



Neighborhood News



November/ December 2009



A United Way Agency



151 Days until April 1, 2010

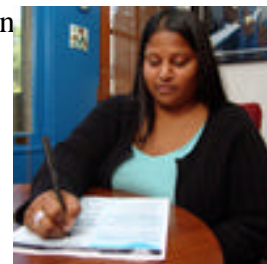
Countdown to the 2010 Census

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

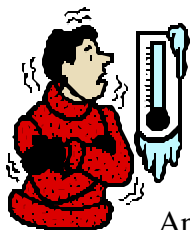
Now is the Time to Start Planning for the 2010 Census

The countdown to the 2010 Census has begun, 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 year — 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.

In February and March 2010, the Census Bureau will mail or deliver more than 130 million questionnaires to households across the United States. Residents are urged to promptly complete and return the forms by mail. The 2010 Census will have one of the shortest questionnaires in history, dating back to the nation's first census in 1790. By law, all personal information will be kept confidential and cannot be shared with any other government agency or entity. Census data are used to distribute Congressional seats to states, to make decisions about what community services to provide, and to distribute funds.



News You Can Use...Illinois Home Weatherization Assistance Program

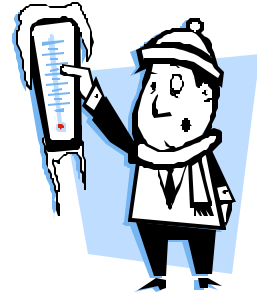


Illinois Home Weatherization Assistance Program is designed to help low-income residents save fuel and money while increasing the comfort of their homes. The program provides heating system inspections, caulking, insulation of exterior walls and attic areas, weather-stripping, and other energy conservation measures depending on the needs of the home.

Applications for the program are being accepted at the Will County Center for Community Concerns on a first-come/first-served basis from 8:30 a.m. to 3 p.m. Mondays through Fridays at the center, located at 304 N. Scott Street.

Bring the following information when applying:

- Social Security cards for all household members
- Gross income for 90 days prior to date of application for every household member 18 or older
- Most recent gas and electric bills
- Proof of ownership (deed, tax bill, mortgage statement or title)
- Landlords must provide a copy of property deed as proof of ownership
- Other documents may be requested at time of application



Materials and labor are free of charge to qualified owner-occupied households. No liens are attached to the property. It is of no cost to the homeowner.

With the approach of winter and falling temperatures, landlords and tenants need to be aware of the City ordinance regarding heat requirements:

If you have any further questions regarding this topic, call the Neighborhood Services Division at (815) 724-4090.

Neighborhood Stabilization Program (NSP) Update

The City recently purchased the property at 3800 Flowermeadow Street as part of the Neighborhood Stabilization Program. This property and the ones listed below will be rehabilitated and offered for sale to qualified buyers once the rehabilitation is complete.

1024 Barthelme Avenue
1013 Cypress Lane
2118 Dartmoor Drive

1300 N. May Street
837 Mulford Lane



1300 Arthur (house to be demolished for new construction)

Rehabilitation work on 2118 Dartmoor is scheduled to begin in the next two weeks and the contract for 1300 N. May Street will also be put out during this time period. If you are interested in owning one of these homes upon completion, please contact Vicki at 815-724-4089 or via e-mail at vmartell@jolietcity.org or Lois at 815-724-4088 or via e-mail at lgoldman@jolietcity.org.

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!

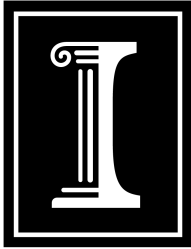


The Will County Health Department proudly offers the **Freedom from Smoking (FFS)** program. The cost of the program is \$20.00 per person, which covers program materials. Based on the latest research on addiction and behavioral change, the program teaches participants ways to deal with withdrawal symptoms, 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 Tuesday, January 26
Crete Public Library, Crete Classes begin Monday, February 22

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



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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

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

The Will County Unit Staff

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County Extension Director

Dave McMurtry
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Development Educator*

Nancy Kuhajda
*Program Coordinator
Master Gardener Coordinator*

Laura Barr
*Family Nutrition Program
Coordinator*

Tyce Bell
*Family Nutrition Program
Community Worker*

Coleen Kenyon
Mariana Maldonado
Office Support Associates

Spend Smart, Save Smart Tips

In these challenging economic times, you can still find ways to give great gifts for the holidays without spending too much. Here are ten top tips for low-cost gift ideas.



