



# Riverwoods

## VILLAGE VOICE

## The 1950's Without the "Leave it to Beaver" Cliches

By Donna Lubow

Theatre in the Woods hopes to have a hit on its hands when it presents Tom Dudzick's, "**Over the Tavern**" this summer. If you didn't see the play when it was produced at the Mercury or Northlight Theaters for extended runs,



now is your chance to see Theatre in the Woods version of this hilarious and enlightening family comedy, which takes place in 1959.

Though a comedy, the play delves into more serious issues regarding the importance of questioning authority and what constitutes a "normal" family.

At the center of the Pazinski family is 12-year-old Rudy, who is the catalyst for change. His self-doubt is cloaked by jokes

and a dead-on impression of his idol, Ed Sullivan. Rebellious, but guilty, Eddie at 15 and plump, but pretty, Annie at 16 are discovering their sexuality, while 13-year-old mentally challenged Georgie has just learned a "bad" word. Their mother Ellen manages the brood with a combination of strictness and love, while their tavern-owner father, Chet, is always forgetting to bring home a promised take-out spaghetti dinner. The elderly Sister Clarissa manages to have run-ins with everyone in the family and yet there is heart in her hardness.

Auditions will be held at Zion Lutheran Church at 10 Deerfield Road in Deerfield on Sunday, May 22 and Monday, the 23rd at 7:00p.m. The production, directed by Donna Lubow and produced by Sandy Sagan will be July 29, 30 31 and August 5, 6 and 7 at the Estonian House on Estonian Lane off Milwaukee Avenue. For information, call (847)945-0592.

### Snow White and the Seven Dwarfs

By popular demand, Theatre in the Woods is taking the show, Snow White and the Seven Dwarfs, on the road. We're pleased to be able to present Snow White to children celebrating birthdays or other occasions. This interactive play is well-suited to children 3 to 6 years old, runs about 40 minutes and can be held at the Village Hall. To book your next party or for more information, phone (847)945-0592.

### ANNOUNCEMENTS

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. May 17, June 7 and 21, July 5 and 19.

**Riverwoods Plan Commission:**  
1st Thursday, at 7:30p.m. June 2, July 7.

### TO GET INVOLVED IN RIVERWOODS

**Village of Riverwoods Senior Program** Call Nancy Morten at (847)945-3990.

**Theatre in the Woods** Call Sandy Sagan, producer at (847)945-0585.

**RRA** (Riverwoods Residents Association) Become a member, it's all about your community.

Meetings will be held at the Riverwoods Village Hall.

**Family Programs** Call Jodi Kahn at (847)236-1632.

*Mark your calendars now for Riverwoods Family Days, June 12, at Tamarak Day Camp.*

**Plant Sale Committee.** Call Chairmen Margie Kaul, at (847)945-5131 or Sheila Hollander at (847)945-4879.

**The Riverwoods Preservation Committee**  
Call Greg Mancuso, Chairman at (847)945-7034 or Co-chair, Toni Rey, at (847)945-5827.

**Arts&Riverwoods** Call Sherry Kaplan, Chairman, at (847)945-1972.



**Read the News First on the Village Website** All information contained in this newsletter is available on the Village of Riverwoods website prior to the print version arriving in your mailbox. Read it first at: [www.villageofriverwoods.com](http://www.villageofriverwoods.com)

**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.



**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.

# A 3:00a.m. Wake Up Call

At 3:00a.m. on April 14th, the phone rang in many of our Riverwoods homes. My home was one of the homes called. The phone ringing at that hour frightened me even though I knew it was about the “Boil Water Order”. My deepest apologies to our residents for any concern or upset this phone call may have caused. This is how it came about.

Our police department got a call from Highland Park at about 6:00p.m. on April 13, 2005, alerting us of a “Boil Water Order” for Lake Michigan water. It was feared that while Highland Park was doing some testing, they had accidentally contaminated the water supply of all the surrounding communities using Highland Park water. Morry Weinstein, our police chief, called me to ask how we should go about contacting our residents who did not have wells.

