

CAPITAL CITY

An Illinois Times Publication  
FREE Take One

# parent

Spring 2023

Teaching kids about money **p4**

Music related **p7**

Cooking with kids **p10**

Plus more!



SUPPLEMENT INSIDE  
p13-28

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# Teaching kids about money

CC PARENT | Pamela Savage

Can you remember how you first learned about money?

For many of us, thinking about our earliest money memories may bring to mind lemonade stands, car washes or door-to-door fundraisers. Even more so, we probably have some sense of how our parents felt about money, and we may recall how they spoke about it in our presence. We probably have memories of our first allowances, bank accounts or exciting money gifts from relatives.

All of these first experiences with finance are important building blocks for our children, and they lay a foundation for how our kids will approach the topics of money, spending and saving as adults. Martha Kamp, community relations

manager at CEFUCU, provided some guidance about best practices for teaching money management and personal finance to kids.

## **How should parents talk to their children about money?**

Most children go through phases of wanting everything when they go to the store with their caregivers. Use these opportunities to talk to your children. Cite big events such as birthdays and holidays as times that we get things, rather than purchasing something every time they go to the store. Ask your children to use some of their own saved money, or to save money toward a toy or a book they are interested in. This will help them determine if the item is

something that they really want, or if it's just something that looks shiny now.

## **How should we introduce our kids to money concepts?**

For kids in the lower elementary grades, maybe second or third grade, it is important to teach the very basics. For this age group, that may mean differentiating between *needs* and *wants* meaning, what are the things that you need to survive (water, food, shelter) versus what are things that you simply would like to have, such as a bike, book or toy.

We also should talk to our kids about how to save, whether in a piggy bank at home or in an account at a financial institution. The concepts of dividends and

interest are very exciting for kids at this age, and can be a good entry point into putting your money in an account.

Playing with pretend cash registers, money and ATM machines are all good introductions for much younger kids, such as preschool-aged children.

**Many of us use debit and credit cards while shopping, rather than physical money. This can be a little hard for children to comprehend. How can we explain the abstract aspects of money to our children?**

It is important to make spending more concrete for children. For most children, seeing things on paper and writing them down helps. For example, when a child is old enough, let them sit down and balance your checkbook register while you are paying bills. Before you head to the grocery store with your child, write down a budget. Let them help you stick to a food budget. This is a good way of allowing them to see that maybe the budget doesn't allow for a "want" like soda this week, but it could be in the budget next week.

Additionally, visiting a bank or credit union is a great way for kids to see and understand where their money is being kept.

**How can parents instill ideals such as saving and charitable giving?**

Parents always have the opportunity to lead by example. Kids learn by seeing, rather than by us telling them things. Rather than automatically putting money into your savings account, one idea would be to take your child with you into the bank or the credit union. The same goes for charitable giving. Let your children see you giving money to a church or to a cause. Even better, allow them to make the donation. Doing these things routinely will help instill the importance of these values in your children.

*Pamela Savage is a freelance writer in Springfield. She has an elementary-aged child who likes to save and learn about money and a sweet preschooler who likes to ask for things at the store.*

## Enrollment for the 2023-2024 year begins March 6th

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**2023**



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# Musically related

CC PARENT | Elizabeth Watson

Plato said, “Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” For the families of Sangamon County, music also gives a way to pass time spent in the car; a cross-generational bonding experience and, sometimes, ample fodder for parent/child disagreement.

## Passing down a passion

Nick Park, of the band Fireside Relics, has made good use of the first three-and-a-half years of his daughter Sierra’s time on earth. The lifelong music lover started playing acoustic guitar for her the day she came home from the hospital, and since then, he has methodically introduced her to his selection of classic vinyl, much of which came from his own dad’s collection, the 90s grunge of his youth, current indie standouts, and the most important of all Park’s personal favorite genre of blues rock.

Precocious and receptive, Sierra has taken her dad’s tutelage and run with it, standing on top of the coffee table with a microphone, already writing her own songs. “She’s pretty good with phrasing,” Park says.

Sierra hand selects her go-to music on her parents’ phones. She loves anything by Marcus King and the latest album from the Yeah Yeah Yeahs. Her favorite, however, is her dad’s band, which is releasing a new album this spring.

Sierra has witnessed the whole recording process, and Park jokes that between the ordinary repetitions of building the album from the ground up and his daughter asking to hear it constantly, “I’m going to be burned out on my own album before its even released!”

## Day-to-day family fun

Christine Ross, grandma to Camdyn, Jayden, T’Cari and Traven, says sharing music means something different for every age

of her grandsons. Ross grew up on classic country, but she hasn’t been able to get 11-year-old twins Camdyn and Jayden into it. They do, however, love modern country, especially the rap-inflected country pop currently on the rise. Seeing Kane Brown

in concert at the Illinois State Fair was a highlight for them all, “so fun,” Ross says.

The twins write their own rap songs and dances, sometimes sharing them on TikTok. Ross says that from driving to football practice to walking to school



Nichole Stimage, 14, has recently acquired a record player and is interested in delving deeper into music as a hobby. PHOTO COURTESY CHRISTI STIMAGE

with headphones to dancing around the house to Sir Mix-a-Lot, music is their family's constant companion. "We don't go anywhere or do anything without the radio," Ross says. "There is always music playing."

When younger cousins T'Cari and Traven come into the mix, everyone loves to watch Traven, the baby of the family at only 1, hear his favorite Burger King commercial and immediately stop whatever he's doing and start dancing. "He's just now getting into music," Ross says.

#### Finding family favorites

Christi Stimage has both a grade-school and a high-school student. Eight-year-old Nylah is into *High School Musical* and lots of Disney music, while 14-year-old Nichole has recently acquired a record player and is interested in delving deeper into music as a hobby.

Nichole and her mom share a love for Beyonce, and Nichole likes some of

her dad's music too, like Public Enemy. Stimage grew up on traditional gospel music, but today she gravitates more toward R&B gospel or jazz gospel for its happy vibe. "It gets you going and puts you in a different space," Stimage says. She hopes to continue sharing her passion for gospel music with her daughters because, as she says, "it feeds the soul," but she's also interested in whatever they're suggesting at the moment.

