AGENDA

1. Call to Order
2. Roll Call
3. Approval of Minutes from March 16, 2015
4. Status Reports
   - Human Resources – Update on Health-Related Services and Benefits available to County Employees
   - Health Department
   - Soil & Water
   - Water Related Groups
   - Other Reports
5. Old Business
6. New Business
7. Public Comment
8. Questions from the Media
9. Action Items
10. Executive Session
11. Adjournment
KENDALL COUNTY ILLINOIS
Health & Environment Committee
County Office Building, County Board Room 209-210
111 W. Fox Street, Yorkville
Monday, March 16, 2015
Meeting Minutes

CALL TO ORDER
The meeting was called to order by Chair Judy Gilmour at 9:00 a.m.

ROLL CALL
Committee Members Present: Judy Gilmour – here, Dan Koukol – present, Matthew Prochaska – present, John Purcell (arrived at 9:03a.m.)

Committee Members Absent: Elizabeth Flowers

Others Present: Megan Andrews, KC Soil & Water, Brian Holdiman, Planning Building & Zoning, Dr. Amaal Tokars, Executive Director, Kendall County Health Department, and Jeff Wilkins, County Administrator (arrived at 9:55a.m.)

APPROVAL OF MEETING MINUTES – Member Gilmour made a motion to approve the November 17, 2014 meeting minutes, second by Member Prochaska. With all in agreement, the motion carried.

STATUS REPORTS

☐ Health Department – Dr. Amaal Tokars presented the KC Health Department Annual report, including the various programs, services provided to county residents, and person-based and population-based mission, the vision statement, and the strategic plan priorities of the Health Department.

Dr. Tokars briefed the committee on the Community Health Assessment. Dr. Tokars said that this is done every 5 years, and that many community partners, including local schools, local churches, health entities, law enforcement, are invited to participate. The analysis is not complete, but will be presented to the committee in May.

Dr. Tokars said that they are conducting an ethnographic assessment in the county, and will spend time interviewing citizens at public locations including manufacturing, retail, laundromats, and fitness centers. The interviews are scheduled with the facilities, but not with the individuals being interviewed.
The primary questions focus on the areas of:

Physical Health
Community Health
Mental Health
Emergency Preparedness

The interviews are currently being conducted, and the Community Themes and Strengths Assessment will be presented on Thursday, May 28, 2015 at 5:00 p.m. at the Health Department.

Dr. Tokars briefed the committee on the upcoming Composting seminar on March 20 2015 at the Kendall County Health Department. This is part of the Professional Seminar Series presented by the Kendall County Health Department.

- **Soil & Water** – Megan Andrews briefly reviewed the schedule for the next few months. Ms. Andrews reported they recently had their annual luncheon and awards presentation.

Ms. Andrews reported the KC Soil & Water Conservation was notified they will not receive any cost-share funds for the remainder of the fiscal year 2015. Ms. Andrews said they are reviewing their annual budget, and assessing how they can continue to provide services to the county. They are also working on their next 5-year plan.

Ms. Andrews updated the committee on the current activities and educational classes scheduled in local schools and throughout the community. Ms. Andrews also provided a brief overview of last year’s activities, classes and programs.

Discussion on retention ponds throughout the county. Ms. Andrews said the ponds low water levels could be a result of last year’s drought.

- **Water Related Groups** – No report

**OLD BUSINESS** – None

**NEW BUSINESSES**

- **May Rain Barrel Month Proclamation** – Member Purcell made a motion to forward the May Rain Barrel Month Proclamation to the County Board at the April 8, 2015 County Board meeting, second by Member Prochaska. **With all in agreement, the motion carried.**
*Nuisance Ordinances* – Brian Holdiman presented the county nuisance ordinances to the committee, and said that he has also discussed the issues with the Planning, Building and Zoning committee. Mr. Holdiman would like to have a work group formed to review these ordinances, recommend any changes or updates to the ordinances and to create a uniform, consolidated process county-wide. Mr. Holdiman will contact the Sheriff’s Office, and State’s Attorney’s Office for input and consultation on the current ordinances.

Mr. Holdiman reviewed the process of how complaints are handled and who is involved in the process and resolution of issues/complaints. Mr. Holdiman said the reason for reviewing the ordinances, and the formation of a work group is to coordinate the direction of enforcement of county ordinances, and to update the ordinances, clearly clarify the centralization of the responsibility and implementation of county ordinances, the research and collaboration of the ordinance, and the citation process.

Mr. Holdiman will bring recommendations to the May Health & Environment Committee meeting.

**PUBLIC COMMENT** – None

**ACTION ITEMS**

*Approval of the May Rain Barrel Month Proclamation*

**EXECUTIVE SESSION** – None Needed

**ADJOURNMENT** – Member Koukol made a motion to adjourn the meeting, Member Prochaska seconded the motion. *With all in agreement, the meeting was adjourned at 10:14a.m.*

Respectfully Submitted,

Valarie McClain
Administrative Assistant/Recording Secretary
Welcome to the Employee Benefits Information page for Kendall County. This site is designed to assist our employees and their covered dependents with updated benefit summaries, enrollment and claims forms, customer service contacts, provider search links and responses to Frequently Asked Questions (FAQs).

News Updates & Wellness

- New this month
- Employee Assistance Program
- Wellness Information & Brochures

Blue Cross Blue Shield

- Medical Insurance Enrollment Form
- BCBS Mail Order Prescription Form

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Illinois Municipal Retirement Fund

- IMRF Disability Guide
- IMRF Beneficiary Form

Flexible Spending Account - FSA

- Flexible Spending Account Enrollment Form
- CBiz FSA Summary Plan Description
- CBiz Flex Contact Info Flyer
- Dependent FSA Claim Form
- HealthCare FSA Claim Form
- Limited FSA Claim Form

Met Life Dental

- MetLife Dental Enrollment Form
- MetLife Benefits Summary
- Certificate of Insurance Active Employees
- Statement of Eligibility Dependents Over 25

EYEMED Vision

- Welcome to EYEMED kit
- EYEMED Enrollment Form
- EYEMED Certificate of Insurance

Additional Benefit Information and Forms

- AFLAC Supplemental Benefits Guide
- Lincoln Beneficiary Form
- Lincoln Supplement Life Insurance Application
- The Lincoln National Life Insurance Company Certificate Class 1
- The Lincoln National Life Insurance Company Certificate Class 2

https://employee.co.kendall.il.us/employee/Benefit_Info.html

4/20/2015
Employee Assistance Program

- EAP - Your Guidance Resource Program
- Being an Effective Communicator
- Coping with Alzheimer's
- Coping with Stress
- Empty Nest Syndrome
- Food Poisoning Dangers
- Stop Using Food as a Reward
- What You Need to Know About Ebola
- Redefining Health
- Fending off Financial Scams
- Funeral Preparation
- Managing Debt
- Parenting Your Difficult Child
- Parenting a Teen
- Talking with your Teen

If you have any suggestions or comments click here to submit.
Spring is among us and it's time to trade our snow boots for rain boots. April showers bring May flowers and while the sun's out longer and temperatures increase it's the perfect time to transition our meals. Enjoy the best of the lighter and more seasonal food fare!

