

Celebrating the 10th Anniversary
of

"A Taste of Chocolate"

Recipes and more...

presented by

Ames-ISU YWCA



This keepsake book celebrates the tenth anniversary of the YWCA's most successful fundraiser, 'A Taste of Chocolate'. Kathi Conger brought the concept to the Ames-ISU YWCA from the University of Illinois YWCA in 1984. The chocolate tasting party grew from a small, but successful, gathering at the home of Helen LeBaron Hilton to a community celebration at Collegiate Presbyterian Church and the Ames Women's Theatre.

The Ames-ISU YWCA celebrated a century of service in 1990. Dedicated to the elimination of racism and sexism, the members and friends of the YWCA work to empower all people within the Ames and greater Story County area. We express deep thanks to Alicia Chávez for her considerable dedication to producing this book. We are grateful to our contributors for your recipes, quotes and creativity. We appreciate the support of all of you who purchase this book.

We hope you enjoy these wonderful chocolate delights. Remember... these recipes contain no calories -- because they are for such a good cause!

Judy Dolphin
Executive Director

DeLores Hawkins
President of the Board

Table of Contents

| | |
|--------------------------------------|-----|
| <i>About Chocolate</i> | 5 |
| <i>Candies & Frostings</i> | 11 |
| <i>Cakes & Cupcakes</i> | 23 |
| <i>Cookies</i> | 45 |
| <i>Desserts</i> | 69 |
| <i>Pies</i> | 105 |

All About Chocolate

A History of Chocolate

| | |
|--|---|
| The History of Chocolate | 7 |
| from golden ages, Columbus brought it to Ferdinand and Isabella of Spain, where a bit of sugar, a drop of vanilla, some Storing Chocolate..... | 8 |
| Spain. The chocolate then eventually spread to Italy, France, Holland and finally to England where its popularity was so great Melting Chocolate | 8 |
| greeting and sipping were the order of the day. | |

Chocolate instead of Chocolate 9
and was once expensive. During the Industrial Revolution, methods were developed to make chocolate finer and smoother. Perhaps the biggest step toward chocolate as we know it today was taken in Switzerland in the 1800's, when Daniel Peter added milk to basic chocolate. He also made the first solid chocolate.

Milton S. Hershey made chocolate the all-American tradition that it is today. He built the Hershey chocolate factory amid the rich dairylands of Pennsylvania's Lebanon Valley.

And most importantly the history of chocolate includes all of us who love chocolate enough to purchase an entire collection of recipes that will immerse even the most avid chocolate lover in our favorite...chocolate!

History of Chocolate

The emperor Montezuma and his Aztec court first sipped it from golden goblets, Columbus brought it to Ferdinand and Isabella of Spain... where a bit of sugar, a drop of vanilla, some heat and a cinnamon stick made it the new drink of Spain. The chocolate fever eventually spread to Italy, France, Holland and finally to England where its popularity was so great there were actually Chocolate Houses, where meeting, greeting and sipping were the order of the day.

Chocolate was still considered exotic and was quite expensive. During the Industrial Revolution, methods were developed to make chocolate finer and smoother. Perhaps the biggest step toward chocolate as we know it today was taken in Switzerland in the 1800's, when Daniel Peter added milk to basic chocolate. He also made the first solid chocolate.

Milton S. Hershey made chocolate the all-American tradition that it is today. He built the Hershey chocolate factory amid the rich dairylands of Pennsylvania's Lebanon Valley.

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Storing Chocolate

Chocolate products will stay fresh well over a year if stored in a cool, dry place (65*-70*). Temperatures above 78* will cause chocolate to melt. The cocoa butter then rises to the surface and forms a grayish discoloration called "cocoa butter bloom". Condensation on milk or semi-sweet chocolate may cause the sugar to dissolve and rise to the surface as "sugar bloom." Neither "bloom" affects the quality or flavor of chocolate and, once melted, the chocolate will regain its original color. Thus, it's a good idea to keep chocolate (well wrapped) in as cool a place as possible during prolonged periods of heat and high humidity.

Melting Chocolate

Using a Double Boiler: This is the preferred method for melting all types of chocolate, avoiding both scorching and the formation of steam droplets. Place the chocolate in the top of a double boiler over hot, not boiling, water.

Using Direct Heat: Because chocolate scorches so easily, this method is not strongly recommended. There are three "musts": very low heat; a heavy saucepan; constant stirring.

Using a Microwave Oven:

Unsweetened or Semi-Sweet Baking Chocolate: Unwrap, break blocks in half and place desired amount in micro-proof measuring cup or bowl. Microwave at HIGH (100%) for half the minimum time listed below; stir. Continue to microwave until chocolate is softened; stir. Allow to stand several minutes to finish melting; stir

again (If unmelted chocolate still remains, return to microwave for an additional 30 seconds; stir until fluid.)

| | |
|---------------------|--------------------|
| 1 block (1 ounce) | 1 to 1-1/2 minutes |
| 2 blocks (2 ounces) | 1-1/2 to 2 minutes |
| 3 blocks (3 ounces) | 2 to 2-1/2 minutes |
| 4 blocks (4 ounces) | 2-1/2 to 3 minutes |

Chips (Semi-Sweet, Milk, Mini-Chips, Chocolates or Peanut Butter): Place 1 cup (about 6 ounces) chips in 2-cup micro-proof measuring cup or bowl. Microwave at HIGH (100%) for 1 to 1-1/2 minutes or until softened; stir. Allow to stand for several minutes to finish melting; stir until smooth.

*Note...in the microwave oven, chocolate squares and chips will keep their shape even when they are softened. Stir to determine whether chocolate is fluid and melted.

Using Cocoa Instead of Chocolate

For unsweetened baking chocolate: 3 level tablespoons cocoa plus 1 tablespoon shortening (liquid or solid) equals 1 block (1 ounce).

For semi-sweet chocolate: 6 tablespoons cocoa plus 7 tablespoons sugar plus 1/4 cup shortening equals one 6-ounce package (1 cup) semi-sweet chocolate chips or 6 blocks semi-sweet chocolate.

For sweet baking chocolate: 3 tablespoons cocoa plus 4-1/2 tablespoons sugar plus 2-2/3 tablespoons shortening equals 1 bar (4 ounces).

Tips Adapted from Hershey's Chocolate Cookbook

Failure to recognize possibility

is the most dangerous and fatal mistake we can make.

Don't limit your imagination.

Candies & Confections

- Maxine Johnson -

| | |
|-----------------------------|----|
| Chocolate Amaretto Truffles | 13 |
| Chocolate Clouds | 21 |
| Chocolate Delight Bites | 15 |
| Chocolate Peppermint Creams | 17 |
| Peanut Butter Balls | 16 |
| Turtles | 20 |
| Truffles | 19 |

Cocoa powder or ground almonds

Dissolve coffee in boiling water. Add chocolate and amaretto and melt. Remove from heat and whisk in one tablespoon of cold butter. Repeat until all the butter is mixed in. Add vanilla. Cover pan and put in freezer 20 minutes. Remove from freezer and drop by spoonfuls on a cookie sheet. Return to freezer for 20 minutes. Remove and roll into balls. Roll each ball in cocoa powder or ground almonds. Put in little paper cups. Store covered in refrigerator.

Note: Rolling them into balls is a mess. I handle them cautiously and don't worry if they're not exactly round.

- Recipe contributed by Deborah Fink -

- Quote contributed by Carlie Collins Tarkenton -

Failure to recognize possibilities
is the most dangerous and common mistake one can make.
Don't limit yourself because of other's limited imagination.
- Mae C. Jemison -

Chocolate Amaretto Truffles

2 bars (4 oz.) german sweet chocolate

1/4 c. amaretto

2 tsp. instant coffee

2 Tblsp. boiling water

1/2 c. unsalted cold butter

1 Tblsp. vanilla

cocoa powder or ground almonds

Dissolve coffee in boiling water. Add chocolate and amaretto and melt. Remove from heat and whisk in one tablespoon of cold butter. Repeat until all the butter is mixed in. Add vanilla. Cover pan and put in freezer 20 minutes. Remove from freezer and drop by spoonfuls on a cookie sheet. Return to freezer for 20 minutes. Remove and roll into balls. Roll each ball in cocoa powder or ground almonds. Put in little paper cups. Store covered in refrigerator.

Note: Rolling them into balls is a mess. I handle them minimally and don't worry if they're not exactly round.

- Recipe contributed by Deborah Fink -

- Quote contributed by Carlie Collins Tartakow -

Perhaps Women have work to do by themselves before they can constructively engage with men. Perhaps there is a need for women's conferences, journals, and books for the same reason that we need women's colleges: to provide a safe place in which women can give one another their undivided attention, painstakingly articulating female knowledge so that we have models to place beside the male ones, so that we define ourselves affirmatively, not as footnote, aberration, omission, and anomaly. We must begin to talk, saying what we really feel, risking exposure.

We have lifetimes of undigested, unassimilated experience to be unpacked, catalogued, and crafted into theory, providing the foundation from which to later speak to men. The only way to stop being outlaws is to become lawmakers...at last trusting our own experience.

- Susan C. Wooley -

I love people. I love my family, my children...
but inside myself is a place where I live all alone
and that's where you renew your springs that never dry up.
- Pearl S. Buck -

Chocolate Delight Bites

1 package (8 oz.) semi-sweet chocolate
4 oz. cream cheese, softened
3-1/2 c. (8 oz.) non-dairy whipped topping, thawed
1-1/2 tsp. vanilla*
finely chopped nuts
flaked coconut
grated semi-sweet chocolate

*or 1 Tblsp. almond, coffee or orange liqueur

Heat chocolate in large microwavable bowl at high 2 minutes. Stir until completely melted. Or heat in heavy saucepan over very low heat.

Beat in cream cheese and vanilla; cool to room temperature. Gently stir in whipped topping; refrigerate 1 hour.

Shape quickly into 1-inch balls. Roll in nuts, coconut and chocolate. Store covered in refrigerator.

Makes about 3 dozen.

- Recipe contributed by Jane Lohnes -

Due to the increase in violence against women,
our reactionary efforts have also increased.

The long term remedy seems to demand
a proactive approach
through the education of our youth.

- Nancy Brooks -

Peanut Butter Balls

1/2 c. peanut butter
3 Tblsp. margarine or butter, softened
1 c. sifted powdered sugar
8 oz. chocolate confectioner's coating

Stir together peanut butter and margarine. Gradually add sugar, stirring until combined. Shape into 1-inch balls. Place on waxed paper. Let stand until dry (about 20 minutes). Melt confectioner's coating. Cool slightly. Dip balls into melted coating; let excess drip off. Place on waxed paper. Let stand until coating is dry. Makes 30 pieces.

- Recipe and quote contributed by Nancy Brooks -

...we learned that service is the rent we pay for living.
It is the very purpose of life
and not something you do in your spare time.
- Marian Wright Edelman

Chocolate Peppermint Creams

Preheat oven to 350°.

3 c. flour
1-1/4 tsp. baking soda
1 tsp. salt
1-1/2 c. brown sugar, packed
3/4 c. butter
2-6 oz. pkg. chocolate chips
2 eggs

Sift together flour, soda and salt. Heat brown sugar and butter over low heat. Add chocolate chips and stir to melt. Beat in eggs. Stir in flour mixture. Drop by heaping teaspoons on to generously greased baking sheets.

Bake at 350° for 8-10 minutes. Cool. Sandwich pairs of cookies with peppermint cream filling.

Peppermint Cream Filling:

Blend 1 cup sifted confectioners sugar, 1/3 c. soft butter, 1/8 teaspoon peppermint extract, and a dash of salt. Beat in sugar alternately with 1/4 c. milk.

- Recipe and quote contributed by Carlie Collins Tartakow -

Risk...

To laugh is to risk appearing the fool

To weep is to risk appearing sentimental

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas, your dreams, before the crowd
is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken,

because the greatest hazard in life is to risk nothing.

One may avoid suffering and sorrow,

But simply cannot learn, feel, change, grow, love -- live.

Chained by the certitudes,

The individual is a slave,

And has forfeited freedom.

Only the person who risks is free.

- Unknown -

'Stay' is a charming word
in a friend's vocabulary.

- Louisa May Alcott -

Truffles

11 oz. semi-sweet chocolate squares OR
12 oz. chocolate chips

1 c. whipping cream

2 Tblsp. butter

1 Tblsp. any flavor liqueur

Dipping chocolate

Melt the semi-sweet chocolate squares OR the chocolate chips. Scald whipping cream and butter. Stir cream mixture into melted chocolate and add the liqueur. Freeze the mixture until firm enough to roll into a ball. Form the mixture into balls about the size of walnuts. Freeze the balls.

