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# Springfield business journal

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## At LRS, fitness is a benefit in more ways than one

By Colin Patrick Brady



The treadmills at LRS are popular during the lunch hour.

PHOTO BY GINNY LEE

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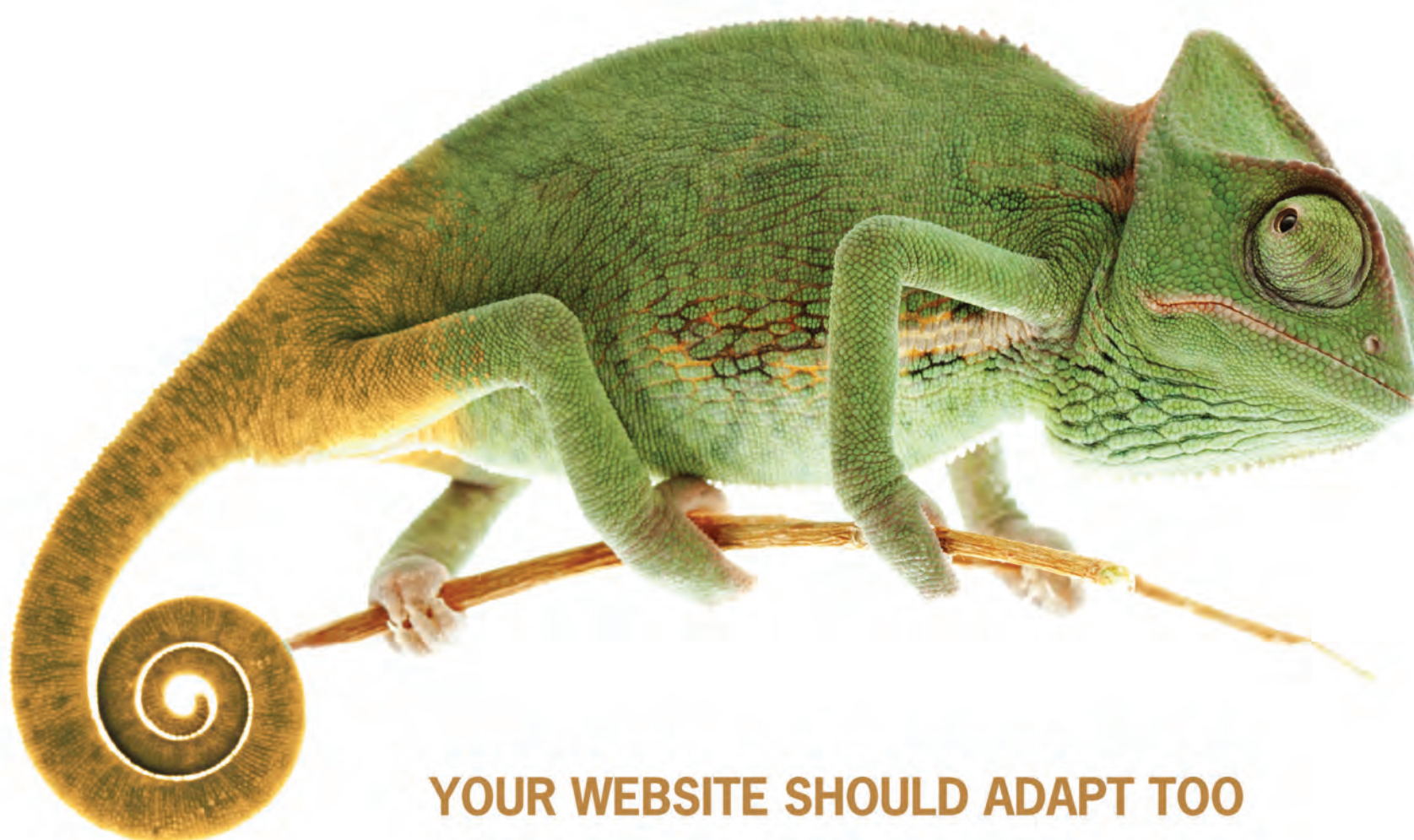
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Josh Becker of Cocoa Blue Chocolates received the New & Emerging Business Owner of the Year.



Terry and Sandy Farmer of Terry Farmer Photography received the Diamond Lifetime Award.

# 2015 Small Business Award Winners



Jodi Cole of Flea Market to Fabulous received the Ruby Award Small Business Owner of the Year.

PHOTOS BY TERRY FARMER



Joseph Doone of Stanley Steamer of Central Illinois, Inc., received the Emerald Award Small Business Owner of the Year.



Tiffany Simmons of Community Child Care Connection, Inc. received the Not-For-Profit Business Director of the Year.



## 40 UNDER FORTY AWARDS EVENT



Congratulations to all of the 40 Under Forty award recipients.

PHOTOS BY GINNY LEE



Joe Langfelder, Esther Seitz, John Myers, Barbara Myers and Ed Gower.



Elly Mackus, Mayor Jim Langfelder and Susan Koch.



Shane Harris and Amy Smith-Harris.

On Wednesday, July 15 a ceremony was held at University of Illinois – Springfield to honor the 2015 class of Forty Under 40. Nearly 200 attendees enjoyed a reception beforehand with hors d'oeuvres and drinks provided by UIS catering. Mayor Jim Langfelder, a previous Forty Under 40 recipient himself, was the keynote speaker. To learn more about this program or make a nomination for next year, visit [www.springfieldbusinessjournal.com](http://www.springfieldbusinessjournal.com) and click on the “awards” tab.



Jeff Nevins and Adam Perschbacher.



Josh Broughton with wife, Kelly, and mother, Rachel Broughton.



Chancellor Susan Koch welcomes the attendees.



Ossie and Midge Langfelder with daughter Julia Frevert.





# Central Illinois native enjoying second career

By Eric Woods

Chris Holloway has always loved living in central Illinois. Currently residing in Rochester Township, he has lived in Springfield, Chatham and Bloomington. Over the years he has received opportunities to move to Indianapolis and Rockford but always declined. "I am just a central Illinois guy," said Holloway. "I enjoyed living in Bloomington, but we were excited when there was an opportunity to move back to Springfield. This is more home to us."

Over the years, Holloway had several ideas regarding what career path he should take. Growing up he wanted to be a scientist and even began college as a chemistry major. He then wanted to be a lawyer but disliked law school. His first job was working for his father, who managed a fertilizer plant. "I drove trucks and delivered supplies to farmers in Pike County," said Holloway. While in college, he worked for a collections company and made enough money to put himself through school. Although he considers that job his least favorite, being able to pay for college and graduate with no student debt is one of his greatest achievements. "I worked full time and had some school scholarships. I graduated with a savings account and not debt."

Holloway eventually found his niche in the banking world and was a banker for

more than two decades. He worked at the original Springfield Marine Bank for nine years, spent a year at Chatham Community Bank and spent another 18 years at Marine Bank in Bloomington. He was a commercial lender and also served as bank president while in Bloomington before leaving banking altogether in 2002 when he started Apartment Mart.

In 1998, while still working in Bloomington, Holloway bought into Ravenwood Townhomes, a four-unit building in Springfield. He decided to get into the construction business in 2002, so he left the banking world and moved back to the Springfield area. He then became the owner along with property and construction manager. "I had met people in Bloomington who had businesses like this," he said. "I liked the business model and wanted to move back to Springfield." Apartment Mart currently operates three locations in Springfield and one in Chatham.

Holloway is not as involved with the day-to-day activities anymore, but he does still come out whenever there is a call about an issue. He also still enjoys showing apartments to people from time to time. "I thoroughly enjoy this business," he said. Over the last several years, Holloway has been turning

Apartment Mart into a family business. "Nine years ago I talked my son into coming to work with me. He is now the general manager of all properties." One of Holloway's daughters is currently working toward her property management degree and will continue working for the business once it is completed. Holloway is excited and anxious to see how the business will develop over the next several years and what his children will do with it.

Experience is the key to success in this industry, according to Holloway. "In this industry, there are individuals in business more than corporations. Bigger cities have corporations, but central Illinois is more individual. There is a great difference in the way they are run," he said. "I want my daughter to learn new ways, not just what she sees here."

Looking ahead, Holloway recently began a five-year apartment project known as Cardinal Ridge in Chatham. "This will be a new 304-unit complex," he said. "We do not have final approval yet, but we are doing well with it." Holloway is excited by this new addition as it will add more size and price choices for people looking for an apartment.

Although he has taken a step back, Holloway still finds himself heavily involved

## Chris Holloway

Title: Owner, Apartment Mart of Springfield  
Address: 1830 Prairie Vista Dr. Chatham  
E-mail: [chris@apartmentmartofspringfield.com](mailto:chris@apartmentmartofspringfield.com)  
Education: B.A. in Business Economics from Illinois College  
Family: Wife - Nancy; Children - Grant, Darcy, and Anna

**Favorites -**  
Hobby: Reading and traveling  
Restaurant: Bella Milano  
Sports team: St. Louis Cardinals

**Tidbits -**  
Was a 3rd degree black belt in martial arts and is a former instructor  
Enjoys historical novels and biographies  
Has visited all but four states in the country

in Apartment Mart. "My kids laugh when I mention retirement," he said. "I will eventually be handing the reigns over to my children. But I will never be away completely." □

*Eric Woods is a freelance writer from Springfield. He can be reached at [ericw93@aol.com](mailto:ericw93@aol.com).*

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# SMTD: A service in transition

By Roberta Codemo

According to the recent 2015 Sangamon County Citizens Survey, bus ridership in Sangamon County is low. Only five percent of the 576 respondents surveyed report using the Springfield Mass Transit District at least once or twice a week while 85 percent report “never” using the system.

A small percentage of respondents report improvements to bus service was a priority, with one-third reporting improvements were needed “a lot.” Of these, African-Americans were 54 percent more likely than whites (at 25 percent) to decry the need for improvements.

Frank Squires, SMTD managing director, said ridership numbers are up 4.4 percent as of May and have been steadily rising. As of July 1, SMTD eliminated a number of low ridership routes, including the Historic, Southwind, Park Tower and IDOT routes. The Historic route accounted for two percent of the total service.

One driver, who spoke on condition of anonymity, said the route changes occurred because of funding cuts. “Removing routes doesn’t make the system better,” he said. “We’re still running the same 1930s routes. He thinks everything’s kosher.”

When asked if any riders stepped forward to complain about the changes,



Frank Squires, SMTD managing director.

Squires said no one said anything. “The route changes were made purely for better service,” he said. “We are always looking for ways to maximize resources to create new ridership.”

SMTD operates 18 routes; 58 buses run fixed routes and 18 buses run paratransit routes. There are eight 30-foot 20-passenger buses and 49 35-foot 40-passenger buses. All are handicapped accessible.

Some routes report increased ridership, while others report declining or stable ridership. The best performing are the North Ninth and East Cook routes. Squires was unable to provide exact ridership numbers.

The district employs 75 bus operators;

approximately 31 are part-time and the remaining are full-time. There are 21 paratransit bus operators.

Squires will have been the managing director for three years this September and earns around \$103,000 annually. Previously he worked in the investigations unit for Department of Corrections. He has served on the SMTD board for 15 years; the last five as board trustee chairman.

“I pretty much know the district inside and out,” said Squires, when asked if a transportation background was necessary in his position.

According to the anonymous driver, after the last round of contract negotiations, Squires received a pay raise and bonuses simultaneous with funding cuts. When asked about this, Squires said he received an annual raise as did all employees and denied receiving a bonus.

The fiscal year 2014 budget was \$14.8 million; the fiscal year 2015 budget is in question pending legislative action. As Squires explained it, 62 percent comes from the state, 18 percent comes from local property taxes, 10 percent comes from the federal government, nine percent comes from the fare box and the remaining one percent comes from other sources like ad revenue.



Squires said the district is always looking at expanding routes and recently hired a planning and marketing person. “We have a little bit of weakness on the west side,” he said. When asked about expanding service west and south, he said many roads will not support the weight of a 12-ton bus or are outside the district.

The district is looking at expanding Saturday night bus service and providing limited Sunday bus service but this will require financing. “Buses are very expensive

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PHOTOS BY GINNY LEE

to operate” said Squires. There are procedures that must be followed.

“There are a lot of things people don’t understand,” continued Squires. “People don’t know what has to happen.”

At one time there was talk about overhauling the entire system. It comes down to timing. Squires would like to move the transfer station off-street and away from its present location. The additional train traffic on the Third Street corridor has become a hindrance.

“It takes too long to get where you’re going,” said the driver. Currently, some routes run every half hour; others every hour. There are some routes that change from every half hour to every hour during the middle of the day.

“The system needs updated,” he added. On the 30 minute runs, “drivers fight like hell to get back downtown.” This creates a hazardous situation.

Squires said drivers are supposed to follow the rules of the road and remain

diligent and alert to oncoming road hazards. “Watching the road is number one,” he said.

The driver said morale was low and everyone was worried about losing their jobs. “It’s a scary situation,” he said. “Drivers are walking on eggshells.”

Richard Fix held the position before Squires. “We knew where we stood with him,” the driver said, who further added that Squires doesn’t listen to the drivers. “He never asks for our input.” He doesn’t understand why someone with no transportation background was hired to fill the opening.

When asked about morale problems between drivers and management, Squires inquired of this reporter regarding any morale issues witnessed during her tour. He said he couldn’t speak for the drivers but he doesn’t believe there are any. He added he is readily available and walks the facility daily and no one has ever complained to him.

There are system improvements planned. Current upgrades include a new website, new signage at the transfer station and new signs at businesses like Staples that list bus departure times to cut down on the number of phone calls to dispatch.

The district is also installing 60 new ADA-compliant concrete pads at various locations. Shoun Reese, grants/procurement manager, said funding for capital improvement projects comes from state and federal grants. The Federal Transportation Administration funds federal projects, while the Illinois Department of Transportation

funds state projects.

There are also plans to install smart technology on each bus. “We are laying the framework for it,” said Tyler Orton, IT administrator. Currently, he is redoing the phone system to tie it into the bus radios so it will be easier to track buses in real time. Riders will know where to catch a bus to get where they’re going and how much it’s going to cost.

In the future, passengers will only need to scan a reloadable card that they will swipe when they get on and the fare will be automatically deducted from it. Infrared sensors will record when someone embarks and disembarks, the location and the time. “It will make it easier to use this information to improve the system,” said Orton.

