

# The Highwood Highlights

## MAYOR'S MESSAGE

### *Hello Residents and Welcome Spring!*

I am greatly appreciative and so proud of how our residents and business community have worked together during the Covid19 pandemic. While we still have some distance to go, it appears things are getting better. Please everyone stay the course: wear a mask, distance, wash your hands, and get vaccinated as soon as you are able. I am hopeful we can return to some normalcy this spring and summer. To **register for a vaccination** please go the [Lake County AllVax website](#).

The City continues to be a busy place even during the pandemic. It appears that our budget, while impacted of course, will be able to weather the storm as a result of the excellent financial stewardship of the City Council and City Staff.

Here are some recent development highlights:



◆ The [Windy City Dispensary](#), 260 Green Bay Road, will open March 26. While this type of use is new to all us, the City has taken steps to ensure that it is safe and will complement our community.

◆ Two residential buildings are under construction on Green Bay Road (440 and 546) While this is a bit disruptive in the short run, it is essential to increase the permanent population in Highwood's downtown.



◆ The City has sold the recently acquired properties at 406/414 Green Road and 118 /122 North Avenue. Development plans have been approved for the **Railway Avenue Development**, with exciting



◆ The City welcomes [State Senator Julie Morrison](#) to her new office at 43 Highwood, stop by and say hello!

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Please Use The City's [Website](#) To Pay Your Water Bill, Parking Tickets, and Rental License Fee

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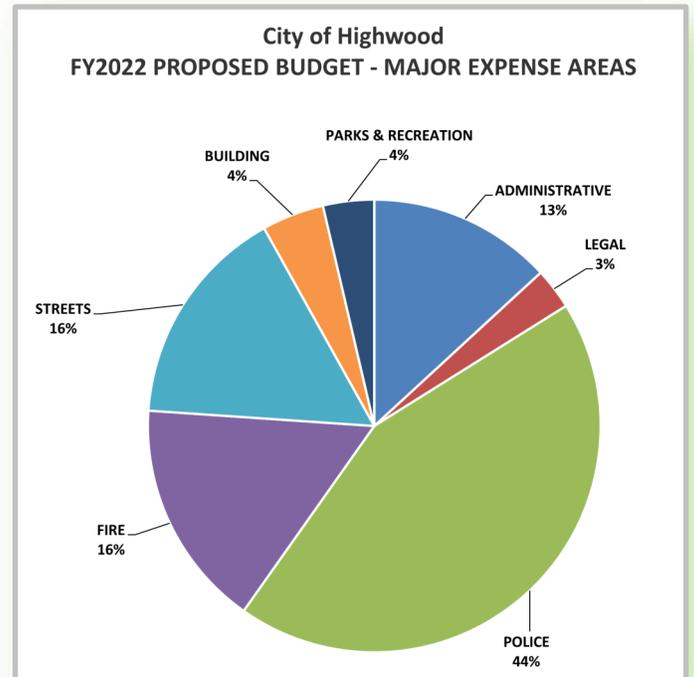
The City’s budget process for next year is well underway. In summary, revenues (while reduced) have weathered the Covid pandemic. The City continues to see growth in building permit revenues, we extended our TIF District, and we are confident that our financial future is bright. The proposed draft budget shows our commitment to investing in our neighborhoods and our quality of life, some highlights below:

- ◆ New bleachers in the Recreation Center.
- ◆ Final payment to the NSSRA for their facility acquisition and renovation.
- ◆ \$360,000 dedicated annually to street resurfacing for next year **Oak, Summit and Burtis Avenues.**
- ◆ \$30,000 to repair sidewalks.
- ◆ Funding of Everts Park, improvements for new park equipment, a splash pad, a band shell and other improvements.
- ◆ An investment of \$25,000 to replace sewers that collapse in roadways and \$30,000 to keep them clear of debris.
- ◆ Funding of police body cameras.
- ◆ \$15,000 to properly support services related to special events, night markets and festivals.
- ◆ \$30,000 for various engineering projects, such as lighting.

Again, thank you to everyone for supporting Highwood businesses and each other. I look forward to brighter days ahead.

*Charlie Pecaro*

Charlie Pecaro, Mayor



## HIGHWOOD CHAMBER OF COMMERCE

### Become a Member of the [Highwood Chamber of Commerce](#)

Become a member of the Highwood Chamber of Commerce! There are **four membership levels** within the Highwood Chamber of Commerce, plus you have the opportunity to **bundle your membership with an event sponsorship**. For 2021, they also offer **better social media perks** and **additional event sponsorship opportunities**.

