

WEST THE GEORGIA STAR

NEWS | LIFE | GROWTH



PAGEANT QUEENS FROM TROUP COUNTY VISIT WGS

GEARING UP FOR
SUMMER
PROGRAM IN WGS

Is Mental Health a stigma
in the Black community?

Photo Contest For Residents



Scan QR code to go to West Georgia Star's Facebook Page. Like and Share.

When somebody tells you nothing is impossible, ask him to dribble a football. -Author Unknown

BELIEVE

SUCCESS

ILLUMINATE

CHANGE FAITH

VINTAGE

JOBS
EMPOWER

GROWTH

NEW LIFE FOR 2016



IMPORTANT NUMBERS

Ben Hill Apartments

Chatham Street 706-882-6416

Fax 706-882-0781

Multipurpose 706-884-5032

Other Numbers
Street Light 706-883-2130

Animal Control 706-289-3606

Lucy Morgan Apartments

Borton Street 706-884-9856

Fax 706-407-2261

Non-Emergency Police 706-884-5032

Crime Stoppers 706-812-1000

TENANTS SHOULD TEXT THE WORD "LAGRANGE" FOLLOWED BY THE CRIME
REPORT TIP TO 274637 TO ANONYMOUSLY REPORT CRIMINAL ACTIVITY.

706-884-5032 | wwest@westgeorgiastar.org | www.westgeorgiastar.org



TRANSPORTATION SERVICES

Each day, West Georgia Star Shuttle Services supports residents by efficiently transporting residents to needed appointment, wellness services and job locations services are provided Monday thru Friday 5:15am-6pm. Shuttle services asks all tenants to 3 days ahead of scheduled services.

3 DAYS IN ADVANCE



FOOD BANK

April 13th 9:30am-12pm at Ben Hill & 12pm-2:30pm at Lucy Morgan

Applications will be available in either leasing office

THE FOOD BANK is normally the second Wednesday of each month, and applications are due the week before.

APRIL 13TH



REMINDERS FROM THE EXECUTIVE DIRECTOR

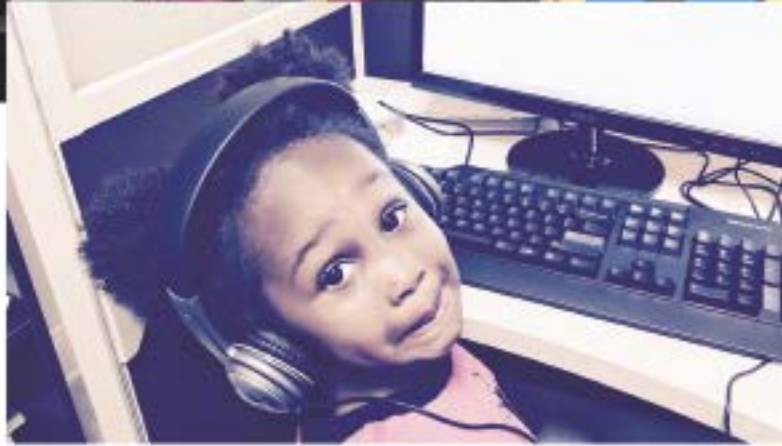
- Residents must come into the office to report any income changes and fill out the proper form to report the change of income
- Residents cannot report income changes verbally to LHA staff; it must be reported on the proper form
- Residents have ten (10) days to report income changes from the time you receive the new income
- **RETRO** rent; which is failure to report income could lead to eviction
- Failure to report income changes is **FRAUD**; which could lead to eviction, imprisonment, and up to a \$10,000 fine and could cause you not to qualify for other government assistance
- All pets have to be registered before they can enter the apartment failure to register the pet (s) you will be fined \$75 each time the animal is seen
- Guests are **ONLY** allowed to stay 14 days within a 12 month period

TAKE ADVANTAGE AND NOT FOR GRANTED

The services that LHA & WGS offer are to help motivate and empower.
LIFE BEGINS HERE, IT DOES NOT END HERE

April 5 Last Day Pay Rent	4/6 Effective Communication Olivia Brown 10am	4/7 Effective Communication Olivia Brown 10am	4/9 Dispossessory Warrants Filed
April 11 Financial Management 9am-12am	April 14 Financial Management 9am-12am	April 21 Re-Arrangement Workshop 2pm-4pm	April 22 Re-Arrangement Workshop 2pm-4pm
April 27 Child Development 9am-12pm	BEN HILL RESIDENTS		

April Dates
to
Remember



BEAUTY IN THE BRICKS

RESIDENTS PHOTO CONTEST

Look around you. There is Beauty everywhere you look. Share your joy in what you see. You will be surprised in how happy you could make someone with a picture. So we are creating a contest to see who can take the best pic's. The rules are simple

- 1) The pictures must be taken in the Lagrange Housing Authority. All must be submitted by May 30th.
- 2) You can submit as many pictures as you like
- 3) It can be of anything you choose, people, buildings, landscape, or even food that you may think looks good. just nothing that might be consider vulgar (like shooting birds or twerk pics.)
- 4) Be Creative

Each time you submit a pic you can either email to ccooper@westgeorgiastar.org Or just text it to, 706-350-8197 with your name and apartment number.

First Place \$200.00 gift card

Second Place \$100.00 gift card

Third Place \$50.00 gift card

The top pictures will be made into a photo book and some will be blown up for art Decorations to be put on display.

Here are some tips

- 1) Get close up on your shot avoid using the zoom in.
- 2) All pictures do not have to be dead centered
- 3) You may use your filters.
- 4) Try different angles.

