***PLATTSBURGH HOUSING AUTHORITY***

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***FAMILY HOUSING NEWSLETTER***

***Reminders***

* **Money Orders**: When using a money order for your rent payment, please make sure to **print your name**, **address, and phone number** on the money order. We want to make sure to credit the appropriate rent account with the payment and a signature alone is often difficult to read.
* **Telephone numbers:** Have you recently changed your telephone number? Call PHA at 561-0720 extension 224 to update your number in our records.
* **Safety:** There is to be no ball playing (hardball, volleyball, softball, kickball, soccer, catch, etc.) near or between any of the apartment buildings. The appropriate place to play ball is at the McGaulley Avenue field or South Acres Park.



* **Parking lots:** The parking lots are **not** play areas. Children should not be riding tricycles, bikes, skateboards, etc., skating or playing in any of the parking lots.
* **Proper disposal:**PHA is not responsible for the disposal of electronics, furniture, appliances, tires, wood or metal items. The disposal of these items is the responsibility of the resident and must be disposed of properly and at your expense.
* **Air conditioners:**Due to insurance liability, all self-installed air conditioners must be inspected by PHA staff. Residents are required to call in an inspection work order and an inspection fee of $10.00 will be charged per apartment.

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**Summer Activities!!!**

**☺☺☺ Clinton County Fair ☺☺☺**

This year’s Clinton County Fair will be held from **July 15th to July 20th** (six days of family fun)!!! A Mega Pass can be purchased at the Fair Office or at Price Chopper until July 14th for $20.00. Visit their website for more information at www.clintoncountyfair.com

![C:\Users\Tammy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VKF9RA2M\MC900329305[1].wmf]()**Concerts on the Bluff ![C:\Users\Tammy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VKF9RA2M\MC900329305[1].wmf]()**

Free concerts offered this summer on the lawn at Clinton Community College include the group Towne Meeting on July 30th, Roy Hurd and Frank Orsini on August 6th, and Rick and the All-Star Ramblers Western Swing band on August 13th. Bring your lawn chairs and picnic baskets; concerts start at 6 PM, rain or shine!!!

 **Water Use**

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Water is a valuable resource so we should all use it wisely. Resident owed vehicle washing on Housing Authority property is **prohibited**. Under no circumstances will this be allowed. Residents may have children’s swimming pools (measuring no larger than 6 feet across) in their back yards. Pool use must be supervised by an adult. Water hoses must be shut off immediately after filling pools. Pools can only be used during daylight hours and must be drained after each use into a drainage ditch (not onto your lawn or your neighbor’s lawn). Your cooperation is appreciated!!

**Ted K Center News**

The Ted K. Center Summer Program is now open **Monday - Friday**, 9:00 a.m. - 3:50 p.m. for PHA resident youth ages 5 (and completed Kindergarten) and up. Daily activities include arts & crafts, recreational games, gardening, computers, yoga, cooking classes, field trips and much more. The program is **FREE**. If your child is attending our program for the first time, it is necessary to complete a registration form before they can participate. See you at the "Center."

The Ted K. Center is offering the first ever **Summer Day Camp** to be held at Camp Tapawingo during the weeks of Monday, August 4 (ages 5-8) and Monday, August 11 (ages 9-15). To learn more, please contact the Center at 561-7690. The camp is free for PHA resident youth, but space is limited. Sign up now so you don’t miss out on the fun!!!

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The USDA Summer Lunch Program is now being served at the Ted K. Center, **Monday - Friday**, 11:30 a.m. - 12:30 p.m. during July and August. The nutritious lunch is **free** and all children are welcome to attend.

***What’s for Dinner?***  ![C:\Users\Tammy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AT3DEMFN\MM900223775[1].gif]()

# 8-Layer Taco Salad

It is way too hot to cook a big meal in the summertime. So why not enjoy a colorful 8-layer taco salad for dinner tonight (Prep Time: 30 minutes, Yield: 6 servings). Serve this salad in a clear glass bowl for an eye-catching meal!!

**Ingredients: \*** 1 tablespoon canola oil \*1 pound ground turkey \* 1 package taco seasoning \* ½ cup shredded Mexican cheese blend \* 1 cup salsa \* 1 15-oz can pinto beans, drained \* 1 avocado, pitted \* ½ cup nonfat plain Greek yogurt \* 1 ½ cups crumbled tortilla chips \* 5 cups thinly sliced romaine lettuce \* 1 medium tomato, chopped

**Directions:** Heat oil in large skillet over medium-high heat; add turkey and taco seasoning. While cooking, stir and break up lumps until meat is cooked through, about 5 minutes. Mash avocado and yogurt together with a fork in a small bowl until smooth. Transfer cooled cooked turkey meat into the clear bowl. Layer chips, then salsa, then beans, then lettuce over the turkey. Spread the avocado mixture over the lettuce. Top with cheese, then tomato. Serve with a glass of raspberry iced tea or strawberry lemonade for a refreshing summer meal. Enjoy!!!!

**Nutrition** (per serving): 383 calories; 20 g Fat; 5 g Sat; 7 g Mono; 53 mg Cholesterol; 29 g Carbohydrates; 25 g Protein, 8 g Fiber; 630 mg Sodium, 812 mg Potassium