



*Spring, spring is coming soon,
Grass is green & flowers bloom,
Birds returning from the South,
Bees are buzzing all about,
Leaves are budding everywhere,
Spring, spring is finally here!*

If you have experienced any changes in your household such as starting a new job, quitting an old job, getting a raise from work, increasing or decreasing the hours you work - let your Housing Specialist know so that they can have you fill-out a Reporting Change Form and an Employment Verification Form.

These forms can be turned into the office manually or even faxed to the office to make the process easier.

Turn in any changes you may have by the 23rd of the month.

Fayette Metropolitan Housing Authority

Newsletter

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Get Outside! It's good for your mind, health & spirit!

So why exactly does hanging out in nature make us so happy? Being outside can actually offer relief for everything from depression to negativity. Here are a few more reasons to take a bike ride or a walk after dinner.

It can ease depression

According to a study from the University of Michigan, group nature walks are linked to enhanced mental health and positivity, as well as significantly lower levels of depression and feelings of stress. Had a particularly hard day? Grab a friend or your significant other for a post-work mood booster.

It may improve your outlook

If you're dreading the thought of spending another workout chained to the treadmill, move your run outdoors for a quick burst of happiness. A study from Glasgow University showed that people who walked, biked, or ran in nature had a lower risk of poor mental health than people who worked out indoors.

It could improve your focus

Can't decide where to go on your next weekend getaway? You might want to consider a trip to the countryside. According to a study published in Psychological Science, interacting with nature gives your brain a break from everyday overstimulation, which can have a restorative effect on your attention levels.

It can strengthen your immunity

Fun fact: The latest get-healthy pill isn't found in your medicine cabinet - it's in your backyard. Researchers at Tokyo's Nippon Medical School found that women who spent six hours in the woods over the course of two days had an increase in virus- and tumor-fighting white blood cells, and the boost lasted at least seven days afterwards.

Breathing in fresh air, feeling the sunshine on your skin and hearing birds chirping can do wonders for your mental well being, your health and your spirit. So instead of sitting on the couch, watching TV - get outside, get some exercise and enjoy what the outside has to offer!

Motivational Message for the Month

A day well lived

In the past, you've experienced the pain of being disappointed in yourself. Take this chance to remind yourself not to create that kind of pain again. Today you have the opportunity to avoid the painful disappointment that comes when you've let yourself down. Today you can fill your moments with meaningful efforts, and end the day knowing you've done your best. Instead of spending this day in ways you'll regret, you can invest its hours in activities that will satisfy and fulfill you. Instead of wasting your time, energy and resources, you can make it all count for something meaningful and valuable. No matter who you are, and no matter what you start with, at the end of the day you'll be answering to yourself for what you've done. Make sure that answer is a good and satisfying one. Right now, while you can, push yourself in a positive direction. Right now, while you're thinking about it, take some decisive action to commit yourself to excellence. Avoid disappointment today by seeking out and following a path that will make life better for yourself and those around you. Give yourself the gift of a day well lived, with no regrets and no disappointments.

- Ralph Marston

Special Points of Interest:

- ◆ Life is not about finding yourself. Life is about creating yourself.
- Lolly Daskal
- ◆ The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.
- Mark Caine
- ◆ The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.
- Denis Waitley
- ◆ I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well.
- Diane Ackerman
- ◆ You've got to get up every morning with determination if you're going to go to bed with satisfaction.
- George Lorimer

Cheesy Asparagus Spinach Dip

- ◆ 1 lb. Spinach, chopped
- ◆ 1 lb. Asparagus Spears
- ◆ 1 Onion, diced
- ◆ 1 Bell Pepper, diced
- ◆ 3 cloves Garlic, minced
- ◆ 1 cup Shredded Monterey-Jack Cheese
- ◆ 1 cup Shredded Extra Sharp Cheddar Cheese
- ◆ 1/2 cup Grated Parmesan Cheese
- ◆ 1/2 cup Light Miracle Whip
- ◆ 1/2 cup Light Sour Cream
- ◆ 1/2 cup Light Cream Cheese
- ◆ Grill Mates Low-Sodium Montreal Steak Seasoning
- ◆ Extra Virgin Olive Oil



