

# Woodstock City Manager's Newsletter

## Around Town

- **Friday, 7/29**  
⇒ TSP Children's Workshop Performance, 7pm  
Opera House
- **Saturday, 7/30**  
⇒ Farmer's Market, 8am - 1pm  
⇒ Laura Rain & the Ceasars, 8 pm  
Opera House
- **Tuesday, 8/2**  
⇒ Farmer's Market, 8am - 1pm  
⇒ Senior Coffee 1pm-3pm,  
Stage Left Café
- **Wednesday, 8/3**  
⇒ McHenry County Fair, 8/3-8/7  
⇒ Morning Movies, *Angry Bird Movie* 10 am  
⇒ Petra Sings Concert 7:30 pm, Square  
⇒ Tween Night, Water Works 8:15 pm

Volume 4, Issue 30

July 29, 2016

## Newsletter Publish Dates Change

### August 2016

Su	Mo	Tue	We	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

The City Manager's Newsletter is changing to a Bi-Monthly publication beginning in August. It will be available on the City of Woodstock website on the 1st and 3rd Fridays of the month. Please contact the City Manager's office at 815-338-4301 for any questions or concerns.

## Hickory Lane Asphalt Maintenance Work Begins Monday, August 1<sup>st</sup>

Beginning Monday, August 1 and throughout the month of August, the Street Maintenance Division will close portions of Hickory Lane between Dean Street and Winslow Avenue for asphalt maintenance. Established detour signage will move traffic safely around the areas under construction and notifications posted nearby on the City's trailered sign board. To reduce negative impact on traffic flow as well as affected residents, planned maintenance includes block-by-block closures rather than closing the entire road. Mass mailing notification distributed by Public Works will include scheduled closure dates, work to be completed, and contact information to address concerns. Individual street closures will be listed on our website

If you have any questions please contact Barry Pierce, Street Maintenance Superintendent at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov) or at (815) 338-6118.

### Inside This Issue

Job Opportunities / Recipe	2-3
Meditation	4-5
Around the Town	6
Opera House	7
Recreation	8
Library	9
Public Works	10-11
McHenry County / Around Town	12-13
Meetings	14

**HR NEWS**

**\* Job Opportunities**

PT Office Clerk

PT Front Desk

PT Play Room

**\* Anniversaries / Birthdays**

**\* Healthy Dinner**



7/29 Bill Straczek  
7/31 Trudi Dreyer  
8/3 Kim Monack  
8/3 Rob Lamz 30!!!

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.*

**Full-Time Police Officer/Eligibility List –**

**Woodstock Police Department:** The Board of Fire and Police Commissioners for the City of Woodstock is now accepting applications for the position of: Police Officer. Testing is being conducted to fill full-time Police Officer positions

and to establish an Eligibility List for future available positions. Minimum qualifications: **Applicants must have attained their 21st birthday at the last date for filing applications (8/10/16). Must be under the age of 35 on 8/10/16 unless exempt by State Statute 65 IL 5/10-2.1;** US citizen; HS grad or equiv., with preference points awarded for bachelor's degree any major; for associate's degree in criminal justice or law enforcement; or, for prior military service with honorable discharge; valid driver's license and good driving record; no felony convictions. Current Starting Salary: \$54,792.00 (payable as \$26.34 per hour) with comprehensive benefits package. Applications and additional information are available at

**[www.jobsource.copsandfiretesting.com](http://www.jobsource.copsandfiretesting.com). There is a non-refundable \$35.00 application fee. All applications must be returned to the office of: C.O.P.S. and F.I.R.E. Personnel Testing Service, Attn: Woodstock PD, 200 West Higgins Road, Suite 201, Schaumburg, IL 60195. Applications are NOT available at the Woodstock Police Department or City Hall. Questions? Contact C.O.P.S. and F.I.R.E. Personnel Testing Service at (847) 310-2677; Website: [www.copsandfiretesting.com](http://www.copsandfiretesting.com) . Mandatory Orientation and Testing to be held Saturday, August 27, 2016 at Woodstock High School, 501 W. South Street. Current valid POWER card will be accepted in lieu of physical testing at Orientation. **Application Deadline: Wednesday, August 10, 2016 at 4:00 pm.****



