A Publication of the Borough of Highland Park

**SPRING 2017** 

# **Hidden Gems In Downtown Highland Park**

esidents and visitors flock to downtown Highland Park for the many eclectic shops and ethnic restaurants along Raritan Avenue. They also come for the many businesses and services that are located above these shops, including dozens of professional and medical offices.

Thanks to our close proximity to Robert Wood Johnson University Hospital and Saint Peter's University Hospital, as well as a number of medical centers in neighboring New Brunswick, Highland Park has an especially large concentration of doctors' offices. Many residents and out-of-towners utilize the services of these physicians. In fact, there are more than 20 types of doctors with offices in Highland Park.

#### Looking for a specialist?

Highland Park is the place to find a variety of medical services, including:

- Allergists
- Audiologists
- Anesthesiologists
- Cardiologists
- Chiropractors
- Counselors
- Dermatologists
- Dentists
- Family practices
- Gynecologists
- Immunologists
- Internal medicine specialists
- Geneticists



- Neurologists
- Oncologists
- Orthopedic surgeons
- Pediatricians
- Plastic surgeons
- Podiatrists
- Psychiatrists

Our large presence of medical professionals has helped Highland Park become a leader in health and wellness issues, helping us achieve a designation as the first HeartSafe Municipality in New Jersey, a

"Healthy Town to Watch" award from New Jersey Healthcare Quality Institute, and a strong Mayor's Wellness Campaign committee.

"Staying active and committed to a healthy living strategy is an important quality of life asset for our residents. Our walkable town, parks that surround us both on the North and South sides of town, plus a bustling, walkable/bikeable downtown make living an active lifestyle in Highland Park easy," said Mayor Gayle Brill Mittler.

Aside from medical services, many professionals have offices in the 2-4 story buildings along Raritan Avenue, between 2nd Avenue and 5th Avenue. These professionals include architects, accountants, acupuncturists, attorneys, advertising agencies, consulting firms, dance studios, fitness studios, massage parlors, photography and video services, printers, promotional product services, and more. The services and businesses located in these offices provide employ-

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ment for our residents and enable residents to live, work and shop in Highland Park.

These small businesses integrate seamlessly into Highland Park's identity as a neighborly community with highly educated and active residents. Professionals bring their expertise to our community, and succeed here because of the support of our residents. Since many of these professionals live in town, they understand the needs of the residents in Highland Park. This personal touch is appreciated by their clients. Additionally, because Highland Park is ideally located in the center of Middlesex County, clients also come from throughout the county and beyond to seek the service of these professionals.

So, next time you're strolling down Raritan Avenue, look up a floor or two to see the many businesses and services Highland Park has to offer above street level!

# **Letter From Your Mayor**

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Highland Park, NJ 08904

RESIDENTIAL CUSTOMER

**The Highland Park News** 

March was Women's History Month, and I'd be remiss if I didn't note some of Highland Park's notable women including;

Ms. Rebecca Goldstein -

## Author of Mazel and win

Author of Mazel and winner of the MacArthur award

# Highland Park's first teacher

Ms. Chrissy Bartle -

Ms. Joan Snyder Painter whose collections can be found in museums across the country, founder of the Mary H.
Dana Women Artist Series in 1974 ("the oldest continuous running exhibition space in the United States dedicated to making visible the work of emerging and established contemporary women artists"), and a MacArthur Fellow, Guggenheim Fellow, National Endowment of the Arts Fellow

## Ms. Adaline Glasser Bloom -

Worked for the Office of War information during WWII and was integral to the efforts to preserve film of the war

# Ambassador Meryl Frank -

Highland Park's first female mayor, and appointed by President Barack Obama to serve as Ambassador to the United Nations Commission on the Status of Women

Highland Park residents have an immense volunteer spirit. Because of our diversity of interests, we have volunteer committees for issues like the environment, sustainability, redevelopment, immigration, health issues, communications, planning, and more. The contributions our residents make to our community are invaluable and sincerely appreciated. This May, we will once again celebrate these residents at the Volunteer

Appreciation Event. Though celebrating once a year, I can assure you that we appreciate their hard work every day of the year. And I encourage everyone to get involved with our many committees and commissions, and help make Highland Park an even greater place to live, work, shop, and more. You can learn more about our volunteer opportunities by visiting our website at <a href="https://www.hpboro.com">www.hpboro.com</a>.

One of the most successful volunteer programs the Borough has sponsored for the past 4 years is the Park Partners Community Grant Program. Grants of up to \$2000 in each, in up to five categories, have been awarded for projects that have benefitted our community. This past February, residents voted for the following programs: Outdoor Movie Theater, Raices



Continued on page 4

# Our School District's Renaissance - Part II

Dr. Scott Taylor, Superintendent

Last year's March edition of The Highland Park News included an article titled, "A School District on the Rise and Making Strides Toward Being World Class." I'm excited to report that the school system's strategic plan has already led to positive changes that are raising the educational quality bar for our community.

First and foremost to be shared is the exciting expansion of programs that are helping all of our students apply the knowledge, attitudes, and skills necessary to understand and manage their emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible

decisions. Children at Irving and Bartle are immersed in daily "morning meetings" that have them getting together in a circle for 20 to 30 minutes to interact with one another in the following ways: Greeting (students and teachers greet each other by name and practice offering hospitality), Sharing (students share information about important events in their lives), Group Activity (everyone participates in a brief, lively activity that fosters group cohesion and helps students practice social and academic skills).

Restorative practices, strategies that build healthy communities, decrease antisocial behavior, and restore relationships among students and adults in

schools, are being implemented at the middle and high schools. Everyone in these schools will participate in meetings much like those facilitated in the elementary schools. Constructive means of working with students who violate the schools' codes of conduct will be implemented to foster a more positive relationship between these students and the schools.

Academics are another focus of the school district's strategic plan, and in this area the schools

have gradually been providing more program choices for students, particularly at the middle and high schools, with the recognition that not all young adults learn in the same manner or have the same interests.

A wider array of electives are now offered to Eighth Graders thanks in part to access to the non-profit Virtual High School (http://www.thevhs.org). High school students, due in large part to the expansion of the W.I.S.E. Program (http://tinyurl. com/h9mly2f), can study the professional field of their choice under the watchful eye of an off-school-site mentor.

