



CITY MANAGER'S NEWSLETTER



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July 10, 2015

TOMORROW – BE THERE OR BE SQUARE....CIRCULAR?

Members of the Bull Valley Garden Club have set a 2nd work day to continue progressing with the construction of a labyrinth @ Dick Tracy Way Park. The public is invited to come out and help set bricks and move limestone screenings and dirt. Work is scheduled to occur between the hours of 9:00AM and 12:00 noon tomorrow, Saturday July 11, 2015 at the park located on Lake Avenue just west of the Police Department. Bricks, shovels, rakes, and tampers will be provided. Dress in work clothes if you wish to participate and bring your own work gloves. All are welcome!



GIRLS SOFTBALL TOURNAMENT THIS WEEKEND



The **Recreation Department** is co-sponsoring the Eighteenth Annual Woodstock Recreation/Heatwave Girl's Fastpitch Softball Tournaments this Friday, Saturday, & Sunday with 66 teams competing in five age divisions- 18U, 16U, 14U, 12U and 10U.

Teams from as far north as Pewaukee WI, Chicago to the east, Freeport to the west and Verona to the south will compete against local teams from Woodstock, Marengo, Harvard, McHenry, Crystal Lake, and Cary.

During the three-day event, over 190 games will be played at Emricson Park, Bates Park, Woodstock North HS and McHenry Township fields.

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

- 2 Emricson Field Renovations**
- 3 HR News**
- 4 Health News**
- 5 Meetings**

EMRICSON PARK FIELD 'A' RENOVATIONS

Recently, the City was awarded an \$80,000 grant which will help offset costs of renovations to Field 'A' in Emricson Park. The renovation plan calls for new field lighting, fencing, dugouts, field tile, and grading of the infield playing surface. The City of Woodstock will be working with several contractors to get this work completed. Musco Sports Lighting, Inc. has been awarded the contract to remove all existing lights along with the installation of new lights. Bids for work to be completed on the fencing are due this Friday, July 10, 2015 at 10:00AM. The field tile and grading work will be completed between removal of the existing fence and the new being installed. Below is an anticipated time line for renovations to be completed.

April 2015

- Heavily aerated fields, top dressed, and seeded.
- Received notification that we were selected for the grant.

May 2015

- Ordered & scheduled lighting (min. 4-6 week lead time) Musco Lighting - General Contractor - Associated Electrical Contractors performed electrical work through Musco - Council approved!

June 2015

- Field opened for play- Normal field prep, and maintenance took place.

July 2015- *Field Closed for renovations Starting July 13th*

- Starting July 13, remove lighting and fencing
- Shoot elevations and obtain existing topography. (1 week)
- Advertise Bid's / Receive Bids for field fencing - (Bids due July 10th)
- Schedule and order field fencing (min. 2 week lead time) July 10th- 24th)
- Order & schedule drain tile (min. 1 week lead time July 6th-10th)
- Install lighting (3 weeks, July 20th – August 7th)
- Remove Fencing (starting July 29th)
- Install drain tile (1 week, July 27th -31st) this can be done concurrently with the lighting.

August 2015 - *Field Closed for renovations*

- Install field mix and infield conditioner (August 3rd -7th) this can be done concurrently with the lighting.
- Pour concrete pads for dugouts & Install fencing (2 weeks August 10th -27th)
- Install Ag lime to warning track (August 28th -31st)

September 2015 - *Field Closed for renovations*

- Project completion by middle of September for end of the month grant deadline.

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

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 8 am-3 pm or 3-9 pm; 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. Application Deadline: Friday, July 24, 2015 at 5:00PM.**

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.*

STAY ENERGIZED ALL DAY LONG

Remaining awake and alert all day shouldn't be all *that* hard, but it takes a rare individual not to succumb to that mid-afternoon slump. But for some, it's much more severe than simply feeling drowsy.

"It's certainly normal to have a little dip of energy during the day," says Shelby Harris, Psy D, CBSM, director of the Behavioral Sleep Medicine Program in the Sleep-Wake Disorders Center at Montefiore Medical Center in the Bronx. "Everyone gets sleepy at some point in their day."



