

RIVER FOREST

Proud Heritage • Bright Future

The Village of River Forest Newsletter | August, 2022



Dial 988 for Mental Health Support

Anyone who needs help or support for a substance abuse, mental health or suicidal crisis can now call, text or chat **988**. Individuals will immediately be connected to a trained counselor closest to them - based on their area code - who is there to help. This new crisis lifeline is available 24/7/365 across the U.S. for those experiencing any type of emotional distress. The **988 Suicide & Crisis Lifeline** was previously known as the National Suicide Prevention Lifeline, and continues to provide free and confidential emotional support. It includes a network of more than 200 local crisis centers, which helps to provide customized, local care and resources for those in immediate need of them.

Experts say this new resource - which went live on July 16, 2022 - fills what has been a gap in mental health crisis care. Prior to its launch, people experiencing a mental health emergency only had 911 as a resource, which was not designed to specifically address mental health care needs. Callers experiencing a mental health issue often ended up in an emergency room which

could cause further trauma and delayed psychological or psychiatric services. The hope is that 988 will become known as a safe and supportive alternative for individuals who need a trained professional to help them get through a mental health challenge.

For more information, please visit 988lifeline.org/.



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From Village President Cathy Adduci

Dear River Forest residents,

The Village was recently awarded the Distinguished Budget Presentation Award from the Government Finance Officers Association for the current fiscal period. This award is the highest form of recognition in governmental budgeting. Congratulations to our finance team for their excellent work, along with the guidance provided by our Village Board of Trustees.

The Oak Park River Forest High School (OPRFHS) Booster Club raises funds each year to support and enrich the high school experience for our young people. Save the date for the Farmers Market on Saturday August 13 from 8 - 10 a.m. in the parking lot **near the high school** and consider purchasing OPRFHS merchandise which will be on sale to help their cause!

Another event coming up in our community will be a **Food Truck Rally** on Saturday, August 27 from 4 - 9 p.m. in **The Depot Parking Lot/Keystone Park West**. The whole family is invited for entertainment, inflatables, family activities - and of course, food trucks! A beer tent will also be available for our adult attendees.

And finally, a big congratulations to the U10 Illinois Little League winners. These young ladies are State champions, and for good reason! They persevered and worked extremely hard to win two games coming out of the losers bracket to clinch the championship! Great job!

Sincerely,

Cathy Adduci, Village President
Village of River Forest



Village Board Trustees



Erika Bachner



Kathleen Brennan



Lisa Gillis



Ken Johnson



Robert O'Connell



Respicio F. Vazquez

Village Clerk



Jonathan Keller

To contact the Village Board to submit a comment or question, click the button below

Contact the Village Board

News Around Town

Pet and Vehicle Registration

Pets (dogs/cats) and vehicles are required to be registered with the Village. Pet tags can be purchased for \$10 at [Village Hall](#) and are valid from May 1 - April 30 each year. [Click here](#) to learn more. Also, the deadline for purchasing and displaying vehicle stickers without penalty was July 14. Late fees on vehicle stickers will increase from \$10 to \$15 on August 15. To avoid being ticketed, purchase stickers [online](#) or at [Village Hall](#). For more details, [click here](#) or call (708) 366-8500.



Save the Date for Makin' Tracks 5K Walk/Run

The Makin' Tracks 5K Walk/Run is scheduled for Saturday, September 17 at 8 a.m. at Concordia University Chicago. The 5K Walk/Run will start at Monroe Avenue, just south of Division Street and finish at Concordia University. Early bird registration ends August 27. [Click here](#) to learn more or register. [Click here](#) for race sponsorship opportunities.

RUN 5K WALK
2022 · River Forest
MAKIN' TRACKS

Save the Date!

**SATURDAY,
SEPTEMBER 17**

RACE TIME: 8 AM

**CONCORDIA
UNIVERSITY CHICAGO**



Library Welcomes New Operations Manager

The Library is excited to welcome Shannon Duffy to their team as the new Operations Manager. Shannon comes to the library with more than four years of experience in Operations, most recently at Magic + Might, a Chicago-based design, research and strategy firm. She also has more than seven years of library experience and is looking forward to combining her skill sets in the Operations Manager position. She holds a Bachelor of Arts from North Central College and a Master of Library and Information Sciences from Dominican University.

