

2025

ISSUE 02

NEWSLETTER

*Hutchison
Engineering, Inc.*

NEWSLETTER



CELEBRATING

80 YEARS

HUTCHISON
ENGINEERING, INC.

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President's Message



80 YEARS!

Congratulations we have reached this incredible milestone of 80 years in the engineering business! This is a testament to your unwavering dedication, innovation, and excellence in the field. Over the decades, HEI has faced challenges and changes, yet we have consistently demonstrated resilience and adaptability.

The legacy we have built is a beacon of inspiration, showcasing the importance of perseverance, quality, and continuous improvement. Here's to celebrating our past achievements and looking forward to many more years of success and groundbreaking advancements. May our journey continue to be filled with innovation and growth.

- **1945 - Founding Year:** World War II ended in 1945, after Germany surrendered in May and Japan capitulated in August, days after powerful new atomic bombs exploded over Hiroshima and Nagasaki.
- **1955 - Forward Thinking:** Disneyland opened in 1955 in Anaheim, California. It was the first theme park opened by the Walt Disney Company and the only one designed and constructed under the direct supervision of Walt Disney.
- **1965 - Technological Advancements:** Astronaut Ed White performed the first American spacewalk during the Gemini 4 mission.
- **1975 - Expansion and Diversification:** The Suez-Canal opened up for the first time since the six-day war in June. Kodak Digital Camera released the first digital camera.
- **1985 - Embracing Sustainability:** The first adopt a highway was put up. We are the world was recorded by USA for Africa. Microsoft Windows 1.0 was released.
- **1995 - Iconic:** O.J. Simpson is found not guilty of murder. The Million Man March in Washington. Michael Jordan came back from retirement. Digital video disks (DVDs) were invented
- **2005 - Technological Integration:** The Xbox 360 was released. The first video, "Me at the zoo", was uploaded to YouTube
- **2015 - Global Impact:** STEM Education Act – President Obama signed the STEM education act of 2015 which expanded opportunities for math and science teachers. Climate Change saw record high temperatures, high concentrations of carbon dioxide and an international agreement to limit global warming.
- **2025 - TBD**

Congratulations once again on 80 remarkable years!



Hutchison
Engineering, Inc.
Since 1945
Jacksonville • Shorewood • Peoria



Company Wins

Local Agency Big Wins!

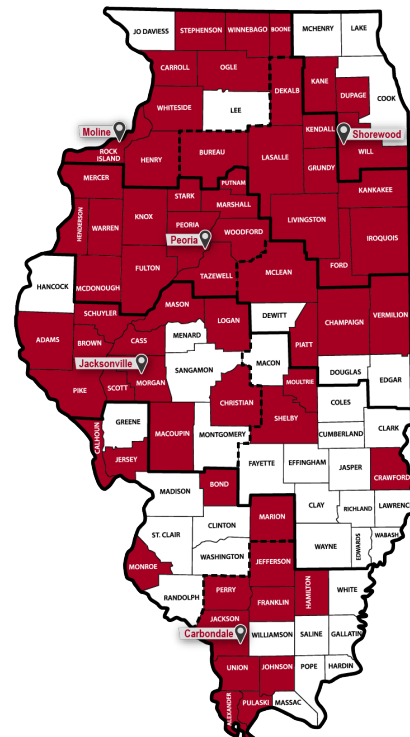


Iroquois County

The structural group has been working with the Iroquois County Highway Department for almost a decade to try and secure funding for the replacement of the County Highway 9 over Sugar Creek bridge near Stockland.

We have submitted Illinois Special Bridge Program applications for seven years in a row and finally the county was awarded \$2.8 million with the 2025 project selections. This structure (the Chapel Bridge) is very rare and unique. The main truss elements are considered to be a Cupid's Bow Arch, and these truss elements are believed to have been salvaged from the Administration Building at the 1893 Chicago World's Fair and moved here for the bridge construction in 1904. This Cupid's Bow Arch is believed to be one of only a handful remaining in the entire world.

Iroquois County has verbally committed to HEI that they would like us to complete the Phase I / II engineering for this project. This project will be a tremendous environmental undertaking between the historic nature of the existing structure, an environmentally sensitive stream, and an adjacent cemetery. HEI staff will be meeting with the county this summer to begin the process.



Company Wins

Local Agency Big Wins!



City of East Moline Greater Downtown Revitalization Project

Congratulation to Shane Larson, JD Schulte, Mike Gritton and Jason Petentler. Along with CMT, Images, Inc and Klinger will provide Phase III services for the City of East Moline.

