



CITY MANAGER'S NEWSLETTER



Volume III Issue 38

September 18, 2015

NATIONAL DRUG TAKE-BACK DAY

On Saturday, September 26, 2015, the **Woodstock Police Department** will again participate in the United States Drug Enforcement Administration (DEA) National Drug Take-Back Day event from 10:00 a.m. to 2:00 p.m. in the public parking lot (east side of the building) located at 656 Lake Avenue.

Any and all prescription or over-the-counter drugs will be accepted if they are in pill form (no liquids or syringes.) You can bring in as few or as many as you have – there is no minimum or maximum. The drugs will be accepted no questions asked and will then be properly destroyed by the DEA in an environmentally safe fashion.

The service is free and your privacy is protected. You don't even have to get out of your vehicle – Officers will be on hand to assist you – you can drive-by, drop off and be on your way.

Since 2010, county law enforcement agencies have collected an average of nearly 2000 pounds (one ton) per year of expired/unwanted solid dosage medication during the Drug Take-Back Day program!



For further information, please call **Tamara Reed** at 815-338-6787 or visit www.nationaltakebackday.com

HARVEST FEST AND FAIR IN THE SQUARE CRAFT SHOW

This year's annual Harvest Fest / Fair in the Square events are being held this Sunday, September 20 from 10:00AM – 5:00PM. This day-long celebration is held each September on the Historic Woodstock Square and features a farmers market, old-time craftspeople, vintage farm equipment, wagon rides, fall crafts, and a fiddler's contest for youth and adults.

The craft show includes all hand-made items by crafters and artists from all over the mid-west. You'll also be able to experience old-fashioned craft demonstrations such as weaving, spinning, quilting, blacksmithing and woodworking.

Bring the kids along for wagon rides and a petting zoo. And, stick around to enjoy the bluegrass music as well as the fiddler's contest while enjoying some tasty treats.



ROAD CLOSURES AND TRAFFIC CONCERNS ON SATURDAY

Please be advised of road closures and traffic concerns during the funeral procession of Deputy Dwight Maness on Saturday, September 19th. Please see the City of Woodstock's website www.woodstockil.gov for further information.

2. **City's New Website**
3. **Crack Sealing Program**
4. **HR News**
5. **Health News**
6. **Health News Con't.**
7. **Rec News**

IT'S ALIVE!! CITY OF WOODSTOCK DEBUTS NEW WEBSITE

There are few public resources these days that offer more relevant services for taxpayers than an effective governmental website. Led by **IT Manager Dan McElmeel** and **Executive Assistant Cindy Smiley**, with the aid of the remaining City Manager Office's team, **Office Assistant Monica Amraen**, **Grant Writer Terry Willcockson**, and of course, **City Manager Roscoe Stelford**, a vastly-improved www.woodstockil.gov website was presented to the City Council, and launched to the public, effective this week. City staff mentioned above, along with all individual City Departments, have been working since the beginning of the year to update our online presence, including identifying the best website design firm; assisting with visual appeal and functionality aspects; and, creating, transferring and loading the new and existing content, to offer a completely new, very fast, highly-detailed and visually-appealing website experience.

The website's functionality is structured to provide optimum service for both residents and visitors. An especially helpful feature is the "How Do I..." button on the header menu that provides rapid access to answers for the most common questions or requests from the public. Sample sections and typical requests include: *Apply For* (a building permit); *Pay For* (garbage stickers); *Find* (forms); *Request/Report* (a concern/issue); *View* (agendas/minutes/packets); *Contact* (City Council). The site further breaks out information specific to City services of immediate interest to Residents, along with information regarding events and attractions of interest to Visitors as well as Residents.

News feeds on the home page highlight current City projects, community happenings and seasonal events, while changing photo backgrounds help engage viewers' interest and generate excitement. The site includes a comprehensive Calendar of Events, as well as a welcoming message from the Mayor, with a Video Tour of the Woodstock community.

Separate programmatic City Department websites are hyperlinked to provide instant connection to Woodstock Public Library, Woodstock Opera House and Woodstock Recreation Center. These sites offer on-line book ordering, ticket purchasing and class sign-ups for maximum convenience. On the City's home page, additional on-line services are available for payment of water/sewer bills and parking tickets, along with a listing of current employment opportunities and instructions on how to apply on-line.

Of special interest to the business community, a prominent link takes visitors to a dedicated Economic Development site. These pages offer comprehensive details about everything from starting a business to searching for potential properties in the area. Included here is the current Woodstock Community Profile, demographics and maps, along with information regarding Woodstock's many services offered to assist businesses in expanding, relocating within, or moving to, Woodstock. A section titled "Uniquely Woodstock" offers highlights of Woodstock's many outstanding attributes that set the community apart as an attractive and successful location for businesses.

