

Stronger in the second half of life

ReGeneration

Greenville's charms

Page 18

A mother's memoir of heartbreak and healing

Page 14

Making of a maestro

The Illinois Symphony Orchestra's Ken Lam

Page 8

Guide to dating at 50-plus

Page 12

Five practices for foot and ankle health

Page 16

Fall 2021
FREE

carX
TIRE & AUTO

**\$40
OFF**
**Lifetime
Warranty
Brake Pads**

Includes Brake Inspection, Lifetime Warranty Pads, Test Drive Vehicle. Lifetime warranty valid only when resurfacing or replacing rotors. Valid on many vehicles. Must present coupon at time of purchase. Expires 12/15/21

750 Linton • Springfield, IL
(behind Burger King on S. 6th St.)
M-F 7:30a-5:30p • Sat. 7:30a-2p
528-9700



First Student

Train now for a new career...

**As a School
Bus Driver!**



First Student seeks reliable individuals to join our team!

We are proud to offer:

- **\$2000 SIGN ON BONUS**
- FREE Training Leading to a
- Commercial Driver's License (CDL)
- \$19.00/hr Starting Wage for Drivers
 - AM/PM Work Shifts
- Great Position For Seniors!
 - Benefits

www.drivetheschoolbus.com

ASSISTED LIVING MEMORY CARE INDEPENDENT LIVING HOME CARE



aPlace for Alice

Find the right senior living option for your mom or dad with our personalized process

- 1 Connect with a local advisor
- 2 Review a tailored list of recommendations
- 3 Evaluate, tour and decide with confidence

A Place for Mom helps thousands of families like Alice's each year and simplifies the process of finding senior living with customized guidance at no cost to your family.

Our service is free, as we're paid by our participating communities and providers.



aPlace for Mom.

THE PLACE FOR SENIOR LIVING ADVICE

Connect with us at **1-833-695-0393**

ASSISTED LIVING MEMORY CARE INDEPENDENT LIVING HOME CARE

contents



Photos by Brent Bohlen

Greenville p. 18

Features

- 5 | **Fashion**
Sharp-dressed groomsmen
- 7 | **Experts**
Gus Gordon on theater
- 8 | **Cover story**
Making of a maestro
The Illinois Symphony Orchestra's Ken Lam
- 12 | **Relationships**
Dating at 50-plus
- 14 | **Books**
A mother's memoir of heartbreak and healing
- 16 | **Health**
Feet first: Five practices for foot and ankle health
- 18 | **Travel**
Greenville's charms
- 23 | **Calendar**

Cover photo courtesy Illinois Symphony Orchestra.

ReGeneration

Fall 2021

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

Editor and CEO

Fletcher Farrar
ffarrar@illinoistimes.com

Publisher

Michelle Ownbey
mownbey@illinoistimes.com

Associate publisher

James Bengfort
jbengfort@illinoistimes.com

Calendar editor

Stacie Lewis
calendar@illinoistimes.com

Editorial/advertising design

Joe Copley
jcopley@illinoistimes.com

Brandon Turley

bturley@illinoistimes.com

Advertising sales

Beth Parkes-Irwin
birwin@illinoistimes.com

Ron Young

ryoung@illinoistimes.com

Yolanda Bell

ybell@illinoistimes.com

Business/Circulation

Brenda Matheis
bmatheis@illinoistimes.com

Copyright 2021. No portion of this publication may be reproduced without the express written permission of the publisher. This complete publication is available in digital form at www.capitalcityregeneration.com. ReGeneration is published by Illinois Times, 1240 South Sixth Street, Springfield, IL 62703. 217-753-2226.

APARTMENTS AVAILABLE AT AN AFFORDABLE PRICE!

Countryside Estates

Independent Living

CALL US! (217) 632-5090

At Countryside Estates we offer hot meals daily, activities, housekeeping, and maintenance.

Please stop by for a visit at
19080 Sunny Acres Rd. in Petersburg, IL
and take a tour today!



SunnyAcresHome.org  [/SunnyAcresTherapySeniorServices](https://www.facebook.com/SunnyAcresTherapySeniorServices)



The Springfield Art Association

Your LOCAL connection to the Visual Arts and History



Classes for All Ages begin September 27

www.springfieldart.org ♦ 217-523-2631

The **modern** gentleman



Complete the look



Show your style with a custom pocket square. There's no hard and fast rule for choosing a pocket square. It should simply complement your shirt and tie, not match them.

Sharp-dressed groomsmen

Finding the right look for your wedding crew

After a lean year, weddings are beginning to make a comeback. “We’re starting to see people wanting to get dressed up again, believe it or not,” says Marc Maslauski, owner of Jim Herron Ltd. “I think we have 13 different weddings booked this year.”

The big trend in wedding attire right now is groomsmen suit packages. “Why rent a tux when you can buy a suit and keep it, for the same price,” says Maslauski. “With these new wedding groups we’ve been putting together new affordable suit packages. You get a shirt, tie and pocket square – plus we can tailor anything to fit.” Sometimes the groom will also pitch in some money for his groomsmen suits as their wedding gift. “People seem really appreciative,” Maslauski adds. “They get to keep something from the wedding and hang it in their closet. Makes the day even more memorable.”

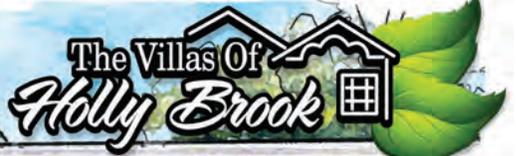
The suit style of choice for many of these groomsmen is the slim fit. “A lot of these guys like to be put in the slim fit suits, says Maslauski. “People like to look trim and tailored. We can also tailor anything. If the shirt doesn’t fit right we can taper it down.”

The slim-fit suit is most associated with Italian or European cuts and has grown in popularity with the James Bond films. It is more fitted to the body – cut close to the shoulders, chest and waist. The slacks sit slightly below the waist; slim fit through the hips and thighs with straight or narrow leg openings. —*Joseph Copley*

GET THE LOOK

Check out our photo gallery at capitalcityregeneration.com

Apartments are going fast
Call today!



www.villasofhollybrook.com
Find us online!



3401 Hedley Road | Springfield | 217-679-9001
Independent & Assisted Living | Memory Care



10000 S Main St | Chatham | 217-697-5415
Independent & Assisted Living



401 N Park Ave | Chatham | 217-483-4490
Alzheimer's & Dementia Specialty Care



Our emphasis at Timber Creek Village is health and wellness while fostering every resident's independence. We are here when needed by providing services, amenities, and around the clock support to meet the specific needs of our residents.

HELPING YOUR
Loved Ones
WITH MEMORY LOSS

BUILD A MORE
SECURE FUTURE

We believe every stage of life should be embraced and enjoyed!



Independent & Assisted Living

217-651-8771
201 Stahlhut Dr. • Lincoln
www.timbercreekvillagecommunity.com

217-651-8364
203 Stahlhut Dr. • Lincoln
www.coppercreekcottages.com



Experts in our community

What they know that you should

Local celebrity Gus Gordon from Springfield has been involved in theater since 1980 and is celebrating his 41st year as a performer. He has been in well over 100 shows during that time, and has either been in, worked on, produced or directed over 200 productions.

He has been participating in local theater in Springfield since 1991 and is currently the executive director of the Hoogland Center for the Arts.

Theater takes much more work than you would think. Everyone enjoys going to the theater, but most don't realize just how much effort goes into those performances. "I don't think the general public realizes how much work it takes to put on a show," says Gordon. "Most performers work for years to perfect their craft, taking private voice lessons, dance classes and acting lessons." A good performer has to also be an athlete, especially in professional theater groups.

There is also the work that goes into producing and rehearsing a show. "Most local shows rehearse for eight to ten weeks, five or six nights a week, for three hours or more a night," says Gordon. "This is after the cast and crew have gotten off work or come home from a full day at school." In most cases the staff and production organizations have been planning and working on the show for over a year. "Shows don't just magically happen," Gordon adds. "There is a lot of thought, effort, and planning put into them."



