



Neighborhood News



May/June 2010



A United Way Agency

The Census...It is easy, it is safe, it is important

Open the Door to a Census Taker and You Open Doors for Your Community

What is a Census Taker?

By being counted, you are standing up for what your community's needs are. That's why census takers are so important. A census taker is a person from your community who is hired by the Census Bureau to make sure that your neighborhood gets represented as accurately as possible. The census taker's primary responsibility is to collect census information from residences. Most of these residences have not sent back their 2010 Census form.

- The Census Bureau provides the census taker with a binder containing all of the addresses that didn't send back a filled out census form.
- The census taker then visits all of those addresses and records the answers to the questions on the form.
- If no one answers at a particular residence, a census taker will visit a home up to three times and attempt to reach the household by phone three times. The census worker will leave a double-sided (English and Spanish) NOTICE of VISIT in the doorway that includes a phone number for the resident to schedule an appointment.
- The census taker will ONLY ask the questions that appear on the census form.

Do I Have to Talk to the Census Taker?

Yes. Your participation in the 2010 Census is vital and required by law, ([Section 221, of Title 13 of the U.S. Code](#)). However, rather than rely on criminal charges, the Census Bureau is very successful in getting participation by explaining the importance of the questions we ask and how the information benefits our communities.

Your [privacy and confidentiality](#) is our priority:

The census taker who collects your information is sworn for life to protect your data under [Federal Law Title 13](#). Those who violate the oath face criminal penalties: Under federal law, the penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment for up to 5 years, or both.

News from the Will-Grundy Center for Independent Living

Home Ownership Program is Available for Families

Who Have a Disabled Member of Any Again Their Household

Free services include: credit/budget counseling, home buyer education, down payment, and closing cost assistance.

Contact Kelly McKenzie, **Homeownership Advocate** at the Will-Grundy Center for Independent Living, 2415A West Jefferson Street, Joliet, Illinois 60435. Reach her by phone at: 815-729-0162, Ext 211
815-729-2085 tty/815-768-2582 vp/vrs

Quit Smoking Today!

Quitting smoking is one of the best things people can do to improve their overall health.

If you are ready to quit, the Will County Health Department can help!



The Will County Health Department proudly offers the **Freedom from Smoking** (FFS) program. The cost of the program is \$20.00 per person, which covers program materials. Based on the latest research on addiction and behavioral change, the program teaches participants ways to deal with withdrawal symptoms, control weight, manage stress, and fight smoking urges. **Quit smoking program participants have the option to receive up to 6-weeks of the nicotine patch or the nicotine lozenge for free.**

Program participants meet once a week for seven weeks at the following locations:

Provena St Joseph Medical Center, Joliet Classes begin Wednesday, June 23, 2010

Lockport Township Park District, Lockport Classes begin Tuesday, August 31, 2010

For more information or to register for a program, visit our website at www.willcountyhealth.org or call the Will County Health Department at (815) 727-8769

Billie Limacher Bicentennial Park Events



11th Annual Earth Day Awards to be held May 13

Local area students celebrate their recycling efforts throughout the year.

Sponsored by Will County Land Use Services. 10:00 am-12:00 noon. (815-774-7893).

Joliet Montessori School Presents

"Alice in Wonderland" May 15

Joliet Montessori School students present their original adaptation of the classic tale. 11:00 am-3:00 pm. Tickets \$3 and are available through JMS. www.jolietmontessorischool.org (815-741-4180).



"Summertime on Stage" Summer Drama Camp for Children *Registration now open for June 21 through July 18 session*

Does your child light up with the thought of being on stage? Registration is open for the Billie Limacher Bicentennial Park's "Summertime On-Stage" children's drama camp June 21-July 18. All levels of interest welcome. Classes held on the indoor theatre stage to prepare a full-fledge musical. Shows July 17 and 18 (12:00 noon & 3:00 pm). Ages 5-11 meet 12:00 noon-2:00 pm (\$140). Ages 11-18 meet 9:00 am - 2:00 pm (\$210). Courtesy of the Park, siblings receive a 50% discount!

Registration form available online: www.bicentennialpark.org or through office (815-724-3760).



Mark Your Calendars Now for June 3-September 2

Concerts on the Hill



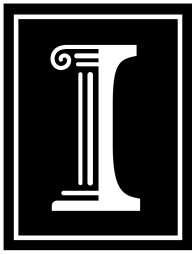
Free outdoor concerts every Thursday evening at 6:30 pm in June, July and August. Bandshell fills with variety of quality entertainment for the whole family. Amid a scenic setting along the waterway, come enjoy great \$1 hot dogs and other tasty concessions. Blankets and chairs welcomed for hill seating.

Free admission and parking. www.bicentennialpark.org (815-724-3760).

The Billie Limacher Bicentennial Park is located at 201 West Jefferson at Bluff Street in Joliet.

