

THE ORACLE

JUDY IS ON HER WAY TO THE TOP!

Judy Spurlock, a resident of the Allen Woods Homes, is a San Antonio native who moved to San Marcos to attend Texas State University. Judy is a single mom with two children, Makayla and Jasper, who attend the PODER After-School Program. She decided to go to college for the first time after her son Jasper was born. Already the mother of one child, she was working at a retail store during her pregnancy with Jasper and she knew she couldn't support her growing family in her existing income. She had landed a job as a receptionist at a construction company that offered to pay for her to go to school. She originally enrolled at San Antonio College in pursuit of an Accounting degree. After going to orientation, she realized she didn't want to major in Accounting and, coincidentally, a few weeks later she was laid off from her job because the company needed to cut back. Her determination to finish school is best described from her favorite quote from the Star Wars character called Yoda: "Do or do not; there is no try." Her second attempt at higher education was more fruitful. She graduated from Texas State in December with a degree in Advertising, which allows her to use her passion for



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FROM THE MAIN OFFICE:

It is said that, "One man's trash is another man's treasure." Dumpster divers are not looking for junk . . . they're looking for gold. If you lack a bed and are sleeping on the floor, or if you don't have a chest of drawers, such items in a dumpster -- or sitting out on a curb -- might look like gold to you. However, you might want to think twice before you take them home. That piece of furniture might be a Trojan Horse, carrying some unwanted guests. Nasty little microbes and gross little critters love to hang out in that kind of stuff. Even electronic equipment can carry an invading horde. If you are bringing something into your home and you don't know where it's been, inspect it carefully and clean it thoroughly. As for beds, don't even think about using a bed left for trash. It's like sleeping with a stranger. If you need a bed, or some other critical item, contact the Resident Services Center at your housing site. They can usually find what you need and will do their best to make sure you don't get more than you bargained for in the process.



ALLEN WOODS HOMES—PODER LEARNING CENTER

Sweet Treats Bring Sweet Success



The pleasant smells of fresh home-baked cakes, cupcakes, cake balls, and strawberry delights filled the PODER Center during the Allen Woods Resident Assembly Bake Sale. Many happy recipients received fresh baked goods either through pre-order or buying directly at the bake sale just in time for Valentine's Day!



The sale raised over \$170 for Allen Woods Homes events! We'd like to recognize bakers RJ Lizama, Kevin-James Reyes, Christine Williams, and Brigitte Bell for their hours of dedication and special thanks to Lydia Banda, Eloy Tarin, Steve Goelzer, and Pablo Gomez for their donations. Congratulations Allen Woods Resident Assembly on your sweet success!

Good Luck!



Thanks to Michael Schneider who has been our long time Kid's Cafe Monitor! He graduated in December from Texas State University and is ready for the next step in his journey!

Consejos Para Llevar una Vida Saludable

1. **Realizar ejercicio físico unas 4 veces a la semana y durante mínimo 40 minutos.** No vale cualquier tipo de ejercicio, debe de ser de intensidad adecuada a nuestra condición física y eminentemente aeróbico, para mejorar la salud cardiovascular.
2. **Mantener un horario regular de las comidas principales:** es importante regularizar la hora del desayuno, comida y cena, así el organismo se acostumbrará al horario de aporte de nutrientes y lo regularizará de la forma más óptima.
3. **Los refrescos y bebidas azucaradas** son una manera muy común de aportar muchas calorías y la gente piensa que no engordan tanto, pero lo cierto es que contienen mucha cantidad de azúcar y por tanto a largo plazo es un factor que contribuye a la obesidad.

Source: <http://www.vitonica.com/dietas/los-medicos-nos-dan-10-consejos-para-llevar-una-vida-sana>



Springtown Villa



Springtown residents sign in to attend the Senior Expo held at the San Marcos Activity Center. Residents were given lots of good information and a bag full of goodies.



From Karaoke to Dancing...



Residents from Springtown Villa enjoyed good music, great company, and good food during our Valentines Dance.



Mr. Gilbert Lombardo, Eucharistic Minister for St. John's Catholic church, brings communion to parishioners that are unable to attend church service. He also served our residents during Ash Wednesday.



