



# Riverwoods

## VILLAGE VOICE

## It's On The Tip Of My Tongue Word-Finding Difficulties As You Age

By Dr. Diane J. German, a Riverwoods resident and a professor at National-Louis University, Chicago, IL, where she is holder of the Ryan Endowed Chair.

Yesterday a colleague called out – “I saw a terrific movie over the weekend, Chicago! Ca.Ca.. She, Um, ah,.. um.. you know, she was terrific. Who knew that um, uh, oh ... his wife could dance? And. Um, he, ... oh, uh, ... ah ... he was very good too. I didn't know he could dance. Go see it!”

As she disappeared from sight, I thought how much clearer her message would have been if she had applied word-finding strategies to avoid those “tip of the tongue” experiences. She could have helped herself remember the names Catherine Zeta-Jones, Michael Douglas, and Richard Gere. I could have shared in her excitement about the movie rather than focusing on her word-finding difficulties.

Having problems finding words and in particular names, is a language difficulty frequently reported by adults as they age. It is a disruption in the mental activity of retrieving known words from your memory. Memory specialists distinguish between information in memory that is available (material that you know and that is stored in memory) and information that is accessible (material that can be recalled or retrieved). They indicate that it is possible to have available information, that is not accessible. This occurs when you have a word-finding diffi-

culty, you know the word (available in your memory), but you cannot always retrieve it (not accessible) for usage. Although one's ability to increase their available vocabulary may not diminish with age, the ability to access these words and names from our memory often becomes less efficient. Commonly known as Tip of the Tongue, Slip of the Tongue, and Twist of the Tongue, these language disruptions are frustrating to the speaker and distracting for the listener. To help those of you who might have this language difficulty, descriptions of these disruptions and memory strategies to reduce their occurrence follow.

### Word-finding Disruptions: Description and Strategies

**Tip of the Tongue:** This disruption occurs when the retrieval of a word is temporarily not possible, but is believed to be imminent. You have the word in mind but you cannot say it. You may snap your fingers in frustration or exclaim “I KNOW IT BUT CAN'T THINK OF IT.” You feel as if your mind has gone blank although you typically can retrieve the elusive word if prompted.

One explanation for this disruption is that you are having difficulty finding the sounds in your memory that make up the word. This may cause you to describe its function or say you are having a “senior moment.” Two strategies that are helpful are: the Same Sounds Cue and Rehearsal.

*continued on the back cover*

### 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. Mar. 4 and 18, Apr. 1 and 15 and May 6 and 20.

**Riverwoods Plan Commission:** 1st Thursday at 7:30p.m. Mar. 6, Apr.3 and May 1.

**RRA (Riverwoods Residents Association):** This is your opportunity to get involved, make a difference, let your voice be heard in the happenings of your community. Contact Rebecca Nixon at 847-405-9772.

**Theatre in the Woods** invites you to let your talent shine on stage as part of our summer production. E-mail kathshow@aol.com or phone Sandy Sagan at 847-945-0585 if you would like to participate.

### TO GET INVOLVED IN RIVERWOODS:

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

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

**RRA**, call Rebecca Nixon, RRA president at 847-405-9772.

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

**Family Day**, all Jodi Kahn at 847-236-1632



**New resident or moving soon?** If you are a new resident in Riverwoods or are planning to move, please inform the Village. If you are getting this newsletter and/or other Village mailings with a former resident's name, please inform the Village.

**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 12 a.m. Holidays, Friday and Saturday. It conforms to state statute.

**Check out the Village of  
Riverwoods website** at  
[www.riverwoods-il.net](http://www.riverwoods-il.net)



**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.

# Property Values Continue to Rise in Riverwoods

Dear Residents,

**Property Values:** Property values in Riverwoods are among the highest in the North Shore. There were permits for 11 new homes in 2002. According to the Multiple Listing Service of Northern Illinois, sales of existing homes (not new construction). For the years 1999, 2000, 2001 and 2002 were as follows:

	Average List Price	Average Sale Price	% of L.P. Average	Market time to S.P.	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

Whereas, in 2001 the average value of homes closed increased 24%, in 2002 there was actually a decrease of 3.4% in the average value of homes closed. This decrease is not unusual, however, when you consider the extent of the 2001 increase. There were also five vacant lots sold ranging in sales price from a low of \$300,000 to a high of \$425,000. The average sale price for a vacant lot in 2002 was \$362,350.

