

Grownups getting stronger

# ReGeneration

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The black and white outfits worn by John Belushi and Dan Aykroyd in *The Blues Brothers* movie are on display at the Joliet Area Historical Museum in downtown Joliet.

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Cover photo by Brian Bowles

## ReGeneration Fall 2022

ReGeneration is the magazine for active and creative grownups, members of The ReGen generation. The ReGen is age 50-plus, yet this generation is not so much an age but a lifestyle. The ReGen includes people willing to try new adventures, to give back, to reinvent themselves and their community. They take their health and fitness seriously (see p. 5 and p. 21), and share their wisdom and experience with other generations (p. 16). For this publication we're defining The ReGen as we go, with profiles of people making a difference (p. 6, p. 8, p. 14) and with ideas for travel close to home (p. 10).

We even found a book on the ReGeneration, which Cinda Clickna reviewed, p. 18. "ReGeneration is rich in ideas," she writes. "Reunite your heart and mind, reimagine how you use money, reexamine the purpose of business and the role of people, reframe the questions asked, redesign with people and the future in mind."

Give us your ideas, and tell us what you think of ours. —Fletcher Farrar, editor

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# Medicare Open Enrollment

## Medicare Open Enrollment

**Medicare Open Enrollment runs from  
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# Nutrition Nuggets

## Tips from Coach Molly for great health

By Molly Hahn

### 1. Fill up on fruits and veggies.

Eating an abundance of plant food will help crowd out the junk food. Plants are full of fiber and water, helping to fill you up. They are also loaded with nutrients, signaling to your body that it has what it needs. Eating these first in your meal instead of last is extremely beneficial when trying to change eating habits.

### 2. Drink, drink, drink!

Many times when you think you may be hungry, your body is actually shouting at you to drink more water. Aim for half your weight in ounces, and tack on about 40 ounces more when you exercise. Being hydrated helps with detoxification, digestion, skin health, brain health and much more.

### 3. The wagon is always there.

When you fall off the wagon, the most important thing is to hop back on. Letting a bad meal or bad day throw you completely off track for the week (or month) will stall progress towards great health. If you slip up, the wonderful thing is that each meal is a blank slate for you to get back to healthy eating.

### 4. Do your menu browsing in advance.

It can be very helpful to look up a restaurant's menu online before arriving so that you can have a plan of action. You can find healthy options at almost every establishment if you look hard enough, and don't be shy about asking for substitutes when you order.

### 5. Become a label reader.

When you are shopping at the grocery store, you should read every single food label. What are the ingredients? Do you recognize them? If it is full of words you don't know, hidden

sweeteners, lots of preservatives, food dyes etc., put it back. Stick to foods that are minimally processed, meaning you know what each ingredient is because it is from a whole food source. Lots of foods are marketed as healthy when that couldn't be farther from the truth.

### 6. Give in to your sweet tooth.

Give in by leaning into fruit. Allowing yourself unlimited access to have fruit in place of sweets is a game changer. Your palette will adjust and eventually you will be satisfied with less fruit, but initially you may need to make yourself a dinner plate full of a variety of fruits to satisfy your craving. This won't hurt you – fruit is full of fiber, nutrients and water. If anything it will help you go to the bathroom. Eating a plate full of fruit will always be better than eating a Snickers.

### 7. Keep lots of healthy food on hand.

People run into the most trouble when they are in a pinch, starving. Having something healthy you can quickly grab in those moments will save you. If you have nothing but junk food on hand, what will you grab in those hungry moments? Junk food. An even better plan? Keep the junk out of the house, so your only option is healthy food.

*Molly Hahn of Springfield is a mother of two – Huxley, almost 3 years old and Juniper, 6 months old. She is co-owner of CrossFit Instinct, which she opened with her husband, Tim, in 2010. Molly has been a health and fitness coach/trainer going on 20 years. She has worked with hundreds of clients to improve their eating habits to achieve better health, performance and body composition.*





# In tune

## Piano technician Dwight Denzer balances work and play, marriage and music

By DiAnne Crown



Dwight Denzer at the job that he loves:  
“I bring harmony to the world one piano at a time.”

Piano tuner and technician Dwight Denzer of Riverton found his career lane early in life and has enjoyed it ever since, most of that time with friend, partner and wife, Veronica Denzer. “We’ll celebrate 300 months together on Oct. 18.”

It’s that daily spirit of appreciation, a balance of work and recreation, healthful nutrition and body care, and a sense of joy and curiosity that keep Denzer active and happy at age 63. “We’ve celebrated each month, every month, of our 25 years,” says Denzer of life with Veronica, who is the business bookkeeper, office manager, scheduler and traveling companion on their frequent disc golf outings. They spend a lot of time together, and like it that way. “We look at things differently,” he says simply.

He is celebrating another anniversary this year – 40 years tuning, repairing and maintaining pianos of all sizes and brands in homes, performance venues, little country churches and beautiful cathedrals in and around Springfield. He works on all kinds of pianos, from small spinets to full-size uprights, parlor to concert grands, and the most contemporary “player pianos” such as the Yamaha C2 Disklavier in Gina Soloman’s Lake Springfield home.

Soloman grew up playing a small upright piano and kept it until she and her husband moved into their new home a few years ago and bought the Yamaha. “It’s very important for my piano to be in tune. I love fine piano music, and it plays a lot of the time.”

“One of the things I like people to know,” Soloman adds, “is that Dwight is an amazing pianist himself. So, when he’s tuning, he’s also playing the piano. It’s an afternoon of entertainment.”

Denzer actually started in piano



performance. He began playing when he was four years old and was, he says, a big fish in a little pond all the way through high school. But once he began a music degree at Illinois Wesleyan University, he says, “I found out how big the pond was.” A new direction made sense and all signs pointed to tuning and repair.

“As a child, I was always fascinated watching the ‘old Italian piano tuner,’ Albert Camille, work on our piano in Riverton. Later, when I played at various events and contests, [often] the pianos didn’t sound good or handle very well. I knew I could do better work on them.”