C. M. Allen Homes—KAD Korner Store



KAPPA DELTA
CHI delivered
Valentine's
Day cupcakes
to our
afterschool
program.



Kids making Valentines



San Marcos Housing Authority's Sharmayne Carter was recently featured in the *San Marcos Daily Record*, practicing her nursing skills at San Marcos High School. The article discusses the Certified Nurse Aide (CNA) program. Students are given the opportunity to graduate high school with market-able skills and an open door into the medical profession.

University Starts At Home

Helping parents guide their children to college.

FREE 6-week program for any parent.

KAD Korner Store

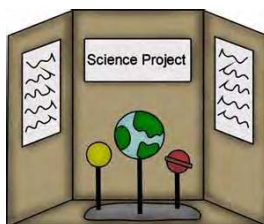
820 Sturgeon

6:30 PM — 8:00 PM

For more information call Melissa at 512-796-2049.



Kids at KAD, working hard
on their school science
projects.



Reading is fun!



Chapultepec Homes — Family Self-Sufficiency



Bobcat Build will be returning to Chapultepec on March 23. They will be building picnic tables to go with Bar-B-Que pits what will be installed soon. Donations of bottled water and healthy snacks are greatly appreciated!



We asked some of the children of Chapultepec what they like most about Spring Break:

“I like playing outside, riding bikes, and the sunshine” -Cesar L.

“I like swinging, flying a kite, and air.” - Elias S.

“I like flowers and playing on the playground.” - Gabriel M.

Resident Assembly meetings are held on the first Tuesday of every month in the Chapultepec Adult Learning Center at 6:30 PM. Come meet with your neighbors and earn a participation point!



THE PARTNER PAGE

SAN MARCOS PUBLIC LIBRARY – COOK UP A WINNING RÉSUMÉ

Dust off your résumé....and join Sharon Spector at the San Marcos Public Library for an engaging, hands-on, learning experience in fine-tuning your résumé. Spruce up your most powerful and important marketing tool in job hunting on Wednesday, February 27 at 7:00 PM. Sharon will provide an experiential step-by-step process on how to craft your résumé to address the needs of the hiring manager.

Spector is a successful, and highly experienced national résumé writer who has been quoted as an expert in the field by the Austin American Statesman. She has worked with hundreds of job seekers from high school students to Chief Operating Officers of large corporations. Her deep and broad experience as a New York City executive recruiter, national management trainer and consultant for Fortune 500 companies (i.e. Agilent, Corning, Lucent Technologies and Quest Diagnostics), strengthens her experience as a résumé writer.



Everyone is welcome to attend this free workshop.



Best Food for Families, Infants and Toddlers (Best Food FITS) is a project headed by Dr. Sylvia Crixell and Dr. BJ Friedman in the Texas State University Nutrition and Foods Program. Best Food FITS, in conjunction with the Boys & Girls Club, currently holds cooking classes at the Chapultepec Adult Learning Center for families and children to learn to fight overweight and obesity, cook vegetables that they will enjoy, avoid

sugar sweetened beverages, and prepare healthy recipes for their families. Recently, local children enjoyed cooking and eating kale chips, fresh beets, and Swiss chard for a "Food Exploration—Winter Vegetables" class. The kids continue to ask, "What yummy foods are we cooking next week?" Topics like "Powerful Protein," "Sodium Busters," and "Pumping Iron" are coming up in the next few weeks.



JUDY SPURLOCK (CONTINUED FROM PAGE 1)

creativity and talking with people. She has used her skills to help start a San Marcos Housing Authority blog site. She currently works as a Student Advisor at Texas State University. She hopes that through her own example of going back to school and getting a college degree, her kids will learn how important a college education is and how, through hard work and dedication, they can do anything. She has told them that she will do whatever it takes to make sure they can go to college after high school. The future looks bright for Judy as she searches for work as an Account Planner in advertising agencies. Her goal is to become an Account Executive. She is also thinking about getting a Masters Degree or a second Bachelors Degree in the future. Best of luck Judy in whatever your future holds!

