

TOWN OF HIGHLAND PARK MONARCH HERALD

Monthly Newsletter for the Residents of the Town of Highland Park



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This newsletter is a service to the residents of the Town of Highland Park to keep you informed of new services, events, activities, and other important information. If there is anything you would like to see covered in the newsletter, please let us know. Contact Holly Russell, Management Assistant at [hrussell@hptx.org](mailto:hRussell@hptx.org), or call (214) 559-9308 with your recommendations.



Lakeside Drive Closure and Development

Lakeside Park from Armstrong Avenue to Beverly Drive will be closed during construction. This closure includes the pedestrian bridge that crosses Exall Lake to the Teddy Bear statues. The Town is planning to make improvements to Lakeside Park which will follow the reconstruction of Lakeside Drive. The Park is estimated to be closed from the Summer of 2022 to the Spring of 2023.

Projects to take place during the closure:

- **Wastewater Pipeline Rehabilitation** - Nearly 3,400 linear feet of pipe will be rehabilitated. A Cured in Place (CIPP) liner will be inserted into the existing pipe and cured using steam or hot water. Using the existing pipe as a host, the result is a structurally independent, monolithic pipe.
- **Waterline Replacement** - Approximately 2,300 linear feet of old cast iron water line exists in Lakeside Drive from Beverly Drive to Lexington Avenue. The Town will install new plastic pipe (high density polyethylene - HDPE) to replace the cast iron pipe as part of this project.
- **Roadway Reconstruction** - Groundwater infiltration throughout the existing wastewater pipeline has caused settling and pavement failures within Lakeside Drive. As a result, Lakeside Drive will be fully reconstructed between Beverly Drive and Armstrong Avenue.
- **Park Improvements** - Parks will be redesigning access to the Teddy Bear statues, and other beautification projects.

To keep up with the project and updates, please visit <https://hplakesideproject.com/>.

Get WaterSmart

The Town chose an online water use portal, as part of its continued effort to provide the highest level of customer service and consumer awareness to its customers. With WaterSmart, Highland Park residents are able monitor their water consumption through a web browser.

You may choose to receive notifications via email, text, or voice message. These notifications include leak alerts, bill forecasting, and when your daily consumption surpasses a volume threshold set by you.

Hourly meter reading data will allow you to see how much water you use when you do common activities like showering, laundry or watering your landscape. The billing tab of the WaterSmart Portal also provides a High Bill Explainer customized to your current circumstances that can provide you further information.

Sign up for WaterSmart by contacting Customer Service at (214) 521-4161.

Learn more about WaterSmart here: <https://www.hptx.org/830/WaterSmart>

Stay tuned for more watering tips and services next month! If you cannot wait for more exciting information, visit our website: www.hptx.org/WaterConservation.

Annual Drinking Water Quality Report

The Town of Highland Park Public Works Department is responsible for providing safe and reliable drinking water to all residents. Our Public Works Department maintains the distribution system that delivers treated water to your tap.

The Texas Commission on Environmental Quality (TCEQ) assessed our water system and determined that our drinking water meets or exceeds all State and federal (EPA) drinking water regulations.

The 2021 Drinking Water Quality Report is available at: www.hptx.org/waterqualityreport.

Love Field Environmental Advisory Committee Meeting

Join the Love Field Environmental Advisory Committee at the July 14th Hybrid LFEAC meeting, being held at the Maurice Rayshun Smith Administration Building, at 6:00 p.m. Attendees will have an opportunity to speak with members of Dallas Love Field Airport and other Aviation organizations regarding Aviation noise.

Prior to the LFEAC meeting, organizers would like to ask residents to register by visiting <https://www.dallas-lovefield.com/airport-info/environmental>. Registration is not required but encouraged. You may also use this link to send your comments to the Committee prior to the meeting. This link also has the instructions for joining the meeting online.

- **Meeting location:** online, or in-person at Maurice Rayshun Smith Administration Building, 7555 Lemmon Ave, Dallas, TX 75209
- **Time:** 6:00 PM

Construction on the Runway Expansion Project is ongoing due to weather and material delays. However, Runway 13R/31L is open and operational.





Heat Exhaustion or Heat Stroke

This summer has already turned out to be a hot one, which means we need to be vigilant in watching out for heat exhaustion or heat stroke. Typically heat-related illnesses are caused by overexercising or working in hot weather that inhibits the ability to keep the body cool. Occasionally heat-related illnesses can be caused by dehydration, wearing heavy, tight clothing, and consuming alcohol. Muscle cramping may be the first sign of a heat-related illness, and is your body's way of asking you to pay attention.

