

Springfield

SCENE MAGAZINE

2017 Issue No. 3 Vol. 13



Profiles

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JUSTIN ALLGAIER
DAWN MORRIS
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SARAH PHALEN

PRESIDENT & CEO OF ILLINOIS NATIONAL BANK

LEADERSHIP EARNED

STORY BY JULIE CELLINI

Sarah Phalen, doesn't see herself as Unique, despite the fact that only seven per cent of Illinois' 415 banks are headed by females.

"I guess you could say I lucked into my career," she says, "because I never actually set out to be a banker."

Phalen, 45, grew up in nearby Sherman. She attended Williamsville High School and got a bachelor's degree in economics at the University of Illinois in Champaign.

She admits she had no defined career goal in mind after college. She held

PHOTOS BY BILL STOKES

various jobs at INB and eventually became an assistant branch manager at the original INB, then located at 5th and Washington Streets in downtown Springfield.

“The building was new back then,” she says. “It was minimalist modern and way ahead of its time architecturally with a big, open-concept floor plan. That meant I could sit at my desk out in the large open area and hear all about how banking was done from the more seasoned employees around me—everything from opening accounts for new customers to structuring commercial and home loans for first time buyers and businesses. We were encouraged to work as a team when it meant better service for customers. So a lot of the time, when I was just starting out, I got to listen in on how banking actually worked.”

“When you’re 20 years old, with no business experience, it’s especially important to listen. I’d pay attention to how business leaders spoke. How they dressed. I took a lot of advice.”

“No, it wasn’t eavesdropping,” she laughs. “No one around me seemed to mind sharing information. I thought of it as on-the-job exposure to how banks serve customers. For me, it was almost like going to business school.”

When the original INB changed hands through a succession of sales to larger financial institutions in the late 1990’s, she continued her banking career as the ownerships changed.

Eventually she got an MBA at the University of Illinois at Springfield, and was on the team that brought the second generation of INB into the Springfield market. Six years ago the board picked her for the top spot.

Today, INB is the second largest bank in Illinois with a female CEO. Although some 47 per cent of management and professional roles in American financial firms are now held by women, a female in the top spot is still a rarity.

Phalen is quick to point out she actually isn’t the first woman to head up INB. That distinction went to the late Linda Culver, who headed INB until her death in 2000. Back then, Phalen was a banker cashing checks and punching in numbers on deposit slips.

“I can’t say I had executive aspirations,” she says. “I just liked how banking fit



Sarah at work in her office in the INB administrative building at the corner of 4th and Capitol Ave.

so much together. Customer relations, business outreach, and all the rules and regulations that govern financial institutions. I could be exposed to all that banking entails just sitting at that desk and listening to what the bank did. And I had a great mentor in Linda

Culver. She believed in what banks can do for a community, and she was happy to share her know-how.”

Now ensconced in a large office atop INB’s home office at 4th and Capitol near the State Capitol, Phalen juggles a schedule that begins early. She and her husband Pat, who heads INB’s holding company, share family and business responsibilities.

On a recent Wednesday the Phalens went over the agenda with staff for the bank’s monthly board of directors meeting, while keeping an eye on the clock so at least one of them could be with their twin teenage sons who both had doctor appointments. Besides their sons, the couple has a pre-teen daughter. All three will be in high school this fall.

“People are sometimes surprised that we work together,” says Sarah. “We actually met at INB. Just one more reason why I like being a banker.”



Early in Sarah’s career in banking she worked as a bank teller.

Through the years, her talents and skills enabled her to advance to her current position as President & CEO of Illinois National Bank.

~SSM~

27th Annual Induction Ceremonies

The Board of Directors led by President Lisa Schaive produced another great event this year. Held at the Crown Plaza on April 5th the selection committee co-chaired by Jim Ruppert and Dick Schofield pulled together a great line up of inductees. Jim Kaat, the keynote speaker, had to wait through all the acceptance speeches but he was still captivating and lucid in his speaking once he got to speak. Jim Ruppert did a great job of putting together questions

that brought out the best stories that Kaat could share. His Major League Baseball career spans four decades and he currently works with Bob Costas on the MLB Network broadcasts. His book titled, "Still Pitching" that came out in 2012 is a best seller. *Read all the bio's on the Inductees at this web page: <http://www.springfieldsportshalloffame.com/inductees/2017inductees/>*



2017 Hall of Fame Team

The 1998 SHG Boys Soccer Team, The Cyclones. They won the Class A State Title with a 2-1 victory over Crystal Lake Prairie Ridge behind a pair of goals from All-Stater Peter Christofilakos. The Cyclones won Central State Eight Conference, Regional, Sectional and Supersectional titles in compiling a 25-2-2 record. Bottom row left to right Doug Laskody, Ryan Cour, Danny Long, Ross Pagliara, Peter Christofilakos, Jamie Doerfler, Back row Brian Wojcicki, Brian Sheehan, Lesa Schaive (in front of Sheehan), Jim Kaat (keynote speaker), Mike Metz, Mike Lindsey, Sam Tate, Erick Irwin, Devin Morse, Noah Sabich.



Inductee TJ Jumper from the 1996 Class of Lanphier High School. Excelled as a high school soccer, basketball and track athlete and went on to excell as a high jumper at U of I.



Inductee Rick Montooth from the 1972 Class of Southeast. Led Southeast as head coach to two Central State Eight Conf. Championships.



Inductee JC Anderson, a basketball and golf champion in high school he turned to professional golf in 1988 and was a 5 time PGA Section Player of the Year as well as being voted "The Funniest Man on Tour" by Golf Magazine.

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Friend of Sport Inductee Ken Lemaster, Retired Springfield Park District swimming coach who coached 18 swimmers who achieved national top-10 finishes.

Friend of Sport Inductee Kris Glinthorg, Track and Basketball Coach at Franklin Middle School, Springfield High School and finishing his career as Athletic Director at SHS.



Upper Left: Remembering Inductee Jimmie Shepard (1917-1993) represented by his great-nephew, Jimmie Shepard. Shepard was a Springfield Native who was a boxer and won both Golden Glove and Professional boxing matches throughout his career from 1935 to 1947.

Bottom Left: Inductee Jim Drew, was represented by his son, Chris. At Griffin, Drew earned all-city basketball honors and set a school season scoring record in 1968. He coached on the junior high, high school and collegiate level and became a member of the Illinois Basketball Coaches Association Hall of Fame.

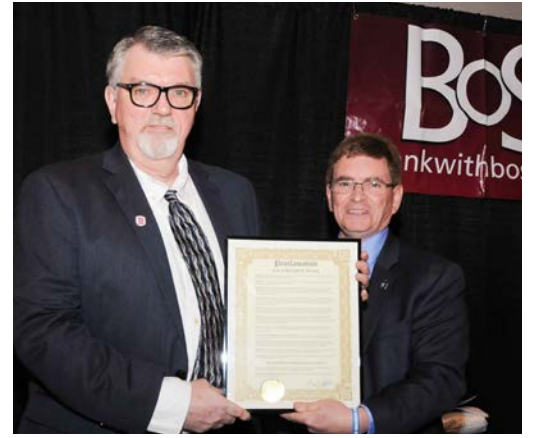




Keynote Speaker Jim Kaat



Jim Kaat answers questions from Jim Ruppert



Ruppert receives Proclamation from Mayor Jim Langfelder



*Back: Mark McMillian, Gina Siddens, Kristen DiCenso, Kelly Burris, Joe Maggio,
Front: Judy O'Shea, Annie Aschenberenner, Elizabeth Simpson, Lesa Schaive, Cynthia Robbins,
Belinda Adelman, Doris DiCenso*



Diane Hillard-Sembell & Tanya DeSanto



Susan Shea, Jaryn Franklin (Miss Illinois)



Chuck Redpath Jr., Chuck Redpath Sr., & Brianne Redpath



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BACK IN VICTORY LANE



Justin Allgaier with his wife, Ashley and daughter Harper



The Brandt Racing Team Celebrating Their First Place Finish at the DC Solar 200

STORY BY PAUL WAPPEL

PHOTOS BY HAROLD HINSON PHOTOGRAPHY

The drought is over. After 80 races over a five-year period without a victory, Riverton native **Justin Allgaier** grabbed the checkered flag winning the DC Solar 200 at Phoenix Raceway on March 18. With the win, he picked up a \$100,000 bonus because the race was the first of four in the Xfinity Dash-4-Cash series. It was the fourth time in his career he's won in NASCAR's second series. (Bristol, Chicago, Montreal, Phoenix.) "Well, I think anytime you go on a drought, you always question, will there be another one, and can I still win," said Allgaier. And it wasn't easy. The temperature inside the car during the race was above 140 degrees. "You just kind of grit your teeth and it always seems to work its way out," he added. "It was really a lot hotter than myself or any of the competitors expected it to be."

Any win in professional racing is special, especially when you consider the fact he's competing at the highest level of his sport in the world, but this one had some extra meaning. Earlier this year,

sprint car crew chief Kelly Kovski was seriously injured after being struck by a car during a DIRTcar Nationals World of Outlaws race at Volusia Speedway Park in Florida. Allgaier wore a decal on his helmet in honor of Kovski, who is from Springfield. "I feel like we were gonna be good at Phoenix regardless,

but at the same time I do feel like it gave me that extra bit of want," Allgaier said. "It, (what happened to Kelly), made me realize how special that win really was."

Allgaier credits three people for being the most influential to him. His mom Dorothy, his dad Mike, and Justin's wife, Ashley. "They have been and still are. I remember my dad driving hours and hours just to get a part or to get me to a race and never complained about it. My parents always said schoolwork's the most important thing and I remember the time and effort they put in to make sure I was able to do what I needed to do," Allgaier stated. When Justin has challenging times on the track, which includes some frustrating races when he was on the Sprint Cup circuit, he knows one thing's for certain. His wife Ashley is there. Always. "She's the one that's pushed me to get better. When I'm down she picks me up and when I need to be knocked down she's kind of kept me on a level playing ground. And honestly, there was a time when



Rick Brandt and Justin Allgaier taking a selfie with the winner's trophy.

