

Being a good neighbor starts with me.

In shared communities, kindness blooms like flowers in a garden. Let's water the bonds of friendship, sweep away negativity, and plant seeds of compassion.

When the winds of life blow, may we offer shelter to those in need. When the sun shines, may we share its warmth with open hearts. And when the rain falls, may we lend an umbrella to shield our neighbors from life's storms.

Remember, **small acts of goodness ripple outward**, creating a tapestry of care and consideration. Whether it's a friendly wave, a helping hand, or a simple smile, each gesture contributes to the harmony of our neighborhood symphony.

So, let's cultivate a garden of goodwill, where fences are bridges, and differences are celebrated. Together, we can make our corner of the world a better place—one kind deed at a time.



Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025



The Section 8 Sound

Quarterly Newsletter

July - August - September 2024

Attention: If you are having issues with your Landlord reach out to Tina, your Section 8 Coordinator at 402-727-4848 ext. 3, for help in getting solutions. **(Tina will be unavailable 7/15 - 7/18)**



Fun 4th of July Trivia Facts That You Probably Didn't Know BY JOSIAH SOTO

- ◇ **John Adams thought Independence Day should be celebrated on July 2.** He had a point, given that the Continental Congress did declare its freedom from Great Britain on July 2, 1776. However, an official document explaining this move to the public wasn't published until two days later, on July 4, 1776.
- ◇ **Americans consume a lot of hot dogs on July 4th. About 150 million, to be exact.** According to the National Hot Dog and Sausage Council, Los Angeles residents alone consume about 30 million pounds of hot dogs on July 4th. It's safe to say they're a holiday favorite!
- ◇ **Joey Chestnut currently holds the title of hot dog-eating world champion after setting a new record at Nathan's.** He ate a record-breaking 76 hot dogs and buns in the 2021 competition.
- ◇ **John Hancock was the first person to sign the Declaration of Independence.** His bold signature was so memorable that his name became synonymous with the word (as in, "Put your John Hancock on this form.").
- ◇ **There are some copies of the Declaration of Independence with a woman's signature on them.** Mary Katharine Goddard wasn't one of the official signers in 1776, but the printer and publisher added her name to the Declaration of Independence after she was hired by Congress to print copies.
- ◇ **Massachusetts was the first state to make July 4th an official state holiday.** The New England state made it official on July 3, 1781.
- ◇ **The proper way to fold an American flag is in the shape of a triangle.** The reason behind the triangular shape is so that it replicates the iconic "tri-cornered" hat that soldiers wore in the Continental Army during the Revolutionary War.
- ◇ There are 31 towns in the U.S. that contain the word 'liberty.' The largest town is Liberty, Missouri, with a population of 32,865.



The Fremont Housing Agency Offices Are Closed:

Thursday, July 4 - Independence Day

Monday, September 2 - Labor Day

(Office windows are closed)

Thursday, July 25

Thursday, August 22

Thursday, September 26

REMINDER! Any time your income changes you must report it to Tina immediately. *If you get a job, change jobs, get an SSI increase; etc. your income will be affected and your rent could change.* Usually this means an increase in your rent amount. So be mindful of how this will affect your household budgeting.

ABC's of Summer Safety For All Ages

- Be prepared for anything by checking the weather before you head outside. It's important to adequately prepare for the weather and your surroundings, especially if you are traveling or far from home.
- Lather on sunscreen anytime you're outdoors. Unprotected skin can quickly burn in the sun, which can cause immediate and long-term damage.
- Wear the right clothing and accessories. Light-colored and lightweight clothes can also help reflect the sun, keeping you cool and safe.
- Pack a refillable water bottle and first aid kit. Staying hydrated is extremely important, especially with increased outdoor activity over the summer.
- Be vigilant about water safety. The majority of drownings for kids between one and four actually happen during non-swimming times, like at a backyard barbecue where someone has a fountain, pond, or baby pool.

- Know the risks and signs of heat exhaustion.

Warning signs can vary but may include feelings of:

Dizziness
Muscle cramping
Weakness
Fatigue
Confusion
Heart palpitations
Nausea

- Never leave your pets or children unattended in a car. It only takes about two minutes for cars to heat up to lethal levels, so it is critical that you never leave a young child or animal alone in your vehicle at any time.

Enjoy a safe and happy summer!

Stay Hydrated With *Flavored Water*

Making your own infused water is practically calorie free and gives you a refreshing and healthy way to stay hydrated. So if you avoid drinking water because it's boring, this is for you!

Infused water is a refreshing and healthy way to stay hydrated. It's easy to make and there are endless flavor combinations to try. One popular variation is fruit infused water, which involves adding slices of fresh fruit to cold water for a subtle burst of flavor. Citrus fruits like lemon, lime, and orange are a great choice for this, as are berries like strawberries and blueberries.

To make fruit infused water, simply slice your fruit of choice and add it to a pitcher or mason jar of cold water. For best results, let the water sit in the fridge for a few hours to allow the flavors to infuse. You can also add fresh mint or lime slices for an extra kick.

Summer Safety Tips & Reminders

Picnic Safety

Summer is a great time to get outside for a picnic. Follow these tips to prevent illness and keep everyone safe:

- ⇒ Wash your hands, utensils, and workstation before preparing the food.
- ⇒ Separate uncooked meats, poultry, and seafood from ready-to-eat foods like salads, fruits, vegetables, cheeses, and desserts.
- Use separate plates and utensils to prevent cross-contamination.
- ⇒ Bring hand sanitizer if your picnic site doesn't have hand-washing facilities.
- ⇒ If you are going to cook on the grill, bring a food thermometer to be sure grilled foods are cooked enough. For more information about safe grilling, review the additional tips below!

Grilling Safety

Though more than three-quarters of U.S. adults have used a grill — yet grilling sparks more than 10,000 home fires on average each year. To avoid this, the Red Cross offers these grilling safety tips:

- ⇒ Always supervise a barbecue grill when in use. Don't add charcoal starter fluid when coals have already been ignited.
- ⇒ Never grill indoors — not in the house, camper, tent, or any enclosed area.
- ⇒ Make sure everyone, including pets, stays away from the grill.
- ⇒ Keep the grill out in the open, away from the house, deck, tree branches or anything that could catch fire.
- ⇒ Use the long-handled tools especially made for cooking on the grill to help keep the chef safe.
- ⇒ Don't leave perishable food out in the sun.



Fremont Housing Agency

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(402) 727-4751 - fax
www.fremonthousing.org

Fremont Police Dept.

(402) 727-2677
Emergency - 911

Fremont Fire Dept.

(402) 727-2688
Emergency - 911

General Assistance

(402) 727-2731

Health & Human Services

(402) 727-3200

LifeHouse

(402)-721-3125

Salvation Army

(402) 721-0930

Rentwise Classes

RentWise is a program to help renters obtain and keep rental housing and be successful renters through education.

FHA holds a live class twice a year, and it is announced in the newsletter. But the class is also available online any time. You are able to register and take the training at your own pace at no charge!

A certificate is awarded upon completion of the training.

If you are interested in taking the online course contact Tina 402-727-4848, and she will be happy to give you the information necessary to sign up or answer any questions you may have.

Be sure to take part in this free and informative opportunity.



REMINDER:

If it is your responsibility to mow, trim and maintain the lawn and yard where you are living, you should be doing this on a regular basis.

Take pride in your home and community!

