



PBHA IMPACT

"More Than Just Housing"

Editor: Karen Lee

VOL VI, ISSUE II

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FEBRUARY 2013

DIRECTLY SPEAKING

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It'd be ideal if we were all-knowing and could perfectly predict every consequence of every decision we'll ever make. But that's impossible. We all need principles! A principle is "a fundamental, primary, or general truth, on which other truths depend." These are some basic principles that have helped me.

Make a choice. Be proactive and not reactive. Reactive people make choices based on impulse. They make choices without being students of consequence. Proactive people make choices based on principles. They are students of consequence, and they think before they act. You are the driver of your life, not the passenger.

Have a vision. Decide where you want to go and draw a map to get you there. Make a plan keeping in mind the consequences, good and bad, and then do it!

Put first things first. This is about life management as well--your purpose, values, roles, and priorities. First things are those things you, personally, find of the most worth. If you put first things first, you are organizing and

managing time and events according to the personal priorities you established.

Have a winning attitude. Win-win sees life as a cooperative arena, not a competitive one. Win-win is a frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win-win means agreements or solutions are mutually beneficial and satisfying.

Get an understanding. Communication is the most important skill in life. You spend years learning how to read and write, and years learning how to speak. Most people listen with the intent to reply, not to understand. This requires a person to truly listen to others to seek an understanding of their position before prematurely deciding what they mean.

Cooperate with others. To put it simply, working together means "two heads are better than one." Synergize is the habit of creative cooperation. It is teamwork, open-mindedness, and the adventure of finding new solutions to old problems.

Keep pushing forward. Preserve and enhance the greatest asset you have--



you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual.

Someone said, "If you don't stand for something, you'll fall for anything". It is only by means of principles that one can set one's long-range goals and evaluate the concrete alternatives of any given moment. It is only principles that enable a man to plan his future and to achieve it.



CELEBRATE BLACK HISTORY MONTH



SECURITY FENCES BEING INSTALLED

Residents in Hallmark and Cottonwood will notice changes within their developments as PBHA is in progress of equipping security fencing in both developments. The gated, secured areas are for the protection and safety of the residents, their families and their guests.

The project will enclose both developments with metal fencing and electronic gates. Cameras will also be installed for added security.

Hallmark will have two entrances/exits - one on North Belair and one at Belle Meade. South Belair will be gated but used by emergency vehicles only. Cottonwood will have one gate for entrances/exits.

Both projects will take approximately sixty-five (65) days from beginning to completion. All residents, children and guests are asked to take precautions in construction work zones, especially when entering and exiting the developments.

Please be mindful of construction workers and pedestrians and children changing their routes due to the construction.

Each site will be afforded two educational training sessions in regards to entering/exiting the developments once the construction work is completed. It is mandatory for residents to attend at least one session as ID cards will be distributed during the instruction sessions. Questions, concerns and more detailed information will also be available during the mandatory training sessions.

MANDATORY TRAINING DATES

At 5:30 in the Community Center

Hallmark - Feb 6th or 7th

Cottonwood - Feb 5th or 13th

YOU MUST ATTEND ONE OF THE

MEETINGS IN YOUR DEVELOPMENT!

POLICE ON CAMPUS (POC): WEATHER SAFETY TIPS



- **Be prepared** and know the weather conditions and forecast, so you can prepare yourself for your drive.
- **Warm up your vehicle** for at least 15 minutes and make sure all windows are properly defrosted before you drive off.
- Don't forget to **clean off all your lights**, front and back for clear visibility while driving in the snow.
- **Plan ahead** - leave a few minutes early to allow for road conditions.
- Make sure that all windshield and rear **wiper blades** and **washers** are in excellent working condition for proper vision.
- **Check all fluids and tire pressure** regularly. We suggest at least twice a month.
- ALWAYS wear your **seatbelt**.
- Keep an **emergency kit** in your car all year long. For winter, include a blanket, gloves, water, first aid kit and crackers.
- Be aware of potentially **icy areas** such as shady spots and bridges and overpasses.
- Keep a **safe distance** behind other vehicles.



**Bobby
Turner**

PREVENTING PIPES FROM FREEZING

When water freezes, it expands. That's why a can of soda explodes if it's put into a freezer to chill quickly and forgotten. When water freezes in a pipe, it expands the same way. If it expands enough, the pipe bursts, water escapes and serious damage results.