Melt the dipping chocolate (available at candy supply stores) in a small, deep glass or metal container. Chocolate can be held at dipping consistency by placing the container in hot water. An electric skillet with an inch or so of water works well.

Dip balls in melted chocolate one at a time. Use a skewer, toothpick or a dipping tool. Allow balls to cool on wax paper or freeze.

- Recipe contributed by Sue Rothmeyer -

If you have made mistakes...
there is always another chance for you.
You may have a fresh start any moment you choose,
for this thing we call 'failure'
is not the falling down...
but the staying down.
- Mary Pickford -

Turtles

Pecans, whole
Caramels, unwrapped
Melted chocolate

Fill a cookie sheet with pecans, placed two together. Place a caramel on top of each pair. Bake in 200* oven for 20 minutes. Caramel will retain its basic shape

Remove sheet from oven and using fork dipped in water, smash the caramel down over the pecans and let cool.

Once cooled; dip in melted chocolate...This may be melted almond bark or 1 cup of chocolate chips melted with 1/2 package of white almond bark.

- Recipe contributed by Jean Kresse -

*I know what stressed is...
its desserts spelled backwards !*
- Unknown -

Chocolate Clouds

3 egg whites
1/8 tsp. cream of tartar
3/4 c. sugar

1 tsp. vanilla extract
2 Tblsp. cocoa
2 c. semi-sweet choc. chips

Heat oven to 300*.

Place foil or parchment paper on cookie sheets.

In large mixing bowl, beat egg & cream of tartar until soft peaks form. Gradually add sugar and vanilla, beat until stiff peaks hold, sugar is dissolved and mixture is glossy.

Sift cocoa onto egg white mixture; gently fold until just combined.

Fold in chocolate chips. Drop by heaping tablespoons onto prepared sheet. Bake 30-40 minutes or just until dry. Carefully peel off paper and cool on wire rack. Store covered at room temperature.

Makes 2-1/2 dozen.

- Recipe and quote contributed by Kelly Wooden -

Best Chocolate Cake

Cakes & Cupcakes

| | |
|-------------------------------------|----|
| 1/4 c. butter | |
| -1/2 c. sugar | |
| 3 eggs | |
| 1/2 tsp. vanilla | |
| -3/4 c. flour | |
| -1/2 tsp. baking powder | |
| 1/2 tsp. salt | |
| 1 c. (6 oz.) semi-sweet chocolate | |
| 1/2 c. sour cream | |
| 86 Proof Mocha-Chocolate Bundt Cake | 30 |
| Best Chocolate Cake | 25 |
| Black Bottom Cupcakes | 44 |
| Chocolate Buttermilk Layer Cake | 27 |
| Chocolate Cake | 35 |
| Chocolate Chip Date Cake | 40 |
| Chocolate Mousse Cake | 28 |
| Chocolate Pound Cake | 36 |
| Chocolate Zucchini Cake | 33 |
| Double Chocolate Mocha Oatmeal Cake | 39 |
| The Giant Oreo | 43 |
| Gofer Hill Cake | 41 |
| Salad Dressing Chocolate Cake | 29 |
| Vegetarian Chocolate Cake | 37 |

for frosting, melt chocolate pieces in medium heavy saucepan. cool slightly. Stir in sour cream, sugar and vanilla. Let stand 10 minutes before using. To assemble, place one cake layer on serving plate. Spread preserves on top, frost sides and top of cake. Garnish with fresh raspberries. Makes one 9" layer cake.

- Recipe contributed by Ann Holman -

Best Chocolate Cake

3/4 c. butter
1-1/2 c. sugar
2 eggs
1 tsp. vanilla
1-3/4 c. cocoa
1-1/2 tsp. baking soda
1/2 tsp. salt

1-1/2 c. buttermilk
1 c. (6 oz.) semi-sweet chocolate
1/2 c. sour cream
2 Tblsp. confectioners sugar
1/2 tsp. vanilla
1/2 c. raspberry preserves
fresh raspberries

Preheat oven to 350*.

Cream butter in large mixer, gradually add in sugar until light and fluffy. Beat in eggs one at a time, beating well after each addition. Blend in vanilla.

Combine dry ingredients - add alternately with buttermilk, beginning and ending with dry ingredients.

Divide batter evenly between two buttered and floured 9" round cake pans. Bake 25-30 minutes or until wooden pick inserted in center comes out clean. Cool cake in pans 10 minutes. Remove from pans and cool completely on wire racks.

For frosting, melt chocolate pieces in medium heavy saucepan. Cool slightly. Stir in sour cream, sugar and vanilla. Let stand 10 minutes before using. To assemble, place one cake layer on serving plate. Spread preserves on top, frost sides and top of cake. Garnish with fresh raspberries. Makes one 9" layer cake.

- Recipe contributed by Ann Molison -

Character comes from following our highest sense of right,
from trusting ideals without being sure they'll work.

One challenge of our adventure on earth
is to rise above dead systems,
to refuse to be a part of them,
and express instead

the highest selves that we know how to be.

- Unknown -

Whatever your mind can conceive and believe,
it will achieve.

Dream great dreams
and make them come true.

Do it now.

You are unique.

In all the history of the world
there was never anyone else exactly like you,
and in all the infinity to come
there will never be another you.

Never affirm self-limitations.

What you believe yourself to be... you are.

- Sharon Winters -

I feel no need for any other faith than my faith in human beings. Like Confucius of old, I am so absorbed in the wonder of earth and the life upon it that I cannot think of heaven and the angels. I have enough for this life. If there is no other life, then this one has been enough to make it worth being born, myself a human being.

1 c. salad dressing - Pearl S. Buck -

1-1/4 c. sugar

1 tsp. vanilla

2 c. flour

2 tsp. baking soda

1/4 c. oil

1 c. buttermilk

1/2 c. cocoa

2-1/4 c. sugar

3 eggs

1 tsp. vanilla

1 c. boiling water

Chocolate Buttermilk Layer Cake

2-1/2 c. flour

2 tsp. baking soda

1 tsp. salt

1 c. oil

1 c. buttermilk

Mix flour, soda, salt, and set aside. Mix oil, buttermilk, cocoa, sugar, eggs and vanilla in a large bowl. Add the dry ingredients alternately with the boiling water. Bake in 2 greased and floured nine inch layer pans for 35 minutes at 350°.

- Recipe contributed by Deborah Fink -

When one door of happiness closes, another opens;
but often we look so long at the closed door
that we do not see
the one which has been opened for us.

- Helen Keller -

Chocolate Mousse Cake

1 box Duncan Hines Dark Chocolate Cake Mix
1/2 c. sour cream
3/4 c. milk
2 eggs
1 pkg. instant chocolate pudding
1 c. milk
1 pt. heavy cream

Mix cake mix, sour cream, milk and eggs together. Pour into greased and floured cake pans.

Frosting: Whip heavy cream until stiff and add remainder of ingredients. Beat well until stiff.

Ice the cold cake. Cover with toothpicks and foil and refrigerate for 24 hours.

- Recipe contributed by Ann Molison -

All who would win joy, must share it.

Happiness was born a twin.

- Lord Byron -

Salad Dressing Chocolate Cake

1 c. salad dressing (i.e. Miracle Whip)

1-1/4 c. sugar

1 tsp. vanilla

2 c. flour

2 tsp. baking soda

1/4 tsp. salt

1/2 c. cocoa

1 c. water

Beat salad dressing, sugar and vanilla; add sifted dry ingredients alternately with the water. Bake in 13 x 9" pan at 350° for 40-45 minutes.

Frosting:

1/3 c. cocoa

1 lb. box powdered sugar

1/2 c. oleo, melted

1 tsp. vanilla

milk (enough to make icing smooth and spreadable)

- Recipe contributed by Nancy Knight -

The world is round
and the place which may seem like the end
may also be the beginning.

- Ivy Baker Priest -

86 Proof Mocha-Chocolate Bundt Cake

| | |
|------------------------------|---------------------------------|
| 5 (1oz.) sq. unsw. chocolate | cold water |
| 2 c. flour | 1/2 c. bourbon |
| 1 tsp. baking soda | 2 sticks sweet butter (1/2 lb.) |
| 1/4 tsp. salt | 1 tsp. vanilla |
| 1/4 c. dry instant coffee | 2 c. sugar |
| boiling water | 3 large eggs |

Place oven rack 1/3 up from the bottom. Preheat to 325*. Use 9-inch Bundt pan, a minipan, it must have 10 cup capacity.

Butter the pan. Dust with fine bread crumbs. Invert, tap, shake off excess. Set aside.

Melt chocolate in double boiler, set aside to cool slightly.

Sift together flour, soda and salt.

In 2 cup glass measure dissolve coffee in a bit of boiling water. Add cold water to the 1-1/2 cup line Add bourbon. Set aside.

Chocolate Zucchini Cake

Remember that a relationship is a pooling of resources.

That means that with each relationship

you are not only giving,

you are becoming more.

- Anonymous -

Bundt Cake...continued

Cream butter, add vanilla and sugar, mix well. Add eggs one at a time, beat until smooth. Add chocolate and beat smooth. Add sifted dry ingredients in three additions with the liquids in two additions. Add gradually to avoid splashing. Mixture will be thin. Pour into pan. Rotate pan briskly, first one direction, then the other, to level top.

Bake 1 hour and 10-15 minutes. Test in middle of cake, bake until test comes out clean and dry.

Cool in pan 15 minutes. Cover with rack and invert. Remove. Sprinkle cake with optional bourbon, leave on rack to cool. Sprinkle with confectioners sugar. Serve with vanilla or bourbon flavored whipped cream.

- Recipe contributed by Ellen Feinberg -

Or I can say...

Yes I see.

This is my life.

It is being revealed to me
little by little.

It could not be other than it is.

The threads of it

are connected everywhere,
they extend into the far reaches
of time and space,

and they are winding together
in a design that is far more
rich and wondrous

than the one I had in mind
for myself.

- Jeanne DuPrau -
The Earth House

Chocolate Zucchini Cake

| | |
|---------------------------------|------------------------------------|
| 1 c. butter or marg. (2 sticks) | 1/2 tsp ground cloves |
| 1/2 c. canola oil | 1/2 tsp. cinnamon |
| 1-3/4 c. sugar | 1/2 tsp. salt |
| 2 large eggs | 2 c. grated zucchini,unpeeled |
| 1/2 c. buttermilk | 1 c. semisweet choc. chips |
| 2 tsp. vanilla | 3/4 c. walnuts, chopped |
| 1/4 c. + 2 Tblsp. unsw. cocoa | 1 (8oz.) cream cheese, softened |
| 2-1/2 c. flour | 1 lb. (1 box) confect. sugar |
| 1 tsp. baking soda | |

In a bowl, with an electric mixer, cream together 1 stick of butter or margarine, the oil and sugar. Beat in eggs one at a time, beating well after each addition. Beat in the buttermilk and 1 tsp. vanilla.

Add 1/4 c. cocoa, flour, baking soda, cloves, cinnamon and salt until the mixture is just combined. Pat dry zucchini and fold into the buttermilk batter. Add chocolate chips and walnuts. Pour batter into 2 well buttered 9 inch round cake pans and bake the cakes in the middle of a preheated 350° oven for 25-30 minutes or until tester comes out clean. Let cakes cool in the pans for 10 minutes then turn them out on racks and let them cool completely.

For the frosting: In a bowl with an electric mixer beat together the remaining 1 stick of butter, cream cheese, confectioners sugar, 1 teaspoon of vanilla, and 2 tablespoons cocoa until the mixture is smooth.

Invert one of the cake layers on a platter, spread one third of the frosting on top, and top with the second layer. Spread the remaining frosting on the top and sides.

- Recipe contributed by Ann Molison -

The world is empty if one thinks only
of mountains, rivers and cities;
but to know someone here and there
who thinks and feels with us,
and who, though distant,
is close to us in spirit,
this makes the earth for us
an inhabited garden.

- Goethe -

That which seems hard,
"bad luck" on the surface,
can be a hidden blessing....

We judge life's gifts by their covering
and cast them away as ugly, heavy, or hard,
missing the love and wisdom
that those gifts contain.
Life is a generous giver...

Let's not throw those gifts away unopened.