A new culture of thoughtful, purposeful creativity and progressive-idea implementation has taken hold of Highland Park's schools. Teachers, support staff, the leadership team, and board of education have shown a solidarity and support for this new, healthy culture, and the unified way we are helping our

community's children will drive our beloved district to be recognized around the world as a leader in educational equity, social-emotional skill building, and academic Performance.

Please learn more about the strategic plan by going to www.pathway.hpschools.net You can follow the district on Instagram (highlandparkpublicschools), Twitter (@hpschoolsnj), and Facebook (@highlandparkpublicschools). Of course, you can also obtain information by going to www.hpschools.net.

References: CASEL (<a href="http://www.casel.org">http://www.casel.org</a>), Responsive Classroom (<u>https://www.responsive-</u> classroom.org), and IIRP (http://www.iirp.edu)

# **Highland Park's CERT Team – Community Heroes**

pholding Highland Park's commitment to supporting our neighbors, in May of 2015 the Office of Emergency Management, led by then Middlesex County Freeholder Jim Polos, implemented a program that epitomizes our volunteer spirit. CERT, or Community Emergency Response Team, is an emergency crew made up of volun-

teer residents, and is a branch of the Citizen Corps Program, which was created after the 9/11 tragedy. CERT empowers residents to help first responders with certain emergency and security situations.

Members of the CERT team assist in emergency situations such as major fires, search for lost or kidnapped individuals, staff emergency operations centers, as well as help the Red Cross and other relief organizations. They also provide security at special events in the Borough, monitoring the crowds and performing surveillance duties.

Due to the nature of their work. CERT team members undergo 18 hours of basic training. Sessions cover disaster preparedness, fire safety, disaster medical operations, disaster psychology, terrorism and more. Highland Park's CERT members provided critical assistance at some recent fires, both in Highland Park and in neighboring communities. Jim Polos is the CERT Coordinator, and Detective Don Newton is the Deputy Coordinator. Volunteers age 18 and up are wel-

come to apply (applications are available at www.hpboro.com under the OEM page).

All of our Highland Park volunteers provide invaluable service to Highland Park, and the dedication and assistance our CERT members provide is critical to the wellbeing of our residents, and sincerely appreciated by the community.

# WHAT DEPARTMENT DO I NEED?

MAIN TELEPHONE NUMBER

732-572-3400

## **BOARD OF PUBLIC UTILITIES**

800-624-0241

www.state.nj.us/bpu/assistance

## **BOROUGH CLERK**

## 732-819-3782

Apartment Registration, Business License, Dog & Cat License, Flood Zones (Maps), Garage Sale Permits, Liquor Licenses, Notary Public, Ordinances, Request for Public Record, Street Maps, Used Car Lot Licenses, Taxi Licenses, Voter Registration, Zone Maps (to purchase)

# **CABLE TV**

## 866-575-8000

www.cablevision.com

# **CODE ENFORCEMENT**

732-777-6013

Additions (Inspections, Capital Improvements) 732-819-3795

# **COMMUNITY SERVICES**

# 732-819-0052

Community Events, Senior Programs, Events & Activities

# **CONSTRUCTION**

732-777-6013

# **COURT**

## 732-777-6010

Court Wedding/Civil Union Ceremony by Judge

# **HEALTH**

## 732-819-3790 LIBRARY

732-572-2750

www.hpplnj.org

**MAYOR** 732-777-6001



#### **PARKS** 732-745-3900

Park Maintenance

# PLANNING & ZONING

732-819-3792

# **POLICE**

## 732-572-3800

Abandoned Cars on Street, Accident Reports (ext. 4211), Animal Control (Dead or Stray)

## **Weekends and Evenings**

Health Emergencies, Noise Complaints, Snow not removed from sidewalks

## **PSEG**

# 800-426-7734

www.pseg.com

# **PUBLIC WORKS**

# 732-514-1277

Borough Shade Tree, Bulk Trash, Garbage, Leaf Bags, Recycling, Roadway Improvements, Snow

## **RECREATION**

## 732-819-0052

Recreation/Arts Programs & Events, Registration & Information

# **SCHOOLS**

## 732-572-6990

School information http://www.hpschools.net/

# **TAX ASSESSOR**

## 732-819-3787

Block & Lot, Deed Inquiries

## **TAX COLLECTOR – FINANCE**

## 732-819-3788

Senior Citizen Tax Deductions, Tax Bills, Veteran Tax Deductions

# VITAL STATISTICS

#### 732-819-3782 or 732-777-6014 Birth Certificate, Death Certificate,

Marriage License

# **WATER**

#### 732-247-9379 Billing 732-819-3787

Maintenance Only 732-247-9379 Meter Issues/Questions, Sanitary Sewer Back-ups (Weekends & Evenings) 732-572-3800, Water leaks, Water Quality Issues/

## **WATER & SEWER FINANCE**

# 732-819-3787

Billing & Meter Reading, Sewerage Bills

# **BOROUGH CALENDAR**

All meetings are subject to change, please check the Borough's website at **www.hpboro.com** for updates.

# **Arts Commission Meeting**

Borough Hall 6:00 pm

April 13; May 11; June 8; July 13

#### **Board of Health Meeting** Borough Hall 7:00 pm

April 13; May 11; June 8

# **Borough Council Meeting**

Borough Hall 7:00 pm April 4; May 2, 16; June 13; July 11

#### **Access Meeting** Borough Hall 7:30 pm

**Commission for Universal** 

April 6; May 4; June 1; July 6

#### **Community Food Pantry** Meeting

Senior/Youth Center 7:00 pm April 5; June 7 **Environmental Commission** 

#### Meeting **Environmental Center 8:00 pm**

April 5; May 3; June 7; July 5

**Housing Authority Board** 

#### Meeting Samuel J Kronman Building

6:30 pm **Human Relations** 

#### **Commission Meeting** Borough Hall 7:00 pm

April 19; May 17; June 21; July 19 **Planning Board Meeting** 

Borough Hall 7:30 pm April 20; May 11; June 8; July 13

**Public Information Committee Meeting** Senior/Youth Center 6:00 pm

# April 4; June 27 **Recreation Advisory**

Committee Meeting Senior/Youth Center 7:00 pm May 8

#### **Redevelopment Agency** Meeting

Borough Hall 7:30 pm April 6; May 4; June 1; July 6

#### Shade Tree Advisory Meeting **Environmental Center 8:00 pm** April 12; May 10; June 14; July 12

# Sustainable Highland Park Environmental Center 7:30 pm

April 26; May 24; June 28; July 26 **Zoning Board of Adjustment** Meeting

Borough Hall 7:30 pm April 24; May 22; June 26; July 24

# **BOROUGH HOLIDAYS Borough Offices Closed:**

Good Friday April 14

**Memorial Day** May 29

Independence Day July 4

# Making Highland Park an Even Better Place to Walk and Bike



ighland Park is already a great place to walk and bike, but a group of residents has come together to help make it safer and easier for people of all ages and abilities to walk and bike throughout our community. Members of the Safe Walking and Cycling Committee (or fondly referred to as SWACC) have been appointed by the Mayor to advise, review and monitor the implementation of policies affecting travel on foot and by

