



CITY MANAGER'S NEWSLETTER



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August 15, 2014

TOWNSQUARE PLAYERS PRESENTS ...

... *Sunday in the Square on Stage*, August 17, noon – 8:00PM at the Park in the Square. Bring your family and friends out to enjoy local talents including theatre groups, magicians, bands, games, balloons and face-painting.

Many restaurants and shops on the Square will stay open and food vendors will be on-site, as well. Festival goers are encouraged to bring blankets and/or lawn chairs to set up at each performance area. If you're really adventurous, you might like to throw a pie at the president of a theater company or a local celebrity!

TownSquare Players is a non-profit theater company which relies on donations and ticket sales to be able to pay for every season of Community Theater it produces.

For further information and a Schedule of Events, go to <http://www.bewolfe.org/> click on *Sunday in the Square on Stage*.



WOODSTOCK ON THE SQUARE BENEFIT CAR SHOW

The *Woodstock on the Square Benefit Car Show* will return to the Woodstock Square again this year on Saturday, August 16, from 5:00 – 9:00 PM.

The show will include more than 320 cars, motorcycles, raffles, disc jockey, food vendors and more!

All proceeds from this year's car show will benefit TLS (Transitional Living Services) Veterans, McHenry, IL, a program for homeless veterans who want a chance to rebuild their lives.

Whether you're a car aficionado or just looking for a fun way to spend your Saturday evening, come out and enjoy a great night on the beautiful Woodstock Square.

For further information, call 815-338-5108.



IN THIS ISSUE...

2 Police News

3 Recruitment News

4-5 Health News

6 Pool Projects

BUSH TRIMMING & PROPERTY MAINTENANCE

Within the City's park system there are many properties to maintain. One of these properties is along the railroad tracks on Lake Avenue between Greenly Street and the **Woodstock Police Department**. There's a row of lilac bushes on the north side of the street that periodically needs to be trimmed and deadwood needs to be removed to promote new growth. This will also allow for safer mowing and snow removal operations, as well as to improve the aesthetics of the area.

Parks Division employees will be trimming the lilac bushes, performing weed control and mowing this property the week of August 18, 2014; weather permitting.

If you have any questions about this project, please contact the **Department of Public Works**, 815-338-6118.



DON'T FORGET TO BUCKLE UP!

The **Woodstock Police Department** has announced that August's Special Traffic Enforcement Initiative targets Occupant Restraint (seat belt) violations with equal emphasis on passengers, including children in child safety seats.

The primary goal is to reduce the incidence of motorists driving without properly buckling up themselves, their passengers and their children. Equally important is the continuing education of the motoring public by encouraging mandatory compliance with Occupant Restraint laws.

In addition to the Occupant Restraint initiative, the WPD is also focusing enforcement efforts this month toward impaired drivers who drive under the influence of alcohol or drugs.

For further information or questions regarding these special traffic enforcement initiatives, please contact **Sergeant Rob Pritchard** by phone at 815-338-2131 or by email at rpritchard@woodstockil.gov.

AARP DRIVER SAFETY PROGRAM TO BE HELD AT WPD

The very popular *AARP Driver Safety Program* will once again be held at the **Woodstock Police Department** on September 15th and 16th from 10:00 AM to 2:00PM each day. Participants must attend both days to receive credit for the class. The cost is \$15.00 for AARP members and \$20.00 for non-members.

Participants who successfully complete the program may be eligible for a reduction in their vehicle insurance rates.

For further information or to register for the class, please contact **Administrative Office Manager Tamara Reed** at 815-338-6787.

RECRUITMENT NEWS

The following internal postings remain open at **Public Works**:

An internal posting is in effect at the **Public Works Department** for the split position of **Street/Parks Maintenance Worker**; this is a transfer offering only, not a promotional opportunity. Interested employees should notify the **Public Works Director** no later than end of today Friday, August 15, 2014.

An internal posting is also open at the **Public Works Department** for the position of **Fleet Foreman**. Interested employees with relevant experience should submit a letter of interest and current resume to the **HR Department** by the end of the day, Wednesday, August 20, 2014.

The following recruitment is posted and available for application:

Woodstock Opera House Production Assistant

The City of Woodstock is seeking qualified applicants for **Production Assistant** with the **Woodstock Opera House**, a renowned historic year-round performing arts theatre and concert venue. This full-time hourly position assists the Production Manager and Building Manager with duties related to technical theatrical scenery, lighting and sound for all public performances and events in the Opera House, Stage Left Café and Park in the Square, under the direction of the Opera House Production Manager.

