

Hoffman Estates Citizen

February 2020

News from the Village of Hoffman Estates

Fire Department delivers gifts to those in need



Members of the Hoffman Estates Fire Department responded to a special call, spreading the holiday spirit for a good cause.

Firefighters wearing Santa hats visited children receiving care at the AMITA Health Women & Children's Hospital in Hoffman Estates in December 2019. They brought presents to those in need of some joy this holiday season.

Over \$2,500 in gifts were donated through Target (Chicago Mid North #1437), along with funds from the International Association of Fire Fighters (IAFF) Local 2061.

Children on the second floor of the Women & Children's Hospital, in the St. Alexius Medical Center pediatric emergency room and in the Cancer Institute all were recipients.

The patients, ranging in ages from 6 months to 15 years old, received gifts and a special visit from the on-duty firefighters and local union members, along with an open invitation to visit a Hoffman Estates fire station.

This is the second year the fire department has organized this event, with a commitment to making this a long-standing tradition with Target and AMITA Health for years to come.

For more information about the Hoffman Estates Fire Department, visit www.hoffmanestates.org/fire.

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Growing to Greenness!

Historian's notebook

By Pat Barch, Hoffman Estates Village Historian

What plastics are accepted in my curbside recycling program?

Plastic bottles and containers numbered 1 through 5 and 7 (NOT number 6*) are accepted in your curbside recycling bin or toter. Examples include:

- Plastic beverage and food containers
- Milk, water and juice bottles
- Liquid detergent, fabric softener, bleach and shampoo bottles
- Yogurt cups
- Vegetable oil bottles

Containers should be empty and free of excess liquids and food residue. Caps and labels can be left on empty bottles. Do NOT include utensils, plates, toys, plant pots, garden hoses, pools or plastic bags. Plastic bags can blow away as well as clog sorting machinery; however, they are collected at most major grocery stores for recycling.



**What about number 6, polystyrene plastics?*

At this time, Groot does not accept number 6 polystyrene (PS) plastics. Polystyrene comes in two forms: expanded (fluffy and white) and rigid (usually clear). This plastic is mostly air, often coated with food contaminants and can cost up to 300 percent more than other commodities to recycle due to its lightweight nature, lack of market competition and high transportation costs. Do not add number 6 polystyrene plastics to your curbside recycling bin or toter!

February can be one of the coldest and snowiest months of the year. Most of us like to stay indoors where it's cozy and warm, but winter can be fun if you know where to look.

In Hoffman Estates, we have nature at our doorstep. The Village is home to nearly 4,000 acres of forest preserve land, featuring 30 miles of paved and unpaved hiking, biking and cross-country ski trails, as well as a lake for ice fishing when the ice is thick enough.

More than 100 years ago, the Forest Preserve District of Cook County was established on Nov. 30, 1914. It is one of the oldest and largest forest preserve districts in the nation. The first 500-acre preserve was Deer Grove at Quentin and Dundee roads. Now, the Forest Preserve District encompasses approximately 70,000 acres of natural land.

Much of the forest preserve acreage in our Village came from farmland and failed development projects, such as Leisure World and Howie in the Hills. Back in the late

'60s and early '70s, the loss of this land to the Forest Preserve District was not favorable – the Village needed land for commercial development, but the Forest Preserve District was not willing to compromise.

The Paul Douglas Forest Preserve, north of Central Road and south of Algonquin Road, has 8.6 miles of paved trails that wind their way through the woods and prairies that surround us. A new bridge that safely takes the trail over Central Road at Roselle Road was dedicated this past December by both Mayor McLeod and Schaumburg's Mayor Dailly.

The Arthur L. Janura Forest Preserve, south of Higgins Road and west of Barrington Road, has 20.7 miles of both paved and unpaved trails. You may see horseback riders on the unpaved trails; dogs are also welcome on the trails as long as they're on a leash. If there's no snow, get out the bikes and inline skates. Walking may be what you choose to do, but the rules of the forest preserve ask us to not pick any of the plants or feed the animals.

If we have snowy conditions this winter, cross-country skiing is allowed on all trails when snow is on the ground. If you'd like to learn how to cross-country ski, you can drive out to the Sagawau Nordic Center in Lemont. Equipment and lessons are available at reasonable rates. You can then return to Hoffman Estates and enjoy the winter season on our own wonderful trails.

