



Riverwoods

VILLAGE VOICE

The Mighty Oak Tree

By The Riverwoods Preservation Council

Oak Trees - Part 1

Did you know there are over 400 species of oaks? Some are large and some are small. Some are deciduous and most are evergreen. Oaks in this part of the country have two distinguishing characteristics: 1) they are large, stately, deciduous trees that can live several hundred years and appear indestructible, and 2) in some respects they are actually very delicate. While oaks can tolerate brutally harsh winters and long, hot summers, they are extremely intolerant of any soil disturbance anywhere near their root zone. The root zone may reach three times the branch spread.

Oaks require full sun and most require deep, well-drained soil. Because their roots are delicate, most oaks can be transplanted only when very young, i.e., when the trunk is less than about 3 inches in diameter at chest height.

Two oaks that are common in Riverwoods are the white oak and the pin oak. Unlike many other oaks, they have adapted to heavy, damp clay soil. The white oak tolerates all but shallow, dry soil, and prefers damp, well-drained soil. The pin oak, with its relatively shallow root system, is especially tolerant of wetter conditions. In fact, it does best in heavy, wet clay soil. It prefers the acidic soil of wooded areas, and is less tolerant than other oaks of the alkaline soil typical of many open areas in the Midwest.

The white oak is a slow-growing tree, and probably the largest of the native oaks.

It can reach 110 feet in height, with an equal spread. The pin oak is faster-growing, with a more upright appearance. It can reach 100 feet in height. Pin oaks survive transplanting somewhat better than white oaks.

White Oak, Pin Oak

The leaves of the two trees are similar-long with 3 to 4 pairs of pronounced lobes. The lobes on the white oak's leaves are rounded, whereas the lobes on the pin oak's leaves are more pronounced and sharply pointed.

There isn't anything white about the white oak. Its bark is gray, and sometimes develops a horizontally-ringed appearance as the tree ages. Its fall foliage varies from brown to red. The pin oak's trunk is also gray. Its fall foliage is typically bronze to bright red. The pin oak is believed to have gotten its name from the pin-like spurs that sometimes appear on young shoots.

The trees reproduce through acorns, which at times of the year can sound like hail on the roof of a nearby house. Acorns of both trees are an important source of food for area wildlife, including squirrels, woodpeckers, deer, chipmunks and raccoons. Having an ample supply can be critical to their survival.

Seedlings can grow several feet in a year. Seedlings, new twigs and saplings are favored by deer, however, so oak saplings in Riverwoods are rare. Transplanted saplings should be protected.

Unfortunately, oak trees are also targeted by gypsy moths, so trees should be exam-

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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. Dec. 5, 19 and Jan. 2, and 16.

Riverwoods Plan Commission:
1st Thursday, at 7:30p.m. Dec. 7, Jan. 4 and Feb. 1.

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.

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

The Riverwoods Preservation Council
Call Greg Mancuso, chairman at (847)945-7034.

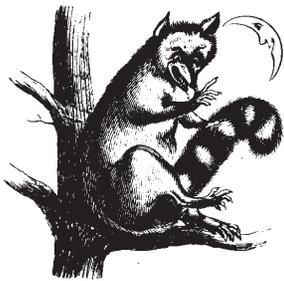
Arts&Riverwoods Call Leslie Ames, chairman, at (847)948-9003.

RRA (Riverwoods Residents Association) **Mark your calendars.** RRA meeting Monday, Jan. 22, at 7:00pm p.m., followed by the Caucus Town Hall meeting at 7:30. Refreshments will be served. 2006 Citizen of the Year will be awarded. 2007 vehicle stickers are available with \$20 membership dues - \$5.00 for each additional sticker. If unable to attend, send check to RRA, P.O. Box 341, Deerfield, IL 60015.



Read the News First on the Village Website

All information contained in this newsletter as well as other pertinent Village information is available on the Village of Riverwoods website. Read it first at: www.villageofriverwoods.com



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.

Village Board of Trustees Meeting Notes

Summary of ordinances, resolutions, and non-routine motions approved by the Board of Directors from meeting minutes of August 15, September 5 and 19.

