

Hillcrest Happenings

Gothenburg Housing Authority

August 2022

Aug. 2nd: Commodities

Aug. 4th: Farmer's Market/Ehmen Park 5:00-7:00 P.M.

Aug. 10th: Carry-In Dinner at 12 P.M.

Aug. 11th: Farmer's Market/Ehmen Park 5:00-7:00 P.M.

Aug. 18th: Farmer's Market/Ehmen Park 5:00-7:00 P.M.

Aug. 20th: Living Out Loud Concert/Lake Helen 4:30 P.M.

Aug. 21st: Living Out Loud Concert/Lake Helen 10:30 A.M.

Aug. 23rd: BINGO 2 P.M.

Aug. 25th: Farmer's Market/Ehmen Park 5:00-7:00 P.M.

Aug. 27th: NE vs Northwestern/FOX 11:30 A.M.



August 10th
Carry-in Dinner
12 P.M.

Please join us for some good food and a great group of people!

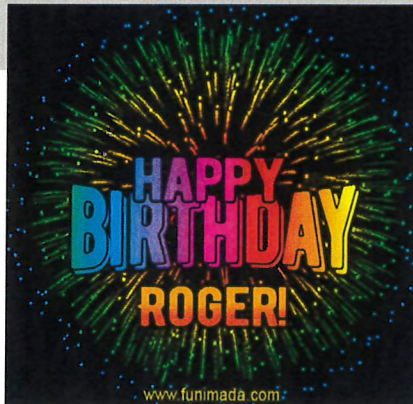
Our Hostesses will be Alice, Cheryl & Teri

~People who love to eat are always the best people~

Happy Birthdays!



Joyce-5th



Roger-7th



Teri-8th



Hazel-10th

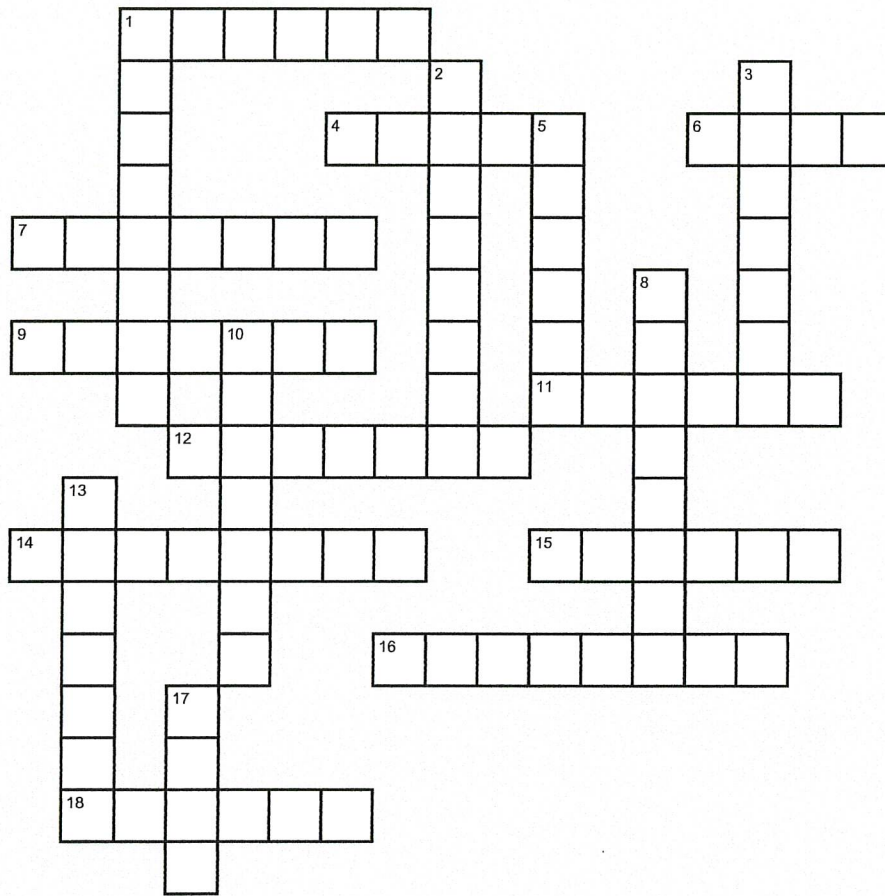


We are sincerely sorry to say there was a mix-up for Carolyn's Birthday. Her big day was July 22nd, so if you see her, please wish her a Happy Belated Birthday! We hope your day was great!

