



CITY MANAGER'S NEWSLETTER



Volume I Issue 31

December 6, 2013

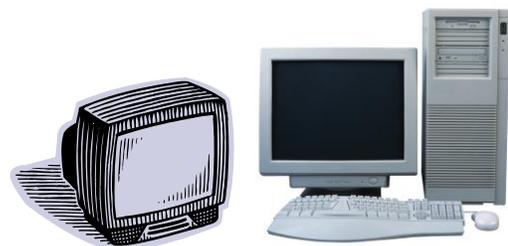
ELECTRONIC EQUIPMENT RECYCLING

The Village of Lakewood has partnered with Universal Recycling Technologies to offer an electronics recycling site. City of Woodstock residents now have access to this Electronics Recycling drop off bin, which is located behind Lakewood's Public Works Garage at 6570 Haligus Road (toward the back of the parking lot). There is a large sign above the bin which reads "Electronics Recycling". Items can be dropped off daily from 7:00AM until 7:00PM. Acceptable items include:

- Televisions
- Computers and Laptops
- Monitors and Printers
- Scanners and Fax machines
- Calculators
- Cell Phones
- Keyboards and Mice
- Radios and Stereos
- Telephones
- Cables and Power Supply Wire
- DVD, VCR and CD Players

Universal Recycling Technologies, an electronics recycling company located in Janesville, Wisconsin "processes all materials in full compliance with the best practice industry standards". For further information on URT, please go to their website www.urtrecycles.com

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



POLICE EXPLORERS HOLD HOLIDAY FOOD DRIVE

The **Woodstock Police Explorers Post # 765** is holding a holiday food drive benefitting the Woodstock Food Pantry through Wednesday, December 18th. Any non-perishable food items will be gladly accepted.



There are drop boxes located in the lobby of the **Woodstock Police**

Department as well as at Prairiewood, Dean, Mary Endres and Olson Elementary Schools and Verda Dierzen Early Learning Center.

This is the second food drive the Explorers have spearheaded; last year's event collected more than *3,000 food items* for the Woodstock Food Pantry! On Tuesday of this week, **Sergeant Constantino Cipolla** and **Stephanie Kroll, Captain of the Explorers Post**, picked up *600 pounds* of food from the Dean Elementary School drop box alone!

For further information, please contact Sergeant Cipolla at 815-338-2131 or at ccipolla@woodstockil.gov

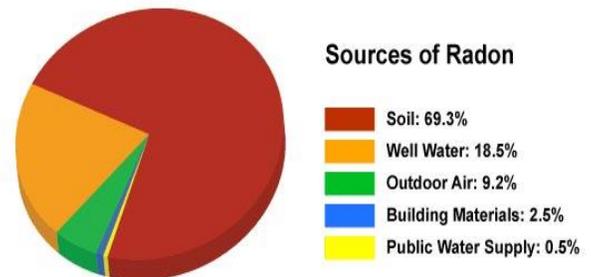
IN THIS ISSUE...

- 2 Radon Conference**
- 3 Electrical Licenses**
- 4 Seniors Paint at the Cafe**
- 5 Open Enrollment**
- 6-7 Health & Safety Message**

INSPECTORS ATTEND RADON CONFERENCE

Building inspectors Dan Streit, Rob Walkington, and John Bertram attended a workshop conference earlier this week regarding radon protection and new Illinois laws regarding radon testing.

Radon is a colorless, odorless, tasteless radioactive gas that comes from the radioactive decay of naturally occurring uranium in the soil. Radon is the second-leading cause of lung cancer in the U.S., and the leading cause among non-smokers. It's estimated that nearly 1,200 radon-related lung cancer deaths occur each year in Illinois. Most radon enters a home because of pressure differences between the home and the outside air. When air is vented from a building by natural or mechanical ventilation, radon and other soil gases are drawn in from the surrounding soil through openings between the house and soil. Test kits for determining if radon is in your home can be obtained from most hardware and home improvement stores.



Effective June 1, 2013 and in accordance with the Illinois Resistant Construction Act, all new construction of single-family homes or dwellings containing 2 or fewer apartments, condominiums, or town houses must have a passive radon emission pipe installed. The installation of this radon resistant construction may be performed by a residential building contractor, subcontractor, or a radon contractor during new residential construction. Only a radon mitigation contractor licensed by the Illinois Emergency Management Agency (IEMA) may install a radon vent fan or upgrade this passive new construction pipe to an active radon mitigation system.

