



Riverwoods

VILLAGE VOICE

Potpourri from the Building Department: Important Information on the West Nile Virus

I attended a seminar on West Niles Virus on Monday, February 24th. I would like to share with you some facts I learned.

The West Nile Virus was first discovered in 1937 in the West Nile province of Uganda. There are 37 sub-strains of this virus and it is an Arbovirus, transmitted by Culex Mosquitos. This is not the most dangerous of this type of virus. The "Dengue" Virus is more dangerous and is now found in Mexico and Southern Texas. West Niles Virus was first detected in Queens, N.Y. in September 1999.

The first case of West Nile Virus in Illinois was found in Arlington Heights on September 5, 2001. From May 2002 to January 2003, there were 874 confirmed cases of West Niles Virus in Illinois and 62 people died from the Virus. We have 102 counties in Illinois; 100 of them were positive for the virus. Investigators found 592 mosquito pools to be positive, 513 birds, 1231 horses were confirmed with this virus.

The following breakdown reflects the number of people who were infected with the disease last year:

Cook County-602 cases, 32 deaths; DuPage County-47 cases, 3 deaths, Will County-18 cases, 0 deaths, Kane County-9 cases, 1 death, Lake County-8 cases, 1 death, McHenry County- 1 case, 0 deaths, Kendall County-2 cases, 1 death. Average age for deaths, 40-49= 1, 50-74= 18, 75 and older= 34.

Positive cases for horses were found in Zion, Wauconda, Barrington, Waukegan, Grayslake, and Round Lake. Rear legs are affected in horses, however, they can be vaccinated. Although there were 874 confirmed cases in Illinois, experts believe that the real number is some where between 100 and 150 cases more per every case confirmed. Therefore, in Illinois there was an estimated 80,000 to 120,000 infected humans.

Most people, if healthy, only get slight headaches, maybe an upset stomach for a day or two, and then they are well. Doctors believe that once exposed, a person is vaccinated against this virus for the rest of his or her life. The reason doctors believe this is because of the very few cases of the virus found overseas. West Nile has existed there for many years and, therefore, people are exposed to the virus from the time they are children and have become immune to the more serious complications of the disease. There are very few cases of recorded deaths from this virus overseas.

Clarke Mosquito Company has been taking care of our Village for many years, and will be with us again this year. Clarke is one of the nationally recognized experts in this disease and was one of the first companies called into New York when the Virus was first discovered there in 1999.

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 20, June 3 and 17 and July 1 and 15. (The May 20th meeting will be held at Morgan Stanley at 2700 Lake Cook Road.)

Riverwoods Plan Commission: 1st Thursday at 7:30p.m. June 5.

RRA (Riverwoods Residents Association): The next RRA General meeting will be on May 21st at 7:30p.m. at Village Hall. 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.

Riverwoods Family Day, Sunday, June 8, 11a.m.-3p.m. For more information call Village Hall at 847-945-3990.

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, Call Jodi Kahn at 847-236-1632.

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

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 11 p.m. during the week and 12 a.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.

Identify Mosquito Problem Areas around your Home

Please read this issue of the Village Voice regarding mosquitoes and the West Nile Virus. The Village will be working with Clark Mosquito Company to identify problem areas in the village. I have personally received a number of calls and e-mails from our residents voicing their concern. We will do our best to address the larger areas of concern, but have to look to our residents to be diligent about smaller areas of their property such as bird baths, old tires and people with flat roofs that may have small pools of water on them.

On another note, the village is responding to residents concerns regarding preserving the trees and natural beauty of Riverwoods. I have proposed a plan subsidizing a tree planting program along with a program to help get rid of Buckthorn and Garlic Mustard. The deadline for this publication of the Village Voice is prior to the Board of Trustees Meeting of May 6, 2003, so I can't tell you the results. Please call the Village for details.

Sincerely,

William S. Kaplan, Mayor of Riverwoods

Helpful Tips for Avoiding Raising Mosquitoes in Your Yard

- Remember, standing water means mosquitoes. Any standing, stagnant water that remains for 7 to 10 days after a rain can, and usually will, produce mosquitoes. For example, one coffee can full of water has been shown to produce in excess of 10,000 mosquitoes over an entire summer season.

- Empty all water holding containers in your yard on a regular basis, at least once a week, including children's wading pools, rain barrels, buckets, bird baths and stored boats are prime examples of mosquito breeding sites.

