



# The Spokesman

A NEWSLETTER FROM THE CITY TO THE PARK RIDGE COMMUNITY  
WWW.PARKRIDGE.US



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JANUARY 2019 Vol. 46 No. 1

## Happy New Year all!



Our city is stepping out in all its winter beauty, thanks to our great Public Works Department that continues to keep ahead of 'Frosty!' The holiday lights look beautiful once again, thanks to so many generous donations from businesses and residents and the Holiday Light Coalition. It has certainly brightened up the community and made our City come alive on cold winter nights. The City is growing in so many ways with new businesses, restaurants, streetscapes and a newly refurbished Library. And don't forget to check out the Park District's hockey rinks in South Park, too!

February is our month to thank the numerous volunteers and service staff that make Park Ridge "a great place to own a home and raise a family." As Alderman Moran has said, "It's the Bedford Falls of Illinois."

Lastly, I would like to remind new residents living in Wards 1, 3, 5, and 7 to register to vote since you will be selecting your Alderman during the April 2 Election. Please visit the City Clerk's page on our website for additional information.

*Clerk Betty*

## Introducing Passport Parking

— a *new* way to pay!

The City is pleased to announce its newly initiated, automated pay stations located by both train stations. These pay stations are used for parking on Busse Highway, Summit Avenue, the Prairie Lot, and the Dee Road train station. The newly installed pay stations allow for the use of cash or credit. You can also pay for parking using the Passport Parking app.

When you utilize Passport Parking, you can forget about carrying the extra change. All you need is your smartphone and the Passport Parking app. Passport Parking provides a quick and easy way to pay for parking. Sign up and save time today!

Use your Smartphone to scan the QR code and download the app to skip the lines at the pay stations. Passport charges a 37¢ convenience fee on the app in addition to the City's parking fee. The charge for parking is \$2 per day.



## New Utility Billing Rates effective January 1, 2019



The City has been fortunate that it has not needed to increase its utility billing rates for the last few years.

Effective January 1, 2019, the City will implement its first water rate increase in over two and a half years and the first sewer rate increase in over three and a half years. The new rates will affect water billed after this date. Therefore, the first bills that will reflect the new utility rates will be issued on January 31, 2019 and February 28, 2019.

### New utility rates per City ordinance:

- Sewer Fixed Charge: \$3.55 per billing period
- Sewer Rate: \$1.51 per 1,000 gallons
- Water Rate: \$8.11 per 1,000 gallons

### Water fixed charge per billing period by meter size:

5/8"	\$9.68
3/4"	\$9.68
1"	\$23.46
1 1/2"	\$46.92
2"	\$75.07
3"	\$211.14
4"	\$469.19
6"	\$938.38

## Your kindness means so much

Thank you to those who supported the U.S. Maine Corps Toys for Tots Program. This season, we asked and you responded and delivered! We are truly happy to report that there was an overwhelming response of support from our community.

The mission of the Toys for Tots program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children. It's a message of hope so they, too, can experience the joy of Christmas.

The City extends its sincere thanks to everyone who found the kindness in their hearts to drop off gifts that were certain to make a child's Christmas more joyful.



# A message from the Mayor



The City is committed to providing excellence in City services in order to uphold a quality of life so our community remains a wonderful place to live and work.

It is hard to believe how quickly 2018 flew by – the old adage from C. S Lewis tells us, “There are far, far better things ahead than any we will leave behind” - I know this is the case for my fellow Park Ridge neighbors! It is exciting to look to the year in front of us and to set goals, prepare for new challenges and lift up those around us!

With the cold weather upon us we can turn inward to our City to relish all there is to offer for activities, services and purchases without leaving the 60068. The Dog Days of Winter might be here but we have new restaurants to enjoy, unique services to try and innovative companies with which to do business. We should all do the best we can and encourage each other to shop local as this helps to keep our dollars in Park Ridge and supports our friends and neighbors to keep their local businesses thriving. It is both a financial motivation and an interpersonal one!

We are excited that the Uptown streetscaping was completed this fall and we were able to enjoy the holiday lights up and down Prospect, Northwest Highway, Touhy and Main Street. The new roadwork, improved sidewalks and lovely landscaping were the result of a grant awarded to Park Ridge and we are pleased at the changes that were made. The City is constantly looking at ways to fund future projects through grants and partnerships, and I look forward to more of that in 2018!

