

CAPITAL CITY

An Illinois Times Publication
FREE Take One

parent

Summer 2021

**Container gardening
for kids p4**

**Talking to your
kids about race p6**

**How to have a
vintage summer p9**

Plus more!

This issue available at
www.capitalcityparent.com



ARRR YOU READY
for a challenge?

Learning money skills can
be hard, but it's totally worth it!

That's why CEFCU® has the **Milestone Challenge**. It's *all* about encouraging good financial habits. The best part is, any CEFCU member age 10–15 can step up to the challenge!

Complete at least nine challenges to earn a **\$10 eGift Card**.*

Find out more at cefcu.com/challenge.



CEFCU

Not a bank. Better. ®



stone Mile

*Visit cefcu.com/challenge for official rules and requirements.



NCUA Federally Insured
by NCUA



INSIDE

Container gardening for kids..... p4

Talking to your kids about race p6

How to have a vintage summer..... p9

The Adventures of Abe, the \$5 bill..... p12

Family event calendar... p14



CAMP GOTR
Girls on the Run

Registration now OPEN!

CAMP GOTR

June 28- July 1

COMMUNITY EDUCATION LLC

Camp GOTR combines the best of Girls on the Run with all the fun of camp! Camp GOTR provides a one-of-a-kind opportunity for girls of all abilities to develop self-confidence and learn life skills they can use now and as they grow. Learn more and register: www.GOTRcentralillinois.org



Welcoming New Pediatric Patients from birth to 21

Our pediatric experts **Brock Phillips, MD**, and **Tamara Hardwick, APRN**, provide complete health care for kids of all ages, including well-baby visits; annual, school and sports physicals; diagnosis and treatment of acute and chronic diseases; vaccinations and much more.

As a lactation consultant, Tamara also provides guidance for mothers of breastfeeding babies.

We're here when you need us. **Same day appointments are available or walk in for urgent care needs.**

HSHS Medical Group
Multispecialty Care - Springfield
2901 Old Jacksonville Rd.
Springfield, IL 62704
ph: 217-241-1295

HSHS Medical Group
Family Health - Chatham
125 E. Plummer Blvd., Suite A
Chatham, IL 62629
217-483-3333



HSHS Medical Group



HSHSMedicalGroup.org

CAPITAL CITY **parent** Summer 2021

EDITOR / CEO
Fletcher Farrar

PUBLISHER
Michelle Ownbey

ASSOCIATE PUBLISHER
James Bengfort

CONTRIBUTORS
Stacie Lewis, Deana Metzke, Ashley Meyer,
Lana Shovin

PRODUCTION DESIGN
Joseph Copley, Brandon Turley

ADVERTISING
Beth Parkes-Irwin, Yolanda Bell, Ron Young

BUSINESS/CIRCULATION
Brenda Matheis

Published quarterly. Copyright 2021 by Central Illinois Communications LLC. All rights reserved. Reproduction in any form without permission is prohibited.

www.capitalcityparent.com
1240 S. 6th, Springfield, IL 62703
Office phone • 217.753.2226
www.illinoistimes.com

INSIDE

Container gardening for kids..... p4

Talking to your kids about race p6

How to have a vintage summer..... p9

The Adventures of Abe, the \$5 bill..... p12

Cover: Cecilia Shovlin, age 6, enjoying one of the simple pleasures of summer.

COVER PHOTO: LANA SHOVLIN

CAMP GOTR
Girls on the Run

Registration now OPEN!

CAMP GOTR

June 28- July 1

COMMUNITY EDUCATION LLC

Camp GOTR combines the best of Girls on the Run with all the fun of camp! Camp GOTR provides a one-of-a-kind opportunity for girls of all abilities to develop self-confidence and learn life skills they can use now and as they grow. Learn more and register: www.GOTRcentralillinois.org

Welcoming New Pediatric Patients from birth to 21

Our pediatric experts **Brock Phillips, MD**, and **Tamara Hardwick, APRN**, provide complete health care for kids of all ages, including well-baby visits; annual, school and sports physicals; diagnosis and treatment of acute and chronic diseases; vaccinations and much more.

As a lactation consultant, Tamara also provides guidance for mothers of breastfeeding babies.

We're here when you need us. **Same day appointments are available or walk in for urgent care needs.**

HSHS Medical Group
Multispecialty Care - Springfield
2901 Old Jacksonville Rd.
Springfield, IL 62704
ph: 217-241-1295

HSHS Medical Group
Family Health - Chatham
125 E. Plummer Blvd., Suite A
Chatham, IL 62629
217-483-3333



HSHS Medical Group



HSHSMedicalGroup.org

CAPITAL CITY parent

Summer 2021

EDITOR / CEO
Fletcher Farrar

PUBLISHER
Michelle Ownbey

ASSOCIATE PUBLISHER
James Bengfort

CONTRIBUTORS
Stacie Lewis, Deana Metzke, Ashley Meyer, Lana Shovlin

PRODUCTION DESIGN
Joseph Copley, Brandon Turley

ADVERTISING
Beth Parkes-Irwin, Yolanda Bell, Ron Young

BUSINESS/CIRCULATION
Brenda Matheis

Published quarterly. Copyright 2021 by Central Illinois Communications LLC. All rights reserved. Reproduction in any form without permission is prohibited.

www.capitalcityparent.com
1240 S. 6th, Springfield, IL 62703
Office phone • 217.753.2226
www.illinoistimes.com



Container gardening for kids

Container gardening is a great way to introduce kids to the pleasure of growing their own food and enhance their connection with the natural world. You don't need a large plot of land or fancy planters to grow your own vegetables. Many types of containers can be used to grow a bounty of veggies, herbs and flowers, and having them right by the door provides a wonderful sense of immediate gratification. I appreciate having them close at hand when I'm throwing together a quick salad and my kids love popping juicy cherry tomatoes into their mouths as they come in and out of the house. And perhaps the best part of container gardening: no weeds!

Location

Container gardens can thrive anywhere the sun shines. Most fruiting types of plants like tomatoes, peppers, eggplant, cucumbers or zucchini require at least eight hours of sunshine per day to thrive, but there are still delicious and beautiful plants that grow well in shadier spots. Most herbs will grow in part shade, meaning they need between four and six hours of sun exposure each day. Other plants that grow well in part shade include kale, lettuce, spinach, Swiss chard, nasturtiums, blueberries and black raspberries.

Choose the right container and dirt

Almost any plant will grow well in a container as long as it drains and is the appropriate size for that variety. Ideas for up-cycling containers for plants include five-gallon buckets, used drink cups, yogurt cups, aluminum cans, salad containers and hollow logs. Drill holes in the bottom to allow for drainage, then place a layer of rock, pot shards or even used coffee filters over the hole to prevent the soil from washing out. Potting mix is the ideal, thanks to its balanced mixture of nutrients, organic matter like peat to hold moisture, and ingredients like perlite and vermiculite to provide drainage. Plants will still grow in containers filled with regular garden soil, but they likely won't get as much aeration to the roots as they would with potting mix, resulting in smaller, less vigorous plants.

Watering

Avoid the temptation to over-water your plants. The best way to tell when plants need a drink is to stick a finger in the dirt: If the top two inches of the soil are dry, it's time for more water.