- Over-watering and poor irrigation practices are common producers of mosquitoes around the home, in parks and on golf courses. Report standing water to appropriate maintenance personnel.

- Clean out eaves, troughs and down spouts of leaves and other debris that slows drainage.

- Ditches must be kept free of vegetation and other debris to promote rapid drainage, and pond edges should be kept clean of cattails and other aquatic vegetation. This is where mosquito larvae develop and mature.

To reduce the number of adult mosquitoes in your yard:

- Keep your lawn mowed as short as is practical.

- Keep all ornamental shrubs and bushes trimmed and pruned to open them up to light and air flow. This will not only give mosquitoes one less place to hide, but will promote growth and vigor in the plant.

- Cut back as far as possible, all low, dense under-growth surrounding your yard. This is where mosquitoes go to hide during the day.

- Have large trees trimmed to allow sunlight to penetrate dark, damp areas.

Plan outdoor activities and parties during daylight hours or later in the evening. Many mosquitoes are most active at dusk and for about an hour after dusk.

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

March 18, March 4, February 18, February 4

MORE NOVUS BUSINESS

The Village Board has approved the final subdivision plat for NOVUS on First Amendment to Grant Conservation Easement.

APPROPRIATIONS ORDINANCE APPROVED

The Appropriations Ordinance for 1-1-2003 to 12-31-03 has been amended to include specific amounts for Theatre in the Woods, Arts and Riverwoods, and Family Day. The ordinance was approved by the Village Board.

COMPETITIVE COMMUNITIES INITIATIVE

The Village Board is exploring applying and becoming a part of The Competitive Communities Initiative, a program that helps communities find funding for Village projects. There is a comprehensive application process and it requires participation and steering committees, creating a community profile, and setting goals for the Village. The Village Board is getting organized and looking for people to help put this program into action.

HOLIDAY INN

The Village Board approved amending the text of a zoning ordinance to modify the building height to allow the Holiday Inn to include certain roof mechanicals. The Board also amended Ordinance 98-7-18, 01-8-27 and approved a hotel special use for a Holiday Inn hotel.

SAVE A LIFE WEEK PROCLAIMED

The Village Board voted to proclaim week of May 18, 2003, "Save a Life Week."

BUILDING SAFETY WEEK PROCLAIMED

The Village Board voted to proclaim April 6-12, 2003, to be "Building Safety Week."

VILLAGE WINS PUBLIC WORKS AWARD

The Village of Riverwoods was awarded the 2002 Project of the Year Award for SSA #12 South Sewer by the American Public Works Association - Lake Branch. Russ Kraly presented the plaque to the Village Board.

WATER MAIN PERMIT PAYMENT

The Village Board authorized payment not to exceed \$5000 to cover design and permits for a water extension from S. Robinwood to Edgewood Lane.

ROSE TERRACE FLOODING PROBLEM TO BE EXPLORED

Pat Glenn came before the Village Board to discuss a drainage problem on Rose Terrace every Spring. Solving this problem may require moving a drainage ditch from one side of a private property to another area. This is a costly project and the homeowner is seeking assistance from the Village to fix since it would benefit both the homeowner and the Village. Pat Glenn has proposed spending an estimated \$5000 to find a flood solution on Rose Terrace that would benefit the homeowner and the Village. The Village Board approved the expenditure.

VILLAGE OF RIVERWOODS WEBSITE

Mayor Kaplan brought up the subject of the Village website. Michael Borchew has generously donated his time to redesign the site. Mayor Kaplan complimented him on the job he is doing and discussed some of the elements of the redesigned site.

WENDREIS PROPERTY

The Village Board voted to accept the preliminary plat for subdivision of Wendreis property into three parcels. Many residents came before the Village Board to ask questions and present their ideas about how to best use the property. The discussion about the Wendreis property will continue.

FAMILY DAY - JUNE 8, 2003 11:00AM-3:00PM

The Village Board approved a \$2000 donation for Riverwoods Family Day, Sunday, June 8, 2003.

TAXES APPROVED

The Village Board voted to approve imposing a 1/2 of 1 % Municipal Retailers Occupation Tax and a 1/2 of 1 % Municipal Service Occupation Tax for Infrastructure Purposes.

AJM CONTRACTORS PAYMENT

The Village Board voted to accept the bid estimate by AJM Contractors to do the Woodland Lane water main extension for \$70,125.

