

News You Can Use

Rock Your Summer at City of Rockville Camps

Families from all around the metro area can enjoy a wide variety of camps organized by the City of Rockville.

The camp guide is now available and registration is open. Campers will enjoy special experiences throughout the summer, with camps that include theater, rocketry, teen travel, field trips, robotics, art, science, nature, sports and more.

The City's camp program is open to Rockville residents and non-residents. It dates back more than 50 years and provides a memorable camp experience for hundreds of kids each summer. Most camps maintain an 8-to-1 camper to staff ratio, which helps ensure a safe, high-quality program.

New camps this year include Game Day; Pump House Pottery; Young Chefs and More; Art of Nature;

and Reading, Writing and Cooking Camp. Summer Blast, a multi-week camp, is now offered at two locations and offers a new early drop-off option.

View the camp guide at www.rockvillemd.gov/camps and/or pick up a hard copy at City Hall and other City facilities.

Take advantage of our convenient payment plans, early bird discount (through April 8), bus transportation and extended day options. One-week and multi-week and all-day or half-day camps are available.

Register online via Rock Enroll at rockenroll.rockvillemd.gov or in person at City Hall or City recreation facilities. Camps begin the week of June 15 and the camp season runs through Aug. 21.

Learn more at www.rockvillemd.gov/camps or call 240-314-8620. ❖



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Rockville Earns Recognition as a 'Healthiest Employer'

When Rockville's employees are healthy, the City's overall health care costs are reduced and employees are able to remain productive and attend to their work.

The City's efforts to improve employee health have earned Rockville a spot on the "Washington Business Journal's" list of "Greater Washington's Healthiest Employers" for the past four years.

This month marks one year since Rockville started offering a Weight Watchers at Work program to employees at City Hall, and participants in the program have lost a combined total of more than 800 pounds.

The program is just one of many offered through the City's wellness program. From fitness classes at City Hall, monthly blood pressure screenings and body composition analyses, the wellness program is working to ensure that employees stay healthy.

Participating in an annual health assessment gives employees personalized feedback about their health status and a discount on their health insurance premiums. Hillary Hurlbutt, Rockville's health and wellness program man-

ager, has been tracking the numbers for a cohort of City employees since 2011 and has seen improvements in a variety of metrics. Among these employees:

- High blood pressure prevalence fell from 28.2 to 19.2 percent.
- Stress readings fell from 26.3 to 20.5 percent.
- The percentage of smokers fell from 10.3 to 6.4 percent.
- Colon cancer screenings rose from 59.6 to 69.2 percent.
- Flu shots rose from 61.5 to 67.7 percent.

"Studies have shown that healthier employees work more days, stay in their jobs longer and require lower health care costs than employees who are unhealthy," Hurlbutt said. "In turn, the healthier City employees are, the more able they are to attend to the needs of the community. Rockville cares about residents and employees, so that's why the City puts a priority on employee wellness – it's a win-win program."

Learn more about the City's wellness program by contacting Hurlbutt at hhurlbutt@rockvillemd.gov or 240-314-8119. ❖



Academy Offers Info for Doing Business in the City

Register Now for Sessions in March

Rockville business owners, managers and leaders – and those interested in starting a business in the City – are invited to learn about the City through the Rockville Business Academy. Registration for the free, two-day program is now open.

The program will be held from 8-10:30 a.m. March 18 and 25 in the Mayor and Council Chambers at City Hall, 111 Maryland Ave. City staff will lead the sessions.

This is the third year of the program, which will give businesses the tools to operate effectively and thrive in Rockville.

Participants will be able to learn about the following:

- City demographics.

- Planning and development services.
- Refuse and recycling for businesses.
- Best environmental practices for your business.
- Keeping your business and employees safe.
- Commercial code enforcement.
- How to do business with the City.

The program is offered through the City's Neighborhood Resources Division in partnership with the Rockville Chamber of Commerce and Rockville Economic Development, Inc. To register, visit www.rockvillechamber.org.

For more information, contact Hjarman Cordero at 240-314-8344 or hcordero@rockvillemd.gov. ❖

INFO. AT YOUR FINGERTIPS

Get Involved with 'Our Town – Rockville'

The production of "Our Town – Rockville," a Maryland Public Television (MPT) documentary, is giving community members a chance to join the Mayor and Council to tell Rockville's story. Here's how to be involved in this television production:

1. Visit www.rockvillemd.gov/ourtown for updates about the production and a list of topics for participants to document using video.
2. Submit a participation form at www.rockvillemd.gov/ourtown. This page also includes video guidelines and important release forms that participants shooting video must submit before filming.
3. Sign out an MPT-provided handheld video camera from the Recreation and Parks Department office at Rockville City Hall, at 111 Maryland Ave.
4. Use the camera to record video of Rockville's everyday events, people and places. Video cameras may be signed out for two weeks at a time. To inquire about camera availability, to sign out a camera, or for more information, call 240-314-8620.
5. Return the cameras and video to the Recreation and Parks Department office at City Hall. Video footage will be considered for inclusion in "Our Town – Rockville."
6. Watch "Our Town – Rockville," premiering in September on MPT.

Learn more by visiting the City's YouTube channel at www.youtube.com/cityofrockville and searching for "Our Town."

Sharing Rockville's Roads

Rockville's streets are for all road users, and safety is everyone's responsibility. Pedestrian safety is a two-way street – it requires the vigilance of the person walking as well as the person driving the car.

Remember these tips:

When driving:

- It is the law to come to a complete stop behind the solid white line at stop signs and red lights.
- When attempting to make a right turn on red, proceed only after making a complete stop behind the solid white line and yielding to other vehicles and crossing pedestrians.
- Pay attention when making turns on a solid green light – pedestrians may also have the walk signal, which gives them the right of way to cross. Only proceed when it is clear.

When on foot:

- Cross the street at intersections and use the crosswalk if there is one present.
- Follow traffic signals at signalized intersections. Running between cars may shave a few seconds off your travel time, but it is never worth it.
- Be aware of your surroundings at all times. Only cross when it is safe to do so.

Buy Energy-Saving Products and Save on Presidents Day Weekend

Homeowners thinking about upgrading an appliance, replacing a water heater, or even changing a light bulb, can do so tax-free on Presidents Day weekend.

On Feb. 14-16, purchases of the following energy-efficient Energy Star products are free from Maryland's 6 percent sales tax:

- Air conditioners.
- Clothes washers and dryers.
- Furnaces, heat pumps and boilers.
- Solar water heaters (tax exempt at all times).
- Standard-size refrigerators.
- Dehumidifiers.
- Programmable thermostats.
- Compact fluorescent light bulbs.

Learn more about Energy Star products at www.energystar.gov. Learn more about the tax-free weekend by visiting www.marylandtaxes.com and searching "Shop Maryland Energy."

In addition, Pepco offers customers rebates on Energy Star appliances. Learn more at <http://homeenergysavings.pepco.com/appliance-rebate-program>.