



CITY MANAGER'S NEWSLETTER



Volume III Issue 6

February 6, 2015

SNOW NEEDS TO REMAIN ON YOUR PROPERTY

During the winter season, the City often gets complaints about snow that is pushed across the road, deposited into the street, piled on sidewalks, or piled onto the public right-of-way causing sight obstructions. As stated in the City Code “it is unlawful for any person to place or deposit accumulations of snow from private property onto any street, road or public way in the City.”

Each resident should have a designated area to store snow on their private property. This regulation has been put into place mainly as a matter of safety. Snow on the road can form into hard-packed piles which can push a vehicle across the centerline into on-coming traffic.

In addition, please,

- Remove snow and ice from the entire width of the public sidewalk surrounding your property to allow for safe passage of pedestrians.
- Remove empty refuse containers from the curb following garbage pickup.
- Help us keep the fire hydrant on your property ready for use by clearing it of snow and ice.

If you have any questions about snow removal, please contact the **Department of Public Works** at (815) 338-6118.



PARKING LOT TEMPORARILY CLOSED

On Monday, February 9, 2015, the public parking lot that is located at the corner of Jefferson and E. Jackson Streets will be temporarily closed for snow removal operations.

Please make alternative plans for parking on Monday. Thank you!



MEETINGS NEXT WEEK...

Tuesday, February 10-Economic Development Commission, 8AM, Council Chambers

- | | |
|-----|--------------------------------|
| 2 | Ban on Overweight Loads |
| 3 | Recruitment |
| 4-5 | Health Message |
| 6 | Rec News |

ADOPT A FIRE HYDRANT

Please consider clearing the snow around the fire hydrant near your home when you clear your driveway and sidewalk during the winter months. By doing so, you save the Fire Department precious time when called to the scene of a fire. With over 1,400 fire hydrants on the City's water system, it is impossible for **the Department of Public Works** and / or Woodstock Fire Rescue District to clear the snow from every hydrant. If every resident, however, cleared a 2-3' radius around the fire hydrant in front of each home making the hydrant visible, firemen can concentrate on their job, and you will be doing a great service to yourself, your neighbors, and your community.

Please, adopt a fire hydrant this winter!

Please contact the Department of Public Works if you have any questions, 815-338-6118.



TEMPORARY BAN ON OVERWEIGHT LOADS

Several area local road jurisdictions place temporary weight restrictions on their local roads and streets each spring to reduce the amount of damage on the roadways and road base when the subgrade thaws. The City of Woodstock does not expect to place any temporary restrictions for the allowable legal weight limit for any street under our jurisdiction. However, the City will not approve any requests for special permits for overweight vehicles for any City road or street this spring.

Effective Monday, March 2 and continuing at least through Monday, April 6, the City of Woodstock will not approve nor allow any trucks, trailers, or other vehicles that are in excess of the axle loading established by the State of Illinois to use any City street. Depending on weather conditions and the conditions of the roadways, this temporary restriction prohibiting overweight vehicles could be extended.

If you have equipment that would result in an overweight load that needs to be moved to/from your job site this spring, the transportation needs to be completed prior to March 2 or at least after April 6, 2015 or longer.

If you have any questions about this temporary ban, please call the **Department of Public Works** at 815-338-6118.



RECRUITMENT

Interviews for chosen qualified applicants for the **Limited Part-Time Finance/Accounting Intern** were held on Thursday, January 22nd. Information on the position will be released shortly.

Interviews for chosen qualified applicants for the **Limited Part-Time Library Shelver** were held on Thursday, January 22nd. Information on the position will be released shortly.

The following active positions are currently posted on the City of Woodstock's website:

CDL-Licensed Maintenance Worker I – Public Works Streets Division: General responsibilities with a Sunday through Thursday work schedule include: performs a wide variety of manual labor and operates vehicles and equipment in the maintenance and repair of City streets, rights-of-way, and other City-owned property. **Application Deadline: Friday, February 20, 2015 at 5:00PM (DEADLINE EXTENDED).**

Finance / Accounting Clerk: General responsibilities include: utility billing, cash reconciliations, accounts payable/accounts receivable, payroll, customer service/counter help, and other miscellaneous finance / accounting duties as assigned. **Application Deadline: Friday, February 27, 2015 at 5:00PM.**

American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides (2015 SUMMER SEASONAL): These positions provide safety and instruction to swimmers at Woodstock WaterWorks pool and work days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Playground Program Counselors (2015 SUMMER SEASONAL): Counselors interact with and supervise a group of 8-12 children, ages 4-12 years, in a recreational setting. This position requires planning, implementing, and evaluating daily activities, and communicating with participants' parents on a regular basis. Counselors ensure safety of campers at all times. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Public Works Seasonal Maintenance Workers (2015 SUMMER SEASONAL): These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Supervisors and/or Foremen for the respective divisions of the Public Works Department. **Application Deadline: Friday, March 6, 2015 at 5:00PM.**

Please refer to the City's website at www.woodstockil.gov and click on the Employment Opportunities section for further details and the application process on the above opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

FEBRUARY IS AMERICAN HEART MONTH: ARE YOU AT RISK FOR HEART DISEASE

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay “heart healthy” for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.¹ CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.¹



Understanding the Burden of CVD

CVD does not affect all groups of people in the same way. Although the number of preventable deaths has declined in people aged 65 to 74 years, it has remained unchanged in people under age 65. Men are more than twice as likely as women to die from preventable CVD.²

Having a close relative who has heart disease puts you at higher risk for CVD. Health disparities based on geography also exist. During 2007–2009, death rates due to heart disease were the highest in the South and lowest in the West.

