



# THE MESSENGER

PUBLISHED MONTHLY BY AND FOR CITY OF HIGHLAND PARK EMPLOYEES

## July 2024 Edition

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### Welcome to...

DWAYNE SARVER	PUBLIC WORKS	MAINTENANCE WORKER (SEASONAL)
BARISA MECKLER	CITY COUNCIL	COUNCILMEMBER
FABIAN GUERRERO	POLICE DEPT.	POLICE OFFICER
DAISY HERTEL	COMMUNITY DEV.	PERMIT CS TECHNICIAN
JUSTIN PAITICH	COMMUNITY DEV.	ZONING PERMIT TECH.
NICHOLAS TAUB	CMO SENIOR CENTER	ADMIN CS SPECIALIST

### Farewell to...

HERACLIO FLORES	PUBLIC WORKS	MAINTENANCE WORKER
QUIANA COHN	POLICE DEPT.	SOCIAL WORKER
GARY SCHAEFER	PUBLIC WORKS	BUS OPERATOR



### Employee Anniversaries

NAME	DEPARTMENT	YEARS	TITLE
DON JENSEN	PUBLIC WORKS	38	WATER PLANT SUPERINTENDENT
LEIGH DELANEY	POLICE DEPT.	27	EXECUTIVE ASSISTANT
BABROK ARMAN	FINANCE (IT)	24	SYSTEMS ANALYST
MARIO VAZQUEZ	PUBLIC WORKS	22	MAINTENANCE WORKER
MASSIMO BARIGAZZI	PUBLIC WORKS	22	MAINTENANCE WORKER
JENNIFER DOTSON	CMO	17	EXECUTIVE ASSISTANT
ENZO DECRISTOFARO	POLICE DEPT.	17	POLICE OFFICER
ROBERT WAGNER	POLICE DEPT.	16	POLICE OFFICER
ROBERT LUTGEN, JR.	PUBLIC WORKS	12	FLEET MECHANIC
MERIYEN HERNANDEZ	FIRE DEPT.	10	EXECUTIVE ASSISTANT
JIMMIE PEACHER	PUBLIC WORKS	9	ENGINEERING INSPECTOR
LARA LUKASIK	FINANCE	7	ACCOUNTING MANAGER
MICHAEL MINISCALCO	FIRE DEPT.	5	FIREFIGHTER / EMT II
SEAN HOPSON	POLICE DEPT.	3	COMMUNITY SERVICE OFFICER
WARREN JONES	POLICE DEPT.	2	POLICE OFFICER

### Learning Corner

#### Social Media Guidelines

To help employees avoid improper use of their personal social media accounts, it's important to keep personal and professional lives distinct online. Employees should ensure that personal accounts do not convey official City business or opinions and must avoid sharing confidential or sensitive information. Refrain from using City logos, photos, or materials on personal profiles. When discussing City-related matters, employees should be mindful that their statements reflect on the City and maintain a respectful and professional tone. If approached to make a comment on behalf of the City, employees should refer the request to Amanda Bennett, the City's Communication Manager.

Employees and elected officials should not post comments as representatives of the City unless authorized by Amanda Bennett and should only do so from public official accounts. A comment posted by a constituent or a member of the public on any City of Highland Park site is the opinion of the commentator only and does not imply endorsement or agreement by the City.

# WIN Program



Please see WIN program reminders and notes:

**June Walking Challenge Results:** Thanks for all who participated! WIN points will be credited in the next week. The results are in and... drum roll please ....

- ⇒ **FIRST PLACE:** Off in the Woods 841.45 miles covered, but first across the finish line! Congrats to Andrew Seibel, Pete Goss, Kara Seibel and Kayla Goss! The prize for first place is a \$100 gift card to a Highland Park restaurant of your choice! Please e-mail [hr@cityhpil.com](mailto:hr@cityhpil.com).
- ⇒ **SECOND PLACE:** Passing Bayou with 843.94 miles covered, second across the finish line. Congrats to Nate Cristea, Deysi Rodriguez, Shawn Mathew and Silvana Cristea! The prize for first place is a \$75 gift card to a Highland Park restaurant of your choice! Please e-mail [hr@cityhpil.com](mailto:hr@cityhpil.com).
- ⇒ **TOP MOVER:** Lara Lukasik once again takes the crown with a total of 393.27 miles covered! Congrats Lara! The prize for top walker is a \$25 gift card to a Highland Park restaurant of your choice! Please e-mail [hr@cityhpil.com](mailto:hr@cityhpil.com).
- ⇒ **HONORABLE MENTIONS:** Pete Goss (292.11 miles), Kayla Goss (266.55 miles), Shuting Yu (260+ miles)
- ⇒ **"FALSE START":** Beignet Brigade was disqualified from the podium due to a device malfunction.

