Welcome Home

Play Lacrosse with Lake Forest Parks and Rec!
Mayor’s Message

As Mayor of Lake Forest the past ten months, I have gained new perspectives on what there is to celebrate about Lake Forest, particularly those many contributing qualities to our community for which we can all be grateful. Foremost, are the more than 300 citizen volunteers and City Staff who serve with commitment, ability, and fair-mindedness to keep our City amongst the very best in America. Working closely with so many of these citizens, one sees readily how much they care about Lake Forest’s qualities and solving problems for the long-term health and success of our community.

Community is the health and commonwealth of families, schools, churches, civic and cultural institutions, and also our City of Lake Forest government. And while there are short and long-term challenges for these groups and their members, there is much to be grateful for in the overall health and prosperity of each of these principal elements comprising Lake Forest.

Amongst families, the long-improving economy, strong jobs market, and rising asset values of homes, investments, and retirement assets has lifted the great majority of Lake Forest households. For this, there is gratitude aplenty, but also the continuing knowledge of the many poverties that exist in any community...of spirit, of hope, of loss, of confidence, and financial.

I am grateful for the opportunity to see the many layers of resources and support available in our community to those in need. In the fore, is the City’s police and fire public safety team with their extensive training and other available resources to respond to the many physical and mental health assistance that families need. This team knows a lot about our community and cares about its safety and health. The public safety team is backed up by the extraordinary expansion of the quality and quantity of top-tier healthcare at our new Northwestern Medicine Lake Forest Hospital. Also alongside are other organizations offering assistance, including our church families, and various volunteer and professional groups, all reaching out to make Lake Foresters know they are not alone, and there is always a better future.

December of 2017 marked the Bicentennial of the State of Illinois. 1817 to today is a long time....Illinois was all but entirely a wilderness then, more of a loosely-knit society of riverine communities along Lake Michigan and the Mississippi, Ohio, Illinois, and other rivers. Farming was small in scale and not yet an industry. In 1817, Abe Lincoln was 8 years old; twelve years previously Lewis & Clark reached the Pacific Ocean, and more than 40 years in to the future would the Civil War commence.

But truly, Illinois is a fair and pleasant land where men and women came in migration from around the world to make commonwealth for themselves, their families, their communities, and for future generations....all the while pledging their lives, their fortunes, and their sacred honor.

Although we are in a season of discontent with our State’s governance, and there can be challenging matters in our community raising emotions, particularly when reasonable citizens reasonably disagree over the best long-term answers, let us never, ever lose heart in our common purpose to realize the God-given potential of each of us and our beloved families, of our blessed Lake Forest, of our green and pleasant Lake County, and our plentiful State of Illinois.

Robert T.E. Lansing
Mayor, The City of Lake Forest

Mayor Lansing and Alderman Jed Morris with the Illinois Bicentennial flag.
A City with an Ability to Sustain

Lake Forest leaves no stone unturned in an effort to be kind to its environment. From the natural effects of ravine erosion to a careful approach to city infrastructure, the city leads the way in leading the way. These environmental concerns include water quality, ravine and bluff degradation, eradication of invasive species, air quality issues, tree disease and pest threats, and reduction of waste. Our Sustainability Plan is aimed at improving both the natural environment and the quality of life in Lake Forest. The Lake Forest Collaborative for Environmental Leadership promotes awareness of local projects, programs, and concerns.

Its members include The City of Lake Forest, Lake Forest Open Lands Association, the Lake Forest Public Schools and Lake Forest College.

Welcome Home
Risks of Coal-Tar Based Driveway Sealants

Coal-Tar based sealant is a product commonly applied to driveways and parking lots throughout the Midwest. The reason this type of sealant is hazardous is due to the high amount of polycyclic aromatic hydrocarbons, or PAHs, it contains. In recent years, PAHs have been classified as toxic, carcinogenic and teratogenic. As the sealant is eroded away from a surface over time, it can cause damage to plant species, lawns, ravines and the downstream water quality.

The Lake Forest Collaborative for Environmental Leadership (LFCEL) encourages residents to use an asphalt based sealant instead of a coal-tar sealant when sealing a driveway. Compared to a coal-tar based sealant, asphalt based sealants carry 1/1000th the amount of PAHs. Asphalt based sealants are just as effective and are safer to humans and the environment. Please be sure to ask your driveway care professional what products are being used around your home.

