

Ingredients

- ◆ no-stick cooking spray
- ◆ ½ cup all-purpose flour
- ◆ ½ cup whole wheat flour
- ◆ ½ cup white sugar
- ◆ 1 teaspoon salt
- ◆ 1 teaspoon pumpkin pie spice
- ◆ ¾ teaspoon baking powder
- ◆ ½ teaspoon baking soda
- ◆ ½ teaspoon ground cinnamon
- ◆ ½ teaspoon ground nutmeg
- ◆ 1 ¼ cups pumpkin puree
- ◆ ½ cup milk
- ◆ 2 eggs, beaten
- ◆ ¼ cup maple syrup
- ◆ ¾ cup quick cooking rolled oats

Directions

- ◆ Step 1

Preheat oven to 375 degrees F (190 degrees C). Spray 6 muffin cups with cooking spray.

- ◆ Step 2

Whisk all-purpose flour, whole wheat flour, sugar, salt, pumpkin pie spice, baking powder, baking soda, cinnamon, and nutmeg together in a large bowl until thoroughly combined. Stir pumpkin puree, milk, eggs, and maple syrup into the dry ingredients until batter is smooth, fold oats into batter. Scoop batter into prepared muffin cups, filling them to the top.

- ◆ Step 3

Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 30 minutes; set aside to cool 5 to 10 minutes before serving.

October Oatmeal Pumpkin Muffins



Recipe
Corner

Creepy True Stories

Phantom Car Crash

On December 11, 2002, two motorists called police to report seeing a car veering off the A3 trunk road with headlights blazing at Burpham in Surrey. A thorough search uncovered a car concealed in dense undergrowth and the long-dead driver nearby. It turned out that the crash had actually happened five months earlier when the driver, Christopher Chandler, had been reported missing by his brother.

Helpful Voices

While on holiday a woman, referred to by the British Medical Journal (1997) as AB, heard two voices in her head telling her to return home immediately. Back in London the voices gave her an address that turned out to be a hospital's brain scan department. The voices told her to ask for a scan as she had a brain tumor and her brain stem was inflamed. Though she had no symptoms, a scan was eventually arranged and she did indeed have a tumor. After an operation, AB heard the voices again: 'We are pleased to have helped you,' they said 'Good-bye.' AB made a full recovery.

Postcard Farewell

When Jim Wilson's father died in Natal, South Africa, in April 1967, both Jim, living in England, and his sister Muriel, living in Holland, were informed. Muriel contacted her husband who was on business in Portugal, and he flew to South Africa right away. Changing planes at Las Palmas airport in the Canary Islands, he bought a postcard showing holidaymakers on Margate Beach, Natal, and sent it to Muriel. It was she who noticed that the photograph showed her father walking up the beach.



Hooper Housing Authority Parkview Apartments October 2020 Newsletter



Halloween

Halloween or Hallowe'en (a contraction of Hallows' Even or Hallows' Evening), also known as All Halloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. (Wikipedia)

What was Halloween originally called?

Halloween, also known as All Hallows' Eve, can be traced back about 2,000 years to a pre-Christian Celtic festival held around Nov. 1 called Samhain (pronounced "sah-win"), which means "summer's end" in Gaelic, according to the Indo-European Etymological Dictionaries. (13 Halloween Superstitions & Traditions Explained)

Why do we dress up on Halloween?

The tradition of dressing up for Halloween most likely comes from the Medieval practices of "mumming" and "going a-souling," which historically took place on All Saints Day and All Souls Day. Mumming meant dressing up in costumes, singing, dancing, play-acting, and making other general mischief. (Reference.com)

Why is Halloween so important?

Halloween is one of many "memento mori" traditions designed to make death just a little bit more fun—and provide an age-appropriate hint to children about an inescapable fact of life, which is that life ends. This has emotional benefits. (greatergood.berkeley.edu/article)

What is the purpose of Halloween?

Halloween is a time that reconfirms the social bond of a neighborhood (particularly the bond between strangers of different generations) by a ritual act of trade. Children go to lengths to dress up and overcome their fear of strangers in exchange for candy. (The Real Origins of Halloween - Neopagan.net)

Today, Americans spend an estimated \$2.6 billion on candy on Halloween, according to the National Retail Federation, and the day, itself, has become the nation's second-largest commercial holiday.



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 **October 1st**.
- ⇒ 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

ANNOUNCEMENT: Nebraska RentWise

RentWise is a program to help renters obtain and keep rental housing and be successful renters through education. The class is free to residents of low income housing, and open to the public for the cost of \$5.

A **RentWise class** will be held in the casual atmosphere at the Parkview Apartments Community Room on Tuesday, October 27, 2020.

For those tenants that it pertains to, their attendance counts as credit toward the 8 hours of monthly HUD Community Service/Self Sufficiency mandates. A certificate will be awarded upon completion of all the classes.

Be sure to take part in this free and informative opportunity. If you have any questions you can call Tammy. @ 402-727-4848 ext. 1

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 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 on **Wednesday, November 18, 2020.**

It will begin at **6:30 p.m.**



Holidays & Days to Remember in OCTOBER

- 2 - Int'l. Day of Non-Violence
- 12 - Columbus Day
- 16 - Boss's Day
- 24 - United Nations Day
- 31 - Halloween



"LISTEN! THE WIND IS RISING.
AND THE AIR IS WILD WITH LEAVES.
WE HAVE HAD OUR summer EVENINGS.
NOW FOR **October EVES!**"

Humbert Wolfe

Things to do in October!

Go apple picking.

Get a Pumpkin Spice Latte from Starbucks.

Go to a pumpkin patch.

Bake pumpkin spice flavored desserts.

Curl up with a good book on a cool fall night.

Clean out your closet and donate gently used clothes to Goodwill.

Decorate your space with cute fall decorations.

Volunteer at a soup kitchen to help provide warm meals in the colder months.

Carve a pumpkin.

Go on a road trip with your friends to enjoy the beautiful fall scenery.

Make s'mores by a campfire.

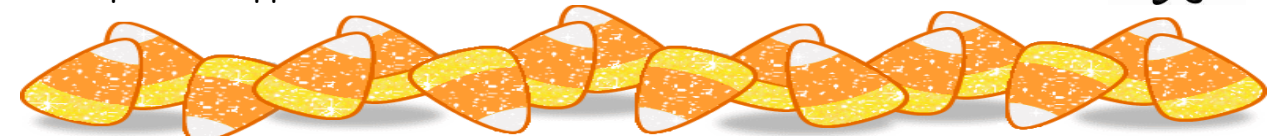
Look for fun activities in your community like a Fall Festival.

Make caramel covered apples.

Roast pumpkin seeds in the oven with sea salt.

Drink a glass of apple cider.

Wear pink to support Breast Cancer Awareness Month.



10 Most Popular Halloween Candies

1. Reese's Peanut Butter Cups
2. Snickers
3. Twix
4. Kit Kat
5. M&Ms
6. Nerds
7. Butterfinger
8. Sour Patch Kids
9. Skittles
10. Hershey bar

