



CITY MANAGER'S NEWSLETTER



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U.S. RT. 14 SUMMER CONSTRUCTION SEASON BEGINS



A representative from the City's **Public Works Department** attended a weekly progress meeting regarding improvements to U.S. Route 14. It was noted that the contractor plans to ramp up construction activity this coming Monday morning, March 16. He advised meeting attendees that they will begin moving underground utilities and installing storm sewer on U.S. Rt. 14 from Doty Road westward. To complete this work, it will be necessary to cross existing travel lanes. This work will definitely lead to traffic delays and motorists need to be prepared for this and/or plan alternate travel routes. This project is being managed by the Illinois Department of Transportation. It is estimated that this project; with limits stretching from Lucas Road to the east and West Lake Shore Drive to the west, will be completed on or around November 2016.

ADOPT-A-HIGHWAY

Are you or your school, church or team looking for a new service project? The City of Woodstock, in conjunction with the Illinois Adopt-A-Highway Act, provides groups with instructions and safety guidelines to assist in organizing an Adopt-A-Highway event.

Currently, there are twenty-one AAH groups that are helping to keep Woodstock's roadways clean. Each group handles from ½ mile up to 2 miles of roadway; and clean-ups occur two to four times a year. We still have many roads in need of adoption.

If you have any interest, please contact the Department of Public Works to request further information; phone 815-338-6118 or pwdept@woodstockil.gov



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MARCH TRAFFIC ENFORCEMENT INITIATIVE



The **Woodstock Police Department** has announced that March's Special Traffic Enforcement Initiative will target Speeding violators. Officers will be paying special attention to motorists exceeding the posted speed limit, including those ignoring the limits in school, construction and maintenance zones.

The primary goal of the initiative is to reduce the incidence of speeding-related motor vehicle crashes and the possible resulting injuries or fatalities through highly visible increased enforcement. Equally important is the continuing education of the motoring public by encouraging mandatory compliance with posted speed limits.

For further information or questions regarding this special traffic enforcement initiative, please contact **Sergeant Rob Pritchard** by phone at 815-338-2131 or by email at rpritchard@woodstockil.gov.

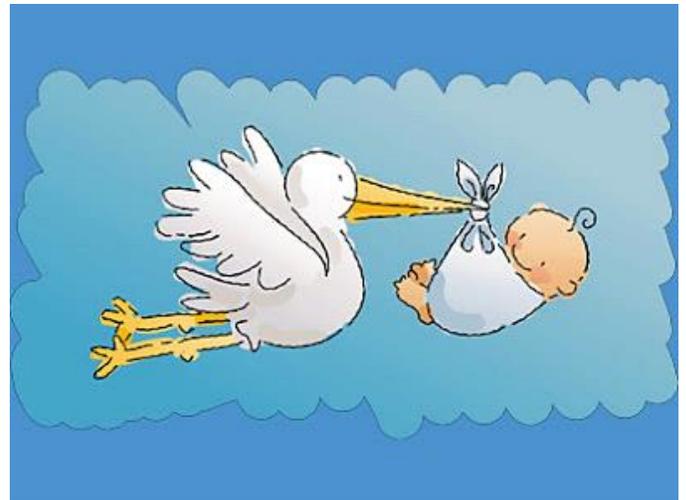
RECRUITMENT

The deadline for the City of Woodstock's **2015 Summer Seasonal Positions (American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides, Playground Program Counselors, and Public Works Seasonal Maintenance Workers)** has closed. Interviews for chosen qualified applicants will be scheduled shortly for the above noted positions.

SNIPS AND SNAILS AND PUPPY DOG TAILS

Woodstock Police Department Officer Kevin Tietz and his wife, **Barbara**, are proud to announce the birth of their first child, **Calvin Phillip Tietz**. Calvin was born on Thursday, February 12th at Evanston Hospital. Born a couple of months early, Calvin weighed in at 2 lbs. 1 ½ oz.; he will remain in the hospital for a while for observation and care. Calvin's doctors report no complications and the whole family is in high spirits and doing well.

Please keep Kevin, Barbara and especially Calvin in your thoughts and prayers. Congratulations to the Tietz family on the birth of its newest member!



POTHOLE PATCHING ...

This winter's weather has certainly taken its toll on our roads again this year. Many potholes are present throughout town along with areas of crumbling asphalt on roadway edges. Potholes have formed due to water on the road which gets into the soil structure under the asphalt. Vehicles driving over the area weakens the structure; thus causing these holes to form. Continued traffic encourages the crumbling away of the asphalt and the soil structure beneath.