GHA Staff

~August Move-In
Anniversaries~
Andrew-2009
Karen M.-2018

Summer Crossword



ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda _____

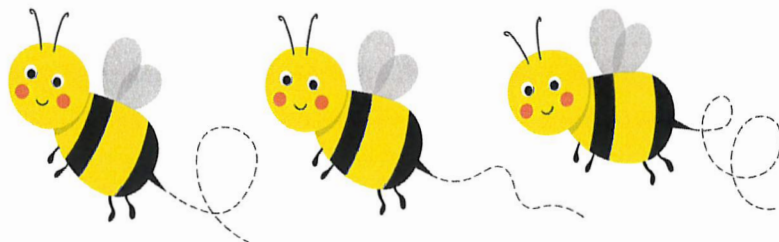
DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler

Wipes Clog Pipes!

Place these items in the **TRASH** and **NOT** the toilet:

- Disinfecting wipes
- Paper towels
- Baby wipes
- Towelettes
- Mop refills



FOR SPOTLESS FLOORS:

- 1 cup distilled vinegar
- 1 tablespoon liquid dish soap
- 1 cup baking soda
- 2 gallons warm water

Leaves everything streak-free
and smelling amazing.

Don't forget to **SHARE** so your
friends also know this!

Community Room
If you have placed
items to give away in
the Community Room
and they are still
there after a few days,
please remove the
items and dispose of
them else where.

Thank you.

GHA Staff

We have had a lot of After Hours Calls lately that do not constitute as an Emergency. Please ask yourself before calling, do I really need this taken care of today or can it wait.



Example of Emergency:

Fire-Call 911 first!! Then call us.

Flooding of your apartment

AC/Heater went out

(In the correct season),

Electrical Issues-No power to refrigerator or no electricity in your unit.

Locked out of your unit

Reminder we will NOT come up for TV, light bulbs, washers and dryers (unless flooding floors), plunging toilets, & noise complaints.

Garden Tip:

Listotic.com

Fill the bottom of pots with foam peanuts to make them easier to move and improve drainage.



Handyman

I'M SO EXCITED BY
GARDENING



THAT I WET MY PLANTS

HISTORY OF THE PONY EXPRESS

The Sam Macchette Station was erected in 1854 on the Oregon Trail and was used as a Fur Trading Post & Ranch House. From 1860-1861 the station was used as a Pony Express Station. After the Pony Express ended, the station was used as an Overland Trail Stage Station, bunk house, storage house, and dwelling until 1931. In 1931 Mrs. C.A. Williams donated the station to the city of Gothenburg. The city had it moved from its original site to Ehmen Park inside Gothenburg city limits. The station was dedicated to "All Pioneers Who Passed This Way, To Win and Hold the West."



History of the Sam Machette Station

The first rider out of San Francisco and his mount left the Alta Telegraph office just before 4:00 p.m., April 3, 1860. Heading west out of St. Joseph, Missouri on April 3, 1860 was the first pony rider, John Fry.