Incorporate these foods into your breakfast, lunch, dinner and snacks. Take advantage of the spring weather and each a meal outside with your co-workers or family.

Asparagus:

- Throw some on the grill, steam them or even broil them. This Vitamin B and K enriched food helps keep you calm in stressful situations, and helps keep your bones healthy. Enjoy this low in calorie snack during the peak months of April and May.

Artichoke:

- They peak in the spring and are full of magnesium. Foods high in magnesium help you regulate your high blood pressure and keep your muscle functions smooth. The high antioxidant vegetable may look intimidating, but it can easily transform your meal into a powerhouse of nutrients. Add it in a stir-fry, steam it, stuff it, or throw it on the grill with some asparagus.

Apricots:

- Picking the right apricot is tricky because far too often we come home with tasteless apricots. The trick to enjoying delicious apricots is to smell them and make sure they feel heavy for their size. Apricots can be added to a salad or salsa, eaten on the go before a workout or dinner. They’re small but packed with lots of Vitamin A.

Strawberries:

- They’re officially in season and ready to be added to your yogurt, salad, oatmeal and smoothies. Strawberries are high in Vitamin C which not only makes them a strong anti-inflammatory but helps you combat stress. Don’t stop at one of the berry family members- freeze some blueberries, raspberries and blackberries overnight and enjoy them throughout the day.

Written in partnership with WellCall
Talking With Your Teen

Adolescence is a time of rapid growth and maturity. It’s also a challenging time for parent and child. Knowing how to talk with your teen may help lessen the growing pains you both face as you prepare for the adjustments ahead. Here are some tips for talking with your teen:

- **Talk as a friend first, as a parent last.** By talking to teens on their level, and trying hard to listen, you put them more at ease. Maintain your sense of humor. You’ll need it.

- **Promise you will try to understand.** Most teens are resistant to opening up to their parents and need reassurance. Tell them that they will feel better for telling you and that you cannot help unless they open up. Do not promise to not get mad because you just might. Instead, say that you will listen to everything they say and that you will try to see their side.

- **Tell your teen you respect his or her point of view.** You may disagree with it, but respect the opinion and credibility nonetheless.

- **Talk to your teen as you would wish to be talked to.** Yelling, shouting and finger pointing are counterproductive. Remain calm and listen without interrupting. Do not react hastily. Think first then respond rationally and calmly in a voice that is firm, resolute and in control. Talk with, not to, your teen, and avoid turning everything into a lecture.

- **Do not rush to judgment.** Hear your teen out. Do not make bitter, critical or hurtful comments.

- **Establish common ground.** Recall the embarrassments or failures of your own adolescence. Teens need to hear that they are not alone in their awkwardness. Explain why you made the choices you did earlier in life and what their consequences were. Try sharing these stories when your teen is relaxed or during a spontaneous moment, like when you are riding in the car together.

- **Avoid repeating yourself.** Try to not use the same metaphors or recall timeworn stories with the same morals. Be creative and relate new, interesting situations that can teach a lesson.

- **Admit when you are wrong.** A strong person can say he or she is sorry. Apologize after losing your temper or going back on your promise. Stress that you are not perfect and that your teen need not be, either. Reinforce the lesson that the best way to learn about life is to make mistakes, pick yourself up and try again.

Words and actions from parents and parental figures help a teen feel secure. Let your teen know you love him or her and that you are available emotionally. Even if your teen does not come forward to share information, it comforts him or her to know a parent is available.

**Additional Information**

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our Guidance Consultants® can assist you with your concerns at: **800-272-7255**

Online: guidanceresources.com

Enter your company ID: **COM589**
Effective Communicator

The first step to becoming a more effective communicator is determining if you are making one of the four most common mistakes that are making communication difficult:

> You talk too much.
> You think you know everything.
> You blame everyone except yourself.
> You go straight to action.

Communicating Across Cultures

Studies show that participants in cross-cultural conversations understand only 7 percent of the actual message being conveyed. To help improve the understanding, try to be as patient, courteous and complimentary as possible. Other things to consider include:

> Recap the conversation: Try to paraphrase what you heard and ask for clarification.
> Use a dictionary: If you get stuck, refer to a pocket dictionary or electronic translator.
> Learn foreign business practices: Including mannerisms, body language and customs.
> Respect cultural differences: Don’t judge others based on your own cultural standards.

Watch Your Tone

This is especially true with written communications because it’s difficult for tone to be conveyed. When you e-mail someone:

> Do not type in all capitals: It makes it seem as if you are shouting at the recipient.
> Be careful with humor: It’s hard to write sarcasm/other nuances of verbal communication.
> Delete extra information: Keep messages brief and to the point.

Listen

Studies show that 70 percent of our communicating time is spent listening. Try these tips to improve your listening skills:

> Listen enthusiastically: Give the person and his or her message your full attention.
> Put emotions aside: Don’t let anger or jealousy stand in the way of attentive listening.
> Avoid distractions: Focus your attention on the person talking; maintain eye contact.
> Listen with your entire body: Use appropriate body language to show the message is being received loud and clear.

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CBIZ

WELLBEING Insights

April 2015
Living a Better, More Vibrant Life

In this Issue:

Tips for Substance Abuse Prevention

Surprising Headache Triggers

When You are the Adult Child of an Alcoholic Parent

Superfood of the Month

April is Substance Abuse Prevention Month
April is **Substance Abuse Prevention Month**

April is Substance Abuse Prevention Month.

There are many human conditions that can seriously affect our health, our happiness and the quality of our lives. All of us are familiar with the signs and symptoms of coronary artery disease, cancer, stroke and the potentially devastating disabilities caused by physical and emotional trauma. Addictive illness can produce physical, mental, emotional, social, family, legal and financial consequences just like any other serious, chronic, relapsing disorder.

Addiction does not come about overnight. A person in the early stages of addiction may show no obvious signs. They may be quiet intelligent; might have the potential for a happy and successful life; may be highly productive, charming and talented.

As the addiction progresses, the physical health, mood, judgment and behavior will gradually deteriorate. A substance (such as alcohol, marijuana, cocaine or a variety of pills) or a compulsive behavior (such as gambling, spending, aggression and stealing) may be identified as contributing to an unexpected downward spiral in the person’s former stability and level of function. When the addiction is fully active, life does not look balanced and happy. The effects of the repeated alteration in brain function may cause loss of control, values, self-esteem, position in their family and standing in the community.
Life through the eyes of the addicted person can be dark, depressed, tense, anxious and afraid. The organ system with which healthy decisions are made is impaired, and the person may feel helpless to recover on their own.

There is hope for the person's recovery if the signs and symptoms of addiction are recognized and professional help in concert with family support is sought.

