



# CITY MANAGER'S NEWSLETTER



Volume III Issue 13

April 1, 2016

## NATIONAL DRUG TAKE BACK DAY



On Saturday, April 30, 2016, the **Woodstock Police Department** will participate in the 11<sup>th</sup> Drug Enforcement Administration (DEA) National

Drug Take Back Day event from 10:00AM. to 2:00 PM in the public parking lot (east side of the building) located at 656 Lake Avenue.

Any and all prescription or over-the-counter drugs will be accepted if they are in pill form (no liquids or syringes.) You can bring in as few or as many as you have – there is no minimum or maximum. The drugs will be accepted no questions asked and will then be properly destroyed by the DEA in an environmentally safe fashion.

The service is free and your privacy is protected. You don't even have to get out of your vehicle – Officers will be on hand to assist you – you can drive-by, drop off and be on your way.

Last September, Americans turned in 350 tons (over 702,000 pounds) of prescription drugs at more than 5,000 sites operated by the DEA and more than 3,800 of its state and local law enforcement partners. When those are combined with what was collected in its 10 previous Take Back events, the DEA and its partners have taken in over 5.5 million pounds – more than 2,750 tons – of pills.

For further information, please call Tamara Reed at 815-338-6787 or visit [www.dea.gov](http://www.dea.gov).

## YARD WASTE PICKUP BEGINS FOR THE SEASON ON APRIL 4<sup>TH</sup>

Yard waste pickup through MDC Environmental Services (MDC) begins for the season on April 4<sup>th</sup>. Please note that yard waste may not be mixed with other refuse and is picked up on the same day as the refuse/recycling collection. All yard waste must be placed in separate containers from garbage. Containers for yard waste are hard-walled, typical garbage cans or containers not to exceed 33 gallons or 2-ply 50 pound weight strength extensible "Kraft" paper yard waste bags. Branches up to 1 ½" in diameter may be cut to lengths that do not exceed 4 feet and bundled no larger (in diameter) than a 30-gallon garbage can. A yard waste sticker must be affixed to each bag, bundle or can in order to be properly picked up by MDC.



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## **OFFICER FISCHER GRADUATES FROM POLICE ACADEMY**

**Woodstock Police Department Officer Adam Fischer** graduated yesterday from the Police Training Institute in Champaign. He successfully completed the intensive and comprehensive twelve-week Basic Law Enforcement Class. **Chief Robert Lowen** attended the ceremony held in Urbana along with Officer Fischer's proud family and friends.

Officer Fischer will report for duty on Sunday, April 3rd and initially work the day shift (8:00 a.m. to 4:30 p.m.) He must now complete an additional sixteen weeks of departmental Field Training prior to beginning solo patrol duty.

Congratulations to Officer Fischer on a job well done and Welcome to the Woodstock Police Department!



## **Quotation**

***Learn to pause...or nothing worthwhile will catch up to you.***

***Doug King***

## ***MEETINGS NEXT WEEK***

Tuesday, April 5- Liquor License Mandatory Meeting, 3PM and 7PM, Police Department

Tuesday, April 5- City Council, 7PM, Council Chambers

Thursday, April 7 – Environmental Commission, 5:30PM, Council Chamber

Thursday, April 7 –Joint Meeting Reusable Bags, 6PM, Council Chambers

Thursday, April 7 – Library Board, 7:30PM, Library

## COMED IS TREE TRIMMING IN WOODSTOCK

According to ComEd, “trees and other vegetation cause about 20% of all electric service interruptions.” Preventative tree trimming near residential power lines is necessary to ensure electrical reliability and safety for residents.

Affected residents should receive a postcard (shown below) indicating ComEd will begin trimming in their area within three months. Once in the area, trained arborists will “directionally prune” trees away from power lines running pole to pole. This pruning method removes branches and limbs within a certain clearance of transmission wires, encouraging the tree to grow away from the wires. The International Society of Arboriculture has adopted this method as a Best Management Practice.

