



CITY MANAGER'S NEWSLETTER



Volume III Issue 30

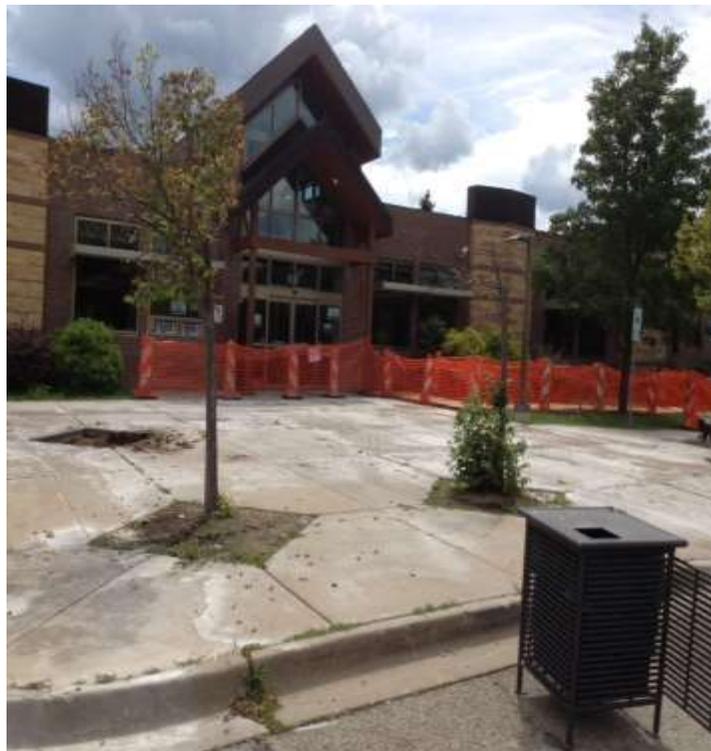
July 24, 2015

WOODSTOCK PUBLIC LIBRARY

This week the **Department of Public Works' Street Division** has been assisting in remodeling the entryway at the **Woodstock Public Library** as part of the Grant which was awarded to the Library. The Street Division demolished and removed the concrete surfaces in front of the Library.

The City anticipates that this project will be completed by Monday, July 27, weather permitting.

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



RENOVATION STATUS UPDATE



Recently, the City awarded the following contracts for renovation to be completed on Field 'A' at Emricson Park. Renovations have started and the City of Woodstock will be working with the following

contractors to get this work completed. Musco Sports Lighting Inc. will be removing all existing lights along with the installation of new lights. Northern Illinois Fencing will be removing all existing fencing and replacing it with new vinyl-coated fence, an arched back stop, and covered dugouts. Nierman Landscaping will be installing field tile to the infield and performing field grading. Nierman Landscaping and Northern Illinois Fence will work together so that the field tile can be installed between removal of the existing fence and the new fence being installed.

If you have any questions about this project, please contact the **Department of Public Works**, 815-338-6118.

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PAVEMENT MAINTENANCE PROGRAM

A pre-construction meeting was held at the **Department of Public Works** on July 21st to discuss the upcoming pavement maintenance program for the City. The contract for this paving work was awarded to Geske & Sons, Inc. of Crystal Lake at the June 16th City Council meeting. Work is tentatively scheduled to begin in early September and continue until mid-October, weather permitting.

This work consists of patching, milling, minor concrete curb removal and replacement work as well as placement of hot-mix asphalt over the following streets:

<u>STREET</u>	<u>FROM</u>	<u>TO</u>
Halma Lane	Boulder Lane extension	Cul-de-sac
Calhoun Street	Jefferson Street	Madison Street
Clay Street	Grove Street	First Street
Clay Street	Greenwood Avenue	Todd Avenue
Madison Street	Greenwood Avenue	Donovan Avenue
Madison Street	South Street	Calhoun Street
Todd Avenue	Tappan Street	Madison Street
Wheeler Street	Greenwood Avenue	Todd Avenue
Bloomfield Drive		
Jonathon Lane		
Braeburn Court		
Braeburn Way		
Fieldstone Drive		
Woodworth Avenue		
Meadowsedge Drive		
Springwood Drive		
Courtland Street		
Wildmeadow Lane		
Shenandoah Lane		
MacIntosh Avenue		

If you have any questions regarding this resurfacing program, please contact the Department of Public Works at 815-338-6118.



