

Springfield

STATE OF ILLINOIS

SCENE MAGAZINE

Issue Number 5 Vol. 12



THE STATE CAPITOL
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REGISTER OF
HISTORIC PLACES
BY THE UNITED STATES
DEPARTMENT OF THE
INTERIOR

ILLINOIS STATE
CAPITOL
The People
and
Government
of
the State of
Illinois
1818-1839

Profile

SARA WOJCICKI JIMENEZ

Homescene

DEB AND TRACY NELSON

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UNITED WAY

ArtScene

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ISSUE NUMBER 5, VOLUME 12

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COVER PHOTO OF
SARA WOJCICKI JIMENEZ
BY BILL STOKES



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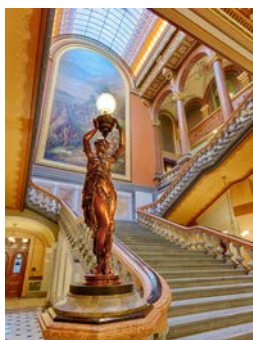
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The Magic of Summer

The Springfield Civic Garden Club held a dessert reception, sponsored by Pease's at Bunn Gourmet in conjunction with the garden club's Standard Flower Show, "The Magic of Summer," on Friday, July 8 and Saturday July 9 at Calvary Church.



Belinda Taylor, Alicia King, Gail Richardson, Sandy Daniels, Beth Brow



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Kathy Iler and Connie Klutnick



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Jackie Carey and Yvonne Brandis



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Springfield Social Club

The Springfield Social Club held their monthly soiree on August 31 at the Alamo in Downtown Springfield. The event's gathering benefitted the Boys and Girls Club of Springfield.



Jamie Williams, Rod Luckhart and MT Dold



Pam Giacomini and Greg Grueter



Andy Griswold, Jamie Williams and Amy Mills



Jenny Waldinger, Bill Legge and Dave Martin



Dave Martin, Bobbie Castle and Barry Friedman



Michael Thornton, Leslie Heinen and Dennis Bomke



Kevin Corbin and Fernando Aris



Jan Smith, Jill Leka and Jim Disney



Jenny Waldinger and Robert Durango



Kathleen Soronsen and Joe Stannard



Jenny Waldinger and Doug Kinley



Christine Lindsey and Jamie Williams

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SARAH WOJCICKI JIMENEZ

*Becoming an Agent of Change
Member of the Illinois House of Representatives*

**Meet District 99's newest
Republican Illinois Representative,
Sara Wojcicki Jimenez**

Say what?

"Just call me Sara," she says, laughing, acutely aware of the difficulty people have pronouncing her name. She's so aware, in fact, that she developed a YouTube video entitled, "How Do You Pronounce that State Rep's Name?" that showcases some of the hilarious mispronunciations. At the end of the video, her adorable three-year-old twin sons Charlie and Augie set the record straight: it's pronounced Sara Wo-jis-ki Hi-min-ez.

There's no such ambiguity when it comes to her personal mantra: Start the day always being grateful, kind, and help everyone we can. "Keeping to that motto is easy to do," she says. "I believe if you focus on those things, you'll have a pretty good day."

Jimenez was sworn into office on November 20, 2015, to fill the remaining term of longtime Representative Raymond Poe, who was elevated to Governor Bruce Rauner's cabinet as Director of the Illinois Department of Agriculture. Her term expires in January 2017. She has chosen to run for a full term, which has required her to launch a campaign against her Democratic opponent, Tony DelGiorno. The outcome will be decided in the November election.

On the job for less than a year, Jimenez feels the best way she can help her constituents is by working tirelessly

toward a workable state budget for 2017. Her proudest moment thus far was being part of the bipartisan effort that passed the stopgap budget on June 30 providing six months of funding for schools and human service programs. But she says there's no time to rest on their laurels.

"That took 18 months of negotiations," she says. "With only six days of veto

action to call them back into session. (At the time of this writing, she had not received any responses.)

"We are living on borrowed time and need to vote on these issues," she says. "Democrat or Republican, we must all have a laser focus on getting a balanced budget. Until then, the uncertainty and anxiety of everyone we serve will go on and on. It affects every one of our other goals, particularly education."

She serves on several committees and has proven herself willing to reach across the aisle for passage of a bill. One of her initiatives, Bill No. HJR 133, calls for bringing state jobs back to Springfield. The bill passed both the House and Senate unanimously on June 2, no small feat.

"Over the years, the capital city has lost thousands of state jobs, and in many cases it just might not make sense economically for the state or for the employees and their families," she says. "If there's a compelling reason why a specific state job needs to be located in another part of the state, that's fine, but it's important for efficiency and for our bottom line to return as many state jobs as possible

to the seat of state government." She received the cooperation of Democratic Senator Andy Manar in sponsoring the resolution in the Senate. After it was approved, the resolution then went to each state agency. State agencies were required to submit a report to the General Assembly and Governor by August 31.

"The goal of the study would not be to



session days on our schedule in November and December, I feel we need to return sooner than our leaders have decreed." To that end, she recently published a letter in area newspapers challenging the four legislative leaders to call the House and Senate back into session at least once per month through the end of the year until a full budget is complete. If they don't, she has requested that the governor take



force any state employee to move to Springfield immediately, but to see if a vacated position could be re-located to Springfield in the future,” says Jimenez.

The 99th District covers a broad swath that includes half of Springfield as well as several small communities in Sangamon County. Jimenez held a series of economic development summits this summer in Auburn, Chatham, and New Berlin.

“They proved to be a great opportunity to get everyone on the same page and make them aware of the state resources that are available to them,” says Jimenez. Each summit brought together community leaders and state government officials representing IDOT and the Illinois Department of Economic Development.

“I think they have been very productive and have helped to forge good relationships. One of my goals is to shine a bright light on my district and Sangamon County. With our major highways, infrastructure, and other great resources, there’s no reason we can’t become the best in the state.”

Another accomplishment she cites was helping to get the Illinois State Museum re-opened in June after being closed for nine months during the budget impasse.

Jimenez was born in Monmouth and moved to Springfield when she was five. She attended Ursuline Academy and earned a bachelor’s degree from

SIU-Edwardsville and a master’s degree in public affairs reporting from U of I-Springfield. She worked as a TV journalist for several years, most notably in Quincy, Champaign, and lastly Springfield, where she worked for WICS.

During those years as a journalist, she said she experienced frustration that the news stories she developed about gridlock and debt never seemed to be resolved.

“It ultimately led me to apply for government positions,” she says. “Since my college years, I wanted to be a change agent and believed working inside the system would allow me to become part of the process. I felt the skills I had acquired as a journalist might help to change the conversation.” Over the next several years, she worked as Deputy Director of Communications for the Illinois State Treasurer’s office, Press Secretary for the Illinois House Republican Caucus, and Director of Intergovernmental Affairs and Program Communications for the Illinois State Comptroller’s office. Prior to her political appointment, Jimenez had worked as Chief of Staff to Illinois



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First Lady Diana Rauner since January 2015.

She says her years of reporting and being involved in the higher echelons of state government have created a unique skillset that are proving useful as a State Representative.

“As a reporter, I first tried to figure out who an issue impacted and then try to talk to them. In politics, although I do represent a particular political party with similar goals and beliefs of mine, I believe that – Democrat or Republican – we all ultimately want the same things – safe communities, good schools, and success in business. Our pathways are different.”

Another useful skill honed through the years, she says, is the ability to listen. “I believe listening to others is the biggest part of our jobs. We need to listen and really hear what our constituents are saying, and then put that into action. We are in a very challenging time in our state, and I think we could all do a little more listening.”

~SSM~





\$75.3 MILLION DOLLARS

In August, a new group of first-year students moved into the University of Illinois Springfield. This is good news for Sangamon County. UIS has a net economic impact of \$75.3 million on the county, and each student helps that impact continue. Please give generously to UIS. You will help create an educated work force and also contribute to Springfield's economic vigor.

