Sent:

Monday, July 04, 2022 6:00 PM

To:police@cityhpil.comSubject:Bobby Crimo III Evidence

Attachments: extra12.jpg

[EXTERNAL EMAIL]

Here is an image from an online internet archive showing his white supremacist alignment.



acivitello@cityhpil.com

Sent:

Monday, July 4, 2022 6:01 PM

To:

vpfloress@cbs.com

Subject:

RE: Media Release: Person of Interest Identified in Highland Park (IL) 4th of July Parade

Attachments:

image008.gif; image009.png; image010.png; image011.png; image012.png; image013.png;

image001.png

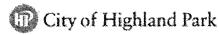
Hi Vincent,

Thanks for reaching out – this is the only photo I have been provided for distribution. I will certainly share any others that PD is able to share should that become available.

Thanks,

Amanda Civitello

Communications Manager she / her / hers



1707 St Johns Avenue Highland Park, Illinois 60035

847.926.1043

acivitello@cityhpil.com cityhpil.com







From: Floress, Vincent P < vpfloress@cbs.com>

Sent: Monday, July 4, 2022 5:13 PM

To: Civitello, Amanda <acivitello@cityhpil.com>

Subject: RE: Media Release: Person of Interest Identified in Highland Park (IL) 4th of July Parade

[EXTERNAL EMAIL]

Can you send us a higher quality photo?

From: Civitello, Amanda <a civitello@cityhpil.com>

Sent: Monday, July 4, 2022 5:09 PM

To: Civitello, Amanda <a civitello@cityhpil.com>

Subject: Media Release: Person of Interest Identified in Highland Park (IL) 4th of July Parade

External Email

Good evening,

Investigators from the City of Highland Park Police Department, the FBI, the Lake County Major Crime Task Force and law enforcement agencies throughout the area have been working tirelessly on the investigation of the active shooter at the Highland Park (IL) Fourth of July Parade.

Through law enforcement partnerships and community information and leads, a person of interest has been identified as Robert (Bobby) E. Crimo III. He is twenty-two years old. He is believed to be driving a 2010 Silver Honda Fit, IL Lic. Plate DM 80653. A photograph is included below.

Further information is available in the below press release. As always, please don't hesitate to reach out with any questions you might have at

Thank you for your concern and care for our community.

Amanda Civitello Communications Manager City of Highland Park

Person of Interest Identified in Highland Park (IL) Fourth of July Parade Shooting

Highland Park, Illinois – Investigators from the City of Highland Park Police Department, the FBI, the Lake County Major Crime Task Force and law enforcement agencies throughout the area have been working tirelessly on the investigation of the active shooter at the Highland Park (IL) Fourth of July Parade.

Through law enforcement partnerships and community information and leads, a person of interest has been identified as Robert (Bobby) E. Crimo III. He is twenty-two years old. He is believed to be driving a 2010 Silver Honda Fit, IL Lic. Plate DM 80653. A photograph is included below.

Numerous federal, State and local law enforcement agencies working on apprehending this person of interest. Investigators continue to receive tips from the public and law enforcement partners, and will follow up on all of them. Individuals who have information to share with police, are urged to contact 1-800-CALL-FBI.

The City of Highland Park extends its deepest condolences to the loved ones of those who were impacted by the horrific incident in our community.

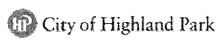
Further information regarding this investigation will be posted to <u>cityhpil.com</u> as available, and law enforcement will continue to provide regular briefings to the public.

Person of Interest: Robert (Bobby) E. Crimo III



Amanda Civitello

Communications Manager she / her / hers



1707 St Johns Avenue Highland Park, Illinois 60035

847.926.1043

acivitello@cityhpil.com cityhpil.com







Braun, Sheara J (NBCUniversal, MSNBC) < sheara.braun@msnbc.com>

Sent:

Monday, July 04, 2022 6:01 PM

To:

Civitello, Amanda

Subject:

RE: MSNBC's Chris Hayes request to interview Mayor Rotering tonight Monday July 4 during the 6p to 8p ET (5p to 7p CST)

[EXTERNAL EMAIL]

Hi Amanda,

Understood. We would love to have her join Chris Hayes Tuesday night during the 8p ET (7p CST) hour. Will this work?

Thanks Amanda!

Sheara

From: Civitello, Amanda <a civitello@cityhpil.com>

Sent: Monday, July 4, 2022 6:59 PM

To: Braun, Sheara J (NBCUniversal, MSNBC) < sheara.braun@msnbc.com>

Subject: [EXTERNAL] RE: MSNBC's Chris Hayes request to interview Mayor Rotering tonight Monday July 4 during the 6p to

8p ET (5p to 7p CST) hour

Hi Sheara,

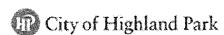
Unfortunately tonight we are not able to schedule individual interviews, while our focus remains on providing regular media updates regarding the investigation.

Mayor Rotering would be available tomorrow, however, if there are any times that work for you.

Thank you very much for reaching out.

Amanda Civitello

Communications Manager she / her / hers



1707 St Johns Avenue Highland Park, Illinois 60035

847.926.1043

acivitello@cityhpil.com cityhpil.com







From: Braun, Sheara J (NBCUniversal, MSNBC) < sheara.braun@msnbc.com >

Sent: Monday, July 4, 2022 5:25 PM

To: Civitello, Amanda <acivitello@cityhpil.com>

Subject: RE: MSNBC's Chris Hayes request to interview Mayor Rotering tonight Monday July 4 during the 6p to 8p ET (5p to 7p CST) hour [EXTERNAL EMAIL] Hi Amanda, Just checking back in to see if there is any chance that the Mayor or City Manager can join us tonight. Thanks again, Sheara From: Civitello, Amanda <acivitello@cityhpil.com> Sent: Monday, July 4, 2022 1:53 PM To: Braun, Sheara J (NBCUniversal, MSNBC) < sheara.braun@msnbc.com> Subject: [EXTERNAL] Re: MSNBC's Chris Hayes request to interview Mayor Rotering tonight Monday July 4 during the 6p to 8p ET (5p to 7p CST) hour Hi Sheara, Thank you for your outreach. I will connect with Mayor Rotering and City Manager Neukirch and follow up with you. If you need to contact me directly, please call Thank you. Amanda Civitello Communications Manager City of Highland Park 1707 St Johns Avenue Highland Park, Illinois 60035 847.926.1043 acivitello@cityhpil.com cityhpil.com

From: Braun, Sheara J (NBCUniversal, MSNBC) <sheara.braun@msnbc.com>

Sent: Monday, July 4, 2022 12:51:24 PM

To: Civitello, Amanda

Subject: MSNBC's Chris Hayes request to interview Mayor Rotering tonight Monday July 4 during the 6p to 8p ET (5p to 7p CST) hour

[EXTERNAL EMAIL]

Hi Amanda,

I'm a producer for MSNBC's Chris Hayes. Chris is hosting the 6p to 8p ET (5p to 7p CST) hours tonight. We are watching this horrible shooting in Highland Park. Would the Mayor be available to join Chris tonight to talk about what happened? This would be for a LIVE interview for about six or seven minutes during these two hours. We could accommodate her on FaceTime, Skype, or Zoom. We could also take a phone interview with her if that's easier.

Thanks Amanda!

Regards, Sheara

Sheara Braun
Producer
MSNBC's "All In with Chris Hayes"
212.664.1747 (work)
(cell)
212.664.5554 (main)



Sent:

Monday, July 04, 2022 6:03 PM

To: Subject: police@cityhpil.com Video from parade

Attachments:

cm-chat-media-video-1:f7249a28-872d-414d-96f7-6d7d827dce53:3545:0:0.MOV;

attachment.txt

[EXTERNAL EMAIL]

Sent from my iPhone

ddayboll@cityhpil.com

Sent:

Monday, July 4, 2022 6:03 PM

To:

dan.thomas@illinois.gov

Subject:

FW: Bobby Crimo III Evidence

Attachments:

extra12.jpg

From:

Sent: Monday, July 4, 2022 6:00 PM To: Police <Police@cityhpil.com> Subject: Bobby Crimo III Evidence

[EXTERNAL EMAIL]

Here is an image from an online internet archive showing his white supremacist alignment.



Geissele Automatics <sales@geissele.com>

Sent:

Monday, July 4, 2022 6:03 PM

To:

cfisher@cityhpil.com

Subject:

Last Chance for the Geissele & ALG Independence Day Sales!!!

[EXTERNAL EMAIL]





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SHOP Super Duty Pistols



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25% OFF Super 42 Springs &



25% OFF Red Dot Sight

Buffers

Mounts

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SHOP Red Dot Sight Mounts







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SHOP Super Precision 1-6 Optics SHOP SSA-E X w/ Lightning Bow® SHOP SSA X w/ Lightning Bow®







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SHOP Geissele Rifle Targets



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Online Only, No Phone orders, while supplies last, in stock items only no backorders.



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ALG Quality Mil-Spec Trigger (QMS)



AK High Energy Main Spring

SHOP ACT Triggers

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SHOP AK HEM Spring

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Geissele Automatics | 800 North Wales, North Wales, PA 19454

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<u>Update Profile | Constant Contact Data Notice</u>

Sent by sales@geissele.com

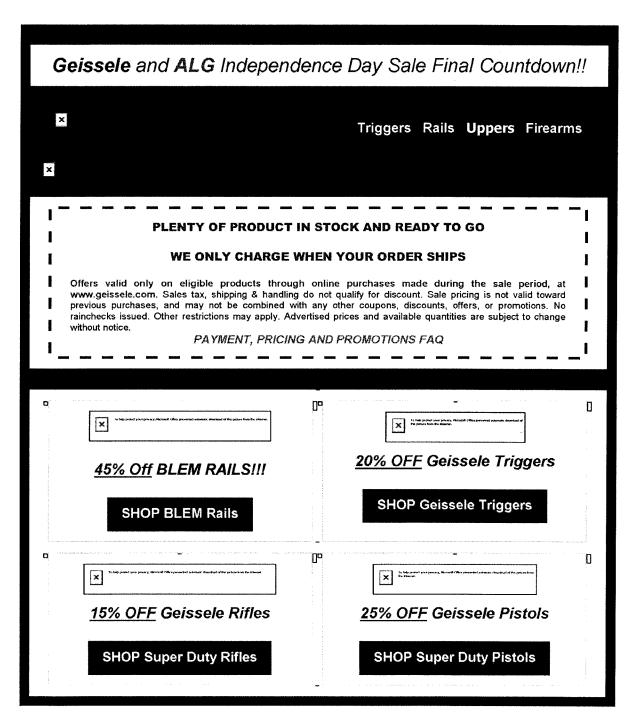
Geissele Automatics <sales@geissele.com>

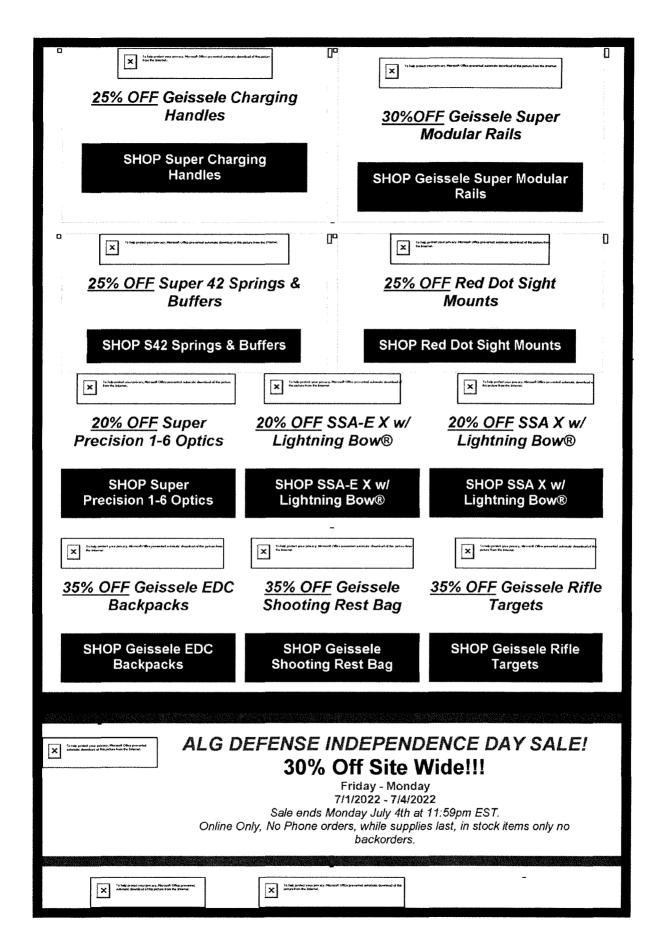
Sent: To: Monday, July 04, 2022 6:03 PM tdragicevich@cityhpil.com

Subject:

Last Chance for the Geissele & ALG Independence Day Sales!!!

[EXTERNAL EMAIL]





ALG Defense (ACT) Trigger ALG Quality Mil-Spec Trigger (QMS)

×	To help protect your privacy. Microsoft Ciffice prevented automatic closeload of this picture from the findensial.

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SHOP QMS Triggers

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SHOP AK HEM Spring

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Geissele Automatics | 800 North Wales, North Wales, PA 19454

Unsubscribe tdragicevich@cityhpil.com

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Sent by sales@geissele.com

lain Burchell <iain.burchell@mega.global>

Sent:

Monday, July 4, 2022 6:03 PM

To:

cityhp@cityhpil.com

Subject:

Media request - photo of person of interest Robert E. Crimo III

[EXTERNAL EMAIL]

Hello, this is a media request from Iain Burchell on behalf of The Mega Agency, a news and picture agency syndicating content to major media outlets around the world.

I'm checking to confirm the photo of person of interest Robert E. Crimo III posted to your Facebook is available to the media, and if Mega can get it to syndicate and license to media outlets.

The photo can be credited to Highland Park Police Department.

Regards, Iain

lain Burchell Content Specialist iain.burchell@mega.global



TheMegaAgency.com

ddayboll@cityhpil.com

Sent:

Monday, July 04, 2022 6:03 PM

To:

dan.thomas@illinois.gov

Subject:

FW: 4th of July Parade Mass SHOOTING in Highland Park!

From

Sent: Monday, July 4, 2022 5:43 PM
To: Police <Police@cityhpil.com>

Subject: 4th of July Parade Mass SHOOTING in Highland Park!

[EXTERNAL EMAIL]

Hello HP Police Department:

Re: >>> Eyewitness Video <<<

(Trained SNIPER(s) who killed multiple citizens in Highland Park today). ... 2 snipers

https://youtu.be/0TswGH7BBYg

Forwarding you a recording of WGN 9 Breaking News that was reporting live early today right after the shooting happened. Please watch the direct eye-witness account that starts at: 11:47 AM (CT) (time stamp at top right corner of video) and ends at: 11:53 AM. Note: the eye witness named Michael reports that he saw the sniper who was crouched down behind the lamp-post-STOP-sign at the North/East corner of 2nd St. & Central St. in Highland Park. He says: the sniper was "in a military crouch" and had "a rifle with a sight", "he was very military-style methodical". Sniper shot a woman dead a few feet away (from where Michael was) and the victim's blood splattered onto his wife's clothing who was sitting in a wheel-chair.