Justin Allgaier

Back in Victory Lane

The driver of car #7 absolutely enjoys and appreciates what he's able to do in his life, overall. "I'm blessed to do what I love to do and I'm not going to complain."

Central Illinois ties

Justin is appreciative of the support he receives from not only Riverton but the entire Central Illinois community. "It (Central Illinois) is incredible. You look at the sports and the athletes, not just racing but in general. You've got NBA players, MLB players. What's probably the coolest is being able to represent such a great part of the country and I'm very blessed in that regard. I've got a lot of great fans that are supportive and they do more than you can ever ask. That's a lot of motivation to go out and do what we do (racing) every weekend," Allgaier noted.

Sponsors are vital for any driver and that includes Allgaier. His main sponsor is BRANDT, which sells agriculture products and is headquartered in Springfield. The partnership with the local company goes well beyond business. It's become family for Justin. "It's funny because I met Evelyn (Brandt Thomas, who is 93 and co-founder of the company), first. I got invited to the office and we just hit it off. Evelyn is just the most amazing person ever. I met Rick Brandt (BRANDT President and CEO) through a mutual friend and they were trying to figure out what direction they were gonna go with the branding and marketing of their company and it just worked. Rick and I hit it off right off the bat and then getting to know G.B. (Glenn Brandt, who is 91 and co-founder of the company), has just been so much fun. When you get that group together it's a blast! Their passion for racing is pretty incredible," he said.

What's next?

"For me, I've learned to be really happy where I'm at now. It would be great to be back in the Cup Series but I just want to be competitive at whatever level I'm at, so I'm good." So far this season, he's been very good.



I was not fun to be around," he added.

So how and when did Allgaier get the "bug" to race? He remembers it like it was yesterday. "My biggest memory is my first quarter midget race I ever lost. I was five and I had a buddy who was seven and we were there racing and I remember it was where the Drive-In movie theater is now (in Springfield) and there was a quarter midget track there for a while, by the Knight's Action Park side. There was a grandstand and I remember sitting there looking and watching these kids racing, just thinking how cool would this be if I got to do this? Little did I know, I'd end

up driving my buddy that was seven at the time's car for the next two seasons," Allgaier said. He's been racing ever since.

What the 30-year-old driver loves the most about racing is the "rush" that he gets. "The adrenaline rush, the physical rush, the speed, it's an amazing sport. I'm lucky enough to do what I love to do. It's not like a job. But on the flipside of that, there's a lot of downtime. You know, the travel. We're gone a lot. I feel like someday it take away from being there for milestones, not only in my daughter's (Harper, who is three) life, but my wife's," he added.



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REBEL WITH A CAUSE

DAWN MORRIS

*Executive Director
Elizabeth Ann Seton
Program*



PHOTO BY BILL STOKES

BY LISA RIGONI

Dawn Morris, 43, Executive Director of the Elizabeth Ann Seton Program is a Litchfield native. "I was born and raised in Litchfield. I am a PK (Preacher's Kid) with a capitol 'R' in Rebel in my younger years," she said with a smile as natural as they come. "I think a lot of that rebellion came simply with the title. You know, when people say 'you can't be this way,' well, I was determined to become exactly that." She agreed that she was "100 percent" like the PK in the movie *Footloose*. "Yes, 100 percent like her, and how my parents ever dealt with me I'll never know."

Mission and history

EAS, founded in 1996, is a multi-faith based, local, non-profit organization whose mission is to embrace the sanctity and dignity of life by nurturing pregnant and parenting women. It provides support and practical assistance to low-income women, including mentoring, domestic violence and employment counseling, tutoring, computer training and monthly educational meetings. Mentoring and educational programs serve women and children in the Springfield, Litchfield and North Mac communities.

The program is named for Elizabeth Ann Seton, a woman who moved from great wealth to extreme poverty, marriage to a prominent shipping merchant to the isolation of a single mother. She believed women deserve a good education and chance for a fulfilled life. She devoted her life to serving women and children and used her personal resources to establish several schools, orphanages and hospitals.

Morris drives that same mission today, but is the first to note it takes many to make it happen. "We could not be where we are without the help of our dedicated staff and board members. The staff works tirelessly to give the best care to our clients, to determine what is needed and works with the clients to help them set and reach their goals. Meeting their goals helps them earn points to earn things they need and want. She said, with a genuine smile that shows a heart overflowing with thanks. "And I love our Board.



**Elizabeth Ann Seton
Program**

They understand that I lead with my heart. They know that what I do is my passion. I can only be as good as my board allows me to be, and I am blessed."

She understands the clients

After joking about being the rebel PK, with a serious look across her face and then softening into a faint smile, she said, "The moment I found out I was pregnant, at 16, I changed. Like that (with a snap of her fingers). It was like a big red truck pulled up to challenge me – 'this is no longer who you can be. You can no longer live like this. You will not be a statistic.'" Again, she was going to do what others said she couldn't.

"My parents gave me three options: I could do as planned and go to college, and they would raise my child – as their own. We could look in to adoption, or I could put college in the background and raise my baby. That was it." She chose the latter.

Gently shaking her head back and forth, she continued. "Watching my parents go through that. It was hard, and it hurt. Having your father in a leadership role and having everyone look at him, like 'how can you lead a church when you can't lead a family?' Even through all of that, I respected my parents to the utmost. Our lives were forever changed. I did not want to become a statistic."

The national and local statics for teen pregnancies are at a historic low, including in Sangamon County. For

those who do come face-to-face with a pregnancy at a young age, the reality will change the trajectory of their life, just as it had for Morris.

"The EAS serves the teen mama, typically those who are in their teens and 20s. Currently, we have six 14-year-olds in our program and have had as young as a 12-year-old," says Morris. "They come from every walk of life." Morris says 85 percent of those who come in have not had a mother figure in their life.

"There is often a generational curse. By the time they come to the EAS office, they have been through hell. They have little to no self-confidence or self-worth. They have been beaten down emotionally and mentally, and yes, some physically. It's tough to see. They have nowhere else to turn," Morris explained. When women first enter the EAS office, they are greeted with a smile, warmth and encouragement. Most importantly, they are greeted with someone who will simply listen. It's at that point there is opportunity to build trust. Then they can decide to break the cycle or continue it.

"On a first visit, we do not pick up a pen or a notebook. We sit and allow her to talk. We focus on her and the child she carries. Oftentimes, they are shocked and ask if they need to fill out any forms. On their first visit, the answer is always 'No.' We want them to understand we care about them as a person. We do not want them to feel like another number as soon as they walk through our doors."

As I entered the Elizabeth Ann Seton program office to visit with Morris, I immediately ran into a volunteer who was helping a client prepare to load a stroller. All smiles. This is what "Miss Dawn," as the clients lovingly call her, likes to see. Those smiles are reflections of how Morris and her staff champion the young women who come in seeking assistance, often their last-ditch effort. As Morris says, they are usually just hanging on by a thread when they come in.

One of the first phrases out of a prospective client's mouth is: "You couldn't possibly understand what I am going through." At that, Morris

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smiles and says to them, "I love you. God loves you, and you're right, I don't know exactly what you are going through. But honey, I do know what it is like to be 16 and pregnant, afraid and worried." Clients relax and share their stories. They found a connection.

Against the odds

Morris defied the odds. She was a smart teenager who got pregnant in high school, had her baby and married her high school sweetheart – Rick - the child's father. She and Rick married soon after they graduated high school. "My parents were so good to us. I let my Dad name the baby, Dustin Michael, who is now 28. Then we had Trentin, 24, and Camdin, 17. People are always surprised when they find out that Rick and I have stuck it out all these years." She admits it hasn't always been easy.

Their second son, Trent, had an accident which caused some issues and Morris was very protective of him. She lived life around him.

Later came Camdin. “God threw us a curve-ball with Cam. He is such

a blessing. Keeps us grounded. Her children and now grandchildren (who call her Jamma) are her world.

She worked for the Department of Children and Family Services (DCFS). “This is where my love for case management began. I worked for Kip Smith, then. Another blessing. But I always felt we lacked teaching our clients to have faith and hope.”

Then she got an opportunity to work for EAS in a coordinator position. “I didn’t plan to apply, and Rick said ‘What if it’s God’s plan?’ I didn’t see how it could be. It was in Springfield, and I would have to drive from Litchfield. Trent needed me. I applied and the position was offered, and I was passionate about the mission, but I didn’t take it. Where my son was, I needed to be there for him, not driving to Springfield.”

Then she received another call. “Shelley called and said, ‘I see something in you.’ I told her again that I just couldn’t make the drive every day, and she interrupted me. ‘Dawn, sit down. A man called us and allocated \$10,000 to open an office in Litchfield. We want

you to be the coordinator there part-time and in Springfield part-time.' Uh, that was so God. Rick and I talked and prayed about it. We heard God saying 'Your boy is in a better place. It's time.' And it was, it was God's timing. I took the position, and that was 10 years ago." She later was promoted to Director of Programs.

While Morris was offered the Executive Director role three times, she continued to decline. She didn't think she was qualified. Then she said she couldn't due to two businesses she was running, one with Rick and one with her sister. At a point when things were not going well at the organization she was asked to become the Interim Director. She accepted with the stipulation that she would not become the full-time ED. In her first three weeks she dealt with issues, checks, grant writing, she was signing everything, but didn't have the title. She didn't want it.

During that time she attended a United Way training with Board Chair, Lisa Coakley. “I remember I was doodling as Rod Lane was speaking. It got quiet

and then he said 'You. Why are you not the Executive Director? You are already leading the agency.' Then Lisa chimed in, "I want to know the same thing.' I was so angry, so upset. I cried all the way home. Went inside and took my sunglasses off. Trent looked at me and said, 'You look like you need a hug.' Then he said, 'I gotta tell you something. I'm supposed to tell you to take the job.'