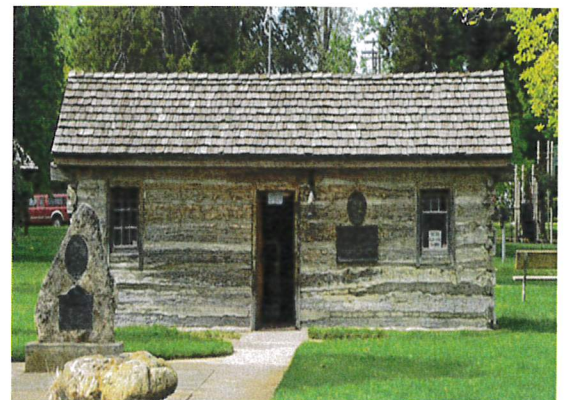
To perform these services required over 170 relay and home stations, and over 200 employees including station keepers, stock or horse tenders, blacksmiths and cooks.

The Pony Express ceased to operate on October 24, 1861 when the telegraph lines to California were completed bringing to a close the brave and shining saga of the Pony Express as the public knew it.

From its beginning, when it was established and supported by Russell, Majors and Waddell to its end when it was owned by Wells Fargo and Co., the Pony Express was a financial failure. The deficit was over \$200,000. But what a glorious failure. What a legacy of storied and shining courage it left for the West.



John Fry
1840-1863





Summer Ice Cream



Word Search!

CRWNNKXBCBBBOVNTXNXVCUVKE
 JOPXLEDEARUMENDNRIDAEBEK
 GQFOKLAVOTAFOLIVMRBYTKED
 CHFFZEGUTZEQUPSMIAEGLCTEP
 RXNSEE IEXWDMQJQRMWRUGAVSE
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 MVNMBQC VVL ODWQEDNVHSJCNIV

Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla





Roses are red,
violets are blue,
Bingo is cheaper,
than dinner for two.

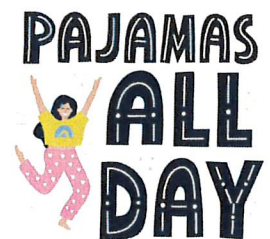


Join us for BINGO every 4th Tuesday of the month at
2 P.M.

PJ's & Brunch

Aug. 16th @ 10 AM

Bring your favorite breakfast item to share
with friends!



Vehicle Registrations

Just a friendly reminder that if have already
or have to get your tags for 2022, please bring
your new registration card to the office to be
copied.

Thank you!

Italian Hot Dish

Ingredients

- 1-1/2 cups uncooked multigrain bow tie pasta (about 4 ounces)
- 1 pound lean ground beef (90% lean)
- 1 cup sliced fresh mushrooms, divided
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon pepper
- 1 can (15 ounces) tomato sauce
- 1/2 cup shredded part-skim mozzarella cheese, divided
- 2 tablespoons grated Parmesan cheese, divided

Directions

1. Preheat oven to 350°. Cook pasta according to package directions for al dente; drain.
2. Meanwhile, in a large skillet coated with cooking spray, cook and crumble beef with 1/2 cup mushrooms, onion and green pepper over medium-high heat until no longer pink, 5-7 minutes. Stir in seasonings and tomato sauce; bring to a boil. Reduce heat; simmer, covered, 15 minutes.
3. Place pasta in an 8-in. square baking dish coated with cooking spray. Top with meat sauce and remaining mushrooms. Sprinkle with 1/4 cup mozzarella cheese and 1 tablespoon Parmesan cheese.
1. Bake, covered, 35 minutes. Uncover; sprinkle with remaining cheeses. Bake until heated through and cheese is melted, 5-10 minutes.

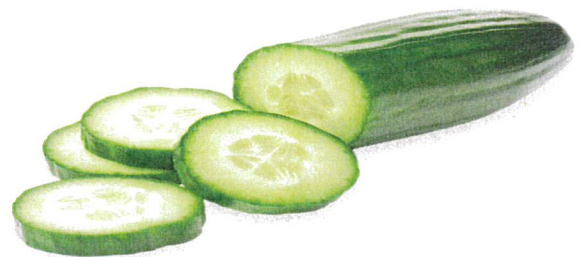
Nutrition Facts

1 serving: 394 calories, 15g fat (6g saturated fat), 82mg cholesterol, 704mg sodium, 32g carbohydrate (5g sugars, 5g fiber), 34g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 vegetable, 1/2 fat.



