



# Riverwoods

VILLAGE VOICE

## Emergency Preparedness

*Be Prepared with Three Steps from The Lake County Health Department*

In conjunction with National Preparedness Month in September, the Lake County Health Department/Community Health Center encourages all residents to play an active roll in preparing for an emergency.

"There are three simple things every household can do to ensure they are prepared for an emergency: know where to go, build your emergency kit, and create an emergency communications plan," said Irene Pierce, the Health Department's Executive Director.

**Know Where To Go** / The Health Department has worked with the County Clerk's office, townships and municipalities, as well as police and fire departments to develop a plan that would utilize local polling places as points of distribution should the need for mass medication arise during a public health emergency. A recent drill involving a large number of community partners emphasized the effectiveness of this plan.

By utilizing the polling sites, the population will be spread out to a large number of locations close to home, alleviating possible traffic congestion and reducing the need to travel far. Even if you are not a registered voter, or do not participate in the election process, you will still visit a designated polling site to pick up medicine in a public health emergency. To locate your designated site, call 847-377-8000 or visit the Health Department's web site at: [www.co.lake.il.us/health](http://www.co.lake.il.us/health).

**Build Your Emergency Kit** / To create the kit, include the items from the list below in a backpack or duffle bag and keep it in a handy place.

**Create an Emergency Communications Plan** / An emergency communications plan should include a contact whom family members can call to find other family members during an emergency. The selected contact should live far enough away that he/she would be unlikely to be directly affected by the same event. Be sure the person knows he/she is the chosen contact. Make sure every household member has the contact's phone number and E-mail address. The plan

*Continued on page #5*

### EMERGENCY PREPAREDNESS KIT

- FLASHLIGHTS
- BATTERY POWERED RADIO
- BATTERIES (LEAVE IN PACKAGE)
- MEDICATIONS (THREE DAY SUPPLY)
- FIRST AID KIT
- PLASTIC STORAGE BAGS
- DUCT TAPE
- PLASTIC SHEETING
- MATCHES (WATERPROOF)
- LIGHTWEIGHT HIGH ENERGY FOOD (NONPERISHABLE CANDY BARS, GRANOLA BARS, ETC.)
- TOILET PAPER
- PAPER TOWELS, TOWELETTES
- LIQUID OR BAR SOAP
- PLIERS AND WRENCH
- HAT AND GLOVES
- NOTEBOOK AND PEN
- GARBAGE BAGS
- CASH OR TRAVELERS CHECKS
- MAP OF THE AREA
- TOOTHBRUSH AND TOOTHPASTE
- FEMININE SUPPLIES
- BABY SUPPLIES (DIAPERS, FORMULA, WIPES)
- WHISTLE
- NEEDLE AND THREAD
- COMPASS
- ALUMINUM FOIL
- PAPER PLATES AND CUPS
- EXTRA PAIR OF SHOES AND SOCKS
- CHANGE OF UNDERWEAR
- UTILITY KNIFE
- GLASSES AND/OR CONTACT LENSES
- ROLL OF TWINE
- CAMERA
- PET SUPPLIES
- LIST OF YOUR PHYSICIANS
- BOTTLED WATER

All Riverwoods Board of Trustees and Plan Commission 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. Sept. 16, Oct. 7 and 21 and Nov. 4 and 18.

#### Riverwoods Plan Commission

1st Thursday at 7:30p.m. Oct. 2, Nov. 6 and Dec. 4.

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.

#### Riverwoods Preservation Council

Call Rich Koomijan, chairman at 847-374-1786. [www.riverwoodsrpc.org](http://www.riverwoodsrpc.org)

#### Riverwoods Book Club

Exercise your brain. The book club is free to all and meets at the Village Hall one Friday a month at 10a.m.

#### Riverwoods Residents Association

Call chairman Art Bess at 847-948-5288 to share your ideas or volunteer.

#### Plant Sale Committee

Call chairmen Margie Kaul at 847-945-5131 or Sheila Hollander at 847-945-4879.

#### Arts&Riverwoods

Call Leslie Ames, chairman, at 847-948-9003.



RIVERWOODS  
VILLAGE VOICE

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:  
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.

