



CITY MANAGER'S NEWSLETTER



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COFFEE WITH THE CHIEF CONTINUES

Woodstock Police Department has confirmed that *Coffee with the Chief* will continue after the retirement of **Chief Robert Lowen** today.

Deputy Chief John Lieb will host *his* first *CWTC* as Chief on Monday, June 13th from 7:00PM to 8:30 PM in the Community Room of the Police Department located at 656 Lake Avenue. The evening will consist of a “meet and greet” for residents to get to know him. Stop by to ask a question, voice a concern, pay a compliment or just to say hello. All are welcome to attend.



POLICE DEPARTMENT BIGGEST LOSERS

The **Police Department** had a “Biggest Loser” contest and **Chief Lowen** filed this report:

45 participants – entry fee was \$20 apiece.

Sgt. Fourdyce orchestrated the event – 2nd time WPD has done this.

The results are in and they’re pretty astounding. Well done to everyone who completed and finished the challenge, no matter what your overall goal was. There was a collective 435 pounds lost by everyone who participated. For some perspective of how amazing that is, there are 3500 calories in one pound of body fat. So, we burnt a collective 1,522,500 excess calories. Not only that, many of you improved your blood work profiles in the process. **Kathy Gallagher** shared her blood work comparison with me from the start of the challenge to the end of the challenge and the improvement is dramatic. Again, congratulations to you all!!!

Without further ado, here are the results:

1st place: **Rob Branum** = 18.6% and 41 pounds lost (WINNER OF \$700!!!)
2nd place: **Bill Lintner** = 17.2 % and 41 pounds lost (WINNER OF \$200!!!)

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HR NEWS

Congratulations to **Daniel Puzzo** who has been hired as **Limited Part-Time Facility Worker** at the Woodstock Opera House. Daniel is a volunteer for the Friends of the Opera House and also works at the Crystal Lake Public Library as a Maintenance worker. Daniel's first day was Wednesday, June 1st. Welcome!



MEETINGS NEXT WEEK

Monday, June 6 – Board of Fire and Police, 5PM,
Police Department

Tuesday, June 7 – City Council, 7PM, Council
Chambers

Quotation

“Strive not to be a success, but rather to be of value”

Albert Einstein

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.

8 KINDS OF YOGA

Once you've decided to take advantage of everything yoga can offer—including better physical fitness and reduced stress levels—you still have a big decision to make. With so many styles, studios, and classes out there, how do you know which one is for you? We're here to make that decision a little bit easier.



“There’s a lot to consider when you’re new to yoga and figuring out what’s right for you, like whether you want a structured practice where you know what poses you’ll do at each session or something more varied,” offers Michelle Valentino, a certified yoga instructor at The Movement Center in Portland, Oregon. “Do you want a practice that’s fast paced or slow, athletic or leisurely? Do you want to focus on alignment and precision? Do you need to use props, or do you want to move freely and quickly from one pose to the next?”

You also have to ask yourself (and your doctor) if you’re healthy and fit enough for a particular yoga style. People with certain health conditions and absolute beginners might do well to steer clear of very demanding kinds of yoga.

Here are eight of the most popular and widely available styles of yoga. We recommend you start in a class with a certified teacher. Once you’ve learned the basics and how to accommodate your body’s needs, you can practice many of these styles on your own at home.

1. Hatha Yoga

The term “hatha” refers to any style of yoga that’s based on a series of exercises or postures, AKA asanas. Almost every style of yoga taught in the United States is Hatha. Whether it’s a fast paced and vigorous practice, like vinyasa or flow yoga, or gentle and relaxing like restorative yoga, it’s really all hatha. But if you’re looking at a class list offered by a yoga studio, hatha yoga probably means that it’s slow-paced and gradually leads from one asana to the next.

2. Kundalini Yoga

Kundalini yoga aligns specific breathing techniques with asanas and the chanting of mantras (specific Sanskrit sounds) to develop spiritual awareness. It is intended to release the flow of energy that travels through seven chakras (energy centers) in the body. It’s not a religious practice, but those who practice Kundalini describe it as deeply meditative and spiritual.

3. Vinyasa Yoga

Sometimes called flow or power yoga, vinyasa is a fast-paced, athletic practice that coordinates the breath with movement through a specific sequence of asanas. Some teachers choreograph their sequences to music. Vinyasa yoga moves quickly and is challenging, making it a great choice for those looking for a serious workout.

