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# LEGACY AWARDS 2017

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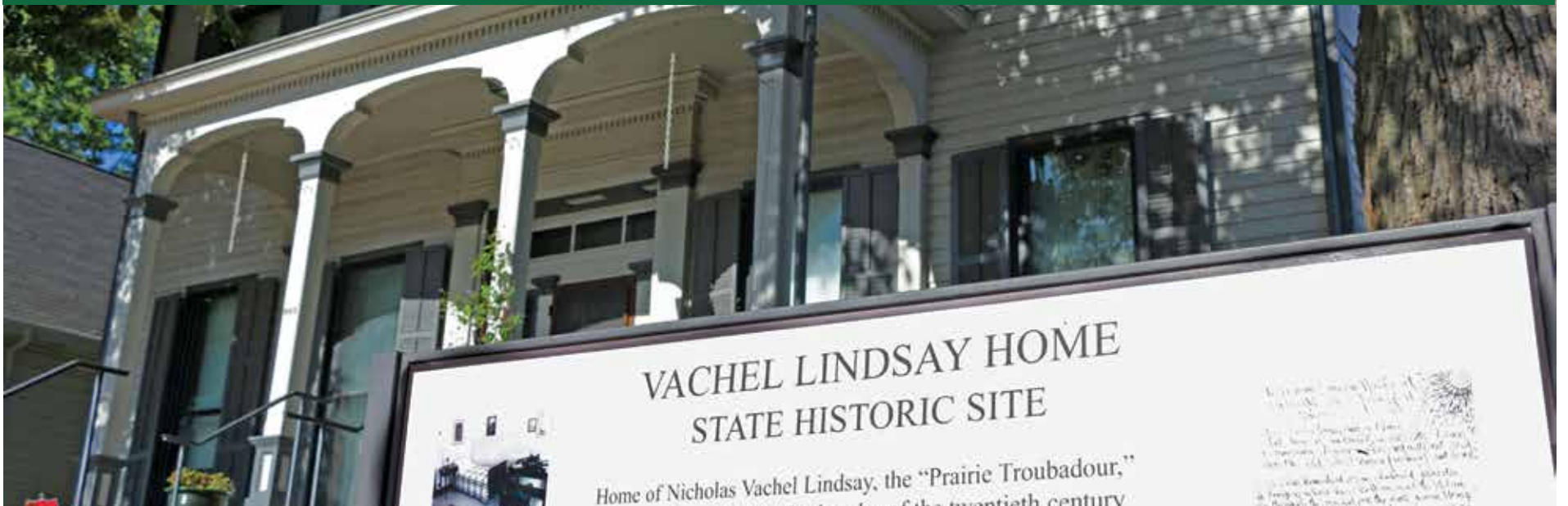


Photo | Patrick Yeagle

## Preservation grant awarded to Lindsay home

### The growing CFLL Historic Preservation Fund has awarded \$33,000 since 2012

By Fletcher Farrar

The Historic Preservation Fund of the Community Foundation for the Land of Lincoln has awarded its 2017 grant of \$7,500 to the Vachel Lindsay Association. The grant, to be presented at the Sept. 12 *Springfield Business Journal* Legacy Awards program, will be used for exterior painting of the historic Lindsay home at 603 S. Fifth St., part of a larger project that includes restoration of exterior decorations, porches and windows. The project will coincide with the 2018 Illinois Bicentennial.

The Lindsay home, just south of the Executive Mansion now undergoing renovation, was built in the 1840s and was bought in 1853 by Clark Moulton Smith and his wife, Ann Todd, the younger sister of Mary Todd Lincoln. Abraham Lincoln was a guest in the home on several occasions. Dr. Vachel Thomas Lindsay and his wife, Catharine Frazee, purchased the home in 1878, and Vachel Lindsay was born there Nov. 10, 1879. Lindsay, who became a celebrated poet, returned with his family to live there in 1929. He died

there in 1931.

The building is owned by the State of Illinois and is open to the public for tours, educational programs and poetry readings.

This is the sixth year the Historic Preservation Fund has awarded a grant. Cumulative grant awards from the fund now total \$33,000, which has grown steadily since its humble but hopeful beginning in 2008. That year, a group formed in Springfield to celebrate the 40th anniversary of the Old State Capitol renovation. The group sold tickets to an event called the Old Capitol Community Tribute held on March 25, 2008. After paying the event's bills, the group had \$399.21 left over and decided to begin a fund at what was then the Sangamon County Community Foundation.

An annual solicitation to Springfield-area preservation supporters, plus an annual gala, have helped to grow the fund to \$92,000, where it stands today. Attendees at the Legacy Awards will be invited to donate to the Historic Preserva-

tion Fund.

Here are the past grant recipients and the projects aided by the fund:

2012 - Downtown Springfield, Inc., was awarded \$4,000 for a pilot program to develop a way-finding system to better link historic sites and properties in the downtown area of Springfield.

2013 - The Greater Springfield Chamber of Commerce Foundation received a \$4,000 grant to develop planning concepts and documents, including artistic renderings of a pedestrian trail linking historic sites and properties from the Illinois State Capitol Complex to the Abraham Lincoln National Historic Site along Jackson Street in Springfield. The project is known as the Jackson Street Trail.

2014 - The Springfield Art Association received \$4,000 for the reproduction of 1850s wallpaper discovered during the interior restoration of Edwards Place. The Lincoln-era historic house museum is owned and operated by the Springfield Art Association.

2015 - The Elijah Iles House Foun-

dation was awarded \$6,000 to restore the Strawbridge-Shepherd House on the University of Illinois Springfield campus. The house is listed on the National Register of Historic Places. The grant was used to build a porch on the west side of the house, with a ramp to allow wheelchair access to the building.

2016 - Enos Park Neighborhood Improvement Association received a \$7,500 grant to restore the façade of the building at 711 E. Enos, which was built as a grocery store at the turn of the 20th century. The building is being rehabbed as a community gathering place, with a rental apartment on the second floor. ♦

*Fletcher Farrar, editor of the Springfield Business Journal, is a member of the advisory board of the Community Foundation's Historic Preservation Fund. To contribute to the fund, contact the Community Foundation for the Land of Lincoln, 205 S. Fifth St., Suite 930, Springfield, 62701. 217-789-4431. [www.CFLL.org](http://www.CFLL.org).*



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# LEGACY AWARDS 2017

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Photo | Patrick Yeagle

Isringhausen Imports co-owner Geoff Isringhausen (left), with son Geoff Isringhausen Jr. (center) and nephew Luke Isringhausen (right), at the showroom in the historic building at Second and Jefferson Streets.

## 50 YEARS OR FEWER IN BUSINESS

# Isringhausen Imports

By Catherine O'Connor

The concept of preserving heritage through adaptive reuse is not new to Isringhausen Imports' family business, with its complex of properties centered on Second and Jefferson streets - a place where old and new blend to form a dynamic synergy.

From their quiet beginning in an unassuming 10,000-square-foot warehouse in the shadows of the former Fiat Allis plant at 11th and Stanford streets to today's 300,000-square-foot, multi-building complex stretching from First Street to Third Street, Isringhausen Imports has built a legacy on the belief that every person who walks through the doors deserves attention, honesty and respect.

Springfield native Geoff Isringhausen co-owns the business with Sue Isringhausen, widow of his late brother, Robert. According to Geoff, the business began in the 1980s in a surprisingly humble way.

After earning a mechanical engineering degree in the early 1980s from University of Illinois at Urbana-Champaign, Geoff worked for a refined petroleum pipeline company in Atlanta, Georgia for two years before joining his brother at Isringhausen Imports.

"At that point, Rob was a specialty deal-

er of pre-owned BMW, Porsche, Ferrari and Mercedes imports," explains Geoff, whose soft-spoken, knowledgeable demeanor personifies the Isringhausen philosophy.

The Isringhausen auto business now includes retail and wholesale sales of European luxury brands. It involves two generations of the family, along with 90 full-time and 40 part-time employees - many who have a tenure of more than a decade and years of community volunteer involvement.

According to Isringhausen, the company's big break came when they were selected to open the first Saab franchise between Chicago and St. Louis in 1985. That helped lend credibility to what was a rather small business at the time and allowed the Isringhausen brothers to relocate to Springfield's still lively downtown. A multi-story brick building along Third street, which had once been the home of the Vredenburg Lumber company, a Springfield fixture since the Lincoln era, became their new home.

During the decades that followed, the economy was slowly ticking up for doctors, lawyers and other professionals, creating a market for European import and luxury vehicles. This led Isringhausen to subse-

quent remodeling and eventual expansion in 2003, adding to their slowly widening campus a handful of structures which had once housed SASCO Autoparts distribution center, the Springfield Sun Newspaper and a small radio station.

Before Isringhausen's construction project was complete, archeologists and historical researcher Curtis Mann of Lincoln Library's Sangamon Valley Collection jumped at the opportunity to survey the northeast Second Street corner property. The site has an important history going back generations before Lincoln.

"The area is steeped in a legacy that goes back long before us," Geoff said as he points out a historical marker commemorating the spot where the first Sangamon County Courthouse was erected in 1821, at the southwest corner of Second and Jefferson streets.

According to Mann, this corner was at the epicenter of early 19th century commerce and growth in Springfield. At that geographic point, four of Springfield's pioneer families, including Elijah Iles, each purchased 80 acres radiating out from the intersection of what was once an old Native

American trail and a well-worn trading route.

In addition, one of Isringhausen's main showrooms situated just across the Third Street tracks from the train station, served many decades as an early hub in Springfield's turn-of-the-century motor row industry. In a 1920s photo, the three-story building, which is still in use, was the home of Phil. Stewart and Company, whose sign read "Wrecked Cars Completely Rebuilt, Auto Woodwork and Upholstering." From that point, the building would have several other incarnations, including as a thriving chicken hatchery in the 1930s and '40s.

Paging through scraps of historical news clippings that Isringhausen has saved over the years, a *State Journal-Register* article from 2002 quotes Geoff describing plans to renovate a portion of the SASCO property into an additional showroom to house his fledgling new car business. His words were as true then as they are today, and they sum up the attitude that earned Isringhausen a Legacy Award.

"These old buildings are so well built," he said, "it often makes more sense to renovate than tear them down." ♦



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# LEGACY AWARDS 2017

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Dennis Bringuet, owner of Ace Sign Co., in the sign museum at the company's headquarters

Photo | Terry Farmer

## 51-100 YEARS IN BUSINESS

# Ace Sign Co.

By Karen Ackerman Witter

Franklin and Alvina Horn started a sign business in their home garage in 1940. They wanted to be listed first in the telephone directory so they named their business Ace Sign Co. From its simple beginnings making hand-painted signs, the company has grown and evolved into a full-service sign operation employing more than 60 people and serving clients locally, regionally and abroad.

Dennis Bringuet, president of Ace Sign Co., says he has been involved in the business "since birth." He watched his father, Joe Bringuet, and maternal grandfather, Franklin Horn, paint signs when he was a kid in a stroller. During his high school years, Springfield High School operated on split shifts, so the younger Bringuet worked half days, getting a different type of education and learning the family business.

Family is at the heart of Ace Sign Co., with four generations contributing to the family tradition. Joe and Louise Bringuet took over the business from Louise's parents and led the company through tremendous growth. Louise passed away in 2016,

having worked at Ace Sign Co. for more than 50 years. Joe, now 87, still comes into work every day. Dennis Bringuet's sister, JoEllen, and two sons, Todd and Scott, along with Dennis's nephew, Cory Boatman, are all involved with the business.

