

# THE INFORMER

ISSUE 3

SUMMER 2009

VOLUME 3

Letter From The Executive Director ...2

Important Information You Should ...3

Education Stipend Recipient ...4

Art of Perception ...5

Helpful Hints ...6

Fun Day at Nettles Park Form ...7

## ANNISTON HOUSING AUTHORITY



## FUNDING FROM COMMUNITY FOUNDATION OF CALHOUN COUNTY

Jacksonville State University Associate Professor of Psychology, Dr. Steven Stout, has authored a grant awarded to the Anniston Housing Authority to provide assistance to students of Anniston City Schools. The grant will support several initiatives, including summer tutoring of mathematics facts of children residing in Anniston Housing Authority, as well as initiatives at Anniston Middle School. Anniston Middle School initiatives will focus primarily on providing students, teachers, and parents incentives for better classroom behavior and academic performance. These will include token economies in classes, funds for school dances and functions, and prizes to teachers and students based on standardized test scores. Other functions that Dr. Stout and his staff will provide will be data management and teacher training.

Principal Lynwood Hawkins says, "Thanks to Dr Stout's assistance, last year we provided incentives for student improvement in standardized test scores, highest test scores, attendance, and parental involvement. We look forward to providing additional incentives in order to improve academics as well as attendance percentages."

The grant was from the Stringfellow Health Fund of the Community Foundation of Calhoun County.

The Community Foundation of Calhoun County is one of more than 750 community foundations in the United States organized to promote and build permanent endowments on behalf of their regional area. The Foundation's mission is to encourage and expand permanent charitable resources dedicated to enhancing the quality of life in our region.

The Foundation's vision is to leverage and use philanthropic resources to foster a region where residents have access to medical care, where quality education is supported and valued and where people care for one another. Currently, the Foundation is comprised of 102 charitable funds that have made more than \$5.9 million in broad-based grant and scholarship distributions. The Community Foundation of Calhoun County is a 501(c)(3) nonprofit trust recognized by the attorney general of Alabama and the Internal Revenue Service. Additional information about the Community Foundation can be found at [www.yourcommunityfirst.org](http://www.yourcommunityfirst.org)



COMMUNITY  
FOUNDATION  
of Calhoun County

### Anniston Housing Board of Commissioners:

John Norton,  
*Chairperson*

Penelope Williams,  
*Vice Chairperson*

Curly Davis,  
*Commissioner*

Debra Foster,  
*Commissioner*

Mae Hall,  
*Resident*

If you live in Public  
Housing, you may be  
eligible to receive an  
educational stipend of a  
**\$175-250** when you  
receive an associate or a  
bachelor degree.

## Letter from the Executive Director

---

Hello to everyone!

I hope all of our residents and children are doing well and enjoying a very hot summer so far. Recently, the housing authority was awarded \$1.5 million in Economic Stimulus Funds (awarded as Capital Fund Program) to be spent entirely on dwelling structures. Based on our needs assessment, we are going to complete the installation of doors, all new windows and roofing at Constantine Homes. The remaining funds will be spent re-roofing the entire complex at Glen Addie Homes. These are a few of the most pressing modernization needs for the agency at this time and the Stimulus Funding couldn't come at a better time.

Recently, the housing authority updated its website at [www.annistonhousing.org](http://www.annistonhousing.org). On this website you will find a lot of useful information such as a newsletter archive, applications, general news and meeting dates. Please feel free to visit this website and share with your family and friends.

Community service is a federal law that involves families that are not exempt and requires 8 hours of participation monthly. HUD is not taking this lightly. For all households that do not complete their CSR (Community Service Requirement), the lease will not be renewed after their two year period of non-compliance has expired. Please be aware you can satisfy these requirements by participating in resident programs sponsored by Carolyn Swain here at the Glen Addie office. You may reach her by calling 236-1575, extension 35.