For more information contact the UIS Office of Advancement:
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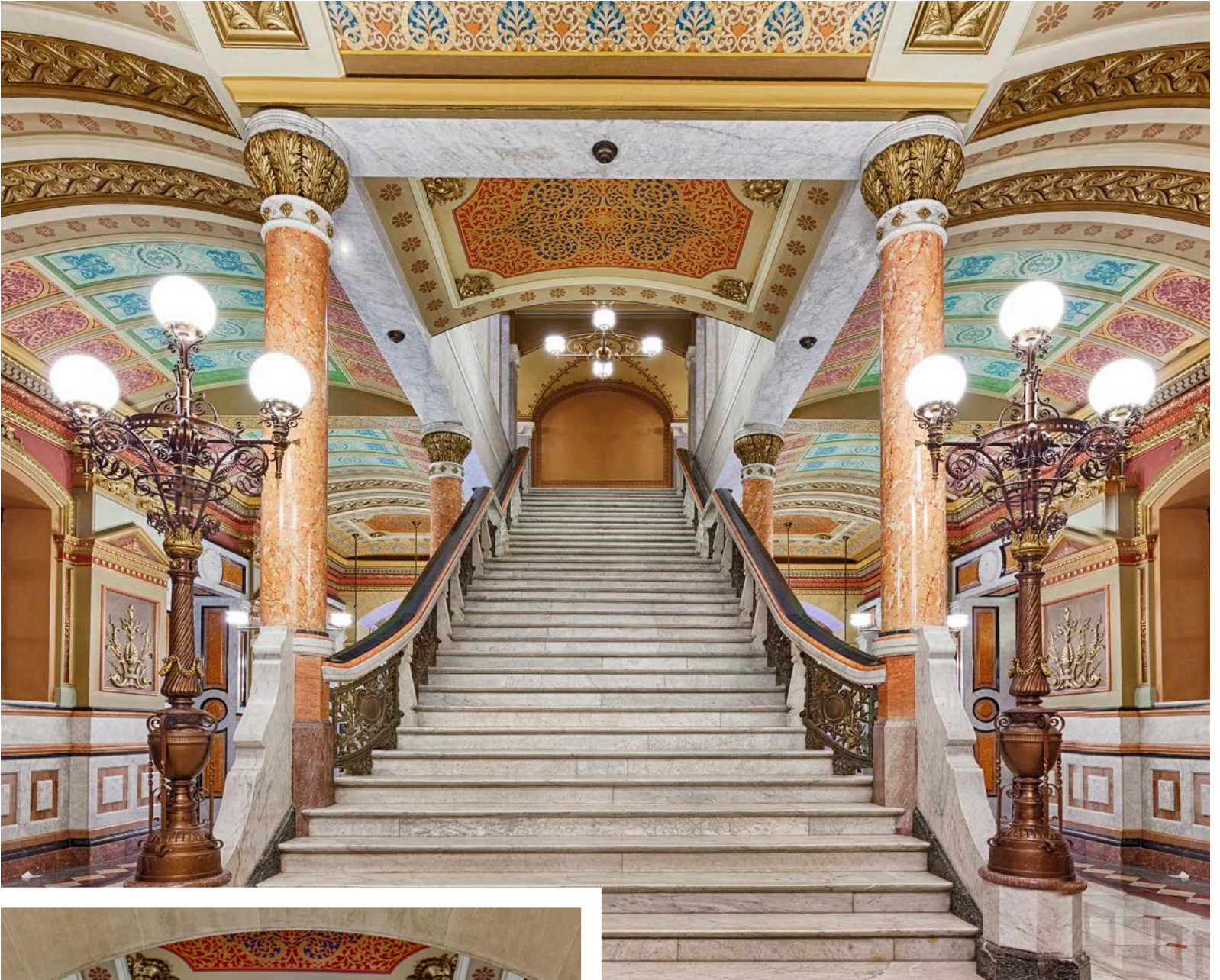




ILLINOIS STATE CAPITOL

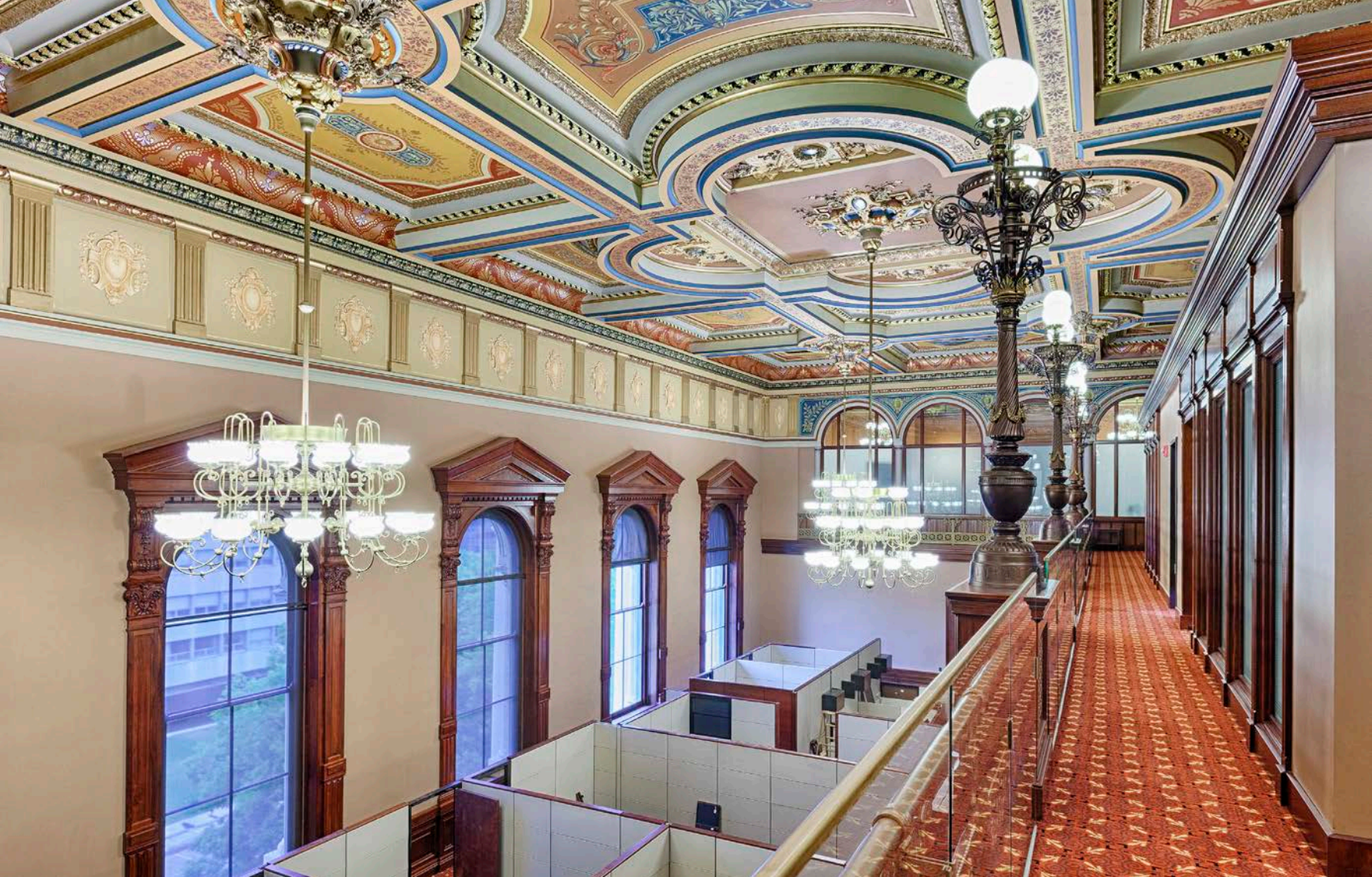
A Pictorial View Of The New Renovation

photos by John Muchow



In 2011, the Capitol underwent a \$50 million renovation. Unless you have business in the State Capitol you probably have missed seeing some of the improvements and amazing restorations. Although the remodel was primarily focused on the west wing to improve infrastructure, there were architectural improvements made to bring the Capitol closer to its original 1870s appearance. A pair of female statues (one pictured left) was added to the west wing staircase since they had been part of the original plan by architect Alfred Piquenard. In 2014 the US Green Building Councils New Construction and Major Renovation program awarded the renovation with a Leadership in Energy and Environmental Design (LEED) Gold certification.

