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Legacy Awards 2019

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Over the EDGE



**GIVE KINDLY
ACT BOLDLY**

at
Sparc

DATE

Saturday
October 5th

LOCATION

Abe Lincoln Hotel
Doubletree
701 E. Adams
Spfld., IL

REGISTER

[https://give.
overtheedge.
events/
OTESparc2019](https://give.overtheedge.events/OTESparc2019)

CONTACT

Denise Schainker
[dschainker@
spfldsparc.org](mailto:dschainker@spfldsparc.org)

We realize that when we approach the work we do with gratitude, our world, and more importantly the world of the people we support, opens up. What was understood as impossible, suddenly becomes within reach.

The people supported by Sparc provide daily inspiration to each of us. They lift our souls, remind us about life being fair and life being unfair. We are reminded to look out after those whose challenges may be greater than our own. On October 5th Sparc is inviting the community to challenge themselves, or form a team and raise dollars to earn your spot to go Over the Edge in support of Sparc.

Each and every day we ask people we support to face their fears and challenges... and now we are asking you to consider facing your fears on October 5th?

Register at <https://give.overtheedge.events/OTESparc2019>. You can create a personal fundraising page and share your own motivational story and photos. Coworkers and groups can form teams to fundraise together or compete against each other. Registrants have access to online resources and coaching messages to aid in your fundraising efforts. Have fun, helping Sparc reach our goal.



Springfield Business Journal & Illinois Realtors present

LEGACY AWARDS 2019



The original entrance to Oak Ridge cemetery was restored in 2014 and plans are now in the works to reinstall a 1900s-era iron archway sign.



The recently restored front door of a 100-year-old home in Hawthorne Place.

PHOTOS BY STACIE LEWIS

Historic Preservation Fund makes two grants for 2019

By Michelle Ownbey

The CFLL Historic Preservation Fund at the Community Foundation for the Land of Lincoln has awarded 2019 grants totaling \$7,500 to support preservation efforts to two different organizations. The grants will be presented at the *Springfield Business Journal's* 2019 Legacy Awards program on Sept. 4.

The Oak Ridge Cemetery Foundation received \$5,500 to reinstall Oak Ridge Cemetery's 1900s-era iron archway sign. Originally located at the cemetery entrance on First Street, it will now be located in front of the existing bell tower and east of the Lincoln Receiving Vault.

The James Project received \$2,000 to restore a wooden door and entryway to a more than 100-year-old home in Hawthorne Place. The nonprofit is a Christian ministry which provides homes and support for fostering families in Sangamon County.

Over the past eight years, the CFLL Historic Preservation Fund has awarded nearly \$50,000 to 10 different recipients. The CFLL Historic Preservation Fund started in 2008 with just few hundred dollars left over from the Old State Capitol's 40th Anniversary Celebration and was established as a field of interest fund to assist nonprofit organizations in funding historic preservation projects in Springfield. Projects are sought that support the physical improvement of structures and/or promote the issue of historic preservation in our area.

An annual gala and a solicitation to Springfield-area preservation supporters have helped grow the fund over the years. In lieu of purchasing tickets to attend the Legacy Awards event, attendees will be invited to donate to the Historic Preservation Fund. ♦

Past Grant Recipients

2018

The Central Three Community First Project received \$6,500 in funding to assist with restoration efforts of the first black firehouse in Springfield, and the **Kidzeum of Health and Science** received a \$1,000 grant to help stabilize a wall in the historic building.

2017

The Vachel Lindsay Association received \$7,500 for exterior painting of the historic Lindsay home at 603 S. Fifth St. part of a larger restoration project.

2016

Enos Park Neighborhood Improvement Association received \$7,500 to restore the façade of the brick building at 711 E. Enos, which was built as a grocery store at the turn of the 20th century.

2015

The Elijah Iles House Foundation was awarded \$6,000 to build a porch on the west side of the Strawbridge-Shepherd House on the University of Illinois Springfield campus,

with a ramp to allow wheelchair access to the building.

2014

The Springfield Art Association received \$4,000 for the reproduction of 1850s-era wallpaper discovered during the interior restoration of Edwards Place.

2013

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

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.

LEGACY AWARDS 2019

To benefit the Historic Preservation Fund,
Community Foundation for the Land of Lincoln

Wednesday, September 4th
5:00 P.M. - Cocktails and Hors D'oeuvres
6:00 P.M. - Awards Ceremony

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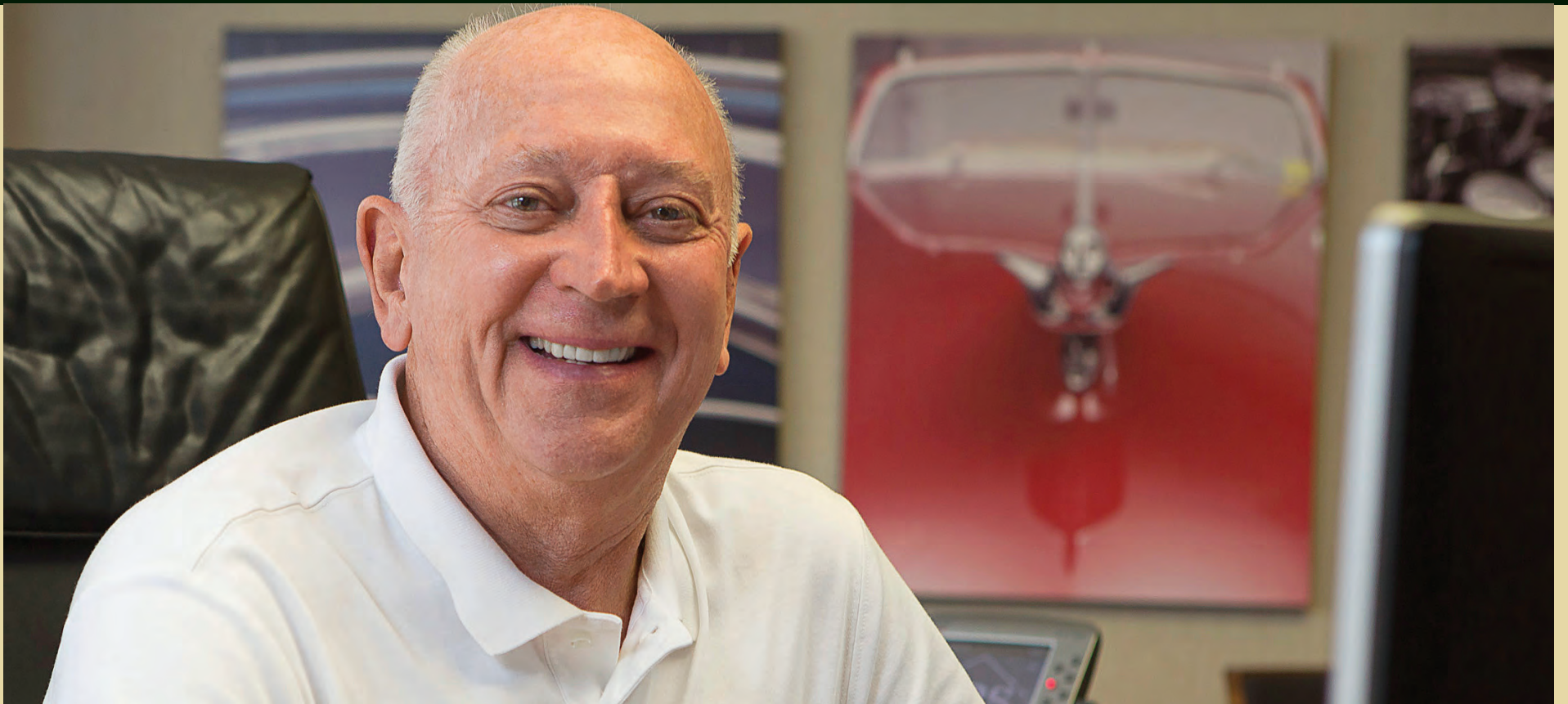
RSVP by August 28 to 217-726-6600 ext. 139 or info @springfieldbusinessjournal.com



Admission: Event is free. Guests are asked to make a donation to Historic Preservation Fund, CFLL.

Springfield Business Journal & Illinois Realtors present

LEGACY AWARDS 2019



Dick Levi, CEO of Levi, Ray and Shoup, Inc.

PHOTO COURTESY LRS

50 YEARS OR FEWER IN BUSINESS

Levi, Ray and Shoup, Inc.

By Catherine O'Connor

Headquartered in Springfield where the three founders, Richard (Dick) Levi, Roger Ray and Bob Shoup, started the company, LRS is celebrating 40 years in business this month. The LRS main campus, which stretches two city blocks along Farragut Drive, just off West Monroe, houses 361 employees. The corporate giant also has offices in 13 other US cities and seven in Europe, plus an office in Asia and Australia, for a combined total of 922 employees.

Looking back at the company's history, Levi said, "It's hard to believe its been 40 years. It sometimes feel like four."

There was no degree or professional field known as information technology at the time, and the disc drive had not yet been invented, when Levi's interest was peaked during college while working part-time at the telephone company in Mattoon.

"Then I took a computer programming class as an elective in the math department. We actually had tapes and used punch cards at that time," Levi explained.

Starting with a degree in business management and no source of outside capital, Levi had no idea how the company might grow and evolve.

In 1979, the founders bought three used desks and six chairs from an office supply salesperson with whom LRS still does business and opened an office in 900 square feet of rented space in downtown Springfield.

During the years that followed, they opened several new offices and completed many acquisitions, which has resulted in steady upward growth with only a few slight downward "blips," according to Levi, who said, "Our growth has remained slow, steady and primarily organic."

His financial strategy has been to always protect the company from the potential of a down year. "Because you don't always know what the future will bring," he said, explaining why all debt was paid off during the first year in business. Remarkably, the company has never borrowed a penny since.

"One benchmark was our decision in the early 1990s to expand our offices internationally instead of relying solely on outside distributors in those markets. We grew from \$176,000 in revenue our first year to over \$250 million in our fiscal year ending in 2018," Levi said.

When LRS began marketing its software in the early 80's, the company outsourced mar-

keting both in the US and in Europe. Later, LRS began marketing in-house, which has been essential as product offerings have multiplied.

"The biggest change in our marketing strategies has been the emerging importance of the internet in our efforts. We have a website that reaches potential customers, and we host webinars that attract people from around the globe," said Levi.

LRS has also gained a reputation as a great place to work. More than 40 employees have achieved the 25-year longevity mark, and nearly 20 of the staff have been with the company 30 years or more.

The company has also exceeded IT industry standards in its hiring and promotion of women in the workplace and had woman in leadership roles from the beginning. Levi said that a female project manager who was hired in 1980, less than a year after the start-up, is still with the company today.

Legacy and family have played an important role in the structure of LRS, with Levi making his two sons and son-in-law an integral part of the business.

"Honestly, I'm now pretty much a figure-head," said Levi, "though I come to the office

every day and have involvement in key business decisions."

LRS has also made many contributions to the community at large and has a long history of supporting local organizations, including Hope School, Memorial Center for Learning and Innovation, the Springfield YMCA, Hoogland Center for the Arts, Kidzeum of Health and Science, MERCY Communities and Girls on the Run.

In 2002, the LRS Foundation was established with the primary purpose of giving back to the community which has been their hometown for so many years. "We feel very fortunate to have had the amount of success we have had here and simply believe that giving back to the community is the right thing to do," said Levi. ♦

To benefit the Historic Preservation Fund,
Community Foundation for the Land of Lincoln



(L-R) Sharon Rudin, Cheryl Garvin (seated), Chris Butler, Val Butler (seated), Zack Wilson and Katie Wilson.

