

the GLENCOE QUARTERLY

Community Newsletter

Fall 2016

Inside This Issue

Village

Village President's Message
2016 Storm Water Improvement Project
New Pedestrian Crossing on Green Bay Road
Business Spotlight

Park District

From the Park Bench
Little Park Libraries
Skate at Watts
Unplug Into Fitness

School District 35

Welcome Messages
Budget Hearing
Weekly eNews Registration
New Staff Members
SchoolRush
Glencoe School District Website
Glencoe Caucus
Thank You GEF
Kindergarten Registration
Early Childhood Screening
Instant Alert Test
District 35 - Did You Know?

Family Service

Executive Director's Message
Q&A: Parent Discussion Groups
Staff Book Picks
A Good Night's Sleep is What You Need
Welcome to the Neighborhood
Preschool Parent Discussion Group



VILLAGE
OF GLENCOE

GLENCOE
PARK DISTRICT

GLENCOE
SCHOOL DISTRICT 35

FAMILY
SERVICE OF GLENCOE

Visit Glencoe's Newest Playground!

Phil Thomas Memorial Playground at Shelton Park Opens in September



Village President

Lawrence R. Levin

Board of Trustees

Trent Cornell
Barbara Miller
Peter Mulvaney
Scott Pearce
Dale Thomas
Jonathan Vree

Village Manager

Philip A. Kiraly

Village of Glencoe

675 Village Court
Glencoe, IL 60022

Public Works: 847-835-4111

Public Safety: 847-835-4112

Finance Department: 847-835-4113

Village Manager's Office: 847-835-4114

Website: www.villageofglencoe.org

Find us on Facebook and Twitter!



Coming Events & Key Dates

Glencoe French Market

Saturdays Through September 3
8:00 a.m. to 1:00 p.m. | Wyman Green

September 11 Remembrance

Sunday, September 11 | 7:45 a.m. | Am Shalom

Halloween Hello

Monday, October 31 | 10:00 a.m. to 4:00 p.m.
Downtown Business District

Trick-or-Treating Hours

Monday, October 31 | 4:00 p.m. to 8:00 p.m.

Daylight Savings Time Ends

Sunday, November 6
Remember to set your clock back one hour!

Light the Village Lights

Friday, November 25 | 5:00 p.m.
Park and Vernon Avenues



VILLAGE PRESIDENT'S MESSAGE

Dear Neighbor:

September marks the midway point in our fiscal year, and the Village is already beginning to prepare the next fiscal year's budget. Despite the uncertainty of how the State's budget troubles will impact us, our budget will continue to emphasize providing high-quality public services in a cost-effective manner.

As we develop our budget, we will use feedback from last year's community satisfaction survey, which provided invaluable information about what is important to our residents, to help us prioritize projects and spending. Our strategic priorities continue to serve as guideposts in that process, and I would like to highlight some recent examples of our strategic priorities in action:

Financial Sustainability: In advance of issuing the next \$5 million of voter-approved infrastructure bonds, the Village's credit rating was reviewed by Standard & Poor's. I am very pleased to report that the Village retained its AAA bond rating, which positions the Village to take advantage of the most competitive rates when issuing bonds. The Village is one of only 17 S&P AAA-rated municipalities in Illinois, and reflects the Village Board's long history of sound fiscal policy.

Commercial Vitality: This year's opening of Writers Theatre has brought a flurry of activity and much interest in our downtown area. Building on the success of the concierge-level service model put in place to ensure Writers' successful construction and opening, we created a Business Services Team to focus on business attraction and retention efforts. I am happy to report that a number of new businesses will open in the downtown this year! Also, the Village recently joined the Chicago's North Shore Convention & Visitors Bureau, which now promotes tourism, entertainment, dining and shopping in Glencoe.

Infrastructure Replacement: The Village completed major storm water improvement projects in Skokie Ridge and Terrace Court this summer. Design work is underway on next year's storm water projects, which will also use voter-approved bonds.

This spring, the Village completed a study to help guide future improvements to the water mains that deliver drinking water to your home, and later this year, we plan to invest \$200,000 in replacement of water mains with a history of chronic breaks.

The Village's street lights are becoming greener, saving energy and money – an Illinois Clean

Energy Community Foundation grant helped us convert downtown street lights to LED, and this fall, we are working with ComEd to convert more street lights to LED.

Operational Effectiveness: The Village continually seeks opportunities for shared services, such as joint contracting, mutual aid networks and exchange of services in kind with other communities. This spring, Glencoe and Winnetka partnered on a new residential recycling contract, which we anticipate will save Glencoe residents \$110,000 over the next five years.

The Village is continuing to work on the State-mandated consolidation of our 911 dispatching operation, and is partnering with Kenilworth, Northfield and Winnetka to carefully evaluate our options for consolidation to ensure that our residents will continue receiving the highest standard of service. For more information, turn to page 3.

Organizational Development: The Public Safety Department recently experienced staffing changes after a series of retirements, promotions and hiring of new officers. In light of this significant changeover, and in order to address the Department's unique role in our community amidst the difficult environment in the United States, the Village has continued to improve our unique training program that equips officers to become fully cross trained as police officers, firefighters and medics, and provide services with the highest levels of professionalism, integrity and compassion.

Community Engagement: The Sustainability Task Force launched this summer with the goal of raising awareness about sustainability work in Glencoe, and is beginning to develop an inventory of green projects completed to help residents learn about successful residential sustainability projects. To stay connected, sign up for Glencoe Connect or attend a task force meeting, held the fourth Tuesday of every month at 7 p.m. at Village Hall.

As we begin the process of developing our next fiscal year's budget, the Village Board will focus on our strategic priorities to ensure continued excellent services for residents. The Village Board will begin holding a series of budget meetings in November, and I encourage you to visit the Village's website for more information about the budget process. ■

Sincerely,

Lawrence R. Levin

Village President





Employee Spotlight

In July, two veteran supervisors in the Public Safety Department, Deputy Chief Alan Kebby (36 years) and Lieutenant Michael McCormick (31 years) retired, allowing three individuals in the Department to be promoted: Deputy Chief Richard Weiner, Lieutenant Peter Neville and Lieutenant Michael Talend each began new positions in the Department this summer.

Deputy Chief Weiner has served the Village since 1985 as a paramedic, detective, and field training officer. Upon promotion to lieutenant, he managed the Department's training program, the investigations unit, and the physical fitness program in addition to daily operations and administrative duties. Deputy Chief Weiner's wealth of training and experience have prepared him well for this new challenge, and he has dedicated his career to constant improvement for himself and the Department. In his new role, Deputy Chief Weiner will oversee the Department's police operations, and will continue to serve as a mentor to new supervisors and officers.

Lieutenant Neville has served the Village since 1995. As a fully cross-trained Public Safety Officer, he has served as a paramedic, fire apparatus engineer, physical fitness instructor, and field training officer. Lieutenant Neville's experience with training new officers will serve him well in his supervisory role, and his willingness to share his knowledge will be vital as new officers are hired in the coming years.

Lieutenant Talend has served the Village since 2008 and has served as a field training officer, arrest and control tactics instructor, evidence technician, paramedic, and firearms instructor. Lieutenant Talend has dedicated his professional career to public service, with a diverse background in law enforcement, firefighting, and emergency medical services. As a supervisor, Lieutenant Talend will be relied upon to maintain the Department's high standards of service to the community. Lieutenant Talend is also a veteran of the U.S. Marine Corps.

Additionally, the Village welcomed two new public safety officers, Ryan McEnerney and Allison Chite, and expects to hire additional new officers this fall, bringing the Department to its full staffing of 36 sworn officers. While it is never easy to replace dedicated members of the organization, we are confident that the new officers and newly promoted supervisors will allow us to continue to provide the highest level of public safety services to the community. ■

911 Dispatch Consolidation

Last year, Public Act 99-066 was passed requiring 911 dispatch agencies serving populations of fewer than 25,000 residents to consolidate services by July 1, 2017. The Village and several of our neighboring communities have 911 dispatch centers that serve fewer than 25,000 people, and are therefore required to consolidate to comply with State law. The Village has partnered with the Villages of Kenilworth, Northfield and Winnetka to analyze potential consolidation options and worked with a consultant to evaluate potential options that would allow residents in each community to continue receiving high-quality 911 dispatch services. This fall, the Village Board selected a consolidation model and along with Kenilworth, Northfield and Winnetka will be working to consolidate our operations into the Village of Glenview's Public Safety dispatch center. As the Village works toward consolidation, information will be made available to residents about how consolidation will take place, and when services will be consolidated. For more information, please visit www.villageofglencoe.org. ■

What is Glencoe Youth Services?

