

Stronger in the second half of life

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Photo courtesy of Steve Harlin

Steve Harlin and Lisa Coleman relax among the plants at Purple Prairie Lavender Farm north of Macomb. p. 10

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Cover photo by Rich Saal

## ReGeneration

Spring 2022

ReGeneration is the magazine for active and creative grownups, looking for a strong second half. We reject the notion that older is weaker. This is the re-generation. Reenergized. Rededicated. Rediscovered. Remarkable.

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# Blessed in This Mess

Lori Schlosser launches podcast to help family caregivers

By Karen Ackerman Witter



Lori Schlosser with her mother, Betty Lunik, in 2016.

More than one in five adults in the U.S. are caregivers, according to *Caring in the U.S. 2020*, published by the National Alliance for Caregiving and AARP. The study also revealed that caregivers are in worse health than five years ago. Lori Schlosser of Springfield has years of experience as a caregiver and understands the associated challenges and stresses. She is also a “glass-half-full” person and has witnessed benefits of being a caregiver. Now that her own life is not as consumed with caregiving, she is dedicated to encouraging others who care for people with chronic illness, sickness or disability. In January, Schlosser launched her podcast, “Blessed in This Mess,” producing a new episode every other week.

Schlosser has an inviting voice and friendly personality which comes through when listening to her podcast. She welcomes you to listen while driving your car, folding laundry or handling a myriad of other tasks. Her goal is to help caregivers find peace today and long-term wellness.

In her first episode, Schlosser describes five simple truths as a caregiver:

1. Training is almost exclusively on the job.
2. Caregivers feel exhausted from the routine and isolated from others.
3. Every element of personal wellness is impacted by the work to care for another person.
4. Self-care is seldom a priority, yet caregivers worry what would happen to their loved one if something happens to them.
5. Caregivers are changed in a variety of ways by caring for the people they love.

Anxiety, grief and anger are all part of caregiving. Self-care is often the first

thing to go in the lives of caregivers. Cardiovascular health of caregivers is a significant issue. Schlosser refers frequently to a “wellness wheel” as a way to consider all aspects of one’s well-being – physical, emotional, intellectual, social, financial and spiritual. She will talk more about this in future podcasts and provide tips from herself and invited guests. She is a big believer in meditation and deep breathing.

Schlosser has had a front-row seat to caregiving throughout her life. As a child, she witnessed her mother caring for both her father and her grandmother. At the age of 44 her father contracted Type 2 diabetes, which he dealt with for 20 years. Her mother also cared for her grandmother, who had dementia. Schlosser’s father and grandmother died within six months of each other in 1994. Schlosser now realizes the strain involved with what she took in stride as a younger person.

Schlosser has two sons who are now young adults. Her life changed dramatically when her youngest son, Noah, was diagnosed with Type 1 diabetes at the age of 8 in 2006. She threw herself into learning everything she could, became an advocate and joined a network of parents facing similar circumstances. She saw the benefit of “finding your people” and having a support group. She says caregivers frequently devote themselves to learning everything about the problems of the person they are caring for while ignoring their own well-being until there is a problem.

In 2014 Schlosser’s focus shifted to caring for her mother, whom she describes as her role model, confidante and cheerleader. For seven years, Schlosser witnessed her mother suffer strokes, vascular dementia and loss of muscle movement. The pandemic created heartbreaking challenges. For nearly a year Schlosser stood outside her mother’s room at a care facility and communicated via a device linked by a cord through the window. Schlosser says that caring for both her son and mother grew her heart for caregivers. Her faith has grown and, although she has always lived a healthy lifestyle, she has increased her resolve to



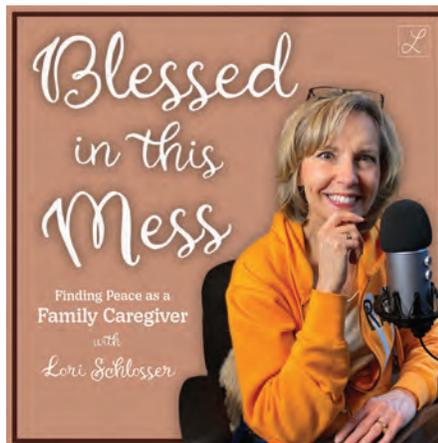
Lori Schlosser with her husband, Bill, and sons Noah (far left) and Jacob.

practice self-care.

Lori Schlosser was raised in Springfield. She earned a bachelor’s degree in communication from Millikin University in Decatur and a master’s in communication from University of Illinois Springfield, where she was a Graduate Public Service Intern working with the Illinois State Police. She then served as director of the student leadership program

at SIU Edwardsville before returning to Springfield when her husband, William Schlosser, finished dental school. Being available to help her family was a motivation to return to Springfield. In the 1990s Schlosser worked in senior-level positions at the Illinois State Police, including director of the governmental affairs office and chief of staff. With a minor in business marketing, she was instrumental in helping her husband establish his dental practice. She has led the business and marketing aspects of the dental practice for nearly 25 years.

She is now combining all of these life experiences as a digital content creator and podcast host. Schlosser says she is blessed to have her tech wizard son, Noah, at her side and her mother, Betty Lunik, as an angel on her wing. Connect with her at [www.lorischlosser.com](http://www.lorischlosser.com).



Lori Schlosser is the host of a new podcast, *Blessed in This Mess*, designed to encourage family caregivers.

*Karen Ackerman Witter frequently saw Lori Schlosser caring for her mother at Concordia Village, prior to the pandemic, when Karen was visiting her parents. Lori always had a smile on her face and friendly personality. The love and concern she had for her mother were readily apparent.*



Photo by Rich Saal

# Life with jazz

## Lawyer, professor and saxophonist: **Virgil Rhodes** makes music with FOOTPRINTS

By Pamela Woodson

Delivered by Ms. Boykins, the local midwife, on Oct. 1, 1943, in Camden, Alabama, Virgil Julius Rhodes, Jr. made his entrance into the world as the first son of Virgil Sr. and Edna Bonner Rhodes.

Virgil Jr. would be the eldest of three, born to the couple who met at Alabama State Teachers College for the Colored, now Alabama State University. Eighteen months later, Virgil would be joined by a brother, Robert Anthony, in 1945, and then a baby sister, Olga Juanita-Etolia, in 1951.

As a child, Virgil Jr. loved sports and athletics with his father, a math and science teacher who also coached football. He recalls swimming in Eight Mile Creek and fondly remembers running with his friends behind the bug-spray truck that went up and down the roads in the summer spraying pesticide. “It was too hot for shirts or shoes,” he recalls. “We’d run behind him just breathing and sucking up all that stuff. It’s amazing I’m still alive and haven’t died of some kind of disease a long time ago.”

Graduating from The Most Pure Heart of Mary High School, which was the Catholic school for Blacks in Mobile, there was no question of whether he would attend college. The question was: Where? And he had his pick, including Xavier in New Orleans, and Atlanta’s prestigious Morehouse. Virgil decided on Knoxville College in Knoxville, Tennessee, the historically Black liberal arts col-

lege founded by the United Presbyterian Church and conveniently located over seven hours away from Mobile – further away from home than any of the others.

Education was important in the Rhodes household. All the Rhodes children would carry on the legacy of being college graduates, as their parents and grandparents had been. Their maternal grandfather, Ernest D. Bonner, was a graduate of Tuskegee Institute and his diploma was signed by the school president, Booker T. Washington.

Pledging Kappa Alpha Psi fraternity

in 1962, like his father before him, Virgil graduated from Knoxville College in 1966 with a degree in history and a minor in political science with an emphasis in education. He later entered law school at Texas Southern University, now Thurgood Marshall School of Law. Always the over-achiever, he completed his law degree requirements by December 1971, officially graduating in May 1972.

