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Fall 2023

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child influencers p4**

**Not all screen time
is created equally p6**

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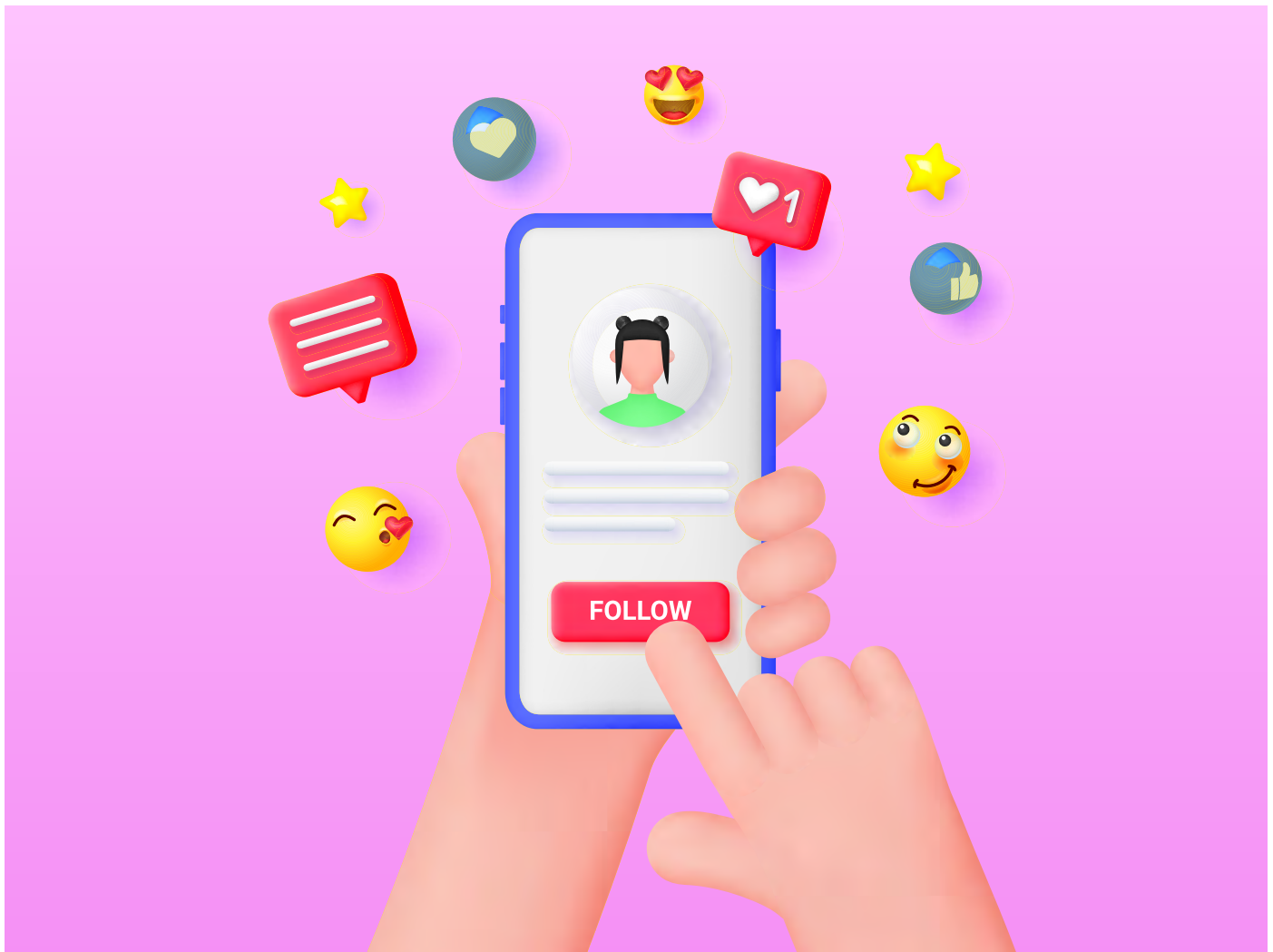
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Illinois to be the first state to protect child influencers

CC PARENT | Annie Fulgenzi

Illinois is soon to be the first state in the nation to provide legal protection for children whose parents make money posting videos of them on social media channels, thanks to the work of a high school student from Normal.

According to the new legislation, parents will be legally required to set aside

a portion of the revenue generated by any monetized online video content featuring a child under the age of 16 into a trust that they will be able to access once they turn 18. If parents fail to do so, the child will have a right of action to sue for compensation under the Illinois Child Labor Law.

The idea for the legislation came from Shreya Nallamothu, a 16-year-old girl from Normal who began researching the topic as part of her high school's independent studies program.

"The idea came to me over the pandemic because, like everyone, I was spending a lot more time on social me-

dia. I would see content on YouTube and TikTok of these 3- or 4-year-olds dancing or vlogging their morning routines, and it was obvious there was a parent behind the channel,” said Nallamothu.

Though most videos seemed innocuous at first, Nallamothu started to notice evidence of abuse, exploitation and mistreatment of the child stars of so-called family vlog channels.

“There are families that would vlog their daughters’ first periods and first dates, learning to shave, vlogging them crying – these very intimate moments that nobody really wants to be broadcasted, but they didn’t really have a choice in it. Their parents just stuck them in front of the camera,” said Nallamothu.

Nallamothu said her project was initially just research, but as she looked deeper into the issue, she realized there was no legislation surrounding child influencers anywhere in the country. It was then that she decided to write to her representatives.

“I started by writing a memo detailing the problem of what these child influencers were experiencing, possible solutions and just cold-emailed the entire Senate Labor Committee. Senator Koehler got back to me and was super receptive of my ideas and was willing to listen to me, which was incredible,” said Nallamothu.

Sen. Dave Koehler, D-Peoria, said he and his staff immediately recognized the importance of legal protections for child influencers as an emerging industry and began collaborating with Nallamothu right away to draft the legislation. The bill passed both houses with overwhelming bipartisan support.

“It’s quite apparent that children are going viral and their parents are making a lot of money from it. There’s nothing wrong with that, but some children who have had that happen to them years ago and weren’t in control of their image on the internet later regretted it,” said Koehler. “In some cases, parents are making thousands and maybe even millions from their children being



Democratic state Sens. Dave Koehler, center, and Linda Holmes discuss a bill that will make sure children who appear in their parents’ revenue-generating videos receive a share of those revenues. It is an idea brought to them by a high school student from Normal, Shreya Nallamothu, left. CAPITOL NEWS ILLINOIS PHOTO BY PETER HANCOCK

used as influencers in terms of product advertisements and things like that. It is quite an industry, and we needed some safeguards and protections there so that we can treat this much like the industry has treated child actors,” Koehler said.

Both Koehler and Nallamothu said they hope that Illinois will serve as a catalyst for more states to follow suit with similar laws and continue to strengthen legal protections for child influencers.

“This will continue to evolve over time, I’m quite certain of that. If other states make improvements, we can certainly look at improving the Illinois law,” said Koehler.

