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Celebrate
30 Years of
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on the
North Shore

Photo by Sari Pina



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Highland Park NEIGHBORS

An exclusive magazine serving the residents of Highland Park

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Deadlines for submissions are the 15th of each month.

Go to www.bestversionmedia.com

and click "Submit Content."

You may also email your thoughts, ideas
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Hello Baseball Season and Friends.

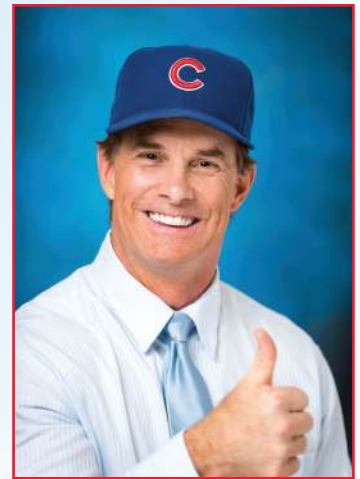
Other than a super successful season for the HPHS swim and dive team, it's been an absolutely brutal fall and winter sports schedule here in Chicago, but hope springs eternal with both of our baseball teams, and the fact that the Bears are having a good spring so far. Let's hope they hit a home run later this month in the draft! This month we celebrate ENAZ 30th Anniversary by featuring the sisters who have taken the legacy from their very proud mom. On a sad note, Marco Santi's Northside Grill is closing after six good years. He will be missed at the outdoor concerts that Toad's has every summer! The Q&A is the **Jeff Hoobler**, who many of you know from **Ravinia Brewing Company**. He has been a force to bring more fun activity to the Ravinia Business District since he opened his doors a few years ago. Now, he's interested in doing even more in the rest of the community! I wanted to share what I think will be a fun Father's Day gift idea with you and I am glad to shine the spotlight on two of my good friend **Tony Gordon of Gordon Salons**, and **Dr. Mark Hill of Dr. Mark and the Sutures** who have their Candy Day Concert for Misericordia later this month.

Play Ball,

Mike Stark,

Publisher,

mstark@bestversionmedia.com



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**Fabulous
Father's Day Gift Idea**

By Jane Kaplan

It's never too early to be thinking about unique ideas that will make the man in your life feel special. I hope you'll share this with your readers.

If you're struggling with an idea for Father's Day for the man who has everything, we've got you covered at Banner Kitchen and Bath Showroom. We have the perfect present idea for

Dad, Grandpa, or your favorite Uncle -- The Toto Portable Washlet, a handheld bidet. He'll enjoy using it every time he travels away from the bathroom he has at home. Trust us. It's the gift he really wants but doesn't talk about.

Banner Kitchen and Bath Showroom is offering this fabulous travel item at a special price until Father's Day 2023. It's only \$89! The portable Washlet is compact (2.26" x 1.85"), comes in its own pouch with a battery, and gives dear old Dad a great high-tech personal hygiene experience when he's on the go. This gift promises to be memorable and the best one he's received in years.

The Toto Portable Washlet is available at Banner Kitchen and Bath Showroom, 1020 East Lake Cook Road, Buffalo Grove. For more information call Banner Kitchen and Bath Showroom, 847.520.6100.



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More than 400 guests raised \$600,000 to support Les Turner ALS Foundation's Mission & Work

By Mary Ingram-Schatz

Photos by JeanLachatPhotography.com

More than 400 advocates, donors and professionals dedicated to research to benefit and to care for people living with ALS, as well as individuals with ALS and their families, raised \$600,000 to support the mission and work of the Les Turner ALS Foundation at the Hope Through Caring Gala on Saturday, Feb. 18, 2023, at the Radisson Blu Aqua Hotel in Chicago.

Eric Ephraim, CEO and president of First Bank Chicago headquartered in Highland Park, accepted the Hope Through Caring Award on behalf of all at his bank who have over many years supported the Les Turner ALS Foundation and continue to do so.



Kim and Eric Ephraim; Harvey and Bonny Gaffen; Jill M. Harris



Janie Gobeli presents the Hope Through Caring Award to First Bank Chicago CEO and President Eric Ephraim

Brian Wallach, who was diagnosed with ALS in 2017, and his wife, Sandra Abrevaya, received the Harvey and Bonny Gaffen Advancements in ALS Award for their sustained advocacy and for securing FDA approval for Relyvrio, a new drug for the treatment of people living with ALS.

A spirit of hope infused all facets of the 35th annual Hope Through Caring Gala at the Radisson Blu Aqua Hotel in Chicago as MC Paul Lisnek introduced Andrea Pauls Backman, CEO of the Foundation, and Erin Reardon Cohn, Board chair. In addition to a silent auction, guests generously followed the lead of Jason Lamoreaux, who led a paddle raise and a live auction. After dinner, guests danced to the music of Rush Street Rhythm.

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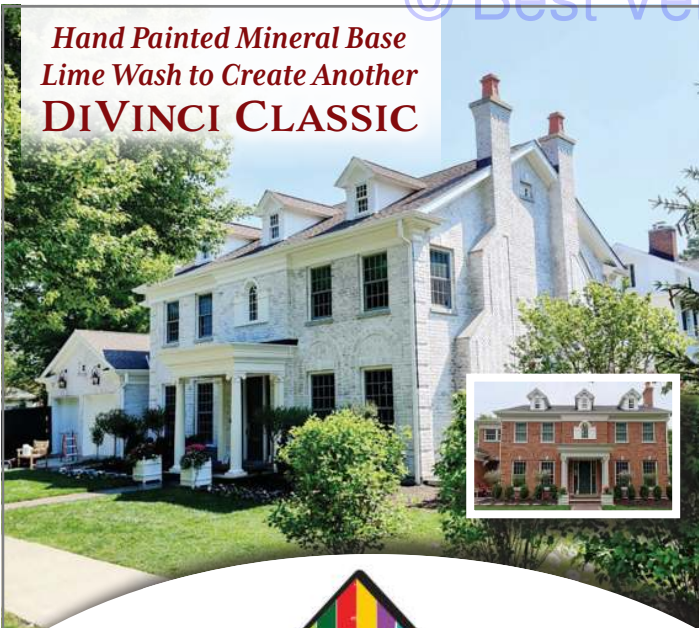
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Candy Days Concert Comes to Port Clinton

By Mike Stark

For over two decades, Dr. Mark and the Sutures performs annually to support Misericordia Heart of Mercy a residential facility for disabled adults and children in Chicago- where Dr. Mark has a child. This well known and popular North Shore "Beatles band" now in its 36th year will headline



**The Annual Highland Park
Misericordia Candy Days Concert
on Saturday, April 29, 1pm,
at Port Clinton Square, Highland Park.**

If inclement weather, Sunday, April 30, 1 pm, same location.
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Low Supply Keeps Prices Strong

By Nancy S. Karp | Broker, MBA, ePRO, SFR, CNE

As the 2023 real estate market unfolds on the North Shore, we continue to see increasing prices due to a low number of homes coming on the market. Low supply and strong demand are keeping prices strong.

Comparing January and February of 2023 versus 2022, you can see that the number of homes coming on the market is down by over 30%. And at the same time both median and average prices on the North Shore increased versus a year ago.

The rate of the price increases appears to be leveling off (in other words prices are increasing but not as dramatically as we saw last year). This is probably due, in part, to the increased mortgage interest rates.

It is interesting to note that 30-year mortgage interest rates have NOT moved in direct lock step with the rate increases from the Federal Funds Rate (which is a short-term interest rate that commercial banks charge each other for overnight loans). According to HSH.com

North Shore Market Pulse from Karp Residential		
Prices and New Listings - Jan/Feb 2023 vs. Jan/Feb 2022		
Detached Single Family Homes		
Average Prices	Median Prices	New Listings
Jan/Feb'22 • \$869,487	Jan/Feb'22 • \$665,000	Jan/Feb'22 • 812
Jan/Feb'23 • \$998,262	Jan/Feb'23 • \$700,000	Jan/Feb'23 • 566
% Change • 14.8%	% Change • 5.3%	% Change • -30.3% North Shore Combined

*Based on data from the following suburbs: Bannockburn, Deerfield, Evanston, Glencoe, Glenview, Highland Park, Highwood, Kenilworth, Lake Forest, Northbrook, Northfield, Riverwoods, Skokie, Wilmette, Winnetka

“long-term rates, such as 30-year fixed-rate mortgages, pay little attention to short term rates, responding instead to economic growth and inflation pressures.”

Please reach out to us if you have any questions about the market. Send your real estate and mortgage questions to Nancy or Brian. We'll respond right away, and your question may be featured in an upcoming issue of Highland Park Neighbors.

Nancy Karp is a real estate broker with @properties in Highland Park, serving the entire North Shore. Her decades of experience in marketing, market research and data analysis ensure that you always make informed decisions and get the BEST results, whether you are buying, selling, or both. nancy@nancykarp.com
Brian Jessen has been successfully helping people finance their home purchases for over 30 years. Brian specializes in residential mortgage loans for primary homes, second homes and investment properties throughout the United States including construction loans on single family homes, townhouses, condominiums and 2-4 unit properties. bjessen@WintrustMortgage.com

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2nd Annual GLI Charity Exotic Car Show Coming Soon

By Rich Margaritondo | VIP Sales & Marketing | Aston Martin Glenview

It's time to think Spring and get back outside and enjoy those summer festivals. This May 21 downtown Glenview will be full of smiling faces and young families with strollers and toddlers in hand. As well as many adults admiring fine exotic automobiles on display. We will all be out to show our support for our First Responders at the 2nd Annual GLI Charity Exotic Car Show.

Come out and join us. Let your children meet our firemen and policemen, explore their equipment and get a fireman's hat, police badges and more. These young men and women are willing to put their lives in jeopardy every day just to ensure we can live in peace and safety. Let's tell them thanks in person and let them know we in Glenview and the North Shore appreciate all they do!

Quench your thirst and satisfy your appetites with food and drink at Forza Meats, Glenview Grind and The Glenview House. They will have staff ready to serve you while you enjoy the show with your friends and family.



New this year will be our live show stage. Enjoy some great music provided by Twelve Tone Music School house band and their students.

Lastly, let's not forget there will be millions of dollars in exotic cars lined up on both sides of Railroad Avenue between Glenview Road and Dewes Avenue. The owners will have them shined up, tuned up and all set to get you pumped up just looking at them.

