

# The Housing Chronicle



JANUARY 2011

## The Housing Authority Staff wishes our Residents A Happy & Prosperous New Year!

*2011 is the beginning of great things. There is so much to do and so many ways to do it.  
Go to school. Begin a training program. Get a better job. Start today.*



Math Club & Family Reading Celebration



Lydia Soloman gets perfect attendance!



Lincoln Christmas Celebration

## Math Club & Family Reading Celebration a Big Success!

On December 22, we honored 44 kids who participated in PAL's afterschool math club, eight of whom received special recognition for great attendance. Further, we celebrated 16 Family Reading kids, seven of whom got special awards for attendance. Principal of Spring Ridge Elementary, Ms. Thackston and volunteer Ms. Cindy Powell coordinated the event with Ann Ryan to honor the children. We also recognized the great work of the parents to inspire their children to participate and work hard to succeed.



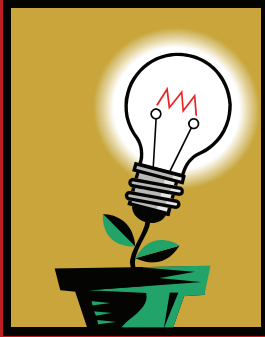
### ***Family Services has New Office Manager***

We are happy to announce that Helen Pearson has joined the staff of the Family Services Office as Office Manager. She has already begun to organize, plan, and generally help us become more efficient and effective. We hope to connect more residents in better ways to education, employment, and home ownership. Stop by 155 Pennsylvania Avenue in Sagner to say hi.

## Follow Your Dreams

Go confidently in the direction of your dreams. Live the life you have imagined.

~Henry David Thoreau



## Inspiration Corner

### **Celebrating Our Honor Roll Kids**

Please mark February 10th on your calendars to celebrate all the kids that have been on the honor roll the first two terms.

The celebration will be held at the Bernard W. Brown Community Center at 6:00 p.m. We will highlight the achievements of 1st thru 8th grade students. There will be dinner, music, and awards. If your child was on the honor roll (or got at least two O's for the younger kids) please give Linda a copy of his/her report card. Call (301)696-1874 for more information.

### **Family Self-Sufficiency Program**

We wish to congratulate Carrie Duda for completing the Family Self-Sufficiency Program. Carrie we wish you much success as you move forward!

### **Tuesdays with Sherri**

Tuesdays with Sherri meets every Tuesday in the Lincoln Community Center at 11:00 a.m. This is a support group for women. For more information, contact Linda Helms (301)696-1874.

### **Getting Your High School Diploma**

We have a few slots left in our GED class beginning in January. Please call Ann at (301) 696-1875 for more information or to reserve a spot.

## **Extermination Schedule**

01/11/11	131-151 P.A. Avenue
01/12/11	153 A-F—169 P.A. Avenue
01/13/11	171 P.A. Ave. thru 482 Vermont Ct.
01/18/11	101-115 Rhode Island Court
01/19/11	117-129 Rhode Island Court
01/20/11	116A-F—102 Rhode Island Court

## **FALSE ALARM**

Beginning this year in the April 2011 Resident Price list there will be a new charge added for false no heat calls. This is being added as a result of residents reporting they have no heat, however are only not satisfied with the heat their unit is producing. These calls cost time and money for the HACF to respond to, especially during after hours. Please be advised for energy conservation you should have your thermostat set between 68 and 70 degrees. If you still feel cold it is suggested that you dress more warmly. Also, those who live in a two-story units, can close your upstairs vents to push more warm air downstairs. Please help combat this problem and refrain from calling in false reports of no heat.

## **HUD Performing Monitoring Visit at the Housing Authority**

HUD will be performing a monitoring visit of the Housing Authority's common areas and possibly some handicap accessible apartment units on Wednesday, January 26, 2011. This further means that they may inspect these areas and/or apartments. Proper notice in the form of a memorandum will be delivered to apartment units that may be inspected by HUD that will be separate from this notification. Furthermore, please also be advised that HUD may conduct random interviews with Housing Authority residents during their visit on the 26th. Your cooperation in answering their questions will be appreciated if they decide to do so. Thank you.

## January Birthdays!!!

Omar Campbell Jr.  
Corey Jameson  
Nydoria Harrison  
Ciairra Gorton  
Elijah Goines  
Aubrey Davis  
Melot Richburg  
Beyonce Jackson  
Eric Allen  
Malachi Jones  
Drake Kline  
Darren Harris  
Kamiya Bandy  
Victoria Michaels  
Donavon Shry  
Jayden Hoy  
Andrea Valiente  
Kaiden Hall  
Kaija Griffin  
Nyaire Jackson  
Hannah Miller  
Tristan Davis  
Kahlil Andrews  
Kierah Bernard



## Let's Learn Something New



### **ASK EARL**

**Question: Why do glow worms light up?**

**Answer:** Glow worms, fireflies, and many sea animals glow at night because of bioluminescence, which is light that is made chemically by a living thing. Following a link from a site on Bioluminescence in our Aquatic Life category, I stumbled across The Firefly Flies. Glow worms (which grow into fireflies) glow because of a chemical reaction between complex molecules and oxygen in their bodies. This chemical reaction is very efficient—almost 100% of the energy produced by this reaction is given off as light, which is much more efficient than a light bulb! Why do they glow? Some scientists think it's a warning sign to predators not to eat them! Imagine a restaurant with a big neon sign that said "BAD FOOD SERVED HERE." It's the same idea.

