

The Housing Chronicle

HACF

FEBRUARY 2011

CONGRATULATIONS

Congratulations to all the FCC students living in Carver, Sagner, and Lincoln (34 or them!!) Wishing you a good semester and much success as you build a strong future for yourselves and your families.

We Want to CELEBRATE Your Children!!

If your elementary or middle school child made the honor roll the first or second term, please call us! We will be having a celebration at the Bernard W. Brown Community Center on February 16th at 6:00 p.m. (note change from the 9th) and want to make sure we include all the honor roll kids. Last year, we had over 50 kids!! There will be food, music, gift cards, and more! Call Linda at (301) 696-1874 to reserve a spot!

Imagine Me

Imagine Me continues to Inspire, Encourage, Educate, and Empower all people. Thanks to those who came out and joined us on February 7th at 7:00 p.m. at the Clara D. Harris Community Center, with our special guest 1st Lady Lorraine Brown of St. Paul AME Church. The theme this month was "Matters of the Heart". In February we celebrate Valentine's Day and it is also Heart Awareness Month. So let us strive to take care of our hearts and become healthy this year. Thank you 1st Lady Lorraine for sharing your message.

Tuesday's With Sherri

Tuesday's With Sherri which is a Women's Support Group, continues to meet on Tuesday's at the Lincoln Community Center at 11:00 a.m. For more information, contact Linda Helms at (301) 696-1874.



Thanks to all those who participated in Chemistry Night at The PAL Center.

Each One Teach One

Each One Teach One meets on Tuesdays from 4:30-5:30 p.m. in the Sagner Community Center for ages 4-7 years old. If you are interested in your child attending, please contact Linda Helms at (301) 696-1874.

Project ALIVE Plans Tea to Thank the Women's Giving Circle

The Women's Giving Circle generously supported Project Alive this past semester by helping women in school with gas cards and/or child care. Project ALIVE will hold an afternoon tea on March 18th at 3:00 p.m. at the Bernard W. Brown Community Center to say thanks. Desserts and other goodies will be provided by MOXIE. For more information contact Ann at (301) 696-1875.

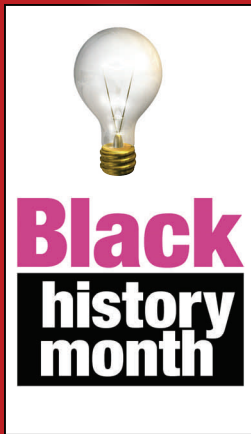
And Still I Rise

Bringing the gifts that my
ancestors gave, I am the
dream and the hope of the
slave.

I rise. I rise. I rise.

~Maya Angelou, "Still I Rise,"

And Still I Rise



Inspiration Corner

HAVE YOU ASKED YOURSELF...

Where Can I Look For a Job?

Check out these websites:

fmh.org (Hospital Website)

indeed.com

frederickworks.com

fredericknewspost.com

If you apply online, feel free to use the computers in the Lincoln and Carver Community Rooms, Sagner Family Services Office, or the computer lab at the Bernard W. Brown Community Center. Call Ann for more information at (301) 696-1875.

How Can I Get My GED?

Now is the time to get going with your GED. Attend orientation in order to be placed in a class. The orientations are held at the Monroe Center by the fairgrounds, FCC, and Hillcrest Commons. Call Ann at (301) 696-1875 for more information.

Where Can I Find Help With my Resume?

You are in luck. Helen Pearson in the Family Services Office in Sagner is an expert in helping residents shape great resumes. Call Helen at (301) 696-1875 to set up an appointment.

Extermination Schedule

March 15, 2011	202-234 Lincoln Apts.
March 16, 2011	236-268 Lincoln Apts.
March 17, 2011	270-298A Lincoln Apts.
March 23, 2011	All Scattered Sites
April 12, 2011	2-40 Carver Apts.
April 13, 2011	42-82 Carver Apts.
April 14, 2011	84-120 Carver Apts.