Credit: RT McDonald Photography

Gus Gordon as Captain Hook in the 2019 Hoogland production of *Peter Pan*.

Stage design can have a big impact on the experience.

"A really good set designer can make a small stage look bigger by the way they design the scenery," says Gordon. "One of the easiest ways to accomplish this is the use of forced perspective when designing, building and painting the set." Sections of the set that are supposed to be tall or far away are actually very small, to create the desired effect.

"You've probably seen this effect in movies like *Willy Wonka and the Chocolate Factory*, when they are going through the long hallway that keeps getting smaller, or at theme parks like the Wizarding World of Harry Potter

at Universal Studios, Gordon adds. "The buildings actually get smaller at the top, which makes you think they are much taller than they are."

The stage manager is one of the most important jobs in the theater.

The audience may not know about an important person some plays have called a stage manager. "They are the boss! The director is in charge during rehearsals, but once you are in performance, the stage manager takes over," says Gordon. "They are in charge of making the entire show run smoothly, from making sure the actors arrive on time, to calling the different light and sound cues. They are also the ones who are in charge of the scene changes, which can be a show itself.

The audience is an essential part of the theatergoing experience.

"We've really learned that this past year and half with all of the virtual performances we've staged," says Gordon. "The energy that comes from the audience inspires the performers and vice-versa. If the audience is actively engaged, it can be a thrilling experience. If the audience is quiet, it can be very challenging for a performer to keep the energy up without trying to overcompensate."

"I've been in comedies that have fallen flat as a pancake one night, and then been uproarious the next night," Gordon adds. "Nothing changed with the performers, but each audience has its own unique personality." —Joseph Copley

Making of a **maestro**

The Illinois Symphony Orchestra's Ken Lam began his career as a lawyer

By Dennis Thread



Photo courtesy Illinois Symphony Orchestra.

Ken Lam on the second half of life: "I am way busier than I ever was when I was an attorney. Every minute of my time I am either studying or thinking about scores. But great art always has something new to say."

Ken Lam knew it was time for a change.

He had worked hard. He was at the top of his game. A law degree from Cambridge University. An expert in international corporate law and economics. Respected and rewarded for his brilliance and tenacity. A glittering career from London to Hong Kong.

But the second half of his life was ahead of him. His future was calling, and it was telling a different story. He remembers the moment he left the law behind.

It was a typical, endlessly intense session of corporate deal-making, Lam says. "Hong Kong, 3 a.m. on a Sunday morning. We were negotiating in a smoke-filled room. I remember being about to black out from the smoke. I stood up, looked at my boss, and said, 'I've had enough.'"

The second half of Ken Lam's life wasn't to be about the art of the deal, but about art and music.

That's what led him to a career as an in-demand orchestral conductor, and as music director of the Illinois Symphony Orchestra, and now also leading the Springfield Choral Society. Making his base of operations in Springfield, he's using his position to build audiences and seek artistic collaborations in central Illinois.

It was a radical change, from corporate law to leading a symphony orchestra, but Lam was prepared. His devotion to music had been lifelong.

"I grew up in Hong Kong and it's a crazy, crowded city. No space for sports. My school's basketball court was on the roof of a 16-story building. Like all good Hong Kong kids, I grew up with music, played piano and violin."

American kids learn life lessons of teamwork, dedication and hard work on the playing fields. In Hong Kong, Lam learned them in the rehearsal room. "Every student was required to be proficient in two instruments," he explains. "The music itself was almost incidental to the discipline and competitiveness of the music-making."

Lam loved music, but recalls, "My parents urged something practical. I studied in England, read economics at Cambridge, and then the law." Music

became a life-affirming hobby, although he discovered his love for conducting in a dramatic way.

“I was rehearsing with an amateur orchestra in Hong Kong. The conductor didn’t show, so I filled in. I knew nothing, but I had passion. I didn’t have a baton, so I grabbed a pencil. On the downbeat I drove the point of the pencil into my forehead. I still have the scar. They invited me to conduct the orchestra.”

He studied in his spare time. Then came that fateful night in the smoke-filled conference room. It was a huge risk to leave the law, but he threw himself into music. He also made some shrewd choices and developed a community of mentors and advisers, like noted conducting guru Gustav Meier. He studied music at the Peabody Institute at The Johns Hopkins University in Baltimore.

Any life is like a story. The stories we hold in our minds can hinder us or help us. Lam had a great story to tell – a new conductor who gave up the law – that displayed his passion.

“Everything was unexpected,” he says. “My first job was with the Cincinnati Orchestra – I won over 400 applicants. I was in the right place at the right time.”

“I feel like I have a great perspective on art. As a lawyer, you miss one tiny thing and you lose \$500 million.” But Lam

wonders just how important any deal is in the grand scheme of things.

“What we do with the orchestra and music is amazing. We bring people together. It’s art, it’s beauty, and beyond that beauty, there is always truth. And I think all of us in our different ways are seeking that.”

“You have to develop a taste for classical music; it isn’t about instant gratification.” But even for the uninitiated, there are satisfactions. Lam tells us, “A great piece of music unfolds, and it proceeds logically one note to the next note all the way from the beginning to its logical conclusion. Everything makes sense.”

Works that have endured can make people better. “If you listen to the slow movement of Beethoven’s ‘Emperor Concerto’ played by a great pianist, you will be changed. As musicians, we do what we do because we feel we can make a difference in people’s lives.

“And we try different things. This season we’re doing a concert with the music of the seminal rock groups Queen and Journey. You always want to take a little bit of a risk.

“When we talk about beauty and truth, we feel like we’re transcending something, and we all need that. People approach it in different ways. To bring our audience closer to that, the experience needs two



“When everything is right, when it clicks, conducting is incredible. It’s like driving a Ferrari!” Maestro Lam and the ISO.

Conducting is like driving a Ferrari

What’s it like to stand in front of 70 highly trained musicians waving your arms? It’s daunting. And what “transferable skills” does a corporate lawyer have to meet that challenge?

“The conductor is responsible for absolutely everything that happens,” says Lam. Drawing on his corporate experience, he knows accuracy, attention to detail and discipline are important. He continues, “A conductor is a manager. Some lead by example. Some by delegation. Some lead by fear. Some lead by inspiration.”

“The score is basically just black dots, an approximation of the composer’s expectations. My job is to put my soul in it, to imagine what the composer actually heard in their head, try to become the piece of music, and move everyone toward the same goal.

“When everything is right – the right notes in the right balance with the right energy – you get transported somewhere else and you’re not really hearing notes anymore, you are in touch with beauty. When it clicks, conducting is incredible. It’s like driving a Ferrari!”



Photo courtesy, Illinois Symphony Orchestra.

During his period of transition from international law to the global language of music, a young Ken Lam led the Hong Kong Chamber Orchestra.



Photo courtesy, Illinois Symphony Orchestra.

“What we do with the orchestra and music is amazing. We literally bring people together.” Maestro Lam on the podium, leading the Illinois Symphony Orchestra.



Photo courtesy, Illinois Symphony Orchestra.

The young man with the violin. Long before he studied law at Cambridge, Lam was a dedicated student of music

open minds. The audience needs to be open to new experiences and we need to be open to be able to reach them through the sounds, the music, the performance.”

“I believe in the work that we’re doing at the Illinois Symphony. I try to use all of my experience – as a lawyer and as a musician – and look for opportunities of collaboration with other central Illinois institutions, like the Springfield Choral Society and our work with the Sangamon Valley Youth Orchestra.”

So, for Ken Lam, the lessons learned in those smoked-filled corporate conference rooms go hand in hand with his visions as a man of music – visions of collaboration, community and the transcendent power of art. □

Dennis Thread of Springfield is a freelance writer and director of opera, theater, documentaries and film. He was an associate director of “The Long Careers Project,” a Carnegie Corporation study that asked “Why and how do some folks happily extend their careers past the normal retirement age?” The answer is in the hidden power of intentional and regular reinvention throughout the entire life span. Contact Dennis Thread at dthread@creativethread.com.

