

THE HIGHLANDER



JULY 15, 2010

PUBLISHED MONTHLY BY THE CITY OF HIGHLAND PARK

Parking Enhancements Benefit Downtown Patrons

In recent months, several enhancements to expand and improve parking for shoppers, diners and visitors to the City's business districts have been implemented. These include the following:

Long-Term Customer Parking Enhancements

In an effort to provide inexpensive longer-term parking for diners and moviegoers in Highland Park, patrons exceeding the current standard three-hour free parking limit at Renaissance Place Garage may, with a receipt from either Renaissance Place Cinema, the Highland Park Theatre or any restaurant located in the Central Business District, park at the discounted rate of \$2.00 for up to five hours at a time. This discount allows shoppers, customers, theater patrons and diners to enjoy a longer lunch or leisurely dinner while attending a movie without exceeding the allotted "free" parking time limit. Diners and moviegoers who park beyond this five-hour limit will be subject to the garage's incremental fee schedule, which will remain \$5.50 for between five and six hours of parking, and \$10 for more than six hours of parking. Presently, there is no fee assessed to motorists exiting the Renaissance Place Garage after 10:00 p.m. on any night of the week, at which time the exit gates are lifted and the

attendant booth is no longer staffed.

Updated Parking Designations

Another enhancement at Renaissance Place involves a modification of parking designations, in the southeast portion of the garage, which provides direct access to retail merchants located on, and within the vicinity of Second Street between Central Avenue and Elm Place. Previously this area was utilized by employees who work in close proximity to the Second Street stairwell exit and was typically at 90 percent capacity throughout the day. Now parking spaces in this portion of the garage are designated "customer only" parking. Also, Renaissance Place has agreed to reduce the number of reserved parking spaces dedicated to tenants from forty to thirty. By opening up convenient spaces along Second Street that have historically exhibited slow turnover rates, patrons of both Renaissance Place and downtown Highland Park can enjoy easier access to elevators and a stairwell that leads directly to Second Street shops, restaurants and the cinema.

On-Street Parking in Ravinia Business District

The on-street two-hour parking restriction in the Ravinia Business District is now enforced until 10:00 p.m. between June 1 and September 15 to ensure available on-street parking along Roger Williams Avenue and part of St. Johns Avenue for shoppers, customers and diners during Ravinia Festival's summer season. As a result, motorists cannot park on-street on an unlimited basis until after 8:00 p.m. each summer. The City Council approved this extension of the two-hour parking restriction during summer hours at its meeting on June 28, 2010. For more information, contact Police Sergeant Chris O'Neill at (847) 432-7730/coneill@cityhpil.com.

New City Parking Maps

New City Parking Maps are available at City Hall and other municipal offices. A printable version is available at www.cityhpil.com/community/parking.html. The new map provides more detailed information about the City's public parking lots in the Central, Ravinia and Braeside Business Districts. For more information, contact Jennifer Dotson in the City Manager's Office at (847) 926-1006/jdotson@cityhpil.com.



Parking enhancements at Renaissance Place Garage allow patrons to park at a discounted rate of \$2.00 for up to five hours at a time. Additionally, more parking spaces in the garage are designated as "customer only" parking.

Turn to Page 8 for expanded coverage of activities, events and classes at the Senior Center!

'HIGH' NOTES

City Council to Consider New Waste Agreement July 26

As noted in the June edition of *The Highlander*, the City is currently in the process of negotiating a new franchise agreement for residential waste, recycling and yard waste collection to begin September 2010. Presently, City staff is in the process of negotiating the new franchise, and it is anticipated that this agreement will be considered by the City Council at its regular meeting at 7:30 p.m. on July 26, 2010. Accordingly, it is further anticipated that a copy of the proposed franchise agreement will be available for review on the City's website the week of July 19. The new franchise agreement will offer residents the opportunity to continue utilizing volume-based collection at either the curb or backdoor. The awarded contractor will collect containers with the current volume-based stickers between September 2, 2010, and September 15, 2010. Residents may purchase individual Veolia waste collection stickers from City Hall until September 1, 2010. Additionally, the new franchise agreement will offer residents the opportunity to have curbside or backdoor collection if they choose a monthly subscription. For additional information, please contact Renee Helm, Administrative Intern, at (847) 926-1030/rhelm@cityhpil.com.

Energy Website Helps Businesses Save Money

A new website established by the Illinois Chamber of Commerce aims to help businesses use energy more efficiently. The site, www.ilenergysmart.biz, provides background information on energy efficiency, as well as practical resources for businesses. Business owners can receive information on tax breaks and other incentives, general tips on energy conservation, access to information about utility and government programs, and a list of local companies in the energy-efficiency business. For more information, contact Tom Wolf, Executive Director, Illinois Energy Council, at (312) 983-7109/twolf@ilchamber.org.

Summer Concerts Underway!

Don't miss out on a free, family-oriented evening of entertainment. The following summer concerts are scheduled in July and August:

July 15 Maryann and the Professors
July 22 R-Gang
August 5 Breeze
August 12 Tzofim Friendship Caravan
August 19 Bopology
August 21 Dr. Mark and the Sutures

All concerts begin at 7:00 p.m. in Port Clinton Square, located on Central Avenue between First and Second Streets. Admission to summer concerts is free. Further information regarding Highland Park's summer events is available by calling the City's Summer Events Hotline at (847) 926-1033. The hotline provides updated information regarding upcoming events, including cancellation notices. For more information, please contact Renee Helm in the City Manager's Office at (847) 926-1030/rhelm@cityhpil.com.