Glencoe Youth Services (GYS) has been in Glencoe since 1971, operating as an 501(c)3 non-profit. Did you know we are our own organization, not connected to any other social or recreational programs for youth or young adults? We fundraise for all of our operating expenses, just like the Glencoe Junior High Project and Family Service of Glencoe and we are not part of the Glencoe Park District. Our activities and socials are created by our executive director, Eddie Simon, and executed by a team of youth and adult volunteers.

GYS is visited by more than 200 middle and high schoolers each month. GYS provides leadership opportunities and community service outings for high schoolers, and offers a chance for the New Trier young adults in Glencoe to serve on their very first active Youth Board. Did you know that after school, our drop-in center is full of middle schoolers hanging out, doing their homework, talking about their problems, and having fun, all while supervised by our executive director and trained adult supervisors? Did you know that we also operate a program for adults with special needs every Tuesday night, encouraging social interaction and life skill improvements? This program is called SNAP (Special Needs Adult Pals) and is also operated from donation and fundraising efforts. SNAP is regularly attended by 20 to 25 adults with special needs, many of whom have been involved with the program for more than 20 years!

Now that you know what GYS offers Glencoe youth, we invite you to get involved! Contact Executive Director Eddie Simon at director@glencoeyouthservices.org or visit www.glencoeyouthservices.org to find out more. ■



HALLOWEEN SAFETY TIPS

Halloween Safety Tips

To make sure even the scariest Halloween ghouls and goblins have a safe day, remember the following safety tips:

- Try makeup instead of masks – it's more comfortable and unlike masks, it won't obstruct trick-or-treaters' vision
- Check to make sure costumes are flame retardant
- Wear well-fitting shoes to avoid trips and falls, and avoid costumes that drag on the ground
- Have each child carry or wear something lit, such as a flashlight, glow bracelet or necklace to increase their visibility
- Only trick-or-treat at houses that are lit, and be sure a responsible adult or older teen accompanies each child or group

- Remember to send trick-or-treaters out with a bag or container that will let them safely carry their Halloween loot
- Review the route for trick-or-treating beforehand and set a time when kids should be home, and have a plan if you child gets separated from the group
- Watch for traffic, obey all traffic signs, look before crossing the street and never cross between parked cars or in the middle of the block
- Use battery operated lights to illuminate your pumpkins and Halloween decorations – they are a safer alternative to real candles
- If you must use real candles, never leave them unattended and keep them away from curtains. ■



Tee Time

with Stella Nanos
General Manager

Glencoe Golf Club

621 Westley Road | 847-835-0250
www.glencoeclub.com



Dear Glencoe Residents,

Fall golf at the Glencoe Golf Club is a great way to enjoy the autumn colors on the tree-lined fairways of the golf course. We invite you to come out and take advantage of the last days of mild temperatures before the snow falls and to participate in our special events and lesson programs this fall.

Keep your game in shape throughout the year with golf programs for both children and adults. After-school programs will be taught throughout the fall and winter to help your children continue to improve their golf swings. Winter instruction for adults will also be offered in our clubhouse utilizing V1 Video Analysis and a Flightscope 3D Golf Simulator. This is a great opportunity to keep your game in shape during the winter months or to fine tune your swing for your winter destinations.

The 10th Annual Glencoe Open will take place on the weekend of September 17 and 18. This is a 36-hole competitive stroke play tournament open to all individuals with a handicap of 18 and under. This is the most popular event of the season, so please sign up early as the field fills up quickly.

The Senior Fall Classic will be held on Thursday, October 6 and is open to all golfers age 60 and up. The event will begin at 8:30 a.m. with a shotgun start and includes 18 holes of golf, contests throughout the course and an awards luncheon following golf. Bring your friends out to enjoy this non-competitive, fun-filled event.

On Saturday, November 5, the Hard Course Day & Chili Open will take place. The golf course will have the pin positions set up in the most challenging locations, and a chili lunch will take place following this event. For more information and applications for all of these events, please visit our website at www.glencoeclub.com or stop by the golf shop.

We hope to see everyone out this fall to enjoy the golf course, events and lesson programs that are offered at the Glencoe Golf Club! ■



Parkway Leaf Collection Begins Mid-October

The Village's annual fall curbside leaf collection program will be offered for seven weeks beginning October 10. Leaves will be collected from parkways in residential neighborhoods. If you are participating in the program, please remember:

- Leaves should be piled in a row along the parkway in front of your property and should not be placed in the street. Leaf piles in the street are a traffic hazard and clog the storm sewer basins, which can lead to street flooding. A long, low row of leaves is better than a single large pile and limits the blowing of leaves into the street or back onto the yard.
- Crews will be continuously working through November collecting leaves and the Village anticipates passing through every neighborhood four or five times. Residents are encouraged to check the Village's website regularly for an area map and estimated progress schedule.
- The final collection will be made the last week of November, so be sure your leaves are at the curb by Monday, November 28.
- Residents who use a landscape contractor to maintain their yard are urged to have the contractor remove leaves at the time their yard is serviced. Most residents who use landscape contractors are paying for this as part of their service.
- Use of gasoline powered leaf blowers is permitted from September 15 to December 15. Commercial landscape maintenance contractors may operate Monday through Friday between 7 a.m. and 7 p.m., and Saturdays from 9 a.m. to 6 p.m. but are prohibited from working on Sundays and holidays.

For additional information, please contact the Public Works Department at 847-835-4111. ■

Parkway Tree Program

With parkway tree planting taking place in the spring and the fall, the Village would like to take the opportunity to remind residents of the 50/50 parkway tree planting program and the Trees for the Trail Program. For over 40 years, the Village has offered a 50/50 cost sharing parkway tree planting program in which the Village shares the cost of planting parkway trees with interested residents. In a cooperative effort with the Friends of the Green Bay Trail, the Village has expanded the 50/50 program to allow residents to donate trees to be planted on the Green Bay Trail. Residents interested in the 50/50 tree programs are encouraged to visit the Village website for details and applications. ■

Pumpkin Collection and Disposal

Need an environmentally-friendly place to discard your Halloween pumpkins? The Village will again host a one-day pumpkin collection this year at the Public Works Garage located at 325 Temple Court. The Public Works Department will provide a designated drop off location for your pumpkins on Temple Court from 9 a.m. to 1 p.m. on Wednesday, November 2. Please remove any solid waste (candles, bags) from your pumpkins. Collected pumpkins will be diverted from the landfill and delivered to a special composting operation. Collection of garbage, food scraps or other landscape waste will not be accepted at this event. Please contact the Public Works Department at 847-835-4134 with any questions. ■



2016 Storm Water Improvement Project

Construction on the 2016 storm water improvement project in Skokie Ridge and Terrace Court has been completed. This \$2.5 million improvement included nearly 7,000 feet of new storm sewer pipe (12-inch to 42-inch in diameter) in the Skokie Ridge and Terrace Court basin areas to reduce significant street and right-of-way flooding. Engineering is currently underway for similar improvements that are planned for 2017 for the Greenwood Avenue and Madison Avenue basin areas, as well as protective controls for street flooding under the Green Bay Road bridge at Hazel Avenue. All of the 2016 and 2017 storm water improvement projects are being funded as part of the \$10 million referendum-approved bonds issued in 2015 and 2016. ■



Residential Sidewalk Replacement Program

Work on the Village's annual residential sidewalk and curb replacement program began in July, and is expected to be completed by early fall. Sidewalk replacement in 2016 includes pocket areas north of Dundee Road and west of Hohlfelder Road, as well as other areas around Central School. The sidewalk replacement program is a \$100,000 new investment that focuses on areas that are in need of replacement, such as areas where the condition of the sidewalk has deteriorated or settled unevenly. Residents should report dangerous sidewalk conditions to the Public Works Department at 847-835-4111.

