



Riverwoods Village Voice
 July-August 2022
 Volume 26/Issue 4
 Riverwoods.gov



Riverwoods

V I L L A G E V O I C E



5 Amazing Benefits of Spending Time in Nature

by Michele Ross, *The Wellnest*

Curious as to why nature is calming and why most of us need much more immersion in it?

Let's take a closer look.

1. NATURE LOWERS STRESS

Shirin-yoku, aka forest bathing, is a widely championed form of natural therapy that's been thoroughly studied in Japan.

The first major study of this form of nature therapy was conducted in 1995. It found that participants who walked amongst cedar trees for 40 minutes had lower cortisol levels (a key marker of stress) compared to those who walked in an indoor setting set to the same temperature and humidity.

The outdoor group also reported higher scores for vigor, as well as lower markers of tension, anger, sadness, fatigue and confusion.

From this study and many thereafter, it's clear

that the psychological benefits of spending time in nature can be quite remarkable. Fortunately, this rings especially when it comes to fighting stress.

2. SPENDING TIME IN NATURE BOOSTS IMMUNITY

Another pioneering investigation into shirin-yoku found that the benefits of nature extend to immune health.

According to the 2009 study, Japanese adults who spent a three-day, two-night trip in forest areas had increased "natural killer" (NK) activity that indicated stronger immune function. (NKs are a type of white blood cell with antibacterial and antifungal properties that helps kill damaging cells in the human body.) Further, the immune-boosting effects of NKs are partially attributed to phytoncides, aromatic compounds emitted by plants and trees.

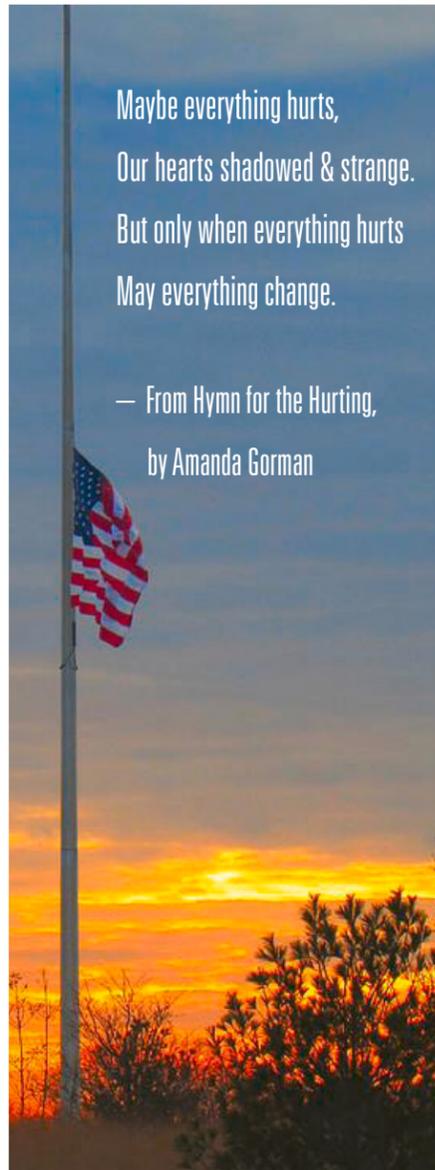
Perhaps even more surprisingly, these health benefits lasted beyond 30 days after the trip ended. These impressive results suggest that

Continued on Page #6



Maybe everything hurts,
Our hearts shadowed & strange.
But only when everything hurts
May everything change.

— From Hymn for the Hurting,
by Amanda Gorman



Riverwoods Stands with Highland Park

The senseless attack in Highland Park has taken its toll on our collective sense of security and well-being. Seven innocents were murdered, a child orphaned and another suffering horrific injuries. The survivors have terrible memories of a day that was supposed to be a celebration. We stand with them all, and with their community, as they attempt to heal.