**TIPS for Substance Abuse Prevention**

- Do not be afraid to say NO
- Connect with family and friends
- Avoid peer pressure
- Enjoy life and do what you love without alcohol and drugs
- Get educated about the effects of drug and alcohol abuse
- Be a role model and set a positive example
- Plan ahead: Drink alcohol in moderation and designate a sober driver
- Speak out, speak up and take control: Take responsibility for your life, your health and your safety
- Get help

Contributed by: sharecare

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If you or someone you know needs immediate help, please contact one of the following crisis hotlines:

**Substance Abuse and Mental Health Hotline**
1-800-662-HELP (4357)

**National Suicide Prevention Lifeline:**
1-800-273-TALK (8255)
(1-888-623-9454 for Spanish speaking callers)

**Youth Mental Health Line:**
1-888-568-1112

**Substance Abuse & Mental Health Services Administration (SAMHSA)**
Substance Abuse Treatment Facility Locator

http://findtreatment.samhsa.gov/

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**Get Help for Substance Abuse**
1-800-622-HELP (4357)
Surprising Headache Triggers

Anything that boosts your stress level can make you more likely to get tension headaches or migraines. The exact way stress leads to headaches is not clear. The nerves in your brain that relay pain may become more sensitive when you are stressed. Below are many different triggers to headaches:

- Changes within the brain itself may be involved in migraine headaches.
- When the weather changes, so does your chance of getting a migraine. Whether it is a heat wave or a cold snap, the change can trigger a headache in some people. Sunny, hot days and high humidity are other common culprits. Rain, wind or changes in barometric pressure may also lead to headaches. While you cannot change the weather, you can wear sunglasses on a bright day, stay well hydrated and avoid midday sun.
- Powerful smells — even nice ones — can set off migraines for many people. It is not clear why this happens, but the odors may stir up your nervous system. The most common triggers are paint, perfume and certain types of flowers.
- How you wear your hair can take a toll on your head. A tight ponytail may strain the tissue in your scalp, leading to a hairdo headache. Headbands, braids and tight-fitting hats can have the same effect. If this is the cause of your headache, letting your hair down usually brings fast relief.
- Strenuous exercise, including jogging and intimate activity, can sometimes lead to headaches. These types of headaches are most common in people who get migraines. Talk to your doctor if you do get headaches after activity to make sure there is not a more serious cause.
- You do not have to work up a sweat to build pressure in your head and neck muscles. Slouching at your desk will do the job, too. You can improve your posture by making changes in your workspace. Use a chair with lower-back support. Make sure your computer monitor is not too low or too high. Do not hunch your shoulders, and never cradle the phone between your ear and shoulder.
- A migraine trigger for some people is aged cheese, including blue cheese, cheddar, parmesan and Swiss. The cause may be a substance called
SMELLS WORK SMOKING CAFFEINE HUNGER HEAT FOOD EXERCISE

drinks may contribute to headaches as well. It is not clear exactly why drinking alcohol triggers a headache, but changes in the level of the chemical serotonin in the brain may be to blame.

- Hunger headaches are not always obvious. If you skip a meal, your head could start to ache before you realize you are hungry. The trouble is likely a dip in your blood sugar. But do not try to cure a hunger headache with a candy bar. Sweets cause blood sugar to spike and then drop even lower.

- Smoking can lead to a headache — and not just in the person holding the cigarette. Secondhand smoke has nicotine, which causes blood vessels in your brain to narrow. Give up cigarettes or try to avoid secondhand smoke. This may be especially helpful if you get cluster headaches. These are extremely painful one-sided headaches that can also cause eye and nose symptoms.

- Caffeine is both good and had. In moderation, it may help treat some headaches. It is found in many headache medications. But, chain-chugging coffee can sometimes cause the pain. Also, if you are hooked on caffeine, cutting back abruptly may only make things worse. Caffeine withdrawal is another headache trigger.

Recommended Headache Solutions:
If you can figure out your most common triggers, you may be able to cut off headaches before they begin.

A headache diary is the best way to do this. Keep a daily log of foods you eat, stressful events, weather changes and physical activity. Whenever you have a headache, record the time it starts and stops. This will help you find patterns, so you can try to avoid your triggers.

- Many people manage migraines or tension headaches through stress-busting strategies. Although you cannot control the stressful events that come your way, you can change the way you respond. You may need to experiment with techniques such as meditation and massage to find what works for you.

- Moderate exercise is a powerful stress reliever. Walking is a great choice, because it gives you an extra defense against tension headaches. When you walk, the swinging motion of your arms tends to relax the muscles in your neck and shoulders. Breaking up those knots may help fight the cause of some headaches.

- Eat balanced meals throughout the day. That will help keep your blood sugar on an even keel, which can put an end to hunger headaches. Aim for meals and snacks that pair a protein with a complex carbohydrate, such as peanut butter on whole-grain bread or chicken breast with brown rice. Drink enough fluids, too. Dehydration is another common headache trigger.

- Physical therapy combines exercise and education to reduce pain and improve range of motion. If you get tension headaches, physical therapy may help relax your neck muscles and teach you to form new habits that lead to better posture.

- Over-the-counter pain relievers can help against many types of headaches. But, avoid taking these drugs continuously, because it can lead to medication overuse headaches or rebound headaches. The pain from this type of headache returns as soon as the pills have worn off.

For frequent or severe headaches, consult your doctor.
When You are the Adult Child of an Alcoholic Parent

Contributed by: United Healthcare

You may not drink, but that does not mean you are not affected by alcoholism. If you are the adult child of an alcoholic parent, learn how to cope with the effect alcoholism has had on your life.

When a parent abuses alcohol, the whole family suffers. Children are especially at risk. Growing up in an alcoholic home can seriously interfere with the normal stages of childhood. Later, adult children of alcoholic parents often have problems with trust, control and fear of intimacy.

**Growing up in a disruptive home**

Alcohol abuse interferes with a parent’s ability to provide a loving and structured home life for children. The home is usually filled with chaos and sometimes violence and/or incest. The parent often breaks promises. Discipline is not consistent. Mood swings and personality changes in the parent are common. Finances may suffer.

All of this can cause tremendous confusion and fear in a child. There is usually anger and resentment toward the parent who is not being responsible or reliable. Family roles are unclear and older children may have to take on the adult duty of caring for younger siblings. As teens, many are mature beyond their years, the result of having to grow up too fast in an alcoholic home.

Children of alcoholics also carry the burden of worrying about their parents. Often, they are embarrassed by a parent’s behavior. They may work hard to cover for the parent or lie to protect him or her. This creates uncomfortable family secrets, inside and outside of the home.
Problems that arise in adulthood

Being raised in a household with an alcoholic parent can have a lasting influence that manifests differently for everyone. Adult children of alcoholics may lack certain coping skills and have trouble forming healthy relationships. Some become perfectionists or overachievers to compensate for low self-esteem. Some mistakenly believe that they were the cause of a parent’s drinking. Other common traits in adulthood include:

- Problems with trust
- Difficulty expressing feelings and needs
- Fear of intimacy
- A need to control
- Feelings of isolation and aloneness
- Constant seeking of approval and affirmation
- Being extremely responsible or irresponsible
- Impulsivity
- Substance abuse

Getting help

People who have grown up in an alcoholic home may have a lifetime of problems unless they learn ways to move beyond the stresses of their childhood. For most, the first step toward healing is learning more about the disease of alcoholism and how it has affected them. By gaining insight into the past, they can better understand why they behave in certain ways.

