



VILLAGE OF RIVER FOREST E-NEWS

Thank you for taking the time to read the Village's E-News. These messages are sent approximately once per month and include timely information regarding Village events, news and other useful information. We strive to keep the content brief and relevant to the issues that matter most to the community.

Message from the Village President



Dear River Forest Residents,

Falling leaves and changing weather let us know that it is time to prepare for fall leaf raking, the Village's annual leaf collection program, along with other seasonal outdoor activities. It is also time to get out the Halloween decorations. Trick-or-treating hours and Halloween safety tips are available on the Village's [website](#).

At recent Board of Trustees meetings:

By a 4-1 vote, the Village Board of Trustees approved a long-awaited development at Lake and Lathrop. As part of the approval, the developer has to dedicate 30 off-street parking spaces for commercial use, plus the Village and the Traffic and Safety Commission will address on-street parking and traffic along Lake Street. Permits for demolition and remediation will be issued fairly soon and construction should start sometime in 2019 with occupancy by 2020. We anticipate that this will be an important step toward creating a downtown River Forest along Lake Street.

On October 1 the Village Board, by a 4-2 vote, approved an incentive package utilizing TIF Funds that will help allow Skin Care Company to stay in River Forest. This business, which had been on Lake Street, voluntarily ended its lease and wanted to move to what is now a vacant store front on Madison Street in River Forest. The TIF Funds will be used to help build out a portion of the Skin Care Company's salon, not their moving expenses as reported. This move will expand the Village's real estate tax base by \$16,000 annually. We anticipate a return on the TIF investment in three years.

Bike paths throughout River Forest will be the focus of a study this year and next year thanks to a grant from Cook County. Trustees approved an intergovernmental agreement on October 1 to move forward with this grant. We look forward to finding safe paths that cyclists can use within our Village.

My fellow Trustees and I had the pleasure of recognizing the River

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Forest 11u Boys Little League State Champs at our September 17th meeting. Congratulations to the players and coaches on an outstanding season!



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At future meetings in River Forest:

On October 15, Trustees will consider the Development Review Board's recommendation by a 4-2 vote to approve a planned development permit that would allow for the developer to construct a senior care community at Chicago and Harlem. The project will consist of assisted and memory care living units. To read more, please click [here](#).

A joint Village-School District 90 initiative to identify the walking and biking routes that students should use to travel to and from River Forest schools will be going to the Traffic and Safety Commission at its October 17 meeting. The report and exhibits are available on the [Village's website](#).

The Plan Commission and the Economic Development Commission will hold a joint meeting on October 11 to discuss the Village's updated Comprehensive Plan. A draft will be coming to the Village Board of Trustees in November with approval anticipated in January. For more general information, click [here](#).

In other news:

The River Forest Fire Department will have an open house from 10 a.m. to 2 p.m. on Saturday, Oct. 13. Click [here](#) to view the details.

River Forest Elementary School District 90 is embarking on a "One District, One Book" initiative, which is designed to coalesce the learning community around the ideas contained within a specifically selected book title. This school year's title is **"The End of Average: How We Succeed in a World That Values Sameness,"** by Todd Rose. For more information please contact District 90 Superintendent Ed Condon at condone@district90.org.

I am working with other units of government and institutions to assess how we can make our community more dementia-friendly.

On September 7, I participated in a forum, sponsored by Concordia University and Dementia-Friendly Illinois that discussed the journey we will take to become a community more cognizant and aware of the challenges that patients and their caretakers face. We will provide updates as it progresses. To learn more, click [here](#).

I am honored to be elected to the Illinois Municipal League's Board of Directors as a Vice President for one year. This is a nonpaying position (including no paid expenses). This position, however, allows the Village to stay on top of important legislative issues at the State and Federal level that has a direct effect on our community.

Please join me in congratulating the Ruby family whose home at 558 Franklin was previously chosen for a Historic Preservation Award. The Ruby family has shown great pride in their home and exemplify what historic preservation can do for our community. To see their astounding restoration, [watch this video](#).

And finally, the Village, in collaboration with the Chicago Lighthouse and the River Forest Park District, is displaying a permanent piece of public art to celebrate access and inclusion, break down barriers and open more doors for people with disabilities. The artist of this piece is Lisa Birmingham, a River Forest resident. Stop by the corner of Monroe and Lake to see this wonderful piece of public art.

