



# CITY MANAGER'S NEWSLETTER



Volume III Issue 16

April 17, 2015

## **LIQUOR LICENSE HOLDER MEETINGS HELD**

On Thursday, April 9<sup>th</sup>, **Chief Robert Lowen** held the annual mandatory meeting for all Liquor License Holders in the City of Woodstock. Chief Lowen offered two sessions in an effort to accommodate the business owners' schedules. Owners and managers of every establishment are required to attend each year; their employees are strongly encouraged to do so as well. This year, the evening session was cut somewhat short due to the tornado activity nearby.

Chief Lowen began each meeting with a brief but concise overview of local liquor laws. He highlighted closing times; prohibited activity; underage patrons; and sting operations.

**Cindy Smiley**, Executive Assistant to the **Liquor Commissioner, Mayor Brian Sager**, went over the liquor license application process. She stressed due dates; fees; and the importance of updating owner, manager and contact information for establishments holding liquor licenses.

Guest speaker at both sessions was Lee Roupas from the Illinois Liquor Control Commission and the head of their Basset Program (a training program for all those who serve liquor.) He spoke of the importance of identification checks and recognizing over-served patrons and shared many anecdotal stories from his own experience to illustrate his points.

- 2 HR News**
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- 5-7 Stress is Normal**
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## **EARTH DAY**

Earth Day is Wednesday, April 22, 2015!

The first Earth Day was celebrated in 1970 and was started as a way to honor the earth and the concept of peace. The events are held worldwide to demonstrate support for environmental protection and are coordinated globally by the Earth Day Network. Earth Day is about "going Green", cleaning up the communities we live in, and protecting the environment. "Earth Day Network's year-round mission is to broaden, diversify and activate the environmental movement worldwide, through a combination of education, public policy, and consumer campaigns."

You can find many helpful "green" tips" for your home, such as cleaning products, gardening & yard care, travel tips, and more by visiting [www.earthshare.org](http://www.earthshare.org) and you can learn more about Earth Day on their website [www.earthday.org](http://www.earthday.org) "Education is at the heart of Earth Day."



## 2015 UNITED WAY EMPLOYEE CAMPAIGN



This month the City is kicking off its' 2015 United Way Employee Campaign.

The community needs your help. United Way of Greater McHenry

County is the easiest and most powerful way to help your community. A gift to United Way supports programs all across McHenry County.

Donations are tax-deductible. You can even direct where your donation will be applied! Donations may be made one-time via personal check or conveniently deducted from paychecks throughout the year.

To encourage and recognize City of Woodstock employees who contribute to these worthy organizations, we are pleased to offer the 2015 United Way Pledge Prize Drawing! Winners will be randomly drawn to win:

- 2015 WWW Family Pool Pass
- 2 tickets to a Woodstock Opera House Show
- \$30 Chamber of Commerce Gift Card
- 1 additional Floating Holiday

To be eligible for the drawing, pledge forms with your personal check or payroll deduction included, **must be turned in** to the HR Department **no later than 5:00pm Monday, May 4, 2015.**

**Note:** If you are currently making payroll contributions for the **2014 campaign**, your last deduction will be with the May 6<sup>th</sup> payroll. If you would like to continue contributing for the **2015 Campaign**, you **must** fill out a **new pledge form** for the new campaign.

If you would like to make a pledge via payroll deduction for the 2015 campaign, the first payroll deduction will be on May 20, 2015 and will conclude with the last deduction on March 30, 2016 (26 pay periods).

If you need a pledge form or have any questions, please contact **Jill May** in the HR Department at ext. 11206 or (815) 338-1172.

## RECRUITMENT

### 2015 Summer Seasonal Positions (Reopened)

The City of Woodstock is again accepting applications for **Summer Seasonal Positions** with the Woodstock Recreation Department and Public Works Department as outlined below:

**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: Wednesday, May 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 parks and maintenance facilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. **Application Deadline: Wednesday, May 6, 2015 at 5:00pm.**

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 opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

## YARD WASTE RECYCLING FACILITIES

The McHenry County Department of Health recommends composting, mulching, and native landscaping as possible alternatives to reduce / reuse landscape waste.

