

**My country tis of thee,
Sweet land of liberty,
Of thee I sing.
Land where my fathers died!
Land of the Pilgrim's pride!
From every mountain side,
Let freedom ring!**

**Do you know a Veteran who has fallen
across hard times & is in need of Housing
Assistance?**

Even though the Fayette Metropolitan Housing Authority Waiting List is currently closed to Disabled and Regular Voucher applicants - the Waiting List is open to Veterans and the Terminally Ill. Veteran applicants must present a copy of their Honorably Discharged DD214 Form and Terminally Ill applicants must present a Letter from their Physician stating that they are terminally ill to the Housing Authority to qualify. Waiting List Applications can then only be completed on line by going to www.fayette-co-oh.com.

Go to Departments and drop down to Housing Authority, find Helpful Links and follow the prompts. If the applicant does not have access to a computer or requires assistance completing an application - the Housing Authority offers a Computer in the Waiting Room with assistance if needed.

Have a Safe & Happy July 4th!

Fayette Metropolitan Housing Authority

Newsletter



JULY 1, 2016

VOLUME 4, ISSUE 7

Remember Those Who Made Independence Day Possible

To most Americans, Independence Day was a time to kick back with friends and relax, bask in the summer sun and marvel at the fireworks displays that lit up the night throughout the country. It was a day that reminded us to take pride in knowing we are free. But we often forget that the freedom we enjoy has come at a great price For a small percentage who serve or have served with loyalty and bravery for this amazing country. ***Our disabled veterans helped protect our freedom.***

Six weeks into Bobby Barrera's tour of duty in Vietnam, a 500-pound bomb detonated underneath his amphibious vehicle, costing Bobby his right hand and left arm. In an instant, like legions of service members before him and those who would serve in future wars and conflicts, his life changed forever. For Bobby, Independence Day holds great personal meaning - he has lived with the heavy toll of helping secure our independence for more than half a century. Bobby is not alone. Take severely injured Army Captain Pat Horan, who knows all too well what true grit, sacrifice and hope look like. After a gunshot wound to the head while on a night mission in Baghdad in 2007, he has undergone numerous brain surgeries and endless rehabilitation. His recovery from traumatic brain injury included having to learn to walk and talk again with part of his brain removed. Though Pat is still in therapy today, he and his wife Patty are committed to helping other returning veterans and their families. Bobby and Pat's stories live on and reminds us to remember the 4 million veterans living with life-changing and often debilitating injuries. Their stories implore us to honor them and their families who live with the harsh realities of war. They serve as a reminder - and not always a comfortable one - of the high cost of human conflict. They have shown us that freedom comes with an expensive price tag, and we must never forget them nor surrender to indifference. Warfighters from our most recent conflicts have spent more than a decade in battle. One in every 50 has sustained a physical injury; one in five suffers from PTSD, traumatic brain injury or depression. For many, it's going to take a lifetime of assistance and support to fully thrive.

So, this Independence Day, be grateful for those like Bobby and Pat that have not only sacrificed so much for our nation's freedom but found the strength to inspire others. It's up to us to remember and pay tribute to these brave warriors - not just on July 4th, Memorial Day or Veterans Day, but every day.