"No company is better than its staff and team," Bringuet said. "We are committed to high standards and are fortunate to have family members and staff help make that happen."

Bringuet attributes the company's success to doing a good job at a fair price. The mission of Ace Sign Co. is "to build brands nationwide through visual communications that inspire and communicate." About half of the company's business is local, and the other half is regional, national and beyond. The company currently has projects in Paris, Germany and Australia. One notable past project involved creating nine-foot-tall Roman numerals for the 2014 Super Bowl.

Ace Sign Co. has been a leader and innovator in adapting and incorporating new technologies. In the 1980s, Ace obtained one of the world's first automated lettering

systems. Over the years, it evolved from producing hand-painted signs to creating neon, electric, LED and many other types of signs. A strength of the company is its full range of services from sign manufacturing to installation. It takes a sophisticated team involving skills related to graphic design, IT, welding, sheet metal, electrical, graphic production and installation.

As the company expanded, it outgrew its facilities at 402 N. Fourth St., where it had operated for 60 years. Ace purchased and renovated the former Sears warehouse at 2540 S. First St. and moved in 2012. The 42,000-square-foot facility includes a sign museum with neon and vintage Springfield signs. The space can be rented for private events.

Ace Sign Co. has a long history of involvement with the Springfield community. Dennis Bringuet was one of the founders of Downtown Springfield, Inc. and a founding trustee of the Hoogland Center for the Arts. Ace Sign Co. donated the "Welcome to Springfield" sign on Clearlake Avenue and recently produced the Lincoln mural on

the side of a building at Fifth and Capitol streets. The company also collaborated with the Springfield Art Association and sponsors to produce bus benches featuring work by local artists.

In 2014, Ace painted a 40-foot-tall image of Lincoln on the side of the City Water, Light and Power plant to attract travelers on I-55 to visit Springfield. Although Ace Sign Co. no longer produces hand-painted signs, Dennis says he was thrilled to "personally swing a brush" for that project. Painting from a cherry picker 140 feet in the air was quite a change from the days he watched his dad and grandpa swing a brush while he sat in his stroller. ♦

*Karen Ackerman Witter grew up in Springfield and is retired from the State of Illinois. She and Dennis Bringuet were in the same graduating class at Springfield High School.*

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Dr. Charles Lucore, president and CEO of HSHS St. John's Hospital.

Photo courtesy of Hospital Sisters Health System

## 100+ YEARS IN BUSINESS

# HSHS St. John's Hospital

By Naomi Velazquez Greene

When 21 Sisters of the Third Order of St. Francis left Germany and arrived in Springfield in 1875, they were penniless. Little did they know then that their initial hard work, prayers and efforts would lead to a multi-million-dollar nonprofit organization comprised of 15 hospitals in Illinois and Wisconsin, plus two in Japan.

More than 142 years later, HSHS St. John's Hospital has served countless patients who come primarily from across central Illinois, but also from other parts of the state. Today, the hospital continues the mission initiated by the original sisters, following in their footsteps by serving patients the same way.

"I believe people want a faith-based option related to health care," said Dr. Charles Lucore, St. John's president and CEO. "Our mission is about bringing the healing power of Christ to those in need, in an environment that provides high-quality care that is safe and satisfying."

While the mission remains the same, the hospital's size and services have grown and evolved. St. John's is the flagship of the Hospital Sisters Health System. Today, it employs more than 2,500 full-time employees and reports more than 18,000 inpatient

visits, with an additional 236,000-plus outpatient visits annually.

St. John's history is closely tied to the city in which it was founded. Among the hospital's many highlights was the sisters caring for Mary Todd Lincoln during her final years. Later, during the 1908 race riots, the sisters were also present to provide healing and care.

Ironically, when the sisters first arrived, they had no training in nursing. That was later addressed in 1886 when the hospital and leaders of the congregation founded the first Catholic hospital school of nursing in the United States at St. John's to train the sisters. Twenty-six years later, the college admitted its first lay students and continues training nurses today.

There have been many milestones in St. John's history, according to the hospital's records. In 1964, the first open-heart surgery in central Illinois was conducted at St. John's by Dr. Robert Harp. That same year, St. John's opened the first catheterization unit outside of Chicago. More recently, St. John's consolidated the Prairie Heart Institute to form one of the hospital's specialties.

"We're very proud of the Prairie Heart Institute," said Lucore, who happened to be

one of the physicians of the program before becoming CEO in 2014. "PHI really has been a leader in providing regional cardiovascular care and a regional network for treatment of heart attacks that has been developed over 35 years."

Expansion of PHI is already underway, with a new state-of-the-art cardiovascular care center dedicated last spring which includes an infusion center located on the first floor. The center specializes in the treatment of advanced heart disease. Additional plans include construction of a new cardiovascular intensive care unit for treatment of patients after open heart surgery and complex cardiovascular procedures.

One of St. John's other specialty programs includes its focus on women and children. In 1997, it opened the Carol Jo Vecchie Women and Children's Center, which offers a regional perinatal center and houses a neonatal intensive care unit. Within a year, the hospital was designated a "Baby-Friendly" facility by the World Health Organization and UNICEF. According to Lucore, the center will also be expanding with plans to construct a \$40 million dollar office building that will include a bridge to the Women and Children's Center.

"It will be a one-stop shop for moms and their kids," Lucore said, "and for women needing comprehensive services."

Many of the hospital's services are offered in collaboration with the Southern Illinois University School of Medicine. In addition to the women and children's services, they offer support and recommended care to 27 rural hospitals in the central and southern part of the state through a telehealth program. In partnership with SIU, Memorial Medical Center and others, St. John's has also provided a community outreach program to Enos Park, the neighborhood adjacent to St. John's campus.

Things haven't always been easy for St. John's or other health care providers in Illinois. Lucore cites recent struggles over the state budget and uncertainty over repeal or replacement of the Affordable Care Act. However, St. John's has always weathered challenging times by continuing the unwavering tradition of the sisters.

In a recent presentation to Japanese visitors, Lucore summed up the hospital's approach by quoting St. Francis: "Start by doing what's necessary, then do what's possible; and suddenly you are doing the impossible." ♦



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PJ Staab, co-owner of Staab Funeral Homes

Photo | Patrick Yeagle

## Preservation Advocate - Individual



Joel Horwedel, executive director of Lincoln Memorial Garden

Photo | Patrick Yeagle

## Preservation Advocate - Organization

### PJ Staab, Staab Funeral Homes

By Patrick Yeagle

A man once approached PJ Staab with a story to share. It turns out that Staab's father had saved the man's life.

As a baby roughly 65 years ago, the man had been bounced from a moving vehicle into a stream by the Illinois State Fairgrounds one evening. The elder Staab, driving an ambulance at the time, found the child in the dark and rescued him, losing his boots to the mud in the process.

That's the kind of legacy PJ Staab inherited when he and his siblings took over the family business, Staab Funeral Homes. Not every story is that dramatic, but there are dozens more examples of the family's commitment to service, duty, stewardship and generosity - a legacy handed down through three generations.

Paul John "PJ" Staab II takes that inheritance seriously, pouring resources and love into the family business and the surrounding community. It's for that reason that Staab was selected for a Legacy Award in the Individual Preservation Advocate category.

Staab Funeral Homes celebrates its 80th anniversary this year. PJ Staab's grandfather, George J. Staab, was a union plumber in the early 1900s when he found himself struggling to support a family because too few Springfield homes had plumbing at the time. The eldest Staab decided to make a career change, joining John O'Donnell to open O'Donnell and Staab Funeral Home in 1927. When that partnership ended a decade later, George Staab and his wife, Christine, opened their own funeral home. The business eventually passed to the couple's five children and then to the third generation, including PJ Staab.

Today, Staab takes great satisfaction from helping preserve the history surrounding the family's funeral home at 1109 S. Fifth St. The building itself was constructed as a private residence in 1873 by German immigrant John Schoenemann, and the Staab family has cared for it since opening the funeral home there in 1937. PJ Staab knows the building intimately, from the elevator to the air conditioning, and he jokes that he could probably become a repairman for either system.

However, Staab's sense of stewardship extends beyond the funeral home. The family has purchased several other nearby properties to preserve historic structures, such as the former Mary Bryant Home for the Blind at 1100 S. Fifth St., a stately gray stone mansion built around 1890 which now serves as office space. There's also the former Howard Johnson Restaurant at 1043 S. Fifth St., a brick building from the 1950s which now houses Chicago Title Insurance Company.

Faith is foundational to Staab's understanding of self-sacrifice, and he served on the executive committee for the restoration of the Cathedral of the Immaculate Conception in Springfield and provided some of the funding.

In addition to preserving buildings, Staab and his family spearheaded the recreation of the ornate horse-drawn hearse which carried Abraham Lincoln's body to his tomb in Oak Ridge Cemetery in 1865. The original hearse, which had been loaned to Springfield by a funeral home in St. Louis, was lost in a fire in 1887, so Staab commissioned workmen - many of them veterans - to recreate the hearse using a single photo for reference. The hearse was used in the 2015 reenactment of Lincoln's funeral in Springfield, and Staab also donated to help restore landscaping at the entrance to Oak Ridge Cemetery.

Staab sees preserving history as part of his duty. He notes that John Schoenemann, who built the mansion now housing the funeral home, was generous to the community in his day, and the Staabs have tried to follow that example ever since.

"He fostered solid stewardship, so we try to carry on that same generosity," Staab said.

The funeral business can be difficult, Staab notes, because of the constant exposure to death and the mourning of others. Dealing with those feelings is critical, he says, which is why stewardship - both of his surroundings and his community - is so important to him.

"If I'm helping another person, that's therapy for me," he said. "Helping others brings me peace." ♦

### Lincoln Memorial Garden

By Karen Ackerman Witter

Abraham Lincoln once said, "Determine that the thing can and shall be done, and then we shall find the way." Although Lincoln is not directly associated with the garden in Springfield which bears his name, those prophetic words are a fitting description of the history of Lincoln Memorial Garden.

When Springfield embarked on building Lake Springfield in the 1930s, civic leader Harriet Knudson was determined to create a living memorial to Abraham Lincoln. She found the way by convincing the city to donate land and inviting renowned landscape architect Jens Jensen to design the garden. At that time, the land was primarily farmland. Boy Scouts planted acorns, and garden clubs helped with plantings.

As the trees have grown and matured, so has the garden. Nearly 80 years after its dedication in October 1938, Lincoln Memorial Garden has become a place of beauty and inspiration and a valued outdoor education center. It is the only year-round nature center in Sangamon County.

Jensen selected 63 acres for the original garden. Which now covers 100 acres with six miles of trails. The 29-acre Ostermeier Prairie was added in 1995, and in 2000, the six-acre Cawley Meadow was added across from the main entrance.

Education is at the heart of Lincoln Memorial Garden. Through a wide range of educational programs and events, the garden fosters stewardship of our natural environment. The Indian Summer Festival, celebrating its 49th year on Oct. 7 and 8, is a popular family event. For nearly 20 years, children have learned about science and nature at the summer ecology camps.

Other educational offerings include school field trips, maple syrup demonstrations, wildflower hikes, leaf identification hikes, spring and fall bird hikes, and star parties. Boy Scouts and Girl Scouts have opportunities to earn badges, and many Boy Scouts complete their Eagle Scout projects at Lincoln Memorial Garden.