WPD SPONSORS TEEN DANCE AT SUMMER IN THE PARK

The **Woodstock Police Department** sponsored a Teen Dance for middle and high school students on Sunday, July 19th from 6:00PM to 10:00PM in conjunction with *Summer in the Park*. The event featured lots of music and dancing courtesy of the great DJ on hand, as well as plenty of pizza, pop and candy to enjoy! All those attending had a great time and thoroughly enjoyed themselves.

Many WPD personnel, including family and friends, volunteered their time to chaperone the dance. Thanks to **Chief Robert Lowen; Deputy Chief John Lieb; Sergeants Dan Wesolek and Josh Fourdyce; Officers Dan Pauley, Josh Rapacz, Jeremy Mortimer, Mike Gustis; Telecommunicator Amy McKendry; Records Clerks Pam Hess and Jan DiFrancesca; Community Service Officer Glen Davis;** as well as **Hollie Mortimer, Bruce Hilstrom and Justin Wesolek**



ILLINOIS ENVIRONMENTAL PROTECTION AGENCY (IEPA) INSPECTION

A Compliance Evaluation Inspection was conducted at both the Northside and Southside Wastewater Treatment Plants on July 21st by Ms. Karen Katamay, a representative of the Illinois Environmental Protection Agency (IEPA). The purpose of this visit was to review facility operations with regard to applicable state and federal water pollution control laws and regulations. Wastewater Treatment Superintendent Anne George, spent several hours with the inspector reviewing facility data and record keeping. A walk through inspection was then given at both locations.

Over the past several years, the City of Woodstock has been in significant compliance with both of the NPDES permit requirements. It is anticipated that the City will once again be in significant compliance for both of the NPDES permits.

If you have any questions about this inspection or these requirements, please contact the Department of Public Works at 815-338-6118 or pwdept@woodstockil.gov

SNIPS AND SNAILS AND PUPPY DOGS' TAILS



Woodstock Police Department Officer Jason Bernstein and his wife, **Carrie**, are the proud parents of a new baby boy, **Gavin Bryce**. Gavin was born on Friday, July 17, 2015 at 1:51 p.m. in the afternoon. He weighed in at 7 lbs. 4 oz. and is 20 ½ in. long.

Everyone is doing well, including big sister, **Briella**, who will turn 3 years old this Sunday and is thrilled with her new baby brother!

Congratulations to the Bernstein family and Welcome Gavin!

TREE PLANTING ON PUBLIC RIGHT OF WAY

General Guidelines and Requirements

Planting of new trees, whether on your own property or in the public right of way, can add value to your home, reduce energy costs, and improve the overall appearance of the lot and the entire neighborhood. The City encourages residents to plant new trees and will allow trees to be planted on public property when a few simple guidelines are followed:

- Always contact JULIE (811) to have utilities located prior to any excavation.
- Contact the Department of Public Works to receive approval prior to planting trees or shrubs in the right of way (e.g. tree bank, parkway).
- Avoid planting trees near street lights.
- Trees should be at least 6' from back of curb.
- Trees should be at least 100' away from an intersection.
- No evergreen tree should be planted within the right of way.
- Only low-growing trees should be planted under or close to overhead utility lines.
- Avoid planting too many of the same species of tree on your property; variety is good.
- When planting near other trees already established, select a location that is based on the mature tree size. Plan ahead and allow proper space for trees to grow to their mature size.

The City's Certified Arborist can assist with the proper selection of tree type and location for planting. Please contact the Department of Public Works, 815-338-6118, to request planning assistance and for approval to plant a tree in the public right of way.



Information taken from the City of Woodstock "Being a Good Neighbor" brochure; # 12, Tree Planting on Public Rights of Way. For further information, go to the City's website: www.woodstockil.gov and click on *Good Neighbor Brochures*.

HR NEWS

RECRUITMENT

Economic Development Director: The search committee for the City's next Economic Development Director comprised of Councilman Mark Saladin, Chair of McHenry County **Economic Development Corporation, Roscoe Stelford, City Manager, Deb Schober, Human Resources Director, Joe Napolitano, Building and Zoning Director,** and Pam Cumpata, President of McHenry County Economic Development Corporation invited two finalists to consider further in the process and met with the City's Department Directors for a second in-person interview and a group of community representatives for a question and answer session this week. Further information on the recruitment process for this position will be released shortly.

