



CITY MANAGER'S NEWSLETTER



Volume III Issue 37

September 11, 2015

DON'T FORGET TO BUCKLE UP!



The **Woodstock Police Department** has announced that September's Traffic Enforcement Initiative targets Occupant Restraint (seat belt) violations

with equal emphasis on passengers, including children in child safety seats.

The primary goal of the initiative is to reduce the incidence of motorists driving without properly buckling up themselves, their passengers and their children. Equally important is the continuing education of the motoring public by encouraging mandatory compliance with Occupant Restraint laws.

Make it a hard and fast rule – your vehicle doesn't move an inch until *everyone* is safely buckled in – *every single time!*

For further information regarding this traffic initiative contact **Sergeant Rob Pritchard** at 815-338-2131 or at rpritchard@woodstockil.gov.

- 2. Recreation News**
- 3. HR News**
- 4.-5. Health News**
- 6. New Website**

NEW WPD K-9 OFFICER BEGINS TRAINING

On Monday, September 14th, **Woodstock Police Department K-9 Officer Sharon Freund** will begin her training at the TOPS Dog Kennel facility in Grayslake. There Officer Freund will be paired with her new K-9 partner for the first time; together they will train for eight rigorous and intensive weeks before finishing on November 6th.

Good Luck, Officer Freund! We look forward to meeting your new partner soon!

HYDRANT FLUSHING BEGINS IN SEPTEMBER

The fall 2015 hydrant flushing has been scheduled for:

- Monday, September 7 through Tuesday, September 15 – west of Illinois Route 47
- Wednesday, September 16 through Friday, September 25 – east of Illinois Route 47

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

During these three weeks, some loss of pressure and discoloration of water may occur. This condition will not present any health hazards and will only be temporary. Due to this discoloration, residents are urged to check their water quality **prior** to doing laundry and to avoid doing any laundry when hydrants will be flushed in your area.



If you have any questions regarding the 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.

FALL CITY SCENE DELIVERED TO AREA RESIDENTS

The Fall 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).

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, the **Recreation Center**, and the **Recreation Department**.

In addition to the Fall City Scene brochure, all information regarding Rec Department programs, Woodstock Water Works, the Rec Center, and NISRA is also available at www.woodstockrecreationdepartment.com.

TWEEN NIGHTS BACK TO THE REC CENTER



The **Recreation Department's** popular *TWEEN NIGHT* has moved back to the **Recreation Center** for the Fall/Winter/Spring seasons. The first Saturday of each month, 5th – 8th graders can drop in for a \$4 fee and participate in activities in the

gym, pool, racquetball courts and multi-purpose room from 6:30-8:30PM.

This fall, area businesses will provide snacks and raffle prizes to add a little extra fun to the program. This past Saturday, Woodstock Culvers provided over 80 scoops of custard and raffle prizes for the 60 tweens in attendance. The next Tween Night is schedule for October 3 and is sponsored by Family Video. *Ghostbusters* will be shown on the big screen and great prizes will be given away during the event.



Recreation Program Coordinators Alan Dunker and Becky Vidales coordinate Tween Nights and Trips throughout the year. This fall, along with Tween Nights, trips will be offered to the Kalahari Resort Indoor Water Park in the Wisconsin Dells and Snow Tubing at Wilmot Ski Resort.

Quotation

He who hesitates is sometimes saved.

James Thurber

HR NEWS

We are pleased to announce the arrival of **Garrett Anderson**, whom started this week as the City's new Economic Development Director. Garrett comes to Woodstock from the role of Economic Development Director with the City of Branson, Missouri. Garrett is very active in community volunteer activities and we look forward to his zest for supporting the community now in Woodstock. Welcome Garrett!

In other HR news, we are also pleased to announce the hiring of **Parker Burton** as incoming Limited Part-Time Library Shelver with the Woodstock Public Library. Parker is active with the Woodstock High School Business Club/Future Business Leaders of America, has participated in community service projects with roadside cleanup and has also been a tutor. Welcome Parker!

RECRUITMENT

Full-Time Economic Development Coordinator: The City of Woodstock is accepting applications for a full-time position that serves as a main point of contact on matters relating to the City's economic development activities. Reporting to the Economic Development Director, position plans and coordinates marketing of the City as a business destination. The purpose of the Economic Development Coordinator is to position Woodstock as an economically viable, business-friendly marketplace, with an exceptional quality-of-life environment.

