



# CITY MANAGER'S NEWSLETTER



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## **CONGRATULATIONS DETECTIVE SERGEANT JEFF PARSONS**

On Friday, January 16<sup>th</sup>, **Woodstock Police Department Detective Sergeant Jeffrey G. Parsons** graduated from Northwestern University Center for Public Safety School of Police Staff and Command. The graduation ceremony was the culmination of 10 weeks of intensive study that began on September 15, 2014.

A luncheon was held honoring the 28 graduates of Class # 368 at the DoubleTree by Hilton in Mundelein. **Chief Robert Lowen, Deputy Chief John Lieb** and Detective Sergeant Parsons' wife, **Mani**, were on hand to support and celebrate with him at both events.

Detective Sergeant Parsons was able to attend the class at no additional cost to the department as the recipient of the Illinois Association of Chiefs of Police (IACP) Carl Dobbs Memorial Scholarship

Congratulations to Detective Sergeant Parsons on this major academic accomplishment!

*Congratulations*



## **SAVE THE DATE!**

The guest speaker at the February Coffee with the Chief will be Joe Rosner, a crime prevention and self-defense expert with military, law enforcement and professional bodyguard experience. Learn how to put good personal safety habits and tactics between yourself and a potential criminal which may greatly reduce your odds of becoming a victim of crime.

The meeting is scheduled for Monday, February 9, 2015 at 7:00PM and will be held in the training room at the **Woodstock Police Department**.

For further information, please call 815-338-6787.

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## GROUNDHOG DAYS

Bring your family out next Thursday evening, January 29 to kick off the start of the Groundhog Days' Events beginning with the "Awakening of the Groundhog" at 6:00PM in front of the Woodstock Opera House (see photo below), followed by "Groundhog Trivia" at 6:30PM at Stage Left Café. Then, get your friends together for Mix 'N Mingle's "Woodstock Willie Wine Party" from 7:00 – 9:00 PM.

There are many family-friendly events included throughout the week including "Woodstock Willie's Family Fun Day" on Sunday, February 1 from 9:00 AM – 2:00PM.

This year's lineup also includes the Groundhog Day Dinner / Dance, the Chili Cook-Off, Bowling, a Bags Tourney and the D-200 Education Foundation Benefit, to name a few.

For the complete schedule of Groundhog Days' Events, go to their website [www.WoodstockGroundhog.org](http://www.WoodstockGroundhog.org) or call 815-334-2620.



## WINTER PARKING REGULATIONS



The City of Woodstock wants to remind you of the following parking regulations during snow events.

- NO PARKING on downtown streets after 11:00PM after a 3" snowfall or more. Vehicles will be towed!
- NO PARKING on all other City streets **any time** after a 3" snowfall or more. Vehicles may be ticketed or towed away!

"No person shall park a vehicle on any street for a period of time longer than 30 minutes between the hours of 2:00AM and 6:00AM." (City Code Section 5.3.16)

### Public Parking Lots

There will no longer be parking bans in the public parking lots, however, vehicles parked in any of the downtown lots may not exceed any 24-hour period. In addition, from time to time, any of the lots may be closed temporarily for maintenance to clear the excess snow. Please observe and obey these temporary closures. Vehicles that are not moved can be towed away at the owner's expense.

If you have any questions concerning parking regulations, please contact the **Department of Public Works**, 815-338-6118.

## ***FREEZING WATER LINES***

As frigid temperatures continue, homeowners should be aware of precautions they can take to help to protect interior pipes and water meters from freezing so that exterior service lines aren't affected. Prolonged cold temperatures like we have experienced can cause water in pipes and water meters to freeze and burst in unprotected and unheated areas of your home. Buried water service lines can also be affected as frost can penetrate deep into the ground, some areas as much as 3 to 4 feet, which can result in the freezing of buried service lines, thereby preventing residents from having access to water. A burst water pipe or frozen service line can cause considerable property damage resulting in costly repairs and interrupting water service. You would then require the services of a professional to make the necessary repairs or thaw the buried water service line.

Here are some simple tips to protect your home:

- Seal cracks in doors, windows and foundations. Small openings concentrate cold air creating a cold blow torch that can quickly freeze pipes.
- Open cabinets and closets that contain water lines to allow warm air to circulate around the plumbing.
- Allow cold water to drip through faucets. Running or dripping water can help prevent water lines from freezing; however, even running water can freeze in sub-zero temperatures.
- Consider installing water pipe insulation. Local building supply stores carry a number of products designed specifically for this purpose. If you decide to use a heat tape, be sure it has the UL seal of approval.
- Check pipe insulation periodically to make sure it is dry. Wet insulation can be worse than no insulation.
- If you're going away for an extended period, keep the heat on low inside the house. This will help protect the pipes in the event the temperature drops.
- If you plan to turn the heat off, be sure to drain all the water from the pipes, toilets and water heater, and turn off the power source to the water heater.
- Should you have your home winterized, be certain the contractor pulls the water meter, empties the water out, and caps the pipe.
- Make sure the shutoff valves on either side of the water meter are working properly. Place a tag on the main shutoff valve and make sure everyone in the house knows where it is and how to operate it in case of an emergency.

If a resident experiences a water outage caused by freezing pipes, they should contact the **Department of Public Works**, 815-338-6118.



## **RECRUITMENT**

The posting for the **Limited Part-Time Playroom Attendant** has closed. Interviews for chosen qualified applicants will be scheduled shortly.