- Paula Payne Hardin -

Remove price tags from people.
Everyone has worth;
the excitement lies in the discovery of their value.
- Anonymous -

Chocolate Cake

| | |
|-------------------------------------|-----------------------------|
| 7 oz. semi-sweet chocolate chips | 3 Tblsp. flour |
| 1/2 c. butter, cut in pieces | 3 Tblsp. contreau |
| 3 large eggs, separated | 1 tsp. grated orange peel |
| 2/3 c. sugar minus 2 Tblsp. | 3 oz. bittersweet chocolate |
| 2/3 c. almonds, toasted & ground | 3 Tblsp. unsalted butter |

Melt chocolate and butter in double boiler, stirring until smooth. Set aside and cool slightly.

Fit 9" cake pan with wax paper and cover bottom. Butter pan, dust with cocoa.

Grind nuts with sugar, toss in 3 yolks, contreau, chocolate and flour (in processor).

Beat egg whites until stiff, stir in 1/3 chocolate mix, then fold in the rest. Spread in pan, bake 20 minutes, cool. Glaze with 3 oz. of bittersweet chocolate and 3 Tblsp. unsalted butter which has been melted in a double boiler. Serve with whipped cream.

- Recipe contributed by Ann Molison -

Use your political and economic power for the community
and others less fortunate.

- Unknown -

Listen for the sound of the 'genuine'
within yourself and others.

- Marion Wright Edelman -

Chocolate Pound Cake

| | |
|----------------------------|-----------------------------|
| 7 Hershey Chocolate Bars | 1/2 tsp. baking soda |
| 2 sm. cans chocolate syrup | 2-1/2 c. flour |
| 2 c. sugar | 2 tsp. vanilla |
| 4 eggs | 2 sticks softened margarine |
| 1 c. buttermilk | 1 c. nuts or raisins |

Preheat oven to 350*. Melt Hershey bars and syrup in double boiler. Add vanilla; let cool. Cream margarine and sugar. Add chocolate and beat. Mix soda and flour. Add to above mixture alternately with milk. Add nuts or raisins.

Pour mixture in a tube or bundt pan that has been generously greased and floured. Bake for 1-1/2 hours. Let cool in pan 15 minutes.

- Recipe and quotes contributed by DeLores Hawkins -

If a person does not keep pace with their companions, perhaps it is because they hear a different drummer.

Let them step to the music they hear,
however measured or far away.

- Thoreau -

Vegetarian Chocolate Cake

Preheat oven to 375*. Grease and flour an 8"x8" pan.

Sift together:

1-2/3 c. flour 1/2 c. cocoa
1 c. sugar 1/2 tsp. salt
1 tsp baking soda

Beat in:

1 c. water plus 1 Tblsp. vinegar
1/2 c. vegetable oil
1-1/2 tsp. vanilla

Stir until smooth. Spread in pan. Bake about 30 minutes. Cake is done when wooden skewer inserted in the middle comes out clean. Good with or without frosting. Chocolate or lemon frostings go well with this cake.

- Recipe contributed by Edna James -

The Star Thrower

One day a man was walking along a sandy beach
where thousands of starfish
had been washed up on the shore.

He noticed a little girl picking up the starfish
one by one and throwing them back into the ocean.
The man watched the girl for a few minutes
and then asked what she was doing.

The girl replied
that she was returning the starfish to the sea...
otherwise they would die.

The man asked the girl how saving a few when so many
were doomed would make any difference whatsoever.

The girl picked up another starfish
and as she threw it back into the sea she said,
"It's going to make a difference to this one."

- Loren Eiseley -

Double Chocolate Mocha Oatmeal Cake

| | |
|--------------------------------------|------------------------|
| 2 Tblsp. instant coffee powder | 2 eggs |
| 1-1/3 c. boiling water | 1-1/2 tsp. vanilla |
| 1 c. oatmeal, uncooked | 2 c. flour |
| 3/4 c. butter or margarine, softened | 1-1/4 tsp. baking soda |
| 1 c. sugar | 3 Tblsp. cocoa |
| 1 c. packed brown sugar | 1/2 c. chocolate chips |

Combine coffee powder and boiling water. Pour mixture over the oats and stir. Cover and let stand about 20 minutes. Beat together butter, sugar, eggs and vanilla until creamy.

Add oatmeal mixture and blend well. Sift together flour, soda and cocoa and add to creamed mixture. Mix well. Add 1/2 c. chocolate chips, or more if desired. Pour batter into greased and floured bundt pan.

Bake 50-55 minutes in 350* oven. Cool 10 minutes and remove from pan. When cake is cooled, frost. Melt chocolate chips and drizzle over frosted cake.

5. Before baking, sprinkle with:

Frosting:

| | |
|-------------------------------|---------------------------|
| 1-1/2 Tblsp. butter, softened | 1-1/2 tsps. vanilla |
| 1 c. powdered sugar | 1-1/2 tsps. strong coffee |
| chocolate chips | |

Beat 1-1/2 tablespoons softened butter until creamy. Add powdered sugar, vanilla and coffee and beat until smooth.

- Recipe contributed by Charlotte Bruner -

Mistakes...
are part of the dues one pays
for a full life.
- Sophia Loren -

Chocolate Chip Date Cake

1 c. chopped dates
1-1/2 c. boiling water
1 tsp. baking soda

Pour boiling water over dates and baking soda. Cool.

Cream: 1/2 c. shortening
1 c. sugar

Beat in: 2 eggs

Beat in: Date Mixture

Sift together and add:
1-1/2 c. flour
1/4 tsp. salt
3/4 tsp. baking soda

Pour into greased 11 x 13" pan.

Top with mixture of:

1 c. chocolate chips
1/2 c. sugar
1/2 c. chopped nuts

Bake at 350* for 40 minutes.

- Recipe contributed by Ruth W. Swenson -

"Turn off your Conscience!"

- Cindy Dolson -

We do no great things...
only small things with great love.

- Mother Theresa -

Bake two round layers. Use 1 1/2 c. chocolate cake mix. Put one aside for other layer.

Pudding

2 squares unweetened

6 Tblsp. flour

Gofer Hill Cake

1. Pour 1-1/4 c. boiling water over 1 c. cut-up dates. Add 1 tsp. baking soda and cool.
2. Cream 3/4 c. shortening (oleo) with 1 c. sugar. Add 2 eggs and 1 tsp. vanilla.
3. Sift 1-1/2 c. flour, 2 Tblsp cocoa, and 1/4 tsp. salt. Add dry ingredients to creamed mixture, then add date mixture.
4. Pour into greased 9" x 13" pan.
5. Before baking, sprinkle with:
1 c. chocolate chips
1/2 c. chopped nuts
1/2 tsp. sugar
6. Bake at 350° for about 35-40 minutes

Note: This recipe freezes well. Layer with 2/3 or more of pudding, pie whipped cream on top of pudding. Drizzle

- Recipe contributed by Peggy McClanahan -

Because we have been
out of touch

with our own spirit,
we have been out of touch
with our natural environment.

We have been in conflict with nature
rather than in harmony with her.

In fact, we have seen ourselves
as the conquerors of the earth.

Now we must recognize
that we have been entrusted
with the stewardship of the planet.
We are the caretakers of the earth.

- Shakti Gawain -

"Turn off your Conscience!"

- Cindy Dobson -

The Giant Oreo

Bake two round layers of your favorite chocolate cake mix. Put one aside for other purposes.

Pudding

| | |
|---------------------------------|--------------------|
| 2 squares unsweetened chocolate | 2-1/2 c. milk |
| 6 Tblsp. flour | 1 c. sugar |
| 1/4 tsp. salt | 2 egg yolks |
| 2 Tblsp. butter | 1-1/2 tsp. vanilla |

Combine chocolate and milk in sauce pan over low heat until chocolate is melted. Whisk to smooth. In a separate bowl combine flour, sugar and salt. Add this mixture to milk and chocolate in sauce pan and cook over medium heat until thickened. Stir often. Remove from heat. Beat egg yolks in small bowl. Add small amount of the warm chocolate mixture and stir in to blend. Return the mixture and remaining yolk to sauce pan. Cook for about 5 minutes on low heat. Turn off heat. Add butter and vanilla. Cool.

Cream: Whip 3/4 cup whipping cream with 2 teaspoons sugar and 1/2 teaspoon vanilla.

Glaze: Melt together 2 squares semi-sweet chocolate and 2 tablespoons butter or margarine. Stir in 2 teaspoons light corn syrup.

Assemble: Spread cake layer with 2/3 or more of pudding. Pile whipped cream on top of pudding. Drizzle glaze over all.

- Recipe and quote contributed by Cindy Dobson -

*The greater part of our happiness or misery...
depends on our dispositions...
not our circumstance.*

- Martha Washington -

Black Bottom Cupcakes

Combine and let stand:

8 oz. cream cheese
1 unbeaten egg
1/3 c. sugar

1 c. chocolate chips
pinch of salt

Mix separately:

1-1/2 c. flour
1 c. sugar
1/4 c. cocoa

1 tsp. baking soda
1/2 tsp. salt
1 c. water

Add and beat well:

1/3 c. cooking oil
1 tsp. vinegar

1 tsp. vanilla

Fill paper cups in muffin pan 1/3 full of chocolate batter. Top with cheese mixture. Sprinkle with white sugar and chopped walnuts. Bake at 350° for 30 minutes. Makes 2 dozen.

- Recipe contributed by Amy Spalding -

*Man forgets woman anything
Save a cookie.*

Cookies

- Maria Antoinette -

19th century French actress

| | |
|--|----|
| 1990's Brownies | 57 |
| Best Brownies | 56 |
| Brownies | 47 |
| Brownies | 65 |
| Brownies with Raspberry Sauce | 67 |
| Caramel Layered Chocolate Squares | 68 |
| Chocolate Jumbles with Chips | 50 |
| Chocolate Orange Bars | 59 |
| Chocolate Drop Cookies | 60 |
| Chocolate Walnut Biscotti | 55 |
| Cream Cheese Brownies | 52 |
| English Toffee Squares | 61 |
| Honey Whole Wheat Choc. Chip Cookies | 49 |
| Katharine Hepburn Brownies | 53 |
| Nanaimo Bars | 51 |
| Oatmeal Brownie Drops | 58 |
| Original Cape Cod Toll House Cookie Recipe | 64 |

- Recipe and quote contributed by Judy Dolphin -

and a few other things that got in the way
that was
Man forgives woman anything
save the wit to outwit him.

- Minna Antrim -

19th century Irish writer

Brownies

Cream:

Lightly grease an 8" square pan

Sift:

| | |
|------------------------|--------------|
| 1/2 c. flour | 1/8 tsp salt |
| 1/8 tsp. baking powder | |

Blend until light and fluffy:

| | |
|-----------------------------|--------|
| 1/2 c. soft butter or marg. | 2 eggs |
| 1 c. sugar | |

Beat in:

| | |
|--|--|
| 2 squares unsweetened chocolate (or 2 envelopes) | |
| 1/2 tsp. vanilla | |

Blend in flour mixture at low speed. Fold in 1 c. nuts if desired.

Bake 25-30 minutes at 325° until toothpick comes out clean.

Cool 10 minutes. Cut into squares. Let cool completely in pan.

- Recipe and quote contributed by Judy Dolphin -

Think freely. Smile often. Tell those you love that you do. Rediscover old friends. Make new ones. Hope. Grow. Give. Give in.

Pick some daisies. Share them. Keep a promise. Laugh heartily.

Reach out.

Let someone in.

Hug a kid. Slow Down.

See a sunrise. Listen to rain.

Trust life. Have faith. Enjoy.

Make some mistakes.

Learn from them.

Explore the unknown.

Celebrate Life!

*When you discard arrogance, complexity,
and a few other things that get in the way,
sooner or later you will discover
that simple, childlike, and mysterious secret...*

Life is Fun!

- Benjamin Hoff, The Tao of Pooh -

Honey Whole Wheat Chocolate Chip Cookies

Cream:

1-3/4 sticks butter or margarine, softened
1/3 c. honey
3/4 c. brown sugar
1 tsp. vanilla
2 eggs

Melt butter and honey in a double boiler. Add egg and vanilla. Beat. Add graham crackers, coconut and walnuts. Mix well. Press mixture in an 8" x 12" pan. Refrigerate to set.

Sift & add to creamed mixture:

1 c. flour
1-1/2 c. whole wheat flour
1 tsp. baking soda
1 tsp. salt

Stir in:

2 c. (12 oz.) semi-sweet chocolate chips
1 c. nuts (optional)

Drop by rounded spoonfuls on ungreased cookie sheets. Bake at 375° for about 8 minutes for chewy cookies. More for crispy.

- Recipe and quotes contributed by Alicia Chávez -

To love...

is to sing with the Heart.

