



Riverwoods

VILLAGE VOICE

Boost Your Immune System Now

Cold and Flu Season is Just Around the Corner

By Dr. Bisceglie, The Center for Holistic Medicine

It may seem a bit early to start worrying about the cold and flu season, but the sooner you start boosting your immune system, the better. In fact, it doesn't hurt to keep your immune system up to par all year long. Natural Treatments for colds and flu fall into three rather broad categories which have some overlap.

General Immune Stimulants:

These are substances which stimulate the body's own defense mechanisms. They include specific foods, vitamins, minerals, herbal medicines and homeopathic remedies.

Vitamin C is a great immune system booster and people who take extra daily doses of vitamin C report getting over colds and flu much faster than without taking the vitamin.

Echinacea has been used for many years as an immune booster. Native Americans would chew on the roots to treat many ailments, including

colds and flu. Goldenseal has antiseptic and immune stimulating properties and may help activate the body's white blood cells. Many people take goldenseal for respiratory ailments like asthma.

Did you know that foods with saturated fat or with refined carbohydrates (like sugar) suppress the body's immune system? It's true. During the winter season, try to eat as many vegetables, fruit, and whole grains as you can. Soup is a great choice when it contains many vegetables.

Natural Anti-Microbial Agents:

Some therapies such as herbal medicines or certain homeopathic remedies have shown to be effective against specific microorganisms, including the viruses which cause colds and flu. Vitamin A is known to have antiviral properties but shouldn't be taken in extremely high doses. Vitamin A is a fat soluble vitamin and is therefore stored in your fat cells for later use. Garlic is good for the respiratory system and many people swear by its affects on colds and flu. It contains allicin, a broad-spectrum antibiotic. Onions offer the same benefits as garlic. Ginger contains several antiviral properties, can be helpful for coughs due to cold and flu, and may induce a mild sedative effect making rest easier.

Elderberry has been shown to prevent cold viruses from invading respiratory cells in studies done in other countries.

Anise works as an expectorant to help loosen the phlegm associated with colds and flu. It may also have some antiviral properties as well. You can use crushed anise seed to make a tea. Licorice is an herb that is effective



ELDERBERRY

Continued on page #8

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. Nov. 4 and 18, Dec. 2, 16, and Jan. 6 and 20.

Riverwoods Plan Commission

1st Thursday at 7:30p.m. Dec. 4, and Jan. 8.

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 Koomjian, chairman at 847-374-1786. 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

Next RRA meeting is planned for December 11 at 7pm at Village Hall. 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 Jan./Feb. Issue: December 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 August 5, 19 and September 2 and 16. Read the entirety of these minutes on the Village of Riverwoods website: www.villageofriverwoods.com

September 16

TREASURER'S REPORT

Hal Roseth told the Board that the August balances are down \$323K due to the SSAs. The available balance went up to \$9.7M. The IPTIP is currently earning 2.067% which is up from 2.056% in July. That will net us \$167K a year. Hal stated that we are earning about 5% on the 2.5M at Wochovia. We have about \$300K available at Hal Barnes. It is currently earning 2.17%.

POLICE REPORT

Chief Dayno told the Board that 70 traffic citations were issued since the last meeting. That is a 5 citation daily average. There were 291 case reports and 170 traffic accidents written since the beginning of the year.

VILLAGE WATER

President Kaplan reported that we paid Northbrook \$46K for water. That same amount would have cost \$62K from Deerfield. We saved over 16K.

RABID BATS

A rabid bat was found in a residence in the Village. Lake County Animal Control should be called for any wildlife found in a home. Until proven otherwise, it should be assumed that any bat found in a home is rabid.

VILLAGE ANNIVERSARY TIME CAPSULE

Dave Kaufman has volunteered to help with one or more time capsules to celebrate the Village's 50th anniversary. He suggested that the time capsules be put together at the next Family Day to get everyone involved. They could be scheduled to be opened at intervals over the next 50 years.

VILLAGE SIGN ORDINANCE

Trustee Norris moved to have a first reading of an Ordinance Amending Title 12 of the Village Code Regarding the Regulation of Signs.

September 2

PORTWINE SEWAGE

There is still a smell of sewage around Portwine and Thornmeadow. Engineer Pat Glenn will investigate a peroxide dosing station that would treat the sewage before it enters the sewer.

