



# CITY MANAGER'S NEWSLETTER



Volume III Issue 1

January 2, 2015

## **CHANGES TO GARBAGE SERVICE**



On behalf of the residents of Woodstock, the City has amended the contract with our chosen refuse hauler, MDC Environmental, to keep rates as low as possible while providing an even greater level of service. These new benefits will start January 1, 2015.

Because the City has taken over billing of totter service, the rate of \$23 per month to residents will be the same rather than the usual annual increase. Starting with the November billing, residents will find the refuse charge on their water/sewer bills. Because MDC billed before the service was provided and the City will bill for service already rendered, residents will have a short reprieve from their garbage bills.

Garbage sticker prices, however, will rise slightly on January 1, 2015. Yellow garbage stickers will now be \$2.68 each, but the orange yard waste stickers will remain the same at \$2.40 apiece. The additional good news is that the City was able to maintain these prices for an extra year, through December 2016, without another price increase!

Good news is also in store for those needing to dispose of large items. Residents with totter service may put out one bulk item per week for **free**. Any resident with garbage totter service may dispose of more than one bulk item per week with the use of **ONE** garbage sticker at a cost of \$2.68. For those using the sticker program, you will also be able to dispose of one bulk item for the cost of **ONE** garbage sticker per item.

As before, any questions about garbage pickup days or service will be handled by MDC at 815-568-

7274. To stop or start totter service, call us at City Hall, 815-338-4300.

## **SAVE THE DATE!**

The guest speaker at the January Coffee with the Chief will be **Woodstock City Manager Roscoe Stelford**. He will speak on the current State of the City and answer questions residents may have concerning our Community.

The meeting is scheduled for Monday, January 12<sup>th</sup> at 7:00 p.m. and will be held in the training room at the **Woodstock Police Department**.

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

## **POLICE ANNOUNCE JANUARY TRAFFIC ENFORCEMENT INITIATIVE**

The **Woodstock Police Department** has announced that the Special Traffic Enforcement Initiative for January will target Stop Sign Violators. As always, the ultimate goal of this initiative is two-fold: to prevent traffic crashes resulting from dangerous driving behaviors such as failure to come to a full stop or yield the right-of-way and to encourage motorists to voluntarily comply with traffic laws.

Questions regarding this or any other traffic enforcement issue should be directed to **Sergeant Rob Pritchard** at 815-338-2131 or at [rpritchard@woodstockil.gov](mailto:rpritchard@woodstockil.gov).

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## ***CHRISTMAS-TREE COLLECTION***

The **Department of Public Works** will again offer free curbside collection of live Christmas trees for residents as a convenient and environmentally-friendly way to recycle your tree following the holidays. The collection of Christmas trees by Public Works staff will take place on the same day as your normal garbage collection. Discarded live Christmas trees should be placed in the parkway (that area between the street and the sidewalk) **by 7:00 AM on your regularly scheduled garbage day.**

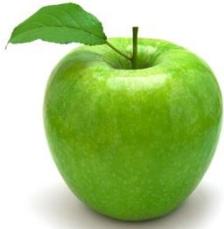
The City's curbside Christmas tree collection will take place beginning January 2, 2015 and run through January 23, 2015. All live Christmas trees will be collected at the curb and processed through a brush chipper. Be sure that all ornaments, tinsel, lights, decorations, nails, buckets, bags, and stands are removed from the tree or it will not be picked up. Wreaths, roping, and other greens with wire cannot be picked up by the City, and they should be discarded with normal household waste for pickup by the refuse disposal company.

When placing your tree at the curb, please be sure that it is secure enough that it does not blow into the street creating a traffic hazard. No other trees or branches will be collected during this pickup program. City employees picking up the Christmas trees also participate in the snow and ice-control activities, and as a result, winter storm events may delay tree collection. Please contact the Department of Public Works at 815-338-6118 or [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov) if you have any questions.



## HR NEWS

### 2015 Wellness Screening Program:



The City of Woodstock is pleased to once again offer employees **The Wellness Screening Program**. The event will be held on **Wednesday, January 14, 2015 and Thursday, January 22, 2015**.

Participation in the program dramatically

improved the health of many participants last year. This program is available at NO COST to all employees, spouses, dependents age 18+ and retirees **ON** Woodstock's health plan. Employees, spouses, dependents age 18+ and retirees **NOT** on the plan may self-pay for \$91 (paid via check); additional tests will be available on a self-pay basis (paid via check) on the day of the event. We encourage all employees to consider the multiple benefits of this program once again. As an additional incentive, those active employees on the health plan who participate will be rewarded with a reduction on their monthly health insurance premium contribution.

To register for the event, please visit <https://register.wellness-inc.com/Woodstock>

## HOLIDAY LIGHTS RECYCLING PROGRAM

The **City of Woodstock's** Holiday Lights Recycling Program is in full swing. Collection (recycling) bins are available at **City Hall**, 121 W. Calhoun Street; **Woodstock Public Library**, 414 W. Judd Street; and at the **Department of Public Works**, 326 Washington Street. This recycling program goes through the end of February, 2015.