If you are a child of an alcoholic, it is important to recognize that healing often involves talking about what you went through and how you feel about it now.

There are many paths for getting help:

- **Individual therapy.** Meet with a reputable therapist who has experience with family issues relating to addiction and recovery.
- **Group support.** Seek out local Al-Anon and/or Adult Children of Alcoholics (ACOA) meetings.
- **Self-education:**
  - **Books.** Check with your local library for books about overcoming a chaotic childhood.
  - **Parent courses.** If you have children, learn about child development. Seek out and take part in a parent education course to learn skills for relating to your children.

If you are comfortable, share your decision to seek help with close friends and family who can support you. You may find that you are not alone in your pain.

The first part of your life may have been affected by family alcoholism. The rest of your life does not have to be.
Fresh Homemade

Raspberry Sorbet

This refreshing low calorie dessert will leave you feeling guilt free. Raspberries are an excellent source of vitamin C. Vitamin C helps the human body develop resistance against infectious agents, counter inflammation and scavenge harmful free radicals.

Ingredients

- 4 cups whole, frozen raspberries
- 2-3 tablespoons filtered water
- Up to 1/4 cup raw honey (optional)

Preparation

1. Allow your frozen whole raspberries to thaw for about fifteen to twenty minutes.

2. After about twenty minutes, combine raspberry, filtered water and honey (if you are using it) in a food processor.

3. Pulse repeatedly to break up the berries, then process until the sorbet is smooth.

4. Serve immediately, or, if the raspberry sorbet is too soft, pour it into a container and freeze it for a few hours — stirring periodically to break up any ice crystals that may form.

Nutrition Facts

Makes: 3 Servings

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Superfood of the Month

Guava

This spring fruit is a healthy way to satisfy your sweet tooth. A guava is roughly the size of a medium apple and contains only 35 calories.

Health Benefits of Eating Guava

Guava is one of the richest fruit-based sources of vitamin C, with each fruit providing 209 percent of the recommended daily amount — beating out even oranges. These sweet and tangy fruits also contain healthy doses of vitamin A, copper, manganese and folate (essential for producing new cells and keeping them healthy). Guava even contains more potassium than an equal serving of bananas. And guavas get an A+ in fill-up factor, since they are made up of 50 percent dietary fiber. One study suggested that out of all fruits, guava contains the most antioxidants, which can help prevent the development of chronic diseases.

When trolling the grocery store aisles, select a guava fruit that is firm but gives to gentle pressure (much like a ripe pear), and store in the fridge for up to one week (we bet it will not last one day).
Chair Dips

Type: Strength
Main Muscle Worked: Triceps
Equipment: Chair or Bench

1. To begin this exercise, sit on the very edge of a chair or bench. Place your hands on the edge of the bench as well, right by your hips; fingers facing forward and arms close to the body. Legs should be bent with feet flat on the floor.

2. Using your arms to support your weight, scoot your buttocks just off the edge of your seat. Slowly lower your body as you inhale by bending at the elbows until there is an angle slightly smaller than 90 degrees between the upper arm and the forearm.

Tip: Keep the elbows as close as possible throughout the movement. Forearms should always be pointing down.

3. Using your triceps to bring your torso up again, lift yourself back to the starting position.

4. Repeat for 3 sets of 4 repetitions.

You should consult with your personal physician before starting any exercise routine.
Almonds for Croutons in Salads
Every salad needs that extra crunch. But rather than getting the extra carbs (and often fat and sodium) that come with croutons, try some lightly toasted slivered almonds, pecans or walnuts.

The doctor said he needed more activity. So I hide his T.V. remote three times a week.
Water Conservation Best Management Practice: Rain Barrels
Save the Rain for a Sunny Day

A rain barrel is a simple, low-cost method to collect and store rainwater from your roof that otherwise would be lost. By using a rain barrel, you are benefiting the environment by slowing down rain runoff so it can drain naturally into the ground. By collecting and using water in our yards, we can reduce flooding downstream and help prevent pollutants from entering our local streams and rivers.

Did you know that by using a rain barrel, you can conserve your water use and decrease your water bill? According to the U.S. Environmental Protection Agency (USEPA), during the hot summer months, the average homeowner uses 40% of their household water in the yard. Plus, on average, our water use increases by approximately 30% during the summer months due to a variety of activities including lawn watering, flower and vegetable garden watering, car washing and pavement cleaning. USEPA estimates that a rain barrel can save you up to 1300 gallons of water. By using a rain barrel as a source for water in your yard activities, you can reduce demand from our water supplies and help the environment. A 1/2" rain event falling on the average roof of a home, will fill up a 55 gallon rain barrel.

Interested in a rain barrel for your home or business?

Our rain barrels are made from recycled food grade barrels and are fully fitted with a threaded spigot, overflow fittings and a screen enclosure on the lid. Both the Kendall County Soil & Water Conservation District and The Conservation Foundation have rain barrels available; make a contact to get yours today!
USED OIL DROP OFF

WHEN:
SATURDAY, JUNE 20, 2015
8AM TO 11AM

WHERE:
GRAINCO FS
8115 STATE ROUTE 47, YORKVILLE

ACCEPTING:
USED OIL, ANTIFREEZE & OIL FILTERS

Do you have more than 150 gallons of used oil?

Contact the Kendall County SWCD office at
(630)553-5821 x3
to make special arrangements.

Special Note:
We are not able to accept containers used to transport the oil or antifreeze.
The Latest

NOAA Issues Spring Outlook

March 20, 2014 - According to NOAA’s Spring Outlook released today, rivers in half of the continental United States are at minor or moderate risk of exceeding flood levels this spring with the highest threat in the southern Great Lakes region due to above-average snowpack and a deep layer of frozen ground. Additionally, drought is expected to continue in California and the Southwest.

The continuation of winter weather, above-average snowpack, frozen ground and thick ice coverage on streams and rivers will delay spring flooding into April in the upper Midwest eastward to New England. The intensity of the flooding will depend on the rate of snow and ice melt, and future rainfall.

Continued well-below average temperatures this winter resulted in significant river ice formation and ice jams in locations further south than customary, flooding homes and businesses, and impacting river commerce. There is also an elevated risk of more ice jams this spring in the northern tier of the U.S. from Montana eastward to northern New England.

"This year’s spring flood potential is widespread and includes rivers in highly populated areas putting millions of Americans at risk," said Louis Uccellini, Ph.D., director, NOAA’s National Weather Service. "Although widespread major river flooding is not expected, an abrupt warming or heavy rainfall event could lead to isolated major flooding."

Spring Flood Risk

National Weather Service hydrologists predict moderate flooding in parts of southern Wisconsin, southern Michigan and portions of Illinois, Indiana, and Iowa as a result of the current snowpack and the deep layer of frozen ground coupled with expected seasonal temperatures and rainfall. At risk are the Mississippi River and the Illinois River as well as many smaller rivers in these regions. Small streams and rivers in the lower Missouri basin in Missouri and eastern Kansas have already experienced minor flooding this year and the threat of moderate flooding will persist through the spring.

