

# KENNEDY PLACE

Kennedy Place Apartments • 3100 Gillespie • Houston, TX 77020

## Daylight Saving Time Begins

Get ready to spring forward into longer days and warmer weather. Daylight Saving Time begins at 2 am on Sunday, March 14th. Don't forget to set your clocks forward one hour before going to bed Saturday night.

## New-Section 3 Resident Referral

**What is Section 3?** Section 3 is a provision of the Housing and Urban Development (HUD) Act of 1968 that helps foster local economic development, neighborhood economic improvement, and individual self-sufficiency. The Section 3 program requires that recipients of certain HUD financial assistance, to the greatest extent feasible, provide job training, employment, and contracting opportunities for low- or very-low income residents in connection with projects and activities in their neighborhoods.

**Please be advised effective immediately Residents that fit the qualifications will be referred to the Section 3 program.**

**How does Section 3 promote homeownership?** Section 3 is a starting point to homeownership. Once a Section 3 resident has obtained employment or contracting opportunities they have begun the first step to self-sufficiency. Remember, "It doesn't have to be fields of dreams". Homeownership is achievable.

## Happening in March...

**Red Cross Month.** Every eight minutes, the American Red Cross brings help and hope to people in need, thanks to heroes like you. Whether you donate funds, give blood, or volunteer, the Red Cross depends on your support to make a difference in communities across the country. March is a chance to honor and celebrate the everyday heroes who help fulfill its mission.

**National Poison Prevention Week, March 21–27.** A week dedicated to raising awareness of poison control centers and the Poison Help Hotline (1-800-222-1222).

**World Wildlife Day, March 3.** A day to celebrate and raise awareness of the world's wild animals and plants.

**Pi Day, March 14.** Divide any circle's circumference by its diameter; the answer is always approximately 3.14. Keep calculating its digits and you'll discover they go on literally forever.

**St. Patrick's Day, March 17.** Break out the green, read some James Joyce, and try to catch a leprechaun.

**World Storytelling Day, March 20.** A global celebration of the art of oral storytelling celebrated every year on the March equinox.



March 2021

Inside this issue

Healthy travel tips

Family game night ideas

Lemon peel uses and more!

# Lifestyle

### YOUR COMMUNITY STAFF

**Juanita Williams**

Community Manager

**Lisa Butler**

Assistant Community Manager

**Michael Porter**

Maintenance Supervisor

**Stephanie A.G. Ballard**

Resident Council President

**Angel Reynolds**

Resident Council Vice President

**Monica Valdez**

Resident Council Secretary

**Tim Williams**

Resident Council Parliamentarian

**Kavion Chunn**

Resident Council Asst. Parliamentarian

**Stephon Gaston**

Resident Council Treasurer

### OFFICE HOURS

**Monday thru Friday**

8:00 am–5:00 pm

**Saturday**

Closed

**Sunday**

Closed

### CONTACT DIRECTORY

**Management Office**

(713) 225-5929

**Emergency Maintenance**

(713) 225-5929



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# How to stay healthy when you travel

**T**ravel may be opening up again even in the midst of the coronavirus outbreak, but you've still got to be careful when staying in a hotel. *Travel & Leisure* magazine shares these tips for making your trips safely:

- **Research hotel safety procedures.** Find out how your hotel protects the safety of guests and staff. Are masks required? Are they provided by the hotel? Is hand sanitizer readily available? What social distancing measures are expected? How are rooms and public areas cleaned? Visit your hotel's website to check out

what steps they're taking during the pandemic.

- **Check out procedures for sick guests.** What happens if you or another guest falls ill during a hotel stay? Your hotel should have procedures in place for getting you a COVID-19 test quickly. Find out if your hotel has a resident physician, and what kind of medical facilities are nearby.

- **Ask for a long-vacant room.** When checking in, request a room that hasn't been occupied for a few days. The coronavirus can remain on some surfaces for up to 72 hours, so your risk is greater if

you sleep in a room that was occupied just the previous night. Proper cleaning and sanitizing can reduce the chance of infection, but err on the side of caution.

- **Sanitize the room yourself.** Bring sufficient sanitizer to spray down desks, the TV remote, doorknobs, light switches, the bathroom, and other high-touch areas immediately upon your arrival. Bedspreads aren't washed as often as sheets, so remove the bedspread from your bed right away, place it in a closet, and wash your hands immediately.



## Having Trouble Sleeping?

Try having one of these snacks one hour before bedtime.

**Kiwis** are rich in serotonin, a hormone and neurotransmitter that promotes sleep.

**Cheese and whole-wheat crackers** contain 80% carbohydrates and 20% protein, the best ratio for boosting serotonin. But skip aged cheeses, such as Parmesan—they have an amino acid that can raise levels of stimulating chemicals.