The LFCEL membership consists of Lake Forest Open Lands Association, School District 67, School District 115, Lake Forest College and The City of Lake Forest. The committee, headed by resident Curt Volkmann, meets on a monthly basis. The LFCEL created The City of Lake Forest Sustainability Plan, adopted by the City Council as an amendment to the City’s Comprehensive Plan, in 2016.

Visit cityoflakeforest.com and click on or search for “Environmental Initiatives” to find more about the LFCEL, its goals and projects.

Annual Native Plant & Tree Sale

Saturday, May 12, 8 a.m.-1 p.m.
Mellody Farm
Nature Preserve
350 N. Waukegan Road

Native plant material will be made available at reduced costs with a portion of the proceeds going toward re-greening Lake Forest’s open space.

Over the past few years, springs in Lake Forest have been cool and wet, and summer storms have increased in intensity. Also, Lake Forest falls and winters have been somewhat mild in comparison to the norm. Changes like these can drastically affect the long-term health of your trees and plants.

One of the best ways to establish and maintain a healthier landscape for your home is to use a diversity of native plants. Native trees and shrubs have evolved to withstand weather-related stressors more efficiently than non-native species. It is also important to select a variety of species to avoid widespread tree and plant loss caused by pathogens and insects, as seen with the enormous loss of local ash trees in recent years due to the invasive Emerald Ash Borer.

Native plants and trees:

- Promote biodiversity and support native wildlife which is important for ecological balance
- Require little maintenance, because they are already adapted to our soils and climate
- Are less dependent on fertilizers, pesticides and supplemental watering
- Have evolved natural defenses against many regional pests and diseases

For more information please visit cityoflakeforest.com or lfola.org.
Attention Lake Foresters: Some Tips from the LFPD

Residential burglaries literally hit close to home. There is almost nothing more personal than having one’s home, and one’s privacy, invaded by an unwelcome outsider. If your home is broken into or if you come home to find an unexplained open/broken window or door:

- Do not enter - the intruders may still be inside.
- Use your cell phone or a neighbor’s phone to call 9-1-1.
- Do not touch anything or clean up until the police have inspected for evidence.
- Write down the license plate numbers of any suspicious vehicles or descriptions of any suspicious persons.

Things Homeowners Can Do to Make it Harder for a Burglar:

- Lock all doors and windows, even when you are home.
- Where is the spare key? Burglars know all the hiding spots. Consider smart locks instead of the hide-a-key.
- If you have an alarm system, use it. If not, there are many affordable options available with access from your smart phone. Exterior cameras or smart doorbells also allow you to monitor activity outside of your residence. Most insurance companies offer discounts for alarms.
- Most residential burglaries take place during work hours, because often homes are unoccupied during these hours. When do the residents leave for work? When do they return from work? Do they come home for lunch?
- Keep your garage doors closed at all times. Open doors invite theft, and attached garages also can allow access to the residence.
- If you have a garage, use it to store your vehicles. This makes it harder for crooks to not only determine when you are home and when you are gone, but also helps prevent them from burglarizing your vehicles.
- Increase visibility. Keep shrubs trimmed back away from the windows and doors.
- Burglars do not like dogs. Even small dogs, with big barks, make a home a little less attractive to burglars. Criminals do not like witnesses and do not like noise.
- Increase outdoor lighting, turn it on, and use the same schedule for lighting when you are away that you use when you are home. Consider adding motion-sensor lights.
- Consider a home safe or safety deposit box for storing expensive jewelry, coins/money, etc.
- Think like a burglar. Ask yourself, “What would a burglar find when he looks at my house that would be inviting?”

Remember that YOU are an important partner in the fight against crime.

Car Theft and Auto-Burglary Prevention:

As we remain in the grips of winter with months left until the thaw, you may be tempted to start your car, and then go back inside your home or business while the car warms up. By doing this, you may be breaking the law. In Illinois, it is illegal to leave your car running unattended, even if it is in your driveway. This law is meant to keep vehicle thefts down and to avoid an accident if a child got into the vehicle and put it in gear. It is not illegal if you have a remote starter or an ignition safety switch; however, the Lake Forest Police would like to remind you to make sure the doors are locked. Just because a thief may not be able to steal the vehicle, unlocked doors allow the thief enter the vehicle and steal your belongings.

