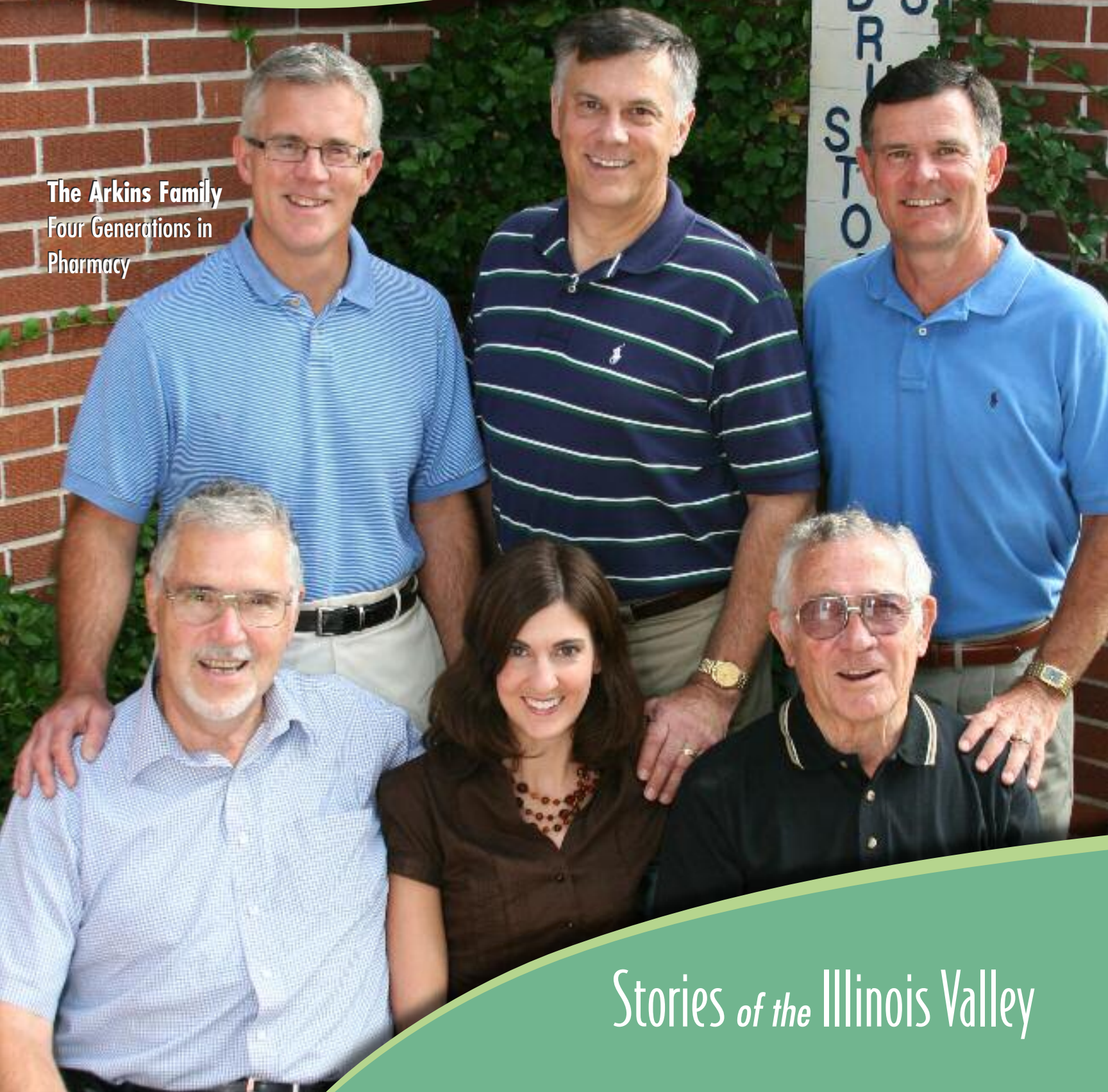


Spirit

spring • summer | volume five | issue one

The Arkins Family
Four Generations in
Pharmacy



Stories *of the* Illinois Valley

Meet St. Margaret's Health

New Physician

Dr. Michael Shin is joining the St. Margaret's Health family of doctors.



St. Margaret's is pleased to welcome Michael Shin, MD, to the medical staff. Dr. Shin will be practicing orthopedics and sports medicine at Valley Orthopedics & Sports Medicine located on the third floor of St. Margaret's Hospital.

Dr. Shin has a special interest in sports medicine. While completing a fellowship in Orthopedic Surgery-Sports Medicine at the University of Wisconsin at Madison, he was an orthopedic surgeon for the UW Badgers football team and team physician for the wrestling, tennis, golf and spirit teams. Dr. Shin and his wife, Kristie, are big Chicago Bears fans and are looking forward to moving to the Illinois Valley and being in "Bear Country."

Dr. Shin is Board Eligible and Fellowship Trained — hallmarks of excellence.

Now accepting appointments, Dr. Shin will begin seeing patients in August 2009 at Valley Orthopedics & Sports Medicine. Call (815) 664-5343 to schedule an appointment.