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 Nov./Dec. Issue:  
October 15, 2008  
Send to:  
Editor  
Riverwoods Village Voice  
300 Portwine Road  
Riverwoods, IL 60015  
jackie@borchew.com

# Village Board of Trustees Meeting Notes

*Summary of ordinances, resolutions, and non-routine matters considered by the Board of Trustees from the meeting minutes of June 17, July 1 and 17. Read the entirety of these minutes on the Village of Riverwoods website: [www.villageofriverwoods.com](http://www.villageofriverwoods.com)*

July 15

## RIVERWOODS POLICE CHIEF

Bruce M. Dayno was sworn in as the new Riverwoods Police Chief, with his duties beginning on July 21. Morris Weinstein will serve as Co-Police Chief until his retirement on or before August 4.

## TREASURY REPORT

No significant changes. We currently have \$5.6M invested at 3.4%. 350K waiting to be invested.

## POLICE REPORT

Chief Weinstein reported there have been 67 traffic citations issued since the last meeting. There have been 200 case reports and 123 traffic accidents since the beginning of the year. Chief Weinstein also reported that statistics from 2002-2008, since changing from the Lake County Sheriff's services to our own police department, our traffic accident rate has been cut in half and our traffic citations have increased dramatically.

## VILLAGE WATER

From 5/20/08 to 6/17/08 the Village has saved another \$10,242 on the cost of water. The Village has saved approximately \$10,000 per month since contracting with Northbrook for water instead of Deerfield.

## MOSQUITOES

Joan Becker reported that the mosquitoes in her area are intolerable. She requested that the Village ask the Abatement Center to do more next year. The Village noted that this has been an unusually wet year and as a result, it's been the worst mosquito season in 30 years. The Board will find out if there is a spring meeting of the Abatement District that they can attend to see if there is more that can be done, especially for

residents with water on their property.

## PURCHASE OF A GAS GENERATOR

The Village received bids to install a gas generator for electrical outages of the Village Hall and Police Department. Chief Weinstein noted that in the event of an outage, the Police system is backed up by Lincolnshire. The Village will consider installing the electrical hook up needed for a generator, but will discuss purchase vs. rental at the next meeting.

## NEW ELECTRICAL PANEL FOR VILLAGE HALL

The Board approved the bid from Highland Park Electrical for \$4,140 to install a new electric panel at Village Hall. The new panel will be a 400 ampere to replace the 2-100 amperes panel that currently is a fire hazard.

## 2016 OLYMPICS

The Board voted to support a resolution supporting The City of Chicago's Bid for the 2016 Olympic and Paralympic Games.

## SWALCO

Swalco has negotiated better new rates for recycled materials with Waste Management. The Village will look into the possibility of a new contract with Waste Management. No increases should be passed on to the residents.

July 1

## VILLAGE ENGINEER

The Board approved payment of the Berger invoice of \$88,080.29.

## ADESTA

Adesta, our JULIE locating contractor asked for an extension of their contract with the Village at a 3.5% increase. The Board approved the contract noting that they have done good work for the Village and they understand our system well.

## POLICE REPORT

Chief Weinstein reported that there were 93 traffic citations since the last meeting. There were 196 case reports and 113 traffic accidents since the beginning of the year.

Investigations are continuing into the residential burglaries in the Village. Both burglaries took place during the daytime. A black pontiac was seen outside one of the homes. One burglary took place at a home where a garage door was left open.

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**FIRE DEPARTMENT REPORT**

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Assistant Chief Ugaste stated that there were 46 calls in the month of June, 8 were fire calls, 1 was a car accident call, 32 were paramedic calls, and 5 were other. Total calls for the year are 255.

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**NEIGHBORHOOD SPEEDING**

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Allan Hirsh of Hoffman Lane reported that speeding has gotten worse on his lane. He asked the Village to install additional speed and children at play signs. The Village approved two additional speed limit and one children at play signs to be placed southbound on Hoffman Lane.

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**BUILDING / ZONING**

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Trustee Graditor reported to the Board that to date this year we have had two single family permits issued with a building total of \$4,793,397. The Village has also issued permits for six remodels/additions.

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**GYPSY MOTHS**

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There have been gypsy moth reports village-wide. If residents find gypsy moths on their property they should report them to Nancy Morten at Village Hall.

