**CCHA NEWSLETTER**

**MARCH 2015**

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**GREEN EGGS & HAM SANDWICHES RECIPE**

**INGREDIENTS**
- 4 eggs
- 1/4 cup fat-free milk
- 3 tablespoons prepared pesto
- 4 whole wheat English muffins, split and toasted
- 2 slices deli ham, halved
- 4 slices reduced-fat provolone cheese

**DIRECTIONS**
- Heat a 10-in. nonstick skillet coated with cooking spray over medium heat. Whisk the eggs, milk and pesto. Add to skillet (mixture should set immediately at edges.)
- As eggs set, push cooked edges toward the center, letting uncooked portion flow underneath. When eggs are set and top appears glossy, remove from skillet and cut into quarters.
- On each English muffin bottom, layer ham, eggs and cheese. Replace tops.

**Yield:** 4 servings.

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**DAYLIGHT SAVINGS TIME...**

Just a reminder…. set your clocks ahead one hour on **Sunday, March 8th**. Daylight Savings Time is the practice of advancing clocks during the lighter months so that evenings have more apparent daylight and mornings have less.

**SUPPORT YOUR COMMUNITY....**

**SAVANNA FIRE DEPARTMENT’S ANNUAL PANCAKE BREAKFAST**

Sunday, March 29th at the Fire Station
7:00 a.m. - 1:00 p.m.
$4.00 Donation (6 and under free)

- Pancakes
- Sausage
- Eggs
- Hash Browns

* Proceeds will go towards the purchase of new fire equipment!

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**SPRING CLEAN-UP TIME!** The Carroll County Housing Authority will be taking all bulk items from March 25-27th. Contact the housing office at 815-273-7081 to have your items picked up.

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**CARROLL COUNTY HOUSING AUTHORITY**

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**CARROLL COUNTY HAPPPENINGS:**
- **BINGO** (Mest Manor) Monday, March 9th & 23rd 1:00p.m. (All Tenants Welcome)
- **Board Game/Card Club** Saturday, March 14th 6:30p.m. (Mest Manor) All Tenants Welcome
- **Policy Committee Meeting & Regular Board Meeting** Tuesday, March 17th 1:30 p.m. & 2:00 p.m. (Mest Manor Dining Room)
- **Pest Control (All Units)** Friday, March 20th Beginning at 9:00 a.m.
- **Tenant Meetings** Wednesday, March 25th 10:00 a.m. & 3:00 p.m. (Mest Manor - Dining Room) Thursday, March 26th 2:30 p.m. (Maple Lane)
- **Quarterly Unit Inspections:** Tuesday, March 31st Beginning at 12:30p.m (Mest Manor Units Only)
- **Tenant Potluck (Mest Manor)** Tuesday, March 31st

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**CCHA MONTHLY HAPPPENINGS:**
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March Birthdays

Jayce Anderson 3
Mildred Wells 4
Michelle Thulion 13
Rachael Collins 14
Jordan Adams 14
Laikyn Lawrence 14
Don Ermel 16
Ruth Ermel 17
Anthony Biasi 20
Donald Dixon 21
Mark Karsten, Jr. 29
Margaret Mullen 29

Kick Off National Nutrition Month

Even though this March may feel like it’s the winter that never ends, it is time to start focusing on nutrition and bringing that under-the-blankets body back to life! Below are a few tips for keeping nutrition top of mind for your family.

1. **Have meals together.** Research shows that families who eat meals together tend to eat healthier and children are less like to be overweight. As children become teens, it has also proven to be a good way to stay engaged in their lives and prevent other bad habits like drug and alcohol abuse.

2. **Set a realistic goal.** Does your husband work nights? Then make a point to have breakfast as a family. Do sport and afterschool activities dominate the week? Then make Sunday night dinners a household tradition - TV off and table set!

3. **Expose them to different foods.** Kids are hesitant of new things, including food. So if they reject a certain vegetable or protein the first time you present it, don’t give up, that’s a normal response. Keep exposing them to it and eventually it won’t be new anymore and they will be more likely to accept it as part of a well-balanced diet.

4. **Stock the house with healthy options.** As household grocery shopper, you are, for the most part, the gatekeeper controlling what foods your kids eat. Simply leave the chips and cookies at the store and stock up on fruits and low or nonfat dairy products. As a family, look through the ads to plan your menu. Yes, they may still have access to grandma’s cookie jar on occasion, but that’s okay. By stocking up on healthy choices, your child will eventually learn to make smart food decisions all on their own.

5. **Have your own exercise routine.** Kids are always watching and they many not understand the importance of exercise if they don’t see you doing it. Pick up some fun activities you can do with your child, like going for a bike ride, renting kayaks or go indoor rock climbing.

Shs Presents, Remembering the REAL St. Patrick

March 17th - 3:00 pm & 7:00 pm

Savanna Museum & Cultural Center
406 Main St., Savanna

The Savanna Historical Society presents Remembering the REAL Saint Patrick, an Irish Dance program and short talk by the Step Back in Tyme Historical Dance Club. This entertaining program will focus on who St. Patrick really was and some interesting history of the Emerald Isle.

There will be performances at 3:00 p.m. and again at 7:00 p.m. on Tuesday, March 17th at the Savanna Museum and Cultural Center at 406 Main Street. Admission is free, a $5.00 donation is appreciated. Sweet treats and traditional green punch will be served by the Events Committee of the Savanna Historical Society.

Step Back in Tyme Historical Dance Club from Kalona, Iowa was founded 7 years ago when women in the Evans family started taking dance lessons. Within three weeks, the daughters excelled at Irish Step dancing and soon were asked to perform at various concerts, parades and festivals. What started out as a lark, turned into dedicated performances as daughters Rachel, Sarah and Hannah started their own Irish Dance Classes in 2014.

Note CCHA Tenants: If you are interested in attending the 3:00 p.m. performance and do not have transportation, please stop in the CCHA office to sign up. We will be scheduling complimentary transportation through the Carroll County Transit.