Of course you can also use the paper yard waste bags with yard waste stickers, which MDC Environmental Services will pick up curb side on your garbage day. Yard waste is typically collected from April through November.

Homeowners also have the option of dropping off their yard waste at an approved compost facility or landscape waste transfer station for a fee.

For further information, call:

Thelen Sand and Gravel Compost Facility or Petersen Pit Landscape Waste Transfer Facility at 815-675-6613, or go to [www.thelensg.com](http://www.thelensg.com)

Midwest Organics Recycling, 847-493-9116, [www.compostmatters.com](http://www.compostmatters.com)

Garden Prairie Organics, 815-597-1318 [www.gpocompost.com](http://www.gpocompost.com)



## SPRING HYDRANT FLUSHING BEGINS

The City's **Department of Public Works** will be flushing hydrants again this spring as preventative maintenance. You should not wash clothes when hydrants in your area are scheduled for flushing. Hydrants will be flushed Monday through Friday for a three week period beginning Monday, April 27; schedule follows:

All hydrants west of IL Route 47  
April 27 through May 5  
All hydrants east of IL Route 47  
May 6 through May 15

*No scheduled hydrant flushing will take place on Saturdays or Sundays.*

If you have any questions regarding hydrant flushing, or when flushing will occur in your neighborhood, please contact the **Department of Public Works** at 815-338-6118, or via e-mail at [pwdept@woodstockil.gov](mailto:pwdept@woodstockil.gov).



# Quotation

## LAWN CARE

It's spring, which means warm weather, green grass, and flowering plants are on their way. Did you know:

- Well-cared-for lawns can significantly increase your property's value.
- A healthy lawn is of utmost importance to our environment. A 50-foot by 50-foot lawn produces enough oxygen for a family of four.
- Lawns cool the atmosphere. Eight healthy front lawns have the cooling effect of 70 tons of air conditioning, which is enough for 16 average homes.
- Grass converts carbon dioxide to oxygen, a process that helps clear the air.
- Dense, healthy grass slows water runoff, removing contaminants and trapping soil. Fresh, filtered water returns to the underground water supply.



Perseverance is failing 19 times and succeeding on the 20<sup>th</sup>.

Julie Andrews

## MEETINGS NEXT WEEK...

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

Thursday, April 23 – Plan Commission, 7PM, Council Chambers

## OLD MCHENRY COUNTY COURTHOUSE AND SHERIFF'S HOUSE TAP PRESENTATION

The City of Woodstock and the Urban Land Institute invite the public to the presentation to share the Urban Land Institute Technical Assistance Panel (TAP) recommendations for the reuse of the Old McHenry County Courthouse and Sheriff's House. The recommendations are based on the intensive Technical Assistance Panel process used to analyze the property in mid-March.

The presentation will be Wednesday, April 22, 2015, at 5:00 p.m. at the Woodstock Opera House.

The presentation is open to the public, but please RSVP to Swasti Shah, Director of Community Engagement ULI Chicago at 773-549-4972 or [swasti.shah@uli.org](mailto:swasti.shah@uli.org).

*To learn more about this project, visit [Chicago.uli.org](http://Chicago.uli.org) and read about Technical Assistance Services.*

## **STRESS IS NORMAL, BUT COPING DOESN'T FOLLOW A ONE-SIZE-FITS-ALL APPROACH**

While everyone gets stressed out at some point, everyone also tends to have a different way to deal with stress.

Dr. Arthur Blain, chief medical officer at Mountain Health & Community Services in Escondido, CA, de-stresses by running, or more specifically, by training for marathons and even ultramarathons.

“The training I do is often the only peace and quiet I get from a very busy life,” Blain said. “All exercise releases endorphins...(which) are 20 times more powerful than morphine. They help us relax and deal with stress.”

Between jobs with heavy workloads and long hours, relationship issues—from dating to divorce — family, finances and other issues, it’s often hard to remain stress-free.

