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2017 Issue No. 1 Vol. 13



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Father Randy Witter & Daughter Dorothy starting their walk to the altar.



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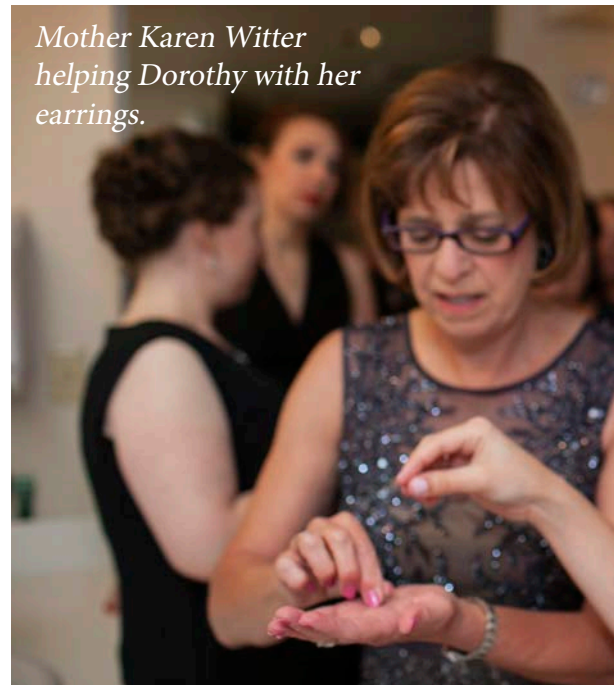
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Parents at the wedding: Janice Copfer, Karen & Randy Witter and Howard Copfer
Below, Zachary and Dorothy with Dorothy's 99 year old Grandfather, Ray Ackerman



Mother Karen Witter helping Dorothy with her earrings.

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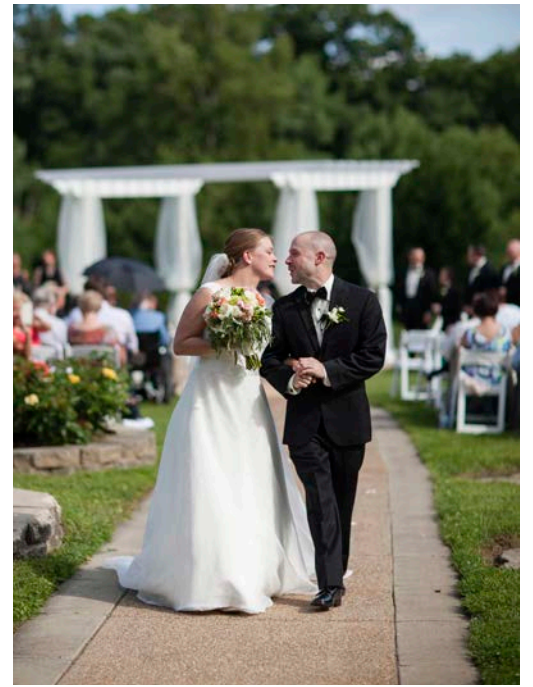
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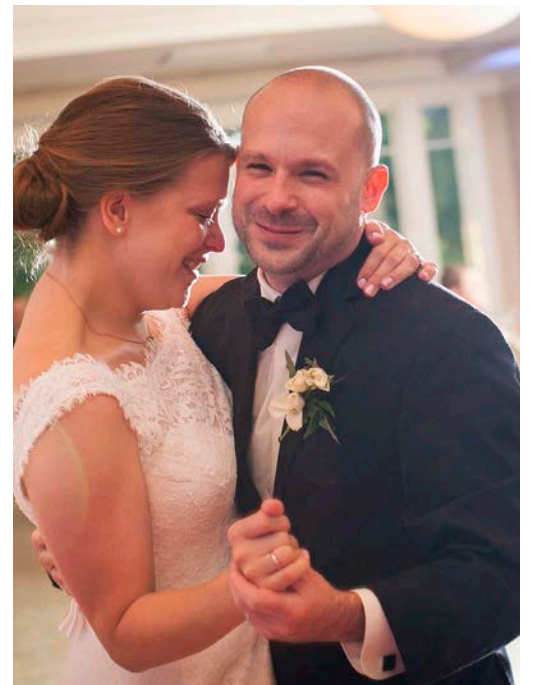
Bridesmaids above (Left to Right): Paula Klickna, Maria Mahrukh, Lee Copfer, Grace Copfer, Bride Dorothy, Elizabeth Lovsin, Betsy O'Brien, Nikki Davis



On the right:
Bride's parents: Karen & Randall Witter,
Newlyweds: Dorothy & Zachary,
Groom's parents: Janice & Howard Copfer



Groomsmen below (Left to Right): John Witter,
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Newlyweds, Dorothy and Zachary



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Four Crucial Areas To Discuss Before Marriage

BY MARGARIE TAYLOR

Married couples will never agree on everything, and that's okay. However, if you and your significant other can reach an agreement in these four areas, research shows that you're likely to stay together for the long haul.

1. Children

While your thoughts about parenting will evolve once you have children, it's important to understand your partner's views about raising kids before the wedding.

What to Discuss

Numbers: How many kids do you want? If one of you wants two children and the other wants three, that's probably something you can work through easily. However, if you want one child and your partner wants six, you need to keep talking. If one of you wants kids and the other doesn't, don't expect either of you to change your minds after the wedding. Instead, talk it through and reach an understanding before you get married.

Discipline: How do you plan to raise your children? Do you prefer a strict, orderly household, or are you okay with a messy, slightly-crazy home?

Education: Will your kids attend public or private school? Do you think that parents should pay for college or should kids work their way through?

2. Faith

While you don't have to share the same religion to have a happy, long-lasting marriage, studies have shown that interfaith marriages have a slightly higher divorce rate than marriages in which both partners practice the same religion.

Therefore, it's vital to understand and accept your partner's belief system. If you have differing beliefs, look at them as an opportunity to learn more about each other.

What to Discuss

Children: How will your differing religions affect your parenting? If one you doesn't practice a religion and the other one does, what will you teach your children? Conflicting belief systems often don't become problematic until after the first baby arrives, so figure out to handle it beforehand.

Everyday Life: Will you expect your

spouse to attend worship services with you, or is okay if he stays home? Would you like to share the same religion one day? If so, who will change and why?

3. Finances

Money problems strain relationships. In fact, 22% of divorced couples cite financial disagreements as the primary cause of their divorce. This is an alarming statistic, but instead of worrying about it, let it guide you toward making wise financial decisions.

Before the wedding, talk about finances. If the two of you agree on basic financial principles, you can avoid many money arguments down the road.

What to Discuss

Debt: How do each of you view debt? If you're okay with debt, how much and what kind? For example, many people are fine with a reasonable mortgage but want to avoid credit card debt. If one or both of you have student loans, how will you approach paying them off?

Retirement: When and how will you save for retirement?

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Budget: Is a monthly budget important? If so, what areas should be budgeted for? How much personal spending money is reasonable for each person to have every month?

Dual Income: If one of you makes a higher income, how does that affect your relationship? If you plan to have children, will both of you continue to work, or will one of you stay home with the kids?

4. In-Laws

In-laws are another area that can cause stress and strain if you and your spouse aren't in agreement. While in-laws can enrich your relationship, consider setting some boundaries to guard against resentment.

What to Discuss

Holidays: Where will you spend holidays? How will you divide up the time between your families?

Vacations: Do either of you expect to take vacations with your in-laws? If so, how often? Would you travel together regularly or infrequently?

You and your spouse will never agree on everything, and that's fine. However, the more you're able to talk through your disagreements and figure them out together, the stronger your relationship will be.

Keep in mind that as your circumstances change, it's normal for your thoughts and feelings to evolve. To maintain a healthy relationship, communicate and compromise often with your spouse.

Source: institutedfa.com/Leading-Causes-Divorce/

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STEVE PEMBERTON



PHOTO BY BILL STOKES

A Chance in the World: The Inspirational Story of Steve Pemberton

STORY BY ROBYN BOUILLON

By all appearances, Steve Pemberton has it all – a successful career, movie-star looks, best-selling memoir, busy speaking schedule, an articulate and polished persona, and a beautiful family.

It is hard to grasp that an adult once wrote about him, “this little boy doesn’t have a chance in the world.” From age 3 to 17, Pemberton was a ward of the Commonwealth State of Massachusetts and was placed in a foster home where he was regularly beaten, starved, and subjected to soul-crushing humiliation. As a bi-racial child, he was largely friendless, viewed with suspicion by both races and accepted by neither. His only friends were the books given to him by a kind neighbor, which he was forced to keep hidden in a dank cellar. Through sheer determination, a keen intellect, kind-hearted mentors, his unrelenting quest to find his birth family, and a strong faith in God, Pemberton managed to emerge, if not unscathed, as a fine young man who rejected a bitter spirit for a compassionate one. Once one of the disenfranchised and downtrodden, he is now a fierce advocate for diversity and inclusion and has inspired millions to never give up hope, no matter how dire their circumstances might be. In 2012, he shared his inspiring journey in a memoir entitled *A Chance in the World: An Orphan Boy, a Mysterious Past, and How He Found a Place Called Home*. The book is soon to be a movie.