Sister Cities Exchange to Commence with Puerto Vallarta, Mexico

Representatives from Puerto Vallarta, Mexico, will visit Highland Park in mid-July as part of a Sister Cities Exchange. The Highland Park Sister Cities Foundation formed a relationship with Puerto Vallarta, Mexico, in 2002. As sister cities, citizens and organizations are involved in the exchange of ideas, cultures and people. Since the relationship with Puerto Vallarta was formed, artists, students, teachers, performing groups, and chefs from both cities have participated in several exchanges. Throughout their stay, the visitors from Puerto Vallarta will tour municipal buildings and the Highland Park community. For more information, please contact Renee Helm, Administrative Intern, at (847) 926-1030/rhelm@cityhpil.com.

Register Now For Electronic Distribution of *The Highlander*

Residents are encouraged to opt-in to receive an electronic version of *The Highlander* newsletter. Please visit www.cityhpil.com and follow the link under "City News" entitled "Register to Receive *The Highlander* Via E-mail" in order to sign up. Registration is completed through the Police Department's existing CitizenObserver software program, which creates an individual account. Thereafter, an e-mail will be sent to registered users on the 15th of each month with an attachment of *The Highlander* and link to the City's website, www.cityhpil.com. Registered users will also have the option to unsubscribe from future e-mails if desired. For more information, please contact Emily Palm, Management Analyst, at (847) 926-1046/epalm@cityhpil.com.

Reminder to Trim Landscaping in Right-of-Way

With warm summer weather and recent consistent rainfall, trees and shrubs in Highland Park are enjoying an extended growth season. As a result, there is an increased need for additional foliage trimming to maintain the public right-of-way. Please be reminded that in Highland Park, it is the homeowner's responsibility to trim shrubs and trees away from the sidewalk on the private property side. Failure to comply will result in a sidewalk obstruction citation. For more information, please contact City Forester Joe O'Neill at (847) 432-0807/joneill@cityhpil.com.

Mayor's Award for the Arts

Mayor Michael Belsky and the Highland Park Cultural Arts Commission invite individual artists, organizations, businesses and citizens of Highland Park to participate in the Mayor's Award for the Arts. Arts achievement can be considered in the following categories: Individual, Arts Volunteer, Arts Entities, Arts Organization and Business/Corporation. Nominations must be postmarked by August 16, and forms can be obtained online at www.cityhpil.com. For more information, please contact Lee Smith, Senior Planner, at (847) 432-0867/lsmith@cityhpil.com.

BUSINESS REPORT

Message from the Mayor



I have been writing in this column about how we all need to help the economy by shopping locally. Shopping locally keeps sales tax dollars here in Highland Park. There are a myriad of benefits, including: revenues to support basic services such as police and fire, and infrastructure such as streets, sanitary and storm sewers; growth in the commercial property tax base, which relieves the property tax burden on homeowners; providing the City with a major revenue source that offsets the City's portion of the property tax; and maintaining a livelihood to business owners and employees.

Highland Park has been working aggressively to attract and retain new business in the downtown through the Downtown Alliance and citywide through the Business and Economic Development Commission (BEDC). The latter has included a focus on the Ravinia Business District (RBD). When I was first elected Mayor I was invited to a meeting of the Ravinia Neighbor's Association (RNA). This group has been focused on enhancing the District. Their efforts were instrumental in making sure new developments, such as Walgreens, fit into the neighborhood, bringing a farmer's market to the neighborhood every Wednesday from 7:00 a.m. through 1:00 p.m. until October 27, and working with the Park District to restore Jens Jensen Park, to name a few. Out of this meeting came the idea of establishing a Tax Increment Financing (TIF) District. This economic development tool uses the growth in property values to fund elements such as new lighting, benches, planting and any other expenditure related to marketing and improving the business climate in the District.

As of December 2009, the TIF fund has accumulated \$457,373 since it was established on July 25, 2005. The City most recently used tax increment dollars to conduct a retail market study. The results of that study included a range of options for the future including recommendations aimed at establishing a more robust neighborhood district, or becoming a destination with more restaurants and specialty shops. City staff is working with the newly formed Ravinia Business District Leadership Group, which is comprised of representatives from the RNA, local business and property owners, and the Chamber of Commerce, to develop a strategy to encourage greater economic development in the RBD.

Having said all this the District is experiencing growth on its own, including a new bakery and ice cream shop, opened by two native Highland Parkers, called the Baker Boys. New restaurants and retail shops complement the other fine retail establishments existing within the District. I encourage you to shop and dine in Ravinia as it is one of our greatest neighborhoods. I hope to see you there!

Thank you, Mayor Michael D. Belsky

A handwritten signature in cursive that reads "Michael D. Belsky".

Monthly Business Report

The following businesses have opened in Highland Park. For more details, please contact Carolyn Hersch, Economic Development Assistant, at (847) 926-1027/chersch@cityhpil.com.

- **Soben Studios**
Photography studio specializing in contemporary portraiture of children and families
1811 St. Johns Avenue, 300 West
(847) 374-9123
- **Mia Bella Yarn and Accessories**
Knitting, Crocheting,
Products and Classes
1815 St. Johns Avenue
(847) 372-6685

Downtown Alliance Sponsors Public Art Event

Recently, the Downtown Highland Park Alliance collaborated with The Art Center (TAC) of Highland Park to create a public art display featuring artwork depicting events held in Downtown Highland Park throughout the summer. This creative "save the date" display was brought to life by the faculty of The Art Center, who created eight dynamic pieces that will remain in place throughout the summer along Central Avenue and First Street. Events depicted in the art pieces include: Fourth of July (July 4); Auto Historical X Vintage Car Show (July 31); Pride and Passion: The African American Baseball Experience (August 22); Taste of Highland Park (August 27-29); Port Clinton Art Festival (August 28-29); and the Summer Concert Series (ongoing Thursday evenings through August 21). The Downtown Highland Park Alliance is a partnership of the City of Highland Park, the Highland Park Chamber of Commerce and the Downtown Highland Park Property Owners Association. For more information on the Downtown Alliance, visit www.downtownhp.com. You can also follow Downtown Highland Park on Twitter @DowntownHP, or become a fan on Facebook: Downtown Highland Park. For more information, please contact Bridget Kagan, Downtown Alliance Marketing and Communications Coordinator, at (847) 780-4293/bridget@downtownhp.com.

