

MorningSider

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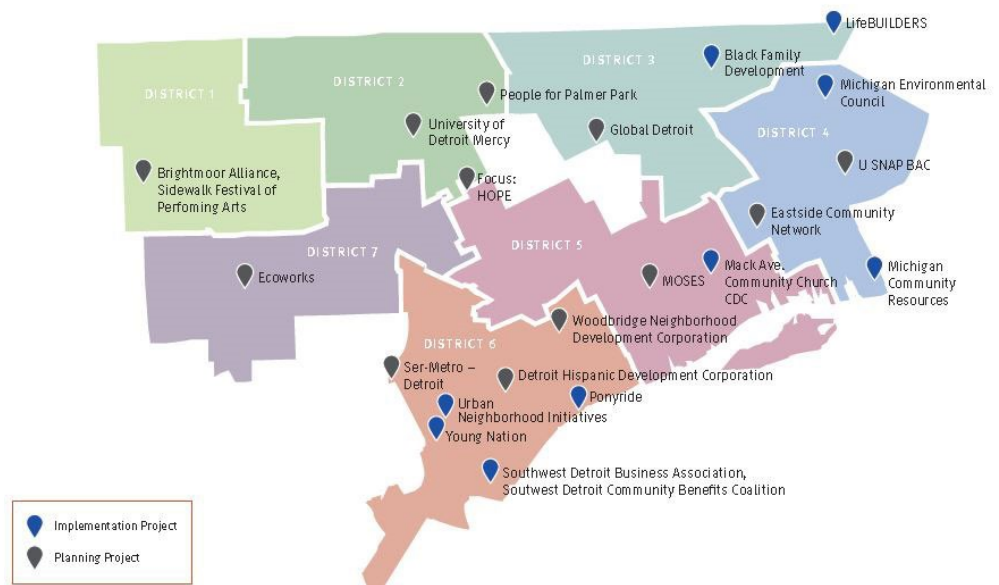
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\$1.5 MILLION FROM KRESGE SUPPORTS 21 PROJECTS IN NEIGHBORHOODS ACROSS DETROIT



The 2016 Kresge Innovative Projects: Detroit grants mapped by City Council district

Second round of Kresge Innovative Projects: Detroit initiative includes building and land renovations, plans for city parks, green infrastructure and youth engagement.

The Kresge Foundation today announced grants totaling \$1.5 million to 21 nonprofits for projects or planning efforts to revitalize Detroit neighborhoods. The project and planning grants span the city and include converting abandoned buildings and vacant lots for new purposes, park rehabilitations and engaging high school students in entrepreneurship and revitalization efforts.

The grants are the second round of Kresge Innovative Projects: Detroit, a three-year, \$5 million initiative to support nonprofits in transformative neighborhood projects. Nine organizations received grants ranging from \$50,000 to \$150,000 for projects to be completed in 12-18 months, and 12 organizations received grants of up to \$25,000 for an eight-month planning process.

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MorningSide

Executive Board/Ambassadors



President

Zelda Anderson

1st Vice President-

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TAX TIPS FOR LAST-MINUTE FILERS



A tax adviser looks over paperwork at a Block Advisors office in San Francisco. The IRS expects more than 150 million individual returns for 2015. PHOTO: DAVID PAUL MORRIS/ BLOOMBERG NEWS

By Laura Saunders

About one-third of taxpayers wait until the last two weeks to file with the IRS

Have you filed your tax return?

If not, you have plenty of company. About one-third of taxpayers wait until the last two weeks to file with the Internal Revenue Service. The agency expects more than 150 million individual returns for 2015.

This year there is a bit more time than usual. Due to local holidays, the filing deadline is April 18 for most filers and April 19 for residents of Massachusetts and Maine. U.S. taxpayers living abroad and people living in certain disaster areas get even more time to file.

Still, many people will be scrambling to meet the deadline. Here is information to ease the last-minute rush:

A new form. Millions of Americans are getting an important new tax record this year: Form 1095-A, 1095-B or 1095-C. It gives details of health coverage for 2015, including how many months the taxpayer and family members were covered if it was less than a full year.

Taxpayers use this information to help figure whether they qualify for a health-care tax credit or owe a payment for not having coverage, said Vic Saliterman,

Greetings MorningSide!

We will soon have our Annual meeting where we will have our board elections. This year we are voting for the following positions:

- ◆ **Vice President** (2016-2018)
- ◆ **2nd Vice President** (2016-2017)
- ◆ **Treasurer** (2016-2018)
- ◆ **Directors at Large** (6 positions) (2016-2017)

We encourage you to join us on the board. There is plenty of work to do and room for you!

Thank you to all the volunteers that came out to help us clean up and board up on Balfour and Buckingham. We worked hard and made a noticeable difference. Special thanks to the students from U of M who came and worked very hard to help us improve our community, Habitat for Humanity Detroit, AmeriCorps and Bethany Lutheran Church. Together we worked hard to make MorningSide a community on the rise!

Thank you!

Zelda Anderson

MorningSide President

MorningSide

Members -At-Large

/Ambassadors

■ ■ ■

Scotty Boman

Outer Dr. E. /Whittier St,

Eric Dueweke

Wayburn St. /Alter Rd.