"I want to be involved," Stimage says. "They teach me, and I try to teach them, too." They don't always see eye to eye – for instance, Stimage is flummoxed by Nichole's recent trial of the metal genre – but they usually appreciate each other's taste. When all else fails, Stimage says, the entire family loves *Hamilton*.

*Elizabeth Watson is a freelance writer and Springfield-area mom whose family can't wait to hear the Illinois Symphony Orchestra perform John Williams this spring.*

**What are you and your family listening to lately?**

**Is there something everyone can agree on, or are you fighting one another to control the playlist?**

**Do you dance?**

**What's one thing you've taught your kids about music and one thing they've taught you?**

# Summer Camps at Kidzeum!

Visit [Kidzeum.org/education](http://Kidzeum.org/education) for information about summer camps and other educational resources.

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# Cooking with kids

CC PARENT | Tara McAndrew

Winter is a great time to teach kids about cooking. When everyone is stuck inside during inclement weather, why not gather in the kitchen to make cookies or dinner together?

As a bonus, kids are invested in the result. “Children enjoy getting hands-on with chopping and prepping vegetables. I’ve noticed kids are more likely to try new vegetables as part of a dish they prepared themselves,” says Jolene Lamb, community education culinary coordinator at Lincoln Land Community College, which offers cooking and baking classes.

Start small, recommends Denise Perry, owner of Copper Pot Cooking Studio in Springfield, which also offers classes for adults and kids. “Take a trip to the library to explore a new cookbook or to the grocery store to gather ingredients for a recipe. Then have them use measuring cups, spoons and scales. Baking is a great way to introduce kids to the kitchen.”

Recipes that are quick to prepare are best, says Lamb. “They’re long enough to keep the kids actively involved but not so long that they would bore or tire during cooking.”

Don’t stress over the mess, adds Perry. “Just remember they are learning so many things through cooking – math, science, reading and teamwork. Make sure a parent or guardian is supervising and have fun. Cooking with kids is a great introduction to working together and taking on responsibilities around the house in a fun environment.”

A safety note – she advises that only older children use knives. “My suggestion is either a serrated plastic vegetable knife or a small paring knife to start,” Perry says.



Preschoolers can take part in cooking by adding ingredients and stirring. Dayne Ownbey, 3, helps make a cake for his dad’s birthday. PHOTO COURTESY MICHELLE OWNBEY

The University of Illinois Extension Office recommends that kids not use a small knife until they're 5 or 7 years old. Younger kids can wash produce, measure items with spoons and mix ingredients.

It's important to involve kids with food prep and cleanup, as well, according to the Extension Office. Make sure they wash their hands for 20 seconds with soap and water before beginning. Explain why they need to separate raw and cooked foods to decrease the risk of food-borne illnesses. When they're done, have them clean the dishes and counters with soap and water, too.

### Chinese Fried Rice

Recipe courtesy of Jolene Lamb

Serves 4

Time - 30 minutes

#### Ingredients:

¾ cup chopped onion  
2 ½ tablespoons oil  
1 egg, lightly beaten  
1 teaspoon soy sauce  
1 teaspoon sesame oil  
½ cup diced carrot  
½ cup frozen peas, thawed  
4 cups brown rice, cooked and chilled  
4 green onions, chopped  
2 tablespoons soy sauce (add more if you like)

#### Preparation:

Heat 1 tablespoon oil in large skillet on medium heat. Add chopped onions and stir-fry until onions turn a nice brown color, about eight to 10 minutes. Remove from pan.

Mix egg, soy and sesame oil. Set aside. Add ½ tablespoon oil to pan, swirling to coat surfaces. Add egg mixture. Working quickly, swirl egg until egg starts to cook. When egg cooks, stir to scramble it up. Remove from pan. Set aside.

Heat 1 tablespoon oil in pan. Add carrots, peas, and cooked onions. Stir-fry for 2 minutes.

### Apple Granola Stackers

From the "Family and Kids" section of *foodnetwork.com*, courtesy of Ree Drummond.

Serves 2

Time - 10 minutes

#### Ingredients:

1 Granny Smith apple, skin on, cored and sliced crosswise  
1 red apple, skin on, cored and sliced crosswise (the apples need to be equal size)  
¼ cup crunchy peanut butter  
½ cup granola  
1 tablespoon cinnamon sugar (1/2 cup sugar and 1 teaspoon ground cinnamon)

#### Preparation:

Spread all the apple slices, except the top slice, with peanut butter.

Sprinkle granola and cinnamon sugar over the peanut butter.

Stack the apples, alternating between red and green slices. It may help to do this in a bowl.

Wrap tightly in plastic wrap and refrigerate until ready to eat.

### Perry recommends these cookbooks:

*The Silver Spoon for Children New Edition*

*Favorite Italian Recipes*

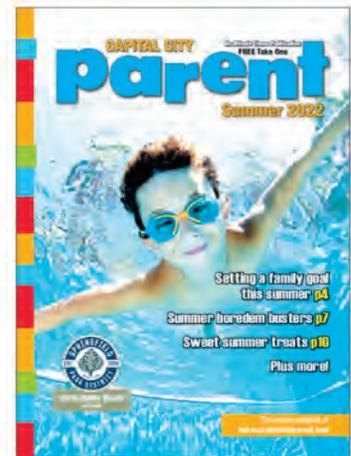
*The Complete Cookbook for Young Chefs*

*100+ Recipes that You'll Love to Cook and Eat*

*Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up*

# CAPITAL CITY parent

A quarterly publication from Illinois Times



## Next issues coming

### May 12

Space & ad copy deadline: Wednesday, April 19

Final art deadline: Monday, May 1

### August 11

Space & ad copy deadline: Wednesday, July 19

Final art deadline: Monday, July 31

### November 10

Space & ad copy deadline: Wednesday, October 18

Final art deadline: Monday, October 30

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# STEM Fair returns

CC PARENT | Carey Smith



Rochester Intermediate School fourth grade students pose with a Meccanoid, a 4-foot tall-robot that is part of the school's STEM curriculum. He was on display at the Central Illinois STEM Fair the last time it was held in 2019.

