



# NSHP INFOLINE

Next Step Home Program

Fall

2013

## Salvation Army Holiday Assistance Program

Most locations begin registration as early as October, so contact your local Salvation Army about registration dates.

**290 Bedford Street  
Tel: 508-679-7900**

## Fall River Public Schools start Thursday Sept. 5, 2013

### School start and end times

Elementary Schools Students 8:35–2:52  
Middle Schools Students 7:25–2:10  
High School Students 7:55–2:40  
Doran Mon, Tues, Wed, Fri 8:05-3:22-  
Thurs 8:05-2:22

Henry Lord Mon-Thurs 7:15-3:10,  
Fri 7:15-2:10

\*Expanded learning Time School Schedules Kuss Middle School

(Monday-Friday)

Students  
7:09–3:35

Silvia School  
(Tuesday-Friday)

Students  
7:25–3:40

\*Monday  
7:25-2:30

Viveiros School  
Mon, Tues, Thurs, Fri

7:20-3:35

Wednesday  
7:20-2:30



## The Southcoast Health Van will offer free com- munity screenings and vaccinations in Septem- ber at several locations.

Free mobile health services include cancer screenings and education, blood pressure screening, cholesterol screening, glucose (blood sugar) screening, teen resource information, nutritional information and education, health education services, medical physician referral, and vaccinations.

The van schedule is as follows:

**FALL RIVER**  
Wednesday, Sept. 4,  
CVS,  
550 Pleasant St.,  
9 a.m. to 3:30 p.m.

**SWANSEA**  
Saturday, Sept. 7,  
Big Lots, 207 Swansea Mall  
Drive, 10 a.m. to 4 p.m.

Screenings sponsored by the Southcoast Health Van are sometimes held at community locations and not always on one of the vans. Look for signs when arriving at a location if you do not see the van outside. If you plan to donate blood, please remember to bring **two forms of identification.**

## Video Game Day Saturday Sept. 7, 2013

Come join us for a fun afternoon of interactive game play where shoulder-to-shoulder button smashing chaos is the norm. Featuring favorite consoles from yesterday: NES, SNES and a Sega Genesis as well as Xbox and a Wii can be played.

**Location:**  
**Main Library (104 North  
Main Street) -Meeting Room**  
**Contact:**  
**Derek Benjamin**  
**508-491-6418**

## Citizens for Citizens Fuel Assistance Program 264 Griffith St. 508-679-0041

M-F 9:00 a.m.-5:00 p.m., Sat. 9:00  
a.m. – 12:00 p.m.

November 1st to April 30th  
Tuesday 9:00 – 7:00 p.m.

If eligible, clients may receive various discounts such as telephone discounts, electric discounts, and gas and oil discounts.



### Baked Ziti recipe for 4

**INGREDIENTS:** 1 (26 oz.) jar Prego Traditional Italian sauce, 1 1/2 cups shredded mozzarella cheese, 5 cups hot tubed pasta (ziti), 1/4 grated parmesan cheese  
**DIRECTIONS:** Mix pasta sauce, 1 cup mozzarella cheese, and ziti. Spoon into 2 quart shallow baking dish. Sprinkle with remaining mozzarella and parmesan cheese. Bake at 350 F or until cheese is melted.

### Baked Apples for Dessert

**INGREDIENTS:** 4 tart green apples, 1/2 cup brown sugar, 4 TBSP of butter, 2 TSP ground cinnamon.  
**DIRECTIONS:** Preheat oven to 350 . Scoop out the core from the top of the apple leaving a well. Do not cut all the way through. Stuff each apple with 2TBSP brown sugar, & 1 TBSP butter. Place in shallow baking sheet and sprinkle with cinnamon. Bake in preheated oven for 15 min until the apples are tender and brown sugar begins to caramelize.



### **HALLOWEEN SAFETY TIPS ...**

- ◆ **WALK SAFELY**
- ◆ **TRICK OR TREAT WITH AN ADULT**
- ◆ **KEEP COSTUMES BOTH CREATIVE AND SAFE**
- ◆ **DOUBLE CHECK CANDY AND COSTUMES**
- ◆ **DRIVE EXTRA SAFELY ON HALLOWEEN**



### **Paper Strip Pumpkin Craft**



Turn construction paper and a toilet paper roll into a fantastic homemade decoration for fall with our paper strip pumpkin craft.

#### **What you'll need:**

- Orange and green construction paper
- Toilet paper roll
- Scotch tape
- Scissors

**How to make your Paper Strip Pumpkin Craft:**  
 Cut the toilet paper roll in half. Cut a strip of orange construction paper that will wrap around the toilet paper roll completely and tape the paper into place.

Cut the orange construction paper vertically into strips that are approximately 1 inch wide. You will need 8 to 10 strips. Cut approximately 1 inch off of the length of each strip.

Work with one end of the toilet paper roll at a time. Stick a piece of scotch tape onto the end of one of the paper strips and tape it inside an end of the toilet paper roll. Repeat with three more pieces of paper, so you have strips at 12, 3, 6, and 9 o'clock.

Once you have the initial 4 strips down, add another 4 strips of paper so that they overlap the initial 4 diagonally (at 2, 5, 8, and 10 o'clock). See the picture above.

Now you need to tape the other end of each strip into the other end of the toilet paper roll. Do this just as you did before, only starting with the second set of strips first.

Once you have all of the orange strips of paper taped into place, cut a leaf out of green paper and tape it into the hole to complete your pumpkin.

### ***Why being a good tenant matters beyond your housing future...***

One of the biggest motivators for doing your part to be a good tenant is developing a good rental history so you'll never have a problem renting in the future. But there are other reasons you should maintain a good relationship with your landlord and your neighbors. Your rental history matters beyond just securing your ability to rent in the future.

Evictions can affect your credit. If you are evicted, it's likely that it will also show up on your credit history report. An eviction is not something lenders or employers want to encounter when they conduct a credit check, and it could keep you from getting an important loan, or worse, a job.

You never know who will be able to help you in the future. Landlords interact with a lot of people on a day-to-day basis, so it's never a bad thing to have a good landlord on your side. If you establish a positive relationship with your landlord, and you run into a dispute with another landlord down the line, you might be able to call on your past landlord as a reference. Establishing positive connections with your neighbors can also be helpful in life.

Being a good tenant can also help you financially. Landlords are more likely to be flexible on lease agreements for good tenants. If you always pay your rent on time and keep your place clean, your landlord might forgo rent increases in hopes that you'll stay in your home. If your landlord knows you are responsible, he might also be flexible on originally prohibited items like keeping a pet in your apartment.

If you have articles or information that others could benefit from or be inspired by please drop them off or mail to : Next Step Home Program At: Infoline 466 No. Main St. Fall River, MA 02720