

# The Housing Chronicle

MARCH 2010

## IMAGINE ME

Imagine Me continues to Inspire, Encourage, Educate, and Empower. It has given hope to people who felt that they had nothing to offer. Imagine Me is opening doors so that people can see that they are not alone and that others have gone through some of the same things. My situation may not be the same as yours, but we can help each other and show support to one another.

I want to thank Angelo Schell and Antonio Spencer for being our guest speakers in February and March. My Pastor has a saying that “When men take their rightful places, a change occurs in the atmosphere” and I know that there is a change. President Obama talks about “The Dream of Change.” In his quote, “Change happens because the American people demand it, because they rise up and insist on new ideas and new leadership, a new politics for a new time.” Angelo and Antonio should be commended for coming out and sharing about the changes in their lives and what made them go in a different direction. Especially sometimes when they found themselves in a dark place and lost sight of who they were and what they were about to become. Thank you Angelo and Tony for taking a stand and making a decision to have a better life for you and your families.

Join us on April 5th at 7:00 p.m. with guest speakers, Minister Bryan Lamb and Elder Diana Lamb. They have just started “Reaching New Dimensions in Recovery Addiction Ministry”. Come out and be empowered. On May 3, 2010 in honor of Mother’s Day, our guest speaker will be Lena Thompson. She is a member of St. Paul AME church, she is a mother and wife. Come out and support the mothers in our communities and be blessed. For additional information you can contact Linda Helms (301) 696-1874.



Congratulations to the Math Club Participants



Congratulations to Nahid Hall for receiving her Associates of Arts Degree from Frederick Community College

## Mistakes

"A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing."

~George Bernard Shaw



## 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.

The following information lists the trespasser's name, the date they were served and the communities they are prohibited from visiting.

1. Gregory Andrew Morris	07/07/01	All Communities
2. Bilal Hassaun Muhammed	07/07/01	All Communities
3. Andre Anthony Myers	05/26/04	All Communities
4. Donna Sue Myers	12/05/01	All Communities
5. Reginald Keith Myers	12/05/01	All Communities
6. Samantha Elaine Naylor	03/11/04	All Communities
7. Tyrey Lee Naylor	01/09/03	All Communities
8. Patricia Bowie-Naylor	09/13/03	All Communities
9. Sandra Kay Nazelrod a.k.a Sandra Wilkinson	10/12/01	All Communities
10. Andrew Nichols	06/09/05	All Communities
11. Shane Edward Oney	10/02/02	All Communities
12. Terrance Jermain Oney	04/05/06	All Communities
13. Lynn Vanalleen Onley	09/04/04	All Communities
14. Tyanna Mychelle Oram	03/01/04	All Communities except Carver
15. Terrance Dwight Palmer	05/12/05	All Communities
16. Brian Davis Parker	09/11/02	All Communities
17. James B. Parker	06/28/01	All Communities
18. Joseph Wilson Parker Jr.	06/12/01	All Communities except Sagner
19. Shelby Marie Paul	10/12/02	All Communities
20. Howard Anson Peterson	07/30/02	All Communities
21. James Darryl Price	01/12/02	All Communities
22. Tyrell Thomas Price	09/09/07	Carver Apartments
23. Glenn Lee Prichard	09/11/02	All Communities
24. Ann Marie Prince	12/13/02	All Communities
25. Daniel Warren Prindle	12/13/02	All Communities

## Inspiration Corner

### Sagner Resident Council Meeting

Sagner will have their Resident Council meeting on March 15, 2010 at 6:00 p.m. in the Clara D. Harris Community Center.

Joining us at the meeting will be Anne Stambler from Sam's Club to give a presentation on Sam's Club

memberships and benefits. If you have any questions contact Linda Helms (301) 696-1874.



### Book Club

The Book Club will resume meeting on March 31, 2010 at 11:00 a.m., please contact Linda Helms (301) 696-1874.



## Earned Income Credit

# Take the money.



# You've earned it.

**The Earned Income Credit (EIC)**, is a tax benefit for people who work full-time or part-time. **Workers may get up to \$6,000, depending on income and family size.**

Households may qualify for the federal and state EIC if, in 2009, they:

- Earned less than \$35,463\* and have one dependent child.
- Earned less than \$40,295\* and have two dependent children.
- Earned less than \$43,279\* and have three or more dependent children.
- Had no children, earned less than \$13,440,\* are between ages 25 and 64 and do not have dependent children.

\* The income limit for married workers is \$5,000 higher.