For more information on sidewalk replacement and a map of the area replacement plan, visit the capital projects page at www.villageofglencoe.org ■

Village Hall HVAC Upgrade Project

Work is underway on the \$2.5 million Village Hall HVAC upgrade project. The project will replace heating and cooling systems that have reached the end of their service life and provide improvement to the conditioned air supplied to the entire building as well as improved energy efficiency. Residents and visitors to the Village Hall may see some open ceiling areas in the hallways and meeting rooms, but the building will remain open for business throughout the project which is expected to be completed in approximately 12 months. This work is part of the bond referendum approved in 2015. ■

New Pedestrian Crossing on Green Bay Road

The Village completed work on a new pedestrian crossing on Green Bay Road north of Park Avenue in June. This crossing improvement provides a safer access across Green Bay Road for commuters and downtown pedestrians. Pedestrians are reminded to only cross at marked crosswalks and to always be sure an approaching vehicle sees you before entering any marked crosswalk. ■

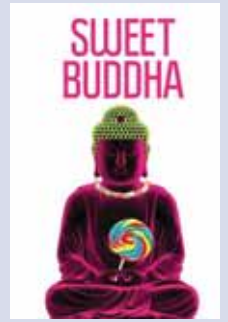
Washington Place Street Dedication

In July, the Village officially dedicated Washington Place as a Village street. Formerly a private roadway, Washington Place was reconstructed to comply with the Village's roadway standards, and was transferred to the Village for future maintenance. The full cost of the reconstruction of Washington Place was financed by the five property owners through the creation of a special service area. ■



Business Spotlight: Sweet Buddha

- **General Info:**
 - **Owner/Manager:** Sarah Miller
 - **Hours:** 11 a.m. – 6 p.m.
 - **Location:** 660 Vernon Avenue
- **When did your business open?** We're anticipating holding our grand opening mid-September!
- **What products or services do you sell?** Custom made jewelry, apparel candy and classes. We also offer party packages for kids' birthdays, baby showers, sweet 16's and more.
- **What's the one thing your business is known for over your competitors?** Our kids birthday parties have always been a big hit. As the owner of Sweet Buddha, I personally plan and run every birthday party. My primary goal is to ensure that the children who choose Sweet Buddha for their special day receive an extraordinary experience. In the three years Sweet Buddha has been in business, there has never been one complaint about a birthday party!
- **How did the business get started?** I have been making my own jewelry for six years and sold it from my home. After going door-to-door and making great sales, I decided to take a giant leap and partnered with my dear friend and jewelry designer, April Urdan of April Star Jewlery, to expand and open my own retail space. Then, while planning my daughter's Bat Mitzva, I was having a hard time finding creative candy for a candy table. This resulted in me eventually expanding the products in the store to include candy. Eventually, customers began asking if Sweet Buddha hosted any kids activities or birthday parties, so I teamed up with Cindy Leske, owner of Chicago Loves Dance, and began offering dance classes as well as kids birthday parties. I've been operating in Lincoln Park for the past three years and am very excited to bring Sweet Buddha to my hometown in Glencoe!
- **How did you decide to open up Sweet Buddha in Glencoe?** We built a loyal following in Lincoln Park, but I wanted to move the store to my community – I'm very passionate about Glencoe and know the business will succeed tremendously here!
- **What should people know about your business?** We are a small business and are always happy to team up with local businesses in the area to offer our customers unique experiences. For instance, at the Glencoe store, we will continue our partnership with Chicago Loves Dance to offer dance classes and we will also be partnering with businesses to offer entertaining birthday party packages. We will have over eight different birthday party packages including a DJ dance party, princess party, boys break dance party and more.



Please keep your eyes peeled for our grand opening announcement. We can't wait to welcome customers to our Sweet Buddha store very soon! ■

Sign up for Glencoe Connect to Receive Village Alerts

Sign up today to receive emergency and non-emergency alerts from the Village through Glencoe Connect. Signing up allows you to receive these alerts to your cell and work phone as well by text and email. Sign up today by visiting www.villageofglencoe.org and clicking "Sign Up for Glencoe Connect" in the bottom right corner, then clicking "Don't Have an Account? Sign Up" at the bottom of the page. ■



FROM THE PARK BENCH



Board of Park Commissioners

Steve Gaines, President
Dudley Onderdonk, Vice President
Lisa Brooks, Treasurer
Seth Palatnik, Commissioner
Andre Lerman, Commissioner

Executive Director

Lisa Sheppard, CPRP

Glencoe Park District

999 Green Bay Road
Glencoe, IL 60022

Phone: 847-835-3030

Fax: 847-835-7279

Website: www.glencoeParkDistrict.com



Special Events:

Pokemon Scavenger Hunt

September 9

Doggie Dip

6-7 p.m. | September 16 | Glencoe Beach

Unplug & Play

2-4 p.m. | September 25 | Takiff Center

Touch a Truck

10 a.m.-12 p.m. | October 1 | Takiff Center

Boo Bash

5:30-7 p.m. | October 20 | Takiff Center

Watts Ice Center Opening Day

4-6 p.m. | November 25 | Watts Ice Center

Dear Glencoe Friends and Neighbors:

As the days grow shorter, the Park District is at its busiest. Back to school marks the start of a new slate of activities, enrichments and sports for you to enjoy. More than just a place to go after school, Glencoe Park District programs provide a safe and inviting place where youth can explore their talents while developing positive relationships with well-trained instructors and other youth.

Recreation programs and activities available for youth include: tennis, volleyball, basketball, karate, ice skating, dance, theater, art, music, cooking, and many other specialty courses. Benefits of participating in after-school activities include enhanced self-esteem, development of self-awareness, more disciplined attitude, greater awareness of health and hygiene, gains in confidence, peer group socialization, and interaction with a positive, caring adult role model.

Socialization and positive interactions with caring adults starts at an early age. This September, our Children's Circle Full Day Preschool will begin offering care to children starting at 6 weeks old. It's an honor that you entrust us with the care of your children and we value that trust.

Recreation is important at every age! With a renewed focus on adult fitness and social activities, our fall line-up includes an exciting variety of programs for adults. I invite you to try an outdoor Nordic Walking class, participate in our free monthly Meet and Greet social, learn yoga or sailing at Glencoe Beach, or learn a new skill like Ballroom Dancing, Mah Jongg, or Knitting. All levels of experience are welcome as long as you bring a sense of exploration and interest in trying something new with you to class.

Many of our classes, including our fitness programs, will be available for you to try for free at Unplug and Play on September 25. I invite you to join us for a momentous day of play and discover the recreation opportunities Glencoe Park District has to offer.

As always, remember to take time to play!



Sincerely,

Lisa Sheppard, CPRP

Executive Director



Construction Project Updates

Shelton Park: The newly renovated Phil Thomas Playground will open in early September. Climb on the treehouse, swing on the new companion swings, or workout on our new fitness equipment at Shelton Park.

Berlin Park: The baseball field is on target to finish construction this fall, with grass being planted later this month. Once completed, the baseball field will remain fenced in for a few months to allow the grass to grow in. An opening ceremony is planned for spring.

Kalk Park: Construction of the new pathways, drinking fountains and other park amenities is now complete. The final phase is to install a new custom Liza's Gazebo, which will look similar to the former structure. A grand opening celebration will be held this fall; check www.glencoeParkDistrict.com for the celebration date.



Little Park Libraries Debut in Glencoe

Little libraries are a global phenomenon. The small, front-yard book exchanges number 36,000 around the world in 70 countries, from Iceland to Tasmania to Pakistan. Now, through a partnership with the Glencoe Public Library, the Glencoe Park District is bringing the little library movement to Glencoe parks and facilities.

The Park District has installed three lending libraries, which include books donated by the Friends of the Glencoe Public Library, at Lakefront Park, Friends Park, and the Takiff Center.