To learn more fun and interesting facts check out:

[www.kids.yahoo.com/ask\\_earl](http://www.kids.yahoo.com/ask_earl)

### Joke of the Month

#### Question:

**Why did Tigger look inside the toilet?**

#### Answer:

He was looking for Pooh!

For more funny jokes check out:

[www.kids.yahoo.com/jokes](http://www.kids.yahoo.com/jokes)

## My Friend Is Talking About Running Away: What should I do?



Many people who decide to run away envision a life that's exciting, glamorous, and mature, only to discover that's not the kind of life they get. Life for runaway teens is hard, and they often end up homeless, stealing, or even selling drugs or sex in an effort to make money. Every year in the United States, more than 5,000 runaway teens die, either from assault, illness, or suicide.

People tend to run away for a lot of reasons: abuse (whether it's physical, emotional, or sexual), family problems, or problems with school or their friends. Some run away because of alcohol or drug abuse — their own or a family member's. Others run away to be with someone.

Talk with your friend about what's bothering him or her and put your heads together to find better — and more constructive — solutions. At the same time, speak with an adult you trust **as soon as possible**, and tell him or her that your friend is talking seriously about running away. If you don't feel comfortable telling your parents, other adults in your life might be able to help out: another relative, a teacher, a coach, a school counselor, your family doctor, or a religious leader, for example.

A trusted adult may be able to help your friend understand that there are better alternatives to running away. If your friend is still serious about taking to the road, make sure he or she has the number of the National Runaway Switchboard: **(800) RUNAWAY** (that's (800) 786-2929). This number for runaway teens in need is open 24 hours a day, every day of the year. It provides crisis intervention, information, and local referrals. The service will even help runaway teens contact people back home by providing a message service and setting up conference phone calls.

A final note: If your friend does run away, or if you haven't seen him or her in a few days and you think that's what's happened, take action immediately. Talk to a trusted adult and explain that you believe your friend ran away. Don't be shy about sharing any information about where your friend might be going, and don't wait in hopes that he or she might come back after a few days. Your friend's life could depend on it — the sooner it is reported, the more likely your friend will be found safe.

For more articles about teen issues check out:

[www.kidshealth.org](http://www.kidshealth.org)

### Teen Birthdays

Benjamin Bandy  
Tevin Jackson  
Shira Ambush



## How to Make New Year's Money Resolutions That Stick

[www.blackmarriedwithkids.com](http://www.blackmarriedwithkids.com) by Dr. Charles Alonzo Peters

It's 2011 and this is the year you're finally going to get your financial life in order. Like millions of Americans you pledge to make this year different and finally take control of your money. Yet the sad truth is that most New Year's resolutions fail. How do you make sure your New Year's money resolutions last longer than the melting winter snow?

The first step – avoid resolution overload. Too many people create a laundry list of resolutions, almost guaranteeing none of them actually get fulfilled. Think different. Choose the one or two financial goals that'll truly change your life – then focus on them with laser like intensity throughout the year. And best of all, make them **S.M.A.R.T** resolutions:

**Specific:** Vague resolutions lack power. To be successful be specific. Resist “I will master my finances in 2011.” Try instead, “By the end of 2011 I will create a budget that I consistently follow and eliminate \$12,500 in credit card debt.” Specificity offers a clear blueprint for success.

**Measurable:** In order to make sure you're making progress toward your resolution, you must have some way to measure your progress. If you're planning on saving \$10,000 this year for retirement then you know you must save \$833 a month – a measurable goal.

**Realistic:** Make your goal realistic or you'll give up after the first few weeks. At the same time it should challenge you – cause you to break out of your comfort zone.

**Authentic:** Your resolution shouldn't be made to please others. There are going to be times when you'll want to give up. Only a resolution that has real meaning to you will help you motor through.

**Time Limited:** That's the great thing about New Year's resolutions. They have a time limit. One year. Don't place your SMART resolutions in the kitchen drawer never to be heard of until the next New Year. *The key to successful resolutions is starting on them today instead of waiting for tomorrow.*

**Take It One Step at a Time:** Yes a resolution like saving \$12,000 for retirement or finding a new job may seem daunting, but the key is to not just set a resolution but develop a plan of attack – a game plan. First break your resolution into manageable steps. Then determine how you'll complete each step. Write your plan down. This subconsciously commits your plan to action. Let's say, for example, your resolution is to eliminate your \$9400 in credit card debt. Your manageable steps or sub goals might be:

*Organize my finances*

*Track my expenses for a month to see where I spend my money*

*Use this to cut unnecessary costs and apply savings to credit cards*

*Clean out closets and attic to find extra things to sell on Ebay and Amazon*

*Investigate potential side hustles to bring in extra cash to help pay down debt*

*Seek overtime work*

Your plan of attack for “*Organize my finances*” may consist of collecting all your credit card statements in one place, determining the interest rate for each card, then calling each credit card company to ask for a lower interest rate. Don't worry about having a perfect plan. It's not written in stone. The goal is to have a road map that will allow you to start working on your resolution **TODAY.KEEP THE MOMENTUM GOING:** So you have your SMART resolution and your written game plan. How do you make sure your high power resolutions don't run out of fuel in mid-May? **Value your resolution as a promise to yourself.** It's funny that we'll break our neck to keep promises to everyone else but think little of keeping promises to ourselves. We'll move heaven and earth to fulfill an obligation to our church, our spouse, or our best friend.

It's time we do the same for ourselves. Make your New Year's resolution a **promise to you** that's just as important as a promise you'd make to anyone else. Write yourself a promissory note with your New Years resolution on it. Sign it and treat it with as much reverence as any other promise in your life.

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