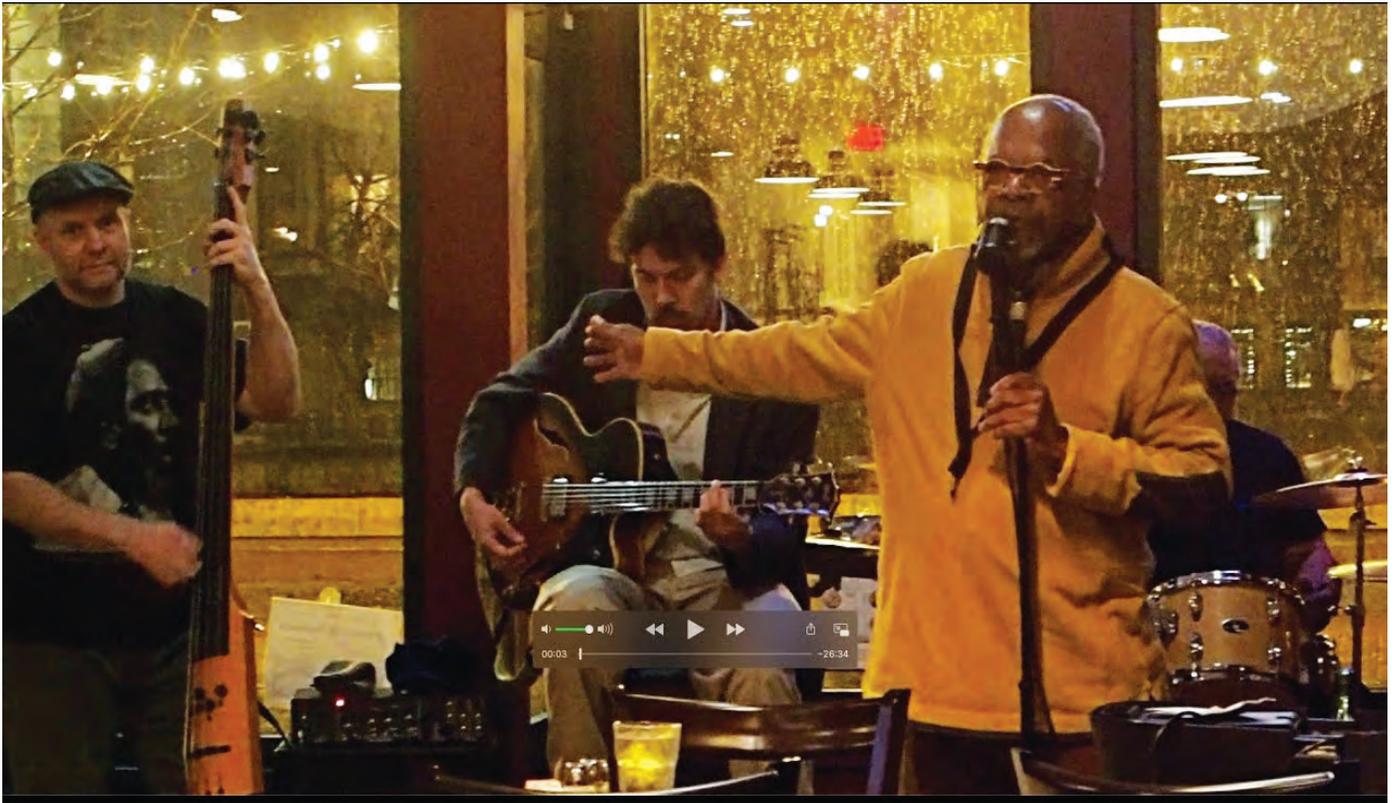
### **1973-1983 Professional beginnings and jazz**

Virgil moved to Chicago, his then-wife’s



Virgil and his wife, Judy, on their wedding night in June 1992.

# “You never fail until you stop trying.”



Above:  
Virgil Rhodes with  
Jazz by Footprints. For  
booking information call  
217-494-7609. Email is  
vrhodes@comcast.net.

Right:  
Virgil with his sons,  
George, center, and  
Ernest, at George's  
1994 graduation from  
the Medical College of  
Wisconsin. George is  
a medical doctor in  
Indianapolis. Ernest  
currently lives in  
Minneapolis, where  
he is a musician and  
works in food service  
management.

hometown, and began clerking for the prominent civil rights attorney E. Duke McNeil.

One day while in downtown Chicago, Virgil met a woman specializing in placement who got him an interview with Horace Mann insurance. After meeting with the president, he was offered the position as an attorney under general counsel and would spend the next year or so there. This brought him to Horace Mann headquarters in Springfield.

Meanwhile, at a social function, Virgil was approached with the opportunity to teach a night class at Lincoln Land Community College in Springfield. He said yes. Soon after, the business law professor departed and Virgil was asked to assume the position.

After Virgil weighed the pros and cons of being a teacher of law versus a practitioner, teaching won out. After 35 years of teaching business law at LLCC, while also creating and teaching other classes at Sangamon State University, Virgil says it was the “best decision I ever made.”

After academia, jazz was his next love. So while playing a Miles Davis record during a dinner date one evening, Professor Rhodes began showing off his scatting skills. His date asked, “What instrument do you play?” He played nothing. She told him he should play something, because he had a great ear. So, in hopes of getting close to her, he purchased a flute. Since her daughter played the flute, he knew he had her heart.

His friends thought he was nuts and laughed at him, which made him more determined to learn to play. After a year of self-lessons, as no one wanted to teach adults, he contacted an instructor at Illinois State University. “It takes courage when there’s no real support,” Virgil recalls, “but I drove up to Bloomington every Saturday for close to a year to study with Max. It was during this time I even did a couple of biathlons and triathlons just to prove I could.”

Becoming bored with the sound of the flute around 1983, Virgil taught himself to play the soprano, alto, tenor and baritone saxophones as well.

## 1985: FOOTPRINTS, the jazz quartet, is born

Virgil established his group with Steve Alexander, Kevin Ellis and Leonard Leavell. They played weekends at the Glo Tavern in downtown Springfield. The tavern became their home for about three years. “The name FOOTPRINTS was chosen because of Wayne Shorter’s famous blues tune. Back then, we couldn’t play worth a darn, but we looked good doing it.” He laughs. Since its inception, approximately 25 musicians have come through FOOTPRINTS.

## June 1992: Wedding

Virgil married Judith Lyn Allison, in a June wedding, after meeting at the grocery store when she asked him, “Are these the right kind of sweet potatoes to make a sweet potato pie?”

## 1995-2005: International appearance and local following

FOOTPRINTS was chosen to play at the Jazz Festival in Ashikaga, Japan, Springfield’s sister city. “That by far has been the highlight of my music career.” And over the next 10 years, FOOTPRINTS gained a local audience.

## 2006: Retirement

After 35 gratifying years, Professor

## Virgil’s favorites

- **Song:** “I Remember April”
- **Book:** *The Man who Cried I Am*, by John A. Williams
- **Play:** *Our Town*, by Thornton Wilder, and *A Day of Absence*, by Douglas Turner Ward
- **Actor:** Paul Robeson (*Othello* was excellent.)
- **Singers:** Nina Simone, Nancy Wilson, Ella Fitzgerald, Anita O’Day
- **Food:** Gumbo and jambalaya (Cooking it as well.)
- **Drink:** Federalist Red Cabernet
- **Time of day:** 10 p.m. (Watching and practicing music)
- **Time of year:** Spring and summer (for playing golf)
- **Saying:** “The world is full of educated derelicts.”  
And: “You never fail until you stop trying.”
- **Life’s soundtrack:** Charlie Parker’s *Blues for Alice* and John Coltrane’s *Impressions*
- **Least liked phrase:** I was gonna. ... (Either you do or you don’t.)

