

Grownups getting stronger

REGEN

Spring 2024
FREE

**Surprising
Illinois
products**

Page 5

**Diversify
your
workouts**

Page 14

**Senior
moments**

**Readers write about
the good kind.**

Page 8

**Travel to
western
Illinois**

Page 19





CATS & MATS

Unwind and Recharge with a Relaxing Yoga Class
WITH KITTENS! Proceeds go to Forever Home
Feline Ranch.



SATURDAY, 27TH APRIL 2024



CALL: 217-503-9898 FOR TAYLORVILLE
LOCATION



www.TaylorvilleYogaStudio.com
Book Under "Workshops"

REGISTER NOW



**CAN'T MAKE
THE DATE?
YOU CAN
STILL
DONATE!**



- Bring A Donation of Cat Food or Litter and Receive an Extra Raffle Ticket
- On-Site Adoptions
- Email TaylorvilleYogaStudio@gmail.com to Donate to Our Raffle
- Bring a Mat if You Have One!

contents



New grandma Nicole Florence, with her daughter, Rosa, and grandson, Kamdyn, writes "What is your grandma name?", p. 17.

Features

- 5 | **State fare**
Illinois products
- 8 | **Readers write**
Senior moments
- 13 | **Health**
The Path of Yea and Nay
- 14 | **Fitness**
Diversify your workouts
- 17 | **Family**
Congratulations! What is your grandma name?

- 19 | **Travel**
Don't forget western Illinois
- 22 | **Shopping**
Welcome to heaven at the mall
- 24 | **Community events**
See what's happening near you

ReGeneration

Spring 2024

After we named this publication ReGeneration – after the 50-plus generation that is reinventing the second half of life – we began seeing the word everywhere.

"Regeneration," for example, is the name of an exhibition of Black cinema at the Detroit Institute of Arts, named after a 1923 film with an all-Black cast about a man who turned his life around. Regenerative agriculture was the theme of a recent conference in Springfield about using grass and livestock to heal the soil. And now the seasons of Easter and Passover celebrate God's hand in regeneration, making people spiritually alive again.

This edition of our quarterly includes a fun twist on "Senior moments," a topic which has been in the news lately. Physical and spiritual health, shopping and travel, all geared toward active oldsters, will make you ready to regenerate all over again.

And by the way, what is your grandma or grandpa name? Write to us at editor@illinoistimes.com. –Fletcher Farrar, editor

Editor and CEO
Fletcher Farrar / ffarrar@illinoistimes.com

Publisher
Michelle Ownbey / mownbey@illinoistimes.com

Associate publisher
James Bengfort / jbengfort@illinoistimes.com

Calendar editor
Daron Walker / calendar@illinoistimes.com

Editorial/advertising design
Joe Copley / jcopley@illinoistimes.com
Brandon Turley / bturley@illinoistimes.com
Devin Larson / dlarson@illinoistimes.com

Advertising sales
Beth Parkes-Irwin / birwin@illinoistimes.com
Ron Young / ryoung@illinoistimes.com
Yolanda Bell / ybell@illinoistimes.com
Haley Jackson / hjackson@illinoistimes.com

Business/Circulation
Brenda Matheis / bmatheis@illinoistimes.com

Copyright 2024. 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.

Embrace the Power of Restorative Medicine

To heal and restore function to the body and mind, the Restorative medicine clinic searches for the root cause of your disease and prioritizes your body's innate healing capacity. We work with your body to create change.

These therapeutic approaches may involve:

Dietary changes | Acupuncture | Manual manipulation |
Lifestyle modifications | Herbal treatment |
Supplements | Mindfulness



Schedule your appointment today by calling 217.545.8000
or go to siumed.org/treatment/restorative-care



Delight THE EYE,
tickle THE TASTE BUDS
AND *fuel* THE BODY.

Cedarhurst Senior Living's **Crafted by CedarhurstSM** is food for foodies! Get hungry!

SCHEDULE *lunch* AND A *tour*.

Call: 217-906-3183

Visit: www.CedarhurstSpringfield.com



Cedarhurst of Springfield
3520 Old Jacksonville Rd • Springfield, IL 62711
Assisted Living & Memory Care



Surprising Illinois products

From Fire Department Coffee to Gindo's Hot Sauce, the 25th annual expo treats many tastes

By Chris Crown

March 2 and 3 saw a snaking line of eager locals winding into the Orr Building at the Illinois State Fairgrounds. Each with five dollars in hand, customers came hungry to taste some of Illinois' finest handmade products at the Annual Illinois Product Expo, celebrating its 25th anniversary this year offering a venue for more than 50 Illinois producers to showcase their goods. Armed with a free tote bag and my journal, I paid my entry and set forth into the shoulder-to-shoulder action to find some of the most interesting vendors and get their stories.

My first stop was Fire Department Coffee. Dressed in his daily uniform, Randy James, the brand director, agreed to speak with me about the Rockford-based small batch roasting company which donates portions of all profits to first responders who are injured or ill. "The consumer wants to know that their money is investing in companies that support good things," Randy explains. "People like these stories." As we are speaking, Connie Locher-Bussard walks up and says that her daughter is a retiring firefighter in Washington. Locher-Bussard came to get some FDC beans to send to her daughter. As FDC expands to Meijer, Jewel and soon Walmart, the brand is gaining a big following.

I turn a corner and stop at Phoenix Bean Tofu. In business for more than 40 years, Phoenix works with Illinois farmers to supply a "full life cycle" solution for their soybeans. Company owner Jenny Yang explains: "When we buy the beans, we process them using traditional methods and then give the leftovers back to Illinois livestock farmers as feed. After that, we take the animal refuse and supply it back to the



Hungry patrons flocked to the Illinois Product Expo to sample the state's fare March 2 and 3. The line at the Rolling Lawns Farm booth was especially long, but the ice cream was worth the wait.

soy farmers for fertilizer." I taste some of their delicious soy noodles and ask Jenny how she got into the business. "Well," she laughs, "I was a customer and I liked it so much I saved up and bought the company!" After trying several different and tasty textures of tofu, I move on.

I pull up to Itty Bitty Micro Farm. Owner Mike Hicks, a specialist in cultivating microgreens, tells me he was diagnosed with terminal thyroid cancer and decided to triple his consumption

of microgreens for one year. He is now cancer-free. I celebrate with him and take a pinch of tasty broccoli greens. I can taste the freshness. He tells me the juvenile plants hold more than 40 times the nutrients of full-grown florets.

Now it's time for something sweet. I meet founder Mark Croy of Re-Markable Caramels. He hands me a pretzel dipped in warm caramel sauce that his friends and family are serving out of crock pots to hordes of fans. And



Utilizing every step of the soybean production process, Jenny Yang and her family at Phoenix Bean Tofu use traditional Eastern methods to produce high-quality tofu products and give back to local farmers.

customers are ready to buy, some stating they come every year just for his stand. He tells me with a smile that the idea started back in high school, "many decades ago." After dinner, he wanted a sweet treat but his mom told him to make it himself. He describes the first batch of caramel from that night as "an utter disaster" but has since "refined the recipe into something that's neither overpoweringly sweet nor too salty." I agree.

My last two stops are at Earth Candy and Gindo's Hot Sauce. I lump them together, as fantastic additions to my next charcuterie board. Earth Candy's owner, Dave Huniak, lets me try his "fine acidified foods," which are "like pickles but cooler." From his perfectly balanced blends of sweet and spicy vegetables (my favorite product was called Picalilly) to his candied and pickled spiced orange slices, I am hooked.