St. Margaret's Health

Valley Orthopedics & Sports Medicine

SMP Health System

600 East First Street • Spring Valley, Illinois

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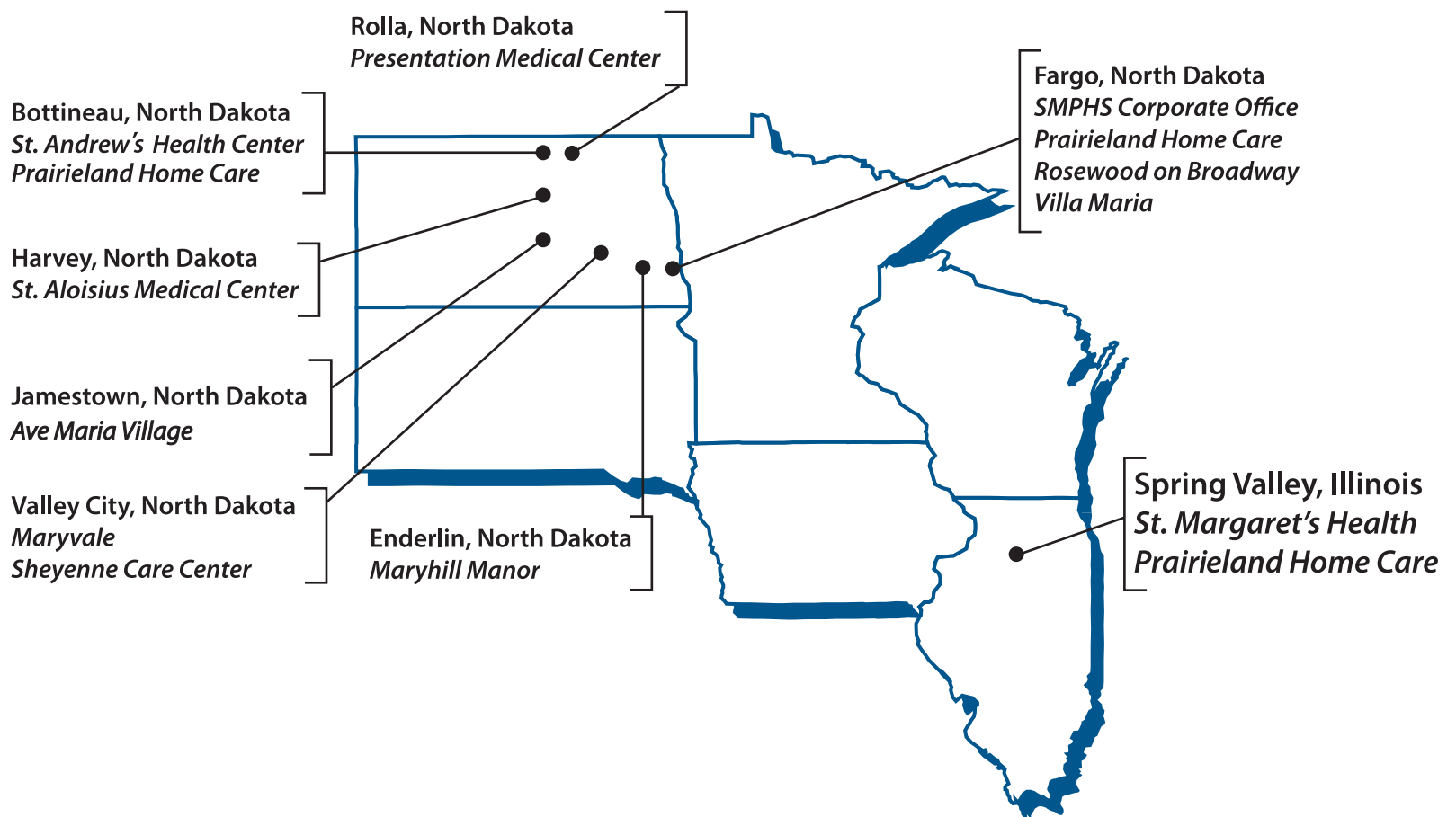
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Contact St. Margaret's Health for further information.
600 East First St., Spring Valley, Illinois 61362
www.aboutsmh.org • spirit@aboutsmh.org

We are SMP Health System



SMP Health System



Enjoy Spirit



Spirit of Commitment

Remaining committed to a person, a cause, a career, or your faith is not always easy. In today's "me-first" culture, we don't always celebrate those who make sacrifices in order to see something through.

In this issue of *Spirit*, we aim to do something about that. In these pages, you'll read about local residents who have stayed the course and remained committed to their faith, their vocations, their communities, their country or their friends and loved ones. From a Navy veteran passionate about public service to a baker dedicated to both her craft and her customers, you'll be inspired by their stories.

Here at St. Margaret's Health, we remain committed as well—committed to bringing you the best health care in the Illinois Valley. Toward that end, we recently welcomed two new doctors. Orthopedic surgeon Dr. Michael Shin, whose specialty is sports medicine, and Dr. Robert Koogler, whose specialty is occupational medicine, recently joined our staff.

As you shake off winter's chill and bask in the warmth of the days ahead, consider recommitting yourself to something that's important to you.

A handwritten signature in black ink that reads "Tim Muntz".

Tim Muntz, *President & CEO*



St. Margaret's Health

SMP Health System

600 East First Street | Spring Valley, Illinois | 61362 | www.aboutsmh.org

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Pauline Marchiori

Carrying On

After more than four decades of serving up great eats in a family atmosphere, Ray's Place remains a local favorite.

The guest book at Ray's Place on the riverfront in Hennepin tells everything you need to know about this 46-year-old establishment. For instance, the fried chicken is well worth the wait. "I've waited five years to try their fried chicken again!" wrote one guest from Florida.

Owner Pauline Marchiori often hears variations on this theme, and prides herself on providing a restaurant for all ages, where "you can come here with your grandparents, your kids or a date."

For more than three decades, Pauline and her husband, Ray, collaborated on a successful marriage and business. They met at the restaurant (then called Bonucchi's and owned by Lena and Greenie Bonucchi), while Pauline was waitressing and Ray tending bar. "I loved his eyes," she recalls fondly.

The couple bought the restaurant in 1962. Early in their marriage, they lived on site with their first son, in what is now the private or overflow dining room known as "Little Ray's Place," while they struggled to make the restaurant pay.

The hard work paid off with bustling business. Pauline remembers when employees and construction workers from the nearby steel plant lined up several deep to enjoy Ray's lunches. And, though the dining room now features walls robed in rich red paint and white wainscoting, she can recall the days, back in 1962 and 1963, when it was filled with picnic tables crammed with customers clamoring for the 10-cent all-you-can-eat fish special.

The business grew, along with their family, but Ray's sudden death in 1993 left Pauline wondering if she could carry on with the restaurant.

As she contemplated her future, she says, she was bolstered by friends and family. "My son told me I could just sit in a rocking chair and bide my time, or I could get busy. My dad, who was 80, gave me



Bruce Nowakowski



Andrea Minyard

a lot of support. He said I could run this place,” Pauline recalls. “A lot of people in Hennepin really stood behind me at that stage of my life.”

Pauline is a grandmotherly woman, as comfortable out front making everyone feel welcome as she is in the kitchen cooking up specials such as turtle, corn fritters or her special Pasta Formi—homemade meat sauce ladled generously over a slice of French bread and spaghetti and smothered with melted cheese.

In addition to much-loved family recipes, family participation is an essential ingredient in the success of Ray’s Place.

The Marchioris are generations strong, and there still are glimpses of Ray’s parents, Joe and Mary Marchiori, who figured so prominently in the beginnings of Ray’s Place. “Grandma” Marchiori taught Pauline many of her family recipes, including the homemade raviolis. “Grandpa” Marchiori, who had emigrated from Italy and settled in Hennepin to work in the coal mines, helped his son tend bar, where he entertained patrons with tales of the old country.

He also dispensed words of wisdom. When Pauline complained about having to mop the floor multiple times a day, she got no sympathy from Grandpa Joe. “He shook his finger at me and said, ‘A clean and shining floor means b-a-a-a-d business. You don’t want that!’” recalls Pauline. “And he was right! If your floor doesn’t get a little messy, you haven’t had customers!”

The latest generation to get involved in the business includes

Pauline’s grandson-in-law Bruce Nowakowski, who has assumed management of the kitchen and is keeper of the family recipes. Granddaughter Andrea Minyard manages the restaurant, serving new generations of customers. Pauline’s sister Shirley Boggio bakes the pies and makes the homemade noodles that have folks standing in line.

Nowadays, 10-cent specials are a distant memory, but Ray’s Place continues to draw diners with great food and offerings that suit customers’ needs. For example, during the annual Fourth of July festivities that bring people to the riverfront, Ray’s Place caters to the crowd with a buffet that allows patrons to dine and still have time to secure a great viewing spot for the fireworks. And all summer long, boaters tie up at the dock across the street and come in for a meal.

Throughout the years, Ray’s Place has been a place where memories are made, and not just those of the family that runs it. It’s been the site of many celebration dinners, business lunches and special occasions.