NORTHBROOK WATER

The Village Board is investigating purchasing water from Northbrook rather than Deerfield. Northbrook has given a better rate.

LIGHTING ORDINANCE

This ordinance makes the zoning ordinances pertaining to lighting consistent with the residential outdoor lighting ordinance.

APPROVE SNOW REMOVAL BID

D & M has been awarded the Village's snow removal contract. They have been providing snow removal for the Village for the past few years. D & M will also plow the safety path 24 hours after the roads are completed.

PROPOSED BP AMOCO STATION AT MILWAUKEE AND DEERFIELD ROADS

The Village Board granted mixed use planned development special use for Riverwoods Retail Development (BP Amoco) and amending ordinance 06-5-10

BIKE PATH

An intergovernmental agreement between the Village of Riverwoods and the County of Lake concerning the installation of the bike path was approved. Discussions have been taking place about extending the new safety path under the Tollway to connect with Deerfield's path.



SEWER WORK AT THE POLICE STATION

The Village Board approved the bid of \$10,195 from William Link Heavy Equipment to install a new sewer line for Village property.

COMPREHENSIVE PLAN

The Village of Riverwoods comprehensive plan of 2006 has been adopted.

CEL

A \$4000 grant has been given by the Village of Riverwoods for Center for Enriched Living.

Police Report

By Chief Morris Weinstein

October 31st marked the fifth anniversary of the Riverwoods Police Department. Our current citizen survey is included in this Village Voice. We strive to provide the highest level of service. Your input is very important.

Phishing is becoming more prevalent. Phishing is e-mail that purports to come from a reputable company (frequently banks and credit card companies) and that asks you to confirm your account details, but which actually has no affiliation with that company and is in fact distributed by criminals looking for gullible victims. Your identity is one of your most valuable assets. Protect it.

Identity Theft tips:

When you are writing checks to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.

Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place. Also carry a photocopy of your passport when traveling. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, or credit cards.

Potpourri from the Building Department

By Russell Kraly, Director, Community Services

The end of another summer and Mother Nature is letting us know in a big way; as I am writing this it's a blizzard outside. Earliest I can remember ever seeing snow fall! I hope your summer and what's left of fall was great. Unfortunately, winter is just around the corner.

At the last Village Board Meeting the BP Gas Station was approved for the old Riverwoods Inn site. There will be gas, food, and a car wash. We should see some activity there shortly!

The Board also approved our new snow plowing contract for the next three years with D & M, the same contractor we've had for the last four years. Since we finished the new extension on the multi-use path, we also added the plowing/cleaning of this facility to the schedule of work to be done. They will only clean the path after all the roads are cleaned and safe; usually the next day. This will make the path usable year-round. Also, when shoveling your driveways, either you or a service you hire, do not push the snow into the street! It's dangerous and could get someone seriously injured!

The beginning of October we had a storm go thru our Village, taking down numerous trees, and they in turn tore down power lines in four places. Power was not restored to three of these areas until late the next day. What was particularly disturbing were people that were out walking around by the downed trees with live power lines tangled in them, and people wanted to walk over them, thru them or just get closer to look at the damage! PLEASE, DO NOT GO ANYWHERE NEAR A FALLEN POWER LINE! If it's been raining, water conducts electricity very well; and if the line is tangled in the tree, trees conduct electricity very well also, and you could get seriously injured! Call in the damage to the Village Hall, or if it's after hours, the Police Department and/or Com-Ed, then stay in your house until the appropriate agencies arrive on the scene.

It's fall and everyone will be getting ready for winter. Make sure your gutters and downspouts are cleaned of all leaves, and in case of flat roofs, that your drainage system is cleared and working. If you have a lawn service, have them clean out the ditch line and culverts of any debris, weeds, trees and fallen leaves. Please make sure to clean these up. The storm water will take them into the deep recesses of your culverts and then the start of blocking our storm-water drainage system will begin. During the last storm, we had some flooding, and in almost every case there were blocked culverts or storm grates that had leaves and branches covering them. Please note where these storm grates are and keep them clean; it only helps you and your neighbors. When you have flooding in the middle

of the night, it's a difficult at best to locate them in the dark and try to clean them out!