The improvements in this project are located in three districts of Greater Downtown East Moline. The Bend, The Rust Belt on 12th Avenue corridor to include a multi-use trail along the north right-of-way. An improved pedestrian rail crossing - with active pedestrian crossing arms - will be constructed on the west side of 7th Street from 12th – 15th Ave. The Downtown district a.k.a. "Main Street" includes the reconstruction of 15th Avenue from 6th Street to 13th Street along with the "festival street" section between 7th Street and 9th Street.

City of Bloomington Phase III Construction Engineering Services for Hamilton Road

Congratulation to Shane Larson, Jason Wheeler and Doug Pagel. They along with Clark Dietz and Hermann & Associates will provide Phase III engineering services for the City of Bloomington to improve Hamilton Road.

This project is approximately 1.6 miles in length, and will be bid and constructed in two Phases. Construction of both phases are anticipated to start in the spring of 2025 and be completed by fall of 2026.

The proposed project includes the reconstruction and an extension of Hamilton Road, a new at grade crossing of the Norfolk Southern Railroad (NSRR), and reconstruction of Bunn Street, Morrissey Drive, and Rhodes Lane. In addition, the project will also include, NSRR coordination, utility relocations, stormwater management, storm sewers, sanitary sewers, water main infrastructure, non-special waste removal, a multi-use path, sidewalks, and pavement markings.



Together these two projects will bring in around \$7 Million in fees!



Company Wins

JACKSONVILLE

Cass County – [Repeat Client!](#) Secured a Phase II agreement for roadway repairs and HMA resurfacing near the Sunrise FS facility East of Virginia IL.

City of Rushville – [Repeat Client!](#) – Preparation of a successful ITEP application for reconstructing Lafayette Street from Monroe Street to Congress Avenue, which will include removing and reinstalling the existing 100 year-old Purington Pavers on a new HMA base. Construction plans were previously completed and will be updated in anticipation of a 2026 letting. \$1.295M in ITEP funds were awarded.

City of Pittsfield – [Repeat Client!](#) – Preparation of a successful ITEP application to complete the second phase of construction, consisting of reconstructing the roadways in and around the historic Pittsfield square. Phase I engineering is already complete; Phase II will be completed in 2026. This project has been awarded previous ITEP and DCEO RDMS funds totaling almost \$6M. \$1.647M in ITEP funds were awarded for the most recent application. Phase I will be constructed in 2026-2027. Phase II will be constructed in 2027 or 2028.

City of Jacksonville – [Repeat Client!](#) – Secured an agreement to provide Phase III services for the DCEO RDMS project to reconstruct South Main Street, including replacing the structure over the Town Brook.

Scott County – [Repeat Client!](#) – Secured an agreement to provide Phase I & II services for improvement to County Highway 14.

JACKSONVILLE STRUCTURAL

Warren County – [Repeat Client!](#) Secured three (3) local structure replacements from the county in one day's site visit. Phase I / II engineering agreements have been secured for all three.

Ford County – [Repeat Client!](#) Secured two (2) local structure replacements from the county in one request. Phase I / II engineering agreements are pending approval from the county / IDOT.

Cumberland County – [New Client!](#) Secured structure repair plan projects from two separate townships within Cumberland County. Engineering agreements secured and preliminary repair plans completed within two months.

LaSalle County – [Repeat Client!](#) Secured a Phase I / II engineering agreement for structure rehabilitation to County Highway 32 over the Fox River. Bearing and joint replacements, deck patching, guardrail upgrades, and a latex modified concrete overlay to this 285-foot structure.

PEORIA

City of Peoria [Repeat Client!](#) - Moss Ave. Reconstruction, selected by the City of Peoria to provide Phase III services for this \$10.0M urban street reconstruction project.

Knox County & McDonough County [Repeat Clients!](#) Selected by both counties to oversee construction of roadway improvements associated with windfarm projects. Total estimated Phase III fee \$2.5M.

Woodford County [Repeat Client!](#) – CH 13 Reconstruction, selected by Woodford County to provide Phase III services for this \$4.7M urban street and bridge reconstruction project.



SHOREWOOD

Kendal County – [Repeat Client!](#) Ridge Road (Holt to Black), Phase II engineering for the widening and expansion.

Village of Minooka – [New Client!](#) Phase I engineering for the reconstruction of McEvilly Road from a 2-lane rural cross section to a 3 lane or 5 lane urban cross section.

MOLINE

City of Rock Island 35th Street West – [Repeat Client!](#) Phase I and II engineering services to replace the existing signalized intersection with a round-a-bout.

City of Moline – 15th Street/16th Avenue Roundabout [Repeat Client!](#) Phase I and II engineering services to replace the existing signalized intersection with a round-a-bout.

