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Cover photo by Rich Saal

ReGeneration

Summer 2022

ReGeneration is the magazine for active and creative grownups, looking for a strong second half. We try to be elders, growing not just older, but wiser and deeper (see p. 14). We admire friends who are reinventing themselves, like our cover subject, Margaret Ann Jessup (p. 6), sister-in-law to the editor. She left a successful career as a nurse to go into the ministry, and then minister to women in need. She's a member of the Re-Generation. - Fletcher Farrar, editor

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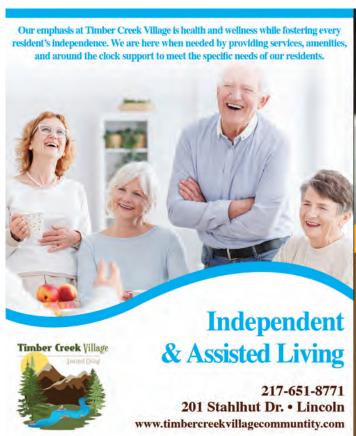




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Experts in our community

What they know that you should

Theater actor/director

Reggie Guyton, from Springfield, has been doing theater for close to 20 years. His current project is directing the Muni's performance of Ragtime The Musical, June 17-19 and 22-26. He is also a regular actor on staff at the Abraham Lincoln Presidential Library and Museum.

Guyton recently took the time to give ReGeneration his thoughts on enhancing realism in theater – the process of adapting real life for stage presentation.

Listening. Acting when you are not speaking is harder than it

looks. "People often forget that listening is just as important as speaking in a conversation," says Reggie Guyton. "It's more than just taking in the information and responding in conversation. Body language, tone and facial expression all help translate what a character is feeling or experiencing without having to rely on explicit text.

"Listening is important, not only because it keeps you in tune with your fellow actors or audience, but it also helps you stay focused to on the outcome," Guyton explains. "And should you find yourself in a situation where you have to improvise, you have an opportunity to direct the conversation based on what you've heard."

Cue pickup. It's a lot more than just waiting for your turn to

speak. "Sometimes it's a lighting change or a motif," says Guyton. "It can mean the difference between an entire scene being derailed, having to wait or improvise to fill in the space. Picking



Reggie Guyton as Citizen Barlow, who carries a burden of great guilt, is comforted by Mariah L. Brooks as Black Mary in the Springfield Theatre Centre's production of August Wilson's Gem of the Ocean.

up your cues correctly helps to ensure that everyone, including tech, has the opportunity to do their jobs to the best of their ability."

Cheating out. The art of readjusting your body to present the proper picture to the

audience. In theater, to 'cheat' is to turn your face or entire body 'out' to the audience to be seen and heard better without completely turning (so it still looks natural, but you are not completely in profile). The actors stand not quite natural - cheating reality just a bit.

"I have a pet peeve of showing my butt to the audience," says Guyton. "If it isn't necessary, it makes me feel like the

whole audience is not worthy of a show. This is a blatant disrespect.

"When an actor upstages themselves, they block the view of themselves and others around them as well as suppress their voice," Guyton explains. "Cheating out ensures that not much is missed."

Scenery. There are lots of clever tricks to make a stage look bigger than it actually is. "Sometimes

having tall/longer standing set pieces can help," says Guyton. "Other times, using less traditional sets can help too. It's important to know that if you do not have a scene designer, you may need one. Another thing to consider is how the lighting will show up on the set design."





Giving women hope

Margaret Ann Jessup and the ministry she founded -**Wooden It Be Lovely**

by Karen Ackerman Witter

"You're never too old to do the next thing," says Margaret Ann Jessup. "You can't be afraid. Trust your heart. It's never perfect."

Jessup, who lives with her family in Divernon, is executive director of Wooden It Be Lovely (WIBL), a nonprofit organization that employs women suffering from poverty, drug addiction and abuse and helps them heal, recover and have stable lives. Jessup and her church founded Wooden It Be Lovely as a ministry of Douglas Avenue United Methodist Church where she was associate pastor. Douglas Avenue provided needed space for furniture and work areas, plus financial and spiritual support, while Jessup provided ideas, energy and administration for the program.

Before becoming an ordained minister, Jessup was a nurse for 25 years. She grew up in Salem, Illinois, a middle child living a middle-class life with no major struggles. From a young age she knew she wanted to be a nurse. She studied pre-nursing at Eastern Illinois University, then earned a diploma from St. John's College of Nursing. She received a bachelor's degree in nursing from University of Illinois Springfield and a master's degree in nursing from SIU-Edwardsville. For 25 years she had a rewarding nursing career, working primarily at St. John's Hospital in oncology and hospice. She took comfort in helping others at the end of their lives. And when pain and suffering was over, as a woman of faith she celebrated



Above:

The current staff of WIBL associates on the steps of the Be Lovely Home on South Grand Avenue. The recently opened home will house some of the women as they transition to independent living.

their transition to eternal life.

At the age of 48, Jessup decided to go to seminary. She never felt called to be a preacher, but felt called to the work of the church. She simply believed she could not...not do it. With four teenagers at home, she commuted to St. Louis for three years to attend Eden Theological Seminary full time, beginning in 2011. She credits her supportive husband, Fred, for making it possible for her to pursue her dream. Although she says the situation wasn't perfect, her experience was also a life-lesson for her children. She demonstrated to her children that hard work pays off and it is possible to do two things at the same time. Her three girls are now all nurses, and her son is in college. She believes her girls, especially, will never be afraid to follow their dreams.

While in seminary, Jessup had an internship at Thistle Farms in Nashville, Tennessee, which was a life-changing experience. There she learned about "social enterprise" organizations, which use business strategies to generate profits primarily used to fund social programs. Thistle Farms is a nonprofit social enterprise dedicated to helping women survivors recover and heal from prostitution, trafficking and addiction. They do this by providing a safe place to live, a meaningful job and a lifelong sisterhood of support. Their mantra is that love is the most powerful force for change in the world.