Have a great fall, winter & Holiday Season! Cheer up- only 188 days till spring!

Gypsy Moth Village Map Update

The Village Forester is currently in the process of updating the map of areas where the presence of gypsy moths has been identified. If you have observed either the egg masses, caterpillars or moths, please report the location to the Village Hall no later than December 15th so it may be included in the map. This will help determine the extent of spraying to take place in 2007.

Gypsy moths overwinter as eggs. This time of year, look for flat, buff-colored egg masses (about 1.5" long and .75" wide) on tree trunks, under loose bark, on the underside of tree limbs, in woodpiles, on outdoor furniture or fences or in any other concealed location. An egg mass can be destroyed by dropping it into a container of alcohol or squishing it. Because an egg mass can contain several hundred to a thousand eggs, removing and destroying it will go a long way towards curbing the population.

My Granddaughter was a Hero this Summer

The family was vacationing on the Lake Michigan beach at New Buffalo. It was hot and people had anchored their boat offshore in hopes to find a sandbar. My granddaughter, Nicole, was sunning herself along with a number of others. Suddenly, a young boy, swimming off one of the boats cried hysterically for help. As soon as Nicole heard the cry, she grabbed her float and swam to the little boy. There, she found the boy had a flotation vest on and he was clutching a woman who was sinking under the water. Nicole tried to get her on the floatation tube but the woman was three times her size. The best she could do was keep the woman from sinking under the water and getting lost in the lake. A man, on shore, saw the problem and with a surfboard swam to them. Together Nicole and the man got the woman on the surf board. The man was a paramedic and applied CPR as they were swimming ashore. The woman started breathing and was taken to the hospital. Nicole is 13 years old and weighs about 85 lbs. She lives in Riverwoods and is a member of the Deerfield COHO swimming team. I am proud of her.

Signed, Granpa Howard Patterson,
39 year resident of Riverwoods.

Preserving the Harmony of Nature and Architecture

By Joan Gand

Preservation - what does it mean, and why do it? What is so important about the past that we feel we must preserve it? Why is it so necessary to ensure that the unspoiled, natural area in which we live will remain that way? Won't other people take care of it for us?

The Riverwoods Preservation Council, a new organization of concerned residents, christened September Architecture Month. An RPC event on Sept. 9 focused on Green Architecture, with Nathan Kipnis, a local architect who uses innovative products to conserve energy in his projects. The group toured one of his homes, which demonstrated Green architecture incorporated into a traditional home. It may be invisible, but it is powerful when new technologies are incorporated into architecture.

On Sunday, September 17, preservation group Chicago Bauhaus and Beyond welcomed over 100 people to Riverwoods, including some from as far as Des Moines, Iowa, to learn about our unique architecture and natural environment. The event focused on Edward Humrich, the architect who created the original look and feel of Riverwoods in the 1950s. In his many homes here, he pioneered a type of architecture that sat lightly on the pristine, forested land. Landscapes were left natural, driveways were gravel, and our village blended right in with the nearby forest preserve. His designs blurred the boundaries of indoor and outdoor. The architecture was custom-designed for each homeowner, yet, had an identifiable style. Horizontal wood siding, large windows, and L-shaped or wing-shaped floor plans are but a few of the unusual touches that we see every day as we drive through our neighborhood.

Other architects who built the original homes in South Riverwoods in the early 1950s were inspired by what Ed Humrich was doing. Many built homes for themselves here. An architect's own home is always a testing-ground for new ideas, or a design for the ultimate client. Innovative architects who built here include Keck and Keck, Robert Hausner, Burton Frank, Dennis Blair, and Milton Schwartz, to name a few. There was even a house designed by John Lloyd Wright (Frank's son) that was to be built on the corner of Portwine Rd. and Blackthorn. All of these included walls of glass, and the appreciation of nature that was popular during the 1950s, and popular again today. They were the environmentally-conscious homes of their day.