Company Wins

CARBONDALE

Jackson County – [Repeat Client!](#) HEI was selected to provide phase I, II and III services for the next 5 years. Client has already assigned 2 Township Bridge Program projects and a one-mile long multi use path design.

County of Franklin – [Repeat Client!](#) HEI was awarded 3 Grade Crossing Protection Fund design projects.

HANNIBAL

Community R-VI Building Studies – [New Client!](#) Explore options for multiple future projects to be included in the Districts Ten (10) year plan.

Mississippi Valley State School Window and Door Replacement – [New Client!](#) Provide options for materials and systems to replace 50-year-old infrastructure and proceed into Construction Documents for bidding.

Morgan County Annex Renovation – [New Client!](#) Provide design options for needed renovations for the County office facility.

Airport Terminal Building – [New Client!](#) Monmouth, IL Airport

MoDOT – [New Client!](#) ADA Improvements Shelby County

MoDOT – [New Client!](#) Construction Observation Services – On-Call

BELOIT

Winnebago County – [New Client!](#) Selected by Winnebago County to provide Phase I and II services for two bridge replacement projects.

City of Beloit, WI – [New Client!](#) Selected by the City of Beloit to provide design engineering services for the reconstruction of multiple blocks of 5th Street.



MORTON

Village of Morton – [New Client!](#) HEI was awarded the Church Square Plaza new sidewalk project

Village of Morton – [New Client!](#) HEI was awarded the Sanitary Sewer Extension project

Salvation Army Mens Center – [New Client!](#) HEI was awarded the civil site and landscape project

Pekin Community High School – [New Client!](#) HEI was awarded the Parking Lot Improvements project

Let's take this moment to celebrate everything we've accomplished and look ahead to even more growth and success in the days/months/years to come. Thank you for your hard work and passion—you make HEI a truly inspiring place to be!

To learn more about these exciting projects, feel free to connect with the project manager at their location.

Company Wins

IDOT PTB Wins!

PRIME CONSULTANT

PTB 214 Item 35 - Various Phase III Projects, Various Routes, Various Counties, Region Three/District Four

These projects may consist of any projects on an IDOT Letting including, but not limited to patching and resurfacing, bridge repair, rehabilitation, and replacement, roadway widening and resurfacing, traffic signal/electric, vertical/horizontal realignment, and/or new roadway projects. HEI's subs include Bruner, Cooper & Zuck, Inc.; Hermann & Associates, LLC; Illinois Construction & Environmental Consulting, Inc.; and Millennia Professional Services, LTD.

After PTB 214, Joe said "I have not referenced the record books yet, but I am nearly certain this is the most project picks we have ever had on a bulletin. Also selected in 5 different Districts!"

SUB-CONSULTANT

PTB 214 Item 18 - Intersection Reconstruction at US 20 and IL 73 near Lena, Phase III Project, Stephenson County, Region Two/District Two

Moline Office - is a subconsultant to Illinois Construction & Environmental Consulting, Inc.

PTB 214 Item 24 - Various Phase III Projects, Region Two/District Two

Moline Office - is a subconsultant to Bruner, Cooper & Zuck, Inc.

PTB 214 Item 26 - Various, Phase III Construction Inspection Projects, Region Two/District Three

Shorewood Office - is a subconsultant to SW Consulting & Engineering Services, LLC.

PTB 214 Item 28 - Various, Phase III Construction Inspection Projects, Region Two/District Three

Shorewood Office - is a subconsultant to KAD Engineering, LLC.

PTB 215 Item 30 - I-80 and Illinois 251 interchange at Peru, Phase I/II Project, District Three

Moline Office - is a subconsultant to Benesch, Alfred & Co.

PTB 214 Item 37 - US 150 Designed Overlay from Hemlock St in Leroy to the DeWitt Co. Line, Phase I/II Project, McLean County, Region Three/District Five

Jacksonville Office - is a subconsultant to M Squared Engineering, LLC.

PTB 215 Item 29 - Various Phase III Projects, Region Two/District Two

Peoria Office - is a subconsultant to Hermann & Associates, LLC.

PTB 214 Item 49 - Various, Phase III Construction Inspection Projects, Region Five/District Nine

Carbondale Office - is a subconsultant to Volkert, Inc.

PTB 215 Item 52 - Various, Phase III Projects, District Nine

Carbondale Office - is a subconsultant to Quigg Engineering, Inc.

Office News

We're excited to announce we have opened a second office in the Peoria area!



