



Teaching Science in the New Age



Texas State University professor Gail Dickinson invited CM Allen families to join her science methods classes via Zoom this summer. The goal of these classes was to provide future elementary teachers with the opportunity to teach science to elementary aged children and to provide science instruction to children in San Marcos. Dr. Dickinson provided supplies and families joined the classes by Zoom. Each child was assigned to a small group of Texas State students who worked through the inquiry activity with the children in Zoom breakout rooms. At the beginning of the program, Dr. Dickinson taught the lessons but towards the end, Texas State Students taught their own lessons. Children built catapults, wind turbines, thermometers, barometers, rain gauges, and sand pendulums. They investigated ocean currents, pendulums, erosion, plant growth, worms, fortune telling fish, and M&Ms. Students found the formula for a bubble solution that makes the largest bubbles and they used data to figure out the causes of the seasons and the orbits of Jupiter's moons.

They also explored the differences between solids and liquids by making ice-cream and comparing sand, shaving cream and toothpaste. They answered questions like "How can we make a baby swing faster?" and "How can we use science to solve a crime?"

During a class in June, Dr. Dickinson posed a problem to Grace and Xavier. "You are in a submarine at the bottom of the ocean. Your submarine had a mechanical failure and cannot move up or down but can move horizontally. You must use ocean currents to get to the surface." They did an experiment that models how ocean currents form. Grace placed a tray of water on top of 3 cups arranged in a triangle. She filled a fourth cup with hot water and slid that under the tray to the middle. She then put drops of food coloring on the bottom of the tray of water and watched to see how the food coloring would move. The food coloring moves in a circle much like ocean currents do. Using that information, they were able to come up with a plan to get our submarine to the surface.

We are doing our part to inspire the future scientists of the 21st Century and we are very grateful to Dr. Dickinson and so many other partners at Texas State University. We know that low-income does not mean low-IQ and we can prove it with examples of kids, from the past three decades, who grew up to become successful. We will work to ensure that our kids don't get left behind their peers from more affluent families in the 2020-2021 school year. Dr. Dickinson expects to repeat the classes this fall. For information, please e-mail her at gd14@txstate.edu. We welcome your ideas and your assistance!



ALLEN WOODS HOMES — PODER LEARNING CENTER

Greetings from the Other Side of the World



Håfa Adai! (Hello in Chamorro, the language of Guam) Ms. Calcaben,

I would like to take a moment in time to show my deepest gratitude to PODER Learning Center. I would like to thank you for the opportunity to utilize the center's valuable resources that are provided, without which I

could not have reached my dreams of success. Deepest thanks also to former retired housing manager, Mrs. Rosemary Miranda. Both of your mentorships, support, and encouragements allowed me to strive towards my achievement using the resources provided through PODER.

After timeless job searches, resume revamping, and mock interviews at PODER, I was able to secure a job first with a private law firm in San Marcos. I also want to thank you for the opportunity to show what it is like to be in a courtroom with the PODER after-school program by conducting a mock trial with PODER's teens during their night out a few months back. I hope it inspired the teens who utilize PODER's programs to pursue a field in law. Your continued dedication to PODER's programs is valuable.

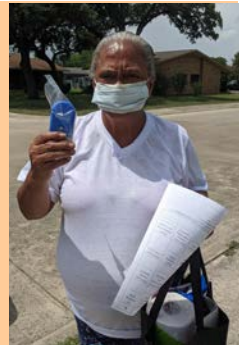
Your undeniable commitment to the community and the resources provided from PODER is what allowed me to push myself even further, so much further that I utilized the learned lessons from the numerous mock interviews, countless hours of encouragement from you and Mrs. Miranda, and all the tremendous support from PODER's community, I was able to secure a job back home at one of the most prestigious offices within the Government of Guam. I was able to secure employment with the Office of the Attorney General of Guam where I was born and raised.

I was saddened to leave San Marcos to pursue my dreams. I was especially heartbroken to leave PODER, but I rest in the knowledge that PODER's continued support among the community will continue to be a treasured asset for others as it was for me. I hope to return in the future to continue to utilize PODER's services when I attend law school in San Antonio.