In 2017, Lake Forest Police investigated 72 burglaries to motor vehicles, up from 34 in 2016. Most of these vehicles were left unlocked. In addition, 15 vehicles were stolen in 2017. All were unlocked with the keys or key fob left inside. Car theft and auto-burglary prevention, like all crime prevention measures, involves common sense measures that limit the criminal’s ability and/or opportunity to commit the crime. Vehicle theft is more often a crime of opportunity, where thieves come to Lake Forest and surrounding communities looking for open car doors to search vehicles for valuables or for keys to the vehicles so they can steal them. Statistics show that would be thieves will move on to another vehicle if your doors and windows are locked. The more they are successful in finding cars to steal or items to take in our community, the more likely they will keep coming back.
Public Safety Offerings

Citizens Police Academy
Engaging and educating the community since 1998

Come join the Lake Forest Police Department beginning February 21 for the Lake Forest Citizens Police Academy. This free 10-week course is open to anyone who lives or works in The City of Lake Forest, and takes place from 7-10 p.m. at the Public Safety Building, 255 W. Deerpath.

The goal of this popular program is to inform citizens about police functions and provide insight into police actions. All classes offered in the course are taught by Lake Forest Police Officers and cover various topics, including:

- Traffic accidents
- DUI enforcement
- Major Crime Investigations
- Defensive Tactics
- SWAT and Riot Control
- ...and more

Participants will also be given the opportunity to ride with a police officer during daily patrols and to fire patrol rifles and handguns on the Lake Forest PD shooting range.

Please contact Officer Aaron Kruchko at kruchkoa@cityoflakeforest.com or 847.234.2601 to register. Space is limited and the course fills quickly!

Women’s Self Defense Class

March 6 (Tuesday), March 8 (Thursday), March 13 (Tuesday) and March 15 (Thursday), 7-9:15 p.m. at the Public Safety Building, 255 W. Deerpath.

The Lake Forest Police Foundation sponsors this free class for women who live or work in the City of Lake Forest.

The course is approximately 10 hours in length and held over four nights. It will cover areas such as personal safety, threat awareness concepts and more. Participants will be taught realistic self-defense techniques by Lake Forest Police defensive tactics instructors.

This is a dynamic, hands-on course. Participation is essential and participants are encouraged to actively take part with instructors in demonstrating proficiency in the self-defense techniques being taught.

The number of participants is limited. Please contact Officer Misa Maj at majm@cityoflakeforest.com to enroll or call 847.234.2601 and ask for Officer Maj.
Shred it!
Paper Shredding Event:
Saturday, April 21

The City of Lake Forest Sanitation Section will host a free Shredding Event from 9 a.m.-12 noon at the Municipal Services Building, 800 N. Field Drive. This event is open to Lake Forest residents only. Residents may bring their private documents to be safely and securely destroyed. According to consumer.gov, tips on protecting your identity include NOT:

- using passwords that are easy to guess and incorporating numbers and signals
- giving out your Social Security number or personal information
- leaving your mail out of your mailbox for a long period of time

Consumers should shred any papers that have personal or medical information on them. Please note that there is a four-box (a box is considered to be about the size of a standard copier paper/office box) limit and that any plastic paper bindings should be removed. Please contact Jim Lockefer at lockefej@cityoflakeforest.com or 847.810.3542 with any questions.

Vehicle Stickers

Current stickers expire on April 30, 2018, and renewal notifications will be sent in late March. The new City of Lake Forest vendor is The Direct Response Resource. If you have opted for emailed renewal notice, the sender of the email will now be “noreply@cityoflakeforest.com”. If you don’t receive your emailed notification, please remember to check your spam email folder.

Vehicle stickers must be purchased no later than April 30 and displayed by May 1 to avoid a late fee and a parking citation. Once again, residents will have the option of purchasing vehicle stickers online, as well as pet licenses and parking permits. There will be a new website, aptvsa.com/LakeForest/resident, which will have a different look than in recent years.

Residents enrolled in the State of Illinois Benefit Access Program may qualify for one discounted vehicle sticker. Residents who are 65+ years of age, or disabled, and meet minimum income requirements may be eligible. To obtain a discounted vehicle sticker, you will be required to show proof of enrollment in the Benefit Access Program (eligibility notice, license plate discount program notice, seniors or persons with disabilities free transit ride card). Applications will not be accepted as proof of enrollment. To apply and for more information, please visit cbxr.il.gov.

Northwestern Medicine Lake Forest Hospital will be featured on the vehicle sticker this year in celebration of the new hospital campus.

If you have any questions, please contact Sara Hartnett at hartnets@cityoflakeforest.com or call 847.810.3622.

