

Recipes

Rustic Tomato Pie



- Ingredients**
 Dough for single-crust pie
 1-3/4 pounds mixed tomatoes, seeded and cut into 1/2-inch slices
 1/4 cup thinly sliced green onions
 1/2 cup mayonnaise
 1/2 cup shredded cheddar cheese
 2 tablespoons minced fresh basil
 1/4 teaspoon salt
 1/4 teaspoon pepper
 2 bacon strips, cooked and crumbled
 2 tablespoons grated Parmesan cheese

Directions
 Preheat oven to 400°. On a lightly floured surface, roll dough to a 1/8-in.-thick circle; transfer to a 9-in. pie plate. Trim crust to 1/2 in. beyond rim of plate.
 Place half of the tomatoes and half of the onions in crust. Combine mayonnaise, cheddar cheese, basil, salt and pepper; spread over tomatoes. Top with remaining onions and tomatoes. Fold crust edge over filling, pleating as you go and leaving an 8-in. opening in the center. Sprinkle with bacon and Parmesan cheese.
 Bake on a lower oven rack until until crust is golden and filling is bubbly, 30-35 minutes. Let stand 10 minutes before cutting. If desired, sprinkle with additional basil.

Editor's Note
 Dough for single-crust pie: Combine 1-1/4 cups all-purpose flour and 1/4 tsp. salt; cut in 1/2 cup cold butter until crumbly. Gradually add 3-5 Tbsp. ice water, tossing with a fork until dough holds together when pressed. Shape into a disk; wrap and refrigerate 1 hour.

Food Safety During Picnic Season PROVIDED BY U.S. Food and Drug Administration

Defrost meat, poultry, and seafood in the refrigerator or by submerging sealed packages in cold water. You can also microwave-defrost, but only if the food will be grilled immediately afterward. If marinating, use the fridge not the countertop. Never reuse marinade that contacted raw foods unless you boil it first or set some of the marinade aside before marinating food to use for sauce later.

When Grilling - Have clean utensils and platters available. Cook meat, poultry, and seafood to the right temperatures — use a food thermometer to be sure. Keep cooked meats hot at 140 °F or warmer until serving time — set them to the side of the grill rack to keep them hot.

When removing foods from the grill, place them on a clean platter – never use the same platter and utensils you used for raw meat, poultry, or seafood.

Watch the time and outside temperature - Don't let hot or cold food sit out in the "Danger Zone" (between 40 °F and 140 °F) for more than 2 hours – or 1 hour if the outdoor temperature is above 90 °F. If they do, discard them.

When packing coolers - Place food from the refrigerator directly into an insulated cooler immediately before leaving home and use lots of ice or ice packs to keep it at 40 °F or below.

Contact: 1-888-SAFEFOOD (toll free)

Hooper Housing Authority ~ Parkview Apartments AUGUST 2021 Newsletter

The Funny Family Vacations Stories That You Will Sadly Relate To

Reader's Digest Editors Updated: Sep. 12, 2020

Stuffed mannequin

Throughout our tour of an early American bathhouse in Hot Springs, Arkansas, I explained to my four-year-old grandson what people once did there. When we came upon a mannequin at a desk, I told him, "She was probably writing a letter home to her friends telling them about her vacation to Hot Springs."

My grandson asked, "And then she died and they stuffed her?" — *Cynthia, Grenada, Mississippi*

Not so fast!

My son took his first flight at the age of four. He was scared about flying, so he called the attendant over and told her that he wanted the plane not to "flight" but just to get "going on the road!" The flight attendant played along and agreed. As the plane sped down the runway, my son called back to her, "I told you by road, but not so fast!!!" — *Ana, Campeche, Mexico*

What's your name?

After a long drive to Canada, border patrol agents asked my father the name of us five kids in the back. Dad was so tired that he drew a blank. The brief lapse resulted in Dad being hauled in for questioning. After convincing them that he hadn't kidnapped us, he was released—15 hours later. *Source: cafemom.com*

Eyes on the road

Driving across California, we stopped at a red light in a beautiful old western town. As I admired the elegant storefronts and beautiful scenery, I didn't notice that the light had turned green and back to red again. It was then that a police officer tapped on my window and said, "That's all the colors we got here." — *Yefim, Tacoma, Washington*

Not the right mouse

"AAAAHHHHHH!!!" That was my sister's way of letting the world know she'd just seen a mouse inside her Adirondack Mountains cabin. Her husband set a trap, and a while later they heard it snap shut. As he carried the trap to the garbage, my sister scrutinized the little beast, then shook her head. "No," she said, "that's not him." — *Patricia, Suffern, New York*