Saving the palate-buster for last, I stop by Gindo's Hot Sauce and dabble in the fiery arts with my guide, Jaclyn. Gindo's

specializes in fresh-made hot sauces without pickled vinegar bases. Where Earth Candy shines, Gindo's goes the opposite path and excels as well. Their hot sauces "actually taste like the peppers, not just spicy vinegar," Jaclyn adds, while dishing out small sample spoons to teary-eyed customers. I couldn't agree more.

I leave the Orr Building with a full bag and a true appreciation of what Illinois has to offer. I enjoyed the tastes, but the real takeaway was how passionate these vendors are and how many fine local products we have the privilege of supporting in our home state. □

After three years working as a professional guide and ornithologist in Alaska and Antarctica, Chris Crown returned to his hometown, Springfield, to reposition before a new adventure in graduate school. Having worked as a divemaster, DJ, baker, personal trainer, motorcycle mechanic and many other pursuits over the last 10 years, it's only fitting that he sample as many Illinois Product Expo free tastes as possible.



What started as a small-batch roasting hobby has become a full-time business for Fire Department Coffee, which gives a portion of its profits to support first responders across the country.

Your capital city electric bike connection

Follow Us On [Facebook](#)

217-523-0188

Sales • Service • Trade-ins • New & Used Bikes • Indoor Cycling Trainers • Large Inventory
ASK ABOUT OUR TUNE UP SPECIALS
2500 S MacArthur Blvd • Springfield • acebicycleshop.com

Forever Home Feline Ranch

Is In Need Of VOLUNTEERS

- Sewing & Crafting
- Adoption Events
- Fostering
- Grant Writing
- Photography
- Pet Profile Writing
- Transportation
- Socializing Cats & Kittens
- Cleaning
- Maintenance & Minor Repairs
- Distribute & Post Flyers
- And more!

Contact us at 217-503-9898
fhfrvolunteer@gmail.com

Senior moments

Only a few involve forgetfulness.
These moments are made of gold.



Carolyn and Ralph Dowis. PHOTO COURTESY OF CAROLYN DOWIS.

We asked readers to give us essays of 300 words or less about Golden Senior Moments. Here are their contributions.

The last sunset

If you're from central Illinois, you know the kind of night I'm talking about. I remember it because I was there. It was one of those nights, later in the summer, when the sun started waning and it seemed like the tree branches refracted the dying rays. A few dry leaves skittered across the parking lot, dropped from the mother tree way too early, but out of necessity, the parched earth unsatisfied with the moisture it had been allotted.

The cicadas' chorus reached a crescendo, then rhythmically subsided as they signaled the impending sunset. A lonely train whistle cut through the humid evening and faded as the locomotive pulled its load out of the city onto the prairie.

I was there that night because the decision had been made: All the options had been exhausted and it was time to move to the hospice.

The hospice was right across the street from the hospital but it required an ambulance transfer because of the oxygen tank and all of the IVs. So I went ahead and walked across the street and waited by the ambulance entrance. After about 15 minutes, the ambulance arrived and parked underneath those old trees on Eighth Street.

The paramedics unloaded the stretcher and rolled her over to a spot under a tree, facing west where she could see the sunset, now spectacular with shades of pink, purple, orange and blue. The paramedics stepped respectfully away, almost standing at attention by their rig.

No one was in a hurry for this sacred moment to end. I can still remember the scratchiness of the brick as I leaned against the wall watching her see that last sunset. Over the years I've pondered how long this lasted ... me, her and two paramedics witnessing that beautiful sunset. Since that day, I've always treasured sunsets. —Stephen Lee

The power of awe

I first learned about the science of awe after an awesome whitewater rafting trip on the Colorado River. I was overwhelmed with emotions I couldn't explain when immersed in the vastness of the Grand Canyon, stunningly beautiful scenery and the Milky Way filling the night sky. This intrigued me to learn more about the power and science of awe.

Dacher Keltner is a professor at the University of California, Berkeley, and author of the 2023 book, *Awe, The New Science of Everyday Wonder and How It Can Transform Your Life*. He explains that "awe is the emotion we experience when we encounter vast mysteries that we don't understand." Awe can

be found everywhere by opening our minds and engaging our senses. His research documents that experiencing awe is good for your mind and body. It triggers the release of oxytocin and dopamine, activation of the vagus nerve and reduces the fight-or-flight cardiovascular response. It produces inflammation-fighting substances called cytokines. The result is reduced likelihood of cardiovascular disease, diabetes, depression and everyday aches and pains.

Keltner cites eight wonders of life where one can find awe — moral beauty (exceptional character and ability), collective effervescence (being part of a collective "we"), nature, music, visual design, spirituality and religion, life and death, and epiphany. Experiencing awe leads to feeling part of something larger than oneself, being open to new ideas and it animates children's curiosity.

I now realize other ways I have experienced awe — the birth of my two grandchildren, watching them learn and explore, observing a monarch butterfly lay an egg on a milkweed plant, looking closely at paintings in art museums, taking walks in Washington Park during COVID-19 and observing clouds in the sky.

Slow down, engage your senses and find the extraordinary in the ordinary for a less stressful and more fulfilling life.

—Karen Ackerman Witter

News of war

A long time ago, my education began in a one-room county schoolhouse. It all started in the first week of September 1939. During that first week, the teacher made an announcement to all the students: "The Second World War began today." —Joe Donovan

My maternal grandfather

My grandfather was born in Italy and immigrated to the U.S., leaving his immediate family behind. He, my grandmother and their two daughters arrived at Ellis Island. He was an avid outdoorsman who fished, hunted rabbits and squirrels, along with catching turtles. There were many times my grandmother



Anna, granddaughter of Karen Ackerman Witter.
PHOTO COURTESY OF KAREN ACKERMAN WITTER.



Joe Donovan with his dog, Herman.
PHOTO BY RICH SAAL.

would fry fish or turtle over an open fire made from two cinder blocks topped with a metal grate where a black wrought-iron pan sat.

He was a mushroom hunter, identifying poisonous from nonpoisonous, teaching me the difference between them. His other talents were gardening and winemaking. I assume those skills were used to survive in his homeland. He said his family was among many at the poverty level.

His garden measured one-half lot, including different types of tomatoes, peppers, lettuce, green beans, potatoes, onions, garlic and strawberries. Weeds were scarce. He cleaned his tools daily, coating them with oil. He grew fruit trees in his yard; sweet red and yellow cherries, sour red cherries, apricots, peaches and apples. And he had a grape arbor.

To make wine, grapes were delivered annually to his door. The wooden crates had colorful labels showing pictures of different produce. He said they were shipped from California. Barrels with spigots were in the room behind the crates. This room was dark and cool to

best ferment, I'm guessing. Other men made wine, however my Dad claimed my grandfather's was best.

When I was nine, my grandfather brought a crow home and gave it to me as a pet. I thoroughly enjoyed this. It stayed for nearly six months before eventually flying off.

Another memorable case was when he told me to eat poison ivy to build immunity. It then erupted in my mouth. He said I should have eaten it in the spring, not fall. – *Joann Howard*

Another definition needed

The phrase "senior moments" conjures up an instance of momentary forgetfulness or confusion that is attributed to aging. These moments or glitches in the brain can happen to people in their 30s or 40s also, so I would like to offer another definition.

Let's think of these moments in a positive light.