June 17

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**POLICE REPORT**

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There have been 70 traffic citations since the last Board meeting. Chief Weinstein stated that our usual rate of eight traffic citations a day is down to five a day. There were 172 case reports and 101 traffic accidents written since the beginning of the year.

The Illinois State Police conducted a LEADS computer audit in the department. The Riverwoods Police Department was found to be in complete compliance.

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**FIRE DEPARTMENT REPORT**

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Assistant Fire Chief Ugaste stated that there were 26 calls so far in the month of June. 6 calls were fire calls, 1 was a car accident call, 16 were paramedic calls, and 3 were other. The total calls for the year to date are 235.

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**MOBIL GAS STATION**

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The Riverwoods Mobil Station is under new ownership. The new owner has put in an application for a liquor license. He has plans to eliminate a service bay to expand retail space. The Board will continue discussion as they address the definition of "service station" and review and update the ordinance on liquor licenses.

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**VILLAGE WATER**

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From April 22 to May 20 we have paid Northbrook \$29,770 for water. We would have paid Deerfield \$40,278 for the same amount of water. We are saving an average of \$10,000 a month.

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**RIVERWOODS PRESERVATION COUNCIL**

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Rich Koomjian of Dubonnet Drive presented a revised proposal for a Riverwoods Health Study to the Board. The first half of the study will be devoted to meeting with professionals to discuss the factors that are adversely affecting the woodlands. The second half is the data collection this summer and next spring. The Board moved to approve the RPC's request for \$10,000 to help fund the study.

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**Potpourri from the Building Department**

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*By Russell Kraly, Director, Community Services*

I hope everyone is enjoying the summer. Building has been slow as I'm sure everyone knows. The Shell Gas Station that was planned for the corner of Deerfield Road and Milwaukee Avenue is not going to happen. The economy scared them off at this time, so it's back to the drawing board.

We've run across a problem in the Village lately, and I want to make sure everyone knows about it. A contractor, who sells irrigation systems, has been working in the Village and installing irrigation systems without permits. He tells people he's licensed by the state and doesn't need permits from the Village. He does have a state plumbing license, but he still needs to apply for and be permitted by the Village before he does any work on your property. Don't fall for his story, because you, as the homeowner will be the one that takes the brunt of the aggravation when we find out no permit has been issued. In fact, that goes for any work done on your property. If you're not sure if you need a permit or not, please call Village Hall and ask.

This is a reminder. People have been bringing their boats, trailers, horse trailers and RV's home to park for the winter. By Village ordinance, if your vehicle is over 30' long, you cannot park it anywhere except in an enclosed structure (i.e. Garage). Under 30', "your vehicle shall be effectively screened with trees or fencing which blocks the view of said vehicle in all seasons from the neighboring residences." The height of the fencing shall not exceed the height of the vehicle or ten feet, whichever is smaller. This type of fencing cannot have any top or be located in any side or rear yard setbacks. A permit is needed for fencing. If using trees and evergreens for screening, no permits are needed. Blue tarps are not permitted screening material. If you want to use a tarp in conjunction with one of the approved screening methods, please use a green, brown, black or camouflage tarp.

Please keep your ditch lines, gutters and culverts clean of all leaves and debris, or the rains will bring flooding which no one wants. Enjoy the rest of summer. That white, fluffy stuff is around the corner.

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# Police Report

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By Police Chief Bruce Dayno

Since being sworn in as the new Riverwoods Police Chief on July 15th, I have received many calls and letters from well wishers as well as warm welcomes from the many residents whom I have met in my travels. Riverwoods is truly a great Village and I am proud to be part of the community.

For my first Village Voice article, I would like to offer a few tips on burglary p prevention.

**Burglar Alarms** / The National Crime Prevention Institute recommends installing alarms and some insurance companies offer discounts for doing so. Although alarms are an effective deterrent, they do have a high rate of false alerts. Many false alarms can be avoided by keeping equipment in good working order. Having a good knowledge of how your equipment works can help prevent setting off your alarm accidentally.

**Target Hardening** / Target hardening makes getting into houses more difficult for burglars. It includes installing sturdy doors with dead bolts; window locks, rather than latches; double pane, storm or divided light windows, or laminated glass that is forced-entry resistant; pin locks on windows and sliding glass doors; and sliding glass door channel locks or slide bolts.

