

HEALTHY HAPPY ATTITUDES

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Harrietstown Housing Authority
www.harrietstownha.org



Sarah's News

In my professional life, I deal with a lot of people - in person, over the phone, and via email. In my personal life, I, like you, have exchanges with people. I spend time with family and friends; I go into businesses and talk with sales people or representatives of one sort or another; and I observe people on the street and in their vehicles. I'm also a news junkie, so I read, watch, and listen to a lot of news.

Courtesy, common courtesy, is so important to the exchanges that occur in all of these. Courtesy and respect towards humans, towards the other inhabitants of this world, and towards the natural world, itself—I think it's critical to our long-term survival...and happiness. We all can benefit from some reminders...

Surfing the web for tenets of courtesy, I came across a blog called Literally, Darling. The writer had twelve tips on exhibiting basic common courtesy. I am taking some liberties by trimming the list to eight and including some choice excerpts from her writing.

1. Let people finish their sentences. ...Respect the voices of others.... yes, even if they're talking about spreadsheets full of grass clipping percentages from 1937. Just wait your turn.
2. Accept that other humans exist in this world. ... you, your values, and your life has no more right to the front of the line than anyone else's...
3. Be polite. ...ask nicely for something instead of demanding it, be grateful when someone does something for you....
4. Be helpful. ...Pick up that piece of litter you see ... even if it's not yours....
5. Respect a difference of opinion. ...the world is full of different thinking individuals coming from different religions, cultures and upbringings and that is beautiful....
6. Pick up after your pets. ...If you have a pet, clean up after it. Keep Earth sanitary.
7. Be kind to animals. ...It's about ... how you treat creatures that you share this Earth with who cannot fight back.....
8. Don't judge a book by its cover.Start judging people on their qualities and not on their external appearances....

<http://www.literallydarling.com/blog/2015/03/19/how-to-human-101>

Enjoy the month!

HHA BOARD OF COMMISSIONERS

Chairperson: Emily Fogarty
Dave Bauer
Jim Connolly
Allen Dunham
Cecilia Meyer
Eugene O'Dell
Dan Ruchkin

HHA OFFICE HOURS

9:00am- 11:30am
And 1:00pm—3:30pm

After hours

Emergency call
number **923-1082**

* **Harrietstown Housing Authority** *
* EXECUTIVE DIRECTOR *
* Sarah A. Clarkin *
* HOUSING ASSISTANT *
* Debbie Zerrahn *
* HOUSING CHOICE VOUCHER SPECIALIST *
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TID BITS FROM DAVID SIEGRIST

Who knew?

With the vast artistic community that we all live in, I found out that I'm an artist too!

Do I sing? No

Do I act? No

Do I sculpt? No

Well, what do I do? It turns out I'm a painter!

Ok, so what style do I work in you might say.

Impressionism? No

Abstract? No

Photorealism? No

It's great at parties when someone says, "Oh, I hear you're a painter. What are you currently working on?" Like I have some studio or loft space with multiple works on display.

And then, I tell them that, yes, I am in fact a painter and my current project is a massive undertaking. Then, they just walk away.

What? I really am a painter and my house is really taking a long time to paint!

I've also probably painted every apartment at the Lake Flower and Algonquin apartments!

My work doesn't hang from people's walls because my work is the people's walls.

Moral of the story:

Stay in school so, that someday, somebody else can paint your house for lots of money.

Enjoy the rest of the summer!



RESIDENT NEWS AND ISSUES...By Debbie Zerrahn

Congratulations to all the graduates! Enjoy the summer. The real world begins again in September. Parents, please be aware of what your children are doing when they are outside this summer. If they cause damages, you may be held responsible.

PLEASE, NO SIDEWALK CHALK ON THE BUILDINGS. At the end of June, when I posted notices, I saw that a few buildings had sidewalk chalk on them. Please remove this from your area. If maintenance is required to remove the graffiti, you will be charged.