"I grilled him. Who called you and told you that? I was so mad. 'Noone called. I haven't talked to anyone. I'm just supposed to tell you.' Then I said, 'Give me 15 minutes.' I went to my room and yelled at God. 'Lord make it stop.' I was kicking and screaming all the way. Rick came in. 'You have to take the job. God has got us this far.'"

"When I went to the office, Lisa Coakley was already there, with three board members. There was no money in the bank. I knew that. I had just accepted a position with challenges, including no funding. Those three board members reached into their own pockets to keep it going. I started putting out fires, instead of fueling them," she said. "And now I think how this seat (pointing to the chair she was sitting in) has become home. We have the right people in the right places. We collaborate with other agencies. We serve so many who have burned every bridge possible. We get to meet our clients right where they are, with no judgement. I've had clients come back to visit to say thank you for saving their life and their child's life. It's humbling."

You can help

There are a number of ways to help: prayer, financial support, donations of baby items, clothes for Mamas and babies, among them. One of the programs that Morris loves is the Baby Box. Baby Boxes are new parent starter kits. They include a lovey, BPA free pacifiers, onesies, muslin swaddles, healthcare kit, pairs of socks, terry cloth bibs, organic washcloths, organic burp clothes, pair of mittens, newborn cap, organic shampoo and body wash, baby wipes, cloth diaper kit, natural wooden teether and a childcare book. Plus, each box is outfitted with a custom,



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certified non-toxic mattress so that it can be used safely as a bassinet. The cost of each is \$150. She takes them to the hospitals. We want to grow this program."

Actually, Morris wants to grow the EAS to help in all areas. You can see all the services and needs at ElizabethAnnSetonProgram.org. Or stop in and take a tour of the facilities and talk with her personally.

Morris has degrees and certifications. She is continually learning. What really

qualifies her? Heart and passion. "You don't know what a blessing it is to feel like running to work every day."

A rebel teenager used in a leadership position. God's plan all along she says. She's a rebel with a cause.



Cars For Charity

The Capital City Car Club holds one major fundraising event annually, the CARS FOR CHARITY EVENT. This year's event was held on Saturday, April 1. This year's donor car recipient is Contact Ministries of Springfield. Shenanigans Unplugged provided live music. Food was catered by JoJo's (recently named best downtown restaurant by Downtown Springfield, Inc.). The event had a silent auction, a live auction of a Mercedes-Benz SLK-320 and a car donation ceremony. The event was held at the Springfield airport, in Dick Levi's hanger, giving attendees access to view his impressive car and motorcycle collection.



Dave Marshall, Linda Dimayuga



Eric Oschwald, Ole Winkler, Gie Vanfleet, Jeff Hunt



Erica Ashley and Stormy Evans



Rayner Hutchinson, Beth Hicks, Tom Hicks



Sarah Albracht, Diane McEvoy, Jennifer Isringhausen



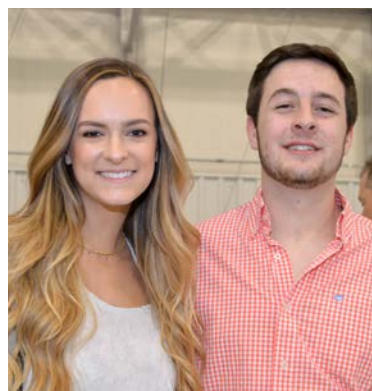
Tarah McClain, Susan Lawson, Alex Lawson



Laura Hunt, Taylor Copp, Lauren Petermeyer



Lea Petermeyer-Murphy, Marabeth Petermeyer, Lynn Duffy



Lauren and Zach Petermeyer



Patrick and Lauren McCarthy



Hillary Esser, Thomas Walsh, Gwen Walsh, Caitlin Simhauser, Mark Simhauser



Julie Zara, Dick Levi, Jammie Springer, Brad Zara



Tracey Marshall, Steve Copp, Sue Hunt, Jim Klein

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Savor

Generation Healthy Kids or also known as genHkids held their annual Savor event on April 1 at the Inn at 835 in Springfield. The event featured farm-to-table meals prepared by a local chef with silent and open auctions benefitting the nonprofit genHkids which promotes garden-based learning to promote a child's understanding of the environment, as well as the child's behavioral attitude.



Bob Mizeur, Angie Satchivi, Doug Goss, Kelly Mizeur, Eric Huber, Dr. Becky Green and Dr. Gary Casper



Dr. Gurpreet and Sammi Mander



Dr. Gary Casper and Sam McLaughlin



Glen and Lola Garrison



Jen Dillman and Luke Denny



Dr. Jared Wall, Dr. Myto Duong, Dr. Renu Govindaiah and Dr. Raj Govindaiah



Jennifer Lee and Kris DiCenso



Kim Lutz and Larissa Hansen



Brandy Grove and Mary Rogers



Dr. Kemia Sarraf and Dr. Jeffrey Goldstein



Dr. Wendi Wills El-Amin and Shirley Sarraf



Luke Banning and Susan Danenberger



*David and Amy Gilber,
Mary Resch and
Cara Tabatabai*

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60th Annual Hopeful Futures Gala

The Hope School Foundation Trustees and Board of Directors hosted the 60th Annual Hopeful Futures Gala on April 8 at the Wyndham in Downtown Springfield. Celebrating its Diamond anniversary, the mission-focused event is to find specialized education and clinical care for their children with Autism Spectrum Disorder and other developmental differences.



Tom and Karen Paisley, Sara Wojcici-Jimenez, Valeri and Herman Senor



Maggie Cunningham, Abby Buoy, Meghan Mayer, Pardis Javadi and Emily Smith



Leigh Grannan, Amanda Miner and Mackenzie Moore



Patty Steward, Terry Jordan and Jill Tasker



Pete Steward, Clint Paul and John Jordan



Maggie Jordan, Jake Noel and Jill Tasker



Carrie Watson, Josh and Andrea Hester and Mary And Daniel Bonn



Jenna and Ryan Davlin, Erin Crumly and Courtney Babalak



Jim and Linda Wilson and Barb and Rob Landham



Paula Ryan, Amy Schmidt, Jill and Mike Aiello



Abby Buoy and Erica Beeman



Amy Schmidt and Evelyn Brandt Thomas




Christine and Andrew Novaria



Lisa Sander and Kim Lawrence

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Bob Mizeur, Angie Satchivi, Doug Goss, Kelly Mizeur, Eric Huber, Dr. Becky Green and Dr. Gary Casper

Sharing Wishes Hospice Gala

The Hospice Gala is an evening of dinner, music, inspiration and entertainment to benefit the Sharing Wishing Fund of Memorial Medical Center's Foundation. The Sharing Wishes Fund allows Memorial Hospice Care to fulfill the last wishes of those in their care. Wishes vary - a hot air balloon ride, a special family-and-friends gathering, or a long-awaited visit from a loved one. The goal of hospice is to focus on quality of life for every patient - physically, emotionally and spiritually. The Sharing Wishes Fund helps make dreams come true.



Michael & Janet Abram



Chris & Val Butler



Jay & Susan Boor



Chuck & Jayne Irwin



Clada & Jim Williamson



Anne Baker & Steve Schroll



Marianne & Joe Seiz



Zack & Katie Wilson



Bev & Larry Hoffman



Doug & Kari Skinner, Jennifer & Evan Davis



Virginia & Jim Doaln, Jennifer & Pat Anderson



Chris & Jamie Williams, Stephanie & Dennis Wilkinson



Celeste Crowley, TJ Leicht, Becky Daugherty, Bits Knepler, Candy Clark, Kim Benckendorf

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Growing In the Spirit

Lutheran High has 4 major fundraisers a year. The Dinner Auction held on April 7th is the last fundraiser of the school year. It was held at the Northfield Conference Center on North Dirksen Parkway. Live auction items ranged from a week long vacation in Indian Shores or Ft. Myers, Florida to a BBQ dinner for 25 people. There was over 150 silent auction items which helped make this a major fundraiser for the Lutheran High School.



Joyce Nardulli, Craig & Kim Haynes, Nancy Fuchs, Terry Phelan



Dru & Kate McCulley, Michelle & Ryan Cox



Glen & Susan Rollins



Deb & Ken Rodenburg



Rev. James Stuenkel and Rev. Michael Schuermann



Jack & Julie Eck



Brent Colbert, Jessica Nardulli, Bill Gilman



Brent & Johanna Moll



Kevin & Sharon Riechers



Drew & Jackie Davis



Paul & Marta Berns

10th Annual Cathedral Spring Auction

The Cathedral of the Immaculate Conception held their annual fundraiser on March 18 at the Crowne Plaza in Springfield. This was the 10th year for the annual Spring Auction benefitting the Cathedral Grade School.



Kathleen Denner, Bishop Thomas John Paprocki and Jane Van Hoos



Michelle Nelson, Erica Beeman, Vicky Kegg and Jessica Meggison



Jim and Cassie Donelan



Jim and Georgia Luckey



Karen and Don Green



Lisa Duffey and Johna Keen



Ed House, Fr. Chris House and Cindy House



Casey Wichmann, Becky Doerfler and Krysti Rinaldi



Joe McDonald, Robert Partridge and Darrell Marcy



Chad and Britta Lothary



Brittan Bolin and LuAnn Haley



Frank and Linsay Stefano



Jan and Ty Hunt

9th Annual World's Fair

Hospital Sisters Mission Outreach support the health care needs of the poor around the world. Each country, hospital, clinic and medical missionary served has a unique history. This year the Sisters' are working with the Haitian Health Foundation who work with the survivors of the Haitian earthquake of 2010 and the recent hurricane. The April 8th gala had hors d'oeuvres, an open bar and a 3 course meal. Musicial entertainment was by the Samba Llamas.