“When you visit one of the little park libraries, we invite you to take a book home or leave a book behind,” said Lisa Sheppard, Executive Director. “We are proud to join the movement to share books, bring people together at local parks, and create a community of readers.”

“Little libraries are a wonderful way to support literacy and literature in general. They are a natural extension of what public libraries do. We’re delighted to collaborate with the Park District and the Friends of the Glencoe Public Library in this endeavor,” said Glencoe Public Library Executive Director Andrew Kim.

With the rise in social media usage, a lot of people both young and old are spending large amounts of their free-time in front of a screen. “We hope Glencoe’s little park libraries will inspire families with opportunities to unplug and spend important quality time together,” said Sheppard.

The benefits of both reading and recreation on a young child are immeasurable: from increased school success and literacy skills to enhanced self-esteem, developments in self-awareness, to gains in confidence. “Pairing a visit to the park with reading is a natural partnership for the Park District and the Glencoe Public Library. The little park libraries promote family togetherness, child development, and life-long learning,” said Sheppard. “We hope the whole community will enjoy their little park libraries.” ■

Special Events

Kalk Park Grand Opening

We’re celebrating the new Kalk Park and Liza’s Gazebo with a party. After the ribbon cutting, join us for family-friendly games, attractions, entertainment, and refreshments. Visit www.glencoeParkDistrict.com for details.

Unplug & Play Featuring Family Fitness Fun

FREE! 2-4 p.m. | Sunday, September 25 | Takiff Center

Turn off your devices and enjoy a day of play, including crafts, games, and wellness activities. Throughout the afternoon, we’ll be offering free fitness classes and demonstrations for families.

Touch a Truck

Free! 10 a.m.-12 p.m. | Saturday, October 1 | Takiff Center | Ages 2-8

See, touch and explore a variety of trucks and vehicles. Get up close and personal with a fire truck, tractor, police car, ambulance, and garbage truck.

Boo Bash

5:30-7 p.m. | Thursday, October 20 | Takiff Center

\$8 per person by October 19 | \$10 per person on/after October 20

Calling all ghosts and goblins! Enjoy a Boo-tiful evening filled with crafts, carnival games, treats, inflatable fun, entertainment and more. Bring a trick-or-treat bag and wear a costume! Recommended for children ages 2-8. All children must be accompanied by a paying adult; children 24 months and younger are free. ■



Exciting Things at the Garden

Exciting things are happening this fall in the Glencoe Community Garden! In addition to helping with the GCG’s harvests, hydroponics and composting, come join us for four amazing programs:



Meet Guildhall’s Executive Chef Marcos Ascencio on Thursday, September 8 at 6:30 p.m. as he demonstrates how to cook flavorful culinary delights using the Garden’s organic veggies and herbs.

Discover how colorful food is not only more fun to eat, but healthier too with Evey Schweig, Certified Health Coach, on Tuesday, September 13 at 1 p.m.

Come together as a community in our new Meditation Garden on Wednesday, September 21 at 6:30 p.m. as Rabbi Lowenstein leads a guided meditation to cultivate mindfulness on this hope-filled evening celebrating the anniversary of the United Nations Peace Bell.

Work up a healthy sweat on Saturday, October 22 at 11 a.m. with Farm Fit, a new kind of fitness workout which combines the end of the season Garden clean-up with a self-improvement event.

Join us as we grow it, give it to those in need and compost the rest! Harvest hours are Tuesday and Thursday mornings 7:30 - 9 a.m. and Saturdays, 10 a.m. to Noon; Composting on Sunday mornings, 9 a.m. to 11 a.m. For more information, please contact gcgarden18@gmail.com and like us on Facebook and Instagram. Come Farm with Us!



The Glencoe Community Garden

A sustainable, organic-practicing, mini farm and compost collaborative.



Plug into a Healthier Lifestyle

Issues such as the child obesity epidemic, aging populations, and chronic diseases are becoming increasingly common challenges that society is facing. The Glencoe Park District aims to be a frontrunner in meeting wellness-related issues by advocating health benefits that have been directly related to public parks and recreation.

This fall, we invite you to find your outlet with activities designed to get you outdoors and exploring Glencoe. Follow our story on social media at hashtag #UnplugGlencoe.

Step Challenge

Did you know 75 minutes of brisk walking per week equates to an extra 1.8 years of life expectancy? This fall, let's see if the Glencoe community can walk the entire state of Illinois. Challenge yourself (and your family) to walk the recommended 10,000 steps each day and then log your steps on the giant Illinois map at the Takiff Center. Everyone who participates will win a prize.

"Find the Logo" Scavenger Hunt

Parks with trails are 25 times more likely to be used for physical activity. Let's explore the parks this fall! We hid the Glencoe Park District logo throughout our parks this fall. The only way to find them is to get out and enjoy over 90 acres of Glencoe Park District parkland. Find five logos, take a picture next to them, and show the staff at the Takiff Center to claim your Glencoe Park District prize!

Trail Maps

Want to know where to run, walk, and bike in Glencoe? Check out our park and trail maps, which connect existing parks and trails so you can train for that upcoming 5K or see the scenic side of Glencoe with a relaxing walk. Stop in at the Takiff Center or visit www.glencoe park district.com to pick up a map! ■



Get A Full Body Workout, Walking!

Walking is great exercise - add walking poles and you have a total body workout! Nordic Walking is fun, easy, and a great activity to share with friends. This fall, the Glencoe Park District is offering Nordic Trail Walking (11 AM-12 PM, Sundays) and Nordic Walking for Fitness (6-7 PM, Thursdays) as a low-impact workout. Participants will start at Takiff Center and go on group walks throughout Glencoe. Instructor Wendy Harmening will lead walkers through the park on hour-long walks designed to strengthen muscles in the legs, chest, arms, and abs. The movements also help to regulate breathing and improve circulation throughout the body. Nordic walking is suitable for any walking pace, duration, or distance and walking poles are provided.

"Some students are more interested in the endurance aspect of

Nordic walking, while others want to increase their physical fitness capabilities," Wendy said. "It's easily adaptable and everyone can go at their own pace, so it's the kind of activity where you can go out and have conversations and meet other people."

Using specially-designed poles, Nordic walkers move through grass, sand, concrete or virtually any outdoor terrain in a simple walking motion, but the movement of the poles adds an additional workout for the upper body, providing a full-body cardio and strength-training workout.

To register for Nordic Trail Walking or Nordic Walking for fitness, visit www.glencoe park district.com. Classes start September 11 and meet for six weeks. ■



Plug Into a New Fitness Class

Drop-in for a class or register for a full session. Each class is an hour long and takes place at the Takiff Center (unless otherwise noted). Find out more at www.glencoe park district.com

Interval Training 8:15 AM, Wednesdays

Try a fun combination of muscle conditioning and high energy cardio designed to shape your body.

Hatha Yoga 9:15 AM, Mondays

Increase your strength, stamina, and flexibility by learning basic yoga poses adapted to your skill level.

Jazz Dance 9:40 AM, Thursdays

Enjoy great music and dance combinations in this choreographed class.

Moving with Weights 8:20 AM, Tuesdays

Burn calories while increasing your upper and lower body strength with low-impact aerobics.

Gentle Yoga 9:30 AM, Thursdays

Whether you are new to yoga or an experienced Yogi, this class is for you.

Row & Go 9:45 AM, Tuesdays

Rowing intervals combined with dynamic sculpting exercises.

Rowing Fundamentals 6:30 AM, Mondays

Learn the basics of proper rowing form.

WERQ 11 AM, Mondays & Fridays

The fiercely fun dance fitness workout class is back!

Intermediate Vinyasa Flow at Glencoe Beach

9:30 AM, Wednesdays

Practice Sun Salutations, standing poses, and seated poses at the beach.

Park Fitness at Shelton Park 11 AM, Saturdays

We'll utilize the outdoor fitness equipment and park space for circuit training with strength and cardio exercises ■

Skate at Watts!

Plan your winter at Watts Ice Center now! Our new curriculum, along with new instructors, are the perfect introduction to outdoor skating.

