



CITY MANAGER'S NEWSLETTER



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PARKS DIVISION ACTIVITY ESCALATES WITH SPRING WEATHER

With the winter of 2015 seemingly behind us, the Department of Public Works' Parks Division is monitoring field conditions hoping to jump on the first opportunity to prepare sports facilities for spring play. Fifty (50) tons of ball field mix has been ordered to condition infield playing surfaces, absorb standing water, and rebuild areas around pitching mounds and home plate. This material will be available for use throughout the year to prep fields for spring, summer, and fall leagues and user groups.

At the present time, most of the accumulating snow has melted but there is still frost in the ground especially in those areas that are shaded. Assuming the weather remains dry and daytime temperatures remain higher than 40 degrees, most of the fields will be playable within the next few weeks. Scheduling play before the frost comes out of the ground will result in muddy and unplayable conditions. Even though the City's Dream Field has games scheduled, field conditions are preventing field prep and game play.

Each spring, division employees are busy at the Park sites picking up trash, prepping ball fields, reactivating irrigation systems, reopening restrooms, livening up drinking fountains, putting decorative fountains in service, and putting turf maintenance equipment into operation. There really is a lot of work that goes into getting the City's parks ready for use during the summer season.



GOT PILLS?



The MedReturn Drug Collection Unit in the lobby of the

Woodstock Police Department

continues to prove a popular addition to the list of services the WPD provides to the community.

When emptied this week (32 pounds), the grand total collected since the inception of the program in 2013 rose to **950 pounds** of unwanted and/or expired medication.

If you are spring cleaning your medicine cabinet next week, remember you can drop-off any medications in pill form in the MedReturn box in the lobby of the WPD; the box is available 24/7/365. No liquids or syringes will be accepted.

Pet lovers – even pet medications are acceptable for disposal as long as they are in pill form.

- 2 Work Zone Week**
- 3-4 Lawn Tips**
- 5 Senior Gold**
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NATIONAL WORK ZONE AWARENESS WEEK

Next week, March 23 – March 27, is National Work Zone Awareness Week (NWZAW). Each year, National Work Zone Awareness Week is held to bring national attention to motorist safety, worker safety, and mobility issues in work zones. 2015 marks the 12th year of NWZAW; statistics show that there has been a decrease in work zone fatalities each year since, proving that the effort is having a positive effect on safety.

Some of the goals of NWZAW are to increase awareness for greater caution and care while driving through work zones, to reduce fatalities and injuries, and to establish and promote a common set of safety tips for motorists. Generally, crashes occur when drivers speed through a work zone or do not pay attention to the changing road conditions and run into other vehicles, highway equipment, safety barriers, or drive off the road completely.

This year's focus was "Work Zone Speeding: A Costly Mistake". Speeding in work zones is against the law and puts those who work there, as well as those who drive there, in danger.

As the construction season starts, we need to be mindful of workers and anyone else traveling through work zones by slowing down, paying attention and driving safely. By following the rules of the road in work zones, we can keep everyone safe all construction season long.



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.

AARP DRIVER SAFETY PROGRAM HELD AT WPD



The **Woodstock Police Department** hosted the *AARP Driver Safety Program* earlier this week. Seventeen seniors signed up to attend the two-day eight-hour course.

The *AARP Driver Safety Program* is the nation's first and largest classroom course designed specifically for drivers age 50 and older. Course completion helps older drivers refine existing skills and develop safe driving strategies in today's challenging driving environment. An added benefit is that successful completion of the course may entitle the participant to a discount on their auto insurance.

This was the fifth time the WPD has hosted the popular program. The next class is scheduled for September 21 – 22, 2015.

HOW YOUR LAWN LOOKING? NEED SOME TIPS?

Now is a good time to inspect your lawn and put best management practices into place to ensure that it's weed free, pest free, and disease-free.

A commercial soil test can help you understand your soil and determine what would be beneficial to add for healthy grass. The results will help to ensure you are fertilizing as needed, using the appropriate nutrients in the proper amounts, and if there is enough organic matter to maintain good drainage, support earthworms, and other soil-based organisms that naturally control thatch.

If bare spots are a problem, always reseed with turfgrass varieties or mixes that match the amount of sun you have in specific areas. Sometimes a shade-loving grass alternative is a better choice.