BIKE PATH/SAFETY

Atty Huvad reported that Lake County is going to put in a path on Deerfield Road from Saunders across the Tollway to Wilmot Road. They are planning to put in a tunnel. Other discussion included how the Village will continue the path along Riverwoods Road, what materials will be used, where the paths will go, and which grants will be applied for to help pay for the paths.

The Police Report

By Chief Morris Weinstein

The nice weather is here (almost) and more people will be out enjoying it. Sight lines will decrease as the foliage increases. People will be walking dogs, riding bikes and there will be more children on and around the streets. Drivers need to be alert and drive defensively. Area road construction has increased traffic congestion. Please be careful. Please report any traffic accidents, motorist assists, etc. immediately.

The Riverwoods Police Department needs your help. Crime prevention starts with you. While the Village rarely has a problem, be sure to lock your doors and don't leave garages open. Open garage doors and bikes left out are a temptation. Do not let strangers into your house. If you see a suspicious person or car, please call immediately. If someone asks for assistance, Riverwoods Police Department is only a 911 call away.

Everyone who has renewed their regular passenger license plates should have received the new-design plates and should have those plates displayed on their vehicles. If you have any questions, please contact the Illinois Secretary of State at 217-558-0515. Failure to display valid registration may result in a traffic citation.

Municipal Water & Well Users Sprinkling Restrictions – May 15th thru October 15, 2003

Prohibited Uses of Water:

No outside of the building use of water for sprinkling, watering or irrigation of lawns, trees, ground cover, shrubs and plants, swimming pools or ponds may be done between the hours of 10:00am and 5:00pm on any day. Window boxes or containers on decks and patios may be watered at any time.

Permitted Uses of Water and Watering Schedules:

Residents with street addresses ending with even numbers may water on even numbered days. Residents with street addresses ending with odd numbers may water on odd numbered days.

It is permitted to wash cars, windows, siding, decks, etc. at any time. Also permitted is the watering of newly sodded or seeded lawns and new planting of trees and

shrubs and flowers on any day for a period of two weeks following initial plantings between the hours of 5:00 pm and 10:00 am. After this time, the odd or even day schedule must be followed for watering.

Uses of automatic sprinkling systems are reminded to adjust their timing devices for the odd or even days which may have to be re-adjusted monthly.

The mulching of plantings, trees, and garden areas will help to retain the effect of watering.

The Mayor and Board of Trustees thank you for your efforts in following these watering restrictions.

Check out the Village of Riverwoods website!

The Village of Riverwoods website is undergoing a major updating over the next few months and will continue to do so throughout the year. Much information callers and visitors are looking for can be found quickly and easily with the new design, which is particularly convenient after business hours. Information on our website includes:

- Agendas and Minutes of Board of Trustee meetings
- News and Events taking place in and around Riverwoods
- Contact information for Village Officials and area organizations
- Links to websites of interest for Riverwoods residents
- Maps of Riverwoods and images from recent events

In the future, we will offer links to Village Voice Newsletters, our Village Codes and Ordinances, and downloadable forms. Come check us out at: www.riverwoods-il.net. Questions or comments? Email the Village Webmaster at: jleski@riverwoods-il.net or call Jenny at: (847) 945-3990.

Orphans of the Storm holds Annual 'Raffle for the Animals'

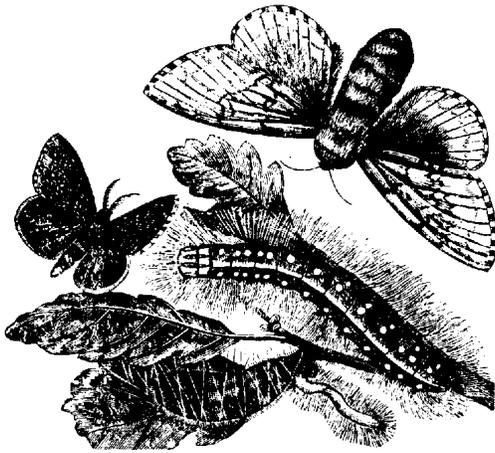
Next time you're driving through Riverwoods, take a minute to stop by Orphans of the Storm animal shelter and purchase a chance to win a really great grill. Once again, the Weber Stephen Company has donated some great items for our raffle. Tickets are \$5 each or 10 for \$40. And when you enter our raffle you will be supporting the important work being done for all of the stray, abandoned and abused dogs and cats of Lake County. So take a minute and make a difference.

