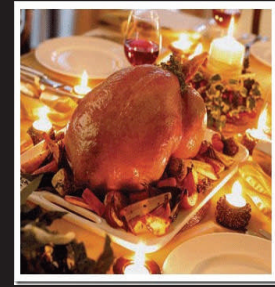
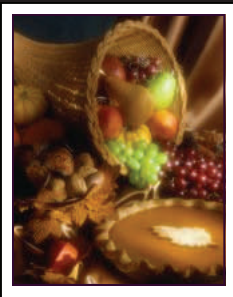


The Housing Chronicle



November 2010



The Hand of a Teacher: A Thanksgiving Story

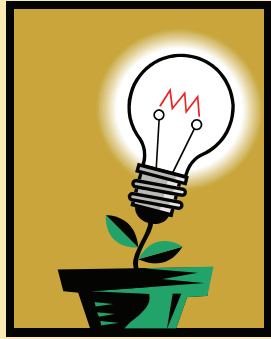
Thanksgiving Day was near. The first grade teacher gave her class a fun assignment -- to draw a picture of something for which they were thankful. Most of the class might be considered economically disadvantaged, but still many would celebrate the holiday with turkey and other traditional goodies of the season. These, the teacher thought, would be the subjects of most of her student's art. And they were. But Douglas made a different kind of picture. Douglas was a different kind of boy. He was the teacher's true child of misery, frail and unhappy. As other children played at recess, Douglas was likely to stand close by her side. One could only guess at the pain Douglas felt behind those sad eyes. Yes, his picture was different. When asked to draw a picture of something for which he was thankful, he drew a hand. Nothing else. Just an empty hand. His abstract image captured the imagination of his peers. Whose hand could it be? One child guessed it was the hand of a farmer, because farmers raise turkeys. Another suggested a police officer, because the police protect and care for people. Still others guessed it was the hand of God, for God feeds us. And so the discussion went -- until the teacher almost forgot the young artist himself. When the children had gone on to other assignments, she paused at Douglas' desk, bent down, and asked him whose hand it was. The little boy looked away and murmured, "It's yours, teacher." She recalled the times she had taken his hand and walked with him here or there, as she had the other students. How often had she said, "Take my hand, Douglas, we'll go outside." Or, "Let me show you how to hold your pencil." Or, "Let's do this together." Douglas was most thankful for his teacher's hand. Brushing aside a tear, she went on with her work.

The story speaks of more than thankfulness. It says something about teachers teaching and parents parenting and friends showing friendship, and how much it means to the Douglasses of the world. They might not always say thanks. But they'll remember the hand that reaches out.

Being Thankful

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

~ Albert Schweitzer



Inspiration Corner



3 Year Olds Having Fun in Sagner!

Did you know that every Tuesday at 12:30 Tiana Haile of Spring Ridge Elementary invites the 3 year olds into the PAL Center for some fun learning games? Stop by after Head Start or just bring your child over.

All 3 year olds in Sagner are welcome!



Thanks to the Women's Giving Circle for helping 20 residents with gas cards and some childcare! We appreciate their support and commitment to making sure that all women in the Frederick Community are able to move forward.



Condolences

Our condolences to Ms. Mary and Ola Thompson of Lincoln on the passing of their sister. Our thoughts and prayers are with them.

Our condolences to Ms. Ann Oram of Carver on the passing of her son. Our thoughts and prayers are with her.

Couples Group to Begin In Carver

Do you ever wish you and your spouse/partner had a little help in getting on the same page? Do you wonder some days if you are going to make it as a couple? Do you want some help?

We are fortunate to have Alvin and Taneka Harmon offer to facilitate a faith based couples group in the Carver Community Room beginning the 2nd and 4th Wednesday in November.

Take advantage of this opportunity! If you need help with childcare so that you can attend, just call Ann at (301) 696-1875.

Each One, Teach One

Each One, Teach One is embarking on a new adventure. The children will be learning Spanish. Thank you to resident Mayra Garcia who will be teaching 4-7 year olds Spanish for the month of November. Thank you to residents Tammy Hollaway, Jacinta Wade, Veroncia Blake, and Mayra Garcia for being part of Each One, Teach One. The group meets every Tuesday at 4:30 p.m., in the Sagner Community Center. For more information contact Linda Helms at (301) 696-1874.