PHOTO BY TERRY FARMER

51-100 YEARS IN BUSINESS

Butler Funeral Homes & Cremation Tribute Center

By Holly Whisler

Chris Butler, CEO and president, is the third generation of the Butler family to own and operate the Butler Funeral Homes & Cremation Tribute Center. He said, "Community service has always been a strong thread in our family. Funeral service allows opportunities to serve the community in various ways."

Butler Funeral Homes & Cremation Tribute Center has its beginnings in 1893 when Ben Kirlin and Ed Egan merged a funeral home and livery service to form Kirlin and Egan Funeral Home, located at Fourth and Adams streets. As the firm grew, the funeral home relocated to the west side of South Sixth Street, and in 1927, Kirlin and Egan moved the funeral home to its present address of 900 S. Sixth St. After their deaths, Ben's daughter, Mary Kirlin, continued to operate the funeral home even though the industry was dominated by men at that time.

In 1940, longtime employee and manager of Kirlin and Egan Funeral Home, Harold Butler, assumed ownership of the firm and made additions to the mansion during the 1950s. Following Harold Butler's death, his nephews, John B. "Jack" Butler and Jerome "Jerry" Butler, along with Leonard Berry and John J. McCarthy, purchased the firm in 1965.

After the death of John McCarthy, Jack and Jerry Butler became sole owners of the firm in 1970, adding the Butler name to the funeral home in 1972. Jack's son, Chris, joined the firm in 1990 and purchased the business in 2002.

Since then, the firm has grown and expanded its offerings to meet the changing needs, preferences and expectations of its clients and guests. In addition to the flagship, Butler Funeral Home & Cremation Tribute Center in Springfield, the Butler Family of Organizations also includes two satellite locations.

In 2005, Butler Funeral Homes became part of the New Berlin area communities with its purchase of the McCullough-Delaney Funeral Home. Last year, the Boardman-Smith Funeral Home, the oldest and most historic funeral home in Springfield having significant connections to members of Abraham Lincoln's family, was acquired by the Butler Family of Organizations, along with Cremation Services of Central Illinois and Sangamon Prairie Reception Center in Chatham, which were founded by Paula Staab Polk.

Each unique branch of the Butler Family of Organizations has been established with great thought, planning and care. Tying it all together

is an emphasis on exceeding expectations.

Chris Butler said, "There have been a lot of changes in the world and in our community but the needs of those who have experienced the death of a loved one are essentially the same as they have always been," noting the importance of helping people say goodbye with dignity and respect.

Zack Wilson, director of operations, said, "Our culture is one of empathy, passion, engagement and teamwork. We have an environment of continuous learning where we grow personally and professionally while striving to achieve our mission. We value education and development of our associates to best meet our core obligation to our clients. We strive to create an environment where we have work-life balance and support each other."

Cheryl Garvin, controller, agreed that the culture of mutual respect and empathy extends to how the associates treat each other and work as a team. "We strive to provide an opportunity of growth both professionally and personally to our associates. All associates have the opportunity to be truly vested in the organization and its mission of service," she explained.

The Butler family recognizes that its longevity and success cannot be attributed to one person, but to the entire team that is committed to living out the values of the organization and conducting themselves with the utmost professionalism.

Looking to the future, Butler said, "We have associates who have demonstrated strong dedication to our organization, our clients and our family. We groom for the future partially in how we handle ourselves today. No matter what seat we occupy in our organization today, it will one day be occupied by someone else. Our obligation is to fulfill our role in the best manner possible, leaving the best chance of success in the future for those who come after us."

Overall, Butler said, "We are constantly recharged and rewarded by families that we assist. Few of life's rewards are better than having someone tell you that he or she does not know what they would have done without your help. Funeral service can be a beautiful way to help your neighbors and friends." ♦

LEGACY AWARDS 2019



Jeff Wilday, managing partner of Brown, Hay & Stephens.

PHOTO COURTESY BROWN, HAY & STEPHENS

100+ YEARS IN BUSINESS

Brown, Hay & Stephens

By Holly Whisler

"On the morning of October 25, 1828, a tall, slender, handsome young man reined his horse and paused for a better view of the little prairie village which lay before him. John Todd Stuart, just twenty-one years of age, had heard glowing reports of the newly settled Sangamo country, and had determined to make it the setting for his career at the bar," according to the 1978 self-published book, *"One Hundred Fifty Years of Law,"* written by Paul M. Angle and Robert P. Howard.

John Todd Stuart, cousin of Mary Todd Lincoln, hung his shingle on the corner of Sixth and Adams streets in 1828 and began practicing law in Springfield. The book notes that Springfield was only seven years old, but growing steadily as the permanent seat of Sangamon County.

Stuart rose to prominence and started taking on partners, one of whom was Abraham Lincoln in 1837, but it was his 42-year partnership with Benjamin Edwards in 1843, followed by partner Christopher Brown in 1860, that would make history. In 1921, the law firm officially became known as Brown, Hay & Stephens (BHS) – now the oldest and one of the most respected law firms in Illinois.

BHS occupies space in the U.S. Bank building in downtown Springfield – the same building where Stuart, Edwards and Brown established their firm in 1858. At the time, it

was the Bunn Bank building and was known as the finest business structure in Springfield, and the law firm had a reputation for having the finest lawyers practicing there.

The firm has now grown to occupy three floors of the U.S. Bank building. Several years ago, when the firm needed more space, the decision was made to honor its roots and invest in a major renovation so the firm could stay downtown. In 2020, BHS will celebrate 100 years in the same building, as one of the original tenants.

BHS attorneys specialize across a broad range of practice areas and the firm is managed by a five-member committee consisting of Hugh Drake, Lorilea Buerkett, Erica Riplinger, Roland Cross and managing partner Jeff Wilday.

According to Drake, "We are a relationship-driven business, which depends on a strong, firm-wide work ethic. We value our reputation for integrity throughout the firm's long history. We are a firm, not a collection of lawyers, which uses a collaborative effort to provide effective and efficient solutions for its clients."

When it comes to bringing new attorneys on board, BHS considers a variety of factors. Buerkett explained, "In addition to a strong academic record, it is important for an applicant to have demonstrated a strong work ethic and the ability to work in a team environment. Also,

applicants need to show an interest in becoming involved in the community. In that regard, our youngest partners have set a very high bar in terms of community service and networking with other young professionals in accounting, banking and business, setting a good example for our associate attorneys."

With 30 or more attorneys now working for the firm at any given time, the partners intentionally seek out activities that will allow for company-wide interaction.

"Maintaining a sense of cohesion and teamwork has become more difficult as the number of attorneys and support staff has increased and our office space has grown from one floor to three," said Riplinger. "We regularly engage in group activities which help build camaraderie. For example, attorneys and support staff have raised funds for Big Brothers Big Sisters through the Bowl for Kids' Sake event every year since 1998. And last year was our first year of having a firm float in the city's Christmas parade. This turned out to be especially popular among those at BHS with young families."

While it's difficult to know exactly what the firm's philosophy was in the 1800s, the attorneys at BHS have always been heavily involved in community service, a tradition that continues today.

Davis said, "Our attorneys are actively en-

gaged in leadership positions in a wide variety of civic, charitable and social organizations. We are particularly enthusiastic about our participation in the new Innovate Springfield group which enables our attorneys to answer legal questions for young entrepreneurs who are considering start-up businesses."

As the managing partner, Wilday feels the hallmark of BHS has been its ability to maintain longstanding client relationships with businesses, public and private sector organizations, and individuals.

"At its core, maintaining a successful legal practice depends on personal service. Going forward, we will work hard to provide the service and results needed to preserve all of the firm's current relationships while establishing new ones. To do so, we will continue to hire talented new law school graduates while seeking to expand into new practice areas through lateral hires who share the firm's core values," Wilday said. ♦



(L-R) Madison Regan, Just the Basics Mobile Bar; Josh Flanders, BuzzBomb Brewing Co.; Leah Wilson, Kidzeum of Health and Science; Tricia Schlosser, Itty Bitty Fashion Trunk; Mark Forinash, Café Moxo.
PHOTO BY TERRY FARMER



Floyd Mansberger at the excavation site of the 1908 Springfield Race Riot.
PHOTO BY TERRY FARMER

Preservation Advocate - Organization

The Adams Family

(Kidzeum of Health and Science, Café Moxo, Buzz Bomb Brewing, Just the Basics Mobile Bar, The Elf Shelf Books & Music, Itty Bitty Fashion Trunk, Kiddos by Urban Sassafra)

By Carey Smith

The moment you turn right from Fifth Street onto Adams Street, the vibe of downtown Springfield changes. Vibrancy and originality delight the eye with every glance. Mid-block, a pedestrian crosswalk encourages you to park, to take your time in looking around, to meander through this slower-paced, but somehow more animated, neighborhood of locally owned businesses.

The Adams Family is a collection of small business owners, along with one nonprofit organization, located in the 400 block of East Adams who designed their own business model.

Forinash is a longtime resident of this block of businesses and humble founder of the Adams Family: “In the end I have to worry about Café Moxo; that’s where my focus is. But along the way, can I make some really good friends and work with people that I enjoy working with and create a buzz and have a little bit of fun?”

A cooperative business model is not a page out of any contemporary rule book, but this group of small-business owners has not only made it work, but flourished in their efforts. “It’s a catalyst for development of downtown,” says Wilson, executive director of the Kidzeum. “It’s just the beginning of something that could create a lot of vibrancy downtown, [which] needs a variety of different venues and amenities and attractions to get as many people to come.”

Although a brewery and a children’s museum may not have much in common on the surface, as Flanders explains, “We all have shared interests and a deep commitment. I think that’s one thing that separates this street, that everybody on it is committed, not just to the street, but to downtown and to mutual success.”

Regan states, “I think it’s really been amazing to see how positively the community gives feedback – everybody loves to see businesses working together. I think that’s something different than Springfield has ever seen before, let alone downtown.

The attraction of Springfield’s downtown, and especially the Adams Family, according to Wilson, is its authenticity. “I think people want authentic experiences, and you get that when you go into Buzz Bomb. You see the things they made by hand, or you frequent a small business where they hand-curated all the items that they have in it. It’s a very different feeling to come downtown and to know that you can have a connection with a business owner who lives here and invests here – it’s not the same as going to a mall. I think people are really just craving that real connection.”

Wilson added, “I think it’s those relationships as well. It’s not something you can get if you’re shopping on Amazon or online, to actually have a friendship with a person and patronize their business is very different. I think more and more people are going to find that if they just get over some of their preconceptions they might have, and they take the time to visit all of us, they’re going to feed off of the passion and have a great experience that they tell their friends about.”

When asked about the vision for taking this cooperative model 20 years into the future, Regan responds, “My vision is every day being like the Saturday morning farmers market. You see so many people walking around with their dogs and their families, and different walks of life all from around this community. That would be amazing to see that all the time.”

But this cooperative business model need not stop at the boundaries of the 400 block of East Adams. As Forinash asserts, “We’d love this to expand, and it’s certainly a goal that I have that Adams doesn’t necessarily have to stop here. There are really neat places down here, and I have got to do a better job in expanding that, because it’s not just our block. It’s just really easy to walk 25 feet, and that’s the furthest we have to walk to talk to somebody.” ♦

Preservation Advocate - Individual

Floyd Mansberger

By Carey Smith

Uncovered after archaeological testing mandated by the 10th Street rail corridor federal project, the archaeological dig on East Madison Street, just west of the 10th Street railroad tracks, is a site which evokes many different intense emotions. Seeing the brick foundations of homes burned in the 1908 Springfield Race Riot, reading the storyboards on site of the history of this place and its people and viewing the artifacts found in the burn layer is a visceral reminder of the racial divide and scars of our collective history.