bicycle within Highland Park and our neighboring communities. Walking or cycling is good for everyone - burning calories, getting your heart pumping, lifting your mood, and improving your health and wellbeing. By making our community safer and easier to walk and bike, we can encourage non-motorized travel that can lead to reduced congestion, better air quality, lower transportation costs, and improve quality of life by creating an environment where

residents of all ages and abilities have opportunities to travel independently and interact with the community on a daily basis.

#### What has been done so far?

The Safe Walking and Cycling Committee has benefited from some past efforts that have helped to get the ball rolling. Last spring a working group comprised of residents, students, school administrators, teachers, municipal officials, police, the Safe Routes to School

Coordinator from Keep Middlesex Moving Transportation Management Association and staff from the NJ Safe Routes to School Resource Center worked together to complete a School Travel Plan for all public schools in Highland Park. A School Travel Plan "maps out" how to improve pedestrian and bicycle travel to and from school to increase the number of students who walk and bike to school and to improve safety. A School Travel Plan identifies where students currently walk and bike and what changes need to be made so that students can and will walk and bike to school.

As an addendum to the School Travel Plan, volunteers gathered last August to complete New Jersey's first bikeability assessment. A bikability assessment helps schools, parents, students and community members identify barriers that may make it difficult or dangerous for children to bike to and from school. The assessment evaluates the sidewalk, road and neighborhood conditions around the schools, and identifies key safety improvements that can make bicycling a safer and easier way to get to and from school.

Using the findings from the Bikeability Assessment and the recommended actions identified in the School Travel Plan, SWACC was able to prepare a funding application for New Jersey Department of Transportation Safe Routes to School grant to help implement some of the infrastructure improvements that have been recommended.

#### **Moving Forward**

SWACC continues its work while waiting to hear whether Highland Park has received Safe Routes to School Grant Funding. We are working together to identify low cost, short-term improvements we can tackle now as well as to identify other funding prospects to implement the plans we already have. We continue to look for new opportunities to improve bicycle and pedestrian travel in Highland Park.

If you have questions about SWACC or let us know of any bicycle and pedestrian issues, you face within our community, please feel free to contact Trish Sanchez at **trishgsanchez** @yahoo.com.



# It's Time to Go Solar



here is a lot of buzz about solar energy these days, but if you're like most people, you have many questions like: How do I find a qualified installer? How will I pay for it? How much will I save on my bills? The Highland Park Solar Challenge was developed to help answer your questions about solar energy and make it easy to get a great deal on a solar energy system of your own.

The Highland Park Solar Challenge is a partnership between the borough, Sustainable Jersey and EnergySage, an online solar marketplace that was developed with funding and support from the US Department of Energy. This free service will help you learn about and shop for a solar energy system with absolutely no obligation to make a purchase in the end. You can get quotes from up

to eight pre-qualified contractors and all of the payment options (including renting, cash purchase and financing) are provided in direct comparison, so you can choose the best option for you. All you need to do is visit our customized portal: www.hpsolar.org.

More than 50,000 New Jersey homeowners have already gone solar and are saving money and the environment. On average, they save enough money each year from reduced electricity bills and other incentives to pay back their initial investment in just seven years. And, you can go solar with no money down through various loan and leasing programs!

Sign up today at <a href="www.hpsolar.org">www.hpsolar.org</a> for free solar quotes and help us spread the word about the Highland Park Challenge today.

# The Board of Health asks:

# What's the Buzz about Mosquitoes



come to spring and to this year's budding crop of mosquitoes. Mosquitoes are not merely biting nuisances, but are also carriers of certain diseases.

# Here are some interesting facts about mosquitoes:

- 1 The mosquito that carries West Nile Virus bites mainly at or after dusk (evening), while the mosquito that carries Zika bites mainly in the hours after sunrise and before dusk (daytime).
- 2 Some mosquitoes hibernate over the winter. Others lay eggs and then die; the eggs hatch in the spring and the cycle repeats itself.

3 Mosquitoes can detect human breath, sweat, and body heat. They follow their senses .... to us.

We cannot control what we breathe or how we smell, so we need to do all we can to keep the mosquito population low.

# Here are some tips:

- 1 Reduce mosquito breeding sites around your property. Remember, mosquitoes can breed and multiply in even the smallest areas of standing water. Look closely, and you will be surprised how many small water reservoirs you will find, e.g. folds in tarps, plant containers, rims of overturned buckets.
- 2 Be aware of the many ways in which your borough and county work to protect you. We are served by the Middlesex County Mosquito Extermination Commission, which uses a wide range of mosquito reduction techniques, from integrated pest management to limited spraying when necessary. Remember, anything you can do to lower the mosquito population also reduces the need for spraying.
- 3 Protect your body from bites by using safe, effective repellents. The Board of Health website has links to information from the CDC and more.

Find links to more information for these topics on the Board of Health website: <a href="https://sites.google.com/site/hpboardofhealth/home">https://sites.google.com/site/hpboardofhealth/home</a>

Link to main page of Mosquito Extermination Commission – lots of information here: <a href="http://www.middlesexcountynj.gov/Government/Departments/PSH/Pages/MCMosquito.aspx">http://www.middlesexcountynj.gov/Government/Departments/PSH/Pages/MCMosquito.aspx</a>

Link to information about protecting yourself safely from mosquito bites: <a href="https://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html">https://www.cdc.gov/zika/prevention/prevent-mosquito-bites.html</a>

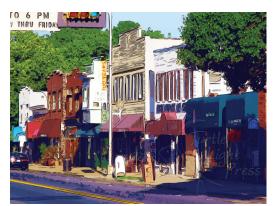
# **Classic Art Thrives in Highland Park**

As an art-centric community, Highland Park boasts a number of artistic shops and venues in our downtown. It is also a center of art instruction in Middlesex County and beyond, offering numerous opportunities for art instruction for students of all ages.

art of what drives these opportunities is our strong artistic community. As a neighbor to the Rutgers University Mason Gross School of the Arts, Highland Park is home to many art professors and graduate students at the school. These artists, along with many other active and creative residents, helped to reinvigorate our Highland Park Arts Commission last year, which has already offered a variety of public workshops, ranging from book art to spoken word performance. Commission chair Pandora Scooter described the group as "dedicated to creating arts education and opportunities" for all, with a special focus on teens and senior citizens.

