



### *Valentine's Day*

Valentine's Day is a sweet one,  
Giving out cards and receiving them is fun.  
Flowers and hearts are the decorations,  
A day to show you care is reason for celebration.  
Chocolate and candy are sweet presents too,  
I wish Valentine's Day could be the whole year through.

### **Keeping Tabs On Your Utility Allowance Bill Pay**

If you have a Housing Choice Voucher in the Housing Authority Program and are currently receiving an Utility Allowance because you either have No Income or an Extremely Low Income - It's very important to keep track of your Balance on your Utility Bill in which the Housing Authority is paying on your behalf. Pay attention to your Utility Bill when you receive it in the mail. If you notice that your Total Account Balance gets to be more than -\$500.00, let your Housing Specialist (Dwayne or Jenni) know to transfer the funds the Housing Authority is paying on your behalf to another Utility Bill. For instance, if the Housing Authority has been paying your DP&L Bill and the balance has completely been paid and then some - the Housing Authority can switch your Utility Allowance Direct Deposit to automatically go towards either your Water/Sewer Bill or Vectren Bill. This is beneficial to you in helping to keep your bills paid if because of your lack of income you are struggling to do so. Simply submit a copy of your Utility Bill with the large Total Account Balance to the Housing Authority and request that your Utility Allowance be switched to another Utility Bill. It's that easy. Your Housing Specialist would be more than happy to explain how this procedure works for you.

*Have a Happy Valentines Day and A Safe & Healthy February!*



# Fayette Metropolitan Housing Authority

## Newsletter

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## Why Get Married?



### **Financial Benefits**

Being a married couple, you can not only earn more money but you can also lower expenses and save extra money. If both husband and wife are earning then the two incomes contribute to financial security. Marriage also provides financial stability besides companionship. Married people can buy assets without much legal problems. Studies have also shown that married couples accumulate more assets than people who remain unmarried. There are also many tax breaks especially for the married couples. Marriage also gives financial responsibility which is one of the reasons why married men earn more compared to single guys. So marriage also increases earning power. People out there thinking that marriage is a financial burden, it is time to change that opinion!

### **Sharing Life**

Staying single is not as appealing as it looks. At some point in your life you may feel the need to be loved and taken care of. You would wish there was someone to share your sad and happy moments, someone to share your success and failure, someone to do things along with you, someone to accompany you on vacations, just someone who shares life with you! Marriage allows you to have this someone who will share your feelings and experiences. When you have someone to share everything with, then you get to know what is more important for you and your relationship. This will help you to realize your dreams and make them come true.

### **Social and Religious Acceptance**

If you want the society to accept your relationship then getting married is the right way. Most religions do not approve cohabiting and premarital sex. A relationship can get religious and social acceptance when the couple gets married in front of family and friends, and exchange vows affirming their lifelong commitment to each other. Getting married to the person you love is the courteous and respectful way to live with each other. Most cultures across the world expect people to find their companions and settle down once they become adults. It may seem old fashioned but marriage is a part of well functioning society and has always been demanded through the changing times.

### **Good for Mental Health**

People who are single feel more burdened by life's hardships whereas married people have a partner to support and comfort them thus making them worry less about such obstacles in life and improve their emotional health. Married people are less distraught and less psychologically perturbed than single, divorced, cohabiting or widowed people. When people marry, their mental health improves in a steady and considerable manner. But divorce leads to decline in mental health and self esteem leading to depression and estrangement. A failed marriage doesn't serve as a reason to avoid them altogether. Instead you should refrain from getting into bad relationships and marry the person whom you truly love. A happy marriage reduces the stress levels, the reason being the positive influence of your partner on your life style contribution.

## Motivational Message For The Month

### **Positive Contribution to the Future**

Look beyond the desires of the moment. Turn your attention toward the long term desires, plans, hopes, dreams for your life. Stop being such a slave to whatever you want right now. Free yourself to be the master of what your life is like tomorrow, next month, five years from now. In twenty minutes, the latest buzz will already be forgotten. Yet what you garner from a good book or a heartfelt conversation will stay with you for twenty years. Use right now to make a positive contribution to the future, your future, the world's future. Take the actions today that will have the biggest benefits later, and you improve both the present and the future. What you grab quickly goes away quickly. Yet what you patiently, persistently give to life grows more valuable as time goes on. Breathe in the beauty, wonder, abundance and opportunity of now. With your actions, direct all that energy toward creating an even better future.

