



Summer
Hair gets lighter
Skin gets darker
Water gets warmer
Drinks get colder
Music gets louder
Nights get longer
Life gets better.

Have you experienced any changes?

..... such as starting a new job, quitting an old job, getting a raise from work, increasing or decreasing the hours you work - let your Case Manager know so that you can 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



Volume 4, Issue 6

June 1, 2016

Special Points of Interest:

- ◆ **What you do today can improve all your tomorrows.**
- Ralph Marston
- ◆ **Too often we are ruled by everything that's wrong with us as opposed to everything that's right with us.**
- Nick Ortner
- ◆ **Determine never to be idle. No person will have occasion to complain of the want of time who never loses any. It is wonderful how much may be done if we are always doing.**
- Thomas Jefferson
- ◆ **A dream is not something that you wake up from, but something that wakes you up.**
- Charlie Hedges
- ◆ **Man cannot discover new oceans unless he has the courage to lose sight of the shore.**
- Andre Gide

Tips to Creating a Great Resume

Hiring managers and recruiters alike say they've seen more poorly written resumes cross their desks recently than ever before. Attract more interview offers and ensure your resume doesn't eliminate you from consideration by following these six key tips:

- 1.) **Format Your Resume Wisely** "Do the Hiring Managers" Work for Them - No matter how well written, your resume won't get a thorough reading the first time through. Generally a resume gets scanned for 25 seconds. Scanning is more difficult if it is hard to read, poorly organized or exceeds two pages. **Use a logical format and wide margins, clean type and clear headings. Selectively apply bold and italic typeface that help guide the readers eye. Use bullets to call attention to important points.**
- 2.) **Identify Accomplishments not Just Job Descriptions** - Hiring managers, especially in technical fields like engineering, seek candidates that can help them solve a problem or satisfy a need within their company. Consequently, you can't be a solution to their problems without stating how you solved similar problems in other companies and situations. **Focus on what you did in the job, NOT what your job was - there's a difference. Include a one or two line job description first, then list your accomplishments. For each point ask yourself, What was the benefit of having done what I did?**
- 3.) **Quantify Your Accomplishments** - What's the most common resume mistake? Making too many general claims and using too much industry jargon that does not market the candidate. A resume is a marketing document designed to sell your skills and strengths rather than just portray a bio of the candidate. **Include and highlight specific achievements that present a comprehensive picture of your marketability. Quantify your achievements to ensure greater confidence in the hiring manager and thereby generate interest percentages, dollars, number of employees, etc.**
- 4.) **Cater Your Resume for the Industry** - Unlike advertising and design professionals who have greater creative license in designing their resume for those fields, the mechanical engineering industry won't be impressed and may be turned off by distinctive resume design. **Err on the side of being conservative stylistically. Your accomplishments, error-free writing, grammatically correct, clean, crisp type and paper will make the impression for you.**
- 5.) **Replace Your "Objective" with a "Career Summary"** - A Career Summary is designed to give a brief overview of who you are and what you do. **Grab a hiring manager's attention right from the beginning, remembering you have only 25 seconds to make a good impression.**
- 6.) **Network, Network, Network - personal business contacts, vendors and sales representatives. With a solid resume in hand you'll increase your odds of getting an interview!**



Motivational Message for the Month

Intention Plus Activity

Intentions with no effort behind them are nothing more than empty wishes. Activity without any purposeful intention to direct it can often end up being wasted. The way to invite achievement into your life is with solid intentions and enthusiastic efforts. Decide where you want to go, who you want to be, how you want to live, what you want to do and then get yourself deeply involved in life. The interesting thing is, your activity does not necessarily have to be overtly directed toward your intentions. In fact, your efforts can often be more effective when they're not directly connected to your goals. Know your intentions, and then give your very best to every situation, every person, every challenge you encounter. You will find your intentions being realized, and probably not in the way you had imagined. You have many more resources and abilities than you know about. With a strong intention, and a commitment to making a difference, you'll tap into hidden abundance, often without even realizing it. Choose where you want to go, and give your best to every little moment along the way. One way or another, you'll get there.

- Ralph Marston

Grilling Healthy Outside!

There's nothing more healthy & delicious than cooking on the Grill Outside! I love using McCormick Grill Mates 25% Less Sodium Montreal Steak Seasoning and McCormick Grill Mates 25% Less Sodium Montreal Chicken Seasoning - who needs all that salt in their diet?

Grilled Turkey Lettuce Burgers

Sauce (Mix together the following ingredients)

- ◆ 1/4 cup **Light Plain Greek Yogurt**
- ◆ 2 tablespoons **Adobe Sauce**
- ◆ 1 tablespoon **Dijon Mustard**
- ◆ 2 Dashes **Worcestershire Sauce**

Burgers (Simply Grill your Turkey Burgers!)