**Give the Appearance You Are Home** / Most burglars avoid encountering residents, and thus look for indicators of occupancy. Indicators include interior and exterior lights left on (timers are a good option), and leaving a radio or television on. Additionally, avoid leaving clues that you are away. Don't leave an empty garage door open. Before going on vacation, stop your mail and have your grass cut regularly if you are gone for an extended length of time.

**Report Suspicious Activity** / If you observe suspicious persons or cars, or hear suspicious noises such as glass breaking, call 911. Over the years, I've had many residents tell me they didn't want to bother the police or didn't want to be embarrassed if it turned out to be nothing. Well that's what we are here for and we are not going to apprehend many burglars without your help. Please don't hesitate to call us.

**Please use the non-emergency number, 847-945-1820, on matters not involving an immediate threat to public safety or well being.**

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## Riverwoods Residents Association

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The Riverwoods Residents Association sponsors many community, family events throughout the year. Join the fun as you support your community when you become a member of RRA. Membership is \$25 per family and includes two vehicle stickers. Mail your check to RRA, P.O. Box 341, Deerfield, IL 60015.

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# Riverwoods Book Club

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The Riverwoods Book Club met for the first time on May 20, 2004. In the four years since we have discussed 36 books and authors. Many of our discussions have included photographs and additional historical information about the time period and events covered by a book.

**"Devil in the White City"**, included photos of each building on the fair grounds. A discussion of **"Issac's Storm"**, involved numerous photos of Galveston after the hurricane, as well as photos and discussion of how hurricanes and waves form.

At every meeting we've enjoyed delicious refreshments. This past January, we enjoyed "High Tea By Gerri," a wonderful formal English tea.

Everyone in the book group has said at one time or another *"I never would have picked up this book on my own, but I really enjoyed it."* Of course, not every book has been a winner, but some very interesting discussions have taken place about why some books were not enjoyed.

Anyone who attends the group may recommend a book. Most of the recommended books are in paperback to limit the cost of the books for those who do not subscribe to a library. Books do not have to be currently popular. We look for books that have been nominated or won literary prizes, or by well known authors because this usually indicates a well written, interesting book.

We're a small group and really would enjoy including a few more members. We meet at the Village Hall once a month; Fridays at 10a.m.. The next meeting is scheduled for 9/26/08 when we will discuss **"Three Cups of Tea"** by Greg Mortenson and David Oliver Relin. The October book will be **"The American Plague"** by Molly Caldwell Crosby, the discussion date is yet to be determined.

If you've read any of these books and you are eager to share your thoughts and hear what others have to say about them, come talk with us. And, if you've read a book that you think others would really enjoy, bring it along. Our tastes are eclectic, and we're always curious about what people are reading.

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## West Nile Virus

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West Nile virus is contracted from the bite of a mosquito infected with the virus. While most people infected with WNV have no symptoms of illness, some may become ill with headache, high fever, muscle weakness and sometimes a skin rash. These symptoms usually appear three to 15 days after the bite of an infected mosquito. The virus may occasionally cause serious complications. Information about WNV can be found by calling the Health Department's West Nile Virus hotline at: 847-377-8300 or on the Department's Web site at: <http://www.co.lake.il.us/health/ehs/westnile.asp>.



**Christina, The Village of Riverwoods is so proud of you!**

## Residential Associations *Stay in the Loop*

The Village is once again seeking to update its list of Riverwoods homeowner associations so that it can keep them informed regarding issues that might have an impact on their neighborhoods.

Make sure that we have your most up-to-date information. Send along your association's name, address, phone number and e-mail, as well as a contact name (President)—to Nancy at 847-945-3990 or e-mail [nancym@riverwoods-il.net](mailto:nancym@riverwoods-il.net). You can also fax the list to 847-945-4059.

## Voting Information

Our country's next General Election will take place November 4, 2008. Make sure that you are registered to vote now so that your voice can be heard then. You may register at Village Hall from now through October 7.

**Last Day to Register to Vote**                      **Oct. 7, 2008**  
**Early Voting for General Election**            **Oct. 14-30, 2008**

### You can register to vote if you are:

- A United States citizen
- 18 years of age by November 4, 2008
- A resident of your present address for 30 days immediately prior to the election

### Two forms of ID are required to register:

At least one of the two forms must show your name and current address. Only one form of identification may be a piece of mail (e.g. water bill, utility bill) that has been delivered to you.

