



CITY MANAGER'S NEWSLETTER



Volume III Issue 19

May 8, 2015

POLICE ANNOUNCE MAY TRAFFIC ENFORCEMENT INITIATIVE

The **Woodstock Police Department** has announced that the Special Traffic Enforcement Initiative for May will target Stop Sign Violators. As always, the ultimate goal of this initiative is to prevent possible traffic crashes resulting from dangerous driving behaviors such as failure to come to a full stop or yield the right-of-way and to encourage motorists to voluntarily comply with traffic laws.

Questions regarding this or any other traffic enforcement issue should be directed to **Sergeant Rob Pritchard** at 815-338-2131 or at rpritchard@woodstockil.gov.



- 2 **Building Renovation**
- 3 **Lawn Fertilization**
- 4 -5 **Health Message**
- 6-7 **Dance Recital**
- 8 **Cinco de Mayo**

NATIONAL POLICE WEEK OBSERVED

National Police Week runs from May 10th – 16th this year. There are a multitude of activities occurring in Washington, D.C. this week to commemorate the occasion, such as a solemn memorial service, candlelight vigil, baseball and football games, Pipe Band march and a survivor’s conference to support the families of fallen Officers. The event seeks to honor those who have fallen and say thank you to those who continue to serve and protect our communities.

By Federal law, May 15th is designated as *National Peace Officers Memorial Day* and as such both the United States and State of Illinois flags are flown at half-staff from sunrise to sunset in honor of all those Officers throughout the country who have made the supreme sacrifice in the line of duty.

If you have an opportunity this week to do so, please remember to say thank you to your local **Woodstock Police Department Officers** for their dedication and service to our community – your support really does matter.

Thank

You

BUILDING RENOVATIONS BEGIN

On Monday, May 11, 2015, building renovations will begin on the Prindiville (Buschkopf) Building, which is bordered by Benton, E. Jackson, and Jefferson Streets.

Please be aware that several parking spaces, on the north side of E. Jackson Street, will be closed during these renovations. Also, the sidewalk will be closed while work is being done, and re-opened as much as possible when workers are not on site. This project will be completed in approximately one week, depending on weather.

If you have any questions or concerns regarding this project, please contact the Department of Public Works, 815-338-6118 or pwdept@woodstockil.gov

HR NEWS

RECRUITMENT

The City of Woodstock is accepting applications for the position of Economic Development Director. Primary responsibilities of this position include planning, developing and implementing business retention and recruitment activities, serving as City liaison/ombudsman to the business community, analyzing and evaluating economic factors affecting the local business climate and market, and overall promotion of the City. **Application Deadline: Friday, May 29, 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 opportunity. *The City of Woodstock is an Equal Opportunity Employer.*

MEETINGS NEXT WEEK...

Tuesday, May 12-Economic Development Commission, 8AM, Council Chambers
Tuesday, May 12 – Transportation Commission, 7PM, Council Chambers

HYDRANT FLUSHING CONTINUES

Public Works' Sewer & Water Maintenance Division will continue hydrant flushing for approximately one more week. Hydrant flushing tests fire hydrants to make sure adequate flow & pressure is available and to remove sediment from water mains in order to maintain water clarity & quality. During the hydrant flushing process, water is safe to drink. Occasionally, water becomes discolored after hydrant flushing. If this happens, run your cold water tap a few minutes until the water clears. If it does not clear the first time, wait an hour or so, then run the water again. 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 in April / May on the following schedule:

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.



PROPER LAWN FERTILIZATION – GET A SOIL TEST

Many people do not know that pet waste is a fertilizer. The dark green spots of thick grass that appear in your lawn are evidence of this fact. Oftentimes, this waste material is washed into a storm sewer or a drainage ditch before it has a chance to decompose. Pet waste that washes into a sewer, pond or street can carry bacteria harmful to both aquatic life and humans. Ideally, pet waste should be picked up and placed in a disposable bag before it has an opportunity to decompose.