PHOTOS COURTESY OF CENTRAL ILLINOIS STEM FAIR

After a pandemic pause and a name change, the Central Illinois STEM Fair is back. Featuring dozens of exhibitors, the STEM Fair will be held March 30 from 6-8 p.m. at the Rochester High School Athletic Complex, located at 1 Rocket Drive in Rochester. STEM stands for Science, Technology, Engineering and Mathematics.

Parent volunteer and STEM fair coordinator Pete Gegen says the goal of the STEM Fair is to create excitement around STEM. “We want to promote STEM and make sure students can find something that interests them. We started out just doing it in Rochester schools, showing off all the STEM activities that are available.” Gegen was the parent of three Rochester students when the STEM Fair began, with his one remaining school-aged child now a junior in high school.

Sheril Flynn, K-6 technology facilitator with Rochester Schools, says the pandemic had a huge effect on STEM in schools and she’s glad to be back. “STEM went dormant. It’s touching things and working together in groups, so there was no way to continue that. This year we have really brought STEM back into our schools and tried to make it a focus for teachers to reintroduce STEM activities and getting back to normal.”

The STEM Fair began in Rochester Schools in 2015 to showcase what was available to both teachers and students. Along with a board of volunteers and Flynn’s sister Stephanie Zeidler, who is Rochester Schools’ 7-12 technology facilitator, the group has grown the fair to an area-wide event, with STEM organizations throughout central Illinois and beyond in attendance. Past events have drawn dozens of teachers and school districts, with hundreds of attendees.

The STEM Fair is free, though a ticket is required and can be reserved at <https://centralillinoisstemfair.eventbrite.com>. The event is geared toward K-12 students and their families, as well as educators.

“Not only does it create a fun environment for kids to learn, but also for parents to learn what the organizations are,” states Gegen. Area teachers can



Rochester Intermediate School fifth grade students show off the 3-D printer they use as part of the school’s STEM curriculum. A computer lab was converted to a makerspace room for use by all grade levels in the school.

also meet their peers and access STEM resources for their own classrooms.

A list of exhibitors, as well as clubs and curricula can be found on the website, <https://sites.google.com/view/rochesterstemfair> with more exhibitors added weekly. Gegen notes the event will “have hands-on demos, information for teachers on curriculum resources and larger-scale demos. In one area we’ll have the high school robotics team, and in another corner, we’ll have drone racing exhibitions.”

The importance of STEM for both children and our greater society cannot be overstated. As Flynn says, “We have so many kids that excel academically with paper and pencil. Then the kids who are not able to excel in that area come into STEM, and they are creative, hands-on, and the things they make and create are amazing. It gives an outlet for a lot of students that have different learning styles.” Flynn says STEM also gives kids a chance to focus on real-world problem solving, which has applications far

beyond the classroom.

As our society increases its reliance on technology, STEM careers have seen extraordinary growth in the job market. STEM isn’t just about having previously learned knowledge, but also applying that knowledge in a variety of ways to solve problems. This skill is of utmost importance for leaders in industry, government and society as a whole.

There are a variety of studies that have varying projections of job growth for STEM, but all agree that job growth in STEM fields will outpace other occupations in the years to come. Those with STEM degrees usually experience lower unemployment and higher salaries than other occupations.

Even if your child is not destined for a STEM career, they will find plenty of fun at the 6th Annual Central Illinois STEM Fair.

*Carey Smith is in a STEM/STEAM family and appreciates the resources this fair provides.*

# Books that teach Black history

Learn about some lesser-known Black historical figures

CC PARENT | Deana Metzke

Sometimes we learn about the same brave and historic individuals each year during celebrations such as Black History Month, but this year, consider sharing some stories or biographies with your child of African American individuals who made a strong impact on American history, but may not have the same level of name recognition as others.

For example, while most people have heard of Rosa Parks, not as many have heard of Claudette Colvin. In March of 1955, nine months before Parks refused to give up her seat on the segregated bus and was arrested, 15-year-old Colvin was brave enough to do the same thing.

In 2022, bestselling author Tracey Baptiste wrote a beautiful book titled *Because Claudette*. This book, illustrated by Tonya Engel, not only gives Colvin the recognition she needs, but also explains how her decision to stay seated then was the catalyst for Parks' decision, which then led to many of the other decisions throughout the successful Montgomery bus boycott. *Because Claudette* is a tribute to one of the unsung heroes of the civil rights' movement. Though still profound, this book written in a simple way that can be enjoyed by readers as young as second grade if it is read to them, and understood by independent readers starting in third grade.

Another lesser-known Black American hero of American history is William Still. Although most of us have heard of the Underground Railroad, few people know that Still has been called by some the father of the Underground Railroad. Thankfully, author and illustrator Don Tate wrote *William Still and His Freedom Stories: The Father of the Underground Railroad*.

In this book, published in 2020, Tate tells the story of William Still's parents, who were able to escape slavery, and relates

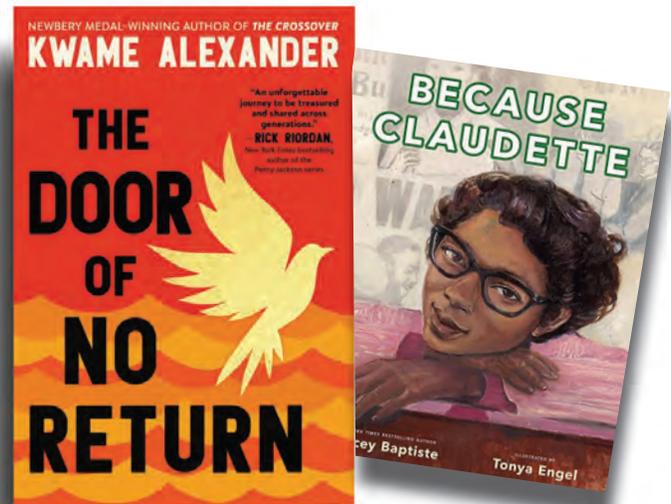
stories about Still's childhood. Once he became a free Black adult, Still risked his safety regularly by opening his home to those people who were running toward freedom. Although some might have thought that was risky enough, Still also began listening to and writing down the stories of these former slaves. This was a way that he could help reunite families separated during their escapes as they came into the city of Philadelphia. I won't tell all the details, but Still definitely earned that title, Father of the Underground Railroad. I would recommend this longer picture book for readers in fourth grade and up.

