



CITY MANAGER'S NEWSLETTER



Volume III Issue 46

November 13, 2015

DON'T FORGET TO BUCKLE UP!



The **Woodstock Police Department** has announced that November's Traffic Enforcement Initiative targets Occupant Restraint (seat belt) violations with equal emphasis on passengers,

including children in child safety seats.

The primary goal of the initiative is to reduce the incidence of motorists driving without properly buckling up themselves, their passengers and their children. Equally important is the continuing education of the motoring public by encouraging mandatory compliance with Occupant Restraint laws.

Make it a hard and fast rule – your vehicle doesn't move an inch until *everyone* is safely buckled in – *every single time!*

For further information regarding this traffic initiative contact **Sergeant Rob Pritchard** at 815-338-2131 or at rpritchard@woodstockil.gov.

RESTORATION WORK AT RYDER'S WOODS CONTINUES

Through a collaborative grant funded by McHenry County Community Foundation, the City is working with The Land Conservancy on the final stages of cleanup and restoration of Ryder's Woods. A large area of waste concrete slabs is being excavated and removed with oversight by Public Works. In order to access this area, some trash trees and overgrowth were removed, eliciting concern from neighboring residents. When the project is finished, a new entrance and adjoining trail will be added to connect Ryder's Woods to the Peace Park area, with attractive plantings, an educational kiosk, and a planned wildflower learning garden.

Public Works Director Jeff Van Landuyt has sent out a notification letter about the upcoming excavation work; he will meet with neighboring residents at **Woodstock Public Library** on Wednesday, December 9, 2015 at 7:00PM to assure them of the value of TLC's conservation efforts to improve this public park for all Woodstock residents, as well as for birds and wildlife inhabitants.

OLD COURTHOUSE ADVISORY COMMISSION OPPORTUNITY DRAWS GREAT RESPONSE!

A total of 29 applications were received from citizens interested in participating on the Old Courthouse Advisory Commission, with many highly-qualified candidates. Mayor Sager is currently reviewing these applications and will be notifying selected Commission members in the very near future. The Commission is limited to eight members and an appointed Chair.

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LEAF COLLECTION WRAPS UP

Bulk Leaf collection has concluded for Woodstock residents that live north of the railroad tracks.

The week of Monday, November 16, 2015, is the **final** week of curbside collection of bulk leaves for all streets *SOUTH* of the railroad tracks.

Although we cannot guarantee that every leaf is collected this fall, we attempt to collect as many as possible. Residents that live *SOUTH* of the railroad tracks are asked to rake loose leaves to the parkway by 7:00AM on Monday, November 16. Leaves should NOT be raked into the street as they 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.**

Once this scheduled bulk collection is completed, Public Works will collect **bagged** leaves until Friday, December 4, 2015. *Leaves must be placed in brown yard-waste bags* (stickers are not needed). Please call Public Works to request pickup, 815-338-6118.



Quotation

You never know how strong you are until being strong is the only option you have.
Bob Marley

NEW K-9 TEAM UP AND RUNNING

Woodstock Police Department K-9 Officer Sharon Freund and her K-9 partner, **Blue**, have successfully completed their intensive eight-week training course at TOPS Kennel in Grayslake. The new crime fighting duo graduated on November 6th and is already hard at work on the afternoon shift (from 4:00PM to 12:30AM.) On their first night out, Blue discovered illegal drug paraphernalia hidden in a suspect's vehicle.

Officer Freund joined the department in January, 2013 as a Patrol Officer. She applied to become the new K-9 Officer when the position opened up earlier this year and after a series of interviews and a review of her work record, she was appointed by **Chief of Police Robert Lowen**.

K-9 Blue is a German Shepherd born and bred in the Czech Republic; he will be two years old in December. He will live and work with Officer Freund full-time throughout his law enforcement career. When the time comes for Blue to retire (many years down the road), he will continue to live with her as a family pet.

Congratulations to Officer Freund and Blue on their accomplishment; we wish you a long and successful partnership!



OFFICER JEREMY MORTIMER HONORED

Woodstock Police Department Officer Jeremy Mortimer was honored as the 2015 Woodstock Police Officer of the Year on Saturday, November 7th at a dinner hosted by the Moose Lodge, along with several other local honorees. Officer Mortimer was joined by his wife, Hollie, children Kylee and Kasen, his parents, brother and aunt, as well as his supervisor, **Detective Sergeant Jeffrey Parsons** and **Chief Robert Lowen** and his wife, Debbie, at the event.

Officer Mortimer joined the department in July, 2005 as a Patrol Officer. His current assignment (since 2010) is as the department's School Resource Officer dividing his time equally between Woodstock and Woodstock North High Schools.

Officer Mortimer is also a Police Explorer Advisor; volunteers his time at Shop with a Cop events and visits the Misericordia Home in Chicago to play basketball with residents there.

Congratulations on this well-deserved honor, Officer Mortimer!

