



# Riverwoods

## VILLAGE VOICE

All Riverwoods Board and Committee meetings are held at the Village Hall unless otherwise specified and are open to the public; residents are encouraged to attend.

**Riverwoods Village Board:**  
1st and 3rd Tuesdays at 8p.m. Jan. 6 and 20, Feb. 3 and 17 and Mar. 2 and 16.

**Riverwoods Plan Commission:**  
1st Thursday, at 7:30p.m. Jan. 8 (due to holiday), Feb. 5 and Mar. 4.

TO GET INVOLVED  
IN RIVERWOODS

**Theatre in the Woods** call Sandy Sagan, producer at 847-945-0585.

**RRA**, the following programs are in need of volunteers.

**Family Programs**, call Jodi Kahn at 847-236-1632.

**Plant Sale Committee**, call Sue Auerbach, chairman at 847-945-7898.

**The Building and Development Committee** call Mike Karpeles, chairman at 847-940-1762.

**Arts&Riverwoods** call Leslie Ames, chairman at 847-948-9003.

Visit the Village of Riverwoods web site, [www.villageofriverwoods.com](http://www.villageofriverwoods.com) to keep up to date on the latest Village information and events.

**It's 11:00 p.m. - Do You Know Where Your Children Are?**

The curfew ordinance, which affects youths under the age of 17, is 11p.m. during the week and 12a.m. Holidays, Friday and Saturday. It conforms to state statute.

**Please Watch Your Speed**  
The speed limit is 25mph on all Association roads. Also, stop signs Do mean stop. We see you.

## SHIP Program to Assist Riverwoods Seniors with Medicare

By Nancy Morten

The Village of Riverwoods will be a satellite facility for the Senior Health Insurance Program ("SHIP"). The SHIP Program is a free statewide health insurance counseling service for Medicare beneficiaries and their caregivers sponsored by the State of Illinois, Department of Insurance. SHIP counselors do not sell or solicit any type of insurance. They can provide you with publications and resources to help you make informed decisions.

Seniors, do you have any questions regarding your Medicare coverage? Are you shopping for a Medicare Supplement policy? Do you need help understanding your Medicare claims? SHIP counselors can help answer your questions and assist you with claim filing and sorting medical bill paper-

work and with denials and appeals to claims that have been processed.

They can also provide insurance policy analysis.

Beginning in March we will have trained volunteers available for counseling at the Village Hall.

Counseling will be available:

-The first Thursday of each month from 7:00p.m. to 9:00p.m.

-The third Saturday of each month from 12:00p.m. to 2:00p.m.

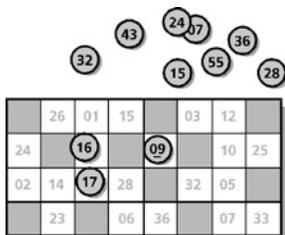
-The last Monday of each month from 12:00p.m. to 4:00p.m.

Please call Nancy at the Village Hall (847) 945-3990 to schedule a free appointment.



### Riverwoods Senior Program

## Calling all Seniors!



*The Senior Program is going strong . . .*

### Please join us for Bingo

Thursday, February 19, 2004, 10:00 a.m. at Village Hall  
Prizes, Refreshments and Fun

### Memories I Want to Pass Along

Learn how to make a scrapbook.

Thursday, March 18, 2004, 10:00 a.m. at Village Hall  
Please RSVP by March 5 to Nancy Morten at (847) 945-3990.

A list of necessary supplies will be provided prior to the meeting.





## Send in Those Letters!!

Letters from residents and Riverwoods homeowners' associations are invited and encouraged. Preferred length: approximately 250 words or less, typed preferred. All letters must include the author's name, address and phone number. Letters may be printed, space permitting, but may be edited for grammar, clarity and length. If controversial topics are addressed, the editor will seek opposing viewpoints for balance.

