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## Sangamo Club has a new executive chef

BY COLIN PATRICK BRADY  
PAGE 5



Chef Joseph Martin

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# A fresh, new tradition

**BY MICHELLE OWNBEY**  
Associate publisher

Welcome to our November issue! You may have already noticed something different when you picked up the *SBJ* this month. The distinctive portraiture of Terry Farmer's photo of Chef Joseph Martin will set the tone for things to come: sleeker visual lines and a redesigned layout, along with more in-depth news and analysis of issues important to local businesses. We now have a full-time editor, a first in the history of the *SBJ*. That will allow us to invest more time in adding features we hope our readers will find helpful, as well as expanding our coverage of area businesses. In the near future, we plan to launch a weekly digital newsletter so that we can bring you more timely news, along with helpful tidbits about activities in the local business community. We'll also be adding an events calendar to our website so that if you're looking for networking opportunities, you'll know what's coming up next.

We hope that the *SBJ* is your go-to source for local business news, both breaking

stories and more detailed coverage. We will continue to try and tell the stories of small, unique businesses that you may not otherwise hear about, and we always welcome your suggestions for future profiles or story ideas. An increase in readership and subscriptions also means an even better return on investment for our advertisers, so we want to provide information about topics that you care about.

This month marks the 21st anniversary of *Springfield Business Journal*, so it seems especially appropriate that we are all grown up and on our own now. We had been sharing an office with the Illinois Times since Fletcher Farrar acquired the *SBJ* in January 2014. Our new location at 427 E. Monroe is in the heart of downtown, which is fitting, since we are champions of urban revitalization and the ongoing efforts to reinvigorate the heart of our city.

I started working for the *Springfield Business Journal* in 2001, when the ink was still wet on my diploma from Illinois College. Bruce and Teri Mackey had moved to Springfield just a few years before that to start the *SBJ*, along with a publication called *Prime Time* that was geared towards seniors. Their son, Brant, moved to the

area around the same time that I did; for the next several years, the four of us ran the *Business Journal*. Bruce was already quite familiar with the publishing business, having worked for Gannett for many years at various papers around

*...we are champions  
of urban revitalization  
and the ongoing efforts  
to reinvigorate the  
heart of our city.*

the country. He had a vision for a locally owned publication, which has continued, even while small papers nationwide are being swallowed up by media conglomerates.

Back then my title was advertising manager, but many things fell into the category of "other duties as assigned." If

something needed done, you just did it, because there was no one else to delegate tasks to. We had a part-time editor who worked from home, a group of freelance writers, an office manager and various people who helped with selling ads and subscriptions. The Mackeys treated me like part of their family, and in retrospect, I realize how much of their business they entrusted to me, even at my young age.

When Bruce and Teri sold the company in 2006, I left the *SBJ* and went into commercial real estate, never expecting to come full circle. Then three years ago this month, Fletcher Farrar approached me with an opportunity to work for the *Business Journal* again. A locally owned newspaper is a rarity these days, but I know that Fletcher is not only committed to carrying on the original vision for the *SBJ*, but making it better than it's ever been. I am excited about the opportunity to help take the *Business Journal* to the next level as we continue to grow and improve. Appropriately enough, our 21st birthday is a big one. We hope you'll join us in celebrating our successes, even as we look to improve for the future. ♦

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## SPOTLIGHT



PHOTO / MARANDA POTTERF

### CHERYL LEMKE

**TITLE:** Chief meteorologist at WICS  
**EDUCATION:** B.S. in meteorology from Iowa State University  
**FAMILY:** Husband – Rob  
**FAVORITES:** Author: Charles Dickens; Restaurant: Lake Pointe Grill; Sports team: Nebraska Cornhuskers and Georgia Bulldogs  
**TIDBITS:** Enjoys outdoor activities such as gardening, bicycling and landscaping; loves action and thriller movies; collects wooden nutcrackers

#### BY ERIC WOODS

Freelance contributor, ericw93@aol.com

Throughout her school years, Cheryl Lemke was always fascinated with math and science. She went through a phase of wanting to be an archaeologist and also considered a career in veterinary science. It was during an earth science class in college that Lemke discovered where her passion would be. "The class taught meteorology and I loved it," she said. Originally, she did not want to be on camera, thinking she would work behind the scenes. After visiting the local television stations while in college, her interest in broadcasting grew.

Lemke has worked all over the country. She attained her first broadcasting job in Terre Haute, Indiana, before moving to Atlanta, Georgia, where she spent more than 22 years as an on-air meteorologist for The Weather Channel. She followed that job up with a position at the local NBC affiliate in Atlanta before moving back to Indiana, this time to act as South Bend's chief meteorologist. Her final stop before coming to Springfield last December was her hometown of Omaha, Nebraska. "I still have a number of family members in the Midwest," she said, also mentioning that she thinks highly of Springfield. "The community is big enough to offer what you need but small enough to offer that small town feel."

As the chief meteorologist at WICS, Lemke is responsible for the five evening newscasts. "I get here at 1 p.m. and put in a lot of prep work. We look at different computer models to keep up with the latest technologies. It may only be a three and a half minute segment, but it takes a lot of hours to get there," she said. Three different radio broadcasts are also pre-recorded, and one goes live right before the 5 p.m. newscast. Soon, the department will be putting

out the winter outlook and report on developing weather events such as El Niño.

Among many other job duties, Lemke oversees the meteorology department, serves as the scheduling coordinator and works with the station's social media accounts. "We have to update forecasts and get them out there for accuracy. We need to make sure people are ready for what is coming up for the week," she said. With fall approaching, Lemke and WICS will be receiving requests to visit schools, church groups and other locations for guest appearances.

Over the years, meteorology has changed dramatically, according to Lemke. Anyone hoping to jump into the field would be wise to keep up with technology. "Computers were just getting underway when I started. Now there is new technology all the time, so we have to keep up to date with the changes," she said. In what used to be a very male-dominated field, Lemke is happy to see more females entering the industry. "Do not let anyone tell you that you cannot do it."

Admittedly, Lemke has always been a competitive individual. She was very proud of achieving a high GPA in high school and graduated college with honors. As an adult, her proudest professional moment was winning the Distinguished Alumni Award from Iowa State University. "It meant a lot that I was seen as a mentor and role model for the younger generation," she said.

Being a meteorologist is Lemke's passion in life, and she sees herself actively involved for years to come. If retirement does ever present itself, though, Lemke has some ideas in mind for how she would spend her time. "I would love to travel if it gets to that point. I would go to Europe. I really want to go to Germany," she said. "If time permits, I will do a lot of charity work for places like the American Cancer Society, along with veterans' outreach." ♦





PHOTO / TERRY FARMER

# Meet Chef Joseph Martin

## Executive chef, Sangamo Club

**BY COLIN PATRICK BRADY**

Freelance contributor

Cooking has been in Joseph Martin's blood since his youth. Originally from Uniontown, Pennsylvania, Martin moved to Jekyll Island, Georgia, at age 21 to hone his craft. After some time in Hilton Head, South Carolina, working as a chef at a country club, he moved back to Georgia – Macon, this time – where he found work as a hospital chef.

A little over six months ago, a headhunter approached Martin, now 48, with the opportunity to relocate to Springfield to take over as executive chef of the Sangamo Club. "I really like the city and the Midwest," Martin

says, "I have a good feeling about being here and serving the Sangamo."

Martin's enthusiasm for food and cooking began at a very early age. "At 15, I was a busboy at a Pennsylvania restaurant," Martin says. "Cooking has been in my family for some time – both my brother and an uncle were chefs as well, and I knew this was the career for me."

