



Memorial Day
Let's make an effort to thank the veterans who live near us for their sacrifice.
Make Me Smile . . .



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.



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

E. P. Management
Holy Angels Housing
(802) 527-0634, Pat

Penney Pike, Property Manager
 802-528-8345
Emergency Maintenance,
 802-749-1001

Vermont 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.

This is your newsletter. If you have suggestions or items for the calendar, Please let us

The More You Know.

St. Albans Green Up DAY

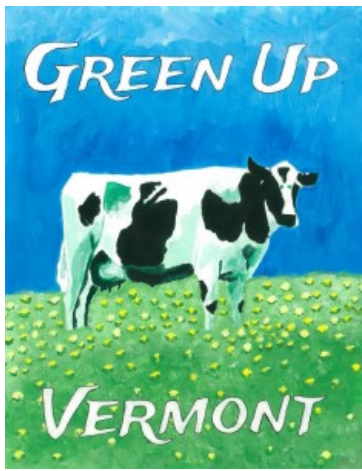
Name: St. Albans Green Up Day

Date: May 2, 2015

Time: 9:00 AM - 12:00 PM EDT

Event Description:

Coordinated by Boy Scout Troop #70. Please meet at the location of your choosing. Some bags/gloves available, but feel free to also bring your own supplies.



Care Partners Spaghetti Dinner Fundraiser

Care Partners Spaghetti Dinner Fundraiser

Date: May 6, 2015

Time: 5:00 PM - 7:00 PM EDT

Event Description:

A spaghetti & meatball dinner to raise money for Care Partners Adult Day Center. All proceeds benefit their programs and services.

Location:

34 Franklin Park West, St. Albans

Date/Time Information:

Wednesday, May 6, 5:00 - 7:00 pm

Contact Information:

802-527-0548

Fees/Admission:

\$8 adults; \$5 children, payable at the door

Film Screening - Cancer: The Emperor of All Maladies by Ken Burns

May 12, 2015

5:30 PM - 6:30 PM EDT

Event Description:

PLEASE NOTE NEW DATE - Tuesday, May 12

A 30 minute excerpt of Ken Burns' PBS documentary will be followed by a panel discussion with Dr. Dennis Sanders (VT Cancer Center); David Cranmer (VT Cancer Survivor Network); Dr. Mary Woodhouse (Associates in Surgery); Christina Latson (NMC Oncology & Palliative Care). Light refreshments served

