

HACB

Housing Authority of the County of Butte

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

JULY/AUG/SEPT 2013



NOTES & NEWS

Lease Reminders

Rent is due by the first of each month. A late fee of \$25 is charged on unpaid rent balance on the 6th. If you know your rent will be late, please contact your property specialist immediately to make arrangements.

Yard care is the resident's responsibility. During the summer months, you need to mow your lawn weekly and water regularly. Please do not over water by letting the hose run unattended.

Personal storage should not be placed in the front or back yard. Each household has a storage area for such items. Items such as household furniture, car parts and other such items need to be removed from the property.

Report changes in income and household composition within 10 days. Changes not reported may result in termination of your lease. If you have questions, please contact Maria at ext. 209.

Illegal activities should be reported to the police and to your property specialist.

HIGHLIGHTS

Satellite Dish

Permission to install a satellite dish must be obtained prior to installation of the dish. It must be installed according to the predetermined guideline set by the housing authority. Please contact HACB for details.

Household Pets

Pets can make a wonderful addition to a family. However, before picking a pet, you will need permission from your property specialist. The required documentation and paid pet deposit must be submitted and approval given before you bring the pet home. Visiting pets are prohibited.

Give Your Brain a Workout

Boost your brain power by memorizing something new. Start with a short poem or list, then move on to something more involved, such as the 50 state capitals. Use rhymes and patterns to help you remember. For more brain health tips, visit www.HelpGuide.org.

Say No to Soda

If you buy a soda every time you eat out, you're wounding your wallet: Soft drinks are one of the most marked-up items on restaurant menus. Save a dollar or two per meal by choosing water instead.



Salt to Taste, Don't Taste the Salt

When a recipe tells you to "salt to taste," that doesn't mean to add salt until the dish tastes salty. As an ingredient, salt has two purposes: to reduce bitterness and to bring out the flavor of the other ingredients. Before you "salt to taste," sample the dish. If it tastes bitter or bland, add about a teaspoon of salt and test it again. Continue to add pinches of salt between tastes until the flavor of the dish improves.

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



IP315N8

TRIVIA WHIZ

A Bit About Blueberries

Native to North America, the health-packed blueberry has been enjoyed for centuries. Originally found in the wild, most of today's blueberries come from domesticated plant varieties that were developed for commercial production in the early 1900s.

Domestic blueberries grow on bushes that are often planted in long rows. Beginning as a cluster of white blossoms in springtime, pollination by bees starts the process of turning each blossom into a berry. The fruits start out hard and green, become reddish-purple, and finally turn the unique shade of blue from which they take their name.

When it comes to health benefits, blueberries pack a lot of punch. With just 80 calories per cup, they're naturally low in fat, and they contain some of the highest levels of antioxidants of any fruit. They're also a great source of vitamins C and K, dietary fiber, and manganese.

Many people associate blueberries with pastries and pancakes, and while it's OK to enjoy these treats, blueberries should be consumed in other forms to take full advantage of their health benefits. Consider adding them to cold breakfast cereals, a bowl of oatmeal or a fresh salad. They also make a healthy snack or dessert, whether plain or mixed with some low-fat yogurt.

Fun Facts

- Blueberry muffins are the state muffin of Minnesota.
- New Jersey's state fruit is the blueberry.
- July is National Blueberry Month in the U.S., and August is National Blueberry Month in Canada.



Sunburn Solutions

There's nothing like coming inside after a fun day in the sun and seeing that familiar redness on the surface of your skin: sunburn. You can't reverse sunburn once you have it, but you can use a variety of natural methods to soothe the pain and reduce inflammation.

Aloe vera. Slice open a leaf from this succulent and apply the gel directly to the burn. You can also buy aloe vera gel products, but avoid those that contain lanolin, which

can make the burn feel worse.

Yogurt. This dairy product re-establishes pH balance and cools the skin. Apply plain, unsweetened full-fat yogurt with few additives to all sunburned areas. After the yogurt becomes warm, rinse it off with tepid water.

Tea. The tannic acid in tea helps relieve sunburn pain. Soak a towel or compress in freshly brewed tea that has cooled and apply to the skin. If you've burned your eyelids, steep teabags in cool water and rest them on your closed eyes.

Potatoes. Blend two peeled potatoes until you have a paste. Gently rub the paste on the skin. Let it dry, then rinse with cool water. A less messy option is to lay potato skins directly on the burned area.