This is not Martin's first stint as an Illinoisan, having worked as a sous chef at the Peoria Country Club several years back. When asked what attracted him back to Illinois, Martin points to the Sangamo Club itself as a unique establishment. "It is a dining-only experience. No golf or swimming or anything, just a lovely place to eat. It is my hope to expand membership to Sangamo by word-of-mouth regarding the food that my staff and I prepare."

One of Martin's ambitions is to bring the Sangamo menu up to date. "There are certainly

favorites and classics, but I want to bring in and develop dishes with a New Age flair – essentially, to bring the menu into this century." He envisions introducing new menus quarterly. "I want to run six to eight specials daily and have branched out and embraced some gluten-free options as well. I want our menu to appeal to both an older and younger age group so that on the Sangamo menu you will find something to please everybody," he says.

Martin also would like to incorporate as many locally sourced ingredients into the dishes he offers as possible. "I research nearly daily what food options I can get in stock for the coffers here," Martin says. "Lots of research does go into developing and implementing a menu." When Martin needs local ingredients, he says he often has to walk no further than just beyond the back door of the Sangamo, to patronize the farmers market.

"I can pick out what I want and know it hasn't traveled a week in a refrigerated truck or something like that."

Training the staff to understand his expectations and idiosyncrasies is another primary goal. "I really want the staff to not have to guess, but to know what I am doing and what I expect of them," says Martin.

Martin replaced the Sangamo's former executive chef, David Radwine, who held the position for 42 years until his recent retirement. "There was a little overlap, he was here for about a month while I was becoming familiar with the layout of Sangamo," Martin explains.

He likes teaching people to cook specific dishes, as he was an avid learner in his youth. "I enjoy bringing in fresh young talent to train," he said. "I have a special passion for cooking that I have carried with me all my life. I just love to cook for others." ♦





Todd Wise addresses the crowd at the start of the awards ceremony.

PHOTOS / LEE MILNER



Mackenzie Brown-Gieseke, Diane Beauchamp, Tiffany Thursby, Lori Calloway, Zach Hoffman, Sheri Shriver.

## 15 Under Fifteen

Each year, *Springfield Business Journal* partners with United Community Bank to recognize outstanding small businesses in the area. Fifteen businesses with 15 or fewer employees are selected for this award, based on nominations received from the community. They must be located in Sangamon or Morgan county and have been in business for at least two years.

UCB hosted a reception on Oct. 5 at its Montvale branch for the selectees, their guests and members of the local business community. A record crowd filled the room to capacity. Paul Palazzolo, Circuit Clerk of Sangamon County, was the guest speaker. He presented awards to each of this year's recipients, along with Todd Wise, president and CEO of UCB.

For a complete list of all previous winners or to make a nomination for next year's 15 Under Fifteen, go to [www.springfieldbusinessjournal.com](http://www.springfieldbusinessjournal.com) and click on the "awards" tab.



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# Excellence by association

## The NCSA puts the accent on customer service

**BY ROBERTA CODEMO**

Freelance contributor  
[codemowritingservices@gmail.com](mailto:codemowritingservices@gmail.com)

People remember bad customer service experiences.

"It's important to help promote customer service," said Steve Peralta with RL Canning, Inc., who, along with four others, created a nonprofit entity and joined the National Customer Service Association (NCSA). The association approached Peralta and asked him to spearhead the leadership of the central Illinois chapter.

Since its formation in 2015, the area chapter now has 135 active members who come together to share best practices and to learn from each other's experiences. A good customer experience can help make a business more successful, an important mission for the chapter.

"It's a great cause," said Peralta, who believes it all comes down to the basics: you treat others the way you prefer to be treated.

Members benefit from networking and educational opportunities, access to online tools and chances to develop leadership skills as well as participate in local and national events. The central Illinois chapter plans to host four educational seminars and between two and three social events annually.

"There's a lot of positive energy in the group," said Peralta. "We do this because we care."

"It made sense to join," said Mark Ridley, a financial adviser with Stifel Nicolaus who believes in providing clients with customer service that is second to none. His firm instills a strong customer service philosophy throughout the organization and is always striving to improve.

Ridley said the seminar he and several associates attended renewed the firm's focus on customer service and opened up discussion on ways to enhance the client experience when they first walk in the door, many of which his firm has implemented. It's the little details that matter, as simple as knowing whether your client prefers coffee or soda and offering it to them.

Every business interacts with the public to some degree. "It's important to provide excellent customer service on an ongoing basis," said Ridley.





PHOTO / ISTOCKPHOTO

“Springfield has a lot of service industries,” added Brian Reardon with HSHS St. John’s Hospital, who serves as the communications chair for the local chapter. It’s not enough to engage the consumer – businesses need to go above and beyond to leave a lasting impression. “There’s a lot of competition,” he said.

Customer service is constantly evolving and has moved away from its traditional roots in interactions with customers walking into retail stores. Today, people connect with businesses via phone, email and even social media.

Social media has changed how businesses interact with consumers. One tip Reardon took away from the presentation on social media was the importance of taking your followers behind the scenes and posting information that gives them insight into your organization, such as sharing posts about colleagues and their achievements.

“People enjoy that,” said Reardon, adding that it is a great way to use social media to connect with your audience.

Everyone faces the same challenges when it comes to attracting and keeping customers. Consumers have become more demanding and today have more choices than ever before as to where to spend their dollars.

Businesses can no longer take for granted that their customers will come back if they have a bad experience. “People have bad days,” said Reardon. The important thing is to figure out how a business can best respond to turn a negative situation around into a positive, memorable one.

The local chapter brings together a diverse group of people from a variety of industries with different skill sets, allowing for a different

perspective than similar discussions held solely within one organization.

“It enhances your knowledge base and gives you tools that you can use in your own organization,” said Reardon. “There’s a lot to learn from each other.”

“It’s rewarding to see the number of professionals who have gotten behind this,” said Peralta, who is pleased that the mayor and the city of Springfield are supporting the group. It helps Springfield as a whole. When visitors come to Springfield and have a positive experience, they want to come back, which, in turn, helps to create jobs.

Major companies consider Springfield an afterthought when it comes to relocating and prefer larger cities like New York, Chicago and Los Angeles. Enhancing the customer experience through providing and delivering great customer service can help attract new people to the labor market.

The local chapter has seen steady growth each month, and Peralta would like to see membership double or triple in the coming year. The challenge lies in how to package, deliver value and continue to grow with a board of volunteers. The board is currently meeting to develop a strategic plan for the future.

“Moving forward and continuing to grow are nice problems to have,” said Peralta, who would like to partner with community groups which share common goals and needs of the central Illinois chapter to bring a high-profile keynote speaker to Springfield next year.

“We want to make Springfield the friendliest city in the world,” he said.

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# Something old, something new

## The Copper Penny offers antiques and more

BY COLIN PATRICK BRADY  
Freelance contributor

Theresa and Gary Schieffer describe the Copper Penny as “a place for old stuff and other stuff.” The antique and curio store, located at 612 Broadway in Lincoln, celebrated its grand opening on Oct. 1, although the doors officially opened on July 20. “After getting settled for a couple months, we decided to hold our grand opening this weekend,” said Theresa.

The couple, Lincoln residents for 25 years, had already been collecting and selling antiques for years through a nearby antiques mall along with outdoor festivals throughout the area. This is their first storefront.

The name Copper Penny was the result of a brainstorming session. Suggested by their daughter-in-law, it draws on the store’s Lincoln location as well as Honest Abe’s presence on the penny. A local artist painted a large wooden penny that sits in the window box facing the street. Even the paint color on the walls has the trade name “True Penny,” reinforcing the overall motif. The striking white tin ceiling has likely been there since the construction of the

building, according to Theresa. “We try to carry a mix to appeal to broad taste,” said Theresa of the Copper Penny’s stock. “We have some items that are over 100 years old and then some newer items that might be considered vintage, antiques and primitives. We are mixing in new items as well.”