SEWER FEES

Lake county Public Works Department is increasing sewer fees. The cost will go up about \$16 per month. The new fee will be around \$70 for two months. A letter will go out to all residents.

POLICE REPORT

Police Chief Dayno reported that 90 traffic citations were issued since the last meeting. That is a 6.4 daily average. There were 267 case reports and 161 traffic accidents written since the beginning of the year.

YOU DRINK, YOU DRIVE, YOU LOSE

On August 29-30 the Police Department participated in "Safe Run on Route 21 - No Refusal Weekend." This special operation focused on enforcing Illinois drunk driving laws and was in conjunction with the national "You Drink, You Drive, You Lose" Labor Day DUI enforcement mobilization. The Lake County Assistant State's Attorneys and a Lake County Judge were also available to issue search warrants for the blood of motorists refusing to take a breath test. Riverwoods Police Enforcement included 2 DUI arrests, 18 other citations and 8 warnings.

POLICE DEPARTMENT SALES

Unused Police Department exercise equipment was sold to Play It Again Sports for \$246. A settlement was reached with Pro Auto Inc., the company claiming ownership to the 2004 Lamborghini seized April 14th. Pro Auto paid \$30K to the Village.

FIRE DEPARTMENT REPORT

Assistant Chief Ugaste reported 58 calls in the month of August; 16 were fire calls, 4 were car accident calls, 35 were paramedic calls, and 3 were other.

CRIMESTAR

The Board approved the purchase of a new records management software for the Police Department. The cost for the Crimestar program is \$2,659.30.

TAXI SUBSIDY FOR SENIORS

10 to 15 senior residents rely on the taxi subsidy to get around. The Board moved to raise the taxi subsidy from \$3 to \$5 per ride.

August 19

ADESTA

The Board voted to approve Adesta's rate increase. Adesta is our J.U.L.I.E. locator. The Village will pay \$15 a month.

POLICE REPORT

Chief Dayno reported that 83 traffic citations were issued since the last meeting. There were 249 case reports and 148 traffic accidents since the beginning of the year.

FIRE DEPARTMENT REPORT

Assistant Chief Ugaste stated there were 22 calls so far in the month of August; 9 were fire calls, 11 were paramedic calls, and 2 were other.

AGREEMENT FOR SEWAGE DISPOSAL AND SPECIAL SERVICES

The Board voted to adopt the Ordinance Approving an Intergovernmental Agreement with Lake County for Sewage Disposal and Certain Special Services.

LAKE COUNTY MULTI-JURISDICTION ALL NATURAL HAZARDS MITIGATION PLAN

The Board voted to adopt the Lake County Multi-Jurisdiction All Natural Hazards Mitigation Plan. This plan is necessary for any post disaster Federal Funding.

POLICE DEPARTMENT EVIDENCE ROOM

The Board voted to approve \$3,985. for improvements needed to build an evidence room at the Police Department.

VILLAGE ANNEX

Certain properties on Milwaukee Avenue, Estonian House and The Mulch Center are interested in being annexed by the Village. They have paid 20K in escrow for a traffic study and are ready to move forward.

August 5

SAUNDERS ROAD RESURFACING

The bids for the resurfacing project came in high. Engineer Pat Glenn suggested we reject all bids and combine this project into next year's plan with the resurfacing of the Indian Trail streets.

RIVERWOODS ESTATES

The Board voted to reduce the letter of credit for Riverwoods Estates, located at Arrowwood and Ringland Roads, to 10K.

POLICE REPORT

Police Chief dayno reported 125 traffic citations were issued since the last meeting. There were 219 case reports and 141 Traffic accidents written since the beginning of the year.

POLICE OFFICERS AWARDED

Four Riverwoods Police Officers have been recognized by the Alliance Against Intoxicated Motorists (AAIM) for their DUI enforcement. The officers who were awarded Certificates of Appreciation are Commander Sheri Tyler, Corporal Ron Shore, Officer Brian Ernst and Officer Robert Salmen.

VILLAGE ANNUAL REPORT

The Village Annual Report will be made public record and be posted on the village website.

