

The IHA Insider

Ithaca Housing Authority

798-800 S. Plain Street, Ithaca NY 14850

PH: 607-273-8629 Sec. 8: 607-273-1244

After Hour Emergencies: 607-882-7656



November 2018

Quote of the Month

"I'm a human being who lives a flawed, contradictory life.

And I have all sorts of problems and all sorts of successes."

~ Jamie Lee Curtis, Actress

Born November 22, 1958

Employee Birthdays

Roger Lis, Fee

Accountant, 11/15

Anthony Paolangeli,

Tenant Relations

Assistant, 11/16



OFFICE CLOSED:
Monday Nov. 12th
For Veteran's Day
Thursday Nov. 22nd and
Friday Nov. 23rd
For Thanksgiving



Can you spot this logo
somewhere in this
newsletter?

Prepared By: Kimberly Burke, Receptionist
Edited by: Doreen Osterman, Executive Secretary



2018

- November 4th**
Daylight Saving Time Ends
- November 6th**
Election Day
- November 10th**
Science Day for Peace & Development
- November 11th**
Veterans Day
- November 12th**
National Pizza Day
- November 13th**
World Kindness Day
- November 14th**
World Diabetes Day
- November 15th**
World Philosophy Day
- November 16th**
International Day for Tolerance
- November 19th**
Intentional Men's Day
- November 20th**
World Toilet Day
- November 22nd**
Universal Children's Day
- November 23rd**
Thanksgiving Day
- November 23rd**
Black Friday
- November 24th**
Small Business Saturday



- November is Observed as:**
- National Diabetes Month
 - Lung Cancer Awareness Month
 - National Adoption Month
 - National Native American Heritage

What's Happening in Ithaca??

Tompkins County Public Library to Offer Teen Writing Workshop

Tompkins County Public Library 101 East Green Street
 Friday November 2nd (Repeats every Friday) 4:30 pm – 5:30 pm
 607-272-4557

Teens may sign up for a couple of sessions or all of them; each week will offer something different, and attendance every week is not required. These one-hour workshops will be led by Writopia-trained students from Ithaca College, and they will involve a variety of prompts, exercises, and opportunities to workshop pieces. These workshops are appropriate for students in grades 6-12.



No-Fear Cover Letters

Tompkins County Workforce Center Center Ithaca, Suite 241
 Friday November 2nd 9:00 am – 10:30 am
 607-272-7570

This workshop will cover the basics of writing a cover letter as well as suggestions for making it stand out and fun to write. Feel free to bring one you have written for a quick critique from peers and staff.



African Americans in Ithaca: Situating People in Place and Time

Southside Community Center 305 South Plain Street
 Friday November 9th 7:00 pm – 9:00 pm
 Saturday November 10th 9:30 am – 6:00 pm
 607-273-4190

The History Center in Tompkins County and the Southside Community Center are hosting a two-day community forum focused on the African-American community in Ithaca. A historical perspective will serve to provide a foundation for dialogues on current issues and topics. A key premise is that knowledge and engagement comes from situating people in time and place and integrating social and cultural history with the environment. Forum components will include a Southside neighborhood assessment; collection of archival material; an overview of the history of African-American settlement in Tompkins County; virtual Wheat Street tour; discussion on current topics; art, food, dance and theatre. The Southside Community Center's legacy dates back to the work and ideals of the Frances Harper Women's Club, a group of Black women in the Ithaca community in the 1920s.

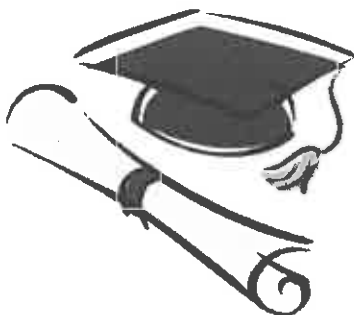
Daylight Savings Time Ends
Sunday November 4th at
2:00am!

Don't forget to change your
clocks **back** an hour!



Attention Graduating Seniors!

If you are a high school senior and will be graduating in June 2019 and plan to further your education after high school, please call the IHA office at 273-8629 and ask for Doreen at ext. 234. Tell her your name and address and she will ensure that you receive information on a few very good scholarship opportunities.



See the one-page scholarship announcements at the back of this newsletter.

Cutting Connections

*Beauty Shop
at Titus Towers
Hours: Monday-
Thursday, 9am-2pm*



*Welcome new tenants!
Stop in or call 607-339-7290*

*Men, women, and children are
welcome.*

*For evening appointments please
call to schedule.*

*Come on in, walk ins are
welcome!*

November Specials!

