



# CITY MANAGER'S NEWSLETTER



Volume III Issue 20

May 20, 2016

## **COFFEE WITH THE CHIEF WILL CONTINUE**

**Woodstock Police Department** has announced that *Coffee with the Chief* will continue even after the retirement of **Chief Robert Lowen** next month.

Chief Lowen brought the popular program to Woodstock from Carpentersville Police Department where he also served as Chief of Police. He held his first *CWTC* here in September 2005 six weeks after he became our new Chief. In all, Chief Lowen hosted 127 *CWTC* programs, arranging for an interesting and informative speaker each time.

*CWTC* developed a devoted following of regulars who rarely missed a meeting and there were always new faces to welcome each month as well. On Monday, May 9<sup>th</sup>, Chief Lowen presided over his final *CWTC* and was greeted by a rousing standing ovation upon his arrival that evening.

**Deputy Chief John Lieb** (who will be sworn in as the new Chief of Police by then) will host *his* first *CWTC* on Monday, June 13<sup>th</sup> from 7:00PM to 8:30 PM in the training room at the police department located at 656 Lake Avenue. It will consist of a “meet and greet” for residents to get to know the new Chief of Police. Stop by to say hello or to ask a question that might be on your mind. All are welcome to attend.



## **MEMORIAL DAY IMPACTS CITY'S GARBAGE SERVICE**

As a reminder, Memorial Day will alter the garbage pickup schedule for residents during the week of May 30<sup>th</sup> through June 3<sup>rd</sup>. With Memorial Day falling on a Monday, all residents normal garbage pickup will occur one day later. In addition, those residents who normally have garbage picked up on Friday will need to place their garbage out for collection on Saturday. Any questions should be directed to the City's garbage contractor, MDC Environmental Services at 815-568-7274.



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## **WOODSTOCK HIGH SCHOOL SENIOR SERVICE DAY**



The Woodstock High School Class of 2016 ended their year performing service projects throughout the City of Woodstock on Friday, May 13, 2016. Approximately 165 students, District 200 Staff, and the City of Woodstock worked together to complete the following:

- Painted dugout benches at Dream field in Emricson Park
- Painted park entrance signs at Banford Road Park & Bates Park
- Painted entrance signs at both wastewater treatment facilities
- Painted railing of the observation deck at the William C. Donato Conservation Area
- Performed path maintenance to the William C. Donato Conservation Area path
- Painted downtown fire hydrants
- Performed roadside clean-up

The tasks completed by Woodstock High School Seniors helped contribute to the overall beautification of Woodstock. These students leave with a better understanding of what goes into maintaining areas throughout the City and with a sense of pride knowing that they positively contributed to the community.

Residents or groups wishing to volunteer are encouraged to contact the Department of Public Works at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov) or 815-338-6118.



## **NORTHWOOD 6<sup>TH</sup> GRADE STUDENTS TOUR WASTEWATER TREATMENT PLANT**

Sixth grade students from Northwood Middle School toured the City's **North Side Wastewater Treatment Plant** Friday, May 13, 2016. The 226 students were broken down into smaller groups for the tour, which consisted of an overview of the treatment process in a classroom setting, followed by a one-hour walking tour to see the process first hand. Students learned about the importance of wastewater treatment, its relation to the water cycle, how the City relies on nature to process the wastewater (see below), and witnessed what actually happens to the water after it goes down the drain.