The architecture tour included a panel discussion about Humrich, featuring local residents Lynn and Mike Zaremba who still live in the Humrich house they built in the 1960's. Mike told great stories of Humrich in his cape and beret, helping with everything from choosing the right lot to creative financing. Humrich designed and supervised the workers, taught Mike how to be a contractor, and in short, did everything to make their dream home a reality. The panel also included architectural historians, former Humrich owners, and a local contractor who has remodeled several Humrich homes. The tour included 8 homes, 5 Humrichs, and 3 by other architects. The weather cooperated and tour-goers walked and biked in addition to car-pooling. At the end of the tour, a festive cocktail party was held at a beautiful ranch house completely restored and renovated with the best of old and new.

Chicago Bauhaus and Beyond, the non-profit architecture preservation organization that my husband Gary and I co-founded, planned and sponsored the event. The Riverwoods Preservation Council had requested that we do an event after a discussion we had about preservation, what it means, and what their mission is. The Council was focused on preserving nature, but my point is: to preserve nature, we must consider the cause of its demolition. What is the predator that is destroying our beautiful forested environment? We are worried about gypsy moths and ash borers, but what about developers? Aren't they a serious threat to our environment, IF we don't create some guidelines within which they can operate and co-exist?

We are starting to lose the essence of old Riverwoods. We have lost many of the older ranch houses, and their surrounding landscapes, but luckily, so far, none of architectural significance. But, if we don't do something now, that will not be the case. It is only a matter of time. If we do not enact measures for preservation, we will lose the significant houses, and forest that surround them. We've got to do something to ensure that Riverwoods does not become another neighborhood of huge sprinkled green lawns (using up our water) and bland McMansion architecture like other anonymous neighborhoods. We have something so beautiful and important to preserve.

During the architecture tour, we got a chance to see Riverwoods through other eyes. Lisa DiChiera, from Landmarks Illinois, one of our guest speakers, has nominated Riverwoods to the National Register of Historic Places. She urged us to protect what we have now before it's too late. Many other cities, such as Highland Park and Lake Forest, have preservation and architectural review ordinances. It is time for Riverwoods to have them. The woodland overlay is not enough.

Everything old is new again. The environmentally-conscious design created by Edward Ryerson and his group

of concerned conservationists in the 1950s has come full circle. The Village of Riverwoods, with its environmentally-conscious Humrich houses, encompasses many of the modern goals of conservation and environmental responsibility that are so prized today.

Recently, Chicago Bauhaus and Beyond brought Riverwoods to the attention of Landmarks Illinois (formerly Landmarks Preservation Council of Illinois). Landmarks Illinois just announced its Chicagoland Watch List for 2006-2007. Riverwoods mid-century residences are on the list. Go to the following site to read more.

(http://www.landmarks.org/chicago_watch_2006_8.htm). The web site includes photos of several mid-century homes as well as one of the new homes under construction in Riverwoods.

WHAT CAN I DO? URGE VILLAGE OFFICIALS TO ADOPT A LOCAL LANDMARKS ORDINANCE TO PROTECT THE MID-CENTURY HOUSING CHARACTER OF RIVERWOODS. CONTACT MAYOR WILLIAM S. KAPLAN, 847-945-3990 WILLIAMSKAPLAN@COMCAST.NET.

RPC Goes Tax-exempt

We are pleased to announce that the RPC has been granted tax-exempt status by the U.S. Internal Revenue Service, in near-record time. This new status means more opportunities for the RPC. Donations to the RPC are fully tax-deductible. With more funding, the RPC will be able to engage in more activities beneficial to the community.

History: The last Village Voice explained what the RPC has been doing recently - a stewardship guide for residents, a series of public events on topics such as trees and deer, articles in the Village Voice, a survey of residents, and the RPC's web site: www.riverwoodsrpc.org

A little history may help put the RPC in perspective. The RPC used to be affiliated with the Riverwoods Residents Association (RRA), first as the Building and Development Committee and then later as the Riverwoods Preservation Committee. When the RRA requested that its committees become self-supporting, the Riverwoods Preservation Council was formed. The RPC is grateful for the RRA's past support. Although the RPC is no longer affiliated with the RRA, the RPC continues to believe that a strong and independent RRA is vital to the well-being of the community.