What to grow

There are so many plants that grow well in containers that it's easier to list what doesn't grow well. Sweet corn is the only home garden crop that I wouldn't recommend growing in containers; it takes a lot of space to grow and pollinate properly, so planting it in small spaces isn't really practical. Most other vegetables, however, do exceptionally well. Favorite vegetables to grow in containers include, but are not limited to:

Beans: Bush-type broad beans do well in containers as small as 8" wide and 8" deep per plant, or three plants in a five-gallon bucket. Varieties to try include Contender, Jade and Burgundy Bush Bean.

Beets: In addition to the sweet roots, beet greens are also delicious and versatile in the kitchen and grow well in combination with other greens. Space seeds 2" apart in a two-gallon container. Bulls Blood, Early Wonder and stripy Chioggia are fun varieties to grow with kids. Try adding beets to your favorite mashed potato recipe to make what my grandma calls "red flannel hash."

Carrots: Make sure the container is at least 3" deeper than the estimated length of the carrot variety you are planting and space seeds 2" apart. Little Finger, Thumbelina and Short 'n' Sweet are

smaller, fast-maturing types, ideal for containers.

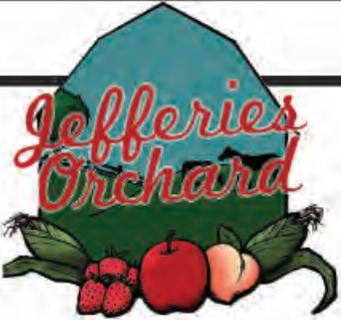
Cucumber: Look for more compact bush-type varieties as opposed to the sprawling vine-types. One cucumber plant will grow successfully in a one-gallon container, or you can fit as many as three plants in a five-gallon bucket. Plant a small tomato cage or some sturdy sticks to provide extra support. Check out varieties like Lemon Cucumber (a small, round variety that looks just like a lemon), Spacemaster 80 and Lunchbox.

Lettuce and spinach: These easy-to-grow plants have relatively shallow roots, but still need a gallon-sized container that's about 6" deep. Enjoy lettuce and spinach in the cooler weather in early summer - it tends to get bitter in extreme heat. Plant another round in late summer for harvest in early fall. Some of my favorite varieties include Flashy Butter Gem and Red Romaine lettuce and Bloomsdale spinach.

Peppers: Two plants will fit in a two-gallon container. Kids love the sweet mini varieties like Lunchbox, Cupid and Hungarian Cherry peppers.

Tomatoes: Use at least a five-gallon sized container per plant, and make sure to provide support with a stake or a cage. Cherry and grape tomatoes are great for kids because they are heavy producers and fast to ripen. Favorite varieties include Sweet 100, Chocolate Cherry and Pink Bumblebee.

Ashley Meyer is a Springfield mom of two whose kids enjoy planting cherry tomatoes and mini cucumbers.

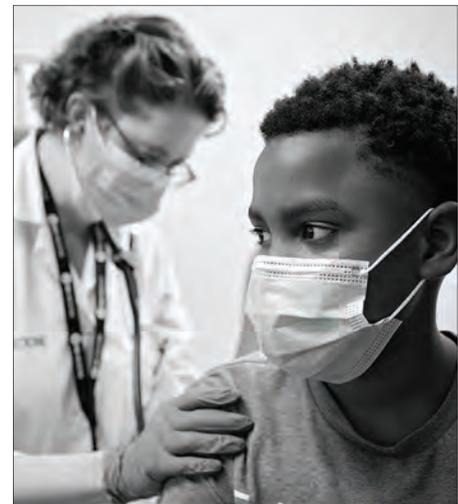


**WE'RE OPEN
FOR THE SEASON!**

 Follow us
on Facebook.

Check out our website for
seasonal crop schedules
www.Jefferies-Orchard.com

1016 Jefferies Rd - Springfield
217-487-7582



LET OUR FAMILY CARE FOR
YOURS. WE'RE ACCEPTING
NEW PATIENTS.

Call 217-545-8000 to schedule an appointment.



SIU MEDICINE
CENTER FOR FAMILY MEDICINE

520 Nth 4th St.
Springfield, IL 62702

Why you must talk to your kids about race – especially if they're white

CC PARENT | Ashley Meyer

It's never too early, or too late, to take on the issue of racism, both within yourself and – yes – with your kids. Indeed, raising children who seek to break down the status quo and fight alongside those who are seeking justice is perhaps one of our most important roles as parents.

Why is it so important?

Kids are indispensable parties to the work of anti-racism. Silence and ignorance perpetuate racism. Parents of white children, in particular, have a duty to contribute to dismantling the structures of racism by teaching our children to be consciously and actively anti-racist. Moreover, as Dominic Watson, CEO of Watson Diversity Solutions and a Black father puts it, “Why send your kids into the world with fewer tools?”

The trouble with colorblindness

Many white families, including the one I grew up in, assume that the best way to combat racism is to avoid the topic of race altogether. We considered ourselves to be colorblind, and therefore, not racist. But wearing blinders is rarely an effective way to root out a problem. Colorblindness ignores the realities of race and racism and allows white kids to grow up oblivious to the multitude of ways that systemic racism plays out under our noses, and yes, to our benefit. Kathryn Harris, a Black historian and activist living in Springfield, points out that the idea of colorblindness largely serves to negate and diminish people of color. “It is the first thing folks see, and so it must be acknowledged, recognized and respected,” she said of viewing race.

How young is too young?

There's no such thing as too young when it comes to engaging your children on the topics of race and racism. Research shows that babies



Vivienne Bowers and Maddie Meyer, age 8, have been best friends since the day they first met on the playground.

as young as 16 months notice differences in skin color. So, there's no reason to wait, because your kids are making observations and drawing conclusions, even if you're staying silent. If you studiously avoid the topic, you may inadvertently be sending them the message that differences are a bad thing.

My 8-year-old daughter's best friend, Vivienne Bowers, is South Asian and said she can't remember a time when she wasn't aware of color and difference. “I really started feeling different in kindergarten, because I was the only girl in my class who was brown – there was no one else. It felt really lonely sometimes,” said Vivienne. “My mom and I talked about it a lot, and she helped me to feel proud about bringing diversity to the school. It's a little easier now, being different, because no one is exactly alike anyway.”

Where do I start?

Conversations about color, race and racism look

different for every family. For families of color, these conversations tend to be unavoidable, and often center on how to stay safe. Watson recalls having conversations with his mom about race and inequity before he was school-aged. He grew up understanding that, as a Black male, “There's not room to make too many mistakes.”

My sister, a white parent of two Black sons, knew that she had to start conversations about race from the get-go, but lacked the experience and comfort level to talk fluently about race with her young kids. She relied heavily on children's books about race and color to start the conversations.

Find racially diverse children's books.

They don't all have to discuss race outright, but books that do address race and racism head-on can be a great way to spark conversations, especially for white parents who feel awkward broaching the

topic. Choose books that portray people from other backgrounds and cultures in a positive manner.

Show up!

There are lots of organizations doing great work in your community right now. Listen, engage, volunteer and donate when you can. Check out the list of resources at the bottom of this article. Engage with your school community. This year, I cast my first-ever vote for school board, partly because I wanted to help ensure a diverse school board.