Outdoor Dining Heats Up in Highland Park

One of the best ways to enjoy the warm weather is to dine alfresco! Highland Park's outdoor dining program has become increasingly popular with 38 restaurants offering outdoor dining this year. Generally, the outdoor dining season extends from May 1 to October 31 each year. The following restaurants hold City outdoor dining licenses and offer a wide variety of tasty choices for your next outing. For more information, contact Jennifer Dotson in the City Manager's Office at (847) 926-1006/jdotson@cityhpil.com.

Highland Park Restaurants Offering Outdoor Dining

Abigail's	493 Roger Williams	(847) 849-1009	NY Slices	1843 Second Street	(847) 432-6979
Bella Via Ristorante	1899 Second Street	(847) 681-8300	Norton's	1905 Sheridan Road	(847) 432-3287
Bluegrass	1636 Old Deerfield Road	(847) 831-0595	Once Upon A Bagel	1888 First Street	(847) 433-1411
Bob's Pantry & Deli	55 St. Johns Avenue	(847) 432-3354	Perfect Blend	491 Central Avenue	(847) 266-1667
Café Central	455 Central Avenue	(847) 266-7878	Phoenicia Restaurant	1910 First Street	(847) 409-5331
Carlos' Restaurant	429 Temple Avenue	(847) 432-0770	Potbelly Sandwich Works	1845 Second Street	(312) 951-0600
Chipotle Mexican Grill	1849 Green Bay Road	(847) 433-6453	Ravinia BBQ & Grill	592 Roger Williams	(847) 433-9208
Corner Bakery Café	638 Central Avenue	(847) 433-4638	Rosebud	1820 Second Street	(847) 926-4800
Dairy Queen	600 Central Avenue	(847) 926-0544	Starbucks	600 Central Avenue	(847) 432-5537
Fuddruckers	1538 Clavey Road	(847) 831-2501	Starbucks	1833 Deerfield Road	(847) 831-0866
Java Love	723 St. Johns Avenue	(847) 266-0728	Stash's Grill	610 Central Avenue	(847) 432-6550
Jimmy Johns	332 Skokie Valley Road	(847) 831-9191	Sushi Badaya	600 Central Avenue	(847) 266-7302
La Casa de Isaac	431 Temple Avenue	(847) 433-5550	Sushi Kushi Too	495 Central Avenue	(847) 681-8997
Las Palmas	474 Central Avenue	(847) 432-7770	Tamales...A Mexican Joint	493 Central Avenue	(847) 433-4070
Lincolnshire Gourmet	675 Central Avenue	(847) 432-6600	That Little Mexican Café	2014 First Street	(847) 266-1411
Little Szechuan	1900 First Street	(847) 433-7007	The Barbecue Pit	589 Elm Place	(847) 432-6393
Love's Yogurt & Salads	585 Elm Place	(847) 926-8444	The City Park Grill	1783 St. Johns Avenue	(847) 432-9111
Michael's Red Hots	1879 Second Street	(847) 432-3338	Trattoria Valle D'Itria	581 Roger Williams	(847) 602-6685
Mizrahi Grill	215 Skokie Valley Road	(847) 831-1400	Vibe at 1935	1935 Sheridan Road	(847) 780-4815

City Receives National Recognition for Budget and Audit Achievements

The City of Highland Park was recently awarded two national budget and financial reporting awards. The "Certificate of Achievement for Excellence in Financial Reporting" has been awarded to the City by the Government Finance Officers Association (GFOA) of the United States and Canada. This award is presented to governmental units and public employee retirement systems whose comprehensive annual financial reports achieve the highest standards in government accounting and financial reporting. This national award, received for the City's comprehensive annual financial report for the fiscal period that ended December 31, 2008, represents a significant accomplishment by the City. This was the twenty fifth consecutive year that the City has received this prestigious award. In order to receive a Certificate of Achievement, the City's financial report must be easily readable, efficiently organized, satisfy generally accepted accounting principles and applicable legal requirements, and meet

the GFOA's stringent program requirements.

The GFOA also recently announced that the City received the Association's "Distinguished Budget Presentation Award" for its fiscal year 2010 budget document. In order to receive the budget award, the City is required to satisfy nationally recognized guidelines for effective budget presentation. The City has received this award for sixteen consecutive years.

The City's budget and financial report documents are available for review on the City's website at www.cityhpil.com. From the City's home page, access the drop down menu entitled "Quick Links" to select either the Fiscal Year 2010 Budget or Comprehensive Annual Financial Report options. For more information, please contact Brian Gosnell, Deputy Finance Director, at (847) 926-1020/bgosnell@cityhpil.com.

PUBLIC SAFETY

Implementation of Automated Red Light Camera System Underway

In an effort to improve traffic safety and compliance with traffic laws, the City of Highland Park has contracted with Redflex Traffic Systems to implement automated red light enforcement cameras at the highway intersection of U.S. Route 41 and Park Avenue West. The Illinois Department of Transportation has issued permits for the south bound U.S. Route 41 approach at Park Avenue West and the west bound Park Avenue West approach at U.S. Route 41. Historically, this intersection has had some of the highest number of vehicle accidents with associated injuries within the City. The automated red light enforcement cameras became operational on June 30, 2010, and a two-week written warning period was conducted during the first two weeks of July. Please be aware that beginning July 14, 2010, citations for automated red light camera violations will be issued. Potential violations will be submitted to the Police Department from Redflex, where they will be reviewed and approved by Department staff prior to a citation being issued. For more information about this traffic safety initiative, please contact Police Sergeant Chris O'Neill or Police Officer Richard Rash of the Traffic Division at (847) 432-7730/coneill@cityhpil.com or rrash@cityhpil.com.