- Alicia F. Chavez -

Chocolate Jumbles with Chips

1 c. flour
1/3 c. cocoa
1/2 c. softened butter
3/4 c. sugar
1/2 tsp. baking soda

1 large egg
1 tsp. vanilla
3/4 c. chips: mint-chocolate,
semi-sweet chocolate, butter
scotch, peanut butter or a
combination

1. Heat oven to 350*.
2. Mix flour, cocoa and baking soda.
3. Beat butter, sugar, egg and vanilla in a large bowl with electric mixer until well blended.
4. With mixer on low speed, gradually add flour mixture. Beat just until blended.
5. Stir in chips. Drop rounded spoonfuls 2-inches apart on ungreased cookie sheet.
6. Bake 11-13 minutes until tops look dry. Cookie will feel soft.
7. Cool chocolate jumbles on sheet 2-3 minutes before moving to wire rack to cool completely.

Makes 18

- Recipe contributed by Joelle Andrew -

*Excellence in education
need not mean elitism,
and equity need not mean mediocrity.*

- Mary Jean Le Tendre -

Nanaimo Bars

First Mixture:

| | |
|----------------|----------------------------|
| 1/2 c. butter | 1 tsp. vanilla |
| 1/4 c. sugar | 2 c. graham cracker crumbs |
| 3 Tblsp. cocoa | 1 c. flaked coconut |
| 1 egg, beaten | 1/2 c. walnuts |

Melt butter, sugar and cocoa in a double boiler. Add egg and vanilla. Remove from heat. Add graham crackers, coconut and walnuts. Spread mixture in an 8" x 12" pan. Refrigerate to set.

Second mixture:

| | |
|---------------------|--|
| 1/4 c. butter | 2-3 Tblsp. hot water |
| 2 c. powdered sugar | 2 Tblsp. French vanilla pudding mix (not instant) |

Mix all of the ingredients. Spread over the first mixture. Refrigerate until set.

Topping:

| | |
|-----------------------|-----------------|
| 4 sq. unsw. chocolate | 1 Tblsp. butter |
|-----------------------|-----------------|

Melt chocolate and butter together. Spread on top of the other layers. Store in refrigerator.

- Recipe contributed by Ann Clay Adams & Fritz Bogar -

"After all...
there are no calories associated with this cookbook...
since it is for a good cause"
- Teresa Rosenberg -
1994 Chair, Taste of Chocolate Event

Cream Cheese Brownies

8 oz. cream cheese
1/3 c. sugar
1 egg

1 large egg
1 tsp. vanilla
3/4 c. chocolate chips

Combine softened cream cheese and sugar, mix until well blended. Add egg, mix well and set aside.

| | |
|-----------------------------------|----------------------|
| 1/2 c. margarine or butter | 2 eggs |
| 3/4 c. water | 1/2 c. sour cream |
| 1-1/2 oz sq. unsw. choc. or cocoa | 1 tsp. baking soda |
| 2 c. flour | 1/2 tsp. salt |
| 2 c. sugar | 6-12 oz. choc. chips |

Combine butter, water, and unsweetened chocolate in sauce pan. Bring to a boil, remove from heat. Stir in flour and sugar. Add eggs, sour cream, baking soda and salt, mix well. Pour into greased and floured jelly roll pan. Spoon cheese mixture over chocolate; cut with a knife to create a marble effect. Sprinkle chocolate chips on top. Bake at 375° for 25-30 minutes.

- Recipe contributed by Teresa Rosenberg -

Chocolate Walnut Biscotti

Don't give in...

Fight for your future...

Independence is the only solution...

Women are as good as men...

Onward!

- Katharine Hepburn's description of the philosophy handed down to her from her mother, Katharine Martha Houghton -

Katharine Hepburn Brownies

2 sq. unsw. chocolate

1/2 tsp. vanilla

1/4 lb butter

1 c. chopped walnuts

1 c. sugar

1/4 c. flour

2 eggs

1/4 tsp salt

Preheat oven to 325*. Melt chocolate and butter over very low heat in a heavy saucepan. Remove from heat and stir in sugar. Beat 2 eggs and mix into the chocolate-sugar mixture along with the vanilla. Combine walnuts, flour, and salt. Quickly stir into first mixture. Spread batter into a well greased 8 x 8 inch pan. Bake 40-45 minutes. Remove pan to rack to cool. Cut into 12 pieces.

- Recipe and quote contributed by Kathi Conger -

Note: Baking time varies depending on oven. I once left the dough in the refrigerator for two days and it was still good.

After all, there are no colors associated with this cookbook...

Contemporary feminists have done much to puncture stereotypes, to encourage the rethinking of sex roles and relationships, to work for change in the education of girls, and to open up the question of women's work by insisting on equal pay and equal opportunity.

At present, we insist that a woman be treated just the same as a man. Are we sure we want to be treated as most men are in our society? Or do both sexes deserve something better?

- Kay Keeshan Hamod -

Chocolate Walnut Biscotti

| | |
|-----------------------------------|---------------------------|
| 2 c. walnut halves | 2 tsp. baking powder |
| 3 oz. unsw. chocolate | 3 eggs |
| 5 Tblsp. + 1 tsp. unsalted butter | 1 c. sugar |
| 2 c. flour | 1 tsp. grated orange peel |

Preheat oven to 365*. Place the walnuts on cookie sheets and toast until golden brown, about 10 minutes. Let cool and chop coarsely.

In double boiler over simmering water, melt together the chocolate and butter. Remove from heat and stir until smooth. Let cool for 10 minutes.

Sift together flour and baking powder. In a large bowl, beat eggs lightly. Gradually beat in sugar. Add the orange zest. Stir in cooled chocolate mixture until well blended. Stir in flour and baking powder. Fold in walnuts. Divide the dough in half, wrap in plastic wrap and refrigerate at least 1 hour or overnight.

Butter a large cookie sheet and preheat oven to 350*. Shape each half of the dough in a 14x2-1/2 inch log. Place about 4 inches apart on the cookie sheet. Smooth the tops and sides with a rubber spatula. Bake for 40-50 minutes, or until the logs are firm when pressed in the center. Remove the baking sheet from oven. Do not turn off oven.

Slide the logs onto a cutting board. With a large knife, cut each log diagonally into 1/2 inch slices. Stand the slices up right ON EDGE on the cookie sheet. Return to the oven and bake for 15 minutes longer, or until crisp. Transfer to wire racks to cool completely.

Note: Baking time varies depending on how long the dough was left in the refrigerator or freezer.

- Recipe contributed by Donna Friedman -

*We must not cease from exploration,
and the end of all our exploring
will be to arrive where we began
and to know the place...*

for the first time.

- Anonymous -

Best Brownies

| | |
|------------------------|------------------------|
| 4 sq. unsw. chocolate | 1 tsp. vanilla |
| 3/4 c. marg. or butter | 1 c. flour |
| 3 c. sugar | 1 c. chopped pecans or |
| 3 large eggs | walnuts (optional) |

Preheat oven to 350*. Melt chocolate and butter in the microwave at high temperature for about 2 minutes. When you remove this mixture, the chocolate will continue to melt. Let stand until chocolate is completely melted.

Add the sugar to the chocolate mixture. Then mix in the eggs and vanilla until well blended. Stir in flour and nuts. Spread in a greased 12x9x2 inch pan and bake for 30-35 minutes or until brownie begins to pull away from the edge of the pan. Cool before cutting. Makes approximately 24 brownies.

- Recipe contributed by Ann Molison -

*The story of love is not important.
What is important
is that one is capable of love.
It is perhaps the only glimpse
we are permitted of eternity.*

- Helen Hayes -

Cream:

1/2 c. sugar

1/2 c. sugar

1/2 c. butter

1/2 c. butter

1/2 c. butter

1/2 c. flour

1/2 c. flour

1/2 c. flour

1/2 c. sugar

1/2 c. sugar

1/2 c. sugar

1/2 c. chocolate chips

1/2 c. chocolate chips

1/2 c. chocolate chips

1/2 c. nuts

1/2 c. nuts

1/2 c. nuts

1990's Brownies

Brownie Mix

Amount of water shown on box

1/2 c. plain nonfat yogurt

Chocolate packet, if included in mix

Grease bottom of 12x9x2 inch pan. Preheat oven to 350* (less if using a glass pan). Combine brownie mix, yogurt (which replaces the egg and oil) water and chocolate packet in a bowl.

Mix well. Spread in pan and bake 30 minutes or until brownie begins to pull away from the edge of the pan. Cool before cutting.

Makes approximately 24 brownies

- Recipe contributed by Ann Molison -

*You can't change the direction of the wind
but you can adjust your sails.*

- Unknown -

Oatmeal Brownie Drops

3/4 c. sugar
1/2 c. butter or marg., softened
2 eggs
1 tsp. vanilla
1 c. flour

1/2 c. cocoa
1/4 tsp. baking soda
1 c. quick cooking rolled oats
1 c. mini semi-sweet
chocolate chips

Heat oven to 350°

In large mixing bowl, beat sugar and butter until well blended.
Add eggs and vanilla, blend thoroughly.

In small bowl, mix flour, cocoa and baking soda. Add to butter
mixture and blend thoroughly.

Stir in oatmeal and mini-chips. Drop by tablespoons onto
ungreased cookie sheet.

Bake 7-8 minutes or until cookies begin to set. Don't overbake.
Cool on wire rack.

Makes approximately 3-1/2 dozen brownies.

*- Quote contributed by Suzanne Zilber,
Recipe contributed by Kelly Wooden -*

*Even a favorable breeze will be of no use
to a sailor without a destination.*

- Unknown -

Chocolate Orange Bars

Cream: 1/2 c. butter
 1 c. sugar

Beat in: 2 eggs
 1 tsp. vanilla
 2 (1 oz.) squares unsweetened chocolate, melted

Stir in: 1/2 c. flour
 1/2 c. finely chopped nuts

Bake in 8 x 8" greased pan at 350* for 25 minutes. Spread with the following frosting:

1 c. powdered sugar
2 Tblsp. soft butter
1 Tblsp. light cream or evaporated milk
1/4 tsp. orange extract or grated orange rind
few drops orange food coloring

Let stand until set. Spread with chocolate glaze made of:

1 square melted unsweetened chocolate
1 Tblsp. butter

Chill until firm. Cut into bars.

*- Quote contributed by Suzanne Zilber,
Recipe contributed by Ruth W. Swenson -*

Chocolate Drop Cookies

Mix:

1/2 c. butter
1/2 c. shortening
1-1/2 c. sugar
2 eggs
4 (1 oz.) squares baking chocolate, melted

Stir in:

1 c. milk
2 tsp. vanilla

Sift together and mix in:

3-1/2 c. flour
1 tsp. soda
1 tsp. salt

Mix in: 1 c. walnuts, chopped

Drop by rounded teaspoonfuls, 2 inches apart on lightly greased baking sheet. Bake at 400° for 8-10 minutes. Cool. Frost with minute fudge frosting. Sprinkle with chopped nuts, chocolate sprinkles or other decorations.

Minute Fudge Frosting

Mix in heavy saucepan

| | |
|-------------------------|-----------------------|
| 2 c. sugar | 1/2 c. shortening |
| 1/4 c. light corn syrup | 2 squares unsweetened |
| 1/4 tsp. salt | chocolate, cut up |
| 1/2 c. milk | |

Stir over low heat until chocolate and shortening melt. Bring to full, rolling boil. Boil one minute stirring constantly. Remove from heat and beat until lukewarm. Stir in 1 tsp. vanilla. Continue beating to smooth spreading consistency.

- Recipe contributed by Ruth Osborn -

In knowing how to overcome little things,
a centimeter at a time, gradually,
when bigger things come, you're prepared.

You're not taken by surprise,
you're not even angry or upset.
It just rouses your spirit to do more.

- Katherine Dunham -

English Toffee Squares

Cream: 1 c. butter
 1 c. brown sugar
 1 egg yolk
 1 tsp. vanilla

Stir in: 2 c. flour

Press thinly on 2 greased baking pans (I use an 11-1/4 x 17-1/4" jelly roll pan and a 7 x 11" pan. Bake at 350° for 15-20 minutes (do not brown). While hot, place 4 Hershey bars on surface, cover and let stand for 5 minutes, spread melted chocolate to glaze: cover with 1/2 c. grated nuts. Cut while still warm.