Village Department News

Police Department

Back to School Reminders

Beginning the week of August 17 - 22, both public and private schools in River Forest will welcome back students for the 2022 - 2023 school year.

The Police Department would like to remind everyone of state laws and local ordinances, as well as additional safety tips as our students prepare to return to school.

School Zone Speed Limit

The speed limit is reduced to 20 mph in designated "School Zones," which are on streets that pass primary and secondary schools. The school zone speed limit is effective from 7 a.m. - 4 p.m. on school days when children are present. There are school zones in River Forest on Division Street, Chicago Avenue and Lake Street, which are clearly marked with fluorescent yellow signs. Penalties and fines are more severe for drivers caught violating the school zone speed limit.

Obedience to Crossing Guards

Drivers must obey the direction of school crossing guards and police officers stopping or directing traffic, in order to safely assist pedestrians crossing the street. Crossing guards in River Forest are identifiable by their fluorescent yellow attire and hand-held "Stop" signs. If a crossing guard is holding up a "Stop" sign and/or directing you to "Stop" - it means "Stop".

One-way Streets on School Days

Sections of LeMoyné Street, Park Avenue, Franklin Avenue, Ashland Avenue and Jackson Avenue become one-way streets on school days between 7:30 a.m. and 4 p.m. These sections are identified by "DO NOT ENTER" and "ONE-WAY" signs. Pay attention to road signage at all times, but especially while driving near schools.

Pedestrians in Crosswalks

Drivers must STOP and yield the right-of-way to any pedestrians within a crosswalk with no traffic control device (stop light, stop sign, etc.). Drivers must also yield to pedestrians waiting to cross at intersections with stop signs. The Village uses portable signs placed in the street near some of the most heavily used crosswalks to remind drivers of this law. This law applies to all such crosswalks, and not just those with crossing guards or signs.

Fire Department

Hotel and Motel Safety While Vacationing

When vacationing, consider a hotel that is protected by both smoke alarms and a fire sprinkler system. When you check-in, ask the front desk what the fire alarm sounds like. When you enter your room, review the escape plan posted in your room. Take time to find the exits and count the number of doors between your room and the exit. Also, make sure the exits are unlocked. If they are locked, report this issue to management. Keep your room key by your bed and take it with you if there is a fire. If the alarm sounds, leave right away and close all doors behind you. Use the stairs and do not use elevators during a fire. If you must escape through smoke, get low and go under the smoke to your exit.

If you cannot escape, shut off any fans and air conditioners. Place wet towels in the crack around the doors. Call 911 and let them know of your location. Wait at the window and signal firefighters with a flashlight or light-colored cloth.

Summertime Burn Safety

Know how to prevent a burn while you enjoy outdoor activities this summer. Be sure to wear short sleeves or roll them up when cooking on the grill. Also, use long-handled barbecue tools. Other tips include keeping a 3-foot safe zone around grills, fire pits and campfires - and avoid lighting fireworks. Instead, attend public fireworks displays and leave them to the professionals.

Public Works/Development Services

Maintaining the Village's Infrastructure

Each summer, the Village begins work on various construction projects to maintain and improve the infrastructure that makes River Forest a great place to live and work. Residents can expect specific projects annually, such as work related to streets and sewers. The Village's Street Patching and Maintenance programs extend the performance and life of pavement by patching defective areas or applying preservation materials and sealing cracks. Street rating identifies those in poor condition and slates them for resurfacing as part of the Street Improvement Program. Without roadway maintenance, the pavement fails and ends up requiring reconstruction - which is significantly higher in cost compared to resurfacing.

The Sewer Lining and Point Repair programs improve the sewer system and also help to prevent costly repairs. As part of these programs, portions of the sewer system are cleaned and televised annually. These videos help Village staff examine sewer network conditions and determine which sections are in need of partial replacement or of being lined, which provides structural support.