Developing a nature center was a significant milestone in the garden's history. Inspired by a trip out west in the early 1960s, Knudson

was determined once again to "find the way" to build a nature center at Lincoln Memorial Garden. With the help and support of many others, the nature center opened in 1965 and was expanded in 2003.

In 2013, University of Illinois Extension master naturalists created a native wildflower demonstration garden behind the Ostermeier House. This flower and grass-filled garden provides ideas and inspiration about how area gardeners can use and enjoy native plants in their own home settings.

Joel Horwedel, director of Lincoln Memorial Garden since 2013, says it is inspiring to work in a place where he gets to watch the seasons change and observe nature from his office window. Horwedel previously worked for the Illinois Audubon Society and Harrisburg Park District. He followed Jim Matheis, who worked at the garden for 33 years.

With just four paid staff, the nearly 200 active volunteers are essential to the garden's success. Tom Wilken, a dedicated master gardener and master naturalist who regularly volunteers five mornings each week, is the current president of the board, which consists of 24 community members. Members and donors alike are loyal supporters. Horwedel says all of the dedicated people who continue to help "find the way" are one of the garden's biggest strengths.

The garden has a rich history and remains true to the original design and concept developed by Jensen. Horwedel says many gardens designed by Jensen have been altered over the years, but Lincoln Memorial Garden is one of the most intact of Jensen's landscapes. When the historic Walgreen bridge needed to be replaced due to structural issues, the new bridge mimicked the design of the original bridge.

While the garden preserves the past, it is also looking to the future. Just as new trees will be planted to grow and mature, the garden will nurture the next generation to be good stewards of our environment. ♦



# Building a foundation of giving

BY ERIC WOODS

In 1924, three Springfield banks pooled their resources to create a charitable organization known as the Sangamon County Foundation. It was created to provide financial support to a number of local charitable causes. Through many changes and a lot of growth, that organization evolved into the Community Foundation for the Land of Lincoln, which this year celebrates its 15th anniversary as a public nonprofit.

The foundation was created in October 1924 by First State Trust and Savings (now U.S. Bank), the original Springfield Marine Bank, and the now-defunct Ridgley-Farmers State Bank, as a way to handle donation requests.

"These were local banks," said John Stremsterfer, president and CEO of the Community Foundation. "They had a lot of influence in Springfield."

Seventy-eight years after its creation, the Sangamon County Foundation's board of directors determined that a change was needed to keep up with the changing landscape of philanthropy. The group renamed itself the Sangamon County Community Foundation, and with the help of Harvey

Stevens, a Springfield lawyer and husband of former board chair Judy Stevens, the group became a type of public charity known as a community foundation. Such groups focus on improving lives through grant-making within a specific region.

"They wanted to broaden their scope in order to help other people," said Stremsterfer, who became the new foundation's first employee in 2003.

At the beginning of 2011, the foundation's name was changed to the Community Foundation for the Land of Lincoln. The current chairman of the board at the Community Foundation is Arthur "Hy" Bunn, whose family owned the original Springfield Marine Bank and whose ancestors helped create the original foundation.

Now celebrating its 15th year, the Community Foundation continues as a mission-driven philanthropic organization that connects people who care about the community with causes that matter. The group is accredited through the Council on Foundations, a global network of similar organizations providing accountability and guidance.

The new Community Foundation began with approximately \$800,000 in total assets and stands now at nearly \$30 million.

Stremsterfer says the group started with one fund and now has more than 180.

"We have really grown," Stremsterfer said. "It is so exciting to have been involved since nearly the beginning."

With a broad view that doesn't favor one area over another, the Community Foundation brings together organizations to tackle various issues in a number of arenas.

"All funds are for the betterment of the community," said Stremsterfer. "We have funds that can help animals, education planning, the Y-block, and even the Jackson Street corridor. We can engage a whole gamut of not-for-profits."

One of the funds in particular, The Women's Fund, is also celebrating a milestone with its 10th anniversary this year. Stacy Reed, vice president for programs at the Community Foundation, describes The Women's Fund as a giving circle supporting women's and children's issues. The fund was started by former Springfield mayor Karen Hasara, and Reed says the grants given are substantial.

"These are very ambitious, passionate women who believe in the endowment model that is beneficial to the community," Reed said.

Grant-making and distributing money is what really matters, according to Stremsterfer. In 2016, the Community Foundation gave away \$1.6 million.

"It is amazing that just last year we gave away double what we started with in assets back in 2002," he said.

Education has become a very important focus for the foundation. More than 30 scholarship funds have been developed to help students from all over central Illinois. In May, the foundation announced 65 scholarship awards totaling more than \$130,000. The Community Foundation also took over the popular Student of the Year program a few years ago, awarding students with scholarships to college.

"We took on the program when JP Morgan Chase shut down their trust department," Stremsterfer said. "It is a big deal for the students."

He says the generosity of the community is responsible for the Community Foundation's success over the past 15 years.

"I am very fortunate to get to meet people who are so generous," Stremsterfer said. "These people think about the next generation and beyond their own lives. It is just so much fun." ♦

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Angela Tin

PHOTO / PATRICK YEAGLE



Kathy Drea

PHOTO / PATRICK YEAGLE

# A breath of fresh air

## Springfield gets bigger role in American Lung Association

BY ROBERTA CODEMO

The American Lung Association has a long history in Springfield dating back more than 30 years. Now, a new chapter is being written, with the Springfield office recently opening a second location to accommodate its growing needs.

The move comes at a time when the American Lung Association is undergoing internal changes. In July, the group's national office and eight chartered associations united into a single nationwide organization to run more effectively and efficiently.

"It will give us the ability to leverage our resources and put more resources back into the community to deliver our mission," said American Lung Association president and CEO Harold P. Wimmer, who has been with the organization since 1978.

Wimmer has spent much of his career in the Springfield office, and he still has a home here. He sees the local office as a key market for the grassroots organization.

"It makes economic sense," he said, citing the talent and experience of the local workforce. "We can tap into a high level of medical expertise."

The new Springfield office is located at 2501 Chatham Road. The move affects the environmental health group, development and advocacy staff. There are 13 staff members at the new location.

The existing financial division and call center will remain operational at 3000 Kelly Lane. The call center fields calls for the American Lung Association Help-Line and the Illinois Tobacco QuitLine, through which

callers speak directly to registered nurses, respiratory therapists, certified tobacco treatment specialists and counselors. There is also a team of physicians on call.

Staff is beginning to settle in the new digs, says Angela Tin, vice president of environmental health.

"It was easier for us as a group to move," said Tin, who coordinated the move. "Something had to be done. The building was getting crowded. We looked at several locations before this one was chosen. Everything fell together."

Everyone works together to ensure the programs align with the mission of the organization, which is to save lives by improving lung health and preventing lung disease. The organization envisions a world free of lung disease.

A large part of the American Lung Association's work focuses on air quality. Tin runs the environmental health group and leads projects which focus on reducing indoor and outdoor air pollution. She started working on a statewide indoor and outdoor air quality program in 2005. The program has since expanded throughout the Midwest.

Tin said the biggest concern of indoor air quality is radon, a radioactive gas which is the leading cause of lung cancer in non-smokers. She works with the Illinois Emergency Management Agency and local contractors to build healthy homes, works with homeowners regarding best home practices, and provides guidance on choosing building materials, flooring and environmentally-safe household products.

The leading threats to outdoor air quality are ozone, particulate matter and "aromatic compounds"

from vehicle exhaust. The American Lung Association works to reduce emissions through new engine technologies and the use of alternative fuels like E85, biodiesel and electric vehicles.

"I'm excited about the opportunities that are out there," Wimmer said.

Lung cancer is the number one cause of cancer deaths in this country and the number one killer among women, but advocates say there is not enough money for research. The organization is committed to providing patients and caregivers with support, and has also significantly increased funding for lung cancer research through fundraising.

One of the American Lung Association's biggest fundraising events is the Fight for Air Climb, held each year at the Wyndham Springfield City Centre. It is the largest by population in the nation, and Kathy Drea, vice president of advocacy, says it is extremely successful for a city of this size. The organization also raises monies through its annual LUNG FORCE walk and golf outing.

At the local level, Drea lobbies the Illinois legislature to pass laws promoting lung health and preventing lung disease. The leading cause of lung cancer deaths is the use of tobacco products, and Illinois has one of the strongest smoke-free laws in the nation.

Drea was the force behind Smoke Free Springfield and is currently working to pass "Tobacco 21" legislation, which would raise the age to purchase tobacco products from 18 to 21.

"Ninety-five percent of smokers start before age

21," she said.

To date, five states — California, Hawaii, Maine, Oregon and New Jersey — have passed such legislation. Last year, the measure passed the Illinois Senate but didn't make it through the House. She did say that 10 municipalities in Illinois have passed ordinances banning the sale of tobacco products to those under 21.

When the American Lung Association was first founded lung cancer was nearly always fatal. That has changed over time, thanks to research efforts. Recently, the organization launched LUNG FORCE, which focuses on raising awareness about the dangers of lung cancer in women. In the last 40 years, the lung cancer death rate has risen 88 percent among women, according to the American Lung Association, yet awareness remains low, with lung cancer not being a top-of-mind health concern among 98 percent of women.

To help those at high risk for lung cancer, the organization recently launched a public service campaign called "Saved By The Scan" in partnership with the Ad Council. When lung cancer is diagnosed at an early stage, the survival rate is five times higher than when detected at a later stage. The campaign focuses on raising awareness about lung cancer screening and the benefits of early detection, and features an online lung cancer screening eligibility quiz at [savedbythescan.org](http://savedbythescan.org).

Much of this work is coordinated from Springfield, and Wimmer says it's important to get the resulting information into the public to help save lives. ♦

