



CITY MANAGER'S NEWSLETTER



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CITY- WIDE MOSQUITO SPRAYING

Recent rainfall has triggered hatches of the floodwater mosquito. The City has contracted with Clarke Mosquito Control once again this year to provide as-needed Adulticiding applications which are applied through a sprayer attached to a truck traveling through streets within the City's corporate boundaries. Adulticiding applications along City streets were completed on Monday evening, June 29, as weather conditions were favorable for spraying. Going forward, residents that would like to be notified prior to an actual spraying event can call Clarke's Mosquito Hotline at (800) 942-2555.

According to Clarke, individuals can take the following steps to protect themselves against nuisance mosquitoes:

- If outdoors when mosquitoes are active, dress in light-colored, long-sleeved clothing, long pants and socks. Apply mosquito repellent with DEET to clothing and exposed skin in accordance with label directions.
- Discard any outdoor container that might hold water and empty water from wading pools and birdbaths once a week.
- Keep grass cut short and shrubbery well-trimmed around the house so adult mosquitoes will not hide there.
- Since dead birds (crows, blue jays and raptors) can be the first warning that West Nile Virus is present in the area, report dead birds on your property to the McHenry County Health Department (815.334.4510).



JULY TRAFFIC ENFORCEMENT INITIATIVE



The **Woodstock Police Department** has announced that July's Special Traffic Enforcement Initiative will target Speeding violators.

Officers will be paying special attention to motorists exceeding the posted speed limit, including those ignoring the limits in school, construction and maintenance zones.

The primary goal of the initiative is to reduce the incidence of speeding related motor vehicle crashes and the possible resulting injuries or fatalities through highly visible increased enforcement. Equally important is the continuing education of the motoring public by encouraging mandatory compliance with posted speed limits.

For further information or questions regarding this special traffic enforcement initiative, please contact **Sergeant Rob Pritchard** by phone at 815-338-2131 or by email at rpritchard@woodstockil.gov.

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DOES YOUR HOME DISPLAY HOUSE NUMBERS?

Ever wonder about your house number? Most of us move into a home and numbers are already displayed on the house. Most residents have no idea why the numbers are displayed where they are or why a particular color or size was chosen. Here in Woodstock, the City governs under the auspice of the 2006 International Fire Code which states that “new and existing buildings shall have approved address numbers, building numbers or approved building identification placed in a position that is plainly legible and visible from the street or road fronting their property. These numbers shall contrast with their background. Address numbers shall be Arabic numerals or alphabet letters. Numbers shall be a minimum of 4 inches high with a minimum stroke width of 0.5 inch”.

The fact of the matter is; these numbers are probably more important than you realize. House numbers should be clear enough so that in the event of an emergency, Police & Fire personnel and paramedics can locate your residence in a hurry. This may be a good time to review the display of your house numbers and seriously consider the following guidelines:

- Try to get numbers that can be visible from the road, 4-6 inches tall
- Purchase a color that contrasts with the background
- Consider reflective numbers since they are easier to see at night
- Carefully choose the location. Pick a location that can be seen from the street clear of trees, shrubs, piles of snow, etc.
- Make sure the numbers face the street that is listed in your homes address
- If your house is not visible from the street, locate the address at the driveway entrance.

The use of these guidelines may save your life or that of a friend or family member. Minutes and even seconds count in the event of an emergency. Contact Woodstock Fire/Rescue District, 815-338-2621, if you need help determining a proper size or location for numbers on your home, office, or place of employment.





EXPLORERS EXCEL AT REGIONAL COMPETITION

The **Woodstock Police Explorers** attended the Rockford Regional Explorer competition on Saturday, June 27th, and placed in several categories. The team consisted of **Captain Alex Gockenbach**, **Lieutenant Kristin Lemke**, **Sergeant Andrew Yuzeitas**, **Field Training Officer Steven Kroll** and **Explorer Ana Fedmasu**. They competed in 5 different categories against 10 different law enforcement agency Explorer Posts including the Rockford Police Department; U.S. Customs and Border Patrol; and the Boone County Sheriff's Office.

Individually, Andrew scored 1st place on the push-up test (61 in 60 seconds!) Ana and Kristin scored 1st and 2nd place respectively on the 1-mile run.

