



March 2024



Crestview Chatter

GOTHENBURG HOUSING AUTHORITY

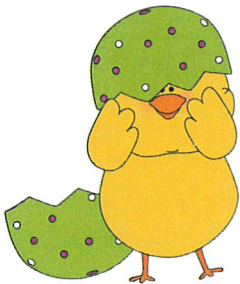
The March dinner will be Wednesday the 20th at noon.

The dinner will be a carry in.

Bring your favorite dish or dessert, & come join the fun.



March Birth Flower: Daffodils!



It's no surprise why!
These cheerful
flowers are a
harbinger of spring.

Aquamarine



Aquamarine and bloodstone, March's two birthstones, are very different when it comes to appearance, but they share a similar reputation for protecting one's well-being. The aquamarine birthstone evokes the colors of the sea. From deep green-blue to light, slightly greenish blue hues, faceted aquamarines are often free from inclusions and as clear as water, symbolizing purity of spirit and soul. The bloodstone birthstone is typically a dark-green cabochon that contains red spots of iron oxide, the "blood" that brings health and strength to the wearer.

Get the House Ready for Spring

Do a deep spring cleaning

Get rid of anything not serving you or your household

Clean out the fridge and pantry

Have the pantry stocked and ready for quick, easy and nutritious meals for those days when being outside takes up all your time.

Mark your Calendars:

On March 12th starting at 10 AM, our Maintenance team will come to your apartment for a Spring Maintenance Check. They will test smoke detectors, clean your furnace/air filters and check that your unit is working properly.

If you are not going to be around, we will enter your unit and leave a door hanger.



BINGO will be on
March 8th at 2 PM.
Come join the fun!

Where does Valentine's Day come after Easter? In the dictionary



Frances 8th



Shirley 14th



Helen 14th



Dennis 25th



Move- in Anniversaries:

James-2023

Jill-2023

Frances-2008

Sylvia-2022



OFFICE
Closed
for
TRAINING

The office will be closed on March 26-27th for Staff Training. If you have a Maintenance emergency, please refer to your after hours call sheet.

**Happy
Easter!!**

*A peaceful Easter
celebration to all,
wishing that each
new day in the year
the good human values
renew and improve
in our hearts!*



lovers-poems.com

How do you make Easter easier?

Replace the "t" with an "i"

1. Look up recipes. Take the opportunity to try new things.
2. Keep a positive attitude about meals. A healthy lifestyle should be positive. Say "I can have..." rather than "I cannot have..."
3. Incorporate at least 4 food groups in meals and 2 food groups in snacks.
4. Drink plenty of water.
5. Make meals enjoyable. Invite friends and family over to try out new recipes.
6. Plan your meals ahead of time. Try to re-use ingredients you already have or will use in multiple recipes to help cut the costs.
7. Stop eating when you feel full. Before building your second plate of food, give yourself 10 minutes and ask yourself, 'are you really hungry?'
8. Make your plate colorful by including a variety of fruits and vegetables. Take advantage of in season produce.
9. Cut back on unhealthy foods (such as: fried foods, high sodium foods, and high sugary foods).
10. Incorporate at least 30 minutes of physical activity daily. Activity does not have to be completed in one setting.



Easter Reflections

As flowers bloom and nature awakens,
Easter beckons us to pause and reflect.
We remember sacrifice and redemption,
And the love that couldn't be conquered or checked.

We ponder on the path we're taking,
Our choices, our triumphs, our falls.
We're grateful for every moment that's given,
For the chance to rise above it all.

We look ahead with faith and hope,
To a future that's bright and new.
For Easter is not just a holiday,
It's a reminder of what we can do.

If you are planning on moving, we have forms at the office that will need to be completed to comply with our policies on vacating your property.

Once you have completed your One year lease, you can give a 30-day notice at anytime during your tenancy period.