Limited Part-Time Library Shelver (Woodstock Public Library):

The City of Woodstock is accepting applications for a year-round position of limited part-time Library Shelver with the Woodstock Public Library. Variable schedule of no more than 20 hours per week includes weekdays, Monday - Wednesday 3:00PM– 6:00PM. **NOTE: This is not a seasonal position; candidates must demonstrate commitment to year-round continued employment on a set schedule.** Minimum qualifications: excellent organizational skills and attention to detail essential; Ability to lift books, push carts and stand for extended periods of time necessary; ability to respond to customer inquiries in a pleasant, mature fashion; ability to work scheduled days and times consistently throughout the year; age 16 years or older. **Application Deadline: Friday, August 7, 2015 at 5:00PM.**

Limited Part-Time Front Desk Cashier and Playroom Attendant Positions:

The City of Woodstock is seeking limited part-time Cashiers and Playroom Attendants with the Woodstock Recreation Center at 820 Lake Avenue. Position works up to 18 hours per week, with possible scheduling for work periods that may include: M-F 4:30AM-9:00AM or 8:00AM-3:00PM or 3:00PM-9:00PM; Sat. & Sun. 7:00AM-noon; Sat. & Sun. noon-5:00PM. **NOTE: These are not seasonal positions; ideally candidates should demonstrate commitment to year-round employment on a set schedule, preferably for a minimum of 1-2 years. Application Deadline: Friday, July 24, 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.*

8 HEALTHY DRINKS TO BEAT THE HEAT

When the temperature heats up, sipping a cool drink can be just the thing to help you feel refreshed and stay hydrated. Unfortunately, many popular summer beverages are loaded with sugar and calories. But not to worry: You can find plenty of alternatives that will be kind to your waistline—while still satisfying your taste buds and helping you meet your daily nutritional requirements.



When selecting summer drinks, Joey Gochnour, MEd, RDN, a registered dietitian nutritionist and certified personal trainer in the greater Austin, Texas, area, says to stay clear of the rich, sweetened beverages found at your grocery store or at your local coffee shop. Instead, he says to look for unsweetened items on the menu or other natural options (either homemade or store bought) that are chock full of calcium, protein, minerals, and vitamins. And while organic drinks can be a good choice, Gochnour says you shouldn't feel pressured to spend more for organic unless you want to. He recommends the following eight options.

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1. Cranberry Juice

A glass of cranberry juice over ice is a refreshing choice—perfect for the pool on a hot day. Just be sure that you don't confuse cranberry juice with the high-sugar/low nutrient cranberry juice cocktail-type drinks you'll find in the juice aisle of your local supermarket. Gochnour stresses the importance of shopping in the health food aisle for this item, and also of reading labels to be sure you select an option that is 100% cranberry juice (many popular brands are 100% percent juice but not 100% cranberry) and one that doesn't have added sugar or additives.

“Real cranberry juice is not sweet but *tart*. It tends to have 7-8 grams of sugar per serving and is not cheap (i.e. like \$8 per bottle),” he says. In return for the splurge, the drink can quench your thirst and the cranberries can offer some real health benefits, including supporting urinary health and digestion, improving iron absorption, maintaining blood sugar levels, and restoring electrolytes (substances like sodium and potassium that that help control a range of functions, especially fluid balance, in the body).

Nutritional Information for Lakewood Organic Cranberry Juice:

- **Serving size** 8oz (240ml)
- **Calories** 80
- **Fat** 0g
- **Cholesterol** 0mg
- **Sodium** 5mg
- **Total carbohydrates** 19g
- **Dietary fiber** 1g
- **Sugars** 9g
- **Protein** 1g

For a lighter—but still tasty—option, mix the cranberry juice with water, or add carbonated seltzer for an alcohol-free “mocktail.”

2. V8 Vegetable Juice

“V8 is a healthy [packed with nutrients] beverage that doesn’t have too many calories,” Gochnour says. Better yet, on a hot day, the classic drink can be a great way to help meet your vegetable and vitamin goals without having to fuss in the kitchen or eat something heavy. One 8-ounce glass provides two servings of vegetables and as well as vitamins A and C, which are antioxidants (substances that delay or help prevent cell damage). There is one caveat, though: This drink is loaded with sodium. “I wouldn’t recommend drinking more than one at a time,” Gochnour says. If you’re watching your salt intake, be sure to select the low sodium option.