“So I researched where I could go to learn, and enrolled in Western Iowa Tech Community College to study piano tuning and repair. That was 48 weeks, 5 days per week, 8 hours a day. That’s what it took to get the certification, and it was great. We got to take apart a piano and put it back together.” The course taught everything it could take to restore a piano. And people have called on Denzer for his fine work and understanding of each individual instrument ever since.

“The demands of a piano technician are more than simply using a tuning wrench,” says Dale Rogers, Director of Music and the Arts at Westminster Presbyterian Church in Springfield. “The skill demands an understanding of the intricacies of the piano’s mechanical action and the possible nuances in its many parameters, as well as refined artistic and musical judgment. Dwight Denzer has these skills. Dwight and Veronica restrung and refined an 80-year-old Chickering piano at Westminster a few years ago. This tedious and repetitious job took weeks. The job required a respect for both tradition and innovation, planning, strength, knowledge and great patience. The result was an instrument capable of power, subtleties and beauty, thanks to Dwight’s meticulous work.”

The work of a piano technician is, in fact, very physical. To continue to work full time, Denzer wears a wrist brace, regularly sees a variety of complementary therapy specialists, and does yoga. This combination of body care helps him maintain the strength and flexibility needed to remove and replace heavy parts



Denzer appreciates the outdoors, and tries to balance work and recreation for a joyful life.

and adjust strings, and meet the demands of quick, repetitive tuning motions all day.

In addition to working on pianos, Denzer is happy to evaluate a prospective purchase or hand-me-down piano. With the exception of something with high sentimental value, he says, some aren’t worth the investment to make them playable and enjoyable. “There are so many really nice pianos out there looking for homes that people can hardly give away – there’s not much point in spending lots of money on something that’s not very good. It is so frustrating to play [an inferior] piano with sticky keys, that sounds horrible, and is unresponsive.” Keep looking, consider an electronic keyboard, or rent for a while.

Every day offers new possibilities for Denzer. Like the immediate joy of seeing a disc fly well on a peaceful day of disc golf in the park, Denzer enjoys the on-the-job gratification of his work. Sometimes he arrives and finds a piano that’s “more than

100 years old in a really pretty case. It’s fun to open them up and see how the old-timers designed and built pianos.” Other times, he discovers he’ll be working in a truly beautiful location. Some of Denzer’s most gratifying work is bringing an old piano back to life for someone who hasn’t played in a long time.

“I bring harmony to the world one piano at a time. The biggest compliment I get is that someone has sat down to play and is in love with the piano again. That’s always so special to hear about.”

To reach Dwight’s Piano Works, call 217-498-9343, or visit <https://www.dwightspianoworks.com/>

*DiAnne Crown has been playing a very special Mason & Hamlin baby grand piano for 56 years and says she will sleep underneath it if she ever has to choose between keeping the piano and having a separate bedroom.*





Augie Mrozowski has been a beekeeper for five years. He calls the bees “his babies” and takes care of them like they were his next of kin.



Augie with his wife of 19 years, Sharon Ehrat.

# AUGIE

## A keeper at 67, abuzz for tomorrow.

By Mike Suhadolnik Photos by Karen Witter

I’ve found you can trust him...such an accomplished individual...always candid...no need for a hidden agenda.

Augie Mrozowski has arrived at the promised land, following a work life of 16 hours every day at his commissary and his downtown restaurant, Augie’s Front Burner. He made a decision and sold everything two years ago. Before then, there was always a lot to do preparing all victuals fresh and from scratch while, in the same breath, caring for his individual customers and his hundreds of employees.

Tony Libri, the former circuit clerk and current preservation entrepreneur, told me: “Augie and I have been close buds since St. Aloysius grade school. What I love the most about him, he is what America is all about. His parents came through Ellis Island, immigrating from Wildflecken, Germany, in 1951. Through Chicago to Springfield. Then because he was Polish, he got bullied a lot and had to get tough early in life. As he matured, he would see someone getting bullied and, without hesitation, get in the bully’s face, backing him down. He started working in the food service business at 14 in the St. Nick, cracking a thousand eggs a day. I personally witnessed his hard work and determination, making a huge success of his life. Augie is a world-class chef, a terrific father and a great friend.”

While interviewing Augie, I learned he “admires” bees. Spent hours watching them closely five years ago. Found a bee to “unconditionally” work every day, taking care of other bees where two or three would help clean the honey off another bee so it can go back out and continue to collect. Without dispute, the bee is the most important animal in the world. He believes “we would learn a lot from a bee as to how we humans should care for each other.”

While researching, I found that bees inherently live to survive. They use their honey for food in the winter. Apiaries like Augie’s provide them shelter. In March, when growth begins outside, pollen starts being produced and the bees are out working. Discussing this with Augie, his comment was: “Hell, who can’t make their own food? Bees do.”

Lars Chittka, in his new 2022 book, *The Mind of a Bee*, wrote: “The bee’s perceptual world is so distinct from ours, governed by completely different sense organs,



and their lives are ruled by such different priorities, that they might accurately be regarded as aliens from inner space.”

Augie ascribes to waking up early, especially for our kids, teaching them values in life from the get-go like his homeopathic parents did him. Always waking up early himself made his life much less difficult. He was able to sacrifice for who he wanted to be, who he became.

After turning over 15,000 employees in his 51 years on the job, his hands and mind never fatiguing, preparing six million meals, Augie’s perspective is that people have become selfish. “Money is their reward. More important than family. Not like bees. They care for each other and protect the queen bee. Today, whoever has the most toys wins.”

An executive chef of volume, he built his commissary at 15th and Converse to cater to as many 5,000 guests a day at the Abraham Lincoln Presidential Library and Museum. He had to butcher a cow once a week. China dishes and stainless steel silverware, shipped in a box truck, were washed daily. Work went on.

On his way to enjoying the health he has now, four years ago when he became a CrossFitter, he experienced a permanent life-changing shift. Cold turkey he stopped



Until a few months ago, Augie didn’t have any tattoos. As a former chef, he still loves produce and food, and these tattoos provide a connection to his profession. He also says they are “cool-looking.”