Sincerely,



Cathy Adduci
Village President

Chicago Avenue Resurfacing Project Update

With much of the curb, sidewalk and sewer work nearing completion on the project, the contractor will now begin preparing for the pavement replacement. On Monday, October 8, the contractor is scheduled to begin manhole adjustments within the pavement. This involves pavement removal around each manhole and removal of the steel frame. The remaining hole will be filled with stone temporarily, to allow for a level driving surface. It will likely take two to three days to complete the adjustments of all 93 manholes on Chicago Avenue. With many of them being located within driving lanes, continued delays should be expected. This operation will prepare the roadway for pavement milling, which is scheduled to begin on Wednesday, October 10. Pavement milling is expected to take about three days to complete. Flaggers will be present during these stages and we ask that all drivers use caution when travelling through the area. All parties continue to work efficiently in an effort to complete the work as quickly as possible.

Free Memory Screenings

Oak Park and River Forest Township Senior Services will host free and confidential memory screenings on Thursday, November 1, 9 AM – Noon, at 130 S. Oak Park Ave, Oak Park. This simple and safe screening takes about 10 minutes and is a healthy brain “check up” to evaluate memory and other thinking skills. For full details, [click here](#). To register, call Steve at 708-383-8060 x 117. Walk-ins are also welcome.

Fall Leaf Collection

The Village's annual Fall Leaf Collection Program runs through November 30th. The next opportunity to dispose of leaves after November 30th will be during the yard waste collection program which starts in April 2019. Rake only leaves onto the street by 7 AM on your collection day, leaving the curb exposed, where Village and Strom crews will collect them. **Grass clippings, brush or any other type of yard waste mixed with your leaves will not be collected.** Leaves are collected on both sides of the street in accordance with the following schedule:

Mondays: The area west of Thatcher including Edgewood, Auvergne, River Oaks and Lake, and all streets south of the Union Pacific Rail Road tracks.

Tuesdays: Harlem through and including William.

Wednesdays: Monroe through and including Lathrop, north of the Union Pacific Railroad.

Thursdays: Ashland through and including Park, north of the Union Pacific Railroad.

Fridays: Forest through and including Thatcher, north of the Union Pacific Railroad.

Message from the River Forest Police Department

Safety for pedestrian and cyclist traffic on Village streets and sidewalks is important. Please keep these tips in mind:

- When walking or riding a bicycle on a sidewalk or along a crosswalk, the bicyclist should obey all pedestrian signs and signals
- Bicyclists must yield the right of way to pedestrians on sidewalks or crosswalks. They should slow down and go around pedestrians when possible.
- When approaching a pedestrian from behind, the bicyclist should slow down and give an audible signal to alert the pedestrian of his/her presence before passing.
- It's always best to walk on sidewalks or paths and cross at street corners using crosswalks.
- When cycling in the roadway, ride to the RIGHT (with traffic).
- Cyclists in the roadway must obey the same "rules of the road" as motor vehicles, such as signaling turns, obeying traffic control devices, and right of way.
- Avoid wearing dark clothing when cycling, skating or jogging at night. Wear bright clothing, with reflective elements if possible.
- When cycling at night, state law requires bikes have a front light (white, visible at 500 feet) and a red reflector in the rear. River Forest Police Department recommends also using a red light attached to the rear.

- When cycling, always wear a helmet!
- Please notify the River Forest Police Department of any suspicious behavior or circumstances you may see. If you are being followed or harassed, move to a safe location and call 911.

Please contact Officer Czernik with questions at (708) 714-3543 or [by email](#).

Safety for the Season

Please [click here](#) and read important safety tips from the River Forest Fire Department to help keep you safe this Halloween!

Message from River Forest School District 90

Walk to School

Walk to School Week starts on October 9. District 90 students will be walking or biking to school as part of the Green4Good Committee's sustainability initiatives. As you drive through the Village, please take extra care and be on the lookout for students walking or biking to school.

GREEN NEWS

Fall Finished Compost Pick Up Available for Curbside Subscribers - October 20

Finished compost pick up for curbside compost subscribers will be available all day on Saturday, October 20 in the Depot Parking Lot located at 401 Thatcher. Please bring your own containers and shovel. Compost is first come first serve. If you are interested in signing up for the curbside compost program please sign up by [clicking here](#).

Final opportunity to apply for your free Inspirational Garden

All River Forest residents may apply to win a free [Inspirational Garden](#) from the Deep Roots Project to be planted in your yard this fall. The garden includes two year maintenance assistance.

Ferrara Candy Company A Good Neighbor and Earth Friendly Packaging For Halloween Treats

Did you know that the Ferrara Candy Company, located at 7301 Harrison Street in Forest Park, is a zero-waste factory? Several of their treats also are packaged in compostable packaging. If you are looking for a earth friendly Halloween treat pick up some Lemon Heads, Nerds, Red Hots, Pixi Stix, and Sno-Caps at the Factory Store on Harrison (Monday-Friday 7:30AM-4:30PM & Sat. 7:30AM-2:30PM). In addition, funds from the store go to a higher education scholarship fund for children of Ferrara employees.

