

Bacon Baked Beans

Recipes

HAPPY
FOURTH OF JULY



INGREDIENTS

2 Tbsp butter
1 medium white onion, finely chopped
5 (15-oz) cans pork and beans
¾ cup ketchup
½ cup molasses
3 Tbsp mustard
½ cup brown sugar
6 slices bacon, cut into thirds

DIRECTIONS

Preheat oven to 325°F. Coat a 13 x 9-inch baking dish with nonstick cooking spray.

In a medium skillet over medium-high heat, melt butter and cook onions until soft. Transfer to a large bowl. Add beans, ketchup, molasses, mustard and brown sugar and stir well to combine. Transfer to prepared dish. Top with uncooked bacon. Bake for 3 hours until browned on top and liquid is absorbed.



“And so, my fellow Americans: ask not what your country can do for you – ask what you can do for your country. My fellow citizens of the world: ask not what America will do for you, but what together we can do for the freedom of man.” – John F Kennedy

Hooper Housing Authority ~ Parkview Apartments July 2021 Newsletter

Fourth of July FUN Facts

- ♦ July 4th is Independence Day or also known as America’s birthday in the United States.
- ♦ We celebrate the 4th of July because it represents the day that America became separate from British rule.
- ♦ Under British rule the Colonists were unhappy with British government. They felt they were unfairly taxed and had no vote on the laws that affected them.
- ♦ The colonists decided to write a document announcing they were no longer part of the British government and they were going to be a new nation called the United States of America.
- ♦ This document is known as the Declaration of Independence.
- ♦ On July 4th 1776 the Declaration of Independence was signed giving the United States independence from Great Britain.
- ♦ The first person to sign the Declaration of Independence was John Hancock.
- ♦ The Declaration of Independence was written on July 2nd 1776.
- ♦ Thomas Jefferson is credited for writing the Declaration of Independence. However the Committee of Five (Benjamin Franklin, John Adams, Thomas Jefferson, Roger Sherman and Robert Livingston) were all involved with the final draft of the Declaration of Independence.
- ♦ The Declaration of Independence was signed by 56 men representing the 13 colonies.
- ♦ The 13 colonies were: New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, North Carolina, South Carolina, and Georgia.
- ♦ The Declaration of Independence was written during the American Revolutionary War (1775-1783).
- ♦ Did you know that when the United States gained independence the population of the country was around 2.5 million. Today the population is around 304 million.
- ♦ The first event celebrating the 4th of July at the Whitehouse was in 1801.
- ♦ Benjamin Franklin wanted the turkey to be the national animal of the US but he was out voted and the bald eagle became the national animal.
- ♦ So why do we celebrate the 4th of July with parades, fireworks and BBQ? Many believe that it has to do with a letter John Adams wrote to his wife Abigail on July 2nd 1776 about America’s Independence. In the letter he wrote ” The day will be most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, bonfire and illuminations (fireworks) from one end of the continent to the other, from this time forward and forever more.”
- ♦ The names of the Representatives from each of the 13 colonies who signed the Declaration of Independence.

New Hampshire:	Josiah Bartlett, William Whipple, Matthew Thornton
Rhode Island:	Stephen Hopkins, William Ellery
Connecticut:	Roger Sherman, Samuel Huntington, William Williams, Oliver Wolcott
New York:	William Floyd, Philip Livingston, Francis Lewis, Lewis Morris

**FHA Offices will be closed:
Monday, July 5 in observance of the July 4th Holiday**

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) 	<ul style="list-style-type: none"> • Call 911 right away—heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) 	<ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms 	<ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems

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 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.

RENT REMINDERS

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

Ideas? Suggestions? Anything you would like to see in this Newsletter? Maybe a new name?
Let Becky know, by a phone call, 402-727-4848, or leave a written message in the drop box. **All submissions will be considered!**

Seeking Happiness

The Story:

There were 200 people attending a seminar on mental and physical health. At one point, the speaker told the group they were going to do an activity. He gave each attendee one balloon and told them to write their name on it. Then, the balloons were collected and moved into a very small room.

The participants were then asked to go into the other room and were given 2 minutes to find their balloon.

It was chaos. People were searching frantically for their balloon, pushing each other and running into one another while they grabbed a balloon, looked at it, and inevitably tossed it to the side.

At the end of the 2 minutes, no one had found the balloon that had their name on it.

Then, the speaker asked the participants to go back in the room and pick up one balloon at random, look at the name, and return it to its owner. Within minutes, everyone had been reunited with their original balloon.

The speaker then told the group, "This is what it's like when people are frantically searching for their own happiness in life. People push others aside to get the things that they want that they believe will bring them happiness. However, our happiness actually lies in helping other people and working together as a community."

The Moral:

You will get your happiness if you help other people find theirs. The Dalai Lama says, "If you want to be happy, practice compassion."

Helping others makes us happy because it gives us a sense of purpose. In fact, a study from the London School of Economics found that the more you help other people, the happier you will be. The researchers compared the variance in happiness levels of people who don't help others on a regular basis to the happiness of weekly volunteers. They found that the participants had the same variance in happiness as those who make \$75,000 – \$100,000 annually vs \$20,000.

Helping others brings us happiness for three reasons:

Diversion: When you worry less about your own needs—in this case, finding your own balloon—the stress of that hunt decreases. Taking your focus away from the fact that you can't find your own balloon lets you divert your attention away from your own problem. The feeling of compassion replaces the feeling of need.

Perspective: Having concern for other people helps us remember that we are all facing similar problems in life—no matter what the individual severity of the issue is. Sometimes when we are focused on our own issues, they get put into perspective when we encounter the true suffering of others (for example, bereavement or a severe disability). It's easy to then realize the excess amount of attention we've been giving our own problems. Having compassion helps us put our problems into perspective.

Connection: Connecting with others by helping them can bring happiness into your life. Humans are social beings that need to have positive connections with other people in order to be happy. Connecting with other people enriches our lives and gives us a sense of fulfillment.