Augie in his workshop where in recent months he’s started making inlaid wood cutting boards.

eating sugar, anything made with sugar, stopped drinking liquor, wine, beer and disciplined himself to “never once walk backwards.” He became ecstatic for losing 40 pounds of fat in 30 days and developed into twice the athlete, moving, he says, like he did as a teenager. Since, nothing he prepares is with processed sugar, processed salt or processed fat. Only honey, kosher or Himalayan salt, unprocessed olive oil, avocado oil and coconut oil. This is a permanent shift. Nothing stops him... not ever being tired, needing snacks, never quitting before his decided tasks are complete. After all that he achieved, he has the justification for his mindset to expect everyone else to “clean up their act and stand, not propped, on their own two feet, never being a burden to their family.”

Augie learned that working out like he did was medicinal and heals. He took a life-threatening blow while driving, being hit on his car’s right side at a T-intersection by a speeding car, flipping his car upside down, wrecked so badly he couldn’t get out. It got turned over and he was pried out, so he could get a ride and immediately

return to his commissary to meet his responsibilities. “Hurting and sore as hell,” he didn’t nurse himself and was back at it again early next morning.

Having to constantly learn to satisfy customers from all over the world was an education for him not possible in any other setting.

Now he has time to become whole. He always knew what whole meant, but his work cheffing came first. He feels young. Everything in life is fulfilling for him. He has a relationship with his wife, Sharon, again. To assure this current mindset continues, when he decided to sell his restaurant business, he sold everything including the buildings, all the furnishings, all the utensils so he would never go back to those businesses again. He sold his hot rod, all his ego toys. He wanted his freedom and a new life. He has a puppy now, and at his cabin in Florence watches stars at night while hearing the Illinois River flow.

It still excites him to cater but only as he chooses. Contact him at [augiesfrontburner@gmail.com](mailto:augiesfrontburner@gmail.com).



*Mike Suhadolnik, 12 years at CrossFit Instinct, the curator serving those in their second half of life to reach and maintain functional competence independent of biological age.*





The black and white outfits worn by John Belushi and Dan Aykroyd in *The Blues Brothers* movie are on display at the Joliet Area Historical Museum in downtown Joliet.

# Surprising Joliet

After you escape the old prison, tour a haunted vaudeville theater

Story and photos by Mary Bohlen

When Elwood picks up Jake from the old state prison in Joliet, the Blues Brothers reunite outside a huge gate on the prison's eastern edge. Now, thanks to some dedicated guides, you too can walk through that gate but in the opposite direction.

What awaits you on the other side is a living, albeit decaying, history of the state's penal system from 1858 to

2002, complete with a tour of solitary confinement cells and a walk along the same cell block Jake (played by John Belushi) took in the 1980 movie. You might recognize the backdrop for several other movies as well.

You also will learn that some of the state's most notorious criminals spent time behind the walls, including kidnappers and murderers Nathan

Leopold and Richard Loeb, mass murderer Richard Speck and gangster Baby Face Nelson, the only prisoner to escape the place.

Once you've "escaped" from the prison tour, you can make your way to downtown Joliet for some other history lessons at the compact Joliet Area Historical Museum and the magnificent Rialto Square Theatre.



You also can drive on Route 66, take in some interesting architecture and try your luck at a couple of casinos.

Joliet, just off I-55 some 165 miles north of Springfield, may not have figured high on your bucket list, but a day or two there can provide a lot of enlightenment, none more so than at the prison. If seeing the grim rundown buildings doesn't scare you straight, then you might end up in Stateville Correctional Center, the state prison still operating north of town.

Christine Johnson, one of the old prison's guides, says the site is popular with high school groups, bus tours, photographers and alternative school students. Tours run from March to mid-November and include self-guided and private tours as options. In the summer, the prison hosts live music, car shows, food and drinks one evening a month.

Many of the structures, including the imposing administration building, fell apart when the prison closed in 2002, but plans for restoration are underway with a public/private partnership and a new \$3.5 million state grant. The prison's hospital, dining hall, library, guard towers and honor dorm are among the buildings still standing but not yet accessible to visitors. Fires, vandalism and weather also took their toll.

Johnson says the prison was a fully functioning institution opened in 1858 to hold 1,600 prisoners but had swollen to 2,000 in the late 1800s. "It was a city within a city and had beautiful landscaping," cared for by inmates, she says.

It did not get indoor plumbing until 1951, despite being built on a natural aquifer. So prisoners had a slop bucket and another vessel for drinking water.

The abundant supply of water and the area's limestone quarries made Joliet a good choice for the state's second state penitentiary, following the first at Alton. "They decided that prison was too much of a hellhole, so they built this as another hellhole," Johnson says.

Two spots on the tour give credence to her claim. An original cell for two prisoners is only 4 by 8 feet with a

7-foot ceiling, crowded with bunk beds. At times a third prisoner was added and forced to sleep on the floor.

The solitary confinement block also can give you the shivers, with its two-story rows of small cells locked by double doors. Still visible on the entry floor is the "It's Never Too Late To Mend" inscription that also shows up in *The Blues Brothers* movie.

A cheerier activity for movie fans is snapping their picture with

mannequins sporting the black and white outfits the brothers wore throughout the film and donated to the Joliet Area Historical Museum and Route 66 Welcome Center downtown.

The small museum, housed in a former Methodist church, includes exhibits on the prisons, limestone quarries, the digging of the nearby I & M Canal, the railroads that still run through town, various businesses and notable citizens.



The Rialto Square Theatre in downtown Joliet, opened in 1929, still hosts performances by musicians, comedians and other performers.





The solitary confinement building features the slogan “It’s Never too Late to Mend” on the entry floor.



Visitors to the Old Joliet Prison can walk along one of the cellblocks.

A few blocks away, you can attend an event at the Rialto Square Theatre, opened in 1926 as a vaudeville movie palace and continuing to draw musicians, comedians and other performers. While similar entertainment venues fell into disrepair, a “Save the Rialto” campaign succeeded after demolition was slated in the 1970s.

Visitors can marvel at the original ticket booth, the inner lobby modeled after the Hall of Mirrors in the Palace of Versailles, and the Czech crystal chandelier, the largest in the United States and seventh largest in the world.