There is a risk of moderate flooding along the Red River of the North between eastern North Dakota and northwest Minnesota, and along the Souris River below Minot, N.D. River ice, snowpack and significant frozen ground are factors in the flood risk for this area. Additionally, there is a risk of moderate flooding for western South Dakota because of current saturated soils.

Minor flooding is likely in the northern Rockies, parts of the Midwest, and the Great Lakes region. Minor flooding is also possible in the Northeast, the lower Mississippi River basin, and across the entire Southeast up to Virginia, including east Texas, and parts of Arkansas, Tennessee, Kentucky, and Missouri.

http://www.erosioncontrol.com/EC/Articles/25070.aspx?format=2

4/14/2015
West Virginia and the Florida panhandle. In these areas, spring flood risk is highly dependent on rainfall.

**Drought Outlook**

Significant and widespread drought conditions continue in California which experienced its warmest and third driest winter on record. Drought is expected to persist or intensify in California, Nevada, most of interior Oregon and Utah, Arizona, New Mexico, southeast Colorado, western Oklahoma, and most of west Texas because of below-average rain or snow this winter and the onset of the dry season in April. If the drought persists as predicted in the West and Southwest, it will likely result in an active wildfire season, continued stress on crops and livestock due to low water levels, and an expansion of water conservation measures. Drought removal expected for the Big Island of Hawaii.

Drought improvement is likely in Washington, southeast Idaho, extreme northern and coastal Oregon, western and central sections of Nebraska and Kansas, central Oklahoma, and the Midwest. Drought is not expected east of the Mississippi River during the next three months.

More information about drought can be found at [www.drought.gov](http://www.drought.gov), a clearinghouse of drought-related materials managed by NOAA including maps, tools, and information to help prepare for and mitigate the effects of drought.

**Temperature and Precipitation Outlook**

Below-normal temperatures this spring are favored for an area from Montana eastward across the northern Plains to the Great Lakes region, while warmer-than-normal temperatures are most likely for western sections of Washington and Oregon, California, the desert Southwest, the southern Plains, the Southeast and all of Alaska.

For precipitation, odds favor drier-than-normal conditions for the Alaska panhandle, western Washington and Oregon, California and parts of Nevada and Arizona. Hawaii is favored to be both warmer and wetter than normal this spring.

NOAA's Spring Outlook (see our video) identifies areas at risk of spring flooding and expectations for temperature, precipitation and drought from April through June. March 16-22 is National Flood Safety Awareness Week. NOAA encourages individuals to become weather-ready by ensuring you have real-time access to flood warnings via mobile devices, weather radio and local media, and avoiding areas that are under these warnings. Empowering people with the information they need to take action to protect life and property is key to NOAA's effort to build a Weather-Ready Nation.

Source: NOAA
Figure 1: National Spring Flood Risk defined by risk of exceeding Minor, Moderate, and Major River Flood Levels

Minor river flooding is expected through New York and New England, with localized moderate flooding in western New York and eastern New England, this spring. Late January through February featured record cold temperatures throughout New York and New England, and record to near record snowfall across eastern New England. As a result, 3 to 9 inches of snow water equivalent remain locked in the snowpack over eastern New England and western New York. This represents a much above normal snowpack for east coastal New England and western New York, but a normal to below normal snowpack for parts of interior New England. The charged snowpack has raised flood concerns for the spring melt. As the warmer temperatures of springtime near, rivers and streams will begin to swell as the snowpack melts. Fortunately, below normal seasonal soil moisture, limited frost depths, and below normal ground water levels will allow snowmelt to infiltrate into the ground alleviating flood risk. However, significant river ice across northern New York and northern New England increase the risk of flooding related to ice jams and ice jam breakups. A significant warm up coupled with heavy rainfall during spring snow melt would exacerbate the flood risk.

There is a 50 percent chance of exceeding moderate flood levels in small streams and rivers in the lower Missouri River basin in Missouri and eastern Kansas which typically experience minor to moderate
flooding during the spring. This flood potential will be driven by rain and thunderstorms. The Missouri River downstream of Nebraska City, Nebraska may also experience minor flooding due to convective activity.

Moderate flooding is also expected in the lower Ohio River basin including portions of southern Illinois, southwestern Indiana, and western Kentucky. Several recent winter storms brought rain and snow to the Ohio River Valley and its tributaries, including the Tennessee and Cumberland Rivers. Melting snow and rain caused recent minor to moderate flooding. This has primed soils and streams for flooding to persist as the springtime typically brings heavy rains to this region.

Minor flooding is possible from the Gulf Coast through the Ohio River Valley and into the Southeast, including east Texas, Louisiana, Arkansas, Missouri, southern Iowa, Illinois, Indiana, Ohio, Kentucky, Mississippi, southern and western Alabama, southern Georgia, northern Florida, the coastal Carolinas and coastal Virginia. This flood potential will be driven by individual convective rain storms typical in the spring.

In Alaska, the flood potential from snowmelt and ice jams this spring is currently rated as below normal. This forecast is based on current ice thickness, observed snowpack, and long range weather forecasts. Typically Alaska snowmelt and ice jams occur in the late April to early June time frame. Bi-weekly updates to the flood potential from snowmelt and ice jams are provided by the Alaska Pacific River Forecast Center and can be obtained here.

Current water supply forecasts and outlooks in the western United States range from near normal in the Pacific Northwest, northern Rockies, and upper Colorado, to much below normal in the southern Rockies, portions of the Great Basin and in California.

Analysis of flood risk and water supply integrates late summer and fall precipitation, frost depth, soil saturation levels, stream flow levels, snowpack, temperatures and rate of snowmelt. A network of 122 weather forecast offices and 13 river forecast centers nationwide assess this risk, summarized here at the national scale.

**Heavy Rainfall and Flooding**

The information presented in this report focuses on spring flood potential, using evaluation methods analyzed on the timescale of weeks to months, not days. Heavy rainfall at any time can lead to flooding, even in areas where overall risk is considered low. Rainfall intensity and location can only be accurately forecast days in the future, therefore flood risk can change rapidly.

Stay current with flood risk in your area with the latest official watches and warnings at weather.gov. For detailed hydrologic conditions and forecasts, go to water.weather.gov

**NOAA's Experimental Long Range River Flood Risk Assessment**

Figure 2: Greater than 50% chance of exceeding minor, moderate, and major river flood levels during March-April-May

http://www.nws.noaa.gov/hic/nho/
At the request of national partners including FEMA and the US Army Corps of Engineers, NOAA continues improving its decision support services with the “Experimental National Long Range River Flood Risk,” web page available at: [http://water.weather.gov/ahps/long_range.php](http://water.weather.gov/ahps/long_range.php). Here, stakeholders can access a single, nationally consistent map depicting the 3-month risk of minor, moderate, and major river flooding. This risk information is based on NOAA Ensemble Streamflow Prediction (ESP) forecasts which are generated for thousands of river and stream forecast locations across the nation. With this new capability, a stakeholder, such as a local emergency manager, can quickly view flood risk at the levels which are known to affect their specific area of concern. These enhancements improve the value of the National Hydrologic Assessment, by clearly and objectively communicating flood risk at the local level.