As Gov. JB Pritzker prepares to sign the bill into law later this summer, Nallamothu says she is proud to have been able to play a role in creating protections for minors online and was pleasantly surprised by the opportunity she was given to work directly with lawmakers, given her age and inexperience.

“When I started my independent study, I wasn’t thinking that I could casually pass a bill. I understand that the legislative process takes a lot of

time and work, so to see this sort of change happen so fast because someone brought it to the table is really encouraging,” said Nallamothu. “The legislation isn’t perfect, and I wasn’t expecting it to completely solve the problem of child influencers because it’s a big issue. There are lots of things that legislators need to continue to look into. But this is a good start.”

A spokesperson for Pritzker indicated that he intends to sign the legislation in the coming weeks: “The internet provides more opportunities for children to display their creativity than ever before. In the event that minors are able to profit from that creativity, they deserve to be shielded from parents who would attempt to take advantage of their child’s talents and use them for their own financial gain. The governor is thankful for the leadership of Senator Koehler and Representative Chung on this legislation.”

Annie Fulgenzi is a freelance writer from the Springfield area and a law student at the University of Illinois College of Law.



Not all screen time is created equally

CC PARENT | Kelsie Tobias and Melissa Fisher Paoni

Recent headlines have suggested that excessive screen time can be detrimental to the brains of developing children. While there is no parental handbook on how to address screen time issues with your child, an overwhelming body of research can provide guidance.

Screens aren't all bad

Recent research acknowledges that electronics use can play a positive, meaningful role in a child's life if used within healthy limits. Kids now have convenient access to entertainment through digital means. Screens are also commonly used in schools and at home for educational purposes. Screens may allow for creative expression, identity exploration and social engagement and support. In

particular, some marginalized teens are finding tremendous social support, exploring strengths and learning more about themselves online.

Screen time comes with risks

Here is the catch: excessive screen time is nearly always harmful. And by excessive, we're talking about four or more hours per day. That's nearly every adult and child with a phone in America. So, what exactly are the risks?

For one, excessive screentime is linked to heightened risk of a variety of mental health concerns, including increased rates of depression, anxiety and suicide. In particular, social media use has been found to be related to a higher risk of self-harming behaviors, eating

disorders and lower self-esteem in teen girls. Studies also show a strong correlation between excessive screen time and poor sleep, ADHD-related behavior, eyestrain and even reduced bone density due to less physical activity linked with kids being on their devices more. Excessive screen time has also been correlated with increased conduct issues, drug-related concerns and problems with social skills and real-life support systems.

Neurocognitive differences are found to be associated with excessive screen use. Preschool-age kids (especially boys) who are given devices to calm them tend to have executive functioning problems, including poor focus and self-soothing abilities. Obsessive-compulsive

tendencies and behaviors resembling addiction have been noted in kids due to dopamine activity in young brains and the constant homogenous content being experienced over and over.

What should parents do?

For many parents, arguments over limits on phones or other devices may be commonplace.

Removing access to technology is not the answer. In fact, studies have shown that in today's world, that may actually be harmful, too. This may particularly be the case if the child's screen use is primarily providing the positive benefits mentioned above. However, it is recommended that parents put firm limits in place regarding content access and overall screen time to promote responsible management of screen use. As parents, it is necessary that we protect our children from the potential harms of screens, and we simply cannot expect our children – even teens – to be able to do this on their own.

Current screen time recommendations

The American Academy of Pediatrics and Center for Disease Control are great resources for parents looking for age-appropriate guidance for screen time limits. Both recommend two hours a day or less for even the oldest age group. The U.S. surgeon general has recently recommended that parents avoid allowing access to social media until their children are at least age 13. Meanwhile, many social media apps are rated for children as young as 4 years old – talk about a confusing message.

Set limits on your child's device

It is necessary and healthy for parents to have some control over online content and screen time for their children under 18. And the good news is, it is fairly easy to do. First and foremost, parents can prevent exposure to screen time risks by prolonging the purchase of a cellphone for their younger children. In lieu of a phone to deal with, parents can then focus efforts on setting limits on any other



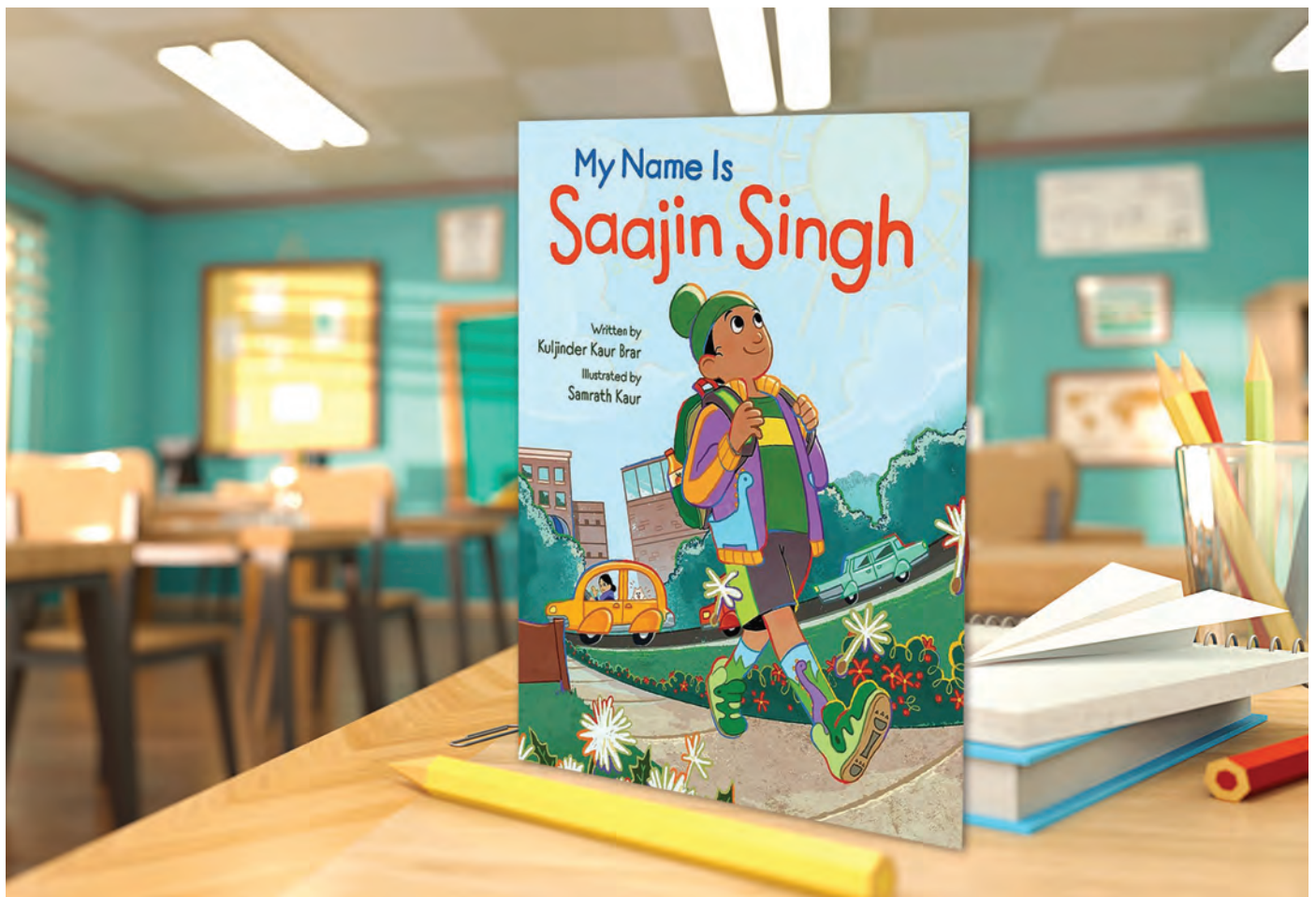
device used in the home, such as a smart TV, tablet, gaming device or computer. Parents can use information provided at Protectyouneyes.com for guidance on setting screen time limits and safety features on nearly any device.