*Please note this is the only notification you will receive of your extermination date.



ATTENTION

Lincoln, Carver, Sagner, and Scattered Site Tenants: Tenant payment receipts made from January 2010 to December 2010 are available for pick-up. These receipts are the result of drop-box or mailed in payments only. If you would like to pick up your receipts, please come by the Main Office during regular business hours from February 1st to February 28, 2011. Any receipts not picked up by February 28th will be discarded.

ITEMS FOR SALE

In the December issue of the Housing Chronicle we reported that the HACF would have items to purchase by Residents, Employees, and the General Public. They are as follows: Air Compressor, Welder, Small Safe, Book Shelf, Desk with Hutch, Wood Chipper, Rug, Office Desk Chairs, Wheelbarrow, Computer PC, and Computer Printer. If you are interested in setting up an appointment to see and inspect any of these items, please contact Rick Gladhill at (301) 662-1873 ext. 121. The deadline to receive bids on the above items is February 24, 2011, 4:00 p.m. at the HACF.

NOTICE TO ALL RESIDENTS

The Electric and Gas Utility allowances for those residents that purchase their own have been revised. If you have any comments pertaining to the revised allowances they must be submitted in writing to the Management Office within sixty (60) days of the date of this notice.

The allowances are posted in the Management Office. All data used to calculate the allowances is maintained at the Office.

What's Happening In Your Community?

Cherise Blackwell of Lincoln Apartments has agreed to help gather important resident information for the newsletter. Who graduate? Who's just moved in? Who's suffered a loss? Who has been recently sick or hospitalized? How can each community be of assistance to those in need? If you are interested in covering news in your community, please call Ann at (301) 696-1875.

Lincoln Apartment's News

Loving Our Neighbors



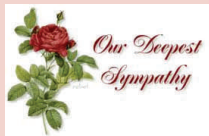
Good Luck Wishes to our Girl Scouts Cadets Kennedy and Ta'tiana, and Brownies Shannon and Alexis during their Girl Scout Cookie Drives. Kennedy thanks neighbors who place orders, cookies will arrive February 7th.

Congratulations and Good Luck to Teteola Sofola on her CAN Certificate!



Continued **Well** and **Health Wishes** to Ms. Emmetta Smallwood and baby Kingston Battle from Ms. Cherise. **Speedy Recovery** and **Well Wishes** to Ola Thompson from Brenda Tillery.

Deepest Condolences to Wendy Thompson for the lost of her grandchildren's mother, Tonet Harris from Brenda Tillery. **Deepest**



Condolences to Mr. Charles Wolf for the loss of his mother, Mary Frances Keith from your loving neighbors.



Please remember that all Lincoln Community Room reservations must be made through Brenda Tillery contact her at (301)694-8153; if unavailable contact Wendy or Ann Ryan

Lincoln Apartment's News Continued

Please be mindful of our trash nights– Sunday and Wednesday nights after 5:00 p.m. (Not Before). Bulk trash night is on MONDAY night after 5:00 p.m. (Not Before).

WINTER TIPS

Experts say dress properly for the winter months by layering up (3 layers-wicking, insulation & protection). Wicking is the layer next to your skin (long underwear). Insulation is the layer keeping heat in and cold out (sweaters, sweatshirts, vests, etc.). Protection layer helps protect us from the outside elements such as snow, rain, ice, etc. (coats, gloves, boots).

**HAPPY & PROSPEROUS 2011 TO
ALL OF OUR LINCOLN
NEIGHBORS!**

Reminder: Head Start Beginning for Fall!

Do you have a child who is turning 3 or 4 before September 1st? Make sure you register him/her for Head Start. You can stop by their office on Sagner Drive by McCutcheon's or you can stop by Carver Community Room on February 17th between 2 p.m. and 4 p.m. Also, a Head Start intake person will be available to register children for Head Start at the Clara D. Harris Community Room in Sagner on February 22nd between 11 a.m. and 1 p.m.

