

Los Olivos News

Published By Upland Housing Authority For The Residents of Los Olivos
Summer 2013

National Night Out

National Night Out is a nation wide event! The City of Upland along with the Upland Housing Authority invite you to turn on your outside lights, lock your door and join your neighbors. The staff from Los Olivos is planning its



Annual National Night Out and

Summer BBQ Event on

Tuesday August 6, 2013

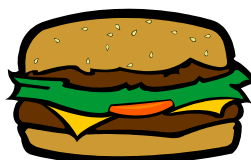
from

6:00 to 8:00 PM



at Los Olivos Courtyard

Bring your favorite dish to share and put on your favorite summer clothes.



Upland Housing Authority

1200 N. Campus Avenue Upland, CA 91786

Phone: (909) 982-2649

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Emergency After Hours: (909)

961-1283

Public Housing Staff

Executive Director: Don Swift ext.109

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Maintenance:

Ernie Guerrero , Esteban Arellano and Terry Morris ext.112

Resident Initiatives Program:

Phone: (909) 981-2975

Coordinator:

Gayle Twogood

Assistant:

Lily Huynh

UPCOMING EVENTS AT UHA

Date	Event
August 1, 2013	Rent due (late after August 5)
August 6, 2013	UHA Board Meeting 5:30 at City Hall
August 6, 2013	National Night Out and UHA BBQ 6:00 at Courtyard
September 1, 2013	Rent Due (late after September 5, 2013)
September 1, 2013	Labor Day Holiday Office Closed
September 10, 2013	UHA Board Meeting 5:30 at City Hall
October 1, 2013	Rent due (late after October 5)
October 8, 2013	UHA Board Meeting 5:50 at City Hall
November 1, 2013	Rent due (late after November 5)

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Important Phone Numbers

Upland Police Department:
(909) 946-7624

Upland Fire Department:
(909) 931-4180

Upland City Hall:(909) 931-4100

Upland Library: (909) 931-4200

Graffiti Hotline:(909) 931-4127

Burtec Waste Disposal:

(909) 949-0500

We-Tip Hotline:(800) 78-CRIME

(800) 782-7463

UHA is looking for Volunteers

The Upland Housing Authority is looking for volunteers to help in the office. This is a great opportunity to gain customer service experience. The volunteer would assist office visitors by providing routine information and direction. If you are a student and want to volunteer after school, this is a great opportunity for you. All adults and students are encouraged to apply. If you have questions or need an application you may contact Mary.



Announcement

The Resident Services Center will be at its new location, the Upland Housing Auditorium as of September 2, 2013! Hours of operation will remain the same Monday through Thursday from 5:30 to 7:30. The Center will continue with the same rules and activities. The activities are listed below.

- Homework/Reading Club
- Computer Software
- Outdoor Physical Activities
- Cinema Club
- Games
- Fun Zone
- Walk With me Wednesdays
- Adult Center
- Drug Elimination Program



Basket Ball Courts

Having a basketball court at Los Olivos is a benefit to our community. It is very important that residents help ensure the surface of the court is protected, kept safe and clean. Residents, please help protect the surface of our court by not riding bikes, skateboards, scooters or any other wheeled toys. These toys over a period of time will destroy the surface of the court. It is the responsibility of the residents to ensure their guests obey the rules as well. When the court is not used properly the court can be temporarily closed and players can lose the privilege of using it.





Earth Day: The History of A Movement

Each year, Earth Day -- April 22 -- marks the anniversary of what many consider the birth of the modern environmental movement in 1970. The height of hippie and flower-child culture in the United States, 1970 brought the death of Jimi Hendrix, the last Beatles album, and Simon & Garfunkel's "Bridge Over Troubled Water". Protest was the order of the day, but saving the planet was not the cause. War raged in Vietnam, and students nationwide increasingly opposed it. At the time, Americans were slurping leaded gas through massive V8 sedans. Industry belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the smell of prosperity. "Environment" was a word that appeared more often in spelling bees than on the evening news. Although mainstream America remained oblivious to environmental concerns, the stage had been set for change by the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment for the modern environmental movement, selling more than 500,000 copies in 24 countries and, up until that moment, more than any other person, Ms. Carson raised public awareness and concern for living organisms, the environment and public health. Earth Day 1970 capitalized on the emerging consciousness, channeling the energy of the anti-war protest movement and putting environmental concerns front and center.