Several of the art venues in the community are focused on the classic instruction of arts. Classic instruction generally refers to a three phrase process of learning, including "primary education" (teaching a student how to learn), "secondary education" (teaching the basic facts and practices, and developing skills, and "tertiary education" (preparing a person to pursue a profession). This third stage often includes internship opportunities.

Master teacher and classicallytrained visual artist Ana Soto-Canino, founder and owner of the Academy of Art in Highland Park since 1998, offers classes in more than 20 different vi-



sual arts media, covering both Western and Asian traditions, including drawing, inks, sculpture, mural painting, live figure studio and more. Classes have three levels of advancement, and students work at their own pace to advance. The studio also helps college-bound and exhibiting artists to create a portfolio to accompany their college applications.

Speak Music Conservatory, which describes itself as an "innovative music school dedicated to individualized, creative music instruction for students of all levels and ages", offers music lessons in 11 different instruments, including piano, violin, cello, drums, and guitar, as well as voice instruction. Begun in 2012 by musicians Aaron Weinman and Hsin Yi Tsai, the venue employs 15 faculty members known as teaching artists. Instrument lessons are individualized, but Speak Music also has several ensemble and small classes ranging from three to Highland Park has truly earned its reputation as an artfriendly town, and we encourage artists of all ages and levels to participate in classes or programs in the community.



seven participants, including two salsa bands for children ages 6-11. On

dren ages 6-11. One of these bands, Reggae Minis, recorded a CD of original compositions that will be sold as a fundraiser for scholarships given to children from disadvantaged backgrounds.

"Speak Music is a place with great teachers who get to share their passion with a group of students who really want to learn," said Weinman. Students are encouraged to practice at the site, which has grand pianos and other instruments available.

Art is something everybody can enjoy, regardless of the level of talent. That is what attracts people to Highland Park's Make Me Take Me shop. This pottery and painting store, which has over 1,000 pieces from which to choose for painting, also acts as a social venue. Owner Li Yang is a retired medical doctor as

well as a painter and pottery artist, who found the store eight years ago. While the studio does not provide academic instruction, there are instructors available during each class to assist artists. In addition, social events

such as "Paint and Sip", in which artists bring food and wine for an evening of painting or pottery and socializing, has become very popular among residents and out-of-town artists.

"Instead of going to a bar, people come here to paint," said Yang, who studied art in China before immigrating to the U.S. Yang recommends art for therapy and stress release. "There are no mistakes in art. Everyone does it their way."

In fact, everyone has a different idea of art, including those who make jewelry art. This type of art is available at the local studio Highland Sparks. Owner Lila Gutowski created the studio because she had trouble finding a place to learn jewelry art, and she has been helping others make beautiful pieces for seven years. Highland Sparks offers

basic jewelry-making classes and workshops for teens, as well as more advanced subjects such as enameling, silver smithing, and soddering. The studio has eight benches, each with its own set of tools, and each student is assigned their own bench. After an introductory class, many students continue with other courses. Some have been attending classes for more than five vears! Gutowski describes her philosophy as akin to that of Montessori schools, in which "people are inspired by what others are doing and learn from one another".

As is evident, local artists have a number of venues at which to practice their skills. Highland Park also has a gallery, Beamesderfer, which holds shows throughout the year featuring artists from Highland Park and beyond. Artists are also encouraged to participate in Main Street Highland Park's annual Arts in the Park juried art show and street fair every September. Highland Park has truly earned its reputation as an art-friendly town, and we encourage artists of all ages and levels to participate in classes or programs in the community.

# Park Partners Community Grant Program Has Record Fourth Year

he Park Partners Community Grant Program, a Borough-sponsored program that awards grants to programs to benefit the community, had a recordbreaking year in 2017, with 17 grant applications, and more than 300 residents participating in the voting session.

On Sunday, February 12th, over 300 of Highland Park's residents

gathered in the Senior/Youth Center to vote for their favorite programs that would foster further creativity, sustainability, and safety in the community. Despite the rain, residents of all ages attended the voting session, enthusiastically learning about the programs and placing their votes. Residents were able to vote for one program in each of five categories; Arts, Environment, Universal Access or

Health & Wellness, Safety, and Culture & Diversity.

As they flocked in from the rain, residents were greeted with a lively performance from the Klezmer Series applicants, and kids and adults alike were thrilled by the appearance of Sparky the Fire Dog.

The competition was particularly close this year, with some categories decided by less than 10 votes.

# The winners for 2017 are: Arts:

Outdoor Movie Theater

## **Environment:**

Raices EcoCulture Sustainable Living Workshop Series

# **UA/Health & Wellness:** EduCutHunger, Safety: The

Cave Afterschool Program

Culture & Diversity:

OQ Community Gallery and Arts Events.

The popularity of Park Partners has not only increased within the community, but there has been interest in the program from neighboring towns as well. We were pleased to welcome the Mayor of Woodbridge at the voting session.

We look forward to benefitting from the winning programs, and encourage residents to participate in Park Partners next year!

Continued from page 1

# Letter From Your Mayor



Ecoculture Sustainable Living Workshops, EduCutHunger, The Cave Afterschool Program, and OQ's Community Gallery and Arts Events. In the past, projects have helped our Food Pantry, our Native Plant Reserve, provided environmental and cultural education for residents, increased safety for our elderly and disabled through emergency radio distribution, and more.

Of course, our "HP Gives a Hoot" community fund to support our children in need is something I am also very proud of. To date,

we have served more than 400 lunches to children when school is not in session, and given a number of scholarships to children to attend our Recreation Summer Camp and a mentorship camp. One of the most touching experiences this past year was when a recipient of the lunch program came in to make a donation to help other children. Neighbors helping neighbors is truly an important value in Highland Park, as we have helped raise nearly \$7000 for "HP Gives a Hoot" since its inception. If you would like to make a donation, please visit our Facebook page, www.face**book.com/hpgivesahoot**, for more information.