Please join us in giving a warm welcome to Nate Parrott and Tom Clark. Together, they helped us open a new office in Morton, IL, this past February. The new office location will provide additional coverage of the Peoria metropolitan area and provide quicker access to a growing client base from the eastern suburbs of Peoria to the Indiana border.



With over 20 years of experience in landscape architecture and civil design, Nate brings a strong technical background paired with excellent interpersonal skills. His expertise spans a wide range of public and private projects, including site design, master planning, irrigation, sustainable

stormwater management, and environmental permitting. His experience in client relations and technical design and production, makes him a valuable addition to HEI.



Tom began his career at the Illinois Department of Transportation's Central Office in Springfield, working as a Repairs Unit Engineer in the Bureau of Bridges and Structures. His transition to the private sector expanded his experience across commercial and

residential developments, transportation and municipal projects, and recreational spaces. His skills encompass site design, roadway design, stormwater management, utility planning, feasibility studies, permitting, project management, and construction assistance.

We are thrilled to have Nate and Tom on board and look forward to their contributions in shaping innovative solutions for our clients!



Morton, Illinois? The name might ring a bell—especially if you're a pumpkin enthusiast.

While Morton proudly wears the title of "Pumpkin Capital of the World," it's not because the village grows all those pumpkins. Rather, it's home to Libby's massive pumpkin processing plant, which handles more than 85% of the world's canned pumpkin, according to the Village of Morton's tourism page.

PRETTY GOURD, RIGHT?



Milestone Anniversaries

We're proud to recognize the following team members for reaching significant milestones with HEI. Your dedication and years of outstanding service have played a vital role in our success.

Thank you for being an essential part of our journey.

2024



Ted Deen
Jacksonville, IL
55 Years



Gary Hutchison
Jacksonville, IL
50 Years



Tom Cody
Jacksonville, IL
45 Years



Tim Quigg
Jacksonville, IL
40 Years



Doug Pagel
Jacksonville, IL
40 Years



Steve Hughes
Peoria, IL
35 Years



Jake Meyer
Jacksonville, IL
35 Years



Ben Nebel
Jacksonville, IL
20 Years



Jamie White
Jacksonville, IL
20 Years



Zhe Li
Shorewood, IL
5 Years



Wayne Phillips
Shorewood, IL
5 Years



Ryan Kantor
Shorewood, IL
5 Years

2025



Joseph Hutchison
Jacksonville, IL
25 Years



Brian Borgman
Jacksonville, IL
25 Years



Scott Mounts
Peoria, IL
20 Years



Robert DeCraene
Shorewood, IL
15 Years



Heather Leskanich
Shorewood, IL
15 Years



Jim Threadgill
Shorewood, IL
10 Years



Kevin Grammer
Carbondale, IL
5 Years



Cole Burke
Jacksonville, IL
5 Years



Jacob Savage
Jacksonville, IL
5 Years



Matthew Ogden
Jacksonville, IL
5 Years



Heath Ridder
Jacksonville, IL
5 Years



Trent Scheuermann
Peoria, IL
5 Years



Jason Wildrick
Peoria, IL
5 Years



Austin Phillips
Shorewood, IL
5 Years



Joseph Wick, Jr.
Shorewood, IL
5 Years

Employee Spotlights

Sudip Baral, PE
Hydraulics & Hydrology Engineer
Carbondale, IL

Mr. Baral is a registered Professional Civil Engineer with over four years of experience in the industry. He was born and raised in Pokhara, Nepal—a city known for its breathtaking landscapes and serene atmosphere. Five years ago, he moved to the U.S. to pursue a master's degree and advance his career in engineering, which ultimately led him to settle in his current city.

His fascination with construction and design began in Nepal, where he was surrounded by traditional architecture and stunning natural beauty. This passion grew into a career in civil engineering, allowing him to blend creativity with problem-solving. Three years ago, he joined this firm, and since then, he has found immense fulfillment in bringing designs to life and contributing to meaningful projects.

One of the most rewarding aspects of his work is witnessing a concept transform into a finished structure—knowing that what he builds will serve communities for years to come. One of his proudest achievements is helping design and complete residential housing projects for earthquake victims in Nepal. The appreciation and gratitude from those families who received secure and resilient homes is something he will always cherish. In his current role, he is eager to take on new challenges, especially in leadership and project management, and he looks forward to working on large-scale projects with a collaborative team.

What drew him to HEI was the opportunity to work on diverse, impactful projects that foster both professional growth and meaningful contributions. The collaborative environment here encourages teamwork and innovation, making it easy to exchange ideas and tackle challenges together. He values the strong support system within the firm, where everyone is dedicated to delivering high-quality results.

