

## August

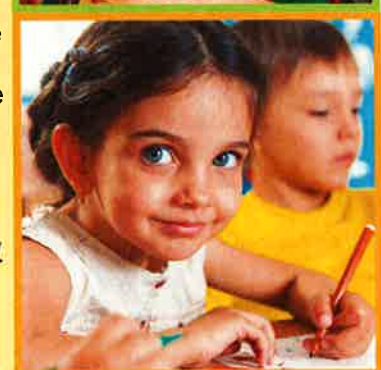
The sprinkler twirls, the summer wanes,  
 The pavement wears popsicle stains.  
 The playground grass is worn to dust  
 The weary swings creak, creak with rust.  
 The trees are bored with being green.  
 The children leave this summer scene  
 To return to school for a new year  
 Until summer break again draws near.



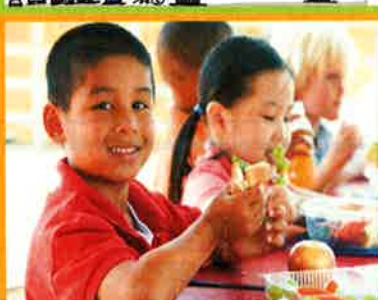
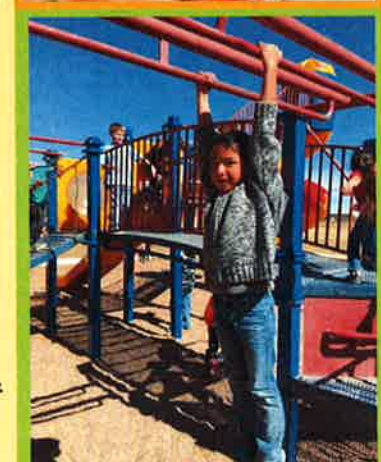
## Annual Reexaminations Are All Mail-Ins & Drop-Offs Now!



Are you currently a participant in the Section 8 Housing Choice Voucher Program at the Housing Authority? If so, the Housing Authority has come up with a **New Policy!** In order to make it more convenient and less complicated for both the clients and the Housing Authority Staff - **the Housing Authority is now accepting your Personal Declaration Packet** (which is your Application along with Verification & Documentation required by the Housing Authority) **to be either Mailed-In or Dropped-Off to the Housing Authority ONLY** instead of meeting face-to-face for a scheduled appointment with your Housing Specialist as in the past.



- ◆ You will still receive, in the mail, your Application with a Cover Letter and a Check List letting you know what you are required to submit to the Housing Authority.
- ◆ To make the process even easier, the Housing Authority would appreciate that you **submit copies of your documentation.**
- ◆ If you are unable to make copies, simply submit original documents. Your Housing Specialist will then go through your Packet, make copies and either mail your original documents back to you or contact you to come to the office to pick them up.
- ◆ Your Housing Specialist will contact you if there is anything you neglected to submit.
- ◆ **Make sure to read your Annual Reexamination letter. It will inform you of the date in which your Personal Declaration Packet is due.**



Have a Safe & Happy **LABOR DAY** Holiday!

back to school





## Special Points of Interest:

- At the bottom of every person's dependency, there is always pain. Discovering the pain and healing it is an essential step in ending dependency.  
- Chris Prentiss
- I admire anyone who rids himself of an addiction.  
- Gene Tierney
- Mistakes are always forgivable if one has the courage to admit them.  
- Bruce Lee
- Hardships often prepare ordinary people for an extraordinary destiny ...  
- C.S. Lewis
- Care about what other people think and you will always be their prisoner.  
- Lao Tzu
- One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.  
- Lucille Ball
- When we are in shame, we don't see the big picture; we don't accurately think about our strengths and limitations. We just feel alone, exposed and deeply flawed.  
- Brene' Brown
- Everything you want is on the other side of fear.  
- Jack Canfield

## Will There Be An End To The Heroin Epidemic?

Fayette County, like many counties in Ohio, has been plagued by a Heroin Epidemic. Ohio is the 2nd most affected state in the US. Ohio senators have recently passed legislation that will work to prevent and treat drug addiction and overdose. Over 2,400 people died from drug overdoses in Ohio in 2014. From 2013 to 2014, there was an 18.3% increase in the number of Heroin related deaths in Ohio.