**Lake Michigan Water:** I am happy to announce that Lake Michigan water has now replaced the Municipal Well that serves the Meadowlake Subdivision, Federal Life, Brentwood North Nursing Home, Colonial Court, Riverwoods Inn and the Shoppes of Riverwoods (now under construction). I have been informed by some of the residents of Meadowlake that with the installation of the new water, the water pressure has improved and the water tastes much better.

**Bike Paths:** The Village Board has just approved a 20-year master plan for Bike routes throughout the Village. I have just concluded a meeting with the Division of Transportation of Lake County. We are supporting a joint program to improve the bike path on Deerfield Road between Saunders and Wilmot, which will include a tunnel to get across the dangerous Toll Road crossing. Lake County hopes to have this completed within five years.

Sincerely,

William S. Kaplan, Mayor



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

Summarized by Elizabeth Sherman

Dec 3, Dec 17, Jan 7, Jan 21 Board Minutes

## **TAX LEVY ORDINANCE FOR FISCAL YEAR ENDING 12-31-02**

The Village Board voted to approve Ordinance #02-12-29 which asks for a 4.9% tax levy.

## **ORDINANCE PROHIBITING UNLAWFUL POSSESSION OF CERTAIN DRUG PARAPHERNALIA**

Chief Weinstein explained to the Village Board that this Ordinance is similar to others and allows the Riverwoods Police Department to have more control over the arrests and the level of prosecution. The change in the ordinance involves the maximum amount of the fine - \$750.

## **AUTHORIZING RIVERWOODS TO APPROVE A MUTUAL AID AGREEMENT FOR ILLINOIS LAW ENFORCEMENT**

The Mutual Aid Plan (ILEAS) allows Riverwoods to call one phone number and get different levels of assistance. This is a Mutual Aid Plan for the Illinois Law Enforcement Alarm System. The current system is being eliminated and the state is setting up a new one. If the Village needs help responding to a State or National emergency, it will be reimbursed. The plan provides for some equipment.

## **PURCHASE OF OFFICE EQUIPMENT**

The Village Board accepted a bid of \$8,016 to purchase six computers and two printers for the Village Hall.

## **WATER AGREEMENT PASSED**

The Village Board voted to approve an Intergovernmental Agreement Between Riverwoods and Lincolnshire Entitled Restated Water Agreement.

## **PROVIDING SPEED LIMITS ON VILLAGE STREETS**

The speed limit on streets where twenty-five MPH signs have already been posted will remain twenty-five MPH.

## **CLOSING CERTAIN CAPITAL PROJECT FUNDS AND WEST WATER ENTERPRISE FUND APPROVED**

This ordinance refers to the funds that are set up when an SSA is completed. According to Atty Huvad, two funds are set up, one for water and one for sewer. The money is then transferred over to a debt service fund to pay the

bonds. The ordinance approves the closing of the Capital Project Funds and West Water Enterprise Fund which have been completed.

## **APPROVE THE USE OF COLLECTION AGENCY (ARMOR) AS RECOMMENDED BY CHIEF WEINSTEIN**

Chief Weinstein came before the Village Board to get approval for hiring a collection agency to handle tickets. According to Trustee Haber, the cost of litigation is always recovered.

## **PERSONNEL COMMITTEE RECOMMENDATIONS APPROVED**

The yearly salary increases that were recommended by the personnel committee for the Village staff and Chief Weinstein were approved by the Village Board. The Village Board also approved police budget plan B and accepted the recommendation of a new position called Special Project Coordinator.

## **SPEED SIGNS**

Mayor Kaplan stated that Senator Terry Link has verbally agreed to give the Village \$20,000 for portable speed signs. They should arrive sometime in the new year.

## **NEW UNMARKED POLICE CAR**

The Village Board voted to approve the expenditure of \$49,849 for the purchase of one marked and one unmarked police car.