Anti-racism is a life-long project

Zach Perin, a white father, has spent a lot of time thinking about how to raise his three white children to be anti-racist. “I have learned to think of anti-racism as a practice, not a destination. That helps me remember that I won’t wake up one day a successfully anti-racist white man, but rather, every day I need to interrogate my actions, try, fail and try again,” said Perin. “I need to build a practice, and help my children do the same.”

Similarly, rather than focusing on what to do about racism, Kelly Hurst, an anti-racism trainer and CEO of Being Black at School, reframes the work of being anti-racist as a continuum built out of daily practice, rather than a finish line. Work on yourself, and simultaneously encourage kids to think about race and the way it hurts and helps people. Talk about past and current events and inequities around the dinner table. Even when kids seem to not be paying attention, they are always listening.

Learn from your kids

During a recent chat with my daughter and her friend, the girls were clear-eyed about what mattered most in their friendship. “We don’t care that we have different skin. We’re all humans, and we should all be treated equally, because we are all the same on the inside!”

Ashley Meyer lives in Springfield with her husband and two daughters. This summer, she is looking forward to learning more about local history with her family.

Lake Springfield Christian Assembly
LSCA CAMP

Age / Grade	Session	Date	Fees**
TRADITIONAL CAMPS			
2nd & 3rd	First Chance	July 15-16	\$85
3rd & 4th	Trailblazers	July 11-14	\$195
4th & 5th	Explorers	July 18-21	\$195
5th & 6th	Junior Camp	July 5-9	\$260
7th & 8th	Junior High	July 25-30	\$295
9th Grade	Niners	June 20-25	\$295
10th—Just Grad.	High School	June 13-18	\$295
ADVENTURE CAMPS			
5th & 6th	Adventure 5-6	June 27-29	\$145
7th & 8th	Adventure 7-8	June 30-July 2	\$155
INTRODUCTORY CAMPS			
2—3 yrs	Hello Camp 1*	July 23 (am)	\$15
4—5 yrs	Hello Camp 2*	July 23 (pm)	\$15
1st grade	Day Camp	July 22	\$45

Register @ www.lscacamp.org

LINCOLN LAND COMMUNITY COLLEGE - COMMUNITY EDUCATION




REGISTER TODAY FOR SUMMER CLASSES

Our **online** classes for students Pre K-12 offer exciting virtual enrichment experiences – College for Kids (CFK), Youth Culinary and Black Rocket Technology! With access to both live and pre-recorded online content delivery, you can register for one or more CFK class each week and complete them during the designated dates at any time and location that is convenient for YOU!

New in 2021 | CFK “CREW KITS” | For groups of five or 10

Experience the fun of CFK with family or friends nearby or online with virtual “classmates” via your preferred social connection tool. Register for a Crew Kit bundle of five or 10 individual class kits, distribute them within your group, and enjoy the exclusive class video content together. Visit our website for special pricing details.

For continuous updates, photo coverage and the latest program information, like us on Facebook!

 @LLCCCollegeForKids

Visit www.llcc.edu/youth-programs for complete program descriptions and online registration forms.

Questions? Call 217-786-2432 or email Community.Education@llcc.edu.






The only full service children's hospital outside of Chicago.

As a parent, it's important to choose a health care provider for your child with the resources and expertise to care for them.

With more than 140 pediatric specialists, OSF HealthCare Children's Hospital of Illinois in Peoria delivers the highest level of care available. Our inpatient and outpatient services treat nearly all childhood illnesses, even the most complex. And our Congenital Heart Center – the only one outside of Chicago – cares for both children and adults.

For your convenience, the expert care at OSF Children's Hospital is also available at 16 clinics across Illinois.

To learn more, visit osfchildrenshospital.org.



JUNE 26, 2021

Paint Downtown or
in your Driveway
11 AM - 7 PM

**REGISTER AT
SPRINGFIELDART.ORG**

\$30 SAA Members
\$35 Non-Members
\$40 Professional Art Contest
PRE-REGISTRATION REQUIRED

**PAINT
THE
STREET
-OR-
DRIVEWAY**

PRESENTED BY



How to have a vintage summer



CC PARENT | Lana Shovlin

It's no shocker that we live in an era of organized sports, scheduled playdates and endless summer camps. In today's busy world, parents often dedicate their summers to shuttling children (sometimes as young as 3 years old) back and forth to all sorts of planned events. While there's a lot to be said for that, I often wonder if all of this structure has robbed our children of

the ability to create their own fun.

When I was young, there was no such thing as a "summer schedule." Instead, my older sister and I would buddy up with the neighborhood kids and spend entire days playing backyard games that involved nothing more than our imaginations and maybe a rusty tin can or two. For hours, we'd run around playing Freeze Tag, Red

Light/Green Light, Red Rover, Ghost in the Graveyard and Kick the Can. The rules were loose, seniority ruled and tattling to a parent was completely out of the question. Left to our own devices, we learned how to resolve silly conflicts, were inspired to move our bodies and used our imaginations.

On rainy days, we'd spend hours upon hours watching games shows and soap



SUMMER CAMP

FOR ALL AGES

PRE-K thru HIGH SCHOOL

Camps vary in length - we have day camps, overnight, 3-night, 5-night and week-long camps

Find more info and register at www.lsbconline.com

Limited scholarships available

Lake Springfield Baptist Camp
5878 Iron Bridge Road, Chatham
217-670-2356



facebook.com/lsbconline



Next Issue August 12

Space & ad copy deadline: Wednesday, July. 21
Final art deadline: Monday, Aug. 7

capitalcityparent.com

Call today to schedule your ad!

217/ 753-2226

Beth Irwin 217-679-7803

Yolanda Bell 217-679-7802

Ron Young 217-679-7807

operas, but as soon as the sun peeked out from behind the clouds, we'd head back outside without having to be told twice. iPhones hadn't been invented, and if we wondered how something worked, chances are we took it apart and found out. No one was ever bored, despite days languishing on for eternity, and summers felt simple, easy and totally blissful.

Last year, as the world went into lockdown and families were forced into a slower pace, many people realized just how much they missed those days gone by. We had been so consumed by our hectic lives and schedules that we'd almost completely forgotten what it was like to have nothing to do, and going back to being unscheduled felt delightfully strange.

Instead of heading off to crowded public swimming pools, kids ran through sprinklers and cooled off by sucking on freezer pops. Parents, trying their best to find ways to block out some of the frightening information on their news feeds, turned off their phones and headed outside. We grilled, we worked in the yard and we talked to our neighbors over the fence, but we didn't have any pressing social obligations that loomed overhead.

For the first time in decades, families had the opportunity to have a vintage summer. Watching the kids slide so easily into a retro lifestyle made us adults miss our childhoods a little less and proved that life really is what you make of it.

This summer, as life's crazy trajectory gets back on track, try to remember how good it felt to slow down for a while. Make a point to spend days doing absolutely nothing, and if your kids start to complain of boredom, remind them how much fun they had last summer. Send them outside and tell them they aren't allowed back in unless someone is bleeding or they've been called for a meal. (This may sound extreme, but trust me, it works.) Once they've been playing for an hour or two and have worked up a good sweat, reward them with giant glasses of ice-cold, red Kool-Aid and bologna sandwiches. Trust me, they'll think you're cooler than the water they're about to drink straight from the garden hose.