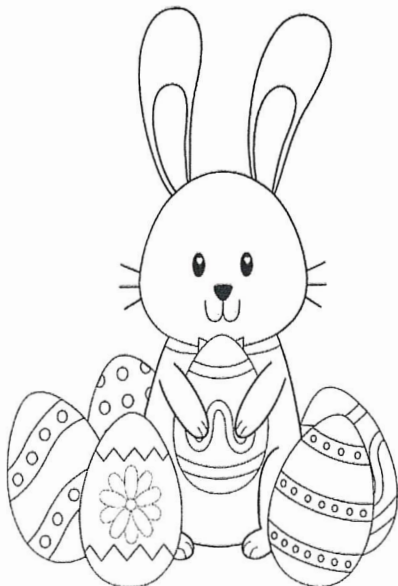
Therapist: What's been up lately?

Chocolate bunny: I don't know Doc, I just feel so hollow inside.

Easter word search



Words to find



- | | | |
|----------|------------|--------------|
| APRIL | CHOCOLATE | MARSHMALLOWS |
| BASKET | EASTER | PASTEL |
| BLOOMING | EGGS | SPRING |
| BONNET | FLOWERS | SUNDAY |
| BUNNY | HOLIDAY | SUNSHINE |
| CANDY | JELLYBEANS | TULIPS |
| CHICK | MARCH | |

During Business Hours,
all Maintenance calls
must be called into the
office. 308-537-7275



Unexpected Leap Year Facts:

About every four years, February gains an extra day. We do this so our calendars don't get out of whack, but Feb. 29 has also prompted some interesting traditions. Here are some surprising facts about the bonus day that comes only every so often.

It's All About the Sun

It takes the Earth about 365.242189 days — or 365 days, 5 hours, 48 minutes and 45 seconds — to circle once around the sun, says Time and Date. However, the Gregorian calendar we rely on has only 365 days, so if we didn't add an extra day to our shortest month about every four years, we would lose almost six hours every year. After a century, our calendar would be off by about 24 days.

James O'Donoghue, a planetary scientist at Japanese space agency JAXA who previously worked as a NASA Fellow at NASA's Goddard Space Flight Center, puts that into perspective with his enlightening animation above.

Caesar and the Pope

Julius Caesar introduced the first leap year around 46 B.C., but his Julian calendar had only one rule: Any year evenly divisible by four would be a leap year. That created too many leap years, but the math wasn't tweaked until Pope Gregory XIII introduced his Gregorian calendar more than 1,500 years later.

Technically, It's Not Every Four Years

Caesar's concept wasn't bad, but his math was a little off; the extra day every four years was too much of a correction. As a result, there's a leap year every year that is divisible by four, but to qualify, century years (those that end in 00) must also be divisible by 400. So, the year 2000 was a leap year, but the years 1700, 1800 and 1900 were not.

It's a Day That Doesn't Legally Exist

Another tale claims that Queen Margaret of Scotland (who would have been only 5 years old at the time, so take it with a grain of salt) enacted a law setting fines for men who turned down marriage proposals from women during a leap year. It's thought that the basis for the tradition likely goes back to the time when Feb. 29 wasn't recognized by English law; if the day had no legal status, it was OK to break with convention and a woman could propose.

But There May Be a Fine for Not Accepting

There are other traditions that put a price on saying "no." If a man doesn't accept a leap year proposal, it will cost him. In Denmark, a man refusing a woman's Feb. 29 proposal must give her a dozen pairs of gloves, according to The Mirror. In Finland, an uninterested gentleman must give his spurned suitor enough fabric to make a skirt.



Surprising Facts about St. Patrick's Day

While St. Patrick's Day is now associated with wearing green, parades (when they're not canceled) and beer, the holiday is grounded in history that dates back more than 1,500 years. The earliest known celebrations were held in the 17th century on March 17, marking the anniversary of the death of St. Patrick in the 5th century. Learn more about the holiday's history and how it evolved into the event it is today.

Much of what is known about St. Patrick's life has been interwoven with folklore and legend. Historians generally believe that St. Patrick, the patron saint of Ireland, was born in Britain (not Ireland) near the end of the 4th century. At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in the area now known as Northern Ireland. After toiling for six years as a shepherd, he escaped back to Britain. He eventually returned to Ireland as a Christian missionary

Among the legends associated with St. Patrick is that he stood atop an Irish hillside and banished snakes from Ireland—prompting all serpents to slither away into the sea. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record. And water has surrounded Ireland since the last glacial period. Before that, the region was covered in ice and would have been too cold for the reptiles.