Letting a faucet drip during extreme cold weather can prevent a pipe from bursting. Opening a faucet will provide relief from the excessive pressure that builds between the faucet and the ice blockage when freezing occurs. If there is no excessive water pressure, there is no burst pipe, even if the water inside the pipe freezes. The drip can be very slight. Even the slowest

drip at normal pressure will provide pressure relief when needed. Where both hot and cold lines serve a spigot, make sure each one contributes to the drip, since both are subjected to freezing. If the dripping stops, leave the faucet(s) open, since a pipe may have frozen and will still need pressure relief.

If you open a faucet and no water comes out, don't take any chances. Call maintenance at 536-1625 (after hour's emergency 692-2773). If a water pipe bursts, turn off the water at the main shut-off valve (usually at the water heater) and leave the faucet(s) open until repairs are completed. Don't try to thaw a frozen pipe with an open flame; as this will damage the pipe and may even start a building fire.

RESIDENT MEETINGS @ 5:30

Hallmark - Feb 6th & 7th

Cottonwood - Feb 5th & 13th

West Meadows - Feb 19th

Royal Oaks - Feb 26th



Feb 18th, 2013



**Karen
Lee**

FAMILY SERVICES

Page 3

NOW HIRING!

Tyson - Various Positions
Southern Star - Installation
Verizon Wireless - Sales Rep
Chili's - Numerous Positions
CarMart - Sales & Detail
KFC - Customer Service
Dollar General- Numerous Positions
Pizza Hut- Numerous Positions
JRMC - Numerous Positions
Rent A Center - Service Rep
Family Dollar - Customer Service
Aaron's - Manager Trainees
Sears - Various Positions
ADC - Various Positions
McDonald's - Various Positions
Dollar Tree - Sales Associate
Red Lobster - Numerous Positions
Goodwill - Sales Associate
Wal-Mart - Sales Associates

FSS: FREE INCOME TAX PREPARATION

The Interested Citizens for Voter Registration (ICVR) will offer free income-tax filing services during the tax season at 2310 South Olive Street in Pine Bluff, AR. For appointments and details call (870)536-7274. Services are offered to individuals and families with an annual earned income of \$50,270 and below. Taxpayers with banking accounts who use direct deposit will receive their returns faster than those who receive their checks through the mail.

The Earn Income Tax Credit (EITC) is for working people who earn less than \$50,270. The credit is from \$2 to \$5,891. The amount changes based on: (1) If you are single or married; (2) The number of children you have; and (3) The amount you earn.

To be eligible to claim EITC for 2012 you:

- Must work and have earned income
- Must have a valid Social Security number
- Must not have investment income of more

than \$3,200

- Generally must be a U.S. citizen or resident alien all year
- Cannot file as married filing separately
- Cannot be a qualifying child of another
- Cannot file Form 2555 or 2555-EZ (related to foreign earned income)

Please bring:

- SS Card for yourself and your dependents
- Your picture ID
- W-2's for all jobs held in 2012
- Form 1099's (1099-G, 1099-MISC, 1099-INT, etc.)
- Form 1098-T (tuition expenses)
- Form 1098 (Mortgage interest payment)
- Documentation of childcare expenses and childcare provider information (agency ID or SSN of the provider)
- If you are filing Married Joint both taxpayers need to be present
- Voided check or deposit slip for direct deposit

Financial Management



**Valerie
McMiller**

COMMON CENTS: START BUDGETING

A budget is a money plan. With it, you can organize and control your financial resources, set and realize goals, and decide in advance how your money will work for you. A budget can be as simple as it is powerful.

Personal budgeting allows you to know exactly how much money you have-even down to the penny, if you so desire. Furthermore, a budget is a self-education tool that shows you how your funds are allocated, how they are working for you, what your plans are for them, and how far along you are toward reaching your goals.

With a budget, you have the tools to decide exactly what is going to happen to your hard-earned money-and when. You can be in control of your money, instead of having your money limit what you do.

Even in its simplest form, a budget systematizes, or divides, funds into categories of

expenditures and savings. Beyond that, however, budgets can provide further organization by automatically providing records of all your monetary transactions. They can also provide the foundation for a simple filing system to organize bills, receipts, and financial statements.

The budget is a communication tool to discuss the priorities for where your money should be spent, as well as enabling all involved parties to "run" the system. Knowing the exact state of your personal monetary affairs, and being in control of them, allows you to take advantage of opportunities that you might otherwise miss.

A budget will almost certainly produce extra money for you to do with as you wish. Hidden fees and lost interest paid to outsiders can be eliminated forever. Unnecessary expenditures, once identified, can be stripped out. Savings, even small ones, can be accumulated and made to work for you.