While he said the right amount of stress is healthy, some people are good at handling stress, while others turn to less healthy means.

“Our own personality and genetic constitution is extremely important in the way we deal with stress,” Blain said.

Health experts said the way one copes with stress is important because it can have an impact on the body.

For instance, Amber Salvador, a psychological assistant at Sharp Mesa Vista Hospital (CA), said it’s known that there’s a mind/body connection when it comes to stress. She said when the mind is “stressed” and releases the stress hormone cortisol into the body, it signals a fight-or-flight response that delivers a rapid response of adrenaline, which alerts the body to perceived danger. She said when this system is activated on a regular basis when feeling chronically stressed, it can lead to blood sugar imbalances, diabetes, elevated blood pressure, weight gain and obesity, gastrointestinal problems such as irritable bowel syndrome and ulcers, fertility problems and a weakened immune system that could lead to becoming sick more frequently.

In addition, Salvador said those who experience frequent or chronic stress are more susceptible to cardiovascular disease, chronic fatigue syndrome, insomnia, thyroid disorders, dementia and depression.

All the while, symptoms of physical stress may come in the form of headaches or migraines, tense and tight muscles, feeling fatigued with low energy, back pain, gastrointestinal distress and clenched jaw. There are also emotional consequences such as increased anxiety, fear, feeling sad or tearful and waking up feeling irritable and having low motivation.

“Stress can be considered too much when you notice it is starting to impair your ability to function in one or more areas of your life,” Salvador said. “Learning how to manage work, life and love stress, so that you are still able to function and thrive is important to effectively coping through life’s challenges.”



Lois Howland, an associate professor at the Hahn School of Nursing at the University of San Diego and a senior Mindfulness-Based Stress Reduction teacher at UCSD's Center for Mindfulness, said stress is normal, and as long as a person is able to balance stress in nourishing ways, the body can remain in equilibrium and healthy.

“It’s when we get out of balance, when life stress outpaces our ability to cope, that we experience physical and mental imbalance, exhaustion and illness,” she said.

While people may gravitate toward dealing with stress in unhealthy ways such as drinking, using illegal or prescription medications, over or undereating, shopping, over exercising, television, social media and more, there are plenty of healthy ways to cope with stress.

For instance, Howland said research has demonstrated the positive health effects of mind-body activities such as exercise, yoga and meditation in reducing feelings of stress and increasing feelings of ease and well-being.

However, no one stress reduction strategy works for everyone. While for one person exercise can be a go-to way to manage stress, for someone else, it could be talking with friends, while someone else could use yoga or meditation.

“Experimenting with different ways to reduce stress is important,” Howland said. “Effective stress-reducing strategies should be something we enjoy and are able to do; activities that keep us grounded in the present. Trying to do something that we find uncomfortable or dislike can actually create more stress.”

In general, said Kerrie Aiello, a psychotherapist/counselor in San Diego, CA, healthy, long-term effective ways to cope with stress include the following:

- Taking care of yourself
- Eating healthy, well-balanced meals
- Exercising on a regular basis
- Getting plenty of sleep
- Learning meditation and mindfulness practices
- Learning relaxation techniques
- Giving yourself a break if you feel stressed out
- Talking to others—share problems and how you’re feeling with a parent, friend, counselor, doctor, pastor or rabbi
- Avoid drugs and alcohol. In the long run, they create additional problems and increase the stress you are already feeling.
- Recognize when you need more help. If problems continue, talk to a psychologist, social worker or professional counselor.
- And when stressful situations pop up, there are ways people can calm down. She suggests trying the following:

- Find a diversion, read a book or magazine to take your mind off your nerves. Read inspirational stories or quotes. Listen to music that relaxes you. Try lying down and taking a nap before you are about to engage in a stressful situation.
- Breathe deeply. Get comfortable and relax your muscles. Inhale deeply and hold it. Exhale and repeat. Try adding stretching to your deep breathing. Think positive thoughts and picture in your mind a positive outcome.
- Remove yourself from the situation. Imagine you are somewhere else. Think about what each of your senses is experiencing in this peaceful place. Combine this visualization with music or deep breathing. Go outside for fresh air.
- Get physical. Do some stretching or take a walk. Try yoga.

