

Traditional Irish Stew

Ingredient Checklist

- ◇ 1 tablespoon olive oil, or to taste
- ◇ 2 pounds beef chuck roast, cubed
- ◇ 3 russet potatoes, diced
- ◇ 1 pound baby carrots
- ◇ 1 large onion, chopped
- ◇ 4 cloves garlic, minced
- ◇ 1 (16 ounce) bottle stout beer, divided
- ◇ 1 (6 ounce) can tomato paste
- ◇ 1 cup beef broth
- ◇ 1 tablespoon garlic powder
- ◇ 1 tablespoon onion powder
- ◇ 1 tablespoon smoked paprika
- ◇ salt and ground black pepper to taste



Recipes

Instructions Checklist

Step 1 Heat olive oil in a skillet over medium heat. Add beef; cook until evenly browned, 3 to 5 minutes per side.

Step 2 Place potatoes, carrots, onion, and garlic in a slow cooker; top with browned beef.

Step 3 Pour 1/4 cup beer into the same skillet and bring to a boil while scraping the browned bits of beef off of the bottom of the skillet with a wooden spoon. Stir in tomato paste; cook until thickened, about 5 minutes. Pour beer mixture into slow cooker.

Step 4 Pour beef broth, remaining beer, garlic powder, onion powder, paprika, salt, and pepper into slow cooker.

Step 5 Cook on Low for 8 hours.

Cook's Note:

Stew can alternately be cooked on High until potatoes and carrots are easily pierced with a fork, 3 to 4 hours.



Four-leaf Clover

According to traditional sayings, four-leaf clovers bring good luck, though it is not clear when or how this idea began. The earliest mention of "Fower-leafed or purple grasse" is from 1640 and simply says that it was kept in gardens because it was "good for the purples in children or others". The first reference to luck might be from an 11-year-old girl, who wrote in an 1877 letter to St. Nicholas Magazine, "Did the fairies ever whisper in your ear, that a four-leaf clover brought good luck to the finder?"

Symbol of Luck, Love, Hope and Faith

Considered the Irish symbol of luck the four-leaf clover, is a rare variation of the usual shamrock. According to the belief, those four leaves represent love, hope, faith and luck.

The four-leaf clover, which is thought to be the result of a genetic process, comes into existence once in 10,000 times, probably a big part of the reason why it is considered to bring luck to the people who might find them.

Hooper Housing Authority ~ Parkview Apartments March 2021 Newsletter



Daylight Saving Time

History

Daylight Saving time had begun in an effort to help save energy and provide workers with more hours of serviceable daylight during the long summer days. Daylight Saving Time was first introduced in the U.S. in 1918. However, it was not until 1966, when the Uniform Act was passed, that all states had to either observe DST or pass a state law to abstain.

Facts

When Daylight Saving Time (DST) begins in the Northern Hemisphere, it is ending in the Southern Hemisphere.

Benjamin Franklin first proposed the idea of DST in 1784. He wrote An Economical Project for the Journal of Paris, wherein he discussed the cost of oil for lamps as well as working while it was dark and sleeping while it was day.

Daylight Saving Time changes at 2:00 a.m. This time is selected in an effort to provide the least amount of inconvenience to businesses and citizens.

DST always begins on the second Sunday in March and ends on the first Sunday in November.
Hawaii and Arizona do not use DST. Only part of Indiana used it, but since 2006, it's used throughout the whole state.

Be prepared!! Annual Unit Inspections - scheduled for March 23 & 24!

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.

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, March 10, 2021. It will begin at 6:30



Holidays and Dates to Remember MARCH

14 Daylight Savings Time begins
17 Saint Patrick's Day
20 First Day of **SPRING**

Dogs - must be taken outside when they need to relieve themselves. **You** are responsible for cleaning up after **your** animal. Make good use of the **pet waste station** that was provided for your convenience.

Doing your part shows consideration for others and pride in your community!

Dogs must go outside. This means don't use puppy pads indoors!!



The FHA follows Fair Housing and ADA Guidelines.

For more information check out our website at: www.fremonthousing.org and follow: - Fremont Housing Agency - on Facebook.



Free masks and hand sanitizer in the Parkview Apartment Office. See Tammy to pick some up!



\$\$ RENT REMINDERS \$\$

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

Positive Thinking by Stephen on June 13, 2011 — *An Inspirational Story*

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?" Jerry replied, "Each morning I wake up and say to myself, Jerry, you have two choices today. You can choose to be in a good mood, or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be a victim, or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining, or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes, it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life."

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma center. After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. Jerry continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' I knew I needed to take action."

"What did you do?" I asked.

"Well, there was a big, burly nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply... I took a deep breath and yelled, 'Bullets!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. *Attitude, after all, is everything.*