



MHA
MESSENGER

Special Thanks to All

The Mexico Housing Authority and Maintenance staff would like to thank everyone's patience and cooperation during the times of inspections and after REAC inspections were complete.

Your participation in keeping your units hazard free and clean helped in the 98% score on our inspections. Look what happens when we all work together. Well done! The inspection will take place once everyone two years.

Security Street Lights

When street lights are not working properly, please report them to the office. Whether they are in the front or back of units. Also, you must report if your porch light is out.

Residents shall immediately notify MHA of any damages; MHA shall be responsible for repair of damage within a reasonable time; provided, if the damage was caused by a Resident or Resident's household or guests, the reasonable cost of the repairs shall be charged to Resident.

Keeping You Warm

Some warm days and cool nights may require you turning on the furnace. Well, before you do, please make sure your furnace is working properly.

SUGGESTIONS

- Turn furnace on before it gets cold.
- Test during working hours from 8 a.m. to 4 p.m. to assure the maintenance staff can assist should there be a problem.
- Have furnace filters replaced often. Every two-three months.

Call for maintenance repairs between 8-4 pm daily.

For emergencies repairs *only* call 473-5245 after 5:00 p.m.

Monthly Rent Incentive Winners!

July—Willie Maxwell

August—Carolyn Grice

September—Cathy Gillispie

PET POLICY PERMITS

We assign permits to all households who are allowed pets. Only households who have received permission from the Mexico Housing Authority will be allowed pets.

Maintenance personnel, outside contractors and other MHA staff are instructed to notify the Housing Manager if a household possesses a pet and does not have a pet permit displayed.

Anyone who is found to possess a pet without prior written approval from MHA will be found to be in violation of the lease and will be subject to possible eviction procedures. If you have any questions, please feel free to contact Amanda at (573) 581-2294.



SMOKE DETECTOR POLICY

The Mexico Housing Authority will charge \$25.00 for each smoke detector found disconnected or made purposely inoperable in the unit or units inspected.

The disconnection or making the smoke detector purposely inoperable is a serious safety concern and a lease violation. The Real Estate Assessment Center (REAC) Inspectors have found numerous smoke detector violations during their inspections that were held on October 12 and 13 of 2005. Consequently, HUD has asked PHA's to crack down on smoke detector abuse.

All public housing move ins will sign an additional form, namely, Smoke Detector Agreement, to have placed in the resident files. All current residents have been notified of the board approval and charges by letter.

The inspection of smoke detectors will be inspected and tested by our staff during any work order procedures, preventive maintenance, annual, Housing and Urban Development (HUD), REAC, and house keeping inspections.

All charges will be made through work orders.

Three charges are allowed for each resident, thereafter, the lease will be terminated.



Sunday
October 28th
Time again
to set the
clocks back one hour
Don't Forget!

ZERO TOLERANCE ON DRUGS IN HOUSING

The Mexico Housing Authority will have zero tolerance of any violent or drug-related criminal activity on, off or near the premises. This includes any tenant, any tenants household members, guest of tenants or any other persons under the tenant's control.

Anyone with information concerning the distribution of illegal drugs, the manufacture of methamphetamine, or the theft of chemicals used to manufacture methamphetamine should call the East Central Drug Task Force at 573-473-5800, ext. 247, or send the Task Force an e-mail at ecdttf@hotmail.com. Other telephone numbers to call the Audrain County Crime Stoppers at 1-800-392-TIPS.

Winter fast approaching

What to do in snow & ice conditions.

Stay in doors if all possible and if you must get out, please use extreme caution.

When inclement weather is upon us all tenants will be responsible for areas under their control such as porch steps and sidewalks. Maintenance will be responsible for General Areas such as Parking lots and main sidewalks.

Please do not call the office, we will get to everyone as soon as we can. We appreciate your patience and cooperation.

PEST CONTROL

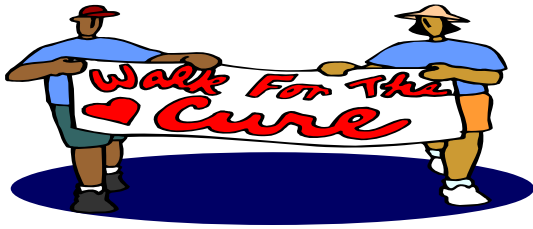
Watch the calendar dates for Pest Control and call before due date for any special treatments needed in your unit. Service dates will be the first and third THURSDAY of each month. Calendars are provided at the back of newsletter.

COMMUNITY CENTER LEASING

BIRTHDAY PARTIES * FAMILY GET TOGETHERS * BABY OR WEDDING SHOWERS *

Tenants are encouraged to use the community center for a variety of activities. A Lease Agreement must be filled out to rent the Community Center, but please include your name and address of where you would like your refund of security deposit to be returned. Refunds are mailed within three weeks of usage date if Center is left neat and clean.

Make all payment arrangements at the main office no later than one day prior to renting the Center. You will be issued a key at this time to be returned the following day after usage. If usage falls on a weekend, then the key will need to be returned the following Monday. The cost for Tenants of Housing is \$50 to rent with a refundable security deposit. The Community Center is not available for rent on Holidays. For more information, contact Colette Cooper at 581-2294 ext. 221.