The fact that the shooter-sniper shot at lower legs, feet and ankles supports that the SNIPER was crouching at ground level as he shot. If he was on the rooftop, the injuries would more likely be in the head rather than feet or ankles.

The other witness named clip starts at 12:28 pm and ends at 12:34 pm.

Note: she says "one of the shooters" was on top of the Ross Cosmetics buildings and aiming to his left and down". This account supports the second shooter scenario.

Hope this helps!

AV

From: Sent: To: Subject:	Bull, Haley <haley.bull@newsy.com> Monday, July 4, 2022 6:03 PM acivitello@cityhpil.com Media request</haley.bull@newsy.com>
[EXTERNAL EMAIL]	
Hi Amanda,	
My name is Haley Bull and I am and am keeping everyone impa	a correspondent with Newsy. I am so sorry to hear what's happened at today's parade octed in my thoughts.
I will be helping cover this for N reached at a cover this for N	lewsy. I wanted to see if I may be added to your media distribution list? I can be
Thank you.	
Sincerely,	
Haley	

Geissele Automatics <sales@geissele.com>

Sent:

Monday, July 04, 2022 6:04 PM

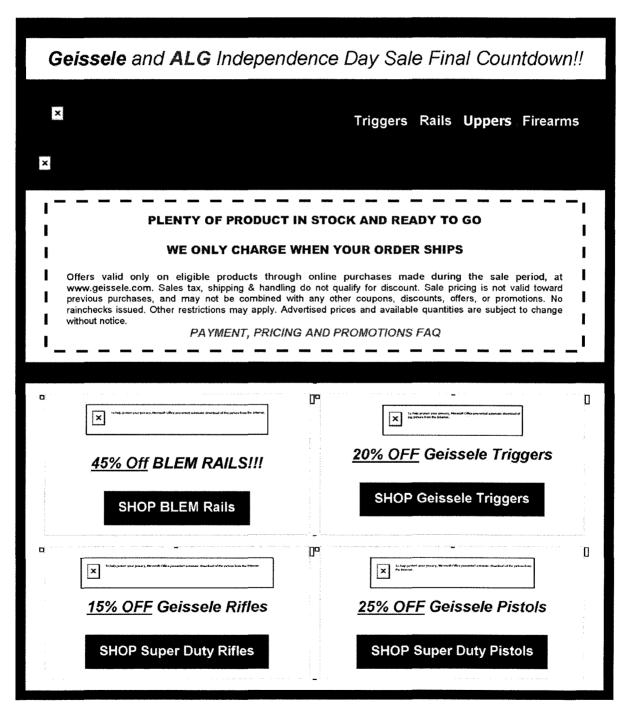
To:

gcameron@cityhpil.com

Subject:

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[EXTERNAL EMAIL]



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25% OFF Super 42 Sp Buffers		OFF Red Dot Sight Mounts		
SHOP S42 Springs & E	SHOP X Market of the control of	Red Dot Sight Mounts X X X X X X X X X		
SHOP Super Precision 1-6 Optics	SHOP SSA-E X w/ Lightning Bow®	SHOP SSA X w/ Lightning Bow®		
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SHOP Geissele EDC Backpacks	SHOP Geissele Shooting Rest Bag	SHOP Geissele Rifle Targets		
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Sent by sales@geissele.com

ddayboll@cityhpil.com

Sent:

Monday, July 04, 2022 6:04 PM

To:

dan.thomas@illinois.gov

Subject:

FW: Bobby Crimo

From

Sent: Monday, July 4, 2022 5:41 PM **To:** Police < <u>Police@cityhpil.com</u>>

Subject: Bobby Crimo

[EXTERNAL EMAIL]

I google him, he's a rap artist, this video gives you an idea where he's coming from. He has other videos online. https://www.youtube.com/watch?v=1LOE0QNNvog

From: ddayboll@cityhpil.com

Sent: Monday, July 04, 2022 6:04 PM **To:** dan.thomas@illinois.gov

Subject: FW: VIDEO ONLINE BY SUSPECT IN SHOOTING, I BELIEVE NOT SURE IS "The third"

From:

Sent: Monday, July 4, 2022 5:42 PM
To: Police < Police@cityhpil.com >

Subject: Re: VIDEO ONLINE BY SUSPECT IN SHOOTING, I BELIEVE NOT SURE IS "The third"

[EXTERNAL EMAIL]

$\underline{https://www.youtube.com/watch?v=VdgLTBcVaWQ}$

I was just looking on the under his name and found this. I am not sure this is the same person but video contents make me wonder.

For your review.

Sent from my iPad

On Jul 4, 2022, at 5:28 PM, wrote

Sent from my iPad

From: Sent: ddayboll@cityhpil.com Monday, July 04, 2022 6:05 PM dan.thomas@illinois.gov

To: Subject:

FW: Disturbing video content produced by Bobby Crimo

From

Sent: Monday, July 4, 2022 5:38 PM
To: Police <Police@cityhpil.com>

Subject: Re: Disturbing video content produced by Bobby Crimo

[EXTERNAL EMAIL]

https://robert-crimo-archive-footage-files.blogspot.com/2022/05/robert-crimo-archive-footage-files.html?m=1

On Mon, Jul 4, 2022 at 5:36 PM

wrote:

Hello

Wanted to send this in as evidence. There is a Youtube account with videos from Robert's account, one of which details the exact location (and building) from the HP shooting this morning with an ominous "warning" tone.

https://youtube.com/channel/UClyYfGgkAs3QtStFAimkRJw

-ccv

-ccv

ddayboll@cityhpil.com

Sent:

Monday, July 04, 2022 6:06 PM

To:

dan.thomas@illinois.gov

Subject:

1.75%

FW: Disturbing video content produced by Bobby Crimo

From:

Sent: Monday, July 4, 2022 5:37 PM **To:** Police < <u>Police@cityhpil.com</u>>

Subject: Disturbing video content produced by Bobby Crimo

[EXTERNAL EMAIL]

Hello

Wanted to send this in as evidence. There is a Youtube account with videos from Robert's account, one of which details the exact location (and building) from the HP shooting this morning with an ominous "warning" tone.

https://youtube.com/channel/UClyYfGgkAs3QtStFAimkRJw

-ccv

From: Sent: To:

Subject:

ddayboll@cityhpil.com Monday, July 04, 2022 6:06 PM dan.thomas@illinois.gov FW: Attn: Urgent Shooter suspect

From.

Sent: Monday, July 4, 2022 5:34 PM
To: Police < Police@cityhpil.com >
Subject: Attn: Urgent Shooter suspect

[EXTERNAL EMAIL]

Something found on Social Media platform

I pray he has not planned something worse

https://youtu.be/ruH5-wGeDug

From: Sent: To: Subject:	ddayboll@cityhpil.com Monday, July 4, 2022 6:07 PM dan.thomas@illinois.gov FW: Google search, second has a gun in cartoon
From Sent: Monday, July 4, 2022 To: Police <police@cityhpil. google="" search,="" seco<="" subject:="" td=""><td>com></td></police@cityhpil.>	com>
[EXTERNAL EMAIL]	
Robert Eugene "Bobby" Crimo III American rapper, singer and songv The base transport from the state of the s	(born: September 20, 2000 [age 21]), better known by his stage name Awake (stylized as Awake The Rapper), is an writer from Chicago, Illinois https://youtube.fandom.com/wiki/Awake
https://vimeo.com/633103236	
VIMEO.COM	
are you awake? (Robert Crimo)	
are you awake? (Robert Crimo)	

Sent:

Monday, July 04, 2022 6:08 PM

To: Subject: rlarson@cityhpil.com
Pic 10 min after shooting

[EXTERNAL EMAIL]



Sent from my iPhone

Sent:

Monday, July 4, 2022 6:08 PM

To: Subject: nrotering@cityhpil.com

Robert Crimo

[EXTERNAL EMAIL]

Please release the results of his toxicology reports once he is in custody. I have been trying to get these records released to the public for quite some time with no help from our elected representative. I have been in the field of addictions for over 30 years. This person (photos) is clearly a person that uses/abuses substances. This is also the case with many many shooters.

Sent from Mail for Windows

Sent:

Monday, July 04, 2022 6:09 PM

To: Subject: rlarson@cityhpil.com Pic 10 min after shooting

[EXTERNAL EMAIL]





Sent from my iPhone

From: Sent: To: Immaculate Conception Parish <parishmanager@icparish.org> Monday, July 04, 2022 6:09 PM

cglasco@cityhpil.com

Subject: Statement of Ca

Statement of Cardinal Cupich on the July 4 mass shooting in Highland Park

[EXTERNAL EMAIL]



Statement of Cardinal Cupich on the July 4 mass shooting in Highland Park

I have been watching the news in horror as at least 6 are dead and many more were wounded after a gunman opened fire as families attended an Independence Day parade in Highland Park. What should have been a peaceful celebration of our nation's founding ended in unspeakable tragedy.

Please join me in praying for the victims and their loved ones, who never imagined a July 4 celebration could become a killing ground. Pray too for the safety of first responders as they pursue the person responsible for this tragedy. They bravely rushed into the danger to treat victims and to protect others from harm.

The parade reportedly had a heavy presence of police and fire vehicles, yet this shooter was able to wound at least two dozen people before he stopped, or was stopped, and fled. Victims ranged in age from 8 to 85. Weapons designed to rapidly destroy human bodies have no place in civil society.

It is barely July, and this year the United States is already experiencing more than one mass shooting a day. Chicago Police reported at least 55 shot and 7 killed since Friday, and the holiday weekend is not yet over. Gun violence is now the leading cause of death for U.S. children.

Whatever one makes of the right to bear arms, there is plenty of room for prudential judgment in interpreting the Second Amendment so as to enact serious, broadly popular gun-safety measures. The Senate finally passed a significant, yet modest, gun-safety bill last month. But clearly more must be done.

The right to bear arms does not eclipse the right to life, or the right of all

Americans to go about their lives free of the fear that they might be shredded by bullets at any moment. Gun violence is a life issue. We must continue to pray that all our officials, elected and unelected alike, will redouble their commitment to keeping safe the people they have sworn to serve.

Pope Francis wrote to the people of Chicagoland in 2016: "As Dr. Martin Luther King Jr. said, humanity 'must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love.' I urge all people, especially young men and women, to respond to Dr. King's prophetic words and know that a culture of nonviolence is not an unattainable dream, but a path that has produced decisive results."

May the Lord of mercy embrace in love those who have died, bring healing to the wounded, comfort to their loved ones, and courage to all of us, so that we may respond to this tragedy united as God's children to build a path to safety and peace.

Immaculate Conception Parish | 770 Deerfield Road, Highland Park, IL 60035

<u>Unsubscribe cglasco@cityhpil.com</u>

<u>Update Profile | Constant Contact Data Notice</u>

Sent by parishmanager@icparish.org powered by



Sent:

Monday, July 04, 2022 6:11 PM

To: Subject: ljogmen@cityhpil.com Video of person of interest

Attachments:

robertcrimo_yt.jpg

[EXTERNAL EMAIL]

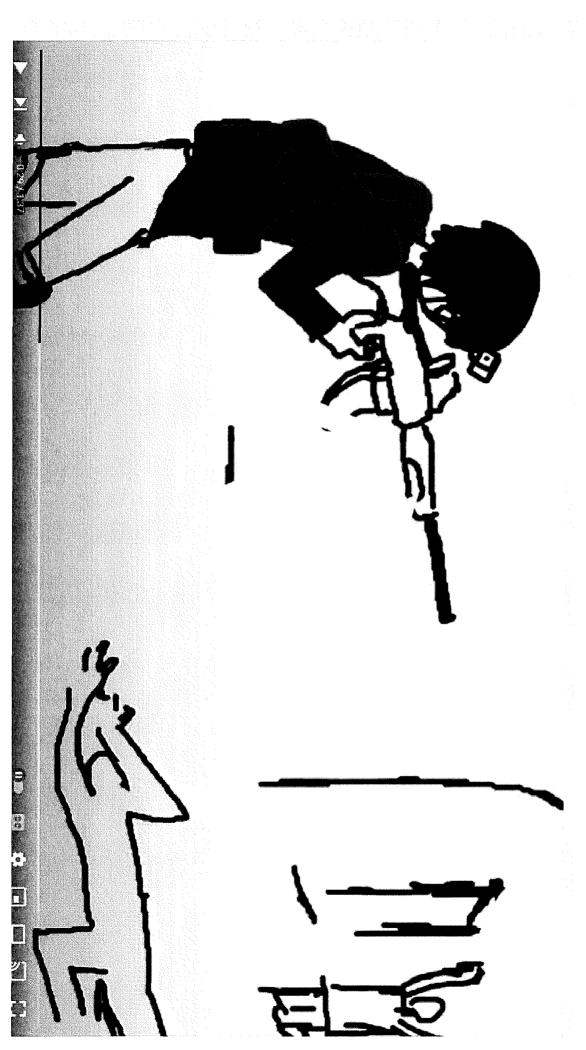
Hello, first we all grieve for the pain being felt in your community, our prayers are for you all.

When the person of interest was announced (Robert Crimo), I checked the internet for any digital history and found that Mr. Crimo has (had, it has been taken down) a video on YouTube that appears to suggest his violent plans.

I downloaded the video before YouTube removed it. Would you be interested in the video for your investigation? Let me know how I can get it to you. It is approx. 42MB in file size. I'm attaching a snap shot from his video. It is disturbing.

Houston, Arkansas





From: Sent: To: ddayboll@cityhpil.com Monday, July 04, 2022 6:11 PM dan.thomas@illinois.gov

Subject: FW: Robert Crimo Info

From:

Sent: Monday, July 4, 2022 5:25 PM
To: Police < Police@cityhpil.com >
Subject: Robert Crimo Info

[EXTERNAL EMAIL]

https://youtube.fandom.com/wiki/Awake

I found this about Robert Crimo

Regards,

From: Hoenemeyer, Lauren < HoenemeyerL@cbsnews.com>

Sent: Monday, July 04, 2022 6:13 PM

To: nrotering@cityhpil.com

 Cc:
 acivitello@cityhpil.com; Ruff, Tara; Peagler, Joshua

 Subject:
 RE: CBS NETWORK REQUEST // MAYOR ROTERING

Importance: High

[EXTERNAL EMAIL]

Hi Mayor Rotering and Amanda,

Looping in my colleagues here as well. Please keep us posted if you or another local official will be available for a live chat with CBS National News' anchor Gayle King in the morning to share the latest developments. We can do 5:40 AM or 6 AM CT. Thanks so much.

Lauren Hoenemeyer

Supervising Producer | Network Booking C: E: lauren@cbsnews.com



From: Hoenemeyer, Lauren

Sent: Monday, July 4, 2022 4:03 PM

To: <u>nrotering@cityhpil.com</u> **Cc:** <u>acivitello@cityhpil.com</u>

Subject: CBS NETWORK REQUEST // MAYOR ROTERING

Importance: High

Hi Mayor Rotering,

We're deeply saddened by today's tragic shooting and we continue to think of the community in this difficult time. I'm reaching out from CBS National News and CBS Mornings with Gayle King. We're very interested in having you join for a live update at 5:40 AM CT or 6 AM CT tomorrow to share the latest with our national audience. I know things are still in flux, but we'd be honored to hear from you in the AM. Keep us posted when you can, thanks so much.

