



# CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

Volume VII, Issue IX

JULY 2017



## CCHA CLEAN-UP & SHREDDING WEEK SCHEDULED



The Carroll County Housing Authority is sponsoring a complimentary Clean-Up & Shredding Week for all of our CCHA residents. Our maintenance staff will pick up, and dispose of any unwanted household items (furniture, TV's, electrical items, tires, etc.) at **NO COST** to the tenant. In addition, our office accepts any paper materials that tenants would like to have shredded at anytime, however, during this week, our maintenance staff will pick up the items that need shredded. Again, there is **NO COST** to the tenant for this shredding service throughout the year. The date of our event is as follows:

**DATE: MONDAY, JULY 17TH - FRIDAY, JULY 21ST**

**NOTE:** Please contact the housing authority office at 815-273-7081 to schedule a time to have your items picked up during the above stated week. Also, please see the "Cleaning Checklist: What To Throw Away Now" article on Page 2 for suggestions of items you can include in the clean-up.

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*"Summer isn't deadlines; it's tan lines. Summer isn't a million things to do; it's a beach chair in the sun with nothing to do. Summer isn't three months on a calendar; it's a state of mind. And we've got our sweet summer memories to keep us warm all winter long!"*



### PATRIOTIC FRUIT PIZZA RECIPE

This dessert is very pretty and always gets lots of compliments.

#### INGREDIENTS

- \* 1-1/2 cups all-purpose flour
- \* 1/4 cup confectioners' sugar
- \* 1 cup cold butter

#### FILLING

- \* 1 package (8 oz.) cream cheese, softened
- \* 1 cup sugar
- \* 1/4 teaspoon vanilla extract
- \* 3 cups sliced fresh strawberries
- \* 1 cup fresh blueberries
- \* 1 cup strawberry glaze

#### DIRECTIONS

- \* In a bowl, combine the flour and confectioners' sugar. Cut in butter until mixture begins to hold together. Press into a 12-in. tart or pizza pan; build up edges slightly. Bake at 350° for 10-15 minutes or until golden brown. Cool for 15 minutes.
  - \* In a bowl, beat cream cheese, sugar and vanilla. Spread over crust. Arrange strawberries in an 8- to 10-in. circle in center of pizza. Sprinkle blueberries around the strawberries. Pour glaze over strawberries. Refrigerate until serving. Cut into wedges.
- YIELD:** 8-10 servings.



### INDEPENDENCE DAY CELEBRATION

This year, the City of Savanna will celebrate the Fourth of July

on **WEDNESDAY, JULY 5TH**. The evening festivities will kickoff at 6:00 p.m. with a parade held on Main Street in downtown Savanna. All local residents, organizations, and businesses are encouraged to participate. Following the parade, the celebration will continue on at the West Carroll High School grounds with several fun activities planned; which will include face painting, several games, bounce houses, an Apple Pie Bake Off and much MORE. Food, as well as, soft drinks will be available for purchase. The evening will then wrap up with a **BIG FIREWORKS** display at dusk!

### SENIOR HUMOR

A group of senior citizens were exchanging notes about their ailments. "My arm is so weak I can hardly hold this coffee cup." "Yes, I know, My cataracts are so bad I can't see to pour the coffee." "I can't turn my head because of the arthritis in my neck." "My blood pressure pills make me dizzy. I guess that's the price we pay for getting old." "Well, it not all bad. We should be thankful the we can all still drive."

### CCHA MONTHLY HAPPENINGS:

- Board Game/Card Club Saturday, July 8th 6:30 p.m.
- BINGO (Mest Manor) **Tuesday**, July 11th & Monday, July 24th 1:00p.m. (All Tenants Welcome)
- Clean-up & Shredding Week Monday, July 17th through Friday, July 21st (All Sites)
- Regular Board Meeting Tuesday, July 18th 2:00 p.m. (Mest Manor)
- Mest Manor Unit Inspections Thursday, July 20th Beginning at 12:30am (Will Start on 4th Floor)
- Pest Control (All Units) Friday, July 21st 9:00 a.m.
- Tenant Meetings as follows: Thursday, July 27th 10:00am & 2:30pm (Mest Manor) Monday, July 31st 2:30 p.m. (Maple Lane)

### OFFICE CLOSURE:

INDEPENDENCE DAY Tuesday, July 4th





JULY BIRTHDAYS

Christa Darr	2
Wallace Bullis	3
Charles Letcher	9
Lilly McEowen	9
Ruby Wright	10
Samantha Yenney	13
Teresa Poore	15
Heather Law	17
James Mills	21
Sienna Young	21
Lyra Siglar	23
Latrice Lewis	23
Elena Schaefer	24
Ayva Lufkin	25
Robert Lopez	26
Keegan Gibson	27