Other original features include sculptures, floor tiles, a rotunda fountain, coat check rooms, stage curtain, usher call buttons and balcony seats. Various restoration efforts included replacing the main floor seats with those from a closed Indianapolis theater.

Docent Colette Majchrowski says five days of celebration accompanied the Rialto’s original opening, complete with a parade of 187 vehicles. The Barton Grande theater pipe organ could add sound effects for silent movies. Such legends as Red Skelton, Bob Hope, the Marx Brothers and Tony Bennett graced the stage.

Legend has it that a couple of ghosts also call the Rialto home, according to Majchrowski.

Elsewhere downtown, visitors can take an architecture walking tour (pick up a map and brochure at the welcome center), drive on a section of Route 66 and the Lincoln Highway (US 30) and head to one of two casinos in the area. A few blocks away is Joliet Township High School, a block-long example of the iconic yellow limestone construction that brought the old prison to town.

For more information about Joliet, go to [www.visitjoliet.com](http://www.visitjoliet.com). To schedule a tour of the old prison, go to [www.visitjolietprison.org](http://www.visitjolietprison.org).

*Mary Bohlen is a Springfield freelance writer who specializes in finding interesting nearby spots to visit. She hopes to continue avoiding solitary confinement.*





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Nicole Florence and Maria Ansley, front, after a viewing of their documentary with Region 1 Fairfax County Public Schools welcome for administrators. PHOTOS COURTESY LONGSHOT PRODUCTIONS LLC

# DOCS

## A new venture in documentary films for these friends in the medical field

By Scott Reeder

What started as a story between friends became a movie, and that movie spawned the creation of a documentary film company.

Nicole Florence and Maria Ansley, a pair of 50-somethings, have been friends for years.

Florence, 53, is a physician at Memorial Wellness Center and Ansley, 52, is a medical photographer at Southern Illinois University School of Medicine. The pair have worked together on numerous projects and swapped stories about their families.

One day, Nikki told Maria how her sister, Tracey Meares, was cheated out of being the first Black valedictorian at Springfield High School back in the 1980s.

"I'm a white girl who grew up in Lincoln and I had never given any thought to things like that happening in the 1980s. To me, it was something that would have happened in the 1960s," Ansley said.

Ansley films surgeries for the medical school and had never considered creating a documentary before. But she believed that with Florence she could document an injustice committed almost 40 years ago

and perhaps set things right.

*No Title for Tracey* was shown last spring at the Hoogland Center for the Arts during a ceremony in which Meares was declared valedictorian. Moreover, the documentary captured national attention from newspapers and television networks.

With this initial success, the pair started talking about forming a company and producing more documentaries – with a particular focus on injustices.

One of the topics they are considering is an examination of the Springfield voting rights lawsuit, which changed Springfield's



form of government in the mid-1980s and made the city council better reflect the city's racial diversity.

Florence said this type of journalism is not all that different from what she does as a physician. She noted that when she examines patients she asks questions and listens to their stories, much the same as when a journalist questions a source.

"I think we all need human connections and I think when you do these types of interviews or documentaries, it's a way to connect," she said.

Previously, Florence interviewed a variety of "ordinary" people and posted their videos on YouTube for a program she called "Shine."

"The premise of 'Shine' was just to look at ordinary people who experienced something extraordinary," she said. "It is really very interesting having this diverse group of people tell their stories. And it was very therapeutic for them in a way. But it also was therapeutic for me."

Among the stories she has explored is a woman who donated a kidney to her father and a couple struggling with addiction.

"I had a couple who appeared to be kind of the American white dream. But the dad was a heroin addict. And she was a nutritionist and probably borderline eating disorder codependent. But if you looked at them, they looked like they had the white picket fence and they were this perfect couple."

Both Ansley and Florence are keeping their day jobs. But starting Longshot Productions and creating documentaries is a way of reinventing themselves as they enter new periods in their lives.

"I feel like I'm in a better space, professionally and spiritually and emotionally, where I felt like I was in the right place to be able to do this the way it needed to be done," Florence said. "For 20 years, I've been in primary care. The reason why I gravitated towards that is because I love to sit and talk to people and listen to their stories. That's what we do. We interview people and we listen. This was just another way to do that."

*Scott Reeder, a staff writer for ReGeneration can be reached at [sreeder@illinoistimes.com](mailto:sreeder@illinoistimes.com).*



In the Springfield City Council chambers, Ansley and Florence interviewed former Ward 2 alderman Frank McNeil on the impact of the 1985 voting rights lawsuit.



Nicole Florence discussing the need to know our history and have safe spaces to discuss its impact on our present and future.



# The seasons of life

First we grow up. Then we grow down, deeper.  
This is the way of the elder.

By Tim Hahn

When the story of the world becomes less clear, we can look for guidance at the patterns of nature as well as continue unfolding the inner life of the soul. After we grow up in life, the next turn is to grow down, to grow deeper and fuller. This is the way of the true elder.

*“A village without elders is like a tree without roots.” – an old proverb*

Understanding patterns and the changing of the seasons has been one of the more impactful milestones of our species. This discovery has allowed mankind to evolve quicker, and to live longer and more comfortable lives. To be able to anticipate when to plant and when not to plant, along with many other benefits, gives us more stability in the constant changes of life. Much like the seasons of nature, there are seasons of our lives that can be anticipated, if we are able to observe and reflect.

Tony Robbins recently spoke about the four seasons in relationship to the various stages of our lives:

## Spring

Our springtime is our youth, roughly from birth to 21 years old. This time in our lives represents newness, excitement and learning. It is the time in our lives when we are most absorbent, influenced, vulnerable and, usually, most protected. In the springtime, we notice much change as our foundation is the most fertile and new life is blossoming and budding. The dramas of our youth leave imprints on the walls of our soul. They reveal our inner story and what directions to head. There is much imagination and creativity in this time of our lives.

