

## Mint Brownie Pie

### Ingredients

- ◆ 6 tablespoons butter
- ◆ 2 ounces unsweetened chocolate
- ◆ 1 cup sugar
- ◆ 2 large eggs, room temperature, lightly beaten
- ◆ 1/2 teaspoon vanilla extract
- ◆ 1/2 cup all-purpose flour

### Filling

- ◆ 1 package (8 ounces) cream cheese, softened
- ◆ 3/4 cup sugar
- ◆ 1/2 teaspoon peppermint extract
- ◆ Green food coloring, optional
- ◆ 1 carton (8 ounces) frozen whipped topping, thawed
- ◆ 1/4 cup semisweet chocolate chips
- ◆ Additional whipped topping, optional

### Directions

Preheat oven to 350°. In a large saucepan over low heat, melt butter and chocolate. Stir in sugar until smooth. Add eggs and vanilla. Stir in flour until well blended.

Pour into a greased 9-in. springform pan. Bake until a toothpick inserted in center comes out clean, 18-20 minutes. Cool on a wire rack.

Meanwhile, for filling, beat cream cheese and sugar until smooth. Beat in extract and, if desired, food coloring. Fold in whipped topping. Spread evenly over brownie layer. Refrigerate, covered, at least 1 hour. Remove sides of pan just before serving. Melt chocolate chips; drizzle over top. If desired, serve with additional whipped topping.



## Habit Formation

### What Is Habit Formation?

Habit formation is the process by which new behaviors become automatic. Someone who instinctively reaches for a cigarette after waking up has a habit, as does the person who laces up her running shoes and hits the streets as soon as she gets home.

Old habits can be difficult to break, and healthy habits are often harder to develop than one would like. That's because the behavioral patterns we repeat most often are etched into our neural pathways. The good news is that, through repetition, it's possible to form—and maintain—new habits. And even long-time habits that are detrimental to one's health and well-being can be shaken with enough determination and a smart approach.

### How to Build Better Habits

Whether one's aim is to end a disruptive habit or to establish a healthy one, behavior change can be tough. Excuses, fatigue, and the vagueness of goals can spell doom for such efforts. With some focus, however, these obstacles can be overcome.

Experts advise that strategies such as creating a specific and reasonable goal for change, being mindful of how one's environment influences one's plans to progress toward it, and looping in other people who care about one's progress can all help make the process of habit formation more successful.

When we want to build new habits, according to James Clear, author of *Atomic Habits* (2018), we can get remarkable results by making one tiny change at a time. In the beginning, creating a new habit is more critical than actually achieving a goal. He recommends getting just 1% better each day. According to Clear, accumulating habits involves deciding the kind of person you want to be and then empowering your vision with a process of small wins emerging from habits. One step at a time, we can create a personal system as these habits inform our way of learning, doing, and being in the world.

Hooper Housing Authority  
Parkview Apartments  
Newsletter  
March 2020

Air Conditioner Fee  
of \$75 must be paid  
before May 1, 2020.



It's Time for  
Annual Inspections!



A year has passed and it's time once again for Annual Inspections. They will be done **March 24th thru March 26th**. Each apartment will be inspected to ensure its up to HUD UPCS Standards.

We want to help set you up for success so that your apartment will pass with flying colors!! To assist in this we've included in this newsletter an excerpt (on page 3) from the Hooper Housing Authority's \*Housekeeping Policy (which you received and signed at move-in) to remind you of the cleaning goals each household should be persistently trying to attain.

As a reminder, if you have any issues or work orders that need to be reported do this as soon as possible so they can be taken care of before the day of inspection.

Your efforts, not just at inspection time but every day, are necessary to help make and keep Parkview Apartments a safe, sanitary and pleasant place to call HOME.

Do more than "just enough" because it shows appreciation and pride in your living space. And sets a great example for your neighbors!



It's been many years since laundry fees have been adjusted. This year there is an increase. **Washers and Dryers will each now cost \$1.00 per load.**



## 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!



## Hooper Office Hours - New Hours



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

## Holidays & Days to Remember in MARCH

8 – Daylight Savings Begins

17 – St. Patrick's Day

19 – Spring begins

24-26 – Parkview Apartment INSPECTIONS

## \$\$ RENT REMINDERS \$\$

- ⇒ Rent is due **March 1st**.
- ⇒ Rent is late if received after 4:30 p.m. on **March 5th**.
- ⇒ **A charge of \$30 will be assessed on the 6th day of each month for late rent.**
- ⇒ **An additional \$20 will be assessed if rent is not paid by the 20th of each month.**
- ⇒ 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**



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

**You can also tell Office Staff on Tuesdays 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.**

The next **Regular Board Meeting** is scheduled for Wednesday, March 18, 2020.

At 6:30 p.m.



## a. Inside the Apartment - General

1. Walls: should be clean, free of dirt, grease, holes, cobwebs, and fingerprints.
2. Floors: should be clean, clear, dry and free of hazards.
3. Ceilings: should be clean and free of cobwebs.
4. Windows: should be clean and not nailed shut. Shades or blinds should be intact.
5. Woodwork: should be clean, free of dust, gouges, or scratches.
6. Doors: should be clean, free of grease and fingerprints. Doorstops should be present. Locks should work.
7. Heating units: should be dusted and access uncluttered.
8. Trash: shall be disposed of properly and not left in the unit.
9. Entire unit should be free of rodent or insect waste/ infestation.

## b. Kitchen

1. Stove: should be clean and free of food and grease.
2. Refrigerator: should be clean, inside, outside and underneath. Freezer door should close properly, and freezer have no more than one inch of ice.
3. Cabinets: should be clean and neat. Cabinet surfaces and countertop should be free of grease and spilled food. Cabinets should not be overloaded. Storage under the sink should be limited to small or lightweight items to permit access for repairs. Heavy pots and pans should not be stored under the sink.
4. Sink: should be clean, free of grease and garbage. Dirty dishes should be washed and put away in a timely manner (don't allow a lot to pile up).
5. Food storage areas: should be neat and clean without spilled food.
6. Trash/garbage: should be stored in a covered container until removed to the disposal area.

## c. Bathroom

1. Toilet and tank: should be clean and odor free.
2. Tub and/or shower: should be clean and free of excessive mildew and mold. Where applicable, shower curtains should be in place, and of adequate length.
3. Lavatory: should be clean
4. Exhaust fans: should be free of dust.
5. Floor should be clean and dry.

## d. Storage Areas

1. Linen closet: should be neat and clean.
2. Other closets: should be neat and clean. No highly volatile or flammable materials should be stored in the unit.
3. Other storage areas: should be clean, neat and free of hazards.
4. Doors should be able to close freely.

## e. Outside the Apartment

1. Yards should be free of debris and trash. Exterior walls should be free of graffiti.
2. Porches should be clean and free of hazards. Any items stored on the porch shall not impede access to the unit.
3. Steps: should be clean, and free of hazards.
4. Sidewalks: should be clean and free of hazards.
5. Storm doors: should be clean, with glass or screens intact.
6. Parking lot: should be free of abandoned cars. There should be no car repairs in the lots.
7. Hallways: should be clean and free of hazards.
8. Stairwells: should be clean and uncluttered. No furniture or other items.
9. Laundry areas: should be kept clean and neat. Remove lint from dryers after use.