FACTS ABOUT CUCUMBERS

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!



LIVIN' LOUD
 A FREE 2-DAY FAMILY EVENT — 22ND ST & LAKE AVENUE — GOTHENBURG, NE
SATURDAY, AUGUST 20 | 4:45
 LIVE IN CONCERT

ZACH WILLIAMS
 ANNE WILSON
 APOLLO LTD
 JONATHAN TRAYLOR
 BEN FULLER

WITH A MESSAGE FROM A SURPRISE GUEST SPEAKER
 PLUS, JOIN US
SUNDAY, AUGUST 21 | 10:45
 FOR A COMMUNITY WORSHIP SERVICE
 WITH JONATHAN TRAYLOR & A GUEST SPEAKER

www.livinoutloud.live | info@livinoutloud.org | AN OUTDOOR EVENT | Facebook

At Lake Helen.

2 Days of Concerts.

Bring your lawn chair.

Cozad Jaycees Present
Music Mondays
 LIVE MUSIC EVERY MONDAY
6PM THE GREEN SPACE
 8TH & F ST.

for more information on each weeks line-up
 visit the Cozad Jaycees Facebook page

FOOD, DRINKS & ENTERTAINMENT EVERY MONDAY IN AUGUST
 FOOD & DRINKS START AT 5 WITH DJ BOBBY D AND THEN BANDS FROM 6-9

Cozad's Green Space at the corner of F Street and 8th Street.

Gothenburg Housing Authority

810 20th St.
Gothenburg, NE 69138

Phone: 308-537-7275
Fax: 308-537-3695
Email: ghousing@gburgfiber.com

OFFICE HOURS:
Monday thru Friday (except holidays)
8 A.M. to 4:30 P.M.

Website: www.gothenburg-housing.com

LIKE US ON FACEBOOK



Gha Authority

Mission Statement

The Gothenburg Housing Authority is committed to providing adequate and affordable housing in a professional, fiscally prudent manner that sustains families, supports community needs, and promotes economic opportunity.



Equal Housing Opportunity

Board of Directors

- | | |
|------------------|--------------|
| Cindy Soller | 308-537-2125 |
| Kyle Fornoff | 308-537-3600 |
| Joni Birnie | 308-529-1760 |
| Brennon Malcom | 308-537-2321 |
| Jill Rubenthaler | 308-537-3668 |
| Travis Pieper | 308-537-7577 |

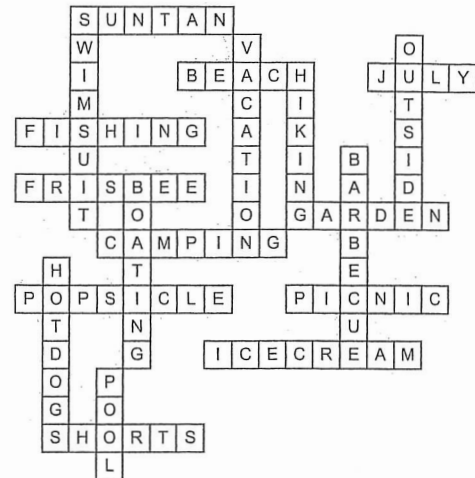
AFTER HOURS

Emergencies Only

Maintenance: 308-529-7714
308-529-7332

Executive Director: Gerri-308-708-0223
Admin. Assistant: Nancy-308-537-2275
Office Manager: LaDonna-308-539-2686

SOLUTION



Summer Ice cream

Word Search!

CRWNNKXBCBBBOVNTXNXVCOUVKE
JQPXLEDEARUMENDNRIDA EWBEK
GQFOKLAVOTAF OULVMRBYTKED
CHFFZEGUTZEQUPSMIAEGLCTEP
RXNSEEIE XWDMQJQRMRUGAVSE
SVUWMERCLWHEFTTEEYZNVLPKMR
XVWACSEUAVTAPJLPPMPCORECNQ
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Banana	Chocolate	Peach
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Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla