

BULLETIN BOARD

Numbers to Remember

HACB—Toll Free
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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

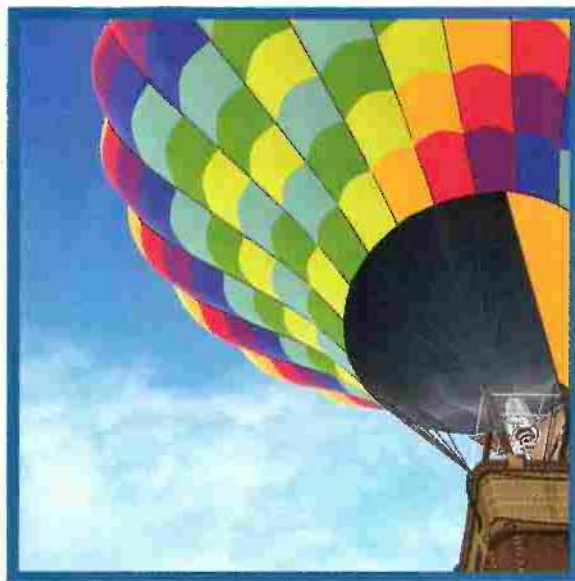


HACB

Housing Authority of the County of Butte

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

JULY/AUG/SEPT 2018



NOTES & NEWS

All-Stars on Deck

For the first time in nearly 50 years, the star players from the MLB's American and National leagues will compete in the nation's capital when Washington, D.C., hosts the 2018 All-Star Game. The annual Midsummer Classic is set for July 17 at Nationals Park.

To Your Health: Medicine Reminder

Medicine should not be subjected to high heat, so don't leave over-the-counter or prescription medications in your car during hot weather. Medications should be kept at room temperature, unless the label specifies that they be refrigerated.

Travel Tip: Organize With Pouches

When packing for a trip, group items such as toiletries, electronics and cords, and medication. Put each group in a separate see-through zippered pouch. You will be able to grab what you need without having to rummage through the contents of your packed bag.

HIGHLIGHTS

3 Things You Need to Know

The next time you plan a trip to an amusement park, remember these tips.

1) Use your cell phone to take a picture of your parking spot so you can easily find your vehicle at the end of the day.

2) Many theme parks have their own free apps with tips and tricks, wait times for rides and other information. Download the app before you go.

3) Put a cooler in your car with drinks and snacks for the drive home. It will save stopping somewhere when you are hungry but exhausted.

When to Seek Shelter

The lightning that often accompanies summer thunderstorms can be dangerous. The National Weather Service advises, "When thunder roars, go indoors!" Avoid flagpoles, metal fences, baseball dugouts and golf carts. If you are outdoors and not near a building, seek shelter in a low area under bushes or small trees.

Cosmic Close Encounter

The Earth will have a close encounter with Mars on July 31. Due to cyclical orbits, the two planets will be just 36 million miles away from each other instead of the usual average of 140 million miles. Mars will be easily visible as a bright orange-red star in the southern sky. The next time the red planet will be this close to Earth will be 2035.

Fresh in the Fridge

Use bubble wrap from packages you receive to line the produce drawers in your refrigerator. It allows air to circulate underneath the fruits and vegetables, keeping them fresher.

Hand In Hand

Holding hands with a loved one is good for your health, researchers say. The loving act has been shown to synchronize breathing patterns and heart rates, lower blood pressure, and reduce pain levels.

TRIVIA WHIZ

The Extraordinary Eagle

Chosen for its majestic appearance and representation of freedom, the bald eagle has been the national symbol of the United States since 1782. Here are some things you might not know about this beautiful bird:

- Adult bald eagles have bright white plumage on their heads that contrasts with their dark body feathers, creating their "bald" appearance.
- The bald eagle lives only in North America, with nesting sites in Canada, the U.S. and northern Mexico.
- The birds are almost always found near water—on coastlines, lakes, rivers, swamps and marshes.
- Their favorite food is fish, including salmon, herring and catfish. Bald eagles will also eat turtles, crabs, snakes, frogs, muskrats, squirrels, rabbits, mice and other birds.
- While hunting prey, eagles can dive at speeds up to 100 mph. In normal flight, they travel about 30 mph.
- Female bald eagles are slightly bigger than males and can be 3 feet tall with a wingspan up to 8 feet.
- Their enormous nests, called aeries, are found high in the treetops. The male and female work together, building some of the largest of all bird nests—5 to 6 feet in diameter and 2 to 4 feet deep. Some pairs return to the same nest every year, adding more twigs and grass each time.
- Bald eagle pairs tend to stay together for life, and they share parenting duties, with both mom and dad incubating the eggs and feeding their young, which are called eaglets.



Suit Yourself for Summer

As we head into the hottest part of the year, stay cool and comfortable by choosing what you wear with care.

Lighten up. Select clothing in light colors, which reflect heat and sunlight rather than absorbing it like dark tones do. White, baby blue, gray, ivory and tan clothes will keep you feeling cooler than those in black, navy blue and other dark colors.