Minimum qualifications: Bachelor's degree in Business or Public Administration, Marketing, Urban Planning, or related field, and two to four years' progressively responsible relevant experience; experience with economic development-related activities and organizations highly desired; CEcD, EDFP or AICP certification a plus; excellent oral and written communication skills; solid marketing and computer skills; valid driver's license with good driving record; equivalent combination of education and experience *may* be considered. Salary Range for the position is \$43,400 - \$67,351.71 based on qualifications and experience, with excellent benefit package

Application Deadline: Friday, September 11, 2015 at 5:00PM.

Part-Time Community Service Officer: The City of Woodstock is accepting applications for the position of Part-time Community Service Officer with the Woodstock Police Department. Examples of duties include assisting the Patrol Division in various support areas, including patrol of City park areas, vacation house checks, animal control, vehicular lock-outs, processing complaints, ordinance enforcement, and other related duties as assigned. Position will work approximately 28 hours per week, M-F. Three (3) days a week will be a 6 hour shift and two (2) days a week will be a 5 hour shift. \$17.37/hour with prorated benefits based on number of hours worked (includes IMRF pension and benefit time, but no health insurance). **Application Deadline: Friday, September 11, 2015 at 5:00PM.**

Limited Part-Time Facility Events Workers: The City of Woodstock is accepting applications for limited part-time Facilities & Events Workers with the Woodstock Opera House. Examples of duties, most of which are physically strenuous, include: assisting with the load-in and out plus the running of public events; assisting in building, repairing and maintaining props and/or scenery; assisting in rigging and running of stage lighting and/or sound; assisting patrons with customer service; assisting in the cleaning, maintenance, and repair of the facility; and other related duties as assigned. These limited part-time positions will work approximately 12-16 hours per week, mostly weekdays and weekends, with evening hours possible. Salary Rate: \$9.57 per hour; no additional benefits are provided. **Application Deadline: Friday, September 18, 2015 at 5:00PM.**

Limited-Part Time Vehicle/Facility Maintenance Worker: The City of Woodstock is accepting applications for Vehicle/Facility Maintenance Worker for the Woodstock Police Station at 656 Lake Avenue. The position is primarily responsible for interior and exterior cleaning and operational maintenance of all police vehicles. Position also provides outdoor lawn maintenance and serves as backup for Police Custodian for the police station facility. This limited part-time position works a schedule of 8:30am – 12:00pm, Monday - Friday. **Application Deadline: Friday, October 2, 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.*

MILK MYTHS AND FACTS

If you're a devotee of premium ice cream, half and half in your coffee, and full-fat cheese on your sandwich, you'll be glad to hear about two recent studies: In one, Swedish researchers found that middle-aged men who ate butter, cream, and high-fat (whole) milk had a noticeably lower risk of obesity compared to men who either didn't consume these foods at all or ate them infrequently. And a second study, which looked at the results of multiple other studies, concluded that—contrary to the popular belief that high-fat dairy is implicated in heart disease and obesity—full-fat dairy is actually linked to a lower risk of obesity. Theories for why this could be true vary, but one is that whole milk makes you feel full longer, so you'll drink less.



Milk Myths Revealed

So what should you be pouring into your glass or coffee cup? Here are a few milk myths—and facts:

- **Myth: Skim milk has more sugar than whole milk.** If you're drinking whole because you think it's got less sugar, that's just not true. Both whole and skim milk have about 12 grams of sugar per cup. "Some people think that when the fat is taken out, sugar must be added so it will taste good," says Keri Gans, RD, CDN, author of *The Small Change Diet*. "But it's the same amount of sugar, which in milk is called lactose."
- **Myth: Skim milk has more nutrients than whole milk.** Both whole and skim milk have the same 9 essential nutrients, including vitamin D, riboflavin, thiamine, and niacin.
- **Myth: You need milk to meet your calcium needs.** Milk is a great source of calcium, but it's not the only option, notes Tanya Freirich, RD, of New York-Presbyterian Hospital/Weill-Cornell Medical Center in New York City. "There are great sources of calcium in other food groups as well," she notes. "These include black-eyed peas, kale, nuts, seeds, and sardines with the bones." Unfortunately, oxalate, a naturally occurring compound found in certain foods, including spinach, can block the absorption of calcium, Freirich adds; so eat a wide variety of calcium containing-foods to make sure you get enough.
- **Myth: Non-dairy coffee creamers have less fat than whole milk.** These creamers may be just hydrogenated oil [which makes them solid] with added sugar, so it is important to look at the ingredient list, says Alison Massey, MS, RD, CDE, LDN, of The Center for Endocrinology at Mercy Medical Center in