- Recipe contributed by Ruth W. Swenson -

- Quote contributed by Carlie Collins Tartakow -

"Discover the Power"

*You, who have been hiding from your shadow,
come out and walk side by side with the lover who is you.
Discover the power of your love.*

*You, who have been afraid of the touch of death called AIDS,
reach out and comfort someone with your embrace.
Discover the power of your support.*

*You, who have yearned to declare your commitment,
but whose vows fell on deaf ears,
remember that the same laws you wish to bind you
have often served only to deny, oppress and denigrate you.
Discover the power of your spirituality.*

*You, who would like to revel in your lover's showers,
but are afraid to get wet,
learn how to swim and not drown in your lover's ocean.
Discover the power of your sensuality.*

- Recipe contributed by Ruth O'Brien -

People always say
that I didn't do my best
because I was afraid but the truth is
I did my best and I did my best because I was
afraid.
*People always say
that I didn't do my best
because I was afraid but the truth is
I did my best and I did my best because I was
afraid.*

*You, who have wondered if you are normal,
cherish that which makes you unique and celebrate your difference.
Discover the power of your choice.*

*You, who are petrified to show your affections to your loved ones,
realize that no one can or should control who you love,
how you love, when you love or where you love.
Discover the power of your strength.*

*You, who have invented numerous reasons to justify your non-existence,
begin to communicate with the power higher than yourself,
mightier than any force on this planet.
Discover the power of your creator.*

*You, me, all of us, who continue to seek the welcoming shelter of silence,
let us think, whisper, speak, praise, shout, yell who we are,
and as we fill the silence with each utterance, we will
Discover the power of our unity.*

- Poem written and contributed by

Celia E. Naylor-Ojurongbe

Cherokee Traditional Precepts:

Have a good Mind... No matter what situation you're in, find something good about it, rather than the negative things. And in dealing with other human beings; find the good in them as well.

We are all interdependent... Do things for others - tribe, family, community - rather than just for yourself.

Look forward... Turn what has been done into a better path. If you're a leader, think about the impact of your decisions on seven generations into the future.

- Chief Wilma Mankiller -

Original Cape Cod Toll House Cookie Recipe

| | |
|--------------------|------------------------|
| 1 c. butter | 2-1/4 c. flour |
| 3/4 c. brown sugar | 1 tsp. salt |
| 3/4 c. sugar | 1 c. chopped nuts |
| 2 eggs, beaten | 14 oz. chocolate chips |
| 1 tsp. baking soda | 1 tsp. vanilla |
| 1 tsp. hot water | |

Cream butter, sugars, and eggs. Dissolve baking soda in hot water. Mix alternately with flour and salt. Add nuts and chocolate chips. Add vanilla. Drop by half teaspoonfulls on to greased cookie sheets. Bake at 375° for 10-12 minutes. Yields 100 cookies.

- Recipe contributed by Ann Molison -

People always say
that I didn't give up my seat [to a white man]
because I was tired, but that isn't true.
I was not physically tired,
or no more tired than I usually was
at the end of a working day.
...No, the only tired I was, was tired of giving in.

- Rosa Parks -

Brownies

4 sq. Bakers unsweetened chocolate
3/4 c. margarine (1-1/2 sticks)
2 c. sugar
3 eggs
1 tsp. vanilla
1 c. flour
1 c. walnuts, chopped

Microwave chocolate and margarine in large bowl on high for 2 minutes or until margarine is melted. Stir until chocolate is completely melted. Stir sugar into melted chocolate mixture until well blended. Stir in eggs and vanilla until completely mixed. Mix in flour until well blended. Stir in nuts.

Spread in 13x9 inch pan. Bake 350* for 35-40 minutes (45 minutes if using a 9x9 inch pan). Cool. Cut into squares.

Makes 24 brownies.

- Recipe contributed by Ann Molison -

When we experience moments of ecstasy...

in play, in stillness, in art, in sex...

they come not as an exception, an accident,
but as a taste of what life is meant to be....

Ecstasy is an idea, a goal,

but it can be the expectation of every day.

Those times when we're grounded in our body,

pure in our heart, clear in our mind,

rooted in our soul,

and suffused with the energy,

the spirit of life, are our birthright.

It's really not that hard to stop and luxuriate

in the joy and wonder of being.

Children do it all the time.

It's a natural human gift

that should be at the heart of our lives.

- Gabrielle Roth

Advances are made by persons with at least a touch
of irrational confidence in what they can do.

- Joan L. Curcio -

Brownies with Raspberry Sauce

| | |
|---------------------------------|---|
| 1/2 c. butter (1 stick) | 2 oz. white chocolate, broken |
| 1 c. sugar | 6 oz. milk choc. w/raspberry liquid filling |
| 1 tsp. vanilla | |
| 2 eggs | 3 Tblsp. whipping cream |
| 1/2 c. flour | 2 Tblsp. honey |
| 1/4 c. cocoa | 1 c. sour cream |
| 1 tsp. baking powder | 2 Tblsp. raspberry schnapps |
| 1 tsp. salt | French Vanilla Ice Cream |
| 1 (1 oz.) sq. unsweetened choc. | Fresh raspberries & mint |

Melt unsweetened chocolate. Cool. Preheat oven to 325 degrees.

Cream butter in large mixing bowl until fluffy. Beat in sugar and vanilla, until light and fluffy. Beat in eggs, one at a time, mixing well after each addition. Mix in flour, cocoa, baking powder and salt. Blend in melted chocolate. By hand, fold in white chocolate. Pour into a well buttered and floured 8 inch square baking pan. Bake 30-35 minutes or until wooden pick inserted in center comes out clean. Cool completely on wire rack.

For sauce, combine chocolate candy (broken in chunks), whipping cream, and honey in heavy saucepan. Heat over low heat. Stir constantly until chocolate is melted. Remove from heat and cool slightly. Gently fold in sour cream and raspberry schnapps. To serve, cut brownies into small squares. Top with French Vanilla ice cream, garnish with raspberries and mint.

- Recipe contributed by Ann Molison -

*It's a great satisfaction knowing
that for a brief point in time you made a difference.*
- Irene Natividad -

Caramel Layered Chocolate Squares

50 (1 bag) Kraft caramels
1/3 c. evaporated milk
1 pkg. German Chocolate Cake Mix
3/4 c. margarine, melted
1/3 c. evaporated milk
1 c. chopped nuts
1 c. chocolate chips

In saucepan combine caramels and 1/3 c. evaporated milk. Cook over low heat until caramels are melted. Set aside.

Grease and flour 9x13 inch pan. Stir dry cake mix, butter, milk and nuts by hand until dough sticks together. Press 1/2 of this in pan. Sprinkle chopped nuts and chocolate chips on top of this layer. Sprinkle caramel mixture then remainder of cake dough on top. Bake 15-18 minutes. Cool and cut.

Alternate method:

Mix cake mix, 1/3 c. evaporated milk, nuts and melted butter together. Melt caramels slowly with 1/3 c. of evaporated milk. Divide cake mix in half. Put 1/2 cake mix in 9x 11 inch pan and pat down slightly. Put all melted caramels on top, then chocolate chips. Cover with remaining cake mix. This is messy. Bake at 325* for 15-20 minutes. Cool and cut into squares.

- Recipe contributed by Ann Molison -

Desserts

| | |
|--|-----|
| Amaretto Cheesecake | 104 |
| Blender Chocolate Mousse..... | 91 |
| Cheesecake | 74 |
| Chocolate Almond Cups..... | 95 |
| Chocolate Angel..... | 84 |
| Chocolate Bread Souffle..... | 92 |
| Chocolate Cheesecake..... | 81 |
| Chocolate Cheesecake..... | 89 |
| Chocolate Crepes | 98 |
| Chocolate Delight..... | 85 |
| Chocolate Marbled Mousse..... | 97 |
| Chocolate Mousse | 79 |
| Chocolate Roll | 78 |
| Chocolate Roulade | 101 |
| Chocolate Sauce..... | 87 |
| Chocolate Sauce..... | 99 |
| Chocolate Souffle..... | 96 |
| Chocolate Torte..... | 102 |
| Chocolate Zucchini Bread | 72 |
| Dobos Torte..... | 73 |
| Elegant Chocolate Log | 103 |
| Froid Au Chocolat | 86 |
| Jello Moose' | 71 |
| Julia Child's Chocolate Custard | 90 |
| Miniature Chocolate Filled Cream Puffs | 80 |
| Mt. Gretna Chocolate Fondue..... | 77 |

Some things...
Life is meant to be a celebration!

It shouldn't be necessary
to set aside special times to remind us of this fact.

Wise is the person who finds a reason
to make each day a special one.

- Leo Buscaglia -

Jello 'Moose'

Mix:

1 box Jello chocolate pudding
2 cups milk

Add to mix:

1 Tblsp. instant coffee
1 container Cool Whip

Refrigerate and serve.

- Recipe contributed by Amy Spalding -

"We teach best what we need most to learn."
- Richard S. Bach -

Chocolate Zucchini Bread

| | |
|-------------------------------------|--------------------------------|
| 3 eggs, beaten | 1 tsp. baking soda |
| 1 c. oil | 2-3/4 c. flour |
| 1 tsp. vanilla | 1 tsp. salt (or a little less) |
| 2 c. sugar | 1 tsp. cinnamon |
| 3 c. shredded zucchini | 1/4 tsp. baking powder |
| 2 sq. unsweetened chocolate, melted | |

Preheat oven 350*. Cream eggs, oil, vanilla, and sugar. Sift together dry ingredients. Add to egg mixture alternately with zucchini. Stir in chocolate. Mix until blended. Pour into 3 small loaf pans, greased and floured. Bake 50 - 60 min. Cool 10 min. in pan, then remove and finish cooling on wire rack.

- Recipe and Quote contributed by Jane Jacobson -

...Some things...
arrive on their own mysterious hour,
on their own terms and not yours,
to be seized or relinquished forever.

- Gail Godwin -

Dobos Torte

1 (10 oz.) pound cake
2/3 c. whipping cream
1-1/3 c. semi-sweet chocolate bits
2 (1/4 pound) packages German sweet chocolate

Trim crusts from the cake. Cut cake in half lengthwise. Slice each half into 8 slices lengthwise and parallel with the top. Melt the chocolate bits over hot water. Remove from the water; cool. Whip cream until stiff but not dry. Fold chocolate into whipped cream.

Spread between layers of each half cake. Melt German chocolate over hot water. Pour over top and sides of cake to make a thin coating.

Chill cake until firm. Yield 2 cakes; each 4-3/4 x 2 x 2-1/2 inches or 16 servings 5/8 inch thick.

- Recipe contributed by Margaret Sanders -

*Absence does not make the heart grow fonder
but it sure heats up the blood.*

- Elizabeth Ashley -

Cheesecake

1-1/3 c. chocolate wafer crumbs
1 Tblsp. sugar
4 Tblsp. unsalted butter, room temp.

Combine crumbs, 1 tablespoon sugar and 4 tablespoons butter. Press into a large springform pan. Bake at 350° about 5 minutes.

1-1/2 c. semi-sweet chocolate pieces (not chips)
2 Tbsp. butter
1/4 c. coffee flavored liqueur
1 pound cream cheese, softened and cut into pieces
2 large eggs
1/3 c. sugar
1 c. sour cream

Slowly heat the chocolate pieces, butter and liqueur in a small saucepan stirring until the chocolate melts and the mixture is smooth. Set aside and let cool slightly.

Beat softened cream cheese until smooth. Beat in eggs, then sugar, salt and sour cream. Gradually beat in cooled chocolate

Only love heals, makes whole,
takes us beyond ourselves.
Love... not necessarily mushy sentiment
or docile passivity...
is both right motive and right result.
Love gets us There...
- Marsha Sinetar -

Cheesecake...continued

mixture. Pour into the crumb crust. Bake 40 minutes or until the center is barely set. Let stand at room temperature at least one hour before serving. It may be frozen at this point. Top with Cream Friache then Mocha Sauce:

Cream Friache: Mix 1 cup heavy cream with 1 tablespoon buttermilk. Cover and let stand at room temperature until mixture is the consistency of sour cream. This will keep 2 weeks covered in refrigerator. Sour cream may be substituted for buttermilk.

Mocha Sauce: Over low heat melt 1 cup semi-sweet chocolate pieces (5 squares), 1/3 cup coffee-flavored liqueur, 1/3 cup light corn syrup and stir gently.

- Recipe contributed by Margaret Sanders -

*We can spend our lives
in helpless hiding,
our one hope being
that life will pass over us,
leaving us
in what we pretend
is safety and comfort... or
we can step forward,
out of our intellectual
and emotional bomb shelters,
and consciously mutate
into the life form
we have always,
secretly,
dreamed of becoming.*

*- Robin Morgan -
The Anatomy of Freedom, 1983*

- Quote Contributed by Jean Chagnon -

*The most important decisions
are made with the heart...*

- Jody Donovan -

Mt. Gretna Chocolate Fondue

4 squares (1 oz.) unsweetened baking chocolate
1 cup light cream
1 cup sugar
1-1/2 teaspoons vanilla

1/4 cup creamy peanut butter if desired

Combine chocolate and cream in medium saucepan. Cook over low heat, stirring constantly until chocolate melts and mixture is smooth. Add sugar & peanut butter if desired; continue cooking until slightly thickened. Remove from heat; stir in vanilla. Pour into fondue pot or chafing dish; serve warm with Fondue Dippers.