Thank you to the Village's Forestry Department

Next time you see a Forestry employee maintaining a parkway tree, stop and say thank you. The Village's Forestry Department maintains over 8,000 tree in the Village parkways and rights-of-way. They inspect, monitor and trim the trees throughout the year. You can learn more about the tree species, location, and size by [visiting here](#).

LemonAid Stand Sorts-It-Out

The LemonAid stand once again did an outstanding job sorting waste at their event. All waste containers were River Forest Sort-It-Out stations (Compost-Recycling-Landfill) with volunteers providing direction on proper sorting. 83% of the trash was either composted or recycled. Thank you LemonAid!

Next Sustainability Commission Meeting

The next Sustainability Commission meeting will be on Tuesday, October 9, 2018 at 7PM at Village Hall, 400 Park Avenue. All are welcome.

PARK DISTRICT SPOTLIGHT

Halloween Hoot n' Howl

Friday, October 12, 5:30PM - 8PM, Trailside Museum, 738 Thatcher Ave, River Forest



Join the River Forest Park District, Trailside Museum, and the River Forest Public Library for an evening of fall family fun. Children 10 and under, and their parents, are invited to this FREE, fun event! Activities will include:

- Live Music
- Pumpkin Painting
- Live Native Animals
- Spooky Stories
- Bonfire
- S'mores & Hot Chocolate
- Telescope Star Viewing
- Night Safari Flashlight Hike
- Animal Food Preparation
- Taxidermy
- Boo Bingo
- Lantern Making and Parade

For event details, [click here](#).

Columbus Day Camp

Monday, October 8, 9AM - 3PM, Ages 7 & up

This ultimate day camp is hosted by the Trailside Museum, The Little Bits Workshop and the River Forest Park District. Kids will make a fabulous fall lantern with The Little Bits crafters, do outdoor adventures with the Trailside Naturalists, and get lots of exercise with the River Forest Park District. You won't want to miss this fun-filled day of activities!

Register Now for Rec Basketball!

Registration is now open for all leagues! Registration Deadline:

is November 30 at noon. Registration usually fills up before the registration deadline, so don't wait! Since we are limited by gym space, we are unable to add more teams after reaching our maximum numbers.

Chicago Bulls Fundamentals Camp

Mondays, November 5 - November 26, 6:30PM – 7:30PM (ages 5 – 8), and 7:30PM – 9PM (ages 9 – 14)

The Chicago Bulls are coming to the River Forest Park District! This camp will teach the latest techniques in ball handling, passing, shooting, and rebounding while also teaching children how to be student-athletes and great teammates. Every participant will receive top flight instruction from our professional Bulls/Sox Academy coaches who have learned from the Chicago Bulls coaching staff. We provide a fun and safe environment for children to learn the game, as well as life lessons such as discipline, respect, sportsmanship and dealing with peer pressure. Each participant will receive a camp t-shirt and a personal scouting report.

Safe Sitter® Essentials with CPR

Sunday, October 21 or Sunday, November 4, 9AM - 3PM, Ages 11 - 15

Safe Sitter® prepares students to be safe when they are home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR and choking rescue!

Kids Yoga New!

Tuesdays, October 30 - December 4, 3:45PM - 4:30PM, Ages 6 - 8

This energetic class includes sun salutations, poses, and games that help with balance, focus, and imagination. Students will use their breath and body to connect with themselves and one another.

Tween Yoga New!

Tuesdays, October 30 - December 4, 4:40PM - 5:40PM, Ages 9 - 12

Tween Yoga includes sun salutations, yoga poses, and games that help with focus and ignite imagination. We focus on relaxation, calming the mind and body, empowering with self-confidence, and ways to cope with stress.

RIVER FOREST LIBRARY SPOTLIGHT

New Strategic Plan Needs Your Input!



Help shape the future of your library! The library is preparing a strategic plan for 2019-2024. Your voice matters!

Take a survey. Return the survey that was mailed to homes. Additional surveys can be picked up in the library. The survey is also available online. [Take it now!](#)

We are also holding two community listening sessions. All ages are encouraged to attend and refreshments will be served.

- **Thursday, November 8th at 7 PM**
- **Saturday, November 10th at 10 AM.**

Upcoming programs (visit the [website](#) for a complete listing of programs):

Adults

Thursday, 10/18, 7-8:30 PM, Author Visit: Gretchen Anthony

Meet debut author Gretchen Anthony, whose forthcoming Evergreen Tidings from the Baumgartners is an exciting new fall fiction title that will be available in October. The Library has pre-ordered seven copies of the book that will be given to the first seven attendees at the program. A book signing will follow the discussion.

