

## Recipes

### *Awesome Pasta Salad*

#### Ingredients

1 (16 ounce) package fusilli (spiral) pasta  
3 cups cherry tomatoes, halved  
½ pound provolone cheese, cubed  
½ pound salami, cubed  
¼ pound sliced pepperoni, cut in half  
1 large green bell pepper, cut into 1 inch pieces  
1 (10 ounce) can black olives, drained  
1 (4 ounce) jar pimentos, drained  
1 (8 ounce) bottle Italian salad dressing



#### Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until tender. Drain, and rinse with cold water.

In a large bowl, combine pasta with tomatoes, cheese, salami, pepperoni, green pepper, olives, and pimentos. Pour in salad dressing, and toss to coat.

### June is National Lightning Safety Awareness Month

Posted Saturday, June 20, 2020

Most lightning victims are not struck during the worst of a thunderstorm but rather before or after the storm reaches its greatest intensity. This is because many people are unaware that lightning can strike as far as 25 miles away from its parent thunderstorm, much farther out from the area of rainfall within the storm!

Therefore, if you can hear thunder, you are within striking distance. Seek safe shelter immediately.

**Remember this lightning safety rule: WHEN THUNDER ROARS, GO INDOORS...** and stay there until 30 minutes after the last clap of thunder. Do not wait for the rain to start before you decide to seek shelter, and do not leave shelter just because the rain has ended.

**There are ways to prepare you and your family should lightning knock out electricity in your home.**

~ ~ *Follow these simple methods to assist you with the power outage.* ~ ~

#### **BEFORE the Power Outage:**

Build an emergency kit and make a family communications plan.  
Follow energy conservation measures to help power companies avoid imposing rolling blackouts.  
Fill plastic containers with water and place them in the refrigerator and freezer.  
Keep your car tank at least half full.  
Keep a key to your house with you at all times.  
Always have alternate sources of power such as flashlights, lanterns, and batteries.  
Charge your devices (cellphone, radio, DVD player, laptop, etc.) in advanced.

#### **AFTER the Power Outage:**

Throw away any food that has an unusual odor, color, or texture. When in doubt, throw it out!  
Never taste food or rely on appearance or odor to determine safety.  
If food in the freezer is colder than 40 degrees and has ice crystals on it, you can refreeze it.  
Plug in electronics carefully.  
Contact any family members or friends that you were unable to reach during the blackout.

*Official Blog of the U.S. Department of Veterans Affairs. Kristin Daniel is an emergency management specialist for the Office of Emergency Management & Resilience.*

## Hooper Housing Authority ~ Parkview Apartments June 2021 Newsletter

### Celebrate Dads!

#### *Father's Day History*

Father's Day is the day to recognize, honor and celebrate the sacrifices and accomplishments of fathers. In 1910, Washington State Governor declared Father's Day on the 19th of July. In 1966, President Lyndon B. Johnson declared the third Sunday in June as Father's Day. It then became a permanent federal holiday in 1972 when President Richard Nixon proclaimed that the third Sunday in June would be further known as Father's Day. On this day, children celebrate their fathers and father figures to show their love and appreciation.

#### *Father's Day Facts & Quotes*

Mrs. Sonora Smart Dodd first came up with the idea for Father's Day after hearing a Mother's Day sermon in church. She was raised by her father and wanted to honor him. In 2014, 4% of all U.S. children lived only with their fathers.

It is easier for a father to have children than for children to have a real father. - *Pope John XXIII*

When one has not had a good father, one must create one. - *Frederich Wilhelm Nietzsche*



## 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!



### Holidays and Dates to Remember June

- 14** Flag Day
- 20** First Day of Summer
- 20** Father's Day



### National Safety Month

#### Hooper Board Meeting Notice

The next Regular Board Meeting is on Wednesday, July 21, 2021. Beginning at 6:30 p.m.



#### How You Can Celebrate National Safety Month

In honor of **National Safety month**, consider checking your **safety** supplies and first aid kits or cabinets. Replace any missing items such as medicines, bandages, band-aids, cold packs, respirators and more. Work on an emergency weather plan so you will be prepared.

### Hooper Office Hours

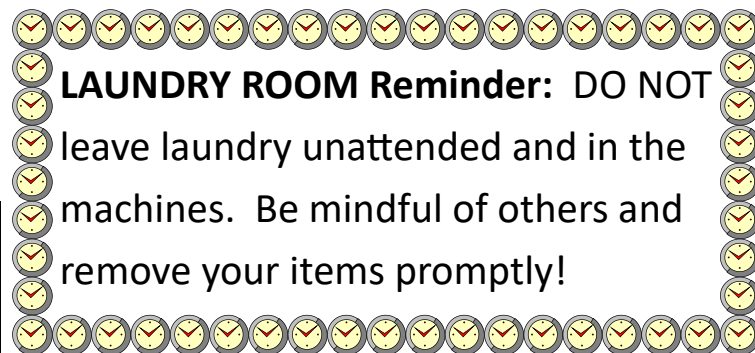
**Tuesday** - 9:00 a.m. - 3:00 p.m.  
(closed for lunch 12:00 p.m. - 12:30 p.m.)  
**Friday** - 8:30 a.m. - 11:00 a.m.

**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.



**LAUNDRY ROOM Reminder: DO NOT**  
leave laundry unattended and in the  
machines. Be mindful of others and  
remove your items promptly!

### RENT REMINDERS

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



The Best Foods for Healthy Kidneys by Erin Miller Published: October 23, 2020

**Try these healthy foods if you want healthy kidneys!**

Kidney disease is a widespread problem, affecting a whopping ten percent of the world's population. That's approximately three-quarters of a billion people! The most common causes of kidney disease are diabetes, high blood pressure, and obesity. The best foods for healthy kidneys are low in sodium, phosphorus, and potassium.

Even if you have healthy kidneys, it doesn't hurt to begin incorporating the following foods into your daily diet.

Apples  
Arugula  
Bell Peppers  
Buckwheat  
Bulgur  
Cabbage  
Cauliflower  
Cherries  
Cranberries  
Egg Whites  
Fish (Salmon, Trout, Tuna)  
Garlic  
Onions  
Radish  
Red Grapes  
Shiitake Mushrooms  
Skinless Chicken  
Strawberries

#### Water

This technically isn't a food, but don't forget to drink lots of WATER! Staying hydrated will decrease the amount of effort that your kidneys have to give.

These foods are low in sodium, phosphorus, and potassium. They are nutritious and full of anti-inflammatory compounds.

So don't wait until you have kidney issues to start eating right. The sooner you start eating healthy foods, the better off you will be! Get proactive!

**\*The information provided is informational only and should not be substituted for qualified medical advice.**