The raffle drawing will take place June 2nd during

Orphans of the Storm's Annual Benefit Dinner at the Marriott's Lincolnshire Resort. Beginning at 5:30p.m. — 9:00. You need not be present at this event to win.

Did you know that Orphans of the Storm truly does have the best pets to be found? Most all of the animals waiting adoption were once part of a family but got lost or abandoned or maybe had to be given up when the family moved. That's why we say come on in and adopt a friend for life. They all deserve a second chance to love.

Visit Orphans on line at: www.orphansofthestorm.org to find out how you can get involved, volunteer, donate, walk a dog, groom a cat or begin the search for your next best friend.



We would like to take the time to discuss two exotic insects that have been the subject of several reports in the news media and have raised questions from some residents:

The Emerald Ash Borer and the Gypsy Moth

By Kirsten Stewart, Urban Forest Management

Emerald Ash Borer

Emerald Ash Borers are native to Asia, were positively identified last year in the Detroit area. Emerald Ash Borers are a highly destructive insect that, in the larval stage, feeds in the vascular system on the outer sapwood of a tree, just under the bark. As a larva feeds, it creates a zig-zagging chamber between the bark and the outer sapwood, called a larval gallery, which disrupts the vascular system of the tree, cutting off the flow of nutrients between the roots and the crown. The galleries eventually girdle or encircle the tree trunk, killing branches at first, then the entire tree.

Emerald Ash Borer is often difficult to detect because the cream-colored larvae hatch in May and feed under the bark, over-wintering in the sapwood of the tree. The adult borers, slender and shiny golden/green color and with dark metallic green wing covers, emerge from the trunk through D-shaped exit holes the following year. Adult borers emerge in May to June and live until August.

To date, Emerald Ash Borers have only been identified in the Detroit area, one county in Ohio and in Windsor, Ontario. None have been found in Illinois. If you travel to either of these areas, be sure to check your belongings for possible stow-aways.

For more detailed information about Emerald Ash Borers, consult the USDA Forest Service's web site at: www.ma.fs.fed.us/spfo/eab. This site contains extensive information about the problem as well as photographs of the adult and larvae.

Gypsy Moth

There have been several articles in the Village Voice describing the Gypsy Moth problem (most recently June/July 2001).

Oaks usually suffer more than other tree species from an attack. Deciduous trees in good condition prior to infestation can withstand one or two consecutive years of defoliation before decline. Evergreens die after one complete defoliation.

Lake County was quarantined in 2000, and remains the only Illinois county under a Gypsy Moth quarantine. This means all nursery stock and firewood being shipped from Lake County is to be inspected and certified Gypsy Moth-free. In addition, nurseries and dealers are required to treat their property and nursery stock to aid in stemming the spread of the gypsy moth.

Humans often spread gypsy moth eggs and larvae unknowingly. Regularly inspect outdoor furniture, wood-piles, campers and vehicles and trees for egg masses (buff or yellow colored egg masses (about 1.5" long and .75" wide). People moving from infected areas, particularly the east coast, should thoroughly inspect outdoor furniture or other outdoor items for egg masses and larvae. If you find any egg masses, either drop them into a container of rubbing alcohol to kill them, or squish them.

The State keeps extensive data on the gypsy moth problem. If you think you have gypsy moths (regardless of whether they are egg masses or adults) contact the state toll free at 1-866-296-MOTH (6684).

More information can be obtained by contacting:
Illinois Department of Agriculture
Des Plaines Office
9511 Harrison Street, Room A-169
Des Plaines, Illinois 60016
(847) 294-4343 TDD: (217) 524-6858

Greetings Riverwoods Residents:

Our community is blossoming with Spring and we hope you joined us in participating in our Perennial Plant Sale the weekend of May 10th to make it even more beautiful! The RRA will be kicking off its season with the sale in conjunction with Roadway Cleanup Day and a Barbeque at the Village Hall on Sunday, May 11th!. This is a great way for everyone to get outside, clean up our neighborhoods and then go to the Village Hall for a terrific BBQ (and to pick up plants)! I want to thank the Perennial Plant Sale committee for all their hard work.

Important: The RRA General Meeting will be held Wednesday, May 21st at 7:30p.m. at the Village Hall. We have issues we need to pass and were not able to do so at the February Meeting.

We are looking forward to Riverwoods Family Day scheduled for June 8th. We hope to see everyone there as it is great fun and a terrific way to meet other Riverwoods residents.

