



CITY MANAGER'S NEWSLETTER



Volume III Issue 42

October 16, 2015

UNION PACIFIC CLOSES WICKER STREET RAILROAD CROSSING BEGINNING WEDNESDAY



Union Pacific will be temporarily closing the road at the railroad crossing along Wicker Street to complete safety-related improvements. According

to Union Pacific, the crossing will remain closed for a period of 8 days, beginning at 8:00AM on Wednesday, October 21, 2015 until approximately 5:00PM on Friday, October 30, 2015.

Please keep this information in mind when traveling in this area and select an alternative route.

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

SAVE THE DATE

Joni Smith and Connie Brener from the McHenry County Recorder's Office will be the guest speakers at the November Coffee with the Chief on November 9, 2015. They will discuss the inner workings of the Recorder's Office and highlight their free Property Fraud Alert Program (those interested may sign up on the spot.).

The meeting begins at 7:00PM and is held in the training room of the **Woodstock Police Department** located at 656 Lake Avenue.

PEACE PATH & LABYRINTH JOURNEY: PHASE TWO LABYRINTH SET TO OPEN TO PUBLIC

Reminder! For all those interested, the second phase of the new attraction in Dick Tracy Way Park, now known as Peace Path & Labyrinth Journey, will open to the public this coming Sunday, October 18, 2015 at 3:00PM.

The dedication ceremony for the completed Labyrinth will include comments from Mayor Sager, as well as detailed information about the public benefits of using the Labyrinth walking path from project initiator Joy Kottra of Bull Valley Garden Club. A kiosk on site, constructed as a local Eagle Scout project, will provide insights into this multi-phase project that reflects many years of planning.

The project is a collaborative effort among the City of Woodstock, Bull Valley Garden Club, and D200's Challenge Corps students, made possible with funding from McHenry County Community Foundation.



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WHEN LEAVES OF BROWN COME TUMBLING DOWN



Leaf collection is provided as a service to residents by the City, from the end of October through the end of November. Leaves should be raked just to the street, not into it, and will be picked up at no charge during this time period only. A tentative schedule of dates, beginning Monday October 26th if weather permits, and pickup locations throughout town, is available on the City's website.

All other yard waste—grass clippings, branches, garden refuse—must be bagged separately from garbage, in brown Kraft bags or stacked in containers, with a yard waste sticker affixed to each container for pickup. Stickers are \$2.40 each and are available at City Hall, Public Works Department, or the Library.

MDC Environmental Services confirms that the final pickup day for yard waste this season will be FRIDAY, DECEMBER 4th. Please be sure to have all yard waste stickered, and ready at the curb, on your regular garbage pickup day on or before December 4th.

MEETINGS NEXT WEEK...

Tuesday, October 20 – City Council, 7PM, Council Chambers

Wednesday October 21 – Transportation Commission, 7PM, Council Chambers

Thursday, October 22 – Plan Commission, 7PM, Council Chambers

STOP ARMS AND SPEEDERS

During the month of October, **Woodstock Police Officers** will pay special attention to Stop Arm Violations (passing a stopped school bus while loading or unloading) and Speeding.

With the school year in full swing, it is imperative that the motoring public pay close attention to any school bus they encounter in traffic. Buses make frequent stops to pick up or drop off children; a stopped school bus with an extended stop arm must never be ignored. No matter how important your destination or how much of a hurry you are in, the consequences of passing a stopped school bus can be nothing less than tragic.

Speeding, especially in school zones, should be avoided. Give yourself ample time to reach your destination without hurrying; patience is a must when behind the wheel of a vehicle in any circumstance.

Questions on this traffic initiative may be directed to **Sergeant Rob Pritchard** at 815-338-2131 or rpritchard@woodstockil.gov.



OLD COURTHOUSE ADVISORY COMMISSION APPLICATION PERIOD OPEN

Mayor Sager has opened the application period for the newly-established Old Courthouse Advisory Commission. Qualified candidates should have experience in real estate, marketing, fundraising, historic preservation, economic development or community outreach, and have a sincere motivation to restore and repurpose the Old Courthouse & Sheriff's House complex for maximum public benefit.

The Commission will be made up of eight (8) members and an appointed Chair, selected by the Mayor with City Council approval. A minimum of five (5) members must reside within Woodstock city limits. The Commission must meet at least quarterly, but will be expected and strongly encouraged to meet monthly initially to develop workplans and strategies for implementation. Members are asked to serve 3-year terms and be subject to reappointment.

To request an application, please contact Terry Willcockson at 815/338-4300 x 11128 or email: twillcockson@woodstockil.gov no later than **Friday, November 6, 2015.**

Quotation

"When you talk you are only repeating what you already know. But if you listen, you may learn something new."

The Dalai Lama

BREAST CANCER AWARENESS ACTIVITIES AT REC CENTER

The Rec Center has offered members a number of fun ways to participate in Breast Cancer Awareness month.

Every time a member worked out from October 1st – 12th, he/she had the opportunity to enter a raffle for either a pink prize basket or a free entry to the Care 4 5K Race. Pictured is member Charmi Pitlodia who was the basket winner. There were two winners of the free entry to the race- Deisy Leguizamo and Alta Hutchens.

