

MAINTENANCE CORNER BY GREG POTTS

Refrigerator / Freezer Problems

If your refrigerator is not cooling on the bottom (refrigerator section), but still freezing food on the top, you can reverse or prevent the condition without calling your maintenance department.

In the freezer, make sure that food and plastic wrappers are not blocking the vents in the back of the inside of the freezer.

These vents enable the cold air from the freezer to flow down into the refrigerator section via a small fan. If the vent is blocked, the air cannot flow down into the refrigerator and condensation from warm air causes the vent system to ice up. So, always make sure the



vents are clear and air can circulate in the freezer.

These freezers were not built to pack a lot of food into; they must have air circulation to operate properly.

Please call the management office Monday – Thursday 8 am to 4 pm & Friday 8 am to Noon if you have any questions.

THINGS TO DO THIS WINTER (FREE OR CHEAP)

BY LISA BURTON

Wii Wednesday at Colonial Heights Library. 4 pm. — Free School aged children. 4799 Stockton Blvd. Info call (916) 264-2920

Animals From Around the World, with Julie Allen of Natures Critters at Ella K. McClatchy Library. 6:30 pm — Free School aged children 2112 22nd St. More info call (916) 264-2920

Everybody Reads! With ventriloquist Steve Chaney and his puppet, Cornelius Crowe —> Arcade Library 4pm School aged children Free 2443 Marconi Ave. Info call (916) 264-2920

Save an Alligator, Make a Duct tape Wallet at

Highlands/Antelope Library. 4 pm — Free School aged children 4235 Antelope Rd. Antelope. For more info call (916) 264-2920

Radical Reptiles, with Julie Allen of Nature's Critters at North Sacramento Hagginwood Library — Free School aged children 1/22 2109 Del Paso Blvd. Call (916) 264-2920

Origami for Kids with library staff at South Natomas Library 4 pm Free School aged children 2901 Truxel Rd. Info call (916) 264-2920

Chinese New Year Fun at Sylvan Oaks Library 3:30pm Free - Info (916) 264-2920

HEAP PROGRAM INFORMATION

The Home Energy Assistance Program (HEAP) is a federally funded program that helps low-income households pay their energy bill.

Are you interested in receiving an application for the HEAP Program?

Applications are being sent to each of the resident committees.

If there is no committee at your apartment complex send us a self addressed envelope and we can send the application to you.

Our Address is:

Resident Advisory Board
1725 K St #101
Sacramento, CA 95811

Please do not request applications by telephone.

SUBMITTED BY SHRA FOR PUBLICATION IN THE TENANT FOCUS
SHRA PUBLIC HOUSING NON-SMOKING FACILITY POLICY
 THIS POLICY IS EFFECTIVE: January 1, 2009

The Sacramento Housing and Redevelopment Agency (SHRA) will not allow smoking in designated residential units nor designated internal common areas within its Public and Affordable Housing properties. In non-smoking designated buildings, SHRA will erect signs in common rooms, shared laundries, stairwells, hallways, entranceways, lift areas and other enclosed common and public traffic areas indicating that these areas and interior designated residential units are non-smoking.

The terms and provisions of the Public Housing Non-Smoking Facility policy are specifically made a part of the Public Housing Residential Unit Lease and are agreed to by both parties. The lease

addendum shall become effective at the time it is signed by both parties below and shall remain in effect until the Lease is terminated. The information contained below are the lease addendum provisions:

1. Purpose of No-Smoking Policy.

The parties desire to mitigate (i) the irritation and known health effects of secondhand smoke; (ii) the increased maintenance and cleaning costs from smoking; (iii) the increased risk of fire from smoking; and (iv) the higher costs of fire insurance for a non-smoke-free building.

2. Definition of Smoking. The term "smoking" means inhaling, exhaling, breathing, or carrying any lighted

cigar, cigarette, or other tobacco product or similar lighted product in any manner or in any form.

3. Non-Smoking Facility. Tenant agrees and acknowledges that the premises to be occupied by Tenant and members of Tenant's household have been designated as a non-smoking living environment. Tenant and members of Tenant's household shall not smoke anywhere in the unit rented by Tenant, or the building where the Tenant's dwelling is located, or in any of the common areas or adjoining grounds of such building or other parts of the rental community, nor shall Tenant permit any guests or visitors under the control of Tenant to do so.