Rhodes retired from LLCC and picked up a new life as a full-time musician and an avid golfer.

## 2006-2022: Playing and practicing

Virgil stays busy perfecting his craft,

practicing and playing consistently at large and small events, restaurants, private parties and more. When COVID shut down the ability to play publicly for 18 months, Virgil continues honing his talent by practicing daily.

At 78, Virgil J. Rhodes is living his best life and is busier than ever. He is the proud father of two boys (Dr. George Rhodes and Ernest Rhodes) and grandfather of Wesley Rhodes, who is on a full-ride soccer scholarship at University of Indiana at Evansville.

Not only is the founder and leader of FOOTPRINTS back to playing gigs all over the place, he has taken on two new endeavors: Becoming quite the chef and teaching himself to speak Spanish. His next venture – recording an EP in the studio.

*Dr. Pamela Woodson of Springfield is an entrepreneur, author, freelance writer and former professor at Lincoln Land Community College and Benedictine University at Springfield. She is the owner and lead consultant of Pamela Speaks Training & Consulting.*



# Lavender farms in **Illinois**

By Mary Bohlen



Photo courtesy of Steve Harlin

Steve Harlin and Lisa Coleman relax among the lavender plants they grow on their Purple Prairie Lavender Farm near Good Hope, Illinois. The couple started growing lavender in 2012 and today tend 2,000 plants.

When Steve Harlin and Lisa Coleman decided to grow lavender in the middle of corn and soybean farms north of Macomb, neighbors were curious. “When we first started, people thought we were growing pot,” Steve says with a chuckle.

Allison Snow, owner of Farmhouse Harvest Lavender near Benton, faced even more reaction when she sought guidance from her local USDA office. “I went into the office, and they laughed at me, she said. “That’s not going to work,” officials told her.

Fortunately for those of us who long to relax in a field of purple or bring home a freshly picked bunch of the fragrant plant, several Illinois lavender growers have persisted. At least five offer the opportunity for a day trip to get fresh lavender or a variety of products.

## **Purple Prairie Lavender Farm, Good Hope**

Coleman said she read an article about lavender fields in Washington state, a hotbed of lavender growing, and told Harlin, “It would make me happy to see purple rows” on their retirement farm. The couple started in 2012 with 24 plants as an experiment and a learning process.

Illinois has too much humidity and too cold winters for some varieties to survive, the two explained. Lavender generally likes hot and dry conditions, so they had to find which kinds would thrive in western Illinois. Today they have 2,000 plants that typically are at their peak in June and yield a second bloom in August.

The chance to see those blooms and buy lavender products draws hundreds on weekends. Visitors can expect to see mostly purple plants, but Harlin and Coleman also grow white “Melissa” lavender that has a peppery scent and culinary uses.

Coleman makes lavender soaps, lotions, linen sprays, bath bombs and candles and fills teddy bears and pain

wraps with lavender and flaxseed. The bears help babies sleep, she says, adding other uses for lavender are to treat burns, help cancer patients relax and bring tranquility to people.

"We are very calm and we sleep well," Harlin says.

Check [www.purpleprairie.com](http://www.purpleprairie.com) to see the full list of lavender products or Facebook for the farm's hours and bloom peaks.

### **Tenderloin Farms, Edwardsville**

Sisters Kim Hansen and Kris Straub turned to growing lavender on their longtime family farm after their parents died, starting test plots in 2016 as a way to diversify the farm's harvest. Hansen says the two love growing plants, and a magazine article inspired them to try lavender.

Like Harlin and Coleman, the sisters experimented with which varieties could survive in their area. Lavender thrives in a Mediterranean-type climate, so growing it depends on "location, location, location," Hansen says, borrowing a real estate phrase. Tenderloin Farms currently has 15 varieties, but Hansen says she will continue to experiment with new varieties.

Scattered among different shades of purple are white and pink lavender and one variety that blooms purple but dries silver. A member of the mint family, lavender can enhance food, serve as an anti-inflammatory and promote sleep, experts say. Hansen likes to experiment with adding lavender to recipes, which she gladly shares.

The 1,000 plants are spread out over a couple of acres, mostly in old pastures. "Lavender is part of our farming operation," Hansen says. "We are in big corn country and still grow corn and soybeans, but we wanted to add something different."

She says blooming season starts with English lavender in late May, with peak blooms lasting until July 4. The farm has a U-pick patch of 380 plants and allows visitors to bring a picnic lunch and blanket to enjoy "a lavender experience." A shop in a renovated early 1900s barn

has homemade lavender products for sale, and a greenhouse made with old stained-glass windows holds baby plants for sale.

In addition, the family grows wildflowers available on a U-pick basis and offers guided tours of the farm. Hours are 9 a.m. to 2 p.m. Fridays, Saturdays and Sundays in June and a few fall weekends.

For more information, go to [www.tenderloinfarms.com](http://www.tenderloinfarms.com).

### **Farmhouse Harvest Lavender, Benton**

Owner Allison Snow bought an 1899 farmhouse and 17 acres in southern Illinois in 2014 and began a lavender farm three years later. "It was just something I started researching and the more I learned, the more interested I got in all the uses of lavender."

She and her mother had owned a tearoom so Snow's food service background bolstered her interest in serving food enhanced with lavender. The farm offers a picnic tea lunch overlooking hundreds of lavender plants and flower gardens. A highlight is lavender ice cream, she says.

Visitors can meander through the fields, rent a pavilion for special events, participate in yoga on certain days or buy a multitude of lavender products. "Usually when people come here, they sit for hours," she notes, because they find it so relaxing.

She has found several varieties out of the 17 she originally planted do well with peak blooms the first two weeks of June. The farm opens in late May on Thursdays, Fridays and Saturdays from 11 a.m. to 2 p.m. No U-pick is available but Snow is propagating plants in a new greenhouse and plans to sell those plants as well as already-picked mature lavender.

To get directions and other information, go to [www.farmhouseharvestlavender.com](http://www.farmhouseharvestlavender.com).

### **Lavender Falls U-Pick Farm, Mt. Vernon**

Not far from Snow's operation is a new lavender farm outside Mt. Vernon. Kay



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and Richard Dorris started offering three varieties of fresh lavender and products to the public in 2021. They have 2,400 plants on one acre and open a U-pick operation in June and July, depending on the weather.

Kay said her husband has a degree in horticulture from SIU-C but runs a telecommunications company as a career. “Still his passion was always flowers and plants,” she says, so he decided to plant lavender as a cash crop on their spread eight miles east of Mt. Vernon.

“It’s been a lot of work but you can’t beat the aroma. It is calming,” Kay explains.

She and Richard distill their own lavender oil and have a small store on their property.

For directions and hours, go to the farm’s Facebook page: [lavenderfallsupickfarm](#).

**Nettle Creek Lavender Farm, Morris**

Maggie Smith makes the most of her lavender-growing operation, keeping it open almost all year and offering workshops, tours and summer yoga among the 1,200 lavender plants. Her

four acres, 10 miles west of Morris, include 17 varieties.

Smith says she worked in retail but came from a family that liked gardening. Her mother-in-law had some books on lavender and Smith did further research. “That parlayed me into being fascinated with all of the different uses that lavender has.”

English and hybrid lavenders do well in her climate with peak blooms around mid-June. Some varieties will rebloom until frost, she says. She offers U-pick by appointment and lavender and products from a farmstand open from Mother’s Day weekend until October. Visitors are welcome to walk around.

