



CITY MANAGER'S NEWSLETTER



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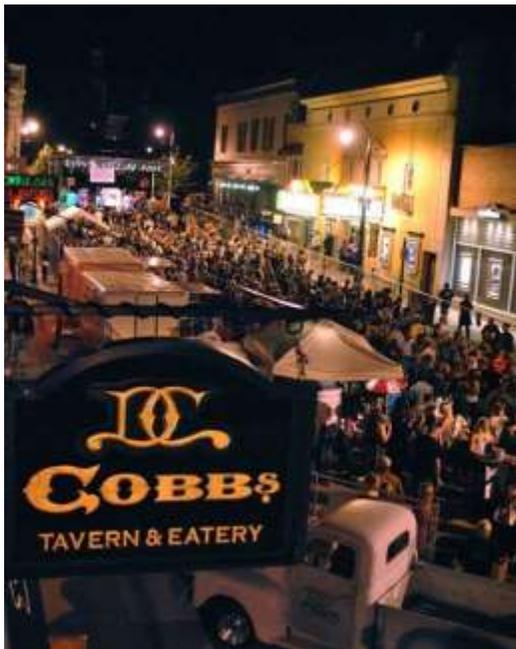
June 19, 2015

MUSIC FEST 2015

Once again this year DC Cobb's will be hosting Music Fest on the historic Woodstock Square. Benton Street will be closed between Cass Street and the railroad tracks; and E. Judd Street will be closed between Benton Street and Jefferson Street from 6:00AM on Saturday, June 20 until 6:00AM on Sunday, June 21, to accommodate the preparation and festivities. This year's event is on Saturday from noon until 11:00PM. Many of the establishments on Benton Street, including The Pour House, The Cabin, Town Tap, Off the Rails, and DC Cobb's will be involved in the Festival.

The event will include a line-up of live music, featuring 'Too White Crew', along with selections of food and beverages. For more information, go to <http://www.dccobbs.net/>

Be safe and have fun!



RAIN DAMPENS THE NUMBERS BUT NOT THE SPIRIT OF CHALLENGE RUNNERS

Early morning rains reduced the number of participants but the 324 runners who participated in the **Recreation Department's** 38th Annual *Woodstock Challenge Road Races* last Sunday enjoyed the cooler temps for running and a good time was had by all.

Jesse Long of Wonder Lake won the 5K with a time of 17:26 followed not far behind by the Women's overall winner, Erin Wagner, of Crystal Lake with a time of 17:44.

In the 10K, Victor Arevalo of Marengo was the overall winner with a time of 39:56; Breanne Miller of Johnsburg won the Women's Division with a time of 49:47.

Sixty-nine kids and a number of parents were led by **Mayor Sager** in the 1-Mile & 1/2-Mile Family Fun Runs.

The Recreation Department would like to thank all the City departments that assisted with the event including the **Police Department**, the **Opera House** and the **Parks Division**. Thanks also to the Fire/Rescue District, County Sheriff's Department, the State Police, the corporate sponsors, and the 50+ volunteers who made the event a success.

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TICK SEASON HAS ARRIVED

The warmer months, April through September, are considered tick season. For most of us, we can't wait to get outside as soon as the weather warms up. Whether you're outside doing yard work, participating in or watching sports, or walking the dog, here are a few tips for preventing tick bites.

If possible, avoid the areas where ticks live; areas with heavy brush, tall grasses and trees. If you will be spending time outside, the Centers for Disease Control and Prevention suggests using a product with 20% or more of DEET. Permethrin is a product that can be sprayed directly on clothing, shoes/boots, and is found effective even after several washings. Always be certain to follow application directions carefully and keep these products away from your eyes, mouth and hands.

The CDC suggests that you bathe within two hours after returning inside. Be certain to scan your entire body for ticks; check children and pets, as well. Thoroughly inspect all articles of clothing, bags and gear, as ticks may ride in on people, animals, or other items. As an added precaution, you may tumble dry your items in a hot dryer for an hour to kill any remaining ticks.

Should you come across a tick that is attached to the skin, follow these safe tips on tick removal: http://www.cdc.gov/ticks/removing_a_tick.html



NEW TREE FOR PARK IN THE SQUARE

The City's Downtown hosts many events during the year and is enjoyed by residents and visitors alike. Recently, the **Department of Public Works' Parks Division** removed a dying Pagoda Dogwood tree that was located in the Park in the Square. **Parks crew, Arborist Pat O'Leary** along with **Maintenance Workers Kevin Kucharski** and **Mark Stoll**, planted a *Fagus sylvatica* 'Purpurea Tricolor' tree, more commonly known as Tri Color Beech or European Beech. Leaves are variegated and come in many variations of green, pink, and white; leaves turn copper in the fall.