To contact the Bicentennial Park: Phone: (815) 724-3760; FAX: (815) 724-3773

E-mail: bipark@jolietcity.org; Online: www.bicentennialpark.org



UNIVERSITY OF ILLINOIS
EXTENSION

Helping You Put Knowledge To Work

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Will_co@extension.illinois.edu

Web Site:
www.extension.illinois.edu/will

Office Hours:
Monday- Friday
8:00 am-Noon
12:30 pm- 4:30 pm

The Will County Unit Staff

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Dave McMurtry
*Interim Youth
Development Educator*

Cindy Pecka
*4-H Club Program
Community Worker*

Nancy Kuhajda
*Program Coordinator
Master Gardener Coordinator*

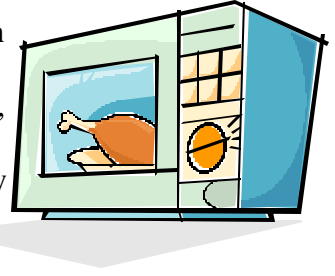
Laura Barr
*Family Nutrition Program
Coordinator*

Tyce Bell
*Family Nutrition Program
Community Worker*

Mariana Maldonado
Office Support Associate

Beat the Heat by Making the Most of Your Microwave

Using the stove less during summer's heat doesn't mean you have to stop cooking! Popcorn, leftovers and TV dinners are commonly prepared in the microwave oven, but have you ever thought of making cakes, omelets or even chili in the microwave? Actually, these foods may even cook better in the microwave than by other heating methods.



Microwave ovens can play an important role in mealtime preparation. However, special care needs to be taken when cooking and reheating foods in the microwave.

- Use only cookware and utensils labeled "microwave safe" to thaw, cook and reheat your food.
 - Some microwave-safe materials include parchment paper, microwave plastic wraps, wax paper, oven cooking bags and most white, unprinted paper plates, paper towels and napkins. Avoid letting the plastic wrap touch food while cooking.
 - Heat-proof glass or ceramic cookware used in the microwave should be labeled for microwave use — "microwave oven-safe" or "suitable for microwave."
- Arrange food evenly in a covered dish and loosen lid to let steam escape while cooking.
- Cook large cuts of meat on medium power for longer periods of time. Stir or rotate food once or twice during cooking so it evenly cooks. Arrange thicker part of meat toward outside of the dish and thin parts in the center.

(Find more microwave tips on the next page)

Pizza Buns

- 1 pound ground meat**
- 2 tablespoons finely chopped onion**
- 1/2 teaspoon salt**
- 1/8 teaspoon pepper**
- 3/4 cup pizza sauce**
- 1 cup shredded Mozzarella cheese**
- 8 hamburger buns, sliced**



1. Crumble ground meat into 1-1/2 quart glass casserole.
2. Add onion. Cover with casserole lid.
3. Microwave on high for 4 minutes. Stir to break meat into small pieces; continue microwaving until meat reaches the temperature of 160°F, 2 to 3 minutes.
4. Drain off juices.
5. Stir in salt, pepper and pizza sauce. Cover with casserole lid. Microwave on high 5 to 6 minutes or until hot and bubbly.
6. Stir in 1/2 cup of the cheese.
7. Arrange bottom halves of buns on glass plate.
8. Spoon the meat mixture onto buns.
9. Sprinkle with remaining 1/2 cup cheese. Top with other halves of buns. Microwave on high 1 to 1-1/2 minutes or until cheese just starts to melt. Makes 8 sandwiches. Nutrition facts per serving: calories 304 ~ fat 14 g ~ calories from fat 131 ~ sodium 617 mg ~ carbohydrate 25 g ~ fiber 2 g.

Microwave Tips and Recipes (continued)

- Foods thawed and/or partially cooked in the microwave need to have their cooking on the stovetop, oven or grill completed immediately, not at a later time.
- Before using a food thermometer to see if meat, poultry, fish/seafood or eggs have reached a safe internal temperature, stop the microwave and let food sit or "rest" for a few minutes. Place thermometer in thickest part of meat. Do not leave a food thermometer in food during microwaving unless the food thermometer is labeled safe for microwave cooking.
- Remove foods from packaging before defrosting in microwave. Defrost in microwave-safe dish.
- Reheat pre-cooked foods (leftovers, ready-to-eat, take-out) to steaming. Cover loosely while reheating to hold in moisture. Reheated foods should reach 165°F.

Caramel Topped Oatmeal Cake

Serves 8

Cake:

1/2 cup water	1/2 teaspoon salt
2/3 cup flour	1/4 cup honey
1/2 cup quick-cooking rolled oats	1/2 teaspoon cinnamon
1/2 teaspoon baking soda	2 eggs, beaten
1/2 cup brown sugar	1/4 teaspoon nutmeg
1/2 teaspoon baking powder	
1/3 cup canola oil	

Topping:

1/3 cup brown sugar
3 Tablespoons margarine
1/4 cup nuts, chopped
2 Tablespoons skim milk

For Cake:

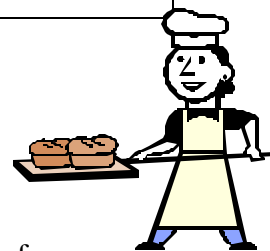
Microwave water in a glass measuring cup on High for 1½ to 2 minutes or until boiling. Stir in oats and set aside. In a small mixing bowl, blend together brown sugar, oil, and honey. Beat in eggs. Add oatmeal mixture, flour, baking soda, baking powder, salt, cinnamon, and nutmeg. Mix well. Grease bottom only of an 8x8-inch square microwave-safe baking dish. Pour cake batter into dish, and spread evenly. Microwave at 50 percent power for 9 minutes, rotating dish twice if no turntable. Then microwave on High for 1½ to 2 minutes or until no longer doughy, rotating dish once. Set aside.