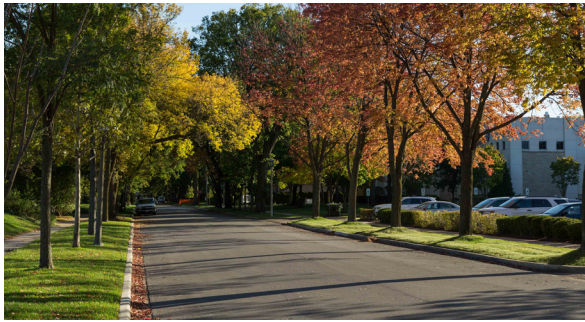
The Curb and Sidewalk program consists of the removal and replacement of defective curb and sidewalk throughout the Village, which is surveyed by the region on a 3-year cycle. Repairing damaged sidewalks is vital to ensuring the Village is 'walker-friendly.' Click [here](#) for more information about the Curb and Sidewalk Replacement Program.

The Village has a total of 32 alleys and to date, 17 have been reconstructed to replace asphalt pavement with some portion of permeable materials to mitigate stormwater impacts on nearby properties. This summer/fall, 11 more alleys will be reconstructed, with one along Madison Street being deferred due to redevelopment. The remaining three alleys are scheduled to be completed in the spring of 2023. Impacted residents will receive letters from the Village with more information as construction start dates are planned.

Visit the Village's construction page at www.vrf.us/Construction for more details on these capital projects and project updates.

Commission Spotlight

River Forest Sustainability



Consider Switching to Reusable or Non-Perishable Alternatives

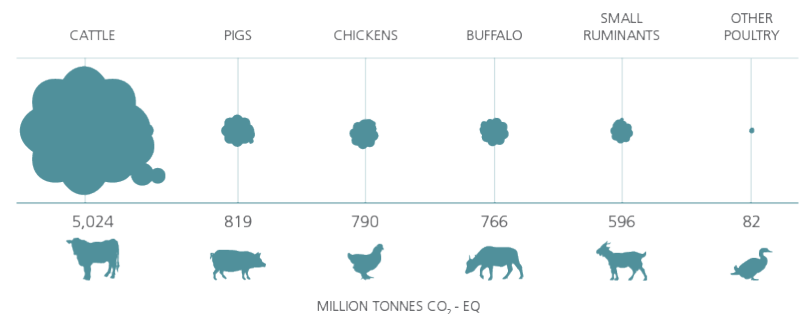
A sustainable lifestyle is often advertised through electric cars, bamboo toothbrushes, and organic superfoods. In reality, truly sustainable alternatives are oftentimes less costly and simultaneously create change on a larger scale by reducing your carbon footprint. According to HuffPost, the average American household spends \$51 per year on paper towels, \$70 on menstrual products and \$266 on plastic water bottles. Purchasing reusable alternatives such as rags, menstrual cups, and steel or glass water bottles is more economical because they only need to be purchased once every few years.

Additionally, consuming fewer animal byproducts is not only beneficial to the environment, but also cheaper. According to Greenpeace, 75% of farmland in the country is occupied for and by livestock, resulting in disproportionate water and land use compared to its product output. Vegan foods such as legumes and grains can be purchased in bulk and are nonperishable, therefore more sustainable than meat, dairy or eggs. Overall, the takeaway for sustainable practices is that switching to reusable or non-perishable alternatives benefits the planet - and your wallet will also reap the benefits.

The figure below by the Food and Agriculture Organization of the United Nations shows a visual representation of the emissions of carbon dioxide per livestock species; cattle produces the most by a significant margin.

Sustainability Commission

The function of the Sustainability Commission is to enhance quality of life for River Forest residents through the study and promotion of sustainable practices that conserve natural resources and protect the environment. The Commission serves in an advisory capacity to the Village Board of Trustees. It has seven members who are residents of the Village and are appointed by the Village President, with the advice and consent of the Board of Trustees. The Commission's efforts include offering educational resources to the community and launching popular programs, such as curbside composting, green electric aggregation and green block parties.



At the June 27, 2022, Village Board of Trustees meeting, the Village Board approved the Commission's recommendation to amend the Village Code regarding single-use food ware in establishments that serve food. The ordinance requires that these establishments only hand out single-use foodware for takeout and delivery orders at the customer's request, meaning customers need to "opt-in" to receive them. The ordinance's purpose is to reduce waste generation, while being mindful of the business community's needs. The Ordinance goes into effect at the end of this month.