Wisdom and experience. We seniors have a wealth of knowledge and life experience to share with the younger generation. Invaluable advice and guidance gained from a lifetime of learning.

Embracing self-care. We seniors now can prioritize our well-being, recognizing the importance of maintaining our physical and mental health. This involves regular exercise, healthy eating, meditation and yoga.

Opportunities for learning. Age is no barrier to learning. Seniors love new opportunities. Whether it's a new hobby, taking classes or traveling to new places.

Freedom from responsibility. Many seniors enjoy a newfound freedom from pressures of work and raising children/family. It allows us to pursue other interests.

Legacy/impact. Seniors can make a positive impact on their community, whether it is volunteering, sharing wisdom or sharing knowledge.

Aging is a privilege denied to many. So, let's be thankful for seniors and their moments. The next time a person you know has a senior moment, recognize all the wonderful things that are before and after those 30 seconds. –*Lori Frazier*



Judy Gunn with grandchildren at the Abraham Lincoln Presidential Museum.

I'm a grandmother

I didn't really know a grandparent, but I knew that when I became one, I'd be a GRAND-parent. Friends (not wanting to sound old) were becoming Nanas, Memas and Mimis but I wanted to be called Grandma. When someone asked my grandchildren about their grandmother, I wanted them to think of me.

Though they lived out of state, I was there when they were born. I visited

often to help, pushed them in baby carriages to the parks, pushed them in swings at the parks and as they grew, walked them to and from school. They got to know their neighborhood and neighbors with me.

And, oh, when they came to Springfield to visit we played! Dress-up clothes including wigs and wedding gowns, songs and dances on the porch, hot wheels and trains in the basement, tents with sheets in the living room,

“Grandma’s School” in the mornings with “Word of the Day,” “State of the Day” and as they kept growing, “Country of the Day.” Baseball in the back yard, flower watering, garden vegetable picking, water hose fights, lemonade stands, bike rides to the “willow tree” for swinging and tree climbing and always story time before bed.

Picking one moment from all the glorious moments with them is hard, but one does stand out in my memories because it was so unusual. Apparently, I said something in a scolding manner to my 5-year-old grandson. He walked away down the hall and turned to look at me. Trembling and with his little puckering lips he burst into tears and cried, “You broke my heart!” I vowed – “never again.” –Judy Gunn

Loving, caring and creative Aunt Mary

My mother worked full time and my Aunt Mary was my caregiver. I went to her house every day for lunch and after school. She was a loving and caring person.

At Christmas she would make 15 nut rolls and hundreds of cookies to give to family and friends. At Easter she would make lamb cakes. As she grew older, she could no longer bake. I began to send her homemade treats at Christmas.

In December of 2010 she was 94 and living alone in her home in Chicago. She had no children and I was very close to her. She called me when her UPS package had arrived. I asked her if she had tried any of the baked goods. She said that the package was still on the front porch. She used a walker and was unable to bring it in. Her neighbor who helped her was not at home. I told her not to worry because nothing would spoil.

A few hours later she called to tell me that the package was in the house. I said, “Oh, did your neighbor come home?” She said, “No,” and then added, “I ordered a pizza and when it was delivered I asked the man to put the package in the house.”

She was very creative. I laugh when I think about this story. She died two

months later. I still miss her. –Rita Whitney

Vaguely

My husband, Ralph, was diagnosed with Alzheimer’s disease in his late 70s. We moved into Brenden Gardens, an independent living facility, a few months after his diagnosis.

Here are a few fond memories I have of living there.

One sunny afternoon, I left to make some purchases at Walmart. I told Ralph there were clothes in the dryer but I would be back by the time they were dry. I ran my errand and, as I pulled into the parking lot, Ralph was there waiting for me. Ralph helped me carry my purchases in, and, as I opened the door to our apartment, I was surprised to see the laundry neatly folded on the table. As I looked closer, I realized the laundry was still damp and wasn’t even our laundry! Ralph had taken someone else’s laundry out of the other dryer. We laughed as I quickly grabbed the damp laundry and took it back to the laundry room and put it into the dryer to finish drying. The other dryer held our completely dry clothes.

As Ralph’s disease progressed, we



Mary Yankee, aunt of Rita Whitney.
PHOTO COURTESY OF RITA WHITNEY.

found humor was the best way to cope with his condition. We had always used humor to get through the more trying times in our marriage. Many times, I would ask him if he remembered certain things that happened while raising our three children. He would always say, “Vaguely.” Time after time when I would ask him a question about something he would say he remembered it “vaguely.” Every time he said it, we would laugh. It was our way to bring some levity into our lives to make it more bearable to cope with the effects of Alzheimer’s disease.

Ralph passed in 2020. I have fond memories when I think of that word . . . “vaguely.” –Carolyn Dowis

Getting older is like riding a roller coaster

“Senior moments” is a term used to describe a temporary memory lapse such as forgetting your PIN or a person’s name. While these types of lapses can affect people of all ages, older people seem to have them more often.

My friends and I always say that getting old is not for sissies. You go to bed feeling good, and you wake up with a new pain, wondering where it came from. One evening I went to bed and when I went to get up the next morning I almost fell because my knee gave out. You have an issue and go to the doctor. He says that he is not sure what it is and sends you to a specialist who is bewildered.

Most seniors have experienced going into a room and then standing there because they forgot why they went into the room. You must laugh at yourself.

Always keep your phone charged so you can have your mate call it when you can’t find it.

A glass of wine is good for the soul. The day we run out of wine is just too terrifying to think of.

Getting older is like riding a roller coaster. There are thrills, exciting moments, highs, lows and sometimes you just may pee your pants from laughter. I get up each morning and thank God for giving me a new day just to experience life. –Nell R. Clay □

Services Available

ADULT PROTECTIVE SERVICES
CARE COORDINATION
CHOICES FOR CARE
INFORMATION & ASSISTANCE
SENIOR HEALTH ASSISTANCE
MONEY MANAGEMENT
CAREGIVER SPECIALIST
ELDER ASSISTANCE SERVICES
DAILY BREAD
MEALS ON WHEELS
SENIOR TRANSPORT
PROGRAMS & ACTIVITIES
TRAVEL OPPORTUNITIES
ILLINOIS SENIOR OLYMPICS



Senior Services of Central Illinois



701 West Mason
Springfield, IL 62702

(217) 528-4035

www.centrallIlseniors.org

DAD IS
TRAILING
OFF IN THE
MIDDLE
OF HIS
SENTENCES.

KNOW
WHERE
ALZHEIMER'S
AND ALL
DEMENTIA
HIDE.

New problems with words or speaking
is a warning sign of Alzheimer's.
[Learn more at alz.org/10signs](http://alz.org/10signs)



The Path of Yea and Nay

“Life is a balance between holding on and letting go.” - Rumi

By Tim Hahn

We are in a time of great divide with little common ground. If life were a pendulum it would be in the extreme forward or reverse direction, depending on one's point of view. Every category of life seems to be up for regeneration in this edge state of cultural evolution. Change is already here and will continue as it always does and always has. We are both awakening and pivoting to a different way of living without much time to pause. As with any type of upgrade, change takes time and effort, while it's hard to let the old systems go.

I offer here no answer to eliminate extreme divisions. It seems humanity is both burdened and built from them. But I hope to inspire and offer insight to a method to consider along the way.

The path of yea and nay is not new or complex. It is simple. The most difficult part is our ego. In this situation the ego is a separate individual and personal story that identifies with itself through a lens of accumulated experiences and accepted truths.

