



**Late Fees Will  
Begin Again**

A \$40 late fee will be posted to unpaid accounts if rent is not paid in full by the 5th day of the month. This will begin again in

**Mission Statement**

The Housing Authority of Glasgow exists to provide adequate, affordable housing for eligible families and to promote the social well-being and economic independence of residents in an appropriate environment.



**Housing Authority  
of Glasgow**

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## INGREDIENTS

1 (16 ounce) can refried beans  
¾ onion, diced  
5 (10 inch) flour tortillas  
1 cup salsa  
2 cups shredded Cheddar or Colby Jack cheese

## INSTRUCTIONS

Preheat oven to 375 degrees. Spray a 9-inch pie pan with non-stick cooking spray. In a saucepan, cook refried beans and onions (to soften them) on medium-high heat for about 5 minutes. Place one tortilla in the bottom of the greased pan. Spread about 1/3 cup of the bean mixture over it. Layer a few tablespoons of salsa over this. Then, place another tortilla over the salsa, and add more of the bean mixture. Follow the beans with a big handful of cheese, spreading evenly. repeat layers, spreading the ingredients evenly over the tortillas. On the top layer, make sure to use lots of salsa and cheese! Bake until the cheese is melted, approximately 15 to 20 minutes.

## Resident Spotlight

Name: Oma Vance

What are your hobbies? Crafts, visiting neighbors, baking, playing BINGO.

If you could travel anywhere in the world, where would it be? Israel, to see where Jesus lived.

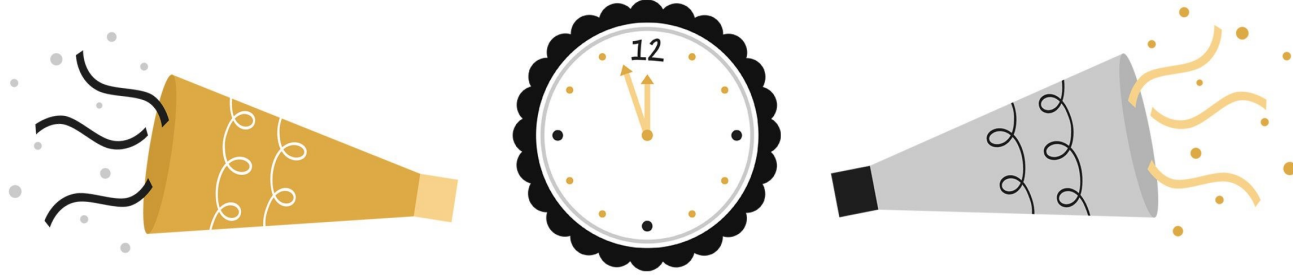
Family: 3 girls, 1 boy, 8 grandchildren, 4 great-grandchildren, and a doggy named Darla.

Where are you from? Barren Co.

Favorite Food: Anything Sweet!



# HAPPY NEW YEAR!



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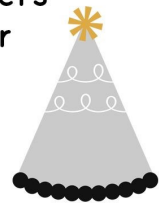
Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



Instead of writing a list of your New Year's resolutions, then crumbling the list up and tossing it into the garbage can after week three... here are some tips for developing realistic goals and staying on top of your resolutions all year long!

Define your goal. Develop a time frame for your goal, with smaller goals to achieve along the way. For example, a goal of working out for 30 minutes every day should start with a small step such as 15 minutes every other day. When you are specific about what steps it will take to get you to your overall goal, your resolution will become easier to achieve. Make sure you can commit to the goal in the time frame you give yourself.

Be mentally tough. Not every day is going to be easy. Knowing this ahead of time will prepare you for when you are tempted to break your resolution. Have the power to keep moving towards your goal, no matter what setbacks may occur.

Think positive. Positive thinking plays a critical role in overcoming a bad habit. The voice inside your head needs to be thinking positive thoughts. Your own words of encouragement can eliminate self-doubt and will help when you're tempted to fall back into old patterns.

Be patient. Permanently changing your behavior can take months. You need to make a conscious effort to stay on track through the long process.

Practice forward thinking. Identify what went wrong in previous failed attempts and then move on. Don't focus on what you have done in the past, only what you want to achieve in the future.

Happy New Year!

#### January Birthdays!

Ann Myers  
Elizabeth Vondrash  
Patsy Arms  
Barbara Sell  
Clifton Johnson  
Jocie Poindexter  
Veta Hemric  
Joseph Wise  
Sujata Toscano  
Betty Hintz  
Barbara Bryant  
James Mesker  
Sharon Kimbrough  
Katherine Bazzell  
Connie Page  
Kathy Strode



#### **CSFP Box Pickup**

CSFP Box (Senior Box) pickup for ALL OF BARREN COUNTY will be at the Housing Authority of Glasgow's HERO Center, 100 Cheatham Street, Glasgow- the first Tuesday of the month from 8:00-12:00!

Dates for upcoming CSFP Pickups:

**Drive Thru Only!**

**Do not exit your vehicle!**

January 5th

February 2nd

Sam Terry exterior renovations are finished!! WOW—the buildings have a completely different look! The contractor— Coleman Contracting, Inc. will begin on the eight plex building on lower Bunche in early January. They have done such a GREAT job!! We have new wooden decking and outdoor carpet at Huntsman Manor. What an improvement! We will begin painting all the railing as soon as the weather warms up.



