



THE FOREST VIEW

THE CITY OF LAKE FOREST

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Dear Employee,

Lake Forest is not immune to the challenges that communities and businesses are facing all across the country. In light of the economic crisis, for the past year or so I have been letting employees know how the present economy is affecting the City and its budget. We were predicting a budgetary shortfall of approximately \$500,000, and that appears to be the final reduction in our FY2011 budget. We have looked for savings **in all departments**. These cuts include not filling approximately 13 vacant positions, offering retirement incentives, reducing overtime hours, and removing or deferring an array of other items from the budget. While all of these measures have helped, they simply aren't enough to cover our budget shortfall.

Last week, we regrettably had to layoff seven employees. I can assure you that we treated those employees with the utmost dignity and respect. They will receive as much compassion and assistance as we can give.

We will now feel the effects of these layoffs in various ways. You will most likely personally experience and be faced with a number of emotions expressed by other employees. Fear, anger, distress and shame are all common in these difficult circumstances. It will be important for all of us to work through these emotions both individually and as a team.

Those affected are our coworkers and friends. We know their families. This may cause feelings of fear that you may also be laid off as well. Or, you may feel relief that it wasn't you who was laid off, and then feel guilty because you feel relieved. You may be angry with the City or your department head because of the layoffs, and you may become distressed wondering how all of the work will get done with fewer people to do it.

With fewer employees and fewer resources, it becomes important that we are able to clearly articulate what impact these personnel changes will have on service levels to the City Council and residents. That is why we will continue to evaluate and prioritize services and measure their effectiveness in meeting desired results. So, while we are all processing these changes, it will be the optimal time for you to rely on your own talents and those of your coworkers to redefine our "New Normal."

We have always supported each other in the past and I am confident that we will pull together to meet the current economic challenges. The outcome will be a stronger, more efficient organization positioned to best serve the needs of the residents.

It is critical for us to continue to communicate as we move forward. Feel free to contact me if you have any questions or visit our new **Ask the City Manager** website through the link located on our intranet site.

Now more than ever, I thank you for your continued commitment to our City organization.



Employee News



Jason Busdeker is the new Manager of the Fitness Center. Jason has a B.S. degree in Exercise Science with a minor in Kinesiotherapy and an M.S. in Exercise Science with a minor in Clinical Kinesiology from the University of Toledo.

Prior to joining the City, Jason was the Fitness Manager of the Buffalo Grove Fitness Center. He is also a Certified Personal Training Instructor for the National Council of Strength and Fitness.

Congratulations to Michelle and **Brian Pogachnik** (Sanitation) on the birth of James Michael, February 2.

Ask the City Manager

Link to our new website through the City's Intranet page.

Open communications are essential to our organization. This new site will let you ask questions about our City organization. Just post your question, and the City Manager will respond on this site as quickly as possible. I hope you will take advantage of this opportunity so that others can be better informed as well.

Birthdays...