Goals: The last several meetings of the RPC have been spent formulating long-term goals and projects for the organization. A fundamental goal remains the preservation of the Village's ecological heritage. The RPC expects to continue its periodic educational programs and articles in the Village Voice. The RPC is also examining other projects in response to its recent telephone survey of approximately 80

residents.

Survey: Although the survey does not represent a scientific sampling of Riverwoods, it does provide a valuable insight into the concerns of residents. The survey showed that many residents are deeply devoted to Riverwoods, have a clear vision of what Riverwoods should be, and have strong feelings about the issues that threaten that vision. The survey identified residents' top environmental concerns: development, deer, woodland health and invasive plants and insects.

Some residents feel that Riverwoods is at a critical crossroads, and that fundamental decisions will need to be made in the very near future to avoid rapid loss of the natural ambiance of the Village. The RPC will be using the survey and other information to develop specific projects. If you have ideas for projects, or would like to join or provide other input or assistance, please do not hesitate to contact the RPC. You may use the form below, or contact the RPC at questions@riverwoodsrpc.org or through Joan Becker at 847-374-8122.

Donations: If you would like to become a member of the Riverwoods Preservation Council, or if you would simply like to support the RPC's future success, please complete and return the following form with your check:

.....
YES, I WANT TO SUPPORT THE RPC IN ITS EFFORTS TO PRESERVE RIVERWOODS! ENCLOSED IS MY CONTRIBUTION IN THE AMOUNT OF:

- \$25 \$50 \$100 (CHARTER MEMBER)
- \$10 (UNDER 18 YEARS OLD)
- \$ _____

PLEASE MAKE YOUR CHECK PAYABLE TO THE RIVERWOODS PRESERVATION COUNCIL, AND DELIVER IT TO RPC TREASURER HOWARD PATTERSON, 475 THORNMEADOW ROAD, RIVERWOODS, IL 60015

THE RPC IS AN INDEPENDENT NON-PROFIT 501(C)3 CORPORATION. YOUR CONTRIBUTIONS ARE TAX-DEDUCTIBLE TO THE FULL EXTENT OF THE LAW. (IF YOUR EMPLOYER MATCHES CONTRIBUTIONS, DON'T FORGET TO PROVIDE US WITH THE MATCHING CONTRIBUTION FORM.)

NAME: _____
STREET ADDRESS: _____
EMAIL ADDRESS: _____
YOUR BIGGEST CONCERN ABOUT RIVERWOODS:

Dear Plant Ladies

Q: It's November, and everything is looking so bleak. I know it's not exactly the time to plant a petunia, but do you have any suggestions of something I could do to brighten up the outside? I hate to look out my window at bleakness.

A: How about an outdoor winter planter? Pots with winter-hardy plants can be versatile players on patios, entryways, and throughout the garden. By filling containers with colorful twigs, evergreen boughs and other cut plant materials, you can add interest and color to the winter landscape.

Q: Okay. What a great idea. What container do I use? What do I plant? Where can I buy them? How long will they last? Do I water?

A: The Container: Use only frost-proof pots. Most terra-cotta pots will flake or crack, but plastic, fiberglass and frost-proof stoneware will be fine outdoors.

The Filling Inside the Container: Use one of three materials: 1) Soil 2) Sand 3) Green foam brick that anchors flower arrangements. If the containers are large and deep, you can place light-weight styrofoam below the soil or sand. If you use the foam brick, use a few clay bricks or other weights on the bottom of the pot.

The Plant Materials: Look around your own yard for interesting evergreen boughs, flower heads on stalks, branches with leaves, seed pods or berries that may be growing there. Evergreens such as White Pine, Arborvitae, Spruce, Juniper. Shrubs branches such as Hydrangea, Red and Yellow Dogwood, Viburnum. Grasses such as Miscanthus and Calamagrostis. Perennials such as Cimicifuga, Astilbe, Sedum, Roses, Rudbeckia, Iris, Grape Vines.

In addition to your own yard, you will find a variety of materials. Curly Willow is a popular example, both live and artificial, at florist shops, craft stores, grocery stores and garden centers.

The Procedure: Basically, you are sticking the plant materials into the soil, sand or foam brick. Use different heights and be creative. Stuff the pots until you can't find room for anything else. "Overstuffed" is the way to go because some materials will shrink a bit during the season.