The district is also looking at Google Transit, which is a trip planner which allows someone to go online and track buses in real time. “This would alleviate stress on the dispatchers,” said Squires.

He says he often receives compliments about the bus service, and riders comment on the friendliness, helpfulness and the knowledge that drivers have. “Drivers are attuned to their route,” said Squires. “The bus you take is your bus.”

“The service will always be there,” he continued. “It just may be in a different form or shape.” □

*Roberta Codemo is a full-time freelance writer. She can be reached at rcodemo@hotmail.com.*

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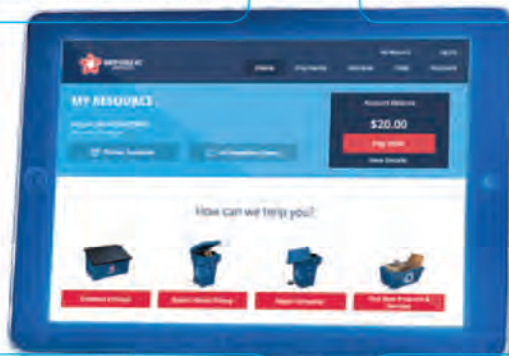
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## SMALL BUSINESS



Bats inside an old church. Scheller says they love old brick structures. PHOTOS COURTESY OF RON SCHELLER

## Becoming Batman

### Unique talent turns into a growing animal control business

By Zach Baliva

When it comes to birthday gifts, most 10-year-olds ask for video games, a bicycle or action figures. But not Ron Scheller. On his 10th birthday, the young Scheller got exactly what he had hoped for – a dozen muskrat traps.

Fast-forward a few decades, and Scheller has turned his passion for trapping into a business, and he just might have the most interesting business card around. According to it, Scheller – who operates a business known as The Bat Guy out of Mt. Olive – specializes in the trapping and exclusion not just of bats but “birds, squirrels, raccoons, groundhogs, moles, opossums, snakes, skunks, beavers and more.” He regularly services Springfield residents and business owners.

But how does one become The Bat Guy? He’s not a khaki-clad and fearless reality television host. Those guys “set the legitimate business back 40 years,” he says. He’s also not your neighbor with a trap. “It’s illegal to run to the store, get a trap, and move a raccoon.” He’s a member of the National Wildlife Control Operators Association with more than 30 years of experience in “animal damage control work,” using selective trapping and poison/chemical-free methods.

It all started around 1970, when Scheller would accompany his dad on winter traplines. “I’d tag along,” Scheller recalls. “I got an interest in the critters, and did all I could to understand their behaviors and patterns.” Soon Scheller was trapping part-time and built a good relationship with a few game wardens who would in turn refer clients to him. It was a decent side-income, but that all changed with the stock market crash of 1987. Furs were suddenly passé, and trapping saw a sharp decline. In three years, Illinois’ raccoon population tripled. “We would get 350,000 raccoons in a seven-week

season before the crash. Afterwards, it went down to 60,000...so you had 300,000 extra raccoons reproducing,” Scheller explains.

When subdivision development picked back up, those raccoons (and other animals) found a new habitat. “Subdivision development is the best thing that could happen for many small species, because animals easily find food and shelter in developed areas. The high numbers in cities are simply a result of their natural ability to locate the most suitable habitat,” says Scheller.

In 1990, the Department of Natural Resources started receiving thousands of complaints about raccoons in residential or commercial properties, and thus created a nuisance wildlife program. Scheller, who was then working 40 hours per week as a motorcycle mechanic, didn’t want to apply for certification in the program. However, he was already a well-known expert. When he refused, the program’s creator showed up in his living room and administered the test on the spot. “They just wanted someone they could forward all the complaints to,” says Scheller with a laugh.

Scheller’s phone started ringing off the hook, and without any advertising investment, he found himself spending 40 hours a week chasing critters after clocking out at his full-time job. Before long, though, the nature of his clients’ requests started to change. He started getting bat calls. Bats, it turns out, are craftier than some other nuisance animals and frequently return after being removed from a home or business. “I didn’t really understand them like I do other animals,” Scheller says. “I had to enter research mode.”

So he sat. On top of buildings. At midnight. With night vision goggles. For hours on end. He read enough to be dangerous. He tried. He failed. He tried





Scheller reached the top of his 32-foot ladder inside a three-story cedar home and came face-to-face with the enemy, flying squirrels.

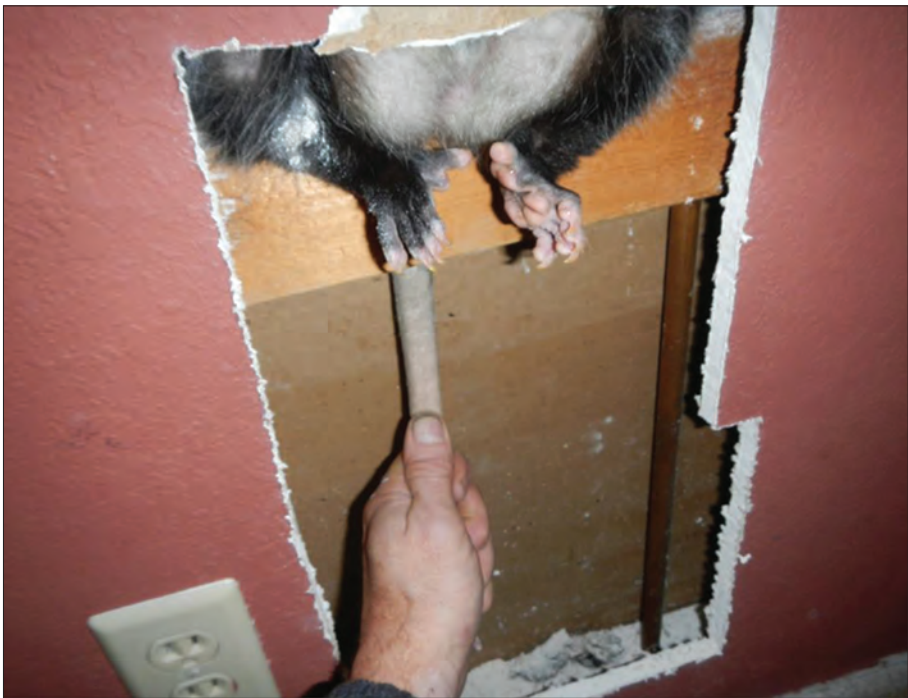
again. “I couldn’t let something with a pea-sized brain defeat me. I became obsessed,” says Scheller. While other companies quit doing bat removals, Scheller became The Bat Guy. He realized two things: (1) A removed bat will return from up to 120 miles away; and (2) bats will make their way back inside a domicile through any hole in the building. To defeat the bats, he would have to seal entire structures from top to bottom, and then remove the creatures.

Today, Scheller gets bat calls from churches, homes, businesses, colleges, barns and elsewhere. He tows his own boom lift, scissors lift and personal manlift when needed to perform bat exclusions. There’s just one problem – once removed, these bats have to go somewhere. That’s why Scheller often focuses on providing a safe haven. Several years ago, he worked to remove 25,000 bats from a hunting lodge near Bath, Illinois, where the huge swarm of winged creatures looked like plumes of dark smoke. Scheller converted a nearby barn into a bat habitat, sealed the other building, and coaxed the bats into their new sanctuary. In St. Genevieve, Missouri, he extracted 300 bats that had lived in a church for many years. With the unwanted animals removed, his team vacuumed out 4,000 pounds of guano.

Today The Bat Guy is busy removing raccoons from attics, snakes from pools and groundhogs from foundations. “Every day is a new adventure,” he says, adding that one of his most memorable calls featured a raccoon family falling through a ceiling at 3 a.m., which led to a lively encounter with the family dog. Another time, a small town congregation was convinced its church was haunted because the rope used to ring the tower bell was missing every morning, piled high on a platform dozens of feet in the air. The culprit? A clever raccoon. Although sometimes amusing, Scheller says unwanted animals are no laughing matter – he’s seen groundhogs do \$20,000 in damage by causing sinking foundations and \$80,000 from raccoons that start fires via destruction of ductwork and wire-chewing.

After more than 30 years, Scheller is proud to report that he has suffered no animal-related injuries. He fell off a client’s ladder once, but has managed to avoid bites, scratches, scrapes and attacks. So next time you encounter a flying mammal or unwanted rodent, send up your signal and summon The Bat Guy or just call 217-710-2919. □

*Zach Baliva is a media producer and writer living in Springfield.*



Removing a large ‘possum from a wall cavity.



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# The student safeguard of higher education

By Eric Woods

Kristin Wheeler has moved around quite a bit over the years, which she says is not uncommon given that both her husband and now her son are in the military. They have been in Springfield now for seven years and appear to have settled in. “We came from Chicago last,” she said. Wheeler likes Springfield better as she feels there are a lot of community activities in which to partake. The theater scene and the arts here are great. “There is a lot of live music, and we love the historical element. It is fun to be where Lincoln lived.”

Growing up, Wheeler wanted to be a teacher and served as a substitute for three years. At 14 she worked her first job as a library page. She admittedly has never had a bad job experience, even though she has changed careers a couple times. “After working as a sub, I worked in a law office and then this job came up,” said Wheeler, who has been overseeing the Private Business and Vocational Schools (PBVS) division at the Illinois Department of Higher Education for the past nine months.

“We have oversight of private, business and vocational schools in Illinois. We are the agency that approves them to operate,” said Wheeler. There are a large variety of schools that are overseen, from culinary arts academies to welding schools to even

dog-grooming schools. Wheeler said that her agency is there to protect the students, and they can shut a school down if it is not doing what is in the best interest of the student. “We dig deeper and investigate them to see the quality of the program and if they are doing right by the students.” In the fall Wheeler’s agency will be speaking for the second year in a row at the Lincoln Correctional Facility to inmates who will be released soon and advising those who wish to find a vocational school in order to teach them how to spot good schools versus predatory ones.

In her current role, Wheeler has found a more enjoyable career than at any other time in her life. “This job is more fun than anything I have done before,” she said. In the foreseeable future, she likely will be staying within the boundaries of higher education. “There are many facets here now. I want to push my limits and get as far as I can.” Wheeler was advised by her mom that it is never too late to start on a new career path. She went back and finished college after her first two children were born and hopes to have instilled that mindset in her own children.

Wheeler’s industry requires a passion for education and the willingness to do the right things for the students and the

universities. “We need a strong university system here in Illinois in order to keep students here, because if they leave they probably will not come back,” she said. “Seek out volunteer opportunities on campus and look for conferences.”

As a state employee, Wheeler is among the many who are anxious for Illinois to get under control. “We need to work together and get a budget so there can be a positive future in Illinois,” she said. “A lot of state workers are in flux mode with the current environment. I really hope my kids have a future here.”

The future for Wheeler hopefully involves staying in her current career and hopefully retiring in about 20 years. “I will stay with this as long as it is interesting and fun,” she said. In the immediate future, Wheeler and her husband will be celebrating their 20th wedding anniversary in the fall by going to Florida by themselves. They seem to have earned this vacation, as keeping the family together through the numerous moves has been a major accomplishment. “Being a military family is not easy, but somehow we have done it.” □

Eric Woods can be reached at [ericw93@aol.com](mailto:ericw93@aol.com).



## Kristin Wheeler

**Title:** Assistant Director of Academic Affairs, PBVS Division, Illinois Department of Higher Education

**Address:** 1 North Old State Capitol Plaza, Springfield, Ill., 62701

**Education:** B.A. in elementary education from Trinity International University

**Family:** Husband – Mark; Children – James, Eric and Susan

**Favorites –**

**Movie:** *The Sound of Music*

**Author:** Diana Gabaldon

**Restaurant:** Café Moxo

**Tidbits –**

Sings and plays piano

Working towards her master’s degree in public administration

Heavily involved in local theater as an actor and director

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## FITNESS



Pam Benad at the LRS lap pool.

PHOTOS BY GINNY LEE

*Continued from cover*

### At LRS, fitness is a benefit in more ways than one

By Colin Patrick Brady

A mutual benefit arises when a company offers its employees access to affordable health care in the form of insurance. Preventative measures and medical intervention can mean fewer lost work days and greater productivity from a workforce. Lately local businesses have taken to fostering the well-being of their workers a step further by offering fitness perks directly to workers. This may mean access to onsite equipment or providing membership to an outside athletic facilities.

Levi, Ray and Shoup, a Springfield-based provider of innovative information technology solutions, was an early adopter of promoting their employees' physical health, having offered access for more than 25 years now, since 1989.

According to Pamela Benad, vice president of administration for LRS, "We've offered a health club to our employees since we opened our headquarters building in 1989. The health club has a lap pool, racquetball courts, running track, treadmills and weight training equipment and was part of the building's design."

The facility at LRS is not staffed by any personal trainers. "Employees are welcome to bring in trainers to assist them in workouts. In addition, we often have professionals teaching such classes as yoga and swimming," said Benad.

In terms of updating or expanding the facility, Benad says they constantly evaluate the equipment and services

offered by the health club, aided by an all-volunteer health club committee. "In recent months we have upgraded our treadmills, free weights and Nautilus equipment."

When asked of the primary impetus for adding such a facility to their firm's premises, Benad did not mince words. "We like to say that we work hard and we play hard. Our president and CEO, Dick Levi, is an avid racquetball player who recognized that an onsite health club facility would encourage more employees to exercise on a regular basis, and regular exercise could make them happier and more productive."

Prospective LRS employees are made aware of the health club up front. "We include the health club facility in our overview of benefits. In addition, when we interview applicants for employment, we give them a tour of our campus which includes a tour of the health club," Benad explained. "We have never made use of the health club a mandatory condition of employment, so it's always interesting to see how many people make use of it. Our health club gets plenty of use during the early morning, before business hours, lunchtime hours, and late afternoons after work." Of the overall usage of the club over the past 25 years, Pamela Benad concludes, "It has definitely been a case of 'if you build it, they will come.'" □

*Colin Patrick Brady is a freelance writer from Decatur.*



Chris Wagner and John Bell on Levi, Ray & Shoup's racquetball court.