With all that said, from the bottom of my heart, Dangkalo na Saiña Ma'åse (A Big Thank You). — Kevin J. Lizama-Reyes

Relief for our Elderly

Because of the generosity from San Antonio Lighthouse for the Blind and Visually Impaired, some of our elderly residents were able to get COVID relief bags filled with cleaning supplies, games such as crossword books, and snacks. San Antonio Lighthouse is a non-profit agency that provides education and resources to those that are blind and visually impaired. If you are interested in learning more about their services, contact the service coordinator at your site.



Summer Activities

Summer Activities looked a little bit different this year, but were just as fun! Instead of coming together at the PODER Center for a kids summer program, summer bingos, and family events, we brought activities to our residents. Twice a week, families and elderly that signed up for our summer activities received activity packets at their door. They were filled with materials needed to create the activity such as pet rocks, Loteria cards, and messages in a bottle. They then displayed their art outside their door the day they would get their next activity. We keep looking for creative ways to reach out to the residents of our community. We welcome your ideas!



Springtown Villa

Parting Ways

Sadly, I will no longer be your service coordinator as of July 30. I am moving to Austin to finish working on my master's degree in social work by completing my internship at another location. I have enjoyed working at the Housing Authority and am grateful for the experience and memories. I will miss working with my residents at Springtown, Allen Woods, and C. M. Allen. Thank you for making my time here great!

If you are in need of anything or have questions about services to residents, you can call 512-396-3364.

~Angelica Moore



How to Make Your Own Disinfectant Wipes

Ingredients

2 Cups distilled water | 1 Cup isopropyl alcohol (at least 70% concentration)
1 TBSP dish soap | 1 paper towel roll

Directions

1. Cut paper towel roll in half with serrated knife
2. Place paper towel in container
3. Mix together ingredients and pour into the container (You may need to double or half your recipe depending on the absorbency of the paper towels)



C. M. ALLEN HOMES — KAD KORNER STORE



Food For Thought

By Ali Zamora & Bonnie Pecina

Lately, every time we turn on the nightly news, we're bombarded by statistics about rising coronavirus cases, hospitalizations, unemployment rates, and businesses that are suffering because of closures. We hear new slogans like "We're all in this together," or "Separate but together." It's so easy to become overwhelmed and

wonder when things will just go back to normal. When we really stop to think about the current situation, and what it really means to be "in this together," we find a beautiful thing happening...community coming together to love and serve one another. At CM Allen, we've seen an outpouring of community support, making sure that no families are going hungry during this time. It started with the San Marcos School District serving breakfast and lunch at KAD the week after spring break (handing out an average of 100 meals per day). Then, the San Marcos Police Department began giving out School Fuel packages every Friday, so that children would have nutritious snacks over the weekend. El Buen Pastor Church jumped on board to help deliver boxes of food and essential household items to community members. Who's delivering all this food you ask? It has been a team of amazing volunteers who have been coming out weekly to serve their neighbors. That my friends is what it means to be "in this together!"



We love our volunteers, like Beya, who helps us keep our center clean! We help you . . . You help us . . . We all benefit from each other!

The last day of the SMCISD Summer Feeding Program will be August 31. However, there will be no meals from August 8 through August 18. Meals will resume on August 19 and continue on weekdays until August 31. When school starts on September 8, only kids enrolled in school will be eligible for free meals. Parents will have to pick up meals at the school in which the child is enrolled.

David, is one of our regulars to pick up the breakfast and lunch meals. Last month, David had a Birthday and his dad brought him so that we could all sing Happy Birthday to him.



CHAPULTEPEC HOMES & ADULT LEARNING CENTER



ARE YOU PREPARED FOR A FAMILY EMERGENCY?