FREE FOOD

**Saturday
February 2, 2012
Ward Chapel AME
620 Bois D'Arc
8 a.m. - 12 noon
Bring some type of
state issued picture
ID and a bill
showing address.**

Free Class!
EVERY TUESDAY
2712 BAY STREET
at 7:00 p.m.
**"Develop & Build
Your Financial Future"**

5 Terrific T.Rex Teeth Tips!

Just like Buddy loses his teeth on Dinosaur Train, so will you lose your primary teeth to make way for your permanent teeth.










Tyrannosaurus Rex replaced their teeth throughout their lives but you only get two sets so it is especially important to practice good dental care.



Follow these helpful tips for strong teeth and a healthy smile!

- 1. Twice a day: Brush your teeth when you wake up and before you go to bed.**
- 2. Take your time: Brush your teeth for 2 minutes and be sure to include your tongue!**
- 3. Be kind to your gums: Brush with a soft bristle toothbrush.**
- 4. Get the hard to reach places: Floss your teeth at bedtime.**
- 5. See your dentist twice a year!**



-  Liquids and electricity don't mix. Always dry your hands before you use any electrical equipment or you could get an electric shock.
-  Never take mains powered electrical equipment, such as radios or hair straighteners, into the bathroom. You could get an electric shock.
-  Make sure a grown up always uses an electrical circuit breaker (called an RCD) when working outdoors with electrical tools, such as lawn mowers, hedge trimmers and power tools.
-  Never go straight from the paddling pool into the house without getting dried first. If you touch anything electrical while you are wet, you could get an electric shock.
-  Turn off electric games and equipment when they are not in use or when you go to bed. It is safer and also kinder to the environment.
-  Get a grown up to regularly check the plugs, sockets and flexes for signs of scorching or fraying. If damaged, make sure they get them repaired.
-  Don't let leads from electrical equipment, such as toasters or kettles, trail across your cooker tops.
-  If you get toast stuck in a toaster, don't try to get it out whilst the toaster is still plugged in, especially not with a knife, or you could get an electric shock.
-  Never put water, drinks or other liquids on or near electrical equipment.

BLACK HISTORY

"Those who have no record of what their forebears have accomplished lose the inspiration, which comes from the teaching of biography and history"

Carter G. Woodson
1900 Historian

LEADERS of the Underground Railroad

The Underground Railroad was a movement to help slaves escaping from the South find their way to freedom in the North before the Civil War. This series of routes and safe places was a secret organization, since the laws of the time made it a crime to help a slave escape.

The Underground Railroad used codes to keep the activities secret. A conductor was a person who helped guide those escaping. A station master hid escaping slaves in a "depot," or safe house.



William Still
1821-1902

William Still is often called the "Father of the Underground Railroad." Born a free man in New Jersey, he later helped as many as 60 escaping slaves a month on the road to freedom.



Levi Coffin
1798-1877

Levi Coffin was called the "President of the Underground Railroad." His home in Indiana was a major depot.

Harriet Tubman
1820-1917

The most famous conductor on the Underground Railroad, Harriet Tubman was called the "Moses" of the movement. A former slave, she made 13 trips South to help others to freedom.



Rev. Jermain Wesley Loguen
1813-1872

Born a slave in Tennessee, Rev. Loguen escaped through the Underground Railroad. Later, his home in New York would be a major depot for the Railroad.



Rev. John Rankin
1793-1886

A conductor in the Underground Railroad, Rev. Rankin hid over 2,000 escaping slaves in his Ohio home.

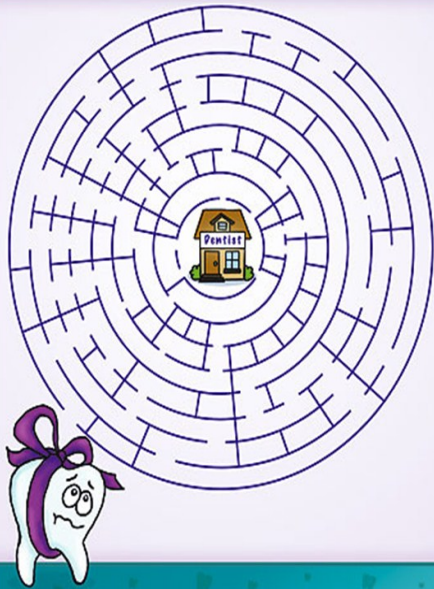


Laura Smith Haviland
1808-1898

Laura Haviland hid escaping slaves in her home. She also took trips to the South to help escaped slaves.



