

# SEPTEMBER 2021 NEWSLETTER

As of the time of this newsletter, the following events ARE still taking place....

New Canton Harvest Festival 9/10-9/11

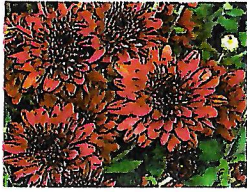
Griggsville Apple Festival 9/17-9/19

Milton Corn Carnival 9/24-9/26

Barry Apple Festival 9/30-10/3







## **PIKE COUNTY HOUSING AUTHORITY**

### **WHAT TO DO IF YOU DON'T FEEL SAFE...**

Go to the place you feel the safest and dial 911. PCHA cannot respond to these situations. If a neighbor is harassing you, you must call the authorities.



**PLEASE DO NOT PERMANENTLY ATTACH  
ANYTHING TO THE BULL-PEN AREA.  
REMOVABLE OUTDOOR COMMAND STRIPS  
ARE FINE TO USE. THESE ARE COMMUNITY  
SPACES AND NOT TENANT SPECIFIC.  
THANK YOU!**



If you need items moved from your apartment or from your yard, please call our office. We will have maintenance remove the items and the charge to you will be added to your account. The charge is \$15.00 per load.

**PIKE COUNTY HOUSING  
838 MASON ST  
BARRY, IL. 62312**



# REMEMBER

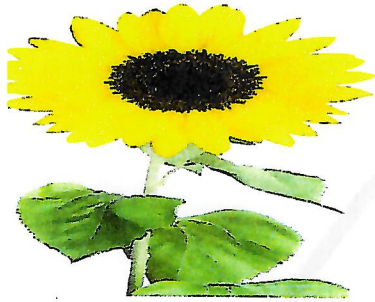
No outside dog pens, basketball poles, or indoor furniture outside.

***No smoking of any kind.***

We do not allow inside locks. "Door sticks" are available from retailers. They are sticks to be placed against a door on the inside.

If you need your cable or satellite installed or re-installed, please call the office so a member of maintenance can be there to make sure it is installed correctly.





**During normal business hours, you must call the office for any work orders.**

**PCHA does not have assigned parking at any of our properties**

**FLAT RENT CHANGES STARTING  
OCTOBER 1<sup>ST</sup>, 2021**

Unadj-1BR	\$502	\$402	(+\$20)
Unadj-2BR	\$661	\$529	(+\$25)
Unadj-3BR	\$817	\$654	(+\$48)
Unadj-4BR	\$896	\$717	(+\$34)

=80% of unadjusted rents  
Change from FY 2021

**IF YOU HAVE A  
SERVICE  
ANIMAL**

We need corroborating paper work. This needs to state that the animal alleviates certain symptoms. We do not need a diagnosis, only that the animal helps to alleviate certain symptoms. This letter needs to be from your current primary care physician. Please make sure your Doctor's name, address and signature on the document.

Please keep yards clean and picked up for the last few weeks of mowing. Put away any toys, dog tie outs, etc. Please pick up and remove any and all dog waste. We ask that you do not stop our maintenance crew while they are mowing, weeding eating, or any work they are doing. It's a hazard for our tenants and our employees.



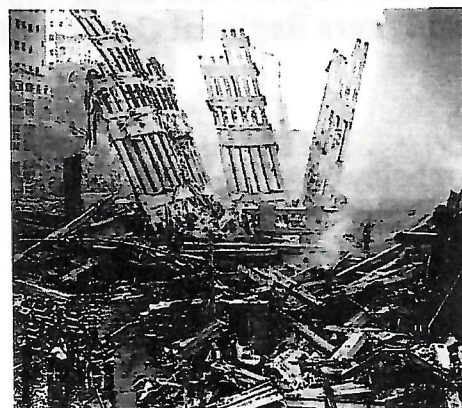


## **A DAY WE PROMISED TO NEVER FORGET...**

### **9/11: The Day of the Attacks**

#### **SEPTEMBER 11, 2001**

Twenty years ago, 19 men trained by al-Qaeda carried out a coordinated terrorist attack on the United States that had been planned for years. The attackers simultaneously hijacked four large passenger aircraft with the intention of crashing them into major landmarks in the United States, inflicting as much death and destruction as possible. Three of the planes struck their targets; the fourth crashed into a field in Pennsylvania. In a single day, these deliberate acts of mass murder killed nearly 3,000 human beings from 57 countries. More than 400 of the dead were first responders, including New York City firefighters, police officers, and EMTs. It was one of the most-covered media events of all time, and after two decades, the images are still difficult to view. These attacks and the global reaction to them have profoundly shaped the world we live in, so it remains important to see the images and remember just what happened on that dark day.