Quick questions for Ken

What childhood event foretold your conducting career?

“When I was still a kid, I recorded a Leonard Bernstein concert on TV. I watched it over and over and over again. I was just really inspired.”

Who else inspired you in your youth?

“My violin teacher was so passionate about music that it was contagious to all of us. Many of his students became professional musicians and even those who didn’t are still connected to music in one way or another.”

How do you prepare for rehearsals or a performance?

“I am way busier than I ever was when I was an attorney. Every minute of my time I am either studying or thinking about scores. But great art always has something new to say. If it is a masterpiece like Beethoven or Brahms,

it takes a lifetime of study.”

Any hobbies?

“I love golf. I picked up tennis again during the pandemic and am trying to play regularly. I read constantly but much of it is music-related.”

What books would you recommend to someone interested in classical music?

“If I have to pick one, the *The Classical Style*, by Charles Rosen. It won a National Book Award.

Beyond music, what other fields inspire you?

“I love art in all its forms. I’m fascinated by politics, philosophy, psychology, religion and literature.”

You’ve made a huge change for the second half of life. What advice would you give to someone in a life transition



like retirement or a career change?

“Don’t be afraid of change. But take calculated risks.”

How would you sum up your approach to your work and to life?

“The journey matters way more than the goal.”

Car Lifts & Home Ramps
KEEP YOU ON THE GO!

Memorial Home Services now offers complete home and vehicle accessibility solutions.
CALL US TODAY FOR A FREE ESTIMATE.

Memorial HOME MEDICAL EQUIPMENT & SUPPLIES

644 N. Second St. | Springfield, IL | 800-582-8667 | MemorialHomeServices.com

HERITAGE HEALTH
 Therapy & Senior Care

In partnership with
Memorial HEALTH SYSTEM

- **RESTORE THERAPY:** Occupational Physical, Speech & Respiratory Therapy
- Medicare & Medicaid Certified
- Long-Term Skilled Nursing
- Respite Options Available

CALL TODAY FOR A TOUR! (217) 789-0930
 900 N. Rutledge, Springfield
 HeritageOfCare.com/Springfield
 f /HeritageHealthSpringfield



Dating at **50-plus**

**First: Are you ready? Next: What are you looking for?
Next: These tools will get you started.**

By Jolonda Young

When it comes to dating, there is good and bad news for those age 50 and over. There are more potential mates to choose from. The U.S. Census reports that approximately 60 percent of them are single – never married, divorced or widowed. Though all may not currently be on the market, having more in the pool is a plus.

The bad news is if you've been out of the dating scene for a while and preparing to dive in, you will quickly learn that COVID-19 and social distancing has drastically changed the dating game. you may be best served by soliciting help in navigating the dating arena.

Experts agree that, before inviting others into your life, ensuring that you are indeed ready is the first step. Many carry baggage stemming from past relationships that tend to block the ability to maintain a successful new one. "When we do not deal with things from our past, we tend to fall back on the same patterns, which often leads to problems in future relationships. People need to know the kind of relationship they are looking for. Is it to marry? Companionship? Or just to have fun?" says Melanie Jesse, a clinical social worker and therapist at Springfield's Best Life Counseling Services. Knowing what you are looking for, says Jesse, also

allows you to create boundaries "which are important in any relationship."

Once you've crossed that hurdle, you can begin exploring your dating options. While online dating has been a huge favorite of millennials for quite some time, over the past few years it has become an increasingly popular dating tool among seniors. Pew Research Center reports about 30 percent of seniors have been on a date with someone whom they met online. So, while you may be hesitant or overwhelmed, we'll make it a bit easier for you to take the plunge by narrowing down the sites.

Top dating apps for people over 50 as

identified by AARP:

1. Our Time – Billed as the “premier online 50+ dating service,” users submit personal information then look and send private messages to those who share their interests. They can also see who is checking them out. It’s free to join. Monthly subscriptions for additional features start at \$29.99.

2. SilverSingles – Great for those looking for romance and companionship, it offers a comprehensive personality test covering interests, beliefs and preferences. Automatic matchmaking connects users to 3-7 matches a day, making it one of the most popular sites. Free, with premium membership starting at \$24.95 a month.

3. Eharmony – Best known for catering to those over 50, it allows picture uploads, use of a variety of communication tools, identity verification and access to a matching system that the company says contributes to its high success rate. Free, with premium rates \$35.90-\$65.90.

4. EliteSingles – Designed for those looking for lasting relationships, it is popular among college-educated, upper-income daters. It has a thorough

questionnaire that accounts for factors such as income, culture and values. It allows users to specify the type of individuals with whom they would like to connect. It has a system that aligns users’ “tastes” and expectations. \$31.95 per month.

5. Match.com – Twenty-five years in the business makes it an industry pioneer. Boasting of being in 24 countries and 15 languages, the site, dubbed best for expert matching and live social events, is free, with advanced features starting at \$15 a month.

6. SeniorMatch – With a ban on those under 40, SeniorMatch touts itself as “the largest and most effective senior dating site for baby boomers and seniors.” Free membership allows users to send “winks” to those you’re interested in. But you’ll have to upgrade to premium to send messages.

7. Zoosk – This site’s behavioral matching system provides members with in-depth reports on who’s checked them out and who they are checking out. This includes demographics, education level and many other fun facts, as well as an analysis of their own activity level and

tips for becoming a more successful online dater. \$30 per month to send unlimited messages and use all features.

There are other noteworthy online sites and apps. So Syncd is unique as it uses the Myers-Briggs personality test to match daters. Bumble, where women “make the first move,” has morphed from a dating site to a social networking system with platforms to increase career opportunities and to meet a new best friend. Other options based on ethnicity, religion, special interests, etc. are also available.

AARP advises seniors to increase their knowledge of technology in order to easily navigate dating apps and websites. Do the research to find the ones that best meet your needs. Stick to a max of three sites to avoid becoming overwhelmed. Familiarize yourself with the lingo. Most important, put your safety first. And don’t give up if your first few matches don’t work out. □

Jolonda Young is a former Illinois Times staff writer. She currently is director of Illinois Central College Trio Talent Search program.

*We Are There
From The Moment You Need Us,
Our Care Never Ends
And No One Is ForgottenSM*



