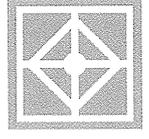




CITY MANAGER'S NEWSLETTER



Volume XXII, Issue 7

February 17, 2012

TEMPORARY OVERWEIGHT BAN

In order to reduce damage to the City's roadways and road base when the subgrade thaws, the **Department of Public Works** has placed a temporary ban on overweight vehicles effective March 1 through April 2. Depending on weather conditions and the conditions of the roadways, this temporary restriction prohibiting overweight vehicles could be extended.

Notices regarding this temporary ban were mailed this week by Public Works to 60 developers/contractors/trucking firms, and the notices advised that if they have equipment that would result in an overweight load that needs to be moved to/from a job site this spring, the transportation needs to be completed prior to March 1 or after April 2.



SAVE THE DATE

The McHenry County Department of Health-Environmental Health Division will be sponsoring a recycling event on May 19, 2012. More details will follow.

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OFFICER LOUIS VASQUEZ RETIRES FROM THE WPD

Officer Louis Vasquez has retired from the **Woodstock Police Department** after more than 29 years of dedicated service to the community. His last day was Saturday, February 11th.

Officer Vasquez began his career with the WPD on September 30, 1982. He has served as a Patrol Officer throughout his career with additional duties as Breath Test Operator, Field Training Officer and Officer In Charge. Fluent in the Spanish language, Officer Vasquez was called upon many times to utilize his expertise as an interpreter.

He served as President of the Fraternal Order of Police for 10 years and as Vice President for 2 years. A golf aficionado, Officer Vasquez coordinated many golf outings for the FOP and assisted with the DARE golf outings as well.

Officer Vasquez will be honored for his many years of service by proclamation at the City Council meeting on Tuesday, February 21, 2012 at 7:00PM. Plans for a departmental retirement party are still pending at this time.

TEEN MIDNIGHT SKI TRIP

On Friday, Feb. 10 at 7PM, **Recreation Coordinator Alan Dunker** departed the Recreation Center for the *Teen Over-Night Ski Trip* at Chestnut Mountain in Galena. Eleven enthusiastic middle/high school skiers and snow boarders braved the 2 ½ hour ride. When they arrived they were greeted with clear skies and perfect snow conditions.

As a statewide event sponsored through Illinois Park & Recreation Association, there were over twenty-five different agencies represented with over 500 teens tackling the slopes.

LIBRARY NEWS

Linked In/Computer Class

Age Group(s): Adult

Date: 2/22/2012

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

Description: LinkedIn is a powerful social media tool for networking and job searching. Learn how to set up a profile, connect with people you know, and attach a resume. Prerequisite: "Computer Basics" and "Introduction to Internet" or equivalent experience. Registration required.

Location: Training Room

Literacy Book Club

Age Group(s): Adult

Date: 2/23/2012

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

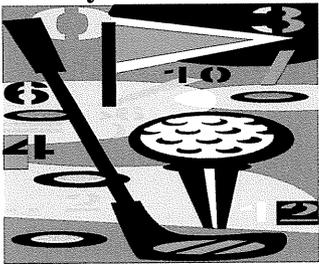
February's Book is History of Love by Nicole Krauss

Come for just the book that interests you or for the whole series. The group meets the fourth Thursday of the month at 7:00PM in the Board Room. Books and reading guides are available at the circulation desk.

Location: Training Room

Contact: Carrie Zamorano

MiniLinks Raffle Items on Display at the Library!



Golf season is coming soon! March 17th we tee off at the Library- it will be a perfect day of golfing, pizza and shopping! Stop in the Library and check out the raffle displays to see

the many great raffle items we will have on March 17th!

NEW WOODSTOCK STATION PROPOSAL

On January 26, 2012, the Plan Commission recommended denial of a proposed special use permit which would have allowed him to build two 60-unit apartment buildings on the west side of the Woodstock Station site. The developer has prepared a revised plan and will be appearing before the Commission on Thursday, February 23, 2012 at 7:00PM seeking approval of a new special use permit. The new request is for approval to build a single 92 unit apartment building. Similar to a building previously approved by the City, the proposed structure will be 7 stories tall and used for senior (*55 years or better*) independent living. In addition to the apartment units, the buildings will contain dining facilities, library and meeting areas, and recreation amenities. This area was originally approved for a seven story building with 70 luxury condominium dwellings. Unlike the developer's previous proposal, additional parking will be provided and the majority of an adjoining future park site will remain intact.