For most people, that sleepy period is typically in the afternoon. Your body follows a 24-hour sleep and wake cycle, explains Carl Bazil, MD, attending neurologist at Columbia University Medical Center in New York City.

"Most people become sleepy in the late evening, go to sleep, and wake up in the morning, but there is a smaller dip that happens to everyone in the afternoon," he says.

This afternoon sleepiness is no doubt the reason that the siesta was invented. These days, sadly, taking a siesta is practically unheard of. But you've got a better chance at staying awake and alert from morning to night if you practice a few simple techniques:

Go outside for at least 15 minutes during the day, Harris suggests. "Bright sunlight can be very effective at keeping you alert," she says. "Go have lunch outside, take a walk, or read a book outside. Not only does the bright light help you to be alert, but going for a walk perks you up, too."

When you have to attend a meeting and you are worried about dozing off, sit up in front, Harris says. "This way, the focus is on you a little more and it is not so easy to fall asleep," she says.

At meetings, sit in a straight chair, Harris recommends. You don't want to sit in a position that will relax you too much. Sitting near a window can be very helpful, too, she says.

If you are feeling really sleepy, try taking a catnap at around 10:00 or 11:00 a.m., Harris says. "But **be careful not to take a nap too late in the day**, or it will impact your sleep at night," she warns.

Limit your caffeine intake. Your cut-off point should be no later than 2:00 p.m., Harris says. After that, switch to decaffeinated drinks.

Watch your carbs, Bazil says. Carbs generally tend to make you sleepy, which is obviously a good thing at night when you want to sleep. But an overload of carbs can sabotage your afternoon alertness. "If you have pasta at lunch, you will be a lot sleepier than if you had chicken," Bazil says.

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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.

Quote

Honor is like a match, you can only use it once.

[Marcel Pagnol](#)

MEETINGS NEXT WEEK...

Tuesday, July 14 – Economic Development
Commission, 8AM, Council Chambers

Tuesday, July 14 – Parks and Recreation
Commission – 7PM, Council Chambers



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.

BE SOMEONE'S RESCUE STORY.

City of Woodstock Recreation Department Blood Drive

Tuesday, July 21st ~ 10:00 a.m. - 1:00 p.m.

Located at 820 Lake Avenue in Woodstock

On Heartland's Mobile Coach

To make your appointment, please call the Rec Center at (815) 338-4363 or schedule online at www.heartlandbc.org.

Appointments appreciated ~ Walk-ins welcome!

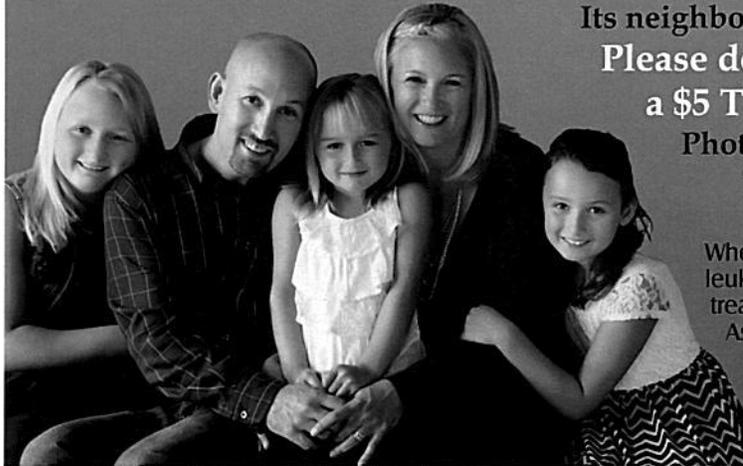
Heartland Blood Centers is the sole provider to the Centegra and Veteran Hospital's.

Its neighbors helping neighbors.

Please donate and receive

a \$5 Target gift card!

Photo ID required.



When Andy Hanson was diagnosed with leukemia as a college student, he faced years of treatment including multiple blood transfusions. As a 20 year leukemia survivor, he realizes how fortunate he is and works to support those diagnosed with blood cancer. Andy is grateful for blood donations that helped save his life.

**Heartland
Blood Centers**

1-800-786-4483
www.heartlandbc.org