**MICHELLE IS ONE BUSY INTERN!**

Hello everyone at the SMHA! My name is Michelle Stewart. I am an intern at the KAD Korner Store. I grew up in Dallas, Texas where I first developed a passion for helping others. I danced for the first 18 years of my life, mostly focusing on ballet and hip-hop. I grew up participating in athletics and playing with animals. After graduating high school, I attended UT Arlington to pursue a degree in nursing. However, after volunteering for Children's Medical Center of Dallas I changed my major and transferred schools. I am a senior at Texas State University, majoring in Family and Child Development. This spring, I will be completing my internship and am thankful that it is with the SMHA. I work part-time at Perez Elementary in Austin, as a mentor through Communities In School of Central Texas. I also volunteer at Dell Children's Medical Center. In my spare time, I read, practice yoga, and play outside with my dog. I expect to graduate in August with a Bachelor of Science in Family and Child Development and receive a

Certification as a Family Life Educator. I hope to get into graduate

school this fall, to continue my education in Family and Child Studies and receive a Certification as a Child Life Specialist. My goal is to work at hospitals with families and children in need of support. I have been inspired by a quote from Albert Einstein: "Try not to become a man of success, but rather try to become a man of value."



HAYS CALDWELL COUNCIL
ON ALCOHOL & DRUG ABUSE

Are you concerned that a family member or a friend may have a substance abuse problem? The Hays Caldwell Council on Alcohol and Drug Abuse can help. HCCADA's Intensive Outpatient

Program is a program for adults ages 18 and older. This 6 week program can provide adults with the treatment and support they need to get their lives back on track and live a healthy lifestyle. State funding is available for those who qualify. Please call 512-396-7695 and ask for more information about HCCADA's IOP Program.



Calendar

March 10

Daylight Savings Time begins at 2 AM

March 11 - 15

SMCISD Spring Break

March 23

SMCISD Music Festival, SMHS Performing Arts Center, 10 AM - 6 PM

March 23

Bobcat Build

March 29

Good Friday - SMHA Offices Closed



Morgan Schilhab is the new Kid's Cafe Monitor at the Chapultepec Homes. She came to San Marcos from Pearland to pursue a degree in Psychology and Family and Child Development at TSU. She expects to graduate in May 2015. She has always enjoyed working with children. Before coming to the Housing Authority, she worked as a nanny and in her church nursery. She enjoys working with the children at Chapultepec because she likes seeing all of the different personalities of the children. Her goal is to work as an elementary school counselor and one day open her own private practice.

WHAT WE DO

The San Marcos Housing Authority has provided decent, safe, and sanitary housing for San Marcos Residents since 1950. We have three housing programs: Public Housing, Housing Choice Voucher, and Project-based Section 8. These programs provide housing for 569 low-income families and individuals, including the elderly and disabled. Our Resident Services Program consists of several initiatives designed to support Self-Sufficiency & Family Development, Elderly & Disabled Services, Youth Services, and Resident Organization & Community Development. All Resident Services initiatives are united in the overall goals of improving the quality of life for public housing residents, reducing dependence on the welfare system, and empowering our residents to take charge of their lives and of their environment.

WHO WE ARE

Board of Commissioners

Rose Brooks—Chairperson
Lorraine Burleson—Vice-Chairperson
Steve Goelzer—Resident Representative
Ovelia Mercado—Commissioner
Mary Barnhart—Commissioner

Administration

Albert Sierra—Executive Director
Lana Bronikowsky—Accountant/Programs Manager
Albert Hernandez—Maintenance Supervisor

Rose Miranda—Public Housing Manager
Gene Martin, II—Resident Services Director
Frances Garcia—Section 8 Coordinator
Amanda Ramirez—Springtown Villa Manager

HOUSING OFFICES

Allen Woods Homes (Main Office)

353-5059

C. M. Allen Homes

353-1116

Chapultepec Homes

396-3364

Housing Choice Voucher

353-5061

Springtown Villa

396-3363

RESIDENT SERVICES CENTERS

Chapultepec Adult Learning Center & Family Self-Sufficiency

396-3364

KAD Korner Store

392-6273

PODER Learning Center

396-3367

Springtown Villa

353-7343