



CITY MANAGER'S NEWSLETTER



Volume III Issue 19

May 13, 2016

STORM SEWER PROJECT BEGINS ON CITY'S NORTH SIDE

Construction activities began earlier this week on the Walnut Drive, Ash Avenue, and Tappan Street storm sewer project. The project includes the installation of a new larger diameter storm sewer pipe beginning at Silver Creek near Melody Lane, continuing south on Tappan Street to Ash Avenue and ending on Walnut Drive. When complete, the project will help reduce the chance of extreme flooding which could affect multiple homes in the area after a heavy rainfall event.

The work will require a temporary lane closure. North and southbound traffic will be maintained, however parking along the east curb line of Tappan Street will not be permitted until work is completed. Excavation for the first phase of improvements will begin along the west edge of Tappan Street near Melody Lane and continue south to Ash Avenue. Due to funding limitations, the second and final phase of the improvements will be installed next year during the spring and summer (assuming funds are appropriated).

Once the storm sewer is installed, roadway trenches will be filled, compacted, and resurfaced. All disturbed areas will be regraded, top soiled, seeded, and a straw blanket will be placed over the seed to keep it in place until grass growth begins. Work is expected to continue until early June, weather permitting.

Please contact the **City Engineer Al Wilson** at 815-338-6118 if you have questions or need additional information.

NATIONAL PEACE OFFICERS MEMORIAL DAY

By Federal law, May 15th is designated as *National Peace Officers Memorial Day* and as such both the United States and State of Illinois flags are flown at half-staff from sunrise to sunset in honor of all those Officers throughout the country who have made the supreme sacrifice in the line of duty.

If you have an opportunity to say thank you to your local **Woodstock Police Department Officers** for their dedication and service to our community, please do so – your support really does matter.



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HR NEWS

THE RESULTS ARE IN FOR THE 2016-2017 UNITED WAY EMPLOYEE CAMPAIGN



The 2016-2017 City of Woodstock United Way Employee Campaign has concluded. **This year we received 16 pledges for a total of \$2,208.00.** Thank you to everyone who made a pledge!

To encourage and recognize City of Woodstock employees who contributed to this worthy organization, the City will have a drawing of fabulous prizes!

Winners will be randomly drawn to win:

- WWW Family Pool Pass for summer 2016
- 2 tickets to a Woodstock Opera House Show
- 1 additional Floating Holiday
- 5 piece SilverStone® Cooking Utensil Set

Winners of the prize drawing will be announced shortly.

UMR ENHANCED EXPLANATION OF BENEFITS (EOBS) NOW AVAILABLE TO EMPLOYEES!

We are pleased to let you know that employees who are enrolled in our medical plan have begun receiving enhanced explanations of benefits (EOBs). The main enhancements to your medical EOBs will be:

- **The addition of an employee address in the top right information box.** The addition will allow members to print a single-page copy of their EOB rather than

two if an EOB is required as supporting documentation for a Flex reimbursement.

- **A new co-payment column.** This new column will help employees better distinguish their plan co-payments, such as primary care physician vs. specialists and Premium Designation differentials.

Should you have any questions, please contact UMR customer service at 800-826-781 or **Jill May** in Human Resources at 815-338-1172.

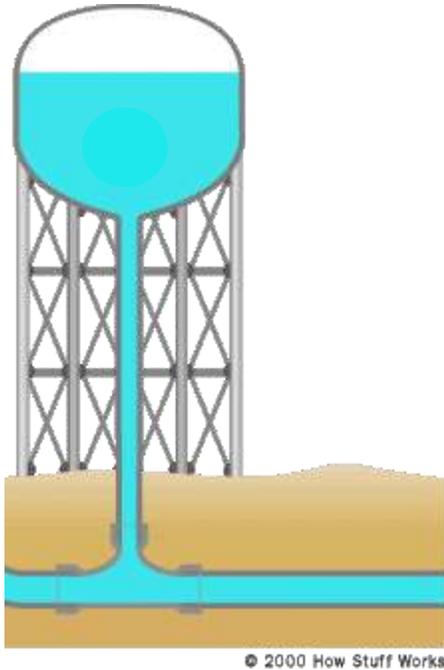
WOODSTOCK HAS GREAT PLACES

A Kindergarten class at Verda Dierzen has been learning about great places in the town of Woodstock. **Recreation Program Coordinators Renee Torrez and Becky Vidales** were asked to visit the class this week and talk about Woodstock Water Works, the Recreation Center and Recreation Department Classes.