Global estimates of emissions by species. Included are emissions attributed to edible products and to other goods and services, such as draught power and wool. Beef cattle produce meat and non-edible outputs. Dairy cattle produce milk and meat as well as non-edible outputs.

Someone to Know

Sustainability Commission Chair Eric Simon has served the Village through his role on the Commission as an original member since its inception in 2017, and began serving as chair earlier this year. Six years ago, Eric moved to River Forest with his wife and two daughters, coming from Vail, Colorado, where he spent more than 20 years in the resort and recreation industry. An avid outdoorsman, he says he appreciates the beauty of the Village every day - and that his favorite part is the old-growth trees, as well as the beautiful architecture and parks. Now, Eric runs a 93-year-old family business that is a niche distribution, logistics and supply chain company, in addition to spending time volunteering and serving on nonprofit boards. A big proponent and advocate of solar energy, he powers his home with solar - and installed one of the largest rooftop solar systems in the Midwest at his business - which includes 6,000 panels!

In the June 27, 2022 issue of Crain's Chicago Business, Eric was featured as a Notable Leader in Sustainability. The recognition is awarded to executives in organizations whose efforts help to keep climate change in check, including planning and implementing actions and recording and reporting data to stakeholders of all kinds. He was one of the few individuals recognized that represent a municipality.



Eric Simon
Sustainability
Commission Chair

Organizations Serving River Forest



Township

Many Township services and programs are returning to meeting in-person. To learn more, visit RiverForestTownship.org, the River Forest community calendar at rfhappenings.com, or email Supervisor Carla Sloan at supervisor@riverforesttownship.org.

School Supply Drive

The Oak Park and River Forest townships are seeking school supply donations to benefit youth from Pre-K to high school seniors in both communities. Donations must be new items (no used items please), and will be accepted from June 15 - August 5. Needed items include crayons, rulers, scissors, rulers, notebooks, folders, backpacks, bags, sharpies, highlighters, erasers and glue. Donations can be dropped off at the Oak Park Township located at 105 S. Oak Park Avenue in Oak Park.

Cab Coupon Program

River Forest seniors (age 60+) or disabled residents are eligible to purchase cab coupon books. Each coupon book contains ten, \$1 coupons that can be purchased for the price of \$6. A maximum of four books per month can be purchased. Coupons are redeemable with Blue Cab only. Proof of age and residence are required with a photo ID. Proof of disability is required with a reduced fare card, Social Security or Medicare information, veteran's validation or physician's validation. Coupon books can be purchased in person at River Forest Township (located at the River Forest Community Center at 8200 Madison Street) Monday – Friday from 8 a.m. – 8 p.m., and River Forest Village Hall, located at 400 Park Avenue, from 8 a.m.- 4:30 p.m. Coupon books can also be purchased by mail. Send a check and a self-addressed stamped envelope to Cab Coupon Program, 8020 Madison Street, River Forest, IL 60305. For more information, please call (708) 771-6159 ext. 200.

riverforesttownship.org - 708-366-2029 x11

Library

Friday, 8/19, 12-2:30 PM, Film Lover Fridays

The library is thrilled to welcome local film expert Jim Jacob, who has volunteered to lead post-film discussions at the Film Lover programs. Join this month for the western, A Fistful of Dollars (1964). Light refreshments will be served.

Tuesday, 8/23, 7-8:30 PM, The History of the Beach Boys, Adult

The Beach Boys are the ultimate sound of summer. Using video clips of the band's performances and interviews, music historian Gary Wenstrup will trace the arc of the Beach Boys' career from their early surfin' days to the more mature Pet Sounds-era and their abandoned Smile project. Surf's up! Brought to you in partnership with River Forest Township.

Saturday, 8/27, Local History: Thatcher Woods, Adult

Guest speaker John Elliott, a retired naturalist from Cook County Forest Preserves, shares his research on the history of Thatcher Woods and other local forest preserves. Brought to you in partnership with River Forest Township.

On Saturday, September 10, The Dooleys will be back for their annual concert on the lawn. [Click here](#) for more details.