US GEOLOGICAL SURVEY STREAM GAUGE

Storm Water Management is looking for help with the costs of installation and maintenance for a stream gauge on the Des Plaines River. It would be part of the National Weather Service's system. It would be a better gauge for flooding than we have now. The Board authorized payment of \$2K towards installation and \$2K per year for maintenance of the US Geological Survey Stream Gauge on the Des Plaines River. These payments will be contingent on other communities stepping forward to contribute to the overall installation cost of \$15K and the yearly maintenance cost of \$12K.

BUILDING/ZONING

Trustee Graditor reported that from January 2008 to July 2008 there were 92 trees removed throughout the Village. Total mitigation fees were \$43,970. That money will go into a fund for removal of garlic mustard and buckthorn, or the purchase of new trees.



Police Report

By Police Chief Bruce Dayno

Financial Crimes Against the Elderly are becoming more prevalent, often going unreported. Many seniors don't realize they have been scammed or are too embarrassed to report it. Offenders often repeatedly target past fraud victims.

Here are some warning signs of fraudulent offers often used to target the elderly.

- A promise to win, make, or borrow money easily.
- A demand that you act immediately or else miss out on a great opportunity.
- A refusal to send you written information before you buy or donate.
- An attempt to scare you into buying something.
- An insistence that you wire money or have a courier pick up your payment.
- A refusal to stop calling after you have asked not to be called again.

Basically, if it sounds too good to be true, it probably is. If you experience these signs of fraud, refuse to communicate. Hang up the phone. Don't respond to mail solicitation. Walk away.

If you believe you were the victim of a scam, or that a friend or relative was, contact the Riverwoods Police Department at 847-945-1820.

Fire Department Report

By Assistant Chief Rob Ugaste

The Lifeline Program is a simple means to have your medical history ready and available for Paramedics to access. While we all expect to be able to tell the Paramedics about ourselves or our family members, circumstances sometimes do not cooperate. For example, the young parents who are out to dinner and do not hear the cell phone as the baby-sitter frantically calls, or the elderly gentleman, home by himself, who falls from the ladder and is found unconscious by a neighbor. Wouldn't it be comforting to know that your medical information is already recorded and stored for easy access in these situations?

So what are you waiting for? It's as easy as:

1. Call and make an appointment 847-634-2512
2. Meet with a couple of friendly Firefighter/Paramedics to complete the Lifeline Form

a. The Form will be stored in a plastic pouch along with any other important medical documents such as a "Do Not Resuscitate" (DNR) Form.

b. The pouch has an adhesive back so it can be attached to your refrigerator.

c. A sticker will be placed on your front door to alert paramedics that a Lifeline Form can be found on your refrigerator.

3. Receive instant peace of mind.

Potpourri from the Building Department

By Russell Kraly, Director, Community Services

It's raining again! It's getting colder! I'm afraid we all know what's around the corner!

All predictions are this winter is going to be just like last year's, too much snow!!

The rainstorm we had a few weeks ago caused some flooding in the area. While we do have some flood plains in Riverwoods, they are relatively limited to two areas of the Village. Maps and information are available at the Village Hall Building Department. Please come in during regular office hours and see if you are affected. We would like to remind you that flood insurance is mandatory if building in the floodplain and using a federally regulated/insured bank for a loan. Come in and the Staff will be happy to help you with this information.

Our Village Engineers can also help you get Elevation Certificates. They already have information on file for some areas of the Village, and for a nominal fee will be able to help you get one for your property if needed. They are also available to see if they can help you come to some solutions if you have some flooding problems. Please call me or the Building Department if you have any questions at 847-945-3990.

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 blocking 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 will be 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! After the last big storm, in which we had approx. six and a half inches of rain in two days, we really came thru it in decent shape. A few of the problem areas we had were caused by blocked culverts or just too much water flowing downstream and no where for it to go! Enjoy the fall, that white, fluffy stuff is around the corner!

VILLAGE NOTICES

2009 Riverwoods Village Election

On April 7, 2009, three Trustees, a Mayor, and a Village Clerk will be elected to the Village Board. Persons wishing to be selected as a nominee of the Riverwoods Caucus Party may obtain an application at Village Hall, beginning November 10, 2008. The application contains a questionnaire covering a wide range of issues facing the Village and is designed to assist the Caucus Nominating Committee in evaluating applicants. Completed applications must be returned no later than December 1, 2008.

