



# *News* in the **KNOLLS**

The Newsletter of the Knoch Knolls Homeowners Association

## From the President

January | 2018

By Jim Lawlor | President KKHOA

Dear Residents,

I hope that each of you enjoy a happy, healthy and prosperous New Year in 2018. All residents are invited to attend the Annual Homeowners Meeting which has been tentatively set to take place at Traversos Restaurant on Tuesday, March 6th, 2018 from 7 pm to about 8:30 pm.

We will serve soft drinks and the restaurant's award winning pizza. To help defray the cost, we are asking each attendee to make a voluntary donation of only \$5. It's a chance to mingle with your neighbors and get updated as to any new developments. The past few years, we have had a very good turnout. For purposes of planning, please RSVP by March 1st with numbers of attendees if you plan to attend.

We will start the meeting by presenting the next Distinguished Volunteer Service Award. Next, we will discuss of pressing topics confronting the neighborhood. Then we will have an election for two board positions.

One current member, Maria Capiello Kiely, will not be seeking reelection. She made a positive impact during her term. In addition to her level-headed enforcement of the rules, she helped spearhead several popular social events, including the Easter Egg Hunt and revival of Knochstock.

My position is also up for re-election and I am contemplating my intentions, but wish to accede to the will of the residents. We welcome the input of any resident who has interest in running for the board. Please contact a board member if you are interested.

Please pay careful attention to any mailing you receive from Knoch Knolls. Steve Krautstrunk will be mailing an important letter to all residents containing further details about the meeting as well as an invoice for your 2018 dues. It will confirm the date, time and location of the meeting as well as ballots for the next election of board officers.

In closing, check our website [www.knochknolls.org](http://www.knochknolls.org) and, if you have not already done so, join about 400 households who receive email alerts from Knoch Knolls about ongoing news and events by contacting Jeri at [jbfermier@wideopenwest.com](mailto:jbfermier@wideopenwest.com).

Thank you for your attention and please email me at [jameshlawlor@gmail.com](mailto:jameshlawlor@gmail.com) if you have any comments.

[www.knochknolls.org](http://www.knochknolls.org)

## INFORMATION GUIDE

### Board of Directors

President	<b>Jim Lawlor</b>	630-428-2593
Board Member	<b>Maria Cappiello Kiely</b>	312-451-3483
Board Member	<b>Jessica Triebe</b>	630-715-1625
Board Member	<b>Harish Narayan</b>	
Board Member	<b>Tiffany Malik</b>	

### Committee Chairpersons

Architectural Review	<b>Jim Lawlor</b>	630-428-2593
Island Lighting/Grounds	<b>Maria Cappiello Kiely</b>	312-451-3483
Newcomers	<b>Brea Khalid</b>	331-457-2503
Social Events	<b>Maria Cappiello Kiely</b>	312-451-3483
Newsletter Editor	<b>Jeri Bayer-Fermier</b>	630-778-5943

### City of Naperville

Emergency	911
Non-Emergency	630-420-6666

### Knoch Knolls Homeowners Association

Knoch Knolls Homeowners Association  
P.O. Box 9284, Naperville, IL 60567-0284

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**SEND ARTICLES FOR SUBMISSION,  
WORKING YOUTH, CLASSIFIED ADS SUCH  
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**newsletter@knochknolls.org**

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**Knoch Knolls Website**  
**www.knochknolls.org**

**Forgot your Knoch Knolls Website logon ID or password? Have a Knoch Knolls community-wide email to be sent? Please contact Jeri Bayer-Fermier at 630-778-5943 or email [knochknolls@gmail.com](mailto:knochknolls@gmail.com). She is responsible for the administration of the Website.**

## ATTENTION NEW HOMEOWNERS!

Please contact Brea Khalid at 331-457-2503 at your earliest convenience after moving in. She is responsible for welcoming you to the Knoch Knolls community and for collecting information to be added to the Knoch Knolls Directory.

A copy of the Covenants and Restrictions will also be made available if you did not receive one at closing. A list of the current Knoch Knolls Board of Directors and information about the Knoch Knolls Website will be made available to you also along with a small gift from the Board.