After seminary and receiving her United Methodist ordination, Jessup was appointed to Douglas Avenue United Methodist Church. As associate pastor, Jessup received all of the calls from people asking the church for help. She saw firsthand the needs of people in the neighborhood. The church played an important role in assisting people but, based on her experience at Thistle Farms, Jessup also promoted a new way of thinking and a determination to help change the circumstances of people's lives. Through seminary and Thistle Farms, she fell in love with caring for and journeying alongside of

women whom society has pushed aside. After years of helping people near the end of their lives, Jessup embarked on a second career, helping empower women in the midst of life.

Her initial challenge was to determine what social business enterprise to pursue. Secondhand stores near Douglas Avenue church became the inspiration. Staring at some old chairs outside one of the shops, Jessup came up with the idea of painting and refurbishing old furniture to sell. This is how WIBL was born. Community members donate old furniture in good condition. Women who are healing and trying to get their lives back together paint and refurbish the furniture. Women learn skills and develop relationships by working side-by-side with community volunteers.

Wooden It Be Lovely is a wonderful metaphor, as explained on their website. "Women healing from lives of poverty and addiction often feel like society does not want to deal with them. The WIBL women relate to the metaphor of old furniture often discarded, cracked, wobbly, unloved and stained. With love, time and attention, these wonderful women, like old furniture, can be refurbished into something lovely."

WIBL launched in 2016 as a mission of Douglas Avenue church. Now the organization's three furniture sales a year are highly anticipated, with customers standing outside well before the church doors open. The next furniture sale is scheduled for July 30. Products include refurbished furniture of all types, as well as pillows and other furnishings the women sew. WIBL gives women creative and empowering jobs while also providing mentoring, tools for recovery, education, networking and a safe community. Women also receive classes on life skills and child care, recovery support and job and interview skills. Sixty women have participated in the program.

WIBL was incorporated as a 501(c)3 organization in January 2021. All of the women are in recovery from drugs and/ or alcohol and 82.5% have remained free of illegal substances. Women are successfully completing their GEDs, and three associates are taking college classes. Sixteen women were hired as WIBL associates in 2021, and currently 12 women are employed as WIBL associates, plus a Lead Designer who is a graduate of the program.

A new initiative is the WIBL Home, providing housing and a safe sanctuary for women without children. There are services in Springfield for women with children, but housing is not readily available for women with no children or



Margaret Ann and Fred Jessup, at right, with their adult children and friends. From left, Charlie Jessup and Skyler Bailey, Abbie Jessup, Annie Jessup and Reily Sullivan, and Emily Jessup.





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those in recovery who have lost custody of their children. Four women will live in the house for free, while saving the majority of their earned income with the goal of living independently in the future. The women painted and decorated the home, which is readily recognized by its bright pink door with a large heart. WIBL hosted a community open house in early June. There is a community room available for groups to rent. "Those with means and privilege can be under the same roof with those who are recovering," says Jessup. There are numerous benefits of women from all circumstances working together. Jessup says we think we are there to teach and help them, but it is often the other way around.

Jessup describes Douglas Avenue United Methodist as a very missionminded church. The congregation has been incredibly supportive of this ministry. As full-time executive director, she intends to live the mission of the church by going out into the world. Her reward is to see the

strong women who come out on the other side after overcoming adversity.

Diane Rutledge, who serves on the WIBL board, says Jessup saw the need in the neighborhood and the necessity of going beyond providing resources, in order to "teach them how to fish." "We can all dream," says Rutledge. "What sets Margaret Ann apart is having a vision and then the perseverance to make that a reality. She sees the barriers, but is not to be deterred. She finds ways, by creating relationships with others, to make things happen."

Most of all, Margaret Ann Jessup is committed to giving women hope. Wooden It Be Lovely if all women had hope?

Karen Ackerman Witter is a freelance writer who enjoys writing about inspiring people. She met Margaret Ann Jessup through the Women for Women giving circle at the Community Foundation for the Land of Lincoln, which has provided grants to Wooden It Be Lovely.



The Hope Grows fireplace showcases the colorful painting throughout the Be Lovely Home, decorated by the WIBL associates. The house has a large room where community groups can meet.

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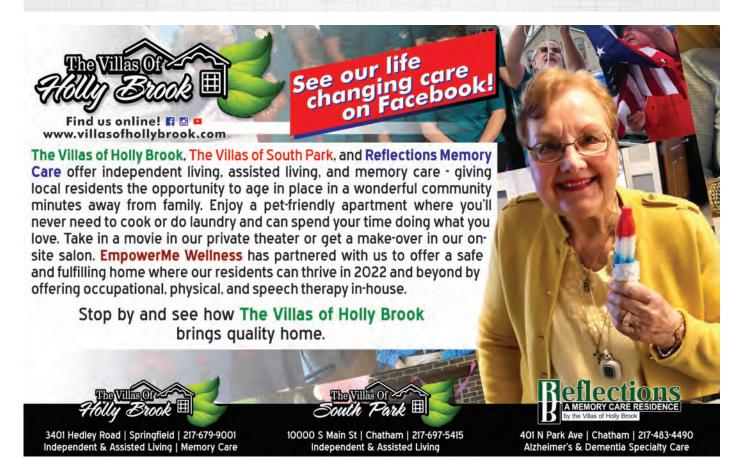


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It's halftime in your life. What's the score?

A retirement planner for those who haven't planned

by Dennis Thread

It's halftime in your life. Have you prepared for retirement? What if you're behind - and not just by a few points – but way behind?

Nearly two-thirds of all Americans near retirement age say they don't feel financially prepared (Edwards Jones 2022). Survey results vary wildly, but at least 25% have nothing saved for retirement (PwC Retirement Report 2021) and perhaps as many as 48% of those over 55 have nothing saved (U.S. Government Accountability Office 2019).

It's not surprising that the numbers vary. Who wants to admit failure? There are tens of millions entering "the second half of life," who, perhaps like you, are not prepared for retirement.

I am one of them.

How, in this rich country, is this possible? In the opening lines of Anna Karenina, Tolstoy famously said, "All happy families are alike. Each unhappy family is unhappy in its own way." In America, happy retirees tend to have a few things in common - pensions, fat 401(k)s, and real estate. Every unhappy retiree is unhappy in their own way.