Parents of iPhone or Android phone users can easily set limits using a parental password that allows the parent to control screen time, set application limits, monitor safety and even track location. For iPhone users, this can be done through the "Screen Time" feature under the "Settings" of your child's phone. For Android users, screen time

settings can be made using the "Family Link" application.

The current state of our world is digitally-driven, and it is unfair to suggest that kids not engage with screens; however, too much screen time is detrimental. Being in control of screens through reasonable limits leads to screens not being in control of us.

Kelsie Tobias is a licensed clinical social worker and Melissa Fisher Paoni is a licensed clinical psychologist at the Springfield Psychological Center.



Books to prepare for back-to-school feelings

CC PARENT | Deana Metzke

Summer is ending, and the new school year is upon us. This change can bring lots of emotions in children, both positive and negative. Students all over are feeling excitement about a new grade, new school or just the new year in general. Or, children may be feeling apprehension about those same things. I have found books to be a useful avenue

to help children deal with emotions that come with the start of the school year.

Recently, I read a book by a local author that could be helpful with this exact topic. Dr. Melissa Fisher Paoni is the author of *Dylan's Hero: A Story of Overcoming Negative Thinking*. In this story, illustrated by Springfield artist Christy Freeman Stark, we meet Dylan, who is in

the third grade. Like many of us, Dylan has negative voices in his head that invade his thoughts. There's one negative thought that expects Dylan to be perfect, one who reminds him to worry, a negative thought that makes Dylan feel like a victim, and one who is Dylan's constant critic. The reader then learns how each of these negative thoughts show up in

Dylan's life, and most of the examples are in school. Luckily, Dylan also has a positive voice that is fighting to be heard as well. Good news for young readers – our main character learns how to hear the positive voice more frequently, so we get a happy ending.

If you or your child is a fan of the movie *Inside Out*, then this book would be a good one for them. This book also has a helpful note for parents at the back of the book. You can purchase this book and find more information about Paoni and other books she has written, at www.drpaonibooks.com.

A relatively common situation that might give a child feelings of anxiety or apprehension at the beginning of school can be around the pronunciation of their name. Happily, in the past few years there have been a lot of quality picture books published that have explored the idea of having pride in your name.

One of those titles is *My Name is Saajin Singh*, written by Kuljinder Kaur Brar and illustrated by Samrath Kaur.

In this story we are introduced to young Saajin, who is not only in love with his name, he is also super excited to start kindergarten. However, when his teacher calls his name for attendance, she doesn't pronounce it correctly. She says, "Say-jin" instead of the correct pronunciation of "Sah-jin." At first, Saajin did not even realize that the teacher was talking about him, because that is not how he says his name. But when he did realize she must be talking about him, he began to wonder if he had been pronouncing his own name incorrectly the whole time. So Saajin unfortunately does not correct his teacher or his new friends at school and even begins answering to "Say-jin," thinking that that is the way his name is actually said. Thankfully, once his parents find out,

his mom and dad help him to confidently clear up the confusion.

As a person who grew up constantly having my name mispronounced, I wish this book existed when I was in elementary school. If your young child needs a little boost of confidence and pride around their name, then I recommend *My Name is Saajin Singh*, which can be found at the local library or wherever you purchase books.

Returning to school can bring about all sorts of emotions, so giving your child the opportunity to understand that they are not alone in some of those feelings can help to get the year off to a positive start.

Deana Metzke is the literacy/social studies/library coordinator for Springfield School District 186 and a mom of two. For more children's book recommendations, follow her on Twitter @DMetzke or visit her blog at <http://raisingreaders.site>.



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Start your kids off on the right foot this school year

CC PARENT | Kimberly Blaker

The mark of a new school is often anticipated with a mix of emotions for kids and parents alike, ranging from exhilaration to anxiety. Kids are excited to wear their new clothes, see their classmates and participate in extracurricular activities. Parents are proud to see their kids reach another milestone and look forward to exciting new experiences for their growing children.

But the school year can bring about challenges as well that leave kids and parents anxious. So follow these tips to get your kids off to a good start and keep them on course.

Kids need their Zs

Sufficient sleep is essential to proper brain function. When kids are deprived of sleep, it can interfere with their memory, attention, and ability to learn. Insufficient sleep can also adversely affect health. It contributes to Type 2 diabetes in children and teens.

Mental health is also affected by sleep. Kids who don't get enough quality sleep are at risk for mood swings, anxiety, hyperactivity and aggressive behavior.

Unfortunately, because teens' circadian rhythm keeps them alert later at night, early school start times don't help. But getting plenty of sleep is crucial. Kids ages 6 to 12 need nine to 12 hours of sleep each night, and teens require eight to 10.

To help your kids fall asleep better, set a curfew and regular bedtime for school nights accordingly. On weekends, kids want to stay up later. Just try not to let their weekend sleep patterns veer too far from their weeknight rou-

tine. Otherwise, it'll be a challenge to get them back on track.

Also:

Remove media from bedrooms at night.

Set a curfew of 2-3 hours before bed for caffeine.

Keep bedroom temperatures 3 degrees cooler at night than during the daytime.

Make sure your kids have plenty of blankets.

Have your child take a hot bath before bed.

Have kids eat a light, high carbohydrate snack before bed such as fruit or white grains.

Balance is essential

During the school year, kids have a lot on their plate. In addition to school, they have family, friends, homework, chores, extracurricular activities and perhaps a part-time job.

But balance is essential to your child's wellbeing. The reason such imbalance sometimes develops is that parents see other families involved in so many extracurricular activities. As a result, parents think they're not doing their job if their kids aren't always on the go. Because kids want to make their parents happy and proud of them, kids often don't speak up when they feel overwhelmed.

Structured activities do provide valuable benefits to kids. Still, they need free time to play and socialize as well. When kids lack balance in their lives, it can cause them stress and interfere with their ability to sleep and optimal functioning. It can also affect

their mental wellness.