Theresa had noticed a lack of options for purchasing decorative pillows in Lincoln, so she decided to take on the job herself. Pillows do figure heavily among the Copper Penny’s wares, adorning window boxes and displayed on chairs, featuring images of cats and the occasional inspirational quotation.

Theresa is a graduate of Bradley University, where she studied to teach high school English. After graduation, she spent several years as a print journalist and over two decades working in public relations. From 2009 onward she worked as a substitute teacher, which lasted until opening the Copper Penny this past summer. Gary is employed as metro editor for the *State Journal-Register*.

Antique toys are also plentiful at the Copper Penny, with a stack of scooters of various sizes in the middle of the store as well as various tin toys from the turn of the century and earlier. Among Gary’s favorite offerings in the store are the old wooden boxes intended for repurposing.

Future plans for the Copper Penny include



PHOTO / COLIN PATRICK BRADY

increasing the variety of both new and old items. “Most of our inventory comes from estate sales and auctions,” says Theresa. Currently, the Copper Penny does not sell any of its wares online. “Maybe one day that will be something that we will branch out into,” says Theresa. In the meantime, the brick and

mortar location has plenty to offer for in-person shoppers, including stoneware crocks, art pottery and furniture. “If I had to categorize, I would say most of what we have is for home décor – people really like to repurpose old items, like using old trunks for coffee tables,” Theresa says. ♦

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ILLUSTRATION / ISTOCKPHOTO

# Rise of the machines

## Self-driving cars are only the beginning

BY DAVID A. KELM  
freelance contributor

*"The Skynet Funding Bill is passed. The system goes online Aug. 4, 1997. Human decisions are removed from strategic defense. Skynet begins to learn at a geometric rate. It becomes self-aware at 2:14 a.m. Eastern time, August 29. In a panic, they try to pull the plug."*  
Terminator 2: Judgment Day (1991)

By the time you read this, Pittsburgh could be lost forever. Home of the Steelers. Home of the Pirates. Gone. Taken over by a band of 2016 Ford Focuses (or is it Foci?) outfitted with self-driving hardware and software by Uber in mid-September, 2016. Sept. 14, 2016, to be exact. Remember that date when you whisper, sometime in the near future, to the local roving band of children, hoping the Uberbots don't hear you: "Remember Pittsburgh."

In the race to see which megalomaniac, man-child billionaire can wipe human beings off the face of the planet first, we are all being subjected to nearly daily, breathless announcements of self-driving cars: Cars of the future! Transportation that will change the world!

Let me point out that not once while I was young did any futurist advance the idea of self-driving cars. Flying cars, absolutely! Self-driving cars just seem sort of like we're settling. Really? Can't figure out how I can fly into Springfield from Chatham, but you want to force me into a driverless car that looks like an egg? No, thank you.

Uber is the first company to launch a fleet of self-driving cars on a "pilot" basis in a major American urban center (well, Pittsburgh.) Anyway, Uber set free a number of tricked-out cars to shuttle folks hither and yon before Google or Tesla or GM or any other of a host of companies trying to squeeze into the "humans must die" market. During the pilot, an Uber employee will remain in the driver's seat to make sure that the robot car doesn't drive on the sidewalk, run over pedestrians, float into oncoming traffic while it texts, or plot with other robot cars to take over southwestern Pennsylvania.

Other companies, like Google and Ford, truly believe that the driverless car of the near future shouldn't have any redundant safety feature, such as a live, human back-up driver. Driverless cars, such companies contend, should have no steering wheel, no gas pedal, and no controls for a human to grab. They believe this is the safest way for transportation – no human interaction.

Think about the logical end to their new world order. You and your progeny will not be driving; will likely not own your own car;

indeed will be outlawed from owning that awesome crew cab truck or giant SUV. The only safe transportation will be by way of a Google or Uber or Ford box that you summon with your smart phone, entomb yourself within and hope you make it to Vendo-Mart in time for your powdered meal. Where's the freedom? Where's the rolled-down windows on a great autumn afternoon? How will you get that Christmas tree home? Just put me in a coma and harvest my organs already!

Forget about driverless cars being the harbinger of human enslavement and death. In the short-term, self-driving Uber cars will put hundreds of Uber drivers out of work. Earlier this year, your intrepid author provided a peek at the Uber market in Springfield and found a number of happily employed Uber drivers. As in Pittsburgh, by the time you read this, they and other Uber drivers could be gone. Wolf Richter of the Wolf Street Blog (<http://bit.ly/2cpcQmC>) cites government figures that up to 4.1 million jobs could be lost because of driverless vehicles – chauffeurs, truck drivers, cabbies and other ride-share employees. Gone.

As an attorney, you'd think that I'd be excited about the prospect of a bunch of robot cars driving around, trying not to aim at humans, but invariably hitting and killing a few. In truth, some early adopters of self-driving technology have already died when they didn't take the wheel or apply the brakes quickly enough. But here's where it will get more and more like "Terminator Reality": the government will have to step in to prevent widespread lawsuits against robot car companies. They will take to the airwaves in a campaign to lull us into believing that self-driving cars are good for us, and we must have them to make us safe. And, because robot cars are good and good for the environment, it will be in our best interest not to be able to sue the billionaire maker of the robot car that runs over Aunt Dot as she scoots across the street to Zumba class.

The good news, or the "resistance" (as I like to call it), is that the University of Michigan recently found that nearly a quarter of Americans currently report that they would never get in a driverless vehicle. Additionally, we American drivers own more than 250 million cars. That is a lot of rebellious spirits less than eager to get jammed into a Disney World-like pod!

You may scoff, naïve reader. You may laugh and point me out on the street. You may stop me at lunch, smirk and say, "Kelm, I can't believe they let you write for the *Springfield Business Journal* – "Terminator Reality,' that's some funny stuff." But when the robot cars call in aerial support from Reaper drones and those freaky, "friendly" Japanese humanoid robots are walking the streets, you will rock back and forth in your post-apocalyptic rags, whispering to yourself, "Remember Pittsburgh..." ♦

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Yoga 7even at 605 E. Washington.



Jenny Loftus, owner of Milk and Honey Fresh Market.

PHOTOS / STACIE LEWIS

# Groceries and vinyasa

## A pair of new businesses bring healthy options to downtown

BY SCOTT FAINGOLD  
Associate editor

With the recent opening of the Bluffstone student housing complex at Fourth Street and E. Madison bringing an influx of residents to the downtown area, there seems to be a corresponding increase in service-oriented businesses here. In addition to the very popular Custom Cup Coffee on Monroe and Pure Performance Fitness on Fourth Street, a new grocery store and yoga studio are more recent, welcome additions to the downtown landscape.

“I’ve only been gardening for three or four years, and I was terrible at first,” admits Jenny Loftus, owner of Milk and Honey Fresh Market (223 S. Sixth St.) “I kept with it, gained some experience and I ended up having this really massive garden in my backyard.” As her gardening skills developed, she got to the point where she was growing five varieties of tomatoes. “I’m talking big ones, little ones, you name it – but all of them turned out great.”

Loftus came to the conclusion that the farmers market – seasonal, with limited hours and often high prices – could be augmented with a brick and mortar location, to the benefit of downtown residents. She decided to start

growing as much food as possible in order to price it reasonably in a storefront that would be open from 7 a.m. until 7 p.m. – hours that she hopes will allow downtown residents to shop before and after work.

“I’m noticing this neighborhood grow in general – not just on Fifth, Sixth and Seventh,” Loftus says. “I want to see it expand. There’s a lot of unutilized space.”

There are plans to only sell half-gallons of milk at Milk and Honey, which opens its doors Nov. 1. “We’re doing that specifically because we don’t want people on foot to have to carry a lot of heavy stuff,” Loftus explains.