There are plenty of ways to get behind in the first half. And many of us simply make some (or many) bad decisions. And yes, choices matter. Taking responsibility matters.

But there is discrimination – for whatever reason - in career opportunities, access to credit or housing. Industries change or disappear. Divorce destroys financial security. Many lack access to retirement account matching plans or affordable health insurance. Aging parents need help. Life happens, and we aren't always able to recover from setbacks.

But there are also structural problems in financial planning. Over decades, the American way of retirement devolved from a system where everyone had skin in the game - employers, government, workers - to a situation where most are left to fend



for themselves, with little or no training or guidance. Wages stagnated, health care costs exploded, mortgage debt mushroomed, and income inequality hit levels not seen since the 1890s. People are bad at predicting the future and hardly anyone is much good at playing the markets. If we were, we'd all be

At this point it doesn't matter how you got here, or why. You're down points at halftime. But the referees added an additional quarter to the second half. You are going to have many more productive years than you expected.

The game plan? It's in the fundamentals. Focus on what you can control. One thing is clear: you'll have to keep working.

Before the game resumes, take stock. If you have issues managing money - and millions of us do - address them. Get financial counseling, therapy or advice from a trusted friend or spiritual leader. This won't be a one-time fix. But start now.

Don't underestimate the amount of effort it will take to play catchup for a decade or two (or longer). Think of it as starting a new business – the business of you – and plan to put heart and soul into it to make it a success.

You need a support team, maybe even some cheerleaders. Make sure you're on the same page as your life partner. Have an expectations exchange with them and anyone else with a stake in your future and your happiness.

Take a values inventory. What's important to you? Set goals. Discover or create a sense of purpose.

If your employer is pressuring you to retire, negotiate a transition to a new position, or enlist them in helping you find a

Know that you will face ageism, along with the other "isms" you have dealt with your entire life. Learn your rights.

Delaying Social Security means bigger payments later. But if your financial situation is shaky, starting Social Security earlier might create stability. Get advice and do the math.

You must keep current with technology. The job market demands it, and purposeful, lifelong learning leads to a happier life.

Pay attention to trends in pop culture and design. It's work to remain relevant, but it's worth it. Conversely, exercise discipline on social media.

Expect stress. Keep physically active. Work on your coping skills. Mindfulness exercises help.

Watch your drinking. Consumption went up with COVID, but you need your wits about you.

Put down that excess baggage. If you have unfinished business of any kind, what can you do about it?

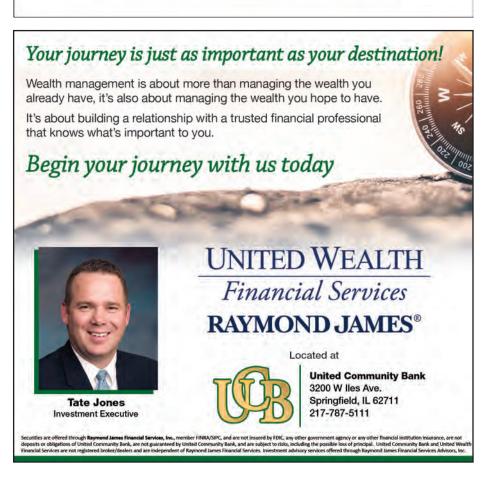
Practice acceptance and gratitude. Especially gratitude. For a surprisingly powerful take on this, search "Stephen Colbert gratitude."

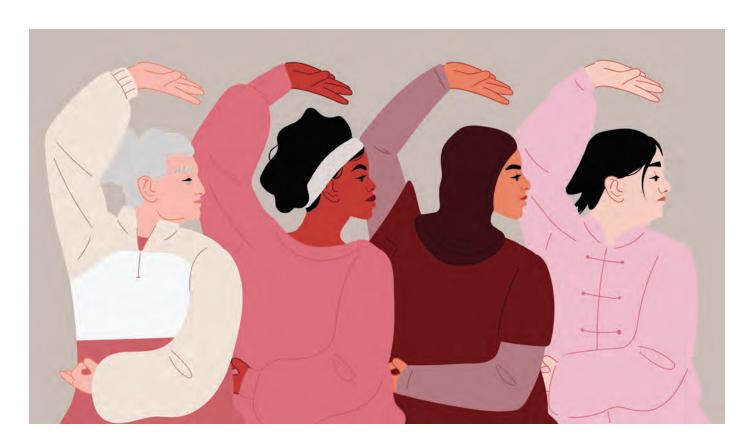
Avoid comparing yourself to others. Springfield is a government town, meaning lots of retirees with traditional pensions – four times the national average (Bureau of Labor Statistics/St. Louis Fed). Their situation is rare. You'll be marching to a different drummer, but plenty of others will be doing the same thing. Bond with those others if you

Take pride in the fact that you are making your own path. It won't be easy, but you'll be in the game, fighting, and the second half of life can be deeply meaningful and satisfying. I'd love to hear from you. Let me know what's working and what's not. I'll be cheering for you.

Dennis Thread - dennisthread@gmail.com - is a freelance writer, director and producer in the entertainment business and institutional and corporate communications. Though he's at the traditional retirement age, his plans for the "Second Half of Life" include working until the very end. This Springfield native examines culture, demography and public policy in all its forms.







The spiritual power of elders

After we grow up, we "grow down" to deeper understanding

by Tim Hahn

"Growing older happens to everyone, but growing wiser happens to those who awaken to a greater sense of meaning and purpose in life," writes renowned storyteller and scholar Michael Meade in Awakening the Soul (Greenfire Press, 2018). Looking for a deep response to a troubled world, Meade reminds us of the role that genuine elders played in traditional cultures prior to this modern time. They were considered to be a valuable resource without whose guidance the whole society could lose its way.

"When dealing with problems that seem impossible, some things must be looked at the opposite way around, while other things must be seen from the inside out." Currently we seem to be at odds with the rhythms of nature and have forgotten about the true meaning of life. Deep truths and wisdom have been replaced by quick fixes and countless surface distractions that pull us outward instead of inward. Meade writes about how solutions to life's outer dilemmas tend to come from an inward experience and the awareness that

we are in this dilemma together, both young and old.

