



An exciting second season of special events and festivals
is coming to The Lot in Downtown Highland Park! Visit
enjoyhighlandpark.com to learn more.

Vintage Market

June 11, 11 AM- 4 PM

Taste of Highland Park

June 23, 5-10 PM; June 24, 12-10 PM

Bitter Jester Music Festival

June 25, 12-8 PM

World Music and Food Fest

July 15, 12-10 PM

Vintage Auto Show

September 9, 12-4 PM

Oktoberfest

September 30, 12-10 PM

Vintage Market

October 8, 11 AM-4 PM

Stews & Brews (and Blues!)

October 13 & 14, 5-9 PM

The Lot!

July 4, 2023 Planning

The City and Park District are working collaboratively to plan a meaningful slate of opportunities to come together as a community on July 4, 2023.

Green Bay Road Reconstruction

Learn more about the Green Bay Road Reconstruction Project which will extend between Clavey Road and Central Avenue.

Spring Clean Up Begins April 22

Mark your calendar for Lakeshore Recycling Systems' 2023 Spring Clean-up for single-family residential customers only. As a reminder, certain material including electronic waste, yard waste and recyclables will not be accepted.

Snow & Ice Reminders

Snow removal begins with the clearing of the City's main arterial routes, followed by side streets and cul-de-sacs. Sidewalks are plowed only after a snowfall of 4" or more, once streets are cleared. Street parking for more than 15 minutes is prohibited from 2- 6 AM through March 31. Learn more at cityhpil.com/snow.

Highland Park at a Glance



2023 Neighborhood Meetings

The City of Highland Park, School Districts 112 and 113, Park District, Library, Moraine Township, Lake County and other governments serving Highland Park will host several Neighborhood Meetings this spring to meet with residents and discuss community priorities. These opportunities for residents to interact with staff and elected officials in a friendly, informal environment and provide input and feedback will be held in-person on the following dates:

- Wednesday, April 19 at 5:30 PM - Highland Park Public Library, 494 Laurel Avenue
- Monday, May 1 at 1 PM - Highland Park Country Club, 1201 Park Avenue West
- Thursday, May 4 at 5:30 PM - Edgewood Middle School, 920 Edgewood Road

RSVP to [847.926.1000](tel:847.926.1000) / cityhp@cityhpil.com. Access information for virtual meeting attendance will be emailed after registration. Residents may attend any meeting. Spanish translation available.



Green Bay Road Reconstruction Project

As part of the core priority of Infrastructure Investment, the City prioritizes and budgets annually for public improvement projects. One notable project is the Green Bay Road Reconstruction Project. The project entails the reconstruction of pavement along Green Bay Road from Central Avenue to Clavey Road and a number of related improvements. A bike lane is also being considered.

The project is currently in the public engagement stage, and the design has not been finalized. All community members are welcome to share their feedback with the project team via email to egomez@cityhpil.com. The City will continue to provide regular updates in the eNews (cityhpil.com/enews).

A comprehensive Q&A addressing community concerns is available at cityhpil.com/greenbayroad.

A second public meeting will be held on March 2, beginning at 6:30 PM at the Highland Park Police Department (1677 Old Deerfield Road.) Email cityhp@cityhpil.com to register.



Illinois Smoke Alarm Update

Effective Jan. 1, 2023, the Illinois Smoke Alarm Law requires residents to replace old smoke alarms with removable batteries with new appliances which use a long-term, 10-year sealed battery. This does not apply to hardwired alarms.



July 4, 2023 Plans

The City of Highland Park and the Park District of Highland Park are working collaboratively to plan activities for July 4, 2023 that will include a memorial and community walk in honor of the victims, and multiple opportunities for the community to come together throughout the day. The City and Park District will use a trauma-informed approach throughout the planning process, with a goal of balancing diverse community needs. Information will be posted to cityhpil.com/july4 when available.

La Ciudad de Highland Park en colaboración con el Distrito de Parques de la Ciudad de Highland Park comenzarán la planificación de las actividades del próximo 4 de julio del 2023. Las actividades consistirán una ceremonia de memorial y una caminata donde la comunidad pueda participar para darle honor a las víctimas. También habrá actividades para que la comunidad conviva durante el día del 4 de julio del 2023. La Ciudad y el Distrito de Parques tendrá en cuenta llevar a cabo una planificación de actividades reduzcan el nivel de re-traumatización y se aseguran de que haya actividades que sean diversas. Más información será puesta al sitio del internet en cityhpil.com/july4 cuando este lista.



Highland Park Awards

Nominations for the Highland Park Awards are now open! The City welcomes applications recognizing the outstanding achievements and contributions of community members, businesses, and organizations. Nominations may be submitted online at cityhpil.com/awards, and must be received by March 3.

The Historic Preservation Commission is also accepting nominations for the 2023 Highland Park Historic Preservation Awards in five categories: Restoration, Rehabilitation, Adaptive Reuse, Landscape Restoration and New Construction. Nomination forms are available online at cityhpil.com/hpc. Nominations are due Monday, March 20. For more information, please contact Zubin Coleman, City Planner, at zcoleman@cityhpil.com.



Report Potholes

With freeze-thaw cycles occurring this time of year, potholes become a burden for all of us. Help Public Works maintain City streets by reporting potholes via the City's 24-hour Pothole Hotline at [847.926.1178](tel:847.926.1178). Just leave a message with your name, phone number and specific pothole location. Pothole repairs may also be reported at cityhpil.com/service. Repairs are typically addressed within 24-48 hours.



State of the City

Mayor Rotering delivered the annual State of the City address, adapted below, at the January 23, 2023 City Council meeting. Visit citybpil.com/stateofthecity to watch the video or read her remarks in their entirety.

I am pleased to present the 2023 State of the City of Highland Park. I'd like to begin by recognizing my City Council colleagues – Tony Blumberg, Michelle Holleman, Annette Lidawer, Adam Stolberg, Kim Stone, and Andrés Tapia. Our collaborative and respectful partnership has been critical as we have faced the challenges of this past year. The expertise and professionalism of each member of our team has proven to be an enormous asset to our community. Thank you for your dedication and unwavering commitment to the people we represent.

We are all deeply grateful for the leadership and dedication of our staff. We are particularly thankful for the steady leadership of City Manager Neukirch, senior staff, and corporation counsel Steve Elrod. We have been impressed and inspired, but not surprised by the way in which staff have served our community during this difficult time, with many going well above and beyond their usual scope to respond to the tragedy and at the same time, ensuring that day-to-day City business continued with minimal interruption.

