancy, but still think "it can't happen to me." But it does - to more than **730,000 girls** every year. And the number one reason teen guys and girls give for not using protection is that they *weren't planning to have sex* and that it "just happened." The National Day to Prevent Teen Pregnancy is designed to get you thinking about how a pregnancy might affect your life and to help you come up with a plan for avoiding pregnancy.

PREGNANCY

Does it sometimes seem like everyone your age is having sex? Do you know anyone at your school who is pregnant or has a baby? Though teen pregnancy has been on the decline over the past decade, the United States still has the highest teen pregnancy rate of any western industrialized country.

So what does this mean for you? It means that, if you're a girl in this country, you have a 34% chance of becoming pregnant by the time you're 20. And it's not just girls who are facing the consequences. The effects of teen parenthood also follow the young fathers and children throughout their lives.

You hear about teen pregnancy in movies, in the news, at school, and from your parents. You know it's not a good idea to have a baby when you're still a kid yourself, so why are so many teens still getting pregnant every year? And what can you do about it?

WAITING

Did you know that over 90% of teens believe that it's important that they get a strong message about waiting to have sex? In fact, 60% of teens who have had sex wish they had waited longer and 75% don't see anything embarrassing about admitting that they're virgins. Clearly, teens in the 21st century are recognizing merit in putting off sex and the consequences - both physical and emotional - that are attached to sex.

ABSTINENCE

The only 100% effective way to avoid having a baby is to not have sex. Abstinence is the most effective method of birth control and many teens choose this option. For some, this means not having sex until they're married. For others, it can mean different things, like waiting until they've found a committed partner who they feel comfortable with.

Lots of people are practicing abstinence these days, whether or not they've had intercourse in the past. Half of high school students have never had sexual intercourse. In fact, the majority of teenagers, even those who started having sex when they were younger, think teens should wait until they're older.

When it comes to sex, you need to decide what's best for you personally -- don't feel pressured into having sex just because others are. It's important to feel that you're ready before you start having sex.

Loft

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The

The National Day
to Prevent Teen Pregnancy

CONTRACEPTION

As much as [abstinence](#) is the right choice for some people, many teens don't want to wait to have sex until they're ready to have a baby. Puberty brings with it a lot of sexual feelings and many teens choose to have sex for the first time during their teenage years. If you do choose to have sex and want to avoid pregnancy, you need to make sure that you use protection every single time. Sexually active couples who don't use contraceptives during intercourse have an 85-90% chance of becoming pregnant **HAVE A PLAN**

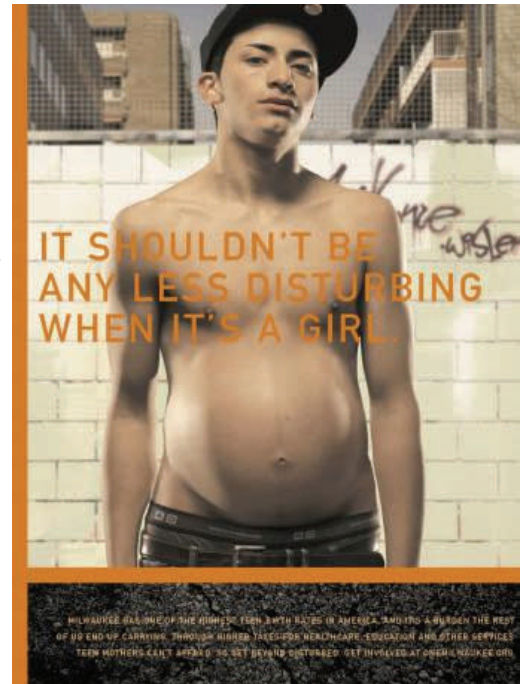
Teen pregnancy has serious consequences -- both physical and emotional -- and if you want to avoid them, you need to have a plan. So start by thinking it through carefully yourself. Though there are a variety of ways to avoid pregnancy, they can be boiled down to two basic strategies:

Practice Abstinence: Not having sex *at all* is the only 100 percent effective, foolproof method of preventing pregnancy.

Use Contraception: If you do choose to have sex, you need to make sure that you use protection *every single time*.

Whether you choose to have sex or not, it is important to be able to talk about it with your partner. Having direct conversations about sex can be difficult or embarrassing, but if you are confident about your facts and able to express openly how you feel it should be easier. So take some time to get informed and to think through what feels right for you. It may be helpful to talk these decisions over with a close friend, parent, doctor, or other trusted adult before you talk to your partner. When you are clear about your own feelings, it will be easier to communicate them to someone else.

For more information and tips check out: www.stayteen.org



TIPS FOR FLU PREVENTION

At home:

- This one's a no-brainer but bears repeating: wash your hands frequently, and make sure your kids do the same. It's a good idea to get into the habit of doing it as soon as you walk in the door, before meals and food prep, post-potty and after touching pets.
- Take a moment to clean germ hot spots, like tables, doorknobs, desks and kitchen counters, with a disinfectant. Look for products that contain bleach or alcohol.
- Keep your family's immune system strong with regular sleep, and lots of fruits and veggies. If you know anyone who's been sick, stay away for now.

Out and about:

- Try to keep up the frequent hand-washing, especially after trips to the playground.
- If you don't have a sink handy, use an alcohol-based sanitizer gel or wipe. Look for ones that contain at least 60% alcohol.
- Try to avoid crowded areas.
- Wash your hands or use sanitizer after handling money.
- Use your own pen when signing credit card slips.

Everywhere:

- Cover your mouth with your elbow when you cough or sneeze, and remind your kiddos to do the same.
- Throw your used tissue in the trash instead of stuffing it in your pocket.
- Try to avoid touching your eyes, nose and mouth, which give germs a fast track to infection.
- Remind kids not to share cups, utensils and plates with friends.