We do not see the world as it is, but we see the world as we are.

The path of yea and nay is an expansive system of checks and balances for the ego. It is an equalizer, sometimes called the middle path. Yea and nay can be interpreted as yes and no, as well as addition and subtraction. As the space between the two opposites gets larger, a third way appears. This third way is contemplative and open to continual revisions as it remains fluid.

Division and opposition are opportunities for growth; they each give birth to the other. The differences in the way we see things has always been and always will be; this isn't something new. The ability to evolve requires every type of angle and as we evolve, we expand those angles. While not losing sight of the big picture, ideas can be tested. Feedback gives us insight into what is working and what

is not. Often, we cannot know until we try. If we come from a middle path, we give ourselves room to regenerate again and again. When staying independent and neutral for the betterment of all, sometimes the right decision is not obvious. But the next steps are revealed as we patiently take the first steps.

So how do we do it? How does one live with being proactive, while at the same time turning inward, creating more spaciousness and stillness? What quality has the capacity to hold both? What is simple, innocent and intelligent? If we could describe this method with just one word, the concept might become diluted and misunderstood. But that is the way we converse. There must be a word that can be widely understood. It's called humility.

Humility can be the alchemy of division. It is the living presence within that allows us to weave back and forth fluidly and to fully embrace all parts of life. It is what can connect us to one another as we see deeply that we are not what divides us but what brings us together. Those are the elements in which we can find common ground. We are all the same kind, one tribe. As we subtract the part of ourselves that is contracted and open ourselves to other possibilities for the highest outcome, we all gain.

Humility is being present, undivided and receptive. The space between the yea and the nay is life itself. Humility is what can allow us access to it. Humility is the invitation needed to return us not only to each other but to a greater version of ourselves. □

Tim Hahn and his wife, Molly, are Springfield natives and have been running a wellness center since 2010. They have two small children with one on the way. He teaches and is an avid student of spiritual psychology and personal growth.



Diversify your workouts

Power is a plus. Add intensity to improve results.

By Karen Ackerman Witter



Dick McDaniel, age 82, is a regular participant at the 7 a.m. CrossFit Instinct Longevity class designed for people 55 and older. He is always willing to try something new, work harder and go faster. PHOTO BY KAREN WITTER

Everybody knows exercise is good for you, during all phases of your life. Sarcopenia is the loss of muscle mass and strength as we age. Cardio workouts, balance exercises, and strength and resistance training are all part of many exercise regimes to help fight sarcopenia and maintain mobility, strength, endurance and balance. Any form of exercise is beneficial and better than none, but what you do matters. Doing the same workout over and over, without adding intensity, may not yield the results you wish.

There are plenty of examples of seniors who are remarkable athletes. However, for most of us, the goal isn't to be a star athlete. Instead, it is to enjoy an active and healthy lifestyle as we age, and to retain mobility to perform daily activities independently. Examples include getting up off the toilet, getting down on the floor to play with grandchildren, lifting groceries, picking up a grandchild, climbing stairs, avoiding falling, picking things up from the ground and having short bursts of energy when reacting to whatever might come our way.

It's possible to be strong but not powerful. Lifting a maximum, heavy weight involves strength. Power is exerting the most force possible in the shortest amount of time. Power provides the sudden burst of energy to run after something that the wind blew out of your hand, heft your suitcase into an overhead bin on an airplane or dash across the street or up the stairs when you are in a hurry.

Muscles are composed of both fast-twitch and slow-twitch muscle fibers. Slow-twitch muscle fibers (type-1) are fatigue-resistant and provide endurance. Fast-twitch muscle fibers (type-2) fatigue quickly and provide a powerful force, but for a shorter period of time. Type-2 fibers decline more quickly with age. As a result,

people lose power faster than they lose strength. Loss of power also leads to a decline in reflexes, balance and mobility. Adding intensity to workouts helps build type-2 muscle fibers, contributing to an increase in power and providing that sudden burst of energy when you need it.

Building both strength and power are important. Lifting a maximum load builds strength. Performing multiple reps with a lighter load as quickly as possible helps build power. While many exercise regimes involve working out with weights and machines, there are many effective exercises that build both power and strength using only body weight.

Alan Satterly, a personal trainer at the Springfield YMCA, recommends going heavy occasionally and also going faster using lighter loads and more repetitions, with rest intervals between sets. When doing the following sets, he says, you should be slightly fatigued from the previous sets. He also advises varying the intensity in cardio workouts and using a monitor to measure your percent

maximum heart rate.

Financial planners recommend diversifying one's investment portfolio for better long-term performance and results. The same can be said for diversifying your exercise portfolio. Just as it is helpful to get advice from a financial planner, it is beneficial to seek advice from someone knowledgeable about health and fitness. This can help to maximize the effectiveness of time spent working out. Proper form and technique are essential to avoid injury. Exercise can be as much mental as physical. It is important to engage both your mind and body. There are techniques to connect your brain and body to improve balance. Many health and fitness professionals attest to the benefits of yoga. Nutrition is also critical – you can't outwork a bad diet.

There are numerous ways to get good advice – join a group fitness class, engage a personal trainer, do your own research online or simply ask trained staff at the place where you exercise.

Mike Suhadolnik coaches a Longevity class at CrossFit Instinct for people 55 and older. "We employ the mindset of fitness," says Suhadolnik. "In Longevity, we compete against ourselves and not each other and can compare measurable results from yesterday to today. With Longevity, we in our second half of life learn to adapt and adjust to stress and change, physically and mentally, doing what we want to do when we want to do it."

Today is the first day of the rest of your life. It's never too late to focus on improving your health and fitness. □

Karen Ackerman Witter met her husband, Randy Witter, at a morning exercise class at the YMCA. She has always been active. She played racquetball, ran two marathons and is now a regular participant in the CrossFit Instinct Longevity class. She nevertheless finds it a continual challenge to follow what she's learned about health, fitness and nutrition through freelance writing. Every day is a new beginning.

Plan Today to Live Your Best Retirement Life Tomorrow



UNITED WEALTH

Although retirement may seem far away, the years go by quickly and **it's important to have a plan** to help you cross the finish line when and where you want to be.

Our **United Wealth Financial Services** professionals, located at UCB, specialize in retirement planning. Together, we help you choose the right investments and savings pace to put you on track to help reach your retirement goals. Don't wait any longer.

Contact us today to plan your future.

Sarah Robinson

Senior Trust Officer & Attorney at Law
United Community Bank
120 S. Chatham Rd
Springfield, IL 62704



UCB UNITED COMMUNITY BANK
The Leader of Community Banking

UCBbank.com | 217-547-2386



WE ARE VERY PARTICULAR ABOUT LAUNDRY

CAPITAL CITY CLEANERS

WE PICK UP & DELIVER AT YOUR DOOR
WE USE EASY TO GRIP BAG HANDLES

217-679-3766
2912 RIDGE AVE. SPRFLD.



Food Fantasies
Natural foods taste better!

1512 Wabash Ave. • Springfield, IL • 217.793.8009
WWW.FOODFANTASIES.COM

YOUR COMPLETE NATURAL GROCERY AND SUPPLEMENT STORE

- Weight Loss
- Herbal Supplements
- Immune System Support



CBD OIL
OILS • PILLS • BALMS

BEST OF SPRINGFIELD 2023 WINNER
Heal yourself naturally!

Don't be overwhelmed by technology.

LLCC can help with FREE digital literacy classes.



