CITY MANAGER'S NEWSLETTER

Volume II Issue 46 November 14, 2014

LEAF COLLECTION WRAPS UP

The week of Monday, November 17, 2014, is the **final** curbside collection of bulk leaves in the City of Woodstock. The **Department of Public Works** will complete this final collection from all streets *SOUTH* of the railroad tracks. Please have all leaves raked up to the curb by 7:00AM on Monday, November 17. **No vehicles should be parked on the street within twenty (20) feet of any leaf pile.**

Although we cannot guarantee that every leaf is collected this fall, we attempt to collect as many as possible. 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.

Once this scheduled bulk collection is completed, the Department of Public Works will collect **bagged** leaves the following week. Contact Public Works to request pickup, 815-338-6118.

DISTRACTED DRIVING TARGETED BY WPD

Woodstock Police Department's Special Traffic Enforcement Initiative during the month of November will target both Distracted Driving and Electronic Communications Violations.

Woodstock Police Officers will conduct highly visible increased enforcement with the primary goal being to reduce the incidence of motor vehicle crashes and the resulting injuries and fatalities that result from these violations.

Remember – *one text or call could wreck it all!*

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

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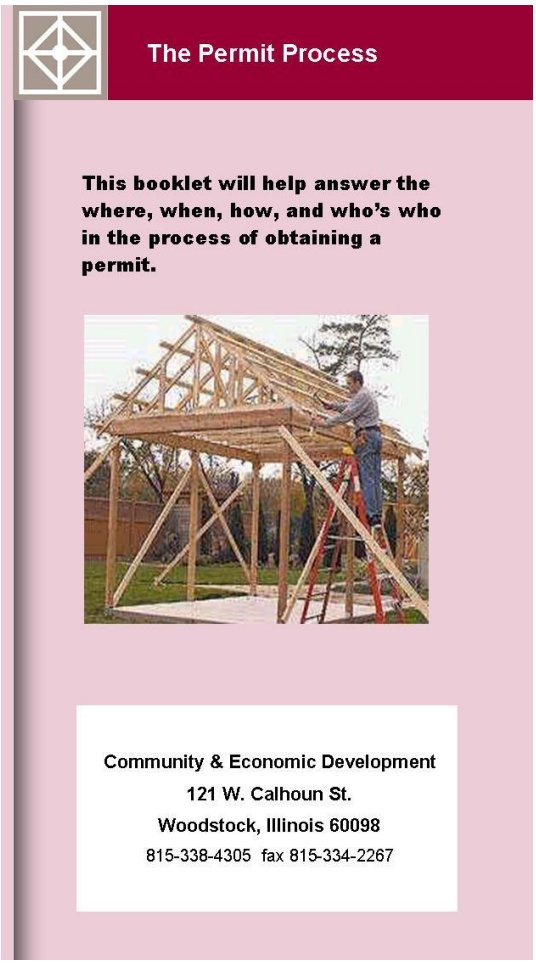
CRACK SEALING UPDATE

A worker from S.K.C. Construction can be seen filling a newly "routed" crack on Dean Street with a hot liquid asphalt sealant. Once the cracks are dried and all dirt, dust or other contaminants are removed, the hot sealant product is "squeegeed" into the crack. The sealant substantially reduces the infiltration of water into the underlying pavement layers and reinforces the adjacent pavement which ultimately prolongs the serviceable life of the pavement. Once the crack is properly sealed, it usually takes less than 15 minutes to cool before it can be driven on. Cracks sealing is most effective when the air temperature is at least 40 degrees and the pavement surface is dry. S.K.C. Construction sealed approximately 7.5 miles of cracks on various streets around town and completed their work last week.

If you have any questions about this project, please contact the **Department of Public Works,** 815-338-6118.

COMMUNITY AND ECONOMIC DEVELOPMENT



The **Community and Economic Development Department** produces "The Permit Process" guide to assist residents in wokring through the permitting and building inspection process. The 29-page booklet informs residents as to: Why do I need a permit? When do I need a permit? Where do I get a permit and Who will I be working with through the permitting process? In addition, the guide includes contact information for other City and non-City resources that may be helful during the building process. Stop in to City Hall to get your guide or call to speak with departmental staff before beginning any building project. You may be surprised what does and does not require a building permit in the City of Woodstock. Community and Economic Development is open until 7PM every Tuesday for the convenience of our residence.