Heat Exhaustion occurs after the body loses excessive amounts of water and salt from sweating. Symptoms of heat exhaustion are general weakness; excessive sweating; a weak but fast pulse, lightheadedness; dizziness; and pale, cold or clammy skin. If you suspect heat exhaustion, take a cool shower or use cold towels to cool the body, hydrate with water and electrolyte drinks, move to a shaded/cool area, and remove extra layers including shoes and socks.

Heat Stroke occurs when the body's internal temperature rises above 104 degrees. Symptoms include a rapid and strong pulse; changes in the level of consciousness; and hot, red, dry or moist skin. If you suspect heat stroke, call 9-1-1 immediately and move to a cool area. Use a cold, wet cloth to lower the body temperature. Heat stroke can come on very quickly, so it is very important to take appropriate measures at the first signs of a heat-related illness.

When to call 9-1-1 for heat related illness:

- Body temperature is above 104 degrees
- Experiencing confusion
- Loss of consciousness
- Not sweating even though you are hot
- Fast breathing
- Vomiting or nausea
- Seizure

Ways to prevent heat-related illness:

- Drink plenty of water. Avoid caffeine and alcohol. If your urine is not clear or light-colored, drink more water.
- Wear light-colored, lightweight clothing and wide-brimmed hats.
- Avoid working during the hottest part of the day and take frequent breaks.
- Never leave children or pets in a car without air conditioning. It does not take long for the inside of a car to become dangerously hot even on mild days.

Who is more prone to heat-related illness:

- Children under the age of 4, and adults over the age of 65.
- Certain medications that treat high blood pressure or heart conditions may hinder your ability to stay hydrated.
- Some may have a harder time acclimating when traveling from cold to warm temperatures.
- High Heat Index: Humidity causes sweat to evaporate quickly, which may make it harder for the body to stay cool.



National Parks and Recreation Month

July is National Parks & Recreation Month, recognizing the importance of our green spaces and the activities that bring a community together. The services that park and recreation professionals provide are vital for our communities – from protecting open space and natural resources to helping fight obesity and providing activities and resources for all people. This has been especially true throughout the COVID-19 pandemic. Park and Recreation Month encourages everyone to reflect on the exponential value park and recreation professionals bring to communities.



L to R: Alphonso Palomo (retired), Jim Williams, Danny Hines, Martin Reyes (retired), Mike Rangel, Carlos Velazquez, Frank Melendez

Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth. Moreover, parks provide a connection to nature; which studies demonstrate relieves stress, strengthens interpersonal relationships, and improves mental health.



L to R: Chelsey Gibson, Assistant Director of Development Services; Hugh Pender, Director of Development Services; Holly Russell, Management Assistant

Help us celebrate how the Town of Highland Park is stronger, more vibrant, and more resilient because of parks and recreation. Let's thank the Parks Maintenance staff for all their hard work and dedication to parks beautification, and make sure recreation facilities keep running safely for the enjoyment of our residents. Be sure to tell the HP Parks Maintenance Workers, Administration staff, and many summer employees what a great job they do and how valuable their work is to the vitality of the Town!



Summer Travels & Music with the HP Library

Don't let your research on travel destinations hamper your travel excitement. The Library has a world-class collection of travel guides; many of which include city maps, just waiting on the shelves to join you on vacation. Guides cover international travel, too! Check out series from familiar names like Fodor's Travel Publications; Frommer's Travel Guides; Lonely Planet; Michelin Blue, Green, and Red Guides; and Rick Steves; as well as niche publications from Eyewitness Top 10 and Wildsam Field Guides.

For eBook readers, there is even an always available downloadable collection of U.S. travel guides, <https://highlandparktexas.overdrive.com/collection/1242323>. Your next great adventure awaits!