Heed Bicycle Regulations This Summer

As a reminder, City Code (Sec. 75.045) requires residents under the age of 16 to wear a helmet while biking, while being carried on a bicycle, and while skateboarding or using in-line skates. The City also encourages residents over the age of sixteen to practice safety by wearing a helmet during the above-mentioned activities. On most roadways, bicyclists have the same rights and responsibilities as other roadway users. In Illinois, the following regulations are applicable:

- The operator of a vehicle shall maintain a distance of at least three-feet when passing a bicycle and maintain that distance until safely passing the overtaken bicycle;
- Bicyclists are required to stop at all posted stop signs;
- Bicyclists are required to travel in the same direction as vehicles, riding near the right edge of the roadway;
- Bicyclists are to ride no more than two-abreast on the roadway, riding near the right edge of the roadway.

For more information, please contact Police Sergeant Chris O'Neill at (847) 432-7730/coneill@cityhpil.com.

July 'Street Smarts' Safety Tip

In the interest of pedestrian and vehicular traffic safety, the Human Relations Commission and the Police Department have joined together to promote the "Street Smarts" traffic safety initiative. Please ensure pedestrian safety in the Central Business District and the entire City by obeying State laws pertaining to pedestrians.

In Illinois, pedestrians have the right of way at "uncontrolled" intersections (intersections that do not have traffic control devices such as stop signs or traffic lights). Drivers of a vehicle must slow or stop, if necessary, when a pedestrian is in an established crosswalk. Other state laws and local ordinances that apply to pedestrian traffic include:

- Pedestrians must obey the same traffic control devices that drivers of vehicles must obey;
- Pedestrians are prohibited from simply walking into a crosswalk in the path of a moving vehicle, even if they are at an intersection where they would have the right-of-way;
- Pedestrians crossing a roadway at any point other than at marked or unmarked crosswalks must yield the right-of-way to vehicular traffic;
- Where sidewalks are available, it is unlawful for pedestrians to walk on adjacent roadways;
- Where no sidewalks are available, pedestrians must walk on established shoulders; if no shoulder exists, then pedestrians must

walk as close as possible to the roadway edge facing traffic;

- Drivers of vehicles must exercise due caution so as not to collide with pedestrians in roadways, and yield the right-of-way to any pedestrian with a clearly visible disability;
- Drivers of vehicles must yield to pedestrians on sidewalks when crossing over them from driveways or alleys;
- Drivers of vehicles are encouraged to exercise additional caution when approaching or encountering pedestrians due to the potential for unpredictable pedestrian movements.

Additionally, it should be noted that the Highland Park City Code prohibits skateboarding, rollerblading or the use of motorized toys on public streets except at established crosswalks. Due to the potential danger to other pedestrians, the use of these devices is strictly prohibited on any sidewalk located in the downtown business district area (bound by Laurel, Linden, Elm and Hickory and the Port Clinton Plaza). Segway devices are allowed on sidewalks and may utilize City streets but should yield to pedestrians and vehicles. For more information, contact City staff members Gina Gooden at (847) 926-1865/ggooden@cityhpil.com or Police Sergeant Chris O'Neill at (847) 432-7730/coneill@cityhpil.com.



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COMMUNITY CALENDAR

CITY MEETINGS

The public is invited to attend City meetings, which take place at City Hall, 1707 St. Johns Avenue, unless otherwise noted. Dates and times are subject to change. Call (847) 432-0800 for further details.

Mon., July 19	Design Review Commission	7:00 p.m.
Tues., July 20	Parking Commission	3:45 p.m.
	Plan Commission	7:30 p.m.
Thurs., July 22	Environmental Commission	6:30 p.m.
Mon., July 26	Committee of the Whole	4:30 p.m.
	City Council	7:30 p.m.
Tues., July 27	Business and Econ. Develop.	6:00 p.m.
Wed., July 28	Traffic Commission	6:30 p.m.
Mon., Aug. 2	Design Review Commission	7:00 p.m.
Tues., Aug. 3	Plan Commission	7:30 p.m.
Wed., Aug. 4	Housing Commission	6:30 p.m.
Thurs., Aug. 5	Zoning Board of Appeals	7:30 p.m.
Mon., Aug. 9	Finance Committee	3:30 p.m.
	Committee of the Whole	4:30 p.m.
	City Council	7:30 p.m.
Wed., Aug. 11	Lakefront Commission	6:30 p.m.
Thurs., Aug. 12	Historic Preservation	7:30 p.m.

LIBRARY PROGRAMS

The Highland Park Public Library presents free literacy and cultural programs. Registration for certain programs may be required as noted. The Library is located at 494 Laurel Avenue. For more information, call (847) 432-0216 or visit www.hplibrary.org. The Library will open at 10:00 a.m. on Wednesday, August 4.

On Your Mark, Get Set, Go! Tuesday, July 27, 7:00 - 7:45 p.m. Ages 3-14. Join storyteller, ventriloquist and songstress Sandi Sylver and her trio of ventriloquist puppets for stories, songs and jokes. Tickets are required and limited to residents of Highland Park or residents of the North Shore School District 112 service area. Tickets will be available beginning Tuesday, July 20, at 7:00 p.m. in the Youth Services Department.