Pay attention to emotional health

According to the National Alliance on Mental Illness, 1 in 5 adolescents has a mental health condition. A significant percentage of younger kids also experience mental disorders. Conditions range from anxiety and depression to attention deficit disorder, and in the later teens, bipolar and schizophrenia.

School success is strongly tied to kids' emotional wellness. Unfortunately, when kids exhibit behavioral changes, parents often assume it's just a childhood or adolescent phase as opposed to a mental health problem.

Child and family therapist Donna M. Carollo says when a child or teen "exhibits symptoms of depression for over a month, it's time to seek professional help." Carolla points out a few signs to watch for that could indicate depression or another mental illness. These include "a child wanting to socially isolate, exhibiting excessive fatigue, a change in appetite, a lack of desire to do any of the fun things they used to, or a sudden drop in academic performance."

Limit cellphone use

According to a 2018 survey by Pew Research Center, more than half of kids between 13 and 17 worry they spend too much time on their cell phones. Just over half also say they've taken steps to reduce their use of it. Fifty-seven percent have made efforts to limit their time on social media and 58% to limit video games.

Cellphone addiction has become a

growing problem among adolescents. According to Carollo, "Something is considered an addiction when the chosen behavior causes an individual to suffer in many other valued areas of their life." She cautions, however, that "a parent's values and a child's values don't always sync." Still, says Carollo, "if the cellphone is interfering with face-to-face family and friend time, school work, sleep or exercise" that's when it's time for parents to enforce some guidelines.

To gain kids' cooperation, ask them to help you create the rules. Also, allow your adolescent an hour or two of daily phone time because socialization is an integral part of teen development.

At night, however, require all phones are on their chargers outside of bedrooms. Other helpful rules include no phones during mealtime and that

chores and homework must be completed before kids can have their phones. Also, set consequences for breaking cellphone rules. Loss of their cellphone for a specified period is an appropriate measure.

Get academic help

If your child has struggled academically in the past or grades begin to suffer, your kid may need help. Any of the above issues, among other things, can lead to academic problems.

Some kids struggle with retaining information, understanding concepts or have a different learning style. Also, learning disabilities can affect kids of all intelligence levels and cause academic challenges. If your child is struggling in one or more subjects, ask your child's teachers about their observations.

Whatever the reason for your child's

school difficulties, there are ways to help. First, establish a regular homework time. Also, set up a quiet, distraction-free area as a homework station and furnish it with a desk or comfortable chair. Kids' rooms provide too many distractions. Plus, the ability to close their door can hide that they're not on task.

Also, consider a tutor. Some schools offer free one-on-one or afterschool group tutoring. You can find free online video tutorials at KhanAcademy.org as well.


Another option is to hire a tutor. Visit TakeLessons.com or Care.com to find area tutors.

Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed and first editions and more at sagerarebooks.com.

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| 270202-04 | 10-25 | M-F | 7:30a-5:30p | 6/20-6/24 | \$90/\$120 |
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| Activity # | Age | Day | Time | Date | Roll Fee |
|------------|-------|-----|-------------|-----------|------------|
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| 270202-08 | 10-25 | M-F | 7:30a-5:30p | 6/6-6/10 | \$90/\$120 |
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| 270202-10 | 10-25 | M-F | 7:30a-5:30p | 5/29-6/2 | \$90/\$120 |





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Linda Sherwood - LPGA Golf Pro Bergen Golf Course
Email: lsherwood@springfieldparks.org

217-753-6211

Laura Kuchar - Facility Manager Bunn Golf Course
Email: lkuchar@springfieldparks.org

217-522-2633

HENSON ROBINSON ZOO

Doug Hotle - Zoo Director
Email: dhotle@springfieldparks.org

217-585-1821 ext. 1705

Maggie Solum - General Curator
Email: msolum@springfieldparks.org

217-585-1821 ext. 1702

Hilary Tierney - Marketing & Guest Service Manager
Email: htierney@springfieldparks.org

217-585-1821 ext. 1704

Joe Curry - Business Services Administrator
Email: jcurry@springfieldparks.org

217-585-1821 ext. 1701



NELSON CENTER ICE SPORTS

George R. Tucker - General Manager
Email: gtucker@springfieldparks.org **217-753-2800 ext. 1002**

Leslie Jones - Funshop & Nelson Center Admin Asst.
Email: ljones@springfieldparks.org **217-753-2800 ext. 2004**

Marty Strieker - Interim Facility Program Supervisor
Email: mstrieker@springfieldparks.org **217-753-2800 ext. 2003**

RECREATION

Marty Strieker - Superintendent of Programming & Events
Email: mstrieker@springfieldparks.org **217-753-2800 ext. 2003**

SPECIAL RECREATION | INCLUSION PROGRAMMING

Andre Hawkins - Special Recreation Supervisor
Email: ahawkins@springfieldparks.org **217-585-2941 ext. 2307**

THOMAS REES MEMORIAL CARILLON

Carlo van Uft - Carillionist
Email: cvanuft@springfieldparks.org **217-546-3853 ext. 2501**

VELASCO TENNIS CENTER

Andrew Coon - Tennis Manager
Email: acoon@springfieldparks.org **217-546-4103 ext. 2201**

GENERAL AND PARK MAINTENANCE

301 Eastdale Avenue, Spfld IL 62703 **FAX: 217-753-6237**

Chuck Smith - Arborist
Superintendent of Natural Resources **217-753-6212 ext. 1402**
csmith@springfieldparks.org

John Turasky
Project Manager **217-753-6212 ext. 1407**
jturasky@springfieldparks.org

Mark Adkins, CPSI
Superintendent of Park Maintenance **217-753-6212 ext. 1403**
madkins@springfieldparks.org

James Schackmann
Superintendent of Park Maintenance **217-753-6212 ext. 1406**
jschackmann@springfieldparks.org

GOLF MAINTENANCE OPERATIONS

Dan Crumrine
Superintendent of Golf Courses **217-786-4120 ext. 1910**
dcrumrine@springfieldparks.org

Arden Lear
Bunn Golf Course Superintendent **217-544-1751 ext. 1301**
alear@springfieldparks.org

AQUATICS AND ICE MAINTENANCE

Nick Cordell
Superintendent of Maintenance Operations **217-753-2800 ext. 1001**
ncordell@springfieldparks.org

PARK DISTRICT POLICE DEPARTMENT

1508 W. Fayette, Spfld 62704 **FAX: 217-698-7456**

Patrick Murphy
Police Chief **217-698-6030 ext. 2803**
pmurphy@springfieldparks.org

Facilities

BERGEN GOLF COURSE **Phone: 217-753-6211**
2900 Clearlake Avenue, Spfld 62703

BOTANICAL GARDENS **Phone: 217-546-4116**
1740 W. Fayette Avenue, Spfld 62704

BUNN GOLF COURSE **Phone: 217-522-2633**
2500 S. 11th Street, Spfld 62703

EISENHOWER POOL **Phone: 217-525-8847**
2351 E. Cornell Avenue, Spfld 62703

ERIN'S PAVILION **Phone: 217-585-2941**
4965 S. 2nd Street, Spfld 62703 **FAX: 217-529-5668**

