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## HEALTHY HAPPY ATTITUDES

Volume 7, Issue 6

June 2008

Harrietstown Housing Authority

[www.harrietstownha.org](http://www.harrietstownha.org)

### NEWS FROM DAVID'S DESK

#### RESIDENT COMMISSIONER ELECTIONS

Resident Commissioner elections were held on May 29<sup>th</sup> and the results have been posted at both sites.

#### BOARD OF COMMISSIONERS ELECTIONS

Mary Lawthers Chair of the board will step down this month as she has served the maximum two terms as Chairperson. We thank her for her service and support over the last two years. Vice Chair Stephen Erman has been nominated as Chair and Allen Dunham has been nominated Vice-Chair. The election will take place at the Annual Meeting in June.

#### LAKE FLOWER DRIVEWAY

The project bid opening is scheduled for June 3<sup>rd</sup> with project completion by July 11, 2008. The scope of work consists of grading and blacktopping the driveway and parking area. This will close the drive way to all traffic but the building entrance and handicapped lift will remain open. The area under the community room will need to be cleared and the parking rearranged. The bicycle parking will be moved to the green space near the street so locks will be required.

Nothing is more humbling than to look with a strong magnifying glass at an insect so tiny that the naked eye sees only the barest speck and to discover that nevertheless it is sculpted and articulated and striped with the same care and imagination as a zebra. Apparently it does not occur to nature whether or not a creature is within our range of vision, and the suspicion arises that even the zebra was not designed for our benefit. -Rudolf Arnheim, psychologist and author (1904-2007)

**HHA BOARD OF COMMISSIONERS**

Chairperson  
Mrs. Mary Lawthers  
Vice-Chair  
Mr. Steve Erman  
Mr. Thomas Michael  
Mr. Rusty Russum  
Mr. Allen Dunham  
Mrs. Maureen Santiago  
Ms. Ruth Chasolen

**HHA OFFICE HOURS**

9:00am- 11:30am  
And 1:00pm—3:30pm

After hours  
**Emergency** call  
number 891-3050

**Harrietstown Housing Authority**

EXECUTIVE DIRECTOR

David Aldrich

HOUSING ASSISTANT

Debbie Zerrahn

ACCOUNT CLERK/SECTION 8 COORDINATOR

Mya Duprey

RESIDENT SERVICES COORDINATOR

Irene Snyder

MAINTENANCE STAFF

Rick Bezio

David Siegrist

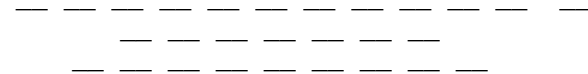
**WORK ORDERS**

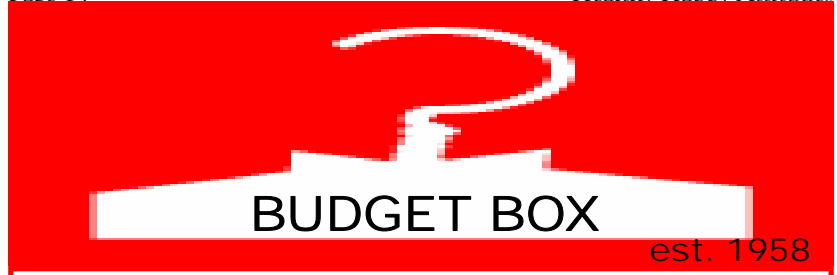
Please remember to call the office at 891-3050 for a work order This is the only way to schedule your maintenance needs.

**June**

H A R R I E T S T O W N H O U  
S I X T H M O N T H S I N G A  
S U M M E R S G N I M M I W S  
U E N U J T H Y O G R I T Y C  
Y A D S R E H T A F N D Y A T  
O T Y Q L L R E G D M I M F Q  
S I H P B S R F G N H P K B A  
N O I T A U D A R G I T B I L  
A J R K O R K S E N E T R W H  
T P F V O F N X G P M S A I A  
O Q S I V N J R D Q A W O O B  
H O N E Y S U C K L E O Y R B  
R H X A J T J H R U N F A W I  
X S M P C S C H O O L S O U T  
Q R O Y W P X R W S T V M T E

- BBQ
- BIRTHDAYS
- BOATING
- CAMPING
- FATHERSDAY
- GRADUATION
- HIKING
- HONEYSUCKLE
- JUNE
- PEARL
- ROSE
- SAFETY
- SCHOOLSOUT
- SIXTHMONTH
- SUMMER
- SWIMMING





**USED CLOTHING**

At low prices  
 94 Church St.  
 Saranac Lake  
 Open: Wed. 10:30 –4:00 and  
 Sat. 10:30—2:30

The Harrietstown Housing Authority is now managing the Saranac Lake Housing Choice Voucher Program.

We currently are taking applications for available vouchers.

Call Mya Duprey at 891-3050 for an application.