Senior Resources, Tuesday, August 10, 10:00 a.m. – Noon. Meet with a senior resource specialist for information, assistance and advocacy on issues important to seniors.

On Deck: Baseball @ The Library, August 22 - October 1. *Pride & Passion: The African-American Baseball Experience*, a special exhibit from the National Baseball Hall of Fame and Museum, will be on display at the Library. The exhibit examines the challenges faced by African-American baseball players as they sought equal opportunities in their sport. Swing by for the exhibit and a season of special events. The National Baseball Hall of Fame and Museum and the American Library Association Public Programs Office organized the traveling exhibition, which was made possible by a major grant from the National Endowment for the Humanities (NEH). The traveling exhibition is based upon an exhibition of the same name on permanent display at the National Baseball Hall of Fame in Cooperstown, New York.

CULTURAL ARTS

Complete Beethoven Concertos	Ravinia Festival	Auto Historica X	Historical Society
July 16, 8:00 p.m.	200 Ravinia Park Road	July 31, 11:00 a.m. - 3:00 p.m.	326 Central Avenue
\$12 - \$50	(847) 266-5100	Free - \$5	(847) 432-7090
Funny Poetry Reading Contest	The Art Center	The Antiques Road Show	The Art Center
July 22, 8:00 p.m.	1957 Sheridan Road	August 1, Noon - 3:00 p.m.	1957 Sheridan
Free	(847) 926-1006	Call for Pricing	(847) 432-1888
Renee Fleming	Ravinia Festival	Highland Park Poetry	The Art Center
July 24, 7:30 p.m.	200 Ravinia Park Road	August 13, 8:00 p.m.	1957 Sheridan Road
\$25 - \$100	(847) 266-5100	Free	(847) 926-1006
Gogh Green!	The Art Center	Annie Get Your Gun	Ravinia Festival
July 30 - August 21	1957 Sheridan Road	August 13-15, 7:30 p.m.	200 Ravinia Park Road
Times Vary; Free	(847) 432-1888	\$20 - \$90	(847) 266-5100

FOR THE COMMUNITY

YOUTH SERVICES

Serving youth in the community
1830 Green Bay Road (847) 433-3090
The Firehouse Summer Hours:
Monday - Friday, 9:00 a.m. - 5:00 p.m.
Closed Saturdays and Sundays

SUMMER CAMPS GALORE!

Choose from a variety of one-week sessions including Sports Camp, Camp H2O, Games Galore, Junior Police and Fire Academy, and Camp What'll We Do. Please call (847) 433-3090 for details and availability.

"AFTER 3" at *The Firehouse*

"AFTER 3" provides highly-trained adult supervisors offering children enriching activities that can develop their potential, build their confidence, and help them with their schoolwork. "AFTER 3" is from 3:00 p.m. to 5:00 p.m. each day and registration is required. Participants can sign up for any number of days from once a week to five days a week. Please call for pricing information.

AFTER SCHOOL TRANSPORTATION

Plan for Fall and register to ride the van to *The Firehouse* after school. Get help with homework, relax with friends and participate in special events. Pre-registration and a nominal transportation fee is required and space is limited; call (847) 433-3090 to register.

DANCE TICKETS ON SALE NOW

6th Grade Back to School Dance

The Firehouse Activity Center; Members: \$6/Non-Members: \$10

Purchase tickets for the Dance and Activity Night held on Friday, September 24. Tickets are limited, and are available on a first-come, first-served basis.

CAMP H2O

Session II: July 19 - 23; 10:00 a.m. - 5:00 p.m.
Fee: \$200/Non-Members: \$225

Cool off this summer and enjoy five of the best water destinations all in one week! Lunch and transportation is included in the fee. Enjoy trips to: Gilson Beach – build sand castles, play beach volleyball, and enjoy a day in the sun and sand; Magic Waters – tube slides, body slides and a lazy river; Hurricane Harbor – wave pool, speed slides, racer slides and large atomic coasters; Mystic Waters – two exciting 37 foot slides, the daring drop slides and cliff dives in Sea Lion Falls; and Raging Waves – speed slides, a lazy river and a wave pool.

GAMES GALORE

Session II: July 26 - 30; 10:00 a.m. - 5:00 p.m.
Fee: \$200/Non-Members: \$225

Get your game on and put some of the area's best arcades to the test. Lunch and transportation is included in the fee. Enjoy trips to: Funway – features go karts, mini golf, batting cages, bumper boats and bumper cars; ESPN Zone – sports-themed video games and unique interactive games; Dave & Busters – over 200 games, everything from the classics to the latest and greatest; Safari Land – over 150 arcade games, indoor rides and dozens of prizes; and Gameworks – compete on hundreds of interactive games.

SPORTS CAMP

Session II: August 2 - 6; 10:00 a.m. - 5:00 p.m.
Fee: \$200/Non-Members: \$225

Summer is underway and it is time to get in motion. Lunch and transportation is included in the fee. Enjoy trips to: Chicagoland Paintball – play paintball in this world class facility; Libertyville Sports Complex – wall climb and participate in interactive activities and challenges; Whirly Ball – combines lacrosse, hockey and basketball with bumper cars; mini golf and top golf – test your skills playing virtual golf and mini-golf; and canoe and volleyball – canoe on the Chicago River and then play volleyball at North Avenue Beach.

CAMP WHAT'LL WE DO

Session II: August 9 - 13; 10:00 a.m. - 5:00 p.m.
Fee: \$200/Non-Members: \$225

Enjoy the best of the summer trips all combined into one fabulous week! Lunch and transportation is included in the fee. Enjoy trips to: ESPN Zone – sports-themed video games plus many interactive games; Raging Waves – speed slides, a lazy river and a wave pool; Dave & Busters – over 200 games, with everything from the classics to the latest and greatest; Hurricane Harbor – wave pool, speed slides, racer slides and large atomic coasters; canoe and volleyball – canoe on the Chicago River and then play volleyball at North Avenue Beach.