As always, the Arts & Riverwoods would appreciate anyone who would like to volunteer. They are meeting and getting this very special event off the ground. It is a Riverwoods tradition and one we hope can continue but we need volunteers as well as homes to showcase the art.

Our other committees are up and running at full speed. Please contact their committee heads if you are interested in participating:

- Bike Path**, Cheryl Chamberlain at 847-914-0665
- Building & Development**, Mike Karpeles at 847-940-1762
- Family Programs**, Jodi Kahn at 847-236-1632
- Welcome/Membership**, Marguerite Welter at 847-236-1954
- Arts & Riverwoods**, Leslie Ames at 847-948-9003

Of course if anyone has additional questions, you can certainly reach me, at 847-405-9772.

If you have not joined the RRA, please do so. Your support enables our committees to bring activities to Riverwoods which brings residents together. Membership is \$15 and includes two automobile stickers with each additional sticker \$5. Thank you and please don't forget, we need you!

Have a terrific Spring and Summer and we hope to see you OUT!!!!

Rebecca Nixon
RRA President

A.C.R.E. News

By Sue Auerbach

Have you been watching the new gardens grow at the Village Hall? This is the second spring for the flagstone perennial bed and the first spring for our transition garden in the center of the parking lot. Many wonderful rocks and sculpted landscaping appeared last spring in the transition garden, but this spring we have plants! Please stop by and watch the progress. These gardens are your RRA and Village dollars at work. Thank you!

And thank you to all of the volunteers who helped out at the RRA Plant Sale, Clean-up Day and Bar-b-que. I will have more details for the next issue, so stay tuned..

“Concerned about the Growth of Riverwoods as a Woodland Community?”

The Building and Development Committee chairman, Mike Karpeles invited all interested residents to attend an informational meeting on Wednesday, May 7 at Village Hall. Sherry Graditor, Village of Riverwoods trustee, graciously answered questions about new building, the tree ordinance, and how Riverwoods residents can help to maintain a healthy woodland around us. For more information, or to attend the next meeting, contact Toni Rey at 847- 945-5827.

Arts & Riverwoods

The 44th annual Arts & Riverwoods Art Show will be held on September 20-21, 2003. Have your home in the Arts&Riverwoods show and receive an art purchase award. The Arts & Riverwoods Executive Committee decided to give show homeowners a 15% discount on one piece of art from the show as a “thank you” for participating. We have several homes in the Duffy Lane area and are looking for more home volunteers in that area for this year's show.

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.

Bike Path/Safety Committee Report

The Bike Path Safety Committee is anticipating the outcome of grants that were submitted for the proposed bike path. The announcement should be made in June. Until then, the committee will be meeting in May (date to be announced – check with the Village Hall for date and time) to discuss the issue further.

RRA General Meeting May 21st, 7:30 p.m. at Village Hall

The agenda for this meeting – Approval of Meeting Minutes, Treasurer’s Report, Membership Report, Committee Reports.

Voting Proxy:

If you are unable to attend this meeting, please fill out this form and send to: RRA, P.O. Box 341, Deerfield, IL 60015. Your proxy will help us have a quorum to vote on important issues. Thank you.

Names: _____

Address: _____

Phone: _____ Email: _____

Do hereby submit my/our proxy vote to the RRA for any matters on the Agenda of May 14th, 2002.

Dated _____, 2002.

Signature: _____



Membership Form:

The mission of the RRA is to encourage the preservation of the unique character of the Riverwoods area and to protect homeowners and residents against any project or act of any kind that threatens to be injurious to the health, safety and general well being of the owners and residents. We support and encourage social and cultural activities in Riverwoods. We promote information and communication among residents on concerns common to the area. We also promote ways to support and safeguard the basic principle of a village policy built around maximum voluntary citizen involvement, minimum government control and minimum expenditures of funds for municipal services and capital improvement projects.

For the \$15 membership fee (which entitles you to 2 village auto stickers, additional stickers are \$5 each), you can be part of the following this year:

RRA Perennial Plant Sale & Roadway Cleanup Day and Village Bar-B-Que, May 10-11th

Family Day at Tamarack Camp on Sunday, June 8th

Arts & Riverwoods, the weekend of September 20-22

Halloween Party at Village Hall – free treats, hayrides, spookwalk

Building & Development Committee

Bike Path Committee

Riverwoods Mom & Kid Playgroup

Welcome/Membership Committee

Riverwoods Business Association

Name: _____

Address: _____

Phone: _____ Amount enclosed: _____

Email: _____ (we really need this so we can email you about important events & meetings both RRA & Village related.

