

PLATTSBURGH HOUSING AUTHORITY



FAMILY HOUSING NEWSLETTER

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Cabin Fever Relievers – Winter Carnivals

Are you tired of winter? Have some fun by taking part in local winter carnivals.

On **Saturday, February 1st** from 11:00 AM until 3:00 PM, the Plattsburgh Sunrise Rotary will be hosting a free carnival on the front lawn at CVPH. Activities include sledding, skating, wagon rides, and carnival games. For more information on this event, visit www.plattsburghsunriserotary.org

Also on **Saturday, February 1st** at 7:00 PM, the Lighting of the Ice Palace and Fireworks display will be taking place in Saranac Lake. The fun continues for a full week with a parade scheduled for **Saturday, February 8th** at 1:00 PM followed by a delicious spaghetti dinner. See the complete schedule at www.saranaclakewintercarnival.com

Consideration Corner

Well that's right neighborly of you....!!!!



Neighbors really can become good friends – look out for your neighbor and they will hopefully do the same for you. Below are things that you can do in order to be a good neighbor:

- Keep your noise levels to a minimum.
- Make sure your children are being supervised while outside.
- Keep your outside areas clean and tidy and walkways shoveled.
- If parking is limited, try to compromise and ensure that you (or your visitors) don't block the neighbor's access.
- Respect your neighbors.
- If a dispute occurs, communicate politely with the person and explain why you are upset – try to find a solution together.

Any questions or concerns you have regarding disturbances should be directed to Officer Rotella at 562-3411 or Tammy Langley, Housing Assistance Supervisor at 561-0720 ext. 224.

What's for Dinner?

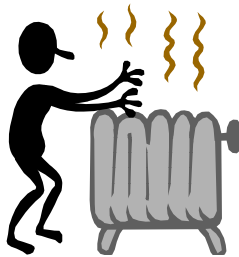
Sweet and Spicy Crockpot Chicken

This simple recipe combines sweet and sour sauce, barbecue sauce, and chicken in a five ingredient recipe with a fabulous flavor. The chicken becomes meltingly tender when cooked this way. Serve over hot cooked rice and add a side vegetable to complete your meal! (Prep Time: 15 minutes, Cook Time: 9 hours, Yield: 6 servings)

Ingredients: * 2 lbs. boneless, skinless chicken thighs, sliced * 3 cloves garlic, minced * 1 onion, chopped * 1 cup purchased sweet and sour sauce * 3/4 cup purchased barbecue sauce * 2 Tbsp. cornstarch * 2 Tbsp. water

Preparation: Combine all ingredients in a crockpot. Cover and cook on low for 8-9 hours until chicken is thoroughly cooked. If you'd like a thicker sauce, mix the cornstarch and water in a small bowl and add to the liquid; cover and cook 10-15 minutes until thickened. Enjoy!!!!

Remembering Rules



Heaters

Keep all windows and doors closed during the winter months. Make sure all of the storm windows are in place. When the temperature outside is below freezing (32 degrees F), do not open windows over the radiators at any point in time and do not turn off the heat upstairs or in any room. The water in the radiator will freeze and cause the radiator to burst. To avoid freezing pipes, the heat needs to travel as intended -- turning off the heat in any room creates a road block to warmth. All damages occurring as a result of these actions will be charged to the resident. Not only will the radiator be damaged, but your apartment and belongings could sustain extensive water damage.

Make sure the heaters are clean. Dirt and dust in the heaters will cut down on heating efficiency. Also, do not place furniture so close to the heater that it prevents the heated air from circulating. This is also a fire hazard. Do not let curtains and drapes hang over the heaters; the heat will get trapped underneath the fabric instead of circulating to keep you toasty!

Cigarette Butts

Make sure you are using appropriate receptacles (empty coffee cans or buckets) for your cigarette butts and emptying the containers when needed. If you dispose of the butts on the ground near your stoop, you will be required to pick them up.



Snow Removal

Participate in our efforts to remove snow by moving your cars so that we can plow more thoroughly and spread sand and salt in those areas. You can move your car on to the road after 6:00 AM or the back parking lot at McGaulley offers a great place to park temporarily while we clean the areas near your apartments. We appreciate your help!!