- Draw names so you will only need to buy one gift
- Bake special treats and include the recipe. Cookies, quick breads, cakes, and pies make wonderful gifts.
- Have a white elephant gift exchange – someone will treasure the item you don't want.
- Give a special treasure you have to someone to cherish then pass on to someone else.
- Take pictures and create a photo album of special times.
- Make gifts – a gift certificate sharing your time or your talents are always appreciated.
- Give a little girl a dress-up box of your old clothes, jewelry and hats.
- Encourage a budding artist with a decorated box of art supplies or supplies to make puppets and masks.
- Fashion beautifully wrapped gifts out of recycled newspapers, Sunday comics or brown paper bags.
- Sew special one-of-a-kind fabric gift bags.



Fruits and Vegetables for the Holidays

Including fruits and vegetables in your holiday meals can add color and flavor as well as good nutrition. It is recommended that adults eat at least 2 ½ cups of vegetables and 2 cups of fruit each day. Include fruits and vegetables in all meals and most snacks to be sure to get the recommended amount.

Here are some ideas:

- Raw vegetable tray for appetizer or snack.
- Festive tossed salad in the red and green colors of the season-add dried cranberries, cherry tomatoes, sliced red peppers and radishes to a mix of leafy greens.
- Fresh cranberries in salads, breads and sauce.
- Chopped vegetables or dried fruit added to rice.
- Winter squash in soups or casseroles.
- Fresh fruit salad for dessert.
- Start your day off with raisins, add to oatmeal or fresh fruit on whole grain cereal.
- Dry roasted peanuts and raisins or dried cherries for snacking.
- Bake vegetables along side the turkey~ combine 1 cup each turnips, carrots, and rutabagas, add a little broth, bake until tender~about 1 hour.
- Fruit basket for centerpiece and dessert~ include easy eating fruits like tangerines, apples, pears and dried fruit.

(See next page for delicious holiday recipes!)

Broccoli and Cauliflower Ring~~~A festive, healthy dish to take to your holiday meal

1 small tomato, cut into 6 wedges
4 cups fresh broccoli flowerets
2 cups fresh cauliflowererets
¼ cup water

2 tablespoons butter or margarine
1 tablespoon lemon juice
1/4 teaspoon salt
1/8 teaspoon pepper

Cook broccoli and cauliflower in small amount of water until tender-crisp; drain. Arrange tomato wedges skin-side down on bottom of 6-cup microwave safe ring mold. Arrange vegetables over tomatoes in mold; pressing to pack firmly. Melt butter or margarine, blend in lemon juice, salt and pepper. Pour over vegetables. Microwave on high for 3 minutes. Invert onto serving plate. Serves 8.

Nutrition facts per serving: calories: 50; fat 3 grams; cholesterol 10 mg; sodium 100 mg; carbohydrate 6 g.

Edible Snowflakes~~~A fun holiday recipe to do with your kids!



2 tortilla shells (10 inch)
½ cup shredded cheese
Salsa

Place tortilla on microwave safe plate and microwave on high 20-30 seconds until soft. Fold the warm tortilla in half, then in half again. Using kitchen shears, cut out small pieces of the tortilla similar to when you are making a paper snowflake. Unfold the tortilla. Place the second tortilla on the plate. Sprinkle with shredded cheese. Place the first snowflake tortilla on top of cheese-topped one. Microwave on high for 30-45 seconds or until cheese is melted. To serve, cut into four triangles; serve with salsa.

Easy-to-Do Gingerbread People~~~Easier than roll out cookies, open-faced sandwich holiday treats!

A gingerbread man or woman cookie cutter
Several slices of whole-wheat bread
Peanut butter
Raisins
Dried cherries, cranberries, or red hots

Cut a gingerbread man or woman shape out of the soft part of the bread with the cookie cutter. Try to get more than one shape out of each slice of bread. With a knife, spread peanut butter over the cut shapes. Use raisins and dried cherries, cranberries, or red hots to make the eyes, nose, mouths and buttons on your gingerbread people.



