

Lasagna Alfredo Roll Ups

Ingredients

- * 8 lasagna noodles
- * 1 tablespoon olive oil
- * 1 (10 ounce) package frozen chopped spinach
- * 2 tablespoons thinly sliced green onion
- * 1 pint part-skim ricotta cheese
- * 1/4 cup grated Parmesan cheese
- * 1/2 teaspoon salt
- * 1 egg
- * 21 ounces Alfredo-style pasta sauce
- * 1 cup shredded mozzarella cheese



Directions

Bring a large pot of lightly salted water to a boil. Add lasagna and cook for 8 to 10 minutes or until done. Rinse in cold water and drain well.

Meanwhile, in a large sauce pan over medium heat add oil and cook broccoli or spinach and green onions until tender, stirring frequently. Remove pan from heat and stir in ricotta cheese, Parmesan cheese, salt and egg.

Preheat oven to 375 degrees F (190 degrees C).

Place noodles in a single layer on a sheet of waxed paper. Evenly spread some of the cheese mixture on each noodle. Roll up each noodle from the short end, jelly-roll style.

In a 8x12 inch baking dish, spoon about 3/4 of the Alfredo sauce on the bottom and spread evenly. Arrange the rolled noodles, seam side down, in the dish. Top with mozzarella cheese and remaining sauce. Cover loosely with foil and bake in preheated oven for 30 minutes or until hot and bubbly and the cheese is melted.

The Origin of "April Showers Bring May Flowers"

The age-old saying "April Showers Bring May Flowers" still holds true today. But just how did this fun aying originate?

April Showers Bring May Flowers: A History

The poem as we know it today originated all the way in 1157, in the form of a short poem written by Thomas Tusser. The poem can be found in the April section of a collection of his writings titled, "A Hundred Good Points of Husbandry." The poem goes as follows:

"Sweet April showers
Do spring May flowers"

While this poem is clearly a direct ancestor to the version we know today, let's travel back in time a bit further to the end of the Fourteenth Century, where legendary poem Geoffrey Chaucer had his own say on the month of April in his famous collection of stories titled, "The Canterbury Tales." Chaucer's version goes as follows:

Original:

"Whan that Aprill, with his shoures soote
The droghte of March hath perced to the roote
And bathed every veyne in swich licour,
Of which vertu engendred is the flour;"

Translation:

"When in April the sweet showers fall
That pierce March's drought to the root and all
And bathed every vein in liquor that has power
To generate therein and sire the flower;"

While Chaucer speaks of April in relation to March rather than April, it could certainly be said that while Thomas Tusser may be the father of this saying, Geoffrey Chaucer is certainly the grandfather.



Recipe
Corner

Hooper Housing Authority Parkview Apartments Newsletter April 2020

Hooper Housing Authority

NO SMOKING POLICY

Dated May 17, 2017
Effective July 1, 2017

HUD Guidelines:

- * NO-smoking in buildings
- * NO tolerance
- * NO drugs

Use designated **Smoking Area!**

PURPOSE: To alleviate the potential health hazards and/or medical problems to all resident occupied units and employee occupied areas in Parkview Apartments, meet HUD regulations, and to help address administration vacancy concerns, fire safety issues, and smoking damages to all properties including residential units and commons areas.

The Hooper Housing Authority policy with regard to smoking of tobacco products shall be as follows:

1. All property administered and managed by Hooper Housing Authority shall be designated "**Smoke Free Properties**". This includes Parkview Apartments located at 100 E Maple Street, Hooper, Nebraska.
2. Smoking means inhaling, exhaling, burning, or carrying lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, including hookahs and marijuana, whether natural or synthetic, in any manner or any form. Smoking also includes the use of electronic smoking device which creates an aerosol or vapor, in any manner or in any form.
3. All **new applicants** beginning **July 1, 2017**, and forward, must designate a smoking preference on the application.
4. No one, including but not limited to: applicants, tenants, guests, housing personnel, commissioners, contractors, service aids shall be allowed to smoke anywhere on Hooper Housing Authority owned properties which include the buildings, residential units, interior and exterior common areas, front and rear entrances, lobbies, community rooms, dining rooms, laundry rooms, public bathrooms, parking lots, sidewalks, grounds/lawns, administrative offices and maintenance shops, and stairwells.
5. Smokers and Non-Smokers may be admitted to Smoke Free buildings.
6. Both smokers and non-smokers must abide by the No Smoking Policy, Dwelling Lease, Admissions and Continued Occupancy Policy (ACOP), Occupancy Rules and Regulations.
7. Residents in violation of the No Smoking Policy in Smoke Free buildings and common areas will be:
 - **Fined \$200** for the 1st reported smoking violation in the unit resulting from complaints filed with the office, inspections or discovered upon entry into the apartment by any housing staff, contractors, guests, or other persons entering the unit;
 - **Fined \$300** for the 2nd reported smoking violation in the unit resulting from complaints filed with the office, inspections or discovered upon entry into the apartment by any housing staff, contractors, guests, or other persons entering the unit;
 - **Evicted** from public housing for the 3rd reported smoking violation in the unit resulting from complaints filed with the office, inspections or discovered upon entry into the apartment by any housing staff, contractors, guests, or other persons entering the unit;
8. An "**Accessible Designated Smoking Area**" has been assigned for "resident and guest" smokers outside the Parkview Apartments, which are at least 25 feet away from any of the buildings, windows and entrances. Posted signs identify the Accessible Designated Smoking Area for Smokers on Public Housing property.