**Part-Time Front Desk Cashier – Woodstock Recreation Center:** The City of Woodstock is seeking a part-time Front Desk Cashier with the Woodstock Recreation Center at 820 Lake Avenue. The position works up to 28 hours per week, with possible scheduling for work periods that may include: Monday – Friday 4:30 am – 9:00 am, 8:00 am – 3:00 pm or 3:00 pm – 9:00 pm; Saturday and Sunday 7:00 am – noon or Saturday and Sunday noon – 5:00 pm. **Note: This is not a seasonal position: Ideally candidates should demonstrate commitment to year-round employment on a set schedule, preferably for a minimum of 1-2 years. Starting pay rate is \$8.46 per hour; benefits include prorated vacation, holiday, sick leave and IMRF pension. Application Deadline: Open until filled.**

**Limited Part-Time Play Room Attendant - Woodstock Recreation Center:** The City of Woodstock is seeking limited part-time Play Room Attendants (2 positions) with the Woodstock Recreation Center at 820 Lake Avenue. Position works up to 18 hours per week, with possible scheduling for work periods that may include: Monday – Saturday mornings 7:45 am – 11:00 am, Monday – Friday 3:45 pm – 8:00 pm or Sunday 9:00 am – 11:00 am. **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. Starting pay rate is \$8.25 per hour with no additional benefits. Application Deadline: Open until filled.**

## HEALTHY DINNER: MUSSELS SOUTH OF TWO BORDERS

Prince Edward Island may account for a healthy share of the world's mussel production, but this recipe takes those mollusks farther south for a Latin American preparation that combines chorizo, chiles and beer.

**2 servings** | **Active Time:** 30 minutes | **Total Time:** 30 minutes

### Ingredients

- 1/3 cup diced Spanish chorizo, (see Shopping Tip)
- 1 medium onion, diced
- 1 small plum tomato, diced
- 2 tablespoons chopped canned green chiles, drained
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly ground pepper
- 1 cup beer, preferably dark Mexican beer, such as Negra Modelo
- 2 pounds mussels, scrubbed and debearded if necessary (see Tip)

1/4 cup chopped fresh cilantro

### Preparation

1. Cook chorizo in a large saucepan over medium heat until beginning to brown, 3 to 5 minutes. Add onion; cook, stirring often, until softened, about 3 minutes. Stir in tomato, chiles, cumin and pepper; cook, stirring occasionally, until the tomato begins to break down, about 3 minutes. Pour in beer, increase heat to medium-high, and bring to a boil, scraping up any browned bits.

Stir in mussels and return to a simmer. Cover, reduce heat to medium-low, and cook just until the mussels have opened, about 7 minutes. Remove from the heat (discard any unopened mussels); stir in cilantro. Serve with the sauce.

### Nutrition

**Per serving** : 285 Calories; 6 g Fat; 1 g Sat; 1 g Mono; 48 mg Cholesterol; 20 g Carbohydrates; 28 g Protein; 3 g Fiber; 510 mg Sodium; 407 mg Potassium; 1 Carbohydrate Serving; **Exchanges:** 1 vegetable, 2 lean meat

### Tips & Notes

- **Shopping Tip:** For this recipe we use fully cooked Spanish-style chorizo—spicy pork sausage seasoned with smoked paprika and chile—recognizable for its characteristic red color. Find it near other cured sausages in well-stocked supermarkets, specialty-food stores or online at tienda.com.

**Tip:** To clean mussels, scrub with a stiff brush under cold running water. Scrape off any barnacles using the shell of another mussel. Pull off the fuzzy “beard” from each one (some mussels may not have a beard).

For the original recipe link, visit: [http://www.eatingwell.com/recipes/mussels\\_south\\_of\\_two\\_borders.html](http://www.eatingwell.com/recipes/mussels_south_of_two_borders.html)

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[www.eatingwell.com](http://www.eatingwell.com)



## ALL ABOUT MEDITATION

All of a sudden, everyone seems to be meditating. Whether it's for greater health and wellbeing, improved productivity or deeper spirituality, meditation has something to offer everybody—including you.

Some people think that they can't meditate because they don't have time, they can't clear their minds, or they don't want to sit on the floor. The truth is, there are enough ways to meditate that everyone can find their style, and all forms of meditation lead to the same destination—greater insight, more energy, deeper personal connections, relaxation, a healthier mind and body, and a greater sense of compassion for yourself and others.



### What Is Meditation?

Meditation is a technique that allows practitioners to harness the mind, focus attention, and allow us to slip into a deeper state of consciousness. It's considered a mind-body practice, according to the National Center for Complimentary and Integrative Health (NCCIH). While most forms of meditation practiced today have roots in ancient religious and spiritual traditions, meditation itself is non-denominational. Sitting on the floor isn't mandatory and clearing the mind of all thoughts is rarely the goal.