Floyd Mansberger of Fever River Research shines a light on this buried past. He has worked in Springfield full time since 1985 but describes this project as one of the most complex in his career. “It’s also one of the more significant projects I’ve ever worked on and one that I’m quite honored to participate in,” he said.

What Mansberger does so well is to bring the history of the site and its people out into the open. The artifacts he and his team have found are brought to the surface, cleaned up, re-searched and related directly to the people who lived in the homes.

Several military medallions were recently uncovered from the Illinois Militia’s 8th Regiment, which was solely comprised of African-American troops who arrived in Cuba at the tail end of the Spanish-American War in 1898-99 and functioned as peacekeepers. Through archival research, these medallions were found most likely to belong to Robert N. Wright, an African-American painter and laborer. Mansberger noted, “Potentially Mr. Wright, having not seen combat in Cuba, was ‘front and center’ for one of the more horrific events in Springfield’s history.”

Mansberger adds, “The significance to me is to talk about who these people really were – not the perceptions of who these people were in 1908 by the contemporary newspapers and such – but to see that these were real humans, and they were trying to survive the best they could. It just allows us to begin the conversation that’s relevant for today to revisit that event – what happened, why did it happen, and heaven forbid,

prevent it from happening again. With things the way they are today, it’s extremely relevant.”

Shocked that a race riot that took the lives of at least 16 people could happen in Abraham Lincoln’s hometown, a movement was born. Less than six months later, the National Association for the Advancement of Colored People (NAACP) was formed, with its current mission statement echoing its past: to secure the political, educational, social and economic equality of rights in order to eliminate race-based discrimination and ensure the health and well-being of all persons.

“What makes me feel honored to be working on it is its national significance,” says Mansberger. “Events that occurred here had national importance. And a lot of what I’ve been working on, I hope I do it justice, and I hope we learn something about who we are now from what transpired back then.”

The site is currently open to the public, and people are welcome to visit Mansberger on-site. In mid-September, the project will wind down, and the dig site will be filled with soil and covered with grass. If all goes well, a bipartisan effort will result in installing a memorial at the site, an invitation to remember our collective past as well as an invitation for collective healing.

“We hope that it will proceed,” says Mansberger, “and we’ll have a little sliver of land devoted to the civil rights movement in the United States right here. It fits in very well with the whole theme of Lincoln and his home and what he stood for and worked for.”

Mansberger is more than an archaeologist. Through his archaeology, he is able to tell the stories we most need to hear in our current era of fear and marginalization of diverse cultures. As Mansberger asks, “I mean, have we grown? Yes. Can we grow further? Yes. And this project allows us to talk about some of that.” ♦



Flat track racer Jeffrey Carver rides the No. 23 Indian FTR750 for Roof Systems of Dallas, Texas. He took the checkered flag at the Springfield Mile held on Memorial Day, 2018.

PHOTO COURTESY ROOF SYSTEMS OF DALLAS, TEXAS

Motorcycle racing grows from rural sport to big business

BY CATHERINE O’CONNOR

The Illinois State Fairgrounds track, which is historically known for setting the world’s fastest flat track records, hosts two of the 18 events comprising the National Championship American Flat Track pro-racing circuit. The Springfield Mile 1 is held on Memorial Day weekend, with Springfield Mile 2 taking place over Labor Day weekend. A recent partnership with NASCAR and expanded coverage via TV and

live-streaming have broadened the audience for the sport beyond small, often rural, Midwestern communities into a more general audience, including a growing number of women. In 2015, Michael Lock presented a reorganization and growth plan to American Motorcyclist Association Pro-Racing. Now as CEO of its American Flat Track (AFT) racing division, Lock, who is a native of the UK, is leading the comeback of this truly homegrown American racing phenomenon. With digital media audience share climbing

and interest in Flat Track racing heritage and culture beginning to skyrocket, Lock and the industry are making a number of business decisions that are having some early results. In partnership with NASCAR, they have created an online streaming service called Fanschoice TV, which has been a game-changer, according to Lock. “The demographic that is comfortable with streaming through apps and YouTube necessarily tends to be younger, and there is less gender stereotyping,” he said. “Our typical audiences

were concentrated at about 90% male and white for the last 30-40 years and were the mainstay of the sport.” During the three years that AFT has been broadcast live on NBC Sports Network, those numbers have started to change. “We found that we get a lot of bleed from programming that is on before us, which has been traditionally male-dominated sports like NASCAR or INDYCAR. But on streaming, our split is 70%-30% (male to female viewers),” Lock explained. Now, in addition to buying a ticket and

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Member



watching it live, fans can watch every AFT race anywhere in the world, multiplying the marketing potential. The racers' suits, equipment, tent awnings, helmets, boots and gear have become monetized brand canvasses.

It's no accident that this sport, like others, has gone through some lean decades to make its comeback. Once centered around communities and families on racetracks with local sponsors, today's flat track racing honors its traditional roots as it endeavors to embrace the new. According to Lock, dirt track racing survived because it was a locally based sport, never set up as a commercial industry.

Over the past few years, the vintage racing movement has brought even more fans into the sport. Retired pros and others who are "vintage" themselves are taking decades-old motorcycles

out of storage and racing them in special invitational AFT events held in conjunction with the pro circuit.

This Labor Day weekend, Springfield will play host to an AFT pro racing series of competitions on vintage bikes, as well as single cylinder 450cc and premiere twins class 750-990cc racing, according Dave Keisow of Petersburg. He and his wife, Tommra, are semi-retired and act as independent race promoters for the AFT Springfield Mile. Since the Springfield Mile 1 was rained out this past May, Springfield Mile 2 will be a double-header series of events.

Illinois native and team member Jeffrey Carver Jr. is a "privateer" in the high-stakes world of professional flat track racing. A home state favorite, he is one of only three Illinoisans to ever win the Springfield Mile in its eight-decade history, which he did in a memorable 2018 Memorial

Day victory.

Carver, 28, whose nickname is "The Wizard," sees himself as an independent entrepreneur. He takes business risks, in addition to participating in a very risky sport, as he works to build an image through social media and public contacts. Carver's father and grandfather were also racers, and many legends in the sport hail from small Midwestern communities such as his hometown of Godfrey, Illinois. Those from Michigan are known as the Michigan Mafia, while Illinois is represented by the Fast Boys of Illinois, or FBI.

Although he's devoted most of his life to the sport, just a few years ago the financial stress made him consider quitting. However, Carver

knew it was what he loved to do, even though he realized his peers who had continued on in school had become financially comfortable.

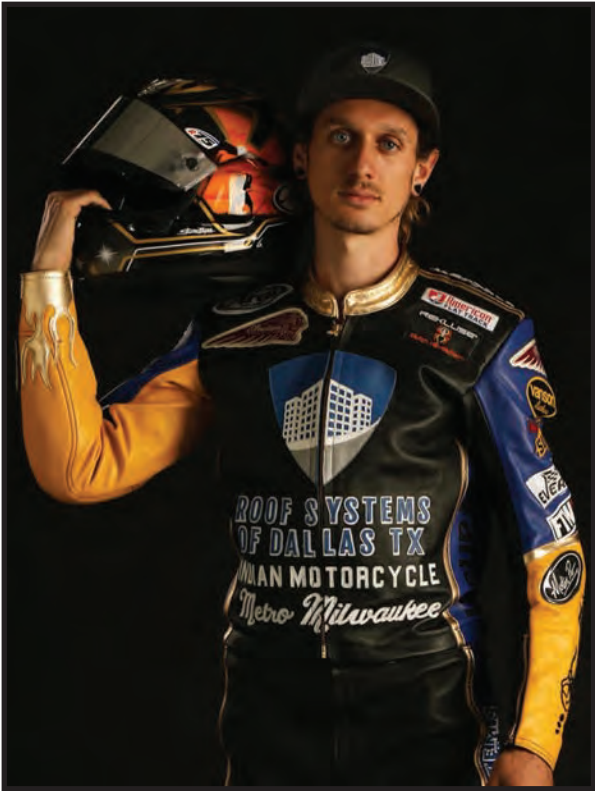
"People told me that I couldn't make a living at it. But I've been racing a motorcycle professionally since 2008 and riding since I was 5 years old. So, I have a lot invested in it," he said.

One of Carver's sponsors is Jerry Stinchfield, CEO of Roof Systems in Dallas, Texas. Stinchfield came from humble beginnings but has distinguished himself as a dedicated supporter of AFT and the racers who are making it their lives. He invests six figures annually to support the largest team of racers and crew in AFT.

"When Jerry stepped in, he made funding happen for my mechanic's salary, a hauler and the two factory Indian motorcycles. Paying for my own fuel and travel, I could make \$70,000, but end up spending \$80,000," Carver explained.

In 2017, after NASCAR got involved, Carver said it was the first time he was able to get through the winter without having to borrow money from his parents before going into the new race season. That's when he decided he could make it, living 200 days a year on the road, without having another job besides racing motorcycles.

With a mantra that racing is 80% mental and only 20% physical, Carver said, "If you can have a calm mental attitude, you can do anything you want." ♦



Jeffrey Carver, of Godfrey, is currently in fourth place in the American Flat Track national standings. He is racing in the upcoming Springfield Mile over Labor Day weekend.

PHOTO BY SCOTT TAYLOR FOR ROOF SYSTEMS OF DALLAS, TEXAS

Catherine O'Connor has been researching the culture and history of the Springfield Mile, starting with the documents archive housed in Lincoln Library's Sangamon Valley Collection. After ignoring the noise of motorcycle racing on Springfield's north end for years, she is looking forward to attending her first Springfield Mile race this month.

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The Gateway Foundation at 2200 Lake Victoria Dr. in Springfield.

A gateway to recovery

Professional help for professionals struggling with addiction

ARTICLE AND PHOTOS
BY DAVID BLANCHETTE

The Gateway Foundation is giving more people a choice that's closer to home for addiction treatment.

Gateway will open a new 22-bed professional men's treatment unit on Sept. 1 that provides a local alternative to out-of-state programs, according to Kerry Henry, executive director of the Gateway Foundation in Springfield.

"Say someone works for the state, or they're maybe a nurse or an attorney. One of the things that people in those professions want to do is a fly-away program, go to Florida or California," Henry said. "One of the things I'm trying to do here is offer the amenities that those places offer, yet allow them to be here where their families can participate. Because when you do a fly-away program, you are not necessarily able to have your family involved."

Gateway closed its youth addiction treatment unit in late July and then completed a five-week renovation to the facility, transforming it into a unit offering more higher-end amenities for men to make it a nicer place for them to feel safe and recover, Henry said. The transformation was funded through the Gateway Foundation, the Springfield campus' parent organization that is headquartered in Chicago and has addiction treatment facilities in several states.

"We are adding the professional men's program because of the high demand," Henry said. "We have a waiting list sometimes to get into beds, so by expanding our adult services we hope to better serve the community."

The Gateway Foundation is located at 2200 Lake Victoria Dr., and the residential facility employs 127 people and serves 108 adult men and women at a time. An adjacent outpatient facility is staffed by 30 people and serves approximately

200 patients a day. Both the inpatient and outpatient operations treat all of the substance abuse disorders, including addiction to alcohol, opioids, methamphetamines, cocaine and benzodiazepines.

All of the clients receiving treatment through Gateway are there voluntarily, and the typical length of stay in the residential program is 25 to 35 days, Henry said.

Ravi Dinesh Doshi is a Gateway counselor who will help staff the new professional men's

unit.

"The fly-away treatment model is one that Gateway does not endorse," Doshi said. "In this unit especially, we'll be able to provide those needs right from when the participant is engaged in treatment services, to the day that treatment is completed and beyond."