Election Information

The General Primary Election is Tuesday, March 20. Early Voting will take place at City Hall, 220 E. Deerpath, from Monday, March 5 through Saturday, March 17 from 9 a.m.-5 p.m. (Monday-Friday) and 9 a.m.-2 p.m. (Saturdays).

Please visit lakecountyil.gov to find out what is on the ballot and about voting options. All Lake County Early Voting sites, including City Hall, will serve all Lake County voters.

The Lake County Clerk’s office also welcomes questions at 847.377.2410.
Students: Apply for a Board

Volunteer Profile Sheets are due on Friday, March 9!

The City of Lake Forest invites high school students who are residents of Lake Forest to experience a unique opportunity serving on a City Board. Civic-minded students who will be high school juniors or seniors during 2018-2019 will be appointed by the Mayor in May of 2018 and will work alongside other community adult volunteers. “Involvement in local government will help students develop lifelong leadership and business skills, and the time commitment is minimal,” states City Manager Bob Kiely.

Interested students should complete a Volunteer Profile Sheet, which may be obtained on the City’s website, at Lake Forest High School or at City Hall, 220 E. Deerpath. To accompany the Profile Sheet, students are required to submit a one-page essay explaining why they would like to serve and what benefits the applicants and the City will derive from the experience. A letter of reference should also be provided. Students will be interviewed for the seats on the following:

- Library Board - responsible for determining operating policies, which are implemented and administered by the Director. The Library Board meets the second Tuesday of the month, 7:30 p.m., at the Library, 360 E. Deerpath.
- Parks and Recreation Board - serves as an advisory body on development and operation of recreational programs, the Recreation Center, the Deerpath Golf Course, Forest Park Beach, and all other City-owned parks and recreational facilities. The Board meets the third Tuesday of the month, 6:30 p.m., at the Municipal Services Building, 800 N. Field Drive.

For more information, please contact the Office of the City Manager at 847.810.3672.

Severe Weather & Sirens

The City of Lake Forest has 13 strategically placed emergency warning sirens located throughout the area. On the first Tuesday of every month, the sirens are activated just after 10 a.m. The test includes a five-minute siren and a spoken voice. This system is in place to warn the community about potential dangers, including severe weather. If you live near a siren and don’t hear it activated or have other questions, please contact the Fire Department at 847.810.3866.

Some safety tips to remember if you are indoors when severe weather approaches:

- Make sure you have a portable radio, preferably a NOAA Weather Radio, for weather alerts and updates.
- Seek shelter in the lowest level of your house, such as a basement or storm cellar. If you don’t have a basement, go to an inner hallway, a smaller inner room or a closet.
- Keep away from all windows and glass doorways.
- If you’re in a building such as a church, hospital, school or office building, go to the innermost part of the building on the lowest floor. Do not use elevators because the power may fail, leaving you trapped.
- You can cushion yourself with a mattress, but don’t cover yourself with one. Cover your head and eyes with a blanket or jacket to protect against flying debris and broken glass. Don’t waste time moving mattresses around.
- Keep pets on a leash or in a crate or carrier.
- Stay inside until you’re certain the storm has passed, as multiple tornadoes can emerge from the same storm. Do not leave a building to attempt to “escape” a tornado.
Public Works Information

“Sprinkler-Free Mondays”
Reminder: The City’s water conservation program goes into effect May 15 through September 15 on an annual basis.

Even-numbered addresses may water on Tuesdays, Thursdays and Saturdays. Odd-numbered addresses may water on Wednesdays, Fridays and Sundays. On the designated days, sprinkling is only allowed from midnight to 10 a.m. and 8 p.m. to midnight.

Please call 847.810.3543 with any questions. Thank you!

Memorial Day Collection Schedule
There will be no refuse, recycling, or yard waste collection on Monday, May 28. The following schedule will be in effect for this holiday week:

- Monday collection will move to Tuesday
- Tuesday collection will move to Wednesday
- Thursday and Friday collection will remain the same

For further information on refuse collection services, please call the Sanitation Section automated phone system at 847.615.4264.

Refuse, Recycling & Compost Center
Beginning March 15, the Compost/Recycling Center (located at 1381 W. Kennedy Road or Rte. 60 on the south side, just east of the railroad viaduct) will be open:

- Saturdays, 8 a.m.-5 p.m.
- Sundays, 9 a.m.-5 p.m.

Residents may drop off yard waste, unwanted household items, metal cans, glass, plastics (#1-7), newspapers, magazines, corrugated cardboard and office paper for recycling.

