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Phone/Fax:  
 (217) 283-9348  
 Email:  
 publish@justthefacts.net

## Health fair focuses on getting people active, eating well

At the recent public Health Fair held in the HRHC Community Room, the nutrition table focused on making heart-healthy habits part of your daily life with two simple messages:

### Eat Well and Move More.

Environment, lifestyle, and eating habits all contribute to overall health. In the end, it's the choices you make every day that add up to have the biggest impact. When you learn to make good choices, you and your family enjoy the benefits for years to come.

Whether you are eating at home or dining out, the following recommendations from the American Heart Association help to protect your heart:

- Eat a variety of nutritious foods from all the food groups.
- Eat a diet rich in vegetables and fruits.
- Choose whole-grain, high-fiber foods.
- Eat fish at least twice a week.
- Limit foods that are high in calories, but low in nutrients.
- Read nutrition facts labels and ingredients lists.

Health fair participants watched Beth Tothoroh make fresh meals using new spices and ingredients, making the meals heart-healthy without losing flavor

This recipe was prepared at the Health Fair and was considered a big hit. It is an example of using spices and alternate ingredients to enhance the flavor without adding lots of fat or salt.

### Chicken Breast with Tomato-Kalamata Sauce

- 1 tsp dried oregano
- 1 medium tomato, seeded if desired, and chopped
- ½ tsp paprika
- 12 kalamata (black) olives, coarsely chopped
- ½ tsp chili powder
- 1 medium garlic clove, minced
- 4 boneless, skinless chicken breast halves with all visible

- fat discarded
- ¼ tsp pepper
- ½ cup water
- 1 tsp olive or canola oil
- 1½ ounces reduced-fat feta cheese, crumbled.

In a small bowl, stir together the oregano, paprika, and chili powder. Sprinkle over the chicken. Using your fingertips, press the mixture firmly onto the chicken so the mixture adheres.

In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the chicken with the smooth side down for 5 minutes. Turn and cook for 4 minutes, or until the chicken is no longer pink in the center. Transfer to a serving plate.

Put the remaining ingredients except the feta in the skillet. Stir. Increase the heat to medium high and bring to a boil, scraping the bottom and side of the skillet to dislodge any browned bits. Boil for 2-3 minutes until the sauce is reduced to ½ cup. Spoon over the chicken. Sprinkle with the feta.

Calories 196, Total fat 7 g, Saturated fat 1.5 g, Sodium 476 mg, Dietary Exchanges: 1 vegetable, 3.5 lean meat.

Along with healthy recipes, the fair included demonstrations from various departments at Hoopeston Community Memorial Hospital. Teri Edris from the radiology department, tested the newly-purchased hell densitometer, used to detect early signs of bone loss and osteoporosis. Ambulance employees showed off the new ambulance and did blood pressure and blood glucose checks. Miss Hoopeston, Callie Huffman, was also on hand to promote the Methodist Church's "Feed My Lambs" summer lunch program.

More than 100 people attended the health fair, which also included prize drawings. Larry Coon won the biggest prize - a set of Rachel Ray pans.

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### HR2454 National Energy Tax Law

Our representative, Tim Johnson, informed us in last Tuesday's Just The Facts about the National Energy Tax Law that Representative Pelosi, the President and other democrats are trying to ram through Congress. If you have not read it, please do. Also, please read the alternate bill "Forbes Amendment" and find out how much better this bill will be for us, without costing any jobs, or taxing us to death for the use of energy.

I think it is time for the citizens of this country to stand up and let this new administration know that we are not going to let you sell us out, and tax everything that we touch. Let's get this stopped before they want to tax the air we breathe! I could list at least two pages of the things that we have to pay taxes on. I bet you can too! When is it going to stop?

Again, this new congress wants to pass all sorts of laws, that are going to cost a lot, and we are the ones that are going to have to pay the price for them later. Don't know about you, but I have not been satisfied with how

## Letters to the Editor

they have been spending our money so far. I sure don't want them to pass any more bills that are going mean bigger taxes on us. The citizens of this country cannot afford all the promises that they are offering us unless they have personal funds to pay for them. We don't even know how many of us will have a job a year from now.

I appreciate Representative Johnson letting us know some of what is going on in Washington, and we should

find out about this alternative tax bill, and if it is better than the one being forced through Congress, we should flood Washington with letters, emails, and phone calls to tell them we don't like this bill.

It is time for the American citizen to have a "Veto Stamp".

Tom Evans  
Hoopeston

## Police News

Hector F. Saldivar, 56, of Hoopeston, was arrested after an incident at 11:20 a.m. Sunday in the 400 block of East Honeywell.

Officers were called there for a report of someone sitting in a parking lot yelling and cursing but when police arrived, the person was not there.

Saldivar was later found at the corner of McNeil

and North Market, where he was arrested for disorderly conduct and no valid registration.

Saldivar was released on notices to appear in court.

## Court Dispositions



**June 4**

**Helena Durflinger**, Hoopeston, unlawful assembly case dismissed by city attorney.

**Robert H. Irvin**, Hoopeston, pleaded guilty to purchase/acceptance of alcohol by a minor, fined \$180; status hearing August 6.

**Robert H. Irvin**, Hoopeston, pleaded not guilty to restraint of dogs by owner or keeper; trial July 2.

**Barbara Horn**, Hoopeston, failed to appear, found guilty by default; sentencing July 2.

**Donald Merrill**, Indianapolis, Ind., pleaded guilty to general nuisance; fine waived, costs paid.

**Shannon L. Miller**, Hoopeston, pleaded not guilty to battery; trial July 2.

**James C. Russell**, Hoopeston, new status hearing September 3.

## Weather



Mostly sunny today. High 85. Tonight, partly cloudy. Low 62. Tomorrow, mostly sunny. High 86, low 65.

For current weather conditions, call Hoopeston Weather Service, (217) 283-6221.

## Classifieds

### HELP WANTED

Hoopeston Area School District is seeking applications for the following positions:

Bus Driver Start date will be August 20, 2009

Substitute Bus Drivers

Cafeteria

Start Date will be August 20, 2009

Substitute Cafeteria Workers

Application deadline is July 13, 2009. Applications are available in the Superintendent's Office, 615 E. Orange, Hoopeston. Office hours are 7:30-12:00, 1:00-4:00.

### HOUSES FOR RENT

421 E. Thompson, Hoopeston. Small but very nice 2 BR home. \$390/mo.+deposit. No pets. (217) 474-0828

### HOUSES FOR SALE

Very nice 3 BR, 1 BA home at 842 E. Orange St. New kitchen with new appliances, new bath, carpeting & hardwood flooring, 2 1/2 car garage, full basement, new siding, windows, foundation, fenced in yard. Phone 249-6323 or 283-6323 for appointment

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