Brian & Lori Reardon



Wendi Prange, Kaci Cruthis, Katie Rogers



Ankur & Angel Shah



Dr. Quentin & Wilma Pletsch



Dr. Jim McDermott & Sister Ann Pitsenberger OSF



Jeff & Sheri Stauffer



Joshua Ross & Jill Tomich



Jon & Nikki Harper



Terese Romanelli, Annette McDermot & Jennifer Isringhausen



Dr. David & Alisa Groesh



Eric & Susan Portz



*Ron & Terese Romanelli,
Jennifer & Geoff Isringhausen*



Chris, Mary & Ken Sommer, Tracy Dowell & Bruce Sommer



Bill & Penny McCarty



Elise Fontaine & Sandra Carvalho



Georgia & Katie Winston



Isabel Armengo & Steve Lewis

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Expert Care: You're Almost There

Springfield family turned to OSF HealthCare Children's Hospital of Illinois for their daughter's congenital heart surgery

BY LAUREN A. HOEFERT

On November 25, 2013, Springfield residents Josh and Page Houser became first-time parents to a beautiful daughter, Grace. However, they learned the unexpected – Grace had trisomy 21, also known as Down syndrome.

For babies with Down syndrome, the standard procedure is to scan for congenital heart defects – a common birth defect in these children.

"Fifty percent of children with Down syndrome have some sort of heart disease," said Dr. David Chan, physician director of Children's Service Line, Regional Network Development.

Doctors discovered Grace had atrioventricular canal, a congenital heart defect where a patient has a hole between his or her heart chambers. The doctors said Grace would require open-

heart surgery in the coming months. "Initially, we were both surprised and scared because both conditions were unexpected, and we knew very little about either one of them," Josh said.

With the news of Grace having Down syndrome and a congenital heart defect, the Housers wanted to find a support system. That's when they discovered the Lincoln Land Down Syndrome Society (LLDSS) – local affiliate of the National Down Syndrome Society.

"Page and I went to a Christmas Party of theirs in 2013," Josh said. "Grace was only a few weeks old. We've been heavily involved with the society ever since and it has become a fabulous resource for us."

Josh is now the current president of the organization.

Making a Big Decision

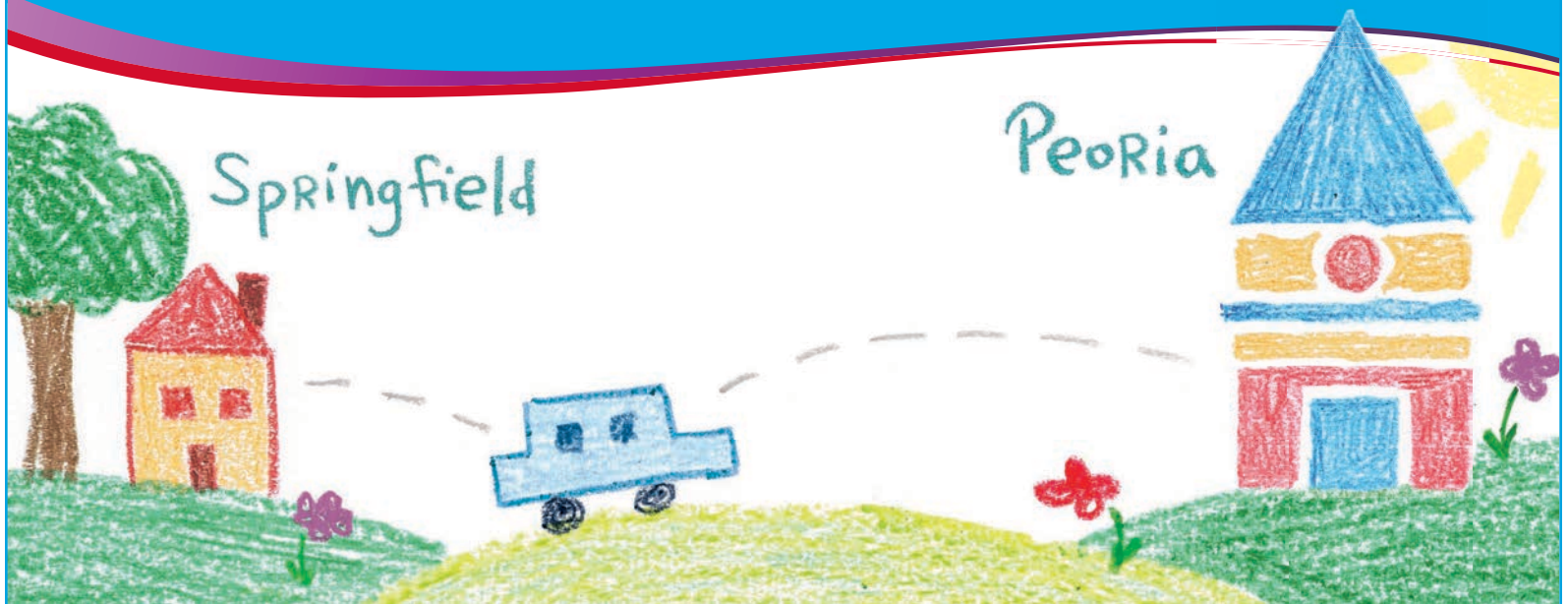
As weeks went by, Josh and Page knew they needed to decide where Grace would have the surgery.

"Everyone we talked to in LLDSS who had children that needed surgery for congenital heart defects said they went to Children's Hospital in St. Louis," Josh said. "But we also knew from talking with my dad that Children's Hospital of Illinois in Peoria could do the surgery."

Josh's dad is a doctor at OSF HealthCare Saint Francis Medical Center, which is connected to Children's Hospital of Illinois, and he told Josh and Page about the congenital heart program that Children's Hospital in Peoria offered.

Josh and Page wanted to make the

Expert care: You're almost there.



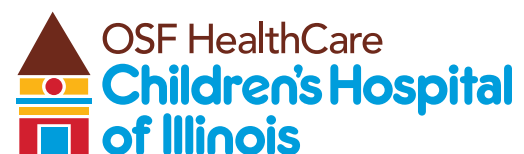
When your child needs the highest level of care, you shouldn't have to travel far to get it.

At OSF HealthCare Children's Hospital of Illinois, we provide the same level of care offered at hospitals in St. Louis and Chicago. Located just an hour north of Springfield in Peoria, Children's Hospital of Illinois has the resources of a big health care system with the convenience of a local hospital.

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best decision possible, so they set up a consultation at both hospitals to learn more.

“We found both congenital heart programs to be comparable to each other,” Josh said. “The hospitals are the same distance apart from Springfield, too. In the end, we decided on Children’s Hospital in Peoria. We just had a good feeling from Dr. Chan and the unit as a whole.”

World-Class Care

At 5 months old, Grace had open-heart surgery.

“The most terrifying moment of our lives was handing our baby girl off to the nurse that morning and putting her life in the medical team’s hands,” Page said. “Thankfully, the nurses, doctors and staff did an excellent job keeping us informed of Grace’s status and progress throughout the procedure. We felt educated and prepared for seeing Gracie after surgery and knowing how

her recovery would proceed.”

Six hours later, Grace’s surgery was over.

Grace spent 11 days in the Pediatric Intensive Care Unit recovering.

“The level of care and kindness that we received from the entire staff was tremendous,” Josh said. “They treated us like family.”

A Thriving 3-Year-Old

Grace is now a rambunctious and thriving 3-year-old who loves being a big sister to 1-year-old Genevieve.

Grace has her annual cardiology checkups with SIU Pediatric Cardiology at Prairie Heart Institute at HSHS St. John’s Hospital.

She had her latest checkup in December. “Everything looked great, so it’s always a relief to hear that,” Josh said.

“Grace’s story is a great example of the

partnership that Children’s Hospital of Illinois has with local providers that enables patients to receive most of their care close to home and come to Children’s Hospital in Peoria for the most complex procedures,” Dr. Chan said.

Grace has no restrictions in terms of physical activity and is currently attending an early childhood preschool in Rochester School District, just outside of Springfield.

“Gracie has become the light of our world, and we have since learned that Down syndrome is not something to fear, but rather something to celebrate and is just one small part of who Gracie is,” Josh said.



2nd Annual Prairie State of the Heart

Prairie Heart Foundation on Saturday, April 22nd at the Abraham Lincoln Presidential Library and Museum hosted an exclusive affair in celebration of Prairie's many local donors and the difference they have made in the fight against heart and vascular disease across Illinois. Keynote speaker was former St. Louis Cardinals All-Star Catcher Ted Simmons.



Thomas Moore & Ted Simmons (St. Louis Cardinals)



Neil Williamson, Jim and Linda Fulgenzi & Pattie Williamson



Julie Ann Love and Julie Cellini



Dan & Pam McCormack, Lynne & John C Slayton



Catie Sheehan and Julie Staley



Sr. Jomary Trstensky, Marc Shelton, MD, Sr. Maureen O'Connor



Kira & Paul Scherschel, Ted & Mary Ann Simmons



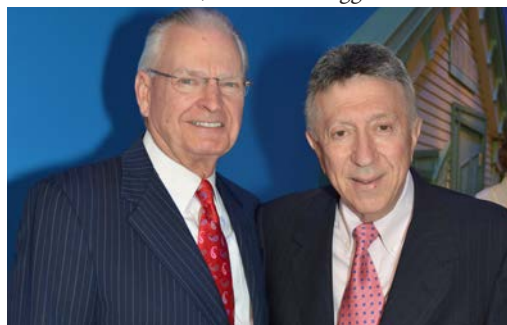
Chuck Lucure, Dick and Maggie Katholi



Bev Neisler; HSHS, Joe Donovan



Dr. Robert Woodruff, Julie Love and Dr. Brian Miller



Mike Houston and Bill Cellini



Brandy Grove and Allyson Strauch



Tom and Theresa Thompson



Stan and Kay Morris, Mary Coventry & Kristin Doster



Lexi Gazda and Kathy O'Hara

Reverse Feelings of Helplessness in a Tumultuous World



Linda K. Castor, RN, LCPC

2663 Farragut Dr., Ste A, Springfield, IL.

Linda has taught health and wellness for 30 years and treats mental health issues in children, adolescents and adults. She specializes in all areas of eating disorders and helps clients heal from emotional abuse. Linda can be reached at 217-652-8040. For more information, visit LindaCastor.com

Every day, we hear about some, new horrible thing that's happening in the world. Our country--and those abroad--are struggling with conflict, but now it seems worse than ever. We have become more tuned in to all the devastation and pain. And this, I believe, is responsible for breeding a sense of powerlessness and sorrow which has dashed our hopes of positive outcomes.

