

Passumpsic South Tattler

May 1, 2015

MEMORIAL
DAY

MEMORIAL DAY

E.P. Management IS CLOSED ON
MEMORIAL DAY

Make Me Smile . . .



HOME MADE EATS

In honor of Cinco de Mayo We bring you:

Southwestern Stuffed Bell Peppers

YIELD: Makes 4 servings (1 pepper half per serving)

INGREDIENTS:

- 2 bell peppers, any color
- 3/4 cup instant brown rice
- 1 cup chunky-style mild salsa
- 1/2 cup canned black beans, rinsed and drained (optional)
- 1/2 cup frozen corn
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 slices sharp cheddar cheese
- 1 Tbsp. chopped fresh cilantro

DIRECTIONS:

Cut peppers in half; remove seeds. Place in a shallow baking dish, cut-side down. Bake in preheated 425°F oven 15 minutes or until skins begin to bubble and peppers are just tender.

Boil 3/4 cups water in a medium-sized saucepan. Stir in rice; return to boil. Reduce heat to low; cover and simmer 5 minutes. Stir in salsa, beans and corn, and mix lightly. Add chili powder, cumin, salt and pepper.

Fill baked peppers with rice mixture; cover with foil. Bake in preheated 400°F oven for 15 minutes. Uncover and top with cheese slices. Continue baking 5 minutes or until cheese is

melted and filling is hot. Sprinkle with chopped cilantro. GREAT ON THE GRILL IN FOIL

Time again for cleaning those gunky
grills.

Miracle Cleaner

They seem to rust and get grimy really fast. You could just cover them with foil before doing any actual grilling. Time for a cleaning? Not only does this miracle cleaner only require two ingredients, but there's also no scrubbing required! Just let it sit and do its job while you tackle other things.

1 Bottle Hydrogen Peroxide

1 Box of Baking Soda

Make a paste, Spread on the grill and leave for a couple of hours. That mess will come off with gently rubbing and a rinse.

2-1-1 is the number you dial to find out about hundreds of important community resources, like emergency food and shelter, disability services, counseling, senior services, healthcare, child care, drug and alcohol programs, legal assistance, transportation needs, educational and volunteer opportunities, and much more.

2-1-1 is not an emergency number like 9-1-1, nor is it directory assistance like 4-1-1.

2-1-1 is your first step toward solving everyday problems or when you face difficult times.

It's a free service. It's confidential. It's 24/7.



**E. P. Management
Bardwell House
(802) 775-1100**

Call number above first, then press extension listed below

Shelly Spooner press 2: call for Rents and Invoicing

Sherri Durgin-Campbell, press 6:
Resident Services Coordinator

Jeff Barrett, press 3:
Regional Property Manager

This is your newsletter. If you have suggestions or items for the calendar, Please contact Sherri at 802-775-1100 EXT. 6

First Wednesdays Series

May 6 St. Johnsbury Athenaeum
1171 Main Street, St. Johnsbury • Library
phone: 802.748.8291
7:00 p.m.

Amelia • Nancy Nahra

The mysteries surrounding the 1937 disappearance of aviation legend Amelia Earhart often overshadow her accomplishments as a pilot and author. Champlain College professor Nancy Nahra explores the life of a woman who lived as if she were invincible but understood she was anything but. *Underwriter: Merchants Bank (This talk replaces "Margaret Bourke-White, Courageous Photographer" with Sally Matson.)*

First Aid Workshop

Date: Wednesday, May 6, 2015
Time: 6:00 pm

Learn American Heart Association first aid from certified instructors.

\$45. Registration required.

Location: Calnex Ambulance Building, Hospital Drive, St. Johnsbury, VT
Phone: leave voice mail 802-748-7307
Email: cpr@calnexambulance.org

Capturing Starlight Lecture

Date: Thursday, May 7, 2015
Time: 1:30 am - 3:00 pm

Sponsored by St. Johnsbury Osher Lifelong Learning Institute. An introduction to the Northern Skies Observatory in Peacham, a discussion of the educational mission, and an explanation of why exposing students to astronomy should be a vital part of everyone's education. The presenter will be Bill Vinton.

This is the tenth and final lecture of Osher Spring 2015 Lecture Series. Osher membership dues are \$35.00. This entitles subscribers to attend all Spring 2015 sessions and bring a guest to one of them. Non-members may attend any single session for \$6.

Location: Catamount Arts, 115 Eastern Avenue, St. Johnsbury, VT
Contact: Beth Williams
Phone: 1-802-748-3642
Website: www.learn.uvm.edu/olli

Living in the Challenge

Date: Tuesday, May 12, 2015
Time: 7:00 pm - 9:00 pm

This film series celebrates the Shambhala as it manifests in popular film. Series opens with "Finding Joe", a truly inspirational film.

No fee. Suggested donation of \$10 to the Shambhala Meditation Center of St. Johnsbury will be greatly appreciated.
Film series is directed by Patrick Takaya Solomon.

Location: Shambhala Center of St. Johnsbury, 115 Eastern Avenue, St. Johnsbury, VT. Just up the from the Center, at Catamount Arts.

Phone: 802-748-4240
Email: center@stjshambhala.org
Website: www.st-johnsbury-shambahala.org