## WELCOME TO KNOCH KNOLLS!

## CONTACT YOUR BOARD

As the Board, we are here to serve the Homeowners Association. The Covenants and Restrictions provide the legal framework for our duties and responsibilities. What gives meaning to our work for Knoch Knolls is the people. We want to talk to you. If you have anything that you'd like to discuss, please feel free to call any one of us.

Also note that if you don't have the Covenants and Restrictions, you can get a copy by calling the KKHOA Secretary, or you can download a copy from our Website at [www.knochknolls.org](http://www.knochknolls.org).

# Your Health and *You*



**T**he New Year is always a time when we evaluate, assess and determine if there are any changes we should make. We often vow to be healthier, but we may be overlooking the biggest factor in our immune system, our gut.

Over 70% of our immune system originates in our gut, and therefore, if our gut is not healthy, we won't be healthy. We often overlook digestive issues year after year because we think there is no easy fix. Do we consider heart burn, reflux, or intestinal distress problems as just a part of life? That is only true when it is occasional. When these issues recur over and over, or are even part of our daily life, this is not normal. There are medications we can take, both over the counter and prescription, but these usually just treat symptoms, and often don't address the underlying cause of the issue.

Food intolerances are the biggest cause of intestinal distress and we may not even realize it. Gluten and dairy are the most common offenders, but each of us is different and things such as sugar, other grains and soy can trigger discomfort or worse. When we eat foods that we don't tolerate, it causes inflammation in the lining of the gut. This makes our immune system compromised and causes both our intestines and our body to react. The inflammation can then be carried over into other areas including illness, eczema and arthritis.

Perhaps the best way to begin to address this

issue is by keeping a food log so that when we experience an issue, we can determine if there is a pattern of offenders. Simply write down everything eaten at each meal for a week or two, also making note of any incidents of indigestion, heartburn, reflux, or intestinal distress. See if there is a pattern of foods or situations that seem to result in an issue. If we already know certain food offenders, make this the year to make a change and repair the damage in our intestines and immune system.

Try eliminating foods that may have shown up in a pattern in our log, or remove the most common offenders for 2 weeks and then try adding back only one at a time to test a food, eat a very small portion such as a couple bites 2-3 times during that day and allow 24-48 hours to see if there is any reaction. The symptoms can be bloating, indigestion, constipation, diarrhea, headache, rash, or even other things. Write down any reaction. Eliminate the food again for 3-5 days and then test it one more time. If a reaction occurs again, it is most likely that you are intolerant to that food. This doesn't always mean that we can never eat that food again. After eliminating it for a longer period of time, and working to heal our gut, an occasional meal including the food(s) may be fine.

While food intolerances may not be causing digestive problems for some of us, there are other key elements that all of us can follow to keep our gut healthy.

1. Drink plenty of water.
2. Eat plenty of fruits and veggies.
3. Avoid excessive alcohol or caffeine.
4. Eat probiotics.
5. Eat prebiotics.
6. Exercise regularly.
7. Eat the right types and amount of protein.
8. Be creative and adventurous with meals and meal planning.

So go with your gut, listen to what it is telling you, and you will be healthier in 2018.