Ulysses Jones

Beaconsfield St. /Barham
St./ Linville St.

TBD

Three Mile Dr. /Bedford St.

Baraka Johnson

Lakepointe St. /Maryland
St.

Monique Tate

Devonshire Rd. /Haverhill St.

(Continued from page 2)

a health-care-reform executive at ADP. The penalty tax can be substantial if the taxpayer lacked qualified coverage for more than three months of 2015.

An IRS spokesman cautions that people shouldn't submit Form 1095 with their returns, but they should keep it safe with their records in case questions arise later. Medicare enrollees won't receive a Form 1095.

Tax-saving moves. Most steps to reduce 2015 taxes had to be taken by the end of last year, but a few options remain.

Many taxpayers still can open or fund individual retirement accounts, or IRAs, and receive a tax deduction for 2015, with contributions of up to \$5,500 (\$6,500 for people 50 and older). The deadline for making contributions to IRAs is the April due date. For more details on contribution limits and other issues, see IRS Publication 590-A.

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Important Numbers

■ ■ ■

US

Congresswoman

Brenda L. Lawrence
(248) 356-2052

Senators

Gary Peters
(313) 226-6020
Debbie Stabenow
(313) 961-4330

Michigan

Governor

Rick Snyder
(517) 373-3400

State Senator

Coleman Young II
(517) 373-7346

State Representatives

(District 1) Brian Banks
(517) 373-0154
(District 2) Alberta Tinsley-
Talabi
(517) 373-1776

SPINACH, MUSHROOM AND CHEESE BREAKFAST CASSEROLE



Ingredients

4 tablespoons extra-virgin olive oil,
plus more for greasing the dish

8 cups rustic Italian bread
(baguette, cut into 1-inch cubes)

10 ounces mushrooms, sliced
(about 4 cups)

2 cloves garlic, minced

1 teaspoon fresh thyme leaves,
roughly chopped

5 ounces baby spinach (about 5
cups)

4 ounces Gruyere, grated with a
box grater (about 1 1/2 cups)

1/3 cup grated Parmesan

2 1/2 cups half-and-half

8 large eggs

Use salt and freshly ground black
pepper to taste

9-by-13-inch (3-quart) casserole
dish

Directions

With 2 tablespoons of oil toss, coat bread cubes, toss in salt and a few grinds of pepper in a large bowl. In a large skillet over medium heat. Add the bread to the skillet, and cook, tossing occasionally, until slightly toasted and golden brown, about 8 minutes. Return the toasted bread to the bowl to cool.

Wipe out the skillet. Heat the remaining 2 tablespoons oil over medium-high heat until it starts to shimmer. Add the mushrooms in one layer. cook until they start to brown, about 3 minutes; stir, then continue to brown for 2 minutes more. Add the garlic, thyme, 1/4 teaspoon salt and some pepper, stir constantly for 1 minute, and in the spinach and another 1/4 teaspoon salt. Continue to cook, stirring often, until the spinach is wilted, 1 to 2 minutes. Remove from the heat's

Place half the bread cubes in the prepared casserole dish, and sprinkle them with half each of the Gruyere and Parmesan. Add the mushroom-spinach mixture in an even layer. Top with the remaining bread cubes, Gruyere and Parmesan.

Now in a large bowl, whisk eggs, half-and-half, 1/2 teaspoon salt and several grinds of pepper. Pour the mixture into the casserole dish. Then cover with plastic wrap, and refrigerate for at least 6 hours up to overnight. Remove the casserole from the refrigerator 30 minutes before baking.

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Pre-heat oven to 350 degrees F. Bake the casserole until the custard is set and the top is golden brown, 50 to 55 minutes. Cool for at least 15 minutes before serving warm or at room temperature.

Recipe provide by Taylor One Gourmet Catering

SMOKED SALMON PÂTÉ



Ingredients

3/4 pound hot-smoked salmon fillet, skin discarded, flaked into small pieces

1 (8-ounce) package cream cheese, softened

1/4 cup finely chopped fresh dill

1 Tbsp. lemon juice

1 tsp. Worcestershire sauce

1 tsp. Liquid Smoke

1 tsp. ground white black pepper

1/4 tsp. kosher salt, or to taste

1/4 cup minced red onion

1/4 cup capers, drained

Directions

Place in a large bowl. And mix salmon, cream cheese, dill, lemon juice, white pepper, Worcestershire, Liquid Smoke and salt. Line a small serving bowl or dish with plastic wrap and spoon in pâté, pressing down firmly and smoothing the top. Cover and chill until somewhat firm, about 2 hours.

You can serve, unmold or mold salmon onto a large serving platter. so that rounded side faces up; remove and discard plastic wrap. Garnish with sliced red onion and capers and serve with variety of crackers or toasted points.