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# Tools for a heart healthy workplace

By Carrie Skogsberg

Workplaces can often become traps for unhealthy behaviors. The average worker sits at a desk for the majority of the day and is offered a variety of sweets, fatty foods and sugary beverages at meetings and in the office's vending machines.

The American Heart Association aims to provide resources that can change behaviors, and workplaces are a target area since the majority of people spend many of their waking hours at work. The Healthy Workplace Food and Beverage Toolkit provides companies with the resources they need to create a culture of health in their organizations, while focusing on improving a company's options for meetings, catered meals, snacks and vending.

"The goal of each program is to empower individuals to make a heart-healthy eating pattern that works for them," said Amanda Kelley, Community Health Director for the American Heart Association. Eating a variety of fruits, vegetables, healthy fats, whole grains and limited sodium and sugar is best for a heart-healthy diet.

The Healthy Food and Beverage Toolkit provides practical action steps and suggestions that are easy for companies to apply, such as:

- Guidance for healthier meals at meetings and events, workplace snacks and vending
- Adaptation for any size organization
- Nutrition standards for specific food categories
- Sample menu, tools and additional resources

Organizations implementing healthier standards are encouraged to:

- Reduce and ultimately eliminate sugar-sweetened beverages, candy and other less-nutritious foods
- Reduce sodium, added sugars, saturated fat and transfat in food and beverages provided
- Provide fruits, vegetables and fiber-rich whole grains
- Provide reasonable portion sizes
- Identify and use food vendors who offer healthier choices

Kelley says, "The goal of the program is to meet companies where they are, whether they have a current wellness policy or are just starting out. Behavior and policy change takes time, and this toolkit will allow a company to take small steps that can make a large impact on their employees."

The American Heart Association

recognizes companies that implement workplace wellness programs as Fit-Friendly Worksites. Blue Cross Blue Shield of Illinois, a recognized Fit-Friendly worksite, works with Motiva to provide healthy options for meetings, meals and vending at their facilities. "We track the sales of the healthy options and work with our administrative staff responsible for the food ordering for catering to begin to include at least one healthy option, a stretch, and nutrition tip during our meetings," said Judith Kolish, Registered Dietitian and Senior Wellness Analyst with Motiva Corporate Wellness.

Blue Cross Blue Shield of Illinois also employs a dietitian and hosts regular educational opportunities when employees can learn about healthy cooking. Their vending machines offer color-coded items – green is the healthiest option, yellow items are moderately healthy and red are unhealthy – based on the item's nutritional content. "Over the course of several years we have been able to reduce the yellow and red items to the current standard of 80 percent green, 20

percent yellow and 0 percent red," said Judith.

Springfield Electric, another recognized Fit-Friendly Worksite, provides healthy snack options during company meetings and associate or customer training sessions like bananas, apples and grapes, as well as granola bars and protein bars. The organization also provides non-sugary drinks like water and iced tea. "We try to provide healthy choices for our associates





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and customers whenever possible," said Caitlin Simhauser, a market analyst at the company.

A 2008 workplace survey conducted by the American Heart Association showed that employees participating in a workplace wellness program reported losing weight while lowering blood pressure and cholesterol. The companies reported improved productivity, increased job satisfaction and lower absenteeism among employees.

The American Heart Association's Healthy Workplace Recommendations include:

- Support healthier choices, provide leadership and role modeling, and create a culture of health
- Offer nutritious food and beverage options
- Offer physical activity opportunities that are relevant to the audience and environment to help people achieve

at least 30 minutes of physical activity each day

- Provide a tobacco-free environment.
- Prioritize sustainable practices when possible by minimizing waste, encouraging recycling and sourcing products from sustainable producers

Companies are encouraged to get leadership approval, and to work with a variety of staff members and external partners such as food and beverage vendors and dietitians. They should create an action plan to determine how to phase in changes and how to communicate those changes with employees.

The Healthy Food & Beverage Toolkit is free and can be accessed by registering at [www.heart.org/healthyliving](http://www.heart.org/healthyliving). □

*Carrie Skogsberg is communications director for Midwest affiliate of the American Heart Association.*



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# HOSPITALS

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

	HOSPITAL NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE (www.)	NUMBER OF LICENSED HOSPITAL BEDS	INPATIENT ADMISSIONS (2014)	OCCUPANCY RATE	FY 2014 OPERATING BUDGET (MILLIONS)	TOTAL STAFF (FULL TIME EQUIVALENT)	ADMINISTRATOR	AFFILIATION	YEAR EST'D
1	<b>Memorial Medical Center</b> 701 N. First St. Springfield, IL 62781-0001	217-788-3000 217-788=5520 memorialmedical.com	500	23,588	67%	\$625	3,946	Edgar J. Curtis	Memorial Health System	1897
2	<b>HSHS St. John's Hospital</b> 800 E. Carpenter Springfield, IL 62769	217-544-6464 217-527=5525 st-johns.org	439	19,325	67.4%	\$469	2,624	Charles Lucore	Hospital Sisters Health System	1878
3	<b>Passavant Area Hospital</b> 1600 W. Walnut Jacksonville, IL 62650	217-245-9541 217-243=2206 passavanthospital.com	121	2,945	28.7%	\$92	715	Doug Rahn	Memorial Health System	1875
4	<b>Lincoln Prairie Behavioral Health Center</b> 5230 S. Sixth St. Road Springfield, IL 62703	217-585-1180 217-585=4747 lincolnpairiebhc.com	97	1,746	73%	DND	135	Mark Littrell	Universal Health Services	2008
5	<b>Vibra Hospital of Springfield</b> 701 N. Walnut St. Springfield, IL 62702	217-528-1217 217-747-7819 vhspringfield.com	50	270	40.7%	DND	88	Chuck Nordyke	Vibra Healthcare	2004

# NURSING HOME FACILITIES

Sources: The individual nursing home facilities.  
N/A - Not Applicable  
(Ranked by total number of full-time employees)

	HOSPITAL NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=)	SKILLED BEDS	INTERMEDIATE BEDS	SHELTERED CARE BEDS	FACILITY MANAGER	NUMBER OF FULL TIME EMPLOYEES	AMENITIES (pool, workout,transport, etc.)	YEAR EST'D
1	<b>Capitol Healthcare &amp; Rehabilitation Centre</b> 555 W. Carpenter, Springfield, IL 62702	217-525-1880 217-789=4560	220	N/A	N/A	Jason Young	210	On-site therapy staff, Wi-Fi, transportation, beauty salon, day room, library, business center, private rooms, refrigerators, pet friendly	2002
2	<b>Lewis Memorial Christian Village</b> 3400 W. Washington Springfield, IL 62711	217-787-9600 217-787=9601	155	N/A	N/A	Cindy Schaaf	200	Country-like setting offers Occupational, Physical, Aquatic and Speech Therapies at The Oasis Short-term rehabilitation center on campus, Wellness Center includes fitness room and indoor pool. Independent Garden Homes, All-Inclusive Independent Apartments, Assisted Living Garden Villas, and Skilled Nursing with choice of private and semi-private rooms. 3 Beauty Salons. Weekly church services and Bible Study. On-site chaplain. Transportation. A wide variety of activities. Beautiful courtyards and walking paths.	1977
3	<b>Heritage Health of Springfield</b> 900 N. Rutledge Springfield, IL 62702	217-789-0930 217-789=6465	152	26	N/A	Daniel Krug	160	Short term rehabilitation unit, physical, occupational, speech, and respiratory therapy services, beauty salon, transportation, Wi-Fi, Memorial Garden Courtyard, pet friendly	1982
4	<b>St. Joseph Home of Springfield</b> 3306 S. Sixth St. Road Springfield, IL 62703	217-529-5596 217-529=8590	N/A	72	41	Lenore Highland	135	Private and semi-private rooms	1903
5	<b>Regency Nursing Care Residence</b> 2120 W. Washington Springfield, IL 62702	217-793-4880 217-793=4894	95	N/A	4	Anthony Twardowski	90	Salon services, therapy, speech therapy, private bath and shower in each room. Cafeteria menu service, Medicare suites, Wi-Fi	1991
5	<b>The Villas Senior Care Community-Skilled Nursing and Short-Term Rehab</b> 100 Marian Parkway Sherman, IL 62684	217-744-2299 217-496=3165	99	N/A	N/A	Sharon Herpstreith	90	Short-Term rehab unit, physical, occupational and speech therapy, newly remodeled therapy room, transportation, casa di bella beauty salon, wi-fi, computer room, pet friendly, private and semi-private rooms, beautiful courtyard with walkways and gazebo, outdoor patio, fountain and waterfall, not-for profit, private dining rooms, weekly mass and weekly multi-denominational church services	1981
6	<b>Concordia Village</b> 4101 W. Iles Ave. Springfield, IL 62711	217-993-7068 217-993=7081	64	N/A	N/A	Deb Maaks	80	Spa facilities, salon, transportation, therapy, chapel, library and movie theater.	2012
7	<b>The Villas Senior Care Community-Sheltered Care</b> 100 Stardust Drive Sherman, IL 62684	217-744-9891 217-744=8378	N/A	N/A	113	Donna Heneghan	69	24-Hour nursing, nurse administered medications, no hidden fees, transportation to doctor's appointments, physical, occupational and speech therapy on-site, wi-fi, computer room, libraries, beautiful outdoor courtyard and gardens, pet friendly, private rooms with 4 floor plans available, beauty/barber salon, daily mass, weekly multi-denominational church services, not-for-profit, adult day care and respite care.	1981
8	<b>Oak Terrace Healthcare Center</b> 1750 W. Washington Springfield, IL 62702	217-787-6466 217-787=6846	N/A	78	20	Jeremy Woodle	68	Private and semi-private rooms, two outdoor patios, therapy room and beauty salon	1975
9	<b>Auburn Rehab &amp; Health Center</b> 304 Maple Ave. Auburn, IL 62615	217-438-6125 217-438=2092	70	N/A	N/A	Whitney Oberlink	55	Therapy, recreation, transportation, social services and beauty salon	1967
10	<b>Aperion Care Springfield</b> 525 S. Martin Luther King Drive Springfield, IL 62703	217-789-1680 217-789=0199	N/A	65	N/A	Jackie Liddell	30	Transport, semi-private rooms	1982
11	<b>Illinois Presbyterian Home</b> 2005 W. Lawrence, Springfield, IL 62704	217-546-5622 217-546=5645	N/A	15	73	Thomas O'Fallon	29	Apartments, suites, private rooms and private baths	1954





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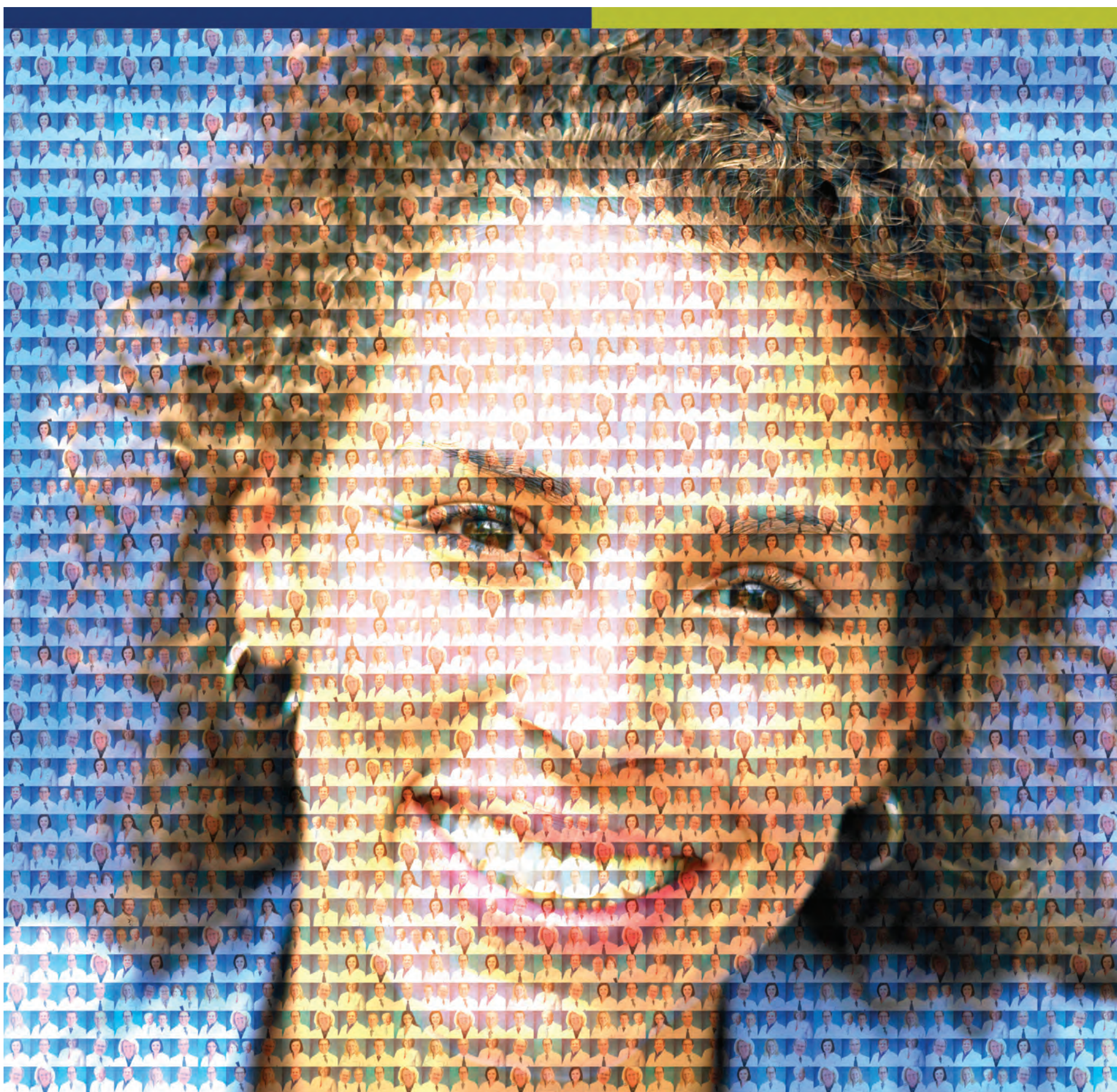