Pemberton serves as Senior Executive at Walgreens Boots Alliance, the first global pharmacy-led health and wellbeing enterprise in the world. Boots Alliance employs 370,000 people in 25 countries and works to create a diverse, inclusive work environment that reflects the culture, people, and perspectives of each nation. In 2015, Pemberton was appointed by US Secretary of Labor Thomas Perez to serve on an Advisory Committee for the Competitive Integrated Employment of People with Disabilities. His influence and accomplishments led to his receiving the prestigious 2015

Horizon Award from the United States Congress, which is given to private citizens who have established exceptional examples for youth through individual perseverance and accomplishment.

Pemberton was recently in Springfield as the keynote speaker for the 90th anniversary dinner of the Springfield Urban League in early December. Springfield Scene had the opportunity



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to talk with him about diversity and inclusion.

Pemberton says society needs to change the way it views those two topics. "Contrary to the way we are taught, I believe we should look at diversity and inclusion through the lens of experience first, rather than through artificial labels such as color, race, religion, or gender," he says. "You miss so much when you just focus on labels. You miss what the other person has seen and where their life's journey has taken them. You may miss the commonality of your story and theirs."

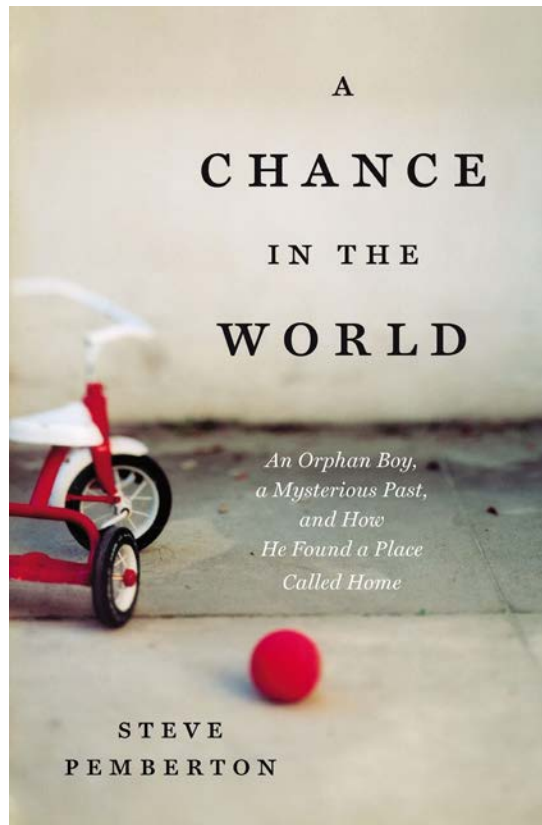
He cites two U.S. Walgreens distribution centers, located in Windsor CT and Anderson SC, that have gotten it right.

"In those distribution centers, nearly 40 percent of their employees have a disability but perform their jobs at the same level or better than those without disabilities. We don't ask, 'What can't you do?' but rather, 'What can you do and how do you learn?' It has created the highest level of efficiency that we have in our supply chain, and in a way, that epitomizes the difference between labels. Imagine that you are someone 40 years old with a disability who's been told by society, 'You can't do that job.' Then imagine their reaction at receiving their first paycheck, that feeling of independence and pride, as well as that of their parents who know their son or daughter is going to be okay now. It's very humbling."

He says if there's one thing he could impart to Springfield Scene readers, it would be the power of possibility. "I'm talking about the need for us to look beyond labels, particularly now. To be guardians of history because if you're not, history will take three lefts and you'll find yourself in the exact same spot that you started. To look beyond what a lot of image makers, storytellers do to disrupt our commonalities, and it's purposeful, not an accident. We as a society are now driven by this cynical, almost hopeless conversation asking what kind of country we are, these

things we hold true, are they really? That is the power of history because our past generation showed us the way. They faced much greater challenges than we do, much greater divisions. They understood something that we had better get a grasp on, that the US could not continue to be a leader in the world operating in isolationism and cynicism and hopelessness. That's not why we are a beacon to the rest of the world. But we also have to learn to hear one another and ask for greater accountability from our leaders, whether politics or business or the church."

Pemberton says that practicing what he preaches can be a bit more difficult in his everyday life, particularly at home.



"I am the father of a little girl and married to a woman that reminds me on a daily basis that even though I know a lot about diversity, I am still not quite the feminist I think I am," he says. "It requires a daily discipline to make sure you ask, 'What is your story, your experience?', and to not make

those judgements or presume you have all the answers in every way, shape, or form. You learn something new every day when you do that."

During his public speaking engagements, Pemberton attempts to inject hope into the hearts and minds of those who are feeling disenfranchised and powerless, particularly youth.

"Growing up, when people looked at me, their expressions told me they felt I was broken beyond possibility. I made certain no one looked at me that way again, or will ever look at my children that way. I know the kind of pain that can buckle your soul. The foster homes that raised me tried to convince me of my worthlessness. They weren't successful. Nor will anyone convince me now that I am exceptional. I'm just one example of someone who found himself on the periphery of possibility. Did I sacrifice? Yes. Did I kick and scratch and claw and fight? Yep, I did all those things. There was something a lot more important at stake. I had to put an end to something. I take great pride in having put an end to a cycle (of violence and poverty) that my parents had also inherited. What a power that is. There's a lot of power in starting something, but also a power putting an end to something."

As the book recounts, Pemberton was able to find his birth families and has maintained contact with both sides of his heritage. But he has found his true family with his schoolteacher wife Tonya and their three children. The family lives in suburban Chicago.

"If you live this life and breathe this air, it's the nature of the human condition that adversity will visit you, whether from decisions you make or just things that happen to you," he says. It's important to realize that you are not measured by what happens to you, but by what you do about it."

~SSM~



90th Anniversary Dinner

The Springfield Urban League celebrated 90 years of changing lives and empowering communities through health and education initiatives, as well as workforce and economic empowerment at their annual gala December 2 at the Crowne Plaza in Springfield. Steve Pemberton, the recipient of the 2015 Horizon Award bestowed upon him by the United States Congress, was the keynote speaker. The award is a special recognition from the Joint Leadership Commission of the Congressional Award Foundation.



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Spirit of Philanthropy

Hospital Sisters Health Systems St. John's Foundation celebrated the Spirit of Philanthropy November 10 at the Dove Conference Center at the Prairie Heart Institute in Springfield. The foundation awarded more than \$2 million in support of patient care, education research and community outreach programs in FY2016.



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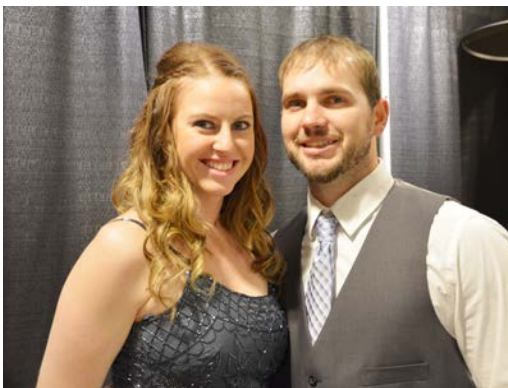
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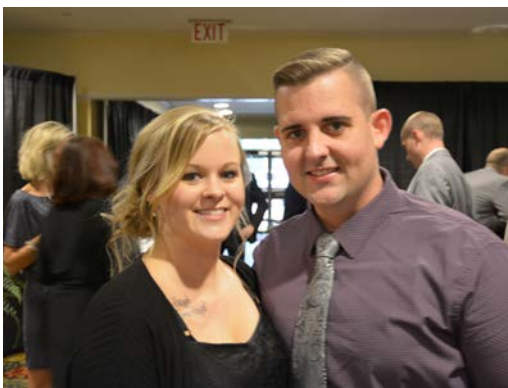
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PHOTO BY BILL STOKES

Giving Hope, Direction to Children

Molly Berendt, 29, grew up in Cincinnati, Ohio, in a home with two loving parents who encouraged her to explore opportunities, to challenge herself and find out what matters in life. She was surrounded by adult mentors in high school who believed in her, including a guidance counselor who prompted her to try new things; a community services director who entrusted students with responsibility that most adults wouldn't; a U.S. history teacher who was involved in the community and fought for social justice and a development director who helped her network and open a Fair-trade coffee shop. She had the right people giving her direction.

Imagine the opposite scenarios: a child who wears flip flops to school in the dead of winter, because that is the only pair of shoes available; a young person whose only coat is three sizes too big and has a broken zipper; the backpack a student carries is a thin plastic grocery bag; taking a child to their home and seeing 15 people in the living room ... they all live there. Or knowing that a family with children lives in a car, or has no electricity or no heat in their home.

Berendt, the founder and executive director of Compass for Kids does not take her blessings for granted. "I do what I do, because my heart breaks for the kids who don't have what I had growing up," she said. "I knew when I was 14 years old that I wanted to help people."

Choosing her own path

Berendt was careful in choosing the paths that would set her up for a life of success. She took advanced placement courses in high school to prepare herself for college; she had plans to become a veterinarian. After 11 college applications and much contemplation, her next step was St. Louis University. She had also changed her mind; she

decided to go pre-law, and completed her Bachelor of Arts degree with three majors: political science, French and international studies. "In a sense I knew I was going to do something dealing with underprivileged and homeless children, but I didn't know what that was going to look like at all," she said.