STUDENT FIELD DAY ON DREAM FIELD

Within the City's park system there are many user groups. Recently, the **Department of Public Works' Parks Division** worked together with Woodstock High School's Athletic Department to coordinate a "Student Field Day" on Dream field.

Parks and Facility Division Superintendent **Ernie Nelson, Foreman John Mecklenburg, and Maintenance Worker Phil Mass** worked together with, from left to right, Coach Brown, Jacob Sumner, Zach Cullum, Noah Dehn-Franklin, Jake Rowan, Drew Kohley, Ryan Jandernoa, Tim Paquette, Cam Grisolia, Austin Butts, Dan Mutter, Billy Stieger, Blake Waterson, Chanc McEstes, Zach Kammin, Bradon Abt, John Kubacha, Lance Lewis, Kyle Dehn-Franklin, Coach Oliveira. The team of City Staff, School District Staff, and Woodstock Students were able to accomplish many tasks. The following tasks were completed on Dream Field during the "Student Field Day" on Monday, November 10, 2014.

- Rebuilt pitcher's mound
- Rolled and stored fence screen
- Added 2 tons of compost mix to infield to fill holes
- Spread grass seed on compost mix
- Picked weeds on & around the warning track and the infield
- Cut bushes behind the dugouts

If you have any questions about this project, please contact the Department of Public Works, 815-338-6118.

D.A.R.E. GRADUATIONS HELD

Both Mary Endres and Westwood Elementary Schools celebrated D.A.R.E. Graduations this week. **D.A.R.E. Officer Mike Gustis** proudly presided over the ceremonies with the able assistance of **Police Chief Robert Lowen, Mayor Brian Sager** and other local dignitaries and District # 200 officials.

Congratulations to all the D.A.R.E. graduates on their wonderful accomplishment!

RECRUITMENT

The posting for the **Water Meter Technician I** has closed. Interviews for chosen qualified applicants will be scheduled shortly**.**

MEETINGS NEXT WEEK…

Tuesday, November 18- City Council, 7PM, Council Chambers
Wednesday, November 19 – Transportation Commission, 7PM, Council Chambers

Quotation

"Good friends, good books and a sleepy conscience: this is the ideal life."

- Mark Twain

LITTLE SPORTSTARS ARE OFF AND RUNNING

The Woodstock Recreation Department's *Little Sportstars* program started this week with ten participants. This Parent/Child class teaches two-four year old kids how to catch, throw kick and dribble while also learning basic skills that develop fundamental motor skills, hand-eye coordination and listening skills. The class also teaches the parents techniques to look for while helping their children at home. Class runs Saturdays from 11-11:45AM in the Rec Center Gym.

Watch for a new session of this class in the Winter/Spring City Scene due to be mailed out the week of December 29th.

MEDITATION HEALS BODY AND MIND

Stressed out? Here's how just 20 minutes a day spent meditating can improve health.

Often thought of as a hippy-dippy practice aimed at transcendence, meditation is coming into its own as a stress-reduction technique for even the most type-A kind of people.

In 2005, for instance, severe chest pains sent Michael Mitchell to the emergency room in fear of a heart attack. It turned out to be gastro esophageal reflux disease, or GERD. Nevertheless, after checking his heart, the doctor admitted him and chastised him for not coming in sooner. "That really shook me up. It was a wake-up call to have a look at my Type A personality and workaholic lifestyle," says the 44-year-old Simi Valley, Calif., statistician for the Veterans Health Administration.

Mitchell had shrugged off his high blood pressure, but now he kicked off a personal makeover. He read books on happiness, started psychotherapy, and got more exercise. And, despite a skeptical frame of mind, Mitchell turned to meditation on the recommendation of a trusted co-worker. Within a month, he felt more relaxed – and his blood pressure returned to normal.

Health Benefits of Meditation

Mitchell's experience is borne out by studies showing that meditation not only lowers blood pressure but also can amp up your immune system – although the mechanism isn't clear – while improving your ability to concentrate.

Those who meditate can choose among a wide range of practices, both religious and secular. What they have in common are a narrowing of focus that shuts out the external world and usually a stilling of the body, says Charles L. Raison, MD, clinical director of the Mind-Body Program at Emory University School of Medicine in Atlanta.

Raison participated in a study that indicated that meditation improved both physical and emotional responses to stress. In the study, people who meditated regularly for six weeks showed less activation of their immune systems and less emotional distress when they were put in a stressful situation.