Chemical fertilizers are intentionally designed to be applied to lawns, whether by lawn care companies or residents. Unfortunately, studies show that most people do not know what combination of fertilizers their lawns need because they don't know what soil conditions exist in their lawns. Many pre-mixed (bagged) fertilizers contain phosphorus, a nutrient that lawns often have in adequate supply. A soil test is recommended before applying chemical fertilizers on a lawn. Talk to your local University Extension Office after you have had a soil test and discuss what fertilizers are appropriate for your particular situation.

While most people fertilize the grass to promote a thick, healthy, green lawn that is ultimately better for water quality than those which are thin and eroding, too much phosphorus can lead to a polluted runoff. Phosphorus is an ideal food for most aquatic plants, however, too much of it can lead to excess weed and algae growth in surface waters, ponds, streams, etc. Nuisance weeds, however, crave the excess phosphorus during summer periods and usually exhibit summer growth “explosions” as a result.



5 ISSUES THAT CAN HARM YOUR IMMUNE SYSTEM

Do you seem to always be fighting a cold or other ailment? Your immune system may not be up to par. This collection of cells, tissues, and proteins teams up against a daily onslaught of bacteria and viruses to stave off infection and keep you healthy.

Serious illness or disease may reduce your immune function and leave you vulnerable to further infection, but some of life's most common situations and conditions also may weaken your immunity. Here are some of the typical culprits:



1. Stress

Stress causes your adrenal gland to produce excess cortisol, also known as the “fight or flight” hormone. Too much cortisol and you might find your immune system out of whack. In fact, studies have shown that people under serious stress—such as those caring for ill relatives or people going through a divorce or job loss—produce less of an immune response when given the flu vaccine (which is designed to provoke a mild immune reaction) than those who are not under much stress.

“But it doesn’t always have to be bad stress [that impairs the immune system],” notes Kathryn Boling, MD, a primary care physician at Lutherville Personal Physicians in Lutherville, MD., a division of Baltimore’s Mercy Medical Center. Even happy events such as planning a wedding, preparing for and executing a move, or transitioning to a new job all can stress the immune system. “Any stress that goes on for a long time (for weeks or months)...will cause the same physiological [functional] changes in the body,” she adds.

The fix: Meditation. A study out of Stanford University in CA. demonstrated that stressed-out subjects who meditated managed to mount a better immune response to the flu vaccine. If formal meditation instruction isn’t for you, find a book on the subject, or download a free meditation app onto your smartphone.

2. Obesity, Poor Diet, and/or Lack of Exercise

This combination can inhibit your immune functioning in a variety of ways. Being overweight can prevent white blood cells (your body’s disease fighters) from increasing and checking inflammation, while excessive sugar consumption can hinder your ability to fight viruses and bacterial infections. And a lack of physical activity actually ups your odds of getting sick, since exercise helps white blood cells circulate faster, slows the release of cortisol, and may flush bacteria out of the lungs. Just don’t overdo the exercise, as workouts that are too intense can also lower your immunity.

The fix: Eat a variety of fruits and vegetables and as much unprocessed food as possible, and incorporate physical activity into each day.

3. Depression

Depression not only feels bad mentally, it can also take a physical toll. “People with depression may have increased levels of cortisol, adrenaline, and other stress hormones, as well as increased inflammation throughout the body,” Boling says

The fix: Treat depression with talk therapy, medication, or a combination of both. Medication may be a particularly potent approach: Antidepressant medications such as selective serotonin reuptake inhibitors (SSRIs;

Prozac, or fluoxetine is one) can actually boost the activity levels of natural killer cells, which are potent tools your body produces to fight off cancer and viral infections.

4. Social Isolation

Lonely folks don't do as well, health-wise, as more connected people. Numerous studies have found that loners become ill more often, end up sicker, and heal more slowly than social butterflies. As Boling puts it, "Loneliness functions as a chronic stressor that leads to a poor immune response."