Making New Friends

When we are left alone having had a happy marriage, we begin to realize that life for us goes on. Many of us have family members, some with whom we may have a close relationship, and that does help. Hopefully, we have some friends, but as we age, inevitably some die, some become too ill to do all the things together that we took for granted. We are all social beings, and we look for a friend with whom we can share common interests. Be open to those who might find you to be someone they want to know.

I hope that many of you do not spend valuable time each day watching TV, when the world is wide open with things you could do. I am biased in favor of the Senior Center, and the myriad of activities offered. Ask any member, and you will hear enthusiastic comments about this facility, and the outstanding staff. They are always ready to offer help and suggestions, for whatever you may need. Plus, the opportunity exists to meet and make new friends. I would like to see you out of the house. Time flies, and you need the stimulus of new adventures. Don't stagnate; it will shorten your life – a life you should enjoy. Personally, my membership at the Senior Center gave me the opportunity to write this column every month. What a good feeling to hear from many of you that you agree with many of the things I write about. I send my thanks to all of you for your support and interest.

By Helen Rothman, Senior Center Liaison

THE HIGHLAND PARK SENIOR CENTER

54 LAUREL AVENUE (847) 432-4110
CITY WEBSITE: WWW.CITYHPIL.COM

HOURS: MONDAY - FRIDAY
8 A.M. - 5 P.M.

Targeting adults 50+ with Education, Recreation, Enrichment Programming, and Support Services
Please call the Center for membership information and to register for activities.

Day Excursions

American Craft Exposition NU University
Friday, August 27 Fee: \$28 / NM: \$38
Motorcoach departs Toys R Us at 10 a.m. and returns at approximately 2:30 p.m.

Take this golden opportunity to view the 2010 Annual American Craft Exposition, showcasing the country's finest craftspeople. This prestigious, juried indoor exposition and sale of fine craft includes one-of-a-kind pieces, quality collections, and uniquely creative artwork. Approximately 150 craftspeople from across the U.S. exhibit baskets, ceramics, wearable and decorative fiber arts, furniture, glass, jewelry, leather, metal, mixed media, paper, and wood crafts. Food will be available for purchase at the show, provided by Foodstuffs.

Crazy 'Bout the Duke! Skokie Theatre
Wednesday, September 1 Fee: \$50 / \$60
Motorcoach departs Toys R Us at 11 a.m. and returns at approximately 4 p.m.

Take a nostalgic trip back in time and listen to the music of a prominent figure in the history of jazz. Duke Ellington's music stretched into other genres, including blues, gospel, film scores, popular, and classical. In this beautifully renovated venue, the incredible work of this genius will be played by a group of professionals who will do the Duke proud! Prior to the concert, lunch will be enjoyed at the Village Inn, a neighborhood restaurant featuring simple, but excellent food, in a comfortable setting. Your entree choices are: 1/2 lb. chopped sirloin burger; teriyaki chicken breast sandwich; Italian beef sandwich; or meatloaf plate. All entree choices include salad, choice of fries, assorted ice cream flavors for dessert, and beverage.



Antiques, Auction Houses & Beyond
Tuesday, September 14 Fee: \$76 / NM: \$86
Motorcoach departs from Toys R Us at 9 a.m. and returns at approximately 3 p.m.

Explore new areas of Chicago, guided by Joy Horwich, and you will see how new dynamics have given more prominence to auction houses. The first stop on the day's tour will be at Susanna's, a building filled with collectibles, jewelry and furniture that will bring back fond memories of earlier years. The Wright Auction House is the next stop, a 'new kid' on the block, who is now internationally known and copied by Sotheby's and Christie's. Richard Wright has established a niche in Modern American, French, and Italian artists' designed furniture, and any art form that became important during the period from 1900-1960. Most exciting is that in addition to viewing the pieces that will be auctioned that day, the group will personally see how the auction works. You may even want to bid....the group will root for you! Lunch will take place at a wonderful new spot in the West Loop, Prairie Fire, with the following menu: seasonal soup, "Tallgrass" beef with penne pasta & basil tomato sauce, chopped Greek salad, and a famous chocolate cookie for dessert. After lunch, there will be one more surprise stop.

Treasures of the North Shore
Tuesday, October 19 Fee: \$72 / NM: \$82
Motorcoach departs from Toys R Us at 9 a.m. and returns at approximately 4 p.m.

Tour one of America's wealthiest, most beautiful and architecturally important suburbs. The focus will be on Evanston, Wilmette, Kenilworth, and Winnetka. Included on this tour, with the amazing Bill Hinchliff, is the Dawes Mansion (the Evanston Historical Society), the Block Museum of Art (Northwestern University), Bahai Temple, and the Levere Temple of SAE National Headquarters which contains lovely Tiffany glass. Lunch will be at the Celtic Knot and your entree choices are: grilled chicken salad or shepherd's pie.

LECTURES

Monday Speaker Series

Highland Park Police Department

10:30 - 11:30 a.m.

FREE - FOR MEMBERS ONLY

July 19 **Israel Through Photos**

Israel, the crossroad of three major religions and the biblical home of the Jews, is a tiny vigorous country surrounded by enemies. Indeed, anti-Israel anti-Zionists unfortunately are active throughout the world. In spite of this, the accomplishments of the people of Israel have been remarkable. Dr. Albert Miller will show pictures from a relatively recent trip to Israel along with commentary about his experience.