But many have come together, united in the masses, and they have marched and exercised their right to free speech. The philosophy behind it is noble, as each person has a purpose and will be asking the question, "What CAN I do?" when faced with opposition or an unfortunate life

situation.

The idea is to focus on the solution, not the problem. Yet, we often get caught in the trappings of what feels like an endless cycle of focusing on the

As you decide to change, others will change around you.

problem. When anger gets the best of us, we lose sight of the trajectory that will actually be helpful to towards real change. Used wisely, anger can be very motivating. But unresolved anger continues to churn out the same, undesired responses from others. Here are a few interesting, life lesson strategies you can use to move past the temptation of remaining angry and venting about the things you don't like, so you can, instead, focus on the way you will solve the problem (and heal yourself in the process):

1. As you decide to change, others will change around you. (Or, you may perceive it this way). This is not the reason why you decide to change. But when it happens, it is a glorious reward, as the negative responses from others become positive ones. You can create this scenario when you choose to trust your instincts and work towards healing your own disharmony first. A great example is when I made the

conscious decision to work through my own anger regarding a valued, yet narcissistic person in my life. I stopped reacting with anger because I finally realized that this person will never respond to my pain of feeling invalidated in the positive the way I always wanted. Once I validated myself, I was able to creatively devise a way to not allow that person's hate, rejection, or anger to influence my reactions. In doing so, the narcissistic person's self-esteem improved, and I was able to carry on a decent conversation. Over time, this person and I have evolved into experiencing a loving relationship, one I never thought was possible, because I consistently choose to react with love and compassion. You, too, have the power to reclaim how you see yourself and the situation. My solution was to focus on healing my anger, not on the narcissist's negative behavior, something I couldn't control.

2. When you give to others, others give back. Again, this is not the reason you give, rather, it is the unexpected reward you receive. I learned this as a counselor. Who knew? I certainly didn't. Here I am, giving to my clients, and they very graciously give right back to me. This is also true about couples who remind each other about the importance of emotional and physical intimacy and understanding that any emotional issue needs to be resolved before physical intimacy can freely occur. And anyone who has volunteered knows the rewards of giving and receiving. Think about the potential shift in your thoughts and mood that can occur when you give to others.

3. Visualize the change you wish to see. Focus on that. And stay focused.

4. Take a moment to nurture, relax and ground yourself. You can think of grounding as reclaiming what most of us desire: clear-thought, pleasure and peace. When life becomes overwhelming, focus on the present moment. Focus on nature, your breath, the five senses, whatever grounding you have found that works for you. Being grateful also reminds us of that



lovely state of feeling grounded, as we summon up a deeper appreciation for who and what we have in our lives.

5. Some of our most challenging relationships give us opportunities to grow. This goes back to the relationship I described with the narcissistic individual, who taught me the value of forgiveness, and another person who taught me compassion, despite having a quick temper, extremely low self-esteem and very little confidence. They awaken parts of us that can be elevated and strengthened, so we can achieve a higher-level of thought and insight. They help us see our true sense of self and bring us back to the knowledge that we are all connected; we all need each other.

So, no matter what others do or say, you can choose to react in a way that serves you the best. If you are frustrated with the hostility in our world, you can focus on how you will help to change it to become more loving. Ultimately, one of the greatest life lessons is: Love is present everywhere. So, use your energy to focus on the solution, not the problem. Ask, "What CAN I do?" Everything will fall into place. It starts with one person, and that person is you.

~SSM~



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The advertisement features a central image of a pregnant woman lying on a pink cushioned table, being attended to by a medical professional in a white lab coat. Above this, there's a logo of a woman with wings and the text 'My Angel Vision Imaging Studios'. To the right, a smaller photo shows a woman in a lab coat standing next to a pregnant woman. Below the main image, there are four circular inset photos: a 3D ultrasound of a fetus, a close-up of a fetus, a hand holding a small ultrasound image, and a newborn baby. The background is a soft pink.



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Since 2004

The banner has a teal and orange chevron background. It features a central purple rounded rectangle with white silhouettes of a family (mother, father, two children) and a dog. To the right of the silhouettes are four circular social media icons for Instagram, Twitter, Facebook, and Pinterest. The text 'celebrating 12 YEARS' is in large, colorful, outlined letters. Below the silhouettes, the website name 'SpringfieldMoms.org' is written in a stylized font, with 'ONLINE FAMILY RESOURCES' underneath. To the right, 'YOUR FREE and LOCAL FAMILY RESOURCE' is written in blue and red. At the bottom right, 'Since 2004' is written in a white script font on a red banner.

STORY BY GUS GORDON

DOMINIC CELLINI

A Gifted Cartoonist



Dominic Cellini shows off a recent creation.

Dominic Cellini. Remember that name, because one day you're going to see it in the credits of an animated movie or on the cover of a graphic novel or children's book. Dominic is a gifted young cartoonist who is making a name for himself in Springfield.

I first became aware of Dominic's artwork a little over a year ago, when I ran across a very clever graphic on Facebook for the Springfield Theatre Centre's production of *Rock of Ages*. Dominic was in the show, and had created the comic poster as a gift for his fellow cast mates. His style reminded me immediately of the legendary New York Times caricaturist Al Hirschfeld, as well as some of the great classic Disney animators. I decided that I had to learn more about this talented illustrator, and discover how he developed his distinctively retro style.

"I've been drawing as long as I can remember," says the 22 year-old Sacred Heart-Griffin graduate. "My earliest memories involve me drawing on big pasteboard sheets that my parents, Craig and Laura Cellini, would bring home. I would fill them up with drawings of haunted houses, tombstones, skeletons, and various other macabre Halloween fare."

"Drawing birds became another obsession of mine. By the time I was six years old I could identify almost any bird on sight," he remembers. "I would create my own characters and stories, and drawing is a great way to express that. Drawing and storytelling go hand in hand."

Dominic quickly became the go-to student whenever a drawing or a backdrop for a class play was needed. He wasn't necessarily a "serious" art

student throughout his elementary, middle school or high school years, but he was constantly doodling in a sketch book and was always adding material to his private portfolio.

"A lifetime of drawing and observing is the best training there is, but I became more 'serious' about my art in college," Dominic explains. "At Lincoln Land Community College I had some wonderful art professors who were encouraging and insightful. After LLCC, I completed my degree online at Savannah College of Art and Design. While I didn't form the same kind of relationships with my teachers and classmates there due to not being on campus, I was challenged at a whole new level. I graduated last summer with a Bachelor of Arts in Sequential Art and I believe the expectations set forth by the school, and by my classmates, improved my work rapidly."

For such a young guy, he has a strong appreciation for the golden age of animation and the artists who brought those classic characters to life. He is very knowledgeable about the history of the art form, and inspired by some of the greats.

“Some artists who stand out as particularly influential to me are Al Hirschfeld, Robert Bugg (classic magazine illustrator and comic artist), and Disney animators like Milt Kahl, Eric Goldberg, and Ward Kimball. I would be remiss if I didn’t also mention

Self portrait by the artist.



signature style for myself yet because I’m still experimenting and trying out different ways of drawing and learning from different influences. They say artists are thieves in the sense that we take elements of what we like away from things and implement them into our own work, in our own way.”

Dominic is constantly taking on commissions from local fans who want to give a personalized piece of art as a gift, and from those who want to see themselves immortalized in cartoon form.



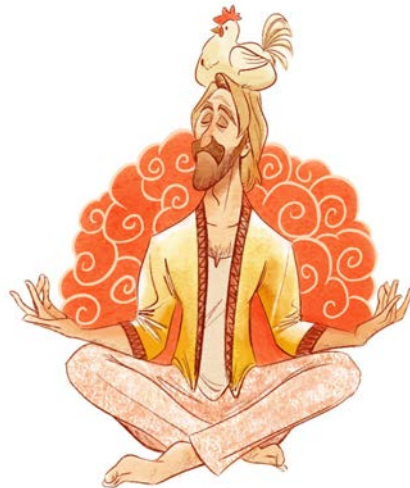
When he thinks about the future, he is amazingly humble. He understands that to really be a player in the world of animation, it would be beneficial to live in one of the major cities where the work is created, but for the time being he is content to live in his home town honing he skills.

“The industry is surprisingly competitive with so much outstanding young talent out there,” he says. “Everyone in my field dreams of working at Disney or Pixar, and while I

A sketch page of various Victorian era characters drawn as birds. The images were painted with digital watercolors.



A collection of characters, drawn in the style of famed New York Times artist Al Hirschfeld.



This little character was created for Dominic’s customized name badge for the CTN Animation Expo.



Every Springfield artist has to take a crack a Lincoln eventually. This particular picture was a submission for a local ad campaign.

the brilliant Bill Watterson, creator of Calvin and Hobbes.”

If you study Dominic’s work, you can recognize the influence of many of those artists. But he uses that inspiration as a springboard to help express his own unique style and sense of humor.