Nutritional Information for V8 Vegetable Juice:

- **Serving size** 1 can (11.5oz/340ml)
- **Calories** 70
- **Fat** 0g
- **Cholesterol** 0mg
- **Sodium** 920mg (The low-sodium option has 200g sodium.)
- **Total carbohydrates** 14g
- **Dietary fiber** 3g
- **Sugars** 9g
- **Protein** 2g

3. Almond Milk

For a drink that provides lots of calcium and is good for your teeth and your bones, consider almond milk. In fact, this dairy-free option has double the calcium you’d get from regular milk, yet is very low in calories—as long as you get the unsweetened variety, Gochnour says. Almond milk is also soy- and lactose-free (lactose is milk sugar), and has no saturated fat, making it a good calcium substitute for regular milk, especially for people on a calorie-restricted diet. However, it lacks the significant amounts of protein (as well as potassium and other nutrients) found in dairy, so be sure to make up the protein elsewhere in your diet. In addition to drinking it straight up, you can also use it to make smoothies, or add it to cereal.

Nutritional Information for Silk Unsweetened Original Almondmilk:

- **Serving size** 8oz (240ml)
- **Calories** 30
- **Fat** 2.5g
- **Cholesterol** 0mg
- **Sodium** 160mg
- **Total carbohydrates** 1g
- **Dietary fiber** 1g
- **Sugars** 0g
- **Protein** 1g

4. Soy Milk

This is another lactose-free drink that provides double the amount of calcium found in dairy milk. But unlike almond milk, soy milk has protein—in fact, it’s a naturally complete protein—so it can be ultra-good for your heart and your overall health. Drink up a glass of soy milk, add it to a fruit smoothie, or use it instead of dairy milk in your coffee.

Nutritional Information for Silk Original Soymilk:

- **Serving size** 8oz (240ml)
- **Calories** 110
- **Fat** 4.5g
- **Cholesterol** 0mg
- **Sodium** 105mg
- **Total carbohydrates** 9g
- **Dietary fiber** 2g
- **Sugars** 6g
- **Protein** 8g

5. Unsweetened Iced Tea

Unsweetened ice tea can really quench your thirst, and it'll help you stay hydrated without adding unnecessary calories. While black tea is the most popular, "White tea [which you may be able to find at your local supermarket] is higher in antioxidants than green tea, and lower in caffeine," says Gochnour. Homemade iced teas are also higher in antioxidants than pre-packaged iced teas, but even store-bought brands of this beverage are still good for you. In fact, tea may even lower your risk of heart attack and stroke, as well as your cholesterol levels, among other benefits.

Nutritional Information for Inko's Organic White Tea Unsweetened Original:

- **Serving size** 1 bottle (16oz/480ml)
- **Calories** 0
- **Total fat** 0g
- **Sodium** 0mg
- **Total carbohydrates** 0g
- **Sugars** 0g
- **Protein** 0g

6. Iced Coffee

Thanks to refreshing cold coffee, you don't have to sacrifice your daily coffee fix to keep cool during the summer months. Coffee offers some key health benefits, including protecting your heart, according to research published in the journal *Circulation: Heart Failure*. Just be sure to drink in moderation: Excessive caffeine consumption (such as five or six cups a day), can pose its own health risks. To keep your cool when the weather is steamy, opt for iced coffee and be sure to skip the sugary flavors and the sweet add-ons that can pile on unneeded calories.

Nutritional Information for Starbucks Unsweetened Iced Coffee:

- **Serving Size** 12oz (tall)
- **Calories** 0
- **Fat** 0g
- **Cholesterol** 0mg
- **Sodium** 0mg
- **Total carbohydrates** 0g
- **Dietary fiber** 0g
- **Sugars** 0g

Protein 0g

7. Smoothies

Smoothies can be a delicious and satisfying way to help you meet an array of nutritional requirements. You can make them with milk, yogurt, juice, fruits, vegetables, and even grains. You can even add peanut butter, tofu, or whey protein powder to increase the protein content or even use it as a meal replacement or supplement. Just be aware that some smoothies can be ultra-high in calories.

When time is short, you can also find frozen smoothies in the freezer case of your grocery store that already contain the fruit and nutrients, allowing you to just add milk or juice and either shake or blend them to take them on the go. Just check the calories, sodium, and sugar content, since these can be high in prepared options.