When conditions are right, ice fishing is available at South Bode Lake off of Bode Road east of Bartlett Road. North Bode Lake doesn't have ice fishing because Poplar Creek runs through it. If it gets cold enough, give it a try – you may catch a big one!

The Forest Preserve District of Cook County has a great website. Informative maps, events and information can be found at www.fpdcc.com. There is no charge for parking and using the trails or picnic areas.

Have fun in the forest this winter!

Email Pat Barch at eagle2064@comcast.net.

Mayor's Update Breakfast

Join the Hoffman Estates Chamber of Commerce and Industry for its annual Mayor's Update Breakfast on Thursday, Feb. 27, at the Sears Centre Arena.

Registration and breakfast is at 7:30 a.m., followed by Mayor McLeod recapping 2019 and providing a look ahead at 2020. Village staff will also be available to answer any questions you have on current and future developments.

This event is open to the public. Admission includes a hot breakfast buffet.

Register today by calling 847-781-9100, or by visiting www.hechamber.com.



Mayor McLeod at last year's Update Breakfast.

Get to know ... the **Sister Cities Commission**

What is the history of the commission?

The Sister Cities Commission was formed around 1988 in order to seek a sister city somewhere in the world with which Hoffman Estates could twin. Angoulême, France, indicated they were interested, and a friendship agreement was signed in 1992. In 1996, Hoffman Estates and Angoulême officially became sister cities at a signing ceremony in Angoulême. It was re-signed in Hoffman Estates in 1997 at a ceremony with then-Mayor Michael O'Malley and the deputy mayor of Angoulême.

What types of activities does the commission plan?

The commission plans a variety of activities throughout the year, including the Bon Appétit Food and Drink Festival in April; two community events in May and November that offer French cultural experiences for community members; and a major fund-raising event in October titled, "Soirée Culinaire – Discovering French Delicacies," featuring a French dinner and silent auction.



In addition, the commission hosts many exchanges between Hoffman Estates and Angoulême each year. This year, the commission is hosting two artists from Angoulême; sending two culinary teachers and a wellness teacher from Township High School District 211 to Angoulême; hosting a chef instructor, a physical education teacher and four culinary students; hosting six baseball and softball players/coaches from Angoulême; and hosting five marathon runners from Angoulême. These yearly exchanges involve the sharing of ideas and experiences around various areas of interest.

How can people get involved?

The commission has 17 members. While there are currently no openings, interested community members are encouraged to attend any regular meeting held on the third Tuesday of the month at 7 p.m. at the Village Hall. For information about the commission, visit www.hoffmanestates.org/sistercities.



A message from **Mayor McLeod**

Thank you, once again, to our active Cultural Awareness Commission for hosting another successful MLK Breakfast! They've done a tremendous job coordinating this event, and we appreciate the efforts of our dedicated volunteers. Check out this month's Citizen for more exciting events, including a Midnight at the Masquerade mystery dinner theater event on Saturday, Feb. 22, hosted by the Arts Commission, and a couple's creative workshop on Saturday, Feb. 29, sponsored by Health and Human Services.

Did you know? The U.S. Census Bureau is hiring! According to the bureau's website, the positions offer competitive pay, flexible hours, paid training and weekly paychecks. Anyone 18 and older, such as recent high school graduates, college students, veterans, retirees, military spouses, seasonal workers and people who are bilingual are encouraged to apply. Those who already have jobs and want to earn extra income during evenings and weekends should also apply. The selection process begins in February, with paid training taking place in March and April. After training, most positions work between May and early July. For more information about working for the census and other important information, visit www.2020census.gov/jobs.

Lastly, congratulations to our recent round of Police Explorers! A total of 14 young people were honored for their achievements at a graduation reception on Jan. 6 at the Village Hall. The Hoffman Estates Police Department has sponsored Explorer Post #806 since 1977 and is proud to participate in the Law Enforcement Exploring program, sponsored by the Boy Scouts of America and Learning for Life. Congratulations to all of you! Interested in joining? Call Post Director Lisa Notarnicola at 847-781-2865.

Have you registered for the annual Mayor's Update Breakfast? The event will be held at the Sears Centre Arena on Thursday, Feb. 27, at 7:30 a.m. Please join me! Call the Hoffman Estates Chamber of Commerce at 847-781-9100 to register today.