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	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE / EMAIL	NUMBER OF PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGERS / OWNERS	SPECIALTIES	YEAR EST'D
1	<b>TROXELL</b> 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 217-528=1041 www.troxellins.com info@troxellins.com	48	80	Mike Aiello, John Eck, Jr., Todd Sowle, Dave White, Chris Leming, Jennifer Call	Commercial Insurance, Personal Insurance, Employee Benefits, Individual Life/Health, Bonds, HR Solutions, Financial Services	1887
2	<b>American Central Insurance Service</b> 3300 Hedley Road Springfield, IL 62711	217-698-9000 217-698=9898 americancentralinsurance.com stan@americancentralins.com	10	24	Stan Travelstead	Employee Benefits, HR Consulting, ACA Re- porting, ERISA Compliance, Cafeteria Plans, Business Insurance, Personal Insurance	1987
2	<b>Forsyth Insurance Group, Inc.</b> 430 E. Vine St. Springfield, IL 62703	217-525-9500 217-528=1526 forsyth-ins.com dblankenship@forsyth-ins.com	10	23	Dale Blankenship, Greg Cannedy	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
2	<b>Gallagher/Nicoud (Arthur J. Gallagher &amp; Co.)</b> 4481 Ash Grove, Suite B Springfield, IL 62711	217-546-6900 217-546=7034 www.ajg.com www.mycbis.com www.mymbis.com	10	22	Jim Hillestad, Tim Nicoud, Jr.,	Commercial Insurance and Risk Manage- ment, Benefitis and HR Consulting, TPA Services, Captives, Claims Management, International Solutions, Risk Control Services	1927
2	<b>Goodenow Insurance Agency, Inc.</b> 719 N. Grand Ave. East Springfield, IL 62702	217-523-5443 217-523=5456 goodenowinsurance.com goodenow@goodenowinsurance.com	10	4	Donald Goodenow	Home, Auto, Life, Commercial, Health and Senior Products	1998
3	<b>Dimond Brothers Insurance Agency</b> 3931 Wood Duck Drive Springfield, IL 62711	217-793-6655 217-793=6706 dimondbros.com	8	4	Toby Bartos	Commercial Lines, Personal Lines, Employee Benefits	1867
4	<b>Lee/O'Keefe Insurance Agency Inc.</b> 2501 Chatham Road, Suite 100 Springfield, IL 62704	217-528-5679 217-528=2121 www.leeokeefe.com info@leeokeefe.com	5	9	Glenda Richards, Brian Blough	Business, Personal, Life/Health Insurance Bonds	1934
5	<b>Snyder Insurance/Ascend Benefits</b> 2131 W. White Oaks Drive Springfield, IL 62704	217-793-6000 217-793=6161 insurewithsnyder.com info@insurewithsnyder.com	4	6	Charles Farner, Cheryl Reeser, Craig Hanson	Home, Auto, Life, Health, Business, Bonds	1906
5	<b>Godfrey Insurance Agency</b> 101 W. Mulberry Chatham, IL 62629	217-483-9590 217-483=9593 godfreyinsuranceagency.com rustin@godfreyinsuranceagency.com	4	5	Rustin Godfrey, Lisa Godfrey	Crop Insurance	2002
6	<b>The Group Insurance Agency, LLC</b> 7006 Kingsmill Ct. Springfield, IL 62711	217-787-7447 217-787=7427 thegroupinsuranceagency.com Service@thegroupinsuranceagency.com	3	5	Jason Dolby	Commercial Insurance, Personal Insurance, Life Insurance, Bonds	2008
6	<b>Bailey Family Insurance</b> 3013 S. 6th St. Springfield, IL 62703	217-441-2342 312-661=5309 baileyfamilyinsurance.com info@baileyfamilyinsurance.com	3	3	Christine and Mark Bailey	Home, Auto, Life, Commercial	2017
6	<b>Denton Merritt Dycus Insurance Agency</b> 2800 S. Sixth St. P.O. Box 1179 Springfield, IL 62703	217-528-0408 217-522=5400 dentoninsurance.com dmerritt@dentoninsurance.com	3	3	David R. Merritt	Personal Lines and Small Commercial	1930
7	<b>Preston-Rezin Insurance Agency</b> 3307 Robbins Rd. Springfield, IL 62704	217-529-9711 217-529=0555 prestoninsurance.org prestonins83@gmail.com	2	2	Bill and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000



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Infectious Disease &  
Foreign Travel Medicine



Christopher  
Martinek, MD, MPH  
Family Medicine



Mark Massoud, MD  
Hospital Medicine



Kara McCoy, MD  
Women's Health



James Newman, MD  
Sports Medicine



Subash Pandey, MD  
Hospital Medicine



Ata Rahbar, MD  
Hospital Medicine



Jack Rostas, MD  
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Dmitry Shuster, MD  
Gastroenterology



Adrienne Stich, MD  
Hospital Medicine



Shahrear Zaman, MD  
Hospital Medicine

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Tara Jain, PA-C  
Orthopedic Group



Jessica LeVora, PA-C  
Internal Medicine



Rebecca Loy, APN,  
NP-C  
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Megan Muchow, PA-C  
Neurology



Rachel Parks,  
APN, NP-C  
Occupational  
Medicine



Kristina Schnepfer,  
APN, NP-C  
Family Medicine



Jennifer Tinsley,  
APN, NP-C  
Allergy, Asthma &  
Immunology



Megan Winters,  
APN, CPNP-PC  
Pediatrics



# Johnson retiring after 32 years at Memorial

BY ZACH ROTH

Mitch Johnson has lived the past 32 years with a set of carefully thought-out personal values – values which have made him a trusted member of the team at Memorial Health System.

“I try to be a servant leader, which means I’m here to serve, not to be served,” Johnson said, adding to his list of values Integrity, work ethic, honesty, humility, unselfishness and compassion.

This servant leader arrived in 1985 at a fledgling organization just four years removed from its formation. Now, after 32 years as senior vice president and chief strategy officer, Johnson is retiring at the end of the year, having shepherded the organization from a small medical operation in central Illinois to one of the largest medical groups in the state.

“I was part of a team that grew it (Memorial) from one hospital to four hospitals,” Johnson said.

Besides Springfield, Memorial Health System has hospitals in Taylorville, Lincoln and Jacksonville.

Values have been a key part of Johnson’s work. He decided to work at Memorial partly because it matched his personal values.

“I wanted to do something that made a difference,” Johnson said. “Helping support doctors and nurses caring for people who were sick and injured seemed like a noble

profession.”

Those doctors and nurses have plenty to thank Johnson for. Among the many things that Johnson is proud of in 32 years of service is writing of a statement of values for the organization, dovetailing with his role as the “servant leader.”

He also did something unheard of in health care at the time of his arrival: a patient satisfaction survey, something now commonplace among doctors and hospitals.

“It’s now evolved to the point where (there are) satisfaction surveys for everything in health care,” Johnson said.

Johnson also oversaw the massive expansion of Memorial’s main campus in Springfield into a sprawling medical complex with state-of-the-art buildings and a spruced-up interior, the largest construction project in the company’s history.

Most importantly to Johnson, Memorial is Springfield’s leading private employer.

“I’m proud of the support the community provides us, especially in the light of the state of Illinois downsizing so much and moving so many jobs to Chicago in the health care sector,” Johnson said. “Memorial has helped offset those job losses for the city.”

Johnson also beams with pride at the quality of Memorial’s health care, after receiving the McKesson Quality Award from the American Medical Association last year. The American Nurses Credentialing Center also named Memorial Medical Center a Magnet

hospital for nursing, something the hospital has achieved three years in a row.

“I’m really proud of the nursing staff that we have here,” Johnson said.

Now, retirement beckons to Johnson and his wife.

“Probably the first place we visit will be a warm beach somewhere in Florida or the Caribbean,” Johnson said.

In part thanks to Johnson, Memorial is a paragon of success in a city and state that has gone through numerous changes - for both good and bad - and Johnson has been there for many of those changes. More than three decades on, he has touched the lives of both employees and patients for the better.

“I’m proud to say that I’ve worked at Memorial,” Johnson said. “I recommend



Mitch Johnson PHOTO / COURTESY OF MEMORIAL

Memorial to my friends and family that need care, and I have learned a lot here that I will cherish. I hopefully won’t forget the lessons I’ve learned here.” ♦

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# Medical providers hope state budget means relief



BY ROBERTA CODEMO

If there's one thing that Springfield's largest medical providers can agree on now that there is a state budget in place, it's that there are still challenges ahead.

One of Springfield's strongest industries, the medical field was hit hard by the two-year budget impasse. That has meant postponed projects, reduced hiring and even talent leaving the state. Now, Springfield's medical community hopes to see some relief.

Over the past two years, Memorial Health System has cancelled more than \$200 million in needed capital improvement projects.

"We've had to pull back," said executive vice president and COO Charles Callahan. "We're mindful of how we spend."

Medical facilities constantly need upgrades. The hospital was built in the 1950s and 1960s and wasn't designed to handle today's technological and patient care demands. Currently, several electrical upgrade projects totaling \$17 million are underway to provide a reliable, clean supply of power throughout the campus to run medical equipment. Additional proposed improvements include upgrading the cardiovascular, radiology and pharmacy departments.

It's not cheap to upgrade technologies and improve standards of care, but without the State of Illinois paying its bills, medical providers like Memorial Medical Center had to sit tight.

"There are price tags attached," said Callahan. "The longer we wait, the more costly it becomes."

The budget impasse also had a significant effect on Southern Illinois University School of Medicine in Springfield. SIU and Memorial have had to cancel joint plans to add additional clinic space to support new faculty physicians. It's unknown whether those projects will move forward in some form in the future. Callahan doesn't expect to see a significant change in the flow of revenue for some time.

"We're still nervous about the funding situation," he said.

Meanwhile, SIU is revising its current strategic plan and looking ahead to FY 2019 with caution.

"We've learned to run a more efficient organization," said dean and provost Dr. Jerry Kruse, adding that the school has worked hard to find funds to keep its programs going.

During the past four years, the school has implemented a number of programs to increase efficiency and centralize functions. One has been moving the Department of Psychiatry from its current location at Jefferson Street to the Centrum Building, 319 E. Madison St., which will take place by year's end.

"We needed a new facility," said Kruse, who said the move had been in the works for some time. "It puts us in a better financial position."

The past two years have been full of challenges, and one of the biggest has been retaining residents. The percentage of medical students who have chosen to pursue a residency in Illinois has plummeted to its lowest level in the past three years. Kruse hopes now that there is a budget in place, this trend can be reversed.

The school has been built on a foundation of innovation and research, but Kruse says it has been a struggle to implement new programs and ideas.

"We've been held captive without a state budget," said Kruse.

Despite the impasse, HSHS St. John's Hospital has continued with capital improvement projects during the budget crisis.

"The Sisters are good financial stewards," said president and CEO Dr. Charles Lucore, adding that the hospital has a strong balance sheet.

During the past two years, HSHS has completed work on several projects, including the LeadWell Outpatient Clinic at 6163 S. Sixth St. and the new simulation center at St. John's College of Nursing. Work on the new cardiac intensive care unit is expected to be finished by the end of the year.

Future plans include building a \$40 million medical office building for women and children, renovating the neonatal intensive care unit and updating the hybrid catheterization and electrophysiology lab. The projects were already in the works before a budget deal was announced.

However, that's not to say HSHS hasn't seen challenges due to the budget. As of June 30, the state owes the hospital \$85 million. The hospital has had to consolidate its AthletiCare sports medicine programs, close its transitional care unit and reorganize its inpatient hospice unit to make ends meet.

"We are fortunate to have a budget," Lucore said. "What this means for the future remains uncertain." ♦

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# HOSPITALS

Sources: The hospitals.  
Ranked by number of inpatient admissions.

	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE	NUMBER OF LICENSED HOSPITAL BEDS	INPATIENT ADMISSIONS (2016)	OCCUPANCY RATE	FY 2015 OPERATING BUDGET (MILLIONS)	TOTAL STAFF (FULL TIME EQUIVALENT)	ADMINISTRATOR	AFFILIATION	YEAR EST'D
1	<b>Memorial Medical Center</b> 701 N. First St. Springfield, IL 62781-0001	217-788-3000 217-788=5520 memorialmedical.com	500	24,780	71.7%	\$699	3,803	Edgar J. Curtis	Memorial Health System	1897
2	<b>HSHS St. John's Hospital</b> 800 E. Carpenter Springfield, IL 62769	217-544-6464 217-527=5525 st-johns.org	415	20,112	63.6%	\$475	3,674	Charles Lucore	Hospital Sisters Health System	1875
3	<b>Passavant Area Hospital</b> 1600 W. Walnut Jacksonville, IL 62650	217-245-9541 217-479=5637 passavanthospital.com	131	3,904	35.37%	\$97	753	Harry Schmidt	Memorial Health System	1875
4	<b>Vibra Hospital of Springfield</b> 701 N. Walnut St. Springfield, IL 62702	217-528-1217 217-747-7819 vhspringfield.com	50	338	50.8%	DND	138	Charles Nordyke	Vibra Healthcare	2004
5	<b>Lincoln Prairie Behavioral Health Center</b> 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 217-585=4747 lincolnprairiebhc.com	97	DND	DND	DND	135	Mark Littrell	Universal Health Services	2008



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# Peoria children's hospital seeks Springfield patients



The OSF clinic in Springfield is located on Carpenter Street. PHOTO / PATRICK YEAGLE

**BY PATRICK YEAGLE**

Located in the the Mid-Illinois Medical District in Springfield is a healthcare provider which runs a children's hospital and traces its lineage to the Third Order of St. Francis - only it's not the one you might expect.