Their eyes lit up when places they have visited had been mentioned. They had lots of questions and are looking forward to playing in the parks, swimming at Woodstock Water Works, and attending Playground Program this summer.

WOODSTOCK'S WATER TOWERS

The City of Woodstock operates three elevated water towers on Lake Ave., Hill St., and McConnell Rd. These massive light blue structures labeled 'Woodstock' can be seen from a distance; however, longtime residents most likely drive by them without a second glance. These towers store treated drinking water to make sure residents always have fresh, clean water when they need it.



Is there really water in there?

Yes, the City's water towers have a capacity to hold approximately 1,000,000, 500,000, and 300,000 gallons of treated drinking water respectively (the average in-ground swimming pool holds about 20,000 gallons of water). The water level in each tank is measured by remote telemetry, which is monitored at a nearby Water Treatment Plant. The general rule of thumb is an elevated storage tank is capable of storing about a day's worth of water for the area it serves.

Why are the storage towers so tall?

Elevated water towers are tall because it is an economical way to provide residents with pressurized water when needed. Thanks to gravity, the taller the tower, the higher the pressure of the water that can be delivered without the use of an expensive, giant pump.

Why do we need the storage towers?

Water from the storage tank is used when the distribution system experiences any above-average demand. For example, water usage increases quite a bit over the course of the morning or when the Woodstock Fire & Rescue District fights a fire. Water from the storage tanks can be used during those times to meet demands. Then when demands return to normal during the mid-morning or after a fire has been suppressed, the tanks have a chance to return to their average levels.

Does the City ever empty the tanks?

The only time the City ever completely drains either of the tanks is to have their inside surfaces inspected. Interestingly enough, some communities actually use a process of dive inspection where a sterilized diver enters the tank while filled to inspect the inside surfaces!

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

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. 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.

ComEd powering life

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 or call us at 800-Edison-1 (800-334-7661)

PARA MÁS INFORMACIÓN
Visite ComEd.com/Arboles o llámenos al 800-95-LUCEE (800-955-8237)

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. You may also request a written copy of the dispute-resolution process. Property owners may appeal planned vegetation management activities through ComEd or the Illinois Commerce Commission. To contact a Consumer Affairs Officer of the Illinois Commerce Commission call 800-534-6785. Maps of the affected areas are on file at your local municipal or county office.
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**CITY OF WOODSTOCK
OR CURRENT RESIDENT**

WOODSTOCK, IL 60098-3218

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

Limited Part-Time Facility Worker – Woodstock Opera House: Interviews for chosen qualified applicants for the Limited Part-Time Facility Worker position were held on Monday, May 9th. Information on the position will be released shortly.

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. Wage is \$8.46 per hour; benefits include prorated vacation, holiday and sick leave and IMRF pension. **Application Deadline: Friday, May 13, 2016 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.*

MEETINGS NEXT WEEK

Monday, May 16 – Old Courthouse Advisory Commission, 7PM, Council Chambers

Tuesday, May 17 – City Council, 7PM, Council Chambers

Thursday, May 19- Artspace Focus Group – 10:30Am, Stage Left Cafe

Quotation

“Life is under no obligation to give us what we expect”.

