



March 2021 Volume 22 Issue 3

OPEN WEEK DAYS: 8:00 a.m. to 4:30 p.m.  
Not conducting in person business yet.



HAPPY St Patrick's DAY



Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at the age of 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. In the centuries following Patrick's death (believed to have been on March 17, 461), the mythology surrounding his life became ever more ingrained in the Irish culture: Perhaps the most well-known legend of St. Patrick is that he explained the Holy Trinity (Father, Son and Holy Spirit) using the three

### 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

$\frac{2}{3}$ cup margarine, softened	1 teaspoon salt
$\frac{2}{3}$ cup white sugar	3 large eggs
2 cups cornmeal	1 $\frac{2}{3}$ cups milk
1 $\frac{1}{3}$ cups all-purpose flour	1 cup chopped fresh jalapeno peppers, or to taste
4 $\frac{1}{2}$ teaspoons baking powder	

## INSTRUCTIONS

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13-inch baking dish. Beat margarine and sugar together in a large bowl until smooth. Combine cornmeal, flour, baking powder, and salt in another bowl. Stir eggs and milk in a third bowl. Pour 1/3 milk mixture and 1/3 flour mixture alternately into margarine mixture; whisk until just mixed. Repeat with remaining ingredients and stir in jalapeno peppers. Spread mixture evenly into prepared baking pan. Bake in preheated oven until a toothpick inserted into the center comes out clean, 22 to 26 minutes. Cool in the pan for 10 minutes before slicing.

## Resident Spotlight

Name: Neecha Miller

What are your hobbies? Decorating, love to bake, collect bath & body works, & visit with my family

Who is your favorite actor/actress? Dale Robertson

Where are you from? Dallas, TX

Family: I have 4 boys, 1 daughter & 2 grandchildren





# St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
W	O	W	N	N	D	O	W	T	L	K	Y	D	O	S
L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A



- |             |            |             |
|-------------|------------|-------------|
| CLOVER      | IRELAND    | PARADE      |
| COINS       | IRISH      | PATRICK     |
| CORNED BEEF | LEPRECHAUN | POT OF GOLD |
| TRADITION   | LUCK       | RAINBOW     |
| GREEN       | MARCH      | SHAMROCK    |





Why is breakfast the most important meal of the day?

It's important for a bunch of reasons. It jump-starts your metabolism and stops you from overeating later. Plus, adults who have a healthy breakfast perform better at work, and kids who eat a morning meal score higher on tests. If a big plate first thing in the morning isn't for you, keep it light with a granola bar or a piece of fruit.

Just don't skip it.

Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of "bad" LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight.

But this much is clear: Skipping the morning meal can throw off your body's rhythm of fasting and eating. When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it.

If your body doesn't get that fuel from food, you may feel zapped of energy and you'll be more likely to overeat later in the day.

Breakfast also gives you a chance to get in some vitamins and nutrients from healthy foods like dairy, grains, and fruits. If you don't eat it, you aren't likely to get all of the nutrients your body needs.

March Birthdays!

- Robert Keown
- Eddie Houchens
- Elvie Coulter
- Phillip Wood
- Joe Hurt
- Patricia Landers
- Wayne Yarbrough
- Terry Dodson
- Chris Logsdon
- Cheryl Vincent
- Wanda Wooten
- Priscilla Bethel



**CSFP Box Pickup**

CSFP Box (Senior Box) pickup for ALL OF BARREN COUNTY will now be distributed at the HERO Center the first Tuesday of the month from 8:00-12:00!

Dates for CSFP Pickup:

**Drive Thru Only!**

**Do not exit your vehicle!**

April 6th

## 2021 CITY CLEAN-UP WEEK

March 22 - 26, 2021

This is the yearly opportunity to cleanout the garage, basement and around the house.

**PLEASE TAKE ADVANTAGE OF THIS FREE, ONCE-YEARLY OPPORTUNITY**

### IMPORTANT INFORMATION

- Place large items, bagged and boxed items by the curbside on the same day as normal garbage pick up!
- ALL small items MUST be bagged or boxed. Loose items will NOT be picked up!
- All items must be out by 7:00 am on the day of regular garbage pick up.
- Do NOT place items next to or under trees, utility poles on trailers or against mailboxes. These items will NOT be picked up.
- Tree and shrub trimmings must be no more than 3' and tied in a bundle.
- Residents taking items to the landfill **will be charged a fee.**

### UNACCEPTABLE ITEMS

- |              |                  |                          |                    |
|--------------|------------------|--------------------------|--------------------|
| • Appliances | • Auto Batteries | • Asbestos               | • Large tree limbs |
| • Liquids    | • Auto Parts     | • Construction Materials | • Whole Trees      |
| • Pesticides | • Tires          |                          |                    |

### Appliances

Appliances are accepted all year long at the landfill at no charge.

All coolants including freon MUST be removed before drop-off.

“flushable” wipes in the toilet.

They are clogging the sewer lines and require a lot of work to unclog the lines. This IS becoming a frequent call in for repair work. We will charge to unstop the sewer lines. Throw the wipes in the garbage can—not down the commode!

ing up for a COVID-19

### Vaccine?

There are multiple locations in Barren County and surrounding counties that are now administering COVID-19 vaccinations. If you need help contact Kasey Scott at the Housing Authority of Glasgow at 270-651-3859.

**Maintenance Corner** - our new laundry equipment was delivered and has been installed in all of our laundry mats. We did add a couple of new machines where we had room to and we had requests for a couple of folding tables. Thank you for your patience while we waited for the new machines. The contractors are back remodeling the exteriors at lower Bunche Avenue. The 8-plex is looking good!! We received notice from HUD that we will be receiving \$918,504 in Capital Funds for 2021. We plan to finish the exteriors on all buildings at lower Bunche, we need to replace the roof at Huntsman Manor including sheathing and will use a lot of the



Unemployed?

Underemployed?

Thinking about college?

Need your GED?

Wanting to learn how you can earn money while you work?

Are you a current resident with the Housing Authority of Glasgow?

If the answer is yes then NOW is the time to  
check out

## The Family Self-Sufficiency Program!

Learn how being on this program can help you set goals, reach your goals, and take the steps  
to achieve self-sufficiency.

Call today...don't let another day pass by!




270-651-3859

Ask for Jennifer

Daylight Savings Time begins  
Sunday, March 14th 2021. Be sure  
to set your clocks ahead one hour!

# MARCH 2021

**Book check out @ Huntsman  
Manor Community Room during Bingo!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rent is Due National Peanut Butter Lovers Day	2 CSFP drive-thru pickup at HERO Center 8-12	3 World Wildlife Day	4	5 Last day to pay rent on time	6
7 National Cereal Day	8 30 Day Eviction Notices Go Out	9	10	11	12 Plant A Flower Day	13
14 National Potato Chip Day  Daylight Savings Time Begins	15 The Ides of March	16 Commodities River Lake Church 9-12	17 St. Patrick's Day	18 8:00 HAG Board Mtg.  Commodities Cave City Convention Center 9-12	19	20 First Day of Spring
21 World Poetry Day	22  <b>CLEAN</b>	23 National Puppy Day  <b>UP</b>	24  <b>WEEK</b>	25  <b>IN</b>	26 National Spinach Day  <b>GLASGOW</b>	27 
28	29	30	31			

Maintenance will be checking smoke detectors and reading meters the 30th and 31st.

March is Women's History  
Month

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