Pauline remains the public face of the restaurant, welcoming and feeding the grandchildren and great-grandchildren of her longtime customers. She hopes that her family will continue the longstanding tradition of giving people good food at a reasonable price in a friendly environment. “I want employees and patrons to feel part of the family,” she says.



Rhyme and Reason

How a friend lost and a faith found ignited a passion for poetry.

"I hear a Shepherd's subtle voice; his hand is reaching out to me."

— The Shepherd by Lucia K. Haase

Lucia Haase never imagined herself a poet, but a profound loss reawakened her faith and led her on an unusual spiritual journey that she has tried to capture in rhymes and couplets. "Poetry has reawakened my faith and assured my belief," she says.

Though she attended church as a child, Lucia had put her faith on the back burner during the busy years of raising her family. Then, 12 years ago, her close friend Pat Gately died.

Pat, whom Lucia had known since childhood, had stepped into the void left when Lucia's mother passed away, offering support and guidance and even acting as a grandmother to her two children. After

Pat's death, Lucia experienced a vision during which she sensed her friend's spirit nearby and says that recognizing her presence "brought me back to concentrating more on my belief."

Besides enjoying English class in high school, Lucia had never been interested in writing, so she was surprised when she suddenly felt called to begin creating inspirational poetry. "The Lord worked through (Pat) to awaken this," asserts Lucia, who has since produced hundreds of poems, some of them award-winning.

One such poem, "Amelia," garnered first prize in a poetry contest at *The Writers Journal*. The poem captures the everyday life of a housewife/poet who sees past her mundane chores to the Creator. Chosen from more than 200 entries, it appeared in the November/December 2007 issue of the magazine.

As one of the competition judges wrote, “The flow is excellent and the images are memorable ... Amelia as a housewife is ordinary on the outside but, behind a domestic surface, seems extraordinary in the ability to focus on her true passion of ‘rhyme and measure.’”

Lucia’s poetry has also appeared in *The Christian Guide*, *Shepherd*, *Christian Century*, and *Ancient Peaks*. She has won such distinguished poetry competitions as the Oak Hill Poetry Competition, held in conjunction with Edgar Lee Masters Day in Lewiston.

Over the years, Lucia has explored many of poetry’s forms, drawing inspiration from the works of Frost, Whitman and Shakespeare. Many of her poems explore spirituality, while others capture nature—two themes that are linked, as Lucia observes, because nature is everything God created.

She immerses herself in nature as she tends her backyard garden, but she also finds ideas by simply observing the world. “I never know—I could be riding in a car and see something, or hear what someone says or (see) what they do,” she says.

She also finds much inspiration in Bible study. “I find a lot of peace and wisdom in Scripture,” she says, noting that this has not just had an impact on her poems, but also on her daily life and interactions with others.

Reading the work of fellow writers also encourages her. Lucia enjoys communicating with those who contribute to online anthologies, such as *Cross Way Publications* (<http://www.christianpoetry.org>) or *Utmost Christian Writers* (<http://www.utmostchristianwriters.com>). “It’s really uplifting to connect with other Christians who write,” she says.

Writing is her quiet time, a respite from looking after her 5-year-old granddaughter, Rayghan, and doing the housework in the Spring Valley home she shares with her husband, Jim.

She puts her thoughts on paper perhaps three or four times a week, pausing first to pray. As she has reconnected with her faith, she has seen a shift in her writing, from free verse to formal verse with a spiritual focus. “My message has evolved,” she reflects. “Before, I was writing to be writing. Since I was led more to the Lord, I just want to make others aware of what I’ve found. I never know what effect I’ll have—I might inspire someone to seek Him.”

She also found a material way of helping others when a publisher of the English poetry magazine *Dial* 174, which published some of her poems, offered to bind copies of her collections for sale. The first, *Petals in the Wind*, was distributed overseas and the proceeds were donated to the Romanian Children’s Fund. The second, *The Instream*, was sold locally, with proceeds going to Illinois Valley PADS. “I wondered how I could use what I do to help out,” she says. “I just feel really blessed to have this ability.”

Her newest book, *Divine Light, Living Water*, was published in February. Available at publishamerica.com and through Barnes & Noble, the volume contains 60 of her poems.

Lucia welcomes all the interest in her work, but says that, “even if nothing happens, it’s nourishing to me. Every time I write something, it’s an accomplishment, a connection in my life with the Lord. I don’t feel it’s coincidence; I feel it’s the Lord’s timing.”



Harvesting Hope

Tending plants nurtures the wounded souls of those in the Growing Home work program.

Growing Home's 10-acre plot north of Marseilles is an organic oasis amid acres of field corn. The lush garden yields a bounty of vegetables from spring through fall, yet fresh produce is not all that is grown here—the gardeners, participants in a Chicago-based job-training program, are sowing the seeds of their own futures, hoping for a fresh start.

The Growing Home project began in 1992, spearheaded by the late Les Brown, who had worked for many years on behalf of the disenfranchised, serving as director of policy for the Chicago Coalition for the Homeless.

Les found that previously homeless or previously incarcerated people faced a tough battle when trying to re-enter society, particularly because they lacked job skills and a sense of purpose. Observing that homeless people often lack roots, he wrote, "They are

not tied down, not connected, not part of their family anymore. Our organic farming program is a way for them to connect with nature—to plant and nurture roots over a period of time."

Though there are several urban farms connected with the program, the Marseilles farm is the centerpiece of the operation. Now known as the Les Brown Memorial Garden, the site was once a National Weather Service station. The organization was able to use it because of a government policy that makes federally owned surplus property or land available to nonprofit agencies assisting the homeless.

Since the program's launch in 2002, participants (called interns) have made a twice-weekly trek from the inner city to the heart of LaSalle County. For some, the 90-minute trip provides their first glimpse of the Illinois countryside. For many, it represents a chance



at freedom from the addictions, homelessness or prison stays that have ruled their lives.

In addition to their work here, the interns work two days a week at gardens in the city. The seven-month program runs April through October so that interns can work through the whole growing season. Working with staff, they learn skills such as planting, cultivating and harvesting as well as marketing and sales techniques, which they can put into practice while working at the urban farm stands.

Interns, who earn a stipend for their work, also receive an education in basic life skills, such as nutrition and money management. Free GED-preparation courses are also offered, through a partnership with Kennedy King College in Chicago.

“The most satisfying thing about this program is that it’s based on doing something productive,” says farm manager Larry O’Toole. “I’ve lived in halfway houses that provided people with places to live, but this requires us all to work together in the fields.”

The program also provides interns with a work history and hands-on experience, tools that will help launch them into the workforce. “All that some programs teach, such as basic skills, writing resumes and mock interviews, are great and we use them. The problem is, some of these people need more time to get back on their feet,” says Larry, who notes that a lack of solid work experience often makes it difficult for people to get or keep jobs.

The Marseilles farm grows everything from asparagus to zucchini. Local residents can purchase shares for the spring, summer and fall growing seasons, through the Community Supported Agriculture (CSA) program.