Honoring Life™

We are inspired by those we serve & we thank you, The Staab Family

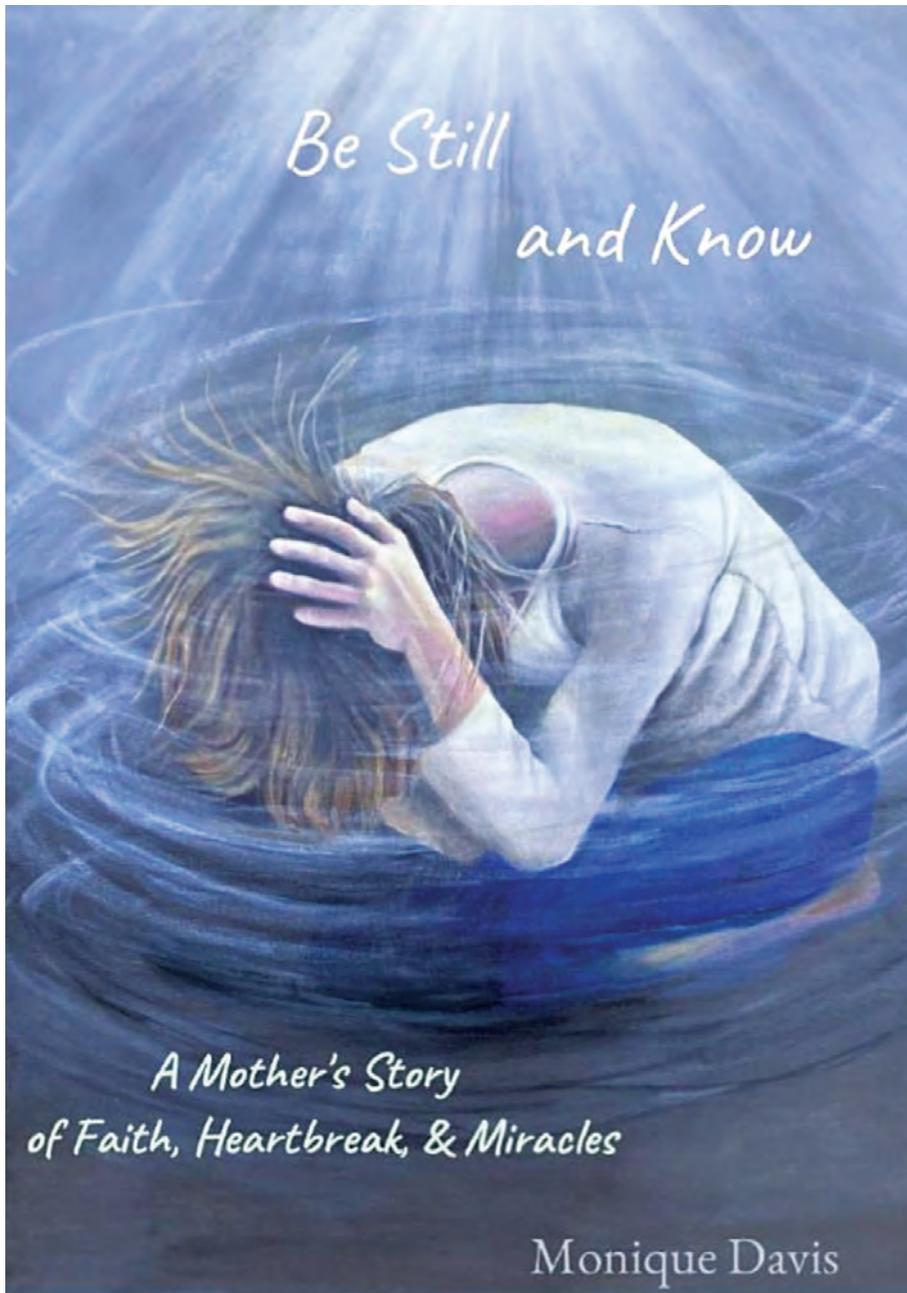


Lauren ♦ Mark ♦ Paul III ♦ Suanne ♦ PJ II ♦ Parker

1109 South Fifth Street, Springfield | 2626 East Andrew Road, Sherman | (217) 528-6461 | StaabFamily.com

A mother's memoir of heartbreak and healing

By Cinda Ackerman Klickna



Available on Amazon (\$15.95) and in Springfield at K and M Hairworks.

Through a 10-year ordeal with her son, Monique Davis of Rochester, a teacher in Springfield public schools, relied on her faith for strength and guidance. She has written about the journey in a memoir, *Be Still and Know: A Mother's Story of Faith, Heartbreak, and Miracles*, published in 2021 through Amazon.

Her son, Alex, had been a model student, active in school and in church. But in 2010, after his best friend committed suicide, Alex, who was 15, felt guilt, and spiraled into a life of drugs, often running away from home, and spewing hate to the family.

Davis tells in detail what she calls an “excruciating journey” and is open about the many sleepless nights of worrying about her son, checking his room to see if he had come home, and praying. She writes, “As someone who has lived through more than most could bear, I have found great comfort in knowing that God is in control. . . . In the unexplainable experiences that make no sense to me, I have clung to this truth. God has a plan.” Davis accepted that she didn’t need to understand but needed to keep her faith. “I am a thread,” she writes, “and God is creating a beautiful tapestry. I can only see the backside of the tapestry and it is an ugly mess. But, in the end, when God turns it over, it will be an artistic masterpiece.”

Beautiful passages such as this fill the book. Davis has a command of language. She is a teacher of English and speech at Lanphier and Springfield high schools.

Davis shares many heart-rending episodes, like the time she and her husband decided to lock Alex out of the house and stuck to the plan, even though it was cold outside, and Alex pleaded to be let in. Or the time Alex was arrested, or the day they put him in a facility, unable to see him for weeks. Often, it is hard to keep reading, as Davis conveys the pain the entire family experienced.

The constant strength Davis maintains is remarkable. When others under such

painful circumstances might give up on their faith, Davis becomes more drawn to the Bible and its teachings. Those who know Davis will comment that she was always upbeat with a smile on her face. Some never knew she was going through such pain. Davis says, "Inside everything was a complete storm, but when I gave trust to God, I found a stillness." The title of the memoir comes from Psalms 46:10 – "Be still, and know that I am God!"

She wants to convey several messages in her memoir. She says, "I want people to know that even when experiencing earth-shattering things God is good; that is how I survived." Another message is the impact of mental illness. Although she does not write at length about her younger son, she has dealt with his issues also, as he was diagnosed with a bipolar disorder. Davis says, "We must acknowledge that we can't be ashamed of having a mental illness."

The cover art shows a woman, cowering face down on the ground, holding her hand on her head as if for protection from a swirling mass around her. People who know Davis think the cover is a picture of her, but it is not. The story of the artwork adds to the book's message of faith and trust. It was at church one day that Diane Schleyhahn created an artwork as the minister delivered the sermon. Davis writes, "Diane's art rocked my world. She had drawn a human at the bottom of the canvas who was in defeat, with evil spirits looking down, and above it all was the heavenly host. I contacted her; she knew my story and drew the picture. She told me the image just came to her. We had never even met, and Diane came up with the image that does look like me."

The book's subtitle mentions miracles. That is because today, Davis is thankful for the miracle that has saved Alex, who is now 26. "I decided to write about this journey; I didn't go through it to keep it quiet because it is too miraculous." Alex is now a youth pastor in Atlanta, Georgia, and a staff member of Surge School of Transformation, a new ministry school also in Atlanta.

Her book is a compelling story, even for those who aren't religious, and provides hope for others who may be confronting pain and hardships. □

Cinda Ackerman Klickna of Rochester has known and admired Monique for many years and was one who did not know the pain Monique was experiencing until she read the memoir.