Also, in an effort to be a little more environmentally friendly while also helping to reduce downtown garbage, the store plans on utilizing reusable cloth totes exclusively, which will function as both carts for shopping and bags for carrying purchases home.

One major thing that will set Milk and Honey apart from garden-variety grocery stores is the ability for customers to harvest their own vegetables. “You’ll be able to pull your own carrots, turnips, parsnips,” says Loftus. “It’s just a fun thing to do.” The store is equipped with a grow-light for the tomatoes, allowing patrons the opportunity to pick them at the perfect point of ripeness. Other vegetables, requiring lower light, will be grown in soil (there are plans to expand to hydroponic gardening methods, eventually).

Another way Loftus hopes to be both environmentally and economically responsible is by selling ‘ugly vegetables’ – less visually attractive, but perfectly edible items of the sort

that large chain groceries tend to throw away. “Beefsteak tomatoes are a good example of a potentially ugly vegetable – they’re huge and sometimes, depending on the amount of water and sun they receive, they can really become misshapen,” Loftus explains. “I don’t know what happens in mitosis where it’s trying to decide ‘am I gonna be one or two?’ – but, ugh, you are talking the ugliest tomato.” She plans to keep such aesthetically objectionable but perfectly functional tomatoes in stock to offer for customers who are looking for ingredients to make salsa and other sauces.

“There are a lot of gift shops downtown,” Loftus says, “and that’s great because we have a lot of tourism. But I wanted to do something for the people who actually live here.” In addition, she hopes that Milk and Honey will help start a trend. “If enough people come here and shop, hopefully other stores will pop up and people will have even more options.”

Yoga 7even (605 E. Washington St.) opened in early August. “We love being downtown,” says owner Michelle Wilkerson. “It’s really nice to be close to where people are. We’re pretty accessible within their daily routine.” The studio specializes in Vinyasa yoga, a practice that has become increasingly popular across the country. Often translated as “to place in a special way,” Vinyasa yoga focuses on linking breathing with movements to give students a balanced experience not only physically, but mentally and even spiritually.

Wilkerson reports that the studio has been getting a lot of walk-in business recently. “Your

first week is free,” she explains, “so we have a lot of people taking advantage of that and trying out classes, seeing what the teachers are all about.” Yoga 7even has been offering new classes on Wednesdays and Fridays, which are proving popular.

The downtown studio is the second – Wilkerson has been operating a studio in Quincy for the past three years. Her reason for opening a second location in Springfield was fairly simple. “I had a few students who were driving from Springfield to take classes in Quincy,” she said. When she asked them what on earth would compel them to take such a journey, they explained there was not a space in Springfield to practice vinyasa yoga other than the YMCA, “and there you have all the distractions of the heavy weights and the basketballs and those types of things.” The students suggested she set up shop in Springfield, and that is exactly what happened.

Wilkerson is a member of Downtown Springfield Inc., which in addition to being a big fan of Yoga 7even’s presence, has been encouraging Wilkerson to open a second branch of Grown N’ Gathered, the natural grocery store she also owns in Quincy – so perhaps Milk and Honey Fresh Market will have company sooner than expected. For now, Wilkerson is concentrating her energy on Yoga 7even. “I decided to open the yoga studio first for the students,” she says “Decompression from daily life is incredibly important. Plus, it will give everyone something to do during the cold months.” ♦

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# Fundraising begins for Jacksonville Center for the Arts

**BY TERESA PAUL**  
Freelance contributor

Fundraising has begun for construction of the Jacksonville Center for the Arts Civic Center, a long-awaited central location where the visual and performing arts will be shared with the community of Jacksonville.

In September 2015, the Jacksonville Center for the Arts signed a 98-year lease agreement with the city of Jacksonville for a vacant property north of the downtown square. The JCA Civic Center will be built there and then pay the city of Jacksonville \$10 per year under the lease agreement.

The property, on the corner of Douglas and North Main, had been vacant for over 20 years and the city of Jacksonville has been eager to see development on the property. As soon as the city acquired ownership in early 2015, the Jacksonville Center for the Arts talked to the city about the desire to build the civic center.

"The city of Jacksonville is happy to be a partner in the process," said Andy Ezard, mayor of Jacksonville. "There is a lot of work to be done. We expect many positive things to come out of having a civic center in the heart of Jacksonville in our refurbished downtown. With a new building in place we believe the performing arts will flourish with one central location to call



ILLUSTRATION / JACKSONVILLE CENTER FOR THE ARTS

home." The center has partnerships in place with MacMurray College, Illinois College and Lincoln Land Community College.

"The new facility will be similar to the Hoogland Center for the Arts in Springfield but the civic center in Jacksonville will be used for more than just the performing arts," said Dr. Susan Weller, dentist and president of the center's board. "The civic center will be a home for a number of different things and will have lots of activities," Weller said. In addition to arts and educational programs, it will also serve as a convention center. Touring performers will coordinate their dates with the Hoogland Center to facilitate performances in both cities.

"We are in need of raising a huge amount

of money," Weller explained. "At this moment we are in the middle of our quiet campaign, reaching out to people who have the capacity to help the Jacksonville Center for the Arts in a really big way." Once the JCA has reached 80 percent of their goal, a public campaign will begin in earnest.

With the loss of their state property six months ago, Jacksonville's main theater organization no longer has a place to perform and looks forward to relocating to the new center once it is built. "It was a big loss in our community because the organization did a lot for 50 years," Weller said.

The Jacksonville Center for the Arts became a 501(c)(3) in 2009 and was originally conceived to be in an old theater, a plan which did not pan

out. "The JCA started work toward a civic center because we thought it would have a broader use," Weller said. "The civic center would be a place that students, teachers, artists, business leaders, residents and visitors could experience a variety of things. We know it can work because the Hoogland made it work in Springfield."

"The civic center is a continuation of the revitalization of downtown Jacksonville," said Kristan Becker Hoffman, one of the original board members of the Jacksonville Center for the Arts. "The project is a wonderful match with the work that has already been done for downtown, turning our plaza back into a square. The transformation has been amazing to see and the new civic center will be a great asset to the city and the Jacksonville Center for the Arts."

Hoffman also serves on the Jacksonville Main Street board, a statewide nonprofit organization to revitalize the downtown areas of local communities. "The arts continue to be an important economic development sector for the city of Jacksonville," Hoffman said. "The civic center will be a fabulous venue for Jacksonville, an economic engine that will create jobs and have a huge economic impact in Jacksonville."

"We are real cheerleaders for the civic center," said Mayor Ezard. "Dr. Weller has poured her heart and soul into the project for many years and it is gaining momentum." ♦

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# MacArthur is on the move

**BY SCOTT FAINGOLD**  
Associate editor

When Hy-Vee first opened on MacArthur Boulevard in the summer of 2014, there was a general feeling that the popular chain grocery might serve as a catalyst for growth along the MacArthur corridor. This seems to be coming to fruition with the advent of notable new developments following the long-awaited demolition of the old Esquire Theater building at MacArthur and South Grand.

Also recently demolished was the building that formerly housed the Ross Isaac restaurant, to make way for a second location for Pies the Limit pizza restaurant. “I grew up in Blessed Sacrament Parish,” says Pies owner Chris Hanken, “so I’m fairly familiar with the area. In fact my mother still lives over there.” Hanken has memories from childhood of a very

and activities gradually moving west after the opening of the White Oaks Mall but is now more optimistic. “I’m certainly aware of the way it used to be, but also where it’s going. I find it exciting that Hy-Vee came back to help revitalize the area.” He acknowledges that the MacArthur extension toward the Scheels development appears to have been a missed opportunity. “Had the outlet malls gone in as planned, I think you’d see faster development. Since opening on Sept. 20, Pie’s the Limit has proven extremely busy, according to Hanken, and he gives full credit to social media for the strong initial showing. “Our original intentions were to kind of quietly open and then transition into being busy, but thanks to posting about it on Facebook, in a period of 36 hours, everybody knew.”