"Old age alone cannot make the elder, for the qualities most needed involve more than the natural processes of physical change." Elders choose to grow deeper and wiser as they inevitably grow older. Not simply stepping down or stepping aside for others, but to descend to deeper places of understanding and, in some ways, against the mainstream. A true elder could be considered an outlaw as they turn to higher laws and deeper truths

in order to better see. The elder's power is not a positional authority that looks to use power for personal gain, but an inner authority that draws upon a deeper sense of authenticity and uses that power to benefit others. "In the end, power that does not enhance life must eventually serve to destroy it," writes Meade.

Once we grow up and have stable ground to stand on, the next stage is a kind of "growing down" from the surface issues of life to places of deeper understanding. This growing down involves some psychological maturity and bursting of the ego so that the deeper, wiser self is born. These dead ends become new beginnings if we allow them. Meade writes, "Wisdom is more about roots than branches, more about finding deeper ways to be and to see." When people turn their lives around, they affect those around them. This process is referred to in the book as the second arc. After we move up and out, we begin a return back down

and in.

The greatest influences we have in the world start with ourselves and those closest to us. To grow deeper as an elder we look inward towards the wisdom of our hearts, more than just facts and conventional thinking. It's an inside job and a game of subtraction instead of addition. We realize how all of us can easily become lost and need guidance to find our way. Through true humility we experience a heartfelt adjustment that can open us up to a deeper sense of compassion and wisdom. We start with ourselves, then if we are called, we move into our communities and outward to where we are called. There is no neutrality, we are always leaving a mark. How we decide to show up to life is our greatest challenge and ultimately our greatest gift.

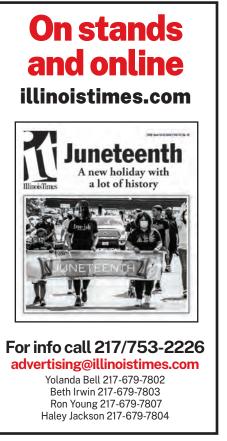
This influence can reverse the common attitudes of accepting the status quo. It is a slow process, like planting a tree "in whose shade you do not expect to sit," Nelson Henderson

reminds us. It may be a seed we never see grow in our lifetime as we serve all of existence and the unseen future. This is the aim of the awakened elder. To risk what is left of our lives for the benefit of those who are younger.

"When older folks risk living with genuine courage and vision, young people feel encouraged to find and follow their own ideals and live their dreams." Meade encourages us to find ways to develop greater respect for those who are older, and ways to involve young people with their elders. Both elders and youth have a foot in each world and inhabit abilities to draw on the spirits of change. To be in touch with the otherworld, while not out of touch with the struggles in this world, can create an awakening of the collective.

Tim Hahn of Springfield is a father and husband as well as a health coach. He and his wife, Molly, have been running CrossFit Instinct since 2010.





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E. Zachary Dinardo	Sorling Northrup	Springfield 217,544,1144 Close/Private Held Business; Health
James G. Fahey	Sorling Northrup	Springfield 217.544.1144 Civil Appellate; Employment: Management; Personal Injury Defense
C. Clark Germann	Sorling Northrup	Springfield 217.544.1144 Close/Private Held Business; Mineral/Natural Resource; RE: Commercial
Stephen F. Hedinger	Sorling Northrup	Springfield 217.544.1144 Animal; Environmental; Mineral/Natural Resource
Michael G. Horstman Jr.	Sorling Northrup	Springfield 217.544.1144 Assoc/Non-Profit; Close/Priv Held; RE: Comm; Tax: Prsnl; Trust/Will/Estate
Brian D. Jones	Sorling Northrup	Springfield 217.544.1144 Banking; Close/Private Held Bus; Employee Benefits; RE: Commercial
John A. Kauerauf	Sorling Northrup	Springfield 217.544.1144 Close/Private Held Business; Employment; Management
Kirk W. Laudeman	Sorling Northrup	Springfield 217.544.1144 Med Mal Def; PI Def; Prof'l Mal Def: Incl Legal/Tech/Fin; Transport Def
James M. Morphew	Sorling Northrup	Springfield 217.544.1144 Election/Political/Campaign; Gov/Muni/Lobby/Admin
Lisa A. Petrilli	Sorling Northrup	Springfield 217.544.1144 Comm Lit; Gov/Muni/Lobby/Admin; Land Use/Zone/Condemn; RE: Comm
David A. Rolf	Sorling Northrup	Springfield 217.544.1144 Agriculture; Commercial Lit; Land Use/Zone/Condemn; Pl Def; RE: Comm
Peggy J. Ryan	Sorling Northrup	Springfield 217.544.1144 Family
John R Simpson	Sorling Northrup	Springfield 217.544.1144 Tax: Personal; Trust/Will/Estate
Stephen A. Tagge	Sorling Northrup	Springfield 217.544.1144 Banking; Close/Priv Held Bus; ADR: Comm Lit; RE: Comm; Tax: Business

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	Bankrupt/W0 Comm; Elder; Family; RE: Residential; Trust/Will/Estate
Benjamin M. Sgro	Sgro Hanrahan Durr Rabin & Bruce LLP	217.789.1200	Pl: 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





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Hot air ballooning in Illinois

By Mary Bohlen

Max Mitchell of Champaign and Patty Williams of Centralia like to go up, up and away in some beautiful balloons. Longtime licensed hot air balloon pilots, the two are part of an enthusiastic group who plan to get high this summer.

You can join the fun by heading to a variety of events in and around Illinois, including some that offer tethered rides. Both pilots point to the quiet, serene feeling of watching balloons drift overhead and some interesting shapes as reasons the

sport is so appealing.

Dean Carlton of Danville, past president of the Balloon Federation of America, agrees, saying hot air balloons are pretty to watch. "They are fun, they are relatively rare and they go slow so lots of people can see them."

For many area balloonists, the season kicked off June 17-19 with the Great Galena Balloon Race, an event Mitchell calls particularly picturesque because of the area's rolling hills.