Lana Shovlin is a freelance writer and mom of three who is looking forward to a summer at home with her family.

LINCOLN PRAIRIE

BEHAVIORAL HEALTH CENTER

No Charge
24 Hour
Risk Safety Assessments

Promoting healing of children and their families through compassionate and supportive care.

If something just doesn't feel right Or if you have questions about your child's mental health? **CALL US FIRST!**

options also include :

- Telehealth Assessments & Therapy
- Virtual Assessments and Consultations Available
- 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

TOP LAWYERS SPRINGFIELD AREA BASED UPON A SURVEY OF THEIR PEERS



These **LEADING LAWYERS** have been recommended by their peers to be among the **TOP LAWYERS** in Illinois.

Matthew J. Cate	Barber Segatto Hoffee Wilke & Cate LLP	217.544.4868	Comm Lit; Creditor's Rights; Real Estate: Comm; RE: Residential
Randy S. Paswater	Barber Segatto Hoffee Wilke & Cate LLP	217.544.4868	Creditor's Rights/Commercial Collections; Elder
Bernard G. Segatto III	Barber Segatto Hoffee Wilke & Cate LLP	217.544.4868	Close/Private Held; Comm Lit; Land Use/Zoning; Real Estate: Comm
Randall W. Segatto	Barber Segatto Hoffee Wilke & Cate LLP	217.544.4868	Closely/Private Held Business; Elder; Real Estate: Comm
R. Kurt Wilke	Barber Segatto Hoffee Wilke & Cate LLP	217.544.4868	Civil Appellate; Closely & Privately Held; Real Estate: Comm
Barry Hines	Barry Hines — Attorney at Law	217.698.8444	Agriculture; Real Estate: Commercial; Trust/Will/Estate
Michael Glenn Barton	Bellatti Barton Cochran & White LLC	217.793.9300	Agriculture; Close/Private Held; Real Estate: Comm; Tax: Indiv; Trust/Will/Estate
Mark S. Cochran	Bellatti Barton Cochran & White LLC	217.793.9300	AG; Environmental; Public Utilities; Real Estate: Comm
Andrew G. White	Bellatti Barton Cochran & White LLC	217.793.9300	Agriculture; Trust/Will/Estate
Claire A. Manning	Brown Hay & Stephens LLP	217.544.8491	Employment: Mgmt; Environmental; Gov/Muni/Lobby/Admin
Amy K. Schmidt	Brown Hay & Stephens LLP	217.544.8491	Family
Robert A. Stuart Jr.	Brown Hay & Stephens LLP	217.544.8491	Association & Non-Profit; Trust/Will/Estate
Joseph N. Rupcich	Cassiday Schade LLP	217.993.5644	Civil Rights/Constitutional; Med-Mal Defense; PI Defense: General
Sarah Delano Pavlik	Delano Law Offices LLC	217.544.2703	Trust/Will/Estate
Thomas Chester Pavlik Jr.	Delano Law Offices LLC	217.544.2703	Close/Private Held; Comm Lit; Creditor's Rights; Real Estate: Comm
Carl R. Draper	FeldmanWasser	217.544.3403	Civil Rights/Constitutional; Employment: Employee; False Claims Act/Whistle Blower
Howard W. Feldman	FeldmanWasser	217.544.3403	Construction; Family; ADR: Family
Kelli Ellen Gordon	FeldmanWasser	217.544.3403	Family
Roger L. Rutherford	FeldmanWasser	217.544.3403	Gov/Muni/Lobby/Admin; Trust/Will/Estate
Stuart H. Shiffman	FeldmanWasser	217.544.3403	Civil Appellate; Criminal Appellate; Criminal Def: Felonies & Misd
Stanley N. Wasser	FeldmanWasser	217.544.3403	Construction
James R. Enlow	Gates Wise Schlosser & Goebel	217.522.9010	Bankruptcy; Indiv; Bankruptcy/Workout: Comm; Comm Lit; Land Use/Zoning
Gordon W. Gates	Gates Wise Schlosser & Goebel	217.522.9010	Bankruptcy/WO: Comm; Close/Private Held; Comm Lit; Land Use/Zoning; RE: Comm
Todd M. Goebel	Gates Wise Schlosser & Goebel	217.522.9010	Criminal Defense: DUI; Criminal Defense: Felonies & Misd
Frederick J. Schlosser	Gates Wise Schlosser & Goebel	217.522.9010	Criminal Defense: DUI; Criminal Defense: Felonies & Misd
Bradley B. Wilson	Gates Wise Schlosser & Goebel	217.522.9010	Civil Rights/Constitutional; Employment: Employee
D. Peter Wise	Gates Wise Schlosser & Goebel	217.522.9010	Criminal Defense: DUI; Criminal Def: Felonies & Misd; Criminal Def: White Collar
Herman G. Bodewes	Giffin Winning Cohen & Bodewes PC	217.525.1571	Assoc/Non-Profit; Close/Private Held; Gov/Muni/Lobby; Trust/Will/Estate
Creighton R. Castle	Giffin Winning Cohen & Bodewes PC	217.525.1571	Close/Private Held; Real Estate: Comm; Tax: Business; Trust/Will/Estate
John M. Gabala Jr.	Giffin Winning Cohen & Bodewes PC	217.525.1571	Civil Appellate; Comm Lit; Copyright/Trademark; PI Def: General
David A. Herman	Giffin Winning Cohen & Bodewes PC	217.525.1571	Comm Lit; Election/Political/Campaign; Gov/Muni/Lobby; Trust/Will/Estate
R. Mark Mifflin	Giffin Winning Cohen & Bodewes PC	217.525.1571	Comm Lit; Gov/Muni/Lobby/Admin
Christopher E. Sherer	Giffin Winning Cohen & Bodewes PC	217.525.1571	Civ Appellate; Elect/Political/Campaign; Family; Gov/Muni/Lobby; Trust/Will/Estate
Matthew R. Trapp	Giffin Winning Cohen & Bodewes PC	217.525.1571	Civil Appellate; Comm Lit; Gov/Muni/Lobby/Admin
Thomas G. Hamill	Harrison & Held LLP	217.546.6940	Trust/Will/Estate
Adrian E. Harless	Heyl Royster Voelker & Allen PC	217.522.8822	Health; Med-Mal Defense; PI Defense: General
Michael T. Kokal	Heyl Royster Voelker & Allen PC	217.522.8822	Comm Lit; Copyright/Trademark; Patent
John O. Langfelder	Heyl Royster Voelker & Allen PC	217.522.8822	PI Defense: General; Toxic Torts Defense; Workers' Comp Defense
Deanna Seward Mool	Heyl Royster Voelker & Allen PC	217.522.8822	Gov/Muni/Lobby/Admin; Health
Theresa M. Powell	Heyl Royster Voelker & Allen PC	217.522.8822	Employment: Mgmt; Med-Mal Defense; Professional Malpractice Def
Gary S. Schwab	Heyl Royster Voelker & Allen PC	217.522.8822	Personal Injury Defense: General; Professional Malpractice Defense
Daniel R. Simmons	Heyl Royster Voelker & Allen PC	217.522.8822	Personal Injury Defense: General; Workers' Compensation Defense
Larry A. Apfelbaum	Kanoski Bresney	217.523.7742	Workers' Compensation
Todd A. Bresney	Kanoski Bresney	217.523.7742	Personal Injury: General
Charles N. Edmiston II	Kanoski Bresney	217.523.7742	Workers' Compensation
William J. Harrington	Kanoski Bresney	217.523.7742	Personal Injury: General
Kathy A. Olivero	Kanoski Bresney	217.523.7742	Workers' Compensation
John J. Waldman	Kanoski Bresney	217.523.7742	Workers' Compensation
Stephen Scott Morrill	Morrill & Fiedler LLC	217.789.5411	Gov/Muni/Lobby/Admin
James E. Neville	Neville Richards & Wuller LLC	618.277.0900	Med-Mal Def; PI Def: General; Product Liab Def; Transportation Def; Toxic Torts Def
Timothy S. Richards	Neville Richards & Wuller LLC	618.277.0900	Med-Mal Defense; PI Def: General; Product Liab Def; Toxic Torts Def