## What Can You Do At Home To Help Manage Your Stress?

- Talk with someone you trust-talking to someone who you can trust and confide in, will help us to see things from a different point of view and will often help the stress be relieved some, if not completely.
- Sleep does do the body good- getting 8 hours of sleep per night is important because lack of sleep can cause the body to have meltdowns and become more stressed over situations.
- Taking deep breaths is good for the mind, body and soul- breathing in deeply allows oxygen to flow through the cells of the body and allows the mind to think before making any rational decisions.
- Go for a walk-exercising boosts the body's endorphins and allow us to be in a better mood; taking a walk for even 10-15 minutes can help make someone's mood much better.
- Turn on some music that speaks positively to you-music can often change the mood, if it is the right music.



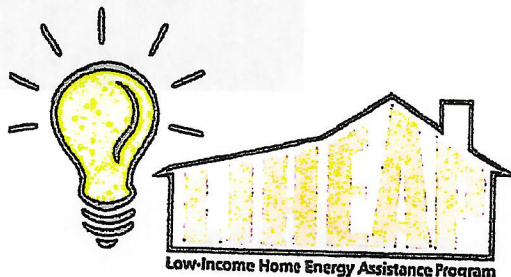
## LIHEAP LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

Two Rivers Regional Council of Public Officials has funds available through the Low Income Home Energy Assistance Program (LIHEAP) for the upcoming winter season. LIHEAP is designed to help eligible households with their winter heating bills.

The Winter 2021 Program will begin September 1, 2021 and ends May 31, 2022  
Contact: Two Rivers Regional Council Office—217-224-8171

Must fall at or below the following  
Income Guidelines:

Family Size	Gross Income-for past 30 days
1	\$2,147
2	\$2,903
3	\$3,660
4	\$4,417



Two Rivers will set up an appointment time and date with you when you call.

Two Rivers Office:  
Adams - 217-224-8171  
Brown - 217-773-3141  
Pike - 217-285-5424  
Schuyler - 217-322-6916

# FACTS ABOUT SUNFLOWERS

Many people may describe sunflowers as tall, yellow and bright, but this classic sunflower imagery simply doesn't do the plant justice. Sunflowers are dynamic because they grow in various shapes, sizes and colors. Learn about the sunflower plant itself and some health benefits. Let's start with colors.

**ALL SUNFLOWERS ARE YELLOW-**A fact most people know is sunflowers are yellow, however, a sunflower's pigment doesn't stop there, they can be red or even purple.

**VINCENT VAN GOGH WASN'T THE ONLY SUNFLOWER PAINTER-** Odds are you're familiar with the name Vincent van Gogh. Van Gogh is remembered for his sunflower paintings and changing the way people viewed a flower's beauty. Some artists who were also influenced by sunflowers include Diego Rivera, Alfred Gockel and Paul Gauguin.

**SUNFLOWERS CAN RANGE IN HEIGHT-** Sunflowers are regularly classified into two categories: Tall and dwarf. Despite popular belief that sunflower plants are giants, some don't get taller than 2 feet.

**YOUNG SUNFLOWERS TRACK THE SUN-** A fun sunflower fact is young sunflowers track the sun, also referred to as heliotropism. Scientists have revealed that sunflowers have circadian rhythms, which promote this behavior. A young sunflower's face follows the sun from sunrise to sunset every day and repeats the cycle until maturity.

**MATURE SUNFLOWERS FACE EAST-** As sunflowers reach maturity, their internal clocks start slowing down until they finish the heliotropism behavior completely. This process does not harm sunflowers. A study revealed mature sunflowers face East for a couple of different reasons: A-Sunflowers can attract up to 5 times more pollinators because they warm up faster than westward facing plants. B-Sunflowers are more productively warmed when Eastward facing.

