



CITY MANAGER'S NEWSLETTER



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GOT DRUGS?

On Saturday, September 26, 2015, the **Woodstock Police Department** will participate in the 10th National Prescription 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 solid 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 with no questions asked and will be properly destroyed by the Drug Enforcement Administration (DEA) in an environmentally-safe manner.

The service is free and your privacy is protected. You don't even have to get out of your vehicle – **Sergeant Rob Pritchard** and **Officer Dan Pauley** will be on hand to assist you – you can drive by, drop off and be on your way.

Since 2010, McHenry 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.

- 2. **Bump-Outs**
- 3. **HR News**
- 4. **Rec News**
- 5. **Health News**
- 6. **Health News Con't.**

COMED'S VEGETATION MANAGEMENT ACTIVITIES

Within the next three months, ComEd will begin their mid-cycle vegetation management activities; trimming trees, branches and vines that interfere or have the potential to interfere with power lines. Tree-trimming is "a key component of ComEd's maintenance program to ensure system electrical reliability." According to ComEd, "trees and other vegetation cause about 20% of all electric service interruptions." In some cases, tree removal may be required. The remaining tree stumps are treated with an approved herbicide to prevent future regrowth. Herbicide will be applied by state-licensed applicators. All work is performed by trained, qualified arborists.

Com-Ed has contacted all residents that may be affected by this fall's tree-trimming activities; mainly along IL Route 14, Catalpa Lane, Castle Road and Lake Avenue.

For further information about vegetation maintenance along power lines, and ComEd's "Right Tree, Right Place" program, please visit their website: <https://www.comed.com/customer-service/service-request/trees-powerlines/pages/maintenance.aspx>

If you have any questions about these activities, call ComEd, 1-800-334-7661 and ask to speak with a Vegetation Management representative.

Utility Pruning



Right Tree Right Place

BUMP-OUT RENOVATIONS

In an effort to accomplish the goal of increasing the beautification of the downtown bump-outs, a renovation plan was created and presented to the City Council at their August 18, 2015 meeting. The plan was successfully approved by the City Council during that meeting. Since being approved, the **Public Works Department** has contacted a local perennial expert, local garden clubs, and flower nurseries around the area. The first phase of the bump-out renovation plan includes improvements to 47 bump-outs located on Cass, Benton, Johnson, & Van Buren Streets. The following describes the activity that has been completed or will be completed yet this fall:

Public Works started performing work to the bump-outs and has successfully completed the removal of the existing woodchips, applied gypsum & starter fertilizer, added 2-3 inches of leaf mulch, and planted 111 Bearded Iris & 150 Blue Sedge Grass perennials. 4000 bulbs will be planted later in October and the early portion of November. Beginning in the spring of 2016, work will commence on improvements to the remaining 25 bump-outs along Main Street and along Calhoun Street.

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



WEED CONTROL

The City of Woodstock periodically uses contractors to perform turf management which includes applying pesticides to control weed growth on City property. Only certified products and personnel holding pesticide operators licenses through the



Illinois Department of Agriculture apply product under the supervision of a certified pesticide applicator.

The City of Woodstock will be using weed control in common areas, as needed, during the months of October and November. Lawn markers with contact information will be placed at affected park sites and removed 24 hours after the application. For your safety we ask that you avoid these areas until the lawn is dry and the markers have been removed.

If there are any questions, 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, October 9, 2015 at 5:00PM – Deadline Extended.**

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.*



If I were two-faced, would I be wearing this one?

[Abraham Lincoln](#)

TOTS ARE ROCKIN' AT THE RECREATION CENTER

The first of two fall sessions of the **Recreation Department's** *Tot Rock and Kid Rock* classes began this week at the Rec Center. Both classes are a parent-tot musical program that focuses on song and dance, rhythm and rhyme, imaginative play and fine and gross motor skills.

Tot-Rock is for ages 1-2 and Kid Rock is for ages 2-3. Registration is being accepted at www.woodstockrecreationdepartment.com for the second session that will run November 4-December 9.



A TWISTING GOOD TIME AT CORKSCREW GYMNASTICS



The **Recreation Department** has partnered with **Corkscrew Gymnastics** in McHenry to offer a variety of tumbling/gymnastics classes.

Pictured is a little gymnast registered for the fall session of gymnastics. Classes that are running this session are *Parent-Tot Gymnastics* (ages 1-2 years), *Mighty Twisters* (ages 3-4 years) and *Beginning Gymnastics* (ages 5-16 years) and *Tumbling* (ages 6-16 years).