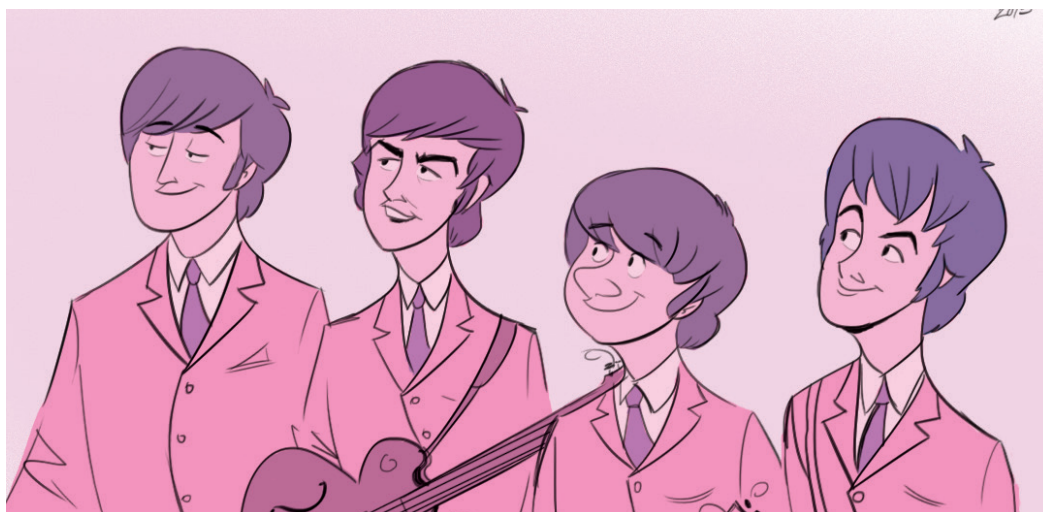
“Style is something I’ve heard described as a mistake you consistently make, and I think that’s true. As a young artist, I try not to fixate on creating a

“I feel great satisfaction in capturing a person’s essence. I think that as a creative type, I’m drawn to other creative types, certainly. Theater and animation certainly go hand-in-hand; some animators even describe themselves as ‘actors with pencils.’ And that’s how I like to approach my work; it’s all about communicating something to your audience.”

am no exception, as long as my work is reaching an audience, bringing them joy and inspiration, I find tremendous fulfillment in that.”

To learn more about Dominic Cellini, and to see more examples of his artwork, go to www.dominiccelliniart.com.

~SSM~



Above: A caricature of the greatest band of all time, The Beatles!
Left: Dominic created this poster for the Springfield Ballet Company production of *Faerie Tale - A Royal Wedding*
Right: A commissioned picture of the Old State Capitol
Bottom Left: Here is a beautiful night time scene of the Illinois State Capitol
Bottom Left Corner: A fun Halloween-themed print of a young witch summoning her adoring skeletal henchmen



Dominic has a real talent for capturing the essence of the people he draws. This caricature of Mark Gifford and Damien Kaplan reflects their sense of fun



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Zucchini and Walnut Salad



Meet your newest favorite meal! This salad is crunchy and nutty, and filled with the gorgeous flavor of sautéed zucchini. It's perfect for a barbecue, or a Wednesday night!

Ingredients (4 servings)

2 zucchinis
1 tablespoon olive oil
salt and pepper
1 head of romain lettuce
3½ oz. arugula lettuce
5⅓ tablespoons finely
chopped fresh chives or
scallions
¾ cup chopped walnuts or
pecan nuts

Dressing

2 tablespoons olive oil
¾ cup mayonnaise
1 garlic clove
½ teaspoon salt
¼ teaspoon chili powder

Instructions

1. In a small bowl, whisk together all the dressing ingredients. Reserve the dressing to develop flavor while you make the salad. 2. Split the zucchini length-wise and scoop out the seeds. Cut the zucchini halves crosswise into ½-inch pieces. 3. Heat olive oil in a frying pan over medium heat, until it shimmers. Add zucchini to the pan, and season with salt and pepper. Sauté until lightly browned but still firm. 4. Trim and cut the salad. Place the romaine, arugula and chives in a large bowl. Stir in the cooked zucchini. 5. Roast the nuts briefly in the same pan as the zucchini. Season with salt and pepper. Spoon nuts onto salad, and drizzle with salad dressing.

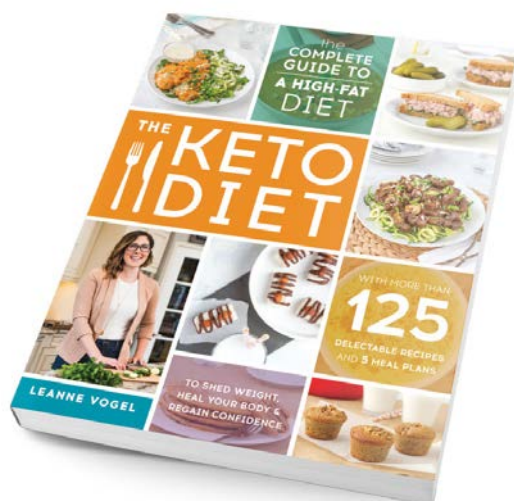
Tip: The zucchini salad is super flexible too! Try it as the perfect base for hearty grilled beef, chicken or fish.

The recipe above is from the web site DietDoctor.com. It is a low carb, high fat (LCHF) recipe that fits into a ketogenic diet. The LCHF diets are now being used by many people

to lose weight and treat Type 2 Diabetes. To read more about this style of eating you might buy Leanne Vogel's book referenced on the next page or visit DietDoctor.com.



Leanne Vogel is the founder of Healthful Pursuit, best-selling author of over 11 health programs, host of The Keto Diet Podcast, author of the bestselling paperback, The Keto Diet, and the creator of Fat Fueled living - a holistic, paleo- friendly approach to a ketogenic, high-fat diet. She has been in the field of nutrition since receiving her holistic nutrition certification in 2007. Leanne shares free videos, podcasts,



recipes and keto-friendly resources on her blog, healthfulpursuit.com. Leanne has dedicated her career to helping people break free from the diet roller coaster and embrace a fat-fueled life.

The Keto Diet will guide you each step of the way in adopting a keto-adapted lifestyle that will enable you to burn body fat, lose weight, feel stronger and more energetic – without the typical feelings of “diet deprivation”.


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CRYSTAL *Apostol*

BY MARIA LIBRI-SIGLE

It's not often that you meet a person as dynamic as Crystal Apostol. Using the word 'dynamic' to describe her really isn't doing her justice. I like to think of her as a modern-day crusader and artistic philanthropist, but I will leave you to draw your own conclusions.

Upon entering Crystal's studio in The Gables, I really wasn't sure what I would find. I suppose, I expected to see the generic backdrops used for canned photo shoots, prop filled bins, and bright overhead lighting. Naturally, I was surprised when I entered the charming space that felt more like a home than a studio. The walls were adorned with original artwork, hanging inside ornate gold frames. The overhead chandelier glistened across beige furniture, while the player piano chimed show tunes in the background. The most surprising part of all was when I realized the pictures that hung on the walls were not

PHOTOS BY BILL STOKES

photos, but beautiful paintings that Crystal herself had curated.

Crystal had never planned on becoming an heirloom portraitist. In fact, she was a chemistry major in college and intended on becoming a doctor. She worked two jobs to pay for her education and spent most evenings studying alone at the café inside of Barnes & Noble. Until one night forever changed her course in life. She met the man who would eventually become her husband, Dr. Marc Apostol.

After a cheeky game of cat and mouse, exchanging glances from behind textbooks and coffee cups, Crystal handed Marc her phone number. It was love at first sight and the pair married shortly after. Thirteen years later, they reside in Panther Creek and have made Springfield their home with their four children; Portia, 11, Charlotte, 10, Grant, 8, and two-year-old Felicity.

Life was moving along swimmingly for this family until Grant was born with severe intolerances, allergies, and an almost non-existent immune system. For three years Crystal and her husband lived day-to-day as Grant got progressively worse, able to keep very little down and suffering with failure to thrive and speech apraxia. After reaching out to the best doctors and hospitals in the country, they were still left without answers. After much prayer and research she discovered that Grant could use a stem cell transplant as a treatment. Thankfully Grant's umbilical cord blood had been stored after birth. Something they had not done with their previous two children. With the support of Dr. Joanne Kurtzberg at Duke Hospital, Grant underwent a stem cell transplant and immediately began to heal. After his second treatment, he was healthy again. Years later, he is healthy and thriving. Much like all of Crystal's other triumphs, she credits God for this success. She believes God is the reason for her strength through the ordeal and encourages everyone to store their child's cord blood.

From one extreme circumstance to another, Crystal was close to losing her own life during a tumultuous pregnancy with her fourth child. After

In every painting Crystal finds a way to bring out the kindness and love that she feels from her clients.



one particularly difficult evening in the hospital, she felt an overwhelming will to live for her children. At that moment, she realized that she had gotten stuck on survival mood as a result of Grant's illness. She made a promise to herself and to God that she would spend the rest of her days living her purpose and helping children in need. Out of her many talents, she ended up choosing her flair for painting and photography as her influence.

Her objective being to use her one-of-a-kind works of art to make family heirlooms and help important causes at the same time. She has a special place in her heart for children and is certainly not the type to learn of an injustice and stand by idly waiting for someone else to act. "If I hear of a child who is in distress, I cannot rest until I personally take action." She recently held her first fundraiser at the gallery with donations totaling \$5,000 for The Matthew Project, which provides food, clothing, mentoring and life skills to District 186 homeless children. She plans to help support The James Project, HSHS St. John's NICU, and Refuge Ranch.

