

Loaded Baked Potato Salad

Ingredients

- ♦ 2 1/2 pounds baking potatoes, russets (about 4 or 5 large)
- ♦ 1 to 2 tbsp. olive oil (or vegetable oil)
- ♦ 10 to 12 strips thick-cut bacon, diced
- ♦ 1 cup shredded cheddar cheese (plus more for garnish)
- ♦ 1/4 cup thinly sliced green onions (plus more for garnish)
- ♦ 1/2 teaspoon celery seeds
- ♦ 1/2 teaspoon ground black pepper
- ♦ 3/4 cup mayonnaise
- ♦ 1/2 cup sour cream (light or regular)
- ♦ 4 tablespoons milk
- ♦ Salt to taste
- ♦ Optional for garnish: fresh chopped parsley



Steps to Make

Preheat the oven to 350 F.

Scrub the potatoes and prick in several places with a fork or skewer. Rub the potatoes with olive oil or vegetable oil. Place the potatoes directly on the oven rack in the preheated oven and bake for about 1 hour, or until they are easily pierced with a fork. Remove from the oven and cool. Place the potatoes in the refrigerator until thoroughly chilled.

Place a large skillet over medium heat. Add the diced bacon and cook, stirring, until thoroughly cooked and crisp. Remove the bacon to paper towels to drain.

Peel the chilled potatoes and cut them into 1/2-inch slices. Put the sliced potatoes in a large bowl with the well-drained bacon, 1 cup of shredded cheddar cheese, and 1/4 cup of sliced green onions.

In a small bowl combine the celery seeds, freshly ground black pepper, mayonnaise, sour cream, and milk. Mix well. Taste and season with salt, as needed.

Stir the mayonnaise mixture into the potatoes and mix gently to combine.

Spoon the potato salad into a large serving bowl.

Garnish the salad with more green onions and shredded cheese along with fresh chopped parsley, if desired.

Recipe
Corner

Ways to Make Your Community Healthier

Reduce neighborhood waste. Pick up trash when you see.

Litter isn't just unsightly, it's also dangerous for kids, wildlife and everybody else in your neighborhood. Improperly discarded cigarette butts, junk food wrappers, plastic soda rings, beer cans, chemicals and other trash can hurt or kill animals, start fires, promote harmful bacteria and clog stormwater drains (which causes flooding and contaminates groundwater). So don't just walk past litter when you see it, pick it up and discard of it in the proper manner.

Be neighborly.

Research shows that connecting with people around you makes you healthier and boosts your lifespan. Specifically, studies show that having a strong social network helps cut stress levels that can harm your immune system, coronary arteries and gut function, plus it elevates stress-busting hormones.

Introduce yourself to neighbors and stay in regular touch. Create a welcoming front porch and reach out to passersby, perhaps improve your approachability. If possible help others by creating a neighborhood "care watch" committee that provides local residents in need with home-delivered meals, rides to the doctor and help with everyday tasks, etc.



Hooper Housing Authority Parkview Apartments June 2020 ~~ Newsletter

Why Do We Celebrate Flag Day?

By Live Science Staff June 14, 2011

After declaring independence from Great Britain, one of the first orders of business for the freshly seceded Thirteen Colonies was to fly a new flag. So, on June 14, 1777, the Second Continental Congress passed the first Flag Act, which read:

"Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

And so was formalized the first version of our "Stars and Stripes."

But Flag Day was not actually celebrated until nearly a century later. The earliest reference to any sort of "Flag Day" is cited in *Kansas: A Cyclopedia of State History* (Standard Publishing Company, 1912), which gives credit to George Morris of Hartford, Conn. It reads:

"To George Morris of Hartford, Conn., is popularly given the credit of suggesting "Flag Day," the occasion being in honor of the adoption of the American flag on June 14, 1777. The city of Hartford observed the day in 1861, carrying out a program of a patriotic order, praying for the success of the Federal arms and the preservation of the Union."

But while Morris is generally regarded as the person who came up with the idea for the holiday, Bernard J. Cigrand is typically recognized as the "Father of Flag Day," the person who made the holiday a tradition.

In 1885, while working as a grade school teacher in Waubeka, Wisconsin, Cigrand held the first formal observance of Flag Day at the Stony High School. From the late 1880s forward, Cigrand traveled the country promoting patriotism and respect for the flag, pushing for an annual day of observance on June 14. In 1886 he moved to Chicago to attend dental school, and while there publicly proposed an annual observance of the birth of the United States flag in an article titled "The Fourteenth of June," published in the Chicago Argus newspaper.

Cigrand kept at it. In June 1888, he advocated for the holiday in front of the "Sons of America". The organization founded a magazine, *American Standard*, to promote reverence for American emblems; Cigrand was made editor-in-chief and further promoted the holiday.

The holiday really took off in 1894 when, on the third Saturday in June, 300,000 public school children participated in a Flag Day celebration in Chicago. The event was so successful that it was repeated the next year.

The anniversary of the Flag Resolution of 1777 was officially established by the Proclamation of President Woodrow Wilson on May 30, 1916. Flag Day was celebrated in various communities for years after Wilson's proclamation, but it was not until August 3, 1949, that President Truman signed an Act of Congress designating June 14 of each year as National Flag Day.



Conditioner annual fee must be paid
by the end of June. **No exceptions.**

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 **June 1st**.
- ⇒ Rent is late if received after 4:30 p.m. on **June 5th**.
- ⇒ 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

~~~~~

**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.**

### 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.

### Holidays & Days to Remember in June

**14 - Flag Day**

**20 - Summer Begins**

**21 - Father's Day**



*Happy Father's Day!*



*"In SUMMER the song sings itself"*  
*William Carlos Williams*



The next Regular Board Meeting is on Wednesday, July 15, 2020. It will begin at 6:30 p.m.



**A Short Lesson on Gratitude** Published By: The Tapping Solution Written By: Nick Ortner

Today I have a short story for you...

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read, "I am blind, please help."

There were only a few coins in the hat – spare change from folks as they hurried past.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words.

Then he put the sign back in the boy's hand so that everyone who walked by would see the new words. Soon the hat began to fill up. A lot more people were giving money to the blind boy.

That afternoon, the man who had changed the sign returned to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way." I wrote, "Today is a beautiful day, but I cannot see it."

Both signs spoke the truth. But the first sign simply said the boy was blind, while the second sign conveyed to everyone walking by how grateful they should be to see...

When your life seems full of troubles, it seems difficult to maintain an attitude of gratitude, doesn't it? All we see are our problems, like a blackened storm cloud casting a dark shadow over our lives.

And the times when everything just seems to be going smoothly? We often take these precious moments for granted too, don't we? Caught up in the bliss, comfort, and familiarity of it all, we can simply forget to be thankful.

So what, then, is gratitude?

Simply put, gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking.

Gratitude is a heart-centered approach to being at peace with yourself and with all you have. When you practice this feeling of gratitude, it attracts even MORE things into your life for which to be grateful. Go ahead, try it out right now. What or who do you have in your life to be thankful for?



# Gratitude