Focus on fabric. Outfit yourself in natural fabrics, such as cotton or linen, which are more breathable than

polyester or rayon. Lightweight wool is also an option. Seersucker, poplin and chambray are good warm-weather weaves. Avoid silk, as it tends to retain heat.

Keep it loose. The less fabric you have touching your body, the more comfortable you will feel. Consider loose garments such as flowy dresses, A-line skirts, palazzo pants, unstructured shirts and relaxed-fit shorts.

Heed your head. Wear a wide-brimmed hat or keep a lightweight, woven scarf with you. Drape the scarf over your shoulders or head when you are getting too much sun.

Small and simple. The last thing you want on a hot day is a heavy bag weighing on your back, so leave the backpack at home in favor of a small tote or cross-body bag. Just carry the necessities to lighten the load. Keep jewelry to a minimum, too, and leave your skin free to catch a breeze.

Cheers for Cherries

One of the tasty stars of summer, cherries shine as a fresh snack, the filling for festive pies and cobblers, and the finishing touch atop ice cream treats.

Cherries are believed to have originated thousands of years ago in the area around the Black Sea near Turkey. European settlers brought the fruit to America in the 1600s. Pioneers and fur traders later introduced cherries to the Pacific Northwest, a prime growing region for the fruit today.

Resembling large, round berries with long stems, cherries range in color from various shades of red to yellow to purplish-black. Because they have a hard pit, cherries are classified as stone fruits and are related to peaches and plums. There are two main types of cherries: sweet, which are usually eaten fresh, and tart, used in baked goods, juices and jams.

A 1-cup serving has 90 calories

and is a good source of vitamin C and potassium. Cherries are rich in several antioxidants that can ward off heart disease and lower cholesterol. Melatonin in the fruit helps promote a healthy sleep cycle, while its anti-inflammatory properties can ease achy joints and sore muscles.

The U.S. is the second-largest cherry grower in the world, behind Turkey. Washington leads the country's sweet cherry production, while Michigan grows most of the tart cherry crop.





WIT & WISDOM



Plan a Perfect Picnic

Whether you're planning a picnic for just you and a special someone or for a horde of family and friends, here are some tips to make your outdoor outing a success.

Seek a spot that will provide both sun and shade options. Pack a pretty tablecloth or blanket, and add a small bouquet of flowers for a festive touch.

Considering that Mother Earth is your host, repay her kindness by using cloth napkins and reusable silverware and plates.

Take a knife (covered for safety) and a large cutting board. You might need to slice a sandwich or open a stubborn package. The board can also provide a firm surface to set your meal or drinks on.

For entertainment, outdoor games such as cornhole, ladder ball and horseshoes are fun for all ages.

Don't forget sunscreen and insect repellent. Spray guests and the surrounding area as soon as you arrive, before unpacking any food.

Keep things easy-breezy with a small group of picnickers by filling individual lunchboxes or bags ahead of time. Simply hand them out when guests arrive.

Frozen water bottles and juice pouches can serve as ice packs in a cooler and provide refreshment as they thaw.

Other items to add to your packing list include wet wipes, serving utensils and trash bags.

Celebrate summer with a well-planned picnic



One Minute Chef

Tomatoes Gratin

Ingredients:

- 4 large tomatoes
- 2 ounces balsamic vinegar
- 1/3 cup extra-virgin olive oil, plus 4 ounces, divided
- 4 garlic cloves, sliced thin
- 4 sprigs fresh thyme (or equivalent dried)
- Salt, to taste
- Pepper, to taste
- 2 ounces pine nuts
- 8 ounces shredded Swiss cheese

Directions:

Heat oven to 350° F.

Cut tomatoes in half. In bowl, whisk together vinegar, 1/3 cup olive oil, garlic, thyme, salt and pepper; gently mix in tomatoes. Transfer to ovenproof dish, placing tomatoes cut-side up. Bake 15 minutes.

Add remaining olive oil to small saute pan and toast pine nuts over medium heat until golden, then set aside.

When tomatoes are cool enough to handle, remove skins and return to baking dish. Sprinkle tomatoes with shredded cheese. Return to oven and broil about 5 minutes, or until cheese turns golden and bubbly. Top with toasted pine nuts.

Find more recipes at www.Jarlsberg.com.



"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

—**Samuel Smiles**

"How glorious a greeting the sun gives the mountains!"

—**John Muir**

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

—**Galileo Galilei**

"The sun lay like a friendly arm across her shoulder."

—**Marjorie Kinnan Rawlings**

"We sleep, but the loom of life never stops, and the pattern which was weaving when the sun went down is weaving when it comes up in the morning."

—**Henry Ward Beecher**

"At rest, however, in the middle of everything is the sun."

—**Nicolaus Copernicus**

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—**Louisa May Alcott**

"Remember even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you."

—**Anna Lee**

"Humans are natural-born scientists. When we're born, we want to know why the stars shine. We want to know why the sun rises."

—**Michio Kaku**



July 2018

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

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent Is Due	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	

September 2018

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