



CITY MANAGER'S NEWSLETTER



Volume II Issue 30

July 25, 2014

ADOPT-A-HIGHWAY

Are you or your school, church or team looking for a new service project? The City of Woodstock, in conjunction with the Illinois Adopt-A-Highway Act, provides groups with instructions and safety guidelines to assist in organizing an Adopt-A-Highway event.

Currently, there are twenty-one AAH groups that are helping to keep Woodstock's roadways clean. Each group handles from 1/2 mile up to 2 miles of roadway; and clean-ups occur two to four times a year. We still have many roads in need of adoption.

If you have any interest, please contact the Department of Public Works to request further information at 815-338-6118 or pwdept@woodstockil.gov



PLAN COMMISSION RECOMMENDS MEDICAL CANNABIS DISPENSARY

At last night's Plan Commission meeting, members conducted a public hearing on a medical cannabis dispensary proposed for property located at 2300-2312 South Eastwood Drive. Woodstock's zoning regulations require that a special use permit be issued for a medical cannabis dispensary and such a use also requires approval by the State. After hearing a presentation from the applicant and requesting comments from the public, Commission members reviewed dispensary use requirements and debated its impact on the community. After considerable discussion, the Commission recommended to the City Council that a special use permit be issued for the medical cannabis dispensary. The recommendation contained the stipulation that the dispensary also receive approval from the State and also that a variation be granted lessening required separation distances between the dispensary site and property occupied by the Woodstock's Davis Road soccer fields and a private park on Pond Point Road.

Members of the Plan Commission stated that the proposed dispensary location was appropriate at 2300-2312 South Eastwood Drive and unanimously recommended approval of the special use permit by a vote of 7 yes and 0 no, subject to State approval. The City Council is expected to consider this request at its August 19th meeting.

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3 Court Resurfacing

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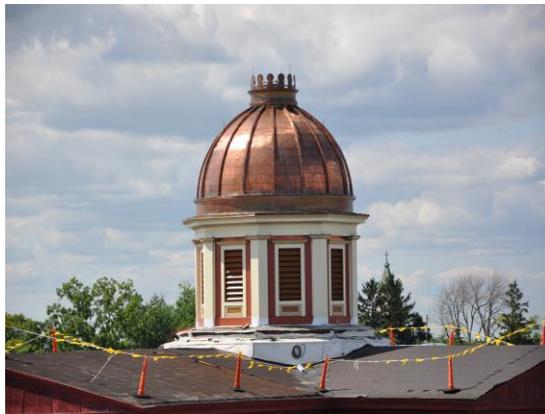
ROOF RESTORATION UNDERWAY AT OLD COURTHOUSE

The next phase of the Old Courthouse dome and roof restoration project is officially underway. Construction fencing has been installed in front of the courthouse and a protective cover has been installed over the front stairs. The construction fencing will be relocated on weekends when the La Petite Creperie has special events scheduled on the patio.

On Monday morning, Sterling Commercial Roofing began removing the asphalt-covered metal roofing that was installed over 130 years ago. Architect Gary Anderson was called for a consultation regarding the rotted framing at the valley in the northeast corner. This location was temporarily stabilized by Community and Economic Development Department staff members **Rob Walkington** and **Donovan Day** in 2012 and further repairs were noted in the restoration plan.

Plans include the installation of insulation, new built-in gutters, and copper standing seam roofing. The lower roofs on the west side of the building will also be repaired and new EPDM (rubber membrane) roofing will be installed.

The project is very weather dependent but should be completed by the end of September.



BASKETBALL COURT RESURFACING AT BATES PARK

Within the City's park system there are a total of nine basketball courts and nine tennis courts. Two of the basketball courts are in Bates Park. These courts and others throughout the City help to provide broad-based recreational choices for patrons of the park system. Following the City's plan for scheduled maintenance of park amenities, the basketball courts at Bates Park are being stripped, pressure washed, crack filled and repainted. 10-S Court Solutions started this work on July 22 and anticipate completion prior to August 1, weather permitting.