Phil Spengler, president of Wanless-Spengler, Ltd., was the broker responsible for bringing about the sale and demolition



The new playground at the newly renovated Boulevard Townhomes.



Pie's the Limit on MacArthur.

PHOTOS / STACIE LEWIS

different MacArthur in the 1970s and '80s. “The Town and Country shopping center had the old Book Emporium, along with several different businesses like National Foods. So I’ve been around at a time when there was considerable development there.”

Although he was just a kid at the time, Hanken still remembers watching business

of the Esquire building, which now houses a new Dollar General location. “I think things on MacArthur are moving along fine,” he said. “The bigger portion [of the Esquire property] is under contract with Kroger-Ruler Foods so they will put a smaller grocery store on that side.” Spengler considers rebuilding the neighborhood to be a very slow process

because “Springfield is a town that is not rapidly growing, so it’s sometimes hard to attract businesses to come here. But as the owners get older, they want to convert their properties to cash and that opens things up for another business to come in.”

Michael Higgins, president of MacArthur Boulevard Association, agrees that things are moving in the right direction. “These developments are all positive. I know some people were against the Dollar General, but a lot of people do shop there, and we can’t be exclusive,” he says. As for those who would have preferred to see a used car lot on the corner of MacArthur and South Grand, he insists practicality is the primary reason things have worked out this way. “A car lot would have required a zoning change, whereas Dollar General did not. They also did not ask the city for any money – so the leverage you have from an Association point of view is probably none. They’re in and that’s fine, I’m not freaking out about that.”

Higgins also sees good things coming from the new Starcrest Cleaners location, set to open by the end of 2016 at 2025 S. MacArthur. “They have really nice plans for that – landscaping and everything. I think that will be a better fit for that space than [former tenant] Flip Flops, which has moved in across the street.”

Higgins also mentions Butler Elementary

School’s (1701 S. MacArthur) community gardens and other projects, along with the soon-to-be-renovated Boulevard Townhomes (2715 S. MacArthur). Of the latter, he says, “some people will say that it’s not so good because they’re asking more money compared to the apartments that were there before, but they still offer lower income housing there, so I still think that’s a positive project. They may have had more lower income tenants in those apartments before but the old owners did nothing for them, gave them no services. The new project has services, classrooms, counseling and things like that, so that’s real positive.”

On the negative side, Higgins says, MacArthur Blvd is run by three or four jurisdictions, the state being one of them, which makes it difficult for the association to get everyone on the same page. “Slowly but surely, we’ll see how much the city and state want to invest into the MacArthur Boulevard project,” he says. “At this point, I don’t know how much control as an association we have over that, other than making our voice fairly well-heard.” Higgins feels that Hy-Vee was a good fit for the corridor. “They set an example of a business that’s involved in its community and its neighborhood association, and it is showing how things can be done that way.” ♦

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# Funny business

## Donnie B's begins second year at new venue

BY GABE HOUSE  
Freelance contributor

Don “Donnie B” Basford takes comedy seriously. The owner of Donnie B’s Comedy Club, which entered its 18th season as a venue for live comedy on Oct. 7 with guest Kevin Farley, has seen a lot of changes in the comedy business.

“More than I could have imagined,” Basford said. “The good years and the bad.”

Basford undoubtedly hopes for more of the former as he enters his second year of business at 3455 Freedom Drive after having moved from the Route 66 Hotel and Conference Center on South Sixth. The new location, most recently home to The Albatross restaurant, had lain dormant for several years when Basford decided upon it as the next location of his eponymous comedy club.

“We thought the hotel would be a gold mine, but it didn’t quite work out that way,” Basford said. “They couldn’t book banquets because we took the hall every weekend during the winter. We wanted to get out of

there, so they could be a hotel again.

“I came by the new place probably four or five times and walked through it. We’ve remodeled extensively – new plumbing, new wiring, new walls, new bathrooms ... we’ve made it really nice. It holds about 80 people in the bar and 150 in the comedy club. We have all the parking in the world and a nice, big beer garden we’re really going to utilize in the summer.”

This marks a return to the west side of Springfield for Donnie B’s Comedy Club. Before his several-year residence at the Route 66 Hotel, Basford’s venue had been at the Break Time pool hall behind the County Market on West White Oaks.

“Location-wise, it’ll be a little tough to build business back up again,” Basford said. “It’s a bit out of the way, but when you look at it as a destination, that kind of helps. People have to venture from the north side of town to see a movie out here, and we’re like that. People will come out to see comedy here.”

Building business has been a recurring issue for Basford. Almost 10 years ago when Springfield banned indoor smoking, Basford said he lost a tremendous amount of business as a result. And that was before the recession.

“There’s just no formula – we have a couple big shows every year where I may sell

all 150 tickets I offer,” Basford said. “I’d like to do that all the time, but I’m happy when I can sell upwards of 80 tickets per show.”

Basford is somewhat stymied as to why those numbers can be difficult to obtain. Donnie B’s is one of a very few comedy clubs in the state outside of major metropolitan areas. In fact, a large part of why Basford decided to open his own comedy club – he was previously a franchisee for the Funny Bone brand of clubs – was based on his own frequent trips to St. Louis to watch live comedy.

Basford has a theory to explain why fewer people are willing to drive but a fraction of that distance to watch shows. “I think with YouTube and other technology, people think those things can replace live comedy,” Basford said. “But if live theater and live comedy go away, it’s something we could never get back. It’s one of the last refuges of the First Amendment.”


That technology is a double-edged sword, however. With more people glued to personal screens, Basford hopes to use that to his benefit. Ticketing through the club’s website is available and Basford hopes to implement ticket purchases directly through the Donnie B’s Facebook page within the next few months. In addition, Basford said, he’s seeking out comedians the club has not hosted before.




Don “Donnie B” Basford and his son, Donald, Jr. PHOTO / MARANDA POTTERF

“I know people think that because it’s my club it’s just in my own personal interest (to do well),” Basford said. “But it’s also about the comedy itself. The joy I get from seeing those who really enjoy comedy, or are going through a bad time and come to a show and afterwards say, ‘thank you for putting on comedy shows,’ then it becomes about them, not the money.


“Like the good book says – and I believe this – laughter is good for the soul.” ♦



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PHOTO / MARANDA POTTERF

# Gastro Grub

BY THOMAS C. PAVLIK  
Columnist

Gastro Grub (located at the corner of First Street and Calhoun Avenue, just behind Memorial Medical Center) plays off the concept of the gastropub, typically a higher end pub serving more upscale food. Although it doesn't deliver in that sense, Gastro Grub does serve up quality food in a quirky, coffee house atmosphere.

Gastro Grub is the latest project from the former proprietors of Two Olives and a Pepper and is located in the space once occupied by Sunsup Kafé. While the exterior seems to have suffered over the years (what's up with the discarded couch propped up on one of the walls?), don't let that dissuade you. Although your first glimpse might cause you to mistake Gastro Grub for just a coffee house, there's a pretty deep menu here which – when combined with daily specials – will satisfy most everyone.

There's not much in the way of seating, perhaps 20 place settings at best. In nice weather they have a few tables outside. Décor is eclectic with, to my eye, echoes of a home interior store. Nonetheless, stick an acoustic guitar performer in the corner and he or she wouldn't be out of place.

Diners order at a counter toward the back. Daily specials are posted on a chalkboard and printed menus are available right next to the counter. The day my guests and I visited, the process seemed a bit cumbersome – orders

were written down, hand-tallied and then entered into an iPad for ultimate payment. Staff didn't seem too familiar with the menu and, had there been a heavier crowd, I suspect there would have been some backup.