The fix: Cultivate and nurture relationships. Having a circle of supportive friends, a caring partner, or good relationships with relatives can offer a big health boost. If you're not sure how to go about this, start by signing up for a class or even joining an online community focusing on a topic you're interested in.

5. Certain Medications

Although they may be necessary, some medications have the undesirable effect of lowering your immune response. Besides immunosuppressants (drugs that inhibit the immune system, often prescribed to organ transplant recipients, for instance), corticosteroids—commonly used by people with asthma or rheumatoid arthritis—can produce this result.

The fix: Get vaccinated before taking these medicines, if you can, and take care to avoid putting yourself into situations in which you are exposed to serious illnesses and infections.

Other things that can damage your immune system include:

- Regular smoking.
- Heavy drinking.
- Too little sleep.

Do your best to avoid these drains on your immune system.

© 2015 Laurie Saloman, Qualityhealth.com. Reviewed by QualityHealth's Medical Advisory Board

Quotation

Either move or be moved.

[Ezra Pound](#)

SAVE THE DATE: EMPLOYEE POOL PARTY/PICNIC ON WEDNESDAY, JUNE 3 STARTING AT 3:30PM. DETAILS TO FOLLOW

A FULL HOUSE AT THE RECREATION DEPARTMENT DANCE RECITAL

Over 125 dancers, representing seventeen **Recreation Department** dance classes, performed at the annual Spring Dance Recital last Thursday evening. The event was planned and directed by **Program Coordinator Renée Torrez**, and **Dance Instructors Eden Powell, Jamie Pierce, Bridget Saladin, Leslie Behrns, Ellie Powell** and **Robin Sobel**.

The past week was a busy week for the dance program. The dress rehearsal was held on Wednesday, April 29th, where all 125 dancers practiced on stage at WHS. Pictures were handed out for all the classes that were taken earlier this month by DeWane Studio.

The rehearsal and the recital itself could not have happened without the help of several Rec Department staff including **Becky Vidales, Mary Lynn Lisk, Alan Dunker, Arturo Diaz, Karina Fuentes, Nick Fenton, Leah Baird, Erin Sarich, Ayeshah Guzman, Jorie Karafa, Ruby Santana** and **Jess Bloniarz**. We also had over 14 volunteers, including the City Manager Assistant, **Monica Amraen**, several **Playground Program counselors**, and **WHS Drama department students**. The night was perfected with the talented emcee skills of **Mayor Brian Sager!** This is a major event for the Recreation Department and everyone's assistance is greatly appreciated. This event is truly a team effort by these wonderful staff and volunteers.

Five Little Dancer classes, two ballet classes, four Poms classes and six Hip/Hop classes all performed to a full house of over **650 people** at Woodstock High School on Thursday, April 30th and the event was an exciting and successful night! Below are a few comments the Rec Dept has received:

**Thanks Renee for all your hard work. We will miss Robin as a great hip hop teacher. All the dances were wonderful thanks to the great teachers and cute kids! It was such an enjoyable evening. Looking forward to next year!-Facebook Comment*

**This was the BEST year yet! Thank you for a fabulous night!*





FIESTA AT STAGE LEFT CAFÉ

Pictured below are some of the dancing seniors from the *Coffee at the Café* program this past Tuesday – Cinco de Mayo, with **Recreation Center Group Fitness Instructor Judy Brown**. Judy came to Zumba with the group while they did salsa tasting and a broke a piñata.