# WORKING YOUTH LIST

- **BABYSITTING** - Responsible DePaul University student available this summer for evening (and possibly daytime) babysitting. Enjoys caring for children ages 4-14. Call Zoe Krueger at 630-335-1071.
- **BABYSITTING / PET CARE** - Certified at 4 hour "Babysitting 101" class, Northwestern Medicine (Jan 17, Delnor Hospital). Experience with children 12 and under. Hired by many neighbors for per diem and weekly dog and cat care, as well. 14 year-old Elise Noonan (and her backup, also certified, 6th grader, Grace Noonan). Contact 630-233-4947 or jillnoon@gmail.com
- **BABYSITTING** - Allee Samuel is available for babysitting or summer nanny help. Could also help with summer tutoring. Majoring in elementary education and special education at Aurora University. Call 630-815-8977.
- **BABYSITTING** - Neuqua Valley High School student is available for babysitting. Fully trained and CPR certified. Great with kids! Contact Alexandra Gannon at 630-730-4030 for pricing and availability.
- **BABYSITTING** - Honest and fun-loving high schooler (St. Francis) who would enjoy babysitting, pet sitting, dog walking, raking leaves and running errands for you on my bike. In the winter I can also shovel your driveway and sidewalk. Very comfortable around children and all types of pet animals. Call Angie Schuman at 630-983-5080.
- **BABYSITTING/PET CARE** – Emily Fermier available for babysitting and pet sitting. Call Emily at 630-778-5943.
- **LAWN CARE/ PET CARE/HOUSE SITTING** - Sophomore boys (15) Calvin and Paul at NVHS experienced in pet care/house sitting/lawn care while you are on vacation. Please call the McIntyres at 630-414-7370.
- **LAWN CARE** - Kyle Waldusky is available on a mow-by-mow basis. \$20 a yard, including trimming. Kyle would be willing to waive the fee, if necessary, for a sick or elderly person. Contact 630-995-3652 or 630-638-3379 or mwaldusky@comcast.net,
- **LAWN CARE** - Mantas Madelis is a high school Sophomore interested in lawn mowing/landscape service. Mantas charges \$20 per mow with trimming and would be willing to mow with no fee for a sick or elderly person. Contact 630-664-9999.
- **LAWN CARE** - Luke Wujek is available on a mow-by-mow basis. \$20 a yard, including trimming. Luke would be willing to waive the fee, if necessary, for a sick or elderly person. Contact 630-983-3027 or candtwujek@aol.com.
- **LAWN CARE** - Billy Heniades is available for mowing lawns. \$20. He is also willing to mow a lawn for our seniors or sick residents for free. Contact 630-778-7712.
- **LAWN CARE** - Michael Raimondi available for weekly lawn cutting or any landscaping needs. Contact 630-881-3854.
- **PET CARE** - Knoch Knolls resident 18 year old Connor Gannon will walk your dog. Is your dog waiting for you all day while you are at work? Let me walk your dog for you. I am a responsible dog lover and can walk your dog when I get home from school (about 3:30 pm). Please call me at 630-527-4733 so we can start right away.
- **PET CARE** - Ryan Baer loves animals and will walk or pet sit while you are on vacation. I'm twelve years old. Please call 630-430-6877.
- **SPORTS TRAINING** - Jeff Samuel can help with catching, hitting and pitching skills. Can work on quarterback skill training, speed and agility work. Four year college baseball and one year college quarterback football at Wabash College. Contact 630-815-4012.
- **TUTORING** - Elementary to high school math, physics, stats, etc. Asif Bhatti - studying Bioengineering at U of I. Atyab Bhatti - studying mechanical engineering at U of I. Call 630-717-8908.
- **TUTORING** - Grad student tutoring in: English, anatomy/bio, psychology, Chinese (native speaker), Korean, French, ESL, Accent neutralization, +more. Patient, knowledgeable, and creative. University peer tutor, graduated May 2014 Magna Cum Laude, Phi Kappa Phi Honor Society, First Aid/CPR/AED Certified. Pursuing M.S. SLP. Get top quality tutoring from a soon-to-be professional going into health field. Great with children, seniors, and all ages in between. Call or text Karen at 630-402-1180.
- **VOICE LESSONS** - Former Neuqua Vally High School music student offering private voice lessons for beginners 4th-7th grade. Experienced in proper voice technique for all types of music such as Light Pop, Broadway, Opera, World Folk and Choral. Please call 630-853-4387 for more information.

## WORKING YOUTHS AND THEIR PARENTS

In an attempt to keep this information current and accurate, please review your son or daughters ad in the Working Youth column. Please then contact Jeri Bayer-Fermier at knochknolls@gmail.com acknowledging that you still want the ad and that the ad is accurate.

# Naperville Park District Skating | Sledding | Snowboarding Locations for 2018

Naperville Park District offers opportunities to enjoy winter sports at a number of locations throughout the community. Sled hills and skating areas will open for the winter 2017-2018 season when weather conditions allow.

The Riverwalk Café will open for sledding on Rotary Hill with varying hours, depending on sledding conditions. The menu will include hot coffee, tea and hot chocolate, soft drinks, chili, snacks, beer and wine.