Often, we forget that the history of African Americans did not begin with slavery. Before they were enslaved, they were free people, living and thriving in communities in Africa. However, Kwame Alexander is doing his part to try and educate young readers about life before the

freedom of Africans was snatched away.

In his latest novel-in-verse, *The Door of No Return*, Alexander spends a large portion of the book telling the stories of young Kofi, his family and his friends and their lives as part of the Asante Kingdom in 1860. Now don't get me wrong, there is still drama within the kingdom, which is part of what leads to the capture of African people. However, I believe Alexander was very intentional in having the capture of Kofi and the story of the Middle Passage not be the bulk of the story told in his book, and for that, I am grateful. At almost 400 pages, this story is a longer one, but because it is mostly in verse, it is a faster read than you would expect. This book would probably be best for those readers who are in fifth grade and up.

So this February, consider sharing with your child these stories that just might teach them about some different changemakers of American history.





# Activity & Facility Guide January - April

# SPRING 2023

## Washington Park

*Washington Park contains the Botanical Garden, Thomas Rees Memorial Carillon, Velasco Tennis Center, and the Preschool!*

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- *Outdoor Ice Skating*



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## NEW Online Activity and Facility Guide Features!

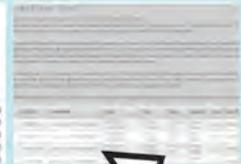
### INTERACTIVE ACTIVITIES!

Click on ANY of our activities in the electronic version of the Activity and Facility Guide and be taken straight to the registration page!

**REGISTRATION DEADLINE:** Camp L.E.A.P. is a weekly program. Registration deadlines are set as the Friday prior to the week the participant is attending.

Location: Melrose Center  
Web#: 663.1024

Activity #	Age	Days	Time	Cost	Fee	Wait List
210002-01	10-15	M-F	8:30a-10:00a	\$40	\$0	\$0
210002-02	16-20	M-F	8:30a-10:00a	\$40	\$0	\$0
210002-03	21-25	M-F	8:30a-10:00a	\$40	\$0	\$0
210002-04	10-20	M-F	2:00a-5:00p	\$40	\$0	\$0
210002-05	10-20	M-F	7:00a-9:00a	\$0	\$0	\$0



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**217-544-1751 ext. 1003**  
sflesch@springfieldparks.org

**217-544-1751 ext. 1404**  
jgraham@springfieldparks.org

**217-544-1751 ext. 1002**  
awhisnant@springfieldparks.org

**217-544-1751 ext. 1014**  
atippin@springfieldparks.org

**217-544-1751 ext. 1010**  
emarx@springfieldparks.org

## HUMAN RESOURCES

**Cindy Higgins**  
HR & Risk Manager

**Leslie Rusciorelli**  
Payroll & Benefits Coordinator

**Lori-Ann Trusty**  
Diversity, Equity, and Inclusion Coordinator

**217-544-1751 ext. 1009**  
chiggins@springfieldparks.org

**217-544-1751 ext. 1007**  
lrusciorelli@springfieldparks.org

**217-544-1751 ext. 1015**  
ltrusty@springfieldparks.org

## FINANCE DEPARTMENT

**Doug Bates**  
Senior Accountant

**Taneeka Edmonson**  
Administrative & Accounts Payable

**217-544-1751 ext. 1006**  
jbates@springfieldparks.org

**217-753-6212 ext. 1401**  
tedmonson@springfieldparks.org

## RAINOUT LINE

**217-203-6004**

## RECREATION AREA - STAFF

### ATHLETICS

**Sean Dickerson, CPRP** - Athletics Manager  
Email: sdickerson@springfieldparks.org

**217-544-1751 ext. 1012**

### AQUATICS

**Becca Mendoza** - Aquatics Manager  
Email: rmendoza@springfieldparks.org

**217-525-8847 ext. 1501**

### BOTANICAL GARDEN

**Alexa Bryan Potts** - General Manager  
Email: apotts@springfieldparks.org

**217-546-4116 ext. 2902**

**Mandy McCann** - Horticulture Supervisor & Curator  
Email: mmccann@springfieldparks.org

**217-546-4116 ext. 2901**

### EARLY CHILDHOOD PRESCHOOL

**Debbie Clark** - Program Supervisor  
Email: dclark@springfieldparks.org

**217-546-3970 ext. 2701**

### ERIN'S PAVILION EVENT CENTER

**Tammy Naumovich** - General Manager  
Email: tnaumovich@springfieldparks.org

**217-585-2941 ext. 2301**

**April McClintock** - Administrative Assistant  
Email: amcclintock@springfieldparks.org

**217-585-2941 ext. 2302**

### FUNSHOP

**Tim Rhodes** - Facility Program Supervisor  
Email: trhodes@springfieldparks.org

**217-753-6234 ext. 3005**

### GOLF COURSES & PROGRAMMING

**Lance Flury** - Head PGA Golf Pro Lincoln Greens Golf Course  
Email: lflury@springfieldparks.org

**217-786-4111 ext. 1901**

**Mike Logsdon** - PGA Golf Pro Pasfield Golf Course  
Email: mlogsdon@springfieldparks.org

**217-698-6049**

**Megan Greco** - Assistant Pro Shop Manager Pasfield Golf Course  
Email: mgreco@springfieldparks.org

**217-698-6049**

**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**

**Kirst Montgomery** - Learning Coordinator  
Email: kmontgomery@springfieldparks.org

**217-585-1821 ext. 1706**



### NELSON CENTER ICE SPORTS

**George R. Tucker** - Interim General Manager  
Email: gtucker@springfieldparks.org **217-753-2800 ext. 2002**

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

**Tim Rhodes** - Facility Program Supervisor  
Email: trhodes@springfieldparks.org **217-753-6234 ext. 3005**

### 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 Ulft** - Carillanist  
Email: cvanulft@springfieldparks.org **217-546-3853 ext. 2501**

