



HACB

Housing Authority of the County of Butte

2039 Forest Ave. • Chico, CA 95928 • (530) 895-4474

APR/MAY/JUNE 2013



NOTES & NEWS

Income Changes

It is EXTREMELY important to report changes in income and family composition within 10 days of the change. Failure to do so is a violation of the lease. To avoid termination of your housing assistance, please report all changes accurately and in a timely manner.

Late Rent

Per your lease, rent is due on the 1st of the month and late by the 5th of the month. On the 6th of each month, a \$25 charge will be assessed on all rent balances owing.

Lawn Care

With hot summer days upon us, it is more important than ever to water the lawn. Try to water early in the morning before the sun comes up. Not a morning person? Water in the evening just before the sun goes down. Avoid watering the lawn after dark and expect to trim your lawn at least once a week. If you don't own a lawn mower, consider borrowing one or buying a used one.

HIGHLIGHTS

Personal Belongings

Please clean porches and backyard areas of debris to include furniture, old bikes, tires, wood piles and any other excess of personal belongings that should be stored out of sight or thrown away.

Water Conservation

Water conservation is an important thing for all of us to do. Here are some tips to help you do your part:

- Report leaky faucets immediately to HACB for repair
- Don't leave the water running while brushing your teeth
- Avoid taking long showers
- Don't over water your lawn
- Use a broom to sweep patios, walkways and driveways instead of the hose
- Take your car to the car wash

Thank you for doing your part!

Pools

Due to liability, swimming pools are prohibited from public housing. Please take your family to a public pool or creek to enjoy the coolness of the water.

Community Service

All P.H. tenants who do not have exempt status are required to complete a minimum of eight hours community service per month. Leases will be terminated for those not complying with these requirements.

3 Things You Need to Know

Self-adhesive address labels are handy for more than letters. Here are a few other uses:
1) Put a label on your MP3 player, cell phone and digital camera, especially if you are traveling.
2) The next time you let a friend borrow a book, CD or DVD, stick a label on it first.
3) Going to a potluck or taking a meal to a new mom? Put an address label on any container you would like to have returned.

BULLETIN BOARD

Numbers to Remember

- HACB - Toll Free**
(800) 564-2999
or
(530) 895-4474
- Property Specialist**
Melissa K. ext. 225
Tina R. ext. 216
- Maintenance**
Christina J. ext. 230
- Income Changes**
Maria M. ext. 209
- Staff Support**
Linda D. ext. 235
- Eligibility Clerk**
Melissa Q. ext. 243
- Gridley Office**
(530) 846-3640



TRIVIA WHIZ

Words From William

Widely considered the greatest writer in the English language, William Shakespeare lives on through his many plays and sonnets, which are often quoted in everyday conversation. "To thine own self be true," "lend me your ears" and "neither a borrower nor a lender be" are all phrases from Shakespeare's works.

Records indicate that Shakespeare was born on April 23, 1564, and died on the same day in 1616. Take a few minutes this April to brush up on some Shakespeare trivia:

- Shakespeare's known works include 38 plays, 154 sonnets and two epic narrative poems.
- Shakespeare's plays generally fall into three categories: comedy, tragedy and history.
- "Hamlet" is Shakespeare's longest play at 29,551 words.
- The Globe Theatre in London is where Shakespeare and his acting troupe, The Lord Chamberlain's Men, performed many of his plays. The theater burned down in 1613 after a cannon shot off during a performance of "Henry VIII" caught the gallery roof on fire.
- A replica of the Globe Theatre is located near its original site and hosts several Shakespeare productions each year.
- Queen Elizabeth I, a generous supporter of drama and literature, reigned during most of Shakespeare's life and attended many performances of his plays.
- Shakespeare had three children with his wife, Anne Hathaway.

**"All the world's a stage,
and all the men and women
merely players."
—William Shakespeare,
"As You Like It"**



From Bulbs to Blooms

A cheerful sign of spring, the tulip has been dazzling humans for thousands of years. Native to central Asia, the flower gained popularity throughout the Ottoman Empire and was cultivated as early as A.D. 1000.

The word "tulip" comes from a Persian word meaning "turban." Sultans would wear the flower on their turbans as a symbol of life.

Although tulips are often associated with the Netherlands, they didn't reach that country until 1593, when botanist Carolus Clusius planted cultivated bulbs in Leiden University's garden. Tulips became hugely popular, and the Netherlands experienced a "tulip mania" in the 1630s. The price of tulip bulbs soared so high, some varieties cost as much as a house.

Today, most of the world's tulips are cultivated in and exported from

the Netherlands. Visitors flock to the country every spring to see the millions of tulips in bloom. Tulip festivals—both in the Netherlands and other countries, including the United States—are popular tourist attractions.

Tulip bulbs are planted in mid-autumn and need cold weather during their dormant stage to grow properly. They bloom from mid-April through May.

There are more than 3,000 cultivated varieties of tulips. Some varieties have unusual colors or patterns that are caused by mutations or viruses.