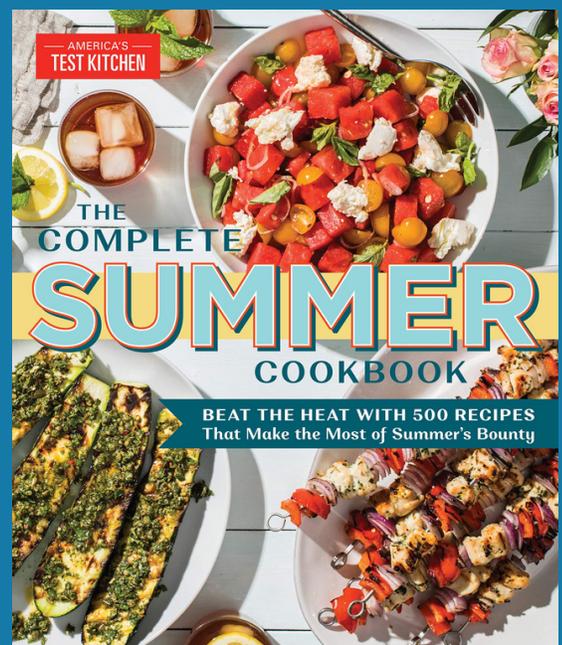
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Need a library card? There is no charge for a library card if you are a resident of the Town of Highland Park. Apply in person, online, or by phone. Visit the Library's website, <https://www.hptx.org/145/Library-Cards>, or call (214) 559-9400 for more information.

What To Read Next

From the experts at America's Test Kitchen is the perfect summer read, [The Complete Summer Cookbook: Beat the Heat with 500 Recipes that Make the Most of Summer's Bounty](#). Learn how to prepare no-bake deserts and frosty drinks for patio dinners, the best picnic staples, grilling recipes for casual dining, make ahead meals that taste great cold, and more. Plus, find new ways to enjoy summer fruits as part of icebox treats. Explore the bounty and discover a new summer favorite!

For more titles like this one, be sure to browse the Library's special July display. The Library is open Tuesday from 9:30 a.m. to 7 p.m. and Wednesday - Saturday from 9:30 a.m. to 5:30 p.m.



Summer Reading: An Ocean of Possibilities

Kids and teens can still register for Summer Reading. Children from birth to 6th grade can register at <https://hptx.beanstack.org> to earn points, badges, and certificates by logging minutes read, activities completed, and events attended. Readers may also pick up a print Summer Reading log at the Library to keep track of summer reading activities.

Readers who complete the program choose a book to donate in their name to Camp Sweeney. Led by the Southwestern Diabetic Foundation, Camp Sweeney provides medical training,

recreational experience, and comprehensive, rehabilitative care to children and youth with diabetes. Camp Sweeney is regarded as one of the largest, most effective diabetes educational facilities in the world.

Youth in 7th through 12th grade can register for Summer Reading at <http://universityparkpubliclibrary.readsquared.com/>.



Participants who log their reading points will be entered to win gift cards from a local business. Readers who complete the program will be entered to win a grand prize! This program is a partnership between the University Park Public Library and the Highland Park Library.

Thank you to Christine McKenny of Allie Beth Allman & Associates for sponsoring Summer Reading. Thank you to the Friends of the Highland Park Library for funding the Sharing Literacy book donation program.



July StoryWalk®

There is a new StoryWalk® book for July, Summer Song by Kevin Henkes. The Town's Parks Department and the Library hope you enjoy celebrating the sights and sounds of the summer as you read each page while taking a stroll in Prather Park. Begin your StoryWalk® at the corner of Drexel Drive and Euclid Avenue, then follow the book pages together as you read along and engage in fun activities in Prather Park.

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson.

HP Library: Your Connection to Lifelong Learning

Moana Hula Princess Show and HP DPS Event - Aloha! Join us July 8, 10:00 a.m., for the Moana Hula Princess Show by Grace Hula Dance Company. Dance with Moana, sing songs, and learn some hula moves. Plus, join Highland Park's Department of Public Safety to visit and explore interactive stations. Located in Prather Park. Corner of Euclid and Drexel. No registration required. In the event of inclement weather, the event will be canceled.

Oceans of Fun Show - Visit the Library on July 23, 2:00 p.m., Oceans of Fun is a great show with puppets, songs, and magic! This show has a pirate boy, a rainbow fish, and a beautiful mermaid who tell stories and sing songs about life under the sea. Located at the Highland Park Library, 2nd Floor Town Hall.

Cookie Decorating Class for Teens - On Tuesday, July 12, 4:30 – 6:00 p.m., teens can learn to decorate cookies like a pro with Nicki Cooley from Sweets on a Stick at the Highland Park Library. Class includes cookies, all the supplies, ingredients, and instruction needed to decorate. For ages 12 and up. Please email Laura Collins at lcollins@hplibrary.info to register at the Highland Park Library.

Thank you to Christine McKenny of Allie Beth Allman & Associates for sponsoring Summer Reading.