LLC **Lincoln Land Community College**

Visit www.llcc.edu/digital-literacy for dates/times and registration, or call 217-786-2292.

Classes take place at LLCC-Medical District, 130 W. Mason St., Springfield.



Honoring Life™

*Thank You for placing
your trust in us.*

Staab Family & Associates

2023
Best of Springfield
WINNER
- Best Funeral Home -

Springfield • StaabFamily.com • Sherman

Congratulations! What is your grandma name?

By Nicole Florence

I am an ecstatic new member of the grandparent club! My daughter and her husband delivered a healthy baby boy, in their living room Jan. 12. As we awaited his birth, many seasoned members of this club would tell me that the love for a grandchild is like no other. Now I am experiencing what they meant. Perhaps that's because I am much less anxious and frantic than a working mother. Or, maybe it is the renewed sense of hope and love I feel when I hold him, like I did his mother 27 years ago. I do wonder how my grandson will see me. Many congratulate me on my induction to this club. The next question is always, what is my grandma name?

Many grandmothers choose their own name, hoping that it sticks. My mom did that as she wanted be known as Nona, from the children's story *Strega Nona*. The story is about a town matriarch who uses her magical powers to help solve the people's problems. So, we all made sure to call her Nona in the presence of the grandkids as they grew up. As a result, every grandchild of hers (five in total) has stuck to that name for her. In fact, I probably call her Nona more than I call her Mom. Nona is the rock and foundation of the family and can solve any problem, much like her namesake. She is also a softie. It's not uncommon to see the grandkids when they're young climbing furniture or running with their shoes on in the house without a glare or word. Us kids of course not being allowed to do the same. Interestingly, Nona chose the most appropriate grandma name for herself.

It also happens that the grandchildren themselves choose the name. We have heard the many variations of grandma of course, including *Grammy*, *Mimi* or even *Memaw*. There are unique names such as *Far*, simply because the grandma lived far away. *Yummy*, who is the master at baking the best cookies. My friend is *BubbeSuze*.



Nicole is enjoying a Sunday brunch with her daughter, Rosa, and grandson, Kamdyn.

It is a hybrid of her name Susan and the Yiddish word for grandmother, *Bubbe*. One of my favorites is *MomMom*. As you may have guessed, it cleverly came about because she is in fact their mom's mom. When my grandmother became a great grandma, she was simply called *Gigi*. It is odd to say that she was simply called *Gigi*, as it stirs up overwhelming emotions when I say it or even hear it. Feelings of being comforted and loved without boundaries seems to be the common thread in all these beautiful grandma-naming stories.

I have decided that I will wait to be named by my grandson. I am curious as

to what he will come up with and what will spark its creation. Will it be my wildly natural curly hair? The way we will sing and dance together? Or will I also be a "Far" since I live hours away? As I hold him, I just know that I will accept any term of endearment he chooses to call me. Even if he calls me "Poopoo" for changing his dirty diapers, it would not bother me one bit! The true spirit of the grandma name is the sparkle of joy within their hearts and their eyes as they say it. Much like my Nona still does for her now-grown grandchildren. And, just as my *Gigi* still does for me. □



high five; *noun* – a gesture of celebration or greeting between two people - that can bring big smiles!

Schedule a tour today to meet our friendly residents and staff

**ILLINOIS PRESBYTERIAN HOME
COMMUNITIES**

ASSISTIVE & INDEPENDENT LIVING
217-546-5622

Springfield, IL – corner of Chatham & Lawrence



**SPRINGFIELD
PARK DISTRICT**

Whether you're looking to meet new friends, improve your fitness levels, or simply soak in the natural beauty around you, our parks provide something for everyone!



Stay Active, Stay Vibrant at springfieldparks.org



The Easley Pioneer Museum in Ipava hosts a large collection of memorabilia from nearby Camp Ellis, including uniforms for both U.S. soldiers and German prisoners of war, who were housed at the World War II camp. PHOTO BY RANDY VON LISKI

Don't forget western Illinois

Attractions include the world's largest Monopoly game, the site of a German POW camp and Western Illinois University

By Mary Bohlen

It turns out Forgottonia isn't so forgettable after all.

Some western Illinois residents claim the region doesn't get its fair share of funds and attention from the rest of Illinois, thus dubbing their area "The Republic of Forgottonia." The largely rural landscape situated in the western bulge of Illinois boasts no huge cities or immediately recognizable landmarks. Rarely does one see the 16 counties included in Forgottonia featured in state tourism promotions. Some of us may associate the area with Western Illinois University but not as a trip destination.

But then some of us would be wrong.

Where else in Illinois can you find a downtown square about to become the world's largest Monopoly game, a museum explaining the site of a German POW camp and a full-size original windmill? Add in a unique Lincoln bust, some extensive murals and a link to Mormon history, and the region becomes rememberable.

"We lean on being an escape from the city," says Jock Hedblade, executive director of the Macomb Area Convention and Visitors Bureau. "You can take the Amtrak right into Macomb and find a bucolic and relaxing destination."

Hedblade says on May 9 Macomb

will unveil the life-size Monopoly board, which will allow visitors to play the game by moving from spot to spot, directed by an app on their phones. The date marks the birthday of Macomb native Elizabeth Magie, whom he credits with inventing the game long before Parker Brothers began making it. She named her version "The Landlord's Game," but it evolved into Monopoly, widely considered to be the world's most-played board game.

Downtown Macomb also sports the historic McDonough County courthouse, a 15-foot-high living topiary monument to Abraham Lincoln with a beard made from flowers, and an expanding wall



A large mural in downtown Macomb memorializes the life of native C.T. Vivian, a pioneer in the civil rights movement. His mural is part of an ongoing project in Macomb. PHOTO BY RANDY VON LISKI

mural program. One of the murals celebrates C.T. Vivian, a civil rights pioneer from Macomb.

Artifacts explain the region's history in the Western Illinois Museum while the WIU campus hosts a geology museum, an art gallery and a performing arts center. Nearby Argyle State Park offers camping, boating, fishing and hiking.

For a lesson in World War II history, head to the Easley Pioneer Museum in Ipava, southeast of Macomb and near the site of Camp Ellis. The museum, a small mom-and-pop enterprise, includes a restored rural schoolhouse from 1876, a log cabin undergoing reconstruction and the stories of local people and groups.

But its biggest treasures are from Camp Ellis. Built in 1942-1943 on 17,750 acres of Fulton County farmland, the camp became one of the largest Army military training camps in the United States. It had a railroad, landing strip, hospital complex and housing for up to



The rifle range's graffiti-filled wall is one of the few remaining structures at the site of Camp Ellis in western Illinois. The camp was one of the largest training facilities in the country during World War II. PHOTO BY RANDY VON LISKI

40,000 military and civilian workers. Part of the camp also was home to German prisoners of war, who help build some of the facilities and sometimes interacted with local residents.

Today, the site has largely reverted to farm fields and woodlands with only a few brick or concrete structures scattered throughout. Pick up a brochure at the museum to direct you on a driving tour to see a few old water towers, chimneys and a long wall that was part of the rifle range. Generations have left their graffiti on the wall.

Marion Cornelius, who co-owns the museum with his wife, says many local residents have filled the building with camp artifacts, including uniforms, meal tins and POW woodworks. "Memorabilia came from everywhere," he says. "Especially with COVID, people were cleaning out their basements."

The museum at Dixon Mounds gave the Ipava museum 29 information panels that explain in detail the camp's history, and Cornelius can provide commentary

as you make your way through the space. "The POWs were fed better here than anywhere they had been," he says, adding some worked on local farms.

