

NATIONAL
Blueberry
Month



Paris

HOUSING AUTHORITY



JULY 2026

Your Community Team

Michelle Parker

Executive Director

Sharon Hargett

Deputy Director

Cathy Williams

Occupancy Specialist

Paul Hancock

Maintenance Supervisor

Josh Partridge

Maintenance

Office Hours

Monday thru Friday

7:30 am - 4:00 pm

Closed for Lunch

Daily Noon - 1:00 pm

Mon-Thurs-LOBBY OPEN

8:00 am - 3:00 pm

Saturday/Sunday

Closed

Contact Directory

Main Office

731-642-4451

Office Fax

731-642-4496

Emergency Contact

731-431-8923

Nearest Department

Police Department

731-642-2424

Fire Department

731-642-1413

The U.S.A.'s 250th Birthday

Happy Independence Day! July 4, 2026, marks the 250th anniversary of the Declaration of Independence and the semiquincentennial of the United States.

Summer School for Grown-ups

"Anyone who keeps learning stays young," famous automaker Henry Ford once said. School may be out for most kids this summer, but learning is in with these summertime adult education opportunities.

Keep it local. Join a book club, exercise class or hobby group to make new friends and learn new skills. The library can be a great place to start, but check out the city website, too.

Adult summer camps. This growing vacation trend offers adults the opportunity to relive their childhoods. Vacationers can stay at band camps, cooking camps and even in cabins at traditional sleepaway camps, where the camp organizations provide activities for kid-at-heart campers.

Hungry for homework? Whether you're interested in getting a certificate to improve career opportunities or just want to learn something outside your wheelhouse, opportunities abound. Serious students can take an online course through a university or professional organization to expand your horizons ... and your knowledge!

Household Hints: Keep It Cool

Did you know that stress can raise body temperature? Keep your home emotionally "cool" this summer with these organization tips that can make your space a more relaxing place to be.

Keep it simple. Follow a deep declutter with regular, bite-sized cleaning routines to keep your home fresh and tidy. To right-size the quantity of your décor, try completely emptying a shelf or space and then reintroducing one piece at a time until the space feels complete and calm.

Stretch Yourself This Season

Though you may be tempted to hibernate all winter long, it's important to move your body every day. Adding some gentle stretches to your routine can help you maintain your flexibility during winter's cooler months, as well as provide a mental boost. Get started with these simple moves:

Side stretch: Stand with both hands on your hips. Raise your left hand and slowly lean to the right, pressing your left foot down. You should feel a stretch along your left side. Straighten your position, then lean to the left while raising your right hand to stretch your right side.

Calf stretch: Using a wall or countertop for support, step forward with one foot and keep the other leg straight. Keeping both feet flat on the floor, bend your front knee so you feel a gentle stretch in the back leg. Hold for 15 seconds, then switch sides and repeat.

Trunk stretch: Lie down on the floor, facing up, and bend your knees. Slowly rotate your knees from side to side, engaging the muscles in your abs and lower back.

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Resident News

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Midyear RESET

Remember your New Year's resolution? For both goal-getters and those who dropped resolutions months ago, a midyear reset can provide a guilt-free space to be more intentional and reflective on what you want from 2026. July 2 marks the halfway point of the year and is a perfect opportunity to try this popular trend.

Good news first. First, celebrate what you have accomplished this year. According to research, celebrating even small wins releases the feel-good hormone dopamine in the brain, which reinforces the positive behavior that led to success. Next, practice gratitude for the good in your life right now. Journaling is an effective gratitude exercise.

Look back. Now that you've started with what is working well, reflect on what isn't. Did you give up on a goal you started the year with? If so, why? Reevaluate what is important to you, and consider the roadblocks that have made those priorities difficult to achieve. For example, if your initial resolution was to work out five times a week, and you gave up in February after getting sick and losing momentum, try adapting your goal. Instead, aim to exercise for a certain number of minutes a month.

Plan it out. Schedule time for your goal or habit, as well as time to manage the obstacles to your goal you've experienced. For example, if your goal is to learn a new language, schedule a set time to practice, and consider restricting a habit that doesn't serve you, like spending too much time on one social media platform, to make time for your new routine. Set a time to check in with yourself in a month to reflect on and celebrate your progress.