### VELASCO TENNIS CENTER

**Sonthana Thongsithavong** - USTA Tennis Pro | Recreation Tennis Manager  
Email: sthongsithavong@springfieldparks.org **217-546-4103**

### 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

**George R. Tucker**  
Superintendent of Maintenance Operations **217-753-2800 ext. 2002**  
gtucker@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

**WASHINGTON PARK**  
**Botanical Garden**  
**Group Tours**

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

All Ages | Monday - Friday | March 20 - April 28, 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.



**LILY GIVE-A-WAY**

This is a Washington Park Botanical Garden Member only event. Become a Garden Member today and enjoy all the great plant giveaways and more!

**TUESDAY, APRIL 11 | 9AM-2PM**

WASHINGTON PARK BOTANICAL GARDEN, 1740 W Fayette Ave

The Springfield Figure Skating Club  
**PRESENTS**  
**2023**  
**SPOTLIGHT ON ICE**  
**ICE FANTASIES**

 Stay tuned for more information!  
Facebook [@SpringfieldFigureSkatingClub](#)  
<http://www.sfsc4u.com/>

The Nelson Center Arena  
1601 N. 5th Street  
Springfield, IL  
217-753-2800

 **THE NELSON CENTER**  
Life's cooler here  
**SPRINGFIELD PARK DISTRICT**

WASHINGTON PARK BOTANICAL GARDEN

# Spring Floral Display

Easter Lilies and lush tropical foliage fill the Exhibit Hall and Conservatory for the 50th Annual Spring Floral Display.

**MARCH 18 TO APRIL 9**

**MON-FRI: 12-4PM | SAT-SUN: 12-5PM**



WASHINGTON PARK BOTANICAL GARDEN

## Orchid Info & Repotting Workshop

Join us for this one day only workshop! Members from the Prairie State Orchid Society will teach the basic care and repotting techniques for orchids.

**SATURDAY, APRIL 22 | 10AM-2PM**

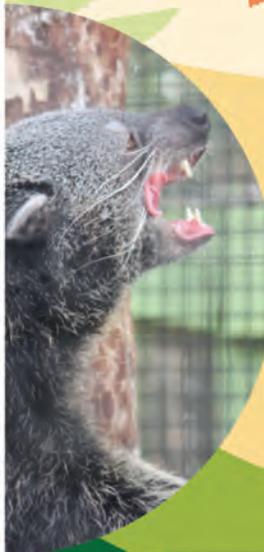


What's **NEW** at the  
**Henson Robinson Zoo**  
In **2023??**



Opening Day is  
**April 1st &  
April 2nd!**

For  
All ages!



**\$7.50** adults 13-61  
**\$5.50** for kids 3-12  
**\$5.50** for seniors  
**FREE** for ages 2  
& under



**henson  
robinson  
ZOO**  
est. 1970

**SPRINGFIELD  
PARK DISTRICT**

Stay tuned on our social media  
for all the latest details!



@HensonRobinsonZoo

# Public Ice Skating Tickets available at:



[https://bit.ly/SPD\\_AdmissionTix](https://bit.ly/SPD_AdmissionTix)



SPECIAL EVENTS

## Outdoor Ice Skating



The Springfield Park District provides seasonal outdoor ice skating at Lincoln Park, Southwind Park and lower Washington Park lagoons. For your safety, Park District staff monitors the thickness of ice at each of these lagoons. When the ice is thick enough to safely support ice skating, the "No Skating" signs will be removed. When these signs are removed, the public is welcome to enjoy outdoor ice skating. Please obey the "No Skating" signs when posted.

## Carillon Concerts Will be Starting Again in April!

**April Concerts will be held:**

Saturdays  
2:00-2:30pm

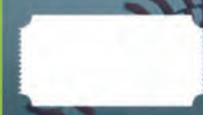
Sundays  
2:00-2:30pm & 4:00-4:30pm

REES CARILLON | 217-546-3853  
1740 W. FAYETTE AVE, SPRINGFIELD, IL  
[WWW.CARILLON-REES.ORG](http://WWW.CARILLON-REES.ORG)



SPECIAL EVENTS

# 2023 'SHOES SEASON TICKET PACKAGE



A TICKET TO EVERY 2023 LUCKY HORSESHOES GAME WITH NO UNUSED TICKETS



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EXCLUSIVE GIFT & 20% OFF AT THE 'SHOE BOX



COMPLIMENTARY TICKET TO 2023 LEGENDS CLASSIC & BATTLE OF THE SEXES IN SAME SEAT



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NAME OR COMPANY NAME ON SEATS



ON SALE NOW!



TICKETS.SHOESBASEBALL.COM • 217-679-3511

# SAVE THE DATE FOR

APRIL 22ND

Henson Robinson Zoo



CITY OF SPRINGFIELD'S

Organized by the Office of Public Works: Waste & Recycling Division since 1992.



# EARTH AWARENESS FAIR



In honor of Earth Day and Earth Awareness Month, this annual, free, all-ages event is meant to bring together city departments, organizations, businesses, and individuals to showcase and encourage Earth stewardship, resilience, sustainability, and community.

# Find Your Next **ADVENTURE**

*with the Springfield Park District's Summer Camps!*

Special Recreation  
Summer Camps

Nelson Center  
Summer Camp

Preschool  
Summer Camps

Henson Robinson Zoo  
Summer Camps

Athletics  
Summer Camps

Tennis  
Summer Camp

**Sign Up Today at**  
[www.springfieldparks.org](http://www.springfieldparks.org)



# Spring Break Camp

**Need a fun and safe place for your child to attend while on Spring Break from school?**

**Special Recreation's week-long Spring Break Camp** provides organized recreational activities such as:

playing sports, games, making crafts, going on walks, playing outside on the playground, watching movies, playing the wii and Nintendo switch and more.