Nominating Committee interviews will be held on December 13, 2008, beginning at 9:00a.m. at Village Hall. Any registered voter may request an interview, though no application has been filed. Attendance at these interviews is open to all Riverwoods residents.

TOWN HALL CAUCUS MEETING

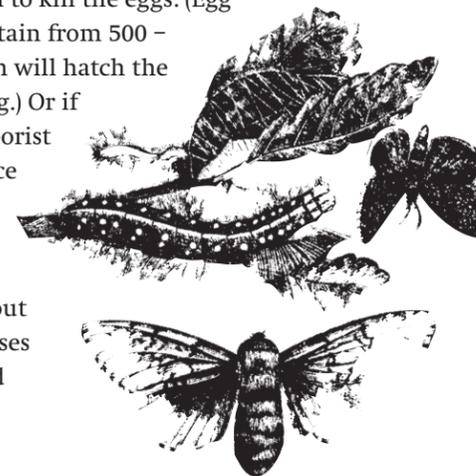
On January 12, 2009, at 7:30 p.m. in Village Hall, all residents who are registered voters, are invited as the Riverwoods Caucus Party elects its candidates from among the Nominating Committee selections and any other candidates who apply. For further information, contact Village Hall at 847-945-3990.

Gypsy Moth Spraying

By Kirsten Stewart, Urban Forest Management

The Village is in the process of coordinating the Gypsy Moth spraying effort for Spring 2009. If you have egg masses on your trees and have not yet notified the Village, please call the Village Hall at 945-3990 and have your address added to the list of locations.

If you observe any egg masses that are within reach, they should be scraped off and dropped into a container of rubbing alcohol to kill the eggs. (Egg masses can contain from 500 - 1000 eggs which will hatch the following spring.) Or if you have an arborist at your residence to perform any other tree work, ask them to keep an eye out for the egg masses and remove and destroy them.



Riverwoods Rewards Members

The Village has increased its taxi vouchers from \$3.00 to \$5.00 for seniors 62 and older and disabled residents. We have also added American Taxi at 847-255-9614 as another choice for you to use. Please pick up your vouchers at Village Hall. And remember if you haven't signed up for the Riverwoods Rewards card, all you need is proof of age and residence.

Half Day Bridge Reconstruction

The eastbound side of the bridge on Half Day Road has been closed for demolition and reconstruction work. All traffic has been shifted to the westbound bridge and one lane of traffic will be maintained in each direction throughout construction. The left-hand turn lanes will remain open in each direction for Half Day Road traffic entering I-94.

The bridge work is being coordinated with the Illinois Department of Transportation and officials from Lake County, Cook County, and the villages of Deerfield, Riverwoods, Lincolnshire and Bannockburn to minimize the impact to drivers, however delays are expected.



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—to Nancy at 847-945-3990 or e-mail nancym@riverwoods-il.net. You can also fax the list to 847-945-4059.



Christina Loukas celebrates with her mom, Patty.

Christina, Our Olympian is Wecomed Home

Riverwoods welcomed Christina Loukas, our diving Olympian, home from Beijing, with a reception at the Deerfield Golf Club. Residents toasted the many accomplishments of such a young and talented athlete.

Christina, at the age of 22 has accomplished tremendous feats in diving, placing 4th at the 2008 World Cup, and most recently, placing 9th best in the world on the 3-meter springboard at the 2008 Beijing Olympics.

While a student at DHS, Christina swam as a member of the DHS Diving Team and was honored as the 2003 Illinois High School State Champion and 2001-2003 NISCA All-American.

Today, Christina attends Indiana University and plans to graduate in May 2009 with a Major in Exercise Science and a Minor in Nutrition. She shines on the IU Diving Team with extraordinary records such as: Three-time Big Ten Diver of the Year (2005, 2006, and 2007).

Christina has participated in diving competitions around the world, and we are sure to be following her career for years to come. The Village of Riverwoods acknowledges her outstanding accomplishments, passion and dedication and wishes her continued success in future Olympics, competitions and life in general.

House Watch

Residents planning to leave town for the holidays may call the Police Department and register for the house watch program during their absence. The Department will request some limited information, and will provide extra patrol and physically check the residence while it is vacant.

You may also download a house watch form on the Public Safety page on the Village website; www.villageofriverwoods.com, under "forms", and mail to or drop it off at the police station. The non-emergency police phone number is 847-945-1130.