Recipe: Mediterranean Linguine With Basil and Tomatoes

This delicious pasta uses seasonal favorites like grape tomatoes and the highly nutritious herb, basil. The flavonoids in basil have antibacterial properties and have been shown to protect cells from damage by free radicals. Eugenol, an oil in basil, is an anti-inflammatory agent.

Ingredients:

- 1-pound box linguine pasta
- 1/2 cup extra virgin olive oil
- 2 pints grape tomatoes, cut in half
- 1 tablespoon minced garlic
- 2 tablespoons red wine vinegar
- 1 teaspoon crushed red pepper flakes
- Salt and pepper to taste
- 18 to 20 basil leaves, cut in thin strips
- 3/4 cup grated Parmesan cheese, plus additional for garnish

Directions:

Cook pasta according to package directions.

While pasta cooks, heat olive oil in large skillet on medium heat. Add tomatoes and garlic. Cook and stir two minutes or until tomatoes are soft. Remove from heat. Stir in vinegar and pepper flakes.

Drain cooked pasta. Add to skillet. Return to heat, and stir one minute or until pasta is coated and hot. Remove from heat. Season with salt and pepper. Stir in basil and cheese. Serve with additional cheese, if desired.



For more recipes, go to www.Crisco.com.



Trivia: First Family Code Names

For more than 80 years, the U.S. Secret Service has given code names to presidents and their families. Can you match the code names below to the First Family?

1. Volunteer, Victoria, Velvet and Venus
2. Scorecard, Springtime and Sahara
3. Deacon, Dancer, Dynamo, Diamond, Derby and Deckhand
4. Lancer, Lace, Lyric and Lark
5. Rawhide, Rainbow, Rhyme, Riddler, Ribbon and Reliant



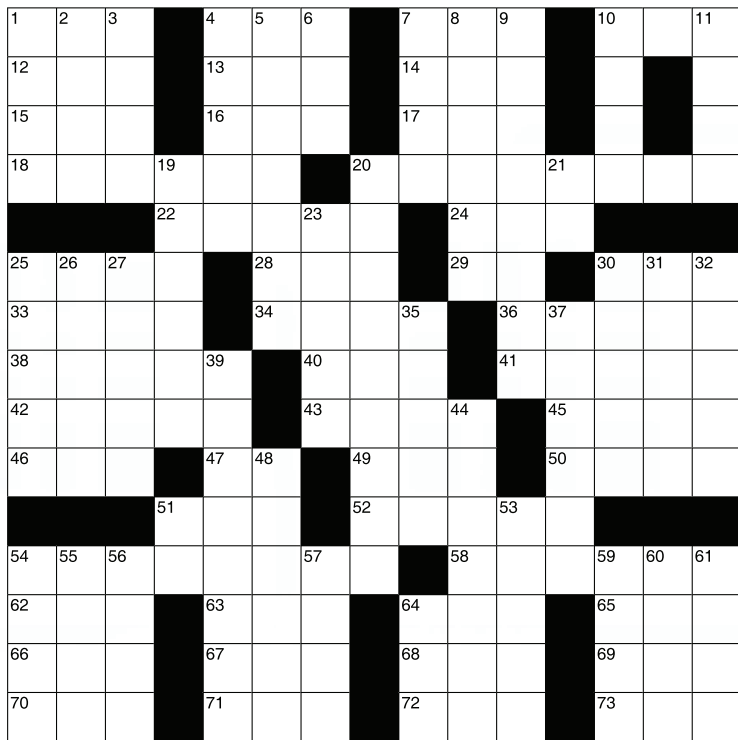
Think you know the answers?

Email your answers with "First Family Code Names" in the subject line to triviamaster@residentnews.com for your chance to win cool stuff! Deadline for entry is July 31, 2026. Five winners will be selected by August 15, 2026, and notified via email.

(Last month's "Pop Quiz" answers: 1. 1950s; 2. Pop Up Video; 3. cherry, lime and blue raspberry; 4. red; 5. "Pop! Goes the Weasel!")