### Deadline for the March/April Issue:

February 15, 2004

### Send to:

Editor

Riverwoods Village Voice  
300 Portwine Road  
Riverwoods, IL 60015

### Riverwoods Village Voice

is published bimonthly by the Village of Riverwoods. The purpose is to provide a communication forum and information for residents. The views expressed in the newsletter are not necessarily those of the mayor or members of the Board of Trustees.

### Editor:

Elizabeth Sherman

### Design:

Jackie Borchew

### Village Board Meeting

Minutes taken by:

Debbie Limer

Any resident wishing to become a newsletter staff volunteer please call the Village Hall at 847-945-3990 and leave your name and phone number.

# Riverwoods Property Values Among the Highest

Dear Residents,

## Property Values:

Property values in Riverwoods are still among the highest in the North Shore. There were permits issued for 11 new homes in 2003. Below is a comparison of sales of existing homes for the last five years:

	Average List Price	Average Sale Price	% of L.P. to S.P.	Average Market Time	Number of Homes Closed
1999	\$530,704	\$500,313	94%	86 days	69
2000	\$557,118	\$532,536	96%	61 days	58
2001	\$691,139	\$660,139	96%	140 days	58
2002	\$675,365	\$638,032	94%	67 days	58
2003	\$739,717	\$690,725	93%	163	58

In 2003, the average value of homes increased 7% over last year and 27% over the last five years. That's an average of 5.4% per year.

There were three lots sold for an average sale price of \$378,333. In addition there were eight homes that were bought to tear down and construct totally new homes at an average of \$442,000 per home (four of these homes were included in the average value of homes sold in 2003). Therefore the average sale price for a buildable lot in 2003 was \$424,681.

Sincerely yours,

William S. Kaplan, Mayor

## Join the Riverwoods Business Association Today

By Michele Vold

The Riverwoods Business Association was adopted in September 2003. It is open to residents of Riverwoods who are doing business outside Riverwoods or people outside of Riverwoods doing business in Riverwoods. The meetings take place on the first Friday of the month from 7:30-9a.m. at the Country Inn and Suites, 2600 Lake Cook Road, Riverwoods. The group has a network-

ing component, social component and educational component. For your information, below please find its mission statement and purpose in Riverwoods.

### MISSION STATEMENT

#### Preamble

The business community in Riverwoods enjoys the remarkable benefit of engaging in commerce in one of the most beautiful wooded settings in the Chicago metropolitan area, with nearby affluent residential neighborhoods, a supportive municipal government, an available skilled labor force, educated consumers, and immediate access to the City of Chicago, one of the largest and greatest cities

*continued on page #5*

In an attempt to simplify monthly Village Board meeting notes, items are presented as “updates” of major topics, rather than chronological listings of all issues presented to and/or discussed by the Board.

# Update of Current Village Board Topics

Oct. 7, 21 and Nov. 4, 18

## **INSURANCE REQUIREMENTS FOR WORK IN VILLAGE**

The Village Board voted to amend the code specifying insurance requirements for people performing work in the Village. It applies only to those contracted with the Village and includes subcontractors as long as 50% of the work is done by the contractor.

## **VOICE STREAM NEWEST CELLULAR LEASOR**

A lease agreement with Voice Stream GSM-1 was approved by the Village Board. The cell tower will be located on Ravinia Green Golf Course.

## **PROPOSED LYNDALE SUBDIVISION**

The Village Board approved a preliminary subdivision plat for Lyndale Subdivision, which involves turning two parcels into three lots of about 2.5 acres each.

## **TRAFFIC LAWS ENFORCED IN VERNON WOODS**

The Village Board granted the request of Vernon Woods Owners Association to enforce traffic laws on private streets. Please watch your speed.

## **SSA #20**

The Village Board has established the Wigham-Burr Oak SSA#20.

## **ROSE TERRACE MFT PROJECT**

The village maintenance of streets and highways by municipality under Illinois Highway Code will be applied to Rose Terrace. Rose Terrace had experienced flooding problems each spring. The Village has agreed to put in a new, larger culvert as well as other improvements to solve this continuing problem. A resident along Rose Terrace has also agreed to contribute to the funds for improvement.