## **SPECIAL USE FOR A HOLIDAY INN HOTEL APPROVED**

The Village Board amended Ordinances #98-7-18 and # 01-8-27 and approved a special use permit for a new Holiday Inn hotel near the Country Inns. The hotel will have a restaurant, bar, and meeting rooms.

## **DO A SPECIAL CENSUS NOW**

Russ Kraly came before the Village Board to discuss requesting a special census. Between April 2000 and January 2003, there have been 31 new homes built. If the Village asks for the special census now, it would get \$81,000 for eight years. If the Village waits until the end of the year to get the census (6 more homes will be built by then), the Village will get \$84,000. The Village Board decided to do the census now.

## **ACCEPT NEW RATES FOR GEWALT HAMILTON**

The Village Board voted to accept the increased rate requested by Gewalt Hamilton.

## **MISDELIVERED MAIL**

A resident came before the Village Board to discuss the problem she is having with misdelivered mail. She believes that others are also experiencing a similar problem. The resident suggests that rather than throwing way mail that was delivered by mistake, the mail should be put back in the box for redelivery.

# Riverwoods Police Department News

By Chief Morris Weinstein

Riverwoods Police Department wishes to thank everyone who completed the Citizen Survey. Your ratings and comments were informative and will help us to provide appropriate police services. If you ever have any questions or concerns, please do not hesitate to contact us. Comments are welcomed all year round.

I noted that several surveys did indicate the appropriate phone number to call. The following are Police/Fire and Village phone numbers:

**911**—This phone call will be answered by the dispatch center. Use for police, fire or medical emergency. (24 hour number)

**1-847-945-1820**—This phone number will be answered at Riverwoods Police Department or automatically transferred and answered by the dispatch center. This number should be used for all security alarms and if you want the police to respond to your location for non-emergency situations. (24 hour number)

**1-847-945-1130**—This phone number will be answered at Riverwoods Police Department or voice mail. This number should be used to contact police administration, records, or if you wish to leave a message for a particular officer. Messages left on this number should not be of an urgent nature. The call may not be returned until a later time or date. (24 hour number)

**1-847-945-3990**—This phone number is for the Village Hall. The Village Hall is open 8:30a.m. until 1:30p.m. Mon.-Fri. There is an after hours voicemail system.

**1-847-634-2512**—This is the non-emergency phone number for the Lincolnshire/Riverwoods Fire Protection District. This number should be used to contact their administration.

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## Lincolnshire/Riverwoods Fire Department News

By Firefighter Scott Vaughn

The Lincolnshire-Riverwoods Fire Department offers class in CPR on the first Wednesday of every month at 6:00p.m. at their main station in Lincolnshire. Classes are \$20 and cover CPR and choking (Heimlich Maneuver) for adults as well as for children and infants if requested. If you've never taken a CPR class, consider the following quote from the American

Heart Association. "Effective bystander CPR, provided immediately after sudden cardiac arrest, increases a vic-

tim's chance of survival. If more people knew CPR, more lives would be saved."

To reserve your spot in an upcoming class, or for more information, please call Sue or Amber at (847) 634-2512.

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## Potpourri from the Building Department

By Russell Kraly, Director, Community Services

The holidays are over, a new year has arrived and hopefully winter's end is just around the corner! We have finished the SSA #14 water project, and also finished the Road SSA in Hiawatha Woods. We're down to two unpaved roads in the Village, Chianti Trail and Trillium Lane. We've also completed the Deerfield Water Main Extension to the Meadowlake Subdivision onward to the next project.

We are getting ready to bring new Water Mains up Woodland Avenue. We are in the process of getting easements from the people along Woodland Lane and Crestwood Lane. Once we have these, we can loop the water system and connect to the new line we installed last year on Pine Tree Lane. We also have an easement to bring water down from Robinwood Lane to Edgewood Lane. To those residents along Edgewood Lane, water should be available by springtime. Get with your neighbors now and see who wants water, get a list together, and come in and talk to me. We'll see about extending the water main up the street and making water available to those who want it.

**Permits**—Just a reminder, if you bring more than 9 yards of material to do work in your yard, you need a permit. If you change the grading of your property at any time, even if you don't bring in any material, you need a permit. If you have a dead tree(s) you'd like to remove, you need a permit. If you are doing a remodeling project or an addition, you cannot remove any trees until the Forester has reviewed your plans and has given you the green light to proceed.