As a high school student, she had volunteered in the inner city of Cincinnati. She worked with an after-school program for elementary kids. She served meals, organized the food pantry and clothes closet at a homeless shelter and served as a Big Sister for the Big Brother/Big Sister program. "I thought about studying social work, but that is how I spent all of my time outside of school – volunteering; I didn't want to be

she...volunteered at a summer camp for at risk students. Sitting more forward in her chair, she expressed, "That experience changed my life!"

one-dimensional." With that thought she decided to focus on studies she would find stimulating, challenging, and in areas she loved, but might not otherwise get to do. Why the combination of political science, international studies and French? "Political science was very challenging to me. It was such a broad, huge subject about the entire world, cultures and history, and I love politics."

She continued saying she would have to read hundreds and hundreds of pages and then synthesize the information and write a 500-word essay about it. "It's so much information about history, various parts of the world, or may-

be I'd be reading something in French. How do you take all that information and put it together and make it useable, draw connections between all the different texts?" she asked in answer to the question. "I think that process has served me well. It helped me develop critical thinking skills.

"I am in love with French and started taking it when I was 14 and a freshman in high school. Poly sci' was my serious major, and French was my passion project. I had a life-long dream of studying abroad, and I got to study in France my sophomore year. After that, it's not as difficult to get a major in French," she said with a smile. She went to the universite de sciences politiques in Leoni, France, where all of her classes were in French. "It was neat to study with all of the French students, especially as an American," she noted, "And the international studies tied in so well with the other two and with my interests in comparative politics."

She said she then "hit the pause button," after she graduated from SLU. Her intent was graduate school, but at 22, she went back to Cincinnati and volunteered at a summer camp for at risk students. Sitting more forward in her chair, she expressed, "That experience changed my life!"

Sharing her dreams

In December of 2010, after moving here that fall with now husband, Rex Gradeless, they began attending Douglas Avenue United Methodist Church. "I went to coffee with Pastor Julia Melgreen. As someone new to the church, she simply wanted to get to know me. During that time, she asked what I wanted to do and what I was passionate about. You know, I came to Springfield and didn't have a full-time job. She was inquiring about what my life goals were, what my dreams were." It was then that Berendt spoke of wanting to lead a program for homeless, at-risk



Kids having fun at Camp COMPASS

students. “I shared with her the many volunteer experiences I had in Cincinnati as a high school student.

“When I was 16 I had the good fortune to be an intern with this awesome program that paired 16 Xavier University students with 16 high school students from Cincinnati and had assigned us to different social service agencies. I had wanted to be at the homeless shelter because I was already familiar with it, but instead they placed me at a place called Project Connect. It was a summer camp for homeless children. I was basically a teacher’s assistant. Those six or eight weeks absolutely changed everything I thought I was going to do with my life,” her speech a little faster, with excitement as she thought about it. “It took me a couple years to figure it out though. I was only 16. I knew I loved those kids. I had already had all of the other experiences with inner city children, homeless children and homeless adults, and something started to change.

I would never have believed that one summer could have such an impact. I didn’t want to admit that I was maybe going to change my mind.” She decided at 22, to forgo pursuing a law degree and went back to Cincinnati to work at that same camp. “I wanted to see if it was simply because I had been 16 and thought I loved it, or if there was something to it.” You could see it in her eyes as they danced while she talked. She found her passion there, her own direction. This is what she wanted to do. Two part-time jobs back in St. Louis for a year, one tutoring at-risk high school

seniors who were at risk of not graduating and the other job was working at an after-school program for immigrant and refugee children from all over the world, cemented the dreams of her future.

In sharing those dreams with Pastor Melgreen, she suddenly found herself with another mentor, another person who believed in her dreams and ability to achieve them.

Compass for Kids come to life

They began Compass at Douglas in September 2011 after thorough research regarding the population of homeless children in Springfield. They had talked with then principal of Dubois Elementary School, as well to homeless liaison. “We were looking at the most vulnerable kids. No one was seeking them out. We identified 30 to 35 students from Dubois to participate. “Ultimately, I wanted to have a summer camp modeled after the program in Cincinnati,” she said. “We started small, and Douglas fully funded the first year. We provided the program one time a week.”

They continued to build the program and Erin Predmore, then director of Family Services of Springfield, took notice. She invited Berendt to run the program from the center. “She helped me apply for a grant through United Way and said, ‘Come work for me, and grow it.’” It was run as a pilot program there from 2012 – 2014. “Again, someone reached out, told me I could do it, and the program has continued to grow.”

Today’s Compass for Kids expanded

It has not only grown, but Compass for Kids became an independent program in 2016 and is run out of the Central Baptist Church. It’s a three-fold program now serving homeless, at-risk students in grades K-5. It has an afterschool program at five sites within Springfield School District 186, including: Blackhawk, Dubois, Graham, Harvard Park and McClernand. Each site averages 30 students. The program is a community-based, volunteer-driven program. Each school the program serves has two or more community partners. Those partners work together to provide the program location, volunteers, snack, dinner and supplies. Each after-school program, said Berendt, includes the same major components: snack, a curriculum-based social-emotional skills lesson, academics, life skills classes and a healthy dinner.

Berendt’s dream of running a summer camp came to fruition, too. Camp Compass is held at Ridgley Elementary School near Lincoln Park. Each summer, and places a high value on academics, helping students with reading and math skills to get them to their appropriate levels. “We want to be a catalyst in helping to prevent learning loss over the summer months,” Berendt explained. Camp Compass fills that gap as an academic intervention where licensed teachers instruct the students in the morning for three hours per day, five days per week for the six weeks of camp. In the afternoon, students experience enrichment activities, which may include field trips focused around

a weekly theme. Stops may include someplace with a focus on different areas including: the arts, sports, history, etc. Transportation, breakfast, lunch and an afternoon snack are provided to the students at no charge.

The third program is the Backpack Feeding Program. "It is an add-on component to three of our Compass after-school programs." The program is done in partnership with HSHS St. John's Hospital and the Central Illinois Foodbank. Without this program, according to Berendt, some students would not receive nutritious meals, or possibly not eat at all. "We believe our kids need healthy food so they can grow into healthy adults."

What Compass for Kids needs

It takes time, talent and resources to provide the programs. There are volunteer opportunities for classroom helpers, leaders, assistant teachers and teachers. They need Life Skills instructors, kitchen helpers, Back Pack Feeding Program helpers, etc. There is a process for becoming a volunteer, including a background check to ensure safety for the children.

Berendt says they are fortunate to receive funding from United Way and through donors and community partners. "Springfield is a very generous community," Berendt explained. "People genuinely care and help kids they don't even know. It is very heartening, she said. Additional volunteers and funding allow the programs to grow, to help more children, to build community here. Berendt said it's amazing how the people of Springfield area come together. "I have seen different businesses work together, pastors from different churches/temples. That's what we want ... a stronger community for these children. And we want to see them become a successful part of that as well."

"Every year of my life, I have had a new person who has believed in me," she said, "someone who has said I can achieve, accomplish or do what I set my mind to do." With an attitude of humble service and longing for children to have opportunities, Berendt

TEACHING KIDS TO HAVE *a good mourning.*

Explaining death to a child who is experiencing loss for the first time can be difficult, especially when you're struggling with your own grief. But, we know the best time to help a child is at the time of loss. We prepare children with The STAR Class – *Special Time to Always Remember™* Program. This free service provides support to children of all ages with a sensitive approach that includes stories, pictures, discussion and an art activity.

The days surrounding a death of a loved one can be confusing and scary for children, but it doesn't have to be. We can help.




If they're old enough to love,
they're old enough to grieve.



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has taken the words of her mentors to heart ... she has achieved, she has accomplished and she continues to work, not for herself, but for others so that they may have a life of fulfillment. "One individual loving and caring for a child can do so much. We see magic happen here."

Along with her team (staff, volunteers, schools, businesses, organizations and other not-for-profits, donors, etc.) who have the same desires and dreams for children, Compass for Kids is moving

children in the right direction. Berendt is steering the ship well.

To learn more about how to get involved visit: www.compass4kids.org or call 217-691-8103 or check them out on FB at [compassforkids](https://www.facebook.com/compassforkids).

~SSM~

*The 85th
Beaux Arts Ball*



***King John William Shaver Myers
Queen Madeline Maddox Wagner***

PHOTOS BY KARI BEDFORD

The 85th Beaux Arts Ball Court





Ryan Ehmen Nicolas Skinner Jim Copper Melanie Lesko Doug Skinner

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so you can enjoy **LIFE!**



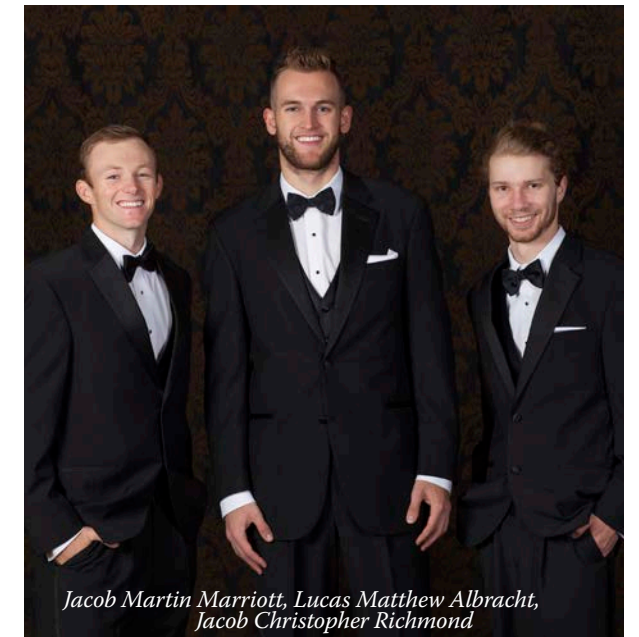
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Cressa Wagner, Jennifer Maddox Wagner, Cress Maddox (Laurie Maddox in front of Cress), Madeline Maddox Wagner, Dick Wagner (Judy Wagner in front of Dick), Sarah Wagner, Peter Wagner