- ◆ 2 pounds **Ground Turkey** formed into patties
- ◆ **Grill Mates Low-Sodium Montreal Steak Seasoning**

Toppings

- ◆ Sliced **Tomato**
- ◆ Sliced **Red Onion**
- ◆ **Guacamole**
- ◆ Prepared **Turkey Bacon**
- ◆ **Iceberg, Green Leaf or Butter Lettuce Leaves**



Grilled Chicken Cordon Bleu



Ingredients

- ◆ 4 Boneless/Skinless **Chicken Breasts** pounded thin
- ◆ **Olive Oil**
- ◆ **Grill Mates Low-Sodium Montreal Chicken Seasoning**
- ◆ 4 slices of **Swiss Cheese**
- ◆ 2 **Lemons** halved
- ◆ 8 thin slices of **Virginia Brand Ham**
- ◆ 1/4 pound **Baby Arugula Lettuce**

Heat the grill on High. Brush both sides of the chicken with oil & seasoning to taste. Grill until slightly charred on both sides and just cooked through, about two minutes per side. Put a slice of cheese on each chicken breast, close the grill cover to let it melt slightly - about 40 seconds. Brush the cut side of the lemons with oil and grill, cut-side down until golden brown & slightly charred - about 45 seconds. Put the chicken on serving plates, top each with 2 slices of ham and some arugula. Squeeze the grilled lemon over top & drizzle with oil.

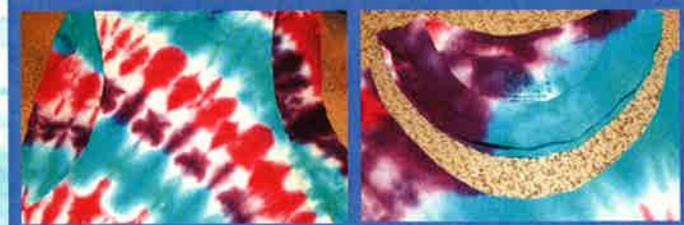
Make Your Own Racerback Swimsuit Cover-up!

All You Need Is:

- ◆ An Over-Sized Tie-Dyed T-Shirt
- ◆ Scissors
- ◆ Sewing Needle & Thread



1.) Lay the T-shirt out flat. Cut-off the sleeves of your shirt creating a "U" shape - watch that your cutting them even. Save the sleeves for later.



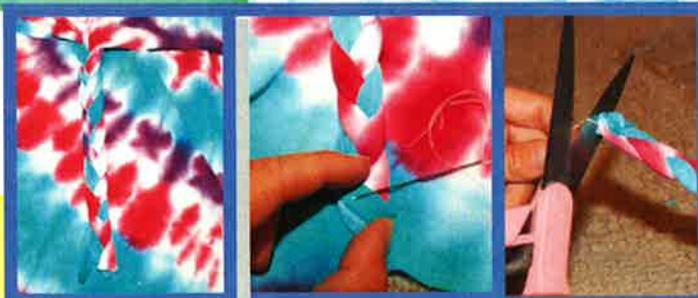
2.) Flip the shirt over - Cut the back sleeves of your shirt, making the holes bigger ONLY in the back, making a wide racer-back shape. Flip the shirt back over and cut off your collar - cutting about a 2-inch collar.



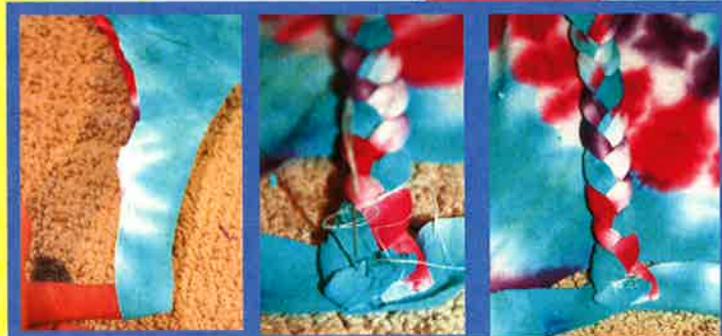
3.) Flip to the back of the shirt again. Cut a straight line right below your collar, cutting your racer back off.



4.) Divide and cut your loose piece of racer back fabric into 3 strips. Tug on the strips to make them longer and easier to braid.



5.) Braid your 3 strips all the way to the top. Sew a few stitches at the end of your braid to hold it together.