Her weekend open houses/workshops run from February until December, and reserved evening farm tours are available once a month June through September. For U-pick appointments, workshops or tours, go to [www.nettlecreeklavenderfarm.com](http://www.nettlecreeklavenderfarm.com).

*Mary Bohlen of Springfield writes about travel for ReGeneration and Illinois Times, specializing in day trips in Illinois. She is a former reporter for UPI and journalism professor at UIS and also loves a good garden.*



Photo courtesy of Steve Hardin

Rows of lavender thrive at the Purple Prairie Lavender Farm near Good Hope, north of Macomb. They are among 2,000 plants that draw hundreds of lavender lovers from June to August.

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# My health story

I didn't want to lose my eyesight. I listened to doctors.  
And got serious about health habits.

By Joe McMenamin



McMenamin, a Springfield alderman, marks his workouts on a calendar. He has kept his marked calendars since 2016 as a reminder that hard work pays off.

In early 2016, at the age of 63, I started losing central vision in my left eye. Through the guidance of medical experts and better health habits, my eye has returned to normal without expensive long-term treatments.

## The problem

In 2016 I started having trouble reading the morning newspapers. So I went to my optometrist, Dr. Michael J. Bruce, who feared I had possible Branch Retina Vein Occlusion (BRVO), often caused by high blood pressure. He described BRVO as a type of micro-stroke in the eyeball caused by swelling of blood vessels. He recommended an immediate appointment with an ophthalmologist.

When I met with ophthalmologist Aleksandr Kagan, D.O., he examined the eye and recommended right then and there a needle shot into the eyeball with an expensive medicine called EYLEA. Without the shot, he said, I faced eventual permanent loss of central vision. I took the needle shot that day and he set a return appointment in a month. At the return visit, he said the swelling was down but not gone and he recommended another visit in a week. By the next week the swelling was returning to dangerous levels. He gave another needle shot. This continued for months and he prepared me for a lifetime of needle shots.

However, from research and common sense, I knew that needle shots themselves pose risk to the eyeball. The more needles, the more risk.

## Action plan

So, I decided to concentrate on improving health habits to normalize blood pressure,



Seven McMenamain brothers with their father in a 2008 photo. (The seven brothers have five sisters.) Joe, the middle brother, is front row left. The brothers are aware of genetic heredity, as five of the seven have been treated for prostate cancer.

as follows:

- More exercise – I marked up a dedicated calendar of treadmill runs and workouts.
- Regular at home morning blood pressure readings – with a log.
- Took off 10 pounds – and maintained a log of regular scale readings
- Adjusted blood pressure medication
- Implemented some intermittent fasting – no snacks after 7 p.m. and no breakfast before 7 a.m.
- Maintained a healthy diet with a wonderful evening chef – not a problem with good spouse Lynn
- Less stress – reduced pressure situations at law practice and city council

### Results

I took six expensive needle shots during 2016, but my last shot was Feb. 2, 2017. None since then. Dr Kagan was impressed and said my outcome is uncommon among his patients. He praised my efforts, but continues to monitor my eyes, now about every four months.

Maintaining healthy habits is not easy for many of us, and we all have setbacks, get lazy and suffer the consequences. That is a good reason to have health-minded friends, and motivational coaches like Mike Suhadolnik. Suhadolnik is a former math teacher, entrepreneur and home builder with 400-plus employees. Now in his late 70s, he spends his time pushing, coaching, counseling, writing and educating towards positive health habits at CrossFit Instinct on South Grand Avenue.

But healthy habits are not the end-all be-all in life. Fate and circumstance play a massive role. We are not all born with equal body structure and genes.

### Heredity is a fact of life

Now 69 and the middle brother of seven, five of us have undergone radical prostatectomies due to cancer. One brother is in watchful waiting. The youngest brother remains free and clear, so far. We all communicated our prostate experiences with each other, the eldest leading the pack. We all took precautions

with regular PSA tests (a good habit as one ages). One brother however, who may be the fittest and healthiest among us, went too long without a PSA test, not knowing his aggressive cancer was spiking. He had his surgery recently and is not out of the woods yet in the short run, and none of us are out in the long run. But this gets back to habits. Get PSA tests after age 50, especially if there is family history of prostate cancer.

### Past, present and future

I have kept all my workout calendars since 2016. They serve as a reminder and a motivator. Earlier in life, for 30 years, I kept copies of my Army National Guard Physical Fitness Test scorecards. They served as memory and motivation in a similar fashion back then.

In summary, God bless. I wish everyone the knowledge that hard work often promotes good luck.

*Joe McMenamain of Springfield is an attorney at law, and Ward 7 alderman.*



# Our search for **purpose** as we age

It isn't a bug in the system. It's a feature.

By Dennis Thread

We expect change in “the second half of life.” The culture tells us we are now “old,” or at least “older.” The realities of the workspace and the financial structures in place (retirement plans, pensions, and Social Security) conspire to create and enforce an all-or-nothing view of our lives. Before: education and work. After: rest and relaxation, with the assumption that there will be a period of physical and mental decline.

“I’ve spent decades at work, and decades before that in school,” the new retiree says to herself. “I’ve delivered the goods. Now, that’s behind me. After all, as we get older we all lose our edge, our drive.”

Or do we? Or is that just a story we’ve been telling ourselves?

Our ideas of retirement are based on demographic realities of nearly a century

ago. Sixty-five was chosen as the Social Security cutoff date in the 1930s, based on the life expectancy of Americans born in the 1870s. We live with the expectations of a system created for people born 150 years ago. No other aspect of our lives is still ruled by the thinking of an era when modern medicine was in its infancy, walking the standard means of transportation, communication was by telegraph, and the concept of a just and equal society was a pipe dream. (It still may be, yet progress has been made.)

The reality is that a certain percentage of the older population will experience serious health challenges. We all know stories of someone with early-onset Alzheimer’s or life-threatening cancer. But beware the trap of averaging, or the risk of turning anecdotes (especially negative

ones) from a small population group into a predictive tool. The truth is that an increasing majority of us will experience decades of vigor in the second half of life.

The ideal of retirement – freedom from responsibilities, the pursuit of pleasurable activities – is attractive. But the reality can be a loss of identity and a sense of purpose. A month or six of “doing whatever you want” sounds like heaven. But we are living longer than our parents. Google “concerns of older Americans” and at the top of the list are the needs for community and meaning.

Ironically, our awareness of those needs increases at exactly the time when many of us are moving towards retirement. We leave our purposeful careers at the point in our lives when they mean the most to us, personally, socially, even spiritually.

Why is that? Perhaps the restlessness and lack of satisfaction – the search for meaning – that folks experience isn't a bug in the system. It's a feature. Here's why.

Our cognitive skill set changes with peaks and valleys throughout our entire lives. Some skills gather strength through time, others weaken. The potential for high-functioning brain activity peaks in our 50s and remains high into our 90s (*Journal of Psychological Science in the Public Interest*). Our increased need for meaning is in part the result of changes in our brains, like the ability to synthesize knowledge and generally use our experience in wise and useful ways.

How does this play out in the real world? One study of German auto workers found surprising differences in terms of age. The older workers made more minor mistakes than the younger ones. But the younger workers made far more big and costly mistakes.

It wasn't that the older workers were more cautious. It's that they saw the big picture and were more team-oriented. Experience, wisdom and a higher level of inductive reasoning made the difference. Plus, the work had more intrinsic meaning to them. The younger workers were distracted by extrinsic goals like increasing pay, and the rewards for moving up the corporate ladder.