Fondue Dippers:

In advance, prepare a selection of the following: marshmallow; angel food, sponge or pound cake pieces; strawberries; grapes; pineapple chunks; mandarin orange segments; cherries; fresh fruit slices. (Drain fruit well and brush with lemon juice.)

- Recipe contributed by Jean Chagnon -

Show a tender face...
Like the grasses showing tender faces to each other,
thus we should do...
for this was the wish
of the Grandparents of the world.
- Black Elk -

Chocolate Roll

5 eggs separated
1 c. confectioners sugar
3 Tblsp. cocoa

Whipped cream
Thin chocolate icing

Beat egg yolks with confectioners sugar and cocoa. Fold in beaten egg whites. Put in buttered and lightly floured jelly roll pan. Bake at 350* for 10-12 minutes.

Put confectioners sugar on wax paper so cake does not stick. Remove warm cake to waxed paper. Let it get entirely cold before filling with whipped cream and rolling up. Drizzle thin chocolate icing on top if desired. Slice slantwise to serve.

- Recipe contributed by Irma Winslow -

Sometimes I go about pitying myself,
and all the while I'm being carried
by great winds across the sky.

- Ojibwa Saying -

Chocolate Mousse

1 c. (small carton) heavy whipping cream

4 large eggs

1/4 c. espresso (can use strong instant coffee)

1/4 c. Dark Myers Rum

12 oz. semi-sweet chocolate chips

Blend eggs and cream and let sit at room temperature. Add espresso and rum. Melt chocolate in microwave in glass bowl on high for 1 minute, stir, melt on high 1-1/2 minutes, stir. Add chocolate to cream mixture and whip with electric mixer, 3-5 minutes depending on the mixer. For darker heavier mousse, whip less; for light colored fluffy mousse, whip longer. Chill for 6 hours. Garnish with chocolate leaves or shavings and whipped cream. Good served with Pepperidge Farm Pirouette cookies.

- Recipe and quote contributed by Suzanne Zilber -

*Live in the world today
as you want it to be tomorrow.
- Alice Walker -*

Minature Chocolate Filled Cream Puffs

| | |
|----------------------------|------------|
| 1/2 c. butter or margarine | 1 c. water |
| 1 c. flour | 4 eggs |

Heat water and butter to a rolling boil. Stir in flour stirring vigorously over low heat until mixture forms a ball (about 1 minute). Remove from heat and beat in eggs all at one time.

Continue beating until smooth. Drop dough by teaspoonfuls 2-inches apart onto ungreased cookie sheet. Bake at 400° about 30 minutes. Makes 30 cream puffs.

Filling:

| |
|---|
| 1 (3-1/2 oz.) package chocolate instant pudding |
| 1 c. milk |
| 2 c. whipping cream |

Blend milk and pudding mix. Add whipping cream and beat until soft peaks form. Cut off tops of cream puffs and pull out any dough filaments. Fill with spoonful of filling; replace top. Dust with powdered sugar.

- Recipe contributed by Pat Robinson -

*The future belongs to those who believe
in the beauty of their dreams.
- Eleanor Roosevelt-*

Chocolate Cheese Cake

8-1/2 oz. choc. wafers, ground
1/3 c. butter, melted
2 c. sugar
pinch of nutmeg
3 medium egg whites
1 c. sugar

3-8 oz. pkg cream cheese
1 c. sour cream
12 oz. chocolate bits, melted
1 tsp. vanilla or almond extr.
1/8 tsp. salt
nuts, chopped

Mix chocolate wafers, melted butter, 2 c. sugar, nutmeg and chopped nuts together and press into 9" springform pan. Refrigerate until needed.

Beat 3 eggs and 1 cup sugar. Add cream cheese packages one at a time, sour cream and melted chocolate bits. Beat these until smooth. Add vanilla and salt. Turn into crust.

Bake at 350° for 40 minutes or more - up to 60 minutes. Until just firm when shaken. Let stand in oven with door open at least another hour - or until cool. Cool completely on wire rack in pan.

Refrigerate covered.

*- Recipe contributed by Ann Molison -
- Quote contributed by Deanne Summerfelt -*



For Every Woman

For every woman who is tired of acting weak
when she knows she is strong,

there is a man who is tired of appearing strong
when he feels vulnerable.

For every woman who is tired of acting dumb,

there is a man who is burdened with
the constant expectation of 'knowing everything'.

For every woman who is tired of being called
'an emotional female.'

there is a man who is denied the right
to weep and to be called gentle.

For every woman who is called unfeminine when she competes,

there is a man for whom competition
is the only way to prove his masculinity.

For every woman who is tired of being a sex object,

there is a man who must worry about his potency.

For every woman who is denied meaningful
employment or equal pay,

there is a man who must bear full financial responsibility
for another human being.

For every woman who feels 'tied down' by her children,

there is a man who is denied the full pleasure of shared parenthood.

For every woman who was not taught
the intricacies of an automobile,

there is a man who was not taught the satisfactions of cooking.

For every woman who takes a step toward her own liberation,

there is a man who finds that freedom has been made a little easier.

- Nancy R. Smith -

I care. I admit it.
I care about it all.
It takes too much energy not to care!
- Lorraine Hansberry -

Chocolate Angel

Meringue Pie Shell:

Beat 2 egg whites until frothy. Add pinch of salt and pinch of cream of tartar, beat stiff. Add 1/2 tsp. vanilla, continue beating. Gradually add 7 tablespoons sugar while beating egg whites until stiff peaks form. Spread in bottom of Teflon 9 inch pan or greased pan. Bake at 275* for one hour, turn off heat, leave for 30 minutes more. Fill when completely cool.

Filling:

| | |
|----------------------------------|---------------------|
| 1 pkg. choc. pie filling (4 oz.) | 1 tsp. lemon juice |
| 1 envelope unflavored gelatin | 2 egg yolks, beaten |
| 2 c. milk | 1 c. sour cream |
| 1 c. whipping cream | |

Mix first six ingredients in sauce pan and bring to boil, stir until pudding thickens. Remove from fire, cool slightly and pour into cooled meringue shell. Let stand up to 3 hours before serving. Spoon whipped cream on pie filling at time of serving.

- Recipe contributed by Irma W. Winslow -
- Quote contributed by Carlie Collins Tartakow -

We are not responsible for changing the psyche of our oppressors; we are responsible, though, for fighting that oppression, for altering the oppression...for changing the circumstances of our lives and the constructs under which we live.

- Audre Lorde -

Chocolate Delight

Melt together:

2 Tblsp. butter 1 sq. baking chocolate

Add:

3/4 c. sugar 1-2/3 c. water
1/2 tsp. salt

Boil mixture for 8 minutes and then put in a 10" x 6" or equivalent baking pan.

In a bowl, mix:

1 c. flour 1/2 tsp. salt
3/4 c. sugar 1/2 c. milk
1 tsp. baking powder

Add:

1 square baking chocolate, melted
2 Tblsp. butter, melted
1 tsp. vanilla

Beat until smooth and drop by spoonfuls into the liquid.

Bake at 350* for 35 minutes.

- Recipe and quote contributed by Carlie Collins Tartakow -

Keep your face to the sunshine...
and you cannot see the shadows.

- Helen Keller -

Froid Au Chocolat

1 env. unflavored gelatin, softened in 3 Tblsp. cold water
2 sq. unsweetened chocolate
1/2 c. confectioners sugar
1 c. milk
3/4 c. granulated sugar
1 tsp. vanilla
1/4 tsp. salt
2 c. heavy cream

Soften gelatin. Melt chocolate in double boiler. Stir in confectioners sugar. Keep stirring until it is smooth, keeping over hot water. Have milk heating until a film shows. Stir milk in slowly. Cook, stirring until mixture reaches boiling, but do not boil.

Mix in softened gelatin, granulated sugar, vanilla and salt, until sugar is dissolved. Chill until slightly thick. Beat cream, mix together. Pour into 2 quart souffle. Stir in a spiral shape on top, then score with knife. Chill.

- Recipe and quote contributed by Deanne Summerfelt -

Decorative border at the top of the page.

Treasure the love you receive above all.

It will survive long after your gold
and good health have vanished.

-Og Mandino -

In a small bowl, stir together flour, chocolate and sugar. Press mixture on bottom and sides of a 8-1/2 inch springform pan. Set aside.

Chocolate Sauce

1-1/2 c. evaporated milk

2 c. sugar

1/2 tsp. salt

3 oz. unsweetened chocolate

1/4 c. white corn syrup

1/4 c. margarine

1 tsp. vanilla

Melt chocolate in top of double boiler; add white corn syrup and margarine.

Heat evaporated milk undiluted and sugar in sauce pan stirring constantly until sugar dissolves. Simmer for 5 minutes. Do not boil.

Add the hot milk to the chocolate gradually in small amounts. Add vanilla. Cool and serve. Store and refrigerate.

- Recipe and quote contributed by Deanne Summerfelt -

On Friendship...

*It takes two to make a quarrel,
but only one to end it.*

- Spanish Proverb -

*Shared joy is double joy,
and shared sorrow is half-sorrow.*

- Swedish Proverb -

*To attract good fortune,
spend a new penny on an old friend,
share an old pleasure with a new friend
and lift up the heart of a true friend
by writing their name on the wings of a dragon.*

- Chinese proverb -

*In time of prosperity friends will be plenty;
in time of adversity not one in twenty.*

- English proverb -

*On the road between the homes of friends,
grass does not grow.*

- Norwegian proverb -

Chocolate Cheesecake

Crust:

3/4 c. graham cracker crumbs
5 Tblsp. unsalted butter or marg.
2 Tblsp. sugar

2 Tblsp. grated semi-sweet
chocolate

In a small bowl, stir together the crumbs, butter, chocolate and sugar. Press mixture on the bottom of an 8-1/2 inch springform pan. Set aside.

Filling:

12 oz. semi-sweet chocolate
3/4 c. unsalted butter or marg.
1 c. sour cream, room temp.
1 tsp. vanilla
3 large eggs

1 c. sugar
3 (8 oz.) pkg. cream cheese,
softened
1 c. pecans, chopped
confectioners sugar, cocoa

In a large metal bowl set over a pan of barely simmering water, melt the chocolate and butter, stirring until the mixture is smooth. Stir in the sour cream and the vanilla and let the mixture cool.

In a bowl, beat together the eggs and the sugar until the mixture is thick and pale and forms a ribbon when the beaters are lifted. Beat in the cream cheese.

Stir in the chocolate mixture and fold in the pecans. Pour the filling into the prepared crust and bake the cheesecake in the middle of a preheated 325° oven for 2 hours, or until just set. Turn the oven off and open the door.

The cake will fall in the middle. Let the cheesecake cool in the pan in the oven. When completely cool, cover loosely, and refrigerate overnight. Sprinkle decoratively with confectioners sugar and cocoa powder before serving.

- Recipe contributed by Ann Molison -

Age does not protect you from love
but love, to some extent, protects you from age.

- Jeanne Moreau -

Julia Child's Chocolate Custard

2/3 c. semi-sweet chocolate chips
1 c. cream
2-3 Tblsp. sugar
1 egg
2 egg yolks
1-1/2 Tblsp. Rum

Preheat oven 350 degrees. Place chocolate pieces in glass, quart measuring cup and add cream until it comes to 1-1/2 cups. Pour into saucepan. Heat over low until melted. Stir in sugar. Blend egg and egg yolks in separate bowl. (Beat just enough until mixed) Stirring the eggs, add in to chocolate slowly as steady stream. Stir in rum. Strain in sieve. Remove all foam. Pour in dishes. Add boiling water to pan the dishes sit in until 3/4 high. Cover with aluminum foil. Bake in lower 1/3 of oven for 20 minutes. Make sure that water never boils. Custards are done when puffed up and tremble slightly.

- Recipe contributed by Ann Molison -

How can you say luck and chance are the same thing?
Chance is the first step you take, luck is what comes
afterward...Of course, everything is connected.