This will be a sight very few people get to experience. Remember also, that every one of these car owners has given a donation to The 100 Club of Illinois in support of our First Responders. Tell them thanks!

The 100 Club of Illinois provides resources, several forms of financial support, access to training, and moral support to both the families of first responders killed in the line of duty and active duty first responders throughout the state of Illinois. All sworn federal, state, county and local first responders stationed in Illinois are included.

If you have a sports car or exotic car that you would like to display in this show you may still have time to do so. You can apply at the show's website, www.glicarshow.com.

This is FREE ADMISSION for all that wish to come enjoy these cars, the first responders, the music and the food. Mark your calendar for Sunday May 21. At Railroad Avenue downtown Glenview. Show times are 11AM to 2PM. We look forward to raising even more money for our great First Responders!



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ATTENTION COMEDY LOVERS!!! JOIN US on May 4th, 2023 at 7 pm for “Comedy ABLAZE For a Cause”

By Ava Markoutsas | CRM | The ABL Group | ABLAZE Design Group

Looking for a “LOL” kind of night and give back to a well-deserving charity at the same time? Well look no further than HIGHWOOD!

At ABLAZE Design Group, we are partnering with local non-profits all over the North Shore to support their causes. These hilarious events feature the “Bad Momz of Comedy”, as seen on NBC's The Kelly Clarkson Show.

This past December we hosted a “Girls Night Out” themed comedy night for Gratitude Generation. This amazing organization’s mission is to inspire gratitude in future generations through education and service. And then in February we hosted a “Couples Date Night” comedy event for the amazing “Art is the Answer” whose mission is to save the mental health of our youth.

Coming up next in line is another fun “Girls Night” benefiting Dup15q Alliance. This event will support their mission to empower individuals living with dup15q syndrome to reach their full potential by advancing breakthrough research and life-changing therapeutic treatments, supporting families and promoting advocacy.

If you would like more information on this event or how you can partner with us for your non-profit, please contact ABLAZE Design Group (847)579-1600 or send an email to ava@theablg.com

- Ticket Price: \$40 per person
- Get tickets @ <https://app.goodworldnow.com/e/comedy-ablaze-for-a-cause>
- Each Ticket Includes:
 - An Hour long comedy show with The Bad Momz of Comedy
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Energy Nature Attitude and Zest for Life = ENAZ

By Paul Clements | Photos by Sari Pina



Beauty's where you find it - Madonna, Vogue, 1990

Back in 1990, women in Highland Park found beauty any time they ran into Susan Lurie around town with one of her artistic, trendy and fashionable handmade purses. Lurie, a Highland Park resident, lived with her husband and four children in the Ravinia District. She was talented and creative, an artist and an artisan.

"About the time we were in high school, our mom started to take on this artistic hobby of making handbags and accessories," said Lena Blitstein. "Our father was in the furniture business, so she just started making them out of these leather goods that were available to her. Then, she would wear them to the grocery store and around town, so women would see her and be like, 'Oh my god, where'd you get that bag?' And she told them that she had made it, then they were like 'I NEED one!' With all the people that were asking, she started making them and that's how this all started."

Lurie's handcrafting went to a whole new level after she saw *Indecent Proposal*, the 1993 film starring Demi Moore. Moore's character wore a standout purse called a vest bag. Lurie loved it so much, she went home and started working on one, and it was her take on the vest bag that eventually led her to open her first store, which this month celebrates its 30th anniversary.

She called her store ENAZ, another representation of her artistic flair, first as a tribute to her grandmother, whose name was Lena, with the letter "L" replaced by a "Z" because she liked the way it looked at the end. Then as she studied the word on paper, she turned the new name into an acronym for her new store's essence: Energy Nature Attitude and Zest for life - ENAZ.

Growing up, daughters Melinda, Lena and Samantha, were all drawn to their mother's work and always wanted to help her, and today they work together as the power trio that run ENAZ, with flagship stores in Highland Park and Northfield, and boutiques in Lake Forest and Bucktown. Lena and Samantha refined their fashion sense working in New York City and Los Angeles, and they handle the buying responsibilities for all four stores, while Melinda went to work at ENAZ full-time in the 90's and she handles all the retail operations.

"My mom saw the movie *Indecent Proposal*, went home, got out her leather and made a vest bag, which is literally like a vest that has straps," said Samantha Shapiro. "It has two pockets on the side with one big pocket in the back, so you can go hands free to the farmers market and things like that. We still have the original bag, it's a keepsake for us. Recently, we had it redesigned. We fixed the pockets, made it look more modernized, and it's a really cool bag that you won't find anywhere else. That's why people come to us. They know that ENAZ will always have something that you just can't find everywhere."

Handmade, individualized fashion accessories are their original trademark, but as they grew the concept, ENAZ fashion now refers to a popular and constantly changing style of private label and designer clothing and accessories, a wide selection of jewelry for all occasions, designed and made primarily by local artists, and beauty products from their custom spa bars with lotions, body washes and perfume oils that include up to 10 scents to choose from, all made to order on site. ENAZ will also gift wrap jewelry and beauty products in their signature wrapping of raffia, ribbon and flowers.

"That also sort of separates us from the rest," Shapiro said. "Customer service is as important to us as our style. We treat every customer as if they were guests in our home. I use social media like Instagram to communicate with our customers and we value our online presence. Our stores are stocked with sizes, so when customers come in, we will help them find something they'll like."

Family businesses can get tricky, especially as they grow, and then when it's time for them to be handed down. Not only does the next generation have to have the savvy and the skillset to continue to grow the business, they have to have the love for it to make it their career and they have to find roles that are fulfilling for them.

Shapiro said that, "it's just the idea that it feels like it's in our bloodstream. Lena and I were in the wholesale business in New York and Los Angeles, showing lines, going on the road, being wrapped in fashion. So we knew the business from the other end. And obviously working here in high school, we kind of just got it. Then being surrounded by the



most fashionable people in New York and LA, it just sort of grew on us. So when we came home, I believe we just kind of had to find our place. Melinda kind of has that back end sort of thing going and I knew that I've always been the artsy fashioning one. And Lena has always been more like the business, marketing, advertising person, driving the sales parts. It was like we all sort of fell into this perfect circle and it just worked. We work so seamlessly and we are so cohesive. So, now, we're just boom, boom, boom, we're really fast. We know exactly what we want. We know who our customers are. We know who we want to be, and where we want to be."

Kaplan added that in 1994, "I was at a crossroads. I wasn't sure where I wanted to go. I had studied to be a teacher and my mom needed help. So, it was either go teach or come work for my mom. So, here I am 29 years later, working for her, and now working with her. When I came on board, I learned everything that she had taught herself. How to buy, how to run the books, how to run a store, how to run payroll. As I learned the whole thing, it organically became me doing all the retail operations of all the locations. I like being in the store, so I pitch in wherever I'm needed."



ENAZ Highland Park is located at 444 Central Ave.

“When the old movie theater was across the street here, there were little 500 square foot stores on either side and mom took the east one and made it a working studio,” Blitstein said. “She would make the leather goods and then she started to put in items that she liked. For example, Western was huge then, so she put in cowboy boots. She also put in candles, T shirts and gift items, just things that she liked. So, the working studio became a store and we all used to go there after school to work. Our whole family really had their hands in it at some point, whether we were helping at street fairs, or working in the store, or beading keychains, we would help her, and so the store just kind of became a much bigger thing. And then this building was available. One of the stores went out of business and so my mom signed a lease. And I think within six months, the other store next door went out of business. And so she said if I don’t take this opportunity to take both storefronts I may never have this opportunity again, so she took on both and that’s why we have this beautiful U-shaped store.

The sisters are very proud, because after leasing the space for more than 20 years, they recently bought the building this past October. For them, not only is it gratifying, it’s also empowering, since few if any buildings are women-owned in downtown Highland Park.

“Our mom had the foresight to always have a rider attached to her lease every time she renewed, giving her the first right of refusal if this building was ever to go up for sale,” said Blitstein. “And we just closed on this building in October, which finally was like a dream come true for my mom and for our business. We own the building and it’s been a wonderful thing, because now we’re utilizing this space for warehouse

sales and our wonderful tenants. We currently have space for rent. There is a large room on the second floor with hardwood floors and oversized windows that was once used as a dance studio 30 years ago which is an incredible space! As well as three spacious offices overlooking Central Avenue.”

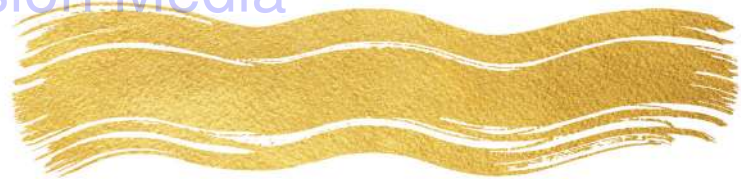
One of those wonderful tenants is Ilyse Strongin, public relations extraordinaire and a contributing writer to Highland Park Neighbors who joined us for the interview in their new conference room on the second floor where her Ripple Public Relations offices are located.

ENAZ has become a well-known name in the Chicago fashion scene and has been featured in numerous publications, including Chicago Magazine and North Shore Magazine. The success of the business can be attributed to the family’s passion for fashion, their attention to detail, and their commitment to providing exceptional customer service.

Blitstein says that the four locations allow their customers to get their “ENAZ fix” wherever they work, shop or live. Kaplan lives in Lake Forest, Shapiro in Northbrook and Blitstein in Chicago, so that also allows them to know what works in each of their locations.

Having been there when the store started out, Blitstein and Shapiro have the experience of working with four generations of customers, so they design and buy with all of them in mind. And now, all three sisters are working moms who are bringing their children to work with them, so they understand the needs of their customers and stay on top of the trends for all of them.

“We do a lot of private labels, which is always something people really love, because we know what we want in the market, but that’s not



necessarily what you can find,” Blitstein said. “And, there’s things that are always in demand, like cotton sweaters. We live in the Midwest. Sweaters are year round. And, everyone comes to us for a Saturday night top. We know that a certain neckline or a certain style is exactly what the majority of the women come in for. So, Sam and I started to design our own line and do our private label. And it’s been a huge success. I feel like people love it.”