The museum is open from April through November from 10 a.m. to 4 p.m. Tuesdays and Fridays but private tours and weekend visits are available by appointment by calling 309-254-3207 or emailing EasleyPioneerMuseum@gmail.com.

Southwest of Macomb, tiny Golden hosts one of the few restored working smock windmills in the country. The Prairie Mills Windmill, built in 1872 by a German immigrant and restored in the 1990s, was noted for the high-quality wheat flour it produced. Tours are available May through October by appointment, when an adjacent museum and gift shop are also open. Visit www.goldenwindmill.org for more information and to schedule a tour. Even without a tour, the windmill is an impressive site as it towers over the rest of the village.

Carthage and Nauvoo, west of Macomb, are known for their links to

early Mormon history, and probably need a full day to explore. In Carthage, you can hear the story of founders Joseph and Hyrum Smith's imprisonment and murder at the restored jail. Nauvoo, on the Mississippi's eastern bank, holds a plethora of Mormon-related sites, including a temple, homes, shops and trails. For details, go to [www.ChurchofJesusChrist.org/visitNauvoo](http://ChurchofJesusChrist.org/visitNauvoo).

Quincy, the area's largest city, has treasures worth another whole day, including a nostalgic bakery, a Mediterranean villa on a bluff along the Mississippi, well-kept mansions worth touring and a war museum. (See <https://www.illinoistimes.com/special-issues/take-a-trip-to-historic-quincy-11604711>)

For even more information on the area, go to www.visitforgottonia.com. □

Mary Bohlen of Springfield, a regular contributor to REGEN, specializes in writing about interesting places in Illinois and nearby states worthy of day or weekend trips.



Macomb-born Elizabeth Magie invented the forerunner to Monopoly, the world's most-played game. Macomb will celebrate her legacy with a life-size Monopoly board on the downtown square, beginning May 9. PHOTO BY RANDY VON LISKI

Welcome to heaven at the mall

The evolution of HodgePodge Heaven at White Oaks

By Nell R. Clay

HodgePodge Heaven is one of the newest establishments at White Oaks Mall, but it has a different business model from other retailers in the mall. It consists of a conglomerate of entrepreneurs who are not interested in establishing a brick-and-

mortar store or found that path extremely difficult.

In 2019 when COVID-19 hit, not only did it have a devastating effect on brick-and-mortar businesses, but on home-based businesses as well. Patrick and Linda Logan

had one of those businesses, a dining room full of jewelry and no place to sell it. While their websites and social media did provide an outlet, it wasn't like having a personal connection with people at craft shows.

Patrick and Linda started promoting their own vendor events, and during the summer of 2022, they eventually found their way to the parking lot of White Oaks Mall. Patrick was working closely with the manager of the mall, Walt Galvin. Walt had taken a keen interest in vendor events and spent time talking with shoppers and vendors alike. He had an idea of mixing national brands with local products but had never seen this done successfully.

In November 2022, as the holiday season approached, Walt asked Patrick to put a business plan together for 20-30 vendors to be set up during the weekend and display their products in the common areas of the mall. This project was so well received by shoppers and retailers that Walt asked Patrick to consider opening a store in the mall featuring some of the vendors. There was an empty storefront available – the old Justice Clothing Store.

The day after Christmas, the project came to a halt, as Patrick was in the hospital with COVID-19. For the next two months, during recuperation, he talked with over 100 vendors in the area, looking for ideas on how to develop his model, a brick-and-mortar "Etsy" type shop with products not found anywhere else in the mall.

Patrick and Linda spent time searching the internet for a name. Their name had to identify an assortment of vendors, all under one roof. Patrick liked the name "Cornucopia," but that was a solid NO from Linda. Using "Cornucopia" as a seed, there it was on the screen: HodgePodge! A great word to describe a diverse mix of people and products. Several vendors commented that it would be like heaven. Patrick and Linda discussed the name HodgePodge Heaven with their priest to make sure it would not be offensive. With their priest's blessings, in June 2023 HodgePodge Heaven opened its doors. As you enter the store – across from the food court in White



Linda and Patrick Hogan of HodgePodge Heaven

Oaks Mall – Patrick yells out with a big grin, “Welcome to Heaven.”

Some of the entrepreneurs at HodgePodge Heaven purchase their products; others have one-of-a-kind handmade items and some have a combination. Included is a company owned by a veteran who creates stained glass, fused glass, other items and textiles. There are handmade soaps, candles, headbands, bird cages, decorated tumblers, artwork, hand-painted vases, tile coasters, T-shirts, etched glasses, and baby clothes. One entrepreneur has made decorated five-gallon paint buckets into storage containers.

There is a lot of jewelry, flavored coffee and tea, repurposed women’s clothing, purses, shoes and accessories. There are sports wreaths for most teams. If you don’t see a wreath for your favorite team, you can place an order with the vendor. If you feel you need some handheld defense items, religious items, antique items, cookie, cupcake, and cake mixes, HodgePodge Heaven is the perfect place for you to shop.

Most of the vendors had in the past participated in various craft events like the weekend mall events. They would have to pack and haul their products, set up a tent, man their space all day, pack up at the end of the day, load their items, and unload them when they got home. One couple was not physically able to do all the work required to participate in this type of craft events, but loved creating their products and still wanted to maintain their business.

HodgePodge Heaven is the perfect place because once their booth is stocked, for a minimal fee, they have a permanent store and only must replace products sold. The best part for vendors is that they don’t have to be at the store every day. They just come and check their inventory then pick up their check once a month.

So, come visit, and if you have the entrepreneurial spirit, and would like to join the HodgePodge family, talk to Patrick. This is a great friendly place, whether you are shopping or want a place to showcase your products.

Many call it “heaven.” Some call it “home.” □

Nell Clay has owned a home-based business entitled Positive Creations for over 35 years. She currently creates artwork, hand-painted vases, tile coasters and jewelry. She enjoys the creative process. HodgePodge Heaven works well for her because her products are always available.



HodgePodge Heaven is across from the food court at White Oaks Mall.



Vendors sell all sorts of items, including paintings, ceramics, women’s clothing and accessories, antiques and cake mixes.

EXPLORE YOUR Community

By Daron Walker

See what's happening near you

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

ONGOING

Friday Night Jazz

Every Friday, 5:30-7:30pm. Listen to some of Springfield's finest jazz musicians with a different act every week. Sponsored by the Springfield Area Arts Council. Free, family friendly and accessible. springfieldartsco.org. Boone's, 301 Edwards St., 217-679-3752.

"Water, Sky, Stone, Clay"

Fridays, Saturdays, 12-6pm. Through April 27. Enjoy the works of more than 20 gallery members. On the first Friday of each month gallery is open until 8pm. pharmacygallery.com. Free. The Pharmacy Gallery and Art Space, 623 E. Adams St., 217 622 7903.

Mystery Movie Monday

First Monday of every month, 7pm. Through May 6. Moviegoers won't know the title of the film until the red velvet curtain opens on the grand screen. Movies from across the spectrum of genres will be shown – comedy, drama, suspense, musical, romance, western – everything but horror. Free popcorn. atthelegacy.com. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

Capital City Improv Workshops

Third Thursday of every month, 7-9pm. Through May 17. Want to try improvisational

theater? Join Capital City Improv for workshops and learn improv basics and play a variety of improv games. Everyone 12 and older is welcome. Space is limited. Please RSVP via a link on the Capital City Improv Facebook page to reserve a spot. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

The Art of Jazz

Second Thursday of every month, 7-9pm. Jazz guitarists and educators Jose Gobbo and Mark Tonelli perform together or curate an evening, booking a guest musician, a group or occasionally the UIS Jazz Band. \$10 at door. pharmacygallery.com. Pharmacy Gallery & Art Space, 623 E. Adams St., 217 622 7903.