Shares are prepaid per season, but come out to about \$28 per week. Each week, shareholders stop by the farm to pick up a box packed with an assortment of freshly harvested and cleaned organic vegetables. In the spring, shares include such things as early greens, herbs and asparagus; summer brings tomatoes, broccoli, carrots, onions, beans, and much more, while fall shares offer late-season peppers, hard-shelled squashes and spinach, among other things.

“The people who come to the farmers’ market are really ‘foodies,’” says Tracy Noel, who supervises the CSA program. “They know when they get the produce home, they’ll have something different (from what they’d find at the supermarket).”



Like Larry, Tracy has a background in sustainable and organic farming and working in public-service programs. Prior to working with Growing Home, she launched a gardening program for at-risk teens in Oregon. She enjoys the enthusiasm of the interns as they embrace their new skills.

One of the 2008 interns, Margaret, had spent 25 years addicted to drugs and alcohol. Last summer, as she worked in the garden, she had been sober for nine months and was looking forward to moving out of a residential rehabilitation facility and into an apartment of her own and pursuing a college degree. “I’m working on all my abilities: accountability, respectability,” she says, reflecting on the changes in her life.

Allen, another 2008 intern, has a criminal record of robbery, carjacking and theft, spurred by his drug addiction. At first, Allen had his doubts about the program, but he says he has gained much from his participation. “I said, ‘I am not going to no farm,’” he recalls. “But now that I’m here, I’ve learned a lot. It’s let me know that what I put my mind to, I can do.”

So far, more than 100 interns have graduated from the program. According to the program web site, 90 percent end up renting apartments or finding stable housing, and 65 percent go on to a full-time job or additional job training.

As Larry O’Toole observes, of both the vegetables and those who tend them, “Healthy seeds produce healthy crops.”

For more information about Growing Home or purchasing a CSA share, visit www.growinghomeinc.org.



The Cutting Edge

A local engineer trims time off a warm-weather chore with his innovative lawn equipment.

The fragrance of fresh-cut grass heralds the arrival of spring—and the return of an often-tedious outdoor chore. For those who have a large property of several acres or more, the task of mowing the lawn can be a time-consuming one. Gary Kunz knows that firsthand, which is why he designed a piece of mowing equipment to make the job quicker and easier.

The product was born out of personal need—about 25 years ago, Gary volunteered to mow the 4 ½-acre lawn of the Mendota Bible Church. Because the church budget didn't allow for a large tractor mower, Gary tackled the job with a modest lawn tractor. It took him about six hours—“And I didn't have six hours to spend mowing,” he says.

Gary, an engineer by trade, was determined to make the job more efficient, so he hitched first two, then three and, finally, four 20-inch push mowers behind the lawn tractor, arraying them to cut a smooth 97-inch swath. This sliced his cutting time to just over two hours, but he wasn't done tinkering. He eventually ended up with a mower that could polish off the churchyard in less than an hour.

His innovative “wing mower” design has become popular with large estate owners, professional landscapers and others with a lot of green space to tame. Since Gary founded the company in 1992, Kunz Engineering Inc. has designed and built thousands of mowers under the name AcrEase for customers in the United States, Canada and Europe.

The 60-inch pull-behind mower hitched to a rider doubles the cutting span to reduce mowing time. Several models are available, including the “rough cut,” which is designed to bite through rough terrain and high grass. The mowers can be used singly or several at a time. Kits are even available to adapt the mowers to swampy terrain. The company also manufactures a line of tillage equipment.

Creating mowers was just a hobby for Gary until the early 1990s, when he was laid off from his job at a local agricultural machine

factory, where he was an engineer in charge of developing new products. The job loss turned out to be a blessing in disguise for Gary, who then launched his business in a building in the Mendota Industrial Park.

“Losing my job forced me into (starting a business)—I don’t think I would have done it otherwise,” says Gary, who believes that it was God’s plan for him. “This was actually my hobby—I just enjoy doing it. God used that and it turned out to be a job when I needed it.”

He encourages others facing job loss to take a look at their skills and the things they enjoy doing when seeking a new career path. “Many times there is a job there,” he says. “Losing your job isn’t always the worst thing that can happen to you.”

When he was starting out, Gary hit the road, packing up a couple of demonstration mowers to show dealers and to exhibit at agricultural shows across the country’s midsection. The orders began rolling in.

The current production models aren’t much different from Gary’s early prototype. “The 1988 machine is not a lot different from what we sell today, except in capacity,” he says. “We still use the first design because it works.”

The business soon grew into a true family operation. Gary’s wife, Wanda, handles the clerical and financial end of things from the front office, and their son, Matt, handles sales, marketing and new product development.

Growing up on a farm gave Gary a chance to engineer solutions to problems even before he had formal training. “My dad always made stuff (around the farm), and I was always working along with him,” he recalls.

When he was a college student, trips home were often spent coming up with solutions to his father’s engineering problems. “I’ve always liked challenges—doing what everybody else says you can’t do or being on the cutting edge of something complicated,” he reflects.

Taking things apart or putting them together also came early to Matt, who joined the company in 1999, after earning an engineering degree from the University of Illinois (like his father before him). “I was always building stuff,” he says, recalling rebuilding his first engine—a lawn mower engine—at a tender age.

Matt relishes each workday’s challenges like his father relishes a complex problem. “Every morning I get up and I can’t wait to come to work,” he says. “The opportunity to sell a piece of equipment that we make is an adrenaline rush.”

As for Gary, he feels fortunate that his passion for problem solving has allowed him to earn a living and make the lives of others a bit easier in the process. “When you volunteer to do something, you never know what the Lord’s going to do,” he says. “I never intended for it to be a business—I wasn’t thinking on those terms, I was just looking for a way to make it more efficient.”



Tips for Safe Mowing

In 2007, nearly 210,000 people—approximately 16,200 of them children under age 19—were treated in doctors’ offices, clinics and emergency rooms for lawn mower-related injuries, according to the U.S. Consumer Product Safety Commission. Several national medical societies, including the American Academy of Pediatrics, teamed up to offer the following tips to boost lawn mower safety:

- Children should be at least 12 years old before they operate any lawn mower, and at least 16 years old for a ride-on mower.
- Children should never be passengers on ride-on mowers.
- Always wear sturdy closed-toe shoes while mowing, not sandals.
- Young children should be at a safe distance from the area you are mowing.
- Before mowing, pick up stones, toys and debris from the lawn to prevent injuries from flying objects.
- Always wear eye and ear protection.
- Use a mower with a control that stops it from moving forward if the handle is released.
- Never pull backward or mow in reverse unless absolutely necessary—carefully look for others behind you when you do.
- Start and refuel mowers outdoors, not in a garage. Refuel while the motor is turned off and cool.
- Only adults should adjust blade settings.
- Wait for blades to stop completely before removing the grass catcher, unclogging the discharge chute or crossing a gravel road.



From left, board member Julia McCutchan; PAC artistic director, Dana Collins; board president, Elizabeth Draper; and founder and board member, Deb Young.

Artistic Awakening

From theater to art exhibits, Princeton offers a thriving cultural scene.