The red-haired, green-clothed Leprechaun is commonly associated with St. Patrick's Day. The original Irish name for these figures of folklore is "lobaircin," meaning "small-bodied fellow." Belief in leprechauns likely stems from Celtic belief in fairies—tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.

The shamrock, a three-leaf clover, has been associated with Ireland for centuries. It was called the "seamroy" by the Celts and was considered a sacred plant that symbolized the arrival of spring. According to legend, St. Patrick used the plant as a visual guide when explaining the Holy Trinity. By the 17th century, the shamrock had become a symbol of emerging Irish nationalism.

While people in Ireland had celebrated St. Patrick since the 1600s, the tradition of a St. Patrick's Day parade began in America and actually predates the founding of the United States.

Records show that a St. Patrick's Day parade was held on March 17, 1601, in a Spanish colony in what is now St. Augustine, Florida. The parade and a St. Patrick's Day celebration a year earlier were organized by the Spanish Colony's Irish vicar Ricardo Artur. More than a century later, homesick Irish soldiers serving in the English military marched in Boston in 1737 and in New York City on March 17. Enthusiasm for the St. Patrick's Day parades in New York City, Boston and other early American cities only grew from there. In 2020 and 2021, parades throughout the country, including in New York City and Boston, were canceled or postponed for the first time in decades due to the outbreak of the COVID-19 virus. They returned in 2022.

While Irish Americans are now proud to showcase their heritage, the Irish were not always celebrated by fellow Americans. Beginning in 1845, a devastating potato blight caused widespread hunger throughout Ireland. While approximately 1 million perished, another 2 million abandoned their land in the largest-single population movement of the 19th century. Most of the exiles—nearly a quarter of the Irish nation—came to the shores of the United States. Once they arrived, the Irish refugees were looked down upon as disease-ridden, unskilled and a drain on welfare budgets.

The meal that became a St. Patrick's Day staple across the country—corned beef and cabbage—was an American innovation.

While ham and cabbage were eaten in Ireland, corned beef offered a cheaper substitute for impoverished immigrants. Irish Americans living in the slums of lower Manhattan in the late 19th century and early 20th purchased leftover corned beef from ships returning from the tea trade in China. The Irish would boil the beef three times—the last time with cabbage—to remove some of the brine.

Reminder: Please only call Maintenance after-hours on the weekends if it's an EMERGENCY!

A few examples of emergency's: broken water line or flooding, Fire, broken gas line, broken lock on exterior door, no air conditioning in hot weather or no heat in freezing weather & sewer backing up flooding your apartment. We ask if it is NOT AN Emergency to contact our offices during business hours. Thank you!

PET DAMAGE CAN BE COSTLY, BUT PREVENTABLE



The damage a pet can cause to your home can get expensive.

Between stains, odors and dogs can rack up a big and the actual destruction of furniture, walls, or door frames cats and dogs can rack up a big repair bill. A few things that may be considered pet damage are:

- Chewed floors or baseboards
- Scratched floors from pet claws
- Chewed/scratched blinds or strings
- Scratched or chewed doorframes, moldings, walls, or doors
- Abundance of pet hair
- Pet stains on the floor
- A lingering, unpleasant pet odor

Fortunately, there are ways to curb destructive behavior and avoid pet damages in your apartment.

Keep your pets' claws trimmed- this will help reduce scratches and scrapes on the floor and it will also keep your pets' claws healthy. Using rugs to protect the floors can also help prevent pet damage.

Provide cats with an appropriate outlet for their urge to scratch- A sturdy scratching post that stays upright as well as a variety of toys can help reduce your cat's urge to scratch and damage your home.

Provide dogs with plenty of exercise and chew toys- energy levels in dogs vary by breed, and long periods indoors can create pent-up energy in dogs that need released. If your dog is being destructive in your home, it most likely needs more exercise. Be sure to keep plenty of toys your dogs can chew on and they will be less likely to chew and damage items in your home.