As always, if you have questions, you can email me at bill.mcleod@hoffmanestates.org or call 847-781-2604.

Bill McLeod



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Sign up for eNews!
www.hoffmanestates.org/enews

Community briefs

Valentine's Day Luncheon for seniors

Fill your heart with good friends and a fun time! The Commission for Senior Citizens is proud to host its annual Valentine's Day Luncheon on Wednesday, Feb. 12, at noon (doors open at 11:30 a.m.) at the Village Hall. The cost to attend the event is \$8, which includes food and entertainment.

Seating is limited and reservations are required, but cannot be taken until payment is made. Call Sue at 847-781-2606 for more information



Leash your pets!

The Village's Municipal Code states that animals, including dogs and cats, need to be under the control of a responsible person. When animals are not on their owner's property, they must be on a leash no longer than six feet in length. No animal is allowed to run at large in the Village at any time, and the owner is responsible for removal and sanitary disposition of any waste from the animal(s) anywhere in the Village. Prevent your pet from becoming a public nuisance!

Don't bury critical equipment

ComEd would like to remind everyone removing snow to be aware of critical electrical equipment. Many homes have ComEd transformers or switchgear onsite that may need to be operated or accessed in the winter, especially during a power outage. So remember: when snow removal is needed, don't bury or block access to ComEd equipment that is critical for power delivery. For more information, visit www.comed.com.

ComEd®

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Free holiday light recycling

Reminder: drop off your old and broken holiday string lighting and extension cords at the Village Hall lobby during normal business hours. This free program for residents ends on Friday, Feb. 7.

Therapy Dog Thursday

Join Health and Human Services and Therapy Dog International for an evening of fun on Thursday, Feb. 27, from 5:30 p.m. to 7:30 p.m. at the Village Hall (Health and Human Services entrance). For more information and to sign up, call 847-781-4850.

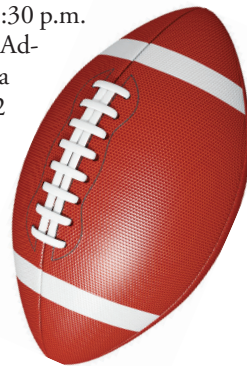


Townships can help senior citizens save on property taxes

Did you know that your township assessor's office offers guidance to senior citizens looking to file property tax exemption renewal forms? There are two tax exemptions available: senior exemptions for residential property owners born before 1955, and senior tax freeze exemptions for residential property owners born before 1955 with a 2018 income of less than \$65,000. Exemptions are due Thursday, Feb. 13. For more information, contact your township assessor's office. Don't know which township you live in? Visit www.hoffmanestates.org/township to view our GIS map.

Get-together for adults with disabilities

The Commission for People with Disabilities' February social for adults with disabilities 14 and older is on Friday, Feb. 7, from 6:30 p.m. to 8:30 p.m. at the Village Hall. Admission is free! Pizza will be served for \$2 a slice, and lemonade is complimentary. Join us for a football-themed party – wear your favorite team's jersey or T-shirt and meet some new friends! Email hoffstcpd@gmail.com for more information. Save the date: next month's social will take place on Friday, March 6.



Welcome new businesses!

Customer Care Global

2500 W. Higgins Road, #950

The Family Recovery Center, LLC

3150 W. Higgins Road, #105

Foodbarz

2300 N. Barrington Road
2895 Greenspoint Parkway
2800 W. Higgins Road

Parivar Sweets & Snacks, Inc.

1035 W. Golf Road

Tints N Tease

977 N. Roselle Road

Water meter replacement project begins

The Village is partnering with Siemens and PMI on a water meter replacement project that will affect all residential, industrial and commercial buildings. The new meters will provide automated meter readings, resulting in better customer service, greater data accuracy and reduced operational costs.



Be on the lookout for mailers with details on how to schedule your meter replacement! Questions can be directed to Siemens' dedicated hotline: 866-965-0665.

For more information, visit

www.hoffmanestates.org/watermeters.

Taxi Discount Program company change

Please be aware that All-Star Cab recently closed its business and no longer services participants in the Village's Taxi Discount Program. American Taxi and 303 Taxi still offer rides through the program. The Village is searching for an additional company to provide a variety of options to residents.