Nutritional Information for Dole Strawberry Fruit Smoothie Shaker:

- **Serving size** 4oz (113g/1 container) Note that you'll need to add 7 ounces of juice to this, so add in the nutritional values for whatever juice you use.
- **Calories** 90
- **Fat** 2g
- **Cholesterol** 10mg
- **Sodium** 35mg
- **Total carbohydrates** 17g
- **Dietary fiber** 5g
- **Sugars** 12g
- **Protein** 3g

8. Kefir

If you're looking for something more exotic, how about a glass of kefir? This richly-textured yogurt drink can be made from goat's, sheep's, or cow's milk. Depending on the type of milk it contains, the nutritional values vary, but kefir is typically loaded with probiotics (a type of "good" bacteria that can help with digestion) and other nutrients, including vitamin B12, magnesium, and enzymes (which can help the body break down the food more quickly). To keep the calories and fat content down, you can make kefir yourself using low-fat milk, or look for a pre-made low-fat option.

Nutritional Information for Nancy's Organic Plain Lowfat Kefir:

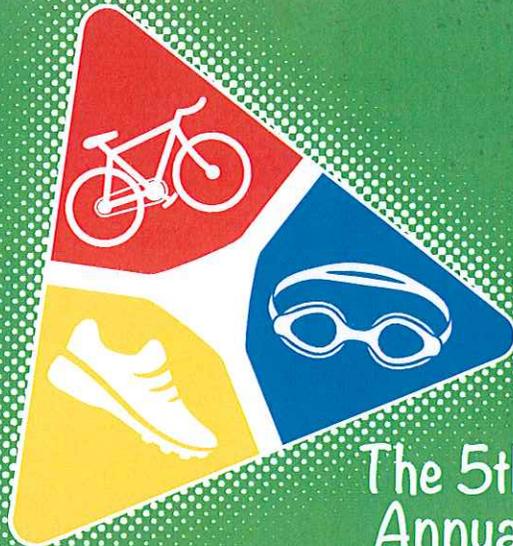
- **Serving size** 8oz (240ml)
- **Calories** 140
- **Fat** 3g
- **Cholesterol** 20mg
- **Sodium** 150mg
- **Total carbohydrates** 17g
- **Dietary fiber** 1g
- **Sugars** 16g
- **Protein** 11g

MEETINGS NEXT WEEK...

Monday, July 20 – Historic Preservation Commission, 7PM, Council Chambers

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 815-338-4363 or visit www.woodstockrecreationdepartment.com for more information.



The 5th
Annual

we.CAN.tri TRIATHLON

SPRINT AND CHILDREN'S TRIATHLON
WOODSTOCK, ILLINOIS

**SUNDAY,
AUGUST 2, 2015**

**Emricson Park
Woodstock Water Works Aquatic Center**

ADULT TRIATHLON / 7 AM START

400 M Swim • 12.4 Mile Bike and 3.1 Mile Run

CHILDREN'S TRIATHLON / APPROX. 10 AM START

Start Time After Adult Race

50 M Swim Ages 6-9 • 100 M Swim Ages 10-14

3.5 Mile Bike • 1 Mile Run

PRE-RACE REGISTRATION FEE / BY JULY 29

Adults \$70

Teams \$40 per team member (teams of 2-3)

Children \$25

RACE DAY REGISTRATION FEE

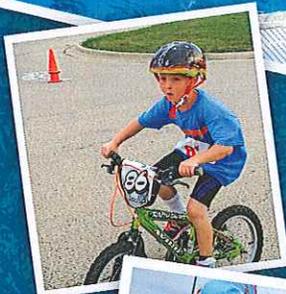
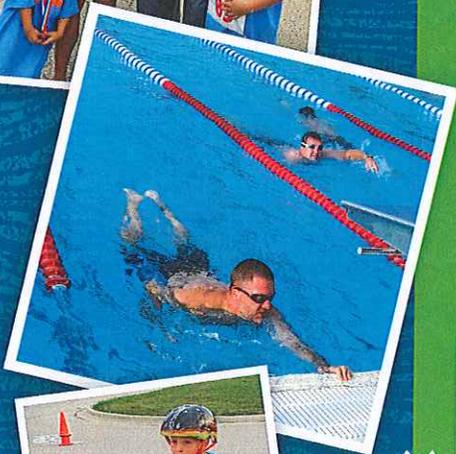
Adults \$80 • Teams \$50 • Children \$35

REGISTER ONLINE

www.signmeup.com/107371

INFORMATION / MOLLY O'CONNOR

we.can.tri.illinois@gmail.com



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