



# CITY MANAGER'S NEWSLETTER



Volume III Issue 11

March 18, 2016

## **AARP SMART DRIVER COURSE AVAILABLE**

The **Woodstock Police Department** will host the *AARP Smart Driver Course* on **Monday, March 21, 2016** and **Tuesday, March 22, 2016**. The classes will be held in the Training Room at the Woodstock Police Department located at 656 Lake Avenue. Classes will be held on each day from 10:00 A.M. to 2:00 P.M. Participants *must* attend both sessions.

The AARP Smart Driver Course is the nation's first and largest classroom course designed especially for drivers age 50 and older. Course completion helps older drivers refine existing skills and develop safe driving strategies in today's challenging driving environment.

Successful completion of the course may entitle the participant to a discount on their auto insurance. Participants are charged a nominal fee of \$15 for AARP members and \$20 for non-members.

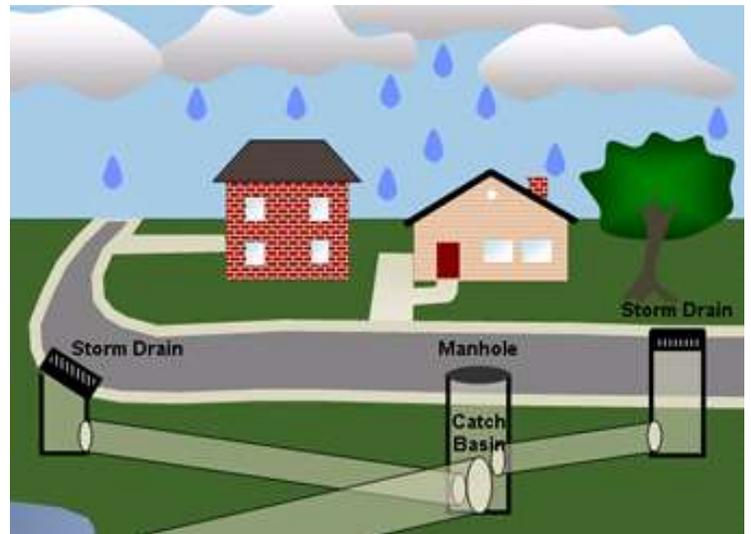
There are still places available. For more information or to register for the class, please contact **Tamara Reed** by 5:00PM today at the Woodstock Police Department at 815-338-6787.



## **GIVE YOUR STORM DRAIN A HAND**

*Did you know there are approximately 10,000 storm drains and catch basins throughout our City's storm sewer system?*

The grated structures located along your curb line take in storm water (rain or melted snow/ice), hold it, and release it into the storm water system in a controlled way. If yard waste, trash, or debris blocks these structures, storm water can cause localized flooding, road damage, and hazardous driving conditions. It is nearly impossible for the **Department of Public Works** to keep every grated storm drain clear, year-round. Please consider clearing a 10-12" area along the curb and adjacent to any drain near your home. If you would like to report a clogged storm drain or drainage problem, please contact Public Works by calling (815) 338-6118.



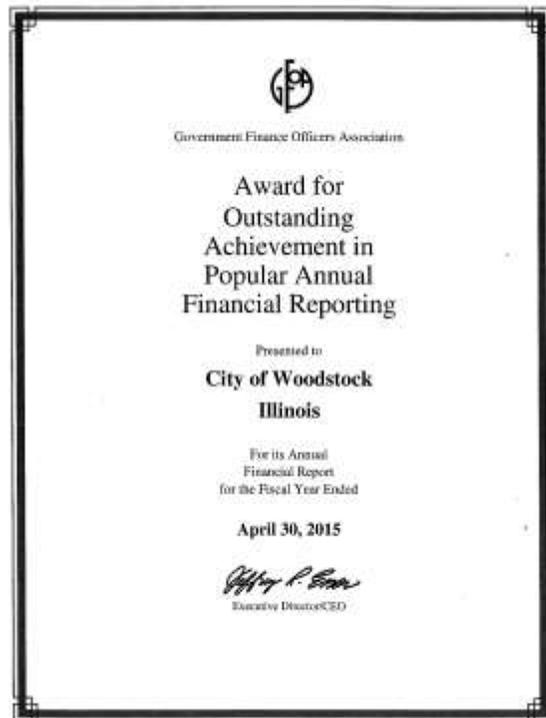
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## City Wins award from GFOA for First Time

The City of Woodstock's Popular Annual Financial Report (PAFR) has been presented the Award for Outstanding Achievement in Popular Financial Reporting from the Government Finance Officers Association (GFOA). This is the first time the City of Woodstock has been given this award.