Among other balloon fests this summer and fall are Danville (July 8-19), Galesburg (July 29-31), the Quad Cities (Aug. 12-13), Centralia (Aug. 19-21), Lincoln (Aug. 26-27), Macomb (Sept. 9-10), St. Louis (Sept. 16-17), Quincy (Sept. 22-23) and Shelbyville (Oct. 7-9).

Those seeking larger events can head to the National Balloon Classic in Indianola, Iowa, to see more than 100 balloons over a nine-day run, July 29-Aug. 6. Or celebrate the 50th anniversary of the granddaddy

of hot air balloon events, the Albuquerque (NM) International Balloon Fiesta Oct. 1-9.

Mitchell says fall in the Southwest offers some of the best conditions, with light winds, clear skies and scenic backdrops, and extends the season for balloonists. But the Midwest offers its own gems, with balloons set against corn and soybean fields for photo seekers and festivals with many onground activities. Bad weather, of course, can alter any of the events.

Williams, who has been involved with the Centralia event for all of its 33 years, says some 50,000 come for the three-day August gathering, based in Foundation Park. Included are a car show. musical entertainment, a children's area, a craft show and food vendors. Admission is \$7 for the whole weekend, making it a true family event, she notes.

This year 35 pilots are registered and plans include on-ground balloon "glows" Friday and Saturday nights, when tethered balloons are filled and lighted. Balloons will lift off Friday night and Saturday and Sunday mornings. Visitors can pay \$10 for a tethered ride or watch balloons glide by.

"It is difficult to find landing spots for a race because crops are still in the field so we fly across town and people have really, really enjoyed it,"

Williams says. Also popular is a special glow with a few balloons in another park, where those who have mobility issues can drive through.

Also accommodating people with mobility issues is Danville's Balloons Over Vermilion. which includes two all-accessible balloons offering tethered rides. Cost is \$15 for adults and \$10 for children. The July event, marking its sixth year, takes place at the Vermilion Regional Airport and features more than 30 balloons participating in flyouts, evening glows, a children's area, vendors and bands. Admission is \$5 (free for 10 and under) with parking another \$5.

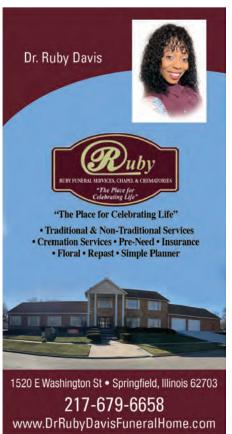
Another nearby destination is Lincoln, with its Balloons Over 66 event in August. Coordinator Seth Goodman says 30 to 35 balloons will be staged in groups of four to six in multiple takeoff locations around Lincoln. Sunset flights are set for 6 p.m. Friday and Saturday. Balloonists will lift off at sunrise Saturday morning and participate in a glow after Saturday evening's flight. Lincoln is hosting a downtown barbecue, craft beer event and art show the same weekend.

If you head to St. Louis in September you can catch the 49th annual Great Forest Park Balloon Race. Headquartered in the park's central fields, the event features more than 45 pilots participating Left: Hot air balloons with unusual shapes such as this elephant one owned by Max Mitchell of Champaign are crowd favorites at balloon events.











Hot air balloons participating in the annual Touchstone Energy Balloonfest at Lake Shelbyville glide over the lake. This year's event will be October 7-9.

in a glow on Friday night from dusk until 9, followed by fireworks. Saturday afternoon brings a race with "hound" balloons chasing a "hare," or lead balloon, skydivers, children's activities, entertainment and food vendors. Admission is free but some VIP tickets for extra privileges may be available on site.

One of the last nearby events happens at Lake Shelbyville in October featuring 10 balloons. Friday night balloons will glow and some may fly at Willow Ridge Winery. Saturday's events at the Shelby County Airport will include a sunrise flight, tethered rides, children's activities and a cookout. Another sunrise flight will take off from the lake's Ninth Street beach in Shelbyville on Sunday.

By attending one or more balloon events, you can be part of what several veteran balloonists call a life-changing experience.

Mitchell, a Champaign County realtor, has been ballooning for 45 years, most of them with wife, Betsy, and

eventually their children. "One thing that ballooning has taught us is team-building within the family." He owns two balloons, including an elephant shape that draws attention. He says his family has made friends with balloonists from all over.

Williams, who got her pilot license in 1995, also owned a balloon with her late husband, Larry, and enjoys the camaraderie of other enthusiasts. "I flew hundreds of people every year and had so much fun," she says. She no longer owns a balloon but still flies, teaches others and helps put on the Centralia event.

Jim Phelan, a pilot who helped with the Lincoln event for many years, explains that balloons are an experience and a memory that participants never forget, even if they never fly in one. "A lot of people can get a lot of enjoyment just by looking at balloons."

Mary Bohlen, a Springfield travel writer, hopes to experience her first hot air balloon ride this summer but likely will choose a tethered option.

For more information www.centraliachamber.com/balloon-fest www.balloonsoververmilion.com www.greatforestparkballoonrace.com www.lakeshelbyville.com/events/balloon/htm Lincoln, Illinois Balloons Over 66 Weekend page on Facebook

EXPLORE YOUR Community

By Stacie Lewis

See what's happening near you

As events may be canceled or rescheduled at the last moment, please first check with the host or venue when making plans to attend an event.

ONGOING

History Comes Alive

Through Aug. 7 at various locations. Enjoy hikes, neighborhood walking and biking tours, presentations, exhibitions and even ice cream socials – all part of the History Comes Alive program. From historic portrayals at the Old State Capitol to a flag-lowering ceremony at the Lincoln Tomb, everyone is invited to be a part of living history. For the full schedule, go to the website visitspringfieldillinois.com.

Rochester Farmers Market

The second and fourth Sunday of each month, 12-3pm. Local produce and products. Rochester Public Library, Rochester, 1 Community Dr., 217-498-8454.

Springfield Municipal Band

Tuesdays, through Aug. 9, 7:30pm. A local treasure since 1936. Free. Duncan Park, 400 N. MacArthur Blvd.

