

Snowflakes float gently from the sky,  
Slowly they fall, gently they lie.  
Twirling and whirling where they might,  
Millions of snowflakes taking flight.  
Down, down, down they go,  
Blanketing the ground with so much snow!

Are there any changes you may have experienced such as starting a new job, quitting an old job, getting a raise from work, increasing or decreasing the hours you work? — Let me know so that I can have you 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. This is important so that I can keep updated information in your file and also keep your Escrow Savings Account updated. Maybe you haven't started your Escrow Account yet, with updated information you turn in (New Job, raise at work or more hours at work) - I can get your Escrow Savings Account started for you. Please turn in any changes you may have by the 23rd of the month.



Best Wishes for a Happy New Year,  
Jenni Jones





# Family Self-Sufficiency Newsletter

## Special Points of Interest:

- ◆ We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Years Day.  
- Edith Pierce
- ◆ Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.  
- Carl Bard
- ◆ The way to get started is to quit talking and begin doing.  
- Walt Disney
- ◆ Your future is created by what you **do today** not tomorrow.  
- Robert Kiyosaki
- ◆ You are never too old to set another goal or to dream a new dream.  
- C.S. Lewis
- ◆ Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better person.  
- Benjamin Franklin

## How To Keep Your New Year Resolutions

*If your New Year's resolutions from last year have gone unresolved, you're not alone. Now a new year offers another opportunity to achieve your goals, and these tips should help you keep to your New Year's resolutions.*

1. **Make it something you really want.** Don't make it a resolution that you "should" want or what other people tell you to want. It has to fit with your own values.
2. **Limit your list to a number you can handle.** It is best to make two or three resolutions that you intend to keep. That way, you're focusing your efforts on the goals you truly want.
3. **Be specific.** To be effective, resolutions and goals need to be specific. For example ... instead of just saying you're going to exercise more, instead say I'm walking around the block on Monday, Wednesday and Friday at 5:30 p.m.
4. **Automate.** Automating financial goals can maximize your odds for success without you having to do anything. If your goal is to save \$3,000 this year, calculate the amount out of each check, then arrange to have it automatically deposited into your savings account each time you get paid.
5. **Make a plan.** Rather than stating one daunting goal, create a series of smaller steps to reach it. Create your own Action Plan. Figure out exactly what you want to do. If you need immediate rewards, here's a suggestion. Ask yourself: What are the short-term goodies? For example, if you want to exercise regularly and love spending time with your friends, getting the group together to walk regularly could give you a short-term payoff and help you meet the long-term goal.



## Motivational Message for the Month

### Come back home

Come back to the place in your heart that feels like home. Come back to the state of being where you can be who you most love to be. It is wonderful to see novel beauty, to live through new experiences, getting to know people you've never met before. Every so often, though, come back home. Come back home where you can feel safe as you process it all. Come back home to your treasured values, your familiar surroundings, where you can make some sense out of what you've experienced and learned. Give yourself space to celebrate, to appreciate, to enjoy what's always been most important to you. Wherever you happen to be, whomever you may be with, you can give yourself the gift of spending some quality time at home. Come back home, stay for a while, and strengthen your resolve to support and enable what you treasure most. Come back home, and remind yourself why you're doing it all in the first place. It's exciting and empowering to travel far and wide. And it's also good, on occasion, to come back home.

— Ralph Marston



# Grandma's Homemade Chicken & Dumpling Soup

- 1 Broiler/Fryer Chicken (3-1/2 to 4 pounds), cut up
- 2-1/4 quarts Cold Water
- 5 Chicken Bouillon Cubes
- 6 Whole Peppercorns
- 3 Whole Cloves
- 1 can (10-3/4 ounces) Condensed Cream of Chicken Soup
- 1 can (10-3/4 ounces) Condensed Cream of Mushroom Soup
- 1-1/2 cups Diced Carrots
- 1 cup fresh or frozen Peas
- 1 cup Diced Celery
- 1 cup Diced Peeled Potatoes
- 1/4 cup Diced Onion
- 1-1/2 teaspoons Seasoned Salt
- 1/4 teaspoon Pepper
- 1 Bay Leaf
- **DUMPLINGS:**
- 2 cups All-purpose Flour
- 4 teaspoons Baking Powder
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 1 Egg, beaten
- 2 tablespoons Butter, melted
- 3/4 to 1 cup Milk
- Snipped Fresh Parsley



