



# CITY MANAGER'S NEWSLETTER



Volume III Issue 34

August 21, 2015

## **NATIONAL DRUG TAKE-BACK DAY**

On Saturday, September 26, 2015, the **Woodstock Police Department** will again participate in the United States Drug Enforcement Administration (DEA) National Drug Take-Back Day event from 10:00 a.m. to 2:00 p.m. in the public parking lot (east side of the building) located at 656 Lake Avenue.



Any and all prescription or over-the-counter drugs will be accepted if they are in pill form (no liquids or syringes.) You can bring in as few or as many as you have – there is no minimum or maximum. The drugs will be accepted no questions asked and will then be properly destroyed by the DEA in an environmentally-safe fashion.

The service is free and your privacy is protected. You don't even have to get out of your vehicle – Officers will be on hand to assist you – you can drive-by, drop off and be on your way.

Since 2010, county law enforcement agencies have collected an average of nearly 2000 pounds (one ton) per year of expired/unwanted solid dosage medication during the Drug Take-Back Day program!

For further information, please call **Tamara Reed** at 815-338-6787 or visit [www.nationaltakebackday.com](http://www.nationaltakebackday.com) after September 1, 2015.

- 2. New K-9 Officer**
- 3. Economic Development Director**
- 4. Recruitment News**
- 5.-6. Health News**
- 7. AARP Driving Classes**

## **CHURCH STREET COMMUTER LOT CLEAN-UP**

Recently, the **Department of Public Works' Parks Division** and **Street Division** worked together to clean up the commuter parking lot on Church Street. Invasive species were removed from the tree lines, trees were trimmed, trash was picked up along the curb line, and parking spaces were re-stripped throughout the lot.



## **WWW OPEN NEXT THREE WEEKENDS**

A reminder that **Woodstock Water Works** will be open the next three weekends and on Labor Day. Operating hours are Saturdays from noon to 8PM, Sundays from noon to 7PM, and on Labor Day from 11AM to 6PM.

Lap swim will also be offered on Saturdays and Sundays from 11AM to noon.

### **SWEETWATER PARK**

The **Department of Public Works' Street Division** recently constructed a sidewalk in Sweetwater Park which will allow handicap access up to the play area. The City was informed that a disabled veteran resides in the Sweetwater subdivision. It was the family's wish that this mom would be able to sit close enough to the playground in Sweetwater Park to watch her children play, and they inquired as to whether the City could construct a path from the public walk leading up to the playground.

Public Works' Street Division devised a plan for the path, a concrete pad, and also included some Oak trees that were recently donated to the City of Woodstock. Street Division employees excavated, formed and poured the path in August. The plan included a concrete pad near the equipment, which would allow someone in a wheelchair to sit close to the playground. The Parks Division installed a bench on the concrete pad so that others could sit and enjoy watching their children, as well.



### **WPD ANNOUNCES NEW K-9 OFFICER**

On Monday, August 17<sup>th</sup> **Chief Robert Lowen** announced that **Officer Sharon L. Freund** has been selected as the new K-9 Officer for the **Woodstock Police Department**. She will attend training later in the Fall and will be paired with a new K-9 partner at that time.

Officer Freund joined the WPD in January 2013 as a Patrol Officer. She also serves the department as a Certified Field Training Officer; Certified Juvenile Officer and as an Advisor to the Woodstock Police Explorers Troop.

Congratulations on your new assignment, Officer Freund!

### **DITCH RESTORATIONS**

The **Department of Public Works' Street Division** recently completed some ditch restorations in the City with the assistance of Dorr Township. Areas were excavated of excess materials and proper elevations were restored to allow for sufficient drainage. Erosion matting was placed in the ditches to help maintain the integrity of the restoration work. This erosion matting allows the grass to grow through the matting, which is biodegradable; it will break down over time.



## **HR NEWS**

### **Woodstock Hires Economic Development Director**

Following a national search, the City of Woodstock is pleased to announce the hiring of Garrett Anderson to fill the position of Economic Development Director. Anderson comes to Woodstock from the role of Economic Development Director with the City of Branson, Missouri. He previously served with the City of Centralia, Illinois, as Director of Community Development & Planning.



“We believe we have found an excellent addition to the City’s management team in Garrett Anderson, whose expertise in family-friendly business and community development will benefit Woodstock greatly,” said City Manager Roscoe Stelford. “Garrett is excited about coming to Woodstock and welcomes the opportunity to meet with business owners, community leaders, and all other interested parties as soon as possible.” Anderson’s strengths include business attraction, retention and site assistance; working with downtown historic preservation efforts; public speaking and media interaction; and facilitating partnerships between civic groups and public service agencies.

