



CITY MANAGER'S NEWSLETTER



Volume III Issue 18

May 6, 2016

SEAT BELTS & STOP SIGNS

The **Woodstock Police Department** has announced that May's Special Traffic Enforcement Initiative targets Occupant Restraint (seat belt) and stop sign violations.

The goal of the initiative is to reduce the incidence of motorists driving without properly buckling up themselves, their passengers and their children *and* to encourage drivers to always stop at stop signs. It may sound like common sense to most people, but it's surprising how many don't!

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

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



DRUG TAKE BACK DAY RESULTS



Despite the nasty weather last Saturday, 126.6 lbs. of unwanted or expired medication was collected during

the 11th Annual National Prescription Drug Take Back Day held at the **Woodstock Police Department**. **Sergeant Dan Latham** and **Officer Dan Pauley** dodged the raindrops and were kept busy accepting drop-offs during the four-hour event.

Since the start of the program in September 2010, WPD has collected 1,251.5 lbs. of medication during the Drug Take Back events, averaging 113.8 lbs. each time.

Thank you to everyone who participated; you are helping make our community a safer and healthier place to live!

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HR NEWS

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 were making payroll contributions for the **2015 campaign**, your last deduction was 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.

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. Wage is \$8.46 per hour; benefits include prorated vacation, holiday and sick leave and IMRF pension. **Application Deadline: Friday, May 13, 2016 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.*

5 ISSUES THAT CAN HARM YOUR IMMUNE SYSTEM

Do you seem to always be fighting a cold or other ailment? Your immune system may not be up to par. This collection of cells, tissues, and proteins teams up against a daily onslaught of bacteria and viruses to stave off infection and keep you healthy.

Serious illness or disease may reduce your immune function and leave you vulnerable to further infection, but some of life’s most common situations and conditions also may weaken your immunity. Here are some of the typical culprits:



1. Stress

Stress causes your adrenal gland to produce excess cortisol, also known as the “fight or flight” hormone. Too much cortisol and you might find your immune system out of whack. In fact, studies have shown that people under serious stress—such as those caring for ill relatives or people going through a divorce or job loss—produce less of an immune response when given the flu vaccine (which is designed to provoke a mild immune reaction) than those who are not under much stress.

“But it doesn’t always have to be bad stress [that impairs the immune system],” notes Kathryn Boling, MD, a primary care physician at Lutherville Personal Physicians in Lutherville, MD., a division of Baltimore’s Mercy Medical Center. Even happy events such as planning a wedding, preparing for and executing a move, or transitioning to a new job all can stress the immune system. “Any stress that goes on for a long time (for weeks or months)...will cause the same physiological [functional] changes in the body,” she adds.

The fix: Meditation. A study out of Stanford University in CA. demonstrated that stressed-out subjects who meditated managed to mount a better immune response to the flu vaccine. If formal meditation instruction isn’t for you, find a book on the subject, or download a free meditation app onto your smartphone.

2. Obesity, Poor Diet, and/or Lack of Exercise

This combination can inhibit your immune functioning in a variety of ways. Being overweight can prevent white blood cells (your body's disease fighters) from increasing and checking inflammation, while excessive sugar consumption can hinder your ability to fight viruses and bacterial infections. And a lack of physical activity actually ups your odds of getting sick, since exercise helps white blood cells circulate faster, slows the release of cortisol, and may flush bacteria out of the lungs. Just don't overdo the exercise, as workouts that are too intense can also lower your immunity.

The fix: Eat a variety of fruits and vegetables and as much unprocessed food as possible, and incorporate physical activity into each day.

3. Depression

Depression not only feels bad mentally, it can also take a physical toll. "People with depression may have increased levels of cortisol, adrenaline, and other stress hormones, as well as increased inflammation throughout the body," Boling says.

The fix: Treat depression with talk therapy, medication, or a combination of both. Medication may be a particularly potent approach: Antidepressant medications such as selective serotonin reuptake inhibitors (SSRIs; Prozac, or fluoxetine is one) can actually boost the activity levels of natural killer cells, which are potent tools your body produces to fight off cancer and viral infections.