**Did You Know?:** You can earn points by watching videos in the CHC app? Learn & Earn Webinars (15 points each) can be accessed at any time, limit 2 per month. eLearning (5 points each) can also be accessed at any time, no limit per month, maximum of 30 points total. To access these point opportunities, log in to the CHC app and click "Improve Your Health" on the left menu. Click the Webinar or eLearning video of your choice. Points will automatically be applied to your account following completion of the video and accompanying questions.

**Coaching Calls Reminder:** Do you require coaching calls? To review if you require coaching calls, log in to the CHC app and click the "Rewards Level" button in the top left corner. From this screen you will be able to see to whether or not your coaching call requirement has been satisfied. If "Engage with a Health Coach" is checked, you do not require coaching calls OR you have successfully completed your coaching calls. If the "Engage with a Health Coach" is *not* checked (meaning the requirement is not yet satisfied), it means that you still require coaching calls. You should schedule your initial coaching call via the "Health Coaching" button on your home screen.

**Upcoming Challenge:** The "Hydration Challenge" has been moved to August this year. Please be on the lookout for an e-mail later this month with registration instructions and rules. The Hydration Challenge will be worth 25 WIN points.

**New Participants:** If you are not a current WIN participant, but wish to enroll, visit <https://app.chcw.com/#newparticipants> and use Program Code **6306Cit189** to register your account. Follow the prompts on the website to register for your Health Screening. Your discount will be applied upon receipt of results of your completed initial health screening.

# Messenger Bulletin Board

## Weekend Fun!



In between his many projects at City of Highland Park, Management Analyst Chris O'Neill's band, OFF The CLOCK rocked 28 Mile Distillery on Saturday night. The band played tunes from decades spanning the 1950s to the early 2000s including covers of Jimmy Eat World, Buddy Holly, Patti Smith and The Beatles.

Pictured: Chris O'Neill on bass guitar and John Siegle on lead guitar and vocals.

## Expanded Family

**It's a Boy!** Senior Center Social Services Specialist Rachel Trabaris welcomed Griffin Lloyd Trabaris to the world this month! Weighing in at 8 lbs, 9 oz, he was 21 inches long. Please join us in congratulating parents Rachel and Will Trabaris, and big sister Juniper. (Griffin pictured here)

The **Fire Department** has four announcements of members having new babies:

Executive Assistant Meriyen Hernandez had a baby boy 6/12/2024 born at 12:51pm at 19.5 inches and 6lbs 12oz

Firefighter Chris Gottschalk and his wife Kristen had a baby daughter Sophie, born 6/12/2024 at 8lbs 6oz.

Firefighter Andrew Beverly and his wife Grace announce the addition of Claire Elizabeth Beverly born on 6/14/2024 at 2326 hours weighing 6lbs 8oz and 19.7 inches!

Firefighter Tommy Richards and his wife Jordan are happy to announce that Van Thomas Richards was born 6/18/2024 at 1225 hours weighing 8lbs 8oz and 20.5 inches!



## New Council Member Barisa Meckler Bruckman

On June 10, 2024 longtime Highland Park resident Barisa Meckler Bruckman was appointed by Mayor Nancy Rotering to serve on the Highland Park City Council, filling the vacancy left by former Councilmember Jeff Hoobler's resignation on April 30, 2024. Bruckman's appointment follows a lengthy deliberation process that saw more than a dozen Highland Park residents apply for consideration. Bruckman was selected after interviews with Mayor Rotering and the full City Council. All sitting members of Council noted their support for the appointment. Her term will run to May 2025. If you see Barisa around City Hall, welcome her to the HP Team!

## Vintage Car show at The Lot

*Sunday, August 11, 12 PM – 4 PM* Peruse a fabulous array of vintage vehicles, right on St. Johns Avenue while enjoying live music, food, and beverages.