The city of Princeton is enjoying an artistic renaissance. Not since vaudeville performers took the stage at the city's Apollo Theatre has the birthplace of world-renowned organ virtuoso Virgil Fox and the high school alma mater of film actor Richard Widmark been humming with so much potential.

Whether it's establishing a theater festival, creating a new arts center or nurturing a children's theater project, local art and theater lovers have been working to make the Bureau County Seat a cultural hub.

"Our goal is to offer the ability for someone to walk out their door on any night and, within five or ten minutes, be presented with an uplifting, moving, enriching cultural experience. And not just occasionally, but frequently," says Dexter Brigham, founder and executive director of the Festival 56 theater festival, which is the largest summer theater event in Illinois.

Now entering its sixth year, the annual month-and-a-half-long festival has drawn professional actors and fascinated audiences to a

lineup that features everything from Shakespeare to Ibsen to Neil Simon. And festival organizers and other community theater leaders are working to develop a two-year performing-arts college—the Illinois Theater Conservatory—that hopes to welcome its first students in 2010.

Princeton has previously been recognized for its striking 19th century architecture and its eclectic shopping experiences, but now word is spreading of the cultural amenities, says Dana Collins, artistic director for the Prairie Arts Center (PAC), which is housed in a converted 1930s church on the courthouse square. The center, operated by the Princeton Fine Arts Council, offers gallery space and a 100-seat theater.

In 2007, the PAC attracted more than 4,000 people to exhibits or performances featuring more than 200 artists in all. Exhibits have showcased sculpture, papermaking and three-dimensional art. The PAC stage has also hosted some Festival 56 performances.

The PAC also has featured works by school students and art teachers because, as Dana notes, “We want the students to learn that their work can be taken seriously and that the community can take an interest in and support them, and we want to recognize their talented teachers who are artists in their own right.”

David Gorenz also has tapped into the youth market and the long-term arts patronage it promises as the young participants move into adulthood. Ten years ago, David, a counselor and church choir director, asked the Arts Council to back a children’s summer theater camp so local kids could have access to the same opportunities as those in larger communities.

The troupe of mostly grade-school-aged children has staged performances of *Godspell*, *The Sound of Music* and original plays written by David’s daughter Rachel, who is now the camp director.

The number of would-be thespians climbed as the program gained popularity. No matter the number, everybody participates—whether it’s onstage or behind the scenes. “We’ve never cut anyone from the show,” says David proudly. “Everybody is important. We tell the kids we’re not interested in creating actors—our goal is to have fun and create good citizens.”

The camp, sponsored by the PAC since 2002, coincides with, but never competes against, one put on by Festival 56. Some kids, in fact, attend both camps.

David believes that it was the emergence of Festival 56 that really raised the cultural barometer in Princeton. “There’s a real energy around theater right now because it’s everywhere,” he observes.

Festival 56 board member Mary Phillips says it took time to convince people that it was possible to provide a high-quality theater experience away from a large metropolitan area. “You don’t expect remarkable experiences in a small town,” she says, summing up the attitude of initial skeptics.

However, the festival has increased in size and scope and currently attracts patrons from throughout the state, including Chicago, Peoria, the Quad Cities, Champaign and Bloomington. And despite the flagging economy, turnout last year was higher than the previous year. Shows on the schedule this summer will include *The Sound of Music*, *The Wizard of Oz* and *Steel Magnolias*, among others.

Terri Zearing, also a Festival board member, was the first to propose the idea for a theater school, back in 2003. Empty

storefronts on Princeton’s Main Street and a stagnant economy had her worried, and she at first wondered why Princeton couldn’t copy the success of Montpelier, Vt., which opened a culinary arts school to help “keep the town from drying up and blowing away.”

Then she attended a presentation on the history of Chicago theater and, reasoning that Princeton had always been a supportive of community concerts and high school theater, she settled on the notion of a theater school.

Terri’s idea found the right ears when she ran into former Princeton resident Dexter Brigham, a Bradley University graduate and the founder of a New York-based professional theater company, who was in town to make wedding plans. When Terri shared her vision, he was instantly intrigued, expounding on the theme for 45 minutes straight. “Four other people were talking with us, and they just drifted away and he just kept talking,” recalls Terri.

The theater festival was designed as a springboard to the school because, organizers reasoned, a performing arts school couldn’t be created out of nowhere, in the middle of nowhere.

Dexter, who moved back to Princeton in 2004, says one goal is to create a level of “cultural depth” beyond the performances, and theater leaders are watching with interest as an array of restaurants, coffeehouses and other entertainment venues spring up in town.

All it takes, says Dana Collins, is getting people used to what Princeton can offer and showing them what’s available. Moreover, the cultural leaders believe they have developed programs that patrons, parents and corporate sponsors can really identify with.

As Dexter notes, theater provides nourishment to the human spirit.

Quoting the Bard himself, he says, “I don’t think

I can improve upon the words of William Shakespeare, who said,

‘The purpose of playing was,

and is, to hold a mirror up to

nature.’ Theater is a way for

society to examine itself,

to laugh and cry and

think about what is

important to us in a safe,

controlled environment.”





Community Calendar of Events

FINE ARTS

Festival 56 Summer Theatre Productions

Who's on First
Henry the Fourth
The Wizard of Oz
Steel Magnolias
The Laramie Project
Run for Your Wife
The Sound of Music

For ticket information and dates, call
(815) 879-5656 or (866) 806-5656.

Stage 212 Theatre Productions

Spring—*Moon Over Buffalo*
Summer—*The Producers*

For ticket information and dates, call
(815) 224-3025.

Follies Theatre Productions

Now through June 14: *The Roaring Twenties Red Garter Review*
June 19-Sept. 1: *Hallelujah! Hollywood! The Silver Screen Spectacular!*

Nov. 14-Dec. 31: *Holidazzle! A Spectacular Holiday Follies!*

For ticket information and dates, call
(815) 667-7008.

Illinois Valley Symphony Orchestra—Season Finale

May 1
Illinois Valley Community College,
Oglesby
(815) 664-4472

Engle Lane Theater Productions

May 24-30: *Same Time, Next Year*
June 19-25: *Children's Musical Review*
July 19-25: *Dearly Beloved*
Aug. 16-22: *Copacabana*
Sept. 13-19: *Murder is a Game*
Oct. 11-17: *Always Patsy Cline*

For ticket information and dates, call
(815) 672-3584.