When you're out and about this summer and fall, stop by the Park in the Square to see this beautiful new addition!

If you have any questions about this project, please contact the Department of Public Works, 815-338-6118.

Pagoda Dogwood tree removed



Fagus sylvatica 'Purpurea Tricolor' tree



POLICE EXPLORERS PARTICIPATE IN PADS FUNDRAISER

Four members of the **Woodstock Police Department Police Explorers** participated in the PADS SleepOut for Shelter on May 9th at the Church of Holy Apostles in McHenry to help end homelessness. **Eddie Alvarez, Alex Gockenback, Joel Pinsky** and **Steven Kroll** spent eight hours – one whole night – sleeping outside the comfort of their own homes to help raise over \$180,000 for the McHenry County PADS homeless program. The money raised will help families and individuals receive services such as crisis intervention, counseling job training, transportation, emergency sleeping beds and much more.

Congratulations to these four fine Woodstock Police Explorers and their outstanding troop leader, **Sergeant Constantino “Tino” Cipolla**.



Quotation

Look up at the stars and not down at your feet.
Try to make sense of what you see, and
wonder about what makes the universe exist.
Be curious.

[Stephen Hawking](#)

TIPS TO PREVENT FLOODING



As temperatures rise and we enter the ‘rainy’ season, the danger of flooding increases.

Following are a few tips to prevent flooding and minimize damage:

- Contact your insurance agent to find out if you should have flood insurance in addition to your homeowner’s insurance coverage.
- Install a sump pump if you don’t already have one. If you do have one, be sure that it is in proper working order by pouring some water into the pit. Also, make sure the sump pump discharge hose is cleaned out. During heavy and/or frequent rain events, sump pumps work constantly and are more prone to failure. Consider having a backup sump pump available in case your primary sump pump fails and you need to do a quick replacement.
- It’s also a good idea to have a generator on hand in case of a power outage. This will ensure that your sump pump can continue doing its job.
- Before or during heavy rain events remove debris such as leaves, sticks & twigs from storm drain inlets near your home to allow proper drainage.
- Clean out your gutters and downspouts; be certain that they are free of leaves and other debris.
- Seal walls in basements with water-proofing compounds to prevent ground water or floodwater from seeping in.
- Consider having a sewer backflow valve installed to prevent sanitary sewer lines from backing up into your home through drainpipes.
- Before or during rain events, use temporary barriers such as sandbags to prevent floodwater from getting into your home.

If you have any questions, please contact the **Department of Public Works** at 815-338-6118 or pwdept@woodstockil.gov

A BUSY SEASON OF PLAYGROUND PROGRAM HAS BEGUN

Monday, June 8 was the kick off training for the **Recreation Department's Playground Program** staff at the Rec Center. All twenty-four staff members met with **Human Resources Director Deb Schober** to fill out tax forms, information sheets, and discuss personnel policies. Staff were re-certified in First Aid and CPR and trained in disability awareness by NISRA staff. They learned about DCFS mandatory reporting and they all passed the certification set forth by DCFS.

The rest of the week was filled with team building, learning new games, songs and crafts for the counselors led by the **Playground Program Supervisors Emily Draffkorn, Elissa Limbaugh and JD Fuller**.

At the end of the week, everyone headed out to the location of the program, Olson Elementary School, to set up supplies and prepare for the program.

On Wednesday our *Counselors in Training* met the counselors and toured the school facility. This year, the program has a perfect number of CITs, with 22 enrolled. The CITs are an important part of the program and serve as an extra safety measure for the little ones in the morning. The CITs met with supervisor **JD Fuller**, to go over expectations and daily responsibilities, to prepare them to start volunteering for the first week!

The Playground Program Counselor Meet and Greet was Friday, June 12 at Olson Elementary School. This was an open house that ran from 5:00-7:00PM. During this program, participants and their parents met their counselors, picked up an information packet, found their meeting point for camp days and asked any questions they may have about the program.

Also pictured are participants in the **Recreation Department's** morning *Playground Program* group during the morning sign-in on Monday, June 15. This was the first day of the program, and although there were a few tears, by the end of the day, all had fun!

This year there are over **310 kids** registered. Children ages 4-7 attend from 9:00AM-Noon and Children ages 7-12 attend from 1:00-4:00PM. This is the program's 58th year of providing a fun and safe activity for the children of our community. Registration is still available for this fun and safe summer program. Please contact the Recreation Department for more information.



SUMMER SWIM LESSONS AT WOODSTOCK WATER WORKS

The first of three sessions of swim lessons began this past Monday with 120 enrolled in 18 different classes. Intro to Swim, Parent-Tot, Bubble Club and Levels I-VI, will be offered; June 15-June 25, June 29-July 9 and July 13-July 23. Pictured is an 8:30 am Level III Class.