**IMPORTANT**

# TREE TRIMMING SCHEDULED IN YOUR AREA



Arborists performing vegetation management for ComEd will be working in your neighborhood within the next 3 months.

**This is a courtesy notification.  
No response is necessary.**

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### TREE TRIMMING TO BEGIN SOON

Trees and branches that interfere with power lines can create safety hazards and cause power outages. Preventative tree maintenance helps avoid power outages.

- Within the next 3 months we will trim trees, branches and vines that interfere or have the potential to interfere with power lines.
- In some cases, tree removal may be required. The remaining tree stumps are treated with an approved herbicide to prevent future regrowth. Herbicide will be applied by state-licensed applicators.
- All work is performed by trained, qualified arborists.

#### FOR MORE INFORMATION

Visit [ComEd.com/Trees](http://ComEd.com/Trees) or call us at 800-Edison-1 (800-334-7661)

#### PARA MÁS INFORMACIÓN

Visite [ComEd.com/Arboles](http://ComEd.com/Arboles) o llámenos al 800-DE-LUCES (800-334-7661)

If you have any questions regarding the tree trimming process, call 800-Edison-1 (800-334-7661) and ask to speak with a Vegetation Management representative or visit our website at [ComEd.com/Trees](http://ComEd.com/Trees). You may also request a written copy of the dispute resolution process. Property owners may appeal planned vegetation management activities through ComEd for the Illinois Commerce Commission. To contact a Consumer Affairs Officer of the Illinois Commerce Commission call 810-534-0786. Maps of the affected areas are on file at your local municipal or county office.

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OR CURRENT RESIDENT**

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ComEd is aware their tree trimming methods sometimes create concern for residents. These residents are encouraged to visit <https://www.comed.com/customer-service/service-request/trees-powerlines/Pages/maintenance.aspx> for more information, or contact ComEd at (800) 334-7661 with questions or concerns.



## **RECRUITMENT**

**Front Desk Cashier (Part-Time) – Woodstock Recreation Center:** The City of Woodstock is accepting electronic submissions for the position of **Front Desk Cashier** with the Woodstock Recreation Center. The position works up to 28 hours per week, with possible scheduling for work periods that may include: Monday – Friday 4:30AM – 9:00AM, 8:00AM – 3:00PM or 3:00PM – 9:00PM; Saturday and Sunday 7:00AM – noon or Saturday and Sunday noon – 5:00PM.

Pay rate is \$8.46 per hour; benefits include prorated vacation, holiday, and sick leave and IMRF pension.

**Application Deadline: Friday, April 1, 2016 at 5:00PM.**

**Play Room Attendants – 2 Positions (Limited Part-Time) – Woodstock Recreation Center:** The City of Woodstock is seeking limited part-time Play Room Attendants (2 positions) with the Woodstock Recreation Center. Position works up to 18 hours per week, with possible scheduling for work periods that may include: Monday – Saturday mornings 7:45AM – 11:00AM, Monday – Friday 3:45PM – 8:00PM or Sunday 9:00AM – 11:00AM. **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.** Pay rate is \$8.25 per hour with no additional benefits. **Application Deadline: Friday, April 1, 2016 at 5:00PM.**

**Summer Seasonal Positions- Deadline Extended:** The City of Woodstock is accepting applications for Summer Seasonal Positions with the Woodstock Recreation Department and Public Works Department as outlined below:

- **American Red Cross Certified Lifeguards, WSI Instructors, Swim Aides:** These positions provide safety and instruction to swimmers at Woodstock Water Works. Work shifts will include days, evenings and weekends, dependent on pool attendance and weather. Lifeguards ensure the safety and health of all pool patrons, while WSI Instructors and Aides provide proper instruction/teaching for all City of Woodstock Recreation Department swimming lessons. Minimum age is 16. **Candidates must attach copies of certification to application, or must show proof of certification by program orientation date in late spring.** Pay rate to be determined, but will be at least: \$8.46/hour (Certified Lifeguards); \$8.67/hour (Certified Instructors); \$8.25/hour (Aides). **Application Deadline: Friday, April 8, 2016 at 5:00PM**
- **Public Works Seasonal Maintenance Workers:** These temporary positions perform various manual unskilled and semi-skilled tasks in the maintenance of City streets, parks and sewer/water utilities. Positions work under the direction of Superintendents and/or Foremen for the respective divisions of the Public Works Department. These positions work 7:00AM – 3:30PM., Monday - Friday during the specified time period. Parks positions generally begin in late April/early May and run through August, while other divisions generally begin in June. **Must be age 18 or over with a valid IL driver's license and good driving record.** Previous construction, landscaping or maintenance experience is preferred. Pay rate to be determined but will be at least \$8.46/hour. **Application Deadline: Friday, April 8, 2016 at 5:00PM**

**Dual Department Office Assistant (Full-Time) – City Manager’s Office and Woodstock Opera House:**

The City of Woodstock is accepting **electronic** applications for the position of **Dual Department Office Assistant** with our City Manager’s Office and Opera House. The purpose of this position for the City Manager’s Office is to provide routine, supportive and clerical services, receive the public, provide customer service, answer the phone and provide administrative support to the department. The purpose of this position for the Opera House is to assist with administrative functions, maintain records and provide clerical support in operating a performing arts center. The work is performed under the supervision of the Managing Director. This is a full time position working M-F, 8:30AM – 5:00PM. The position is a split-position working approximately half of its scheduled hours in each of two departments; the City Manager’s Office and the Opera House business office. Starting salary for this role is \$16.00 - \$20.00/hour dependent upon qualifications, with eligibility for a full benefits package for group insurance, benefit time, IMRF retirement benefits, and more. **Application Deadline: Friday, April 15, 2016 at 5:00PM.**

**Facility Workers (Limited Part-Time) – Woodstock Opera House:**

The City of Woodstock is accepting **electronic** submissions for the position of The City of Woodstock is accepting **electronic** applications for the position of limited part-time **Facilities Worker** with the Woodstock Opera House. Examples of duties, many of which are physically strenuous, are: assisting in the cleaning of the building, including vacuuming, floor mopping, trash removal, washing windows and cleaning surfaces; assisting with routine maintenance of building systems; assisting with building repairs, preservation, restoration and remodeling projects; assisting patrons with customer service; and other related duties as assigned. This limited part-time position will work approximately 12-16 hours per week, mostly weekdays, with evening hours possible. Starting salary for this role is \$9.57 - \$24.75/hour dependent upon qualifications; no additional benefits are provided. **Application Deadline: Friday, April 15, 2016 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 opportunities. *The City of Woodstock is an Equal Opportunity Employer.*

## **5 HARDEST FOODS TO DIGEST**

Indigestion by any other name—gas, bellyache, heartburn, upset stomach, bloating—is still indigestion, or the inability to digest food properly. Whatever you call it, a digestive problem can be inconvenient at best, and often downright painful.

Digestive disorders can be caused by a variety of underlying medical conditions, such as gastro-esophageal reflux disease (GERD), when stomach acid flows backward, and up into the esophagus (the tube that connects the throat to the stomach); gastritis, when the stomach lining is inflamed; or irritable bowel, when food does not pass through the digestive tract at a normal rate. If indigestion is chronic, speak with a doctor or dietitian to assess the problem. You may have to avoid certain foods altogether when your condition flares up.