The Highland Park shooting was the darkest day in the history of our town. Seven precious lives were taken while dozens of others were injured in under a minute. We keep every one of them and their families in our hearts. Each of us carries the weight of the Highland Park shooting: the unspeakable grief of the families whose loved ones were violently taken from them, the ongoing challenges for all who were injured, the lasting mental and emotional trauma experienced by individuals in attendance, and the consequences this has wrought on us all: residents, business owners and employees,

neighbors, and City staff alike.

The City's new Resiliency Division is staffed with a team of victims' services professionals, who work in partnership with our Police Department Social Worker and Senior Center Social Service Coordinator, and are prepared to assist members of the public and partner agencies in addressing the ongoing needs following the mass casualty tragedy we endured. The Resiliency Division will also provide support with respect to the permanent memorial process.

As a community, we turned our pain into action. Finally, after persevering for ten years, urging those who could do something to take the next step, we welcomed the State of Illinois banning these combat weapons from our state.

What I have come to understand both in my own journey and in speaking with community members of all ages and experiences, is that while our lives changed irrevocably on that day, who we are as individuals, as a community, as one Highland Park did not change. We are a welcoming city, committed to encouraging engagement from all residents and fostering diversity, equity, inclusion and transparency in our government and our policy initiatives. We build partnerships across sectors to assist our neighbors, and seek out opportunities to help others, even when we ourselves are in need of support. These priorities –and more – have not changed. In fact, our commitment to them has only intensified.

Together, as a team of elected officials and professional staff, our goal is always to provide our community with the highest standard of excellence in City administration, regardless of the challenges that come our way. Our commitment to the City's four core priorities – fiscal stability, public safety, infrastructure investment, and community vibrancy – guide us in making decisions large and small.

Nancy R. Rotering

– Mayor Nancy R. Rotering

Thanks to the careful administration of the City's resources, we begin 2023 with a balanced operating budget for the twelfth consecutive year. The City's budget is our most important policy document, identifying the scope of work for a given year, summarizing our transparent approach to fiscal management, and establishing long-term priorities for a sustainable and resilient future. Built on this foundation, we are proud to maintain our Aaa bond rating, the highest rating available and an indicator of our fiscal strength and prudence.

Investing in Highland Park's business community through a variety of attraction and retention efforts continues to be a priority for the City, and in 2022 we listened to the feedback of businesses and residents and created an exciting new seasonal event space in Downtown Highland Park: The Lot. Planning for the 2023 season began in late 2022.

In recent years, the City has invested in building partnerships with sister governments and nonprofit organizations serving our community. We will be forever grateful for their support and collaboration. We appreciate that we are all stronger, more flexible, and more adaptable when we work together to leverage the expertise of our colleagues.

Resident and partner input is vital in all policy initiatives presented for the consideration of the Council. We were pleased to host three Neighborhood Meetings last spring. City elected officials and staff joined with elected and administrative professionals of the other governments serving Highland Park to obtain input from the public to help guide key initiatives going forward and answer questions.

We look ahead to 2023 with complex emotions, but above all, hope. Thank you for your support, your continued engagement, and your trust.

Our Community



Water Service Reminders

Prevent Frozen Pipes Help prevent frozen pipes within your home. Ensure pipes are insulated, especially those located on outside walls, basements, attics, or crawl spaces. Seal drafts and air leaks near water pipes and keep the house heated, even when on vacation. If extreme low temperatures persist, let warm water (*pencil size flow*) run from one of the upper-level faucets. During winter, garden hoses should be disconnected and drained.

Street Salting & Water Quality As part of snow and ice removal, the City applies a combination of salt (*sodium chloride*) and brine solution to minimize salt pollution. The impact to Lake Michigan, the City's drinking water source, is minimal due to controlled application of salt usage and the dilution factor within our sewers and ravines prior to outfall. The City's drinking water has sodium and chloride concentrations well below the recommendation and standard, measured at 12 mg/L and 21 mg/L, respectively.

For info about the City's water supply, contact our Water Production Division at [847.433.4355](tel:847.433.4355) or waterplant@cityhpil.com.



Home Accessibility Program

Community Partners for Affordable Housing (CPAH) can help finance and manage accessibility improvements for seniors and persons with disabilities, such as accessible ramps, grab bars, lifts, roll-in showers, widening doorways, accessible kitchens, and other accessibility health and safety repairs with grants available up to \$20,000. For income eligibility information and to discuss to see if a CPAH program is right for you, call [847.263.7478](tel:847.263.7478).



My Water Use Program

The City's My Water Use program provides a secure, web-based portal with water usage information, leak notices, tailored recommendations and more. Residents can also set water use alerts based on preferences. Sign up using your water account number at mywateruse.cityhpil.com.

My Water Use online portal offers the following features:

- Track your water use
- Set alerts for possible leaks or unusual usage
- Provides you with personalized tips on saving water
- Allows you to set communications preferences

To set up your My Water Use Portal:

1. Visit mywateruse.cityhpil.com
2. Click on Login
3. Enter your Account Number and Zip code
4. Complete the automated registration flow

Although this software is not used for billing purposes, it does utilize billing data to generate helpful information. In cases in which live meter readings are not available, the system will use assumptions based on previously billed usage. Visit cityhpil.com/payonline to view your water billing account and make payments.



April 4, 2023 Consolidated Election

The Consolidated Election for Mayor, City Council, Park District, School District, and other officials will be held on Tuesday, April 4. On Election Day, polls will be open from 6 AM until 7 PM. If voting on Election Day, voters must vote at assigned polling places. To find your assigned polling place, visit LakeVoterPower.info.

Early voting will be held from March 20 - April 1 at the Highland Park Public Library, 494 Laurel Ave. Early voting hours are Mon. - Fri., 9 AM - 5 PM; Sat., 9 AM - 2 PM. Visit hplibrary.org for more information and to view a map of convenient, free parking. During early voting, Lake County voters may vote at any early voting location.

Voters may request a mail-in ballot at LakeVoterPower.info. Voted mail-in ballots must be post-marked by Election Day, or returned to a secure dropbox by 7 PM on Election Day. For a list of dropbox locations, visit LakeVoterPower.info.



Forestry Reminders

Monitor & Take Action on Private Diseased or Dead Trees

Diseased or dead trees located on private property should be assessed by a Certified Arborist, especially those with destabilizing root decay that may become hazardous.

A Tree Removal Permit is required for removal of any tree with a trunk diameter greater than 8 inches as measured from 4.5 feet above the ground. There is no fee charged for a permit to remove a dead, dying, or diseased tree. Learn more about Tree Removal Permits at cityhpil.com/trees.

