



CITY MANAGER'S NEWSLETTER



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SNOW REMOVAL

When clearing snow from your driveway, sidewalks or parking lot, please do not push or blow snow into the street, across the street, or onto any other property. Pushing snow into the street can leave windrows in the street that result in traffic hazards, add to icing problems, and also causes problems for snowplows and drivers.

Each year, the City of Woodstock receives complaints from property owners about a neighbor cleaning a driveway and pushing snow across the street onto their property. Please respect your neighbors and also help to keep our streets safe by avoiding this practice. Also, remember that sidewalks should be shoveled and cleared to provide a safe path for children walking to school.



AARP DRIVER SAFETY PROGRAM AVAILABLE

The **Woodstock Police Department** will be hosting the AARP Driver Safety Program on Monday, March 10, 2014 and Tuesday, March 11, 2014. The classes will be held in the Training Room at the Woodstock Police Department located at 656 Lake Avenue. Classes will be held each day from 10:00 A.M. to 2:00 P.M. Participants *must* attend both sessions.

The AARP Driver Safety Program is the nation's first and largest classroom course designed especially for drivers age 50 and older. Course completion helps older drivers refine existing skills and develop safe driving strategies in today's challenging driving environment.

Successful completion of the course may entitle the participant to a discount on their auto insurance. Participants are charged a nominal fee of \$15 for AARP members and \$20 for non-members.

There are still places available. For more information or to register for the class, please contact **Tamara Reed** at the Woodstock Police Department at 815-338-6787.

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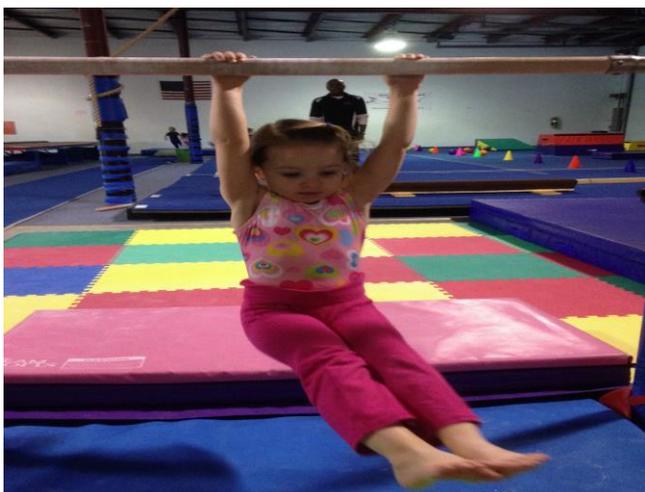
A TWISTING GOOD TIME AT CORKSCREW GYMNASTICS

The **Recreation Department** has partnered with **Corkscrew Gymnastics** in McHenry to offer a variety of tumbling/gymnastics classes.

Pictured is a little gymnast in the *Mini-Twisters* class for participants who are three years old. Other classes that are running this session are *Parent-Tot Gymnastics* (ages 1-2 years), *Mighty Twisters* (ages 4-5 years) and *Beginning Gymnastics* (ages 6-17 years).

Classes are held at Corkscrew Gymnastics facility where participants can build strength on the floor, balance beam, vault and bars. The participants' favorite part of the class is the TumbTrak, a long trampoline that provides all the benefits of tumbling, without the wear and tear on the joints.

The Winter session was the first time these classes were offered through the Rec Dept and they were all very popular. Spring session for gymnastic classes begins the week of March 4th and there are still some spaces available. Sign up at the Recreation Department or online at www.woodstockrecreationdepartment.com.



FEBRUARY TRAFFIC ENFORCEMENT INITIATIVE

The **Woodstock Police Department** has announced that February's Special Traffic Enforcement Initiative will target Cell Phone and Handheld Electronic Communications Equipment violations.

The primary goal is to reduce the incidence of distracted driving related motor vehicle crashes, and the resulting injuries and fatalities, through highly-visible increased enforcement of the hands free communication laws. Equally important is the continuing education of the motoring public by encouraging mandatory compliance with the distracted driving laws.



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

MEETINGS NEXT WEEK...

Tuesday, February 18 – Opera House Advisory Commission, 4:30PM, Opera House
Tuesday, February 18 – City Council, 7PM, Council Chambers

RECRUITMENT NEWS

Next Friday is the final day to apply for **2014 Summer Seasonal Workers** for the City of Woodstock! Openings are available for **Recreation Lifeguards** and **Playground Program Counselors**, with a minimum age of 16; and for **Public Works Summer Maintenance**, with a minimum age of 18 and a valid driver's license required. Deadline to apply is Friday, March 7, 2014, with applications available via email at humanresources@woodstockil.gov, or in the HR Department at City Hall.