The Maintenance: Twigs and other hard woody materials will last longer and take more abusive weather than perennials. Branches with leaves and seed pods will disintegrate or be eaten or fall off during the season. Evergreen boughs will last all winter but need an occasional spritz to keep them from turning too brown. Live plants will need some watering depending on the rain, snow and temperature. Artificial materials do not need watering and should last a long time. No matter what you use or how you do it, have fun and enjoy seeing the planting from both outdoors and inside.

Your Money

By David Kahn

Now is the perfect time of year to be looking at starting college savings accounts for both your children and grandchildren. While there are many ways to fund a college savings account, new regulations make the state sponsored 529 plans very attractive. While the specifics of each plan vary (and there are many out there), the bottom line is always the same. Assuming you have made no other gifts, you can give a tax-free gift of up to \$12,000 (\$24,000 for couples) per recipient into the plan. All earnings will grow inside the plan tax-deferred, and can be withdrawn federally tax-free for almost any college expense (including books, tuition, room and board, etc.) But here is the real beauty with these plans: they are completely under your control, but removed from your estate. You have control over investment choices (assuming the plan has investment choices), beneficiary changes, withdrawals, etc. In the meantime, unless you are the named beneficiary, the IRS considers the money to be outside of the estate for estate tax purposes. Lastly, if you are looking to put a large sum away at once, you can fund up to 5 years all up front, without cutting into your gift tax exemptions (this counts towards your next 5 years of gifting). This means that a couple can put up to \$120,000 per beneficiary into a 529 this year, without incurring any gift taxes from the IRS. Please keep in mind that these plans can get confusing, and it is best to consult with both your financial and tax advisors before making a final decision.

Email me with any questions on this or other topics. Your question may be featured in the next Village Voice.

David Kahn is a Riverwoods Resident, and financial professional with AIG Financial Advisors, 2530 Crawford Ave., Suite 111, Evanston, IL. 60201. (847) 328-8191. dkahn@aigfinancialadvisor.com

The Mighty Oak Tree : *continued from the front cover*

ined regularly. If gypsy moths or larvae are discovered, the Village should be notified.

In the next issue, we'll consider three other oaks native to Riverwoods.

Good sources of Information:

http://www.na.fs.fed.us/spfo/pubs/silvics_manual/volume_2/vol2_Table_of_contents.htm

<http://www.uwgb.edu/biodiversity/herbarium/trees/quenal01.htm>

<http://classes.hortla.wsu.edu/hort231/List07/quercus.html>

Dirr's Hardy Trees and Shrubs

The New Encyclopedia of American Trees

Tree and Shrub Gardening for Illinois

Taylor's Guide to Trees

Preservation Comes in Many Forms

By Riverwoods Preservation Council

There is a growing preservation movement in Riverwoods to protect this unique area. Two events in September highlighted some of what makes Riverwoods so special, and provide insight into how to preserve our wonderful heritage.

The first, sponsored by the Riverwoods Preservation Council, highlighted a recently-constructed home. The home - traditional in style - invisibly incorporates the latest in energy-saving and environmentally-sensitive design.

The second event, sponsored by Chicago Bauhaus & Beyond, emphasized Riverwoods' wonderful architectural history, which includes many homes designed with great respect for the Riverwoods environment.

It's clear that preservation comes in many forms, and environmentally-sensitive design can be as visible, or invisible, as you want.

If you are considering construction or renovation, remember the dictum of the medical profession: "First, do no harm." The challenge for all of us is to build or rehab in harmony with our natural surroundings. Let's preserve what is best about Riverwoods, so we ensure that our changes only improve this community we call home.

"Green" Construction - Part I

What is "green" construction? It's any construction or remodeling work that takes into consideration energy consumption and environmental impact. It's choosing paint that doesn't emit toxic gases. Or orienting windows and eaves to capture winter sun but block summer sun. Or installing extra insulation and a programmable thermostat to reduce heating and cooling bills. Or using recycled materials, or materials that need to be replaced less frequently.

