



Springfield

SCENE MAGAZINE

Issue Number 2, Vol. 12
March / April 2016

Profile of:

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Art Scene

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ISSUE NUMBER 2, VOLUME 12
MARCH / APRIL 2016

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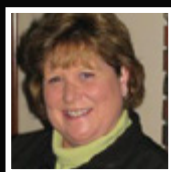


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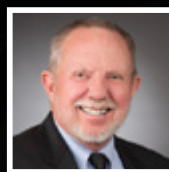
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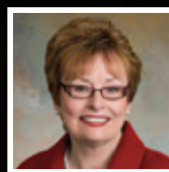
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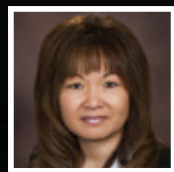
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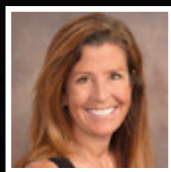
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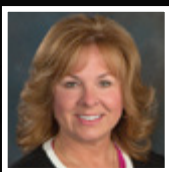
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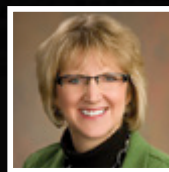
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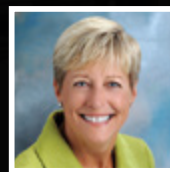
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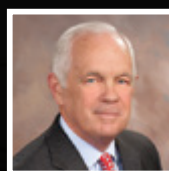
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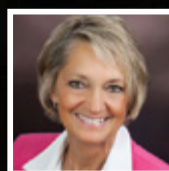
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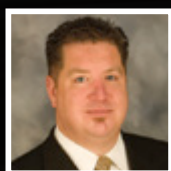
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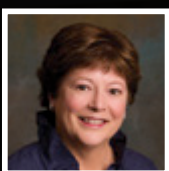
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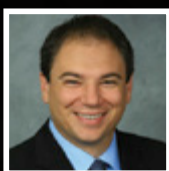
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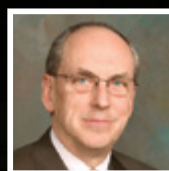
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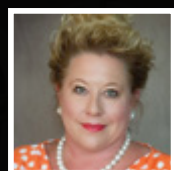
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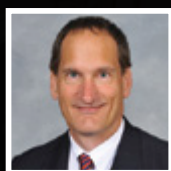
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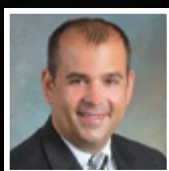
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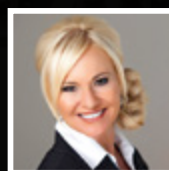
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After addressing the Illinois State Congress to help motivate them to pass a budget, President Obama thrills many of his supporters with a talk in Theater 3 at the Hoogland Center.



Senator Dick Durbin welcomes President Obama to Springfield



President Obama addresses packed Theater at the Hoogland Center for the Arts



Senator Dick Durbin warms up the crowd before the President arrives



Debbie Ross sings the National Anthem



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Concert Comments | 6:30 PM Sangamon Auditorium

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40th Anniversary Celebration

The Delta Sigma Theta Sorority Springfield/Decatur Area Alumnae Chapter celebrated their 40th anniversary on January 30, at the Northfield Center in Springfield. The event celebrated the sisterhood of enhancing connections, partnerships and encouraging leadership and creative, effective programming.



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Carolyn Farrar

SERVICE, LEADERSHIP, EMPOWERMENT

Carolyn Farrar mirrors the theme of the 40th year anniversary theme of the sorority, Delta Sigma Theta, to which she proudly belongs – Uncompromising Commitment to Communities: Service, Leadership, Empowerment.

She is passionate about the sorority and what it stands for, and humble. It took a bit of coaxing to get her to talk about herself before diving into the history of the sorority she so loves. This beautiful and charming, 65-year-old African American woman has an engaging history, herself. She grew up in Atlanta, Georgia, and later went to Middlebury College in Vermont. While in Vermont, she met Curtis, her husband, as he was attending Dartmouth then. She taught school in Charlottesville, Va., went to graduate school at the University of Virginia and finished at the University of Illinois, Urbana-Champaign. “Then Curtis got a job in state government, in Springfield and we weren’t going to stay very long. (She paused and contagious laughter ensued). That was forty-something years ago, and here we are still in Springfield. Both of us retired. It’s comfortable. We’ve raised two sons, Christopher, 35 and Corey, 31, here and really have enjoyed it,” she said as she took a quick glimpse of the golf course out her sun-room window. Golfing happens to be one of the pastimes she and Curtis share, and the day we visited was a rare high-temp day in

February, with the sun streaming in the room. That was next on their agenda. We had plenty of time to talk first.

Early foundations set

Her growing up years were certainly memorable. Farrar attended Ebenezer Baptist Church, with the King Family. “Our families were intertwined. Martin Luther King, Jr., baptized me. His father married Curtis and I. And, I was a babysitter for his (MLK Jr.) sister, Christine,” she said. “So, that shaped a lot of my background as to looking at public service and my eventual involvement with Delta Sigma Theta Sorority.”

In fact, that time with the Kings, and the encouragement of her father, and stepmother, propelled her into the education field and the way she lived her life. “The school I chose was a predominantly white school. It was in the ‘70s. There were sororities and fraternities, but nothing I could be a part of at that time. My Dad and my brother and several of my cousins were sorority and fraternity members, but I didn’t have that opportunity then,” she said. “Once I came to Springfield, after getting my career off the ground – I had taught and then worked for the Illinois State Board of Education – I’m an educator; and then after my kids graduated high school I decided I needed to do what I had been dying to do forever. I joined

a sorority, and have never looked back.”

Springfield-Decatur Chapter

Alumnae

Farrar is the current president of the Springfield-Decatur Area Alumnae Chapter of Delta Sigma Theta, Inc., having served in a number of other chapter roles first. “We are a group of college-educated women – talented and energetic. We are very civic minded, social minded. Education is at the forefront of what we do, and it’s incredible to be in a group of women who think a lot like you do. It’s a sisterhood,” Farrar said. “The work is hard and worth it. This year we are celebrating our 40th year as a chapter. We grew out of 18 ladies who came together back in January, 1976. Many of them had pledged in college and decided they needed their own chapter.” The Springfield-Decatur Alumnae Chapter now has 81 members, who are financially active and doing things in the two communities they serve.

“The National Sorority started in 1913 at Howard University with 22 young women who were very social-minded and looked at some of the inequities of the day,” she continued. “They were very much into academics, as well, and one of the first things they did was participate in the Women’s Suffrage march in Washington D.C., March 3,

1913. They weren't invited to do so, but they stood at the back of the line and marched.

"From there on, we have been very vigilant, promoting education and looking at justice, and where we can make the best imprint to help the community, with focus on the African American concerns. We want to see where we, as an organization, can work together with community."

This has been a mission of the national sorority and the local chapters since the inception of Delta Sigma Theta Sorority 103 years ago. Farrar says it is a sisterhood of more than 200,000 predominantly African American women in more than 900 chapters in the United States and across the country. "We are number 536, and our members range in age from 26 to 91," she says. And the focus of the sorority is five-fold. "We have a Five-Point Programmatic Thrust: Educational Development, Economic Development, International Awareness and Involvement, Physical and Mental Health and Political Awareness and Involvement. And all chapters work with these five points, and use them to determine how to work in their communities."