Finally, I would like to mention that we will once again be sponsoring a Fun Day (AHA, Anniston PARD, and the Boy's & Girl's Club) for the children. This event will take place on July 30, 2009 at Nettles Park. Please see your housing manager or Carolyn Swain ext 236-1575 ext. 35 to sign up. We will furnish transportation from your housing community to the park and return transportation as well. If there is anything you need, please feel free to contact us. Remember, resident participation is the key to building a successful community.

Kevin T. Fowler  
Executive Director

# Important Information You Should Know

*FROM THE DESK OF GERALDINE ALLEN,  
Senior Property Manager*

Being Prepared for the Summer Heat, Funday, and Graduation...

As summer approaches, we would like for everyone to be safe in the heat. We are now getting into the time of year where people can be easily overtaken by heat. When exposed to heat for a long time, you may not notice changes in your bodies, but you will need to be very careful that you are not over come by the heat. If your apartment does not have air conditioning, please have some type fan in your unit. Also, please allow air to circulate in your apartment by opening some of your windows. During the hottest part of the day, you may want to stay down stairs. Be reminded that heat rises, and your top floor in your apartment will be the hottest. Drink cold water often and do not let children be outside during the hottest part of the day. If you can enroll children in summer programs, there may be air conditioning in the some of the different facilities.

Please do not take the heat lightly. We would like for everyone to have a really safe and productive summer.

Also, the Housing Authority will be sponsoring “Funday” once again on July 30, 2009 along with The City of Anniston. We would like to have even more children participate than on last year. Last year was really a fun day. So, parents, please look out for the “Funday” registration forms and get your child/children signed up with Carolyn Swain, Resident Coordinator. You may reach her at 236-1575, ext. 35 if you have any questions.

And lastly, Congratulations to all graduates for “2009”, and best wishes.

<p><b>July 9, 2009 6:00 p.m.</b> South Highland Community Center—229 S Allen Avenue</p>  <p><b>TOWN HALL MEETING!</b> <b>Weed and Seed</b> The Substance Abuse Prevention Advisory Coalition <b>(SAPAC)</b> will host a Town Hall Meeting on the Weed and Seed Project on July 9, 2009 6:00 p.m. South Highland Community Center—229 S Allen Avenue</p> <p>The Weed and Seed strategy brings together community members under the shared goal of weeding out violent crime and drug abuse while seeding in social services and economic revitalization! Please join your community members to learn how YOU can be a part of Weed and Seed!</p> <p>For more information, please call (256) 235-5615</p>	<p><i>“Please remember to complete your community service requirements.”</i></p> <p><b>Remember the first day of school for the City of Anniston begins August 10, 2009.</b></p> 	<p><b>If you do not report all income, You must repay.....</b></p> <p><b>It's the Law!</b></p> <p>The Anniston Housing Authority will be closed on the following dates:</p> <p>July 6, 2009 July 30, 2009 September 7, 2009</p> <p>The regular office hours are Monday-Thursday 7:30-5:30 &amp; Friday 8:00-12:00</p>
--	--	---

# Community Service Activities

Dear Resident:

There will be a representative from Anniston Housing Authority to complete random family assessments with families living within your housing complex during the week of:

- Glen Addie Homes July 6– 9, 2009
- Cooper Homes July 13-16, 2009
- Norwood Homes July 20-23, 2009
- Fairview Terrace July 20-23, 2009
- Barber Terrace July 27-29, 2009
- Tinsley Manor July 27-29, 2009
- Washington Homes August 3-6, 2009
- Parkwin Homes August 3-6, 2009

Ms. Sanford has been contracted by Anniston Housing Authority to provide family assessments to assess the needs of residents on education, job search, parenting, cleaning, and other needs that families may have to better serve them. Once you complete the assessment process you have a choice of receiving a gift card from Wal-Mart.

