

Primavera With Prosciutto, Asparagus and Carrots

Ingredients

- * Kosher salt
- * 1 pound penne or farfalle pasta
- * 1 pound asparagus spears, stems trimmed, cut into 1 1/2" lengths
- * 1 large carrot, cut into matchsticks
- * 1 cup snap peas
- * 1 tablespoon extra-virgin olive oil
- * 8 ounces sliced prosciutto, or ham, diced
- * 1 large shallot, sliced 1/8 inch thick
- * 1 clove garlic, minced
- * 1/2 teaspoon red pepper flakes
- * 1 cup heavy cream
- * 1 cup chicken stock, preferably homemade or low-sodium store-bought
- * 3 tablespoons dijon mustard

Directions

Bring a pot of water to a boil, salt it generously and cook the pasta for 8 minutes; add the asparagus, carrot and snap peas and cook for 3 minutes. Check the pasta and vegetables to make sure they're cooked through but still have texture, then drain.

While the pasta is cooking, heat the olive oil in a large saute pan, add the ham and shallot and cook until lightly browned, 3 minutes or so. Add the garlic and pepper flakes and cook until fragrant, 1 minute. Add the cream, stock and mustard and simmer for a minute or two, scraping up any brown bits.

Add the pasta and vegetables to the pan. Toss and cook for another 2 minutes, until cooked through and the pasta is coated. Taste for seasoning, add salt if necessary and serve immediately in warm bowls.

Recipes



A few notes from the Accounting office -

First, we wish to thank everyone who pays their rent on time every month, especially during this past year!

Remember, cash is not accepted. Your payments must be made by check or money order.

***Please make sure the check or money order is written for the correct amount.** A partial payment also cannot be accepted! Your account will show as not paid until the full amount is received.*

*If your name and apartment/unit number are not pre-printed on the check or money order, please make sure that information is **legibly written** on the document. This will expedite crediting your payment to your account.*

*Likewise, if someone else is making your rent payments on your behalf, please ask them to make sure that **your name** and apartment number are on the check or money order.*

If you are one of the many tenants that like to pay your rent ahead, we would appreciate it if you would wait to send in the next month's rent until after the 15th of the current month. Thank you.

*"Home sweet home. This is the place to find happiness.
If one doesn't find it here, one doesn't find it anywhere."*



Hooper Housing Authority ~ Parkview Apartments May 2021 Newsletter

Biking — FREE Family Fun!!

9 Tips for Beginner Cyclists by Steven Pease

There are millions of Americans who ride bikes, and those numbers are increasing all the time. With more and more riders on the trails and roads, these tips for beginner cyclists will help you ride better and safer.

1. Protect your head. Head injuries are the cause of 60 percent of all cycling deaths in the U. S. every year. Many of these deaths could be avoided if everyone wore a helmet while cycling. Always wear a helmet when riding and make sure your kids do as well. Many states have bike helmet laws, but you should always wear one even if you don't have too.
2. Don't pedal in high gear for extended periods of time. You want to try and keep your rhythm between 70 and 90 rpms. When you pedal in a high gear it puts added strain on your knees.
3. Use your gears. When climbing hills shift into a gear that will keep your cadence in the right range of rpm's so you can make it up the hill without putting undue stress on your knees.
4. Get a proper bike fit. Having your bike set up to fit your body will make riding much easier, more efficient and cause you much less pain and soreness during and after the ride.
5. Get the right saddle. Getting the right saddle will make a huge difference when riding. Don't think the thickest padding will give you the most comfortable ride. Read reviews online and find out what others like, then test ride a few.
6. Change position while riding. Move your hands around on the bars and move your rear end around on the saddle.
7. Don't ride with headphones on. It can be extremely dangerous if you don't hear an emergency vehicle or other commotions behind you or off to the side.
8. Know the rules. Ride with traffic and obey all road signs.
9. Keep your head up. Look out in front far enough ahead so you can react to any obstacles in the road or on the shoulder in front of you.