Chapter Programs

There are a number of chapter programs that embody the mission of the organization and focus on the five areas highlighted. The scholarship program of the Springfield-Decatur Alumnae Chapter assists high-achieving young African American adults in continuing their higher education. The chapter has awarded more than \$100,000 in scholarships to high school graduates who matriculate to colleges and universities throughout the U.S.

Additional programs include: La Petite Delta, which serves area 8th grade African American girls; Delta GEMS (Growing and Empowering Myself Successfully) a program for young ladies

ages 15-18; EMBODI (Empowering Males to Build Opportunities for Developing Independence) an enrichment program for 8th grade boys; Pre-Kwanzaa Holiday Expo, a venue that highlights small business with a focus on minority businesses; Financial Fortitude Seminars, programs that partner with local financial institutions on money management; World's AIDs Day, an annual observance providing workshops, testing and educational brochures to the community with regard to HIV/AIDS awareness; Diabetes and Cancer Awareness showcasing education programs focused on the two diseases within

"Our families were intertwined. Martin Luther King, Jr., baptized me. His father married Curtis and I. And, I was a babysitter for his (MLK Jr.) sister, Christine," she said.

the African American community and Voter Registration Drives and Forums, provided in cooperation with the NAACP and other community organizations.

Community Partnerships

"When we tried to decide how to celebrate our 40 years, we decided it would be best to celebrate and bring our partners together. Without these community partners we could not do all of this (programming, education, scholarships) that we have over these 40 years. We have had so many community partners from Springfield and Decatur. That is part of why we wanted to have the gala we hosted earlier in the year. We had 28 partners participate. It was very exciting, and we were able

to say thank you to them, and the list of partners continues to grow. We are grateful."

"We are grateful to have had an exhibit at the downtown Lincoln Public Library outside the Sangamon Valley Room, highlighting the history and accomplishments of the sorority," Farrar noted. "It's been a great way to show, through our pictures, articles and awards, how we've connected with various organizations and businesses throughout the year. The culmination of this endeavor came from Mr. Curtis Mann, curator of the Sangamon Valley Collection, and Soror, Dr. Yvonne Singley, our chapter historian. She was instrumental in that project."

Partnering organizations included churches, schools, financial institutions and community agencies from both Decatur and Springfield.

Personal development

Carolyn Farrar is committed to her family, her community and to the sorority that has helped shaped her direction, build relationships, make a difference and find her passion. "Our sorority has so many hard-working people. I won't name them, for fear of missing someone. I love our sorors."

She fondly remembers her father and stepmother always telling her she could do anything she set her mind to. Her stepmother, Dora, was a constant encouragement. "Never let anybody steal your joy, girl, never. Don't ever stop doing what you love, and never walk away from people you enjoy. Never let anyone take away what you enjoy or love." Farrar says she can still hear her in her conscious." The advice has served her well ... her parents would be proud!

~SSM~

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Masquerade

PHOTOS BY LAUREN STEAD

Contact Ministries serves the greater Springfield community by providing food, shelter, clothing, financial assistance, referrals, and life skills education & training through Christ's love and compassion. They hosted their eighth annual prom with a masquerade theme on Friday, February 19th at Illini Country Club. The event provided a cocktail party, dinner, dance and auction. The planning committee this year included Shelley Berendt, Anne Dondanville, Andrea Hester, Jennifer Isringhausen, Tami Richmond and Julie Zara.



Shelley Berndt, Tonya Payne, Anne Dondanville & Tami Richmand



Alexis White, Amy Peterson & Cindy Drum



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Wild at Heart

Memorial Health System was the signature sponsor of the American Heart Association's Springfield Heart Ball. CEO, Ed Curtis, was the chair of the event. The ball, themed "Wild at Heart," was held Feb. 6, 2016, at the Crowne Plaza and included a cocktail reception, dinner, auction and entertainment by *The Shenanigans*.



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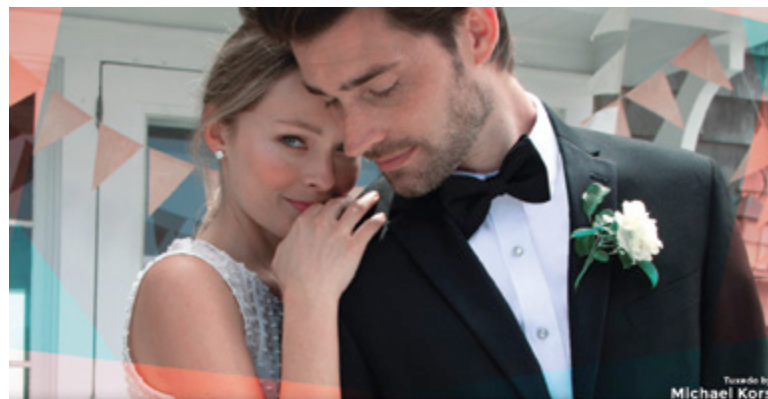
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Grace Norris, Jeff Gedorse & Linda Resier

The Art of Hillary Werth

Hillary Werth is more famous in the Springfield area for her sports accomplishments than as a nationally recognized contemporary artist. She was a Glenwood High School Track Star who won a full scholarship to UCLA to be a heptathlete and from there went on to spend a year with the U.S. National Bobsled Team. On January 15th she presented some of her work at the Chatham Public Library. If you would like to see more of Hillary's art and sculpture, she has an online gallery at hillarywerthart.com.



Decatur Foster & Hillary Werth



Gary & Yvonne Tucker, Dawn & John Armstrong



Dick Schofield, Gary Ey & Dick Schofield



Glen Goodin & Dan Cook



Karen High, Amy Byers & Pat Kittilstad



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Here are a few images from her gallery at hillarywerthart.com



Lauren Rinker & Jason Baker



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Dennis Werth & Karen Siddens



Ashley Blevins & Decatur Foster

On February 25, Concordia Village Senior Living Community celebrated the opening of the new Patriot Apartments and Wellness Center. In attendance were local politicians, Chamber Ambassadors, Lutheran Senior Services officials, representatives of the construction companies who built the new facility as well as residents and their families.



The official ribbon cutting ceremony for the Grand Opening of Concordia Village's newest additions.



Marian McDermott, Ruth Robert and Jim Wilday



Donald Walker, Jennifer Cole (Senior Living Counselor) and Barbara Walker



Rev. John P. Kotoviski, President & CEO of Lutheran Senior Services and Mark Schoedel VP of Construction and Technology



Janey and Herb Tamerling



Maric Rutter, Amber Russell & Lesley Blackford, Care Center Experts at Concordia Village



Wes Drew, Mike and Sally Guccardo



Jacque Bogner, Ex. Dir of Concordia Village,
Daniel & Carola VonBerg and
Springfield Mayor Jim Langfelder



Mary Louise Nachtwey, Margaret Angeli and
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The beautiful stained glass art in the new
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On Sunday, February 21 about 1,100 people participated in the Fight for Air Climb, and over 100 volunteered at the event. Participants from all across Central Illinois climbed the 532 steps to the top of the Wyndham Springfield City Centre, and raised at least \$100 per person for the American Lung Association. Many went over the fundraising minimum, like the top and largest team, Geninatti Gym from Carlinville that raised more than \$14,000 and had 135 team members. The event raised over \$220,000 for the American Lung Association. "It makes a significant impact on those affected by lung disease," said Shannon Mathis, manager of special events for the American Lung Association.



