

Advertising Alley

Somerfield News

News that matters.

July 2011



Neighborhood Real Estate

Homes that are on the market in your Neighborhood with the MLS are:

Address	Bedrooms	Model	Bath	Price
1473 Schafer Ave.	3	Newberry	2.1	PC-\$232,500
1513 Schoenherr Ave.	3	Brentwood	2.1	PC-\$239,900
★748 Dalton Ln.	4	Monticello	3.1	PC - \$339,210
1468 Schoenherr Ave.	4	Savannah	2.1	PC-\$209,000
★1574 Glenside Dr.	4	Hanover	2.1	\$284,529
1430 Glenside Dr.	4	Sutton	2.2	PC - \$275,000

Homes that are currently under contract in your Neighborhood with the MLS are:

1474 Glenside Dr.	3	Brentwood	2.1	\$229,999
1526 Schafer Ave.	3+	Lakewood	2.1	PC-\$199,900
1455 Glenside Dr.	4	Durham	2.1	PC-\$250,000
★1437 Somerfield	4	Ravinia	3.1	NEW-\$289,900
1533 Glenside Dr.	4	Hanover	2.1	\$289,900
★1482 Glenside Dr.	4	Durham	2.1	SS-\$229,900
807 Sapphire Dr.	4	Sutton	2.1	PC- \$235,000

★ = My Listing ~ = My Sales

PC = Price Change BOM = Back on Market NEW = New listing on Market F = Foreclosure
 SS = Short Sale BO = Bank Owned TEMP = Off the Market Temporally
 Source Multiple Listing Service of Northern Illinois- June 29th, 2011

Presented By:

Donna J. Hahn

Cell: (630) 319-8602
 E-mail: donna@donnahahn.com



Donna Hahn

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Connie J. Butcher- Attorney at Law

Law Offices of Trent & Butcher
 Email: cjbatty@aol.com
 website: trentbutcherlaw.com
 Office Phone: 630-682-3100
 Cell Phone: 630-605-7781

Areas of Practice

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Upcoming Events Sponsored by the The Bolingbrook Park District

Summer Concert:

All Concerts take place from 7:30 - 9:00 pm at the Village of Bolingbrook's Performing Arts Center located at 375 W. Briarcliff Road.

July 6th: Big Guitars From Memphis
 July 13th: Jose Valdez and the Mambo All Stars
 July 20th: Electro Rubber Band

Other Events coming up:

Saturday August 27th Summers Last Blast @ Pelican Harbor.
 Saturday August 27th Parkie's 5K Family Fun Run

Fishing Derby Schedule:

Hidden Lakes Historic Trout Farm
 July 9th, 9:00 am - 1:00 pm Catfish Derby
 July 23rd, Noon to 4:00 pm Family Derby
 August 6th: 4:00 - 8:00 pm Night Catfish Derby
 August 27th: 9:00 am - 12:00 pm Last Blast Derby (Free at Volunteer Park!)

If your property is currently listed with another Real Estate Agent, please disregard this notice.

Mortgage Watch!

Courtesy of:



Eric Hamilton

Phone: (630) 728-7918

Fax: (630) 375-5862

Website: applywitheric.com

E-mail: eric.hamilton@wellsfargo.com



Current Interest Rates

Conventional 30-year fixed 4.625%

Conventional 15-year fixed 3.750%

Conventional 5-year ARM 2.875%

FHA 30-year Fixed 4.500%

APR's vary with each individual loan.



Local Homes for Sale

<http://1717avalon.ePropertySites.com>



1717 Avalon, Joliet

\$157,900

<http://1574glensidedr.ePropertySites.com>



**Somersetfield-
1574 Glenside Dr.
- Hanover Model**

\$284,529

<http://132farmgate.ePropertySites.com/>



**132 Farm Gate Ln.
Bolingbrook**

\$244,900

<http://748daltonlane.ePropertySites.com>



**Somersetfield -
748 Dalton Ln.
- Monticello Model**

\$339,210

brought to you by:



Connie J. Butcher

Law Offices of Trent & Butcher

Email: cjbatty@aol.com

website: trentbutcherlaw.com

Office Phone: 630-682-3100

Cell Phone: 630-605-7781

Areas of Practice

Real Estate, Personal Injury,

Worker's Compensation,

Wills/Trust, Family Law

Best Herbs for Women over 40

Rosemary

If you've noticed yourself sneezing or your joints beginning to stiffen, you may want to consider adding rosemary to your meals. It contains rosmarinic acid, an antioxidant that works with your immune system to block allergy triggers; it also helps to prevent arthritis. Combine rosemary leaves and essential oils with jojoba oil and oatmeal powder for a body balm to ease aches and pains.

Rosemary can help to eliminate bloating. Drinking 3 cups of rosemary iced tea daily helps to break up gas in the gut. Steep 1 tablespoon of dried herb in 3 cups of boiling water. Strain, add agave and cool.

You can also help to prevent cancer by using rosemary as you cook your meals. When you grill meat, chicken or seafood, carcinogenic compounds can form. These compounds are linked to stomach and colon cancer. The antioxidants in rosemary dramatically reduce the formation of cancer-causing compounds. Next time you're grilling, make a bed of rosemary and place the food on top.

This power herb can also help your memory. Rosemary arouses neurons that communicate with the hippocampus, allowing you to recall information more easily. In ancient Greece, medical students would wear rosemary garlands around their necks during exams.

Saffron

Some may use saffron for its taste or the rich, golden color when cooked, but many don't realize its true value. The yellow color saffron produces comes from crocin, a powerful antioxidant, which studies have identified as a cancer fighter.

