

VALENTINE BLONDIE BARS



photo from <https://ahelicoptermom.com>

Ingredients:

- 2/3 cup Butter
- 2 cup Brown Sugar
- 2 Eggs
- 1 tsp Vanilla
- 1 tsp Baking Powder
- 1/4 tsp Baking Soda
- 2 cup Flour
- 1/4 tsp Salt
- 1/2 cup Chocolate Chips
- 1 cup Valentine M&M's

Directions:

1. Preheat the oven to 350 degrees.
2. Line a 9x13 pan with parchment paper or spray with cooking spray.
3. Place butter and brown sugar in a medium size saucepan and heat. Stir constantly until smooth. Cool for 5 minutes
4. Add eggs one at a time. Stir until incorporated.
5. Add vanilla, then flour, salt baking soda and baking powder. Stir until combined.
6. Add half of the chocolate chips and half of the M&M's and stir.
7. Spoon mixture into prepared pan. Top with remaining M&M's and chocolate chips.
8. Bake for 25-30 minutes at 350 degrees.
9. Allow to cool until slightly warm, then cut into bars.

Find recipe at:

<https://ahelicoptermom.com/valentine-blondie-bars-recipe>

PUZZLE CORNER

SUDOKU

The objective is to fill the grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

	2	4	3	8				
					6			7
	5	8				4		
4				1				
			7		5			
				2				8
		1				6	7	
3			5					
				4	9	2	1	

https://krazydad.com/sudoku/sfiles/KD_Sudoku_IM_8_v1.pdf

FOR YOUR HEALTH

5 Things to Do Daily to Keep Your Heart Healthy

1. Eat healthy fats, not trans fats.
2. Don't sit for too long at one time.
3. Practice good dental hygiene, especially flossing your teeth daily.
4. Get enough sleep.
5. Avoid secondhand smoke like the plague.

Read the full article at:

<https://health.clevelandclinic.org/5-things-to-do-daily-to-keep-your-heart-healthy/>

GREEN HILLS APARTMENTS

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CALENDAR FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Due	2 Groundhog Day
3	4	5	6	7	8	9
10	11 Late Notices at 10:00 am	12	13	14 Valentine's Day 	15	16
17	18 President's Day 	19	20 Exterminator	21	22	23
24	25	26	27	28		

COMMUNITY NEWS:

- ▶ Happy Valentine's Day to all of our residents! Watch your door clips on the 14th for a Valentine's Day gift.
- ▶ Clark's Ole Time Music Center - Old-time mountain music, bluegrass music dancing (two-steps, flatfoot, waltz). Family atmosphere. Wheelchair accessible, groups welcome. Adults \$8, Children (under 12) are free. Fridays from 7:30 pm to 10:00 pm, closed in July. Address: 1288 Ridge Road, Raphine, VA 24472. From I-81 and I-64 take Exit 200. Turn left on Sterrett Road. Turn right on Ridge Road. Travel 2.5 miles, the Center is on the right.