OSF Healthcare has operated a brick-and-mortar clinic in Springfield for a little more than a year, offering some pediatric care here and a pipeline to the OSF Healthcare Children's Hospital of Illinois in Peoria. While the healthcare provider has long served patients from all over the state, OSF has beefed up its marketing to Springfield parents over the past year with a message of "Expert care: You're almost there."

Founded in 1877, OSF Healthcare is headquartered in Peoria and operates facilities in Illinois and the Michigan's Upper Peninsula. Like the Springfield-based Hospital Sisters Health System, OSF is a Catholic religious organization whose roots grew from the tradition of St. Francis of Assisi. The two health systems aren't connected, although they sometimes cooperate with one another.

OSF Healthcare Children's Hospital of Illinois opened in 1990 inside the larger OSF Saint Francis Medical Center. In 2010, OSF opened a new 440,000-square-foot, 136-bed facility devoted to the children's hospital. OSF's clinic in Springfield is located at 320 E. Carpenter St. It offers limited weekly services, like pre- and post-surgery consultations with doctors based at the children's hospital in Peoria.

Mike Wells, director of business and

program development for OSF Healthcare, says that over the past five years, OSF has become more committed to providing care as close to a patient's home as possible.

"The purpose of the clinic is so that care can be provided in their own community," he said.

Wells says OSF has a collegial relationship with HSHS, including shared training and a partnership in a state grant providing families with no-cost special needs car seats. Springfield patients who go to OSF for children's medical care run the gamut in terms of conditions, Wells said, noting that OSF Healthcare Children's Hospital of Illinois was ranked in the top 50 children's hospitals nationwide for both urology and neonatology by *U.S. News and World Reports*.

In addition to offering multidisciplinary clinics, a home ventilator program and an upcoming "transitional care" facility for children with chronic and complex needs, the children's hospital in Peoria offers a Level IV neonatal intensive care unit - the highest tier possible. That requires having pediatric sub-specialists and the capability for complex surgeries like repairing congenital heart defects. OSF also has the largest clinic affiliated with St. Jude Children's Research Hospital outside of Memphis.

"Our major emphasis is to provide care as close to home as possible," Wells said. "Where it's available in Springfield, we want to see the care happen there. If it's not available in Springfield, we want to keep people within Illinois and give them as convenient an experience as possible." ♦

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PHYSICIAN GROUPS

Sources: The Physician Groups. DND - Did Not Disclose.  
Ranked by total number of physicians.

	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE	PARTNERS/PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
1	<b>HSHS Medical Group</b> Anesthesiology & Perioperative Services – 800 E. Carpenter St Cancer Institute at St. John's Hospital – 301 N. 8th St Children's Surgical Services – 301 N. 8th St Family & Internal Medicine Panther Creek – 2801 Mathers Rd Family Health – 345 N. Main St, Chatham Family Medicine – 1515 W. Walnut St, Suite 2, Jacksonville Family Medicine – 300 Sattley St, Rochester Family Medicine – 2806 E. Andrew Rd., Sherman Foot & Ankle Specialists – 1515 W. Walnut St, Bldg 12, Jacksonville Foot & Ankle Specialists – 2901 Old Jacksonville Rd, Suite C General Surgery – 301 N. 8th St, Suite 3B300 Hospitalist Program – St. John's – 800 E. Carpenter St Intensivist Program – St. John's – 800 E. Carpenter St Joslin Diabetes Center – 1118 Legacy Pointe Drive Multispecialty Care – 2901 Old Jacksonville Rd Neuroscience Center – 421 N. 9th St Priority Care – 1836 S MacArthur Blvd, Springfield Walk-in Clinic – 4200 Conestoga Dr., Springfield (Inside-Meijer)	217-321-9292 HSHSmedicalgroup.org	Melinda Clark, CEO; Loren Hughes, MD, President	All Offices 8AM – 5PM	Primary and Specialty Care	460	1258	Adult Neurology, Anesthesiology, Diabetes and Endocrinology, Epilepsy, Gastroenterology, General Surgery, Hematology, Hospitalists, Intensivists, Interventional Neurology, Medical Oncology, Neurosurgery, Pediatrics, Pediatric Neurology, Pediatric Orthopedics, Pediatric Surgery, Podiatric Medicine, Podiatric Surgery, Primary Care, Pulmonary Medicine, Radiation Oncology, Sleep Medicine, Trauma Surgery, Urgent Care, Vascular Neurology, Virtual Care, Walk-in Care	2009
2	<b>Springfield Clinic</b> Springfield Clinic Main Campus – 1025 S. Sixth St. SC 1st 800 Bldg – 800 N. First St. SC 1st 900 Bldg – 900 N First St. SC Carpenter – 350 W. Carpenter SC Center for Plastic Surgery – 2901 Greenbriar Dr. SC Chiropractic – 355 W. Carpenter, Suite A SC Family Practice Center – 1100 Centre West Dr. SC Koke Mill – 901 S. Koke Mill Road SC MOHA – 775 Engineering Dr. SC Optical Centre – 1025 S. Sixth St. SC Optical Centre West – 1937 W. Iles Ave. SC Pediatric & Adolescent Center – 2532 Farragut Dr. SC Rehabilitation Services – 3020 South Sixth St. SC Riverton – 1275 N. 7th St., Riverton SC Sherman – 400 St. John's Dr., Sherman SC at the Villas – 100 Marian Parkway, Sherman SC Wabash – 2200 W. Wabash Ave.	217-528-7541 800-444-7541 SpringfieldClinic.com	William D. Putman, MD, Chairman; Ray Williams CEO	All Offices: 8AM - 5PM. Prompt Care Main - 1025 S. Sixth St, 8AM - 8PM ; Prompt Care West - 2200 W. Wabash Ave, 8AM - 8PM, (Excluding Major Holidays); Prompt Care Sherman- 400 St. John's Drive, Sherman, 8AM - 6PM (Excluding Major Holidays)	Primary, Specialty and Walk-in Care, Ancillary Services	265	2236	Full Spectrum of health care supported by nearly 100 medical specialties, sub-specialties and services, including lab, imaging, audiology, diabetes center, dietetics and nutrition, optical center, sleep center, rehabilitation services and state-of-the-art outpatient surgery center. Patient care includes access to Prompt Care (no appointment, walk-in medical care), Telenurse (FREE 24-hour patient help line), and myHealth@SC, a secure patient portal. For a comprehensive list of doctors, specialties, services and locations, visit SpringfieldClinic.com.	1939
2	<b>SIU Medicine</b> Center for Family and Community Medicine - 520 N. 4th St Internal Medicine - 751 N. Rutledge St. Neurology - 751 N. Rutledge St. OB/GYN - 415 N. 9th St. Pediatrics - 301 N. 8th St. Psychiatry - 901 West Jefferson Simmons Cancer Institute - 315 W Carpenter St. Surgery - 747 N. Rutledge St.	217-545-8000 siumed.org	Jerry Kruse, MD, CEO; Zachary Hoffman, Chairman	Mon - Fri, 8AM - 4:30PM	Primary and Specialty Care	265	831	Primary care, specialties and sub-specialties include over 100 different services. For a list of services, or to view provider profiles online, visit siumed.org	1972
3	<b>Prairie Cardiovascular Consultants *</b> Prairie Diagnostic Center – 401 E. Carpenter Baylis Building – 747 N. Rutledge Springfield, IL 62701	217-788-0706 thedoctorsofprairie.com	Marc E. Shelton, MD, President; Edward Brooks, CEO	Mon - Fri, 8AM - 5PM	Cardiac and Vascular Diagnosis & Treatment	71	506	Interventional Cardiology, Electrophysiology, Peripheral Vascular Intervention, Nuclear Cardiology, Transesophageal Echocardiography, Congenital Cardiology, Congestive Heart Failure, Percutaneous Valvuloplasty, Hypertension Management, Non-Invasive Vascular Diagnosis, Vascular Medicine	1979
4	<b>Memorial Physician Services</b> Memorial Medical Center 701 N. First St. (corporate office) – Springfield, IL 62781 Capitol Healthcare – 2603 S. Sixth, Springfield, IL 62703 Chatham – 101 E. Plummer, Chatham, IL 62629 Jacksonville – 15 Founders Lane, Ste 100, Jacksonville, IL 62650 Koke Mill – 3132 Old Jacksonville Road, Springfield, IL 62704 Lincoln – 515 N. College St., Lincoln, IL 62656 MacArthur Walk-in Clinic – 2215 S. MacArthur, Springfield, IL 62704 (Inside Hy-Vee) North Dirksen – 3220 Atlanta St., Springfield, IL 62707 Petersburg – 1 Centre Drive, Petersburg, IL 62675 South Sixth – 2950 South 6th St., Springfield, IL 62703 Vine Street – 3225 Hedley Road, Springfield, IL 62711 Women's Healthcare – 747 N. Rutledge, Springfield, IL 62701	1-855-FIND-MPS 1-855-346-3677 MemorialMD.com	Memorial Health System	Mon – Fri, 8AM – 5PM, Sat and extended hours at some locations.	Primary Care	65	486	Pediatrics, Family Medicine, Internal Medicine, Obstetrics / Gynecology, Psychiatry, Internal Medicine/ Pediatrics	1994
5	<b>Prairie Eye and LASIK Center</b> 2020 W. Iles Ave. Springfield, IL 62704	217-698-3030 217-698=3068 prairieeyecenter.com	Sandra Yeh, M.D.	Mon - Fri, 8AM - 5PM; Sat, 8AM - 12PM	Ophthalmology, Optometry, Optical Center	20	155	No Stitch/No Patch Cataract and Lens Implant Surgery, Glaucoma Treatment & Surgery, Retina and Vitreous Surgery, Uveinitis, Oculoplastic and Reconstructive Surgery, In-Office LASIK Procedure	1970
6	<b>Orthopedic Center of Illinois</b> 1301 S. Koke Mill Road Springfield, IL 62711	217-547-9100 217-547=9236 OrthoCenterIllinois.org	Gordon Allan, MD, Rodney Herrin, MD, O.B. Idusuyi, MD, Leo Ludwig, MD, Christopher Maender, MD, Barry Mulshine, MD, Ron Romanelli, MD, Kari Senica, MD, Timothy VanFleet, MD, John Watson, MD, Joseph Williams, MD	Mon - Fri , 8AM-5PM, Saturday, 8AM-12PM	Orthopedics, Imaging, Physical Therapy, Medicine, Walk-in Clinic for Acute Injuries	15	100	Joint Reconstruction, Spine Surgery, Fracture and Injuries, Foot/Ankles, Upper Extremities, Sports Medicine, Interventional Pain Management, Imaging, Physical Therapy, Minimally Invasive Surgery	1972
7	<b>ExpressCare</b> Koke Mill – 3132 Old Jacksonville Rd. 62704 North Dirksen – 3220 N. Atlanta St. 62707 South Sixth – 2950 S. Sixth St. 62703 Springfield, IL	217-588-2600 MemorialExpressCare.com	Memorial Medical Center	All locations 8AM – 8PM, 7 days a week	Walk-In Care	10	122	Pediatrics, Internal Medicine, Family Practice, Modern facilities offering outpatient laboratory and medical imaging (X-ray). Hassle-free walk-in appointments with on-site physicians	1999
8	<b>Central Counties Health Centers</b> 2239 East Cook Street, Springfield, IL 62703 800 E. Carpenter, 9th floor, Springfield, IL 62702 1440 W. Walnut St., Suite 2, Jacksonville, IL 62650 1141 N. Cheney St., Taylorville, IL 62568	217-788-2300 217-788=2340 217-788-2300 217-271=1882 217-287-7477 217-287=7511	Heather Burton President and CEO	Springfield: hours vary Jacksonville: Tues, Thurs Medical 8am-5pm; Wed, Thurs Dental 9am-4pm Taylorville: Monday-Friday 8AM-12PM; 1PM-5PM	Primary Care Dental Care Behavioral Health	7	83	Family Medicine, Pediatrics, Internal Medicine, Behavioral Health. Onsite laboratory.	1999
9	<b>Gailey Eye Clinic</b> 1401 S. Koke Mill Road Springfield, IL 62711	217-529-3937 217-698=3937 gaileyeyeclinic.com	Sumit Bhatia, M.D.; Ara Aprahamian, M.D.; Robert Lee, M.D.; Angela Oberreiter, O.D.	Mon - Fri, 8AM - 5PM	Ophthalmology, Optometry, Optical Boutique	4	15	Retina and Vitreous Surgery, Cataract Surgery, iLasik	1941



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# Springfield cleaner proudly handles 'dirty jobs'

BY COLIN PATRICK BRADY

"It's a dirty job, but somebody's got to do it." That axiom is one which Springfield entrepreneur William Bishop has taken literally.