The City Council and City Staff will begin to plan and tackle our budget for next year, which will be approved in April. We will have three Budget Workshops which will be open to the public, and provide a chance to see and hear what the City is planning for the coming year.

With the new year will bring a new campaign season to Park Ridge with the local consolidated election in April. This will provide you the opportunity to elect new representation to serve on our School Boards, Park District Board, and the City Council. We will be selecting new (or returning) Aldermen to serve in the 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup>, and 7<sup>th</sup> Wards. Make sure you take the opportunity over the coming months to get to know the candidates and ask them tough questions! The election will be April 2, 2019.

It is hard to believe that two years as Mayor have already passed – what an adventure it has been! I am grateful to the City Council members who are working extremely hard on your behalf, our amazing City staff who are constantly trying to improve our City on a daily basis, and most of all -- you. We have a wonderfully engaged population in Park Ridge who work to educate themselves on what is happening in town and why we are making the decisions we are making. I count myself as very lucky to live in a City where so many people are so passionate about making Park Ridge a wonderful place to live!

See you around town!

*Marty*

## CONTACT INFORMATION

### CITY HALL

505 Butler Place, Park Ridge, IL 60068  
Phone: 847/318-5200

Fax: 847/318-5300

Website: [www.parkridge.us](http://www.parkridge.us)

Hours: Monday—Friday, 8 am—5 pm

### City Manager's Office

City Hall, 1st Floor  
847/318-5216

### Community Preservation & Development

City Hall, 2nd floor  
847/318-5291

### Finance Department

City Hall, 1st floor  
847/318-6015

### Fire Department Administration

City Hall, 1st floor  
847/318-5283

Emergency 911

### Police Department (open 24/7)

200 Vine (east side -City Hall)  
Non-Emergency 847/318-5252  
Emergency 911

### Public Works Administration

City Hall, 2nd floor  
847/318-5227

### Public Works Service Center

(7 am—3 pm)  
400 Busse Hwy. 847/318-5240

## City Officials

### Marty Maloney, Mayor

224/585-3148  
[mmaloney@parkridge.us](mailto:mmaloney@parkridge.us)

### Betty Henneman, City Clerk

847/318-5204  
[bhenneman@parkridge.us](mailto:bhenneman@parkridge.us)

### Ald. John J. Moran, Ward 1

847/720-4494  
[jmoran@parkridge.us](mailto:jmoran@parkridge.us)

### Ald. Nicholas Milissis, Ward 2

847/877-0983  
[nmilissis@parkridge.us](mailto:nmilissis@parkridge.us)

### Ald. Gail Wilkening, Ward 3

847/682-9422  
[gwilkening@parkridge.us](mailto:gwilkening@parkridge.us)

### Ald. Roger Shubert, Ward 4

847/384-0611  
[rshubert@parkridge.us](mailto:rshubert@parkridge.us)

### Ald. Charlie Melidosian, Ward 5

847/497-0427  
[cmelidosian@parkridge.us](mailto:cmelidosian@parkridge.us)

### Marc Mazzuca, Ward 6

312/206-7424  
[mmazzuca@parkridge.us](mailto:mmazzuca@parkridge.us)

### Ald. Marty Joyce, Ward 7

773/677-7292  
[mjoyce@parkridge.us](mailto:mjoyce@parkridge.us)

City Council Meetings—1st and 3rd Monday of each month / Committee of the Whole Meetings—2nd and 4th Monday of each month  
The meetings begin at 7:00 p.m. and are held in the Council Chambers at City Hall. The public is welcome to attend.

Each department contributes its own departmental information for the Spokesman.  
Questions? You may contact Deputy Clerk Peterson, editor, at 847/318-5464 or [cpeterso@parkridge.us](mailto:cpeterso@parkridge.us)

## RECYCLING 101: Knowing what & how to recycle



As we all try to live more sustainably, the choices of what and how to recycle seem to get more challenging. Some people still throw everything into the garbage bin and it all ends up in a landfill, resulting in higher costs that we all pay. Most people appropriately recycle using their recycling bins which is great, except when the wrong items are placed into the bin. Did you know there is even a term for this? **“Wish-cycling,”** meaning throwing something in the recycling bin and hoping it will be recycled. Wish-cycling the wrong items can cause anomalies at the recycling center, which also adds extra costs to processing. As an example, plastic bags will clog the sorting machines.