Parents of children in day care will also be better informed about levels of radon in their child's facility under the new law. Licensed day care centers and day care homes are now required to test for the radioactive gas, and beginning January 1, 2014, day care centers will need to show proof the facility has been tested for radon within the last three years as part of the initial application or license renewal process. In accordance with the new law, non-residential day care centers are required to hire an IEMA-licensed radon measurement professional to test the facility. Home day care centers may purchase a home test kit and conduct the test themselves or hire a licensed contractor to perform the test. Day care facilities are required to post the most current radon measurement results next to the licenses issued by the Department of Children and Family Services (DCFS) and provide copies of the report to parents or guardians upon request.

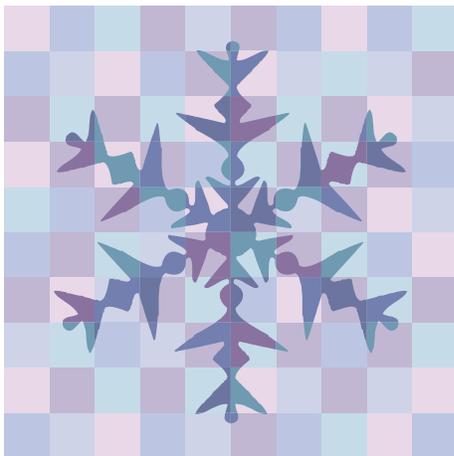
The new law doesn't require that homes be tested for radon prior to sale or that radon remediation work be conducted if test results show high levels of radon. However, under the new law, if a radon test has been conducted on a home the results must be provided to a new owner or buyer. The City's inspection staff will be able to advise builders and contractors of the new requirements and ensure that they are being complied with when new construction activity is proposed.

INSTALLATION OF SNOW STAKES

The Department of Public Works' Street Division will begin the installation of snow stakes in early December. Most of these stakes will be placed in areas where recent road work was completed; road repair and resurfacing; areas where there's a 3" or more surface drop off, areas where fresh dirt lies and/or curbs are not present. Snow stakes are very helpful to the City's snowplow drivers as they show where property lines exist and are a necessary guide.

The City's contractor will be installing fiberglass snow stakes in the bump-outs on the Square. This will assist in careful snow removal in and around the Woodstock Square.

If you have any questions about snow stakes or snow removal in the City of Woodstock, please contact the Department of Public Works at 815-338-6118.



ELECTRICAL LICENSE RENEWAL STARTS

Donna Limbaugh, Office Manager for the Department of Community and Economic Development, with assistance from Monica Amraen in the City Manager's Office and Trish Bayer in the Finance Department recently began the annual task of processing applications for the renewal of electrical contractors' licenses issued by the City. The license is issued after successfully passing a two-hour written exam based on the National Electrical Code. Woodstock's license is accepted throughout the State except for Chicago. In addition to passing this test, the electrician is also required to demonstrate that they have contractor's insurance which covers them against property, personal injury, and liability claims. The City currently licenses approximately 400 individual electricians and receives \$30,000 in annual revenues as a result of this activity.



RECRUITMENT NEWS

A total of 37 applications were received for the position of **Part-Time Library Desk Assistant** at **Woodstock Public Library**. Applications are under review and a select number of candidates will be invited to interview in the near future.

Welcome to **Elizabeth Barry**, who began work this week as a **LPT Facilities & Events Worker** at the **Woodstock Opera House**.

SENIORS PAINT AT THE CAFÉ



The Coffee at the Café senior group painted with Recreation Department Art Instructor **Heather Muse** this past Tuesday at **Stage Left Café**. Heather walked the group of twelve step- by- step through a winter painting.

Pictured are seniors starting their drawings that would eventually turn into unique masterpieces.

WEIGHT LOSS CHALLENGE

The **Recreation Department's** *Weight Loss Challenge Program* ended this week with 11 participants! Last sessions winners shared a pot of \$500 in cash prizes.

Participants were taught about proper nutrition, how to improve eating habits and will found out how many calories a day their body burns.

The class was taught by **Beth and Shelly Sherman of Paradise Nutrition**. The next session of Weight Loss Challenge is scheduled to start in Jan. Fee for the class is \$45. For more information call 815-338-4363.

Quotation

Failure after a long perseverance is much grander than never to have strived good enough to be called a failure.

-George Eliot

MEETINGS NEXT WEEK...