Margaret Mitchell

TWEEN NIGHT AT THE RECREATION CENTER IS A SMASH

The Recreation Center was filled with fifty-five tweens last Saturday night for the monthly *Tween Night at the Rec* event. Tweens, in grades 5th-8th, are invited on the first Saturday of the month for open gym, walleyball, swimming and other activities from 6:30-8:30PM for a \$4 drop-in fee. The event was organized by **Program Coordinator Alan Dunker.**

Tween nights will be offered during the Summer at Woodstock Water Works on Wednesday nights starting June 1st from 8:15 – 9:30PM. This program is free for pool pass holders or \$3 at the door.

THE PROS AND CONS OF OVER-THE-COUNTER BACK BRACES

Ouch! As many as 8 out of 10 people in the U.S. will experience back pain at least once in their lives, according to the National Institutes of Health. Back pain can range from acute (sudden pain) to chronic (a dull, constant ache). It is one of the most common complaints at doctor's offices.



While back pain usually resolves on its own, treatment options include oral and topical pain relievers, physical therapy, anti-inflammatory injections, and in some cases, surgery. But for some people, a back brace is their treatment of choice. But a back brace truly help back pain?

“Back braces are typically used following an acute injury or for preventative purposes.” However, the efficacy [usefulness] of these devices for either of these intentions is not proven,” says Chris Sebelki, PT, DPT, Ph.D., associate professor of physical therapy at Saint Louis University in MO.

It's important to note that back braces used for acute and chronic low back pain are different from those used after back surgery and to prevent the progression of adolescent scoliosis (curvature of the spine). These braces are typically custom-made devices; a surgeon or physical therapist orders the brace, which is made of heat-treated plastic and custom-made to the patient's measurements. “Typically, braces that are prescribed after surgery are intended to limit movements that are contraindicated [not recommended] for a short period of time following the surgical procedure,” explains Sebelki.

But the types of back braces that most individuals with lower back pain use are different: They're made of neoprene (synthetic rubber, the kind used in wetsuits), don't require a custom fit, and are usually found at your local pharmacy or sporting goods store. These braces generally fasten with Velcro or clasps, and are worn over the lower back or entire torso. The jury's still out on their effectiveness at relieving back pain, but there have been reported benefits. Here's what we found.

The Pros of Using a Back Brace

1. **Braces used immediately after surgery can promote spine stabilization during the healing process.** “Post surgical braces are made of more durable material [heat-treated plastic] than over-the-counter options, and this material provides a more obvious restriction to certain movements,” says Sebelki.
2. **Lumbar support belts (the back braces that you can buy at the pharmacy or sporting goods store) can be helpful after an initial lower back injury.** They limit the movement of the spine in the lower back, which relieves excessive demand placed on nearby joints and can allow some back injuries to heal. Lumbar support belts also reduce pressure on the discs between the vertebrae (the bones that make up the backbone).

Some users report that the braces support their abdomen, improve their posture, and take some of the load off of their lower back. In particular, many pregnant women wear so-called “belly bands”

3. made of stretchy material; these support the belly and lower back, and can reduce pregnancy-related back pain.
4. **After a back injury, a brace can help people with labor-intensive jobs avoid too much strain on the spine when they return to work.** However, the National Institute of Occupational Safety and Health (NIOSH) cautions that wearing such supports can provide a false sense of security, and encourage workers to lift more weight than they should—putting them at risk of further injury.

The Cons of Using a Back Brace

1. **Long-term use of a back brace may result in the loss of some muscles that support the spine.** Since back braces provide the support usually given by muscles and ligaments, muscles can weaken due to lack of use. This puts the spine at risk of injury when the brace isn't being worn.
2. **It may be a waste of money.** Despite the claims of back belt manufacturers, NIOSH says there's insufficient evidence to show that back braces can actually prevent workplace injuries.

Finally, “The greatest risk with wearing a back brace is an over-expectation of the results,” says Sebelki.

Fortunately, “there are many types of interventions available with high quality evidence to support use for back pain,” he continues. For those with low back pain, physical and exercise therapies are effective, according to a Center for Disease Control report on management of chronic pain. “A thorough consideration of all the treatment options available which will not only improve symptoms and provide benefit in the long run is the best treatment for those who have low back pain,” Sebelki says.

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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 for more information.