## Summer

Next is the summer, usually from ages 21-



41, and this is the time when we go off for battle (literally and figuratively), build new habits and put in the work. It is a time when we test what we know. We are in discovery mode, trying to find out who we really are. If we do the work, we learn much and have lots of growing pains. This can be a very hard time for most as we are shedding layers of adolescence and immaturity, feeling very vulnerable. Our youthfulness can be forgotten as life becomes fast-paced with responsibilities and the expectations of others.

## Fall

If we continue to do the work, the fall season can have a bit more ease and, as the saying goes, “what you sow, so shall you reap” comes into play. Usually this season occurs around ages 42 to 62. Generally speaking, people in this season have more understanding of who they are, have mastered some skill sets and have run organizations, have accumulated a healthy amount of resources and have

some midlife power. This is also a time for midlife crisis. A time when the dreams and aspirations of our youth come back to us and we either decided to listen or to buy something fancy.

## Winter

The next season is winter, which can start around age 63. This is the age of the guide and mentor. Finding true wisdom and joy in growing down into the deeper places of our hearts and souls, the real gifts of life can be revealed during this season. If we know we are more than what we see, winter is not an ending but a mysterious beginning and a gracious gift. Those who understand this know how to keep warm during this time of life. This is usually the time when people volunteer and donate their time and resources the most, with the understanding that sharing gifts is one of the best ways to fully experience them.

Just because someone is older doesn't automatically make them an elder; it takes



practice, and this is the opportunity of the winter season. The true spirit and fire of life is to know oneself and then to be able to freely and fully give it. By wintertime, we have gained loads of wisdom from the struggles of our own lives and know how to handle true power, and contribute meaningfully to the lives of others. The ways that this guidance and mentorship is demonstrated may look different than what is expected from the busy and noisy modern world. Wintertime can appear quiet and reserved, but much that is not seen is being accomplished from within. What becomes revealed during the winter time of a life fully lived is the story that was trying to surface all along. Everything comes full circle as the heart grows young again.

Observing the seasons of life can help us anticipate instead of react. Anticipation involves an inner knowing learned over a lifetime. It involves making choices from a larger perspective. Anticipation is creative and wise. It offers insight into the changes of life and reveals that which is eternal and unchanging.

*True elders are making decisions for what's going to happen seven generations down the line.*

For the younger generation, it can be humbling to know how far they have to go to attain real wisdom, but, also, encouraging to know that what they are struggling through is natural and required. Building good habits in the summertime of our lives is important. It must also be something we continue to do no matter our age, as each season has its own unique work. Youth may learn more reverence for the older generation and the guidance they provide.

For those further along in life, knowledge of the seasons can help them empathize and connect more with the youth, realizing that this is the necessary and natural pattern of growth, even if it looks different. It can bring meaning and purpose to all of the seasons and help us realize that we are in this life together.

*Tim Hahn is a local small business owner, freelance writer and wellness teacher. His interest and connection to this topic stem from direct experience with various spiritual rites of passage and time spent with elder teachers. However his greatest teachings are coming from fatherhood.*



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*Re Generation - Sowing Seeds for a Future of Reimagination, Reconnection, and Regeneration*, by Jack Uldrich and Camille Kolles. Fast Company Press, 2022. 179 pages, \$14.95.

# Business with heart and soul

## With a lot of “re” words, authors reimagine reconnection

BOOK REVIEW Cinda Ackerman Klickna

How often, since the pandemic, do we hear of individuals who are reexamining their jobs, determining that they want more out of life or that the work they have been doing is not giving them satisfaction? Workers leave; employers must find new employees. Jack Uldrich and Camille Kolles, *Re Generation - Sowing Seeds for a Future of Reimagination, Reconnection, and Regeneration*, provide guidance. They present ways businesses can be successful and satisfy workers’ needs to connect “the inner world of heart and spirit with the outer world of work and service.”

Uldrich is a global futurist, speaker and poet; Kolles is a nonprofit executive, transformation consultant and classical pianist. The two met at a conference. Kolles handed Uldrich her business card which

identified her work using three words that start with “re.” Uldrich commented that the previous evening he had made a list of all the “re” words he could think of. Later, he called Kolles to tell her that her three words hadn’t been on his list. Thus began a year-long collaboration for their book.

They start with the premise that “a dominant worldview in business today – the idea that something only matters if it can be measured – has fostered a disconnection between human flourishing and economic models.” The authors argue that “business can profitably sustain itself and, at the same time, meet the physical, emotional and spiritual needs of its employees.” Renewing one’s thoughts, finding new approaches, “connecting one’s heart to one’s mind,” and finding ways to

honor the workers – not just with money – are key.

The book is divided into chapters titled Reunite, Reimagine, Reexamine, Reframe, Redesign and Reconsider. Filled with anecdotes, diagrams, success stories from business leaders and entrepreneurs, quotes from ancient philosopher Lao Tzu to modern day teenager Greta Thunberg and many others, *ReGeneration* offers new ideas and approaches that many business leaders should consider.

“We were trying to show that business and spirit – what matters in life – can be bridged,” Kolles says. “We were talking about the worker as an essential person and then, during the pandemic, the discussion of the essential worker was actually happening. Workers want to feel a



connection to their work. They are looking for ways to connect their work with their beliefs and values.”

Business leaders need to examine ways to integrate decision-making with matters that are essential to the human spirit. Dev Tandon, a CEO and entrepreneur, believes the true mission of business is “to awaken its employees.” He has focused on helping employees find their life’s purpose. By doing so, employees are happier in their work, and that translates into better results for themselves and the business.

The authors reject the notions that business is one thing and matters of the heart are separate, that only those things that can be measured are worthwhile, that work is separate from one’s life journey, and that you can’t make a profit at the same time you ground business decisions in care for human well-being and the health of the planet.

An example of combining business and the heart, caring for others, and satisfying all involved is Square Restaurant in Georgia, started by Emily Hunt Turner.

Turner, a federal attorney, became frustrated when formerly incarcerated people she was helping find housing were often denied access. She wanted to feel better about her role and help others so she started a restaurant “as a civil rights social enterprise,” hiring only formerly incarcerated individuals. She offers a one-year, paid, reentry program that includes classes in basic work skills as well as law, entrepreneurship and budgeting. The restaurant serves square grilled cheese sandwiches to point up that the formerly incarcerated people are “square in the eyes of society” and have paid their debt.

