



# THE FOREST VIEW

THE CITY OF LAKE FOREST

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## Views from the desk of ...

Dear Employees:

A new catch-phrase seems to be gaining popularity in describing the future, "**The New Normal**". What is meant by "The New Normal"? It was first used in a book by Roger McNamee titled, *The New Normal, Great Opportunities in a Time of Great Risk*, 2004. Today, the term is being used to describe the fundamental changes that will occur in the business environment and personal lives. Similar to the way that our grandparents and parents were shaped by the financial and social impacts of the Great Depression in 1929, the latest economic recession will change the habits, preferences and psyche of generations to come.

While some still believe that we will return to the "good old days", more and more experts believe those days are gone. Today, personal consumption will go down, household debt will go down, personal savings will go up and generally people will start living within their means. Further, residents/consumers will be more "inscrutable" or more difficult to understand or predict.

What does all this mean for us? **The New Normal** will fundamentally change the way we do business – in ways we cannot easily predict. And while the future landscape will be different and change will occur, there are tremendous opportunities for those who are prepared. Are you prepared for change and open to **Creating the Future**?

## *Birthdays...*

<b>Cathy Czerniak</b>	ComDev	1/31
<b>Bryan DeBaets</b>	P&R - Forestry	1/31
<b>George Carpenter</b>	PW - Water & Sewer	2/2
<b>Tom Naatz</b>	PW - Admin	2/7
<b>Mike Thomas</b>	PW - Admin	2/7
<b>Iain Walsh</b>	Police	2/8
<b>Michelle Kousins</b>	Police	2/9
<b>Julie Carpenter</b>	ComDev	2/10
<b>Bill Hooper</b>	PW - Sanitation	2/12
<b>Brian Joyce</b>	PW - Engineering	2/13
<b>Wendy Dumont</b>	Police	2/14
<b>Dan Deuel</b>	P&R - Rec	2/26
<b>Kevin Zelk</b>	Police	2/27
<b>Mark Wiegold</b>	PW - Water Plant	2/28
<b>Gil Barajas</b>	P&R - Golf	2/28
<b>Becky Pocasangre</b>	PW - Admin	3/1
<b>Mike Evert</b>	Fire	3/2
<b>Ken Magnus</b>	PW - Engineering	3/3
<b>Ray Spetz</b>	PW - Sanitation	3/3
<b>Rob Goeppner</b>	Police	3/8
<b>Kevin Cronin</b>	Fire	3/10
<b>Scott Christensen</b>	Police	3/10
<b>Ed Yep</b>	Police	3/11
<b>Pete Gordon</b>	P&R - Forestry	3/11
<b>Chris Torrance</b>	CROYA	3/13
<b>Shelley Walker</b>	OCM	3/17

## *Safety Corner*

**Drivers beware!** In addition to the new Illinois law that went into effect on January 1, 2010 prohibiting text messaging while driving, another law that took effect on January 1 is Senate Bill 72.

This new law: **“Provides that a person, regardless of age, may not use a wireless telephone in a school speed zone ...”**

City policy already prohibits the use of cell phones while driving unless the usage is with a hands-free device. However, the push-to-talk function is allowed as it is like using a radio.

## *Employee News*

Tara and **Michael Lange** (Police) had baby Anna Lee on January 19, 2010.

**Chris Teresi** (ComDev) recently passed the required examination to become a Certified Building Plans Examiner. Chris adds this certification to her Permit Technician Certification. These certifications provide the opportunity for greater efficiencies within the Community Development Department and increased customer convenience by expanding the building permit services that can be provided directly over the front counter.

**Jeff Howell** (Fire) recently earned the designation as a “Chief Fire Officer” (CFO) by the Commission on Professional Credentialing. The Credentialing Board noted that Jeff has demonstrated through his education, leadership and management skills that he possesses the requisite knowledge, skills, and abilities required for the fire and emergency services profession. With this designation, Jeff joins an elite group of just 663 CFOs worldwide.

