



Patriotism...

IS NOT SHORT, FRENZIED OUTBURSTS
OF EMOTION, BUT THE TRANQUIL AND
STEADY DEDICATION OF A LIFETIME.

-ADLAI STEVENSON

July

PIKE COUNTY HOUSING AUTHORITY 2020

OFFICE WILL REMAIN CLOSED TO THE PUBLIC DUE TO COVID-19

PLEASE DO NOT KNOCK ON DOOR, OR YELL THROUGH AN OPEN WINDOW.

The slot to the right of the main door can be used to drop off payments, paperwork, and any other correspondence.

Going forward, maintenance crew members will be entering homes with the required protective gear (face mask and gloves).

These suggestions are from the CDC to help maintain life as it now is. Precautions need to be in place at all times.

IN YOUR HOME:

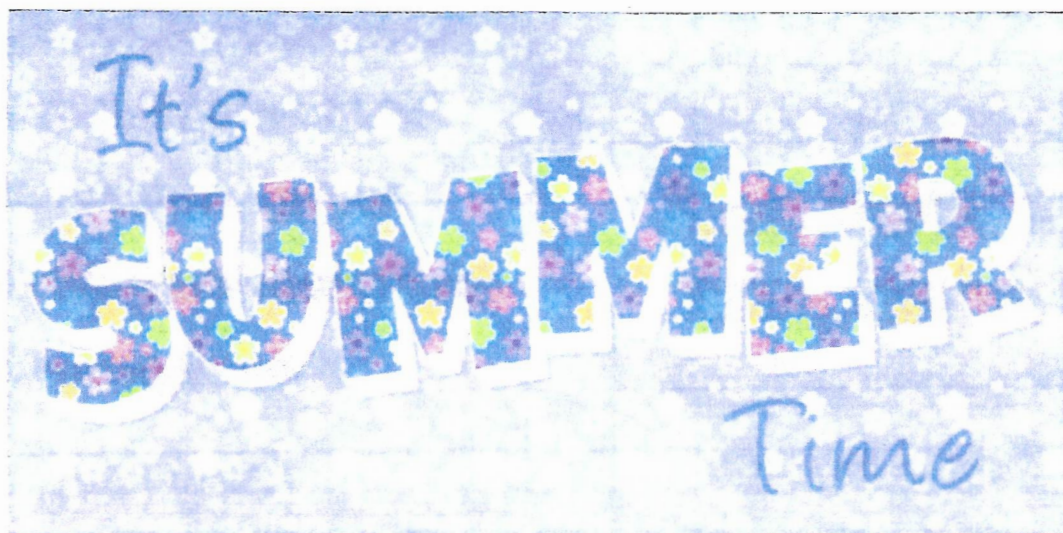
- Open windows as much as possible to increase air flow.
- Routinely clean all frequently touched surfaces, including phones, remote controls, door knobs, toys, etc.
- If hard surfaces are visibly soiled, clean them using detergent or soap and water *before* you disinfect them.
- For disinfection, most common EPA-registered disinfectants should be effective as well as diluted household bleach solution or alcohol solutions with at least 70% alcohol.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, they should use hand sanitizer with 60% alcohol.

PUBLIC PLACES:

- Recommend wearing cloth face covering, to cover your nose and mouth.
- Do not shake hands, hug, or fist bump.
- Maintain 6 feet distance between you and others.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, they should use hand sanitizer with 60% alcohol.
- Use no-touch receptacles when possible.

People may be able to spread COVID-19 even if they do not show symptoms. Consider all close interactions (within 6 feet) with others as a potential source of exposure.

If you are sick stay home. Follow the CDC guidelines and stay home in isolation. Consult your healthcare provider whenever you are feeling ill.



Please pick up
after your pets. If
maintenance has
to pick up after
your pet, you will
be charged \$15.00
each time.

**THANK YOU
FOR PAYING
YOUR RENT ON
TIME!**

**DO NOT BLOCK
ACCESS TO WATER
HEATER OR
BREAKER BOX**

HOUSEHOLD HINTS

- RUBBING ALCOHOL WILL REMOVE BALL-POINT INK MARKS.
- COLD TEA, COFFEE GROUNDS, OR EGG SHELLS MAKE A GOOD FERTILIZER FOR HOUSE PLANTS AND ACT AS INSECTICIDES.
- STAMP A FEW MOTH BALLS INTO THE GROUND NEAR FLOWER BEDS TO KEEP DOGS AWAY.

PIKE COUNTY HOUSING AUTHORITY

If you have a dog tie or chain in your yard...Please pick it up off the ground, so our maintenance crew will not run over it on a mower.