Park District

The River Forest Park District Autumn Fun Guide is now available on rfparks.com. Registration for residents begins Monday, August 8 at 8:30 a.m. online or at the Depot, 401 Thatcher Avenue in River Forest. To view the current guide, [click here](#).

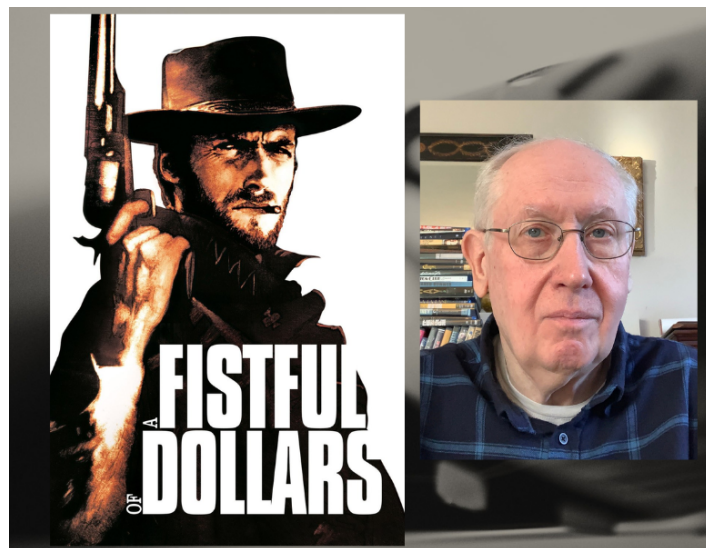
The final Thursday Party in the Park will be held on Thursday, August 18 from 6-7:30 p.m. at [Constitution Park](#). This month's concert features Jim Gill who bangs out energetic rhythms on his banjo while everyone claps, jumps and dances along. Scott Ingerson, The Bubble Guy and a balloon artist, will also provide entertainment for the kids. Hot dogs, chips, and dessert will be provided. Be sure to bring a lawn chair or a blanket! This party is sponsored by Mathnasium of Oak Park/River Forest.



Early bird registration is underway for Makin' Tracks 5k Walk/Run. Bring the whole family for this annual event on Saturday, September 17 at 8 a.m. at [Concordia University, Chicago](#). Proceeds will support the West Suburban Special Recreation Association (WSSRA). Sponsorship opportunities are available.

For details or to register, [click here](#).

rfparks.com | 708-366-6660



riverforestlibrary.org | 708-366-5205

Staying Safe in Crowded and Public Places

The following steps can help you to prepare and protect yourself and others in the event of a mass attack.

Always be aware of your environment and any possible dangers. If you see something, say something to local authorities. That includes suspicious packages, people behaving strangely or someone using strange communications. Observe warning signs. Signs might include unusual or violent communications, substance abuse, anger or intent to cause harm. These warning signs may increase over time, so have an exit plan at the first observation. Identify exits and areas to hide wherever you go, including at work, school and special events. Learn lifesaving skills. Seek out safety trainings and first aid classes to assist in the case of an event with injuries before help arrives.

In an emergency, get as far away from the attacker(s) as possible and call 9-1-1 when you are out of immediate danger. Take note of a description of the attacker(s), their location and any weapons used and communicate them to the emergency dispatcher. If you cannot evacuate the area, hide out of view and place a solid barrier between you and the attacker. When law enforcement arrives, keep your hands visible and empty and follow their instructions on what direction to evacuate.



Follow the Village on Social Media



Sign Up For Email and Alerts



River Forest Events



Village Contact Information

Village Administration
708-714-3520

Village Administrator
Brian Murphy

Finance Department
708-714-3524

Director Rosemary McAdams

Fire Department
708-714-3560

Chief Tom Gaertner

Public Works and Development Services

708-714-3551

Director Jeff Loster

Police Department
708-714-3540

Chief James O'Shea

Emergency Services
Dial 911

400 Park Avenue River Forest, IL 60305

708-366-8500

708-366-3702 (fax)

Monday 8 a.m. – 7 p.m.

Tuesday- Friday 8a.m. – 4:30 p.m.