Unacceptable items include appliances with CFCs, asbestos, batteries, paints/chemicals, tires and food waste.

To use the Center, please display a current Lake Forest vehicle sticker. Driver’s licenses will not be accepted as proof of residency. No commercial contractor use of the facility is allowed. For further information, please call the Sanitation Section at 847.615.4264.

Fire Hydrant Flushing
Beginning in April, the Water & Sewer Utilities staff will flush the City’s fire hydrants to remove accumulated sediment build-up. This will improve water flow and quality throughout the water main system.

You may experience lower than normal water pressure and a short period of water discoloration during flushing and shortly thereafter. Though the water may be discolored, it is safe to drink. However, until the water runs clear, it is advisable to avoid washing clothes, especially white fabrics. If any rust stains appear on your wet laundry, do not dry your clothes. Please call the Water & Sewer Utilities Section at 847.810.3571 and arrangements will be made to resolve the situation.

Once the hydrants in your neighborhood have been flushed, you should run cold water either from your basement’s utility sink or from a hose outside. This will flush any rusty water out of your water service line. Never run warm or hot water immediately after a hydrant has been flushed, as this could lead to sediment getting into your hot water heater.

If you need additional information, please call the Public Works Department at 847.810.3542.

Compost at Home:
Purchase an Earth Machine
The Earth Machine is available to Lake Forest residents for $55 (compared to over $100 at most retailers). This home composter includes a handbook with assembly instructions, how to compost, what to compost, and using compost. Typical items to compost include fruit and vegetable scraps, coffee grounds and filters.

To place your order, call 847.810.3542. The City will deliver the Earth Machine to your home and send you an invoice.
Lake Forest Cemetery

Beautiful and Timeless
Listed on the National Register of Historic Places, the Cemetery offers a beautiful, park-like setting and a dignified resting place for residents. Visit the Cemetery at 1525 N. Lake Road and see for yourself.

The Lake Forest Cemetery Commission is committed to providing interment spaces to meet the current and future needs of Lake Forest residents, consistent with preservation of the Cemetery’s historic landscape. As a result of this commitment, the Cemetery offers a variety of elegant, innovative and environmentally-sensitive interment spaces.

Options range in price and style to meet the needs of all preferences. In-ground choices for casket burials and burials of cremated remains are presented in both park-like and monument sections. Niches for the inurement of cremated remains in The Memorial Gardens columbarium and for the above-ground interment of caskets, and lots for the construction of private family mausoleums are also available. To learn about the various interment selections and to arrange a “no-obligation” tour, contact Sexton Phil Alderks at 847.615.4341.

Spring Clean-up
Spring clean-up begins soon, and those who wish to save any winter decorations should remove them prior to March 1. The Cemetery staff asks that families please limit new adornments during the clean up period, as they may be damaged by equipment or cause injury to visitors and staff. If you have any questions regarding decoration guidelines or the spring clean-up season please call 847.615.4341.

Ward Meetings
Ward Meetings are an opportunity to hear from your Aldermen and speak one-on-one in an informal, untelevised and casual setting. You will soon receive a post card announcing dates of the meetings taking place in your wards. Information will also be posted on the City’s website and Facebook page.

Do you know your Ward number? If not, visit cityoflakeforest.com, click or search for “Maps and Parking” and enter your address into the Resident Information Lake Forest Property Search box at the top of the page.

Mark McMahon Lake Forest maps are available for purchase at City Hall.

Middlefork Bridge and Trail Connection is Open
The new bridge connects 4.5 miles of trails at Middlefork Savanna Forest Preserve in Lake Forest to the Lake Forest Academy and Townline Community Park and provides trail users a safe passage over the Metra Railway. Other new elements include a scenic overlook and crosswalk improvements at the intersection of IL Route 60 and Academy Drive.

This project is part of a larger effort by several organizations to connect Middlefork Savanna and the Middlefork Trail and Greenway to the Des Plaines River Trail at MacArthur Woods Forest Preserve in Mettawa. The following partners and donors made this project possible: Lake County Forest Preserves, The City of Lake Forest, Lake Forest Academy, Lake Forest Bank & Trust, Lake Forest Open Lands Association, and Richard and Elizabeth Uihlein.
Lake Forest Hospital is Set to Open

With March fast approaching, the new Northwestern Medicine Lake Forest Hospital is preparing to open its doors for inpatient care. While some outpatient services opened within 1000 Westmoreland Road this past September, all hospital care – including the Emergency Department – is scheduled to open on March 3.

