



CITY MANAGER'S NEWSLETTER



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GOT (UNWANTED) DRUGS?

On Saturday, April 30, 2016, the **Woodstock Police Department** will participate in the 11th Drug Enforcement Administration (DEA) National Drug Take Back Day event from 10:00AM to 2:00PM 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 – **Sergeant Dan Latham** and **Officer Dan Pauley** will be on hand to assist you – you can drive-by, drop off and be on your way.

Last September, Americans turned in 350 tons (over 702,000 pounds) of prescription drugs at more than 5,000 sites operated by the DEA and more than 3,800 of its state and local law enforcement partners. When those are combined with what was collected in its 10 previous Take Back events, the DEA and its partners have taken in over 5.5 million pounds – more than 2,750 tons – of pills.

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



RECRUITMENT

The deadline for the City of Woodstock's full-time **Dual Department Office Assistant** and the limited part-time **Facility Worker** positions has closed. Interviews for chosen qualified applicants will be scheduled shortly for the above noted positions.

MEETINGS NEXT WEEK

Monday, April 25- Historic Preservation Commission, 7PM, Council Chambers

Thursday, April 28- Plan Commission, 7PM, Council Chambers

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SPRING FIRE HYDRANT FLUSHING

Why are hydrants flushed in the City of Woodstock every year; isn't it a waste of water?

There are two main reasons fire hydrants are flushed in the spring and the fall each year. The first and foremost reason hydrants are flushed is to remove naturally occurring sediment out of the underground pipes connected to the hydrant. Secondly, flushing gives the Department an opportunity to make sure hydrants open and close properly and there is appropriate water pressure for the Woodstock Fire/Rescue District to use while fighting a fire.

How is the hydrant turned on?

Water (the same water coming into your home or business) flows out of a hydrant's port. The cap on a port is removed from a hydrant using a hydrant wrench, like pictured below. The same wrench turns the "operating nut" located at the top of the hydrant. The operating nut opens the valve at the bottom of the hydrant, allowing water to flow up and out of the port.



If a car struck a hydrant, would the water shoot up and out like it does in the movies?

Typically, City hydrants are of the "dry barrel" type. This means when the valve in a hydrant is in the off position there is no water sitting in the barrel. Any water remaining in a hydrant actually leaks out from "weep holes" located on the underside of the base of the stem. This is especially important to avoid water freezing in the hydrant during winter months.

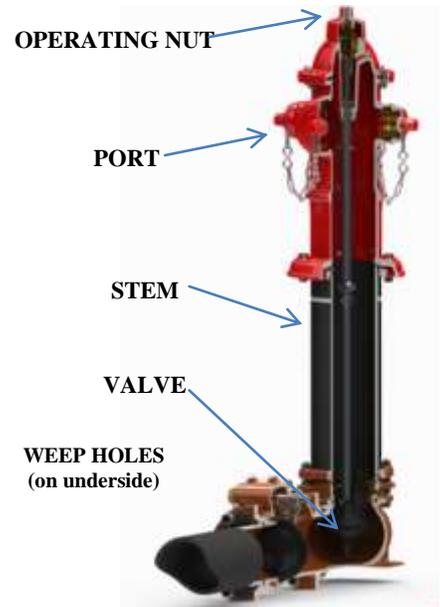


Diagram compliments of American AVK

Spring Flushing Schedule

No scheduled flushing will take place on Saturdays or Sundays.

- **West** of Route 47 May 2 through May 10
- **East** of Route 47 May 11 through May 19

For more information, please contact the Department of Public Works at pwdept@woodstockil.gov or (815) 338-6118.

LEAVES, BRUSH, & GRASS...OH MY!

The trees are budding, spring flowers are blooming, and many residents are taking the opportunity during fair weathered days to gather fallen twigs, limbs, and leaves missed last fall. The City of Woodstock does not operate a landscape waste recycling facility; however, residents do have options when it comes to disposing of these materials.