FINES ASSESSED FOR SMOKING VIOLATIONS DURING TENANCY:

1ST OFFENSE - FINE of \$200.00 - inspection followed by 1st Warning Letter

2nd OFFENSE - FINE of \$300.00 - inspection followed by Final Warning Letter

3rd OFFENSE - inspection followed by Letter of Eviction

Remember: Air Conditioner Fee of \$75 must be paid before May 1, 2020.¹

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

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 - New Hours



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

Holidays & Days to Remember in April

- | | |
|------|---------------------------|
| 1 | April Fool's Day |
| 9-16 | Passover |
| 10 | Good Friday |
| 12 | Easter |
| 15 | Taxes Due |
| 21 | Holocaust Remembrance Day |
| 22 | Earth Day |
| 24 | Arbor Day |

Remember to update with the Office:

1. New Phone numbers
2. Emergency Contacts & information
3. New email addresses

It's important to always report these changes *as soon as they happen!*



The next **Regular Board Meeting** is scheduled for Wednesday, May 20, 2020
At 6:30 p.m.



Spring Cleaning Checklist

Living Room

- ◇ Remove and wash all covers/pillows/curtains
- ◇ Dust
- ◇ Clean baseboards
- ◇ Clean interior of windows
- ◇ Vacuum

Kitchen

- ◇ Clear off counters
- ◇ Wash & sanitize all countertops
- ◇ Scrub cabinet exterior
- ◇ Clean inside of fridge
- ◇ Scrub & sanitize sink
- ◇ Wipe down microwave
- ◇ Clean baseboards
- ◇ Sweep & mop floors
- ◇ Wipe down walls

Bedroom

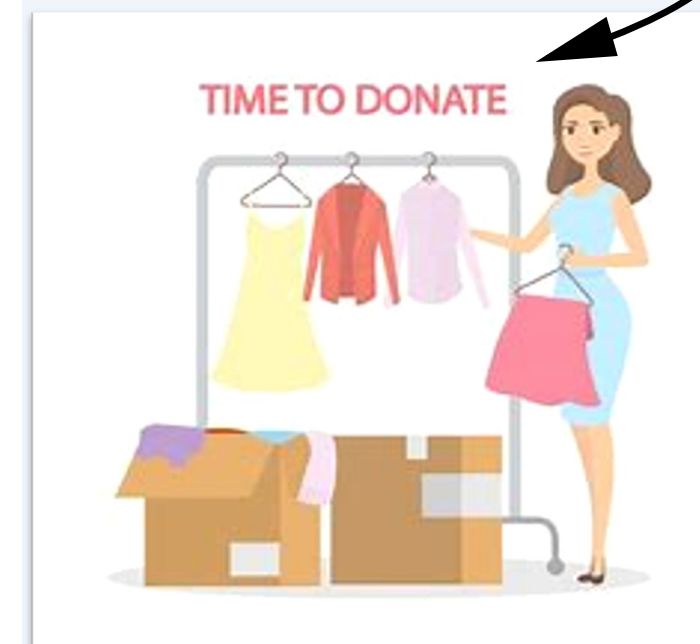
- ◇ Wash bed linens & curtains
- ◇ Wash pillows
- ◇ Flip mattress
- ◇ Dust any ceiling fans or light
- ◇ Dust all furniture surfaces
- ◇ Clean baseboards
- ◇ Clean interior of windows

Extra

- ◇ Clean out closets/storage areas
- ◇ Clean window tracks
- ◇ Clean oven



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**Spring is always a good**  **and.....**



**.....for helping someone else!**