### Why Meditate?

Meditation offers many benefits, but its primary goals are to help you reach a state of deep relaxation and increase your ability to manage your thoughts and attention. As your practice gains skill and depth, you'll find yourself less easily distracted, less stressed, and less focused on negative emotions and experiences. Many people report that adding regular meditation to their lives has increased their productivity, creativity, and sense of purpose.

Meditation is good for your physical health, too, NCCIH research shows. During meditation, measurable biological changes take place in the brain and body. These can

- Reduce stress, anxiety, depression, mood disturbances and pain.
- Lower blood pressure.
- Reduce muscle and joint pain.
- Help cancer patients tolerate treatment.
- May reduce illnesses caused by inflammation.
- Ease irritable bowel syndrome and colitis.

Meditation is increasingly recommended by traditional medical practitioners.

Swami Prakashananda, a meditation teacher at The Movement Center in Portland, Oregon, has taught and practiced meditation for 40 years. He knows firsthand how important meditation is for one's health: "A few years ago, I had a heart attack. I was rushed to the hospital with severe blockages in four arteries. The cardiologist said, 'I can't figure out why you're still alive.' I told him, 'Well, I meditate.' He looked me straight in the eyes and said, 'That's why you're alive.' Meditation helped my body deal with an intense crisis and activate my own ability to heal."

### What Kinds of Meditation Are There?

"Practices range from simple breath awareness, to use of mantra [a phrase], to walking meditations and more," Prakashananda says. Whatever style you choose, the goal is to sit in a quiet place, focus on something beautiful, and create a connection between your awareness and the higher power that does the healing, thinking, breathing and living through us. The practice could be anything from 'think about something' to 'think about nothing.' All techniques are doorways to higher experiences.

Most of the types discussed here encourage practitioners to sit quietly, concentrating on the breath. When your mind wanders (it will!), just return your awareness to your breath. Here are some types to consider:

### Mindfulness Meditation

Mindfulness—the constant awareness of one's thoughts, emotions, or experiences—is a part of every meditation practice and its history goes back thousands of years. Its popularity in the West began in the 1970's with Jon Kabat-Zinn, PhD, who founded the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School and the Mindfulness Based Stress Reduction Program.

Mindfulness meditation focuses on present moment activities, whether that's breathing and sitting or any other activity. For instance, you can practice mindfulness throughout your day while you walk (concentrating on each step) or wash your hands (concentrating on the warmth of the water and the slipperiness of the soap).

To turn mindfulness into a more formal practice, sit comfortably in a chair or on a cushion on the floor, or lie on your back. Concentrate on each breath as you inhale and exhale, and notice the coolness of the air and any resistance or constriction you feel.

If you realize that you're no longer fully immersed in mindful hand-washing, for instance, but are instead thinking about your to-do list, just recognize that you're thinking and return your focus to your hands.

### **Zen Meditation**

Zen meditation developed when Buddhism spread to China approximately 600 years after Buddha lived. It continued to evolve in Eastern Asia for thousands of years; Zen meditation reached the US in the twentieth century.

Like mindfulness, Zen meditation encourages you to focus on the breath. Sit with your back straight and your eyes closed or open but unfocused. Practitioners follow their breath and try to stay in the present moment. They observe the thoughts that pass through their mind without holding on to them. When they find their minds wandering, they return to the breath and start again.

### **Vipassana or Insight Meditation**

Vipassana is an ancient meditation technique that formed the foundation of Buddha's practice more than 2,500 years ago. It made its way to the U.S. in the 1970s, when meditation leaders Sharon Salzberg and Joseph Goldstein opened the Insight Meditation Society in Barre, Massachusetts.

With Vipassana meditation, you use your awareness of your breath and/or an object, which refers to might be a color, sound, odor, tactile sensation (including bodily movement), flavor, or feelings, desires, and thoughts.

If you become distracted, you label what you're aware of (for instance, hearing a car horn beep is labeled "hearing") and return to your meditation.

### **Hindu Meditation**

The earliest written records on meditation are found in Hindu Scriptures dating back to approximately 1,500 BC.