## **DAMAGE TO CCH WATER MAIN**

The Village Board approved reimbursing CCH \$4810.63 for the water main they had to have repaired due to sand and gravel getting into their water main. Apparently, it occurred during the installation of the line.

## **MAKE A DIFFERENCE DAY**

The Village Board has declared October 25th ‘Make a Difference Day.’

## **SNOW PLOWING CONTRACT APPROVED**

D&M has been contracted for two years for snow plowing.

## **SENIOR TRANSPORTATION PLAN**

The Senior Transportation Plan will continue for another year. Seniors should take advantage of this terrific voucher system. For more information, contact Nancy Morten at the Village Hall.

## **GRANT TO CEL**

The Village Board approved a \$4000 contribution to Center for Enriched Living.

## **BUCKTHORNE REMOVAL**

The Village Board approved spending \$44,190 to have Glenwood Tree Experts remove Buckthorne on Village owned property.

## **TREES TO BE PLANTED AT VILLAGE HALL**

Chuck Stewart recommended planting 22 trees on Village Hall property. The cost is \$2840 for trees and includes labor. The Village Board approved.

# Plan Commission Report

By Linda Dunn

The Village Plan Commission has been discussing the Comprehensive Plan. At the December meeting, Mr. Bob Teska, the Village Planner, spoke with the Plan Commissioners and those in the audience. There are several areas that the Plan Commission would like to hear from the residents. The Comprehensive Plan is divided into four categories: character, ecology, services and finances.

A few of the areas being discussed are:

- The character of the Village – residential areas maintaining low density, semi-rural, wooded environment.
- The type and diversity of housing which includes the bicycle path in the comprehensive plan, expansion of Deerfield Road in regards to “context sensitive design,” as well as inclusion of the results of the Competitive Community Initiative questionnaire which are due out this spring.

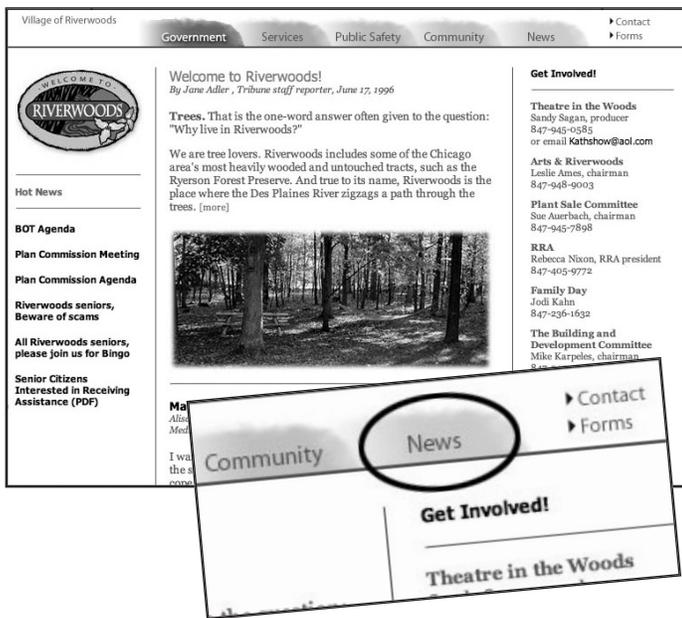
Under ecology, the Plan Commissioners are exploring the protection of woodland areas through lot coverage restrictions, encouraging reduction in impervious surfaces to reduce storm water run off, tree planting program, and encouraging reforestation removal of invasive species, etc.

*continued on page #4*

The Plan Commission generally meets the first Thursday of each month. These issues are important to all residents of Riverwoods and we encourage your attendance at these monthly meetings so that we can hear your opinions and input. For more information on meeting dates and agenda items, please contact Village Hall or refer to the Village's website at [www.villageofriverwoods.com](http://www.villageofriverwoods.com).

