

Easy Chocolate Pie

Recipes

INGREDIENTS

- * 1 1/4 cups granulated sugar
- * 3 1/2 tablespoons cocoa powder
- * 2 large eggs
- * 1/4 cup unsalted butter, melted
- * 5 ounce can evaporated milk
- * 1 9-inch pie crust, homemade or store bought
- * whipped cream, for serving

DIRECTIONS

Preheat oven to 350 degrees F.

In a large bowl, whisk together the sugar and cocoa powder. Vigorously whisk in the eggs, butter, and evaporated milk until completely combined and smooth (batter will be thin.)

Pour batter into the pie crust and bake for about 50-55 minutes or until the filling sets and there is a thin crust on the top. (It might be slightly jiggly in the center, but that's okay - as it sits and cools, it will set up more.)

Remove from oven and let cool for at least 1-2 hours. Slice and serve with a little whipped cream and chocolate shavings!

NOTES

If your oven runs hot and you notice your crust is browning too fast, use a crust protector or aluminum foil.

After baking, pie should be left at room temperature as the cooling process normally takes a few hours.

Within 5 hours, the pie should then be placed in the refrigerator. Cover loosely with plastic wrap until serving. Pie may be refrigerated for up to 3 days.



The Conversation February 26, 2018

Being kind makes you feel good – according to science

Everybody can appreciate acts of kindness. But when it comes to explaining why we do them, people often take one of two extreme positions. Some think kindness is something completely selfless that we do out of love and care, while others believe it is just a tool that we cunningly use to become more popular and reap the benefits.

But research shows that being kind to others can actually make us genuinely happy in a number of different ways. We know that deciding to be generous or cooperating with others activates an area of the brain called the striatum. Interestingly, this area responds to things we find rewarding, such as nice food and even addictive drugs. The feel-good emotion from helping has been termed “warm glow” and the activity we see in the striatum is the likely biological basis of that feeling.

Research in psychology shows a link between kindness and well-being throughout life, starting at a very young age. In fact, even just reflecting on having been kind in the past may be enough to improve teenagers' mood. Research has also shown that spending extra money on other people may be more powerful in increasing happiness than spending it on yourself.

But why and how does kindness make us so happy? There are a number of different mechanisms involved, and how powerful they are in making us feel good may depend on our personalities.

The story doesn't end there. Being kind may boost your mood, but research has also shown that being in a good mood can make you more kind. This makes it a wonderful two-way relationship which just keeps giving.

Hooper Housing Authority ~ Parkview Apartments February 2021 Newsletter

President's Day

History

President's Day, or Washington's Birthday as it is still legally known, was originally designed as a celebration of George Washington's birthdate. In 1880, Congress voted to make this the first national holiday which honored an individual. In 1968, Congress enacted the Uniform Monday Bill, to give workers as many long weekends as possible. This moved as many holidays to a standard Monday each year. Many states were already honoring Abraham Lincoln's birthday, February 12th, and this celebration was combined with George Washington's birthday, for one federal holiday. It is observed on the third Monday in February each year.

Facts

Although it falls on the third Monday of February, George Washington's birthday is supposed to be celebrated on this holiday.

According to the Julian calendar, Washington was born February 11, 1732. The Gregorian calendar was adopted in 1752, changing Washington's birthday to February 22.

Since 1888, Washington's Farewell Address has been read aloud in the U.S. Senate on February 22nd. George Washington was the Commander in Chief of the Continental Army, first U.S. President, and President of the Constitutional Convention.

Presidents Day never falls on Washington's actual birthdate (Feb. 22). The third Monday in February can never be any later than February 21st.

One person can make
a difference, and
everyone should try.

—John F. Kennedy



ANNUAL INSPECTIONS WILL BE DONE IN MARCH. YOU WILL BE GIVEN DATES IN ADVANCE.

QUARTERLY

PEST CONTROL TREATMENT

February, May, August & November

The **last Tuesday of the month, starting at 10:00 a.m.** Be prepared for this visit to your apartment. Even if you are not at home the treatment will be done.

Remember to report anytime you suspect there is an issue. Being proactive and catching things early is the way to successfully avoid or eliminate any issues. Thank you for your help!



