





The Oaks News

A Monthly Newsletter for the Public Housing, Manor Town and Carson Creek Residents of the Housing Authority of Travis County, Texas

August 2016

FREE IMMUNIZATIONS FOR BACK TO SCHOOL

<p><u>Commissioners</u> <u>Chairman</u> John Hernandez</p>	<p>Classes for the Austin Independent School District begin on Monday, August 22, 2016.</p>	<ul style="list-style-type: none"> • <u>Seton Community Health Center</u> 2811 E. 2nd St. 512-324-4930 	<p>(Call for Information) 324-0195</p>
<p><u>Vice-Chair</u> Ann Denton</p>	<p>To determine a student's assigned school, parents may contact AISD's</p>	<ul style="list-style-type: none"> • <u>City of Austin Community Care Center</u> 2529 South 1st. St. 512-978-9500 	<ul style="list-style-type: none"> • <u>Austin Regional Clinic (Far West)</u> 6835 Austin Center Blvd. 512-346-6611
<p><u>Commissioner</u> Wilmer Roberts</p>	<p>Student Services Office at 414-1726.</p>	<ul style="list-style-type: none"> • <u>Shots for Tots</u> Various Locations (Call for Information) 512-972-5520 	
<p><u>Commissioner</u> Eddie Karam</p>	<p>All students attending classes in AISD, must be current on their immunizations. The following community clinics offer free immunizations to students</p>	<ul style="list-style-type: none"> • <u>AISD Student Health Services</u> Various Locations 	
<p><u>Commissioner</u> Robbye Meyer</p>	<p>who do not have insurance or a primary care physician.</p>		
<p><u>Executive</u> <u>Director</u> Patrick Howard</p>		<h3>AISD BACK-TO-SCHOOL BASH</h3>	

<p><u>Public Housing Specialist</u> Gabrielle Wright</p>	<p>AISD's annual Back-to-School Bash will be held on Saturday, August 6, 2016 from 9 am. - 12 pm., at the Palmer Event Center, 900 Barton</p>	<p>Springs Rd. Austin, Tx 78704 District staff and many community service providers will be available to meet parents and stu-</p>	<p>dents to discuss academic and community resources available to families. Prizes, food and fun activities for the students will be offered.</p>
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FUN WAYS TO KEEP A TODDLER HAPPY AND COMMON MEAL TIME MISTAKES



Getting through the day with an active toddler can put your patience to the test. Keep your child smiling with these simple, fun activities.

- Celebrate a new holiday. Announce that it's Polka-Dot Day or Purple Day.
- Open a petting zoo. Place stuffed animals around the room, pet each one, and talk about what they like to eat.
- Have him or her talk into

a big plastic party cup. She'll be fascinated by the echo.

- Wipe down the kitchen. Give your toddler a damp sponge to go over the counter and cabinets like Mommy does.
- Mesmerize her or him with a calculator. Kids especially love ones with big buttons.

Committing these common food felonies makes it difficult

to raise a healthy eater.

- Holding dessert as hostage. If you use cake as a reward for eating broccoli, your toddler learns that dessert must be way better than veggies-- and that's what they'll want.
- Not including your child in conversation. If your toddler has your attention and feels like he/she belongs, they'll develop social skills and table manners faster.

Farewell/Congratulations Joanne!!!

As some of you know, Joanne Lopez is no longer with the Public Housing department. She will now be with the Section 8 department. After working in Public Housing for 5 years, she was able to build several relationships with all of you. Let's thank her for all of the help she has provided to everyone. She will be greatly missed! Gabrielle Wright is now the Public Housing Specialist, some may be familiar with her. If you have any questions or concerns you can contact her at 512-480-8245 ext. 38 or email her at gabrielle@hatctx.com. Again, let's congratulate Joanne on her position!

Work Orders

In order for the Maintenance staff to complete work orders, there has to be an **adult (18 years or older)** in the apartment. Maintenance will **NOT enter your apartment if there is someone in your apartment that is under the age of 18, unaccompanied by an adult (18 years or older)**. If you place a work order, be sure to have an adult in your unit. To place a work order call 512-617-7850. For emergency work orders, call 512-563-0261. If you have any questions or concerns, please contact Gabrielle Wright at 512-480-8245.