We want to communicate with you!

Please mail this panel to:
RRA, P.O. Box 341, Deerfield, IL 60015

News From Riverwoods Montessori School

By Lisa Kambich

The children at Riverwoods Montessori School are having their "Spring Sings" and Suzuki piano recitals, and everyone is looking forward to the end of the year picnic at Half Day Forest Preserves complete with pony rides and ice cream.

Registration for summer camp and Fall is now in progress. For details, call the school 847-945-7582.

Carolyn Kambich, school director, was just elected secretary of the Heads of Schools section of the American Montessori Society of New York. She is currently president of the state Montessori Heads of School in Illinois.

Victoria Montessori School in Entebbe, Uganda, sister school of Riverwoods Montessori School, has just purchased a small piece of land and hopes to break ground for its new school next Fall. School Director, Christine Olanyo, did her Montessori teaching at Riverwoods; her school has now expanded to 75 students! Anyone interested in the Uganda school project may contact the Riverwoods school.

Riverwoods Family Day

Sunday, June 8, 11a.m. to 3:00p.m.

Signs of summer are fast approaching and that of course brings the event we have all been waiting forRiverwoods Family Day!!!!

Tamarak Day Camp will again generously host family day and has opened up their entire camp for our enjoyment. This year's planning committee has been working hard to whip up a day for all ages and families to enjoy. There will again be relay races (with prizes awarded!), The Wiz (that fabulous balloon-twisting, crazy clown!), swimming, Jodi Koplin's Jigglejam, arts and crafts, spin art, face painting / temporary tattoos, and of course great music to listen and dance to. Added to the usual moonwalk will be a big inflated slide to zip down, and "Jeffrey the Great" magician is new this year too!! And for those who worship our fire and police departments, they'll be there too with their cars, trucks, uniforms, horns and bells! The Cubby Bear will again be providing great food and drink, for a fee. But the rest of the day is FREE!!! Rain (indoor facilities available) or shine, you're promised to have a great time!!!

Check out the flyer inserted in this issue for the schedule of activities, directions to the camp, and a list of

the generous sponsors who help make this day great! So come on out - bring your family, your neighbors, and especially your swim suits - and enjoy a fun-filled day with your Riverwoods community.



Brentwood North Health Care

Riverwoods Mayor Bill Kaplan (standing) proudly crowns Henlen Mendel and Bill Mesick the "Sweethearts of Brentwood North Healthcare." The two longtime companions, who met five years ago in a corridor at the skilled care facility, were recently honored by the residents and staff at Brentwood North.

Center for Enriched Living Offers Camp for Children, Teen and Young Adults with Developmental Disabilities

Summer Adventure Camp includes recreational swimming, arts and crafts, sports, games, music and dance, computer fun, community outings, and much more. The social and recreational program is designed for children, teens, and young adults ages 9 to 21 with developmental disabilities. For more information, please contact 847-948-7001.

Theatre in the Woods

Theatre in the Woods announces Auditions for Andrew Bergman's "Social Security"

"Just when you were beginning to think you were never going to laugh again on Broadway, along comes "Social Security" and you realize that it is once more safe to giggle in the streets. Indeed, you can laugh out loud, joyfully...for the play is a hoot, and better yet, a sophisticated, even civilized hoot." —NY Post

Theatre in the Woods announces auditions for Andrew Bergman's comedy "Social Security" on Tuesday, May 27, at 7:00 p.m., and Wednesday, May 28, at 7:00 p.m. Callback auditions are on Thursday, May 29, at 7:00 p.m. The auditions will be held at Zion Lutheran Church, 10 Deerfield Rd., in Deerfield. Mike Prindiville of Park Ridge will direct, with Sandy Sagan of Riverwoods producing. In "Social Security," one of Hollywood's top screenwriters gives us a real, honest-to-goodness hit Broadway comedy, as in the Good Old Days. Parts are available for 2 men and 2 women, mid-30's to mid-50's, and 1 man and woman, 60's and up. Auditions will consist of cold readings from the script.

According to Donna Lubow, artistic director, Theatre in the Woods will be coming out of the woods this summer and into a new performing space at Zion Lutheran Church in Deerfield. Performances will be weekends, July 25 - August 3.

