

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 7 - 10 days.**

Any questions, please call 402-727-4848 or on Tuesdays 9:00 - 3:00 (closed 12 - 12:30 for lunch)



A few fun facts about August

August is also a little bit unique, most of the time at least. In a standard year, there is no other month that begins on the same day of the week as August. In a leap year, however, August begins on the same day of the week as February.

Back in the days of the Anglo-Saxons, the month was called Weod Monath. Its translation of “weed month” is quite literal – in this month weeds and other plants grow the fastest in the northern hemisphere.

On August 6, 1762, the first-ever sandwich was created, at least with such a name. It was named after the Earl of Sandwich when he requested a dish involving meat between two pieces of bread. As the story goes, he requested it as he was in the middle of a gambling game and didn't want to interrupt it.

Unlike most other months, August has just one birthstone – peridot. One of the lesser-known gems, peridots come in shades from grass-green to a more earthy olive hue. They're quite a unique gem, really, and quite rare as they can only be found from two very different sources – they can be formed deep in the earth and expelled to the surface along with lava, and they can be found in meteorites! It is claimed that peridots have healing powers and can protect the bearer from evil.

‘The Parkview Press’ August 2022 Newsletter

What Are The Dog Days Of Summer?

by Farmers' Almanac Staff Updated: July 11, 2022

The “Dog Days” of summer are from July 3 to August 11 each year. They're usually the hottest and most unbearable days of the season. We often hear about the “Dog Days” of summer, but few know where the expression originated. Some think it's a reference to the hot, sultry days that are “not fit for a dog.” Others suggest it's the time of year when the extreme heat drives dogs mad. But where does the term come from? And what does it have to do with dogs? You may be surprised to see it has to do with the stars!

The phrase is a reference to Sirius, the Dog Star. During the “Dog Days” period, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth. Sirius is a part of the constellation Canis Major, the Greater Dog.

In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as dies caniculārēs, or “dog days.”

Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun—July 3 to August 11 each year.

Summer heat is due to the Earth's tilt

While this period usually is the hottest stretch of summer, the heat is not due to any added radiation from Sirius, regardless of its brightness. The heat of summer is simply a direct result of the Earth's tilt.

During summer in the Northern Hemisphere, the tilt of the Earth causes the Sun's rays to hit at a more direct angle, and for a longer period of time throughout the day. This means longer, hotter days.



Holidays and Dates to Remember

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### AUGUST

Tuesday, 2nd - Ice Cream Sandwich Day!  
Sunday, 7th - Friendship Day  
Friday, 19th - World Humanitarian Day  
Sunday, 21st - Senior Citizen's Day  
Wednesday, 31st - Overdose Awareness Day



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.

### **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 21, 2022 at 6:30p.m.

# Meeting

### Hooper Office Hours

**Tuesday** - 9:00 a.m. - 3:00 p.m.  
(closed for lunch 12:00 p.m. - 12:30  
Housing Specialist - **Tammy**

### When to seek medical help for Bee Stings - Symptoms:

The sting most often produces a local reaction.  
But in rare cases, a systemic allergic reaction  
might happen.

#### **Allergic reaction might cause these signs:**

Rashes, Swelling or Redness away from the area  
of the sting

Vomiting or nausea

**Rarely, a severe reaction that needs emergency  
attention immediately may show these signs:**

Difficulty breathing

Increased heartbeat

Dizziness

Loss of consciousness

## Check out these creative ways to stay cool when the temperatures soar!

### 7 Ways to Keep Cool During Hot Days

- ⇒ Cool your pulse points by running cold water or ice cubes over your wrists for a few minutes.
- ⇒ Place a cold cloth or cold pack on the back of your neck and leave it there for at least 5 minutes.
- ⇒ Eat small meals rather than large ones as digestion raises the body's core temperature.
- ⇒ Cool off your bed at night by using a freezing bottled water. Use it to cool your ankles and the back of your knees.
- ⇒ Freeze a couple of water bottles (freeze one for Fido, too, and put it in the pet's bed to keep him cool) and use them to cool down pulse points.
- ⇒ Don't turn on the oven! Cook outside using the grill, or use your microwave, crock pot, or serve something cold, like a yummy protein-packed salad. Try this one!
- ⇒ Use overhead (ceiling) fans if you have them. For floor fans, place a bowl of ice or a frozen water jug behind the fan. The air will be cool. You may also want to place a fan on the hot side of a room and have the air blow out, basically allowing the fan to pull the heated air out of the room.



### Good For A Laugh.....

#### GRANDMA KNOWS BEST

When our son was young, his grandma joked about the Sandman and how he put kids to sleep by sprinkling "sleepy sand" in their eyes. Later that day I found Chico napping with his head in a cardboard box. When I asked him why, he said he wasn't going to let anyone put sand in his eyes. I couldn't convince him it was a fairy tale, because Grandma wouldn't lie!



#### FURRY FOOLERY

My dog, Shadow, is smart as a whip, but she sheds like crazy.

One day Shadow brought me a tuft of her black fur. I thought, I wonder where she found that? But I rewarded her with a treat and put the fur in the trash. Later, she traded a second clump of fur for a treat. When she brought me another one, I realized it looked familiar. Sure enough, there was no fur in the trash. Shadow was trading the same tuft for treats. She knew she was busted and innocently put her head on her paws and fell asleep.

**"Be the reason someone believes in the goodness of people."**

*Karen Salmonshon*