

Seasonal flu is a contagious respiratory illness caused by flu viruses. Approximately 5-20% of U.S. residents get the flu each year.

Flu season typically starts in the fall and peaks in January or February.

Getting the flu vaccine is your best protection against the flu.

Flu-related complications include pneumonia and dehydration.

Illness lasts one to two weeks.

In the United States, flu season occurs in the fall and winter. Seasonal flu activity **usually peaks in January or February**, but it can occur as **early as October** and as **late as May**.

www.Fluhealth.org



Youth Advisory Council Induction Voices of Our Youth

Seated Left to Right: Brittany Beasley (LaGrange High School), Emma Frye (Troup High School), Kendra Gates (Troup High School), and Reameonia Gates (Troup High School)

After being approached by local youths in regards to youth involvement and interactions in the community, January 2015 Mayor Jim Thornton and City Council representatives voted to select individuals with a proven interest in community improvement, and also to achieving a broad representation for all local area high schools. Youth Advisory Council will be composed of junior and senior students in high school who are residents of the City of LaGrange.

Tuesday, October 13, WG Star and LaGrange Housing Authority came out in support of our own local teens that were selected based on answering questions on an extensive application, which led to being selected for Youth Advisory Council. Four students from our Youth Leadership program were sworn in to begin their term with the council in the presence of local official councilwoman Norma Tucker, Housing Authority staff and parents. Our teens raised their right hand to uphold the city's oath to be available, and uphold high standards in and out of school. WG Star and LaGrange Housing are VERY Proud of you!

When Keeping it Real Goes Wrong!!!

Have you ever been caught up in some "He said She said" situations. Or maybe your boo thang has another boo thang and you just found out about it. So what do you do? You may feel as if you need to get some "get back" because.....

"Nobody is going to disrespect you because I don't play that". Or maybe "They don't know me, they must don't know who my mama is".. And my personal favorite, "I'm bout dat life, I ain't scared to go to jail. I'm bout to go to 130 Sam Walker Dr."

Well if this is how you might respond to a situation or you have someone visiting you that might respond in this manner. **THIS CAN GET YOU KICKED OUT OF YOUR APARTMENT!** Yes, even your guest can get your lease terminated. Because you are responsible for all actions of your guest. So before you decide to get into a physical altercation. Slow down, take a second, and **THINK** is it really worth all the possible negative outcomes to try to prove a point over some nonsense????

Try talking like civilized people, if that doesn't work. Remember there is no shame in **WALKING AWAY**—you did your best. Walking away from a fight **doesn't** make you a coward (no matter how much the other person screams this). It determines that **you're mature** and **thinking responsibly**, about not just yourself but about the other person too, and families and friends who will be affected by the repercussions. Above all, remind yourself the alternatives could be much worse: You could die, get crippled, or end up in jail. Remember what's important to you and how a fight could impact your life.

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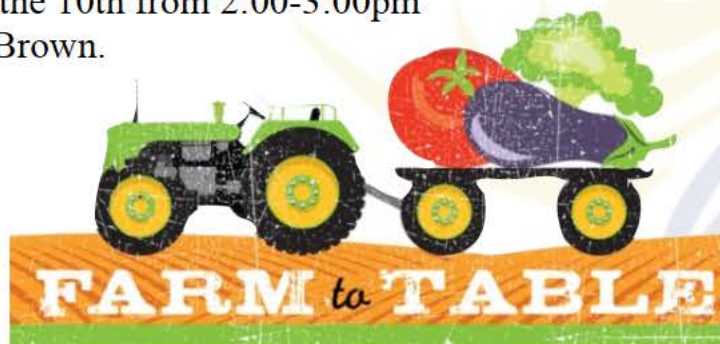
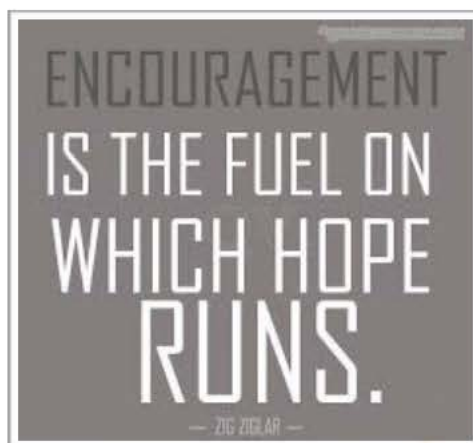
Food Bank

November 11 2015 is the next service date for Food Bank. ALL food bank applications should be submitted no later than November 4, 2015 at 5pm. We ask all tenants to please be prepared and equipped to handle your own load of products. If you have signed up to receive your commodity box please be on time but patient with us as we try to service everyone expeditiously. Please have ID ready and available upon arrival.

Spiritual Encouragement

What is spiritual encouragement?

Join WG Star and LHA for dialogue between residents and staff with a spiritual counselor. This unique service aids to uplift, refresh and satisfy the soul of the person who may suffer from temporary burnout, spiritual insufficiency and or lack of daily encouragement. Ministers will be available to offer encouragement depending on their own individual schedules. This new service will start November the 10th from 2:00-3:00pm with Greg Brown.