Green Bay Trail Call for Volunteers

Since 2017, the City has been removing invasive plants along the Green Bay Trail (Robert McClorey Bike Path) and replacing them with pollinator habitat of native wildflowers, shrubs and trees. Volunteers and students are needed for further restoration efforts and to provide more opportunities for community stewardship.

For information on Tree Removal Permits, or to volunteer for the Green Bay Trail Beautification project, please contact Ben Miller, City Forester, at [847.926.1179](tel:847.926.1179) or bmiller@cityhpil.com.

Community Calendar

The Art Center Highland Park

TheArtCenterHP.org

1957 Sheridan Road / 847.432.1888

February Youth Art Month - North Shore District 112

Open: February 15 - 25

BE-Longing: The Work of Indira Johnson (Center Gallery)

Open: March 3 - April 8

What Does Freedom Look Like (Cindi Elkins Gallery)

Open: March 3 - April 8

Gallery Hours 10 AM - 4P M, Mon - Sat

How is freedom defined and expressed through visual form? What does it look like to the individual, the community, or the world? How does an artist express freedom? Often looked at in political terms, freedom of expression is foundational in a democracy. "Without it, it is not difficult for a culture to descend into authoritarianism, fascism, and dictatorship." Social activist and artist, guest Juror Indira Johnson, will select works with wide interpretation.

Highland Park Historical Society

Virtual via Zoom & in-person at the HP

Library Auditorium, 494 Laurel

Register in advance

archives@highlandparkhistory.com

Brick by Brick: A History of the Naval Station Great Lakes

Wednesday, March 1, 7 PM

"Brick by Brick" explores the history of Naval Station Great Lakes, from its founding in 1911 through two world wars, the develop-

ment of modern warfare technology and its current role as the home of Recruit Training Command, the U.S. Navy's only boot camp. This is a presentation of the National Museum of the American Sailor.

Highland Park Players

www.HighlandParkPlayers.com

"Be Our Guest: A Culinary Cabaret!"

Saturday, March 4, 7 PM

Sunday, March 5, 2PM

Highland Park Community House

1991 Sheridan Road

The Highland Park Players present this food-themed cabaret featuring the North Shore's best kids talent aged 5-18! Live music, cocktails and desserts!

Highland Park Poetry

HighlandParkPoetry.org

Mary Beth Bretzlauf and Paul Buchheit Reading & Poetry Open-Mic

Saturday, March 11, 4 PM

Laughlin Gallery, 1900 Sheridan Road

Poets may bring up to 3 poems to share.

Pilgrim Chamber Players

pilgrimplayers.org

Magnificent Brahms Concert

Sunday, March 19, 3 PM

Highland Park Community House

1991 Sheridan Road

Cost: \$20 adult & \$10 student

847.433.0979

PilgrimChamber@gmail.com

This concert includes Clara Schumann's

Three Romances for Violin and Piano, Op.22 as well as two pieces by Johannes Brahms, Cello Sonata No. 1 in E minor and Piano Quartet No. 3 in C minor.

Uptown Music Theater

of Highland Park

UMTHP.org/up2

Auditions for The Addams Family

Spring Dates TBD

West Ridge Center, 636 Ridge Road

For specific audition information, dates, and sign up, please visit <https://www.umthp.org>

UMTHP will hold non-equity auditions for "The Addams Family", its July 2023 production at Northwood Theater in Highland Park. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family— a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before— keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents. Seeking actors, singers, and dancers for all roles.

Community Partners for Affordable

Housing - cpahousing.org

Buy an Affordable Home in HP!

Attend a virtual session to learn about the program and to apply. Upcoming dates: Wednesday,

March 8 and Wednesday, April 12, at 6 PM

Register at cpahousing.org/class-registration



Take Action to Prevent Vehicle Burglaries and Thefts

Reports of vehicle burglaries and thefts are on the rise in our area. Although this national trend is not unique to North Shore communities, it is an area of concern and focus for the City of Highland Park. Vehicle thefts and burglaries frequently occur when vehicles are unlocked with keys or fobs left inside. It is critical to lock vehicles, even when parked in the driveway or garage, and to remove keys and key fobs from the vehicle. Visit cityhpil.com/9PM to learn more about actions you can take to prevent vehicle thefts and burglaries. Residents may also contact their Police Beat Coordinator (cityhpil.com/pbc), who can arrange a visit to provide safety recommendations.



Rental Registration Reminder

Residential rental property owners are required to register their units with the City by April 1 each year. Contact information assists the City in its delivery of emergency and code enforcement services. For those who registered a property last year, renewal notices are mailed at the end of February. Please use your renewal notice to register again for 2023.

To register a property for the first time, please visit the City's website at cityhpil.com/rentalregistration and complete a full application. Questions? Call Community Development at 847.926.0808.

Our Community



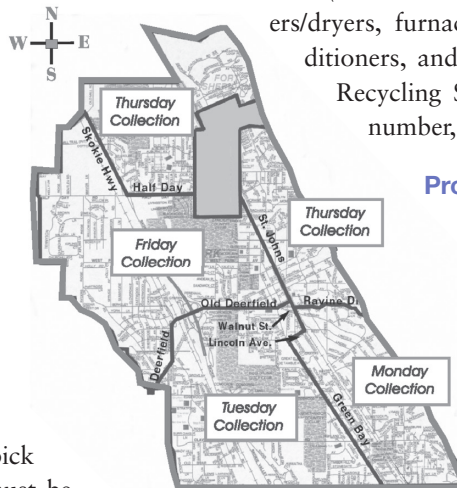
Spring Clean-Up Begins April 22

The City's annual Spring Clean-Up Program will be offered by Lakeshore Recycling Systems on four consecutive Saturdays beginning April 22 and ending May 13, coinciding with residents' primary refuse collection day (*the day both garbage and recycling are collected*). Items must be placed at the curb no later than 7 AM on collection day. ***This program is for single-family residential customers only.***

To keep City streets clean, please do not place any material out for collection earlier than one week prior.

Oversized Items

Lakeshore Recycling Systems will pick up all allowed oversized items that are placed at the curb during Spring Clean-Up. Only 1 cubic yard of construction material will be accepted. To discard waste from a do-it-yourself project, please make sure that the material is bundled so that one person can pick it up and place it in the truck. Carpeting must be rolled and should not exceed the weight that one person can carry. Waste material generated by general contractors will not be accepted.