CARROT RAISIN PINWHEELS

This kid friendly recipe makes a tasty after school snack that is easy for your child to prepare on their own.

2 tablespoons of cream cheese spread

2 tablespoons of ranch dressing

2 flour tortillas (8 inch)

1 cup of finely shredded car-

rots

2 tablespoons of raisins

Mix cream cheese spread and ranch dressing; spread on tortillas.

Sprinkle with carrots and raisins.

Roll up tortillas tightly; wrap individually in plastic wrap.

Refrigerate at least 30 minutes.



Unwrap and cut each rollup into six pinwheels just before serving.

Recipe Shortcut Tip

Purchase shredded carrots in the produce section of your supermarket.

FOR YOUR HEALTH...ALCOHOL AND THE BRAIN

Did you know that alcohol dilutes itself in the water volume of the body in order to travel through the system. Those vital organs, like the brain, that contain a lot of water and need an ample



blood supply are particularly vulnerable to the effects of alcohol.

Heavy drinking over many years may result in serious mental disorders or permanent, irre-

versible damage to the brain or peripheral nervous system.

Alcohol affects all parts of the brain, which also affects the heart rate, coordination, speech, and destruction of brain

cells.

Alcohol may encourage aggression by disrupting normal brain mechanisms that normally restrain impulsive behavior such as aggression.

The brain does not finish developing until a person is around 20 years old, and one of the last regions to mature is intimately involved with the ability to plan and make complex judgments.

The available evidence suggest that adolescents are more vulnerable than adults to the effects of alcohol on learning and memory.

It has become clear over recent years that alcohol impacts both behavior and brain function differently in adolescents and adults.

VANDALISM AND UNSUPERVISED CHILDREN

The public housing communities have been experiencing problems with unsupervised children and supervise your children Please be aware that if the destruction of property, enforcement in addition to from the public housing



responsible for paying for the damages that their child has caused. Set a curfew for your child and enforce rules that will keep them safe from harm.

vandalism. It is important to when they are outdoors. your child is participating in charges will be filed with law your family being evicted unit. The parent will also be

RENT PAYMENTS

Rental payments are due on the 1st of each month. Payments can put in the Dropbox onsite of apartments, pay online, or hand delivered to:

502 E. Highland Mall Blvd.
Suite 106-B

Austin, Texas 78752

Payments must be made in the following forms:

Money Order

Cashier's Check

Personal Check

Debit/Credit (Online Only)

NO CASH WILL BE ACCEPTED

Uncertain as to how much your rent is? You may contact management 512-480-8245 ext. 38

TAX FREE HOLIDAY AUGUST 20-22 2016

Texas shoppers get a break from state and local sales taxes on August 5, 6 and 7-the state's annual tax holiday. Lay-away plans can be used again this year to take advantage of the sales tax holiday.

The law exempts most clothing and footwear priced under \$100 from sales and use taxes, which could save shoppers about \$8 on every \$100 they spend. Backpacks under \$100 and used by elementary and secondary students are also exempt.

For more information visit:

<http://singleparents.about.com/od/taxfreeholidays/qt/TX.htm>



HAPPY BIRTHDAY TO ALL BORN IN AUGUST!

IMPORTANT PHONE NUMBERS

MAINTENANCE WORK ORDER REQUEST LINE

512-617-7850

After Hours Maintenance Emergencies

512-563-0261

GIGGLES



Teacher: Tell me a sentence that starts using an "I"..

Student: I is...

Teacher: Stop! Never put is after an "I". Always put 'am' after an "I".

Student: Ok. I am the ninth letter of the alphabet.

On a crowded bus, one man noticed that another man had his eyes closed. "What's the

matter? Are you sick?" "No, I'm okay. It's just that I hate to see old ladies standing."

Teacher: Did your father help you with your homework?

Student: No, he did it all by himself.

Teacher: What are some products of the West Indies?

Student: I don't know.

Teacher: Of course you do. Where do you get sugar from?

Student: We borrow it from our neighbor.

Teacher: Well, at least there's one thing I can say about your son.

Father: What is that?

Teacher: With grades like these, he couldn't be cheating.

Mother: How did you find school today?

Daughter: I just got off the bus and there it was!

What would happen if you took the school bus home?

The police would make you bring it back!