Outside of work, he prioritizes maintaining a healthy balance between his professional and personal life. He enjoys playing soccer and reading to unwind and stay refreshed. His wife plays a crucial role in helping him keep this balance, offering unwavering support that allows him to stay focused and motivated. When it comes to food, his heart always returns to Nepali cuisine—especially dal bhat (lentils and rice) with chicken curry. While he loves exploring different international dishes, Nepali flavors will always remind him of home.

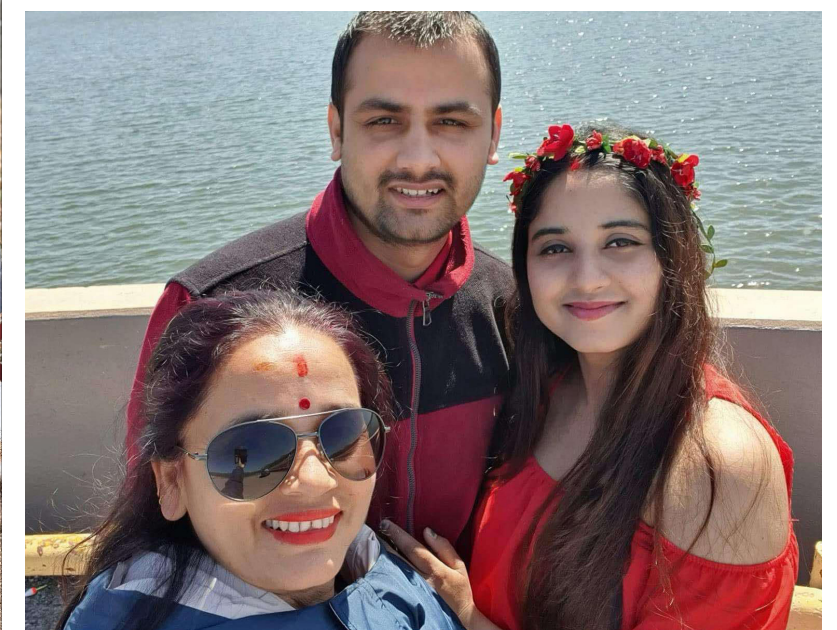
The best advice he has ever received? Never stop learning and stay curious. In the ever-evolving world of engineering, adaptability and continuous learning are the keys to success.

If he had to assemble a team for a zombie apocalypse, he would choose Bear Grylls for his survival skills, Walter White for his problem-solving genius, and Triple H for his strength and morale-boosting energy.

As for unusual foods, the strangest dish he has ever tried was century eggs in China. Though their appearance was shocking at first, he was surprised by how much he enjoyed their intense flavors.

Reality TV? He's a big fan of The Traitors—a thrilling game of deception, strategy, and suspense that keeps him hooked.

And if he could invite anyone to his talk show? Without a doubt, Lionel Messi. His extraordinary career, relentless work ethic, and humble nature would make for an unforgettable conversation about success, dedication, and what it takes to be one of the greatest athletes of all time.



Employee Spotlights

Chelle Hayslett
Marketing Manager
Moline, IL

Hi I'm Chelle, a dynamic and passionate marketing manager who's energy is contagious, or annoying whichever it is, it helps me fuel my drive and personal life with enthusiasm.

Whether I'm spearheading proposals, enhancing our website, or developing cutting-edge marketing strategies, I love transforming ideas into meaningful success.

Outside of work, fitness is a huge part of my life. I hold a second-degree black belt and have a passion for CrossFit—staying active and pushing my limits is what keeps me energized and focused.

Family is at the heart of everything I do. I'm a proud mother, currently preparing for a major milestone—my son's wedding this year! This moment fills me with joy, reflection, and anticipation as I celebrate this beautiful new chapter in his life. Greg and I have shared 25 years together, and our journey continues to be filled with adventure.

I approach life with passion, positivity, and an eagerness to make every moment count. Whether I'm working out or celebrating family, I embrace it all with an infectious energy.

Zombie Apocalypse - If I had to choose **three** people for my zombie apocalypse team, they would be **Kim Kardashian** for her fashion sense, **Justin Jefferson** (Vikings Wide Receiver) for his coolness under pressure and drive, and **Post Malone** for his mental grit and his eagerness to push limits.

Strange Food - The weirdest food I have eaten is a bear roast.

Favorite TV - Favorite TV - Big Bang Theory, Breaking Bad & LOST.

Favorite Vacation Spot -Switzerland was hands down my favorite vacation! While I usually gravitate toward beach destinations, the sheer natural beauty of Switzerland was absolutely breathtaking.