Meditation and Stress Reduction

Stress reduction could be the key to meditation's beneficial effect on health. "We know stress is a contributor to all the major modern killers," Raison points out. More studies have shown improvement for fibromyalgia and even psoriasis in patients who meditate. "It's hard to think of an illness in which stress and mood don't figure," Raison says.

Science hasn't yet connected the dots between what happens in the meditating brain and the immune system. But a University of Wisconsin study saw increased electrical activity in regions of the left frontal lobe, an area that tends to be more active in optimistic people, after eight weeks of training in meditation.

How to Learn to Meditate

If you think that meditation might help you unwind a bit, there are dozens of techniques and disciplines available, from saying a mantra to staring at a candle flame to counting breaths. Keep trying until something feels right. And check out community centers, local colleges, and HMOs for classes; they're often affordable at such places.

Mitchell himself now meditates almost every morning, sitting on a special bench in his living room. He's better at coping with life's vicissitudes, he says, adding that if he slacks off "little things get under my skin in a way they normally wouldn't. When I get back into the rhythm, I wonder why I let myself get away from meditating regularly."

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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 for more information.

WINTERIZATION TIPS:

With winter fast approaching now is the time to prepare your home for cold weather. Here are some tips to help save some money, and perhaps some hardship, during the winter season.

- Have your furnace inspected and cleaned by a reputable HVAC company.
- Change your furnace filter on a monthly basis during the winter months.
- Clean debris out of your gutters. Ice dams that form not only cause large dangerous hanging icicles, but water could back up into the soffits and potentially get into the exterior walls of your home causing thousands in repair costs.
- Flush your water heater. Sediment that builds up in the bottom of the water tank can cause the heating element or flame to run longer to heat the water this will lead to increased heating costs and premature failure of the tank.
- Reverse your ceiling fans to pull air up to the ceiling and force it out and down the walls.
- Install window insulation film on windowpanes. This will serve as a layer of insulation on the glass. This is especially helpful on single pane windows.
- Install draft guards on the bottoms of doors. This is especially important if there is any gap between the bottom of the door and the floor. This can even help on interior doors, especially if there are some rooms in your house you keep cooler and do not use often.
- Install weather stripping around interior windows and door frames.
- Caulk around exterior windows and door frames.
- If you have a basement or crawlspace with exterior windows, pack the area with insulation.
- Install a programmable thermostat so you can change the temperature at different times of the day.
- If you have a fireplace chimney that you don't use, consider installing a chimney boom. This is essentially a type of balloon that will expand to fit the chimney opening and will restrict air more than just closing the damper.
- Insulate any water piping (hot and cold) that you can access. Insulation will help to keep the heat in and the cold out.
- Make sure that anywhere you have water pipes, valves or a meter, the temperature never gets below freezing. If any of these freeze and burst it would cause some very expensive damage.
- If it gets extremely cold, trickle your water from faucets to prevent freezing.

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.*

Trotting Tots is a 1:1 Horseback Riding lesson for children, ages 2-3 years old. The class is ongoing and participant's set up riding times with JWS that are convenient for them. The fee for four 40 minute classes is $120 Resident/$140 Non-Resident.

The focus of Youth and Adult 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.

A final session of Horseback Riding starts the week of Dec 1st. Youth lessons are offered on Monday and Tuesday evenings and adult lessons are on Wednesdays at 5:30PM. Registration is available at www.woodstockrecreationdepartment.com.

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

THE WOODSTOCK REC CENTER IS THANKFUL FOR OUR MEMBERS

Join us the week of November 16-22 so we can THANK you!

Earn ONE FITNESS BUCK each day you work out

✡✡✡✡✡✡✡✡✡✡✡✡✡✡

Each day you work out, you will be entered into a drawing for a daily prize! Be sure to check in at the front desk.

Sunday, November 16
Drawing for Bears and Cubs Cups (5).

Monday, November 17
Two FREE guest passes if you work out today
Drawing for a Rec Center Workout Bag (2).

Tuesday, November 18
Drawing for ONE month of free dues (3).

Wednesday, November 19
Drawing for a 2015 Family Pool Pass to Woodstock Water Works.

Thursday, November 20
Drawing for a gift card to YoFresh (5).

Friday, November 21
Drawing for a gift certificate to Napoli's Pizza (5).

Saturday, November 22
Drawing for a gift card to Classic Cinemas Theater (5).

WOODSTOCK
RECREATION CENTER
Woodstock's Most Complete Fitness Center