ADULT EDUCATION

TUTORING

Did you know that we have tutors available to help adult students with math and reading? If you are preparing for your GED or taking a class at FCC and would like some extra help, just let us know. Call Ann (301) 696-1875.

REGISTRATION

Spring registration at FCC begins soon! Classes start in January, but call Ann now for details on how to get the registration process going.

FAMILY READING NIGHT

Every Wednesday night at 5 p.m. in the Clara D. Harris Community Room at Sagner, teachers from Spring Ridge arrive to present a lively reading hour for 3-6 year olds. It is fun to watch the little ones learn and have such fun!



Tammy & Zaire volunteering

HAPPY BIRTHDAY KIDS!

Mychaela Cameron	J’Kai Ussery
Michael Cameron	J’Quai Ussery
Troy Sanchez	LaRyssa Rollins
Dallas Boone	Tiara Vanegas
Austin Keeney	Mia Quesada
Jordan Gibbs	Josepha Berrys
Justine Gibbs	Naomie Kirby
Kayiin Lanier	Jacqueline Harris
Zion Stanard	Zieara Hollaway
Antonio Bryant	Samira Bowins
Kierre Green	Malachi Kirby
Aniyjzn Price	Lynzee Davis
Asiajian Saunders	Tiannah Pollard
Jaiden Smith	Renaya Hill
J’Nysha Ussery	Jamira Naylor

New Perspective Support Group

New Perspective Support Group meets Thursdays in the Sagner Community Center from 7-8:30 p.m. The support group is focusing on changing the way we think, our attitudes, emotional maturity and more. The group is being facilitated by Minster Bryan Lamb and his wife Elder Diana Lamb from New Dimension Worship Center.

All are welcome to join the group, for if we change the way we think we can move forward. For more information contact Linda Helms (301) 696-1874.



Thanksgiving Word Search

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

1. Carve
2. Celebrate
3. Colonist
4. Cornucopia
5. Cranberry
6. Dessert
7. Farmer
8. Feast
9. Gather
10. Harvest
11. Holiday
12. November
13. Pilgrim
14. Platter
15. Pumpkin
16. Thanksgiving
17. Tradition
18. Turkey
19. Vegetable
20. Worship



One In 5 Teens Has Abused Prescription Drugs

by: David Gutierrez
www.naturalnews.com

Up to one out of every five teenagers -- or 20 percent -- has abused prescription or over-the-counter drugs, according to research conducted by the organization Partnership for a Drug-Free America.

The organization says that one in 10 teens have abused these drugs within the past year, with another 1 in 10 having done so earlier in life.

Among the more commonly abused drugs are narcotic painkillers, including OxyContin and Vicodin, stimulants prescribed for Attention Deficit Disorder, such as Adderall and Ritalin, and anti-anxiety [drugs](#) such as Xanax. Approximately 7 percent of teenagers say they have attempted to get high using over-the-counter cough medicines containing the hallucinogenic decongestant dextromethorphan in the past year.

Concerned over the growing popularity of prescription and over-the-counter drug [abuse](#), the government of Orange County, California, commissioned two nonprofit agencies to write a report on the prevalence of this problem among the county's young people.

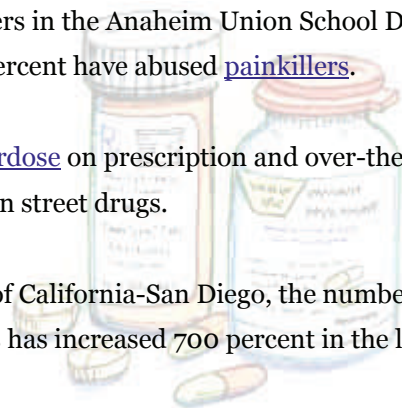
Preliminary analysis of data collected by Project Path found that more Orange County youths between the ages of 12 and 25 died from overdoses of prescription and [over-the-counter drugs](#) between 2005 and 2007 than died from abuse of [street drugs](#) -- 42 from the former, as opposed to 38 from the latter.

Street drugs are illegal drugs that cannot be acquired from pharmacies, such as cocaine, heroine or methamphetamines.

Project Path's data also revealed that 25 percent of all 11th graders in the Anaheim Union School District have abused over-the-counter cold and cough drugs, while 28 percent have abused [painkillers](#).