Riverwoods Residents Association

By Sandy Sagan

The next RRA meeting will be December 11 at 7pm at Village Hall. RRA officers for the new year will be selected and a "Citizen of the Year" will be awarded.

Riverwoods Residents Association (RRA) forms a support network within our Village. RRA is made up of volunteer residents who care about making their community the very best it can be. Membership is \$25 per family and includes two vehicle stickers. Mail your check to RRA, P.O. Box 341, Deerfield, IL 60015.

MEMBERSHIP FORM

Please include me as an RRA member.

Name _____

Email _____

Phone _____

Address _____

of extra stickers at \$5 each _____

Amount Enclosed _____

Riverwoods Preservation Council

The Riverwoods Preservation Council's mission is to preserve a sound balance of plants, animals and development in Riverwoods. You've assisted us by your donations, by volunteering your time, by attending our events, and by your kind words of encouragement.

Keep up to date with the RPC and our calendar of events at www.riverwoodsrpc.org or send us your email address and we'll keep you informed. riverwoodsrpc@comcast.net or P.O. Box 122, Deerfield, IL 60015

MEMBERSHIP FORM

I would like to be a member of the RPC.

Name _____

Address _____

Email _____

Phone _____

My Biggest Concern _____

Enclosed is my check for \$100

Please mail to: RPC, P.O. Box 122, Deerfield, IL 60015

Riverwoods Preservation Council. A group of resident volunteers dedicated to preserving the ecological heritage of the community. The RPC is a non-profit 501(c)(3) corporation, all contributions are tax-deductible.

Theatre in the Woods Presents "The Little Mermaid and The Prince"

By Sandy Sagan

No, she's not Ariel but she is a beautiful sweet-natured mermaid named Despina who falls desperately in love with the handsome Prince Steffan in Theatre in the Woods' children's play, **"The Little Mermaid and the Prince,"** adapted from the story by Hans Christian Andersen. The play tells the story of Despina's rescue of the Prince when he is shipwrecked only to have the evil sea witch Malvina come between them - but don't worry. It has a happy ending. It provides many interactive moments for children in the audience to sing; blow bubbles; escort the Prince; and be birds, thunder, wind, and lightning. The play is appropriate for children ages three to eight.

Mandy Habelville makes her Theatre in the Woods directorial debut with this production. The cast features popular returning children's theatre performers Nicole Guini (Chicago) as Despina, Kathy Howski (Riverwoods) as Malvina, and Charlie Ramsey (Vernon Hills) as Naiad, Despina's best friend. In his first appearance with Theatre in the Woods children's theatre is Randy Colwell as Prince Steffan. Performances are Sunday, December 7 at 2:00 and 4:00p.m. at Estonian House, 14722 Estonian Lane just north of Deerfield Road on Milwaukee Avenue in Deerfield. Tickets are \$5.00 for adults and children, \$3.00 for groups of twenty or more. Reservations are not needed. For more information, call 847-914-0109.

Dear Plant Ladies

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

Tell me about tulips, please.

Okay. What do you want to know?

When can I plant them? It's November. Is it too late?

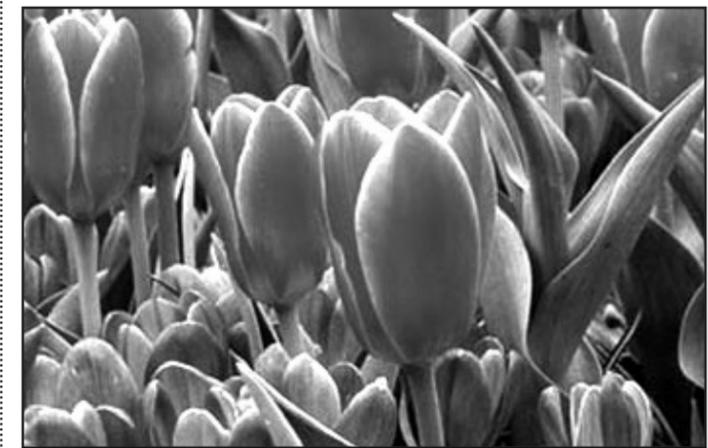
Plant tulips, crocus, daffodils and other bulbs in late fall and before the first frost. Optimum time is 2 weeks before a hard frost.