Shampoo, Cut, & Style
\$18.00

Perm & Cut
\$60.00

Perm & Cut with Set
\$63.00

Men's' Cut
\$14.00

Salon will be **closed**
Wednesday November 21st &
Thursday November 22nd
for Thanksgiving

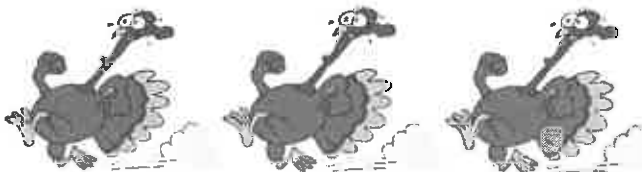
Leftover Turkey and Stuffing Stuffed Peppers

Ingredients:

- 1 large egg, beaten
- 2 cups leftover turkey, shredded
- 2 cups leftover stuffing
- kosher salt
- Freshly ground black pepper
- 4 red and yellow bell peppers, hollowed out
- 1 1/2 cups shredded mozzarella
- Fresh parsley, for garnish

Directions:

1. Preheat oven to 350 degrees F. In large bowl, combine beaten egg, turkey, and stuffing. Season with salt and pepper and mix together.
2. Spoon mixture into bell peppers and top with mozzarella.
3. Transfer peppers to baking dish and bake until peppers are tender and cheese is melty, 25 to 30 minutes. Garnish with parsley.



We are happy to welcome our new residents and hope they enjoy their tenancy with IHA.



NEXT IHA BOARD

**MEETING TUESDAY NOV. 27TH
AT 4:00 PM IN THE TITUS
TOWER 2 CONFERENCE ROOM**

Happy Birthday wishes to our residents who celebrate their birthdays in November!



What's the difference between "organic" and "natural"?



If you're confused about the difference between organic and natural, you're not alone. While they might sound like the same thing, one describes a strictly regulated product, while the other is largely a marketing term. Don't be fooled.

What is "Organic"?

Organic food is regulated by the United States Department of Agriculture (USDA), which sets national standards for certification. Foods that are certified organic must follow strict regulations. For example, they must be grown without the use of synthetic pesticides, certain fertilizers or genetic engineering. Livestock must have access to the outdoors and be raised without antibiotics or growth hormones. These farming practices are designed to help enhance the quality of soil and water, decrease pollution, and provide healthier habitats for animals.



The USDA also sets standards for product labeling, with 4 types of labels:

- 100% organic: all ingredients in that product must be certified organic
- Organic: must contain at least 95% certified organic ingredients
- Made with organic ingredients: must include at least 70% certified organic ingredients
- Contains organic ingredients: includes less than 70% certified organic ingredients

Only products labeled "100% organic" or

"organic" can use the USDA seal, with some exceptions.



What is "Natural"?

No government agency or group regulates the term "natural" (other than for meat and poultry, where the USDA has created some requirements). Therefore, it's not really clear what this term means. It is generally thought that a natural product has "no artificial ingredients". But without regulation, it's common to find products labeled "natural" that contain things that are not natural, like artificial preservatives or genetically modified organisms. Without strict standards, food corporations can define what "natural" means for their products.

Why Does This Matter?

According to a 2015 Consumer Reports survey, nearly two-thirds of people believe that the natural food label means more than it does. This confusion means that people may be buying a product assuming certain regulations and standards when that's not the case.

What's the Bottom Line?

Use the food label and ingredients list to check if food lives up to its front-of-package claims. If you want to purchase organic products, look for the labels or the USDA seal. This food can cost more money, so pick the foods where you'll get the most "bang for your buck". For example, the "dirty dozen" is a list of 12 fruits and veggies that have the most pesticide residue when grown conventionally. Those may be a good



starting place. On the other hand, the “clean fifteen” are fruits and veggies that have low pesticide residue, even when grown conventionally.

2018 Dirty Dozen and Clean Fifteen Lists Rank Produce Items by Pesticide Level

The Environmental Working Group (EWG) has once again released their annual list of the “dirtiest” and “cleanest” fruits and vegetables available to U.S. consumers.

EWG, a nonprofit and nonpartisan group has been ranking fresh produce based on their levels of pesticide contamination (number of pesticides and amount of each pesticide) since 2004. The results are compiled into their *Shopper’s Guide to Pesticides in Produce* each year. The guide is meant to be a resource for consumers who cannot buy organic produce—for whatever reason. With this list, consumers can choose produce types based on their possible presence of pesticide contamination. Topping the list of foods with the most pesticide residues, the Dirty Dozen for 2018 are:

- Strawberries
- Spinach
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Sweet bell peppers
- Hot peppers*



These foods were found to have higher levels of pesticides than other produce types tested. In fact, more than 98 percent of the top four foods listed tested positive for at least one pesticide residue. On average, spinach samples contained nearly double the amount of pesticide residue by weight than any other crop. Overall,



close to 70 percent of conventional (not organic) fruits and vegetables had some level of pesticide residue.

