



# Neighborhood News



March/April 2010



A United Way Agency



## Only 31 Days until April 1, 2010 Countdown to the 2010 Census

**The Census...It is easy, it is safe, it is important  
and it is almost here!**



The countdown to the 2010 Census is almost over, and the U.S. Census Bureau is looking to national, tribal, state, and local officials and community leaders to ensure an accurate count.

With Census Day in less than a month— April 1, 2010 — the Census Bureau has already launched a critical national effort that affects the apportionment of congressional seats, and how the federal government annually allocates \$300 billion in federal assistance to state, local, and tribal governments.

## City Sells Its First Home Under the Neighborhood Stabilization Program!

The City sold its first home at 2118 Dartmoor Drive (pictured at right) on February 5, 2010 as part of the **Neighborhood Stabilization Program** (NSP). This four bedroom and three baths home was a foreclosed property that the City purchased and rehabilitated. The first-time homeowner also received \$50,000.00 in down payment assistance/closing costs to make her dream of homeownership a reality!



**What Are You Waiting For?**

**Three more NSP homes will be available soon!**

The rehabilitation of the properties located at 1013 Cypress Lane, 1300 N. May Street and 837 Mulford Lane will soon be completed and the homes offered for sale through the City's NSP program. All three properties are single story homes with three bedrooms. Why not take a drive by the properties today and contact Vicki at 815-724-4089 or via e-mail at [vmartell@jolietcity.org](mailto:vmartell@jolietcity.org) or Lois at 815-724-4088 or via e-mail at [lgoldman@jolietcity.org](mailto:lgoldman@jolietcity.org) to find out how you can become the owner of one of these homes?

The City has also purchased the following properties that will be rehabilitated and offered for sale through the Neighborhood Stabilization Program (NSP):

1024 Barthelme Avenue  
2117 Dartmoor Drive

3800 Flowermeadow Street  
319 S. Midland Avenue

## Will-Grundy Medical Clinic: Spanish Translators Needed



The Will-Grundy Medical Clinic provides free medical and dental care services to individuals who do not have health insurance or the ability to pay for health care. This clinic is staffed by volunteers and is always in need of translators to better serve local residents of the community. There are many caring doctors and dentists that come to the clinic in the hopes of sharing their healing power with the most vulnerable of our community. If you can donate one day or one hour a week or even one hour a month, your help would be greatly appreciated.

**To volunteer call Sandy Woltz, Director of Volunteers at (815) 726-3377**

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## 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:

**Silver Cross Hospital, Joliet** Classes begin Saturday, March 20, 2010  
**Palmer Conference Room, Bolingbrook** Classes begin Tuesday, April 27

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



## Billie Limacher Bicentennial Park



- March 4-7** **"Beauty & The Beast"** by Providence High School. Thursday-Saturday 7:00 pm, Sunday 2:00 pm. Tickets \$8 adults, \$5 students and seniors. Tickets available through the high school (815-485-2136).
- March 18-20** **Joliet Catholic Academy presents "Anything Goes."** Thursday, Friday and Saturday 7:00 pm. Tickets \$6 adults, \$5 students and seniors. Tickets at the door and through the high school (815-741-0500).
- April 16-18 & 23-25** **"The Curious Savage"** by the Joliet Drama Guild. Fridays and Saturdays 8:00 pm, Sundays 2:00 pm. Tickets \$10 adults, \$9 students and seniors. Group discounts. Tickets at the door and through the JDG website [www.jolietdramaguild.org](http://www.jolietdramaguild.org) (815-722-1001).
- April 20 & 21** **"What the Butler Saw"** by Studio J. Tuesday and Wednesday 8:00 pm. Tickets \$8 special. Tickets at the door and through the JDG website [www.jolietdramaguild.org](http://www.jolietdramaguild.org) (815-722-1001).
- April 30, May 1 & 2** **Kiwanis Annual Variety Show.** Friday and Saturday 7:30 pm, Sunday 2:00 pm. Tickets \$15 donation, and available through Kiwanis members and the Park (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](mailto:bipark@jolietcity.org); Online: [www.bicentennialpark.org](http://www.bicentennialpark.org)



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## Helping You Put Knowledge To Work

**Will County Unit**  
100 Manhattan Road  
Joliet, IL 60433  
Phone: (815) 727-9296  
FAX: (815) 727-9364

**E-mail:**  
Will\_co@extension.illinois.edu

**Web Site:**  
[www.extension.illinois.edu/will](http://www.extension.illinois.edu/will)

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

### The Will County Unit Staff

Dr. Emma Theuri  
*County Extension Director*

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*

## Lose Weight by Eating More Fruits & Vegetables

*March is Nutrition Month!*

If you are trying to lose weight or maintain weight, which do you think is a better snack choice?