As a team, they took 2nd place in the Traffic Stop (high/low risk) category; 3rd place in the Felony Arrest category; 4th place on the Domestic Violence scenario and 4th place on the Suspicious Person scenario.

The Explorers work diligently at their training and they have a dedicated group of Instructors/Advisors: **Sergeant Josh Fourdyce**, **Sergeant Ray Lanz**, **Officer Rich Dolan**, **Officer Jason Bernstein**, **Detective Rob Branum**, **Officer Dave Dempsey** and the Leader of the Post, **Sergeant Tino Cipolla**.

Many other WPD personnel have volunteered their time to act as Guest Instructors or role players since the inception of the program; they include **Chief Robert Lowen**, **Detective Sergeant Jeff Parsons**, **Sergeants Dan Wesolek** and **Rob Pritchard**, **Detectives George Kopulos** and **Shane Marshall**, Officers **Eric Schmidtke**, **Cory Fink**, **Josh Rapacz**, **Jeremy Mortimer** and **Kevin Tietz**, as well as McHenry County Sheriff's Deputy Theresa Harper.

HR NEWS

RECRUITMENT

Economic Development Director: The search committee for the City's next Economic Development Director comprised of Councilman Mark Saladin, Chair of McHenry County Economic Development Corporation, **Roscoe Stelford, City Manager, Deb Schober, Human Resources Director, Joe Napolitano, Building and Zoning Director,** and Pam Cumpata, President of McHenry County Economic Development Corporation interviewed seven (7) candidates during the week of June 22nd. Four candidates had Skype interviews and three candidates had in person interviews. The search committee has invited three finalists to consider further in the process who will meet with the City's Department Directors for a second in person interview and a group of community representatives for a question and answer session in the coming weeks.

Production Assistant – Woodstock Opera House:

The City of Woodstock is seeking qualified **INTERNAL** applicants (**current City of Woodstock employees**) for Production Assistant with the Woodstock Opera House. This full-time hourly position assists the Production Manager and Building Manager with duties related to technical theatrical scenery, lighting and sound for all public performances and events in the Opera House, Stage Left Café and Park in the Square, under the direction of the Opera House Production Manager.

Min. Qualifications:

1. High school degree or equivalent.
2. Minimum 1-2 years' theatre scenery, stage lighting, sound and design production experience.
3. Ability to obtain CPR and basic first aid certifications.
4. Must possess current valid driver's license with good driving record.

A combination of experience and education providing equivalent knowledge, skills and abilities may be considered.

Salary & Benefits: \$17.37 per hour with full benefits package of group health & dental insurance, benefit time and IMRF retirement plan.

Application Process: A current resume and letter of interest/cover letter – clearly outlining relevant experience and qualifications – should be e-mailed to dschober@woodstockil.gov by the deadline shown below. The City reserves the right to select only the most qualified applicants for an interview. **EOE Application Deadline: Friday, July 10, 2015 at 5:00PM**

Limited Part-Time Front Desk Cashier and Playroom Attendant Positions:

The City of Woodstock is seeking limited part-time Cashiers and Playroom Attendants with the Woodstock Recreation Center at 820 Lake Avenue. Position works up to 18 hours per week, with possible scheduling for work periods that may include: M-F 4:30-9 am or 8AM-3PM or 3-9PM; Sat. & Sun. 7AM-noon; Sat. & Sun. noon-5PM. **NOTE: These are not seasonal positions; ideally candidates should demonstrate commitment to year-round employment on a set schedule, preferably for a minimum of 1-2 years.**

Please refer to the City's website at www.woodstockil.gov and click on the **Employment Opportunities** section for further details and the application process on the above Woodstock Recreation Center opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

THE 10 BEST EXERCISES TO DO AT YOUR DESK

Can't get out of the office? Try these tips for a healthier, less stressful workday. The word exercise comes from the Latin *exercere*, meaning to keep busy or at work.

But what the typical adult does at work is sit in a desk chair for eight hours, plus a sitting-down commute both ways and an evening spent in front of the TV. This is a recipe for ruin. Sitting all day increases our risk for obesity and puts us at risk for back pain, poor posture, leg cramps, tense muscles and sheer boredom.

Here's Something You Can Do About It: Exercise is simply the act of keeping your body busy, using your muscles and bones while your heart keeps pumping. You may feel you have no time to do any such thing amid all the rapid-fire e-mails and six-person conference calls (and reading Web articles like this one). You're not alone.