Poster Contest:

"What Home Means to Me"

Resident Services will be hosting an art poster contest in May. The theme is for the contest "What Home Means to Me".

Entries will be submitted to NAHRO to be considered for placement in their annual calendar which is distributed to NAHRO members nationwide. We will provide the materials needed for your creation.

For more information, please stop by the Resident Services Center Monday through Thursday from 5:30 P.M. to 7:30 P.M.



Avoid Sunburn

keepkidshealthy.com

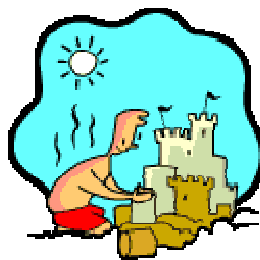
We receive most of the sun damage to our skin as children. Reducing your child's unprotected exposure to the sun will help to decrease the chance of premature aging and reduce the risk of skin cancer.

Overexposure to the sun can cause a sunburn, which is usually a mild first degree burn that causes redness and pain a few hours after the exposure, with worsening of the symptoms over the next twenty-four hours. More serious sunburns can also cause blistering of the skin (second degree burn). The main treatment of a sunburns involves control of pain and includes use of an acetaminophen or ibuprofen containing product for a few days. You can also use moisturizers and a 1 percent hydrocortisone cream three times a day, cool baths or wet compresses, and drinking lots of fluids. If peeling occurs you can continue to apply a moisturizer until the skin heals.

Here are some other tips to protect your child from the damaging effects of the sun and for prevention of sunburns:

Wear protective clothing, including a hat and long sleeve shirt and long pants. Keep in mind that most clothing only has a SPF of 5-9, so you can still get sun damage with a shirt on.

- Limit exposure to the sun when it is at its strongest (10am-4pm).
- Protect your child's eyes with sunglasses that protect against UVA and UVB radiation.
- Use sunscreen daily, even if it is cloudy, since most of the sun's radiation penetrates clouds and can still cause sunburn.
- Consider using a sunscreen with ingredients (such as zinc oxide or titanium dioxide) that physically block the sun's radiation if your child has sensitive skin.
- Heat lowers the effectiveness of sunscreens, so use a higher SPF if you are using a combination product that has both a sunscreen and an insect repellent.



Resident Initiatives Services News



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Upland, CA 91786
Phone: (909) 981-2975
www.uplandhousing.com
Coordinator: Mrs. Bruton
Assistant: Lily Huynh

SPRING 2013



Member Art- RI Assistant, Lily Huynh helps members with Origami (left) Rosemarie Flores and Veronica Roldarte exhibit their artistic talents with their completed art projects (right)

Summer 2013 Schedule of Services

Class/Program	Times
Homework/Reading Club: Homework assistance and computer use available to youth and adult residents.	5:30—7:30 pm Monday-Thursday
Computer Software: MS Word, Excel, PowerPoint, 3 #D Architecture, internet services, games for youth.	6:30—7:30 pm Monday-Thursday
Drug Elimination & Education Program: Drug elimination/prevention education program, materials and services, ongoing and formal discussions organized one time per month.	6:30—7:30 pm Monthly TBA
Outdoor Physical Activities: Tetherball, soccer, flag football, and basketball, depending on weather and participation votes.	6:30—7:30 pm Monday- Thursday
Cinema Club: Second and fourth Thursday of the month. Disney movies, pre-teen movies, and sport movies.	Every Thursday
Games: Bingo, Jingo, Scrabble, Rummikubs, Skip Bo and other games available in activity room.	6:30—7:30 pm Thursday
Fun Zone: Scavenger hunts, talent show, and holiday activities.	To be announced
Walk With Us Wednesdays	Every Wednesday weather permitting