



CITY MANAGER'S NEWSLETTER



Volume XXII, Issue 21

May 25, 2012

DARE GRADUATIONS HELD IN MAY

Woodstock Police Department D.A.R.E. Officer Michael Gustis hosted the final four graduation ceremonies of his second year as D.A.R.E. Officer during the month of May. Dean Elementary celebrated the achievements of its fifth graders on May 14th; Prairiewood Elementary did the same on Tuesday the 15th. On May 17th, it was the students at Mary Endres Elementary who cheered their accomplishments and lastly, Greenwood Elementary took their turn on May 18th to commemorate this important milestone.

Chief of Police Robert Lowen joined Officer Gustis at the Dean and Prairiewood graduation ceremonies, with former D.A.R.E. Officer **Fred Spitzer** representing him at the Mary Endres and Greenwood ceremonies. **Mayor of Woodstock Dr. Brian Sager** represented the City at each graduation as did various representatives from District # 200. Also, members of the Woodstock Afternoon Rotary were on hand to present each of the graduates with an envelope containing various prize coupons.

Officer Gustis will spend the summer school break working as a Patrol Officer on the afternoon shift (4:00 PM to midnight) beginning on May 28th.

Congratulations Officer Gustis on a job well done!

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CITY OBSERVES MEMORIAL DAY



In observance of Memorial Day, all non-emergency City offices will be closed on Monday, May 28th.

The annual Memorial Day Ceremony will begin at 10:00AM in the Park in the Square followed by the Memorial Day Parade.

Have a safe and happy holiday!

WOODSTOCK GIRLS SOFTBALL ORGANIZATION MAKES DONATION

From time-to-time, user groups want to provide improvements to the City's ball fields that would not only be beneficial for their own organization, but also other user groups utilizing City facilities. Recently, the Woodstock Girls Softball organization donated a batting cage and back stop screening for installation on Field #5 at Bates Park. These new features are now in place and the City is appreciative of the desire to improve the facilities at Bates Park. These improvements will surely help to draw out the talent of local athletes by providing a place to hone their skills.



LIBRARY NEWS

Literary Book Club

Age Group(s): Adult

Date: 5/31/2012

Start Time: 7:00 PM - 8:00 PM

Join us on Thursday, May 31st at 7:00PM in the Board Room for the next book club meeting. This week's book club selection is To Kill a Mockingbird. Books and reading guides are available at the circulation desk.

Downloading eBooks onto Kindles using Media Mall!

Age Group(s): Adult, Teen

Date: 5/30/2012

Start Time: 7:00 PM - 8:30 PM

Downloading eBooks using My Media Mall - Did you know that the library subscribes to a database that allows our patrons to download eBooks to a variety of eReaders for FREE? Come learn what My Media Mall has to offer with your compatible eReader. Included in the class is how to get started and as well as tips for using this great resource.

The May 30th program is for folks with Kindles and Kindle apps. A separate program will be offered for all other eReaders on Wednesday, June 6th. Come to the basement training room for this program. Registration required



“A hero is someone who has given his or her life to something bigger than oneself.”

Joseph Campbell

NORTHWOOD STUDENTS TOUR WASTEWATER TREATMENT PLANT

Two hundred sixth grade students from Northwood Middle School in Woodstock toured the **North Side Wastewater Treatment Plant** on Friday, May 18th. Six groups made up of approximately 35 students were given guided tours of the facility. Before the tour, the students were taught about the importance of wastewater treatment and how it relates to the water cycle. This lesson then expanded out into the field where students could see first-hand how important the treatment process is to the environment. **Plant Superintendent Anne George** and **Plant Operators Henry Vidales & Wayne Baker** served as tour guides for this event which has evolved into an annual visit.

RECRUITMENT NEWS

The posted recruitment for **FT Accounting Assistant/Finance** is now closed. Submitted materials are being reviewed by the HR Department and position Supervisor and selected candidates will be invited to apply for further consideration.

The posted recruitment for **FT Maintenance Worker/Public Works** has been shared with internal candidates at Public Works with a deadline to submit letters of interest by the end of day today, Friday, 5/25/12.

Public submission of interest letters and resumes will continue until next Friday, June 1, 2012. All letters and resumes should be forwarded to: humanresources@woodstockil.gov.

MEETINGS NEXT WEEK:

No Meetings Scheduled

WOODSTOCK CHALLENGE NEEDS VOLUNTEERS AND RUNNERS!