**Association Contacts Needed**—All Road Associations and Homeowners groups, we need a list of your current Officers with addresses and phone numbers. We are always receiving phone calls from people who have just moved into an area and want information about their neighborhood. Also, we have numerous Agreements for Traffic Control in your specific area that have or are about to expire. We need to get new Agreements signed before the Police Department can do their work in your area. Please contact me so we can start this process and continue with the service and protection you are currently receiving.

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# Guide to Good Health

## Natural Alternatives

### To Hormone Replacement Therapy (HRT)

By Ms. Prabha Vaidya, M.D.

Center for Holistic Medicine

Happy New Year! The year 2002 was a year when the benefits of the long-term use of female hormone replacement therapy underwent a great deal of scrutiny. A major research project was stopped due to the very shocking conclusion that HRT may not help to protect against heart disease, but actually may cause heart disease and also increase the risk of a woman developing breast cancer.

Many women who are on HRT and those who are considering starting HRT, are confused and don't know what to do.

Don't Panic! We have great alternatives and safe recommendations for you. We have been recommending these for years with many benefits.

The first thing is to educate yourselves. Menopause is not a disease. It is one of the life stages every woman has to go through, just like children have to go through their adolescence. So relax, not all women need treatment for menopause. If you do need help for some unpleasant symptoms during pre and post-menopausal stages, here are some natural ways to help yourself.

For all women, not just menopausal women, the younger you start to take care of yourself the better. Do not forget that no one but you is going to look after you. Make sure you are in excellent health to perform your duties as a woman, mother, wife, daughter or worker and have a healthy menopause.

The most important aspect of taking care of yourself is your diet. Food is nourishment to your physical health and the biochemistry of our body. What we eat also affects our energy and our mind.

Add soy products to your diet. Soy is a natural source of plant estrogen called phytoestrogens. Tofu, soymilk, soy nuts, adzugi (frozen soybeans) etc. are not only a source of natural hormones but also a clean source of protein. Flaxseeds can balance your hormones and are also a good source of fiber. Flax seed oil and deep water fish also provide essential fatty acids you need to maintain good hormonal balance. Whole grain, legumes, a variety of beans, green leafy vegetables, as well as deep yellow and orange vegetables and fruits provide additional nutrients for your health. Use olive oil for cooking. If you like to drink herbal teas, some I recommend are: green tea, fennel, red clover and red raspberry are nourishing.

Avoid external chemicals and processed foods containing additives and colorings. Eat organic meat as much as possible and reduce the amount of red meat in your diet.

**Supplements**—Take a good quality multivitamin, vitamin B-6, Vit E, and good quality fish oil supplements,

Calcium/Magnesium supplements. Vitamin B-6 participates in restoring estrogen metabolism in the liver. Essential fatty acids (Omega 3 and 6) in fish oils regulate the effects of sex hormones. Vitamins and supplements need to be modified according to your individual's needs.

**Herbal remedies**—Black Cohosh, Chaste berry and Wild yam are helpful to reduce hot flashes and other symptoms. Black Cohosh has an estrogen like substance which corrects estrogen balance and Chaste berry and Wild yam has a balancing effect on progesterone metabolism. There are some other herbs that are used by different practitioners.

**Homeopathic remedies**—Homeopathy is natural energy medicine, which stimulates a person's "Vital Force" or immune system, which helps a person to heal naturally.

The most common remedies used for menopausal symptoms are Lachesis, Pulsatilla, and Sepia. They have balancing effect on female hormones.

**Lifestyle changes**—Regular exercise, stress reduction techniques such as yoga, meditation, relaxation, diaphragmatic breathing all have a powerful effect on a person's immune system. Stop smoking, reduce or eliminate coffee and alcohol.

Acupuncture and traditional Chinese herbs, acupressure, flower essences, psychotherapy all can be added according to your personal needs and preferences. All of these techniques are safe and effective and need to be individualized.

Watch for future information on different topics such as prevention of breast cancer, osteoporosis, and heart disease as well as topics on holistic health. This article is for educational purposes only. It does not replace the need for an individual evaluation.