4. Social Isolation

Lonely folks don't do as well, health-wise, as more connected people. Numerous studies have found that loners become ill more often, end up sicker, and heal more slowly than social butterflies. As Boling puts it, "Loneliness functions as a chronic stressor that leads to a poor immune response."

The fix: Cultivate and nurture relationships. Having a circle of supportive friends, a caring partner, or good relationships with relatives can offer a big health boost. If you're not sure how to go about this, start by signing up for a class or even joining an online community focusing on a topic you're interested in.

5. Certain Medications

Although they may be necessary, some medications have the undesirable effect of lowering your immune response. Besides immunosuppressants (drugs that inhibit the immune system, often prescribed to organ transplant recipients, for instance), corticosteroids—commonly used by people with asthma or rheumatoid arthritis—can produce this result.

The fix: Get vaccinated before taking these medicines, if you can, and take care to avoid putting yourself into situations in which you are exposed to serious illnesses and infections.

Other things that can damage your immune system include:

- Regular smoking.
- Heavy drinking.
- Too little sleep.

Do your best to avoid these drains on your immune system.

**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.

Quotation

“Part of the secret of a success in life is to eat what you like and let the food fight it out inside.”

Mark Twain

MEETINGS NEXT WEEK

Tuesday, May 10 – Economic Development Commission, 8AM, Council Chambers

Tuesday, May 10 – Parks & Recreation Commission, 7PM, Council Chambers

Wednesday, May 11 – Transportation Commission, 7PM, Council Chambers



City of Woodstock 2016 Spring Hydrant Flushing Schedule

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

Hydrants flushed
Monday through Friday

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



What's Blooming in the Bump-Outs?



East Friesland Perennial Salvia
Salvia nemerosa 'East Friesland'

The Department of Public Works welcomes you to enjoy the seasonal changes throughout the spring and summer within the 72 bump-outs in and around the Woodstock Square. Check the newsletter for updates on which flowers are blooming downtown.



Emerald Blue Creeping Phlox
Phlox subulata 'Emerald Blue'



Firewitch Cheddar Pink
Dianthus gratianopolitanus 'Firewitch'

It's Pool Time...



Woodstock Water Works

- **3 HEATED POOLS**

Zero Depth Recreation Pool • 8-Lane Lap Pool • Baby Pool

- **2 FLUME SLIDES**

- **1- & 3-METER DIVING BOARDS**

- **4 PLAY FEATURES • TOT PLAY LOT**

- **2 PICNIC SHELTERS • FOOD COURT**

**Season
OPENS
Saturday,
May 28**

**Pool Opens
at 11:00 am for
Season Pass
Holders**

SEASON PASS RATES

	Woodstock Resident	Non-Resident
Individual	\$60	\$110
Family of Two	\$90	\$160
Family of Three	\$110	\$200
Family of Four	\$125	\$230
Additional Member	\$15	\$30

- * Season passes must be purchased and photos taken at the Woodstock Recreation Center: 820 Lake Ave. Woodstock
- * Proof of Residence and all children's birth certificates are required for first time pass holders.
- * Daily Rates Residents — Adults \$7, Kids \$5
- * Daily Rates Non-Residents — Adults \$9, Kids \$7
- * Checkout Twilight Rates on-line

Located in Emricson Park — 1313 Kishwaukee Valley Road
815.338.4363 • woodstockrecreationdepartment.com

The 39th Annual
**WOODSTOCK
CHALLENGE**



**SATURDAY
JUNE 11, 2016**

**10K Road Run — 8 a.m.
5K Run / Walk — 8:05 a.m.
1-Mile or 1/2-Mile Kids &
Family Runs — 9:00 a.m.**

Proceeds will benefit
Woodstock
Recreation Department's
Summer
Playground Program

**FREE
RACE
T-SHIRT**

**KIDS
GAMES**

**DOOR
PRIZES**

**RACE DAY & REGISTRATION
PACKET PICK-UP FROM 6:30-7:30 A.M.**

Emricson Park/Woodstock Water Works Aquatic Center

FREE SWIMMING FOR RUNNERS & THEIR FAMILIES FOLLOWING THE RACE

Pre-Registration Fee (By June 6)

\$25 Adults* • \$15 Youth (17 years & younger)

Race Day Registration Fee

\$35 Adults* • \$15 Youth (17 years & younger)

* Free for adults accompanying kids on the Family Fun Runs.