Cathy Japuntich	P&R - Admin.	3/12
Ryan Olson	Police	3/24
Dave Cerer	Police	3/26
Zen Dykyj	PW - Water Plant	3/27
Billy Loyd	PW - Building Maint.	3/27
Sherry Miller	Senior Resources	4/1
Lou Decker	PW - Sanitation	4/1
Joanne Yorro	CROYA	4/1
Bernard Pondexter	PW - Engineering	4/2
Yoni Garcia	PW - Sanitation	4/3
Wendy Frasier	Finance	4/5
Chris Marszalek	P&R - Golf	4/5
Wendy McKiernan	P&R - Admin.	4/8
Jeff Pietrucha	IT	4/8
John Bardi	Fire	4/10
Dave DeMarco	PW - Fleet	4/13
Marty Blitstein	Police	4/17
Mike Gernenz	PW - Sanitation	4/17
Matt Wert	P&R - Forestry	4/19
Carla Ward	Human Resources	4/20
Brian Verbeke	Police	4/20
John Baldwin	P&R - Parks	4/22
Rob January	P&R - Parks	4/23
Mary Good	Library	4/21
Kris Myscich	IT	4/28
Joe Mobile	P&R - Rec	4/29
Mike Glomski	PW - Forestry	5/1
Lou Bischoffer	PW - Water Plant	5/1
Karl Walldorf	Police	5/1
Matt Goodman	ComDev	5/5
Edward Gudas	P&R - Rec	5/5
Louise Breckan	Finance	5/8
Ken Pierini	P&R - Rec	5/8
Anthony Anaszewicz	P&R - Rec	5/8
Sandy Ragsdale	P&R - Rec	5/9
Kevin Issel	Fire	5/12
Paul Petersen	ComDev	5/12
Mary Van Arsdale	P&R - Admin.	5/14
Charles Flesch	Police	5/14
Mary Farwell	Library	5/16
Jian Tan	Library	5/17
Katie Parker	Library	5/19
Choosri Goebel	Library	5/20
Scott Irish	ComDev	5/21
Sara Hartnett	Finance	5/22
Dan Reeves	P&R - Admin.	5/23
Jamila Foster	Police	5/23
Caroline Hermes	CROYA	5/25
Dave Field	Police	5/27

Green Team



Park and Ride? How About Ride and Park?

You've heard of Metra's Park and Ride Program? It doesn't only apply to cars; it includes bikes, too! Commuting by bike to and from the train is a great way to reduce your carbon footprint, increase your health and save money. Bike racks are available at both Lake Forest Metra stations and the new Municipal Services Building. Here are a few tips to get you started.

1. **Plan your route ahead of time** – Don't think like a driver, but like a rider. There are often several different ways to get from point A to point B. The quickest route is not always the safest. Use Google earth to preview routes. If you are commuting to MS, think about riding the train to a station other than the Lake Forest station. A safe way to access MS from the Fort Sheridan or West Side train stations is via Conway Farms Drive. From the Lake Bluff station use the east-west bike path along Route 176 to Bradley Road and the Tollway Oasis access road to get to MS. Be creative.
2. **Check with your co-workers** – Others are already biking. Seek them out to see how they are getting around the challenges of routing, personal hygiene, clothing and weather.
3. **Ride a simple bike** – Ride a bike that has tried and true technology that's not going to cause a lot of mechanical problems.
4. **Clean and check your bike regularly** – Regular riding will cause wear on the consumable parts of your bike: check tire pressure, tire wear and damage, tightness of quick releases and other fastenings, brakes for wear and stopping power.
5. **Bring your cell phone** – Flats happen, but forget the flat kit and tools. Keep it simple and call home or a co-worker for assistance.
6. **Store hygienic necessities at work** – Keep an extra of everything you need to clean up from your commute (deodorant, towels, wipes, etc) at work. If you have to carry them, choose travel sizes. Showers are available at MS, PSB and Rec.

7. **Take all your clothes for the week** – Drive on Monday and bring everything you need for the rest of the week. Leave bulkier items (shoes, towels, etc) at work.
8. **Keep an extra set of clothes at work** – Keep an extra belt, pants, shirt, at the office. There's nothing worse than being halfway into your commute when you remember you forgot an essential.
9. **Pack the night before** – Pack your clothes and lunch the night before. You'll reduce your stress the next morning and the likelihood of forgetting something.
10. **Only pack essentials** –When packing your bag, ask yourself if each item is a necessity.
11. **Check the weather** – Keep an eye on your local weather so you can plan how to dress for conditions or opt for a car commute on an inclement weather day.

Give it a try! The month of May is **National Bike Month** and **May 17 – 21 is Bike to Work Week**. Officially, **May 21st is Bike to Work Day**.



News You Can Use

Whole Grains May Help Keep Blood Pressure In Check

Eating lots of whole grains could ward off high blood pressure, according to a study in the American Journal of Clinical Nutrition.