The posting for the **Limited Part-Time Finance/Accounting Intern** has closed. Interviews for chosen qualified applicants will be scheduled shortly.

Interviews for chosen qualified applicants for the **Limited Part-Time Library Shelver** were held on Thursday, January 22<sup>nd</sup>. Information on the position will be released shortly.

The following active positions are currently posted on the City of Woodstock's website:

**CDL-Licensed Maintenance Worker I – Public Works Streets Division:** General responsibilities with a Sunday through Thursday work schedule include: performs a wide variety of manual labor and operates vehicles and equipment in the maintenance and repair of City streets, rights-of-way, and other City-owned property. **Application Deadline: Friday, January 30, 2015 at 5:00PM.**

**American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides (2015 SUMMER SEASONAL):** These positions provide safety and instruction to swimmers at Woodstock WaterWorks pool and work days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

**Playground Program Counselors (2015 SUMMER SEASONAL):** Counselors interact with and supervise a group of 8-12 children, ages 4-12 years, in a recreational setting. This position requires planning, implementing, and evaluating daily activities, and communicating with participants' parents on a regular basis. Counselors ensure safety of campers at all times. **Application Deadline: Friday, March 6, 2015 at**

**5:00PM. Public Works Seasonal Maintenance Workers (2015 SUMMER SEASONAL):** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Supervisors and/or Foremen for the respective divisions of the Public Works Department. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the **Employment Opportunities** section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

## **YOUTH HOCKEY PROGRAM OFF AND RUNNING**

The **Recreation Department's** indoor *Youth Floor Hockey* program started on Tuesday night in the gym at the Rec Center. The seven to eight-year-old class, which has 10 participants, begins at 4:30PM, followed by the nine to eleven-year-old, which also has 10 participants, at 5:30PM. Both groups run through February 17.

The class focuses on fundamentals and the rules of hockey while also offering supervised games.

Starting February 24, the **Recreation Department** will be offering the *Dodgeball Club* for kid's ages seven to eleven-year-olds. Fees are \$25 for residents and \$37 for non-residents. Classes will run through March 17.



## **FREE DEMO DAY BRINGS IN NEW FACES TO RECREATION CENTER**



Last Saturday, the Land Group Fitness Group offered a FREE demo day to give a half hour sample of classes that are offered. More than 50 participants attended the 8 classes offered, which included Muscle in the Morning, Piloxing, Hip Hop Hustle, Turbo Kick, Mixxed Fit and Piyo. The schedule also included Kids Fitness classes; Zumba Kids and Young Warriors.

Saturday, January 24 is an Aqua Demo which includes a variety of routines from different instructors from 8-10AM at the Rec Center.

Saturday, January 31 is one more Land Fitness Demo to cover the rest of the classes offered at the Rec Center including; Zumba, Core Centric, RIPPED, Step, Circuit Blast and Vinyasa Flow.



## **A GREAT DAY ON THE SLOPES**

The weather was perfect and sunny this past Monday when the Recreation Staff took thirty Tweens (5<sup>th</sup> -8<sup>th</sup> grade) to Wilmot Ski Lodge for a day of snow tubing on the 20 lane, 1000 feet slopes. The trip was chaperoned by Recreation Program Coordinators **Alan Dunker**, **Renee Torrez** and **Becky Vidales**. Special thanks to **Roger Vidales** for being an additional chaperone for this big group.

The Tweens crowd is growing as the Recreation Center offers one Tween Night on the First Saturday of each month from 6:30-8:30PM. Coming up this Spring are additional trips to Fudd Ruckers/Morkes Chocolate in Lake in the Hills, Cosmic Bowl at Kingston Lanes and the Rockford Ice Hogs.

## **Quotation**

To be prepared is half the victory.  
Miguel de Cervantes

## **MEETINGS NEXT WEEK...**

Monday, January 26 – Historic Preservation Commission, 7PM, Council Chambers

## **THE BENEFITS OF FREQUENT MASSAGE – A POWERFUL HEALTH ALLY**

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.



Researchers say the incredible benefits of massage are doubly powerful if taken in regular “doses.”

Professionals at the Touch Research Institute at the University of Miami explain the more massage you get, the greater benefits you reap. Here's why:

### **The Health Benefits**

Experts estimate that upwards of 90 percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased Anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Reduced fatigue

Furthermore, clients often report a sense of perspective and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits.

In response to massage, specific physiological and chemical changes cascade throughout the body, with profound effects. Research shows that with massage:

- Asthmatic children show better pulmonary function
- Arthritis sufferers note fewer aches and discomforts
- Burn injury patients report reduced pain and anxiety
- High blood pressure patients demonstrate lower diastolic blood pressure and stress hormones
- Premenstrual syndrome sufferers have decreased water retention and cramping
- Preterm infants have improved weight gain

Research continues to show the enormous benefits of touch – which range from treating chronic diseases, neurological disorders, and injuries, to alleviating the tensions of modern lifestyles. Consequently, the medical community is actively embracing bodywork, and massage is becoming an integral part of hospice care and neonatal intensive care units. Many hospitals are also incorporating on-site massage practitioners and even spas to treat post-surgery or pain patients as part of the recovery process.

## Help Yourself to Health

Here's the beauty of bodywork: Its benefits are compounded when massage is utilized as a frequent therapy. The more you get, the more it does.

Taking part in this form of regularly-scheduled self-care plays a huge part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

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### **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 8138-4363 or visit [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) for more information.