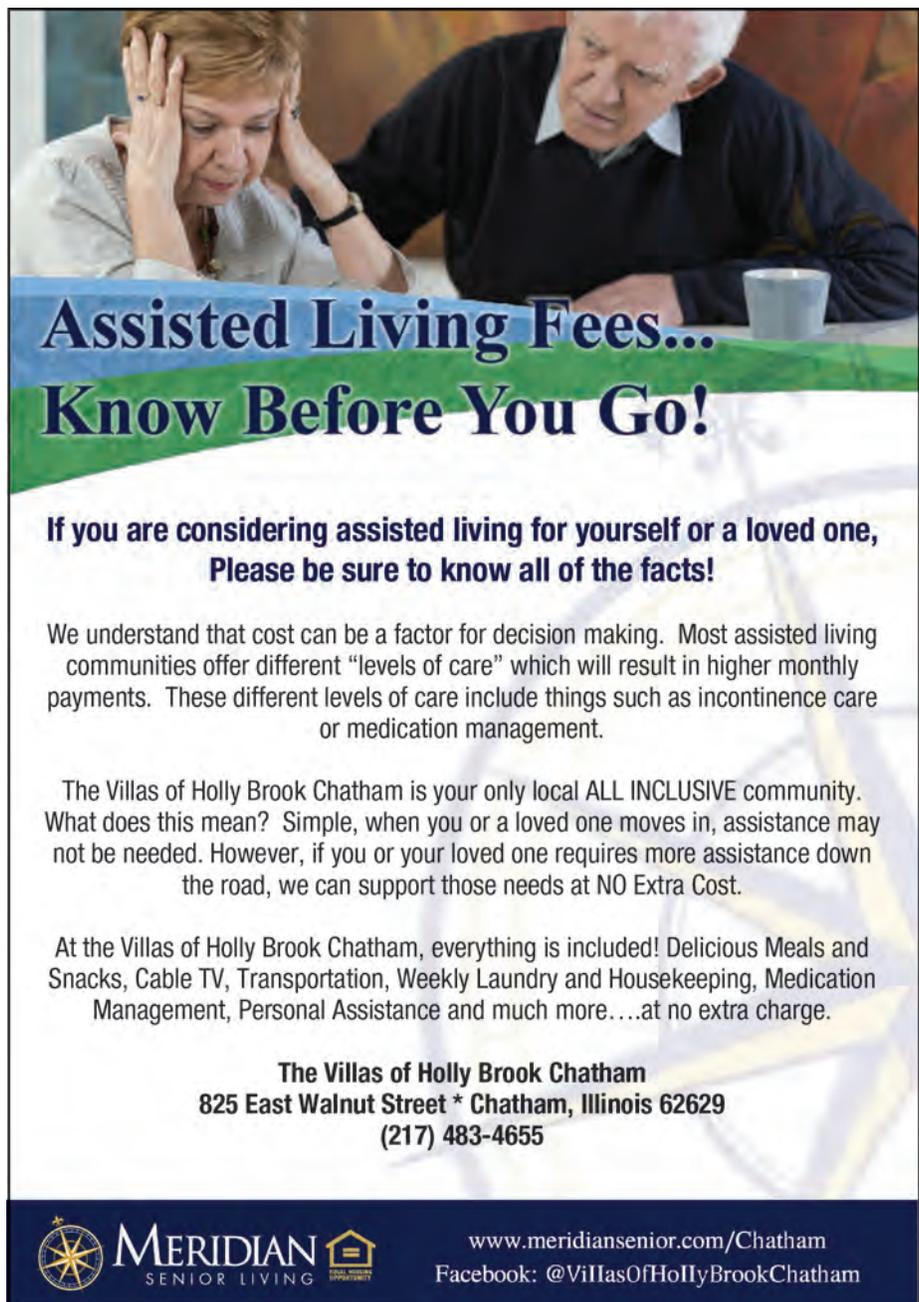


Is this your idea of home security?

Young's
Security Systems

We provide you with peace of mind.

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



**Assisted Living Fees...
Know Before You Go!**

If you are considering assisted living for yourself or a loved one, Please be sure to know all of the facts!

We understand that cost can be a factor for decision making. Most assisted living communities offer different "levels of care" which will result in higher monthly payments. These different levels of care include things such as incontinence care or medication management.

The Villas of Holly Brook Chatham is your only local ALL INCLUSIVE community. What does this mean? Simple, when you or a loved one moves in, assistance may not be needed. However, if you or your loved one requires more assistance down the road, we can support those needs at NO Extra Cost.

At the Villas of Holly Brook Chatham, everything is included! Delicious Meals and Snacks, Cable TV, Transportation, Weekly Laundry and Housekeeping, Medication Management, Personal Assistance and much more...at no extra charge.

The Villas of Holly Brook Chatham
825 East Walnut Street * Chatham, Illinois 62629
(217) 483-4655

 **MERIDIAN**
SENIOR LIVING

www.meridiansenior.com/Chatham
Facebook: @VilliasOfHollyBrookChatham



Feet first

Five practices for foot and ankle health

By Karen Ackerman Witter

When you think about health and fitness, your feet may not be the first thing that comes to mind. But, the condition of your feet and ankles has a big impact on mobility and wellness. Except for the hand, no other part of the body has as many moving parts as the foot, which has 28 bones (including the two small sesamoids), 33 joints and over 100 ligaments. However, the foot takes a constant beating, in contrast to the hand.

Dr. John Sigle of Springfield is a podiatrist who founded the Foot and Ankle Center of Illinois in 2011. Sigle says seniors are prone to foot injuries, and weight gain is often a contributing factor. Injuries are largely due to wear and tear over years of walking, running and constant pressure on the feet. Every step exerts four times your body weight of pressure on your ankle. The more extra weight you carry, the harder it is on your

feet and ankles. Shoes are also an issue. Sigle emphasizes that people who stay active as they age are less prone to foot and ankle problems.

Some of the most common foot and ankle issues in seniors are arthritis, tendonitis and plantar fasciitis (chronic heel pain). Midfoot arthritis occurs when ligaments and joints sag, causing cartilage erosion. Pain is better managed when you keep moving. Hammertoes result

when the arch sags and tendons stay tight, causing the toe to flex downward. Bunions are also common. There is a misconception that wearing certain types of shoes causes bunions, but most bunions are due to genetics.

1) Eat a nutritious diet and exercise regularly.

Those who exercise regularly are less prone to foot and ankle injuries. Wear and tear on joints lead to injury, and wear and tear are directly related to weight gain. The first priority for good foot and ankle health is maintaining a healthy weight and remaining active. Sigle says that here in the Midwest people like their corn, starches and meat; consequently, our population tends to have a lot of weight gain. A nutritious diet is the foundation for good health, including healthy feet and ankles.

2) Stretch before and after exercise.

Individuals who don't take time to warm up before exercising are much more likely to injure their feet and ankles. Stretching before and after exercise helps to avoid strain on muscles, tendons and joints and to prevent injuries. Stretching exercises should take 5-10 minutes. Stretch, hold and relax; avoid bouncing or pulling. Examples of simple, effective exercises to stretch the calf, hamstring and lower back muscles can be found at <https://www.myfootandanklecenter.com/articles/general/514940-stretching>.

3) Wear a good, supportive shoe that fits properly.

Women have often worn the smallest, tightest and narrowest shoes possible over many years. As people age, ligaments in the foot lengthen, the arch collapses and the length and width of the foot expands. Some people continue to wear the same-sized shoe that they always wore, rather than making an adjustment as the size of their foot expands. There should be a thumb's width between the toe and end of the shoe.

Sigle recommends a good, supportive, softer shoe, often with a simple orthotic. He says cheap shoes often don't have the support that is needed. With cheap shoes, you get what you pay for. More expensive shoes last longer, have better support and

can help prevent injury. Athletic shoes are designed for specific types of activities, and good athletic shoes are worth the investment.

4) Practice good foot hygiene and take care of your toenails.

Toenails should be trimmed straight across. Many people neglect their toenails, since toes are hard to reach as people gain weight and become less mobile and flexible. Lack of regular maintenance of toenails leads to injury and strife, such as fungal issues. The risk for fungal infections increases as you age, as nails become more brittle.

Wash your feet daily with soap, including between the toes, and dry thoroughly. Fungus likes a damp environment, and areas around and under toenails provide a breeding ground, especially when wearing damp socks. Fungus can establish under the outermost edge of the toenail and then grow under the nail. It can be spread when you walk barefoot through damp spaces like a locker room or pool. Yellowing or browning of the nail, thickening, crumbling at the edges and odor are characteristics of fungal infections.

5) Seek treatment and get help early.

Sigle advises people to seek treatment when they first experience pain or start to develop an issue. Often there are simple treatments that can help relieve the pain, make you feel better and prevent more serious injuries. Unfortunately, lots of people try to work it out on their own when first developing a problem, which leads to further injuries that are harder to treat later.

Regular maintenance of toenails can prevent problems, and fungal issues treated early are easier to cure. Noninvasive or minimally invasive procedures may be effective when problems are identified early. Hammertoes can often be treated in the office through a simple procedure that releases the tendon and relieves a lot of the symptoms. Bunions can also be treated, and the earlier the issue is evaluated, the better the opportunity to fix the problem.

"The longer a problem exists, the harder it is to treat," says Sigle. □



Capital City Cleaners
SCHEDULE A PICK UP AT
WWW.217CLEANERS.COM
DRY CLEANING AND LAUNDRY

SUPER SENIORS \$35/MONTH
INDIVIDUAL MEMBERSHIP LAUNDRY SERVICE WITH A SUPER SENIOR DISCOUNT
65+ SENIORS ONLY

BACK TO LIFE!
15% OFF
SPECIALTY CLEANING
*MEMBERS ONLY

217-679-3766
2912 RIDGE AVE.