But indigestion can also be a temporary result of overeating, eating too quickly, eating under stress, or eating certain types of food, according to Eamonn M. M. Quigley, MD, section chief of gastroenterology at Houston Methodist Hospital. In that case, it may just be a matter of revamping your eating habits. In addition to eating slowly, watching your portion sizes, and checking your emotions, you may want to be cautious about eating the following foods:

1. **Red Meat:** *Humans more easily digest meat proteins than vegetable proteins, but meat often stays in the stomach longer, which can interfere with digestion in general by slowing down the digestion of other foods. Delays in digestion can result in gas formation and bloating. Since fat slows down digestion, fatty meats can be harder to digest than leaner cuts. Cooking methods that toughen meat, such as pan-frying and dry roasting, or overcooking by any method can also make meat harder to digest.*

**What to Do:** Grinding or cutting up meat into small pieces before eating helps ease digestion.

2. **Legumes (Beans, Lentils and Split Peas):** *Black beans, kidney beans, pinto beans, lentils and the like are high-fiber carbohydrates. Carbs are not digested in the stomach; they are digested by enzymes found in the small intestine. But the fiber component of carbohydrates, which can take a while to get from the stomach to the intestinal tract, contains an indigestible sugar called raffinose, which cannot be broken down until it reaches the colon, toward the end of the digestive tract.*

Once in the colon, bacteria ferment and break down raffinose, a process that is accompanied by gas and bloating. Their notorious gaseous reputation aside, beans are high in protein and their fiber is ultimately valuable to digestive health.

**What to Do:** Eat small amounts of beans on a regular basis until your gastrointestinal tract adjusts.

3. **Cruciferous Vegetables:** *Like legumes, cruciferous vegetables such as broccoli, Brussels sprouts, cabbage, and cauliflower also contain the indigestible sugar raffinose, which can ultimately cause gas buildup in the colon that leads to uncomfortable bloating. The degree to which you produce gas depends on the bacterial makeup of your gastrointestinal tract.*

**What to Do:** Adding prebiotic and probiotic foods to your daily diet will help lower the number of gas-forming bacteria in your gut and maintain digestive system health. Prebiotic and Probiotic foods include yogurt, kefir or buttermilk with live cultures, kimchi, miso, fresh sauerkraut and other fermented foods.

4. **Coffee and Other Caffeinated Foods and Beverages:** *Caffeine stimulates the production of stomach acids which, in excess, can cause an upset stomach or heartburn. Heavy caffeine use, generally defined as three or more cups of coffee or the equivalent, daily, may be responsible for an overproduction of stomach acid that leads to digestive distress.*

**What to Do:** Try cutting down on coffee, or switching to decaf.

5. **Milk and Dairy Products:** *The intestines of babies and young children usually produce enough of the enzyme lactase to digest the milk sugar lactose. A majority of people, however, lose the ability to produce lactase as they reach adolescence and adulthood. Without lactase, lactose remains undigested*

*in your intestine. Undigested lactose actually feeds intestinal bacteria that produce acid and gas that result in bloating, pain and diarrhea.*

**What to Do:** Try replacing cow's milk with soy, almond, or coconut milk.

### ***Everyday Tips for Healthier Digestion***

Follow this simple advice to better digest any food you eat:

- Eat smaller meals.
- Relax while you're eating.
- Cook food thoroughly (but do not overcook, or you may lose valuable nutrients or make foods like meat even harder to digest), especially potentially problematic foods like cruciferous vegetables and dried beans.
- Chew food slowly and thoroughly. Digestion begins in the mouth, where the first digestive enzymes are released.
- Eat a high-fiber diet, but gradually add more fiber over time so your GI (gastrointestinal) tract can adjust to each increase.
- Limit the amount of fat in your diet.
- Be sure to drink plenty of water throughout the day to help move food through your digestive tract. If you suffer from heartburn, drink liquids between, rather than with, meals.
- Get as much sleep as you need.

Consult a doctor or registered dietitian if symptoms persist over an extended period of time.

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### **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.



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

Liz Hackett, Medical Reserve Corps Liaison, McHenry County Department of Health/McHenry County Medical Reserve Corps, will present a program entitled *"Disasters, Volunteers, and Our Community."*

# Coffee with the Chief



Monday, April 11, 2016  
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.