Saturday, 10/13, 1:30-3:30 PM, Foreign Film Forum, Adult

This month, we will be screening the Spanish film *Volver* from Director Pedro Almodovar. Snacks will be served.

Teens

Thursday, 10/11, 3:30-5:30 PM, Pages to Pictures: A Series of Unfortunate Events: The Bad Beginning, Grades 5-8

Which is better? The book or the movie? Check out and read a copy of this month's title from the circulation desk and join us as we watch the film and compare!

Thursday, 10/25, 3:30-5 PM, Haunted Gingerbread, Grades 5-12

Sugar and spice and everything not so nice! Construct a spooky and delicious house just in time for Halloween. [Advanced registration required.](#)

Children

Monday, 10/8, 2-3 PM, Ozobot Battles, Grades K-4

Learn to code mazes and games for Ozobot mini-robots to complete. Then watch the Ozobots race along tracks you've created. Supplies will be provided. [Advanced registration required.](#)

Monday, 10/22, 4-5 PM, Amazing Artists: Frida Kahlo, Grades K-4

Learn about world famous artist Frida Kahlo, and create your own art piece inspired by her unique style. Supplies will be provided. [Advanced registration required.](#)

**EVENTS CO-SPONSORED BY THE RIVER
FOREST PUBLIC LIBRARY AND RIVER
FOREST TOWNSHIP**

The following events are co-sponsored by the River Forest Public Library and River Forest Township. **All programs are held at the Library unless otherwise noted.**

Sunday, 10/7, 2-3:30 PM, Illinois Ghosts and the Afterlife, Adult

Join paranormal investigator Terry Fisk as he discusses some of the haunted locations in Illinois that he's personally investigated. You'll learn about his ghost investigations with world-renowned medium Allison DuBois, the real-life inspiration for the hit CBS series, Medium, and psychic Chip Coffey from TV's Paranormal State and Psychic Kids. He will share photos, case histories, eyewitness accounts, and ghost lore.

Wednesday, 10/10, 10-11:30 AM, Connect With Tech, Adult

Are you a local senior who wants to get more out of your smartphone, eReader, tablet, or personal computer? Would you like to explore better ways to connect electronically with family? Concerned about internet safety? Then join us for Connect with Tech, which helps beginner tech users in a small, intimate group setting. Bring your questions and devices, or use one of the laptops provided. No need to sign up, just drop in anytime during the session to learn.

Friday, 10/19, 12-2:30 PM, Film Lover Fridays, Adult

Join other movie lovers on the 3rd Friday of every month to watch popular and entertaining films! This fall we'll be showing Jimmy Stewart movies! Today we'll be watching Vertigo. Bring a sack lunch to enjoy before the film starts. Light refreshments will be served.

Sunday, 10/21, 2-3:30 PM, Jane Austen Speaks, Adult

Jane Austen visits you from the autumn of 1815. Drawing from her letters, childhood works, and novels, actress Debra Ann Miller delves into the personal life of one of the most beloved and intriguing novelists of the 19th century. By the end of the presentation, the audience will know more about Miss Jane Austen the woman, as well as the author.

TOWNSHIP SPOTLIGHT

Fall Sibshops Continue

Sibshops, a program specially designed for siblings of those with special needs, disabilities and health challenges, meets on the first and third **Saturdays, 11:30AM - 1:30PM**, at Thrive Counseling Center, 120 S. Marion St, Oak Park: **10/6, 10/20, 11/3, 11/17, 12/1, 12/15**. For 1st-7th grade siblings. Lunch is provided.

Facilitators lead fun activities, focused on sharing siblings' experiences and ideas, including crafts, games and lunch prep. Fee is \$10 per session; need-based scholarships are available.

Registration is required in advance; for more info or to register, call River Forest Township at 708-366-2029 or email supervisor@RiverForestTownship.org.

"The Changing Aging Tour" Comes to Our Community

All ages are invited to "The Changing Aging Tour", to be held on **Wednesday, October 10, 2:30PM – 8:30PM**, at Pilgrim Congregational Church, 460 Lake St., Oak Park. Blending medical science, storytelling and live music, this event shatters our culture's damaging myths about aging. Interactive program includes film, stories, poetry, music and theatrical performance. Purchase tickets at oakpark.com/changingaging. Brought to you by the *Wednesday Journal* and sponsored in part by Oak Park and River Forest Township Senior Services.