Healthy Lifestyle

Whole-Grain Happiness

We know whole grains are better for our health than refined products, but it can be hard to make big changes in what we eat. Follow these tips, and you'll be consuming more whole grains in no time:

Read the label. Labels can be misleading: "Multi-grain" or "100 percent wheat" does not mean whole-grain. Check the ingredient list and choose items that have the first ingredient listed as: buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole-grain sorghum, whole-grain triticale, whole oats, whole rye, whole wheat, brown rice or wild rice.

Bake it better. Completely replacing white flour with whole-wheat flour in your favorite recipes can produce

mixed results. Instead, try replacing 50 percent of the white flour with whole-wheat flour. You can also find many recipes that were developed specifically for whole-grain flours.

Make the switch. Many of the foods you already eat have whole-grain counterparts. For breakfast, try whole-grain pancakes or bagels. For lunch, choose sandwiches on whole-grain bread. For dinner, look into quinoa, brown or wild rice, or whole-wheat pasta. For snacking, pick whole-grain crackers, chips or pretzels.

Flex your flax. One easy way to sneak whole grains into your diet is to add ground flax seed to foods such as smoothies, cookies and oatmeal.





Advocating for the Earth

Earth Day debuted on April 22, 1970. The event was the brainchild of U.S. Sen. Gaylord Nelson of Wisconsin, who announced to the media the idea for a “national teach-in on the environment.”

Nelson wanted Earth Day activities to be created by people and groups in their own communities, not by national organizers. People responded. About 20 million Americans gathered at various venues to advocate for a healthy, sustainable environment. According to *EarthDay.org*, “Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values.”

The event drew extensive media attention and led to the creation of the Environmental Protection Agency and passage of the Clean Air, Clean Water and Endangered Species acts.

In the years that followed, April 22 continued to be celebrated as Earth Day in various forms. On the 20th anniversary in 1990, Earth Day was celebrated worldwide and focused on recycling efforts. The 2000 Earth Day campaign saw a push for clean energy. In 2010, the campaign “A Billion Acts of Green” was announced, encouraging environmental commitments from individuals, businesses, governments and civic organizations.

In 1995, President Bill Clinton awarded Nelson the Presidential Medal of Freedom—the highest honor given to civilians in the United States—for his role as Earth Day founder.

ne Minute Chef

Baked Zucchini Ziti

Ingredients:

- 8 ounces ziti, uncooked
- 1 28-ounce can crushed tomatoes
- 1 1/2 teaspoons Italian seasoning
- 1 cup grated zucchini (about 1 medium)
- 1 cup part-skim ricotta cheese
- 1 cup shredded mozzarella, divided
- 1/2 cup, plus 1 tablespoon grated Parmesan cheese, divided
- 1 egg, lightly beaten
- Salt and pepper
- Cooking spray

Directions:

Cook pasta according to package instructions; drain and set aside.

Preheat oven to 400° F.

In a medium bowl, combine tomatoes and Italian seasoning. In a separate bowl, mix zucchini, ricotta, 1/2 cup mozzarella, 1/2 cup Parmesan and egg. Season with salt and pepper.

Coat a 2-quart casserole dish with cooking spray. Spread half of tomato sauce on bottom. Top with ziti, ricotta mixture and remaining sauce. Sprinkle with remaining 1/2 cup mozzarella and 1 tablespoon Parmesan. Bake until top is brown and sauce is bubbling, 35 to 40 minutes.

For more recipes, visit www.DairyMakesSense.com.



“And when it rains on your parade,
look up rather than down.
Without the rain, there would
be no rainbow.”

—**G. K. Chesterton**

“Rainbows apologize for angry skies.”

—**Sylvia A. Voirol**

“If the world’s a vale of tears,
Smile, till rainbows span it.”

—**Lucy Larcom**

“Be thou the rainbow in the storms
of life. The evening beam that smiles
the clouds away, and tints tomorrow
with prophetic ray.”

—**Lord Byron**

“The way I see it, if you want
the rainbow, you gotta put
up with the rain.”

—**Dolly Parton**

“It was the rainbow gave thee birth,
and left thee all her lovely hues.”

—**W. H. Davies**

“My heart leaps up when I behold
a rainbow in the sky.”

—**William Wordsworth**

“I’ve always taken ‘The Wizard of Oz’
very seriously, you know.

I believe in the idea of the
rainbow. And I’ve spent my entire
life trying to get over it.”




—**Judy Garland**

“Leroy bet me I couldn’t find a pot
of gold at the end, and I told him
that was a stupid bet because the
rainbow was enough.”

—**Rita Mae Brown**



April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fools' Day ¹ Rent Is Due HACB Closed	2	3	4	Last Day to Pay ⁵ Rent Before Late Fees Begin!	6 Late Fee Charged
7	8	9	10	11 	12	13
14	15	16	17	18	19	20
21 	22 Earth Day	23	24	25	26	27
28	29	30				

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent Is Due	2	3	4
Last Day to Pay ⁵ Rent Before Late Fees Begin!	6 Late Fee Charged	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day
19	20	21	22	23	24	25
26	27 Memorial Day HACB Closed	28	29	30	31	

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rent Is Due
2	3	4	Last Day to Pay ⁵ Rent Before Late Fees Begin!	6 Late Fee Charged	7	8
9	10	11	12	13	14 Flag Day	15
16 Father's Day	17	18	19	20	21	22
23/30	24	25	26	27	28	29