Place the chicken, water, bouillon, peppercorns and cloves in a stockpot. Cover and bring to a boil; skim foam. Reduce heat; cover and simmer 45-60 minutes or until chicken is tender. Strain broth; return to stock pot. Remove chicken and set aside until cool enough to handle. Remove meat from bones; discard bones and skin and cut chicken into chunks. Cool broth and skim off fat. Return chicken to stockpot with soups, vegetables and seasonings; bring to a boil. Reduce heat; cover and simmer for 1 hour. Uncover; increase heat to a gentle boil. Discard bay leaf. **For Dumplings**, combine dry ingredients in a medium bowl. Stir in egg, butter and enough milk to make a moist stiff batter. Drop by teaspoonfuls into soup. Cover and cook without lifting the lid for 18-20 minutes. Sprinkle with parsley.



# Indoor Herb Garden

## Using A Recycled Wine Bottle Hydro Planter!

To cut a Wine Bottle you will need:

- Cotton String
- Acetone Nail Polish Remover
- A Match or Lighter
- Pot of Ice Cold Water

1. Fill a pot with ice cold water and set to the side.
2. Wrap a (medium thickness) piece of cotton string around the wine bottle three times (wrap it around up to 6 times for a thicker bottle), tie it.
3. Once the string is tied, slide it off the wine bottle.
4. Soak the string in acetone based nail polish remover for 10 seconds.
5. Put the nail polish remover soaked string back around the bottle on the spot where you would like it to cut.
6. Using a match or lighter - light just the string on fire, continually rotate the bottle in circles so that the fire spins around the bottle. Keep rotating the bottle until the flames goes out. Keep the fire going for as long as you possibly can, especially for thicker bottles. The bottle will not break if it doesn't get hot enough! You may even need to do this a step a few times on thicker bottles. Keep rotating very quickly!
7. Once the flame goes out, quickly submerge the bottle in a pot of ice cold water and watch it break!



**Make a few Hydro Planters & plant your favorite Herbs ... Dill, Parsley, Sage, Rosemary, Thyme, Basil, Cilantro or whatever you like!**

Next you will need:

- Fine Grit Sand Paper
- Square Piece of Old T-Shirt
- More Cotton String
- Potting Soil
- Herb Starter Plants or Seeds
- Water
- Labels (of what you planted)



1. Remove the label off the bottle and using sand paper - sand both the cut edges of the bottle until smooth.
2. Fill the bottom portion of the bottle 3/4 of the way with water.
3. Using a small square of material from an old t-shirt (to act as a filter so the dirt wont go through) - cut a very small slit in the middle of the material and thread a string that will go from the dirt to the bottom of the bottle (as shown in the picture of the finished planter).
4. Set the inverted top half of the bottle into the bottom half. Using the potting soil, plant the herb plant or seeds in the dirt.
5. Make & attach a label to the bottle of what you have planted and place the entire hydro planter in a sunny window. Keep water in the bottom half of the bottle to keep your plant hydrated.





# More Certificate Programs Offered At Southern State Community College

If you are interested in attending SSCC & beginning a Great Career, go to [www.sccc.edu](http://www.sccc.edu) for more information on how to get started!

## Phlebotomy

A **Phlebotomist** is trained to work primarily in a hospital and is depended upon to acquire quality blood specimens from the patient by performing venipuncture and capillary sticks. The program is designed to be completed in two semesters when taken on a full-time basis. Some students may choose to pursue the certificate on a part-time basis (within four semesters). Students should complete the program within the specified timeframe. Admission to the Allied Health Program requires written acceptance by the Allied Health Program Director according to the admission requirements listed on the Allied Health Program application packet. Students may elect to complete some or all of the general education course requirements prior to being admitted into the Allied Health Program. Continuation in the Allied Health Program requires a minimum grade of "B" in MAST/ALTH courses with a minimum cumulative and most current completed quarter grade point average of 2.4 to participate in the practicum experience. This Title-IV-eligible certificate is subject to the US Department of Education gainful employment regulations. These regulations require that we make the gainful employment program disclosure information available to you so that you may make informed decisions about which program best meets your career path needs.