- One candy bar (about 240 calories)
- One medium apple-3" diameter (about 140 calories)
- One carrot-7" long-about 72 calories



To lose weight or maintain weight, here are a few great tips:

- ✓ Eat fewer foods high in fat and sugar such as candy, donuts, cookies and chips
- ✓ Eat more vegetables and fruits
- ✓ Pack a healthy lunch that has a vegetable and a fruit
- ✓ Make wise choices when eating at fast-food restaurants by choosing foods with the lowest amount of fat. Replace French fries with a salad with low-fat dressing. Try this tasty recipe!

### *Spring Salad*

2 ½ cups shredded fresh carrots  
1 medium stalk celery, thinly sliced  
½ cup raisins  
1 8-oz can crushed pineapple, well drained  
1 8-oz. container non- or low-fat lemon yogurt

(Serves 4)



Combine all ingredients. Serve on salad greens if desired.

Nutrition Facts (per serving): Calories: 180, Fat: 1 g; Calories from Fat 10;  
Sodium 80 g; Total Carbohydrates: 41 g; Fiber 3 g

### Easy ways to add more fruits and vegetables to your meals:

- Top yogurt with sliced fruit
- Serve fruit or 100% fruit juices with meals or as a snack.
- Top pancakes, French toast or waffles with fruit or fruit sauces
- In a glass, layer sliced or chopped fruit, non-fat yogurt and whole grain cereal for a snack or dessert.
- Add dried fruit (raisins) or chopped fresh fruit to oatmeal.
- Add fresh or canned fruit to gelatins or fresh green salads.
- Have pre-cut vegetables (carrots, celery, etc.) in the refrigerator for easy snacking.
- Add chopped peppers, tomatoes, zucchini, onions and mushrooms to scrambled eggs.
- Top baked potato with chopped vegetables of choice, sprinkle with low fat cheese and microwave until cheese melts.
- Add frozen or canned vegetables to rice or pasta dishes during the last 5 to 10 minutes of cooking
- For a quick soup, combine tomato juice with chopped potatoes, celery, beans, corn and peas. Heat in microwave until vegetables are cooked.
- Top sandwiches or burgers with lettuce and tomato.
- Add chopped vegetables to your salads.



## Time for Spring Cleaning: Celebrate National Clutter Awareness Week

Since we celebrate birthdays, anniversaries, and other monthly holidays, why not celebrate National Clutter Awareness Week? Celebrated the third week of March, clutter awareness week signals the beginning of spring and spring cleaning! Look at this week as a fresh start, a way to clean out the old and simplify your space and surroundings.



Clearing the clutter means being willing to part with "your stuff" by throwing it away, donating, recycling or selling. It can often be hard to let go of items because of the sentimental attachment to an item. Remember, it is the memory attached to the item, not the item itself many times that you do not want to part with.

If you need a little motivation to get started, here are a few strategies to help you start clearing the clutter:

- Get four large containers and label them garbage, donate, recycle and/or sell. In addition, use a laundry basket for those items that truly need to find their home. (Items that need to be put away).
- Pick your space. The space should be small, so you feel a sense of accomplishment and are motivated to continue working. Examples include a kitchen drawer or a closet. Don't try to clean the entire attic or basement in one day—that is sure to zap the motivation out of you!
- Set a timer for 30 minutes. A kitchen timer or stop watch works great. Touch each item once and make a decision. If time allows, sort your laundry basket. When the timer goes off, move to another area.
- Have a buddy. A friend can help you see past the sentimental attachment and talk you through if you really need an item.
- Be realistic about broken items. If you are not going to fix it or have it fixed, get rid of it.



Use the clutter emergency questions below to help you make a decision:

- How long has it been since I used it?
- Do I like it? Does it fit? Does it work? Is it broken?
- Do I have more than one of these? How many do I need? If I keep it, what will I get rid of to make room for it? Can I locate the information somewhere else if I need it?