FUNSHOP - LINCOLN PARK **Phone: 217-753-6234**
1601 N. 5th Street, Spfld 62702
funshop@springfieldparks.org

HENSON ROBINSON ZOO **Phone: 217-585-1821**
1100 E. Lake Shore Drive, Spfld 62712

LINCOLN GREENS GOLF COURSE **Phone: 217-786-4111**
700 E. Lake Shore Drive, Spfld 62712

LINCOLN PAVILION
1601 N. 5th Street, Spfld IL 62702
parks@springfieldparks.org

NELSON CTR ICE RINK & POOL **Phone: 217-753-2800**
1601 N. 5th Street, Spfld 62702 **FAX: 217-753-4766**

PASFIELD GOLF COURSE **Phone: 217-698-6049**
1700 W. Lawrence Ave, Spfld 62704

RIVERSIDE CAMPGROUNDS **Phone: 217-753-0630**
4105 Sandhill Road, Spfld 62707

THOMAS REES MEMORIAL CARILLON **Phone: 217-546-3853**
1740 W Fayette Avenue, Spfld 62704

VELASCO TENNIS CENTER **Phone: 217-546-4103**
1501 S Grand Ave W, Spfld, IL 62704

VETERANS MEMORIAL POOL **Phone: 217-753-3030**
2700 E. Ely, Spfld 62702

WASHINGTON PARK PAVILION **Phone: 217-546-3970**
1400 Williams Boulevard, Spfld 62704
Reservations: parks@springfieldparks.org



Juried Fine Art & Craft Fair
September 9 - 10, 2023

10am - 4pm
FREE Admission!

ART SPECTACULAR

Rated in the best 200 fine art fairs in the USA by Sunshine Artist Magazine!

at the Thomas Rees Memorial Carillon

For more information please go to www.carillon-rees.org

SPRINGFIELD PARK DISTRICT SPECIAL RECREATION

MONSTER MASH **ALL AGES FREE!**

HALLOWEEN DANCE

FRIDAY OCT. 27 2023 7-9 P.M. ERIN'S PAVILION
4965 S 2ND ST SPRINGFIELD, IL

COME IN YOUR HALLOWEEN COSTUME FOR THRILLS & FUN!
ENJOY REFRESHMENTS, TREAT BAGS, FACE PAINTING AND A COSTUME CONTEST!

Activity #370250
Go to bit.ly/SPD_Oct_Dance
or Scan the QR Code for more information!

ANDRE HAWKINS,
SPECIAL RECREATION SUPERVISOR,
217-585-2941



ZOOLIE GHOULIE

Safe trick or treating inside
the Henson Robinson Zoo!
The cost is \$5 per person.

OCTOBER 27: 1-8PM

OCTOBER 28: 11AM-6PM

henson robinson ZOO



**SPRINGFIELD
PARK DISTRICT**

CAPITOL
RADIO GROUP



WASHINGTON PARK BOTANICAL GARDEN



Annual Fresh Evergreen Wreath Making Workshop

Bring your friends, have some refreshments and make your own fresh, evergreen wreath to take home!

DECEMBER 2, 2023
9:00 am - 12:00 pm
or 1:30 - 4:30 pm

Ages 18+ | \$50/R & \$55/NR

Register online with the Activity # 361111
bit.ly/SPD_Wreath_Workshop



WASHINGTON PARK BOTANICAL GARDEN

Leaf Identification Hikes

ACTIVITY # 361109

September 16 & 23, 2023
10:00am - 12:00pm both days

All ages | \$7R/\$10NR
Pre-registration required

bit.ly/Leaf_ID-Trails




WASHINGTON PARK

Botanical Garden Group Tours

Bring your group for a tour of our beautiful Botanical Garden today!

All Ages | Monday - Friday | Sept. 5 - Dec. 15, 2023

Free guided tours are available to the general public with groups of 10 or more. Please call the Washington Park Botanical Garden at 217-546-4116 at least one week in advance to book a tour.



Washington Park BOTANICAL GARDEN
www.springfieldparks.org

WINTER HOLIDAY FLORAL SHOW

For more information, please call 217-546-4116

Takes place December 2-20, 2023

Enjoy 500+ poinsettias nestled among the decorated fresh evergreens and lush tropical foliage.
The event is free and for all ages!

Monday-Friday: 12pm-4pm
Saturday-Sunday: 12pm-5pm



Winter Camp

December 21st - January 3rd
7:30 am - 5:30 pm
at Erin's Pavilion.

Our Winter Camp is all inclusive with safe and fun activities for a wide range of individuals.

Each patron will have the opportunity to participate in a variety of activities;
Arts-N-Crafts, Bingo, Card Games, Movies, Sports and much more!

Each child should bring a sack lunch and snacks in a disposable container. Please no peanuts/nut products.

There will be no camp on Dec 25, Dec 26, & Jan 1.

Fee: \$140/\$170



Register online with
Activity #370240
at bit.ly/SPD_Wint-Camp
Or Scan the QR Code!

For more information: 217-585-2941 ext. 2303 | ahawkins@springfieldparks.org

SPRINGFIELD PARK DISTRICT PASSES & MEMBERSHIPS

GIVE THE GIFT OF EXPERIENCES!

Find your **FUN**, find your *smile*
for this holiday season!



Get your passes **TODAY** at bit.ly/SPD_GivetheGift
or Scan the QR Code!



FREE EVENT
Rain or shine!

Carve

For the Carillon!

Help us carve pumpkins at the Thomas Rees Memorial Carillon & Washington Park Botanical Garden grounds for the Jack-O-Lantern Spectacular!

Takes Place Both Days - While Supplies Last!

October 14 & 15 11:00am - 4:00pm*
**Or while supplies last*

For more info: carillon-rees.org
Questions? Call the Botanical Garden: 217-546-4116

Thomas Rees Memorial Carillon, 1740 W Fayette Ave, Springfield, IL 62704



The Springfield Park District and Rees Carillon Society Present

17th Jack~O~Lantern Spectacular

October 20 & 21 6:30pm - 9:30pm
Both Nights - Rain or Shine

Come enjoy the sparkling splendor of illuminated Jack-O-Lanterns surrounding the Carillon & Botanical Garden at Washington Park. Food Vendors will be on site during the event!

Advanced Admission: Adults \$7
**Pre-tickets: available at Carve for the Carillon & Ashley's Furniture.* Children age 4-11 \$5
Children 3 & under FREE

Evening of Admission: Adults \$10, Children age 4-11 \$7



Family Night on the ice

Join us for Public Ice Skating:
Fridays, Saturdays & Sundays
at the Nelson Center



THE NELSON CENTER
Life's cooler here

For more info call the Nelson Center at 217-753-2800
or visit bit.ly/SPD_Ice-Schedule



Santa House

A local tradition for over 40 years!

Plan to make a visit this holiday season to the **Santa House!**
Bring your own phone or camera for pictures with Santa!

Free Admission!

Santa House is back and coming to a park near you this holiday season!

Check out our website at springfieldparks.org for future dates and times!