## Keep Up to Date with the Village Website

The Village internet website is a valuable tool and is designed to be easy to use. This site offers access to the latest community information and events, the dates and agenda for upcoming Village Board and Plan Commission meetings (as well as the full Village Board and Plan Commission meeting minutes), RRA happenings and senior program news. You may refer to back issues of the Voice or download forms for various permits. There is also a wealth of information through links to other interesting websites.



By clicking on "news" located in the top bar of the home page, you will go directly to the latest issue of the Village Voice.

The Village Voice is posted on the site a week or more before it ever hits your mail box. Just log on to the site [www.VillageofRiverwoods.com](http://www.VillageofRiverwoods.com) and click on "news" to pull the latest Voice items up on your screen. So explore your Village on line and keep up to date.

## Fire Facts Pull to the Right for Sirens and Lights

By Firefighter Scott Vaughn

An important reminder - the law requires motorists to pull to the right and stop for emergency vehicles operating their warning lights. This applies to emergency vehicles coming from behind or ahead of you. A common problem faced by police officers, firefighters and paramedics is the driver who does not see or hear the emergency vehicle until the last minute, then "panics" and simply stops wherever they happen to be. We encounter anything from drivers stopping in the middle of an intersection to stopping in the left lane. This complicates things when other vehicles have already pulled to the right side therefore making the available roadway very narrow. You should also "take the hint" if all the cars ahead of you have pulled to the shoulder and stopped. Take a moment to check your surroundings before driving around them - we don't want to meet you that way.

## Police Report

By Morris Weinstein, Chief of Police

### Resident Survey

We wish to thank everyone that has already returned their surveys and urge all to do so. Question 20 asks what number would you call if you saw a suspicious person in Riverwoods? You should call (847)945-1820. This will reach the dispatchers. However, if you are ever in doubt about what number to call for police service, you can always dial 911. Help us to help you. Please call the Police if you see anything or anyone suspicious.

### Line of Sight Safety Recommendations

For safety, drivers approaching intersections or exiting driveways should have an unobstructed view of the area. For safety there should be no sight obstructions between a height of 30 inches to eight feet above the ground and within 25 feet of the intersection or driveway.

### Internet Scam

People in foreign countries are answering Internet sales listings and sending large dollar amount counterfeit checks for payment. The intent is to have the seller send the items and the balance to a shipping carrier. If the seller follows the instructions they will be out not only the item but additional dollars. If you place any type of advertisement, be careful.

**Join the Riverwoods Business Association** *cont. from page #2*

in the world. The Riverwoods Business Association is founded to foster Riverwoods' businesses and enhance the community in which they operate.

### **Statement of Purpose**

The Riverwoods Business Association serves the following purposes:

- To promote commercial activity with businesses located in Riverwoods or with Riverwoods' residents operating businesses elsewhere;
- To provide a forum for learning about businesses operating in Riverwoods and the Riverwoods community, generally;
- To create opportunities for networking among members of the Riverwoods Business Association;
- To provide an organized voice for businesses speaking to community leaders and municipal officials; and
- To serve a social function for Riverwoods' business leaders, community officials and residents.

### **Commitment**

The members of the Riverwoods Business Association commit to improve the community in which they live and work, for its businesses, residents and visitors. They commit to support members and seek to attract new members. They commit to work cooperatively in service of the community and fulfill the purposes of the Riverwoods Business Association.

For more information, please contact Michele Vold at [ememvee@aol.com](mailto:ememvee@aol.com) or via telephone 847-948-6220.

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## **Riverwoods Montessori School Happenings**

*By Lisa Kambich*

With the wonders of winter all around us, we have been enjoying exploring our natural habitat – woodlands, prairie and pond. The beauty and peace we find in nature is something we can carry within us wherever we go. Peace was one of the tenets of Montessori education so there seems to be a natural flow into the activities surrounding National Montessori Week in February.

A favorite experience for families at this time of year is parent night. On this evening the children delight in presenting to their parents a variety of activities that they do at school. With the world literally at their fingertips, there is much for each child to discover.