Lauren Hoenemeyer

Supervising Producer | Network Booking



Sent:

Monday, July 4, 2022 6:14 PM

To: Subject: rlarson@cityhpil.com Statement about shooting

[EXTERNAL EMAIL]

As I told you, my wife and I went to Walker Bros pancake he's immediately after shooting to help and a man that was shot in the leg was lying on his face in lots of blood and a young man was over him wrapping a cloth over his leg wound and trying to stop the bleeding. He was yelling for a medic and when the medic came he ran off. He did not look like the photo displayed as the killer.

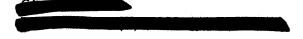
Sent from my iPhone

Sent: To: Subject: Monday, July 04, 2022 6:15 PM ljogmen@cityhpil.com Robert E. "Bobby" Crimo III ...

[EXTERNAL EMAIL]

... appears to be a rapper known as Awake the Rapper. Here is a link to his iMDB profile. You probably already have this, but I am happy to share. This is a very sad day for all of you, and I am hoping that the tremendous cooperation you are receiving all around will help in the short term and long run.

https://www.imdb.com/name/nm10487202/



"Those who say it cannot be done should not interrupt the person doing it." (Chinese Proverb)

[&]quot;To give anything less than your best is to sacrifice the gift." (Steve Prefontaine)

Sent:

Sent

Monday, July 04, 2022 6:15 PM SNEUMAN@cityhpil.com

Subject:

ROBERT CRIMO

[EXTERNAL EMAIL]

On YouTube Crimo made a video of the area he was going to shoot up.

From: Sent: To:	Monday, July 04, 2022 6:15 PM
Cc: Subject:	sneuman@cityhpil.com Re: Robert Crimo Archive Footage: File WA487 - YouTube
[EXTERNAL EMA	ונן
Hello,	
shooting suspect	I'm an officer with the Elk Grove Village Police Department. I sent you the YouTube video of your before YouTube suspended the account. I also took screenshots of the videos prior to them suspending having trouble emailing you the file because it's over 10 minutes long. If you would like it please let me
know and I could	drop it off anytime. Don't hesitate to contact me if you need anything.
> On Jul 4, 2022,	at 5:16 PM, wrote:
>	
>	
> https://m.vout	ube.com/watch?v=UfdangeP47o

> Sent from my iPhone

From:	
Sent:	Monday, July 4, 2022 6:16 PM
To:	141011ddy, 7dly 4, 2022 0.10 1 W
Cc:	sneuman@cityhpil.com
Subject:	Re: Robert Crimo Archive Footage: File WA487 - YouTube
[EXTERNAL EMAIL]	
My cell is	
Sent from my iPhone	
> On Jul 4, 2022, at 6:15 I	PM wrote:
> > !!=!!=	
> Hello, > My namo is ani la Maria	I'm an officer with the Elk Grove Village Police Department . I sent you the YouTube video of your
shooting suspect before \account. I'm having troub	ouTube suspended the account. I also took screenshots of the videos prior to them suspending the ole emailing you the file because it's over 10 minutes long. If you would like it please let me know and I
could drop it off anytime.	Don't hesitate to contact me if you need anything.
> >> On Jul 4, 2022, at 5:16	PM > wrote:
>> (11)(114, 2022, at 3.10 >>	Fivi
>>	
	n/watch?v=UfdangeP47o
>> <u>neeps,//m.youtube.co/</u> >>	ny masanit anadings, ma
>>	

>> Sent from my iPhone

From: ddayboll@cityhpil.com

Sent: Monday, July 04, 2022 6:18 PM

To: dan.thomas@illinois.gov

Subject: FW: For immediate review: Instagram video from second level of building from what

appears to be male filmer in his 20s, possibly brunette- in area where shooter may

have been (2nd/central)

From

Sent: Monday, July 4, 2022 3:49 PM **To:** Police < Police@cityhpil.com >

Subject: For immediate review: Instagram video from second level of building from what appears to be male filmer in his

20s, possibly brunette- in area where shooter may have been (2nd/central)

[EXTERNAL EMAIL]

Heard the reports of the shooting. My heart goes out to everyone. Saw an Instagram video from what seems to be video from a second story in the reported area where the shooter was from news outlets (2nd and central) that looks across to the Aveda salon. Poster of video appears to be possibly a male brunette in their 20s from tagged pictures on account. Seems like a video to be watched, possible person of interest? I tagged all media outlets, but ask you look to see if it will help you? I could not find your Instagram account to tag. May be nothing, but seems unusual.

Account is Chicagocritterrr.

https://www.instagram.com/reel/CfmdUnsAGr0/?igshid=YmMyMTA2M2Y=

Please keep this tip anonymous. I apologize if this is old information.

Sent: To: Monday, July 4, 2022 6:18 PM SNEUMAN@cityhpil.com

Subject:

robert crimo correction

[EXTERNAL EMAIL]

The video of the location that the alleged killer was going to shoot up was on Facebook page.

1

Sent:

Monday, July 04, 2022 6:18 PM

To: Subject: ljogmen@cityhpil.com july 4th shooting

[EXTERNAL EMAIL]

Chief, you and all other law agencies have MY permission to shoot and kill the J!@#\$F involved in the shooting today,so let me know who killed the gunmen so i can give that law person a medal.

Sent:

Monday, July 4, 2022 6:20 PM

To:

sneuman@cityhpil.com

Subject:

Re: Robert Crimo III video you need to look at

[EXTERNAL EMAIL]

Found more.

https://robert-crimo-archive-footage-files.blogspot.com/2022/05/robert-crimo-archive-footage-files.html

take the stuff down for your agency's use and then have this removed.

On Mon, Jul 4, 2022 at 5:36 PM

wrote:

Hi guys,

Found this online. I am retired and used to work at a newspaper in Idaho. Dad was a cop. Wondered why no one has Bobby's photo up. So, I googled and found this video.

From: Brian Romes

Sent: Brian Romes

Monday, July 4, 2022 6:24 PM

To: All Employees of PDHP

Subject: RE: Emergency Closure Tomorrow - Trauma Support Counseling

Attachments: image001.png; image002.png; Critical Incidents- Common reactions .pdf

[EXTERNAL EMAIL]

Park District Team Members,

Please see the attached resource from First Responders Wellness Center.

As a reminder, unless you have spoken to me, Chris Kopka or your Department Head, no employee should be reporting to work tomorrow as regularly scheduled. Employees should only report to West Ridge Center to seek support counseling and incident debriefing.

The first group will meet at 10am for roughly 90 minutes. Another group will meet around 11:30am and support teams will be onsite during the afternoon. Please let me know if you plan to attend so can accommodate all needs.

There is no longer a lock down in the City of Highland Park. However, a crime scene remains and numerous federal, State and local law enforcement agencies working on apprehending this person of interest. Investigators continue to receive tips from the public and law enforcement partners, and will follow up on all of them. Individuals who have information to share with police, are urged to contact 1-800-CALL-FBI. Updates are being posted on the City's website.

Additional updates will be provided as they become available.

Thank you,

Brian Romes | Executive Director (he/him/his) Park District of Highland Park West Ridge Center | 636 Ridge Road, Highland Park, Il 60035 847.579.3119





From: Brian Romes
 spomes@pdhp.org> Sent: Monday, July 4, 2022 3:45 PM

To: All Employees of PDHP <AllEmployees@pdhp.org>

Subject: Emergency Closure Tomorrow - Trauma Support Counseling

Dear Park District Team Members,

Our hearts, thoughts and prayers are with the victims and their families who were injured and lost their lives today at the tragic shooting during the July Fourth Parade. I want to thank every staff, commissioner, and volunteer team member today who acted swiftly, supporting, and protecting our community members and each other. Thank for your prompt response to close facilities and care for each other. My hearts and thoughts are also with all of you, whether you were close to the incident or not -- we all experienced this tragic event together.

Please read below. If you have any questions contact me (<u>bromes@pdhp.org</u> or Chris Kopka (<u>ckopka@pdhp.org</u>), Director of Human Resources.

- Tomorrow, July 5:
 - All Park District Facilities will be closed, and all programs will be cancelled. A follow-up email will be sent to Managers and Supervisors on communication guidance for parents and participants of our programs and services. Liz Gogola will be messaging information through our email, on our website and social media.
 - Staff do not need to report to work tomorrow. Your physical and emotional, health and wellness are priority.
 - First Responders Wellness Center will be on site at West Ridge Center to provide team members with trauma support and counseling:
 - 10am, West Ridge Center All team member who were at the Parade are encouraged to attend if you feel comfortable doing so
 - 11am, West Ridge Center All team members who were in Highland Park today are encouraged to attend if you feel comfortable doing so
 - 12pm and on, West Ridge Center All team members who would like additional support are encouraged to meet individually with a counselor from First Responders Wellness Center
 - Please email me if you plan to attend any of these. Your email is not required but will help us understand how many team members will be on site.
 - Highland Park High School will also have counselors available for students and staff members. Details will be posted on the <u>District 113</u> and <u>Highland Park High School</u> websites as soon as they become available. In the meantime, please be aware that crisis counselors are available at the Crisis Text Line 24/7 by texting HOME to 741741. Families may also find <u>this resource from the National Association of School Psychologists</u> helpful in talking about violence with your children.

Our priority is to support and ensure the health and well-being of our employees and community. I will follow up with additional logistics as we continue to debrief, assess, and plan our next steps.

Please forward this email to all staff that does not have a Park District email and contact me or Chris Kopka if you have any questions.

Thank you,

Brian Romes | Executive Director (he/him/his) Park District of Highland Park West Ridge Center | 636 Ridge Road, Highland Park, II 60035 847.579.3119





FIRST RESPONDERS WELLNESS CENTER

Critical Incidents- Common Reactions

Most common distortions of the traumatic event are:

- Distortion of time-(time sped up or slowed down)
- Sensory distortions- (i.e. tunnel vision, hearing changes, etc.)
- Perceptual or Behavioral Distortions- (i.e. Objects change size)
- · Sense of helplessness-Limited choices
- "Fight/Flight/Freeze" response
- Disturbance in memory- sometimes our memory gives us "tunnel memory"
- Hyperarousal/Hypoarousal- heightened awareness of our surroundings or constriction of our perception
- Replaying the incident in your head (what ifs)

After a trauma an individual may feel:

- Detached
- Shock and disbelief
- Anxiety, nervousness
- Pre-occupied with thoughts about the incident
- Angry, resentful
- Highly sensitive to others
- Guilt/Guilt for not feeling guilty
- Blaming others

- Hypervigilant, more so in public
- Unexpected emotions
- Relief
- Proud, Happy
- Exhilaration
- Acceptance/Resolution
- Feelings of Isolation
- · Feelings that change or may conflict
- Scared/Afraid, particularly in social settings

After traumatic incidents individuals may exhibit increased emotions/bodily sensations such as:

- Changes in appetite and/or sleep
- Nausea and stomachaches
- Anxiety and/or Depression
- · Changes in sexual function or libido
- Flashbacks of the incident
- Anger, irritability
- Intrusive memories
- Crying/Unexpected crying

Headaches

Weakness/Fatigue

Muscle Tension/Twitches

Poor concentration/Forgetfulness

Daymares/nightmares

Low frustration tolerance

Avoiding things related to the incident

Hypersensitivity & abrupt mood changes

Any emotions or changes can occur and are normal, but they should lessen over time. If your symptoms start to increase and/or impact your day to day living, then please call a mental health professional.

Call FRWC at 1-630-909-9094 or email <u>info@firstresponderswellnesscenter.com</u> or find a police and public safety therapist.

Sent: Monday, July 4, 2022 6:24 PM

То:

ljogmen@cityhpil.com

Subject:

Robert "Bobby" Crimo online accounts

[EXTERNAL EMAIL]

His Spotify account

https://open.spotify.com/artist/10vwFinyGWb8EyfmIbxqoO?si=f6ZJDJHVSeSgSjH-3bKPKg His YouTube account was also deleted but someone on GAB uploaded this video

https://tv.gab.com/channel/borkusa/view/are-you-awake-robert-crimo-62c36b64f0faa95855fb3a37 Archived on WayBack

https://web.archive.org/save/https://tv.gab.com/channel/borkusa/view/are-you-awake-robert-crimo-62c36b64f0faa95855fb3a37

His (now deleted Instagram account) was also uploaded to a different YouTube channel

https://m.youtube.com/watch?v=Oi6HfsVvWQg

His Instagram account

https://instagram.com/robert_crimo?igshid=YmMyMTA2M2Y=

Sent from my iPad

Jason Chapman < Jason.Chapman@corusent.com>

Sent:

Monday, July 04, 2022 6:25 PM

То:

astolberg@cityhpil.com

Subject:

Interview Request

[EXTERNAL EMAIL]

Hello Adam,

My name is Jason Chapman, I'm with 640 Toronto.

I'm wondering if by any chance you might have ten minutes tomorrow morning to walk us through your feelings around today's mass shooting.

I know this is an incredibly hard time; but I also know there are so many ties between Chicagoland and Toronto... I just wanted to reach out and see if you would be open to a conversation. We're looking for around 7:40am ET – that's 6:40am your time.

Thanks so much again for the consideration, take care, Jay



Jason Chapman | Executive Producer | 640 Toronto | T. 416.268.2492 | <u>jason.chapman@corusent.com</u> Corus Entertainment Inc. | <u>640toronto.com</u> | 25 Dockside Drive, Toronto, ON, Canada M5A 0B5

Sent:

Monday, July 04, 2022 6:26 PM

To: Subject: lamidei@cityhpil.com Hello Chief Schrage!

[EXTERNAL EMAIL]

Thinking of you at this very difficult time in Highland Park.

eminded me that the shooting took place in your city.

I hope you and your family are doing well?

Peace,

Romero, Dennis (NBCUniversal) < Dennis.Romero@nbcuni.com >

Sent:

Monday, July 4, 2022 6:26 PM

To:

nrotering@cityhpil.com

Subject:

NBC News national inquiry

[EXTERNAL EMAIL]

Mrs. Mayor:

We're sorry about what happened today. I hope it stops.

We're digging into the person of interest's background and appears that his father, Bob Crimo, ran against you and lost in 2019.

If you want to confirm or respond to this piece of the story, including any details regarding the campaign and the elder Crimo's standing in the community as the owner of a convenience store, we'd like to include that in our story.

Any response would be appreciated.

Thanks, Dennis Romero NBC News Digital 310-623-7097

Sent:

Monday, July 04, 2022 6:27 PM

To: Subject: cityhp@cityhpil.com Navy unit in parade

[EXTERNAL EMAIL]

Hello HP,

Can you confirm which navy unit participated in your parade? My ex wife is navy at Great Lakes, and my son is there. I haven't received a response from them.

Zak in hawaii

Sent: To:

lamidei@cityhpil.com

Subject:

Peer Support / Active Shooter

Attachments:

K9FR One Page Statement PEER CISM EAP.pdf

[EXTERNAL EMAIL]

Chief,

My condolences to you and your community on today's tragedy. No words...

I am the Team Lead for a tactical Peer Support resource. We have specially trained Peer Support K-9s and their CISM, PTSM, PFA & ASHER trained handlers. These are not therapy dogs but trained trauma canines/handlers.