An afternoon snack will be provided.

**Please bring a cold sack lunch with no candy or soda.**

**March 20th - 23rd**  
**7:30 am - 5:30 pm**  
at Erin's Pavilion.

**Fee: \$120R/\$150NR**  
**Activity #170112**



For more information: 217 585 2941 ext. 2307  
ahawkins@springfieldparks.org  
Register at [bit.ly/SPDSpringBreakCamp](http://bit.ly/SPDSpringBreakCamp)



WASHINGTON PARK



LINCOLN PARK



DUNCAN PARK



ILES PARK

# NOW BOOKING 2023 PARK SHELTER RENTALS!

**Picnic Rentals** can be booked up  
to **one year in advance!**

\*All rentals require a non-refundable deposit.



**SPRINGFIELD**  
PARK DISTRICT



Book here at:  
[bit.ly/SPD\\_Shelter-Rentals](https://bit.ly/SPD_Shelter-Rentals)  
Or scan the QR code!

For more info please call 217-544-1751

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



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

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 Tim Rhodes at 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 <http://bit.ly/SPDTickets>.

**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 <http://bit.ly/SPDTickets> to see our Public Skate Schedule!

#### Public Skate - Skate Not Included

<b>Child 12 and Under:</b>	\$6
<b>Seniors 62+:</b>	\$5
<b>Adults 13-61:</b>	\$6

\*\$3 skates separate

#### Public Skate - Skates Included

<b>Children 12 and Under:</b>	\$9
<b>Seniors 62+:</b>	\$8
<b>Adults 13-61:</b>	\$9



**Purchase your Freestyle Punch Pass TODAY and Save Money!**

Passes can be purchased online or at the Nelson Center.

Get an Early Start on Reserving a Plot Today!



SPRINGFIELD PARK DISTRICT

## COMMUNITY GARDENS

Located in Jefferson Park, the goal of the community gardens is to provide a safe, enjoyable space for everyone to experience recreational gardening.

### GENERAL GARDEN INFO

- Season: April 1 – November 1, 2023
- 10 x 20 ft plots can be reserved for \$10
- Plots are tilled annually
- Accessible during normal park hours
- Near Organic: no chemical fertilizers, insecticides, or herbicides
- Water is available, use appropriately

For more information, contact Sean Dickerson at 217-544-1751 ext. 1012



### PARTY WILD AT THE HENSON ROBINSON ZOO

2 Hours | 20 Guests

Cost: \$170 for Members

\$180 R | \$200 NR

**Party Includes:** Zoo Admission, Party Host, Feed for Goats + Fish, Birthday Decorations. Bring your own cake and ice cream!

**Call the Zoo to Book Your Party!**  
217-585-1821



YOU ARE

INVITED

to host your

# BIRTHDAY

PARTY WITH US!

Make your child's birthday party a memorable one. Parents relax and enjoy, while you host your party with us and we do the clean up!

Each party listed includes their own unique amenities. Pick the FUN that's right for you and your little ones...

[bit.ly/SPDBirthdayParties](http://bit.ly/SPDBirthdayParties)

### Other Great Party Ideas!

See the Full Guide for prices & details.

**ICESKATING PARTY BECAUSE IT'S COOLER AT THE NELSON CENTER!** Call: 217-753-2800

### FOOTGOLF

Call Bergen Golf Course to make a reservation.  
217-753-6211





# 2023 SEASON PASSES ON SALE NOW

Jump start your summer **FUN!**



## VELASCO TENNIS CENTER

- Family of 6 for only **\$250!**
- New Student Pass for ages 6-25 only **\$75!**



## BOTANICAL GARDENS

- Plant and bulb giveaways
- Reciprocal admission to **300+** participating gardens, including admission to the Missouri Botanical Gardens, **\$125 value for only \$20!**



## POOLS

- Good for **Nelson and Veterans Memorial Pools!**
- **10% off** swim lessons
- **End of season pool party** for pass holders
- Family of 4 is now **\$70!** That is **\$80 savings** on two pools!



## HENSON ROBINSON ZOO

- **16% off** party wild packages!
- Member mornings
- Member only events and exhibit openings

**On Sale Now at**  
**[bit.ly/Season\\_Passes](https://bit.ly/Season_Passes)**  
Or Scan the QR Code to Purchase



Find your **FUN**, find your *smile* at [springfieldparks.org](https://springfieldparks.org)

**AT Y SOCCER, YOUR KIDS  
WON'T JUST LEARN TO  
PLAY BETTER,  
THEY'LL LEARN  
TO BE  
BETTER PLAYERS**

Spring Soccer  
Sign-Up

**NOW  
OPEN**  
Ends March 11



Springfield Y Soccer Players



**CREATE GREAT MEMORIES:  
Y SUMMER CAMP  
SIGN-UP  
STARTS MARCH 1**



Springfield Y Summer Campers

[springfieldymca.org](http://springfieldymca.org)



# Family event calendar

CC PARENT | Daron Walker

## Backgammon Club

Ever play backgammon? Here's your chance to try it. Backgammon games and lessons available for beginners every Wednesday. First time entry is free. Meets 6-9 p.m. at Harvest Market, 3001 Veterans Pkwy., 217-622-9447.

## Springfield Chess Club

Chess, the ultimate game of strategy. Casual chess games for the public and club members of all ages and skill levels. The club meets weekly 5-7 p.m. at the White Oaks Mall food court. Free. White Oaks Mall, 2501 Wabash Ave., 217-726-2584.

## Cat adoptions

Fourth Saturday of every month, Forever Home Feline Ranch has cats available for adoption on the fourth Saturday of every month. Opportunities are also available for fostering and volunteering. 12-3pm. Donations welcome. Ace Hardware, 1600 Wabash Ave., 217-787-5100.