Sled Hills are open when the ground is frozen with two or more inches of snow and when there is no visible grass. Please note that wooden sleds, metal-runner sleds, skis, toboggans or snowboards are not allowed on Naperville Park District sled hills. The District offers one location exclusively for snowboarding: Weigand Riverfront Park at 2436 S. Washington St. (No sleds allowed on this hill).

The following sled hills are located in community parks or neighborhood parks. They have no concessions and close one hour after sunset, except Rotary Hill, which is lighted and open weekdays until 9:00 p.m. and Friday and Saturday until 10:00 p.m.

Arrowhead Park, 711 Iroquois Avenue  
Brook Crossings, 1015 95th Street  
Country Lakes Park, 1835 North Aurora Road  
Gartner Park, 524 W. Gartner Road

May Watts Park, 804 S. Whispering Hills Drive  
Riverwalk Sled Hill at Rotary Hill, 441 Aurora Ave

Weather and conditions permitting, the skating season continues through February 15 and the sledding season runs through February 28.

The Park District maintains winter skating rinks at five locations. The following ice rinks will be lighted and open until 10 pm. Centennial Park, 500 W. Jackson Avenue, Nike Sports Complex, 288 W. Diehl, Commissioners Park, 3704 111th Street. The fourth and fifth rinks, located at Gartner Park at 524 Gartner Road and at Meadow Glens Park located at 1303 Muirhead Avenue are not lighted and close at dusk.

Hockey and broomball play is allowed only at the two boarded rinks at Centennial Park. A third rink at Centennial Park is for free skating only. No pucks or sticks are allowed on free-skating areas.

To check the status of skating, sledding and snowboarding areas, residents may access call the Rainout Line number at 630-883-4242. Visit [www.napervilleparks.org/cancellations](http://www.napervilleparks.org/cancellations) or go to their website and click on the Weather Cancellations & Closures tab.



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## EXTERIOR IMPROVEMENTS

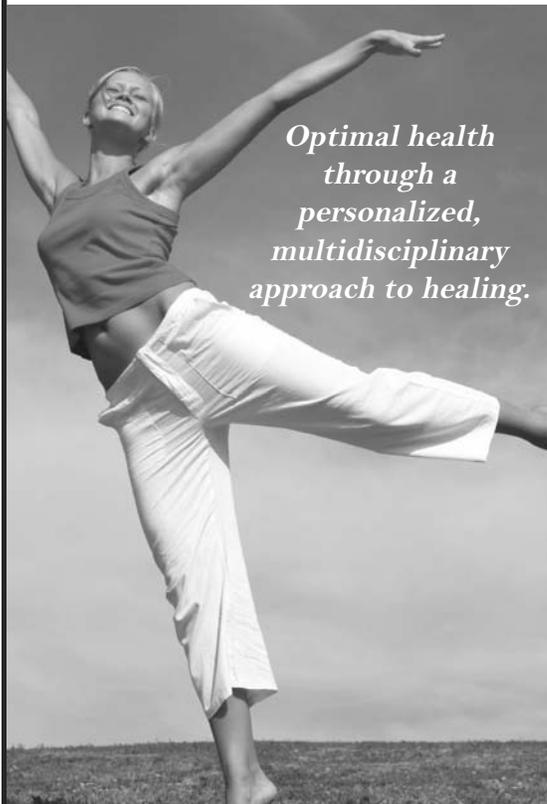
Please keep in mind that exterior improvements require approval by the Knoch Knolls Homeowners Association Board of Directors. Construction may not begin without approval by the board. Contact any board member before beginning any exterior improvement or additions to your home.

## Need a closing letter from Knoch Knolls for your home?

Assessment letters are usually needed for a closing or a refinance. There is no cost to generate a letter for a refinance. However, for a sale of a property in Knoch Knolls, there is a \$75.00 charge that is paid by the seller at closing.

An assessment letter can be requested by going to [knochknolls.org](http://knochknolls.org) and selecting eForms on the main menu. Depending on your situation, then select Dues Assessment Letter Request (Sale) or Dues Assessment Letter Request (Refinance). After filling out the form and submitting it, an email will be sent to the Knoch Knolls Treasurer. He is responsible for checking to see if the dues have been paid, then generating the letter and sending it out.

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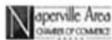
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