ReGeneration
Stronger in the second half of life

Greenville's charms
Page 19

Guide to dating at 50-plus
Page 12

A mother's memoir of heartbreak and healing
Page 14

Five practices for foot and ankle health
Page 16

Making of a maestro
The Illinois Symphony Orchestra's Ken Lam
Page 8

Fall 2021
FREE

On stands and online
capitalcityregeneration.com

Next Issue
December 16

Space & ad copy deadline: Wed, Nov. 24

advertising@illinoistimes.com
Beth Irwin 217-679-7803
Yolanda Bell 217-679-7802
Ron Young 217-679-7807



Greenville's charms

A quirky museum, a sculpture collection, a pretty university campus and ice cream

By Mary Bohlen Photos by Brent Bohlen

If you think playing a trick on someone is child's play, wait until you see the collapsing stairs, fake guillotine and spinning wheel goat in Greenville, Illinois. Such adult hazing devices and more await you at the DeMoulin Museum in this town 70 miles south of Springfield.

In Greenville you can go from learning the sometimes bizarre story of initiation rights for fraternal organizations to viewing world-class sculpture. Top it all off with a rich ice cream cone at a working dairy.

This town of 7,000 also hosts a small

university, a county historical museum, a display of antique farm machinery and a federal prison, not that you would want to stay at the latter for very long. Besides, there is plenty to do here legally, though some of the shocking devices at the DeMoulin might cross the line.

You should plan your visit for a Saturday when the two primary attractions, the DeMoulin Museum and the Richard W. Bock Sculpture Museum, are open.

Housed in an old Episcopalian church building, the DeMoulin features

a collection of devices and regalia manufactured by the DeMoulin Bros. Company for men's fraternal groups popular in the late 1800s and early 1900s. John Goldsmith, whose mother worked for the company, oversees the museum and explains the collection.

"They made some pretty wild things and those were very elaborate," he says, noting that a lot of trick devices involved the firing of blank cartridges sure to frighten potential lodge members. A telephone, mirror, collapsing chair, stairs that drop into a slide and a wooden

“spanker” all used blank cartridges to give an extra shock. The three DeMoulin brothers had mechanically trained minds so they made devices to order for various groups.

Some lodges used the fake guillotine near the end of a ceremony when a potential new member would be told he wasn't lodge material but now knew too much to be released. The DeMoulin brothers had a French heritage so they thought they should have a fake guillotine in their inventory, Goldsmith says.

“Riding the goat” was a broad term in lodge circles, but the DeMoulin brothers took it literally and designed goat wheels, where a person would be strapped into a wheel on a goat head seat and rolled head over heels.

By the 1930s, such extreme initiation devices faded from popularity, and the company turned its attention to making choir robes, graduation gowns and marching band uniforms. Samples of that merchandise also inhabit the museum.

The museum's collection got on the radar of Atlas Obscura and Roadside America, bringing in visitors from afar. “People like that oddball, weird experience,” Goldsmith

says. He also says many magicians are fans of DeMoulin things, including David Copperfield, who has a large collection of them.

At the other end of the sophistication spectrum is the Richard W. Bock Museum, housed in a historically significant building on the Greenville University campus. Bock worked with architect Frank Lloyd Wright the longest of any sculptors, 12 years, according to Sharon Grimes, the museum's director.

Among the pieces on display are the art deco “Lure of the Rhine Gold” from 1932, commissioned busts and the Hippach Chapel urn showing the stages of life. Sculptures of a stork and a dog were once displayed at Marshall Field's in Chicago.

Another room holds work Bock did for Wright, including a moon children's fountain and flowers on a crannied wall. Also on display is a sumac stained glass cathedral window, which will look familiar to anyone who has toured the Dana-Thomas House in Springfield. Grimes says the Bock and Wright families had close ties until the relationship soured when Bock chose not to go to Tokyo to work on Wright's Imperial Hotel.

Right:

The Marcoot Jersey Creamery, seven miles south of Greenville, offers rich ice cream, artisan cheeses and a tour of the dairy.

Below:

The Richard W. Bock Sculpture Museum features work the sculptor did for architect Frank Lloyd Wright, including this moon children fountain. The museum is on the campus of Greenville University.





Left:
Several “goat wheels” are among the fraternal organizations’ initiation devices on display at the DeMoulin Museum in Greenville. A prospective member would be strapped onto the goat head and spun head over heels as part of an initiation ritual in the late 1800s and early 1900s.

Right:
John Goldsmith, head of the DeMoulin Museum in Greenville demonstrates a collapsing chair used for initiations into fraternal organizations. The museum is full of such quirky devices.



A more modern connection to Wright contributes to the Bock collection of more than 300 bronze and plaster sculptures ending up in Greenville.

Grimes says Donald Hallmark, long associated with the Dana-Thomas House and a former art history professor at the university, founded the museum in 1975 after researching Bock and contacting his family. The family told Hallmark the campus could have the collection if it provided a permanent exhibit space, unlike some other universities that wanted to display it temporarily.

The university transformed its historic Almira College House into the museum. Named for Almira Blanchard Morse, the college was the forerunner of today’s Greenville University. The university enrolls 800 students and is associated with the Free Methodist Church. The small but pretty campus merits a quick tour.

If you have time and interest, you can visit the Bond County Museum to learn more about the area’s history, including its location as part of the Historic National Road running from Cumberland, Maryland, to East St. Louis. Just south of I-70 is the American Farm

Heritage Museum with some antique farm machinery and a reproduction of Hill’s Fort Blockade Building.

After all that touring, treat yourself to some of the best ice cream around at the Marcourt Jersey Creamery, seven miles south of town. Run by the seventh generation of dairy farmers, the creamery also offers nearly two dozen kinds of artisan cheese, including cave-aged, farmstead, fresh and seasonal varieties.

You can take a self-guided tour to see the robot milking parlor, calf barn and creamery before indulging in your choice of ice cream. The dairy is open Monday through Friday from 10 to 4 and Saturday from 10 to 3.

The Bock museum is open most Saturdays from 10 to 2, but call ahead to make sure (618-267-1174). The DeMoulin also is open from 10 to 2 on Saturdays from September to May and Friday through Sunday in the summer (www.demoulinmuseum.org). Both operate on donations.

For more information on Greenville, go to www.greenvilleillinois.com. □

Mary Bohlen is a Springfield travel writer who enjoys quirky museums and good ice cream.



SHOWCASE FURNITURE SALE

Customers Are Your Heart /
We all need to do our part /
New Sale Format / Shop Safe

IDPH guidelines followed
Masks required
Limited number of shoppers
One hour shopping intervals
Walk-ins admitted if numbers permit

Schedule a shopping time by going
to Facebook event for link.
Wooden It Be Lovely DAUMC or
woodenitbelovelydaumc.com
New Items Daily

**October 9,
9am-1pm**



WOODEN IT *Be lovely*

**DOUGLAS AVENUE UNITED
METHODIST CHURCH**
Enter Patio Door-South Lot
501 S. Douglas Ave., Springfield

Regency

In partnership with **Memorial**
HEALTH SYSTEM

- **RESTORE THERAPY:** Occupational, Physical and Speech Therapy
- Positive Therapy Outcomes
- Long-Term Skilled Nursing
- Respite Options Available
- Medicare-Certified

**THUMBS UP
REHAB & SENIOR CARE!**



Visit RegencyCare.com or call (217) 793-4880

2120 West Washington Street • Springfield

**DAD IS
TRAILING
OFF IN THE
MIDDLE
OF HIS
SENTENCES.**

**KNOW
WHERE
ALZHEIMER'S
AND ALL
DEMENTIA
HIDE.**

alzheimer's
association

New problems with words or speaking
is a warning sign of Alzheimer's.
Learn more at alz.org/10signs

A Sunroom for Every Budget



No Money Down
100% Low Interest Financing
Low Monthly Payments

Call Us Today for:

- Free Color Catalog
- Free in Home Estimate with Computer Drawings

1-800-457-1524



FOUR SEASONS
SUNROOMS & WINDOWS
INDEPENDENTLY OWNED AND OPERATED

505 East Chestnut St.
Bondville
Located 5 miles west of Champaign
on Route 10 in Bondville

www.sunstructures.com.



bal·ance

At Concordia Village, our attentive staff provide older adults the excellent care we're known for while promoting active independence, engagement, and personal growth.