The need for meaning, for purpose and for connection with others increases as we age. Fortunately, so do our mental and emotional tools for addressing those needs. The issue is that for most of our lives, meaning came from without. Now, like the German auto workers, we must journey to find it first in ourselves, and then share it with the world.

Your mileage may vary, but the trip is worth the effort.

*Dennis Thread is a freelance writer, director, and producer in theater, opera, immersive experiences, public ritual, film, TV, and institutional and corporate communications. While 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 from Pittsburgh, Pennsylvania. dthread@creativethread.com*



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# Seniors are using **marijuana** more than ever before

By Hannah Critchfield

Marvin Yeoman, 74, had tried cannabis as a young adult, but for his wife, it was new.

“I never, never, ever even thought about marijuana when I was growing up – never in college, as a young adult or as a middle-aged adult,” said Rene Yeoman, 71. “It was just not even something that was on my radar.”

The suburban Tampa residents had both undergone recent major surgeries, so they gave in to their daughter’s suggestion to use the drug to treat chronic pain.

Rene Yeoman discovered she liked how edibles helped her sleep through the night and avoid the use of other medications.

And as seniors, the couple is in good company.

“When I go to the dispensary, there are more elderly people in there than

there are young people,” said Marvin Yeoman.

Marijuana use is on the rise among older adults.

Last year, the proportion of adults 65 or older who reported recent cannabis use jumped by 18%, according to the 2020 National Survey of Drug Use and Health, rising from 5.1% in 2019 to 6% in 2020.

The spike comes on the heels of a steady trend of increased cannabis use among seniors over the last five years.

What’s more, in 2020, more older adults also reported using marijuana sometime in their lifetime – a jump from roughly 32% to 36% – signaling a possible cultural shift in older adults’ willingness to open up about past tokes.

“It’s accepted now,” Marvin Yeoman said. “You used to have to sneak in the back alley to purchase it, but now you

can just walk right into the store and buy it.”

In Florida, people with a medical marijuana card can legally purchase THC products throughout the state. Both Marvin and Rene Yeoman have one. While they said it’s expensive to renew – costing a few hundred dollars every eight months – obtaining a card was simple.

“It’s actually very, very easy,” Marvin Yeoman said. “They ask you a few questions, you fill out paperwork on if you’ve had surgery or any pain, and then the doctor reviews it. Nine times out of 10, you’re going to qualify.”

Taking cannabis means Rene Yeoman doesn’t have to take as many other prescription drugs, she said.

“I’ve been on just about everything, for either migraines or my back or whatever,” she said. “We don’t like to take those heavy medications, of which you

can become addicted, you know? With the edibles, you just kind of seem to just relax.”

Sundays belong to seniors at Trulieve, a cannabis company that operates 19 dispensaries in the Tampa Bay area.

The business, which is one of the leading cannabis providers in Florida, offers a 10% Senior Sunday discount to customers over the age of 55.

Trulieve declined to provide data on the proportion of its clientele in this age range, but a spokesperson noted that “seniors represent a large percentage of registered patients in Florida” and that the company has seen “an upward trend in cannabis use among seniors” in recent years.

Prior to the pandemic, the company offered monthly Silver Tours, which sent a cannabis advocate to long-term care facilities throughout the state, including seven in Tampa Bay.

“We’ve found that, more than almost any other audience, seniors are incredibly receptive to cannabis and its medicinal benefits – in fact, seniors are some of our

most educated and passionate Trulievers,” said Valda Coryat, chief marketing officer of Trulieve, in an emailed statement.

More research is needed on the impacts of marijuana use on older adults.

Dr. Juan Sanchez-Ramos, a researcher and professor of neurology at the University of South Florida, said studies show marijuana may help reduce symptoms like insomnia and irritability in Alzheimer’s patients, improve motor symptoms from Parkinson’s, diminish arthritic pain and combat sleep disorders – conditions that are all common among older adults.

Too high a dose of THC can cause confusion and short-term memory problems in older adults, however, Sanchez-Ramos said. CBD in excess doses can in turn interact with the metabolism of other drugs in the system – so it’s important for seniors to consult with their primary doctor prior to using cannabis products.

“THC is safe for older people and won’t cause confusion or disorientation

at modest and low doses,” he said. “But it should definitely be supervised by a physician. If your physician has no experience with cannabinoids and your condition, I would try to find a medical cannabis expert who does.”

Sanchez-Ramos said he still recommends more traditional treatments before referring patients to a cannabis expert he trusts.

“This is basically an alternative treatment for when individuals aren’t doing well with the standard pharmaceuticals,” he said. “In some people, it may be actually much better, but it isn’t the first thing that comes to mind.”

The Yeomans are pleased with their results. They’re trying to convince Marvin’s brother and sister-in-law, who both have chronic conditions, to give edibles a try.

*Hannah Critchfield writes for Tampa Bay Times, where this article first appeared. Distributed by Tribune Content Agency, LLC.*



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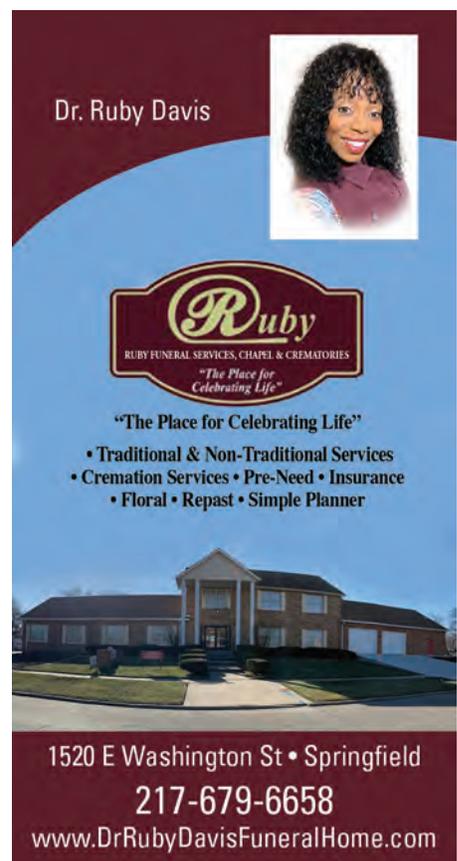
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# EXPLORE YOUR Community

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.

### MARCH

#### Friday Night Jazz

March 18 and every Friday, 5:30-7:30pm. Sponsored by the Springfield Area Arts Council. No cover charge. Family friendly, free parking and accessible. Boone's, 301 Edwards St. 217-679-3752

#### Rainbows after the storm

March 18-19. Fri., 10am-6pm and Sat., 10am-4pm. Over 400 quilts and quilted items on display. Bed turning, quilts of valor, make and take, and a kids' scavenger hunt. Raffle, quilt appraisals (by appointment), charity sale, door prizes and many vendors. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-0994.

#### Pump Boys and Dinettes

March 18-20. Fri. and Sat., 8pm. Sun., 2pm. A celebration of life, love, Dolly Parton and catfish with the fellas from the gas station and the sisters next door at the Double Cupp Diner. \$20. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

#### Hopeful Futures Gala

March 19, 6-9pm. An evening of great



Spotlight on Ice 2022, March 19, Nelson Center Ice Arena, Lincoln Park.

food, drinks, friends and inspiring stories. Reception at 6pm and dinner at 7pm. All proceeds support the children and families of Hope. [hope.us](http://hope.us). \$125.00. Wyndham at Springfield City Centre, 700 E. Adams St., 217-525-9536.