West Georgia Star “Garden Club” had the opportunity to attend West Georgia Farmer’s Cooperative Annual Dinner and fund raiser. This dinner was set as a “Farm to Table” setting or also known as “Keep it Real, Keep it Local”. This dinner is just a

reminder of how communities can come together and work towards a common goal. Our local farmers in this area work diligently to provide fresh, Grade A produce, fruits, and vegetables. Guest speaker Bobby L. Wilson President and CEO of Metro Atlanta Urban Farm were there to enlighten and educate current and future farmers.

LITTLE KNOWN BLACK HISTORY



Audley Moore (Queen Mother Moore)
First Signer of the Declaration of
Independence in 1968 doing the
establishment of the Provisional
Government of the Republic of New
Afrika. Queen Mother Moore was the
mentor of Malcolm Omowale (El Hajj
Malik El Shabazz/Malcolm X). She was
also a Garveyite and a advisor to Marcus
Mosiah Garvey. Queen Mother Moore is
the one whom suggested that the military
forces of the PG-RNA be known as the

Black Legionaires. In honor of Marcus Mosiah Garvey, Queen Mother Moore is the example that the black (new Afrikan) woman can be a source of the betterment of our people. A Garveyite is a follower of Marcus Garvey whose organization is the Universal Negro Improvement Association -African Communities League. Like Stokely Carmichael, Kwame Ture stated "Organize ! Organize ! Organize". We as a people, are facing oppression on all levels. Economics, Education, Politics, Legal and so forth. So we need to seriously study the history of our people and apply these lessons into our reality. By studying and practicing we can become more productive people in society. Putting aside our differences and working to gain income, land, property, business and nationhood should be our goals. This can only be done together to unite as one people. This starts in our immediate families.

Upcoming Workshops:

Darkness to Light:

Nov. 14, 2015: Lucy Morgan (Cameron-Davidson) from 9:30am-11:30am

Nov. 28, 2015: Ben Hill from 9:30am – 11:30am

Orientation Classes:

Tuesday, Nov. 17, 2015: Ben Hill from 10:00am-11:00am and 7:30pm-8:30pm

Thursday, Nov. 19, 2015: Lucy Morgan (Cameron-Davidson) from
10:00am-11:00am and 7:30pm-8:30pm

Housekeeping Classes:

Tuesday, Nov. 17, 2015: Ben Hill from 10:30am-12pm and 5pm-6pm

Thursday, Oct. 19, 2015: Lucy Morgan (Cameron-Davidson) from 9:00 am-10:30am
and 6pm-7:30pm

Budgeting Classes:

Tuesday, Nov. 17, 2015: Ben Hill from 11am-12pm

Thursday, Nov 19, 2015: Lucy Morgan (Cameron-Davidson) from 11am-12pm

COMMUNITY SERVICE IMPORTANT REMINDER

**Residents in need
of completing
hours, continue to
check your
monthly calendar
on the back of
your newsletter.
Each month West
Georgia Star
offers a variety of
community
service
opportunities. To
take advantage of
all informative
seminars,
trainings, and
outreach projects
call
706 884 5032**



LIKE US!!

West Georgia Star
Has a
FACEBOOK Page

**For all
Transportation
service needs.
Call 7068845032
to schedule
transportation.**

**Please be advised
appointments
must be
scheduled within
3 day of
appointment
date.**

Upcoming Events

November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rent Due	2	3	4	5 Last Day to Pay Rent Darkness to Light Workshop Ben Hill Community Building from 9:30am-11:30am	6 Rent Late	7
8	9 Dispossession Warrants Filed Basic Hair Care with Ms. E in Ben Hill Community Building from 10am-11am and 5:30pm-6:30pm	10 Spiritual Encouragement with Greg Brown at 10am in Ben Hill Community Building. Basic Hair Care with Ms. E in Lucy Morgan Community Building from 10am-11am and 5:30pm-6:30pm	11 WIOA Job Training and Educational Training Ben Hill Community Building from 2pm- 5pm	12 Banking 101 with PNC Bank Ben Hill Community Building from 10am- 12pm	13	14 Servant Saturday 9am - 3pm at Ben Hill Community Building
15	16 Pest Control at Lucy Morgan	17 The Return of Mama Jama at Ben Hill Community Building at 4pm	18 Darkness to Light Workshop Lucy Morgan Community Building from 9:30am- 11:30am	19	20	21 WGS After School Program Field Trip to Farnbank Museum
22 Pest Control at Ben Hill	23	24	25 Offices Closed	26 Thanksgiving Day Offices Closed	27 Offices Closed	28
29	30					

WEST GEORGIA STAR Issue 15 November 2015

IMPORTANT NUMBERS

201 Chatham St
LaGrange Ga, 30241
706-884-5032ph

Benjamin Hill Apartments

Chatham Street 706-882-6416

Fax 706-882-0781

Multipurpose 706-884-5032

Other Numbers

Street Lights 706-883-2130

Animal Control 706-298-3606

Emergency 911

HUD Atlanta Office

1-404-331-5001

Fraud Hotline 1-800-347-3735

After Hours 706-882-6416

Lucy Morgan Apartments

Borton Street 706-884-9856

Fax 706-407-2261

Non-emergency Police

706-883-2603

Crime Stoppers 706-812-1000

Poison Control 1-800-222-1222

Housing Discrimination

1-800-669-9777

**Tenants should text the word "LaGrange" followed by the crime report
tip to 274637 to anonymously report criminal activity**