For Single Family Residences Only:		
Area	Collection Day	Spring Clean-Up Day
SE	Monday	Saturday, April 22
SW	Tuesday	Saturday, April 29
NE	Thursday	Saturday, May 6
NW	Friday	Saturday, May 13

Appliances

Residents with appliances for collection such as refrigerators/freezers (doors must be removed), stoves, dishwashers, washers/dryers, furnaces/boilers, hot water heaters, air conditioners, and microwave ovens must call Lakeshore Recycling Systems at **844.633.3577** (new toll-free number, **844.NEED.LRS**) for a special pick-up.

Prohibited Items

The following items will not be accepted: regular garbage; yard waste; debris generated by landscapers, tree trimmers, or contractors; demolition material from fences, roofs, or exterior building debris; rubber tires; batteries; and oil and household hazardous waste such as paint, pesticides, or pool chemicals.

Visit cityhpil.com/springcleanup to learn more about acceptable materials. For additional information, call **847.926.1000** or email cityhp@cityhpil.com.



Moraine Township Services

Free Income Tax Preparation for Low- and Moderate-Income Taxpayers

Moraine Township is pleased to again offer free income tax return preparation to low- and moderate-income taxpayers. Under the Volunteer Income Tax Assistance (VITA) Program, the Township partners with the IRS to train and certify volunteers to prepare basic returns.

The program will run through April 15, 2023, and is available to taxpayers with basic tax returns and adjusted gross income of \$60,000 or less.

Interested taxpayers should leave a mes-

sage at **847.780.6644** and a volunteer will return their call and get them started, or bring their tax documents Saturdays between 9 AM and noon to the Moraine Township office, 800 Central Avenue. To learn more about the program, visit morainetownship.org.

Taxpayers do not need to be Moraine Township residents to participate in this program, but are required to show photo IDs for each spouse and original Social Security cards or ITIN letters for both spouses and all dependents.



Please Help Us Keep Our Shelves Stocked



If you are shopping for your family, please consider picking up an extra item

for the pantry. You can drop off at the Township office, 800 Central Avenue, Monday to Friday 8:30 AM to 5:30 PM.

Visit moraine-township.org to see our current list of most needed items.



Please note that the above is submitted, written and edited by Moraine Township and does not reflect the views or opinions of the City.

Highland Park Senior Center

1201 Park Avenue West
847.432.4110
www.cityhpil.com/seniorcenter

Monday - Thursday, 9 AM - 4 PM and Friday, 9 AM - 1 PM

Excursion: Driehaus Museum & High Tea at the Drake

Explore the magnificent Driehaus Museum, followed by High Tea at the Drake Hotel. Fee includes museum admission, high tea, transportation, and trip leader.

Driehaus Museum & Drake Hotel, Chicago

Friday, April 21 / Bus departs at 9:15 AM & returns at approximately 3:15 PM

Fee: \$120 / NM: \$140

Art Around the World (Zoom)

Participants will virtually visit a different museum from around the world to learn about the masterpieces housed within. Instructor Paige Brevick discusses multiple art movements, artists, and historical periods. Each class will have time for discussion and questions. This program is presented in partnership with The Art Center and is sponsored by NorthShore University HealthSystem.

Day/Dates: Fridays, February 24 – March 24 (5 classes) from 9 – 10 AM

Fee: HPSC Members Only: \$35

Triple Fit Exercise

Carol King brings three fitness elements together in this exciting new class: standing cardio (low impact), strength training using weights or resistance bands, and balance for a total body work out! Participants should be able to get on the floor for additional training exercises. Level 3.

Day/Dates: Fridays, 3/10 – 4/28 (8) from 9:00 – 10:00 AM

Fee: \$56 / NM: \$76

Beginning Conversational Spanish (Continued)

Hola Amigos! Certified Spanish teacher Leslie Fenster teaches students the fundamentals of Spanish in a fun and supportive environment. Class will focus on speaking, listening, and vocabulary. Please call 847.432.4110 to determine if the continuing Beginner level is right for you.

Day/Dates/Time: Fridays, 3/3 – 4/28 (9) from 9:30 – 10:30 AM

Fee: \$63 / NM: \$83

Rules of the Road: Drivers Test Prep

Designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. This review course combines an explanation of the driving exam with a practice written exam.

Day/Date/Time: Thursday, March 9 from 10 AM – 12 PM

Fee: Free, open to all

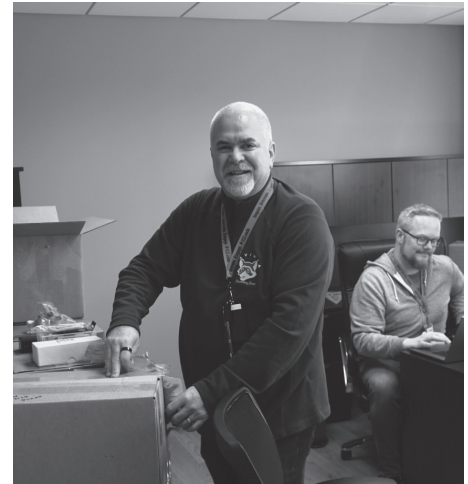


District 112 Moves Administrative Headquarters



After spending decades headquartered at the Green Bay School site at 1936 Green Bay Road, the District 112 administrative offices began its move on February 3 to 445 Sheridan Road in Highwood (Viti Insurance building) with the move to be officially completed on February 13. The move comes as Green Bay is prepared to be used as a swing site for schools after the passage of the fall 2022 referendum that will fund Phase 2 of the District's Long-Range Facility Plan. Ravinia Elementary School will temporarily move to the Green Bay School site after the school year in June 2023.

District 112 Board of Education meetings will continue to be held in the board room at Green Bay for the time being. The final plans for the administration will be part of Phase 3 of the Long-Range Facilities Plan.



Other upcoming projects include:

Preparing Elm Place for Indian Trail Temporary Relocation

Elm Place School will become a "swing site" for Indian Trail, just like it did for Northwood and Edgewood in Phase 1.

Warehouse moving to make room for the Central Production Kitchen

Contents of the current Warehouse located at the parking lot at Indian Trail will be relocated offsite. The Warehouse is going to be transformed into the Central Production Kitchen.

Early Childhood Center moving to Lincoln School in July

The permanent home of Early Childhood Center will be determined in Phase 3.

For more information visit nssd112.org for more information.

District 113 | Yale's Dr. Marc Brackett Presents Parent/Guardian Survey



Dear District 113 Community,

For those of you who follow the news, have you ever thought of the connection between your relationships and your work and how the news makes you feel? If you follow the news, then you know what I am talking about. What is happening in the world around us does not leave us feeling pleasant. Behind what we hear in the news are real people enduring things that are terrible and worse. We know that not only because our community was in the news on and after July 4, but because we know people from that event whose stories have made and continue to make a profound impact in our lives.