Will the deer eat them?

You bet. They are a deer buffet. But deer won't eat daffodils. We see daffodils everywhere, but also deer won't eat allium, crocus and dwarf iris so everything in spring doesn't have to be yellow. The allium are a form of onion and deer don't like onions. Neither do rabbits and other rodents. Some hyacinths are also deer resistant. Check out the internet for resistant varieties.

Any other hints if I'm just sold on tulips?

You can try spraying them with Deer Off or a similar product. They'll still taste them so you'll probably lose a few to sampling. And reapply after rain.



Any tips on how to plant the bulbs?

Plant with the pointed end up about 6 inches deep. Use well drained and airy soil. They don't like wet feet. But if you get it wrong, they'll figure it out by themselves.

Do I water them?

Not unless the soil is really dry. You don't want them to rot. And don't buy bulbs that are soft. They are probably already rotting. If you do have to water them, do it gently. Use a watering can instead of a garden hose.

The depth of the hole should be twice the length of the bulb. And loosen the soil so the roots can grow.

Another little tip is that after you plant them, don't walk on the area. That may damage the growing area.

Can they be planted in pots?

Yes. Good idea especially if the pots are in places the deer can't access.

Can I plant different kinds together?

Sure. Go for it.

Do I fertilize?

No

Do I mulch?

Yes

Will they last?

Yes. If you are good to them, they will be good to you. Do not water them. Cut the leaves off after they fade and turn yellow. The leaves produce the energy for next year. If you hate the way the yellow leaves look, plant early ones so they're done when other things start coming up. Happy planting!



In the Kitchen with Gale Gand

By Gale Gand

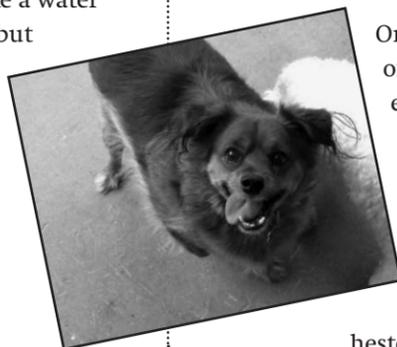
I've always been the type who likes to reuse things to get more out of them. I've been known to reuse a tea bag, use an old shower curtain as a table protector for cookie decorating projects, make a little chicken stock from the carcass of that roast chicken we just ate or reuse a vanilla bean, like 6 times and then grind it with sugar to make vanilla sugar. That's why I love Ricotta Cheese so much. To make it, cow or sheep milk is heated up, made into cheese curds, cut to allow the whey to drain off and then aged to make mozzarella or provolone cheese. Then they recook the drained off whey, thus the word re-cotta ("cotta" means "cooked"), and this time the curd they skim off is a much lighter cheese, Ricotta. It is so fresh tasting and creamy that when I get a good brand, I like to eat it straight like cottage cheese, or spread it on sour dough toast and drizzle it with local honey. A good source for high quality ricotta is Whole Foods. Try their hand dipped ricotta in the cheese section of the store. Here's a recipe using ricotta that's ripe for the holiday season. It's colorful, creamy and cranberry. If you're having a dessert party bake it off in espresso cups for about 20 mini servings.

BAKED RICOTTA CUSTARD

Makes about 8 servings, 4 ounces each

12 ounces cream cheese, room temp
1 cup fresh ricotta
2 eggs
1 egg white
1 teaspoon vanilla extract
1 cup sugar
1 cup heavy cream
Course sugar (optional)

In a mixer with a whisk attachment cream the cream cheese till light, smooth and fluffy. Add the ricotta and continue mixing. Add the eggs and egg white gradually along with the vanilla extract and mix well. Lastly, mix in the sugar and the cream. Pour the batter into oven proof baking dishes or ramekins and place them in a roasting pan. Pour in water to the depth of the custard to make a water bath. Bake at 250 degrees for 45 minutes till set but



still has no color on top. Chill till ready to serve. You may coat the top with coarse sugar and caramelize it under the broiler or with a blow torch for a crunchy bruléed topping. Serve with spoonfuls of Cranberry Ragout.