The sections below quantify river flood risk based on the location having a 50% or more likelihood of exceeding minor, moderate or major flood levels. The National Weather Service (NWS), in coordination with local officials nationwide, defines flood levels for each of its river forecast locations, based on the impact over a given area. The flood categories are defined as follows:

- **Minor Flooding** - minimal or no property damage, but possibly some public threat (e.g., inundation of roads).
- **Moderate Flooding** - some inundation of structures and roads near stream. Some evacuations of people and/or transfer of property to higher elevations.
- **Major Flooding** - extensive inundation of structures and roads. Significant evacuations of people and/or transfer of property to higher elevations.

For example, on the Red River of the North at Fargo, North Dakota, Moderate Flood Stage is 25 feet. At that height, city parks and recreation areas near the river are impacted. The impacts of all floods are local and, as such, this information is unique for each forecast location. To access local flood impact information, visit [water.weather.gov](http://water.weather.gov) and click on any river service location.

### Risk of Exceeding Major Flood Levels

While there are no widespread areas with risk of exceeding major flood levels, significant river ice across the interior Northeastern United States increases the possibility of localized major flooding. With significant snowpacks in these areas, the flood risk is highly dependent on the amount of future rainfall and the rate of snowmelt this spring. In addition, significant river ice increases the risk of flooding related to ice jams and ice jam breakups.

### Risk of Exceeding Moderate Flood Levels

**New England and Western New York**

A record cold and snowy period during the second half of winter over much of the Northeastern states has left deep snowpacks and significant river ice. **Snow water contents** of 3 to 7 inches cover southern New England, with up to 10 inches in the higher terrain of northern New York, Down East Maine, and the mountains of northern New England. River ice thicknesses are running 1 to 2 feet across interior and northern New York and northern New England. Should a prolonged warm up occur coupled with heavy rains, exceeding moderate flood levels is expected.

**Lower Missouri and Lower Ohio Basins**

The lower Missouri River basin in Missouri and eastern Kansas has a threat of moderate flooding through spring. This flood potential will be driven by individual convective rain storms typical in the spring. Forecast locations with the lower Missouri River basins that may experience moderate flooding include smaller streams in the vicinity of Kansas City. The Missouri River downstream of Nebraska City, Nebraska may also experience minor flooding due to convective activity. Moderate flooding is also expected in the lower Ohio River roughly from Evansville, Indiana to the confluence with the Mississippi River. Several recent winter storms brought rain and snow to the lower Ohio River Valley and its tributaries including the Tennessee and Cumberland Rivers. This has primed soils and streams for the typical heavy spring rains which impact these areas with flooding every year.

### Risk of Exceeding Minor Flood Levels

**Ohio Valley, Tennessee and Cumberland Valleys**

These areas experienced prolonged periods of significant cold and stormy weather this winter. Forecast locations in Illinois, Indiana, Ohio, Kentucky, Tennessee and West Virginia are likely to experience minor flooding, due to river ice breakup in northern regions and potential spring rains. Historically, the spring flood risk across the northern basins, including the White River, the Wabash, and northern sections feeding the Ohio River are driven by the combination of snow water content and the potential for...
significant rain events as the spring progresses. These minor spring floods are typical, and generally occur every few years. Further south along the Tennessee, Cumberland and drainages feeding the lower Ohio River, spring flood risk typically concerns primarily heavy rainfall. However, with an abnormally cold and snowy winter in these areas, melt has already contributed to flooding. Additional spring rains may quickly change river levels and increase flood risk in these areas.

**Southern Plains and Southeastern United States**

Minor flooding also is possible across the Southeast, including Missouri, Arkansas, Louisiana, Mississippi, Alabama, Georgia and northern Florida. In addition, minor flooding continues to be possible across the eastern Texas, including the Sabine and Neches Rivers that have already experienced minor to moderate flood levels recently. This flood potential is driven by individual convective rain storms typical in the springtime, where near to above average soil moisture conditions exist.

**Other Regions/Low Flood Risk Areas**

**Pacific Northwest**

Weather patterns in this part of the country are markedly different west and east of the Cascade Mountain Range, which define the difference in flood threat.

West of the Cascades - Rivers west of the Cascade crest usually reach their highest peak flows during the winter. Due to orographically induced precipitation, the vast majority of river flooding in western Washington, and almost all major floods, occur between November and March. Spring snowmelt comes too late to add to this threat, and this year is no different.

East of the Cascades - Rivers east of the Cascades reach their annual peak in late spring or early summer when the mountain snowpack melts and runs off. The snowpack usually reaches its annual maximum in April and rivers typically crest between mid-May and mid-July. As a general rule the larger the snowpack is at the end of the season, the higher the river crests will be.

Even with a lower spring flood risk, some smaller streams and flood prone rivers may experience minor flooding with a sudden large warm-up or the occurrence of heavy rain or thunderstorms over those watersheds. Flooding during the snowmelt season can occur anywhere when heavy rain falls in a river basin if the rain is intense enough.

**Western Texas and the Southwest including California**

There is very low chance of flooding over the southwestern United States, as drought continues to impact the region. The last six months has brought above normal precipitation to southern New Mexico and West Texas, but drought conditions still persist in this area. The US Seasonal Drought Outlook indicates that drought conditions will persist or intensify across portions of New Mexico and West Texas. Further east, Oklahomas and east Texas are in the grip of an extreme drought, although long term forecasts show some relief to the area. The primary factor in development of significant river flooding over most of the region is the occurrence of excessive rainfall in relatively short periods of time, even for areas where drought conditions persist or have developed.

Please visit drought.gov for detailed outlooks, impacts and information.

**Western Water Supply**

Water supply forecasts are produced for mountainous basins in the western United States that supply water for agriculture, municipalities, and industrial uses. Forecasts reflect current hydrologic conditions including snow pack, soil moisture, and weather and climate outlooks. As these conditions change, especially over the next couple months, forecasts will be updated to reflect these changes. Water supply forecasts are generated by NOAA/NWS River Forecast Centers and the Natural Resources Conservation Service (NRCS) National Water and Climate Center.

Current water supply forecasts and outlooks in the western United States range from near normal in the Pacific Northwest, northern Rockies, and upper Colorado, to much below normal in the southern Rockies, portions of the Great Basin and in California:

- Columbia and Snake Rivers - Median forecast at The Dalles is 82% of average
- Missouri River - Median forecast at Tokto is 86% of average
- Colorado River - Median forecast inflow to Lake Powell is 71% of average

http://www.nws.noaa.gov/hic/nho/
- Rio Grande and Pecos River - Median forecasts generally range from 60% to 105% of average
- Great Basin - Median forecasts range from 35% to 75% of average for most locations
- California - Median forecasts range from less than 20% to 50% of average

These wide ranging water supply forecasts reflect the stark contrast in weather patterns between the northern and southern portions of the region.