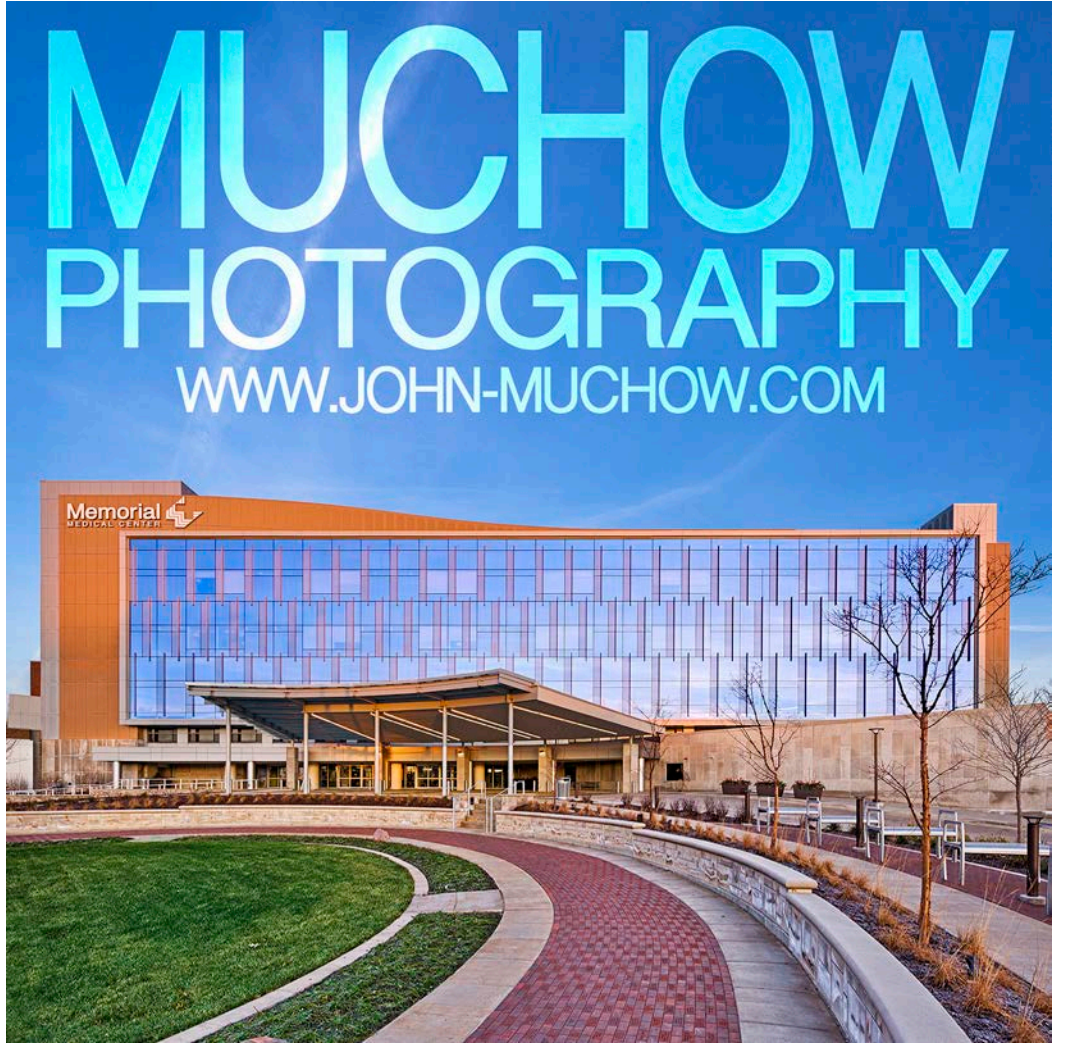








With a total height of 361 ft, the Illinois State Capitol exceeds the height of the United States Capitol in Washington, D.C.





LIVE UNITED

Dwight “Cap” O’Keefe III Kicks Off The 2016 United Way Campaign



PHOTO BY TERRY FARMER PHOTOGRAPHY

to re-unite with our local United Way. Another goal is to encourage people who are already supporting United Way to increase their giving by 5% over the prior year.

In order to create some momentum for the annual United Way campaign there is a tradition in Springfield of running a Pacesetter campaign. This campaign is made up a number of local businesses who traditionally support the campaign and are willing to run their campaign over the summer. Amy Beadle from Scheels was the 2016 Pacesetter Campaign Chair. She presented that the campaign raised about \$650,000 which was up slightly from the 2015 Pacesetter Campaign.

This year much emphasis was given to the importance of increasing the amount of money raised for the community fund. Those monies are used to fund the programs in Springfield that best meet the needs in our community in the areas of basic needs, education, financial stability and health.

BY BILL STOKES

According to Forbes Magazine: United Way is the nation's largest charity by donations received. United Way is a network of 1,300 local affiliates. Much of the fundraising comes from payroll deductions. United Way supports a wide range of charities.

The 2016 United Way campaign officially kicked off on Friday September 9th at the Wyndham City Centre. After thanking the companies and volunteers who are joining him on the 2016 fundraising campaign, Cap O’Keefe used humor in his remarks to keep the attendees at the early morning meeting focused on the important task ahead. One goal he presented was to help people re-unite with the community by helping them



John Kelker, President of the local United Way, welcomes Cap O'Keefe to the stage as the 2016 United Way Campaign Chair.

In a short interview with Cap after the kick-off meeting we discussed what he wanted to get done this year. Again he emphasized the importance of giving un-designated funds to United Way's community fund and increasing your giving by 5%. This enables UW to direct contributions to where it is most needed in the community.

He said, "We want more people to renew their relationship with United Way and join us in making the community a better place...renew and reunite, that's my message to the community."

For more information go to:
<http://springfieldunitedway.org>



Cap had the room laughing at his wit.



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United Way of Central Illinois Funded Programs

(Program funding 7/1/2016-6/30/2017)

Each year, United Way of Central Illinois invests millions of dollars in local services working to meet the needs of our community. Our focus is on protecting services vital to the immediate Basic Needs of the most vulnerable members of our community; while making long-term investments in Education, Financial Stability and Health, because these are the building blocks for a good quality of life.

Red Feather Grant



M.E.R.C.Y. Communities, Inc.	
Homeless Management Information System	\$15,000

Basic Needs: \$338,502



Catholic Charities of the Diocese of Springfield in Illinois	
Holy Family Food Pantry	\$5,947
Mobile Food Pantry	\$7,434
St. John's Breadline	\$89,208

Contact Ministries and Helping Hands of Springfield, Inc.	
Emergency Shelter and Support for Men, Women, and Women with Children	\$82,270

Mini O'Beirne Crisis Nursery	
Crisis Nursery Core Program	\$29,736

Senior Services of Central Illinois	
Daily Bread Home Delivered Meals	\$16,454

Sojourn Shelter and Services	
Adult and Children Shelter	\$92,585

Youth Service Bureau	
Emergency Shelter for Youth in Crisis	\$14,868

Financial Stability: \$218,942



Helping Hands of Springfield, Inc.	
Stable S.M.I.L.E.	\$20,000

Memorial Behavioral Health	
Projects for Assistance in Transition from Homelessness	\$41,057

M.E.R.C.Y. Communities, Inc.	
Permanent Supportive Housing	\$40,000
Transitional Living Program	\$40,000

Senior Services of Central Illinois	
Comprehensive Elder Assistance Services	\$40,269

Springfield Urban League, Inc.	
Urban Youth Empowerment Program Rise	\$37,616

Education: \$690,818



Big Brothers Big Sister of Illinois Capital Region	
Comprehensive Mentoring	\$120,000

Boys and Girls Clubs of Central Illinois	
McClelland Learning Center	\$75,480
Project Learn	\$21,000

Community Connection Point	
Ready for Tomorrow	\$75,000

Family Service Center	
Camp Compass	\$70,000
Compass	\$80,000

Memorial Behavioral Health	
The Children's MOSAIC Project	\$87,263

One Hope United	
Foster Grandparent Program	\$10,000

Springfield Urban League, Inc.	
Freedom School	\$50,000
Teen REACH	\$60,000
Wee Grow	\$17,075

United Cerebral Palsy Land of Lincoln	
Learning Without Limits Summer Camp	\$25,000

Health: \$272,045



Central Counties Health Centers	
Community Health Connection Program	\$85,600

Memorial Behavioral Health	
Adult Psychiatric Access, Screening, & Services	\$70,945
Springfield Children's Center	\$59,500

Senior Services of Central Illinois	
Senior Transport	\$11,000

Springfield Urban League, Inc.	
I Am Woman-A Healthy New Me!	\$30,000

The Center for Youth and Family Solutions	
Counseling Aftercare	\$15,000

Total Funding: \$1,535,307

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Springfield

SCENE MAGAZINE

We encourage our readers to give to United Way.
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American Red Cross

Heroes of the Heartland

The American Red Cross on July 14th held its annual celebration for honoring people in the community who improve our community through their extraordinary actions. The event was held at the Crown Plaza and began with a social hour, followed by dinner and awards presentation. The recipients were: Education Hero: Arthur Steiner, Springfield; Civic Heroes: Kristie Brandt, Springfield and Jill Egizzi, Leland Grove; Public Safety Hero: Mike Regan, Springfield; Community Hero: Ashley Aldridge, Auburn; Lifesaving Hero: Jennifer Franklin, Sherman



Sue Regan, Sue Kkerouac, Sarah Regan



Jim Cinotto, Stephanie Moore, Alexander Chipman



Allissa Hall, Maggie Poteau, Rosalina Bond



David Hatfield, John Jenkins, Sally Jenkins



Catherine O'Conner, Bryan Soady, Stacy Domescik



Denise Pattison, Nick Kanuffman, Jamie Vinger

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Frank & Connie Fegan



Pat Regan & Sue Kerouac



Chris Richmond & Scott Saunders

47th Annual Italian American Dinner

The Springfield Chapter of the Italian American Society held its annual golf outing and dinner on July 30th. The Society is a fraternal organization of men and women that share Italian Heritage, American Heritage, Italian food, all food, Italian Culture and a desire to work together for charities that they support.



Jamie Klinge, Tyler Galloway, Matt Kennedy, Kate Legge, Elaine Nessler, Rich Holloway, Fred Nessler, Eleanor James



David Vespam, Joe Maggio, Nick Vesps, Augie Yoont, Mario Perrino, Dr. Rich Holloway, Debbie Packingham, Marc Miller



Jane Van Hoos, Lillian & Ray Ford, Friend, LaDonna & Ray Ford Jr.



