



Housing Happenings

Good Food That's Good For You

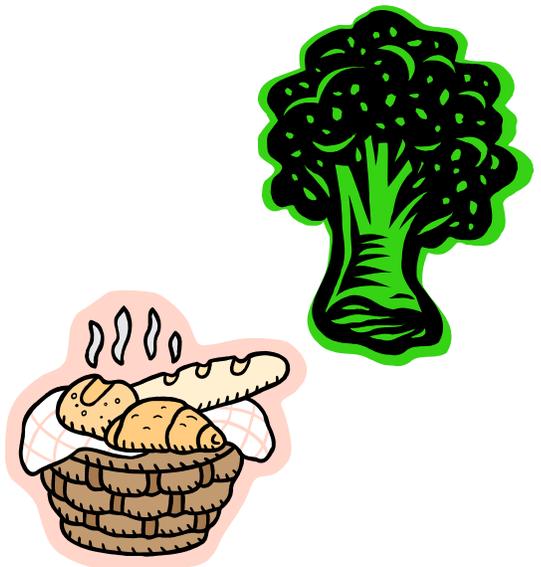
Becky Gutzman, Nutrition Coordinator and educator for UW-Extension, is willing to visit Dodge County Housing Authority facilities with her "Good Food" series. Becky's talks and demonstrations bring you up-to-date nutrition information while you have fun learning! She would like your help in setting up these visits. Her presentations will last 1 to 1 1/2 hours. The location of her presentation will depend on her schedule and the amount of interest at a particular location. Please check any topics you are interested in and return to Dodge County Housing Authority by February 14, 2003.

- Cooking for 1 or 2
- Foods That Help Fight Disease
- Getting More Food for Your Money
- Quick and Easy Meals
- Food Safety Update
- Physical Activity and Your Health



NAME & BUILDING

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Thoughts to help guide us through 2003



Now that the new year is here, here's some thoughts to help guide us through the coming months. Well, if not guide us, at least help us to look at things with slight askance and with a sense of humor.

1. Living on earth is expensive, but it does include a free trip around the sun.
2. I've noticed that people who are late are jollier than the people who have to wait for them are.
3. How long a minute is depends on what side of the bathroom door you're on.
4. You may be only one person in the world...but you may also be the world to one person.
5. Don't cry because it's over – smile because it happened.
6. A truly happy person is one who can enjoy the scenery on a detour.
7. Happiness comes through doors you didn't even know you left open.
8. Some mistakes are too much fun to only make once.
9. We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.

Author unknown, but, certainly worth pondering.

Want to Solve Life's Biggest Problems? It's Easier Than You Think...

Many people would like to believe that if they had more money, more time, or a better job, their life would be wonderful. But in reality, life doesn't work that way. Believe it or not, many of the solutions to life's biggest problems lie within us. While we can't expect most of life's problems to be fixed overnight, here are some solutions to problems that can help make our lives easier every day:

***Fear.** Many people deal with anxiety on a daily basis and live in fear of failure or embarrassment. *Solution:* Curiosity. Face life with courage and ask yourself, "What is the worst thing that could happen? What's the best thing that could happen? What positive opportunities am I missing out on because I'm afraid of a negative outcome?"

***Resentment.** Some people spend their whole lives holding onto anger, refusing to move beyond real or imagined mistreatment in the past. *Solution:* Let go. Life is far too short to dwell on the past. Use your trauma to your advantage to make you kinder, wiser and stronger.

***Stubbornness.** Refusal to change opinions or admit wrongdoing, or the inability to reassess situations, can have disastrous results.

***Tunnel vision.** Many people tend to focus on an immediate crisis or problem and forget about all the good things that are surrounding them. *Solution:* Perspective. Step back and ask yourself if the problem will matter six months down the road. Identify how the situation was created and determine what actions you want to take to deal with and improve the situation.

***Confusion.** It is very common to feel lost or unclear about what the future will bring. *Solution:* Take responsibility for your choices and always do what you believe is appropriate in every situation you face. If you listen to your heart, you won't be let down.