### The following polls are open 6:00a.m. - 7:00 p.m. on November 4.

- #281 Vernon - Chevy Chase
- #299 Vernon - Laura Sprague
- #300 Vernon - Riverwoods Village Hall
- #430 West Deerfield - Riverwoods Village Hall



## Dog Days of Riverwoods

By Jackie Borchew

Riverwoods is a collection of passionate, free-willed and outspoken folks. We care about our trees, our deer, our well water and our roadways, among many other topics. So it shouldn't surprise anyone

that many Riverwoods residents are big supporters of animals and their rights also. And it shouldn't surprise anyone that many of the orphaned dogs and cats at Orphans of the Storm find their way into the hearts and homes of Riverwoods residents. Thank you Riverwoods for the second chance you have given to so many Lake County strays. And thank you and so many others that made our annual dog walk, the Pooch Parade such a success this summer. Over \$6,000 was raised that one morning.

Please consider a shelter dog or cat before turning to a breeder or a pet store for your next friend. photos: The Sagan family fell in love and adopted "Ace"; Shoshanna Levy, whose family came up with the idea of a dog walk for Orphans of the Storm, walked orphaned "Angel Girl" in the Pooch Parade; Rio, after 8 months in the shelter, came home with the Borchews.



**Emergency Preparedness;** *continued from the front cover*

should also include locations where family members can meet in the event of an emergency.

Having a pre-determined meeting place right outside your house and another outside your neighborhood will save time and minimize confusion should your home be affected or the area evacuated. Special needs (elderly, mobility, sight or hearing impaired) neighbors should be checked on prior to departure. Be sure to include pets in your emergency plans.

National Preparedness Month is a nationwide effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. National Preparedness Month 2008 is sponsored by the U.S. Department of Homeland Security. The goal of the month is to increase public awareness about the importance of preparing for emergencies and encourage individuals to take action.

For more information on emergency response and bioterrorism preparedness, visit the Health Department's web site at: [www.co.lake.il.us/health/chs/bioterrorism.asp](http://www.co.lake.il.us/health/chs/bioterrorism.asp).



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## Rain Gardens are Great!

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By Sue Cubberly, Rain Garden Network

You've probably heard about rain gardens, but what really is a rain garden? Let's make a quick review of this smart, sustainable and natural way to reduce storm water runoff and protect our waterways.

As we increase the build up of our cities and towns by adding buildings, roads and parking lots we pave over the open ground that once absorbed the rain and helped to reduce flooding and stream erosion. To counteract these effects of our "growth" a number of techniques can be implemented by property owners that will help keep the rainwater that falls on their property . . . on their property.

A rain garden is basically a landscaping technique that is designed to hold rainwater that comes from downspouts and hard surfaces. Rain gardens hold the water for a short period of time and then allow it to soak slowly into the ground. This keeps the excess water and any pollutants it picks up out of the sewers and rivers.

A rain garden should be dug as a shallow depression (perhaps 6-8" deep), positioned near a runoff source (downspout, driveway, etc.) and planted with deep-rooted native plants that will survive wet periods after a storm, as well as, dry periods.

Although you can use a variety of hardy perennials we suggest planting the garden with plants native to your area because they are adapted to the local climate and are able to search out water in the ground. Native grasses, sedges and ferns, which are at home in the woodlands, wetlands, savannas or prairies of the Midwest work well in Riverwoods rain gardens. Add asters, native goldenrods, monarda, wild columbine, Joe Pye weed and other native flowering plants for color through the seasons.

Rain gardens are just one simple solution to reduce storm water pollution. For additional information, please visit The Rain Garden Network website at [www.raingarden-network.com](http://www.raingarden-network.com).