Meditators use a mantra to keep the brain busy during practice. Prakashananda explains, "Mantras are traditionally ancient Sanskrit words or phrases that are repeated silently during practice. Different mantras have different intentions; for instance, to promote healing, pay respects, or remove obstacles. They give your mind something to focus on besides your problems and patterns and the things that keep us stuck. The word 'mantra' actually means 'to protect,' and it's meant to protect us from worry, stress, and fear."

### **How Do You Start?**

It's always best to start with a teacher. Search online, in the phone book, or at your local community center to find a teacher or meditation center that near you. You may want to try a few styles until you find one that suits you.

To get started at home, follow these steps:

- Set aside 15 to 20 minutes for daily practice.

- Find a quiet spot where you'll be free of distractions.

- Sit with your back straight, but in a comfortable position that you can maintain for your entire meditation.

- Close your eyes.

- Touch your index finger and thumb together and drop your hands palm up on your thighs.

- Take a few slow, deep breaths and observe your mind and body as it settles into meditation.

- Continue focusing on your breath as you inhale and exhale and observe any thoughts or feelings that come up; then return to your breath.

AROUND TOWN

\* Concert Series

\* Harry Potter

## **Wednesday Night August Concert Series**

### **In the Park on the Square**

Petra Sings—August 3rd

Crazy Heart—August 10th

Saturday June Band—August 17th

Maxwell Street Band—August 24th

All concerts begin at 7:00 pm.

## **READ BETWEEN THE LYNES**

### **Harry Potter & the Cursed Child Release Party**

**Saturday, July 30th from 10:00 PM -12 PM**

There's a new Harry Potter book (well, play) and we're throwing a grand midnight release party just like the old days! Come on out for a great night of Harry Potter fun and be among the first to read the Harry Potter and the Cursed Child script!

Come in costume for our costume contest, play Harry Potter trivia, make your own wand, enjoy a butterbeer latte, and much much more!

OPERA HOUSE SCHEUDLE			
Friday 7/29	Saturday 7/30	Wednesday 8/3	Thursday 8/4
TSP Free Children's Workshop Showcase, 7 pm Main Stage	Laura Rain & the Caesars, 8 pm Main Stage	Petra Sings Concert, 7:30 pm City Park	Cassandra Vohs-Demann Recital 7:30 pm

**OPERA HOUSE**

**\* Schedule of Events**

**\* Blues Band**

**\* Bob Dylan**

**Laura Rain and the Caesars  
Saturday, July 30, 2016**

Since their inception in 2012, Blues-R&B band Laura Rain & the Caesars has been setting the stage and airwaves on fire with their unique brand of Detroit soul music. Laura's debut release "Electrified" has received international critical acclaim from both the press and DJ's alike. Blues Junction's David Mac calls Laura Rain "a revelation..." while esteemed blues writer Tom Hyslop calls her "a force of nature..." Featuring a stellar cast of some of Detroit's finest players the groups mix of nasty blues guitar, Hammond organ, funky rhythms and soul-fire vocals combine to channel Aretha Franklin, Al Green, James Brown, Funkadelic and Magic Sam into its own unique retro modern soul music.



**Lonesome Highway a Tribute to Bob Dylan  
Saturday, August 6, 2016**



There are probably several reasons why, up until now, no tribute performer has been able to successfully replicate the music of Bob Dylan. Due to the sheer number of songs in his catalog, the complex, always changing styles and phrasings, and, of course, the one of a kind, unique Dylan look and persona, there hasn't been an artist or band that has been able to put it all together in a convincing way. Until Lonesome Highway. No one does Bob Dylan better than this band, and no detail is overlooked. You'll hear classic songs like "Blowing in the Wind" and "Like a Rolling Stone,"

as well as some Dylan inspired songs by the Byrds and The Traveling Wilburys. The show is guaranteed to take the audience back to the golden age of rock music and to the greatest song-writing and vocal pioneer of our time.

**RECREATION**

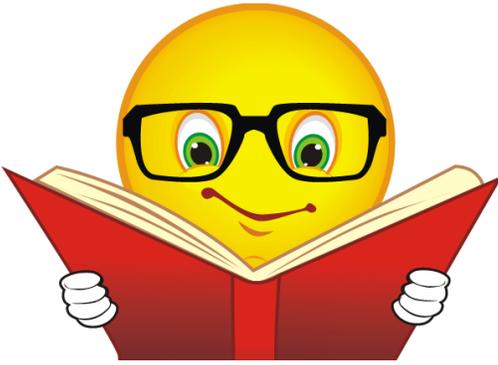
**\* Irish Dancers**

**COFFEE AT THE CAFÉ ENDS THE MONTH WITH A JIG**

Pictured below are three beauties from the McCormack Fay Academy of Irish Dance. The trio performed various Irish Dances for the Tuesday *Coffee at the Café* senior group the last Tuesday in July. Also during the month of July, the seniors were visited by the Citizens Utility Board to discuss utility bills, played Bingo with Christmas themed prizes and had a Fried Chicken lunch from ShopFresh Market.