6.) Now take your collar and fold it in half to find the center. Make a small mark where the center of your collar is. Make a few stitches connecting your braid to the center of your collar.



7.) Now cut a strip of fabric from one of your cut-off sleeves, about 1 1/2 inches wide and 4 inches long. You can pull on both sides of it to make it longer. You're going to use this fabric to cover your stitching. Stitch the end of the strip to the connection, and wrap it around covering your previous stitching. Connect your fabric at the end to complete your shirt.



Are you looking for a way to get your foot in the door with a good company?

Employment Agencies

in Fayette County & Surrounding Counties

- ◆ **Accel Temporary Services** ... 153 S Main St. #2, Washington Court House, Ohio 43160 (740) 333-5200
- ◆ **iforce Staffing** ... 149 S. Fayette Street, Washington Court House, Ohio 43160 (740) 205-8800
- ◆ **ACT-1 Staffing** ... 115 S. North Street, Washington Court House, Ohio 43160 (740) 335-4350
- ◆ **Spherion & Randstad** ... 115 N. Main St., Washington Court House, Ohio 43160 (740) 335-0088
- ◆ **Wise Medical Staffing Inc.** ... 80 E 2nd Street, Chillicothe, OH 45601 (740) 775-4108
- ◆ **Main Resource Employment Agency** ... 45 E. Main Street, Chillicothe, Ohio 45601 (740) 772-2192
- ◆ **Adecco Staffing** ... 51 W. Main Street, Wilmington, Ohio 45177 (937) 383-1001
- ◆ **Staffmark** ... 90 Fairway Drive, Wilmington, Ohio 45177 (937) 383-0111
- ◆ **What You Need Staffing LLC** ... 1435 Rombach Avenue # 4, Wilmington, Ohio 45177 (937) 382-7300
- ◆ **iforce Staffing** ... 232 N. South Street, Wilmington, Ohio 45177 (937) 383-7700
- ◆ **The Reserves Network** ... 938 W. Main Street, Hillsboro, Ohio 45133 (937) 393-0973
- ◆ **Remedy Intelligent Staffing** ... 1086 Eagleton Blvd., London, Ohio 43140 (740) 852-7790
- ◆ **Nesco Resource** ... 120 W High Street, London, Ohio 43140 (740) 845-0801
- ◆ **Employment Plus** ... 420 E High Street, London, Ohio 43140 (888) 318-5627



FAYETTE METROPOLITAN HOUSING AUTHORITY

121 E. East Street
Washington Court House, Ohio 43160

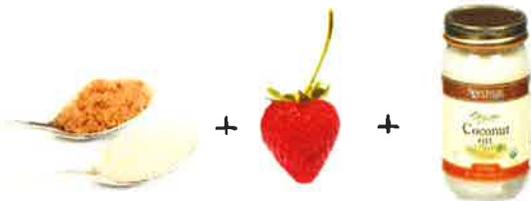
Phone: (740) 335-7525
Fax: (740) 335-6644

Website:
www.fayette-co-oh.com



Summer's here! Here are some Home Remedies to keep your skin & hair looking and feeling it's best ...

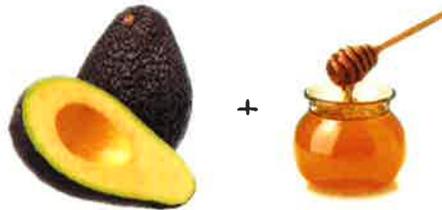
skin clarifying exfoliant



1. Combine 1 Tbsp. brown sugar, 1 Tbsp. white sugar, 2 Tbsp. coconut oil, and 2 mashed strawberries in a bowl

2. Apply exfoliant to face and gently polish away dead skin and impurities! Repeat 1-2 times a week as needed.

treat dry skin



1. Mash 1/2 of a ripe avocado and combine with 1/4 cup of honey

2. Apply mask mixture to clean face and let sit for 10 minutes, rinse with gentle face soap and wash cloth. Say hello to smooth, moist skin!



heal acne & reduce scars



1. Mix 1/3 cup of hot white tea with 1/3 cup apple cider vinegar, let cool

2. Use a cotton ball to apply the mixture to acne flareups & scars, rinse off after 30 minutes. This mixture will help restore PH balance, remove impurities & clear pores!

picklee.com

clarify hair & restore shine



1. Shampoo hair as usual, then add 1 Tbsp. of apple cider vinegar

2. Let vinegar sit for 5 minutes, rinse, then condition as usual. Enjoy silkier, smoother hair!

Why this works? The vinegar has natural properties that help to restore & balance PH levels when applied to the scalp. The natural acids detoxify & strip away built up residue on the hair.

