



CITY MANAGER'S NEWSLETTER



Volume III Issue 32

August 7, 2015

MECHANICS UTILIZE TRAINING TO BENEFIT OPERATORS OF CITY'S STREET SWEEPERS

Fleet Maintenance Division Mechanics **Jason Dyer** and **Phil Groh** recently completed a three-day maintenance training course through the **Elgin Sweeper Company**. This training is tailored to those who maintain the sweepers focusing on the identification of common problems, repairs, and routine maintenance and operation. After attending this training, Mechanics shared what they learned with those employees assigned to operate the street sweepers in an effort to reduce unnecessary downtime and extend machine life.

This new training will definitely be a benefit to the City through savings of time and money associated with equipment troubleshooting and repairs. This type of training is an asset for mechanics who need to stay on top of advances in technology in order to facilitate quicker, more efficient repairs.



MEETINGS NEXT WEEK...

Tuesday, August 10 – Economic Development Commission, 8AM, Council Chambers
Tuesday, August 10 – Parks and Recreation Commission, 7PM, Council Chambers



Be kind whenever possible. It is always possible.

[Dalai Lama](#)



2 HR News
3-4 Health News

HR NEWS

RECRUITMENT

Assistant Public Works Director: The City of Woodstock is now seeking candidates for the position of Assistant Public Works Director. This position reports to the Public Works Director and is responsible for directing, training, planning, assigning and supervising the Public Works Superintendents with the goal of assisting the Director in managing the department. The position shall be required to perform the Director's duties in his/her absence. The position shall provide general oversight and management for maintenance and construction projects related to the maintenance of vehicles and equipment, buildings, public rights-of-way, snow removal, parking lots, forestry, parks, sewer collection, water distribution, wastewater treatment, water treatment, and storm water systems.

Minimum qualifications: Bachelor's degree in Public Administration, Business Administration, Civil Engineering or related field, with three (3) to five (5) years public works experience, or any combination of education and experience that provides equivalent knowledge, skills and abilities. Engineering background preferred but not required. A valid motor vehicle operator's license and good driving record required. Salary Range for the position is \$72,330.54 (minimum) - \$92,318.86 (midpoint) - \$112,329.78 (maximum) with excellent benefit package.

Application Deadline: Friday, August 28, 2015 at 5:00PM.

Limited Part-Time Library Shelver (Woodstock Public Library):

The City of Woodstock is accepting applications for a year-round position of limited part-time Library Shelver with the Woodstock Public Library. Variable schedule of no more than 20 hours per week includes weekdays, Monday - Wednesday 3:00PM – 6:00PM. **NOTE: This is not a seasonal position; candidates must demonstrate commitment to year-round continued employment on a set schedule.** Minimum qualifications: excellent organizational skills and attention to detail essential; Ability to lift books, push carts and stand for extended periods of time necessary; ability to respond to customer inquiries in a pleasant, mature fashion; ability to work scheduled days and times consistently throughout the year; age 16 years or older.

Application Deadline: Friday, August 7, 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 opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

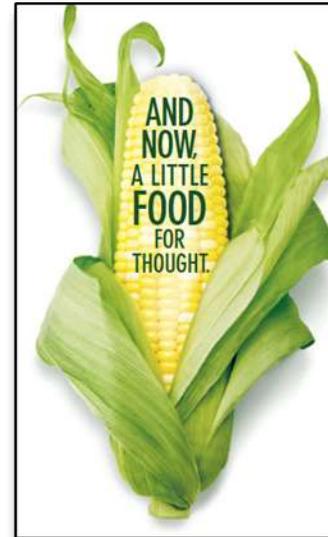
WHAT YOU SHOULD KNOW ABOUT HIGH FRUCTOSE CORN SYRUP

Creamed corn, baby corn, and corn-on-the-cob can be tasty, healthy additions to any meal. But what about high fructose corn syrup (HFCS), a corn byproduct found in numerous food products?

“Corn is a staple crop. That means corn and corn derivatives are utilized for many different purposes in foods and drinks,” says Alison Massey MS, RD, LDN, CDE, registered dietitian and diabetes educator with the Center for Endocrinology at Mercy Medical Center.

“Cornstarch is often used as a thickener, while corn syrup is used as a sweetener.”

The latter, in the form of High Fructose Corn Syrup (HFCS), is an inexpensive option that works well in place of sugar when mixed with a variety of ingredients, making it abundant in many items you’ll find on the grocery store shelves.



Foods Containing High Fructose Corn Syrup

Here are some of the types of things containing HFCS that are probably on your shopping list:

- Beverages such as sodas and sweetened fruit juices
- Cereals, cookies, crackers, and baked goods
- Dairy products, including many yogurts and ice creams
- Soups, sauce, and condiments
- Candy
- Cough medicines
- Low-fat (diet) foods
- Jam, jelly, and syrups

The Health Impact of High Fructose Corn Syrup

With such widespread use of HFCS, there’s been growing concern about the effect that consuming large quantities can have on health. Some scientists believe that the body treats HFCS differently from regular sugar, and can be to blame for serious health consequences. While the jury is still out on this, most medical experts do agree that *any* type of sweetener can contribute to high rates of obesity, along with type 2 diabetes and metabolic syndrome.

There have also been claims that genetically modified corn can cause ill effects, although this topic is also quite controversial.

How to Limit Consumption of High Fructose Corn Syrup

Massey believes, as consumers, we need to pay attention to our food and beverage choices and develop a better understanding of how our food is sourced. “In regards to the debate over high fructose corn syrup, as a dietitian and diabetes educator, I’m typically advocating for individuals to incorporate more non-sweetened beverages versus sweetened beverages into their diet,” says Massey. “As a general rule, we all should be monitoring our consumption of added sugars.”

The American Heart Association (AHA) also recommends that women limit daily added sugar intake to no more than 100 calories per day (that's about six teaspoons), and men to 150 calories per day (nine teaspoons).

It's also important to read labels and familiarize yourself with the different names that corn derivatives can be listed as, which include maltodextrins, high fructose corn syrup, cornstarch, baking powder, and dextrose.

The Importance of Eating Right

Massey and other nutritionists say that beyond paying attention to sugar and other ingredients, the best way to eat for good health is to choose a balanced whole food diet that's high in fresh fruits, vegetables, and whole grains, and limiting unhealthy fats.

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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.



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

McHenry County State's Attorney Lou Bianchi will provide an overview and discuss the inner workings of his office.

Coffee with the Chief



August 10, 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.