# PHYSICIAN GROUPS

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

	GROUP NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE (WWW.)	PARTNERS/ PRINCIPALS	HOURS OF OPERATION	TYPE OF CLINIC	NUMBER OF PHYSICIANS	TOTAL # OF EMPLOYEES	SPECIALTIES	YEAR EST'D
1	<b>HSHS Medical Group</b> Anesthesiology & Perioperative Services, 800 E. Carpenter St Children's Surgical Services – 301 N. 8th St Family & Internal Medicine – 2801 Mathers Rd Family Health – 345 N. Main St, Chatham Family Medicine – 1515 W. Walnut St, Suite 2, Jacksonville Family Medicine – 300 Sattley St, Rochester Foot & Ankle Specialists – 1515 W. Walnut St, Bldg 12, Jacksonville Foot & Ankle Specialists – 2901 Old Jacksonville Rd, Suite C General Surgery – 800 E. Carpenter St Hospitalist Program – St. John's – 800 E. Carpenter St HSHS Neuroscience Center – 301 N. 8th St Intensivist Program – St. John's – 800 E. Carpenter St Multispecialty Care – 2901 Old Jacksonville Rd Palliative Care – 800 E. Carpenter St Pulmonology – 2901 Old Jacksonville Rd Springfield Diabetes & Endocrine Center – 1118 Legacy Pointe Dr	217-492-9696 217-492=9643 HSHSmedicalgroup.org	Melinda Clark, CEO; Loren Hughes, MD, President	All Offices 8AM – 5PM	Primary and Specialty Care	320	967	Adult Neurology, Allergy/Immunology, Anesthesiology, Diabetes & Endocrinology, Gastroenterology, General Surgery, Hospitalists, Intensivists, Neurosurgery, Palliative Care, Pediatrics, Pediatric Neurology, Pediatric Ophthalmology, Pediatric Orthopedics, Pediatric Surgery, Podiatric Medicine, Podiatric Surgery, Primary Care, Pulmonary Medicine, Sleep Medicine, Trauma Surgery, Virtual Care	2008
2	<b>SIU HealthCare</b> PO Box 19639 Springfield, IL 62794-9639	217-545-8000 217-545=1884 siuhealthcare.org	The practice of SIU School of Medicine	Mon - Fri, 8AM - 4:30PM	Primary Care and Specialty Medical Clinic	282	1615	Primary care, specialties and sub-specialties include over 100 different services. For a list of services, or to view provider profiles online, visit siuhealthcare.org	1972
3	<b>Springfield Clinic</b> Springfield Clinic Main Campus – 1025 S. Sixth St. SC 1st 800 Bldg – 800 N. First St. SC 1st 900 Bldg – 900 N First St. SC Chiropractic – 355 W. Carpenter, Suite A SC Center for Plastic Surgery – 2901 Greenbriar Dr. 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 Pavilion – 301 N. Eighth St. SC Pediatric & Adolescent Center – 2532 Farragut Dr. SC Physical Therapy – 3020 South Sixth St. SC Wabash – 2200 W. Wabash Ave. Springfield, IL	217-528-7541 800-444-7541 SpringfieldClinic.com	Mark D. Greatting, M.D., Chairman; Randall A. Bryant, CEO	All Offices: 8AM - 5PM. Prompt Care Main - 1025 S. Sixth St, 8AM - 8PM ; Prompt Care West - 2200 W. Wabash Ave, 8AM - 8PM, (Excluding Major Holidays)	Primary & Multi-Specialty, Ancillary Services	250	2116	Full spectrum of services that includes primary & specialty medical care, lab, imaging, physical therapy, audiology, physical therapy, dietetics & nutrition, sleep center and outpatient surgery & endoscopy center, all with access to Prompt Care (no appointment, walk-in medical care) and TeleNurse (24-hour patient help line). For a comprehensive list of providers, specialties, services and locations, visit www.springfieldclinic.com	1939
4	<b>Prairie Cardiovascular Consultants *</b> Prairie Diagnostic Center – 401 E. Carpenter Prairie Heart Institute – 619 E. Mason Baylis Building – 747 N. Rutledge Springfield, IL 62701	217-788-0706 prairiecardiovascular.com	DND	Mon - Fri, 8AM - 5PM	Cardiac and Vascular Diagnosis & Treatment	71	486	Interventional Cardiology, Electrophysiology, Peripheral Vascular Cardiology, Nuclear Cardiology, Transesophageal Echo, Congenital Cardiology, Congestive Heart Failure, Percutaneous Valvuloplasty, Hypertension Management, Non-Invasive Vascular Diagnosis, Vascular Medicine	1979
5	<b>Memorial Physician Services</b> Memorial Medical Center 701 N. First St. (corporate office) – Springfield, IL 62781 Capitol Healthcare – 2603 S. Sixth, Springfield, IL 62703 Chatham – 101 E. Plummer, Chatham, IL 62629 Jacksonville – 15 Founders Lane, Suite 100, Jacksonville, IL 62650 Koke Mill – 3132 Old Jacksonville Road, Springfield, IL 62704 Lincoln – 515 N. College St., Lincoln, IL 62656 North Dirksen – 3220 Atlanta St., Springfield, IL 62707 Petersburg – 1 Centre Drive, Petersburg, IL 62675 South Sixth – 2950 South 6th St., Springfield, IL 62703 Vine Street – 3225 Hedley Road, Springfield, IL 62711 Women's Healthcare – 747 N. Rutledge, Springfield, IL 62701	1-855-FIND-MPS 1-855-346-3677 MemorialMD.com	Memorial Health System	Mon – Fri, 8AM – 5PM, Sat and extended hours at some locations.	Primary Care	62	462	Pediatrics, Family Medicine, Internal Medicine, Obstetrics / Gynecology, Psychiatry, Internal Medicine/Pediatrics	1994
6	<b>ExpressCare</b> Koke Mill – 3132 Old Jacksonville Rd. 62704 North Dirksen – 3220 N. Atlanta St. 62707 South Sixth – 2950 S. Sixth St. 62703 Springfield, IL	217-588-2600 MemorialExpressCare.com	Memorial Medical Center	All locations 7AM – 10PM, 7 days a week	Walk-In Care	17	128	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
7	<b>Orthopedic Center of Illinois</b> 1301 S. Koke Mill Road Springfield, IL 62711	217-547-9100 217-547=9236 orthocenterillinois.com	Gordon Allan, M.D., Rod Herrin, M.D., O.B. Idusuyi, M.D., Leo Ludwig, M.D., Chris Maender, M.D., Barry Mulshine, M.D. Ron Romanelli, M.D., Kari Senica, M.D., Paul Smucker M.D., Tim VanFleet, M.D., John Watson, M.D., Barry Werries, M.D. Joe Williams, M.D.	Mon - Fri , 8AM-5PM, Saturday, 8AM-12PM	Orthopedics, Imaging, Physical Therapy, Medicine, Walk-in Clinic for Acute Injuries	13	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	<b>HSHS Medical Group Priority Care</b> 2329 N. Dirksen Pkwy, Springfield, 62702 1836 S. MacArthur Blvd, Springfield, 62704	217-789-1403 217-525=1624 HSHSmedicalgroup.org	Dennis Adams, MD; Gerard Bitar, MD; Lavanya Boddu, MD; John Fahey, MD; Sam Gaines, MD; Robert Juranek, MD; Bibi Omar, MD; Joseph Townsend, MD; Diana Widicus, MD, FFAFP; Kristin Buss, PA-C, MPAS; Andrew Costerisan, PA-C; Wendi Campbell, FNP	N. Dirksen – 7AM – 6PM; S. MacArthur – 9AM – 8PM (7 days a week)	Walk-in Care, Internal Medicine, Family Medicine	12	77	Primary Care, Internal Medicine, Family Medicine, X-Ray & Lab facilities, Diagnosis & Treatment of Ambulatory Medical Problems, Occupational & Industrial Medicine, Virtual Care	1984
9	<b>Prairie Eye and LASIK Center</b> 2020 W. Iles Ave. Springfield, IL 62704	217-698-3030 217-698=3068 prairieeyecenter.com	Sandra Yeh, M.D.	Mon - Fri, 8AM - 5PM; Sat, 8AM - 12PM	Opthamology, Optometry, Optical Center	7	80	No Stitch/No Patch Cataract & Lens Implant Surgery, Glaucoma Treatment & Surgery, Retina & Vitreous Surgery, Uveinitis, Oculoplastic & Reconstructive Surgery, In-Office LASIK Procedure	1970
10	<b>Gailey Eye Clinic</b> 1401 S. Koke Mill Road Springfield, IL 62711	217-529-3937 217-698=3937 gaileyeclinic.com	James Knupp, M.D.; Sumit Bahtia, M.D.; Ara Aprahamian, M.D.; Angela Oberreiter, O.D.; Robert Lee, M.D.	Mon - Fri, 8AM - 5PM	Opthamology, Optometry, Optical Center	4	15	Retina & Vitreous Surgery, Pediatric & Neural Ophthalmology, Cataract Surgery with optional premium lenses, Lasik	1941
10	<b>Central Illinois Hematology Oncology Center</b> 747 N Rutledge St., 2204 Springfield, IL 62702	217-525-2500 217-525=9374 www.cihoc.com	Victor Lanzotti, MD; Edem Agamah, MD; Frances Matthews, MD; Hui Zhang, MD	Mon - Fri, 8:30AM – 4:30PM	Hematology- Oncology Outpatient Clinic & Chemotherapy Suite	4	24	Hematology and Medical Oncology	1986





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## CONTINUING EDUCATION



Nancy Hall and Stephanie Thomas talk to members about the Senior Scribes and Flicks on Fridays activities.

PHOTO BY ERIC WOODS

# Lifelong learning a continued commitment

By Eric Woods

According to the old proverb, "You are never too old to learn." Since 1993, Lincoln Land Community College (LLCC) has been testing this saying. The Academy for Lifelong Learning (ALL) is a program at the college in which adults age 50 and older are invited to join a group of individuals devoted to the lifelong pursuit of learning. With more than a dozen programs and special interest groups, there are plenty of topics and activities from which to choose.

"We are a democratic organization for members interested in learning," said Betty Workman, president of ALL. "The events are planned by the members for the members. We have a coordinating board made up of the 13 different groups that plan all events in addition to the board." LLCC sponsors the group, although not all events are held on campus.

"We are a membership organization, and anyone 50 or older can participate," said Jamie Stout, director of community education at LLCC. Members of ALL can go to any event. People can join any time throughout the year, but the schedule of events does coincide with the college fiscal year. There is an annual fee to be a regular member, and there is also ALL-Plus membership in which members get not only regular membership benefits but also 50 percent off most non-credit Community Education classes. The ALL kickoff always happens in July, and each group has a booth with information on their events. "This is about lifelong learning. We look at the hot topics affecting those age 50 and older."

Having an educational focus is essential for each event sponsored by ALL. One of the programs, Today's Topic, is a monthly lecture on a subject of current interest to the members. "We find topics the members say they want to know more about," said Workman. "We will also find lecturers certified in the particular field or topic." Finding local people to come in and participate in the lectures and events is important so members can easily follow up if they would like. Another program, Flicks on Fridays, is a monthly screening of a classic film. Afterwards, there is a discussion on the major topic of the movie. Wander on Wednesdays is a trip members take to a location they can get to and from in

one day. According to Workman, the group has been to both ends of the state and it often looks for places that people may not know even exist. There are also more in-depth programs, such as the Chautauqua Series, which is a three-part series of two-hour lectures on a broader topic.

One of the newest programs, Around Town, is one year old and focuses on ventures throughout the local community. "This is more about people finding things happening in town and needing someone to go with them," said Stout. There are usually 10 to 20 people who travel around town and learn what happens behind the scenes of various industries. Some interesting trips include a pawn shop, fire departments and a tour of the FBI building.

Each program and group sponsors monthly events, and the biggest challenge is trying not to let the events overlap too much. There is a planning committee for each group, and the chairs will meet in order to coordinate the long list of topics. "We survey the members and ask which 12 they would like," said Workman. "That is how Today's Topic gets chosen." Along with the specific programs, ALL also holds larger events each season for every member to attend. The summer kickoff is followed by a chili cook-off in the fall, a winter celebration in January featuring games and a speaker, and a spring luncheon and annual meeting. Plus, special interest groups are available for book lovers, writers, movie groups, game players, golfers, bowlers and bikers.

When the program first began, membership was close to 500. Last year's total was 327. "We try to set a target every year. Last year it was 375," said Stout. "We are constantly looking for ways to reach a new sect of the community in order to get the word out."

ALL is always looking for new members, and non-members can come as guests. "Just call us to set it up, and you can try it out first," said Stout. ALL has quarterly orientations so people can learn about the upcoming activities, and as always they welcome suggestions. "We are always open to new ideas." □

Eric Woods can be reached  
at [ericw93@aol.com](mailto:ericw93@aol.com).



# Capitol

## HEALTHCARE AND REHABILITATION CENTRE

### We're here to help you get back home.

Short Term Rehab • Memory Support Services • Wound Care  
Bariatric Care • Respite Care • Hospice Care

Nurse Practitioner on Site • Certified Wound Nurse on Site  
Newly Renovated Therapy Gym • Newly Renovated Private Suites

Lots of new changes happening at Capitol HealthCare and Rehabilitation Centre in Springfield. We have converted the third floor into a short-term rehab to home unit that includes a spacious fully equipped therapy gym, private dining room and comfortable lounge area. Each guest that participates in the rehab to home therapy program enjoys a fully furnished private room with flat screen TV, mini refrigerator and private bath. This privacy helps each patient reach the goal of independence and focus on recovery. The average stay is two to three weeks.

Patients are admitted to a short term rehab facility when they need additional therapy prior to going home. Upon admission, the patient and family will meet with one of our staff, who immediately begins formulating a treatment discharge plan so they will have an approximate time frame for when they will be able to return home.

#### INPATIENT THERAPY

Our therapists work with patients between two to three and a half hours a day, seven days a week. If a patient is recovering from a joint replacement of the knee or hip and needs short-term therapy, the Doctor forwards all medical protocols for our team to follow. This ensures the patient meets recovery expectations through therapeutic exercises like range of motion and strength building.

We use the most up-to-date technologies and pain modality treatments, like ultra sound, diathermy and electrical stimulation. Our staff helps achieve maximum recovery in a short time.