The regular maintenance of these facilities helps to extend their useful life, keep the playing surface safe for play, and it protects the City's original investment. When you have a moment, grab your basketball buddies and come out to enjoy these newly restored courts.

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



RECRUITMENT NEWS

Welcome to two new supervisors in the **Public Works Department!** **Mark Miller** is our new **Streets Supervisor**, coming to Woodstock from over 16 years as Public Works Foreman for Streets and Grounds with the City of Des Plaines. **Ernie Nelson** takes over as **Parks Supervisor**, bringing leadership experience in grounds and facilities management with Burlington and Genoa school districts, and municipal maintenance work with the Village of Hanover Park.

Over 100 candidates interested in testing for the **Woodstock Police Department** proceed this weekend to the mandatory Orientation & Testing phase of the process, held at Woodstock High School this Saturday, July 26th, beginning at 8:00 a.m. Orientation is conducted by **Police Chief Robert Lowen** and members of the **Woodstock Police Department**, with assistance of the professional testing agency COPS Testing Service.

Interviews were held this week with 8 internal and external candidates for **Production Manager** for the **Woodstock Opera House**. The decision to fill this position will be announced shortly.

MEETINGS NEXT WEEK...

Monday, July 28 – Historic Preservation Commission, 7PM, Council Chambers

QUOTE

Your most unhappy customers are your greatest source of learning.

[Bill Gates](#)

PHYSICAL ACTIVITY IMPROVES QUALITY OF LIFE

Do you want to add years to your life? Or life to your years?

Feeling your best boosts your zeal for life!

The American Heart Association recommends 30-minutes of moderate activity, but three 10-minute periods of activity are as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to **spend some time outdoors**. Sunlight on your skin helps your body produce vitamin D, which brings many added health benefits.



Here are some reasons why physical activity is proven to improve both mental and physical health.

Physical activity boosts mental wellness. Regular physical activity can relieve tension, anxiety, depression and anger. You may not only notice a "feel good sensation" immediately following your physical activity, but most people also note an improvement in general well-being over time during the weeks and months as physical activity becomes a part of your routine. Exercise increases the flow of oxygen which directly affects the brain. Your mental acuity and memory can be

improved with physical activity.

Physical activity improves physical wellness!

- Stronger immunity. It enhances your immune system and decreases the risk of developing diseases such as cancer and heart disease.
- Reduced risk factors. Becoming more active can lower your blood pressure by as much as 4 to 9 mm Hg. That's the same reduction in blood pressure delivered by some antihypertensive medications. Physical activity can also boost your levels of good cholesterol.

Physical activity prolongs your optimal health. Without regular physical activity, the body slowly loses its strength, stamina and ability to function well. And for each hour of regular exercise you get, you'll gain about two hours of additional life expectancy, even if you don't start until middle age. Moderate exercise, such as brisk walking, for as little as 30 minutes a day has the proven health benefits listed above as well as:

- Improves blood circulation, which reduces the risk of heart disease
- Keeps weight under control
- Helps in the battle to quit smoking
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Promotes enthusiasm and optimism
- Counters anxiety and depression
- Helps you fall asleep faster and sleep more soundly
- Improves self-image
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends

- Reduces coronary heart disease in women by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people and by 27 percent in highly active ones
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer for seniors

So why not see for yourself? Once you get over the inertia and find creative ways to fit physical activity into your life, we think you'll agree that the effort to get moving is worth it!