Lindsey Lister and Jodi Perez



Josh Badman, Justin Stewart, Julie Plunk and Allen Reyne



Lilly Doneghue and Julia Kienzler



Brenda Glahn, Tara Smith, Kira Scherschel, Dan Brill, Nancy Migliozi, Brystol Buchanan and Jami Winchester



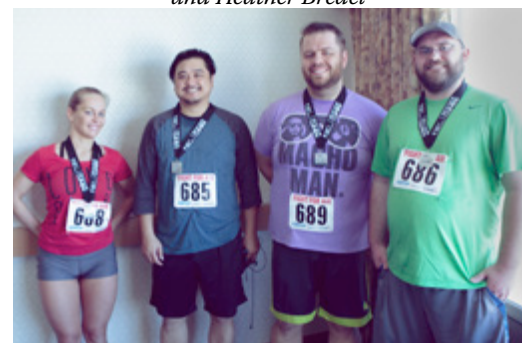
Peg Bulla, Patty Loveless, Stephanie Hebenstreit and Heather Bredel



Jen Hunter, Anna Davis, Kimberly Scott, John Nelson, Candace Newman, Joann Collins and Sarah Casey



Carla Seymour and Paula Fyans



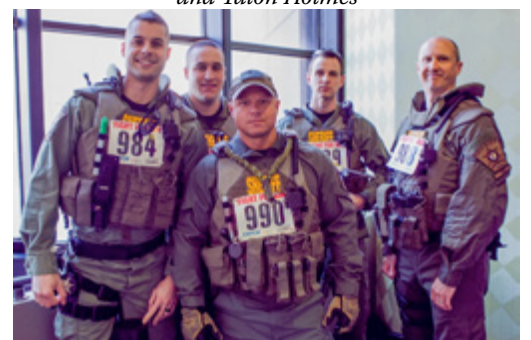
Jamie Reynolds, Albert Capati, Robert Reynolds and Talon Holmes



Seth Boberts, Kent Hawley, Shannon Mathis and Casey Siddens



Leza Long, Nicke Minder, Rick Schlemm, Miles Parkhill and Courtney Pyle



Scott Tarter, Garrett Harney, Andrew Henton, Tim Sommer and Audie Prange



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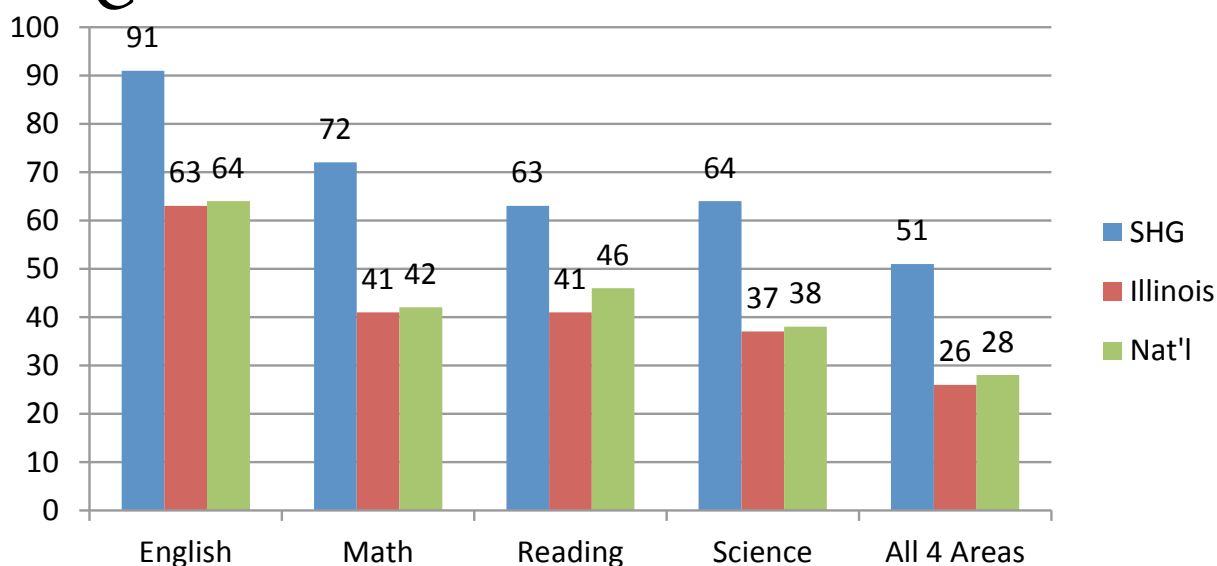


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Jack Swaney, Donovan Scott and Nate Swaney



*Kristy Garrison, Mandi Carver, Kirsten Davin,
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Don Lo Bue, Sarah Becker and Elise Lo Bue



*Lori Curry, Bridget Selinger, Nichole Brown, Lori
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For more information contact the UIS Office of Advancement:
217-206-6058, giftinfo@uis.edu, uis.edu/advancement.



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Back In Black—Tie Optional

Downtown Springfield, Incorporated hosted their annual dinner on January 20, at the Wyndham Hotel in Downtown Springfield. The Back In Black – Tie Optional gala was a celebration of 22 years of promoting economic development, sustainability, historic preservation and design in Springfield while honoring and representing the local flare of merchants, property owners, restaurants and businesses.

The event also honored its outgoing executive director Victoria Ringer with a farewell tribute. Presenting sponsors were AT&T and Watts Copy Systems.



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David Downs, Chris Warwick, Andrew & Heather Proctor



Paul O'Shea & Joan Walters



Kevin Timoney & Micah Bartlett



Micah King, & Maggie Schnackel



Jennifer Benanti & Theresa Comerio



Doug & Victoria Ringer



Dr. Jerold & Paula Gruebel



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Beth Irwin & Tia Schoen



Court Conn & Corky Joyner



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A Mardi Gras Fundraiser

The Parent Help Line at St. John's Children's Hospital hosted a Mardi Gras themed fundraiser at Christ the King Parish Center on February 6. The event featured live and silent auctions benefiting the Parent Help Line, which supports positive parenting through problem solving and support without judgment.



Tony and Holly Grasch, Gail and Ralph Gauen and Sharon and Mark Westendorf



Lori and Mark Beagles



Dr. Bob and Lin Vautrain. Renee Oreshkov and Cathi Inendino



Renuka and Dr. Neni Prasad, Ralph Gauen and Dr. Bob Vautrain



Katie Impson, Alex Kararo and Bev Niesler



Lizzy, Matt, Margaret and Craig Gustafson



Dave Newton and Bjarne Jensen



Holly Grasch, Sharon Westendorf and Gail Gauen



Pat Graham, Cindi Trainor and Cathi Inendino



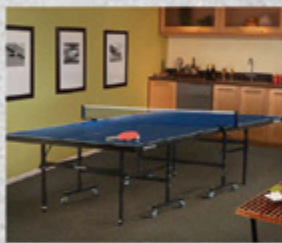
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Invest In Your Health

I was reading about Warren Buffet reassuring his investors that climate change isn't really going to be bad for his investors. After all, HIS insurance companies, due to an increase in any potential catastrophes such as rising sea levels, will benefit.

