



CITY MANAGER'S NEWSLETTER



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2013 ROAD MAINTENANCE AND IMPROVEMENTS



Work continues on the City's 2013 MFT road resurfacing and maintenance project. All of the required concrete sidewalk & curb removal and replacement work have been completed. All of the streets requiring base pulverization have been completed. Those streets will then be re-shaped, fine-graded and compacted. Once that is complete, final binder course will be installed followed by final surfacing. Other streets still need to be scarified (which removes a portion of the existing surface course and creates a grooved driving surface) before they can be resurfaced. The City's street-striping contractor will then be able to complete the required striping of the newly paved roadway surfaces. Weather permitting; the resurfacing work is still on schedule to be completed in early September.

PED-WAY PROJECT IS MOVING FORWARD

This week Nierman Landscape and Design began construction of the two (2) segmental block retaining walls near the Woodstock Theatre on Main Street. This work started at the western end of the pedestrian walkway which connects Main Street to the Throop Street parking lot. Weather permitting; the retaining walls should be completed by August 16. Once the retaining walls are completed, the installation of the brick pavers, which form the walking surface of the ped-way, will begin. Metal handrails and guard-rails protecting the newly formed concrete staircase were installed earlier this week. This staircase will be the primary point connecting the walkway and emergency rear exits of the theatre to the parking lot on Throop Street. The City expects work to begin on the sidewalk and associated roadway improvements along Main Street during the week of August 19.

CHICAGOLAND RETAIL CONNECTION

The City of Woodstock **Community & Economic Development Director, Cort Carlson**, recently attended the 2013 Chicagoland Retail Connection hosted by the International Council of Shopping Centers (ICSC). With over 140 retailers and tenant representatives in attendance it provided up to date information on the expansion plans of national retailers and their interests in the greater Chicago market. This event is the precursor to the ICSC Chicago Deal Making event held annually in October.

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RFP FOR THE COURTHOUSE

The **Community and Economic Development Staff** is in the development stage of a Request for Proposal for the acquisition, restoration, preservation and reuse of the Old Courthouse and Sheriff's House on the Square. The intent of the City has always been to see those buildings revert back to private hands for adaptive reuse and a return to the tax rolls. The City is committed to identifying a proper developer that shares the vision of City leaders and can create a viable commercial space on the Historic Square. The RFP process is expected to begin in September and run through November with a task force formed to review proposals. The City will reserve the right to accept or reject any and all RFP responses.

NEW OPTIONS AT THE LIBRARY

The library has added videogames to its collection—we have games for the Wii, PS3 and Xbox, one to a card with no renewals. New games are arriving regularly, so check it out. Additionally, we'll be adding new downloadable eBooks to MyMediaMall, so get your Kindle, Nook and smartphone reading from the library.

As part of our travel theme for summer, we will be showing the final Vacation Nightmares film on Monday, August 19 at 6:30PM. Join us for *What About Bob*, a zany comedy with Bill Murray and Richard Dreyfuss.



TWEEN NIGHT AT WWW ENDS FOR THE SUMMER BUT WILL CONTINUE THROUGH FALL

This past Tuesday ended a summer of Tween Nights on Wednesdays at **Woodstock Water Works**. Each week brought in more than 150 kids in 5th-8th grade. Activities throughout the summer included a Movie in the Park, three nights of music by Music in Motion, GloNight and a Twizzler Scavenger Hunt.

Tween Nights will continue this fall, once a month at the **Recreation Center** and once a month at Kingston Lanes. The Kick-Off Fall Tween Night will be an Ice Cream Social Gym and Swim on August 17 from 6:30-8:30PM at the Woodstock Recreation Center implemented by **Recreation Program Coordinators Alan Dunker and Becky Vidales**.

RECRUITMENT NEWS

Writing exercises that were forwarded to select **Finance Director** applicants have now been submitted and are under review. Following analysis of qualifications by the **City Manager** and the **HR Department**, interviews with top candidates will be scheduled in the weeks ahead.

SERVICE AWARD FORMS DUE FROM ANNIVERSARY EMPLOYEES

Employees celebrating their Service Anniversaries this year are reminded that their choice forms to receive either a Chamber of Commerce Gift Card or a Years of Service pin/tie-tac are due back to the **HR Department** no later than end of day next Monday, August 12, 2013.

Anyone who does NOT return their request form by next Monday will automatically receive the Chamber Gift Cards as their awards. The awards will be distributed, along with public recognition from the Mayor and City Council, at the City Council meeting scheduled for Tuesday, October 15th.

ANNUAL MAINTENANCE PROJECTS UNDERWAY AT REC CENTER POOL



Pictured is a **Recreation Department** staff member painting steps at the Rec Center pool this week. Last Wednesday, the whirlpool and pool were closed for various maintenance procedures. During the annual summer shutdown, the following projects will be 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 will be re-grouted and sealed.
- The west wall of the pool room will be repainted to brighten the room.
- A new epoxy floor on the pool deck is going to be applied.
- The carpet in the men's locker room will be removed and replaced with an epoxy floor.
- The shower area in the men's and women's locker room will be re-grouted and sealed.