As recommended by the Illinois Policy Institute, the website now contains a summary section called Transparent Government. While all documents found under this tab are also found elsewhere on the website, this section offers the easiest and most convenient method to access items of special interest, such as Agendas/Minutes/Packets for City Council, Board and Commissions; Budgets and Financial Reports; Compensation and Contract information; and City Tax structure.

The site includes a Contact tab on the home page, and the City Manager's Office welcomes any and all comments, questions or concerns from the public. Employees are strongly encouraged to contact the City Manager's Office regularly and help us keep the site as current as possible. Given the wealth of community events, issues and changes taking place throughout Woodstock, the ongoing participation of everyone involved is critical to the website's success as a cutting-edge community informational and communications tool.

HYDRANT FLUSHING CONTINUES

East of Illinois Route 47 - through Friday,
September 25

At this time, all hydrant flushing has been completed on the west side of IL Route 47.

During flushing, some loss of pressure and discoloration of water may occur. This condition will not present any health hazards and will only be temporary. Due to this discoloration, residents are urged to check their water quality **prior** to doing laundry and to avoid doing any laundry when hydrants will be flushed in your area.

If you have any questions regarding hydrant flushing, or when flushing will occur in your neighborhood, please contact the Department of Public Works at 815-338-6118, or via e-mail at pwdept@woodstockil.gov



2015 CRACK SEALING PROGRAM

The City Engineer recently conducted a pre-construction meeting with Behm Pavement Maintenance of Crystal Lake to discuss requirements for the 2015 Crack Sealing Program. The program is scheduled to begin on October 1 and be completed within 2 weeks, weather permitting. The crack sealing crew(s) will utilize hot air from a high pressure wand to rout, clean and dry all cracks before a rubberized hot sealant is used to fill the cracks. The sealant is squeegeed into the crack to provide a “Band-Aid” type effect approximately 2 inches wide, flush with the pavement surface and with the edge feathered out. Crack sealing prevents water from infiltrating thru the crack and collecting under the pavement and road base. This helps prevent the formation of additional cracks which leads to the premature failure of the road base.

No road closures are expected while this work is proceeding. Please observe “extra” caution while these workers are providing this valuable service to our streets.

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



HR NEWS

RECRUITMENT

Limited Part-Time Facility Events Workers: The City of Woodstock is accepting applications for limited part-time Facilities & Events Worker with the Woodstock Opera House. Examples of duties, most of which are physically strenuous, include: assisting with the load-in and out plus the running of public events; assisting in building, repairing and maintaining props and/or scenery; assisting in rigging and running of stage lighting and/or sound; assisting patrons with customer service; assisting in the cleaning, maintenance, and repair of the facility; and other related duties as assigned. These limited part-time positions will work approximately 12-16 hours per week, mostly weekdays and weekends, with evening hours possible. Salary Rate: \$9.57 per hour; no additional benefits are provided. **Application Deadline: Friday, September 18, 2015 at 5:00PM.**

Limited-Part Time Vehicle/Facility Maintenance Worker: The City of Woodstock is accepting applications for Vehicle/Facility Maintenance Worker for the Woodstock Police Station at 656 Lake Avenue. The position is primarily responsible for interior and exterior cleaning and operational maintenance of all police vehicles. Position also provides outdoor lawn maintenance and serves as backup for Police Custodian for the police station facility. This limited part-time position works a schedule of 8:30am – 12:00pm, Monday - Friday. **Application Deadline: Friday, October 2, 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.*



The art of being wise is the art of knowing what to overlook.

[William James](#)

MEETINGS NEXT WEEK...

No Meetings Scheduled

SITTING DISEASE: MOVING YOUR WAY TO A HEALTHIER HEART

Turns out, even a daily jog in the park won't cancel out the ill effects of sitting for hours on end.

As a preventive cardiologist, Dr. Erin Michos knows the importance of exercise. As a marathon runner, she practices what she preaches.

So imagine her surprise when Dr. Michos realized she is a victim of “sitting disease,” a revelation she had after donning an [activity tracker](#).



“I run an hour a day, but I was shocked to see how few steps I took in the other 23 hours,” she says.

Having a step-tracking device opened Dr. Michos' eyes and helped motivate her to move more during the day. “Now I'm accountable.”

Dr. Michos and fellow Johns Hopkins cardiologist and runner Dr. Roberta Florido outline strategies to combat sitting disease, a modern-day malady that fuels the risk of heart disease and other ailments even among those who exercise regularly.

