



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

July 2020

### Vadnais Heights Community Food Program

Saturday, July 18, 9 am – Food Distribution  
Please check [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com) or call 651-204-6000 for updates.

### Council Meetings

Tuesday, July 21 at 7 pm at City Hall.  
(Tuesday, July 7 meeting is cancelled)

### Reader's Digest Health Brand Survey

Here are 5 winners:

- 1) Allergy Relief – Claritin
- 2) Anti-Aging Skin Care – Olay
- 3) Headache/Pain Relievers – Tylenol
- 4) Heartburn/Antacid – Tums
- 5) Multivitamins – Centrum

### Local Farmers Markets

#### Vadnais Heights

Wednesdays from 2-6pm through October 14  
NEW LOCATION at the intersection of County Road E and Highway 61, People's Bank Parking lot. The Vadnais Heights Farmers Market is brought to you by The St. Paul Growers Association. All of the produce is grown within 50 miles of St. Paul and is sold from the grower directly to customers. The market offers a variety of vegetables, fruit, flowers and added items such as jams, jellies and bakery goods. You can check out all the vendors at [www.stpaulfarmersmarket.com](http://www.stpaulfarmersmarket.com).

#### White Bear Lake

Fridays from 8am-noon  
NEW LOCATION on Clark Avenue between 2<sup>nd</sup> and 3<sup>rd</sup> Streets.  
This lively Farmers Market has a large variety of produce, flowers, health products and other food items. For more information visit [www.whitebearlake.org](http://www.whitebearlake.org).

### You're No Spring Chicken #7

Up to forty, it's all luck. From forty to sixty, it's a little luck. After sixty, it's all maintenance.

### Property Tax Assistance from MN Dept of Revenue

Minnesota Homestead Credit Refund for Homeowners can provide relief to those who own and live in their home through either or both the Regular or Special Homestead Credit Refund.

The Regular Refund is for those who owned and lived in their home January 2, 2020 and whose income is less than \$115,020.

The Special Refund is for those who owned and lived in their home January 2, 2019 to Jan. 2, 2020 and whose net property tax increased by more than 12% during that time, the increase was at least \$100, and was not because of improvements you made to the property.

Contact MN Department of Revenue for further details and an application, 651-296-3781 or at [www.revenue.state.mn.us](http://www.revenue.state.mn.us).

### Fare for All

Monday, July 20, 3:30-5:30 pm at Redeeming Love Church, 2425 White Bear Avenue, Maplewood.  
Fare for All is a community supported non-profit program that is open to all. It is also great way to save on quality nutritious foods during these economic times.

### Heritage Days Update

Heritage Days 2020, including the annual senior picnic, is postponed at this time. Options for rescheduling will be discussed at the July 21 City Council meeting. We will send an update on decisions in our August newsletter.

## Go Paperless

Sign up to get the Hi-Lites Newsletter delivered directly to your email!

Go to [cityvadnaisheights.com/seniors](http://cityvadnaisheights.com/seniors), then select Senior Hi-Lites to sign up, or call us at 651-204-6000 to add your email to our list!

The *Vadnais Heights HI-LITES* is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue. Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified. **For more information on any event**, please contact Vadnais Heights City Hall, 800 East County Road E, 651-204-6000, or [www.cityvadnaisheights.com](http://www.cityvadnaisheights.com). You may also call Josephine Christensen at 651-777-0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or [www.whitebearseniorprogram.org](http://www.whitebearseniorprogram.org).

## Red, White, and Blue Rice Crispy Treats



### Ingredients

- 8 tablespoons butter (unsalted)
- 2 packages (10 oz each) Jumbo marshmallows
- 6 cups Miniature marshmallows
- 2 teaspoon vanilla extract
- 1 box rice Krispies cereal

### Optional:

- Blue gel food coloring
- Red gel food coloring
- 5 ounces red chocolate melts
- 5 ounces blue chocolate melts
- 1/4 cup white chocolate chips
- 2-3 tablespoons star sprinkles

Serves: 12 squares

Prep time: 10 minutes Cook time: 5 minutes

### Instructions

1. In a large saucepan melt butter over low heat.
2. Add the Jumbo marshmallows and stir until completely melted.
3. Stir in Miniature marshmallows and remove from heat when the miniature marshmallows are not yet fully melted.
4. Add the Rice Krispies cereal and stir until well coated.
5. For Red, White and Blue Bars:
6. Divide mixture into 3 large bowls.
7. Add about 6 drops of blue gel food coloring to one bowl, and using a spatula mix into the rice krispy treats mixture until fully combined and blue.
8. Using a buttered spatula, press the blue rice krispy mixture in a 13 x 9 x 2-inch pan coated with cooking spray or layered with parchment paper. Layered with parchment paper is better, as it makes removal from pan much easier.
9. Press the uncolored bowl of rice krispy mixture on top of the blue layer.
10. Add about 6 drops of red gel food coloring to the remaining bowl, and using a spatula mix into the rice krispy treats mixture until fully combined and red. If mixture starts to harden and is hard to work with, microwave for 1-2 minutes.
11. Press the red bowl of rice krispy mixture on top of the white layer.
12. Melt the red and blue candy melts in separate bowls per package instructions.
13. Drizzle on top of the rice krispy treats.
14. Top with white chocolate chips and star sprinkles.
15. Cool. Cut into 2-inch squares.
16. Best if served the same day.

<https://sweetandsavorymeals.com/red-white-and-blue-rice-krispy-treats/>