Billie Limacher Bicentennial Park 33rd Annual FESTIVAL OF THE GNOMES

Saturday - December 5, 2009

Live Shows 1:00 pm & 3:30 pm Tickets \$3.00 all ages



Festival of the Gnomes celebrates the legends and lore of the "wee folk," who do good works for man and nature. Reservations are highly recommended. Come browse the gnome gift shop featuring homemade crafts, unique trinkets and gnome hats. Have a complimentary tassel onto your gnome hat, take a chance in the raffle for two original soft-sculpture gnome dolls and enjoy the music filling the lobby to herald in the season of giving. Call 815-724-3461

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 November/December 2009



HAPPY HOLIDAY SEASON FROM THE ST. PAT'S NEIGHBORHOOD ASSOCIATION

In August the St. Pat's Neighborhood Assoc. (SPNA) sponsored the Annual Neighborhood Picnic. Over 250 neighbors' came to the picnic. There was a dedication of the new gaming/picnic table by the CDC at Spieler Park on behalf of SPNA. Thank you CDC. Families had a great time with Jammer, Piñata's and face painting.

On October 21, 2009, the SPNA held its Fall Annual Meeting at St. Pat's Gym. Well over 100 residents from the St. Pat's, Reedswood and Cathedral areas attended. Speakers included Will County Executive, Larry Walsh, Will County States Attorney, Jim Glasgow, City Manager, Tom Thanas, Police Chief, Fred Hayes, Deputy Police Chief, and Mike Trafton. City Council members, Susie Barber and Mike Turk, also attended. Fire Fighters from Station 5 attended and many of the Neighborhood Police Team and various other City Service Teams. Much information provided at the meeting addressed public safety issues. There has been concern over highly publicized home invasions in surrounding areas. Mr. Glasgow praised the community for coming out; he stated the best way to prevent crime is to know your neighbors, and become educated on signs of criminal activity and gang signs. Many educational tips on Gang Violence and tools for crime prevention were distributed and explained. Police Chief Fred Hayes said if you see someone that does not belong in your neighborhood, call the Police. Chief Hayes stated he can tell the word is getting out because of the increase in calls to the Police. The residents of the community are the eyes and ears of their Neighborhood, the more involved the community becomes the easier it makes for the Police to accomplish their jobs. Overall the City of Joliet in the past several years has had a significant decrease in the rate of crime, a much higher percentage of a decreased crime rate than the State of Illinois and the Country as a whole. The St. Pat's Neighborhood has shared in a significant overall decrease in crime as well over the past 10 years.

The SPNA has been around for over 25 years and is dedicated and committed to maintaining and improving the neighborhood in a coordinated effort with all of the services available to our Neighborhood through the City of Joliet, Will County and the Township. Many things have been accomplished including a decreased crime rate; many improvements to our park, ornamental lighting and 90% of our streets have been improved. We have monthly meetings with the Board and Block Captains that is also attended by our Neighborhood Police officer and other officers; so that we are able to stay focused on our goals.

An article in the newspaper on October 18 indicated that neighborhoods were not getting the support from the Police and Council, but we are and have been. As an organization we are very open to work with residents of other neighborhoods to help develop an organization of their own. It is very critical to work together as one with the common goal of safety and security in your own neighborhood.

In these very challenging economic times this is a great time to get to know your neighbors better, know who belongs in your neighborhood and who does not. Assist in making your neighborhood strong and a great place in which to live and bring up your families. If you see someone that does not belong in your neighborhood, call the police. St. Pat's Neighborhood Officer – Ofc. Terry Higgins – Cell#815-405-2406 Office#815-724-3190, Sgt. Larry Collins Cell# 815-405-4975 & Chief of Police 815-724-3210.

2009-2010 Scheduled SPNA Meetings: 11/11, 12/9, 2009. 1/13/10, 2/10/10, 3/10/10, 04/14/10 4/21/10-Spring General Meeting-All Welcome, 5/12/10, 06/09/10, 07/14/10, and 08/11/10

**Submitted by Carol Ann Heinemann, President, St. Pat's Neighborhood Association,
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Neighborhood News

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(See newsletter for further details.)