THE PARTIES DESIRE
TO MITIGATE ...
KNOWN HEALTH
EFFECTS OF
SECONDHAND SMOKE

4. Tenant to Promote No-Smoking Policy and to Alert Landlord of Violations. Tenant shall inform Tenant's guests of the no-smoking policy. Further, Tenant shall promptly give Landlord a written statement of any incident where tobacco smoke is migrating into the Tenant's unit from sources outside of the Tenant's apartment unit.

5. Landlord to Promote No-Smoking Policy. Landlord shall post no-smoking signs at entrances and exits, common areas, hallways, and in conspicuous places adjoining the grounds of the residential property.

6. Landlord Not a Guarantor of Smoke-Free Environment. Tenant acknowledges that Landlord's adoption of a non smoking facility

policy, and the efforts to designate the residential property as smoke-free, do not make the Landlord or any of its managing agents the guarantor of Tenant's health or of the smoke-free condition of the Tenant's unit and the common areas. However, Landlord shall take reasonable steps to enforce the non-smoking facility terms of its leases and to make the residential property a non-smoking facility. Landlord is not required to take steps in response to smoking unless Landlord knows of said smoking or has been given written notice of said smoking.

7. Other Tenants are Third-Party Beneficiaries of Tenant's Agreement. Tenant agrees that the other Tenants at the residential property are the third-party beneficiaries of Tenant's non-smoking facility addendum agreements with Landlord. (In layman's terms, this means that Tenant's commitments in the Addendum are made to the other Tenants as well as to Landlord.) A Tenant may sue another Tenant for an injunction to prohibit smoking or for damages, but does not have the right to evict another Tenant. Any suit between Tenants herein shall not create a presumption that the Landlord breached this Addendum.
8. Effect of Breach and Right to Terminate Lease. A breach of this Lease Addendum shall give each party all the rights contained herein, as well as the rights in the Lease. A material breach of this Addendum shall be a material breach of the lease and grounds for immediate termination of the Lease by the Landlord.
9. Disclaimer by Landlord. Tenant acknowledges that Landlord's

adoption of a non-smoking facility policy, and the efforts to designate the residential property as a non-smoking facility does not in any way change the standard of care that the Landlord or managing agent would have to a Tenant household to render buildings and premises designated as a non-smoking facility any safer, more habitable, or improved in terms of air quality standards than any other rental premises. Landlord specifically disclaims any implied or express warranties that the property, common areas, or Tenant's premises will have any higher or improve air quality standards than any other rental property. Landlord cannot and does not warrant or promise that the rental premises or common areas will be free from secondhand smoke. Tenant acknowledges that Landlord's ability to police, monitor, or enforce the agreements of this Addendum is dependent in significant part on voluntary compliance by Tenant and Tenant's guests. Tenants with respiratory ailments, allergies, or any other physical or mental condition relating to smoke are put on notice that Landlord does not assume any higher duty of care to enforce this Addendum than any other landlord obligation under the Lease.

10. Effect on Current Tenants. Tenant acknowledges that current tenants residing in the complex under a prior lease will not be subject to the Non-Smoking Facility Policy. As current tenants move out, or enter into new leases, the non-smoking facility policy will become effective for their new unit or new lease.

In addition to information in the lease addendum as a public housing tenant you can expect SHRA to:

- Display “No Smoking” signs in internal common and high traffic public areas
- Request you do not smoke in designated residential units and internal common areas, but smoke



only in the limited areas where it is allowed

- Notify you that starting January 1, 2009 designated private residential units and internal common areas are non-smoking facility zones
- Provide you with free on-site cessation assistance and tobacco education to the extent possible
- Inform staff and contractors we employ that specific residential units and all internal common areas are non-smoking facility zones

In addition to the information in the lease addendum as an affordable housing resident we expect you:

- To comply with your Residential Tenancy Lease Agreement and House Rules
- Not to smoke in designated non-smoking facility areas, including designated private residential units

- To be considerate of neighbors and not smoke immediately outside a neighbor’s window or doorway and if you are located in a private residential unit where smoking is allowable, it must be done at least 25 feet from the private residential unit

- Not to cause or permit a nuisance
- Not to interfere, or cause or permit interference with, the reasonable peace, comfort or privacy of neighbors
- To be responsible for the behavior of other occupants or visitors to your property and ensure their compliance with the Agency designated non-smoking facilities and common areas
- To be responsible for any violations of this policy and rider to the unit lease. If a violation is observed or reported to the Site Manager, the Site Manager will discuss with the resident the seriousness of the violation and serve the resident with a Ten-Day Notice to Comply or Vacate
- To comply with this policy and lease rider. Failure to comply or upon repeated violations of the smoke-free policy may be cause for termination of the Lease