In addition to their brick-and-mortar stores, ENAZ also offers online shopping through their website. The website features a carefully curated selection of clothing and accessories, with new items added regularly.

ENAZ is a staple in the Highland Park, Lake Forest, Northfield, and Bucktown communities, and the family’s commitment to the business is evident in everything they do. With Susan’s vision and her daughters’ passion and dedication, and now their children all love to work in the stores too, ENAZ is sure to continue thriving for years to come.

Celebrating ENAZ 30th Anniversary

By Jon Levey

For 30 years ENAZ has been “the place” for shopping in Highland Park. What started as Susan’s vision and execution as a small leatherware boutique that expanded into other fashionable items for women has been adopted and expanded by Susan’s daughters Melinda, Lena and Samantha and now has four locations throughout Chicagoland. A true family business, Melinda, Lena and Sam all have their roles and have each embraced and lived according to the acronym that Susan set out to live by --- Energy, Nature, Attitude and Zest (ENAZ) for life! These women are each powerhouses as individuals, but collectively have created, curated and grown one of the absolute best shopping experience venues in all of Chicagoland. Not only is their selection, pricing and service top shelf, but their passion for continuing to evolve and not just stay on top of the trends, but lead in that regard, is remarkable. I’m thrilled to see my friends celebrating three decades of success, commitment to Highland Park and each of the towns they operate within, and to see them continue to prove that a family owned businesses can not only survive in an “Amazon world” but can thrive!

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Improving the Quality of Life in Our Community

By Erica Littman

Program Overview – Improving the Quality of Life in Our Community

For over 30 years, the Highland Park Community Foundation (HPCF) has provided annual grants to nonprofits and governmental agencies that support residents and enhance the vitality of the Highland Park and Highwood community. These grants focus on maintaining and enhancing programs for residents that pertain to education, human services, senior services, services for individuals with disabilities, and the creative & cultural arts.

CREATIVE AND CULTURAL ARTS

Arts and culture are not luxuries, they are essential commodities with social, economic, and health benefits. They add vibrancy to our lives and community. We are proud of the fine arts, music, writing, and literature programs and resources available to Highland Park and Highwood residents. For our community to reap their full benefits, however, there needs to be equitable access to them and expanded opportunities for their growth.

HPCF is pleased to support and promote creativity at a grassroots level by investing in recurring festivals, events, and programs that promote arts and cultural participation, celebrate diversity, foster connections, and provide creative experiences for residents of all ages. These activities benefit individuals and families and build a better and stronger community.



EDUCATION

Education brings dreams to life, creates lifelong learners, engages tomorrow's leaders, and more. Early childhood education promises long-term and long-lasting benefits for individuals and society as a whole. Extracurricular activities improve academic performance, create self-esteem, promote the development of social and emotional growth, and provide essential life skills.

There are Highland Park and Highwood residents who cannot afford to send their young children to preschool or enroll their older students in after-school or weekend activities. There are parents who need after-school care for their children so they can work later hours to make ends meet. Our public schools and local nonprofits help, but even they require additional money to run the programs these families need and deserve. We are proud to make the impossible possible by providing critical gap funding for programs that nurture our community's youngest learners and strengthen their families.

HUMAN SERVICES

Organizations such as local food banks, legal aid clinics, mental health providers, agencies that assist with housing, and organizations that serve youth and older adults are the glue that holds communities together. Qualified professionals who focus on issues that promote positive functioning in a community are essential to creating and delivering these programs and services. While there are some very well-known and well-funded human service organizations, many of the organizations that deliver critically needed services for Highland Park and Highwood residents fly below the radar and struggle financially to meet their needs. At the same time, children and adults who receive human service assistance face significant health and safety risks if the organizations they turn to have insufficient funding and support.

Thanks to the generosity of our donors, HPCF is proud to provide funding for organizations and programs that provide critically needed human services for our residents.

SENIOR SERVICES

Seniors deserve the opportunity to age in place, be safe in their homes, and enjoy life in our community. Being active and engaged also improves their social, emotional, and physical health. Yet, they often need help with daily routines, getting around town, participating in activities, and connecting with friends.

Finding the help they need, determining how to pay for it, solving legal issues, and discovering community support are also challenges for many seniors. These issues dissipate, however, when adequate and appropriate programming is accessible and affordable.

We are committed to ensuring positive outcomes and improving the overall quality of life for all residents of Highland Park and Highwood, and are proud to provide funding for organizations and programs that serve our senior residents.

SERVICES FOR INDIVIDUALS WITH DISABILITIES

Individuals with disabilities and their families seek programs and services of all kinds. The opportunities they pursue promote mental, emotional, and physical health; independent living; and a better quality of life. All individuals living with disabilities deserve to live with dignity and have the support they need to fully participate in our community.

Still, there are residents with disabilities who find themselves on wait lists for services and programs. Many have trouble accessing housing, transportation, respite, personal assistance, and day services – all of which are critical to maintaining a purposeful life and one in which they are contributing to our community and making it a great place



to live. Inadequate funding for services and programs has devastating effects on these individuals and their families as well as the greater community.

HPCF supports organizations that work to make our community inclusive and accessible to all. Our grants in this area have expanded to include programs that provide art therapy, respite for parents, and independent living in our community.

In partnership with our donors, HPCF proudly funds organizations and programs that enhance our community and provide vital resources, programs, and services for residents of all ages. To learn more, visit hpcf.org.





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Health Benefits of Peptides

By Dr. Ryan Lombardo, DAOM, ABAAHP, BCIM, L.Ac.

Peptides are short chains of amino acids that play important roles in a wide range of biological processes in the body. Encouraging the body to function at a more youthful level is the future of longevity medicine, and peptides are at the forefront of these advancements. Some peptides, including Sermorelin, Ipamorelin, CJC-1295, and BPC-157, have been studied for their potential health benefits. Here are some of the reported benefits of each of these peptides:

Sermorelin: Sermorelin is a synthetic peptide that stimulates the production of growth hormone-releasing hormone (GHRH) in the body. By doing so, it can increase the production of growth hormone, which has been linked to a variety of health benefits, including:

- Improved muscle mass and strength
- Increased bone density
- Improved skin quality
- Increased energy and vitality
- Improved sleep quality
- Reduced body fat

Ipamorelin: Ipamorelin is another synthetic peptide that stimulates the production of growth hormone in the body. It has been reported to have the following potential health benefits:

- Increased lean muscle mass and strength
- Reduced body fat
- Improved bone density
- Increased energy and vitality
- Improved immune function
- Reduced inflammation

CJC-1295: CJC-1295 is a synthetic peptide that stimulates the production of growth hormone-releasing hormone (GHRH) in the body. It has been studied for its potential health benefits, which may include:

- Increased lean muscle mass and strength
- Reduced body fat
- Improved bone density
- Increased energy and vitality
- Improved immune function
- Reduced inflammation

BPC-157: BPC-157 is a peptide derived from a protein in the stomach. It has been studied for its potential health benefits, which may include:

- Increased healing and repair of tissues, including muscle, tendon, and ligament injuries
- Reduced inflammation
- Improved gut health
- Improved bone density

It's important to note that the use of these peptides for any health benefits should only be done under the supervision of a healthcare professional. There is some promising research on these peptides, and more studies are being performed to fully understand their potential health benefits.

Looking forward to helping you optimize your health.

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Quiet Men and Women of the North Shore

By Bill Pigati

The Quiet Man is one of my favorite movies. I've watched and enjoyed it many times. Recently a dear friend at Del Rio passed in her fifties from cancer. She was a blessed soul . . .gracious and kind to all. But she was also a very private person. So, I'll honor her by not saying more except that she has inspired me to do some writing about other folks whom I've been lucky enough to meet at the Del who let their words and actions speak.

My first of the "Quiet men and women of the North Shore"

I met this man early in my days at **Del Rio**. He was an engineer, well known internationally for finding cures for structural disasters. Here is one story which he told me for which he would never take credit.

A memory of a day in the war in the South Pacific in as close to his own words as I can do.

There is a very large atoll in the central Pacific, called Ulithi. During World War II, the U.S. Navy took this massive natural harbor over as a top secret naval base from which to launch its invasions. Ships of all types and sizes gathered there and then left in huge convoys. There were battleships, aircraft carriers, destroyers, mine sweepers, and all types of transport ships. I think Ulithi could hold almost a thousand ships at one time.

While anchored in the atoll, we transient naval officers and enlisted men were allowed to go ashore to one of the atoll's islands, called MogMog. There we could play baseball, basketball, football or just sit on the beach and swim. Best of all there was a Tiki bar on the island where we could get all the ice cold beer or cokes we wanted! Of course it was only 3.2% beer, and you had to drink a whole lot before you could feel it. On the way back to the ship in the Captain's "gig", we had one of the ships officers with us. I'm afraid he had downed a whole lot, and had over done it with the beer.

Part way back, he decided he had to relieve himself, so he climbed up on the gunnel of the boat and started to do just that. (Think the movie *Titanic*.) Of course, being so "pie-eyed" he relieved himself INTO the wind, and it blew back all over him. The problem was that it also blew back over us! I reached up and gently pushed him overboard! The bosun turned the boat around and dragged him aboard. We all booded.

His brief swim sobered him up and he never did report us. As the saying goes, all ____ work and no play makes Jack a dull boy! We weren't dull, even in war.



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Integrative Aesthetics and Wellness

Orphans of the Month APRIL 2023

By Stephanie Levitt | Student Intern



Adoptable Sprinkles is a TV star!

In case you missed it, Sprinkles had her big debut on WGN TV's Adopt-A-Pet segment! She's been patiently awaiting her forever home for over a year. She is as sweet as her name implies; her loving affection is really how she got it, as well as because of her cute, caramel sprinkles on her nose.

She is about 6 years old and came to us from one of our rescue partners in Texas. This gal is spunky, fun loving, and ready to be your co-pilot in life. She's incredibly affectionate, too! She goes on lots of field trips with her favorite volunteers and especially enjoys car rides. She also knows some basic commands and is housebroken – what a bonus! Sprinkles comes with 4 sponsored training sessions with GoodPup! She is looking for a pet-free home, but with as much sweetness as this girl has, she's the only pet you need! All of her adoption fees have been sponsored, so don't miss out on welcoming a celebrity dog into your home!



Look at that smile!