The sounds of music fill the school as the children prepare for their annual Spring Sing recital. In addition to the choral ensemble, some of the presentations include instru-

mental music and dancing. Spirits soar and hearts sing – oh the life of a young child!

Also at this time of year, registration is being accepted for the summer program (Country Camp) as well as the 2004-2005 school year. For tours and information please contact Mrs. MacDonald, director of admissions at (847) 945-8661.

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## **R R A N E W S**

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## **2004 Family Day**

*By Jodi Kahn*

It's time to begin planning our next Riverwoods Family Day!

This popular June event is going into its fourth year! The first planning meeting of the year will be on Wednesday, January 14th, at 7:30p.m. For further details, please call or email Jodi Kahn at 236-1632 / [jodikahn@comcast.net](mailto:jodikahn@comcast.net).



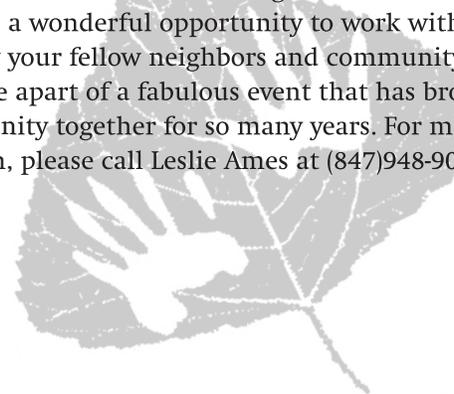
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## **45th Annual Arts & Riverwoods**

*By Leslie Ames, Event Chairperson*

The 45th annual Arts & Riverwoods art show will be held Saturday and Sunday, September 11th and 12, 2004. Although it maybe too early to mark your calendars, it's not too early to start planning this terrific event. We are looking for chairpeople to handle Staging (as you may know, Cal Johnston moved away this year after doing the job admirably for a number of years), Traffic, Marketing and Advertising, along with help in other key areas. We really need people to step into these positions, because without your help, the show will not go on. We had a very successful show this year and it would be a shame to end Arts & Riverwoods after such a long time.

This is a wonderful opportunity to work with and get to know your fellow neighbors and community leaders as well as be apart of a fabulous event that has brought our community together for so many years. For more information, please call Leslie Ames at (847)948-9003.



# Post Acute Transitional Cardiac Care Unit Opens at Brentwood North Healthcare

Brentwood North Healthcare in Riverwoods has opened a new Post Acute Transitional Cardiac Unit specifically designed for individuals recovering from open heart surgery, heart attacks and other major cardiac illnesses that need additional medical and 24-hour skilled nursing care. This new unit is designed to provide patients with state-of-the-art skilled nursing provided by Advanced Cardiac Life Support (ACLS) certified nursing supervisors, therapy and education – easing the transition from hospital to home or in preparation for Out-Patient Cardiac Rehabilitation.

For more information, please contact the Director of Admissions at 847-947-9000.



## Winter Calendar at the Lake County Forest Preserves

- Celebrate **Goundhog Day** and meet the strangest groundhog you have ever seen on Sunday, February 1, from 1:30-2:30p.m. at Ryerson Woods. Registration and prepayment required.

- Discover what goes bump in the night at the **Youth Night Hikes** for children grades 3-6, without an adult. Friday, February 13, from 7:00-8:30p.m.

- **Mardi Gras Masquerade** at the Discovery Museum on Saturday, February 21, from 11:00-12:30p.m. Children will make their own Mardi Gras masks and learn about Fat Tuesday. For children ages 3-12 years of age. Registration and prepayment required.

### Win Free Summer Camp!!

Check out the Lake County Forest Preserve mailer for more details.

## Winter Health Natural Alternative for Flu Prevention

By Prabha Vaidya, M.D and Jerry Gore, M.D

Winter is here and flu season has started early this time. Officials are predicting a stronger virus this year. People are lining up for the flu vaccine. Due to different strains of the virus every year, the flu vaccine does not work on everyone. Whether you have a vaccine or not, the following tools will work for everybody who wants to stay healthy during the cold season and avoid the flu and respiratory infections.