Seniors: Refresh Your Driving Skills

Oak Park and River Forest Township Senior Services is offering an Illinois Rules of the Road class on **Wednesday, October 10, 1:30PM – 3:30PM**, at Township Senior Services, 130 S. Oak Park Ave in Oak Park. Please register in advance by calling 708-383-8060. This will be the last Rules of the Road class held this year.

National Prescription Take Back Day

Bring your unused and expired medications, both prescription and over-the-counter, to Prescription Take Back Day on Saturday, October 27, 10AM – 2PM, at Oak Park Township, 105 S. Oak Park Ave, Oak Park. Pills and tablets only; no liquids or needles.

This is the environmentally safe way to dispose of medications and keeps medications from being used inappropriately.

You can also safely dispose of pills and tablets in secure drop boxes at River Forest Village Hall (basement, 400 Park Avenue) and the Oak Park police station (123 Madison Street).

"Support4U" Program Rolls out to Middle and High Schools

A new program and phone app called "Support4U" have been rolled out to middle and high school students in Oak Park and River Forest. Support4U is a mental health-related prevention and support resource for students, by which they can text licensed mental health clinicians for assistance or guidance on such issues as anxiety, depression, substance use, suicidal ideation, eating disorders, bullying, or any other mental health-related topic.

Support4U is anonymous and available to students 24/7. We thank Districts 90, 97 and 200 for their support of this program on behalf of their students.

Please share this information with D90 and D200 students! The

Support4U texting number is 844-670-5838. District 90 students will also text the word "SAFE" and District 200 students will text the word "CARE".

Support4U is sponsored by River Forest Township, Community Mental Health Board of Oak Park Township, the Oak Park-River Forest Community Foundation, NAMI, and the Oak Park-River Forest Rotary Club.

For more information, please contact your school administration or Supervisor Carla Sloan at supervisor@riverforesttownship.org.

Introducing the Great Neighbors Program

A local partnership, consisting of Arbor West Neighbors, Little Brothers Friends of the Elderly, and Oak Park & River Forest Township Senior Services, is introducing the Great Neighbors Program in the River Forest and Oak Park community. Through this program, which fosters "intergenerational connectedness", River Forest and Oak Park residents aged 18+ can volunteer to become a "Friendly Neighbor" to a senior in their neighborhood.

One or more "Friendly Neighbor" volunteers will be matched with a senior, with whom they will connect and share on a regular basis. Brief training and screening are required. The time commitment is flexible.

Great Neighbors is a program of Little Brothers Friends of the Elderly and has had much success in Chicago! If you are interested in becoming a "Friendly Neighbor" to a senior, or if you are a senior and would like to connect with other adult neighbors on a more regular basis through this program, please contact Supervisor Carla Sloan, 708-366-2029 or supervisor@riverforesttownship.org.

"SHIP" Senior Health Insurance Counseling Moves to River Forest on 1st Fridays

Free Senior Health Insurance (SHIP) counseling will now be available at the River Forest Township offices on the **first Friday of each month**, located at the River Forest Community Center, 8020 Madison Street, 2nd floor. SHIP counseling will still be available on the other Fridays at Township Senior Services, 130 S. Oak Park Avenue, Oak Park. Call 708-383-8060 to schedule an appointment.

Seniors and Free/Reduced RTA Fares

River Forest Township has been receiving many calls regarding senior fares on the RTA, which includes CTA, Metra and PACE. Seniors are entitled to an automatic 50% fare reduction when they turn 65 and complete the application process. Disabled seniors or reduced-income seniors are eligible to apply for free fares. Visit www.rtachicago.org or call 312-913-3110.

Seniors can also ride the Township Senior Services bus here in Oak Park, River Forest, and some nearby locations. Ride Monday through Friday, 7:45AM – 4PM; reservations are required at least 24 hours in advance and scheduled on a first come, first served basis. Suggested donation \$1 per ride. Call 708-383-4806 for more info.

Support Group for Those Who Have Lost a Loved One to Suicide

A monthly drop-in support group is held monthly in River Forest for adults aged 18 and over who are suffering the loss of a loved one to suicide. The group is run by LOSS (Loving Outreach to Survivors of Suicide) and is led by a licensed clinical social worker. **Group meets on the third Monday of each month, 6-8PM. Next meeting is October 15.**

The previously held group specifically for teens is no longer meeting in River Forest. However, if anyone you know is interested in participating in a teen group, please contact the number below.

Hosted by River Forest Township (located at the River Forest Community Center), 8020 Madison Street. Please call 312-655-7283 for more information and to register, or visit www.catholiccharities.net/loss. All are welcome to try the group. LOSS is a completely non-denominational program of Catholic Charities.



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