Loose pants

Before our trip to Las Vegas, my husband lost quite a few pounds. This came into play on the airplane. As he was grabbing our overhead luggage, his pants slipped down to his knees. A woman asked, "Can I help you?" "Yes," he said. "I'll grab the luggage; you pull up my pants." — *Jeanne, Erie, Pennsylvania*

Easy Ways to Be Kinder, Starting Now

- * Offer to pick up groceries for an elderly neighbor.
- * Compliment a stranger.
- * Send a friend a positive text.
- * Pick up trash off the street.
- * Call an old friend or relative.
- * Thank a teacher.
- * Smile at 5 people.
- * Leave a positive note on a bulletin board



QUARTERLY

PEST CONTROL TREATMENT

February, May, August & November

The **last Tuesday of the month, starting at 10:00 a.m.** Be prepared for this visit to your apartment. Even if you are not at home the treatment will be done.

Remember to report anytime you suspect there is an issue. Being proactive and catching things early is the way to successfully avoid or eliminate any issues. Thank you for your help!



Hooper Board Meeting Notice

The next Regular Board Meeting is on Wednesday, September 8, 2021. It will begin at 6:30 p.m.

7 Ways To Be a Good Neighbor in Your Apartment Community

Hannah Hildebolt 9/11/20



A few simple tricks to help you form healthy, happy neighborly relationships

1. Be sociable in whatever way you can, even if you just say "hello."
2. If you have a problem, be clear and communicative.
3. Be mindful of the laundry etiquette in your apartment building.
4. Introduce your pet, but don't assume that your neighbor will want to interact with them.
5. If you know the noise level in your apartment might be high due to a special event, make sure to warn your neighbors beforehand.
6. Understand that the small things add up.

Small courtesies and kind words can do wonders, in the same way that a lot of little annoyances can add up into substantial problems over time.

The goal is to live together successfully, in ways which create healthy and happy homes for everyone in the apartment community. Be thoughtful, be empathetic, and the rest will follow. naturally.

Hooper Office Hours

Tuesday - 9:00 a.m. - 3:00 p.m.
(closed for lunch 12:00 p.m. - 12:30 p.m.)
Friday - 8:30 a.m. - 11:00 a.m.

Call the Fremont Housing Office at 402-727-4848 to put in a Work Order.
You can also tell Office Staff on Tuesdays at the Hooper Office, 402-654-2229.

For Maintenance Emergencies ONLY!

Call - Ed (Maintenance Supervisor) 402-720-1264
or Rita (Executive Director) 402-720-9643.

RENT REMINDERS

- ◆ Rent is due August 1st.
- ◆ Rent is late if received after 4:30 p.m. on August 5th.
- ◆ A charge of \$30 will be assessed on the 6th day of each month for late rent.
- ◆ An additional \$20 will be assessed if rent is not paid by the 20th of each month.
- ◆ No partial payment is accepted.
- ◆ Check, cashier's check, or money order only.
- ◆ If you mail your payment please allow at least 5 days.

Any questions, please call 402-727-4848 or on Tuesdays (9-11) & Fridays (8:30-11) - 402-654-2229.

Please donate your extra plastic grocery bags so pet owners can use them to pick up after their animals.

Thank You!



Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Remember:

- ◆ Extreme heat can occur quickly and without warning.
- ◆ Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- ◆ Humidity increases the feeling of heat as measured by a heat index.

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- ⇒ Find air conditioning.
- ⇒ Avoid strenuous activities.
- ⇒ Wear light clothing.
- ⇒ Check on family members and neighbors.
- ⇒ Drink plenty of fluids.
- ⇒ Watch for heat cramps, heat exhaustion and heat stroke.
- ⇒ Never leave people or pets in a closed car.

Recognize and Respond

HEAT CRAMPS

Signs: Muscle pains or spasms in the stomach, arms or legs.

Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. If you are sick and need medical attention, call your healthcare provider first. Follow your healthcare provider's instructions about whether you should go to the hospital or cooler location yourself, as you may be putting others or yourself in greater risk for contracting COVID-19. If cramps last more than an hour, seek medical attention. If possible, put on a mask before medical help arrives.

HEAT EXHAUSTION

Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting.

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Call your healthcare provider if symptoms get worse or last more than an hour.

HEAT STROKE

Signs: Extremely high body temperature (above 103 degrees) taken orally. Red, hot and dry skin with no sweat. Rapid, strong pulse. Dizziness, confusion or unconsciousness.