**Donate blood and receive a \$5
Subway Gift Card as a 'thank-you'
for your life-saving blood donation!**

 Heartland
Blood Centers
1-800-786-4483
www.heartlandbc.org

**City of Woodstock
Recreation Department
Blood Drive**

**Friday, August 1st
12:30 pm - 2:30 pm**

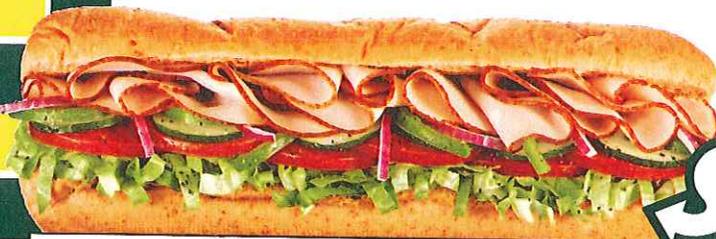
**Located at 820 Lake Avenue in Woodstock
On Heartland's Mobile Coach**

**Call the Rec Center at 815-338-4363
to schedule an appointment or
online at www.heartlandbc.org**

Photo ID required

**All donors will receive a \$5.00 Subway Gift Card
and will automatically be entered in a
random drawing for one of five \$50.00 gas cards!**

You Give ~ Others Live!



**JOIN
OUR**



Every time you donate blood, you automatically earn points to redeem
Gift Cards and Premium Gifts at www.heartlandbc.org.
Gift cards and gifts are mailed free of charge to your home.
It's our way of saying "thanks" for being a life-saving blood donor.



You are cordially invited to join Sergeant Constantino Cipolla at the Woodstock Police Department for coffee, conversation and an informative program.

Permanent Beat Officer Adam Schraw (Beat # 22; the northwest quadrant of the city) will discuss law enforcement's response to those with mental illness.

Coffee with the Chief



Monday, August 11, 2014
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

For further information, please call
Tamara Reed at 815-338-6787.

24TH Años de la Feria de Salud y Seguridad de Niños

- ⊙ **Feria de Salud y Seguridad Interactiva**
- ⊙ **Premios y Entretenimiento**
- ⊙ **Exámenes Físicos—Solo Con Cita 779-220-9300**
- ⊙ **Inmunizaciones a Costo Reducido—Medicaid Aceptado**
- ⊙ **Exámenes Dentales a Costo Reducido—Medicaid Aceptado**

La Coalición de Feria de Niños
del Condado de McHenry
PRESENTA

Camino
a la
Salud y Seguridad

**McHenry
County College
9am-4pm**

Miércoles, 30 de Julio del 2014

**Si su hijo está vacunas, debe traer
la libreta de vacunas actual.**

**Pida esto con anticipación
PARA MÁS INFORMACIÓN: 815.334.4500**



24TH Annual Children's Health and Safety Fair

- ① Interactive Health & Safety Fair
- ① Door Prizes & Entertainment
- ① School Physicals-By Appointment Only
Call 779.220.9300
- ① Reduced Cost Immunizations-medicaid accepted
- ① Dental Exams - medicaid accepted