Can you help the tooth get to the dentist??



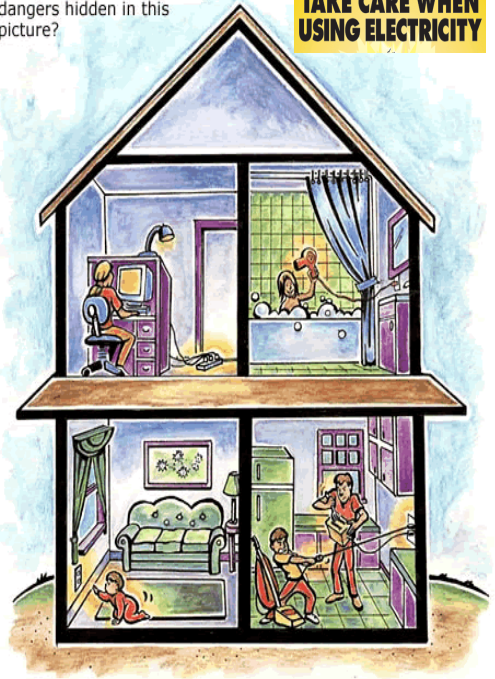
Chef Solus Valentine's Day Healthy Heart Word Search Puzzle!



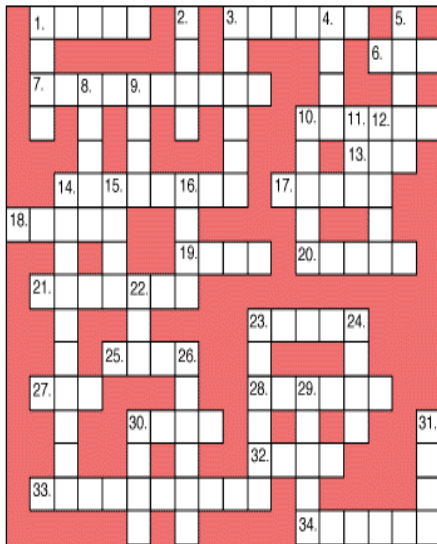
APPLES	LOWFAT	NUTS
FIBER	EXERCISE	HEALTHY
BEANS	VEGETABLES	AEROBICS
HEART	LEGUMES	NUTRITION
VALENTINE	SEEDS	ACTIVE

Can you find the five safety dangers hidden in this picture?

TAKE CARE WHEN USING ELECTRICITY



Valentine's Crossword



Across:

- Opposite of boys
- Valentine colour
- ___ goes there?
- St. ___ Day
- The targets of Cupid's arrows
- This little piggy is one
- Valentine month
- Tolls paid
- ___ change, pocket money
- Sign above door
- Donald's girlfriend
- Crayon maker
- He shoots love arrows

- Short form for animal doctors
- Valentine's colour
- Cupid shoots these
- Valentine colour
- Choose
- Sweet valentine gifts
- ___ admirer

Down:

- Bestow
- ___ the bottle
- Attractive
- Frilly trim
- Valentine colour
- Mickey ___ Minnie
- Close to
- Listened

- Past tense of eat
- Red flowers
- February ___ is Valentine's
- ___ valentine.
- Length x width
- Single, __, 2, 3, ...
- Winners
- Opposite of up
- First day of the week
- Speed contests
- Scheme
- Pepper ___ candy

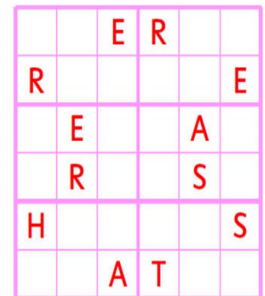


Spot the 10 Differences



Valentine's Day Sudoku

Every row, column and mini-grid must contain the letters H E A R T S. Don't guess - use logic



1. A testimonial, compliment or gift given as an expression of gratitude or esteem (noun)

T _ _ _ _ _
Root TRIBUS = tribe

2. Characterized by having unusually keen foresight or imagination (adjective)

V _ _ _ _ _
Root VIDERE (VIS) = to see

3. Devoted love, support and defense of one's country; national loyalty (noun)

P _ _ _ _ _
Root PATER = father

4. Possessing the quality of mind or spirit to face difficulty, danger and pain without fear (adjective)

C _ _ _ _ _
Root COUR = heart

ROOTONYM®

DIRECTIONS:
To solve the puzzle use the clues given in each box as well as in the sentences. Each word uses part of the MASTER ROOT.