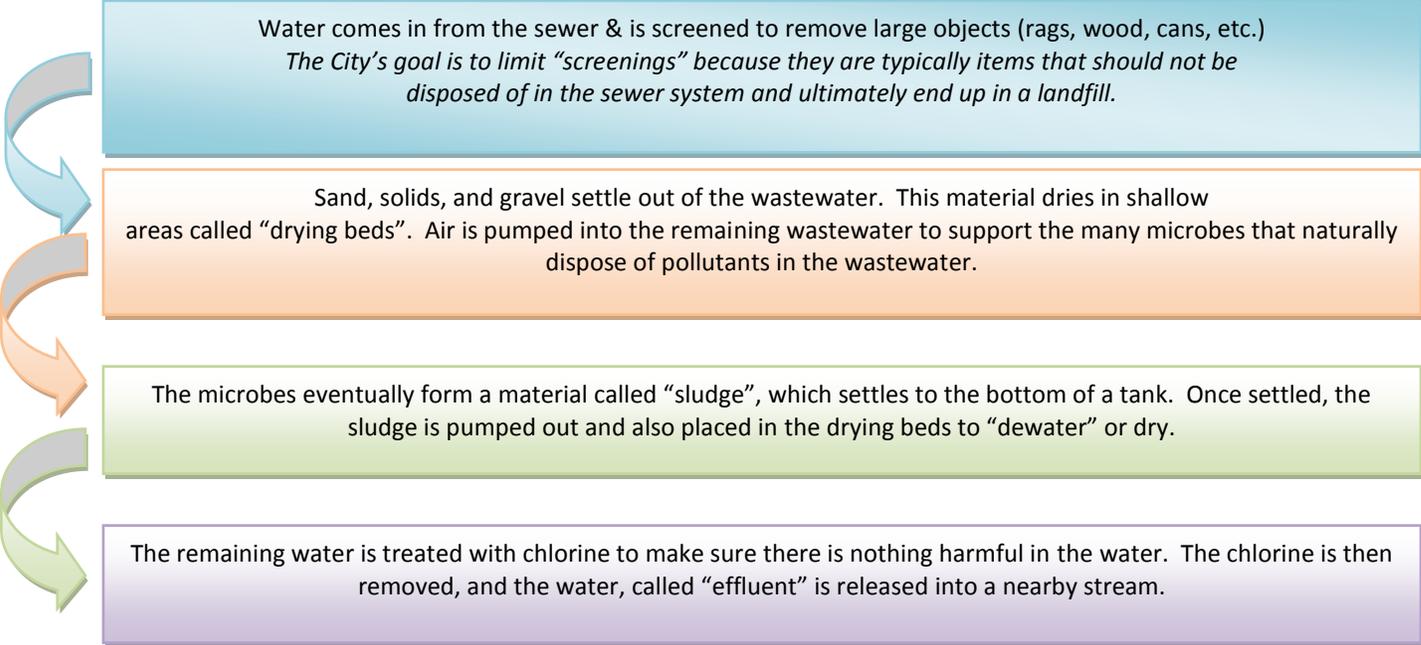
Some of the questions asked by the students included:

- Has anyone ever fallen into any of the tanks and had to use the life ring?
- Why did you choose to work here?
- Do you like working here?
- How deep are the tanks that process the wastewater?

The Northwood teachers had previously spoken with students about careers in water and wastewater treatment, and the employees explained to the students what it is like working in public works, maintaining the parks, and snowplowing.

Thank you to the following **Wastewater Treatment employees** for leading the tours: **Anne George, Henry Vidales, Dan Bolda, Adam Sheahan, and Wayne Baker**. For more information, contact the Department of Public Works at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov) or (815) 338-6118.

### ***Overview of City's Wastewater Treatment Process***



Water comes in from the sewer & is screened to remove large objects (rags, wood, cans, etc.)  
*The City's goal is to limit "screenings" because they are typically items that should not be disposed of in the sewer system and ultimately end up in a landfill.*

Sand, solids, and gravel settle out of the wastewater. This material dries in shallow areas called "drying beds". Air is pumped into the remaining wastewater to support the many microbes that naturally dispose of pollutants in the wastewater.

The microbes eventually form a material called "sludge", which settles to the bottom of a tank. Once settled, the sludge is pumped out and also placed in the drying beds to "dewater" or dry.

The remaining water is treated with chlorine to make sure there is nothing harmful in the water. The chlorine is then removed, and the water, called "effluent" is released into a nearby stream.

