

READY TO SPICE IT UP?

Use *fresh* herbs:

Strawberry Smoothie

Serves: 1

Ingredients:

- 1 cup unsweetened frozen strawberries
- 1 teaspoon coarsely chopped mint leaves
- 1/2 cup 100% orange juice
- 1/2 cup lowfat vanilla yogurt

Directions:

Place the strawberries, mint leaves, orange juice, and yogurt in your blender. Blend until thick and smooth.

Mixed Herb Seasoning

Ingredients:

- 3 Tbsp. dried basil
- 2 Tbsp. dried savory
- 2 Tbsp. dried celery leaves
- 1 Tbsp. dried marjoram
- 1 Tbsp. dried thyme
- 1 Tbsp. dried sage
- 1/4 tsp. dried dillweed

Directions:

Finely crumble herbs or use a mortar and pestle or dry food grinder to powder herbs. Store in a tightly sealed container. Use instead of salt.



Fresh herbs (cont'd)

Fresh Herb Butter

In a small bowl, blend 1/2 cup softened butter or margarine and 1 tsp. each of chopped fresh basil, thyme, and parsley (or your favorite fresh herbs). Use on baked potatoes, grilled or broiled steak, tossed with hot pasta, or spread on bread and enjoy.



Peach Iced Tea

Ingredients:

- 3 black tea bags
- 6 cups boiling water
- 4 cups peach nectar
- 1 bunch fresh mint, trimmed
- 2 lemons, washed & thinly sliced

Directions:

Steep tea bags in the boiling water to make a strong tea; discard tea bags. Refrigerate tea until well chilled. Stir together tea and peach nectar in a pitcher. Add mint and lemon slices; refrigerate 1 hour. Add ice and serve.

5 everyday ways to keep love alive

from United Healthcare



Does your relationship need some care and attention?

All you need is love ... or so the classic song goes.

All you need is effort doesn't have quite the same ring to it. But effort is certainly a needed ingredient in loving and lasting bonds.

TLC for couples

Here are some ideas for tending to your partnership in caring ways:

1. Keep in touch — literally. Physical affection can help you feel connected. Hold hands. Offer hugs. Give each other back rubs or foot massages.

2. Make time for each other — and for yourself. Plan date nights and regular time to reconnect. Give your full attention during those "just us" times. That means setting aside smartphones or other devices.

And encourage each other to have interests of your own too. When you have hobbies and friends outside the relationship, you'll have more to talk about when you're together.

3. Bring the fun. Laugh together — at a favorite movie, inside jokes, or the antics of pets or kids. Try to approach everyday challenges as a team, with a playful attitude, to make challenges more manageable and fun.

4. Do the unexpected. Surprise your partner with a special meal, a small but thoughtful gift — or just some peaceful time alone if that's what's needed most. Or plan a new adventure for the two of you — maybe that's a night out salsa dancing or a day trip to a place you've never been. You'll create fond memories and stronger bonds.

5. Remember when When you feel yourself focusing on little annoyances in your relationship, shift your thinking by revisiting a better time. Look at couple photos you've posted. Read old love notes or cards. Listen to your song.

FAIR HOUSING IS YOUR RIGHT!

If you believe that you have been a victim of housing discrimination, please call

1-800-440-8091.

Rent Payment Hours

- Monday: 8:00 - 5:30
- Tuesday: 8:00 - 5:30
- Wednesday: 8:00 - 2:00
- Thursday: 8:00 - 5:30

Office Hours

- Monday: 7:30 - 6:00
- Tuesday: 7:30 - 6:00
- Wednesday: 7:30 - 2:00
- Thursday: 7:30 - 6:00

Word of the Month - Enrich your vocabulary

Mollify [mol-uh-fahy]

to mitigate or reduce;
soften

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WHAT TO DO WITH YOUR TAX REFUND

- Make an extra credit card payment** to reduce your interest costs
- Consider buying a U.S. savings bond.** You can purchase these bonds from most banks, credit unions, your workplace, or online by visiting: www.savingsbonds.gov
- Get an automatic payroll deduction** that goes directly to some type of savings vehicles. You can set it up with a bank or mutual fund company, and start the account with your tax refund.
- Contribute to an IRA.** If you qualify for a tax-deductible IRA, you have until April 15 to contribute and claim the contribution for your current tax return. Or, you could put your tax refund into an IRA for the following tax year.
- If you qualify, open a Roth IRA.** Even though you don't get to deduct the contribution from your taxes, the Roth IRA provides a tax-free way to save for retirement.



A 'Yes' Face

by Charles Swindoll

During Thomas Jefferson's presidency he and a group of travelers were crossing a river that had overflowed its banks. Each man crossed on horseback fighting for his life. A lone traveler watched the group traverse the treacherous river and then asked President Jefferson to take him across. The president agreed without hesitation, the man climbed on, and the two made it safely to the other side of the river where somebody asked him: "Why did you select the President to ask this favor?" The man was shocked, admitting he had no idea it was the President of the United States who had carried him safely across. "All I know," he said, "is that on some of your faces was written the answer 'No' and on some of them was the answer 'Yes.' His was a 'Yes' face."

"The most significant decision I make each day is my choice of an attitude. When my attitudes are right there's no barrier too high, no valley too deep, no dream too extreme and no challenge too great." – Charles Swindoll

Quotable Quotes (on love)

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

--Lao Tzu

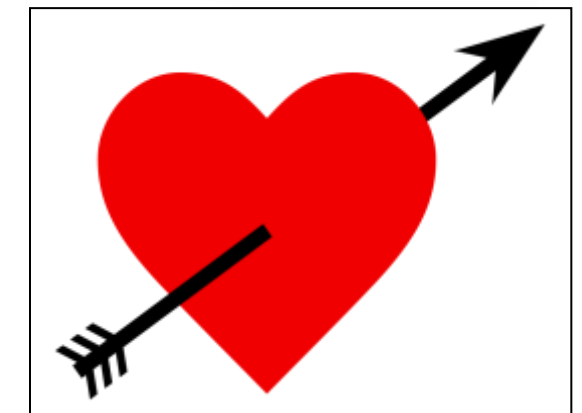


Love all, trust a few, do wrong to none.

--William Shakespeare

Numbers to Remember:

MCHA : (941) 756-3974
 Lynn Reinhard/Maintenance x 129
 Susan Cayer/Property Manager x 123
 Blanca Ramirez/Public Housing Specialist x 132
 Helen Garner/FSS x 136
 Lori Hostetter/ROSS x 227



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Rent due	2 MCHA closed	3
4	5	6	7	8 Rent late \$10 fee	9 MCHA closed	10
11	12	13	14 Valentine's Day	15 RA meeting	16 MCHA closed	17
18	19 Presidents' Day MCHA closed	20	21	22	23 MCHA closed	24
25	26	27	28			