



# CITY MANAGER'S NEWSLETTER



Volume XXIII, Issue 9

March 1, 2013

## **ALL RISE**

**Public Works** recently removed the 1970's era carpeting from the winding staircase and upper hallway at the Old Courthouse and discovered the staircase to be in better shape than anticipated. Since the staircase appears to be salvageable, City staff will work to restore the stairs to their original condition. Much work lies ahead to bring the old oak treads and risers to their original condition that made them a grand sight when entering the Courthouse after it was originally built. Once finished, the stairs will be protected in a way that will shield the finish of the stairs and keep them functioning safely for many years to come. Preliminary work is anticipated to begin next week.

## **FAITH IN ACTION VISITS CWTC**

The next Coffee with the Chief will take place on Monday, March 11, 2013 at 7:00PM in the training room at the **Woodstock Police Department**. The speaker will be Sarah Ponitz, Executive Director of Faith in Action of McHenry County, a non-denominational not-for-profit organization that serves seniors age 60 and over who live in McHenry County or Sun City in Huntley.

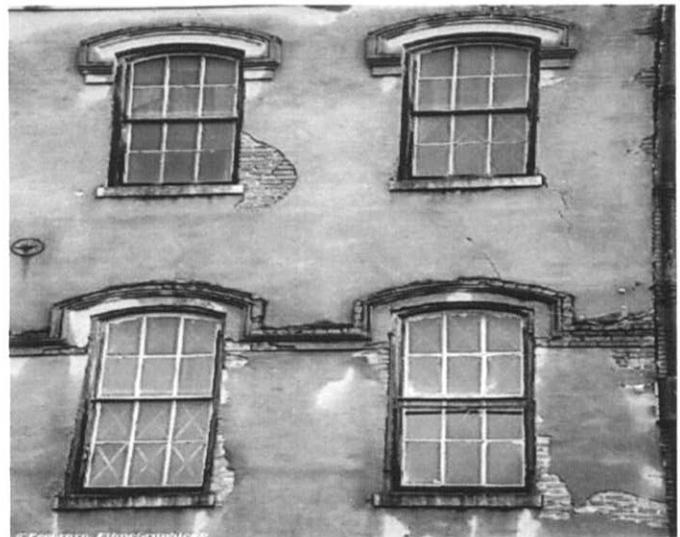
Their mission is to help seniors maintain their independence, dignity and quality of life by remaining in their own homes or the home of a loved one for as long as possible.

Volunteers provide services such as transportation to life-sustaining as well as life-enriching destinations, friendly visits, minor home repairs, yard work and short-term respite care all at absolutely no charge to the senior.

**Chief Robert Lowen** will be on hand as always to answer questions or address concerns residents may have regarding their neighborhood or the community. All are welcome to attend.

## **OUT WITH THE OLD, IN WITH THE OLD...ONLY BETTER!**

**Assistant to the Director of Community and Economic Development Donovan Day**, recently met with **Heavy Equipment Operator Tim DeWane**, of the **Sewer and Water Maintenance Division** to finalize the process and procedures for restoring the windows to their original condition at the Old Courthouse. DeWane has fabricated numerous pieces of furniture for City Hall and other City departments using his many years of experience as a woodworker. **City Planner Nancy Baker** has researched the original layout and design of the windows and will work alongside DeWayne during the restoration process to reestablish the historic look and appeal from their original 1857 design. DeWane will be starting with a pair of windows on the west side of the building that appear to be in the worst condition and work is anticipated to start in early March.



## **IN THIS ISSUE...**

- 2 Habitat for Humanity ReStore**
- 3 Under the Rainbow**

### **HABITAT RESTORE RECEIVES CERTIFICATE OF OCCUPANCY**

Work on the Habitat Restore, located north of the Sears Outlet Store on South Eastwood Drive (IL Route 47) is coming to a close as City inspectors have conducted their final inspections of the property. A Certificate of Occupancy was issued this week. Representatives of Habitat have advised the City that they anticipate opening the doors for business the first week in March.



### **SURVEY SAYS!**

The **Community and Economic Development Department** extends its sincere appreciation to intern Kelsey Shipton who recently completed a historic structures survey of almost half of the City of Woodstock. Shipton presented an overview of the survey and survey results at the February 25<sup>th</sup> Historic Preservation Commission meeting.