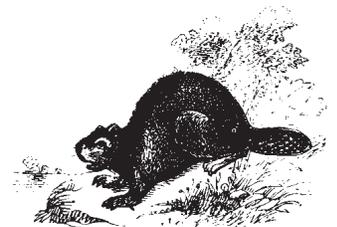
First, the radio, T.V. stations, and the newspapers were notified and asked to broadcast and publish the alert. Morry also made arrangements to have the notice placed on Channel 10 of Lincolnshire’s cable T.V. My wife and I started making chain telephone calls to warn residents, but soon realized that it was an insurmountable task for just the two of us. Finally, our police chief came up with what I thought was a great idea- we would use the 911 dispatch system to call all of our residents. The message was to state that there was a boil water order for 24 hours. It was also to instruct residents to check the local news on radio or T.V., check the newspapers, or if they had cable, to check channel 10 for further information. Some residents got a phone call with this message, but many residents got the 3:00a.m. frightening phone call instead.

The 3:00a.m. phone call was an automated recorded message saying, “There is an emergency in your area, tune in to your radio or T.V. for more information.” At this writing we are still trying to find out how the message got so distorted and also why it took so long to get the calls out. It made us realize that we do not have an adequate system in place to reach people quickly. We are working on new emergency plans so that this situation will never happen again. We have had several suggestions. One idea is to have all our residents’ e-mail addresses on the Village data base. Another idea is to set up a telephone network system where two people on each street or road association would volunteer to be telephone contact people. They would be called by the Village Hall and would then contact the people in their area to alert them in case of an emergency.

Despite the fact that other nearby communities rely on their 911 system to notify their residents, after our recent experience we are looking for other solutions. Please write me at the Village of Riverwoods, 300 Portwine Road, Riverwoods, IL 60015, or e-mail me at [Williamskaplan@comcast.net](mailto:Williamskaplan@comcast.net) with any ideas or suggestions you may have.

Sincerely,

William S. Kaplan  
Mayor



# Village Board of Trustees Meeting Notes

Summary of ordinances, resolutions, and non-routine motions approved by the Board of Directors from meeting minutes February 15, March 1, March 15, April 5

## SWALCO

Andrew Quigley, executive director of SWALCO, presented his proposal for assuming the Village garbage removal contract. Mr. Quigley told Board members residents would get a choice of a 60 gallon or 90 gallon wheeled garbage cart. Residents would be allowed one cart and one other item, less than 50lbs. per week. Each resident gets to pick 65 gallon or 35 gallon wheeled cart for recycling. Landscape waste will also be handled per bag or by subscription service. We are expecting a 10 - 20% decrease in rates.

## VILLAGE PHOTO

The Board of Trustees approved spending \$13,715 for a Sidwell aerial mapping of the Village.

## DANCE DONATION

The Board of Trustees approved making a \$250.00 contribution to the Daniel Wright Junior High School graduation dance.

## THEATRE IN THE WOODS

A donation of \$10,000 was made to the Theatre in the Woods for their upcoming production of Tom Dudzick's "Over the Tavern" this summer as well as other theatre company expenses.

## TELECOMMUNICATIONS SUITS

The Village has agreed to send \$1000 to the Village of Skokie as Riverwoods' portion of an agreement for the sharing of litigation expenses related to a telecommunications suit.

## ARTS & RIVERWOODS

A \$10,000 contribution to Arts & Riverwoods was made by the Board of Trustees. The money is from the Hotel Tax Fund and will help publicize the event and provide scholarships to students.

## DISEASED ELM TREE REMOVAL

The Board of Trustees accepted the bid submitted by Glenwood Tree to remove diseased elm trees in the Village. Three letters have gone out to residents who have affected trees needing to be removed. If no response is given by the affected residents, the Village plans to go ahead and

remove the trees and bill back the cost to the residents.

## FAMILY DAY

The Board of Trustees approved a \$2000 donation for RRA Family Day on June 12.

## BIKE/SAFETY PATH

The Board of Trustees voted to finish the engineering for a five-foot safety path on Riverwoods Road subject to receipt of funds from the RRA and from Dean Witter. There is still discussion as to whether the path will be eight-feet or five-feet wide.

## ADOPT THE AFFORDABLE HOUSING PLAN

The Board of Trustees voted to adopt an affordable housing plan which will be updated on an annual basis.

# Police Report

By Chief Morris Weinstein

**Driving Under the Influence Enforcement Awards:** The Illinois Department of Transportation, Division of Traffic Safety has issued awards to the following Riverwoods Police Officers. The awards were presented at the 4/5/05 Village Board of Trustees meeting. It should be noted that the three officers have exceeded the stated numerical arrests and others are on their way to attaining these milestones. The awards are for the period beginning year 2001.