In 2014, Bishop recognized an opportunity and started Solid Ground Solutions Incorporated, a cleaning company focusing in part on medical facilities.

"I saw a niche, having worked at Memorial Medical Center - a need for additional cleaning and sterilization steps that were required," Bishop said.

Solid Ground specializes in a number of services, including project management, sterilization of health care facilities, post-construction cleaning and final "white glove" cleaning.

"We perform detailing when a job is completed on a facility—before the facility is handed over to the owners, additional thorough cleaning after the construction and building crews have left," Bishop said.

Working in clinical or surgical environments often leads Bishop and his crew to encounter things which might make others squeamish, such as blood and bodily fluids. The challenge is bringing those environments up to standards.

"We have yet to run into anything too big," Bishop said.

Bishop formerly worked as a project manager at Memorial Medical Center. Now he and his four additional employees, who are members of Laborers Local 477, clean MMC and some of its clinics.

"When they (MMC) constructed their patient care tower, we went in and did a detailed cleaning after construction was complete and before



William Bishop

PHOTO / PATRICK YEAGLE

the tower was opened and operational," he said.

How does Bishop find enjoyment while dealing with contamination day in and day out?

"Ensuring customer satisfaction gives me as an owner-operator satisfaction," he said.

"Some customers may be doubtful that we can complete a job to their standards or at all."

In one case, the the Illinois Department of Transportation tasked Bishop with cleaning an old kitchen area which he says was "in dire need of repair."

"We turned it around, made it look new," he said, "and now it is their cafeteria." ♦



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# Shaping up

## Two new fitness centers to open in Springfield



BY EMILY JANKAUSKI

Back-to-school time for many Springfield families often means a return to routine. For those seeking to add exercise to that routine, there will soon be a couple of new options in Springfield.

Two gyms, Orangetheory Fitness and Snap Fitness, are planning to open new locations in Springfield this year, offering different approaches to staying in shape.

Orangetheory Fitness is slated to open around October or November, and owner Heather Cox says her fitness center provides a one-on-one “total body challenge.” To be located at 2450 W. Wabash Ave., Orangetheory Fitness will offer a 60-minute, interval-driven workout targeting members’ heart rate zones to stimulate metabolism and increase energy.

Cox says that, on average, members will burn 500 to 1,000 calories in the hour-long session, and each session may allow members to continue burning calories up to 36 hours after the workout. Each session involves members using a heart rate monitor for a visible understanding of their progress. Additionally, sessions will feature nationally certified coaches who motivate and lead members toward gaining endurance and strength.

Orangetheory Fitness will offer three types of membership ranging from four sessions per month to an unlimited amount of sessions per month. First-time users may even receive one free hour-long workout session. Gym equipment will include treadmills, rowing machines, suspension unit systems, and free weights and benches.

Cox says her staff will cater fitness plans towards members’ personal goals and fitness level.

“We sit down with each potential member

and go over what he or she wishes to accomplish and what he or she is currently doing for fitness,” Cox said, adding that members of varying fitness levels may even participate in the same session as coaches provide various skill options during the same workouts. “We have power walkers, joggers and runners; people who are 14 are working out next to people who are 65 in the exact same class. Even if you’re just starting out, it’s appropriate for all different types of individuals.”


People seeking a smaller gym vibe with big gym accommodations may be attracted to Snap Fitness’ new location at 3013 Lindbergh Blvd. When it opens in September, it will be the third Snap Fitness location in Springfield and the sixth one in Sangamon County. The new facility will offer 24-hour member access. Pat Ivers, manager and personal trainer at the new facility, says Snap Fitness offers cardio and strength-training

equipment for its members without the wait and distraction of larger gyms.

“Snap Fitness is designed for you to come in, get your workout in, and get on with your life,” Ivers said.

Membership includes access to 2,000 worldwide Snap Fitness locations, Ivers says. Snap Fitness also offers a chest heart rate monitor called MYZONE, allowing members to track their progress through a smartphone app. The company offers several membership options, starting with a 30-day pass.

Ivers says franchise owner Adam Lopez, who also serves as a member of the Springfield Public Schools Board of Education, hopes to open the fitness center once ongoing building renovations are complete. ♦



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# Taylorville eye clinic expands to Springfield

BY ROBERTA CODEMO

Dr. Lanny Odin of Springfield remembers watching medical shows on television while growing up in Buffalo, New York. He remembers his parents and grandparents being very interested in science when he was a young man. And he remembers his father always encouraging him to become a physician.

"From a very early age, I knew I wanted a career in medicine," Odin said.

Today, Odin is a board-certified ophthalmologist, and he just opened a new location of his Central Illinois Retina Institute in Springfield. Ophthalmology deals with conditions of the eye.

Odin comes to Springfield by way of St. Louis. While attending St. Louis University Medical School, Odin was exposed to a variety of medical specialties during his third year. However, nothing appealed to him until he discovered the department of ophthalmology, and something clicked.

"I remember my paternal grandmother telling me I needed to be an eye doctor," he said, adding that he always kept her words in the back of his mind.

After graduating in 1982, Odin completed an internship in internal medicine and a residency in ophthalmology at St. Louis University. He went on to a Retinal Fellowship at Texas Tech University.

"It's a fascinating specialty," he said.

Odin practiced in St. Louis for nine years, until an opportunity arose to start a retina service with an ongoing practice in Springfield. Odin and his wife, Diana, moved here with their two daughters. After 17 years with that practice, he left in May 2015 to open his own practice, Central Illinois Retina Institute in Taylorville.

"I wanted more control," Odin said.

The practice has since expanded to three additional locations in Litchfield, Carlinville and now Springfield. Odin specializes in diseases of the retina, and he



Dr. Lanny Odin  
PHOTO / COURTESY OF CENTRAL ILLINOIS RETINA INSTITUTE

sees patients with macular degeneration, diabetic retinopathy and other retinal disorders. His background in internal medicine gives him insight into his patients' overall health issues, as well.

Odin says he enjoys developing relationships with his patients, adding that he cares about them as individuals. He says it's gratifying to work with people who are as committed to patient care as he is.

"I have an excellent group of staff," he said.

Odin says his clinic's four locations allow him to serve the needs of patients in their own communities, where it's most convenient for them. Most of the communities don't have a retina practice, and patients would otherwise have to travel long distances for eye care.

"Vision is one of our most valued senses that we have," he said. "It's gratifying to help people maintain their sight." ♦



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# FITNESS CENTERS

Sources: The Fitness Centers. DND - Did Not Disclose.  
Ranked by number of members.

	NAME / ADDRESS	PHONE / FAX (≡) WEBSITE / EMAIL	# OF EMPLOYEES	# OF MEMBERS	COST OF MEMBERSHIP	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
1	<b>Springfield YMCA Gus and Flora Kerasotes Branch</b> 4550 W. lles Ave. Springfield, IL 62711	217-679-1625 217-679=0920 springfieldymca.org asowle@springfieldymca.org	100	11,000	See website for current rates	5am - 9:30pm M-F, 7am - 7pm Sat, 7am - 5pm Sun	Angie Sowle, CEO; Joey Greenwood, Branch Director	child watch, gymnasium, outdoor playground, sauna, steam room, y-cycling, wi-fi, free parking, weight training, cardio training, group fitness, warm water instructional pool, lap swimming in cooler pool, water play features	2011
2	<b>Springfield YMCA Downtown Branch</b> 701 S. Fourth St. Springfield, IL 62703	217-544-9846 217-544=0004 springfieldymca.org asowle@springfieldymca.org	200	6,600	See website for current rates	5am - 9:30pm M-F, 7 am - 7 pm Sat, 7 am - 7pm Sun	Angie Sowle, CEO; Kris Fulford, COO	child watch, gymnasium, sauna, steam room, whirlpool, racquetball courts, youth & family center, y-cycling, indoor track, wi-fi, separate gender workout area, weight training, cardio training, group fitness, youth pool, lap swimming in cooler pool, massage, locker rental	1962
3	<b>FitClub South</b> 3631 S. Sixth St. Springfield, IL 62703	217-787-8348 fitclub.net nathan@fitclub.net	80	6,496	Rates vary	5:30am - 10pm M-Th 5:30am - 9:30pm Fri. 7am-6pm Sat. 9am - 4pm Sun	Nathan Imhoff, Facility Manager; Dr. Kevin Imhoff, Co-founder / CEO	smoothie cafe, free day care, pools, whirlpool, steam room, sauna, gravity training facility, warm water hydro therapy, capitol chiropractic health center, athleticare orthopedics and acceleration athletic enhancement programs, st. john's bone & joint institute rehabilitation services, nasm certified personal trainers, senior exercise programs, dynamic group personal training, group excercise classes for all levels	1999
4	<b>FitClub West</b> 2811 W. Lawrence Springfield, IL 62704	217-787-1111 fitclub.net jim@fitclub.net	60	4,253	Rates vary	24 hours M-F, 5am - 8pm Sat, 7am - 8pm Sun	Jim Copelin, General Manager; Dr. Kevin Imhoff, Co-founder / CEO	cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, pool, hot tub, personal training, group exercise for all age levels, art of strength training center, dynamic group personal training	1999
5	<b>FitClub North</b> 2701 E. Sangamon Ave. Springfield, IL 62702	217-788-8250 fitclub.net tyler@fitclub.net	20	1,733	Rates vary	5:30am - 10pm M-Th, 5:30am - 9pm Fri, 7am - 4pm Sat, 9am - 4pm Sun	Tyler Riggs, Facility Manager; Dr. Kevin Imhoff, Co-founder/CEO	cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, dynamic group personal training	1999
6	<b>Springfield Racquet &amp; Fitness Center</b> 3725 Chatham Road Springfield, IL 62704	217-787-2460 springfieldracquetandfitness.com srfc62704@gmail.com	12	1,375	\$39.99 and up	5:30am - 10pm M-Th, 5:30am - 9pm Fri, 7am - 7pm Sat, 7am - 7pm Sun	Ross Graham	air conditioned indoor sports courts, 30ft rock wall, cardio equipment, resistance equipment, free weight areas, group fitness classes, individual workout programs, certified personal training, professional tennis lessons, clinics/drills by certified instructors - usta designated, youth tennis excellence training center, adult & junior in-house/travel tennis teams, outdoor aquatic center - 3 heated pools, aquacise classes. swim lessons and swim team participation, Red Cross certified life guards, summer day camp	1971
7	<b>Rocket Fitness</b> 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	800	\$25 - \$35	24 hours, 7 days a week	Tracy Rogers	ful service gym, Hoist and Vision equipment, freeweights, basketball and volleyball league, showers, group fitness classes included in membership	2014
8	<b>Power Works Fitness</b> 347 Williams Lane Chatham, IL 62629	217-697-8727 217-483=6294 powerworkschatham.com	20	600	Check website	24/7 access. Desk hours: M-F: 8am - 4pm, Sat: 12 - 2pm	Nina Lindhorst, General Manager; Lex Bitner, Marketing	free weights, cardio equipment, locker rooms, saunas, group exercise classes	2010
9	<b>Snap Fitness 24-7</b> 1362 Toronto Road Springfield, IL 62712	217-670-2299 snapfitness.com springfield@snapfitness.com	1	500	\$34.95 single \$49.95 joint \$59.95 family	24-hour access	T.C. Roesch	Cybex brand equipment, free weights, machine weights, cardio equipment	2005
9	<b>Snap Fitness 24-7</b> 1061 Jason Place Chatham, IL 62629	217-483-5701 snapfitness.com	1	500	\$29.95 - \$49.95	24-hour access	David Edwards	Cybex brand equipment, free weights, machine weights, cardio equipment, Fitness On Demand, MYZONE	2005
10	<b>Snap Fitness 24-7</b> 3013 Lindbergh Blvd., Suite B Springfield, IL 62704	217-329-1450 snapfitness.com	1	200	\$29.95 - \$49.95	24-hour access	Pat Ivers	Cybex brand equipment, free weights, machine weights, cardio equipment, MYZONE	2005
10	<b>Roesch's Gym</b> 2746 S. 6th Springfield, IL 62703	217-553-4665 roeschsgym.com Roeschsgym@gmail.com	3	200	\$45 single \$75 family of 2 (married) \$15 each additional under 18	24-hour access	T.C. Roesch	6000 sq. ft. of cardio, free weights, machines	1992