Heather Proctor, and Alderman Andrew Proctor, Alderman Herman Senor and Valeria Senor



Cliff Buscher, Karen Buscher, Angi Buscher, Cliff Buscher II, Misty Buscher, Mike Buscher, Erica Painter, Brett Behl, Veronica Tozer, Charles Tozer



Jeremy Viele, Shane Viele, Zander Andrews, Ann Moose, Andrea Gairani, Tina Pham



Lanphier High School Basketball Coach Blake Turner, Billy Bishop and Talonna Delman



Jack Long –Sangamon County Republican, County Chair Rosemary Long, County Clerk Paul Palazzolo



IL Rep Sara Wojcicki-Jimenes, Adil Rahman, Honorable April Troemper, Alexis Dhomrait, IL Rep Tim Butler



Niko Pecori Robinson, Greg Robinson, Antek Pecori Robinson, Gina Pecori Robinson, Jerry Hendricks (the Drifters), Sandy Pecori, Claudio Pecori, Nicki Pecori Fioretti, Robery Fioretti



Johnnie Owens (The Platters), Shane Viele, Jack "Picco" Fyans, Claudio M Pecori, Tony Spavone, Jerry Hendricks (the Drifters), Roger Strothman

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Gala

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TOAST OF THE TOWN



*Back Row, left to Right: Bev Neisler, John Goetz, Sarah Delano Pavlik, KC Narmont, Kendal Hoselton
Front Row, left to Right: Allyson Strauch, Lee Hallman, Shari Curry, Brandy Grove, Ann Jakowsky*



Craig & Jean Campbell, Brian Reardon

An Evening on Duval Street

Held at Island Bay Yacht Club on July 16th, this TOTT event was hosted by Bob & Marsha Narmont, Jim & Marita Zuraitis, Jeff & Ann Derrick and Brian & Lori Reardon. Scott Kirby of Key West's Smokin' Tuna Saloon entertained with his impressive vocals and guitar stylings. The cuisine and beverages from the Keys added to the waterfront theme.



Mark and Becky Puclik, Mary Stramann-Harrison and Ann Carr



Neil and Patti Williamson and Renee and Can Clausner



Peggy Cadigan, Sue Sitko and Shari Curry



Rick and Kim Lawrence and Mary Jo and Stanley Wasser



Dave Kirschner and Ann Jakowsky



Bob, Marsha and KC Narmont



Bob Narmont, Sally Duncan, Ann Carr



Brandy Grove, Jordan Oshesky and Allyson Strauch

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Charity Tennis Tournament

The 42nd McDrew Charity Tennis Tournament was held in the Velasco Tennis Center in Washington Park on August 20th. The funds raised went to the YMCA Strong Kids Scholarship Fund.



Chris Muller and Larry Golden



Kristi Jones, Jennifer & Justin Creasey



Aman Khurana, Kraig Murray



Andy and Vince Kane



David Lu and David Jiang



Jayda and Noah Williams



Jose Ortega, Krish Khurana, Agnes and Pat Cross



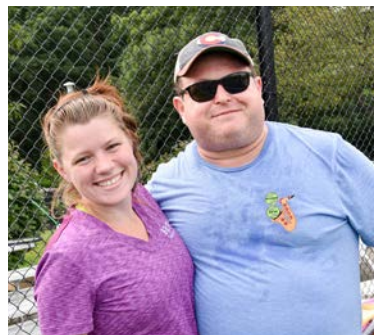
Kevin and Frank Drew



Kevin McDermott and Maria Velasco



Mike and Stefan Barnes and Toby King



Mimi Latsonico and Michael Stern



Warren Dick and Jarod Ingebrigtsen

Bikers for A Cause

Bikers for a Cause held their second annual event beginning at the Curve-in on August 27 and ending at Weebles in Springfield. The event raised nearly \$3,000 this year, which will benefit the March of Dimes.



Jim, Deb and Clay Bounds



Sheli Eggleston and Amanda High



Gary Behl, Ed Waldrop, Jennifer Porpelious



Jeanette Janssen, Greg Tobin



Jeanette and Mickey Plaster



Sheri and Brian Sherrer



Mark & Laura Muraro, Gina & Brett Tabil



March of Dimes representatives: Andy Watkins, Shannon Mathis and Toni Gauen

“Will my insurance cover that?”

Every health care provider has heard this question and I venture most every patient has asked it. Any time I order a test or drug, it seems that this question has to be answered.

It makes sense. We pay for insurance and we want it to work for us. But something else happens in this question. We give up control of our health.

In the past, Medical Necessity was determined by the doctor. If a doctor thought it was medically necessary, it was covered by insurance policies. There was an expectation that doctors would only prescribe what is medically necessary. It was largely more true than it is today. More about that some other time.

Then along came higher health care costs, fueled by higher volumes of services as well as prices, and “managed care” was born. More justification for payment is demanded. Perception that doctors and patients pursue higher cost treatment at the expense of insurers was sometimes justified.

Prior authorization was born, where the insurer requires the provider to play the game of “Mother may I?” to qualify a procedure, drug or referral as a pretext before considering payment.

It has become the insurer’s tool to deter treatment by creating a “hassle” for the provider for even some generic medications. It punishes prescribers by taking valuable time.

Yet, there are many good and worthwhile things that are not and should never be covered by insurance. Clean water, safe and clean housing, healthy

food, supportive relationships and exercise do more for health than medicine and surgery.

A trainer is like a swim coach and a doctor is like a lifeguard. In order to prevent drowning, learning to swim is the best strategy to accomplish that goal. But if circumstances overwhelm that training, or lack thereof, a lifeguard is the only answer.

So why do we give insurers so much power? ... Our own self interest, as patients and providers, has enabled them to get control by demanding that they pay.

Our current circumstance too often require a third party to approve the actions of the lifeguard, and won’t even touch the cost of the swim lessons.

So why do we give insurers so much power? As Pogo said, “We have met the enemy, and he is us.” Our own self interest, as patients and providers, has enabled them to get control by demanding that they pay. A vicious cycle has ensued. The more they pay, the higher the premiums and profits rise.

The best question about a treatment is “will it help me?” If it is likely to help (odds of likely benefit exceed odds of likely harm), then you should do it and figure out how to cover the cost, with or without the help of insurance.

The good news is that often the best



Dr. Craig Backs, M.D.

Internal medicine

2921 Greenbriar Dr., Springfield, IL.
Past President Ill. State Medical Society

treatment, time for the body to heal itself, is not expensive. But it requires patience and a cessation of hostilities against the body. Processed foods, sedentary lifestyle, smoking, mood altering substances and other hostilities against our health can be avoided.

But we don’t need an insurance company to make those choices in favor of our health. It is worth it, regardless of who pays.

~SSM~

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Linda K. Castor, RN, LCPC

2663 Farragut Dr., Ste A, Springfield, IL.

Linda has taught health and wellness for 30 years and treats mental health issues in children, adolescents and adults. She specializes in all areas of eating disorders and helps clients heal from emotional abuse. Linda can be reached at 217-652-8040. For more information, visit LindaCastor.com

Autumn is an ideal time to take advantage of the beauty of nature while incorporating health and wellness into daily routines. The warm, sunny days, mixed with the hint of cool breezes, stimulate our senses and motivate us to enjoy the outdoors before winter hits. Sometimes, the demands of our busy lives can get us off track, and we end up placing our goals (and ourselves) on the back burner to attend to more pressing issues. We then re-evaluate and start again. And yet, another life event takes precedence.

How we react to this cycle of frustration determines our future success. For many, the idea of giving up and trying again later (much later) seems like a good idea. We then become stuck in a routine that doesn't attend to our wellness. This is one of the main

reasons why people come to me for support: so we can pinpoint how and why they get stuck. Together, we create an individualized plan that works, so they stay on track.

Getting off track can be frustrating, but it is actually a part of a valuable lesson in patience, determination and ultimately, success. My clients are well aware that feeling overwhelmed is one of the most vulnerable, emotional states anyone can experience when trying to lose weight or achieve fitness goals. They also know that feeling satisfied is on the opposite end of the spectrum and is most definitely the mindset to

To make big changes, we need to take a look at our emotional states and figure out why we do the things we do. Psychotherapy is one of the best ways to accomplish this.

incorporate. I teach the following principles: Emotional regulation with exercise and food intake is the goal. Changing one's environment is key to solidifying long-term changes. And being creative is one of the best ways to break anyone out of a stuck pattern. Here are a few strategies to help you attain your goals:

Take the time to enjoy the multitude of colors outdoors. Nature does not judge you, so go out there and enjoy the freedom of being with it! Lace up your most comfortable shoes and start walking. Explore parks in your area. Find a new bike path. Watch the sunset. Take photos of the fall foliage. No matter what you choose to do, remember, this is your time to create a peaceful connection with your natural surroundings.

Try a simple meditation to relax your mind. Focus on nature as a way to ground yourself to the present moment. If you focus on the present, all past and

future worries will no longer drain your energy. You can do the tree meditation I've written about: saying "trees" on the way to work to relax (while driving safely, of course!) Doing this gives me clarity and reminds me of what is truly worth focusing on and most important for my day ahead: preparing myself for meaningful connections with others.

Learn a new skill (and experience the joy that goes with it). Be adventurous and try a new sport late in the season, like tennis or golf. You might actually surprise yourself. Several years ago, I played 18 holes for the first time and stood there in shock after sinking a 35-foot putt while my friends cheered me on! So, spruce up your regimen, and seek new adventures. Take a dance class or a mind-body workout, such as yoga, Pilates, or Tai Chi. You will feel energized and be more likely to follow through with your new routine. And meeting new people will enrich your life.