The paint and epoxy will be allowed to dry over the next few days with the pool scheduled to be filled next Thursday. The pool is scheduled to open on Monday morning, August 19 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**.

WELCOME RECEPTION FOR NEW PW DIRECTOR

Please join the City of Woodstock in welcoming our new **Public Works Director, Paul Ruscko**, at a reception in the Woodstock City Council Chambers on Tuesday, August 20th from 4:00-6:30PM.

UPCOMING EMPLOYEE EVENTS...

City Picnic: Return of the Chili Cook-Off—Sunday, September 8th, 2 – 8PM at the Main Pavilion in Emricson Park. Food & fun for the whole family!

Family Fitness Fun at the Rec Center—Pizza Party Swim & Gym, Saturday, November 16th, 5 – 9PM.

Café After Dark Merry Mixer—employees and spouses only, at Stage Left Café, 5PM or after, on Thursday, January 9th.

WHAT'S HAPPENING IN WOODSTOCK...

Friday, August 9 – *Movies in the Park, Woodstock WaterWorks*

Friday, August 9 – *Jazz Jam, Stage Left Café*
Saturday, August 10 – *we..Can.Tri, Emricson Park*

Saturday, August 10 – *Mozart Festival, Opera House*

Sunday, August 11 – *Mozart Festival, Opera House*

MEETINGS NEXT WEEK...

Tuesday, August 13 – Economic Development Commission, 8AM, Council Chambers

HEALTH & SAFETY MESSAGE: SAY “NO-DUH” TO SODA!

Most adults say they are aware of the addictive, “empty calorie” effects of sugar and sweeteners like HFCS, high fructose corn syrup, a common sugar substitute. Yet, people often consume one or two servings of soda per day without a second thought. High rates of soda consumption have been linked with numerous health problems, including weight gain, poor dental health, diabetes and cardiovascular disease – which can ultimately lead to heart attacks, stroke and premature death.

The average American consumes 45 gallons of sugary, sweetened beverages per year. Meanwhile, the obesity epidemic is in full swing in the United States, with more than 69% of adults diagnosed as overweight or obese – a problem which many health experts are quick to blame on Americans’ soda habit. As one doctor explained: “If everything else in their diet is equal, a person who has a can of Coke a day adds an extra 14.5 pounds per year, just from the calories alone.”

The three main ingredients in a 12-ounce can of soda include 41 grams of sugar, 30 milligrams of sodium and 38 milligrams of caffeine. Consuming all this at one time results in a “sugar rush,” when the body reacts to sugar intake by creating a spike in insulin, followed by a glucose crash. And how do people often compensate for this crash—by consuming more sugar (how about a candy bar with that soda?)

Creating this type of metabolic dysfunction in our systems on a regular basis can be a major cause of developing diabetes, as well as metabolic syndrome, a condition characterized by abdominal girth, elevated blood pressure, raised glucose, elevated triglycerides and low HDL cholesterol (commonly referred to as “good cholesterol”).

Many soda lovers think that turning to diet soft drinks may be a better option, since these beverages tout “zero” calories. But health experts are still on the fence about diet soda, as more and more evidence surfaces linking these drinks to equally damaging health conditions. Researchers have found that artificial sweeteners in soft drinks trick

the body into reacting differently when it tastes something sweet, ultimately throwing off metabolism and continuing the cycle of damage to our health.

While a soda once in a while certainly won’t do permanent damage, a better suggestion is to try reaching for a nice refreshing glass of water instead...something every person can benefit from drinking more!



Quotation

Blessed are those who can give without remembering and take without forgetting.

-Elizabeth Bibesco

we.CAN.tri Triathlon

Come join in on the fun this Sunday in Woodstock's beautiful Emricson Park for the annual we.CAN.tri Triathlon. The event consists of a 400 yard swim at Woodstock Water Works, 12.4 mile bike and 3.5 mile run. You can go it alone or enter as a team to 'share in the fun'. There's also a children's event which consists of a 50-100 yard swim, 3.5 mile bike and a 1 mile run for ages 6 – 14 years.

The organizers' goals are to 'encourage people to adopt a healthy and active lifestyle by committing to training for this event and to invite experienced athletes to try a new type of event'. If you haven't participated in a triathlon before, this is your chance to give it a try.

All proceeds will benefit the Gavers Community Cancer Foundation. The event is still looking for participants and volunteers, as well.

For further information, go to <http://www.wecantri.net/>





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

Rick Atwater, Director of Behavioral Health Services at Employee Health Consultants, will present a program on the Heroin issue in McHenry County. Mr. Atwater will discuss: lethality and overdose stats, the difference between heroin and other drugs, habituation and addiction potential, criminal association and lifestyle, treatment options and solutions, and what recovery looks like.

Coffee with the Chief



Monday, August 12, 2013
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

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