Our backgrounds are FD, EMS, PD. We plug into your Peer Support efforts augmenting existing resources. No Charge - No Fees. We are a 501(c)3 IRS non-profit organization and fully insured.

Our teams help connect and engage your members more quickly and efficiently. Our offer also extends to EMS/PD/Hospital Staff.

We have worked (embedded with) FD/EMS/PD Peer Support/CISM at US Capitol, Sandy Hook, Las Vegas, Pittsburgh, Parkland and other local active shooter incidents. Unfortunately, highly experienced in active shooter peer support. References available.

We only deploy when authorized. Hoping to obtain your approval to deploy and provide assistance. Thank you for your time.

Sincerely,

Brad Cole Executive Director

K9 First Responders, Inc. 6 W River St, #47, Milford, CT 06460-9453

brad.cole@k9fr.org

+1 (203) 951-1494 > 24/7 Dispatch +1 (203) 767-3539 > Direct

http://k9fr.org

K9FR Facebook K9FR Twitter K9FR YouTube Channel



PURPOSE

Providing aid and comfort to first responders and public safety.

FOCUS

Connecting and engaging those impacted by psychological trauma.

PROTOCOLS

Psychological First Aid (PFA), Critical Incident Stress Management (CISM) and Post Traumatic Stress Management (PTSM) within a Zero-Hour Behavioral Health model.

IMPACT

- Connection and engagement.
- Bridges the critical incident and mental health/peer support.
- Lowers stress, anxiety, blood pressure and negative stress hormones.
- Encourages interaction and presence.
- Provides a safe emotional space for interaction.
- Earlier acceptance of mental health/peer support.
- Longer and more frequent interactions.
- Lessens stigma of seeking help.
- Benefits emotional memory consolidation.
- Promotes personal and agency resilience.
- Assists re-establishment of emotional and cognitive equilibrium.
- Modular intervention seamlessly integrating with existing response and support protocols.

From: Sent: To:

Monday, July 04, 2022 6:29 PM Sean Curran; Amy Hyndman 4th of July

Subject:

[EXTERNAL EMAIL]

Hi,

You both may or may not know but, my wife is a Psychiatrist at Northshore. She was at the HP ED for a while today helping a family. If any of our people need to work through anything, she is glad to help. She can also make sure people have more of a trauma emphasis.

I know the HPPD has great resources. She's glad to be another name for you.

Dr Laura Paris

Sont from my iPhone

Sent from my iPhone

On Jul 4, 2022, at 9:53 AM, wrote

That's no problem. As it turns out, I'm having a ton of pain in my legs today. I'm going to pass on being at the IRV. I've got a few doctors appts in the next 2 weeks & hopefully I can finally get this under control.

Thanks,

Sent from my iPhone

On Jul 4, 2022, at 8:43 AM, Curran, Sean <scurran@cityhpil.com> wrote:

Sorry Tom that was not passed onto me that you volunteered.

Fron

Sent: Friday, July 1, 2022 9:04 AM

To: Curran, Sean <scurran@cityhpil.com>

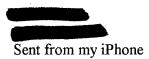
Subject: Re: Updated 4th of July Event Volunteers

[EXTERNAL EMAIL]

Hi Sean,

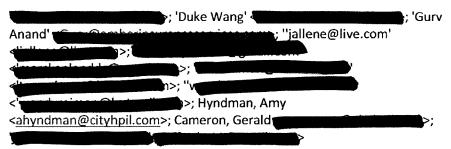
I had said, for the fireworks, I'd be able to be with the IRV but, my name isn't not there. Do you have more time than enough people or did you think, with my lower mobility, I won't be able to be helpful? I'm glad to stay with the IRV if you need me.

Thanks,



On Jun 30, 2022, at 2:09 PM, Curran, Sean < scurran@cityhpil.com > wrote:

Updated attachment From: Curran, Sean Sent: Thursday, June 30, 2022 1:28 PM To: 'Anne Violanti' 'Barbara Rosenthal' 'Brad Kramer' arolyn Cerf' 'Bruce Rosenberg' 'Cheryl Busscher ; 'Chick 'Dan Bricker' Stern 'Daniel Lidawer' 'Dave Rothschild' 'Ducarmel Albana 'Earl Slavin' 'Eddie Litke' 'Eddie Rush'i 'Gary Greenberg' 'George Slominski' I 'Jamie Santucc ; 'Jason Sims' ; 'Jay DeGarmo' 'Jeff Wyke' ; 'Jeffrey Pine 'Jerry Aufox ; 'John Doherty' ; 'John Theodosakis' ; 'Josh Chaet ı>; 'Josh Olian' 1 'Kathy LaMorte' 'Katie Faletti' ; 'Kris Byrnes' >; 'Leslie Neilan' 'Lou Shapiro' 'Marc Rush' e>; 'Marvin Sabido' 'Merle Branner' ; 'Michael Baim' ; 'Nancy McEntee' pm>; 'Norman Greenberg' ; 'Rachel Heyman' ; 'Richard Nelson' 'Reynold Tung' ; 'Roy Filinson' < ; 'Ryan Werner' ; 'Shane Selig' 'Steve Amiel' ; 'Steve Rachman' ; 'Thomas Ochs' >; 'Thomas Perrella' 'Tim Benton' < 'William Roth'



Cc: Hyndman, Amy ahyndman@cityhpil.com; Cameron, Gerald gcameron@cityhpil.com; O'Neill, Chris CONeill@cityhpil.com; Gallagher, Sean sgallagher@cityhpil.com> Subject: Updated 4th of July Event Volunteers

Hi everyone thank you very much for volunteering, attached are the 4th of July event assignments.

Parade:

George will bring IRV to library for our roll call at 9AM
George will hand out radios
Steve Rachman will be the parade incident commander
Quick roll call and respond to assignments by 9:15AM
George will bring IRV to Sunset Woods Park where he will be in charge of
radio communication and will have a HPPD radio to transmit pertinent
information between CERT and HPPD
At the conclusion of the parade Jeff Pine will assign two bicycle team
members (please have backpacks) to retrieve radios from our CERTS at
traffic posts — Nancy & Steve will await their radios to be picked up at
Central and First and Norm & John at Central & McGovern.
Rådios will be returned to George at the IRV at Sunset Park

4th Fest, Sunset Park 10:30AM to 2PM

Meet at IRV at 10:30 and retrieve radios
Bruce Rosenberg will be the incident commander for this 4th Fest
Dave will relieve George at noon
At 2PM return radios to IRV
Dave will return IRV to HPPD

Fireworks, HPPD Roll Call Room at 7PM (gate code is

Dave Rothchild will be incident commander and deploy IRV

Attend briefing and retrieve your radio

Dave will be in charge of communication and have a HPPD radio
Incident Commander will assign team to assist with traffic, patrol, and parking lot assignments

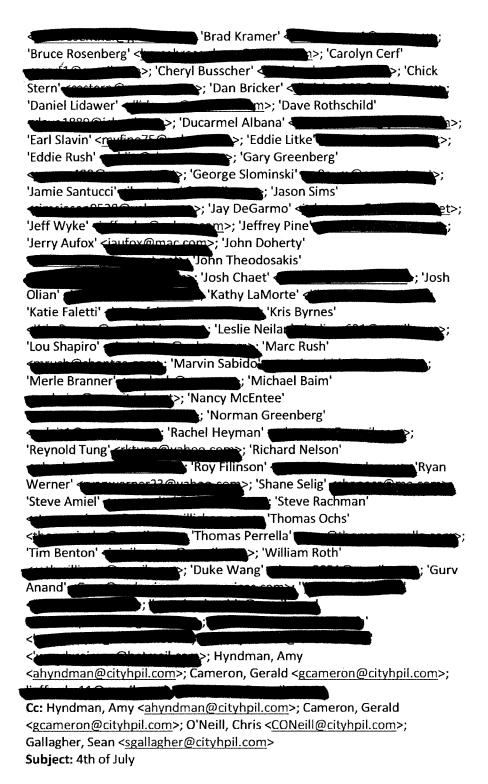
Dave return IRV to HPPD

Please drink plenty of water, we will have water and ice on the IRV for each event.

From: Curran, Sean

Sent: Thursday, June 30, 2022 11:02 AM

To: 'Anne Violanti Barbara Rosenthal'



Hi everyone thank you very much for volunteering, attached are the 4th of July event assignments.

Parade:

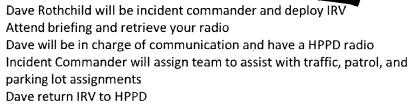
George will bring IRV to library for our roll call at 9AM George will hand out radios Steve Rachman will be the parade incident commander Quick roll call and respond to assignments by 9:15AM George will bring IRV to Sunset Woods Park where he will be in charge of radio communication and will have a HPPD radio to transmit pertinent information between CERT and HPPD

At the conclusion of the parade Jeff Pine will assign two bicycle team members (please have backpacks) to retrieve radios from our CERTS at traffic posts – Nancy & Steve will await their radios to be picked up at Central and First and Norm & John at Central & McGovern.
Radios will be returned to George at the IRV at Sunset Park

4th Fest, Sunset Park 10:30AM to 2PM

Meet at IRV at 10:30 and retrieve radios
Bruce Rosenberg will be the incident commander for this 4th Fest
Dave will relieve George at noon
At 2PM return radios to IRV
Dave will return IRV to HPPD

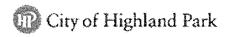
Fireworks, HPPD Roll Call Room at 7PM (gate code is



Please drink plenty of water, we will have water and ice on the IRV for each event.

Sean Curran

Investigations Sergeant



Police Department 1677 Old Deerfield Rd Highland Park, Illinois 60035

Main: 847.432.7730 Direct: 847.926.1119 Fax: 847.433.0180

surran@cityhpil.com cityhpil.com









Kady McFadden < kady@kadymcfadden.com >

Sent:

Monday, July 4, 2022 6:29 PM

To:

TAYLOR LOGAN

Cc: Subject: Acivitello@cityhpil.com
Re: CBC TV INTERVIEW REQUEST for NANCY ROTERING

[EXTERNAL EMAIL]

Hi there, adding in the press contact for the City of Highland Park who can help you get in touch with the mayor.

On Mon, Jul 4, 2022 at 5:39 PM TAYLOR LOGAN < taylor.logan@cbc.ca > wrote: Hi there,

I hope all is well.

My name is Taylor, I'm a producer with CBC News in Toronto (Canadian Broadcasting Corporation). CBC is Canada's largest national broadcaster and news source.

I first want to say I am sorry to be reaching out under such horrible circumstances.

I'm reaching out to inquire if Mayor Nancy Rotering may be available to join us for a live, TV interview tomorrow morning (July 5th) to discuss the 4th of July Parade shooting that occured in Highland Park today.

We would like to discuss the latest updates on the shooting and the naming of the suspect.

The interview would be 5-7 minutes via Skype or FaceTime. Our show runs from 5-9am CT. We are looking for Mayor Rotering's availability at 6:10, 7:10, 8:10am CT.

Please let me know if she may be available.

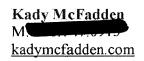
My condolences to the community of Highland Park.

Thank you, Taylor Logan

Taylor Logan Producer CBC News Network She/Her



CBC Radio-Canada



Sent: To:

fnardomarino@cityhpil.com Peer Support / Active Shooter

Subject: Attachments:

K9FR One Page Statement PEER CISM EAP.pdf

[EXTERNAL EMAIL]

Deputy Chief,

My condolences to you and your community on today's tragedy. No words...

I am the Team Lead for a tactical Peer Support resource. We have specially trained Peer Support K-9s and their CISM, PTSM, PFA & ASHER trained handlers. These are not therapy dogs but trained trauma canines/handlers.

Our backgrounds are FD, EMS, PD. We plug into your Peer Support efforts augmenting existing resources. No Charge - No Fees. We are a 501(c)3 IRS non-profit organization and fully insured.

Our teams help connect and engage your members more quickly and efficiently. Our offer also extends to EMS/PD/Hospital Staff.

We have worked (embedded with) FD/EMS/PD Peer Support/CISM at US Capitol, Sandy Hook, Las Vegas, Pittsburgh, Parkland and other local active shooter incidents. Unfortunately, highly experienced in active shooter peer support. References available.

We only deploy when authorized. Hoping to obtain your approval to deploy and provide assistance. Thank you for your time.

Sincerely,

Brad Cole Executive Director

K9 First Responders, Inc. 6 W River St, #47, Milford, CT 06460-9453

brad.cole@k9fr.org

+1 (203) 951-1494 > 24/7 Dispatch

+1 (203) 767-3539 > Direct

http://k9fr.org

K9FR Facebook
K9FR Twitter
K9FR YouTube Channel

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PURPOSE

Providing aid and comfort to first responders and public safety.

FOCUS

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- Benefits emotional memory consolidation.
- Promotes personal and agency resilience.
- Assists re-establishment of emotional and cognitive equilibrium.
- Modular intervention seamlessly integrating with existing response and support protocols.

Romero, Dennis (NBCUniversal) < Dennis.Romero@nbcuni.com>

Sent:

Monday, July 4, 2022 6:31 PM

To:

acivitello@cityhpil.com

Subject:

FW: NBC News national inquiry

[EXTERNAL EMAIL]

From: Romero, Dennis (NBCUniversal) < Dennis.Romero@nbcuni.com>

Date: Monday, July 4, 2022 at 4:26 PM

To: nrotering@cityhpil.com <nrotering@cityhpil.com>

Subject: NBC News national inquiry

Mrs. Mayor:

We're sorry about what happened today. I hope it stops.

We're digging into the person of interest's background and appears that his father, Bob Crimo, ran against you and lost in 2019.

If you want to confirm or respond to this piece of the story, including any details regarding the campaign and the elder Crimo's standing in the community as the owner of a convenience store, we'd like to include that in our story.

Any response would be appreciated.

Thanks, Dennis Romero NBC News Digital 310-623-7097 From: Sent: kstone@cityhpil.com

Sent: To: Monday, July 04, 2022 6:35 PM gneukirch@cityhpil.com

Subject:

Re: Update

Is it confirmed to be him?

Kim Stone Highland Park Councilwoman Kstone@cityhpil.com (847) 780-7432

> On Jul 4, 2022, at 6:33 PM, Neukirch, Ghida <gneukirch@cityhpil.com> wrote:

> Lake forest pulled over a driver that matched the description to Crimo. We will share publicly as soon as we have confirmed information.

> Major crimes assisting with leads as they come in FBI is doing the

> crime scene investigation. The area referenced in our alert can not be compromised so we are communicating with all businesses in that regard.

> There is a white supremicist nexus to Crimo.

>

- > Ghida S. Neukirch
- > City Manager
- > City of Highland Park

>

> Sent from my iPhone

Bob Mellor bmellor@carolstream.org

Sent:

Monday, July 4, 2022 6:36 PM

To:

gneukirch@cityhpil.com

Subject: Attachments:

Assistance image001.png

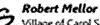
[EXTERNAL EMAIL]

Hi Ghida,

Sorry to hear of the shooting at the HP parade today and the losses to your community. Our thoughts and prayers are with you and your residents. We provided a couple of Police Officers through NIPAS. We also have 3 licensed social workers if you have a need for grief or trauma counseling.