Please be advised that **your cooperation is not mandatory** but your input will be greatly appreciated with the process of better servicing residents living in public housing. Also this assessment will be counted towards community service requirements for tenants that need community service hours. For additional information, please contact Resident Services at 236-1575, ext. 35 or Ms. Sanford at 835-7006 in Constantine Apt. 8-A.



## *Congratulations!* *Ms. Courtney Greene*

Congratulations to Ms. Courtney Greene of Washington homes Community for completing the requirements for the Alabama Department of Postsecondary Education GED program.

The Staff of the Anniston Housing Authority wishes you great success.

# Articles of Interest

---

## **The Art of Perception**

A perception can be viewed as the attitude or understanding based on what is observed or thought; or it is the process of using the senses to acquire information about the surrounding environment or situation. Regardless of what definition you may use, it involves a skill or ability to do something well.

For instance, it is the perception of the Anniston Housing Authority that if a person fills out an application for housing and they meet all eligible requirements that that person intends to abide by their lease agreement and not give a bad perception to the public that the housing authority is a bad place to live. With the economy at a low, we need people to feel comfortable and not be intimidated about living in public housing. Living in public housing can be beautiful if you are here for the right reason.

The public housing motto states: You move in, move up, and move out. A person moves into public housing because they meet the eligibility requirements, they are in need of housing, and they have a goal in life. While in housing; you move up by going to school, becoming employed, and working toward your goal. And you move out because you have finally acquired the education or working skills necessary to reach your goal.

Just because you live in public housing does not mean that you have to be rowdy. Being rowdy is a lease violation and can get you evicted. Being in public housing does not mean that you play your music so loud that the person next door or across from you cannot hear their television playing and they are in the same room with it. Loud music is a lease violation and can cause you a fine and also cause you to be evicted. Being in public housing does not mean that it is okay for you or for you to allow other people to come into your home and bring drugs. Drugs (regardless of what kind) found in your home, on you, or your guest is a lease violation with only 14 days given to vacate the apartment. Being in public housing does not mean that you have to have a dirty apartment, trash and broken glass around your porch and in your yard; and no gas or electricity on in your apartment because these too are lease violations and can get you evicted, as well as discharging fire arms, and not paying your rent on time.

Therefore, the Anniston Housing Authority asks that you make every effort possible to give a positive perception of your community to the public. Let's keep the yards and our homes clean and if we can't say something good or positive to our neighbors, just don't say anything at all. Remember, you signed the lease and anything you sign; you must take great pride in it. So let's take pride in the upkeep of the apartments, the grounds, ourselves, and the beautiful children that run and play each day because you may actually help someone in need of housing find a place to stay.

Sharon Dunson  
Property Manager

Constantine Homes  
Barber Terrace  
Tinsley Manor

# Useful Tips & Hints

## 15 Ways To Keep Cool When it's Hot

Medical Author: [Melissa Conrad Stoppler, MD](#)

Medical Editor: [Dennis Lee, MD](#)



Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from [heat cramps](#) to [heat exhaustion](#) and [heat stroke](#). The following tips can help you keep cool all summer long.

1. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead or running, or decreasing your level of exertion.
2. Wear loose-fitting clothing, preferably of a light color.
3. Cotton clothing will keep you cooler than many synthetics.
4. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
5. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
6. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
7. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
8. Take frequent baths or showers with cool or tepid water.
9. Combat [dehydration](#) by drinking plenty of water along with sports drinks or other sources of electrolytes.
10. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
11. I learned this trick from a tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
12. Avoid [caffeine](#) and [alcohol](#) as these will promote dehydration.
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
14. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, Movie Theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
15. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

# Annual Fun Day Event

## FUN DAY

Nettles Park  
JULY 30, 2009



TO: Kevin Fowler, Executive Director  
FROM: \_\_\_\_\_  
Parent's Name (Print) \_\_\_\_\_  
SUBJECT: Obligation Release