Monday, December 9 – Historic Preservation Commission- 6:15PM, Council Chambers
Monday, December 9 – Zoning Board of Appeals, 7PM, Council Chambers
Tuesday, December 10 – Economic Development Commission, 8AM, Council Chambers
Thursday, December 12- Adjudication Court, 9:30AM, Council Chambers

***SIGN ME UP ! BENEFITS OPEN
ENROLLMENT PERIOD IS CLOSING SOON***

Employees are reminded that the annual period to review benefits enrollments, make changes or add or withdraw from existing benefit enrollments, is closing **effective Monday, 12/16/13.**

After this deadline, the only way to make changes to benefit enrollments and payroll deductions throughout 2014 would be based on a “qualifying life event” such as marriage, divorce, birth or adoption, or loss of job status. In those instances, coverage is effective as of the event date. While these requests must be made through the **Human Resources Department** within the first 30 days following the event, it is always a good idea to contact **HR** as soon as possible, to avoid any potential medical billing confusion.

To reconfirm the processes that all benefit-eligible employees must complete before 12/16/13:

- Review, make desired changes, and sign the
 - Benefits Election (yellow) Form
- Payroll deduction benefit elections to consider include:

UnitedHealthcare/UMR health insurance coverage at varying levels, with or without Wellness Day participation discount;

Lincoln Life Insurance buy-up opportunities;

NCPERS/Prudential optional term life insurance;

AFLAC supplemental medical insurance;

Flexible Spending Account pre-tax Medical Expense account (\$2500 FT max; \$1250 PT max) and/or Dependent Care account (\$5000 max);

Nationwide Retirement Systems Deferred Comp investment;

IMRF Voluntary Add'l Contribution;

UHC Vision insurance (different network from VSP vision, and requires UHC enrollment form);

Credit Union participation (requires enrollment at McHenry County Credit Union); and,

Recreation Center membership (requires enrollment at Recreation Center).

Attach necessary enrollment forms for desired benefits and turn in to **HR** by 12/16/13! Questions or concerns, please see either **Jill May** or **Deb Schober**.



HEALTH & SAFETY MESSAGE: GO NUTTY FOR NUTS!

A recent study confirms that nuts are one of the most beneficial foods you can add to your diet. In addition to these numerous health benefits

- You can carry them along with you wherever you go!
 - There is no need of special containers or carry boxes.
 - They have a long shelf life. Unlike fruits and vegetables, nuts are not easily perishable!
- You can enjoy them whenever you like! And wherever you want! Nothing to worry about preparation, in fact, nuts hardly need a kitchen!

Almost all the varieties of nuts we eat come in safe envelopes (shells). There is nothing to worry too much about contamination or handling issues. Just grab healthy-looking nuts of your choice and enjoy!

- Nuts are rich in energy and nutrients. Nuts are nutritionally loaded with excellent sources of monounsaturated-fatty acids (MUF) such as **oleic** and **palmitoleic acids**, which help to lower LDL or "bad cholesterol" and increase HDL or "good cholesterol." Research studies suggest that the Mediterranean diet that is rich in MUF prevents coronary artery disease and strokes by favoring healthy blood lipid profile.
- They are a rich source of all important Omega-3 essential fatty acids like *Linoleic acid*, *A-Linolenic acid* (ALA), *Eicosapentaenoic acid*, *Docosahexonic acid* etc. Research studies have suggested that n-3 or ω -3 fats by their virtue of anti-inflammatory action help to lower the risk of blood pressure, coronary artery disease and strokes as well as breast, colon and prostate cancers. Omega-3 fatty acids also offer some benefits in conditions such as rheumatoid arthritis and in cases of Schizophrenia, depression and Alzheimer's disease.
- Nuts are the storehouse of health- benefiting *poly-phenolic flavonoid antioxidants* such as carotenes, **resveratrol**, lutein, cryptoxanthin, etc. These compounds have been found to offer protection against cancers, heart disease, degenerative nerve disease, Alzheimer's disease, and viral/ fungal infections. Studies suggests that resveratrol in peanuts reduces stroke risk by alteration of molecular mechanisms in the blood vessels, reducing their susceptibility to vascular damage through decreased activity of angiotensin (a systemic hormone causing blood vessel constriction that would elevate blood pressure) and increased production of the vasodilator hormone, nitric oxide.
- Nuts nutrition is complete in the sense that in addition to calories, and vitamins, they are a rich source of minerals like manganese, potassium, calcium, iron, magnesium, zinc, fluoride and selenium. *Manganese* is a co-factor for the enzyme superoxide dismutase, which is a very powerful free radical scavenger. *Potassium* is an important component of cell and body fluids that helps control heart rate and blood pressure. *Copper* is required for the production of red blood cells. *Iron* is required for red blood cell formation. *Fluoride* is a component of bones and teeth and plays important role in prevention of dental caries.
- They contain very good levels of **vitamin E**, a powerful lipid soluble antioxidant. Vitamin E is required for maintaining the integrity of cell membrane of mucus membranes and skin; thus, protecting it from harmful oxygen-free radicals.

