



CITY MANAGER'S NEWSLETTER



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THE PUBLIC IS INVITED TO HELP CONSTRUCT A LABYRINTH AT DICK TRACY WAY PARK THIS SATURDAY, JUNE 6TH

Members of the Bull Valley Garden Club have been working with the City of Woodstock to create a Labyrinth at Dick Tracy Way Park. Rain last weekend caused this workday to be rescheduled to this coming Saturday, June 6. The intent of this workday is to lay brick to define the paths within the labyrinth. Work is scheduled to occur between the hours of 9:00AM and 12:00 noon at the Lake Avenue location just west of the **Police Department**. The public is invited to place a brick to be a part of the construction of this unique park amenity. Bricks, shovels, rakes, and tampers will be provided. Dress in work clothes if you wish to participate and bring your own work gloves. All are welcome!

LAW ENFORCEMENT TORCH RUN ON SUNDAY

The 2015 Illinois Law Enforcement Torch Run for Special Olympics will take place on Sunday, June 7th. Several members of the **Woodstock Police Department** will participate in the event; as of yesterday, **Chief Robert Lowen, Deputy Chief John Lieb, Detective Sergeant Jeff Parsons, Sergeant Tino Cipolla, Officer Jason Bernstein, Officer Sharon Freund and Telecommunicator Grant Havens** and his wife, **Jennifer**, were set to either run or volunteer.

The total run is 17.8 miles, but participants are encouraged to run (or jog) whatever distance is comfortable for them. At the finish line in Knox Park in McHenry, participants can look forward to a Famous Dave's BBQ to celebrate their achievement. Congratulations to all runners and volunteers who make this event possible to benefit the Illinois Special Olympics.

ADULT SUMMER SOFTBALL LEAGUES READY TO BLAST OFF

The **Recreation Department's** adult softball leagues started the new season with a bang. These teams, spread over three leagues, began play on May 11th at Emricson Park.

On Monday nights, teams are participating in the Men's "C" League, Tuesday nights teams compete in the "D" League and Wednesday nights the teams are competing in the Recreation League.

Regular season round robin play for the various leagues runs through July with the post season tournaments scheduled for August.

Fall league will start late August.



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OLSON PARK SPRAY POOL

Now that Woodstock schools are dismissed for the summer, Woodstock's children will be looking for different ways to beat the heat and discover free fun! One such park amenity is the **Olson Park** spray pool, located at the corner of Clay Street & Bagley Street, that is on for children's enjoyment throughout the summer when the air temperature is 80 degrees or hotter (and not raining).

In keeping with the City's policy of water conservation education and implementation, the spray pool will be turned on daily, when the temperature is 80 degrees or warmer, between the hours of 1:30 p.m. and 3:00 p.m. One exception to this rule is on Wednesdays when the **Recreation Department's Playground Program** spends the morning at Olson Park. On Wednesdays, from June 15 through July 31, the spray pool will be turned on at 9:15AM regardless of the temperature. In the event of rain on a Wednesday morning, the spray pool will be turned on Friday morning that week. If the temperature is below 80 degrees at noon on Wednesdays, the spray pool will be turned off for that day. If the temperature is above 80 degrees at noon, the spray pool will remain on until 3:00PM.

For questions regarding the spray pool, Olson Park, or any of the City's parks; please contact the **Department of Public Works** at 815-338-6118 or pwdept@woodstockil.gov



MOSQUITO ABATEMENT

Not unlike years past, the City has contracted once again in 2015 with Clarke Mosquito Control to assist with mosquito abatement. Through this contract, Clarke completes periodic larvicide applications in road side storm sewer inlets and structures and publicly owned areas with open water. Larvicide applications are completed through the use of Clarke employees on bicycles depositing pellets into public storm drains and catch basins to diminish the mosquito population before they become adult insects. One application of larvicide was completed on May 11, 2015. Individuals can take the following steps to protect themselves from mosquito bites, to prevent infection, and assist in the fight against West Nile Virus:

- If outdoors when mosquitoes are active, dress in light-colored, long-sleeved clothing, long pants and socks when outdoors during prime mosquito hours. Apply mosquito repellent with DEET to clothing and exposed skin in accordance with label directions.
- Discard any outdoor container that might hold water and empty water from wading pools and birdbaths once a week.
- Keep grass cut short and shrubbery well-trimmed around the house so adult mosquitoes will not hide there.
- Since dead birds (crows, blue jays and raptors) can be the first warning that West Nile Virus is present in the area, report dead birds on your property to your county health department.

Information about mosquito control or the treatments being utilized can be found on their website at www.clarkemosquito.com.



7 FIBER MYTHS AND FACTS

By now, you've probably heard that fiber is good for you, and maybe you've even made an effort to get your daily recommended amount. Fiber is the indigestible part of edible plants like fruits, vegetables, and grains that has been linked to numerous health benefits, including normal bowel function, lower cholesterol, balanced blood sugar levels, and even weight loss.



Here we examine seven common misconceptions about fiber—along with some key truths—to help you increase your fiber IQ.

Myth #1: All fiber is created equal.

Fact: There are two different types of fiber: soluble, which dissolves partially in water, and insoluble, which does not dissolve. Soluble fiber is plentiful in apples, oranges, dry beans, legumes, barley, and oats. Good sources of insoluble fiber include whole-wheat pasta, bulgur wheat, bran, rolled oats, and brown rice.