## HR NEWS

### 2016-2017 UNITED WAY EMPLOYEE CAMPAIGN RAFFLE WINNERS

The 2016-2017 City of Woodstock United Way Employee Campaign has concluded. **This year we received 16 pledges for a total of \$2,208.00.**

Thank you to everyone who made a pledge!

The Pledge Raffle was drawn May 16<sup>th</sup> and we are pleased to announce the following winners:

- WWW Family Pool Pass for summer 2016: **Tamara Reed**
- 2 tickets to a Woodstock Opera House Show: **John Lieb**
- 1 additional Floating Holiday: **Deb Schober**
- 5 piece SilverStone® Cooking Utensil Set: **Chad Peterson**

Congratulations to all the winners! And a special shout-out thank you to the City Manager's Office, Recreation Department, Woodstock Opera House and Quill Office Supplies, who donated the fabulous prizes!

# CONGRATULATIONS!

## MEETINGS NEXT WEEK

*No Meetings Scheduled*

## HOTEL MOTEL TAX TOURISM GRANT DEADLINE LOOMS LARGE

Today, Friday, May 20, 2016 is the final deadline for submission of non-profit tourism grant applications using the City's Hotel-Motel Tax funds.

The application is available via a link on the City's website front page in an on-line fillable format and may be submitted in person or via email to: [twillcockson@woodstockil.gov](mailto:twillcockson@woodstockil.gov) by the end of the day today. Applications will be reviewed by staff and recommendations on funding levels made to the City Council for announcement at the first meeting in June.

## Quotation

***"Never trim rose bushes in a wind storm."***

**Joseph C. McCormack**



## **ARTSPACE VISIT OFFERS OLD COURTHOUSE PLANNING INSIGHTS**

Ideas and insights from over 100 area artists, residents, and business professionals were gathered and discussed this week with representatives from Artspace. Headquartered in Minneapolis, Artspace is a group of designers and developers of affordable space for artists of all disciplines.

With 40 active projects located throughout the country, Artspace offers expertise in identifying community needs, as well as guiding cities and organizations on how to develop beneficial projects that are also financially sustainable. Every one of the projects that Artspace manages is cash-flow positive, and they use that experience to help formulate the best possible combination of space design and attributes that will attract users, create a more vibrant downtown atmosphere, and be sufficiently income-producing to justify development.

A committee chaired by **Grant Writer Terry Willcockson**, including **Economic Development Director Garrett Anderson**, **Economic Development Coordinator Krista Coltrin**, **City Planner Nancy Baker**, Northwest Area Arts Council President John Heng, and Old Courthouse & Sheriff's House Advisory Commission Member Tammy Townsend Kise, toured Artspace through the town and the Woodstock Square shops on Wednesday. They received a tour of the Opera House and the Old Courthouse; held four well-attended Focus Group discussions; made a lively evening Public Presentation; and, spent the final two hours of their visit summarizing initial impressions with the committee. The resulting study, similar to what was done by Urban Land Institute last year and building on that report, will be ready for review by mid-summer and will be shared with the public when finalized.

The impressions of the Woodstock community were enormously positive, from the beautiful Square, to the quality of the merchandise in the shops, to the engaged public that attended the meetings. A huge thank you goes out to **John Scharres** and his staff for the building tour and for hosting the sessions in the perfect Stage Left Café space. In addition, the entire **Public Works Department** must be credited for their exceptional work at ensuring the Square looked fabulous, even following the thousands of Fair Diddley visitors just a few days before.

The Artspace Study is made possible by the generous support of the McHenry County Community Foundation, whose ongoing assistance has been fundamental in helping the City of Woodstock with the Old Courthouse restoration efforts.



## **A VITAMIN FOR BETTER BONES?**

Osteoarthritis is a degenerative disease in which the cartilage and tissue around a joint break down and cause pain and loss of mobility. About 27 million American adults have osteoarthritis; the prevalence of this "wear and tear" condition increases with age, with sufferers typically noticing symptoms after the age of 40. By age 65, a full third of people have symptoms. The condition affects mostly the knees,

hips, spine, and hands, but it can occur in any joint.

