



# CITY MANAGER'S NEWSLETTER



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November 6, 2015

## **YARD WASTE PICK-UP**

As autumn draws to a close, remember that MDC Environmental Services will continue picking up yard waste through the end of November again this year. All grass clippings, leaves and yard waste must be placed into biodegradable bags with a 'yard waste' sticker attached. You may also use a 32-gallon container for yard waste disposal; be certain to mark the container with a large 'X', and affix a 'yard waste' sticker to the container. The bags or containers should be placed curbside by 6:00AM and will be picked up by MDC on your regular garbage collection day.

Branches should not be placed into a bag or container, but should be cut to no longer than 3 feet in length and no larger than 4 inches in diameter. The branches should then be tied with twine in bundles weighing no more than 25 lbs. and placed at your curb.

If you have questions regarding yard waste, recycling or garbage collection, please contact MDC at 815-568-7274 or visit their website <http://www.mdces.com/>



## **MAIN STREET LIGHTING**

Earlier this year, the Illinois Clean Energy Community Foundation awarded a grant of \$10,000 to the City of Woodstock for energy efficient fixture upgrades to lighting systems located along Main Street in the historic downtown district. The goal of the grant is to pay for upgrades to the fixture (lamps, ballasts and/or controls) in order to reduce electrical consumption. The City is obligated to pay 50% of the cost of the lamp fixture upgrades. The process begins with the selection of LED lighting fixtures for the eight light poles that are currently along Main Street. The fixtures will be installed later this fall or early in 2016. Once the installation is complete, the City is must submit an evaluation report to the Community Foundation indicating final project costs, energy and financial savings, as well as fixture performance. The City is considering a multiyear plan to replace the lighting in the downtown District with LED fixtures, which will significantly reduce our overall electrical costs.

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## ***LEAF COLLECTION CONTINUES, WEATHER PERMITTING***

The **Department of Public Works** will continue curbside leaf collection over the next two weeks, weather permitting. 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.

**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 AM on Monday, November 9.

**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 AM 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](mailto:pwdept@woodstockil.gov) to request pickup of bagged leaves during this period. 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.



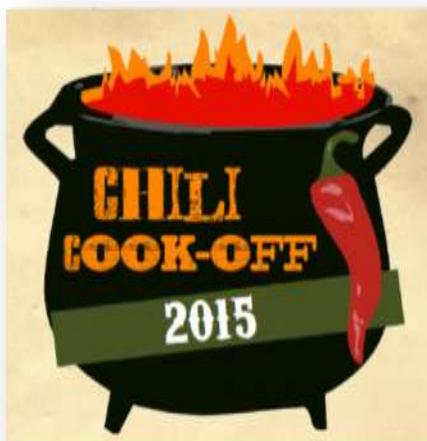
## HR NEWS

### Chili Cook-Off Raffle Winners!

The following employees won the raffle prizes during the 7<sup>th</sup> Annual City of Woodstock Employee Chili Cook-off:

- Groundhog Day Basket: Daniel Campbell
- Floating Holiday: Cindy Smiley
- 2 Tickets to *White Christmas* at the Woodstock Opera House: Al Wilson
- 2 Tickets to *A Christmas Carol* at the Woodstock Opera House: Monica Amraen

Thank you to the City Manager's Office, Woodstock Public Library and the Woodstock Opera House for their generous donations for the raffle prizes.



## 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.**

Please refer to the City's website at [www.woodstockil.gov](http://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.*

## MEETINGS NEXT WEEK...

Tuesday, November 10 – Economic Development Commission, 8:00AM, Council Chambers,  
Tuesday, November 10 –Parks and Recreation, 7:00PM, 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](http://www.woodstockrecreationdepartment.com) for more information.

## **GROUP FITNESS INSTRUCTORS SCARE UP NEW ROUTINES ON HALLOWEEN**

The *Recreation Department's Land Fitness Instructors Tammy Dunn, Anna Friesen, Anita Johnson and Molly O'Connor* put a spin on their normal Saturday classes as they fell on Halloween. Each instructor created a fun atmosphere by having the participants dress-up, handing out healthy treats and offering giveaways to those that participated.