Please make sure your name, address and apartment numbers are on money orders

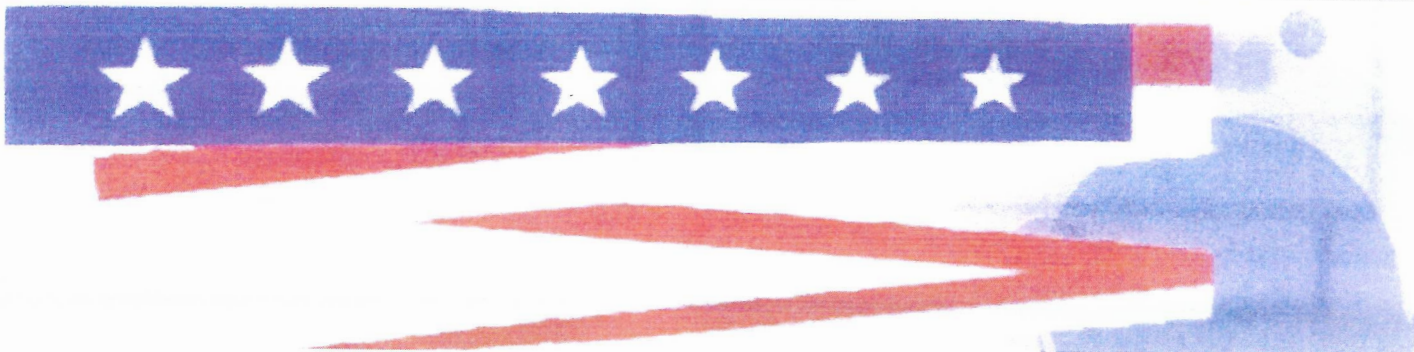
Thank you!

There are continued problems of reports of tenants smoking in their units. Smoking in the apartment is a violation of the lease which everyone over 18 is required to sign. Therefore, the following Enforcement Steps will be taken...

1. Upon issuance of a written warning from the PHA and/or documented complaint, the PHA will increase the frequency of unit inspections for a suspected policy violator.
2. PHA will randomly monitor the unit on *no less* than a monthly basis either through PHA staff or by third party service providers.
3. The PHA will provide residents information and resources on smoking cessation as it becomes available, including: Illinois Quitline, OSH Smokefree Flyer, HUD-CDC Partnership data.
4. If the resident does not have any new violations for 1 year, the resident will be considered to have a clear record, and no further enforcement action will be taken.

PHA Policy

More than 3 confirmed violations of the smoke-free policy shall rise to the level of other good cause for termination of tenancy.





Office closed to public

Available by phone M-Thurs 8:00am-500pm

Voicemail available Fridays

Use drop box or return by mail for payments/paper work

NO CASH ACCEPTED

ILLINOIS TOBACCO
QUITLINE
Where Quitters Always Win!
1-866-QUIT-YES
1-866-784-8937

HELPFUL HINTS

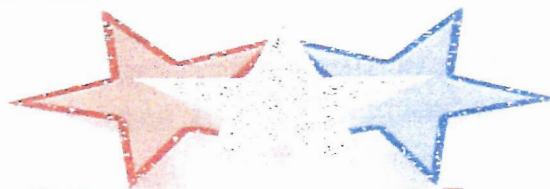
Baking powder will
remove tea or coffee
stains from china pots or
cups.

Use a sandwich bag over
your hand and you have a
perfect mitt for greasing
pans.

If soup tastes salty, a raw
piece of potato placed in
the pot will absorb the
salt

71-1 BARRY KITCHEN UPGRADES
AND 71-9 LANDESS TERRACE
EXTERIOR UPGRADES ARE
EXPECTED TO START WITHIN
THE NEXT 4 WEEKS

WE HAVE BEEN RECEIVING REPORTS OF
A FOX AT LANDESS TERRACE. ANIMAL
CONTROL HAS BEEN NOTIFIED. DO NOT
KEEP PET FOOD OUTSIDE OVERNIGHT.