As we know, summer is not very long in the Adirondacks. Even though the children just got out of school...start planning for all the items they will need in September.

Lake Flower residents, get outside and enjoy the warm sunny weather. The picnic tables will be out on the patio and the grill is available on a first come, first serve basis. Plan an outside lunch or dinner with your neighbor.

I hope you all enjoyed the July 4th kiddie parade and ice cream/strawberry festival in the park on River Street. The fireworks were wonderful!



Get the Newsletter Via E-Mail!

We encourage those with access to e-mail to sign up for e-mail delivery of the monthly newsletter.

To sign up, send a quick e-mail to
tburd@harriestownha.org.

The newsletter is also available on the website:
www.harriestownha.org

EHRlich PEST CONTROL INSPECTIONS

Notices of inspections will be distributed.

PLEASE BE ADVISED, IT WILL ALSO BE NOTED IF YOU
ARE
MAINTAINING YOUR APARTMENT IN A CLEAN,
SAFE AND SANITARY
CONDITION IN ACCORDANCE WITH YOUR LEASE.

ARE YOU A VICTIM OF UNWANTED TELEMARKETING CALLS?

CALL THE NATIONAL DO NOT CALL REGISTRY

1-888-382-1222



**Do Not Call
Register**

**REMEMBER, YOU MUST CALL FROM YOUR
PHONE IN ORDER TO BE PLACED ON THE DO
NOT CALL REGISTRY LIST**

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
Please pay your rent on time.						
2	3	4 	5	6	7	8
9	10	11 WIC 9AM	12	13	14	15
16	17	18	19 HHA Board Meeting 4:00PM	20	21	22
23	24	25 WIC 9AM	26	27	28	29
30	31	<p><u>RED:</u> ALGONQUIN COMMUNITY ROOM</p> <p><u>PURPLE:</u> L.F. COMMUNITY ROOM</p> <p><u>GREEN:</u> L.F. BOARD ROOM</p>				



**The Harrietstown Housing Authority
has apartments for rent in the Lake Flower
High-rise and Algonquin Apartment Complex.**

**Additionally, we have a Housing Choice Voucher program
that may assist you with your monthly rent in the
community.**

**For additional information and to obtain an application
please contact us at 891-3050 or stop by the office at
14 Kiwassa Road, Saranac Lake.**

You may also go online at www.harrietstownha.org.

Have you had your Cancer Screenings this year?

Free Cancer Screenings Available:

Clinical Breast Exam

Pap Test

Mammogram

Colorectal (FIT) Test or Colonoscopy (depending on risk status)

Eligibility:

Women who are 40–64 years old without health insurance.

Men who are 50–64 years old without health insurance.

If positive results are found, coverage for cancer treatment is
available to individuals who qualify.

It's easy to enroll. Just give us a call.

891-4471 ext. 3016

Franklin and Essex Counties

Cancer Services Program

Your partner for cancer screening, support and information



CELEBRITY BIRTHDAYS

Dan Aykroyd	07/01
Tom Cruise	07/03
Geraldo Rivera	07/04
Huey Lewis	07/05
George W. Bush	07/06
Sylvester Stallone	07/06
Ringo Starr	07/07
Kevin Bacon	07/08
Tom Hanks	07/09
Sofia Vergara	07/10
Harrison Ford	07/13
Patrick Stewart	07/13
Jane Lynch	07/14
Taylor Kinney	07/15
Will Ferrell	07/16
Luke Bryan	07/17
Vin Diesel	07/18
Julianne Hough	07/20
Carlos Santana	07/20
Cat Stevens	07/21
Selena Gomez	07/22
David Spade	07/22
Woody Harrelson	07/23
Daniel Radcliffe	07/23
Jennifer Lopez	07/24
Matt LeBlanc	07/25
Sandra Bullock	07/26
Mick Jagger	07/26
Lori Loughlin	07/28
Geddy Lee	07/29
Lisa Kudrow	07/30
Arnold Schwarzenegger	07/30
JK Rowling	07/31

PATRIOTIC QUOTES

“And I’m proud to be an American, where at least I know I’m free. And I won’t forget the men who died, who gave that right to me.”