Anyone interested in working behind the scenes is also welcome to attend the auditions and meet the staff and crew.

For further information, call 847-419-8927 or 847-945-0585.

**NSSRA Services
Riverwoods Residents**

Did you know that almost 10% of Riverwoods residents, over the age of 5, have some type of a disability? Since 1970, the Northern Suburban Special Recreation Association (NSSR) has been providing year-round recreation programs for adults and children with disabilities. In 1995, Riverwoods became a partner with ten park districts and one other municipality (Lake Forest) in the northern suburbs, for the sole purpose of providing recreation for individuals with disabilities.

Riverwoods residents are eligible for NSSRA services. Participants served by NSSRA include those with physical, mental, emotional, and learning disabilities; behavior disorders; visual impairments; deafness, or those who are hard of hearing. NSSRA also serves people with stroke and cardiovascular conditions, Alzheimers's disease, multiple sclerosis, muscular dystrophy, and other conditions or disorders.

Program outcomes include better physical fitness, better self-esteem, acquisition of recreation skills such as tennis and swimming, making friends, and gaining other skills that allow people with disabilities to remain with their families, in the community.

For information, call 847-509-9400 or see www.nssra.org.

Submission Contact:
Naoko Ostermann
847-509-9400, extension 37
nostermann@nssra.org

E - m a i l C o r n e r

Following is a list of websites that may be useful to Riverwoods residents. If you have one that you would like to pass on to your fellow residents, please do. Mail it to Village Voice editor at: Riverwoods Village Voice 300 Portwine Road, Riverwoods, 60015

- www.thorngatenews.com
- www.riverwoods-il.net
- www.holistic-medicine.com
- www.ryersonwoods.org
- www.deerfieldparkdistrict.org
- www.deerfieldlibrary.org
- www.centerforenrichedliving.org
- www.orphansofthestorm.org
- www.petfinder.org

Happy surfing.

Guide to Good Health

Pointers for Stress Reduction

By Prabha Vaidya, MD

Center for Holistic Medicine, Riverwoods

Stress is an excessive demand on our physical, energy and/or psychological functioning. If we cannot effectively cope with stressors, they create an imbalance in our nervous and immune system. In acute situations, the stress response is called “fight or flight response.” This is when individuals may run away from the stressful situation or fight against it. Successful coping to individual instances may not have damaging effects on us, but prolonged stimulation of nervous system may result into chronic illnesses, fatigue and burnout.

Stressors

Poor nutrition: Nutrient deficient diet, refined sugars and starches, processed food containing chemicals, hormones, preservatives, additives, hydrogenated oils, trans-fatty acids, polyunsaturated oils, this type of food has damaging effect on our body.

Environmental pollution – Auto, factories, pesticides, contaminated water.

Poor lifestyle - Lack of exercise, poor posture

Repetitive injuries (work related) resulting into distress, e.g. carpal tunnel syndrome

Energy level – poor breathing habits, bad posture, chest breathing or frequent breath holding can create energy blocks and excessive fatigue or anxiety.

Psychological or emotional level

Job pressures, demands, challenges, personality conflicts, family stresses, relationship issues, deaths or illnesses in the family. Anxiety, worry, fears, anger etc. result into mental distress.

These are some of the common stressors. These demanding situations result into changes in human physiology. The stress response varies with each individual’s ability to cope with the stressors.

Tools to stimulate relaxation response

Physical level

1. Nutrition: Eat balanced diet, fresh food; examples are complex carbohydrates – whole grains (Basmati rice, buckwheat, barley, oats etc.) clean protein (variety of beans, lentils, legumes, tofu) good fat such as olive oil for cooking, flax seed oil or fish oil supplements and lots of vegetables and fruits. Eat organic chicken or fish.

2. Avoid exposure to toxic environment, eliminate

repetitive injuries by taking proper measures.

3. Daily exercise such as walking, swimming, and playing tennis.

Energy level

Start to develop good breathing habits. Practice Diaphragmatic breathing: Sit with head neck and trunk in straight line. Focus your attention on your abdominal area. Keep your one hand on the abdomen and observe your abdomen expanding on inhalation like a balloon and going inward on exhalation. Practice this several times a day until it becomes a natural habit. There are five qualities of breath. Observe that your breath is always through the nose, exhalation and inhalation is equal and deep, there are no noise, pauses and jerks, instead it is smooth, continuous and quiet.

This type of breathing provides constant supply of flow of energy, which results into relaxation of nervous system, increased sense of alertness and calmness.