Recipe provide by Taylor One Gourmet Catering

Important Numbers

• • •

Wayne County

Executive

Warren C. Evans

(313) 224-0286

Clerk

Cathy M. Garrett

(313) 224-6262

Treasurer

Richard P. Hathaway

(313) 224-5990

Sheriff

Benny N. Napoleon

(313) 224-2222

Commission (District 1)

Timothy Killeen

(313) 224-0920

Prosecutor

Kym L. Worthy

(313) 224-5777

Register of Deeds

Bernard J. Youngblood

(313) 224-5854

Important Numbers



Detroit

Mayor

Mike Duggan

(313) 224-3400

Clerk

Janice M. Winfrey

(313) 224-3260

City Council Member

(District 4)

Andre L. Spivey

(313) 224-4841

Department of

Neighborhoods

- District 4

District Manager

O'Dell Tate

(313) 236-3518

Asst. District Manager

Toson Knight

(313) 236-3520

\$1.5 MILLION FROM KRESGE...

(Continued from page 1)

“When we launched this initiative in 2014, we hoped shine a light on positive changes by tapping into the knowledge and creativity of city residents,” said Wendy Lewis Jackson, Kresge Detroit Program deputy director. “Added to the 18 in the first round of the initiative, these 21 projects are building momentum for change.”

“We see in these grantees a strong desire to revitalize neighborhoods physically and to engage residents socially in the process,” said Jackson. “Our grantees are interested in reutilizing what’s abandoned and vacant, creating green infrastructure and new community spaces, and developing human capital, particularly among young people.”

The 85 proposals for the competitive selection process came from across the city. To ensure a strong pool of proposals for the third and final round of the program next year, this year’s grants emphasized planning projects. The grant selection process required that at least one planning project be embedded in each of Detroit’s seven city council districts.

Through the nine “shovel-ready” implementation grants:

- **Black Family Development Inc.** will transform groups of vacant lots in the Osborn neighborhood using Detroit Future City’s “Field Guide to Working with Lots.” The guide includes plans for low-maintenance lawns, maple tree groves, barriers to deter illegal dumping and other landscape improvements. (District 3)
- **LifeBUILDERS** will rehabilitate Bringard-Boulder Park, including athletic fields and outdoor fitness equipment, to address resident desires for a safe community space for health and wellness activities. (District 3)
- **Mack Avenue Community Church Development Corp.** (MACC Development) plans to renovate a vacant 14,000-square-foot commercial building (now known as the MACC Building) on Detroit’s near eastside as a community center. (District 5)
- **Michigan Community Resources**, following a 2015 Kresge planning grant, will reuse eight vacant lots for flower farming and create a public gathering space in the Jefferson Chalmers neighborhood. (District 4)
- **Michigan Environmental Council**, following a 2015 Kresge planning grant, will work with staff at Denby High School to implement a four-year curriculum that incorporates elements of the Detroit Future City Strategic Framework Plan and complete neighborhood revitalization projects planned by students. (District 4)

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- **Ponyride** will bring together students from Detroit Western International High School and Lawrence Technological University to transform shipping containers into retail space for entrepreneurs connecting Southwest Detroit to downtown and the riverfront. (District 6)
- **Southwest Detroit Business Association** will work with **Southwest Detroit Community Benefits Coalition**, following a 2015 Kresge planning grant, to implement an air quality monitoring system to provide accessible real-time information on levels of diesel exhaust emissions to residents near the Ambassador Bridge and I-75 in Southwest Detroit. (District 6)
- **Urban Neighborhoods Initiative** will renovate a vacant building in Southwest Detroit to house community and youth development programs. (District 6)
- **Young Nation**, following a 2015 Kresge planning grant, will transform a vacant lot and empty 2,200-square-foot commercial building into new community gathering spaces. (District 6)

Through the 12 planning grants:

- **Brightmoor Alliance and Sidewalk Festival for the Performing Arts** will pair artists with community members to design and implement nature-based projects and public performances in Eliza Howell Park. (District 1)
- **Detroit Hispanic Development Corporation** will plan for the development of a neighborhood-based center for Southwest Detroit residents to access housing resources and provide job training opportunities in housing and industrial trades for local at-risk youth. (District 6)
- **Eastside Community Network** will collaborate with partners to identify a large swath of city-owned vacant land and engage nearby residents to explore green infrastructure options as an alternative to conventional maintenance. (District 4)

(Continued on page 12)



14901 E Warren Ave, Detroit, MI 48224
 (313) 640-1100

Important Numbers

• • •

Detroit

Building Safety

Engineering &

Environmental

Dangerous Buildings

Division

(313) 224-2733

Property Maintenance

Division

(313) 628-2451

Fire Department

Executive Fire

Commissioner

(313) 596-2900

Deputy Fire

Commissioner

(313) 596-2900

Important Numbers

■ ■ ■

Detroit

Police Department

Chief of Police

James E. Craig

(313) 596-2200

Assistant Chief

District Chief

(Neighborhood

Policing)

(313) 596-2520

Eastern District

Commander

5th Precinct Captain

(313) 596-5500

9th Precinct Captain

(313) 596-5900

AVOID SCAMS WITH FRAUD WATCH NETWORK



By Melissa Preddy

Detective Alan Clemens has heard many variations on consumer scams, but one recent twist caught his eye: would-be robbers pretending to work with legitimate crews from utility companies.