"We are going to be able to articulate the needs of professionals, specifically greater involvement in family therapy, along with a continuity of care, especially out in the community,"

Doshi said. "That's where we see a lot of individuals failing to be in a position to meet their needs outside of a structured environment. So having that continuity of care and better planning will address all of their needs."

Doshi said he has seen the need for this type of addiction treatment right here in Springfield.

"Addiction has greatly surfaced in local communities; it has reached our doorsteps now," Doshi said. "This program will offer something new to the community and the results will speak for themselves. To have family members and individuals come back to us and to say, 'Hey, Gateway changed my life,' — I don't think there's a greater reward, not just professionally, but just one individual to another, to be able to assist them and to help them meet goals."

Gateway is helping Zach Hill to meet his addiction recovery goals. He is a self-described binge drinker whose stay in another Illinois Gateway facility resulted in nearly a year of sobriety. He recently entered Gateway in Springfield



Chance the therapy dog sits in on a Gateway admissions session.

where he is currently receiving treatment.

"The counselors have been there; they've been in my spot, and they know where it burns," Hill said. "They noticed things about me that I haven't noticed since I started drinking alcohol. I'm an insecure egomaniac, and they really got me to dig deep into where those issues stem from."

"Here I've really been able to pull myself from the depths and isolate my insecurities and self-esteem," Hill said. "All of the skills and resources that you have at this facility, it's all for a purpose. My advice to newcomers is to soak everything up, because it's going to save your life. It saved mine."

Hill looks forward to the day he can return to his normal life after leaving Gateway.

"Being an alcoholic, I've numbed my feelings, emotions and excitement with alcohol. But now with sobriety, it's like a sensory overload and I just love it. It's a whole different type of drunk. It feels really good," Hill said. "What I love about it most is I've gotten my wits back. I got my personality back, the guy I was before I started abusing alcohol. I got back in touch with that guy, and Gateway allowed me to really find that person again."

Executive director Henry is constantly in motion at Gateway, often accompanied by the facility's therapy dog, Chance. Although she's looking forward to operating the new professional men's unit, Henry is also proud of the ongoing addiction recovery work that takes place in the existing Gateway units, including the 97% client satisfaction score.

"One of the things we do that sets us apart from other facilities is we have medication-assistive treatment. We are able to get patients to a point where their withdrawal systems are minimal so they can quickly engage in services," Henry said. "We also offer weekly family education, individual family counseling and group family counseling. We try to treat the whole family, because it is a family disease and everybody is affected by it."

Henry stressed that substance abuse disorder is considered a disease, and because of that, addiction treatment is covered by the Family Medical Leave Act (FMLA). The Act allows people to receive assistance for medical conditions while keeping their jobs without having to specify the condition to their employer. Henry said that Gateway will help clients with all of the FMLA paperwork "so they can relax and know that their job is secure while they work on getting well."

Gateway Springfield takes walk-ins every Tuesday, Wednesday and Thursday from noon to 2 p.m. where people can tour the facility or talk to a counselor at no charge. Gateway's 24-hour helpline is (877) 505-4673. For more information, visit www.recovergateway.org. ♦

The nonprofit Center on Addiction estimates that 40 million Americans ages 12 and older, or more than one in seven people, abuse or are addicted to nicotine, alcohol or other drugs. This is more than the 27 million Americans living with heart conditions, the 26 million people with diabetes, and the 19 million people with cancer.

National Institute on Drug Abuse, a government agency, estimates that the abuse of legal and illegal substances costs the nation more than \$740 billion annually in crime, lost work productivity and health care.



Gateway executive director Kerry Henry in her Springfield office.



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ADDICTION TREATMENT CENTERS

Sources: The individual addiction treatment centers.
DND = did not disclose
Listed in alphabetical order

	NAME STREET ADDRESS CITY/ST/ZIP	PHONE (-) FAX (=) WEBSITE / EMAIL	PRINCIPAL	# OF LICENSED THERAPISTS	SUBSTANCE ADDICTION	IMPULSE CONTROL	BEHAVIORAL ADDICTION	INPATIENT	OUTPATIENT	ADULT	ADOLESCENT	DESCRIPTION OF SERVICES
1	Family Guidance Center 120 N. 11th St. Springfield, IL 62703 2924 Stanton Ave. Springfield, IL 62703	217-544-9858 217-544=0223 217-441-6529 www.fgcinc.org	Robert Thompson	5	✓	✓	✓	✓	✓	✓		Family Guidance Centers, Inc.'s Springfield location provides outpatient (OP), intensive outpatient (IOP), residential, residential extended care, Medication Assisted Treatment (MAT), community-based prevention, mental health assessments and counseling services to Sangamon and surrounding counties. Patients receive counseling (group and individual) and case management services.
2	Gateway Foundation 2200 Lake Victoria Dr. Springfield, IL 62703	217-529-9266 217-529=9151 www.gatewayfoundation.org	DND	8	✓		✓	✓	✓	✓		Gateway Foundation has 3 locations in central Illinois: Gateway Foundation-Springfield offers residential and all levels of outpatient substance use treatment services for both adults and male adolescents. Gateway Foundation-Pekin (11 S. Capitol) offers all levels of outpatient substance use treatment services for adults. Gateway Foundation-Jacksonville (1300 Lincoln) offers residential, recovery home (male), and all levels of outpatient substance use treatment services for adults. All 3 Facilities offer FREE walk-in consultations every Tuesday, Wednesday, and Thursday (contact facility for times). Any facility may be contacted 24-hours/day, 7 days/week at 877-505-HOPE.
3	Hopewell Clinical 801 E. Lawrence Ave. Springfield, IL 62705	217-223-0170 217-223=0147 www.hopewellclinical.com	Steve Evans	4	✓	✓	✓		✓	✓	✓	Hopewell Clinic offers assessments/evaluations, treatment classifications/recommendations DUI treatment service and general substance abuse programs, adolescent treatment, license reinstatement process and employee assistance program.
4	Rassik Complete Recovery 1201 S. 4th St. Springfield, IL 62703	217-210-2353 springfield@rassik.net www.rassik.net	Rakesh Chandra, M.D.	0	✓	✓	✓		✓	✓	✓	Now accepting psychiatric patients with no waiting. No referral necessary. Psychiatric services for mental health and substance abuse disorders to patients from adolescents to geriatrics. We offer a medically-assisted treatment program that leverages Suboxone and Vivitrol in combination with psychiatric services.
5	Rose Medical Association, Inc. 3535 Mayflower Blvd. Springfield, IL 627011	217-670-0609 217-670=0618 www.rosemedical.org	Dr. Earnest Rose	0	✓				✓	✓		Medication Assisted Treatment (MAT). Methadone, Suboxone, Sublocade, Vivitrol. Level I Adult Outpatient, Level II Adult Outpatient, DUI evaluation, substance abuse treatment.

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Illinois Women in Leadership (IWIL)

IWIL will hold a symposium on Thursday, Sept. 26 from 7:30 a.m.-6 p.m. at the Crowne Plaza. Registration is \$115 on or before Aug. 15 and \$140 after that date, which includes all breakout sessions, breakfast, lunch snacks and cocktail reception. The guest speaker will be sociologist Dr. Bertice Berry, a best-selling author and award winning lecturer. Don't miss out on this day of inspiration, motivation and actionable tips to help you succeed. Visit www.iwil.biz to register.

Women Entrepreneurs of Central Illinois (WE-CI)

WE-CI is a nonprofit organization based in Central Illinois created with the goal of supporting women entrepreneurs through promoting economic development, creating innovative changes in business culture and building strategic affiliations. Our monthly meetings are designed to promote networking and feature speakers with topics relevant to women in business today. For more information on upcoming monthly programs, visit weci.wildapricot.org/events.

Association for Women in Communications (AWC)

AWC offers opportunities to stay at the top of your game with opportunities for learning, committee involvement and networking opportunities. AWC holds monthly professional development programs with a variety of educational speakers. Members can also participate in AWC national webinars at no cost. For more information or to make reservations for an upcoming event, visit www.awcspringfield.org.

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Nontraditional health care workers

BY CAREY SMITH

When the subject of those in the health care field arises, doctors and nurses are usually the first off the tip of the tongue. However, as diverse as the health care field is, there are many other career options for those interested in assisting others with their healing.

Dan Linn of Springfield is the manager of two medical cannabis dispensaries, Maribis of Springfield and Maribis of Chicago. When it comes to knowledge of treatment options, Linn is largely self-taught, and even just a few minutes of speaking to him about cannabinoids and cannabinoid receptors makes it clear he is quite knowledgeable from his years of reading cannabis research studies.

Illinois has 80,000 licensed medical cannabis patients, many of whom rely on people like Linn to guide them to products that can best help their various ailments. Linn recommends that people who have a certifying condition and would like to know more about how medical cannabis can be used make an appointment for a consultation. He and his staff will also provide assistance with the paperwork process to apply for a medical cannabis card, as well as advising on treatment options.

"You meet every person with where they're at," says Linn, "specifically with their familiarity with using cannabis." If someone has not used cannabis before, he typically advise starting with high cannabidiol (CBD) products. "But we'd also want to get some THC (tetrahydrocannabinol) in there for the entourage effect of the cannabinoids working with each other synergistically," adds Linn.

For people who are familiar with cannabis, the recommended options are more expansive. Typically, Linn hires staff who already have a

knowledge and history of using medical cannabis and can provide patients the same kind of guidance.



Dan Linn is the manager of two medical cannabis dispensaries.

PHOTO COURTESY DAN LINN

"We are definitely included as part of a broader picture of their holistic and health endeavors," says Linn, "similar to how a pharmacist is part of that medical team, but not necessarily in there making decisions with them. I think we do have a little bit more of a decision-making influence with the patients because we have such a wide variety [of products], and it isn't limited to a pharmacist filling a prescription. We have a menu of options, and we can help the patient choose what they think will be best for them. So I'd say we're a provider of both products and knowledge, and service

there as well."

Another field where less-traditional providers can help supplement modern medicine is



Bethany Payne has been working as a doula for nearly five years.

PHOTO COURTESY BETHANY PAYNE

the use of a doula for labor and delivery. A doula is a member of the birth team who provides nonmedical care in the form of emotional support and guidance, from breathing and positioning techniques to prayer and encouragement, whatever the mother needs and desires. While it can be hard to pin down exact statistics, recent surveys show the use of doulas for births in the U.S. are on the rise, with 6% of women in a 2012 national study stating that they had used a doula, compared with just 3% in 2006.

Bethany Payne of Springfield began attending births nearly six years ago, and has been

a birth doula for nearly five years. Payne says what she provides more than anything is "more continuity of care than the nursing staff can provide." Though a pregnant woman may see an obstetrician (OB) or midwife throughout her pregnancy, an OB or midwife may check in only periodically throughout labor, and are typically present in the last five minutes to an hour before giving birth. Nursing staff usually have two or more women in labor at the same time.

"The doula is there to give that continuity," says Payne, "because we've been there throughout the pregnancy and throughout the entire labor. And so we know them more intimately; we have that presence with them. I think the presence is the biggest thing. We're there and we can help communicate with the hospital staff and give it a more well-rounded experience as a whole."

While not every birthing woman hires a doula, birthing mothers and their partners who have used a doula view it as a benefit for all kinds of birth situations and methods of giving birth. Various studies have shown that use of a doula can reduce the length of labor, overall stress and anxiety and the risk of C-sections and other interventions. Breastfeeding, post-partum health rates and overall birthing satisfaction are increased with the support of a doula.

Dispensary clerks and doulas are just two types of nontraditional health care workers who provide untold benefits to the populations they serve and are a complement to the professionals we typically think of in the medical field. ♦

Carey Smith was fortunate enough to have two doulas at her planned home birth and has also worked as a post-partum doula. She lives in Springfield.



