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Recipe Corner



Corn Souffle

Ingredients:

- 8 oz. sour cream
- 1 can creamed corn
- 1 can regular corn
- 2 eggs,
- 1 stick of butter, melted
- 1 box Jiffy corn muffin mix

Directions:

1. Separate eggs. Reserve whites for later use.
2. Beat yolks, then add remainder of ingredients. Mix until



GABRIEL

Environmental Services

APRIL 2017

Join Gabriel to Learn About Cleaning Up Contaminated Properties - May 18, 2017

Discovering contamination doesn't have to ruin a property deal. Join Gabriel at a free seminar to learn about how to cost-effectively handle contaminated properties.



Learn about:

- What types and levels of contamination should cause concern
- State and Federal laws regulating USTs and other contaminated property
- How to save money on 'dig and haul' remediation techniques
- Alternative types of remediation
- Strategies, costs and timing for getting a No Further Remediation (NFR) letter

Thursday, May 18th, 2017

8:15 - Breakfast and Registration

8:30 - 10:00 - Seminar

Gabriel's headquarters - 1421 N. Elston Ave, Chicago, IL

Visit our [Contamination Solutions Seminar webpage](#) for more information and online registration.

25th Anniversary of Chicago River Day

Friends of the Chicago River is celebrating its 25th Anniversary of Chicago River Day this year. On Saturday, May 13th, 2017 thousands of volunteers will meet across the



well combined.

3. Beat reserved egg whites until stiff.
Fold into mixture.
4. Pour into 9" square baking dish. Bake at 350* for 45 minutes.

*1st Place - Sides Contest
John and Mary Polich*

Chicagoland area to remove debris, restore river-side trails, and plant native seedlings.



If you're interested in volunteering, visit Friends of the Chicago River's [registration page](#) for information about the various locations. Note that only a few sites can accommodate small children under the age of 8.

Chicago River Day is an outdoor event and will proceed rain or shine.

[Friends of the Chicago River](#) is the only organization solely dedicated to the Chicago River. Since 1979, Friends has been working to improve the health of the Chicago River system for the benefit of people, plants, and animals.



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