- Amy Tan. -

Blender Chocolate Mousse

1 large egg
1 (1/4 oz.) envelope unflavored gelatin
1 Tblsp. cold water
1 c. boiling water
1 tsp. instant coffee
1/2 c. part-skim ricotta cheese
1/2 c. cold, skim milk
2-1/2 Tblsp. unsweetened cocoa powder
pinch salt
1/4 c. + 2 Tblsp. sugar
1/2 c. heavy cream, whipped (optional)

In a blender or food processor, combine the egg, gelatin and 1 Tblsp. cold water. Blend until combined, about 10 seconds. Scrape the mixture down and blend another 10 seconds. Add the boiling water and blend until the gelatin is dissolved, about 10 seconds.

Add the instant coffee, ricotta cheese, skim milk, cocoa, salt and sugar. Blend until smooth, about 1 minute.

Pour the mousse into 6 dessert dishes and chill until set, at least 2 hours, or overnight. Serve garnished with a dollop of whipped cream if desired.

- Recipe contributed by Ann Molison -

There is deep satisfaction in knowing you are part
of a continuing process and program
and that you have picked up where others have left off
and that others will pick up where you leave off.

- Jane C. Wright -

Chocolate Bread Souffle

1/2 c. frozen, pure apple juice concentrate
1 tsp. cornstarch dissolved in 2 Tblsp. water
1/4 c. chopped golden raisins
3 Tblsp. grated semi-sweet chocolate
2 Tblsp. cocoa

1/2 tsp. cinnamon

6 slices firm-textured white bread

1-1/2 c. skim milk

1 tsp. vanilla

1 Tblsp. bourbon

5 egg whites

1/4 c. + 2 Tblsp. sugar

1/3 c. heavy whipped cream (optional)

Lightly toast bread and cut into 1/2 inch cubes. Preheat oven to 375*. In a small saucepan, bring apple juice to a boil over moderate heat. Stir in the dissolved cornstarch and boil for 10 seconds. Set the sauce aside.

*I get out my work and have a show for myself
before I have it publicly.*

*I make up my own mind about it -
how good or bad or indifferent it is.*

After that the critics can write what they please.

*I have already settled it for myself
so flattery and criticism go down the same drain
and I am quite free.*

- Georgia O'Keefe -

In saucepan, over low heat (without boiling), add 2 cups of chocolate chips. Cook, stirring constantly, until mixture almost boils; remove from heat. In electric blender, on low speed, blend until smooth. Add to bread mixture.

In a medium bowl, combine the raisins, chocolate, cocoa, baking powder and cinnamon. Add the toasted bread cubes and toss to coat. Stir in the skim milk and vanilla. Let stand, stirring occasionally, until the bread absorbs all the liquid, about 10 minutes.

Meanwhile, place eight 5 oz. ramekins (3-1/2 x 1-1/2") on a baking sheet and divide the bourbon evenly among them.

Beat the egg whites until soft peaks form. Gradually add the sugar and continue to beat until stiff peaks form. Fold the beaten egg whites into the bread mixture. Divide the mixture evenly among the prepared ramekins.

Bake for 10 minutes, or until the souffles are slightly puffed. If necessary, reheat the cider sauce over low heat. Top each pudding with 1 tablespoon of the warm sauce and 1 heaping tablespoon of whipped cream. Serve at once.

- Recipe contributed by Ann Molison -

...you are made to stand where you stand. There is deep knowledge underlying you are part of something greater and greater and that

**The wider paradigm
of relationships and family
transcends old group definitions.**

*The discovery of our connection
to all other men, women, and children
joins us to another family.*

*Indeed, seeing ourselves
as a planetary family
struggling to solve its problems,
rather than as assorted people and nations
assessing blame or exporting solutions,
could be the ultimate shift in perspective.*

- Marilyn Ferguson -

Chocolate Almond Cups

1-1/2 c. heavy cream
3 c. semi-sweet chocolate chips
5 egg yolks
2 Tblsp. almond-flavored liqueur
2 tsp. vanilla

1 c. almonds, finely chopped
1 c. graham cracker crumbs
3 Tblsp. butter, melted
20 choc. cov. mint patties
2 Tblsp. light cream

heavy cream, whipped

Set aside a few of the chopped almonds for a garnish.

In saucepan, over medium heat, scald heavy cream; add 2 cups of chocolate chips. Cook, stirring constantly, until mixture almost boils; remove from heat. In electric blender, on low speed, blend egg yolks, liqueur and vanilla extract. While still beating, pour in hot chocolate mixture; blend at high speed for 1 minute or until smooth. Pour into a bowl. Chill at least 2 hours. Melt remaining chocolate chips (1 cup); stir in almonds, 1 cup of graham cracker crumbs and 1 tablespoon of melted butter. Line 6 six-ounce custard cups with foil. Press about 1/3 cup of mixture on bottom and sides of each cup. Chill at least 1 hour.

In the top of a double boiler over hot, not boiling, water, stir remaining butter, mint patties and light cream until melted and smooth; keep warm.

To serve, remove foil from chocolate cups; place on serving plates. Spoon about 1/3 cup of chocolate filling into each cup; drizzle with mint sauce.

Top with whipped cream and remaining slivered almonds.

- Recipe contributed by Ann Molison -

Women are forever looking back to see how far they've come, and that interrupts their progress. By this procedure they can have honorable careers, but not accomplish great things. What woman essentially lacks today for doing great things is forgetfulness of herself; but to forget oneself it is first of all necessary to be firmly assured that now and for the future one has found oneself.

- Simone De Beauvoir -

Chocolate Souffle

| | |
|------------------------|------------------------|
| 1 heaping Tblsp. flour | 2 oz. bitter chocolate |
| 1 Tblsp. sugar | 8 egg whites |
| 3 egg yolks | 2 Tblsp. sugar |
| 1 pint milk | |

Bring flour, 1 tablespoon sugar, egg yolks, and milk to a boil, stirring mixture constantly until it thickens. While this is hot, add 2 oz. bitter chocolate and mix well until chocolate is melted. If batter seems too stiff, add a little more milk until batter is smooth and shiny. Keep mixture warm.

Beat egg whites until stiff. While beating add 2 tablespoons of sugar. Mix the chocolate and egg white mixtures together and whip with a wire whisk until smooth.

Pour into 2 quart mold. Bake at 400° for 10 minutes. Turn off heat and leave in for another 10 minutes.

- Recipe contributed by Ann Molison -

If you have your language
and you have your culture,
and you're not ashamed of it,
then you know who you are.

- Maria Urquides -

Chocolate Marbled Mousse

10 egg yolks
1 c. sugar
1/2 c. dark rum
1 tsp. vanilla
3 oz. unsw. chocolate

6 oz. sweet chocolate
1 c. heavy cream, whipped
chopped pecans
1 c. heavy cream, whipped

Whip egg yolks and sugar until very thick - about 10 minutes.
Add dark rum and vanilla. Divide into two bowls.

Melt two chocolates in separate bowl.

Whip first cup of cream and add to second bowl along with
chocolate. Fold in whipped cream.

In ring mold - put globs of vanilla mousse - then globs of chocolate mousse. Swirl. Repeat for 2 more layers. Put in freezer, well covered with plastic wrap.

Unmold by putting in hot water when ready to serve. Put 2nd cup of whipped cream in center. Cover with curls of chocolate from a semi-sweet chocolate bar.

- Recipe contributed by Ann Molison -

*When are forever
and that interval
can have
things
great things
it is first of
for the
- Listen carefully
to what country people call mother wit.
In those homely sayings are couched
the collective wisdom of generations.
- Maya Angelou -*

Chocolate Crepes

| | |
|-----------------------------|--|
| 2 Tblsp. vegetable oil | 1-1/4 c. 2% milk |
| 2 oz. bittersweet chocolate | 1/2 tsp. vanilla |
| 1-1/2 c. flour | pinch salt |
| 1/4 c. +2 Tblsp. sugar | 2 Tblsp. Grand Marnier or Cointreau |
| 2 Tblsp. Dutch cocoa | 1 qt. Raspberry sherbet |
| 3 eggs | |

Mix first 10 ingredients together in a blender. Refrigerate at least 3 hours or overnight. Makes 26 crepes when cooked in an 8 inch teflon skillet. Use a little margarine in the pan for every other crepe. Use medium heat. Pour about 3 Tblsp batter into heated skillet. Lift and turn skillet to coat bottom.
(3 Tblsp. = 2/3 of a 1/4 c. measuring cup).

Arrange 2 crepes on each plate. Place one scoop of raspberry sherbet next to them. Pour Chocolate Sauce (next page) over crepes/sherbet.

- Recipe contributed by Donna Friedman -

Chocolate Roulade

*No one can go it alone.
Somewhere along the way is the person
who gives you that job,
who has faith that you can make it.
And everyone has something to work with,
if only she will look for it.*

- Grace Gil Olivarez -

Chocolate Sauce

3 oz. bitter or semi-sweet chocolate
1 c. whipping cream
1 Tblsp. apricot preserves
1 tsp. grated orange peel

Melt chocolate in top of double boiler. Stir until smooth. Gradually mix in cream, apricot preserves and orange peel. Stir until heated through. Thin by adding more cream.

Double for Chocolate Crepe Recipe.

Arrange 2 crepes on each plate. Place one scoop of raspberry sherbet next to it in chocolate sauce. Good either warm or cold.

- Recipe contributed by Donna Friedman -

We cannot write in water.

We cannot carve in water.

Water's nature is to flow.

And that is how

we should treat negative emotion.

When it comes, let it go.

Let it flow away from you

like water moving down a river bed.

How is this different

from covering up an emotion?

You acknowledge that you are feeling it,

but immediately let it flow

through and away from you.

You do not deny it,

but you do release it.

- Tae Yun Kim -

- Recipe contributed by Donna Friedman -

Chocolate Roulade

| | |
|------------------------|--------------------|
| 6 whole eggs | 2 Tblsp. sugar |
| 1 c. sugar | 3/4 c. apricot jam |
| 1 tsp. vanilla | 1/2 c. cocoa |
| 3/4 c. flour | 1/2 c. sugar |
| 1/4 c. cocoa | 1/2 c. heavy cream |
| 2 Tblsp. dark rum | 1/4 c. butter |
| 2 Tblsp. strong coffee | |

Make Roulade first: beat eggs, sugar and vanilla until fluffy and light (about 10 minutes). Then blend in flour and cocoa through a sifter a little at a time, folding in after each sifting.

Use jelly roll pan. Cover bottom with aluminum foil and add waxed paper on top. Butter and flour this. Pour in batter. Spread to corners, if not they will burn. Make sure batter is evenly distributed. Bake in middle shelf at 375* for 12-15 minutes or until it springs back when touched.

When done, turn over onto a tea towel. Do so quickly. Remove waxed paper slowly. Roll roulade up with with tea towel lengthwise. Make the liquid center and the glaze. Then unroll. Cover with liquid (coffee, rum and sugar), followed by apricot jam. Roll up again.

Glaze with unsweetened cocoa, sugar, whipped cream and butter which have been melted together. Pour melted glaze over the roulade.

Decorate with chocolate leaves, made by dipping real leaves in chocolate and peeling off carefully. Also, make apricot flowers by cutting softened apricots into rosettes and holding together with a toothpick.

- Recipe contributed by Ann Molison -

It has often been said
that [Ferdinand] Marcos
was the first male chauvinist
to underestimate me.

- Corazon Aquino -

Chocolate Torte

1 tsp. instant coffee
2 Tblsp. hot water
4 oz. semi-sweet chocolate
3 eggs separated
1/2 c. butter

3/4 c. sugar
2 oz. almond paste
1/2 c. flour
cocoa
apricot preserves

Melt hot water, coffee, and 4 ounces semi-sweet chocolate in double boiler. Whip egg whites.

Cream butter and sugar. Mix in chocolate mixture. Add egg yolks, one at at time. Stir in almond paste. Add flour. Fold in egg whites.

Dust 8" round torte pan with cocoa after greasing. Pour batter into pan and bake at 350 degrees for 30 minutes. Remove cake from pan and cool on a wire rack.

Spread a layer of apricot jam on torte, then spread on chocolate glaze. Cut into small pieces.

Chocolate Glaze: melt 4 oz. semi-sweet chocolate with 1 tsp. crisco.

- Recipe contributed by Carole Molson -

Elegant Chocolate Log

| | |
|--------------------------------|-------------------------------|
| 1-1/4 c. sifted powdered sugar | 1 c. heavy cream |
| 1/4 c. + 1 Tblsp. sifted flour | 2 Tblsp. sugar |
| 1/2 tsp. salt | 12 marshmallows, cut up |
| 5 Tblsp. cocoa | 1 (1 oz.) sq. unsw. chocolate |
| 6 eggs, separated | 2 c. powdered sugar |
| 1/4 tsp. cream of tartar | light cream |
| 1-1/4 tsp. vanilla | 1/4 c. pecans |
| 1 Tblsp. water | |

Melt unsweetened chocolate and set aside to cool. In separate dish, beat egg whites with cream of tartar until stiff peaks form. Sift together three times 1-1/4 cups powdered sugar, flour, salt and cocoa.

