

The Oracle



Setting Her Sights on the Next Milestone



Louise celebrates her graduation at Los Cucos Restaurant with her family.

Congratulations to Louise Pettigrew of the C. M. Allen Homes for her recent graduation from Texas State University! She will continue her education at Texas State, where she has been accepted to graduate school. Louise has often volunteered her time helping Bonnie Pecina, our Service Coordinator at C. M. Allen, with our after school program known as “Kids Against Drugs” (KAD). Prior to her graduation, Louise said, “My son and I are residents at the C.M. Allen Homes. We have lived here for a little over a year and a half. My son is in fifth grade at Mendez Elementary. I am a senior at Texas State University majoring in Recreational Administration. I have also just been accepted into the Graduate School for Family and Child Studies. I have struggled as a single parent. Raising my son and being able to attend college are the highlights of my life. Living at C.M. Allen has allowed me to be able to be both a better mother and a better student. I have been able to work with Bonnie and her kids at KAD, allowing me to fully recognize my dreams and potential. I thank both Bonnie and the San Marcos Housing Authority for helping me make a better life for my son and me.”

Notes from the Main Office

CAPITAL FUND PUBLIC HEARING — You have a chance to influence how public housing funds will be used to make physical improvements to our housing sites. Come to a public hearing at the Allen Woods Dining Room on **Tuesday, June 14 at 5:30 p.m.** to hear about the current plans and to make suggestions. Your opinion matters!

BONE DRY — In case you haven’t noticed, we didn’t get much rain this Spring. We are now in Stage 2 Drought Restrictions to conserve water. [Stage 2 restricts use of sprinklers, sprinkler systems, foundation watering, soaker hoses and at-home car washing to limited hours on one designated weekday. You can water by hand at any time.](#) The designated weekday is as follows:

- o Monday for addresses ending in 0 or 1.
- o Tuesday for addresses ending in 2 or 3.
- o Wednesday for addresses ending in 4 or 5.
- o Thursday for addresses ending in 6 or 7.
- o Friday for addresses ending in 8 or 9.



The End of a Year, The Beginning of Summer

What a great year we've had with the P.O.D.E.R. After School Program! We've gone on fun field trips, played lots of games, and learned new things about our world. A big thanks to all the tutors that have helped the children with their homework, the interns that planned the activities, and a special thanks to Justin Williams, P.O.D.E.R.'s regular tutor for the year who was there daily to interact, teach, and play with the children.

The school year has ended, but the summer is just beginning! Sign your child up for our **free summer program**. Visit the P.O.D.E.R Learning Center or call 396-3367.



CITAS SOBRE LA VIDA

Cuando en verdad se quiere algo, todo el universo conspira a tu favor .

When you really want something, all the universe conspires in your favor.

La fe mueve montañas.

Faith moves mountains.

GETTING THINGS DONE!

WITH THE HELP OF ARCIL, THE SIDEWALKS IN FRONT OF SPRINGTOWN VILLA ARE GETTING A MAKEOVER

What started as one person sending an e-mail has resulted in quick action to correct our sidewalk problem. Cheryl Harwood from the Austin Resource Center for Independent Living (ARCIL) leads a peer group at Springtown Villa twice a month. During these group meetings, residents discuss issues that they are facing as seniors and/or disabled residents. One issue that came up was the condition of the sidewalks and the difficulty residents had in using the sidewalks. The condition of the sidewalk made it difficult for residents who use walkers, wheelchairs, or motorized scooters to get around the neighborhood.

Ms. Harwood sent an email to the city requesting action to be taken. She took pictures of the all the problem areas and began her quest to correct the problem. Her email eventually landed in Avila Sabas' in-box. After that, action was swift. Mr. Sabas is the Assistant Director of Public Services & Transportation for the City.

The sidewalk is being extended to the corner, where a crosswalk will be created. Also, directly in front of Springtown Villa, the sidewalk is being replaced and curb cut is being added.

Thanks so much to everyone who helped in this project. We are grateful for the response of the Public Services Department to the needs of some very special San Marcos citizens. Big thanks to Cheryl Harwood! We are forever grateful for the hard work and time you dedicate to Springtown Villa.



Above, left: City workers prepare to extend the sidewalk from Springtown Villa to the I-35 frontage road. A crosswalk will help people get across Springtown Way.

Above, right: The first part of the new sidewalk is completed. Curb cuts have been added to assist residents in using the sidewalk.

Left and top: Curb cuts and other improvements will help people going toward Thorpe Lane.

G.M. Allen Happenings



Youth participated in the Cinco de Mayo celebration. Zack Morales wears a colorful poncho and a big smile. Other youth helped with our well-used La Manita game and goodies they sold at the



event. Finally, there was a special Prom Night presentation by the Attorney General's Underage Drinking Program—an appropriate topic during graduation season.



Attention Parents: **KAD Summer Program** activities will start on June 13 and go through August 10. Lunch will be served Monday—Friday, 11:30—12:30. If you have any questions, please call 392-6273. Daily activities will be coordinated by Larissa Schaetz our Texas State intern.