Clean up accidents right away- once an accident happens, it's best to clean it up as soon as you're aware of it. Pet urine and feces that is not cleaned up immediately can create lasting damage, stains, and odor to floors and fixtures. It's also possible to prevent accidents that cause damage and odors from happening. For cats, most accidents are result of full litter boxes that need emptied and replaced with fresh cat litter. For dogs, most accidents happen when they are left indoors too long without being let outside to relieve themselves.

Sweep and/or vacuum pet hair regularly- if not cleaned regularly, pet hair can build up in your heating and air system and cause problems. It will also start to accumulate on your walls, ceilings, and appliances if not managed properly.

Address the problem and make adjustments to prevent pet damage- The best course of action when your pet is damaging your apartment is to stop the problem from being a regular issue. Modifying your pet's behavior with the right toys, exercise, routine, accessories, and training can prevent future damage from occurring.

Being able to meet and interact with your pets is one of our favorite parts of the job at GHA. Thank you for sharing your pets with us and helping keep your home free from pet damage!



When is the first day of spring? The official first day of spring is Tuesday, March 19. This date marks the vernal equinox. **Why does spring start on the 19th of this year?**

In 2024, the March equinox happens on March 19 at 11:06 P.M. EDT. This falls on a Tuesday and is the astronomical beginning of the spring season in the Northern Hemisphere and the autumn season in the Southern Hemisphere.

If you thought that the spring equinox only ever occurred on March 21, you may be dating yourself. The civil calendar date of the equinox continues to shift every year.

What Is the Spring Equinox?

In the Northern Hemisphere, the spring equinox in the Northern Hemisphere (also called the March equinox or vernal equinox across the globe) occurs when the Sun crosses the celestial equator going south to north. It's called the "celestial" equator because it's an imaginary line in the sky above the Earth's equator. Imagine standing on the equator; the Sun would pass directly overhead on its way north.

On the March equinox, the Northern Hemisphere and Southern Hemisphere receive roughly equal amounts of sunlight; neither hemisphere is tilted more toward or away from the Sun than the other.

Although in most locations (the North Pole and Equator being exceptions), the amount of daylight had been increasing each day after the winter solstice, after the spring equinox, many places will experience more daylight than darkness in each 24-hour day. The amount of daylight each day will continue to increase until the summer solstice in June, during which the longest period of daylight occurs.



WE were blessed with some beautiful tulips on Valentine's Day!

These were donated by Miller Towing and Dee's Flower Shop.

If you happen to see Brad or Dee, be sure to thank them.

What a wonderful way to brighten everyone's day!



Just a little reminder
Before you go to bed on March 9th,
Get all your clocks together
Set them an hour ahead!

Tonight we move the clocks ahead one hour and spring forward.



After the winter we've had, I'm all for anything with the word "spring" in it!



March is National Kidney Month!



Did you know that your kidneys filter all of your blood up to 25 times a day? These two fist-sized, bean-shaped organs work tirelessly around the clock for you. Whether you have kidney disease or not, learning about your kidneys can prevent or slow the progression of kidney disease. Here are some important steps to take:

Understand Your Kidneys: Your kidneys make urine and remove waste and extra fluid from your body. If your kidneys are struggling, they will work harder to keep up. You can lose up to 60% of your kidney function before you notice any problems. That's why it's crucial to take steps to keep your kidneys healthy today.

Know Your Risk: If you have diabetes, high blood pressure, heart disease, or a family history of kidney disease, or if you are over age 65, talk with a health care professional about your risk for kidney disease. Checking on your kidneys is the best way to know if they are healthy. Your health care professional can help you get tested for kidney disease and discuss your test results.

Embrace a Kidney-Healthy Lifestyle: Build healthy habits by eating nutritious foods you enjoy, being active for 30 minutes each day, aiming for seven to eight hours of sleep at night, quitting smoking, and limiting alcohol intake.



Chocolate Lasagna

Easter Chocolate Lasagna is a fun and easy no-bake dessert recipe that kids will LOVE! It's made with crushed Oreos, cream cheese, chocolate pudding and Cool Whip and garnished with Peeps and Easter egg candies.