Psychological level

Evaluate the individual situation and obtain help such as counseling or psychotherapy.

Spiritual Level

The most important and powerful tools are practice of yoga or tai-chi, systematic relaxation and meditation.

With proper guidance, practice different yoga postures. Yoga postures help to connect with body-mind and ultimately soul. Systematic relaxation technique is when you lie down on the flat surface, then instruct yourself to relax part by part until you cover the entire surface of the body. Be alert through out the whole body scanning. Yoga and relaxation practice is very calming to reduce stress, and for the preparation of the practice of meditation. Guided meditation practice will help you to connect with inner peace. Instead of looking for happiness in the outside world, you will find it within yourself. Start with daily breathing practice, and then add yoga, relaxation and learn to meditate with guidance. Meditation helps you to develop awareness in daily living. Daily practice will strengthen your immune system and slow down the aging process. Find an activity to express yourself to your fullest potential, feel good about yourself and find a purpose in life.

If you live consciously you will find what you need for your fulfillment.

Good Luck!

Center for Holistic Medicine holds a

Spring Renewal Open House

Wednesday, May 21st from 5:00p.m. - 7:00p.m.

Make this your best summer ever – renew, recharge and reconnect.

Protect Yourself from Identity Theft

Submitted by Joyce Fromm...

Here are some very helpful tips you can use to protect yourself from identity theft and what you can do, if it ever happens to you.

The next time you order checks, have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.

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.

Put your work phone # on your checks instead of your home phone. If you have a PO Box use that instead of your home address.

Never have your social security number printed on your checks – you can add it if it is necessary. But, if you have it printed, anyone can get 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.

Carry a photocopy of your passport when you travel either here or abroad.

Here is some critical information to limit the damage in case this happens to you or someone you know:

We have been told we should cancel our credit cards immediately. But, the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily.

File a police report immediately in the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one).



But here's what is perhaps most important:

Call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Security number. The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. The numbers are:

Equifax: 1-800-525-6285

Experian (formerly TRW): 1-888-397-3742

Trans Union: 1-800-680-7289

Social Security Administration

(fraud line): 1-800-269-0271

Senior Program Update

Sherry H. Kaplan, Volunteer Senior

Our new senior program is alive and doing well. Currently, eighty-eight Riverwoods residents have signed up for the Riverwoods Rewards program. Several of our seniors have signed up for the Home Alone Program and the tickets for May 29th "Lunch with Cathy and Judy" are all sold out.

On the mornings of April 24th and April 25th we held our first AARP Drivers Education Course. Attendance at this course can result in lower insurance premiums. The course was a big success. We will offer the Driver Education course again if we get enough requests.

Please tell us what future programs you would like. Whether it's a book club, a craft or art program, nature study or a guest lecturer, we have volunteers in the Village who are willing to undertake these projects. Please help us provide the programs that interest you. Call or write Nancy Morten at the Village Hall (847) 945-3990 and let us know what you would like to do or see. We welcome your suggestions.

New Opportunity for Seniors: Home Hairdressing

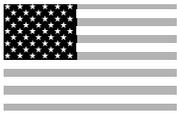
If enough people are interested, we have an opportunity to bring a mobile hairdresser to your home. Please call Nancy Morten at 945-3990 if you would like to hire this service.

Riverwoods Village Voice

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

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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 June/July Issue:

June 1, 2003

Send to:

Riverwoods Village Voice
Editor
300 Portwine Road
Riverwoods, IL
60015

There's a Senior Who Could Use Your Help

And, we are looking for volunteers to help them.

Become a part of Senior Health Insurance Program (SHIP), a free counseling service dedicated to helping solve senior insurance questions.

You could be a beacon of light for a senior who is a Medicare beneficiary and is confused by the ins-and-outs of health care insurance. You will be trained and certified by the Illinois Department of Insurance to help solve questions and concerns involving:

- Medicare
- Medicare Supplemental Insurance
- Medicare HMO's
- Long-term Insurance Care
- Retiree health plans
- Claims processing
- Appealing claim denials

For more information about becoming a SHIP counselor, clip and mail this form to:

Nancy Morten
Village of Riverwoods
300 Portwine Road
Riverwoods, Illinois 60015

Call 847-945-3990
or Email Nancym@riverwoods-il.net

Yes! I'd like more information about becoming a SHIP counselor!

Name

Address

Phone