Reach out to others. Stay connected with positive people in your life who energize you. Make contact with a cherished and trusted friend you haven't seen or heard from in awhile. The renewed, emotional connection the two of you create will lift your spirits and make you feel better about your life. Laughter has been shown to enhance our immune system and overall health. Rent a funny movie or spend time with friends who brighten your day with humor.

Add fall fruits and vegetables to your diet. Mother Nature always provides us with a colorful harvest that actually contains special nutrients to prepare us for the harsh winter ahead. Squash, sweet potatoes, pumpkins, carrots and apples are all antioxidant-rich, packed with vitamin A, vitamin C, and potassium. Beans are high in protein, iron, folic acid, fiber, and potassium. For many, this is soup weather, which can be very comforting. The food visuals of color, aroma and warmth



LISA, LAUREN, JULIE, KIM



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in the Know



will allow you to focus on being in the moment of eating such a spectacular dish, and you will enjoy every bite. In doing so, you will be aware of how much you are eating and able to slow down and take in amounts you really need. So, roast some vegetables, bake a sweet potato, and make a big pot of chili and enjoy how satisfying healthy food can taste!

To make big changes, we need to take a look at our emotional states and figure out why we do the things we do. Psychotherapy is one of the best ways to accomplish this. You will give a lot more to the world when you take time to take care of yourself. So, forget the New Year stuff—start anew right now. Set realistic goals, and start slow. After all, you are starting a new habit. And whatever you do, don't get angry with yourself if you get off track. Remember, that's part of the process. The real goal is to continue to move forward and not be disheartened by life's setbacks.

~SSM~

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7th Annual SOB Festival

The 7th annual Springfield Oyster and Beer (SOB) Festival was held September 3 at the Inn at 835 in downtown Springfield. The event features local craft beers, gourmet oyster dishes as well as local food trucks. The event raises money for charity benefiting: Habitat for Humanity, Share the Spirit, and the Matthew Project.



Amy K. Schmidt, Amy Jones, Lisa Leonard, Paula and Diana Jordan



Shay Coffey, Laura Deaton and Danae Dimmick



Ashley Oliver, Neehad Ahmad and Hannah Koehler



Cindy Blackburn, Dan Hubbard and Brian Blackburn



Eric Welch and Victoria Ringer



Becky Doerfler, Rylie and Benji Gines



Lori Holt and Jolene Aldus



Nicole Shasserre, Ryan Gregoire and Craig Shasserre



Heath and Lori Hendren



Toni Abernathie and Rafael Joseph



Jordan Maher and Amy Friesland

13th Annual Old Capitol Blues and BBQ

The 13th annual Old Capitol Blues and BBQ was held August 26 and 27 at the Old Capitol Plaza in Downtown Springfield. The event celebrates local barbeque and musical talents.



Barry and Amy Friedman



Rachel Bonney, Jenny Hughes, Kris Lyons, Cassandra Pence Ostermeier and Amy Friedman



Carly and Robby Schultheis



Amanda Lott and Tricia Laager



Rick Cox, Roxanne Smith and Jeff Cox



Ryan Welch and Jessica Pluchino



Rona Deopere and Dan O'Brien



Derek Jackson and Naya Brewer



Randy Twyford (Twyford BBQ) and Mary Clay (Popeyes BBQ)



Judy Nesbit, Jake Rettberg and Evelyn Griminger



Clint Thornton and John Irwin

The Springfield Muni Opera



The Muni opened their season with South Pacific starring Sara Baltusevich-Goeckner as Nellie and Rich Beans as Emile

The curtain has come down on another Muni season, and the nip of fall will soon be in the air. From mid-June through late August, the Muni presented four full-scale Broadway musicals, attracting audiences from all over central Illinois.

“For well over a half century, The Springfield Muni Opera has been entertaining central Illinois summer crowds, filling 32 warm summer nights with music, singing and dance,” said Muni Board President Mac Warren. “For our performers and directors, it is a chance for them to share their incredible imagination and talent.”

The season opened with the Rodgers and Hammerstein favorite, *South Pacific*, a musical that deals with love, duty and prejudice, all set on an island in the South Pacific during World War II. Rich Beans played French plantation owner Emile De Beque and Sara Baltusevich-Goeckner played Nellie Forbush, the Army nurse from Arkansas. Both characters must learn to deal with their cultural differences to find romance. *South Pacific* was directed by John Sivak



Luther Billis (Eric Albrecht) cons his fellow servicemen



Lt. Joseph Cable (Adam Maletich) falls in love with Liat (Ashley Ramos)

Adolfo Pirelli (Jacob Deters) makes a grand entrance in Sweeney Todd



and featured a large cast of youthful performers.

Sweeney Todd, a dark musical drama by Stephen Sondheim, made its Muni debut in July. The show takes place in Victorian England and tells the tale of Sweeney Todd, a barber who was ruthlessly separated from his wife and daughter and sent to prison in Australia for 15 years. Todd escapes prison and returns to London to exact revenge on the evil Judge Turpin, who was responsible for his wrongful imprisonment. Carly Shank directed the operatic musical, with a cast of seasoned performers led by John O'Connor as the Demon Barber of Fleet Street, and Meredith Vogel-Thomas as the conniving Mrs. Lovett, who comes up with an unusual recipe for meat pies.

The new Gershwin musical Nice Work if You Can Get It was another Muni premiere. The upbeat musical starred Andrew Maynerich as rich playboy Jimmy Winters, who is about to get married for the third or fourth time (he can't remember). He meets cute bootlegger Billy Bendix, played by



Toby (Levi Ehrmantraut) promises to protect Mrs. Lovett (Meredith Vogel-Thomas)
Below Left: Johanna (Peyton Tosh) and Anthony (Evan Rumler) were the young lovers. Center: Mrs. Lovett (Meredith Vogel-Thomas) and Sweeney Todd (John O'Connor) cook up a devilish plan. Right: Sweeney Todd (John O'Connor) prepares to give the evil Judge Turpin (Patrick Foster) a very close shave.



Nice Work If You Can Get It



Jimmy (Andrew Maynerich) sings with the show girls.

Anna Bussing, and musical comedy hijinx ensue. Comic sidekicks, tap dancing, and great music made for a very entertaining evening under the stars. Doug Hahn and Gary Shull, who excel at these types of fun-loving shows, directed with style, and the cast had as much fun as the audience.

The Muni ended their season with their biggest hit of the summer, Disney's *The Little Mermaid*. The beloved Disney movie was brought to life on the Muni stage for the first time by director Craig Williams II and his staff. University of Illinois junior Sophie Lanser played Ariel the mermaid, who longs to become human to win the heart of handsome Prince Erik (Ryan Fisher). In order to do this, she makes a deal with Ursula the Sea Witch (Lori Ann McCabe), and puts her soul on the line to find true love. The show enjoyed capacity crowds, with hundreds of people (both young and young-at-heart) who couldn't wait to get their pictures taken with Ariel and Ursula after the show.

"The Muni is a family, and we view our patrons who continue to make us a part of their summer tradition and those visiting for the very first time as a part of that family too," explains Warren. "From the child who told me that someday she'll be the little mermaid on our stage, to the new audience member who tracked me down to thank the Muni for bringing shows like *Sweeney Todd* and *Nice Work If You Can Get It* to the stage, the rewards for our efforts are countless."

The casts have now gone back to work or school, the sets have all been dismantled, and the costumes hung back up on the racks until next summer, but thanks to photographer Donna Lounsberry, we can relive some of those magical Muni memories through her delightful show pictures.

For more information about the Muni, check out their website at www.themuni.org.

~SSM~



Jimmy (Andrew Maynerich) and Billie (Anna Bussing) realize that everything is S'Wonderful