The new hospital, featured on the 2018 Lake Forest City Vehicle Sticker, will strengthen a 118-year legacy of delivering exceptional, patient-centered care to the Lake Forest community.

The state-of-the-art facility was designed to support the care teams like never before. Equipped with some of the most advanced technology available anywhere, staff will be enabled to practice world-class medicine in a setting that also uses its natural surroundings to create a healing and tranquil environment.

Activating the new Lake Forest Hospital is an enormous task, but it also provides a unique opportunity to make key improvements. To ensure the comfort and safety of patients both during the transition to the new hospital, the physicians and staff have been busy preparing for months. By the time the hospital opens, the workforce will have completed nearly 10,000 hours of activation training. This curriculum includes realistic simulations within the new facility – many which use professional actors to portray patients and were painstakingly designed to reinforce new workflows, new systems and the new environment.

To create a safe and seamless transition into the new hospital, the staff held a special exercise on January 13 to test the move route, timing and methods that will be used to relocate patients and equipment when the hospital opens in March. Using staff volunteers posing as patients, three patient-move scenarios were tested during a “mock move,” including laboring mothers, patients from the Intensive Care Unit and two mother/baby couplets. The “patients” were moved both by ambulance and through the campus tunnel system, providing the opportunity to test the timing of the relocation, as well as gather essential observations about the move from the patient’s perspective.

Learn more at nlfh.nm.org.

Girls Who Code
Fridays, March 2–May 18 (no meetings March 23 and 30); 4-6 p.m.
Through games and projects in a fun, supportive atmosphere, you’ll learn the concepts that form the basis of programming languages like PHP and JavaScript. No experience necessary. Register by calling Kathy at 847.810.4631.

Organizing for Your Personality Type
Monday, March 12, 7-8 p.m.
Knowing your personality type can help you identify the organizing style that best suits you. Presented by professional organizer Beth Randall.

Cooking Demo and Discussion with Addie Gundry
Thursday, April 5, 7-8:30 p.m.
A Lake Forest chef prepares samples of her recipes, including a dessert from her new cookbook, No-Bake Desserts. Enjoy a taste as she discusses her culinary training, working for Martha Stewart, and competing on The Food Network.

Friends of Lake Forest Library Cookbook and Gardening Sale
Reed Room at the Library
Friday, April 13, 9 a.m.-6 p.m.
Saturday, April 14, 9 a.m.-3 p.m.

What Should We Do This Weekend?
Monday, May 7, 7-8 p.m.
Molly Page, docent at the Chicago Architecture Foundation and author of 100 Things to Do in Chicago Before You Die, provides ideas for a date night, your next “staycation”, and clues about hidden gems to explore with the whole family.

The Chordmasters Barbershop Quartet
Sunday, May 20, 2-3 p.m.
From classic oldies to modern hits, the Chordmasters bring together tenor, melody, baritone, and bass in sweet harmonies.
For Adults 50+
100 E. Old Mill Road; 847.234.2209; dickinsonhall.com
Reservations are required for all programs.

Stop in for a tour of beautiful Dickinson Hall, pick up a membership application and meet our welcoming staff and friendly members. Explore great parties, insightful lectures, educational opportunities, creative outlets, fitness classes and fantastic excursions on our own bus to Chicago, Milwaukee and beyond for theatre, sporting and cultural events to suit every taste and schedule. Please check www.dickinsonhall.com for detailed information and to view the quarterly Newsbrief, containing the full schedule of activities.

Come and try our NEW Fitness Classes
Come to Dickinson Hall’s comfortable fitness room with its cushioned wood floor to enjoy customized classes with fitness specialists who take a personal approach to maximize your enjoyment and health.

New classes include Nia with Hannah Judy Gretz. Nia is a full body workout that promotes agility, flexibility, stability and strength through combining movements and concepts from healing arts, dance arts and martial arts—all with great music. Also new at Dickinson Hall, Bo Yoga with Merilee Novinson, blends the best of yoga, qigong and mindfulness training. This class will be taught primarily in standing and in some sitting positions. Also, Judi Strange will teach a fabulous mix of fitness, fun and friendship in an hour-long class consisting of cardio dance, strength training, balance and stretch. All fitness levels welcome! We are also thrilled to introduce additional new yoga classes including Chair Yoga and Beginner/Gentle Yoga taught by instructor Ana Holland Krawec.

