

The Best Parmesan Chicken Bake

Recipes

Ingredients

- ◆ 2 tablespoons olive oil
- ◆ 2 cloves garlic, crushed and finely chopped
- ◆ ¼ teaspoon crushed red pepper flakes, or to taste
- ◆ 6 boneless, skinless chicken breast halves
- ◆ 2 cups prepared marinara sauce
- ◆ ¼ cup chopped fresh basil
- ◆ 1 (8 ounce) package shredded mozzarella cheese, divided
- ◆ ½ cup grated Parmesan cheese, divided
- ◆ 1 (5 ounce) package garlic croutons

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Coat the bottom of a 9x13 inch casserole dish with olive oil, and sprinkle with garlic and hot red pepper flakes.

Step 3

Arrange the chicken breasts in bottom of the dish, and pour marinara sauce over chicken. Sprinkle basil over marinara sauce, and top with half the mozzarella cheese, followed by half the Parmesan cheese. Sprinkle on the croutons, then top with the remaining mozzarella cheese and remaining Parmesan cheese.

Step 4

Bake in preheated oven until cheese and croutons are golden brown and the chicken is no longer pink inside, about 35 minutes to an hour, depending on the shape and thickness of your chicken breasts. An instant-read thermometer inserted into the thickest part of a chicken breast should read at least 160 degrees F (70 degrees C).



Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.

John Boswell

How to Beat the Winter Blues

- | | |
|---|--|
| ~ Take Vitamin D | ~ Download a Positivity App |
| ~ Go for a Walk During the Day | ~ Cook with Friends |
| ~ Exercise Regularly | ~ Sing! |
| ~ Eat Lots of Fruits and Vegetables | ~ Volunteer |
| ~ Pay Attention to Your Lighting | ~ Grow Indoor Plants |
| ~ Try Something New | ~ Dress in More Colors |
| ~ Plan Something You Can Look Forward To | ~ Learn a New Skill or Practice an Old One |
| ~ Read an Inspiring Book or Watch an Inspiring Film | |



Hooper Housing Authority ~ Parkview Apartments January 2021 Newsletter

7 Reasons Why New Year's Resolutions Don't Work

Here's what to do instead.

Happy New Year!

1. You are trying to change your entire life overnight. You don't reach the tip of Mount Everest in a day. It's a journey made up of a myriad of small steps.
2. You don't believe you can achieve your aspirational goals. You doubt yourself. As a result, you don't commit.
3. You know the theory, but you don't practice. You have read tons of personal development books, but you fail to put your knowledge into practice. It's all talk, no action.
4. Your resolutions are a source of suffering instead of enjoyment. They become a source of stress. They become one more thing you need to do in your life. You feel they are something you have to do.
5. Because you're afraid of failing, you are keeping your resolutions a secret. As a result, you don't have a support system. You don't enroll family members and friends in helping you to move the needle.
6. You don't have enough great reasons to accomplish your resolutions. You are not clear about your "why."
7. Your resolutions are too vague. For example, "to exercise more" is way too general; it lacks concreteness. What's that "more" all about?

Frustrated with my own results. I changed my strategy. What's the main change I made? I turned New Year's resolutions into firm commitments. And it worked.

So, here are some tips that worked for me:

1. Ask yourself what your immediate next step is to achieve your resolutions.

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2. Turn resolutions into commitments. Deepen your conviction. Make them a must.
3. Results are a consequence of massive action. Take action every day.
4. Find ways to enjoy living your commitments. Anticipate the joy you will feel when you achieve your results.
5. Don't keep your commitment a secret. Set up an accountability system. Enroll a trusted friend or invest in a life coach.
6. Be very specific about what you want to achieve with your commitments. Describe them in observable terms. What will you see, hear, and feel when you reach your commitment?
7. Be clear about your "why." Uncover the most profound purpose that underpins your goals. Why do you want your commitment to become a reality? How will your life change as a result of living the intention of your resolutions?

Aldo Civico Ph.D. Posted Dec 28, 2019

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!



\$\$ RENT REMINDERS \$\$

- ⇒ Rent is due **January 1st**.
- ⇒ Rent is late if received after 4:30 p.m. on **January 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.

RENT ~ RENT ~ RENT ~ RENT

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 and Fridays 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.**

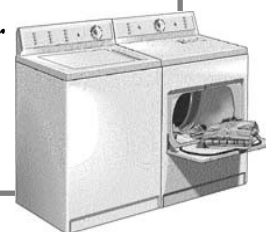
Hooper Board Meeting Notice

The next Regular Board Meeting is on Wednesday, January 20, 2021.
It will begin at 6:30 p.m.

Holidays and Dates to Remember JANUARY

- 1 New Year's Day
- 18 Martin Luther King Jr. Day
- 20 Inauguration Day

**Be mindful of your neighbors,
don't leave your laundry in the machines.
It is inconvenient for others and could lead
to lost or stolen items, which the Hooper
Housing Authority is not responsible for.**



Short Stories That Can Teach Us A Lesson

Old Man in The Village

An old man lived in the village. He was one of the most unfortunate people in the world. The whole village was tired of him; he was always gloomy, he constantly complained and was always in a bad mood.

The longer he lived, the more bile he was becoming and the more poisonous were his words. People avoided him because his misfortune became contagious. It was even unnatural and insulting to be happy next to him.

He created the feeling of unhappiness in others.

But one day, when he turned eighty years old, an incredible thing happened. Instantly everyone started hearing the rumor:

"The Old Man is happy today, he doesn't complain about anything, smiles, and even his face is freshened up".

The whole village gathered together. The old man was asked by a Villager: "What happened to you?"

"Nothing special. Eighty years I've been chasing happiness, and it was useless. And then I decided to live without happiness and just enjoy life. That's why I'm happy now".

Moral of the story: Don't chase happiness. Enjoy your life.

The Wise Man

People have been coming to the Wise Man, complaining about the same problems every time. One day he told them a joke, and everyone roared in laughter.

After a couple of minutes, he told them the same joke and only a few of them smiled.

When he told the same joke for the third time no one laughed anymore.

The Wise Man smiled and said: "You can't laugh at the same joke over and over. So why are you always crying about the same problem?"

Moral of the story: Worrying won't solve your problems, it'll just waste your time and energy.

The Fox & The Grapes

One afternoon a fox was walking through the forest and spotted a bunch of grapes hanging from a lofty branch.

"Just the thing to quench my thirst," he thought.

Taking a few steps back, the fox jumped and just missed the hanging grapes. Again, the fox took a few paces back and tried to reach them but still failed.

Finally, giving up, the fox turned up his nose and said, "They're probably sour anyway," and proceeded to walk away.

Moral of the story: It's easy to despise what you can't have.