This year, all skate school participants will receive access to special practice times open only to skate school participants as a way to work on skills learned in class.

Learn to Skate and Figure Skating Lessons

New for the 2016-17 Season, the Glencoe Park District will be offering United States Figure Skating Association curriculum for all skating lessons. USFS is the nationally recognized governing body for figure skating in the United States. The program encourages participation and achievement in the sport of figure skating for participants of all ages and skill levels. The USFS Basic skills program will provide a foundation of fundamentals combined with fun on the ice to give participants a positive experience and a lasting passion for skating. Participants will receive a booklet to track their progress through the program as well as a patch for each session of participation and level passed.

Hockey Programs

Join one of the fastest growing sports in Chicago and the United States! Our hockey programs will teach the basics of skating as well as the fundamentals needed to play the game, including stick handling, passing, shooting and game play. With a variety of classes, you can find the perfect level for your skill set. Full gear is required; skate rentals are available.

- **Minorhawks: Learn to Skate** This is for the beginner hockey player who is new to the ice. Participants need no previous skating or hockey experience as we will teach these future all-stars skills like falling down and getting up safely, marching in place, gliding, and skating with a stick.
- **Minorhawks: Beginners** Skaters should have passed the MinorHawks Learn To Skate program or have a basic knowledge of skating. Participants will take the next step in their playing career by moving to more advanced skating and hockey moved. Participants will work on skills like turning, skating on one foot, skating backwards, stopping, and skating with a puck.
- **Minorhawks: Intermediate** Hockey players will continue their skill development in this level. Participants should have completed the MinorHawks beginner program or have a strong skating and hockey fundamental base. In this level, players will work on improving skating technique by learning skills like crossovers, hockey stops, and forward/backward transitions. Players will also focus on puck handling, shooting, and basic game play.
- **Minorhawks: Advanced** Hockey players now take to the big ice. Players will participate in drills that work to improve skills learned in previous levels as well as learn in-game positioning and strategy through scrimmages.
- **Adult Hockey** New to the sport or looking for some tips and instruction? This class is a great fit for novice and intermediate players. Learn basic hockey fundamentals, including skating, passing, shooting, and puck handling, or get feedback on how to improve your game. This program will be split between on-ice instruction through drills and guided scrimmage.

Class registration and season pass sales start November 1. ■



Plug Into Skating

Learn to skate or refine your skills at Glencoe's only outdoor ice rink. Class registration starts November 1. Find out more at www.glencoeParkDistrict.com

SKATING CLASS SCHEDULE

Class	Age	Day	Time
Toddler Learn To Skate	3-6	Wednesday	10:00-10:30 a.m.
Toddler Learn To Skate	3-6	Friday	10:00-10:30 a.m.
Snowplow Sam 1	3-6	Saturday	10:00-10:30 a.m.
Snowplow Sam 1-4	3-6	Wednesday	3:50-4:20 p.m.
Snowplow Sam 1-4	3-6	Friday	3:50-4:20 p.m.
Snowplow Sam 2-4	3-6	Saturday	10:40-11:10 a.m.
Basic 1	7-14	Wednesday	4:30-5:00 p.m.
Basic 1	7-14	Friday	4:30-5:00 p.m.
Basic 1	7-14	Saturday	11:20-11:50 a.m.
Basic 2-3	7-14	Wednesday	5:10-5:40 p.m.
Basic 2-3	7-14	Friday	5:10-5:40 p.m.
Basic 2-3	7-14	Saturday	12:00-12:30 p.m.
Basic 4 and up	7-14	Wednesday	5:50-6:20 p.m.
Basic 4 and up	7-14	Friday	5:50-6:20 p.m.
Basic 4 and up	7-14	Saturday	12:40-1:10 p.m.
Adult Skating	14+	Wednesday	10:30-11:00 a.m.
Adult Skating	14+	Friday	10:30-11:00 a.m.
Adult Skating	14+	Wednesday	6:30-7:00 p.m.
Adult Skating	14+	Saturday	1:20-1:50 p.m.

HOCKEY CLASS SCHEDULE

Class	Age	Day	Time
Minor Hawks 1	3- 14*	Tuesday	3:50-4:20 p.m.
Minor Hawks 1	3- 14*	Sunday	10:20-10:50 a.m.
Minor Hawks 2	3- 14*	Tuesday	4:30-5:00 p.m.
Minor Hawks 2	3- 14*	Sunday	9:00-9:30 a.m.
Minor Hawks 3	3- 14*	Tuesday	5:10-5:40 p.m.
Minor Hawks 3	3- 14*	Sunday	9:40-10:10 a.m.
Minor Hawks 4	3- 14*	Tuesday	5:50-6:20 p.m.
Minor Hawks 4	3- 14*	Sunday	8:00-8:30 a.m.
Adult Beginner Hockey	14+	Tuesday	6:30-7:00 p.m.
Adult Beginner Hockey	14+	Sunday	7:00-7:30 p.m.

*Players will be divided by age and skill as needed



Board of Education

- Mrs. Julie Ackerman
- Mr. Robert Bailey
- Mr. Edward Chez
- Mrs. Melissa Estes
- Mrs. Jean Hahn
- Dr. Marc Glucksman
- Mr. Gary Ruben - President

Superintendent

Dr. Catherine Wang

Contact Information

Board of Education
Glencoe School District 35
620 Greenwood Avenue
Glencoe, IL 60022

Phone: 847-835-7800

Fax: 847-835-7805

Website: www.glencoeschools.org



Coming Events:

5th Grade "Go-to-School" Night

Thursday, September 8 | 6:30 p.m.

6th-8th Grade "Go-to-School" Night

Thursday, September 15 | 6:30 p.m.

Early Childhood Screenings

Monday, October 24

Tuesday, October 25

West School Fair and PTO Book Fair

Friday, October 21 | 5:30 p.m. - 7:00 p.m.

Parent/Teacher Conferences

Thursday, November 10

Friday, November 11

Kindergarten Registration

Thursday, November 10

7:00 a.m. - 6:00 p.m.

Central School Fall Music Festival

6:30 p.m. | Wednesday, November 16

Glencoe District



SUPERINTENDENT'S MESSAGE

Dear Parents and Community Members,

On August 25th, we welcomed our students and staff members to the 2016-2017 school year. The daily bell schedule has returned; our hallways are bustling with students and staff settling into the new routines. The faculty and staff of District 35 returned refreshed from their summer of professional development opportunities. There is an excitement to begin the new year as we engage our students to become successful learners not only in school but, more importantly, beyond our classrooms as community members. We will endeavor to balance their academic achievements while encouraging creativity, exploring the unknown, and celebrating the gains as we partner with our families to grow purposeful young learners.

Throughout the summer break, numerous maintenance projects were completed at each building including the major library renovation at South School to provide space for our full-day Kindergarten program, Central School gym floor restoration, and West School duct cleaning.

We must thank the Glencoe Parent Teacher Organization (PTO) and Glencoe Educational Foundation (GEF) for their contributions to our summer updates. Our fifth and sixth grade classrooms have opened the year with iPad packs as a result of PTO generosity; staff and students in two classrooms will benefit from the installation of SMARTBoard technology thanks to the generosity of the GEF; and, our teachers continue to benefit from the GEF's support of our teacher laptop program. Such enhancements would not have been possible without the support of both the PTO and the GEF.

If you are new to Glencoe, or this is your first year with a child in our district, we encourage you to stay involved and join our monthly Board of Education meetings. This year, our Board of Education meetings will be held the first Thursday of the month at 7:00 p.m. Our Board of Education provides key leadership to define the direction of our educational operations across our school district. The Board is dedicated to ensuring our mission is addressed while also remaining respectful stewards of the community resources. Please be sure to note the updated information from the Glencoe Caucus shared on the back cover. The support from the Glencoe Caucus is critical as the Glencoe community prepares to elect Board of Education members during the April 2017 election.

During the school year, you may receive updated information on school activities, news, and events by visiting the newly refreshed district website www.glencoeschools.org. We also encourage our families and community members to register to receive our weekly newsletter with news from each of our schools.

