



Taco Loaded Sweet Potatoes

4 servings

Recipe by Laura Fuentes

Visit laurafuentes.com for more ideas

Ingredients

- 4 medium sweet potatoes, baked
- 15 ounce can black beans, rinsed and drained
- 1 cup shredded Cheddar cheese
- Salsa
- 1 avocado, peeled, pitted, and sliced
- Sour cream

Optional Additions: shredded chicken, taco meat or a fried egg

Instructions

1. Slice each baked sweet potato lengthwise. Open and use a fork to separate the sweet potato meat from the skin.
2. Top with black beans, cheese, salsa, avocado slices, and sour cream.

Direct Phone Line Reminders

Jess Irish, Director of Housing: 449-0377

Kevin Boyle, Property Manager: 449-0353

Kristen McEvoy, Resident Service Coordinator: 295-3317

Sarah Rockwell, Housing Associate (**All Work Orders**): 443-3116

Our office will be closed on **Monday, January 20**
in observance of Martin Luther King, Jr. Day



80 Congress Ave
Bath, ME 04530
(207) 443-3116
January 2020

Family Scuttlebutt

Have You Considered Electronic Fund Transfer for the New Year?



Electronic Fund Transfer, or EFT, was set up at the request of residents as a way to more easily and reliably make rent and excess utility fee (for individual air conditioners) payments. EFT involves setting up an automatic bank withdrawal for your rent each month. This then means that there is no need to write or send a check and no need to make a trip to the office. If you would like more information or would like to get set up for EFT, please call our office at 443-3116 and speak with Sarah.

Out and About.....

Bath Youth Meetinghouse & Skate Park, Free Teen Center Access. No cost for access to wifi, computer lab, flatscreen TV, video games, board games, magazines, couches and tables for hanging out, small fee to play ping pong, pool, foosball or air hockey. Snacks and drinks available for purchase, and free after school snacks some days. Adult supervision required for youth under 12. Call 443-8750 for current hours.

Maine Farmland Trust Film Screening of Farmsteads, Tuesday, January 21, 6-8pm, Patten Free Library, Free. Documentary follows a farmer and his young family working to resurrect his late grandfather's dairy farm.

Nurturing Fathers, for any male parenting a child. Free, with dinner and child care provided. 13-week program on Wednesday evenings starts January 22, registration required: call Dawn at Families CAN! at 442-7963 x230.

Gold Rush, Friday, January 24, 11:15am-11:45am, Patten Free Library, Bath. Pan for real gems as in the days of the Gold Rush and keep what you find. Recommended for ages 3-5.

Dumpster Dos and Don'ts

Since it can sometimes be hard to keep track of what goes where, here are some quick reminders. Anything that can be recycled needs to go in your building's recycling bin. Not sure what can be recycled? Keep the insert in this issue as a reference and remember that any items going into recycling need to be rinsed clean of any food or other materials first. So everything else should be able to go into the dumpster, right? Not necessarily. Furniture, appliances (including air conditioners, microwaves, etc.), car/tool batteries, chemical products, construction debris, electronics (TVs, computers, printers, phones, radios, etc.), flammables (gas cans, propane tanks, etc.), fluorescent bulbs, hazardous waste, pesticides, medical waste/needles and tires all need to stay OUT of the dumpster. Check the Sundry Charge List from last month's Scuttlebutt for items that you can pay to have Bath Housing remove and call the Bath Landfill at 443-8356 with any questions about other items. Keep in mind, too, that anything going into the dumpster needs to actually fit in the dumpster. If it doesn't fit, that's not the spot for it!