Here in Riverwoods, as always, our dedicated police officers are mindful

of safety as we look forward to the Community Garage Sale on August 20. We will continue to develop and offer events to bring our community together with consideration for health and safety.

At Village Hall, one of the issues we are currently concerned with is water – storm water, municipal water, and well water. We are engaged in monitoring the depth, and for the first time, quality of a number of wells in the Village. The results of those measures will be provided when the testing is complete.

Another activity geared toward safety is the periodic hazardous tree removal or pruning. The intent is to prevent falling trees or limbs from blocking roadways and possibly injuring residents. Second notices for removal or pruning will be going out shortly.

Finally, development. Thornton's will be a reality soon and we will benefit from another productive member of our business community. We are aware of more movement and change in the larger business community around us. We intend to be thoughtful as we look to the future in order to protect our environment.

And that's all from Village Hall! Enjoy your summer. Appreciate our woodlands for their comfort and beauty. Be kind to your neighbors.

Respectfully,

Kris Ford
Mayor of Riverwoods



Riverwoods Village Board of Trustees Meeting Notes

The following is a summary of topics and actions by the Board of Trustees from the June Board of Trustees meetings. Read the entirety of these minutes, including the current Police Reports and Plan Commission Reports on the Village of Riverwoods website at www.riverwoods.gov.

COMMUNITY DEVELOPMENT

There was a Special Meeting called for June 14 to effectively complete the sale of the Village-owned property at the corner of Milwaukee Avenue and Deerfield Road for the development of the Thornton's.

PATHS

Request for bids were issued for the paths on the Village Hall campus. Plans are being developed for bidding on the Deerfield and Riverwoods Road paths. The County has been contacted for their input. It is expected that those requests for bids would be issued in July with a possible construction start date in August.

ITEMS OF CIVIC INTEREST

The Sanders Road and Deerfield Road construction projects have been delayed. The periodic depth measure of certain wells in the Village is starting.

Trustee Jamerson passed along compliments to our Fire Department on their compassionate response on a resident in distress call.

Note to Special Service Areas (SSA) and Homeowners' Associations (HOA)

Please make sure that you update Village Hall with current representative contact information for your SSA or HOA. It is important that we know who represents all our different areas. Please note it is possible to hold your meetings in Village Hall, but we really need to know who you are first!

You can send the information via email to officeofthemayor@riverwoods.gov



North Shore Line Concert

The pictures are from the North Shore Line concert which took place on Friday, July 15. Although the concert was originally supposed to be outdoors at the Flatwoods Heritage Center, the rain forced a venue change to the Village Hall garage. Residents and fans came to hear a set list which included 20 cover songs by the Beatles as well as other artists like the Eagles and Eric Clapton. Thank you North Shore Line for an enjoyable lunchtime concert.



Village Mailings

If you receive mail from the Village, it is important information and announcements that residents should be aware of. Please take the time to open and read.

Kris Ford
Mayor/Board President
847-945-3990
kford@Riverwoods.gov

Michael Clayton
Economic Dev./Finance/Capital Planning
224-813-1263
mclayton@Riverwoods.gov

Liliya Dikin
Communications
847-945-3990
ldikin@Riverwoods.gov

Andrew Eastmond
Woodlands/Ecology
847-945-3990
aeastmond@Riverwoods.gov

Michael Haber
Legal/Police
847-940-1957
mhaber@Riverwoods.gov

Henry Hollander
Roads/Land Use
847-945-4879
hhollander@Riverwoods.gov

Rick Jamerson
Building/Utilities
847-370-6565
rjamerson@Riverwoods.gov

Russ Kraly
Director of Community Services
847-945-3990
rkraly@Riverwoods.gov

Bruce Dayno
Chief of Police
847-945-1130
bdayno@Riverwoods.gov

Police Department
Non-Emergency 24/7
847-945-1820
Office (Records, Admin, or leave a message for officers) 847-945-1130
police@Riverwoods.gov

Emergency Police/Fire 911
Tom Krueger
Fire Chief
Lincolnshire/Riverwoods
Fire Protection District
847-634-2512

Riverwoods Village Board
1st and 3rd Tuesdays at 7:30pm.
August 2, 16, September 6, 20, and
October 4 and 18.