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## Port Clinton Concerts

What's better than a summertime Friday evening? A summertime Friday evening with a concert! The City of Highland Park is excited to announce the return of Port Clinton Concerts select Friday evenings in July and August. Enjoy the warm summer air and kickoff your weekend with live music from a diverse range of artists and genres including: folk, reggae, blues, soul, classic rock, and more.

**Friday Jul 12, 6:30 - 8:30 PM**

**Friday Jul 19, 6:30 - 8:30 PM**

**Friday Aug 2, 6:30 - 8:30 PM**

**Friday Aug 9, 6:30 - 8:30 PM**

**Friday Aug 16, 6:30 - 8:30 PM**

## Employee Spotlight

Each month, this piece highlights an employee from a different department. This month's employee interview is with Nicholas Taub, Admin & Customer Service Specialist at the Senior Center.

Messenger Editor: Where are you from originally?

NT: Libertyville, IL

Messenger Editor: When you were a kid, what did you want to be when you grew up?

NT: I wanted to work in NASA mission control

Messenger Editor: What is your favorite thing to do in the summer?

NT: Sleep In, when I can

Messenger Editor: What are you watching or reading right now?

NT: The Bear season 3

Messenger Editor: What is your favorite month and why?

NT: September, it has the best weather

Messenger Editor: What is the best thing you've ever eaten?

NT: A bowl of carbonara I had on my trip to Italy with my Latin class

Messenger Editor: If you had to sing karaoke, what song would you pick?

NT: I would avoid doing karaoke at all costs

Messenger Editor: You can have dinner with any three people, living or deceased. Who would you choose?

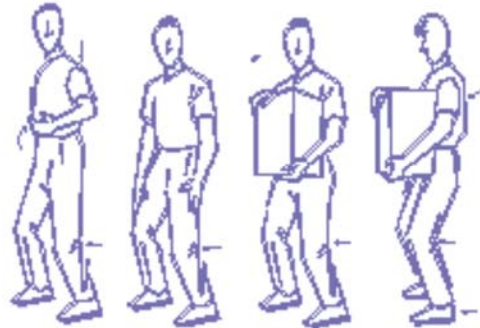
NT: The three family members that are the furthest back on my family tree I can find

Messenger Editor: They're making a movie about your life. Who would you cast to play yourself?

NT: Despite it being literally impossible, Charlie Chaplin, I think that a silent slapstick comedy bio pic would be funny

# UPRF Risk Reminder

## Lifting Basics



Most back injuries result from improper lifting. Not only is a back injury painful, it can also be permanent and end your career. Using the following guidelines for correct lifting will help you avoid injury.

### Before you lift, check out the load and ask yourself:

- *Is this object too heavy or too awkward for me to lift and carry alone?*
- *How high do I have to lift it?*
- *How far do I have to carry it?*
- *Is the path clear?*
- *Is there a mechanical device I can use instead?*

### How to Lift

- ◆ Make sure your footing is firm and that your feet are positioned correctly. Stand with your feet apart for balance: one foot close to the load, the other foot slightly behind you.
- ◆ Lower yourself into a squatting position with your back upright.
- ◆ When you lift, bend at the knees, not the waist.
- ◆ Use your whole hand, not just your fingers, to firmly grip the object.
- ◆ Hug the object close to you, keeping your back straight, and let the stronger muscles in your thighs do the actual lifting.
- ◆ Straighten your legs and move slowly.
- ◆ Never twist your body. If you must turn, point your feet in the direction you need to turn.
- ◆ Set the load down by slowly bending your knees, letting your legs do most of the work.
- ◆ Don't let go of the load until it's on the ground.

### How Does Incorrect Lifting Affect You?

- ◆ Your back supports 70 to 80 percent of your bodyweight when you're standing up straight.
- ◆ When you bend at the waist without support, your back actually supports six times the weight you're lifting.

## July Calendar

- **July 1** is **Canada Day**, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.
- **July 3** brings the start of the hot and sultry **Dog Days of Summer!** Read all about the [Dog Days of Summer](#).
- **July 4** is **Independence Day (U.S.)**. On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776. Don't forget to raise the flag! ([See American Flag Rules](#).) See our full [Independence Day page](#) and enjoy trivia—plus, refresh your memory on the real meaning of this day.
- **July 7** marks **Islamic New Year**, which begins with the first sighting of the crescent Moon after the new Moon in the month of Muharram. This event signals the start of the Islamic lunar calendar year.
- **July 14** is **Bastille Day**, which commemorates the storming of the Bastille and the start of the French Revolution.