#### Spotlight on Ice 2022

March 19, 2-4pm and 7-9pm. Presented by the Springfield Figure Skating Club. On-ice versions of Seussical, Beauty and the Beast, Under the Sea and Chicago, and other musical numbers. Featuring 70 local skaters. Check the Facebook page for ticket information. Adults \$12, children 12 and under \$7. Nelson Center Ice Arena, Lincoln Park, 1601 N. Fifth St., 217-753-2800.

#### WWE Road to WrestleMania

March 19, 7:30pm. WWE Champion, Big E vs Kevin Owens vs Seth Rollins vs

Bobby Lashley - Fatal Four-way Match for the WWE Championship. RAW Women's Champion Becky Lynch vs. Bianca Belair. Many more including RAW tag team champions, RK-BRO. \$20-\$115. BoS Center, 1 Convention Center Plaza, 800-745-3000.

#### Springfield Flea Market

March 20, 8:30am-3:30pm. Antiques, vintage, collectibles, crafts, new and used. Illinois State Fairgrounds Illinois Building, 801 Sangamon Ave., 782-6661.

#### PrideLinc Senior LBGt Connections

March 22 and every Thursday, 11:30am. Check out this new program. Weekly congregate meals open to LBGtQ seniors and an ally or caregiver. Includes time for education and socialization. Meals provided by Senior Services of Central Illinois. Call by Tuesday for a Thursday

meal. Visit the Facebook page for more information. AgelInc, 2731 S. MacArthur Blvd., 217-787-9234.

#### **Fasters meeting**

March 22 and the fourth Tuesday of every month, 6-7pm. A group discussion and support for a healthy lifestyle through intermittent fasting and eating real food. Springfield Clinic 1st, 900 N. First St., Room 1105A. Text or call with any questions. 217-725-6715.

#### **Fiddler on the Roof**

March 24, 7:30pm. A wonderful cast and a lavish orchestra tell this heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. \$24-\$89. UIS Performing Arts Center, One University Plaza, 217-206-6160.

#### **Joseph Hall: Elvis Rock 'n' Remember**

March 25. An award-winning tribute show. \$25 in advance, \$30 day of and \$35 VIP. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

#### **Open House and Grand Reopening**

March 25-26, Fri., 5:30-8pm and Sat., 12-4pm. Stop by and check out DIM's new digs, chat with the art house artists and peruse their recent work. DIM art house, 319 Chatham Road, 773-235-5600.

#### **Springfield Jr. Blues vs. Minnesota Magicians**

March 25-26, Fri., 7pm and Sat. 6pm. Adults \$10-\$12. Children 12 and under \$6-\$8. Nelson Center, 1601 N. Fifth St., 217-525-2589.

#### **Springfield RV & Camping Show**

March 25-March 27. Featuring the very latest makes and models of recreational vehicles. Industry vendors, campgrounds, tow vehicles and everything you may need for your next RV vacation. \$8. Children 12 and under are free. BoS Center, 1 Convention Center Plaza, 217-788-8800.

#### **Sherman Gospel Concert**

Sat., March 26, 6pm. A wonderful evening of singing and fellowship with The Lesters, The Redemptions and The Wanda Mountain Boys. Freewill offering. Sherman Church of the Nazarene, Sherman, 7085 Village Center Road, 217-496-3255.

#### **The Ritz**

March 26, 5:30pm. A three-course dinner, an evening of dancing and a celebration

of the progress made by the LGBT community during the past two years. The Coalition of Rainbow Alliances is puttin' it on. springfieldcoral.org. Crowne Plaza Springfield, 3000 S. Dirksen Pkwy., 217-741-4603.

#### **Spring Floral Show**

March 26-April 17. Just in time for the flowers to push themselves up through the dirt and shake their petals free. Washington Park Botanical Garden, 1740 W. Fayette Ave., 217-546-4116.

#### **Brown Bag Concert**

March 30, 12:15-12:45pm. Featuring pianist Pei-l Wang and Dr. Troy Castle, baritone. Bring your lunch or purchase a brown bag lunch for \$5. Free. First Presbyterian Church, 321 S. Seventh St., 217-528-4311.

### **APRIL**

#### **Friday Nights at DIM**

Every Friday, 6-8pm, beginning April 1. First Friday receive professional art critiques, on the second Friday try live model drawing, hang out with the artists on the third Friday, and the fourth and fifth Fridays are for projects on which you want to work. DIM art house, 319 Chatham Road, 773-235-5600.

#### **Carillon concerts**

April through December. Master carillonneur Carlo van Ulft and local assistant carillonneurs play a variety of music from original carillon compositions to arrangements of popular classics and pop music. Enjoy the beauty of the park and gardens with the unique accompaniment of carillon music. Visit the website or call for performance times. Free. carillon-rees.org. Thomas Rees Memorial Carillon, Washington Park, 1740 W. Fayette Ave., 217-306-1838.

#### **A Doll's House, Part 2**

April 1, 7:30pm. Written by Lucas Hnath. Visit the website or call to learn about COVID requirements. Ages 17 and under \$6, 18-64 \$14, 65 and older \$12. Discounts available for UIS staff and students. uis.edu. \$6-\$14. UIS Studio Theatre, One University Plaza, 217-206-7529.

#### **Lincoln Presidential Half Marathon**

April 2, 7:30am. Run through history in Abraham Lincoln's hometown, including past his law office, his tomb and the only home he ever owned. USATF certified course. Go Abe! Downtown, Old State

Capitol Plaza. srrc.net.

#### **A Matter of Balance**

April 5, 2-4pm. A structured program of eight two-hour sessions including group discussion and light exercise designed to benefit any older adults who want to be more active or have a history of falls. \$30. Senior Services of Central Illinois, 701 W. Mason St., 217-528-4035.

#### **Second Saturday Open Studio**

April 9 and the second Saturday of every month, 12-4pm. Watch Pharmacy member artists at work and ask questions to learn about their methods and mediums. Masks and social distancing are required. Free. pharmacygallery.com. The Pharmacy Gallery and Art Space, 623 E. Adams St., 801-810-9278.

#### **USA Boxing**

April 16, 7:30pm. Springfield Cobras Boxing presents USA Olympic-style amateur boxing. theboscenter.com. \$20-\$60. BoS Center, 1 Convention Center Plaza, 800-745-3000.

#### **Spring Seedling Sale**

April 18, 9am-2pm. Vegetable, herb and flower seedlings grown from organic seeds and no chemicals. Sale continues through the weeks while seedlings last. Jubilee Farm, 6760 Old Jacksonville Road, 217-787-6927.

#### **Club LaCage Drag Show**

April 22-23, 7pm. Presented by the Phoenix Center. Two evenings of song, dance and comedy. The queens and personalities that grace the stage will keep you wildly entertained. The theme is the 70s, so dress the part and enjoy the fun. Admission includes snacks and swag. Tickets available at hcfta.org. \$25-\$35. Hoogland Center for the Arts, 420 S. Sixth St., 217-528-5253.

#### **Lady Windermere's Fan**

April 22-23, 7pm and April 24, 2pm. Affairs, confrontation, denial, retribution. An examination of the gender politics within marriage and society, and the ambiguous idea of morality among the upper classes. springfieldart.org. \$15. Edwards Place, Springfield Art Association, 700 N. Fourth St., 217-523-2631.

#### **AIWO Color Me Holi 5K Run/Walk**

April 23, 9am-2pm. Holi is India's festival of colors that celebrates spring. Even if you don't want to run or walk, you can still

join the fun with color play, high-energy dance moves to Bollywood music and delicious Indian treats. This Asian Indian Women's Organization (AIWO) event will benefit local Girls on the Run. \$30. Washington Park, 1501 S. Grand Ave. W., 217-544-1751.