Riverwoods Plan Commission
1st Thursdays at 7:30pm.
August 4, September 1 and October 6.

Meetings are generally held at Village
Hall, 300 Portwine Road.

Meetings are open to the public and
residents are encouraged to attend.

During COVID meetings may be virtual.

**Riverwoods Preservation
Council (RPC)**
David Shimberg, President
RiverwoodsRPC@gmail.com

**Riverwoods Residents
Association (RRA)**
Jill Kaplan
847-945-0062
jedma1@yahoo.com

Riverwoods Book Club
June Melber
847-940-7086
argos501@aol.com

Plant Sale Committee
Rich Koomjian
312-520-6370
rkoomjian@gmail.com

**Brushwood Center
at Ryerson Woods**
Catherine Game
Executive Director
cgame@brushwoodcenter.org

Director of Community Services

Keep Roadways Clear for Emergency Vehicle Access

By Russell Kraly, Director of Community Services

Summer is here, and it's been HOT!!! Hope everyone is staying cool and well hydrated. My wife and I took a vacation to Texas, Arizona and Nevada, and it was just as hot out west, triple digits some days! We drove into and experienced our first sand storm, couldn't see more than two or three car lengths in front of us, and the wind was blowing so hard I could barely make out the edge of the road! It was an adventure I hope never to experience again!

Speaking of Roads, it was brought up at a recent Village Board meeting that there is a problem with people blocking roads, especially private roads. Those of you who live on a private road, you know they are narrow and some almost impossible to get two cars to pass at the same time. The biggest violators are contractors, especially landscapers. When they pull over to park on the side of the road, if they have a large truck and trailer, it's impossible for anyone to squeeze by. If there is an emergency, police, fire trucks or ambulances will never get passed them to assist whomever needs their services. Talk to your contractors and have them pull their vehicles/trucks into your driveways. To make matters worse, there's been a lot of large rocks/boulders, tree stumps and other types of barriers placed on the shoulders of these roads, which makes passage near impossible and dangerous for all. If you have obstructions on the side of the road, please remove them. If they continue to be there, we can ticket the homeowners or Homeowners' Associations for violating our ordinance. I've included highlights from the Ordinance below, we just want to make sure that the roads are safe for all to use, especially when you have an emergency. Thank You!

ORDINANCE 11-6-12: Private Streets Used by Police, Fire & Emergency Vehicles: The President and Board of Trustees find that a majority of the streets within the village are privately owned and maintained by the residents living on such streets, that the use of such private streets is essential for providing access for police, fire and other emergency vehicles, and that health, safety and welfare of the residents of the village will be impaired unless police, fire and other emergency vehicles can proceed without danger of striking or hitting unobserved or unknown barriers, speed bumps or similar pavement obstructions. The provisions of this chapter shall apply to all private streets, including rights of way or easements for private streets, located in the village. **PROHIBITED OBSTRUCTIONS:** The obstruction of any private street by the placement or installation of trenches, gates, poles, stones, boulders, railroad ties, fences, berms, speed bumps or speed humps or other barriers within, below or suspended above the right of way portion of the private street over which vehicular passage regularly occurs is hereby prohibited.



RIVERWOODS VILLAGE VOICE

Riverwoods Village Voice is published bimonthly by the Village of Riverwoods. Its 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.

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. 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 September/October issue:
August 20, 2022

Send to:

Editor
Riverwoods Village Voice
300 Portwine Road
Riverwoods, IL 60015
or jackie@borchew.com

Police Report

Summer Safety and Noise Ordinances/ Statutes

By Bruce Dayno, Chief of Police

With the warm summer weather comes kids home from school, summer travel, outdoor parties, outdoor construction, and landscaping. Here are some related reminders on local ordinances and State statutes designed to keep kids and pets safe and keep neighborhoods quiet and peaceful.