October is Breast Cancer Awareness Month

LOWER YOUR BREAST CANCER RISK

It's true that certain risk factors for breast cancer are beyond a woman's control. Examples: family history and aging. Fortunately, researchers are finding that certain lifestyle choices may lower risk.



Cut the fat. Countries with high-fat diets have the higher rates of breast cancer; exactly why isn't certain. Smart: Choose foods high in fiber, such as beans, bran, whole grains, fruits, and vegetables such as cabbage, brussels sprouts and broccoli.



Stay active. Research suggests that exercise helps prevent breast cancer. One study found that women who exercised at least four hours a week cut their breast cancer risk by 60%, while those who worked out 1-3 hours a week reduced their risk by 30%.



Limit alcohol if you drink. More than 40 studies have linked heavy alcohol use to an increased risk of breast cancer.



Keep screening. Do monthly self-exams and see your health care provider regularly. Life-saver: Ask about having mammograms — when to start and how often to have one

5 AMAZING ALLERGY FACTS

Sensitive to pollen?

1 Wash your hair before bedtime.

Reason: You'll remove any pollen and keep it from settling on pillows and bedding **Also:** Avoid irritants such as tobacco smoke, automobile exhaust, hair spray and perfume; wash your hands frequently; plan outdoor activities when pollen counts are low.

2 The best time to take an antihistamine, which helps block allergic reactions, is before symptoms start.

Just remember: Some allergy medications can cause sleepiness. So never take one when safety requires you to be alert. Suggestion: Ask your health care provider about antihistamines that cause less drowsiness.

3 Dust mites love to nest in area rugs and make you sneeze and itch. **If you're allergic, Australian researchers offer a simple solution:** Place area rugs outdoors in direct sunlight for a few hours until they become warm and dry. Results: Mites dry up & die.

4 Moving to another location is not a guarantee of allergy relief. **Why:** People usually develop allergies to their new region

5 As many as 20% of Americans believe they have a food allergy, but true food allergies are actually rare. What most people consider food allergies are usually signs of digestive problems, food poisoning or stress.



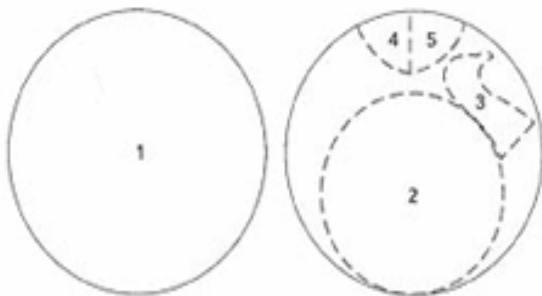
Turkey Gobbler Cake

- 1 box Betty Crocker® SuperMoist® devil's food cake mix
Water, vegetable oil and eggs called for on cake mix box
- 1 container Betty Crocker® Whipped milk chocolate frosting
- 1 marshmallow
Red colored sugar
- 35 pieces candy corn

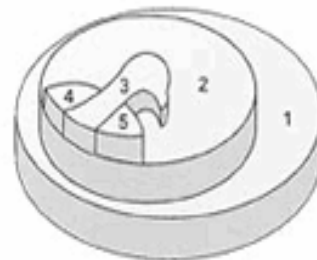
1. Heat oven to 350°F (325°F for dark or nonstick pans). Make and cool cake mix as directed on box for two 9-inch round pans.
2. Cut 1 layer as shown in diagram. Freeze cut pieces uncovered 1 hour for easier frosting. .
3. Place uncut layer on cake plate; frost top and side. Place cutout circle on larger layer; frost. Arrange head and feet on circle; frost.
4. Cut marshmallow in half. Moisten 1 half and dip in red sugar; join to head with frosting for turkey's wattle. Use other half of marshmallow for turkey's eye. Use candy corn for beak, claws and feathers. Store loosely covered.

High Altitude (3500-6500 ft): Follow High Altitude directions on cake mix box.

Cutting and Assembling Turkey Gobbler Cake



Cut 1 layer to form body, head and shoulders



Place uncut layer on plate; frost.
Place piece 2 on top about 1/2 inch
from bottom edge; frost. Arrange
pieces 3,4 and 5 on body.



Holiday Tree-Shaped Cheese Ball

3 packages (8 ounces each) cream cheese, softened

4 cups shredded Cheddar cheese (16 ounces)

2 tablespoons basil pesto

1 tablespoon grated onion

1/4 teaspoon yellow mustard Red pepper sauce

1/4 cup finely chopped parsley or cilantro

1/4 cup pine nuts or sliced almonds 2

2 tablespoons chopped red bell pepper Piece of lemon peel, if desired Assorted crackers, if desired

1. Stir together cream cheese and Cheddar cheese; divide in half. Stir pesto into 1 half; stir onion, mustard and 2 or 3 drops pepper sauce into other half. Cover each half; refrigerate about 4 hours or until firm enough to shape.
2. Place cheese mixtures on cookie sheet. Shape each half into cone shape to look like a pine tree.
3. If desired, wrap each tree, label and freeze up to 1 month. Twelve hours before serving, remove trees from freezer. Thaw in wrapper in refrigerator.
4. Just before serving, roll trees in parsley, pressing it evenly onto trees. Press pine nuts onto trees in string form for garland. Press bell pepper pieces onto trees for ornaments. Top each tree with star shape cut from lemon peel. Serve with crackers.