Best wishes through this trying event and please let me know of any assistance you may need.

Bob



Village of Carol Stream
Village Manager
Gregory J. Bielawski Municipal Center
500 N. Gary Avenue
Carol Stream, it. 60188
Administration
(630) 871-6250
bmellor@carolstream.org
www.carolstream.org

From: Sent:

To:

Monday, July 04, 2022 6:38 PM

sneuman@cityhpil.com

Subject:

Re: Robert Crimo III video you need to look at

[EXTERNAL EMAIL]

If you go to youtube, you will find a couple of accounts that have posted the video that was from the Zerotwo channel, which was Robert Crimo's. If you want to scrub it, you should. And, alert Youtube that these other channels are running stuff against the Youtube policy. Channel is NH media.

https://www.youtube.com/watch?v=lJ34rqQHzzw

https://www.youtube.com/watch?v=Cyn9D06KLC8

https://www.youtube.com/watch?v=tBGRxhPSS0c

https://www.youtube.com/watch?v=tzsK10G40PI



On Mon, Jul 4, 2022 at 6:19 PM

Found more.

https://robert-crimo-archive-footage-files.blogspot.com/2022/05/robert-crimo-archive-footage-files.html

take the stuff down for your agency's use and then have this removed.



On Mon, Jul 4, 2022 at 5:36 PM

Hi guys,

Found this online. I am retired and used to work at a newspaper in Idaho. Dad was a cop. Wondered why no one has Bobby's photo up. So, I googled and found this video.

wrote:

Sent:

Monday, July 04, 2022 6:39 PM

To: Subject: sneuman@cityhpil.com Robert Crimo videos

[EXTERNAL EMAIL]

If you go to youtube, you will find a couple of accounts that have posted the video that was from the Zerotwo channel, which was Robert Crimo's. If you want to scrub it, you should. And, alert Youtube that these other channels are running stuff against the Youtube policy. Channel is NH media.

https://www.youtube.com/watch?v=lJ34rqQHzzw

https://www.youtube.com/watch?v=Cyn9D06KLC8

https://www.youtube.com/watch?v=tBGRxhPSS0c

https://www.youtube.com/watch?v=tzsK10G40PI

Sent: To: Monday, July 04, 2022 6:39 PM

police@cityhpil.com

Subject:

I found this online about Highland Park shooter

[EXTERNAL EMAIL]

https://awake-the-rapper.fandom.com/wiki/Awake_The_Rapper_photo_/_picture_gallery



Sent: To:

gneukirch@cityhpil.com

Subject:

Community Trauma Support / Active Shooter

Attachments:

K9FR One Page Statement PEER CISM EAP.pdf

[EXTERNAL EMAIL]

Dear City Manager Neukirch,

My condolences to you and your community on today's tragedy. No words... Understand you are receiving an outpouring of support. Please take two minutes to read.

I am the Team Lead for a Communinty Trauma Support resource. We have specially trained Trauma Management K-9s and their CISM, PTSM, PFA & ASHER trained handlers. These are not therapy dogs but trained trauma canines/handlers.

Our backgrounds are Public Safety, Educators & Clinicians. We plug into your Community Crisis Support and Public Safety Peer Support efforts augmenting existing resources. No Charge - No Fees. We are a 501(c)3 IRS non-profit organization and fully insured.

Our teams help connect and engage your community more quickly and connect to your resources. Our offer is inclusive of FD/EMS/PD/Hospital Staff.

We have worked (embedded with) FD/EMS/PD Peer Support/CISM at US Capitol, Sandy Hook, Las Vegas, Pittsburgh, Parkland and other local active shooter incidents. Unfortunately, highly experienced in active shooter community trauma support. We have active shooter trauma support skills only gained by being at those incidents. References available... Mayors, City Managers, PD/FD/EMS/Hospitals etc.

We only deploy when authorized. Hoping to obtain your approval to deploy and provide assistance. Thank you for your time.

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Rosenberg, Rebecca < Rebecca.Rosenberg@FOX.COM>

Sent:

Monday, July 4, 2022 6:42 PM

To:

Civitello. Amanda

Subject:

Re: Media Release: Person of Interest Identified in Highland Park (IL) 4th of July Parade

Attachments:

image005.gif; image006.png; image007.png; image008.png; image009.png; image010.png

[EXTERNAL EMAIL]

can you confirm that the shooter was taken into custody?

From: Civitello, Amanda <acivitello@cityhpil.com>

Sent: Monday, July 4, 2022 6:09 PM

To: Civitello, Amanda <acivitello@cityhpil.com>

Subject: Media Release: Person of Interest Identified in Highland Park (IL) 4th of July Parade

Good evening,

Investigators from the City of Highland Park Police Department, the FBI, the Lake County Major Crime Task Force and law enforcement agencies throughout the area have been working tirelessly on the investigation of the active shooter at the Highland Park (IL) Fourth of July Parade.

Through law enforcement partnerships and community information and leads, a person of interest has been identified as Robert (Bobby) E. Crimo III. He is twenty-two years old. He is believed to be driving a 2010 Silver Honda Fit, IL Lic. Plate DM 80653. A photograph is included below.

Further information is available in the below press release. As always, please don't hesitate to reach out with any questions you might have at

Thank you for your concern and care for our community.

Amanda Civitello Communications Manager City of Highland Park

Person of Interest Identified in Highland Park (IL) Fourth of July Parade Shooting

Highland Park, Illinois – Investigators from the City of Highland Park Police Department, the FBI, the Lake County Major Crime Task Force and law enforcement agencies throughout the area have been working tirelessly on the investigation of the active shooter at the Highland Park (IL) Fourth of July Parade.

Through law enforcement partnerships and community information and leads, a person of interest has been identified as Robert (Bobby) E. Crimo III. He is twenty-two years old. He is believed to be driving a 2010 Silver Honda Fit, IL Lic. Plate DM 80653. A photograph is included below.

Numerous federal, State and local law enforcement agencies working on apprehending this person of interest. Investigators continue to receive tips from the public and law enforcement partners, and will follow up on all of them. Individuals who have information to share with police, are urged to contact 1-800-CALL-FBI.

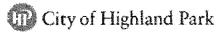
The City of Highland Park extends its deepest condolences to the loved ones of those who were impacted by the horrific incident in our community.

Further information regarding this investigation will be posted to <u>cityhpil.com</u> as available, and law enforcement will continue to provide regular briefings to the public.

Person of Interest: Robert (Bobby) E. Crimo III



Amanda Civitello
Communications Manager
she / her / hers



1707 St Johns Avenue Highland Park, Illinois 60035

847.926.1043

acivitello@cityhpil.com cityhpil.com



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ddayboll@cityhpil.com

Sent: To:

Monday, July 04, 2022 6:43 PM

dan.thomas@illinois.gov

Subject:

FW: Video from parade

Attachments:

cm-chat-media-video-1f7249a28-872d-414d-96f7-6d7d827dce53354500.MOV

From Sent: Monday, July 4, 2022 6:03 PM

To: Police < Police@cityhpil.com> Subject: Video from parade

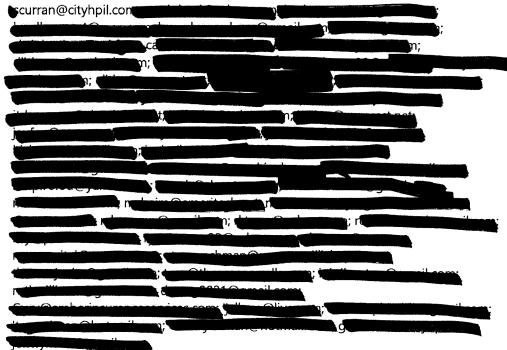
[EXTERNAL EMAIL]

Sent from my iPhone

From: Sent:

To:

ahyndman@cityhpil.com Monday, July 04, 2022 6:46 PM



Cc: cplazas@cityhpil.com

Subject: Re: Updated 4th of July Event Volunteers

Hi everyone,

Today's tragic event has shaken us all. You are all part of the HPPD family and I want you to know we have resources if you need them. Cynthia Plazas is our PD Social Worker and is available if you need someone to talk to.

Please reach out to Sean and/or I if you need anything. We also have a peer support team and resources that have a crisis line of members all over the country if you need that as well.

Sincerely,

Amy

Amy Hyndman 122

Police Officer p Highland Park Police Department 1677 Old Deerfield Rd Highland Park, IL 60035 847-432-7730

From: Curran, Sean

Sent: Thursday, June 30, 2022 1:27:47 PM

To: 'Anne Violanti'; 'Barbara Rosenthal'; 'Brad Kramer'; 'Bruce Rosenberg'; 'Carolyn Cerf'; 'Cheryl Busscher'; 'Chick Stern'; 'Dan Bricker'; 'Daniel Lidawer'; 'Dave Rothschild'; 'Ducarmel Albana'; 'Earl Slavin'; 'Eddie Litke'; 'Eddie Rush'; 'Gary Greenberg'; 'George Slominski'; 'Jamie Santucci'; 'Jason Sims'; 'Jay DeGarmo'; 'Jeff Wyke'; 'Jeffrey Pine'; 'Jerry Aufox'; 'John Doherty'; 'John Theodosakis'; 'Josh Chaet'; 'Josh Olian'; 'Kathy LaMorte'; 'Katie Faletti'; 'Kris Byrnes'; 'Leslie Neilan'; 'Lou Shapiro'; 'Marc Rush'; 'Marvin Sabido'; 'Merle Branner'; 'Michael Baim'; 'Nancy McEntee'; 'Norman Greenberg'; 'Rachel Heyman'; 'Reynold Tung'; 'Richard Nelson'; 'Roy Filinson'; 'Ryan Werner'; 'Shane Selig'; 'Steve Amiel'; 'Steve Rachman'; 'Thomas Ochs'; 'Thomas Perrella'; 'Tim Benton'; 'William Roth'; 'Duke Wang'; 'Gurv Anand';

Gerald

Cc: Hyndman, Amy; Cameron, Gerald; O'Neill, Chris; Gallagher, Sean

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Hi everyone thank you very much for volunteering, attached are the 4th of July event assignments.

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George will hand out radios

Steve Rachman will be the parade incident commander

Quick roll call and respond to assignments by 9:15AM

George will bring IRV to Sunset Woods Park where he will be in charge of radio communication and will have a HPPD radio to transmit pertinent information between CERT and HPPD

At the conclusion of the parade Jeff Pine will assign two bicycle team members (please have backpacks) to retrieve radios from our CERTS at traffic posts — Nancy & Steve will await their radios to be picked up at Central and First and Norm & John at Central & McGovern.

Radios will be returned to George at the IRV at Sunset Park

4th Fest, Sunset Park 10:30AM to 2PM

Meet at IRV at 10:30 and retrieve radios
Bruce Rosenberg will be the incident commander for this 4th Fest
Dave will relieve George at noon
At 2PM return radios to IRV
Dave will return IRV to HPPD

Fireworks, HPPD Roll Call Room at 7PM (gate code is

Dave Rothchild will be incident commander and deploy IRV
Attend briefing and retrieve your radio
Dave will be in charge of communication and have a HPPD radio
Incident Commander will assign team to assist with traffic, patrol, and parking lot assignments
Dave return IRV to HPPD

Please drink plenty of water, we will have water and ice on the IRV for each event.

From: Curran, Sean			
Sent: Thursday, June 30, 20	022 11:02 AM		
To: 'Anne Violanti'	'Barbara Rosent	thal Brad Kramer'	
Chradicana	'Bruce Rosenberg	'Carolyn Cer	þ
'Cheryl Busscher' <	'Chick Steri	'Dan Bricker'	
	'Daniel Lidawer'	'Dave Rothschild'	ì

'Ducarmel Albana'	: 'Earl Slavin	'Eddie Litk	e'
	'Eddie Rush'	'Gary Greenberg'	>; 'George
Slominski'	>; 'Jamie Santucci'	; 'Jason Sims'	
	Jay DeGarmo	; 'Jeff Wyke	'Jeffrey
Pine'	; 'Jerry Aufox'	>; 'John Doherty'	t>; 'John
Theodosakis	Josh Chaet	'Josh Olia	and the second second
'Kathy LaMort	; 'Katie Faletti'	'Kris Byrnes'	
Kric Burnos Oceani	'Leslie Neilan'	; 'Lou Shapl	
'Marc Rush'		'Merle Branner	
	Michael Baim' < p. baim@amoritoch		
'Norman Greenberg	>; 'Rachel Heyma		Tung'
		>; 'Roy Filinson'	>; 'Ryan
Werner' ←	'Shane Selig	'Steve Amiel	
'Steve Rachman'	; "	Thomas Och	'Thomas Perrella'
	'Tim Bentor	n>; 'William Roth	>; 'Duke
Wang'	; 'Gurv Anand' <		m'
	< - C		m'
<	1>; '	< hotmail.com>; Hynd	lman, Amy
<ahyndman@cityhpil.< td=""><td>com>; Cameron, Gerald <gcameron@c< td=""><td>cityhpil.com×</td><td></td></gcameron@c<></td></ahyndman@cityhpil.<>	com>; Cameron, Gerald <gcameron@c< td=""><td>cityhpil.com×</td><td></td></gcameron@c<>	cityhpil.com×	
			

Cc: Hyndman, Amy <ahyndman@cityhpil.com>; Cameron, Gerald <gcameron@cityhpil.com>; O'Neill, Chris <CONeill@cityhpil.com>; Gallagher, Sean <sgallagher@cityhpil.com>

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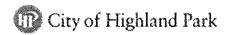
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Please drink plenty of water, we will have water and ice on the IRV for each event.

Sean Curran

Investigations Sergeant



Police Department 1677 Old Deerfield Rd Highland Park, Illinois 60035

Main: 847.432.7730 Direct: 847.926.1119 Fax: 847.433.0180

surran@cityhpil.com cityhpil.com







Elvi, Zel < ElviZ@cbsnews.com>

Sent:

Monday, July 04, 2022 6:47 PM

To: Cc: 'police@cityhpil.com' @CND National Desk Staff

Subject:

CBS News Inquiry

[EXTERNAL EMAIL]

Hello,

CBS News is hearing reports Robert Crimo III has been arrested in Lake Forest, IL. Can you confirm? Is there any information you can share?

Please reply all.

Thanks,

Zel Elvi

CBS News

Sent:

Sent To:

Cc:

Subject:

Monday, July 04, 2022 6:47 PM

sneuman@cityhpil.com

Photo from Back of Shooter's House April 2020

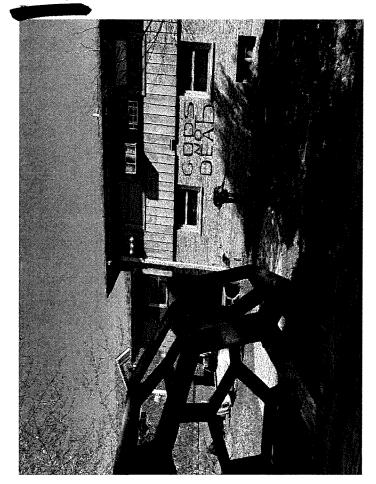
[EXTERNAL EMAIL]

Hello,

My sister (copied here) took this photo in April of 2020. It is of the back of the shooter's house. My parents live right next door at the shoot weekend. We are not home right now as we are in Florida for the holiday weekend. I wanted to show you this picture as I know one of the residents of this house is the person of interest for today's shooting. Robert E. Crimo drew the picture in April of 2020.