Enrollment in Allied Health courses is limited. Applicants are accepted on a first-come, first-served basis after the above criteria are met. After acceptance, but before beginning their practicum experience, students will be required to provide medical examination and immunization information indicating they meet the health requirements (have the physical and



emotional stamina) to pursue this career for practicum experiences; complete a criminal background record check at the practicum orientation with results acceptable for placement in practicum experiences; delayed results will require dropping the scheduled practicum; complete a standard drug screen with results acceptable for placement in practicum experiences; purchase student liability insurance; provide proof of or purchase personal health insurance; and purchase the required student uniform.

## Horticulture

**Horticulture** is concerned with those plants whose cultivation brings rewards whether in the form of profits or personal pleasure. Garden crops traditionally include fruits, vegetables and all the plants grown for ornamental purposes as well as medicinal plants. The aim of horticulture practice is to produce a healthy, growing plant. In order to understand the biological rationale behind these practices, the student will gain knowledge of plant relationships, structure, growth, development and reproduction. This program prepares individuals for a position as a gardener, greenhouse technician and landscaper. This Title-IV-eligible certificate is subject to the US Department of Education gainful employment regulations. These regulations require that we make the gainful employment program disclosure information available to you so that you may make informed decisions about which program best meets your career path needs.







# TOP 6



## Ways To Get Your Car Ready For Winter

- 1 Change your oil and oil filter.
- 2 Have your batteries checked and charged.

- 3 Check your tires and consider winter tires.
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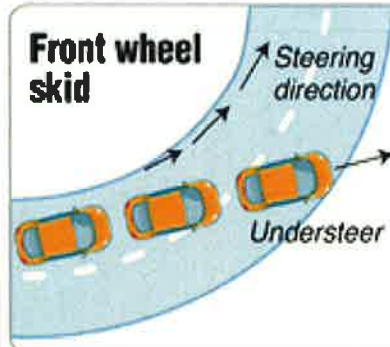
- 4 Inspect all the lights.
- 5 Replace dirty air filters.

- 6 Always carry an emergency kit.
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# Driving in snow and ice

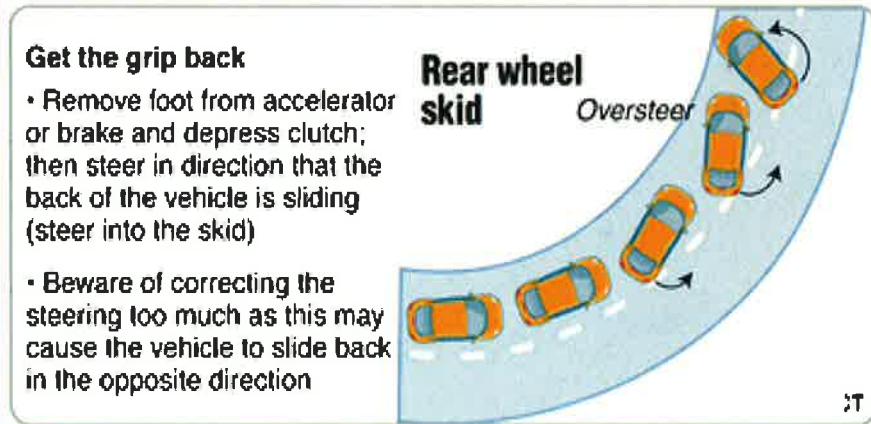
If you must drive in winter weather, make sure your car is prepared with snow tires and that you know how to handle road conditions:

- Decrease speed and leave plenty of room to stop
- Brake gently to avoid skidding; if wheels start to lock up, ease off brake
- Keep lights, windshield clean
- Use low gears to keep traction, especially on hills
- Be particularly careful on bridges, overpasses, infrequently traveled roads, which will freeze first



### Get the grip back

- Turn steering wheel farther to counteract understeer and re-establish adhesion
- Or: Simultaneously remove foot from brake or accelerator pedal, fully depress clutch, straighten steering; vehicle should regain traction



### Get the grip back

- Remove foot from accelerator or brake and depress clutch; then steer in direction that the back of the vehicle is sliding (steer into the skid)
- Beware of correcting the steering too much as this may cause the vehicle to slide back in the opposite direction

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