On a slightly terrifying note—I have a major fear of heights. My sister, however, somehow convinced me to take a gondola ride up Mount Pilatus. Let's just say I lost about five years of my life on that ride! For those who aren't familiar, Mt. Pilatus stands at an impressive height of 6,983 feet—which felt even higher once you were up there!

Yep thats me hiding in my sisters arm!



Marketing Insights

NACE Conference in Illinois • April 14-18

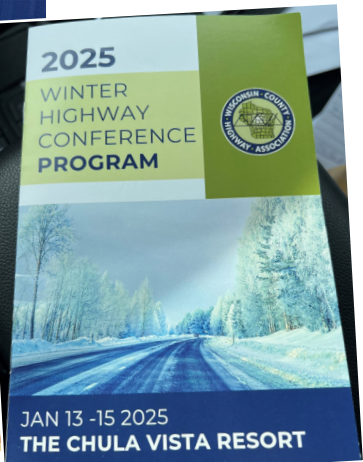


Every so often, NACE makes its way to the Midwest, and in 2025, Schaumburg was the chosen host city. HEI had a strong presence at the conference, engaging with more than 200 county engineers—speaking, networking, and forging valuable connections.



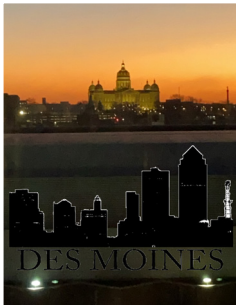
Marketing Insights

HEI took part in the **Education Expo** at the Crown Center Exhibit Hall in Kansas City, MO. During the event, Michael and Martin connected with key superintendents, gained insights into upcoming projects, and engaged with notable speakers, making it a valuable experience for HEI's continued growth and involvement in the education sector.



HEI participated in the **2025 Winter Highway Conference** in Wisconsin, where Mike Pedigo and Marcy Leach engaged with county staff and strengthened relationships with new clients. The event proved to be a valuable opportunity for forging connections and advancing HEI's presence in the region.

Shane, Michael, and Chelle had the privilege of attending HEI's inaugural **Iowa County Engineers Conference** in Des Moines, IA. The event provided a great opportunity for Michael and Shane to connect with several county engineers from the surrounding areas, fostering valuable relationships. As HEI looks forward to establishing its presence in Iowa, this conference served as an excellent starting point for engaging with the state's engineering community.



Marketing Insights

Welcome to the HEI Dashboard

It's finally here! They say good things come to those who wait, and HEI's intranet site is no exception. Since launching on May 1st, the feedback has been overwhelmingly positive, and we truly appreciate all your kind words.

To keep the site up to date and valuable for everyone, we need your help. If you change offices, welcome a new employee, or achieve a certification, let us know—we want to celebrate and ensure our information is current.

Please take a moment to review the employee directory. If your photo is missing, kindly send one to Chelle Hayslett. To take your picture, use your iPhone in portrait mode and wait for the natural light indicator to appear before snapping the photo. When choosing your background, avoid plain white walls, brick walls, or any logos to help keep the look clean and consistent.



We also challenge you to check in weekly, as new announcements will be posted on our Dashboard.

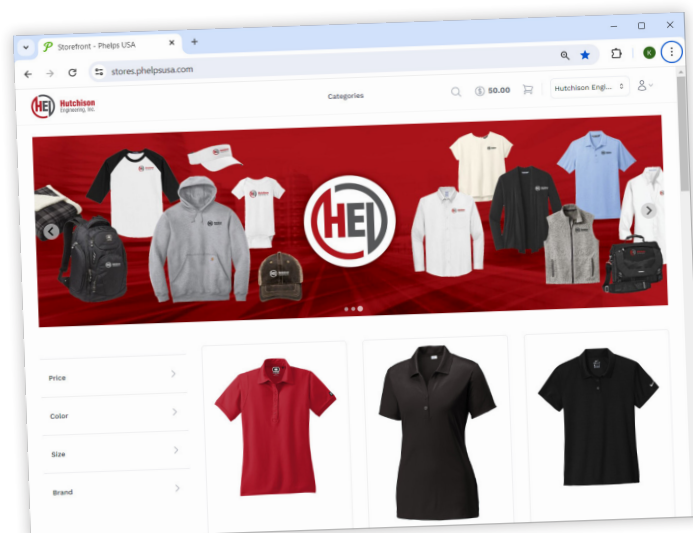
If you need something updated or would like to add content, please reach out to Kandice Frieden.

Your input makes all the difference!

HEI Apparel Store

Exciting news! HEI has added new options to our apparel store. If you're looking for something specific but can't find it, don't hesitate to reach out to Kandice Frieden for assistance.