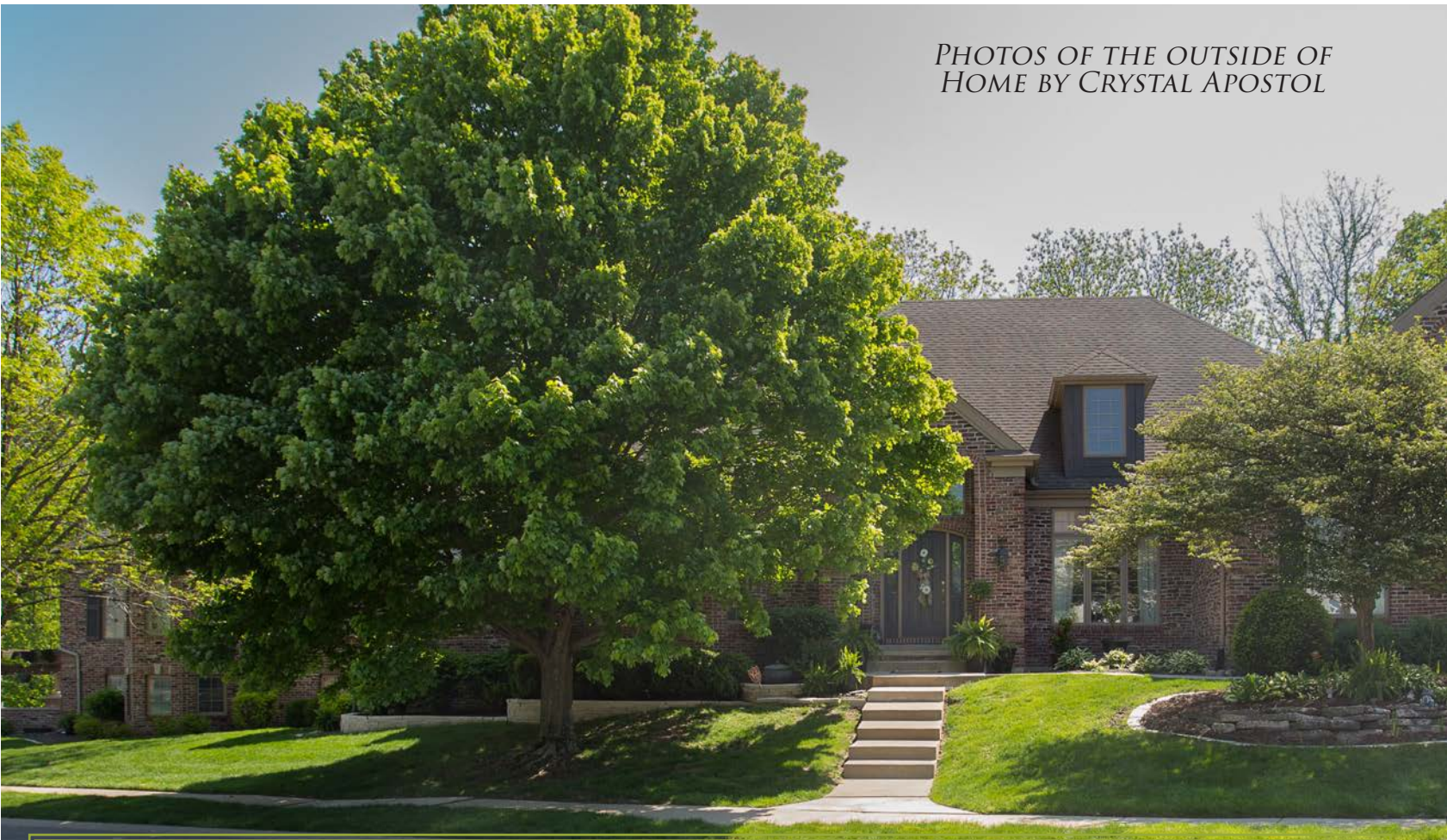
For Crystal, her biggest fear was that her children, especially Grant – her miracle baby – would not remember her if she were to die in that hospital bed. "I almost died and I had nothing to leave for my children to remember me by, but now I have created a legacy with these paintings not only for my family but for others as well." Her paintings are museum quality and will survive generation after generation.

Crystal has priced her paintings to make them affordable for everyone. There is also a curated line, which is far more intricate and therefore priced higher.

She finds her inspiration through God and her primary goal is to capture God's love for her subjects, in her works of art. When I asked Crystal, what was the central message she wants to convey in her work, she thought for a moment before responding, and said: "I want people to see love."

~SSM~

PHOTOS OF THE OUTSIDE OF
HOME BY CRYSTAL APOSTOL



THE HOME OF CRYSTAL AND MARC APOSTOL







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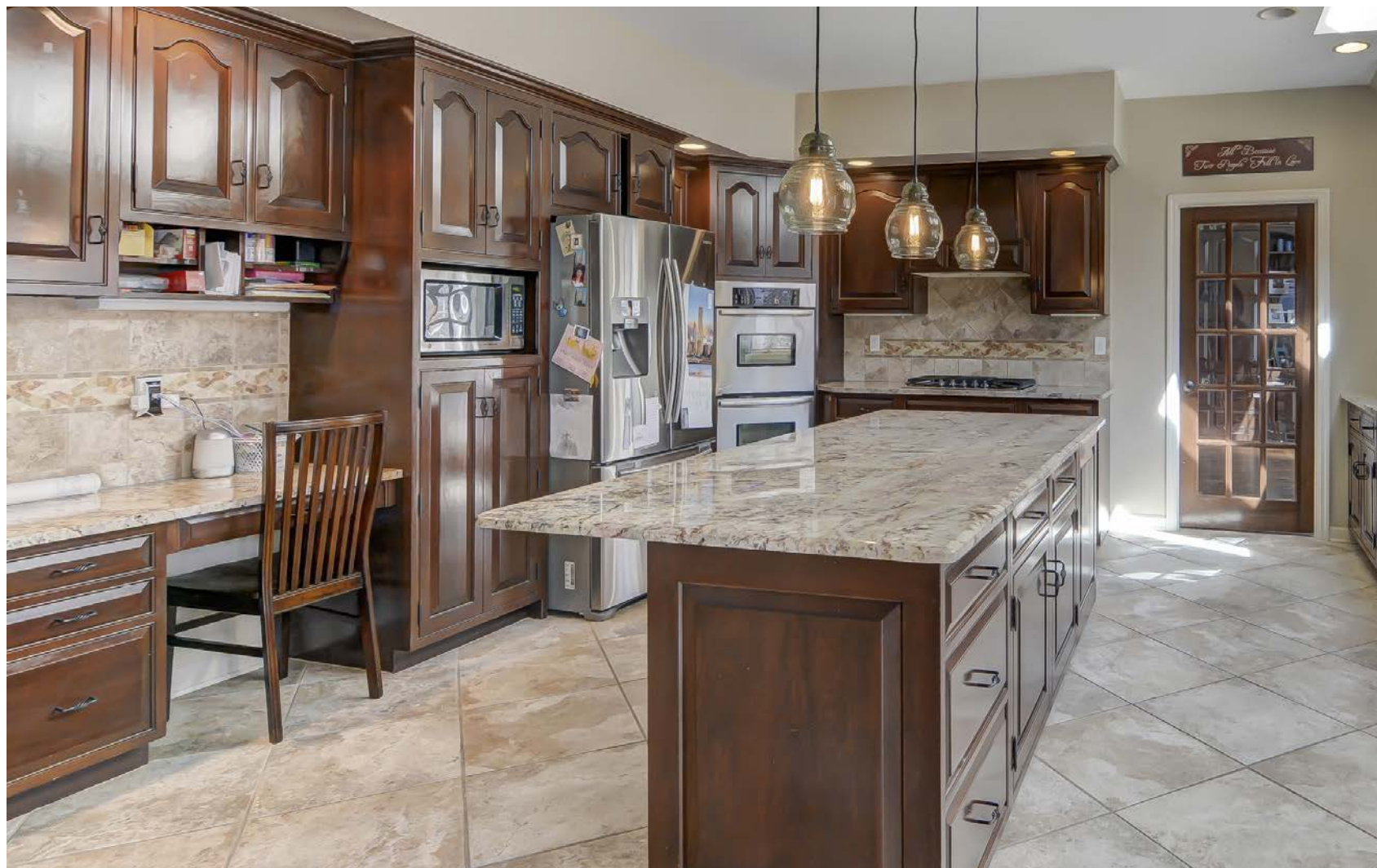
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*The large Master Bedroom
also has Crystal's office tucked
away in the large bay window
in the corner of the room.*





The nursery has plenty of storage space to help keep the room tidy.