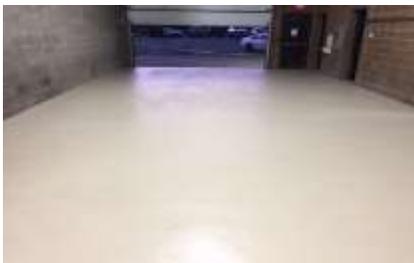
Members who run or walk in the Care 4 5K and register under the Woodstock Recreation Center team will receive \$5 in Fitness Bucks. In addition, any member who beats **Recreation Director Dave Zinnen** in the 5K will receive an additional \$5 in Fitness Bucks.



FLOOR RESURFACING COMPLETED AT PUBLIC WORKS



One area where funds will be spent in 2015 to improve existing conditions at the Public Works facility is floor resurfacing. The facility is now 37 years old. Some areas of the cement floor are severely spalled to a point where a creeper no longer can be used and in some cases, the condition creates a trip hazard. Facilities Superintendent Ernie Nelson secured a contractor who renewed the floor surface by grinding the existing concrete for proper bonding, patching all cracks and holes to properly level the area, and applying an epoxy based coating with a full broadcast spread of silica sand for safety. The area was then covered with (2) UV topcoats with extra grit which will increase the durability of the surface and create a safer work surface. Before and after photos are included with this article. Public Works is very satisfied with the quality of the work which carries a two year warranty. If you have any questions about this project, please contact the Department of Public Works, 815-338-6118.



LEAF COLLECTION IS APPROACHING

It's almost time for the City's fall leaf collection. The Department of Public Works will begin collecting bulk leaves curbside the week of Monday, October 26; weather permitting. As in past years, leaf collection will begin with all streets north of the railroad tracks. Streets south of the tracks will begin the following week, November 2.

Residents are asked to rake loose leaves to the parkway (the area between the sidewalk and street) for collection but should NOT rake leaves into the street. Leaves that have been raked into the street can plug storm sewer intakes and cause unnecessary flooding during rain events. **No vehicles should be parked on the street within twenty (20) feet of any leaf pile.**

Leaf collection information is available in the Fall City Scene and on the City's website.

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



HR NEWS

Can You Handle the Heat? 2015 City of Woodstock

Chili Cook-Off: The anticipation is ramping up for this **HOT** competition for the best chili. This year's event will be held on Thursday, October 22nd from 4:00pm-7:00pm at the Woodstock Public Library (Lower Level Meeting and Training Rooms). The details are noted below:

- Chili cook-off (multiple department entries encouraged): a traveling trophy will be awarded to the winning chili.
- **NEW THIS YEAR - People's Choice Award:** \$1.00/vote - No limit on how many votes you can cast. 100% of proceeds go to **United Way of Greater McHenry County**.
- Drinks provided.
- Desserts welcomed.
- Raffle with great prizes.

If you will be submitting an entry for the competition, **please drop off your heated chili in a crock-pot between 2:00pm – 3:30pm** at the library (Lower Level Meeting and Training Rooms).



RECRUITMENT

Full-Time Executive Assistant – City Manager's Office: The City of Woodstock is accepting applications for a full-time Executive Assistant with our City Manager's Office. The purpose of this position is to perform administrative support and confidential secretarial services to relieve the City Manager and Mayor of procedural and process detail; manage department office functions; serve as election official and Chief Deputy Clerk; represent City/coordinate events requiring City Services and maintain permanent records management. The work is performed under the direction of the City Manager. Salary Range: Salary Range: \$49,426.58 (minimum) - \$63,135.33 (midpoint) - \$76,844.09 (maximum) with placement within the range likely no higher than the first three quadrants based on qualifications and experience, with an excellent benefit package. **Application Deadline: Friday, October 30, 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 opportunity. *The City of Woodstock is an Equal Opportunity Employer.*

LOTS OF FUN WITH THE TWEENS AT THE KALAHARI

Last Thursday, during a day off of school, **Recreation Program Coordinators Alan Dunker, Renee Torrez and Becky Vidales**, took twenty-six tweens to the Kalahari Resort in the Wisconsin Dells.

The group had the 125,000 square foot water park to themselves where they could bodyboard or stand up surf on the FlowRider®, experience the thrill of the Master Blaster, brave the Sahara Sidewinders and the Screaming Hyena, and enjoy the Victoria Falls Raft Ride, huge indoor wave pool, lazy river, and spas. No Tween trip is complete without a trip to the arcade and dinner at McDonalds.

The next Tween trip is Snow Tubing at Wilmot Ski Resort on Tuesday, December 29. The fee is \$47 per person and included lunch. Registration is available at www.woodstockrecreationdepartment.com.



YOUTH VOLLEYBALL DIGS IN FOR ANOTHER SESSION

The **Recreation Department's Youth Volleyball program** started last Monday night in the gym at the Rec Center. The third and fourth grade class, which has seven participants, runs from 4:30 – 5:30PM. Class runs through November 23.

The class focuses on fundamentals of serving, passing, setting, hitting defense and blocking.