Here is the photo we took from then that we found today. Please let me know if you have any questions.

Thanks,



Harvard Kennedy School | MPP 2023 Pronouns: she/her/hers

Sent:

Monday, July 4, 2022 6:47 PM

To:

Hyndman, Amy

Subject:

Re: Updated 4th of July Event Volunteers

Attachments:

image001.png; image002.png; image003.png; image004.png; image005.png

[EXTERNAL EMAIL]

Thank You



www.rothschildinsurancegroup.com

On Jul 4, 2022, at 6:45 PM, Hyndman, Amy <ahyndman@cityhpil.com> wrote:

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Hyndman, Amy; Cameron, Gerald

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Dave Rothchild will be incident commander and deploy IRV

Attend briefing and retrieve your radio

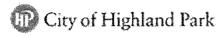
Dave will be in charge of communication and have a HPPD radio

Incident Commander will assign team to assist with traffic, patrol, and parking lot assignments Dave return IRV to HPPD

Please drink plenty of water, we will have water and ice on the IRV for each event.

Sean Curran

Investigations Sergeant



Police Department 1677 Old Deerfield Rd Highland Park, Illinois 60035

Main: 847.432.7730 Direct: 847.926.1119 Fax: 847.433.0180

surran@cityhpil.com cityhpil.com







From: Sent:

kmccaulou@cityhpil.com Monday, July 4, 2022 6:48 PM

To:

Subject:

Fwd: Update: Person of Interest Identified in Fourth of July Parade Shooting

Sent from my iPhone

Begin forwarded message:

From: City of Highland Park <cityhp@cityhpil.com>

Date: July 4, 2022 at 5:28:08 PM CDT

To: "McCaulou, Kristi" < kmccaulou@cityhpil.com>

Subject: Update: Person of Interest Identified in Fourth of July Parade Shooting

Reply-To: cityhp@cityhpil.com

[EXTERNAL EMAIL]



View as Webpage

July 4, 2022



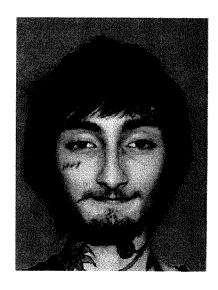




Update: Person of Interest Identified in Fourth of July Parade Shooting

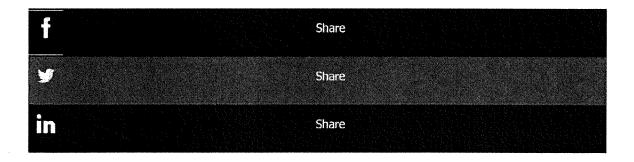
Investigators from the City of Highland Park Police Department, the FBI, the Lake County Major Crime Task Force and law enforcement agencies throughout the area have been working tirelessly on the investigation of the active shooter at the Highland Park (IL) Fourth of July Parade.

Through law enforcement partnerships and community information and leads, a person of interest has been identified as Robert (Bobby) E. Crimo III. He is twenty-two years old. He is believed to be driving a 2010 Silver Honda Fit, IL Lic. Plate DM 80653. A photograph is included at right.



Numerous federal, State and local law enforcement agencies are working on apprehending this person of interest. Investigators continue to receive tips from the public and law enforcement partners, and will follow up on all of them. Individuals who have information to share with police are urged to contact 1-800-CALL-FBI.

The City of Highland Park extends its deepest condolences to the loved ones of those who were impacted by the horrific incident in our community. Further information regarding this investigation will be posted to cityhpil.com as available, and law enforcement will continue to provide regular briefings to the public.



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

<u>Unsubscribe kmccaulou@cityhpil.com</u>

<u>Update Profile | Constant Contact Data Notice</u>

Sent by cityhp@cityhpil.com in collaboration with



Try email marketing for free today!

From: noreply=revize.com@turbo-smtp.info on behalf of Denise Brazier

<noreply@revize.com>

Sent: Monday, July 04, 2022 6:49 PM

To: Undisclosed recipients

Subject: [**Highland Park, IL - Support #73513] Recent Event

[EXTERNAL EMAIL]

You can ONLY comment on this issue by clicking on the link and logging into the portal! Please <u>do</u> not reply in email as posting through email is not supported.

Issue #73513 has been updated by Denise Brazier.

- · Assignee changed from Emergency and Weekend Support to Support Team
- Priority changed from Normal to Urgent

Hi Amanda,

I am referring this issue to Tech Support with High Priority.

Someone should respond tomorrow morning.

Take Care,

Denise

Support #73513: Recent Event OPEN

Author: Denise BrazierStatus: In ProgressPriority: Urgent

Assignee: Support TeamStart date: 2022-07-04

Hi Amanda,

Across the nation, we are feeling the pain with you for the recent tragic event.

We know the world is reviewing your website.

Please let us know if there is anything, regarding the website, that we can do to support you.

Praying for the city and your families.

Stay Stong!

Your Revize Family.

You have received this notification because you have either subscribed to it, or are involved in it. To change your notification preferences, please visit: http://support.revize.com/my/account

From: Brian Romes <brownes@pdhp.org>
Sent: Monday, July 4, 2022 6:49 PM

To: ejason@cityhpil.com; 'gneukirch@cityhpil.com'; Heidi Smith (hsmith@hplibrary.org);

Anne Flanigan Bassi

Cc: Blaw@dist113.org; Michael Lubelfeld

Subject: FW: Emergency Closure Tomorrow - Trauma Support Counseling

Attachments: image001.png; image002.png; Critical Incidents- how to manage for all.pdf; What is

trauma Handout All People.pdf; Critical Incidents- Common reactions .pdf

[EXTERNAL EMAIL]

First Responders Wellness Center will be on site at West Ridge Center, 636 Ridge Road at 10am, July 5 to provide trauma support and counseling to Park District Staff, Board, Volunteers, as well as for our Government Partners that were on the scene today.

Attached are three handouts that they will also be going over tomorrow. The "Common Reactions" can be sent to staff beforehand.

- 10am, West Ridge Center All team member who were at the Parade
- 11:30am, West Ridge Center All team members who were in Highland Park today
- 12:30pm and on, West Ridge Center All team members who would like additional support are encouraged to meet individually with a counselor from First Responders Wellness Center

Please email me if you plan to attend any of these at <u>bromes@pdhp.org</u>. <u>All</u> team members are welcome and encouraged to attend if comfortable. Your email is not required but will help us understand how many team members will be on site.

A joint message will also be sent regarding community support.

Thank you,

Brian Romes | Executive Director (he/him/his) Park District of Highland Park West Ridge Center | 636 Ridge Road, Highland Park, Il 60035 847.579.3119







FIRST RESPONDERS

477 E. Butterfield Rd. Suite 408 Lombard Il 60148 540 Frontage Rd. #2125 Northfield, Il 60093 Main: 630-909-9094 Fax: 630-597-2583

COPING AFTER A CRITICAL INCIDENT:

- Try to slowly get back into your normal routine
- Do healthy things for your body (eat fruits, vegetables, whole grain, beans), exercise (30 min. a day), & sleep (8 hours)
- Grounding, practicing being present in the here and now (Use all 5 senses)
- Avoid excesses such as food, alcohol, shopping, gambling, exercise, etc.
- · Socialize with others & Talk about your feelings with others you trust
- Try therapy and/or spiritual counselors
- Have fun, read, play, and stay involved in your hobbies
- Volunteer or participate in other community activities to reduce isolation
- Watch comedies or look at www.sunnyskyz.com, a positive upbeat online news media
- Look at www.commonsensemedia.org for guidance on what movies, TV shows, cartoons, that could be triggering for your situation. Common sense media reports on positive message, positive role models, violence, sex, language, drinking, drugs, and smoking, and consumerism.
- Turn Media off & Take a Break: You may want to know what is happening with your critical incident, but the updates can also add distress. Consider if you truly want to know or not, if so, then give yourself time limits.

SIGNS YOU MAY NEED MORE HELP:

- Having symptoms that are getting worse or staying exactly the same since the incident.
- Difficulties with not thinking about the event and all the "what if's..."
- Depressive symptoms such as sadness, worthlessness, lack of energy, social withdrawal, low self-esteem, increase/decrease of sleep or appetite, indecisiveness, unresolved grief, and/or poor concentration
- Anxiety Symptoms such as excessive or unrealistic worry, difficulties controlling worry; physical tension (i.e. muscle tension, restlessness, shakiness); autonomic hyperactivity (i.e. heart palpitations, shortness of breath, dry mouth, nausea); hypervigilance (i.e. feeling on edge, difficulties concentrating, trouble falling or staying asleep, irritability), sadness, intrusive memories, poor sleep, anxiety, guilt, etc.
- Trauma Symptoms such as intrusive, distressing thoughts related to the traumatic incident, avoidance of reminders of the incident, detachment, hypervigilance, and arousal and distress when reminded of the incident.

- Symptoms that are negatively impacting your mood, thoughts, or daily functioning
- · Having thoughts of death, suicide, or hurting oneself
- Not being able to do your job/school or take care of oneself or significant others
- Substantial decrease or increase of sleep, food, and/or alcohol or other substances

COPING STRATEGIES:

- Tactical breathing: inhale for 3 counts, hold for 3, exhale for 3 counts to reduce stress.
- Use Calm, Headspace, or another phone app to practice guided imagery & meditation.
- Increase and use your support system. You are not alone, everyone suffers.
- Wallpaper: Put happy pictures on your phone of family or vacations for reminders of happy times
- Exercise Regularly: Gym, walk, play with kids, sports, etc.
- Move: Get out of your couch, draw, listen to music, walk around the block, visit a park or a nice view.
- Use scented candles, oils, or other fragrances that are calming at home. Consider a nice smelling air freshener in your office.
- Go to therapy and talk with a trauma counselor.
- Concentrate on what you have & appreciate it.
- Do something nice for someone else: Anything from opening a door to a smile.

SLEEP TECHNIQUES:

- Lie down to sleep only when sleepy.
- Do not use bed for any other activities like TV, reading, listening to music, etc. only for sleeping.
- Get out of bed if sleep doesn't arrive soon after retiring (approx. 30-40 min)
- Try to set a consistent sleep-wake cycle. No napping, when possible.
- Restrict excessive liquid intake prior to bed & Avoid spicy late-night snacks or any late-night eating.
- Exercise daily but not 3-4 hours before bedtime.
- Minimize or avoid caffeine, alcohol, tobacco, and any stimulants.
- Do not use caffeine or any stimulants a minimum of 4-6 hours before going to bed.
- Try to avoid TV 1-2 hours before going to bed and avoid news or other intense material prior to going to bed.
- Make the bedroom colder, use brand new sheets, and darken your room.
- Try Chamomile, Valerian Root, Lavender, or Lemon Balm Teas.
- Eat Melatonin rich foods such as pistachios, tomatoes, tart cherries, walnuts, almonds, spinach, and bananas.



FIRST RESPONDERS WELLNESS CENTER

477 E. Butterfield Rd Suite 408-10 Lombard, IL 60148 540 W Frontage Rd. Suite 2125 Northfield, IL 60093

WHAT IS TRAUMA?

A traumatic incident is when a person is exposed to an actual or threatened death, serious injury, or sexual violence in one of more of the following ways: 1) directly experience, 2) witness it, 3) learn about is occurring to a close family/friend/co-worker, 4) experienced repeated or extreme exposure to aversive details.

EVENT RISK FACTORS that increase difficulties in handling the trauma:

- 1) Unexpected
- 2) Feeling unprepared or vulnerable
- 3) Unexpected consequences
- 4) Alone of feeling of being alone
- 5) Personal history with victim/offender/witness
- 6) Increased personal/current stressors
- 7) Current substance abuse or mental illness
- 8) Intentional act committed by another
- 9) Being near, highly exposed, and spending a long duration near or in the trauma
- 10) Victim is a child or vulnerable population
- 11) Man-made incident
- 12) Atrocity, brutal, or shocking
- 13) Victim or witness of multiple traumas
- 14) Inability to find any meaning or reason
- 15) Feeling that you did not handle the incident well

What you can do:

lot of

- Understand common trauma reactions & that there is not something wrong with you
- 2) Talk with others who are safe/Increase your social support/Be with others
- 3) Name your emotions & acknowledge them
- 4) Expect unwanted emotions (i.e., crying spells, anxiety in crowds)
- 5) Grief can take a long time; give yourself time to recover.
- 6) Do not judge yourself negatively, you survived! Accept that you have feelings—feelings are not wrong, only what you do with your feelings can be wrong. You have a right to feel both
- negative and positive emotions.

 7) Do not immerse yourself in the trauma, limit your exposure, when possible, avoid a
 - media and social media.
- 8) Try to get back into your normal routine slowly.
- 9) Use deep breathing, meditation, yoga, or other things that are calming to you.

- 10) Self-care: Eat healthy, prioritize sleep, shower, etc.
- 11) Exercise
- 12) Do what you enjoy, if you are happy that does not suggest you are okay with what occurred.

FIRST RESPONDERS WELLNESS CENTER

Critical Incidents- Common Reactions

Most common distortions of the traumatic event are:

- Distortion of time-(time sped up or slowed down)
- Sensory distortions- (i.e. tunnel vision, hearing changes, etc.)
- Perceptual or Behavioral Distortions- (i.e. Objects change size)
- Sense of helplessness-Limited choices
- "Fight/Flight/Freeze" response
- Disturbance in memory- sometimes our memory gives us "tunnel memory"
- Hyperarousal/Hypoarousal- heightened awareness of our surroundings or constriction of our perception
- Replaying the incident in your head (what ifs)

After a trauma an individual may feel:

- Detached
- · Shock and disbelief
- Anxiety, nervousness
- Pre-occupied with thoughts about the incident
- Angry, resentful
- Highly sensitive to others
- Guilt/Guilt for not feeling guilty
- Blaming others

- Hypervigilant, more so in public
- Unexpected emotions
- Relief
- Proud, Happy
- Exhilaration
- Acceptance/Resolution
- Feelings of Isolation
- · Feelings that change or may conflict
- Scared/Afraid, particularly in social settings

After traumatic incidents individuals may exhibit increased emotions/bodily sensations such as:

• Changes in appetite and/or sleep

· Nausea and stomachaches

Anxiety and/or Depression

· Changes in sexual function or libido

• Flashbacks of the incident

· Anger, irritability

• Intrusive memories

Crying/Unexpected crying

Headaches

Weakness/Fatigue

Muscle Tension/Twitches

Poor concentration/Forgetfulness

Daymares/nightmares

Low frustration tolerance

Avoiding things related to the incident

Hypersensitivity & abrupt mood changes

Any emotions or changes can occur and are normal, but they should lessen over time. If your symptoms start to increase and/or impact your day to day living, then please call a mental health professional.

Call FRWC at 1-630-909-9094 or email <u>info@firstresponderswellnesscenter.com</u> or find a police and public safety therapist.

From:

Nancy Sawle Knobloch < nknobloch@famservice.org>

Sent:

Monday, July 04, 2022 6:49 PM

To: Cc: Taub, Emily Algean Garner

Subject:

Fw: Critical incident crisis debriefing

[EXTERNAL EMAIL]

Fyi Emily. Let me know if you want bring people together to debrief the day.