EAGLE SCOUT PROJECTS COMPLETED AT PEACE PARK

Eagle Scout candidate, Colby Law, organized a team of scouts to create the stone entry path to the labyrinth walkway and planted the adjacent border of sedums. He also raised funds to purchase the beautiful bench at the entry to the labyrinth and chose the saying inscribed on the bench.

As his Eagle Scout project, Andrew Stripp raised funds and oversaw construction of the two informational kiosks at the entry points to Peace Park. He researched existing designs and met with local designer Michael Stanard for ideas before deciding on a plan, which would include locked display cases that will be periodically updated with information about the park. Andrew was awarded a matching gift from Woodstock Morning Rotary to purchase these cases.



MEETINGS NEXT WEEK...

Tuesday, November 17 – City Council, 7PM,
Council Chambers

Tuesday, November 18 –Transportation
Commission, 7PM, Council Chambers

Thursday, November 19- Plan Commission, 7PM,
Council Chambers

BUMP-OUT RENOVATIONS

The **Parks Division's** downtown bump-out renovation plan was approved by Woodstock City Council at their August 18, 2015 meeting.

The first phase of the bump-out renovation plan called for 47 bump-outs around the immediate downtown square to have the following work completed in the fall of 2015:

- Remove woodchip mulch.
- Spread gypsum and starter fertilizer to the bump-outs, which helps amend the soil in prep for planting perennials.
- Install 2-3" of chopped leaf mulch into the bump-outs, which helps amend the soil and feed nutrient's to the newly planted perennials.
- Purchase and plant 111 Bearded Iris, 150 Blue Sedge Grass, 2000 Daffodil bulbs, 2000 Grape Hyacinth bulbs in September.
- Plant bulbs in late October and early November once the soil cooled down.

The Parks Division has completed all of the first phase work and will continue to perform daily maintenance to the bump-outs. Further updates will take place in Spring, 2016.

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





HR NEWS

Explore Your Benefits – City of Woodstock 2016 Open Enrollment Benefits Fair:

The City of Woodstock open enrollment event will be held on **Wednesday, November 18th** from **10:30AM – 6:00PM** at City Hall, 2nd Floor. **Spouses are welcome!**

It is highly recommended that all full-time employees attend the event to learn about new benefit changes:

- Dental plan now an optional benefit
- New wellness program

A **presentation on benefits** will be held at **11:00AM, 2:00PM** and **4:30PM**. **Representatives from various benefit services will be on hand to answer questions and help guide you through your decision-making.** Benefit representation includes:

- UMR Health Insurance/Hub International Insurance Brokers
- UnitedHealthcare® Vision
- VSP® Vision Care (VSP is back!)
- Flex Spending Accounts
- Aflac® - Supplemental Insurance Coverage

Please note that **all** 2016 Benefit Forms are due in the HR Office **NO LATER** than **Tuesday, December 8, 2015**.

RECRUITMENT

Limited Part-Time Facilities & Events Workers – Woodstock Opera House (Reposted): 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. Starting pay is \$9.57 per hour; no additional benefits are provided. **Application Deadline: Friday, November 20, 2015 at 5:00PM.**

Please refer to the City's website at www.woodstockil.gov and click on the Jobs section for further details and the application process on the above opportunity. *The City of Woodstock is an Equal Opportunity Employer.*

SLOW CARBS VS. FAST CARBS

Mention the word “carbs” and most people think of white breads, sugars, and pasta—the foods we’re frequently told to avoid when we read about diet, nutrition, weight loss, and blood sugar control. However, not all carbohydrates are created equal.

In broad, general terms, carbohydrates can be broken down into two basic types: slow and fast. These labels refer to the rate at which these foods are digested and absorbed into the bloodstream. Slow carbs tend to be high in fiber and are more slowly absorbed, so they have a less dramatic effect on blood sugar levels. Fast carbs are absorbed very quickly, and cause the higher spikes in blood sugar that we want to avoid.



How is This Measured?

The rate at which carb-rich foods are absorbed can be measured by a tool known as the glycemic index (GI). On a scale up to 100, the glycemic index ranks foods by how much they raise blood sugar, once absorbed. The lower the number, the less effect a food will have on your blood sugar. Only carbohydrates are measured on the glycemic index because fat and protein do not directly affect blood sugar levels.

Slow Carbs (The Ones You Want to Eat!)

Slow carbs are those foods with a low glycemic index (55 or below), such as most vegetables, legumes, most fruits, and whole-grain foods. They include:

- Apples
- Beans
- Lentils
- Oranges
- Pears
- Rice, wild or brown
- Yogurt, plain
- Whole-grain breads

Fast Carbs (The Ones You Want to Avoid!)

Fast carbs are those with a high glycemic index (70 or above), such as white bread, white potatoes, most processed foods and snacks, and other refined foods that are low in fiber or fat, or high in sugar. They include:

- Doughnuts
- Honey
- Potato, baked
- Potato, French fries
- Potatoes, mashed

- Rice, short-grain or sticky white
- White breads

Some carb-rich foods are considered “medium” on the GI scale, with a value between 56 and 69. Some examples are bananas, oats, pineapple, sweet corn, long-grain white rice and white table sugar.