In large bowl, beat the egg yolks until thick and lemon colored. Add vanilla and water and mix well. Blend in dry ingredients, beating well. Fold mixture into egg whites. Spread batter in a greased jellyroll pan lined with waxed paper. Bake at 375* for 15-20 minutes.

Lightly dust a clean dish towel with powdered sugar. Loosen the cake around the edges with a spatula and invert the cake on the towel. Carefully lift off the pan and peel off the waxed paper. With a sharp knife, cut off crisp edges. Beginning with narrow end, roll cake up and cool on rack. Whip heavy cream until thick and add sugar, beating until soft peaks form. Fold in marshmallows.

Carefully unroll cooled cake, spread with filling and roll up again. Combine cooled chocolate, 2 cups powdered sugar and enough light cream to make a spreadable frosting. Spread over cake and sprinkle with pecans. Refrigerate until time to serve. Slice on the diagonal.

- Recipe contributed by Irma Winslow -

If you stop to be kind...

you must swerve often from your path.

- Mary Webb -

Amaretto Cheesecake

1 8-oz. package cream cheese, softened

3/4 c. sugar

1/2 c. cocoa

2 eggs

5 Tbsp. amaretto

1/4 c. strong coffee

1 tsp. vanilla

chocolate crumb crust

1/2 c. flour

Beat cream cheese and sugar until light. Add cocoa and eggs and beat. Blend in amaretto, coffee and vanilla. Pour into chocolate crumb crust. Bake in 375° oven for 25 minutes.

Crumb Crust:

1-1/2 c. chocolate cookie crumbs

1/3 c. butter

Combine crumbs and butter and press into the bottom of a 9-inch springform pan.

- Recipe contributed by Deborah Fink -
- Quote contributed by Suzanne Zilber -

*A woman without a man
is like a fish without a bicycle.*
-G-
Pies

| | |
|----------------------------------|-----|
| Bavarian Mint Pie | 117 |
| Chocolate Angel Pie | 114 |
| Chocolate Fudge Pecan Pie | 110 |
| Chocolate Pecan Pie | 115 |
| Chocolate Pie | 113 |
| Chocolate Silk Pie | 111 |
| German Sweet Chocolate Pie | 109 |
| Grasshopper Pie | 112 |
| Whopper Pie | 107 |

Mix 1/2 cup crushed Whoppers with 1/2 cup melted butter. Press into graham cracker crust. Spread additional chocolate Cool Whip on top. Place additional Whoppers on top. Keep in freezer until ready to serve.

Recipes and goals contributed by Karen Clappier -

*A woman without a man
is like a fish without a bicycle.*

- Gloria Steinem -

Whopper Pie

1/2 gallon vanilla ice cream
Whoppers candies, crushed
6 oz. chocolate Cool Whip
1 graham cracker crust

Mix ice cream and Cool Whip to soften. Crush desired amount of Whoppers and stir into ice cream mixture. Spoon mixture into graham cracker crust. Spread additional chocolate Cool Whip on top. Place additional Whoppers on top. Keep in freezer until ready to serve.

- Recipe and quote contributed by Karen Clopton -

In the old days,
the primary job of the native Lakota mother
was to teach the new child that he or she
was connected with everything in the circle of life.
She would take the child walking and say,
"See the squirrel? That's your brother.
See the tree? We are related.
This is your family; these are all you family."
Because they were all brought up that way,
they knew deeply
that they were all interconnected,
they were all family,
they were all conscious.
Lakota children had an opportunity
to begin early in life
to attend to the whole or the holiness,
the spiritual side of things,
and then to expand this ability
powerfully as they grew.

- Brooke Medicine Eagle -

German Sweet Chocolate Pie

| | |
|-----------------------|----------------------------|
| 1/3 c. butter | 1/3 c. brown sugar, packed |
| 1/3 c. chopped pecans | 1/3 c. coconut |

Combine butter, brown sugar, pecans and coconut in saucepan. Cook over medium heat until the mixture comes to a boil, stirring frequently. Remove from heat and cool slightly.

9-inch baked pie shell

1 (5 oz.) pkg. vanilla pudding & pie filling (not instant)

1 (4oz.) pkg. German sweet chocolate, cut up

2-1/2 c. milk

Sweetened whipped cream

Coconut

Spread mixture in bottom of pie shell. Bake in 450° oven for 5 minutes. Place on rack and let cool well.

Combine pudding mix, chocolate pieces and milk in 2 quart saucepan. Cook according to directions on pudding package. Remove from heat and cool for 5 minutes.

Pour into pie shell and cover with plastic wrap. Refrigerate for 4 hours or until set. Decorate with puffs of whipped cream and coconut.

- Recipe contributed by Irma Winslow -

When there is too much of the individualistic spirit,
then everybody becomes concerned with their own self,
their own interest, and as a result,
the welfare of the people,
and eventually the world suffers.

- Haridas Chaudhuri -

Chocolate Fudge Pecan Pie

1 pie crust, unbaked
3 eggs, beaten
1 c. corn syrup
1/2 c. sugar

1/2 c. semi-sweet chocolate
chips, melted
2 Tblsp. margarine, melted
1/2 tsp. vanilla
1-1/2 c. pecans

Stir eggs, corn syrup, sugar, chocolate, margarine and vanilla until well blended. Stir in pecans and pour into pie crust. Bake in 350° oven for 50 - 60 minutes.

Test by inserting knife halfway between center and edge. If it comes out clean, the pie is done. Cool on a wire rack.

- Recipe contributed by Kathi Conger -

Think wrongly, if you please,
but in all cases think for yourself.

-Doris Lessing-

Chocolate Silk Pie

1/2 c. butter
1/2 c. powdered sugar
2 squares unsweetened chocolate
1 tsp. vanilla
2 eggs
9" pie crust
shaved chocolate
1/2 pint whipped cream

Prepare and cool one pie crust.

Cream butter, adding powdered sugar gradually. Melt chocolate in top of double boiler over hot, not boiling water; let cool. Add vanilla and chocolate to butter-sugar mixture. Add eggs one at a time, beating mixture 4 minutes at high speed after each addition. Do not overbeat or butter may melt.

Spoon into baked and cooled pie shell. Refrigerate at least 2 hours. Cut with hot knife and serve with sweetened whipped cream. Garnish with shaved chocolate.

- Recipe contributed by Ann Molison -

You will do foolish things
but do them with enthusiasm.

- Colette -

Grasshopper Pie

1-1/2 c. (about 30) chocolate wafers, crushed
1/3 c. butter, melted
32 large marshmallows
1/2 c. milk
1/4 c. creme de menthe
3 Tblsp. creme de cacao
1-1/2 c. whipping cream

In 9 inch pie pan, combine chocolate wafer crumbs and melted butter. Reserve 1-2 tablespoons for garnish. Press remaining mixture on bottom and sides of pan. Bake at 350° for 10 minutes. Cool.

Meanwhile, in medium saucepan, combine marshmallows and milk. Cook over medium heat until melted, stir constantly. Chill until thickened; stir in creme de mente and creme de cacao. Beat whipping cream until stiff. Fold into marshmallows. Pour into crust. Sprinkle with reserved crumb mixture. Chill at least 6 hours before serving. Serves 6 to 8.

- Recipe contributed by Ann Molison -

*When we escaped from Cuba...
all we could carry with us was our education.*

- Alicia Coro -

Chocolate Pie

| | |
|--------------------------|----------------------------|
| 3 egg whites | 9 oz. semi-sweet chocolate |
| 1/8 tsp. salt | 1/3 c. coffee |
| 1/2 tsp. cream of tartar | 4 egg whites |
| 1/2 c. sugar | 1 c. whipped cream |
| 1/2 tsp. vanilla | 4 egg yolks |
| 1/2 c. pecans, chopped | 1 chocolate bar, shaved |

Meringue: Beat 3 egg whites, salt, and cream of tartar until frothy; add sugar gradually and then vanilla. Fold in chopped pecans. Pour into pie pan and spread to edges for crust. Bake at 300° for 30 minutes. Cool.

Pie Filling: Melt 9 oz. chocolate and then whisk in 1/3 c. coffee. When chocolate mixture is cool, whisk in 4 egg yolks one at a time. Beat whipped cream and fold in when chocolate is cool. Beat 4 egg whites separately and fold into chocolate mixture. Pour into chocolate shell and chill until set. Best served the same day. Before serving, cover with whipped cream and garnish with chocolate shavings.

- Recipe contributed by Ann Molison -

One of the things about equality
is not just that you be treated equally to a man,
but that you treat yourself equally
to the way that you treat a man.

-Marlo Thomas-

Chocolate Angel Pie

| | |
|--------------------------|-----------------------------------|
| 2 egg whites | 1/2 c. pecans or walnuts, chopped |
| 1/8 tsp. salt | 1 pkg. Bakers German Chocolate |
| 1/8 tsp. cream of tartar | 3 Tblsp. water |
| 1/2 c. sugar | 1 tsp. vanilla |
| 1/2 tsp. vanilla | 1 c. heavy cream, whipped |

Meringue Shell: Beat egg whites, salt and cream of tartar until foamy. Add sugar, 2 tablespoons at a time, beating well after each addition. Continue beating to very stiff peaks. Fold in vanilla and nuts. Spoon into lightly greased 8" pie pan to form nest like shell. Build up 1/2 inch above edge of pan. Bake at 300° for 50-55 minutes. Cool.

Stir chocolate in water over low heat until melted; cool until thickened. Add 1 teaspoon of vanilla. Whip cream, fold in chocolate mixture. Pile meringue shell. Chill 2 hours. Makes 6-8 servings.

- Recipe contributed by Donna Friedman -

Being tolerant does not mean
that I share another one's belief.
But it does mean that I acknowledge
another one's right to believe,
and obey their own conscience.

- Viktor Frankl -

Chocolate Pecan Pie

1-9" pie shell

1 c. sugar

3 Tblsp. corn starch

3 medium eggs

1/2 c. sweetened condensed milk

2 Tblsp. bourbon

6 oz. semi-sweet chocolate

4 Tblsp. butter

1-1/2 c. pecan halves

1 c. heavy cream

Vanilla Wafer Crust

Bake 1 pie shell - pricked on bottom - at 375° for 12-15 minutes.

Blend 1 c. sugar, corn starch and beaten eggs - 1 at a time. Add condensed milk and bourbon. Melt together chocolate and butter. Pour into prepared pie shell. Put in circles (start in center) halved pecans - going around and around until top is covered in pecans.

Bake for 45 minutes. Serve with whipped cream.

- Recipe contributed by Ann Molison -

Look for the Light

*When we're feeling
more lost than found,
we don't need to search around us
for the answers...
we need to remember to look within.*

*Within each one of us is a guiding light...
an instinct for survival
a yearning for a better life
a longing for happiness
an ability to change
and cope
and discover
and grow.*

*The possibilities are all there
lighting up our lives
each time
we take the time
to believe in ourselves*

- Unknown

*It is hard to fight an enemy
who has outposts in your head.
-Sally Kempton -*

Bavarian Mint Pie

1/2 c. butter
3/4 c. sugar
3 eggs
2 (1oz.) squares unsweetened chocolate
1 (4oz.) pkg. German sweet chocolate
1/4 tsp. peppermint flavoring
vanilla wafer crust

Melt chocolate and cool. Cream butter and sugar. Beat in eggs, one at a time. Blend in chocolate and flavoring. Pour into crust. Chill.

Vanilla Wafer Crust:

1-1/3 c. vanilla wafer crumbs
1/4 c. sugar
4 Tblsp. butter, melted

Press mixture into a 9 inch pie pan. Bake at 375* for 5 minutes. Cool.

- Recipe contributed by Deborah Fink -

In this together

I am my sister's keeper

we're in this together

not to win

not to compete

not to conquer

but to educate

to nurture

to help

we are each the other's keeper

let us celebrate

the power within us all

to make the difference

to change the world

- Natasha Josefowitz -

Notes

*We all live in suspense, from day to day,
from hour to hour; in other words,
we are the hero of our own story.*

- Mary McCarthy -

Notes

We've got two lives.

One we're given...

the other one we make...

- Mary-Chapin Carpenter -

make in love

not to win

not to compete

not to conquer

but to educate

to nurture

to help

we are each the other's keeper

let us celebrate

the power within us all

to make the difference

to change the world

— Mary Chapin Carpenter —