The best mindset is to always toss clean and empty recyclables. One-time use items like plastic cups and straws, candy wrappers, etc. are not accepted. These items must be removed by hand at the sorting facilities, which again, adds to labor costs. Items like batteries, hoses, sharps, and textiles are not recyclable street-side and require different solutions.

The Park Ridge Community Health Commission (PRCHC) wants to communicate the best ways for you to recycle. This includes leveraging the resources of the City, the Solid Waste Agency of Northwest Cook County (SWANCC), and Groot Industries, as well as providing helpful reference information on our website. Check out the links provided below which discuss recycling programs and provide information of best practices for street-side recycling, programs for recycling electronics, medications, paint, plastic bags, batteries, light bulbs, electronics, oil, tires, sharps disposal, composting, document destruction, textile reuse and more.

Bookmark the on-line lists and/or print out the handouts available to hang on your refrigerator as a reminder. Your efforts will benefit the bottom line and help Park Ridge be a more sustainable community. Help spread the word about recycling best practices to prevent contamination and extra costs.

For more helpful information about recycling, please visit these web links:

- Park Ridge Recycling Program Webpage:** [www.parkridge.us/living\\_in\\_park\\_ridge/curbside\\_recycling.aspx](http://www.parkridge.us/living_in_park_ridge/curbside_recycling.aspx)
- PRCHC Environment and Sustainability Solutions Webpage:** [www.parkridge.us/assets/1/Documents/Environment.pdf](http://www.parkridge.us/assets/1/Documents/Environment.pdf)
- SWANCC Webpage:** [www.swancc.org](http://www.swancc.org)
- Groot Recycling 101:** [www.groot.com/waste-management-chicago/what-to-recycle](http://www.groot.com/waste-management-chicago/what-to-recycle)

### Get Fit Park Ridge



The Community Health Commission (CHC) worked with local businesses during the month of November to offer free fitness workouts for Get Fit Park Ridge. Eighty residents registered and participated in this event. These local businesses: The Barre Code, Charter Fitness, Club Pilates Park Ridge, Corepower Yoga Park Ridge, Crossfit 88 Park Ridge, FFC, Fonseca Martial Arts, ILoveKickboxing, OrangeTheory Fitness, Centennial Fitness Center, Pure Barre, Sun and Moon Yoga, ToneUp Club and TriPilates, all offered one free class to all registered participants. The CHC and the city extends its sincere thanks to those businesses who supported this event, helping to promote the benefits of being fit.

The second annual Community Health Fair will be held in Hodges Park on June 22, 2019 with a rain date of June 29, 2019. Save the date on your calendar today.



### April 2, 2019 Election information

3/05/2019	Last day to register to vote by paper application
3/06/2019	First day of grace period registration and voting
3/17/2019	Last day to register to vote by online application
3/18/2019	First day of early voting
3/28/2019	Last day to request a mail ballot (including military and overseas voters)
4/01/2019	Last day of early voting
4/01/2019	Last day of grace period registration and voting
4/02/2019	Last day mail ballots can be postmarked
4/02/2019	Election Day

Visit [www.cookcountyclerk.com](http://www.cookcountyclerk.com) for complete information.

### When every second counts

The Fire Department needs your help in keeping our network of fire hydrants accessible this winter. The City’s fire hydrants can often get covered by snow and ice after a large snowfall. While our firefighters will try to clear the snow from hydrants in key areas around the City, we also need your help to ensure all the hydrants are free of snow and easily visible from the street.

After the snow falls, please take the time to find the closest fire hydrant to your home or business. Clear an area of at least three feet in circumference around the hydrant to the curb. Your assistance will save valuable time for our firefighters and allow for a quicker response to any fire in your area. Remember that every second counts during an emergency.



