

## Cauliflower Mac and Cheese

### Ingredients:

- 1 lb. penne (wheat)
- 1 cup milk (skim)
- 1 lb. shredded cheddar cheese
- 1/2 head cauliflower florets
- 1/4 cup parmesan cheese
- 1 tablespoon chopped parsley
- salt and pepper to taste



### Preparation:

Bring salted water to a boil and cook the pasta until al dente. In the meantime, cook the cauliflower until soft and transfer in a blender to puree. In a medium sized pan, transfer the pasta and pour the cauliflower puree in. Add the milk, cheese and season to taste.

Sprinkle chopped parsley.  
Serve immediately.



Serves 4 or more.

## Think about it . . .

To be conscious that you are ignorant is a great step to knowledge.

--*Benjamin Disraeli*

The plea of ignorance will never take away our responsibilities.

--*John Ruskin*

We want the facts to fit the preconceptions. When they don't it is easier to ignore the facts than to change the preconceptions.

--*Jessamyn West*

We lie to ourselves, in order that we may still have the excuse of ignorance, the alibi of stupidity and incomprehension, [then] we can continue with a good conscience to commit and tolerate the most monstrous crimes.

--*Aldous Huxley*



## Savings Tips taken from [www.choosetosave.org](http://www.choosetosave.org)



Try to make your own lunches, tea, coffee, or taking soda from your home, instead of buying from a convenience store each day.

Go to your local library and borrow books, CD's, videos, and read the latest magazines and newspapers there, instead of buying or renting.

Don't grocery shop on an empty stomach or you may end up buying more than you need.

Increase your gas mileage by taking care of your car with scheduled check-ups, or just drive less. Consider carpooling, walking, taking the bus, or riding a bike.

Cancel your cable.

Organize a friend/relative/neighbor swap of clothes, toys, furniture, CD's, etc.

Find a simple hairstyle that doesn't cost too much to take care of on daily/weekly basis.

## 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*

# mulct

to punish by means of  
a fine

### CONTENTS

SAVINGS TIPS & NOTICES	1
SPRING CLEANING-PART II	2
QUOTES & CALENDAR OF EVENTS	3
CAULIFLOWER MAC/CHEESE & THINK ABOUT I	4



## SPRING CLEANING - PART II

Vinegar, lemons, baking soda and other natural cleaners do a fabulous job of cleaning, disinfecting, removing stains, and more. Last month we talked about vinegar, so on to lemon juice and baking soda this month!

### Using Lemon Juice to Clean:

Lemon juice is another natural substance that can be used to clean your home. Lemon juice can be used to dissolve soap scum and hard water deposits. Lemon is a great substance to clean and shine brass and copper. Try mixing lemon juice with vinegar or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section of the lemon. Use the lemon to scrub dishes, surfaces, and stains. Be aware that lemon juice can act as a natural bleach. It's a good idea to test it out on a hidden area first. Mix 1 cup olive oil with ½ cup lemon juice and you have a furniture polish for hardwood furniture.



## Cleaning (cont'd)

One of my favorite uses for the fruit is to put a whole lemon peel through the garbage disposal. It freshens the drain and the kitchen. Orange peels can be used with the same results. Lemon juice can also be used to treat stains because of its natural bleaching qualities.



### Using Baking Soda to Clean:

Baking soda can be used to scrub surfaces in much the same way as commercial non-abrasive cleansers. Baking soda is great as a deodorizer. Place a box in the refrigerator and freezer to absorb odors. Put it anywhere you need deodorizing action. I've used it in trash cans, laundry, and even my son's super smelly sneakers. Baking soda makes a great addition in the laundry room as well. Baking soda is actually one of the most versatile cleaners on the planet.

## Quotable Quotes (on patience)

"Adopt the pace of nature: her secret is patience."  
- **Ralph Waldo Emerson**

"Don't cross the bridge 'til you come to it."  
- **Henry Wadsworth Longfellow**

"Have patience. All things are difficult before they become easy."  
- **Saadi**

### 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



### April-RA meeting date and time TBD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter rent due	2	3 food bank delivery	4	5	6 MCHA closed	7 Passover ends Rent late \$10 fee
8	9	10 food bank delivery	11	12	13 MCHA closed	14
15	16	17 food bank delivery	18	19	20 MCHA closed	21 Healthy Kids Day & Community Baby Shower
22 Earth Day	23	24 food bank delivery	25	26	27 National Arbor Day/MCHA closed	28
29	30					