Classes are held at Corkscrew Gymnastics facility where participants can build strength on the floor, balance beam, vault and bars. The participants' favorite part of the class is the TumblTrak, a long trampoline that provides all the benefits of tumbling, without the wear and tear on the joints.

The second summer session began this week. Registration is available at the Recreation Department or online at www.woodstockrecreationdepartment.com.

MEETINGS NEXT WEEK...

Thursday, October 1 - Library Board, 7PM,
Library

5 WAYS DIET SODA MAKES YOU GAIN WEIGHT

If you think diet soda is a cure for weight gain, think again. A new study suggests that it not only doesn't protect against obesity, it might actually be driving you to eat more junk food.

Researchers at the University of Illinois at Urbana-Champaign looked at the dietary habits of more than 22,000 U.S. adults, and discovered that the more diet beverages you consume, the more of your daily calories come from foods high in salt, sugar, fat and cholesterol. And it's not because you don't know any better: oddly, the more educated you are, the more likely you are to fall into the trap, the study found.



Although diet-beverage drinkers consumed fewer overall calories each day than people who drank sugary drinks, a larger percentage of their calories came from junk foods. The diet sodas seemed to be driving them to eat more bad-for-you foods, according to University of Illinois kinesiology and community health professor Ruopeng An. To get a definitive answer on the virtues and vices of diet soda, the editors of *Eat This, Not That!* looked at the research and discovered the truth about zero-calorie beverages.

Diet Soda Secret #1: It Tricks You into Thinking You're Healthy - Because choosing a zero-calorie beverage gives you an instant health halo, you may be more likely to feel justified reaching for a bag of chips or a carb-heavy muffin, An says. "If people simply substitute diet beverages for sugar-sweetened beverages, it may not have the intended effect because they may just eat those calories rather than drink them." In fact, people who consume diet beverages tend to be less healthy, overall, than people who do not, according to an earlier study at the University of North Carolina at Chapel Hill.

Diet Soda Secret #2: It Sends Your Body Seeking Calories - "Artificial sweeteners affect our sense of satiety," says Isabel Smith, MS RD CDN, of Isabel Smith Nutrition. "Our bodies have evolutionarily developed to expect a large amount of calories when we take in something exceedingly sweet, and those artificial sweeteners are from 400 times to 8,000 times sweeter than sugar. It causes a couple things to happen: The muscles in your stomach relax so you can take in food, and hormones are released. With artificial sweeteners, your body says, 'Wait a minute, you told me you were going to give me all this high-calorie food.' It can actually send some people searching for more food, out of lack of satisfaction."

Diet Soda Secret #3: It Trains Your Taste Buds to Crave Sweets - Consuming super-sweet beverages — even if that sweetness comes without calories — may lead to a high preference for sweetness overall. That means you're more likely to choose the bread with more sugar, the peanut butter with more sugar, the ice cream with more sugar... And the effect may be more pronounced from diet drinks than from sugar-sweetened drinks, because artificial sweeteners are so much sweeter than real sugars.

Diet Soda Secret #4: It Causes You to Store Fat - A University of Texas study found that people who drank two or more diet sodas a day had waist-size increases that were six times greater than non-drinkers. Diet drinks are loaded with deceptively sweet artificial sweeteners, which, researchers say, trick the metabolism into thinking sugar is on its way, spike insulin levels, and shift the body from a fat-burning to a fat-storing state.

Diet Soda Secret #5: It Makes You Miss Out On Nutrition - While diet drinks are calorie-free, they're also nutrition-free. That means you're making the choice to get nothing when you could be getting something from healthy beverages like smoothies or teas. In fact, when Taiwanese researchers studied more than 1,100 people over a 10-year period, they determined that those who drank green tea had nearly 20 percent less body fat than those who drank none.

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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.

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

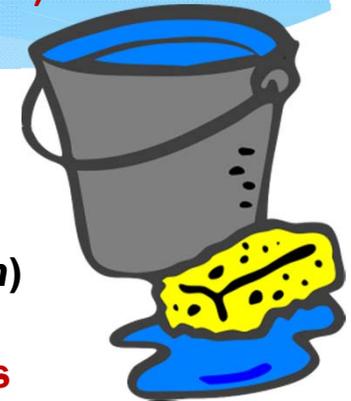


5AM to 9AM (Morning) & 1PM to 3PM (Afternoon)

\$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!