“A woman reported that a stranger came to her door, pointed to a Detroit Edison crew down the street and needed to come into her house and shut off the water,” said Clemens, of the Livonia Police Department in suburban Detroit. “Fortunately, she recognized it as a scam and called the police.”

Door-to-door, phone and online crimes are not new, but in Michigan reports are on the rise. According to state police statistics, there were 16,937 incidents of fraud involving false pretense, swindles and con games in 2014—up from 14,193 five years earlier.

Criminal techniques evolve with technology, Clemens said. Thieves program cellphones so that phony Internal Revenue Service demands appear to be coming from Washington, or they direct targets of “You’ve won a sweepstakes” scams to load cash onto debit cards to “pay transfer costs.”

“Fraud is our highest crime when we run the stats,” Clemens said. “It’s actually taken over from drug crimes. And a lot of it goes unreported because people are embarrassed.”

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A painful memory

Billie Stewart, 69, still feels the sting of being swindled for nearly \$50,000 in family reunion funds some 20 years ago by a bogus travel agent.

These days, she has channeled her anger into volunteering for AARP Michigan's Fraud Watch Network program, which offers talks and workshops on how to avoid becoming a victim.

"I still cry," said Stewart, a Detroit resident who coordinates after-school programs for children. "And I want to enlighten as many people as I can. Somebody else will not get taken that easily."

Stewart and other volunteers are trained by AARP using tools like "The Con Artist's Playbook," a resource AARP developed to help people recognize the psychology behind ID fraud, theft and scams.

They offer free one-hour talks and intensive two-hour workshops to community organizations, churches and other groups, said Lisa Whitmore Davis, associate state director of community engagement for AARP Michigan.

"We have really upped our engagement in this issue. Every year I get more requests. Last year we held 50 sessions, and we hope to do more this year," Whitmore Davis said. "We teach you how to not be easy prey."

Detroit volunteer Ann Lindsay conducted four workshops last year and wants to top that in 2016. She said interest is keen among participants, with many sharing tricks tried on themselves or friends. They talk about the "grandparent scam," where a crook pretends to be a distressed grandchild calling from afar for financial help, or a phishing email that demands money to "repair" a balky computer.

"Most of these people are not gullible, and many are very feisty," Lindsay said. "But people of older years were raised in a more polite era and tend to be more trusting. We give specific techniques, like using caller ID or talking to family before sending money, to avoid being victimized."



Located Inside:
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 15609 Mack Ave • Detroit, MI 48224
313:886-3040: Shop
313-585-3102: Cell
 wkchillwill@gmail.com: E-Mail
 Hours: Tues - Fri 10a - 7p & Sat 9a - 6p
 Offering: Fades • Tapers • Eyebrow Arching
 Facials • Straight Razoring & More
 Wed Specials: Men \$8.00 • Boys \$6.00
 (Except Holidays)

Important Numbers

• • •

Detroit

Department of Public

Works

Collections (garbage, bulk, yard waste, or recyclables)

Rizzo

(866) 772-8900

Street or Alley Repairs

(313) 224-0033

Sidewalks

(313) 224-3954

Traffic Signs & Signals

(313) 224-1610

Illegal Dumping or Rodent Baiting

(313) 876-0974

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Bedford Block
Club



[https://www.facebook.com/
pages/Bedford-Street-
Detroit/](https://www.facebook.com/pages/Bedford-Street-Detroit/)

TAX TIPS FOR LAST...

(Continued from page 3)

Roth IRA contributions aren't deductible, but they can provide future tax benefits.

Taxpayers also can deduct allowable contributions to Health Savings Accounts made by the April due date, but only if the account was set up by the end of 2015.

Automatic extension to file. Are you still waiting to receive records or dealing with other life issues? Taxpayers who file Form 4868 get an extra six months to file taxes, but the form must be submitted by the April due date. Taxpayers can either file it on paper or e-file through a tax-prep service or the IRS's website. There is no charge to e-file through the IRS.

But remember: An extension to file the return isn't an extension to pay taxes due. To avoid late-payment penalties, taxpayers must pay 90% of their 2015 taxes by the due date. For more details, see IRS Publication 505.

If you can't pay. Don't ignore the problem and hope it goes away. You will be subject to interest and a host of penalties that will mount rapidly, and the statutes of limitations for taxes usually don't begin to run until a return is filed.

The IRS advises people who can't pay all they owe to file on time and pay as much as they can. Also, consider filing IRS Form 9465 to request a payment plan. An IRS spokesman said the approval is "pretty much automatic" if the amount owed is less than \$50,000 and can be repaid within six years. The request can be filed online, even before the tax return is filed, and approval often takes only minutes, according to the spokesman.

There still will be some penalties, but they will be far smaller than otherwise. There also is interest, at a rate that resets periodically. This rate is rising to the annual equivalent of 4% for tax due between April 1 and June 30.

ALL INCLUSIVE SPRING CLEANING CHECKLIST BY ROOM

Spring Cleaning Checklist

All Rooms

- ⇒ Wipe down lighting fixtures. Tip: Having trouble reaching? Try an extendable duster.
- ⇒ Wipe down the walls – don't forget the baseboards and trim.
- ⇒ Wipe down doors, knobs, light switch plates, floor registers, and vents.