According to research psychologist Dr. Marc Brackett, Ph.D., founder and director of the Yale Center for Emotional Intelligence and Professor in the Child Study Center at Yale, emotions impact a person's attention, memory, learning, decision making, relationship quality, physical and mental health, performance, and creativity. This research applies to all of us, but as a school district we are most interested in our students, who in addition to what they see in the world they are about to enter have their own worlds of concern.

That's why District 113 has been working with Dr. Brackett from Yale to ask our students, families and staff how they are feeling and what they need to feel supported. Additionally, to work to provide an education that more fully meets the aspirations we have for our students, we have asked our staff and current D113 parents and guardians, as well as parents and guardians of our incoming ninth graders, what they want for their students five years after high school graduation. These priorities will drive our work in District 113 as we set long-term goals to align with them and metrics to track our progress.

On February 21, Dr. Brackett will be onsite to share a presentation specific to staff. I am pleased that District 113 is able to extend the opportunity for parents and guardians to hear directly from Dr. Brackett as well later that evening. He will be sharing the results of the parent survey and discussing the critical role of social and emotional learning in achieving well-being and success in school and life. All are welcome. The event is free but registration is required.

This is not the first time I have written about the importance of students' social and emotional skills. We know as adults that our personal and professional relationships are stronger and our work is better when we have the skills to cope with the complexity and stress that just comes from living in 2023. In District 113, we committed to developing, as Marc Brackett says, "the principles, tools, and strategies that build self- and social-awareness, healthy emotion regulation, and responsible decision making" so students can be successful in high school and beyond.

Be well.

Bruce Law, Ed.D.
Superintendent of Schools

D113 Parent Survey Results and the Critical Role of SEL

Dr. Marc Brackett
February 21, 2023
Highland Park High School Auditorium
7 PM

More information will be posted online at dist113.org/Feb21

Park District of Highland Park

Please note that this page is submitted, written and edited by the Park District and does not reflect the views or opinions of the City.

YOUR FITNESS JOURNEY: HOW TO START ON THE ROAD TO A HEALTHIER, HAPPIER YOU!



RECREATION CENTER
of Highland Park

It's easy to be overwhelmed by the options and images you conjure up when thinking about starting a fitness routine. *Do I want to lose weight? Do I want to take a class? Do I want to become stronger, more mobile, more active, more... and will I have to jump rope? Because I really don't think I can jump rope.*

Trust us... you're not alone. We've heard every permutation, every reason why and every excuse why not—most of us who are in the fitness world have asked and hesitated and started and stopped just like you. We have some answers for you. 3 simple ones to start, and more if you're intrigued. Ready? Here we go.

1. SET A GOAL.

- **Lose weight.** It's on almost everyone's list. Good. What else?
- **Be more flexible, move more easily.**
- **Strength.** Being stronger overall is a great goal. Having some strength training in your routine is popular because it's important. There are several reasons, and we'll get to those.
- **Mind-Body Health.** It's a real thing: get better sleep, feel less pain, be less anxious.

Most of setting a goal is up to you, but we can help you focus on what might be most important for you, how to start, and what comes next. Jodi DiTomasso, Manager of Fitness at the Fitness Club & Recreation Center of Highland Park, says this about the benefits of strength training: Want to lose weight? Strength training is one of the best ways to burn fat. Want to counter the natural effects of aging? Strength training helps defeat losing muscle mass. Want to avoid injury, improve your core, stamina, and balance? You must strength train.

SHAMELESS PLUG: The personal trainers and group fitness instructors at the Fitness Club are pros at adding a full body strength training component to your workout. They'll ensure you're using proper form and the right amount of resistance.

2. SET YOURSELF UP FOR SUCCESS

Having nothing to lose is not a recipe for success. You need some skin in the game. When you purchase a membership at the Fitness Club you've committed a couple of important things: your time and your money. Both of those are powerful motivating factors. Your commitment to a healthier, happier you comes with some instant rewards: A caring, supportive fitness community. A boatload of terrific equipment, and our expert advice on how to use it to your best advantage. Options for a variety of group classes, one-on-one personal training, and unlimited use of the amenities in our beautiful facility.

3. FOCUS ON BALANCE

Life balance. Easier said than done? Jodi says it might help to think of starting your fitness journey the same way you would any other life-changing moment. Like moving to a new home. "Three simple steps can make the transition foolproof", she said. "Plan. Organize. Set deadlines."

Why the Fitness Club & Recreation Center? Jodi and the staff LOVE to motivate people. Their passion and enthusiasm are palpable. The members are great; they support each other. They hold each other accountable, in the nicest way, so you really feel a part of the fitness community. It's unlike any other fitness center you'll ever walk into: warm and welcoming no matter where you are on your journey.

PRO TIP: A LIFE-CHANGING STORY

Jodi, our Fitness Manager, actually started her journey at the Fitness Club. It's a great story.

"When I decided to start working out, I wrote myself—my old self—a letter. I told her it was time for her to move on. Time to pack up and leave. A sort of eviction notice, or a break-up letter telling her that our relationship just didn't work anymore. It wasn't healthy, mentally or physically. I wasn't mean. I gave her a reasonable amount of time to leave, but she was clearly on a deadline. I was planning. I was organizing. I welcomed my new self in, and made a checklist to keep track of my progress. I stuck to the plan. And I looked at that letter whenever I needed reassurance. It worked for me. (I've kept that letter for all these years. I take it out and read it from time to time. It makes me laugh. It makes me happy.)"

Maybe you don't think a letter is the thing for you. Then again, it just might be. If you're ready, set a goal or two. Make a checklist. Call us or stop in for a tour. We're here, willing and able to help you get started on a personal fitness journey to a healthier, happier you!

FIND THE MEMBERSHIP
THAT IS RIGHT FOR YOU!



Park District of Highland Park

Please note that this page is submitted, written and edited by the Park District and does not reflect the views or opinions of the City.

Please join the
PARKS FOUNDATION *of* HIGHLAND PARK

Champions GALA & CHARITY AUCTION

Wed, March 15, 2023 | 6:30pm
Studio One | 1799 Green Bay Rd

Join the Parks Foundation of Highland Park for its fifth annual "Champions Gala and Charity Auction" featuring guest speaker Chris Chelios, former Chicago Blackhawks player and Hockey Hall of Famer.