Ohio Senator Rob Portman is co-sponsor of a bill called The Comprehensive Addiction and Recovery Act (C.A.R.A.). A congressional committee sent it to be reviewed by the house or the Senate on February 11, 2016. The bill expands efforts to prevent the abuse of opioids and heroin around the nation. It will provide up to 480 million in funding for treatment, prevention and recovery. It also expands resources to identify and treat inmates with addictions by means of evidence-based intervention programs. While there are services and medications available to treat addiction, like Naloxone - a drug that reverses the effects of opioid overdose - there is serious need for training and resources necessary to address the epidemic.

The bill is the most expansive federal, bipartisan legislation to date for addiction support services. Additionally, it encourages states to support recovery for individuals who are trying to recover from drug addictions. In response to the increase in Overdoses, several Ohio pharmacies, including Kroger and CVS, have started selling Naloxone over the counter; they are among the first to do so. Naloxone, which can be given as a nasal spray, is meant to reverse the effects of opioid overdoses, including extreme drowsiness, slowed breathing and loss of consciousness. Kroger will supply Naloxone in 216 of its locations. On average, Naloxone costs \$40.69 for the nasal spray and \$52.99 for the injection. While Naloxone will save lives, reviving someone is just the first step. The hope then is getting them into treatment.

Other bills have also been proposed in response to the increase in overdoses. Ohio Senator Sherrod Brown introduced his own bill in February. The Heroin and Prescription Drug Abuse Prevention and Reduction Act. His bill is geared more toward preventative measures and the resources needed for successful recoveries to stop relapses.  
- Sydney Allen of The Oberlin Review



### Do You or Does Somebody You Know Need Help?

For FREE 24/7 Advice, Referrals and Help with locating a program that is right for you. You have nothing to lose and we are staffed with caring professionals who will work with you to get the help you need. Your call is federally protected and guaranteed confidential. **Call Now (877) 751-1797**

## Motivational Message For The Month

### Start Now and Keep Going

Whatever must be done, you can do. Just start, and keep going. Difficult problems are not pleasant, so don't make them worse by prolonging them. Confront each problem, take action, and get it behind you. Looking ahead to the work you must do, it can be overwhelming. Yet as soon as you take action, you begin to realize that yes, you can get it done. Take the first step, and suddenly you're looking at the situation from a perspective of power. You can instantly switch from the self-pity of a victim to the effectiveness of a problem solver. Take the second step, and you begin to put momentum on your side. With each successive action, your doubts melt away, your confidence and commitment grow stronger. Whatever goal you wish to reach, whatever problem you wish to solve, you are a specific number of steps away from doing so. Start now, keep going, and get it done.

- Ralph Marston



## 8 Ways to Prepare Grilled Sweet Corn-on-the-Cob!

**Butter & Lime** – Add lime zest and a squeeze of lime to softened butter. Mix together. Spread on corn. Grill 5 minutes on each side or until done to your liking. Season with salt and pepper. Lime does something magical to corn and you might want to add it to any of the variations below.

**Steak Sauce, Butter & Lime** - Use your favorite steak sauce. Mix even amounts with softened butter. Season as needed with salt and pepper. Grill 5 minutes on each side or until done.

**Basil Pesto** – rub pesto into the corn. Grill 10 minutes. You can put the pesto on the corn at the end as an option.

**Bacon, Mayo, Chives & Parmesan Cheese** – Rub corn with mayonnaise. Grill for ten minutes, turning after five minutes. Add bacon, chives and cheese before serving.

**Cayenne, Butter, Lime & Crumbled Feta Cheese** - Make a mixture of butter, lime juice and cayenne pepper. Grill. Season with salt & sprinkle with crumbled Feta Cheese.