According to the National Center for Chronic Disease Prevention and Health Promotion, nearly 50% of adults in the U.S. admit that they don't engage in the suggested 30 minutes, five days a week of moderate physical activity or the suggested 20 minutes, three times a week of vigorous activity. In short, about half of Americans don't get the physical exercise they need.

But there are exercises you can do right at your desk to help you improve your body's flexibility and strength with nothing but a few minutes and your desk chair. Just remember to check with a doctor before starting any exercise regimen.

Top Tips: Even when you're not exercising, you should make sure you sit at your desk the right way, says Jason Queiros, a chiropractor at Stamford Sports & Spine, in Connecticut.

"It's important that your desk chair be at the proper height to reduce strain on your neck and back," he says. "The chair provides the support for your body throughout the day. Adjust the height so you're in a 90-90-90 position; feet flat on the floor or on a foot rest and your knees and hips bent at 90-degree angles. Keep your lower spine flat against the back of the chair to maintain proper curvature. The chair will help keep the rest of your back and neck erect in order to decrease your chance of hunching forward, which can cause spasms in the back and neck and lead to headaches."

Queiros also has advice about your computer screen. "The top one-third of the monitor should be above eye level, both to decrease eyestrain and to prevent hunching forward," he says. "Make sure you're not craning your neck forward."

He adds, "Stretching is important and easy and can help diminish back pain. Try the neck stretch: Touch your ear to your shoulder and hold it there. For a chest opener, stretch your arms back as if you were trying to grab a pencil between your shoulder blades. Stand in a doorway, hold the door frame on each side and walk forward until you feel a stretch in your chest. Last, try supported back extensions. Hold your hips and gently extend your back by bending backward."

Folks who rarely disengage from the keyboard often develop carpal tunnel syndrome. But this affliction shouldn't catch up to you if you repeat this simple move every day. Stand at your desk, and, arms straight, place your palms on the desk with your fingers pointed toward you. Lower your body slowly until you feel the stretch (you won't have to go far). Hold for 15 seconds. Repeat as needed through the day.



The “Magic Carpet Ride” works your core and arms. Sit in your chair with your legs crossed and your feet on the seat. Then place your hands on the armrests, suck in your gut and raise yourself a few inches above the seat, using your belly, muscles and hands. Hold for 10 to 20 seconds. Rest for 30 seconds. Repeat five times.

For lower-body strength, try the “Wooden Leg.” Sit in your chair. Extend one leg out straight in front of you. Hold for two seconds. Then raise it up as high as you can, and hold it again for two seconds. Repeat with each leg 15 times.

If this is too much to remember, take the stairs (two at a time!), not the elevator. Get up from your desk and go talk to your co-workers instead of e-mailing them. Park in the farthest part of the lot, or walk or bike to work. Sip water all day. A homemade lunch with lots of vegetables, fruits and whole grains will help you steer clear of the vending machine while keeping your wallet fat and your waistline trim. Above all, just don’t be lazy.

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**Want to Start to Get Healthy with an
Exercise Program?**

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

TWEENS HEAD TO MAGIC WATERS DESPITE COOLER TEMPS

Last Friday, **Recreation Program Coordinators Alan Dunker** and **Becky Vidales** entertained fifteen tweens at Magic Water in Rockford. It seemed the whole park was open just for them and despite the cooler temperatures and a consistent drizzle the group had a great time on the Double Dare Drop, the Splash Blaster and in the Tsunami Bay Wave Pool.

Pictured is the group standing in front of the Typhoon Lagoon.

The next trip is an Overnight Teen Kayak Trip for grades 6-10 on August 5 & 6. The trip is sponsored by the Illinois Parks & Recreation Association so there will be tweens from all over the state attending.

The \$68 fee includes camping, a two-hour kayak river tour, a movie at the campground, all meals, and transportation. For more information, visit www.woodstockrecreationdepartment.com or call Alan at 815-338-4363.

Quote

“We must be free not because we claim freedom, but because we practice it.” — William Faulkner

MEETINGS NEXT WEEK...

Thursday, July 9 – Library Board, 7:30, Public Library



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

Officer Andrew Reitz will address the issue of Police Officer's Use of Force and the public perception.

Coffee with the Chief



July 13, 2015
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

For further information, please call
Tamara Reed at 815-338-6787.