First of all think simple. Winter is a cold and wet season. Keep yourself warm and dry. Excess cold and wetness creates excess mucus in the body and increases chances of infection. A person with a compromised immune system suffers the most.

Following are the tools you can use easily:

### **Diet:**

**Avoid food which creates excess mucus and inflammation in the body** such as wheat, dairy- dairy products, sweets, bananas, grapes, oranges, red meat- beef, pork, lamb, sausages processed meat etc., any refined products, margarine, butter, eggs. Avoid salt, sour and sweets.

**Substitute with whole grains** such as Basmati rice, rye, dry oats, quinoa, buckwheat, variety of beans, soy-milk, tofu, organic chicken and fish. Use spices such as ginger, garlic, turmeric, pepper, fenugreek, cinnamon and cardamom. Use olive oil for cooking. Drink warm soups, warm water and avoid iced drinks.

### **Vitamins and herbal supplements**

Take a good quality of multivitamin. Add vitamin C and zinc to help immune system to fight infection and Flaxseed or fish oil as an anti-inflammatory agent.

During the winter season, drink Echinacea tea or take Echinacea herbal tincture, as directed by your healthcare practitioner. Mullein herbal tincture for colds relieves respiratory congestion.

### **Homeopathic Remedies:**

We have been taught that certain tissue salts may prevent community acquired colds and flu. Try tissue salts such as Kali Mur 6x 2-3 tab daily and Ferrum Phos 6x 2-3 tab every morning. These two tissue salts will be specifically good for children during the whole winter. Aconite, Allium Ceba and Gelesemium can be started at the sign of first symptoms of cold coming up. Flu symptoms are more severe. High fever, headaches, body ache, chills, extreme fatigue are symptoms of flu. Since the

flu is a viral infection antibiotics may not help, these remedies may be an effective treatment. Recommended homeopathic remedies specific for flu are: Gelsemium (No. 1 flu remedy), Bryonia, Eupatorium, Baptisia, Arsenicum, etc. These remedies are matched to a person's specific symptoms.

We recommend trying to prevent the flu with these remedies as well as using them when you have flu symptoms. If you follow the above recommendations, you will be able to recover faster. Herb and homeopathic remedies not only heal the symptoms but also strengthens the immune system with the sense of renewed energy.

**Other:**

Regular exercise maintains the body's heat and circulation. Get plenty of rest, warm fluids, and warm clothing, to reduce exposure to cold wind. Do not overwork; reduce stress before it compromises your immune system.

Use a combination of tools, which are available to you. Consider professional help for severe symptoms. Underlying chronic illness may delay the process of illness. Always seek early professional help.

Please call us for information at the Center for Holistic Medicine, 240 Saunders Road, Riverwoods, IL 60015. Telephone (847) 236-1701. We are happy to help.

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## New Year's Resolutions "Weighing" You Down?

By Laurie D. Garber-Amram, L.C.S.W.

Every year between Thanksgiving and the New Year, we enjoy numerous food-centered get-togethers with family, friends, and co-workers with the same theme: to overeat and over indulge in sinfully rich goodies and at special holiday meals. Inevitably, we promise on December 31st to take better care of ourselves in the new year by "watching what we eat," exercising more, and losing weight. By mid-February, most of us have abandoned what we so sincerely promised ourselves on the eve of the New Year when we felt full of hopefulness, genuine desire, and motivation.

Just what is it that makes losing weight and maintaining the loss so difficult? Why do individuals who are successful and capable in other areas of their lives consistently fail to eat less and make food choices consistent with their goals? Some become frantic searching for the perfect diet to achieve the weight loss that continues to elude them ... others just give up, resigned. It's the one thing in our lives that we just can't seem to get right. The "eat less, exercise more" weight loss strategy is overly

simplistic in addressing the complexity of food, body, and weight issues. The relationship and struggle each person has with food is highly personal. In order to productively address food, weight, and body issues, we need a holistic, multi-faceted approach that considers the emotional, physical, cognitive, spiritual, and practical aspects of each individual's unique challenge. It is only then that we can begin to transform our relationship with our bodies, food, and ultimately ourselves.