McHenry County
Children's Fair Coalition
PRESENTS

The Path
to
Health & Safety

McHenry
County College
9am-4pm

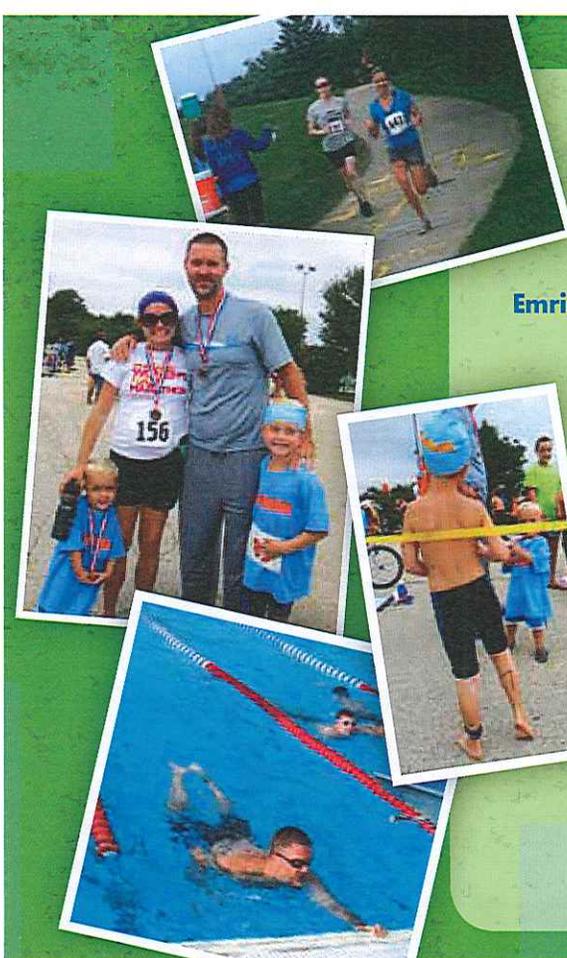
Wednesday July 30, 2014

If your child is receiving immunizations,
You must bring an updated shot record.
Request this early.

FOR MORE INFORMATION CALL: 815.334.4500



McHenry County Children's Health and Safety Fair: CAA/Head Start, Centegra Health System, CL Graphics, Community Health Partnership Clinic, Family Health Partnership Clinic, Fifth Third Bank, McHenry Community Health Center, League of Women Voters Education Fund, McHenry County College, McHenry County Department of Health, McHenry County Mental Health Board, Mercy Health System, Northwest Herald/Shaw Media, Pioneer Center for Human Services, RSVP/Sr. Services, STAR 105.5, UW of Greater McHenry County, Volunteer Center McHenry County



The 4th Annual
we.CAN.tri
Sprint and Children's Triathlon
AUGUST 10, 2014

Emricson Park/ Woodstock Water Works Aquatic Center

ADULT TRIATHLON / 7 AM START
400 Yd. Swim • 12.4 Mile Bike and 3.5 Mile Run

CHILDREN'S TRIATHLON / APPROX. 10 AM START
Start Time After Adult Race
50 Yd. Swim Ages 6-9 • 100 Yd. Swim Ages 10-14
3.5 Mile Bike • 1 Mile Run

PRE-RACE REGISTRATION FEE / BY AUGUST 9
Adults \$75
Teams \$45 per team member (teams of 2-3)
Children \$30

RACE DAY REGISTRATION FEE
Adults \$85 • Teams \$55 • Children \$40

REGISTER ONLINE
www.signmeup.com/101922
INFORMATION / MOLLY O'CONNOR
we.can.tri.illinois@gmail.com



SAVE
THE
DATE

The 4th Annual
we.CAN.tri
Sprint and Children's
Triathlon

August 10,
2014

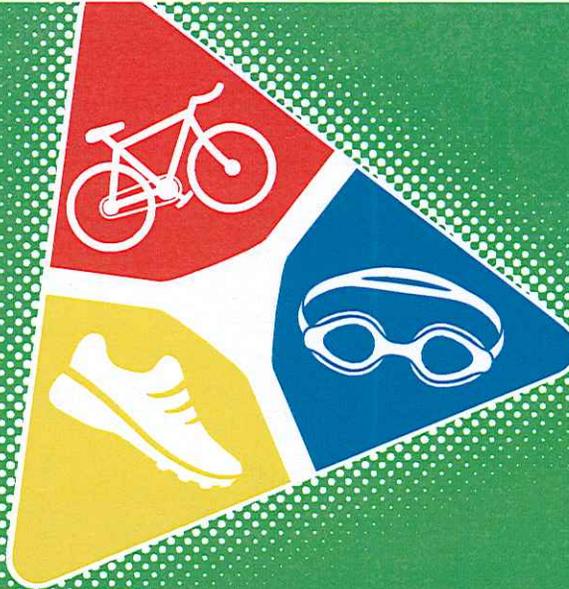
Emricson Park
Woodstock Water Works
Aquatic Center

FREE
RACE
T-SHIRT

FREE
SWIM
CAP

AWARDS
FOR TOP 3
FINISHERS
IN ALL AGE
GROUPS

BIKE
HAVEN
PROVIDING
TIRE PRESSURE
CHECKS
BEFORE THE
RACE



we.CAN.tri
TRIATHLON
WOODSTOCK, ILLINOIS