Baltimore. “And even if the creamer says it has zero grams of trans fats, it can still have trans fats,” she warns. “The FDA says that as long as a serving has less than 0.5 grams of trans fats, it can be labeled zero trans fats.” So if a serving is 1 tablespoon, and you stir 4 tablespoons into your coffee, you’re actually consuming more trans fats than you may realize, Massey explains. To be sure you’re not adding unhealthy fats to your coffee, “Read the label and play close attention to serving size,” Massey says. Adds Freirich: “These creamers have so many ingredients that you are just better off with a splash of regular milk.”

- **Myth: Whole milk is less likely to cause obesity than skim.** The jury is still out on this one. Some recent research suggests that saturated fat, the type found in whole milk, is not linked to cardiovascular disease. Yet whole milk has nearly twice the calories of skim milk. “It’s okay to eat some fat,” Gans says. “But it’s also important to eat a well-balanced diet that includes a variety of micronutrients from all the food groups, and to stay at a healthy body weight.”

© 2015 Rosemary Black, Qualityhealth.com. Reviewed by QualityHealth’s [Medical Advisory Board](#).

**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.

MEETINGS NEXT WEEK...

Tuesday, September 15 – City Council, 7PM, Council Chambers

Wednesday, September 16 – Transportation Commission, 7PM, Council Chambers

NEW WEB PAGE TO BE UNVEILED

For the past several months, City staff has been working with aHa! Consulting to design and develop a new web page for the City that is user-friendly and easy to navigate, but also embodies the “feel” of Woodstock, both as a dynamic, contemporary community and a warm, friendly “hometown.” The culmination of this work, the new main web page for the City, will be introduced to the City Council at next Tuesday’s, September 15th meeting.

The site was designed to provide information to residents, visitors, and businesses in a straightforward, easy-to-use manner. Rather than a myriad of links across the side and top of the page, as was the case with the City’s former site, the new web page has been divided into five sections: *Our Residents, Welcome Visitors, Your Government, Doing Business, and How Do I?*. Even though there are fewer links, much more information is provided on the new site, including many great photos.

The Home Page itself features a series of rotating banners which includes photos and provides a link to current events or happenings as diverse as the Lighting of the Square and Hydrant Flushing. In addition, there is a news feed which will highlight the latest news and also links to all of the news from all of the departments. These banners, including the photos, and the news feed can be created by City staff, allowing the site to contain the latest, most up-to-date information.

A new site for the Recreation Department is still “under construction” with staff continuing to work with aHa! to develop a dynamic site that reflects the mission of the Department. Likewise, while initial development of a new Economic Development site, with its own unique URL, has been completed, work slowed in anticipation of the new Economic Development Director coming on board. It is the Administration’s intent to tap into his experience and expertise to put the final touches on this separate website.

While the intent is to go “live” with the new the site on Wednesday, the move from the existing site can take as long as 48 hours to propagate through the internet and some users may not be able to see the new site until the end of the day on Thursday.

So, visit www.woodstockil.gov after Wednesday to see “what’s new!”



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

Jeri Pulver, President and Founder of the "Laura Twirls Suicide Awareness Foundation", will present a program on suicide awareness and prevention.

Coffee with the Chief



September 14, 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.

Woodstock Walk for Hunger

October 25, 2015

Sign-In: 1:00pm • Walk: 1:15pm

5k walk through Emricson Park starting at Grace Lutheran Church

Funds raised by the walk support people in need in Woodstock & Wonder Lake.

In 2014, WACM provided:

- \$25,000 in food
- \$10,000 in clothing
- \$11,000 for other needs
- Assistance for 120 children & 111 adults per month



For more information or to register visit www.wacmgroup.org



Scan to Register