July 26 **Around the Jewish World in**

60 Minutes: Traditional Folk Tales

Meet Elyne Handler and accompany her on this special journey. Elyne will captivate you with traditional Jewish folk tales from the Diaspora. She is a professional storyteller and will entertain you, while bringing you back to your roots.

August 2 **Mind/Body Healing for the 50+ set**
Energy medicine is based on the principal that the health of the body, mind, and spirit are anchored in the body's energy system. The 50+ set can greatly benefit from the simple, empowering exercises developed by Donna Eden. Devi Stern, M.S., will demonstrate how you can enhance memory, relieve arthritic joints, regulate blood pressure, improve quality of sleep, overcome stress and fears, aid digestion, boost the immune system, and reconnect to the joy of living.

August 9 **Shirley Temple: Part II**

Susan Benjamin picks up where she left off last month, with further video clips and stories of the life of the adorable, precocious child star, Shirley Temple.

August 16 **What's Hip in Hip Replacement**

Discover what is new in the area of hip replacement with Dr. David Beigler, a board certified orthopaedic surgeon. For those who meet the necessary criteria, an option for total hip replacement is the anterior approach to total hip replacement. This involves a technique that is muscle saving, tissue sparing, and provides improved patient recovery. There are few, if any restrictions post surgery, and the patient may resume activities faster, with less pain, and with improved mobility.

Whitehall of Deerfield HealthCare Center sponsors refreshments on the first Monday of each month.

Healthy Aging 101

Thursdays, 10 -11:30 a.m.

Free for members

Please register in advance at (847) 432-4110.

July 15 **You Should Hear What You're Missing**
Susan Sherman, a Licensed Clinical Audiologist, will present information about the types of hearing problems experienced with aging and key steps to help combat hearing loss. Susan will share coping strategies to help people maximize their hearing potential and report on recent breakthroughs in hearing aid technology.

August 19 **It's Nothing to Lose Sleep Over**
Join Brandon Liebig, Clinical Director, Central Sleep Diagnostics, as he discusses sleep health and sleep disorders in the older adult population. Topics include: sleep changes across the life cycle, sleep apnea, insomnia, restless leg syndrome and effective methods and treatments to improve one's overall sleep quality and satisfaction.

Sponsored by Right at Home

Chicago Symphony Orchestra

Pre-Concert Lecture by Jim Kendros

Highland Park Senior Center

Wednesday, August 11 2 - 3:15 p.m.

Free; for members only

August 11 **Yo Yo Ma**

Performer, composer, and lecturer, Jim Kendros shares his wealth of knowledge during these exciting programs featuring pre-concert lectures for selected Ravinia concerts. Gain insight and understanding of these great musicians and their music. Advance registration required.

Sponsored by The Seasons at Glenview Place

Kenney, Miller, & Bronstein Lecture Series 2010

Highland Park Country Club

Thursdays, 1 - 3 p.m.

Free to Members / NM: \$10

Advance registration required

Sept. 30 **The Global Commons** Jim Kenney

Sponsored by ManorCare Health Services

SPECIAL EVENTS

Live on the Links Classic Concerts

Highland Park Country Club

1:30 - 2:30 p.m.

Free; for members only

Pre-registration required

Dave and Debby Duo

Thursday, July 22

Debbie Miller Koziarz and Dave Massello turn the Highland Park Country Club into a cabaret for the afternoon. Debbie's silky voice and Dave's piano talent create a combination that moves the spirit. Their repertoire includes smooth jazz, Broadway, and a wide variety of nostalgic favorites.

The Lincoln Trio

Thursday, August 5

The Lincoln Trio is the ensemble-in-residence at the Music Institute of Chicago. The three musicians travel all over the United States playing concerts and participating in outreach programs. The program will include works by Beethoven, Ernest Bloch and the local Chicago composer Stacey Garrop, recently performed at their Ravinia concert

*Sponsored by Whitehall of Deerfield
Healthcare Center*

Adventure: New Zealand With Marla Schachtel

Highland Park Public Library

Wednesday, July 21

10:30 – 11:30 a.m.

Free

Share the adventures of Marla Schachtel, through her photographs, of her visit to New Zealand earlier this year. From a quiet beginning on an old sheep farm, to a kayak ride through a burgeoning storm, you will share the excitement she felt. Ride along on her first helicopter ride, and experience the extraordinary Milford Track, known to be one of the most beautiful walks in the world.

Mix and Mingle Social Group

The Highland Park, Lake Forest / Lake Bluff, Northbrook and Patty Turner Senior Centers invite single members to attend the Mix and Mingle Social Group. Registration is required; deadline is 1 week in advance.

Jimmy's Charhouse Outing

Tuesday, July 20

5:00 - 6:30 p.m.

Fee: \$20

Held at Jimmy's Charhouse

1111 Milwaukee Avenue, Riverwoods

With its warm and inviting atmosphere, enjoy the chance to mingle at this popular restaurant. Dinner includes your choice of soup or salad, dinner entrée, dessert, and beverage. When registering; please indicate your choice of chicken brochette, top sirloin, tilapia, or pasta.

Pinstripes Dinner and Bocce or Bowling

Tuesday, August 24

4:30 - 6:30 p.m.

Fee: \$20

Held at Pinstripes

1150 Willow Road, Northbrook

Pinstripes features exceptional Italian/American food and wine; 18 bowling lanes and 10 indoor/outdoor bocce courts; as well as a beautiful outdoor patio and fireplace. Join fellow members for your choice of bowling or bocce followed by a light dinner featuring your selection of Chicken Marsala, Eggplant Parmesan, or Pepper Steak served with a delicious Risotto, a cookie and brownie platter for dessert, and coffee, hot tea or iced tea.

