



CITY MANAGER'S NEWSLETTER



Volume III Issue 22

May 29, 2015

KRAZY COLOR 5K RUN / WALK EVENT

Head out to Emricson Park this Saturday morning for some Krazy Color Fun. Krazy Leg Events is hosting its 2nd annual Krazy Color Run, which is being held in beautiful Emricson Park. “It does not matter how you finish the race as long as you have fun and end up full of crazy color!” The 5K course is similar to that of the 5K portion of the Woodstock Challenge. There will be five color stations along the course for those participants that want to join in on the FUN!

To learn more about the event and to register online, go to www.krazylegevents.com Race day registration will be available beginning at 6:30AM.; the event begins at 8:00AM. A portion of the proceeds from this event will be donated to “The Cure Starts Now Foundation:” www.thecurestartsnow.org



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SAVE THE DATE!

Officer Fred Eiselstein will present an overview of activities in Beat # 21 (the northeast quadrant of the City) at Coffee with the Chief on Monday, June 8th at 7:00PM. Officer Eiselstein is the Permanent Beat Officer for Beat # 21 working the Afternoon Shift from 4:00PM to 12:30AM. The meeting will be held in the training room at the Woodstock **Police Department** located at 656 Lake Avenue. Chief Robert Lowen will host the event, answer any questions or concerns and provide “highlights” of the previous week’s calls for service.

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...

- Monday, June 1 –Board of Fire and Police, 5PM, Council Chambers
- Tuesday, June 2 –City Council, 7PM, Council Chambers
- Thursday, June 4 – Library Board, 7:30PM, Library

SEVEN WAYS TO 'GO GREEN' IN YOUR GARDEN

Going green in your garden isn't as tough a commitment as you might think. In fact, you won't just be saving the planet; you'll be saving yourself time and money. Read on for tips on how easy it can be.

Rethink your watering plan. Watering deeply and less frequently is better, encouraging deeper, stronger roots and more drought-tolerant plants.

Repurpose packing materials by filling the bottoms of large pots with leftover Styrofoam and packing peanuts. This will reduce the amount of potting soil needed, and make your pots lighter and easier to move around.

Replace chemical herbicides with a natural mix. Boil 1 gallon of white vinegar with 1 cup of table salt, then cool. Add 2 or 3 drops of liquid dish detergent and pour into a sprayer.

Reuse! Instead of buying cheap tools every year, consider investing in quality tools and maintaining them properly. Your tool-sharpening kit should include WD-40, a rasp, coarse sandpaper, and a clamp.

Reduce lawn mowing. Instead of mowing on a schedule, mow when your grass is more than 2 inches tall. Taller grass shades out many weeds and prevents germination.

Reinvent your garden to include native plants & organic vegetables. Native plants attract pollinators to make your veggies more productive. Natives are also low-maintenance.

Recycle garden pots.



SUMMERTIME...

And the living is easy. Well, at least it is according to George Gershwin—working at the library, I'm not so sure. Because summertime is our busy time. There are a ton of things happening at the **Woodstock Public Library** this summer, beginning with our Summer Reading Programs for kids, young adults and grown-ups alike. This year's theme is *Every Hero Has a Story* and reading logs are available on Monday, June 1. You can start turning in your reading logs Monday, June 8 for great prizes. You can find the details in the library's newsletter, which you hopefully recently received in the mail or which you can access online at: <http://tinyurl.com/pjggra3>.

In addition, if you need some new reading material, our Scholastic Book Fair is running from June 8 through June 12. So, stop in and collect your first reading log prizes, then purchase some great new books and other materials from the Book Fair. All of the proceeds benefit the library's participation in the Christmas Clearinghouse—so it's all for a great cause.

On top of that, if you come to the library on Monday, June 8, you can join us for our Summer Kickoff Event, which features the tremendously talented Jeanie B., her guitar, and lots and lots of great music, dancing and fun. There are shows at 4 pm and 7 pm, with registration required for both shows—you can register now at our website: <https://il.evanced.info/woodstock/lib/eventcalendar.asp>

Later in the summer, we'll have a visit from Laura Ingalls Wilder, a splash party at the Woodstock Water Works, our annual train-themed story time and visit to the outdoor model railroads of one the library's friends, and much more. The library will again have a tent at the city's Summer in the Park festival, we'll be hosting a real life forensic anthropologist, have a Civil War cemetery walk and host our summer time blood drive, where you can be a hero to someone else by donating lifesaving blood to the Heartland Blood Center.