This year’s Dirty Dozen list also includes a 13th produce item--hot peppers*. EWG found that hot peppers tend to be contaminated with dangerous insecticides, so they suggest buying this item organic, or at least cook conventionally grown hot peppers to help reduce insecticide levels.

While EWG says that rinsing produce under tap water is a good way to reduce pesticide levels before consumption, research conducted by researchers at the University of Massachusetts shows that soaking produce in a baking soda and water solution may do an even better job at killing pesticides. For 2018, the Clean Fifteen--produce items that tend to have the least pesticide residues are:

- Avocados
- Sweet corn
- Pineapples
- Cabbage
- Onions
- Sweet frozen peas
- Papayas
- Asparagus
- Mangos
- Eggplant
- Honeydew melon
- Kiwi
- Cantaloupe
- Cauliflower
- Broccoli



EWG’s research is based on its own private analysis of the U.S. Department of Agriculture’s pesticide testing.

Veteran's Day

By Cheryl Dyson

On Veteran's Day we honor all
 Who answered to a service call
 Soldiers young, and soldiers old
 Fought fo freedom, brave and bold
 Some have lived, whiles others died,
 And all of them deserve our pride
 We're proud of all the soldiers who
 Kept thinking of red, white, and blue

They fought for us and all our rights
 They fought through many days and nights
 And though we may not know each name
 We thank ALL veterans just the same



5 Tips for Cutting Soda from Your Diet

By: Halli Lanz

You drink over 38 gallons of soda each year.

According to the Center for Science in the Public Interest (CSPI), that's how much the average American drinks each year, which is equivalent to eight 12-ounce cans of soda each week. This statistic shocked me, too.

But it also opened my eyes to my own soda-drinking habit. I typically drink at least two Mountain Dews per day and sometimes it's more than that. After reading this statistic, I did a little more research.

The reality of soda

The CSPI reports that a typical 12-ounce can of soda contains nearly 9 teaspoons of added sugars and a typical 20-ounce bottle contains 15.5 teaspoons of added sugar.

While this may not seem like a lot of sugar, it is. To put it into perspective for you, the American Heart Association recommends a maximum daily intake of 6

teaspoons of added sugars for women and 9 teaspoons for men. This means that an average 12-ounce can of soda puts you at or above the recommended maximum daily intake of added sugars.

I don't know about you, but that kind of blew my mind.

I have been drinking Mountain Dew regularly since I was in middle school. It's probably contributed to cavities, stomach aches, and weight gain. I have tried time and time again to stop drinking it, but soda has a way of holding your affections. Mountain Dew is no exception.

I decided to track down the best ways to get rid of this habit. After doing a lot of research, I have come up with five tips and tricks for cutting soda out of your diet.



1. Start slow

You don't have to quit cold turkey. Start by drinking less each day. If you usually drink two sodas a day, start by drinking only one. The next week, try one soda every other day. And so on.

2. Set yourself up for success

If you don't want to drink a lot of soda, then don't buy a lot of soda. It doesn't help if you keep putting it in your refrigerator. Take away the temptation and only buy the amount you are planning to drink. Another tip was if you only like to drink cold soda, then only put one in the fridge for the next day.



vending machine in the break room.

4. Exercise

If you drink soda for the caffeine, then try working out or simply getting some exercise to gain more energy along with some other great benefits.



It's much healthier for your body and has zero added sugars! Here are some great tips to help you replace your soda habit with an exercise habit.

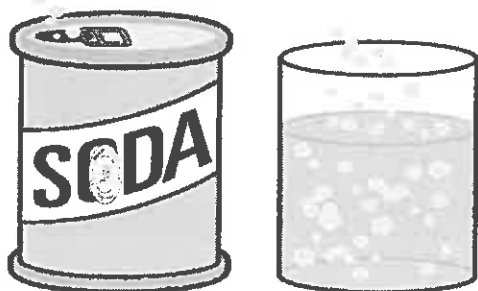
5. Track your calories

If you're a numbers person, it might be a good idea to sit down and track how many calories you're drinking every day. Calories can be found right on the Nutrition Facts label. If you pay attention to the amount of calories you're drinking, then you'll see how quickly they add up. You could also track how much exercise you need to work off all the calories you're drinking. The numbers may just motivate you to work harder on quitting. The MyFitnessPal app can be a useful tool to help with tracking calories.