Every year, hundreds of Highland Park and Highwood kids participate in Park District athletics programs to become champions at building their skills and love of the sport as well as learning the value of good sportsmanship. The Champions Gala celebrates the dedicated coaches who deliver these great experiences for our community's youth with a memorable evening and raises funds for the Parks Foundation scholarship programs so less fortunate kids can have the same great sports experiences.

PURCHASE TICKETS | \$175

Enjoy a glamorous evening of signature cocktails from our open bar, phenomenal hors d'oeuvres, exciting game of chance raffles to win up to \$100,000, and of course our featured guest; Blackhawk's legend Chris Chelios. The night's live auction will feature fabulous trips, dining experiences, one-of-a-kind items, and memorabilia.

ONLINE AUCTION BEGINS MARCH 1!

Participate in the Champions Gala online auction including extravagant trips, luxury dining experiences, tickets to sporting events, one-of-a-kind sports memorabilia, private wine parties, golf packages and more.



Proceeds will fund camp & recreation scholarships for Highland Park & Highwood families in need.

Featured Guest:
CHRIS CHELIOS
Chicago Blackhawks
Hall of Famer

**PURCHASE
TICKETS NOW!**



CAMP

FIND YOUR ADVENTURE

TIME IS RUNNING OUT!

REGISTER FOR
SUMMER CAMP
BY TUE, FEB 28 AND
SAVE UP TO \$100!



EVENTS & ACTIVITIES Register at pdhp.org

Fri, Feb 17 | 5:30-7pm | FAMILY ART NIGHT | Ages 3+

\$15, West Ridge Center, 636 Ridge Rd
Let your creativity run wild with this family event!

Sun, Feb 19 | HIGHLAND PARK STRINGS: ANNUAL BENEFIT GALA CONCERT | 3-5pm | All Ages

\$40, Ravinia Festival, 301 Ravinia Park Rd
The Strings' Annual Benefit concert in the intimate and acoustically perfect Bennett-Gordon Hall at Ravinia is the highlight of the season. **For tickets, call 847.831.3622.**

Mon, Feb 20 | 10am - Noon | SCIENCE & SNOW MADNESS | Ages: 6-10

\$33, Heller Nature Center, 2821 Ridge Rd
Fun and science in the snow at Heller Nature Center!

Mon, Feb 20 | 12:30 - 2:30pm | TRACKS AND TRACES | Ages: 6-10

\$33, Heller Nature Center, 2821 Ridge Rd
Come see if you can decipher the tale of the unseen creatures in Heller's woods by following the clues they leave behind.

Sat, Feb 25 | 6-8pm | FAMILY TENNIS NIGHT | All Ages

\$38/family, Deer Creek Racquet Club, 701 Deer Creek Pkwy
Bring your family and enjoy a night of tennis, pickleball and wallyball. Pizza provided.

Sun, Feb 26 | 10-11am | PAGE TO STAGE | Ages 6+

\$22, West Ridge Center, 636 Ridge Rd
This unique way of storytelling essentially brings stories to LIFE! Be prepared to be swept away into the magical worlds of beloved children's books.

Thu, Mar 2 | 9:30-10:30pm | DR. SEUSS' BIRTHDAY BONANZA | Ages: Up to 5 years

\$15, West Ridge Center, 636 Ridge Rd
Join us to celebrate the birthday of one of the most famous children's authors of all time.

Sat, Mar 4 | 10am-12:30pm | MAPLE SYRUP HARVEST | Ages 6-Adult.

\$12, The Preserve of Highland Park, 1207 Park Ave W
Take a short hike to learn about how to identify the right tree, know when trees are ready, how to tap a tree, and the process of making sweet syrup.

Tue, Mar 7 | 10-11:15am | NOISY NESTS | All Ages

\$6, Heller Nature Center, 2821 Ridge Rd
It's spring and the time for birds to make nests! Join us in making bird nests, seeing some cozy nests up close, reading, and interacting with "A Nest is Noisy" by Dianna Hutts Aston.

Wed, Mar 15 | 6:30-9pm | PARKS FOUNDATION'S 5TH ANNUAL CHAMPIONS GALA | All Ages

\$175, Studio One, 1799 Green Bay Rd
Enjoy a glamorous evening of signature cocktails from our open bar, phenomenal hors d'oeuvres, an exciting game of chance to win up to \$100,000.

Fri, Mar 17 | 5:30- 7pm | FAMILY ART NIGHT | Ages 3+

\$15, West Ridge Center, 636 Ridge Rd
Let your creativity run wild with this family event!
Register at pdhp.org.

Sun, Mar 19 | 10am-11:15am | CLOVERS & SNAKES | Ages 6-Adult

\$12, Heller Nature Center, 2821 Ridge Rd
Join us for a short walk, crafts, and learn about the truth of St. Patrick, and the amazing reptiles he is said to have banished.
Register at pdhp.org.

SPRING BREAK FUN

Mon, Mar 27 - Fri, Mar 31 | 9am- Noon | JUNIOR SPRING BREAK TENNIS CAMP | Ages 7-14

\$45/200 (per day/week), Deer Creek Racquet Club, 701 Deer Creek Pkwy
Get out of the house and hit the courts this spring break!

Mon, Mar 27 | 10am - Noon | SASQUATCH HUNT | Ages 6-10

\$34, Heller Nature Center, 2821 Ridge Rd
Come investigate fur, footprints, smells, and bones that have us wondering if this sci-fi creature really exists!

Mon, Mar 27 | 12:30 - 2:30pm | FOREST GAME SHOW | Ages 6-10

\$34, Heller Nature Center, 2821 Ridge Rd
Watch as Heller Nature Center and the surrounding woods become a game show studio!

Tue, Mar 28 | 10am - Noon | SCALES AND FEATHER | Ages 8-10

\$34, Rosewood Beach, 883 Sheridan Rd
Join us to look for birds on the beach, observe feathers and scales, and learn about these ancient reptiles and the birds of today.

Tue, Mar 28 | 12:30-2:30pm | DINO DIG | Ages 6-10

\$34, Rosewood Beach, 883 Sheridan Rd
Make a discovery as we excavate the sand in search of fossils and dinosaur eggs.

Wed, Mar 29 | 10am - Noon | NATURE NINJAS | Ages 6-10

\$34, Heller Nature Center, 2821 Ridge Rd
Join us on our forest obstacle course testing your strength, balance, and wit.

Wed, Mar 29 | 12:30 - 2:30pm | CRATE CLIMBING CHALLENGE | Ages 8-15

\$34, Heller Nature Center, 2821 Ridge Rd
While harnessed in and on a belay system, stack and climb up milk crates as high as 25 feet

Thu, Mar 30 | 10am - Noon | HABITAT HEROES | Ages 6-10

\$34, Rosewood Beach, 883 Sheridan Rd
Become a Habitat Hero by helping us build habitats with shelters, food, and water, for animals and insects.