- Americans pay ___ on the third Monday in February to two of our most famous presidents.
- Washington and Lincoln are examples of ___ leaders who followed their ideals and dreams.
- We praise Presidents Washington and Lincoln for their ___ and efforts to pursue freedom.
- Washington and Lincoln deserve accolades for their ___ decision-making at critical times.





Sabrina Walker

COMMUNITY NEWS FROM THE RIC: COMMUNITY SERVICE - GET INVOLVED

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The following is a list of volunteer opportunities in the community.

PBHA Park Rangers! The PBHA developments are in need of volunteer "park rangers." These individuals will monitor activities on the parks in their perspective developments to help ensure that rules are obeyed and park area remains decent and sanitary. Interested individuals should contact

PBHA Resident Services or RIC at 536-2074.

The Boys and Girls Club of Jefferson County, a non-profit, tax-exempt organization, that serves children countrywide between the ages of 5 and 18, needs volunteers to tutor and assist with scheduled activities. The club is open 1 to 6 p.m. Monday through Friday. Call 534-2188.

The American Red Cross needs disaster workers to be on call for the relief of fire victims. All training will be provided. Red Cross trucks and radios will also be provided. Please call Donna

Booth Johnson at Southeast Arkansas Chapter of the American Red Cross office in Pine Bluff at 534-7312 between 9 a.m. and 4:30 p.m. Monday through Friday.

The Arkansas Convalescent Center is seeking volunteers to assist in activities with residents such as Bingo, crafts, reading stories, playing chess, dominoes, and etc. Anyone interested may call Demetrius Thomas at 534-8153 from 8 a.m. to 5 p.m. Monday through Friday.

The Arkansas Department of Correction is in need of volunteers willing to share their time with inmates, particularly with the elderly and medically challenged. Call Sherrie Williams, volunteer coordinator, at 267-6988.

Arkansas Hospice volunteer opportunities are available in direct patient care, office assistance, speaker's bureau, bereavement team and pet therapy. Call Pam Warren at 850-6195 between 8 a.m. and 5 p.m. Monday- Friday.

SCHOLARSHIP OPPORTUNITIES

Scholarship Applications may be obtained in the PBHA main office. Scholarship Application with accompanying documentation and information must be submitted directly to:

Southwest NAHRO Scholarship Program
2375 Rodgers Rd.
Olney, TX 76374

For questions or information contact: Sherri McDade: call (940)383-1504 or email s.mcdade@dentonhousingauthority.com

APPLICATIONS DEADLINE: March 15, 2013

Graduating Senior – Resident or Participant:

Scholarships are available in three areas to graduating seniors who are residents and receive direct housing benefits from one of the member agencies of the Council. The first scholarship is a \$4,000 four-year scholarship awarded to a graduating senior, with \$1,000 payable each year over a four-year period.

A second, \$1,000 one-time scholarship honoring Philip W. Miller is available to graduating seniors who are residents of a public housing agency.

The third area includes scholarship awards of a minimum of \$100 to resident graduating seniors who successfully apply to the program, who attained a four-year 3.0 GPA and an 18 on the ACT. *Actual amount and number will vary according to the number of students applying and funds available.*

Eligibility Requirements

1. The applicant and their family must reside or receive direct housing benefits at least 12 months prior to the application deadline through any housing program administered by any agency that is a member in good standing of Southwest NAHRO.

2. The applicant must: have maintained an overall 3.0 grade point average for the total of his/her high school career, have earned an ACT

score of 18, and commit himself or herself to enrolling in a college or vocational training program beyond high school graduation.

3. Applications submitted that are not in accordance with the instructions will not be considered for judging.

Resident/Participant Head of Household:

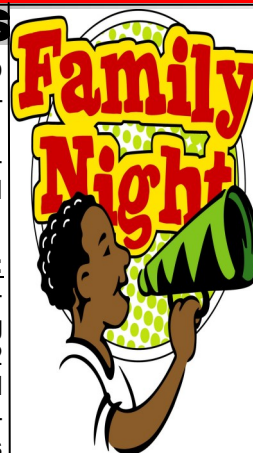
Scholarships are available for heads of household who have been residents of a housing agency or program participants for at least 12 months prior to the application deadline, and who intend to start or are already attending college. The Sam McKay Memorial Commissioners Scholarship in the amount of \$750, plus a one year \$500 scholarship in honor of the sitting president of Southwest NAHRO are available in this category. *Actual amount will vary according to the number of students applying and funds available.*

Eligibility Requirements

1. The applicant and their family must reside or receive direct housing benefits for at least 12 months prior to the application deadline through any housing program administered by any agency that is a member in good standing of Southwest NAHRO.

