

New Years Resolutions

*Learn to
cook*

It is officially the beginning of the new year. You may or may not make a resolution to cut those things out of your daily life to work toward a better you. Or, you won't make the commitment to any new years resolutions because of the lack of will power, or maybe you just don't believe in resolutions. Whatever the case, here are some of the most common new year's resolutions made each year.

Volunteer to Help Others—Not all New Year's resolutions are about personal indulgence. Self-improvement pledges can come in other ways. On the heels of Christmas cheer and the spirit of giving, many resolutions focus on volunteerism or giving to charity. Charities push for donations ahead of tax season, so now is the perfect time to consider donating money or goods to charities you trust.

*No more
fast food!*

*Show random
acts of kindness*

Travel—Another resolution targeting the mind? Travel. This category made the top 10 list in a Nielson survey as Baby Boomers are increasingly retiring. With working life in the rearview, many retired people are looking to take that dream trip right now as their free time opens up but they're not too old to kiteboard.

Floss—You brush 2-3 per day. Good job. But you know that you should be flossing as well. This one might seem too simple and easy to make as your New Year's resolution for 2016, but we know that this easy task can help improve overall hygiene and oral health.

*Quit
Smoking!*

Save Money—In a recent survey of employees from different industries, one study found that more than a third of workers resolve to save more money. That is more than the quarter of workers who pledge to earn a raise in 2016. Whether you're saving up for a large item like a house or a car, or simply just trying to get out of debt, a great New Year's resolution can be as simple as getting wiser when it comes to your wallet.

*Open a
savings
account*

Accomplish Your Goals—This may seem broad, but sometimes the best New Year's resolution can be a monumental goal or something you've been waiting years to try and accomplish. Whether it's running a marathon, finishing a painting, writing a book or building a piece of furniture, 2016 is the year to get it done.

*Go to the
gym!*

*Be more
patient
with
others*

Learn a New Language—Along the same path as setting a goal for your New Year's resolution and accomplishing it, learning a new language or skill could be a great way to improve your mind and overall quest for knowledge. There are plenty of free apps that can help you get started with this, as well as other great tools for language immersion: music, movies, television and news.

*Stop
procrastinating!*

Quit Smoking/Drinking—The holidays are over, the rum is gone and after this glass of champagne there won't be as much social pressure to drink. So why not go cold turkey starting Jan. 1? In addition to saving money, it can improve your health, as well as help you to lose weight. However, statistically, this is the one of the hardest resolutions to keep and it usually is thrown out the door by Valentine's Day. On the other hand, any day is a good day to quit smoking. Whether you're a pack-a-day smoker or just puff socially, it's time to kick that habit to the curb for good or at least cut down.

Read More—One way to keep your mind sharp is by reading. Pick up a book that interests you and make time each day to read it until it is finished. Reading is the perfect way to allow yourself to get lost in the pages of some great read. **Recommendation: Miss Peregrine's Home for Peculiar Children. It is a total page turner if you like Historical Fiction.**

Lose Weight and Go To the Gym—Every year this is the most popular New Year's resolution and every year it is the hardest resolution to keep. If you're a gym rat already, you know it's the beginning of the year when you start having to wait for machines and weights at your local gym. Most American's New Year's resolution in 2016 will be to diet, exercise, hit the gym and lose weight. We believe this is caused by the overindulgence during the holiday season. We love using cold weather as an excuse not to hit the gym, so making this your New Year's resolution could be just the motivation you need.



IN THE SPOTLIGHT

Loves Park is getting ready for the next phase of Alpine Road reconstruction.

In April, Loves Park began the [\\$5.5 million road project](#), which will revamp Alpine Road between Riverside Boulevard and Machesney Park in three phases. The first phase, which included work on pavement, curbs and storm sewers between Riverside Boulevard and Rivington Road, ended in August. The second phase will reconstruct a one-mile stretch of Alpine Road between Rivington Road and Croydon Avenue. The project is being financed primarily by Loves Park's 1 percent sales tax, which voters approved in 2014.

The work will include Alpine Road being resurfaced, sidewalks will be added along either side of the road, and the median will be replaced with a bi-directional turn lane, per Jason Stone, an engineer at [Arc Design Resources](#), the firm hired to design the project. Right turn lanes will also be added, so drivers can turn onto Alpine Road from the west side of Maple Avenue — in front of a Phillips 66 gas station — and from Alpine Road onto the east side of Maple Avenue.

Loves Park officials hope to go out for bid in late January or early February, and want to begin work sometime during the late spring and finish during the summer. Workers will close one side of the road at a time, likely starting with the west side of the street.

The second phase will mostly take place in residential areas. Residents who want to skip the construction traffic, can drive north or south along Forest Hills Road.

Riverside Boulevard Bridge

City officials are in the final planning stages of rebuilding the Riverside Boulevard bridge near Wantz Park. Aside from being in need of repairs, the bridge is too narrow to accommodate four lanes of traffic because the bridge tapers to two lanes through the crossing.

The City was awarded federal dollars toward the end of 2015 that will cover about 80 percent of the reconstruction costs and Loves Park will provide the remaining funds needed for the project. Hopefully, the City will get approval of the plans from IDOT and the State will approve plans to close Riverside Boulevard during construction. Once all approvals are made construction should be able to move forward. Otherwise the project will be slated for 2017.

The City wants to start construction towards the end of June.

Scheduled City Meetings

- 04 City Council
- 06 Community Development Committee
- 11 City Council
- 18 City Council
- 21 City Council
- 21 Zoning Board of Appeals
- 25 City Council

City Council meetings are at 6:00 pm;
Community Development & Zoning
Board of Appeals meetings are at
5:30 pm at City Hall, 100 Heart
Boulevard

ROCK RIVER DISPOSAL YARD WASTE

PICKUP

Yard waste collection that ceases seasonally over the winter months will resume on Monday March 30, 2016 and continue until the week of December 1 to 4th, 2016. Please be advised that yard waste will only be collected when placed in compostable paper bags or in garbage cans clearly marked with a large "X" visible from the street. Branches and limbs less than 4" in diameter bundled with string or twine may be placed for collection as long as they don't exceed three to five feet in length.

This does not include leaf vacuuming, which will begin again in the fall.

ROCK
RIVER DISPOSAL
SERVICES

NSLD/North Suburban Library Renovations

When renovations are complete, NSLD/Loves Park will have a larger public computer area, more study rooms, new teen section, new shelving, new roof and much more. NSLD/Loves Park will also have new energy-efficient lighting, heating and air-conditioning systems. Renovations are estimated to be done by summer of 2016. Projected cost for the NSLD/Loves Park 2015/2016 Renovation Project is 4.4 million. Once renovations wrap up at NSLD/Loves Park, work will start at NSLD/Roscoe. NSLD/Roscoe improvements will include additional bandwidth for faster internet, more parking, new roofing and an updated HVAC system.