Why consider "green" construction? It can save money by reducing energy usage for heating and cooling and by reducing replacement costs. It can be healthier by reducing toxic gas emissions from finishes and construction components. It can help preserve the environment by reducing usage of scarce resources, and by reducing waste sent to landfills. It benefits you and your environment.

"Green" construction - using methods and products that are energy-efficient and environmentally-sensitive - can save money and help preserve the environment.

Isn't being "green" more expensive? Always consider not only the up-front cost, but the later replacement costs. More durable items may cost more initially, but be lower in cost over the long-run. For example, asphalt shingles are relatively inexpensive, but when replaced they frequently

end up consuming limited landfill space. A steel or slate or tile roof costs more initially, but can be far more durable than an asphalt shingle roof. Bamboo, a renewable resource (actually, a fast-growing grass), has become popular as an attractive and cost-competitive flooring. New technology has developed low-emission water-based paints that cost the same as, and perform as well as, petroleum-based products that emit toxic fumes.

What about recycled materials in remodeling?

Absolutely. As costs of energy and virgin raw materials increase, and as landfill space decreases, materials with recycled components are becoming more available. Recycled wood and wood-based products for construction are now very common. You can also find many flooring products such as porcelain tile, carpeting, and masonry with large recycled content. And recycled slate is used for roofing. These are just a few of the many recycled products that are available. Ask your architect or contractor.

Winter Health Tips- Avoiding the Flu

By Jerry Gore, *The Center for Holistic Medicine*

Winter is soon to be here! Here are some ideas for boosting your immune system and avoiding some common problems associated with winter illness.

Avoid mucous producing foods, eat LESS milk, cheese, beef and pork, wheat, bananas, refined sugar, corn oil. Eat MORE yogurt, beans, peas, chicken (dark meat), rye spelt, buckwheat, millet, apples, pears, honey, molasses, olive oil, sesame oil, spices (tumeric, cumin, garlic).

Vitamins vitamin C helps stimulate your natural killer cells that mop up viruses. Vitamin A also has anti viral activity. Zinc has a reputation for healing "colds."

Supplements Echinacea; take a dose or two when you feel that cold or flu just coming on. Ginger, taken as a tea will warm up your innards. Garlic has anti bacterial properties; add it to your food.

Remedies some homeopathic remedies like Aconite taken at the first hint of something coming on can sometimes stop it in its tracks. Gelsemium is recommended for colds characterized by a droopy energy, heavy eyelids, fatigue, etc.

Stress Reduction Chronic stress reduces our ability to fight off viruses and bacteria. Take 5 minutes for relaxation during the day by breathing or some gentle exercising, or a formal relaxation program. Make a habit of it so it will grow with your expanding lifestyle.

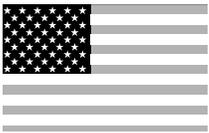
Attitude Winter has the properties of COLD and DARK. Balance this by adding HEAT and LIGHT to your life, the elements of transformation and change. Choose a class, lecture, hobby, and a field of study. Work on improving a relationship or changing a habit.

Riverwoods Village Voice

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VillageofRiverwoods.com

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AUTO



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 Jan/Feb Issue:

Dec. 15, 2006

Send to:

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

THEATRE IN THE WOODS

"Snow White and the Seven Dwarfs" wowed the audience of over 100 children and parents on Sunday, October 29 at the Estonian House. Many of the children looked like Snow White clones as they appeared in costume.

Directed by Donna Lubow and produced by Sandy Sagan, the show is an interactive experience for the children as they become trees, birds and dwarfs and learn about the magic of theatre through use of props, costumes and imagination. Kathie Howski of Riverwoods reprised the role of the Queen, Nicole Guini of Chicago played Snow White, and Charlie Ramsey of Vernon Hills, who narrated the show, also played multiple roles – a guardsman, a huntsman, the magic mirror, a dwarf, and a prince.

This annual favorite will continue as long as there are 3 to 7 year old children to enjoy it. The production can travel and is available for birthday parties. Theatre in the Woods is planning for their summer 2007 production as well as an additional children's theatre show in the spring. To volunteer behind the scenes or for more information, please contact Sandy Sagan at 847-945-0585 or e-mail her at sandy.sagan@comcast.net

