

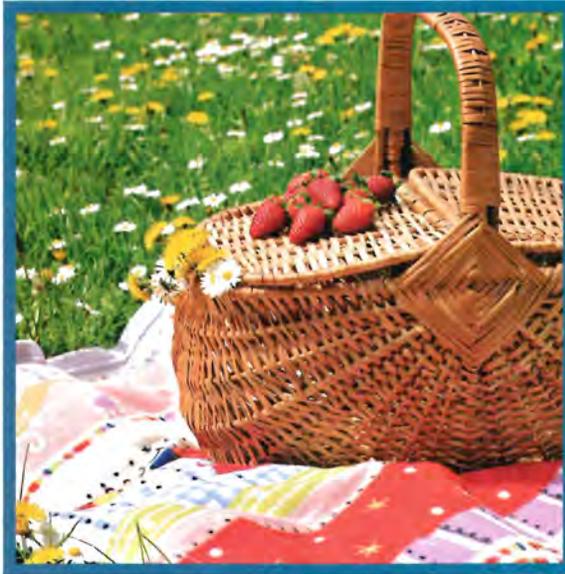


HACB

Housing Authority of the County of Butte

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

JULY/AUG/SEPT 2017



NOTES & NEWS



PLEASE CLEAN UP AFTER YOUR ANIMALS!

This is a friendly reminder to all residents to be responsible and polite pet owners. Clean up after your pets as soon as they make a mess. HACB would also like to remind all residents this is not only a condition of your lease but a health and safety issue.

YOU ARE REQUIRED TO MONITOR YOUR PET(S) WHILE OUTSIDE OF YOUR UNIT!



HIGHLIGHTS

SMOKE-FREE HOUSING

On November 30, 2016, U.S. Housing and Urban Development (HUD) Secretary Julián Castro announced that public housing developments in the U.S. will be required to provide a smoke-free environment for their residents.

This final rule will have the following implications:

- Require more than 3,100 public housing agencies to implement smoke-free policies within 18 months of the final rule being adopted.
- Prohibit the use of cigarettes, cigars, pipes and hookah (water pipes) in all living units, indoor common areas and administrative offices.
- Prohibit the use of tobacco products covered by the policy in outdoor areas within 25 ft. from buildings. Allow for further restrictions (e.g., buffer around playgrounds, restrict smoking to designated outdoor areas, property-wide smoke-free policy).
- Apply to all housing types, including single family units.
- Require PHAs to document their smoke-free policies in their PHA plans, a process that requires resident engagement and public meetings.



BULLETIN BOARD

Numbers to Remember

HACB—Toll Free
(800) 564-2999

or

(530) 895-4474

Property Specialist (Chico & Oroville)

Melissa K. ext. 225

Property Manager (Gridley & Biggs)

Juan Meza 846-3640

Maintenance

Christina J. ext. 230

Income Changes

Maria M. ext. 209

Staff Support

Linda D. ext. 235

Eligibility Clerk

Marcie P. ext. 243



IP315DI

HACB RULES

NO SWIMMING POOLS OR TRAMPOLINES OF ANY KIND ARE ALLOWED

TRIVIA WHIZ

A Cycling Spectacle

The Tour de France is the world's longest bicycle race, covering more than 2,000 miles over 23 days. The race takes a different route each year, but the finish is always in Paris with a sprint down the city's main thoroughfare, the Champs-Élysées.

- Twenty to 22 teams of nine riders each compete, traveling through French mountains, meadows and cities. The race sometimes ventures into nearby countries, such as Belgium, Italy, Switzerland and Spain.
- Millions of people line the route to watch the competition, with some camping out for days to ensure a good spot.
- A rider burns an average of 7,000 calories per day.
- Combined, the cyclists wear out about 790 tires during the three-week run.
- Each day, the cyclist with the quickest overall time from the start of the race gets to wear the prestigious yellow jersey.
- The overall winner of the Tour de France is the rider with the shortest accumulated time. He receives a purse of about \$500,000, which traditionally he will split with his teammates. The total prize money awarded, including for stages and sprints, is about \$2.4 million.
- French riders have won 36 times, more than any other country.

The Race Is On

The 2017 edition of cycling's Tour de France runs Saturday, July 1, through Sunday, July 23. The start of the race, called the *Grand Départ*, will be in Düsseldorf, Germany.



Relationships Are Valuable

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen your immune system, help you recover from illness faster, and reduce anxiety and depression.

Conversely, feeling isolated from others can disrupt sleep, elevate blood pressure and increase the risk for dementia.