The **Department of Public Works' Street Division** has crews out patching potholes throughout Woodstock on days when the pavement is dry.

Also, the Street Division is prepping one of the street sweepers and will begin street sweeping operations this week, as weather permits.

We appreciate your assistance and your patience with us as we work to repair our streets.

To report a pothole, please contact Public Works, 815-338-6118 or pwdept@woodstockil.gov with the location of the pothole.



SPRING HAS SPRUNG NEW DARE GRADUATES

Spring is always a busy time for **Woodstock Police Department D.A.R.E. Officer Michael Gustis** as it is once again graduation time! During the last week of February and the first week of March, Officer Gustis proudly presided over four D.A.R.E. graduation ceremonies – at Prairiewood, Olson, Greenwood and Dean Elementary Schools. He was assisted by **Chief Robert Lowen** and dignitaries from the **City of Woodstock**, District # 200 and the Rotary organization.

Congratulations to all the new D.A.R.E. graduates – we're so proud of your accomplishment!



FIELD PREP FOR SPRING SPORTS

With the winter of 2014 / 2015 coming to an end, the Department of Public Works' Parks Division is anticipating the preparation of the City's fields for spring sports activities. The Division will be ordering ball-diamond materials for infield work within the next few weeks. These materials will be used to help maintain infields during the busy season ahead. Approximately 50 tons of material such as Turface MPV, foul-line marking compound, athletic paint and grass seed will be delivered and stored for later use.

At the present time, the baseball, softball and soccer facilities at Bates Park, Merryman Fields Park and Emricson Park still have about 7 inches of snow cover on them. We're looking forward to the warmer temperatures in our forecast; however, crews will need to fight the frost coming out of the ground. The thawing will cause muddy and unplayable fields for a short period of time.

All diamonds and soccer fields will soon be open for ballgames at all park sites. Think spring!



WARM WEATHER BRINGS RECORD NUMBERS TO COFFEE AT THE CAFÉ

Seniors took advantage of the warm temps to attend their regularly scheduled *Bingo Day* this past Tuesday. Coffee at the Café normally meets every Tuesday at 1PM at the **Stage Left Café**. Due to a scheduling conflict this past Tuesday, the program was held at the Recreation Center with a record breaking **twenty-seven** in attendance.

MEETINGS NEXT WEEK...

Tuesday, March 17 – City Council, 7PM, Council Chambers

Wednesday, March 18 –Transportation Commission, 7PM, Council Chambers

MARCH 2015 IS NATIONAL NUTRITION MONTH

In honor of **National Nutrition Month**, this week we are pleased to provide you with the following food, nutrition and health tip articles from the



Academy of Nutrition and Dietetics:

- 20 Ways to Enjoy More Fruits and Vegetables
- Chronic Conditions Related to Diet

Please view the above referenced articles in the attached PDFs at the end of this week's newsletter. For additional food and nutrition information, please visit www.eatright.org

Quotation

Time you enjoy wasting was not wasted.

[John Lennon](#)

STAY ENERGIZED ALL DAY LONG



Remaining awake and alert all day shouldn't be all *that* hard, but it takes a rare individual not to succumb to that mid-afternoon slump. But for some, it's much more severe than simply feeling drowsy.

"It's certainly normal to have a little dip of energy during the day," says Shelby Harris, Psy D, CBSM, director of the Behavioral Sleep Medicine Program in the Sleep-Wake Disorders Center at Montefiore Medical Center in the Bronx. "Everyone gets sleepy at some point in their day."

For most people, that sleepy period is typically in the afternoon. Your body follows a 24-hour sleep and wake cycle, explains Carl Bazil, MD, attending neurologist at Columbia University Medical Center in New York City.

"Most people become sleepy in the late evening, go to sleep, and wake up in the morning, but there is a smaller dip that happens to everyone in the afternoon," he says.

