

The Section 8 Sound

Quarterly Newsletter

July - August - September 2025

Attention: If you are having issues with your Landlord reach out to Tina, your Section 8 Coordinator (402-727-4848 ext. 3 or fhaSection8@fremonthousing.org) for help in getting a solution.



Why do we celebrate the Fourth of July?

July 4 has been designated a national holiday to commemorate the United States declaring itself to be a free and independent nation.

Although it was actually July 2, 1776, when the Second Continental Congress officially voted to declare independence from Great Britain, it wasn't until July 4 that the finalized Declaration of Independence was approved. It would then be a few more weeks, on Aug. 2, 1776, until most of the delegates were able to travel to Philadelphia to sign the document.

Fourth of July observances "only became commonplace after the War of 1812," according to the Library of Congress. "By the 1870s, the Fourth of July was the most important secular holiday on the calendar."

The U.S. Congress made Independence Day an unpaid federal holiday on June 28, 1870. It wasn't until 1938 that Congress made it a paid federal holiday.

The importance of the holiday lies not only in celebrating the birth of a new, free nation, but in recognizing the significance of the Declaration of Independence, which was -- in the words of Abraham Lincoln -- "a rebuke and a stumbling-block to tyranny and oppression."

The Fremont Housing Agency Offices Are Closed:

Friday, July 4 - Independence Day

Monday, September 1 - Labor Day

(Office windows are closed)

Thursday, July 24

Thursday, August 28

Thursday, September 25



REMINDER! You must report any income changes to Tina immediately. If you get a job, change jobs, get an SSI increase; etc. your income will be affected and your rent could change. This could mean an increase in your rent amount. So be mindful of how this will affect your household budgeting.

Precautions to take during summer heat:

Avoid high-energy activities or work outdoors during midday heat.

Stay indoors and stay hydrated.

Wear lightweight, loose, light-colored cotton clothes.

Avoid alcohol, tea, coffee, and carbonated soft drinks.

Use sunscreen and protective clothing.

Exercise early in the morning or evening.



6 Tips to Be a Good Neighbor

One of the keys to having a good experience with your neighbors is to be a good neighbor yourself. Want to know more about how to get along and befriend the people around you? Check out these six tips. They can help ensure that you're not only respected by the people who live nearby but are also looked after by them.

1. Communicate

One of the keys to any relationship—but particularly the neighborly kind—is communication. It's tempting to leave your neighbor be and stick to yourself, but if you want to be a good neighbor, it's important to communicate from the get-go.

2. Be Social

Another great way to establish communication (and also establish yourself as a friendly person) is to be a social person. Organize a potluck or picnic for everyone that lives in your building or neighborhood.

3. Be on the Lookout

One of the best parts about a neighbor is that they can be around your home to help you out when needed, so you should be there for your neighbor, too. Always keep watch and be protective of your neighbors' homes, as well as your own.

4. Be Respectful

Everyone wants to live their own life, but it's important to be respectful of other peoples' time and space, particularly when you're sharing a living area like an apartment complex. That means don't have loud parties late at night and warn people who will be affected by noise from your home if you are planning to have a large gathering. Also, being respectful entails being mindful of shared walls, keeping your outdoor/shared space clean, and not using your space for anything dangerous or unpleasant.

5. Do Favors

It doesn't have to be an everyday thing, but every once in a while you should do a generous favor for your neighbor. Putting out a little energy to do something nice will show that you're a generous and considerate person, and it may end up in favors being done for you.

6. Train Your Pets

Pets can be great additions to life, but they can also be a nuisance to other people. So, for your neighbors' sake, train your dog. Your pets shouldn't be noisy, and they should know only to go to the bathroom in designated spots. This is a good way to ensure your neighbor loves your pet and doesn't resent him.

Simple & Effective Ways to Stop Procrastinating

- ♦ Write a to-do list to set goals. Make a record of all the tasks you need to accomplish.
- ♦ Tackle your most important task for 15 minutes. Set a timer and work on a task for a designated amount of time.
- ♦ Break tasks down into small chunks. Tackle things one step at a time so you don't get overwhelmed.
- ♦ Start your day with the hardest tasks. Make a plan in the morning and pick the hardest task first.
- ♦ Prioritize goals with set deadlines. Use a planner to help schedule your time and stay motivated.
- ♦ Pick a workspace that works for you. Help motivate yourself with a distraction-free environment.
- ♦ Put your phone in a different room.
- ♦ Promise yourself a reward. Motivate yourself to finish a task with something you love.
- ♦ Give yourself a pep talk for motivation. "Self-talking" is a great way to calm yourself down and get focused.
- ♦ Ask someone to hold you accountable. Staying on task and completing your goals doesn't have to be a solo endeavor.



Rentwise Classes \$\$

RentWise is **a program to help renters obtain and keep rental housing and be successful renters through education.**

FHA holds a live class twice a year, and it is announced in the newsletter. But the class is also **available online any time**. You are able to register and take the training at your own pace at **no charge**!

A certificate is awarded upon completion of the training.

If you are interested in taking the online course call Tina at 402-727-4848 ext. 3 **or** email her at fhaSection8@fremonthousing.org, and she will be happy to give you the information necessary to sign up or answer any questions you may have.

Be sure to take part in this free and informative opportunity.



Fremont Housing Agency

Contact: TINA

2510 N. Clarkson St.
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



REMINDER:

If you call the Fremont Housing Agency Office **and don't get an answer**, be sure to leave a message.

DO NOT repeatedly call back!

Everyone in the Office is very busy and your phone call will be returned at someone's first opportunity.

Your call and your patience are important! Thank You.

Management



Summer Activities to Make the Most of the Season

Nostalgic

Blow bubbles.
Catch fireflies at night.
Cruise around town on a bike.

Eat and Drink

Eat corn on the cob.
Make lemonade from scratch.
Sip a cold glass of iced tea.
Eat a slice of watermelon.
Buy fresh produce at the farmers' market.
Have a barbecue.
Plant a mini herb garden.
Make your own ice pops.
Make a fruit pie.

Relax

Have a picnic in the park.
Sit on a porch swing.
Stargaze while lying in the grass.
Watch the sunset.
Bring a blanket and picnic at an outdoor concert.
Watch the clouds go by.
Paint rocks to decorate your garden.
Lounge under a tree and read a book.
Watch your favorite movies set in the summer.

The Great Outdoors

Go for a hike.
Toss a Frisbee.
Seek out birds and butterflies.
Plant wildflower seeds.

Just Because

Volunteer at a non-profit.
Walk barefoot in the grass.
Get caught in a summer rainstorm.
Smell freshly-cut grass.
Feel the sun on your back.
Go to a baseball game.
Look for treasure at a garage sale.
Explore a nearby small town.



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