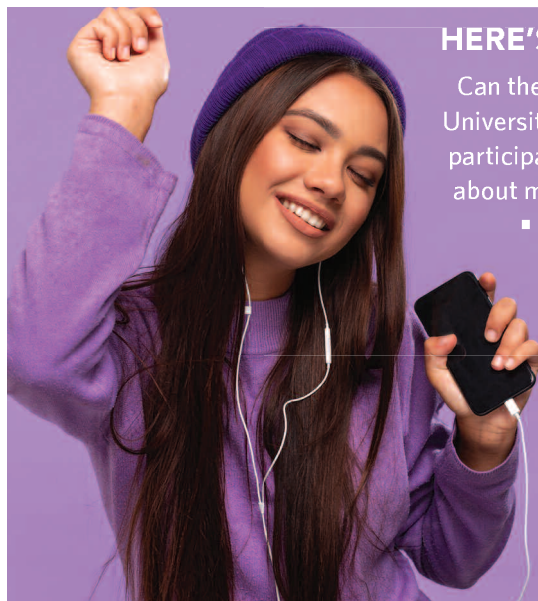
**Tart cherry juice** contains high levels of the hormone melatonin, which may help you sleep longer and more soundly.

Michael Breus, PhD, author of *The Sleep Doctor's Diet Plan*, writing in *Shape*.

## HERE'S WHAT RESEARCHERS SAY YOUR MUSICAL TASTES REVEAL

Can the type of music you listen to reveal what kind of person you are? A study at the University of Texas at Austin tried to answer that question. The study had 3,500 participants who also took IQ and attitude tests. Here's what the researchers determined about musical tastes:

- **Country, pop or religious music.** People who enjoy these genres tend to be good neighbors, willing to help others, and generally outgoing, agreeable and reliable. They're not usually adventurous, preferring to stick to a routine.
- **Classical, blues or jazz.** These aficionados tend to be tolerant, open to other people's opinions, open to new experiences, and curious. They probably don't stick to conventional wisdom, and are probably not very athletic.
- **Heavy metal, rock or alternative music.** These fans tend to speak their minds freely and take risks.
- **Hip-hop, dance or soul.** These fans are probably talkative or energetic. Though probably not very argumentative, they'll fight if they have to.







# Plan a Family Game Night

**E**ven with all of the worries about today's economy, families can still enjoy fun, entertaining evenings together and stay on budget by playing board games.

While board games can certainly be played and enjoyed at any time, a designated family game night provides an opportunity for families to share an economical night of staying in, having fun and creating new memories together.

Hasbro, the maker of Parker Brothers and Milton Bradley games, suggests a few tips to maximize your family game night so it is something the whole family will look forward to week after week:

**Schedule it:** Decide in advance which day will be your family game night. It doesn't matter which night of the week you choose - any night will do! As long as the date is marked on a calendar that everyone can see and the parents make it a priority to keep the appointment, the night will be one to remember!

**Involve everyone in the planning:** Involve the whole family in the planning process by allowing the kids to pick the games or choose

the snacks. For variety, rotate responsibilities each time you have a family game night.

**Create a tradition:** Whether it's a specific family-favorite dinner before game night, the way that teams are chosen or a 30-minute extension on bedtime, establish an activity on family game night that becomes a family tradition. This element will create even more excitement with everyone in the family.

**Keep a family scoreboard:** From week to week, recognize the family member who won the last game night by posting their name on a special scoreboard - perhaps it's a place of honor on the refrigerator. Or, create a family crown that can be worn by the winner at dinner or during the next game night.

**Remind everyone:** To keep the date with the family, set up reminders to make sure that game night happens. Set up an alarm on a handheld device or on the family computer. For the kids, put a note in their lunchbox reminding them about family game night. By building anticipation for family game night, you will help build excitement for family time.



**Mix it up with special guests:** To expand the fun, invite other families in your neighborhood to participate in a family game night tournament. Or, if you have extended family members staying with you or if you are traveling during a scheduled game night, invite everyone to participate!

## Games for all ages

**Families with kids ages 6 to 8:** Pictureka!, Sorry! Sliders, Operation, Monopoly Jr.

**Families with kids ages 8 to 10:** Clue, Monopoly, Cranium Family Edition, The Game Of Life

**Families with kids ages 10 to 12:** Monopoly, Yahtzee, Clue

**Families with teenagers:** Monopoly Here & Now: The World Edition, Scrabble, Cranium Wow, Jenga, Catch Phrase, Trivial Pursuit  
For more ideas, visit [FamilyGameNight.com](http://FamilyGameNight.com).