Upper elevation areas in the headwaters of Columbia River Basin, including portions of Washington and Oregon, east of the Cascades, received above average seasonal precipitation. Snowpack is near average in sections of Idaho and western Montana. Median forecasts are above average to average in most basins, with below average runoff projected in the southern Snake River Basin tributaries.

Seasonal precipitation in the upper Colorado Basin is generally below average. Exceptions include the upper Green River Basin in Wyoming and Colorado River headwaters with near average precipitation. Snowpack is above average in the upper Green River Basin of Wyoming and near average in the Colorado River Headwaters. Elsewhere snowpack is below average. Soil moisture is near to above average over most of the upper Colorado Basin with the exception of the San Juan Basin where below average conditions exist. Water supply forecasts at specific points range from much below to near average. Inflow into Lake Powell is forecast to be 71% of average.

Seasonal precipitation in the lower Colorado Basin, including southern Utah and Arizona, varies significantly. Above average precipitation has occurred in the Little Colorado River Basin, with near to below average precipitation elsewhere in Arizona. In southern Utah much below average precipitation has been observed. The snowpack has all but been depleted in most of the Arizona Basins in part due to above average winter temperatures. In southern Utah snowpack is much below average. Soil moisture conditions are above average in the Gila River Basin and parts of the Virgin River Basin and range from near to below average elsewhere. Streamflow forecasts include 35% of median for the Little Colorado River Basin, 85% of median for the Salt River Basin, and 55% of median for the Gila River Basin. The Virgin River Basin runoff is forecast at 45% of average. Reservoir storage in the Salt River system is 50% of capacity.

For the upper Rio Grande in southern Colorado and New Mexico that drain portions of the San Juan and Sangre de Cristo mountain ranges, the current basin wide snow conditions are generally below average, but improving recently with regular storm system patterns. The Pecos River basin within New Mexico received some unusually heavy rainfall amounts last fall, such that along with additional snow/rain events, water year precipitation totals are well above average. Snowpack conditions across the Rio Grande and Pecos mountainous areas vary widely ranging from 60 to 90 percent of normal with localized above and below outliers. Along the northern and middle Sangres in Colorado and New Mexico, the snowpack improves with a general range from 90 to 110-plus percent. As a result, seasonal water supply forecasts are generally below normal, with the exception of near to above normal along the middle to upper Sangres.

Across the eastern Great Basin, seasonal precipitation has been below to much below average. Snowpack varies dramatically and ranges from 10% to 65% of average at most locations. Higher elevation headwater locations in the extreme northern Great Basin are closer to average. Several sites in the eastern Great Basin have their lowest snow on record. Soil moisture conditions are below average in all areas with exception of the highest elevation headwater areas in the Bear River, Weber River, and Provo River Basins where near to above average conditions exist. Water supply forecasts generally range from 35% to 75% of average in the eastern Great Basin.

In California, precipitation has been significantly below average for much of the state for this water year. Most areas of the state have received 25-50% of average for the water year, while the northern Sierra and portions of the North Coast mountains have received 50-70% of average. State-wide snow water content is 17% percent of the April 1st average. The April through July streamflow volume forecast in California is below average everywhere, but wide ranging. Forecast volumes for the Trinity River are 30-40%, upper Sacramento (northern Sierra) 30-65%, San Joaquin River 25-40% and for the Tulare Lake Basin 15-35% of average. The April through September upper Klamath Basin streamflow volume forecast range from 30-50% of average. Storage capacity for the major reservoir on the upper Klamath is at 83% and on the Trinity is at 47%. Reservoir capacities in the upper Sacramento basin range from 50-60%, 10-45% in the San Joaquin basin and only 10-25% of capacity in the Tulare Lake Basin. This year's reduced snowpack in the mountains will continue to result in diminished reservoir storage throughout the summer and fall.
Alaska Spring Ice Breakup Outlook

The flood potential from snowmelt and ice jams throughout Alaska this spring is currently rated as below normal. This forecast is based on current ice thickness, observed snowpack, and long range weather forecasts.

Ice Thickness
March ice thickness data are available for a limited number of observing sites in Alaska. March 1st measurements indicate that ice thickness is generally below normal across the state with a few exceptions being the North Slope and a scattering of locations in the interior where ice thickness is near normal or slightly above. Areas below normal to well below normal are the upper Kuskokwim basin and south central Alaska. Accumulated freezing degree days are below normal across the state.

Snowpack
An analysis of the March 1st snowpack by the Natural Resources Conservation Service (NRCS) indicates near normal snowpack in the upper Yukon while the rest of the state is below normal to well below. Southcentral and southeast Alaska including the Kenai are well below normal. For more details, please refer to the various snow graphics from APRFC or from the NRCS.

Weather Forecasts
The most important factor determining the severity of ice breakup remains the weather during April and May. The preliminary outlook for the next 90-days suggests an increased chance of above normal temperatures for Alaska. If daily temperatures are consistently above normal over the next two months, interior and southcentral Alaska are likely poised for a mild breakup as what little low elevation snow exists gradually melts off. For more information on the climate forecasts please refer to the Climate Prediction Center.

Spring Flood Outlook and Implications for Gulf of Mexico and Chesapeake Bay Hypoxia

The predicted spring flood risk in the upper Midwest and Ohio valley is anticipated to lead to average hypoxic zone conditions in the northern Gulf of Mexico this summer. Flood risk is slightly higher over portions of the Ohio River valley but is also predicted to be normal over much of the upper Midwest resulting in a net average condition. Flood conditions, should they occur, may lead to higher than normal springtime discharges of nutrients and freshwater from the Mississippi River into the Gulf of Mexico, conditions that promote hypoxia formation and spread. This cause and effect relationship, however, can be confounded by weather events such as tropical storms and hurricanes, which can locally disrupt hypoxia formation and maintenance.

In the northern Gulf of Mexico each year a large area of low-oxygen forms in the bottom waters during the summer months, often times reaching in excess of 5,000 square miles (the average area since 1985 is 5,212 square miles). This area of low-oxygen, otherwise known as the “dead zone”, is strongly influenced by precipitation patterns in the Mississippi-Atchafalaya River Basin (MARB) which drains over 41% of the contiguous United States. Changes in precipitation will influence river discharges into the Gulf which carry the majority of nutrients helping to fuel the annual dead zone. The upper Mississippi and Ohio Valleys supply the majority of the nutrients to the Gulf, so examining spring flood risk in these basins can provide a useful indicator of the possible size of the dead zone.

Another system with recurring summer hypoxia is the Chesapeake Bay. Hypoxia in the Chesapeake Bay has also been linked to nutrient loadings and river discharge, especially from the Susquehanna and Potomac Rivers. The spring flood outlook for portions of these basins indicates a slight risk for minor flooding but with the absence of any predicted moderate flooding we anticipate the size of hypoxia in the Chesapeake Bay will be average for 2015. This assumes typical summer conditions in the Bay region and the absence of major disruptive events such as tropical storms and hurricanes.