The Adventures of Abe, the \$5 bill

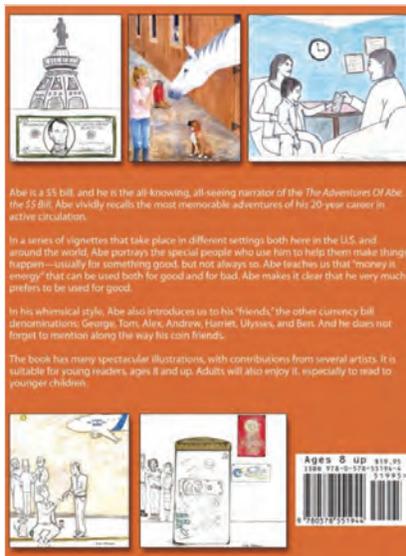
CC PARENT | Deana Metzke

Has your child ever asked you where money comes from? Or have you ever thought about where the money in your wallet has been or where it might be going? Well, Dr. Eli Goodman, a Springfield resident and author, has a story for you.

The Adventures of Abe, the \$5 Bill, illustrated by Eva Vikman, Angela Martinez and Brenda Beck Fisher, is a fictional story all about the different places a \$5 bill could go, and deals with the question of whether the bills you spend are ever the same bills that come back to you. This particular bill, Abe, does he go places!

This \$5 bill starts in Washington, D.C., where it is created at the Bureau of Engraving and Printing, and then goes to different places within the United States, including Nebraska and the east coast. Not only that, but this bill gets to leave the country as well. And young readers will be excited to see the story come full circle with the bill returning to the first place it was spent...Springfield, Illinois. There are a few things about this chapter book (with illustrations throughout) that I think will be attractive to both children and adults alike.

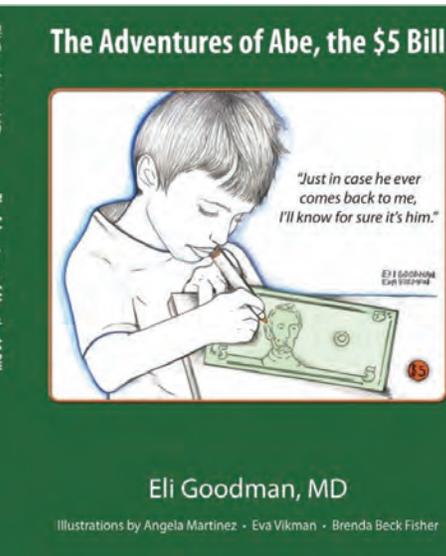
Although it is a fictional story, one of the things that readers will enjoy about this book is the inclusion of interesting facts throughout. For example, in the beginning, we are introduced to Abe's "teammates" and learn whose faces are on everything from the \$1 bill to bills that are no longer circulating, like President Grover Cleveland on the \$1,000 bill.



When there are important places in the story that might require more information, Goodman actually includes the website that provides more background.

Abe gets to go all over the world, and as a reader, you feel like you get to go, too. For each place Abe visits, the author goes into detail describing the surroundings or landmarks that help the reader understand the setting. Abe starts off in Springfield, so young readers would enjoy the surprise of reading a story with a setting right here where they live.

If you answered yes to either of the questions at the beginning of this article,



or are in the market for a good story to read with your child for a few nights, then this may be the book for you.

The book is available in hardcover through the author's website, EliGoodmanMD.com, local bookstores or amazon.com.

Deana Metzke is a wife, mom of two, blogger and book lover who is trying her best to raise children who will enjoy reading long after she's gone. She is a literary coach at a Springfield elementary school. You can find her talking about children's books on Twitter at @DMetzke or her blog, raisingreaders.site.

Eli Goodman, MD, the author of *The Adventures of Abe, the \$5 Bill*, has lived in Springfield since 2009. He is an internal medicine physician who during his long career has worked as a clinician and medical director in many different settings, including large community health centers and correctional facilities. His publications include books, articles, essays and cartoons and has also created and hosted radio programs.

Cheryl S. Neal	PNC Wealth Mgmt/Estate Settlement	217.753.7130	Trust/Will/Estate
James A. Borland	Quinn Johnston	217.753.1133	Personal Injury Defense: General; Products Liability Defense
Matthew J. Maddox	Quinn Johnston	217.753.1133	Med-Mal Defense; Personal Injury Defense: General; Prof'l Malpractice Def
Betsy A. Wirth	Quinn Johnston	217.753.1133	Family; Med-Mal Defense; PI Defense: General
David R. Reid	Reid Law Office LLC	217.546.1001	Close/Private Held; Tax: Business; Tax: Indiv; Trust/Will/Estate
Gregory A. Scott	Scott & Scott PC	217.753.8200	Adoption & Reproductive Tech; Family Appellate; Family; Trust/Will/Estate
Jared M. Scott	Scott & Scott PC	217.753.8200	Family; Personal Injury: General
R. Stephen Scott	Scott & Scott PC	217.753.8200	Bankrupt/WO: Comm; Close/Private Held; Tax: Business; Tax: Indiv; Trust/Will/Estate
Michael M. Durr	Sgro Hanrahan Durr Rabin & Bruce LLP	217.789.1200	Real Estate: Associations & Condo; Real Estate: Commercial; RE: Residential
Gregory P. Sgro	Sgro Hanrahan Durr Rabin & Bruce LLP	217.789.1200	Land Use/Zoning; Real Estate: Commercial; Workers' Compensation
Timothy M. Shay	Shay and Associates	217.523.5900	Personal Injury: General; PI: Professional Malpractice; Workers' Compensation
Michelle L. Blackburn	Sorling Northrup	217.544.1144	Family; Trust/Will/Estate
Michael C. Connelly	Sorling Northrup	217.544.1144	Close/Private Held; Real Estate: Comm; RE: Tax; Tax: Business; Trust/Will/Estate
E. Zachary Dinardo	Sorling Northrup	217.544.1144	Closely & Privately Held Business; Health
James G. Fahey	Sorling Northrup	217.544.1144	Civil Appellate; Employment: Mgmt; PI Defense: General
C. Clark Germann	Sorling Northrup	217.544.1144	Closely/Privately Held Business; Mineral/Natural Resource; Real Estate: Comm
Stephen F. Hedinger	Sorling Northrup	217.544.1144	Animal; Environmental; Mineral/Natural Resource
Michael G. Horstman Jr.	Sorling Northrup	217.544.1144	Assoc/Non-Profit; Close/Private Held; Real Estate: Comm; RE: Residential; Tax: Indiv
Alan J. Jedlicka	Sorling Northrup	217.544.1144	Employee Benefits; Gov/Muni/Lobby/Admin; Tax: Business
Brian D. Jones	Sorling Northrup	217.544.1144	Banking; Close/Private Held; Emp Benefits; Real Estate: Comm
John A. Kauerauf	Sorling Northrup	217.544.1144	Closely & Privately Held Business; Employment: Mgmt
Kirk W. Laudeman	Sorling Northrup	217.544.1144	Med-Mal Defense; PI Def: General; Prof'l Malpractice Def; Transportation Def
James M. Morphew	Sorling Northrup	217.544.1144	Election, Political & Campaign; Gov/Muni/Lobby/Admin
Lisa A. Petrilli	Sorling Northrup	217.544.1144	Comm Lit; Gov/Muni/Lobby; Land Use/Zoning; Real Estate: Comm
David A. Rolf	Sorling Northrup	217.544.1144	AG; Comm Lit; Land Use/Zoning; PI Def: General; Real Estate: Comm
Peggy J. Ryan	Sorling Northrup	217.544.1144	Family
John R. Simpson	Sorling Northrup	217.544.1144	Tax: Individual; Trust/Will/Estate
Stephen A. Tagge	Sorling Northrup	217.544.1144	Banking; Close/Private Held; ADR: Comm Lit; Real Estate: Comm; Tax: Business
Randall A. Wolter	Wolter Beeman Lynch & Londrigan LLP	217.753.4220	Personal Injury: General; PI: Professional Malpractice; Workers' Compensation