A native of Normal, Illinois, Anderson received his Bachelor of Science degree in Planning and Resource Management from Brigham Young University and obtained a Masters of Business Administration degree from Lindenwood University. His background reflects extensive involvement in community volunteer activities, including: Small Business Advisory and Legislative roles with Branson Area Chamber of Commerce & CVB, where he was President of the 2013 Leadership Academy class; Founding Member of the Taney County Business Development Partnership; Board of Directors for Downtown Branson Main Street Association; Executive Committee Member for Southwest Missouri Council of Governments; American Planning Association Conference Committee; Board of Directors for Branson Daybreakers Rotary Club; and, Council Vice President, District Chairman, and Roundtable Commissioner with Boy Scouts of America, having achieved the rank of Eagle Scout years ago. Anderson’s leadership in the Scouting arena involved coordinating over 2,000 hours of volunteer work every year, meeting the goal of adding one mile of new walking and hiking trails annually throughout the Branson area.

Anderson will be relocating to Woodstock and beginning his new duties effective September 8, 2015.

Welcome Garrett

## **RECRUITMENT**

**Assistant Public Works Director:** The City of Woodstock is now seeking candidates for the position of Assistant Public Works Director. This position reports to the Public Works Director and is responsible for directing, training, planning, assigning and supervising the Public Works Superintendents with the goal of assisting the Director in managing the department. The position shall be required to perform the Director's duties in his/her absence. The position shall provide general oversight and management for maintenance and construction projects related to the maintenance of vehicles and equipment, buildings, public rights-of-way, snow removal, parking lots, forestry, parks, sewer collection, water distribution, wastewater treatment, water treatment, and storm water systems.

Minimum qualifications: Bachelor's degree in Public Administration, Business Administration, Civil Engineering or related field, with three (3) to five (5) years public works experience, or any combination of education and experience that provides equivalent knowledge, skills and abilities. Engineering background preferred but not required. A valid motor vehicle operator's license and good driving record required. Salary Range for the position is \$72,330.54 (minimum) - \$92,318.86 (midpoint) - \$112,329.78 (maximum) with excellent benefits package.

**Application Deadline: Friday, August 28, 2015 at 5:00M.**

Please refer to the City's website at [www.woodstockil.gov](http://www.woodstockil.gov) and click on the Employment Opportunities section for further details and the application process on the above opportunity. *The City of Woodstock is an Equal Opportunity Employer.*

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

Monday, August 24 – Historic Preservation Commission 7PM, Council Chambers

## **8 WAYS TO BOOST YOUR CREATIVITY**



Feeling uninspired? Try these tips—you may be surprised by how many fresh ideas start percolating!

### ***1. Get Moving***

Believe it or not, one of the most overlooked ways to unleash your creative inner genius is to become more physically active, says San Francisco-based Laura Putnam, CEO of Motion Infusion, a consulting firm and the author of *Workplace Wellness that Works: 10 Steps to Infuse Well-Being & Vitality into Any Organization* (Wiley, 2015).

“Physical activity is actually one of the best things we can do for our brains when it comes to boosting creative capacity,” Putnam says. “Movement helps to increase the connections, or synapses, between brain cells and it brings more blood to the brain, which means more oxygen for the brain cells.” She advises any type of cardiovascular exercise such as running, walking or biking. In addition, “Yoga and Pilates can help to relax the brain, which then opens up the mind to more creativity.”

### ***2. Find a New Hobby***

This could be anything from learning a new language to taking up a musical instrument. “The brain has an amazing capacity to rewire and rebuild itself,” Putnam says. “This is called *neuroplasticity*, and you can increase neuroplasticity by doing any type of activity that is novel and challenging. It’s called the novelty effect.”

### ***3. Switch Hands***

Brush your teeth and comb your hair with the hand you don’t normally use. This unusual tip is from Matthew Lorber, MD, director of child and adolescent psychiatry at Lenox Hill Hospital in New York City. “This exercises a different part of the brain and gets you thinking in a different way,” he says. “You could also try writing in a different way, going from the bottom of the page up. It’s all about doing anything that changes your normal routine.”

### ***4. Read a Novel***

Reading fiction is good for boosting creativity because it encourages you to exercise your imagination, Lorber explains.

### ***5. Manipulate Your Environment***

Keep the spaces you occupy interesting and changing. “If the objects on your desk, the pictures on your wall, and the friends in your social circle never change, your creativity is curtailed,” observes Vista, CA-based Robert Epstein, author of *The Big Book of Creativity Games: Quick, Fun Activities for Jumpstarting Innovation* (McGraw Hill, 2000). Epstein is a senior research psychologist at the American Institute for Behavioral Research and Technology, and the former editor-in-chief of *Psychology Today*. But “If you are deliberate about changing your physical and social environment, you will soon find yourself thinking in new ways.”