Most of our fellow guests appeared to be from the medical district, with a smattering of more social diners. Don't let the paucity of seating worry you – Gastro Grub does a healthy takeout business and there was a steady stream of customers placing fairly large takeout orders the entire time we were there.

Daily specials included Braunschweiger pate on a bagel with lettuce, tomato, onion and a side (\$6), the Italian sausage and mushroom flatbread pizza (\$6) and the white bean chicken chili. Gastro's regular menu is broken into breakfast-oriented fare, soups/salads/quiches and sandwiches. Items of note included biscuits and gravy (\$5), the chipotle and avocado salad (greens, red onions, cheese, avocado, bacon and chipotle seasoning - \$8.50, \$6.50 for smaller size), the Gastro Wild sandwich (pastrami, red onion, avocado, cheese, bacon, slaw, and spicy brown mayo on a toasted sub bun – \$8.95) and the Porker (leaf lettuce, pork loin, ham, provolone, and bacon on a toasted croissant with creamy Caribbean lime sauce – \$8).

Sandwiches come with a side of cheese potato salad, slaw, basil pesto or Italian pasta salad, mac 'n cheese or chips. A house salad or cup of soup can be substituted for an additional \$2. Regarding the chips, Gastro Grub could

use a wider selection. There were a few bags of higher-end kettle style chips, but only the jalapeño variety. Other than that, it was the usual variety of Lay's and Doritos - which left at least one guest underwhelmed.

Drinks are self-service and include coffee, water, iced tea and a variety of sodas and other bottled items available in a cooler.

We ordered the chicken salad sandwich (\$8), the bacon, chicken and ranch wrap (\$8) and the large version of the bacon/blue salad (\$8.50). I'm not a chicken salad fan, but my guest who ordered it reported generous amounts of chicken and an appropriate ratio of mayo to ingredients. She was particularly tickled that it came topped with crispy bacon and that the croissant was fresh.

The bacon/blue salad was generously sized for the price, and came with a copious amount of bacon. Egg, croutons, red onions and blue cheese rounded out the salad. The red wine vinaigrette was flavorful but didn't overpower the salad – nicely done. I also appreciated that the salad wasn't drowning in dressing. It's hard to get excited about a salad, but Gastro did a very nice job with this one.

The wrap proved to be a hit with my other guest. It came with sliced chicken, lettuce, red onion, tomato, cheese and bacon. She appreciated the healthy helping of chicken and agreed that there was an appropriate amount of dressing such that the ingredients weren't lost beneath a sea of ranch.

In terms of sides, we tried the basil pesto

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Hours: M-F 7:30 a.m. – 3:30 p.m.

Wheelchair Access: Yes

Credit Cards: Yes

Atmosphere: ★★½ (quirky but fun)

Service: ★★¼ (ordering process could be streamlined)

Food: ★★★★★

Price: ★★★★★

Suitability for Business Lunch: ★★½ (best for lunch with co-workers or takeout)

OVERALL: ★★¾

salad and the mac 'n cheese. Although the portion was small, the basil pesto pasta salad was a hit. In fact, I'd consider stopping by Gastro just to pick up a larger order to take home for dinner. However, the mac 'n cheese was decadent enough that a larger portion would have been overkill.

The staff at Gastro Grub was friendly and helpful. Although there was a bit of a delay between ordering and food delivery, we otherwise felt well attended to. We appreciated that the proprietor personally came to our table to make sure our lunch was enjoyable.

Gastro Pub is a nice alternative to some of the heavier lunch options in the downtown area, and for those in the medical district it should be a regular stop, if it isn't already. ♦



# SPOTLIGHT



PHOTO / MARANDA POTTERF

## KRISTEN BALL

- TITLE:

Executive Director, Illinois School Nutrition Association
- EDUCATION:

B.S. in media studies from University of Illinois Champaign
- FAMILY:

Children – Zach and Luke
- FAVORITES:

Movie: *Gone with the Wind*; Book: *To Kill a Mockingbird* by Harper Lee; Restaurant: Cooper’s Hawk
- TIDBITS:

Has been to Ireland but wants to visit France, England and Italy; played the flute in high school; serves on the board of the Illinois Society of Association Executives

**BY ERIC WOODS**  
Freelance contributor, ericw93@aol.com

For the majority of her life, Kristen Ball has lived in the Springfield area. A current Williamsville resident, Ball loves the area and the people who live here. “It does not matter who you run into, you can find someone you have a connection with. It is like that ‘six degrees of Kevin Bacon,’” she said. Ball would like to see more diverse cultural offerings in the area, though. “We do not have a lot of diverse cultures like in Chicago, where there are so many different things to do and learn about.”

Journalism was Ball’s main interest growing up, picturing herself as a political news reporter for CNN. However, an ethics in journalism course in college changed her outlook when she saw disturbing footage of a plane crash and the journalists who had to gather material from the families of victims. “There is no way I could have done that. It would be too hard to stay objective,” she said. As far as her work history goes, Ball feels that she learned something from each one, beginning with her first job as a lifeguard at Knight’s Action Park as a teenager. “I never had any horrible jobs. I learned what I did not want to do, what type of office I did not want to work in and the kind of boss I didn’t want to have.”

Ball considers herself a dual employee, as she works part-time for the Illinois School Nutrition Association (ILSNA) while also working with Event Management Professionals, a business owned by her

parents. With ILSNA, she oversees all association tasks, which include monitoring the financials, working with board members to ensure the members are being provided the services they need, monitoring the legislature, handling logistics for the educational programs and designing the monthly newsletter. At her other position, Ball assists in planning events for companies who hire them. “In meeting planning, the best advice I ever received was: regardless of what happens at an event, act like that is the way you had always planned it. If you freak out, your attendees will freak out,” she said.

Early in life, Ball learned about going above and beyond what is expected in both business and life in general. “Do not just do the minimum in life,” she said. People hoping to work in the association field should not only take that advice, but according to Ball, they should find an association just to get a foot in the door. “Take whatever position is offered, and ask a lot of questions to find out what each different job does. You will find what you want to do and what you do not want to do.” Contributing to whatever project has the greatest need is also very important, as flexibility is a useful quality to have.

When Ball envisions the future, she sees her children out of school and hopefully, college graduates. She will remain in the association world, as she really enjoys what she does. Retirement is not going to happen any time soon, though. “That sounds like a neat thing, but I am such a busybody,” she said. “I cannot envision not working. I would be bored, so it will be at least 30 more years.” ♦

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# Professional Women's Calendar of Events

You play a key role and we thank you for your contributions to our community.

## Illinois Women in Leadership (IWIL)

IWIL will hold a lunch at the Sangamo Club on Thursday, November 17 from 11:30 a.m.-1 p.m. The speaker will be Rev. Margaret Ann Jessup, the associate pastor at Douglas Avenue United Methodist Church. She had a successful 25 year career as a nurse for cancer and hospice patients before going to seminary. More recently, she founded a social enterprise called “Wooden it be Lovely” which empowers single mothers healing from lives of poverty and abuse. Cost is \$18 for advance registration or \$23 at the door. Register at [www.iwil.biz](http://www.iwil.biz).

## Women Entrepreneurs of Central Illinois (WE-CI)

WE-CI will hold a holiday social and silent auction on Wednesday, November 9 from 5:30-7:30 p.m. at Illini Country Club. Enjoy socializing with other members and buying silent auction items to get a head start on holiday shopping. Auction proceeds cover member scholarships for seminars, workshops, or business enhancement courses to improve skills or business efficiencies. Bring a guest, it’s a great way to introduce other entrepreneurs to WE-CI. Make reservations at [www.we-ci.org](http://www.we-ci.org) or email [reservations@we-ci.org](mailto:reservations@we-ci.org).