**Smoked Paprika, Butter & Salt** - This gives corn a smoky flavor.

**Butter & Chives** - Make a mixture of butter & chopped chives. Grill. Season with salt 'n' pepper.

**Butter & Salt** – Traditional and if the corn is fresh, you really don't need much more.





# DIY Kids TEEPEE!

*I have never met a little kid who doesn't love to play in a tent! This would be great for outside in the backyard or inside the house.*

## All You Need Is:

A King-Size Bed Sheet, (6) 6 Ft. Bamboo Sticks, Rope or Twine and 10-12 Clothespins.

- 1.) Push the stakes into the ground just an inch or two to form a circle with an open front.
- 2.) Gather up the top of the stakes in one hand and use the other hand to wrap the twine around. Try wrapping the twine in to weave it in and out of the stakes – this gives it some better holding power. Tie it off in a bow so it's easy to undo later.
- 3.) With the structure built, it's time to enclose it with the sheet. Drape the sheet around the stakes horizontally with the ends being at the front opening. To hold it in place temporarily, bring the two sides of the sheet together at the top and secure it using a clothespin and add another two at the base of the two front stakes.
- 4.) Fix the positioning a little, smooth everything out, tuck in the extra fabric, and secure it all. Start at the front, making sure that both of the front stakes are fully covered and each side has a flap of extra fabric that can be used to close up the teepee completely if desired. Tug and adjust until it's the way you want it. With the sheet positioned properly, move to the top and add several clothes pins to secure the sheet to the stakes. Go to the bottom and add a pin to each of the stakes, tucking under the extra fabric along the way if needed.





# Bedbugs Are A Very Real Issue In Fayette County

## What are bedbugs?

Bedbugs are flat, wingless insects about 0.25 in. (0.6 cm) long. They range in color from almost white to brown. They turn rusty red after feeding. Like mosquitoes, bedbugs feed on blood from animals or people. Bedbugs have that name because they like to hide in bedding and mattresses. Bedbugs usually hide during the day and are active at night when they feed. They can go for weeks without feeding. Bedbugs do not seem to spread disease to people. But itching from the bites can be so bad that some people will scratch enough to cause breaks in the skin that get infected easily. The bites can also cause an allergic reaction in some people.

## Where can you find bedbugs?

Bedbugs are found worldwide. They are most often found in hotels, motels, hostels, shelters, and apartment complexes where large numbers of people come and go. Because bedbugs hide in small crevices, they can come into your house on luggage, furniture, clothing, pillows, boxes, and other objects. The bugs can hide in beds, floors, furniture, wood, and paper trash during the day.

## How do you know if you have bedbugs?

The first sign of bedbugs may be red, itchy bites on the skin, usually on the arms or shoulders. Bedbugs tend to leave straight rows of bites, unlike some other insects that leave bites here and there.

### Look also for these other signs:

- The bugs themselves, especially along the seams of mattresses.
- Tiny bloodstains on sheets and mattresses.
- Dark spots of insect waste where bedbugs might crawl into hiding places on furniture, walls, and floors.
- A sweet odor from bedbugs' scent glands where bedbugs are found in large numbers.

## How can you treat bedbug bites?

Home treatment can help stop the itching and prevent an infection. You can:

- Wash the bites with soap to lower the chance of infection.
- Use calamine lotion or an anti-itch cream to stop the itching. You can also hold an oatmeal-soaked washcloth on the itchy area for 15 minutes. You can buy an oatmeal powder, such as Aveeno Colloidal Oatmeal, in drugstores. Or you can make your own oatmeal solution. Wrap 1 cup (0.2 L) of oatmeal in a cotton cloth, and boil it for a few minutes until it is soft.
- Use an ice pack to stop the swelling.
- See your doctor if you think the bites may be infected.

## How do you get rid of bedbugs?

Bedbugs can be hard to kill. Bugs can hide in cracks and crevices in the mattress, bed frame, and box spring. They can spread into cracks and crevices in the room and lay their eggs. For these reasons, it is best to call a professional insect control company for treatment choices.

The usual treatments include:

- Heat. Equipment is used to heat rooms to kill the bugs and their eggs. The temperature needs to be around 122°F (50°C).
- Insecticides. Make sure that the product the company uses has been shown to be effective against the bugs you are trying to get rid of.
- Other cleaning steps such as vacuuming or laundering things that might hide bugs. Washing and then drying items in a dryer on a hot setting is adequate to kill bedbugs in clothing or linens. Turn the dryer to the hottest setting that the fabric can handle.