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Paul Hartman, Chairman  
Peg Haffey, Vice-Chairman  
Shawn Picolotti, Treasurer

Ruth Kelly, Resident Commissioner  
Bill Robinson, Commissioner

CCHA Staff

Ed Bochniak, Executive Director  
Patty Acree, Administrative Assistant  
Chad O'Neill, Maintenance Lead  
Terry Koser, Maintenance Assistant

Mission Statement

The Housing Authority of the County of Carroll is committed to providing quality, affordable housing that is decent and safe, to eligible families in this community. We endeavor to instill pride and desire for an enhanced quality of life for our residents and their families.

We are committed to serving our residents and this entire community in a manner that demonstrates professional courtesy, respect, and caring.



JULY IS NATIONAL WATERMELON MONTH



Out of all the foods associated with summer, such as hot dogs, burgers, and soft-serve ice cream, there is one synonymous for being a "summer treat" and that one food is watermelon. As July has been dubbed "National Watermelon Month," following are five interesting facts about watermelon:

- It contains more lycopene than tomatoes:** For those who are not in the know, lycopene is something in both watermelons and tomatoes that act like a super-antioxidant thus stopping free radicals before they do damage to your cells and immune system. It has also been linked to preventing heart disease and some forms of cancer. According to the USDA, just one cup of watermelon contains 1.5 times more lycopene than a large tomato.
- The juice relieves muscle soreness:** Drinking watermelon juice can be quite soothing after a grueling workout. Athletes who consumed a little more than 16 ounces an hour before exercise had less muscle soreness and a lower heart rate daily. The explanation of how this is possible comes from an amino-acid in the melon, called citrulline, which is believed to improve the function of arteries and reduces blood pressure.
- It is a fruit AND a vegetable:** This overachiever of a food item is a fruit because it produces seeds and tastes sweet. However, it is also related to cucumbers because they come from the same family as pumpkins, which is a vegetable. This dual nature makes the entire thing edible including the bark, despite not being delicious.
- It is full of water:** This one is probably a no-brainer because the fruit is called a WATER-melon right? About 91.5 percent of the entire food is water thus why it is probably one of the most popular foods during summer. As a matter of fact, this fruit may be the answer to dehydration which is a very bad state to be in. The Journal of Nutrition found that women with even mild hydration experience headaches, poor concentration, fatigue, and nausea.
- Not all watermelons are red:** Of course, the most common color of watermelon is Ruby Red. However, there is actually another variety known as the Yellow Crimson. The interior is "sunny" and flavor taste like honey. Just take note that the untrained eye won't know which is which because they look exactly like the ones we know on the outside.

TIPS ON PICKING A GOOD WATERMELON

- Look the watermelon over. You are looking for a firm, symmetrical watermelon that has no bruises, cuts, or dents.
- Pick it up. The watermelon should be heavy, because it is 92% water.
- Turn it over. The underside of the watermelon should have a yellow spot from sitting on the ground and ripening in the sun.

CLEANING CHECKLIST: WHAT TO THROW AWAY NOW

In conjunction with our complimentary CCHA Clean-up & Shredding Week, it is time for you to clean out your apartment, organize and throw out all the things you don't really need. As such, here is an ultimate cleaning checklist to assist you:

- Expired Medication** You would be surprised going through your medicine cabinet and finding how many expired medications you actually own.
- Expired Canned Food** Lets clean up your endless pantry by throwing away expired food.
- Outgrown Clothes** They may have been comfortable and looked great five years ago, but today, they have shrunk, have holes and are barely hanging on.
- Plastic Tupperware** Plastic Tupperware can wear over the years, especially if you use it in the microwave. This breakdown can release dangerous chemicals into your food.
- Old Magazines** Despite their slow demise, magazines are a mainstay in homes across America. Just remember, magazines should never become a décor item in your home.
- Old Make-up** Just like food or medication, make-up can expire.
- Dated Technology** We all have old computers and printers. It's time to get rid of them.
- Old Pillows** Frequently pillows are used as a part of our décor. After two years, pillows tend to lose their stuffing, become thin and essentially lose their purpose.
- Old Shoes** If you don't see yourself wearing a pair of shoes in the next two years, throw them away.
- Old Paperwork** Don't let the fear of accidentally throwing away important documents deter you from cleaning out. Fortunately, with most information available online nowadays, there is no need to keep old bills or bank statements.