Min. Qual.: High school degree or equivalent; 1-2 years' theatre scenery, stage lighting, sound and design production experience; valid driver's license with good driving record; ability to obtain CPR and basic first aid certifications. **Salary Range:** \$17.20 – 22.00 per hour DOQ, with full benefits package of group health & dental insurance, benefit time and IMRF retirement plan.

Applications for this role may be obtained on the City's website under Employment Opportunities, or may be sent by contacting humanresources@woodstockil.gov . A completed

City of Woodstock job application, current resume and cover letter – clearly outlining relevant experience and education – should be returned to humanresources@woodstockil.gov no later than **FRIDAY, AUGUST 22, 2014**. The City reserves the right to select only the most qualified applicants for an interview. EOE

MEETINGS NEXT WEEK...

Tuesday, August 19 – Opera House Advisory Commission, 4:30PM, Opera House

Tuesday, August 19 – City Council, 7PM, Council Chambers

Quote

If two wrongs don't make a right, try three.

[Laurence J. Peter](#)

TOP 5 TIPS TO STAYING COOL DURING YOUR SUMMER WORKOUT

You've been exercising regularly, but now it's summer—and hot. Sometimes even dangerously hot, and seemingly too hot to go work out.

But don't decide this is the time for a little summer break from fitness, experts say, because you may be hurting yourself in the longer term.

“It's important to continue exercising over the summer because the effects of exercise training are rapidly lost once training stops—use it or lose it,” said Barry Franklin, Ph.D., director of the William Beaumont Hospital Cardiac Rehab and Exercise Laboratories in Royal Oak, MI. “Most studies suggest many of the key benefits are lost in four to six weeks of inactivity.”

Be smarter than the heat

Still, you can't just ignore the heat because you could wind up with heat stress, heat stroke or other problems. So to keep the heat from melting your workouts, Franklin recommends you:

1. **Hydrate, hydrate, hydrate.** Maintain salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity. Avoid alcoholic and caffeinated beverages.
2. **Exercise smarter, not harder.** Work out during the cooler parts of the day, preferably when the sun's radiation is minimal—early in the morning or early in the evening. Decrease exercise intensity and duration at high temperatures or relative humidity. And don't hesitate to take your exercise inside, to the gym, the mall or anyplace else where you can get in regular physical activity.
3. **Ease in to summer.** Allow your body to adapt partially to heat through repeated gradual daily exposures. “An increase in the body's circulatory and cooling efficiency, called acclimatization, generally occurs in only four to 14 days,” Franklin said.
4. **Dress the part.** Wear minimal amounts of clothing to facilitate cooling by evaporation. “Remember, it's not sweating that cools the body; rather, the evaporation of sweat into the atmosphere,” Franklin said. Wear lightweight, light-colored clothing in breathable fabrics such as cotton.
5. **Team up.** If you can, exercise with a friend or family member. It's safer, and could be more fun.

Know what's up

Because vigorous exercise in hot and humid conditions can lead to heat stress, heat stroke and related complications, you should know the signs of danger to keep an eye out for.

Symptoms of heat exhaustion:



- Headaches
- Heavy sweating
- Cold, moist skin, chills
- Dizziness or fainting
- Weak or rapid pulse
- Muscle cramps

- Fast, shallow breathing
- Nausea, vomiting or both

Symptoms of heat stroke:

- Warm, dry skin with no sweating
- Strong and rapid pulse
- Confusion and/or unconsciousness
- High fever
- Throbbing headaches
- Nausea, vomiting or both

Take steps to cool down and get medical attention immediately if you experience any of these symptoms.

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ANNUAL MAINTENANCE PROJECTS UNDERWAY AT REC CENTER POOL



Pictured is **Rec Center Front Counter Staff Member Arturo Diaz** acid washing the Rec Center pool last week. Last Friday, the whirlpool, pool, and locker rooms were closed for various maintenance procedures. During the annual summer shutdown, the following projects will or are completed:

- The pool was drained and acid washed.
- The lap lane lines and steps were repainted.
- The whirlpool was drained and the shell acid washed.
- Repairs to the whirlpool's jets system are underway.
- The whirlpool has been re-grouted and sealed.
- The walls of the sauna will be sanded and restained.
- New epoxy floors in the locker rooms have been applied.

After the requisite drying time for the pool paint and epoxy, the locker rooms and whirlpool are scheduled to open Saturday morning and the pool early next week once the water is heated and the chemicals are balanced.

During the period the pool is closed, the water aerobics classes are being held at **Woodstock Water Works**.

CHILI COOK-OFF



Get your recipes ready and mark your calendar for Thursday, October 2 for the Chili-Cook-Off. The event will be held in the Police Department parking lot from 4-7PM. More details to follow.