Dear Parents:
It’s hard to believe but it’s that time of the year again - the beginning of a new school year. And while you aren’t part of the teaching staff you are just as important to your children’s education. The key strategy parents can draw on to reduce homework hassles is to establish clear routines around homework, including when and where homework gets done and setting up daily schedules for homework. Tasks are easiest to accomplish when tied to specific routines. By establishing daily routines for homework completion, you will not only make homework go more smoothly, but you will also be fostering a sense of order your child can apply to later life, including college and work.

**Tips for Homework**

1. Make sure your child has a quiet, well-lit place to do homework.
2. Establish a set time each day for doing homework. Don’t let your child leave homework until just before bedtime. Think about using a weekend morning or afternoon for working on big projects, especially if the project involves getting together with classmates.
3. Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.
4. Giving answers means your child will not learn the material. Too much help teaches your child that when the going gets rough, someone will do the work for him or her.
5. Cooperate with the teacher. It shows your child that the school and home are a team. Follow the directions given by the teacher.
6. Talk with your child’s teacher. Make sure you know the purpose of homework and what your child’s class rules are.
**Property Management Corner:**
*Formal Notification, Housekeeping Inspections Regency*
August 6-10, 2018 Norwood/Gassaway Street
August 13-17, 2018 Olive Street
August 20-24, 2018 Gause/Welborn/Hineshouse Way II
August 27-31, 2018 Rebecca/Hineshouse Way I

**Pest Control**
*Regency Pest Control*
August 2, 2018 Buildings 1-5
August 7, 2018 Buildings 6-9
August 9, 2018 Building 10-11
August 14, 2018 Buildings 12-14

*Cedar Walk Pest Control*
August 8, 2018 Olive Street
August 15, 2018 Gause/Welborn 113A and 113B
August 16, 2018 Norwood
August 21, 2018 Gassaway
August 23, 2018 Olive Street
August 28, 2018 Gause
August 30, 2018 Rebecca/Welborn

**Maintenance Corner:**
Please call work order phone number 912-255-5077 for all repairs. If it is after hours please call 912-977-6004

**Resident Initiatives & Development Corner:**
Shuttle service to supper Wal-Mart will begin on Tuesdays at 10:45 am. and return at 12 noon. If you would like to participate please contact Ms. George at 912-622-1108 for reservations.

GED classes every Thursday starting at 10:45 until 12 noon. We are beginning to study Mathematics.

QUAD E grand opening on August 18, 2018 at 11:00 a.m.—2:00 p.m.

If you are interested in becoming a home owner please call and register at (912) 622-1108 Ms. George.

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**Quade E Health & Wellness (Part II)**

**WHAT'S THE DIFFERENCE BETWEEN HIV AND AIDS?**
Anyone who has AIDS has HIV infection, but not everyone who has HIV infection has AIDS. Someone is said to have AIDS if one has developed an infection on a long list of opportunistic infections such as PCP pneumonia. In 1993 the CDC included in the definition of AIDS to include anyone person with HIV infection and a CD4 count of less than 200. A normal CD4 count, without HIV infection, would be a range between 500 to 1500.

**PREVENTION OF HIV**
HIV is a completely preventable disease and here are some suggestions for prevention:
It does not get much safer than abstinence, and while this method has its supporters, it's not acceptable to everyone. So, if you decide to engage in sexual activity, try to limit the number of partners. Engage in less risky sexual activities, and use condoms when intercourse occurs. A new practice is being recommended called Pre-exposure prophylaxis or (PrEP), especially if you're not using safe practices. PrEP can be ordered by your family physician and there are private practices who offer this treatment as well.

**WHY ISN'T THERE A CURE?**
It might surprise you but according to my source for this article, there has been only one virus that has been cured with treatment, Hepatitis C. All other viral diseases which can kill one quickly like Ebola or get better on their own like the common cold or remain dormant in your body, like herpes or are preventable with vaccines like measles. HIV remains in the cells by inserting itself in the DNA in long living human cells. Research is ongoing to find a cure, but we are not there yet. However, in 15 years, we have seen HIV infection go from being a universally fatal disease to a manageable chronic disease with treatments that have become easier and better. One measure of success is the advancements that have been made in controlling HIV infections as we continue to research and hope for a cure.

Resources:
HIV.CDC.Gov
100 Questions and Answers about HIV and AIDS. 4th ed. By Joel Gallant MD, MPH
For Our Kids

After School Enrichment Program

Our student enrichment program is a great place for your children to grow their social skills.

Monday - Friday
Hours are as follows: 2:30 p.m. to 6:00 p.m.
FREE SNACK
FREE DINNER
FREE TUTORING
HOMEWORK
ASSISTANCE

Open to all Liberty County Residents please contact our (912)-532-9167
Mrs. Monica Woulard

#BlessUp

Tied to Success is a free empowerment workshop for males ages 10 and older. The event will include breakout sessions, inspirational speakers, lunch and entertainment from recording artist, Fearless. HPMMS will be providing transportation to Liberty County Performing Arts Center. The young men that would like to attend this event on Saturday, August 25th from 10:00 a.m.-2:00 p.m., please contact Mrs. Monica Woulard (912)-532-9167 for registration by Wednesday, August 22nd.

Thank you to all assisted in making the back to school bash a great success.

Coming Soon Boys Mentoring Program please contact our (912)-532-9167
Mrs. Monica Woulard
for more information
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