Race and ethnicity also affect your risk. Nearly 44% of African American men and 48% of African American women have some form of CVD. And African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. About 2 in 5 African American adults have high blood pressure, yet fewer than half of them have the condition under control.

Many CVD deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.²

Take It One Step at a Time

You can control a number of risk factors for CVD, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High blood cholesterol
- Diabetes

As you begin your journey to better heart health that can last a lifetime, keep these things in mind:

- Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference!
- Partner up. The journey is more fun—and often more successful—when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep—also important for a healthy heart—and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

Plan for Prevention

Try out these strategies for better heart health. You'll be surprised how many of them can become lifelong habits!

Work with your health care team. Get a checkup at least once each year, even if you feel healthy. A doctor, nurse, or other health care professional can check for conditions that put you at risk for CVD, such as high blood pressure and diabetes—conditions that can go unnoticed for too long.

Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.

Get your cholesterol checked. Your health care team should test your cholesterol levels at least once every 5 years. Talk with your health care professional about this simple blood test.

Eat a healthy diet. Choosing healthful meal and snack options can help you avoid CVD and its complications. Limiting sodium in your diet can lower your blood pressure. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least five servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber.

Maintain a healthy weight. Being overweight or obese can increase your risk for CVD. To determine whether your weight is in a healthy range, health care professionals often calculate a number called body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat.

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity activity for at least 150 minutes per week. Remember to incorporate exercise into your day in different ways: take the stairs instead of the elevator, or rake the yard instead of using the leaf blower. Exercising with friends and family can be a great way to stay healthy and have fun.

Don't smoke. Cigarette smoking greatly increases your risk for CVD. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your health care team can suggest ways to help you quit.

Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your health care team about treatment options.

Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, diabetes, or another condition, follow the instructions carefully. Always ask questions if you don't understand something. If you have side effects, talk with your health care team about your options.

Together, we all can prevent and manage heart disease, one step at a time.

TAE KWON DO CLASSES

The winter *Tae Kwon Do/Karate* classes started last week at the **Rec Center**. John Byard, a 5th degree Black Belt, teaches four classes per week- two Beginner classes and two Yellow Belt and Up classes. These classes are held in the multi-purpose room at the Rec Center. This program is offered throughout the year for kids and adults.

This session, Mr. Byard has a total of forty-one students enrolled. In addition to teaching self-defense, the program helps students gain positive self-image, confidence, discipline, and agility while improving overall fitness.

YOUTH VOLLEYBALL CLASS IS "SET"

The **Recreation Department's** *Youth Volleyball program* started last Monday night in the gym at the Rec Center. The first to third grade class, which has seven participants, begins at 4:30, followed by the fourth to sixth grade class, which has ten participants, at 5:30. Both groups run through March 9.

The class focuses on fundamentals of serving, passing, setting, hitting defense and blocking.

The second session of Youth Volleyball will start March 30th. Register at the Recreation Department or online at www.woodstockrecreationdepartment.com.

Quotation



Life is like a ten speed bicycle. Most of us have gears we never use.

[Charles M. Schulz](#)

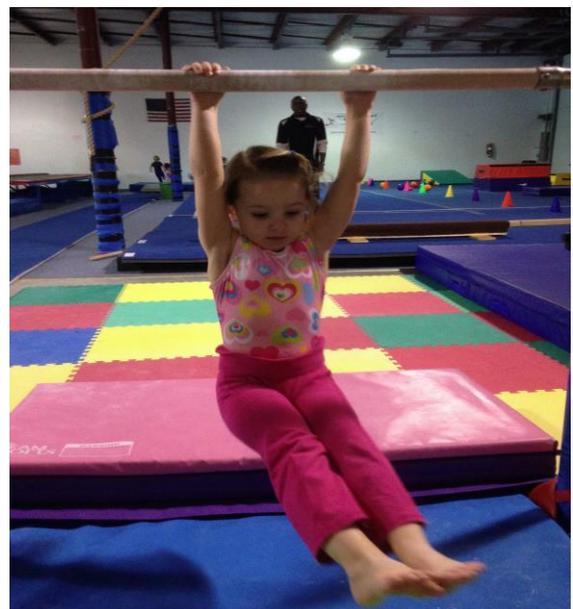
A TWISTING GOOD TIME AT CORKSCREW GYMNASTICS

The **Recreation Department** has partnered with **Corkscrew Gymnastics** in McHenry to offer a variety of tumbling/gymnastics classes.

Pictured is a little gymnast in the *Mini-Twisters* class for participants who are three years old. Other classes that are running this session are *Parent-Tot Gymnastics* (ages 1-2 years), *Mighty Twisters* (ages 4-5 years) and *Beginning Gymnastics* (ages 6-17 years) and new this winter is, *Tumbling* (ages 6-17).

Classes are held at Corkscrew Gymnastics facility where participants can build strength on the floor, balance beam, vault and bars. The participants' favorite part of the class is the TumbTrak, a long trampoline that provides all the benefits of tumbling, without the wear and tear on the joints.

The first winter session began this week. The spring session begins the week of March 9th and there are still spaces available. Registration is available at the Recreation Department or online at www.woodstockrecreationdepartment.com.



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

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 8138-4363 or visit www.woodstockrecreationdepartment.com

for more information.



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

Joe Rosner, a crime prevention and self-defense expert with military, law enforcement and professional bodyguard experience will speak on personal safety.

Coffee with the Chief



Monday, February 9, 2015
7:00 p.m. – 8:30 p.m.
Woodstock Police Department
656 Lake Avenue

For further information, please call
Tamara Reed at 815-338-6787.