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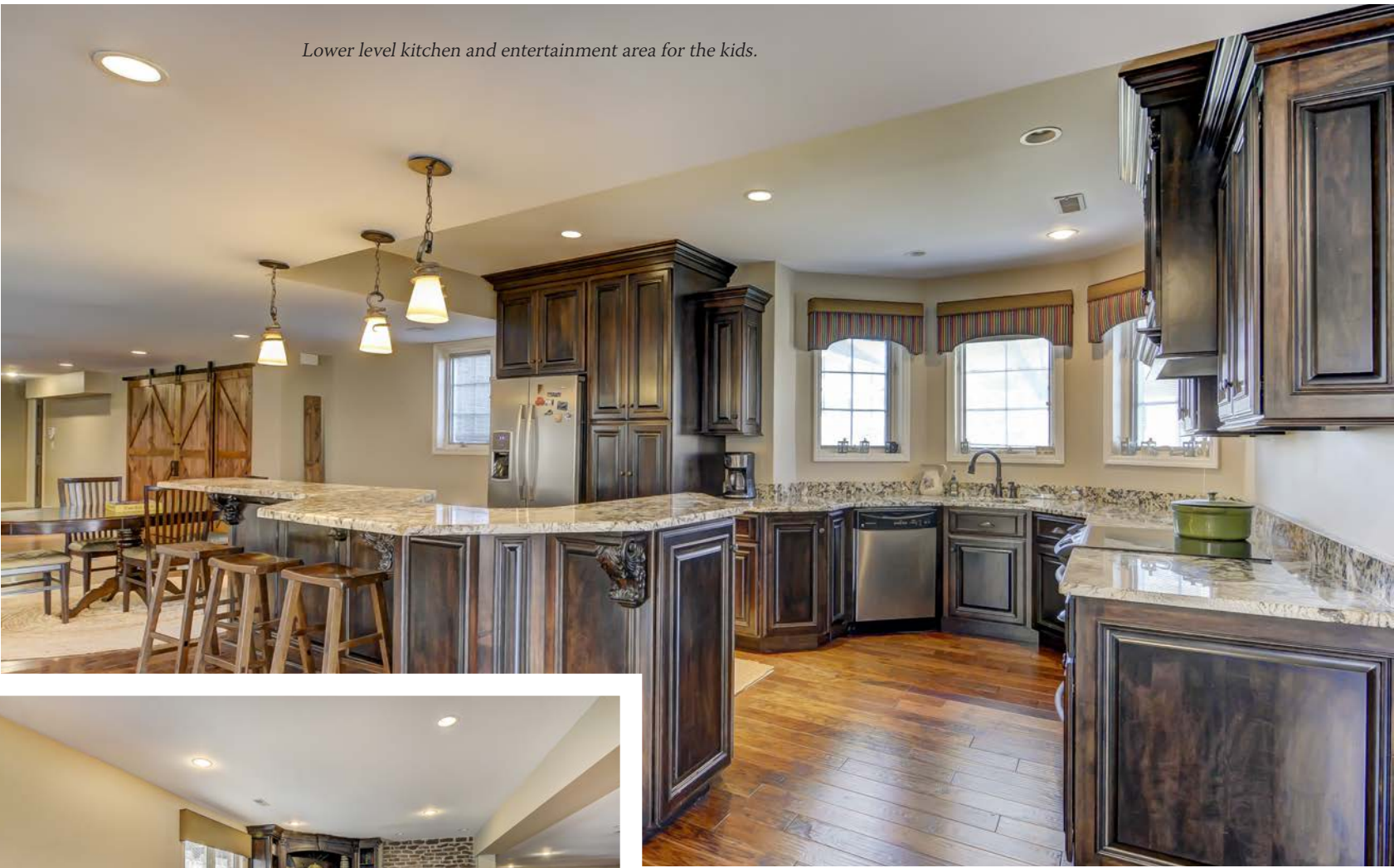


The children's bedrooms.





Lower level kitchen and entertainment area for the kids.





The doors open onto the patio seen in the photos on page 46.



The Top 5 Best Dog Breeds for Families

BY BILL STOKES



Labrador Retriever

Regardless of the breed, many families can say that the dog the family bonded with was the one they adopted. So before you go looking for a dog to adopt, you might want to have a breed in mind. To figure out the best breed for your family you must take a look at your family's lifestyle, living quarters and age of your children. All dogs have a temperament and breed characteristics that you should know about before you adopt. Settle on a few breeds that fit your family situation and limit your selection to those breeds. Your family will most likely be much happier in the long run and so will the dog. Lastly look for a dog that is affectionate with the whole family rather than being a one man dog.

Labrador Retrievers are the number one most popular breed in the world. If your kids love to play for hours, the "Lab" will be right there with them because they are an energetic and friendly breed. They love just about everyone they meet whether it's another dog or human. They do expect plenty of attention from their human companions and due to their



Irish Setter

intelligence they are easy to train. They are a perfect breed for children and since they require little grooming are easy to care for.

As the second most popular breed, the Irish Setter, with their red coats, are friendly and eager to please. Because they dislike being alone, they get along great with kids. They become bored without something to do so if you have a large family they will find the stimulation they need. They are a healthy breed and remain energetic for many years.

Golden Retrievers are the third most popular breed. They have been bred to be intelligent, friendly, easygoing companions for children and adults. The biggest challenge with this breed is that they require plenty of exercise and



Golden Retriever

during the puppy phase are high energy. If your youngsters are rambunctious they will love this breed. As an indoor dog you will need to groom them often as their coats shed heavily.

Bulldogs with their wrinkly face and pressed-in nose rank 4th in the most popular breed. Their calm and friendly personality make them an excellent family dog for those families with quieter kids who are more interested in companionship than play. Requiring only minimal amount of exercise and very little grooming bulldogs are relatively low-maintenance pets.

Beagles love playing with just about anyone. This 5th most popular breed have a happy disposition and lively temperament. They are naturally curious and love to go on outdoor adventures. They fit in with large



Bulldog

families well because they love being where the action is. They are relatively a healthy breed and require some grooming since they are prone to shedding.

For learn about other breeds go to <http://akc.org>

If you pick the right dog for your family it will bring many years of happiness and joy. Their companionship can lift a family member out of depression and loneliness and often become everyone's best friend. They can teach responsibility and a concern for others to your children. So consider your lifestyle and pick a dog that has a chance at the good life your family can bring and you will be rewarded with a happy well adjusted dog.



Beagle



Jaryn Franklin, Miss Illinois

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Our own Miss Illinois, Jaryn Franklin was in Springfield to participate in a fundraiser for the Children's Miracle Network Hospitals. While in town she and Miss Illinois Teen, Christine Bryant, stopped in at the local animal shelter to donate a bounty of goods for the shelter.



Jaryn Franklin, Miss Illinois and Christine Bryant, Miss Illinois Teen

PHOTOS BY LESA SCHAIVE



Christine Bryant, Miss Illinois Teen

Celebration of Philanthropy

UIS hosted 200 high end donors and guests for a dinner and recognition program on Wednesday, April 26 at the Sangamon Auditorium Lobby. Chancellor Susan J. Koch spoke briefly acknowledging major gifts of the past year.

Paul O'Shea, a native and long-time resident of Springfield, received the William E. Winter Award for Outstanding Advocate Leadership, the highest award given by the University of Illinois Foundation.



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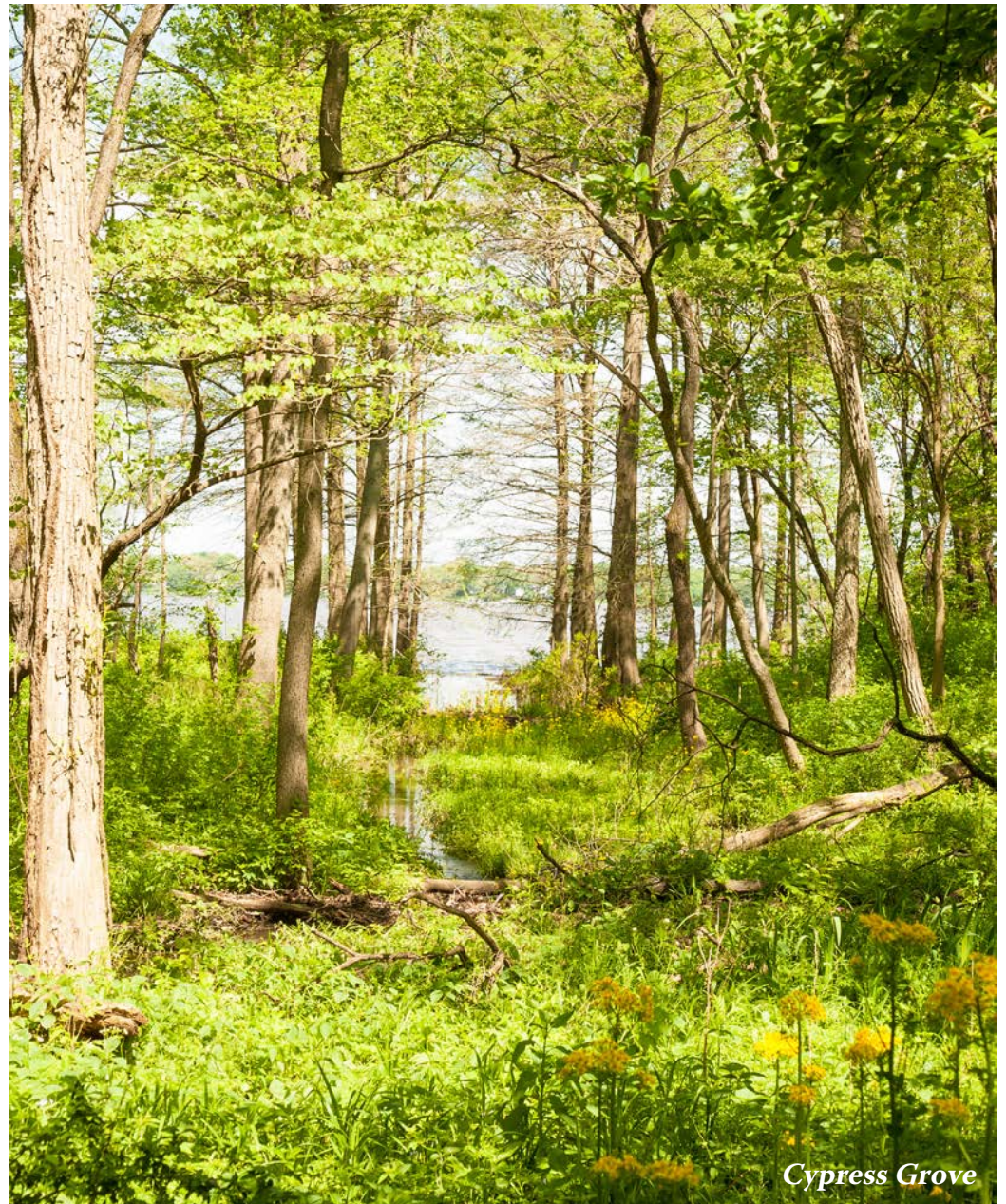
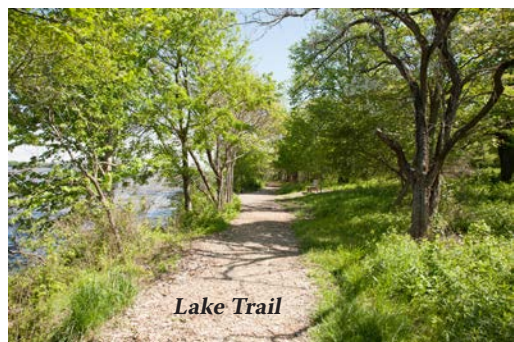
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