- **Compost** – Twigs, dry leaves, and grass clippings all promote compost health, and the process is not as hard as it might seem. Visit the University of Illinois Extension website at, <http://extension.illinois.edu/compost/> for a great introduction to “Home Composting.”



- **Curbside pickup** – Place grass clippings, small twigs, and leaves in compostable paper bags with orange yard waste stickers attached. MDC Environmental Services will collect them curbside on regularly scheduled garbage days.
- **Drop-off** – Clean yard wastes such as grass, leaves, and larger brush (up to 6’ in length and 4” in diameter) are accepted and turned into high quality compost at nearby Thelen Materials. Visit www.thelenmaterials.com or call (847) 395-3313 for more information.



Where in Woodstock is this?

Try your hand at finding this image somewhere throughout Woodstock...

Perhaps walking around the square might help?

(Find the answer at the end of this newsletter.)

2016 UNITED WAY EMPLOYEE CAMPAIGN



This month the City is kicking off its' **2016 United Way Employee Campaign**. **The community needs your help.** United Way of Greater McHenry County is the easiest and most powerful way to help your community. A gift to United Way supports programs all across McHenry County.

Donations are tax-deductible. You can even direct where your donation will be applied! Donations may be made one-time via personal check or conveniently deducted from paychecks throughout the year.

To encourage and recognize City of Woodstock employees who contribute to these worthy organizations, we are pleased to offer the 2016 United Way Pledge

Prize Drawing! Winners will be randomly drawn to win:

- WWW Family Pool Pass for summer 2016
- 2 tickets to a Woodstock Opera House Show
- 1 additional Floating Holiday
- TBA prize (s)

To be eligible for the drawing, **pledge forms**, with your personal check or payroll deduction included, **must be turned in** to the HR Department **no later than 5:00PM Friday, May 6, 2016**.

Note: If you are currently making payroll contributions for the **2015 campaign**, your last deduction will be with the May 4th payroll. **If you would like to continue contributing for the 2016 Campaign, you must fill out a new pledge form for the new campaign.**

If you would like to make a pledge via payroll deduction for the 2016 campaign, the first payroll deduction will be on May 18, 2016 and will conclude with the last deduction on May 3, 2017 (26 pay periods).

If you need a pledge form or have any questions, please contact Jill May in the HR Department at ext. 11206 or (815) 338-1172.

In addition, you may also obtain a pledge form from the following locations:

- **Library:** Pam Moorhouse
- **Recreation Department:** Mary Lynn Lisk
- **Opera House:** Daniel Campbell
- **Police Department:** Tamara Reed
- **Public Works:** Heather Keenan

And stay tuned...an announcement will be made shortly regarding a fun event contest that is in the works – 100% of the proceeds will be donated to the United Way of Greater McHenry County.

A FULL HOUSE AT THE RECREATION DEPARTMENT DANCE RECITAL

Over 120 dancers, representing twelve **Recreation Department** dance classes, performed at the annual Spring Dance Recital last Wednesday evening. The event was planned and directed by **Program Coordinator Renée Torrez**, and **Dance Instructors Eden Powell, Jamie Pierce, Bridget Saladin, Leslie Behrns, Ellie Powell, Laura Powell, Kelly Read and Olivia Vepley**.

The past week was a busy week for the dance program. The dress rehearsal was held on Tuesday, April 19th, where all 120 dancers practiced on stage at WHS.

The rehearsal and the recital itself could not have happened without the help of several Rec Department staff including **Becky Vidales, Mary Lynn Lisk, Alan Dunker, Arturo Diaz, Karina Fuentes, Elisa Diaz, Ruby Santana and Jess Bloniarz**.

We also had over 14 volunteers, including the City Manager Assistant, **Monica Amraen**, several **Playground Program counselors** and **WHS Drama department students**. The night was perfected with the talented emcee skills of **Mayor Brian Sager!** This is a major event for the Recreation Department and everyone's assistance is greatly appreciated. This evening is a well collaborated team effort by these wonderful staff and volunteers.