~ *Lee Greenwood* ~

“Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal.”

~ *Abraham Lincoln* ~

“This nation will remain the land of the free only so long as it is the home of the brave.”

~ *Elmer Davis* ~

“Then join hand in hand, brave Americans all! By uniting we stand, by dividing we fall.”

~ *John Dickinson* ~

“For what avail the plough or sail, or land or life, if freedom fail?”

~ *Ralph Waldo Emerson* ~

“May the sun in his course visit no land more free, more happy, more lovely, than this our own country!”

~ *Daniel Webster* ~

WORK ORDERS

**Please remember to call the office at
891-3050 option 3
For a work order.
This is the only way to schedule your
maintenance needs.**

IRENE'S THOUGHTS

The True Secret of Happiness

Every day, have something to do, somewhere to go. Every day have someone to call, someone to see, someone to love. But most important, every day have something to give someone.

~ *Natasha Joseowitz* ~

The grill at Lake Flower apartments is available for all residents. It's a good time to take advantage of the nice weather and have picnics with friends. Having a meal with friends is beneficial in so many ways.



Bed Bug Information Center

Where should you look?

- Mattress (piping, sides, underside)
- Box spring (remove ticking)
- Bed frame
- Linens
- Furniture – seams, pleats, piping, joints
- Corners and drawers of desks, dressers, etc.
- Door, window, and baseboard trim
- Items on the floor



What should you look for?

- All life stages: eggs, nymphs, adults
- Skin casts
- Blood spots

How do you avoid them?

Carefully inspect all used furniture, linens, and clothing before bringing them into your home.

- Wash and dry clothes on hottest setting items can stand. Transport clothes in plastic bags. Do not put clean clothes in bags used to transport dirty clothes. Throw those away!
- Vacuum frequently.
- Remove clutter.

If possible, use a high powered flashlight when looking around your unit. If you find a bed bug, notify staff immediately. Staff and you will work together to prepare for any needed treatment. Don't delay. It's much easier to treat one or two than it is twenty or thirty. Again, successful eradication requires resident involvement and cooperation.

The sooner we know, the lower the cost to you.

FUN FACTS ABOUT THE 4TH OF JULY

-  The tune of the National Anthem was originally an English drinking song called Anacreon in Heaven.
-  The White House held its first 4th of July party in 1801.
-  An estimated 150 million hot dogs will be consumed on July 4th.
-  97% (\$190.7 million) of imported fireworks are from China.
-  87.5% (\$2.8 million) of imported U.S. flags are from China.
-  1 out of every 8 signers of the Declaration of Independence was educated at Harvard (7 total).
-  The average age of those who signed the Declaration of Independence was 45. The youngest, at age 27, was Thomas Lynch, Jr of South Carolina. The oldest delegate was Benjamin Franklin of Pennsylvania at age 70. Thomas Jefferson was 33.
-  The “Star Spangled Banner” was written by Francis Scott Key and was originally a poem stemming from his observations in 1814 concerning the British attack on Baltimore’s Fort McHenry during the War of 1812. It was later put to music, though not decreed the official national anthem until 1931.
-  U.S. Presidents John Adams, Thomas Jefferson, and James Monroe died on July 4th.
-  Jefferson’s original draft of the Declaration of Independence was lost, and the one eventually signed is the “engrossed” document.
-  The printed version of the Declaration was called the Dunlap Broadside; 200 were made but only 27 are accounted for.
-  Thomas Jefferson changed the wording of the Declaration of Independence from “the pursuit of property” to “the pursuit of happiness.”

HARRIETSTOWN HOUSING AUTHORITY



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