4. Ashtanga Yoga

Similar to vinyasa yoga, ashtanga combines breathing with flowing movements through a precise series of asanas. Ashtanga differs from vinyasa in its focus on “the eight limbs of yoga.” Asanas are just one of those limbs—the others are morality, integrity and ethical guidelines, self-discipline and spiritual observance, breath work, sense withdrawal, concentration, and meditation.

5. Bikram Yoga

Sometimes called “hot yoga,” this precise series of 26 postures is always practiced in a room heated to a steamy 104-105 degrees. The theory is that this temperature mimics the climate of India, where yoga originated, and allows the muscles and ligaments to be their most flexible. Bikram is controversial because many people can't stand the heat and its founder, Bikram Choudhury, has made headlines for personal and legal troubles. However, those who practice Bikram swear by this challenging athletic practice and its impact on health and wellbeing.

6. Iyengar Yoga

One of the most widely practiced styles, Iyengar is named for B.K.S. Iyengar, who developed this style. Iyengar emphasizes precise body alignment during each asana. It uses props like blocks, belts, and blanket rolls to help the practitioner achieve their best pose, as well as accommodate any physical limitations. Iyengar yoga practitioners hold poses for longer periods of time, which, along with the emphasis on precision, helps build strength, stamina, balance, and flexibility. This is a great choice for anyone new to yoga and those with physical limitations.

7. Restorative Yoga

Based on practices developed in Iyengar yoga, restorative yoga helps the practitioner achieve deep relaxation. “It’s a great choice for people who have an overactive life, mental or emotional challenges, and those who just want a slower-paced class,” Valentino says. Classes typically include a limited number of asanas held for as long as five minutes. Practitioners often use props to help them hold poses while completely relaxing and resting.

8. Yin Yoga

This slow-paced style is designed to prepare the body for meditation by focusing on poses that strengthen and stretch muscles, connective tissue, and ligaments. Poses are held for several minutes and practitioners are asked to relax deeply into each pose. “Yin is more vigorous than restorative yoga and allows people to experience what it’s like to hold poses for an extended period of time,” Valentino explains.

Still not sure what’s right for you? Try a few different classes and see what appeals. After all, “There’s something for everyone these days in the various styles of yoga,” Valentino notes. “With a little experimentation and investigation, you’ll find something that fits your life and body.”

What's Blooming in the Bump-Outs?

Check the newsletter for updates every Friday for what's blooming downtown!



Snow-in-Summer
Cerastium tomentosum



Scarlet Pavement
Rugosa Rose



Scarlet Pavement
Rugosa Rose



Stella De Oro
Daylily

Tick Q&A

Are ticks found in Woodstock?

Yes, ticks are found in Woodstock. They are commonly found in forested areas, and are very fond of areas covered with tall grasses.

If a tick bites me, does that mean I am going to get sick with Lyme disease?

No. Not all ticks carry disease, but it is impossible to tell by looking at a tick if it is infected, so the rule of thumb is to try and avoid tick bites all together.

What is Lyme disease?

Lyme disease is the most common tick-borne infection in Illinois (but infected ticks are found in the states surrounding us as well). It is transmitted through the bite of an infected tick.

What are the symptoms of Lyme disease? Should I go to the doctor if I am bit by a tick?

Symptoms tend to vary greatly from person to person. A ring-like or bullseye rash occurs in approximately 70-80% of cases (a tick needs to be attached at least 36 hours before they can transmit disease). The rash can be accompanied by fatigue, chills, fever, headache, swollen lymph nodes, and joint/muscle pain. If you experience a rash or any unexplained illness accompanied by a fever and have had possible tick exposure, it is worth calling your doctor – make sure explain you may have been bitten by a tick.

What are the best ways to avoid tick bites?

The best way to avoid bites is to avoid infested areas (forested areas with tall grasses). If you find yourself in an infested area, do the following:

- ⇒ Wear light colored, long-sleeved shirt & long pants tucked into socks (easier to spot a tick)
- ⇒ Apply up to 30% DEET to clothing (always WASH hands after applying)
- ⇒ Walk in middle of trails away from tall grasses and weeds
- ⇒ Check yourself, your children, and your pets every 2 hours (pets can carry ticks into homes)

Want more information?

Visit the McHenry County's Environmental Health website at <https://www.co.mchenry.il.us> and searching, "tick".