For more info please contact 217-544-1751.

Rees Carillon Society, The Carillon Belles & the Springfield Park District invite you to

Jingle Bells Spectacular at the Carillon

Sunday, December 10th | 3:00pm - 5:30pm

FREE Admission, Refreshments, and Kid's Activities!

Join us as we celebrate the season around a roaring bonfire singing holiday carols to the bells of the **Thomas Rees Memorial Carillon!**

THOMAS REES MEMORIAL CARILLON

SPRINGFIELD PARK DISTRICT

For more information please go to carillon-rees.org/ or call 217-546-3853.

BIKE AND HIKE SUNDAYS

at Washington Park

APRIL THROUGH SEPTEMBER

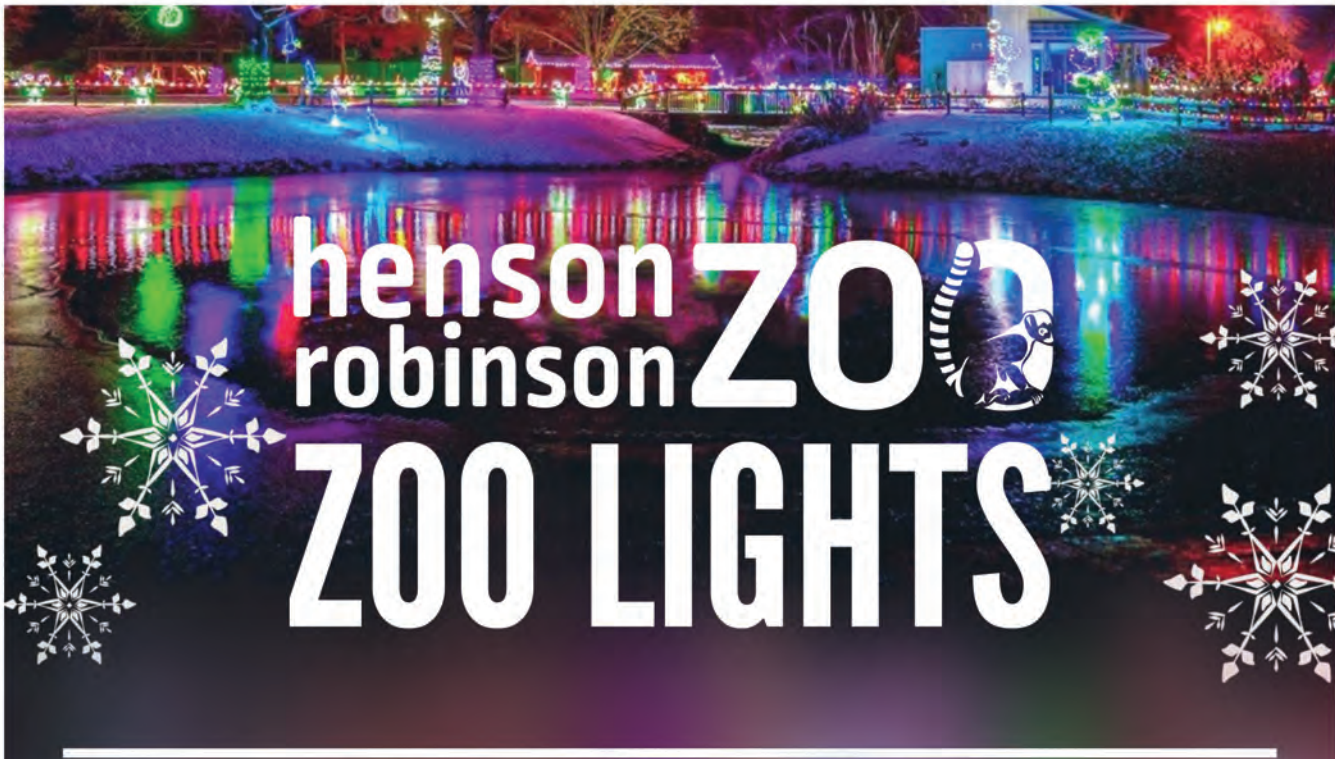
Bike & Hike Sundays provide park goers an opportunity for safe recreation by minimizing vehicular traffic.

Call 217-544-1751 x1004 for any questions.



SPECIAL EVENTS

henson robinson ZOO ZOO LIGHTS



MARK YOUR CALENDARS!

For the 2023 Holiday Season to attend this amazing event!

For Special Events be sure to watch our Zoo Facebook page @HensonRobinsonZoo



ADULTS: \$7.50 | KIDS AGES 3-12: \$5.50 | AGES 2 & UNDER: FREE

SCHEDULE 5:00-9:00pm
*last admission is at 8:00pm

11/24-11/26
11/30-12/03
12/07-12/10

WEEK BEFORE CHRISTMAS!
12/14-12/23



For more information call the Zoo at 217-585-1821 or visit www.springfieldparks.org



SPECIAL OLYMPICS



Activity #270260

The Springfield Park District provides training year-round for a variety of Special Olympics sports for youth, teens and adults with intellectual disabilities who are 8 years of age or older.

All programs, dates, times, locations, fees, and activities are tentative.

BASKETBALL *Activity #370260-02*

Come shoot some hoops and join the Springfield Park District's Special Olympics basketball team. Work on dribbling, passing, shooting, rebounding, and your offensive and defensive skills. This is a great team building sport and exceptional exercise during the colder months. and Special Olympics Illinois competition.

BOWLING *Activity #370260-03 & 05*

Come on out and bowl with us! This program is inclusive, so you don't need to have a disability to attend. This time is also used for our Special Olympics bowling team for qualifications.

SNOWSHOE *Activity #370260-04*

If you love the winter months and snow, we have the sport for you, join our snowshoe team! This sport consists of racing against other athletes in different meter distances with snowshoes on. Such races include 50m, 100m, 200m, 400m and more. This is a great way to get exercise and stay in shape while having fun during the cold months.

Register at
bit.ly/Spec_Olympic3
Activity #370260
Or Scan the QR Code!



Criteria for participation:

All Special Olympic athletes must have a current, completed Application for Participation in Illinois Special Olympics form on file with the Special Recreation Supervisor at the Springfield Park District. The form has four sections:

**Athletic Information | Parent/Guardian Authorization & Medical Authorization
Health Insurance and Emergency Information | Medical Clearance *MUST be completed by Physician**

Applications for Participation in Illinois Special Olympics are valid for 2 years based on the earliest signed date on the medical application form. Anyone interested in participating, starting a new sport, or volunteering, please contact

Andre Hawkins at ahawkins@springfieldparks.org or call 217-585-2941 ext.2307

Preschool in the **PARK**



SPRINGFIELD
PARK DISTRICT

Please call Debbie
at 217-546-3970 for
more information

The Springfield Park District invites you
to enroll your child in our Preschool
in the Park program for the 2023-2024 year!

3, 4, & 5 year old mixed age class – You have three options
to choose from in the morning and afternoon classes.

Two Day... Three Day... & Five Day Options!



Registration for classes:

Washington Park Preschool

\$55 registration and
application due at
registration.

