



CITY MANAGER'S NEWSLETTER



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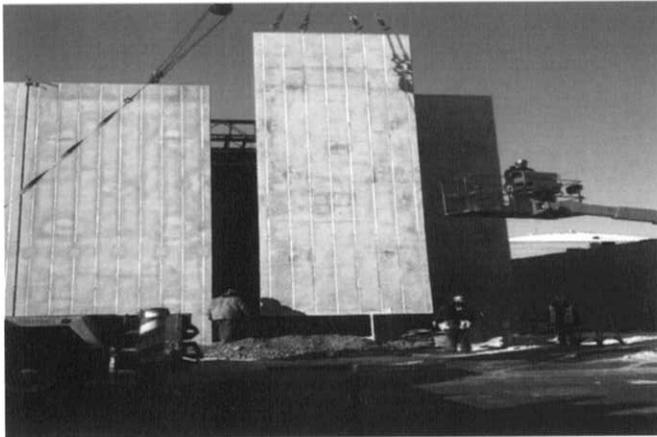
SAVE THE DATE!

On Monday, February 11, 2013 **Chief Robert Lowen** will host the 89th consecutive *Coffee with the Chief* open house at the **Woodstock Police Department**.

McHenry County Emergency Management Agency Assistant Director Robert Ellsworth, Jr. will speak on the topics of Emergency Planning and Weather Preparedness.

The meeting will be held in the Training Room and begin at 7:00PM. All are welcome to attend.

THEATRE WALLS COMPLETED



Earlier this week, contractors working on the expansion and remodeling of the Classic Cinemas theatre on Main Street installed the final exterior pre-cast concrete panels on the building. The next phase of construction will involve the placement of multiple air conditioning and ventilation units on the roof of the structure. Once this task is completed, the majority of remaining work will occur within the interior of the existing building and in the building addition. This will include a new concession area, additional restrooms, and restoration and upgrading of the main theatre auditorium. When the weather gets warmer, facade improvements will be made to the panels.

OPERA HOUSE LIGHTING PROJECT

The staff at the **Opera House** have installed all of the new LED fixtures and controls for Phase I of the new stage lighting project. In the past, each stage lighting fixture used 575 Watts of electricity with less than a 2,000 hour lamp life. Our designers have used over 100 fixtures for a ballet. Today, almost all of the fixtures use LEDs and only use 214 Watts per fixture with a lamp life of 50,000 hours and fewer fixtures will be used. The old fixtures used disposable color filters to produce mood and environmental lighting. The new fixtures can produce over a million colors by using the computer controlled "Color Picker" on the new control console. This will reduce the cost of continually purchasing replacement color filters as well as labor to select the filter, get out a ladder, climb up to install the filter then disposing of the burned out material and putting the ladder away.

On Tuesday, January 22, the supplier will provide two 4-hour training sessions on the new lighting control console. The staff is expecting the learning curve to be steep, but they should become comfortable with the operating system quickly. This new system will provide better, easier, and less costly stage lighting for our various users.

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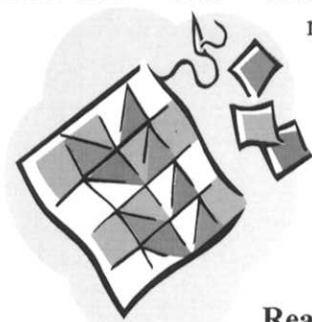
LIBRARY NEWS

New Library Director

The **Woodstock Public Library** has a new library director, **Nicholas Weber**. Weber becomes the 10th library director in the 121 year history of the library. "It's very exciting for me to come to Woodstock," Weber stated. "I am looking forward to getting to know the community and the library, and to sharing my vision of libraries and library service while also respecting the history and tradition of such a proud institution."

Come to the Quilt Show at the Library

50 small quilts created in a variety of styles, techniques, and fibers will be on display in the library meeting room on Saturday, January 19 from 2:00-4:00 PM. Barbara Schneider, Illinois



representative for the Studio Art Quilt Associates (SAQA), will give a presentation on the quilts as well as give attendees and opportunity to view and handle them.

Reading with Kalani

Reading aloud is a great way for students to become better readers, and no one is a better listener than certified-therapy dog, Kalani. Independent readers in Grades 1-5 are encouraged to come to the library for a 15-minute session reading aloud to a patient, furry friend in a no-pressure environment. This event is on Saturday, January 19 from 10:00-11:30 AM.

Storytime Programs at the Woodstock Library

Spaces are still available in several of the library's storytime programs. Storytime sessions begin the week of January 28th. For more information and to register visit the library's website (www.woodstockpubliclibrary.org) and select "Calendar."

For more information about these and other programs contact the library at [815-338-0542](tel:815-338-0542) or library@woodstockil.gov.



HABITAT RESTORE MOVING FORWARD

Work on the Habitat Restore, located north of the Sears Outlet Store on South Eastwood Drive (IL Route 47), continues to progress. City inspectors have conducted water and electrical service inspections, as well as minor framing inspections. A permit for the sign was issued in late December and it was installed shortly thereafter. Representatives of Habitat have advised the City that they anticipate work on the store will be completed and that it will be open for business in early spring.