This is Ms. Catalina Vasquez. She contributes to our community garden by watering the plants. As a result, we have an abundance of vegetables such as corn, squash, bell peppers, tomatoes, and sugar cane. The garden site is available to all residents. We need your help and you can save a lot of money! Food prices are going up. Is your income going up to match it? If not, here is your solution! Thanks to Ms. Vasquez and the other residents who help make the garden grow!



Family Self-Sufficiency

Volunteers are needed to help with the Chapultepec Community Garage Sale! Volunteers will help organize merchandise, assist potential buyers, and clean up. Contact Megan at 396-3364 to sign up. All funds for the Garage Sale will go towards purchasing school supplies! The date of the Garage Sale will be announced soon.



FSS SUPPORT GROUP PRESENTATION

Thursday, June 16, 2011

6:30 p.m.

Chapultepec

Adult Learning Center

Learn about credit reports and credit repair from Stewart Dale Spencer. He is our Resident Services Director and holds a Master's Degree in Developmental & Adult Education. He specializes in money management, building assets, and breaking free of oppressive debt.



Attending this presentation will count towards the completion of your Money Management goals!

Tips to Beat the Heat!!!



- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often. Your body needs water to keep cool.
- Drink plenty of fluids even if you do not feel thirsty.
- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but make the heat's effects on your body worse. This is especially true about beer, which dehydrates the body.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- Shade makes a difference! If you need to be in the sun for a long time, wear a visor or light sun-hat.
- Light shoes are necessary for ultimate cooling. Avoid boots and high-tops. If your feet are cool, so are you!
- A cool dip in the pool is a great way to cool off- and great exercise!
- ALWAYS wear sunscreen when you are going to be exposed to the sun's rays. Even a short time in the sun can cause sunburns.
- Overcast days don't always mean you can't burn. Wear that sunscreen!
- If you are feeling faint, nauseous, weak or disoriented, seek medical help immediately. Hyperthermia and heat-stroke are serious, and can lead to illness and even death.

Source: Family Eldercare of Austin

PARTNER PAGES



Free Healthy Cooking Classes to Combat Obesity

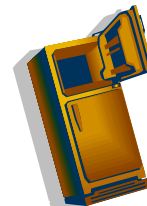
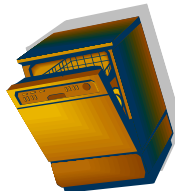
Best Food for Families, Infants, and Toddlers (Best Food FITS) is a San Marcos community project dedicated to preventing child obesity. We offer free cooking classes twice a week at the Chapultepec Adult Learning Center. Our recipes focus on preparing fruits and vegetables in ways that are easy, inexpensive, and tasty! Some of our favorite recipes are roasted citrus broccoli, banana pops, mashed cauliflower, and black bean hummus. The atmosphere is fun and engaging. After every class, we give away t-shirts and \$5 vouchers to the San Marcos Farmer's Market. Classes are open to anyone in the community. Bring your whole family and learn to cook healthy recipes together. Older kids can help out in the kitchen while our Best Food FITS staff can watch younger kids. We've had many kids try new fruits and vegetables and, dare we say, like them! For a schedule of June classes, check out the Chapultepec Adult Learning Center bulletin board or find our schedule online: www.bestfoodfits.fcs.txstate.edu We hope to cook with you soon!

City of San Marcos Appliance Replacement Program

The City of San Marcos Public Services Department has received federal grant funds to help low to moderate income residents reduce their energy usage and lower their utility bills. Through this program, qualifying residents may receive free energy efficient appliances to replace old inefficient appliances. The appliances eligible for replacement include:



- Refrigerators,
- Dishwashers,
- Clothes washers, and
- Window air conditioners.



In order to qualify you must:

Own or rent a home located inside San Marcos City limits (includes duplexes, triplexes, four-plexes, and mobile homes). Meet the income qualifications (almost everyone living in public housing will qualify based on income)

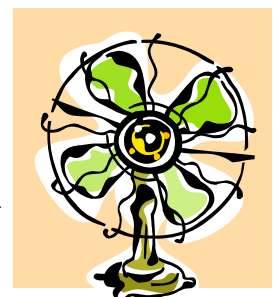
Here's how it works:

1. Resident calls City to schedule a free home energy assessment. City staff will evaluate existing appliances, heating/ac equipment, insulation levels, etc. and provide recommendations.
2. If appliances qualify for replacement, resident submits application for the free appliance replacement program.
3. City staff will review application to verify that resident meets income requirements.
4. City staff will order appropriate replacement appliances, and contractor will coordinate delivery and installation with the resident.
5. After appliances are installed, City staff will conduct a follow-up inspection.

For more information please contact:

City of San Marcos Energy/Water Conservation
1040 Hwy 123
San Marcos, TX 78666
512.393.8310
jklein@sanmarcostx.gov

AND DON'T FORGET ABOUT
OUR FAN DRIVE! CONTACT
THE SERVICE COORDINATOR
AT YOUR SITE OR CALL 396-3364
IF YOU NEED A FAN OR HAVE A
MEDICAL NEED FOR AN AIR
CONDITIONER.