*When the bugs are gone, be careful not to bring bedbugs back into your house.*

## What does the Housing Authority require?

First, inform the Housing Authority and your Landlord that your home has bedbugs. If you live in a Single Family Home - it is your responsibility to have your home Professionally Exterminated. If you live in a Duplex or Apartment - it is your Landlord's responsibility to not only have your home Professionally Exterminated but also the other units in your building. Once the Extermination has been completed, the Housing Authority requires you to submit a copy of your Extermination Receipt.



For more information concerning Bedbugs - Contact:

**Fayette County Health District**  
Better Health - Safe Environment  
(740) 335-5910  
[www.faycohd.org](http://www.faycohd.org)



**Ohio**  
Department of Health

**CENTRAL OHIO  
EXTERMINATING**  
(740) 335-1661



**RELIANCE  
PEST CONTROL**  
(937) 490-9303



(937) 610-2540

**Ehrlich**

(614) 902-3574



**DISCREET  
BED BUG REMOVAL**  
(614) 594-2636



# Back-to-School Shopping on a Budget

*With the end of Summer upon us, parents can't help but think about back-to-school shopping. For many families, buying school supplies, clothes and gear for school is their single biggest expense when it comes to spending on their kids. Buying new school supplies, backpacks, lunch boxes, shoes, clothing and electronics can quickly become very expensive. Here are tips to help you get the most out of your back-to-school budget:*

- ◆ Take stock of what your child still has from last year. Reuse as much of last year's school supplies and clothing as you can - especially those things that are still in good condition.
- ◆ You can save money on back to school by only buying the essential school supplies right away and then purchasing the remaining school supplies as your child uses up last year's pencil crayons, glue, and other supplies. If you are able to put off these purchases for a little while, you may be able to pick up these items on sale once the back-to-school rush is over.
- ◆ Hold off for a bit on a new backpack, or clothes or electronic devices. Let your child see what's trendy before you spend a lot of money on something they'll hide at the back of their closet.
- ◆ Watch for sales, which can be especially good before school starts. They are a good time to stock up, especially on supplies that you will need to buy again during the year, like pens and paper. September will also have clearance sales on school supplies, so if there's anything you missed or didn't think of, there will be time to get it later.
- ◆ Before you hit the stores, make sure you make a list of all the back-to-school items you need. Studies show that people who shop without a list pay as much as 23% more than those who make a list. Agreeing on a list of items before you go shopping with your child should also make shopping much easier and less expensive. If your child knows you are only buying what's on the list, they will be less likely to ask for everything they see, and if they do, it will be much easier to say no.
- ◆ As you consider this back-to-school time, remember to include your kids as you budget and plan. Rather than going into debt to buy everything they need right now, talk to your kids and find out what's important to them. You might be surprised to find out that they'd like to re-use their favorite binder and pencil case from last year or that three after-school activities aren't what they feel they can handle. As parents we often forget that our kids' expectations may be very different than our own, and when it comes to back-to-school spending, it's a great time for our kids to learn about budgeting and paying for needs versus wants first.



## Free Back-to-School Clothes, Backpacks & School Supplies

If you or someone you know is struggling to buy Back-to-School Clothes or Backpacks for their children - Fayette County provides The Well At Sunnyside 721 S. Fayette Street, Washington Court House, Ohio 43160 - (740) 333-5088. It's a Free Store that's open to the public. Everyone is welcome. Shoppers complete a short application with contact information and listing the members of their household. Each adult shopper gets a 13 gallon bag to fill during a 20 minute period and is allowed to carry out one additional item. Donations from the store are provided by local area churches & other generous organizations. The store is open Monday between 5:30-7:30 pm and Tuesday & Thursday between 9-11 am.

The Community Action Commission of Fayette County 1400 US Route 22 NW, Washington Court House, OH 43160 - 740-335-7282 — Offers help to eligible low income persons in receiving quarterly vouchers for free clothing or school supplies.

## 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](http://www.fayette-co-oh.com)