Deadline for senior property tax deferral

Senior citizens whose annual household income is \$55,000 or less can apply to the Cook County Senior Citizen Real Estate Tax Deferral program to cover property tax payments. This is a county tax-relief program works like a loan, allowing qualified seniors to defer a maximum of \$5,000 per tax year (this includes first and second installments) on their primary home. The statewide deadline to apply is Sunday, March 1. Visit www.cookcountytreasurer.com and click the "Seniors" tab for more information.

Healthy body, healthy mind ... news from Health and Human Services

Adult services and immunizations

Health and Human Services offers health screenings and preventative tests.

- Blood pressure and pulse check: free!
- Diabetes (blood sugar): \$2 **New lower price!*
- Hemoglobin (anemia): \$3

To schedule affordable vaccines and tuberculosis testing, call 847-781-4850. There is a \$10 no-show/cancellation fee with less than a 24-hour notice.

Upcoming adult clinic dates

- Village Hall (HHS entrance)*
1900 Hassell Road, Hoffman Estates
Dates: Feb. 12 and March 11
Time: noon to 1 p.m.
- The Club at Prairie Stone*
5050 Sedge Blvd., Hoffman Estates
Dates: Feb. 18 and March 17
Time: 11 a.m. to noon
- Schaumburg Barn
231 Civic Drive, Schaumburg
Dates: Feb. 5 & 19 and March 4 & 18
Time: 10:30 a.m. to 11:30 a.m.
- Willow Creek Care Center*
67 E. Algonquin Road, South Barrington
Dates: Feb. 4 and March 3
Time: 9:30 a.m. to 11:30 a.m.

**Note: non-fasting cholesterol testing is available at these locations. The cost is \$20 for full panel test. No appointment necessary.*

Hemoglobin A1C screening

The hemoglobin A1C test is a simple finger stick to find out if you have diabetes. The test takes six minutes and the cost is \$15. To schedule an appointment, call 847-781-4850.

Upcoming child and youth clinics

Two affordable child immunization clinics are offered each month at the Village Hall (main entrance). Reservations and pre-verification of insurance status are **required** to receive vaccines. The cost is \$15 per shot for residents of Hoffman Estates, Schaumburg and Arlington Heights, and \$20 for all other communities (cash, check or Medicaid Title 19 accepted). Visit www.hoffmanestates.org/clinics for instructions on how to complete the VFC patient eligibility form and submit your child's shot records. To make a reservation, call 847-781-4850. There is a \$10 no-show/cancellation fee with less than a 24-hour notice.

- Hoffman Baby Clinic
(2 months to kindergarten)
All communities welcome
Dates: Feb. 11 and March 10
Time: 10 a.m. to noon (*appointments required*)
- Children's Clinic
(2 months to 18 years)
All communities welcome
Dates: Feb. 3 and March 2
Time: 3:30 p.m. to 5 p.m.
(*appointments required*)

Clinic schedules are available online by visiting www.hoffmanestates.org/clinics.

Cholestech: complete lipid profile

This FASTING test measures total cholesterol, HDL, LDL, triglycerides and glucose levels. It requires a small drop of blood. Results are immediate and include consultation with a nurse. To schedule an appointment, call 847-781-4850.

To celebrate American Heart Month, this screening will be offered for only \$20 during the month of February only.

Couple's creative workshop

Go on a special morning date with your loved one! Join Health and Human Services for a free couple's creative workshop on Saturday, Feb. 29, from 9 a.m. to noon at the Village Hall. This event is free and open to anyone 18 and older. All sexual orientations welcomed, as well as couples who are either dating, partnered or married. In celebration of Creative Romance Month, this is a time to connect with your loved one and build deeper bonds. Bring home some goodies to strengthen your relationship, as well as a creative canvas you will build together – no previous artistic experience is required. You will learn how to express feelings of respect and affection, utilizing research-based skills. No experience is needed, only a desire to connect and have fun with your partner. Sign up as early as possible, as space is limited! RSVP at catie.hoff@hoffmanestates.org or 847-781-4852.



Snap this! Girls image group

This March, Health and Human Services is sponsoring a unique group for adolescent girls that deals with nutrition, healthy body image and self-esteem. The group will also have the opportunity to come up with and participate in a photography campaign around these topics. Photographs from the campaign will be displayed during the last week of March in the Village Hall art gallery as part of a special exhibit. The group will meet once a week for three weeks on Wednesday evenings at the Village Hall from 5:30 p.m. to 7 p.m. from March 4 through March 18. For more information and to RSVP by Feb. 24, contact Kinjal Panchal at 847-781-4862 or kinjal.panchal@hoffmanestates.org.