Three-year-old Shadow loves people, adventures, fetch, toys, fun, cuddles, and is just a happy-go-lucky dog who loves life. He is looking for an active family that will embrace his silliness! Shadow has a pretty big fan club at the shelter and goes on lots of fun outings with his volunteer friends where he always does great! He's been to the park, swimming with our friends at Splash

Dog, and lots more! After his most recent field trip, his volunteer buddies said: "Shadow loved the woods and walked very nicely with his harness on. We walked past a few dogs and he showed interest but kept going. He was able to sit nicely and focus on treats while a dog passed us by on the trail. On the ride back, he settled down and was very affectionate and gave lots of kisses and cuddles." One of the best things about Shadow is that he is treat motivated and is very attentive, which will be great for his 4 sponsored training sessions with GoodPup! Come meet Shadow today and see why we love him so much!

Orphans of the Storm is a non-profit, no-kill animal shelter located in Riverwoods, IL. Since 1928, we have worked tirelessly to rescue and rehome dogs and cats in need. The main shelter is open Wednesday-Friday from 12 pm to 4 pm and Saturday-Sunday from 12 pm to 5 pm. To book an appointment, simply head to orphansofthestorm.org and click "Book now." If you are interested in adopting, please give us a call at (847) 945-0235.

If you are interested in volunteering, please visit our website at orphansofthestorm.org and click the "Volunteer" tab in the top right corner. There, you will find our volunteer information and application. Once you have filled out an application, our team will review it. Upon approval, you will begin receiving weekly emails about our volunteer opportunities coming up. Simply reply to the email and you will receive further information for that opportunity. We hope to see you soon!

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BEYOND SPORTS FOUNDATION AWARDED A 2023 COMMUNITY GRANT THROUGH MICHAEL JORDAN AND JORDAN BRAND'S BLACK COMMUNITY COMMITMENT

By Rebecca Hoffman | Good Egg Concepts

Beyond Sports Foundation in Highland Park/Chicago has been selected for a one-time grant from Michael Jordan and Jordan Brand's Community Grant Program, an initiative of its joint 10-year, \$100 million Black Community Commitment (BCC), created in 2020.

Jordan Community Grants are awarded once a year to grassroots, non-profit organizations that are driving action and leading sustainable solutions to improve Black lives in their neighborhoods. As part of the 2023 BCC Community Grant cycle, and in honor of Michael Jordan's 60th birthday, \$2.3M in grant funds were awarded to 48 organizations, including Beyond Sports Foundation with a local connection to the initiative's four key focus areas of economic justice, education, narrative change, and social justice.

Building on the efforts of the BCC, Beyond Sports Foundation will use the grant funds to take action through its mission to empower and elevate student-athletes in Chicago to succeed in the classroom, on the court, on the field, and ultimately in life.

"We are honored to have been selected as a recipient of Michael Jordan and Jordan Brand's Community Grant Program. Their commitment to support the growth and development of Black youth in Chicago is incredibly impactful. This grant provides us the resources to continue offering free academic,



professional, and athletic support to elevate our students and families in our BSF Community and beyond." - Josh Binder, Executive Director of Beyond Sports.

"Creating more equitable futures for Black people starts with an intentional journey. So, as our Jordan Brand family celebrates Michael's 60th birthday, we are thrilled to welcome these organizations committed to accelerating progress in their communities," says Craig Williams, Jordan Brand President.

This is the third cycle of the Community Grant Program as part of Michael Jordan and Jordan Brand's commitment to the Black community.

About Beyond Sports Foundation:

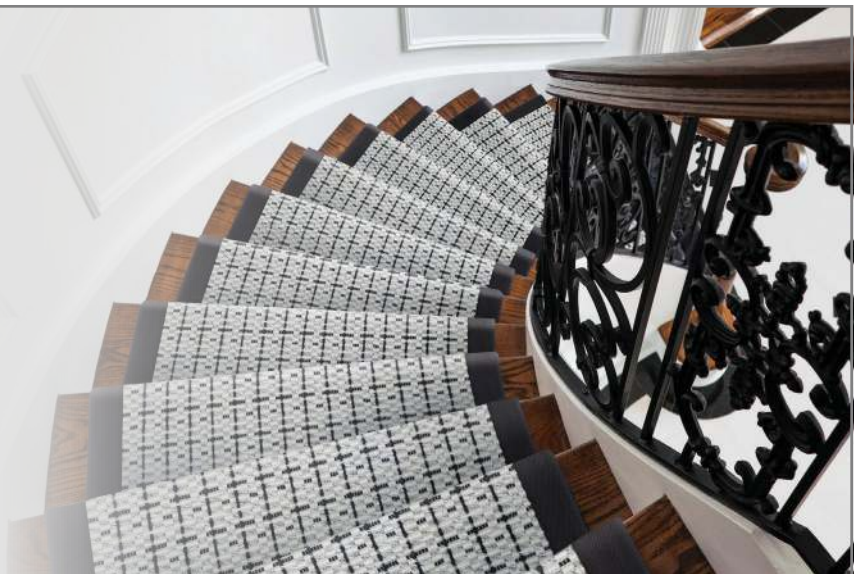
Beyond Sports is committed to empowering and elevating student-athletes by using their academic and athletic abilities as a springboard to college and ultimately a successful and long-term career.



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Meet Jeff Hoobler Co-Owner of BWB Shakes

By Alisa Bay | Photos courtesy of Jeff Hoobler

Where did you grow up?

I grew up in a small town in Northeast Nebraska. My parents were schoolteachers. By the age of 16, I had many jobs such as detasseling corn, walking beans, painting houses, and working calves on my uncle's ranch.

Where did you go to High School? College?

I went to Norfolk Sr High, the same town I was born in, and then received a full tuition scholarship to the University of Nebraska where I received my Bachelor of Science Degree in Mechanical Engineering. I then went on to grad school at Georgia Tech where I received a Master of Science Degree in Mechanical Engineering.

Where do you live now?

I have called Highland Park home for more than 10 years and I love raising my family here. My three children attend Ravinia Elementary, Edgewood Middle School, and Highland Park High School. My wife, Athena, is a neonatologist for Lurie's Children Hospital.

What year did BWB Shakes open?

Bowls/Wings/Burgers (BWB) Shakes opened in April of 2020 – when there was no indoor dining due to the pandemic. Luckily, BWB Shakes is a takeout and outdoor dining establishment. Therefore, the timing for that type of establishment was not horrible and the community support during the pandemic was unbelievable.

Why did you decide to open in Highland Park's Ravinia Business District?

When we formed Ravinia Brewing Company several years ago, our plan was to have a smaller taproom in the Ravinia Business District. Ravinia is home for me and another one of our partners and we wanted our brewery to be a neighborhood gathering place: a place like Cheers, where everyone knows your name, and you go in part to socialize and to see your neighbors and friends. However, the space we selected did not have a full kitchen so when we heard there would be a vacancy at the end of 2019, we jumped at the opportunity to lease the space.

How did you decide on the menu offerings?

Our initial plan was to rent out the front of the space and half of the kitchen to a local neighbor who wanted to start a wing shop. However, that fell through, and my partner and I asked a simple question: if we lived here

(which we do!) what would we want to eat or takeout in the area, what is missing? That's when we came up with Bowls/Wings/Burgers & Shakes! So, the menu offerings were literally the food we felt the neighborhood would want.

What did you do before opening BWB?

After college, I worked as an engineer for an aerospace company. I actually have a patent from my work for AC Motor/Generators for a product similar to what is used today in electric cars. I also started a side job in real estate. When our second child was on the way and my wife finished her fellowship, I was basically working two full-time jobs and decided to focus on real estate. I started my own brokerage, CN Realty. When we moved to Highland Park, I met Kris Walker who was interested in starting a brewery. He needed a good real estate broker, an engineer to help build/design the brewery, someone with business experience, and most importantly, a beer taste tester! One thing led to another, and we became partners.

What are the most popular BWB menu items?

Our smash burger is our most popular menu item, but the bowls, wings, and shakes are right up there as well. Our new chef, Brian, also makes amazing specials!!!

What are your favorite items?

I eat it all! What I would say though is our chicken sandwiches (Nashville hot and grilled bacon & avocado for me) are the most underrated menu items probably because they are not mentioned in the name of our restaurant. Also, our falafel is amazing! You really can't go wrong with anything on the menu.

What do you want people to know about BWB that they may not know?

That's easy! We are now open on Friday and Saturday nights until midnight! So, order carryout or check out one of the delivery service apps for your late-night cravings and support local!

In two or three sentences, how would you describe BWB to someone who has never been there?

It's all in the name Bowls/Wings/Burgers & Shakes! I like to think of it as quick, modern, comfort food with healthy options. We really have something for everyone in your family and your kids will love it! We also offer outdoor dining in the summer!



What are your hopes for the future of BWB?

I want it to continue to grow and get better and better. Like most restaurants over the past year, we have struggled with staffing, but our team now is amazing, and we hope to exceed everyone's expectations.

What makes Highland Park great and what could be better?

I love Highland Park. We have beautiful beaches, parks, trails, ravines, and architecture. We have a mixture of vintage and modern. We celebrate the arts, and we have many retail, food, and beverage businesses. And in the wake of the tragedy last summer, we are an exceptionally caring and resilient community.

We also have a very well-run city guided by four core principles. I wholeheartedly support Highland Park's pillars of Public Safety, Fiscal Stability, Infrastructure Development, and Community Vibrancy. Yet, we could do even better. We can be even more welcoming and dynamic. I dislike seeing empty storefronts, particularly in our downtown. We have too many wonderful assets to not have several bustling dining, retail, and art districts.

What are your thoughts on climate change?

Highland Park has created a Sustainability Strategic Plan, but we are moving too slowly! We are already experiencing the impacts of climate change and we need to act now. For me, sustainability starts at home. My home is 97% solar-powered, which means during peak hours, ComEd buys electricity from us. My family and business partners are always seeking ways to do more.

Highland Park should accelerate electrification in its purchasing and implementation decisions. The city needs to better educate and encourage residents to do their part. I fully support the city's composting program

that will be implemented for all residents later this year and the serious exploration into what it would take to ban gas-powered leaf blowers by commercial users. Highland Park's plans are leading edge but until they are implemented, they make little difference in becoming a zero-emissions City. I would strongly advocate for the city to be carbon-neutral by 2035.