What? That doesn't make any sense, right? Insurers don't like big claims, right?

Not exactly. While there may be short term loss due to increased claims, the industry will pass along those claims in the form of higher premiums next year. Problem solved, revenues and profits rising faster than the sea level.

There may be a parallel in health insurance. One would think that health insurance companies would want us to be healthier. Wouldn't healthier patients generate lower claims and higher profits?

Not really. The higher the claims, the higher the premium next year. A percentage of a higher revenue stream is a higher profit.

In essence, putting an insurer in charge of your health is about as logical as putting a fast food restaurant in charge of your diet. They will only sell you what makes sense to their bottom line.

Decide who is in charge of your health. That would be YOU. Make the investment in you. You decide through many different choices, how healthy you will be. Yes, you could still get sick due to things beyond your control, but there is an awful lot we can do to improve our chances of

avoiding many chronic illnesses with their basis in lifestyle choices.

March is National Nutrition Awareness Month. We don't have to eat junk or processed food. If we do eat it, at least admit to ourselves that we did so because we wanted to. It may not be easier to eat healthier, but most things that are worthwhile

Center for Disease Control and Prevention

We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

are not easy. A more plant based diet with a colorful variety of foods with less sugar and saturated fat is a good model. It is the basis for Paleo and Mediterranean approaches.

We can be more active. Unless you are exercising vigorously more than 150 minutes per week, the right amount would be "more." Debates about "too much" affect a relatively small number of extreme athletes.



Dr. Craig Backs, M.D.

Internal medicine

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

For the rest of us, "more" is probably safe.

Though there are variations on the theme, the answers really are simpler than we think: eat more of the good stuff and less of the bad. Be more active, more spiritual and more connected to others. Take care of yourself and don't wait for anyone, especially a health insurance plan or anyone else, decide what is "medically necessary" for you.

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Empowering Ourselves To Define Beauty and Worth: A Cultural Revolution Has Begun



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

Did you see the new Divorced Barbie? She comes with all of Ken's stuff.

That was a line from a greeting card I designed nearly 20 years ago when I finally found the strength to end an emotionally abusive marriage. At the time, there were no Hallmark cards around to address the '%*#~my-life-has-suddenly-been-turned-completely-upside-down-and-now-I'm-a-hopeless mess' kind of feeling. I could always count on humor and good art software to entertain myself--and maybe unleash a bit of steam. As someone who treats a variety of eating disorders, I am endlessly frustrated with the fashion, toy and food industries that continue to confuse our children in our appearance-driven culture. My clients and I, mostly mothers, would say to one another, "Something

has to change". Well, something dramatic did.

Last year, Mattel introduced new 23 new Barbie dolls with a variety of skin tones, facial structures, hairstyles, hair colors and eye colors. While this was an incredible step in the right direction, they sort of got it right. Dwindling sales and social media complaints alerted the company to the fact that they still hadn't addressed body image. And then, just last month, we all experienced two historical, American events within days of each other: Mattel added curvy, tall and petite options to Barbie dolls and the much anticipated

"So finally, one of the most popular and enduring doll industries and an iconic magazine got it right: We are acceptable just as we are. We always have been. And we always will be."

ed Sports Illustrated swim suit issue was released, featuring the beauty of an aging woman and a plus-size model, both in bikinis.

Well, it's about time. It should have happened last century, but I'll take it in 2016.

So finally, one of the most popular and enduring doll industries and an iconic magazine got it right: We are acceptable just as we are. We always have been. And we always will be. So, why on Earth did it take so long? Sadly, Barbie has been part of the culture that has contaminated girls and women for decades. (A mother I knew was so angry about Barbie, she actually had a vanity plate that read, 'NO BARBIE') Media reaction to Barbie's multitude

of transformations was swift: Time magazine's February 8th, 2016 edition published a cover story applauding the company but also reported chilling details about Barbie's evolution. For example, in 1963, Mattel sold a Barbie called 'Barbie Baby-Sits'. She came with a tiny book on How to Lose Weight that recommended, "Don't eat." If that wasn't enough, the dumb blonde jokes were flying in 1971 when Malibu Barbie came out. Actually, they need to have a Barbie that "comes out". But I digress. To Mattel's credit, they wanted to make a statement showing our impressionable girls and women are very capable of being doctors, so they introduced 'Surgeon Barbie' in 1973. That was great, except the doll's appearance suggests that you still have to look pretty hot in order to be that doctor. In 1980, Mattel attempted to create multicultural versions of the doll, but they all just ended up looking like really, really tan Barbies. Sigh. In any case, Mattel is not solely to blame for our daughters' lack of self-esteem, and maybe ours from years ago, when we were cutting off the hair of our own Barbies. But thankfully, Mattel is now trying to become part of the solution.

Companies, whom I have long admired for this, have taken the lead to empower our girls and women, such as Dove, through their programs and online teaching videos, like Dove Real Beauty Sketches.

But a silent majority of boys and men are too afraid to come forward to identify themselves as struggling with eating disorders or poor self-image. And this is where I am totally baffled: Boys are STILL being socialized in the 21st century to be tough and silently deal with problems. Yet, there are glimmers of hope that this will change. I love the Kleenex commercial, when the little boy offers a tissue to the girl on the bus and says, "The thing is, people think

boys are loud and immature and don't care about feelings. But, they're wrong."

The Sports Illustrated swimsuit issue couldn't have come at a better time for me. I will be 55 years old this year, but I do not FEEL it. In fact, I point to my head and joke that I am really 25 up here. And wow, that has made a difference in how I now perceive myself and my aging body. Sure, gravity has taken over, and I have earned every wrinkle. But I want every woman, in fact, everyone, male or female, young or old, to know is that it is not the package, but the spirit you put out there in the world that really matters. You can shine your beauty through your smile. Our eyes can say so much in one gaze. Beauty truly is within.

I encourage everyone to make a difference in someone's life. Be mindful about the messages you unwittingly send to your children. Be aware of your own body issues and process them with a therapist for a session or two to get on the right track. Eating disorders are on the rise, as is cyber bullying. We need to continue to use social media in positive ways and create safe, peer support groups on Facebook, like I Choose Recovery, a group created by one of my teen girl groups that champions others to strive to recover from depression, eating disorders, or both. The movement of acceptance, empowerment, and freedom to redefine ourselves is finally here. My greatest hope is that we continue to move forward on this path of healing and

reeducate ourselves before the sick part of our society contaminates our boys and men, as it has done to women for centuries.

Linda was our cover model for this issue. She is wearing fashions from The Wardrobe at South Grand Ave. West and State St.

Linda also writes a monthly column in our online magazine: SpringfieldSceneOnline.com



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Turn Your Backyard Into A Relaxing Oasis

Improving your backyard can more than double the living space of your home - all for a fraction of the cost of an addition. Even the most elaborate outdoor transformation will cost less than adding rooms to your home, and the enjoyment factor can be even greater.

Here are some ideas for transforming your backyard into an oasis of tranquility for yourself and your family. Some of these ideas are elaborate, but others are simple - so you can choose the backyard transformations that work best for you and your family.