Colgate Country Showdown

Every Tuesday, June 16-July 28
Starved Rock State Park Lodge, Utica
(800) 868-7625, ext. 386

Summer Flute Showcase

June 25
Starved Rock State Park
Lodge Great Hall, Utica
(800) 868-7625, ext. 386

Valley Carvers Woodcarving Expo

Sept. 27
Starved Rock State Park Lodge
(800) 868-7625, ext. 386

FESTIVALS

Railroad Crossing Days

June 20-21
Mendota Museum and
Historical Society
(815) 539-3373

Beef and Ag Festival

July 17-18
Princeton
(815) 878-1257

Sweet Corn Festival

Aug. 6-9
Mendota
(815) 539-6507

154th Annual Bureau County Fair

Aug. 26-30
Princeton
(815) 875-2905

Sandwich Fair

Sept. 9-13
Sandwich
(815) 786-2159

Grundy County Corn Festival

Sept. 23-27
Downtown Morris
(815) 942-CORN (2676)

Oktoberfest

Oct. 2, 9
Starved Rock State Park Lodge
(800) 868-7625, ext. 386

TRIPS

Trips Through IVCC

May 6—*Mary Poppins* Broadway
Musical: Chicago
May 20—Exploring the Fox River
Valley: Aurora, Batavia & Geneva
June 17—Chicago Architecture
June 23—Make Way for Modern Art:
Chicago
Aug. 6—The Greening of Chicago

FIREWORKS

Hennepin—July 4
Henry—July 4
Mendota—July 4
Ottawa—July 4
Peru—July 3
Princeton—July 4
Spring Valley—July 4
Streator—July 4
Utica—July 4



OUTDOOR FUN

Waterfall and Canyon Tour

May 2, 4, 9, 11, 16, 18, 23, 25, 30
Starved Rock State Park
(800) 868-7625, ext. 386

Canal Boat and Trolley Tours

Every Friday, April 17-Nov. 13
Starved Rock State Park
(800) 868-7625, ext. 386

Annual Wildflower Pilgrimage

May 2-3
Starved Rock State Park
(800) 868-7625, ext. 386

Camp Tuckabatchee Open House

May 3
Ottawa
(815) 433-2984

Blessing of the Bikes

May 3
Starved Rock Lodge
(800) 868-7625, ext. 386

Annual Mayor's Baseball Parade

May 12
Oglesby
(815) 883-3389

Honor the Eagle Pow Wow

May 16-17
Starved Rock State Park
(800) 868-7625, ext. 386

Kids' Fishing Expo

May 16
Baker Lake, Peru
(815) 223-0061

Casual Dinner and Evening Cruise

June 1, 4, 8, 11, 15, 18, 22, 25, 29
July 2, 6, 9, 13, 16, 20, 23, 27, 30
Aug. 3, 6, 10, 13, 17, 20, 24, 27, 31
Sept. 3, 7, 10, 14, 17, 21, 24, 28
Starved Rock State Park
(800) 868-7625, ext. 386

Land and Water Cruise

June 1, 6, 8, 13, 15, 20, 22, 27, 29
July 4, 6, 11, 13, 18, 20, 25, 27
Aug. 1, 3, 8, 10, 15, 17, 22, 24, 28, 29, 31
Sept. 5, 7, 12, 14, 19, 21, 26
Starved Rock State Park
(800) 868-7625, ext. 386

Lock 14 Kids' Fishing Tournament

June 6
LaSalle
(815) 223-2382

Family Fun Horse Show

June 7, Aug. 16
4-H Fairgrounds, Ottawa
(815) 433-0707

Hornbaker Gardens Open House and Hosta Walk

June 11-13
Princeton
(815) 659-3282

The Secret Gardens of Utica Garden Walk

June 13-14
Utica
(800) 868-7625, ext. 386

COMMUNITY EVENTS

Book Mouse Toddler Time

May 16, June 20
Book Mouse Book Store, Ottawa
(815) 433-7323

American Legion Memorial Day Services

May 25
Spring Valley Memorial Park
(815) 664-4221

Municipal Band Concerts

June 5, 12, 19, 26
July 3, 10, 17, 24, 31
Spring Valley Downtown Mini Park
(815) 664-4221