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- ⇒ Wipe down furnishings including cabinets.
- ⇒ Sweep or vacuum the floor.
- ⇒ Mop floor or shampoo the carpet. Tip: Tired of lugging around that ratty old mop and bucket? Mops have come a long way in the past few years; check out some of the manageable mops Amazon offers.
- ⇒ Test the battery in your smoke detector and replace if needed.
- ⇒ Open the windows for some fresh air.
- ⇒ Clean the window pane, sill, and screen. Tip: For streak free glass without buying expensive cleaning products, check out 25 homemade cleaners article.
- ⇒ Clean the blinds. Tip: Check out the How to Clean Blinds article to make things simple.
- ⇒ Wash the curtains (where applicable).
- ⇒ Wipe down the ceiling fan blades (where applicable).
- ⇒ Empty all closets, sweep the floor, wipe down the walls, and organize the stuff you do need, and donate or discard the stuff you don't need. Tip: Save

(Continued on page 13)

Tim Killeen



Wayne County Commissioner – District 1

Serving: Detroit's Eastside, Harper Woods, all Grosse Pointes

Contacts:

313.224.0920 (phone) 313.967.1238 (fax)

tkilleen@waynecounty.com

www.waynecounty.com/commission/district1

In the Community, Working with the Community, to Build the Community

Come and visit with your Commissioner at his monthly Chats

2nd Monday – 9-10:00 a.m. – Grosse Pointe Woods Community Center – in the jury room around back. 20025 Mack

3rd Monday – 9-10:00 a.m. – Grosse Pointe Park City Hall – 2nd level – 15115 Jefferson at Maryland

3rd Monday – 6-7:00 p.m. – Tim Horton's – 19353 Vernier across from Eastland

Last Monday – Noon -1:00 p.m. - Monteith Library – 14100 Kercheval at Eastlawn

Patronage

Pamela Pepper

RosAnn Barker

Eddie Tabron

\$1.5 MILLION FROM KRESGE...

(Continued from page 7)

- **EcoWorks** will support a student-led effort of the Detroit Institute of Technology at Cody High School to plan a community space and park at a vacant lot across the street from the school. (District 7)
- **Focus: HOPE** will study the feasibility of redeveloping a blighted residential and commercial site on West Davison Avenue as a live/work co-op space for entrepreneurs. (District 5)
- **Global Detroit** will engage the Banglatown community in neighborhood planning, including, outreach efforts and community meetings. (District 3)
- **MOSES (Metropolitan Organizing Strategy Enabling Strength)** will work with residents of a near east side neighborhood to articulate a vision for



Construction at the site of a 2015 Kresge Innovative Projects: Detroit implementation grant. The organization Heritage Works transformed vacant lots at the intersection of Martin Luther King Jr. and Rosa Parks boulevards in the North Corktown/Briggs neighborhood into a community-centered pocket park that commemorates the lives of the two civil rights leaders.

their community through the lens of the Detroit Future City Strategic Framework Plan and develop plans for a transformative project. (District 5)

- **People for Palmer Park** will develop a revitalization plan for Lake Frances and surrounding areas within the nearly 300-acre, Frederick Law Olmsted-designed nature park and recreation site. (District 2)
- **SER Metro-Detroit**, which has been active in workforce development in Southwest Detroit, will plan a “YouthBuild Community” to improve the quality of life for residents in Southwest Detroit, focusing on the Chadsey-Condon neighborhood. Students will work with community members to identify tangible goals related to safety, including lighting, clean-up, and board-up opportunities. (District 6)

- **U SNAP BAC** will collaborate with Habitat for Humanity and the MorningSide Association in the neighborhood of the same name to examine whether greenways, green ventures and green reuse of side lots can help stabilize the community. (District 4)
- **University of Detroit Mercy** will plan to utilize open spaces in the Fitzgerald neighborhood between University of Detroit Mercy (UDM) and Marygrove College, often known as the “College Core.” Landscape installa-

(Continued on page 13)

(Continued from page 12)

tions will benefit the neighborhood through beautification, recreation and stabilization. (District 2)

- **Woodbridge Neighborhood Development Corporation** will examine the feasibility of streetscape improvements to make Woodbridge and surrounding neighborhoods safer, more pedestrian- and bicyclist-friendly, and better connected to the Woodward Corridor. (District 6)

“This past year we’ve seen a number of the first-round implementation projects finished and functioning. Across the city, those include the renovation of new space for the Downtown Boxing Gym Youth Program and the creation of pocket exercise parks in the Middle Woodward Corridor,” said George Jacobsen, Kresge Detroit Program senior officer.

Jacobsen said other projects like the creation of a green parking lot and the renovation of a blighted two-family flat as an energy-efficient LEED Platinum multiuse facility are still in progress.

“Through the process, we’ve learned from the grantees about what it takes to envision and complete projects of this kind,” Jacobsen said. “At the same time, grantees are developing the organizational muscle to tackle more and more ambitious projects. They’re learning as they go, and we’re trying to help them learn from one another.”