Create a Container Garden

This is one of the simplest and least expensive ways to transform your backyard environment. If you would love to have fresh vegetables all summer or beautiful flowers all spring, you



could tear up your backyard and plant a garden - or you could do it all with a few strategically placed containers.

Container gardening is a lot of fun, and you can grow a wide variety of crops in a limited amount of space. Whether you are an experienced gardener looking for a new challenge or a beginner looking for a way to get started, a container garden makes a wonderful addition to your backyard, deck or patio.

Set Up an Outdoor Kitchen

If you love to grill, you might want to expand your outdoor cooking with a full backyard kitchen. Setting up an outdoor kitchen is not as difficult - or as expensive - as you might think. You can make that outdoor cooking environment as simple or as elaborate as you want to.

If you want to keep things simple, you could simply add a utility table to hold plates or a small storage cabinet to house supplies. If your goal is to become an outdoor entertainer and chef, adding a small refrigerator to hold those special ingredients and a set of warming trays will get you well on your way.

Design a Relaxing Gazebo

There is nothing like a gazebo to create a relaxing and romantic environment in the backyard. Your gazebo can provide a bit of privacy for romantic getaways, or a great place to relax and unwind after a hard day at work. A large gazebo can even be a gathering place for family parties or a dry spot when a sudden rainstorm threatens your barbecue.

You can build your own gazebo using plans from local hardware stores or on the Internet, or buy a kit you can assemble at home. If you would rather have someone else do the work, you can hire a contractor to design, build and install your new gazebo. No matter which option you take, you will have a relaxing place to relax and enjoy the great outdoors.

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Add a Lighted Garden Path

Whether your backyard includes a formal garden, a gazebo or just some lush green grass, a lighted garden path will help you enjoy it even more. You do not have to spend a lot of money - or a lot of time - to add a beautifully lighted path to your garden. All you need is a supply of solar-powered lights and enough paving stones to stretch from here to there.

Depending on the size and length of your garden path, the entire lighting project can cost as little as \$100. When you are done, you will have a backyard living space you can enjoy at any time of the day or night.

Light Things Up with a Fire Pit

If you want to enjoy your backyard at night or in the winter, adding a fire pit can help you do just that. A fire pit provides a natural focal point for your



backyard celebrations, a great place to roast marshmallows and cook wieners and a perfect spot for telling ghost stories when Halloween rolls around.

You can build your own fire pit with a few simple materials, or purchase a ready-made model that can be easily moved from place to place. No matter which option you choose, you and your family can spend more time outside and enjoy your outdoor living space even more.

With a few simple changes, you can upgrade your outdoor living space and enjoy your home even more. Whether you choose the convenience and low cost of container gardening and lighted pathways or the fun of an outdoor kitchen and a gazebo, you and your family will find plenty of great things to do in the backyard.

~SSM~



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Creating Low-Maintenance Landscaping



This looks great and is a high maintenance landscape design.

There are two things most homeowners agree on: is everyone loves nice-looking landscaping, and no one wants to work on it. For most, a certain amount of maintenance is required, but you can cut back on how much and how often with some planning and by choosing the right plants and hardscapes. In some cases there will be a trade-off between beauty and maintenance, so choose the right balance that works for you.

The lawn is the most labor-intensive part of landscaping for most people, but there are several things you can do to cut back and the amount of work required to maintain your lawn. One idea is to replace part of your grass with a maintenance-free ground cover. You may need help in selecting the perfect ground cover for your climate and soil. Choose areas that are already problem



The hardscape, small lawn, shrubs & grasses choices make this a low maintenance landscape design.

areas, such as hills that are tough to mow, or areas where the grass is spotty due to drainage or shade. Eliminating these problem areas will go a long way in cutting down your maintenance time.

Another way to get rid of some problem areas, especially high-traffic areas, is to add hardscapes. These may be decorative rocks or gravel, mulch or paving stones. Design hardscapes to get rid of paths worn into the grass by traffic and to cover hard-to-mow areas around fences and patios. In areas where you are using mulch for beds or hardscapes, mulch heavily; skimping will just create weed beds. Mulch heavily enough so weeds will cease to be a problem.

Another place to minimize or eliminate maintenance is to choose the plants and flowers carefully for the best combination of beauty and care-free growth. Bulbs are an excellent choice, and if selected carefully, they can provide year-round color with little or no work. Plant them and forget them. Also, choose tight and low-growing evergreens for your foundation planting. This will create yearlong green with little to no pruning.

Finally, give up or minimize those high-maintenance plants that take up so much time. Shrubs such as roses require a lot of time and care for the beauty they provide. Reduce the number of these types of plants to one or two ornamental selections and use shrubs that are less needy to brighten up your beds.

A beautiful lawn shouldn't be a full-time job. With a few modest changes, you can cut down on the time spent doing yard work and spend more time enjoying it. Replace problem areas with low-care options and minimize high-maintenance shrubs and cut your lawn maintenance time year round.

~SSM~

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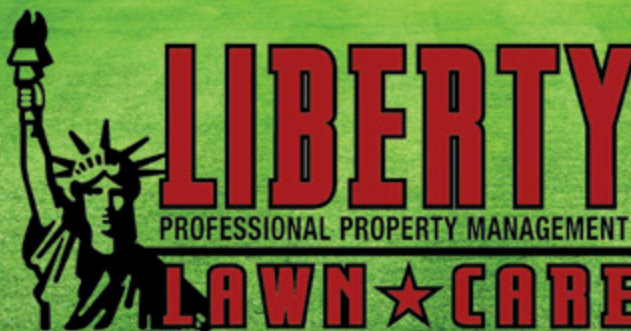
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A Custom Designed Contemporary Ranch Home

PHOTOS BY
BILL STOKES AND MATT BECK
CAPTIONS BY
ROBYN WOODSIDE



The contemporary ranch home is built into a hillside on a 5-sided lot in the Olde Bradforton Place subdivision in Pleasant Plains. Constructed in 2004, it has stayed true to its architect, the late Harry Riddle of Bloomington, who held that a home should be nothing but a neutral canvas onto which colors and textures are added by artwork and furnishings. The home's interior is a soothing space of soft beiges and greens, down to gleaming maple wood flooring and beige carpeting. A spacious open floor plan, soaring ceilings, and banks of windows overlooking woods and lush landscaping create a feeling of freedom and appreciation for natural beauty.

A three-tier stone and copper fountain greets visitors at the front entrance.



The Riddles asked Greenview Nursery to create a landscape design for their expansive lot, which totals nearly an acre. Greg, who finds landscaping therapeutic, did the plantings himself, which includes 18 trees and an abundance of shrubs and perennial flowers.


The "cloud" in the living room is the same size as the one in the dining room, but is suspended from a 20' cathedral ceiling. Bursts of color are provided by purple fabric sofas accented with rust colored pillows. Additional color is introduced by airy floral arrangements and a bright-hued geometric area rug.







Homeowners Melinda and Gregg Riddle in their living room.






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In the dining room, a trio of pendulum lights hang over the table from a 8' x 6' panel known as a "cloud" which forms visual interest and helps to delineate space in the open floor plan.





The spacious foyer showcases the home's beautiful maple wood floors and soft beige walls, with a large rust-colored rug providing a spot of color. A bank of windows is left bare to allow light to flood the interior.