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Trends in employee benefits

BY KAREN ACKERMAN WITTER

A growing focus on being family-friendly is one of the big trends in employee benefits, according to Stephen Miller, online manager and editor of compensation and benefits for the Society for Human Resource Management (SHRM). More flexible time off policies and an increase in companies offering paid paternity leave are two examples.

More and more companies are moving away from separate sick, vacation and bereavement leave policies to combined paid time off (PTO) policies that are more flexible in nature. Although less common, some companies are going even further and adopting policies for unlimited time off as an employee benefit.

Sikich is an example of a business in Springfield that changed from a traditional accrual-based time off policy to a flexible PTO policy where all employees receive a minimum of four weeks paid time off per year. It is not a truly unlimited policy, but employees can take more or less than the four weeks provided. The policy went into effect January 2018, after two years of

extensive research and six months advance notice to employees. In addition to flexible time off, Sikich also closes its offices between Christmas and New Year's Day, which means employees actually receive a minimum of five weeks PTO. Employees also appreciate being able to take time off in small increments, rather than a full or half day, as was the case in the past.

"The policy is unique within our industry and suits the needs of employees," says Leah Davis, HR business partner for Sikich. Initially, there were some concerns from employees who were leaving the company and no longer eligible to receive a payout for accumulated time. However, that concern has since dissipated.

"Candidates are demanding creative benefits, remote working arrangements and flexible schedules," says Davis. "Work/life integration is a priority." A motivating factor in adopting the flexible leave policy was to retain top talent, especially on the technology side. "This is a small piece of our value proposition that also includes flexible schedules and working remotely, which are appealing to employees," says Davis. Sikich also offers three weeks paid paternity leave and 12 weeks paid maternity leave upon birth or

adoption of a child.

"There has been a shift in mindset related to employee benefits," says Davis. "Progressive benefits help retain quality people. Our policies serve the employer, our employees and our clients."

O'Shea Builders is an example of another local company that has recently shifted from having separate time off policies for illness and vacation to a combined PTO policy that provides greater flexibility to employees.

Donna Rogers, owner of Rogers HR Consulting, provides human resource services to small and medium-sized businesses that don't have an HR person on site as well as HR support to larger businesses that need additional project assistance. Rogers says that a combined leave policy is easier to administer, and employers don't have to ask questions about the reason for the time off. This provides less risk to an employer from a discrimination standpoint.

Rogers said another advantage to the employer is the way unused benefits are handled when an employee leaves the company. There is no federal law requiring accumulated vacation time to be paid out to employees when they

leave; however, state law in Illinois requires employers to pay out vacation, but not sick time. Blended PTO policies are not considered vacation time, and therefore, accumulated days aren't required to be paid out when employees leave. However, Rogers said businesses often expand the number of days of PTO as a benefit to employees when shifting to a combined time off policy.

Other recent trends in employee benefits include paid paternity leave and student loan payments, according to Rogers. Maine is one state that reimburses student loan expenses through a state tax credit, and a bill was introduced earlier this year in the Illinois General Assembly to incentivize employers to assist employees in paying off student loan debt.

With low unemployment rates statewide and many industries competing to hire top candidates, employee benefits will continue to be a significant issue in both recruiting and retaining employees. ♦

Karen Ackerman Witter retired from the State of Illinois. She is a frequent contributor to Springfield Business Journal.

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Pictured L-R: Todd Bringuet, Scott Bringuet and Cory Boatman



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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	Springfield YMCA Gus and Flora Kerasotes Branch 4550 W. Iles 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 train- ing, group fitness, warm water instructional pool, lap swimming in cooler pool, water play features	2011
2	Springfield YMCA Downtown Branch 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., 12 pm - 7pm Sun.	Angie Sowle, CEO; Kris Fulford, COO	Child watch, gymnasium, sauna, steam room, whirlpool, rac- quetball 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	FitClub South 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.	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO	Free child care, cardiovascular equipment, free weights, pools, whirlpool, steam room, sauna, warm water hydro therapy, Cap- itol Chiropractic Health Center, HSHS Rehabilitation Services, NASM certified personal trainers, nutrition coaching, senior exercise programs, group personal training, aquatic classes and group exercise classes	1999
4	FitClub West 2811 W. Lawrence Ave. 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, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO Brandon Mont- gomery, Mgr.	Free child care, cardiovascular equipment, free weights, NASM certified personal trainers, senior exercise programs, group per- sonal training, aquatic classes, group exercise classes, nutrition coaching, pools, whirlpool, sauna and 24 hour access	1999
5	FitClub North 2701 E. Sangamon Ave. Springfield, IL 62702	217-788-8250 fitclub.net bmontgomery@fitclub.net	20	1,733	Rates vary.	24-hour access	Jim Copelin, Gen. Mgr. Nathan Imhoff, CFO Dr. Kevin Imhoff, Co-founder/CEO	Free child care, cardiovascular equipment, free weights, NASM certified personal trainers, senior exercise programs, group personal training, group exercise classes, nutrition coaching and 24 hour access	1999
6	Bob Freesen YMCA 1000 Sherwood Eddy Ln. Jacksonville, IL 62650	217-245-2141 217-479=0233 www.jacksonvilleymca.org	70	1,397	See website for current rates. Assistance is available for those who qualify.	5am - 9:30pm M-F, 7am - 5pm Sat., 1pm - 5pm, Sun. (Closed on Sundays May 1 - Nov. 1)	Mary Rowe Henry, Ex. Dir. Jared Maggart, Property Mgr.	Gymnasium, outdoor playground, outdoor tennis/pickleball courts, fitness center, 3 baseball fields, soccer/football field, spinning room, racquetball room, free-weight room, six-lane swimming pool with Red Cross certified lifeguards, lap swim times, water fitness classes, swim team and swim lessons, a registered Master's swim team membership, child watch, afterschool care, summer day camps, fitness classes, Pilates machine, senior fitness classes, monthly senior potluck, sauna, wi-fi, free parking, Redbird CrossFit facility, 1-mile walking trail with new StoryWalk® for families, Parkinson's class.	1968
7	PowerWorks Fitness 349 Williams Ln. Chatham, IL 62629	217-697-8727 217-483=6294 www.pwfchatham.com	20	1,100	Check website.	8am-6:30pm M-Th, 8am-4pm Fri., 9am-noon Sat.	Lex Bitner, Program Director Elizabeth Anderson, Membership Coordinator	Free weights, cardio equipment, locker rooms, saunas, group exercise classes including a state of the art cycle studio, yoga studio, kickboxing, TRX and an Athletic Development training center	2010
8	Rocket Fitness 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	1,000	Rates vary.	24 hours, 7 days a week	Tracy Rogers	Full service gym, Hoist and Vision equipment, freeweights, basketball and volleyball league, showers, group fitness classes included in membership	2014
9	Orangetheory Fitness 2450 W. Wabash Springfield, IL 62704	217-953-0054 orangetheoryfitness.com Studio0805@orangetheo- ryfitness.com	10	650	Varies.	Open 7 days a week	Cami Kern, Studio Manager	Studio fitness, small group personal training	2017
10	Snap Fitness 24/7 1061 Jason Pl. Chatham, IL 62629	217-483-5701 chatham@snapfitness.com	3	600	Call for rates. Student and hero rates.	24/7	David Simmons	Cybex brand equipment, free weights, machine weights, cardio equipment, Fitness On Demand, MyZone	2005
11	Snap Fitness 24/7 1362 Toronto Rd. Springfield, IL 62712	217-679-0081 snapfitness.com springfield@snapfitness. com	2	400	Call for rates. Student and hero rates.	24/7	David Simmons	Cybex brand equipment, free weights, machine weights, cardio equipment, MyZone	2005
12	Roesch's Gym 2746 S. 6th St. Springfield, IL 62703	217-553-4665 roeschsgym.com Roeschsgym@gmail.com	3	200	\$45 single \$75 family of 2 (married) \$15 each addi- tional under 18	24-hour access	T.C. Roesch	3,500 sq. ft. of cardio, free weights, machines	1992

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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
13	Pure Performance Center 320 S. Fourth St. Springfield, IL 62701	ferry.jeremy@yahoo.com	1	60	\$30 per month, \$30 to sign up.	24-hour access	Jeremy Ferry	Wifi and showers	2016
14	Anytime Fitness 2705 N. Dirksen Parkway Springfield, IL 62702	217-523-1541 anytimefitness.com	6	DND	\$29.95 - \$34.95 per month.	24-hour access	Brandon Lawson	Cardio - each piece features its own tv viewing screen, treadmills, ellipticals, crosstrainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks	2010
14	Anytime Fitness 3045 S. Dirksen Parkway Springfield, IL 62703	217-670-2420 anytimefitness.com	6	DND	\$29.95-\$34.95 per month.	24-hour access	Brandon Lawson	Cardio - each piece features its own tv viewing screen, treadmills, ellipticals, crosstrainers, adaptive motion trainers, recumbent bikes, stairclimber, free weights- hammer strength plate loaded, 5-120 lb dumbbells, smith machine, olympic bench, precor/paramont circuit line, modular cable cross over system, private men's and women's shower/bathroom, personal training, rowing machine, squat racks	2012
14	Anytime Fitness West 4307 Yucan Dr. Springfield, IL 62711	217-679-2490 anytimefitness.com Facebook: Anytime Fitness West springfieldil2@anytimefit- ness.com	2	DND	\$33 - \$37 per month. Discount for additional family members.	24-hour access	Jill Fasig	Stepmill, rowing machine, fully equipped free weight area including cables and squat racks. Treadmills, ellipticals, bikes with own tv viewing, free weights, TRX bands, selectorized equipment, cable crossover. Specialty classes include sculpt yoga and aerial fitness after free small group classes.	2012
14	Planet Fitness 1756 Wabash Ave. Springfield, IL 62704	217-546-4910 planetfitness.com info@planetfitness.com	12	DND	\$10 - \$22.04 per month.	Open 24 hours, 7 days a week	Cole Huffman	Cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds	2013
14	LA Fitness 2501 Wabash Ave. Springfield, IL 62704	217-801-9007 lafitness.com contact@fitnessintl.com	40	DND	Varies.	5am - 11pm M-T, 5am - 10pm Fri., 8am - 8pm Sat. & Sun.	Chris Kolb	State-of-the-art equipment, free weights, indoor basketball, cycling, variety of group fitness classes, indoor pool, sauna, whirlpool spa, personal training,* juice bar* *Some amenities are additional charges	2013
14	Springfield Racquet & Fitness Center 3725 Chatham Rd. Springfield, IL 62704	217-787-2460 springfieldracquetandfit- ness.com srfc62704@gmail.com	DND	DND	Rates vary.	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 equip- ment, 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.	1971



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Some part-time jobs offer full benefits

BY MEREDITH HOWARD

For many employees, health benefits are more important now than ever, especially considering the rising cost of health care in the U.S. According to Centers for Medicare & Medicaid Services, a federal government website, national health expenditures grew by 3.9%, or \$10,739 per person, in 2017. Government officials predict expenditures will continue to increase by 5.5% every year from 2018 to 2027.

Many Americans rely on their workplaces to offer health insurance to them and their families, but most companies only provide this benefit to full-time employees.

According to Thomas Mitchell, a life and health insurance agent with Troxell Insurance in Springfield, this is because only Fortune 500 companies “are large enough to provide employer-based benefits to the majority of their part-time and full-time employees because they’re self-insured.”

Mitchell explained, “When companies are self-insured, they can write specific language into their benefit contracts to offer part-time employees insurance and 401(k) options. Unfortunately, when a company is fully insured, the rules to allow part-time employees insurance benefit options are much more stringent than being self-insured – not saying it cannot be done.”