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## Village Happenings

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### RIVERWOODS MONTESSORI SCHOOL CELEBRATES NATIONAL MONTESSORI WEEK AND HOSTS FUNDRAISER

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Along with families across the nation, the Riverwoods Montessori Community celebrate National Montessori Week, February 24-28, 2003, with a variety of activities that highlight Montessori education and Dr. Maria Montessori vision of peace.

An evening of Art is planned for the Riverwoods Montessori School Fundraiser, to be held Friday, March 7, 2003, at 7p.m. at the Highland Park Community House. A silent art auction and raffle are planned as well. For more information contact Chairperson Adrienne Tiritilli or Arlene Gordon at (847) 945-7582.

### BRENTWOOD NORTH HEALTHCARE

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Don't forget to take advantage of Brentwood North Healthcare's "At Your Service" program. Seniors can receive a host of free services, including faxes, copies, and blood pressure screenings. For more information, please call (847) 459-1200.

# Greetings Riverwoods!

By Rebecca Nixon

Thank you to all who came to our two previous RRA meetings. At the November meeting, the revised RRA bylaws were passed and a new RRA Executive Board elected.

I want to thank our new Executive Board who were vital in helping to revise the RRA bylaws: Linda Dunn, Mike Karpeles, Jodi Kahn, Bill Campbell, Sue Auerbach, Cheryl Chamberlain, Leslie Ames, Marguerite Welter, and our new RRA Advisory Committee, Susan Bartha, Kay Sweeney, Max Lomont, Leslie Reichenbach, Ellen McKnight, and Sandy Sagan. I truly believe we've come up with a new Association that is better equipped to meet the demands of our growing community.

I will highlight our traditional RRA events, but first I would like to mention a few of our other committees. We need volunteers for all these committees, so please call me if you are interested. Our **Bike/Safety Path** committee is making headway on bike paths in Riverwoods. There is growing concern about the development of Riverwoods and we have established the **Building and Development** committee to address those concerns. The **Riverwoods Business Association** meets for breakfast each month and is growing in attendance. This is a great venue to meet your neighbors and fellow businessmen. If you are interested in attending, contact the Village Hall for dates and times.

**Perennial Plant Sale**—Our first event is right around the corner, the Perennial Plant Sale associated with the Roadway Cleanup Day. If you are a gardener or want to have great ideas for your "Riverwoods" garden, please check this out. We will mail a newsletter about the sale with an order form. This is the only way you can purchase the plants. The residents who put this together have such beautiful "Riverwoods" gardens and they really know what they are doing and what grows best here in our lovely community. I want to thank them for their efforts, energy and love for continuing with this event. So feel free to call, ask questions, volunteer and please ORDER!!! Not only will you support the RRA, but the beautification program for our community.

**Family Day**—June 8th we will again celebrate Family Day. We are very proud of this day as it is a great event where "Riverwoods" families can come together and have FUN! Riverwoods is a changing community with lots of young families. We are so thankful for the fabulous group of people who volunteer to get this event planned and organized. If you have any time, please help us out and call Jodi Kahn at 236-1632.

**Arts & Riverwoods**—In September Arts and Riverwoods will once again bring our community together. For over 44 years, it has been our greatest fundraiser in our community

as well as contributing to our area school art programs. What a grand event for our community and most definitely the largest to utilize so many resident volunteers. I applaud and really thank the tremendous efforts of the group of people who work so diligently to put this event together. If you really want to get to know the people in our community, please volunteer for this event. Call Chairman Leslie Ames at 948-9003!

**Membership**—Please remember to join the RRA. We sell the Riverwoods automobile stickers for only \$15 with each additional sticker for \$5. We need your support and participation. Also, if you know of a new neighbor, please let us know! We would like to send them our Welcome Basket with all sorts of information about Riverwoods and of course, community goodies! Call Marguerite Welter at 847-236-1954.

**Congratulations to our 2002 Citizen of the Year: Ellen McKnight!**—Ellen has been involved in the Riverwoods Residents Association for many years. She has been a constant volunteer in Riverwoods with a passion, concern and caring for our community. Ellen was instrumental in helping to begin the Perennial Plant Sale, has served on the Riverwoods Caucus system, and is now serving her term as an Advisory Caucus member. Whenever there has been any need for her, she's always available as much as her time and family can permit! We thank Ellen for all the time and energy she has devoted to Riverwoods!