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Great detail was lavished on the spacious kitchen where guests naturally congregate. Commercial grade stainless steel appliances are framed by maple cabinetry, with lighted glassfront cabinets displaying colorful glassware. The black granite countertops and backsplash create a dramatic contrast with the soft beiges of the cabinets, walls, and maple floors.





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The large master bedroom is one of only two rooms with carpeting. A set of French doors lead out to the Trex deck and hot tub.



The bed is arranged against an 11' finished wall that extends $\frac{3}{4}$ up to the ceiling. Behind the wall (or "island") is a 17' length of mirrored closet doors with additional space for dressers and a dressing bench. Access is from either side of the wall.





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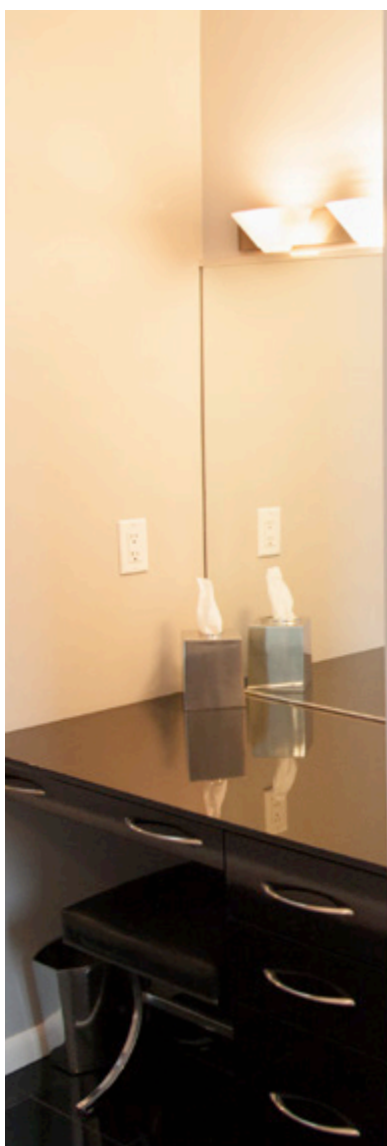
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The elegant master bathroom is furnished with a gleaming black granite sit bath, double vanity with stainless steel sinks, and a makeup table. The black marble tile floor extends into the shower.



A small guest room doubles as a home office.

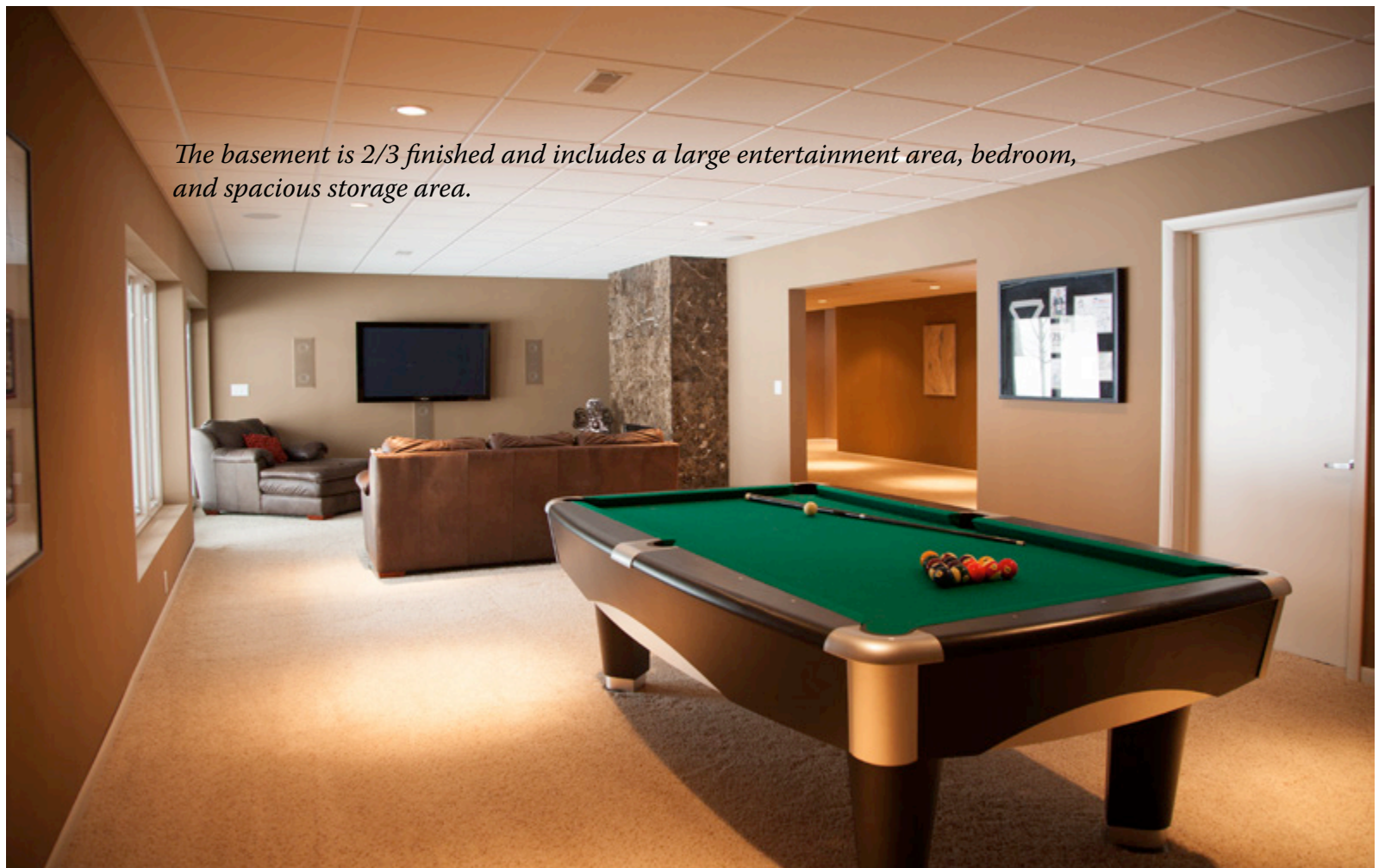


A teenager's bedroom is furnished with white contemporary furniture. A gray coverlet and a rust-colored throw adorn the bed.





The walkout basement leads out onto a concrete patio. Greg personally laid the stunning stone foundation.



The basement is 2/3 finished and includes a large entertainment area, bedroom, and spacious storage area.



A fourth bedroom in the basement provides additional space for house guests.





French doors in the dining room lead into a charming screen porch that provides extra dining options and permits an enjoyable evening outdoors without the hassle of fending off mosquitoes.



The maintenance free Trex deck runs the length of the house and features a hot tub.



Laundry Room on main floor



Guest bathroom off the living room



The plantings include 18 trees and an abundance of shrubs and perennial flowers as well as annuals that change with the seasons.

Rolling Meadows Brewery Wins A 2016 Good Food Award

Earning the 2016 Good Food Award puts Rolling Meadows Brewery among an elite group of craft beer brewers in the United States. To win this award they had to meet some high standards.

The Good Food Award celebrates the kind of food we all want to eat. Foods that are tasty, authentic and responsibly produced. Seedling Projects, the 501 (c) 3 organization organizes the awards in collaboration with a broad community of food producers, food writers and passionate food-lovers.