Losing weight and maintaining the loss is truly one of the most difficult challenges you will face. It requires focus, determination, desire, and self-acceptance. Too often, we withhold self-love and acceptance for "when we are thin," believing that only then we will be worthy. Too often we put our lives on hold until we lose weight. Too often we leave it to the scale to decide how we should feel about ourselves. If only we believed we were worth our weight in gold... Losing weight involves valuing yourself today and believing that you deserve to take care of yourself. The process begins with accepting yourself now in order to embrace with an attitude of concern and empathy all of the reasons for which you eat when you are not hungry. The journey requires a commitment to yourself with a realistic understanding of the obstacles you will face.

Losing weight permanently involves the peeling away and replacing of old beliefs, habits, attitudes, and behaviors. Specific and realistic goals must be set and revised consistently. Obstacles must be identified and relapse strategies devised. While the process is difficult, it is far from impossible when you begin to address yourself and your goals with the respect and attention they deserve. Many individuals find participating in a group that meets on a regular basis an especially helpful way to discuss obstacles, share strategies, and garner support. Others find the focus of individual sessions with a professional useful in attaining an understanding of and devising a strategy for handling their particular situation.

For more information about individual sessions or joining a group beginning this winter facilitated by Laurie Garber-Amram, a licensed Clinical Social Worker with over 14 years experience, please contact the Center for Holistic Medicine in Riverwoods at (847) 236-1701.



## Riverwoods Village Voice

300 Portwine Road

Riverwoods, Illinois

60015-3898

847-945-3990

Fax: 847-945-4059

VillageofRiverwoods.com

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US POSTAGE

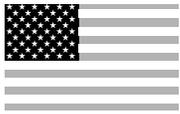
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DEERFIELD, IL

60015

AUTO



## Top 10 Reasons to Adopt An Older Dog from Orphans of the Storm

- 1—Older dogs are **housetrained**.
- 2—Older dogs are not puppies, and **won't chew** your shoes and furniture like teething puppies.
- 3—Older dogs have mellowed so they **can focus well**, thus learning easily and quickly.
- 4—Older dogs **let you get a good night's sleep** because they are used to human schedules and don't need nighttime feedings, comforting or bathroom breaks.
- 5—Older dogs are **instant companions**. Ready for hiking, car trips and any other things you like to do.
- 6—Older dogs are **good at giving love**. They are grateful for their second chance they've been given.
- 7—Older dogs **leave you time for yourself**. They don't make demands on your time and attention like puppies do.
- 8—**What you see is what you get**. Puppies can grow into something quite different than what they seemed at first.
- 9—Older dogs **understand what "no" means**. If they hadn't have learned it they wouldn't have gotten to be older dogs.
- 10—Older dogs **settle in easily**. They've learned what it takes to get along with others and be part of the pack.

These are only the top ten reasons, there are many more that you will discover when you adopt an older friend from the shelter.

Over the past few months, we have had a higher than average adoption rate of older, and long-time resident dogs at the shelter. This success can be attributed in part to the Pioneer Press papers' "Pet of the Week" column, but we like to think that its mostly due to the happy adopters spreading the word.



Whatever the reason, more people are learning about us and more importantly, about all of the great pets we have waiting for permanent homes of their own.

**Please help us place Lil' Frieda.** This beautiful orange pomeranian mix may have a small mouth, but boy oh boy does she have a big appetite!

She's very alert, extremely loving and gets along well with other dogs. She would fit well in an adult home where she can be the lap queen that she was always meant to be.

Visit Lil' Frieda in the senior wing any day from 11:00—5:00p.m. at 2200 Riverwoods Road. Or go online at [www.orphansofthestorm.org](http://www.orphansofthestorm.org)