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Healthy, Wealthy and Wise



Homeless in Springfield • Part IX

We Must Redefine Compassion

Many of you heard about Ahmad Verdell, the 47-year-old homeless man who spoke openly about his life at the Springfield city council meeting on September 17, 2019, where he endeared himself to many. Seven weeks later on November 8th, his body was found behind Walmart, unresponsive. He was later pronounced dead at Memorial Medical Center.

In Almad's seven-and-a-half minute talk at the city council meeting earlier, he spoke about the tragedy of losing his mother-in-law and his wife four years earlier, and then having his five children placed in foster care. "Dealing with grief is a tricky thing," he said, "...they weren't coming back. I didn't know I was getting sick. I didn't know I was descending into a deep depression. I needed help."

Ahmad was staying at Helping Hands, a local emergency shelter in town where he was safe and had access to mental health services before he disappeared one day. Most believe the grief and the stress of trying to earn enough money to get his children back weighed heavy on him. He turned to a chemical substance for relief. Inhaling a common type of aerosol spray—the same spray that had killed his wife—Ahmad failed to return to the shelter, and no one heard from him for days.

That choice led to his tragic death.

A few months later in February 2020, William Cailliera, a 72-year-old Springfield man was found dead in a garage behind a vacant house. The Illinois Times reported, "Caillier's younger sister, who's cleaned up after [his] troubles that include a prison stint and drug issues, says that she helped her brother get into his apartment, but he wouldn't stay. 'The homeless,' she said, 'won't always accept help.'"

Tragic deaths like Almad and William's spark cries from our community for more compassion to be given to the homeless. Except compassion isn't the issue. The issue is their decision not to get help.

Both men thought they could handle life. Very different situations, but both became homeless after struggling with depression, loss, grief, addictions, and other health issues before their deaths. Each died alone and without help.

That saddens us. There's nothing service providers in Springfield want more than to help our clients and residents in need.

However, by law, we cannot force people to receive help. They have to *want* it. The only exceptions to this are people who are seen as suicidal or those threatening to kill someone.

So for now, we have to accept the reality that a segment of our homeless will never get the help they need, nor will they get better. They are the **chronic homeless**. Also known also the **street homeless**, they float in and out of shelters, sleep outdoors in public places, or they find a deserted building or car to occupy.

Physical or Mental

In the early 1990's, homeless advocates across our nation disregarded the idea that most of our country's street homeless suffered from some form of mental illness, mental disability, and/or substance abuse. Rather, they decided it was a physical issue. They felt the street homeless didn't have enough physical resources to sustain independence. Therefore, they needed compassion and tangible help.

Programs were soon put in place to resolve the physical shortage in their lives. Money was allocated for three-month emergency shelters, work programs, cash payments, childcare, housing, transportation, and the like. If more was provided, they assumed, the homeless would prosper. This would become their primary approach.

Along with the physical aid, The Homeless Bill of Rights was created, and states like Illinois adopted it. This gives the homeless the right of free speech, free movement, access to public spaces and transit systems, and access to emergency medical care, privacy of personal property and records, along with voting rights.

Well, that seems like a wonderful idea because we all want basic rights. Yet for the chronically homeless, it has led to some unfortunate outcomes. Tent City, for one, and Springfield isn't the only community dealing with them. Tent cities have been popping up across our nation for years now. And in most places, the fight is on.

Homeless advocates fight for the rights of the individuals, while other members of the community fight for clean, safe access to the occupied areas and beyond. Each side has good intentions, and both want to help resolve the issues, yet neither has been able to provide what the chronic homeless really need.

Sleeping on a sidewalk at the public library, or even pitching a tent in a vacant parking lot is unsafe for the individual *and* the community no matter how many advocates claim the homeless deserve their "right" to take over a given location. And those demanding the homeless to be relocated out of sight aren't solving the issue either. Aside from sounding harsh and uncaring, removing the occupants from public view doesn't provide the help they need.

Alongside this fight, we have outside experts weighing in. They offer solutions and promise relief, yet their best practices are in constant flux and homeless individuals still reside on the street. The total number has decreased in some places, yes, but they are never eliminated for more than two years despite the claims.

A major issue is the funding. New programs and approaches are implemented with some initial success, but once the funding runs out, the street homeless return. When the solution is providing housing units and many other physical amenities, it becomes costly. Of course, the hope is that individuals get better and become self-sufficient, but the chronic homeless rarely do outside of a miracle from God. So more funding is needed to keep them housed and off the streets.

We are not implying there are no answers, but we will never be able to eliminate street homelessness until we take the advice of people like Charles Krauthammer. A psychiatrist and Pulitzer Prize winning columnist, he wrote a book entitled, *The Point of it All*. In that book, he wrote an article called, "They Die With Their Rights On."

Krauthammer tells the story of a man named Aaron Alexis who killed twelve people in the Washington Navy Yard shooting of 2013. Before the shooting, the man called the police and said he was hearing voices. He claimed three people were following him.

Krauthammer wrote this about the man, "Delusion, paranoid ideations, auditory and somatic hallucinations, the classic symptoms of schizophrenia," and he lamented, "Here is this panic-stricken person who is calling out for help, and what can be done for him? Nothing."

Krauthammer went on to explain that if it had been the 1970s, Aaron Alexis would have been brought to him at the emergency room in the Massachusetts General Hospital, and he would have administered Haldol, the

most powerful anti-psychotic of the time. This would have eliminated the hallucinations and allowed him to think clearer. Krauthammer said if Alexis would have had a support system to help him take regular oral medications, go to therapy, and help with follow-up, then he would have sent the man home.

But if Alexis would *not* have had a support system, then he would have admitted the man into the hospital to get the help he needed. If Alexis would have refused, then Krauthammer said he would have ordered a 14-day involuntary commitment.

Does that sound harsh? It may, but it's not. It is compassionate and caring.

We must redefine compassion.

Krauthammer went on to say, "For many people living on park benches, commitment means a warm bed, shelter, and three hot meals a day." It also means, "...for Aaron, the beginning of a treatment regiment designed to bring him back to himself..."

"That's what a compassionate society does," Krauthammer explained. "It would no more abandon this man to fend for himself than it would a man suffering a stroke. And as a side effect, that compassion might even extend to the potential victims of his psychosis."

Arguments continue as we speak, but psychiatric care has been devalued and underfunded for years in our nation, state, and community. The chronic homeless who are refusing treatment need the intervention of caring people to save them from their own inability to think or behave in a rational manner.

We can take a lesson from history. Between 1955 and 1994, mental health facilities were being closed due to many problematic issues, and 559,000 mentally ill patients were discharged. Many of these became the street homeless. No longer forced to take their medicines, they were unable to function in society.

We cannot be careless about the subject of committing someone to a hospital stay against their irrational will, but we should take a closer look into this. It will take time to develop a healthy system of admission and stay, but it is cruel and reckless not to help people with chronic mental illness. They are in dire need of services and a support system of caring people.

The answers are not simple or easy, but maybe as a community we can find them together.

Until next time,

Scott & Connie Payne
Inner City Mission
726 N 7th St
Springfield, IL 62702
www.innercitymission.net

Cannabis conundrums

Pritzker's pot plans fizzle

UPON FURTHER REVIEW | Bruce Rushton

The cannabis industry has failed minorities.

Just one percent of the state's growing facilities are owned by African Americans. Blacks control only three percent of marijuana retail outlets. Such dismal figures have prompted legislation aimed at increasing the number of cannabis businesses owned by African Americans, who are said to have suffered disproportionately in the war against drugs and so should get a leg up when it comes to growing and selling weed.

That's the story in Washington state, where recreational pot sales began six years ago. Illinois has zero cultivation centers or retail shops owned by African Americans.

Not that I ever would imbibe, but if I did consume marijuana, I would drive a bit further, perhaps pay a bit more, to do business with an African American-owned establishment, particularly if lured by an array of edibles, bud and concentrates not available elsewhere. In the Age of Woke, it is not necessarily a disadvantage to post "Black Owned" on advertisements, particularly if you stock better Blue Dream at better prices than anyone else. Ask a Seattle dispensary that boasted about being minority owned by virtue of former NBA star Shawn Kemp owning five percent of the franchise.

This is what capitalism looks like. That is what they tried in Washington state, where anyone who wanted one could get a license to grow or sell, and for cheap. Despite consternation about white people owning most of Washington's marijuana businesses, the percentage of African American pot proprietors roughly matches the percentage of the state's African American population, according to the Washington State Liquor and Cannabis Board.

Like Washington, Illinois is trying to do better, or at least that's what they say — a commission has been formed there and another has been proposed here. Our hole appears deeper while Illinois marijuana monopolists laugh their way to the bank.

Save for issuing pardons and expunging pot



convictions, Gov. JB Pritzker has checked nary a box when it comes to legalizing pot on terms he claimed in 2019: This is about social equity, not money. But we haven't gotten social equity, whatever that might mean, nor have we gotten money.

Late last spring, the state announced that \$31.5 million from marijuana taxes would be distributed for social programs to help communities wronged by the war on drugs. In Springfield, folks applied for money to rehab houses, with decisions from the state due by the end of December. Not a dime has been awarded. Meanwhile, retailers last year sold more than \$1 billion worth of weed, with \$669 million subject to taxes. Customers/patients holding state-issued cards spent more than \$331 million on non-taxable medical cannabis.

Springfield, like other towns with pot

shops, levies the maximum three percent local tax on recreational pot sales, with the state Department of Revenue dispersing \$5.7 million to municipalities since July. In Springfield, half is supposed to go for projects aimed at promoting economic development in poor neighborhoods. How much have we gotten? The city won't say: Disclosing the amount would reveal to the city's two pot purveyors what the other is raking in, and that, the city says, is forbidden by state law. The city can't even spend the money, according to budget director William McCarty.

Brad Cole, director of the Illinois Municipal League, says that he isn't sure that cities can't spend pot tax revenue, but disclosing how much cities have collected is an issue for municipalities all over the state. "I've been trying to get an answer out of the governor's office for well over a month," Cole says. "I guess they just don't have an answer."

One answer would be granting more licenses to allow more than two pot purveyors in towns like ours, but Pritzker has failed at that. Forty growing licenses were supposed to have been issued by last summer and 75 retail dispensaries were supposed to have been licensed by last spring. The whole shebang screeched to a halt last fall, when it turned out that every finalist for a dispensary license was controlled by whites. The lame duck General Assembly didn't pass a so-called cannabis cleanup bill that would have allowed for an additional 75 dispensary licenses.

Fiscally, at least, Washington state hasn't suffered for its approach to pot — in 2019, it collected more than \$390 million in pot taxes, or \$51 per capita. Since sales began a year ago, Illinois has collected \$175 million, or \$13.85 per capita. That's better than Washington did during its first year, but the per-capita figure jumped to \$25.50 during the second year as the state churned out licenses, and the take has doubled in four years despite neighboring Oregon and Canada legalizing pot. Amid pandemic, Illinois sales to out-of-state residents accounted for more than 25 percent of recreational sales last year, but that might not last. No state bordering Illinois has legalized pot, but recreational weed is legal in 15 states. Less than a decade ago, pot for pleasure was illegal everywhere.

Whether Illinois can match Washington, either in tax revenue or social equity, we'll know eventually. But perhaps capitalism should have been the first choice instead of engineered social progress that appears stalled. □

Springfield, home of wasted opportunities

GUESTWORK | Mike Jackson

The pending demolition of the old downtown YMCA to create yet another vacant lot will be the latest in a string of similar failures. The YWCA block, immediately north of the Governor's Mansion, was the worst.

The state of Illinois failed in a 40-year plan and Springfield cajoles the state into a city takeover to "get something done." An Indianapolis developer submits a mixed-use, street-oriented development, which any city in American would support. But the mayor nixed the project because it was "too big" with no real effort to negotiate a responsible and reasonable TIF allocation. Instead, we get another empty lot (now called a park) off the tax rolls and a drain on the city budget.

The most important takeaway here is the lack of any consistent use of TIF funds to promote investment that replenishes the TIF. A review of the downtown TIF funds will show that most of the funding has gone into the non-taxpaying projects, including \$5 million for the new YMCA building.

In the fall of 2019 there was a proposal, with a rather uncertain origin, for a downtown campus for UIS that would require a four-block urban renewal approach from the 1960s. Fortunately, UIS is now moving in a more positive direction. But the initial proposal of "planning by surprise" is something we have seen before. The 2003 proposed "vista" to the ALPLM, which would have removed the north block of the Old State Capitol plaza, was a similar urban removal approach with no real purpose.

Just before last year's municipal election, the mayor touted a new hotel development for the downtown, rushed support for it with a TIF allocation, only to have a good reporter turn up the information that the developer had no financial capacity. For a project of this magnitude to have city support with virtually no due diligence from the city is municipal incompetence.

Another failure is the stalled renovation of two downtown buildings at Sixth and Monroe. The issue here is also the appropriate use of TIF funds when projects also qualify for federal historic tax credits. TIF funding allocations should be used to supplement federal tax credits, not replace them.

There are many causes for these failures, but one in particular stands out — the lack of a professional planning and development

continued on page 5

Editor's note

Democracy doesn't need an apology. But we can stop blaming Trump, Twitter, Republicans and reporters. And get back to work on vaccination, immigration, education, discrimination and a peaceful nation. Ask what your country can do for other countries. Freedom is a project not halfway done. —Fletcher Farrar, editor and CEO

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PO Box 5256, Springfield, IL 62705

Office phone 217.753.2226
Fax 217.753.2281

www.illinoistimes.com

EDITOR/CEO

Fletcher Farrar ffarrar@illinoistimes.com, ext.1140
Letters to the editor letters@illinoistimes.com

PUBLISHER

Michelle Ownbey mownbey@illinoistimes.com, ext.1139

ASSOCIATE PUBLISHER

James Bengfort jbengfort@illinoistimes.com, ext.1142

STAFF WRITER

Bruce Rushton brushton@illinoistimes.com, ext.1122
Rachel Otwell rotwell@illinoistimes.com, ext. 1143

CALENDAR EDITOR

Stacie Lewis slewis@illinoistimes.com, ext.1129

PRODUCTION DESIGNERS

Joseph Copley jcopley@illinoistimes.com, ext.1125
Brandon Turley bturley@illinoistimes.com, ext.1124

ADVERTISING

Beth Parkes-Irwin birwin@illinoistimes.com, ext.1131
Yolanda Bell ybell@illinoistimes.com, ext.1120
Ron Young ryoung@illinoistimes.com, ext.1138

BUSINESS/CIRCULATION

Brenda Matheis bmtheis@illinoistimes.com, ext.1134

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OPINION

Hard times ahead for Governor Pritzker

POLITICS | Rich Miller

"The legislature is going to be a check on the executive branch," newly elected House Speaker Chris Welch flatly declared to me during an interview the other day.

Welch was responding to a question I posed to him about his Jan. 13 inaugural address, when he asked not-so-rhetorically, "Why is it difficult to ensure that families' unemployment checks continue unabated and arrive on time so struggling families can feed their children? Why is that hard to grasp?"