2. Applications submitted that are not in accordance with the instructions will not be considered for judging.

The scholarships have been established by the membership of Southwest NAHRO to provide the opportunity for students associated with public assisted housing to take advantage of post high school educational opportunities that otherwise may not be possible. Any unused portion of a scholarship may, at the discretion of the Scholarship Committee, be awarded a student exhibiting outstanding accomplishment.



Who: All Families

When: Feb 4, 2013

Where: Hallmark

Community Center

Time: 5:30 p.m.

FREE Refreshments

DEVELOPING
Personal Life Skills

Join Girl Scouts!



Mondays: 5 - 6 p.m.

Hallmark Community Center

Feb 11th, 18th & 25th



ELDERLY NEWS: NEW SOCIAL SECURITY RULES

Here's a look at some of the recent Social Security changes that go into effect this year:

Payroll tax cut ends.

Workers who paid 4.2 percent of their income into the Social Security system in 2011 and 2012 will now resume contributing 6.2 percent of their earnings in 2013, up to the payroll tax cap of \$113,700.

Higher payroll tax cap.

The payroll tax cap increased by \$3,600, from \$110,100 in 2012 to \$113,700 in 2013. Workers who earn more than this threshold don't need to pay Social Security taxes on that income.

More online services. In early 2013, Social Security added online services including the ability to access a benefit verification letter and payment history as well as start social security payments. Retirees can also change their address and start or change direct-deposit information online. Go to:

www.socialsecurity.gov

Reduced office hours.

Locations nationwide have been closing 30 minutes early each day since Nov. 19, 2012, and they began closing to the public at noon every Wednesday on Jan. 2, 2013.

Paper checks will end.

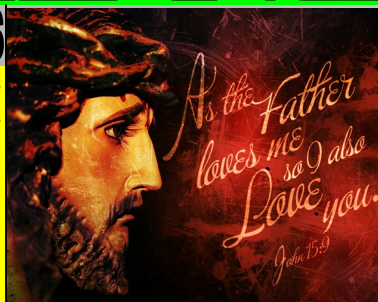
On March 1, 2013, the Treasury department will stop mailing paper checks to Social Security recipients. Retirees will be required to choose to have their Social Security payments either directly

deposited into a bank or credit union account or loaded onto a prepaid Direct Express Debit MasterCard. The debit card is primarily for unbanked benefit recipients. New Social Security beneficiaries have been required to choose an electronic payment option, and approximately 93% of SS and Supplemental Security Income (SSI) payments are already being made electronically.

Higher earnings limit.

People between ages 62 and 66 who work and collect Social Security benefits at the same time might have part or all of their Social Security benefit temporarily withheld. Workers between ages 62 and 65 can earn up to \$15,120 in 2013, after which \$1 in benefits will be withheld for every \$2 of income above the earnings limit. People who turn 66 this year can earn up to \$40,080, and then \$1 of benefits will be withheld for every \$3 earned above the limit. However, once you turn age 66, the earnings limit no longer applies. And benefits may be recalculated at age 66 to reflect the withheld benefits and continued earnings.

Bigger payments. Social Security beneficiaries began receiving payments that were 1.7 percent larger in January 2013. The average monthly Social Security benefit in January increased from \$1,240 to \$1,261 as a result of the cost-of-living adjustment.



FOR I AM PERSUADED THAT NEITHER DEATH NOR LIFE, NOR ANGELS NOR PRINCIPALITIES NOR POWERS, NOR THINGS PRESENT NOR THINGS TO COME, NOR HEIGHT NOR DEPTH, NOR ANY OTHER CREATED THING, SHALL BE ABLE TO SEPARATE US FROM THE LOVE OF GOD WHICH IS IN CHRIST JESUS OUR LORD.

ROMANS 8:38-39

is patient
is kind
does not envy
does not boast
is not proud
is not rude
is not self-seeking
is not easily angered
keeps no record of wrongs
does not delight in evil
rejoices with the truth
always protects
always trusts
always hopes
always perseveres
never fails



1 Corinthians 13:4-8

Steps to your heart health



Eating healthy and getting regular exercise takes some time and effort, but it can help lower your blood cholesterol and reduce your risk of heart disease.

Cooking Tips

♦ Make soups or stews containing meat in advance. Place them in the refrigerator, so the fat can rise to the top of the bowl and harden. Remove and discard the fat before reheating and serving.