## Association for Women in Communications (AWC)

AWC will hold a lunch at the Sangamo Club on Wednesday, November 9 from 11:30 a.m.-1 p.m. The theme will be “10 Keys to Looking the Part in Digital Media.” For more information or to make a reservation, visit [www.awcspringfield.org](http://www.awcspringfield.org). Also, the fall membership drive is underway, save \$50 on enrollment through Nov. 30. Visit a program as a guest and explore the benefits of membership.

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# BUSINESS NEWS



Antwan Stout

## Hanson hires Stout as computer technician

Antwan Stout, computer technician, recently joined Hanson Professional Services Inc.'s Springfield headquarters. He will assist the firm's information technology group, providing support services and diagnosing software and hardware issues. Prior to joining the firm, Stout was an insurance reviewer for Springfield Clinic.

He also was a payment posting specialist for SPI Healthcare, a collector for CCB Credit Service and a customer service representative for Cingular Wireless, all in Springfield. He received an associate degree in information technology – computer network systems from ITT Technical Institute in Springfield.

## Pietroburgo earns CFP certification

Dan Pietroburgo, of Benjamin F. Edwards & Co. in Springfield has been authorized by the Certified Financial Planner Board of Standards (CFP Board) to use the Certified Financial Planner and CFP certification marks in accordance with CFP Board certification and renewal requirements. Mr. Pietroburgo has worked at Benjamin F. Edwards & Co. since 2014 and is responsible for working with clients to develop and implement investment and financial plans. The Springfield, IL office, which opened in 2010, employs a total of seven including four financial advisors. The CFP marks identify those individuals who have met the rigorous experience and ethical requirements of the CFP Board, have successfully completed financial planning coursework and have passed the CFP Certification Examination covering the following areas: professional conduct and regulation, general financial planning principles, education planning, risk management and insurance planning, investment planning, tax planning, retirement savings and income planning, and estate planning. CFP® professionals also agree to meet ongoing continuing education requirements and to uphold CFP Board's Code of Ethics and Professional Responsibility, Rules of Conduct and Financial Planning Practice Standards. For more about CFP Board, visit [www.CFP.net](http://www.CFP.net).



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## Chamber announces Economic Outlook Breakfast

The Greater Springfield Chamber of Commerce will host their Economic Outlook breakfast on Tuesday, November 8, featuring keynote speaker Allen Sukholitsky, vice president and senior market strategist for Goldman Sachs asset management. Doors open and buffet begins at 7:15 a.m. with program starting at 8 a.m. at the University of Illinois Springfield in the Public Affairs Center. The presenting sponsor is Prudential. Area professionals and media are invited to learn more about the latest macroeconomic trends affecting the business environment. Sukholitsky will review the global issues that are driving U.S. economics and will provide an outlook for investment markets. Additionally, results from the fall 2016 Sangamon County Business Economic Outlook Survey will be announced, which is conducted by the UIS Survey Research Office on behalf of The Chamber bi-annually. Member cost to attend is \$25. For more information, or to register online visit [business.gsc.org/events/details/economic-outlook-breakfast-2016-11-08-2016-7259](http://business.gsc.org/events/details/economic-outlook-breakfast-2016-11-08-2016-7259). Please contact Bri Coons at 217-525-1173 or [bcoons@gsc.org](mailto:bcoons@gsc.org) with any questions. ♦



## MEDICAL NEWS

### Center for Family Medicine opens expanded clinic

Freshly painted walls, more exam rooms, and easier access to health care providers and services are just some of the benefits patients are enjoying at the SIU Center for Family Medicine (520 N. Fourth Street in Springfield) which in late August opened a newly-built expansion that doubles its space to total 60,300 sq ft. "The new facility for the Center for Family Medicine in Springfield advances the mission of SIU School of Medicine," said Jerry Kruse, MD, MSPH, dean and provost of SIU School of Medicine and CEO of SIU HealthCare. "This expanded space will allow us to increase our ability to deliver comprehensive care to the people of our community and also will improve our capacity for community-based teaching and service." As a Community Health Center, the clinic serves a largely low-income population. The expansion was needed because the clinic has doubled its number of patient visits to 60,000 visits a year since becoming a Federally Qualified Health Center in 2012. That designation, along with the Affordable Care Act, meant more people were making appointments - and the clinic was running out of space. "Not only was there increased demand,

but we had additional services to offer and additional staff to help our patients," said Iris Wesley, CEO of the Center. Construction began in September 2015 and was completed in July. Memorial Health System, which owns the family medicine building, funded the expansion and the renovation under way on the existing clinic. That space will house acute care and subspecialty clinics and other wrap around services. It is set to be completed in early 2017.

### Alzheimer's awareness program set at SIU

Patients, families and caregivers affected by Alzheimer's disease are invited to attend a morning of free presentations, hosted by the SIU School of Medicine Center for Alzheimer's Disease and Related Disorders (CADRD). The event will present research developments, how to manage problematic symptoms and describe the stages of dementia and its effects on patients and family. "Our goal is to help not only the patients who suffer from this disease, but to be a lifeline for families and caregivers, who are coping with the effects of this disease," said Tom Ala, MD, associate professor of clinical neurology and interim director of

### Glover joins Memorial Physician Services-Women's Healthcare

Dr. Richard Glover has begun his practice at Memorial Physician Services-Women's Healthcare. Glover completed his residency at Southern Illinois University School of Medicine in Springfield. He received his medical degree from Philadelphia College of Osteopathic Medicine in 2012. He earned a master of public health degree from Indiana University in Bloomington in 2009 and received his bachelor of arts degree in sociology from Georgia State University in Atlanta in 2005. He joins eight other physicians at Memorial Physician Services-Women's Healthcare at 747 N. Rutledge St. in the Baylis Building. Call 757-7932 for further information.



Dr. Richard Glover

CADRD. The event will be held 9 am - noon on Saturday, November 5, at the Memorial Center for Learning and Innovation, M.G. Nelson Family Auditorium, 228 W. Miller St., in

Springfield. Admission is free, but registrations are appreciated. For more information, contact Greg Kyrouac at gkyrouac@siumed.edu or call 217-545-7199. ♦