What is “Sitting” Disease?

You [hit the treadmill](#) regularly. You go the gym five times a week. You get enough exercise, right? Not necessarily. Turns out, even a daily jog in the park won't cancel out the ill effects of sitting for hours on end.

The notion that being sedentary over prolonged periods is unhealthy is neither new nor surprising. What is new – and quite disillusioning to those who work out regularly – is that daily exercise is by itself not enough to make up for all those hours sitting at a desk.

Indeed, mounting evidence suggests that those who spend hours with little movement are at higher risk for developing blood clots, [diabetes](#), cardiovascular disease and a constellation of other maladies fueled by insufficient physical activity.

But How Can I Be Sedentary if I Exercise Every Day?

The word sedentary comes from the Latin “sedere,” which means “to sit.” Sitting may be the most prevalent form of sedentary behavior, but it is by no means the only one. Any prolonged activity that requires you to use very little energy is a form of sedentary behavior.

Exercise physiologists use a number called MET to capture how much energy one uses during specific activities. MET, which stands for metabolic equivalent of task, is the basic unit of energy use. One MET refers to our resting metabolic rate, or baseline. Moderate walking equals 3 to 4 METs, while running equals about 8 METs. Sedentary activities generally expend no more than 1.5 METs.

Current guidelines from the American Heart Association call for 150 minutes of moderate physical activity per week, or about 30 minutes of exercise five times a week. But these guidelines fail to address energy expenditure during the rest of the day. Assuming the average adults spends 16 hours a day awake, 30 minutes of exercise a day constitute a paltry 3 percent spent actively. An exercise routine that adds up to 150 minutes a week translates to 2 percent of active time. It should come as no surprise that the 97 percent of time most adults spend in a low-activity state affect their physical well-being.

The Dangers of Sedentary Life

There is growing evidence linking sedentary behavior with poor health.

Absence of muscle contraction during long, uninterrupted stretches of inactivity can unlock a cascade of negative biochemical reactions. Research shows that the bodies of sedentary people are not as good at breaking down blood sugar and cholesterol, chief culprits in [diabetes](#), heart attacks and strokes. People who spend more time sitting have higher levels of blood sugar and disease-fueling fats called triglycerides, as well as lower levels of heart-protective HDL cholesterol, or “good” cholesterol. Sitting for too long has also been shown to increase the amount of calcium and fatty buildup inside the heart’s arteries – a leading cause of heart attacks and strokes.

A 2003 study of more than 50,000 women followed over six years found that each two-hour increase in daily TV viewing led to a 23 percent jump in obesity. For every two additional hours a day that women spent sitting at work, their obesity risk jumped by 5 percent. Sedentary behavior also increased the risk of Type 2 diabetes by 14 percent.

Another disturbing finding: A newly published review of 47 studies reveals that regardless of exercise, people who spend more time inactive had notably higher risk not only for diabetes and [heart disease](#) but also for cancer. They were also more likely to die prematurely! And although more physically active people fared better overall, they were far from immune to the negative effects of sedentary behavior.

But wait! There *is* some good news. Before you give up on exercise thinking “Why even bother!” consider this: Adding two minutes of light activity to every hour you spend sitting can lower your risk of dying by one-third, according to a 2015 study in the *Clinical Journal of the American Society of Nephrology*.

Simple Ways to Infuse More Activity into Your Day

Count your steps. [Monitoring how many steps](#) you take can be a great motivator to get up and move. You don’t need a fancy activity tracker with a gazillion functions. A simple pedometer will do. Aim for at least 5,000 steps daily, although 10,000 or more is ideal.

Sit less, move often. Here’s the *really* good news – you don’t have to replace sitting with more vigorous exercise. Research shows that light to moderate activity, such as a leisurely stroll, gardening or housework, boosts the value of your health “capital.”

Don’t give up on exercise. While getting at least 30 minutes of [vigorous activity](#) five times a week is still vital for your health, you needn’t get obsessed with it. Light activity counts too so long as you do it often during the day, every day.

The 20-8-2 rule. Some experts recommend that for every 20 minutes of sitting at home or at work, you should stand for eight minutes and move for two minutes.

Get pinged into moving. Set your watch or alarm to remind you to stand up, stretch and take a short walk for a few minutes every hour. If that’s impossible, consider adding a 15-minute walk to your morning, lunch break and evening.

Work moving. Hold “walking meetings” with a colleague instead of sitting in someone’s office.

Find excuses to take more steps. Walk over to a colleague’s desk instead of sending an email. Take the stairs instead of the elevator. Park in the back of a parking lot and walk farther. Stroll to the mailbox if you normally stop while in the car. Go on evening walks around your neighborhood with your pet and your loved ones – they need to move too!