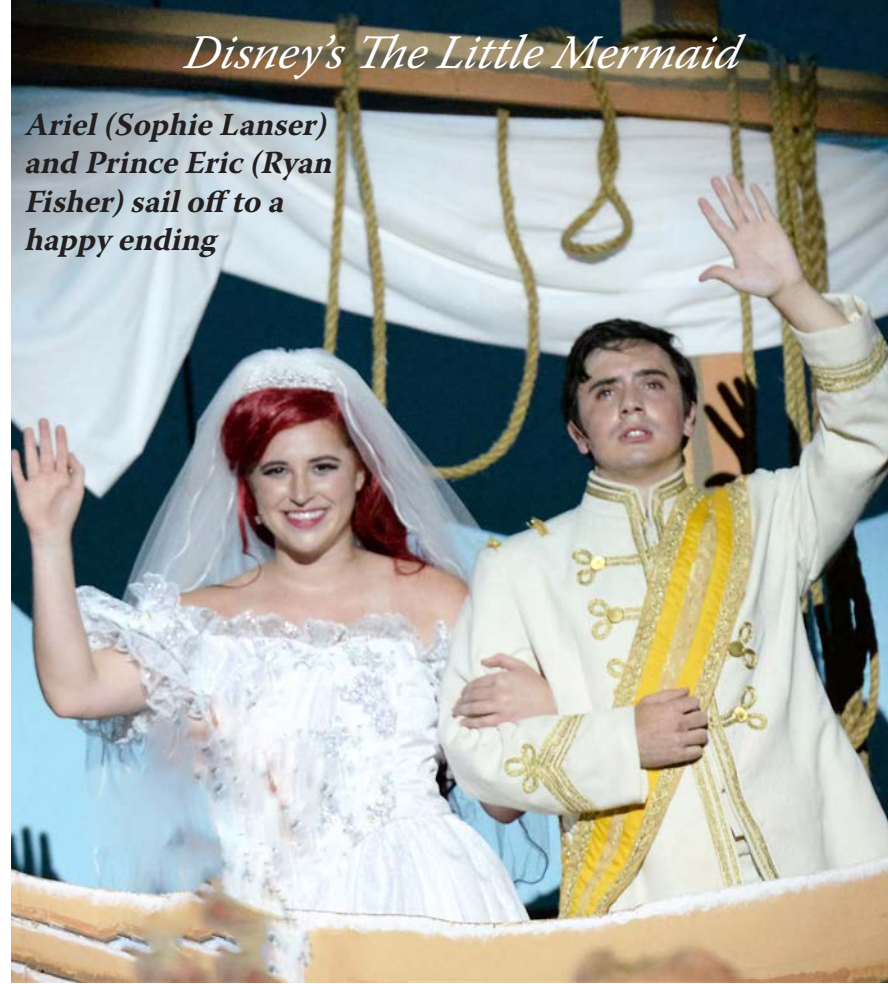
Senator Max Evergreen (Chuck McCue) and Millicent Winter (Debbie Rudis) rekindle their lost love.



Duke (Johnny Molson) and Jeanne (Bailee Brinkman) offer up some comic relief

Disney's The Little Mermaid

Ariel (Sophie Lanser) and Prince Eric (Ryan Fisher) sail off to a happy ending



Ursula (Lori Ann McCabe) with Flotsam (Elizabeth Roehrs) & Jetsam (Hannah Levin) hatch their evil scheme



Ariel (Sophie Lanser) makes a big splash



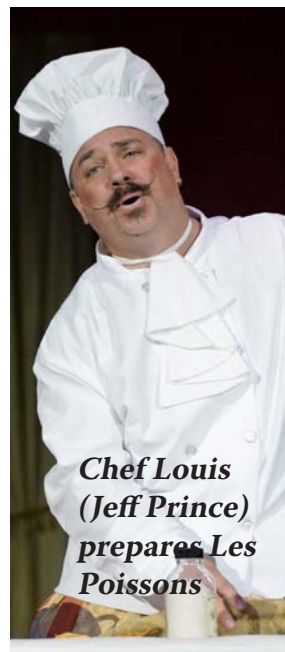
Scuttle (Matthew Hanauer) and the seagulls take center stage



Sebastian (Anthony Glover) reminds Ariel (Sophie Lanser) that life is better Under The Sea



Chef Louis (Jeff Prince) prepares Les Poissons



The Little Mermaid Mersisters with Flounder (Maddie Eickhoff)





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SPRINGFIELD'S NEWEST GOURMET DESTINATION

BY DESIREE LOGSDON

Springfield's newest gourmet destination is completely geared up for the fall season.

What's new? Pease's at Bunn Gourmet has expanded the fall Bistro Menu. The pastry and dessert line includes new temptations. Seasonal flavors of ice cream are being churned daily. A popcorn production facility has been completed and new flavors will be launching throughout the fall. Bunn Gourmet has stocked up on gift selections and created a "Build your Own" gift basket section to offer flexibility and personalization for the upcoming holidays. Looking for a great Sunday brunch? Now you can find it at Bunn Gourmet. Pease's at State and Laurel is now offering espresso beverages and fresh pastries daily from the

pastry kitchen at the Gables.

What's new on the menu? The BUNN gourmet culinary team has prepared a balanced menu offering both light fare and hearty options. The team has created new savory selections that will be offered daily. Gourmet flatbreads, a turkey harvest wrap, and BBQ pulled pork sandwiches are now part of the menu. Customer favorites such as quiche, chicken salad, gourmet grilled cheese and Panini's remain as daily selections. "We have been listening to our customers. They liked what we were offering and they wanted additional savory selections," says store manager Doug Kern.

A trip to the pastry case at Bunn Gourmet is a memorable experience. The endless varieties of innovative creations are the brainchild of Executive Pastry Chef Nicole Swartz. Chef Nicole is a Springfield native, growing up in Divernon, IL. She attended Lincoln Land Community College and the University of Illinois at Springfield working towards a bachelor's degree in biology. She decided to follow her passion and move to Chicago to study baking and pastry at the Cooking and Hospitality Institute. After graduation, she worked at some of the top restaurants, bakeries and hotels in the city. Working alongside some of Chicago's best chefs, she expanded her knowledge and talent in pastries. She was fortunate enough to work under James Beard, award winning pastry chef Mindy Segal and Bill Kim, now of Belly shack. After 14 years in Chicago, she moved back to Springfield and began

teaching at the culinary school at Lincoln Land community college. Now she brings her talents to Bunn Gourmet, sharing her love of pastries with her hometown. "This fall, I look forward to bringing back some of our customer's favorites including pumpkin mousse, bourbon pecan tart and carrot cake," says Chef Nicole.

Ice cream is just not for summer anymore. Chef Nicole is spinning new flavors of ice cream for the fall season. She will offer apple pie ice cream, blood orange sorbet and apple cider affagatos with local apple cider.

Pease's gourmet popcorn has expanded their flavor options. Customers may





notice the popcorn and caramel corn machines are no longer in the stores. Pease's has moved the operation to an off-site production facility in Springfield. This keeps the aroma from the popcorn from penetrating the fine chocolates. Popcorn



is made fresh daily in the new facility. New flavors include caramel peanut, sea salt & cracked pepper and cinnamon swirl to name a few

The retail shelves are stocked for the fall and holiday season, and the line of gourmet food selections has been expanded. Now available are hand crafted seasonal

preserves and infused olive oils from Nar Gourmet, all-natural peanut butters in ten addictive flavors from bNUTTY, gourmet condiments from True Made Foods, Bee's Knees honey and Tree's Knees syrup, and fine cocktail mixes from Arrowhead Farms.

Customers have a lot to choose from when they visit the Pease's store locations. To insure that customers get exactly what they want, a series of "Build Your Own" items have been introduced. Customers can build their own gourmet baskets and the sales associates will wrap them and adorn them with a bow. Build your own nut blends are available so you can get exactly the flavor combination you prefer. Custom design the precise box of chocolates and truffles you prefer by choosing your favorite items from the extensive showcase. Create your own ice cream sandwich or affagato by pairing the exact flavor you prefer. And of course, ask the café associates to build your favorite beverage with the variety of ten syrup selections on the coffee bar.

Looking for a Sunday destination? Consider the new Bunn Gourmet Brunch beginning at 10:00 am and available all day until closing at 5:00 pm. Selections include homemade biscuits & gravy, Incredibly Delicious quiche, gourmet egg

sandwiches, a complete line of homemade cinnamon rolls and delicious Bloody Mary's and mimosas.

It is sure to be an exciting fall season at Pease's at Bunn Gourmet. Be sure to



check the Bunn Gourmet Facebook page for exciting in-store events each month. ~SSM~

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Built to last a lifetime, Tower Garden® is a smart investment for you. Growing some of your own produce with Tower Garden® will not only save you money versus store-bought, but can also cost a lot less than investing in the tools and products needed to cultivate a traditional garden.

Tower Garden® is smarter for the environment, too. Its patented aeroponic growing system recycles nutrients and water, and its vertical design reduces the space required. Tower Garden® plants use less than 10% of the water and land commonly used in conventional gardening. And since the Tower Garden® is soil-free, you won't need as many pesticides and herbicides, either. You control the growing.

"I have harvested [so] much lettuce and parsley that I donate to the meals-on-wheels program in town." -JACK

"We enjoyed cucumbers all season, giving away many to friends and neighbors" -KARL

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~SSM~



Many growers say a Tower Garden pays for itself in less than two years by reducing grocery store costs. Perhaps you've heard that before. But a 2014 study suggests that under the right conditions, Tower Garden can pay for itself much more quickly—in as little as six months.