***Guilt.** The belief that we have failed or hurt someone can either be accurate (because sometimes we do behave badly) or simply an illusion. *Solution:* If someone has been wronged, apologize, ask forgiveness, learn from the mistake, and try to move on. If it is false guilt, do your best to drop the unnecessary burden.

LETTER FROM THE DIRECTOR

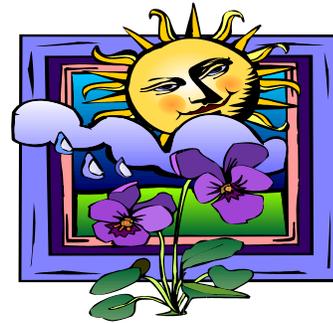
Learning new things is something that always excites me. You never know when you will learn something that will make your life better or that of someone you know or care for. Part of my job requires me to attend a great deal of meetings. Sometimes I learn some things and sometimes I don't. However if I didn't open my mind to the possibilities I never would learn anything.

I attended a recent meeting where part of the meeting they discussed the "HOUSE AS A TOTAL SYSTEM". That sound like a complex subject if I ever heard one. Well I learned some interesting things that may have an impact on how we do things in our buildings. One of the issues that comes up often in our buildings is smells that come into the hallways from people smoking in their apartments or cooking odors or a variety of other smells that come from living in your apartment. One of the ways that we have typically addressed these issues was to weather-strip apartment doors so the smells could not get out. I have now learned that that is not the best way to address this issue. Air pressure exists in all our homes, and air travels from the area of high pressure to the area of low pressure. Example would be in winter when we don't have many windows open or people going in or out, more can affect the pressure level in the hallways of our buildings.

What I am trying to tell you is that if you have smells in your apartment like cooking smells or if you

are a smoker the most effective way to reduce those smells from escaping to the hallway is to use your vent fans in your apartments. This will then draw air into your apartment which will freshen your apartment and will keep your odors from escaping it. All of our buildings have some sort of air circulating pump that helps in this matter. This will provide fresh air to the hallways so that everyone can have a more pleasant experience. This is particularly important when it is very cold out and we all keep everything closed up from the cold. I am still learning more on this subject as this is something that the experts are just figuring out. As I learn more ways to make where you live a better place I will do my best to do just that.

So in the meantime, don't forget to use your vent fans and let us all try to learn something new today.



No Kidding?

*The monarch butterfly can discern tastes 12,000 times more subtle than those perceivable by human taste buds.

*In downtown Lima, Peru, there is a large brass statue dedicated to Winnie-the-Pooh.

*Even though there are more than 20 light-houses in Alaska, you cannot drive to any of them.

Current Building Vacancies as of 2/01/03:

- Old Ashippun - 0
- Reeseville - 1
- Theresa - 2
- Burnett - 2
- Hustisford - 1
- Lowell - 0
- Iron Ridge - 0
- Juneau - 0
- Beaver Dam - 1
- Waupun - 1 (1st floor) 2 (2nd floor)

Keeping Fit in Waupun

DODGE COUNTY HOUSING AUTHORITY

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Barbara J. Lubahn-Hagedorn
Executive Director

Carl Bernhard
Board Chairman

Serving the county since 1972



Two ladies in our Waupun building decided to share their desire to exercise with the other tenants in their building. They organized a basic exercise program which includes 15 minutes of chair exercise cardiovascular and 15 minutes with true-bands.

The group meets for one half hour twice a week. They have been going for 6 weeks and have grown to 9

members. Our hats are off to the leaders of this group and all those that participate for doing their best to stay healthy.



Tenant News

Thank you to Coral Gaeth of Juneau who donated 2 flags to the Housing Authority.

NEW TENANTS

George Dunn, Waupun

Brad Kneeland, Waupun

Building Fire Alarm Test

The fire alarms for each building will be tested on the following days:

February 11th	-	Beaver Dam
February 4th	-	Reeseville
February 4th	-	Lowell
February 10th	-	Theresa
February 4th	-	Ashippun
February 6th	-	Burnett
February 20th	-	Hustisford
February 4th	-	Juneau
February 5th	-	Waupun
February 4th	-	Iron Ridge