Congratulations to you all!

Tim Magoon is the newest member of the Fleet Section. He previously worked for McAllister Equipment where he was a heavy equipment mechanic.

Tim is married and has two children. He enjoys spending time with his family.



Welcome, Tim!

## *It's Official: MS Achieves LEED-NC Gold Rating*



In 2005 the City embarked on a project to construct a new Municipal Services Facility that would serve the community for the next 50+ years. When the project approached the 50% design phase, the City decided to become a community leader in sustainable buildings by achieving Leadership in Energy and Environmental Design (LEED) certification, the national benchmark for design, construction, and operation of high performance green buildings. The ecological merit of this distinction was important to the City.

The project team produced a plan that would achieve a LEED Silver Rating, but continued to challenge all aspects of the project in order to achieve a higher LEED score, while staying on-budget. Through the documentation the City provided detailing its development of a sustainable building, the City achieved a LEED Gold Rating for the building. According to the United States Green Building Council (USGBC), only one other governmental municipal services facility in Illinois has achieved this Gold Rating.

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## *The Library's View*

### **NEW FOR 2010**

Technology upgrades took place in the Children's Library and the Reference and Business areas. Microsoft Office 7 is now available; eight new workstations were added to keep up with ever growing demand.

### **INTERACT WITH YOUR LIBRARY!**

Follow comments at Twitter.com; find great reading suggestions and news on Facebook and Blogspot. Access them all at lakeforestlibrary.com.

### **ACCESS VALUE LINE RESEARCH CENTER FROM HOME OR OFFICE**

The Lake Forest Library now provides remote access to Value Line financial products. Find current and historical reports on companies, plus Value Line's signature timeliness and safety ratings. While retaining our familiar paper copy in the Business Room, the library's newly extended subscription provides convenient use of this valuable information anytime.

### **MANGO LANGUAGES EXPANDS**

Online learning for fluent proficiency in nine languages has been available at Mango Complete through the Library Database Page for more than a year. Now, you can be a quick study for business or pleasure travel. Twenty-two of the world's most used languages are offered under Mango Basic, for the words and phrases you need to get by in another country. Fourteen language programs for foreign speakers to learn English are part of the Mango expansion. Plus, check out the nifty translation tool!

Available to Lake Forest cardholders, the Value Line Research Center and Mango Languages are found through the Library Database Page, [www.lakeforestlibrary.org](http://www.lakeforestlibrary.org).

## *News You Can Use*

### **Unhealthy Habits Alter Thinking, Memory**

If you're having trouble remembering where you left your keys or recalling a word, mull over the number of times and how many years you've continued unhealthy behaviors.

Previous research has linked declining thinking and memory skills with unhealthy behaviors such as smoking, abstaining completely from alcohol, not getting enough physical activity, and not eating enough fruits and vegetables daily. The current study found the more each of the 5,123 adult participants reported these behaviors, the greater their "risk of cognitive deficit."

Over a 17-year period, adult men and women who accumulated the most unhealthy behaviors were nearly 3 times more likely to show poor thinking skills, and about 2 times more likely to have declining memory. Researchers surveyed health behaviors of civil service office workers in London when the workers were 44 (early-midlife), 56 (midlife), and 61 (late-midlife) years old.

After allowing for the impact of age, gender, and social and economic status, the investigators found current smokers more likely to show the lowest memory, verbal, and math-related thinking and reasoning skills at each survey and noted similar findings among non-drinkers versus those who had between 1-14 alcoholic drinks a week, and those who ate fewer than 2 servings of fruits and vegetables each day. Men and women who reported lower levels of physical activity during midlife and late-midlife also showed greater risk for cognitive deficit.

Considering the unhealthy behaviors assessed in the current study are modifiable, the team calls for greater promotion of healthy lifestyles to protect against later-life cognitive deficits.

Source: American Journal of Epidemiology, August 15, 2009

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