A handful of national companies offer health insurance to part-time employees, and some have locations in the Springfield area.

Lowes, which currently has two stores in Springfield, provides plans that include medical, dental, vision, life insurance and short-term disability insurance to its part-time workers. Coverage is also available for eligible family members. Lowes employees must opt-in during their first 31 days of being hired.

In contrast, a Starbucks employee must receive pay for at least 160 hours over two consecutive months to become eligible for benefits. Eligible employees are given two weeks to enroll in a health plan and “health care advocates” are available to assist employees in choosing the best plan for their needs. According to the Starbucks website, employees can opt-in to plans that include medical, dental, vision, life insurance and disability.

JPMorgan Chase offers benefits to employees who work at least 20 hours per week. Part-time employees can begin participating in health benefit programs on the first day of the month following 90 days from their date of hire. According to Chase’s website, most options cover 100% of in-network preventive care costs, prescription drugs, pre-existing conditions and eligible dependents. Dental, vision, health care saving accounts and long-term disability insurance are available as well.

Locally, both Memorial Health System and HSHS Central Illinois Division Hospitals offer benefits to employees who work at least 32 hours per two-week pay period. According to Erica Johnson, communications manager for HSHS, more than half of their part-time employees take advantage of this option.

Beyond preventative care and more traditional coverage, HSHS offers benefits including assistance for ongoing education, adoption and a wellness program, among others. There are two levels of coverage available, basic or high.

Memorial Health System offers a choice between a Preferred Provider Organization (PPO) and a consumer-driven health plan, which both include coverage for preventative care. Employees meet with a “benefits expert” who advises them on options for individual or family coverage.

With low unemployment rates nationwide,

employers are often competing to attract and retain workers. Employees who are only seeking part-time work may now find they can still take advantage of benefits that have traditionally been limited to full-time employees. ♦

Meredith Howard is a summer intern with Illinois Times and Springfield Business Journal. She was the editor-in-chief of LLCC’s student newspaper and she plans to attend Baylor University in the fall, majoring in journalism.



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INDEPENDENT INSURANCE AGENCIES

Sources: The individual insurance agencies.
Ranked by number of local producers.

	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE / EMAIL	NUMBER OF LOCAL PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGERS / OWNERS	SPECIALTIES	YEAR EST'D
1	TROXELL 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 217-528=1041 www.troxellins.com info@troxellins.com	39	87	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	Insurance Partners, Inc. 901 S. Spring St. Springfield, IL 62704	217-544-8644 www.best-coverage.com info@best-coverage.com	14	5	Denise Beavers, Jo Ann Lawson, Doug Ryherd, Bryan Ryherd	Home, Auto, Commercial, Life, Health, Worker's Comp., Bonds, Annuities, Senior Products, Business Auto & General Liability	1999
3	Gallagher/Nicoud (Arthur J. Gallagher & Co.) 4481 Ash Grove, Suite B Springfield, IL 62711	217-546-6900 217-546=7034 www.ajg.com www.mycbis.com www.mymbis.com	12	24	Jim Hillestad, Tim Nicoud, Jr.	Commercial Insurance and Risk Manage- ment, Benefits and HR Consulting, TPA Services, Captives, Claims Management, International Solutions, Risk Control Services	1927
4	American Central Insurance Services 3300 Hedley Rd. 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
4	Goodenow Insurance Agency, Inc. 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
5	Dimond Brothers Insurance Agency 3931 Wood Duck Dr. Springfield, IL 62711	217-793-6655 217-793=6706 dimondbros.com	8	4	Toby Bartos	Commercial Lines, Personal Lines, Employee Benefits	1867
5	Snyder Insurance/Ascend Benefits 1154 Bradfordton Rd. Springfield, IL 62711	217-793-6000 309-664-1885 insurewithsnyder.com info@insurewithsnyder.com	8	6	Charles Farner, owner Jill Welchel, Hilary Neal and Karen Butler, managers	Home, Auto, Life, Health, Business, Bonds	1906
6	Forsyth Insurance Group, Inc. 430 E. Vine St., P.O. Box 2229 Springfield, IL 62705	217-525-9500 217-528=1526 forsyth-ins.com dblankenship@forsyth-ins.com	7	18	Dale A. Blankenship, President	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
7	Lee/O'Keefe Insurance Agency Inc. 2501 Chatham Rd., 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
7	The Group Insurance Agency, LLC 7006 Kingsmill Ct. Springfield, IL 62711	217-787-7447 217-787=7427 thegroupinsuranceagency.com Service@thegroupinsuranceagency.com	5	7	Jason Dolby	Commercial Insurance, Personal Insurance, Life Insurance, Bonds	2008
8	Denton-Merritt-Dycus Insurance Agency 2800 S. Sixth St. P.O. Box 1179 Springfield, IL 62703	217-528-0408 217-522=5400 dentoninsurance.com dmerritt@dentoninsurance.com	4	4	David R. Merritt John C. Merritt	Personal Lines and Small Commercial	1930
9	Godfrey Insurance Agency 3261 Meadowbrook Rd., Suite 300 Springfield, IL 62711	217-679-5442 godfreyinsuranceagency.com rustin@godfreyinsuranceagency.com	3	4	Rustin Godfrey, Lisa Godfrey	Crop Insurance	2002
9	Bailey Family Insurance 3013 S. 6th St. Springfield, IL 62703	217-441-2342 312-661=5309 baileyfamilyinsurance.com info@baileyfamilyinsurance.com	3	4	Christine and Mark Bailey	Home, Auto, Life, Commercial	2017
10	Preston-Rezin Insurance Agency 3307 Robbins Rd. Springfield, IL 62704	217-529-9711 217-529=0555 prestoninsurance.co prestonins83@yahoo.com	2	2	Bill and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000

HOSPITALS

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

	NAME / ADDRESS	PHONE / FAX (=) / WEBSITE	NUMBER OF LICENSED HOSPITAL BEDS	INPATIENT ADMISSIONS (2018)	OCCUPANCY RATE	FY 2018 OPERATING BUDGET (MILLIONS)	TOTAL STAFF (FULL TIME EQUIVALENT)	ADMINISTRATOR	AFFILIATION	YEAR EST'D
1	Memorial Medical Center 701 N. First St. Springfield, IL 62781-0001	217-788-3000 217-788=5520 memorialmedical.com	500	24,398	69%	\$711	3,760	Edgar J. Curtis	Memorial Health System	1897
2	HSHS St. John's Hospital 800 E. Carpenter Springfield, IL 62769	217-544-6464 217-527=5525 st-johns.org	404	19,429	69%	\$504.5	2,575	E.J. Kuiper, President and CEO	Hospital Sisters Health System	1875
3	Passavant Area Hospital 1600 W. Walnut Jacksonville, IL 62650	217-245-9541 217-479=5637 passavanthospital.com	131	4,261	40.06%	\$119	696	Dr. Scott Boston	Memorial Health System	1875
4	Lincoln Prairie Behavioral Health Center 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 217-585=4747 lincolnpairiebhc.com	97	DND	DND	DND	135	Rob Hittmeier, COO	Universal Health Services	2008

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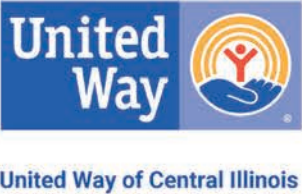
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Physician, heal thyself

BY ASHLEY MEYER

Over the last decade, many of America's other first responders – doctors, teachers, nurses and social workers – have been slowly running out of oxygen. These dedicated individuals who have often sacrificed years of their lives, assumed staggering debt and delayed marriage, family, home ownership and retirement savings in pursuit of careers they love, can find themselves quietly, desperately in crisis. Statistics from the National Education Association show that 40% of new teachers leave education within five years, and an August 2018 *Medscape* article noted that physicians now suffer the highest suicide rates of any profession.

Professional burnout is not insurmountable, but it requires a tool kit beyond what is taught in medical and professional schools, explained Dr. Kemia Sarraf, CEO of Lodestar Physician and Professional Coaching, a business she started in response to her own experience and observations.

"Back in 2016, I was suddenly spending lots of time in hospitals again – on the other side of the bed – because my son had been diagnosed with high-risk leukemia," explained Sarraf. "I began to observe and absorb what was happening to the doctors, nurses and techs working around me, and I had time because I was just sitting there with him day in and day out."

Sarraf was already in the process of becoming certified as a corporate coach, but she began researching and studying what it meant to be trauma-informed, ultimately deciding to combine her interest in both topics.

According to Sarraf, there is no single cause for this devastating reality among care giving

professionals. Much can be attributed to the bureaucracy that has overtaken both the medical profession and public education in recent decades, eroding both autonomy and public perception.

One oft-cited example is the widespread implementation of electronic medical records. Designed to satisfy the needs of insurance and hospital systems, it has chipped away at the time physicians spend engaged in patient care – the work they love. This has led to an increasing number of driven, skilled professionals who are disengaged, dissatisfied and often deeply depressed. Recent statistics from a study conducted by Harvard Business School point at 50% burnout rates among physicians.

"I dislike the term burnout, because it's a misnomer. It suggests you have failed to provide adequate self-care, or don't have effective time management; that somehow you are responsible for your unhappiness at work," said Sarraf. "But it doesn't take into account the years of sacrifice and of living and working 12-14 hour days in toxic work environments. It doesn't acknowledge the trauma that inflicts."

"I realized there was a need for trauma-informed coaching specifically for physicians," said Sarraf. "We have silos of 'first responder' professionals in this country who are experiencing high levels of secondary trauma. They've become professional shock absorbers, taking on the trauma that walks into their exam rooms and classrooms every day and trying to do more with less – less time, less support, less professional autonomy. They're also internalizing community traumas – school shootings, hospital violence... it adds up."

Repeated exposure to the trauma of others, known as secondary traumatic stress, can compromise the professional and personal



Dr. Kemia Sarraf, CEO of Lodestar Physician and Professional Coaching.

PHOTO COURTESY KEMIA SARRAF



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functionality of those providing care. They can, in turn, inadvertently traumatize others as they react to the secondary trauma to which they are constantly exposed.

"Clients often come in completely overwhelmed, wholly disengaged and determined that they're going to have to do something drastic – like leave the profession they once loved – if they're ever going to be happy again. And it's terrifying, not only because they don't know what they'll do next, but also because they may have significant debt and other responsibilities – so they feel horribly trapped. It comes out in anger, in anxiety, in detachment. My job is to help these incredibly talented professionals discover untapped resources in order to transition and transform how they personally operate within what can be a very broken system. And that begins with really, truly listening to where they are, giving names to the experience, and helping them to see that they are neither alone nor are they even an outlier in their experience. Physicians are smart, tough and resilient – but they also need to know they don't have to white-knuckle their way through the next 30 years of their career," said Sarraf.

Utilizing a trauma-informed approach, Sarraf guides clients to identify the toxic stressors in their own lives and learn manage these stressors differently. "People in healing professions are horrified to understand that they are harming their co-workers. They truly want to know how to recognize and respond appropriately," she explained.

"I hope we're approaching a tipping point in the industry and in our treatment of physicians and other providers, but right now the healers themselves need a little healing. And this approach works. Trauma-informed physician coaching helps them rediscover their joy, their humor, their love of the art of medicine, their passion for patient care and connection with partners."

She said helping clients identify and devel-

op personal resiliency strategies is key.

"When you feel totally alone, it's hard to imagine continuing in any profession. Simply learning to recognize and name certain emotions can help with rational decision-making, which in turn, increases resiliency. There is a stepwise process that I've developed to help professionals make the shift from a trauma reaction, which is involuntary and can be damaging to self or reputation or relationships, to a response, which is an active choice."