The Illinois Freedom Project

Tuesday-Saturday weekly, 12-4pm. The story of Illinois' long fight for freedom from slavery. On loan from the National Park Service. Springfield and Central



Levitt AMP Springfield Music series every Thursday through Aug. 4. Photo by Carol Weems.

Illinois African American History Museum. 1440 Monument Ave., 217-391-6323.

Levitt AMP Springfield Music series

Thursdays, through Aug. 4, 6pm. A free concert series that brings in a diverse lineup. Y Block, Fourth and Jackson streets, 217-753-3519.

Sangamon Watercolor Society Exhibition

First Friday of each month, 5-8pm. Enjoy artist demonstrations and refreshments. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

Artist on the Plaza

Fridays, through Sept. 2, 12-1pm. Produced by the Springfield Area Arts Council and featuring local talent. Visit springfieldartsco.org for the complete

lineup, Old State Capitol Plaza, between Sixth and Fifth streets at Adams.

Old Capitol Farmers Market

Saturdays and Wednesdays, through October, 8am-1pm, Shop for fresh local produce, baked goods and products. Please note health guidelines will be followed. Old Capitol Farmers Market, Fourth and Adams streets, 217-544-1723.

Sigma Gamma Rho Exhibit

Through June 30. Celebrating the 100-year anniversary of the sorority. Highlights notable members of the local chapter, and includes unique keepsakes and memorabilia. spiaahm. org. Springfield and Central Illinois African American History Museum, 1440 Monument Ave., 217-391-6323.

JUNE

My One and Only

June 24-26. July 6-10. July 13-17 and July 20-24. The s'wonderful Gershwin musical. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

Policy Breakfast

June 24, 8am. "Springfield Fire Department Analysis." Coffee reception at 7:30 a.m. before the program. Hoogland Center for the Arts Club Room, 420 S. Sixth St., 217-523-2787.

African Americans and Mr. Lincoln Part 1 June 25, 1:30pm. Covering the years 1837-1861. Part of the History Comes Alive program. spiaahm.org. Springfield and Central Illinois African American History Museum, 1440 Monument Ave., 217-391-6323.

Central Illinois Daylily Society Plant Show

June 25, 12-3pm. Beautiful examples of daylilies on display in an open house-style setting. Washington Park Botanical Garden, 1740 W. Fayette Ave., 217-546-4116.

Insect Evening

June 25, 8pm. See lots of flying insects up close. Black lights are used as an attractant next to a white sheet suspended in the prairie near wetlands and other microhabitats. See who is sharing your space. Call to register. Nipper Wildlife Sanctuary, Loami, 9560 Withers Road, 217-525-1410

Paint the Street

June 25. Take over Washington Street and paint 6' x 6' street squares. Each square registration gets one paint supply bucket, one giveaway bag with goodies and one T-shirt. Cash prizes given away in the professional category. Paint the Driveway also available. Registration price increases on the event date. springfieldart.org. \$35-\$45. Downtown Springfield, Seventh and Washington streets.

JULY

Independence Day Celebration

July 1-2 and July 5, 10am-4pm. Period demonstrations and the reading of the Declaration of Independence each day. lincolnsnewsalem.com. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Rock the Dock Fireworks

July 1, 9:30pm. Lake Springfield Marina, 17 Waters Edge Blvd., 483-3625.

Springfield Jaycees' Capital City Celebration

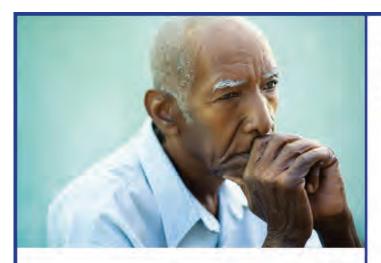
July 2-3. Parade, Kids' Zone, patriotic pageants for kids and dogs. Fireworks both nights. Downtown Springfield, South Second Street and East Capitol Avenue.

Knight's Fireworks Extravaganza

July 4. 9:30pm, Knight's Action Park, 1700 Knights Recreation Dr., 217-546-8881.

Shadow Weave Napkin Exchange

July 7-10. For beginner and advanced weavers. Shadow weave is an exciting light/dark weave structure that offers endless possibilities. Participants can come and go in the open-house-style event. Call or visit jubileefarm.info for more information, Jubilee Farm, 6760 Old Jacksonville Road, 217-787-6927.



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800.252.2918 www.agelinc.org

Disney Newsies the Broadway Musical July 8-10 and July 13-17, 8:30pm. In 1899, a courageous group of New York City newsboys become unlikely heroes when they team up to fight an unscrupulous newspaper tycoon. Based on a true story. Reserved seating \$20. Lawn seating \$13. Children 5 and under are free on the lawn. 314-534-1111. metrotix.com. The Muni, 815 E. Lake Dr., 217-793-MUNI.

APL junior volunteer car wash

July 9, 11am-3pm. Just \$5 for any size vehicle to help raise funds for the Animal Protective League. The Mobile Adoption unit will also be on site. 217-544-7387. Ace Hardware, 1600 Wabash Ave., 217-787-5100.

Heart Ache Tonight

July 9, 6-10pm. Eagles tribute band, LoneHollow opens the show. \$10. Sherman Village Park Amphitheater. 1200 Rail Fence Drive, 217-496-2621.

Oak Ridge Cemetery - The Colored Section

July 9, 1:30pm. Part of the History Comes Alive program, spiaahm.org, Springfield and Central Illinois African American History Museum, 1440 Monument Ave., 217-391-6323.

Women's Distance Festival and Kids' Fun

July 9, 8-10am. Open to women and girls of all ages. Run competitively or stroll the two-mile course through the park. Kids' Fun Run is for all kids age 12 and under, and participants will receive treats and finisher medals. Registration closes July 7 at noon. No refunds issued. srrc.net. \$25. Washington Park, 1501 S. Grand Ave. W., 217-971-1656.

Memorial Health Championship presented by LRS

July 14-17, 7am-7pm. A PGA Toursanctioned event on the Korn Ferry Tour, presented by LRS. This four-day, 72-hole competition features 156 players from around the world vying for a total purse of \$750,000. Memorial Health Championship. com. Panther Creek Country Club, 3001 Panther Creek Dr., 217-670-2910.