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## Dear Plant Ladies

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By Margie Kaul and Sheila Hollander, *The Plant Ladies*

**I just noticed a whole lot of pictures of the Village Garden on the Village of Riverwoods web site. What's that about?**

Take a look, plant sale customer, and see what your money is accomplishing. If virtual reality doesn't float your boat, take a trip to the Village Hall and take a look at the real thing. It's really starting to look terrific. (See the village garden photos for yourself at [www.villageofriverwoods.com](http://www.villageofriverwoods.com))

**What about my garden?**

The Village Garden is also a demonstration garden. Most of the plants have signage, and if they don't, they soon will. Look and see what the conditions are for each of the grasses, sedges, ferns, and perennials we've planted and compare them to what your property offers. That should give you some idea what will make your future plantings happy. The Village Garden area within the parking circle has an amazing variety of conditions. We have very heavy shade, bright and continuous sun, dry and wet conditions all in that little area.

**I noticed a lot of stumps. What happened?**

We lost a lot of big trees over the last several years. The oaks and other hardwood replacement trees we've planted are doing well, but they have a long way to go until they make up for what we lost. It takes a while to make a 100 year old oak. We have 3 year old oaks.

**What's coming up?**

We have a big planting planned at the beginning of September and then another in the spring. There's a little bit of everything planned.

**Any suggestions?**

Just remember a garden is never "done". It's always going to be a work in progress. And the biggest job of all is maintaining what you've already done, keeping out the stuff you don't want and nurturing what you do want.

*Remember: gardening is a matter of your enthusiasm holding up until your back gets used to it.*

Happy digging,

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## Nutritional Supplements and Your Health

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By Dr. Richard Bisceglie, DN, CNS, *The Center for Holistic Medicine*

**Why do I need to take supplements ?**

**Doesn't our food contain all the vitamins I need ?**

**Do they really work ?**

**My medical doctor says that vitamins are a waste of money.**

I have been asked these questions many times before. There is a lot of information and misinformation out there regarding our nutritional health. This becomes apparent when it comes to supplementation. I would like to address a

few of the key issues related to this.

We need supplements for a variety of reasons under varying circumstances. The foods we eat have been processed, sprayed with chemicals, given growth hormones and antibiotics and if that is not enough, pick up environmental pollutants along the way. Many individuals have extra demands placed on their bodies because of specific conditions (i.e., pain syndromes, degenerative joint disease, cardiovascular, auto immune conditions, allergies, obesity). Even our water may contain several substances that we do not want to ingest; chlorine, estrogen, and other long chemical names. Are you beginning to see why our nutritional needs may not be met simply through our food?

Patients often come in and tell me that their doctor told them that they didn't need vitamins. Please remember most medical doctors get very little in the form of supplemental training and how they may apply it to medical conditions. Specialized training is needed to fully appreciate the complexities of nutritional medicine. Even the medicines we are taking have side effects. Medication in many cases is life saving. However, supplementation may be indicated to help with the side effects. Many compromise our liver function. Some increase muscle and joint pain, even more effect our digestion. If we are not digesting and absorbing the foods we do eat, we further leave our bodies vulnerable to disease and dysfunction and yes. . . even weight gain.

To complicate matters even more, the supplement industry is unregulated or self-regulated. That is a double edge sword. It leaves the door open for unscrupulous manufacturers to distribute inferior product. They may not even be aware of key factors like where the batch material is obtained and the quality control procedures. Does the company do clinical trials, research? However, this self-regulation gives us more freedom when recommending a supplementation protocol. We cannot make claims that any supplement "cures" anything. We can however, say that certain compounds have been shown to help with particular conditions.

Health care professionals have the serious responsibility to evaluate products and apply our rigid standards to ensure efficacy and not allow the patient to waste their money on products that do not work. To fully understand how these nutrients effect the body, one needs to understand disease processes and the additional demand that is placed on systems to help repair and restore to health. Beware of individuals who claim to be this or that kind of specialist and not licensed to dispense medical or nutritional information and how it may apply to any conditions.