Your membership renews annually and is a great way to boost your business and support the community.



### *Girls Night Out 2021!*

Get ready to enjoy the [7th Annual Girls Night Out](#) on April 15th! Grab friends and hit the streets to visit 10 participating businesses OR keep it virtual by completing our scavenger hunt on your own time. **NEW THIS YEAR**, every attendee will receive a commemorative martini glass, thanks to our Presenting Sponsor Bank of Highwood-Fort Sheridan. **See you there!**

# HIGHWOOD POLICE DEPARTMENT

## Spring Tips from the [Highwood PD](#)

With winter hopefully in the background soon and better weather all around, you'd think the roads would finally be safer. This isn't always the case.

- ◆ **Rainy days and flooding** - Spring rain brings slippery road conditions and flooding. What makes rain and wet pavement so dangerous? For one, slippery roads reduce your car's handling and increase the distance it takes to stop. Big puddles can also cut down on tire traction and could lead to hydroplaning.
- ◆ **Winter road wear and tear** - Winter wreaks havoc on the roads. Snow plows, salt, sand, and the aftermath of ice can all leave roads a bit battered. Now that the snow has melted away, expect to drive over new potholes.
- ◆ **Animal activity** - Animals are incredibly active during the spring. Some are emerging from hibernation, and others are entering mating season. This could mean that more animals are crossing streets and roaming around. Many animals, especially the very rare North Shore deer, are most active at dawn or dusk.
- ◆ **More bicycles on the road** - Spring also brings cyclists out of hibernation. Driving alongside cyclists can make traffic maneuvers, from turning right to parallel parking, more dangerous. Watch for bikers!
- ◆ **Spring driving safety tips** - Check your lights: Since spring rain hinders driving visibility, make sure all your lights work, including headlights, taillights, backup lights, turn signals, parking lights, and brake lights. Replace your wiper blades: Worn-out wiper blades may not be up to the task of clearing water away from your windshield. Check your wiper blades and replace them if necessary (usually once a year). Check your tire pressure: Harsh winter weather can deflate your tires. Make sure you have enough air in them once spring



rolls around. (proper tire pressure can also help you increase your mpg.) Slow down and drive carefully.

- ◆ **Help Keep Our Emergency Workers & First Responders SAFE Along the Roadside.**
  - Always give your full attention while driving.
  - SLOW down and give the roadside emergency workers as much of a safety cushion as possible.
  - Signal your lane change and move over into the next lane in the same direction only if able to do so safely.
- ◆ **MOVE OVER FOR EMERGENCY VEHICLES!** Let's provide an extra barrier of safety for police officers, firefighters, emergency rescue personnel and tow truck drivers.



## Be a safe citizen, some rules for your personal safety:

- ◆ Be calm, confident, and know where you are going.
- ◆ Trust your instincts. If it doesn't look or feel right, take action.
- ◆ Stay in areas that are well-lit with high foot traffic.
- ◆ Be conservative in how you handle cash and keep the bulk of it in your wallet or purse
- ◆ Keep expensive property concealed as much as possible.
- ◆ Be aware of your surroundings at all times. If you suspect you're being followed, cross the street and enter a public area (such as a restaurant or store) until you are comfortable.
- ◆ And remember, if approached, your life is not worth the paper in your wallet or your cell phone. Everything can be replaced.

# HIGHWOOD RECREATION CENTER

## SPRING IS HERE

We wanted to take a moment to remind everyone of the wonderful programs we have available at the Highwood Rec Center. From basketball, soccer, and summer camps there is something for everyone! Feel free to contact us with any questions about program dates, times, or rental rates. (847) 432-6633.



### GROUP FITNESS

Group Fitness  
Powercore Pilates

Contact Dave Sternshein  
Dave.cycle.pilates@gmail.com



### PROGRAMS

Basketball  
Finish Strong Athletic  
[teamfsa.com](http://teamfsa.com)

Private Trainers/Lessons are available  
please call (847) 432-6633

### Youth Soccer

Little Legends Ages 3-8

[www.ilsoccer.com](http://www.ilsoccer.com)

Soccer Shots 847-530-5386  
erozrentals@soccershots.org

[www.Soccershots.com](http://www.Soccershots.com)



### Martial Arts

**NEW!!!!** Brazilian Jiu-Jitsu – Contact Marcos Escobar at (630) 398-6515 **NEW!!!!**

[www.brasahighwood.com](http://www.brasahighwood.com)