By Bev Romanoff
Hoffman Estates Village Clerk

Clerk's corner

Take advantage of early voting for the presidential primary here at the Village Hall. The dates for early voting are March 2 through March 16, Monday through Sunday. Not registered to vote yet? Online registration ends on March 1, and grace period registration and voting can be done until March 17.

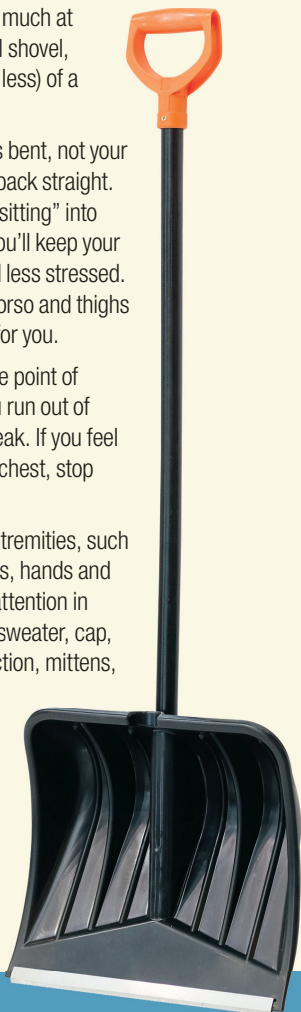
Contact the Village Clerk's office at 847-781-2625 or email the Clerk at bev.romanoff@hoffmanestates.org.

Safe snow shoveling

While proper snow shoveling can be good exercise, it can also be dangerous for those that take on more than they can handle. The Hoffman Estates Fire Department provides the following tips to help you shovel safely:









- Individuals over the age of 40 – or those who are relatively inactive – should be especially careful.
- If you have a history of heart trouble, do not shovel without a doctor's permission.
- Do not shovel snow after eating or while smoking.
- Take it slow! Shoveling can raise your heart rate and blood pressure dramatically, so pace yourself. Stretch and warm up before taking on the task.
- If possible, only shovel fresh snow. Powdery snow is easier to shovel than the wet, packed-down variety.
- Push the snow as you shovel. It's easier on your back than lifting the snow out of the way.
- Don't pick up too much at once. Use a small shovel, or fill only half (or less) of a large one.
- Lift with your legs bent, not your back. Keep your back straight. By bending and "sitting" into the movement, you'll keep your spine upright and less stressed. Your shoulders, torso and thighs can do the work for you.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Extremities, such as your nose, ears, hands and feet, need extra attention in the cold. Wear a sweater, cap, scarf, face protection, mittens, wool socks and waterproof boots.

Enjoy the winter season and practice safe snow shoveling!



Put a FREEZE on Winter Fires

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, be fire smart!

 <p>Half of all home heating fires occur in the months of December, January and February.</p>	 <p>Heating equipment is involved in 1 in every 7 reported home fires and 1 in every 5 home fire deaths.</p>	 <p>Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators or space heaters.</p>
 <p>Keep portable generators outside, away from windows, and as far away as possible from your home.</p>	 <p>Install and test carbon monoxide alarms at least once a month.</p>	 <p>Plug only 1 heat-producing appliance (such as a space heater) into an electrical outlet at a time.</p>
 <p>Have a qualified professional clean and inspect your chimney and vents every year.</p>	 <p>Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.</p>	



For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter and www.nfpa.org/winter.

February is Responsible Pet Owners Month

Make sure your best friend is safe! Changing temperatures and winter precipitation can shift soil and create gaps that allow curious pets to escape. If your pet regularly spends time in the backyard, perform a five-minute inspection of your fence and gates for any damage caused by the winter weather.

Now is also a good time to check your pet's collar and leash for wear and tear, and make sure all tags are still legible and current.

The Village requires a pet license for each indoor and outdoor dog and cat. Pet tags expire on Oct. 31 each year, and they can be obtained at the Village Hall for \$5 each (\$2 for senior citizens for the first three pets). A current rabies tag number and expiration date is needed to register. For more information, call 847-882-9100 or visit www.hoffmanestates.org/petlicenses.