Welch's predecessor, Speaker Michael Madigan, stayed completely mum about Gov. JB Pritzker's handling of the COVID-19 crisis and resulting mass unemployment, even though Pritzker occasionally took verbal shots at Madigan and called on him to resign if he refused to answer questions about the ComEd investigation.

Not a single House committee hearing has been held about the backlog at the Illinois Department of Employment Security, or, for that matter, all the other migraine headaches that legislators have been dealing with as desperate constituents have turned to them for assistance when they couldn't get through to a state agency. That could very well change.

Rep. Fred Crespo (D-Hoffman Estates) warned the governor via the Center Square publication last week that the House could "hold up some of these funds, even federal dollars," to IDHS if members don't start getting answers to their questions. Crespo was instrumental in corralling votes for Welch and has been the chair of the House General Services Appropriations Committee. "It's not a threat, I think it's more, I think it's an education," Crespo told the outlet. "They're new and make sure they understand the process."

"I'm going to have an open and ongoing relationship with the governor to express what I'm hearing from our members," Welch told me. He didn't come right out and say it, but what he's hearing from his members about the governor ain't all that great these days, as Rep. Crespo could attest.

The Pritzker administration appears to have gotten a taste of what may come later this year during the just-concluded lame duck session when both of the governor's top priorities failed to pass.

A bill to decouple the state from federal business tax breaks (depending whom you talk to) worth between \$400 million to \$1 billion to state coffers received just 50 votes in the wee hours of last Wednesday morning. Nine Black Caucus members did not vote

for the bill. Most either voted "Present" or took a walk, but Rep. Debbie Meyers-Martin (D-Olympia Fields) voted "No." Black Caucus members are usually reliable votes for revenue increases. Not that day.

Welch himself didn't vote on the decoupling bill, either. He explained early Wednesday morning that he was "distracted" (even though the roll call was held open for quite a long while) and would vote for it again when the time came, but that time never came.

The Senate played games with the governor's must-have cannabis cleanup bill, waiting until almost 2 a.m. on Wednesday to pass it pretty much as the governor wanted. But, by then, it was too late for the House to act.

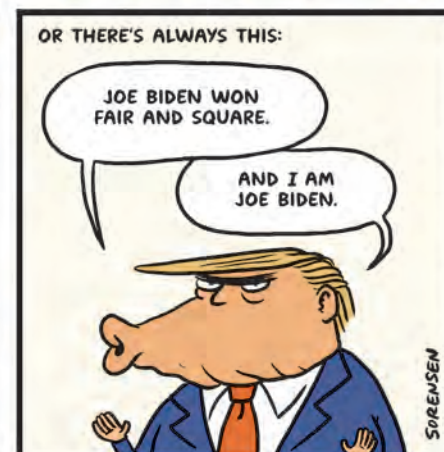
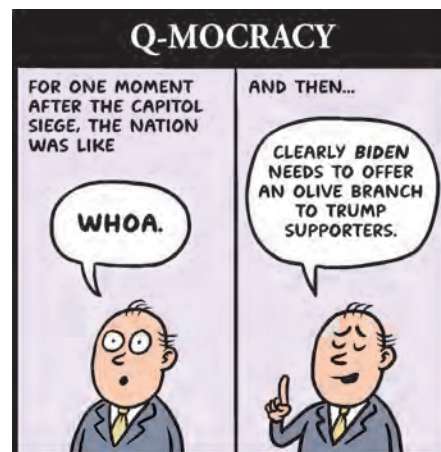
The Senate seemed to many to be deliberately slow-walking important bills for the governor and for others during the last couple days of session. "I'm pretty sure this bill that we're debating right now was sent to us about six hours ago from the House," grumbled one Senator at 5:37 Wednesday morning.

The House Democrats were heavily

distracted by their election of a new Speaker and some white northern suburban Democrats were prepared to go "on strike" if the cannabis bill was passed without allowing their dispensaries to move to better locations, which was a deal-killer for the Black Caucus.

In the end, the lame duck session was a significant failure by the Pritzker administration. Yes, there were tons of extenuating circumstances. But they knew ever since veto session was canceled in November that a lame duck session was a distinct probability. They had two months to prepare and now have precious little to show for it except for the Black Caucus agenda that they weren't in charge of.

Pritzker's huge legislative success in 2019 was an aberration. It was a legislative expression of joy and relief at having a governor who wanted to work with them to get big things done after twelve years of gubernatorial ineptitude and outright hostility toward the General Assembly. But if they don't address whatever issues there are with Harmon, woo the new Speaker and start tending to member egos, they're in for a very rough spring. □



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calmness poem #1

perhaps the chaos has calmed but in any case here is something calming: on your device dial itzhak perlman playing the mendelssohn concerto see him thread his way through the orchestra on his crutches (polio when he was four) watch him rest the crutches beside his chair, lift his violin begin to play – you see closeups of his face it is so filled with peace pleasure enjoyment rapture even in the fast and tricky parts that his spirit is catching seeps through your soul gives you peace pleasure joy so you too may feel contentment, calm no matter what your music tastes may be

2021 Jacqueline Jackson

LETTERS

We welcome letters. Please include your full name, address and telephone number. We edit all letters. Send them to letters@illinoistimes.com.

WHO GETS VACCINE FIRST?

All large, bureaucratic programs quickly devolve into picking winners and losers. Our economy has been devastated because government at all levels chose those to survive and those that were expendable. The big question then becomes how to allocate a scarce resource – the COVID vaccine – to a large number of citizens fairly, equitably and efficiently.

The first two groups, health care providers and those in nursing homes and assisted living, are easy to vaccinate because the facilities have databases on staff and patients.

But what about the 65 and over age group as well as the 18 to 64 group? To my knowledge, no database of these cohorts exists. People spend days calling the public health department only to find out all shots have been allocated and to try again next month. It's a very inefficient system.

If I was going to run a lottery for a large group, I would rent the convention center and then hire the group that previously ran the weekly Knights of Columbus raffles. They have all the equipment and the expertise to run a drawing fairly and legally.

People could then go to the convention center, public health or designated public places like grocery stores and

fill out the advance paperwork for the vaccination as well as confirm their residency and eligibility for the drawing.

Drawing slips would be put in a sealed container which would be collected in the large drum on drawing day. Security for this process could be handled through the election board as this is similar to an election, only in reverse. On a designated day, a public drawing could be held at the convention center for each age group.

The one exception to this would be homebound individuals. However, visiting nurses have already identified these individuals, and they could fill out the appropriate paperwork and receive their shot at home.

Critics will lambaste me, arguing some subsets with greater vulnerabilities should get their shots first. I agree, just make sure it is fair and transparent. As a noncommissioned officer in Vietnam, I made decisions knowing some people would die as a result. I still have nightmares 50 years later. This is no less a momentous situation. Who stays and who gets out of the lifeboat has always been one of the great philosophical questions, and there are no easy answers.

Bill Klein
Springfield

MOVE TO THE MALL

The only thing that's clear in Bruce Rushton's "All the King's Horses" piece (Jan. 7) is that he evidently paid a visit to one of our newly crowned

marijuana dispensaries before he wrote it. And bought the good stuff.

The article rambles on about Skittles and Egg Men and appears to direct his ire at the relocation of a state office to the city's west side instead of downtown. He mentions one other possible site – the former Benedictine University – which is about as far away from downtown (to the north) as the Sears building is (to the west). He offers no other input other than an indictment aimed at Irv Smith for the crime of getting the Greater Springfield Chamber of Commerce moved downtown into a new, cleanly renovated building at the corner of Fifth and Capitol that had served as an outdoor latrine for the city's homeless for decades.

You can't have it both ways. Do you want businesses to relocate downtown to formerly vacant mold-filled eyesores, or not?

The Sears location is perfect for the agency and its employees – easily accessible from anywhere in the city, unlimited parking and a boon for the retail businesses and restaurants in the mall. Perhaps having the Sears building remaining a vacant eyesore (much like the old K-Mart on MacArthur Avenue) would scratch some unidentifiable itch in Mr. Rushton's psyche.

Whatever the case, sir, kindly keep the cannabis in the cupboard until you're done writing.

Doug Wilson
Springfield

Springfield, home of wasted opportunities

continued from page 3

department in city government. The services provided by the county are essentially that of a zoning administrator, not an economic development planner. Too many projects are poorly evaluated and fail to meet professional and accepted standards and policy goals. This is particularly important for TIF projects, which require a lot of skill to evaluate a real estate pro forma and know what the real funding gap is. Instead, we seem to get projects approved for politically connected applicants rather than those based upon sound economic and policy analysis.

It's time to call a halt to the proposed demolition of the YMCA building, which has been determined eligible for the National Register of Historic Places. The city/YMCA should be soliciting proposals for the redevelopment of this building. The proposed demolition funding should be used to subsidize redevelopment, rather than waste a renewable resource.

Jane Jacobs, a champion of urban development, made the cogent observation that "new ideas need old buildings." Most of America's tech companies started in old buildings, which Jane Jacobs saw as the true innovation incubators. Renovating old buildings also has substantial economic and environmental benefits. Renovating buildings creates more jobs than building new buildings and these additional wages are circulated in the community.

Much of the material cost in new construction leaves the community and the state. From an environmental viewpoint, retrofitting old buildings is a key component of urban climate change policies, another planning tool missing from Springfield. There is no need to rush this demolition. There are plenty of examples of old YMCAs that sat vacant for a while and were successfully renovated. The state of Illinois has plenty of other vacant lots around the Capitol complex that need to be developed that are higher priorities. There is no funding in place for redevelopment here, which was the same issue as the YWCA block north of the governor's mansion. It's time to learn from the mistakes of the past and make the redevelopment of the YMCA a cornerstone of the downtown revitalization, instead of another planning failure. □

Mike Jackson of Springfield is a preservation architect with a 30+-year career with the Illinois Historic Preservation Agency. He has been a leader on numerous state and national organizations and a champion of the preservation of roadside architecture, urban revitalization and sustainability. He currently directs the Building Technology Heritage Library, a project of the Association for Preservation Technology.

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NEWS

Time for “repair work”

Career diplomat talks transition

WORLD AFFAIRS | Rachel Otwell

Kathy Johnson of Springfield knows a thing or two about diplomacy. She filled posts in countries including Poland, Austria, Mexico and Syria. She is a senior member of the U.S. Foreign Service after serving 31 years. Her last assignment was director of the National Museum of American Diplomacy in Washington, D.C., a post she held until 2017. Johnson is originally from Oak Park, a Chicago suburb. Having lived all over the world, she says, “I love the Midwest.” She settled in the capital city in 2019 to be close to family and friends in both St. Louis and Chicago.

Johnson spoke with *Illinois Times* about the presidential transition in the days after the Jan. 6 attack on the U.S. Capitol and before the Jan. 20 inauguration of President Joe Biden. The following contains excerpts from that conversation, which have been edited and condensed for clarity and length.

The view from outside

I have a lot of friends around the world who are serving as U.S. diplomats, and friends who live and work in other countries. My last overseas post was Australia. I’m getting emails and texts and phone calls from various places around the world, specifically Australia, saying, “Kathy – what’s going on over there? What are you guys doing? Are you okay?” They’re worried, they’re saying, “This isn’t the America that we’ve known.”

There have been changes over the past four years. The Biden administration is going to have to come in and do some repair work. They need to take a hard look at international agreements or organizations that the Trump administration walked away from or withdrew the U.S. from and decide where we need to be. Because if we don’t have a seat at the table, we don’t have a voice.

Priorities

This transition got off to a late start. But even given the difficulties, a lot of these people (Biden appointees) have prior experience that will help them pick up the reins. Right now we’re in the midst of a pandemic. And people have lost their jobs. A lot of need for government funding has changed.

There’s also symbolism in where the new president goes in his first overseas trip. There have been crises. Recently, the Iranians seized a South Korean tanker – that’s not a good



Kathy Johnson stands in the middle of four former U.S. secretaries of state at the National Museum of American Diplomacy in Washington, D.C. PHOTO COURTESY OF KATHY JOHNSON

thing. There are lots of things happening. What is our relationship with China going to be? All of that has to be worked out.

One of the first things I would have the new administration look at is ethics, accountability and the Hatch Act. I was horrified when (former) U.S. Secretary of State Mike Pompeo gave a political speech in the middle of an official foreign trip. We would have been fired immediately for doing something like that.

Commitment to country

During the internal policy deliberation processes, diplomats can argue forcefully about what they believe to be the best policies. There have been a lot of insinuations about the so-called “Deep State” and bureaucracies out to get people. Well, they’re not. They’re out there doing their jobs, representing as best they can the current administration.

When the new administration comes in, it will not in any way be the job of diplomats to criticize the old administration, they just won’t do that. They will say things like, “I have new instructions.” Whatever diplomats might say at home to their cat, or dog or spouse, they will not be publicly criticizing the Trump administration’s policies.

That said, you’ve seen voices of alarm raised. For example, there was the letter signed by every member of the Joint Chiefs of Staff talking about the role of the military (in days leading to the inauguration after attacks

on the Capitol), and the oath that we all sign to support and defend the Constitution, and to acknowledge that Joe Biden is the president-elect (now president). If it comes to the point where someone – as a matter of conscience – can’t support an administration or feels it crossed an ethical line, their choice is to resign or to dissent. And there are established channels and means to dissent. A bunch of foreign service officers did that since the events at the Capitol. They drafted and submitted, via the dissent channel, a letter expressing alarm at what had happened. And so that is how career professionals would go about it. We serve the country. Administrations come and go and we have to scrupulously stay nonpartisan and apolitical.

The kinds of people who do well in the foreign service are people who care deeply about their country and about public service – about helping to advance America’s interests and values, whether it’s helping Americans after an earthquake or a plane crash overseas.

It’s for somebody who understands the value of nuclear nonproliferation and not just saying, “Well, let’s bomb the blank out of them if they don’t do what we want.” You need somebody who has a strong moral and ethical backbone. I loved it. I think I had the best job in the world. It was a real honor and a privilege to be able to represent the United States. I wouldn’t trade it for anything. □

Contact Rachel Otwell at
rotwell@illinoistimes.com.

Bill passes to combat opioid epidemic

HEALTH | Madison Angell

While the state legislature's lame-duck session earlier this month was largely defined by criminal justice reform, a measure aimed at the opioid epidemic passed through both chambers more quietly.

State Sen. Melinda Bush, D-Grayslake, was a sponsor of the measure, meant to add teeth to the Illinois Prescription Monitoring Program, a network that collects and shares information on controlled-substance prescriptions. In 2017, she sponsored a now-law that requires prescribers to check the PMP to see if a patient has already been given controlled substances by other doctors before writing an initial prescription.

The new measure, if signed by the governor, would ensure all prescribers have access to the PMP database. In a public statement, Bush said this measure would promote transparency and help the state "crack down on over-prescribing and doctor-shopping."

Illinois has worked, over four years, to fully integrate the system into all health care facilities with any legal prescription authority. Once a hospital receives full access to the PMP, it is mandated by state law to report new authorization of prescription medications including oxycodone, hydrocodone and fentanyl — which belong to the opioid drug group.