Special Report: Building a Community

How do you begin building a better community? With a mix of student volunteers and a dash of dedicated residents! Phase one of installing recreational structures around the Allen Wood Homes has been completed with a bridge, picnic tables, and BBQ grills. This would not have happened without the help of Texas State construction students, led by Cade Humphries, and the residents, led by Resident Assembly President Steve Goelzer. Summer, here we come!

Mr. Humphries was the leader of the rebirth of the Allen Woods Playground during Bobcat Build in 2008 and again in 2009. Support also came from Professor Andy Batey from the Texas State Department of Engineering Technology, Ben Kielor, Russell Hall, and other members of the Construction Student Association and the American Concrete Institute.

Cement was donated by Ingram Ready Mix. Over the past few months we have been preparing for the implementation of Phase One of the Allen Woods Homes Playground Project, otherwise known as "Bobcat Backyard," which occurred on April 30 and May 1.

The students constructed a new footbridge over a drainage culvert, created three picnic table areas, and installed five barbecue grills, including two grills at the Porter Homes on MLK Drive. This project included the construction of concrete abutments for the bridge and three concrete pads for the picnic tables. The tables and grills were ordered from a supplier but the students had to put them together and install them properly. Mr. Humphries worked with Stewart Dale Spencer, our Resident Services Director, and with Mr. Goelzer in the selection and ordering of the tables and grills. The project also included dismantling the old bridge, constructed in 2008, and then reusing the materials, along with some new planks, to build a new bridge. They even reinstalled the very cool, custom-built bobcat grill at one of the tables! To prevent any defacing of the surface, some great residents stood guard over the cement until it cured.

The students did a fine job on all aspects of the project. The project required the coordination of all parties to the project, which included the students, Allen Woods residents, the Housing Authority Maintenance and Resident Services Departments, and Housing Authority administrative personnel. Because of the careful advance preparations, the construction went smoothly and according to plan with only minor adjustments along the way, which are to be expected in any project of this nature. This was a very successful collaboration and a wonderful example of what we can do when we work together!

Funds for the materials came from the proceeds of the sale of the old playground area, which is now part of a new Texas State track facility along with the land formerly occupied by the Hidden Village Apartments. We look forward to the remaining phases, including the installation of small playscapes, a basketball court, bus stops, and a pavilion and large barbecue pit at the PODER Learning Center.



Foundations in Health Careers GED class



Austin Community College and Community Action have designed a class to help you prepare for your GED and get you ready for college-level training in the medical field.

We offer:

- 15 week GED instruction based on content from ACC's Health Science classes.
- NO CHARGE for the college entrance exam
- Counseling, mentoring, tutoring, and advising to enable students to transition successfully into medical training programs
- Guidance in Workforce services for career connection.
- Help in applying to ACC, getting financial aid, and registering for classes to become a CNA, Medical Assistant, Pharmacy Technician, Nurse, and more!
- Earn your CPR and 1st Aid Certifications

Requirements:

- Students must complete a 15-20 minute interview, maintain minimum of 80% attendance rate in classes, and participate in all pre- and post-testing (TCOM and TABE)
- Students will be assessed to ensure adequate reading, writing, and math skills
- Classes are 12 hours per week for 15 weeks
- Homework

Benefits:

- \$150 for program completion
- \$200 voucher for enrollment in ACC class



Classes start August 22nd. Information sessions will be held at the San Marcos Public Library on 6/29/11 and 7/28/11 from 6:30pm to 8pm. Contact Kelly Lochman at 512-392-1161 ext. 319.



FREE!
NO REGISTRATION!
NO OBLIGATION!

IF YOU HAVE EVER WONDERED ABOUT THE EXAMINATION FOR
THE GENERAL EDUCATIONAL DEVELOPMENT (GED) CERTIFICATE,

**COME TO THE LEARNING CENTER
IN THE SAN MARCOS PUBLIC LIBRARY!**

**WALK-IN
GED PRACTICE TESTS**

You will have the opportunity to take an official GED Practice Test in the subject(s) of your choice.
The tests will be scored, and you will have a chance to look over any missed items.
Practice tests are half-length tests - half the questions in half the time as official tests.

Here's the list of official time allowed per practice test:

Mathematics (Book 1, w/calculator-23 minutes; Book 2, no calculator-22 minutes)

Science (40 minutes), Social Studies (35 minutes),

Language Arts-Reading (33 minutes),

Language Arts-Writing (Multiple Choice-38 minutes; Essay-45 minutes)

1:15 PM-Test Instructions; 1:30 PM-Testing Begins

6:45 PM-Test Instructions; 7:00 PM-Testing Begins

Math (Books 1 & 2), Monday, June 20

Science and Social Studies, Tuesday, June 21

Reading and Writing-Multiple Choice, Wednesday, June 22

Writing-Essay, Thursday, June 23

**FOR MORE INFORMATION,
CALL THE LEARNING CENTER OFFICE AT 393-8215.**