You can also print one from [www.harrietstownha.org](http://www.harrietstownha.org)



**The Harrietstown Housing Authority has apartments available 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 Rd. Saranac Lake.**

**You may also go online at [www.harrietstownha.org](http://www.harrietstownha.org).**



**You're never alone with Lifeline. A fall in the home can be devastating and life changing.**

**Calling for help is as simple as a press of a button, 24 hours a day, answered by caring monitors right here in Saranac Lake.**

**Don't go another day unprotected. Call Lifeline brought to you by North Country Home Services today. Ask about our low cost special. 891-1656.**

**LIFELINE SOMEONE YOU LOVE TODAY**

**WHAT'S HAPPENING IN YOUR HOME... By Debbie Zerrahn****WHO'S COMING.....WHO'S GOING**

Algonquin Apartment Complex - Welcome to Angie Shue. She moved into apartment 507 with her family. We currently have a full house...but not for long. Allison and her son Mason Stanton will be will be moving the end of the month. We are currently reviewing applications for a new resident.

I had the chance to look around the Complex the middle of May and was very pleased to see that several residents have planted flowers and cleaned the grounds around their apartments. Keep up the good work.

Before you know it the end of school will be here. Please remember to keep an eye on the children when they are outside playing. Sidewalk chalk is fun but it does not come off the buildings too easily. Please inform your children NOT to use it on the buildings.

Lake Flower High-rise - Renovations have been completed on apartment 5D and Daniel Landolfe has moved in. Jimmy Adams has moved into apartment 7I with his dog. We welcome both. We are now looking at applications to fill apartment 8I.

Happy Father's Day June 15.

Where did astronaut Captain Tony Nelson find a being of seemingly limitless powers known as "Jeannie"?

**TRIVIA**

Write your answer on the completed puzzle (page 15) and return it to the office. If your answer is correct it will be included in the drawing and you may win a prize. The winner will be announced in the next issue.

Algonquin Residents can put it in the small black mail box in the 400 building.

The answer to last months trivia is:  
And your wish will come true

The winner is:  
Gerry Bombard

**JUNE BIRTHDAYS**Algonquin Apartments

Robert LaVair Jr.	06-02
Raenene Woodard	06-06
Barbara Brown	06-08
Taylor Riley-Tyner	06-08
Brayden Riley-Tyner	06-08
Miranda Hope	06-08
Kara Besio	06-10
Maureen Santiago	06-14
Deborah Giddings	06-16
Holly Spencer	06-20
Kirk Mclean	06-22
Raquel Raposo	06-23
Reginald Ormsby	06-30

Lake Flower Apartments

Ella Hosler	06-04
Susie Palmer	06-13
Paul Laclair	06-13
Christine Smith	06-17
Eugene O'Dell	06-18
Darrell Davies	06-20
Sammie Simmons	06-22

Voucher Program

Charlotte Gladd	06-01
Mary Lou McClatchie	06-01
Nicole Christy	06-05
Marion Nardin	06-06
Tammy Burdt	06-09
Mathew Bushey	06-10
Teresa LaPierre	06-14
Eunice Tyler	06-17
Dennis Jacobs	06-17
Grace Booth	06-25
Jean Jacobs	06-28

When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere.

Francois de La Rochefoucauld (1613 - 1680)

Ogden Nash:

To keep your marriage brimming,  
With love in the loving cup,  
Whenever you're wrong admit it;  
Whenever you're right shut up.

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**Citrus peels can help.**

Mosquitoes and gnats hate the smell of oranges, lemons, and limes, so try taking a bag of citrus peels along with you on your summer outing. Rub the peels over any exposed [skin](#) to keep the bugs away.

**Make your own repellent with vanilla extract.**

Who doesn't like the scent of vanilla? Insects! Take a clean, empty spray bottle and fill it with one cup of water and one tablespoon of vanilla extra. Spray and wipe onto your [skin](#) and you won't be bothered by some types of bugs.

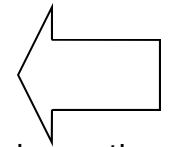
**Vinegar keeps bugs away.**

[http://www.associatedcontent.com/article/298237/chemicalfree\\_ways\\_to\\_keep\\_the\\_bugs.html](http://www.associatedcontent.com/article/298237/chemicalfree_ways_to_keep_the_bugs.html)

**AARDVARK INSPECTION IS**

**SCHEDULED FOR**

**June 3, 2008.**



**Third Floor** at the Lake Flower High-rise and the **Upper section** for the Algonquin Apartment Complex.

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



Are you safe in your home?

Are you afraid of someone who is in your household?

You have a right to be safe.

**Legal Advocacy**

**YOU ARE NOT ALONE**

No one has the right to abuse you.