#### OCCUPATIONAL THERAPY

Occupational therapy is geared toward performing activities of daily living, such as getting out of bed, getting dressed, and getting breakfast. Regaining these abilities is important to the patient's self-esteem and contributes to the speed of the recovery. Stroke patients with cognition, speech, and swallowing problems work with speech therapists. Through one-on-one therapy, patients are brought up to the highest level of attainable function.

#### RETURNING HOME

Once our patient has completed therapy and is ready to go home, the social service department sets up home health care visits for the next two to three weeks. Staff with Capitol HealthCare and Rehabilitation Centre will work with home health care to do a complete home safety assessment before the patient is released.

#### STAFF

Program director Nicole Thomas works with the facility, schedules patients, and manages the therapists. In addition, she serves as the liaison between the skilled nursing facility and therapists to ensure that the therapy needs of the residents who live there are being met. As a certified nursing assistant in high school, she fell in love with the patients she worked with in nursing homes. She graduated from Illinois Central College in Peoria in 1996 with an occupational therapy assistant applied science degree.

Therapy staff includes two occupational therapists, seven occupational therapy assistants, two physical therapists, seven physical therapy assistants and two speech therapists, for a total of 20 therapists. The large number of therapists allows for collaboration and exchanges of ideas. The patients benefit from this team approach.

Staff undergoes special training, which includes cardiac training and dementia training, because of the high number of seniors in the patient population. The staff considers the medical history and current issues of the patient to reduce changes of complications.

Each therapist is certified and must complete a set number of continuing education hours, which varies depending on whether one is a physical therapist, occupational therapist, or a speech therapist. On average, a therapist must have 24 hours of continuing education every two years.

"The staff likes the flexibility to choose their own schedules and love working with people," Nicole said. The therapists cater to the patients. There are some therapists that

come in at 5:30 a.m. and others that come in later in the day and work until 9 p.m. Patients like the wide variety of therapy times that are offered. Some patients like to complete their therapy first thing in the morning while others choose evening hours.

#### ACCREDITATION

Capitol Healthcare and Rehabilitation Centre is accredited by The Joint Commission and was last accredited in December 2013. This is the only skilled nursing and rehab facility in Springfield where the entire facility is accredited by The Joint Commission. By law, either the skilled nursing facility or the rehab facility must be accredited.

Every three years, The Joint Commission does an on-site survey to ensure that the facility meets set standards. The short-term care facility must also meet specific criteria, including how many days a week and what hours services are offered, therapist training, vital signs, pain modalities, transfer training, documentation training and safety. The Joint Commission sends an auditor to conduct a mock on-site survey periodically to make sure everything is on track.

The State of Illinois also does an annual on-site survey and inspection. During these inspections, the State verifies the facility is following doctor's orders and practicing infection control.

Capitol HealthCare and Rehabilitation Centre is focused on helping you get back home quickly. With their shift to short-term care, they meet the needs of the active baby boomer population by putting them back on their feet. Capitol HealthCare and

Rehabilitation Centre will continue to grow their short-term rehab facility to meet the changing health care needs of the Central Illinois area. In doing so, they will maintain their state-of-the-art facilities and adapt to new technologies as they are developed.



**For more information visit [www.capitolhrc.com](http://www.capitolhrc.com)  
555 West Carpenter Street • Springfield, IL • 217-525-1880**



# FITNESS CENTERS

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

	BUSINESS NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE (WWW.) EMAIL	# OF EMPLOYEES	# OF MEMBERS	COST OF MEMBERSHIP	HOURS OF OPERATION	MANAGER(S)	AVAILABLE EQUIPMENT / AMENITIES	YEAR EST'D
1	<b>Springfield YMCA Gus and Flora Kerasotes Branch</b> 4550 W. Illes Ave. Springfield, IL 62711	217-679-1625 217-679=0920 springfieldymca.org asowle@springfieldymca.org	100	11,000	See website for current rates	5 am - 9:30 pm M-F, 7 am - 7 pm Sat, 7 am - 5 pm Sun	Angie Sowle, CEO; Kris Fulford, Branch Director	child watch, gymnasium, outdoor playground, sauna, steam room, y-cycling, wi-fi, free parking, weight training, cardio training, group fitness, warm water instructional pool, lap swimming in cooler pool, water play features	2011
2	<b>Springfield YMCA Downtown Branch</b> 701 S. Fourth St. Springfield, IL 62703	217-544-9846 217-544=0004 springfieldymca.org asowle@springfieldymca.org	200	6,600	See website for current rates	5 am - 9:30 pm M-F, 7 am - 7 pm Sat, 12 pm - 5 pm Sun	Angie Sowle, CEO; Bryan Finn, Branch Director	child watch, gymnasium, sauna, steam room, whirlpool, racquetball courts, youth & family center, y-cycling, indoor track, wi-fi, separate gender workout area, weight training, cardio training, group fitness, youth pool, lap swimming in cooler pool, massage, locker rental	1962
3	<b>FitClub South</b> 3631 S. Sixth St. Springfield, IL 62703	217-787-8348 fitclub.net kelsey@fitclub.net	80	6,100	Rates vary	5:30am - 10pm M-Th 5:30am - 9:30pm Fri. 7am-6pm Sat. 9am - 4pm Sun	Kelsey Beard, Facility Manager; Dr. Kevin Imhoff, Co-founder / CEO	smoothie cafe, free day care, pools, whirlpool, steam room, sauna, gravity training facility, warm water hydro therapy, capitol chiropractic health center, athleticcare orthopedics and acceleration athletic enhancement programs, st. john's bone & joint institute rehabilitation services, nasrn certified personal trainers, senior exercise programs, dynamic group personal training	1999
4	<b>Gold's Gym</b> 1600 E. Clearlake Ave. Springfield, IL 62703	217-789-4653 217-789=6256 goldsgym.com msuhadolnik@goldsgym.com	45	5,800	Rates vary	5 am - 11 pm M-Th, 5 am - 9 pm Fri, 6 am - 5 pm Sat, 8 am - 5 pm Sun	Maureen Suhadolnik	free classes, women's only area, 4 basketball courts, volleyball, athletic training, spinning, bodypump, 4 endless pools, large weight room, nautilus nitro, hammer strength, flex, pro-shop, juice bar, child care	2004
5	<b>FitClub West</b> 2811 W. Lawrence Springfield, IL 62704	217-787-1111 fitclub.net jim@fitclub.net	60	4,500	Rates vary	24 hours M-F, 5 am - 8 pm Sat, 7 am - 8 pm Sun	Jim Copelin, General Manager; Dr. Kevin Imhoff, Co-founder / CEO	cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, pool, hot tub, personal training, group exercise for all age levels, art of strength training center, dynamic group personal training	1999
6	<b>FitClub North</b> 2701 E. Sangamon Ave. Springfield, IL 62702	217-788-8250 fitclub.net tyler@fitclub.net	20	1,610	Rates vary	5:30 am - 10 pm M-Th, 5:30 am - 9 pm Fri, 7 am - 4 pm Sat., 9 am - 4 pm Sun	Tyler Riggs, General Manager; Dr. Kevin Imhoff, Co-founder / CEO	cardiovascular equipment, free weights, group exercise programs, senior exercise programs, personal training, nutrition coaching, dynamic group personal training	1999
7	<b>Springfield Racquet &amp; Fitness Center</b> 3725 Chatham Road Springfield, IL 62704	217-787-2460 springfieldracquetandfitness.com srfc@comcast.net	38	1,375	\$29.99 & up	5:30 am - 10 pm M-Th, 5:30 am - 9 pm Fri, 7 am - 7 pm Sat, 7 am - 7 pm Sun	Ross Graham, Josh Morrison	air conditioned indoor sports courts, 30ft rock wall, cardio equipment, resistance equipment, free weight areas, group fitness classes, individual workout programs, certified personal training, professional tennis lessons, clinics/drills by certified instructors - usta designated, youth tennis excellence training center, adult & junior in-house/travel tennis teams, outdoor aquatic center - 3 heated pools, 3 water slides, aquacise classes. swim lessons and swim team participation, red cross certified life guards, summer day camp provided by kids camp inc.	1971
8	<b>Anthony's One on One Fitness Family Gym</b> 1650 Wabash, Suite F Springfield, IL 62704	217-787-2980 / 217-415-6421 anthonysononefitness.com makeitahabit@hotmail.com	15	750	\$19.99 per month, Joining fee - \$19.99. No contract required.	24 hour, personal training by appointment	Anthony & Kim Nizzio, owners	24 hour membership, cardio, strength, personal training, group personal training, post-rehabilitation services, group fitness classes, nutritional guidance, motivational speaking, acceleration sports training, run coaching, senior fitness, womens' fitness, specialized weight training, zumba	1985
9	<b>Rocket Fitness</b> 326 Sattley Rochester, IL 62563	217-498-1175 rocketfitnesscenter.com rocketfitness@yahoo.com	5	675	\$25 - \$35	24 hours, 7 days a week	Tracy Rogers	ful service gym, Hoist and Vision equipment, freeweights, basketball and volleyball league, showers, group fitness classes included in membership	2014
10	<b>Power Works Fitness</b> 347 Williams Lane Chatham, IL 62629	217-697-8727 217-483=6294 powerworkschatham.com	20	500	Check website	24/7 access. Desk hours: M-F: 8 am - 4 pm, Sat: 12 - 2 pm	Nina Lindhorst, General Manager; Lex Bitner, Marketing	free weights, cardio equipment, locker rooms, saunas, group exercise classes	2010
10	<b>Snap Fitness 24-7</b> 1362 Toronto Road Springfield, IL 62712	217-585-2999 snapfitness.com springfield@snapfitness.com	1	500	\$34.95 single, \$49.95 family	24-hour access	Robert Schmidt	Cybex brand equipment, free weights, machine weights, cardio equipment	2005
11	<b>Snap Fitness 24-7</b> 1061 Jason Place Chatham, IL 62629	217-483-5701 snapfitness.com	1	450	\$29.95 - \$39.95	24-hour access	Sheila Raleigh	Cybex brand equipment, free weights, machine weights, cardio equipment	2005
	<b>Anytime Fitness</b> 2705 N. Dirksen Parkway Springfield, IL 62702	217-523-1541 812-589-7202 anytimefitness.com	2	DND	\$29.95 - \$34.95 per month	24-hour access	Tony Maier, Managing Partner	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	2010
	<b>Anytime Fitness</b> 3045 S. Dirksen Parkway Springfield, IL 62703	217-670-2420 812-589-7202 anytimefitness.com	2	DND	\$34.95 per month	24-hour access	Tony Maier, Managing Partner	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	2012
	<b>Anytime Fitness</b> 4525 Wabash Ave., Suite D Springfield, IL 62711	217-679-2490 anytimefitness.com springfieldil3@anytimefitness.com	2	DND	\$33 - \$37 per month. Discount for additional family members.	24-hour access	Jill Fasig, General Manager	treadmills, ellipticals, bikes with own tv viewing, free weights, kettlebells, TRX bands, selectorized equipment, cable crossover, dual adjusted pulley machine, squat rack, smith machine, free small group classes, personal training, individual shower rooms with towels provided.	2012
	<b>Charter Fitness</b> 3246 Ginger Creek Drive Springfield, IL 62711	217-546-4600 charterfitness.com	DND	DND	\$10.00 per month	5 am - 11 pm Mon-Fri, 7 am - 7 pm Sat/Sun	Andrew laun	cardio, strength training, free weights, stretching area, showers & locker rooms, personal training studio	2007
	<b>Planet Fitness</b> 1756 Wabash Ave. Springfield, IL 62704	217-546-4910 planetfitness.com info@planetfitness.com	DND	DND	\$10.00 - \$19.99 per month	Open 24 hours, 7 days a week	multiple managers	cardio machines, weight resistance machines, instruction included with membership, tanning, massage beds	2013
	<b>L.A. Fitness</b> 2501 Wabash Ave. Springfield, IL 62704	217-801-9007 lafitness.com contact@fitnessintl.com	40	DND	\$19.00 - \$39.00 per month	5 am - 11 pm Mon-Thu, 5 am - 10 pm Fri, 8 am - 8 pm Sat/Sun	Chris Kolb	freeweights, juice bar, 50 aerobic classes per week, spinning, basketball, yoga, pilates, zomba, kickboxing, 100 pieces of cardiovascular, pools, jacuzzis, saunas	2013



## PERSONALITY PROFILE



# U.S. veteran training the future generations

By Eric Woods

Born and raised in Minnesota, Wayne Carrels moved to Springfield in 2004 after spending time in the Chicago area. He is impressed by the number of motivated people in Springfield who come to his gym every day, but he does wish the area had more sunshine. "We need a fairer share of warmer weather," he said. The limited recreational activity in the winter is another issue, as Carrels loves outdoor activities. "When it does snow, there is nowhere close to go snowmobiling, snow skiing or other snow activities like there was when I grew up in Minnesota or living in Northern Illinois."

Carrels has been a hard worker most of his life and credits his father's work ethic as a key influence. "He would get up at 4 a.m., drive to work in the snow, and never be late," he said. At age 12, Carrels was ranking wood for his uncle on the farm. Soon after, he was shoveling corn bins, by far his worst job experience. "You would get water in them and then stink for weeks," he recalls. From an early age, though, Carrels knew he wanted to be a personal trainer and strength coach. He has now been a personal trainer in Springfield for nine years, with almost eight of them at HIPE Fitness. (The name is an acronym for High Intensity Practical Exercises).

"I teach people how to exercise so they can do it anywhere. I train the body for go, not just for show," said Carrels, who is a proponent of preserving the body during exercise so people do not wear out. "We want to do the fun stuff into our older days." Carrels has a real passion for working with children and holds team training and group classes. His forte is working with athletes, and he has taught over 7,000 classes since he has been in Springfield. Carrels is an American Water Ski Association (AWSA) instructor as well as an Institute of Human Performance (IHP) functional training instructor and is currently working on becoming a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA).

From swimming across the Mississippi River to go water skiing as a teenager to his service in the military, Carrels has been a very active individual and has a lot to be proud of. "Making it through the Gulf War with my sanity and not getting in trouble is one of my greatest achievements," he said.