Across the U.S., opioid overdose deaths are most common among white people aged 25-34, according to the Illinois Department of Public Health. But despite national trends, last September IDPH reported Black and African American males aged 50-59 represent those most at risk. The agency now has goals to expand recovery programs to address the "striking racial disparity" found in statewide data.

"In the first two quarters of 2020, Black or African-American populations had 7.9 times more nonfatal suspected overdose cases per 100,000 than white populations and 6.3 times more than Hispanic/Latino populations," according to IDPH. In addition to this, statewide opioid deaths in the first quarter of 2020 rose by 36.5%.

The Gateway Foundation offers several drug and alcohol recovery treatment programs, including in Springfield and Chicago. Gateway works directly with hospitals and emergency departments providing services to those struggling with substance use. Sally Thoren, executive director of the Gateway Foundation, acknowledged reports of "improper behavior among pharmaceutical companies."

"Illinois, however, experiences a higher number of overdoses attributable to heroin and fentanyl rather than prescription opioids. In fact, when we look at the prescribing data, Illinois

physicians are prescribing opioids at a much lower rate," said Thoren.

Last fall the state passed a bill awarding hospitals and programs more than \$30 million to expand the reach of recovery programs. The Gateway Foundation said progress has been made by partnering recovery treatment providers with local law enforcement agencies. When law enforcement comes into contact with those suffering from substance abuse, they are able to point them to treatment options versus arresting and charging them. With these funds, Gateway also provides direct transportation to recovery centers for those visiting emergency departments due to substance abuse and overdoses.

Thoren said 72% of those who die from opioid overdoses had an average of four previous hospital encounters in the year before they died, so the funding and expansion of intervention measures is important. Furthermore, eliminating the stigma around substance abuse plays a significant part in getting treatment to those who need it most.

"Our patients continue to confront stigma, and this population (Black/African American over 50, suffering from high rates of unemployment) has been described as experiencing 'stigma upon stigma,'" said Thoren. "Public awareness, physician education, information about resources and outreach all would help connect with this group and invite them to care." □

Contact Madison Angell at mangell@illinoistimes.com.



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NEWS

Reform or overreach?

Cops, prosecutors criticize police overhaul bill

GOVERNMENT | Bruce Rushton

Police and prosecutors are blasting a bill that eliminates cash bail and puts the state in charge of determining whether cops accused of misconduct can remain police officers.

The bill, introduced on Jan. 5 and passed during the closing hours of the lame duck session — the Senate got a revised version at 3 a.m. on the final day and sent it to the House two hours later — was one of the last pieces of legislation to pass the General Assembly before adjournment last week. Supporters say that the 764-page bill sent to the governor will make police more accountable while putting poor defendants on an equal footing with accused criminals who have sufficient cash to bond out of jail.

The bill contains dozens of changes to state law beyond the elimination of cash bail in 2023. There would be statewide use-of-force standards, and all police officers would have to be equipped with body cameras by 2025. The state Law Enforcement Training and Standards Board could receive complaints, anonymously or otherwise, conduct investigations and revoke certification for cops who engage in misconduct ranging from excessive use of force to turning off body cameras, and without state certification, cops can't work. Cops also could lose certification for "any unprofessional, unethical, deceptive or deleterious conduct or practice harmful to the public; such conduct or practice need not have resulted in actual injury to any person." The bill defines unprofessional conduct as departure from "minimal standards of acceptable and prevailing practice of an officer."

No longer could former state police employees work for the Illinois State Police Merit Board, which disciplines state police officers. Motorists who don't pay five tickets generated by automated speed detection or red-light equipment would no longer have driver's licenses suspended. People who lie to officers couldn't be arrested for obstructing police unless there's a second underlying offense. Judges could put aside mandatory minimum sentences in drug cases.

The package has won praise from the American Civil Liberties Union and the Illinois State Bar Association. Gov. JB Pritzker lauded lawmakers when the bill passed.

"I have long held that an essential mark of good governance is a willingness to change the laws that have failed the people of Illinois," Pritzker said in a written statement. "This criminal justice package carries with it the

opportunity to shape our state into a lesson in true justice for the nation by abolishing cash bail, modernizing sentencing laws, instituting a certification and decertification system for police officers statewide, requiring body cameras, reforming crowd control response, and amplifying law enforcement training standards."

Cook County State's Attorney Kim Foxx endorsed the legislation, but the Illinois State's Attorneys Association, calling it a rushed piece

both their livelihoods and, equally important to them, what it will do to the criminal justice system," Edwards wrote. Sangamon County Sheriff Jack Campbell predicted a spike in crime. "This is an anti-police bill," Campbell said.

The sheriff's office and city police have struggled to make terminations stick under collective bargaining agreements that would be irrelevant in state dealings with accused officers. Springfield police officer Loren Pettit, fired after a positive test for illegal steroids, kept his job after an arbitrator ordered him reinstated and Sangamon County Associate

Judge Rudy Braud in 2016 upheld the decision. Sharon Waldron, a former sheriff's deputy who was acquitted of stealing plants from a Sherman park, then admitted shoplifting groceries, was ordered reinstated by an arbitrator in 2015, but Sangamon County Circuit Court Judge John Schmidt overruled the decision. Under former sheriff Neil Williamson, a deputy kept his job despite more than 40 complaints, with a supervisor once praising him as a "squared-away" cop.

Campbell said that there's room for improvement in disciplinary procedures and other areas, but the bill suffered from lack of negotiation and discussion with police. "We disagree with the process," he said. "Nothing good happens at three o'clock in the morning. There was no reason to push that through except that it was bad legislation. Under scrutiny, it would have collapsed."

The bill allows judges to deviate from mandatory minimum sentences contained in some sections of state law. Springfield defense attorney Mark Wykoff foresees defendants getting breaks in cannabis cases. Under existing law, he says, prosecutors can charge someone caught with slightly more than 11 pounds of pot as a drug trafficker — on a first offense, a defendant running weed from California to points east can face a dozen years in prison if pulled over in Illinois.

"Basically, the first time they walk up to the plate, they're in the big leagues and they've skipped all the minor league play," Wykoff says. "I've handled probably five or so of those. Even if you have just an unbelievable evidence in mitigation, the judge's hands are tied. They can't get the person a day under 12 years." □

Contact Bruce Rushton at brushton@illinoistimes.com.



of work, predicted an increase in violent crime while victims go without justice. Before the bill passed, Sangamon County State's Attorney Dan Wright issued a written statement urging legislators to slow down.

"These fundamental changes to our criminal justice system, far beyond the issue of ending cash bail, should be considered in a manner which permits sufficient public awareness in all corners of our state and a reasonable opportunity for diverse stakeholder input on the specific provisions of the proposed bill," Wright wrote.

The day after the bill passed, Don Edwards, president the union representing Springfield police officers, sent a letter to Mayor Jim Langfelder, urging him to condemn the legislation and saying that city cops had started looking for jobs outside Illinois. "Our membership is disgusted and frankly frightened of what this will do to

Charting its own course

Ball Charter remains remote

EDUCATION | Rachel Otwell

Micah Miller is one of the three District 186 school board members to consistently vote for schools to remain remote. Whichever position parents, teachers, administrators or board members take – it’s a controversial one. While just about any in-person activity comes with a risk to health these days, Springfield serves many low-income and at-risk students who need extra help.

More than 300 days after students were first told to stay home via state mandate – in March of last year – some Springfield Public Schools students returned to class through the hybrid plan. About 44% of students enrolled in the hybrid option in Springfield. They are split into two groups, each of which go to classes in-person two days per week.

The decision for hybrid was made Jan. 4. Students returned Jan. 12. In order for them to do so, the board strayed from public health metrics it had previously voted to follow. In a decision of four to three, the board decided to implement its return plan, created over the summer as was required by the Illinois State Board of Education. The state has allowed local districts to decide when to send kids back to school.

Miller’s two daughters attend Ball Charter, which teaches grades kindergarten-eight. As the only charter school within District 186, it has its own board and freedom to make many of its own decisions. Students enroll through a lottery. Miller, who works for the Illinois Secretary of State, said remote learning has been hard for his family. He wasn’t approved to work remotely. “I’ve been going in (to the office) later in the afternoon, staying later into the night, coming in over the weekend. So it’s been stressful.”

Still, he said, remote learning mitigates the spread of infection throughout the community, and lessens risk for teachers and school staff who face a higher risk of complications than youth. He said getting more people vaccinated should be a factor in deciding when students return to classrooms.

Private schools in Springfield opened their doors to students for the fall semester. According to the Sangamon County Department of Public Health and its exposure data published Nov. 12, schools accounted for 5.19% of exposure locations in the county, trailing bars and restaurants, offices, hospitals, travel and workplaces.

The principal of Ball Charter, Tiffany Williams, said when it came to the decision of whether to reopen in August, “I chose remote because I’ve always looked at the health and safety risks. I don’t feel like we knew enough about the effects of COVID and how to



As students at Ball Charter, school board member Micah Miller’s daughters continue to learn from home. PHOTO COURTESY OF MICAH MILLER

effectively protect our staff during that time.”

Remote doesn’t mean kids aren’t getting help in-person. Williams said since the beginning of the school year, 10-15% of the school’s 396 students have received additional in-person support, such as instruction for those with special needs. While there have been plenty of challenges, remote learning has meant consistency during these uncertain times, she said. “It’s safer to consider the data and think critically about what will allow us to be more consistent than it would be to rush and have approximately 25% of our students in the building at any one time.”

In order for Ball Charter to return to in-person learning, three out of four school metrics set by the Illinois Department of Public Health must be sustained at a “minimum” risk level over the course of two weeks, according to the school’s own return plan. They are similar to the metrics the district, which served 13,411 students in 2020, decided to stray from. Metrics include the positivity rate of county residents and new youth cases. As of Jan. 19, zero out of the past 14 days were “successful” – the last being Christmas. Williams said vaccination rates could end up playing a role in the decision of when to return. She said she hopes the hybrid option will be offered this school year.

Miller said his daughters have become more tech-savvy over the course of the past year. While there are challenges, there have been successes too. “I’ve seen my first-grader grow by leaps and bounds with her reading skills.” And his third-grader is learning multiplication. Miller said he knows remote learning doesn’t compare to being at school in-person. “But when you’re in the midst of a pandemic, and you’re trying to keep people alive, I think it’s a pretty good alternative.” □



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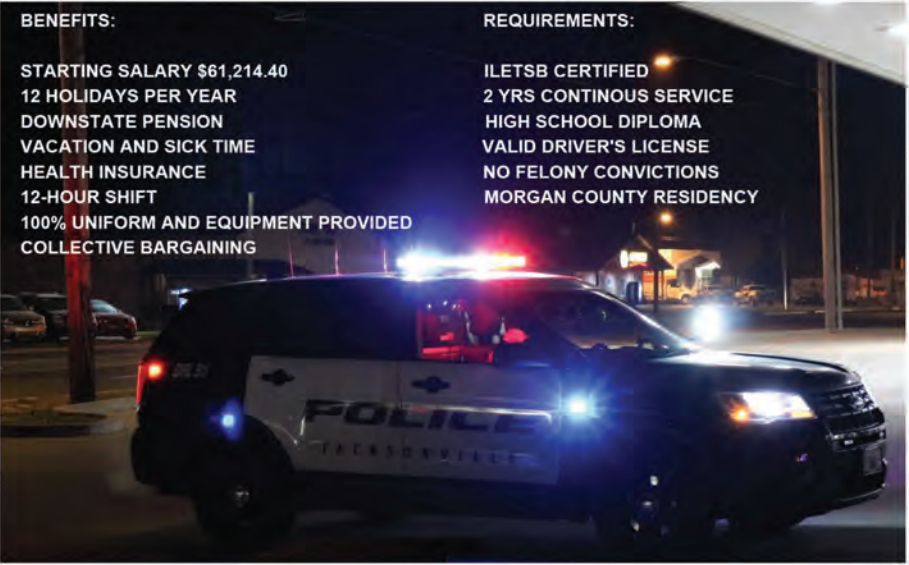
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HEALTH

Small changes, big results

HEALTH | Lana Shovlin

Years before having a family of my own, I had a conversation with my brother-in-law in which he admitted that his favorite time of day was in the morning, before his children had woken up. Not understanding how exhausting parenting can be, I was shocked by his admission and judged him harshly. I pegged him as a “bad” father who didn’t appreciate how amazing children are and I imagined my future parenting mornings filled with sunlight, making homemade pancakes and lots of cuddles from little people whom I loved more than words.

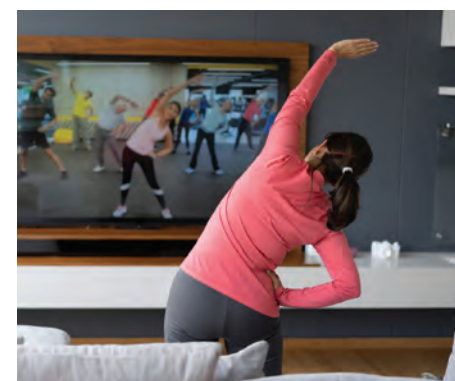
Now, having been a parent for over 10 years, I understand exactly what my brother-in-law was saying. Parenting is wonderful, but it’s nonstop work, and sometimes I need a break from the minutiae of it all. Much like my brother-in-law, I’ve found that the only moments I have alone are early in the morning, when no one else is awake. During that time, I love tip toeing downstairs, pouring myself a hot cup of coffee and scrolling through Instagram.

For months, this has been my go-to morning routine and I’ve relished every single indulgent, brainless moment of it. I love that golden hour when no one needs anything from me and I’m able to zone out, laugh at silly memes and compare my insides to other people’s outsides.

Recently, though, I noticed that even after an hour of alone time, I wasn’t feeling recharged and ready to tackle a new day. Instead, I found myself feeling resentful when I heard my family waking up and shuffling around upstairs. Those sleepy sounds signaled that I was seconds away from being back on mom duty, and I still had a lot of things that I wanted to accomplish before the day began. Plus, after seeing all of the amazing things other people were doing on social media, I couldn’t shake the nagging feeling of never being quite good enough. That frustration, coupled with a great article I recently read about how our daily routines have the power to change our lives, made me seriously question how I’ve been spending my free time.

Being on social media for an hour each morning did not mean that I was in some kind of habitual crisis, but I knew that using that time more productively would help me to feel less frazzled throughout the day. Plus, studies show that spending too much time on social media can have a negative impact on our mental health, so I wondered if limiting my time on Instagram might actually make me feel happier.

Making even the smallest adjustments to our routines can seem difficult, so the



first thing I did was come up with a plan for how I wanted my mornings to look. I tried to be realistic about the changes I wanted to make and decided that the best way for me to accomplish my goals was to divide my free time into two blocks. My hope was that I could use each block of time as a way to make my mornings more efficient, which, in turn, would make my entire day run more smoothly.