Chatham Jaycees Sweet Corn Festival July 15, 5-11:30pm. Live music, food. vendors, children's activities and the ever-popular Illinois Championship Cow Chip Throw. Chatham Community Park. Chatham, 731 S. Main St.



Anniversary Celebration

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Cheap Trick

July 17, 7pm. \$45-\$125. The Devon Lakeshore Amphitheater, Decatur, 620 E. Riverside Dr., 217-619-8025.

Babes in Arms

July 22-24. Set at a summer stock theater, a group of young apprentices are determined to mount the original revue they've created while dodging the underhanded attempts of the surly theater owner to squash their every effort. theatreinthepark.net. Adults \$15, seniors \$13, children under 12 \$10. Theatre in the Park, Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-5440.

Driving Miss Daisy

July 22-23, 8pm. Presented by the Spencer Theater Company. This play won the 1988 Pulitzer Prize for drama. hcfta. org. \$18-\$20. Hoogland Center for the Arts, Theatre III, 420 S. 6th St., 523-2787.

Policy Breakfast

July 22, 8am. "Route 66-The Road to 2026." A discussion of local plans for the 100th anniversary of the Mother Road. Coffee reception before the program. Hoogland Center for the Arts Club Room, 420 S. Sixth St., 217-523-2787.

Don McLean

July 23, 7:30pm. American singersongwriter, best known for his 1971 hit song "American Pie." UIS Performing Arts Center, One University Plaza, 217-206-6160.

Downhome Music Festival

July 29-30. One of the best ways to enjoy a great lineup of local talent. Over 100 craft beers and fantastic food vendors. Visit the Facebook page for up-to-dateinformation. Downtown Springfield, Seventh and Washington streets. 217-528-7000.

Matilda the Musical

July 29-31 and August 3-7, 8:30pm. Matilda is an extraordinary girl who, armed with a sharp mind and a vivid imagination, dares to take a stand and change her destiny. Reserved seating \$20. Lawn seating \$13. Children 5 and under are free on the lawn. 314-534-1111. metrotix.com. The Muni, 815 E. Lake Dr., 217-793-MUNI.

Rumble Down Festival

July 29-30. Two days of music, art,

vending, pickin' and more. The lineup includes a variety of amazing progressive jamgrass bands. Visit the Facebook event for more info. thekampground.com. \$50 and up. Ages 13-16 \$30-\$60. The Kampground, Mechanicsburg, 11380 Darnell Road.

Natural Tie Dye Workshop

July 30, 3-5pm. Learn how to make different color dyes using all-natural, plant-based sources. \$15 per person includes T-shirt or \$10 with your own white shirt. Sizes M, L and XL will be available. RSVP no later than July 15. Nipper Wildlife Sanctuary, Loami, 9560 Withers Road, 217-525-1410.

Sangamon Valley Iris Society Sale

July 30, 1-4pm. A beautiful selection of iris varieties from the collections of the society members. Washington Park Botanical Garden, 1740 W. Fayette Ave., 217-546-4116.

Stoneman Sprint Triathlon, Abe's Olympic and Route 66 Half Tri

July 30, One day, three races. Staggered start times. COVID precautions will be practiced. Lake Springfield Beach House, 100 Long Bay Dr., 217-341-1309.

Late Nite Catechism

July 31. Starring Mary Zentmyer. hcfta. org. \$30. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

AUGUST

Powerlight Abe Lincoln Car Show

Aug. 5-6. Super cruise on Friday. Line up at 5:30 at the Y Block and move into a smooth cruise to Knight's Action Park at 7:30. Car Show Spectacular on Saturday, Check out a replica of the car from the movie Christine, and meet actor Malcolm Danare who played Moochie. Free admission. Knight's Action Park, 1700 Knights Recreation Dr., 217-553-5271.

Soul

Aug. 5. After landing the gig of a lifetime, a New York jazz pianist suddenly finds himself trapped in a strange land between Earth and the afterlife. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Free. Kiwanis Park, Stanton Street.

Carpool - Cars Tribute Band

Aug. 6, 6-10pm. Show opens with local band Sleeping Dogzz. \$10. Sherman Village Park Amphitheater, 1200 Rail Fence Drive, 217-496-2621.

Central Illinois Daylily Society Plant Sale

Aug. 6, 12-3pm. Beautiful daylilies from the society members. Washington Park Botanical Garden, 1740 W. Fayette Ave., 217-546-4116.

Furever Funfest

Aug. 6, 8-11am. A fun day at the park for you and your dog. Dog kissing booth, dog paw art prints, doggie vendors, dog and me yoga, photo booth, fun 5K. Hosted by the Springfield Park District. Free admission. Lincoln Park, Fifth Street and Sangamon Avenue, 217-544-1751.

Illinois State Fair

Aug. 11-21. Food, top-notch entertainment, grandstand shows, midway, exhibit, agricultural shows and more. Admission. Visit the Facebook page for event updates. Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-782-6661.

Inherit the Wind

Aug. 12-14. A fictionalized account of the 1925 Scopes Trial which resulted in John T. Scopes' conviction for teaching Charles Darwin's theory of evolution to a high school science class, which was contrary to a Tennessee state law. theatreinthepark.net. Adults \$15, seniors \$13, children under 12 \$10. Theatre in the Park, Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-5440.

Region 9 American Iris Society Plant Sale

Aug. 13, 9am-12pm. A selection of iris varieties from the collections of society members. Washington Park Botanical Garden, 1740 W. Fayette Ave., 217-546-4116.

Emerging artist featured exhibit

Aug. 20, 6-9pm. See the work of Toni Lowenthal, an acrylic and pastel painter who completed a six-month mentorship program at the Pharmacy Gallery. Free. The Pharmacy Gallery and Art Space, 623 E. Adams St., 801-810-9278.