But wait! There's more. Miss Mary will again be at the Tuesday Farmer's Market at noon for story times in June and July. Sixth- through twelfth-graders can come to the library for YA Wednesday events, including Wii Bowling, paracord bracelet creation, robotics, dogs and more. There will be movies on Monday (morning and evening) and Throwback Thursday movies as an added movie bonus.

And even that isn't everything—check out our newsletter and website (<http://www.woodstockpubliclibrary.org/>) for all the latest happenings and upcoming events. Or stop in and ask about what's going on while you get more books, DVDs, audiobooks and CDs. Stay a while and use our computers, work on our puzzle, check out our local history collection, or view the latest display in our gallery space.

I told you it was our busy time. The livin' may not be easy at the Woodstock Public Library in the summer, but it sure is fun! You're even liable to catch some of our Super Hero Librarians in their hero gear. Come join us—we're open Monday-Thursday: 9-9, Friday: 9-6 and Saturday: 9-5.

See you at the library!

HIGH BLOOD PRESSURE AND HEART DISEASE FOR WOMEN

High blood pressure is considered a silent killer.

It sneaks up on you, carries no symptoms and can put you at risk for heart disease. It can also feel like it came out of nowhere, like it did for survivor, Shermane Winters-Wofford.

Shermane thought she was perfectly healthy – until she suffered a stroke. And as it turns out, her family history of high blood pressure and heart disease had put her at risk all along.



High blood pressure, also known as HBP or hypertension, is a widely misunderstood. We often assume it affects those who are type-A, tense and aggressive. But the truth is, it has nothing to do with personality traits. In fact, you can be the most relaxed, calm person and still suffer from HBP.

The reality is that HBP is a condition that makes the heart work harder than normal. And left untreated, it scars and damages your arteries and can lead to heart attack, stroke, kidney failure, eye damage, heart failure and fatty buildups in the arteries, called atherosclerosis.

Understanding Your Numbers

Blood pressure is typically recorded as two numbers and written as a ratio.

- **Systolic:** The top number in the ratio, which is also the higher of the two, measures the pressure in the arteries when the heart beats.
- **Diastolic:** The bottom number in the ratio, which is also the lower of the two, measures the pressure in the arteries between heartbeats.

Your blood pressure rises with each heartbeat and falls when your heart relaxes between beats. While it can change from minute to minute with changes in posture, exercise, stress or sleep, it should normally be less than 120/80 mm Hg for women age 20 or over.

Here's how the numbers are evaluated:

- **Normal:** Less than 120 systolic and less than 80 diastolic
- **Pre-hypertension:** 120-139 systolic or 80-89 diastolic
- **Hypertension:** 140 or higher systolic or 90 or higher diastolic
- **Hypertensive Crisis:** higher than 180 or higher than 110 diastolic

Because blood pressure can fluctuate, consider investing in a home blood pressure monitor to record your numbers regularly. Doing so can help your healthcare provider determine whether you really have high blood pressure and, if you do, whether your treatment plan is working.

Decreasing Your Risk

As a woman, you have an increased risk of developing high blood pressure if you are 20 pounds or more overweight, have a family history of high blood pressure, or have reached menopause. But you don't have to suffer two strokes, like Shermane, before you start taking action to prevent it.

While there is no cure, HBP is manageable and preventable by adopting a healthy lifestyle that includes a diet low in salt, saturated fats, cholesterol and alcohol. Physical activity and weight loss are also key factors in lowering your numbers. And these simple changes can go a long way.

Today, Shermane eats right, exercises regularly and tracks her blood pressure every day. She also makes sure others don't underestimate the importance of knowing their blood pressure numbers and family history. Are you ready to join her in the fight against heart disease?

© 2015 www.goredforwomen.org

Quotation

There is little difference in people, but that little difference makes a big difference.
The little difference is attitude.
The big difference is whether it is positive or negative.
-W. Clement Stone

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.