Sanctuary Tours

Thursdays, 1:30-3pm. Through June 27. See the beautiful sanctuary that houses seven Tiffany windows and the pew that Abraham and Mary Lincoln used during their time at the church. lincolnschurch.org. Free. First Presbyterian Church, 321 S. Seventh St., 217-528-4311.

A Matter of Balance

Tuesdays, 2-4pm. Through April 23. An award-winning, eight-week program designed to manage falls and increase activity levels. Classes are held once a week for eight weeks. centralilseniors.org. \$30. Senior Services of Central Illinois, 701 W. Mason St., 217-528-4035.

MARCH

Spring Floral Display

Saturday-Sunday, 12-5pm and Monday-Friday, 12-4 p.m., through April 7. Easter lilies and lush foliage fill the exhibit hall and conservatory. Washington Park Botanical Garden Exhibit Hall, 1740 W. Fayette Ave., 217-546-4116.

Women's History Evening Tours

Fri., March 22, 5-6, 6-7pm and Fri., March 29, 5-6, 6-7pm. Enjoy a guided tour of the Dana House focusing on Mary Agnes Lawrence and

Susan Lawrence Dana. Learn how this mother and daughter worked with others across the nation, and what made their Frank Lloyd Wright-designed home an ideal platform on education, democracy and equal rights. dana-thomas.org. Free. Dana-Thomas House, 301 E. Lawrence Ave., 217-782-6776.

World Ballet Series: Swan Lake

Fri., March 22, 7-9pm. World Ballet Series is a unique project composed of renowned professional dancers representing over 10 countries. Featuring richly detailed, hand-painted sets as well as over 150 radiant costumes that bring fresh representation to this timeless classic. uiscpac.com. \$35-\$89. Sangamon Auditorium, UIS, 1 University Plaza, 217-206-6160.

A Musical Benefit for Ukraine

Fri., March 22, 6-7pm. Features a performance by local pianist Bonnie Ettinger and others. \$20 donation per person at door, cash or check, to benefit Blue-Yellow for Ukraine USA, which provides non-lethal aid to Ukrainian soldiers and civilians on the front lines. Abraham Lincoln Unitarian Universalist Congregation, 745 Woodside Road, 217-503-0586.

Timeless Daughters

Sat., March 23, 9:30-11:30am. "Springfield's Daughters Then and Now." Enter the secret garden to join us in activities that Springfield daughters of the past enjoyed. Choose a Springfield daughter whose interests are similar to yours and learn who she became. Activities are designed for ages 12 with a grown-up, but all ages are welcome. dana-thomas.org. Free. Dana-Thomas House, 301 E. Lawrence Ave., 217-782-6776.

John Mellencamp

Sat., March 23, 8-10pm. John Mellencamp's career in music, spanning more than 35 years, is one of the most highly respected singer/songwriters of a generation. uiscpac.com. \$49.50-\$149.50. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Spotlight on Ice

Sat., March 23, 1 and 6 p.m. and Sun., March 24, 1 p.m. Watch more than 50 local skaters perform to selections from *The Lion King*, *Hamilton*, *Star Wars* and more. Dress warmly. Concessions will be available. Presented by the Springfield Figure Skating Club. Check the Facebook page for ticket information. \$15-\$25. Nelson Center Ice Arena, Lincoln Park, 1601 N. Fifth St., 217-753-2800.

WWE Road to WrestleMania

Sat., March 23, 7:30-10:30pm. See your favorite WWE superstars including The American Nightmare, Cody Rhodes, Seth "Freakin" Rollins, LA Knight, Rhea Ripley, Becky Lynch, Bobby Lashley and many more. Superstar Experience and Walk the Aisle VIP Packages also available. \$20 and up. BOS Center, 1 Convention Center Plaza, 217-788-8800.

Ray "Philly" Phillips Birthday Comedy Bash

Sat., March 23, 7pm. Great comics from across the U.S. Contact Stoney B or Ray Philly for tickets. Your Funny Comedy Club, 30th floor. See the Facebook page for more info. \$10 in advance, \$15 at door. Wyndham City Centre, 700 E. Adams St., 789-1530.

Jiu Jitsu Tournament

Sat., March 23, 9:30am and Sat., Sep. 7, 9:30am. Presented by FUJI BJJ Championship Series. Competitors range in age from 4 years old to 60-plus. fujibjj.com. \$20 at the door. Age 12 and younger are free. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-8047.

Mary Lincoln: Springfield's First Lady

Sun., March 24, 1-2, 3-4pm. Through a life full of triumph and tragedy, Mary Lincoln used her passion for politics to change history and open doors for future generations of women. Learn more about her, her service to community and country, and her role in preserving the Union. Make a tour reservation at eventbrite.com. Free. Vachel Lindsay Home State Historic Site, 603 S. Fifth St., 217-782-6776.

Coin Show

Sun., March 24, 9am-3pm. U.S. and foreign coins, ancient and modern coins, gold and silver bullion, state quarters and paper money. Over 70 dealer tables. Hosted by the Central Illinois Numismatic Association. Free for members and children under 16. \$1. Northfield Inn, Suites and Conference Center, 3280 Northfield Drive, 217-899-9996.

Labyrinth Walk

Mon., March 25, 6-8:30pm and Mon., May 27, 6-8:30pm. This walking meditation is a unique spiritual experience. aluuc.org. Free. Abraham Lincoln Unitarian Universalist Congregation, 745 Woodside Road, 217-801-2698.

ANTIQUARIUS



FINE ANTIQUES, ART, & ACCESSORIES

19 S. Central Park Plaza • 217-245-6060
701 W. State Street • 217-245-2662
Jacksonville, IL



CAREGIVER CONFERENCE IMPACT

For family caregivers of older adult relatives or friends and grandparents/family members raising grandchildren

Keynote Speaker: Susan Stasiak
Exhibitor tables and resources
Catered lunch served

SATURDAY, JUNE 22ND
8:00AM-1:00PM
CROWNE PLAZA
3000 S. DDIRKSEN PKWY
SPRINGFIELD, IL

A registration fee of \$20 to reserve your spot must be mailed with registration form, available by calling AgeLinc (217-787-9234) or visiting our website (www.agelinc.org). This fee will be refunded to attendees at the event. Deadline to register is June 10, 2024

REGISTRATION 8-8:45AM
EXHIBITOR TABLES 8-1PM
CONFERENCE SESSIONS 9-1:00PM

AgeLinc
Area Agency on Aging for Lincolnland

Respite services may be arranged for caregivers to attend this event by calling AgeLinc (217-787-9234)
Deadline to arrange respite care: August 15th

Presented by AgeLinc – Funded in part by the Older Americans Act through Illinois Department on Aging

How would you get help at a moment like this?



• Easy to use
• Responsive
• Accommodating
• Technologically advanced
• Preferred

Young's
Security Systems

We provide you with peace of mind.