If you didn't have to sleep, what would you do with the extra time?

I'd speak to every resident in the City of Highland Park about their concerns and what they love.

What three words best describe you?

Family, Work, Fun.

What's your favorite TV show?

Whatever my kids are watching! Right now, it's the Mandalorian.

What's your favorite holiday and why?

Christmas. There is nothing like the kids running down the stairs at the crack of dawn and celebrating with all of our friends and family.

What's the best way to start the day?

Coffee on the deck in the summer.

Are you usually early or late?

I'm usually early or right on time. That's the real estate broker in me!

Are you a late-night person or a morning person?

Both. Give me a siesta in the afternoon and I'm good to go.

If you could travel anywhere in the world, where would you go?

Probably back to Greece. My wife has family there and it's like a second home to us. It's so beautiful in Greece with so much history.



What are some small things that make your day better?

My kids. I love going to their events and seeing them grow and succeed.

Who is your mentor, and why?

I've had several mentors throughout each phase of my life. Currently, Councilmember Andrés Tapia is my mentor. He is a wonderful person with amazing values.

What age do you wish you could permanently be?

I haven't figured this one out yet because the older I get, the more I want to be that age.

How do you relax after a hard day of work?

I come home and hang out with my kids! Whether it's going out to dinner, playing catch or basketball, watching them at an event, or watching a movie – just having them around makes my day.

What do you hope never changes?

I'm actually a big change guy. I think things that don't change and evolve with the times get stagnant and die. I'm always looking to make things better and to try a new adventure.

Plain or peanut M & M's?

I'm a peanut guy. I need more substance.

What's the luckiest thing that happened to you?

Meeting my incredible wife, Athena.

What website do you visit most often and why?

Ravinia Brewing Company – I may work too much.

What do you wish you knew more about?

I'm a technology/engineering nerd and I love listening to podcasts about green technology and business. I put a 35-panel solar array on my house in 2017 and we have two electric

cars. I'm always looking to advance sustainable carbon-free energy. When there is also a business case for it like there is now, it is a no-brainer. We need to fight climate change.

If you had to change your name, what would you change it to?

The running joke is that every St Patrick's Day, my name is Jaffrey McFerran. I like to say I am an American mutt with the first Hoobler coming to the USA (before it was the USA) in the 1730s. My relatives fought in the Revolutionary War and I have heritage and relatives that are Native American Cherokee and Irish, hence the McFerran family name from my mom's side.

What's the best advice you've ever been given?

Work hard and don't be afraid of a challenge or to take a risk.

What's the worst advice you've ever been given?

All the people who say no or it can't be done.

What makes a good life?

Family.

What keeps you up at night?

I tend to sleep pretty well because I'm exhausted from working too much.

What do you regret not doing?

I'm a half-full glass kind of guy, so I don't really have regrets. I just keep moving forward and evolving!

What's your favorite drink?

I'll go with beer, specifically Ravinia Brewing Company Beer, and I have a thing for Hazy IPAs like our Lost Hops Medusa.

When people come to you for help, what do they usually want help with?

Something is broken and they need help fixing it.



A Season of Giants

The Historic Season of the HPHS 2023 Swim and Dive Team

By Lilla Daniels

In 2002, Highland Park High School hired a new Swim and Dive Head Coach for the boy's swim program. No one knew it at the time, but that coach's vision, plan, and determination would lead to the most successful swim team in the school's history. No one, that is, except that new head coach--Tim Sirois.

In 2023, the Boy's Varsity Swim and Dive Team went undefeated in their conference, becoming back-to-back Conference Champions and the team also placed fourth at the IHSA State Finals—the highest finish for the program in more than half a century. Along with Coach Sirois, the team was coached by Tim Richardson, Matt Bacinich, and dive coach Jon Roby.

The success of the team, however, did not start with their training this fall. It actually started back in 2006, when Coach Sirois founded HPAC, the Highland Park Aquatics Club. Coach Sirois wanted to offer children in Highland Park a high-quality swim program which he felt was lacking in the community. Given his competitive nature, he understood that if he planned to coach long term, he needed to develop swimmers from a young age--swimmers that would grow up and compete for the high school. For more than two decades, Coach Sirois trained hundreds of swimmers at HPAC and HPHS, many of



Senior Varsity: Left to Right: David Daniels, Danny Castle, Richard Gale, Alp Ozdaryal, Ilya Rivkin, Eli Greenstein, Jacob Fisher, Aron Fridman, Kevin Obochi

whom committed to swim in colleges such as University of Iowa, University of Tennessee, Northwestern, UIC, Amherst, Colgate, Kenyon College, Princeton, Dartmouth, MIT, and Oberlin. And this year alone, five of his swimmers have already committed to swim in college: Kayla Newman at Ball State, Sydney Lewis

Featured Article



Images Courtesy: Dave Curtis/MIT Athletics

Karena Groff's NCAA Woman of the Year award is "cherry on top"

By Cody Kluge,
BVM Sports Journalist/Editor

Over the past five years, Karena Groff has had a profound impact on the Massachusetts Institute of Technology (MIT) women's soccer program. While she finished second in career goals and points for the Engineers, it was Groff's work off the field, whether that be brain research, creating organizations to give back, or working as an EMT, that culminated in her earning one of college athletics' highest honors: the NCAA Woman of the Year award... Continue reading on the BVM Sports website.



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at Western Florida, David Daniels at DePauw, Danny Castle at Swarthmore, and Kevin Obochi at Columbia University.

Coach Sirois is also President of the ISDA (Illinois Swimming & Diving Association), Boy's All America Chair for NISCA (National Interscholastic Swim Coaches Association), and is President of NISCA. He was voted the IHSA Coach of the Year in 2019 and Sectional Coach of the Year this year. His commitment to his swimmers, the sport, and the community led to the success of both HPAC and the Highland Park High School Swim and Dive Programs.

This year's varsity team is led by ten seniors who met and swam together at HPAC, many of whom have been teammates since they were six years old. This close knit group of swimmers spent afternoons, weekends, and summers swimming together every day. They trained for years, supported and motivated each other, and—in the end—their hard work paid off in their final season together, also Coach Sirois's final season of coaching.

Put simply, the athletic accomplishments of the team are astounding. The Fourth-Place finish was the first top-5 team finish in over 60 years, with the first HPHS 400 free relay to ever win a medal at State. Senior Kevin Obochi, is the 50 Free State Champion and became the first State Champion in 40 years. Kevin also placed third in the 100 Fly. Junior Noam Kulbak placed second in State in diving and Alex Bradshaw finished twelfth. The team's 200 Free Relay - Danny Castle, David Daniels, Ilya Rivkin, and Kevin Obochi finished second, and the 400 Free Relay - Danny, David, Kevin and Aron Fridman placed fifth in State. Danny finished twelfth in the 50 Free. Kevin's time in the 100 Fly and both the team's relay times all broke Highland Park High School's records, as did Noam's score in diving.

The team also consists of 9 All-Conference Swimmers, 7 All State Swimmers and 7 All American Swimmers. Kevin Obochi set a new Conference Record in the 100 Fly as did the 400 Free Relay. Noam Kulbak set new pool records at Highland Park, Buffalo Grove and Lake Forest High School for 11 Dives. The 400 Free Relay also set a new pool record at Lake Forest High School.

The achievements of the 2023 Boys Swim Team are not limited to the pool. The varsity team is recognized as Gold Level Scholars by the NISCA for their collective GPA of 3.946, the seniors being recognized as Gold Scholars all four years of high school. There are 10 All Conference Scholars and 10 NISCA Academic All America: Alex Bradshaw, Danny Castle, David Daniels, Jacob Fisher, Aron Fridman, Richard Gale, Eli Greenstein, Kevin Obochi, Alp Ozdaryal, and Ilya Rivkin.

Many of the boys follow in the footsteps of their coach—coaching at HPAC, Lake Forest Club and for the Libertyville Stars, a Special Olympics swim team in Libertyville. In fact, Danny Castle and David Daniels made Illinois Swimming History when they swam with their Stars swimmers in the first unified relay in the State of Illinois.

So while coach Sirois will be missed, his legacy at HPHS is one that will be forever remembered and cherished. His teams won numerous championships and set countless records, but his true impact on the school goes far beyond the win-loss column. He was a mentor, a friend, and a role model to generations of swimmers who passed through his program. His commitment to excellence and his ability to inspire his athletes to achieve their best in not just swimming, but life, will serve as a model for future coaches and swimmers. He will always be remembered as a coach who left a lasting legacy at his school and who touched the lives of countless athletes.

A Night of Italian Arias and Ballads



By Carol Wolfe | President Highland Park Sister Cities Foundation

The Highland Park Sister Cities Foundation invites you to attend a Night of Italian Arias and Ballads at the Highland Park Library on April 20th at 7PM. Gianni Coletta, tenor from Modena, Italy, Highland Park's sister city, will be joined by local singer, Josephine Campagni, and accordionist Linda Iovino.



Gianni has sung in prestigious Italian theaters such as the Teatro alla Scala in Milan, the Teatro Regio in Parma, the Teatro Petruzzelli in Bari and the Teatro Verdi in Trieste.

He has performed in music festivals in Hungary and Italy, as well as in theaters all over the world including the Cairo Opera House in Egypt, the Philharmonie of Essen in Germany, and the Teatro in Puerto Vallarta, Mexico—another of Highland Park's sister cities.

The Highland Park Sister Cities Foundation thanks the City of Highland Park and the Highland Park Public Library for making this incredible concert available free to the public.

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City of Highland Park Announces 2023 Festival Lineup at The Lot

By Amanda Bennett | Communications Manager
Photos courtesy of The City of Highland Park



The City of Highland Park is thrilled to announce the 2023 event line-up at The Lot, Downtown Highland Park's alfresco dining and entertainment destination launched June 2022.

Kicking off in June and running through the fall, the City will host a series of seven free events at The Lot, the City's outdoor multipurpose entertainment space located at the northwest corner of Central and St. Johns in downtown Highland Park. Planned as a seasonal installation from 2022-2023, the City is exploring opportunities for a possible permanent buildout in 2025.