## MEDICAL NEWS

### SIU testing pilot project for Alzheimer's patients

BY PATRICK YEAGLE

A new pilot program in Springfield is testing ways to help Alzheimer's patients live in their own homes longer.

Southern Illinois University School of Medicine is pursuing the project with a \$702,000, three-year grant from the Illinois Department on Aging.

SIU's Center for Alzheimer's Disease and Related Disorders (CADRD) in Springfield studies a variety of potential treatments for the degenerative disease, while seeking to understand it better. Alzheimer's patients, especially those in the advanced stages of the disease, often require help with activities of daily living. SIU says elder care facilities cost nearly eight times more than home health or adult day services.

"Giving patients and caregivers the support and resources they need means patients are less likely to end up in costly assisted living or elder care facilities," said Dr. Tom Ala, interim director of the CADRD in Springfield.

Announced on Aug. 8, the grant from the Illinois Department on Aging allows the CADRD to develop "person-centered" supportive ser-

vices for patients with Alzheimer's and related dementia.

The services include an exercise and dance class aimed at preventing falls, an art program fostering creative expression and social engagement, a program which uses music to promote memory, and an evidence-based six-week class for caregivers. The grant will be used to expand two of the programs already in existence, while adding new services at sites throughout central and south-central Illinois.

CADRD is partnering with the Illinois Alzheimer's Association and the Coalition of Limited English Speaking Elderly to eliminate service gaps in SIU's coverage area. In part, that means developing a "care-navigation" system for caregivers and a webinar series that offers training to identify and refer people with Alzheimer's who are living alone.

"People in the early stages of dementia can live at home," said Jeffrey Bennett, MD, associate professor in the Department of Psychiatry at SIU Medicine. "But it's important we consider their safety, nutrition and overall well-being, and provide them with the appropriate resources."

### Kara McCoy joins Springfield Clinic



BY PATRICK YEAGLE

Dr. Kara McCoy is joining Springfield Clinic's Center for Women's Health this month.

McCoy graduated from SIU School of Medicine in Springfield and completed her residency there in obstetrics and gynecology.

The Center for Women's Health at Springfield Clinic is located at 900 N. First St.

### Hale named chief medical officer at Passavant

BY PATRICK YEAGLE

Passavant Area Hospital in Jacksonville announced Dr. Marshall Hale as chief medical officer on Aug. 11.

A graduate of the University of Illinois

College of Medicine, Hale has worked at the hospital since 1983. Hale also serves as medical director for Memorial Physician Services-Jacksonville and has served on the board of directors for Passavant and Memorial Health System.

Hale replaces Dr. Charles Sheaff as CMO on Sept. 1. Sheaff will continue as medical director of Advanced Wound Healing and Hyperbaric Medicine.





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# CMT goes solar

## Project is largest of its kind in Illinois



Workers install solar panels on a carport at Crawford, Murphy & Tilly, Inc. in Springfield. In the foreground are some of the many solar panels on the company's main building.

PHOTO / PATRICK YEAGLE

### BY NAOMI VELAZQUEZ GREENE

Harnessing the sun's energy is the newest project undertaken by engineering firm Crawford, Murphy & Tilly, and it's the largest such project in Springfield.

Headquartered in Springfield, CMT just completed installation of a solar plant atop its west side office, which promises to save energy while serving as a model for clients.

Thomas Roy, CMT's chief financial officer, says the project arose through an association between CMT's office in Aurora and WCP Solar, a Naperville-based company.

"Dr. Everton Walters (WCP's CEO) suggested a system for our Aurora office which wasn't going to work, because we lease the building," Roy said.

Instead, WCP submitted a project proposal for the Springfield office. Roy says he was hesitant at first, but he agreed to look at the numbers. The original design called for just installing rooftop solar panels. However, when CMT considered how much energy the solar panels could generate and the potential long-term savings, the company decided to go all in, installing a rooftop system and carports topped with additional solar panels.

The total cost for the project, with more than 3700 solar panels, is expected to total \$1.8 million, funded by a group of investors, plus incentives and tax rebates. The project, known as a 'solar plant,' is billed as the largest solar carport system in Illinois and connects directly to the CWLP power grid.

CMT will initially lease the system from the investors.

"After seven years of making lease payments, plus \$250,000, CMT will do a buyout and own the system," explains Roy. "The investors will have a tax benefit as well as a 30 percent federal tax credit."

One byproduct of the carports is to shade vehicles. More significantly, however, the carports will provide 66 percent of CMT's energy, while the rooftop panels will provide an additional 34

percent. In all, the system will generate 493,000 kilowatt hours of green electricity annually. That amounts to more than 12 million kilowatt hours of energy over the 25-year life of the system. The environmental impact amounts to 10,000 tons of carbon dioxide reduced over the same period.

CMT's system will generate Solar Renewable Energy Credits (SRECs), which the company can sell on the open market, with a potential revenue of about \$1 million once the rates are established. There is also the benefit of utility cost savings, which Roy estimates at about \$70,000 per year. By comparison, the cost of operating the system is expected to be about \$4,000 to \$5,000.

"When we started looking at the numbers, it seemed too good to be true," Roy said. "But the numbers are compelling."

In fact, the numbers are so compelling that CMT is now considering a solar system for its office building in Indianapolis and for a possible new office in Peoria.

CMT's project also engaged local businesses API Solar, B&B Electric for the electrical connections and O'Shea Builders for the labor. According to Roy, the project has also employed local temp construction workers, providing them with solar installation experience.

Roger Austin, director of marketing at CMT, says the Illinois Future Energy Jobs Act, enacted in December 2016, makes solar even more attractive. Having seen the solar experience first-hand, CMT is now primed to help its clients decide whether solar makes sense for them and to address the growing interest that businesses have in decreasing their carbon footprints.

"Solar is emerging, and with the new legislation, we're going to see more of these," Austin said. "As engineers, we're always trying to help our clients do more with less, so we can help them with these types of projects."

CMT has scheduled a ribbon cutting and open house of its solar project for September 28. ♦

## Professional Women's Calendar of Events

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

### Association for Women in Communications (AWC)

AWC will hold their summer social on Wednesday, August 30 from 5:30-7:30 p.m. at It's All About Wine, 1305 Wabash Ave., Suite M. Bring a snack, bring a friend, and join us for an evening of networking. Non members and guests are always welcome. Members earn free admission to national webinars, receive reduced prices for luncheons and programs, job updates, member resources and opportunities to serve on the local and/or national board and develop leadership skills. For more information, visit [www.awcspringfield.org](http://www.awcspringfield.org).

### Illinois Women in Leadership (IWIL)

IWIL will hold their 6th annual Women's Symposium on Thursday, Sept. 7 at the Crowne Plaza. This empowering full-day event will allow attendees to expand their personal and professional competencies and make relevant connections through networking. Breakfast, lunch, and a cocktail reception following the event are all included in the registration fee. Contact Jen Bettis at [bettis@shg.org](mailto:bettis@shg.org) or visit [www.iwil.biz](http://www.iwil.biz) to register.

### Be Aware Women's Fair

Memorial Medical Center will hold its eighth annual Be Aware Women's Fair this fall in the Orr Building at the Illinois State Fairgrounds. The women's fair will run from 9 a.m. to 2 p.m. Saturday, Oct. 21. A \$4 admission covers all exhibits, health screenings and activities. An estimated 100 booths featuring local exhibitors will cover a variety of topics, including apparel, education, fitness, finance, food, health, accessories and cosmetics. The fair also includes a wide range of free health screenings, including blood pressure, cholesterol, body fat and bone density. For more information, visit [BeAwareWomensFair.com](http://BeAwareWomensFair.com)



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# Committed to Downtown - for another 50 years

BY THOMAS C. PAVLIK JR.

When you're open for business in the same community for more than five decades, you've probably done a few things right. And let's be honest: you've probably made a few well-intentioned mistakes, too. This year marks our 50th anniversary, and we're proud to have served the capital city for the past half-century. I'm confident the Delano name will continue to serve our community for the next 50 years.

When we started to look back and how far we've come, it was hard to ignore the big part our community has played in our success. Because of that, it also became clear that we wanted to give back, specifically to those who are less fortunate and can benefit from our expertise the most. That's why we donate our legal services to clients of Catholic Charities Legal Services. This type of legal work is just a small aspect of what we have done for our clients for over 50 years, and we are honored to be able to provide services to those who are unable to help themselves.

Being in business for 50 years is a testament to our business philosophy of treating those who come to us for help with respect and dignity, being fairly priced and, of course, getting positive results for our clients. It was a philosophy my father-in-law, Chick Delano, instilled from the day he opened the doors in 1967.

Chick truly cared about Springfield and its future. He wanted this community to thrive and grow, and he believed in the energy and charm of our downtown. He believed in it so much that he decided to relocate the Delano Law Offices within downtown in 1992, when many businesses were

fleeing. Back then, downtown Springfield was in a recession; businesses were leaving downtown and heading out west, or leaving town altogether. One of those businesses, Roland's Department store, had just ended its long and successful 70-year run at the corner of Sixth and Adams streets. Unfortunately, Roland's was one of the last in a long line of businesses to close up shop as part of the slow downtown marketplace erosion over the previous decade.