We continue to offer our favorite Intro to Tap Fitness and T’ai Chi classes with instructor Lisa Jacobs, and the beneficial Feldenkrais Method class with Joyce Ann OTR/L, GCFP to improve overall functioning, ease of movement, coordination, and flexibility.

Social Services
Janet Fryer, Senior Advocate, is available Monday-Friday to support older adults in the community. There is no charge for her services. Janet can be reached directly at 847.810.4678.

If you are age 50+ and living alone, Janet offers the Home Alone Group, a monthly opportunity to share the triumphs and challenges of life with a group of friendly fellow travelers.

Janet continues her thoughtful speaker series titled “Insights on Aging” which are potentially relevant to both seniors and their adult children. On March 29, Brian Schwartz, MD, Orthopedic Surgeon with Illinois Bone and Joint Institute, visits to speak about Hip and Knee Arthritis and Current Treatment Options, and on April 11, Matt Stockert of Hill and Stone Insurance Company will speak about Insuring your Car, Home and Wealth: Getting the Most for your Money.

No longer driving? We can help with your transportation needs!
If you’re no longer driving, eligible residents may request transportation from the Senior Car program. Friendly professional drivers are available to drive in the local area on weekdays from 8:45 a.m.-3 p.m. for appointments, errands and visits to Dickinson Hall. Rides are $3 each way, with a reduced fare of $2 for those who qualify for the Benefit Access Program. For more information and reservations, please call 847.810.4677 or 847.234.2209. On Thursdays, rides are available to Jewel and Mariano’s. The senior bus takes riders to Hawthorn Mall most Tuesdays. Please call Tara Purtell, Transportation Coordinator at 847.234.2209 for further details.

Dickinson Hall is seeking an extra Senior Bus Driver
We’re looking for an extra part time senior bus driver to drive our 21 seat bus on day trips to local destinations including Chicago and Milwaukee. If you have a CDL passenger license, give us a call at 847.234.2209 to learn more.
Parks & Recreation Info

Coming Soon: After School Enrichment!

The Lake Forest Parks and Recreation Department is aware of the need for more after school recreation options for children of working parents in Lake Forest and wants to help. While we currently offer a variety of activities, we understand that there is a need for more days and longer times to engage the kids in a safe and fun environment while parents are at work.

The Rec Department plans to meet this need by developing a quality after school enrichment program, which will be rolled out in the fall of 2018. We want our after school recreation program to be a fun place to make new friends, play games, do crafts, have homework time, and more. Please visit LFParksandRec.com for more information. We look forward to extending the day (and the play!) for working families in our community.

Summer/Camp resident registration opens March 6

Remember when summer camp meant you played outside all day, did crafts, learned a skill, made new friends, played games and sang songs? Make those memories for your kids this summer at Lake Forest Parks & Recreation Summer Camps. We offer a wide variety of summer camp experiences right here in our community with a flexible schedule, affordable pricing, and a reputation that is second to none.

New this year: Extended Day Camp – our staff will keep campers busy until 6 p.m.

Visit LFParksandRec.com for more info.

Lake Forest Dance Academy Company Benefit

Saturday, March 17, 6 p.m.
at Lake Forest Academy

This premier dance performance and fundraising event will begin with a lobby reception followed by a 7 p.m. show time at Lake Forest Academy’s Cressey Center for the Arts at 1500 W. Kennedy Road. The benefit concert will include the Performance Companies of LFDA with choreography by LFDA staff and notable guest choreographers. Visit lakeforestdance.com for more information.

Easter Eggstravaganza

Saturday, March 24, 9:30-11:30 a.m.
at Deer Path Middle School; free

Enjoy a wonderful opportunity for family fun and entertainment at the annual Easter Eggstravaganza. Families will enjoy entertainment, crafts, games, pictures with the Easter Bunny, and the exciting Egg Hunt!
Parks & Recreation Info (cont.)

Smelt-O-Rama
Saturday, April 21,
Sundown-10 p.m.
at Lake Forest Beach;
free
Smelting is a Lake Michigan tradition!

Osmerus mordax, otherwise known as smelt, return to the shore each spring to spawn in the warm water near piers and beaches. Seasoned anglers will be on hand to demonstrate the dip netting method. You will learn how to catch, clean, and cook these tasty little critters.