We are prepared for another outstanding school year in District 35. Thank you to the Board of Education, staff members, and administrators for their hard work and continued focus on quality education. We look forward to working together as we promote a love of learning and a healthy respect for education among our staff, students, and families.

In partnership,

Catherine Wang

Superintendent

District 35 Welcomes Amy Holaday to a New Role

On June 6th the Board of Education officially appointed Mrs. Amy Holaday to the Director of Curriculum role within District 35. For the past nine years Mrs. Holaday has served District 35 as a second grade teacher, a fourth grade teacher, and most recently as our Technology Integration Specialist at Central School. Amy's dedication to quality instruction and thoughtful integration of technology are hallmarks of her work in our schools. We are most fortunate to welcome Mrs. Holaday to a district-wide leadership role to support teaching and learning initiatives across our schools.

When asked what she is most looking forward to in her new role, Amy shared, "Having worked in all three schools, I am continually impressed by the creativity, talent, and dedication of our teachers. I am honored to support staff members across the district as we work to meet the needs of all students."

Budget Hearing Held on September 1, 2016 SchoolRush in District 35

The proposed District 35 budget for the 2016-2017 fiscal year was reviewed Thursday, September 1, 2016. The review was conducted during a public hearing in Young Auditorium at Central School during the regular monthly meeting of the Board. A tentative draft of the budget was approved during the June 6, 2016 Board meeting and has been available for public review since that date.



The tentative budget identified operating revenue for our school district as \$25,583,419. The sources of these funds are:

- Local (96%),
- State (3%), and
- Federal (1%).

Operating expenses for the 2016-2017 fiscal year are budgeted at \$24,934,953. As in past years, the largest operating expense is employee salaries and benefits (77%), with purchased services, supplies, capital outlay, tuition and contingency ranging from 1% to 8% of the total operating budget.

The FY17 Tentative District Budget is available on the District 35 web page at www.glencoeschools.org and is also on display in each school office and the Board of Education Office. For questions regarding the District 35 budget or budget hearing, please contact Jason Edelheit, Director of Finance and Operations, at edelheij@glencoeschools.org. ■

Register for Weekly eNews

South, West, and Central Schools each have their building news posted online for families, students, and community members. Weekly updates may be found at the following websites:

- South School: www.glencoesouth.org
- West School: www.glencowest.org
- Central School: www.glencoecentral.org

We encourage parents and community members to sign up to automatically receive the District newsletter via e-mail. To do so, register at the following site: www.glencoeschools.org. Families who previously registered do not need to register again for the coming school year. ■

New Staff Members Join Glencoe School District

A number of new faces will be seen in the classrooms and hallways of District 35 schools. Please welcome the following individuals joining the District 35 staff: Chrystal Abplanalp, Kindergarten Teacher at South School; Christina Benetatos, 1st Grade Teacher at South School; Heather Hargreaves, ELL Teacher at Central School; Rachel Katz, Spanish Teacher at Central School; Amy Langendorf, District Social Worker; Ruth Lesser, Teacher Associate at South School; Michelle Litchman, Teacher Associate at South School; Julie Pappas, Special Education Teacher at Central School; Jill Patterson, 1st Grade Teacher at South School; Walter Pituc, Technology Integration at Central School; and Natalie Shadel, Art Teacher at West School. We also welcome ten new Teacher Associates to our team; hiring for these positions was completed in August. ■

While many districts keep parents informed with Twitter, Facebook, Instagram and other social media, new tools have emerged which provide a more secure and private communication platform for school to home communication. During the 2015-2016 school year several teachers across District 35 had an opportunity to pilot a secure application called **SchoolRush**. The **SchoolRush** app allows teachers to share pictures, videos, documents and text messages with the parents in their classroom. Such access is limited to District 35 parents and remains specific to each child's classroom. After a successful pilot year, District 35 is pleased to announce the launch of **SchoolRush** as a tool for push communication from our classrooms and schools. Parents will receive specific directions to download the app and connect with their child's classroom(s). The information and resources shared will not be accessible to those outside of our parent listing. With the launch of a new social media platform, all district staff members will be reviewing our Social Media Policy (5:125), which can be found on the District 35 website under our new Policy section. ■



Glencoe School District 35 Website Redesign

Many families may have noticed a facelift to the Glencoe School District website in August. We are excited to formally announce the redesign and update of our online presence across our district and school websites. The new sites are responsive and designed to be functional on mobile devices. We have also taken time to review our usage data and redesigned key sections to allow for easier access to calendars, parent information, and support resources for those families considering relocating to Glencoe.



Within the *Board of Education* section, we have added sections for parents and community members to remain updated on the latest Board of Education news and required Board of Education policies. ■





Kindergarten Registration for 2017

November 10, 2016 | 7:00 a.m. - 6:00 p.m.
South School Crawford Learning Center

We are pleased to announce our Kindergarten Registration for the 2017-2018 year is scheduled for November 10, 2016. When registering, please be mindful of the following requirements:

1. Children must be 5 years of age on or before September 1, 2017
2. Bring your child's original birth certificate
3. Bring in proof of residency documents
 - a. Your most recent property tax bill and proof of payment or lease and proof of last month's lease payment
 - b. 3 documents with your name and address

Please contact South School at 847-835-6400 with additional questions regarding kindergarten registration. ■

Early Childhood Screening

Monday, October 24, 2016: 2 years and 6 months - 5 years

Tuesday, October 25, 2016: Birth - 5 years

Glencoe School District 35 is offering Early Childhood development screenings for Glencoe children. The screenings are open to Glencoe residents who have concerns about their child's development in the areas of: speech-language, fine motor skills, concept development, and/or social-emotional growth. Vision and hearing screenings are also provided.

Due to state requirements, parents who wish to participate must schedule their child for all components of the screening. These screenings are conducted in an effort to identify children who may benefit from special education services and/or consultation during the preschool years. Parents will be asked to describe their concerns regarding their child in the above

areas. Please note, the screening is not designed to determine a child's readiness for kindergarten.

Additional information on childhood developmental milestones is available at the following website: <http://www.cdc.gov/ncbddd/actearly/milestones/>

To schedule a screening for your child, please contact Kim Badie in the Pupil Services Office at 847-835-7838. Please call by Thursday, October 20, 2016. ■

Instant Alert Testing



On Sunday, September 18, 2016, the Glencoe School District Instant Alert System will be tested at 2:00 p.m. In the event of an emergency, school closing, or the need to share important information, a message will be delivered to the contact information on file for students. Parents are asked to contact Roseanne Nelson at either 847-835-7816 or via e-mail at nelsonr@glencoeschools.org to update contact information. ■

Thank You GEF!



The Glencoe Educational Foundation (GEF) works in close partnership with District 35 to support technology initiatives in our schools. Each year's success is due to a dedicated team of parent volunteers who plan and coordinate the Glencoe Grand Prix and the newly added GEF 5K. The 2016 Glencoe Grand Prix was a smashing success raising funds to support two new Smartboards, 20 teacher laptops, a weather station for O'Neal Elementary, and funds for learning needs at Johnson College Prep in Chicago. We are most thankful for the ongoing support and dedication to such initiatives.

Mark your calendar and save the dates!

- GEF 5K on September 24, 2016
- Glencoe Grand Prix on June 3, 2017 ■

Glencoe District 

Did You Know?

20,000

As the South School library was prepared for renovation, 20,000 books were donated to SCARCE, Bernie's Books, and O'Neal Elementary.

715

of families with children enrolled in District 35

The District Improvement Plan contains 4 core goal areas:

- 💡 Teaching & Learning
- 🗨️ Communications
- 👤 Recruitment & Staffing
- 🏢 Operations

4

106

of teachers with a Masters degree

District 35 donated 413 pounds of plastic bags and wrapping to the TREX recycling program during the 2015-2016 year. Glencoe families and community members may drop bags off at any of our schools to join in the recycling effort.