INGREDIENTS

OREO CRUST:

36 OREOS

1/2 CUP UNSALTED BUTTER-MELTED

CREAM CHEESE LAYER:

1/2 CUP UNSALTED BUTTER-SOFTENED

1 CUP POWDERED SUGAR

8 OZ CREAM CHEESE-SOFTENED

1 TEASPOON VANILLA

1 CUP COOL WHIP

CHOCOLATE PUDDING LAYER:

2 (3.9 OZ.) PACKAGES CHOCOLATE INSTANT PUDDING

2 AND 3/4 CUPS COLD MILK

TOPPING:

2 CUPS COOL WHIP

1 1/2 CUPS CRUSHED OREO

PEEPS BUNNIES, EASTER EGG CANDIES...

INSTRUCTIONS

1. In a food processor finely crushed Oreo cookies into fine crumbs. If you don't have food processor, place Oreo cookies into Ziplock bag and crush the cookies with a rolling pin.
2. Using a fork mix crushed Oreo with melted butter, then press the mixture into the bottom of 9 x 13 inches dish. Place in the fridge to firm.
3. Beat cream cheese, softened butter, sugar and vanilla until it's light and creamy. Stir in 1 cup Cool Whip. Spread the mixture over the crust and place in the fridge.
4. In a medium bowl mix chocolate instant pudding with 2 and 3/4 cups cold milk. Whisk for a few minutes until the pudding starts thickening. Spread the pudding over the cream cheese layer. Place in the fridge for 10 minutes.
5. Spread 2 cups Cool Whip on top and sprinkle with crushed Oreo. Refrigerate at least 4 hours before serving.
6. Garnish with Peeps and Easter egg candies.

GOTHENBURG HOUSING AUTHORITY

810 20th
308-537-7275
Fax: 308-537-3695

OFFICE HOURS
Monday thru Friday (except holidays)
8:00 AM to 4:30 PM

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.



AFTER HOURS

Emergencies Only

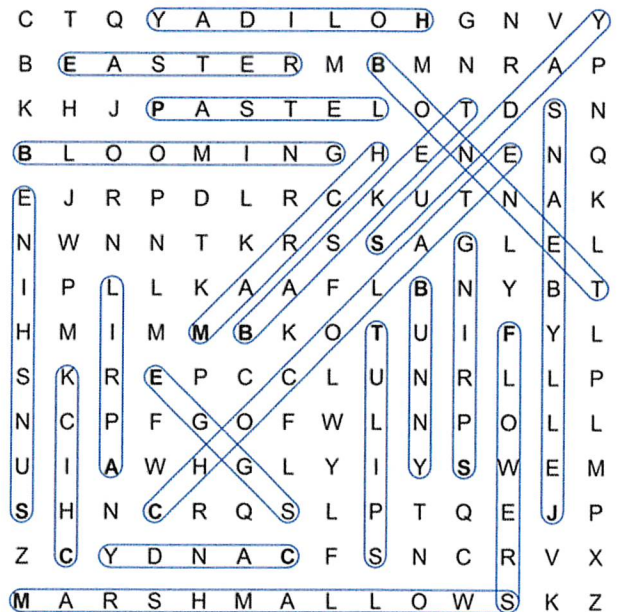
Maintenance: 308-529-7714
308-529-7332

Executive Director:

Gerri- 308-708-0223



Equal Housing Opportunity



Board of Directors

- | | |
|------------------|--------------|
| Patty Barkmeier | 308-529-2847 |
| Jackie Kuxhausen | 308-537-2402 |
| Jim Hudson | 308-784-4919 |
| Charlene Ogier | 308-537-3863 |
| Eldon Rodine | 308-529-1199 |
| Jack Kniss | 308-537-3008 |





March



2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1	2
3	4 Rent pickup at 2 PM	5	6 Bingo at 2 PM 	7	8  Frances B-Day	9
10  Daylight Savings Begins	11	12 Spring Maintenance Inspection at 10 AM	13	14  Shirley B-Day Helen B-Day CV Coffee at 2 PM	15	16
17 	18	19	20 CV Dinner at Noon	21	22	23
24	25  Dennis B-Day	26 	27 	28	29  Office Closed	30
31  Easter						