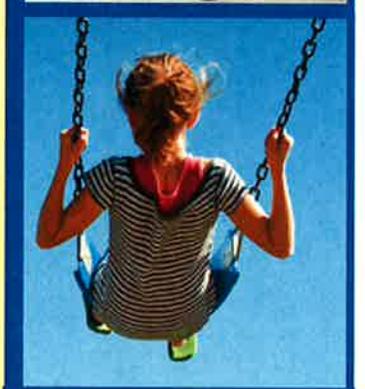
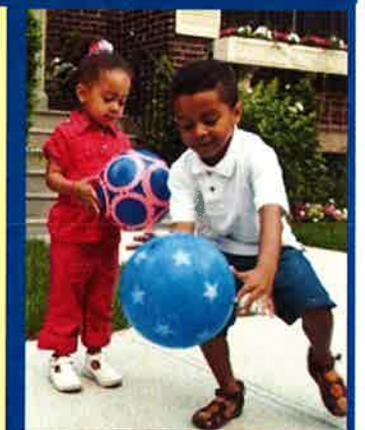


May is the month
 Of sunshine & flowers
 Birds in their nests,
 And one or two showers.
 Games to play & kites to fly
 Or just looking at the sky.
 We could spend a year this way
 If the year were made of May.

Is someone you know looking for a job?

Are you or somebody you know looking for full time or part time work? Don't forget about the big "Looking for a Job?" Bulletin Board located in the Waiting Room at the Fayette Metropolitan Housing Authority. Every 2 Weeks the Housing Authority updates the board with the most current Help Wanted Ads in Washington Court House and the surrounding areas.



Fayette Metropolitan Housing Authority NEWSLETTER



Volume 4, Issue 5

May 1, 2016

Never Forget To Take Care of Yourself

Benefits of taking care of yourself:

- You'll be able to take better care of other family members.
- You can manage daily responsibilities more effectively and efficiently.
- You'll be happier and healthier and the rest of your family will be, too.
- Your stamina, insight, and thinking abilities will be better.
- You'll get along with others more effectively.
- You'll be better able to think up solutions to your problems.

What can you do to take better care of yourself?

Remember no man is an island. Ask for help when you need it.

Everyone needs help at times in their lives, especially when facing new challenges. Let trusted family and friends help carry the load.

Take time out to do things you enjoy. Read a book, go dancing, watch a movie, etc. You'll be happier and better able to cope with life's stresses if you take time to do things you enjoy!

Set aside alone time. We all need time alone to re-charge our batteries. Take a little time out each day to do something alone — take a bath, go for a walk, write in a journal, meditate.

Protect your health. Eat a balanced diet. Get enough sleep. Exercise regularly. Avoid alcohol and drugs. Follow up with your doctors regularly and take medications as prescribed.

Give yourself credit for things you accomplish. Everyone likes to be recognized for successes. Don't wait for others to praise you. Reward yourself as you take positive steps or reach goals.

Don't overload yourself. When you take on new responsibilities, drop some of your old ones. Ask others to step up to the plate and help.

Keep track of your stress level and emotions. Monitor them regularly, so you can get help and support as needed.

Remember that no one can do everything. Recognize your limitations. Try to take on activities which play to your strengths. Ask for help with tasks that are difficult for you.

Ask others how they've coped with similar problems. You can learn a lot from people who have had similar experiences. Find out how others deal with problems. They may be able to save you time and pain.



Special points of interest:

- **God could not be everywhere, and therefore he made mothers.**
- Rudyard Kipling
- **Being a full-time mother is one of the highest salaried jobs ... since the payment is pure love.**
- Mildred B. Vermont
- **All that I am or hope to be, I owe to my angel mother.**
- President Abraham Lincoln
- **No one in the world can take the place of your mother ... Right or wrong, from her viewpoint you are always right. She may scold you for little things, but never for the big ones.**
- Harry Truman
- **A mother's love is patient and forgiving when all others are forsaking, it never fails or falters, even though the heart is breaking.**
- Helen Rice
- **A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.**
- Tenneva Jordan

Motivational Message For The Month

Make It All Count

Grab this moment and make it count. Something you can do right here, right now, will push life forward. Embrace your situation and make it count. Instead of making judgements about whether it's good or bad, fortunate or unfortunate, go ahead and do something valuable with it. You've invested the whole of your life to get where you are. Now, your best option is to make it all count. Transform the energy that comes your way into purposeful action. Take whatever you have, the resources, the circumstances, your skills, knowledge and connections, and make it all count. Rather than complaining about what is or wishing for what isn't, focus on creating progress. With your thoughts, your words, your actions and feelings, make it count. Always you are surrounded by abundance, and always you're able to do something with it. Take it all in, look in the direction of your highest ideals, and make it all count.

- Ralph Marston

Zucchini & Corn Soufflé

- ◆ 5 Egg Whites
- ◆ 1/2 teaspoon Salt
- ◆ 5 Egg Yolks
- ◆ 3 tablespoons Butter
- ◆ 1 tablespoon All-Purpose Flour
- ◆ 1/3 cup sliced Green Onions
- ◆ 2/3 cup 1% Milk
- ◆ 1 cup Shredded Sharp Cheddar Cheese
- ◆ Dash of Grill Mates Low-Sodium Montreal Steak Seasoning
- ◆ 2 cups Fresh Corn Kernels
- ◆ 1 1/2 cup Shredded Zucchini
- ◆ 1/4 cup Grated Parmesan Cheese

Tomato Relish:

- ◆ 1 1/2 cups chopped & drained Tomatoes
- ◆ 1/2 cup sliced Green Onions
- ◆ 3 tablespoons Lime Juice
- ◆ 3 tablespoons Parsley
- ◆ 1/2 teaspoon Salt
- ◆ 1/2 teaspoon Cumin



Preheat oven to 400 degrees. Grease a 2 quart shallow baking dish with butter; set aside. In large mixing bowl beat whites and salt until stiff peaks form; set aside. Place yolks in a bowl; beat lightly. Set aside. In a medium saucepan cook and stir onions in butter for 1 minute. Stir in flour. Add milk all at once. Cook and stir until thickened and bubbly. Stir about half the mixture into yolks. Return all to saucepan. Stir in cheddar and seasoning until cheese melts. Remove from heat. Add about 1/2 cup of the egg whites to the sauce to lighten. Gently fold sauce mixture into remaining whites. Fold in corn and zucchini. Spoon into dish. Bake uncovered 22 to 25 minutes or until a knife inserted near center comes out clean. Let stand 10 minutes. Serve with tomato relish (combine all ingredients listed above).

- ◆ 6 cups Water
- ◆ 4 cups Shredded Zucchini
- ◆ 1 pound Ground Beef
- ◆ 1 large Onion, diced
- ◆ 1 Garlic Clove, minced
- ◆ 2 cups Cooked Brown Rice
- ◆ 1 can (8 ounces) Tomato Sauce
- ◆ 1 cup (8 ounces) Light Cottage Cheese
- ◆ 1 Egg, lightly beaten
- ◆ 1/2 teaspoon Oregano
- ◆ 1/4 teaspoon Basil
- ◆ 1/2 teaspoon Salt
- ◆ 1 cup (4 ounces) Shredded Sharp Cheddar Cheese

In a large saucepan, bring water to a boil. Add zucchini. Return to a boil. Reduce heat; cover and simmer for 3 minutes or just until tender. Drain and pat dry. In a large skillet, cook beef and onion over medium heat until meat is browned. Add garlic; cook 1 minute longer. Drain. Stir in the zucchini, rice, tomato sauce, cottage cheese, egg, oregano, basil and salt. Pour mixture into a greased 13-in. x 9-in. baking dish. Sprinkle with cheddar cheese. Bake, uncovered, at 350° for 25-30 minutes or until bubbly and cheese is melted.