In the study, men with the highest whole-grain consumption were 19% less likely to develop high blood pressure than men who ate the least amount of whole grains.

While refining grains removes their outer coating, whole grains retain their bran and germ, so they are richer in many nutrients. The most recent US guidelines recommend that people get at least 3 ounces, or 85 grams, of whole grains daily, and that they consume at least half of their grains as whole grains.

There's evidence, the investigators note, that women who eat more whole grains are less likely to develop high blood pressure, also called hypertension.

To investigate, the researchers looked at data from the Health Professionals Follow-up Study, which has followed 51,529 men since 1986, when the study participants were 40 to 75 years old. They looked at a subset of 31,684 men free of hypertension, cancer, stroke or heart disease at the study's outset. During 18 years of follow-up, 9,227 of them developed hypertension.

The men in the top fifth of whole grain consumption, who averaged about 52 grams daily, were 19 percent less likely than the men in the bottom fifth, who ate an average of about 3 grams of whole grains daily, to develop hypertension during follow-up.



When the researchers looked at separate components of whole grains, only bran showed an independent relationship with hypertension risk, with men who consumed the most at 15% lower risk of hypertension than men who ate the least. However, the researchers note, the amount of bran in the men's diet was relatively small compared to their total intake of whole grain and cereal fiber.

The relationship between whole grain intake and hypertension risk remained even after accounting for men's fruit and vegetable intake, use of vitamins, amount of physical activity, and whether or not they were screened for high cholesterol.

This suggests that the association was independent of these markers of a healthy lifestyle behavior pattern. It's possible, the researchers say, that the men who ate more whole grains gained less weight over time.

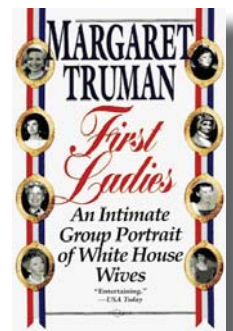
The current findings researchers conclude, "have implications for future dietary guidelines and for the prevention of hypertension."

Source: American Journal of Clinical Nutrition, September 2009

The Library's View

Program at Friends Annual Meeting

Barbara Rinella will present The First Ladies by Margaret Truman at the Annual Meeting of the Friends of Lake Forest Library, Wednesday, April 21, 2010, 4:00 p.m. at Gorton Community Center's Baggett Auditorium. This free program is open to the public, and no reservations are required.



Art Exhibit from Woodlands

The creative achievements of students from Woodlands Academy of the Sacred Heart will be on display in the Art Room and Library Foyer glass cases, March 22 through April 16.

Library Hours

Closed on Sunday, April 4, 2010.
Closed on Monday, May 31, 2010.

The Library will be closed on Sundays beginning May 30 through September 5.



**LAKE FOREST HISTORIC PRESERVATION FOUNDATION
“CELEBRATES SPRING IN LAKE FOREST !”
WITH THEIR 2010 HISTORIC PRESERVATION AWARDS**

The fast-approaching deadline for nominations for these awards is March 24. Categories of recognition are preservation, rehabilitation, restoration, reconstruction and infill.

Nominations are now being accepted for 2010 Awards. Any interested person, including the owner, a neighbor, a friend or an admiring passerby may submit an entry. A solid bronze award plaque contains an inscription of the type of award and year, and is proudly displayed on the award winning structures .

More information, 2009 winners' photographs and an award application can be found and downloaded at the LF Preservation Foundation web site, www.lfpf.org or by calling the Preservation office at 847-239-1230.

John Litchfield, the awards committee chairman, will announce and present the 2010 Lake Forest Foundation Preservation awards at the Foundation's Annual Meeting at 2 p.m. Sunday, April 25, at Gorton Community Center, 440 E. Illinois Road, Lake Forest, Illinois.

Again this year, the Foundation will be recognizing past award-properties and the 2010 winners with lawn signs designating these properties in Lake Forest. This designation will allow the community to enjoy these properties as they contribute to the visual character of Lake Forest.