Join our... **FUNSHOP** family!



Be a part of building the foundation for your child's future!
Each week you and your child will learn new life skills
together in a **FUN** and positive atmosphere.

- Play-based Learning
- Interactive + Innovative
- Sorting + Counting
- Calming Techniques
- Build Confidence
- And SO much more!

For more information about Funshop, call 217-753-6234!



Nelson Center Ice Rinks

The Nelson Center contains two indoor ice rinks, nine locker rooms and concession areas that are open to the public year-round. Housing the only two indoor ice rinks within a 60-Mile radius, it serves as the home for many programs, events and activities in the area. As well as offers a variety of instructional classes and leagues designed to teach children and adults how to figure skate or play hockey. The Nelson Center is also home to the NAHL Springfield Jr. Blues, Lincoln Land High School Hockey Association, Springfield Youth Hockey Association, and the Springfield Figure Skating Club.

Public Skate

Public Skate is open to the public and all ages. Patrons enjoy music being played while skating on the ice. Patrons must abide by all Nelson Center skating rules. Children 10 years of age and under must be accompanied and supervised by a responsible adult, age 16 or older. Please call ahead to confirm public skate times as it may be canceled due to tournaments, games, and/or special events: **217-753-2800**. You can also check the Skate Schedule at bit.ly/SPD_Ice-Schedule.

Discount Public Skate simply means that skate rentals are included in the Resident/Non-resident Fee; as well, it lasts for one hour and thirty minutes compared to Regular Public Skate that lasts for two hours at a time. During Regular Public Skate hours, skate rentals are \$3.00.

Public Skate Sessions

Please check our website at bit.ly/SPD_Ice-Schedule to see our Public Skate Schedule!

Public Skate - Skates Not Included

| | |
|----------------------------|-----|
| Child 12 and Under: | \$6 |
| Seniors 62+: | \$5 |
| Adults 13-61: | \$6 |

*\$3 skates separate

Public Skate - Skates Included

| | |
|-------------------------------|-----|
| Children 12 and Under: | \$9 |
| Seniors 62+: | \$8 |
| Adults 13-61: | \$9 |



Purchase your Freestyle Punch Pass TODAY and Save Money!

Passes can be purchased online or at the Nelson Center.



ballroom dance

AGES 15+ | TUESDAYS | \$70/R & \$80/NR | LINCOLN PARK PAVILION

Class offerings and logistics may change. Always check for current information at www.RonAndPaulaDance.com or call Ron and Paula at 217-553-0446.

Check out the
**FREE Fitness Court
at Comer Cox Park!**

Download the **Fitness Court App** for **FREE** virtual classes!
The Fitness Court is open to the public from sun up to sun down.



GIVE THE GIFT OF FUN!



The gift of experience is so much more valuable than “stuff!” Why not pay for a loved one’s season pass, hockey, zoo class or swimming lessons...?

Purchase a gift certificate
Online Today!

It will be a great surprise for any special occasion or the upcoming holiday season!



To buy a gift certificate, purchase online, call, or stop by your nearest Park District Facility.
springfieldparks.org



Family event calendar

CC PARENT | Daron Walker

Ongoing

“Dinosaurs: Land of Fire and Ice”

Through Sep. 3. Explore the Cretaceous Period (65-145 million years ago), the time when dinosaurs last lived on earth. Learn about dinosaur habitats to better understand how these mysterious animals lived. For children ages 3-10. kidzeum.org. Kidzeum of Health and Science Children’s Museum, 412 E. Adams St., 217-971-4435.

Extended Summer Sensory-Friendly Visit Times

Tuesdays, 9am-12pm, through Aug. 29. Reducing lights and sounds on exhibits to create a more comfortable environment for visitors who may get overstimulated. kidzeum.org. Kidzeum of Health and Science Children’s Museum, 412 E. Adams St., 217-971-4435.

Parents Wild Night Out

Third Friday of every month, 6-9pm, through Sept. 14. Drop off the kids to play, create and learn about the wild world while spending a couple hours off doing grown-up things. Pizza and snacks provided, or send a packed dinner, if you want. Registration is \$30-\$35, then \$5 for each additional child. springfieldparks.org. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-585-1821.



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August

Illinois State Fair

Aug. 10-20. Every kind of food imaginable, the sounds of music and concertgoers' cheers at the Grandstand shows, a midway with all the bells and whistles, harness-racing horses kicking up the dust on the track, tons of agricultural shows and lots of 10-gallon hats and cowboy boots. Illinois State Fairgrounds, 801 E. Sangamon Ave. statefair.illinois.org.

Rockballet

Aug. 19, 8pm. Dancers of the Copper Coin Ballet Company will perform to rock music by Downstate. The show's theme is "Rock Royalty" and songs by Queen, Elton John, Prince, Michael Jackson and Aretha Franklin will be included. Springfield Muni Opera, 815 E. Lake Shore Dr. coppercoinballet.org.

Abe's Amble

Aug. 20, 7:30am. On the last day of the Illinois State Fair, hundreds of runners from Illinois and surrounding states take to the streets covering the fairgrounds, Lincoln Park, Oak Ridge Cemetery and back. This challenging 10K course is USATF-certified and a lot of fun. Certified 5K course option available. Illinois State Fairgrounds, 801 Sangamon Ave., 217-782-6661.

Powerlight Christian Music Festival

Aug. 20, 3-9pm. Featuring four-time Grammy Award-winning band Petra at the Lincoln Stage. Free with paid fair admission. Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-553-5271.

Sing 2

Aug. 25. *Sing 2* is the sequel to the 2016 animated hit. Bring lawn chairs or blankets. Part of the Springfield Park District's Movies in the Park series. Begins at sunset. Free. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-544-1751.

Old Capitol Blues and BBQ

Aug. 25-26. Possibly the bluesiest of summer fests. Featuring top blues



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Fall Music Classes

Musikgarten music and movement

classes:

Ages 0-12

- Parent & Child • Group Classes
- Group Piano

Private Lessons

Piano, Harp, Voice, Ukulele,
Band Instruments

Register at
www.SpringfieldMusicFactory.com



Art Class Ages 3.5-9 years

1139 N. MacArthur Spfld., IL | www.springfieldmusicfactory.com



Springfield Mile is Sep. 2-3, 9am-4pm.

bands, unbeatable award-winning barbecue, cold drinks and first-rate fun. Old State Capitol Plaza, between Sixth and Fifth streets at Adams Street, 217-523-1455.

Jubilee Morgan Horse Show

Aug. 30-Sep. 2, 9am-9pm. The stamina and spirit of the Morgan, combined with its build and way of traveling, contributed greatly to the formation of the other American breeds. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave., 248-207-4956.

**SEPTEMBER
Springfield Mile**

Sep. 2-3, 9am-4pm. The annual Labor Day weekend doubleheader of the world's premier flat track motorcycle racing series. You just now imagined the sound of all those motorcycles roaring

past the grandstand, didn't you? Ticket prices will increase the week of the event. \$20-\$150. Children 12 and under \$5-\$25. Illinois State Fair Grandstand, 801 E. Sangamon Ave., 217-632-0277.