Million Dollar Quartet

Aug. 26-28 and Sept. 2-4. It's December 4, 1956, when an extraordinary twist of fate brings together Johnny Cash,

Jerry Lee Lewis, Carl Perkins and Elvis Presley for what would be one of the greatest jam sessions ever. Relive the era with all the smash-hit sensations. hcfta.org. \$20. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

Old Capitol Blues and BBQ

Aug. 26-27. The best and bluesiest summer fest. Featuring top blues bands, award-winning BBQ, cold drinks and first-rate fun. Check out the Facebook page. Old State Capitol Plaza, between Sixth and Fifth streets at Adams, 217-523-1455.

Hoop Skirt and Haber-DASH 5K fun

Aug. 27, 8am. Race back to the 19th century. The course is mostly flat. Fun costuming is encouraged. Dress like you just stepped out of a haberdashery or in the biggest hoopskirt you can find. A prize will be awarded for the best dressed of the bunch, springfieldart. org. \$30. Edwards Place, Springfield Art Association, 700 N. Fourth St., 217-523-2631.

Jubilee Regional Championship Morgan Horse Show

Aug. 31-Sept. 3, 9am-10pm. The stamina and spirit of the Morgan, combined with its build and way of traveling, contributed greatly to the formation of other American breeds including the Standardbred, Quarter Horse, Tennessee Walking Horse and American Saddle Horse. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave.

Healing Crystal Bowls Meditation

Sept. 1. First Thursday of every month, 6-8pm. Immerse yourself in soothing, healing vibrations, sending harmony, peace and balance into our community world. Bring a mat to relax on the floor, if you choose. \$15 love offering is suggested, but not required. Unity of Springfield, 417 Cordelia, 523-5897.

Springfield Mile 1 and 2

Sept. 3. The world's premier flat track motorcycle racing series will celebrate its annual Labor Day weekend doubleheader. Ticket prices will increase the week of the event. \$20-\$150. Children 12 and under \$5-\$25. Illinois State Fair Grandstand, 801 E. Sangamon Ave., 217-782-6661.





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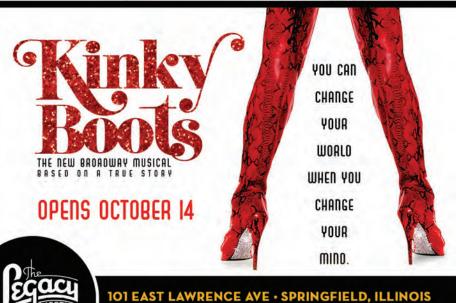


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Springfield Oyster and Beer Festival Sept. 3. 12-5pm. This event has raised over \$87,000 for area charities. Features over 130 different types of craft beers,

5,000+ gourmet oysters, live music and local food trucks. Having a good time is much easier when it's for a great cause. sobfestival.com. The Inn at 835, 835 S. Second St., 217-522-3123.

First Sunday Midwest Bazaar

Sept. 4, 8am-4pm. Everything you could ever need all in one place. Illinois State Fairgrounds Exposition Building, 801 Sangamon Ave., 217-782-6661.

Bluegrass Concerts and Traditional Music Festival

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

Spinning

Sept. 9. For both new and experienced spinners. Numerous wheels will be available for practice or lessons. Visit the website for more information. iubileefarm.info. Fee TBD. Jubilee Farm. 6760 Old Jacksonville Rd., 217-787-6927.

Art Spectacular

Sept. 10-11. A juried fine art and craft fair, ranked by Sunshine Artist Magazine as one of The Best 200 Art Fairs in the United States for over five years. Free, Thomas Rees Memorial Carillon. 1740 W. Fayette Ave., 217-306-1838.

Capital City Century

Sept. 10. One of the oldest and most popular recreational bicycle rides in Illinois. A scenic, one-day ride on low-traffic roads. Five route options. Hosted by the Springfield Bicycle Club. spfldcycling.org. Centennial Park, Bunker Hill Road and Lenhart Road, 217-899-9175.

Marbold Heritage Festival

Sept. 10-11, 9am-3pm. Civil War presentations, steam and gas engines, demonstrations, guided tours, live music, antiques, children's activities, food and drinks. historic-marbold-

farmstead.org. Ages 14 and older \$5, ages 6-13 \$3. Historic Marbold Farmstead, Greenview, 21722 State Hwy 29.

9/11 Ride to Remember

Sept. 11. Lineup begins at Hall's Harley Davidson at 9am. Ride begins at 10am and ends with a ceremony at the State Capitol. Free. Hall's Harley Davidson, 2301 N. Dirksen Pkwy., 217-528-8356.

Edwards Place Fine Art Fair

Sept. 17-18. Shop over 70 art vendors, take tours of Edwards Place Historic Home and join in other fun family activities. springfieldart. org. Springfield Art Association, 700 N. Fourth St., 217-523-2631.

Fall Festival

Sept. 17-18. A local favorite with music, food, crafts, children's activities and historic buildings to tour, clavville. org. Clayville Historic Site, Pleasant Plains, Route 125, 217-481-4430.

Leanne Morgan: Big Pantry Tour

Sept. 17, 7pm. Leanne's style of comedy combines her southern charm and hilarious story telling about her own life into an act that keeps them coming back for more. \$39.50-\$49.50. UIS Performing Arts Center. One University Plaza, 217-206-6160.

Play it Again

Sept. 17, 6-10pm. Luke Bryan tribute. Show opens with local band Highway 615. \$10. Sherman Village Park Amphitheater, Sherman, 1200 Rail Fence Dr., 217-496-2621.

Springfield School District Desegregation Plan

Sept. 17. 1:30pm. Panel discussion on the desegregation plan from the 1970s to the present. Part of the History Comes Alive program. spiaahm. org. Springfield and Central Illinois African American History Museum, 1440 Monument Ave., 217-391-6323.

International Route 66 Mother Road **Festival**

Sept. 23-25. Hundreds of cool cars and thousands of spectators will roll into the heart of Springfield's historic downtown for a weekend of family fun. live music and entertainment. Don't miss the burn-out contest, 217-553-5271.





The Springfield Art Association

Your LOCAL connection to the Visual Arts and History



Historic Edwards Place Tours, Camps, & Events



Classes & Camps for All Ages



M G Nelson Family Gallery Exhibitions & Sales



SAA Collective gallery works by local artists

www.springfieldart.org • 217-523-2631