CED STAFF WORKS ON TRAIN STATION

Earlier this week, **City Building Inspector Rob Walkington** and **Plumbing Inspector John Bertram** performed repairs on the women's restroom floor of the Woodstock Train Depot. Due to dampness and moisture damage, the wooden floor had experienced significant damage and had to be repaired so that the facilities could be used by the public. Congratulations to both inspectors for a job well-done

THANK YOU

RECRUITMENT NEWS

Please join us in welcoming 4 new employees who began work this week: **Troy Flahive/MW-Parks; Dan Bolda and Tim Spring both MW-Streets & Parks; and Nicholas Weber/Library Director.**

Seasonal **Recreation** and **Public Works** summer positions remain posted and available for application, including: **Certified Lifeguards** and **WSI Swim Instructors, Pool Cashiers** and **Playground Program Counselors**. Minimum age requirement is 16 for all seasonal Recreation positions.

Also, **Public Works** general Seasonal Maintenance Workers, \$8.25 per hour. Minimum requirements are age 18, with a valid Illinois driver's license and good driving record.

Applications for 2013 summer positions will be accepted through **Thursday, February 28th**. To request an application please do so at: humanresources@woodstockil.gov, or call or visit Woodstock City Hall **HR Department**, 815-338-1172.

Quote

Those who make the worst use of their time are the first to complain of its brevity.

-Jean de la Bruyere

WELLNESS DAYS RESULTS ARE IN!

Most employees who participated in Wellness Days have received their comprehensive Health Assessments, or will receive them shortly. While the City encourages this annual assessment activity by offering participants reduced health insurance premiums, the real value of the experience occurs when each individual participant takes the time to truly read and understand the results of their particular tests, and takes steps to address any concerns noted.

As you will see, each aspect of the blood analysis, or additional tests requested, is identified as being within normal range, or as being too high or too low. The personalized assessment booklet further rates these readings from 1 to 3, with a rating of 3 indicating a definite need for medical attention. The section describes possible reasons for these out of range results and recommends actions to improve the condition.

In any case, the most advantageous suggestion is to take these results to your personal physician and discuss the readings with them. For those needing annual renewals on existing prescriptions, these results can often satisfy required updates. Numerous employees have discovered the possible onset of serious conditions from these analyses and have taken steps to avoid the pain, time and expense of developing further illness. Join your savvy coworkers in making this investment in your health pay big dividends!

MEETINGS NEXT WEEK...

Tuesday, January 22 – Economic Development Commission, 8:00 Am, Council Chambers
Tuesday, January 22-Police Pension Board, 6:00PM, Woodstock Police Department
Thursday, January 24 –Plan Commission, 7PM, Council Chambers



BIG FUN AT THE REC CENTER'S MERCY FRIDAY FAMILY FUN NIGHT KICK-OFF

The Rec Center was a hectic place Friday night as the **Recreation Department and Mercy Health System** hosted the annual *Friday Family Fun Nights Kick-Off*. Over 130 kids and their parents challenged family members on the inflatable obstacle course set-up in the gym, jumped in the bouncy house, or found their way through the inflatable maze.

Families also snacked on healthy treats and played ping-pong, racquetball, walleyball, swam or relaxed in the whirlpool or sauna. New this year is the Family Fitness Class that is offered from 6:30-730PM on the aerobics floor to promote families working out together.

Again this year, the Recreation Department has partnered with Mercy Health Systems to provide this family friendly activity during the chilly winter months to promote health and exercise. Many thanks to the volunteers from Mercy who helped supervise the inflatables the entire night!

Mercy Friday Family Fun Nights will be offered every Friday night from 5PM to 8PM until April 1. The program is free for Rec Center members and their families and \$10 per family for non-members.

HEALTH & SAFETY MESSAGE: A WEIGHTY ISSUE

With numbers of "supersized" Americans soaring these days, almost every one of us could stand to get in better shape, and every little tip or strategy helps. Try these!

- **Eat eggs for breakfast**--A study in *Nutrition Research* found that people who start the day with a satisfying protein like eggs consume fewer total calories the rest of the day.
- **Stand up**--Stand up whenever you read or take a phone call at work. Standing burns 1 1/2 times more calories than sitting does.
- **Don't eat meals in front of the TV**--In a University of Massachusetts study, people who did that took in nearly 300 more calories a day.
- **Weigh yourself each week**--Three out of four successful dieters do this, the *American College of Sports Medicine Health & Fitness Journal* reports.
- **Have an apple**--At lunch, have an apple instead of apple juice. Chewing triggers a feeling of fullness, so you'll consume nearly 15% fewer calories, notes the journal *Appetite*.
- **Mix a yogurt shake**--Consuming whey protein instead of carbs can leave you pounds lighter, USDA scientists say.
- **Put produce at eye level**--You're 2.7 times more likely to eat healthy food if it's in your line of sight, say scientists at Cornell University.
- **Clean the house**--People with the most spic-and-span living quarters have the highest levels of physical activity, research from Indiana University reveals.
- **Drink skim milk**--Drinking 2 1/2 cups of skim milk in the a.m. instead of the calorie equivalent in juice can lower calorie consumption by 8.5 percent, says an Australian study.