## Community Appreciation Day

Feb. 11, 9am-4pm. Free admission. No need to RSVP. Just stop at the admissions desk to check in. Free. Kidzeum of Health and Science Children's Museum, 412 E. Adams St., 217-971-4435.

## Lincoln's 4 Lincoln Read-a-Thon

Feb. 11, Sat. The ALPLM, Lincoln Public Library and Compass for Kids will celebrate the 214th birthday of Abraham Lincoln with the second annual "Lincoln's 4 Lincoln Read-a-Thon and Book Drive!" Community leaders will read their favorite children's books throughout the day. Museum admission will be free Saturday and Sunday. Consider bringing a new children's book to donate to Compass for Kids.

## Capital City Improv Spring Workshops

Feb. 16, March 16, April 20. 7-9pm. Interested in trying improvisational



# VOTED THE BEST SUMMER CAMPS IN SPRINGFIELD



One week sessions from June 5 through July 28 for ages 4 to 18  
Art and History camps offered throughout

Registration begins February 27 for SAA members, March 1 for non-members

Learn more at [www.springfieldart.org](http://www.springfieldart.org)



## Spring Guide

Coming Thursday, March 16, 2023

Advertising Deadline Wed., March 8, 5pm

**Schedule your ad today!**  
[advertising@illinoistimes.com](mailto:advertising@illinoistimes.com)

Beth Irwin 217-679-7803 Yolanda Bell 217-679-7802 Ron Young 217-679-7807 Haley Jackson 217-679-7804

### Attention publicity seekers:

Submit calendar events at [www.illinoistimes.com](http://www.illinoistimes.com)  
or email to [calendar@illinoistimes.com](mailto:calendar@illinoistimes.com).

Deadline to submit extended calendar items for Spring Guide is

**Friday, March 3, 5pm.** Please be sure  
to indicate 'Spring Guide' in the subject line. Submit events at  
[illinoistimes.com/submitevent](http://illinoistimes.com/submitevent).

We do not accept calendar items via phone.



## Does Your Security Manager Need A Vacation?

Protect your Home, Family & Valuables for only \$395. Call 217-744-9000 for more information.



theater? Join Capital City Improv for spring workshops and learn to improv basics and play a variety of improv games. Anyone 12+ is welcome. Space is limited. Please RSVP via the Capital City Improv Facebook Messenger to reserve a spot. Free. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

### 2023 Springfield Area Home Builders Association Home Expo

Feb. 17-19. 2-8pm Friday, 9am-6pm Saturday, 10am-4pm Sunday. Check out the latest trends in the home building and remodeling industry. An event the whole family will enjoy. Lego contests, face painting and a Lowe's Kid's Corner where kids can build a project to take home. \$6. Children 12 and younger are free. BOS Center, 1 Convention Center Plaza, 217-698-4941.

### Springfield Flea Market

Feb. 19, March 19. Sat. 8am-3pm. Antiques, vintage, collectibles, crafts, new and used. Illinois State Fairgrounds Illinois Building, 801 Sangamon Ave., 782-6661. Admission \$1.50. Children younger than 12 free with an adult.

### Winter Old Capitol Farmers Market

Saturdays through in February, March and April. 8am-12pm. Union Station, 500 E. Madison St., 217-544-1723.

### St. John's Lutheran Preschool open house

Feb. 21, 5:30pm. Open house for prospective students and their families. Free. St. John's Lutheran Church, 2477 W. Washington St., 217-793-3933.

### The Boat Show in Springfield

Feb. 24, 2pm-9pm; Feb. 25, 10am-7pm; Feb. 26, 10am-5pm. Lots of exhibitors from across central Illinois. Fiberglass and aluminum fishing boats, inboards, runabouts, pontoons and more. Concessions. \$5 at the door. Ages 12 and younger are free. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-525-2589.

### Woodlawn Farm Museum Open House

Sat., Feb. 25, 10am-3pm. This great opportunity will provide you with the chance to learn the role Woodlawn Farm played in the Underground Railroad movement in the mid-1800s. Learn about the pioneers who settled the farm, and

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217-753-2226

[marketing@illinoistimes.com](mailto:marketing@illinoistimes.com)



## Spring flowers bring new hours and more **FUN** at the ISM!

We're ready for you to visit! Join us at the Illinois State Museum for interactive exhibits, art, and history galleries!

- The Mary Ann MacLean Play Museum
- *Curious Kids* every month
- *Spring into Spring* Family Day Drop-in
- *Sketch the Museum* Spring Break Camp

...and so much more!  
Now open 7 days a week!

502 South Spring Street • Springfield  
[www.illinoisstatemuseum.org](http://www.illinoisstatemuseum.org)  
217.782.7386

**ILLINOIS**  
STATE • MUSEUM  
*explore. discover. learn. share.*

their efforts to assist slaves in gaining their freedom. Adults \$5, Students \$3. Woodlawn Farm, Jacksonville, Old Route 36, three miles east of Jacksonville.

#### **Snow White**

Feb. 25. 2-3, 6-7pm. A kind princess, Snow White, is banished to the forest by her wicked stepmother, but is welcomed into the cottage of seven eccentric but lovable friends. Her whereabouts are made known to the evil stepmother who poisons her with a tainted apple. Can anyone save her? [sypgfoundation.org](http://sypgfoundation.org). \$10-\$15. Sacred Heart Griffin Theater, 1200 W. Washington St., 217-553-4475.

#### **Illinois Product Expo**

March 4-5. Explore Illinois food through your taste buds with free samples from each vendor. Discover new products, relax in the Illinois Wine Garden and stock up on your longtime favorites. [illinoisproductexpo.com](http://illinoisproductexpo.com). \$5. Ages 10 and under free. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-8047.