Hopefully, these strategies provide you motivation to embrace National Clutter Awareness Week and get started clearing your clutter today! To view more information on clearing out the clutter, visit University of Illinois Extension's website [www.urbanext.uiuc.edu/clutter](http://www.urbanext.uiuc.edu/clutter).

*Source: Chan, Karen. "Finding Sanity in Today's World: DeCluttering Your Life," University of Illinois Extension, 2007.*

## Changes in Tax Credits Put Extra Money in Your Pocket

One of the most popular credits for low to moderate income tax filers is the **Earned Income Tax Credit** (EITC). The qualifications to receive the credit have not changed much. However, the credit has expanded to include families with three or more children. The maximum credit has increased to \$5,657 for families claiming three or more children. Income limits have also temporarily increased for tax years 2009 and 2010. See Schedule EIC for more information.



The **Child Tax Credit** and the **Additional Child Tax Credit** are still around this year. The Child Tax Credit is the nonrefundable credit that can only be used up to a taxpayer's tax liability. The Additional Child Tax Credit, a refundable credit, continues to kick in where the Child Tax Credit ends. In the past, some low-income taxpayers were not eligible for the Additional Child Tax Credit because of the minimum income limits that applied. This year, the minimum has been lowered to \$3,000, which allows more low income filers to qualify. For more information on both credits, visit the IRS website ([www.irs.gov](http://www.irs.gov)) and check out form 8812.

The **Residential Energy Credit** is back. Homeowners may be able to claim 30% of the cost of certain energy efficient improvements such as windows, doors, insulation, water heaters, heat pumps, air conditioners and certain roofs. The credit has been expanded to include certain asphalt roofs and stoves that burn biomass fuel. The credit is limited to \$1,500.



## St. Pat's Neighborhood Association (SPNA) March/April 2010 News Update

### St. Pat's Neighborhood Association General Meeting

April 21, 2010, 7:00p.m.

St. Pat's Gym – 110 Willow in Joliet

**Everyone is welcome to attend! Come join us!**

There will be representatives from the City of Joliet Police, Fire and other service areas. Will County and Joliet Township will also have members of their service teams available to assist with any questions you may have. There will also be a keynote speaker, still to be announced.

### Additional Informational Representatives will include:

#### **\*Nancy Kuhajda, Master Gardener/ Extension Program Coordinator, University of Illinois**

Nancy will provide great tips for spring gardening, lawn care, pruning, insect and wildlife control. Bring any gardening questions you have and Nancy will be happy to answer them. Nancy can be reached at (815) 727-9296, or by e-mail at: [kuhajda@illinois.edu](mailto:kuhajda@illinois.edu)

#### **\*Virgil Kemp, Helpers of Mother Earth, A Volunteer Organization, to assist in Neighborhood Clean Ups.**

Virgil will have free health related information available to share. Virgil will also help to determine clean up dates and times for neighborhood clean ups. Virgil can be reached at (708) 767-1797 or by e-mail: [vkepm@helpersofmotherearth.org](mailto:vkepm@helpersofmotherearth.org)

If you are in an area that would like assistance in developing a neighborhood group, the SPNA would be very happy to help you accomplish this. Please feel free to contact Carol Ann Heinemann, President, SPNA at [spnajoliet@comcast.net](mailto:spnajoliet@comcast.net) or 815-774-0336.



St. Pat's Grade School is continuing to work on a recycling project. Please feel free to drop off any and all recycle items at any time in the back parking lot of the School located at 110 Willow. The Paper Retriever **accepts the following items** : newspaper, magazines, catalogs (soft), junk mail, office paper, notebooks (soft, no spiral), soft cover books, hard cover books (only if cover is removed). **Please DO NOT include** : Plastic, glass, metals and trash.

*Thank you for any items you can give to help promote a cleaner environment.*

### 2010 Scheduled Meetings

3/10, 4/14, **4/21-Spring - General Meeting-All welcome**, 5/12, 6/9, 7/14, 8/11, **8/14-SPNA Neighborhood Picnic**, 9/15-tentative, 10/13, **10/20-Fall-General Meeting**, 11/10, 12/15, (7:00pm, St. Pat's Rectory, Bishop Vonesh Hall)

Submitted by Carol Ann Heinemann, President, St. Pat's Neighborhood Association  
[spnajoliet@comcast.net](mailto:spnajoliet@comcast.net) (815) 774-0336.



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

St. John's and St. Peter's Neighborhood Association meets the 3<sup>rd</sup> 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**

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# Neighborhood News

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