



CITY MANAGER'S NEWSLETTER



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HALLOWEEN SAFETY TIPS

Chief Robert Lowen and the Woodstock Police Department want your Halloween to be a treat instead of a trick! Please keep in mind the following safety tips and you'll be sure to enjoy a *boo-tiful* evening of fun!

- Wear a reflective costume or carry a flashlight with you.
- Cross streets at designated crosswalks.
- Trick or treat in a group accompanied by at least one parent or very responsible teenager.
- Always let your parents inspect your candy before you eat it; dispose of any item with a torn wrapper or unusual odor. *When in doubt, throw it out!*
- Watch out for cars and be careful around jack o' lanterns or other decorations with burning candles inside.
- Visit homes in your own neighborhood that you are familiar with.

Recommended hours for trick-or-treating in the City of Woodstock are from 4:00 pm - 7:00 pm on Saturday, October 31, 2015.

Have fun – stay safe!



CHESTER GOULD DOCUMENTARY MAKES IT TO THE REALLY BIG SCREEN!



Due to the extensive publicity received to attract audience members for the *free* showing of *Chester Gould: An American Original*, Classic Cinemas has informed the City they have moved the showing to their beautiful main auditorium, Screen #1. The hour-long, family-friendly show, which highlights the 50 years Chester lived and worked in his beloved Woodstock, will be screened this coming Sunday, November 1st, at 1:00pm.

This theater offers seating for 256, so bring your families and come on down to share in the celebration of one of Woodstock's most cherished citizens, the creator of the iconic character, Dick Tracy. DVDs of this locally-produced professional film will be available for sale following the showing at Read Between the Lynes, in their wonderful new store at 111 E. Van Buren Street (formerly Seasons by Peg).

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OLD COURTHOUSE ADVISORY COMMISSION DEADLINE LOOMS

The application period for qualified candidates to serve on the newly-established Old Courthouse Advisory Commission officially closes next Friday, November 6, 2015.

Successful candidates must be residents of McHenry County, with a dedicated interest in the restoration and preservation of the Old Courthouse and Sheriff's House complex, as well as experience in real estate, marketing, fundraising, historic preservation, teambuilding or urban planning. All applications will be thoroughly reviewed by **Mayor Sager** and those selected approved by the City Council.

All interested are encouraged to apply by contacting **Grant Writer Terry Willcockson** at twillcockson@woodstockil.gov to request an application, or calling 815/338/4300 x11128.

PARKS WINTERIZATION

The **Department of Public Works' Parks Division** has been preparing the City's parks for the winter season. Drinking fountains, irrigation systems, and restrooms are closed for the season. All water lines were blown clear and RV antifreeze added to protect the pipes from freezing at the following locations:

- | | |
|--------------------------|---------------------|
| Bates Park | Tara Drive Park |
| Park in the Square | Aquatic Center |
| Davis Road Park | McConnell Road Park |
| Emricson Park | Peace Park |
| Prairie Ridge Park Drive | |
| Mary Ann Street Park | |
| Sesquicentennial Park | |
| Merryman Fields Park | |

Weather permitting; all water will be turned back on during the month of April 2016.

If you have any questions, please contact the Department of Public Works at 815-338-6118 or visit The City of Woodstock's website www.woodstockil.gov

DARE FUNDRAISER A REAL TREAT!

Woodstock Police Department Telecommunicator Robin Karolewicz is an avid crafter and often uses her talents to benefit others. Recently she made a very fun and festive Halloween tabletop decoration using her Stampin' Up materials and then decided to raffle it off to generate funds for the **WPD DARE program**.

Robin sold raffle tickets at the WPD, City Hall and at the City's annual Chili Cook-Off held at the Woodstock Public Library on October 22nd. In total she raised \$100.00 which she proudly handed over to **DARE Officer Mike Gustis**.

