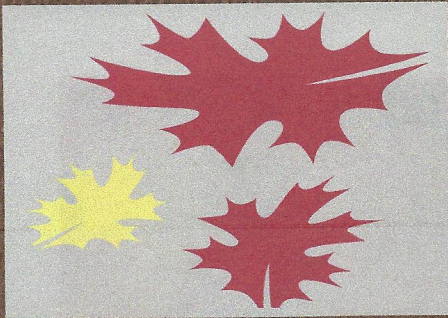


[www.pikehousing.com](http://www.pikehousing.com)



## AREA EVENTS

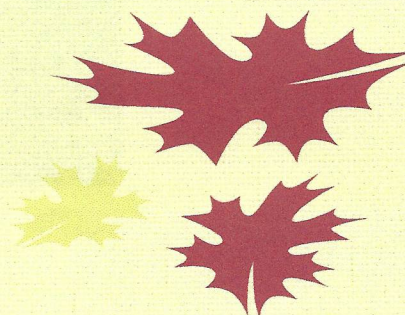
Sept 6-7 New Canton  
Harvest Festival

Sept 20-22 Griggsville  
Apple Festival

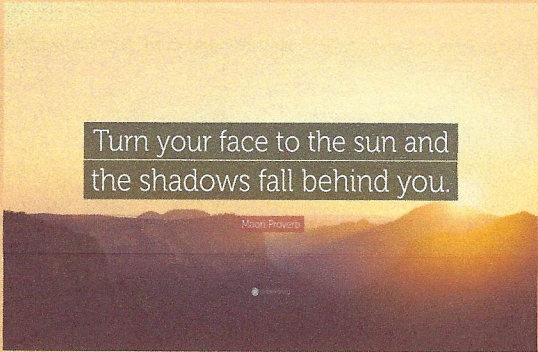
Sept 27-28 Milton  
Corn Carnival

Oct 3-6 Barry Apple  
Festival

## *PIKE COUNTY HOUSING AUTHORITY* *September 2019* *NEWSLETTER*







Turn your face to the sun and  
the shadows fall behind you.

PLEASE MAKE SURE WE  
HAVE YOUR CORRECT  
PHONE NUMBER &  
MAILING ADDRESS ON  
FILE

NATIONAL PROBLEM  
GAMBLING HELPLINE

CALL/TEXT

1-800-522-4700

ILLINOIS COUNCIL ON  
PROBLEM GAMBLING

217 WINSTON AVE  
BARTONVILLE, IL  
61607

217-652-9611  
WEBSITE: [www.icpg.info](http://www.icpg.info)  
HELPLINE: 1-800-522-4700



BE THE FIRST CALLER WITH THE  
CORRECT ANSWER AND WIN \$25.00  
OFF OF YOUR ACCOUNT

WHAT IS SOMETHING YOU  
ALWAYS HAVE WITH YOU, BUT  
YOU ALWAYS LEAVE BEHIND?

LAST MONTHS ANSWER: SILENCE





The  
happiness of  
your life  
depends on  
the quality  
of your  
thoughts.

## From the staff

We understand, that from time to time issues arise. We, at PCHA work hard to ensure these issues are resolved in a timely and professional manner. When a dispute or issue arises that you need to contact one of our employees, (either our office staff or maintenance crew) we do expect to be treated in a respectful manner.

Regardless of the situation at hand, we will not tolerate rude or disrespectful behavior.

Please speak to us in an appropriate manner.

If you require an appointment with either Chris or Amber, please call the office.

THANK YOU








If you receive any paperwork from the office that needs to be signed. Please sign and return it to us within 10 business days. Thank You.

If you are planning to move, you must give 30 notice. Failure to do so will result in the loss of your deposit. If you are not a resident for more than one year, your deposit will be forfeited.



## Fall Bucket List

Jump in a pile of leaves     
MAKE COSTUME OPPS TRY A NEW PUMPKIN RECIPE  
Go apple picking GO TO A HAUNTED HOUSE  
Make a fall craft Go to a corn maze  
 Decorate the house for fall  
Make homemade soup Bake a pie  
Go on a hike Snuggle up by a fire  
Drink apple cider Watch a football game  
Go stargazing  VISIT A PUMPKIN PATCH  
Go on a drive to look at the leaves  
Carve a pumpkin Go on a hayride



## CHECKLIST FOR BETTER HEALTH

Select nutrient-dense foods. Choose colorful fruits vegetables, fat-free milk and cheese, whole grains, lean meats, poultry, eggs, beans, nuts and seeds.

Drink fluids throughout the day even though you may not feel thirsty.

Avoid sitting for long periods of time in front of a TV or computer. Stand up and move around.

Put down the salt shaker. Cut salt to  $\frac{2}{3}$  teaspoon a day.

Be good to yourself. Get enough sleep. Lift your spirits by enjoying friends and family.



## REMINDER:

We ask that our tenants do not contact PCHA employees or any PCHA contractors outside of the office.

Please do not call personal phone numbers or go to the employee's home. No social media contact will be acknowledged.

Any and all business concerning PCHA will only be addressed in the office.

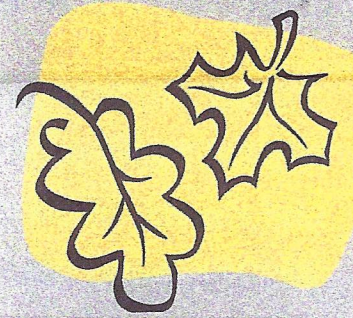
THANK YOU

## Parking

We would like to remind tenants that there are **NO** assigned parking spots.

Visitors must park behind you. Please do not take up more than one parking spot.





## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NATIONAL  
SEWING MONTH

LITTLE LEAGUE  
MONTH

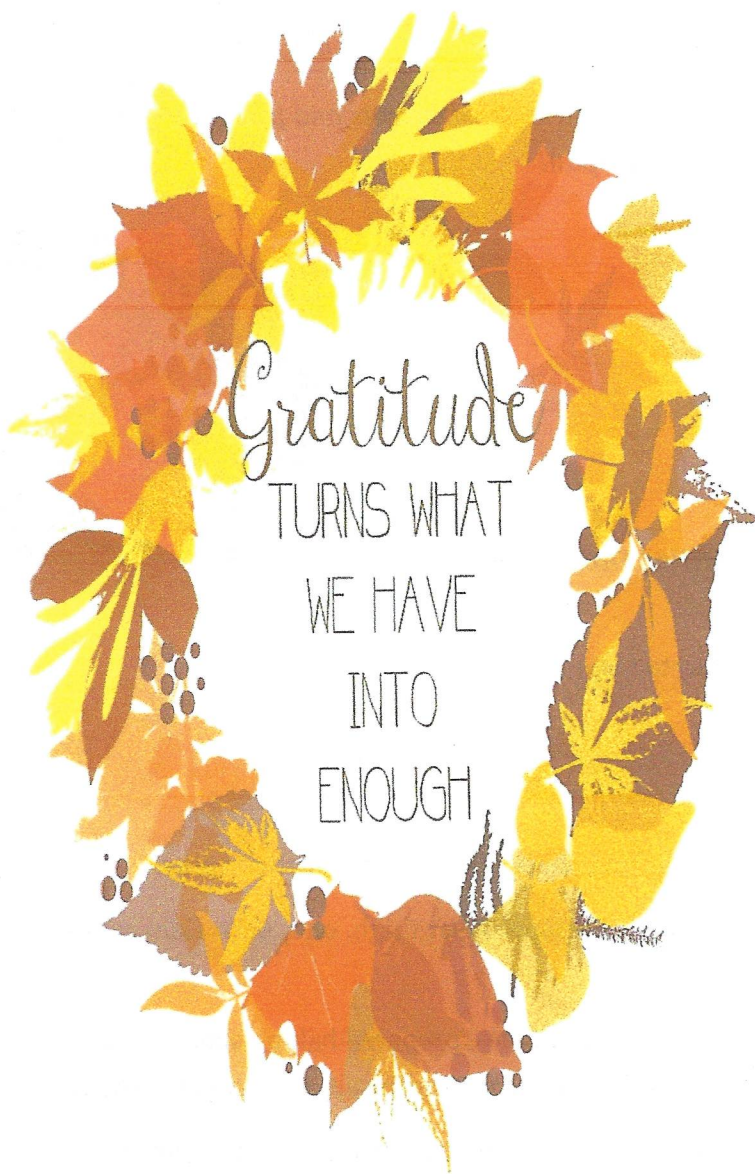
LABOR DAY 9-2  
(office closed)

PATRIOT DAY 9-11

BOARD MEETING 9-19@ 3:00 PCHA OFFICE

- BIRTHSTONE: SAPPHIRE
- FLOWER: ASTERS
- ZODIAC SIGNS: VIRGO AND LIBRA





## Tips for Avoiding Telemarketing Fraud

It is very difficult to get your money back if you've been cheated over the telephone

### **REMEMBER:**

- Don't buy from an unfamiliar company. Legitimate businesses understand that you want more information about their company and are happy to comply.
- Don't pay in advance for services.
- Don't pay for a "free prize". If a caller tells you the payment is for taxes, he or she is violating federal law.
- Never send money or give out personal information such as credit card numbers and expiration dates, bank account numbers, date of birth, or social security numbers to unfamiliar companies or unknown persons.
- If you have information about a fraud, report it to state, local or federal law enforcement.

**866-QUITYES**  
ILLINOIS TOBACCO QUITLINE  
866-784-8937



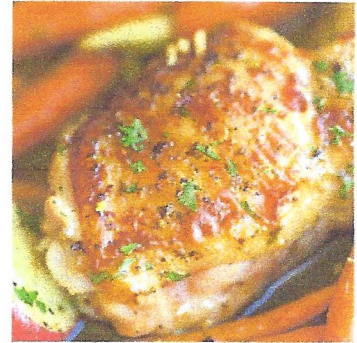
# ONE PAN GARLIC RANCH CHICKEN AND VEGGIES

yield: 4 SERVINGS    prep time: 10 MINUTES    cook time: 35 MINUTES    total time: 45 MINUTES

*Crisp-tender chicken baked to absolute perfection with roasted carrots and potatoes – all cooked in a single pan!*

## INGREDIENTS:

- 8 teaspoons brown sugar, divided
- 8 bone-in, skin-on chicken thighs
- 16 ounces baby red potatoes, halved
- 16 ounces baby peeled carrots
- 2 tablespoons olive oil
- 1 (1-ounce) package Ranch Seasoning and Salad Dressing Mix
- 3 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves



## DIRECTIONS:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Using your fingers, work the brown sugar, about 1 teaspoon per thigh, onto both sides of the chicken.
3. Place chicken, potatoes and carrots in a single layer onto the prepared baking sheet. Drizzle with olive oil and sprinkle with Ranch Seasoning and garlic; season with salt and pepper, to taste.
4. Place into oven and roast until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 25-30 minutes.\* Then broil for 2-3 minutes, or until caramelized and slightly charred.
5. Serve immediately, garnished with parsley, if desired.

## NOTES:

*\*Cooking time will vary depending on the size and thickness of the potatoes and carrots.*

This delicious recipe brought to you by **DAMN DELICIOUS**

<https://damndelicious.net/2015/05/08/one-pan-garlic-ranch-chicken-and-veggies/>