**City Manager Office Assistant Monica Amraen and Recreation Program Coordinator Becky Vidales** plan and coordinate events, speakers, lunch and bingo every Tuesday for seniors that averages 20-30 participants each week. The program is free of charge and offered at Stage Left Cafe.





### **Summer Reading Program Concludes**

Saturday, July 30 marked the end of the library's annual Summer Reading Program. This year, over 700 children and young adults participated, logging over 16,000 hours of reading.

Additionally, 42 adults joined our adult

reading program and completed nearly 250 books.

### **Health and Wellness Event with Mercy Health Systems**

Saturday, August 6, 2016. 9:00 am – 12:00 pm

Professional staff from Mercy Health System will perform free blood pressure screenings and provide information and education on a variety of health issues. The Mercy staff will also have information on seasonal issues and the forthcoming start of the school year.



dreamstime.com



### **New Website Planned**

Work has begun on a fully redesigned website for the library. We'll be working with Aha, the same company that did the city's new pages. The new site will be more dynamic, easier to update, and include more information than the current site contains.

### **The Art of Storytelling**

Wednesday, August 10, 2016. 9:30 am – 12:00 pm

Local resident Joy Aavang, herself a public speaker and author as well as a storyteller, will moderate interested individuals to tell their stories and practice the art of storytelling. Joy is coordinator of the Memory Makers Storytelling Group in Richmond. Participants do not have to tell a story—listeners are welcome! Light refreshments will be served.

#### **LIBRARY**

**\* English Conversation**

**\* IT Help**

**\* Fun Friday**

**\* Storytime**

**PUBLIC WORKS**

\* Cleaning Day



**It's all about cleaning up the community on Saturday, August from 8:00 am until 1:00 pm!**

Interested in making a difference? Clean up the City of Woodstock for a couple of hours or all day starting at 8:00 am in the parking lot of Matrix 4 at 610 E. Judd St. Areas to clean up will be assigned or pick up supplies to clean up an area special to you!

**VOLUNTEERS SHOULD BRING:**

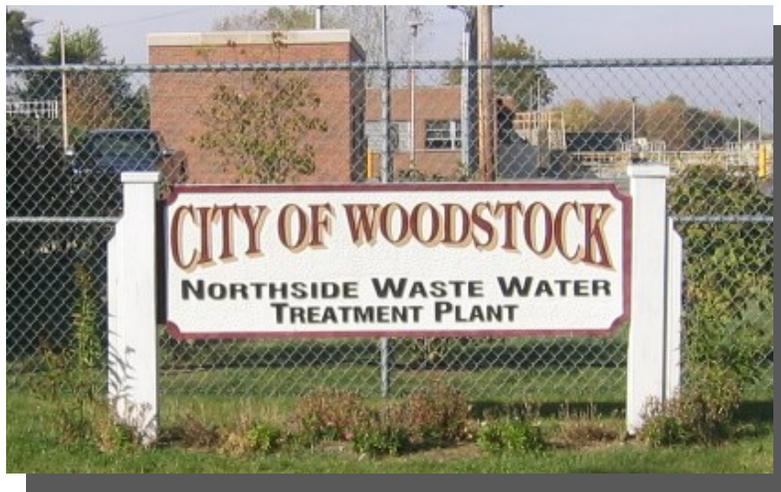
- Sunscreen
- Bug Spray
- Appropriate clothing (hats, casual clothes, etc)
- Work shoes/sneakers
- Drinking water

**VOLUNTEERS WILL BE PROVIDED:**

- Trash bags
- Disposable gloves
- Safety vests for roadway clean-up
- Donut & beverage breakfast
- Hot dog, chips & soda lunch (starting @ 12:00 pm)

This event welcomes individuals and groups of all kinds - scout troops, church groups, families and more. There is no minimum age for participation; all are welcome, when accompanied by a parent or guardian. Smaller groups, families and individuals are encouraged to register in advance at Volunteer Spot: <http://vols.pt/SD4dis>, however you are welcome to simply show up the morning of the event.