In order to receive this award the recipient's PAFR must demonstrate excellence in the evaluation of information presented, reader appeal, understandability, distribution, and other elements (such as whether the PAFR is a notable achievement for the government given the government's type and size, and the PAFR's creativity and usefulness).

With the receipt of the this latest award, the City of Woodstock now receives all financial and budgeting awards that are available to the City of Woodstock from GFOA, which are Certificate of Achievement for Excellence in Financial Reporting Program, Distinguished Budget Presentation Award Program, and Popular Annual Financial Reporting Award Program.



## **RECRUITMENT**

**Front Desk Cashier (Part-Time) – Woodstock Recreation Center:** The City of Woodstock is accepting electronic submissions for the position of **Front Desk Cashier** with the Woodstock Recreation Center. The position works up to 28 hours per week, with possible scheduling for work periods that may include: Monday – Friday 4:30AM – 9:00AM, 8:00AM – 3:00PM or 3:00PM – 9:00PM; Saturday and Sunday 7:00AM – noon or Saturday and Sunday noon – 5:00PM. Pay rate is \$8.46 per hour; benefits include prorated vacation, holiday, and sick leave and IMRF pension. **Application Deadline: Friday, April 1, 2016 at 5:00PM.**

**Play Room Attendants – 2 Positions (Limited Part-Time) – Woodstock Recreation Center:** The City of Woodstock is seeking limited part-time Play Room Attendants (2 positions) with the Woodstock Recreation Center. Position works up to 18 hours per week, with possible scheduling for work periods that may include: Monday – Saturday mornings 7:45AM – 11:00AM, Monday – Friday 3:45PM – 8:00PM or Sunday 9:00AM – 11:00AM. **NOTE: These are not seasonal positions; ideally candidates should demonstrate commitment to year-round employment on a set schedule, preferably for a minimum of 1-2 years.** Pay rate is \$8.25 per hour with no additional benefits. **Application Deadline: Friday, April 1, 2016 at 5:00PM.**

**School Crossing Guard (Limited Part-Time/Seasonal) – Woodstock Police Department:** The City of Woodstock is accepting electronic submissions for the position of **School Crossing Guard** with the Woodstock Police Department. **We are seeking two (2) regular School Crossing Guards and one (1) relief School Crossing Guard.** The crossing guard staff is responsible for six (6) dedicated school crossings in the City of Woodstock, providing for the safe transit of our community's children to and from school. Guards work Monday through Friday at a designated location during the school year. Most positions are scheduled in two shifts, 1 - 1 ½ hours in the early morning and 1-1 ½ hours mid-afternoon. Salary: \$9.57 per hour; no additional benefits are provided. **Application Deadline: Friday, March 21, 2016 at 5:00PM.**

**Summer Seasonal Positions:** The City of Woodstock is accepting applications for Summer Seasonal Positions with the Woodstock Recreation Department and Public Works Department as outlined below:

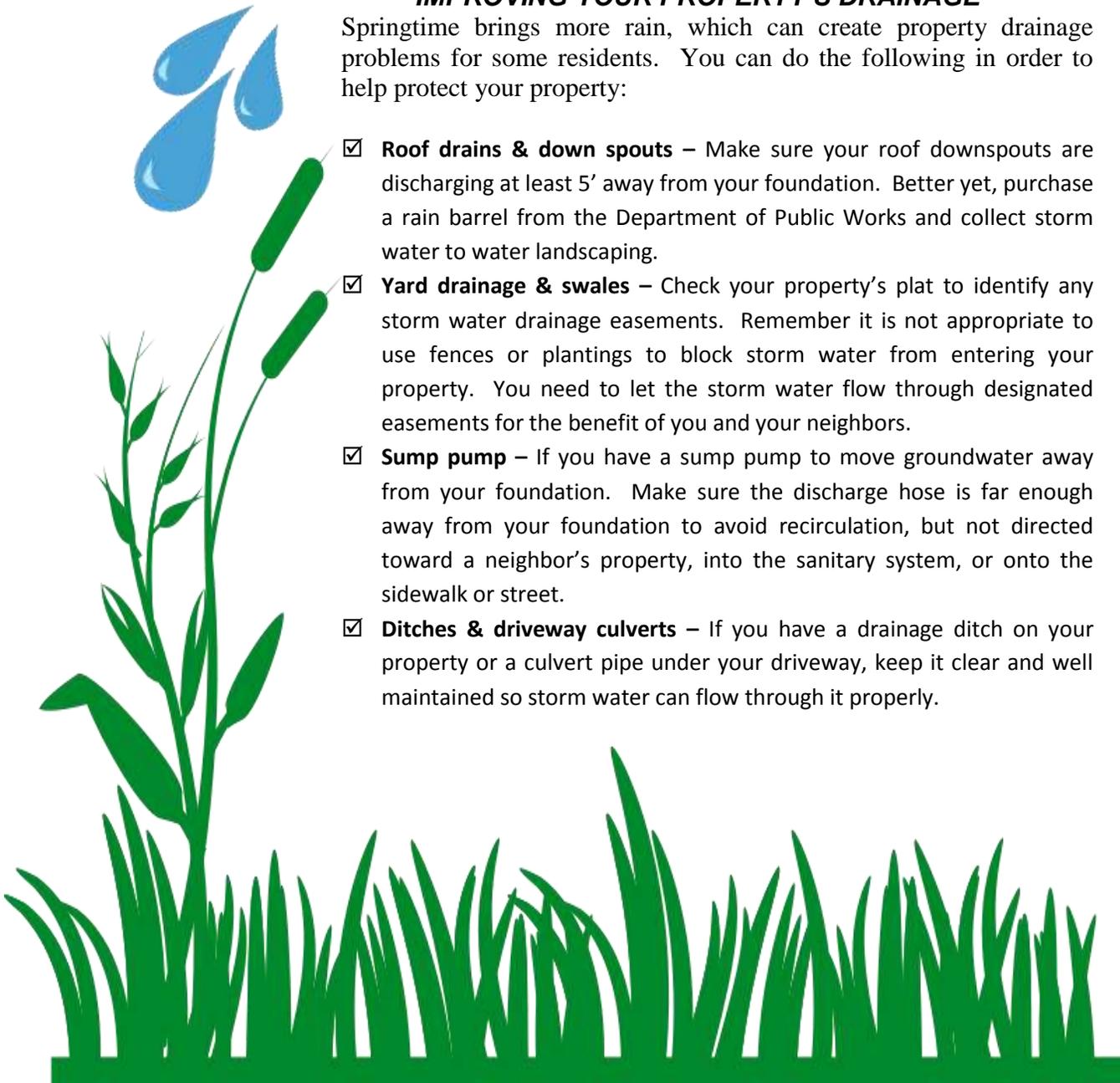
- **American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides:** These positions provide safety and instruction to swimmers at Woodstock Water Works. Work shifts will include days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. Minimum age is 16. **Candidates must attach copies of certification to application, or must show proof of certification by program orientation date in late spring.** Pay rate to be determined, but will be at least: \$8.46/hour (Certified Lifeguards); \$8.67/hour (Certified Instructors); \$8.25/hour (Aides). **Application Deadline: Friday, April 8, 2016 at 5:00PM**
- **Public Works Seasonal Maintenance Workers:** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. These positions work 7:00AM – 3:30PM., Monday - Friday during the specified time period. Parks positions generally begin in late April/early May and run through August, while other divisions generally begin in June. **Must be age 18 or over with a valid IL driver's license and good driving record.** Previous construction, landscaping or maintenance experience is preferred. Pay rate to be determined but will be at least \$8.46/hour. **Application Deadline: Friday, April 8, 2016 at 5:00PM**

Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the Jobs section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

### ***IMPROVING YOUR PROPERTY'S DRAINAGE***

Springtime brings more rain, which can create property drainage problems for some residents. You can do the following in order to help protect your property:

- ☑ **Roof drains & down spouts** – Make sure your roof downspouts are discharging at least 5' away from your foundation. Better yet, purchase a rain barrel from the Department of Public Works and collect storm water to water landscaping.
- ☑ **Yard drainage & swales** – Check your property's plat to identify any storm water drainage easements. Remember it is not appropriate to use fences or plantings to block storm water from entering your property. You need to let the storm water flow through designated easements for the benefit of you and your neighbors.
- ☑ **Sump pump** – If you have a sump pump to move groundwater away from your foundation. Make sure the discharge hose is far enough away from your foundation to avoid recirculation, but not directed toward a neighbor's property, into the sanitary system, or onto the sidewalk or street.
- ☑ **Ditches & driveway culverts** – If you have a drainage ditch on your property or a culvert pipe under your driveway, keep it clear and well maintained so storm water can flow through it properly.



### **EMERALD ASH TREE REMOVAL – UPDATE**



Maintenance of public spaces within the City is extremely important, as they provide residents and passersby with a positive impression of the City. Trees within the right-of ways are an integral part of these spaces, as they create a natural beauty to the land.

In 2009, City right-of-way trees were evaluated and it was determined that some of our inventory of Ash trees had been infested with the Emerald Ash Borer (EAB). These voracious pests are roughly 3/8” to 5/8” long; bullet-shaped, and are most common in June and July. After discovering their presence within the City, Public Works crews started removing infested Ash trees in hope that removal would stop the spread of the pest. Most recently, in March of 2015, the City conducted an inventory of the remaining Ash trees. At that time, 207 susceptible trees remained in the right-of-ways. Over the last year, staff removed approximately 199 of those trees, and currently 8 Ash trees remain. These 8 trees are pest free and will remain in the right-of-ways as long as they

do not become hazardous. The same inventory revealed that approximately 30 Ash trees are contained within the City’s park system.

The City maintains a continual effort in maintaining our urban forest to ensure that trees remain healthy and to reduce damage from falling limbs. The following describes the **Department of Public Works’** seasonal tree care activity:

- **Winter:** Tree Removal and Customer Service Requests (CSRs)
- **Spring:** Stump Grinding, Rights of Way Cleanup and Repairs, and CSRs
- **Summer:** Trimming, Stump Grinding, Rights of Way Cleanup and Repair, and CSRs
- **Fall:** Tree Removal, Trimming, Stump Grinding, Rights of Way Cleanup and Repair, and CSRs

Residents are encouraged to call the Department of Public Works with any questions they have regarding Ash tree removal or to schedule an appointment with the City’s Forestry Technician at 815-338-6118.

## **HR NEWS** **WELLNESS PREMIUM DEDUCTION**

If you completed **HAWA's Race to 100**, you will receive a wellness premium deduction (2% Single Coverage or 4% Family Coverage if you and your spouse completed). Beginning with the March 23<sup>rd</sup> payroll, you will receive a whole year's worth of premium discount applied to the 21 remaining paydates in 2016. For those of you that did not complete all the steps to reach 100 points by the extended deadline of March 17, 2016, any premium reductions will be prorated for the partial year.

If you have any questions, please contact the **HR Department: Deb Schober** at ext. 11203 or **Jill May** at ext. 11206.



## **MEETINGS NEXT WEEK**

No Meetings Scheduled

## **YOUTH DEVELOPMENTAL BASKETBALL PROGRAM CAPS OFF SEASON**

Pictured is Michelle Neuhart's team that won the 5<sup>th</sup>/6<sup>th</sup> Grade Boys Tournament last Saturday at Creekside School by defeating Greg Given's team 38-32 in the championship game.