- Nuts nutrition provides many vital **B-complex** groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. These vitamins are essential for optimum health and well-being.
- Nuts can be eaten as they are, or either salted or sweetened.
- Sprinkle over desserts, particularly ice cream sundaes and enjoy!
- They can be employed in confectionery as an addition to breads, biscuits, sweets, muffins and cakes.
- Many kinds of nuts are also used to make nutritious butter.



You are cordially invited to join Chief Robert Lowen at the Woodstock Police Department for coffee, conversation, and an informative program.

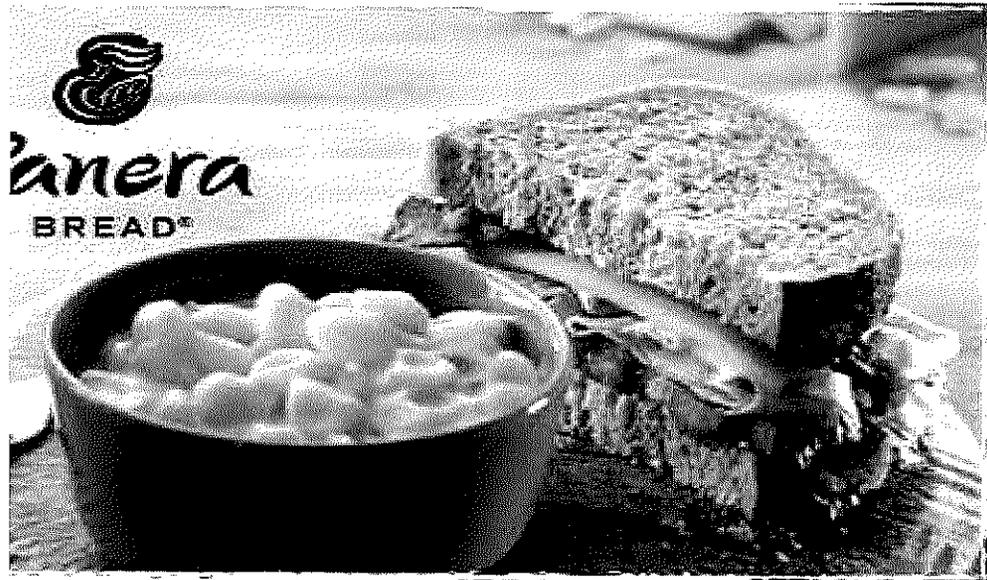
Officer David Dempsey will discuss the department's Canine Program and introduce the new K-9, Jax.

Coffee with the Chief



Monday, December 9, 2013
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.



EAT BREAD TO RAISE DOUGH

.....
PLEASE SUPPORT

Grace Lutheran Preschool

on

Friday, December 6, 2013

from

6:00 AM – 9:00 PM

at

Panera Bread® Woodstock

925 Country Club Rd., Woodstock, IL

EAT BREAD TO RAISE DOUGH

.....
PLEASE SUPPORT

Grace Lutheran Preschool

on

Friday, December 6, 2013

from

6:00 AM – 9:00 PM

at

Panera Bread® Woodstock

925 Country Club Rd., Woodstock, IL

This bakery-cafe will donate 10%-20% of qualifying sales as a result of your participation when you present this flyer. Note: Panera Card® gift cards, Panera® catering and other retail purchases are excluded from this offer.

This bakery-cafe will donate 10%-20% of qualifying sales as a result of your participation when you present this flyer. Note: Panera Card® gift cards, Panera® catering and other retail purchases are excluded from this offer.

Please join us at the City of Woodstock Holiday Luncheon

Thursday, December 19 at Stage Left Café at Noon

Salad, Lasagna, Chicken and Dessert will be served. Additional Pot-Luck dishes would be appreciated.