In addition to supporting each

other, we have a new program to help honor or remember family or friends. Our Tree Dedication program allows residents to purchase a plaque dedicated to an individual or organization. The plaque is placed on an existing tree in town, and is cared for by a dedicated group of volunteers. The trees will be located along Woodbridge Avenue. Visit www.hpboro.com to fill out a form and get more information about this program.

There is even more art and beautification coming to our downtown this spring. The Highland Park Arts Commission, in our continued cooperation with Rutger's University's Mason Gross School of the Arts, has

created an outdoor sculpture exhibit in town. Students in one of Mason Gross' Sculpture classes are preparing outdoor sculptures to be placed in key locations throughout the Borough. These temporary sculptures will help enhance the artistic charm of our community, and will help build bridges between Highland Park and Rutgers. We are looking forward to the installation of these sculptures in May.

Highland Park's reputation as a great place to live and visit continues to grow. As we welcome more residents and visitors, the Borough is cognizant of increased safety issues. This past year we got the Department of Transportation to lower the speed limit on upper Raritan from 40mph to 35mph, and we installed new crossing signs, a one-way street designation, and new parking lines. Our Council and Police Department continue to monitor our roads to ensure the safety of our pedestrians.

We were also pleased to welcome several new shops recently, including a new art supply store, vintage shop, clothing store, mobile phone store, and more. As the warm weather approaches, I encourage you to visit our downtown for our eclectic shops and ethnic restaurants. And, of course, don't miss Main Street Highland Park's upcoming 5K Run in the Park and Street Fair this May.

# **Main Street Highland Park Update**

By Rebecca Hersh

As always, downtown Highland Park is the place to be this spring for both shopping and fun. Main Street Highland Park and the Borough are teaming up to bring you even more reasons to get downtown this spring.

# Highland Park 5k Race & Superhero Kids Races: Back for its Ninth Year!

oin Main Street Highland Park for a full day of fun starting with the annual Run in the Park 5k on Sunday May 7 at 9:00 am. The race starts next to Highland Park High School, and then winds its way through the historic streets of Highland Park before finishing behind the High School on the track. Visit <a href="http://runinthepark.org/">http://runinthepark.org/</a> to check out the course, register online, and check out sponsorship opportunities.

Following the 5k, refreshments will be available in the finish area. At 10am there will be Superhero Kids Races, sponsored by Yellow Brick Road preschool, on the High School track. Kids' race entrants will also receive a t-shirt and refreshments.

Following the kids races', awards will be presented to:

1st, 2nd, and 3rd place overall Male and Female

Age Groups 1st, 2nd and 3rd place Male and Female (0 – 10, 11 – 13, 14 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80+)

Race Proceeds to benefit the Borough of Highland Park Police, Fire, First Aid, Library, Main Street, and the Recreation Department. Please consider bringing a non-perishable food donation for the Highland Park Food Pantry on the race day. To register for the 5k and/or the Kids' Races, http://runinthepark.org/!

#### Calling all Sponsors! Support to Sponsor the Highland Park 5k

The Highland Park 5k race proceeds benefit the Borough of Highland Park Police, Fire, First Aid, and Recreation departments; the Highland Park Public Library; and Main Street Highland Park. There are a number of sponsorship levels available. Please consider being an event sponsor!

More information here: <a href="http://runinthepark.org/sponsor">http://runinthepark.org/sponsor</a>

#### After the 5k, Stay Downtown for the Spring Fling Street Fair

After the 5k, make your way over to Raritan Avenue for the Spring Fling Street Fair, which is Sunday May 7 from 11:30 am – 4:30 pm. This annual spring festival is one of Highland Park's signature events, and features something for everyone. It has crafters, vendors, artists, music, food, games, kids' rides, and more. Admission is free!

We want Highland Park-based businesses and organizations to be vendors at this great festival that attracts thousands of people downtown.

Vendor applications can be found at

https://goo.gl/zrXThH.

Email mainstreethighlandpark@gmail.com for more info!

# Help Beautify Main Street on Downtown Planting Days

Get your hands dirty and help plant flowers along Raritan and Woodbridge Avenues to fill over 150 downtown planters with beautiful plants and flowers supplied by Main Street Highland Park. Downtown Planting Days will be Thursday May 18, 3 pm - 6 pm, and Saturday May 20, 10 am - 1 pm. Come to the Main Street Highland Park offices at 212 Raritan Avenue on either day to pick up your plants, your planter assignment, and get your free Planting Day t-shirt while supplies last!

# Outdoor Movie Nights Are Back!

In partnership with the Highland Park Outdoor Movie Theater, there will be a lineup of eight Saturday night outdoor movies this summer, on May 20, June 3, June 17, July 1, July 15, July 29, August 12, and August 26.

Interested in supporting Highland Park's summertime outdoor movies, getting a cool t-shirt, and having a vote in what movies are shown downtown? Email hpoutdoormovies@gmail.com today!



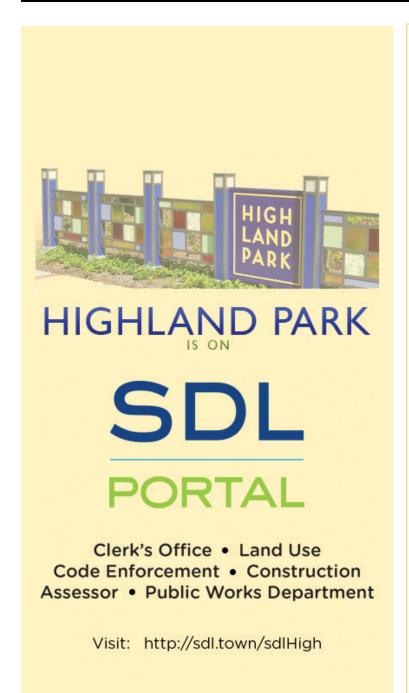
Web: MainStreetHP.org

Facebook: /MainStreetHP

Twitter: @MainStreetHP

<u>@MainStreetHP</u>

Google Calendar: https://goo.gl/HgHrJg



# Stay in Downtown Highland Park All Year



- . 5k Race and Spring Fling Street Fair: May 7
- Downtown Planting Days: May 18 & 20
- Friday Farmers Market: Fridays, June 2—Dec 15
- Outdoor Movie Nights: May 20, June 3, June 17, July 1, July 15, July 29, August 12, August 26
- Farmers Market Tomato Festival: July 28
- Window Art Show: Sept 1 30
- Window Art Crawl & Reception: Sept 16
- . Townwide Garage Sale: Sept 16 & 17
- · Arts in the Park: Sept 24
- A Taste of Highland Park & Harvest Festival: Oct 15
- · Halloween on the Avenue: Oct 31
- . Winter Interest Planting Day: Nov 19
- Small Business Saturday & Tree Lighting: Nov 25
- Holiday/Volunteer Appreciation Party: Dec 7
- Menorah Lighting: Dec 12
- . Kwanzaa Celebration: Dec 26