The bad news? Osteoarthritis cannot be cured. However, there are effective treatments to help relieve pain and stiffness and restore mobility to the affected joint(s). These include range-of-motion exercises, gentle stretching, weight loss (to reduce the burden on already fragile joints) and anti-inflammatory pain relievers (such as ibuprofen and naproxen). And it's also possible that vitamin D might just ease the symptoms of osteoarthritis, particularly in overweight sufferers.

In a recent study, researchers at the University of Florida looked at 256 middle-aged and older people, about half of whom were obese. They observed participants balancing, walking, and rising from sitting to standing; questioned them about the severity of their knee pain—and took blood samples to measure their vitamin D levels.

All of the subjects with adequate vitamin D levels reported less osteoarthritis-related knee pain than those who were vitamin D-deficient. And overweight subjects who had plenty of D demonstrated more knee mobility and had better lower-body range of motion than overweight subjects who lacked the vitamin, according to Toni Glover, PhD, assistant professor of biobehavioral nursing sciences at the University of Florida in Gainesville.

Researchers are not clear on the causal relationship between vitamin D and a reduction in symptoms. Does D intake itself cause a reduction in symptoms in overweight people, or do overweight people with osteoarthritis who exercise outdoors and eat a broad diet produce more vitamin D? (Because sun exposure on skin enables the body to synthesize vitamin D, walking or being active outdoors is a good way to get adequate D.)

Whatever the precise relationship is, it's always a good idea to strive for a healthy level of this necessary vitamin. The Institute of Medicine of the National Academies recommends that adults up to age 70 get 600 international units (IU) a day; for adults over 70 years, the recommended dietary allowance (RDA) is 800 IU. If your bloodwork shows a deficiency, here are three steps you can take:

1. **Eat vitamin D-rich foods.** Make eggs and fatty fish (salmon, trout, and tuna are top choices) part of your regular diet, along with D-fortified foods such as milk and cereals.
2. **Supplement.** Can't or won't eat foods rich in vitamin D? You can get your daily recommended daily dose in pill form.
3. **Let the sun shine in.** More precisely, let it shine on you—at least a little bit. "You can synthesize an abundant supply of vitamin D with prudent sun exposure," Glover says. "Exposing your arms and legs to the sun during the day when the sunlight casts a shadow will make a good amount of vitamin D." Aim for no more than 15 to 30 minutes, and be careful not to go without sunscreen when the sun is high in the sky since it may cause you to burn.

**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.

# *What's Blooming in the Bump-Outs?*



**Wild Geranium**  
*Geranium maculatum*



**Achillea 'Walter Funcke'**



**Shamrock Inkberry**  
*Ilex glabra 'Shamrock'*



**Sum & Substance Hosta**

*None of the 72 bump-outs are exactly the same...make sure and take a walk in and around the square to see some of the 2,444 new plants and flowers planted by the Department of Public Works.*

*Check the newsletter for updates on what is blooming downtown!*

SAVE THE DATE!

CITY OF WOODSTOCK EMPLOYEE PICNIC

Thursday June 9<sup>th</sup> at the Pool

Families Invited

More information to follow





**Dine out at Culver's—  
Help Break a World Record!**

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**When: Friday, May 20, 2016**

**Hours:** 10:00 a.m. - 10:00 p.m.

**Where:** Culver's Restaurant  
1620 W. Lake Shore Dr.  
Woodstock (815-337-5730)



**Why:** Support Friends of the Old Courthouse  
and our first fundraiser, *Dick Tracy Day*.  
You can help us break a Guinness Book  
World Record! It's fun and easy.

**How:**

- Just bring this form to the restaurant for dine-in or carry-out.  
Be sure to give the flyer to the cashier so that we can earn 15% back.  
Money raised will help in the much-needed restorations of our beautiful,  
pre-Civil War Courthouse and Sherriff's house on the Woodstock Square.
- To maximize our fundraising dollars, we ask that coupons not be used  
during this time.
- A huge thank you to Culver's owners Barry and Jan and the Culver's Team!