Now, instead of staring at my phone while I wait for the coffee to brew, the first thing I do in the morning is some light stretching. Standing in my kitchen, I spend my first block of time taking some deep breaths, doing some sun salutations and touching my toes a few times. I hate exercising first thing in the morning, so trust me when I say that these small movements are nothing fancy, but I’ve been amazed at how they’ve helped me feel so much more energized and ready to face the day.

My second block of time is devoted to making lists. As it turns out, the extremely simple act of jotting things down on a piece of paper has been a great motivational tool for me. In the past, I’ve often felt overwhelmed by all my daily tasks and excelled in procrastination, but being able to physically see my daily goals has made me feel much more grounded. Plus, there is no better feeling than striking through items on a to-do list.

I’ve been practicing my new morning routine for a few weeks now, and I’m amazed at how much more productive and relaxed I feel. No longer does it seem like my free time has been wasted, and when I hear my family waking up in the morning, I’m excited to see their sweet faces. By putting forth a little effort, I’ve been able to make a few positive changes to my life, and that’s worth taking a break from Instagram. □

Lana Shovlin is a Springfield mother of three who loves her family as well as the occasional times without them.

Evaluate your financial health

FINANCE | Holly Whisler

Typically, people make resolutions at the dawn of each new year to improve their health and physical fitness. Now that a global pandemic has caused many businesses to close their doors and cost more than a million Illinoisans their jobs, the list of resolutions for 2021 may include improving one's financial health. Even those who still have a job may have had their hours reduced or work in an industry that is less than stable right now.

This is the time to educate yourself and take control of your financial health. Nic Gordon, a financial planner with Robert Gordon & Associates, Inc., 1201 Veterans Parkway, said, "If financial planning doesn't get you excited, recognize that you don't have to be the expert, and develop a relationship with a qualified financial planner."

Understanding your wealth potential is vital. "The topic of financial health is not going to get less important – life keeps changing, and these changes always affect the financial aspect of life," said Gordon.

He noted, "Most people are not taking advantage of things that are right in front of them. The days of relying on company pensions are over. More companies are offering quality retirement plans, but you have to remember to revisit them and adjust your contributions."

What does financial health look like? That answer varies from person to person but includes having some money in the bank and little or no debt, along with the ability to meet life's basic needs while being able to realize some wants. Overall, good financial health lends itself to the feeling of having less worries and stress, which makes for a more enjoyable life.

Strong financial health is realized when there is a steady and adequate flow of income, predictable expenses, strong returns on investments and a cash balance that is growing. These factors allow a person to exercise more control and plan for the anticipated basic expenses of a monthly budget, along with life's unanticipated events.

Gordon said, "It took a global pandemic to get some people to realize the importance of an emergency fund," which he describes as "a boring savings account that's there when you need it."

As Gordon assists clients in taking inventory of their financial health this year, he is emphasizing having an emergency fund that will sustain you and your family should income decline, educating yourself about wealth and developing a relationship with a financial planner.

Gordon recommends a minimum emergency fund with enough savings to cover three to six months of basic living expenses, which does not include "fun money." A household sustained by one income should increase the emergency fund to cover six to 12 months of basic expenses. "After you've planned for the worst, this is when your money should be working for you," Gordon said.

Research has shown that when an individual has greater control over their finances that, this has positively impacts their physical health, mental health and emotional well-being. On the other hand, economic hardship has detrimental effects on a person's overall health.

Joel Gustafson, owner and investment adviser at Hilltop Securities, 3040 Spring Mill Dr., views financial health as an investment plan or strategy that is reviewed and rebalanced periodically, making sure that it is proper for each client's risk-return profile. Gustafson suggests, "Think of your investment health checkup like you would your yearly physical checkup."

When talking with clients about their financial health for 2021, Gustafson emphasizes two priorities: having an investment plan and not letting emotions dictate financial decisions.

Financial planning is tailored to each client's risk-return profile. Gustafson explained, "Someone who is 30 should take on more risk than someone who is 60." Regardless of what plans you make, life happens, so it's also important to periodically review your risk-return profile.

Secondly, Gustafson encourages clients to keep emotions out of their financial decisions as much as possible, such as opinions from the media, family and others. Gustafson said, "The emotions that usually dictate how you invest are fear and greed, and those two never make a good combination."

Gordon also draws a parallel to physical health, saying, "The best investments you can make are in your physical wellness and your wealth."

He says a good financial planner follows up with clients and reminds them to take action to make their goals happen. "I'm kind of like a personal trainer who keeps reminding you of your physical wellness goals." □

Holly Whisler is a freelance writer from Springfield who enjoys learning how to make her money work for her.



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Staying active during COVID

Improve your physical and mental health

HEALTH | Molly Crow Gorup

In December, Pfizer/BioNTech and Moderna rolled out COVID-19 vaccines that many hope will return us to a normal way of life. What they won't do is address the other physical and emotional symptoms people have been dealing with in the wake of the pandemic.

Some have suffered the worst loss imaginable: the death of a loved one. But there are other sources of mourning, like the loss of our sense of community. Family gatherings have been virtual. We've lost out on the simple comforts of hugs and handshakes. Businesses have closed, jobs have been lost. Parents and teachers have struggled to fill the gaps in children's education.

Sandra Eades, a licensed clinical professional counselor with more than 20 years of experience, says, "It's important we allow ourselves to feel this grief and loss," but adds there's a danger of it becoming overwhelming. "We have a tendency to focus too much on the big picture that we don't have any power over. People need to focus on what they can change in the moment to empower themselves."

Setting small physical goals to take care of your health can have a major impact on your emotional well-being. Eades recommends getting at least 15 minutes of physical activity five days a week. She also says people need to get outside and be in the sun when they can.

"Sometimes I will have my patients see their general practitioner to check their vitamin D levels if they say they are feeling sluggish and low. The sun is a great way to soak up vitamin D," Eades says.

Leah Boente, a physical therapist and co-owner at Physiotherapy Professionals, says she thinks her patients experience more pain when their emotional health is suffering. She says the most important thing is to keep moving. However, another physical therapist and co-owner, Kristen Transue, warns that you don't want to push yourself beyond your limits. "We've seen several new patients this year who injured themselves trying new workout routines at home they were unfamiliar with," Transue says.

Boente and Transue both stressed how important keeping their facility clean has been in making patients feel comfortable about coming to appointments. That said, even with sanitation precautions in place, virtual visits have become part of a new normal – one both therapists think will be around even when the pandemic is behind us. Many clients have sought out online personal trainers and online group classes because, while gyms are now



Chad Marschik, owner of Body Symmetry, conducts a personal training session with Keith and Lisa Wichterman.

open at limited capacity, group classes like yoga are still not allowed under the current mitigation guidelines. This has left some businesses relying solely on income from virtual classes.

Ahh Yoga owner Betsy Link says she has been working hard to continue to give her clients the same sense of community online they would find in the studio. "A few yogis who moved away or just visited our studio while visiting Springfield have started attending our online classes," Link says. "These people have been an unexpected gift during this pandemic."

"It's difficult right now. People are losing income and usually the stuff like yoga classes, massages, personal trainers and gym memberships are the first to get cut from the budget. Now is when people need those things the most," Link said. With that in mind, she started offering one free yoga class a week and has made all the children's yoga classes free.

Yoga practitioner Kelly Hurwitz is a stay-at-home mother of three. She is dedicated to her practice and has continued taking five or six classes a week through the pandemic. "I'm not sure I would have coped as well without that community to lean into," Hurwitz says, adding the online classes have been an unexpected source of fun for the whole family.

"It's kind of like monkey see – monkey do," she explains. "It makes me hopeful that these healthy lifestyle practices are something my kids will carry with them throughout their lives."

"People like being connected, even if it is for an hour once a week," Body Symmetry owner Chad Marschik says. He adds the link between physical and mental health are undeniable. "Physical activity releases endorphins. This has been proven to be a positive physiological response in terms of mental health." □

Molly is a Licensed Massage Therapist at Pure Synergy Massage in Springfield and previously worked as a TV news producer for 10 years.

If you feel like you need extra help navigating your feelings, Memorial Behavioral Health has an emotional support hotline 217-588-5509 you can call even if you're not an MBH patient. The Illinois Department of Public Health is available 24 hours a day at 800-889-3931. And if you or a loved one are having thoughts of suicide, please call the National Suicide Prevention has an emotional support hotline at 800-273-8255.

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HEALTH

Bullet journaling

Use it for accountability and creativity

HEALTH | Carey Smith

It's the time of year when many people make goals to shed undesirable habits and encourage healthy behaviors, and meeting a buddy at the gym or a meditation class can provide accountability. However, a pandemic restricting indoor activities and social gatherings puts a damper on this time-honored method. A bullet journal can provide another means of accountability, while also encouraging creativity, mindfulness and insight.

A bullet journal is simply a journal with items listed to help you focus on tasks as well as behaviors, actions, goals and a myriad of other possible items. It provides an accounting of what you have done, your current actions and what you hope to do in the future. Many of us already use to-do lists to lay out our tasks, but these "external brains" can be cumbersome and overwhelming at times.

Ryder Carroll, the originator of the bullet journal, struggled with ADHD in college, and developed the bullet journal to keep him organized and on track. Since sharing his system publicly in 2013, the market for stationery and pens has grown substantially as bullet journaling has been adopted as a proven method for organization as well as cultivating new habits.

While any notebook will suffice to begin a bullet journal, proponents often choose a notebook with grids of light-colored dots, which allow the user to draw their own lines, graphs, grids and possibly other artwork. Carroll advises beginning with an index and then page spreads that contain yearly tasks listed by specific months, as well as a monthly task list and a daily task list. Each individual task is listed with a bullet point and crossed off when finished. Tasks include things like scheduling a haircut or oil change, calling a friend, purchasing a gift or returning an item to a store.

At the end of the month, Carroll takes a look at what he hasn't accomplished and asks himself the very important question: Is this still worth my time? If so, add the item to the next month's list in a process called "migrating." If not, cross it off. This, he says, is the difference between being productive and being busy.

Collections are another important grouping of a bullet journal. This allows us to aggregate random ideas into one place. Some examples of collections are vacation ideas, house repair tasks, our "someday" bucket list, books we'd like to read, new words that we learn, recipes we enjoyed making and eating, what we love about ourselves, self-care ideas and so on.

Gathering ideas in one place allows us to



focus on what is important to us, as well as to prioritize tasks within these lists. Sure, we may not have time to read all the books on our list, but we can choose one to begin.

This method of upscaling a to-do list is an introduction to bullet journals, but some have further expanded their bullet journals to cultivate desirable habits, which is a common theme this time of year. How much water would we ideally drink in a day? How long do we wish to meditate on a daily or weekly basis? What are we grateful for? Are we eating enough or too much? Are we active in our daily lives?

Creating a monthly system to keep track of habits or to organize desires and thoughts is perfect for a bullet journal. Doing so in an artistic way by incorporating drawing, collage or painting helps express our creativity, which many people find calming and relaxing. It can also be a joy to look through an artistically created and personalized bullet journal.

Besides keeping ourselves organized and productive, a bullet journal provides a means to observe our behavior over a period of time. What tasks do we tend to ignore? Those that require executive function? Or provide self-care? How does staying up late affect our mood the next day? Do we tend to get grumpy when we ignore self-care or eat poorly? Does our mood improve when we are active?

Insights we may have overlooked become apparent because we are keeping track. This is a big component of mindfulness. Making choices because we are actively choosing often results in a different outcome than when our choices happen because we are too tired or not paying attention to actively choose what we desire. It is the difference between being a passenger in this conveyance of life or in the driver's seat. □

Carey Smith learned about bullet journals from her artistic daughter.

Managing mental health during a pandemic

HEALTH | Meredith Howard

With restrictions brought on by COVID-19, many people are working from home and unable to gather in-person with friends and family. This isolation can lead to mental health issues as people struggle to create new routines in the absence of normal human interactions.

Brenda Protz, a Lincoln Land Community College communications professor, took a medical leave due to mental health around the middle of the fall semester last year after switching to teaching online. Protz chose to move her classes online out of caution due to the pandemic.

“I wanted to be in class in-person, but given the situation, it didn’t seem safe to. It was really hard for me mentally to think that I had the lives of all of these other people in my hands when I’m still grieving the loss of my own daughter that I couldn’t save,” Protz said.

Protz said she was already struggling with her mental health prior to teaching online as she lost her daughter, Jenna Protz, her daughter’s best friend and her in-laws in a car accident in November 2019.

“The grieving process by itself was bad enough, but when you attach the grieving process added in with COVID, it is a terrible mixture,” Protz said. A month into her mental health leave, Protz’s father died of COVID-19.

“Coronavirus has absolutely just wreaked havoc in so many people’s lives, and at least from my perspective, when you add that on top of any pre-existing conditions of depression and anxiety that people may already have, it’s not a good combination,” Protz said. She emphasized the importance of reaching out for help. “I think that people need to have that outlet, and whether it’s a therapist in conjunction with medication in dealing with some of this, I think that people need to understand that it’s OK to get the help that you need,” Protz said.

Another important tactic to keep in mind when coping with difficult life events is ensuring you are staying in touch with close friends who can provide you with support, Protz said. “I’m very fortunate that I have lots of friends and people that have been a part of my close-knit circle since Nov. 16, 2019, but I know that not everybody has that. I can’t imagine how tough that would be.”

Another struggle COVID-19 has caused is that many children are unable to attend school in-person, requiring a parent to take over their education. Chatham resident Kasey Schwartz runs a food and family lifestyle blog called All Things Mamma and was working from home prior to COVID-19, but she still faced challenges when her children’s schooling moved



online.

Schwartz said she was originally given a choice about whether her kids would go in-person or online, but she chose online because she expected schools to periodically shut down.

“The kids were just bored to death. My youngest, she started to really not like school anymore, and she loves school. All of my kids are great students, they all enjoy going,” said Schwartz. She said her eight-year-old daughter, Sydney, seemed particularly unhappy and it was a struggle to get her to participate. “She hated just sitting there alone in a room, trying to be on Zoom, which half of the time didn’t work. The teacher was extremely unorganized and the systems that they were using, it was just a disaster.”

Schwartz then contacted her children’s school about how the online schooling was affecting her daughter’s mental health. Two of her children ended up going back to half-day in-person school, but her oldest was unable to because the high school was completely online.

Schwartz said one of her strategies to manage her children’s education while she worked from home was to try to keep a schedule, while being flexible and realizing it will change. “(One minute) I am really positive and doing OK, and then I’m not. So I feel like it depends on what’s going on in the news and what you’re seeing more of, and I feel like it’s just kind of a roller coaster,” Schwartz said.

Whether the struggle is the loss of a loved one due to COVID-19, schooling children from home while trying to work or any other mental health concern, help is available. Memorial Health System is offering the Memorial Emotional Support Line to everyone, even those who are not current patients. By calling 217-588-5509 from 8 a.m.-8 p.m. Monday through Friday, people can have access to a listening ear and share their concerns in confidence.