Head Start has offered to come directly to your house to register your child, if you prefer! Please call Amy Kennedy at (301) 600-1024 if you'd like to set up an appointment.

Reminder: Your 4 year old is also eligible for Pre-K this fall. Check with the elementary school about registering him/her. Many parents register their children for Head Start in the morning and Pre-K in the afternoon.



WANT MORE \$\$\$\$ FAST AT TAX TIME?

USE FREE TAX PREP & DIRECT DEPOSIT!

If you made less than \$49,000.00 in 2010, you may qualify for free tax prep!

IRS certified volunteers at the Bernard W. Brown Community Center will E-File your taxes and direct deposit your tax refund.

GET YOUR TAX MONEY FAST & FREE!

Set Up Your Appointment Today: (301) 662-0294

Bernard W. Brown Community Center
629 North Market Street

February Birthdays!!!

Tyriek Kimble, Shanae Ross, Paul Johnson, Kenneth Snowden, Mikayla Sidwell, Jahmil Swinton, Marcus Kersey, Samari Ponder, Ahava Thomas, Amira Brandy, Faith Flanary, Thompson Tarr, Ageaira Fraizer, Magali Lopez Rivas, Chloe Williams, Alexander Latson, Khyel Green, Morgan Leake, Xiomar Alicea, Anya Reid, Allison Mender, Shania Goines, Madeline Wolfe, ZyAira Thompson, Karmia Campbell, Jonathan Bowen

VALENTINE'S DAY WORD SEARCH

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

romance
chocolate
marshmallow
valentine
valentines day
love
cards

I love you
cupid
celebration
poems
gift
holiday
tradition

arrow
be mine
candy
flowers
lace
pink
roses

sweet heart
feelings
lovers
kiss
hug
marriage
sweets



February Teen Birthdays

Demontrez Palmer, Kenya McRoy, Sonpon Nimley, Robert Higgins,

It is the month of *Love* so The Teenager's Guide to the Real World has come up with **Great Dating Ideas for Teenagers!**

To find more great ideas from this article check out www.bygpub.com

Let's say you have found a person you would really like to go out with, and you are ready to ask that person out on a date. You will immediately have the question, "What are we going to do on our date?" This question can be particularly tough on the first date because you are trying to make a good first impression and you may or may not know what your partner likes to do. On subsequent dates things tend to get easier. But there are few things more uncomfortable than the conversation that goes like this:

H: "Would you like to go out this weekend?" S: "I would love to!" H: "What would you like to do?" S: "I don't know, what would you like to do?" H: "I don't know..." To avoid this little scene, it is helpful to have something in mind when you call!

The activity you pick for the date plays a big part in the date itself. A great activity that feels comfortable to both people can make for a great date. The activity also determines, for example, how much talking you will have to do. If you choose a movie you won't have to say anything once the movie starts. That can be a real relief if you find you are both tongue-tied. If you go out to dinner you will have to carry a conversation all night long. That can be tough sometimes, especially on the first date. You can also earn points for the creativity of your date - if you have a really great idea then your partner will be impressed by your ingenuity.

The Big Three

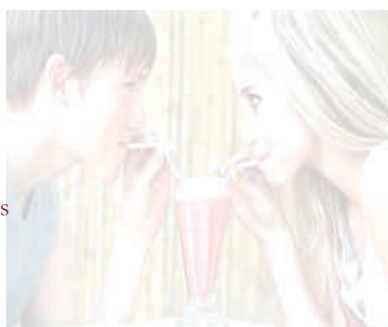
Every one knows about "The Big Three". These are the normal, safe dates that will cause no waves. They aren't very creative, but they are universally accepted:

1. A Movie
2. A nice dinner
3. A Dance or a Game

Other Classic Dates

There are several other "classic" dates that you might consider. Most of these are more fun if you invite two or three other couples to go along with you:

- Bowling
- Roller skating
- Ice skating
- Miniature golf
- Amusement parks
- Water parks
- Concerts



Athletic Dates

If you and your date are athletic and/or outdoorsy, an athletic date can be a great way to spend time together. Just be sure to make it a date, not a competition.