## Free Tax Preparation Services with Free E-Filing for Faster Refunds! Two locations! (Available to households earning \$43,279 or less)

<b>LOCATION:</b>	Bernard W. Brown Community Center 629 North Market Street • Frederick, MD	Frederick Community Action Agency 100 South Market Street • Frederick, MD
<b>SCHEDULE:</b>	February 1, 2010 - April 15, 2010 Tuesdays 11:00 a.m. - 7:00 p.m. Wednesdays 10:00 a.m. - 12:00 p.m. 1 <sup>st</sup> & 3 <sup>rd</sup> Saturdays 10:00 a.m. to 2:00 p.m.  Walk Ins Welcome or by Appointment. Call 301-662-0294 to make an appointment.	February 1, 2010 - April 15, 2010 Mondays 5:00 p.m. - 8:00 p.m. Wednesdays 5:00 p.m. - 8:00 p.m. 2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays 10:00 a.m. to 2:00 p.m.  By Appointment Only. Call 301-662-0294 to make an appointment.

Maryland  
**CASH**  
CAMPAIGN  
FOR THE PEOPLE

# Canada Day Word Search

RED  
WHITE  
CANADA  
MAPLE  
BEAVER  
OTTAWA  
PROVINCES  
PARLIAMENT  
FLAG  
BILINGUAL  
ENGLISH  
FRENCH

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

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## March Birthdays!!!

Siara Rock  
Paulrell Dudley  
Zachary Bryant  
Curtis Connors  
Anthony Davis  
Malik Witherspoon

Dakota Kretzer  
Alexandra Garcia  
Malachi Witherspoon  
Lydia Solomon  
Logan Sheridan  
Gabriel Kaufman

Sireen Hall  
Jermyah Jenkins  
Jada Epps  
Maison Denby  
Da'myra Wallace



## HOW ABOUT SOME FISHING!!!

Mr. Rick Gladhill wanted to make sure all the kids knew to pull out your fishing rods for March 28th and April 11th. These are the days that Carroll Creek will be stocked with fish for the youth.

## March Teen Birthdays

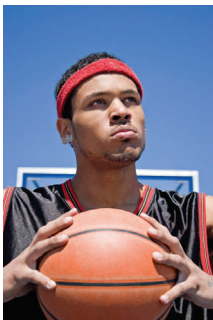
Keisha Pitts, Kimberly Gibbson, Kendle Pitts,  
Heather Esworthy, Devon Crampton, Chad Santmier

# 5 Ways to Reach (and Maintain!) a Healthy Weight

Diets aren't the way to go when it comes to losing weight. That's because they create temporary eating patterns — and, therefore, temporary results. Most dieters gain back any lost weight when they go back to their old eating habits. So what's the best way to drop excess weight? Create a new normal!

Weight loss is most likely to be successful when people change their habits, replacing old, unhealthy ones with new, healthy behaviors. Here are 5 ways to make that happen:

1. **Exercise.** Regular physical activity burns calories and builds muscle — both of which help you look and feel good and keep weight off. Walking the family dog, cycling to school, and doing other things that



increase your daily level of activity can all make a difference. If you want to burn more calories, increase the intensity of your workout and add some strength exercises to build muscle. The more muscle you have, the more calories you burn, even when you aren't exercising.

2. **Reduce screen time.** One reason people get less exercise these days is because of an increase in "screen time" — the amount of time spent watching TV, looking at the computer, or playing video games. Limit recreational screen time to less than 2 hours per day. If you're with friends at the mall, you're getting

more exercise than if you're IMing them from your room.

3. **Watch out for portion distortion.** Serving sizes have increased over the past 10 years, and these extra calories contribute to obesity.

Another key factor in weight gain is that more people drink sugary beverages, such as sodas, juice drinks, and sports drinks. So choose smaller portions (or share restaurant portions) and go for water or low-fat milk instead of soda.



4. **Eat 5 servings of fruits and veggies a day.** Fruits and

veggies are about more than just vitamins and minerals.



They're also packed with fiber, which means they fill you up. And when you fill up on fruits and veggies, you're less likely to overeat when it comes to high-calorie foods like chips or cookies.

5. **Don't skip breakfast.** Breakfast kick-starts your metabolism, burning calories from the get-go and giving you energy to do more during the day.



People who skip breakfast often feel so hungry that they eat more later on. So they get more calories than they would have if they ate breakfast. In fact, people who skip breakfast tend to have higher BMIs than people who eat breakfast.

For more info on healthy choices and this article

check out: [teenshealth.org](http://teenshealth.org)