Sarraf primarily works with individual clients at her 30-acre farm and retreat located just outside Springfield. Additionally, she conducts trauma-informed trainings for school districts and intensive, multi-day retreats geared specifically for physicians and other health care providers.

"The most successful corporations have engaged C-suite coaches for decades," said Sarraf, "and with good reason: it works. The medical profession has been slower to recognize the tremendous benefits provided by physician-coaches, but the return on investment is enormous."

"Coaching is not therapy, which is partly why it appeals to physicians. Physicians are justifiably concerned about reputational risk, licensure and privacy. They're also incredibly busy and very task-oriented. They want to dig in and do the work to meet their professional goals and regain – or finally discover – some balance and joy and happiness. There's a lot of accountability involved. Coaching is deliberate in a very empowering way," said Sarraf.

"Coaching is definitely not therapy. But great coaching can be incredibly therapeutic." ♦

Ashley Meyer is a local food writer and cook and was formerly the executive chef of gehHKids, a nonprofit founded by Dr. Sarraf that seeks to improve the health of children and families in central Illinois.



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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	HSHS Medical Group Anesthesiology & Perioperative Services – 800 E. Carpenter St. Family & Internal Medicine Panther Creek – 2801 Mathers Rd. Family Medicine – 125 E. Plummer Blvd., Suite A, Chatham Family Medicine & Pediatrics – 1745 W. Walnut St., Jacksonville Family Medicine – 300 Sattley St., Rochester Family Medicine – 2806 E. Andrew Rd., Sherman Foot & Ankle Specialists – 1745 W. Walnut St., Jacksonville Foot & Ankle Specialists – 2901 Old Jacksonville Rd., Suite C Hospitalist Program – HSHS St. John’s – 800 E. Carpenter St. Intensivist Program – HSHS St. John’s 800 E. Carpenter St. Joslin Diabetes Center – 1118 Legacy Pointe Dr. Multispecialty Care – 2901 Old Jacksonville Rd. Multispecialty Care Pediatrics – 2901 Old Jacksonville Rd. Multispecialty Care – 1304 W. Burnett Dr., Taylorville Neuroscience Center – 421 N. Ninth St. Neuroscience Specialty Clinic – 1745 W. Walnut St., Jacksonville Neuroscience Specialty Clinic – 1304 W. Burnett Dr., Taylorville Pediatrics Specialty Clinic – 125 E. Plummer Blvd., Suite A, Chatham Priority Care – 1836 S. MacArthur Blvd. Pulmonology Specialty Clinic – 1304 W. Burnett Dr., Taylorville Walk-in Clinic – 4200 Conestoga Dr. (inside Meijer)	217-321-9292 HSHSMedicalGroup.org	Melinda Clark, CEO; Loren Hughes, MD, President	All offices: 8AM – 5PM Priority Care: 7 days a week, 7AM – 9PM Walk-in Clinic at Meijer: Mon – Fri, 11AM – 9PM; Sat 9AM – 7PM; Sun 10AM – 6PM Springfield Pediatric Walk-in Clinic: Mon – Fri, 8AM – 4PM Multispecialty Care Walk-in Clinic: Mon – Fri, 8AM – 4PM Sherman Walk-in Clinic: Mon – Thur, 8AM – 4PM Virtual care at Anytimecare.com: 24/7	Primary and Specialty Care, Ancillary Services, Walk-in Care and Virtual Care	515	1,565	Multispecialty group that offers integrated care, including an advocate to help patients find a primary care doctor; onsite lab and advanced imaging, adult neurology, anesthesiology, diabetes and endocrinology, epilepsy, hospitalists, intensivists, interventional neurology, neurosurgery, pediatrics, pediatric neurology, podiatric medicine, podiatric surgery, primary care, urgent care, vascular neurology, virtual care, walk-in care.	2009
2	SIU Medicine Center for Family Medicine - 520 N. Fourth St., Springfield, 102 W. Kenwood, Decatur, 345 W. State St., Jacksonville, 109 Third St., Lincoln Internal Medicine Clinic- 751 N. Rutledge St. Neuroscience Institute at SIU - 751 N. Rutledge St. OB-GYN Clinic - 4400 N. Ninth St., 1100 Lincolnshire Blvd. Pediatrics – 400 N. Ninth St. Psychiatry Clinic - 319 E. Madison Child & Adolescent Psychiatry Clinics - 319 E. Madison Simmons Cancer Institute at SIU - 315 W. Carpenter St. SIU Surgery Clinics - 747 N. Rutledge St. SIU Ear Nose and Throat Clinic, Hearing and Balance Center - 720 N. Bond St. Institute for Plastic Surgery at SIU - 747 N. Rutledge St. SIU Cosmetic Clinic - 2201 W. White Oaks Dr. SIU Fertility and IVF Center - 751 N. Rutledge St.	217-545-8000 siumed.org	Jerry Kruse, MD, CEO; Harold Lausen, DO, MA	Mon - Fri, 8AM - 4:30PM	Primary care, specialties and subspecialties including surgical treatments.	300	1,900	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	Springfield Clinic 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., Suite A, Riverton SC Sherman – 400 St. John’s Dr., Sherman SC at the Villas – 100 Marian Parkway Suite 149, Sherman SC Wabash – 2200 W. Wabash Ave. SC West Wabash 4525 W. Wabash Ave., Suites D and E	217-528-7541 800-444-7541 SpringfieldClinic.com	P. James Abraham, MD, FCCP, Chairman; Ray Williams, CEO	All Offices: 8AM - 5PM. Urgent Care Main - 1025 S. Sixth St, 8AM - 8PM; Urgent Care West - 2200 W. Wabash Ave, 8AM - 8PM, (excluding major holidays); Urgent Care Sherman- 400 St. John’s Drive, Sherman, 8AM - 6PM (excluding major holidays) Saturdays and extended hours at some locations.	Primary, Specialty and Walk-in Care, Ancillary Services	278	2,445	Health care that focuses on improving patient health, providing value to patients and serving the community. Supported by 80 medical specialties and subspecialties and a variety of services covering lab, imaging, audiology, dietetics and nutrition, counseling, rehabilitation and outpatient surgery needs. Diabetes, optical and sleep centers available as one-stop medical care offices for certain conditions or treatment. Patient care includes access to Urgent Care (no appointment, walk-in medical care), TeleNurse (free 24-hour patient help line) and myHealth@SC (secure patient portal). For a comprehensive list of doctors, specialties, services and locations, visit www. SpringfieldClinic.com.	1939
4	Prairie Cardiovascular Consultants 619 E. Mason Prairie Diagnostic Center 401 E. Carpenter	217-788-0706 prairieheart.org	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
5	Memorial Physician Services Memorial Medical Center 701 N. First St. (corporate office) Chatham – 101 E. Plummer, Chatham, IL 62629 Jacksonville – 15 Founders Lane, Ste 100, Jacksonville, IL 62650 Koke Mill – 3132 Old Jacksonville Road Lincoln – 515 N. College St., Lincoln, IL 62656 MacArthur Walk-in Clinic – 2215 S. MacArthur North Dirksen – 3220 Atlanta St. Petersburg – 1 Centre Drive, Petersburg, IL 62675 South Sixth – 2950 South 6th St. Vine Street – 3225 Hedley Road Women’s Healthcare – 747 N. Rutledge Memorial/Now.com - virtual care service	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	67	533	Pediatrics, Family Medicine, Internal Medicine, Obstetrics / Gynecology, Psychiatry, Internal Medicine/ Pediatrics.	1994



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6	Prairie Eye and LASIK Center 2020 W. Iles Ave.	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, Uveitis, Oculoplastic and Reconstructive Surgery, in-office LASIK Procedure.	1970
7	Orthopedic Center of Illinois 1301 S. Koke Mill Road	217-547-9100 217-547=9236 OrthoCenterIllinois.org	Gordon Allan, MD, Frank Bender, MD, Christopher Graves, 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-6PM, Saturday, 8AM-12PM	Orthopedics, Imaging, Physical Therapy, Medicine, Walk-in Clinic	16	100	Joint Reconstruction, Spine Surgery, Fracture and Injuries, Foot/Ankles, Upper Extremities, Sports Medicine, Interventional Pain Management, Imaging, Physical Therapy, Minimally Invasive Surgery.	1972
8	ExpressCare Koke Mill – 3132 Old Jacksonville Rd. North Dirksen – 3220 N. Atlanta St. South Sixth – 2950 S. Sixth St. Chatham – 101 E. Plummer Blvd.	217-588-2600 MemorialExpressCare.com	Memorial Health System	All locations 8AM – 8PM, 7 days a week	Walk-In Care	8	120	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
9	Central Counties Health Centers 2239 East Cook Street, Springfield, IL 62703 800 E. Carpenter, 10th floor, Springfield, IL 62702 (dental only) 1440 W. Walnut St., Jacksonville, IL 62650 1141 N. Cheney St., Taylorville, IL 62568 5220 S. 6th St., Suite 2100 (dental only) 120 N. 11st St. (homeless medical clinic) 530 N. 6th St. (homeless medical clinic) 1023 E. Washington St. (homeless medical clinic)	217-788-2300 (Springfield Main) 217-788-2337 (CCHC Dental at Hope Pavilion, Springfield) 217-243-3543 (Jacksonville) 217-287-7477 (Taylorville)	Heather Burton President and CEO	Hours vary according to site. Call 788-2300 for specific site hours.	Primary Care Dental Care Behavioral Health	7	100	Family Medicine, Pediatrics, Internal Medicine, Dental, Behavioral Health. Onsite laboratory.	1999
10	Gailey Eye Clinic 1401 S. Koke Mill Road	217-529-3937 217-698=3937 gaileyeclinic.com	Robert Lee, M.D.; Siya Huo, 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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MEDICAL NEWS

HSHS Medical Group to acquire Vita Center for Women

HSHS Medical Group plans to acquire the Vita Center for Women, effective Oct. 21. Vita has locations in Decatur, Pana, Sullivan and Shelbyville, Illinois, in addition to caring for patients full time at Crossing Healthcare in Decatur. Six physicians and eight advanced practice clinicians will transition to HSHS Medical Group, along with colleagues at Vita practices.

“Vita has a long-standing relationship with HSHS Medical Group. I appreciate the character and integrity of HSHS, and our core values align well. They have shown not only a commitment to Vita, but the citizens of Macon County and the communities they serve,” said Dr. Jeff Pfeiffer, the owner of Vita.

“Vita has a wonderful tradition of high-quality women’s health care in the Decatur region,” said Melinda Clark, chief executive officer of HSHS Medical Group. “We are honored to welcome them to our growing team of specialists, primary care physicians and advanced practice clinicians in the Decatur area.”

While Pfeiffer has been practicing in the Decatur area for more than 20 years, Vita was founded in 2011 to provide access to comprehensive, all-encompassing health care services for women. Their medical team includes physicians, advanced practice clinicians and certified midwives. Vita provides generalized obstetrics and gynecology services, including high-risk obstetrics, well visits, exams and robotic surgery. They are one of the largest gynecology groups

in Illinois with all their surgeons trained in da Vinci robotic surgery. Other services include a comprehensive weight loss program, a full line of aesthetic services, integrative medicine and functional medicine.

“Our team is very progressive and forward-thinking,” said Dr. Pfeiffer. “If a new technology or medical technique comes out, we research it. If the service is validated, we share it with our patients.”

“Vita has made great progress toward improving women’s health care in Macon County and HSHS Medical Group can take us to the next level. It was a good choice not just strategically, but ethically,” said Pfeiffer.