<b>Officer David Marks</b>	<b>25 DUI arrests</b>
<b>Officer Brian Ernst</b>	<b>50 DUI arrests</b>
<b>Officer Robert Salmen</b>	<b>50 DUI arrests</b>

**Fact:** Impaired driving is a chronic problem that will affect one in three Americans in their lifetime. Nearly 42,000 people die in motor vehicle crashes each year, and about 16,000 of these are alcohol-related. Alcohol-related crashes account for one person killed every 33 minutes and one person injured every two minutes every day of the year.

Alcohol-related crashes in Illinois cost the public an estimated \$4.9 billion in 1999, including \$2.4 billion in monetary costs and almost \$2.5 billion in quality of life losses. Alcohol-related crashes are deadlier and more serious than other crashes. People other than the drinking driver paid \$3.1 billion of the alcohol-related crash bill.

In 2003, Illinois suffered a total of 1453 traffic fatalities. In 44% of these, one or more of the drivers had a blood alcohol level.

## Internet Scams

Here are two of the most common. Please protect yourself

### Phishing

**The setup:** You receive an e-mail that looks like it came from your bank, warning you about identity theft and asking that you log in and verify your account infor-

mation. The message says that if you don't take action immediately, your account will be terminated.

**What actually happens:** Even though the e-mail looks like the real deal, complete with authentic logos and working Web links, it's a clever fake. The Web site where you're told to enter your account information is also bogus. In some instances, really smart phishers direct you to the genuine Web site, then pop up a window over the site that captures your personal information.

#### **Postal Forwarding/Reshipping Scam**

**The setup:** You answer an online ad looking for a "correspondence manager." An offshore corporation that lacks a U.S. address or bank account needs someone to take goods sent to their address and reship them overseas. You may also be asked to accept wire transfers into your bank account, then transfer the money to your new boss' account. In each case, you collect a percentage of the goods or amount transferred.

**What actually happens:** Products are purchased online using stolen credit cards—often with identities that have been purloined by phishers—and shipped to your address. You then reship them to the thieves, who will fence them overseas. Or you're transferring stolen funds from one account to another to obscure the money trail.

**The risk:** Sure, you can make big bucks for a while. But after a few months, you're going to look inside your bank account and find it cleaned out. Worse, when the feds come looking for the scammers, you're the one they're going to nail.

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## Lake County Forest Preserves Habitat Restoration Project

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While driving down Riverwoods Road, you may have noticed a number of trees and shrubs along Ryerson Woods tied with pink ribbons. This is all apart of the Lake County Forest Preserves' habitat restoration project at Ryerson Conservation Area. Since December 2004 and continuing through July, the Forest Preserve staff, volunteers and an approved contractor are restoring an oak woodland in the southeastern portion of the preserve. The objective of this project is to improve habitat for native plants and wildlife.

Vegetation monitoring conducted by the Forest Preserve District has demonstrated that several areas of this preserve are being negatively impacted by significant presence, growth, and spread of non-native buckthorn and honeysuckle brush, as well as several other invasive woody plants. Restoration work by hand will selectively remove

the invasive woody species to improve conditions for rare native plants and animals. Most of the work has occurred during the winter months, when frozen ground minimizes damage to the environment.

After the invasive species are removed, Forest Preserve staff and volunteers will continue to monitor and manage the site using a variety of techniques. These are methods similar to those used over the past decade to successfully restore a variety of other Forest Preserves, such as controlled burning and the reintroduction of native plants.

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## Important Reminders From Our Village Forester

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#### **Gypsy Moth Update**

The Village should have completed the gypsy moth aerial spraying cycle for 2005. The Village Forester will be monitoring the sprayed areas throughout the summer months to evaluate the moth population levels and determine a course of action for 2006. Please report any signs of infestation to the Village Hall at (847)945-3990 so the outbreak map maintained by the Village can be updated.

Several articles addressing the gypsy moth problem and what actions Riverwoods residents can take to curb the problem have appeared in previous issues of the *Village Voice*. They can be accessed online at the Village's website: <http://www.villageofriverwoods.com/html/News/>.

#### **Permits Required For Tree Removal**

It is the season many residents opt to have tree work performed. As a reminder, Village Ordinance requires a permit for the removal of any trees in the Village.