Although individual carb-rich foods are each assigned an independent GI value, the GI can change when that food is cooked, processed, or eaten with other types of food at the same meal. A low GI food eaten at the same time as a high GI food can balance out the effects of the higher ranked food. Even your own metabolism can affect the GI value of foods. Also, some foods may have a high GI, but when they are eaten in standard portion sizes, they will not cause notable spikes in blood sugar.

Another scale that takes this concept a step further, is known as the Glycemic Load (GL). The GL uses GI values to calculate the specific number of carbs in a standard portion size of a carb-rich food. On many tables that list the GI of different foods you will also see the GL values. A GL below 10 is considered low and a GL of 20 is high.

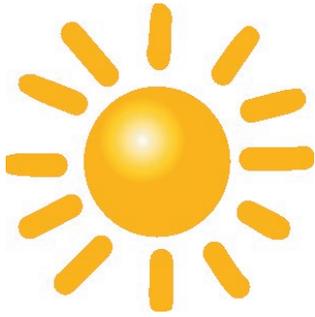
“Overall, it is best to control your blood sugar by choosing mostly low glycemic, or slow foods,” says Marina Chaparro, RDN, CED, MPH, Spokesperson for the Academy of Nutrition and Dietetics. “And it is equally important to limit your portion sizes, and eat combinations of foods from at least two or three different food groups that supply a variety of nutrients at each meal.”

For those diagnosed with prediabetes or diabetes, this is an essential practice for maintaining good blood sugar control. With or without diabetes, it is simply good preventative health care. Overeating high-glycemic foods that cause chronic spikes in blood sugar will not only increase your risk of developing type 2 diabetes, but can also contribute to weight problems, high blood pressure, high blood fats, inflammatory conditions, heart disease, and stroke.

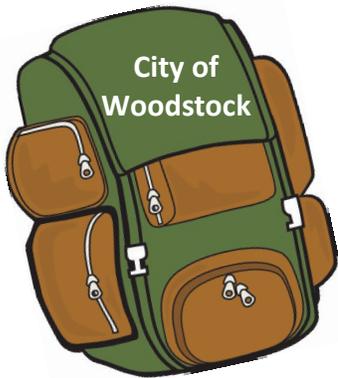
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Want to Start to Get Healthy with an Exercise Program?

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.



EXPLORE YOUR BENEFITS



City of Woodstock 2016 Open Enrollment Benefits Fair



Wednesday, November 18, 2015

10:30am - 6:00pm

City Hall, 2nd Floor

Benefit presentation times will be:

11:00am 2:00pm 4:30pm

(To accommodate everyone, the presentation will be offered multiple times throughout the day)

Get prepared for your 2016 Open Enrollment! Stop by our Benefits Open Enrollment Fair to gather information and speak to representatives about coverage, including voluntary products.

Representatives from various benefit services will be on hand to answer questions and help guide you through your decision-making. You may also use this time to discover the benefits available to you.

▼ Attendance is Highly Recommended for All Full-Time Employees to Learn About New Benefit Changes:

- Dental now an *optional* benefit
- New wellness program

Benefit Representation Includes:

- UMR Health Insurance/Hub International Insurance Brokers
- UnitedHealthcare® Vision
- VSP® Vision Care
- Flex Spending Accounts
- Aflac® - Supplemental Insurance Coverage

All 2016 Benefit Forms are due in the HR Office NO LATER than Tuesday, December 8, 2015.



JOIN COSTCO!

JOIN TODAY
AND RECEIVE
A COSTCO
CASH CARD!

Receive a **\$20 Costco Cash Card** when you join as a new Executive Member.

OR, receive a **\$10 Costco Cash Card** when you join as a new Gold Star Member.



YOU'RE INVITED TO A SPECIAL RECEPTION

DAY:

Monday

DATE:

11/16

TIME:

9:30

PLACE:

Rec Center

Multi Purpose Room

Questions?
Contact:



THE NEW
COSTCO APP
NOW AVAILABLE
FROM ITUNES AND
GOOGLE PLAY

Scan this code to download
your free Costco app today!

Also available by texting
APP to 71034 for iPhones, or
COSTCOAPP to 71034 for Android.



Offer is valid through August 31, 2013, when you join in person with a Costco representative at this event. Valid only for new members for their first year of membership. Limit one Costco Cash Card offer per household. Offer is nontransferable and may not be combined with any other offer or coupon. A Gold Star Membership is \$55 a year. An Executive Membership is an additional \$55 upgrade fee a year. Each membership includes a free Household Card. Costco accepts cash, checks, debit/ATM cards, EBT, Costco Cash Cards, Costco Credit Cards and American Express. Please include sales tax in all applicable states. AWARENESS CODE: 62000

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VALUE

QUALITY

SAVINGS

WOW!