Now welcoming new move-ins! Call 217.993.7045 to learn about moving to Concordia Village today!

**UNIQUE OPPORTUNITY!
MOVE TO CONCORDIA
VILLAGE TODAY!**

4101 W. Iles Ave.
Springfield, IL 62711
ConcordiaVillageLiving.org



**CONCORDIA
VILLAGE**
LUTHERAN SENIOR SERVICES

Independent Living

| Assisted Living

| Memory Care

| Long Term Care

| Short Stay Rehab

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.

"Negro Leagues Beisbol"

Through Oct. 30. Open during normal museum hours. This traveling exhibit was developed to explore the connections of African American baseball history with Hispanic cultures, communities and countries. Features profiles of significant baseball players, including several local players. spiaahm.org. Free. Springfield and Central Illinois African American History Museum, 1440 Monument Ave., 217-391-6323.

Give 'Em Hell, Harry!

Fri.-Sat., Sep. 24-25, 7pm. Academy Award-nominated play performed by President Harry S. Truman's grandson, Clifton Truman Daniel. Seating is limited. aasr-spi.org. \$30. Springfield Masonic Center, 1020 Rickard Road, 217-793-7728.

APL Upscale Collectible Sale

Fri., Sep. 24, 3-8pm and Sat., Sep. 25 8am-3pm. Two year's worth of donated furniture, antiques, jewelry, tools, books, home goods, children's items and clothes. Mobile adoption unit on site. apl-shelter.org. In the former Bergner's location, White Oaks Mall, 2501 Wabash Ave., 217-544-7387.



"Negro Leagues Beisbol" through Oct. 30 at Springfield and Central Illinois African American History Museum.

International Route 66 Mother Road Festival

Fri.-Sun., Sep. 24-26. This festival brings street machines, muscle cars and hot rod enthusiasts to historic downtown Springfield for an incredible weekend of family entertainment. Downtown Springfield, between Washington and Capitol streets and Fourth and Seventh streets. route66fest.com. 217-789-2360.

Fall Festival and Steam Show

Fri.-Sun., Sep. 24-26. Horse-powered equipment, antique tractors, gas and steam engines, demonstrations on bailing, blacksmithing and more. Prairie

Land Heritage Museum, Jacksonville, 1005 W. Michigan Ave., 217-243-7262.

Let Our Prayers Arise

Sat., Sep. 25, 3pm. A special outdoor program of Liturgical Arts Festival Springfield. Art kites and interfaith prayers. Music by local folk group Wild Columbine. Light refreshments. Springfield Art Association, 700 N. Fourth St., 217-523-2631.

Escape to Margaritaville

Tue., Sep. 28, 8pm. Welcome to Margaritaville, where people come to

get away from it all and stay to find something they never expected. \$24-\$89. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Central Illinois Fall Senior Celebration
Wed., Sep. 29, 1-4pm. Seventy exhibitors and health screeners. Food trucks. Rain or shine. Shuttle transportation will be available. Presented by Senior Services of Central Illinois. centraliliseniors.org. Free. Donations welcome. Illinois State Fairgrounds Commodities Pavilion, 801 Sangamon Ave., 217-528-4035.

State of Sound: Red Prairie Ramblers
Thu., Sep. 30, 7-8pm. An evening of fiddle tunes and country songs from central and southern Illinois. Visit the website for tickets. presidentlincoln.illinois.gov. \$7. Abraham Lincoln Presidential Museum, 212 N. Sixth St., 217-558-8844.

The Audience
Fri.-Sun., Oct. 1-3 and Oct. 8-10. For 60 years Elizabeth II has met each of her 12 prime ministers in a weekly audience at Buckingham Palace. Both parties have an unspoken agreement never to repeat what is said. This play was the inspiration for the TV series *The Crown*. Presented by the Spencer Theatre Company. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

Boo Crew Haunted House
Open every Friday and Saturday night through October. Both the Trail of Lost Souls and the haunted house are back this year. Recommended for ages 10 and over. Box office opens at 6:30pm. Haunting begins around 7pm. Rain or shine. Admission \$20 or \$35 VIP. Boo Crew Haunted House, Mechanicsburg, 11083 Buckhart Road, 217-551-6969.

Sangamon Watercolor Society Annual Exhibit
Mon.-Sat., Oct. 1-30. Open during normal gallery hours. Check out all new works by members of the Sangamon Watercolor Society. Free and open to the public. Springfield Art Association, 700 N. Fourth St., 217-523-2631.

Gem, Mineral and Fossil Show
Sat., Oct. 2, 10am-6pm and Sun., Oct. 3, 10am-5pm. Amazing agates from around the world. Mineral and fossil dealers, demonstrators, kids' activities, silent auction, exhibits and more. loess.org.

Adults \$2, seniors \$1 and kids age 12 and under are free. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 309-838-7782.

Cemetery Walk
Sun., Oct. 3, 12-4pm. Echoes of Yesteryear: A Walk Through Oak Ridge Cemetery. Eight actors dressed in period costumes will tell the personal stories of individuals who made significant contributions to our community. Last tour at 3:15 p.m. Parking available. Refreshments available for purchase. Sponsored by the Sangamon County Historical Society. Free. Oak Ridge Cemetery, 1441 Monument Ave., 217-525-1961.

Paul Page
Tue., Oct. 5, 7pm. A meet and greet with the man behind the voice of the Indianapolis 500 and ABC and ESPN announcer. Hear about the racing legends, his broadcasting career and his new book, *Hello, I'm Paul Page, It's Race Day in Indianapolis*. Proceeds benefit the Children's Dyslexia Center. aasr-spi.org. \$10. Springfield Masonic Center, 1020 Rickard Road, 217-793-7728.

Conference on Illinois History
Thu.-Fri., Oct. 7-8, 8:30am-6pm. Two full days of panels highlighting research on Illinois history, culture, politics, geography and archaeology. Open to everyone with an interest in the past. Visit the website or call to register. Lunch presentations require additional registration. presidentlincoln.illinois.gov. \$25-\$90. Abraham Lincoln Presidential Library, 112 N. Sixth St., 217-558-8844.

Arsenic and Old Lace
Fri.-Sun., Oct. 8-10 and Oct. 15-17. A clever combination of the farcical and the macabre. Written by Joseph Kesselring and directed by Kim Shafer. Springfield Theatre Centre, 420 S. Sixth St., 217-523-2787.

Fat Ass 5K & Street Party for Charity
Fri.-Sat., Oct. 8-9. Craft beer and cigar festival on Friday. 5K and street party on Saturday. Food and live music. Downtown Springfield, South Second Street and East Capitol Avenue.

Youth Charity Horse Show
Fri.-Sun., Oct. 8-10. Class sessions are 8am-10pm Friday and Saturday and 8am-6pm Sunday. The organization donates

its annual proceeds to an area charity. Free. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-494-1215.

Juried Artisan Fair
Sat, Oct. 9, 10am-3pm. Artisans, live music, food vendors, beer, wine and mimosas. Central Park Plaza, Jacksonville, 32 N. Central Park, 217-243-5678.