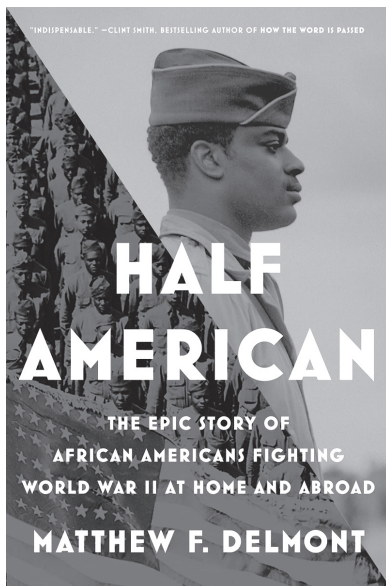
Thu, Mar 30 | 12:30-2:30pm | OUTDOORS MAKERS LAB | Ages 6-10

\$36, Rosewood Beach, 883 Sheridan Rd
Join our outdoors makers lab focused all on waterpower!

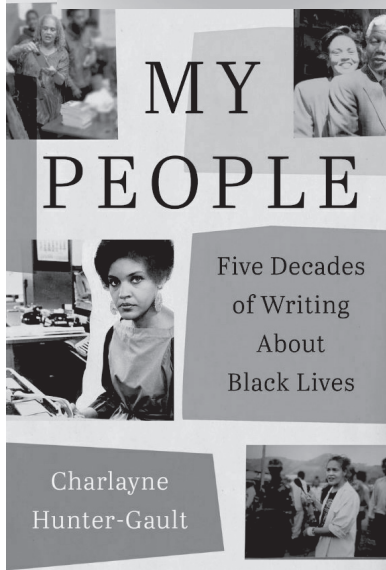
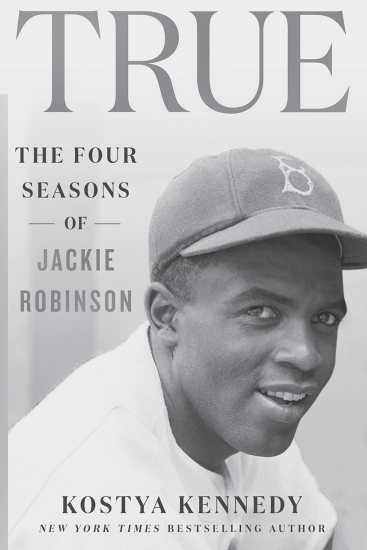
Enriching community life through healthy leisure pursuits and an appreciation of the natural world.

636 Ridge Road | Highland Park, IL 60035
847.831.3810 | pdhp.org





Celebrate Black History Month And Women's History Month With This Selection Of Books

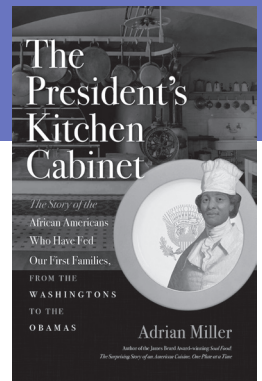


Cookin' With Books

***The President's Kitchen Cabinet: The Story of the African Americans Who Have Fed Our First Families, from the Washingtons to the Obamas*, by Adrian Miller**

Thursday, February 16, 7 PM

James Beard award-winning author Adrian Miller joins us to celebrate Black History Month and President's Day. His book shines a light on the African Americans who worked as chefs, personal cooks, butlers, stewards, and servers for every First Family and includes recipes. Check out the book, try out a recipe, and join us and Adrian Miller on Zoom. Register at hplibrary.org/events.



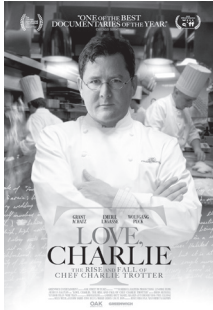
Library of Things



You can find more than 150,000 books at the Library, along with DVDs and CDs, but our Library of Things has plenty of other items to check out — from **ukuleles** to **mobile hotspots**, **GPS devices** to **projectors** and a **podcast kit**. Need to borrow a **walker** while in the Library? Check that out, too, from the Library of Things.

To mark Low Vision Awareness Month, we're introducing the newest item in the Library of Things — a **portable desktop digital magnifier** that also converts text to speech for use in the Library.

Coming Attractions!



Love, Charlie Film Screening With Director Rebecca Halpern

**Wednesday, February 22
7 PM**

Love, Charlie portrays the rise and fall of chef Charlie Trotter, who

revolutionized American cuisine and paved the way for today's celebrity chefs. His eponymous Chicago restaurant was one of the world's top dining destinations. With exclusive access to never-before-seen material, Halpern's film reveals Trotter's relentless pursuit of excellence.

Director Rebecca Halpern joins via Zoom to introduce the film and for a post-screening Q&A session.

Register at hplibrary.org/events and join us at the Library.

Sponsored in part by the Friends of the Library.

A Night at the Oscars

Wednesday, March 8, 7 PM

Michael Phillips, *Chicago Tribune* film critic, discusses the Academy Awards, shares his predictions, and shows clips of the nominated films and stars.

Sponsored by the Friends of the Library with funding from the Jack Miller Family Foundation.

Reinventing the Film Musical

Sundays, February 19, March 19, 2 PM.

Bob Coscarelli, professor emeritus at College of Lake County, discusses the dramatic changes that were occurring in the film industry in the 1960s by looking at a new style of film musicals. Join us for a screening of a musical followed by a discussion.

Sponsored by the Friends of the Library with funding from the Jack Miller Family Foundation.

Invisible Warriors

This film shares the experiences of a group of women who represent the 600,000 Black women who fled their lives as domestics and sharecroppers to work in factories and U.S. government offices during World War II. These women share their wartime memories, recounting their battles against racism at home, Nazism abroad, and sexism everywhere.

Documentary historian and producer of *Invisible Warriors*, Gregory S. Cooke, joins us to introduce his film on **Sunday, March 5, at 2 PM**, and for a conversation and Q&A session on **Wednesday, March 15, at 7 PM**. Join us on Zoom for these events.

Stream the film on YouTube from March 5 – 15. Register at hplibrary.org/events for the March 5 or March 15 event to receive a link for the film.

Presented with multiple Illinois libraries and the College of DuPage.

Meet The Authors

Join us on Zoom.

Register at hplibrary.org/events.