The Beer criteria requires that it be made in USA; Certified Organic or meet at least three out of five of the following:

- Made with at least one ingredient (besides water) sourced within 150 miles.
- Made with at least one ingredient (besides water) that is grown without the use of synthetic inputs, including pesticides, herbicides, fungicides and fertilizers.
- Made by a brewery that has made concrete water recycling or other resource efficiency improvements in the production or delivery process in the last three years.
- Made by a brewery that engages deeply with its community by producing a festival benefiting local charities; offering paid time off for employees to volunteer in causes they believe in; or otherwise offers substantial support to its community.
- Made by a brewery that proudly maintains one or more third-party accreditations embodying social responsibility and transparency.

The beer entries must also fit within one of the following 5 sub-categories:



- Not-So-Intense-But-Still-Mighty-Tasty: Pilsner, Golden, Kolsch, Wit, Hefeweizen, etc.
- Amber, Reddish, Deep-Colored-But-Not-Quite-Brown: Marzen, Alt, Amber, Red, Scotch Ale, etc.
- Deep, Dark & Delicious: Porters, Schwarzbier, Dark Lager, Stout, etc.
- Focusing On That Beautiful Little Hop Flower: Pale Ale, IPA, etc.
- Adventurous, Barreled, Big, Bawdy & Belgian: Barrel-Aged, Sour, Belgian, Barleywine, Smoked, Gluten-Free, etc.

The finalists were announced on November 4, 2015 and the winners were announced at the Awards Gala Ceremony on January 15, 2016 in San Francisco. The winners came from 33 states and rose to the top amongst 1,937 entries that were blind tasted with 203 judges back in September 2015. The highest scoring entries were submitted to a rigorous vetting process to verify they met the sustainability and social responsibility criteria to win

a Good Food Awards – with over two dozen ultimately disqualified.

At the Awards Gala, Good Food Awards Founder Sarah Weiner noted in her closing remarks: “Twenty years ago, it took traveling across the globe to encounter something so exquisite that it jolted me into seeing the world with new eyes. Now, you are giving people a taste of how good life can be right here on our own soil...changing America’s definition of Good Food.”

In the Beer categories only 14 breweries won a Good Food Award. Rolling Meadows Brewery won for their *Barrel Aged Abe’s Ale* (pictured above with the barrel on the label).

Chris Trudeau, founder and owner of Rolling Meadows Brewery exhibited great enthusiasm for the process of craft brewing as well as a breath of knowledge about the history of beer making. He explained the process



Chris Trudeau, Founder/Owner; Seth Koerner, Assistant Brewer; Dustin Regan, Brewmaster/Headbrewer; Connie Regan, Manager/Assistant Brewer

without giving up the formula. Of course I was given the tour of the brewery and a sampling of all the beer you see in the photo below, including the *Barrel Aged Abe's Ale*.



As a craft beer lover I've noticed that everyone's pallet is unique and few brews appeal to all. I have to say that the truly unique qualities of the *Barrel Aged Abe's Ale* was to my liking and probably will be to yours.

Ryan, a long time political reporter and the spearhead reviewer at the website



guysdrinkingbeer.com says in his 2013 review of the *Barrel Aged Abe's Ale*, "I know it's early in 2013, but this may go down as my favorite beer of the year." If you want to find out where you can buy this or any other craft beers from

Rolling Meadows Brewery just look up their website rmbrewery.com and they have a listing of where you can find them.

THE WINES OF SOUTH AFRICA

Stellenbosch: This area is the Napa Valley of South Africa



Dr. Geoffrey A. Bland, M.D.

Owner, The Corkscrew

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For my inaugural column for Springfield Scene Magazine I wanted to feature a country and wines that have become my muse over the past several years.

Having spent multiple months in South Africa over the past decade I feel somewhat qualified to try and explain that beautiful country and the incredible wines they produce.

The Dutch East India Company first established a colony in the area that is now modern day Cape Town with the intent of producing food and wine to re-provision their trading ships at the half waypoint in their voyage to Asia, along what came to be known as the Spice Route. In 1652 Jan van Riebeeck the first Governor of the Colony established vineyards and wine has been produced continuously since then. A few years later Simon van Stel established vineyards in an area behind Table Mountain in an area that came to be known as Constantia, the sweet wines from this region soon gained world wide acclaim and many followers among the rich and powerful, including Napoleon who asked for this wine when he was in exile. In the 1690's

many French Huguenots arrived in the Cape seeking refuge from religious persecution in France, they were granted land further inland in an area that came to be known as Franschoek or "French Corner", this remains an important wine producing area today.

Throughout the 1800's a large percentage of grapes were used to make fortified wine or distilled into Brandy, much of which found an eager market in Britain. In the late 1800's many of the vineyards were devastated by the root louse Phylloxera and this killed the industry for many years. Throughout most of the 20th century wine production was dominated by a large cooperative established by the government and known as the KWV, while they stabilized prices they also stifled innovation. Their impact, combined with isolation due to foreign sanctions tied to the Apartheid regime led to a period of decline in the industry. With the end of Apartheid in the early 1990's the wine industry roared back to life and as producers and winemakers have been exposed to the whole world the quality of wine has soared, today South Africa is one of the most exciting places in the wine

world. The combination of lean soils, perfect weather, minimal plant disease and innovative producers has led to many world class wines and some great values as well. Today we see a nice mixture of producers making modestly priced wines of high quality as well as boutique producers making very high quality Estate bottled wines, these wines are our focus tonight.

If we use California, as a comparison to South Africa then the Stellenbosch area is Napa Valley. As we all know there is much more to California wine country than Napa and this is true in South Africa. Even within relatively short distances you find major differences in soil types as well as growing conditions. Proximity to the ocean and elevation above sea level are major factors impacting the temperature and growing season.

Stellenbosch

This area lies at the base of a mountain range, it has proximity to the ocean but is far enough away to escape severe wind damage, and they get 315 days of sunshine per year.

Paarl

A bit farther north this area is more inland with less maritime influences and is a bit hotter, primarily an area for red wine.

Hemmel en Aarde

This is a cool climate area adjacent to the coast and quite near sea level.

Elgin

Elgin is about one hour southeast of Stellenbosch and close to the Atlantic coast, it sits at about 1500 feet above sea level therefore it is quite cool.

Swartland

This large area lies west of Paarl, more towards the Indian Ocean side of the country; this area is blessed with many very old, dry farmed vineyards, which produce intensely flavored fruit. This area is well suited to Chenin Blanc but also to Rhone grape varieties.

Hear are some of my favorite wines:

2013 Ken Forrester Chenin Blanc Reserve: Stellenbosch \$15.00

Ken Forrester is a legend in South Africa and in addition to being a superb winemaker he is a tireless Ambassador for South Africa and the wines made there. This is a rich, seductive wine with ample melon, pear and fig fruit

2013 Mullineux Old Vine White: Swartland \$30.00

If Ken Forrester is the old guard, then Chris Mullineux is the new generation of wine maker. This wine is a blend of Chenin Blanc, Clairette and Viognier, it is aromatic, crisp and superb with seafood

2013 Paul Cluver Chardonnay: Elgin \$22.00

Very Burgundian in style this is a rich, complex Chardonnay with ample oak influence.

2014 Del Aire Graff Chardonnay: Stellenbosch \$24.00


From what may be the most beautiful property in South Africa this is an elegant, balanced Chardonnay that delights the palate.