PERFECT WEATHER FOR WWW OPENING WEEKEND

The sun and warmer temps allowed Woodstock Water Works to open over Memorial Day weekend. Though the pool didn't open on Sunday, attendance was close to 500 on Saturday and Monday combined. It was perfect weather and attendance for training new staff and refreshing the old staff.

Woodstock Water Works is now open for the season daily. Doors open at 11:00 am for pool pass holders and at noon for daily admission. The pool closes at 7PM Sunday-Thursday and at 8PM on Friday and Saturday.

Upcoming events include Dip N' Donuts on Sun, May 31. It's a private party for season pass holders only that includes swimming, donuts and coffee from 9:30AM-11AM.

Monday Poolside Bingo is an opportunity for pool patrons to play Bingo with WWW staff at 2PM and 3PM.

The first Tween Night is Wednesday, June 10.

The first session of Red Cross swim lessons begins Monday, June 15.

For more information for events at Woodstock Water Works, visit www.woodstockrecreationdepartment.com.



***BULL VALLEY GARDEN CLUB LOOKING
FOR ASSISTANCE IN CONSTRUCTING
LABYRINTH THIS SATURDAY MAY 30***

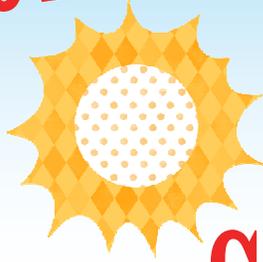
Members of the Bull Valley Garden Club have been working with the City of Woodstock to create a Labyrinth at Dick Tracy Way Park. The labyrinth is approximately 60 feet in diameter. This popular landscaping attraction reflects a design, originating in the isle of Crete, which has been in use around the world for over 4,000 years. Also called the Classical 7-Circuit design, walking this labyrinth is said to connect users with the 7 major energy centers of the body, aiding insights into complex questions, and having a positive, calming effect on brain function. Such brain-pattern mazes are often used effectively to assist those with dyslexia, learning disabilities and neurological disorders. The design outlines will be inlaid brick which is what the Club needs help installing on Saturday.

This Saturday, May 30th, brick will be laid to define the paths within the labyrinth between the hours of 9:00AM and 12:00PM. (noon) at the Lake Avenue location just west of the **Police Department**. The public is invited to place a brick to be a part of the construction of this unique park amenity. Bricks, shovels, rakes, and tampers will be provided. Dress in work clothes if you wish to participate. All are welcome!

In the event of inclement weather, this event will be moved to the following Saturday, June 6; same place, same time.

City of Woodstock

Employee & Family



Date: Wednesday, June 3, 2015

Time: 3:30pm - 8:00pm

Location: Woodstock Water Works
(In Emricson Park)

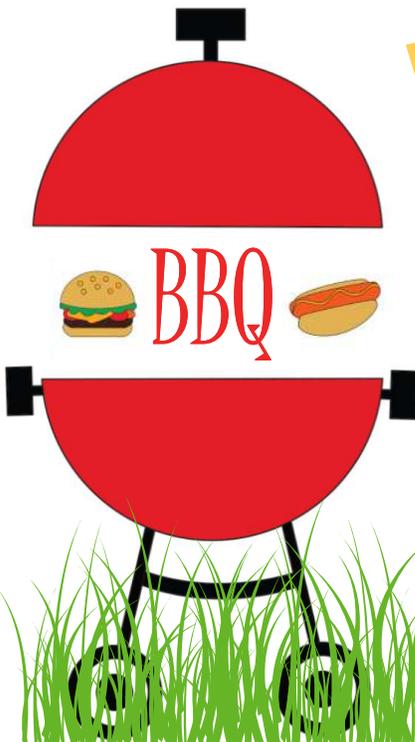
1313 Kishwaukee Valley Road
Woodstock, IL 60098

Food & Drink: Hamburgers, Hot Dogs,
Brats, Chips, Dessert, Water & Pop

Raffle Prizes*:

- 1 Floating Holiday
- 4 Tickets to a Cubs Game with Parking
- Fitbit
- \$30.00 Chamber of Commerce Gift Certificate
- Woodstock Water Works Pool Pass

*Winners do not have to be present at time of drawing.





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

Permanent Beat Officer Fred Eiselstein will present an overview of activity in Beat # 21 (the northeast quadrant of the city.)

Coffee with the Chief



June 8, 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.