In addition to the Village's pet license, if your dog or cat does not have a microchip, consider getting one through Cook County Animal and Rabies Control. Dogs are 2.5 times and cats are 21.4 times more likely to be returned home when they have registered microchips. If your pet already has a microchip, have it scanned to ensure it is being detected properly, and that it contains the most current contact information.



February calendar



Event and meeting dates subject to change.
For up-to-date information, visit www.hoffmanestates.org/calendar.

*Sunday, Feb. 2

- Veteran's Flag 57: Michael A. Geanto, Army, 1967-1968

Monday, Feb. 3

- Children's Clinic, 3:30 p.m. to 5:45 p.m. at VH
- Village Board Meeting, 7 p.m. at VH

Tuesday, Feb. 4

- Celtic Fest Commission, 4 p.m. at VH
- Cultural Awareness Commission, 7:15 p.m. at VH

Wednesday, Feb. 5

- Planning and Zoning Commission, 7 p.m. at VH

Friday, Feb. 7

- Holiday Light Recycling Drop-off Ends
- Social for Adults with Disabilities, 6:30 p.m. at VH

*Sunday, Feb. 9

- Veteran's Flag 58: Peter T. Cundiff, Army, 1975-1990

Monday, Feb. 10

- Standing Committee Meetings, 7 p.m. at VH

Tuesday, Feb. 11

- Hoffman Baby Clinic, 10 a.m. to noon at VH
- Historical Sites Commission, 3 p.m. at Sunderlage House
- Commission for Senior Citizens, 5:30 p.m. at VH
- Sister Cities Commission, 7 p.m. at VH

Wednesday, Feb. 12

- Valentine's Day Luncheon for Senior Citizens, noon at VH
- Community Health Clinic, noon to 1 p.m. at VH
- Heartsaver AED CPR Class, 6 p.m. to 9 p.m. at Fire Station 24

Thursday, Feb. 13

- Tax Exemptions Due
- Fourth of July Commission, 4 p.m. at VH

*Sunday, Feb. 16

- Veteran's Flag 59: James H. Sheehan, Army, 1959-1961

Monday, Feb. 17

- Platzkonzert Commission, 4 p.m. at VH
- Commission for People with Disabilities, 6 p.m. at VH
- Village Board Meeting, 7 p.m. at VH

Wednesday, Feb. 19

- Planning and Zoning Commission, 7 p.m. at VH

Thursday, Feb. 20

- Museum Board Meeting, 3 p.m. at Sunderlage House
- Youth Commission, 6:30 p.m. at VH

Saturday, Feb. 22

- Midnight at the Masquerade Dinner Theater, 6 p.m. at VH

*Sunday, Feb. 23

- Veteran's Flag 60: Dee Wayne Waldron, Navy, WWII

Monday, Feb. 24

- Standing Committee Meetings, 7 p.m. at VH

Tuesday, Feb. 25

- Arts Commission, 7 p.m. at VH

Wednesday, Feb. 26

- Celebrations Commission, 5:30 p.m. at VH

Thursday, Feb. 27

- Mayor's Update Breakfast, 7:30 a.m. at Sears Centre Arena
- Therapy Dog Thursday, 5:30 p.m. to 7:30 p.m. at VH

Saturday, Feb. 29

- Couple's Creative Workshop, 9 a.m. at VH

Village Board meetings are held on the **first and third Monday** of each month at 7 p.m. in the VH Council Chambers, unless otherwise noted.

The **General Administration and Personnel; Planning, Building and Zoning; and Transportation and Road Improvement** committee meetings are held on the **second Monday** of each month at 7 p.m. in the VH Council Chambers, unless otherwise noted.

The **Finance; Public Health and Safety; and Public Works and Utilities** committee meetings are held on the **fourth Monday** of each month at 7 p.m. in the VH Council Chambers, unless otherwise noted.

VH: Village Hall, 1900 Hassell Road

PD: Police Department, 411 W. Higgins Road

PWC: Public Works Center, 2305 Pembroke Ave.

**sears Centre
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Sears Centre Arena events

Now through March

- Windy City Bulls games, various times
- Visit www.windycitybulls.com for more info!

Friday, Jan. 31, and Saturday, Feb. 1

- Professional Championship Bull Riders World Tour Finale XIV, 7:30 p.m.