The health care professional will provide problem-solving assistance, coping skills and validation of what the caller is thinking and feeling. Amber Olson, a licensed clinical social worker and director of behavioral health therapy, said clinicians help interested callers access ongoing therapy services in addition to follow-up calls.

“We also offer a call-back the next day, so some individuals take advantage of that,” Olson said. She noted that self-care can include things such as taking baths, eating nutritious food and connecting with friends. “Reaching out to gain some emotional support is also an effective way of obtaining or following through with self-care,” Olson said. □

Meredith Howard is a senior journalism major at Baylor University. She is from Springfield and previously interned with Springfield Business Journal.

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HISTORY

BICENTENNIAL

Sangamon County beginnings

How a volcano in Indonesia brought settlers here 200 years ago

HISTORY | David Brady

Sangamon County's humble beginnings seem so distant as we approach the bicentennial of the founding of the county, Jan. 30, 2021. Our founders owed their survival largely to the fertile soils created by glaciation, primarily during the Illinoian Period of 191,000 to 130,000 years ago. Native Americans introduced early settlers to corn and several varieties of squash, which became dietary essentials. And the utilization of corn in distillation of alcohol became one of the most traded items and facilitated economic exchanges when other forms of currency were scarce. Honey from wild bee populations substituted for cane sugars and was commonly traded. The Sangamon River and its tributaries, prairie grasses and stands of timber greeted new arrivals. Timber margins extended up to a mile wide along creeks and rivers. Prairie grasses stood nine feet tall at the end of the growing season.

Most of those traveling to the Sangamon country came from the south, entering near Divernon. This access to central Illinois was by an old, well-traveled road known as the Edwards Trace. The portion of the route from Edwardsville to central Illinois was named after Ninian Edwards, the territorial governor. During the War of 1812, Edwards led troops north, passing Clear Lake east of Springfield, to attack the village of Black Partridge at the north end of Lake Pimitoui on the Illinois River, near Peoria. This route has a historic record of use from the 1700s into the 1800s and even may have been used in prehistoric times, based on artifacts found within its corridor. The Edwards Trace was a segment of a much larger north-south route paralleling the Mississippi and Illinois River valleys.

Global events influenced the founding of Sangamon County. In 1815 on the Sanggar peninsula of Sumbawa, Indonesia, the volcano Tambora erupted, causing a global catastrophe. Thus began a series of cascading but seemingly disconnected events. Sulfurous gasses and volcanic ash engulfed the atmosphere, blocking out huge portions of the sunlight, cooling the earth and creating the last historic famine of the western world. The year 1816 became known as the "year without a summer," a year where every month observed a killing frost along the Atlantic seaboard and Europe remained cold and wet. Grain prices rose around the



The Tambora volcano in Indonesia erupted in 1815, causing global climate change and economic disruption, which by 1819 had led new settlers to the Sangamon country.

world and Midwest farmers sold all their surplus grain. Lack of feed for livestock pushed Robert Pulliam and others into the Sangamon country, where cattle were fed prairie grass through the winter of 1817.

With high grain prices came purchasing power for the farmer. Thousands borrowed to purchase more land to create larger farms to raise more crops. This worked well until the climate returned to normal in late 1818-1819, when the world food supply stabilized. Notes came due at the banks and land office and low corn prices could not pay the notes. This bust created our

first national depression, called the "Panic of 1819." Farmers fled the southern states where there were debtors' prisons. Many came to live on the un-surveyed Kickapoo lands of central Illinois. For most of Illinois history, settlement had been one of natural progression, one farm to another. During this depression there was a leap of 75 miles north beyond government-surveyed lands. Many families came to Sangamon country.

Most Native Americans left central Illinois after the War of 1812, but small clusters remained in the Sangamon country. The federal government allowed them to hunt

and fish but not grow crops. This was until the public purchased lands, beginning in 1823. The interactions between Native Americans and settlers were generally peaceful. Trading of goods, food, children playing and game hunting were shared between the two communities.

Josiah Meigs, head of government lands, saw the squatters as bad. To him all who did not apply to purchase land were to be arrested, according to an article published in the *Edwardsville Spectator*. A stinging reply was published in the *Spectator* to his harsh words by a citizen of the Sangamon country. "Now at the moment when every sympathy of the heart should be enlisted in favor of the poor men least who is unable to purchase – when crying families drives to the public domains the only refuge from starvation – he (Josiah Meigs) comes out with orders to have suits brought to recover damages for the waste committed, and also, to have penniless settler driven from his cabin."

At the county's inception, the buffalo and elk had essentially been extirpated, but deer and small game were plentiful. With time the diminution of wildlife caused reliance on domestic livestock, or forced continued migrations to new territories.

The land we know as Sangamon County was initially governed as a portion of Madison County, with the county seat in Edwardsville.

For further reading

David M. Brady, "The panic of 1819 : Its cause and effects in Illinois history." This was a program presented to the Sangamon County Historical Society Oct. 17, 2006.

Gillen D'Arcy Wood, *Tambora – The Eruption That Changed the World*, Princeton University Press, 2014

All services were provided by the county, such as sheriff, justice of the peace, marriage licenses, courts and taxes. Sheriff Whiteside of Edwardsville was known to have come to this area to collect taxes, and finding no money in the settlers' possession, gathered all the animal skins being stretched and dried on cabin walls as a form of payment. The amount was said to be several packhorse loads.

By 1819 enough people had settled in the Sangamon region to petition Madison County for a maintained road from Edwardsville to Clear Lake, east of Springfield. Jacob Judy, a surveyor, with the help of local citizens, flagged the Edwards Trace with marker posts

set one mile apart, and road commissioners were elected locally to maintain the road. By 1819, the quality of the road was noted by Ferdinand Ernst, a German traveler, as being a "fine well-traveled road." By the election of 1820 population expansion caused two political townships to be formed – Springfield and Forked Prairie. On Jan. 21, 1821, an act proposed by Representative Nathaniel Buckmaster, the state of Illinois created Sangamon County.

At its birth the county was much larger than today. It originally covered all of Sangamon, Menard, Logan, Tazewell, Cass, Mason, Scott and parts of Christian,

Woodford, Marshall, McLean and Putnam counties. The first act performed by government in the county was to mark the location of the temporary county seat. This act was carried out by Zachariah Peters and William Drennan by placing a stake near John Kelly's field, at what became the corner of Second and Jefferson streets in Springfield, where a monument now stands.

This site, chosen for public utility, became the site of our first courthouse and the center of the community. Most county sites were chosen to be centrally located so no one would have to travel more than a day to do county business. Sangamon County in its infancy was much larger than today but with the rapid filling, it was to be divided into many other counties. Sangamon County with its current boundaries is the result of its last division in 1839. □

David Brady grew up in Divernon, where he worked many jobs that built relationships with its senior citizens. They enjoyed telling tales of Divernon's glory days as a coal mine community. This was the spark that helped stir David's interest in history. He also worked at Prairie Archives for 12 years, which put him in touch with historians and writers. This encouraged him to research and write Illinois history. He is retired and lives in Springfield.

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FOOD

Comfort food that's good for you

FOOD | Ashley Meyer

In times of high anxiety my strong inclination is to retreat to the kitchen and turn on the stove. The practiced movements of my hands kneading dough or mincing onions helps me to process all the messy information floating around in my brain. As a bonus there's usually something yummy produced as a result. It's generally a delightful coping mechanism, albeit a messy and often a rather caloric one.

The chaos of the past year had me whipping up midweek chocolate cakes, big pans of baked ziti and batches of cookies in the middle of the night. Cooking in this way helped keep me sane and gave me a way to connect with others, but it didn't do my body any favors. Now, in the darkest days of winter, I'm craving stick-to-your-ribs comfort food more than ever, but in a way that loves me back. These veggie-focused recipes are perfect for cold, snowy weather and can all be made several days in advance or even frozen.

Weeknight Ragù with Spaghetti Squash

1 spaghetti squash
1 tablespoon olive oil
1 pound ground beef, pork or turkey
1 teaspoon salt, divided
1-2 teaspoons salt-free Italian seasoning
8 ounces mushrooms, sliced
2 onions, minced
2 green peppers, diced
2-4 cloves garlic, minced
1 jar pasta sauce (Look for a brand that doesn't have lots of added sugar. I like Aldi's Simply Nature Organic Marinara.)

Preheat the oven to 400 degrees. Split the spaghetti squash in half with a heavy knife. (You can soften it slightly before cutting by piercing the squash all over, then microwaving for one minute.) Scoop out the seeds and brush with olive oil. Sprinkle with salt and pepper and place cut side down on a baking sheet. Bake for 30 minutes, or until the squash can be easily pierced with a knife.

While the squash is roasting, brown the meat with a sprinkle of salt over high heat in a nonreactive skillet with deep sides. Add the mushrooms and another pinch of salt and cook until they release their juices and begin to brown. Then add the peppers, onions, garlic, herbs and another sprinkle of salt. Continue to cook until the vegetables begin to soften and brown, then add the tomato sauce and ½ cup water. (Rinse the jar out with the water.) Simmer for 15 minutes. When ready to serve use a fork to pull out the strands of spaghetti squash. Top with ragù and grated cheese if desired.



French Onion Braised Chicken

French Onion Braised Chicken

1 tsp butter or olive oil
8 skinless chicken thighs (chicken legs, pork chops and even tofu work also)
3 or 4 onions, peeled and sliced thin
2 apples, peeled and sliced thin
2 cups unsalted broth or water or wine, divided
2 tablespoons Dijon mustard
2 cloves garlic, minced
2 teaspoons minced fresh rosemary or thyme (use ½ tsp if dried)
Salt and pepper to taste

Heat a Dutch oven over high heat (or any wide pan with deep sides and a lid that can go in the oven). Add the olive oil and sear the meat on both sides then put on a plate and set aside. Add the onions and apple and cook over high heat for about 2 minutes until they begin to soften and brown, then add ½ cup water or broth to deglaze the pan, scraping and stirring up all the delicious brown bits from the bottom of the pan. Reduce the heat to medium low and continue to cook for about 30 minutes, stirring occasionally, until golden brown. Mix in the mustard, minced garlic, herbs and remaining broth or water and bring to a simmer. Season to taste with salt and pepper then add in the chicken and any accumulated juices.

Place the lid on the Dutch oven and bake in a preheated 350-degree oven until meat is fork tender, about 45 minutes (larger cuts of meat such as roasts will take longer). This method also works well in both a crock pot (increase cooking time) or pressure cooker (reduce the amount of broth/water added and adjust time accordingly). Top with chopped

parsley and serve over mashed cauliflower (boil cauliflower florets in salted water until tender, drain and mash with butter or olive oil).

Brown Butter Baked Apples

A nutrient- and fiber-rich treat with no added sweetener that's fun to make with kids, these apples keep for a week in the fridge and reheat beautifully.

4 tablespoons butter or coconut oil
6 firm apples, such as Granny Smith or Pink Lady
½ cup chopped dried fruit such as raisins, cranberries, apricots and/or dates
½ cup toasted chopped nuts
½ teaspoon cinnamon
½ cup apple juice or water
A pinch of salt

Brown the butter in a small saucepan, then set aside to cool (skip this step if using coconut oil). For instructions on browning butter, check out <https://tinyurl.com/y5ye7bn7>.

While the butter is cooling, peel the apples if desired and core them. Combine the cooled brown butter or coconut oil, dried fruit, nuts, cinnamon and salt and mix thoroughly. Stuff the cored apples with the fruit/nut mixture and place them in a greased baking dish. Add the water or juice to the pan and cover lightly with foil and bake in a preheated 350-degree oven for one hour, or until the apples are fork tender. Serve warm with yogurt or coconut cream. □

Ashley Meyer is a cook and writer living in Springfield with her husband and two children, and is eagerly awaiting the advent of spring garden season.

Preview by review

NOW PLAYING | Tom Irwin

As a few larger venues are able to open up as we experience an orderly lessening of the pandemic protocols around the state, a return to a music scene as we know it is in our foreseeable future. While we're waiting, how about checking out what we were doing a few years ago at this point in January? Kinda like making a Way-Back Machine move, for you fans of Mr. Peabody, or perhaps a Billy Pilgrim "unstuck in time" moment for followers of Kurt Vonnegut or even a *Back to the Future* experience of sorts for the moviegoers among us. Buckle up and here we go.

Last year for the Jan. 16 *Now Playing* column we talked about a couple of musicians going through health issues, promoting Micky Shomidie's "VIP Rockstar Fight for Life Fundraiser" and reporting on the excellent progress of Reggie Britton in his struggle with lymphoma. The next week we mourned the loss of Billy Bacon, peppy percussionist and driving force behind the always popular, local cover band, Screamin' Vatos, a group that counted some 50 members through its ranks during a long run on the local scene under Billy's tutelage.

In mid-January of 2015, we lost guitarist, vocalist, producer, studio owner, songwriter, bandleader and all-around music man, Pat Bowe, to a motorcycle accident in Decatur. FrostFest was happening at Donnie's Homespun in the Vinegar Hill Mall and Lyman Ellerman presented a legacy show at Guitars and Cadillacs, while The Deep Hollow was in Nashville celebrating a national songwriting award by performing at the 30th anniversary of *American Songwriter* magazine. In January 2016, we covered a couple of UIS events as world-famous Iowa folk singer-songwriter Greg Brown, with his longtime cohort Bo Ramsey, played the Studio Theatre and the Sangamon Auditorium hosted a once-in-a-lifetime concert with Ricky Skaggs, Sharon White and Ry Cooder, plus the Illinois Symphony Orchestra presented Sensational Strings at the First Presbyterian Church covering those crazy classical cats, Mozart and Dvorak.

For the same week in the bars, James Armstrong hit the Alamo on Thursday, John T. Crisp, Jr. and Chahrm with Ada Lou performed at Robbie's for the Uptown Friday Night series and Always After Five hosted Lady Carole and Her Knights. The Station was at the Curve Inn on Friday and on Saturday at Casey's Pub, Hipbone Sam introduced Zack Fedor as the newest



Zack Fedor joined up with Hipbone Sam back in January of 2016.

member of his band. Are you going crazy yet just hearing about all these happenings from Januarys in the past?

In 2017 there was a show at the mysterious Radon Lounge and a BedRock 66 Live! concert at Bar None. 2018 gave us a Robert Sampson gig at Walnut Street Winery after he again reached the finals of the prestigious Blues Challenge in Memphis and Chris Camp and his Blues Ambassadors were just hitting the scene with a Saturday night show at the Lime Street Cafe.

By 2018 we had lots of ice and snow but still managed to pull off WhirlWind 2018 at the Curve to support Taylorville tornado victims and presented the first annual Ring of Fire Charities fundraiser trivia night held in honor of the late Dave Baker.

Now, snap out of your reverie and locate back into the present year of 2021 as Danenbergers begins live music again with Ray Scott on Friday and Sushi Roll Band on Saturday, plus the Curve continues on with JackAsh on Friday and Hat Trick on Saturday. And to top it off, Isaiah Christian lands in The Boars Nest in Athens on Saturday.