Happy 4th of July





FIRE SAFETY IN THE HOME

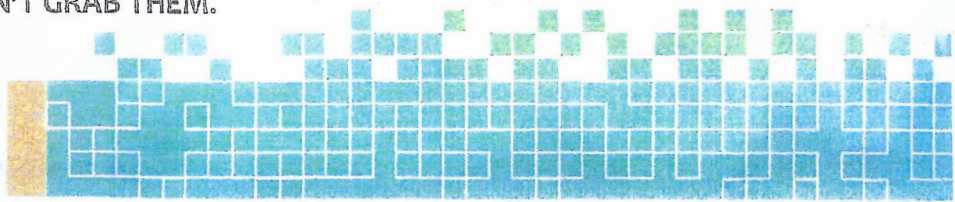
CHILDREN PLAYING WITH MATCHES OR LIGHTERS:

CHILDREN USUALLY PLAY WITH FIRE IN THE BEDROOMS, IN CLOSETES AND UNDER BEDS. WHAT BEGINS AS A NAURAL EXPLORATION OF THE UNKOWN CAN LEAD TO TRAGEDY.

- SUPERVISE YOUNG CHILDREN CLOSELY.
- KEEP MATCHES AND LIGHTER IN A SECURED DRAWER.
- CHECK UNDER BEDS AND IN CLOSETS FOR BURNED MATCHES.
- DEVELOP A HOME FIRE ESCAPE PLAN.
- TEACH CHILDREN TO NOT HIDE FROM FIREFIGHTERS.
- DEMONSTRATE HOW TO STOP, DROP AND ROLL IF THEIR CLOTHES CATCH ON FIRE.
- SHOW CHILDREN HOW TO CRAWL LOW ON THE FLOOR, BELOW THE SMOKE, TO GET OUT OF THE HOUSE AND STAY OUT IN THE CASE OF FIRE.

KITCHEN SAFETY:

COOKING FIRES ARE A LEADING CAUSE OF HOME FIRE. THE MAJORITY OF COOKING FIRES START WITH THE IGNITION OF COMMON HOUSEHOLD ITEMS (WALL COVERINGS, PAPER OR PLASTIC BAGS, CURTAINS, ETC.). UNATTENDED COOKING IS THE LEADING CAUSE OF HOME COOKING FIRES.

- NEVER LEAVE COOKING FOOD ON THE STOVETOP UNATTENDED, AND KEEP A CLOSE EYE ON FOOD COOKING INSIDE THE OVEN.
 - CLEAN THE EXHAUST HOOD AND AREA AROUND THE STOVE REGULARLY AND WIPE UP SPILLED GREASE AS SOON AS THE SURFACE OF THE STOVE IS COOL.
 - KEEP COOKING AREAS CLEAN AND CLEAR OF COMBUSTIBLES (POTHOLDERS, TOWELS, RAGS, DRAPES AND FOOD PACKAGING).
 - TURN POT HANDLES INWARD SO THEY CAN'T BE BUMPED AND CHILDREN CAN'T GRAB THEM.
- 



The Importance of the 4th of July








Many people see the Fourth of July as fireworks, barbecues or Old Navy t-shirts, but this American holiday is more than an object or activity. The Fourth of July stands for independence and freedom. This day is for us to look back and see the good our country has done instead of the bad. We look at the average day people who are seen as heroes by many. People *are* the Fourth of July, not flashing lights and family baseball. People make up our country, and they are the ones who decide if they want to make it great or not.



America in 1776 used this day to celebrate our independence after signing the Declaration of Independence. During this time, we had finally been free from the British Empire and from then on we have lived on as our own country. We as a nation live our life, and we are given more rights than many other countries. We are given the right to speak and express. We are given the right to love. We may not be the perfect nation but we, the people, are still correcting and attempting to make life better. The Fourth of July is a special day to not only celebrate the history of our independence but a day to believe in the future of our country and what we as people can accomplish.

Easy Grilled Chicken Breasts

	5 minutes
	15 minutes
	20 minutes
	4 servings
	Holly Nilsson



Tender marinated chicken breasts grilled to juicy perfection.

5 from 109 votes

Ingredients

- 1/3 cup oil olive oil or vegetable oil
- 1/4 cup cider vinegar (or red wine vinegar)
- 2 tablespoons dijon mustard
- 3 tablespoons Worcestershire sauce
- 2 tablespoons lemon juice
- 1 tablespoon salt
- 1 tablespoon pepper
- 2 tablespoons Italian seasoning
- 1 teaspoon garlic powder
- 1 tablespoon sugar
- 4 boneless skinless chicken breasts

Instructions

1. Combine all ingredients in a bowl or freezer bag. Add chicken and toss well to combine.
2. Marinade for a 30 minutes (or up to 4 hours) before cooking chicken.
3. Preheat grill to medium high heat.
4. Place chicken on the grill for 7-8 minutes. Flip over and cook an additional 7-8 minutes or until no pink remains and chicken reaches 165°F.
5. Rest 3-5 minutes before slicing.

**"Keep your face to the
sun and you will never
see the shadows."**

—HELEN KELLER