For more information, contact a Juice Plus+ representative in your area or go to <http://www.veggiesandfruit.net/towergarden>



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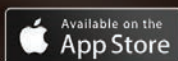
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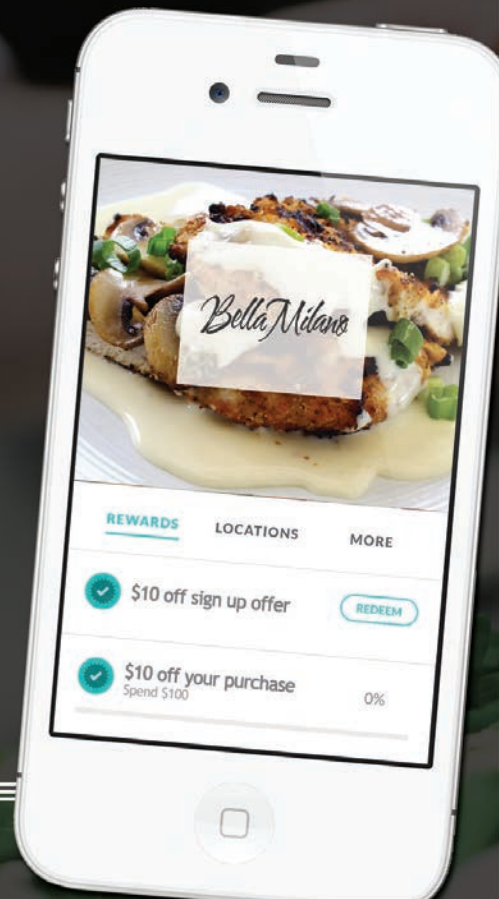
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The Home of Deb & Tracy Nelson
Paradise in Leland Grove

PHOTOS BY WILL BEST
STORY BY LEEANN ATTERBURY





The gracious home of Deb and Tracy Nelson is a masterpiece of design and craftsmanship. Since purchasing the home in 2008, their mission has been to bring this special property back to its original beauty. Tracy & Deb have updated the structural “bones” of the house ensuring that it would stand proud and strong for the next 100 years. They have lovingly replaced the original roof, windows, doors and masonry while being mindful to maintain the period appropriate details that make it so unique such as the original copper box gutters.

The sprawling lawn is the perfect spot for a family picnic. Some of Deb’s most treasured memories are the photos taken of her daughter swinging under this tree. The swing was a gift to Deb built for her by her father.

This charming 4 bedroom 3.5 bath Southern-Living inspired property is truly a dream home! The magnificent residence graced by mature trees is a haven located on almost 2 acres on Chatham road.





The same Arkansas stone that is featured on the home's exterior covers the two-sided fireplace. This living room connects beautifully to the sunrooms that line the west side of the house. The floor to high ceiling design extends the sunlight to the dining room and the balcony that leads to the master bedroom on the second floor.



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The house maintains all of its beautiful original crown moldings, woodwork, staircase and banisters. These are all features that lend this gracious old beauty its charm and make it so incredibly special. A small bathroom that is original to the home is located behind this delightful round-top door located below the main foyer staircase.





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Talbots

Earthen Pottery & Boutique

Gypsy Tribe

McCormick's Smokehouse

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Homescapes

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Merle Norman Cosmetics

Westside Stories

PAO Pacific Coast Cuisine

VETERANS PARKWAY & GREENBRIAR
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The large open spaces that flow between the kitchen, bar area and dining room lend themselves beautifully to entertaining family and friends. Modern conveniences in this gourmet kitchen include a wall oven, built-in microwave, dishwasher, gas range and large commercial stainless steel

vent hood. While charming details such as butcher block tops, open shelving and apothecary drawers lend it the vintage charm that is what makes this home so special. Wonderfully luxurious touches to the kitchen include a Sub-Zero refrigerator and large pantry hidden cleverly behind

the frosted glass double French doors. A bar area that includes a small apron front sink and floor to ceiling glass-fronted cabinetry was added during a remodel by the previous owners but looks like it could've been an original butler's pantry when the house was built 100 years ago.





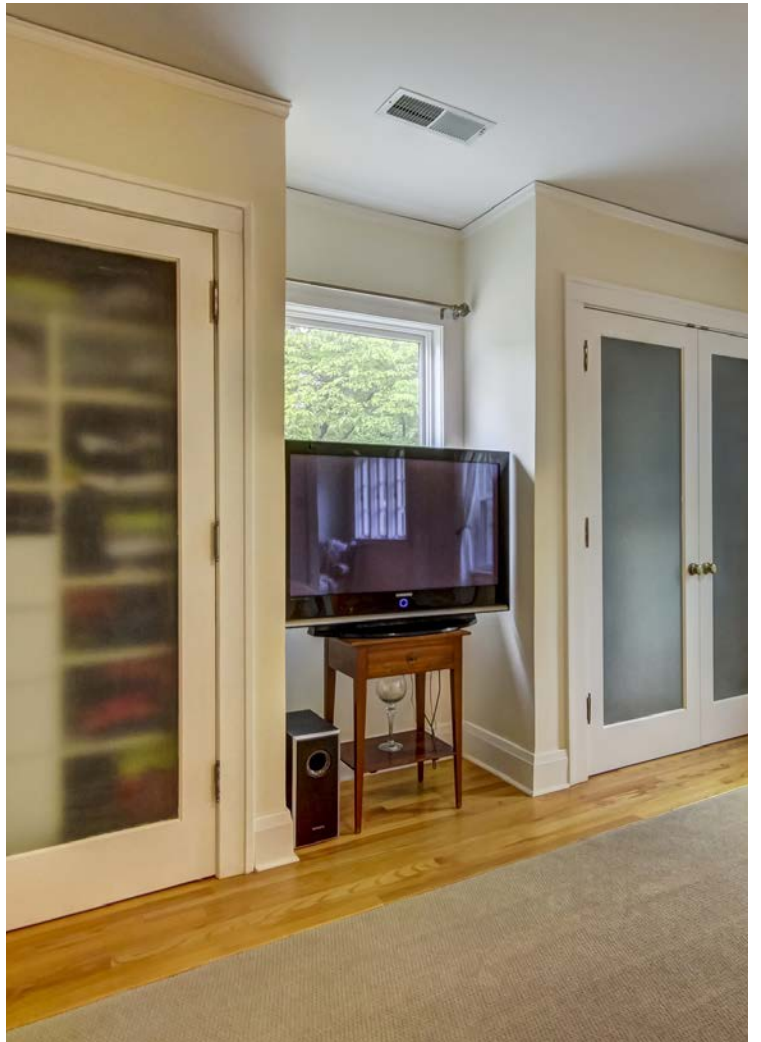
Just imagine all of the guests that could be entertained in this wide open floor plan that connects the kitchen to the bar and dining room areas. It is truly the impeccable attention to detail that make this home so breathtaking. While the built-in cherry and glass front cabinetry located below the windows in the dining room area is not original to the home, they are completely appropriate to the era in which the house was built.





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A large spacious master bedroom features an awe-inspiring en-suite bathroom, tall ceilings, gorgeous hardwood flooring and large windows that flood the space with sunlight and look out onto the tree-lined property. The master bedroom features two custom closets designed by California Closets and flanked with gorgeous frosted glass double French doors. So well organized they eliminate the need for dressers and chests of drawers. The master bathroom is the ultimate retreat complete with Claw foot slipper bathtub and walk-in tile shower with a rainfall showerhead mounted in the ceiling.

More custom details include the floating ceiling, mood lighting and bead-board; all done in a classic black and white color scheme. Every detail was carefully selected and quality crafted in this luxurious master bath from the large porcelain pedestal sinks to the warm hardwood flooring, can lighting and natural light reflecting off the large mirrored wall encased in white moldings that blend seamlessly with the original moldings in the main living spaces. A great bonus space located directly off the master bedroom could be used as an office, reading room or nursery.







The large windows, tall ceilings and French doors flood the main living spaces with natural light. The original antique brass wall sconces still flank the windows and have taken on a stunning bronze patina over the years.

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One of the two spacious bedrooms that is connected to the other with a Jack & Jill bath and painted in "Duke Blue" is perfect for a growing family. The second bedroom attached to the Jack & Jill bath is just as large and flooded with natural light as the first. Other special features include the up-lighting, moldings and warm, glowing hardwood flooring.



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The large bedroom housed over the garage boasts its own en-suite bathroom and is separated from the other bedrooms, making it a perfectly private space for a teenager, an in-law or overnight guests. So well done was this spacious bedroom addition over the garage with more of the glorious hardwood flooring and bead-board wainscoting that runs throughout that one would never guess it's not original to the house.