“No single method works for everyone or in every situation, so experiment with different techniques and strategies,” Aiello said. “Focus on what makes you feel calm and in control.”

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**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](http://www.woodstockrecreationdepartment.com)

for more information.

## **RENEW YOUR WOODSTOCK WATER WORKS SEASON PASS ONLINE**



Save time, gas, and skip waiting in line by renewing your **Woodstock Water Works** Season Passes online.

If there are no changes to your passes from last year and you have your ID cards, go to [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com) to renew them.

Before going online, be sure you have your correct user name and password. If you have not utilized online registration previously or if you aren't sure of your user name and password, call the **Recreation Department** at 815-338-4363 and we will send it to you.

## **MAYOR TO MC REC DEPT SPRING DANCE RECITAL**

**Mayor Sager** has agreed to MC the **Recreation Department's** Spring Dance Recital on Thursday, April 30 at WHS. Program Coordinator **Renee Torrez**, her dance instructors, and volunteers are finishing up preparations for a successful night.

Pictures were taken last week at the fifteen dance classes by DeWane Studio and will be distributed at the dress rehearsal on Wednesday, April 29 to all the dancers.

Tickets are on sale now at the Recreation Center; \$5 for adults and \$2 for children. Pre-sale tickets are available at the Rec Center. Tickets will be available at the door and we are anticipating a full house!

## **SUMMER CITY SCENE**

The 56-page Summer City Scene was direct- mailed this week to over 15,000 residents in the 60098 zip code and the west side of Wonder Lake (District 200 boundaries) and will also be distributed to the students at Harrison School in Wonder Lake.

The City Scene is compiled by the **Recreation Department** with submittals from various City departments. In addition to the general information about City services that are published in each edition, there is also program information for the Challenger Learning Center, Opera House, NISRA, Woodstock Water Works, the Recreation Center, and the Recreation Department.

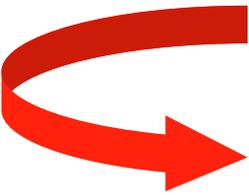
Registration for summer programs for Woodstock residents opens on Monday, April 20 at 9AM; nonresident registration opens on Monday, April 27. In addition to the Summer City Scene brochure, all information regarding Rec Department programs, Woodstock Water Works, the Rec Center, and NISRA is also available at [www.woodstockrecreationdepartment.com](http://www.woodstockrecreationdepartment.com).



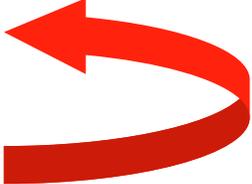


THE CITY OF  
**WOODSTOCK**  
*Illinois*

# 2015 UNITED WAY EMPLOYEE CAMPAIGN



## Help Build Healthy Families



- *Advancing Education*
- *Promoting Independence*
- *Improving Health*



### *Make A Change In McHenry County*

**The community needs your help.** United Way of Greater McHenry County is the easiest & most powerful way to help your community. A gift to United Way supports programs all across McHenry County. Donations directly impact **44 human service programs** offered through **24 local partner agencies**, including Big Brothers Big Sisters, Home of the Sparrow, Family Health Partnership Clinic, etc.

Last year, United Way of Greater McHenry County was able to help **99,000 PEOPLE** in the McHenry County area—that's **1 in every 3** residents!

**Due to the continued economic limitations our country faces, including state funding cuts, your donation is needed NOW more than ever before.**

Donations are tax-deductible. You can even direct where your donation will be applied! Donations may be made one-time via check or conveniently deducted from paychecks throughout the year.