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

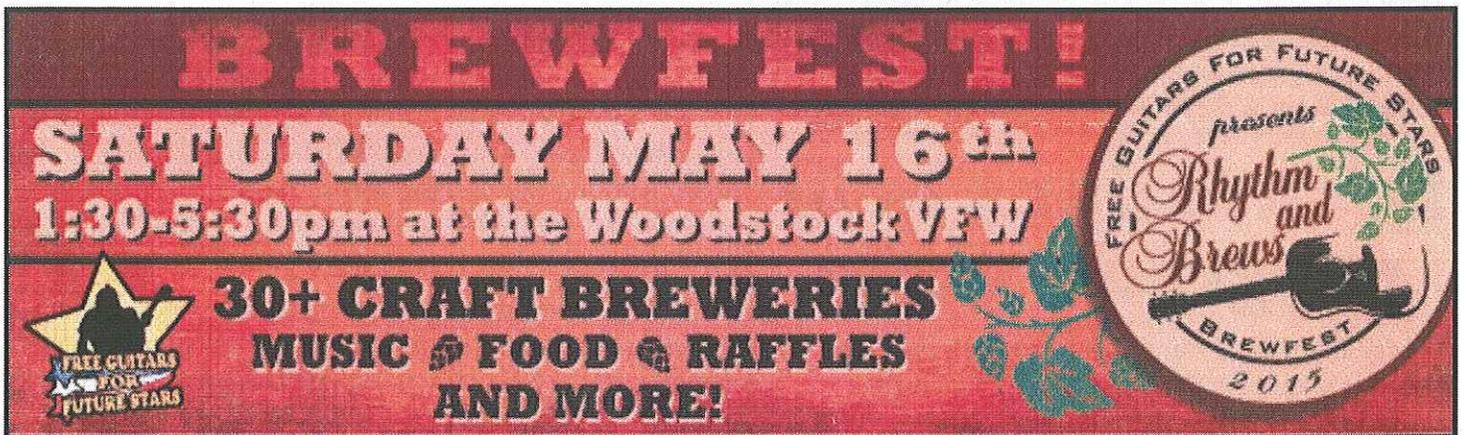
for more information.

Free Guitars

for Future Stars

Spring 2015 Newsletter

Brewfest to raise funding



BREWFEEST!
SATURDAY MAY 16th
1:30-5:30pm at the Woodstock VFW

30+ CRAFT BREWERIES
MUSIC & FOOD & RAFFLES
AND MORE!



Free Guitars for Future Stars (FG4FS) will host its inaugural Rhythm and Brews Fest from 1:30 to 5:30 p.m. Saturday, May 16 at the Woodstock VFW Post 5040, 240 N. Throop St.

“The goal is to bring 500 to 700 guests to Woodstock’s downtown during the inaugural beer tasting event,” said Scott Neumann, executive director for FG4FS. “We hope to make the Rhythm and Brews Fest a popular gathering for many years to come.

More than 30 local, regional and national craft breweries will be represented at the event. Local breweries include Scorched Earth, Chain O’ Lakes and Crystal Lake brewing companies, all from McHenry County. Regional breweries such as Revolution, Tighthead and Emmett’s brewing companies will be included as well as national breweries such as Lagunita’s, Brooklyn and Dogfish Head brewing companies.

In addition to the breweries, the event will feature live music from Judson Brown, raffles, local food vendors and other activities. The event is open to attendees 21 years and older.

Tickets are available for \$40 online or \$45 at the door, and will allow for unlimited tastings for the

duration of the event. A \$65 VIP ticket will allow for early entrance at 12:30 p.m. A \$25 designated driver ticket also is available and will include unlimited soda and water, as well as complimentary raffle tickets and food vouchers. The festival have been scheduled to allow guests access to commuter train service, in hopes of attracting guests from throughout the Chicago area.

For more information about the festival (including a full list of breweries) and to purchase tickets, visit <http://rhythmandbrewsfest.weebly.com>.

Sponsors of the brewfest include Sage Products, Signs Now of Mundelein, the *Woodstock Independent*, the McHenry County Community Foundation, the D’Addario Music Foundation, the *Northwest Herald*, *McHenry county Living*, the Main Street Pourhouse, Kingston Lanes, Home State Bank, Off the Rails, Brew and Grow, the Woodstock Harley Davidson, Walmart, BBQ King Smokehouse, and Rosati’s of Woodstock.

FG4FS is a 501(c)(3) non-profit organization formed in January 2009. The organization’s mission is to supply free guitars and guitar lessons to youth from low-income McHenry County families. More than 100 students have taken part in the classes this year, the most students the program has had at one time.



