

Water does more than help you avoid dehydration.

It also:

- * Increases energy
- * Increases metabolism, promoting weight loss
- * Helps build and repair muscle
- * Is Great for the skin and keeps you looking young
- * It boosts your immune system
- * It flushes toxins
- * Water's great for your joints, aches and pains
- * It maintains pH balance in the body
- * Promotes regularity and helps digestion



Remember to notify Tina immediately of any household changes, like jobs, phone numbers, etc. This will help keep your records up to date!

402-727-4848 Ext. 102



So be sure to drink plenty of water every day!!

Fremont Housing Agency
2510 N. Clarkson St.
Fremont, NE 68025



Section 8 News

April - May - June 2021

**The Fremont Housing Agency Offices
Will Be Closed:**
Monday, May 31

The History of Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in military service for the United States.

In 2012, the New York Times reported that as many as 25 different places claimed to have begun Memorial Day. In 1966 President Lyndon Johnson officially declared Waterloo N.Y. as the birthplace of Memorial Day, where the village held an event on May 5, 1866. It is known that other informal observations took place before that, such as on May 1, 1865 (two weeks before the end of the Civil War), newly freed slaves in Charleston, South Carolina, held a ceremony reburying fallen Union soldiers with a proper burial.

While there is some dispute as to the origin of the day, the first Decoration Day was observed on May 30, 1868, under proclamation by General John A. Logan, national commander of the Grand Army of the Republic. The first official observation involved placing flowers on the graves of Union and Confederate soldiers at Arlington National Cemetery with Pre-President James Garfield delivering a speech.

Some believe General Logan planned the first Decoration Day for May 30th, because both Northern and Southern states would have flowers in bloom by then, though others say the date was chosen because it didn't coincide with the anniversary of any battles.

In 1868, about 5,000 people decorated graves at Arlington National Cemetery's first Memorial Day ceremony. About the same number of people still gather there annually.

By 1890, it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war).

Memorial Day was celebrated on May 30th up to 1971 when the National Holiday Act of 1971, designated the last Monday in May to be the Federal holiday.

Since the late 1950s, on the Thursday before Memorial Day, the 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery. They then patrol 24 hours a day during the weekend to ensure that each flag remains standing.

Since 1998, on the Saturday before the observed day for Memorial Day, the Boys Scouts and Girl Scouts place a candle at each of approximately 15,300 grave sites of soldiers buried at Fredericksburg and Spotsylvania National Military Park.

Since 2001, the 'National Moment of Remembrance Act' has defined 3pm local time on Memorial Day as the National Moment of Remembrance. A number of organizations throughout the country observe this moment, including Amtrak, whose trains blast their whistles, Major League Baseball and NASCAR.

Each year, the president requests that all governors of the United States direct the flag to be flown at half-staff until noon on Memorial Day on all buildings, grounds, and naval vessels. U.S. citizens are also asked to display the flag at half-staff from their homes before noon.



S U M M E R
IS TIME FOR WARM NIGHTS
 BARE FEET AND BARBEQUES
 SWEET CORN SUNFLOWERS
 R I P E P I C N I C S C A M P F I R E S
 TOMATOES LEMONADE
 LIGHTENING STORMS LOVE



Good communication is an important aspect of running a successful property management business. **Some tips to promote healthy business relationships between Landlords or Section 8 Staffing Coordinators and their Tenants.**

- ♦ Clearly express needs and wishes.
- ♦ Offer practical solutions.
- ♦ Be polite.
- ♦ Remain calm and keep things professional.
- ♦ Share expectations.
- ♦ Express genuine gratitude.
- ♦ Share relevant, timely information.
- ♦ Ask questions!

It is your responsibility!!!!!!!
Report income, job, phone number or any other changes to Tina as soon as they happen!! Do not wait!!

Add Cloves in Lemons and Limes to keep Bees, Mosquitos, Wasps and Flies away.



**Enjoy the Warm Weather
 with Family and Friends!!**



Calendar - Dates to Keep in Mind

April

- 2 - Good Friday
- 4 - Easter, Passover ends
- 15 - Taxes - extension till May 17
- 22 - Earth Day
- 30 - Arbor Day

May

- 9 - Mother's Day
- 15 - Armed Forces Day
- 31 - Memorial Day

June

- 5 - World Environment Day
- 14 - Flag Day
- 20 - First day of Summer
- 20 - Father's Day



Fremont Housing Agency

Contact: Tina

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 Fremont, NE 68025
 (402) 727-4848
 (402) 727-4751 - fax
www.fremonthousing.org

Fremont Police Dept.

(402) 727-2677
 Emergency - 911

Fremont Fire Dept.

(402) 727-2688
 Emergency - 911

General Assistance

(402) 727-2731

Health & Human Services

(402) 727-3200

LifeHouse

(402)-721-3125

Salvation Army

(402) 721-0930

