

March 19, 2020  
 First Day of  
 Spring



## Rentwise

RentWise is a program to help renters obtain and keep rental housing and be successful renters through education. The class is free to residents of low income housing, and open to the public for the cost of \$5.

The RentWise class is on February 28, 2020 beginning at 8:30 a.m. in the Gifford Tower Community Room.

A certificate will be awarded upon completion of all the classes. Be sure to take part in this free and informative opportunity. If you are interested in attending call: Tina @ 402-727-4848 ext. 3



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



EQUAL HOUSING  
 OPPORTUNITY

## Section 8 News & Reminders January - February - March 2020

Can you set '20 for 2020'? Achieve Your Goals for an Amazing New Year!

Here are just a few ideas to get you started!!

1. Plant a garden
2. Going on a weekend camping trip
3. Going out to lunch with a family member
4. 30 Day Happiness Challenge
5. 30 Day Random Acts of Kindness Challenge
6. Thirty Day Cleaning Challenge
7. Short-term health challenges (21-day challenge, for example)
8. Sample new things
9. Join a club
10. Visit a Favorite Place
11. Start a New Habit in 2020
12. Learn a Skill
13. Doodling Tutorials
14. Learn Adobe Creative Cloud
15. Start Journaling Regularly
16. Start Using a Planner
17. Make a New Friend
18. Increase Water Intake
19. Start Meal Prepping
20. Eat At Home Instead of At a Restaurant
21. Walk 10,000 Steps a Day
22. Cut Out All Sugar for a Week
23. Volunteer in Your Community
24. Donate to a Toy Drive
25. Save Spare Change
26. Pay Off a Debt
27. Do a Yearly Savings Challenge
28. Read More Books
29. Wake Up Earlier

Habits Challenges

FUN

PLANNING

TIME

GOALS

Participation

New

Effort

Changes

The Fremont Housing Agency Offices Will Be Closed On:

Wednesday, January 1, 2020

Monday, January 20, 2020

Monday, February 17, 2020

Have A Wonderful New Year!



1. **Valentine's Day** is the second most popular day of the year for sending cards.
2. Worldwide, over 50 million roses are given for **Valentine's Day** each year.
3. About 1 billion **Valentine's Day** cards are exchanged each year.
4. Approximately 27 percent of those who buy flowers on **Valentine's Day** are women.
5. Based on retail statistics, about 3% of pet owners will give gifts to their pets on this day.
6. The very first heart-shaped chocolate box was created by Richard Cadbury in 1861 for **Valentine's Day**.
7. Teachers get the most number of **Valentine's Day** cards.
8. After Christmas **Valentine's Day** is considered as the most popular and most desired holiday of the year.
9. 53% of women in America would dump their boyfriends if they did not get them anything for **Valentine's Day**.
10. The average U.S. consumer is expected to spend \$116.21 on **Valentine's Day** gifts, meals, and entertainment.
11. 32% of consumers plan to do their **Valentine's Day** shopping online.
12. Men spend double what women spend on **Valentine's Day**: \$158.71 compared to \$75.79.
13. Women prefer a gift after a nice dinner, while most men prefer gifts first thing in the morning.
14. Colleagues don't get much love: Consumers will spend an average of \$6.30 on friends, \$4.97 on classmates and teachers, and \$3.41 on coworkers.
15. 141 million **Valentine's Day** cards are exchanged worldwide.
16. 15% of U.S. women send themselves flowers on **Valentine's Day**.
17. Chocolate and candy sales reach profits of \$1,011 billion during **Valentine's** season.
18. About 8 billion candy hearts will be produced this year; that's enough candy to stretch from Rome, Italy to **Valentine**, Arizona 20 times and back again.



### A History of Giving Chocolates on Valentine's Day

By the 1840s, the notion of *Valentine's Day* as a holiday to celebrate romantic love had taken over most of the English-speaking world. It was Cupid's golden age: The prudish Victorians adored the notion of courtly love and showered each other with elaborate cards and gifts. Into this love-crazed fray came Richard Cadbury, scion of a British chocolate manufacturing family and responsible for sales at a crucial point in his company's history. Cadbury had recently improved its chocolate making technique to extract pure cocoa butter from whole beans, producing a more palatable drinking chocolate than most Britons had ever tasted. This process resulted in an excess amount of cocoa butter, which Cadbury used to produce many more varieties of what was then called "eating chocolate." Richard recognized a great marketing opportunity for the new chocolates and started selling them in beautifully decorated boxes that he himself designed.

From that point, it was a quick jump to taking the familiar images of Cupids and roses and putting them on heart-shaped boxes. While Richard Cadbury didn't patent the heart-shaped box, it's widely believed that he was the first to produce one. Cadbury marketed the boxes as having a dual purpose: When the chocolates had all been eaten, the box itself was so pretty that it could be used again and again to store mementos, from locks of hair to love letters. The boxes grew increasingly elaborate until the outbreak of World War II, when sugar was rationed, and *Valentine's Day* celebrations were scaled down. But Victorian-era Cadbury boxes still exist, and many are treasured family heirlooms or valuable items prized by collectors.



# Spring Cleaning For Tenants

- 1 Daily Tasks:**  
 Before the true deep cleaning can begin, complete all daily tasks. Tidy any personal items in your space, vacuum carpets and area rugs, and finally, sweep and mop any flooring that requires it.
- 2 Dust:**  
 Start at the top working your way to the bottom while dusting. Take pains to address any hard to reach spots on ceiling fan blades and crown molding.
- 3 Clean Walls:**  
 Everyday use can cause scuff marks, dust & grease can start to accumulate over time. Use soap or vinegar with water to remove the buildup. Avoid dyed soaps & sponges that cause discoloration.
- 4 Window Screens & Sill:**  
 Dust, dirt, cobwebs and insects can begin to accumulate on window screens & sills without notice. Make sure your window sill sparkles just as much as your windows.
- 5 Low-traffic Areas:**  
 Spring cleaning is the perfect time to address those areas (under large furniture & inside of closets) that may have been neglected in most vacuuming sessions.
- 6 Clean Carpets:**  
 Hire a local cleaning company, or purchase your own carpet cleaner. A cleaned carpet will eliminate allergens or dinginess & will protect your security deposit.

### Calendar - Dates to Keep in Mind

January 1	New Year's Day
January 20	Martin Luther King Jr.
January 27	Family Literacy Day
February 2	Groundhog Day
February	Super Bowl
February 4	World Cancer Day
February 14	Valentine's Day
February 17	President's Day
February 17	Random Acts Of Kindness Day
February 26	Ash Wednesday
March 17	St. Patrick's Day
March 20	Spring Equinox

You should use the full year when writing a date in 2020.

If you just format the date with the last two digits, 20, it can easily be changed to a year in the past or a year in the future, like 2019 or 2021.

This can be especially important for any document that is notarized or for a rental agreement where the contract dates matter.

It can also be important when writing a check because if someone changes the date to the future they can cash it in years after it was originally written.



### Fremont Housing Agency

Contact: Tina



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 (402) 727-4751 - fax  
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### Important Numbers

**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

**Low Income Ministry**

(402) 727-6884

**Salvation Army**

(402) 721-0930

**Northeastern Nebraska**

**Community Action**

**Partnership-NENCAP**

(402) 721-0619

**Eastern Nebraska**

**Office on Aging-ENOA**

(402) 721-7770

**Senior Center**

(402) 727-2815

**Uniquely Yours**