Saturday, Feb. 15, and Sunday, Feb. 16

- Hot Wheels Monster Trucks Live, various times

Friday, Feb. 28, through Sunday, March 1

- Carden Super Spectacular Circus, various times

Friday, March 13

- Winter Jam 2020, 7 p.m.

Saturday, May 30

- Elevation Nights 2020, 7 p.m.

For more information, visit www.searscentre.com.

Reminder: Midnight at the Masquerade

The Arts Commission is hosting a Masquerade Mystery Dinner Theater event on Saturday, Feb. 22, at 6 p.m. at the Village Hall. For \$30 per person, guests will enjoy an Italian buffet dinner and participate in a "whodunit" murder mystery. For more information and to purchase tickets, visit <https://artscommissiondinnertheater.eventbrite.com>.

Sharps, drugs collection reminder

The Village provides collection for unused pharmaceutical drugs and sharps (syringes, needles and lancets). Items can be dropped off at Health and Human Services on the first Wednesday of each month from 10 a.m. to 2 p.m. Sharps must be in a hard, sealed container. For more information, call 847-781-4850 or visit www.swancc.org.

*The flag-rotation ceremony is held at the Veterans' Memorial every Sunday at 1 p.m. The public is invited to attend. Those wishing to make a donation for the perpetual maintenance of the Memorial may do so at the Village Hall, or by mailing a check to the Veterans' Memorial c/o the Village of Hoffman Estates, 1900 Hassell Road, Hoffman Estates, IL 60169. The casket flags of deceased veterans listed on the calendar above will be flying at the Veterans' Memorial in the coming month. The Veterans' Memorial is located outside the Hoffman Estates Police Department at 411 W. Higgins Road, Hoffman Estates, IL 60169.

The Village of Hoffman Estates

1900 Hassell Road
Hoffman Estates, IL 60169
www.hoffmanestates.org



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Police Administration847-781-2800
Fire Administration847-843-4825
Public Works847-490-6800
Health and
Human Services.847-781-4850
Event Hotline847-252-5443

Village officials

Mayor

William D. McLeod

Trustees

Karen V. Mills
Anna Newell
Gary J. Pilafas
Gary G. Stanton
Michael Gaeta
Karen J. Arnet

Village Clerk

Bev Romanoff

Village Manager

James H. Norris

Municipal facilities

Village Hall

1900 Hassell Road

Hours:

Monday through Friday, 8:30 a.m. – 5 p.m.
Saturday, 9 a.m. – noon

Police Department

411 W. Higgins Road

Fire Administration

1900 Hassell Road

Fire Station 21 — Carl W. Selke

225 Flagstaff Lane

Fire Station 22 — Michael J. O'Malley

1700 Moon Lake Blvd.

Fire Station 23 — Richard G. Cordova

1300 Westbury Drive

Fire Station 24 — Jerome Danowski

5775 Beacon Pointe Drive

Susan H. Kenley-Rupnow

Public Works Center

2305 Pembroke Ave.

Hours:

Monday through Friday, 8 a.m. – 4 p.m.

Printed on recycled paper

Keep your heart healthy

Did you know that 574,000 people in Illinois have coronary heart disease?

Heart disease occurs when plaque builds up in your arteries. It can result in chest pain, blood clots and heart attacks. Your risk for heart disease increases if you have high cholesterol, high blood pressure or diabetes. The good news is that heart disease can often be prevented with lifestyle changes.

Here's how to keep your heart healthy:

- Eat smart – choose healthy foods low in sugar, sodium and saturated fat, and add colorful fruits and vegetables to meals and snacks.
- Move more – be physically active and work toward a goal of 150 minutes of activity per week.

- Be well – create balance in your life by managing stress, meditation, socialization and self-care.
- Know your numbers – blood pressure, cholesterol and A1C.

February is American Heart Month. It is important to begin making healthy choices, managing health conditions and becoming educated. Health and Human Services is offering Cholestech and blood pressure screening for only \$20 this month. Hemoglobin A1C testing is also available for \$15.

Turn to page 5 for more information, or call 847-781-4850 to schedule an appointment. Learn more about living a heart healthy lifestyle by visiting www.americanheart.org.

About
574,000
people in Illinois
have coronary heart disease.

This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking – together!

Learn more at hearttruth.gov.