# Police Department

## Talking to your children about guns

Every year, hundreds of children unintentionally shoot themselves or someone else when they find unlocked, loaded guns. Additionally, over 80 percent of the nearly 500 American children who die every year by gun suicide use a gun they found at home. The Be SMART program, designed to prevent these shootings, recognizes **that responsible storage by adult gun owners is essential to preventing unauthorized, unsupervised access to firearms by children.**

**It is always an adult's responsibility to prevent unauthorized access to guns, not a curious child's responsibility to avoid guns.** That means always keeping all firearms locked, unloaded, and stored separately from ammunition. If you are in need of a free gunlock, they are available at the Park Ridge Police station, 200 S. Vine Avenue.

### Tips for talking to young children about gun safety:

- ⇒ Make it part of the normal safety conversation you have with your children.
- ⇒ Keep the language simple; for example: "If you see a gun, don't touch it. Tell an adult right away."
- ⇒ Tell children not to touch a gun, even if it looks like a toy.
- ⇒ Assure children they will not get in trouble if they tell an adult they've seen a gun.
- ⇒ Repeat this conversation on a regular basis.

This information provided by <http://besmartforkids.org/> additional information and resources available at the link provided. If you need additional information on firearm safety or additional resources, please contact the Park Ridge Police Community Strategies Officer Ben Peterson at 847/318-5233.



The Park Ridge Police and Youth Services Commission is continuing its effort and fundraising for Special Olympics of Illinois. Once again, our officers and members of the Youth Services Commission will brave the icy cold waters in support of the Law Enforcement Torch Run to benefit Special Olympics of Illinois. We have committed to "be bold and get cold" for the athletes of Special Olympics Illinois by taking an icy dip into the frigid winter waters. But we need your help.

Would you like to join our team? If you are unable to, we understand. However, would you consider supporting our efforts by making a donation to Special Olympics Illinois on our behalf? Your donation helps provide athletes with intellectual disabilities the opportunity to participate in Special Olympics programs, revealing their "inner champion."

Donating is simple, fast, and secure and the most efficient way to make a contribution to the Polar Plunge for Special Olympics Illinois. To make a donation, visit [www.plungeillinois.com](http://www.plungeillinois.com) and select, "Support a Plunger." Search for team "Park Ridge." All donations are 501c3 tax deductible.

If you are interested in joining our team and would like to take the plunge along with us, you can register through the website and join team "Park Ridge."

Please contact Community Strategy Officer Ben Peterson for additional information regarding the event, donating or joining the team. He can be reached via email at [bpeterso@parkridgepolice.org](mailto:bpeterso@parkridgepolice.org) or by calling 847/318-5233. Thank you in advance for your support. Please feel free to share this information with friends and family.

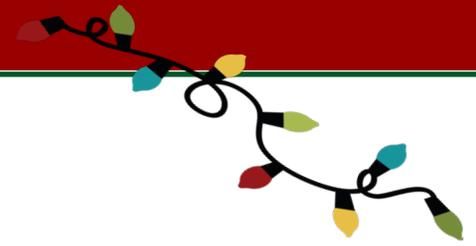
## Park Ridge Police announce New Cadet Program

The Park Ridge Police Department is excited to announce the start of its new Cadet Program which is designed for college students between the ages of 18 and 20. The program would allow young adults who have an interest in pursuing a career in law enforcement the opportunity to work for the department and receive training and experience in various key responsibilities while still attending college. Cadets will be scheduled to work 19 hours a week with hours that do not conflict with the cadet's class schedule. To apply for the opportunity to become a cadet, interested candidates must meet the following qualifications:

- Applicant must be between the age of 18 and 20.
- High School Diploma or GED.
- Currently enrolled in a criminal justice or related program at a college or university.
- Must maintain a minimum "C" grade average.
- Possess a valid State of Illinois Class D Driver's License.
- Be a U.S. Citizen at time of hire.

For more information, please send an e-mail to [info@parkridgepolice.org](mailto:info@parkridgepolice.org) or contact Executive Officer Tom Gadomski at 847/318-5267.





## Do right—by RECYCLING

### Holiday Lights recycling

The City of Park Ridge is offering a Holiday Lights Recycling Program. All holiday string lighting and extension cords can be brought to the Public Works Service Center located at 400 Busse Highway during normal business hours, Monday—Friday, 7 am—3 pm. Collection will continue until March 1. Garland, live greens, wreaths and other non-recyclables are not accepted in this program. The City has partnered with Elgin Recycling Inc. to recycle the lights and cords. The strands are separated and baled before they are sent to be chopped or shredded. The material is sold as a commodity to foundries and mills in the United States.