The survey was roughly bounded by Blakely and Pleasant Streets on the west, Dane and Washington on the north, Lake Avenue on the east, and Kimball and Forest Avenues on the south. Shipton documented almost 600 structures that were constructed prior to the end of World War II. At some time in the future a follow-up survey should document "mid-century modern" structures. Survey records are address based and will be entered into the CED permit data base along with additional documentation as it becomes available.

This project fulfilled the final requirements towards Kelsey's Master of Science degree from the Art Institute of Chicago School of Historic Preservation.

### **RECRUITMENT NEWS**

The application period for 2013 **Seasonal Recreation and Public Works** summer positions, including **Certified Lifeguards** and **WSI Swim Instructors, Pool Cashiers** and **Playground Program Counselors** is now officially closed.

Submitted applications will be reviewed by the **Recreation Program Coordinators** and invitations to interview extended to the most qualified applicants in the weeks ahead.

The recent departure of **S&W Maintenance Worker Tony Polizzi** has provided transfer openings for two positions in **Public Works**. Following internal postings, and based on qualifications and interviews, **Streets MW Jason Walters** has moved to the vacated **S&W MW** position, and **Parks MW Troy Flahive** has moved to the vacated **Streets MW** position.

The resulting vacancy for **Parks Maintenance Worker** has been offered to a CDL-licensed candidate who had been part of the final round of interviews during the previous **Maintenance Worker** recruitment process.

### **MEETINGS NEXT WEEK...**

Tuesday, March 5-City Council, 7PM, Council Chambers

Thursday, March 7 – Library Board, 7:30PM, Library

## **Quote**

*The good and the wise lead quiet lives.*

Euripides

## **UNDER THE RAINBOW**



Pictured are Steve and Maya Torrez, who have attended the dance together for all 9 years and who were one of over 80 couples who danced the night away at the **Recreation Department's** "Under the Rainbow" Daddy/Daughter Dance on Saturday, February 23rd at the Rec Center gym and multi-purpose room.

The night included a variety of snacks, candy and everyone's favorite, the chocolate fountain, great music by Music in Motion DJs, and photos by DeWane's Studio.

This was the 9th year the **Recreation Department** hosted the dance and participation was at an all-time high this year with 87 girls registered.

This event was coordinated by **Program Coordinator Renée Torrez** and was a success due to the help of several Recreation Department staff. Many thanks to **Program Coordinators Becky Vidales** and **Alan Dunker**, **Recreation Center Manager Mary Lynn Lisk**, **Recreation Center Front Counter Staff Ron Schmitt**, **Karina Fuentes**, **Arturo Diaz**, **Ruby Santana**, **Courtney Dalton**, **Leah Baird**, and **Fernando Diaz** all of whom volunteered their time to help set up, serve food and clean up after the dance.

## **HEALTH & SAFETY MESSAGE: LIFE IS SWEETER WITH LESS SUGAR**

There are few substances that have less nutritional value than refined white sugar. Along with high fructose corn syrup, most packaged foods these days are "flavor enhanced" with these add-ons, in ways that not only increase their caloric value, but make us want to consume more of them in addition. Simple sugars spike the blood stream with feelings of quick energy, but result in physical lulls soon after, so more is consumed and the cycle continues.

How can we de-tox from this sugar dependency? Try to keep the following in mind:

***Cut the bad carbs***—candy, cakes, cookies and soda are all fun foods with bad effects; less is definitely more!

***Eat more fiber***—complex carbs digest more slowly to maintain blood sugar and energy levels; try oatmeal and whole grain cereals and breads.

***Get some exercise***—an excellent way to rid the body of stored glycogen caused by excess sugar intake can occur during walking, biking, swimming or weight training activities.

***Eat a little, more often***—small meals that include a protein, fat and complex carb can be eaten 4-5 times per day to keep blood sugar consistent.

***Use supplements***—few of us take the time to eat as well as we should. Research and try different supplements to see what might offer the best effects for your particular body chemistry.

***Drink up***—studies show that drinking wine (especially red) or tea (especially black) with dinner can help keep blood sugar levels lower after the meal is finished.