For Topping:

Combine topping ingredients in a microwave safe bowl, and microwave on High for 2½ to 3 minutes until bubbly, stirring once or twice midway through. Spoon over warm cake, and spread evenly.

Nutrient analysis per serving: 288 calories, 3 grams protein, 36 grams carbohydrate, 16 grams fat, and 296 milligrams sodium.

Source: Jenna Hogan, Visiting Extension Educator, Nutrition and Wellness, Springfield Center



Have Gardening Questions? Master Gardeners Can Help!



Now that gardening season is here, if you have any questions about your vegetables, fruits, flowers, grass, trees, shrubs, plant diseases and insects. The University of Illinois Extension Will County Master Gardeners are here to help. Call us!

Will County Master Gardeners at (815) 727-9296



St. John's and St. Peter's Neighborhood Association

St. John's and St. Peter's Neighborhood Association meets the 3rd Thursday of each month at 6:30 pm. All meetings are being held at St. John's Church, located at 404 N. Hickory in Joliet. Call St. Peter's at (815) 722-3567 or Lorna at (815) 409-1187 for more information





St. Pat's Neighborhood Association News

Update for May & June 2010



On April 21, 2010, the St. Pat's Neighborhood Association had its Annual Spring Meeting. The goal of our association is to work toward making our neighborhood a safe and secure place to live and bring up our families. Our Association has been in existence for over 27 years. We always work very closely with the Mayor, City Council Members, City Manager, Police Dept, Fire Department, Neighborhood Services, Engineering and all City Service Departments; Joliet Township Animal Control as well as State, Will County and Joliet Township Officials. We hold our General Meetings in the fall and spring of each year and all area residents are welcome to attend. We have monthly meetings that are also attended by our Neighborhood Police officer and other officers; so that we are able to stay focused on our goals.



There are some very positive things that are going on in and around the St. Pat's Neighborhood. The Park District contacted St. Pat's to be a water stop for a race that came from Rockdale and through St. Pat's on April 10th. This was a terrific event, 350-450 runners were in attendance. The St. Pat's area looked great, the water stop had a lot of volunteers and we were very graciously thanked by the Joliet Park district for our participation in this event.

Dewey St. is undergoing sewer and street improvements; this is one of the last sections of the St. Pat's area streets needing to be reconstructed. St. Pat's area is also having work done by IDOT, they are conducting a roadway resurfacing project on the I-80/Center Street entrance & exit ramp system. All of the exit and entrance ramps will be resurfaced and the bridge joint repair will also be completed. Access to I-80 will be maintained throughout the project. Our area is also experiencing the construction of a new home on Pleasant Street.



These are all signs of a vibrant a growing community!

April General Meeting Round Up

We had presentations by Deputy Chief Mike Trafton, Neighborhood Officer Terry Higgins and Officer John Hanke on Elderly and Neighborhood safety. A few main points that came from the presentations were:

- if you are offered something and *“if it seems too good to be true then it probably is”*
- when in doubt in any situation do not hesitate to **“CALL POLICE”**. All of our police encourage the residents to call!!

We would also like to thank the following people that presented and shared very valuable information:

- **Megan McCarty**, AmeriCorps Safe Families Program, American Red Cross, 630-387-0344
McCarthyMe@usa.redcross.org
- Nancy Kuhajda, Master Gardener, University of Illinois, Extension Program Coordinator, 815-727-9296,
kuhajda@illinois.edu
- **Virgil Kemp**, **Helpers Of Mother Earth**, NFP A Volunteer Organization **708-767-1797**
vkemp@helpersofmotherearth.org
- **Eileen Martin- St. Patrick's School (815) 726-2924** regarding Fund Raising Event and Neighborhood concerns.

The following are 2010 SPNA Planned Meetings: 5/12, 6/9, 7/14, 8/11, **8/14-SPNA Picnic-Free to all Residents**, 9/15, 10/13, 10/20-Fall General Meeting- All Welcome

REMINDER: ON AUGUST 14, 2010-St. Pat's Neighborhood Free Picnic will be at Spieler Park from 12N-4:00pm on Saturday, August 14, 2010-Please call, all area residents are invited to attend.

Submitted by Carol Ann Heinemann, President, St. Pat's Neighborhood Association spnajokiet@comcast.net (815) 774-0336.

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(See newsletter for further details.)