Bluegrass Concerts and Traditional Music Festival

Sep 8-9. Bluegrass performers from all over the Midwest will be playing in the Kelso Hollow outdoor theater on Friday, 6-10pm. At the Traditional Music Festival on Saturday, musicians are invited to participate in impromptu jam sessions from 10am-4pm. lincolnsnewsalem.com. Lincoln's New Salem State Historic Site, 15588 History Lane, Petersburg, 217-632-4000.

Art Spectacular

Sep. 9, 10am-5pm and Sep. 10, 10am-4pm. A juried fine art and craft fair, ranked by Sunshine Artist Magazine as

one of the best 200 art fairs in the United States. Free. Thomas Rees Memorial Carillon, 1740 W. Fayette Ave., 217-546-3853. carillon-rees.org.

Capital City Century Ride

Sep. 9. One of the oldest and most popular recreational bicycle rides in Illinois. A scenic, one-day ride on low-traffic roads. Multiple route options. Hosted by the Springfield Bicycle Club. 217-801-2873.

Ride to Remember

Sep. 10, 9am. Vehicles begin lining up at 9am at Hall's Harley-Davidson. The procession will leave at 10am and proceed to the Illinois State Capitol grounds to the 9/11 Memorial site where a ceremony will take place. Ceremony starts upon arrival. Free. Hall's Harley-Davidson, 2301 N. Dirksen Pkwy., 217-528-8356.

Little Lincoln's
toy shop

Educational
Toys & Games

BRIO

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217-670-1326
3450 Liberty Drive, Springfield
(Next To SkyZone)
Curbside Pick-Up Available

DOWNTOWN SPRINGFIELD

FAMILY FUNFEST

FUNDRAISER TO BENEFIT PCA ILLINOIS

SEPTEMBER 9, 2023
11:00am - 4:00 pm
On the Y Block 4th & Jackson
Downtown Springfield

bounce houses,
toddler area,
stage acts,
games... & MUCH MORE!

www.springfieldfunfest.org

THANK YOU TO OUR PREMIERE EVENT SPONSORS

Edwards Place Fine Art Fair
Sep. 16, 10am-5pm and Sep. 17, 10am-4pm. Shop over 70 different vendors, take tours of Edwards Place Historic Home and join in other fun family activities. This fair is popular with locals and is in its 35th year. Free. Edwards Place, Springfield Art Association, 700 N. Fourth St., 217-544-2787. springfieldart.org.

Fall Festival
Sep. 16-17, 9am-4pm. A local favorite with music, food, crafts, children's activities and historic buildings to tour. Clayville Historic Site, Pleasant Plains, Route 125, 217-481-4430. clayville.org.

22nd Annual International Route 66 Mother Road Festival

Sep. 22, 6-10pm, Sep. 23, 9am-10pm and Sep. 24, 9am-2pm. Hundreds of street machines, muscle cars and hot rods will rumble into the heart of Springfield's historic downtown followed by thousands of spectators for a weekend of family fun, live music and entertainment. Cruise at 6pm Friday with car show Saturday and Sunday. Show features *My Classic Car* host Dennis Gage. Don't miss the burnout competition. Free for spectators. Downtown, 217-553-5271.

OCTOBER

Youth Charity Horse Show

Oct. 6-8, 8am. Class sessions all three days. The organization donates its annual proceeds to area charities. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-413-1026.

Candlelight Walk

Oct. 6-7, 7pm. A wonderful opportunity to experience village life at night. Period-clothed interpreters will be inside many of the log homes and shops to talk about life in 19th century Illinois. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

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24 Hour
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options also include :

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- Medication Management
- Individual, Group & Family Counseling
- Partial Hospitalization Program
- Outpatient Therapy

Safe Space

5230 S. Sixth Street Road, Springfield, IL 62703
Phone: (217) 585-1180 ● www.lincolnprairiebhc.com



START THE SCHOOL YEAR WITH AN "A"

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Healthy children make better students and stronger athletes. Make sure your kids are ready for school by scheduling their back-to-school physicals soon.

To make an appointment, call **217.545.8000** or visit [siumed.org](https://www.siumed.org)



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Host an Exchange Student Today!

(for 3, 5 or 10 months)



Hanna from Germany, 17 yrs.
Enjoys spending time with her family and younger siblings. Hanna plays volleyball and is excited to learn new sports while in America.

Make a lifelong friend from abroad.

Enrich your family with another culture. Now you can host a high school exchange student (girl or boy) from Belgium, France, Germany, Ukraine, Scandinavia, Spain, Japan, Italy or other countries.

Single parents, as well as couples with or without children, may host. Contact us ASAP for more information or to select your student.



Giorgio from Italy, 16 yrs.
Loves to play baseball and spend time with his dogs. Giorgio also plays the guitar, and his dream is to join a drama club at his American high school.

Katelynn at 812-621-5132
Amy at 1-800-736-1760 (Toll Free)
host.asse.com or email info@asse.com



Get Started!

ASSE International Student Exchange Program is a Public Benefit, Non-Profit Organization.
For privacy reasons, photos above are not photos of actual students



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- Competition Classes



217-241-3020 • 3315 S. Veterans Parkway • Spfld
ddrspringfield.com or @ddrspringfield
dayna@ddrspringfield.com

Mid America Mane Event Horse Show

Oct. 11-14. A full array of performance, pleasure, equitation, hackney and road horse classes. Coliseum, Illinois State Fairgrounds, 801 Sangamon Ave., 815-347-4395.

"Oddities"

Oct. 13 and 20, 6-9pm. An immersive gallery experience created by regional artists. Rooms of oddities and wonders. Spooky, cool, weird. Performances and surprises. Donations welcome. DIM Art House, 319 Chatham Road, 773-235-5600. dimarthouse.com.

All Breed dog shows

Oct. 13-15 and Oct. 19-22. Featuring hundreds of dogs from the region. Free. Illinois State Fairgrounds Exposition Building, 801 Sangamon Ave., 217-621-5169.

National Fossil Exposition

Oct. 20-22. Hosted by the Mid-American Paleontology Society, this is the largest show in the world that exhibits fossils exclusively. A show for both novices and experts alike. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-8047.

Jack-O-Lantern Spectacular

Oct. 20-21, 6:30-9:30pm. Nothing quite compares to this Halloween tradition. Carillon music, lighting and sound effects and food vendors. And hundreds of carved pumpkins on display, too, of course. Adults \$10, Children 4-11 \$7, children 3 and younger free. Thomas Rees Memorial Carillon, 1740 W. Fayette Ave., 217-546-3853. carillon-rees.org.

Fall Festival

Oct. 28, 10am-4pm. Period-clothed interpreters will demonstrate daily tasks throughout the historic village such as candle dipping, soap making, blacksmithing, spinning wool, gardening and natural dyeing. Lincoln's New Salem State Historic Site, 15588 History Lane, Petersburg, 217-632-4000. lincolnsnewsalem.com.

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