# Keep up with downtown events & activities online!

Web: MainStreetHP.org
Facebook: /MainStreetHP
Twitter: @MainStreetHP

Instagram: 

MainStreetHP

Google Calendar: https://goo.gl/HgHrJg

# The Department of Community Services

# **Senior Programs** Spring 2017

The Senior/Youth Center Serves as a meeting place for local senior citizens. It offers a wide variety of Social, Recreational, and Educational Activities daily for the benefit and enjoyment of Highland Park Seniors.

All Activities, Programs, Luncheons, Trips & Transportation are available to members of the Highland Park Senior Center.

The Senior/Youth Center is open

Monday, Wednesday and Thursday 8:00 a.m. - 4:00 p.m. Tuesday 8:00 a.m. - 6:00 p.m.

Friday

8:00 a.m. - 1:00 p.m.

Senior In-Town Transportation is available

Monday - Friday 8:30 a.m. - 3:30 p.m. Tuesday

8:30 a.m. - 5:30 p.m.

Friday

8:30 a.m. - 12:30 p.m.

#### **Senior Luncheons** & Parties

#### **Spring Luncheon**

**Presentation by: John Kriger** Thursday, April 6th, 12:00 noon Senior/Youth Center FREE

#### **Mother's Day Luncheon**

"A Mother's Day Bouquet" Performed by Francine & Joel Tuesday, May 9th, 12:00 noon Senior/Youth Center FREE

#### **Senior Prom**

#### "Dancing Under the Stars"

Join us for a Magical Evening of Dancing & Candlelit dinner Tuesday, June 20th, 4:00 p.m. -7:00 p.m. Senior/Youth Center

#### **Senior Trips**

**FREE** 

# **Out of Town Shopping Trips**

**Every Wednesday** 12:30 pm -3:30 pm Departs from Senior/Youth Center FREE (See Center for weekly listing)

#### Programs – All programs will take place at the Senior/Youth Center

#### **Free Tax Assistance Provided** by: United Way

#### **Every Wednesday during Tax Season**

Feb. 1st – April 12th, 9:00 am - 2:00 pm, By Appointment ONLY! Senior/Youth Center

Free must meet guidelines (Call center for details)

#### **New Lunch Program**

#### **Hot & Nutritious Kosher** Lunch, Includes: Entrée, Salad & Dessert

Every Tuesday, 12:00 noon Senior/Youth Center

#### \$5.00 contribution per meal

#### **Exercise with Donna**

Monday's, Wednesday's & Friday's, 11:30 am -12:30 pm Senior/Youth Center

#### \$1.00 per class

#### **Senior Yoga**

Monday's & Friday's 12:30 pm - 1:00 pm Senior/Youth Center

#### \$1.00 per class

Thursdays, 2:00 pm Senior/Youth Center

\$1.00 per class

#### **Healthy Bones**

Thursdays, 9:30 am Senior/Youth Center FREE

#### **Knitting & Crochet**

Monday's, 10:00 am Senior/Youth Center FREE

#### **BINGO**

Tuesday's & Thursday's 12:30 pm

Senior/Youth Center FREE

#### **Bridge**

Monday's, Tuesday's & Thursday's, 1:00 pm Senior/Youth Center FREE

#### Cards/Mah Jongg

Tuesday's, 1:00 pm Senior/Youth Center FREE

#### **Ping Pong Instruction** with Sean

Tuesday's, 4:30 pm Senior/Youth Center FREE

#### Chorus

Tuesday's, 10:00 am Senior/Youth Center FREE

#### **Piano Instruction**

Tuesday's, 11:00 am Senior/Youth Center FREE

#### **Painting Class**

Monday's, Thursday's & Friday's, 10:00 am Senior/Youth Center FREE

#### **Yiddish Group**

Wednesday's, 10:30 am Senior/Youth Center FREE

#### **Podiatrist**

2nd Tuesday of each month, 2:00 pm - 4:00 pm Senior/Youth Center

#### **Monthly Blood Pressure** Screening

1st Thursday of each month, 9:30 am - 12:00 noon Senior/Youth Center FREE

#### "Mike the Barber"

2nd Thursday of each month, 12:30 pm - 3:30 pm

Senior/Youth Center \$7.00

#### **Monday Movies**

Monday's, 1:30 pm Senior/Youth Center FREE

#### **Computer Class**

2nd & 4th Friday of each month, 10:30 am

Senior/Youth Center FREE

**Indoor and Outdoor Soccer** 

The next two sessions start on

# **HIGHLAND PARK Department Of Recreation**

**ALL Programs** require a minimum enrollment to run!

The office of Recreation offers various programs, activities and events throughout the year that appeal to a wide range of people throughout our community. We offer youth sports, art programs, adult sports, fitness classes, activities and community events.

# **Youth Programming**

## **Baseball K-5th grades**

# March to June

Games are played on Sundays and midweek with practices held mid-week by Coach/field availability.

# Chess - 6-12 year olds

Learn the basics or improve

## **Outdoor Tennis**

# 7:30 am Kids, 8:30am Adults

Takes place at beautiful Donaldson Park.

# **Spring Soccer Clinics**

## 3-12 year olds

Spencer Rockman and Rovers staff coach to all skills levels to provide maximum enjoyment and skill building. Starts in April

## **Youth Theater**

# 8-16 year olds

Participants will be provided with a fun, creative environment to explore their dramatic and musical talents. May to July. The show takes place at the Highland Park Fireworks event.