Proper watering is essential for growing healthy turf. The best approach is to water deeply & infrequently; let the soil dry out before you water again. The healthiest lawns get enough water at one time to moisten the top 6 to 8 inches of soil. Generally, an inch of water a week is what actively growing lawns need, more if the weather is especially hot or windy.

Problems can occur when lawns are overwatered, especially in areas with poor drainage or when irrigation systems run on preset schedules. Problems from overwatering include a greater chance of disease, making your lawn friendlier to grubs, and fertilizer being flushed through the soil before plants can benefit from the nutrients it provides. Because your soil is part of a larger ecosystem, the leached nutrients will have a negative impact on waterways both near and far, causing problems with serious consequences.

Watering deeply and allowing soil to dry out before watering again encourages turfgrass plants to develop more extensive roots systems. Having more roots helps plants to find water in a larger area, making them less dependent on supplemental irrigation and better equipped to tolerate rainfall fluctuations and drought.

Proper mowing techniques can save both time and money, and make it less likely that weeds will find a home in your lawn. Tall grass actually needs less water than short grass. Taller plants develop deeper roots and longer grass blades shade the soil, reducing moisture loss and making conditions less favorable for weed seeds to germinate. The recommended height to mow lawns is 2½ to 3 inches tall or higher.

Like watering, lawns are best mowed on an "as needed" basis. Grass needs mowing more frequently in the spring and early fall than in summer, when the growth rate usually slows. Grass should be mowed short only at the end of the growing season to prevent damaging frosted or frozen blades. Try to never remove more than one-third of blade height at any one time. Removing more spurs plants to divert energy from root growth to blade growth. Frequently removing more than one-third (or keeping grass too short) zaps plant vigor, makes

grass less drought resistant, and less able to out-compete weeds. If the goal is to have grass around 3 inches tall, mow before blades become 4 inches tall.

It's best to leave grass clippings on the lawn to decompose and provide a regular source of nutrients, primarily blade-greening nitrogen. Mowing frequently or using mulching mowers keeps blade pieces smaller and makes nutrient recycling easier.



MEETINGS NEXT WEEK...

No Meetings Scheduled

Quotation

You cannot have a positive life and a negative mind.

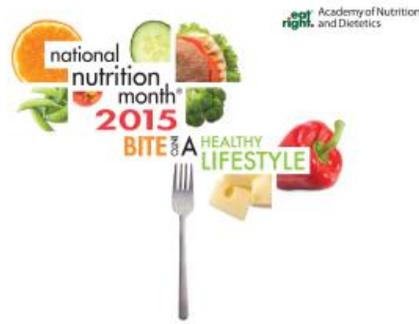
[Joyce Meyer](#)

COFFEE AT THE CAFÉ HITS GOLD



The numbers keep rising for *Coffee at the Café* on Tuesdays at **Stage Left Cafe**. This past Tuesday, twenty-eight seniors came for the St. Patty's Day celebration. Pots of gold were found on the tables and seniors were adorned in festive attire. Lunch and green punch were served, games were played and they even found their leprechaun names!

Pictured are leprechauns "Adorable McWobble" and "Lucky O'Wacky" in their St. Patrick's Day fashions!



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**:

- With Protein Foods, Variety is Key
- Enjoy Your Food But Eat Less

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.choosemyplate.gov.

WOODSTOCK RESIDENT HONORED AT NISRA AWARDS BANQUET

Pictured is Woodstock resident Joel Chapman along with Kelly Kronwall, NISRA's Central Regional Coordinator at the 21st Annual NISRA Recognition Night last Tuesday in Elgin. Joel received the *Innovation Award* for his work with NISRA clients at McHenry County College.

Recreation Director Dave Zinnen, who also serves on the NISRA Board of Directors, represented the City of Woodstock at the event.



A FEW GOOD REASONS WHY FLOSSING YOUR TEETH EVERY DAY IS SO IMPORTANT

Flossing should be part of good oral hygiene habits. It is a step often forgotten because even nowadays, many people think that you can avoid problems only by brushing your teeth regularly. But if your dentist and your hygienist constantly repeat to you that you need to floss more, it's because it's very important step. Flossing completes tooth brushing because dental floss goes where a toothbrush cannot reach.