Crossword Puzzle Fun



ACROSS

1. Atilla was one
4. Beverage made by pouring hot water over dried leaves
7. Leather worker's tool
10. Eastern Standard Time
12. Imitate
13. Extension (abbr.)
14. Ghost's greeting
15. Close to the ground
16. Expert
17. Lad
18. Tempt
20. Southern African desert
22. Ancient kingdom famous for its queen
24. Building addition
25. At sea
28. Morse code "T"
29. Nickel (abbr.)
30. Fall mo.
33. African country
34. Stuck up person
36. Look at steadily
38. Thistle
40. Pain unit
41. Occupied
42. Machine tool
43. Swerve
45. Regretted
46. Vane direction

47. Clothing size
49. Sign language
50. Pixies
51. Executive director
52. Dock
54. Blended fruit drink
58. Smoked a cigarette
62. Rule
63. Little bit
64. Pounds per square inch
65. Kimono sash
66. Lager
67. Tell a tall tale
68. Decade
69. Fish eggs
70. Sleeping place
71. Time period
72. Advertisements
73. Dynamite

10. Volcano
11. Carved Polynesian pendant
19. Old Testament prophet
20. Hawaiian Island
21. Hectoliter (abbr.)
23. Belts
25. Walk slowly
26. Plastic wrap
27. Privileged
30. Ship's caulking
31. Sneak
32. Inclines
35. Redden
37. Tax on imports or exports
39. Put into order again
44. Passed
48. Angora hair fabric
51. Colorado (abbr.)
53. Leftovers of civilizations
54. Block
55. Man
56. Uncollected
57. Belief
59. Large defensive structure
60. Black
61. Follow a regimen
64. School group

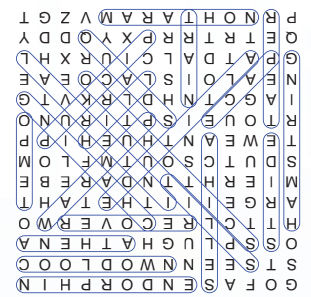
DOWN

1. Patriot who said he had "but one life to lose"
2. On top
3. Salamander
4. Drill
5. Surpasses
6. Snacked
7. "Mamma Mia" musicians
8. Fabric
9. Colonist who sided with England

G O F A S E N D O R P H I N
 S T S E E N N W O D L O O C
 O S S P L U G H A T H E N A
 H T T C L R E C O V E R W O
 A R G E I I I T H E T A H T
 M I E R H T T N D A R E B E
 S D U T C S O U T M F L O M
 T E W E A N T H U E H I P P
 R T O U E I S P T I R U N O
 I A G C T N H D L R K V T G
 N E A L O I S L A C O E A E
 G P A T D A L C I U R X H L
 Q E T R T R R P X Y Q D D Y
 P R N O H T A R A M V Z G T

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|-----------|-----------|---------|
| ACHILLES | HILL | RECOVER |
| ALTITUDE | INTERVAL | REPEAT |
| ATHENA | MARATHON | SPLIT |
| CHAFING | ORTHOTICS | STRIDE |
| COOLDOWN | PACE | TEMPO |
| ENDORPHIN | PICKUP | TRAIN |
| HAMSTRING | QUADS | WARM UP |




Answer Keys





JULY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  RENT DUE!	2	3 Office Closed for 4th of July Holiday	4 USA Independence Day
5	6  RENT LATE!	7	8	9 2nd Harvest Food Give Away 9:30 - 10:30	10	11
12	13	14	15	16	17	18
19	20  SUMMER TIME	21	22	23	24	25
26	27	28	29	30	31	



Recipe: Millionaire Shortbread

- Ingredients:**
- 1 cup butter
 - 1 1/3 cup white sugar
 - 1/3 cup brown sugar
 - 1 egg yolk
 - 2 1/2 tsp vanilla extract
 - 2 cups flour
 - 2 cans sweetened condensed milk
 - 1 cup butter
 - 1 cup honey
 - 1 tsp salt
 - 2 cups semisweet chocolate
 - 1/2 cup heavy cream



Instructions: Cream 1 cup of butter and 1/3 cup of each sugar with an electric mixer. Stir in the egg yolk and 1/3 tsp of vanilla. Combine with the flour and press the dough firmly into a baking pan lined with parchment paper. Bake on 350 F / 177 C for 20 minutes. In a saucepan, combine the condensed milk, the remaining butter and sugar, and honey and bring to a boil. Reduce heat and stir for 10 minutes until the caramel thickens. Remove from heat and stir in 1/4 teaspoon of salt and 1 teaspoon of vanilla extract. Pour evenly over the shortbread. Refrigerate for 1 hour. Combine chocolate chips and remaining cream in a small saucepan over medium heat. Remove from heat spread over the caramel. Refrigerate for 30 minutes and serve.