Pictured is the 8:00AM Explosive Circuit class led by Molly O'Connor.



# Quotation

To improve is to change; to be perfect is to change often.

[Winston Churchill](#)

## **WEATHER DAMPENS TURNOUT BUT NOT CREATIVITY FOR COSTUME CONTEST**



There was better than expected participation with cold damp weather as the **Opera House and Recreation Department** collaborated on another successful Halloween celebration on the Square. Festivities kicked off at 4PM with the Costume Contest followed by Trick-or-Treating on the Square until 5PM.

Winners received prizes donated by the Rec Department including a Napoli's Pizza gift certificate, five day passes to Woodstock Water Works, and a three-month family membership to the Rec Center.

### **3 YEARS and Under**

**Scariest** - Madigan Fanizzo, Woodstock

**Most Original** - Levi Johnson, Woodstock

**Funniest** - Taylor Reese, Huntley

### **4 to 8 YEARS**

**Scariest** - Brighton Behm, Woodstock

**Most Original** - Nathan Johnson, Woodstock

**Funniest** - Jane Moore, Woodstock

### **9 to 13 YEARS**

**Scariest** - Elijah Frafer, Woodstock

**Most Original** - Zach Canaday, Woodstock

**Funniest** - Daniel McGregor, Woodstock

### **14 YEARS and OVER**

**Scariest** - Noemi Tecvanapa, Woodstock

**Most Original** - James Hodges, Woodstock

**Funniest** - Phil & Julie Swartzloff, Woodstock

## ***FOODS FOR BETTER SLEEP***

Sleep is an essential part of good health. Poor sleep quality can make you grouchy and clumsy, and if you have chronic insomnia or sleep disturbances, you're at higher risk of having an accident or developing serious health conditions, like clinical depression or diabetes.

Your lifestyle, including your eating habits, helps determine how well you sleep. Irregular eating habits, little variety in food choices, obesity, and a diet high in fats and refined sugar, have all been linked to poor quality sleep.

But while certain foods may keep you up at night—particularly those containing caffeine or alcohol—others foods can help you relax and get a good night's rest. For the most part, the foods that help you sleep are those that supply the amino acid tryptophan, or promote the production of the neurotransmitter serotonin and the hormone melatonin. All of these natural chemicals play a role in normalizing your sleep-wake cycle.

If you're looking to improve your sleep quality, try including some of these foods in your regular diet:

### ***Turkey, Chicken, Fish, Eggs, Milk, Cheese and Nuts***

Poultry, fish, dairy products and nuts are all rich in tryptophan, which your body uses to make both serotonin and melatonin. One study found that increased blood tryptophan levels in the evening resulted in more alertness upon waking the next morning. The researcher concluded this may be due to better quality sleep. To get the greatest benefit, snack on individual portions of these foods alone, on an empty stomach, about an hour before you go to bed.

### ***Tart Cherry Juice***

Melatonin levels decrease with age, one reason why older people often have trouble sleeping. In several studies, reconstituted tart cherry juice, consumed twice a day, or just at night, significantly increased melatonin levels, increased sleep time and improved sleep quality in young and old participants—and especially in the elderly.

### ***Valerian and Chamomile Teas***

Both valerian and chamomile teas are sometimes used as natural sedatives and sleep aids. Although there is little science available to help us understand exactly how these plants work in the body, both seem to interact with neurochemicals and receptors in the brain that are involved in stress responses, and there is much anecdotal evidence suggesting these herbal remedies help reduce stress and anxiety, allowing for a better night's sleep.

If you have trouble sleeping, or feel tired when you wake up every morning, speak with your health care provider to be sure there isn't an underlying medical condition at the root of your troubles. At the same time, you can discuss your diet and whether or not including some of these sleep-inducing foods or herbs could help you.