Nancy

From: Algean Garner

Sent: Monday, July 4, 2022 6:09 PM

To: Nancy Sawle Knobloch < nknobloch@famservice.org >

Subject: Re: Critical incident crisis debriefing

Hi Nancy,

I think they need to do an immediate debriefing, just to talk through their feelings. I can come out tonight or lead via telehealth.

AG

Action may not always bring happiness, but there is no happiness without action. - Benjamin Disraeli

On Monday, July 4, 2022 at 05:56:04 PM CDT, Nancy Sawle Knobloch < nknobloch@famservice.org > wrote:

This looks great. Any guidance for the city staff? They are asking us. What they should do.

From: Algean Garnel

Sent: Monday, July 4, 2022 5:50 PM

To: Nancy Sawle Knobloch < nknobloch@famservice.org >

Subject: Critical incident crisis debriefing

Hi Nancy,

Here is what I thought would be most helpful to us for tomorrow. <u>Critical Incident Stress Debriefing: How It Works & What to Expect</u>



Critical Incident Stress Debriefing: How It Works & What to Expect

Originally designed for responders to traumatic events, critical incident stress debriefing (CISD) is a structur...

Let me know your thoughts. AG

Action may not always bring happiness, but there is no happiness without action. - Benjamin Disraeli

From:

Sent: Monday, July 4, 2022 6:52 PM

To: Terri Olian

Cc: Deborah Finn; Alyssa Knobel; Ali Barnett; Amy Small; Ashley Kelly; Bruce Sperling;

Cookie Kohn; Craig Leva; Cristina Mota; David Hoffman; David Israel; David L. Reich; Deb Cogan; Donald Stewart; Emily Nasatir; Eric Ephraim; Eric Zoberman; Erik Gimbel; Ginny Schulte; Heather Sher; James Hospodarsky; Jamie Strait Muller; Jean Meadows; Jennifer Aiello; Joe Reinstein; Joey Bleiman; Jon Levey; Julie Kraff; Karen Reisin; Kevin Ryan; Larry Block; Levin, Laurie; Nancy Mills; Patty Pell; Peter W. Flanzer; Richard Cortesi; Robyn Schuster; Sallyan Windt; Sara Sher; Simon Leibovich; Sofia I. Alvarez;

Taryn Kessel; Tom Koulentes; Tonia Arrington

Subject: Re: July 4

[EXTERNAL EMAIL]

0.36 7.14 0000 5.55 73.57

On Mon, Jul 4, 2022, 5:55 PM Terri Olian < terri@hpcfil.org > wrote:

Oh my. As you shielded your grandson, are all hugging our loved ones closely today. Hoping they help,

sending hugs to you and your whole family, Bobbie.

Terri Olian

Executive Director, Highland Park Community Foundation

o 847-433-4100 • terri@hpcfil.org • www.hpcfil.org

Give Where You Live! Donate <u>here</u> or by mail (P.O. Box 398, Highland Park, IL 60035). Click <u>here</u> for more options! Click <u>here</u> to recommend a grant from your Donor-Advised Fund if you are a client of Fidelity Charitable, Schwab Charitable, or BNY Mellon

Celebrating 30 years of making a difference, 1992-2022!

Together, we will continue to improve the lives of individuals and enhance our community as a whole!

On Mon, Jul 4, 2022, at 5:46 PM, wrote:

Still not recovered, but writing to let all know that I'm ok and so is my family. We were sitting directly across from the stage with the announcers...no more than 30 feet from the corner. Enjoying the day with my kids and three-year-old grandson. Who could have guessed that within a few minutes of arriving, soon after waving to Nancy Rotering as she walked by, I would be huddled in a doorway shielding my grandson? I'm still shaking. I knew it was a terrible hiding place.

When we finally moved, we skirted Port Clinton to get back to my condo two blocks away. On the way, I saw carnage. I won't describe it. My only relief is that my grandson didn't see it.

How much of this can we take? My best to all of you. Hug your families tonight.

Bobbie

On Mon, Jul 4, 2022 at 12:48 PM Terri Olian <terri@hpcfil.org> wrote:

Great to know, Debby. Thank you for the update.

Terri Olian

Executive Director, Highland Park Community Foundation

o 847-433-4100 • terri@hpcfil.org • www.hpcfil.org

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Celebrating 30 years of making a difference, 1992-2022!

Together, we will continue to improve the lives of individuals and enhance our community as a whole!

On Mon, Jul 4, 2022, at 12:36 PM, Deborah Finn wrote:

All HPHS Students in the parade are accounted for and safe. We are arranging for trauma services at HPHS for tomorrow - details to follow. Debby

On Mon, Jul 4, 2022 at 1:27 PM Alyssa Knobel

Knobel family safe. Pray for our neighbor.

Alyssa Knobel

On Jul 4, 2022, at 11:10 AM, Craig Leva craigleva@arwayconfections.com wrote:

Can everyone please check in. I hope you are all safe. I have no words. Can't believe what is happening.

Craig

Sent from my iPhone

On Jun 23, 2022, at 5:01 PM, Terri Olian terri@hpcfil.org wrote:

Hello Everyone!!

What a beautiful day! Hopefully, July 4 will be as nice, which is what this email is really about.
:)

We hope as many of you - and your family members and friends - will join us as walkers in the Highland Park 4th of July parade (which is on Monday, July 4). A few people can also ride in our parade car.

We need your help passing out our giveaways, but even more we need a strong showing in the parade!

We have HPCF t-shirts of various sizes you can wear (though you are welcome to wear your own), and will have cold water and treats to enjoy before the parade starts.

You will need to be at our location in the downtown HP Metra Station by 9:30 AM and we should be done by 10:30-10:45. Further details about exactly where we will gather to line up, take photos, etc., will be sent once we receive them from the City.

Please let Terri (<u>terri@hpcfil.org</u>) know if you can join us and how many people you will be bringing!

Thank you for your help in making this a fun and successful awareness raising event for the HPCF! We hope to hear from you soon!

Jon, Laurie, Joey (30th anniversary 4th of July Committee Members) and Terri

Terri Olian

Executive Director, Highland Park

Community Foundation

o 847-433-

4100 • terri@hpcfil.org • www.hpcfil.org Give Where You Live! Donate here or by mail (P.O. Box 398, Highland Park, IL 60035). Click here for more options!

Click <u>here</u> to recommend a grant from your Donor-Advised Fund if you are a client of Fidelity Charitable, Schwab Charitable, or BNY Mellon Celebrating 30 years of making a difference, 1992-2022!

Together, we will continue to improve the lives of individuals and enhance our community as a whole!

Deborah Finn (she/her/hers) Principal Highland Park High School 433 Vine Ave. Highland Park, IL 60035 224 765-2001

dfinn@dist113.org

GO GIANTS!



From: Larry Nowak <Larry_Nowak@3sisecurity.com>

Sent: Monday, July 4, 2022 6:53 PM

To: Curran, Sean

Subject: 3SI IL Highland Park PD ESO upgrade

Attachments: image001.png; image002.png; image003.png; image001.png; image002.png; image003.png

[EXTERNAL EMAIL]

Sir

I am so sorry to hear about what has happened at your 4th of July parade

God Bless

Need Anything let me know

Fraternally

Larry Nowak

Talk soon

Sent from my iPhone

Larry Nowak
3SI Security
Senior Regional Coordinator
1.847.772.0911
larry nowak@3sisecurity.com

Kindness is the language that the blind can see and the deaf can hear - Mark Twain

On Jun 27, 2022, at 4:11 AM, Curran, Sean <scurran@cityhpil.com> wrote:

Thanks Larry,

How much is hardware upgrade, I would like to purchase it right away as I was told our current tracker will not work? And how much will service be for 2023.

I'm sure you sent it to me but it's hard to make out exactly what our costs will be?

Sean

From: Larry Nowak < Larry_Nowak@3sisecurity.com>

Sent: Saturday, June 25, 2022 3:11 PM
To: Curran, Sean <scurran@cityhpil.com>
Cc: Spanos, Thomas <tspanos@cityhpil.com>
Subject: 3SI IL Highland Park PD ESO upgrade

IEXTERNAL EMAIL!

Sgt Curran,

Larry Nowak from 3SI Security.

I will attach the NEW 4G ESO upgrade info FREE 4G upgrade with the prepayment of 3 years of 24/7 support and messaging at the \$228 pricing per year. (\$684.00 plus \$25 shipping).

You have the ESO Pro SC. Pricing for the ESO Pro HC is the same price.

We can keep you on the 3SI website or change you over to the Covert Track mapping. You will get Covert Track training.

I will need to know if you wish to keep Verizon has your provider or move to AT&T Version in this area is most common.

Let me know who the administrator will be so I can get the Purchase Sales Agreement completed. I leave June 29 and will return July 19, 2022

Larry Nowak

IACP Police Chief Magazine: "Crime Prevention Through Targeted Arrest Strategies" Article by Richard T. Long, CPP

Please share with our colleagues who want to impact quality of life crimes by removing serial offenders from their community: The direct link is https://www.policechiefmagazine.org/crime-prevention-through-targeted-arrest-strategies.

Larry Nowak
Senior Regional Coordinator
Law Enforcement Division - Arlington Heights PD (ret)
M 847.772.0911
Support 24/7 888.374.8722
Inowak@3si.com [3si.com

Together, Let's Break The Crime Cycle & Create a #SaferWorld



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Sent: Monday, July 4, 2022 6:53 PM

To: Nardomarino, Frank

Subject: (U) Update 4: Highland Park Holiday Parade Shooting

[EXTERNAL EMAIL]

The following information is being disseminated by STIC to our email distribution list for situational awareness purposes. Replies can be sent to stic@illinois.gov.

Updates are in red.

The person of interest, Crimo, has been taken into custody.

The suspect has been identified as 22-year-old Robert "Bobby" E. Crimo III and is believed to be driving a 2010 silver Honda Fit. At this time, it is believed there is only one shooter at this time. However, this incident is still under investigation.

At 10:14am, there was a call of an active shooter received. This is currently an active incident and residents have been advised to shelter in place. The suspect is described as a male/white, age 18-20 years-old, small build, long hair, and wearing a white or blue t-shirt. A rifle has been recovered at scene. At this time, 6 people are dead and 24 have been transported. The suspect was shooting from a roof.

Several cities have Highland Park have cancelled their 4th of July festivities. These cities include Highland Park, Winnetka, Deerfield, and Glenview. This may not be a complete list.

Open sources report as many as five dead and 16 injured. Shooter is still at large. Area residents alerted.

The Statewide Terrorism & Intelligence Center has received information about an active shooter at a holiday parade in Highland Park, Illinois. Open sources are reporting that nine people have been shot. There is no information indicating a suspect(s) is in custody at this time.

This is raw reporting and the situation is rapidly evolving. Information is subject to change. Additional information will be shared as received and as is appropriate.

UNCLASSIFIED

Sent: Monday, July 04, 2022 6:53 PM

To: Schrage, Joe

Subject: (U) Update 4: Highland Park Holiday Parade Shooting

[EXTERNAL EMAIL]

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UNCLASSIFIED

Sent: Monday, July 04, 2022 6:53 PM

To: William B . Bonaguidi

Subject: (U) Update 4: Highland Park Holiday Parade Shooting

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Open sources report as many as five dead and 16 injured. Shooter is still at large. Area residents alerted.

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This is raw reporting and the situation is rapidly evolving. Information is subject to change. Additional information will be shared as received and as is appropriate.

UNCLASSIFIED

Sent: Monday, July 4, 2022 6:53 PM

To: Sean Gallagher

Subject: (U) Update 4: Highland Park Holiday Parade Shooting

[EXTERNAL EMAIL]

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Updates are in red.

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UNCLASSIFIED

Sent: Monday, July 04, 2022 6:53 PM

To: Lou Jogmen

Subject: (U) Update 4: Highland Park Holiday Parade Shooting

[EXTERNAL EMAIL]

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UNCLASSIFIED

Sent: Monday, July 04, 2022 6:53 PM

To: Amy Hyndman

Subject: (U) Update 4: Highland Park Holiday Parade Shooting

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UNCLASSIFIED

From:

Sent: Monday, July 04, 2022 6:54 PM

To: nrotering@cityhpil.com

Cc: gneukirch@cityhpil.com; council@cityhpil.com

Subject: BBC RADIO "TODAY" show - Polite request for an interview about the SHOOTING AT

THE PARADE...

[EXTERNAL EMAIL]

Dear Mayor Rotering

I am getting in touch from the BBC's main UK news show, "Today".

I know the suspect in the terrible shooting at the Independence Day parade is still at large, and that media probably isn't the top priority right now.

But we wondered whether you might consider recording a short interview with us later today that we could broadcast tomorrow morning?

It would be about the impact the shooting has had on your community - and the shock, presumably, of the attack.

Because of the time difference, we would hope to record something at around 10:15pm your time.

We could do the interview via FaceTime audio, Skype or Zoom, and it would take about 5 minutes.

Do you think this is something that might be possible for you?

Kind regards

Ann

Ann Hepburn | producer Today | BBC Radio 4 | @BBCr4today https://www.bbc.co.uk/news Newsdesk: + 44 20 3614 1222 Mobile

From: Sent: To: Subject:	Google Alerts <googlealerts-noreply@google.c Monday, July 4, 2022 6:56 PM chersch@cityhpil.com Google Alert - Highland Park, IL</googlealerts-noreply@google.c 	com>
[EXTERNAL EMAIL]		
Highland Par As-it-happens update	•	
NEWS		
parade shooting - YouTube Stream your PBS favori	tes with the PBS app: https://to.pbs.org/2Jb8twGFind more https://www.pbs.org/newshourSubscribe to our	Right olds have to developed patterns. In their parties are privary, folders provided unlessed administration of the parties them the between the developed parties of the
Where is Highlan Chicago Sun-Times	d Park, Illinois? - Chicago Sun-Times	
•	ss shooter opened fire during a Fourth of July parade Monday	is roughly 25 miles
Guardian The Guardian	l': Fourth of July shooting rocks Chicago and sh emand change after shooter targets Highland Park parade cel	
Day. Flag as irreter	vani	
CNN		

6 dead, 30 wounded in shooting at Chicago-area July 4 parade - ABC News ABC News A gunman on a rooftop opened fire on an Independence Day parade in suburban Chicago, killed at least six people and wounding at least 30. Fiag as irrelevant
Governor Pritzker releases statement on Highland Park , 4th of July Parade shooting Wand TV CHICAGO, III. (WAND)- Governor J.B. Pritzker has released the following statement in regards to Monday mornings shooting in Chicago, at Highland Flag as irrelevant
Manhunt for Highland Park parade shooting suspect MyStateline.com MyStateline.com HIGHLAND PARK , III . (WTVO) – Police have identified Robert "Bobby" E. Crimo III, 22, as a "person of interest" in the deadly mass shooting at Flag as irrelevant
Highland Park shooting person of interest named - Westernslopenow.com Westernslopenow.com fficials continue to search for the shooter who opened fire at a Fourth of July parade in Highland Park Monday morning, killing six. Fiag as irrelevant
Man in custody following Highland Park parade mass shooting - WTNH.com WTNH.com BREAKING UPDATE: The 22-year-old man wanted in Highland Park parade shooting is in custody, police say. A brief pursuit took place in Lake Forest,
What we know about the at-large Highland Park parade shooter - WETM WETM Officials continue to search for the shooter who opened fire at a Fourth of July parade in Highland Park Monday morning, killing six. Flag as irrelevant
See more results Edit this alert

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Receive this alert as RSS feed

Send Feedback

From:

Sent:

Monday, July 4, 2022 6:58 PM

То:

police@cityhpil.com

Subject:

parade shooting follow up

[EXTERNAL EMAIL]

Hi,

I applaud the hard work you've done to keep people safe, thank you for all you do.