#### **Tree Planting Program**

Last year the Village enacted the Tree Planting Program which provides 50-50 cost sharing with residents for the planting of native tree species and the removal of invasive non-native buckthorn and garlic mustard. Applications for the program are available at the Village Hall. Households are eligible for matching funds once per year. For those considering buckthorn removal or garlic mustard removal, the scope of work must provide for the removal of all of the buckthorn or garlic mustard on the property or both, depending on what the proposed work includes. Because these plants are so invasive, an aggressive course of action is most effective.

Garlic mustard removal is most effective before the seed pods of the 2-year plants mature. This usually occurs around early to mid-June. Applications for the removal of garlic mustard are only accepted before seed maturation takes place.

# Riverwoods Named Tree City USA



## Riverwoods Named Tree City USA

Riverwoods has been named a Tree City USA by The National Arbor Day Foundation to honor its commitment to its community forest. It is the second year Riverwoods has received this national recognition.

The Tree City USA Program is sponsored by the National Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forest Service.

Riverwoods has met the four standards to become a Tree City USA: a tree board or department, a tree care ordinance, a comprehensive community forestry program, and an Arbor Day observance.

"The trees we plant and care for today will cool and beautify our communities, increase property values, help clean the air and water, and conserve energy for years to come," said John Rosenow, president of the National Arbor Day Foundation.

"An effective community forestry program is an ongoing process of renewal and improvement - a program of tree planting and care that continues through the years," Rosenow added. "The Tree City USA award is an excellent indication that there is a solid foundation for that process of improvement."



# Clean Air Counts Initiative

The Deerfield Bannockburn Riverwoods Chamber of Commerce has joined a coalition of organizations in the Lake Cook Corridor as an outreach partner to recruit households, businesses and other organizations to support the Clean Air Counts initiative. This initiative will help to reduce the levels of ground-level ozone (smog). This urban haze poses a danger to human health, particularly for children and the elderly.

Fortunately, you can do something about it! Together we can improve our region's air quality by choosing to make a few modest changes. For example, you can:

### **USE LOW VOLATILE ORGANIC COMPOUND (VOC) CLEANING PRODUCTS AND PAINTS.**

Look for non-toxic biodegradable, and vegetable-based solvents when selecting cleaning products and paints with low levels of VOC's.

### **BUY ENERGY EFFICIENT APPLIANCES AND LIGHTING PRODUCTS.**

Energy Star appliances and efficient lighting techniques reduce energy usage. An Energy Star television, VCR or DVD player uses 70% less energy than conventional models. By replacing standard bulbs with energy-efficient bulbs, you can save about \$78 a year, assuming a three-bulb purchase year. This means lower utility bills that lowers the need to burn fossil fuels to generate electricity.

### **UTILIZE HAND AND ELECTRIC POWERED TOOLS OUTDOORS.**

In one hour of operation, a conventional gasoline lawnmower pollutes as much as 40 new cars. New models of push mowers are lighter and easier to push.

### **WALK OR RIDE A BIKE AS FREQUENTLY AS POSSIBLE, PARTICULARLY WHEN YOU'RE TRAVELING A SHORT DISTANCE.**

Walking and biking are emission-free, helping both air quality and your health!

### **GAS UP YOUR CAR AND FILL YOUR PORTABLE GAS CANS AFTER SUNDOWN ON WARM DAYS.**

Doing so will reduce the creation of ozone in our atmosphere.

Check out [www.cleanaircounts.org](http://www.cleanaircounts.org) where you will find plenty of information that will help you to improve the air quality in your home and in the village at large. Signing up is free for residents and businesses, and helps both you and us to quantify how much we've reduced the output of smog-causing chemicals. Questions can be directed to the DBR Chamber of Commerce office at (847)945-4660.

## Arts & Riverwoods News

### Four ways to support Arts & Riverwoods:

**(1) Attend the show.** Buy a ticket and attend the show on September 17-18. **(2) Volunteer to work at the show.** Choose from hosting or hostessing for the homes, staging help, cashiers, and traffic coordinators. Staging needs help Thursday and Friday nights before the show and Sunday night. **(3) Lend us your beautiful home for the weekend.** Arts & Riverwoods is looking for beautiful homes to represent our community in the upcoming 46th annual show and house walk. If you would be willing to contribute your home for the show weekend, please contact Sherry Kaplan (847)945-1972. **(4) Make a financial contribution.** We want to make sure that we reach our goal of providing as many art education scholarships as possible to our schools.