### Christmas Tree Collection

Christmas trees will be collected curb-side for chipping during the week of January 7 on your regular garbage day. Trees need to be removed from any bag, and all lights, garland and ornaments must be removed. Christmas trees placed out at other times, or in the alley, will be collected by Groot and taken to the landfill. This collection does not include brush or branches from your yard, which will not be collected.



### Block Styrofoam recycling

White block Styrofoam will be collected January 7—25 at the Public Works Service Center located at 400 Busse Highway during normal business hours, Monday—Friday, from 7 am—3 pm. Packing peanuts and the following types of foam products WILL NOT be accepted: food/beverage containers, trash and foam insulation. Please contact the Public Works Service Center at 847/318-5240 with any questions.

## Tree talk and forestry facts

Did you know that the parkways in Park Ridge contain over 21,000 trees and almost 40% tree canopy cover? City trees provide countless benefits to the community, including: stormwater interception; reduced water runoff; enhanced air quality; reduced energy consumption; increased property values; and wildlife habitat; just to name just a few. It is estimated that Park Ridge's parkway trees provide approximately \$3 million dollars in annual benefits with nearly \$1 million in stormwater benefits. Unlike other types of infrastructure, tree benefit values appreciate over time. That is, as trees grow and mature, they increase in value.

Since the spring of 2017, the Forestry Division has planted 1,200 trees throughout the city and anticipate planting 1,800 more by the end of 2021. As we strive to increase tree canopy coverage, species and age diversity, residents are encouraged to plant trees on their private properties too, especially trees native to the Chicago region like oak and hickory. A variety of native oaks like bur, black, red and white, among others, are keystone species that once made up the oak savannah ecosystem of this region. Remnants of the savannah still exist in the city along the western boundary of the city from Southwest Woods/Maine South north to Maine East, with many mature oak trees that are at least 150-200 years old.

### **Did you know...**

- Trees save energy. They shade our homes so we use less electricity for air conditioning. That means fewer greenhouse gases need to be produced in generating power.
- Trees reduce heating bills. Evergreens that block winter winds can save 3 percent on heating.
- Trees increase our homes' value. Homes in neighborhoods with mature trees sell for at least 10 percent more than in neighborhoods without trees. On average, each large front yard tree adds 1 percent to a house's sales price. Large trees can add 10 percent to property value.
- Trees are good for business. Shoppers will travel farther to shop in tree-lined business districts and tend to spend more, according to research. In tree-lined commercial districts, shoppers report more frequent shopping, longer shopping trips, and willingness to spend 12 percent more for goods.
- Trees pay us back. The many things trees do for us have substantial economic benefits. A single large tree produces benefits worth more than \$3,000 over its 40-year lifespan. Each year, the more than 157 million trees in the seven-county Chicago region provide services whose estimated total worth is \$195 million by capturing air pollution, storing carbon, and reducing energy costs.



Chicago Region Tree Initiative -Urban Tree Canopy Analysis  
The green color above is indicative of a dense tree canopy.

Please visit the Forestry Division online at [www.parkridge.us/public\\_works](http://www.parkridge.us/public_works) for more information.

## Is your home about 100-years old?

If your home is over 100 years old, please let the City's Historic Preservation Commission know so we can say, "Happy birthday and congratulations!" We realize not every house is eligible to obtain local landmark status. However, our centenarians are a very significant part of the history of our town and should be recognized. They provide a glimpse back in time and have been a mainstay that adds to the City's charm and character. These homes tell the story of the growth of Park Ridge, and the fact they are still being lovingly cared for is testimony to our past as well as the present.

For more information please contact City Planner Jon Branham, in the City's Community Preservation and Development Department at 847/318-5203 or by email at [jbranham@parkridge.us](mailto:jbranham@parkridge.us).