Preheat oven to 375 degrees. Rinse spinach and asparagus, drain and set aside. Remove about 1 inch of hard stem from bottom of asparagus spears, discard. Dice remaining asparagus tips into bite size pieces. In a large skillet over medium high heat add about 2 tablespoons of olive oil, add onion and bell pepper sauté about 5 minutes, season with some seasoning. Add garlic and cook 1 minute more. Add asparagus and spinach, season with some seasoning and cook until tender about 10 minutes allow to cool slightly. In a large bowl add cheeses, Miracle Whip, sour cream, and cream cheese, mix well, season with some seasoning. Mix cheese blend with veggies and transfer to a greased casserole dish. Drizzle with a little olive oil and bake at 375 degrees for about 15-20 minutes, or until cheese is bubbly. Serve with Tortilla Chips or Bagel Chips.

Ham & Asparagus Roll-ups

- ◆ 16 Asparagus Spears, cut to about 3 1/2 in. (with the head)
- ◆ 1 (8 oz.) package refrigerated Crescent Rolls
- ◆ 1 tbsp. Dijon Mustard
- ◆ 16 thin slices of Ham
- ◆ 8 pieces of Extra Sharp Cheddar Cheese

Preheat the oven to 375°F. Line a baking sheet with parchment paper. Place the asparagus in a covered casserole dish. Add water until just covering the asparagus. Cover and microwave on high for 2 minutes. Meanwhile, separate the crescent roll dough into 8 triangles and lay flat on the baking sheet. Spread a thin layer of mustard on each triangle. Drain the asparagus. Wrap two asparagus spears and a piece of cheese in two pieces of ham, then place at the wide end of a dough triangle and roll up the dough. Repeat with the remaining ingredients. Bake for 10-12 minutes, until slightly golden brown. Yields 8 roll-ups.



10 Gardening Tips for SPRING!



1) *Work the Soil When It's Dry*

Work the soil only when it's moderately dry. Tilling, walking on, or cultivating the soil when it's wet leads to creating something akin to adobe: the whole structure of the soil is destroyed.

2) *Provide Drainage*

If your soil is too wet to work, use raised beds to enable earlier planting in the spring. The soil in raised beds dries out and warms up faster than the surrounding earth.

3) *Check Your Seed Packet*

Plant cool-season plants such as peas, onions, Swiss chard, spinach and lettuce in early spring so they mature before hot weather arrives. Delay planting warm-weather crops until you're safely past the last spring frost and the soil has warmed sufficiently.

4) *Know Your Zone*

Whether you use USDA or Sunset zones, choose your plants not only for cold-hardiness but for heat-tolerance as well. For example, peonies don't bloom where winters are mild.

5) *Ease in Transplants*

If you've started seedlings indoors, expose them gradually to the conditions they'll have in the garden: start the pots off for only a few hours in a sunny place, then gradually increase the amount of sun exposure before installing the transplants in the garden.

6) *Rely on Mother Nature*

The best amendment for your soil is compost.

7) *Water Deeply*

Your veggie garden will need about an inch of water a week; if enough rain hasn't fallen, water till the top 6 inches of soil are wet. Simply wetting the soil's surface with daily watering doesn't reach most of the root zone and is harmful to plants. Saturate the soil around the base of tomato plants and avoid getting the foliage wet to reduce the chances of foliar diseases.

8) *Rotate Your Crops*

Grow them in different spots every year. Tomatoes are especially vulnerable to diseases that may linger in the soil or in plant residue.

9) *Synchronize Pruning to Bloom Time*

Prune summer-blooming shrubs, such as abelia and butterfly bush, in early spring. Buds form on the new wood that emerges the same year. Later, cutting spent flowers on your butterfly bush will produce new flowers.