With an eclectic lineup of music, food and themed events planned, The Lot's 2023 season includes:

- Vintage Market: Sunday, June 11, 11 AM-4 PM**
Attendees can expect 50+ of the best vintage dealers from Chicago and the Midwest at this one-of-a-kind Vintage Market on the North Shore while browsing a range of unique items, enjoying live entertainment, food and libations.
- Taste of Highland Park: Friday, June 23, 5-10 PM & Saturday, June 24, 12-10 PM**
This fan favorite at The Lot will showcase a variety of delicious cuisines and beverages. A fantastic weekend lineup of live music will include nationally recognized headliners and on-site fun for the entire family!
- Bitter Jester Music Festival Grand Finale Concert: Sunday, June 25, 12 – 8 PM**
The Midwest's largest professional "battle-of-the-bands" style concert and competition series featuring bands and solo performers that 101.9 The Mix calls "Future Headliners!" The summer-long Festival culminates in this celebration of talented new artists as part of the Taste of Highland Park weekend. The Grand Finale Concert will feature a wide variety of food and drinks vendors all day long as well as a dozen musical acts from multiple states. Bands compete to win a \$2,000 cash prize sponsored by First Bank of Highland Park and the title of Grand Champion. A "Live at Bitter Jester" album will also be recorded (and available for pre-sale) at The Lot that day!

- World Music and Food Fest: Saturday, July 15, 12-10 PM**
Diverse music and food bring a multitude of global flavors and experiences in a fun, family-friendly festival atmosphere! Attendees will savor a variety of food options from sweets and snacks to appetizers and entrees, all while enjoying live music featuring the sounds of India, Mexico, Celtic countries and more!
- Vintage Car Show: Saturday, September 9, 12-4 PM**
Attendees will spend the afternoon in downtown Highland Park perusing an eclectic display of vintage automobiles, both antique and classics up to the early 1980's, while enjoying live music, food, and libations.
- Oktoberfest: Saturday, September 30, 12-10 PM**
This seasonal event will feature traditional Oktoberfest food, drink and beer garden along with headlining live music, games and other on-site activities including themed contests - including the return of the beer stein holding contest!
- Vintage Market (Part 2): Sunday, October 8, 11 AM-4 PM**
Attendees can expect 50+ of the best vintage dealers from Chicago and the Midwest at this one-of-a-kind Vintage Market on the North Shore while browsing a range of unique items, enjoying live entertainment, food and libations.
- Stews & Brews (and Blues!): October 13 & 14, 5-9 PM**
This cool weather event will get attendees warmed up with a variety of hardy stick-to-the-ribs stews including chili, jambalaya, Hungarian goulash, chicken pot pie and more. All kinds of brews will be available too, from craft beer, spiced ciders and wines, to hot toddies, hot chocolate and kombucha! A stellar line-up of blues artists will grace the stage as well.



From specialty markets to unique dining, family friendly entertainment, weekend concerts and food fests, there's something for everyone this season at The Lot.

For more information on how to be a part of the 2023 event season at The Lot as a participating or sponsoring business, please contact the City's event management team, Ripple Public Relations, info@ripplepublicrelations.com, or call 847.432.6000. Learn more about plans for The Lot at enjoyhighlandpark.com/thelot.

For more information about the City of Highland Park, please contact Amanda Bennett, communications manager, at abennett@cityhpil.com.

Highland Park Poetry invited poets of all ages to write about architecture for our 2023 Poetry Challenge. The inspiration behind this idea is that 2023 is the 300th anniversary of Sir Christopher Wren's death. Wren was the renowned architect of St. Paul's Cathedral in London and numerous other churches and buildings he designed after London's great fire in 1666. We broadened the scope of the challenge to architecture so that poets could choose any number of architects or buildings to write about. Tina Cole, a poet and retired educator from the United Kingdom, served as our guest judge for this particular challenge. She awarded Landon Strait's poem, Architecture, 1st Place for a poem written by an elementary student.

Landon Strait is a fifth-grade student at Braeside Elementary School, where he loves playing with his friends. His favorite activity is baseball and he's a member of the Highland Park Giants 12U White travel team.



Photo courtesy of Strait family

Architecture

Landon Strait

The beams hold up the walls and roof. Strength.

The long foundation gives more building room. Length.

A legend cannot use strategy. Creativity.

The walls and floors go up up up. Height.

The beautiful windows shimmer in the sun. Oh, what a sight!



Highland Park Poetry celebrates National Poetry Month by publishing all of the 2023 Poetry Challenge poems selected by our guest judges on our online Muses' Gallery as well as in a printed anthology available through Amazon.com. For more information about other poetry opportunities and events, visit www.HighlandParkPoetry.org.

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*Important Account Requirements. Annual Percentage Yield (APY) is current as of 3/14/2023. New money is money that has not been on deposit at First Bank Chicago for at least 30 days. **Rate Information.** The interest rate and APY are variable and subject to change at our discretion. We may change the interest rate on your account at any time. There are no maximum or minimum interest rate limits for this account. We use the daily balance method to calculate the interest on your account. This method applies a daily periodic rate to the principal in the account each day. **Compounding and Crediting Frequency.** Interest will be compounded and credited to your account monthly. **Minimum to Open the Account.** You must deposit \$1,000.00 to open this account. **Minimum Balance to Earn Interest.** You must maintain a minimum daily balance of \$1.01 or greater in the account each day in order to earn interest. The interest rates paid are based on tiered account balances as follows: \$0.01-\$24,999.99 and \$25,000.00 and above. This means that one or more interest rates and Annual Percentage Yields may apply to your account. When your daily balance is within a specified tier range, the interest rate and corresponding Annual Percentage Yield will be earned on the entire balance in your account. **Minimum Balance to Avoid Imposition of a Fee.** A \$15.00 fee will be imposed every monthly statement cycle if the balance in the account falls below \$2,500.00 any day of the cycle. **Fees.** Fees may reduce earnings. Please refer to our Schedule of Fees for all fees charged by the bank.

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Celebrate Highwood kicked off its 2023 season with The Roaring 2020's Jazzed Up Dining & Classical Cocktails Fundraiser

By Ilyse Strongin



Celebrate Highwood kicked off its 2023 season with The Roaring 2020's Jazzed Up Dining & Classical Cocktails fundraiser at Highwood's 28 Mile Distilling Company, raising \$13,000 for the public charity's operating fund to keep it's family friendly festivals and events going on year round.

This memorable event took people back to the 1920's, where men and women dressed, dined, and danced to the sounds of jazz. Over 150 attendees dressed in their best flapper dresses and Great Gatsby attire while they enjoyed classical cocktails, dinner and dessert buffet, live music by the Funktastics sponsored by M. Brad Slavin Farmers Insurance, Roaring 2020's photo booth sponsored by Baird & Warner Highland Park, a silent and live auction, cork pull and wine tasting sponsored by Trivento Wines, and goodie bags sponsored by YogaSix Highland Park, and more.

This event was made possible by the generous food donations from local restaurants including: 28 Mile Distilling Company, Backyard Grill, Bella Via, The Bent Fork Bakery, Buffo's, Clucker's Charcoal Chicken, Disotto, Dona Paty's, Greenwood, La Plancha Loca, Maria's Italian Bakery and Caffe, Nite N' Gale, Noon O Kabab, Ruthie's Biscotti, Sally's Nuts, Sandy's Restaurant, Scotty's on Sheridan, Soup Fairy, Tamales Mexican Restaurant, Tala Coffee Roasters, Toffee Traditions, and more, and sponsorship support by Baird & Warner-Highland Park, M. Brad Slavin Farmer's Insurance, Gearhead Outfitters, Trivento Wines and YogaSix.

To be a Celebrate Highwood vendor or a sponsor, please contact (847) 432-6000.

For a full list of Celebrate Highwood Festivals and Events visit www.celebratehighwood.org.





GORDON SALONS Beauty & Wellness for Five Generations

By Tony Gordon | Owner

Gordon Salons has a rich history in the Chicago area that spans over five generations. The salon was founded in the 1960s by Rose Gordon, followed by Jerry Gordon, Pam and Tong Gordon, Jessica Lyneis and Michael Gordon. The South Shore salon quickly gained a reputation for providing exceptional hair services, and soon expanded to Hyde Park, Lincoln Park and eventually Highland Park and the rest of the North Shore.

Over the years, Gordon Salons has continued to grow and evolve, always staying true to its roots of providing high-quality hair design and exceptional customer service. Today, the salon has five locations throughout the Chicago area. The Top 200 award is the 19th year Gordon salon has received this prestigious award.

Despite their growth and success, Gordon Salons has never lost sight of the traditions and values that have made them a beloved institution in the Chicago area. Gordon's Salon's Mission is to bring Beauty and Wellness to Humanity. The salon's value words are: Environmentalism, Community, Creativity and Team.

This dedication to excellence has not gone unnoticed. Gordon Salons has been recognized by Salon Today magazine as one of the top salons in the country for several years running. This prestigious award is a testament to the salon's commitment to providing exceptional service, and is a source of pride for the entire Gordon Salons team.

In addition to their commitment to providing great hair design, Gordon Salons is also deeply involved in the Chicago community. They regularly participate in fundraising events and initiatives, and are dedicated to making a positive impact on the world around them.

In conclusion, Gordon Salons has a long and storied history in the Chicago area, spanning over five generations and multiple locations. Their commitment to providing exceptional hair design and exceptional customer service has earned them a reputation as one of the top salons in the country, and their dedication to giving back to the community is a testament to their values and commitment to making the world a better place.

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Maximizing Small Kitchen Spaces: Creative Solutions and Design Tips

By Dan Thompson | Owner - Designer | DDK Kitchen Design Group

If you live in a smaller home, you know the struggle of trying to make the most out of limited space. This is especially true in the kitchen, where you want to be able to cook, entertain, and store all your kitchen essentials without feeling cramped. But don't worry, with a few creative solutions and design tips, you can maximize your small kitchen space and turn it into a functional and stylish oasis.

Get Creative with Storage Solutions

One of the biggest challenges of small kitchens is finding enough storage space for all your kitchen essentials. That's why it's important to think outside the box and get creative with your storage solutions. Try using vertical space by installing floating shelves, stackable containers, and pot racks. We strive to add more drawers and roll out shelves in every cabinet. This makes access far easier.