Lights that will be accepted for this program are: Mini-lights (or Italian lights), C7 lights, C9 lights, rope lights, LED lights, extension cords, etc. All colors and lengths will be accepted. *Garland, live greens, wreaths or other non-recyclables are not accepted in this program*

For further information or questions about this program, go to [www.elginrecycling.com](http://www.elginrecycling.com)

## MEETINGS NEXT WEEK...

Monday, January 5 – Cultural and Social Awareness Commission, 5:30PM, Council Chambers  
Thursday, January 8 – Library Board, 7:30PM, Library

## **RECRUITMENT**

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

**Limited Part-Time Playroom Attendant:** General responsibilities include: supervise members' children in the playroom to ensure appropriate play, safety and security of the children; perform light cleaning tasks such as washing and folding towels, cleaning equipment, etc. **Application Deadline: Friday, January 9, 2015 at 5:00PM.**

**Limited Part-Time Library Shelver:** General responsibilities include: shelves books, magazines, CDs, DVDs, and other library materials; reads, straightens and cleans shelves; performs other related tasks, customer service activities and/or provides assistance to Library staff as assigned. **Application Deadline: Friday, January 9, 2015 at 5:00pm.**

**Finance / Accounting Intern:** General responsibilities include: perform technical, professional and administrative work that includes, but is not limited to: utility billing; cash reconciliations; accounts payable/accounts receivable; payroll; customer service / counter help; other miscellaneous finance / accounting duties as assigned. **Application Deadline: Friday, January 16, 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.

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.*

## **FOR NEW YEAR'S RESOLUTIONS, GO FOR GRADUAL CHANGES FOR A BIG EFFECT**



Nearly everyone has made New Year's resolutions, and nearly always they do not survive January. That's often because we tend to overreach. The truth is, real change is often subtle, gradual, the way leaves slowly come out in spring. So in 2015, try to act like the leaves, with ideas for gradual changes that can have a big effect on your life.

**Gradual weight loss:** With nearly two-thirds of Americans overweight or obese, it's hardly surprising that weight loss is among the most common New Year's resolutions. It's also one of the most commonly abandoned. Why? Generally, people make unrealistic—and sometimes unhealthful—weight loss resolutions. The federal Centers for Disease Control and

Prevention recommends that a person lose no more than 1 or 2 pounds per week. It also recommends that this take place through modest calorie reduction, moderate but consistent exercise and long-term lifestyle changes.

One problem with fad diets is that often what you are losing is water weight. Once you return to a normal diet, the weight generally will be regained. Another problem is that fad diets often are nutrient-poor and can cause long-term health problems, such as muscle wasting, if followed for too long. Many of them can also be too low-calorie for diabetics.

Of course, the problem with the slow-and-steady method of weight loss is that it's slow. It takes time, patience and commitment. However, the more slowly you lose the weight, the more likely you are to keep it off.

**Daily detoxing:** Detoxing is incredibly popular nowadays, and there are certainly arguments for why detoxifying the body is so good for your health. It can help rid the body of pesticide residues and heavy metals resulting from exposure to environmental toxins in our air, water and food. It can improve liver function and thus result in both improved digestion and a more effective immune system to ward off illness and disease. It can also help with weight loss, though it should not be seen as a substitute for healthful living.

The problem is that many of the “detox diets” being offered are quick-fix schemes that can be harsh or dangerous to the system. Like many fad diets, they are, again, nutrient-poor, generally unsafe for diabetics and can cause more health problems than they claim to cure. Electrolyte imbalances, dehydration, nausea, diarrhea and abdominal pain are common complaints of people on radical detox programs. Also, if these detox programs also call for enemas, there is a danger of a perforated colon, which is considered a medical emergency.

**A healthier, sustainable alternative is a daily detox:** This can be as simple as drinking green tea, water with lemon juice or diluted apple cider vinegar. Drinking six to eight glasses of filtered water a day still remains one of the best ways to flush the system out. It can also mean eating foods known for their detoxifying properties: high fiber beans, lentils and other legumes, as well as cruciferous vegetables such as broccoli or kale, and high-pectin fruits like apples. Foods rich in antioxidants, such as berries, are also considered to have strong detoxifying properties.

These foods also will help with general health in other ways and provide you with a wealth of minerals, vitamins, dietary fiber and phytonutrients that can help strengthen immunity, improve digestion, increase energy levels and even prevent chronic conditions like diabetes, heart disease or cancer.

**15 minutes of quiet:** A frenetic pace seems permanently built into American culture. Unfortunately, the resulting stress is a great and silent killer linked to conditions including heart disease, high blood pressure,

depression, weight gain and sleep disorders, to name a few. One of the healthiest and most do-able resolutions you can make for 2015 is to take 15 minutes out of each and every day to simply be.

Yoga is a great discipline for lowering stress levels, and many websites have suggestions for 15-minute routines that require only a few poses. A brief walk through a park or garden is another way to let the stress simply roll away. And taking 15 minutes out of the day for a contemplative activity, such as meditation or prayer, can also recharge your emotional batteries and leave you more relaxed and productive.

© 2014 *Los Angeles Times*. *Brian Wu is a medical student and founder of the Storybook Illustrated Guides about health and medicine, [siguides.com](http://siguides.com).*

# Quotation

*It does not matter how slowly you go as long as you do not stop.*

*Confucius*

## **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](http://www.woodstockrecreationdepartment) for more information.