To encourage & recognize City of Woodstock employees who contribute to these worthy organizations, we are pleased to offer the **2015 UNITED WAY PLEDGE PRIZE DRAWING!** Winners will be randomly drawn to win:

- **WWW Family Pool Pass for summer 2015**
- **2 tickets to a Woodstock Opera House show**
- **\$30 Chamber of Commerce Gift Card**
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# Adult and Graduate Programs Information Session

Thursday, April 23, 2015

6:00 p.m. Check-in | 6:15 p.m. Program begins

Aurora University Woodstock Center



Take the next step in your career with a degree from AU Woodstock Center. Faculty, admission representatives and financial aid counselors will be available to answer your questions.



## AU Woodstock Center programs featured at this event:

### Adult Degree Completion:

- » Communication (BA)
- » RN to BSN
- » Social Work (BSW)

### Graduate

- » Graduate Additions Certification (CADC)
- » Master of Business Administration (MBA)
- » Master of Science in Nursing (MSN)
- » Master of Science in Nursing Bridge Program (MSN Bridge)

Register at [aurora.edu/woodstockopenhouse](http://aurora.edu/woodstockopenhouse)



Earn your degree in a flexible format built around your busy life. Face-to-face classes taught by experienced AU faculty meet at the Woodstock Center in the evening and on weekends. Online options also are available.

# what do you consider **LETHAL?**

**Swords.**  
**Grizzlies.**  
**Crack.**  
**Lipgloss.**

*what  
do  
you  
consider  
lethal?*

While everything on this list can be fatal, crack is the leading killer of teenagers 12-20, resulting in 8000 lives last year. Three-fourths of these crashes had nothing to do with drugs or alcohol.

You can make a difference. Make us happen!  
impactteendrivers.org

**Impact**  
--- Teen Drivers ---

**WHAT:** The Woodstock Police Department will be hosting a FREE informational meeting on Distracted Driving, our newly licensed drivers, and ways to prevent driving fatalities.

**WHEN:** April 20th, 2015 at 7:00 P.M. (around an hour long)

**WHERE:** Woodstock Police Dept.  
656 Lake Ave. Woodstock, IL

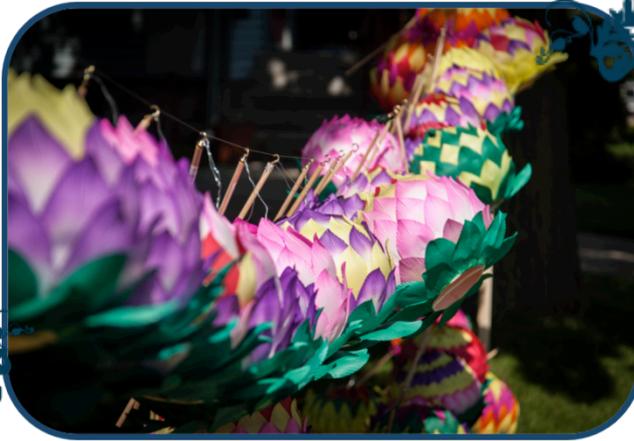
**WHO:** Parents and Teens

Please contact Sgt. Pritchard to secure a seat(s) at the meeting:  
815-338-2131 or [rpritchard@woodstockil.gov](mailto:rpritchard@woodstockil.gov)

# Vesakha Day 2015



Our Annual Celebration of Vesakha Day/ Buddha Day will be at the Blue Lotus Temple in Woodstock. The Ceremony begins inside the Temple at 5:00 p.m. and the popular Procession around Woodstock Square is planned for approximately 6:00 p.m.



After parading around the Square with drummers, flags, and paper lotus lanterns, we will return to the Temple for friendship and refreshments. Please bring your family and friends for this happy celebration of the Birth, Enlightenment, and Final Enlightenment of the Buddha. All are welcome to this community event.

**Title:** Vesakha Day Celebration  
**Date:** Saturday, May 30th, 2015  
**Time:** 5:00 - 8:00 pm

**Registration:** There is no charge for this program. Free will donations will be gratefully accepted for this Dhamma teaching. Your donation helps Blue Lotus support the continued study and teaching of the Dhamma. May you be well, happy and peaceful.