Here are 6 **very good reasons** why flossing is so important:



- 1.** To avoid gum disease. Dental plaque is made up of harmful micro-organisms which include bacteria, viruses and protozoa (microscopic parasites). If there is plaque left between teeth and near gums, it can accumulate and cause inflammation. This is the first phase of gum disease which is called gingivitis.
- 2.** If gingivitis is not taken care of, it may develop into periodontitis, a more advanced and more severe stage of the disease. Periodontitis damages the alveolar bone that holds teeth in the jaw. If not treated, this disease may therefore eventually lead to tooth loss.
- 3.** To avoid dental caries (tooth decay). Brushing alone cannot clean the whole area around a tooth when there is another tooth beside it. Flossing completes tooth brushing by removing dental plaque and food debris remaining in the inter-proximal region (the area that is between two teeth). That region is a place where tooth decay commonly forms.
- 4.** To prevent halitosis. If dental plaque that is found between teeth is not cleaned, it will eventually release a bad smell from your mouth. This is a major reason why a person may suffer from bad breath (halitosis). Tooth decay and gum disease, also caused by dental plaque, are a source of a bad smell in the mouth as well.
- 5.** To prevent tartar build-up. If dental plaque accumulates around the teeth without being removed, it can turn into tartar by the calcifying action from the saliva. Tartar can also cause gum disease. The continuous cleaning of plaque, mainly by using dental floss, can delay its formation. But only regular cleanings and scaling in a dental office can remove the tartar around teeth.
- 6.** To reduce the risk of heart disease. People suffering from heart disease must be very vigilant with their oral hygiene. The mouth is an entry point to harmful bacteria that may reach cardiac tissue. Infective endocarditis is the inflammation of a part of the heart caused by bacteria. One of these bacteria is the streptococcus which enters the body from the oral cavity.

Moreover, if you suffer from heart disease, by keeping your mouth and teeth clean, you can reduce the risk of complications. You must be very thorough by brushing at least twice a day, and also floss daily.

7. To avoid the complications of diabetes. There is evidence that diabetes can be aggravated when someone has gum disease. That's why oral hygiene measures of brushing and flossing are very important to accomplish.

In addition, a person who suffers from diabetes has organs that usually heal more slowly. Tissue inflammation can therefore develop more rapidly, particularly at the gum level. It is very important to remove dental plaque and tartar regularly to avoid developing or complicating gum disease.

© 2015 Canadian Dental Association (www.cda-adc.ca).



HELPING TO KEEP EMPLOYEES HEALTHY

The **Woodstock Recreation Center** has partnered with fifteen different companies in the area to provide Corporate Memberships for employees. Employees receive discounted rates on initiation fees and monthly dues.

In an increased effort to spread the word of this healthy benefit, several companies, including McHenry County Government Center, District 200, SEDOM, and Charter Dura-Bar, have sent out emails or flyers to their employees to remind them of the great services and prices that the **Woodstock Recreation Center** offers.

On Wednesday, March 18, **Karina Fuentes**, *Recreation Center Front Counter employee*, attended the Mercy Health System employee health fair. Prices, fitness class schedules, and passes were handed out to employees and their families. Throughout the year, the Recreation staff attends several Health and Benefits Fairs, including McHenry County Government Center, SEDOM and Pioneer Center.

Don't forget City of Woodstock employees and their families also get a discounted corporate rate at the Recreation Center! Contact **Program Coordinator Renee Torrez**, rtorrez@woodstockil.gov, for more information.

**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.



You are cordially invited to join Chief Robert Lowen at the Woodstock Police Department for coffee, conversation and an informative program.

Permanent Beat Officer Adam Schraw will conduct an overview of activity in Beat #22 (the northwest quadrant of the city) including recent crime statistics and trends, as well as provide crime prevention safety tips.

Coffee with the Chief



April 13, 2015
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

For further information, please call
Tamara Reed at 815-338-6787.

enjoy your food, but eat less



10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate. Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.

1 **get to know the foods you eat**
Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.

SuperTracker

2 **take your time**
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

3 **use a smaller plate**
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

4 **if you eat out, choose healthier options**
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

5 **satisfy your sweet tooth in a healthy way**
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



6 **choose to eat some foods more or less often**
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

7 **find out what you need**
Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

8 **sip smarter**
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.



9 **compare foods**
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

10 **make treats “treats,” not everyday foods**
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

with protein foods, variety is key

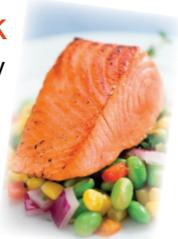


10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week
Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat
Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg
One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.