Summer Safety for Children and Pets in Motor Vehicles

Summer is a particularly vulnerable time for kids in cars. According to the National Highway Traffic Safety Administration, 25 children die every year due to heat stroke caused by being left alone in a parked car. Temperatures inside of a vehicle can swell above 100 degrees in as little as ten minutes on a hot day. A cracked window does little to help because even on days when the temperature is cooler outside, your car can lock in heat that is intolerable to a child. A person leaving a child unattended in a motor vehicle is minimally committing a Class A misdemeanor. (See Illinois Statute 720 ILCS 5/12C-5)

Pets are just as susceptible. Ten minutes in a hot car can cause your animal to go into heat stress, which is identified by increasing panting, rapid pulse, glazed eyes, or vomiting. Even with the windows cracked, the excessive heat can cause brain damage or death from heatstroke. It is a Class C misdemeanor to confine any animal in a motor vehicle in such a manner that places it in a life or health threatening situation by exposure to a prolonged period of extreme heat or cold, without proper ventilation or other protection from such heat or cold. (See Illinois Statute 510 ILCS 70/7.1)

"Look before you leave." Check the backseat of your car every time you exit. Even if you don't have pets or children, it is a good practice to check for visible valuables that present a crime of opportunity for thieves.

Curfew

Curfew applies to those under the age of 18 years of age. Curfew hours are 11:00 PM on any Sunday, Monday, Tuesday, Wednesday, or Thursday until 6:00 AM of the following day; and one minute after 12:01 AM Friday or Saturday until 6:00 AM of the following day. For new drivers, under 18, curfew is reduced by an hour; it is 10 PM and 11 PM respectively.

Noise

No person shall make, continue or cause to be made or continued, any loud, raucous or jarring noise which either annoys, disturbs, injures or endangers the comfort, repose, convenience, health, peace or safety of persons within the area of audibility. This includes loud music and yelling, often associated with outdoor parties.

Landscape Work: The use of landscaping equipment, such as lawn mowers, is prohibited anywhere in the village except between the hours of 7:00 AM and 7:00 PM on weekdays, other than Saturday, and except between the hours of 8:30 AM and 5:00 PM on Saturday. There are further exceptions for golf courses.

Construction: Any activity in the construction of any building or structure (including excavation, demolition, alteration or repair), or the laying of pavement, including, but not limited to, the making of an excavation, clearing of surface land, and loading or unloading material, equipment or supplies, anywhere in the village except between the hours of 7:00 AM and 7:00 PM on weekdays, other than Saturday, and except between the hours of 8:30 AM and 5:00 PM on Saturday; provided that this section shall not be construed to apply to any person doing work on premises owned by him and not for compensation.

For more detailed information on our noise ordinance, see 5-1A-10: NOISE

For questions or more information, contact:
Bruce Dayno
Chief of Police
847-945-1130
bdayno@riverwoods.gov



Benefits of Nature; Continued from the cover

spending a weekend in nature each month can support long-term immunity.

Tip: Treat yourself to healthful mini vacations in bespoke outposts nestled in nature. Team HUM recommends Getaway, which offers escapes in tiny cabins across the US specifically designed to help you disconnect.

3. WALKING IN NATURE BOOSTS MENTAL HEALTH

Circling back to the psychological benefits of spending time in nature, respites from urban environments show measurable mental health improvements.

In a 2015 study, Stanford researchers found that participants who walked in nature (versus an urban setting) for 90 minutes:

- reported lower instances of rumination
- showed reduced neural activity in the prefrontal cortex (an area of the brain linked to mental health and mood imbalances)

Over half of the world's population resides in urban areas and are at a significantly higher risk for mental health issues. So, when possible, retreat from the hustle and bustle of the city to experience the protective health benefits of nature and walking alike.