Don't wait, call today. 217-744-9000 Toll free: 1-888-910-9001 440 North First Street, Springfield

Timi's Tours

Moweaqua, Illinois www.TimiTours.com

Join us for a FUN trip!
Sign up today. All tours depart Springfield

For Complete Tour Schedule visit www.TimiTours.com
 Or call 1-800-682-8214 for more information

[Like us on Facebook](#)



May 10-24 Scottish Highlands and Islands
May 13 The Lettermen, Circa '21, Rock Island
May 14-17 Door County, Wisconsin
May 23 Josephine's Tearoom
June 13 Celebration Belle Oldies
June 14 Moonshine and Casey, Illinois
June 19 Donny Osmond, Shipshewana
July 8-10 Shipshewana Flea Market, Musical, Lunch in an Amish Home
July 11 Kitchen Conservatory
July 13 Teen Angels at the Beef House
July 20 R.E.S.P.E.C.T. at the Beef House
July 18 Holocaust Museum and Zia's St. Louis
July 26 Irish day in St. Louis
July 26 - August 3 Tennessee Rivers Cruise

July 27 Steel Magnolias at the Beef House
August 13 Heatwave at Starved Rock
August 12-17 Flying Mystery Tour
August 20-23 memories of Milwaukee w Laverne/Shirley
August 30-Sept 8 Canadian Rockies
Sept 17-20 Door County, Wisconsin
Sept 26 Oktoberfest Celebration Belle
October 2 Harry Potter, and the Cursed Child, Chicago
Sept 27-Oct 7 October Fall Foliage East Coast
October 15-18 Grandkids of Country Music, Tennessee
October 12 Covered Bridge Festival(Shopping), Indiana
October 15-18 Graceland and Tupelo
October 17 Covered Bridge Festival(Shopping), Indiana
October 24-27 Mystery Tour
October 24-26 Shipshewana w Daniel O'Donnell

Great Decisions Program

Wed., March 27, 7-9pm, Wed., April 3, 7-9pm, Wed., April 17, 7-9pm and Wed., April 24, 7-9pm. Learn about international affairs, meet interesting people and discuss critical issues in a small discussion format. A six-program series. See the website or email roywehrle@outlook.com for more information. mywacci.org. Free. Westminster Presbyterian Church, 533 S. Walnut St., 217-522-4415.

APRIL

Henson Robinson Zoo Opening

April 6-7, 10am-5pm. Enjoy a day of sun and fun to kick off the start of the zoo season. Meet new animal friends that have arrived and possibly get a visit from the Spring Bunny, too. Henson Robinson Zoo, 1100 East Lake Shore Drive, 217-544-1751.

Carillon concerts

April through December. Master carillonneur Carlo van Ulft and local assistant carillonneurs play a variety of music from original carillon compositions to arrangements of popular classics and pop music. Enjoy the beauty of the park and gardens with the unique accompaniment of carillon music. Visit the website or call for performance times. carillonrees.org. Free. Thomas Rees Memorial Carillon, Washington Park, 1740 W. Fayette Ave., 217-546-3853.

Lincoln Presidential Half Marathon

Sat., April 6, 7:30am. So much history in just 13.1 miles. Race starts and finishes at the Old State Capitol where Lincoln gave his House Divided speech and near his former law office. The course also passes by his home, through Oak Ridge Cemetery and other sites with Lincoln ties. Hosted by Springfield Road Runners Club. srrc.net. Old State Capitol, 1 Old State Capitol Plaza, 217-492-5823.

Improvisation and Illusions

Sat., April 6, 8pm. Hilarious scenes created on the spot. Be astounded as local magic entertainers provide a sense of wonder. Fill your night with joy and amazement with the games and magic. However, take note that they may not be appropriate for all ages. hcfta.org. \$15. Hoogland Center for the Arts Club Room, 420 S. Sixth St., 217-523-2787.

Spring Lawn and Garden Expo

April 6-7. Local vendors selling plants, flowers, garden art, supplies, grills, mowers, decks, landscaping and more. Free. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-528-3033.

New Home and Remodeling Show

April 6-7. Get inspired for your home

building and remodeling projects. Talk with exhibitors to get ideas and tips. Hosted by the Springfield Area Home Builders Association. springfieldareahba.com. Illinois State Fairgrounds Exposition Building, 801 Sangamon Ave., 217-698-4941.

Club LaCage Drag Show

Sat., April 6, 7pm. The Phoenix Center presents a fun-filled evening of drag, music, comedy, big hair and top-notch fashion starring many of Springfield's best drag performers. VIP seating is available. All seating includes snacks and swag. \$30-\$40. Proceeds benefit Pridefest. Hoogland Center for the Arts. springfieldpride.org. 217-523-2787

Noises Off

April 12-13, 7:30pm, Sun., April 14, 2pm, April 19-20, 7:30pm and Sun., April 21, 2pm. A play within a play where a mediocre theater troupe rehearses a touring production of a romp comedy, Nothing On. Unfortunately, almost nothing goes right. Presented by the Springfield Theatre Centre. hcfta.org. \$22. Hoogland Center for the Arts, 420 S. Sixth St., 217-523-2787.

Kim Sigafus - Award-winning Ojibwa author
Sat., April 13, 11am-12pm. Sigafus will present "Singing Bird and the Importance of Native American Women in Illinois History." Dressed in native regalia, she will focus on women such as Singing Bird (Blackhawk's wife) and Hononegah, their daily lives, courting, marriage and child-rearing, and how those lives affected Illinois' history. Free. Chatham Area Public Library, Chatham, 600 E. Spruce St., 217-483-2713.

Let's Be Frank - Perfectly Frank

Sat., April 13, 6-9pm. Storyteller Timothy Totten will weave a tale of love, loss and the emperor of Japan as he recounts the triumphs and tragedies of architect Frank Lloyd Wright. Event includes three-course meal, wine and program. Reservations requested by April 1. dana-thomas.org. \$100. The Inn at 835, 835 S. Second St., 217-788-9452.

Come From Away

Sun., April 14, 7:30pm. This musical is based on the remarkable true story of 7,000 stranded plane passengers and the small town in Newfoundland that welcomed them. Part of the Broadway Series. uispac.com. \$34-\$99. UIS Performing Arts Center, One University Plaza, 217-206-6160.

National Clydesdale Sale

April 18-20. The largest Clydesdale sale in the country. Visit the website for the full schedule of events. clydesale.com. Free admission. Coliseum, Illinois State Fairgrounds, 801 Sangamon Ave., 815-247-8780.



- Wedding Receptions
- Family Reunions
- Birthday Parties
- Baby Showers
- Repast
- Celebrations of Life

217-679-6658
101 North 16th Street • Springfield, IL
DrRubyDavisFuneralHome.com



HEALTH AND WELLNESS DAY SPA

Family Owned by Springfield Native

FIRST TIME CLIENT SPECIALS
90 min Organic Facial for \$94
Hour Swedish Massage for \$60

- Massage Therapy • Facials • Tub Oasis • Body Treatments
- Detoxing Services • Beauty Products And so much more...

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

On stands and online

capitalcityregeneration.com



Next issue
June 14

Space & ad copy deadline: Wednesday, May 22
Final art deadline: Monday, June 3

advertising@illinoistimes.com

Beth Irwin 217-679-7803 Yolanda Bell 217-679-7802
Ron Young 217-679-7807 Haley Jackson 217-679-7804

Access PARATRANSIT



Providing
door-to-door service

For qualifying individuals
with disabilities

Scheduled by appointment only

Operating
6am-10pm Monday-Friday
6am-6pm on Saturday



For online application and details, visit Access Sangamon tab at SMTD.org