Officer Gustis picked the winning raffle ticket out of a Halloween bucket and the lucky winner was **Special Services Sergeant Charles Amati!**

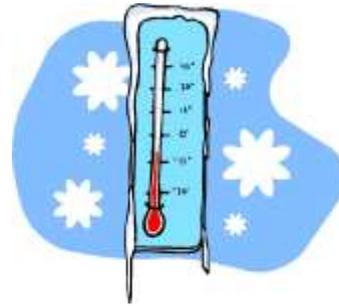
Thank you to everyone who purchased raffle tickets in support of the DARE program! And thank you, Robin, for using your creative talents in such a generous and positive way!



GOODBYE AND GOOD LUCK!

Woodstock Police Department Records Clerk Pam Hess retires today after faithfully serving the department for 18 years. Pam joined the WPD in August 1997 when it was still located in the basement at City Hall. Over the course of her career, Pam has worked with two Police Chiefs; three Deputy Chiefs; two Supervisors; two Records Clerks; and countless Sergeants, Police Officers, Detectives and Telecommunicators. She has seen the business of records retention modernize and streamline and computerize (but she would be the first to admit that there is still an awful lot of paper involved!) She currently works in the Records Division with **Special Services Sergeant Charles V. “Chip” Amati** and fellow **Records Clerk Jan DiFrancesca**.

There will be a cake and coffee open house in Pam’s honor today at 1:30 p.m. in the training room at the Woodstock Police Department. Please join us in wishing Pam a happy and healthy retirement full of wonderful trips and lots of time with her grandchildren! Best Wishes, Pam!



PREVENTING AND THAWING FROZEN PIPES

During Cold Weather, Take Preventative Action

- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.

Info shared from:

<http://www.redcross.org/prepare/disaster/winter-storm/preventing-thawing-frozen-pipes>

MEETINGS NEXT WEEK...

Monday, November 2 – City Council Workshop,
3:30PM, Stage Left

Tuesday, November 3 – City Council Meeting,
7:00PM, Council Chambers

Wednesday, November 4 – METRA Public
Hearing, 5:00PM, Council Chambers

HR NEWS

RECRUITMENT

Limited Part-Time Facilities & Events Workers

– **Woodstock Opera House (Reposted):** The City of Woodstock is accepting applications for limited part-time Facilities & Events Worker 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. Starting pay is \$9.57 per hour; no additional benefits are provided. **Application Deadline: Friday, November 20, 2015 at 5:00pm.**

Full-Time Executive Assistant – City Manager’s Office:

The City of Woodstock is accepting applications for a full-time Executive Assistant with our City Manager’s Office. The purpose of this position is to perform administrative support and confidential secretarial services to relieve the City Manager and Mayor of procedural and process detail; manage department office functions; serve as election official and Chief Deputy Clerk; represent City/coordinate events requiring City Services and maintain permanent records management. The work is performed under the direction of the City Manager. Salary Range: \$49,426.58 (minimum) - \$63,135.33 (midpoint) - \$76,844.09 (maximum) with placement within the range likely no higher than the first three quadrants based on qualifications and experience, with an excellent benefit package. **Application Deadline: Friday, October 30, 2015 at 5:00pm.**

Please refer to the City’s website at www.woodstockil.gov and click on the Jobs section for further details and the application process on the above opportunity. *The City of Woodstock is an Equal Opportunity Employer.*



REC DEPARTMENT OFFERS HORSEBACK RIDING LESSONS WITH JOHN WHITE STABLES

The Recreation Department has partnered with Lisa White and John White Stables to offer *Youth and Adult Horseback Riding Lessons and Trotting Tots*.

The focus of the lessons is to provide our riders with confidence, self-esteem, a sense of achievement, and an understanding of horses and horsemanship in a safe environment.

As their skills develop, riders will be encouraged to participate in local academy shows where they will compete against other beginning riders.

The second session of the fall session began last week with several riders enrolled in lessons, as well as Trotting Tots, a 1:1 class for 3 to 6 year olds.

More sessions of Horseback Riding are available in November and December. Youth lessons are offered on Monday and Tuesday evenings and adult lessons are on Wednesdays at 5:30PM. Trotting Tots times are set up through the stable. Registration is available at www.woodstockrecreationdepartment.com.