Three Little Dancer classes, two ballet classes, four Poms classes and three Hip/Hop classes all performed to a full house of over **600 people** at Woodstock High School and the event was truly a showcase of ten weeks of dedication, fun, and creativity.

Pictures from the Recital:







Final Bow at the Recital

8 STRATEGIES FOR SMART SNACKING AT WORK

Do you ever feel like you're snacking too much during the workday? If so, you're not alone – many people find themselves mindlessly consuming excess calories at their jobs, and they may not even be hungry when they indulge.

“People primarily snack at work because it's there in a snack/coffee/break room or a candy jar on someone's desk,” explains Susan Canonico, RD, of Summit Medical Group in Berkeley Heights, NJ. She adds that for many, the temptation can be especially difficult to resist between 3 and 4 pm – often because they're feeling stressed, tired, or both.

If you find yourself munching away at work, Canonico offers a few simple strategies for curbing the habit, or at least make smarter choices in terms of what you select.



Beat the Workday Munchies and Take Control of Your Health

Here are nine tips to help you avoid mindless snacking (and the related ill effects) at work:

1. Choose wisely. If you're going to snack, pick something that offers nutrients instead of empty calories. Canonico suggests low-calorie foods like cut-up fruit or vegetables paired with a topping that offers nutritional

value, like hummus, peanut butter, salsa, or plain Greek yogurt (check labels for the recommended serving sizes). Other good snack ideas include 1/4 cup of low-fat cottage cheese with 2 tablespoons of high-protein granola (homemade is best), a small piece of cheese, a hard-boiled egg, or a small can of tomato juice.

2. Measure. Measure out your portions at home and take them with you so you won't be tempted to overindulge. Use snack-sized plastic bags and 2- to 4-ounce plastic containers to ensure you stick with small servings. This will prevent the kind of mindlessly snacking that lets you polish off a family-sized bag in one sitting.

3. Skip the pre-packaged 100-calorie packs. Yes, they are convenient, but the problem is that "people tend to overeat those – two or three a day – And they tend to be 100 calories of junk," Canonico says. Processed foods like cookies and chips don't bring any nutritional value, regardless of the calorie count. There is one exception to this rule, though. "Pre-portioned nuts can be a great pick."

4. Eat breakfast. "Absolutely the better the start, the better the blood sugar control and therefore less snacking/grazing throughout the day." Research conducted by scientists at the University of Missouri revealed that eating high-protein foods in the morning can help you avoid excessive snacking later in the day or evening. Therefore, the researchers recommend aiming for 35 grams of protein in the morning. Good sources include egg whites, low-fat cottage cheese, nonfat Greek yogurt, and lean breakfast meats.

5. Practice moderation. "If you absolutely can't say 'no thank you' to muffins/donuts/birthday cake, then take one bite and toss it," Canonico says. Or better yet, skip the taste entirely. "Be honest – do you really need muffins or donuts?"

6. Track what you eat. Making yourself accountable for everything you eat is a great strategy for taking better control of your health and habits. Canonico suggests using apps or online tools such as MyFitnessPal, Lose It, or Fitbit to log what you eat throughout the day so you'll be more aware of what you are eating and when – and hopefully make smarter choices. You can also use these tools to track exercise.

7. Move. When you're craving an unhealthy snack, Canonico suggests keeping busy by doing something good for yourself. Try some light stretching, keep an exercise band at your desk, take a walk, or find another way to move around. Exercise also helps manage stress, which is often a trigger for snacking.

8. Don't give up! If you give in to a healthy snack, don't write the entire day off as a "bad" eating day. "One slip-up does not equal giving up," she stresses. "Brush it off and get back on track!" Also give yourself realistic goals, since breaking old habits and building new ones will be a gradual process. "I try to get my clients to NOT give up in two weeks; nothing works that fast! So many little things can work with final big results."

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Quotation

"A man's character may be learned from the adjectives which he habitually uses in conversation."

Mark Twain



Where in Woodstock is this?

This image is from the Park in the Square. The plaque is located on a large boulder west of the band pavilion. The plaque was placed in memory of all American Veterans by the American Legion Post 412.

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.