413 lbs.

of employees

208

Executive Director

William Hansen, MSW

Board of Directors

President

Jennifer Stone

Lisa Cardonick

Kimberly DuBord

Elaine Duckler

Wendy Netter Epstein

Erica Freeman

Erika Goldstein

Nicole Hayek

Heather Jagher

Beth Karnes

Amy Maher

Karen Mason

Rick Richker

Carrie Rose

Nicole Wineman

Villagers

Paula Alexander

Marisa Bingham

Carrie Feig

René Firmin

Rebecca Hoffman

Melissa Jarmel

Steve Kohn

Jennifer Mesterharm

Steve Santiccioli

Jamie Straight

Sheri Styles

Executive Leadership Council

Lonnie Barefield

Laura Bayley

Barbara Davis

Rabbi Wendi Geffen

Stephen Helpern

Heidi Kiesler

Emily Knight, PhD

Rabbi Steven Lowenstein

Marilyn Perlman, PhD

Lois Scheyer

Diane Schwarzbach

Robert Sideman

Rachel Stein

Reverend David Wood

FSG Office Locations

675 Village Court, 2nd Floor
and

361 Park Avenue, Suite 202
Glencoe, IL 60022
847-835-5111

www.familyserviceofglencoe.org



EXECUTIVE DIRECTOR'S MESSAGE

Dear Friends and Neighbors:

In this issue of the Quarterly, FSG is focused on welcoming new families, the importance of sleep in our lives, and information about parent discussion groups.

The material presented about parent discussion groups got me thinking so I decided to share something personal from recent events. In July I turned 60 and celebrated with friends and family with a party at our home. After dinner, we had a gathering for anyone who wanted to sing, share reflections, and perhaps even roast the host, i.e. me. I had a great time and everyone was merciful with the roasting part, mostly friends recounting shared exploits. It's possible they were being nice because the "mutually assured destruction" mechanism was in effect. You know the syndrome, right? Whatever they say about me might accrue equally to them? So maybe it was more out of self-preservation, akin to what happens in Vegas . . . But I digress.

The most moving part of the evening came when my 26-year-old son and 24-year-old daughter offered tributes. My son serenaded us with "Over the Rainbow" which he informed the guests was one of the bedtime songs I sang to him when he was little. My son has a beautiful baritone voice with a strong reach into the tenor range and he sang beautifully. When my daughter's turn came, she gave a speech about what a great dad she has, talked about some of my good qualities (thankfully leaving out my many flaws), and how much she has learned from me. I was stunned and moved to tears by my kids' expressions of gratitude and love.

I share this as a message of hope to parents who struggle with raising their kids, especially during the teenage years. There were many times during

my children's adolescence when I despaired of my parenting skills and wondered how we would all get through those wearisome times. I wish we had had a parent discussion group like the ones FSG sponsors where we could talk with other parents about our struggles with professional guidance. We did have a wonderful family therapist who gave us a heads up when she said, and I quote "you won't like them at all when they're 15." She encouraged patience, dispensed insight and wisdom, and provided great emotional support to my wife and me through those years. She assured us that we would make many mistakes and reassured us that none of them would be fatal. I remain so very grateful for her presence in our lives during those turbulent years.

Kids are going to be a challenge at many different stages. I am reminded of this Mark Twain quote: "When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years." As one who has been in this arena, I can testify to inherent truths in this statement. At age 14, my kids thought I didn't know anything. Now they are singing and testifying to what a great dad I've been.

Raising children is a tough business. No matter how bad you think things are, they are probably not as bad as you are imagining. Know that you will get through it. At whatever point you need additional emotional support, don't hesitate to call us for a parent consultation visit, or to find out how to get involved in a parent discussion group. Our compassionate and caring clinical team is here for you. ■

At the heart of our community,

William (Bill) Hansen, MSW

Executive Director

william@familyserviceofglencoe.org



NEW FOR FALL

Preschool Parent Discussion Group

Would you like to be part of a dynamic group that shares ideas and learns together? Consider joining other preschool parents from all of Glencoe's preschools for a once a month discussion group. Interested? Contact Kathy Livingston, LCSW at 847-835-5111 or email kathy@familyserviceofglencoe.org.



Welcome to the Neighborhood!

Did you just move to Glencoe? Many newcomers arrive in the summer. Moving presents new opportunities but can also be stressful. Many adults report feelings of loneliness following a move. After the physical upheaval of moving settles down many people find they are missing meaningful connections with friends and neighbors. The smallness of our community affords everyone a good chance to see a familiar face on our streets and at events or classes.

Here are some nice ways to connect with people that will open doors for you to meet people while getting involved in the community.

1. Join a club. Glencoe has many clubs. The Glencoe Social Club (GlencoeSocialClub.com) has a helpful website with a page devoted to community resources just for people who recently moved here. The Woman's Library Club of Glencoe (wlcGlencoe.org) also offers a myriad of events and activities. Have a look and you might just find an activity that will meet your needs.

2. Join a group. Family Service of Glencoe offers many parenting groups, meditation sessions and much more beyond our pure clinical offerings. Give us a call to learn more.

3. Sign up for a class. The Glencoe Park District (GlencoeParkDistrict.com) and area organizations offer myriad opportunities to get out and learn something new. What better way to meet new people than a shared pursuit of information or skills?

4. Join a library program or book group. The Glencoe Library (GlencoePublicLibrary.org) offers many, many wonderful programs and recurring groups for book lovers and information seekers alike. Don't miss out on the exceptional resources our library has for all residents.

5. Get involved with the Glencoe PTO (GlencoePTO.org) It may sound cliché but it is true, the PTO can always use more volunteers and the Glencoe PTO always welcomes new people to pitch in and help. If you have children in the District 35 schools this is a superb way to connect with people.

6. Join local Facebook Groups. There are many active, excellent Facebook groups you might join including, The North Shore Mom's Spot, Mature Moms of the North Shore, Working Moms of the North Shore and more. By joining these pages you may see opportunities to meet up with other like-minded newcomers.

7. Make some all-family playdates. When you move, and if you have children, it is easy to get lost in a sea of scheduled playdates for your kids. Try making some all-family playdates with families with whom you are newly acquainted. By bringing everyone together you can easily foster a greater sense of connection and friendship for all ages. For a fun local outing, try volunteering together at the Glencoe Community Garden (GlencoeCommunityGarden.com).

8. Take your indoor activities outside. Take advantage of nice weather and bring your books, work or lunch outside where you run a much higher

chance of meeting people than if you remain in your house.

Good friendships take time to develop. Getting plugged in to a group or activity is a great first step in building your circle of friends. Over time you will meet people, see familiar faces at the store and discover new friends to enrich your life. Welcome to Glencoe! ■

Parent Discussion Group Q&A

with FSG Clinical Director Al Ross, LCSW, RDDP

FSG offers monthly parent discussion groups in an effort to aid parents in raising emotionally healthy children. These grade-level-based dialogues are professionally facilitated and designed to encourage positive conversations around social-emotional issues. What can one gain from participation? Group members find emotional support, a sense of community, and a sounding board for questions and concerns. The monthly meetings have both a therapeutic and educational focus, thereby meeting the needs of the parent in a relaxed, supportive environment.

Q: What is the origin of the parent groups?

A: Parent groups started decades ago in the surrounding communities. More recently, Glencoe Parent Connection created a series of topic-driven workshops entitled "We Need To Talk." Nancy Shaw, a then-member of the school board, spearheaded the idea of organizing parents in discussion groups led by a trained facilitator. I personally began FSG's first group seven years ago. That group still meets today.

Q: What is a group's purpose?

A: As a facilitator, I aim to help members access each other – to connect parents with one another. These confidential meetings give members a place to feel safe having difficult conversations. We find that adults who are connected in a community reach out and care about all the kids in that community. This provides a safety net for all. Parenting groups strengthen and support parents and normalize their concerns.

Q: Who can join a group?

A: Groups are open to anyone in the community. Typically, each group is age and gender-based. For example, there is a current group for parents of 3rd grade girls and another for parents of 10th grade boys. New groups form every year. Some recent additions include an evening group for working mothers and a group for older mothers of younger kids. Ongoing groups are typically closed, although spots do open up if current membership in that group declines. If there is additional interest in a particular age group that is closed, we can form an additional group.

Q: What are the logistics?