The **Recreation Department** is seeking volunteers to help with the 35th Annual Woodstock Challenge Road Races on Saturday, June 16 in Emricson Park. Anyone interested in being a timer, course marshal, registrar, or work a water stop should contact **Rec Center Manager Mary Lynn Lisk** at 815-338-4363 or e-mail at mlisk@woodstockil.gov.

Volunteers will receive a race T-shirt, breakfast, and are invited to the pool party after the race. **In addition, volunteers will receive two free guest passes to the Rec Center and a day pass to Woodstock Water Works.**

Depending on the assignment, most volunteers are finished by 9AM. However, we are very flexible so if you have a time constraint, we will make assignments accordingly to accommodate your schedule.

In addition to volunteers what would a race be without runners and walkers? The Challenge offers four races for all running levels. The 10K begins at 8:00AM, the 5K begins at 8:05AM and the Family/Kids 1-mile and ½-mile run/walks begin at 8:06AM.

Mayor Sager will be leading the 1-mile Kids Run and Woodstock Water Works mascot **Ty the Turtle** will be leading the ½-mile Kids Run.

Addition race registration for runners is attached.

Thanks and hope to see you on the 16th. It's a fun event and proceeds from the race benefit Woodstock Recreation programs and NISRA's Special Olympics training programs!

TORNADOS AND HIGH WINDS



A properly built, high wind safe room can give your family and your property extra protection from the most intense tornadoes and wind storms which frequent the mid-west. Such a room can be incorporated

into a planned remodeling or renovation to create a multiuse space in your home and adding to its value. The City's building inspection staff urges homeowners to "give an ordinary room an extraordinary purpose" by building or retrofitting interior space in their home to safe-room standards.

- Tornado- safe rooms are designed to withstand winds of up to 250 miles per hour, and offer lifesaving refuge for families in the path of high-wind events like tornadoes.
- Your closet, bathroom, laundry, or even an outdoor room like a garden shed or pool house can be enhanced to serve as a safe room.
- A safe room designed to meet standards set forth by the National Storm Shelter Association, the International Code Council, and FEMA will stand up to the most intense tornadoes and storms.

Contact **Woodstock's building inspection staff** to find out how you can achieve improved safety and better protection from nature's wrath!

HEALTH & SAFETY MESSAGE: TOP 10 CHOLESTEROL FIGHTING FOODS

One of the most frustrating aspects of adult life is when we realize the foods that might taste best and make us “happiest” are actually the ones that are the worst for us physically. Red meat, cheese and dairy, and foods fried in heavy oils, significantly raise the LDL cholesterol levels and increase our risk of heart attack, diabetes and stroke.

However, there are many delicious foods that have actually been proven to help LOWER these bad cholesterol levels. Try to include some of these every day and help balance those times of dietary weakness:

- 1) **Tea**—hot or cold, this is the superdrink of choice. A cup of tea has more antioxidants than a serving of fruits or vegetables; have at least one per day.
- 2) **Beans**—no food is more fiber-rich than beans; one cup per day can lower cholesterol by 10% in 6 weeks.
- 3) **Salmon**—an excellent source of protein and chock-full of omega-3 fatty acids, also found in trout, tuna, herring and sardines; 2 servings per week are recommended.
- 4) **Avocado**—contains beta-sitosterol which reduces the amount of cholesterol absorbed from food, as well as offering monounsaturated fat (the good kind).
- 5) **Garlic**—prevents blood clots, reduces blood pressure and protects against infections, 2 to 4 cloves per day can be added to lots of dishes for maximum health improvement.
- 6) **Soy**—found in tofu, soy nuts, soy flour and soymilk, consuming 25 grams of soy protein each day lowers high cholesterol.
- 7) **Spinach**—contains lots of lutein (along with other dark leafy vegetables and egg yolks) which guards against macular degeneration, a leading cause of blindness; also guards against heart attacks.

8) **Healthy Margarines**—Benecol and other brands are formulated to actively reduce cholesterol using plant stanols and are recommended by the American Heart Association to reduce high cholesterol levels.

9) **Nuts**—walnuts, cashews and almonds have vitamin E and phytochemicals linked to heart health; walnuts are also rich in omega-3s; grab a handful as a snack 3-4 times a week or add to desserts or dinner entrees.

10) **Chocolate**—and finally, a reward for our sacrifices; dark chocolate is packed with antioxidants that keep your arteries unclogged. Control quantities with bite-sized pieces and increase that good cholesterol daily.