10) *The Exception to the Rule*

Hydrangeas are the exception to the pruning rules for summer-flowering shrubs. Mophead hydrangeas — and others that flower in summer — need to be pruned in fall. Fall-blooming hydrangeas such as *Hydrangea paniculata* are pruned in late winter or early spring.

Southern State Community College Offers Associate of Applied Business Degree Programs

If you are interested in attending SSCC & beginning a Great Career, go to www.sccc.edu for more information on how to get started!

Business Management

Managerial personnel oversee, direct and plan the work of others as well as determine business policy. Entry-level positions are either supervisory or trainee in nature. Supervisors are the largest group and they direct workers' activities in such areas as sales, production, accounting and purchasing. Several jobs related to the management field are credit manager, hotel manager, manager trainee, motel manager, purchasing manager, retail department manager and restaurant manager.

This program can be completed on campus or entirely Online with the exception of the Interpersonal Communication Course.



Entrepreneurship

Entrepreneurship is the act of becoming an entrepreneur. It is, however, more than just starting a business. It is a process through which people recognize an opportunity and pursue that opportunity by acting proactively, building networks, leveraging resources and taking calculated risks to create value. This profession is a good fit for those who like to work independently, want to start their own business, like controlling their own future and are not afraid to take calculated risks. Several job titles related to entrepreneurship are business coordinator, chief executive officer, chief operating officer, consultant, general manager, small business owner and sole proprietor.



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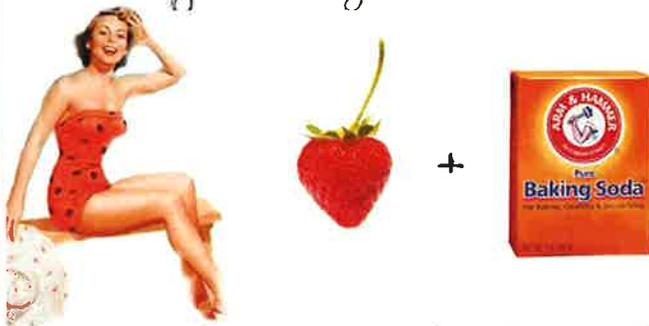
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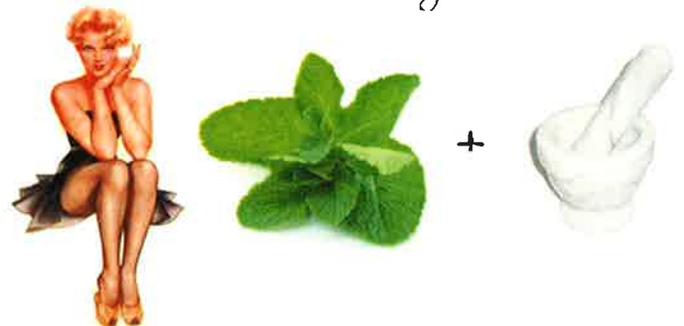
*Do you need a little Spring Pick-Me-Up?
Here are some Home Remedies that are worth trying...*

brighten your smile



1. Mash one ripe strawberry with 1/2 tsp. baking soda
2. Apply mixture to teeth, let sit for 5 minutes, rinse then brush as usual

banish dark eye circles



1. Chop and crush a sprig of mint leaves
2. Apply the mashed leaves to dark under eye circles, leave for 20 minutes then rinse, goodbye darkness!

reduce fine lines & crows feet



1. Mash a handful of green grapes to obtain the juice
2. Use a cotton ball to apply the grape juice to fine lines around eyes, mouth & forehead, rinse after 5 minutes. Repeat 2-3 times a week for best results.

cellulite be gone solution



1. warm 1/2 cup caffeinated coffee grounds with 2 Tbsp olive oil in the microwave for 10 seconds
2. Standing over newspaper (this is messy) smear the mixture over cellulite spots, then wrap in plastic wrap. Remove plastic after 20 minutes. Repeat this 2-3 times a week for 6 weeks for best results!