Explore the latest selections here: <https://stores.phelpsausa.com/>



Company Compass

Births



Clint Hodges | Congratulations on the arrival of their son Thomas!



Vincent Gutierrez | Congratulations on the arrival of their son Stetson!



Ashlyn Chew | Congratulations on your new arrival!

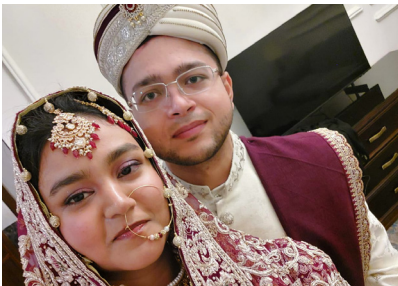


Keith Roach | Congratulations on the arrival of their son Griffin!



Brennen Peters | Congratulations on the arrival of their son Baylor!

Company Compass



Mohammed Omar | Congratulations on your Marriage!



Jatin Joshi | Congratulations on your Marriage!

Weddings & Achievements



Caleb Newell | Congratulations Caleb on receiving your Masters Degree in Civil Engineering from the University of Wisconsin!



Sofie Young | Congratulations to Sophie on receiving your Bachelors of Science Degree in Speech and Hearing Sciences from University of Kansas!



Ryan Kantor | Congratulations Ryan on earning your IL PE license!



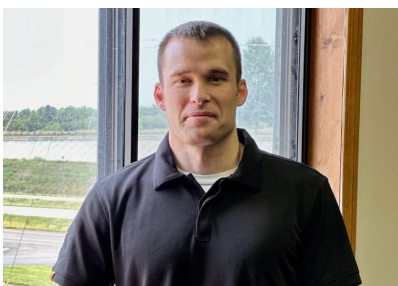
Tanner Ditchfield | Congratulations Tanner of receiving your Bachelors of Science Degree in Environmental Science from University of Illinois Urbana-Champaign!



Hunter Coultas | Congratulations Hunter on Graduating from Illinois College and Missouri S&T in Rolla and also passing the EIT exam!



Ahmed Elbelbisi | Congratulations Ahmed on earning your MO PE license!



Nolan Nichols | Congratulations to Nolan on receiving several MoDOT Certifications!



Andy Huftalin | Congratulations Andy on earning your IA, WI, MO PE license!



Devon Leach | Congratulations Devon on Graduating from University of Wisconsin - Platteville, BS Civil Engineering also passing the EIT exam!

Company Compass

New Hires



Andy Huftalin
Beloit, WI



Tucker McLean
Hannibal, MO



Hunter Coultas
Jacksonville, IL



Dan Draper
Peoria, IL



Nolan Nichols
Hannibal, IL



Devon Leach
Beloit, WI



Jeffery Wells
Carbondale, IL



Daniel Ogden
Peoria, IL



Brantley Ernat
Shorewood, IL



Thorian Twyner
Moline, IL



Nate Parrott
Morton, IL



Tom Clark
Morton, IL



Scott Strack
Carbondale, IL



David Molohon
Shorewood, IL



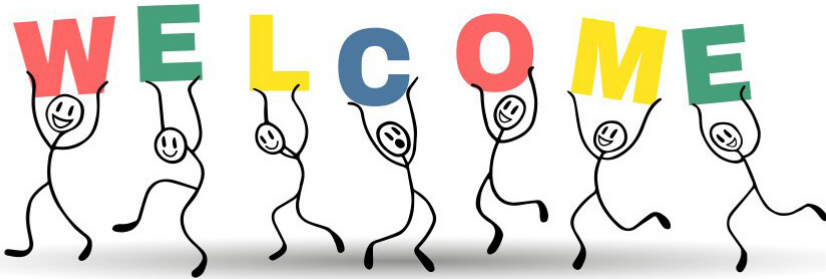
Christina Cane
Hannibal, MO



Peyton Sieveking
Carbondale, IL



Nolan Peterson
Moline, IL



Company Compass

HEALTH AND WELLNESS



Ginger-Mango Orange Cream

- 1 cup mango chunks
- 1 small orange, peeled
- 1 medium carrot, grated
- 2 tsp grated fresh ginger
- 1 cup orange-carrot juice
- 1/2 cup vanilla yogurt

Green Pina Colada

- 1 cup pineapple chunks
- 1 banana sliced
- 2 cups baby spinach
- 1 cup light coconut milk

Strawberry-White Chocolate Chip

- 1/2 cup oats
- 1 banana sliced
- 2 cups baby spinach
- 2 tsp chia seeds
- 1/4 cup white chocolate chips
- Frozen strawberries
- 1 1/2 cups milk (your choice)