Horseradish

This spicy herb helps with digestion due to the agent chologogue. Not only does chologogue help the liver detoxify blood, but it also promotes the flow of bile from the gallbladder into the intestine – a key part of the digestion process.

Source: http://www.doctoroz.com/videos/best-herbs-women-over-40?hs317=billboard_4



Dijon Chicken Wings

Ingredients

Vegetable oil, for brushing

4 pounds chicken wings, split at the joints, tips removed

Kosher salt and freshly ground pepper

3/4 cup dijon mustard

1/2 cup honey

3 tablespoons mustard powder

1/2 teaspoon finely grated garlic

Directions

Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F. Brush 2 large baking dishes with vegetable oil. Pat the wings dry; sprinkle with 2 teaspoons salt and 1/2 teaspoon pepper. Spread in the dishes and bake, rotating halfway through, until golden, 40 to 45 minutes.

Meanwhile, mix the dijon mustard, honey, mustard powder and garlic in a bowl. Remove the wings from the oven and toss with the mustard mixture, then continue baking until glazed, 3 to 5 more minutes.

<http://www.foodnetwork.com/recipes/food-network-kitchens/dijon-chicken-wings-recipe/index.html>

Fine Tune your Fridge

7 Fresh-start steps for food safety

Here's a chilling fact: Foods that are improperly refrigerated, or past their prime can be a breeding ground for bacteria. These seven savvy steps can help protect you and your family from foodborne illness.

1. Set the Refrigerator at 40°F or less. At warmer temperatures, some bacteria can double their numbers every 20 minutes.
2. Store perishable such as eggs and milk on interior shelves. Door temperatures can rise when the fridge opens.
3. Put raw meats in sealed containers so drippings cant taint other foods.
4. Wipe up spills right away.
5. Keep produce in crisper drawers. If possible, set humidity levels high for veggies – and low for fruits.
6. Divide cooked leftovers into small, shallow containers. They'll chill through faster than larger batches.
7. Once a week, check for foods that past their prime. A wise saying: When in doubt, throw it out.

How long is too long for foods in the Fridge? Find out at foodsafety.gov

Keep the fridge clean and tidy with these tips

- Wash interior with hot, soapy water – then rinse. Other cleaners may leave an odor or damage the finish.
- Clean regularly – but wipe up messes immediately.
- Use equal parts of vinegar and water to kill any mildew.
- Keep the front grill dust - and lint free.
- Clean the condenser coils several times a year. Use a brush or vacuum to remove dirt or other matter.
- Place open boxes of baking soda inside the fridge and freezer to help reduce odors.

Source: unitedhealthcare.com health and wellness newsletter

Keep dogs healthy and Happy this Summer

When the warm summer months roll around, our dogs are just as eager as we are to get outside and enjoy the season. Whether he tells you by nudging his leash or staring at the door knob, one way or another, your pup knows it's time for some fun in the sun.

Before you head out, keep in mind that warm weather and sunny days are fun, but they can also mean you might need to take some extra precautions with your pet. The whole family can rest assured knowing their four-legged best friend is healthy, hydrated and happy by keeping the following tips in mind:

1. Schedule a checkup. Before you go anywhere that requires your dog to interact with other dogs, be sure to schedule a visit with your veterinarian. Get updates on shots for dangerous communicable diseases like bordetella. While you're there, ask your veterinarian to evaluate your pet's overall health. Your veterinarian's office is also a great place to pick up two essential medications for the season - heartworm preventers and flea and tick control.

2. Run free. It's easy for humans and canines alike to slide out of shape during the winter months, and now is the perfect time to work off what you've packed on. Taking your dog on regular walks will help, but even more fun for him is a trip to the dog park. Off-leash areas are a treasure for pets and their owners because dogs can run free and play to their heart's content. They also get natural lessons in socialization. In fact, 44 percent of dog owners who take their dog to the dog park say their dog is more social with other people and dogs. Plus, it's fun for you, too!

Because pet owners value off-leash areas so much, dog parks across the country are expanding and improving now more than ever. To help support dog parks in local communities, The Nutro Company, a leading manufacturer of natural pet food products, is leading a movement called Room to Run this summer to enhance local dog parks in 30 communities around the country. Pet enthusiasts are invited to join the effort and lend a hand. Whether there's a Room to Run event in your area or not, you can make a difference by going to your local dog park and making small changes to make it more enjoyable for everyone. To find out more about the initiative, go to www.thenutrocompany.com.

3. Be prepared. Dogs aren't much for strolling around the mall. They love to be out running around and often don't want to stop no matter how warm it is or tired they feel. Brush up on the signs and symptoms of health problems like dehydration and heat stroke, as well as basic first aid techniques.

Keep a canine first aid kit in your car. At a minimum, it should include antiseptic spray, water-based antibiotic ointment, bandaging (including sterile gauze and a binder like Vetrap or other elastic bandages), a thermometer, tweezers and single-use cold packs. You should also keep the number and address to your veterinarian and an emergency vet stored in your phone or on a slip of paper in your wallet.

4. Good on the inside. To keep your pet's energy and health at optimal levels for increased summer activity, be sure you feed a high-quality dog food. It's easier than ever to make sure your dog is getting complete, healthy nutrition without fillers. High quality foods can be found at your pet store and come in a variety of options that cater to your pet's size or life stage.

Whether you're going on a weekend camping trip with your four-legged friend or just heading out for a romp at the dog park, a safe summer is the happiest kind of summer there is.

Source: <http://www.saddlebrookevillasneighbors.com/tls/?action=article&itemId=3779>