4. NATURE HELPS YOU BECOME A BETTER PERSON

As one of my favorite writers puts it, "If I leave my phone at home and lift my gaze, I'm present. The world becomes larger."

In the days before we were conditioned to admire good lighting and filters for selfies, nature was one of the primary sources of awe. And according to social psychologist Paul Piff, we should look away from our screens and other modern marvels to the trees above instead. In fact, doing so can make us kinder and less self-involved.

In one of Piff's studies on awe, participants looked up either at towering eucalyptus trees or at a tall building for one minute. Participants in the nature group demonstrated more altruism, and also reported "increased ethicality and reduced feelings of entitlement."

His body of work suggests that awe—including that invoked by the natural world—encourages giving, prosocial behavior and collective concern aided by "feelings of a small self."

So the next time you find yourself overstimulated from doomscrolling or simply want to work on self-improvement, ditch your phone and head to the great outdoors.

5. BEING IN NATURE SIMPLY MAKES YOU FEEL GOOD

When all is said and done, the benefits of spending time in nature extend to wellness at large.

A 2019 study demonstrates that two hours spent outdoors weekly is associated with self-reported good health and well-being. Better yet, you can reap these feel-good benefits by logging time outside intermittently throughout the week or in longer stints.

FINAL THOUGHTS

The benefits of spending time in nature go far beyond this list alone. However, it should serve as a friendly reminder of the wonders of Mother Nature and the world off our screens, inside our homes, and within our minds.



Trillium Artist Discovered

By Katie Bowne

The large oil painting of blooming trillium has graced many walls. In the old Village Hall, it hung above the boardroom fireplace. For several years it was in the Clerk's office and currently it hangs above the Mayor's reception area guest chairs.

All that was known about the painting was contained on a small brass plaque affixed to the bottom portion of the wood frame that surrounded it. It said simply "Gift of Arts & Riverwoods." Staff and residents alike admired the painting's beauty but its history was lost.

Fast forward 25 years and in walks long-time Riverwoods resident Milvi Wheeler along with her son and daughter-in-law. "I would like to know where my painting is." After further discussion, it was determined that Ms. Wheeler was the artist of the trillium oil painting. We immediately walked back to the Mayor's office and had her pose with her beautiful creation.

When asked what inspired her, Milvi replied, "the view outside my window, of course. My trillium are lovely before the deer eat them all up."

Thank you Milvi for your wonderful contribution to Village Hall and the history of Riverwoods.

We Stand with Highland Park

By Bruce Dayno, Chief of Police

On July 4th, a tragic shooting occurred in the City of Highland Park during their 4th of July Parade. Seven people were killed and dozens were wounded. The Village of Riverwoods extends our support to the victims and families impacted by this senseless and cowardly act of violence.

On-duty Riverwoods Police officers responded to Highland Park immediately after the shooting. Riverwoods Off-duty officers assigned to the Northern Illinois Police Alarm System (NIPAS) Emergency Services Team and the NIPAS Mobil Field Force Team also responded.

In light of this senseless tragedy, it is important that we take steps to ensure this never happens again. Here is some information on what Riverwoods residents can do to help.

Firearm Restraining Order (FRO)

The Firearm Restraining Order (FRO), sometimes called a Red Flag Law, allows family members, household members, and law enforcement to work with courts to temporarily remove guns and prevent the purchase of new guns by individuals who pose a significant risk of harm to themselves or others.

Why Do We Need a FRO?

Easy access to guns is a significant risk factor for injury and death. In response to tragic events across the country, Illinois has made a commitment to addressing gun violence, leading to the passage of the FRO law. This law provides families, household members, and law enforcement a judicial pathway for temporarily removing firearms and prohibiting future gun purchases for the duration of the order.

How to Obtain a FRO:

- Step 1: Request a petition from the Circuit Court of Lake County.
- Step 2: Complete and submit

the petition to the circuit court where the respondent or person in crisis lives.