Outstanding Opening
Sat, Oct. 9, 7:30pm. Season opening performance by the Illinois Symphony Orchestra. ilsymphony.org. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Roasted
Sat, Oct. 9. Join in this unique ceramic raku fundraiser event. Glaze a pot, fire it in an outdoor kiln and then it is ready to take home. Enjoy the fire, food and live music. Admission \$20 or \$30 + pot, children 12 and under \$15. Members receive 10% off. All prices increase \$5 on the day of event. springfieldart.org. Springfield Art Association, 700 N. Fourth St., 217-523-2631.

Illusions, Magic and Spirits
Fri.-Sat., Oct. 15-31, 7-8pm and 9-10pm. A unique haunting stage show presented by Terror on the Square. Set in an old art deco theatre, expect a mix of illusions, magic and spirits to mystify all ages. \$18.00. Salem on Seventh Theater, Petersburg, 119 S. Seventh St., 217-632-7068.

Prairie River Dog Shows
Fri.-Sun., Oct. 15-17, 8am-4pm. AKC conformation. Cheer on your favorite breed to Best in Show. Free. Illinois State Fairgrounds Exposition Building, 801 Sangamon Ave., 217-725-3647.

The Weir
Fri.-Sat., Oct. 15-16. Written by Conor McPherson (1997) and first produced at The Royal Court Theatre Upstairs in London, England. Hoogland Center for the Arts Club Room, 420 S. Sixth St., 217-523-2787.

Springfield Out of the Darkness Walk
Sat., Oct. 16, 2-4pm. Walk to increase mental health awareness, support those who struggle and honor those lost to suicide. It's important to be there for one another and take steps to safeguard our mental health and prevent suicide. Visit

the website to register and be part of the movement. afsp.org/SpringfieldIL. Free, donations accepted. Hope Pavilion at Southwind Park, 4965 S. Second St., 312-890-2377.

#IMOMSOHARD: The Getaway Tour
Thu., Oct. 21, 7pm. #IMOMSOHARD began as a popular web series by real-life best friends, comedians and moms, Kristin and Jen. The phenomenon that they created has since been nabbed for development by Warner Brothers TV. \$49-\$60. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Honoring Our Heritage Awards
Fri., Oct. 22. Sponsored by the Springfield and Central Illinois African American History Museum. Recognizing African American businesses, churches and organizations that have an extensive history of significant and momentous contributions, achievements and activism. All that submit the requested information will be recognized for their contributions to our community. View on the museum's YouTube channel or website at spiaahm.org.

Fall Festival
Sat., Oct. 23, 10am-4pm. Period-clothed interpreters will demonstrate daily tasks such as dipping candles, making soap, baskets and brooms, spinning wool and gardening. Step into the tavern cellar to see how fruits and vegetables were preserved during the winter. lincolnewsalem.com. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Jacksonville Main Street Pumpkin Festival
Sat., Oct. 23, 10am-2pm. Petting zoo, face painting, pumpkin painting, blazing wings challenge, pie eating contest, kid's costume contest, pet costume contest, pumpkin patch, cornfield. \$10 per child includes all activities and contests. Central Park Plaza, Jacksonville, 32 N. Central Park, 217-245-6884.

Rochester Fall Festival
Sat., Oct. 23, 8am-3pm and Sun., Oct. 24, 12-3pm. Local vendors, food trucks, free games and activities, plus live music. Saturday's 5k starts at 8am. Free. Rochester Community Park, Rochester, 90 Wild Rose Lane, 217-498-8454.



Live, Love, and Laugh!

Seasons

*Carefree Independent Senior Living...
For the Lifestyle You Deserve,
and the Freedom You Still Want*

<p>Seasons at Pine Creek 3201 Conifer Drive Springfield, IL 62711 (217) 698-5780</p>	<p>Seasons Under The Oaks 3511 Conifer Drive Springfield, IL 62711 (217) 698-2829</p>
---	--

Tours Daily By Appointment

www.seasons seniorkiving.com

**Home is the foundation
of comforting support.**



More than end-of-life care, Memorial Home Hospice is dedicated to helping patients and loved ones treasure every moment. With the highest levels of compassion and dignified care, we strive to improve our patients' quality of life, and that starts where they're most comfortable—at home.

MemorialHomeServices.com/Hospice • 800-582-8667

Memorial HOME HOSPICE 



Memorial Medical Center has earned The Joint Commission's Gold Seal of Approval.
Accredited and Certified by The Joint Commission. Licensed in the State of Illinois.

TRUST YOUR FUTURE



Sarah Robinson
Senior Trust Officer
& Attorney at Law
120 South Chatham Rd.
Springfield, IL 62704

A trust can help you protect and ensure your wishes are carried out, your assets are protected, and you and your loved ones are provided for according to your plans.

UCB Trust Services can assist you with the management and administration of:

- ✓ Living Trusts
- ✓ Testamentary Trusts
- ✓ Decedents' Estates
- ✓ Guardianships
- ✓ Charitable Trusts
- ✓ Custodianships
- ✓ Escrow Exchange Trusts
- ✓ Employee Benefit/IRA Trusts
- ✓ Land Trusts
- ✓ Agency Agreements
- ✓ Endowments
- ✓ Insurance Trusts



Trust in United Community Bank.

(217) 547-2386 | UCBbank.com

Straight No Chaser

Tue., Oct. 26, 7:30pm. Back in the High Life Tour. The captivating sound of nine unadulterated human voices coming together to make extraordinary music that is moving people in a fundamental sense and with a sense of humor. \$36-\$60. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Route 66 Film Festival

Fri., Nov. 5-Mon., Nov. 15. The 20th Route 66 Film Festival, featuring independent films from around the world (13 countries), will be online at Film Festival Flix. \$10-\$50. Award ceremony to be held Nov. 13, 2-4pm, at The State House Inn and on Zoom. 217-494-1279.

Arboriculture and Mine Wars

Tue., Nov. 9, 11:30am-1:30pm. In this online program, arborist Guy Sternberg will discuss habitats of Illinois and the Starhill Forest Arboretum in Petersburg. Taylor Pensoneau will discuss the 1930s mine wars of Illinois. Part of the UIS Lunch and Learn Series. 217-206-6058. uis.edu.

Leanne Morgan: Big Pantry Tour

Sat., Nov., 13, 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. The fact that everyone can relate to her comedy has made her a hit even among the strangest of audiences. \$39.50-\$49.50. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Autumn Artisans Fair

Sun., Nov. 14, 9am-4pm. Indoor art fair featuring local artists. Upscale resale boutique, temple sanctuary tours, artisan raffle, lunch and bake sale. Temple B'rith Sholom, 1004 S. Fourth St., 217-525-1360.

Josh Turner

Fri., Nov 19, 8pm. Holiday and The Hits Tour. \$19-\$85. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Jim Gaffigan: The Fun Tour

Sun., Nov. 21, 7pm. \$37.75-\$77.75. BoS Center, 1 Convention Center Plaza, 800-745-3000.

HEALTH AND WELLNESS DAY SPA

Family Owned by Springfield Native

FIRST TIME CLIENT SPECIALS

90 min Organic Facial for \$88
Hour Swedish Massage for \$56

Inner Health Spa
217-572-1611 • 1733 S. FIFTH ST. • SPRINGFIELD
WWW.INNERHEALTHSPA.ORG

I just **UPGRADED** my medical team.

You deserve to have **the best** health care and that's why we have put you first. Our new clinic has been designed just for Medicare patients and those age 60+.

After all, **you deserve it.**

Our comprehensive care team offers longer appointment times, onsite lab and x-ray and personal assistance navigating your Medicare benefits.



HSHS Medical Group

WELCOMING PATIENTS AGE 60 & OVER

(217) 241-3586

2801 Mathers Rd, Springfield, IL 62711
HSHSMedicareClinic.org



ELDER LAW | WILLS AND TRUSTS
POWERS OF ATTORNEY

Knowledge of the ins and outs of elder law, wills, and trusts is essential for guiding your future or the future of a loved one. Rammelkamp Bradney has the experience and comprehensive approach to assure that your future is in your hands.



RAMMELKAMP BRADNEY
• Attorneys at Law •