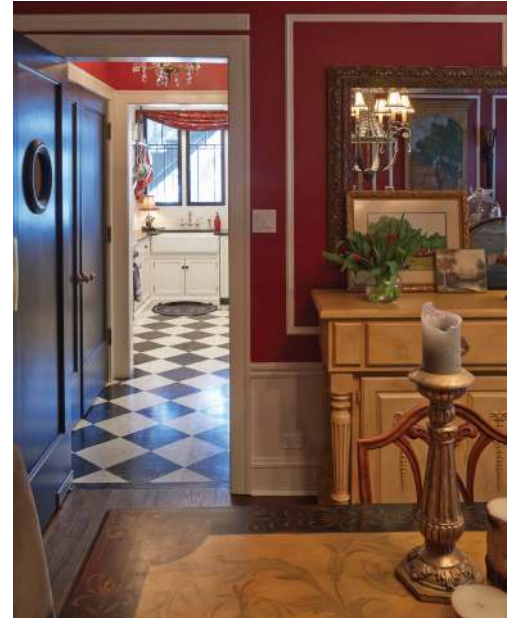
Make the Most of Your Layout

An efficient kitchen layout can make all the difference when it comes to maximizing small kitchen spaces. Consider a galley-style kitchen, which uses two parallel countertops and allows for easy movement between the sink, stove, and refrigerator. You can also opt for an L-shaped kitchen, which provides more counter space and allows for the addition of a small dining table. And don't forget to choose a layout that takes advantage of natural light, which can make your kitchen feel larger and more open.

Lighten Up

In small kitchens, the use of light colors on walls and cabinets can make the space feel brighter and more open. Consider a light color for the walls and cabinets, and use darker accents, such as a backsplash or a kitchen rug, to add depth and dimension. And don't forget about lighting! Proper lighting can make your small kitchen feel larger and more inviting. Try installing under-cabinet lighting, pendant lights, and task lighting to brighten up your kitchen and make it more functional.

In conclusion, there are many creative solutions and design tips for maximizing small kitchen spaces. From getting creative with storage solutions, to making the most of your layout, to choosing multi-functional furniture and lightening up, you can turn your small kitchen into a functional and stylish oasis. So go ahead and make the most of your small kitchen space!



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Pizza Bombs



If you're looking for an easy and delicious kid-friendly recipe, look no further! These pizza bombs are easy to adapt to any taste with customized fillings and are fun to eat as well as to make. It's a great activity for a fun family night at home, a kids' party or sleep-over, a rainy day when the kids are stuck inside, or as a movie night snack.

Ingredients

- 1 roll of crescent dough (full sheet)
- 32 pepperoni slices
- 1/2 cup pizza sauce
- 1 cup grated mozzarella cheese
- 1/4 cup parmesan cheese
- 2 Tbsp olive oil
- 1/2 tsp garlic powder
- 1 tsp oregano

Directions

1. Preheat oven to 375 degrees. Roll out the dough sheet and cut into eight equal sections.
2. Combine oil, oregano, and garlic powder in a small dish and mix thoroughly.
3. Brush each dough square with the oil and spice mixture. Place four pepperoni slices in the middle of each square.
4. Add 1/8th of the mozzarella and parmesan cheese on top of each square.
5. Add a spoon of pizza sauce on top of each mound of cheese. At this point, add any additional ingredients you may want (I love to add jalapeños and red pepper flakes).

6. Pull all four corners together and pinch to seal the filling inside the pocket on each of the eight sections.
7. Brush the sealed dough with the oil and spice mixture and place oiled side down on a baking sheet. Brush the top of the dough bundle. Repeat with remaining sections, spacing them at least an inch apart.
8. Bake on the middle rack for approximately 15 minutes, checking at about 12 minutes and rotating the tray if necessary, until the pizza bombs are golden brown. Serve warm, with warm marinara sauce for dipping if desired. Enjoy!

Suggestions for additional fillings: fresh or pickled jalapeños, sliced olives, fresh spinach, mushrooms, bell pepper, artichoke hearts, fresh basil leaves, bacon bits, cooked sausage, feta cheese, Canadian bacon, roasted green chiles, red pepper flakes

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Cool Season Blooms The First Flowers for Your Spring Garden...

By Susan Sandstorm

- Sweet Alyssum(Lobularia):** A delicate carpet of tiny, white, pink, or lavender flowers with a subtle sweet scent. Since this annual prefers the cooler weather, plants can be set out in early spring or fall. Thrives in full sun or partial shade, blooming from May thru October. As a low grower, it's perfect for walkways, containers & borders.
- African Daisy(Osteospermum):** This daisy-like, annual blooms in pastel petals of pink, lavender, yellow, orange, or white with a contrasting dark center. It blooms non-stop in early spring and early summer in hot summer climates. Eye-catching in containers, beds, and borders. Matures from 1 to 3 ft. tall in full sun. Butterflies love them.
- Snapdragon(Antirrhinum):** From saturated to pastel colors, snapdragons bloom profusely through cooler, spring weather-- blooming from bottom to top. They tend to stop flowering in the heat of mid-summer, but if you keep plants watered, they will perk up again in autumn. Depending on the variety, snaps can mature from 6 to 48 in. tall in full sun to partial shade. Attracts bumblebees.
- Nemesia:**This annual flowers abundantly in a rainbow of colors and is best grown in spring (April - June) during warm days and cool nights. Nemesia prefer an evenly moist soil, whether grown in full sun or part shade. Set out tender plants after the last frost date (May 15). Typically grows or trails 6-12 inches. Unbeatable in an early spring container.

- Pansy(Viola x wittrockiana):** Cheerful faces look towards the sun! A must-have for spring containers, groundcovers, and garden beds. Choose from a palette of single colors and bi-colors with the traditional pansy 'face'. Blooms spring through fall but get 'leggy' in extreme summer heat. Attracts butterflies.
- Million Bells or Super Bells(Calibrachoa):** An abundance of small petunia-like flowers mound and trail in shades of violet, pink, red, magenta, yellow, white and bi-colors... a classic annual for hanging baskets and containers. Super Bells prefer full sun (and a bit of shade so they don't dry out); fairly moist soil but not soggy and a regular dose of fertilizer. Prune back in mid-summer for renewed blooming when plants become 'leggy'.
- Persian Buttercup(Ranunculus):** Rose-like blossoms feature many layers of tissue paper-thin petals in a range of colors from creamy white to pale yellow, apricot, coral, pink and burgundy. This plant prefers spring's full sun or bright light, but dislikes heat. Plant in well-draining soil--a high quality soilless mix is best. Welcome spring with fabulous Ranunculus in containers or window boxes.
- Lobelia(Lobelia spp.):** No one can resist the violet-blue flowers of this annual herb, lobelia. Plant them as a compact or trailing plant, a groundcover, in containers, along walkways or in hanging baskets. Thriving in full sun, cool temps and moist rich soil, lobelia can be a low maintenance plant. However, if our Chicago weather is too much for them, they are still worth having... even if only as a spring fling!




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Highland Park Illinois Chamber of Commerce Announces Lori Rubin Dekalo as President and Chief Executive Officer

By Michael LaMattina, Communications Manager, Highland Park Chamber of Commerce

Highland Park IL Chamber of Commerce today announced that Lori Rubin Dekalo has been named as President and Chief Executive Officer.

Lori has more than 25 years of experience as a consultant and business owner focusing on strategic planning, project management, and execution. Her experiences also include over 10 years serving on Boards of Directors in the Chicagoland area. Prior to coming to the Chamber, she was the founder and principal of a consultancy that served startups and small businesses.

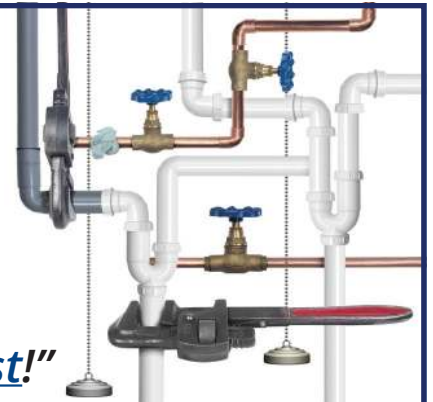
"I am very excited to be joining the Highland Park Chamber of Commerce team," said Lori. "I believe Highland Park is in a unique position to capitalize on the changing (and challenging) times in the North Shore and regain its strength as a destination city. And, as the city continues to heal from the July 4 tragedy, the chamber will work hard to reposition itself for growth by providing education for businesses, creative networking, collaboration, and more across all the business districts in Highland Park, and with all the other area Chambers of Commerce as well."

Lori adds that "I've lived in this community for over 30 years, raised and educated my kids here, have lifelong friendships that really stepped up for me and my family through very hard times of loss, and have been with us through thick and thin. I don't take any of this for granted. It's an amazing community with a huge heart and a caring soul. I will serve the Highland Park Chamber of Commerce, the board, its members, and the whole community with the heart, soul, and business sense that I was raised with and will continue to pay it forward."

Lori received a BA Degree in Communications from Loyola University, Chicago, and an MSC from Northwestern University.

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5th Annual Champions Gala

By Rachel Jacob



Members of the Parks Foundation Board of Directors pose before the event. From left, President Rafael Labrador, Secretary Jennifer Tier, Matt Pestine, Katie Braznichenko, Director Ari Stern, Katie Irey, and Rob Stepen.

The Parks Foundation of Highland Park held its 5th Annual Champions Gala at Studio ONE Events to raise funds for its scholarship programs, which ensure that Highland Park/Highwood families in need of financial assistance can participate in Park District programming.

Chicago Blackhawk and Hockey Hall of Famer Chris Chelios was the featured guest for the night. Awards were presented to the Park District's outstanding coaches including a special tribute "Legacy Award" to the family members of beloved baseball and basketball coach Marv Baker, who passed away in 2022.

The event was attended by over 200 guests and was sponsored by Banner Plumbing, Wayfarer, Highland Park Bank & Trust, Illinois Bone & Joint Institute, and Ancel Glink.

To learn more about the Parks Foundation of Highland Park, become a volunteer, or donate, visit pfpil.org or call (847) 831-3810.



The children of beloved coach Marv Baker accepted the Foundation's Legacy Award on behalf of their late father. From left, Patti Baker Norberg, Susie Baker Saliba, and Doug Baker.