This culminated the 1<sup>st</sup>-6<sup>th</sup> Grade Boys & Girls Developmental Basketball Program that began last November under the direction of **Recreation Director Dave Zinnen**. The program has grown to a total of 42 teams and approximately 380 kids.

Approximately 60 practices are held throughout the week at various D200 schools with 20 games played every Saturday utilizing Mary Endres, Olson, Prairiewood, and Creekside Schools.



## **Quotation**

“ Educating the mind without educating the heart is no education at all.”

Aristotle

## **WHY WE CRAVE SUGAR**

Humans are born with a preference for sweet foods; most of us will eat almost anything made with sugar. We especially like sweetened, fatty foods like cakes and ice cream because while sugar enhances the flavor of these foods, fat provides a pleasant texture or “mouth feel.” The combination can be irresistible.

For anyone who is able to control the amount of sugary foods in their diets, and enjoy small amounts in the context of an otherwise healthful lifestyle, this is not a problem. But for others, sugar cravings can ultimately lead to weight gain, obesity, and increased risk of developing chronic health conditions, such as diabetes and heart disease.



**Hooked on the Sweet Stuff** – Some people struggle with sugar cravings the way an addict struggles with drug or alcohol addiction; they have to stay away from the sweet stuff altogether, or they will go on a binge and abuse it. Giving in and eating sugary foods may only result in cravings for more. Animal studies support the idea of sugar addiction; lab studies show that animals can form a dependence on sugar; this can result in binging after a period of abstinence.

Other studies have shown that sugar causes the same chemical changes in the brain that occur with addictive substances. That is, eating sugar releases both naturally occurring opiates like endorphins (which produce feelings of well-being and satisfaction), and chemical messengers such as dopamine, which motivate us to seek out and eat food. At the same time, excess sugar can block the production of serotonin, a brain chemical that normally restricts dopamine and prevents us from overeating. For some people, this is a seemingly unstoppable cycle; it’s no wonder some people label themselves “sugar addicts.”

“The dopamine effect causes many people to turn to sweets for the emotional satisfaction,” adds Toby Smithson, MS, RDN, LD, CDE, Chicago-based spokesperson for the Academy of Nutrition and Dietetics, and author of *Diabetes Meal Planning* and *Nutrition for Dummies*. That’s just one reason why “It’s important to figure out if you are eating because you are really hungry or if you’re responding to other feelings.”

**The Gut-Brain Connection** – Your enteric nervous system, also known as your “gut brain,” along with a working community of bacteria that live in your gut (the “gut microbiome”) controls the production of enzymes and hormones related to appetite and eating. Messages of craving, hunger, and fullness are communicated from the control center in your gut to your brain, and back again. These signals may help drive our preference toward sweetened foods.

But there are other factors that encourage us to eat lots of sugar, including the social pressure to eat with others as well as emotional problems and stress. Researchers are also investigating the role of genes in our individual taste for sugar, and how much of the sweet stuff we actually eat.

**What Can You Do?** – So what’s a sugar fiend to do? Caving into sugar cravings is usually only a problem if you regularly overeat sugary foods or if you overeat in general. When you are trying to resist a craving, try the following:

- **Try to distract yourself until the urge goes away.** For most people, that happens within about 15 minutes. If your cravings are tied to emotional eating, you must confront and resolve the issues underlying your need to eat.
- **Eat three balanced meals a day within four or five hours of each other.** If your cravings are due to real hunger, this might reduce your craving’s frequency and intensity. If necessary, supplement your

meals with planned snacks. If your meals and snacks are balanced, and you're getting enough carbs and fat in your diet, it will be easier to avoid the abrupt chemical changes in the brain that appear to induce cravings.

- **Plan your meals.** “Planning your meals—and sticking to that plan—is an important part of controlling what you eat,” Smithson adds. “You can include a small portion of sweets in your meal plan because that’s very different than eating randomly.”

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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](http://www.woodstockrecreationdepartment.com)  
for more information.