STANDING: Christine Dill, Myers Dill, Cass Casper, Will Myers, Steve Myers, Blake Myers.
SEATED: Julie Myers Casper, Louis Myers, June Myers, Terri Blake Myers



Knights & Maid: John Francis Stegeman, Allison Wilkey, Jay Rigby, Michael Donelan
SEATED: Georgios VanFleet, Jimmy Riemer

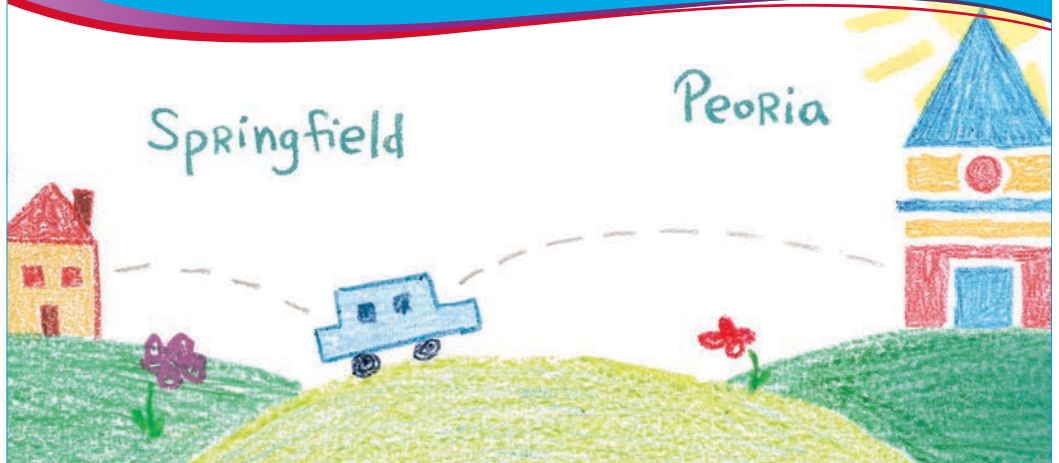


Ushers & Coutier: Olivia Riemer, Anne Mosley, Barrett Benjamin Kurmann, Bryn Elizabeth Kelm
SEATED: Molly Rose Stern, Sarah Barrett Wagner



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Molly Stearn, Bob and Anne Mosley



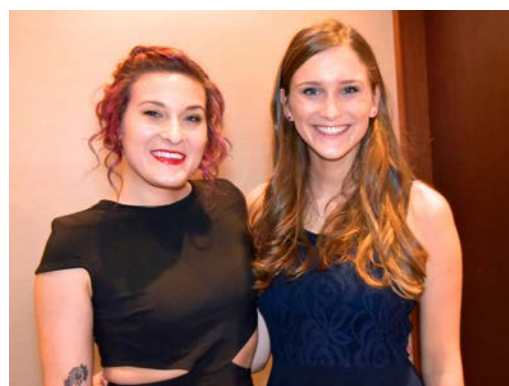
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Jordan Minder and Marina Mosley



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Norman Palmer, Zoe Kelm, Bryn Kelm and Tia Van Fleet



Yianna and Tian Van Fleet, Dr. Korine Vlahos - Van Fleet, Dr. Tim and Gio Van Fleet



Rick and Ann Carlson, Kristin and Mark Cullen



Marty Mosley and Phillip Bisch IV



Jules Pittman and Jim McDonough



Kathy Badger and Sarah Albracht

Festival of Trees

Memorial's Festival of Trees celebrated its 27th anniversary with their annual gala on November 12 at the Orr Building on the State Fairgrounds. The event's theme was Remember When. As it showcases its holiday magic each year since its inception in 1989, the festival has raised more than \$4.2 million benefitting the health-related projects and program of Memorial's Health System within the Springfield community.



Kristin Miller, Mellissa Luxmore and Ashleigh Brinkman



Brian and Liz Vogt and Sandy and Steve Etheridge



Jennifer Neff, Bob Lanphier and Shelley Walter



Boadu Adomako and Dr. Emily Beyer



Diane Williams, Sarah Hunter and Becky Gabany



Darren and Jaylene Epperson and Cherrilyn Mayfield



Jennifer Benanti and Mike Reisinger



Heather Miller and Matt Waldhoff



Trevor Workman and Jennifer Druse



Don and Marybeth Evans



Trish and Kim Michelsv



Tyler and Jennifer Lakin



Jim and Robin Watts



Dr. John and Ping Gao

FESTIVAL OF TREES CONT.

PHOTOS ON THIS PAGE BY BOBBIE HAHN



Kara and Dr. William Putnam, Dr. Tammy Klein, Patrick Kelley



Kristy Doan, Emily Hummel, Jodi Acree, Sarah Hembrooke



Mary and Mark Selvaggio



Dennis and Cathy Bringuet



Aaron and Jodi Acree



Peter and Lacey Grimwade



Lisa and Harry Schmidt



Evelyn Brandt Thomas, Stephanie Moore



Karen and Tom Paisley



Brian Russo and Kimberly Magowen



Sydney, Stephanie, Judy & Louis Geyston



Ron Duff and Susie Sables-Duff



Jaryn Franklin, Bobbie Hahn

The Real Answer to Health Care Costs

We have new leadership in Washington DC. Nobody knows how this will all work out.

But one thing is certain: promises of a panacea for the problems we face will be disappointing for those who believe in the solutions put forward. And for those who fear the change, the world will not end either.

But both sides of the debate will be overlooking this: The real solution to health care costs is better health.

The health care system isn't about better health. It is designed to fix sickness. And we exist to heal, and when we can't heal to care.

But advances in health don't come from the health care system. Engineers and economics promote more health with higher living standards, clean water and less crowded living. Aside from vaccinations, doctors and nurses are a small part of the prevention and health promotion accomplishment.

We in "health care" are generally reactive. We are here for when you get sick. And that is important. Everybody gets sick at some point, despite our best efforts. But we don't promote the real solution: health. Even in my practice, while I promote prevention of heart attack, stroke and diabetes, it is to detect and treat the underlying illness to intervene early to prevent devastating events caused by silent disease.

We have lots of reasons to focus on sickness: it isn't in our training and we don't have the time which is needed to attend to the sick. But I wonder if our self-interest isn't overwhelming the interest of our patients who need to seek more health. Sickness is our

The health care system isn't about better health. It is designed to fix sickness. And we exist to heal, and when we can't heal to care.

"bread and butter." Healthy people don't pay our bills.

The health care system sees your costs as our income, which we have come to enjoy and need.

Efforts to promote health are mostly individual. They include acting to be healthy in body, mind and spirit, both individually and as a society. They include choosing wisely in how we eat, how much activity we engage in, the vices we pick up and taking individual responsibility for our choices.

Some efforts are collective. We regulate tobacco, alcohol, addicting substances and high risk behaviors. They are important and have led to reductions in use of tobacco but now we have a similar need to address our food system's sugar content.



Dr. Craig Backs, M.D.

Internal medicine

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

You can choose. You can reduce health care costs for yourself individually and collectively.

If you are young and thin, don't get fat. Say no to sugar and overeating. If you are inactive, start moving more. If you don't ever drink alcohol or use drugs, you won't become addicted to them. If you are tempted to eat the wrong stuff, enlist the help of a network to support you. Educate yourself and help yourself.

You have the power to be healthier and solve our health care cost dilemma. Use it.

~SSM~

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From Parenting to Handling Loss: Life-changing Wisdom for 2017



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

Every year, many of us do some type of soul searching—or express a desire to change a behavior for a positive outcome in the New Year—and 2017 will be no different. Yet, having a divided nation has left us feeling apprehensive about what the “other side” will do, and this sets us up for raw emotions that may hinder any efforts for self-improvement.

Instead of focusing on what we cannot control, let’s ask, “What can I do?” This opens us up to all kinds of possibilities. It’s kind of exciting, really;

thousands of us wondering how we might want to accomplish something, improve ourselves or help one another in a collective consciousness that will create a better world. Or country. One of my clients believes that if you have the following three things, you’ll be very happy: someone to love, something to do, and something to look forward to. (I quickly took inventory in my head and immediately felt relieved when I realized I had all three). Great. I’m happy. What can I do that will make a difference? The answer is: Simply more: I can continue to be grateful for the people in my life and the great way my life has turned out, so that now, I can give even more. And I do. And I watch my clients heal and do the same.

Create ways to empower your life, like slowing down, listening and validating others, all while taking care of your own needs.

Perhaps the best thing I could do here is to impart some wisdom that I’ve learned over the years in working with my clients on how to get through any tough situation. I realized that if I listened well and heard them, they would teach me volumes on how to

help them through difficult situations. They have made me a better person and therapist. Instead of seeing them as troubled or broken, I’ve learned to see the wisdom and uniqueness in every single client. I admire who they are and where they want to go. Strangely enough, life has given me similar struggles of pain that they are seeking at that moment to get healed. Secretly, I say to myself, “Yup, been through that, too”. And when or if it’s appropriate, I share that I’ve “been there” too.