We are really excited about the changes in RRA. We would love to see and meet many more of you. Riverwoods needs you! Feel free to contact me anytime for questions or copies of bylaws, meeting minutes, names, phone numbers etc... @ 847-405-9772 or email rnixon@maroness.com. SMILE at your neighbors on the streets and in their cars, you never know whose day you'll make! I hope to see many of you at our 2003 RRA events!

## RIVERWOODS RESIDENTS ASSOCIATION 2003 MEMBERSHIP/RIVERWOODS AUTOMOBILE STICKER FORM

Please join the Riverwoods Residents Association for only \$15! You will receive two (2) Riverwoods vehicle stickers (additional stickers are \$5 each). Complete this form and mail it to: Riverwoods Residents Association, P.O. Box 341, Deerfield, IL 60015.

Name: .....  
Address: .....  
Phone: .....  
Amount enclosed: .....  
Email: .....

## RIVERWOODS CAUCUS PARTY

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At the January 6, 2003, Caucus party meeting, the caucus nominating committee endorsed the following three incumbents: Sherry Gradiator, Michael Haber, and Bruce Masterson. The election will be held April 1st. "We thank all of those who put in their candidacies to run for the upcoming election," says Linda Dunn, Chair.

## HAVE YOUR HOME IN THE ARTS&RIVERWOODS SHOW AND RECEIVE AN ART PURCHASE DISCOUNT

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At the recent Arts & Riverwoods Executive Committee meeting, it was decided to give show homeowners a 15% discount on one piece of art from the show as a "thank you" for participating in the 44th annual Arts & Riverwoods Art Show on September 20-21, 2003.

If you'd like more information or would like to volunteer your home to help keep this worthwhile Riverwoods community event going, please call chairman Leslie Ames at 847-948-9003 or 847-774-4574.

## GET INVOLVED IN YOUR COMMUNITY: JOIN THE EXECUTIVE ARTS & RIVERWOODS COMMITTEE

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The Arts & Riverwoods Executive Committee has a couple of openings. Give chairman Leslie Ames a call at 847-948-9003 or 847-774-4574 to find out more about it and to volunteer your time and talent. It's a good way to meet people in Riverwoods and to get involved in this long-standing community event. The show dates this year are September 20-21, 2003.

## FAMILY DAY —SAVE THE DATE: SUNDAY JUNE 8, 2003, FROM 11:00A.M.-3:00P.M. FOR RIVERWOODS FAMILY DAY

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Mark your calendars for the Third Annual Riverwoods Family Day at Tamarak Day Camp in Lincolnshire. Many volunteers are busy making plans for a great day filled with laughter and fun where Riverwoods families are the guests of honor! This is a great opportunity to get outdoors, take advantage of the beautiful facility Tamarak Day Camp has to offer, as well as take time to meet and greet your neighbors and maybe even make some new friends. More details will follow in upcoming newsletters.

We are always looking for volunteers to help plan this wonderful day of swimming, eating, and family memories, so if you are interested, please contact Jodi Kahn at (847) 236-1632.

## A.C.R.E. ACTIVITIES

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*By Sue Auerbach*

Winter is almost over and it's time to think 'spring' again. If you have not been to the Village Hall this winter, stop by and check our progress creating a new transition garden adjacent to the woodland area in the center of the parking lot. It offers some ideas for designing a garden that transitions from the more formal plantings close to a home to the woodland areas so many of us have on our property. About

one third of the area has been graded, set with rocks and planted with just a few grasses and perennials to get started. It's not too early to think about what else we can plant there. We have already started planning the 2003 RRA Plant Sale, Bar-b-que and Cleanup Day May 9th and 10th. Your Plant Sale order form will arrive in the mail by early April. Proceeds from your purchases support the Village Hall landscaping projects and our prices are competitive...two good reasons to plan ahead and order your plants from the RRA! We are always looking for help, so if you would like to volunteer, please call Sue Auerbach at 847-945-7898.