Zucchini Beef Bake



Clay Pot Lighthouse

Supplies:

- Candle Lantern
- Clay Pots (various sizes that stack)
- Primer Spray Paint
- Red & White Outdoor Craft Paint (can use Patio Paint brand)
- Ruler
- Pencil
- Paint Brush
- E6000 Glue (or similar)

Steps:

1. Spray the clay pots with multiple layers of primer. Add layers and allow to dry according to primer instructions. Spray them in a well ventilated area.
2. Stack the pots and use a pencil to mark where they overlap. Now you have the area that will show when they are stacked.
3. Divide the exposed area into equal sections for the painted stripes. I chose to have 2 red stripes and 2 white stripes. Use a ruler to make marks all the way around the pot, then connect the marks so that you have a guide line for painting.
4. Paint the red areas, allowing to dry in between coats. Apply paint until you have even coverage.
5. Paint the white areas, allowing paint to dry in between coats. Apply paint until you have even coverage.
6. Optional: You can spray your painted lighthouse with exterior polyurethane for added protection.
7. Apply glue to the pots and stack them together. Apply glue to the bottom of the lantern and the top of the clay pot lighthouse base. Attach lantern. Allow glue to dry completely.
8. Add a candle to the lantern and enjoy your new lighthouse!



Southern State Community College Offers Accelerated Associate Degree Programs In Fall of 2016!

Earn Your Degree ASAP!

You can shorten your time toward a college degree by pursuing an Accelerated Associate of Arts (AA) or Accelerated Associate of Science (AS) through Southern State's new accelerated program.

- ◆ **A Degree in 18 Months** – A traditional associate degree program typically takes two years to complete; the accelerated option gets you to degree completion sooner.
- ◆ **Two Evenings Per Week** – Classes are held Tuesday and Thursday evenings, allowing you to work around family needs and full-time job obligations.
- ◆ **Hybrid Classes** – Half of the course time will be spent in a classroom setting, while the other half will be completed online through readings, activities, and discussions.
- ◆ **Learning Community** – Participants move through the accelerated program with the same group, or cohort, of students which builds a supportive learning community.

Interested in earning your bachelor's degree? The Associate of Arts (AA) and Associate of Science (AS) transfer degrees both provide the first two years of study toward a bachelor's degree, and include core courses designed for seamless transfer to Ohio's Public Colleges and Universities.

Choose the Associate of Arts if you plan to major in a liberal arts field, or choose the Associate of Science if you plan to major in a math or science field. Your academic advisor can help you decide which one is right for you.



Contact

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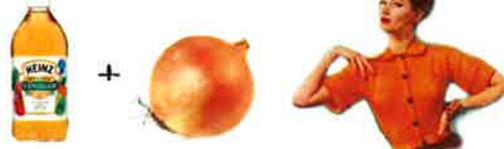
Home Remedies for keeping young & beautiful that are worth a try !

the wrinkle remedy



1. Soak 5 raw almonds in a cup of milk overnight
2. Grind the almonds into a paste and slowly add a bit of the milk they soaked in until a paste is formed, stir 2 Tbsp. of honey into the paste
3. Apply the paste to your face and let sit for 20 minutes, rinse. Repeat 2-3 times a week

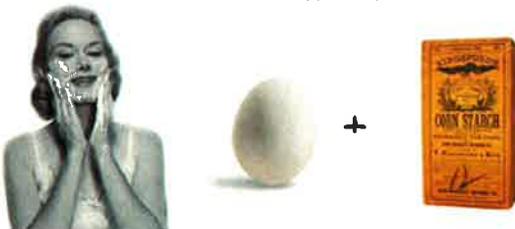
reduce age spots



1. Finely chop an onion, use a cheese cloth or strainer to extract the juice.
2. Mix one part onion juice with one part apple cider vinegar
3. Use a cotton ball to apply the mixture to age spots, wash off after 30 minutes. Repeat once a day for 6 weeks and watch age spots fade away!



shrink large pores



1. Combine the whites of one egg with 1 tsp. of corn starch, whip with fork until frothy
2. Apply mask mixture to face and let sit for 20 minutes until completely dry, rinse with warm water. Repeat 1-2 times a week.

Why this works? The egg white contains astringent properties that pull out waste and tighten pores as it dries. The corn starch softens the skin.

Why this works? The acid in the onion combined with the natural properties in the vinegar helps to fade age spots.

reduce puffy eyes



1. Beat the whites from an egg until stiff
2. Use a brush to apply the egg whites to puffy eyes, let dry for 15 minutes then rinse.

*Try adding witch hazel to the mixture to further reduce swelling



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