A: Groups meet monthly at a mutually agreed-upon time. Members take turns hosting. A trained facilitator leads the group and will provide discussion topics if requested. However, discussion topics typically come up organically. Members are encouraged to bring up questions and concerns. Each session costs \$20 and individuals only pay for a session they attend.

Interested in joining a group or need more information? Please contact Al Ross at al@familyserviceofglencoe.org or 847-835-5111. ■



STAFF BOOK PICKS

Learning is a lifelong process and reading is an excellent way to explore new ideas. Here's what our clinical staff have been reading this summer.

Cindy Brunson recommends:

Why Does He Do That? by Lundy Bancroft. Inside the minds of angry and controlling men.

Chuck Hutchcraft recommends:

Mindsight, by Dan Siegel. Siegel draws from neuroscience and psychotherapy to help us see why we do what we do and how these insights can be used to transform our relationships with others.

Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom, By Rick Hanson and Alan Bomar Jones. Hanson and Jones say neuroscience affirms that contemplative practices enable us to rewire our brains and deepen our capacity for love and happiness.

Curious, by Ian Leslie. At various times in history, curiosity has been either highly valued or demonized. Leslie, favoring the former, says curiosity enriches our lives, spurs learning and helps parents be better attuned to their children.

Kathy Livingston recommends:

Parenting from the Inside Out by Dan Siegel. It's really the best book out there for parents.

Joan Merlo recommends:

No Mud, No Lotus by Tich Nhat Hanh. It is a brief and beautifully written book offering practices and inspiration for transforming suffering into joy. The author, a well-known Zen Buddhist teacher shares simple practices which can generate the energy of mindfulness into our daily lives "in ways which help us embrace emotional & physical pain, bringing relief, freedom & clarity."

The Gift of Years by Joan Chittister. I found it to be a marvelous book on the joys and challenges of aging gracefully. The author, a celebrated spiritual teacher, offers thought-provoking meditations which are "wise, mischievous and comforting" on the richness and fulfillment possible in the second half of life.

Al Ross recommends:

Brainstorm: The Power and Purpose of the Teenage Brain by Daniel Siegel

In the Realm of Hungry Ghosts by Gabor Mate (on addiction)

How Children Succeed by Paul Tough

Blessing of a Skinned Knee by Wendy Mogel



A Good Night's Sleep is What You Need

If you can't face the world without your two cups of coffee, your kids have trouble focusing at school, and your spouse is

unusually cranky, maybe all you need is an extra hour of sleep. While you may not think there are enough hours in the day to get everything done AND get a full eight hours of sleep, sacrificing precious hours of needed rest can take its toll on your mind and body.

It's not just puffy eyes and irritability that should concern us. Insufficient sleep can lead to serious health conditions, explains Kim Schaf, Certified Sleep Specialist and owner of Sleep Training Solutions, in Winnetka, including hypertension, diabetes, obesity, heart disease, stroke, and accidents.

According to FSG therapist, Kathy Livingston, LCSW, lack of sleep in children can result in behavior changes, inability to pay attention in school, and problems with executive functioning. Livingston states, "We see more and more kids, as well as parents, struggling to cope with lack of sleep. It can really change your outlook on life as well." Sleep deprivation may prevent you from thinking clearly and keeping your emotions on an even keel. It can hurt your work performance and harm relationships.

If all this isn't enough to convince you to make sleep a priority, consider the findings of a recent University of Colorado Boulder study, which reported that there are 17% more fatal car accidents on the Monday following the Spring daylight savings change, when we lose an hour of sleep, than any other day of the year.

"Many people believe that to get ahead we need to put sleep last, but it's actually the opposite," says Schaf. "College kids get praise for pulling all-nighters, and adults are given special recognition for working through the night to meet deadlines. In actuality they would be so much more

productive, and healthier, if they simply managed their time better, and completed their tasks while well rested."

How much sleep is enough? While it varies by individual, the National Institutes of Health recommends that school-aged children sleep at least 10 hours, teenagers 9 to 10, and adults between 7 and 8 hours of sleep each night. Schaf adds that it needs to be continuous, uninterrupted sleep to be beneficial.

What can we do to improve our sleep? Schaf and Livingston recommend:

Stick to a routine: keep a consistent sleep schedule. Go to bed at the same time each night, and awake the same time each morning. If you find yourself hitting snooze each morning, you may need an earlier bedtime. Try to stick to the same schedule through the weekend. Establishing a ritual each night (reading, journaling, meditating, chamomile tea) can also prepare your body for rest.

Avoid eating and exercise before bed: especially caffeine, alcohol, and sugar. Although exercise during the day can help you sleep better, the body needs time to wind down. Discourage your kids from rough-housing before bed.

Unplug: establish a place in your home outside the bedroom that is the charging station for all devices. Livingston says it's important for children to go to sleep without their devices in the room. "Start when kids are young. It's very difficult to get a teen's phone out of the bedroom if they've had it all along." The blue light emitted from cell phones and televisions may keep kids and adults awake. Ideally, we should all unplug from devices at least one hour prior to bed time.

A recent study by the Centers for Disease Control and Prevention (CDC) showed that Americans know how to get better sleep, but simply don't act on it. We have become a sleep-deprived society in our attempts to balance work, family, housework, and recreation. For most, sleep loss is self-inflicted, but there are many who suffer from insomnia, or who are sleeping as much as they need, but still don't feel rested during the day. If this is the case, you may have a sleep disorder or medical condition that should be discussed with your doctor. ■

ECRWSS Local Postal Patron

Call for Candidates!

Glencoe Caucus Now Accepting Applications

Since its establishment in 1936, the Glencoe Caucus has been the premier means through which well-qualified, experienced, and respected citizens are identified as candidates for elective offices in the Village.

The Caucus consists of two Nominating Committees (a "Village Nominating Committee" and a "School Board Nominating Committee") that slate candidates for Glencoe's elected positions on all boards overseeing local government. It also includes an Advisory Council to oversee the operations of the Nominating Committees.

The School Board Nominating Committee (SBNC) and the Village Nominating Committee (VNC) are currently accepting applications from interested Glencoe residents for positions on various Village Boards, including the Glencoe Park District, School District 35, Glencoe Public Library, and the Village of Glencoe. Now is your chance to make a difference in our community! Please apply today!

The Glencoe School Board Nominating Committee is seeking candidates to serve on the Glencoe District 35 Board of Education. Five of the seven positions will be filled in the Spring 2017 election, four 4-year terms and one 2-year term both beginning immediately after the election.

Applications must be completed and filed by October 15. The Caucus Nominating Committee will begin interviewing candidates after that date. To download an application go to www.glencoeaucus.org. For more information please contact Chad South or Matt Robbins at glencoeaucussbnc@gmail.com. ■



Glencoe Chamber of Commerce News

The Chamber of Commerce members hope you enjoyed summer and the events we sponsored: the Sidewalk Sale in late June, the new Glencoe French Market on Wyman Green, the Glencoe Festival of Art and Movies on the Green. Now, we are starting the fall season and that means vacations are ending, kids are going back to school and schedules will be busier. The Chamber of Commerce welcomes the change of pace. Our stores have new merchandise for you to check out, we have new stores opening and expanding and professional and personal service providers are lining up appointments for clients and customers.

The Chamber Board is hard at work, planning ahead for the holiday season that will be here before we know it. But first, we will host the annual Halloween Hello, that fun-filled, candy-filled Glencoe tradition, on Monday, October 31. Then, we will partner with the Village for another Glencoe tradition, Light the Village Lights on Friday, November 25. As the fall season progresses, we will have more information about these holiday activities.

In the meantime, please be sure to do your shopping, arrange lunch and dinner plans, go to the theater and make your appointments all right here in Glencoe. By patronizing our local businesses, you are ensuring the continued vitality of "Our Town" Glencoe. ■

THE GLENCOE FRENCH MARKET IS EXTENDED THROUGH SATURDAY, OCTOBER 1!

The Market on Wyman Green has been so well received in town that vendors want to keep coming. Please support our Market in the fall season; the hours are 8 a.m.-1 p.m.