Oatmeal. Add one-half to one cup of this skin soother to cool bathwater, then soak for 15 minutes

Digging Up the Past

Archaeologists have the exciting job of studying the past through the recovery and analysis of artifacts, structures and environmental clues left by prior cultures. At sites around the world, these scientists help unravel the mysteries of history to educate and inform later generations.

Many archaeological sites in the U.S. have been designated as national or state historic sites or parks. Among them:

Chaco Canyon. Located in New Mexico, Chaco Canyon was a thriving cultural center for Pueblo peoples from the 800s to 1200s. Today, Chaco Culture National Historic Park is one of the nation's most important pre-Columbian historical sites with an array of impressive ruins.

Effigy Mounds. While American Indian mounds are common throughout the Midwest, those in a few states were built in the shape of animals; these are known as effigy

mounds. More than 200 examples are preserved at the Effigy Mounds National Monument in Iowa.

Cahokia Mounds. At its peak in the 1100s, Cahokia's population would have rivaled or exceeded that of the largest cities in Europe at the time. It was the most influential urban settlement in the Mississippian culture, which is credited with developing advanced societies throughout what is now the Midwest and southeastern United States. Located in Illinois, Cahokia Mounds State Historic Site is also a World Heritage Site.



"I grew up like Huck Finn, always outdoors, exploring, collecting frogs—there was space everywhere. I want my kids to experience that too. I love being outside."

—**Josh Duhamel**

"It is good to realize that if love and peace can prevail on Earth, and if we can teach our children to honor nature's gifts, the joys and beauties of the outdoors will be here forever."

—**Jimmy Carter**

"There are few things so pleasant as a picnic eaten in perfect comfort."

—**W. Somerset Maugham**

"I'm an introvert ... I love being by myself, love being outdoors, love taking a long walk with my dogs and looking at the trees, flowers, the sky."

—**Audrey Hepburn**

"I've liked lots of people 'til I went on a picnic jaunt with them."

—**Bess Truman**

"I love to be outdoors. I prefer being outdoors to, you know, being inside."

—**Keith Carradine**

"Camping is nature's way of promoting the motel business."

—**Dave Barry**

"Some national parks have long waiting lists for camping reservations. When you have to wait a year to sleep next to a tree, something is wrong."

—**George Carlin**

"I like to run outdoors. It's the one thing that actually clears my head and allows me to create."

—**Leisha Hailey**



One Minute Chef

Easy Mini Cheesecakes

Ingredients:

- 2 packages (8 ounces each) cream cheese, softened
- 2/3 cup sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract or 1 teaspoon lemon extract
- 12 vanilla wafers

Directions:

Preheat oven to 325 degrees.

Beat cream cheese and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs and extracts; beat well. Place a wafer in bottom of 12 paper-lined muffin cups. Spoon batter into each cup, filling two-thirds full.

Bake in preheated oven for 22 to 24 minutes or until edges are lightly browned. Cool in pan on wire rack. The mini cheesecakes will deflate in the center upon cooling.

Refrigerate four hours or overnight. Garnish with fresh fruit, lemon curd or melted chocolate swirls.

Find more recipes at
www.McCormick.com.



Dress for a Successful Interview

When interviewing for a job, you have just a few seconds to make a good first impression—and a lot depends on your appearance. Follow the guide below so you'll know just what and what not to wear to help you land that dream position.

Modesty matters. Conservative clothing indicates you are respectful, polite and taking the interview seriously. Avoid revealing clothing—including low necklines, sheer fabrics and skirts that end above the knee—and wear closed-toe shoes.




Don't go color crazy. Stick with solids or subtle patterns in neutral tones such as navy, gray, brown and black. Wear dark socks or plain hosiery that matches your attire. A suit (skirt or pants with matching jacket) is your safest bet.

Less is more. Flashy accessories can be distracting, so keep your bag, jewelry and hairstyle simple so the interviewer can focus on your credentials. For creative positions, you may want to stand out a little more with an interesting necklace or ring; just make sure your statement piece doesn't outshine what you have to say.

Pay attention to details. Clothing that is stained or wrinkled can make you look sloppy and lazy, so be sure to properly launder and iron your outfit before the interview. Avoid cologne, perfume or heavily scented lotion; some interviewers have allergies or find certain scents unpleasant.



July 2013

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

August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Rent Is Due	2	3
4	5 Last Day to Pay 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	23	24
25	26	27	28	29	30	31

September 2013

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