This afternoon sleepiness is no doubt the reason that the siesta was invented. These days, sadly, taking a siesta is practically unheard of. But you've got a better chance at staying awake and alert from morning to night if you practice a few simple techniques:

- **Go outside for at least 15 minutes during the day**, Harris suggests. "Bright sunlight can be very effective at keeping you alert," she says. "Go have lunch outside, take a walk, or read a book outside. Not only does the bright light help you to be alert, but going for a walk perks you up, too."
- **When you have to attend a meeting and you are worried about dozing off, sit up in front**, Harris says. "This way, the focus is on you a little more and it is not so easy to fall asleep," she says.
- **At meetings, sit in a straight chair**, Harris recommends. You don't want to sit in a position that will relax you too much. Sitting near a window can be very helpful, too, she says.
- If you are feeling really sleepy, try taking a catnap at around 10:00 or 11:00AM, Harris says. "But **be careful not to take a nap too late in the day**, or it will impact your sleep at night," she warns.
- **Limit your caffeine intake**. Your cut-off point should be no later than 2:00PM, Harris says. After that, switch to decaffeinated drinks.
- **Watch your carbs**, Bazil says. Carbs generally tend to make you sleepy, which is obviously a good thing at night when you want to sleep. But an overload of carbs can sabotage your afternoon alertness. "If you have pasta at lunch, you will be a lot sleepier than if you had chicken," Bazil says.

Want to Start to Get Healthy with an Exercise Program?

City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center**. **The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.** Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 8138-4363 or visit www.woodstockrecreationdepartment.com for more information.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.



8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

**See “Color Your Plate with Salad” at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads*

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION

Risk factors for many chronic diseases can begin early in life. But evidence shows that making dietary and lifestyle changes may prevent disease progression and premature death.

CHRONIC CONDITIONS RELATED TO DIET

1. HEART DISEASE & STROKE

HEART DISEASE:
LEADING CAUSE OF DEATH IN THE U.S.
for 100+ years and currently accounts for 1 in 3 deaths.

STROKE: 1 IN 18 DEATHS IN THE U.S.

2. OBESITY

1 IN 3 ADULTS IN THE U.S. IS OBESE

Obesity in all age, ethnic and gender groups within the U.S. has reached epidemic proportions.

16% OF 6-19 YEAR OLDS ARE OBESE

based on BMI guidelines for children and adolescents.

3. CANCER

CLAIMS MORE LIVES THAN HEART DISEASE
among people younger than 85 years of age.

CAUSING FACTORS: OBESITY, POOR DIET & PHYSICAL INACTIVITY

- Consuming less fat can be effective in reducing risk of breast and ovarian cancers.
- Moderate to vigorous exercise results in 30% reduction of colon cancer risk.

4. OSTEOPOROSIS

8% OF 20+ YEAR OLD FEMALES IN THE U.S. ARE AFFECTED

BONE FRACTURE PREVENTION

is strongly linked to weight-bearing exercise, and vitamin D and calcium intake.

5. DIABETES

18+ MILLION U.S. ADULTS DIAGNOSED WITH TYPE 2 DIABETES IN 2008

Diabetes prevalence is projected to reach 33% by 2050.

12.7% OF 12-19 YEAR OLDS HAVE METABOLIC SYNDROME

which predisposes them to risk of Type 2 diabetes in young adulthood and beyond.

PREDICTORS OF TYPE 2:

- Obesity
- High blood pressure
- Family history
- Low high-density (HDL) cholesterol
- High triglyceride levels

RECOMMENDED PHYSICAL ACTIVITY:

60 
MINS/DAY
FOR KIDS

15 
MINS/WEEK
FOR ADULTS

OPTIMAL HEALTH

includes physical activity and an overall healthy diet. Registered dietitian nutritionists are uniquely qualified to provide nutrition education and interventions that promote a healthy lifestyle.

McHenry County Residential Electronics and Recycling Extravaganza

McHenry County Department of Health (MCDH) encourages residents to save the date for our McHenry County Residential Electronics and Recycling Extravaganza. Residents can drop off items on Saturday, May 2, 2015 from 8am - 1pm, at the McHenry County Administration Building (North parking lot) located at 667 Ware Road, Woodstock IL.

MCDH has partnered with several businesses and community organizations to collect and recycle residential electronics and a variety of other recyclable materials. Items that will be accepted include residential electronics; latex paint; onsite shredding documents for destruction; fluorescent lamps and CFLs; clean clothing (slightly stained or torn accepted); Styrofoam, packing peanuts, bubble wrap; batteries (alkaline and rechargeable) and eyeglasses. No commercial or business waste or other types of household waste will be accepted. Recycling fees will apply to fluorescent lamps, CFLs and latex paint.

Please visit our website often for a complete list of accepted items, recycling fees and any updates at www.mcdh.info. For more information, please contact Kristy Hecke, McHenry County Solid Waste Manager, at (815) 334-4585 or via e-mail at KLHecke@co.mchenry.il.us



McHenry County Department of Health
Division of Environmental Health
2200 N Seminary Avenue, Woodstock IL 60098
815-334-4585
www.mcdh.info
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