FALL SOFTBALL OFF TO A RAINY START

The **Woodstock Recreation Department's** Adult Fall Softball Leagues started play the week of August 24. The season has started with numerous rain-outs that have put us a couple of weeks behind schedule. Monday's Co-ed "C" softball league has five teams, Tuesday's Men's "C" league has seven teams.

The next Adult League will be our 18 and older 5 on 5 Basketball League that will begin October 28th.



FREE DEMO DAY AT REC CENTER

This past Saturday, the Recreation Center hosted its annual *Land Fitness Fall Demo Day*. Half-hour samples of five different classes were taught including RIPPED, RIP Barbell Strength, Turbokick, PIYO and Cize.

The demo is free and a great way to get new members to try the classes they are unsure about. The instructors like to challenge our current members, that take classes regularly, to take all five classes for a solid 2 ½ hour workout.

On September 19, there will be Land Fitness Fall Demo Day of the classes the Recreation Center offers at YMMA located on the Square, 110 S Johnson Street. The Demo will include Multi-Level Yoga at 7:45AM and TRX, Boxing and Cardio Conditioning at 9:30 AM.

Pictured are the Turbo Kick and PiYo classes held at the Rec Center Demo.



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.

7TH ANNUAL CITY OF WOODSTOCK



**WHETHER YOU WANT TO COMPETE...OR
JUST WANT TO EAT, YOU ARE BOUND TO
HAVE A WHOLE LOT OF FUN!**

**THURSDAY, OCTOBER 22ND * 4:00PM-7:00PM
WOODSTOCK PUBLIC LIBRARY * 414 W. JUDD STREET
LOWER LEVEL * MEETING & TRAINING ROOMS**

- ★ **CHILI COOK-OFF (MULTIPLE DEPARTMENT ENTRIES ENCOURAGED)**
- ★ **A TRAVELING TROPHY WILL BE AWARDED TO THE WINNING CHILI**
- ★ **PEOPLE'S CHOICE AWARD: \$1.00/VOTE - NO LIMIT ON HOW MANY VOTES YOU CAN CAST. 100% OF PROCEEDS GOES TO UNITED WAY OF GREATER MCHENRY COUNTY**
- ★ **DRINKS PROVIDED**
- ★ **DESSERTS WELCOMED**
- ★ **RAFFLE WITH GREAT PRIZES**
- ★ **DROP-OFF HEATED CHILI IN A CROCK-POT BETWEEN 2:00PM - 3:30PM AT THE LIBRARY**
- ★ **BOWLS, SPOONS & TOPPINGS PROVIDED**
- ★ **QUESTIONS? CONTACT MONICA AMRAEN AT EXT. 1112**

CAN YOU HANDLE THE HEAT?



United Way Car Wash Fundraiser Friday, September 25, 2015



Dura-Bar Shipping Area

1800 North Lake Shore Drive, Woodstock, IL

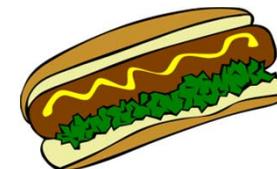
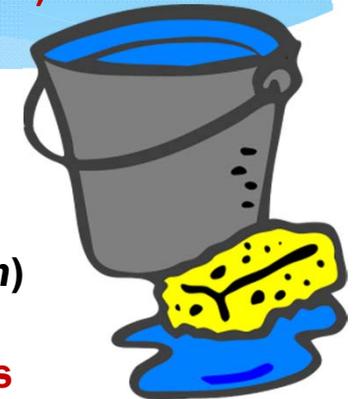
5AM to 9AM (Morning) & 1PM to 3PM (Afternoon)

\$5.00 – Car Wash Price – Paid in Advance

\$10.00 – Car Wash Price – Day of Event (plus free popcorn)

Food For Sale: Hot Dogs/Popcorn/Soda Pop/Baked Goods

Raffle Prizes: Golf Bag, Golf Umbrella, Panera Gift Card, T-Shirts, Smokey Joe Grill, White Sox Rolling Cooler & MORE!



Woodstock Walk for Hunger

October 25, 2015

Sign-In: 1:00pm • Walk: 1:15pm

5k walk through Emricson Park starting at Grace Lutheran Church

Funds raised by the walk support people in need in Woodstock & Wonder Lake.

In 2014, WACM provided:

- \$25,000 in food
- \$10,000 in clothing
- \$11,000 for other needs
- Assistance for 120 children & 111 adults per month



For more information or to register visit www.wacmgroup.org



Scan to Register