### ***6. Capture Ideas***

Paying attention to new ideas and preserving them is crucial, says Epstein. “People whom we are likely to identify as creative, like artists, composers, or writers, are usually great at this. When a new idea pops into their heads, they go to great lengths to preserve the idea, no matter what it takes.” If you don’t have a mobile recording device handy, scribble your idea on a piece of paper. Don’t have any paper nearby? Writing on a napkin with lipstick can work. Remember: If you don’t record a new idea, it may disappear forever.

### ***7. Record Your Dreams***

If you have a dream, be disciplined enough to record its contents before it disappears from consciousness. Dreams are a wonderful source of new ideas, Epstein notes, and “New ideas, even the ones that seem crazy, sometimes turn out to be valuable, and if you don’t record new ideas, they tend to disappear and not return again.”

### ***8. Eat a Healthy Diet***

Foods that are high in omega-3 fatty acids (fatty fish like salmon are a prime example), along with vitamins C and E, are believed to boost brain activity, Lorber says.

Choose foods that satisfy rather than gratify so that you’ll have long-lasting energy. Try proteins such as nuts, seeds, and legumes; fats like avocados, walnuts, and olive oil, and healthy carbohydrates like fruits, vegetables, and whole grains. “These foods, especially in combination, give you energy that lasts,” notes Putnam. “And this energy keeps your thinking sharp.”

© 2015 Rosemary Black, Qualityhealth.com. Reviewed by QualityHealth’s Medical Advisory Board.



Either you run the day or the day runs you.

[Jim Rohn](#)

### **AARP DRIVER SAFETY PROGRAM AVAILABLE**

The Woodstock Police Department will be hosting the *AARP Driver Safety Program* on **Monday, September 21, 2015** and **Tuesday, September 22, 2015**. The classes will be held in the Training Room at the Woodstock Police Department located at 656 Lake Avenue. Classes will be held on each day from 10:00 A.M. to 2:00 P.M. Participants *must* attend both sessions.

The AARP Driver Safety Program is the nation's first and largest classroom course designed especially for drivers age 50 and older. Course completion helps older drivers refine existing skills and develop safe driving strategies in today's challenging driving environment.

Successful completion of the course may entitle the participant to a discount on their auto insurance. Participants are charged a nominal fee of \$15 for AARP members and \$20 for non-members.

There are still places available. For more information or to register for the class, please contact **Tamara Reed** at the Woodstock Police Department at 815-338-6787.

### **SAUNA INTERIOR REPLACED AT REC CENTER**



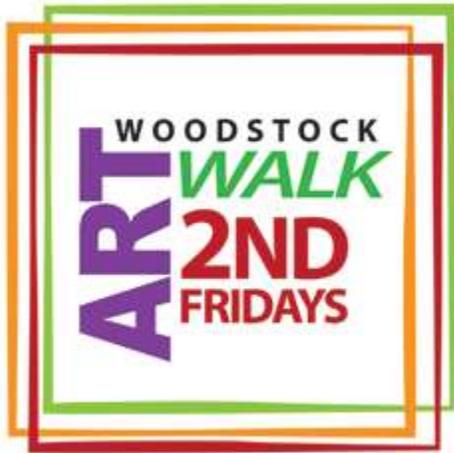
Pictured is **Rec Center maintenance worker John Hockersmith** replacing the trim in the sauna at the Rec Center last week. Previously, weak boards in the sauna were replaced as needed but it was determined that the entire interior was looking worn and dated so a complete renovation was in order.

The cost of the cedar to replace the benches and floor was over \$2,500 and the labor was done in-house.



#### **Want to Start to Get Healthy with an Exercise Program?**

1. City of Woodstock employees receive an employee discount at the **Woodstock Recreation Center**. **The initiation fee is waived! Executive membership is \$35 per month. Full membership is \$25 per month.** Try a week for free! For more information, contact Mary Lynn Lisk or Renee Torrez at 815-338-4363 or visit [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) for more information.



September 11, 2015 from 6-9:00pm

Join us at the September Art Walk for our grand finale: Local magician Joe Diamond will drive blindfolded around the square!

You can make this even more exciting by donating to help ensure that Art Walk re-turns in 2016. We've set challenge levels for your donations. Who will travel with Joe is dependent upon the total amount of donations we receive. Make a donation at: <http://artwalkdonations.com/>

**Total Donations Of:**

**\$2,000:** Joe will make the drive with Woodstock City Manager Roscoe Stelford.



Roscoe Stelford

**\$3,000:** Joe will make the drive with Roscoe & Police Chief Robert Lowen.



Robert Lowen

**\$4,000:** Joe will make the drive with Roscoe, Robert & Fire Chief Ralph Webster.

**\$5,000:** Joe will make the drive with Roscoe, Robert, Ralph & Mayor Brian Sager!



Brian Sager