#### **Flag Football** K-8th grades

Join this 5v5, fast paced, noncontact game of flag football run by AIFL instructional football league. This program is coed and is for all skill levels. Starts in March.

## **Fall Soccer**

## K-6th grade

PreK are clinics only with 2-6th playing Sundays and an occasional weeknight game. This is a parent coached program with assigned teams. Practices will take place on weeknights.

# **Track and Field**

# 3rd-8th grades

April to May. Final Session will be a track meet against East Brunswick Rec Track Team. This program includes lessons on starts, running form, speed and agility and field events.

#### **Youth and Adult Table Tennis** Kids (3rd-12th grade) and Adult Classes

Students will work on the games, shots, fundamentals and game play strategies. Runs March to April.

# **Buddy Ball**

#### **Currently running basketball** and the talent show.

Takes place on Saturdays 9:30-11am at the HP Middle School or the turf field. Buddy Ball teaches sports to buddies (special needs children ages 6-18) with Pals (volunteer teens

# Girls on the Run

## Grades 3-5.

A transformational learning program for girls based on a curriculum concentrating on life lessons paired with a running program. Begins March 28th.

#### Visit us at <u>www.hpboro.com</u> or visit us on facebook at highlandparknjrecreation

Or mail information to: 220 South Sixth Ave, Highland Park, NJ 08904

# **Adult Programming**

## **Fitness for All**

This class uses step, balance balls, dumbbells and exercise tubing to get you in shape. This program runs all year. The next session will start in March. All levels welcome.

## **Tai Chi**

This class uses gentle movements that can help reduce stress, increase flexibility and improve muscle strength, energy and agility. Beginner and Advanced classes are offered. This program runs all year. The next session will start in March.

## Israeli Dance

Israeli Dance is a traditional dance arising from Jewish religious and cultural celebrations.

# Volleyball

Runs Mondays starting in March. All skills welcome to come and play in organized matches focusing on fun and fundamentals.

Sundays in January and April. Winter soccer will take place indoors and will run for 10 weeks. Spring soccer will start in April and will take place on the turf. This program is run in a pick-up format. This program runs all year.

## **Adult Basketball**

#### This session starts Wednesdays in January.

This is a 30+ men's program that runs in a pickup format. This program runs sessions throughout the year.

## **Softball Leagues**

# Adult Program that runs from April to August.

Women's (Tuesdays) and Coed (Thursday) Teams can register for this program by contacting the Highland Park Recreation Department.

# **Special Programs or Events**

#### **Memorial Day Parade/ Veterans Day Parades**

Veterans Day and Memorial Day Ceremonies take place at the doughboy statue. Honor our veterans and support our troops by attending the Veterans Day/Memorial Day Parades and Ceremonies.

# **Fireworks at the Park**

# July 2nd

Highland Park Fireworks show with music, food and fun. Starts at 5pm on July second at Donaldson Park.

#### **Recreation Advisory** Committee

### Meets quarterly throughout the year.

The purpose of this committee is to offer suggestions and input regarding future and current programs and activities that would enhance youth and adult recreation and the arts in Highland Park. Currently there are 3 openings. Please call for more information. 732-819-0052

# **Highland Park Public Library**



Highland Park Public Library 31 North Fifth Avenue Highland Park, NJ 08904 732-572-2750

#### From: Jane Stanley Director of the Highland Park Public Library

We look forward to seeing you at the library this spring. We have lots of exciting new programs for adults that include health and wellness events, film series, workshops, poetry readings, and concerts. For children and teens we have story times, clubs, art programs, game days, films, and performances. To receive updates of events, including The Friends of the Library Book Sale, go to the library website at <a href="https://www.hpplnj.org">www.hpplnj.org</a>.

You can now enjoy unlimited access to NYTimes.com on any device during your visit to the Library. Ask a librarian for more information.

Each month we feature different artists in our meeting room and display cases. In addition to our public computers with internet access and free WIFI, we also offer a Career and Education Center where you can work on your resume and search for jobs. Visit our website www.hpplnj.org to access online services such as Mango Languages, downloadable ebooks and audiobooks from eLibraryNJ, as well as data-

bases provided by the NJ State Library. You can also access our catalogue and your library account with our smart phone app <u>www.hppl.boopsie.com</u>

#### **Weekday Openings**

Monday 10:00 am - 9:00 pm
Tuesday 10:00 am - 9:00 pm
Wednesday 10:00 am - 5:00 pm
Thursday 10:00 am - 9:00 pm
Friday 10:00 am - 5:00 pm
Saturday 10:00 am - 5:00 pm
(Summer 10:00 am - 2:00 pm)
Sunday 1:00pm - 5:00 pm

#### **Holiday Closings**

Friday, April 14 Good Friday

Sunday, April 16 Easter

Saturday, May 27, Sunday, May 28, Monday, May 29 Memorial Day

Tuesday, July 4 Independence Day

www.hpplnj.org

# 2017 SPRING PROGRAMS

#### **FOR ADULTS**

#### **Meditation Circle**

**Bobbie Ellis, Soma Center, Leads Guided Meditations** Thursday, March 16, 7:00 PM

#### **International Film Series**

Theeb - Arabic Film

One hour, 40 minutes. Not Rated. Action/Adventure Tuesday, March 21, 6:30 PM

# **Poetry Night Series**

Maxine Susman - Open Mic Tuesday, March 28, 7:00 PM

# **Hearing Tests**

Saint Peter's University Hospital's Community Mobile's Health Services Thursday, March 30

6:30 PM - 8:00 PM

## **Poetry Writing Workshop**

Poet Diane Lockward Saturday, April 1 2:00 PM-3:30 PM

#### Friends of the Library Meeting

**Help Plan the Book Sale** Monday, April 3, 7:00 PM

# Blood Pressure and Sugar Screening

# Rutgers North American Disease Intervention

NADI, focuses on raising awareness about diabetes Thursday, April 6, 6:30 PM

# Writing and Publishing a Novel

Author Tisha Bender, P.U.N.C.H

Thursday, April 13, 7:00 PM

# Friends of the Library International Film Series Love and Friendship

Rated PG. English/French Film. One Hour, 32 minutes. Tuesday, April 18, 6:30 PM

#### Friends of the Library Poetry Night Serie

Maria Mazziotti Gillan - Open Mic

Tuesday, April 25, 7:00 PM

# **Meditation Circle**

**Bobbie Ellis** 

Soma Center. Thursday, April 27, 7:00 PM

#### Friends of the Library Poetry Night Series

#### **Wanda Praisner**

Open Mic. Tuesday, May 16, 7:00 PM

#### Memoir Writing Workshop Donna Atkins

Will help you outline the first draft of life memoir. Please Register. Thursday, May 18, 6:30 PM-8:30 PM