For more information about John White Stables, visit the website www.johnwhitestables.com

LEAF COLLECTION CONTINUES

The Department of Public Works began curbside leaf collection this past Monday, October 26 on the north side of the railroad tracks.

Residents are asked to rake loose leaves to the parkway for collection but should NOT rake leaves into the street. Leaves that have been raked into the street can plug storm sewer intakes and cause unnecessary flooding during rain events. Leaf collection will begin on Monday, October 26 and, *weather permitting*, will include the following schedule:

Monday, Nov. 2 Leaves will be collected from all streets south of the railroad tracks during the week of November 2. Residents in this area must have their leaves raked to the parkway by 7:00 a.m. on Monday, November 2.

Monday, Nov. 9 Weather permitting, the final collection from all streets north of the railroad tracks will be made during the week of November 9. Residents in this area must have their leaves raked to the parkway by 7:00 a.m. on Monday, November 9.

Monday, Nov. 16 Weather permitting, the final collection from all streets south of the railroad tracks will be made during the week of November 16. Residents in this area must have their leaves raked to the parkway by 7:00 a.m. on Monday, November 16.

If you would like the City to collect leaves at your property, it is very important that you have the leaves raked to the parkway on these specific dates. **No vehicles should be parked on the street within twenty (20) feet of any leaf pile.**

Residents who prefer to bag their leaves for collection may contact the Department of Public Works at 815-338-6118, or pwdept@woodstockil.gov to request pickup of bagged leaves. Leaves must be placed in paper bags only. The bulk collection of leaves along state highways can be dangerous for the leaf collection crews. Residents along IL Route 47 and IL Route 120 are encouraged to bag their leaves and contact Public Works to arrange for collection. This, however, is only a request and is not mandatory.



NUTRITION TIPS FOR A HEALTHY HALLOWEEN

Ding dong...trick or treat! Word travels quickly if you are the house in the neighborhood handing out pretzels and apples on Halloween night, unless, of course, they are coated with a thick layer of caramel and chocolate. So you won't be the most popular person on the block but you will be the hero against childhood obesity.

Childhood obesity is increasing at an alarming rate. Nearly one in three children are overweight or obese in the United States. This year Americans will spend close to \$2 billion on Halloween candy and approximately 10 percent of the nation's medical costs on obesity related diseases.

While kids love to dress in costumes and cause mischief, parents dread the thought of all the leftover candy and tremendous amounts of calories that accompany the day. It's alright to indulge treats, just don't forget to practice moderation. Halloween is the perfect time of year to begin practicing balance and mindfulness in when it comes to eating. Halloween kicks off the "holiday season" with Thanksgiving, Christmas, New Year's and then Valentine's Day just around the corner.

When trick or treaters ring your doorbell, what will you offer? This year try nutritious foods, fun non-food items, and items that encourage activity.

Be Calorie Conscious

Weight management is always a challenge but more so during the holidays. The secret to success is calorie intake, which means choosing appropriate portions and remembering that extra bites add up. It takes only an additional 100 calories a day above what you need to lead to extra 10lb weight gain in a year.

Procrastinate

Purchase Halloween candy the day of trick or treat to avoid temptation. Buy less than what you think you will need to avoid leftovers and purchase candies that you do not like, if you still have leftovers place them out of sight. If you really have a hard time with temptation choose to pass out non-candy treats such as bouncy balls, spider rings, pencils, erasers, bubbles or stickers.



Eat Before You Trick or Treat

Serve a healthy family dinner before the fun begins, this way the kids will not be tempted to eat candy along the way. After trick or treating, offer a cup of warm, low fat milk with just one treat to ensure that blood sugar is stable before bedtime. Sign a contract between you and your children regarding when and how much candy all of you can eat.

Stay Active

Take a long walk around your neighborhood while trick or treating and enjoy all the decorations and customs that kids have on.

Practice Portion Control

After trick or treating sort the candy, inspect them and then set boundaries on an amount to be eaten over a period of many days. You can easily reach 100 calories with just one or two snack size treats. There are actually some candies that can satisfy your sweet tooth with fewer calories!