National Night Out & Family Safety Day

Aug. 5
Kirby Park, Spring Valley
(815) 664-4221

Bureau County Relay for Life

Aug. 7
Hall High School Track, Spring Valley
(815) 664-4221

Say No to Drugs Fun Day

Sept. 19
Oglesby Elks
(815) 883-3389

Utica Fire Department Fish Fry

Sept. 29
Utica Fire Station
(815) 667-4113

MORE FUN

Cruis'n the Valley

Aug. 8
Downtown Spring Valley
(815) 664-5160

Vintage Illinois Wine Festival

Sept. 19-20
Starved Rock State Park
(800) 868-7625, ext. 386

Jazz Festival

Oct. 10
Downtown LaSalle
(815) 223-5077

Burgoo Festival

Oct. 11
Downtown Utica
(815) 664-4111

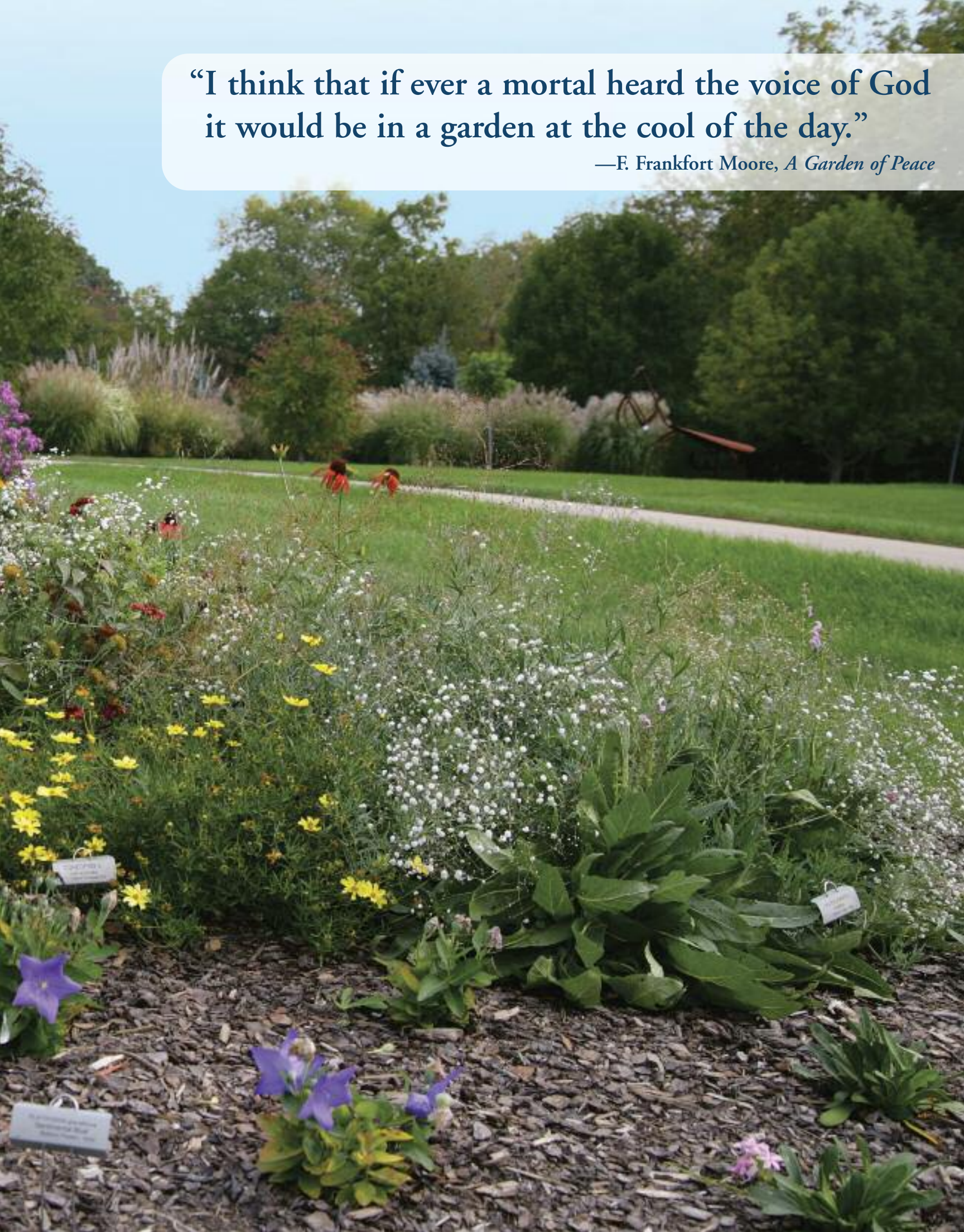


“I love spring anywhere, but if I could choose,
I would always greet it in a garden.”

—Gardening author Ruth Stout (1884-1980)

“I think that if ever a mortal heard the voice of God
it would be in a garden at the cool of the day.”

—F. Frankfort Moore, *A Garden of Peace*





Baked with Care

Cake maker Martha Lushina has been part of Illinois Valley celebrations for more than three decades.

When Martha Lushina decided to try her hand at cake decorating, her only goal was to supply goodies for family events. “I just wanted to make cakes for my children,” she recalls. That was 37 years and thousands of cakes ago.

The owner of Lushina’s Cakery in LaSalle, Martha is now making wedding cakes for a second generation of brides and grooms. She also designs cakes to mark any special occasion, from birthdays to anniversaries.

Martha got her start after taking a community college class. Though she learned little more than how to create borders and roses, it piqued her interest. With a Wilton Yearbook (or as she calls it, the “cake bible”) in hand, the mother of five was soon crafting cakes for her extended family. Then she began to get calls from others who had seen her creations.

For the first few years, she primarily made baby, birthday and graduation cakes. Then, one of the graduates whose cake she’d baked asked her to make a wedding cake.

That first cake turned out just fine, despite her “beginner’s mistake” of preparing it the morning of the wedding, leaving herself no room for error.

After that, her business grew purely through word of mouth. “I’ve never put a dime into advertising or been in a bridal show,” she says.

At her peak, she was busy baking and decorating as many as eight cakes a week. “My kids could never sneak in late, because I was up all night,” recalls Martha of that busy time.

Now she's scaled back to about two cakes per week. "That's more than enough," she says, insisting that she has no intention of retiring. "I love it; I love people and I feel like I get to know them (through making their cakes). It's very rewarding."

Martha and her husband, Hank, will celebrate their 50th anniversary in September. Hank helps her transport the cakes to the various local venues and often handles the dishwashing duties. "He can't make a flower or ice a cake, but without him, I could probably only do half of what I'm doing," says Martha of his important behind-the-scenes contributions.

Their five children, whose ages ranged from 1 to 11 when she started out, grew up observing their mom's confectionary creativity. She made all of their special cakes, including their wedding cakes.

She now has seven grandchildren, and she bakes for all of their occasions, too, including themed birthday cakes and First Communion cookies. And they're always welcome to test their frosting skills in Grandma's kitchen. "I always try to have cupcakes or cookies around so my grandkids can go to it when they visit, even those as little as 2 years old," she says. "It's quite a mess, but they have a lot of fun."

When it comes to wedding cakes, Martha has seen styles come and go over the years. "There was a time I owned six fountains and bridges," she says. "Now you just don't see that. Today's brides want it all stacked and they want that smooth rolled-fondant look."

Rather than use rolled fondant, which she believes "tastes awful," Martha has perfected the technique for achieving a fondant look with buttercream icing. "I think a cake should look beautiful and taste good," she explains.

Martha's customers can choose from a multitude of delicious cake flavors and fillings, including the top-seller, white cake with raspberry filling. Multi-tiered cakes can have a different flavor and filling for each tier.

Simple decorations, such as smooth ribbon border, dots or a monogram, are currently popular, as are personal touches, such as a pattern of beading copied from a wedding gown. Martha is also noted for her use of edible glitter. "Everything that comes out of here has a little sparkle," she says.

Martha creates wedding cakes layer by layer and assembles them at the reception. For a medium-size wedding cake, which serves about 200, it might take her one to three hours of prep work, which includes

the planning appointment and shopping for all the fresh ingredients. Decorating the average cake requires between three and four hours—more for a highly decorated cake and less for a simpler style.

Her favorite and most-challenging creation was the cake for her son's wedding. Using a wallpaper pattern as inspiration, she painstakingly painted flowers on the icing using food coloring and tiny paintbrushes. "It was the most intense and most beautiful one I've ever done. It truly was a labor of love," says Martha, who adds that she also baked 28 kinds of cookies and tarts for the reception.

Though she's mostly self-taught, Martha has learned much from her peers as a member of the central Illinois chapter of the International Cake Exploration Soci  t   (ICES). The group meets about four times a year to share tips and learn new techniques.

Martha feels privileged to be a part of all her customers' special days and enjoys hearing about their jobs, families and plans for the future. "Sometimes people come to pick up a cake and I'll turn around to find them sitting at my kitchen table, wanting to talk," she says. "It gives me a chance to help people in some little way."

Not surprisingly, many of her customers have become friends. Over the years, she's accumulated six scrapbooks full of thank-you notes for her efforts.

One customer, who works in Chicago, says she prefers Martha's cakes to those from any downtown bakery. "She told me, 'I know you make your cakes with love—I can taste it,'" says Martha.

It's evident that Martha puts her heart into her work. "Hopefully I have pleased people as much as they have pleased me," she says. "I am lucky to do what I am doing."





(From left) Keith Studzinski, Marcia Studzinski, Joree Janko, Matt Janko, Leigh Ann Janko and Mark Janko

First Comes Love

Three generations of one family recall wedding-day memories and share tips for making marriage work.

Last June 21, Matt Janko and Joree Studzinski exchanged their wedding vows before friends and family at Immaculate Conception Church in Spring Valley. As they embarked on the adventure of Holy Matrimony, they had some very good role models to guide them—Joree’s parents, Keith and Marcia Studzinski, have been married for 37 years, Matt’s parents, Mark and Leigh Ann Janko, have been married for 30 years, Matt’s paternal grandparents, Dick and Carol Janko, have been married for 58 years, and his maternal grandparents, Joe and Gloria Haywood, have been married for 57 years.

How They Met

A fateful car trip marked the beginning of Matt and Joree’s relationship. After college, when both Matt and Joree were living in Chicago, Matt’s sister Amy (a former schoolmate of Joree’s) suggested that Joree give him a lift back to their hometown of Peru. During the trip, sparks flew, says Joree. They began dating shortly after that. “We knew each other and each other’s parents, and I think we even had crushes on each other when we were younger, but we never really had the chance to hang out together,” she says. “As we got to know each other, we found out we had the same views and future goals.”