**The Weird & Wonderful
World with Mary Roach**
Wednesday, March 1, 7 PM

**Danny Trejo Talks
Tacos, Hollywood,
and Redemption**
Tuesday, April 4, 7 PM

These events are made possible by Illinois Libraries Present, a statewide collaboration among public libraries offering premier events.

**At Home in Chicago:
A Living History of
Domestic Architecture**

Friday, February 17, 1 PM

Architectural historian Patrick Cannon presents a look at Chicago's history through different home styles. From log cabins to modern homes, get an intimate look at the interiors and exteriors of some of Chicago's most striking homes and private residences that reveal the city's history.

Join us at the Library.

**Take a
series of
classes
and learn
something
new.**



Try practicing meditation, learn how to play canasta or mah jongg, or try poetry or memoir writing. Register now at hplibrary.org/libraryu.

Library U is a continuing adult education program made possible by the generous support of the Alvin H. Baum Family Fund. Fees apply for classes.

Highland Park Public Library

847.432.0216 hplibrary.org

Please note that this page is submitted, written and edited by the Highland Park Public Library and does not reflect the views or opinions of the City.

Fun for Kids!

Registration required. Register at hplibrary.org/events.
Se requiere registro. Regístrese en hplibrary.org/events.

Raise a Reader With Spring Storytime Sessions

March – May



Register now at the Youth Services desk or by calling 847-681-7030.

Storytime sessions feature activities designed to foster pre-reading skills.

Baby Booktime

1st & 3rd Fridays
10 – 10:30 AM
or 1 – 1:30 PM.
For babies up to 18 months accompanied by a caregiver.

ROCK & READ

1st & 3rd Thursdays
10:30 – 11 AM or
11:30 AM – 12 PM.
For toddlers accompanied by a caregiver.

Storytime Live!

2nd & 4th Mondays
10 – 10:30 AM.
For ages 3 – 5 accompanied by one caregiver.

Sábado Morning Stories

Saturdays, February 18, March 18, April 15, 10 – 10:30 AM.
For Families with children up to age 5.

Join us for a bilingual family storytime! Enjoy stories and songs in Spanish, English, or both!

Sábados, el 18 de febrero, 18 de marzo, 15 de abril.
10 – 10:30 AM. Para familias con niños hasta 5 años.

¡Acompáñanos para un tiempo de cuentos familiar bilingüe!
¡Disfruta cuentos y canciones en español, inglés, o los dos!

PJ Storytime

Monday, February 20
6:30 – 7 PM.

Stories are best suited for ages 3 – 5, but all ages are welcome!

Put on your jammies and head on over to the Library for a fun family storytime featuring stories, songs, and more!

Elephant & Piggie Day

Wednesday, February 22
4:30 – 5:30 PM.

For ages 7 and younger accompanied by a caregiver.

Celebrate friendship with everyone's favorite pachyderm-porcine duo: Elephant and Piggie! Play games, color, and more.

Drop-In Chess

Fridays, February 24, March 10
3:30 – 5:30 PM. Ages 7 – 14.

Drop by for chess! Bring a friend or play someone new! Pick up books and handouts to help develop your chess skills.

Paint-A-Long

Saturday, February 25, 12 – 2 PM.
Ages 5 – 12.

Learn how to paint a warm landscape. Dress for mess!

Panel to Panel: A Graphic Novel Book Club

Tuesdays, February 28, March 28
4 – 5 PM. Grades 4 – 7.

Graphic novel fans, join us to discuss *Wingbearer*, by Marjorie Liu, in February and *The Leak*, by Katy Reed Petty, in March. We'll wrap up with a fun activity! Stop by to pick up a swag bag with a copy of the book!

Sensory Bins

Saturdays, March 11, April 8
Drop in from 10 AM – 12 PM.
For babies – five-year-olds.

Explore sensory bins with your little ones! Sensory play allows kids to connect ideas with concrete experiences, strengthen neural pathways, and build motor skills. Plus, who doesn't like squishy, smooth, textured, crunchy, colorful, and smelly stuff?

Homeschool Group

Tuesdays, March 14, April 4
12 – 2 PM.

Join us for a monthly meetup and activities just for homeschooling families.

**ECRWSS
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City of Highland Park
1707 St. Johns Avenue
Highland Park, IL 60035

o 847.432.0800
f 847.432.7625

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cityhp@cityhpil.com



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Editors
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Jennifer Dotson

For more information about
City services, please visit cityhpil.com
or call 847.926.1000



Business

ENJOY

highland park

Sponsor-a-Planter Program

Through the Sponsor-a-Planter Program, the City of Highland Park offers community members an opportunity to beautify the City's Central Business District and the Ravinia District by sponsoring one or more available planters during the summer and fall seasons.

Sponsors may choose to be recognized on a 5"x7" placard featured in the planter, or they may choose to recognize or memorialize an individual or family. Sponsors will also be recognized on the City's website.

To participate, sponsors pay an annual fee to the City for the flower planting and maintenance as well as the addition of the 3"x5" plaque for one season (May—Nov).

Visit cityhpil.com/seasonalplanters to learn more about the program and download the application form. Please contact the Office of Business Development with questions at 847.926.1027.



Business Report

NEW BUSINESSES

Car Hunter Express
3088 Skokie Valley Road
907.957.4903
www.carhunter.today
Used Car Sales

Highland Tobacco N' Vape
1821 Saint Johns Avenue
773.677.9777
Cigar, Vape Tobacco & Accessories

Ozmun Home
1898 Sheridan Road
847.748.4568
www.ozmunlaughlincollective.com
Home Store

Smoke Shop
492 Old Elm Road
847.863.6169
Tobacco Store

Blair Schmidt Architecture, PLLC
1736 First Street
847.926.7332
www.blairschmidtarch.com
Architecture & Design Firm

Fonseca Martial Arts
482 Central Avenue
847.866.0200
www.fonsecamartialarts.com
Martial Arts

Mariani Landscape
1920 Sheridan Road
847.810.6700
www.marianilandscape.com
Landscape Design Studio

Reactive Performance Enhancement Center
1876 First Street, Unit 2
847.951.0630
www.reactivepec.com
Personal Training and more

NEW ADDRESS
SmileDirect Club
1883 Second Street
800.688.4010
Dental Service Consultation

NEW OWNER
D&R Autoworks
1454 Old Deerfield Road
847.433.4343
drautoworks.com
Automotive Service

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Patinkin & Patinkin is a mom and pop law practice providing legal services for the following matters: residential and commercial real estate; estate planning and probate; small business representation; and traffic, DUI, and misdemeanor criminal defense.