- Step 3: If the judge issues an FRO, the court will send the FRO to local law enforcement to serve the summons.
- Step 4: Attend the hearing scheduled by the court. A hearing will be scheduled within 14 days of the summons being served.

If you are not a family member or household member or don't want to petition the court yourself, you can still contact the Riverwoods Police Department at 847-945-1820 to report an individual who you believe possesses a firearm and may pose a significant risk of harm to themselves or others.

For more information: <https://www.lakecountyil.gov/4714/Firearms-Restraining-Order>

A Message from Our Fire Chief

By Fire Chief Tom Krueger

The emerging threat of terrorism and asymmetric warfare, specifically small unit active shooter and improvised explosive device (IED) attacks, is a concern for the fire and emergency service. An act of violence with weapons in public areas, such as schools, shopping malls, churches, and now unfortunately...parade events, is a serious threat to maintaining a strong sense of security and the daily lives of our community.

Given the recent increase of what has become known as "active shooter" scenarios unfolding across the nation and especially near our community (Highland Park), fire and law enforcement agencies, regardless of size or capacity, are finding ways to develop appropriate and effective responses to these events. The LRFD and local law enforcement agencies have been training together and preparing for such an event. But more training and cooperation amongst public safety agencies is even more evident today. We know that it is imperative that local fire and law enforcement agencies have common tactics, common



communications (including radio communications) capabilities for seamless and effective operations.

Currently the LRFD is developing, training, and establishing a Rescue Task Force (RTF) which is a set of teams deployed to provide point-of-wound care to victims where there is an on-going ballistic or explosive threat. These teams treat, stabilize, and remove the injured in a rapid manner, while wearing Ballistic Protective Equipment (BPE) and under the protection of law enforcement officers. An RTF response may be deployed to work in an active shooter scenario in a school, business, shopping mall, church, conference, special event, or any other scene that has the potential of being an on-going ballistic or explosive threat.

SMITH NATURE SYMPOSIUM AWARDS DINNER

with Masters of Ceremonies: Bill Kurtis and Donna La Pietra

FRIDAY, SEPTEMBER 30, 2022

5:30 PM, GREENBELT CULTURAL CENTER, NORTH CHICAGO

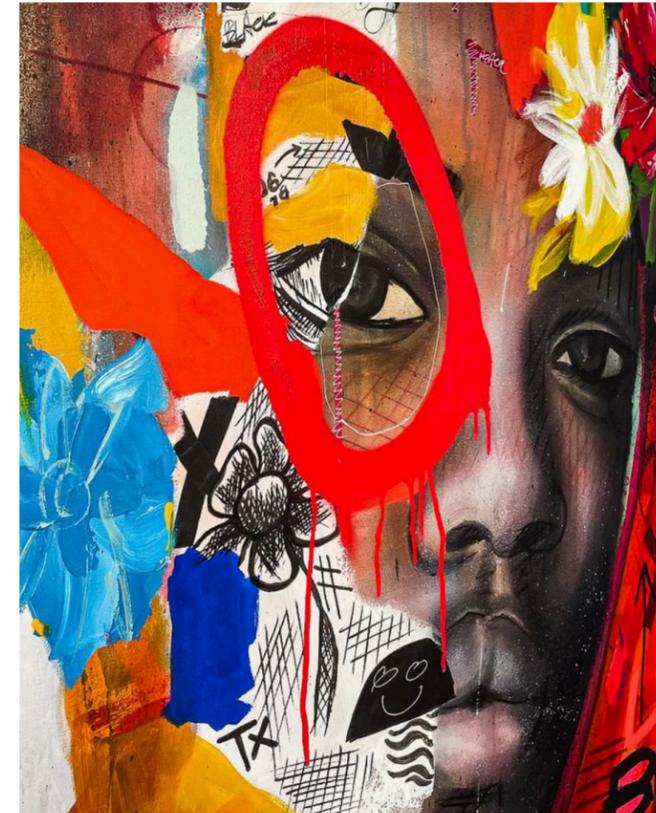
Join Brushwood Center as we celebrate the lifelong work and passion of Cristina Mittermeier and Paul Nicklen, and honor their extraordinary leadership as photographers, marine biologists, and founders of SeaLegacy, and their work to protect the world's oceans.