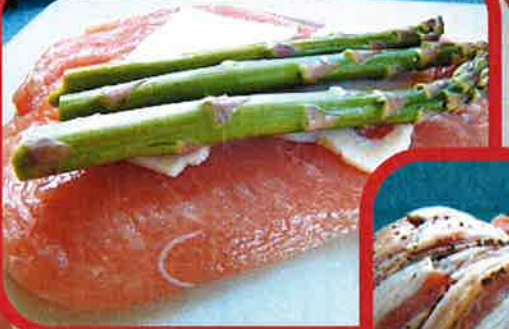
- Ralph Marston

### **Special Points of Interest:**

- ◆ **When someone else's happiness is your happiness, that is Love.**  
- Lana Delrey
- ◆ **To Love and be Loved is to feel the sun from both sides.**  
- David Viscott
- ◆ **You only learn to Love again when you fall in Love again.**  
- Adele
- ◆ **You know it's Love when all you want is that person to be happy, even if you're not part of their happiness.**  
- Julia Roberts
- ◆ **True Love is not so much a matter of romance as it is a matter of anxious concern for the well being of one's companion.**  
- Gordon B. Hinckley
- ◆ **When I saw you I fell in Love, and you smiled because you knew.**  
- William Shakespeare

# Valentines Day Dinner on the Healthier Side

## Bacon Wrapped Chicken Rollups



- ◆ 4 Boneless/Skinless Chicken Breasts
- ◆ 12 Asparagus Spears (rinsed, dried & trimmed)
- ◆ 4 slices of Swiss Cheese
- ◆ 12 slices of uncooked Bacon

Heat oven to 400 degrees. Slice a chicken breast through the meatiest part. Place the sliced chicken breast, open, in a plastic zippy bag and seal. Pound flat with a frying pan or meat mallet, until it's an even thickness. Repeat with the remaining chicken. Lay a piece of chicken, cut side up, on a flat surface arranging the cheese and asparagus. Roll up the chicken around the filling. Starting at one end, wrap the bacon around the chicken, stretching it slightly to hold the roll together. Wrap a total of 3 pieces around the chicken. End with the strip on the bottom to hold it in place. Bake for 1 hour. Remove the foil and bake another 15 minutes, until bacon is crisp.

## Oven Roasted Brussels Sprouts with Tomatoes

- ◆ 1 pound small fresh Brussels Sprouts, trimmed, cut in half lengthwise
- ◆ 1 can (14.5 ounces) Hunt's® Fire Roasted Diced Tomatoes, drained
- ◆ 2 tablespoons Pure Wesson® Canola Oil
- ◆ 1/4 teaspoon Garlic Powder
- ◆ 1/4 teaspoon Salt
- ◆ 1/8 teaspoon ground Black Pepper

Preheat oven to 425°F. Toss together Brussels sprouts, drained tomatoes, oil, garlic powder, salt and pepper in large bowl. Spread mixture in single layer on large shallow baking pan. Bake 20 minutes or until Brussels sprouts are tender and browned, stirring once halfway.



## Big Glittery "XO" Letters

- ◆ Plain Cardboard Letters X and O from a craft store
- ◆ Mod Podge
- ◆ Foam Brush
- ◆ Red Glitter
- ◆ Krylon Triple-Thick Crystal Clear Glaze

Apply a medium coat of mod podge to one side of one of your letters using your foam brush. Sprinkle red glitter all over the mod podged area and gently shake off the excess. Repeat with every un-glittered area of the letter. Do the tops and sides, let dry and then do the backs. Make sure that it's completely dry before doing the back.. When the letters are all dry, go back and add a little more glue to any spots that look patchy, sprinkle more glitter on top and gently shake off the excess. Spray one coat of the clear glaze over the entire surface to ensure the glitter stays on your letters.

## Valentine Rag Wreath

- ◆ (1) Wire Clothes Hanger
- ◆ (3) 15 inch x 4 feet strips of Material (one of each of Red, Pink, and White)
- ◆ Scissors

Bend your wire hanger into a heart shape. Pull down at the center of base, pull sides out, push hanger section down into a "v" at top. Cut 1 inch x 5 inch strips out of your material. Separate the strips into piles by color. Start at one side of the loop and tie strips of material to your hanger. One simple knot is all you need! Alternate the colors as you go. Tie one red, one pink, one white and then begin with red again. Adjust your ties as you go. You will want to spin your ties and alternate their direction so that the knots are not all facing out. Spin and fluff your knots as you continue to tie around your wreath. You will also want to continuously push your ties close together. The more strips you tie to your wreath the frillier it will be!