Chick believed the downtown area was a special place and the true hub of our capital city. He took a risk in 1991 when he bought the Roland's building, which had once been a place where prominent state and national leaders gathered back in the 1800s - including Elijah Iles, President Martin Van Buren and then-state senator Abraham Lincoln. After a year of renovation, Delano Law Offices began a new era in downtown Springfield and helped start a rejuvenation of the Sixth Street corridor, which is now one of the most traveled blocks in all of Springfield by residents and tourists alike.

More than 150 years before, this very same block that sits right across from the Lincoln-Herdon law office and the Old State Capitol was home to perhaps the most well-known hotel in Illinois. The American House was frequented by VIPs and dignitaries - a place where state and national leaders made key policy decisions. Over time, the popularity of the American House gave way to newer, more modern accommodations that opened as Springfield's reputation and population boomed in the late 1800s.

Over the past 50 years, we've watched Springfield's downtown fall in and out of grace, but the truth is that the Springfield business community



Delano Law Offices, across from the Old State Capitol, was part of a Sixth Street resurgence.  
PHOTO / PATRICK YEAGLE

has much control over the fate of downtown and Springfield in general. We as business leaders have to be committed to putting resources that matter into downtown and surrounding areas in order to attract more people downtown - which, by the way, has more significantly historic square footage than just about any other town in the Midwest.

We have to be willing to be a part of larger conversations that think bigger, bolder and better for Springfield's future. And as a community, we have to be willing to do more than just wish for more business, health and lifestyle options. We have

to be willing to support those businesses when they come to town.

Springfield isn't just another town in central Illinois. As the state capital, Springfield represents all of Illinois. It's time we change Springfield's trajectory and give more businesses the chance to celebrate 50th anniversaries, but that will require a commitment by all of us to make Springfield an even better place to call home. ♦

*Thomas C. Pavlik Jr. is an attorney at Delano Law Offices, LLC.*

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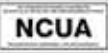
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# Feels right at Fox Run

BY THOMAS C. PAVLIK JR.

If you're like me and think that bar food is an underrated genre, Fox Run Restaurant & Lounge is worth a visit.

Springfield natives may recall that Fox Run operated at Laketown Center (and thereafter on Robbins Road) for almost twenty years, until closing in 2002. After a long hiatus, it reopened in the spring of 2016 at Legacy Pointe in the former Ill Tomassos space. Legacy Pointe is one of those places that largely remains off my radar – primarily because of location, I think. And that's a shame, as Fox Run serves up some satisfying bar food – including classics like chicken livers, gizzards and frog legs.

My guests and I arrived late in the lunch hour on a steamy August day. We opted to pass on patio dining for the comfort of air conditioning. Fox Run was just under half-full, with our fellow diners spanning the spectrum from social to business crowds.

Fox Run has a nice space – from the polished concrete floor to the comforting color palette. All in all, the message is more restaurant than bar. And speaking of the bar, there's a neat half-wall that separates the bar area from the main seating section. There's plenty of seating in both sections, including the option to select a somewhat secluded table, should additional privacy be desired.

We were greeted by a pleasant hostess and shown to our table. Our server quickly appeared and took our drink orders. Looking around the place, we thought that the ratio of staff to guests appeared appropriate – a good sign for those trying to get lunch

done in under an hour.

Fox Run's menu contains most of the dishes one would expect, together with some fun surprises like skillet corn bread (\$6) and corn fritters (\$6). The menu is broken down into starters, salads, soups, sandwiches, shoes, burgers, entrees and pasta. If you can't find something that tickles your fancy, then you're just too picky. My only complaint about the menu in general was that the starters had too many fried options. Something light and fresh would be a nice change.

We noticed the wilted spinach salad (\$11, spinach, red onion, blue cheese with hot smoky bacon vinaigrette), the Philly cheese steak pizza (\$16, shaved prime rib, peppers, onions, cheese sauce and mozzarella with horseradish sauce), the Reuben horseshoe (\$11), and the Mahi (\$18, grilled or blackened, served with mango salsa). Entrees come with a choice of two sides, with a cup of soup or side salad costing \$3. Burgers and sandwiches come with a choice of hand cut fries or tater tots. Salads can be upgraded with the addition of chicken (\$2), steak or salmon (\$6 each). Observing our fellow diners, it appeared that Fox Run's proportions were appropriate for the dishes and prices.

We decided to start with an order of the wings (\$10, one pound of bone-in wings with choice of sauce). Traditional buffalo was the order of the day, and the kitchen turned them out pretty quickly. Fox Run got it right – they weren't overcooked and had just the correct amount of heat. We particularly appreciated a delivery of extra napkins and a separate plate for disposal of the bones.

For lunch itself, we went with the Hawaiian Salad (\$11 with chicken, mixed greens, pineapple, smoky bacon, red onion, shredded mozzarella, and maple vinaigrette), the walleye sandwich (\$9, tartar sauce, onion and pickle on marble rye bread), and the chicken liver and gizzards combo (\$11, served with cocktail sauce).

Our food came out not too long after we demolished the wings. I particularly appreciated that the dishes came out at the same time. It might not sound like a big deal, but when it doesn't happen there's always that awkward "eat while it's hot" dance.

I'm generally not into mixing sweet and savory, so the salad sounded unappealing to me. But my guest reported that the maple vinaigrette wasn't overly sweet and paired nicely with the chunks of pineapple. She also was pleased with the generous helping of bacon that helped balance out the sweetness and the crispness of the greens.

My other guest asked for his rye bread to be toasted – which the kitchen must have missed. Other than that, he was pleased with the generous amount of walleye and that it was crisp on the outside and succulent on the inside. He opted for the tots and found them to be a little undercooked. I had to find out for myself and concluded that they were well within the realm of what's acceptable. But if you like them a bit crisper, you might ask for them to be cooked well done.

The livers and gizzards were, to me, the highlight of the meal. It was a generous portion of fried goodness. Fox Run got this just right – particularly with the ratio of bread to protein, and in terms of not being

chewy. In fact, they were downright tender. Having suffered too many chewy livers and gizzards myself, I was very pleased with the dish.

For the two sides, I went with hand cut fries and cole slaw. The slaw was unremarkable, but have you ever really had a transformative cup of cole slaw? The fries didn't strike me as hand cut, but they were well-fried with just the right amount of salt.

Service was friendly and efficient. My guests never felt rushed, but we were in and out in under an hour. All in all, Fox Run should be on your lunch rotation. ♦

*Thomas C. Pavlik Jr. is an attorney at Delano Law Offices, LLC.*

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Left: Keith Ayre owns Fox Run with his wife, Lisa.

Right: Jaime Dyas, general manager and daughter of Keith and Lisa Ayre, shown here with the French dip.

PHOTOS / PATRICK YEAGLE

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# City must replace economic development director

BY PATRICK YEAGLE

In late July, Karen Davis announced her resignation as director of the City of Springfield's Office of Planning and Economic Development. Davis' departure leaves a hole in city leadership which must be filled.

Springfield mayor Jim Langfelder has indicated he's waiting a couple of months to hire a replacement while he assesses the department's needs and the city's direction. That's legitimate, but please don't wait too long, Mr. Mayor. The city has a number of pressing priorities which call for the kind of expert insight provided by an economic development director.

I didn't always agree with Karen Davis, but there is no question in my mind that she cared deeply about the well-being of this city. Without a replacement, her duties fall in part on her former staff, but ultimately to Langfelder. Good leadership often demands delegation, and overseeing the economic development of an entire city is a full-time job that realistically can't share focus with other responsibilities. I don't know a single person who doubts Langfelder's intelligence and sincerity, but no one expects him to carry every burden.

Among the upcoming priorities which will require an economic development director's

guidance is the decision of what to do with the North Mansion Block. This prime piece of land has defied redevelopment for too long, but it seems city leadership finally has enough momentum and will to make something happen there. The current four proposals call for some mix of public space, parking, commercial space and residential development, and it will take an insightful, experienced professional to evaluate which proposal best captures the block's potential. No offense, Mr. Mayor, but you realistically have too many other things on your plate to give this the attention it deserves.

Another priority is the proposed creation of a new TIF district covering part of Peoria Road. While the city has contracted out the background research on this project (which produced a detailed, 99-page report worth perusing), someone at the city has to take point on shepherding it through the approval process. Again, this is the type of project which requires a full-time professional.

Besides these two specific projects, there are myriad other issues facing the city: redevelopment of the east side, nurturing Legacy Pointe into a full-fledged commercial destination, growing existing businesses, the need for codified guidelines on TIF use and so on.

The ideal candidate to replace Karen Davis would be someone experienced in business and

public service. She or he should have a commitment to transparency, an understanding of TIF and the energy to vigorously pursue improvements. It's a demanding job, but for the right person, it would be as natural as breathing.

On an unrelated note, this will be my last issue at the helm of the *Springfield Business Journal*. I'm leaving journalism altogether, in part because it no longer energizes me the way it used to. I have learned so much in my short time here, and I've gained a much better appreciation of Springfield's potential and energy. Seeing so many new businesses start - especially downtown - is encouraging, and I hope readers have picked up on the momentum which seems to be gathering in this city.

My parting advice to Springfield is this: Recognize what you have, and never stop building on it. As a transplant to Springfield, I grew to love many things about this city which those who were raised here seem to take for granted. Though Springfield has its problems, this is a wonderful and important place. The more frequently we remember that, the better. ♦



Karen Davis PHOTO / PATRICK YEAGLE

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Address: P.O. Box 398, Springfield, IL 62705

Phone: 217-726-6600

Website: [springfieldbusinessjournal.com](http://springfieldbusinessjournal.com)

Email: [info@springfieldbusinessjournal.com](mailto:info@springfieldbusinessjournal.com)

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Twitter: [twitter.com/sbjmonthly](https://twitter.com/sbjmonthly)

**Editor and CEO:** Fletcher Farrar  
[fletcher@springfieldbusinessjournal.com](mailto:fletcher@springfieldbusinessjournal.com)

**Publisher:** Michelle Ownbey  
[michelle@springfieldbusinessjournal.com](mailto:michelle@springfieldbusinessjournal.com)

**Associate Editor:** Patrick Yeagle  
[patrick@springfieldbusinessjournal.com](mailto:patrick@springfieldbusinessjournal.com)

**Production Designer:** David Hine  
[ads@springfieldbusinessjournal.com](mailto:ads@springfieldbusinessjournal.com)

**Editorial Designer:** Brandon Turley  
[brandon@springfieldbusinessjournal.com](mailto:brandon@springfieldbusinessjournal.com)

**Business Manager:** Brenda Matheis  
[brenda@springfieldbusinessjournal.com](mailto:brenda@springfieldbusinessjournal.com)

**Business and Circulation Coordinator:**  
Stacie Lewis  
[stacie@springfieldbusinessjournal.com](mailto:stacie@springfieldbusinessjournal.com)

**Advertising:**  
Beth Parkes-Irwin  
[beth@springfieldbusinessjournal.com](mailto:beth@springfieldbusinessjournal.com)

John Mikels  
[john@springfieldbusinessjournal.com](mailto:john@springfieldbusinessjournal.com)

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## September Contributors

Colin Patrick Brady  
Roberta Codemo  
Naomi Velasquez Greene  
Emily Jankauski  
Catherine O'Connor  
Thomas C. Pavlik Jr.  
Zach Roth  
Karen Ackerman Witter  
Eric Woods

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