As many are aware, one of the City's most dependable long-time fixtures at the **Woodstock Opera House, Production Manager Dave Reeve**, is officially retiring at the end of this month. He will be publicly recognized for his 21 years of service to the community at next week's City Council meeting. The following recruitment has therefore been posted on the City's website and is being sent to all relevant theatre industry outlets:

Woodstock Opera House Production Manager

Due to retirement, the City of Woodstock is seeking qualified applicants for **Production Manager** with the **Woodstock Opera House**. This full-time exempt position coordinates technical theatrical scenery, lighting and sound for all public performances in the Opera House, Stage Left Café and Square Park Bandstand; organizes and assigns personnel and equipment; supervises personnel training; purchases and maintains production equipment. Work is performed under the direction of the Opera House Managing Director. **Min. Qual.:** Bachelor's degree in Theatre Production, Theatre or Fine Arts (MFA degree in Theatre preferred); 5 years' theatre scenery, stage lighting, sound and design production experience, at more than one venue; valid driver's license with good record; ability to obtain CPR and first aid certifications, and to be federally licensed to manufacture, possess and use pyrotechnic materials. **Salary Range:** \$58,498 - \$90,833 DOQ, with full benefits package of group health & dental insurance, benefit time and IMRF retirement plan.

Qualified candidates may submit a current resume and cover letter—clearly outlining relevant experience and education—to: humanresources@woodstockil.gov no later than **Friday, March 14, 2014**. Formal applications will be sent to the most qualified candidates and must be returned by the specified due date in order to receive consideration. The City reserves the right to select only the most qualified applicants for an interview. EOE



QUOTE

All you need is love. But a little chocolate now and then doesn't hurt.

-Charles Monroe Schultz

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.

To Thaw Frozen Pipes

- If you turn on a faucet and only a trickle comes out, suspect a frozen pipe. Likely places for frozen pipes include against exterior walls or where your water service enters your home through the foundation.
- Keep the faucet open. As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt ice in the pipe.
- Apply heat to the section of pipe using an electric heating pad wrapped around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or by wrapping pipes with towels soaked in hot water. Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.
- Apply heat until full water pressure is restored. If you are unable to locate the frozen area, if the frozen area is not accessible, or if you cannot thaw the pipe, call a licensed plumber.
- Check all other faucets in your home to find out if you have additional frozen pipes. If one pipe freezes, others may freeze, too.

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



HEALTH & SAFETY MESSAGE: THE WINTER OF OUR DISCONTENT

Even in a winter as challenging as this one, there are inexpensive, natural ways to give your body and brain a boost. Certain foods and lifestyle additions are almost certain to improve your outlook, especially if used consistently over a period of time. Among these:

Fish & Nuts--

Why? These protein-rich foods are sources of omega-3 fatty acids, which protect your brain and prevent mood swings, as well as magnesium, which soothes the nervous system. Unfortunately, the carbs we often scarf down when stressed have just the opposite effect.

How? A handful of raw nuts per day, and two servings of fish per week are best, or substitute a daily fish oil capsule and magnesium supplement as options.

Jogging--

Why? During aerobic exercise, your pituitary gland releases endorphins that work like opiates, and the more intense the movement, the better the feeling.

How? 30 minutes per day, 3-5 times per week is best; use ellipticals, bikes or rowing machines if running is hard on joints. And there are plenty of at-home video exercise programs these days that mean you can even dress down and sweat alone!

Vitamin B Complex--

Why? The brain uses a lot of B vitamins to synthesize neurotransmitters like serotonin and dopamine, which are critical mood chemicals.

How? Foods like whole grains, bananas, eggs and leafy greens are excellent sources, but many individuals benefit from high-potency B supplements, in addition. If you're getting enough Bs and still feeling down, be sure to check your vitamin D level, which is often deficient in much of our population, especially during long low-light winter months.

Talk Therapy--

Why? Recent studies show that cognitive-behavioral therapy (don't be scared—it just means talking about issues, focusing on the positives and

setting goals) is as effective as Paxil in treating depression. It's been proven that using medicine alone frequently leads to relapses, while using talk therapy in addition offers much greater long-term success.

How? One session every two weeks is usually effective. But if you can't bring yourself to share your secrets with another person, take out the pen and paper or laptop and at least vent that way.



Calendar of Events

Friday, February 14 – Open Mic Night, Stage Left Café, 7PM

The following events are at the Woodstock Library:

Tuesdays and Fridays in February and March, 9AM-5PM –AARP Senior Tax Appointments

Monday, February 17 –2PM-4PM - Mardi Gras with Jaci's Cookies

Tuesday, February 18 – 7PM-8:30PM-Quilter's Discussion Forum

Thursday, February 20 and 27 -6:30PM-8:45PM, Academy Awards Preview Nights