Jacobsen said feedback from the first round influenced the selection process for the second round. He expects more fine-tuning of the process for the third and final year.

Proposals for the third round of Kresge Innovative Projects: Detroit funding will be sought during the fall with grants to be announced in the spring of 2017.

ALL INCLUSIVE SPRING...

(Continued from page 11)

yourself some stress and get a closet organizer.

- ⇒ Empty all drawers and cabinets, wipe out the drawers and shelves, and organize the stuff you do need and donate or discard the stuff you don’t need.
Tip: Keep your drawers neat and tidy year round with drawer organizers.

Bedrooms

- ⇒ Change the sheets on the bed.
- ⇒ Remove everything from under the bed so you can vacuum or sweep. Organize the contents before putting them back under the bed.

Bathrooms

- ⇒ Clean the sink, faucet, and drain.

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9 CLEANERS YOU CAN MAKE YOURSELF

By Heloise

The key ingredients you need just might be hiding in your pantry.

These mix-it-yourself cleaners use environmentally friendly ingredients — like baking soda and vinegar — and are quite inexpensive. If you've run out of your favorite cleaning solution, don't run to the store; try one of these standbys instead.

1. GLASS CLEANER

Great for: Windows and mirrors

Ingredients

2 cups water

1/2 cup white or cider vinegar

1/4 cup rubbing alcohol (70% concentration)

1 to 2 drops of orange essential oil, which gives the solution a lovely smell (optional)

How to use: Combine ingredients and store in a spray bottle. Spray on a paper towel or soft cloth first, then on the glass. Hint: Don't clean windows on a hot, sunny day because the solution will dry too quickly and leave lots of streaks.

2. HEAVY-DUTY SCRUB

Great for: Rust stains on porcelain or enamel sinks and tubs

Ingredients

Half a lemon

1/2 cup borax (a laundry booster; find it in the detergent aisle)

How to use: Dip the lemon into the borax and scrub surface; rinse. (**Not safe for marble or granite.**)

3. GREASE CLEANER

Great for: Oven hoods, grills

Ingredients

1/2 cup sudsy ammonia mixed with enough water to fill a one-gallon container. (Sudsy ammonia, which has detergent in it, helps remove tough grime.)

(Continued from page 14)

How to use: Dip sponge or mop in solution and wipe over surface, then rinse area with clear water.

4. ALL-PURPOSE CLEANER AND DEODORIZER

Great for: Kitchen counters, appliances, and inside the refrigerator

Ingredients

4 tablespoons baking soda

1 quart warm water

How to use: Pour solution on a clean sponge and wipe.

5. LAST-RESORT CLOTHING STAIN REMOVER

Great for: Badly stained washable or bleachable garments

Ingredients

1 gallon hot water

1 cup powdered dishwasher detergent

1 cup regular liquid chlorine bleach (not ultra or concentrate)

How to use: Mix and pour ingredients into a stainless steel, plastic, or enamel bowl (not aluminum). Soak garment for 15 to 20 minutes. If stain is still there, let it soak a bit longer, then wash garment as usual.

6. WHITE RING REMOVER

Great for: Anywhere you've accidentally left a water ring (but not on unfinished wood, lacquer, or antiques).

Ingredients

One part white non-gel toothpaste to one part baking soda

How to use: Dampen a cloth with water, add toothpaste mixture, and rub with the grain to buff over the ring. Then take a dry cloth and wipe off. Use another soft cloth for a final shine. Polish as you normally would.

7. DISHWASHER STAIN REMOVER

Ingredients

1/4 cup powdered lemon or orange drink

How to use: To remove rust from the inside walls, pour the powder (which contains citric acid or citric acid crystals) into the detergent cup and then run a regular cycle. Repeat as necessary.

(Continued on page 16)

9 CLEANERS YOU CAN MAKE...

(Continued from page 15)

8. BRASS CLEANER

Great for: Non-lacquered cabinet pulls, bathroom appointments, and more

Ingredients

White vinegar or lemon juice

Table salt

How to use: Dampen a sponge with vinegar or lemon juice, then sprinkle on salt. Lightly rub over surface. Rinse thoroughly with water, then immediately dry with a clean soft cloth.

9. MARBLE CLEANER

Great for: Natural stone countertops

Ingredients

A drop or two of mild dishwashing liquid (non-citrus-scented)

2 cups warm water

How to use: Mix the detergent and water. Sponge over marble and rinse completely to remove any soap residue. Buff with a soft cloth; do not let the marble air-dry. Caution: Never use vinegar, lemon, or any other acidic cleaner on marble or granite surfaces; it will eat into the stone.

SAFETY TIP: Never combine ammonia-based cleaners with chlorine bleach or products containing bleach, such as powdered dishwasher detergent. The fumes they'll create are extremely dangerous. Before doing any mixing, read the product labels first.

HOW TO CLEAN BLINDS

Make quick and easy work of it with these 9 tips.

No matter what kind of blinds you have—wooden, fabric and vertical are the three basic types—these tips will make their cleaning and maintenance easy:

1. Vacuum blinds often with the brush attachment. Vacuum across the slats, not up and down.
2. Use a lamb's-wool duster, again working across the slats and starting at the top. Do not use plastic dusters.