"As a photographer and conservationist my work is about building a greater awareness of the responsibility of what it means to be a human. It is about understanding that the history of every living thing that has ever existed on this planet also lives within us. It is about the ethical imperative—the urgent reminder that we are inextricably linked to all other species on this planet and that we have a duty to act as the keepers of our fellow life forms."

– CRISTINA MITTERMEIER

FOR MORE INFORMATION ON THIS YEAR'S SMITH NATURE SYMPOSIUM SERIES EVENTS AND TO REGISTER GO TO: WWW.BRUSHWOODCENTER.ORG



Abundance

An Exhibition by Dwight White II

Exhibition at Brushwood Center July 17 - August 31

This exhibit curated by Dwight White II continues to evolve & push a narrative of greater excellence in the art world through the prioritization of diversity.

As an extension of the Chicago based 'Something I Can Feel' art exhibition & experience, 'Abundance' explores beauty, justice, Inclusion & Freedom through painting & sculpture. We invite all to be in this moment and simply 'feel' as we aim to uplift and empower both creators and community.

About the Artist

Dwight is a multi-disciplinary creative, with ideas and strategy that originate by thoroughly understanding how consumers think and make decisions in regards to brands, products and the arts. He utilizes insights to inspire, innovate and maintain relevancy with culture through creativity. He has worked to build strategies for growth with organizations across industries by understanding complex societal structures and current behaviors of consumers.

His calling is to create and inspire as he continues on his journey as an artist. His love for people and insights comes to life through paintings on canvas, large scale walls (murals) and public communications after respectfully studying his subjects to share authentic stories and truths. Every day, he lives the life of a business and artist professional - truly defining what it means to be an "Artrepreneur."

For more information: www.brushwoodcenter.org

THIRD COAST PERCUSSION PRESENTS

Think Outside the Drum

A fun, interactive, and educational presentation for all ages. Introducing the building blocks of music



Performances by Third Coast Percussion are interspersed with teaching moments that introduce the building blocks of music (rhythm, melody, and timbre) through participation in a series of interactive activities including clapping, singing, and a listening game. Audiences learn about the extraordinary range of percussion instruments that can be found in cultures around the world, as well as in their own kitchen cabinets.



AUGUST 27
6PM
BRUSHWOOD CENTER
AT RYERSON WOODS

On the Road with Gale: Recipes from the UK

Here are easy 2 recipes for your summer outdoor meals that came from my latest travel of a 2 week trip to the UK. We started in London to see a play starring Jodie Comer, then took a train to Manchester for a concert at Old Trafford Cricket Field with Mitski and Harry Styles, who's from Manchester. We then picked up a car and drove north to the ancient city of Durham to look at the "Uni" there, then across the border into Scotland. We visited Edinburgh and Glasgow with a stop in between at a wee restaurant and hotel, Callander Meadows, owned by a colleague and chef friend of mine, Nick Parks and his wife Susannah. Wonderful food and a good night's sleep. Then we drove to Loch Lomand (like the song "You take the high road and I'll take the low road...on the bonny, bonny banks of Loch Lomand") getting to see the Highland Coo's (cows) in pastures along side the road. They're those fluffy long haired ginger colored cows with big horns on the males AND females, with long bangs hanging over their eyes. We next flew to Belfast in Northern Ireland and went to the Titanic Experience right where it ship was built, then drove further north and spent a few days in Derry (from Derry Girls on Netflix fame) where I taught a master class at the local North West Regional College. We toured this historic walled city, went for some traditional Irish music and a Shandy at a Pub, learned about "The Troubles" as they call the unrest of the 1970s, and saw where Amelia Earhart landed and stayed in Derry in 1932. We drove up to The Giants Causeway, an unusual formation of rocks started from lava and other natural materials, saw lots of locations where Game of Thrones is filmed, then headed down to Dublin. At the Guinness Store House we had a great lunch (on the house!) of Irish Stew and this delicious dark oat bread I had to had the recipe for. So I'll share it here with you to save you the trip. Pair it with a Shandy and it's like you were on the trip with me!