**Billy Gilman**

April 23, 8pm. Gilman made the *Guinness Book of World Records* as the youngest singer to reach #1 on the Billboard Top Country Album charts. \$35 in advance, \$40 day of and \$50 VIP. \$50 add on for meet and greet. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

**Family Pops: Jeans & Classics**

April 23, 7:30pm. The music of Queen and Journey by the Illinois Symphony Orchestra. [ilsymphony.org](http://ilsymphony.org). UIS Performing Arts Center, One University Plaza, 217-206-6160.

**Spring Lawn and Garden Sale**

April 23-24. Find flowers, plants, mowers, garden art and more. Visit the wine and beer garden, Butterfly Encounter and Let's Talk Lawn & Garden educational series and over 30 vendors. Free parking in the ramp. BoS Center, 1 Convention Center Plaza, 800-745-3000.

**Earth Awareness Fair**

April 23, 10am-4pm. A family friendly event with exhibitors, animals, hands-on activities, art, music, workshops, games, contests and food. Tree huggers welcome. Hosted by the City of Springfield. Free. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-789-2255.

**Ron White**

April 28, 7:30pm. Tater Salad in person. \$39-\$95. UIS Performing Arts Center, One University Plaza, 217-206-6160.

**UIS Chorus Concert**

April 29, 7pm. Tsai Chan, director. Also viewable online. [uis.edu/music](http://uis.edu/music). UIS Studio Theatre, One University Plaza, 217-206-7529.

**MAY**

**National Inventors Month**

May 1 through May 31, Tue.-Fri., 12-4pm and Sat., 10am-5pm. An exhibit of some of the many inventions of African Americans. [spiaahm.org](http://spiaahm.org). Springfield and Central Illinois African American History

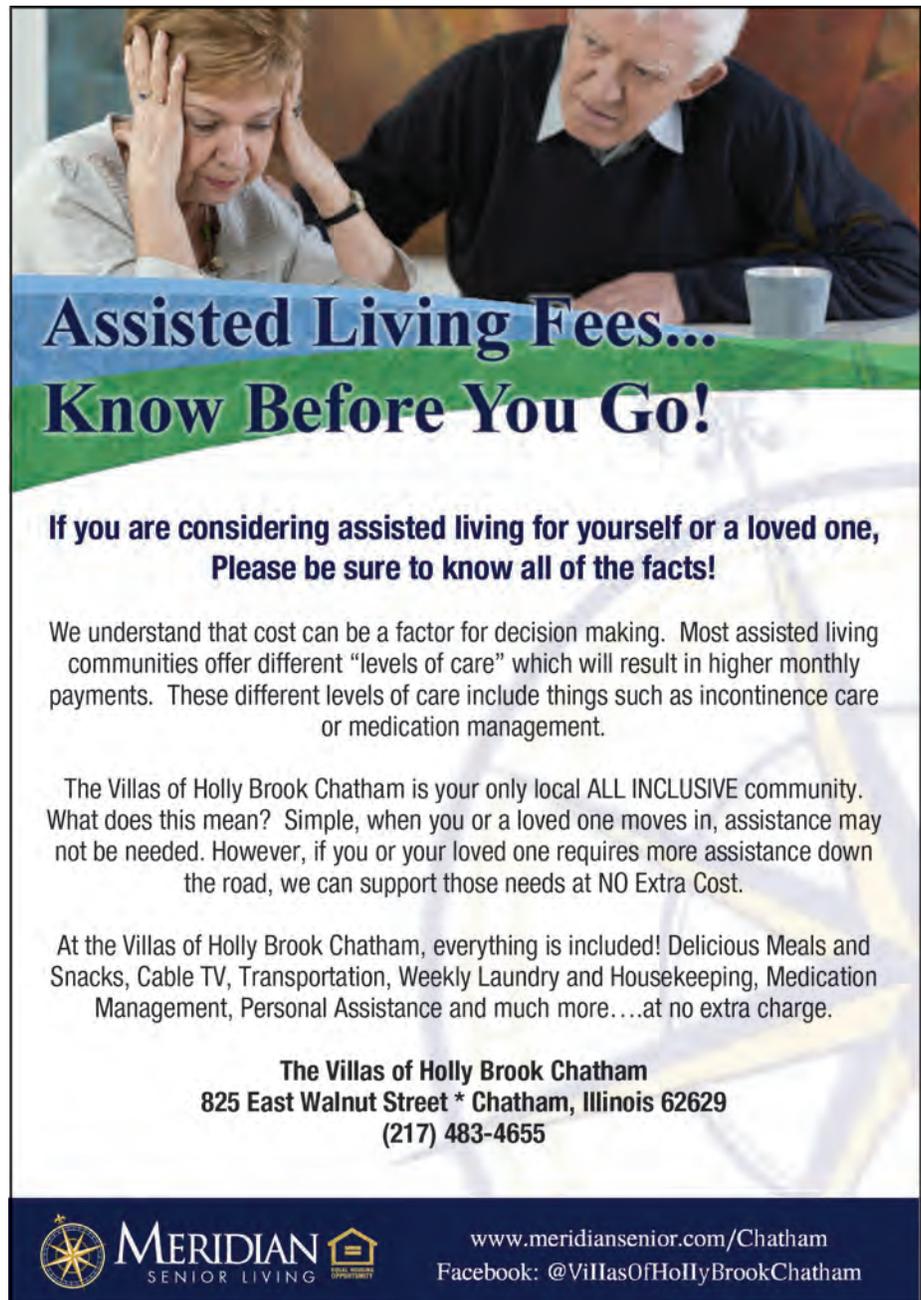


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### **The British Invasion**

May 1. Featuring songs from The Rolling Stones, Dave Clark 5, The Animals, The Kinks and Dusty Springfield. A great opportunity to sport your Union Jack T-shirt. uispac.com. \$20-\$69.50. UIS Performing Arts Center, One University Plaza, 217-206-6160.

### **Styx**

May 5, 7:30pm. \$54-\$149. uispac.com. UIS Performing Arts Center, One University Plaza, 217-206-6160.

### **Illinois Quarter Horse Show**

May 5-8. One of the oldest recognized horse breeds in the U.S. that originated ca. 1660 as a cross between native horses of Spanish origin and English horses imported to Virginia. They excel at sprinting short, quarter-mile distances. Free. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave.

### **Fat Ass 5K and Street Party for Charity**

May 7, 10am. This race has generated over \$1.5 million for charity since 2008. Includes stops for beer, corn dogs, donuts and ice cream, because why not? Live music and entertainment throughout the race route, followed by a street party that includes drinks, barbecue and more live music. fatass5k.com. Downtown Springfield, Sixth and Adams streets, 217-525-1111.

### **UIS Chamber Music Concert**

May 7, 7pm. University of Illinois Springfield and Illinois Symphony Orchestra musicians. Also viewable online. uis.edu/music. UIS Studio Theatre, One University Plaza, 217-206-7529.

### **Abe's Mini Triathlon**

May 7, 8:30am. 100-yard swim, 5-mile bike ride and 1-mile run. triharderpromotions.com. Porta High School, Petersburg, 17651 Bluejay Road, 217-341-1309.

### **Mother's Day Remembrance Tribute**

May 7, 10-11am. Honoring all mothers and the important roles they have played in our lives. The brief ceremony will be led by a certified celebrant. CDC guidelines will be followed. Roselawn Memorial Park, 1735 S. Camp Butler Road, 217-525-1661.

### **Color and Light/Reading Light**

May 9, 6-8pm. Sacred art and architecture lecture by Anthony Rubano. Part of the biennial Liturgical Arts Festival of Springfield. lafspringfield.org. Free. Sacred Heart Convent Chapel, 1237 W. Monroe. 217-523-5212.