Vince Noel, vice president of strategy and business development at HSHS Medical Group said, “The Vita acquisition fits our ongoing recruitment plan for continuous expansion of primary and specialty care services in the Decatur region. We



Dr. Jeff Pfeiffer

PHOTO COURTESY HSHS MEDICAL GROUP

are always looking for committed physicians and advanced practice clinicians to join our growing team.” ♦



Melinda Clark

PHOTO COURTESY HSHS MEDICAL GROUP

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Rules change for consumer debt collection

BY SARAH DELANO PAVLIK

Illinois Governor J.B. Pritzker recently signed House Bill 88 into law, and it is expected change the face of debt collection in Illinois. The basic idea behind the new law, known as the Consumer Fairness Act, is to provide relief to millions of Illinoisans who have struggled with consumer debt to the point where they have difficulty being productive members of society. To accomplish this task, the Act provides certain percentages and time frames that Illinois debt collectors need to follow.

The new law will lower the interest rate on post-judgment consumer debt under \$25,000 from 9% to 5%, and it will reduce the amount of time that creditors can collect on a judgment from 26 to 17 years by limiting judgment revivals. Before the new law officially takes effect on Jan. 1, 2020, here are a few things to keep in mind.

1. The new law is limited to post-judgment debt collections against “natural persons.” Only certain types of consumer debt will be affected by the change. Legally, corpo-

rations, partnerships, trusts, estates and other entities are “persons.” A “natural person” is a human being. If a natural person and a corporation are both liable on a debt, the new law will not apply.

“Post-judgment debt” refers to debt that has been brought before the court and a judgment entered against the debtor. Beginning on the day judgment is entered by the court, the outstanding debt will begin to accrue a certain amount of interest on the principal balance. Presently, the rate of post-judgment interest is generally 9%. However, as of Jan. 1, the interest on post-judgment debt of natural persons will be 5% under most circumstances.

2. The \$25,000 consumer debt threshold applies to each individual judgment. Just because a person owes money all over town does not necessarily mean that he cannot still enjoy the lower 5% post-judgment rate once the new law takes effect. Even in situations where a person has more than \$25,000 in outstanding post-judgment consumer debt, as long as each individual judgment is for less than \$25,000 (and the judgment was entered after Jan. 1, 2020), all of the individual’s outstanding

post-judgment consumer debt will bear interest at 5% until it is paid off. All judgments against natural persons that are in excess of \$25,000 will continue to accrue interest at the rate of 9%.

3. The 5% rate won’t automatically take effect once the outstanding balance falls below the \$25,000 threshold. As written, the new law will only apply to judgment amounts – not to the outstanding balance on a judgment. By way of example, if a person has a judgment entered against him after Jan. 1, 2020, for \$40,000, and he is later able to pay the outstanding balance down below \$25,000, the remaining balance will still accrue interest at a 9% rate even though the total amount owed is less than \$25,000.

4. All judgments for consumer debt that exist before Jan. 1, 2020, will continue to be charged at the current 9% APR rate even after the new law takes effect. The law only applies to judgments that are entered after Jan. 1, 2020. This means that all existing judgments, including those entered up until the very end of 2019, will continue to accrue

interest at the rate of 9% until the debt is paid off in full. The law contains no language in which an existing 9% judgment will transform into a 5% judgment at the beginning of 2020, or otherwise.

5. If you have any questions about the new law, you should reach out to a qualified attorney. If you owe or are owed consumer debt, it might be a good idea to seek legal counsel from an attorney who has a background in Illinois consumer debt collections. Since the upcoming change will (for better or worse) carry with it some drastic ramifications for post-judgment consumer debt, you should be in touch with someone who knows how to use the law to your financial advantage. ♦

This article is for informational and educational purposes only and does not constitute legal advice.

Sarah Delano Pavlik is an attorney with Delano Law Office in Springfield. She can be reached at sdpavlik@delanolaw.com.



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Lots of lunch options at Longhorn

BY THOMAS C. PAVLIK JR

Chain restaurants don't usually top my list of potential dining choices. But when a friend suggested Longhorn Steakhouse for lunch, I decided to keep an open mind and give it a try. It was a good decision.

Before going, I decided to do a little research. There are about 500 Longhorns spread throughout 41 states. Its corporate owner also has The Capital Grille (a high-end steakhouse) and many Olive Gardens. It boasts of having 1,700 restaurants in total with over 180,000 "team members." In short, it's a big operation.

Longhorn is located in an outbuilding on the Wabash side of White Oaks Mall. A non-descript exterior gives way to a nicely done interior. There's lots of stone, dark wood and soft lighting. For décor, equine accoutrement festoons the walls and there's even a cow head hanging over the bar. Oh, and of course, there are the longhorns. I half expected to see a Frederic Remington piece. The space screams ranch house and is warm and inviting.

Longhorn offers both booth seating (generously sized, which we appreciated) and table seating. There's a separate bar area with table seating as well. We liked that diners weren't crowded next to each other and that our conversations weren't at risk of being overheard.

I arrived shortly after Longhorn opened at 11 a.m. to find my guest already seated. I was politely shown our table, with our waiter appearing literally moments later to take my drink order and to drop off a menu for me. Fellow diners continued to stream in and, by the time we left, Longhorn had a pretty big crowd. I had previously thought of it as just a dinner option and didn't realize how popular it was for lunch.

Although the full menu is available for lunch, there is a separate lunch menu that covers pretty much everything you'd expect from a steakhouse – steaks, burgers, sandwiches and soup/salads.

My guest, a frequent visitor to Longhorn, started us off with an order of the Wild West Shrimp (\$9.99 – breaded shrimp with cherry peppers, garlic butter and ranch). Other starters included the cheddar stuffed mushrooms (\$8.49), the chicken wings (\$9.79) and the Texas onion (\$7.99).



Renegade sirloin plate.

PHOTO COURTESY LONGHORN STEAKHOUSE

Once we placed our starter order, a loaf of fresh bread and butter appeared – a nice touch for lunch, which also came in handy to soak up the garlic butter left over from our shrimp starter. And speaking of those shrimp, they were a nice start to the meal. Not the greatest I've ever had, but the spicy cherry pepper and garlic combina-

wiches. All were very reasonably priced between \$7.49 and \$9.99. Instead, I went with the Renegade Sirloin (\$10.99 for 6 oz. sirloin and side) while my friend ordered the Longhorn Salmon (\$14.99 for 7 oz. piece served over rice with a choice of side). The list of sides is exhaustive and includes about a half-dozen options that cost a little more money like French onion soup or asparagus.

My sirloin came cooked exactly as ordered with a nice char on the outside. I was particularly pleased that it had been liberally seasoned (although my doctor may not have approved of the amount of salt). While obviously not as tender as a filet, this was a good cut and had the requisite flavor profile. My fries were perfect – well-seasoned, crisp on the outside and fluffy on the inside. It was good food and value for \$10.99.

The salmon benefited from a bourbon marinade and was a delicious looking piece of fish with just the right amount of brownness on the outside. Although I didn't sample it, I could tell it was moist from the way it flaked when cut into. My friend advised he thought it one of the better salmon entrees in the city. The broccoli (my friend was much more

health-conscious than I) was cooked so that it had just the right amount of bite. Although usually served with rice, he opted to swap in a baked potato – which was reported as fluffy and delicious.

With 500 locations, Longhorn is clearly onto something – namely good food, in the right atmosphere and at a reasonable price. When on the west side, it will be part of my lunchtime rotation. ♦



Longhorn salmon.

PHOTO COURTESY LONGHORN STEAKHOUSE

tion helped wake up the palate. It was a good choice.

For our entrees, I was sorely tempted to order one of the "Lunch Combinations" which involved selecting two soups, salads or sand-

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Attendees at a Destination Dinner Table at Matheny-Withrow Elementary School learning to prepare delicious nutritious meals and snacks.

PHOTO COURTESY GENHKIDS

Raising a generation of healthy kids

BY JANET SEITZ

America's child health crisis is a problem being addressed by genHkids, a local nonprofit formed in 2008 with a mission to create a generation of healthy kids.

Founded by Dr. Kemia Sarraf, in collaboration with a number of local organizations, associations, public health institutions, businesses and educational establishments, the genHkids coalition has a hands-on, grassroots approach to improving child health. It is comprised of health professionals, educators, fitness experts, nutritionists, parents and other concerned citizens dedicated to creating "Generation Healthy."

Larissa Hansen, the organization's executive director, cites a 2018 *New England Journal of Medicine* study that predicts that 57% of children in America today will be obese by the time they reach 35 years of age. In Illinois, one out of three children is currently overweight or obese.

As a result, genHkids is intent on developing and implementing programs that educate kids and their grownups on how to achieve lifelong optimal health through active play and improved nourishment. GenH's motto is "Eat Real and Move More," and provides tips, tools and training to help both parents and children live out that theme.

Hansen is a mother of three who first experienced genHkids when her children were in elementary school and became then a volunteer a couple years later in 2012. "As I explored the organization more," she recalled, "I realized that virtually all families have some kind of reason for not cooking at home, whether it's that they are too busy, don't have enough money, or don't have the skills to cook."

Since stepping into the executive director position in January 2017, Hansen has been responsible for overseeing the administration, programs and strategic plan of the organization, as well as managing the fundraising, marketing and community outreach.

The organization's programs are designed to address root causes directly, said Hansen. "We work tirelessly to educate, encourage and empower children to make their own best choices first and foremost, and to assist their adult caregivers – teachers, administrators, youth leaders and parents – in adopting best practices for improving health at home and in the classroom."

Deidrinel Masseke, Springfield Urban League 21st Century after-school site coordinator, has seen a difference in the classroom, particularly after teaching for 38 years. "I've always reached out to the community in order to help my students see the correlation between what they learn and how it applies to the real world. I noticed that genHkids was hosting a Destination Dinner Table at Wanless Elementary School, which led me to inquire how could I connect with them to bring a hands-on

experience for my students and parents. It was love at first sight. We began a partnership the following year focusing on health, general well-being and its effects on learning."

Hansen has seen families who have participated in Destination Dinner Table take an entirely different approach to eating that has helped them be healthier and be more cohesive as a family unit.

"Several parents have told us that there was no way their children would even try some of the dishes we prepare together in those classes," she stated, "and are pleasantly surprised when the children not only try it, but love it. We've also worked with kids who can't identify basic fresh fruit – like bananas, cherry tomatoes and green apples – who ultimately learn to appreciate it, and request those foods from their parents."

Today's children face different issues from those of their parents, Hansen noted. Those include increased pressure on academic work, after-school programs, elimination of recess and reduction of physical education, and concerns about child safety.

"When we look at the impact that health has on cognitive ability, retention and memory, stress levels and productivity," said Hansen, "in addition to our physical health, we see that it is an alarming shift that we need to address sooner, rather than later."

Many of genH's programs are aimed at families who struggle with access to food, other than highly processed food. Teaching those families about real foods, said Hansen, and how to grow them, prepare them and plan for meals to save money and nourish their families is a central part of the organization's mission.

"Eat Real and Move More" has become an integral part of our enrichment program," stated Masseke. "We have also added a gardening component – teaching how to grow a garden, harvest and take it from the garden to the table."

She reported that more than 1,000 children and parents have been impacted by its partnership with genHkids during the past seven years and that the organization "has provided a formidable way of empowering our students and parents with important life skills that will strongly impact their academic performance and family life."

Hansen said a huge demand exists for its programs, especially given Sangamon County's ranking for poor health habits – despite the quality of clinical care – making volunteer and funding sources key. Two upcoming events, a trivia night on Sept. 21 and golf outing and harvest dinner on Oct. 21, are ways community members can get a taste for genH's efforts. For more information about the organization and upcoming events, visit genHkids.org. ♦

Janet Seitz is a local communications professional, writer, and artist. To share your story, contact her at janetseitz1@gmail.com.



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