These EMERGING LAWYERS have been identified by their peers to be among the TOP LAWYERS in Illinois who are age 40 or younger OR who have been admitted to the practice of law for 10 or fewer years.

Brittany Kink Toigo	Barber Segatto Hoffee Wilke & Cate LLP	217.544.4868	Family
Ashley D. Davis	FeldmanWasser	217.544.3403	Civil Rights/Constitutional; Family
Samantha A. Bobor	Giffin Winning Cohen & Bodewes PC	217.525.1571	Employment: Mgmt; Gov/Muni/Lobby; Labor: Mgmt; School
Jason E. Brokaw	Giffin Winning Cohen & Bodewes PC	217.525.1571	Gov/Muni/Lobby/Admin
J. Tyler Robinson	Heyl Royster Voelker & Allen PC	217.522.8822	False Claims Act/Whistle Blower; Health; Med-Mal Defense
Gina Couri-Cyphers	Kanoski Bresney	217.523.7742	Personal Injury: General
Jason T.H. Germeraad	Scott & Scott PC	217.753.8200	Bankruptcy: Individual; Comm Lit; Foreclosure Defense
Pamela E. Hart	Scott & Scott PC	217.753.8200	Bankruptcy/Workout: Comm; Elder; Family; RE: Residential; Trust/Will/Estate
Benjamin M. Sgro	Sgro Hanrahan Durr Rabin & Bruce LLP	217.789.1200	PI: General; Real Estate: Comm; RE: Residential; Workers' Comp
Gregory E. Moredock	Sorling Northrup	217.544.1144	Comm Lit; Gov/Muni/Lobby/Admin
Joshua J. Watson	Sorling Northrup	217.544.1144	Family
Matthew A. Brewer	Stephen P. Kelly, Attorney at Law	217.544.8000	Workers' Compensation

Leading LawyersSM
Find a better lawyer, fasterSM

emerging lawyersSM
on a fast track to the topSM

A lawyer CANNOT buy the distinction of Leading or Emerging Lawyer. The distinction was earned by being among those lawyers most often recommended by their peers. For a full description of our research process, a complete list of all Leading or Emerging Lawyers, and to view profiles of the lawyers listed on this page, go to

www.LeadingLawyers.com

A Division of Law Bulletin Media – est. 1854

Little Lincoln's
toy shop
Educational
Toys & Games

BRIO

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

SIGN UP NOW for
2021 HORSE CAMP
Available Weekly May 17 through Aug. 2
M-F 8am-4pm \$445/week
Call for availability

BEST HORSE CAMP IN SPRINGFIELD FOR 20 YEARS!!

Trail Rides • Riding Lessons
Horse Care • Great Outdoor Fun!
Limited availability -
Call today 217-522-7702
www.riversidestable.com

Riverside Stables
2310 Chinchilla Lane
Springfield, IL

Family event calendar

CC PARENT | Stacie Lewis

Summer skate school

Mondays-Fridays. Open to beginners through advanced skaters, ages 3+. Classes include both high and low edge/movement, jumps, playing with the basics, power (high) and all levels of spins. Visit the Springfield Park District website for the schedule. springfieldparks.org. Nelson Center Ice Arena, Lincoln Park, 1601 N. Fifth St., 217-525-2589.

Old Capitol Farmers Market

Every Wednesday and Saturday, 8am-12pm. A long-running local favorite. Shop for fresh local produce, baked goods and products. Please note health guidelines. downtownspringfield.org. Old Capitol Farmers Market, Fourth and Adams streets, 217-544-1723.

Moonlight Market

Third Wednesday of every month, 6-9pm. Highlighting local crafters, farmers, artists and artisans from around the central Illinois area. Live music. On Jackson Street between Fifth and Sixth streets, 217-670-0627.

Illinois Products Farmers Market

Every Thursday, 4-7pm. Buying Illinois food ensures a fresher, higher-quality product while supporting your local economy. Illinois State Fairgrounds, The Shed, 801 Sangamon Ave.

Virtual Star Parties

Second Friday of each month through July 9. Times vary. John Martin, UIS associate professor of astronomy/physics, will give tips for identifying planets and constellations and answer astronomy questions submitted live. Be sure to also join in on Thu., Aug. 12 to see the Perseid meteor shower. Visit the website or call for more info. go.uis.edu/summerstarparties, 217-206-8342.

Small Town Dreamers Outdoor Market

First Saturday of every month. Shop locally owned businesses while enjoying great live music and great food and drinks. Farmersville Square, Farmersville, Downtown.

Hammer-In

May 15, 9am Sat. Area blacksmiths will demonstrate how everyday items were made at the forge. The historic village's grounds and buildings will be open for tours. Beverage service and popcorn will be available. clayville.org. Clayville Historic Site, Pleasant Plains, Route 125, 217-481-4430.

Spring Market

May 15, 9am-2pm Sat. Local vendors and artisans. Sangamon County Farm Bureau Building, 2631 Beechler Ct., 753-5200.

Springfield Area Highland Games and Celtic Festival

May 15, 8am-10pm Sat. Traditional Scottish Highland games with heavy athletic competitions, pipe bands, live music, food, Scottish and Irish dance, British car show, clans, vendors and other Celtic cultural exhibitions. \$8-\$15; children under 5 are free. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 217-204-4028.