Our crew is white washing the brick in the community room at Huntsman. It has brighten the meeting space and given the brick walls a clean old fashion flare. We are still waiting on the new laundry equipment for all of our laundry facilities. We are told the delivery is delayed due to the pandemic. We are currently is the design phase of building a new eight plex apartment building on Myrtle Street. All apartments will be one bedroom units. If all goes well, we plan to release the details in the spring to go out for bids and begin construction immediately.

# HAPPY NEW YEAR!

May the New Year bring to  
you warmth of love and a  
light to guide your path  
towards a positive

destination!

Have you ever asked yourself where your money goes? If we are honest with ourselves we probably have all had to stop, scratch our heads, and try to answer that question. Sometimes, especially near the end of the month, special occasions, and holidays losing track of your spending can happen.

Most people can't tell you how they spend their money during a month. In order to look at changes to your spending, you first need to understand how you use your money. In other words, how do you behave with your money? So how do you do that? If you want to see where your money is going you have to track it...your spending that is. This is the first step.

Tracking takes a lot of work and requires a commitment to see it through. Following through this step will allow you to see exactly where your dollars go. It is best to track for an entire month. I know this seems like a daunting task, so to make it easier break the month down into weekly increments. Tracking for a month will allow you to go through a full cycle of all your monthly income sources and bills. So how do you start tracking? First, you can start by getting a container or envelope to keep your receipts in. Every time you spend money (for whatever) get a receipt and put it in that week's container. If you don't have a receipt you can just write it down on some paper and put it in.

Second, at the end of each week look at the receipts and place them in categories. For example, housing, utilities, medical, food, entertainment, gas, childcare, etc. Write down how much you spent in each category for that week. Do this for each week of the month.

Finally, at the end of the month (you can do it) review all of your spending to see the areas where your money tends to go to. This often can be an eye-opening experience! This also helps you to better see spending on needs vs. wants. If you notice you are spending more than you want to in a particular category, think of ways to fix it. For example, instead of spending a \$1 -\$1.50 (per drink) on a soda every day, consider buying a pack of sodas at the store to last you all week. That is a savings of several dollars right there. Such a small change can add up to big savings!!

The goal of tracking is to make you aware of where your money goes. Tracking makes your spending true. Tracking is the beginning step to answering the age-old question "Where did my money go?" Remember, change doesn't happen overnight. Your pace should be a marathon, not a sprint...one step at a time. You can do it!!

## **2020 FSS PUBLIC HOUSING GRANT AWARDED** - We are

excited to announce that the Housing Authority of Glasgow's FSS Program was recently awarded a 2020 Public Housing FSS Grant.

HUD announced our agency will receive continued funding for our FSS program. FSS assists families by providing resources and tools to become self sufficient. If you are interested in learning more about the FSS Program contact Jennifer Bannister at the

became the most visible spokesperson and leader in the civil rights movement from 1955 until his assassination in 1968. King is best known for advancing civil rights through nonviolence and civil disobedience, inspired by his Christian beliefs and the nonviolent activism of Mahatma Gandhi.

King participated in and led marches for blacks' right to vote, desegregation, labor rights, and other basic civil rights. King led the 1955 Montgomery bus boycott and later became the first president of the Southern Christian Leadership Conference (SCLC). As president of the SCLC, he led the unsuccessful Albany Movement in Albany, Georgia, and helped organize some of the nonviolent 1963 protests in Birmingham, Alabama. King helped organize the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech on the steps of the Lincoln Memorial.

**\*\*\*ATTENTION ALL HIGH SCHOOL SENIORS\*\*\***

PHADA has published their 2021 Scholarship for high school seniors living in public or assisted housing at a PHADA member agency. Glasgow Housing Authority is a member of PHADA!

Three scholarships will be awarded:

Stephen J. Bollinger Memorial Scholarship - \$7000.00

Freedom & Civil Rights Scholarship - \$5000.00

Nan McKay Pathway to Achievement Scholarship - \$5000.00

**APPLICATIONS ARE DUE TO PHADA BY**

**JANUARY 29, 2021**

If you will be a graduating senior planning to enter college please don't miss out on applying for this financial opportunity!



# JANUARY 2021

**We have a drive thru RENT DROP BOX at the main office. It is in the back parking lot.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NEW YEARS DAY Rent is Due  HAG Offices & Laundry Closed	2
3	4 National Spaghetti Day	5 CSFP drive-thru pickup at HERO Center 8-12 Last day to pay rent on time	6 30 Day Eviction Notices Go Out	7	8 Bubble Bath Day	9
10	11	12 National Pharmacist Day	13	14	15 National Bagle Day	16
17	18 Martin Luther King Jr. Day Offices and Laundry Closed	19 Commodities River Lake Church 9-12 National Popcorn Day	20 National Cheese Lover Day	21 8:00 HAG Board Mtg. Commodities Cave City Convention Center 9-12	22	23 National Pie Day
24	25	26	27 Chocolate Cake Day	28	29 National Puzzle Day	30
31						

**Maintenance will be checking smoke detectors and reading meters the 28th and 29th.**

**\*\*REMINDER\*\***  
**BEGINNING JANUARY 2021**

**\*Remember\***  
**Our LOBBY is still closed to the public. We will come to the door to conduct business AND we are accepting phone calls**