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## Village moving forward on a Bike Path System

The bike path consultant has presented his preliminary recommendations to the Village. His overall path system, to be implemented over a period of years, includes suggestions for 8' paths, within the county or village right-of-way area, along our major thoroughfares. He has also recommended bike lanes along Deerfield Road and Riverwoods Road to separate the faster, adult bikers from the slower, children and family traffic. The final report is due in mid-March and will be available for viewing at Village Hall.

The Village intends to apply for matching grants from the State which, if received, would be used to fund paths along Riverwoods Road or Deerfield Road. Public hearings on these grant applications will be held on 2/25/03 and 3/4/03 at 7:00 p.m. in the Village Hall. New pathways along these roads would coincide well with Lake County plans to improve the path from Orphans of the Storm, across the tollway at Deerfield Road via an underpass, and continuing to Wilmot Road.

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## Friendships made Daily at Orphans of the Storm

A friendship made at Orphans of the Storm animal shelter lasts a lifetime. We know, we've been in the business of getting people and animals together for most of a century. We truly do have the best pets to be found.

Before you choose your best friend from a breeder or a pet store, consider our cause. **Adopt a friend for life.** Thousands do each year.

Visit us and choose from over 160 dogs and 350 cats. Adoption fee is \$60 and includes spay/neuter, some vaccinations, felv-fiv tests, collar, leash and two weeks follow up vet care if needed. Adoptions are daily 11:00-5:00p.m. For more information call 847-945-0235 or visit our website: [www.orphansofthestorm.org](http://www.orphansofthestorm.org).

## Riverwoods Village Voice

300 Portwine Road  
Riverwoods, Illinois  
60015-3898  
847-945-3990  
Fax: 847-945-4059

BULK RATE  
US POSTAGE  
**PAID**  
PERMIT #63  
DEERFIELD, IL  
60015

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 April/May Issue:

April 1, 2003

#### Send to:

Riverwoods Village Voice  
Editor  
300 Portwine Road  
Riverwoods, IL  
60015

### The Tip of my Tongue

*continued from the front cover*

Prior to going to an event, identify key names you may want to retrieve - other guests, movie actors, or book authors. Link each of these names or words to a Same Sounds Cue, a name or word that consists of the same sounds as the target name or word. Remember your cue needs to be sound base. For example, to remember a guest named Meryl, link it to Meryl Streep; or to remember Richard Gere, link it to Little Richard and gear (machinery). Next rehearse the target word three times out loud as you think of the same sound cues. However, DO NOT rehearse the same sound cues out loud or you may refer to Richard Gere as Little Richard.

**Slip of the Tongue:** This disruption refers to those occasions when you mispeak and substitute an interfering name or word for the target item. Socially these bloopers are embarrassing ("I wish you a memorial (when you mean memorable) experience." or frustrating when speaking to your family (Jan, Joel, No I mean Jill). Two strategies are helpful: strategic pausing and self-correction. Pausing or slowing down before you say the subject or object of a sentence will help you screen the interfering word (bloop-er), and allow you time to correctly verbalize the target word. This strategy will reduce errors in your language. Also listen to yourself as self-correction is important to avoid

mis-communication ("Meet you at Gate 10." When you mean Gate 20).

**Twist of the Tongue:** This error occurs when a word or name turns into a tongue twister - you have difficulty retrieving all the sounds or the order of the sounds that make up the word. Sounds may be added (suburbaru for Subaru); omitted (ambilent for ambivalent); substituted (asortize for amortize); or exchanged (menander for meander) when you speak. Three strategies are helpful in reducing Twists of the Tongue: Syllable Dividing, Same Sounds Cue, and Rehearsal. First, divide these long words (Syllable Dividing) into syllables, saying each syllable out loud (Mi a cal cin for the medicine, Miacalcin.). Second, link the evasive syllable(s) to a word that sounds similar (Same Sounds Cue). For example, to remember Miacalcin, think of the cue my for Mi, calorie for cal, and sinful for cin. The Same Sounds Cue will make these syllables more salient and, thus, easier to access. Lastly, rehearse the target word as a unit three times; thinking of the Same Sounds Cues you paired with each syllable.

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