Used book sale

May 21, 9am-5pm Fri., and May 22, 9am-3pm Sat. Art-related books and other great titles for adults and youth are sold at discounted prices in support of the art library. springfieldart.org. Free. Springfield Art Association, 700 N. Fourth St., 217-523-2631.

SAA Ceramics Spring Pot Sale

May 23, 9am-4pm Sun. The ceramics students at the Springfield Art Association are selling their amazing and creative work. This is an opportunity to get some quality, locally made pottery and support a community institution. Free. Springfield Art Association, 700 N. Fourth St., 2622714877.

"Playing with Fire"

May 28, Fri. A family comedy. Bring a lawn chair or blanket. Film begins at dusk. Part of the Movie in the Park Series. springfieldparks.org. Free. Lincoln Park, Fifth Street and Sangamon Avenue, 217-544-1751.

International Carillon Festival

June 3-6, Thu.-Sun. Begins at 6pm each evening. Lauded as one of the world's most important and prestigious carillon events, the festival has earned an unsurpassed tradition of presenting the finest carillonners from around the world. carillon-rees.org. Free. Thomas Rees Memorial Carillon, 1740 W. Fayette Ave., 217-306-1838.

Heritage Days

Fri., June 4, 5-11pm, Sat., June 5, 12-11pm and Sun., June 6, 11:30am-4pm. Kids' area, carnival, food, raffles and live music. Captain Geech and the Shrimp Shack Shooters play on Friday, and Taylor June and Lick Creek play on Saturday. Visit the website to buy tickets. little-flower.org. Church of the Little Flower, 800 Stevenson Dr., 217-529-1606.

SPECIAL NEEDS SUMMER DAY CAMP

*for individuals with and without disabilities

JUNE 7 - AUGUST 13

Monday - Friday
7:30am - 5:30pm

arts and crafts • daily walks • swimming
guest speakers • field trips • games • playground
themed weeks • and more!

AGES: 5-12 at the Nelson Center

AGES: 13-25 at Erin's Pavilion

CONTACT: 217-585-2941 x2303
lharbison@springfieldparks.org

Activity # 270102 bit.ly/SPDSummerCampLEAPKids



GET MORE THAN
YOU PAY FOR AT...

SUMMER CAMP

JUNE 7 - AUGUST 13

Monday - Friday
7:30am - 5:30pm

swimming • ice skating • science projects
field trips • nerf wars • floor hockey • disc golf
arts and crafts • themed weeks
nature programs • and more!

AGES: 5-12

CONTACT: 217-585-2941 x2303
lharbison@springfieldparks.org

bit.ly/SPDNelsonCenterSummerCamp

Activity # 240103





SPECIAL NEEDS SUMMER DAY CAMP

*for individuals with and without disabilities

JUNE 7 - AUGUST 13

**Monday - Friday
7:30am - 5:30pm**

**arts and crafts • daily walks • swimming
guest speakers • field trips • games • playground
themed weeks • and more!**

AGES: 5-12 at the Nelson Center

AGES: 13-25 at Erin's Pavilion

**CONTACT: 217-585-2941 x2303
lharbison@springfieldparks.org**

Activity # 270102 bit.ly/SPDSummerCampLEAPKids



**GET MORE THAN
YOU PAY FOR AT...**

**THE
nelson
CENTER**

SUMMER CAMP

JUNE 7 - AUGUST 13

**Monday - Friday
7:30am - 5:30pm**

**swimming • ice skating • science projects
field trips • nerf wars • floor hockey • disc golf
arts and crafts • themed weeks
nature programs • and more!**

AGES: 5-12

**CONTACT: 217-585-2941 x2303
lharbison@springfieldparks.org**



bit.ly/SPDNelsonCenterSummerCamp

Activity # 240103



Kids AND Adult Birkenstocks!

LUERS

1520 South MacArthur • 528-1012
M-F 10-7, Sat 10-5



Nipper Wildlife Sanctuary Prairie Days

June 5, 1pm Sat. An open house with outdoor activities and events for the whole family, such as bird banding and tours with area experts highlighting birds, wetlands and flowers. Hosted by the Friends of the Sangamon Valley and Monarch Landscaping and Garden Center. Free. Nipper Wildlife Sanctuary, Loami, 9560 Withers Road, 217-525-1440.

Rochester Public Library Farmers Market Opening Day

June 6, 12-3pm Sun. Rochester Public Library, Rochester, 1 Community Dr, 217-498-8454.

"Field of Dreams"

June 11, Fri. A 1989 sports supernatural drama film. Bring a lawn chair or blanket. Film begins at dusk. Part of the Movie in the Park Series. springfieldparks.org. Free. Bergen Golf Course, 2900 E. Clear Lake Ave, 753-6211.

The Butterfly Lady

June 12, 10am-2pm Sat. Rhonda Brady, who's on a mission to save the monarch butterflies, will pay a visit with her butterfly bus - a colorful classroom and greenhouse on wheels. See the village's new native plant habitat at the village entrance. Event includes a mini pollinator pocket giveaway, craft tables and food vendors. Village of Elkhart, Elkhart, 209 Governor Oglesby St., 217-947-2083.

Sunset Tour

June 13, 7pm Sun. Experience the prairie as day fades to night and see the land conservation efforts of The Friends of the Sangamon Valley. An easy walk on mowed paths through the prairie. The nature center is air conditioned and has restrooms. Led by FOSV director Vernon LaGesse. Free. Donations welcome. Nipper Wildlife Sanctuary, Loami, 9560 Withers Road, 217-525-1410.

Sangamon County Fair

June 16-21, Wed.-Mon. Carnival, contests, nationally recognized entertainment, agricultural exhibits and more. Admission. sangcofair.com. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 488-2685.

Juneteenth Celebration Weekend

June 18-20, Fri.-Sun. A community-wide celebration with a variety of family friendly events, music and special displays at area museums. Find more information on the Juneteenth Celebration- Springfield, IL Facebook page. 217-572-0234.

Museum Bootcamp

June 24-25, 8:30am-12pm Thu.-Fri. Dive into the art and science of making an exhibit. Go behind the scenes to learn how an exhibit is made and



SPLASH Into Summer FUN!



NEW!

Season Pool Passes

ON SALE NOW!

Good at Nelson Center and Veterans Memorial Pool

Family Pool Pass

First Family Member
\$65 R | \$75 NR

First Additional Family Member - **\$35**

Each Additional Family Member - **\$25**

*Maximum 6 Family Members on one Pass

Individual Pool Pass

\$65 R | \$75 NR

Senior Pool Pass

\$55 R | \$65 NR

Sign up at bit.ly/SPDPoolPasses

For more information call: 217-525-8847 ext. 1502

*Season pool passes valid from May 28 to September 6.

*Children 10 and under must be accompanied and supervised by a responsible paying adult of ages 16 or older.

*Family passes are available to immediate family members who permanently reside under the same household and who are claimed as a dependent.