Here are two topics I’ve gleaned, in that beautiful exchange between client and therapist, which I hope will enlighten you on how to make 2017 a transformational year:

On PARENTING: (and GRANDPARENTING)

The best thing you can do as a parent is let your child teach YOU how to be THEIR parent. Each child thrives with different approaches, so find out what that is. Watch how your child reacts to you and definitely, talk about feelings. When your child says something that is upsetting, “put your stuff on the shelf” for a minute, meaning, be the adult and temporarily set aside your thoughts and feelings, and think how he or she is feeling and say what that might be.

For example, if your child says, “I hate you, Mom!” a good response is, “You must be feeling extremely angry to say that.” Validation and acknowledging how your child feels is a very good start to a conversation, and that’s exactly what you want: for them to open up to you about feelings. THEN later, don’t forget to process your own feelings. Perhaps the exchange made you feel angry, disrespected, or overwhelmed. Self-care is a must for all caregivers. Create a



safe environment for your children to express themselves. Let them know you understand them, see them, and hear them. They will appreciate your sincerity and will be more likely to comply with a task or chore around the house. They will feel valued and respected. And they will, in turn, respect you.

On LOSS: No matter what you've been through, whether it's a breakup, a loss from death, or you've been cheated on, the pain is palpable, and the brain thinks that if it knows every detail of why when and how that somehow, you will feel better. But it's just a trick of the brain. Knowing details doesn't take away the hurt or pain. So how does somebody get through grief stricken moments? Well, that's where I come back to my profession. We all need each other. We need to give to one another in those moments when sometimes we feel we don't have enough to give. And then we find more strength. My favorite quote is from Mother Teresa, "I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love." I know that to be true from several life experiences. So, perhaps 2017 can be one of sacrifice. Volunteer and give back. Someone might notice you need a helping hand as well. Grieve your loss, of course, to keep depression from consuming you. (My definition of depression is unresolved grief). Yet, find a healthy balance in giving to others, and you will expand and awaken parts of your own humanity. It's a balance: Don't isolate, yet honor alone time when you need it. Stay connected to others, and you will heal the part of you that was grief-stricken.

My 2017 wish for you: Create ways to empower your life, like slowing down, listening and validating others, all while taking care of your own needs. It's quite the challenge to find this balance, but mastering it will help you to grow and connect with others, thus creating a perpetual cycle of improved health and insight. In this post-political climate, this is exactly what we need—now more than ever.


~SSM~

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PHOTOGRAPHY BY DONNA LOUNSBERRY
STORY BY GUS GORDON

Oscar Carillo and Bailee Brinkman dance as the Snow King and Queen



*The Nutcracker Prince
(Tevfik Vatansever) dances with
Clara (Cecilia Donathan)*

This past December, the Springfield Ballet Company (SBC) presented their 42nd annual production of The Nutcracker at Sangamon Auditorium. The lavish ballet played three performances for large, appreciative audiences.

The Springfield Ballet Company was founded in 1975 when the Copper Coin Ballet and Ballet Concert Group merged. The first production of The Nutcracker took place at Springfield High School and featured current SBC Artistic Director Julie Ratz as a soldier.

They've grown by leaps and bounds over the years, and audiences have become accustomed to the professional quality of each production they present. The Nutcracker featured over 100 performers, including company members, trainees, local actors and

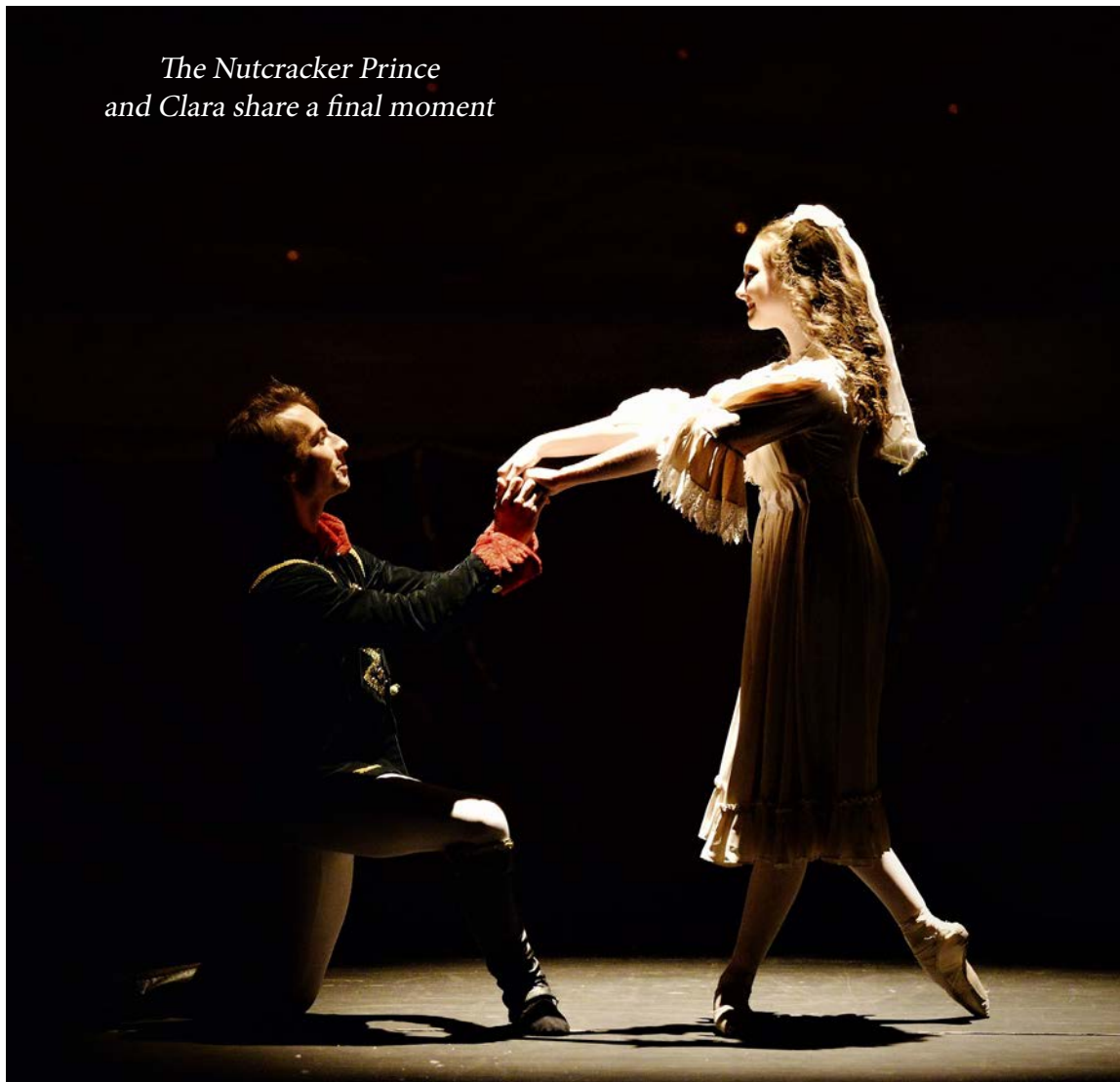
The Flowers, Demi-Soloists and Dew Drop



*The Nutcracker Prince
and Clara share a final moment*

professional guest artists. The sets and costumes were some of the most exquisite seen on any local stage.

The central role of Clara was played by 15-year-old Sacred Heart-Griffin sophomore Cecilia Donathan. Donathan, a veteran of several local theatrical productions, has performed in *The Nutcracker* since she was 8 years old. The ballet also featured several long-time cast members, including Joshua Ratz as Herr Drosselmeyer, Aasne Vigesaa and John O'Connor as Clara's Parents, and Nancy Cole and George Ray as her grandparents. Guest artists included Elizabeth Chapman as the Sugar Plum Fairy, Josiah Savage as her Cavalier and Oscar Carrillo as the Snow King. Local dancer and company member Bailee Brinkman played the featured role of the Snow Queen.





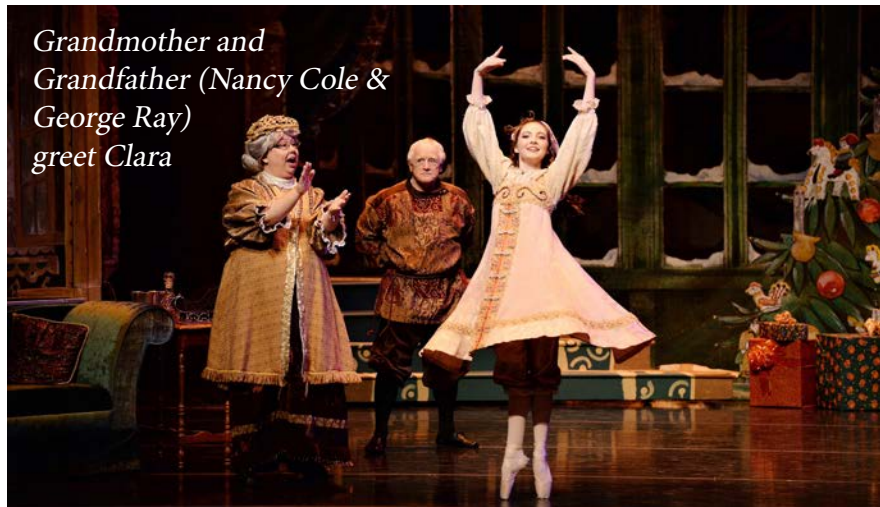
Clara (Cecilia Donathan) and Frau Silberhaus (Aasne Vigesaa) prepare for their Christmas Eve party



Ava Lahey, Elizabeth Streb & Analyse Vance



The Silberhaus Family (Brayden Brinkman, Aasne Vigesaa, John O'Connor, and Cecilia Donathan) await their guests



Grandmother and Grandfather (Nancy Cole & George Ray) greet Clara



The boys dance with their mothers



Clara and Herr Drosselmeyer (Joshua Ratz) wind up his dancing dolls



Clara and Herr Drosselmeyer hold up the Nutcracker



The mysterious Herr Drosselmeyer (Joshua Ratz) sweeps Clara (Cecilia Donathan) off of her feet

The Nutcracker has become a cornerstone of the Springfield Ballet Company, with much of the income helping to fund the rest of their season and the outreach programs they provide for the community. It has become an annual tradition for families in central Illinois, with several of the

dancers growing up to watch their own children dance in the holiday ballet. For more information about the Springfield Ballet Company and their upcoming productions for 2017, go to their website at springfieldballetco.org.