*Dr. Bisceglie is a State Licensed Board Certified Doctor of Naprapathic Medicine and a National Board Certified Nutritional Specialist. Dr. Bisceglie has also published peer-reviewed clinical articles in Journal of the American Naprapathic Association, and the Alternative Network Directory.*

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## In the Kitchen with Gale Gand

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*By Gale Gand*

We packed up our three kids this summer and all went to Italy. Maybe it was fleeting insanity that made me push us to go, or just a craving too strong to resist for long lunches with tomatoes so good they make you weep, chilled red wine in the sun and a view of those Tuscan hills that seems to go on forever. Or maybe it was just the idea of hearing my kids say "grazie" when ordering from the myriad gelato flavors tempting them daily. But in spite of how hard it can be to pack for, plan for and travel over seas with 3 year old twins, and an 11 year old (*You may have seen Ruby, on the front page of the last Riverwoods Village Voice with her wild curls and smiley painted face from the Family Days celebration*) we now have memories, photos to prove it and bragging rights to the unavoidable question of "So, what did you do this summer?" What we did was live at a slower pace, enjoy great food, wine, country side, and time with our children...and everyone should try that, whether it's over there or right here in your own back yard in Riverwoods. Here's a recipe from the trip:

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### RUSTIC ITALIAN PLUM AND RICOTTA TART

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Makes 10-12 servings / Preheat the oven to 375 degrees

*For the dough:*

2 cups all-purpose flour                      Finely chopped zest of 1 lemon  
1/2 cup sugar                                      2 sticks cold unsalted butter, cut into pieces  
1 large egg plus 1 egg yolk, whisked together (save the extra white for the filling)

*For the filling:*

1 cup ricotta                                      1 egg white  
2 tablespoons sugar 1/2 teaspoon grated lemon zest

*To finish the tart:*

6 to 8 ripe Italian purple plums, pitted and cut in wedges  
1 tablespoon local honey (local is better for building up immune systems)

**Method / Make the dough:** In the bowl of a mixer, blend the flour, sugar, and lemon zest at low speed. Add the butter and continue blending at low speed until the mixture is coarse and sandy-looking. Add the egg mixture and blend just until the mixture comes together. Form into a ball, wrap with plastic wrap, and refrigerate at least 1 hour or over night.

On a floured surface, roll the dough out to a rough circle (if it's been in the fridge over night and it's too cold to roll let it sit wrapped for 15 minutes), about 14-15 inches in diameter. Transfer it to a baking sheet lined with parchment paper. All around the edge of the crust, fold in the outer half-inch to form a rough, "rustic" edge to the tart. In a small mixing bowl whisk together the ricotta, egg white, sugar, and lemon zest. Using a rubber spatula, gently spread the ricotta filling over the bottom of the tart. Then arrange the plum wedges in concentric circles over the ricotta. Drizzle the honey over.

Bake until fruit is tender and the underside of the tart is browned, about 25-30 minutes.

**Riverwoods Village voice**

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Fax: 847-945-4059  
VillageofRiverwoods.com

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AUTO



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## Riverwoods to Celebrate 50 Years!

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*Riverwoods was the name used by early residents of the Deerfield area to refer to the beautiful woodland area where they frequently picnicked and hunted.*

Three major things happened in the 1950's to move Riverwoods towards independence. First, in 1954 the Riverwoods area residents voted to leave the Aptakisic-Tripp School District and join the Deerfield School District, increasing taxes from \$9 to \$100 on one acre of vacant land. Second, the Riverwoods Residents Association (RRA) was formed to give residents a stronger voice in county decisions concerning unincorporated Riverwoods. Third, RRA went to court to stop a developer from subdividing the area that is now Country Club Estates, Ravinia Green and Deerfield Golf Clubs into small city-sized lots. Residents were concerned that the smaller lots would destroy the look and feel of Riverwoods and cause taxes to go higher.

The \$20,000 legal fees and expenses for the court fight needed to be paid, and some people felt that incorporating Riverwoods as a village was a solution. The first vote, led by RRA president Max Hoffman, was taken in 1958. Approximately 200 families voted and the decision was defeated. A year later, RRA president John Davenport led a second incorporation vote on

December 12, 1959 in the home of Hank and Norma Conedera and the vote passed 99 in favor, 40 against. Riverwoods would become an incorporated village in the state of Illinois.

The first village officers were: Bob Clendenin, president; Lucille Billeter, Vern Rutter, Sugurd Gaugland, Hank Conedera, Gunnar Sundvahl and Clarence Pontius, board members; Russ Benedict, village clerk.



**Save the date . . .  
The Village of Riverwoods  
50th Anniversary Party  
will be October 4, 2009.**

*Any residents wishing to help plan the celebration are welcome. Please call Cheryl at 847-945-3990.*