- Lee Woodruff



Motivational Message for the Day

Benefit From Positive Expectation

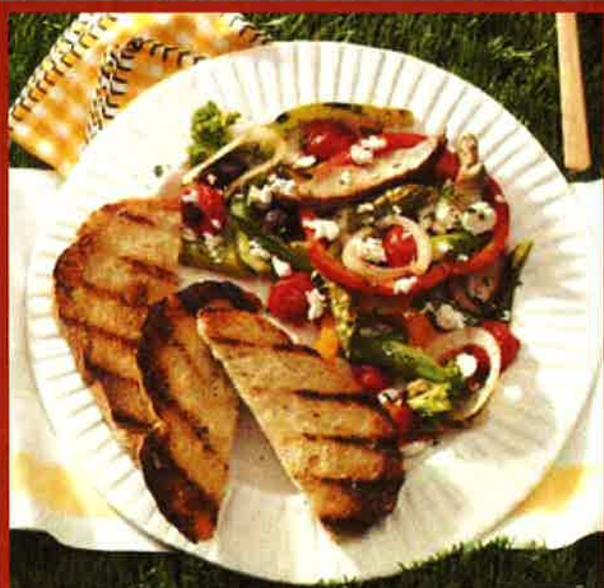
When people know you expect the worst of them, they usually act according to those expectations. When you expect the best of people, and they're aware of it, they'll generally do what they can to live up to those expectations. Sure, some people will disappoint you and others will pleasantly surprise you. For the most part, though, your interactions are heavily flavored by what you bring to them. Because of that, you can make an enormous positive difference in your own life and the lives of others just by virtue of what you expect. Expect a better day, a better situation, better results, a better world, and begin to make that better world. Even if you try, you cannot fully hide your expectations. They're shouted to the world through your body language, your tone of voice, your choice of words, and countless other factors. So go ahead and give yourself the benefit of positive expectation. Expect the best of life, of the people around you, of your circumstances, of everything. It costs you nothing to expect the best, and there's no good reason to expect anything less. Consistently expect the best, and you'll find yourself, and many of those around you, making it so.

- Ralph Marston

Special Points of Interest:

- ◆ It will be celebrated with pomp and parade ... bonfires and illuminations from one end of this continent to the other.
- John Adams
- ◆ May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.
- Peter Marshall
- ◆ Freedom prospers when religion is vibrant and the rule of law under God is acknowledged.
- Ronald Reagan
- ◆ One flag, one land, one heart, one hand, One Nation evermore!
- Oliver Wendell Holmes
- ◆ Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed else like a flower cut from its life giving roots, it will wither and die.
- Dwight D. Eisenhower
- ◆ Those who won our independence ... valued liberty as an end and as a means. They believed liberty to be the secret of happiness, and courage to be the secret of liberty.
- Louis D. Brandeis

Who Says You Have To Only Grill Meat Outside?



Marvelous Mediterranean Grilled Vegetables

Greek Marinade (Mix Together)

- ◆ 2/3 Cup Extra Virgin Olive Oil
- ◆ 1/2 Cup Red Wine Vinegar
- ◆ Juice of Two Lemons
- ◆ 8 Cloves of Garlic, minced
- ◆ 2 Tablespoons Oregano
- ◆ 4 Teaspoons Thyme
- ◆ 2 Teaspoons Salt
- ◆ 2 Teaspoons Black Pepper

Sprinkle Grilled Vegetables with

- ◆ Crumbled Feta Cheese



In a large zip-lock bag combine all the Vegetables, pour in the Marinade, seal the bag and turn to coat everything. Refrigerate for 15 minutes. Discard marinade. Transfer the larger Mushroom Slices onto the Grill & transfer the other vegetables to a Grill Basket and grill uncovered over medium heat for 8-12 minutes or until tender - turning the mushrooms until there are nice grill marks on both sides and stirring the other vegetables frequently. Arrange on a serving plate & sprinkle with Feta Cheese.

Vegetables

- ◆ 3 Large Portabella Mushrooms, sliced
- ◆ 3 Bell Peppers (Red, Orange & Yellow), sliced
- ◆ 1 Zucchini, sliced
- ◆ 10 Fresh Asparagus, cut into 2 inch lengths
- ◆ 1 Small Onion, sliced & separated into rings
- ◆ 3/4 Cup Grape Tomatoes
- ◆ 1/2 Cup Fresh Sugar Snap Peas
- ◆ 1/2 Cup Fresh Broccoli Florets
- ◆ 1/2 Cup Pitted Greek Olives

Grilled Fruit Kabobs with Coconut Honey Dip

Fruit Dip (Mix Together & Refrigerate)

- ◆ 3/4 Cup Low-fat Greek Vanilla Yogurt
- ◆ 3 Tablespoons Honey
- ◆ 3 Tablespoons Shredded Sweetened Coconut

Fruit (Cut in 1" Pieces)

- ◆ Banana Chunks
- ◆ Pineapple Chunks
- ◆ Strawberries
- ◆ Cantaloupe Cubes
- ◆ Watermelon Cubes

Soak the Wooden Skewers in cold water for 30 minutes. Thread the fruit onto the skewers. Heat the grill on High. Carefully place the kabobs on the grill - turning them every 1-2 minutes until all sides are grilled.

You can also try Peaches, Plums or Mangos!



Upcycle This Summer!