CRANBERRY RAGOUT

1 bag (12 ounce) fresh cranberries
2 cups water
2 cups sugar
1 used vanilla bean, if you have one

Place all the ingredients in a sauce pan and bring just to a boil. The skins of the cranberries should all burst. Take off the heat and chill.

Gale Gand is executive pastry chef and partner of Tru, a four star restaurant in Chicago, and Cenitare Restaurants, which has Gale's Coffee Bar, Osteria di Tramonto, RT Lounge and Tramonto's Steak & Seafood at The Westin Chicago North Shore in Wheeling. Gand lives in Riverwoods with her husband and three children. For more information on Gand or her restaurants visit www.cenitare.com or www.trurestaurant.com.

Shop Local and Win

The Deerfield, Bannockburn Riverwoods Chamber of Commerce announces it's **Shop Local and Win a \$300 Visa Gift Card** program. It's easy. Shop at local businesses in the 60015 zip code and keep track of your receipts. When you reach \$800 in total purchases you may enter. Turn in your receipts with your contact information to an official entry box. These boxes are located throughout the area. Deerfield, Bannockburn and Riverwoods Village Halls, and most banks. All receipts must be dated between November 17 and December 21. Two winners will receive \$300 Visa Gold Gift Cards. That could really make a dent in your holiday shopping! For additional information call the DBR Chamber of Commerce at 847-945-4660.

Orphans of the Storm Announces Holiday Adoption Hours

During the month of December, Orphans of the Storm animal shelter will offer extended hours, 11am - 8pm in the evening on Thursdays thru Saturdays. Visit the orphans and consider giving one of these deserving animals a second chance in life and a warm home in time for the holidays.

For more information call 847-945-0235. Or visit www.orphansofthestorm.org

Boost Your Immune System; *continued from the front cover*

can be used for colds and flu. It helps the body release its own antiviral fighters.

Boosting The Body's Energy Reserves: Boosting your immune system doesn't just happen by popping a vitamin or turning to that occasional glass of orange juice. You have to be smart about it. Eating a healthy diet, exercising and even managing stress can go a long way in fighting off colds and flu. Actually, too much exercise can reduce your body's natural defenses. Moderate activity, such as walking, can help boost your immune system.



ANISE

These therapies can help by giving the body more ability to fight an infection. Depletion of the body's energy reserves, in fact, through stress, overwork or lack of sleep, is one of the chief reasons that viruses are able to colonize our bodies in the first place. Natural energy boosting includes exercise, Tai Chi, Qigong, Yoga, and Hydrotherapy.

Many of the natural treatments work best when taken at the first appearance of symptoms.

Waiting a day or two in the hopes that you will "shake it off" will often be ineffective, and when the symptoms worsen, the same treatment methods that would have worked the day before may not. It is a good idea to keep some of the remedies described above on hand at all times during the cold and flu season, especially if you have children.

If you have any further questions or would like to speak with the doctor, please contact The Center for Holistic Medicine in Riverwoods.

Dr. Bisceglie is a state licensed, board certified Doctor of Naprapathic Medicine and a National Board Certified nutritional specialist. He has conducted many seminars on nutrition and physical medicine.

Dr. Bisceglie has also published peer-reviewed clinical articles in Journal of the American Naprapathic Association and the Alternative Network directory.

Take Action for the Animals of Lake County

Please come out and meet Jordan Matyas, our new Illinois State Director of the Humane Society of the United States as he updates local citizens about animal protection issues that need your support. Jordan, along with other local animal protection advocates will discuss current issues affecting animals in our area. Whether pets, wildlife, farm, endangered species, or puppy mills. This meeting will provide attendees with legislative updates, news on current events, and ways that you can take action for the animals.

December 2nd, 7:00p.m.
North Shore Unitarian Church
2100 Half Day Road (Route 22), Deerfield, IL 60015

To register on line for this event go to: https://community.hsus.org/humane/events/grassroots_NorthShore_Dec2

To learn more about the Humane Society of the United States, and read about animal legislation passed or pending in Illinois right now, go to www.HSUS.org.

For more info email Jordan Matyas at jmatyas@hsus.org or call him directly at 312.206.2646

Military Pets in the War Zone

By Jackie Borchew

When a soldier befriends an orphaned dog or cat in the middle of war, his new friend becomes a comfort through a very dangerous and uncertain time. A bond is formed. But when the soldier's tour is over, military regulations often do not allow the animal to return home with the soldier.