TOTS ARE ROCKIN' AT THE REC CENTER

Three classes of tots began rocking to the beat this past Wednesday in Tot Rock, Kid Rock I and Kid Rock II. This is an 8-week class run by **Rock-It Kids** that combines music and movement for ages 1-4.

SUMMER TENNIS LESSONS GOING STRONG

The first session of the **Recreation Department's** summer *tennis lesson* program started last week June 8 at the Emricson Park tennis courts. Youth lessons meet five days a week for three weeks.

The 2nd/3rd grade class at 9:00AM; 4th/5th grade at 10:00AM; 6th-8th grade at 11:00AM. The same class schedule will be offered for Session Two.

The second session of tennis starts July 6th and will run through July 24th.

The first session of the adult lessons are also currently meeting on Tuesdays and Thursdays from 7:00PM-8:30PM.

MEETINGS NEXT WEEK...

No Meetings Scheduled

SUPER FOOD SPOTLIGHT: QUINOA

You may have only recently heard of it, but quinoa has been around for thousands of years. And while its name may be difficult to pronounce (it's *keen-wah*), the health benefits of this ancient Incan "mother of all grains," are easy to grasp: Quinoa is one of the few plant foods that's a complete protein, meaning it provides all the essential amino acids our bodies need to function. And it can be used in an array of dishes to boot. Here's what you need to know about this must-try power food:



- **It does double duty nutritionally.** Quinoa is one of the few foods that functions as both a carb and a protein. One cup of cooked quinoa provides 39 grams of carbohydrates, 5 grams of fiber, and 8 grams of protein, as well as a healthy helping of manganese, folate, iron, and B vitamins. That means you can enjoy it on a bed of greens with a little olive oil and vinegar, and you'll be satisfied and energized for hours.
- **It's ideal for gluten-free diets.** A pitfall of the typical gluten-free diet is its lack of truly nutritious grains (white rice, anyone?). Quinoa can fill the void left by the absence of whole wheat: It provides fiber, protein, carbs, vitamins, and minerals in spades, and has an appealingly nutty taste.
- **It's easy to prepare.** If you can boil water, you can make quinoa. After about 15 minutes in a pan of hot water, the little germ, or tail, of the grain pops out and lets you know it's done. Just give the quinoa a rinse before cooking in order to remove any trace of its natural bitter coating, called saponin.
- **It's colorful.** Did you know quinoa comes in a rainbow of shades? You can buy it in red, purple, and black as well as the more typical beige. Mix and match when cooking to create a meal that pleases the eye as well as the palate.
- **It's versatile.** Quinoa comes in several forms, including whole uncooked grains, flakes, and flour. For a healthy, nutritious twist on some old favorites:
 - Bake cookies using quinoa flour in place of oatmeal.
 - Mix whole wheat breadcrumbs with cooked quinoa to make kid-friendly quinoa-crust chicken fingers.
 - Want to enjoy a hearty chowder that can double as an entrée? Throw some quinoa into the mix into the chowder?
 - Add quinoa to a tangy slaw of cabbage and diced veggies.

Want to Start to Get Healthy with an Exercise Program?

City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center**. **The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.** Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 815-338-4363 or visit www.woodstockrecreationdepartment.com for more information.



TOP 10 reasons to take the stairs

Taking the stairs instead of the elevator is a smart and simple way to improve your health. Here's why.

1 A free workout

Taking the stairs contributes to your daily amount of physical activity, without having to purchase a gym membership or special exercise equipment.

2 Improves heart health

Walking up two flights twice a day can lower your total cholesterol and raise your "good" (HDL) cholesterol level.

3 Saves time

It can be faster to take the stairs – especially during peak times – because you can avoid time wasted waiting for the elevator.

4 Burns more calories

It burns twice as many calories as many sports or activities, and five times more calories than taking the elevator.

5 Strengthens leg muscles

You can build stronger leg muscles, which reduces your risk of injuries.

6 Improves lung capacity

It is a great cardio exercise to increase the amount of oxygen in your blood and helps your lung capacity.

7 A natural stress buster

Physical activity helps relieve stress by releasing endorphins into your body – a healthier response to stress than drugs or alcohol.

8 Helps you live longer

Studies show that people who climb 55 flights of stairs per week have a lower risk of heart problems, and regular activity can reduce your risk of Type 2 diabetes.

9 Boosts confidence

It doesn't require special skills – just about anyone can do it – and you'll build confidence as you feel healthier and look better.

10 Helps with weight loss or maintenance

Just two flights a day can lead to six pounds lost in a year, and building strong calves, thighs and other muscles will help you burn more calories.



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