Educational dates

Museums - Historical sites, The Zoo

Parties

One way to break the ice with a group of people is to have a small party with a theme at your house. Invite your date as one of the people at the party. As a teenager you will probably have to get your parents involved - if that is comfortable for you it can be fun for your parents too. Most of these ideas work well for parties with 6 to 10 people:

- Pizza Party
- Pot luck dinner
- Progressive dinner - If you and your friends live close together, then a progressive dinner can be lots of fun. The idea is to go from house to house for each phase of the dinner. At one house you have appetizers, at another the salad, at another the main dish, and so on. You might stop at four to six houses for the full meal. Organizing it can be half the fun.
- Fondu party
- Sundae party here.

Charitable dates

On a charitable date, you and your partner go volunteer to do something together.

Other Ideas

"Non-traditional" or "casual" dates can take some of the pressure off of going out. A casual date won't necessarily feel like a "real date", so it is more relaxed. When you ask someone to a movie, everyone knows it is a DATE. That can create pressure. But if you ask someone to go shopping with you it might be a lot more comfortable. If someone is unsure how they feel about you, then a casual date (especially if it occurs during the day rather than at night) is easier to accept. There will be a lot less tension.

- Day trips - Pick a place an hour or two away and make a day of it.
- Shopping together .
- Picnic -
- Go to church together
- Flea market - Go explore a local flea market one Saturday.

Have Fun!

Juggling Your Life: The Search For Balance

Brought to you by CIGNA

Work-life balance doesn't mean an equal balance in time - that's an unrealistic goal. It means finding the right balance for YOU. The right work-life balance is different for each of us because we all have different priorities and different lives. Instead, look for a balance between what you achieve and what you enjoy, in work, life, friends and self.

Think about this: when was the last time you achieved AND enjoyed something at work, or with your family or friends? And how recently have you achieved AND enjoyed something just for you?

Every person who goes to work has a constant challenge to juggle the demands of career and personal life. These ideas might help you find the right work-life balance for you.

Getting started

Track your time. Track everything you do for one week, including work-related and personal activities. Decide what's necessary and what satisfies you most. Can you cut or delegate activities you don't enjoy or can't handle?

Find out about options at work. Does your employer offer flexible hours, job sharing or telecommuting? The more control you have over your hours, the less stressed you're likely to be.

It's okay to say no. Were you just asked to help out with something extra? A project at your kid's school or an "off-the-desk" project at work? It's okay to respectfully say no. If you stop taking on tasks out of guilt or a false sense of obligation, you'll make room in your life for the activities that are meaningful to you.

Keep work and home separate. It may be necessary to create a boundary between work and home, and make a conscious decision to separate your work and personal time. When you're with your family, turn off your cell phone and put away your laptop. Don't be a

slave to your Blackberry or iPhone.

Look for ways to organize your time better. Can you run errands in batches or do a load of laundry every day, rather than saving it all for your day off? Keep a weekly family calendar to track events and daily to-dos. Decide what really needs to be done and let the rest go.

Create a support system. Look for coworkers who can cover for you and vice versa when family conflicts arise. At home, enlist trusted friends and loved ones to help with child care or household duties in an emergency.

Take care of yourself. Eat healthy foods, include physical activity in your daily routine and get enough sleep. Make some time each day for an activity you enjoy, such as yoga or reading. Look for some activities you can do with people you care about - go for a bike ride or a walk after dinner, take a cooking class or learn to salsa dance.

Through all the changes of life, in family and at work, maintaining balance is an ongoing process. Set aside some time to examine your priorities - and make changes, if necessary - to make sure you're staying on track.

Know when to seek professional help



If your life feels chaotic and you're lying awake worrying about it, talk with a counselor or other mental health professional. If your employer offers an employee assistance program (EAP), take advantage of available services. They're completely confidential and an initial consultation is often free of charge.