This is where Tigger House comes in. Pam Constable, a war correspondent for the Washington Post fell in love with the street dogs of Kabul, thus founding a shelter for them in 2002. The only animal shelter in Afghanistan. Through word of mouth, soldiers stationed in Afghanistan have learned that if they can get their animal friend to Tigger House he will be safe for as long as it takes to raise the funds needed to ship him to the states. There are several soldiers in our area that are in this very situation today. Their animals are waiting at Tigger House. The soldiers are desperate to get their dogs or cats home but just haven't been able to rake together the \$2,000 needed to cover the vaccinations and airfare.

If you would like to learn more about my friend, Pam Constable, and her Tigger House, visit www.afghanstrayanimals.org or call me and I'll tell you about the miracles that happen at this little shelter.

Halloween, Riverwoods Style

By Sherry Kaplan

The Village Halloween party was quite the monster bash! Young and old came out in the true spirit of the season, Halloween. The children of Riverwoods made their grand entrance in costumes of pirates and space men, witches and superheros, queens, princesses and maidens. It was a tough decision for all . . . what to do first, the horse-drawn hayride and sing-along, or crafting the perfect s'more over an even more perfect bonfire.

Residents gathered around the fire as the evening air filled with very scary sounds and sound effects. Parents warmed up with hot cider as children ran for a second, or third slice of pizza. And no one went home without a goody bag stuffed with candy.

The following deserve a big thank you for helping make this Halloween party such a success.

- Party organizer extrodinere: Marguerite Welter - Once again we couldn't have Halloween without her.
- Decorations and signs: Jackie Borchew, Suzanne Falk, Angelica Amador, Patrick Walsh and his entire family, and Nancy Morten.
- The haunted house was manned by The Waddas Family. (Children and grandchildren of Betty and Bill Svatik.
- The story lady: June Melber made it scary!
- Wonderful background music, scary sounds, and dancing: Compliments of Mobil Music Interactive Entertainment.
- Pizza: Sheila Wichrowski served it up.
- Cider: Joyce Neidelman pours a great cup of cider!
- Hot dogs: Betty and Bill Svatik prepared and served the hot dogs along with Connie Kraly, Lillian Bianca and David Neidelman.
- Goody bags: Ellen McNight handed out this popular take home treat.
- Popcorn: Tammy Parashos kept the kernals poppin.
- Traffic and parking safety directors: Russ Kraly and Police Chief Bruce Dayno.
- Donated candy and oh so much more!: Al and Chad Solomon know what it takes for a great party.
- Brought on the endless pizza: Ilforno Pizza, Gewalt Hamilton, Glenwood Tree and H. T. Strenger Plumbing.
- Kept the rythumn and tunes going during the hay rides: The Village Music Store.
- Thanks for a ton of candy which filled those goody bags: Mike Corn, Al Solomon and Pat Walsh.
- Thanks for suppling the yummy hot dogs and hot apple cider: **NorthSide Community Bank** knows how to sponsor a party!.
- Helped coordinate everything and got the entire staff behind the Halloween project: Mayor Bill Kaplan.

It takes a Village to make a fabulous party and Riverwoods and all its wonderful people have done it once again.



Riverwoods Village voice

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Riverwoods to Celebrate 50 Years!

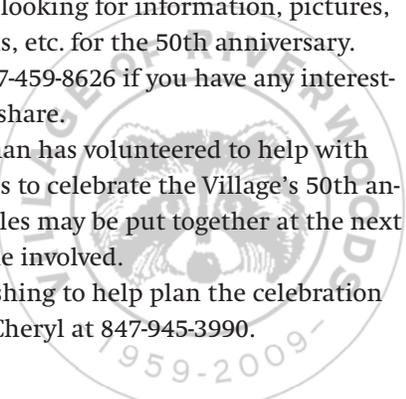
Save the date . . .

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

Lynn Dorfman is looking for information, pictures, pamphlets, old periodicals, etc. for the 50th anniversary. Please contact Lynn at 847-459-8626 if you have any interesting or historical items to share.

Also, Dave Kaufman has volunteered to help with one or more time capsules to celebrate the Village's 50th anniversary. The time capsules may be put together at the next Family Day to get everyone involved.

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



Final Shots from the Halloween Party