Always choose “fun size” candy bars based on the least amount of fat and calories per serving. Better choices are, 3 Musketeers, 100 Grand bar, Butterfinger bar, Milky Way bar, Raisinets, Starburst and York Peppermint Patties. Lastly always choose healthier dark chocolate versions. Most candy has a long shelf-life. Put the “stash” out of reach and limit candy to two pieces per day. Larger treats, such as full chocolate bars, can be cut into smaller pieces and frozen.

Bargain

Bargain with your kids and ask them to trade their stash of candy for a favorite nonfood item, iPod gift cards, sneakers, jeans, a chance to stay up just a little later on a school night, or cash always works! Pay for each sweet treat they “sell” you, and let them “earn” money for a toy or game they want to buy. Reward your kids for making good decisions! Be prepared to bargain other treats for your kids stash.

Non-Candy Items

Always offer a good amount of fun, non-candy alternatives which promote health such as:

- cereal bars
- snack packs of dried fruit, pretzels, nut and seeds
- trail mix
- low-fat crackers with cheese or peanut butter filling
- animal crackers
- beef or turkey jerky
- single serve boxes of healthy ready-to-eat cereal
- raisins and chocolate covered raisins
- single serve packets of low-fat microwave popcorn
- hot chocolate or apple cider packets
- small toys and pocket-sized games
- glow sticks
- costume jewelry
- funny Halloween glasses

- false teeth
- miniature magnifying glasses
- tiny decks of cards
- markers
- stickers
- temporary tattoos
- bookmarks
- crayons
- coloring tablets
- paint brushes

Treats to Promote Activity

Encourage kids to be more physically active by giving small, inexpensive toys to get them up and moving such as:

- bouncy ball
- jump rope
- sidewalk chalk
- hacky sack
- a foam airplane flier

Help kids enjoy Halloween without overindulging. If you and your family eat sensibly all year, then kids know how to make wise decisions when they are tempted to overindulge with unhealthy foods. Enjoy the holiday with your kids, but carefully plan what you will do at your house to assure that healthy eating habits are practiced. This can be challenging, since the goal of most children is to get as much Halloween candy as possible for their own private stash.

Cutting down on high fat and sugar laden Halloween treats alone is not the answer to solving the obesity epidemic, but if individuals provide active and nutritious treats in place of candy, together we can teach children important lessons in healthy eating, conscious choices and portion control.

© 2015 Chrissy Wellington, C.N.S., L.D.N., C.P.T, www.active.com. Chrissy is a former Division I athlete. She tries to encourage all readers to balance a busy schedule with a healthy lifestyle! She is the co-author of *Navigating the Supermarket: A Nutritious Guide to Shopping Well*.

Extra Special **SPOOKTACULAR** Halloween Workout

Saturday, October 31



7:45AM

Creepy Crawly Yoga (at YMMA)

W/ Anna & Aislinn

Wear a costume that you can move in and let's do some spooky stretching.

8:00AM

Eekplosive Circuit (at Rec center)

w/ Molly

This class will have all of the energy of a step class blended with a strength circuit and high intensity drills mixed in, all while being festively dressed for Halloween. Be sure to arrive prior to class, we will take a picture and the costumes will be judged promptly at 8am. Class will start at 8:05am.

1st place - Piloxing socks

2nd place - \$10 Amazon gift card

3rd place - Cliff protein bars

9:30AM

TRX, Boxing and Cardio Conditioning Terror (at YMMA)

w/ Tammy

TRX or TREAT! Come workout in a costume or Halloween colors and have a **SPOOK**tacular time!

9:30AM

The Haunted PiYo workout (at Rec center)

w/ Anita

Are you ready to step outside your coffin and encounter a whole body experience? Come challenge your soul and join Anita for Pi-Yo! It is an up tempo non-spiritual approach to mind body exercise. We'll dim the lights and leave a haunted pathway to your mat! A goody bag for all who dare to partake in this eerie class!



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

Joni Smith and Connie Brener from the McHenry County Recorder's Office will discuss the inner workings of the office including the Property Fraud Alert Program.

Coffee with the Chief



November 9, 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.