Upcycling Old Drawers or Chest of Drawers

Thinking about getting rid of an old ugly Chest of Drawers? Don't be too hasty in your decision Check out these cool ideas for repurposing & incorporating either the entire chest of drawers or simply just the drawers in a clever outdoor design on your porch, patio or even a flowerbed. With a fresh coat of paint, some beautiful plants and a little creativity - Look what you could do. They're beautiful!



Jazz Up Your Landscaping By Upcycling An Old Bike

Simply repurpose an old bike as an ornamental focal point in your flower garden, on your patio or in your yard this Summer. You could repaint it or keep it as is and fashion beautiful baskets of flowers on it & around it. Get creative Don't toss out that old unused bike - Upcycle it!



Are You Looking for a Job?

Check Out These Helpful Job Search Websites!

Have your Resume at hand & be ready to fill-out online Applications.



Don't forget about the big "Looking for a Job?"

Bulletin Board

located in the Waiting Room at the Fayette Metropolitan Housing Authority. The board is updated every 2 Weeks with the most current Help Wanted Ads in Washington Court House and the surrounding area as found on Indeed.com.

Helpful Hint

Before you go online to look through the Job Search Websites - Make yourself a **CHEAT SHEET** of All Your Important Information: 2-3 Previous Employers (including your current employer) - the Dates you were employed there, the complete address, phone number, a contact person name (manager/supervisor) and the reason you left. This will be helpful in being prepared to fill-out Online Applications. Remember when completing Applications "Write Your Comments to Impress". The key to a successful day of Online Job Searching is to be positive, prepared and patient. Be mentally prepared that this process may be time consuming, but so worth it for obtaining a good job.

JESSICA CLAIRE

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PROFESSIONAL SUMMARY

Successful sales professional with 10+ years experience in large-scale food and retail environments. Implement cost control measures to ensure operations remain within company targets. Maximize bottom-line performance through P&L, merchandising, staff management, loss control and inventory management initiatives.

SKILLS

- Executive team leadership
- Inventory report generation
- Client/Vendor relations
- Market analysis
- Sales Management
- Staff training
- Customer relations
- Process improvements

EXPERIENCE

08/2011 - 09/2012

District Manager | Verizon Wireless | San Francisco, CA

- Directed recruitment/training/staff development initiatives
- Successfully increased employee retention with a positive work environment.
- Administered daily operations to ensure policies were adhered to by sales staff.
- Cultivated strong business relationships with customers to drive business.

08/2009 - 09/2010

District Manager | Verizon Wireless | San Francisco, CA

- Directed recruitment/training/staff development initiatives
- Successfully increased employee retention with a positive work environment.
- Administered daily operations to ensure policies were adhered to by sales staff.
- Cultivated strong business relationships with customers to drive business.

EDUCATION

08/2007 - 05/2008

Bachelor of Arts: Operational Management

San Francisco State University, San Francisco, CA

08/2005 - 05/2006

Bachelor of Arts: Operational Management

San Francisco State University, San Francisco, CA

This is an Example of a Good Resume that is straight to the point, organized and effective.



Fireworks Safety Tips

- ★ Never allow **children** to play with or ignite fireworks.
- ★ **Never** try to **re-light** or **pick up** fireworks that have not ignited fully.
- ★ Keep a **bucket of water** or a **garden hose** handy in case of fire or other mishap.
- ★ Make sure fireworks are **legal** in your area before buying or using them.
- ★ Light fireworks **one at a time**, then **move back** quickly.
- ★ More Fireworks Safety Tips – www.cpsc.gov/fireworks



Fireworks

"Fire in the Sky"

Washington Court House, Ohio
July 3, 2016 at Dusk - Fayette County Fairgrounds

"Jeffersonville Fireworks Display"

Jeffersonville, Ohio
July 4, 2016 at Dusk

"Patriotic Celebration"

London, Ohio
July 3, 2016 at 10 p.m. - London High School

"Wilmington 4th of July Celebration"

Wilmington, Ohio
July 3, 2016 at 10 p.m. - J.W. Denver Williams Park

"Chillicothe July 4th Fireworks"

Chillicothe, Ohio
July 4, 2016 at Dusk - Yoctangee Park

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EQUAL HOUSING OPPORTUNITY