Baby Story Time at the HP Pool - Join Miss Laura for Baby Bounce at the Pool on Thursday, July 28 at 10:00 a.m. Advance registration required. Please email lcollins@hplibrary.info to register. Limited to 20 participants. In the event of inclement weather, the program will be canceled.

Jamming with Chef Sandra - Join Chef Sandra for this fun and informative session where you will learn how canning preserves flavor and nutrients, safety practices to follow, and how to get started. This in-person course will be Saturday, July 16, at 11:30 a.m. at the HP Library. Adults 18 and up. Registration required. Seating is limited. <https://www.eventbrite.com/e/jamming-with-chef-sandra-registration-354114474927?aff=HPL>.

Spark Joy: Tidying and the KonMari Method - The HP Library is excited to join Shannon Huneycutt for an inspiring presentation on what it means to lead a life that Sparks Joy. You will learn the KonMari philosophy and guiding principles needed to tidy. Please have a standard t-shirt and pair of pants for the folding activity. This online event will take place Wednesday, July 27, at 6:00 p.m. via Zoom. You will receive the meeting link in an email from the Library prior to the event. Adults 18 and up. Registration required, <https://www.eventbrite.com/e/spark-joy-tidying-and-the-konmari-method-tickets-363329015867?aff=HPL>.

Sea Monsters Unearthed: Life in Angola's Ancient Seas - SMU Professor Emeritus of Earth Sciences, Louis Jacobs, discusses this work, exhibited at the Smithsonian National Museum of Natural History, and how their multinational team of scientists has advanced our understanding of Angola's rich fossil history. This lecture will take place on Saturday, July 30 at 11:00 a.m. at the Highland Park Library. Adults 18 and up. Registration required, <https://www.eventbrite.com/e/sea-monsters-unearthed-life-in-angolas-ancient-seas-tickets-360646071107?aff=HPL>. Seating is limited.

JULY CALENDAR



All Month **Every Tuesday at 11:30 AM:** Mindful Meditation. Class meets in the DPS Training Room, Third Floor.
Every Thursday at 11:30 AM: Mindful Movement. Class meets in the DPS Training Room, Third Floor.
Every Friday at 10:00 & 10:45 AM: Story Time at the Library, meets on the 2nd Floor in the Council Meeting Room unless stated otherwise for a special event.

 **July 4, Monday** **Independence Day Parade and Party at Goar Park**

July 8, Friday **Moana Hula Princess Show and HP DPS Event - Library**
10:00 a.m. Located in Prather Park. Corner of Euclid and Drexel. No registration required. In the event of inclement weather, the event will be canceled.

July 12, Tuesday **Cookie Decorating Class for Teens - Library**
4:30 - 6:00 p.m. For ages 12 and up. Please email Laura Collins at lcollins@hplibrary.info to register at the Highland Park Library.

July 16, Saturday **Jamming with Chef Sandra - Library**
11:30 a.m. Adults 18 and up. Registration required, <https://www.eventbrite.com/e/jamming-with-chef-sandra-registration-354114474927?aff=HPL>. Seating is limited.

July 19, Tuesday **Town Council Meeting & Study Session**
8:00 a.m. Meeting & Study Session will be an in-person meeting at Town Hall, Second Floor.
<https://www.hptx.org/895/Town-Council-Agendas>

July 23, Saturday **Oceans of Fun Show - Library**
2:00 p.m. Located at the Highland Park Library, 2nd Floor Town Hall. No registration required.

July 27, Wednesday **Spark Joy: Tidying and the KonMari Method - Library**
6:00 p.m. This online event will take place via Zoom. You will receive the meeting link in an email from the Library prior to the event. Adults 18 and up. Registration required, <https://www.eventbrite.com/e/spark-joy-tidying-and-the-konmari-method-tickets-363329015867?aff=HPL>.

July 28, Thursday **Baby Story Time at the HP Pool - Library/Parks & Rec**
8:00 a.m. Advance registration required. Please email lcollins@hplibrary.info to register. This event will be at the HP Pool. Limited to 20 participants. In the event of inclement weather, the program will be canceled.

July 30, Saturday **Sea Monsters Unearthed: Life in Angola's Ancient Seas - Library**
11:00 a.m. Adults 18 and up. Registration required, <https://www.eventbrite.com/e/sea-monsters-unearthed-life-in-angolas-ancient-seas-tickets-360646071107?aff=HPL>. Seating is limited.



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