WOODSTOCK HONORS ZACHARY EMRICSON

Thirteen year old Woodstock resident Zachary R. Emricson will be honored by proclamation at the City Council meeting on Tuesday, February 21, 2012 at 7:00PM for his courageous efforts in assisting a lost elderly gentleman in distress and reuniting him with his family safe and sound.

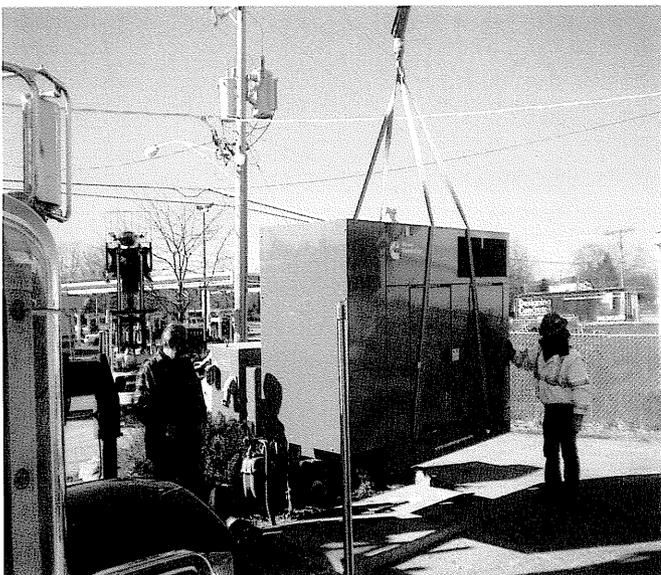
Chief Robert Lowen and the **Woodstock Police Department** are grateful for Zachary's presence of mind and concern for his fellow man. Zachary's efforts prevented what could have become a potentially disastrous situation.

Congratulations on a job well done, Zachary! We are all so proud of you!

Thank You

ON-SITE LIFTSTATION GENERATORS DELIVERED

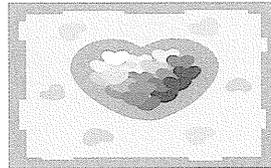
On November 1, 2011 the City Council approved funding for the purchase of four - pad mounted, natural gas driven generators with automatic transfer switches to provide stand-by power to sanitary sewer liftstations scattered throughout the City's distribution system. The mild winter weather has kept this project on track and it is expected that these standby units will be up and running by mid-March. Once the project was approved, the City's contractor moved forward with the installation of concrete pads, the installation of the automatic transfer switches, installation of necessary wiring and conduits, and provision of natural gas services. This work was completed while generators were being put together at the factory. Generators arrived last week and were set onto the concrete pads. Final connections will be made in the coming weeks followed by start up and training. The addition of these generators will provide an added level of efficiency and dependability to the City's utility system protecting users from periods of equipment downtime resulting from outages from the electric utility. Photo shows unit being lowered onto pad at the Wanda Lane liftstation. For more information about this project you may contact the City's **Sewer & Water Maintenance Supervisor, Shawn Parker** at 815 338-6118.



ROSATI'S EXPANSION PLANS

Representatives of Rosati's Pizza, located at 1652 South Eastwood Drive, have submitted remodeling plans to the City. According to these plans, Rosati's intends to expand into the former laundry space situated in adjoining space to the north and provide dining facilities for up to 100 patrons. The plans are presently being examined and initial review comments are expected to be generated within the next 10 business days. Ciao baby!

REC CENTER VALENTINE'S DAY SPECIAL A HEART HEALTY SUCCESS



Four couples took advantage of the special Valentine's Day membership promotion. The initiation fee was waived for couples signing up on the 14th. Each individual received seven "Recreation Center Fitness Bucks" which can be earned through the year to purchase special prizes.

MEETINGS NEXT WEEK:

Tuesday, February 21 – City Council, 7PM, Council Chambers

Thursday, February 23- Plan Commission, 7PM, Council Chambers

Quotation

“Faith is taking the first step even when you don't see the whole staircase”

Martin Luther King, Jr.

RECRUITMENT NEWS

With last Saturday's retirement of **Patrol Officer Louis Vasquez, Police Chief Robert Lowen** has received approval to send the next two names on the current Eligibility List for final testing. The two candidates visited this week for informal interviews, have been sent conditional offers of employment, and will proceed with the remaining testing requirements in the weeks ahead.