Sponsored by Visiting Angels Living Assistance Services

Art, Exercise, Bridge, Classes & More

A complete list of classes and additional special events and activities can be viewed on-line in the Senior Center's newsletter, the *Shorelines*, on the city's website, www.cityhpil.com Look under the *Community* tab, then click on *Senior Center*, and then *Shorelines*.

Please feel free to call the Senior Center at (847) 432-4110 for information on membership, registration, support services, and all programs in which you have an interest.

Grief Support Group

Highland Park Senior Center

Tuesdays, October 5 - November 9 10 - 11:30 a.m.
Facing the death of a loved one creates extreme stress and new demands on people. A group like this, facilitated by Paula Cyphers, M.A., and Lois Silverstein, LCSW, provides coping mechanisms and resources for understanding the grieving process and helping you face each day with a more positive approach. This group is focused on those whose loss has been within the past two years. Please call to register.

Caregiver Support Group

Family Service

777 Central Avenue, Highland Park
First & third Thursday of every month, 7 - 8:30 p.m.
Those caring for family members are encouraged to consider joining this group, led by Paula Cyphers, M.A., Social Services Coordinator, and Lois Silverstein, LCSW, to provide the essential support needed to maintain a positive attitude during very stressful times. Please call to register.

Daily Telephone Reassurance

To reassure individuals living alone, a call is made each day to check on their well-being. Emergency procedures are activated if a problem is detected.

Grocery Shopping & Errand Services

Students from the middle schools in Highland Park, under the supervision of staff from *The Firehouse* Youth Center and the Highland Park Senior Center, shop and run errands every Friday afternoon for local home bound residents.

SHIP - Senior Health Insurance Program

Volunteers help solve problems with medical bills, Medicare, Medicare Supplemental Insurance; review long term care policies and planning; assist with Medicare Part D Prescription Drug coverage; decisions involving transition into retirement with regard to insurance coverage.

Medical Equipment Lending Closet

Highland Park residents may borrow wheelchairs, walkers, bath benches, etc., at no charge, to accommodate frequent post-surgical needs, not covered by Medicare or private insurance.

For Members Only

Table Tennis (Ping Pong)

Club Play: Wednesdays, 1 - 4 p.m.

Open Play: Mondays, 9 a.m. - 4 p.m.

Open Play: Wednesdays, 9 a.m. - 12 noon

Free Blood Pressure Screening

First Monday of each month

Provided by Traycee Home Care Services

Duplicate Bridge

Mondays, 12:30 - 3 p.m.

Open Art Studio

Mondays, 1:30 - 3:30 p.m.

Knitwits

Tuesdays, 9:30 a.m.

Novice Open Bridge

Tuesdays, 9:30 a.m.

Senior TV Production Team

Tuesdays, 12:30 p.m.

Yiddish Conversation & Culture

Wednesdays, 1:30 - 2:30 p.m.

"For Men Only" Discussion Group

First Thursday each month, 10 - 11:30 a.m.

Mah Jongg

Thursdays, 1 p.m.

Additional July & August Sponsors

Belmont Village of Glenview

Guardian Home Care & Hospice

Glenview Terrace

Presbyterian Homes

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PUBLISHED MONTHLY BY
THE CITY OF HIGHLAND PARK

PRESORTED
STANDARD
POSTAGE PAID
HIGHLAND PARK,
ILLINOIS
PERMIT NO. 10

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Editor: Emily I. Palm

ECRWSS Postal Patron



Look for LATE NITE HP events on Friday and Saturday evenings in Highland Park. For more information, visit www.latenitehp.com.



Mark Your Calendars for the Taste of Highland Park, August 27-29

The 4th Annual Taste of Highland Park will kick-off at 6:00 p.m. on Friday, August 27, with 14 Highland Park food establishments offering delicious culinary delights and specialty drinks. This year's participants include Abigail's, Bluegrass, Café Central, City Park Grill, Fuddruckers, Jade Café, Lincolnshire Gourmet, Lou Malnati's, Max's, Tamales, Stash's, Sunset Foods, Sushi Kushi and That Little Mexican Café. In addition, the Highland Park Chamber of Commerce will also serve beer and wine.

On opening night, do not miss The New Invaders ultimate 60's flashback from Brit Rock to Woodstock, and headliner Maggie Speaks performing music without limits, from rock, to pop, R&B into hip-hop, and country through funk. On Saturday, the Taste will feature Under the Streetlamp...the Former Chicago Cast of the Jersey Boys. Recent leading cast members of the smash Tony Award winning hit Jersey Boys bring to life doo wop favorites, golden oldies, and Rat Pack tunes, complete with an orchestra comprised of world-class jazz musicians.

Also appearing will be Libido Funk Circus, performing instrumental gymnastics in outrageous costumes with an over-the-top tribute to the Disco music of the 70's. Saturday night will also feature Vintage, a classic rock band that breathes new life into a time where bellbottoms, blacklights, platform shoes and lava lamps were the norm.

For more information, please contact Carolyn Hersch, Economic Development Assistant in the City Manager's Office, at (847) 926-1027/chersch@cityhpil.com.

Taste Stage Entertainment!

Friday, August 27

The New Invaders 6:00 p.m.
Maggie Speaks 8:30 p.m.

Saturday, August 28

Libido Funk Circus 6:00 p.m.
Vintage 7:00 p.m.
Under the Streetlamp... the former
Chicago Cast of the Jersey Boys
8:30 p.m.

Taste of Highland Park Hours

Friday, August 27 6:00 p.m. - 10:00 p.m.
Saturday, August 28 10:00 a.m. - 10:00 p.m.
Sunday, August 29 10:00 a.m. - 6:00 p.m.