Please be safe as the past repeats itself and our music scene gets going again. □

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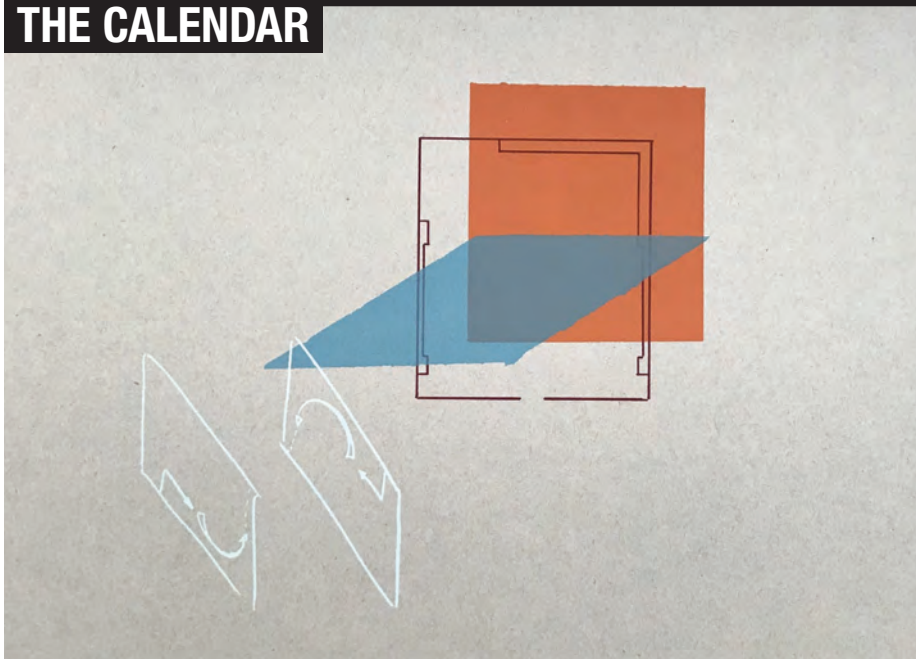
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THE CALENDAR



“Duet”

Through Thu., Feb. 25
Mon.-Wed., 12-5 p.m.
University of Illinois
Springfield
Visual Arts Gallery
Health and Sciences
Building 201
217-206-6506

ART | Movement and figure translated

it “Duet” presents a new installation of video, print and sculptural works by Shir Ende and Max Guy. Ende is a Chicago-based artist and educator. She has screened videos at Nightingale, Comfort Station and Roman Susan, participated in the Center Program at the Hyde Park Art Center and was a 2018-2019 Hatch Resident at the Chicago Artist Coalition. Guy is a multidisciplinary artist who works with paper, video, performance, assemblage and installation. He uses appropriated material and deskilled working methods as a fast, ergonomic way of reflecting the world and filtering it through personal effects. The two have worked collaboratively and individually to consider the ways movement and figure are translated across media and dimensions. In their first exhibition together, “Duet” stages a dance between the pair and their work. Although there is no public reception for this exhibition, a virtual artist talk is scheduled for Thursday, Feb. 11. Visit uis.edu/visualarts/gallery or call for more information.

THE CALENDAR

Send us your events! Deadline: 5pm Fri.
Submit online at: www.illinoistimes.com.
Email: calendar@illinoistimes.com
Dates, times and locations are subject to last-minute changes, so we suggest calling before attending events.

■ Books & Authors

The Little Village That Could
Tue., Jan. 26, 7pm. Ken Mitchell will discuss his book on Devereux Heights and his new title, *Eight Tomatoes: Letters from the Heart That Heal, Fulfill & Forgive*. Part of the Lincoln Library Behind the Book series. Via Zoom. Visit the website for more information. lincolnlibrary.info. 217-753-4900.

■ Art & Architecture

Book arts
Wednesdays, 6-9pm. Learn to

make simple journal structures. Ages 16+. Supplies provided by SAA. \$25-\$35. Springfield Art Association, 700 N. Fourth St., 217-523-2631.

“Duet”

Jan. 21-Feb. 25. Video, print and sculptural works by Shir Ende and Max Guy. The two have worked collaboratively and individually to consider the ways movement and figure are translated across media and dimensions. UIS Visual Arts Gallery, HSB 201, One University Plaza, 217-206-6506.

■ Live Music

JackAsh
Fri., Jan. 22, 6:30-9:30pm
Curve Inn

Tom Irwin's Friday Frolic
Fri., Jan. 22, 8:37-10:53pm
Facebook with Tom Irwin

Ray Scott

Fri., Jan. 22, 7pm
Danenberger Family Vineyards,
New Berlin

Isaiah Christian
Sat., Jan. 23, 7:30-10:30pm
Boar's Nest, Athens

Hat Trick
Sat., Jan. 23, 6-10pm
Curve Inn

Sushi Roll Band
Sat., Jan. 23, 6pm
Danenberger Family Vineyards,
New Berlin

Livestream with Tom and Geoff
Sat., Jan. 23, 7-8pm
Facebook with Thomas J. Beverly

Tom's Turtle Tank Tuesdays
Tue., Jan. 26, 8:30pm
Facebook with Tom Irwin

■ History

A Conversation with Frederick

Douglass

Wed., Jan. 27, 7pm. Frederick Douglass, portrayed by Bob Davis, will discuss advocating for the creation of the U.S. Colored Troops to fight in the Civil War for the abolishment of slavery. Watch on the Looking for Lincoln Facebook page or YouTube channel. lookingforlincoln.org. 217-782-6817.

A Life Worth Remembering

Tue., Jan. 26, 7pm. The monumental life and legacy of Abraham Lincoln. David Wieggers will discuss his 15-year odyssey to find Lincoln statues, document the stories behind them and also discuss how the image of Lincoln has evolved over the past 155 years. Via Zoom. alplm.org. 217-557-6250.

■ Faith & Philosophy

Guided healing meditation
Tuesdays, 5:30-6:30pm.
A spiritual adventure using visualization and energy tools for healing. Email office@unityofspringfieldil.org for information. Love offering. 217-523-5897.

■ Children's Corner

Little Lincoln's Fireside Tales: Feelings
Tue., Jan. 26, 10-11am.
Education staff will lead this virtual interactive story time. At-home arts and crafts activities will be provided at the conclusion of the event. Hosted by the Abraham Lincoln Presidential Library. presidentlincoln.illinois.gov. Free. 217-558-8844.

■ Lectures & Meetings

Springfield Sangamon Growth Alliance Annual Meeting

Wed., Jan. 27, 8-9am. Open to the public. Past year in review, election of 2021 board and a look forward at plans for the upcoming year. Register for the Zoom link. thriveinspi.org. 217-679-3500.

Virtual Friends of Genealogy Chat

Sat., Jan. 23, 2-3pm. Alanna Sablotny, Local History and Genealogy Reference librarian, will discuss Ancestry Library Edition tips, genealogy news and ways to break down the brick walls in your research. Ages 13+. Registration required. chathamlib.org. Free. 217-483-2713.

■ Bulletin Board

it DSI & Chill

Thu., Jan. 21, 6:30-8pm.
DSI's major annual fundraiser. Purchase tickets online, then pick up some dinner from a downtown restaurant to enjoy from your home during the virtual ceremony. A well-deserved spotlight on the businesses that showed us what they're made of in 2020. downtownspringfield.org. \$25-\$50. 217-544-1723.

How to spot fake news

Third Thursday of every month, 2-3pm. Feeling overwhelmed by the minefield of information in Facebook? Learn about the different types of fake news, how to tell the difference between what's true and what's fake, and tips for evaluating sources. Via Zoom. lincolnlibrary.info. 217-753-4900.

Virtual Policy Breakfast

Fri., Jan. 22, 8am. Looking at 2020, with Jim Leach, Bruce Rushton and Bernie Schoenberg. Live on Comcast Cable TV Channel 18, the City of Springfield's website and the Citizens Club of Springfield Facebook page.

it Wreath clean up

Thu., Jan. 21, 8:30am.
We all appreciate the sacrifices that they made. Now volunteers are needed to help remove the holiday wreaths from their headstones. Camp Butler National Cemetery, 5063 Camp Butler Road, 217-492-4070.

■ Health

Effective Communication Strategies

Wed., Jan. 27, 3-4pm. As people with Alzheimer's disease and other dementias progress in their journey, the ability to use words is lost. Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect at each stage of the disease. alz.org. Free. Registration required online or by phone. 1-800-272-3900.

■ Sports & Fitness

Let's Get Fit

Mondays, Wednesdays, Fridays, 9-10am. Online exercise classes for individuals 50+ hosted by Senior Services of Central Illinois. Via Zoom. Contact Justin Yuroff at 217-528-4035 for more information and to register for the Zoom link.

Friends of Sangamon Valley workday

Sat., Jan 23,
10 a.m.-12 p.m.
Walden West, Manito
217-525-1410

NATURE | Stewardship

it Ready for some fresh air and exercise to help shake off those midwinter blues? Like the idea of practicing some stewardship at the same time? Friends of Sangamon Valley, a charitable membership organization dedicated to the preservation of our natural heritage by acquiring, restoring and protecting ecologically significant lands in the Sangamon River watershed, is hosting a series of workdays to do the dirty work of maintaining local natural areas entrusted to its care. Rest assured, if your familiarity with the great outdoors is a little limited, experienced Friends volunteers are always willing to share their knowledge and experience with people new to stewardship activities. This weekend the volunteer crew is headed to Walden West near Manito. Call Friends executive director Vernon LaGesse to make the required reservations and to get information about the point of department and travel time. Boots and gloves are highly recommended for the work at hand and masks are an absolute necessity for participation.

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PUBLIC NOTICES

IN THE CIRCUIT COURT
OF THE SEVENTH JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
In the matter of the estate of:
Margaret A. Parker, Deceased
Case No. 2020-P-334
Claim Notice
Notice is given of the death of Margaret
A. Parker. Letters Testamentary were
issued to Rosemary Johnson, 18 Lambert
Lane, Springfield IL 62704, as Executor.
Claims against the Estate may be filed
in the Office of the Circuit Court at the
Sangamon County Courthouse, 200 South
9th Street, Springfield, Illinois 62702, with
the Executor, on or before, July 14, 2021.
Any claim not filed on or before that date
is barred. Copies of the claim filed with
the clerk must be mailed or delivered to
the Executor within 10 days after it has
been filed.
Paul Palazzolo
Clerk of the Circuit Court

IN THE CIRCUIT COURT
OF THE SEVENTH JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
In the matter of the estate of:
Steven Edward Poole, Deceased
Case No. 2020-P-481
Letters Testamentary
Notice is given of the death of Steven
Edward Poole. Letters Testamentary
were issued to Craig A. Pool as Executor,
whose attorney is David G. Waltrip. Claims
against the Estate may be filed in the Of-
fice of the Circuit Court at the Sangamon
County Courthouse, 200 South 9th Street,
Springfield, Illinois 62702, with the Execu-
tor, or with the attorney, on or before, July
21, 2021. Any claim not filed on or before
that date is barred. Copies of the claim
filed with the clerk must be mailed or
delivered to the Executor within 10 days
after it has been filed.
Paul Palazzolo
Clerk of the Circuit Court
Attorney for Estate:
Waltrip & Schmidt, LLC
8151 Clayton Rd. Suite 200
Clayton, MO. 63117

IN THE CIRCUIT COURT
OF THE SEVENTH JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
In the matter of the estate of:
John N. Goveia, Sr., Deceased
Case No. 2020-P-412
Claim Notice
The Court has appointed Teresa Stark as
Successor Administrator of the Estate
of John Goveia, Sr, deceased, who died
on the 27th day of June, 2020 and such
representative is authorized to sue for and
collect the Personal Estate of, and debts
due to Decedent, and to perform all du-
ties imposed on the representative so far
as there is property and is charged by law

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and to do all other acts now or hereafter
required by law of said representative.
Paul Palazzolo
Clerk of the Circuit Court

IN THE CIRCUIT COURT FOR THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
Estate of
JACKIE DEMMON GUIMARD, Deceased.
NO. 2021-P-7
CLAIM NOTICE
Notice is given of the death of Jackie
Demmon Guimard of Springfield, San-
gamon County, Illinois. Letters of Office
were issued on January 6, 2021, to Debby
Jean Guimard, 3047 Buena Vista Drive,
Springfield, Illinois 62707, as Independent
Administrator, whose attorney is Brittany
Kink Toigo, Barber, Segatto, Hoffee, Wilke
& Cate, LLP, P.O. Box 79, Springfield,
Illinois 62705.
Claims against the estate may be filed in
the office of the Clerk of the Circuit Court
at the Sangamon County Complex, 200
South Ninth Street, Springfield, Illinois
62701, or with the representative or both,
on or before July 13, 2021, and any claim
not filed on or before that date is barred.
Copies of a claim filed with the Clerk must
be mailed or delivered to the representa-
tive and to the attorney within 10 days
after it has been filed.
Dated this 7th day of January, 2021.
Brittany Kink Toigo - 06306334
Barber, Segatto, Hoffee, Wilke & Cate, LLP
P.O. Box 79
Springfield, IL 62705
(217) 544-4868
bk@barberlaw.com

IN THE CIRCUIT COURT FOR THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
Estate of:
JERRY D. COX, Deceased.
NO. 2020-P-682
CLAIM NOTICE
Notice is given of the death of Jerry D.
Cox of Sangamon County, Illinois. Letters
of Office were issued on December 21,
2020, to Chad A. Cox, 505 Charter Oak
Drive, Springfield, Illinois 62684, as
Executor, whose attorneys are Barber,
Segatto, Hoffee, Wilke & Cate, LLP, P.O.
Box 79, Springfield, Illinois 62705.
Claims against the estate may be filed in
the office of the Clerk of the Circuit Court
at the Sangamon County Complex, 200
South Ninth Street, Springfield, Illinois
62701, or with the representative or both,
on or before June 28, 2021, and any claim
not filed on or before that date is barred.
Copies of a claim filed with the Clerk must
be mailed or delivered to the representa-
tive and to the attorney within 10 days
after it has been filed.
Dated this 21st day of December, 2020.
Randy S. Paswater - 06283705
Barber, Segatto, Hoffee, Wilke & Cate, LLP
P.O. Box 79
Springfield, IL 62705
(217) 544-4868
paswater@barberlaw.com

IN THE CIRCUIT COURT FOR THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
Estate of:
ROSEMARY SUE HILL, Deceased.
NO. 2021-P-9
CLAIM NOTICE
Notice is given of the death of Rosemary
Sue Hill of Sangamon County, Illinois. Let-

ters of Office were issued on January 7,
2021, to Elisha Fourie, 2161 E. Reservoir
Street, Springfield, Illinois 62702, as
Executor, whose attorneys are Barber,
Segatto, Hoffee, Wilke & Cate, LLP, P.O.
Box 79, Springfield, Illinois 62705.
Claims against the estate may be filed in
the office of the Clerk of the Circuit Court
at the Sangamon County Courthouse, 200
South Ninth Street, Springfield, Illinois
62701, or with the representative or both,
on or before July 14, 2021, and any claim
not filed on or before that date is barred.
Copies of a claim filed with the Clerk must
be mailed or delivered to the representa-
tive and to the attorney within 10 days
after it has been filed.
Dated this 7th day of January, 2021.
Brittany Kink Toigo - 06306334
Barber, Segatto, Hoffee, Wilke & Cate, LLP
P.O. Box 79
Springfield, IL 62705
(217) 544-4868
bk@barberlaw.com

IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
In the Matter of the Estate of:
Sharon L. Coles, Deceased.
No. 2021-P-20
NOTICE TO HEIRS AND
NOTICE BY PUBLICATION OF CLAIM DATE
Notice is given of the death of Sharon
L. Coles, of Springfield, Illinois. Letters
Testamentary were issued on January
12, 2021, to Diane M. Klasinz, 2519 N.
Plateau Drive, Springfield, IL 62707, as
Independent Executor, whose attorney
of record is DELANO LAW OFFICES, LLC,
One Southeast Old State Capitol Plaza,
Springfield, Illinois, 62701.
Notice is given to all known and unknown
heirs of Sharon L. Coles of the entry of the
Order as set forth above and of the entry
of an Order declaring John J. Klasinz,
Karen K. Anders and Joe A. Klasinz, as the
only heirs of Sharon L. Coles.
The estate will be administered without
court supervision, unless under 28-4 of
the Probate Act, 755 ILCS 5/28-4, any
interested person terminates independent
administration at any time by mailing or
delivering a petition to terminate to the
Clerk.
Claims against the estate may be filed in
the office of the Clerk of the Circuit Court,
Sangamon County Complex, 200 S. 9th
Street, Springfield, Illinois, or with the
representative, or both, within 6 months of
the first day that this Notice is published,
and any claim not so filed within that
period is barred. Copies of a claim filed
with the Clerk must be mailed or delivered
to the representative and to the attorney
within 10 days after it has been filed.
Paul Palazzolo
Clerk of the Circuit Court
Sarah Delano Pavlik – 6269250
DELANO LAW OFFICES, LLC
Attorney for Executor
One Southeast Old State Capitol Plaza
Springfield, Illinois 62701
Telephone: 217-544-2703
Fax: 217-544-4664
sdpavlik@delanolaw.com

IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY, ILLINOIS
ESTATE OF
JOHN F. STEPHENSON, Deceased.
Case No.: 2020-P-607
NOTICE OF PUBLICATION OF CLAIMS
Notice is hereby given of the death

of JOHN F. STEPHENSON, Letters of Administration were issued. The name and address of the Administrator is Connie Krall, 301 Primrose Lane, New Berlin, Illinois, 62670. James Ackerman is counsel for the Administrator. His address is Ackerman Law Office, P.C., 2601 South Fifth Street, Springfield, Illinois 62703. Claims against the Estate may be filed in the office of the Clerk of this Court at the Sangamon County Courthouse, 200 South Ninth Street, Springfield, Illinois, 62702, or with the Administrator, or both, on or before August 8, 2021. Any claim not filed on or before August 8, 2021, is barred. Copies of the claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within ten (10) days after it has been filed. Dated this 8th day of January, 2021. Connie Krall, Administrator, By: /s/ James W. Ackerman James W. Ackerman Attorney for Administrator PREPARED BY: James W. Ackerman (06192795) ACKERMAN LAW OFFICE 2601 South Fifth Street Springfield, IL 62703 (217) 789-1977 jim@ackermanlawoffices.com

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
IN RE THE ESTATE OF MICHAEL D. PIERCE, DECEASED
Case No. 2020-P-691
CLAIM NOTICE
Notice is hereby given of the death of MICHAEL D. PIERCE. Letters Testamentary were issued on December 23, 2020, appointing TINA PIERCE, 78 W. Fairview Lane, Springfield, IL 62711, as Administrator, whose attorney is Creighton R. Castle of Giffin, Winning, Cohen & Bodewes, P.C., One West Old State Capitol Plaza, Suite 600 ~ Myers Building, Springfield, Illinois 62701, Phone: (217) 525-1571. Claims against the Estate may be filed in the office of the Clerk of the Circuit Court, Sangamon County Circuit Court, 200 South Ninth Street, Springfield, IL 62701, or with the representative, or both, within 6 months from the date of the first publication of this Notice. Any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed. Dated: December 23, 2020

Clerk of the Circuit Court
200 South Ninth Street, Springfield, IL 62701

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
PROBATE DIVISION
ESTATE OF Christina Renee Maggio, Deceased
Case No. 2020 P 658
CLAIM NOTICE
Notice is given of the death of Christina Renee Maggio. Letters of Office were issued on December 31, 2020 to JAMES J. MAGGIO, whose post office address is 2217 Dickens Drive, Springfield, IL 62711 and FRANCES IRENE YOUNG, whose post office address is 2122 S. Park Avenue, Springfield, IL 62704, as INDEPENDENT CO-ADMINISTRATORS, and whose attorney is David Patrick Hall, Attorney at Law, 1118 S. Sixth Street, Springfield, IL 62703. Claims against the estate may be filed in the office of the Clerk of the Court, Sangamon County Courthouse, 200 S. Ninth Street, Springfield, IL 62701, or with the Representative of the estate, or both, within six months from the date of the first

publication of this notice. Any claim not filed within that period is barred. Copies of a claim filed with the clerk must be mailed or delivered to the Representative and to the attorney within 10 days after it has been filed. January 14, 2021 David Patrick Hall Attorney for Co-Administrators 1118 South Sixth Street Springfield, Illinois 62703 217-544-7370 davehall@motion.net Registration No. 6225105

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
ESTATE OF JACK CLAY WILSON, Deceased
Case No. 2020P690
CLAIM NOTICE
Notice is given of the death of JACK CLAY WILSON Letters of Office were issued on December 18, 2020 to ROBERT BARTNICK, 1036 W Elliott Ave., Springfield, IL as Independent Executive whose attorney is Donald M. Craven, 1005 N. 7th Street, Springfield, IL, 62702. Claims against the Estate may be filed in the Office of the Clerk of the Circuit Court, Sangamon County Courthouse, Springfield, Illinois 62701, or with the Representative, or both, within 6 months from the date of the first Publication of this Notice. Any Claim not filed within that period is barred. Copies of a Claim filed with the Clerk of the Circuit Court must be mailed or delivered to the Representative and to the attorney within 10 days after it has been filed. /s/ Donald M. Craven Donald M. Craven (#6180492) Attorney for Independent Executor Donald M. Craven, P.C. 1005 North Seventh Street Springfield, IL 62702 Telephone: (217) 544-1777 Facsimile: (217) 544-0713

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
In re the Estate of KATHRYN J. LOVELESS, Deceased.
Case No. 2020-P-666
DEATH AND CLAIM NOTICE
Notice is given of the death of Kathryn J. Loveless. Letters of office have been issued to Kathryn E. Edmiston, 7405 Barclay Rd., Sherman, IL 62684, as Executor, whose attorney is R. Phillip Reed, Attorney at Law, 1129 S. Seventh St., Springfield, IL 62703. Claims against the estate may be filed in the office of the Sangamon County Circuit Clerk, Room 405, 200 S. Ninth St., Springfield, IL 62701, or with the Executor, or both, on or before July 7, 2021, and any claim not filed on or before that date is barred. Copies of a claim filed with the Sangamon County Circuit Clerk must be mailed or delivered to the Executor and to the attorney within 10 days after it has been filed. E-filing is now mandatory for documents in civil cases with limited exemptions. Toe-file, you must first create an account with an e-filing service provider. Visit <http://efile.illinoiscourts.gov/service-providers.htm> to learn more and to select a service provider. If you need additional help or have trouble e-filing, visit <http://www.illinoiscourts.gov/FAQ/gethelp.asp> or talk with your local circuit clerk's office. R. PHILLIP REED Attorney at Law 1129 S. Seventh St. Springfield, IL 62703 (217) 528-7333 reedlaw@sbcglobal.net ARDC No. 2300478

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
IN THE MATTER OF THE ESTATE OF ANNA COREEN COLLIER, Deceased
NO. 2020-P-0307
DEATH AND CLAIM NOTICE
Notice is given to claimants of the Estate of Anna Coreen Collier, Deceased. Letters of Office were issued on June 25, 2020 to Robert C. Steskal, 1306 E. Cottonwood, Springfield, IL 62703 as Independent Executor, whose attorney is Gregory P. Sgro, Sgro, Hanrahan, Durr & Rabin, LLP, 1119 S. Sixth Street, Springfield, IL 62703. Claims against the Estate may be filed in the Office of the Clerk of the Circuit Court, Sangamon County Complex, 200 S. Ninth Street, Springfield, IL 62701, or with the Representative, or both, on or before the 22nd day of July, 2021, or three months from the date the Representative mailed or delivered a Notice to Creditor, whichever is later. Any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the Representative and to the attorney within 10 days after it has been filed. Dated this 6th day of January, 2021 Gregory P. Sgro Sgro, Hanrahan, Durr & Rabin, LLP 1119 S. Sixth Street Springfield, IL 62703 (217) 789-1200

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
IN THE MATTER OF THE ESTATE OF JOHN DREWES KRIEL, JR., Deceased.
No. 2020-P-590
In Probate
DEATH AND CLAIM NOTICE
NOTICE IS GIVEN of the death of JOHN DREWES KRIEL, JR. Letters of office were issued on October 29, 2020 to JOHN LANGSTON KRIEL, 30 Woodvale Avenue, Asheville, North Carolina 28804 and LAUREN E. KRIEL, 718 South Seventh Street, #404, Springfield, Illinois 62703, as Independent Co-Executors, whose attorney is James S. Dunn, 212 South Second Street, Springfield, Illinois 62701. Claims against the estate may be filed in the office of the Clerk of the Circuit Court, Sangamon County Courthouse, Room 405, 200 South Ninth Street, Springfield, Illinois 62701, or with the representative, or both, within six (6) months from the date of the first publication of this notice, being January 21, 2021. Any claim not filed within that period is barred. Copies of a claim filed with the Circuit Clerk must be mailed or delivered to the representative and to the attorney within ten (10) days after it has been filed. JOHN LANGSTON KRIEL LAUREN e. KRIEL Independent Co-Executors January 5, 2021 JAMES S. DUNN Attorney for Independent Executor JAMES S. DUNN Attorney at Law 212 South Second Street Springfield, Illinois 62701 217-528-2873 telephone

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
IN THE MATTER OF THE ESTATE OF DOROTHEA M. THRASHER, Deceased.
No. 2020-P-540
In Probate
DEATH AND CLAIM NOTICE
NOTICE IS GIVEN of the death of DOROTHEA M. THRASHER. Letters of office were issued on October 5, 2020 to RICHARD M. THRASHER, 8768 Sweetbriar Lane, Chatham, Illinois 62629 as Independent Executor, whose attorney is James S.

Dunn, 212 South Second Street, Springfield, Illinois 62701. Claims against the estate may be filed in the office of the Clerk of the Circuit Court, Sangamon County Courthouse, Room 405, 200 South Ninth Street, Springfield, Illinois 62701, or with the representative, or both, within six (6) months from the date of the first publication of this notice, being January 21, 2021. Any claim not filed within that period is barred. Copies of a claim filed with the Circuit Clerk must be mailed or delivered to the representative and to the attorney within ten (10) days after it has been filed. RICHARD M. THRASHER Independent Executor January 4, 2021 JAMES S. DUNN Attorney for Independent Executor JAMES S. DUNN Attorney at Law 212 South Second Street Springfield, Illinois 62701 217-528-2873 telephone

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
In re the Estate of MILTIN L. KEENE, Deceased. Case No. 2020-P-465
DEATH AND CLAIM NOTICE Notice is given of the death of Miltin L. Keene. Letters of office have been issued to Tammy Kissel, 327 Winter Park Dr., Chatham, IL 62629, as Executor. Claims against the estate may be filed in the office of the Sangamon County Circuit Clerk, Room 405, 200 S. Ninth St., Springfield, IL 62701, or with the Executor, or both. Copies of a claim filed with the Sangamon County Circuit Clerk must be mailed or delivered to the Executor and to the attorney within 10 days after it has been filed. E-filing is now mandatory for documents in civil cases with limited exemptions. To efile, you must first create an account with an e-filing service provider. Visit <http://efile.illinoiscourts.gov/service-providers.htm> to learn more and to select a service provider. If you need additional help or have trouble e-filing, visit <http://www.illinoiscourts.gov/FAQ/gethelp.asp> or talk with your local circuit clerk's office. R. PHILLIP REED Attorney at Law 1129 S. Seventh St. Springfield, IL 62703 (217) 528-7333 reedlaw@sbcglobal.net ARDC No. 2300478

STATE OF ILLINOIS
IN THE CIRCUIT COURT FOR THE SEVENTH JUDICIAL CIRCUIT COUNTY OF SANGAMON
IN THE MATTER OF THE ESTATE OF VERNIE R. MILLER, DECEASED.
NO. 2020-P-695
NOTICE FOR PUBLICATION - CLAIMS
NOTICE TO HEIRS AND LEGATEES
Notice is given of the death of VERNIE R. MILLER, of Sherman, Illinois. Letters of Office were issued on December 22, 2020, to LORI HAGGARD of 3237 Luthin Road, Sherman, IL 62684, whose attorney is Rammelkamp Bradney, P.C., 741 South Grand Avenue West, Springfield, Illinois 62704. Claims against the Estate may be filed in the Office of the Clerk of the Court at Sangamon County Courthouse, 200 S. Ninth Street, Springfield, Illinois 62701 or with the representative, or both, within 6 months from the 14th day of January, 2020, being the date of first publication of this Notice and any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within 10 days after it has been filed. E-filing is now mandatory for documents in civil cases with limited exemptions. To

e-file, you must first create an account with an e-filing service provider. Visit <https://efile.illinoiscourts.gov/service-providers.htm> to learn more and to select a service provider. If you need additional help or have trouble e-filing, visit <http://www.illinoiscourts.gov/FAQ/gethelp.asp> or talk with your local circuit clerk's office. You also have the right under Section 8-1 of the Probate Act (755 ILCS 5/8-1) and pursuant to Section 6-11 of the Probate Act (755 ILCS 5/6-11) to contest the validity of the Will by filing a petition with the Court within 6 months after admission of the Will to probate. Dated this 30th day of December, 2020. LORI HAGGARD, Executor of the Estate of VERNIE R. MILLER, Deceased BY: RAMMELKAMP BRADNEY, P.C. By: Anthony J. DelGiorno Attorney Attorneys for Estate: Anthony J. DelGiorno IARDC: 6277358 Rammelkamp Bradney, P.C. 741 South Grand Avenue West Springfield, IL 62704 Telephone: (217) 522-6000 Email: Tony@rblawyers.net