Camp Oasis: Brook and James Schamber  
(847) 858-0415-

[info@oasisdaycamp.com](mailto:info@oasisdaycamp.com)

[www.oasisdaycamp.com](http://www.oasisdaycamp.com)

Office Hours  
Monday — Friday  
11:30 am — 4:00 pm  
847-432-6633

## VITAMIN CHEAT SHEET

VITAMIN	WHAT WE USE IT FOR	GOOD SOURCES
<b>A</b>	For healthy vision, skin, bones, teeth & reproduction	Liver, Eggs, Fish, Milk, Carrots, Sweet Potato, Pumpkin, Spinach
<b>B1</b> THIAMIN	Helps convert food into energy and is critical for nerve function	Pork, Soy, Watermelon, Tomato, Spinach
<b>B2</b> RIBOFLAVIN	Helps convert food into energy and supports healthy skin, hair, blood & brain	Dairy, Meat, Green Leafy Veggies, Enriched Wheat, Oysters
<b>B3</b> NIACIN	Helps convert food into energy and is essential for healthy nervous system	Beef, Chicken, Shrimp, Avocado, Peanuts, Tomato, Spinach
<b>B6</b> PYRIDOXINE	Helps make red blood cells and improves sleep, appetite & mood	Chicken, Tofu, Banana, Watermelon, Fish, Legumes
<b>B7</b> BIOTIN	Helps convert food to energy & break down glucose	Whole Grains, Eggs, Almonds, Soybeans, Fish
<b>B9</b> FOLATE	Vital for new cell creation and DNA synthesis	Legumes, Spinach, Leafy Greens, Chickpeas, Tomato, Asparagus
<b>B12</b>	Breaks down fatty acids & amino acids, helps make red blood cells	Dairy, Beef, Pork, Poultry, Fish, Eggs
<b>C</b>	Acts as an antioxidant, helps make new cells, & improves immune system	Fruit & Fruit Juices, Pepper, Broccoli, Tomato, Spinach
<b>D</b>	Strengthens and helps form bones & teeth via calcium & phosphorus	Egg Yolk, Fatty Fish, Liver, Sunlight
<b>E</b>	Acts as an antioxidant, helps stabilize cell membranes	Nuts, Avocado, Tofu, Whole Grains, Seeds
<b>K</b>	Essential for blood clotting and helping to regulate blood calcium	Broccoli, Brussels Sprouts, Liver, Leafy Greens

@cheatdaydesign



**News from the Highwood Historical Society:**

Early postcards reflect Highwood's early years. A few memories from the archives of the Highwood Historical Society.

Highwood Historical Society

122 North Avenue 847-682-9039

Sundays - 12 noon to 4 p.m.

Tuesdays -10 a.m. to 2 p.m.

Parades and festivals were important then as now.



St. James has remained a parish church since 1912.



Fort Sheridan was a major Army base and important to Highwood's economy as well as to its spirit.



Aldo Piacenza Store- Railway Ave now Green Bay Rd

Laegeler's Store on corner - Waukegan Ave



My Favorite Inn - Owner Willie Volo



# HIGHWOOD PUBLIC LIBRARY

The [Highwood Public Library](#) provides a multitude of community and library services. The Library is **open**, hours:

- ◆ Monday - Thursday: 12 PM – 8 PM
- ◆ Friday: 12 PM – 6 PM
- ◆ Saturday: 10 AM – 5 PM
- ◆ Sunday: Closed

For the health and safety of the community and staff:

- ⇒ **Face masks are required while in the building.**
- ⇒ Children must be accompanied by an adult.
- ⇒ Please practice social distancing.

Building capacity and public computer use will be limited.

All online programs will continue. Please check the event calendar on our [website](#) for upcoming virtual programming:

Upcoming events include our annual **Easter Eggstravaganza** for ages 3-10 on March 20, our monthly **Teen Craft Cafe** on March 19, and weekly **Microsoft Word instructional sessions** for adults throughout the month of March. We also offer Homework Help by appointment and ESL conversational and Spanish GED classes.



## CONTACT INFORMATION

### City of Highwood

17 Highwood Ave  
Highwood, IL 60040  
Phone: 847.432.1924  
Fax: 847.432.0735  
[info@cityofhighwood.org](mailto:info@cityofhighwood.org)

### Visit Us At

[www.cityofhighwood.org](http://www.cityofhighwood.org)  
[Facebook.com/cityofhighwood](https://www.facebook.com/cityofhighwood)

### City Hall

#### Hours of Operation

Monday - Friday  
8:30 AM - 4:30 PM  
847-432-1924