#### Health Fair with JFK Medical Center

Info Stations
Pharmacy
Breast Care
Physical Therapy
Advanced Directive
Stroke Prevention
Sunday, May 21

# Friends of the Library International Film Series

Illusionist (2011)

1:30 PM-4:00 PM

Animated Feature. English/ French. One hour, 20 minutes. Tuesday, May 23, 6:30 PM

# **Meditation Circle**

Bobbie Ellis

Soma Center. Thursday, May 25 7:00 PM

#### **FOR CHILDREN**

#### **Nursery Rhyme Time**

Stories, songs, rhymes for 6-23 month olds with an adult.

Registration. Wednesdays, March 22-April 26, 10:30 AM

#### **Book Break**

Stories, crafts and games for 4 and 5 year olds.

Registration Wednesdays

Registration. Wednesdays, March 22- April 26, 4:00 PM

## TNT (Twos and Threes)

Stories, crafts, and songs for two and three year olds with an adult.

Registration. Tuesdays March 21-April 25, 10:30 AM

# Cartooning Workshop

Ages 6-11 year olds

Nan Sun will teach basic cartooning. Registration. Saturday, March 18 1:00 PM-3:00 PM

#### **ART EXHIBITS**

#### **April**

#### **Diane Reh**

Collages/Mixed Media
Meeting Room
Fleetwood Camera Museum

Sara Parmigiani Vintage Cameras

Main Hall Display Case

# May

Amee Pollack

**Art Books** Main Hall Display Case

www.hpplnj.org

# **FILMS FOR TEENS AND CHILDREN**

# **Kids Afternoon Movie**

Moana (PG)

One hour, 47 minutes. Friday, April 7 1:30 PM

# The Mighty Oaks Fall but Will Rise Again

n December 27, 2017, the two beautiful oak trees, which provided many years of shade and served as the backdrop to recent graduation ceremonies, had to be cut down and removed from the front lawn of Highland Park High School. These trees had been diagnosed with disease and severe rot in their limbs and had been pruned over the years to the point that they presented a safety issue. Excessive "volcano" mulching may have been a contributing factor and efforts have been made over the past

three years to end this practice and remove the mulch which was damaging the root systems of the trees. Although the decision to cut the trees down was heart breaking, efforts have been made by the high school's environmental club to preserve the wood that was salvaged from the trees, craft it into mementos, and memorialize the tree stumps with artistic carvings of the school's mascot the owl. We reached out to the Highland Park community and local artists and identified two people who came forward to assist with our needs.

Nature's Fell, a company located in Middlesex, New Jersey, specializes in repurposing fallen trees into wood products. The company was founded in the wake of Hurricane Sandy and the owner, Scott Alexander, has partnered with the high school to design two wooden benches and a "cookie" cross section of the tree that will be used to note the history of our community and school during the trees' nearly 180 year lifespans. He will be making cutting boards and candle holders as part of an ongoing fundraising project to memorialize our

fallen oaks and replant trees on the school's property.

Moreinformation on how to support this project can be found at <a href="https://www.gofundme.com/hphstrees.">https://www.gofundme.com/hphstrees.</a>

The owl carvings, funded by this campaign, will be designed and carved by Mr. Joe King. He has 26 years of experience making beautiful and realistic carvings from trees. We are looking forward to these owls gracing our front lawn in time for the Class of 2017's graduation ceremony in June and to the Owls rising from our fallen oaks for many years to come.

https://www.gofundme.com/hphstrees

# Public Works Dates of Importance April 2017 through July 2017

#### April 5 (Wed.)

Business District, North Side & Triangle bulk trash collection

#### April 10 (Mon.)

Chometz Disposal
\*\* A garbage truck will be
available for Chometz disposal
\*\* Recycling MUST be
separated and NO BULK ITEMS
will be accepted\*\*

#### April 10 (Mon.)

Business District, North Side & Triangle garbage collection

#### April 11 (Tues.)

Business District, North Side & Triangle recycling collection

#### April 13 (Wed.)

Business District & South Side garbage collection

#### April 14 (Thur.)

South Side recycling collection

#### April 15 (Fri.)

Holiday – Good Friday

#### April 19 (Wed.)

South Side bulk trash collection

#### May 12 (Fri.)

Middlesex County Residential Paper Shred. @ Community Services lot

#### May 20 (Sat.)

Middlesex County Household Hazardous Waste Drop-Off @ Middlesex County Highway Division, Apple Orchard Lane, North Brunswick

#### May 29 (Mon.)

Holiday – Memorial Day

#### May 30 (Tue.)

Business District, North Side & Triangle recycling collection

#### May 31 (Wed.)

Business District, North Side & Triangle garbage collection

#### June 1 (Thur.)

South Side recycling collection

#### June 2 (Fri.)

Business District & South Side garbage collection

#### June 7 (Wed.)

Business District, North Side & Triangle bulk trash collection

# June 14 (Wed.)

South Side bulk trash collection

#### July 3 (Mon.)

Business District, North Side & Triangle garbage collection

#### July 4 (Tue.)

Holiday - Independence Day

#### July 5 (Wed.)

Business District, North Side & Triangle recycling collection

### July 6 (Thur.)

South Side recycling collection

# July 7 (Fri.)

Business District & South Side garbage collection

#### July 21 (Fri.)

Middlesex County Household Hazardous Waste Drop-Off @ Middlesex County Vo-Tech, Piscataway





# STAY UP TO DATE BY FOLLOWING HIGHLAND PARK

Visit Our Website www.hpboro.com

FACEBOOK

www.facebook.com/hpboro

#### **TWITTER**

www.twitter.com/hpboro

INSTAGRAM

https://instagram.com/hpboro/









# PUBLIC INFORMATION COMMITTEE:

Chaim Cohen, Chair; Ana Pairet Vinas; Laurel Kornfeld; Mason Resnick; Saskia Marina; Shelby Holliman; Valeri Drach Weidmann

**BOROUGH STAFF:** Stacy Kaplan, Monica Jackson