Health officials say that people may be more likely to fatally [overdose](#) on prescription and over-the-counter drugs because they falsely presume them to be safer than street drugs.

According to a recent study by researchers from the University of California-San Diego, the number of home deaths caused by prescription and over-the-counter drugs has increased 700 percent in the last 20 years.



Parent Corner

Top 5 Sites to Watch Kids' TV Shows Online

Written by Tara c/o The Young Mommy Life Blog

www.theyoungmommylife.com

You know how your kid gets in one of those moods where they want to watch an episode of say, Wonder Pets or Wow Wow Wubbzy and you know that it's not on right now? Or, you have to finish a project or get dinner on the table and thanks to the programmers at Time Warner for only showing reruns of Batman or some other show your kid is sooo not interested in.

I used to pull out a DVD for these situations, but once the kids had seen the episodes a gazillion times, the DVDs didn't hold their attention long. Instead of running out and buying new DVDs, I can admit that I'm lazy – and cheap! – and found more than enough videos online to satisfy their “More Dora!” requests. Check out your options below and thank me later.



Home of, I'd argue, some of the most popular kids shows – Dora the Explorer, Wonder Pets, Go Diego Go, Max and Ruby, Yo Gabba Gabba, Olivia, Blues Clues, Little Bill and the list goes on and on. Nick Jr. usually keeps its popular shows on air multiple times a day, but check out NickJr.com for your favorite show at your fingertips. **Commercials:** Yes. This is the only issue I had with the videos on NickJr.com. Why are there commercials for Cover Girl and other adult products? I mean, maybe it's preferable to say, bombarding kids with a bunch of toy commercials. And it's obvious they're targeting the mom that's

watching the videos with the kid – what two-year-old is gonna say, “Mom, you need some easy, breezy, beautiful Cover Girl waterproof illuminating lash mascara!” Um, no. Plus, the commercials are kind of frequent and kids hate that. **Full episodes available?** Yes **Cost:** Free



Now, I know that most kid shows are designed to be educational (at least somewhat – Sesame Street raised the bar on that one). But I always think of PBS Kids as the “smart channel” with all those “smart shows.” My kids watch a few PBS Kids shows, mainly Curious George. (Am I the only one who thinks the Man in the Yellow Hat should have lost custody of George a looong time ago? Dude is negligent, truly.) **Full episodes available?** Only for certain shows, **Cost:** Free, **Commercials:** No



Ahh, my favorite! I am not ashamed to say that I STILL get excited when Sesame Street is on. It's so catchy and smart and fun and Elmo is still the cutest character on TV. Hands down. **Full episodes available?** Not full episodes but clips for certain segments. **Cost:** Free, **Commercials:** No



My kids' favorite TV shows first came from Playhouse Disney. I'm an “old school” young mom and I had them watching the shows that I remembered – Mickey Mouse and Winnie the Pooh. Yo Gabba Gabba frightened me (and still does). But now I'm a fan of their new shows, like Special Agent Oso and Timmy Time. **Full episodes:** Yes, **Cost:** Free, **Commercials:** No



IMAGINE ME

Imagine Me wants to thank Daima Swin for sharing her story with us on November 1, 2010. In spite of all that she endured, she has been able to stand and is currently pursuing her Teaching Certificate.

Our speaker for December will be Thelma Houston, come out and be empowered. For more information contact Linda Helms at (301) 696-1874.



The Housing Authority acknowledges all the men and women who tirelessly serve and have served our country. Happy Veteran's Day.

~ ATTENTION CLOSINGS ~

The Housing Authority will be closed on the following days:

November 11, 2010

November 25, 2010

November 26, 2010

HACF Bulk Trash Pick-up Policy

Bulk trash pick-up is every Tuesday, weather permitting. Bulk trash items are to be set out at the curb. Please be advised the policy of the Housing Authority of the City of Frederick is that any and all bulk trash items (furniture, appliances, etc.) cannot be set out before 5:00 p.m. on Mondays. If any bulk trash is set out before this time, the resident will be charged in accordance with the current "Resident Price List for Standard Charge Repairs". An exception to the above is that a resident may call the Maintenance Department (301)662-8227 and make other curb side pick-up arrangements **PRIOR** to removing item/s from the apartment.