\$\$ RENT REMINDERS \$\$

- ⇒ Rent is due **February 1st.**
- ⇒ Rent is late if received after 4:30 p.m. on **February 5th.**
- ⇒ No partial payment is accepted.
- ⇒ Check, cashier's check, or money order only.
- ⇒ **If you mail your payment please allow at least 5 days.**

Any questions, please call 402-727-4848 or on Tuesdays (9-11) & Fridays (8:30-11) - 402-654-2229.

RENT ~ RENT ~ RENT ~ RENT

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**Dogs** - must be taken outside when they need to relieve themselves. **You** are responsible for cleaning up after **your** animal. Make good use of the **pet waste station** that was provided for your convenience. Doing your part shows consideration for others and pride in your community!

## Hooper Office Hours

**Tuesday** - 9:00 a.m. - 3:00 p.m.  
(closed for lunch 12:00 p.m. - 12:30 p.m.)  
**Friday** - 8:30 a.m. - 11:00 a.m.

**Call the Fremont Housing Office at 402-727-4848 to put in a Work Order.**

**You can also tell Office Staff on Tuesdays and Fridays at the Hooper Office, 402-654-2229.**

### **For Maintenance Emergencies ONLY!**

Call - Ed (Maintenance Supervisor) 402-720-1264  
or Rita (Executive Director) 402-720-9643.

## Hooper Board Meeting Notice

The next Regular Board Meeting is on Wednesday, March 17, 2021. It will begin at 6:30 p.m.



**Be mindful of your neighbors, don't leave your laundry in the machines. It is inconvenient for others and could lead to lost or stolen items, which the Hooper Housing Authority is not responsible for.**



## Holidays and Dates to Remember FEBRUARY

- 2 Groundhog's Day
- 14 Valentine's Day
- 15 President's Day
- 16 Mardi Gras

Black History Month & American Heart Month

## How Many Pounds of Chocolate Do Americans Buy for Valentine's Day?

February 5, 2020 Carolyn Menyes - The Daily Meal article

Chocolate and Valentine's Day are a truly iconic couple. In fact, this sweet treat is so synonymous with the most romantic holiday of the year that heart-shaped boxes of chocolate made up 10.7% of Valentine's Day candy sales in 2019, according to a new survey from Candystore.com. The candy website used sales data from the past 12 years from online bulk candy stores and industry partners to determine the amount of chocolate sold.

That sure is a lot of cherry cordials. But just how much chocolate do Americans buy every year for Valentine's Day? Turns out, 58 million pounds of chocolate are purchased in the seven days leading up to Feb. 14. And if you're single and want to get in on the action, you're not alone. The Candystore.com survey revealed that 43% of Americans will buy themselves candy this Valentine's Day.

Chocolate is just one part of big Valentine's Day sales. The National Retail Foundation expects that Americans will shell out \$27.4 billion this February (an average of \$196.31 per person) on gifts for loved ones. For 2020, it's expected that about \$2.4 billion of that big spending will go toward candy. The rest will go toward other romantic gifts, such as jewelry, an evening out at one of the most romantic restaurants around, clothing, flowers, cards and other gifts.



## Mardi Gras History

**Mardi Gras marks the end of the Carnival season, a period observed by many Roman Catholics that starts at Epiphany on January 6 and ends on the Tuesday before Ash Wednesday (Mardi Gras). Since Mardi Gras is the last day before lent (a solemn period observed by prayer, repentance, fasting, and moderation), it is often associated with lavish Carnival-like celebrations.**

## Mardi Gras Facts

**Some families eat a festive King Cake on Mardi Gras. Although it is traditionally served on Epiphany, many cultures, especially the people of Louisiana, savor the sweet cake the night before Ash Wednesday. Mardi Gras cakes are often decorated with a toy baby to represent the baby Jesus.**

**Although the holiday is rooted in the Christian calendar, not many churches observe it with a worship service. Most observances include festive parties, balls, and parades.**

**Green, gold, and purple are the official colors of Mardi Gras, and they all have roots in Christianity. Green represents faith, while purple symbolizes justice. Gold stands for power.**

**Mardi Gras is not celebrated as an official church holiday, but is celebrated because the following day starts Lent, a 40-day period of preparation and penitence before Easter. Ash Wednesday marks the beginning of Lent, so Mardi Gras, French for "Fat Tuesday", is often the last day that people may indulge before beginning dietary restrictions. In Roman Catholic tradition, the faithful refrain from eating meat during Lent except on Sundays. Fish is acceptable in some Latin American countries.**