GOOD LUCK!



ARE YOU DOING EVERYTHING YOU CAN FOR YOUR CHILD'S SUCCESS?

There is nothing a parent wants more for their children than success and happiness. Are you a parent that finds yourself frustrated dealing with your child's continued behavioral and academic struggles? Do you see amazing potential in your child but it is overshadowed by less than successful reports cards and behavior referrals at his/her school? Have you said to your child "I know you are smart, why are you not making better grades?"

Mental Health is a stigma area in the black community. It is often looked upon as unnecessary, only for the severe mentally disable or just needed by other races of people. Needing assistants with mental health doesn't mean you are "crazy". Learning disabilities can affect the natural tools you were born with, that help you perform in a structured environment like a classroom. It doesn't mean you are stupid, mentally weak or that something is wrong with you. Some of the smartest people in the world having trouble focusing in a classroom stemming from learning disabilities. Many have been diagnosed with ADHD, Autism or some other condition that impairs their learning abilities in some way.

Using all available resources, we as parents must make sure that we do everything in our power to see our children succeed in every area of life. Medicaid covers evaluation and treatments for children that may have some of these common **learning** disabilities. Although these disabilities range from very slight to extremely active in children. The effects are HUGE in the school system and our communities

-Tosha Gilbert-



Teen Depression

On March 18, 2016 Miss Troup Teen Jenna Groom and Miss Troup Paula Smith visited the West Georgia Star After School Enrichment Program to discuss the stigmas of youth depression with the students. According to the National Institute of Mental Health, "in 2014, 11.4% adolescents between the ages of 12 and 17 suffered from at least one major depressive episode in the U.S" (National Institute of Mental Health). It is very important that we not only discuss ways in which are children can remain physically healthy, but mentally healthy as well. To often children suffer silently without getting the proper help that **they may need because they do not recognize the signs themselves, or they are too ashamed to speak up.**

Signs of depression are:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

For more information on depression, please visit the National Institute of Mental Health Website www.nimh.gov.

If you are a teen and you or anyone you know is suffering from depression please seek help from a parent or guardian, counselor, or help lines such as 1-800-273-TALK or call 911 if you feel that you may harm yourself.

-S.Culpepper-

WEST GEORGIA STAR HAS GONE MOBILE



West Georgia Star

Now Available On



You want to know when the next City Council meeting is? Or Maybe a free event on the square, or even school registration. Stay informed!! Know whats going on!! West Georgia Star along with the LaGrange Housing Authority, created an App to allow us to stay in touch with our residents and the surrounding community about different trainings and events going on in the area. Our app features a calendar of events and maps that will sync to your phone. It will also feature a notification function to get reminders and updates!! Go into the settings menu to choose which group is best for you.

If you have an event and like us to post on our app let us know by contacting Inetha Hatten at Hatten@westgeorgiastar.org for more details.



GET A
JUMP
ON SUMMER

SUMMERCAMP

The West Georgia Star Summer Enrichment Program will be held from June 6, 2016 - July 15, 2016. The program will be open daily from 10am-2:30pm. The program is available for rising 1st graders through 8th graders. The West Georgia Star Summer Enrichment Program is a program geared towards improving the academic success of the students residing the LaGrange Housing Authority and the surrounding community. Over the summer, we will focus on reviewing materials that the students may have struggled with during the school year, so that they will be better prepared once school starts. We will also be participating in various activities in the classroom that coincide with weekly themes **that the teachers have chosen.**

We will begin accepting enrollment applications for the summer on April 4, 2016. **ALL APPLICATIONS WILL NEED TO BE COMPLETED ONLINE BY VISITING THE WEST GEORGIA STAR WEBSITE.** Computers are available on both properties to complete the application. The Samuel F. Tucker computer lab, located on the Ben Hill property is open from 9am - 1pm, Monday - Thursday, and the Lucy Morgan Computer Lab is open from 8am-12pm and 1pm - 5pm, Monday - Thursday. For more information on the summer program please contact Shatevia Culpepper at (706) 884-5032 ext. 29 or visit the West Georgia Star website: www.westgeorgiastar.org.

I TRAIN WITH CLOCKWORK



GET IN SHAPE WITH US

WORKOUT TIMES

MONDAY LUCY MORGAN 10A-11A
BEN HILL 6P-7P

TUESDAY BEN HILL 10A -11AM
LUCY MORGAN 6PM 7PM

THURSDAY LUCY MORGAN 10A-11A
BEN HILL 6P-7P

YOUTH LEADERSHIP



On Wednesday, March 9, 2016 the West Georgia Star Youth Leadership Platform traveled to Auburn University for their Women's HER-story (History) event. The guest speaker was Keisha Knight Pulliam otherwise known as "Rudy Huxtable" from "The Cosby Show." Mrs. Pulliam discussed some of the struggles she has faced as a black actress, and how she has overcome those struggles. Mrs. Pulliam encourages youth to work hard and also keep their integrity, and they will be successful in life. They must also not let what others say to them or about them affect how they live their lives.

Mrs. Pulliam graduated from Spellman College in Atlanta, GA with her BA in Sociology and is also a member of Delta Sigma Theta Sorority, Inc. In 2010, she started her very own nonprofit organization, Kamp Kizzy Foundation, which offers a free mentorship camp for youth ages 11-16.

The event also featured several different acts from Auburn University students. From monologues to original poems, each act told a story of how each individual felt as a woman. They spoke on the insecurities that they faced, and how they learned to accept themselves as the beautiful women that they are.