HEALTH BENEFITS OF QUITTING SODA AND DIET SODA

We've gotten smarter about soda since the days when it was considered an acceptable wash-down after an economical meal at McDonalds, or a sensible diet lunch (supplemented with a smoke). Or have we?

Drinking soda is an easy habit to fall back into — it's everywhere, and it's easy to consider diet versions to be a relatively harmless vice. A sip for nostalgia's sake or a quick caffeine hit can lead back to a three-a-day habit. So we had two diet experts tell us what happens to your body once you finally give up the colorful carbonated menace for good. In their view, soda isn't just bad for you—it's barely even liquid.



And while you're trying to turn the tide on your soda consumption, rely on protein shakes to see you through; rich, creamy and packed with filling protein, they'll satisfy your sweet tooth in place of those beloved carbonated cans.

You Eat Less, Particularly Sweets

Cutting the calories from sugar-spiked soda is a no-brainer: At 150 calories a can, those can add up to serious poundage. But diet soda packs on the pounds as well—it's just more passive-aggressive about it. "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."

You Lose Weight

"Even though diet drinks are calorie-free, they cause insulin to be released in your gut because their artificial sweeteners are sweet like sugar, and that actually prevents weight loss," says Miriam Jacobson, RD, CDN. "Insulin is your body's primary fat-storage hormone, so it will have the body hold on to any extra fat," she explains, adding, "Trying to lose weight by trading a Coke for a Diet Coke is doing the body just as much harm, if not more, because of all the chemicals in the calorie-free version." While you're weaning yourself off of your soda habit, add these fat burning foods to your diet (white tea, peppermint, oolong tea, parsley, cinnamon and black pepper), some of which actually block adipogenesis, the process by which fat is stored on your frame.

You Improve Your Immune System

The acidity in soda is bad news for your digestive system, eroding tooth enamel and worsening acid reflux. But diet sodas are especially treacherous for your gut—and the far-reaching bodily systems it affects. "Researchers are finding that artificial sweeteners may affect our healthy gut bacteria, which can affect everything from blood-sugar control to weight management to disease—how our immune system works and how our body responds to infection," says Smith.

You Stop Your Bones from Breaking Down

The caramel color in soda contains an artificially created phosphorus that can be bad for long-term bone health, says Smith. Phosphorous is a natural chemical found in foods like beans and grains, but the mutant variety found in dark soda is like a dinner guest who refuses to leave. “Basically, you’re taking something that exists in nature but making this hyper-absorbable form of it,” says Smith. “Your body doesn’t have the choice whether to absorb it or excrete it, so it can cause calcium to leach out of bones. It’s particularly bad for anybody with kidney disease,” she explains.

You Have More Energy

No shocker here: The caffeine in soda is not your friend. “Drinking too much caffeine can make you dehydrated, and it can overstimulate the nervous system, making you fatigued and exhausted,” says Smith. “I find that when people cut back on caffeine they have more energy because the caffeine causes very big highs and lows,” she adds. In her practice, Smith has seen that quitting soda can lead to a positive domino effect. “There is way more energy for our bodies in real food than in processed foods,” she says, adding, “When people cut back on processed items, they often look for more fresh foods and make better choices. By giving up soda, it may seem like you’re making one change, but it can actually change a couple aspects of your diet for the better.”

Now that you've learned the facts behind soda, reverse these harmful eating habits and start making smarter diet choices. You can lose weight fast without spending hours at the gym.

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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?



and
Ahoj Productions

Invite you to a FREE screening

Chester Gould: An American Original

the life and times of one of Woodstock's most cherished citizens,
creator of that world-famous crime-fighting detective

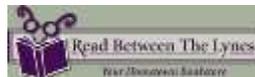
Dick Tracy



SUNDAY, NOVEMBER 1, 2015
1:00PM

Immediately followed by

“Meet the Filmmakers”
Discussion and DVD signing



111 Van Buren Street

*With deep gratitude to Classic Cinemas/Woodstock Theatre for their generous support
And to the City of Woodstock and Read Between the Lines for their assistance*

Woodstock Walk for Hunger

October 25, 2015

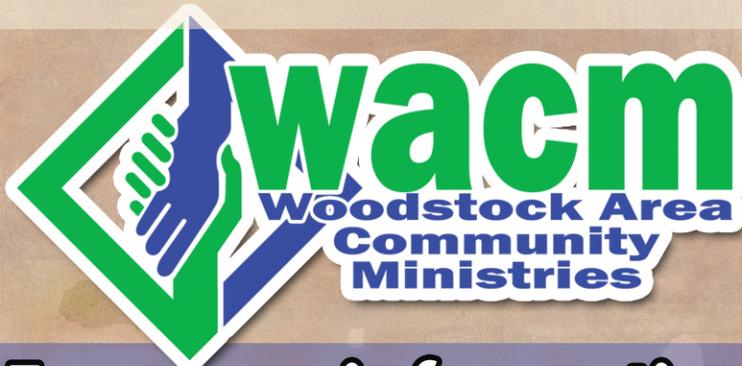
Sign-In: 1:00pm • Walk: 1:15pm

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