♦ Before cooking meat, trim off any visible fat.

♦ Bake, steam, grill, broil, or stir-fry instead of frying.

♦ Instead of seasoning foods with meat fat, use lean meat, beef stock, broth, hickory seasonings, onions, garlic, herbs, or other spices and seasonings.

♦ Increase your consumption of healthy fats by using olive oil or canola oil while cooking.

Additional Tips:

- Limit your salt intake.
- Eat foods containing plant sterols/stanols to help lower your blood cholesterol levels. Fortified foods include margarines, low-fat cheeses, yogurts, breads, granola bars, and orange juice.

Steps You Can Take

- 1. Limit your fat intake.** One way to limit your fat intake is to increase your consumption of fruits, vegetables, whole grains, and beans and limit your intake of red meat and dairy. *Tip:* When choosing meats and dairy products, opt for lean meats (skinless poultry and fish) and choose low-fat and fat-free dairy products.
- 2. Decrease your saturated and trans fat intake.** Generally these fats are solid at room temperature (animal fats, shortening, and chocolate). *Tip:* Soft or tub margarines have less saturated fat than stick margarines. Choose margarines that list liquid vegetable oil as the first ingredient and those that are trans fat-free.
- 3. Choose foods with "healthy fats."** Get healthy omega-3s from fish like salmon, herring, albacore tuna, and mackerel and from walnuts and flaxseed. *Tip:* Consuming these fish at least twice a week will help you obtain an adequate amount of omega-3s.
- 4. Eat less cholesterol.** Cholesterol is found only in foods of animal origin. *Tip:* Limiting your consumption of animal fats will reduce your cholesterol intake.
- 5. Eat more fruits, vegetables, and whole grains.** Some foods have been found to help lower blood cholesterol. These include oatmeal, apples, citrus fruits, dried beans, and pears. *Tip:* Select "100% whole wheat" breads and pastas. The first word on bread labels should be "whole" or "sprouted grain flour," not "white flour" or "unbleached white flour."
- 6. Maintain a healthy weight and get some exercise!** A low-fat diet and regular exercise can help you lose and maintain a healthy weight. *Tip:* Get a friend or spouse to join you and keep you accountable.

THE WARNING SIGNS

Many heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or stabbing pain.

However, not all heart attacks are preceded by chest pain.

Heart attack symptoms include the following:

- Chest discomfort
- Discomfort in other areas of the upper body: one or both arms, the back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Pounding heart, change in heart rhythm
- Heartburn, nausea, vomiting, abdominal pain
- Breaking out in a cold sweat
- Nausea
- Dizziness or lightheadedness

These warning signs are particularly common in women:



- Sudden onset of weakness, shortness of breath, nausea/vomiting, indigestion, fatigue, body aches, or overall
- feeling of illness (without chest pain)
- Unusual feeling or mild discomfort in the back, chest, arm, neck, or jaw (without chest pain)
- Sleep disturbance
- Anxiety