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT COUNTY OF SANGAMON
IN THE MATTER OF THE ESTATE OF KENNETH LEE BARRETT, Deceased.
Case No: 2020-P- 000637
CLAIM NOTICE
Notice is given of the death of KENNETH LEE BARRETT. Letters of Office were issued on the 7th day of December, 2020, to KATHLEEN MARY BARRETT, whose address is 109 N. 4th Street, Illioplis, IL as Independent Executor, whose attorneys are KNUPPPEL & LINDNER, 124 West Market Street, Havana, Illinois 62644. Claims against the estate may be filed in the Office of the Clerk of the Court, Sangamon County Courthouse, 200 S. 9th Street, Suite 405, Springfield, IL 62701, or with the representative of the estate, or both, within six (6) months from the date of the first publication of this Claim Notice, or three (3) months from the date of mailing or delivery of notice, whichever is later, and any claim not filed within that period is barred. Copies of a claim filed with the Clerk must be mailed or delivered to the representative and to the attorney within Ten (10) days after it has been filed. DATED this 7th day of January, 2021. KNUPPPEL & LINDNER Attorneys at Law 124 West Market Street Havana, Illinois 62644 Telephone: (309) 543-2291 Facsimile: (309) 543-6819

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY
Re: the marriage of Gretchen Dale. Petitioner and Michael Dale, Respondent
Case No. 2020-D-562
NOTICE BY PUBLICATION
Notice is given you Michael Dale, Respondent herein, that this cause has been commenced against you in this court asking for a dissolution of marriage and other relief. Unless you file your response or otherwise file your appearance in this cause in the office of the Circuit Clerk of Sangamon County, in Springfield, Illinois on or before the 4th of February, 2021 a judgment of dissolution of marriage and other relief may be granted as prayed for in the Petition. Paul Palazzolo Circuit Clerk

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY
Re: the marriage of Lolita Johnson. Petitioner and Corey Miller, Respondent
Case No. 2020-D-576
NOTICE BY PUBLICATION
Notice is given you Corey Miller, Respondent herein, that this cause has been commenced against you in this court asking for a dissolution of marriage and other relief. Unless you file your response or otherwise file your appearance in this cause in the office of the Circuit Clerk of Sangamon County, in Springfield, Illinois on or before the 21st day of February, 2021 a judgment of dissolution of marriage and other relief may be granted as prayed for in the Petition. Paul Palazzolo Circuit Clerk

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
In the matter of the Petition of JANNA SUE SCHORFHEIDE
For change of name to JANNA SUE JACKSON
Case NO.: 2020-MR-188
PUBLIC NOTICE
Public Notice is hereby given that on March 16, 2021 I will petition in said Court praying for the change of name from JANNA SUE SCHORFHEIDE to JANNA SUE JACKSON pursuant to the statute in such case made and provided. Dated: January 21, 2021

IN THE CIRCUIT COURT OF THE SEVENTH JUDICIAL CIRCUIT SANGAMON COUNTY, ILLINOIS
In the matter of the Petition of BRYANT WILLIAMS AND KY'AI RRE SIMMONS
For change of name to BRYANT HOLDER AND KY'AI RRE HOLDER
Case NO.: 2020-MR-1266
PUBLIC NOTICE
Public Notice is hereby given that on March 16, 2021 I will petition in said Court praying for the change of name from BRYANT WILLIAMS AND KY'AI RRE SIMMONS to BRYANT HOLDER AND KY'AI RRE HOLDER pursuant to the statute in such case made and provided. Dated: January 21, 2021

Capitol Storage
818 S Dirksen Parkway
Springfield, IL 62703
Location 909 Taintor Rd
Unit# 04-ll4 Michael Mosley
Location Winchester IL
Unit #07-008 Penny Leverich
Unit #07-037 James Sherwin
Unit #07-028 Michelle Holtz
Location- 3012 Great Northern Drive
Unit # 533 Stephanie Weiss- Kawaski
Unit #418 Jermaine Jones-Moore
To pay past due rent and fees call 217-522-0300. Private sale will be held January 23,2021 at 9:00 AM at Capitol Storage LLC. 818 S Dirksen Parkway Springfield, Illinois. For more information regarding the sale please call 217-522-0300.

In the Circuit Court
For the Seventh Judicial Circuit of Illinois
Sangamon County, Springfield, Illinois
Emily Bridgewater. Petitioner
vs.
Antoine Howard, Defendant

Case 2020-F-376
Notice is given you, Antoine Howard for
Petition of full custody and for other relief.
Unless you file your Answer or otherwise
file your Appearance in this case in the
Office of the Circuit Clerk of Sangamon
County, 200 South Ninth St., Room 405,
Springfield, Illinois 62701 on or before
February 5, 2021, a judgment or decree by
default may be taken against you for the
relief asked in the complaint.
Paul Palazzolo
Clerk of the Court

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY
Maurice Render. Petitioner
and
Kaypria Lofton, Respondent
Case No. 2020-F-448
NOTICE BY PUBLICATION
Notice is given you Kaypria Lofton, Re-
spondent herein, that this cause has been
commenced and you are summoned to a
children custody case and for other relief.
Unless you file your response or otherwise
file your appearance in this case in the
office of the Circuit Clerk of Sangamon
County, i200 South Ninth Street, Room
405, Springfield, Illinois on or before the
29th day of January, 2021, a judgment or
decree by default may be taken against
you for the relief asked in the complaint.
Paul Palazzolo
Circuit Clerk

IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT, SANGAMON COUNTY,
ILLINOIS
In the interest of LUKA KING, a minor
Case No: 18-JA-260
NOTICE BY PUBLICATION
NOTICE IS GIVEN UNKNOWN FATHERS,
respondents, and to all whom it may con-
cern, that on October 21, 2020 a petition
was filed under the Juvenile Court Act by
State's Attorney's Office in this court and
that in courtroom of Judge Karen Tharp
or any judge sitting in her stead in Room
7A of Sangamon County Complex, 200
South Ninth Street, Springfield, Illinois, on
FEBRUARY 11, 2021 at 9:00 AM hearing
will be held upon the petition to have the
minor declared to be a ward of the court
and for other relief under the Act. THE
COURT HAS AUTHORITY IN THIS CASE
TO TAKE FROM YOU THE CUSTODY AND
GUARDIANSHIP OF THE MINOR. IF THE
PETITION REQUESTS THE TERMINATION
OF YOUR PARENTAL RIGHTS AND THE
APPOINTMENT OF A GUARDIAN WITH
POWER TO CONSENT TO ADOPTION, YOU
MAY LOSE ALL PARENTAL RIGHTS TO
THE CHILD. UNLESS YOU appear at the
hearing and show cause to the contrary,
AN ORDER OR JUDGMENT BY DEFAULT
MAY BE ENTERED AGAINST YOU FOR
THE RELIEF ASKED IN THE PETITION.
UNLESS YOU APPEAR AT THE HEARING,
YOU WILL NOT BE ENTITLED TO FURTHER
WRITTEN NOTICE OF THE PROCEEDINGS
IN THIS CASE, INCLUDING THE FILING OF
AN AMENDED PETITION OR MOTION TO
TERMINATE PARENTAL RIGHTS.

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY
Carlisa Palmer, Petitioner
vs.
Thomas Crawford, Respondent
Case No: 2020-OP-2138
NOTICE BY PUBLICATION
Thomas Crawford, this cause has been
commenced against you in this Court
asking for an Order of Protection. Unless
you file your Answer or otherwise file your

Appearance in this cause in the Office
of the Circuit Clerk of Sangamon County,
Sangamon County Complex, 200 S. Ninth
St., Room 405, Springfield, Illinois, on or
before February 25, 2021, a judgment or
decree by default may be taken against
you for the relief asked in the complaint.
Paul Palazzolo
Clerk of the Court
Date: January 21, 2020

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY
Mary Tyus, Petitioner
vs.
Nancy Taylor, Respondent
Case No: 2020-OP-1985
NOTICE BY PUBLICATION
Nancy Taylor, this cause has been com-
menced against you in this Court asking
for an Order of Protection. Unless you
file your Answer or otherwise file your
Appearance in this cause in the Office
of the Circuit Clerk of Sangamon County,
Sangamon County Complex, 200 S. Ninth
St., Room 405, Springfield, Illinois, on or
before February 18, 2021, a judgment or
decree by default may be taken against
you for the relief asked in the complaint.
Paul Palazzolo
Clerk of the Court
Date: January 14, 2020

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY
Talessia Simmons, Petitioner
vs.
Jessica Carter, Respondent
Case No: 2020-OP-2033
NOTICE BY PUBLICATION
Jessica Carter, this cause has been
commenced against you in this Court
asking for an Order of Protection. Unless
you file your Answer or otherwise file your
Appearance in this cause in the Office
of the Circuit Clerk of Sangamon County,
Sangamon County Complex, 200 S. Ninth
St., Room 405, Springfield, Illinois, on or
before February 4, 2021, a judgment or
decree by default may be taken against
you for the relief asked in the complaint.
Paul Palazzolo
Clerk of the Court
Date: January 14, 2020

STATE OF ILLINOIS
IN THE CIRCUIT COURT OF THE SEVENTH
JUDICIAL CIRCUIT
SANGAMON COUNTY
Tyona Glenn, Petitioner
vs.
Edward Lamar Boyd, Respondent
Case No: 2020-OP-2415
NOTICE BY PUBLICATION
Edward Lamar Boyd, this cause has been
commenced against you in this Court
asking for an Order of Protection. Unless
you file your Answer or otherwise file your
Appearance in this cause in the Office
of the Circuit Clerk of Sangamon County,
Sangamon County Complex, 200 S. Ninth
St., Room 405, Springfield, Illinois, on or
before February 25, 2021, a judgment or
decree by default may be taken against
you for the relief asked in the complaint.
Paul Palazzolo
Clerk of the Court
Date: January 21, 2020

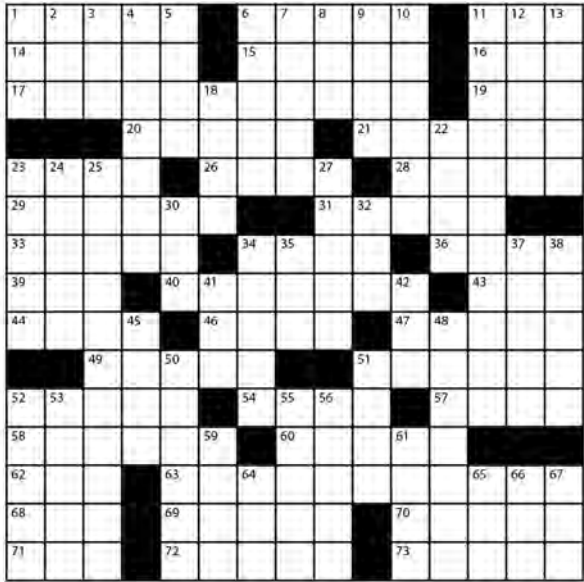
Expensive things

Edited by J. Reynolds - No. 672

Across

1. Selects
6. Orchestra section
11. Plum's center
14. Honda division
15. Midday meal
16. Ending on a
campus e-mail
address
17. Rolling Stones
hit of 1967
19. Everything
20. Actor Sean and
family
21. Mystery and
romance
23. Red vegetable
26. Altar exchange
28. Chip dip
29. Not quite
31. Like craft shows
33. Dictation taker
34. Spanish water
36. End-of-week cry
39. Divided Asian
nat.

40. Strikes out
43. Singer DiFranco
44. Minor setback
46. Margarita
garnish
47. "Cómo ____?"
49. Andean animal
51. Magnitude
52. Helped out
54. Dish cooked in a
pot
57. Takes advantage
of
58. "Let's be honest"
60. Cost ____ and a
leg
62. "More than I
need to know,"
in modern lingo



63. Arizona baseball
player
68. Ballpark fig.
69. Disney mermaid
70. Suspect's story
71. Mr. Rogers
72. ____ message
73. ____ good
example

Down

1. 3, 4 or 5,
typically, in golf
2. Post-E.R. place
3. Baby bear
4. Superman's
birthplace
5. Fill to the gills
6. Mix
7. Rene of "Lethal
Weapon" movies
8. "Then what?"

9. Heroin, slangily
10. Most bashful
11. Heavenly entrance
12. Runs in neutral
13. Oklahoma city
18. Condo, e.g.
22. Conde ____
23. Catches some rays
24. Rock's ____ John
25. Wizard's home
27. Cook in a wok,
perhaps
30. Groundskeeper's
supply
32. "Norma ____"
34. Assumed name
35. The start of 17-,
63-across or 11-,
25-down, for
example
37. Absurd
38. Senseless

41. Freddy Krueger's
street
42. "____ in the City"
45. Elation
48. Trip
50. Nike competitor
51. Actor McGregor
52. Following
53. "You are not!"
reply
55. Like circus
elephants
56. ____ Gay (W.W.
II plane)
59. Lose steam
61. Vitamin amts.
64. Department of
eastern France
65. River islet
66. Letterman's
network
67. Sportage maker

Puzzle answers from this week will appear here next week

R	A	I	M	S	F	E	D	S	C	A	N	A	L
O	P	A	L	A	C	A	T	A	R	E	N	A	
D	I	M	E	S	T	O	R	E	S	T	O	U	T
S	P	A	D	E		W	E	S	T		S	T	S
					G	E	A	R		D	U	E	L
E	L	E			Y	E	A	S	E		E	A	S
S	O	L			M	E	A	L			L	A	K
Q	U	A	R	T	E	R	P	A	S	T		F	I
U	S	T	E	N		H	I	P	S		S	E	C
E	Y	E	D		A	T	A	R	I		I	S	N
					S	A	M	E		S	T	A	T
C	A	L			M	O	A	N			M	A	C
A	R	O	S	E		P	E	N	N				
R	I	O	T	S		D	R	E	O		I	R	O
D	A	T	E	S		T	O	T	S		C	A	R

Crossword answers from #671

8	3	9	4	1	2	6	5	7
4	1	6	7	3	5	2	9	8
5	7	2	8	6	9	4	3	1
2	9	7	1	4	3	5	8	6
3	4	5	9	8	6	7	1	2
1	6	8	2	5	7	9	4	3
9	5	1	6	7	8	3	2	4
6	8	3	5	2	4	1	7	9
7	2	4	3	9	1	8	6	5

Sudoku answers from #671

1	6	5	4	3	2
6	3	4	2	5	1
5	4	6	1	2	3
2	1	3	6	4	5
4	5	2	3	1	6
3	2	1	5	6	4

JoshJosh answers from #671

JoshJosh

by J. Reynolds - No. 672

Fill the grid with digits so as not to repeat a digit in any row or column,
and so that the digits within each heavily outlined box will produce the
target number shown, by using addition, subtraction, multiplication or
division, as indicated in the box. A 6x6 grid will use 1-6.

2÷	14+	13+			1
		3÷		24x	2÷
		2÷			
2÷	2÷	3-		5-	
		3-		5	2-
11+			1-		

Difficulty hard

	8			9		5
4	5		1			6
				2		
1		5	3			9
	7				6	8
				7		
	9			2		4
3		1		6		
						7

Difficulty hard



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