Reading poetry, the authors claim, “can sharpen your perceptiveness and foster empathy. It can speak the language of the heart, touching centers of feeling.”

Another piece of advice is to draft your own eulogy to focus on what you hope to be remembered for in your life. Kolles, a classical pianist, has played for memorial services and has heard hundreds of eulogies. She says, “Never have I heard someone talked about as a CEO who

made profits,” she says. “Rather, eulogies are always about values, ways people have been moved by the person.” Thinking about one’s own eulogy helps rethink how one makes decisions and the kinds of values one has.

Larry Fink, the CEO of Blackrock, in 2020 reexamined the business and announced that the assumption that boards of directors were to solely focus on fiduciary responsibility needed to be changed. “A company cannot achieve long-term profits without embracing purpose and considering a broad range of stakeholders,” including the environment, he said.

*ReGeneration* is rich in ideas. Reunite your heart and mind, reimagine how you use money, reexamine the purpose of business and the role of people, reframe the questions asked, redesign with people and the future in mind. Uldrich and Kolles go beyond the philosophical to the practical application as a way to reinvent business as a place that is successful and satisfying.



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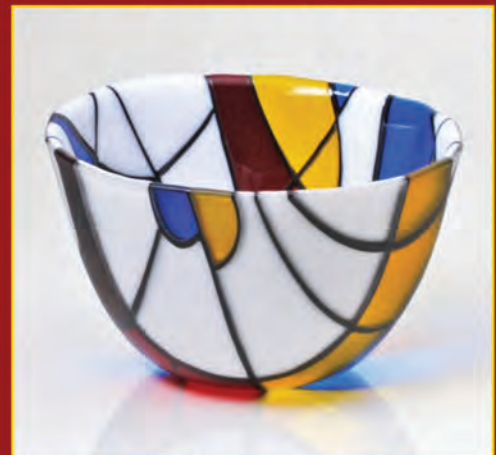
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In the past five years, the number of pickleball players in the U.S. has more than doubled. The sport is “incredibly popular” in Springfield, says Derek Harms, partly because it serves all ages.

# People prefer **pickleball**

## So many players, not enough space

By DiAnne Crown Photos by Brian Bowles

The fast-growing sport with a funny name, oversized paddles, short rallies and small courts arrived in Springfield in 2010 and just keeps growing. In fact, says Jack Handy, Springfield Pickleball Club president, “We need more courts.”

In the past five years, Handy says, the number of pickleball players in the U.S. has increased from 2.5 million to approximately 5.5 million, while tennis participation has decreased from 21 million to approximately 18 million. Racquetball has declined too. “And pickleball players play a lot more, usually three to four times a week.”

That average is probably low for the enthusiastic, sociable Springfield crowd. “Pickleball is incredibly popular in Springfield,” says Springfield Park District Executive Director Derek Harms. “We see the pickleball community continuing to grow, and people playing on the courts daily. It’s a sport that serves all ages.”

“I know people who are retired and play almost every day,” says Steve Friedman, 65, who has been playing for nine years in Springfield. He plays singles, men’s doubles, and mixed doubles, usually at Iles Park and occasionally at Duncan Park. “A lot of the retired players may take a day off once in a



Jeff Swaney, left, Chip Sigourney, W. Scott Hanken and Jack Elston.



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while,” Friedman says, “but they’ll play in the morning, at night, whenever.”

Handy, now 70, ran the pickleball tournament in this year’s Senior Olympics, and coordinates Pickleball for Beginners every Wednesday at Iles Park. “It’s been a real highlight of this summer,” he says. “One night we had 73 people come out, and we average 50 people every Wednesday. It’s amazing how many people come out to play. Many come three or four times a week after they learn, even six or seven days a week. People get addicted.”

For many visitors as well as the Springfield club’s 325 members, the social aspect is a big draw. “Even beginners who don’t have anyone to play with can show up at Iles Park and join a game. You can meet and play with a lot of people,” says Handy.

Friedman agrees. “It’s definitely a social game,” he says. “I’ve met a lot of people I never would have met before.” They have a texting group to arrange games and look for each other at tournaments, including people from out of town who play in the annual Scheels tournament and Senior Olympics.

For people who want to try it, Handy suggests Wednesday evenings at Iles Park. From May through September, beginners arrive any time after 5 p.m. at Iles Park, learn the basics from club volunteers, draw paddles for a spot to play, and join in the fun free of charge. After that, sessions are always open at Iles Park. Duncan Park works a little differently.

## Want to play?

**Jack Handy’s pointers for new players**

1. Do not run backwards. You’ll crack your head open. If someone lobs a shot toward you, it’s your partner’s job to run behind you to hit it.
2. Play soft. It’s a game of reactions, not power.
3. Communicate with your partner.

There, set groups arrive together and play together until they decide to stop. “It’s more competitive,” says Springfield Pickleball Club Vice President Karen Jacobs, age 59, who plays regularly at Duncan Park. Don’t assume you can just show up and play, although a sign encourages people to take turns when there are more people than courts. “It’s closed play. At Iles, anyone can come, rotate in, and play. At Duncan Park, it’s more competitive than beginner play, more organized into groups of comparable skills,” says Jacobs.

Skill level is rated on a five-point USA Pickleball Association scale. Jacobs isn’t



Beginners court at Iles Park is a good place to learn the basics, free of charge.



rated, but estimates her level at about 4.0. So, very competitive. Level 1.0, by comparison, says Handy, is a player who swings and misses more times than he or she hits the ball. "Springfield has many 3.0 and 3.5 players, which makes it pretty competitive," he says.

With that much interest, it's no wonder Handy is looking for more court space. "Monday through Friday at 11 a.m. you can drive by just about any time and the courts are all full with people waiting. We're working with the Springfield Park District to get more courts." Especially indoor courts.

"Our biggest problem is finding places to play at night in the winter. We can play at the Salvation Army in the morning seven days a week, but there are only eight courts and a lot of working people can't get a game in at that time of day."