Gale Gand is a Riverwoods resident and pastry chef and had the Michelin two-star restaurant, Tru, in Chicago. She hosted Food Network's show

"Sweet Dreams", is the author of eight cook books, and worked with Julia Child on her book and PBS series, "Baking with Julia". Gale teaches cooking classes and makes Gale's Root Beer which is sold nationally. She has received two James Beard Awards, and was schooled in Paris at La Varenne. Gale appears at food and wine festivals, is a professional Pie and Food Competition Judge. She has three kids and plays the ukulele. Fun fact-She once made a Peach Cobbler for Aretha Franklin. For more info on Gale go to: www.galegand.com and kitchensisterscookingschool.com.

Guinness Soda Bread

Makes 1 loaf

- 5 cups whole wheat flour
- 1½ cups unbleached white flour
- 1 cup old fashion oats
- 2½ teaspoon baking soda
- 1 teaspoon salt
- 3 Tablespoons dark or light brown sugar
- 3 Tablespoons unsalted butter, melted
- 2 ¼ cups milk
- ¾ cup molasses (not black strap) or treacle if you're in the UK
- 1¼ cup Guinness

Grease a loaf pan (they call it a bread tin). In a large bowl combine all the dry ingredients. Stir in the melted butter till it looks like breads crumbs. Add the milk, molasses, and Guinness and combine to form a wet dough. Pour into the prepared loaf pan and bake at 350 for 40 – 45 minutes. Let cool then serve in slices with butter.

Shandy

Makes 1

- 6 ounces Beer (lager), chilled
- 6 ounces 7 Up or other lemon lime soda, chilled

Tip a tall beer glass slightly and pour the beer into a glass, then add the soda and serve.



Orphans of the Storm's Featured Pet

Dana is looking for a home!

Three year old Dana is TRULY the best! This long term shelter girl is athletic, playful, and always happy despite the stressful shelter life. She has a HUGE fan club of staff and volunteers who are rooting for her every day and hope her forever home finally comes. She's been waiting for over 355 days! It really mind boggles us that someone hasn't scooped her up yet. She recently went swimming with our friends at Splash Dog, LLC and was a total natural! So now she can add that to her checklist of amazing qualities! Dana would love a pet-less home where she can finally live the life she deserves. Come meet this girl and see why we love her so much!

Self-entertainer / Loves to cuddle / Loves people
A natural swimmer / Loves to go on walks
Housebroken / Great co-pilot in the car

For more information, head to www.orphansofthestorm.org/dogs/

Call ahead to make an appointment to meet Dana and the other deserving pets at Orphans of the Storm at 847-945-0235.

Community Garage Sale

Saturday, August 20
 9am – 3pm

Residents:
 Reserve your 8 ft table space now!

Space limited to first 30 residents
 Bring your own 8 ft table and chair
 \$15 registration fee includes lunch and water

Household items / Decor / Books
 Music / Toys / Clothes
 Collectibles / Electronics

Information and Registration

Email Randi Merel at
RandiMerel-RPC@att.net





VILLAGE OF

RIVERWOODS

Village of Riverwoods
300 Portwine Road
Riverwoods, Illinois
60015-3898

PRESORTED
STANDARD
US POSTAGE

PAID

PERMIT #63
DEERFIELD, IL
60015-3898



The community garden is a highlight of my summer in Riverwoods. I love riding my bike to the garden with a back pack to carry home freshly picked tomatoes, cucumbers, peppers and green beans that my daughter and I planted in the spring.

– Patti Kalal