Smoothie Benefits

Smoothies can provide several health benefits when prepared with nutritious ingredients. These include:

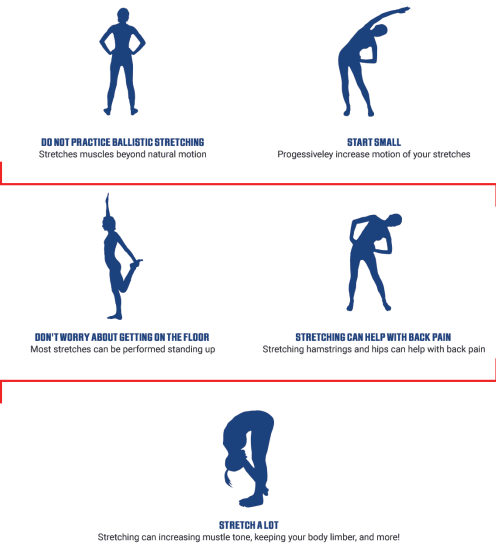
- **Nutrient-Rich:** Smoothies can be a convenient way to consume a variety of fruits, vegetables, and other nutrient-rich ingredients. This provides a concentrated source of vitamins, minerals, antioxidants, and fiber.
- **Improved Digestion:** The fiber content in smoothies promotes regular bowel movements and aids in digestion.
- **Increased Fruit and Vegetable Intake:** Smoothies can encourage people to consume more fruits and vegetables, which are essential for overall health.
- **Weight Management:** Smoothies can be a filling and satisfying meal replacement, especially when made with low-calorie ingredients like fruits, vegetables, and yogurt.
- **Reduced Blood Sugar Levels:** Smoothies made with fruits that are low on the glycemic index, such as berries and apples, can help regulate blood sugar levels.
- **Heart Health:** Smoothies containing fruits and vegetables rich in antioxidants, such as blueberries and spinach, may support heart health.
- **Boost in Energy:** Smoothies that include a combination of carbohydrates, protein, and healthy fats can provide a sustained energy boost.
- **Convenience:** Smoothies are quick and easy to prepare, making them a convenient option for on-the-go nutrition.



Avocados are a nutritional powerhouse, rich in monounsaturated fats that can help lower bad cholesterol levels. They are also an excellent source of fiber, vitamins C, E, and K, as well as essential minerals like potassium, magnesium, and folate.

On a tight deadline?

Don't forget to stretch or stand up for just five minutes. Taking regular breaks from your workstation can provide numerous benefits. Looking away from screens not only helps reduce the risk of eye strain but also getting up and walking away from a DSE workstation can increase blood flow, minimizing the chances of physical aches and soreness.



Company Compass

PODCASTS

Looking to expand your engineering knowledge? Podcasts are a fantastic resource, no matter where you are—whether you're walking your dog, driving, or on a bus, a podcast is like a reliable companion that keeps you informed and entertained (as long as your phone battery holds out!).

Originally designed for the iPod, podcasting has evolved into a hugely successful industry, covering almost every topic imaginable. From crafting the perfect omelet to grooming your pet cat, there's a podcast for everything, making essential knowledge accessible to everyone.

With the rise of smartphones, podcasting has seen a tremendous boost and is now a thriving multi-billion dollar industry, even featuring video content. For engineers—who are often busy and stressed—listening to podcasts can be a fantastic time-saver.

<https://www.apple.com/apple-podcasts/>
<https://www.audible.com>
https://play.google.com/store/apps/details?id=com.podcast.podcasts&hl=en_US&pli=1
<https://www.iheart.com/podcast/>



DID YOU KNOW



A civil engineer made water slides work. A civil engineer once created a pumping system that used just the right amount of water to make a water slide slippery. Without the proper circulation of water to the flume, a water slide won't work and there wouldn't be any ride. Engineers were also involved in the creation of water slides because they have to factor in how much people weigh, water flow and other factors.

Engineers are responsible for the Ferris wheel. The first Ferris wheel was invented by George Ferris in 1893. The Pittsburgh engineer created two 140-foot towers that were connected by a 45-foot axle. It was the single largest piece of forged steel to be created at the time. **The largest Ferris wheel manufacture in the world is the Eli Bridge Company in Jacksonville, Illinois.**

Mt. Everest is named after an engineer. The namesake of Mt. Everest is George Everest, the surveyor general for the British Empire. He made substantial contributions to the measurement of the Indian meridian arc. Everest started at the southern tip of India and went all the way into the foothills of the Himalayas.