Employees are reminded that while several valued individuals have recently shared news of their scheduled retirements, the nature and timing of recruiting to fill those positions is subject to many considerations. As recruitment for any open position becomes active, such information will be posted on the City's website under Employment Opportunities, as well as in the entryway at City Hall, will be shared with all Departments via Opportunity Notices, and will be advertised in relevant media as appropriate.

Please remember the **HR Department** does not accept applications for any position until it is officially posted in the above manner; any interested parties should be directed to check the City's website periodically for possible recruitment activity.

Summer seasonal applications for positions with the **Recreation Department** have been reviewed and selected candidates invited to interview for a very limited number of openings. Interviews for Playground Program Counselors will be scheduled for Thursday, March 1st, while interviews for Woodstock WaterWorks-related positions will be held the following week, Wednesday, March 7th.

The **Public Works Department** is fortunate to have all 2011 experienced summer workers returning and will be deciding on one additional worker from among the applications submitted for that Department.

HEALTH & SAFETY MESSAGE: GOOD CHOLESTEROL/BAD CHOLESTEROL

Those who care about their health may be aware that while a high cholesterol count is cause for concern, what is even more revealing is the ratio between the "good cholesterol" or HDL, and the "bad cholesterol" or LDL, factors.

Fortunately, there are many significant ways we can improve these numbers through diet and lifestyle. To successfully increase those HDL numbers and add life to your years:

- **Don't smoke.** If you smoke, quit. Quitting smoking can increase your HDL cholesterol by up to 10 percent.
- **Lose weight.** Extra pounds take a toll on HDL cholesterol. If you're overweight, losing even a few pounds can improve your HDL level.
- **Get more physical activity.** Within two months of starting, frequent aerobic exercise can increase HDL cholesterol by about 5 percent. Brisk aerobic exercise includes walking, running, cycling, swimming, playing basketball, raking leaves and can be broken into three 10 minute segments if you're having difficulty finding time to exercise.
- **Choose healthier fats.** A healthy diet includes some fat, but avoid foods that contain saturated and trans fats, which raise LDL cholesterol and damage your blood vessels. Instead, use olive, peanut and canola oils to improve HDL's anti-inflammatory abilities. Nuts, fish and other foods containing omega-3 fatty acids are other good choices for improving your LDL cholesterol to HDL cholesterol ratio.
- **Drink alcohol only in moderation.** Moderate use of alcohol has been linked with higher levels of HDL cholesterol. This means no more than one drink a day for women, and two drinks a day for men.
- **Other foods that may help:** Whole grains, such as oatmeal, oat bran and whole-wheat products; nuts, such as walnuts, almonds and brazil nuts; plant sterols found in margarine spreads such as Promise activ or Benecol; and omega-3 fatty acids, such as fatty fish, fish oil supplements, flaxseeds and flaxseed oil.

Following these strategies and making better daily choices will not only improve physical and mental health, it may also delay or prevent expensive and stressful medical intervention from being necessary.

¡Ven a Divertirte!



Pro fondos Los amigos de la
Biblioteca Pública de Woodstock

Torneo de Mini Golf de 18 hoyos
¡en la biblioteca!



¡Refrescos a la venta en el hoyo 19!

¡Rifas!

Sábado, 17 de Marzo, 2012

10:00 a.m. a 4:00 p.m.

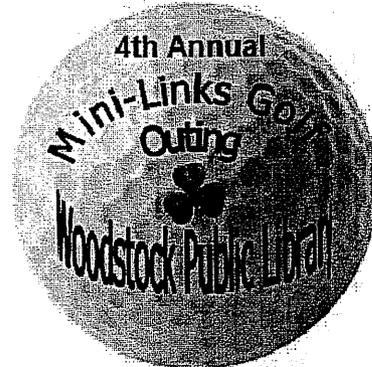
\$5 - Adulto

\$3 - Niños menores de 8 años

(Niños deben estar acompañados por un adulto)

www.woodstockpubliclibrary.org
815.338.0542 library@woodstockil.gov

Come Join the Fun!



Friends of Woodstock
Public Library Fundraiser

18-Hole Miniature Golf Course...
In the Library!



Refreshments on sale at the 19th hole!

Raffle Prizes!

Saturday, March 17, 2012

10:00 am - 4:00 pm

\$5 - Adults

\$3 - Children 8 and under

(Children must be accompanied by an adult)

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