A committee to solve this problem is considering improving some of Springfield's tennis courts, building their own place, or using portable nets and painted shadow lines in a local sports facility where six tennis courts could accommodate 12 pickleball courts. "They do that in Pekin, Bloomington and Decatur. We're hopeful that, down the road, we can have a similar arrangement."

But the most interesting possibility right now is the PickleRoll portable pickleball court. "It's brand new," says Handy. "There are only two in use right now. We're a demonstration site for it." The 800-pound mat can be unrolled over uneven surfaces, such as the deteriorated asphalt tennis courts in Springfield, and presto! Game on. "It will arrive next month. The Knoxville, Tennessee, company will deliver, install, and level it. Then we'll leave it out during the winter to see how it holds up. We're cautiously optimistic."

Until they know that it's the new solution for a wildly popular sport with a space problem, Handy would love to know if anyone has a nice warehouse space with cheap rent for the winter. Contact him, and learn more about the Springfield Pickleball Club on Facebook. Then give it a try some Wednesday evening. They'll even provide the paddle.

If you like it, join the fun and join the club. "Dues are \$25 per year," says Jacobs. "It's the best deal in Springfield."



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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.

### September

#### PrideLinc Senior LGBT Connections

Thursdays, 11:30am. Weekly congregate meals open to LGBTQ seniors and an ally or caregiver. Includes time for education and socialization. Call by Tuesday for a Thursday meal. Visit the Facebook page for more information. AgeLinc, 2731 S. MacArthur Blvd., 217-787-9234.

#### Bares, Broncs & Bull Riding

Sun., Sep. 25, 4pm. Wild enough for both the traditional rodeo fans and the new breed of rodeo fanatics. \$15. Illinois State Fairgrounds, 801 Sangamon Ave., 217-782-6661.

#### Boo Crew Haunted House

Sep. 30. Open every Friday and Saturday night through October. Both the Trail of Lost Souls and the haunted house are back this year. Concessions available. Boo victims should be at least age 10, but matinee hours are available for youngsters. Box office opens at 6:30pm. Haunting begins around 7pm. Rain or shine. \$25-\$40, matinee hours \$15 and \$5 for children. Boo Crew Haunted House, Mechanicsburg, 11083 Buckhart Rd., 217-551-6969.



Boo Crew Haunted House is open every Friday and Saturday, Sept. 30 through October.

#### Holes in the Sky: The Sean Miller Story

Sep. 30, 8pm. In July of 2013 Sean Miller disappeared for four days. Seven years later a documentary film crew found out why. An award-winning found-footage abduction film. Free. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

### October

#### Artisans & Antiques Market

Oct. 1, 9am-5pm. Acres of antiques and independent artisans, food trucks and a children's area. Former Benedictine University campus, 1500 N. Fifth St., 217-836-7671.

#### Bill Forness & One More Round

Oct. 1, 7pm. Celebrating the life and music of one of the most influential musicians

of our time, Forness has mastered the essence of a real Johnny Cash performance. \$25. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

#### Echoes of Yesteryear

Oct. 2, 12-4pm. A walk through Oak Ridge Cemetery. Actors in period costumes will tell personal stories of eight people who made significant contributions to our community. Last tour begins at 3:15pm. Refreshments available for purchase. Hosted by the Sangamon County Historical Society. Free. Oak Ridge Cemetery, 1441 Monument Ave., 217-525-1961.

#### Candlelight Walk

Oct. 7. The only opportunity to see the log cabin village at night. Period-clothed interpreters will be inside many of the log



homes and shops to talk about life in 19th century Illinois. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

#### **Soprano Diane Dietz**

Oct. 7, 7pm. Part of the First Friday concert series. Free. Cathedral of the Immaculate Conception, 524 E. Lawrence Ave., 217-522-3342.

#### **Terror on the Square**

Oct. 7, 7-11pm. Every Friday and Saturday through Nov. 1. A terrifying haunted tour with mystifying illusions. Do you dare to step into the 1930s funeral home knowing that terror awaits? Go to [terroronthesquare.com](http://terroronthesquare.com) for details and tickets. \$23. Terror on the Square, Petersburg, 119 S. Seventh St., 217-632-2731.

#### **Youth Charity Horse Show**

Oct. 7-9. Class sessions are 8am-10pm Friday and Saturday and 8am-6pm Sunday. The organization donates its annual proceeds to area charities. Free. Coliseum, Illinois State Fairgrounds, 801 E. Sangamon Ave., 217-494-1215.

#### **Bird Banding**

Sat., Oct. 8, 8am-2pm. Tony Rothering, licensed bird bander with the Lincoln Land Association of Bird Banders, will band wild birds and share information about the diverse bird population in our region. Free. Jubilee Farm, 6760 Old Jacksonville Rd., 217-787-6927.

#### **Fall Harvest Festival**

Oct. 8-9, 10am-4pm. Visit the garden for artisan demonstrations and exhibits, children's activities, fairy house building, tree troll program, Art in the Garden, photo contest, music and entertainment. Admission \$8. Children age 10 and under are free. Lincoln Memorial Garden, 2301 E. Lake Shore Dr., 217-529-1111.

#### **A Night Under the Stars**

Oct. 8, 5-8pm. A night filled with fun, food, drink and music in the backyard of the Edgar Lee Masters home. Live music by saxophonist George Caton and silent auction of local art, wine baskets and other items. Ticket includes appetizers and desserts. Bring a lawn chair and your adult beverages. Request tickets through the venue's Facebook page. Edgar Lee Masters Memorial Museum, Petersburg, Eighth and Jackson streets.