Please call Sherry Kaplan at (847)945-1972 to volunteer or arrange to make a contribution. Support Arts & Riverwoods!



*Save the Date -*

## Arts & Riverwoods' 1st Annual Fundraiser

*...come be inspired on Saturday, August 20, 2005*

This year we'll kick off one of the most beloved events of our community, Arts&Riverwoods with a "fun filled, fundraising" evening to benefit art students and programs in Lake County. Join us for an evening of wine, hors d'oeuvres, dessert and music at the Suburban Fine Arts Center in Highland Park. A silent auction and other surprises will make this evening special. Among the prizes to be auctioned off will be pieces donated by artists displaying at the Arts and Riverwoods show September 17th and 18th.

Throughout its 46-year history, Arts & Riverwoods has supported the arts and the community, raising close to \$400,000 in scholarships and services for Lake County art students. Join us this year as we continue a long and valuable tradition.

For information: [www.artsandriverwoods.org](http://www.artsandriverwoods.org)  
Contact: [artsandriverwoods@sbcglobal.net](mailto:artsandriverwoods@sbcglobal.net)  
Phone: (847)945-1972

## Family Days are Here Again

By Jodi Kahn

Family Days will be held Sunday, June 12, from 10:30a.m.-3:00p.m. at Tamarak Day Camp - Rain or Shine! Please note the new early start time to allow our littlest residents some extra time playtime before naptime!

The Family Days committee has worked tirelessly over the past few months to find and present the best family entertainment for children and adults of all ages. Not only will the beautiful Tamarak Day Camp be open for swimming, basketball, baseball, and kickball, the camp staff will be coordinating relay races, games, and monitoring the moonwalks. Theatre in Woods will present scenes from their production of Snow White, our very own Rebecca Nixon will lead a family yoga class, Riverwoods Montessori will provide crafts activities, Jodi Koplin will sing, and returning this year LEGOs. And of course, what would Family Days be without our police and fire departments along with their squad cars and fire trucks for fun and education.

Kevin Quigly of the Cherry Pit has generously agreed to bring his unique enthusiasm and wonderful spirit to Family Days to emcee the day. So come on out and tell your neighbors. Be sure to check out the enclosed flyer for information and to see all the local sponsors who have also generously support this event. It's our community at it best!

## Center for Holistic Medicine

The Center announces the addition to its staff of Xin Hu, L.A.c., Licensed Acupuncturist. Dr. Xin (Shin) graduated in Chinese Medicine in China in 1989. She has worked 11 years in Chinese hospitals including five years as chief doctor in a rehabilitation center where she successfully treated the governor of her province.

Dr. Hu has developed anti-aging, stress reduction, stroke and surgery rehabilitation programs as well as creating an acupuncture face-lift that improves blood and lymph circulation increasing muscle tone to make people look younger. This technique also helps people who suffer fatigue, insomnia and headaches. For more information please call (847)236-1701 or visit our website [www.holistic-medicine.com](http://www.holistic-medicine.com).

## Riverwoods Montessori School Happenings

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By Lisa Kambich

Parents and children from the Riverwoods Montessori School were chosen to participate in the demonstration class at the American Montessori Society National Conference held in Chicago this Spring! Teachers from our schools were also excited to share what they learned at the conference with their students, families and colleagues as well.

Riverwoods Montessori School Executive Director Carolyn Kambich and President of the Board of Directors Tony Kambich, Sr. were recently honored at a celebration held at the Chicago Athletic Association where they received the Northwestern Illinois University Outstanding Alumni Award for their achievements and extensive work in the field of education locally, nationally and internationally. Congratulations Carolyn and Tony!

With Spring in full swing, the hum of happy children fills the school. Accompanied by professional musicians, the annual "Spring Sing" program highlighted the vocal and instrumental talents of the children. Graduates of the pre-primary program were also honored at that time.

Other upcoming events include the Monart exhibit which will showcase the artwork of student artists. A special reception is planned for parents and friends to view the display. The annual family appreciation picnic brings the entire school community together for a final celebration as the school year comes to an end.

Riverwoods Montessori "Country Camp" begins June 13. For information about camp and school year programs please call Mrs. Gordon or Mrs. MacDonald at (847) 945-7582.

On a final note, teachers from the Riverwoods Montessori School look forward to creating crafts and greeting friends in the arts and crafts tent at the annual Riverwoods Family Day. We will see you there!