Soluble and insoluble fiber play different roles, and for best results, you need both. "Soluble fiber helps lower blood cholesterol levels, while insoluble fibers help food move through the digestive track, which helps prevent constipation and promotes digestive regularity," says Alison Massey MS, RD, LDN, CDE, Director of Diabetes Education at Mercy Medical Center in Baltimore. Although there's no hard and fast formula, some experts recommend that one quarter of your fiber intake be soluble fiber, and the rest, insoluble.

Myth #2: Most people get enough fiber naturally in their diet.

Fact: How much fiber you consume in your diet depends on how healthful your eating choices are. Unsurprisingly, "Individuals who live on processed fast foods and eat few fruits, vegetables, and whole grains often lack fiber in their diet," Massey says. "It is important to look at food labels on packaged food products to assess the fiber content per serving and also to eat plenty of foods that are naturally high in fiber like beans, lentils, oatmeal, nuts, and berries." FYI: Fiber-rich foods contain five or more grams of fiber per serving.

Myth #3: Everyone's fiber needs are equal.

Fact: A good rule of thumb is to aim for about 25-35 grams of fiber daily, Massey says. But exact dietary fiber needs can vary by gender and age. She offers the Institute of Medicine's following list of daily recommendations for most healthy adults:

- Men 50 years and younger: 38 grams (g) fiber per day.
- Men 51 years and older: 30 g fiber per day.
- Women 50 years and younger: 25 g fiber per day.
- Women 51 years and older: 21 g fiber per day.

If you're unsure of exactly how much fiber you personally need, ask your doctor or nutritionist for guidance. Since raw fruits and vegetables don't always come with nutrition labels, you can look up the fiber content in the [United States Department of Agriculture \(USDA\)'s National Nutrient Database](#)—where we learned that a large pear has about 7 grams of fiber.

Myth #4: If your diet is lacking in fiber, you'll probably experience some obvious health symptoms.

Fact: While many people today don't consume enough fiber, some of them may not have any direct obvious signs that they need to up their intake. The biggest clues are frequent constipation or changes in bowel habits. These symptoms

should alert you to review your fiber consumption and see if you should be adding more to your diet. Adopt a diet rich in fruits, vegetables, whole grains, beans/lentils, and nuts to help keep your bowel function regular, Massey suggests.

Myth #5: Foods that are labeled whole-grain are always high in fiber.

Fact: Not all whole grain foods are actually rich in fiber, according to Massey. Take whole grain cereal. Often the grains are refined, which strips them of fiber and takes away the health benefits. They can also contain high amounts of sugar and hydrogenated oils—oils that are solid at room temperature, and have been linked to high cholesterol levels and heart disease. So don't just assume whole grain foods are good for you: Always read the ingredient list and check the fiber count.

Myth #6: Foods that have been artificially fortified with fiber are just as beneficial as foods in which fibers occurs naturally.

Fact: There has been much controversy in the medical community about the benefits of adding fiber (often referred to as "isolated" fiber) to foods. Isolated fiber, often listed on nutrition labels as oligofructose, polydextrose, or inulin, is sometimes added to foods like ice cream and cereals. But many experts believe that adding fiber does not provide the same health benefits you get when it occurs naturally. So it's always best to go for foods that are naturally rich in fiber (again, look for five or more grams of fiber per serving), Massey says.

What are some excellent sources of natural fiber? Raspberries, kidney beans, and garbanzos (chick peas) are a few good ones. "Other good natural fiber choices include oats, whole grains, lentils, nuts, and pears," Massey adds.

Myth #7: If a little fiber is good, a lot of fiber is even better.

Fact: "Too much fiber in the diet may cause some digestive distress and loose stools," Massey says. This is why it's always best to start slowly if you want to increase your fiber intake; let your body adjust before you increase the amounts up the recommended levels. To aim for optimal fiber intake, some nutritionists recommend working up to eating at least five servings of fruits and vegetables (good sources of fiber) each day, and including one whole grain serving at each meal.

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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 815-338-4363 or visit www.woodstockrecreationdepartment.com for more information.

YOUTH VOLLEYBALL IS “SET”UP FOR ANOTHER SESSION

The **Recreation Department’s Youth Volleyball program** started on Monday night in the gym at the Rec Center. The first to third grade class begins at 4:30, followed by the fourth to sixth grade class at 5:30. Both groups run through July 27.

The class focuses on fundamentals of serving, passing, setting, hitting defense and blocking.



MEETINGS NEXT WEEK...

No Meetings Scheduled

CITY POOL PARTY

Thanks to everyone who came out to **Woodstock Water Works** on Wednesday night. It was a beautiful night to be at the pool. A special thank you to our chefs for the evening who manned the grills to cook the brats, burgers and hot dogs. Pictured below are **City Manager Roscoe Stelford** and **IT Dan McElmeel**.



Quotation

To live is like to love - all reason is against it, and all healthy instinct for it.

[Samuel Butler](#)



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

Permanent Beat Officer Fred Eiselstein will present an overview of activity in Beat # 21 (the northeast quadrant of the city.)

Coffee with the Chief



June 8, 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.