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2012 Stark Conde Syrah: Stellenbosch \$20.00

From the Jonkershoek Valley just outside of Stellenbosch this is an inky dark, powerful wine that screams for grilled meat.

2011 Mullineux Kloof Street Red: Swartland \$25.00

A classic blend of Syrah, Grenache and Mourvedre this is full bodied, smooth and very nuanced in flavor.

2012 Southern Right Pinotage: Hemel en Aarde Valley \$20.00

The Pinotage grape was developed in South Africa by crossing Pinot Noir with Cinsault, this producer gives us a medium bodied, intensely flavored wine that is perfect with barbecue or grilled meats.

2013 Kanonkop Pinotage: Stellenbosch \$44.00

This wine is the Flagship for Pinotage in South Africa, it is rich, full bodied and blessed with layers of flavor, enjoy with roast prime rib or a juicy steak.

2011 A.A. Badenhorst Red Blend: Swartland \$44.00

Adi Badenhorst is another of the young, super star winemakers emerging in South Africa; this complex red blend is an Hommage to the red wines of Chateaufort du Pape in France.

2013 Boekenhoutsloof "The Chocolate Block" Franschoek \$40.00

Another superb red blend that has immense black fruit, spice and ample notes of mocha and toasty oak.

2009 De Toren Fusion V: Stellenbosch \$40.00

A classic Bordeaux style blend that will amaze you, to get this quality in Bordeaux will cost you at least \$100.

2008 Glen Carlou Gravel Quarry Cabernet: Paarl \$50.00

At 8 years of age this wine is a superb expression of Cabernet Sauvignon, the rival of many Napa wines at twice the price.

Bernadett Nyári



Hungarian violinist Bernadett Nyári has been called one of the most entertaining musicians in the world. With the help of Springfield entrepreneur and entertainment manager Fred Puglia, she is now on the verge of becoming a musical sensation in the United States.

Back in 2010, Puglia was sailing on a cruise in the Mediterranean Sea with his wife Nora and some friends when he first heard the musical stylings of Hungarian violinist Bernadett. "The entire ship thought she was incredible," remembers Puglia. "She would sell out

hundreds of CDs each week to people from all over the world."

"She was very entertaining, beautiful and young," Puglia explained. "Plus her violin technique was incredible."

After the cruise, Puglia kept in contact with the talented musician, "thinking one day I would be ready to ask to be her manager. In August of last year, I did just that."

Puglia realized that her combination of talent, personality, intelligence and good looks would make her very

popular as a concert performer in the United States.

"The world has only a few violin masters that are recognized as the best," Puglia continued. "Bernadett will be a major star within the next few years."

This past February, Bernadett paid a visit to Springfield to meet with Fred and his staff at Perfect Impressions Entertainment to create marketing material and plan her concert. The whirlwind trip included rehearsals and performances at Montvale Estates, visits with local stylists, buying new



performance gowns, video shoots at the Hoogland Center for the Arts, and visits to Charley Parker's, Maldaner's, Lime Street Café and Saputo's. Wherever she went, the 27-year-old Hungarian beauty would charm her hosts.

"I really loved Springfield," Bernadett said. "All the people I met were nice, and I enjoyed playing here. I really hope that I can come back as soon as possible."

Bernadett was just 6 years old when she started playing the violin. "Because all my family members were musicians, I decided that I had to play some instrument. I chose the violin, which I had loved ever since I was a child," she said. "I realized that I could make people happy with my music."

Bernadett's Grandfather, Jozsef B. Suha, was a famous violinist in Hungary. "My whole life in music is dedicated to my Grandfather. I just want to continue keeping his legacy alive through my music."



From 1995 to 2003, Bernadett attended her first music academy. She was then accepted at the prestigious Bela Bartok Music Conservatory in Budapest (2003-2005), Leo Weiner Conservatory of Budapest (2006-2007), and the Music University of Graz in Austria.

One of her proudest achievements was when she was accepted to study with the Romanian violin master Silvia Marcovici. This famous violinist became her professor and mentor, influencing her style, technique, and appreciation for classical music.

As Bernadett's musical career unfolded, she performed as a featured and headlining artist in the concert halls of Europe, cruise ships, at music festivals, and for heads of state. Her performances have been enjoyed in more than fifty cities, including London, Austria, Italy, and Slovenia.

And now, with the help of Springfield's Fred Puglia, she is looking to win over music lovers in the United States

PHOTOS BY BILL STOKES AT LIME STREET CAFE



Bernadette shows Satch Percori that with just one lesson he can play the violin. He moves the bow up and down and Bernadette fingers the strings



Bernadette entertains and has a great rapport with her audience



and take her career to the next level. They are busy talking with booking agents across the country, trying to make entertainment industry movers and shakers aware of Bernadett, "The Amazing Strings."

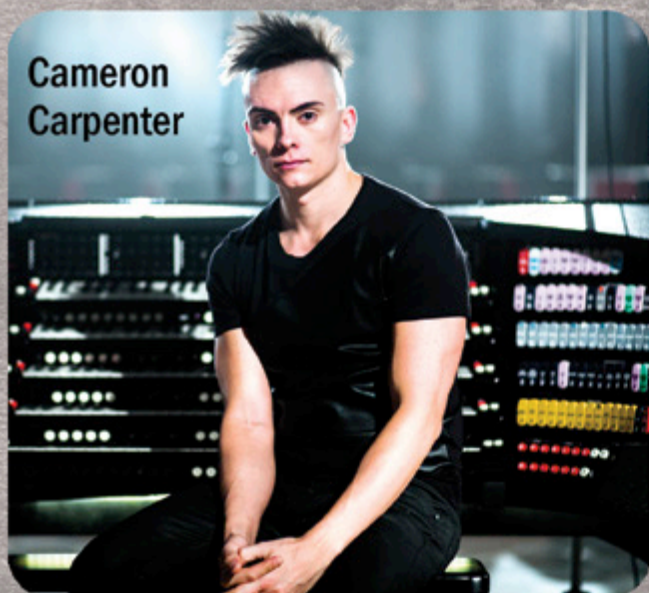
"I would like to make concerts all around the United States. I love to be there, I love your people. I really love my country, but I would like to have the United States as my second country. I hope it will happen soon."

~SSM~



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Red Tie and Pearls Gala

HSHS St. John's in partnership with SIU Healthcare, presented the 30th Anniversary Red Tie and Pearls Gala on February 5 at the Crowne Plaza in Springfield. The event featured silent and live auctions benefiting the Ronald McDonald House Charities, which supports the families of sick children needing long-term care.



Shiera Somani, Manju Jenveja, Aruna Mathur, Nilima Lad, Daksha Patel and Vasanta Mushunuri



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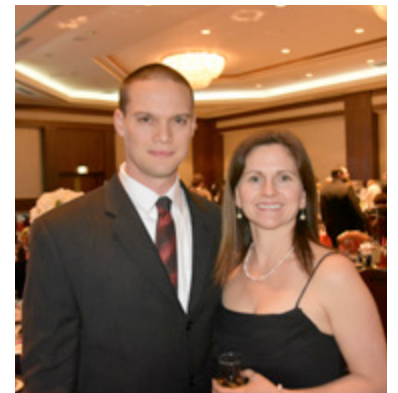
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