Find your **FUN**, find your *smile* at springfieldparks.org



Contemporary • Ballet • Pointe • Jazz • Tap • Hip Hop • Adult Classes



SUMMER SESSION AUGUST 2ND-26TH

Call or Email For Registration Details and Scheduling

217-414-4808 • 207 South Walnut • Rochester • aboveandbeyonddancecompany@gmail.com

#wherefunrules



CENTRAL ILLINOIS' LARGEST WATER & AMUSEMENT PARK

SPRINGFIELD



Open 7 Days a Week

We Do Birthdays!!

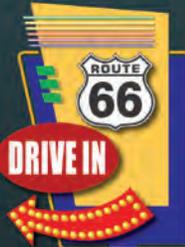
SEASON PASSES ON SALE AT
KNIGHTSACTIONPARK.COM

(217) 546-8881

Exit 96 off I-72 in Springfield

Day Night

DRIVE IN



knightsactionpark.com

route66-drivein.com



Exhibits, art and history galleries, along with virtual and in-person programs provide a fun and educational experience for all ages.

THIS SUMMER!

⚙️ **Summer Camps**

⚙️ **Super Saturdays**

⚙️ **Play Museum**

Opens mid-June. Limited hours. Call for availability.

...and so much more!

Visit bit.ly/ismevents for details!



See you at the Museum!

ILLINOIS STATE MUSEUM

explore. discover. learn. share.

502 South Spring Street • Springfield
www.illinoisstatemuseum.org
217.782.7386



BOOK YOUR FOOTGOLF BIRTHDAY PARTY WITH US!



INCLUDED IN PARTY | COST: \$80

- FootGolf for 8 guests with the Party Room
- Minimum fee for 8 guests, Maximum participants 16
- Each additional guest past 8 will incur a \$10 add-on fee per guest
- Soccer Balls for all participants to play FootGolf
- FootGolf Instruction and Guide from the First Tee
- Birthday reservations are welcome to bring their own refreshments & cake
- FootGolf Birthday Party Days: Fridays, Saturdays and Sundays

Bergen Golf Course • 2900 Clear Lake Ave
217-753-6211 • springfieldparkdistrictgolf.org



get the chance to create your own. Ages 11-14. Register by June 7. illinoisstatemuseum.org. \$40-\$50. Illinois State Museum, 502 S. Spring St., 217-782-6044.

Paint the Street

June 26, 11am-7pm Sat. Reserve a 6 ft. x 6 ft. square and getting to painting. Live music will be playing and food will be available. Paint the Driveway is also an option this year. \$30-\$35. Hosted by the Springfield Art Association. To participate, pre-register on the website springfieldart.org. Downtown Springfield, Washington Street., 217-523-2631.

Legacy of Giving

July 2-3, Fri.-Sat. Musical acts, children's area and food trucks. All proceeds benefit local charities. logmusicfest.org. Old State Capitol Plaza, between Sixth and Fifth streets at Adams, 217-361-5678.

Morgan County Fair

July 5-11, Mon.-Sun. Livestock shows, carnival, exhibits, stage shows and food. Morgan County Fairgrounds, Jacksonville, 110 N. Westgate, 217-245-6800.

Art + Science + Play Summer Camp

July 7, 8:30am-12pm, Wed. Fun art projects and cool science experiments - learning through play is the very best way. Ages 5-6. Register by June 25. \$20-\$25. Illinois State Museum, 502 S. Spring St., 217-782-6044.

"Flipper"

July 9, Fri. A family adventure film. Bring a lawn chair or blanket. Film begins at dusk. Part of the Movie in the Park Series. springfieldparks.org. Free. Veterans Memorial Pool, 2700 Ely St., 753-3030.

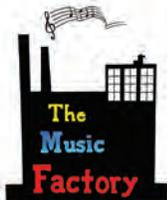
Women's Distance Festival

July 10, 8-10am Sat. Bring your mother, daughter, sister or friend and run or walk this beautiful two-mile course through the park. For women and girls of all ages, whether you are a competitive runner or just plan to take a stroll. Registrants get a race shirt and an awesome swag bag. Choose to participate in-person or virtually. Entry fee increases after May 25. Hosted by the Springfield Road Runners Club. \$20. srrc.net. Washington Park, 1501 S. Grand Ave. W., 217-544-1751.

Sunset Tour

July 11, 7pm Sun. Experience the prairie as day fades to night and see the land conservation efforts of The Friends of the Sangamon Valley. An easy walk on mowed paths through the prairie. The nature center is air conditioned and has restrooms. Led by FOSV director Vernon LaGesse. Free. Donations welcome. Nipper Wildlife Sanctuary, Loami, 9560 Withers Road, 217-525-1410.

Music Classes for Children from Birth through High School



Summer Music Classes

Musikgarten music and movement classes:

Ages 0-12

- Parent & Child • Group Classes
- Summer Camps • Group Piano

Introduction to the Harp

Ages 6-adults

Harp is provided

Private Lessons

Piano, Harp, Voice, Flute, Ukulele

Music and Art Camps

Ages: 3 1/2-5 & 6-9

Preschool and elementary students explore the sights and sounds of summer in this camp that includes music, movement, art, snack, and free play.

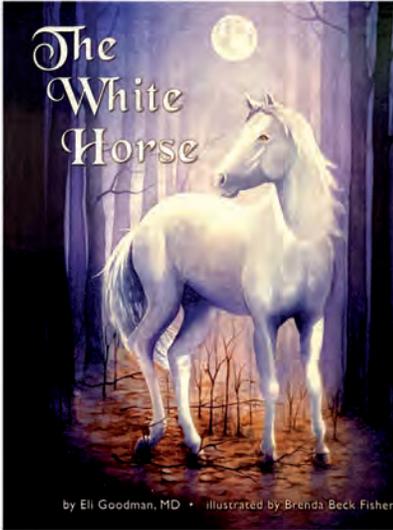


Register at
www.SpringfieldMusicFactory.com
502-4958

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

Suitable Summer reading for the family By local author Eli Goodman, MD

Available at EliGoodmanMD.com INQUIRIES: info@eligoodmanmd.com



The story of ***The White Horse*** teaches that one should not judge others by superficial appearances.

The Adventures of Abe, the \$5 Bill tells the story of a \$5 bill who recalls his most memorable adventures over a 20-year career and the important wisdoms he learned along the way.

The Adventures of Abe, the \$5 Bill



Eli Goodman, MD

Illustrations by Angela Martinez • Eva Vikman • Brenda Beck Fisher



The Abraham Lincoln Council serves Central Illinois, providing all youth with programs focused on citizenship, character building, physical and mental fitness, and Leadership development. To find a Scouting program near you visit

www.beascout.org



BOY SCOUTS
OF AMERICA®

ABRAHAM LINCOLN COUNCIL
2175292727

WWW.ALINCOLNBSA.ORG



Now Scheduling School Physicals

The key to academic success? Great health.

As your children grow, regular check-ins help ensure they're meeting overall health goals. School physicals provide a window into your child's ongoing well-being and offer an opportunity to examine potential issues that may need treatment, including diet, abnormalities, mental health conditions and more.

Help your child put their best foot forward this school year. New and existing patients are encouraged to make appointments. **Schedule your appointment online using the Memorial App.**

School physicals must be done in person. Memorial Physician Services has thorough safety precautions in place to protect our patients and reduce the spread of COVID-19.



A Memorial Health System Affiliate