I, \_\_\_\_\_ (parent name) hereby give my permission for \_\_\_\_\_ (child's name), age \_\_\_\_\_ to participate in the Anniston Housing Authority/Anniston Parks & Recreation/Boys & Girls Club of East Alabama " Fun Day 2008 at Nettles Park and do hereby release, acquit, and forever discharge the Anniston Housing Authority, the City of Anniston, the Anniston Police Department and any elected member, or employee from any and all claims, actions, causes of actions, demands, rights, damages, costs, loss of services, expenses, and compensation whatsoever or in any way growing out of any and all known and unknown, foreseen and unforeseen bodily and personal injury and property damage and the consequences thereof resulting or to result from participation in the "Fun Day At Nettles Park" 2009.

\_\_\_\_\_  
Parent's or Guardian's Signature                      Date                      Emergency Phone #  
\_\_\_\_\_  
Child's name                      Address & apt. #

**Pick Up Sites: check one**

- |                   |                     |                               |
|-------------------|---------------------|-------------------------------|
| Glen Addie Homes  | 500 Glen Addie Ave. | Play Ground 7:30 _____        |
| Cooper Homes      | 1414 Cooper Ave.    | 15th Street Side 7:30 _____   |
| Constantine Homes | 316 Elm St.         | Boys & Girls Club 7:30 _____  |
| Norwood Homes     | 411 W. 29th St.     | Boys & Girls Club 7:45 _____  |
| Fairview Terrace  | 62 EA Darden Dr.    | Parking Lot 7:45 _____        |
| Barber Terrace    | 409 S. Allen Ave.   | Bus Stop 7:45 _____           |
| Tinsley Manor     | 409 S. Allen Ave.   | Bus Stop 7:45 _____           |
| Washington Homes  | West 11th St.       | Community Building 7:45 _____ |
| Parkwin Homes     | West 19th St.       | Community Building 7:45 _____ |

**\*\*\* RETURN ALL FORMS BY JULY 15, 2009 to Resident Services or drop off at your Managers office.\*\*\*\*\***

# The Informer

Anniston Housing Authority

Presort STD  
US Postage  
Paid  
Metro Mail

## A reminder to Parents

All Anniston City School System students in second through sixth grade residing in Anniston Housing Authority may enroll in our Summer Enhancement school program, which will be held at Glen Addie, Parkwin Homes and Constantine Homes- Apt. 8-A.

Summer School provides opportunities for students to improve academic skills and to explore new interests. The summer classes contains a wide variety of opportunities in curricular areas such as reading, math, and science, and many other enrichment opportunities taught by certified teachers.

This is a very structured program.

**The Summer Enhancement Programs begins June 8, 2009 through July 28, 2009 from 12:30-3:30 p.m.**

**HBO**

Management & Concierge

"Where All Of Our Clients Receive The Star Treatment"



X-FACTOR

Community Development Corporation

### X-Factor Presents 2<sup>nd</sup> Annual Bulldog Football & Cheer Camp

Sponsored by Dicks Sporting Goods, Game Breaker Clothing, Winn Dixie Foods, Little Caesars Pizza, & Hour By Our Management & Concierge

When: July 18, 2009

Where: Chink Lott Memorial Stadium

Price: **FREE (Must Pre-register by July 8<sup>th</sup> To Reserve Your Spot For The Camp)**

Who: Ages 8-18

Coverage: Age appropriate Drills and Game Day Care Packs

Age 8-12: 9:30am - 11:30am

Age 13-18: 1pm - 3:30pm

**Pre-Registration @ Dicks Sporting Goods (In The Oxford Exchange) in Oxford, AL on June 19 & 20, 2009 10:00am – 4:00pm**

Contact Jevaris Johnson @ 404-210-6633 w/ Questions or for camp info.

Hometown Favorites: 89 & 94 Anniston High Football Members will attend



gamebreaker  
one life. one purpose. one goal. reign success

Winn/Dixie  
Getting better all the time.