## What to do when life gives you lemons...

**Clean greasy messes.** Greasy pans? Splattered stove tops? Messy counters? If your kitchen has been the victim of some sloppy sauteing, try using lemon halves before bringing out possibly toxic chemical cleaners. Sprinkle some salt (for abrasion) on a juiced lemon half and rub on the greasy areas, wipe up with a towel.

**Clean your tea kettle or coffee pot.** For mineral deposit build up in your tea kettle, fill the kettle with water, add a handful of thin slices of lemon peel and bring to a boil. Turn off heat and let sit for an hour, drain, and rinse well. For coffee pots, add ice, salt

and lemon rinds to the empty pot; swish and swirl for a minute or two, dump, and rinse. Hello, sparkly.

**Clean your microwave.** All it takes is one exploding bowl of food to render the interior of your microwave officially gunked, sometimes gunked with cement-like properties. Rather than using strong chemical cleaners, try this: Add lemon rinds to a microwave-safe bowl filled halfway with water. Cook on high for 5 minutes, allowing the water to boil and the steam to condense on the walls and tops of the oven. Carefully remove the hot bowl and wipe away the mess with a towel.





## S'mores Ice Cream Birthday Pie



Finding time to celebrate family moments is always sweeter with a delicious ice cream dessert.

Breyers partnered with celebrity chef Curtis Stone and his wife, actress Lindsay Price Stone, to celebrate its 150th birthday. The couple created 12 delicious ice cream recipes inspired by each month of the year using Breyers Natural Vanilla ice cream. From January's recipe featuring Fortune Cookies and Natural Vanilla Ice Cream with Mandarins and Oranges to December's Spicy Hot Chocolate Floats, families have desserts to celebrate every-day moments all year long.

"Beyond a great taste, Breyers Natural Vanilla offers families peace of mind with its simple ingredients like sustainably

farmed vanilla beans," Curtis Stone said. "Also, it's made with milk and cream from cows not treated with artificial growth hormones\*."

Start making the most of family time by visiting [Breyers.com](http://Breyers.com) for more recipes and join in on the birthday celebration.

Makes 12 servings  
Prep Time: 20 minutes, plus 8 hours 40 minutes freezing time  
Cook Time: 2 minutes

### Ingredients:

Nonstick cooking spray  
8 ounces milk chocolate, coarsely chopped, divided  
2 1/4 teaspoons canola oil  
30 chocolate wafer cookies  
pinch of salt  
5 graham cracker sheets, broken into bite-size pieces  
6 cups Breyers Natural Vanilla Ice Cream, softened  
4 large egg whites  
1/2 cup sugar  
birthday candles (optional)

Lightly spray 9-inch springform pan with 3-inch high sides with cooking spray.

In small bowl over simmering water, stir 3 ounces chocolate and oil until melted and blended.

In food processor, grind chocolate wafer cookies into fine crumbs (about 1 1/3 cups).

Add chocolate mixture and pinch of salt and pulse until moistened. Press crumb mixture

evenly onto bottom and 1 1/2 inches up sides of pan. Freeze for about 10 minutes, or until crust hardens.

In large chilled bowl, fold graham cracker pieces and remaining chocolate into ice cream. Pour mixture into frozen crust and smooth top. Freeze for about 8 hours, or until ice cream hardens. Remove pie from pan and transfer to platter. Return pie to freezer.

In large bowl, using electric hand mixer on medium-high speed, beat egg whites until foamy. Gradually

add sugar and beat for about 5 minutes, or until firm glossy peaks form.

Using large spoon, dollop meringue onto pie and spread decoratively, making sure no ice cream is exposed. Using kitchen blowtorch, torch meringue until browned all over.

Freeze pie for about 30 minutes, or until meringue has stiffened. Decorate with lit birthday candles, if desired. Slice and serve immediately.

Courtesy: Family Features

	monday	tuesday	wednesday	thursday	friday	saturday
	1 Rent due. Thank you!	2 Read Across America Day	3 National Anthem Day	4 Grammar Day	5 Cheese Doodle Day	6 Frozen Food Day
sunday	7 Namesake Day	8 International Women's Day	9 Get Over It Day	10 International Bagpipe Day	11 March is National Craft Month	12 Girl Scout Day
	13 Genealogy Day	14 Daylight Saving Time Pi Day	15 World Speech Day	16 No Selfies Day	17 St. Patrick's Day Happy Saint Patrick's Day	18 Forgive Mom & Dad Day
	19 March is Women's History Month	20 Won't You Be My Neighbor Day	21 Single Parent's Day	22 Goof Off Day	23 National Tamale Day	24 Resident Meeting Via Zoom @ 10am meeting ID: 459-512-3584 Password 3fZEJ
	25 Live Long and Prosper Day	26 World Theater Day	27 Neighbor Day	28 Take a Walk in the Park Day	29 Manatee Appreciation Day	30
	31					

# March '21