(Continued on page 17)

(Continued from page 16)



3. When dusting or vacuuming vertical blinds, brush downward only, as the slats often become unhooked if you brush upward.

4. Use a rubber sponge, also known as a dry sponge (found at hardware and paint stores), to remove dust and residue from both fabric and vinyl blinds. Simply wipe the dry sponge firmly across the

blinds.

5. For spot cleaning, spray an all-purpose cleaner onto a clean dry cloth and wipe the soiled area of the blind. Never spray the cleaner directly onto the blind.
6. You can wet wooden blinds when cleaning, but don't soak them. Clean them in place instead of removing them as you would for other types of blinds
7. If fabric blinds become very dirty, take them to a dry cleaner.
8. Do not try cleaning blinds by spraying them with a car-wash hose, dunking them in the tub or one slat at a time.
9. To clean metal and vinyl blinds, follow this method: Take the blinds outside to your patio or driveway and lay them on a small rug or piece of carpet. Put a few drops of dishwashing soap in a bucket of water. Wet a car-washing brush and brush the blinds from side to side, and then turn them over and brush the other side. Rinse the blinds gently with a garden hose while tilting

(Continued on page 18)

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HOW TO CLEAN BLINDS...

(Continued from page 17)

them so that the water runs off. To prevent water spots from forming, quickly run your finger down the slats a couple of times to remove excess water. When done, drape the blinds over a fence or a couch to dry.

ALL INCLUSIVE SPRING...

(Continued from page 13)

- ⇒ Clean the tub and drain.
- ⇒ Clean the toilet inside and out.
- ⇒ Wipe down the mirror.

Kitchen

- ⇒ Clean the oven and stove or cooktop.
- ⇒ Remove all items from the fridge and freezer, wipe down the shelves and drawers, organize the items you do need, and discard expired food items.
- ⇒ Wipe down appliances including the microwave, toaster, and fridge.
- ⇒ Wipe down the counters and backsplash.
- ⇒ Clean the sink, faucet, and drain.
- ⇒ Clean your dishwasher inside and out. Tip: Is your dishwasher smelling a bit funky? Remove odor with the powdered drink Tang!

Dining Room

- ⇒ Wash table linens.

Living Room

- ⇒ Vacuum cushions.
- ⇒ Spot clean furniture (if applicable).
- ⇒ Dust electronics.
- ⇒ Organize music, DVD, and game collections and donate unwanted items.
- ⇒ Clean out the fireplace.

(Continued on page 19)

(Continued from page 18)

Utility Room

- ⇒ Clean the sink, faucet, and drain.
- ⇒ Wipe down the outside of the washer and dryer.
- ⇒ Wipe down the inside of the washing machine.
- ⇒ Clean the dryer vent.

Stairway

- ⇒ Sweep or vacuum the stairs.
- ⇒ Shampoo the stairs (if applicable).
- ⇒ Wipe down the handrail.

Office

- ⇒ Dust electronics.

Outside

- ⇒ Remove, wash, and store storm windows.
- ⇒ Wash outside of windows and rinse removable window screens.
- ⇒ Sweep and rinse down porch ceilings, walls, floors, and railings.
- ⇒ Wash deck, patio, driveway, and any walkways.
- ⇒ Wash outdoor furniture, umbrellas, and awnings.
- ⇒ Clear gutters and rain spouts.
- ⇒ Wash exterior doors (including the screen door) and repaint or stain exterior door (if applicable).
- ⇒ Clean exterior mats and rugs.
- ⇒ Power wash siding.
- ⇒ Clean garage – remove all items, sweep the floor and ceiling, organize items you need, and discard or donate items you don't.
- ⇒ Store snow blowers and other winter equipment and make sure spring gear (ex. lawn mower) are in working order.
- ⇒ Trim and remove dead tree limbs.
- ⇒ Check porch light to make sure it's working and replace bulb if needed.

TAKE A GANDER AT THAT NUMBER ON YOUR FOOD CONTAINER BEFORE BUYING

By ANGELA BROWN

When's the last time you flipped your water bottle over and checked the recycling number on the bottom? You may start making it a habit, when you learn a little more about what those numbers actually mean, according to the Natural Society.

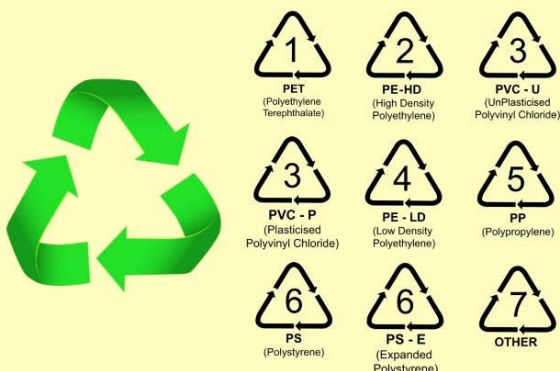
Each of the numbers located within the recycling symbol gives you a bit of information about the bottle or other container you are using. Here's a quick run-down of the most common numbers you will see on your food containers, according to the Natural Society:

1. This number is used on soda and water bottles. You may also see this number on salad dressing containers and peanut butter containers. Typically considered a safe plastic, it does tend to breed bacteria.
2. Typically seen on milk jugs, juice bottles, shampoo bottles and yogurt containers, this type of plastic has a lower chance of leaching than most others and is considered one of the safer plastics to use.
3. Most recycling companies don't take this type at your curbside. They sometimes contain phthalates and DEHA, which are considered toxic. This number is most commonly seen on oil containers and some clear food containers.
4. This plastic is one of the three safest and is typically found on frozen food bags, bread bags and food wraps.
5. This is a safe plastic to use. You will find this number on ketchup bottles, syrup bottles and medicine bottles.
6. Not only is this plastic difficult to recycle, it also contains chemicals that may be toxic, particularly if the plastic is heated up. You'll find this number on egg cartons, meat trays and plastic cups/plates.

7. The only food item you will find this on is larger water jugs (3- and 5-gallon). This plastic is dangerous because it contains BPA, which has been linked to infertility.

The Natural Society recommends that you avoid containers with the numbers 1, 3, 6 and 7 as they have the most potential for leaching unhealthy chemicals into the food.

You can eliminate all risk by substituting your plastic containers for other options completely. How Stuff Works recommends glass, milk-based plastic or polyester.





Ask About Our Juice Cleanses

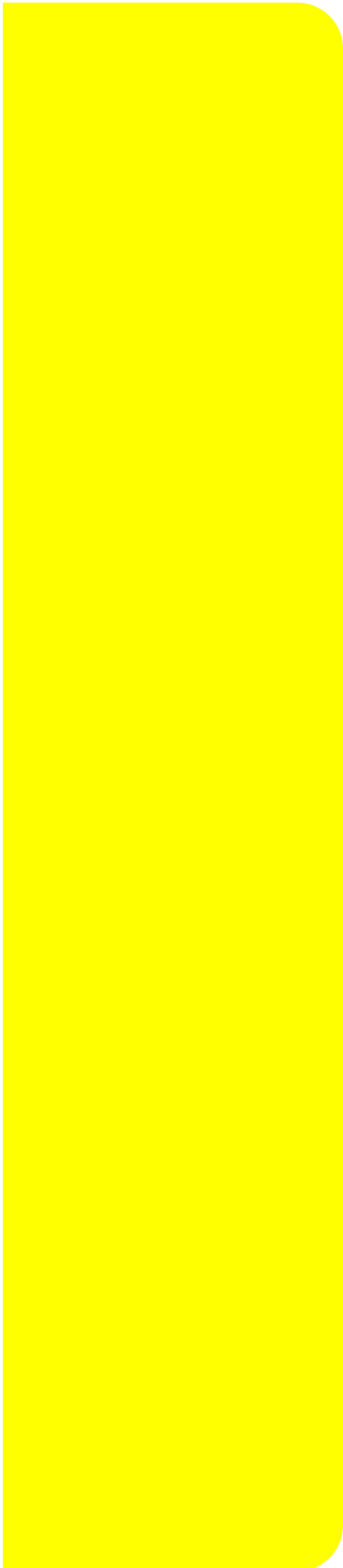
We offer 1-Day, 3-Day & 5-Day Cleanses or

Feel Free to Customize your Cleanse

Cleanse packages include:

1-Day Cleanse \$45	3-Day Cleanse \$120	5-Day Cleanse \$199
<p>This cleanse consists of drinking 6 – 16 oz. or 3 – 32 oz. drink combinations over the course of 24 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Green Drink – Cucumber, Celery, Parsley, Spinach, Kale, Lemon (Green Apple Optional)</p> <p>Cucumber Lemonade – Cucumber, Apple and Kale</p> <p>Alkalizer – Cucumber and Coconut Water</p> <p>Blood Transfusion – 1 oz. of wheatgrass</p>	<p>This cleanse consists of drinking 18 – 16 oz. or 9 – 32 oz. drink combinations over the course of 72 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Day 1 - Includes same drinks as 1-Day cleanse</p> <p>Day 2 - Includes same drinks as 1-Day cleanse, but includes the Vampire instead of the Cucumber Lemonade</p> <p>Day 3 – Includes the same drinks as days 1 and 2, but included the Tummy Tonic instead of the Cucumber Lemonade and Vampire</p>	<p>This cleanse consists of drinking 30 – 16 oz. or 15 – 32 oz. drink combinations over the course of 120 hrs.</p> <p>Optional: Create your own (limited to 5 ingredients)</p> <p>Days 1 through 3 - Include the same drinks as the 3-Day cleanse</p> <p>Day 4 – Green Drink, Liver Booster (Beet, Carrot, Parsley and lemon); Alkalizer; Blood Transfusion</p> <p>Day 5 - Green Drink, The Energizer (Green Pepper, Celery, Spinach, Parsley, Cucumber, Lime [Green Apple Optional]); Alkalizer</p>

To minimize wait times, "Cleanse Within" packages should be pre-ordered at least 24 hours before desired pickup. Customized cleanses exceeding 5 ingredients are available for an additional charge.





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