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**International
Day of Hope
May 1st**

North Suburban Legal Aid Clinic 8th Anniversary Fundraiser *Picture This,* Brings Supporters Together

By Susan Shulman, Executive Director

North Suburban Legal Aid Clinic will celebrate its 8th anniversary and the opportunity to come together on Thursday, May 4, 2023. Business owners, civic leaders, and NSLAC supporters will come together at Pinstripes, 1150 Willow Road, Northbrook, for a reception celebrating the success and growth of NSLAC. The theme ‘Picture This,’ encourages guests to envision how their support will help all community members have access to high-quality, comprehensive, and equitable legal representation.

Proceeds from the event and raffle will support providing accessible, quality, equitable, free legal services in the areas of domestic violence, housing, and immigration to low-income and at-risk community members living in suburban Cook County and Lake County. The event co-chairs are Leslie Fields Katz and Jaime Rhum.

“Since its inception, the NSLAC has helped over 6,000 people in need stay in their homes, gain legal immigration status, or escape abusive relationships,” stated Executive Director Susan Shulman. “Our growth, in these our core areas, is a testament to the support we receive and the need for our services in the communities we serve. We look forward to coming together to celebrate our success in providing access to justice to those in need, especially during a challenging and uncertain time in history.”

The annual Nancy R. Rotering Founder’s Award will be presented to David Mason and to legal aid champion Matlin Law Group. Established in 2018, the award honors the leadership and public service of Mayor Nancy R. Rotering. She is NSLAC’s founder and the first female mayor of Highland Park. She is a leader in inclusive government, making sure that every resident has a voice. Her dedication to public services spans decades.



David Mason retired from a 37-year practice as a commercial finance lawyer in early 2022, with a goal, among others, of providing pro bono legal services to those in need. NSLAC provided him with the opportunity to fulfill that goal. He has been instrumental as he worked on DACA, guardianship, U-Visa,

naturalization, and Afghan asylum projects. As a finance lawyer, he surrounded himself with smart, hard-working, well-intentioned colleagues. At NSLAC, he found lawyers and staff with those same characteristics, all of whom have gone out of their way to help him expand his knowledge of immigration law.

David is a lifelong resident of the North Shore, except for years spent at the University of Illinois and law school at Stanford. He grew up in Northbrook, and for almost 40 years, he has been a resident of Highland Park, where with his wife, Sallye, they raised their two daughters and a nephew.

The Matlin Law Group has been practicing estate law in Northbrook since 1992. Concentrating in estate planning, estate administration, and estate litigation, the Matlin Group provides a comfortable and safe environment where they work with clients to discuss difficult topics and make important decisions about how disability and death will impact their lives and the lives of their family members. Eric Matlin founded the Matlin Law Group, P.C., and has concentrated his law practice on estate planning.

The Matlin Law Group is committed to providing quality legal services to clients, as well as building on their success and ensuring the longevity of our firm. They have grown a team of talented lawyers who are able to provide legal services. www.MatlinLawGroup.com.

NSLAC honors Law Day by hosting the event in May. Law Day is held on May 1st every year to celebrate the role of law in our society and to cultivate a deeper understanding of the legal profession. This year’s theme is “Cornerstones of Democracy: Civics, Civility, and Collaboration.” The American Bar Association invites all the people of the United States to join them in rebuilding trust in our institutions, respect for one another, and our willingness to collaborate to address the challenges that face our nation.

To learn more about the event, become a sponsor, or purchase tickets, visit www.NSLegalAid.org or call 847-737-4042. Event contributions are fully tax-deductible as allowable by law. NSLAC is a 501(c)(3) organization. Full credit and acknowledgments will be provided to sponsors.

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APRIL

© Best Version Media Calendar of Events

NEIGHBORHOOD MEETINGS

Monday, April 18, 5:30pm

Thursday, May 5, 5:30pm

Share feedback with Highland Park governments including the City, School Districts 112 and 113, Park District of Highland Park, Highland Park Public Library, Moraine Township and Lake County. Register in advance to receive a virtual link at 847.926.1000 or cityhp@cityhphil.com.

THE ART CENTER HIGHLAND PARK

CSL: Central Suburban League

Annual Exhibition

Open: April 14 - 22

The Passion Project

Open: May 5 - June 17

Annual Benefit: May 5

Opening Reception: May 19, 5:30 - 8pm

1957 Sheridan Road / 847.432.1888

The Art Center Highland Park asks artists "Why do you make the work that you make and how does it affect change?" The Passion Project Exhibition explores how the creative process travels from artist, to art, and from art to audiences, igniting the connection on a visceral level. Here, the art, artist, and viewer are all intertwined as we redefine our word of the year, vibrance.

ARTEMIS CHAMBER ORCHESTRA

Vivaldi's The Four Seasons

Sunday, April 30, 3 PM

Trinity Church, 425 Laurel Avenue

This free concert of Antonio Vivaldi's The Four Seasons is conducted by Diana Economou.

THE CITY OF HIGHLAND PARK PRESENTS

Arbor Day Drive-Thru Event

Saturday, April 29, 9 - 11am

Ravinia Festival West Parking Lot
301 Ravine Park Drive

Join the City, Park District, and other partners in celebrating Arbor Day with plant and seed giveaways, exhibits and demos from local landscape professionals, a touch-a-truck opportunity, and much more. Paper shredding, courtesy of SWALCO will also be available.

Dr. Mark & The Sutures

Misericordia "Candy Days" Benefit Concert

Saturday, April 29, 1PM

RAIN DATE, Sunday, April 30, 1pm

Port Clinton Square, 600 Central Avenue

Welcome the return of spring with Dr. Mark & the Sutures' annual free concert for Misericordia Candy Days.

HIGHLAND PARK POETRY

HighlandParkPoetry.org

Dipika Mukherjee / Tom Moran Reading &

Poetry Open-Mic

Saturday, May 13, 4pm

Kathryn Haydon Reading & Poetry

Open-Mic

Saturday, June 10, 4pm

new location

Laughlin Gallery, 1894 Sheridan Road
Poets may bring up to 3 poems to share. The Gallery has comfy chairs and restrooms but no café service. Patrons are encouraged to stop by Love That Spice (across the street at 1893 Sheridan Road) for a delicious tea mocktail. Be sure to mention that Highland Park Poetry recommended.

HIGHLAND PARK POPS BIG BAND

Rehearsals in the Park

Wednesdays in May & June, 6 - 8pm

Sunset Woods Park Pavilion

This 17-piece band encourages people to stop by for part or all of the evening. Bring a picnic, a blanket, a chair, etc. Having an audience will keep the band "on its toes." Event is weather permitting.

HIGHLAND PARK STRINGS

Free Concert

Sunday, May 21, 3pm

Highland Park High School, 433 Vine Ave.

Sibelius Violin Concerto, Beethoven Egmont

Overture, & Schumann Symphony No. 4.

highlandparkstrings.org

The City of Highland Park presents

Memorial Day Observance

Monday, May 29, 11am

Highland Park High School

433 Vine Avenue

Mayor Rotering leads local veterans in this

observance. The HPHS Band performs.

PILGRIM CHAMBER PLAYERS

Schubert the Great Concert

Sunday, May 7, 3pm

Highland Park Community House

1991 Sheridan Road

Cost: \$20 adult & \$10 student

847.433.0979

pilgrimplayers.org

PilgrimChamber@gmail.com

This concert includes Mozart's Piano Quartet No.

2 in E-flat major as well as Franz Schubert's String

Quartet in C major (Op.163).

SISTER CITIES FOUNDATION

A Night of Italian Arias and Ballads

Thursday, April 20, 7 PM

Highland Park Public Library

494 Laurel Avenue – Adult Services

This free concert features Gianni Coletta, tenor from Modena, Italy (Highland Park's sister city). Gianni is joined by local singer Josephine Campagni and accordionist Linda Iovino. Gianni has sung in prestigious Italian theaters such as the Teatro alla Scala in Milan, the Teatro Regio in Parma, the Teatro Petruzzelli in Bari and the Teatro Verdi in Trieste. The Sister Cities Foundation thanks the City of Highland Park and the Library for making this concert available free to the public. HP-SisterCities.org

Community Partners for Affordable Housing

Buy an Affordable Home in HP! Attend a virtual

session to learn about the program and to apply.

Upcoming dates:

Tuesday, May 9, 6pm

Wednesday, June 7, 6pm

Register at cpahousing.org/class-registration

Off the Clock Band- Live

Saturday, Apr. 23, 6:45pm

Saturday, Apr. 29, 6:45pm

The Shed

1480 Old Deerfield Road Unit #11

Highland Park

Free parking, No cover, Bring your own beverages

See Highland Park's Own Chris O'Neill, featured

on the March cover of Highland Park Neighbors

perform with his band. The boys in the band joke

that while there is no cover charge, they will

accept money for more music lessons.

Madame ZuZu's Presents

A Conversation of Hope

with Jenn Weigel & Kathryn Goetzke

Wed. Apr. 12 | 5-6:30pm

Join us for a Conversation of Hope - with Kathryn

Goetzke, Creator of Hopeful Minds, Hopeful

Cities, and International Day of Hope. As teens

are experiencing an unprecedented level of

hopelessness, Kathryn is on a mission to activate

the 'how' to hope in Highland Park. Jen Weigel will

interview Kathryn, and be joined by local leaders

to discuss proactive ways to address this growing

challenge for our community. www.hopefulcities.org

For Tickets visit the Madame ZuZu's website:

www.zuzuscafe.com/eventtickets

Highland Park/Highwood Kiwanis Presents

the 2nd Annual Kids Bicycle Safety Clinic

Saturday, May 13, 10:30am-1:30pm

Highland Park High School South Parking Lot

Bring your bicycle and helmet.

Spring is coming, and the City's annual Spring Clean-Up program for single-family residential customers is just around the corner!

If your regular collection day is **Monday**, your Spring Clean-Up Day is **Saturday, April 22**.

If your regular collection day is **Tuesday**, your Spring Clean-Up Day is **Saturday, April 29**.

If your regular collection day is **Thursday**, your Spring Clean-Up Day is **Saturday, May 6**.

If your regular collection day is **Friday**, your Spring Clean-Up Day is **Saturday, May 13**.

View a list of accepted/unaccepted items and more details regarding the annual Spring Clean-Up at cityhphil.com/springcleanup. Please contact LRS at

844.633.3577 (844.NEED.LRS) or email info@lrsrecycles.com with any questions.

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