- Notify SHRA in writing, a request for an informal hearing within ten (10) days of being served to dispute any adverse action initiated by SHRA. If no request is made or if a request is not made within a reasonable time as defined in the Grievance Policy, the resident shall have waived his or her right to an informal hearing

CITY AND COUNTY OFFER INCENTIVES TO MULTI-FAMILY HOUSING COMPLEXES

Both the city and the county of Sacramento have created multi-family no smoking policies. The regulations apply only to multi-family housing in their jurisdictions. The city is looking for 25% set aside for non-smoking units while the county is seeking for 50% of the units.

Qualifying complexes receive an award and may display their compliance for potential tenants. Studies show that only 30 to 40% of tenants smoke in Sacramento.

The American Lung association contacted the agency and will be working with the RAB and the housing authority to provide smoking cessation materials and encouragement to any tenants who wish to join the ranks of the non-smoking.

Our goal is to bring all of the SHRA communities into compliance with the city and county smoke free ordinances within the next few years.

SMOKE NO MORE

- ½ TSP Rochelle Salts
- ½ TSP Cream of Tarter
- Ginseng Root

Put Salt and Cream of Tarter in a bowl and mix thoroughly

Add to morning juice.

Chew small piece of Ginseng Root, swallow juice.

This will eliminate craving as well and tastes better



BREATHING EASY IN 2009

BY RESPECT

A PROGRAM OF

THE AMERICAN LUNG ASSOCIATION

On December 9, 2008 the Sacramento County Board of Supervisors adopted a resolution authorizing SHRA to begin a pilot program to bring smoke-free residential units to selected Public and Affordable Housing properties in Sacramento County. That same day the Sacramento City Council also endorsed the program.

This is in response to surveys conducted at 17 SHRA properties by the Resident Advisory Board and Sacramento County Public Health staff in 2007. Seventy-five percent (75%) of those who answered the survey said they were in support of a smoke-free environment in SHRA communities, including smoke-free residential units.

The project will include the American Lung Association's RESPECT program in partnership with the RAB and SHRA and Sacramento County Public Health Department staff. A main feature will be to seek input from SHRA tenants and staff and provide educational and quit smoking assistance to address residents' needs. Sacramento County's SHRA communities involved in the project will join over 100 other local housing authorities across the country that have adopted smoke-free policies for some or all of their apartment buildings. We look forward to getting your input as we move ahead with this new project to help us all breathe a little easier in 2009.

TOP 5 REASONS TO STAY IN SCHOOL

BY NATIONAL DROPOUT PREVENTION CENTER/NETWORK

1. High school dropouts are four times as likely to be unemployed as those who have completed four or more years of college;
2. Graduating from high school will determine how well you live for the next 50 years of your life. High school graduates earn \$143 more per week than high school dropouts. College graduates earn \$336 more per week than high school graduates (\$479 more per week than high school dropouts);
3. Dropouts are more likely to apply for and receive public assistance than graduates of high school;
4. Dropouts comprise a disproportionate percentage of the nation's prison and death row inmates. 82% of prisoners in America are high school dropouts;
5. School districts all over the country provide alternative programs for students who are not successful in the usual school setting. The best programs in the country are featured in at http://www.dropoutprevention.org/model_programs/default.htm The database can be searched for programs in Sacramento.

DROPOUT INDICATORS

Listed below are the common variables found in the research that identify potential dropouts:

- Poor attendance
- Low grade point average
- Low standardized test composite scores
- Number of grade retentions
- Number of discipline referrals
- Educational level of parent
- Special program placement
- Free/reduced lunch program
- Number of school moves (transfers)
- Low reading and math scores
- Ethnic/gender distinctions
- Language spoken in the home
- Number of suspensions
- Interest in school
- Participation in extracurricular activities
- Pregnancy/teen parent
- Number of counseling referrals
- Family status (single parent family, family size)



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Tenant Advocates

HOW SMART IS YOUR RIGHT FOOT?

How smart is Your Right Foot?

Just try this. It is from an orthopedic surgeon. This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but, you can't.

It's preprogrammed in your brain!

1. While sitting wherever you are, at your desk in front of your computer, in the front room, or at the table; lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right Hand. Your foot will change direction.



I told you so!!! And there's nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so. Pass this on to your buddies to frustrate them too!