Carrels loves his work but knows the challenges of being a personal trainer. For those hoping to follow this path, he advises

## Wayne Carrels

Title: Owner and Chief Exercising Technician, HIPE Fitness  
Address: 3430 Constitution Dr., Springfield  
Education: B.S. in recreation management from the University of Wisconsin La Crosse  
Family: Wife - Christine

### Favorites -

Hobby: Water Skiing  
Movie: Rambo  
Book: The Slight Edge by Jeff Olson

### Tidbits -

Served in the U.S. Navy, Army Reserve and National Guard  
Owns more than 75 different water skis  
Holds the Guinness world record for skiing on his hands

not to get stressed out trying to make a living out of training at first. "Do it first as a hobby just part-time," he said. "Take the time to find your audience and understand that you cannot help everyone across the board." Attending as many fitness seminars as possible is another way to keep up to speed on the industry.

Looking into the future, Carrels hopes to work for a professional sports team. He has played baseball and recreational hockey for years and wants to continue living the American dream. "I want a fair shake at the pursuit of happiness," he said. "I want to know that we can go to bed at night, get up in the morning, and make a profitable living without being penalized by the government or profits taken away."

Carrels does not have a detailed retirement plan, but he does want to eventually become a whitewater rafting instructor once his training days are over. "When I am done with fitness, I want to take trips and take people down the river," he said. As of now, though, Carrels is content assisting his clients in gaining their own fitness goals. "There has been nothing more rewarding than helping over 5,000 people in Springfield in the last 10 years. Without the trust and opportunity they gave me, HIPE would not exist." □

Eric Woods can be reached at [ericw93@aol.com](mailto:ericw93@aol.com).

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**Tony Maier - GM Personal Trainer**

**Anytime Fitness North**  
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**ANYTIME FITNESS**



# INDEPENDENT INSURANCE AGENCIES

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

	AGENCY NAME STREET ADDRESS CITY/ST/ ZIP	PHONE (-) FAX (=) WEBSITE (www.) EMAIL	NUMBER OF PRODUCERS	NUMBER OF LOCAL EMPLOYEES	MANAGER(S)/ OWNERS	SPECIALTIES	YEAR EST'D
1	<b>R. W. Troxell &amp; Company</b> 214 South Grand Ave. West Springfield, IL 62704	217-528-7533 217-528=1041 rwtroxell.com info@rwtroxell.com	47	80	Mike Aiello, John Eck, Jr., Todd Sowle, Dave White, Chris Leming	Commercial Insurance, Personal Insurance, Employee Benefits, Individual Life/Health, Bonds	1887
2	<b>Forsyth Insurance Group, Inc.</b> 430 E. Vine St. Springfield, IL 62703	217-525-9500 217-528=1526 forsyth-ins.com dblankenship@forsyth-ins.com	15	11	Dale Blankenship, Greg Cannedy	Personal Insurance, Commercial Insurance, Life, Health and Group and Financial Services	1946
3	<b>American Central Insurance Service</b> 3800 Hedley Road Springfield, IL 62711	217-698-9000 217-698=9898 americancentralinsurance.com stan@americancentralins.com	10	24	Stan Travelstead	Employee Benefits, Commercial Insurance, Personal Insurance, Financial Services	1987
3	<b>Goodenow Insurance Agency Inc.</b> 1207 N. Eighth St. 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
4	<b>Dimond Brothers Insurance Agency, Inc.</b> 3931 Wood Duck Drive Springfield, IL 62711	217-793-6655 217-793=6706 dimondbros.com	8	4	Toby Bartos	Commercial Lines, Personal Lines, Employee Benefits	1867
4	<b>Nicoud Insurance</b> 4481 Ash Grove, Suite B Springfield, IL 62711	217-546-6900 217-546=7034 nicoudinsurance.com info@nicoudinsurance.com	8	27	Jim Hillestad, Tim Nicoud, Jr., Tom Kavanagh	Financial Institutions, Business Insurance, Personal Insurance and Benefits	1985
5	<b>Lee/O'Keefe Insurance Agency Inc.</b> 2501 Chatham Road Suite 100 Springfield, IL 62704	217-528-5679 217-528=2121 www.leeokeefe.com info@leeokeefe.com	5	9	Glenda Richards, Brian Blough	Business, Personal, Life/Health Insurance Bonds	1934
6	<b>Godfrey Insurance Agency</b> 101 W. Mulberry Chatham, IL 62629	217-483-9590 217-483=9593 godfreyinsuranceagency.com rustin@godfreyinsuranceagency.com	4	5	Rustin Godfrey, Lisa Godfrey	Crop Insurance, Home, Auto, Life, Commercial Lines	2002
6	<b>Snyder Insurance</b> 2131 W. White Oaks Drive Springfield, IL 62704	217-793-6000 217-793=6161 insurewithsnnyder.com info@insurewithsnnyder.com	4	6	Charles Farner	Home, Auto, Life, Group Health, Farm, Business-Concrete Ready Mix, Restaurants, Contractors, Trucking	1906
7	<b>Denton Merritt Dycus Insurance Agency</b> 2800 S. Sixth St. P.O. Box 1179 Springfield, IL 62703	217-528-0408 217-522=5400 dentoninsurance.com dmerritt@dentoninsurance.com	3	3	David R. Merritt	Personal Lines and Small Commercial	1930
8	<b>Preston-Rezin Insurance Agency</b> 3307 Robbins Rd. Springfield, IL 62704	217-529-9711 217-529=0555 prestoninsurance.org prestonins83@gmail.com	2	2	William and Angie Preston	Auto, Home, Life, Business, Health, Medicare Supplements	2000



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# R.W. Troxell: Long history, personal touch

By Roberta Codemo

R.W. Troxell & Company recently received the National Personal Lines Agency of the Year award from The Hanover Insurance Group in recognition of the company's "ability to deliver value to customers through strong insurance product expertise and its responsive service culture."

The company provides a range of insurance products at competitive prices to its clients. Today it is one of the largest independent insurance agencies in central Illinois with 25,000 individual customers and 500 benefit customers.

Robert Staley Troxell founded the company in 1877 at 411 South Fifth St. Originally a savings and loan, it also sold insurance to its depositors. In about 1905, Roger W. Troxell bought the company and changed the name to R.W. Troxell.

The company relocated to 300 South Grand Avenue West in 1972, where it shared office space with a savings and loan, and in 1973 Joe Nicoud, who started with the company in 1968 and became treasurer in 1970, bought out Roger W. Troxell and became the first non-Troxell president of the company.

The company has always believed in bringing in young agents and allowing them to grow and become part of the community. When they have proven themselves, they have the opportunity to buy out the senior partners and acquire ownership. "I'm the oldest partner," said company president



R.W. Troxell

PHOTO COURTESY OF  
R.W. TROXELL & COMPANY

Michael Aiello, who started with the company 26 years ago and became president in 1999.

Current owners are Michael Aiello, Todd Sowle, John Eck, Jr., Chris Leming and Dave White. Seven employees have been with the company since at least 1982: Mike Gillespie, Bill Sowle, John Hester, Gary Hoecker, Henson Robinson III, Ed House and Joe Nicoud.

In 1982, the company moved across the street from the savings and loan to 214 South Grand Avenue West, where it remains today. At the time, the building was owned by Gale Wanless Realty. It

employed 19 people and was the fourth or fifth largest agency locally; Lanphier and Co. was number one.

"Our boundaries have spread out," said Aiello, who said there's always room for growth. It opened its first branch office in Chicago 10 years ago and now has offices in Bloomington, Denver, St. Louis and Washington and employs 120 people; 80 work in the Springfield office. It is licensed to sell insurance in 48 states.

"We are always looking for opportunities," said Aiello, who said the backroom work is done in Springfield because it has the technology and staffing in place. It was one of the first to go paperless. "We are one of the top 10 percent in the country to go paperless," he said.

The company dedicates itself to providing individuals, families and businesses with exceptional service and has written policies for generations of local families. "Springfield is a tight-knit community," said Aiello. "We form relationships with our customers. It's our job to protect their assets and put them back where they were."

The company works with independent insurance agents who represent more than 40 carriers and can shop for the best policies that offer the best coverage at the best price for their clients. Whether you need home, auto, business, life or health insurance, the carriers they work with offer their customers a wide array of insurance

products to choose from.

The insurance industry has changed. "Twenty years ago you could be a generalist," said Aiello. "Now you need to be an expert." The company specializes in construction, warehouse, trucking and grain insurance. Businesses face more risks today from cybercrime, employment practices and liability and need protection.

The company's in-house claims specialists are great at handling customer claims and customers can reach them 24 hours a day. "We're an advocate for our customers," said Aiello. "We strive to provide service." If a customer has an accident, someone will come and pick them up.

Most people know someone who works here. "We are very involved in the community," said marketing director Alysse (Aiello) Hewell, who moved back to Springfield from Chicago and now works with her dad. "We're a local organization and we support other local organizations in Springfield."

She gave up an opportunity to move to New York to come home. "This is a great place to work," said Hewell. "This company invests in their employees. It's definitely a family environment."

"We plan to keep local ownership," said Aiello. □

Roberta Codemo can be reached at  
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## Professional Women's Calendar of Events

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### Illinois Women in Leadership (IWIL)

IWIL Presents: "Brilliant" A Professional and Personal Development Conference for Women on September 2 from 9 a.m.-5 p.m. at the Hilton in Springfield. This full-day event that will allow attendees to expand their professional and personal competencies and make relevant connections through networking. The registration fee includes admission to a variety of insightful educational sessions, exhibits, and keynote speaker Colette Carlson, a business communication and human behavior expert who inspires her audiences to maximize results, revenue and relationships through the art of speaking your truth. Breakfast, lunch and a cocktail reception will follow the event and all are included in the registration fee. To qualify for the discounted rate, register by July 31 at [www.iwil.biz](http://www.iwil.biz).

### Women Entrepreneurs of Central Illinois

WE-CI will meet on Wednesday, August 12th from 11:30 am to 1:00 pm at Engrained Brewing Company (Near Scheels). The program will be "Business Growth – 10 Things Entrepreneurs Often Overlook." Ms. Evelyn Ivy, CPA, MBA, of Financial Keepers, LLC will review 10 factors to consider. The costs for the meeting are \$15 for members, \$10 for guests, and \$20 for walk-ins. Visit [www.we-ci.org](http://www.we-ci.org) for payment by credit card.



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To have your event added to the Women's Calendar of Events, please fax your information to (217) 753-2281 or e-mail to [info@springfieldbusinessjournal.com](mailto:info@springfieldbusinessjournal.com)



## INSURANCE



Vintage Uneeda Biscuit wall mural inside the new Goodenow Insurance office. PHOTOS BY MARANDA POTTERF

## New digs for Goodenow insurance

By Diane Lyddon

Years of hard work are finally coming to fruition for Don Goodenow of Goodenow Insurance. Although his business is only moving around the corner from the current Eighth Street location, it's his personal dedication to renovating this new office space that makes it so impressive. For months he carried two five-gallon buckets of plaster at a time out to a dumpster. After countless trips, that dumpster weighed in at five tons and was emptied three times.

When he bought the former Lincoln Library North Branch building in 2012, he said you could see the sky through the roof. That was not good news for the 60,000 books that were left behind from when the library closed seven years earlier. So Goodenow personally carried out all 60,000 stinky, damp books to a dumpster.

Goodenow, born and raised in Springfield, is a proud northender. He graduated from Lanphier High School and then Illinois State University and went into insurance right after college, eventually starting his own company in 1999. He has plans to help with the revitalization of North Grand Avenue, and in fact a new group has been formed, in a similar mold to the MacArthur Boulevard Association.

The plan for the new space is to consolidate the small Goodenow Insurance satellite offices in Cantrall and Waverly along with the two Eighth Street locations. All 11 staff members will now be under

one, new roof.

Goodenow says he's always liked historic buildings and he has shown incredible fortitude in preserving the history here. The very open office will basically be two large rooms with two-story ceilings. The interior has mostly brick walls throughout with two small walled off rooms for private meetings with clients. There's a small break room in the back and there's plenty of parking behind the building. The giant Uneeda Biscuit wall mural is wonderfully preserved and he has plans to add a water feature in front of it to give that room an outdoor feel.

Also in the back there is a room housing a very old bank safe which happens to be rusted shut. Goodenow doesn't have any plans to open the safe because he doesn't believe there could possibly be anything inside – it hasn't been opened since the bank closed in the early 1920s. It's also way too heavy and large to move, so it's staying put and he has built a separate entrance around it.

Neighborhood groups have already used the Uneeda Biscuit room as a meeting space. With the electrical inspection completed and approved, he just has a few more final touches before moving in. He expects his move to be complete by the end of August. □

*Diane Lyddon is a freelance graphic designer. She can be reached at [craftydogdesign@yahoo.com](mailto:craftydogdesign@yahoo.com).*



Goodenow stands by the book drop, just one part of the rich history of 719 N. Grand Ave. E.



The bank façade was created just to house the unmoveable, historic bank safe.



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Wilson named administrator of marketing and communications for Memorial Health System

Molly Wilson has joined Memorial Health System as administrator of marketing and communications. Wilson, who will provide system-level leadership over the health system's marketing and public relations department, most recently served for five years as chief communications officer for Hospital Sisters Health System – Central Illinois Division, which comprises St. John's Hospital, Prairie Heart Institute, St. Mary's Hospital in Decatur, St. Francis Hospital in Litchfield and St. Mary's Hospital in Streator. Wilson has also held the roles of senior program officer for the Howard Buffet Foundation; director of consumer marketing for Archer Daniels Midland Co.; and account executive for Jones and Thomas Inc., an advertising and public relations agency. Wilson brings with her extensive leadership and strategy experience in brand management, marketing, public relations, media relations and social media skills.