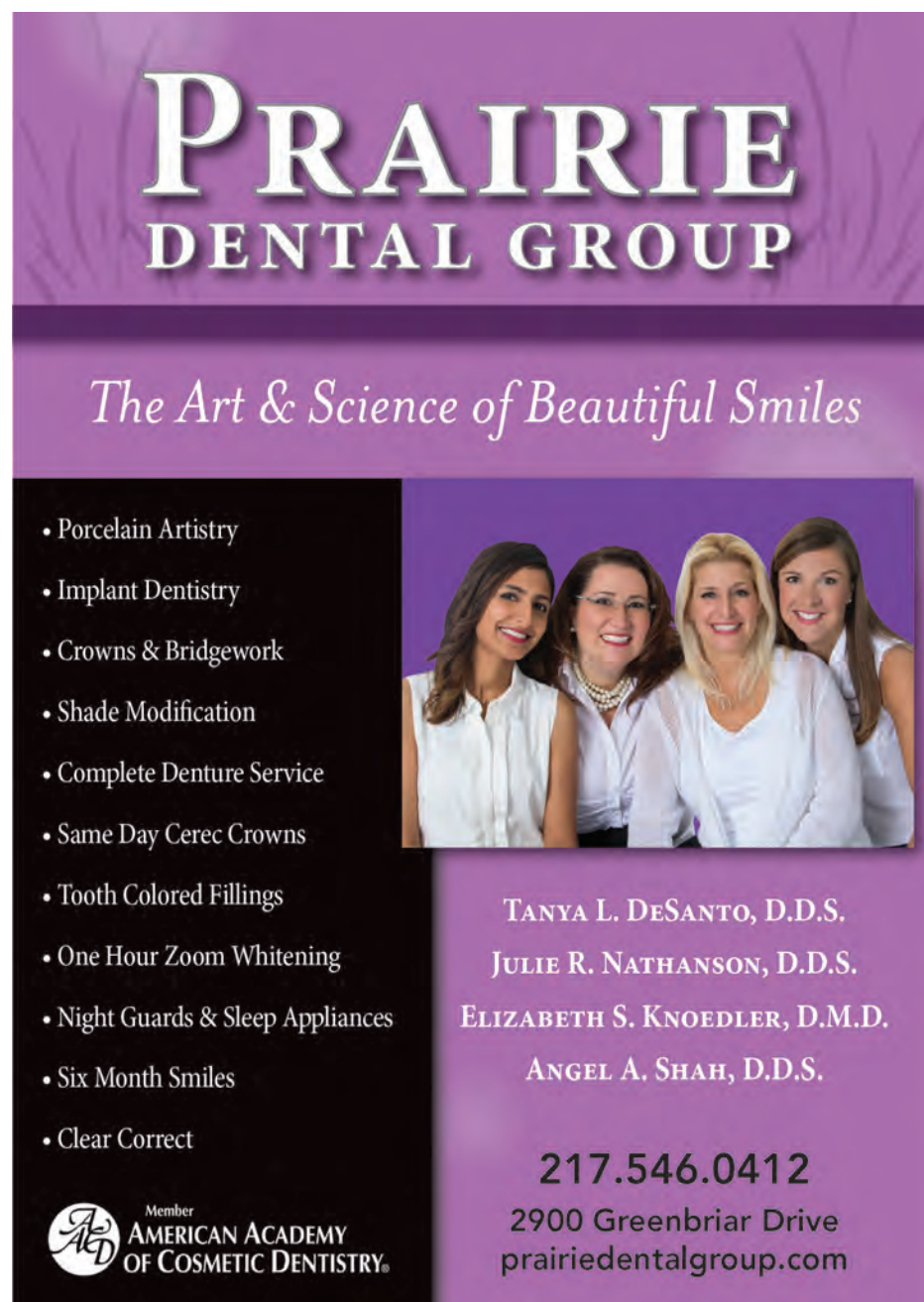


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# When children become caretakers

**BY SARAH DELANO PAVLIK**  
Columnist, Attorney with Delano Law Offices, LLC

November is National Alzheimer's Disease Month, National Family Caregivers Month, National Home Care & Hospice Month and National Long-term Care Awareness Month. More and more people are providing care to their parents – some occasionally, some full time. Legally, how can a caretaker help her loved one or even take over making decisions for her?

Let's assume Jane's father is getting older and needs some help. In order to allow Jane to pay bills, her father adds Jane to his checking account. This is very common and will allow Jane to pay bills for her father. However, there can be legal consequences. If Jane and her father go to the bank and ask to add Jane to dad's account, the bank will almost always add Jane as a co-owner. As a co-owner, Jane can sign checks to pay dad's bills but she can also withdraw all of the funds for her own use. At dad's death, the entire account will pass to Jane, which may not be what dad wants if Jane has brothers and sisters. Also, if Jane has a judgment against her for an unpaid debt, her creditors can seize the entire account.

Instead of adding Jane to his account, dad could sign a durable power of attorney naming Jane as his agent. As dad's agent,

Jane would have authority to pay his bills. Financial institutions would also be authorized to speak to her if she needed to get information for dad. In addition, unless the power of attorney specifies otherwise, Jane will be authorized to handle most transactions, including those regarding real estate; financial institutions; stocks and bonds; tangible personal property; safe deposit boxes; insurance and annuities; retirement plans; social security, employment and military service benefits; taxes; claims and litigation; commodities and options; business operations; borrowing; and estates. (Note: even if the power of attorney purports to give Jane the power to handle social security matters and tax matters, the federal government is not obligated to honor a state law power of attorney. Each of these government branches requires its own form for a person to serve as agent.)

In addition to a power of attorney, dad could create a "living trust" and name Jane as the trustee. A living trust is a revocable trust that can be used to manage a person's assets while he is alive and can take the place of a will at his death. Even if dad has a living trust, however, he should also have a power of attorney for property for two reasons: (1) some assets, particularly retirement accounts, cannot be transferred to a trust, meaning Jane, as trustee, would not have power to deal



with those assets, and (2) Jane may discover assets that are not in the trust and would need the power of attorney to transfer the assets into the trust.

Jane can use the power of attorney for

property to assist dad, but what happens if dad becomes incompetent? If the power of attorney for property is "durable," Jane will continue to be able to use it even if dad is incapacitated (the legal term). As trustee, she would also be

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able to continue to manage dad's property. However, she will need a health care power of attorney to make medical decisions for dad if he is not able to do so.

As its name implies, a health care power

of attorney governs medical decisions, including organ donation and the termination of life support (as specified by dad in the power of attorney). A health care agent has the power to admit dad to a hospital, nursing home or institution. However, dad can revoke the health care power of attorney at any time, even if he is not competent. Therefore, it can be difficult – if not impossible – to involuntarily commit someone for mental health treatment using a health care power of attorney.

Financial and health care powers of attorney must be signed by dad while he is still competent. It is too late if dad has had a stroke or dementia or Alzheimer's has set in and dad no longer knows what he is doing. It is possible to sign the documents if dad still knows what he is doing, but far too many people only call a lawyer when it is already too late.

If dad does not have a power of attorney, then what? For financial transactions, the only other option will likely be to have a guardian of the estate appointed. If dad does not object to the guardianship or if he is undeniably incompetent, this can be a relatively straightforward procedure. An "interested person" (generally a family member) files a petition with the court. The petition must include an affidavit from a doctor stating that dad is incapable of handling his own affairs. Dad must be served with process, i.e., the sheriff's office or a private process server

must deliver the papers to him, and all other interested parties must receive notice as well. This includes a spouse, adult children, parents, adult siblings and any agent acting under a power of attorney.

The court will appoint a *guardian ad litem* to meet with dad and report back to the court if he thinks a guardian is needed and if the proposed guardian is acceptable. If dad wants to challenge the guardianship proceedings, he will also hire a lawyer or the court will appoint one for him.

If the family is in agreement on who should be designated guardian, the court will generally appoint that person. If there is no agreement, the court will first look to the person designated by dad. A person generally designates who should be named guardian in powers of attorney. If dad does not have power of attorney, the court will make the decision as to who should be appointed guardian of dad's estate (his property) and of his person (his living arrangements, health care, etc.). Multiple people can be named as guardians, so siblings can be named co-guardians.

What happens if dad appoints Jane as his power of attorney and Jane's brother thinks Jane is misusing dad's money or making bad health care decisions for him? In that case, the brother can ask the court to order Jane to provide a full accounting for financial matters or ask the court to order a change in medical

care. If Jane refuses to do so or if improper conduct is found, the court can remove Jane's power of attorney and allow the alternate agent to serve, if there is one, or appoint a guardian for dad. Similarly, if Jane is serving as guardian, she must file an accounting with the court. If her brother believes she is not properly caring for dad, he can file objections to the accounting.

In order to avoid these disputes between siblings, the best practice is transparency. Dad should tell the children who he has designated as power of attorney so the children know that is what dad wants. The agent should keep the other siblings informed of her actions. If no information is provided, it is easy to suspect the worst. Finally, if Jane's brother thinks a power of attorney is being abused, he should act sooner rather than later. There are too many cases where a sibling with power of attorney used all of mom's or dad's money, and by the time it was discovered, it was too late.

Remember, it is much easier to plan for incompetency than it is to handle matters after a person is incompetent. If you are a caretaker, encourage your loved one to address these issues sooner rather than later. ♦

*Have a legal question? Email Tom and Sarah Pavlik at [sdpavlik@delanolaw.com](mailto:sdpavlik@delanolaw.com) and they may be able to address the issue in their monthly legal column.*

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