### **To Love and to Cherish**

May 10, 6-8pm. A concert of wedding music, and a wedding arts and apparel display. Part of the biennial Liturgical Arts Festival of Springfield. lafspringfield.org. Cathedral Church of St. Paul, 815 S. Second St., 217-544-5135.

### **In the Blink of an Eye**

May 13, 6pm. Celebrating life's journey through the spoken word and music. An original performance work by Leigh Steiner and Phil Funkenbusch. Part of the Liturgical Arts Festival of Springfield. lafspringfield.org. First Presbyterian Church, 321 S. Seventh St., 217-528-4311.

### **Miscast Cabaret**

May 13-14, 8pm and May 15, 2pm. What happens when things get mixed up a bit and some of your favorite musical theater songs are gender swapped? The result is certain to be humorous, breathtaking and spectacular. \$20. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

### **Wrought Iron Hammer-In**

May 14, 9am-4pm. A bunch of blacksmiths sharing stories and making metal parts the old-fashioned way. The historic buildings will be open for small, socially distanced tours. Beverage service and popcorn available. clayville.org. Clayville Historic Site, 12828 State Route 125, Pleasant Plains, 217-481-4430.

### **Native plant sale**

May 14, 9am-1pm. Native trees, shrubs and herbaceous plants, multiple milkweed species and a great selection of plants for pollinators and wildlife. Hosted by the Illinois Native Plant Society. Illinois State Fairgrounds Commodities Pavilion, 801 E. Sangamon Ave., 217-243-6055.

### **American Journey**

May 14, 7:30pm. \$21-\$63. Be sure to catch this exciting musical journey across America presented by the Illinois Symphony Orchestra and featuring violinist William Hagen. ilsymphony.org.

UIS Performing Arts Center, One University Plaza, 217-206-6160.

### **Springfield Area Highland Games and Celtic Festival**

May 14, 9am-10pm. If you want to prove that you have what it takes to be a soldier or courier in Scotland, you can try to toss a 20-foot-tall caber, throw a 56 lb. weight over a raised bar or show that you can play well with others by participating in a tug-of-war. Conversely, you can watch others do those things while you also enjoy bagpipe bands, food, storytelling and Scottish goods. \$8-\$15. Children under 5 are free. Tickets are available online only. centralillinoiscelts.com. Sangamon County Fairgrounds, 318 W. Birch. 217-488-2685.

### **When Night Falls**

May 14, 7-9pm. Celebrations of life and death. Part of the biennial Liturgical Arts Festival of Springfield. lafspringfield.org. Free. Staab Funeral Home, 1109 S. Fifth St., 217-528-6461.

### **Mardi Gras Masquerade Gala**

Sat., May 14, 6pm. Silent auction, wine pull, seated Cajun dinner and live entertainment by Sojourn Rocs. Seating is limited. Pandemic protocols observed. Hosted by AgeLinc. Call for tickets. \$50. Crowne Plaza Springfield, 3000 S. Dirksen Pkwy., 217-787-9234.

### **Nothing to Be Afraid Of**

May 15, 6pm. Jazz funeral, brass band parade and concert. Part of the biennial Liturgical Arts Festival of Springfield. lafspringfield.org. Free. First Christian Church Springfield, 700 S. Sixth St., 528-3407.

### **Central Illinois Senior Celebration**

May 18, 9am-2pm. Hang with other seniors age 50+ for free health screenings, informational displays, refreshments, entertainment and door prizes. Free parking and shuttle service is available. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-8047.

### **King Richard**

May 20. A look at how tennis superstars Venus and Serena Williams became who they are after getting coached by their father, Richard Williams. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Free. Velasco Tennis Center, 2500 S. Grand Ave. W., 217-753-6225.

### **Springfield PrideFest**

May 21, 12-10pm. The gayest of days embracing diversity and celebrating the local LGBTQ community. Kids' area, live entertainment, great vendors and food and drinks. Organized by the Phoenix Center. phoenixcenterspringfield.org. Downtown Springfield, Fifth and Capitol streets, 217-528-5253.

**Springfield Old Capitol Art Fair**

May 21-22. Sat., 10am-5pm. Sun., 10am-4pm. Set against the backdrop of the Old State Capitol, the art fair is the jewel of the Midwest. This tradition of fine art has brought artists and shoppers from across the country flocking to downtown Springfield for 60 years. socaf.org.

**Weird Al Yankovic**

May 22, 7-9pm. \$39-\$329. The Unfortunate Return of the Ridiculously Self-Indulgent, Ill-Advised Vanity Tour. UIS Performing Arts Center, One University Plaza, 217-206-6160.

**Memorial Day Celebration**

May 27, 11:30am. Patriotic performance by the Tip Top Tappers. Senior Services of Central Illinois, 701 W. Mason St., 217-528-4035.

**“NOIR: The Migration”**

May 27-Sep. 3. A showcase of art depicting the migration of Black Americans. Co-curated by national artists Michelle Smith and Kas King. illinoisstatemuseum.org. Illinois State Museum, 502 S. Spring St., 217-782-7386.

**First Sunday Midwest Bazaar**

May 29, 8am-4pm. Everything you could ever need, all in one place. Illinois State Fairgrounds Exposition Building, 801 Sangamon Ave., 217-782-6661.

**Region XI Arabian and Half Arabian Championship Show**

June 1-5. A showcase for the horse breed preferred by so many distance riders. Region XI is comprised of sixteen clubs in Illinois, Iowa and Missouri. aha11.com. Free. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave.

**International Carillon Festival**

June 2-5. One of the world's most important and prestigious carillon events, the festival has an unsurpassed tradition of presenting the finest carillonners from around the world. carillon-rees.org. Thomas Rees Memorial



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### Levitt AMP Music Series

June 2, 6-8:30pm. Featuring dynamic artists from across the country, get ready for a sonic feast of music brought to you by the 2022 Levitt AMP winners that's sure to get you movin' and groovin' all summer long and all free. Y Block, Fourth and Jackson streets, 217-544-1723.

### 42

June 3. The inspirational true story of Jackie Robinson and how he became the first African American baseball player allowed to play in the major league. Bring lawn chairs or blankets. Part of the Movies in the Park series. Begins at sunset. Free. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-585-1821. Free. Robin Roberts Stadium, 1415 N. Grand Ave. E., 217-753-0700.

### Legacy of Giving Music Festival

June 3-4. Over 60 music acts on five stages. Two days of music, arts, crafts, kid's entertainment, food trucks and sporting events. All proceeds benefit local charities. [logmusicfest.org](http://logmusicfest.org). Old State Capitol Plaza, between Sixth and Fifth streets at Adams, 217-361-5678.

### 8K Trail Race

June 4, 7:30am. Race over the scenic trails and pathways of the historic garden, along the trails next to Lake Springfield and throughout the Ostermeier Prairie Center grounds. Kids can participate in a Fun Run for \$5. No race-day registration. \$30 or \$35 after April 15. Lincoln Memorial Garden, 2301 E. Lake Shore Dr., 217-529-1111.

### Riverdance 25th Anniversary Show

June 8, 7:30-9:30pm. A powerful and stirring reinvention of this favorite, celebrated the world over for its award-winning score and thrilling energy. \$45-\$65. UIS Performing Arts Center, One University Plaza, 217-206-6160.

### National Convention and Truck Show

June 9-11. Presented by the American Truck Historical Society. Three full days of shows, presentations, vendor expos, trucking stories (bet you'll hear some doozies) and truck history. Illinois State Fairgrounds, 801 Sangamon Ave., 217-782-6661.



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