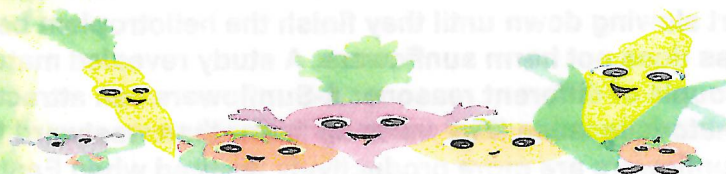




# PUZZLE

# STRAIGHT FROM THE GARDEN

X	N	V	M	H	L	L	C	V	L	Z	Y	Y	N	C	A	Z	M
H	C	A	N	I	P	S	E	A	B	N	N	L	R	E	F	N	M
P	B	C	O	Y	Z	T	E	N	R	J	I	A	T	L	X	P	I
H	S	A	U	Q	S	E	Y	V	N	R	H	K	D	E	S	C	E
L	J	L	V	B	C	E	P	M	I	E	O	Z	A	R	C	C	S
E	N	L	S	O	I	B	F	I	J	D	F	T	A	Y	U	N	I
E	A	G	A	B	A	T	U	R	N	H	N	D	I	T	A	O	B
K	B	R	O	C	C	O	L	I	G	R	I	E	T	E	T	C	A
S	A	E	A	C	J	I	L	K	L	S	U	E	B	A	R	A	R
E	E	B	W	M	L	P	E	P	H	A	L	T	T	E	S	E	L
I	K	F	C	X	W	X	O	Y	H	R	O	O	A	P	X	C	H
N	C	O	T	N	A	L	P	G	G	E	P	N	A	K	U	E	O
I	E	H	H	O	K	R	A	L	D	E	E	R	I	C	J	G	K
H	L	I	I	C	Q	Q	Y	I	G	G	A	A	U	O	S	A	N
C	B	R	N	V	I	A	Q	P	X	G	S	M	Y	X	N	B	P
C	E	W	H	T	E	T	U	D	U	L	B	T	V	U	G	B	M
U	C	O	R	N	F	S	R	S	S	E	P	F	F	E	R	A	K
Z	C	B	C	N	V	W	S	A	R	O	N	Y	M	W	H	C	L



artichoke

beets

carrot

corn

endive

leeks

onion

radish

squash

asparagus

broccoli

celery

cucumber

fennel

lettuce

peas

rutabaga

turnip

beans

cabbage

chives

eggplant

kohlrabi

okra

potato

spinach

zucchini





## NATIONAL GAMBLING HOTLINE

CALL/TEXT

800-522-4700

3<sup>RD</sup> SATURDAYS  
OF THE MONTH  
FOOD BANKS ARE  
LOCATED AT:

THE CROSSING  
THRIFT STORE IN  
PITTSFIELD

9:00AM-11:00AM



### HOW TO PAY RENT

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Mail check or money order to the office.

Drop off check or money order at the office secure drop box.

Call the office to pay with debit or credit card. A \$3.00 fee will be added.

Please make sure when paying with a money order, your name, address are on the money order, and make sure to sign it.

### NEWSLETTER

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If you have something of interest you would like to see in the monthly newsletter, please mail or drop it off at our office.

### CALLING THE OFFICE

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You must call the office FOR ALL WORK ORDERS. ***Do not call or text maintenance on the office work phone line or their personal phone.*** Do not get ahold of an employee via social media. YOU MUST call the office. If we do not answer, leave a message. We will get back to you as soon as possible.





# Why Do We Celebrate Labor Day?

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters.

In the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts' wages.

People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.

As manufacturing increasingly supplanted agriculture as the wellspring of American employment, labor unions, which had first appeared in the late 18th century, grew more prominent and vocal. They began organizing strikes and rallies to protest poor conditions and compel employers to renegotiate hours and pay.

Many of these events turned violent during this period, including the infamous Haymarket Riot of 1886, in which several Chicago policemen and workers were killed. Others gave rise to longstanding traditions: On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history.

The idea of a "workingmen's holiday," celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Congress would not legalize the holiday until 12 years later, when a watershed moment in American labor history brought workers' rights squarely into the public's view.