LFDA Preschool Recital: “Color My World”; Sunday, April 22, 2018, 11:30 a.m. and 1 p.m. at Gorton Community Center, 400 E. Illinois Road
Join us for an explosion of fun at the Dance Academy’s Preschool Recital, Color My World. The Academy’s youngest dancers, ages 2-6, will brighten the stage while they present a year’s worth of dancing, learning, and creating. Performing in the styles of creative dance, ballet, tap, hip hop, and Irish dance, these students are proof that there’s no age too young to start coloring the world through dance! Visit lakeforestdance.com for more info.

New Event!
Family Drive-In Movie Night is Saturday, April 28, 4-6 p.m. at the Rec Center, 400 Hastings Road
Supplies will be provided to make your own cardboard car - decorate with decals and take a seat and enjoy. Snacks and beverages will be provided. Please register each family member. Register at LFRec.com.

LFDA Annual Spring Recital: “In These Shoes” & “The Wizard of Oz”
Saturday, May 5 & Sunday, May 6
at Lake Forest High School, 1285 N. McKinley Road
LFDA is thrilled to present these two productions! “In These Shoes” will pay tribute to those little things that help us move everywhere we need to go – something dancers can appreciate more than just about anyone. “The Wizard of Oz” story show will bring a little bit of contemporary flair to a traditional ballet-based story show. LFDA will demonstrate ballet as well as a variety of other dance styles to help bring the characters and plot of a beloved classic tale to life. Visit lakeforestdance.com for more info.

Beach Opens
Saturday, May 26
Forest Park Beach amenities include sheltered pavilions, a fishing pier, boat launch and storage area, walking paths, volleyball nets, grills, fire ring, and a concession stand open all summer. Enroll in sailing classes and camps, rent a sailboat, kayak, or paddleboard and enjoy our beautiful lakefront. New events this summer include: Concerts at the Beach, Retro Game Nights on the Big Screen, and Karaoke Nights! See you at the beach!

The City of Lake Forest and Lake Forest Parks and Recreation have partnered with the Lake County Health Department on its new community movement, GO Lake County, to improve the health of Lake County residents by promoting the simple act of walking as means to improve health. Thirty minutes of walking daily is recommended, and GO Lake Forest will engage the community in this healthy activity. Join us and your neighbors in walking your way to better health. Stay tuned for the launch of GO Lake Forest in partnership with GO Lake County!
Rotary Assists in Tree Planting

The LF-LB Rotary Club helped City Forestry crews plant 50 trees in Lake Forest to help revitalize the areas that were decimated by the Emerald Ash Borer. The Club donated tree watering bags, which provide enough moisture for up to 7 days. This watering method is an effective water management system that ensures the health of the trees and reduces the number of trips the City’s water trucks make on a daily basis. Thank you, Rotarians!

Visit cityoflakeforest.com for a more complete calendar of community events.
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CALL 847.234.2600 FOR ALL CITY DEPARTMENTS
Postage-free mail to all City departments and City officials can be deposited in the white drop boxes on Bank Lane north of Westminster and in the Telegraph Road Train Station parking lot.

CITY HALL
220 East Deerpath
Open 8 a.m. to 4:30 p.m., Monday–Friday

MUNICIPAL SERVICES CENTER
800 North Field Drive
Open 8 a.m. to 4:30 p.m., Monday–Friday

Cemetery
1525 N. Lake Road
Open 8 a.m.-8 p.m.,
May-September; 8 a.m. to 4:30 p.m., October to April
Cemetery Gate House
520 Spruce Avenue
Call 847.615.4341 for appointment

PUBLIC SAFETY BUILDING
(Police and Fire Departments)
255 West Deerpath
Call 911 for all emergencies

Lobby Hours:
8 a.m.-10 p.m., Monday–Friday
8 a.m.-6 p.m., Weekends and Holidays

COMPOST/RECYCLING CENTER
1381 W. Kennedy Road (located at the south side of Rte. 60, west of Waukegan Road)
Hours until March 15:
 Saturdays, 8 a.m.-3 p.m.
Hours after March 15:
 Saturdays, 8 a.m.-5 p.m.

Cable Television
Comcast Xfinity:
City-17: City Meetings
TV-19: Public Access & other local programming

A T & T U-Verse:
Channel 99, Scroll to “Lake Forest”

City Council meetings are broadcast live on City-17 at 6:30 p.m. on the 1st and 3rd Mondays of each month. City Council and other meetings aired on City-17 can be viewed live at ftv.org. Archived City meeting videos are posted online at youtube.com/EnjoyLakeForest. DVDs of televised City meetings are available at Lake Forest Library, 360 E. Deerpath; 847.234.0636.