PBHA FEBRUARY 2013 BAN LIST



**POLICE
ON CAMPUS**

**Hallmark:
Det. Patterson
534-2275**

**Royal Oaks:
Officer Bradley
879-6336**

**West Meadows:
Sgt. Gee
536-3891**

**Cottonwood:
Det. Lambert
535-2391**



Eason, Cliff	Johnson, Michael	Shavers, Craig	Montgomery, Gregory	MORTON, DEWAYNE	NEW TO LIST
Davis, Kawana E.	Johnson, Cleveland	Ruff, Kenneth	Hawthorne, Darryl	JOHNSON, RODNEY	WHITE, TIRAN
Fogle, Justin	James, Kianna	Matthews, Derrick	Thompson, Tony	JOHNSON, JEREMY	NELSON, ANTHONY
Anderson, Leo	Lewis, Richard	Odom, Percy	Webster, Willie	JOHNSON, BENNIE	ABDULLAH, MUHAMMED
Adway, Sedrick	Hines, Marcus	Nelson, Taylor Sr.	Webster, David	JORDAN, DEVONTE'	TOWNSEL, WILLAIM
Evans, Alden	Jones, Carla F.	Sloan, Kenneth Bubba	Smith, Ricky	Battles, Lee	JACK, TAMAR'K
Dillard, Matthew	Johnson, Edward	Sanders, Xavier	Hayes, Dennis	Devose, Jerran	HARRIS, JOCOBI
Dorn, Marcus	Johnson, James B.	Scott, Marlon	Hayes, Robert	Brown, Latoya	GARDNER, LUTHER
Epperson, Jimmy	Jones, Willie	Skinner, David	Kirby, Christopher	Reed, Lavell III	ROSS, MISHLEEN
Adrow, Keith	Henderson, Levell	Phillips, Kantarrow	Weatherspoon, Corey	Holloman, Josh III	WHITE, EDDIE
Daniels, Leo Jr.	Johnson, Anthony	Rodgers, Adrian	Matthews, Chris Jr.	Marcus, Smith	CRUTCHFIELD, CORDARRYL
Austin, George Jr.	Heard, Erica	Owens, Tamarco	Weekly, Charles	Rentals, Michael	PAYNE, TIMOTHY
Axson, Charles	Watts, Moses	Pace, Kenneth	Wells, Michael	Wade, Craig	KENDAL, ELVIS RAYJR
Baldwin, Kendrick	Hickman, Freddie Jr.	Parker, Terjun T.	West, Bobby Lee	Watkins, Teneidra	HEGLAR, KARL
Berrien, Corey	Haynes, Terell	Peters, Anthony	West, Brian	Armstrong, Ladale	SMITH, EDMAN (EDDIE)
Ford, Tyrone	King, Dyrall	Sanders, Brandon	West, Shardy	Davis, Eric	DESHAZIER, COREY
Brown, Herman	Murdock, Christopher	Phillips, Carolyn	White, Renard	Franklin, Mark	MARTINEZ, ORLANDO
Carter, Terrance	Hudson, Johnny	Powell, James	Wiegert, Brenda	Haywood, Donny	SHOWERS, BRIAN SR.
Carter, William	Holden, Dewan	Price, Donald Ray	Williams, Carlos	Horn, Terrance	KENNEDY, SHAWN
Chidester, Michael	Holden, Johnny	Racy, Dottie	Williams, Curlee	Hunter, Frederick	ROBINSON, TORIANO
Cobbs, Darian	Jackson, Cedric	Richardson, Travell	Williams, Marquis	Johnson, Khalil	PARKS, QUINCY
Compton, Darryl	Jackson, Cullen	Rammage, Troy	Winston, Dave M.	Little, Darryl	FOSTER, JEREMY
Cowser, Freddie	Jackson, Laron	Rayfus, Michael	Winston, Martic	Londell, Travis	HAYNES, MARCUS
Daniel, Eddie	Jenkins, Latoya L.	Robinson, Patricia	Young, Arie	Murray, Jimmy	BARNES, RICKEY
Harris, Jonathan	McDowell, Latasha	Washington, Tyrone		Ward, Devan	HALL, DARIUS
Harris, Everette	McCoy, Terry	Walls, Isaiah – Doody		Whiteside, Donominic	KYE, DARMARCUS
Foots, Derrick	Kemp, Marvin	Smith, John		Moore, Kyra	COMPTON, DARRYL
Evans, Wesley	Jones, Jason	Smith, John P.		Griffin, Drue	MORTIN, ANTOINE
Garrett, Curtis	Lee, James	Smithwick, Chad	RECENT TO LIST	Davis, Timothy	LOWE, BRUCE
Garrett, Marvin	Knight, Brian	Suell, Derrick	Cole, Kenneth	White, Marquel	WASH, SEDRICK
Gatewood, Mario	Long, Victor	Smith, Deric	Collins, Cordarelle	Thomas, Katherine	LOWE, FRANK
Fells, Natalie	Kelly, Anthony W.	Strickland, Bruce	Davis, Timothy	Johnson, Micheal	MCCOY, KELVIS
Gray, Jerry	Livingston, Levell	Thomas, Sheila	Hall, Alfonzo	Bolden, Antonio	GRISBY, WALTER
Boykin, Johnathan	Holden, Antwan	Stokes, Tony	Hawkins, DeMarcus	Rogers, Brian	CONEY, KESON
Gray, Michael T.	Mack, Johnnie	Walker, Ricky	Hawkins, Jarrius	Mallett, Kevon	LEAVEAUX, BYRON
Green, Lawrence F	Mayweather, Frankie		Hence, Olente-	Morris, George R	MORTON, ANTWOINE
Gray, Leroy	London, Bobby		Hunt, Kejuan		
Hampton, Burrell	McAfee, Michael		Lyons, Marquis		

To provide safe, affordable housing, the above individuals have been banned from all Housing Authority properties. Any resident allowing these persons in/around their unit will be in violation of Housing Authority regulations & will be terminated from the housing program.