SIU Medical School library hosts Pastel Society exhibit

Southern Illinois University School of Medicine's medical library is hosting an art exhibition by two dozen members of the Illinois Prairie Pastel Society through Aug. 29 on the fourth floor of 801 North Rutledge on its Springfield campus. A "Meet the Artists" reception was held on Friday, July 17, where the artists presented and discussed their works. Artists include: Rosemary Buffington, Barb Drake, Tracy



Pastel by George King

Dunn, Cookie Ferratier, Catherine Flynn, Roland Folse, Rich Ford, Sandy Frank, Margaret Hazlett, Mary Lou Hicks, George King, Pat Kittilstad, Pat Kreppert, Gwen Lewis, Phil Locascio, Tracey Maras, Terry Moore, Don Ramsey, Sheri Ramsey, Sue Scaife, Mary Stjern, Kathy Summer, Rita Williams and Rita Young. The paintings will be on display Monday through Saturday, 9 a.m. – 5 p.m., and Sunday, 1 – 7 p.m. in SIU School of Medicine's library, which was renovated in 2015 as part of a \$2.9 million upgrade to the facility.

Springfield Clinic Carpenter opens

Springfield Clinic continues to expand, with the remodel of Springfield Clinic Carpenter. Endocrinology, Nephrology and the Diabetes Learning Center moved to 350 West Carpenter Street from their current facility at 1025 South Sixth Street as of July. Springfield Clinic Carpenter provides care for patients, particularly those with diabetes and kidney diseases with accessibility to these two departments that work closely together as well as educational programs with the Diabetes Learning Center. "Springfield Clinic Carpenter provides improved access,

continuity of care with the needs of patients in mind. These enhancements add up to a better patient experience and ultimately, improved medical outcomes," said Jay York, chief operating officer. The freshly remodeled building features a brand new waiting room and furnishings, an expanded diabetes education center and more clinical space for both the Endocrinology and Nephrology departments to work together to provide patient care.

Prairie Heart Physicians first in U.S. to use new procedure on patient

Doctors at the Prairie Heart Institute at HSHS St. John's Hospital in Springfield. have become the first in the United States and the seventh in the world to successfully complete a procedure to implant a medical device, known as a Lotus valve, in a patient with an existing artificial heart valve. The patient, Robert Sibrel from Chillicothe, had been turned down for referral to two large research hospitals in Chicago and St. Louis, and advised to seek hospice care, before Prairie Cardiovascular physicians sought special FDA approval to perform a minimally invasive procedure using the new cardiac device. The Lotus valve, developed by Boston Scientific, is a transcatheter aortic valve that is inserted into a patient's existing heart valve using a minimally invasive TAVR (transcatheter aortic valve replacement) procedure, which carries far less risk for patients with advanced-stage heart conditions. "When Mr. Sibrel was referred to us he was critically ill and no treatments currently available were considered viable options for his

condition," said Nilesh Goswami, M.D., co-director of the Cardiac Catheterization Laboratory at the Prairie Heart Institute. "Although the Lotus valve had not yet been used this way in the United States, my colleagues and I were involved in the research surrounding the device and thought it offered the best chance of saving Mr. Sibrel's life. We presented the situation to the FDA and were able to quickly secure approval to perform the procedure, which successfully treated the condition and gave Mr. Sibrel what we hope will be many more years of life."

Memorial employees donate nearly \$268,000 to annual campaign

Memorial Medical Center Foundation's 27th annual employee giving campaign raised nearly \$268,000 to improve the lives of patients and co-workers throughout Memorial Health System. MASH (Memorial Annually Supports Health) is the foundation's second largest annual fundraiser. MASH funds support patient care, education, employee assistance and clinical research at Memorial. A total of 916 employees gave \$267,490 during the one-month campaign. More than \$4.5 million has been raised through MASH since its inception in 1989. This year, employees designated more than \$138,000 to specific departments, units, affiliates and funds, such as cancer patient assistance or SystemCare, which provides financial support to Memorial employees who experience a personal emergency. About \$127,000 was left unrestricted for health-related grants awarded by the Foundation. □

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# New leadership for Gateway Foundation

By Colin Patrick Brady

On July 8, Dr. Thomas Britton, the recently installed president and CEO of the Gateway Foundation, attended an open house at Gateway’s office in Springfield. The purpose of the open house was to afford the community at large an opportunity to get to know Britton and to share in the vision he has for Springfield’s Gateway facility and the others in Illinois he has been in charge of since May of this year, as well as those nationwide.

At 44, Thomas Britton has dedicated more than half his life to the promotion of behavior health issues. He was 19 years old when he began working with developmentally disabled and at-risk children. Now, 25 years on, having earned his DrPH (Doctorate in Public Health) in 2005, Dr. Britton finds himself at the helm of more than 10 Gateway Foundation facilities throughout Illinois.

Dr. Britton spent 22 years in North Carolina prior to relocating to Chicago to take on the CEO & President position of Gateway. “In North Carolina, I worked on the front lines,” Britton states, “offering counseling to patients with mental illness, substance abuse and sometimes a combination of the two.”

Britton was pleased with attendance at the recent open house. “Springfield’s mayor came to the open house and that was a good show of support from the community,” Britton says. There was food by a three-star chef; however, some clients of the Springfield Gateway facility aided in preparation of some of the meals, including younger patients ranging between 13 and 17 years of age.

Substance abuse among the current youth population is an acute concern that vexes Britton. “Substance abuse is starting younger and younger ages in recent years” Britton points out. “Children of this current generation group have a greater access to a wider selection of substances with abuse potential,” warns Britton. “Issues that affect the parents of at-risk



Dr. Thomas Britton

youth – like marital problems between parents, lack of employment opportunities and financial stressors – take a mental toll on kids. So, the earlier that an agency like Gateway enters the lives of affected youths, the better the outcome for that group of individuals.”

Britton’s belief in and passion for his organization is evident. “I feel that every person with a substance abuse condition is a target for and could benefit from Gateway’s services,” he says. Young persons, unfortunately, do not necessarily know to seek out services like those that Gateway provides. “Arrest and citations for possession of illicit substances as well as truancy will often compel younger clients to check into Gateway for recovery options” Britton says. Furthermore, Britton states that “counter to logic, younger clients at Gateway who are there involuntarily (that is, court-ordered) are often seen to have better long-term outcomes as far as staying substance free.”

The stigma that many associate with substance abuse and those who suffer from it seems to be on the way out, Britton thinks. “The more people hear about treatment services, the more help you see people seeking from institutions like Gateway. Of course confidentiality laws and statutes are in place to protect the interests and identities of those who might be phobic or concerned over being outed as a drug user.”

Britton is concerned that recent Illinois budget cuts will negatively effect the ability for services like Gateway to commit to assisting those with mental health and substance abuse issues. “Up to a 25 percent reduction in funding in Illinois will cause many of our fellow providers to go under completely,” he says which will leave large gaps in communities with at-risk populations seeking or receiving care at a treatment center.

With some treatment centers at risk of losing funding, Britton stresses how serious an issue addiction has become. “It is important to understand that addiction is a lethal disease, and that, should it go untreated, those suffering its effects face lives of daily misery, incarceration and even death,” Britton warns.

According to Britton, Gateway Foundation is the largest provider of mental health and treatment services of its kind in the state of Illinois. Locations are peppered throughout Illinois in the north and Chicago areas, central Illinois, and St. Louis Metro and southern Illinois.

Britton’s vision for the future of Gateway is twofold. First, he hopes for further expansion throughout the state. “I’d like it if we could expand into all parts of Illinois that are in need of services, especially the central regions of Illinois,” says Britton. Next, he hopes to treat a large number of persons with a combination of mental health and substance abuse issues. “Around half of persons with anxiety and depression issues have addiction issues as well.”

Services offered by Gateway are

comprehensive, and many employees are available to offer aid covering a wide array of professional health care. Psychologists, psychiatrists, RNs, certified counselors and support staff providing direct care are available for patient needs. Inpatient residential services as well as outpatient care is made available at Gateway facilities.

Britton laments that several communities have an obvious need for treatment services but have no direct ability to receive it, which leads to some persons attempting to kick their habits on their own or backsliding untreated and in some cases dying due to an overdose. Furthermore, Britton feels that punishment (i.e. incarceration) as a form of intervention from drug use is not the way to serve those suffering from drug addiction. Britton states that “around five million Americans are currently incarcerated for drugs and alcohol-related crimes. These numbers could dramatically change if we treat substance abuse as a public health issue rather than a criminal element.”

One long-term goal Britton has is for the foundation to treat every single person who seeks support for mental health and substance abuse issues. This is no small undertaking, but with a newly minted CEO & president guiding the care facility into the 21st century and beyond, it is not unthinkable that someone fitted with the ambition, drive, credentials and know-how Britton brings to the table may just make that goal an eventual reality.

Britton estimates there are 30 million Americans facing addiction issues with only about 3-4 million receiving professional recovery care. To seek help from Gateway if you or someone you know is suffering from substance abuse or mental health issues, visit their website at: <http://recovergateway.org> or call confidentially 1-800-971-4673. □

Colin Patrick Brady is a freelance writer from Decatur.

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**NEWS AROUND THE CLOCK**





### Web developer joins growing Levi, Ray & Shoup Web Solutions team

Sean Collins, a web developer from Nashville, Tennessee, recently joined the growing LRS Web Solutions team. He will work alongside an established group of web designers and application developers to build custom websites for a broad range of clients. "I'm excited to be working alongside the team at LRS," says Collins.



Sean Collins

"This position will provide the creative challenge I've been seeking and the opportunity to elevate my site construction skills to a higher level working for national businesses." Collins brings almost a decade of technology experience to LRS and last worked as a front-end web developer at Ingram Barge Company in Nashville. He will put his knowledge of usability, accessibility, browser compatibility and web development to use implementing innovative web-based solutions for LRS clients nationwide. Collins can be reached at Sean.Collins@LRS.com or 217-793-3800, extension 1278.

### Elliott celebrates 15 years at Hanson's headquarters

Brenda Elliott, customer relationship manager (CRM) database administrator and business development specialist, recently celebrated 15 years of service at Hanson Professional Services Inc.'s

Springfield headquarters. Prior to joining Hanson in 2000, Elliott served as director of Millikin Institute's Microcomputer Training division, which was a continuing education branch of Millikin University in Decatur. Elliott administers and manages Hanson's companywide CRM database program and trains Hanson's employees on the system's various components. She coordinates the company's business development activities, including trade shows, client events and client satisfaction surveys. She also coordinates Hanson's efforts to mentor and team with small businesses. Elliott earned a bachelor's degree in marketing in 1983 from Millikin University and graduated from the Greater Springfield Chamber of Commerce's Leadership Springfield in 2004. She served as a board member for the American Diabetes Association and Illinois Women in Leadership. She also served as a member of the United Way of Central Illinois' Community Fund panel and is a member of the Society of Marketing Professional Services and the Society of American Military Engineers' Illini Post.

### Local lawyers co-author article in *Illinois Bar Journal*



Jason Schutte

Jason G. Schutte, a litigation attorney with Koepke and Hiltabrand in Springfield, and Eric Waldman, an associate with the Quad City firm of Bozeman, Neighbour, Patton & Noe, LLP, are the co-authors of "Slips,



Eric Waldman

Falls, and the Natural Accumulation Rule," an article which appears in the June 2015 issue of the *Illinois Bar Journal*, the monthly magazine of the Illinois State Bar Association (ISBA). Owners are usually not liable for falls caused by a natural accumulation of ice, snow or water on their property. But what is a "natural" (as opposed to "unnatural") accumulation, and when does it matter for premises liability claims? In the article, the co-authors take a look at the law.

### Springfield celebrates National Farmers Market Week



USDA Agriculture Secretary, Tom Vilsack has declared Aug. 2-8, 2015 National Farmers Market Week. In celebration, Springfield-area organizations and businesses have joined forces to host a variety of special events. The week's activities kick off on Sunday, Aug. 2 with a Crop Mob to provide

help for a local farmer and continue throughout the week with cooking classes, a farmers market Paint Nite, book fair, community garden work days, and a farm-to-table progressive dinner in downtown Springfield to top off the festivities on Saturday, Aug. 8. The events aim to raise awareness for Springfield's four farmers markets and the importance that they play in creating healthy, vibrant communities. The full schedule of National Farmers Market Week festivities and events can be found at [www.buyfreshbuylocalcentralillinois.org](http://www.buyfreshbuylocalcentralillinois.org)

### Hanson named on 'Best Firms to Work For' list

Hanson Professional Services Inc. recently was ranked 21st out of 54 companies in the multidiscipline category on this year's "Best Firms to Work For" award list by Zweig Group.

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# Medical cannabis comes to Springfield

By David A. Kelm

Let's get this out of the way: medical cannabis is not the joint you found in your older brother's car and smoked behind the garage with your buddy Tim. It's not the real "after prom" party. It's not your "youthful indiscretion" in Panama City during senior year spring break. It's neither Cheech nor Chong. It's not the tie-dye t-shirt, bandana-wearing, burrito-gobbling Grateful Dead concert (although, given the average age and multiple diagnoses of the crowd at the recent final Dead concert at Soldier Field in Chicago, medical cannabis could be a big part of that group's current lifestyle). Medical cannabis is legal in Illinois, heavily regulated and soon to be a neighbor in downtown Springfield.

Illinois legislators finally legalized medical cannabis in 2013 with Gov. Pat Quinn signing the law on Aug. 1, 2013, following a number of other states down the path to legalization. Currently, there are 23 states and the District of Columbia permitting medical cannabis. There are also four states and D.C. allowing recreational cannabis. (Did you just read that D.C. allows recreational cannabis and think to yourself, "So, that's what's going on...?") Additionally, there are numerous states that

have decriminalized marijuana possession, which is different from legalizing cannabis. In Illinois, the General Assembly passed decriminalization this year imposing only a fine ranging from \$55 to \$125 for those caught with 15 grams or less. The bill passed with bipartisan support and is awaiting Gov. Bruce Rauner's signature.

Illinois' medical cannabis law currently covers nearly three dozen medical conditions that permit a patient to apply to join the registry and obtain a medical cannabis card. The application costs \$100 and information can be found at the Illinois Department of Public Health website (<http://goo.gl/tl2IY0>). The Illinois law, while technically a pilot program, allows for 22 cultivation centers where medical cannabis is grown, harvested and processed as well as 60 dispensaries spread across Illinois where registered patients can purchase cannabis products. The Illinois program is governed by three different state agencies with the Illinois State Police reviewing the extensive security protocols.

Dispensaries are divided between the various state police districts. Springfield is in district nine, which includes Morgan, Cass, Mason, Menard, Logan, Christian and

Sangamon counties. The two dispensaries selected for district nine will both open shop in Springfield within blocks of each other. The situation is a bit unique in that Springfield is the only population center in all seven counties with dispensaries. In other areas of the state, dispensaries in the same police district are not consolidated in one particular population center.