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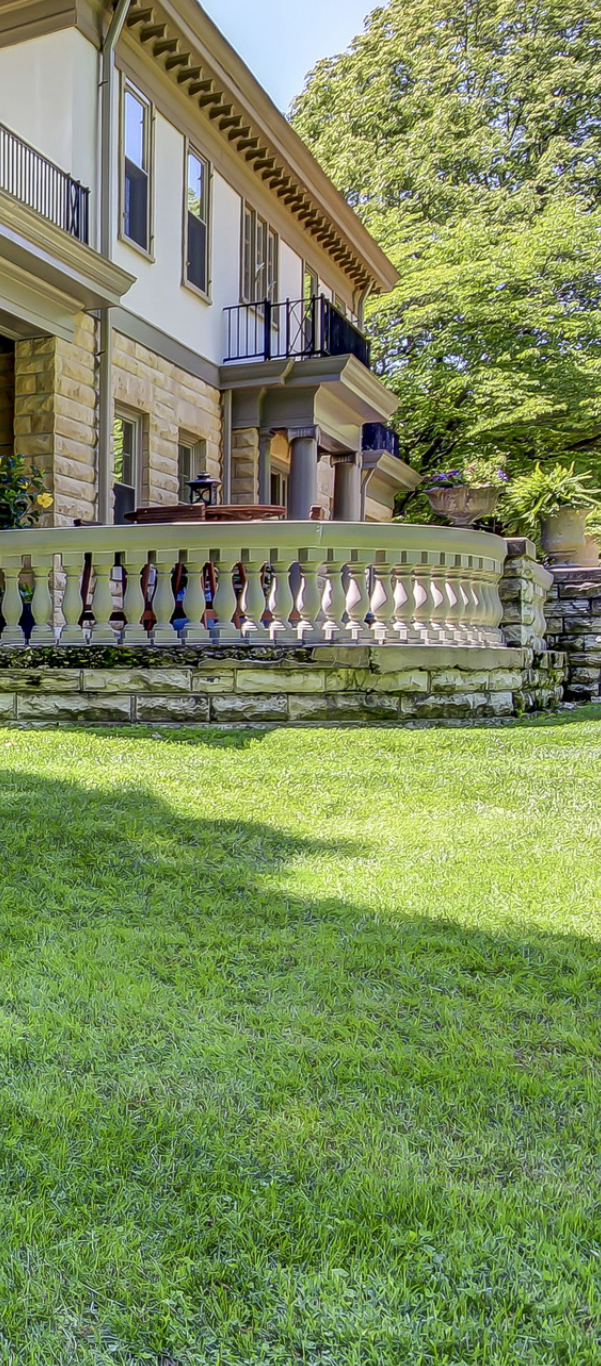
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The stunning landscaping that surrounds the home is something that Tracy & Deb have cultivated themselves over the years. It has been a pastime that they have enjoyed and creates the perfect backdrop to the beautiful columns and bead-board ceiling, both original to the home and lovingly restored. The wrap-around veranda is original to the home and also one of the family's favorite spots. Regardless of the temperature outside, there are always perfectly cool breezes to sit and enjoy whether relaxing alone or entertaining friends and family.





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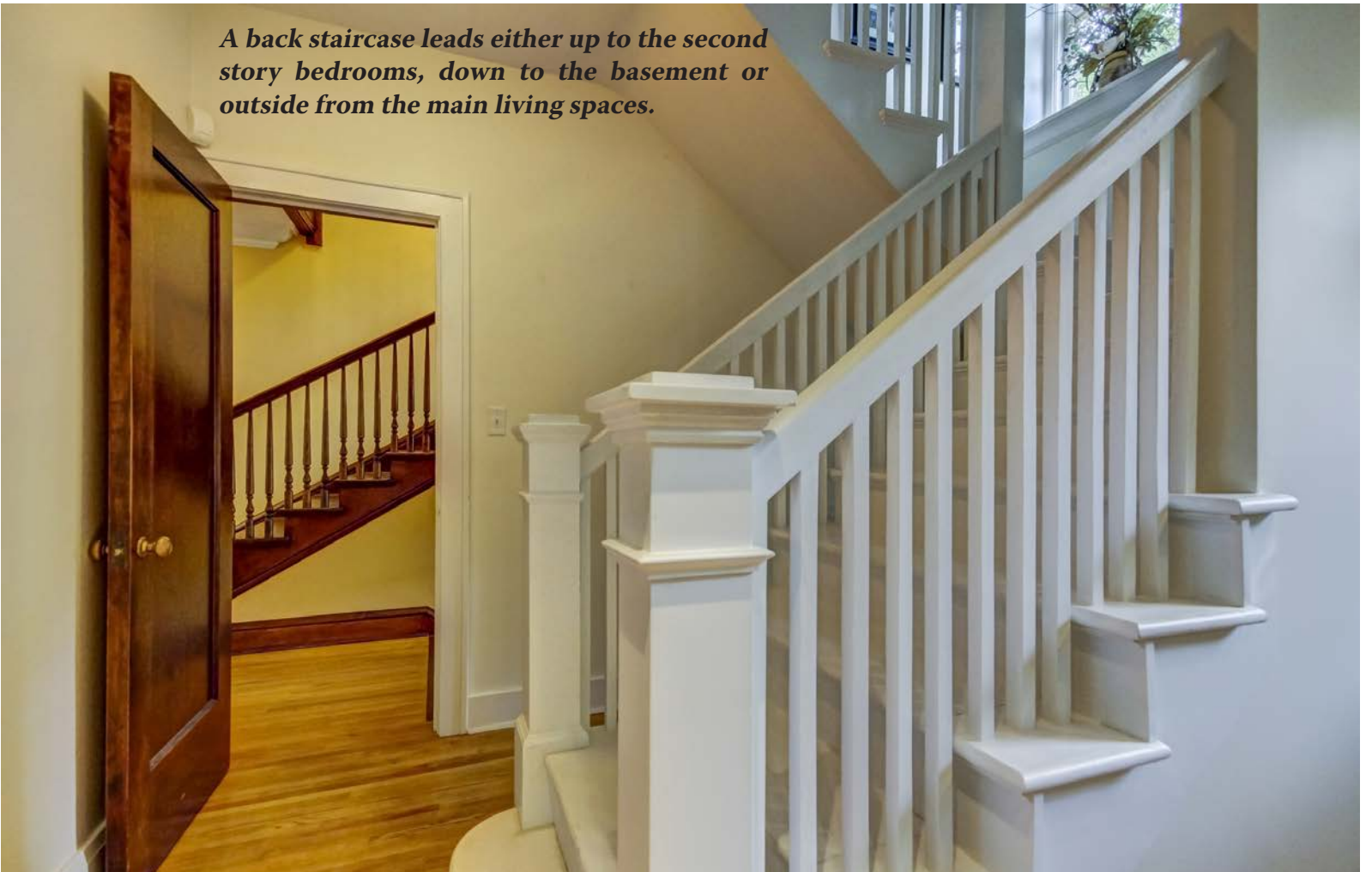
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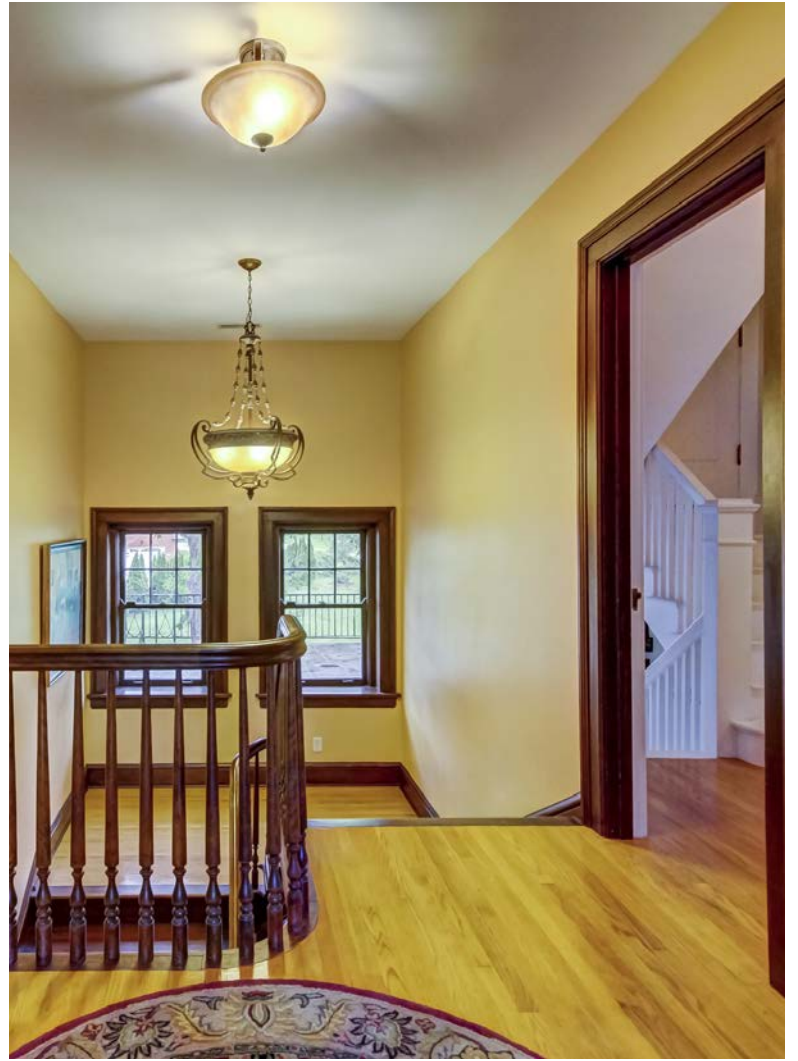
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A back staircase leads either up to the second story bedrooms, down to the basement or outside from the main living spaces.





*The house maintains all of its beautiful
woodwork, staircase and banisters. These are
all features that lend this gracious old beauty
its charm and make it so incredibly special.*





Julie Cellini joins the Springfield Scene Magazine team as a contributing writer. We all know Julie for her work with the Illinois Historic Preservation Agency for many years. She was instrumental in helping to bring the new Abraham Lincoln Presidential Library and Museum to Springfield.

Starting with our next issue, she will be writing stories about people that have had an impact on our community and that have an interesting story to tell.



We welcome **Bobbie Hahn** to the Springfield Scene Magazine team! She will be on the scene **promoting our advertising opportunities** and building community awareness **about the value we provide to companies and professionals wanting to reach you our readers.**

You can contact Bobbie at 217-753-2000 ext 211 or email her at: bobbie.hahn@ss-mag.com

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