After trying out all of these tips, the most helpful to me was finding alternatives. While I'd normally drink a soda with dinner, I've started drinking a glass of milk. When I'm thirsty at work, I drink water.

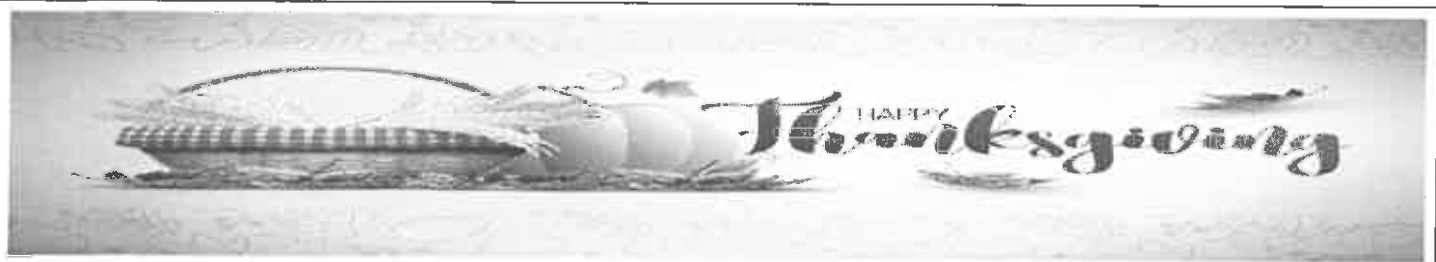
3. Find alternatives

It helps to fill the space that you'd be drinking soda by drinking something else. Drink water. If water is too boring for you, try flavoring it with fruit. Swap in coffee or tea if you'd like some caffeine. Flavored seltzer water may also be a good option if you like something with fizz. For many people, beverages can account for almost 20 percent of total calorie intake, so it's important that you find healthier alternatives. Plus, if you don't find something else to drink, it will be that much harder to resist the call of the



About Haili Lanz

A Michigan native and current Canandaigua, New York summer resident, Haili Lanz is a rising senior at Cedarville University in Ohio studying Professional Writing and Information Design.



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| AUTUMN | CRANBERRIES | FEAST | LEFTOVERS | PILGRIM | THANKFUL | YAMS |
| BROTHER | DRESSING | GOBBLE | MASSACHUSETTS | PLYMOUTH | THANKSGIVING | |
| CARVE | DRUMSTICK | GRANDMA | MAYFLOWER | ROLLS | TRADITIONS | |
| CORNBREAD | FALL | GRANDPA | MOTHER | SISTER | TURKEY | |

November 2018 Tompkins County WIC Clinic Appointment Times

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																										
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Check Us Out at WICSTRONG.COM * 55 Brown Road Ithaca (607) 274-6630

Office Hours Mon 8:30 - 6:30 * Tue - Fri 8:30 - 4:30

Big Brothers Big Sisters of Ithaca & Tompkins County

Northside Saturdays Fall 2018



All programs on Saturdays 1-3 at 625 Hancock St unless otherwise noted
free & open to the Northside community

9/22: Performance & Workshop: IC Circus

10/6: Workshop: Cornell Center for Materials Research

10/27: Performance & Workshop: IC Pulse Hip Hip

11/3: Workshop: Free Science Workshop Snacks c/o Friendship Donations Network

11/17: Workshop: Loose Parts Play Volunteers c/o IC & CU Bigs Clubs
For information contact: Joe Gibson

12/1: Workshop: CCE Nutrition Lab jgibson@cityofithaca.org | 607-273-8364

12/8: Holiday Party: Matches & Families Welcome



PUBLIC HOUSING AUTHORITIES DIRECTORS ASSOCIATION



2019 PHADA SCHOLARSHIP PROGRAM

Scholarships for high school seniors living in public or assisted housing at a PHADA member agency

Applications are due to PHADA by
January 25, 2019

Three Scholarships Will Be Awarded

Stephen J. Bollinger Memorial Scholarship	\$7,000
Freedom & Civil Rights Scholarship*	\$5,000
Mutual of America Life Insurance Company Scholarship	\$5,000

** Go to PHADA.org for details **

*Additional Essay Required

For the latest information, visit: www.phada.org



NYS PHADA

2019 Scholarship Application



**A scholarship for high school seniors living in public or assisted housing
at a NYSPHADA member agency.**

One scholarship will be awarded in the amount of \$2,500.00

One runner-up will be awarded \$1,000.00.

Applications are due to NYSPHADA by February 11, 2019.

*** Go to NYSPHADA.org for details ***