One of the dispensaries preparing to open later this year is owned by Maribis of Springfield. Maribis was also awarded a dispensary in Chicago and a license to cultivate and process cannabis products. "We are truly building a business, and an industry, from the ground up," said Bret Bender, an attorney whose job description with Maribis is still "TBD" – to be determined. (Disclosure: Bret and I conducted a medical cannabis presentation last fall for the Illinois Government Bar Association. We did not bring samples.) While other states have permitted medical and recreational cannabis for many years, Illinois rules and regulations are far more strict than those in other states. "The law was written and is being implemented in order to maintain the integrity of the underlying goal of assisting in the medical



Julie Falco, multiple sclerosis sufferer and medical marijuana advocate, prepares to eat a cannabis cookie.



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treatment of our patients," added Bender, who was one of the key staff members who drafted and negotiated the Illinois medical cannabis law prior to working for Maribis.

Maribis has purchased and is in the early stages of remodeling the building at the southwest corner of Fourth and Adams streets in downtown Springfield. The building used to be a financial institution, which aids in meeting some of the safeguards required in order to operate a cannabis dispensary. "The building is about 5,300 square feet and will enable Maribis to accomplish a couple of things," Bender explained. "Of course, we will provide a safe, secure, welcoming environment for patients to enter and purchase cannabis products. But we also plan to have a portion of the facility dedicated to patient consultation and education." While family members and patients will be able to access the educational areas of the facility, only registered patients or caregivers will be allowed through a secure entry to discuss and purchase specific products.

Medical cannabis dispensaries are only able to purchase products from Illinois cultivation centers. Products include varieties of cannabis to smoke, oils, vaping liquid and edibles. Maribis intends to supply its dispensaries with what it grows and processes from its own cultivation center. "Maribis has contracted with Phil Hague to consult with our growers and processors," said Bender. Hague is a horticulturalist and a leading cannabis grower from Colorado. Maribis has also signed an exclusive agreement with Bhang Chocolates who will provide recipes and training to produce the high-quality edible. "We have not fully settled on everything we are going to provide, it

depends on the market," said Bender.

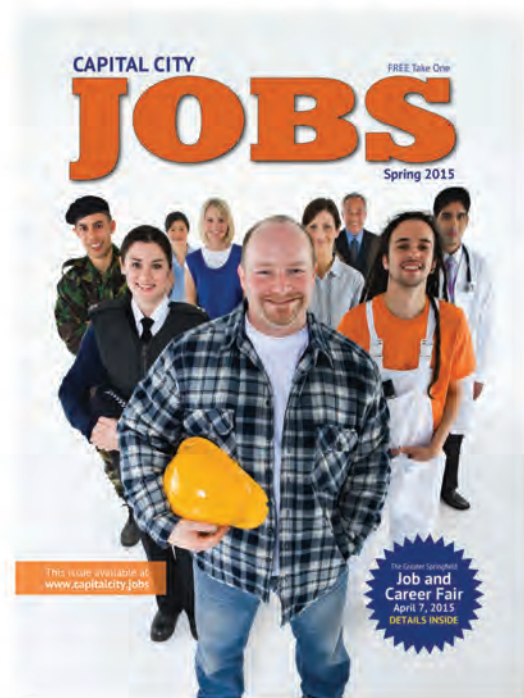
The economic impact of medical cannabis in Illinois is difficult to determine until the dispensaries open and are operational. Because the dispensaries for district nine are in downtown Springfield, the sites will likely add some foot traffic to other area businesses. Maribis intends to start with five to ten employees but envisions 15 to 20 employees in the future for the Springfield dispensary. While medical cannabis will only be taxed at the 1 percent pharmaceutical rate, the city may see increased sales taxes from cannabis accessories that will be taxed at the full rate. The biggest unknown is the number of patients. Currently, the state has only issued 2,600 cards out of the 22,600 applications that have been submitted for review. "We know there are about 260,000 eligible individuals in Illinois," said Bender. "Once we get closer to opening and when we are up and running, we strongly believe that eligible patients will get registered in greater numbers."

Illinois may be coming late to the medical cannabis table and it has taken the state's bureaucracy an inordinate amount of time to put the rules and regulations in place, but medical cannabis will soon be part of Springfield's landscape. Maribis and other dispensaries are legitimate enterprises seeking to build a business and add to the fabric of their host communities.

It may take time to shift the culture from thinking "Reefer Madness" to medical cannabis, but soon qualified patients will have an additional option and downtown Springfield will have a new neighbor. □

*David A. Kelm is a Springfield-area attorney. He can be reached at DavidAKelm@gmail.com.*

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# Keefner's

By Thomas C. Pavlik

I grew up with fond memories of my grandmother's drugstore / soda fountain in Cleveland, and have been partial to this genre of food ever since. I'd heard of the original Bachman & Keefner located downtown but don't recall if it had closed by the time I moved to Springfield. I was excited to learn that the daughter of Bachman & Keefner's proprietor had dusted off the original recipes and would be opening a new iteration of this Springfield classic.

Keefner's, located at Montvale, has successfully managed to keep the best of the soda fountain and package it in an updated and modern version.

My guest and I visited shortly before noon on a hot July day to find Keefner's already packed. Indeed, we noticed several groups waiting for tables during our visit. Our fellow patrons represented a mix of social and business diners. Between the two of us, we recognized folks at two or three tables – all of whom advised us they were repeat visitors.

Although there are hints and touches from its soda fountain heritage, Keefner's is a modern restaurant. There's a dark wood bar with space for about 10 people (yes, alcohol is served) as well as low- and high-top table seating. The space is light, airy and clean.

Keefner's lunch menu is quite focused. My guest and I both commented that we

appreciated the fact that Keefner's doesn't try to bite off too much – all too often that leads to mediocrity.

In keeping with its heritage, Keefner's main claim to fame is its chicken, tuna, egg and ham salad sandwiches (each \$5.99 with a choice of one side, available on white, wheat, rye or a croissant), the olive nut spread (\$.99) and the braunschweiger (\$5.99, with choice of one side). Angie Keefner, the owner, stopped by our table to make sure we were doing well and informed us these were all made from the original recipes.

The rest of Keefner's lunch menu consists of hot sandwiches, horseshoes, soups and salads. Items that caught our attention included the catfish basket (\$7.99, hand-battered catfish on rye with onion, choice of one side) and the "6 degrees salad" (\$7.49, greens with grilled chicken, goat cheese, candied walnuts and dried cranberries). Available sides include homemade chips, fries, cottage cheese, or veggies with dip. Cheese can be added to sandwiches for an extra \$.50.

My guest, who had heard friends and acquaintances praise Keefner's chicken salad, opted for that with a side of the homemade chips. I encouraged him to try the salad plate (\$5.99, three scoops of your choice of salad and choice of one side), but he demurred since it didn't come with bread.

Our server offered to bring crackers, but that failed to seal the deal. One suggestion for Keefner's – offer this item with bread so the diner can make a sandwich.

I opted for the cheeseburger (\$6.99, double burger \$8.99, with cheese extra \$.50) and the French fries.

My guest and I were both enamored with our sides – he reported the chips to be perfectly golden brown and obviously fresh. I found the fries to be delightfully crisp yet soft on the inside – something difficult to do with shoestring French fries.

I can't abide mayo so I didn't taste the chicken salad, but my guest commented that it far exceeded his expectations and was on par with the best of homemade versions he had tasted. He also commented that the portions were quite generous, especially at such a reasonable price point.

Although I generally don't like burgers cooked south of medium rare, I make exceptions for diner-style griddle burgers and this one did not disappoint. There was just the right amount of char and some good flavor. I don't think this patty was pre-packaged. A toasted bun, onions, pickle and a bright and perfectly ripe tomato raised this dish to the top echelon.

Service was friendly and efficient, with our iced tea glasses well-monitored. We appreciated the owner stopping by to



Keefner's does a brisk business at lunchtime.

check in on us in between helping the wait staff.

My guest and I both liked the concept of an updated soda fountain combined with traditional tavern fair. We'll both be back. □

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Deep in meditation, “Scott” thinks himself to health and wellness.

# Fitness for the unfit

By Scott Faingold  
Associate editor

As is the case with many of us – and I may be assuming too much here – fitness is, for me, an ideal more easily talked about than put into effect. As a 40-something, the reality of encroaching age and attendant health concerns are all too real. Still, making my living as a writer and editor – those most sedentary of occupations – it seems to come naturally to live a sort of “life of the mind,” often discounting concerns like exercise altogether. Would I be happier existing as a “brain floating in a jar”? Probably not, but sometimes it feels like that’s where I’m headed.

In contrast, my significant other takes a significantly different approach – as an avid runner and yoga devotee, she encourages me toward an attitude adjustment, fitness-wise, through simple example and proximity (without being pushy about it).

Wikipedia defines yoga as “a physical, mental, and spiritual practice or discipline

which originated in India...The origins of Yoga have been speculated to date back to pre-Vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in ancient India’s ascetic circles.” In its permutation as a fitness option in the U.S. mainstream, yoga has been prevalent long enough that most gyms and fitness centers here in Springfield – including FitClub and Gold’s Gym – now offer regular yoga classes for various experience levels. For those interested in looking into it further, Ahh Yoga (1051 Wabash) and Trailhead Healing Arts Center (801 S. Grand) allow the prospective yogi to focus even further on the ancient Hindu-derived practice.

Or you could just do like I did and get on the Internet. A quick YouTube search of “yoga for beginners” brought forth an overwhelming cornucopia of options, from slick, professionally produced videos to camera-phone footage, all purporting to

purvey, in pixilated form, the ideal entree to physical well-being and inner peace. I attempted a 30-day online challenge with an instructor who claimed to have come to the yoga lifestyle after a youth spent as a punk rock, but despite his protestations, the videos increasingly felt like a competition to keep up as he showed off his advanced skills, rather than a good way for a beginner to ease into yoga.

I eventually settled on a series of videos wherein the instructor addresses her acolytes in a way that recalls how Fred “Mister” Rogers used to speak to the children in his audience. Rather than condescending, though, the calming tone has allowed me to relax into the rudimentary poses in a less self-conscious way.

Perhaps at some point I will outpace these very simple exercises. For the time being, though, at least I’ve made a solid step away from behaving like a brain floating in a jar. □



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# Electronic signatures on the rise

By Thomas C. Pavlik, Jr.

A client and I were negotiating final changes in a real estate sales contract with the parties poised to sign. Buyer and seller were familiar with each other, and proposed exchanging scanned copies of the executed contract in lieu of original signature pages. It's something that happens all the time. My client, who is quite astute, asked me if everything blew up could we enforce the contract without original signature pages. And right then and there I knew this was worthy of an article for the *Springfield Business Journal*.

So is it acceptable to use electronic signatures on legally binding documents? And what exactly is considered an electronic signature?

The short answer is yes, electronic signatures are accepted on most documents and contracts as being legally binding. An electronic signature can take a variety of forms. It could be as simple as a typed name (e.g. /s/ Thomas C. Pavlik, Jr.), a digital image of a signature that has been handwritten (i.e. a traditional scan), or even just a symbol. The key is whether it captures the intent of a person to be legally bound.

What's the legal basis for this? Electronic signatures have been recognized since 2000 when the Federal ESign Act was signed into law. Most states then followed suit and adopted their own policies. In Illinois, the general rule is that electronic signatures are recognized just like written signatures so long as the electronic signature takes on the characteristics of an ordinary signature – meaning it is not easily forged and becomes invalid if the document

is altered in any way.

Illinois law provides that parties may establish their own requirements for what constitutes an electronic signature. Therefore, although not technically necessary, it's a good idea to include provisions in a contract that the parties agree that facsimile or scanned signatures are intended to be legally binding. I generally use language similar to this:

"In the event that any signature is delivered by facsimile transmission or by email delivery of a ".pdf" format data file, such signature shall create a valid and binding obligation of the party executing (or on whose behalf such signature is executed) with the same force and effect as if such facsimile or ".pdf" signature page were an original thereof."

As with everything, there are a few exceptions to this rule. Certain documents cannot be signed with an electronic signature. These documents include wills, trusts, and documents by which title to property is transferred (e.g. deeds, car titles, and bills of sale). Negotiable instruments (e.g. promissory notes) are a separate category with specific rules – suffice to say that I don't see electronic signatures becoming commonplace in this regard.

Electronic signatures are becoming

so common that federal courts and some state courts now allow for electronic filing of court documents. The Sangamon County court has not yet adopted electronic filing and signatures, but Cook County has. When a document is submitted to the court through electronic filing, the documents are signed with an electronic signature. This is a perfect example of how technology is changing the way things work.

Even some state agencies have adopted the use of electronic signatures on their documents. For example, when forming an LLC or corporation online in Illinois, all the documents are executed and submitted with electronic signatures.

The Internal Revenue Service works with electronic signatures as well. When you submit your taxes online through e-filing, you are using a form of electronic signature to verify you are in fact the person who submitted the tax forms. This is done through an electronic PIN number.

In an effort to make electronic signatures more secure there is another layer to the electronic signature called digital signature. They may sound similar, but in fact they are separate things. A digital signature adds security to an electronic signature. Again, an electronic signature shows the intent of a person in an electronic transaction. The digital

signature doesn't capture that intent. It offers additional indicia of genuineness. A digital signature alone would not be legally binding.

A digital signature is an encryption procedure that secures the data and helps verify the authenticity of the signature. It allows one to trust that a signature is valid through the use of a public and private key pair. All parties know the public key but only the signor knows the private key. This makes the signature unique to each individual – essentially a digital fingerprint. Because the digital signature is unique, it cannot be copied, tampered with or altered. The authenticity of an electronic signature backed with a digital signature is far less likely to be questioned. Adobe and MS Word offer versions of digital signatures.

Because of rules put forth by the state regarding the law establishing the permissibility of electronic signatures, there may be a requirement that such signatures be created using a "secured procedure." The rules are a bit short on specifics, so savvy parties would be well advised to include some sort of digital signature on top of the electronic signature.

As we advance into a more technologically savvy world, expect electronic signatures to become much more common, but also expect complications as the law struggles to catch up with that technology. □

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