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

Permanent Beat Officer Michael Karnath will conduct an overview of activity in Beat #24 (the southeast quadrant of the city) as well as how to avoid falling victim to mail, internet and telephone scams.

Coffee with the Chief



May 11, 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.

FREE
RACE
T-SHIRT**

The 38th Annual

WOODSTOCK CHALLENGE

DOOR
PRIZES

ROAD RUN
& POOL PARTY



Sunday, JUNE 14, 2015

10K Road Run — 8 a.m.
5K Run / Walk — 8:05 a.m.
1-Mile or 1/2-Mile Kids & Family Runs — 8:06 a.m.

All proceeds will benefit NISRA's Special Olympics Training Programs and Woodstock Recreation Department programs

REGISTRATION PACKET PICK-UP FROM 6:30-7:30 A.M.

Emricson Park/Woodstock Water Works Aquatic Center

FREE SWIMMING FOR RUNNERS & THEIR FAMILIES FOLLOWING THE RACE!

Pre-Registration Fee (By June 8)

\$25 Adults* • \$15 Youth (17 years & younger)

Race Day Registration Fee

\$35 Adults* • \$15 Youth (17 years & younger)

* Free for adults accompanying kids on the Family Fun Runs.

Join Woodstock Mayor Brian Sager and Woodstock Water Works' mascot, Ty the Turtle, on Sunday, June 14 for the 38th Woodstock Challenge Road Runs. The Mayor will be leading the 1-mile run and Ty the Turtle will lead the 1/2-mile run; both runs will be entirely within beautiful Emricson Park. All finishers under 14 years of age will receive a gold medal to recognize their accomplishment.

Bring your swimsuit as the post race ceremony will take place at Woodstock Water Works Aquatic Center. Food and refreshments will be served along with announcing the raffle winners. Participants and their families are invited to swim after the race until 11:30 a.m.

**All preregistered runners will receive a T-shirt. Race day registrants will receive a T-shirt while supplies last. Each participant will also receive a bag full of coupons and souvenirs and will be eligible for post-race drawings.

Fun for
All Ages



REGISTER ON-LINE www.woodstockrecreationdepartment.com

www.signmeup.com/102335

Call (815) 338-4363 for additional information.

It's Pool Time...



Woodstock Water Works

- **3 HEATED POOLS**
Zero Depth Recreation Pool • 8-Lane Lap Pool • Baby Pool
- **2 FLUME SLIDES**
- **1- & 3-METER DIVING BOARDS**
- **4 PLAY FEATURES • TOT PLAY LOT**
- **2 PICNIC SHELTERS • FOOD COURT**

**Season
OPENS
Saturday,
May 23**

**Pool Opens
at 11:00 am for
Pool Pass Holders**

SEASON PASS RATES

	Woodstock Resident	Non-Resident
Individual	\$60	\$110
Family of Two	\$90	\$160
Family of Three	\$110	\$200
Family of Four	\$125	\$230
Additional Member	\$15	\$30

- * Season passes must be purchased and photos taken at the Woodstock Recreation Center: 820 Lake Ave. Woodstock
- * Proof of Residence and all children's birth certificates are required for first time pass holders.
- * Daily Rates Residents — Adults \$7, Kids \$5
- * Daily Rates Non-Residents — Adults \$9, Kids \$7
- * Checkout Twilight Rates on-line

Located in Emricson Park — 1313 Kishwaukee Valley Road
815.338.4363 • woodstockrecreationdepartment.com



First United Methodist Men Rib Cook-off and Car Show

Saturday May 30st at 1:00 pm

First United Methodist Church

201 West South Street, Woodstock, IL 60098

Tickets can be purchased for \$10.00

Includes 1 meal of Ribs, coleslaw, baked beans and roll.

Kids Hotdog meal can be purchased for \$5.00

Proceeds benefit Woodstock Food pantry,

FUMC Missions and The UMM

**Special Thanks To: Isabel's Restaurant
for their support and donations.**