We all have expectations of how our life is going to turn out. Some plan every step and every movement while others just go with the flow. Then there are those that just seem lost. They want certain things out of life but do not know how to get it. At all stages of life we should be setting goals for what we want to achieve. These goals can be short-term: What are we going to accomplish today, tomorrow, this week, or next? They can be medium-term goals: What am I going to accomplish in 1 month, 3 months, or 6 months? You should also have long-term goals: What do I want to achieve in 1 year, 5 years, 10 years, etc.

We all aspire to do something or to be something. We have set goals for ourselves but we do not always know how to get started on them. Here are some things that you can do to achieve your goals:

- ☺ Write them down. This can be as simple as making a list or you can get creative and make a vision board.
- ☺ Wow, those are some big goals. Now what? Turn those big goals into smaller, easier to manage, micro-goals. Write these down, too.
- ☺ This may look like a lot to do but you don't have to do it all at once. Set a time limit to complete each task, preferably one thing at a time.
- ☺ One thing to remember here is that life happens and there is nothing you can do about it. Does this mean we give up on our goals? NO! We reassess our goal and move forward.
- ☺ Sometimes, after reassessing your goals, you realize that you really do not want to continue on the same path that you were on. Just because you made goals 1 year ago does not mean you cannot adjust or change your goals. They are your goals and you can do what you want with them. Don't toss them away lightly but don't be afraid to make adjustments.

Goal setting, assessing, and achieving will take time. Everyone's journey is different so do not let someone else's success or failure deter you from reaching for your goals, no matter what they are.

Family emergencies happen. We scramble to find information or we are unable to provide the correct information to first responders. I encourage you to have a paper folder or binder for your important information. Make sure it is something you can grab quickly in an emergency evacuation. Make sure your loved ones know where to find it if you are incapacitated or worse but don't make it too easy for unauthorized persons to find. Here are some things to include:

- ◇ your last will & testament, power of attorney, medical power of attorney and other legal records
- ◇ an information sheet for each family member, including a current photo, phone numbers, address, school or work information, doctors name and phone numbers, vaccination and other medical & prescription records
- ◇ birth certificates
- ◇ social security cards
- ◇ copies of state and school ID's
- ◇ school registration
- ◇ medical information
- ◇ documentation of physical or mental disabilities
- ◇ bank account numbers and routing numbers
- ◇ lease agreements
- ◇ life, home, and vehicle insurance policies
- ◇ credit lenders and contact information
- ◇ vehicle registration, title, inspection, and service records

Please consider that you may not be able to communicate effectively in a crisis. Your children need to know where the folder is kept so that they can give it to first responders if you are the one needing assistance.

If you don't already have one, create a family emergency plan that you and your children practice so you have the peace of mind they know what to do in an emergency.





August



Sun

Mon

Tue

Wed

Thu

Fri

Sat

August was originally named Sextilis in Latin because it was the sixth month in the original ten-month Roman calendar. In 8 BC, it was renamed in honor of Emperor Augustus. He chose this month because it was the time of several of his great triumphs, including the conquest of Egypt.

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7 SMHA
OFFICES
CLOSED

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14 SMHA
OFFICES
CLOSED

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21 SMHA
OFFICES
CLOSED

22

23/30

24/31

25 Board of
Commissioners
5:30 PM

26

27

28 SMHA
OFFICES
CLOSED

29

LEADERSHIP

Board of Commissioners

Richard Cruz — Chairperson

Gloria Salazar — Vice-Chairperson

Nina Linda Ramos — Commissioner

Rachel Durrance — Resident Comm.

Mittie Miller — Commissioner

Executive Director

Lana Wagner

HOUSING OFFICES

Allen Woods Homes (Main Office)

512-353-5059

CM Allen Homes

512-353-1116

Chapultepec Homes

512-396-3364

Housing Choice Voucher

512-353-5061

Springtown Villa

512-396-3363

RESIDENT SERVICES

Chapultepec Adult Learning Center

Family Self-Sufficiency

512-396-3364

CM Allen KAD Korner Store

512-392-6273

Allen Woods PODER

Learning Center

512-396-3367

Springtown Villa

512-353-7343