**Free Confidential Safe**

**1-800-834-9474**

**891-2612 ex. 11**

*A Safe Home*  
Support Groups

*Teen Group*  
Therapeutic Support

## EXTRA HELPINGS-

Sponsored by the  
Regional Food Bank of Northeastern New York  
" A Community Food Buying Club"

You can order Extra Helping by contacting The Saranac Lake Adult Center at 891-2980 or Lake Flower Apartment residents can contact Louise Clark in apt. 2G at Lake Flower Apartments. "Purchase nutritious foods at lower-than-retail cost" Everyone is welcome to order, No age limit, No income limit.

**ORDER and Pay BY: June 6 , 2008**  
**Pick up on June 25, 2008**  
**9:00-10:00 am**  
**Algonquin**  
**Community Room**



## Chemical-Free Ways to Keep the Bugs Away

Spending time outside is something most people do a lot more often during the summertime months. People take part [beach](#) sports like [surfing](#) and water-skiing. Picnics and nature hikes are also popular during the summer. Even at [home](#) people like to stay out of the [house](#) when it is hot-working on gardens, [running](#) under the sprinkler, and having [family](#) barbecues are all [fun](#) summer activities.

As much as people enjoy being outside during the summer, there is one aspect of being outside that is not so loved-the insects. It seems that once the summer [fun](#) starts, the bugs start to feast on everyone. Sure, you can go to the store and [buy](#) insect repellents, but these are full of chemicals-do you really want to spray chemicals on your family's skin? Citronella candles are another option, but unless you remain quite close to the candle, the bugs are still going to snack on you. Bug zappers really don't [work](#) very well during the day-and besides, you really can't take one of those with you to the [beach](#) or to a national park. Are there any natural, chemical-free ways to keep the insects away?

Luckily, there are a quite a few ideas you can try that should keep your [family](#) insect-free-without having to resort to relying on potentially harmful chemicals. Here are some options:

### Try an onion.

Rubbing a slice of onion over your [skin](#) can help to keep mosquitoes and other biting insects away. I know the idea of smelling like an onion all day may not be all that appealing, but wouldn't that be worth trying to keep the bugs from

Continued on next page

## BBQ CHICKEN PIZZA

Bring the taste of the grill indoors with this spicy barbecue pizza that blends the saucy flavors of basted chicken, fresh cilantro, pepperoncini, red onion and Colby jack for a new spin on an old favorite.

### Ingredients:

- 1 pre-baked pizza crust
- 1 cup spicy barbecue sauce
- 2 skinless boneless chicken breast halves, cooked and cubed
- 1/2 cup chopped fresh cilantro
- 1 cup sliced pepperoncini peppers
- 1 cup chopped red onion
- 2 cups shredded Colby Monterey jack cheese

### Cooking Instructions

1. Preheat oven to 350 degrees
2. Place pizza crust on a medium baking sheet. Spread the crust with barbecue sauce. Top with chicken, cilantro pepperoncini, red onion and cheese.
3. Bake in the preheated oven for 15 minutes, or until cheese is melted and bubbly.

<http://recipes.kaboose.com/bbq-chicken-pizza.html>



## EXTRA HELPINGS MENU

**Please note the changes in prices and menu items.**

**FOR \$20.00**

- 1.5 lbs. bacon wrapped pork medallions
- 2 lbs. chicken tenders
- 3 lbs. sweet Italian sausage rope
- 1 lb. 90% lean ground beef
- 1 pint grape tomatoes
- 1 pint fresh blueberries

**Special #1: \$14.00**

- 5 lb. block sliced white American cheese
- Special #2: \$ 15.50**
- 18 oz stuffed shells

- 12 oz. sun dried tomato stuffed rigatoni
- 12 oz. spinach stuffed rigatoni
- 13 oz. large round ravioli
- 16 oz. tri color tortellini
- 18 oz. Manicotti

- 13 oz. Pierogie with potato, Swiss and jack cheese
- 2 (1qt.) Casa Visco spaghetti sauce
- Special # 3 Meat Box \$30.00**

- 2.5 lbs. beef fajita strips
- 3 lbs. boneless skinless chicken breast
- 3 lbs Hatfield hotdogs
- 3 lb. sweet Italian sausage rope
- 2 (1lb.) bacon

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 RSC 8:00- 4:00	4	5 2:00 Wellness Meeting 9:00 am WIC	6	7
8 1:00 pm Bingo	9	10 RSC 8:00-4:00	11 1:00 social	12 2:00 Wellness Meeting	13 12:00 BBQ	14
15 1:00 pm Bingo	16	17 RSC 8:00-4:00	18 4:30 Board Meeting	19 2:00 Wellness meeting 9:00 am WIC 4:00 communion	20	21
22 1:00 pm Bingo	23	24 RSC 8:00- 4:00	25	26 2:00 Wellness Meeting	27 	28
29 1:00 Bingo	30				<p><b>RED— ALGONQUIN COMMUNITY ROOM</b>  <b>PURPLE-L.F COMMUNITY ROOM</b>  <b>BLUE—MAMIE HOGAN ROOM</b>  <b>GREEN - BOARD ROOM</b></p>	