# Cold Weather Safety Tips

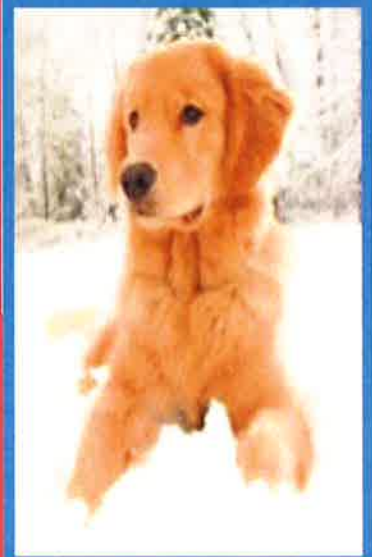


- \* **Wear layers of clothing to stay warm. Gloves and a hat will help prevent losing your body heat.**
- \* **Don't forget your pets! Bring them indoors or make sure they have enough shelter to stay warm.**
- \* **Know frostbite signs: numbness, flushed gray, white blue or yellow skin discoloration.**
  - \* **Frostbite could occur in less than 30 minutes if proper precautions are not taken.**
- \* **Know hypothermia symptoms: confusion, dizziness, exhaustion, and severe shivering.**
- \* **Run water at a trickle and keep cabinet doors open to prevent pipes from freezing.**
- \* **Never use a stove or oven to heat your home. Many house fires result from these practices.**
- \* **Check tire pressure and your car battery. Be sure your car has a winter safety kit that includes a blanket, warm clothes, and gloves in case your car breaks down or becomes stranded.**



## Winter Walking Safety

- ◆ Dress Warm
- ◆ Use Good Boots with Non-Skid Soles
- ◆ Wear Bright and Reflective Clothing
- ◆ Carry a Flashlight After Dark
- ◆ Don't Wear Hats and Scarves that Block Your Vision
- ◆ Use Sidewalks When Possible
- ◆ Walk Against the Flow of Traffic
- ◆ Plan ahead to Prevent Last Minute Rushing
- ◆ Use Handrails
- ◆ Don't Text and Walk at the Same Time
- ◆ Take Slow, Short Steps
- ◆ Try not to Carry Things in your Arms - Try Using a Backpack
- ◆ Assume That ALL Wet, Dark Areas on the Pavement are Black Ice



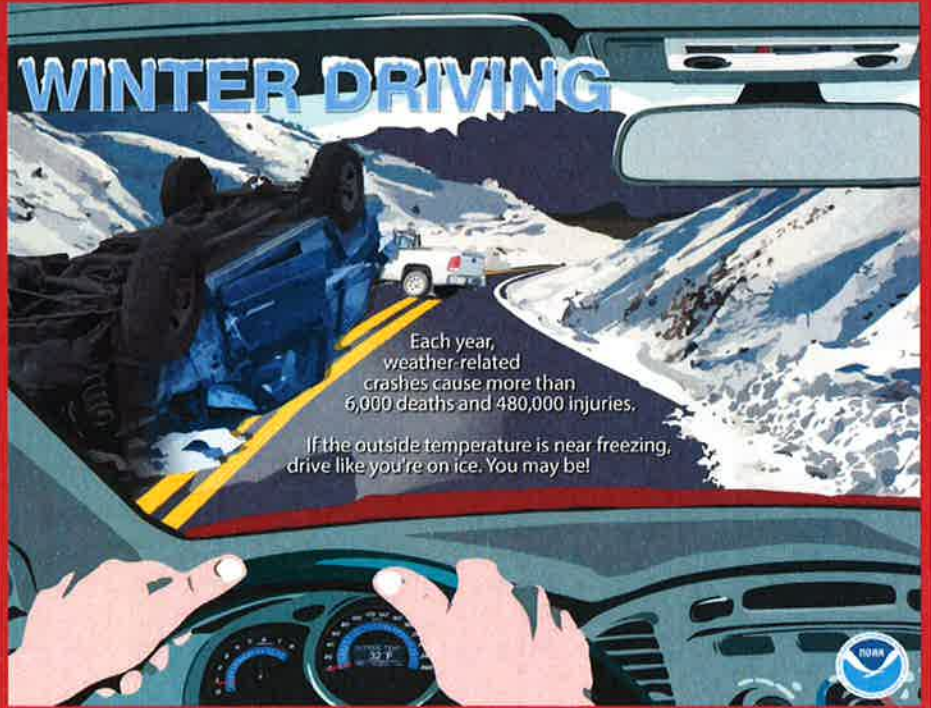
*Just as you would use defensive driving to avoid accidents, be a "Defensive Walker" to avoid winter falls.*





## EMERGENCY VEHICLE KIT

- Ice scraper/snow brush
- De-icer
- Small snow shovel
- Warning devices (flare/triangles)
- Bag of salt or sand
- Flashlight
- Battery cables
- Tire chains
- Paper towels
- Blanket
- Non-perishable food



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