If you follow these tips you will have a better, safer, and more enjoyable time on your bike!

While driving always be aware of bikers on the road!

Air Conditioner fee is due May 1st!!!! \$75.00/machine you have. Must be paid by May 31st!!!!

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 Hooper Annual Plan Meeting is on Wednesday, May 19, 2021 at 6:00 p.m.

The Board Meeting is afterward. Starting at 6:30 p.m.



Dates to Remember in May

- 5 Cinco De Mayo
- 7 Military Spouse Appreciation Day
- 9 Mother's Day
- 15 Armed Forces Day
- 31 Memorial Day (OFFICES CLOSED)

HOOPER CITY ORDINANCES

Dog & Cat owners are required to license their animals by May 1st. You must show proof of rabies shot and being spayed or neutered to obtain license. The fee per animal is \$6.25 if spayed/neutered or \$26.25 if not spayed/neutered. Penalties of \$10.00 per animal plus the license fee are applied if not obtained by May 10th each year.

* Citations may be issued if not licensed by May 10th.

RENT REMINDERS

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

*****You are required to report ALL job/income changes to Tammy within 10 days of hire!!!!*****

The Importance of Leisure & Recreation for Health

Written by Rachel Morgan December 2018

In the 1950s and 1960s, activities such as horseback trail riding, skiing, snowmobiling, and taking a day hike were among some of the popular choices among outdoor enthusiasts. While these are still enjoyed, people have been leaning toward less vigorous physical activities since that time, according to H. Ken Cordell of the U.S. Forest Service. Yet incorporating physical activity into your leisure and recreation activities is an ideal way to fit more exercise into your schedule -- as well as address your mental wellness.

Physical Benefits of Recreation

Taking part in recreational activities, particularly outdoors, can improve your physical wellness. In fact, people who frequently take advantage of park activities have fewer doctor visits, lower body mass indexes and lower systolic blood pressures than those who don't, according to Dr. Laura L. Payne of the University of Illinois. A California State Parks report also highlights that outdoor recreation provides an excellent opportunity to increase exercise. It cites a study revealing that the availability of recreational facilities in a location impacts the amount of physical activity in which residents participate.

Leisure Lowers Stress and Depression

Mental wellness is an important part of your overall health and can impact your physical well-being. Participating in leisure and recreation activities can help you better manage stress and reduce depression. Leisure provides you the chance to find balance in your life; it also puts you in control of how you're spending your time, which is an important consideration because you may feel overwhelmed by obligations. Taking part in leisure activities as a family is also beneficial for your kids because you're modeling healthy ways to handle stress and emotions. Participating in leisure activities regularly reduces depression; in fact, just thinking about past outdoor recreation experiences can improve mood, according to the California State Parks report.

Improve Your Quality of Life

Finding balance is also a reason why leisure and recreation can enhance your quality of life. Physical recreation, in particular, is associated with improved self-esteem. In addition, you're more likely to feel satisfied about your life when you regularly take part in recreation activities. This has significant implications for your mental health and, in turn, your physical health. In fact, 90 percent of respondents in an American Recreation Coalition study reported being satisfied with their health and fitness. In contrast, 60 percent of those who didn't take part in such activity reported not being satisfied with their health and fitness.

Recreational Therapy

All of these health benefits explain why recreational therapy such an essential part of a rehabilitation program can be. This type of therapy involves using various recreation or leisure activities to enhance or promote wellness. The American Therapeutic Recreation Association shines a spotlight on some of the benefits for the populations that commonly take advantage of the therapy including psychiatric patients, recovering addicts, children, and seniors. Some of these benefits include faster healing from medical conditions, stress management, improved body function and better cognitive function.

Happy
Mother's
Day



~~~~~ We are seeking name suggestions for this newsletter. If you have one be sure to let Tammy know what it is! ~~~~~ Deadline 5/14/2021