Join Woodstock Mayor Brian Sager and Woodstock Water Works' mascot, Ty the Turtle, on Saturday, June 11 for the 39th Woodstock Challenge Road Runs. The Mayor will be leading the 1-mile run and Ty the Turtle will lead the 1/2-mile run; both runs will be entirely within beautiful Emricson Park. All finishers under 14 years of age will receive a gold medal to recognize their accomplishment.

Bring your swimsuit as the post race ceremony will take place at Woodstock Water Works Aquatic Center. Food, kids games and refreshments will be served along with announcing the raffle winners. Participants and their families are invited to swim after the race until 11:30 a.m.

***All preregistered runners will receive a T-shirt. Race day registrants will receive a T-shirt while supplies last. Each participant will also receive a bag full of coupons and souvenirs and will be eligible for post-race drawings.*

**Fun for
All Ages**



REGISTER ON-LINE www.woodstockrecreationdepartment.com

www.signmeup.com/111917

Call (815) 338-4363 for additional information.



You are cordially invited to join Chief Robert Lowen at the Woodstock Police Department for his final Coffee with the Chief prior to his impending retirement in June.

There will be coffee, refreshments and a much-deserved celebration of Chief Lowen's dedicated service to our community for more than ten years.

Coffee with the Chief



Monday, May 9, 2016
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

For further information, please call
Tamara Reed at 815-338-6787.

CITY HALL EMPLOYEES:

BREAK A GUINNESS WORLD RECORD RIGHT HERE IN CITY HALL!

Stop by the City Manager's office and trace a couple of frames on the ten foot section of the World's Longest Cartoon Strip by a Team. It's tracing, so everyone can do it! Make sure you use black ink and print your name on the Team sheet.

If you'd like your family to join in the fun, sign up at www.friendsoftheoldcourthouse.org for a convenient time and location to trace right here in Woodstock. It's free to register! You can also purchase Dick Tracy fedoras and World Record Breaker t-shirts on our website while you help support the restoration of the Old Courthouse and Sheriff's House.

Then join us on Saturday, July 2nd for Dick Tracy Day 2016 to see the entire strip displayed on the square, plus other exciting activities!





2016 National Public Works Week
May 15-21, 2016
"Always There"

Woodstock Acknowledges Department of Public Works

Since 1960, the APWA (American Public Works Association) has sponsored an annual National Public Works Week. This year during the week of May 15, 2016, the City of Woodstock along with more than 29,000 other APWA members will celebrate the importance of Public Works in local communities like this one. Below is an overview of just *some* of the responsibilities of the employees of your City of Woodstock's Department of Public Works:

- Public sidewalk evaluation & repair
- Pothole patching & resurfacing
- Street sweeping
- Park & facility maintenance
- Vehicle & equipment maintenance & repair
- Ballfield preparation & maintenance
- Parkway tree trimming & removal
- Public space trash collection
- Landscaping (purchasing & upkeep)
- Snow plowing & removal
- Roadkill clean up
- Wastewater collection & treatment
- Storm, sanitary, and water line maintenance
- Hydrant installation & maintenance
- Water meter service & reading
- Police car service & conversion
- Main break repair
- Utility locating
- Drinking water treatment & delivery
- Storm water & development plan review
- Various permitting
- Graffiti removal (public spaces)

The Department will be posting factoids throughout the week of May 15th to celebrate National Public Works Week on the City's Facebook page. If you have questions regarding this information, please contact the Department at pwdept@woodstockil.gov or (815) 338-6118.