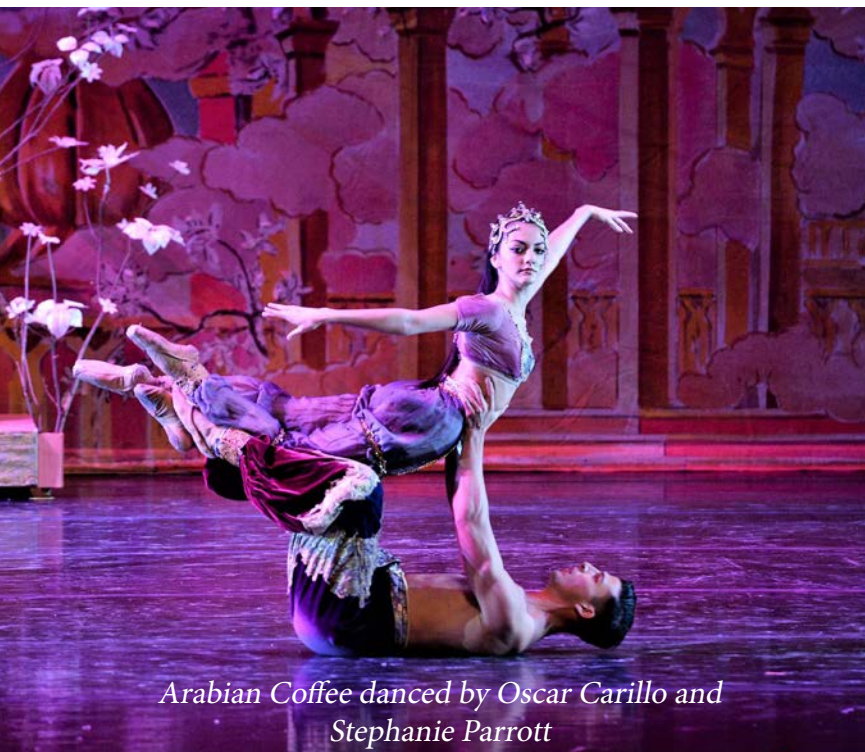
The battle scene between The Mouse King (Zaxxon Nation) and the Nutcracker (Tevfik Vatansever)



*The Sugar Plum Fairy (Elizabeth Chapman)
and her Cavalier (Josiah Savage)*



The Mirlitons



*Arabian Coffee danced by Oscar Carillo and
Stephanie Parrott*



*Chinese Tea dance by Nicole Conway, Jillian Hergenrother and
Payton Reichensperger*



Mother Ginger and her Bon Bons



Russian Trepak



Spanish Chocolate
danced by
Bailee Brinkman



The closing scene, as Clara
returns to restful sleep

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Michael Higgins

CHEF-OWNER MALDANER'S RESTAURANT AND CATERING

BY BILL STOKES

Established in 1884, Maldaner's Restaurant is one of Springfield's finest and oldest restaurants. Today, under the guidance of Chef-Owner Michael Higgins, Maldaner's respects tradition while offering the best of contemporary American fine dining in a historical setting. Chef Higgins features seasonal local and regional ingredients influenced by Mediterranean composition and preparation. Heirloom vegetables, humanely raised meats and Slow Food* all artistically prepared and presented.

As one of the most well known and respected restaurants in the city, Maldaner's has many regular customers who enjoy their classic fare. Specialties like Beef Wellington, which Chef Mike said has been on the menu for decades is a favorite locally and treasured by his patrons from Chicago. It is prepared with a Truffle sauce and served with mashed potato and a side of vegetables. Its so popular with his customers that he can't take it off the menu.

Chef Higgins takes his commitment to locally and regionally sourced ingredients to a new level. He maintains a roof top garden where he grows herbs and vegetables served in the restaurant. He maintains close relationships with Illinois farmers who are willing to grow heirloom vegetables for him. Many of his favorite discoveries has been in the local farmer's market held during the spring, summer and fall in downtown Springfield.



Chef Michael Higgins, Owner of Maldaner's Restaurant and Catering

Solar Panels

Maldaner's Restaurant is *Green Business Certified*, which means they do everything to be sustainable and reduce their carbon footprint. Much of the electricity for the restaurant comes from solar panels installed on the roof of the building. Chef Higgins participated in several subsidy programs which enabled him to install an array of solar panels on the roof. He generates 15 to 20MWh's per year.



Off the Menu

Chef Higgins likes to stay current with the trends in modern cooking and a regular menu that is loved by so many

can be restrictive. So he finds his creative expression in cooking when he hosts wine tasting parties. He got a twinkle in his eyes when he explained that these parties enable him to present new culinary delights not part of Maldaner's regular menu.

State of Illinois Business

Like many businesses in town, Maldaner's enjoys more business when the legislature is in session. It comes in cycles and is always welcome. The large party rooms and private bar on the second floor of the building provide ample room for large and small parties.

Chef Higgin's commitment to true food, freshly prepared will delight anyone's palate. Springfield is fortunate to have a restaurant like Maldaner's. If you haven't been in a while perhaps now is a good time to make a reservation.

~SSM~

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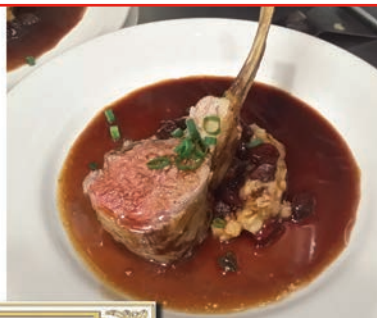


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THE HOME OF LINDA & JIM FULGENZI

STORY BY JULIE CELLINI
PHOTOS BY BILL STOKES





The vaulted ceiling was added during the renovation to bring a dramatic lines to the large expansive great room which is adorned with gifts and collections from their years together. The lady in red painting was a gift from their son Jim that he purchased while in Venice. The Satsuma Vase by the limestone fireplace was purchase at an auction.



Six inch walnut plank flooring is throughout the great room.

When Linda and Jim Fulgenzi got a phone call five years ago from Springfield society notable Polly Roesch asking if the couple were interested in purchasing her home in Springfield's Leland Grove area, the pair didn't hesitate.

"We grabbed our checkbook and said we'd be right over," Linda recalls. "We had wanted that house ever since we first saw it decades ago. It was like none we had ever seen in all of our years of designing and constructing residences."

The Fulgenzies have lost count of the number of properties they have designed, built, rehabbed and styled over the five decades since they established their family-owned business. "Maybe as many as 90 properties, I guess," says Linda. "I never stopped to count them all. But this one was special. We always wanted it."

Built in 1964 by now-deceased couple Walter and Polly Roesch, the single-story house at 2160 Wiggins Avenue was a Springfield showplace for society parties around its swanky built-in bar, and cocktail soirees in the sunken living room.

Way ahead of its time architecturally, it had a richly paneled home office, sunken living room and a state-of-the-art all electric kitchen. There were chandeliers salvaged from the old Orpheum Theater and a raised entry gallery flanked with wrought iron filigree that spanned the 19-foot-wide sunken living room.

But what stole Jim's heart was the picturesque glassed-in walled garden in the center of the home -- visible from nearly every room of the now 4200-square foot house.

A landscape architect, Jim retired early from working for the state of Illinois and Linda left behind her career as a grade school teacher to form their family company. Their son Jim, who owns his own real estate firm, has worked beside them on many of their projects.

The dining area is enhanced with a 9ft, 12 panel Coromandel Screen. The dining room furniture is made by Henredon.





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From the onset, the Fulgenzis set out to take the best of the dated, low-slung 1960's ranch style house and give it 21st century pizzazz. What they hadn't counted on was living there during the entire year-long reconstruction. That's because their previous house nearby on Cherry Road, which they put on the then slow-moving real estate market, sold so quickly they had no choice but to move in while the Wiggins underwent its total makeover.

"See that powder room," Linda laughs. "That was our kitchen while we were under reconstruction. Amazing what you can whip up on a hot plate. We'd brush off the construction dust while a crew raised a ceiling or replaced all the windows and go on with our lives as best we could. Looking back, it was not pleasant. Our friends thought we were crazy."

In all, the couple installed all new plumbing, wiring and added a complete HVAC system to the formerly all-electric home that had hot water heating and no duct work. They modified the roof line, expanded the rear of the house and raised the ceiling height in the enormous living room from 8 feet to 13 feet.