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## Pace Route Added

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Pace is pleased to announce the addition of Route 641 Lake Cook Midday Shuttle. This shuttle provides service along Lake Cook Road, between the Braeside Metra Station and Discover Financial Services in Riverwoods. It also serves Lake Cook Metra Station and operates weekdays from 9:30a.m.-3:25p.m. to coincide with Metra train arrivals.

I am an avid runner and use the jog path along Riverwoods Road often to run. Yesterday I came upon a dog who almost attacked me. I had to stop a passing car and get into the back seat just seconds before this dog jumped onto the car as it chased me down. This dog had a collar on him which meant he belonged to someone in Riverwoods. In addition, once the police were called to make out a report, I was told this was the third call in one day regarding a loose dog – with a collar. I am asking that all residents PLEASE keep tabs on your pets! This incident was not only dangerous, but it could have been avoided had the owner just kept their dog in the yard. There is no reason that residents of this suburb should go out for a walk, jog or bike ride in fear. This is not the first time I have come upon a dog without its owner. Furthermore, the police officer on duty encouraged residents to file reports of loose dogs so a ticket could be issued to the owner. Why wait for a tragedy to happen as when small children get mauled by dogs? Please be a good neighbor and keep an eye on your pets.

-Natalia San Jose

Dear Editor [Elizabeth]:

I'd like to comment on the recently passed Woodland Protection Ordinance. Early on, I wrote a letter expressing my views in strong opposition to the Ordinance as it was originally proposed. I have since followed the progress of the Woodland Protection Ordinance via the excellent website of the Village of Riverwoods, the RRA Newsletter, attending a Trustee meeting and reading the articles and editorials in the local paper. From the start, I have been against such an Ordinance and remain opposed to it as yet another intrusion of government on the rights of individuals and private property owners. I also understand that others see things differently. That being said, I must agree with Trustee Haber that the version of the Ordinance that passed is a reasonable and responsible compromise between the various and competing interests. Also, the door has been left open to tweak or refine the Ordinance if need be.

Over the years I have attended a number of Trustee meetings and have spoken out on other Village issues. I can honestly say that, in every instance I have observed, our local officials have considered and responded to the concerns of all citizens. The Mayor and Trustees obviously are not giving Riverwoods their significant individual talents and huge amounts of their time for the money or power. My point in writing this letter is to share my appreciation for the way our Trustees and Mayor handled this proposal and for their hard work, dedication to the community and serious consideration of diverse and contrary points of view.

Sincerely,

Steve Novosad

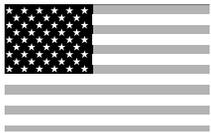
2595 Crestwood Lane, Riverwoods  
snovosad@clausen.com

## Riverwoods Village Voice

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### 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 July/August Issue:**

June 15, 2004

#### **Send to:**

Editor  
Riverwoods Village Voice  
300 Portwine Road  
Riverwoods, IL 60015  
eliz Sherman@sbcglobal.net

## Senior News

### The Riverwoods Ecological Environment

Learn all about our unique environment, the good, the bad, and even the ugly. Discover how to become more proactive in preserving the woodlands on your own property. Join us with our special guest speaker Sheila Hollander.

Thursday, May 19, 2005  
10:00a.m. Village Hall

### Regret, Resentment & Rigidity

For most people, there are many hours spent gaining mastery of the three Rs- reading, writing & arithmetic. Diane Serzen plans to talk about the importance of a different set of Rs and how to eliminate them from your life. To find a more positive approach to daily living, Diane discusses how to get rid of "Regret, Resentment &

Rigidity". Her lectures are always peppered with humor, another key element in maintaining good health. Let your hair down and join in for a morning chuckle!

Thursday, June 16, 2005  
10:00a.m. Village Hall

### Dr. Joyce Brothers

North/Northwest Senior Directors present **Lunch with Dr. Joyce Brothers.**

Thursday, October 27, 2005, from 11:30 - 2:30p.m. at Allgauer's at the Hilton. 2855 Milwaukee Avenue, Northbrook. There is a \$30 fee which includes lunch, speaker, raffle and entertainment.

This event is sponsored by The Alden Network, The Seasons at the Glen, and Palliative Care Center & Hospice of the North Shore. Anyone interested in purchasing a ticket or in need of more information can call Nancy Morten at (847)945-3990.