Fortunately, there are many

ways to avoid the consequences of loneliness, such as taking part in family traditions and maintaining relationships with former classmates and co-workers.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, email or get together with those people on a regular basis.

Expand your social circle by joining a book club or sports league; taking classes at a local college or community center; or volunteering at a school, senior center or animal shelter.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.

Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood. The prepared horseradish sold in grocery stores usually consists of grated horseradish and vinegar, which helps stabilize the ingredient's potent

Like many spicy foods, the kick from horseradish can clear the sinuses. A source of fiber, vitamin C, potassium, calcium and several other nutrients, the vegetable also contains powerful cancer-fighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections. Additionally, horseradish is used to aid digestion, ease pain from sinus headaches and boost energy and concentration.



WIT & WISDOM

"The butterfly counts not months but moments, and has time enough."

—**Rabindranath Tagore**

"Just as the bird sings or the butterfly soars, because it is his natural characteristic, so the artist works."

—**Alma Gluck**

"Float like a butterfly, sting like a bee."

—**Muhammad Ali**

"Literature and butterflies are the two sweetest passions known to man."

—**Vladimir Nabokov**

"Love is like a butterfly, a rare and gentle thing."

—**Dolly Parton**

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"

—**Chuang Tzu**

"There is nothing in a caterpillar that tells you it's going to be a butterfly."

—**R. Buckminster Fuller**

"I only ask to be free. The butterflies are free."

—**Charles Dickens**

"Without butterflies, the world would soon have few flowers. There is enough room in the sky for all flyers."

—**Trina Paulus**

"We are closer to the ants than to the butterflies. Very few people can endure much leisure."

—**Gerald Brenan**

Mediterranean Vegetables

Ingredients:

- 3 tablespoons seasoned rice vinegar
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 teaspoons chopped fresh parsley
- 1 1/2 teaspoons minced garlic
- 1 small zucchini, sliced into 2-inch long, 1/4-inch thick planks
- 1 cup green pepper strips
- 1 cup red pepper strips
- 8 stalks asparagus
- 1 portobello mushroom, sliced into 1/2-inch squares
- 1 cup diced eggplant

Directions:

Heat oven or grill to 375° F.

In large bowl, mix together rice vinegar, olive oil, salt, pepper, parsley and garlic. Add vegetables in small batches, tossing to coat. Place in a large foil pouch. Pour remaining marinade over vegetables and seal pouch.

Bake in oven or over indirect heat on grill for 25 minutes. If desired, open pouch after 20 minutes of cooking and allow vegetables to crisp slightly under direct heat for remaining 5 minutes.

Remove pouch from heat and add salt and pepper to taste.

Find more recipes at Mizkan.com/recipes.



A Nation's Names

You probably know the origin of your own state's moniker, but what about the other 49?

The names of many states were inspired by the languages of North America's native peoples. Tribes such as the Aleut, Choctaw and Ute contributed words that became the titles of Alabama, Alaska, Arizona, Arkansas, New Mexico, Oklahoma, Tennessee, Texas and Utah. The names of Connecticut, Illinois, Iowa, Kansas, Kentucky, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin and Wyoming are derived from the Algonquian, Iroquois and Sioux language groups. Indiana means "land of the Indians," and Polynesian islanders likely named Hawaii.

Spanish conquistadors and explorers gave titles to California, Colorado, Florida, Montana and Nevada.

Some states were named for people, including Delaware, Maryland, New York, Pennsylvania, Washington, Virginia and West Virginia. King George II inspired Georgia; Louisiana honors King Louis XIV; and North Carolina and South Carolina commemorate King Charles I.

Maine may refer to a "mainland," Idaho is thought to be an invented word, and Rhode Island is likely named after the Greek island of Rhodes. Oregon's origins are unknown. Vermont is from the French *verd mont*, meaning "green mountains," and New Hampshire and New Jersey are named for regions in England.



July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
		<i>July</i> 				Rent Is Due	1		
2	HACB Closed	3	Independence Day HACB CLOSED	4	5	6	7	8	
9		10		11		12	13	14	15
16		17		18	HACB Closed 9AM-NOON	19	20	21	22
23/30		24/31		25		26	27	28	29

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
August		1	2	3	4	5	
	6	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	<i>Celebrate Summer!</i> 	

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	SEPTEMBER 				Rent Is Due	1	2
3	Labor Day HACB CLOSED	4	5	6	7	8	9
10		11	12	13	14	15	16
17		18	19	20	21	22	23
24		25	26	27	28	29	30
							