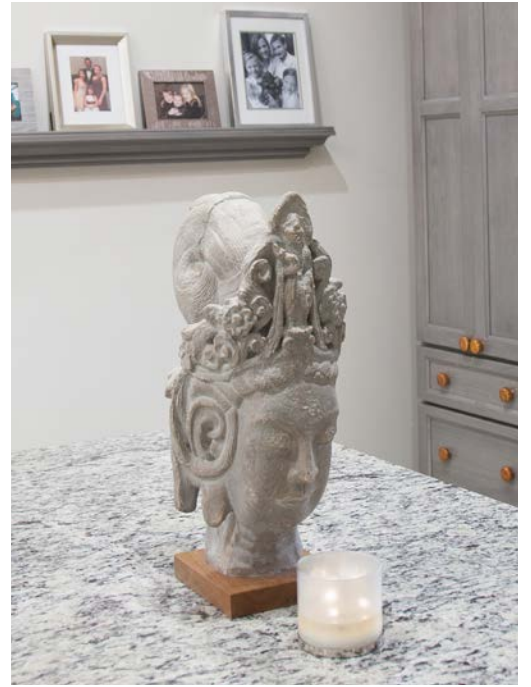




The counter tops are quartz and granite with a limestone back splash.



Appliances are the commercial line of Thermador



Unable to find enough of the hand-chiseled bricks they chose to re-clad the exterior, they purchased heavily textured bricks in three different colors that gave the house a checkerboard effect that lasted till they could paint it all a unifying warm winter white.

"People driving by must have thought we were nuts," Jim laughs. "They neighbors practically cheered when we painted it all one color."

Decked out for the recent holidays, the house was a center of celebrating for friends and for the couple's seven grandchildren. The couple decked the halls and draped the new chandeliers with holly.

"We found the kitchen light fixtures at a trade show in Las Vegas," Jim quipped. "I understand Wayne Newton wants 'em back."

-Julie Cellini is a Springfield freelance writer making her second appearance in Springfield Scene



A memory of Jimmy and Danielle as children.



The Front Entrance has a light fixture from the Orpheum Theater in Springfield which was demolished in 1965. The front door is from Belgium and customized to fit the entrance.



We shot this HomeScene at night to show the beauty of the home with the lighting scheme designed by Jim and Linda.



LaBarge Console and Mirror are nicely placed off the foyer in the hallway to the front guest room.

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Frankie stays by Jim and Linda's side wherever they go in the home. She has an honored place in the family room.






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Linda and Jim have over 3000 books in their home. These custom bookcases adorn the family room and the library in the guest room.

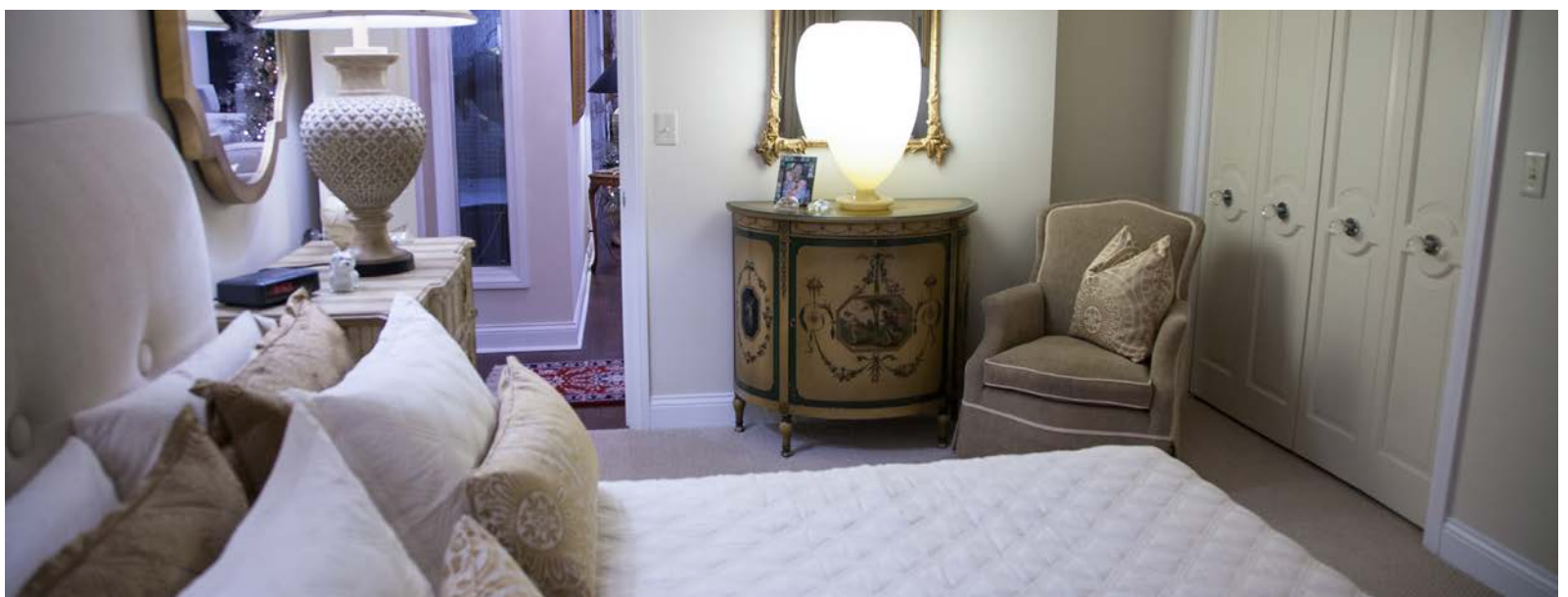




The powder room off the entrance hallway has the original chandelier from the dining room. As mentioned in the story on page 47, it was their temporary kitchen during the kitchen remodel.

Top left opposite page: The library area of the guest room was an add on during the remodel. The antique desk is a gift from Linda's Dad.

Bottom left opposite page and below is the 2nd guest room that shares a bathroom with the front guest room.



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The Master Bedroom Suite has his and her's bathrooms with large walkin closets personally designed for Linda and Jim.



This courtyard is connected through sliding glass doors to the master bedroom , the front great room as well as the kitchen.

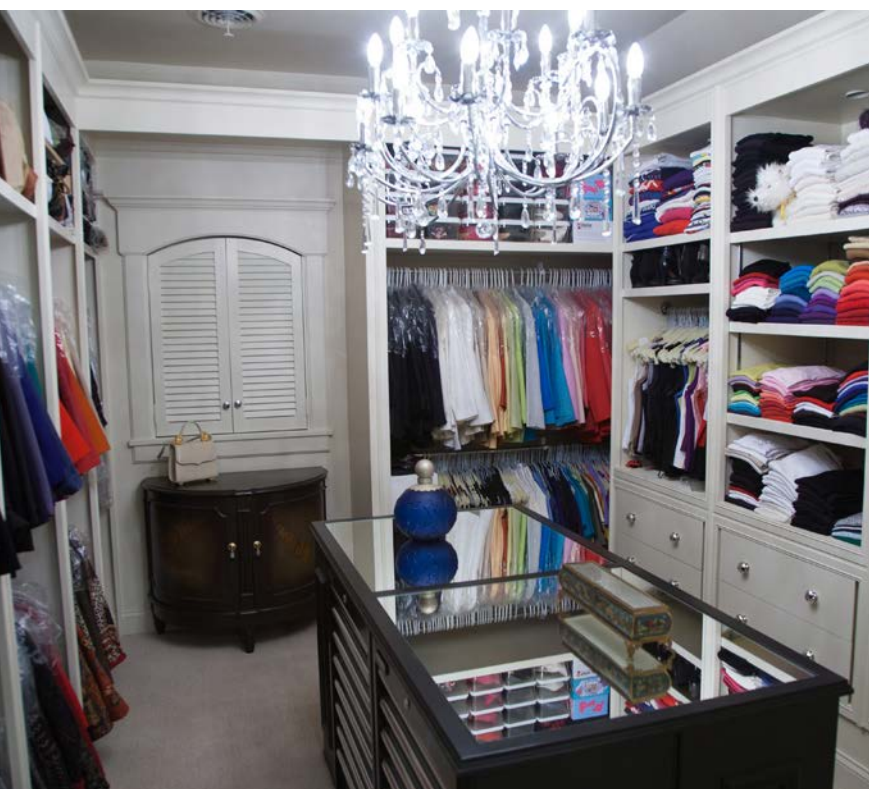




Linda's amazing collection of perfume bottles is in her bathroom.



Linda's bathroom and clothes closet below.



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Jim's clothes closet and his bathroom below.



Shopping & Entertainment at The Wardrobe

Supporters of the Illinois Symphony Orchestra enjoyed an evening of refreshments, shopping and live music at The Wardrobe on South Grand Ave. This December 7th event was entertained by Illinois Symphony Orchestra Harpist Julia Jamieson. A percentage of the sales go to support the Illinois Symphony Orchestra.



Illinois Symphony Orchestra Harpist Julia Jamieson, and ISO Executive Director Trevor and Liz Orthmann



Melinda La Barre and Missy Broeker



Richard Cheaney and Mary Loken



Barb Drake and Maureen Cavanagh



Kim and Lou Dixon



Kim Dixon, Bet Wakefield and Jennifer Benanti



Liane Todd and Stephanie Kennedy

Harvest Ball

The 18th Annual Harvest Ball was celebrated November 3 at Erin's Pavilion in Springfield. The event raises money to benefit the Central Illinois Foodbank whose mission is to fight hunger throughout 21 counties in Central in Illinois. Feeding needy families through the distribution of thousands of pounds of food per month.