**F.I.S.H.**  
 FRIENDS INDEED SERVE AND HELP

**F.I.S.H. needs VOLUNTEERS to drive folks to Doctor's appointments.**



**For more info call Ed Oken 847 696-0761**

All rides are within Maine Township boundaries (Des Plaines, Park Ridge, parts of Niles and Morton Grove)



**Go Green in January**  
 Tuesday, January 15 at 7 pm  
 Beer On The Wall - 106 Main Street

**Speaker: FAiR**  
 Fair Allocation in Runways

FAiR is a non-profit organization whose vision is to improve the quality of life in neighborhoods negatively impacted by aviation changes. Come hear about the strategies they are working on to help alleviate noise and pollution for our community. FAiR is a membership based group and is interested in growing membership to show the strength of the organization. FAiR accepts donations to help bring about change.

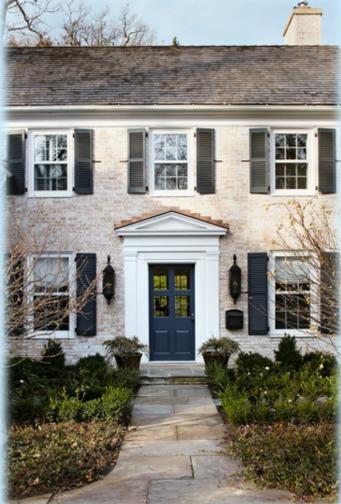
**F.I.S.H.**

**Provides FREE Door-to-Door Doctors' & Medical Appointment Transportation in Park Ridge & Des Plaines.**



**To schedule a Ride Contact F.I.S.H. Ride Coordinator Austin: 847 297-2510 Ext 283**

**Since 1971, we have been driving Maine Township Residents to Doctor's Appointments @ No Charge**



**Do you own a Historic Georgian?**

During 1943 Douglass Aircraft constructed a large assembly plant at the corner of Higgins and Mannheim (now O'Hare Field) to build the C-54 troop/cargo plane. In order to house the workers and their families, a significant number of Georgian style homes were constructed in Park Ridge and the surrounding area. The design continued to be in use after the War, but the Historic Preservation Commission is interested in the War Homes, those built from the beginning of 1944 through the end of 1945.

Though many have been torn down over the years, the remaining War Homes represent a part of our hometown history during this turbulent time. We would like to consider any of these homes that have not been altered (a garage or addition added) for Landmark Status. Please check the City's website for more details. If you own a home that has been modified, you would still be eligible to receive a certificate noting the historical significance of your home.

We have issued a number of certificates recognizing 100 year old homes and would welcome your application, too. All applications for Landmark Status or certificates must be accompanied by proof indicating the year that the home was built.

For more information please contact City Planner Jon Branham at 847/318-5203.

**Know the snowfall regulations**

Most main streets throughout the City are referred to as snow routes and are posted with signs. Parking is prohibited on both sides of streets that have been designated as snow routes after 2" of snow has fallen and for 24 hours after its stops falling. Residents may call 847/318-6101 for a recorded message as to whether snow parking restrictions are in effect.

Vehicles parked on a snow route will be ticketed and towed at the owner's expense. Parking is also prohibited, as posted, on the north and west sides of all other residential streets after 2" of snow has fallen, and for 24 after snowfall has stopped. If snow falls during the night, vehicles parked in violation of snow parking restrictions will be ticketed. Refer to City Ordinance 13-14-1 for additional information.

When removing snow from your driveway, place the snow either to the left or right of your driveway. Do not push or blow the snow into the street. On garbage collection day, place your cans on your driveway, not in the street, allowing snowplows to clear snow up to the curb.



The City appreciates your assistance which allows us to serve you better.

**Recurrent Events**

**Kiwanis Morning Club; Wednesday at 7 a.m.**

@ Eggsperience

**Lion's Club; Thursday at noon**

@ Harp & Fiddle

**Center of Concern:**

Monday; by appt.—Employment Counseling

Wednesday, by appt.—Grief & Loss Counseling

Seniors & Caregiving Counseling

Medicare Counseling

Legal Counseling

847/823-0453

**Yoga: St. Luke's Church**

Tuesdays; 7:00 - 8:15pm

Thursday; 9:30 - 10:45am

Chair Yoga - Thursday; 11:00am - noon

\$5 / class donation appreciated

## JANUARY

**1 Tuesday**

**City offices closed for holiday observance**

Police Dept. at 200 Vine remains open 24/7

**4 Friday**

**Floral Presentation by Kiko's; 12:15 pm**

Alumnae Panhellenic @ Country Club

**5 Saturday**

**Arctic Blast Class; 9:15 am**

Park Dist. @ Centennial Fitness Ctr.