The spring flood outlook provides an important first look at some of the major drivers influencing summer hypoxia in the Gulf of Mexico and Chesapeake Bay. In early June, the actual river discharge rates and corresponding nutrient concentrations will be available from USGS. This information will be used by NOAA’s Ocean Service to release its annual dead zone forecast for the Gulf of Mexico and Chesapeake Bay which will provide an actual forecasted dead zone size based on the available data. In June and July, the dead zone sizes will be measured and compared against the predictions.

NOAA’s Role in Flood Awareness and Public Safety

http://www.nws.noaa.gov/ho/nho/
Floods kill an average of 89 people each year in the US. The majority of these cases could have been easily prevented by staying informed of flood threat, and following the direction of local emergency management officials.

To help people and communities prepare, NOAA offers the following flood safety tips:

- Determine whether your community is in a flood-risk area and continue monitoring local flood conditions at [http://water.weather.gov](http://water.weather.gov).
- Learn what actions to take to stay safe before, during and after a flood at [www.floodsafety.noaa.gov](http://www.floodsafety.noaa.gov).
- Visit [http://www.floodsmart.gov](http://www.floodsmart.gov) to learn about FEMA’s National Flood Insurance Program and for flood preparedness advice to safeguard your family, home and possessions.
- Purchase a [NOAA Weather Radio](http://www.nws.noaa.gov/oh/wrn) All-Hazards receiver with battery power option to stay apprised of quickly changing weather information.
- Study evacuation routes in advance and heed evacuation orders.
- **Turn Around, Don’t Drown** — never cross flooded roads, no matter how well you know the area or how shallow you believe the water to be.

NOAA’s National Weather Service is the primary source of weather data, forecasts and warnings for the United States and its territories. It operates the most advanced weather and flood warning and forecast system in the world, helping to protect lives and property and enhance the national economy. Visit us [online](http://www.nws.noaa.gov/) and on [Facebook](http://www.facebook.com).

NOAA’s mission is to understand and predict changes in the Earth’s environment, from the depths of the ocean to the surface of the sun, and to conserve and manage our coastal and marine resources. Visit us [online](http://www.nws.noaa.gov/) or on [Facebook](http://www.facebook.com).

**About this Product**

The National Hydrologic Assessment is a report issued each spring by the NWS that provides an outlook on U.S. Spring flood potential, river ice jam flood potential, and water supply. Analysis of flood risk integrates late summer and fall precipitation, frost depth, soil saturation levels, stream flow levels, snowpack, temperatures and rate of snowmelt. A network of 122 weather forecast offices and 13 river forecast centers nationwide assess this risk, summarized here at the national scale. The National Hydrologic Assessment depicts flood risk on the scale of weeks to months over large areas, and is not intended to be used for any specific location. Moreover, this assessment displays river and overland flood threat on the scale of weeks or months. Flash flooding, which accounts for the majority of flood deaths, is a different phenomenon associated with weather patterns that are only predictable days in advance. To stay current on flood risk in your area, go to [http://water.weather.gov](http://water.weather.gov) for the latest local forecasts, warnings, and weather information 24 hours a day.

**Roham Abtahi**
**National Weather Service**
**Hydrologic Information Coordinator**
**March 19, 2015**
**U.S. Seasonal Drought Outlook**

**U.S. Seasonal Drought Outlook**

Drought Tendency During the Valid Period

Valid for March 19 - June 30, 2015
Released March 19, 2015

(index on image to enlarge)

**PDF Version of Seasonal Drought Outlook Graphic ↑**

**Latest Seasonal Assessment** - With the gradual winding down of the wet season in the West, prospects for drought relief during the spring are low. Persistence and/or intensification of drought conditions is anticipated across the West, with drought development favored in western sections of both Washington and Oregon. In Arizona, Utah, and western portions of both Colorado and New Mexico, drought persistence/intensification is deemed most likely, as spring tends to be a relatively dry time of year, in advance of the summer Monsoon. For much of the southern Rockies and south-central Plains, drought improvement and/or
removal is predicted, based on the latest precipitation outlooks from CPC for April and April-June, and on spring climatology. Persistence and/or intensification of drought is forecast for the core drought areas of the south-central Plains, however, which are currently experiencing extreme or exceptional drought conditions. These core drought areas will need significant amounts of rain to offset the long duration and severity of present drought conditions. In the Upper Midwest, the areal coverage of moderate drought has expanded in the past week, and a sizable region of drought development is anticipated around it. With a relatively dry antecedent autumn and winter, soils in the region have become very dry, and a lack of snowpack has likely contributed to the record warm temperatures that occurred during the last 1-2 weeks. The CPC monthly and seasonal precipitation outlooks favor the continuation of below-median precipitation across the Upper Midwest, which would lead to further expansion of drought. In contrast, the CPC precipitation outlooks anticipate enhanced odds of above-median precipitation across the lower Mississippi Valley and central Gulf Coast region, prompting a forecast for removal of drought in those areas. For the Florida Everglades, the climatological onset of the rainy season in late May warrants the removal of drought conditions. In Hawaii, though above-median rainfall is expected during April and AMJ by CPC, it will be difficult to get a one-category improvement. Therefore, areas of drought persistence and/or intensification and drought development are indicated.

Forecaster: A. Artusa

Next Seasonal Drought Outlook issued: April 16, 2015 at 8:30 AM EDT

Seasonal Drought Outlook Discussion
Three-Month Outlooks
OFFICIAL Forecasts
Apr-May-Jun 2015

Click here for information about the three-month outlook

UPDATED MONTHLY FORECASTS SERVICE CHANGE NOTICE
EXPERIMENTAL TWO-CLASS SEASONAL FORECASTS

Text-Format Discussions
Monthly
- Iann Lead
- 30 & 60-Day Hawaiian

More Outlooks
- 30-day AM 2015
- 30-day NA 2015
- 30-day AO 2015
- 5-year DJF 2015
- 5-year SON 2015
- 5-year JJA 2015
- 30-day DJF 2015
- 30-day SON 2015
- 30-day JJA 2015

Climatological Values
(1981-2010) for AM

Tools Used (see Discussion for explanation)
- Tools Discussion
- Canonical Correlation Analysis
- Forecasting
- Climate normals
- Atmospheric Model
- Self-Monitoring Tools
- Probability of Exceedence

THREE-MONTH OUTLOOK
TEMPERATURE PROBABILITY
0.5 MONTH LEAD
RMSE 15 2015
MAR 15 MAR 2015

http://www.cpc.ncep.noaa.gov/products/predictions/long_range/seasonal.php?lead=1

4/14/2015
U.S. Drought Monitor
Midwest

April 14, 2015
(Released Thursday, Apr. 16, 2015)
Valid 7 a.m. EST

Drought Conditions (Percent Area)

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Intensity:
- D0 Abnormally Dry
- D1 Moderate Drought
- D2 Severe Drought
- D3 Extreme Drought
- D4 Exceptional Drought

The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. See accompanying text summary for forecast statements.

Author:
Michael Brewer
NCDC/NOAA

http://droughtmonitor.unl.edu/