I googled the person of interest and found his instagram profile: https://www.instagram.com/awaketherapper/ He describes himself as a killer and it's last year here.

and has a link to this youtube video

youtu.be/35cZjJGAj Y

Please watch the entire video, it seems to repeat the same disturbing scenes but it makes a clear effort to show "LOYOLA UNIVERSITY" Can you please investigate that, why Loyola? is that a target? or the home of a radical group?

It seems to be a sign or a signal and I dont want to see something happen at another school especially when I see that wonder what the connection is. Or give Loyola the information so they can investigate?

Thank you again for your heroic efforts to protect people!!

Operations Manager Jerfita Team

Compass

1494 Waukegan Road Glenview, Illinois 60025 847.813.7700 office TheKeyToHomes.com

Meet the Team!

COMPASS

compass.com/concierge

From: Peagler, Joshua < PeaglerJ@cbsnews.com >

Sent: Monday, July 04, 2022 6:58 PM

To: Civitello, Amanda
Cc: Neukirch, Ghida

Subject: RE: CBS National News Interview Request

[EXTERNAL EMAIL]

Hi Amanda,

Thank you again for your help today. We are so pleased to hear that the suspect has been captured. Please keep us posted if there is any opportunity to speak with the Police Chief tomorrow morning live on CBS Mornings with Gayle King. We would love to hear about all the work that went into capturing the suspect and the work still being done to keep the community safe.

The interview would be at 6a CT/7a ET and can take place from the media staging area or via remotely via zoom.

Please let me know if you have any questions for me about anything.

Thank you,

-Joshua 646.403.7896

From: Civitello, Amanda <acivitello@cityhpil.com>

Sent: Monday, July 4, 2022 5:10 PM

To: Peagler, Joshua <PeaglerJ@viacomcbs.com>
Cc: Neukirch, Ghida <gneukirch@cityhpil.com>
Subject: RE: CBS National News Interview Request

External Email

Hi Joshua,

Thank you for your kind words of support and concern.

At this time, the City is focused on providing regular updates through media briefings, and will not be able to schedule one-on-one interviews during an active incident.

Please don't hesitate to check in over the next few days. I will be sure to add you to our press list so that you receive our updates regarding this tragic incident.

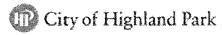
If you would like to discuss, please feel free to contact me



Sincerely,

Amanda Civitello

Communications Manager she / her / hers



1707 St Johns Avenue Highland Park, Illinois 60035

847.926.1043

acivitello@cityhpil.com cityhpil.com







From: Peagler, Joshua < Peagler J@cbsnews.com >

Sent: Monday, July 4, 2022 3:57 PM

To: Civitello, Amanda <acivitello@cityhpil.com> Subject: CBS National News Interview Request

[EXTERNAL EMAIL]

Good afternoon,

Joshua Peagler here from CBS Mornings with Gayle King, Tony Dokoupil, and Nate Burleson. I hope you are well.

CBS Mornings will continue our coverage of this tragic shooting and the search for the suspect on our upcoming broadcast tomorrow morning. Checking in to see if Highland Park Police Chief Louis Jogmen is available for a live interview tomorrow morning to give us an update of the situation on the ground and how the community is coming together during this difficult time.

The interview would take place around 6a CT /7a ET tomorrow morning. We can conduct the interview on location from the media staging area or via zoom.

Please let me know if you have any questions for me about this request. Thank you for your help.

We are keeping your community in our thoughts.

Sincerely,

Joshua Peagler Coordinating Editorial Producer 646.403.7896 peaglerj@cbsnews.com



From:

Sent:

Monday, July 04, 2022 6:58 PM

To: Subject: cityhp@cityhpil.com Lost phone / ID at parade

[EXTERNAL EMAIL]

I know this is a trivial issue based on the events, when running I lost my phone which had my ID and credit cards. Is there a location where lost items are being stored?

Thank you,

PS my wife's cell

My name is

From:

Sent: To: Monday, July 4, 2022 6:59 PM gneukirch@cityhpil.com

Subject:

07/04/2022

[EXTERNAL EMAIL]

I'm from Highland Park and couldn't be prouder. Good job of handling a dreadful situation. My sisters, friends, and I enjoyed the parade every July (even the year a bird pooped in my hair). Luckily cells phones did not exist & no one had a camera.

So happy you banned assault rifles. My thoughts are with all of you.

class of 61

From: ejason@cityhpil.com

Sent: Monday, July 4, 2022 6:59 PM

To: acivitello@cityhpil.com

Subject: FW: Emergency Closure Tomorrow - Trauma Support Counseling

Attachments: image003.png; image004.png; Critical Incidents- how to manage for all.pdf; What is

trauma Handout All People.pdf; Critical Incidents- Common reactions .pdf

From: Brian Romes
 spromes@pdhp.org> Sent: Monday, July 4, 2022 6:49 PM

To: Jason, Erin <ejason@cityhpil.com>; Neukirch, Ghida <gneukirch@cityhpil.com>; Heidi Smith (hsmith@hplibrary.org)

<hsmith@hplibrary.org>; Anne Flanigan Bassi <super@morainetownship.org>

Cc: Blaw@dist113.org; Michael Lubelfeld <mlubelfeld@nssd112.org>
Subject: FW: Emergency Closure Tomorrow - Trauma Support Counseling

[EXTERNAL EMAIL]

First Responders Wellness Center will be on site at West Ridge Center, 636 Ridge Road at 10am, July 5 to provide trauma support and counseling to Park District Staff, Board, Volunteers, as well as for our Government Partners that were on the scene today.

Attached are three handouts that they will also be going over tomorrow. The "Common Reactions" can be sent to staff beforehand.

- 10am, West Ridge Center All team member who were at the Parade
- 11:30am, West Ridge Center All team members who were in Highland Park today
- 12:30pm and on, West Ridge Center All team members who would like additional support are encouraged to meet individually with a counselor from First Responders Wellness Center

Please email me if you plan to attend any of these at <u>bromes@pdhp.org</u>. <u>All</u> team members are welcome and encouraged to attend if comfortable. Your email is not required but will help us understand how many team members will be on site.

A joint message will also be sent regarding community support.

Thank you,

Brian Romes | Executive Director (he/him/his) Park District of Highland Park West Ridge Center | 636 Ridge Road, Highland Park, Il 60035 847.579.3119







FIRST RESPONDERS

477 E. Butterfield Rd. Suite 408 Lombard Il 60148 540 Frontage Rd. #2125 Northfield, Il 60093 Main: 630-909-9094 Fax: 630-597-2583

COPING AFTER A CRITICAL INCIDENT:

- Try to slowly get back into your normal routine
- Do healthy things for your body (eat fruits, vegetables, whole grain, beans), exercise (30 min. a day), & sleep (8 hours)
- Grounding, practicing being present in the here and now (Use all 5 senses)
- Avoid excesses such as food, alcohol, shopping, gambling, exercise, etc.
- · Socialize with others & Talk about your feelings with others you trust
- Try therapy and/or spiritual counselors
- Have fun, read, play, and stay involved in your hobbies
- Volunteer or participate in other community activities to reduce isolation
- Watch comedies or look at www.sunnyskyz.com, a positive upbeat online news media
- Look at www.commonsensemedia.org for guidance on what movies, TV shows, cartoons, that could be triggering for your situation. Common sense media reports on positive message, positive role models, violence, sex, language, drinking, drugs, and smoking, and consumerism.
- Turn Media off & Take a Break: You may want to know what is happening with your critical incident, but the updates can also add distress. Consider if you truly want to know or not, if so, then give yourself time limits.

SIGNS YOU MAY NEED MORE HELP:

- Having symptoms that are getting worse or staying exactly the same since the incident.
- Difficulties with not thinking about the event and all the "what if's..."
- Depressive symptoms such as sadness, worthlessness, lack of energy, social withdrawal, low self-esteem, increase/decrease of sleep or appetite, indecisiveness, unresolved grief, and/or poor concentration
- Anxiety Symptoms such as excessive or unrealistic worry, difficulties controlling worry; physical tension (i.e. muscle tension, restlessness, shakiness); autonomic hyperactivity (i.e. heart palpitations, shortness of breath, dry mouth, nausea); hypervigilance (i.e. feeling on edge, difficulties concentrating, trouble falling or staying asleep, irritability), sadness, intrusive memories, poor sleep, anxiety, guilt, etc.
- Trauma Symptoms such as intrusive, distressing thoughts related to the traumatic incident, avoidance of reminders of the incident, detachment, hypervigilance, and arousal and distress when reminded of the incident.

- Symptoms that are negatively impacting your mood, thoughts, or daily functioning
- · Having thoughts of death, suicide, or hurting oneself
- Not being able to do your job/school or take care of oneself or significant others
- Substantial decrease or increase of sleep, food, and/or alcohol or other substances

COPING STRATEGIES:

- Tactical breathing: inhale for 3 counts, hold for 3, exhale for 3 counts to reduce stress.
- Use Calm, Headspace, or another phone app to practice guided imagery & meditation.
- Increase and use your support system. You are not alone, everyone suffers.
- Wallpaper: Put happy pictures on your phone of family or vacations for reminders of happy times
- Exercise Regularly: Gym, walk, play with kids, sports, etc.
- Move: Get out of your couch, draw, listen to music, walk around the block, visit a park or a nice view.
- Use scented candles, oils, or other fragrances that are calming at home. Consider a nice smelling air freshener in your office.
- Go to therapy and talk with a trauma counselor.
- Concentrate on what you have & appreciate it.
- Do something nice for someone else: Anything from opening a door to a smile.

SLEEP TECHNIQUES:

- Lie down to sleep only when sleepy.
- Do not use bed for any other activities like TV, reading, listening to music, etc. only for sleeping.
- Get out of bed if sleep doesn't arrive soon after retiring (approx. 30-40 min)
- Try to set a consistent sleep-wake cycle. No napping, when possible.
- Restrict excessive liquid intake prior to bed & Avoid spicy late-night snacks or any late-night eating.
- Exercise daily but not 3-4 hours before bedtime.
- Minimize or avoid caffeine, alcohol, tobacco, and any stimulants.
- Do not use caffeine or any stimulants a minimum of 4-6 hours before going to bed.
- Try to avoid TV 1-2 hours before going to bed and avoid news or other intense material prior to going to bed.
- Make the bedroom colder, use brand new sheets, and darken your room.
- Try Chamomile, Valerian Root, Lavender, or Lemon Balm Teas.
- Eat Melatonin rich foods such as pistachios, tomatoes, tart cherries, walnuts, almonds, spinach, and bananas.



FIRST RESPONDERS WELLNESS CENTER

477 E. Butterfield Rd Suite 408-10 Lombard, IL 60148 540 W Frontage Rd. Suite 2125 Northfield, IL 60093

WHAT IS TRAUMA?

A traumatic incident is when a person is exposed to an actual or threatened death, serious injury, or sexual violence in one of more of the following ways: 1) directly experience, 2) witness it, 3) learn about is occurring to a close family/friend/co-worker, 4) experienced repeated or extreme exposure to aversive details.

EVENT RISK FACTORS that increase difficulties in handling the trauma:

- 1) Unexpected
- 2) Feeling unprepared or vulnerable
- 3) Unexpected consequences
- 4) Alone of feeling of being alone
- 5) Personal history with victim/offender/witness
- 6) Increased personal/current stressors
- 7) Current substance abuse or mental illness
- 8) Intentional act committed by another
- 9) Being near, highly exposed, and spending a long duration near or in the trauma
- 10) Victim is a child or vulnerable population
- 11) Man-made incident
- 12) Atrocity, brutal, or shocking
- 13) Victim or witness of multiple traumas
- 14) Inability to find any meaning or reason
- 15) Feeling that you did not handle the incident well

What you can do:

- 1) Understand common trauma reactions & that there is not something wrong with you
- 2) Talk with others who are safe/Increase your social support/Be with others
- 3) Name your emotions & acknowledge them
- 4) Expect unwanted emotions (i.e., crying spells, anxiety in crowds)
- 5) Grief can take a long time; give yourself time to recover.
- 6) Do not judge yourself negatively, you survived! Accept that you have feelings—feelings are not wrong,
 - only what you do with your feelings can be wrong. You have a right to feel both negative and positive emotions.
- 7) Do not immerse yourself in the trauma, limit your exposure, when possible, avoid a lot of
 - media and social media.
- 8) Try to get back into your normal routine slowly.
- 9) Use deep breathing, meditation, yoga, or other things that are calming to you.

- 10) Self-care: Eat healthy, prioritize sleep, shower, etc.
- 11) Exercise
- 12) Do what you enjoy, if you are happy that does not suggest you are okay with what occurred.

FIRST RESPONDERS WELLNESS CENTER

Critical Incidents- Common Reactions

Most common distortions of the traumatic event are:

- Distortion of time-(time sped up or slowed down)
- Sensory distortions- (i.e. tunnel vision, hearing changes, etc.)
- Perceptual or Behavioral Distortions- (i.e. Objects change size)
- Sense of helplessness-Limited choices
- "Fight/Flight/Freeze" response
- Disturbance in memory- sometimes our memory gives us "tunnel memory"
- Hyperarousal/Hypoarousal- heightened awareness of our surroundings or constriction of our perception
- Replaying the incident in your head (what ifs)

After a trauma an individual may feel:

- Detached
- · Shock and disbelief
- Anxiety, nervousness
- Pre-occupied with thoughts about the incident
- Angry, resentful
- Highly sensitive to others
- Guilt/Guilt for not feeling guilty
- Blaming others

- Hypervigilant, more so in public
- Unexpected emotions
- Relief
- Proud, Happy
- Exhilaration
- Acceptance/Resolution
- Feelings of Isolation
- Feelings that change or may conflict
- Scared/Afraid, particularly in social settings

After traumatic incidents individuals may exhibit increased emotions/bodily sensations such as:

Changes in appetite and/or sleep

• Nausea and stomachaches

• Anxiety and/or Depression

· Changes in sexual function or libido

· Flashbacks of the incident

Anger, irritability

• Intrusive memories

Crying/Unexpected crying

Headaches

Weakness/Fatigue

Muscle Tension/Twitches

Poor concentration/Forgetfulness

Daymares/nightmares

Low frustration tolerance

Avoiding things related to the incident

Hypersensitivity & abrupt mood changes

Any emotions or changes can occur and are normal, but they should lessen over time. If your symptoms start to increase and/or impact your day to day living, then please call a mental health professional.

Call FRWC at 1-630-909-9094 or email $\underline{info@firstresponderswellnesscenter.com}$ or find a police and public safety therapist.