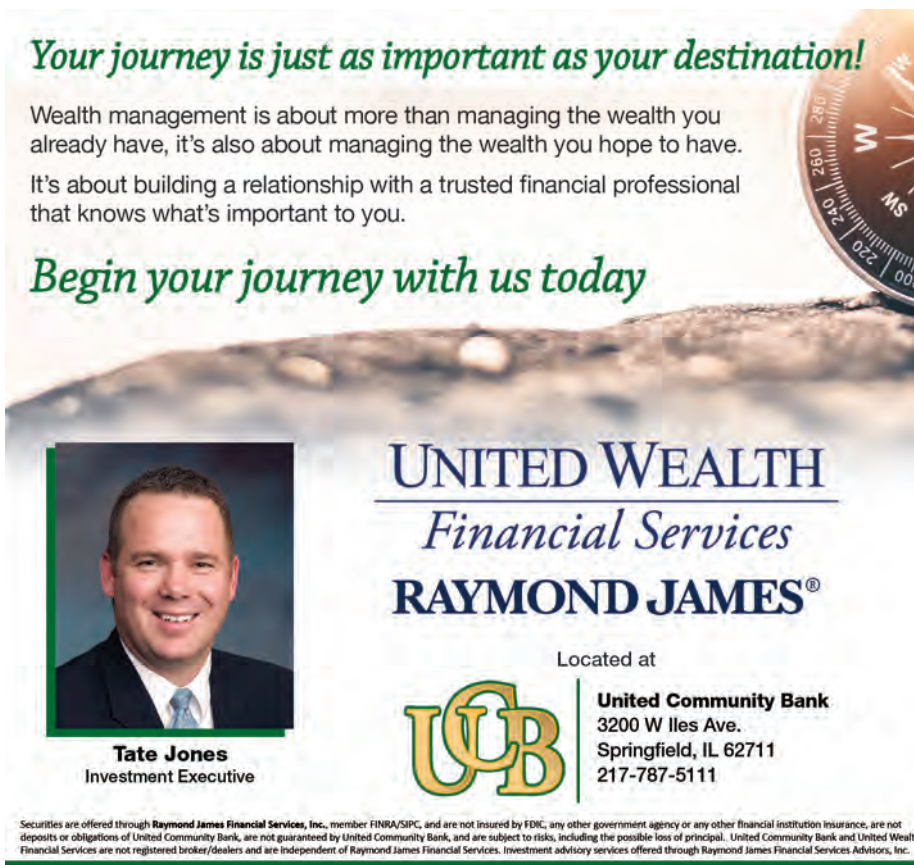
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### **Kinky Boots the Musical**

Oct. 14-16, Oct. 19-23, Oct. 26-30. A sizzling, high-spirited musical that is bound to put cheer in your heart. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

### **The Play that Goes Wrong**

Oct. 14-16 and Oct. 21-23. Follow the members of the Cornley Polytechnic Drama Society, who are trying their very best to stage a production of a 1920s murder mystery, and watch as everything, well, goes wrong. hcfta.org. Seniors \$18, adults \$20. Springfield Theatre Centre, 420 S. Sixth St., 217-523-2787.

### **Oak Ridge Tree Tour**

Oct. 15, 1-4pm. Some of the trees in the cemetery can be traced back to before Lincoln's time, while others have been propagated from historic and rare trees from around the temperate world. Walk a designated route, stopping to speak with guides who will identify some trees and their stories. Suitable for all ages. Follow the signs once inside the cemetery entrance. Oak Ridge Cemetery, 1441 Monument Ave., 217-789-2340.



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Oct. 20-23. AKC Conformation dog shows. Hundreds of dogs in four shows by central Illinois kennel clubs. Dog supply vendors. Free. Illinois State Fairgrounds Exposition Building, 801 Sangamon Ave., 217-621-5169.

### **Expo XLIII: Lagersttte**

Oct. 21-23, 8am-5pm. The world's largest fossil-only show. Buy, sell, swap and display. Children's activities, silent auctions, programs and workshops. Sponsored by the Mid-America Paleontology Society. Free. midamericapaleo.org. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 815-228-5083.

### **Fall Festival**

Oct. 22. Smell the hardwood fires and listen to the 19<sup>th</sup> century sounds as period-clothed interpreters demonstrate daily tasks throughout the historic village such as candle dipping, soap making, blacksmithing, spinning wool, gardening, and natural dyeing. lincolnsnewsalem.com. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.



### **Lincoln & African Americans in history and memory**

Oct. 22, 6pm. Dig a little deeper into our history as professors Jonathan White, Matthew Norman and Fred Hord discuss the many African Americans of the Civil War era and their connection to Abraham Lincoln. Part of the 2022 Mary and James Beaumont Endowed Lincoln Legacy Lecture Series. University of Illinois at Springfield, Student Union, 1 University Plaza, 217-206-6073.

### **6x6 Art Raffle**

Nov. 3-10. Visit the display of 6x6 art by local adult and youth artists and enter for a chance to win one. Winners will be announced during the in-person event on November 10 at 7:15pm. Chances to win can be purchased online or in person at \$2 each. Free admission. Edwards Place, Springfield Art Association, 700 N. Fourth St., 217-523-2631.

### **Joe Bonamassa**

Nov. 3, 8pm. Bonamassa has been hailed internationally as one of the greatest guitar players of his generation. uispac.com. \$59-\$149. UIS Performing Arts Center, One University Plaza, 217-206-6160.

### **Route 66 Film Festival**

Nov. 4-14. The 21st Route 66 Film Festival, featuring independent films from around the world, will be online at filmfestivalflix.com. The awards ceremony will be held at the Hoogland Center for the Arts on Nov. 12. \$10-\$50. 217-494-1279.

### **Tenor Anthony Leon**

Nov. 4, 7pm. The Cuban and Colombian tenor is pursuing a Master of Music degree in vocal performance at New England Conservatory of Music. Free. Cathedral of the Immaculate Conception, 524 E. Lawrence Ave., 217-522-3342.

### **Yesterday - The Beatles Tribute**

Nov. 4, 7:30pm. This production is a spellbinding enactment of the best-loved pop group in the history of modern music. \$30. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

### **Fine Arts and Craft Fair**

Nov. 5-6, 10am-5pm. Featuring over 25 artists and vendors, plus raffle holiday baskets. Free. Hope Presbyterian Church, 2211 Wabash Ave., 217-546-6951.



# **20<sup>th</sup> Anniversary Celebration**

## **SPECIALS EACH MONTH**

### **Free Pick-Up in Sangamon County**

## **217-523-2710**



## **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



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