**FREE Spin Orientation; 11 am**

Park Dist. @ Centennial Fitness Ctr.

**7 Monday**

**School District 64**

School resumes from Winter Recess

**11 Friday**

**Trivia Night; 6 pm**

Chamber of Commerce @ 720 Garden

**Friday Night Live Club; 7 pm**

Park Dist. @ Maine Park

**12 Saturday**

**Moving Forward in Service to America; 11:30 am**

21<sup>st</sup> Star Ch. NSDAR @ PR Country Club

**14 Monday**

**FREE Les Mills BodyAttack**

**New Release Launch Party; 7:05 pm**

Park Dist. @ Centennial Fitness Ctr.

**15 Tuesday**

**FAiR Allocation in Runways; 7 pm**

Go Green Park Ridge @ BOTW 106 Main St.

**17 Thursday**

**FREE Les Mills BodyAttack**

**New Release Launch Party; 7:05 pm**

Park Dist. @ Centennial Fitness Ctr.

**18 Friday**

**3<sup>rd</sup> Grade Throwdown; 7 pm**

Park Dist. @ Maine Park

**Band O Rama Concert; 7 pm**

Maine East Auditorium

**19 Saturday**

**FREE CXWORX**

**New Release Launch Party; 10:20 am**

Park Dist. @ Centennial Fitness Ctr.

**Middle School Open Gym and Swim; 7 pm**

Park Dist. @ Centennial Fitness Ctr.

**21 Monday**

**MLK Public Skate; 11 am**

Park Dist. @ Oakton Ice Arena

**25 Friday**

**PJs, Movies and Games; 6 pm**

Park Dist. @ Prospect Park

**28 Monday**

**Science Night; 6 pm**

Park District @ Wildwood Nature Center

## FEBRUARY

**1 Friday**

**Valentine's Part with the Animals; 6 pm**

Park Dist. @ Wildwood Nature Center

**Magical Mother & Me; 6 pm**

Park Dist. @ Prospect Park O'Connor Bldg.

**Chamber Music Recital; 7 pm**

Maine East High School

**2 Saturday**

**Playdate with Nature; 9 am**

Park Dist. @ Wildwood Nature Ctr.

**Iannelli Exhibit; 10 am – 3 pm**

Iannelli Studio (Saturdays)

**Free Spin Orientation; 10:30 am**

Park Dist. @ Centennial Fitness Ctr.

**7 Thursday**

**Painting Party at Art Station; 6 pm**

Alumnae Panhellenic @ 8106 W Oakton

**Winter Play – Lysistrata; 7 pm**

Maine South Auditorium (also 2/8 & 9)

**8 Friday**

**Valentine's Bash; 4:30 pm**

Park Dist. @ Centennial Fitness Ctr. Pool

**11 Monday**

**Science Night; 6 pm**

Park Dist. @ Wildwood Nature Ctr.

**13 Wednesday**

**Chicago History & Architecture; 11:30 am**

21<sup>st</sup> Star Ch. NSDAR @ Elks Lodge Des Plaines

**14 Thursday**

**Monarch Butterflies; 7 pm**

Garden Club @ Centennial Activity Ctr.

**15 Friday**

**Friday Night Live Club; 7 pm**

Park Dist. @ Maine Park

**16 Saturday**

**Night of Stars Dinner Dance; 5:30 pm**

Chamber of Commerce @ Café la Cave

**Middle School Open Gym & Swim; 7 pm**

Park Dist. @ Centennial Fitness Ctr.

