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## August Birthdays



## CARROLL COUNTY HOUSING AUTHORITY

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## CCHA Staff

 Ed Bochniak, Executive Director Patty Acree, Administrative Assistant Randy Meade, Maintenance Lead Chad O'Neill, 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.


## Happiness Happens Month

Happiness Happens Month is celebrated annually in August. It is dedicated to celebrating things that make you happy. It's a known fact that happiness is contagious and sharing your happiness can bring a smile to someone's face. The month reminds us that happiness can be found in even little things that we might not notice and that spreading the same joy amongst others can help make the world a better place.
Five amazing ways to choose happiness:
I. Gratitude

Expressing gratitude leads to an overall optimistic attitude; it is consistently and strongly correlated to feelings of happiness.
2. Volunteer

Giving your time to help others has been shown to decrease feelings of depression and improve optimism and a sense of worth.
3. Give

We have all heard the phrase: it is better to give than to receive-yes, giving is another action that leads to happiness and benefits the giver as much, if not more, than the receiver.
4. Encourage

Lifting others up brings about a reciprocal effect-put out positive thoughts and feelings and this is what you will likely receive in return.
5. Reminisce

Spend some time looking at old photos, or reading old letters and you will find feelings of happiness overflowing as you stroll down memory lane.


Come One, Come All to this year's Carroll County Fair! Featured family fun for the entire family include the following attractions:
: Children's Activities:
: Carnival Rides, Discovery Farm for Kids (and Adults), Kiddie Tractor Pull, Ninja Farmer, Power Wheel \& Bicycle Races, Power Wheel Kids Demo Derby

## Family Activities:

:Agricultural Exhibits, Animals, Bingo with Prizes, Cake Walk \& Live Cake Decorating Contest, Chainsaw Carving Demonstrations, Demolition Derby, Illini State Truck Pullers with the Tri-County Pullers (Mini Rods), Inspired Painting, Queens Blvd. Concert, Rice Bull Riding and Barrel Racing, Tractor Parade

## I SPY...

I spy with my little eye a super cute couple (look closely in the upper left-hand corner) proudly wearing their "Galena" T -shirts!

Our very own Ed Bochniak, and his wife Annie, experienced the excitement of the Today Show Plaza in New York City on Friday, July 7th! They were even fortunate enough to be chosen to say "Hello" at the beginning of the broadcast.


We officially now have a genuine TV $\star$ (star) in the house at CCHA!