Jenn Sullivan and Nick Kovatch



Marianne Stremsterfer, Sara Ratcliffe and Lara Donovan



James Riemer and Abigail Tellez



Angela, Baby Genevieve and Gloria Shanahan



Rick and Kimberly Dowllar



Jan Hanselman and Ruth Bahlow



Marsha Prater and Pam Molitoris



Todd, Erica and Patty Riplinger



Mia Woods and Tiffany Mathis



Children from Boys and Girls Club. Assitants, Connie Bussard, Penny Roth, Jananne Fink and Stephanie Gingham



Hilary Sharpe and Marita Zuraitis

The Harbinger Society Reception

The Harbinger Society was established in 1984 by the Southern Illinois University Foundation at SIU Medicine to honor the philanthropic efforts of special friends and alumni who provide significant contributions of private resources to enable SIU Medicine to remain a leader in medical education, patient care and research. The reception was held at Isringhausen Imports in their BMW Center on October 27th.



Geoff Isringhausen, Satch Pecori, James Gilchrist, MD, Dick McCord & Jerry Kruse, MD



Natalie & Gordon Allan, MD



Lee & Cindy Milner



Jennifer & Geoff Isringhausen, Sue Isringhausen



June Agamah, Brittany Idusuyi, Valerie Idusuyi



Cindy Davidsmeyer, Rich Payne, Patsy Wappel



Sally Brackney, Beverly Collins, Pat Strow



Necole Powell, Terry Travis, Deborah Aylward, Glen Aylward, PhD



Geoff Isringhausen, Jerry Kruse, MD, Zach Hoffman



Kevin Dorsey, MD, Ron Romanelli, MD, Therese Romanelli



Philippe Largent & Wendy Cox-Largent, Manjaap Sidhu, Brian Reinholz, Jerry Kruse, MD



Aziz Khan, MD, Sherry Simmons, MD, Jerry Kruse, MD



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Paying It Forward: Oshie Style

BY DR. CHRISTINA HOLBROOK

Meet Oshie, a 2 year old male Doberman whose namesake is former St. Louis Blues hockey player T.J. Oshie.

Oshie spends his days as a farm dog and companion to his owners JD and Lori McTaggart.

He loves playing with his Doberman sister Phoenix, snuggling with mom and dad and spending time outside. His owners describe him as a happy, resilient, stubborn and mischievous boy. At only 2 years of age, Oshie has had a very accident prone life.

In March of 2016 he was the victim of a hit and run car accident which resulted



“Hope, Inspire, Believe, Survive”, Oshie’s recovery was far from easy, his medication regimen resulted in temporary kidney issues and he had to undergo a second orthopedic surgery to remove 2 screws which were causing discomfort. Luckily, Oshie made a full

Fund, please contact Capitol Illini Veterinary Services at 217-546-1541. Make sure to keep up with Capitol Illini Veterinary Services and our friend, Oshie on Facebook @ <https://www.facebook.com/Oshiedoberman/> <https://www.facebook.com/capitolillinivet/>

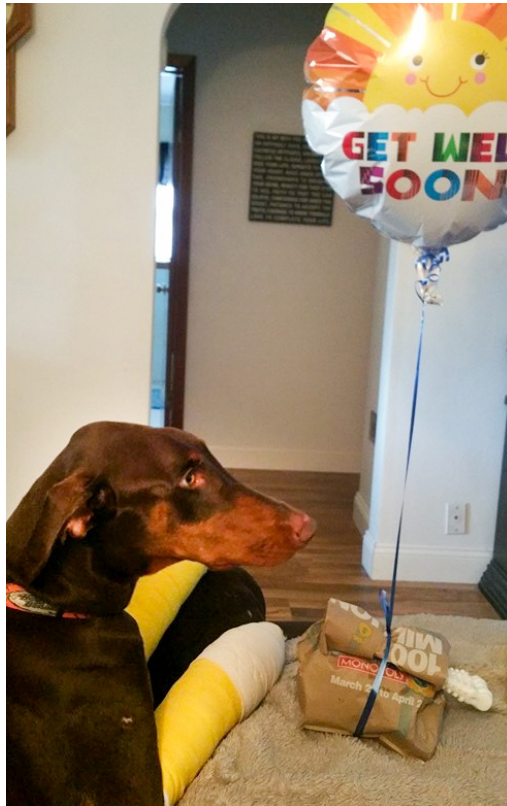


Dr. Holbrook with Oshie and his owners, JD and Lori McTaggart



in bilateral distal radius and ulna fractures (broken front legs). He came to Capitol Illini Veterinary Services to see veterinary orthopedic surgeon Dr. Christina Holbrook. Within days of his accident Dr. Holbrook at Capitol Illini Veterinary Services was able to perform surgery to repair both of his broken legs.

During Oshie’s frequent care at Capitol Illini, his owners began raising funds and created an “Angel Fund” to help other pet owners and pets less fortunate who are in need of surgical care. This spring, the McTaggart’s sold St. Louis Blues themed Oshie T-Shirts and hats to help raise money. Their message:



recovery and never ceases to amaze all who meet him! Oshie’s Angel Fund donations have helped dogs from the Great Plains SPCA in Missouri receive orthopedic surgeries with Dr. Holbrook. If you would like to help spread the goodwill and donate to Oshie’s Angel





Oshie

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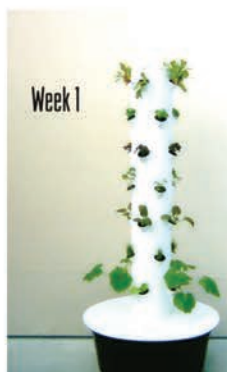


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20th Annual UIS Scholarship Luncheon

The University of Illinois Springfield recognized their scholarship donors during the scholarship luncheon on Nov. 3rd. With nearly 300 people in attendance this event shows how appreciative the students and faculty are for the support the University receives from the scholarship donors. Jeff Lorber, UIS Vice Chancellor for Advancement, said, "These scholarships make a difference and provide opportunity for students to experience higher education."



Julie Staley, Emma Williams, Mariah Rodriguez, Mark Staley



Chancellor Susan Koch, Kathryn Ingram, Vince Walker, Dennis Koch



Jason Knoedler, Mike Pence, Natalie Marantz, Tom Marantz, Bahari Amaya



Chancellor Susan Koch welcomes donors, faculty and students. Julie Staley kept the program on schedule as the MC.



Mary Loken, Beck Loken



Paul & Lynne O'Shea



Karen Hasara, Rachel May



Kendra Baber, Julie Kelner, Regina Bolin

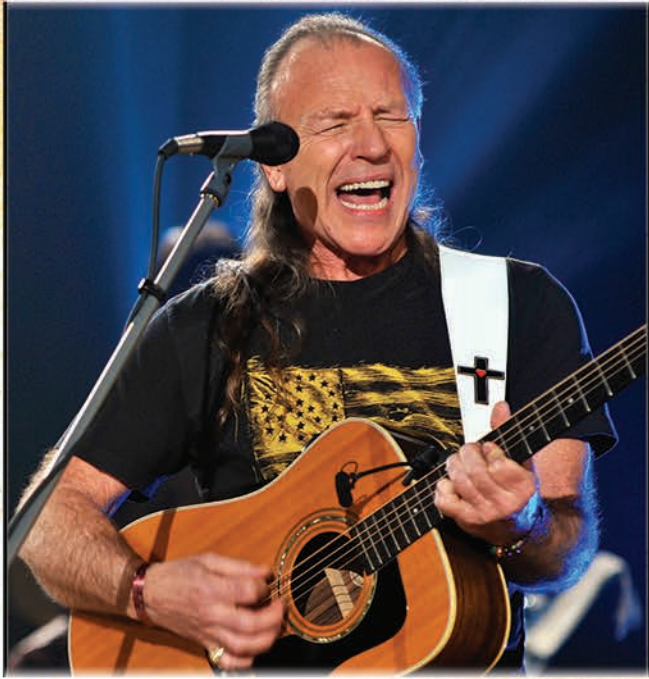


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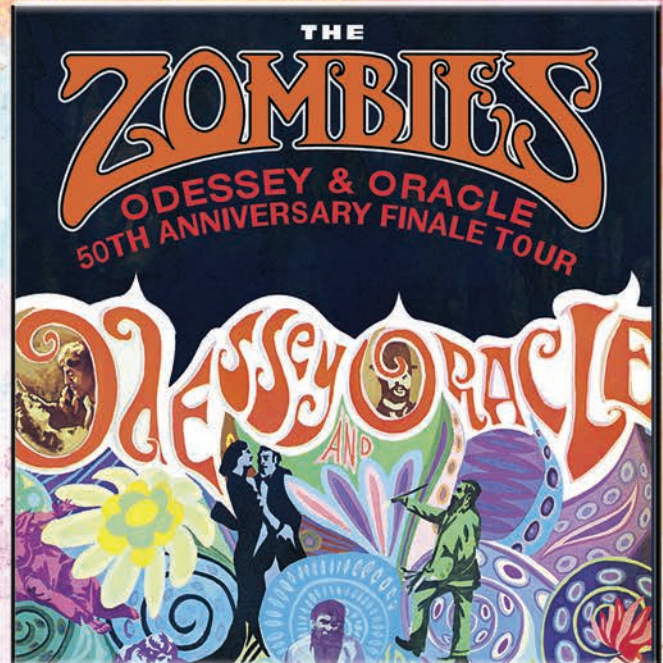
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