



Birthdays Shout Outs for May...

- Chris Brownlee
- Etta Cavalli
- Robert Pryer
- Ida Thomas
- Phyllis Lokcik

Elected Officials

- Dianne Feinstein 415-393-0707
- Kamala Harris 916-448-2787
- Doris Matsui 916-498-5600
- Gavin Newsom 916-445-2841
- California Governor Dr. Richard Pan 916-651-4006
- Steve Hanson 916-808-7004
- Council Member District 4

Pioneer Staff Phone List

- Gail Gardner Manager 916-483-6548
- Stephen Tinges Leasing Agent
- Martin Cole Maintenance Supervisor
- Irene Vega Occupancy
- Laura Cedilla Bookkeeper
- Ann Turner Service Coordinator 916-443-1859
- Remona Spurgin Super Woman 916-201-4827
- James Fuller
- Jose Benitez
- Soloman Castellanos
- Stephanie Driver 916-442-4906 / 916-207-6085

Have ideas to add to the Tower Talk Newsletter or like to join the force behind the scenes? Reach out to the Newsletter Team: Steve Austin/ Lee Bias/ Steve Dale/Monty Brown

Recipe of the Month

Mac n' Cheese (Using the Government Cheese)
 Ingredients:
 • 1/2 lb government cheese
 • 1/2 lb cheddar cheese (shredded)
 • 2 cups cooked elbow macaroni noodles
 • 1/4 cup butter
 • 1/4 cup flour
 • 1 cup milk
 • 6 Ritz crackers (broken up)
 Heat oven to 350. Melt butter whisk in flour cook for 2 minutes stirring constantly. Add government cheese cut into pieces. Cook 3 min continue to stir. Add macaroni and spoon into a Pam sprayed casserole bake pan. Place shredded cheese and crushed Ritz crackers on top. Bake until cheese is melted on top.

Farmers Markets

Chavez Plaza 10 th and J St Wednesdays 10a-1:30p May-Oct	Certified Farmers Market Sundays: 8:00am-12:00pm All Year
Capitol Mall 6 th and Capitol Mall Thursday's 10a-1:30p May-Sep	Fremont Park 16 th and P Street Tuesdays: 10am-1:30pm Mar- Sept

Health Matters...

GERD is a digestive disorder, so diet can often affect the symptoms of the condition. Making dietary and lifestyle changes can go a long way toward treating many instances of GERD. **Bad Foods**-There are certain foods and drinks to avoid to help reduce symptoms: meat high in fat, foods high in salt, carbonated or acidic drinks ex: orange juice, coffee or soda pop, other examples are, chocolate, mint, tomato sauce and fried foods. **Good foods**- to eat are proteins low in cholesterol such as salmon, trout, almonds, lean poultry, beans, certain carbohydrates that occur in fruits, vegetables, potatoes, and some whole grains. Foods rich in vitamin C like fruits and vegetables, fruits high in fiber e.g. berries, apples, melons, peaches and bananas. Believe it or not eggs and of course green vegetables! Always remember to drink plenty of water throughout the day and sleep with your head slightly elevated if symptoms are acting up.