#### **Springfield Public Schools Foundation Annual Dinner and Art Auction**

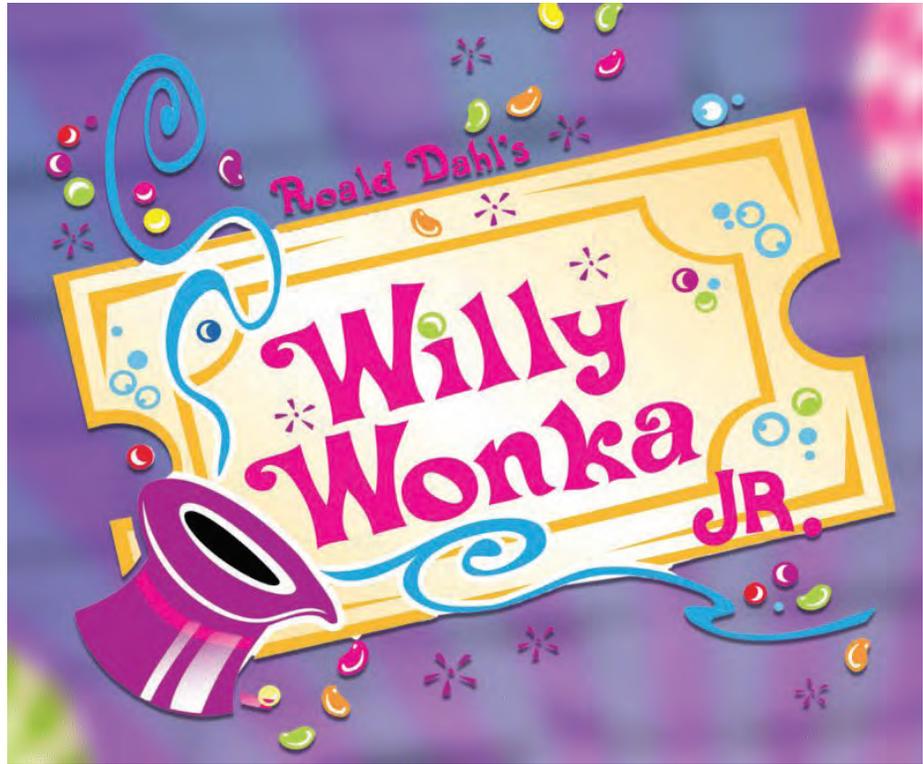
March 10. Mark the calendar for the 41st Annual Dinner Celebration and Art Auction. Everyone is invited to gather for an evening with friends, fine food provided by Maldaner's Restaurant and student entertainment. All proceeds support the foundation's mission to support innovative learning across District 186. Erin's Pavilion, Southwind Park, 4965 S. Second St., 217-525-4406.

#### **Star Wars & Beyond, the Best of John Williams**

March 10. 7:30pm. A performance of the sounds of "Star Wars" by the Illinois Symphony Orchestra with conductor Vince Lee. UIS Performing Arts Center, One University Plaza, 217-206-6160.

#### **Willy Wonka Jr.**

March 10-12. 7pm March 10-11, 2pm. March 12. The delicious adventures in Willy Wonka's chocolate factory light up the stage in this captivating



adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film, in addition to a host of fun new songs. \$18. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

#### **Million Dollar Time Machine**

March 11. 7:30pm. Twenty-four of the greatest artists that have ever lived will emerge one by one from a time machine and share the same stage for a truly epic show. UIS Performing Arts Center, One University Plaza, 217-206-6160.

#### **St. Patrick's Day Parade**

March 11, Sat. at noon. The parade starts at Jefferson and Sixth streets and goes west on Fifth Street, east on Capitol Avenue, to north on Sixth to the Reviewing Stand (the family-friendly area), then east on Washington to the Horace Mann parking lot. Downtown Springfield.

#### **Train Fair**

March 12. 10am-4pm. Hosted by the Springfield Model Railroad Society. Visit the largest train show

in downstate Illinois. See operating layouts. Early bird shopping (\$10) starts at 9am. \$5. Under age 11 is free. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-8047.

#### **WWE Road to WrestleMania**

March 19. 7pm. \$20-\$115. BOS Center, 1 Convention Center Plaza, 800-745-3000.

#### **All Ages Improv**

March 25 and April 26. 7-9pm. Presented by Capital City Improv. Join members of CCI's Teen Improv troupe for an evening of comedy for the whole family. Watch as the teens team up with your favorite members of CCI for scenes and games made up on the spot. \$15. Hoogland Center for the Arts Club Room, 420 S. Sixth St., 217-523-2787.

#### **Coin Show**

March 26. 9am-3pm. The show will feature U.S. and foreign coins, ancient and modern coins, gold and silver bullion, state quarters and paper money. More than 70 dealer tables. Hosted by the Central Illinois



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Numismatic Association. Free for members and children under 16. \$1. Northfield Inn, Suites and Conference Center, 3280 Northfield Dr., 217-523-7900.

#### **Rochester STEM Fair**

March 30. 6pm.-8pm. Learn about all the science, technology, engineering and math education, clubs and activities for K-12 students in central Illinois. This is a regional event for students and their families, teachers and administrators. Event is free but tickets are required. At Rochester Athletic Complex.

#### **Opening weekend**

April 1-2. See what's new at the zoo for 2023. \$5.50-\$7.50. Children 2 and younger are free. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-585-1821.

#### **Earth Awareness Fair**

April 2. Bringing together city departments, organizations, businesses and individuals to showcase and encourage Earth stewardship, resilience, sustainability and community. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-585-1821.

#### **Madagascar the Musical**

April 17. 7-9pm. Based on the DreamWorks' hit animated motion picture and filled with outlandish characters, adventures galore and an upbeat score, this musical is the perfect family outing for audiences of all ages. \$19-\$59. UIS Performing Arts Center, One University Plaza, 217-206-6160.

#### **Epic Ending**

May 5. With the Illinois Symphony Orchestra conducted by Joon Andrew Choi. UIS Performing Arts Center, One University Plaza, 217-206-6160.

#### **First Sunday Midwest Bazaar Spring Fever**

May 7. 8am-4pm. You never know what you're going to find at this bazaar. Top-notch vendors, food, pet adoption mobile site. You can even visit some alpacas. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-8047.



# TIME FOR A TUNE-UP

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