**Have questions? Please contact the Woodstock Chamber of Commerce at (815) 338-2436 or email [keepwoodstockbeautiful@gmail.com](mailto:keepwoodstockbeautiful@gmail.com).**



## **Illinois Environmental Protection Agency (IEPA) Inspections at North and South Wastewater Treatment Plants**

A compliance evaluation inspection was conducted by Ms. Karen Katamay, representing the Illinois Environmental Protection Agency at the City's Northside and Southside Wastewater Treatment Plants on July 21<sup>st</sup>.

The purpose of this visit was to verify both facilities are operating within state and federal water pollution control laws and regulations. Wastewater Treatment Superintendent Anne George spent several hours with the inspector reviewing facility data and record keeping. Walk through inspections occurred at both facilities as well. In the past several years, the IEPA has determined both facilities are "in significant compliance with NPDES (National Pollutant Discharge Elimination Systems) permit requirements".

McHenry County

\* County Fair

\* Workforce  
Open House

# McHenry County Fair

August 3rd—7th, 2016

IL Route 47 and Country Club Road  
Woodstock, IL 60098



<p><b>Family Concert Night</b> Thursday, August 4<sup>th</sup> at the 2016 McHenry County Fair!</p> <p><b>Caroline Kole</b></p>	<p><b>NEW ALBUM NOW AVAILABLE</b></p> 
	<p><b>The Willis Clan</b></p> <p>Grandstands open at 6:00pm and the concert begins at 7:30pm.</p> <p>Check out our website to preorder your tickets! <a href="http://mchenrycountyfair.com">mchenrycountyfair.com</a></p>



## McHenry County Workforce Center Open House

Workforce Development week is August 29<sup>th</sup> – September 2<sup>nd</sup>, 2016. During this week, the McHenry County Workforce Network will be holding some special events to bring attention to our center and strengthen awareness in the community.

We will be hosting an Open House at the McHenry County Workforce Center on **Tuesday, August 30, from 9am to 12pm**. We invite you to come network with business professionals and elected officials. Tour the Workforce Center and see all that we have to offer.

We look forward to seeing you and will follow up with you in the upcoming weeks.



## GRAND OPENINGS



**Shop Fresh  
Grand Opening**  
Saturday, July 30, 2016  
Ribbon Cutting 12:00

### AROUND TOWN

\* Grand Openings

Shop Fresh is a full service, family owned & operated supermarket now open in the former Wisted location.

They specialize in farm fresh produce, USDA choice or prime meats, gourmet delicatessen, homemade bakery everyday low priced grocery and an extensive liquor department.

They cater and deliver groceries to your home.

They are now hiring— you can apply in store or online at [shopfreshmarkets.com](http://shopfreshmarkets.com)!

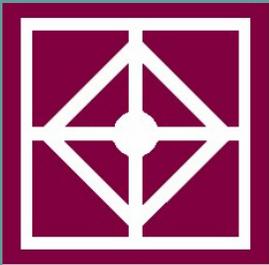
**Sonshine Girl  
Grand Opening**  
Saturday, July 30, 2016  
1:00 pm—5:30 pm  
Ribbon Cutting  
Ceremony approx.  
2:00 pm



Spin the wheel for prizes and discounts. Drawings for a chance to win gift cards! Refreshments will be served. 12 E. Van Buren, next to Starbucks on the Square.

## Quote of the Week

ONE MIND IS GREAT  
MULTIPLE MINDS, BETTER.  
THAT'S WHY WE'RE A TEAM,  
WE WORK WELL TOGETHER.  
BRUNCH WITH THE BOYS



City of Woodstock  
121 W. Calhoun St.  
Woodstock, IL 60098  
Phone (815) 338-4300  
Fax (815) 334-2269

Hours:

8:30 am - 5:00 pm  
M, W, Th, F  
8:30 am - 7:00 pm  
Tuesdays unless  
otherwise posted

[www.woodstockil.gov](http://www.woodstockil.gov)



### City Meetings Open to the Public

<u>Date</u>	<u>Time</u>	<u>Meeting</u>	<u>Location</u>
8/2/2016	7:00 pm	City Council Meeting	City Hall, Council Chambers
8/4/2016	5:30 pm	Environmental Commission	City Hall, Council Chambers
8/4/2016	6:00 pm	Joint Meeting Environmental & Cultural and Social Awareness Commissions	City Hall, Council Chambers
8/4/2016	7:30 pm	Library Board	Public Library