**20 Wednesday**

**Band Concert; 7:30 pm**

Maine South Auditorium

**21 Thursday**

**Members Night at the Museum; 7 pm – 9 pm**

Iannelli Studio

**22 Friday**

**Musical – "Newsies;" 7:30 pm**

Maine East Auditorium (and 2/23@7:30 pm;

2/28@4 pm; 3/1 & 2@7:30 pm)

**22 Friday**

**Band Concert; 7:30 pm**

**23 Saturday**

**Love Affair; 6 pm**

Ave. to Independence @Loews Hotel - Rosemont

**27 Wednesday**

**24<sup>th</sup> Annual Art Maine East Exhibition; 6:30 pm**

Maine East Actor's Studio

## MARCH

**5 Tuesday**

**Orchestra Concert; 7:30 pm**

Maine South Auditorium

**7 Thursday**

**Choir Concert; 2 pm**

Maine South Auditorium

**13 Wednesday**

**Abraham Lincolns Watch; 11:30 am**

21<sup>st</sup> Star Ch. NSDAR @ PR Country Club

**Choir Concert; 7 pm**

Maine East Auditorium; 7 pm

**14 Thursday**

**Container Gardening; 7 pm**

Garden Club @ Centennial Activity Ctr.

**15 Friday**

**Band Concert; 7 pm**

Maine East Auditorium

**20 Wednesday**

**Orchestra Concert; 7 pm**

Maine East Auditorium

**25 Monday**

**School District 64**

Spring recess thru 4/1

**30 Saturday**

**Earth Hour; 8:30 – 9:30 pm**

**Please remember, you do not need to pay the City parking meters on the following, upcoming holidays:**

New Year's Day, January 1

Martin Luther King, Jr. Birthday—3rd Monday in January

Washington's Birthday—3rd Monday in February



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## Opioids – what you need to know

Sometimes, it is necessary for a doctor to prescribe an opioid medication to a teen after a severe injury or surgery. An opioid is a medication used to treat severe pain; it also has a high potential for addiction and misuse.

Unfortunately, addiction to medication is not predictable. There is no way to determine who will or will not become addicted. Research has shown that 4 out of 5 heroin addicts started with a prescription opioid. Furthermore, drug overdose now results in more deaths in the US than motor vehicle deaths.

Here are some helpful tips on how to best protect your teen:

1. Talk to the doctor.
2. If an opioid is prescribed, find out if it's really necessary. There may be other options for pain management, such as, over the counter medication, rest and ice.
3. Be in control of the medication(s). Monitor the dose and time your teen takes the medication by keeping track.
4. If you and your doctor decide that opioids are needed, ask for the least potent dosage and the minimum number of pills necessary.
5. Once your teen does not need the opioids for pain relief, dispose of any unused medication. There is a disposal collection box located in the Police Department lobby where unused, unwanted and expired medications can be disposed of 24/7, 365 days a year.

Get educated about opioids and talk to your teen today. Talk about the dangers of opioids and know the signs of addiction.

Signs of addiction include: excessive drowsiness, increased isolation, extreme mood swings, confusion, constricted pupils, constipation, slowed breathing. Get help if necessary. Don't be afraid to seek help if you think your teen is abusing opioids. Call the Addiction Resource Center at 833/301-4357, Monday-Friday, between 8 am and 5 pm CST or go to [www.addictionresourcecenter.org](http://www.addictionresourcecenter.org) and find local treatment resources.



## Monthly Sharps & Rx Disposal

*CFL's and mercury thermometers are also collected*

**January 3, February 7, and March 7  
8 am–11 am in the lobby at City Hall**



***Did you know** that you can bring your solid-form medications anytime to City Hall? A collection box is located in the Police Department on the lower level at City Hall. Liquid medications or sharps can not be placed in this collection box.*

## Don't be left stranded

With winter among us, it is a wise choice to make sure you have an emergency kit in your vehicle(s). Winter cold, snow, and ice can cause many problems for vehicles on the road.

An emergency kit for your car is different from the one you would have in your home. The car kit should include jumper cables, flares or reflective triangles, an ice scraper/brush, a cell phone charger cord, and cat litter or sand that can be used to provide traction if your car is stuck and your tires are spinning. It is a good idea to include a shovel and a heavy blanket in your trunk as well.

If you plan on taking a longer trip that will include rural areas, you should have enough blankets, food, and water to keep you and your passengers safe if you need to wait for help to arrive in an emergency. Also make sure that you keep your phone charged and let loved ones know when you are leaving and when you should arrive in case something happens to you along the route.