For Keith and Marcia Studzinski, the path to marriage started with a summer romance. Marcia recalls Keith hanging out at the pool where she worked the summer after graduating from high school.

“We eventually ended up dating, and continued when I went away to college,” she says. “I guess I knew he was the one when I couldn’t stand being away from him. I think it has to do with the feeling that your whole existence is rotating around that one person.”

Matt’s parents, Mark and Leigh Ann, met during high school. “I first saw her at a basketball game senior year,” recalls Mark. They continued their courtship when both went off to different colleges—he to Notre Dame and she to Eastern Illinois University.

A blind date launched Dick and Carol Janko’s love story. In April 1949, Carol was in nurses’ training at St. Mary’s Hospital in LaSalle, and Dick’s brother Bob and his girlfriend arranged for them to go out on one of Carol’s evenings off. While she knew who Dick was, he did not know her. When he returned home from that first date, his widowed mother asked how things went. He replied, “It was love at first sight for me, and I hope to marry her.”

Winning Proposals

Matt proposed to Joree in October 2006, while celebrating her birthday—as she opened her presents, he told her he had another “small gift” for her, and got down on his knee to pop the question. He had obtained her father’s permission the week before.

Like her daughter’s more than three decades later, Marcia’s proposal came on her birthday. At the time, she suspected Keith was

planning to give her a gift of clothing and worried that he might not share her taste in fashion. “But he knew my taste in rings,” she says.

Dick proposed to Carol one year to the day of their first date—and she immediately accepted. They were married a few months later, on September 2, 1950, at St. Anthony’s Church in Streator.

Mark’s proposal to Leigh Ann didn’t go quite as smoothly. Nearly done with college and ready to settle down, Mark decided to pop the question during his senior formal, which was held in Chicago. “I remember how very much my hands were shaking as I handed Leigh the ring,” he recalls. Much to his surprise, the gesture didn’t elicit the expected response. She thought he seemed too nervous and unsure.

Later that weekend, before returning to school, he visited her at her parents’ home to say goodbye. He proposed a second time, reassuring her of his conviction. “She accepted and said that, this time, she would not give the ring back,” he says.



Grandparents Carol and Dick Janko with the newlyweds.

Wedding-Day Memories

For Matt, the most memorable moment from his wedding day was holding Joree’s hand at the altar and gazing into her eyes while saying his vows. Joree also recalls her special dances at the reception—with her father and her first dance with Matt as husband and wife.

The only glitch in the day was when Joree’s sister, Mardee Bertrand, fell on the bus to the reception at Senica’s Oak Ridge. She injured her knee and had to detour to the hospital before joining the reception on crutches.

Marcia and Keith were married on May 6, 1972, at St. Joseph’s Catholic Church in Peru. The bridal party wore pink and green, including large picture hats. “To this day, they all laugh and say they looked like Southern milkmaids,” remembers Marcia.

After their morning nuptials, Dick and Carol celebrated with

hundreds of friends and relatives at the St. Anthony’s Community Hall in Streator over a meal of homemade food. “Our wedding day was a beautiful event,” recalls Dick.

Mark and Leigh Ann were married at St. Mary’s Church in DePue, and their ceremony was followed by a reception at the VFW. “It was a typical wedding for the time—not at all as extravagant as today’s weddings,” says Mark.

One of the day’s memorable moments was during the lighting of the unity candle. Mark’s hand was shaking so much he could not light it. “After a few seconds, the priest had to grab my hand to stabilize it. Needless to say, everyone in the church laughed,” he says.

Secrets of Their Success

Matt and Joree recently moved from a downtown Chicago condo to a home in suburban Elmhurst. When asked what makes their partnership work so well, Matt says, “Patience, understanding, being best friends with my wife, and having a similar sense of humor.”

Marcia says marriage made her and Keith’s relationship stronger and she hopes the same will be true for her daughter and Matt. “Every marriage is going to have its rough spots. People change, they grow and mature—but always remember what made you fall in love with that person in the first place.”

Mark and Leigh Ann believe that giving your all to the marriage, in good times and bad, is essential to making things work. “Refuse to give up,” says Mark. “Realize that the person you marry has imperfections just like you—nobody is perfect.”

He also cautions against comparing your situation to that of others. “Nobody else has a perfect relationship, either. Concentrate on each other and your family; don’t worry about other people.”

Early on in their marriage, Dick and Carol received advice that they passed along to all of their children, including be good to your mother, bring honor to your name, and before choosing a spouse, get to know your future in-laws.

As for the secrets to their successful marriage, Dick says, “We grew together, hand in hand, via communication, trust, sacrifice, and believing in one another.”

He also recommends adhering to your religious beliefs, respecting one another’s opinions and personal space, and resolving disputes quickly. And one more thing: “Look forward to your next anniversary.”



For Love of Country

World War II veteran and public servant Ray Vega remains committed to the country that welcomed his immigrant parents.

Ray Vega has lived the American dream all of his 84 years and has fought at home and abroad to keep that dream alive for future generations. Whether hunting enemy submarines on the high seas, protecting citizens as a police officer or registering teens to vote, he has dedicated his life to upholding our country's democratic ideals.

The son of immigrants, Ray grew up with an appreciation for democracy. His parents, Jose and Ramona, both emigrated from Spain to the United States, where they later met and married. The couple settled in DePue, where they raised four children: Joseph Lopez (Ramona's son by an earlier marriage), Mary, Ray and his twin brother, Chris (named in honor of Christopher Columbus). "My parents gave me a sense of responsibility," says Ray.

Like many other DePue residents, Jose relied on the local zinc industry for his livelihood. Their limited resources meant a life of frugality, not luxury. "My dad once took a pair of shoes and resoled them out of old car tires," marvels Ray, who believes the economy during the Great Depression was much worse than it is today. "Back then, if you had a dime, you held on to it for dear life for fear of losing it."

The family spoke only Spanish at home, so Ray perfected his English by playing with neighborhood children. He recalls helping his mother study to become a U.S. citizen and deciding to play a prank on her. "She had a sheet of questions, and I read them to her. One time I turned them upside down, and read the last one first, and she got mad because she'd memorized them in order!"

Like many young men of their generation, Ray and his twin brother enlisted in the Navy during World War II. Though their father died just before they were set to deploy overseas, neither boy considered not enlisting. "It was a war against us. Nobody wanted to stay home," explains Ray.

While serving as a Navy radio operator aboard the aircraft carrier USS Guadalcanal, Ray witnessed an historic event—the capture of a German submarine, known as a U-boat. The carrier was located off the coast of North Africa in June 1944, one of an antisubmarine patrol seeking the U-505, part of a fleet of German U-boats that had been wreaking havoc on Allied shipping.

When a sonar operator on the USS Chatelain spotted the sub, mayhem ensued. “I could see the planes diving down on them and the destroyers and the planes were shooting. It looked awful close to me,” recalls Ray.

All but one of the 59 German crewmen survived and were taken aboard the USS Guadalcanal as POWs. “I saw them come aboard and be hosed off,” remembers Ray. “Of course, it was salt water, but they looked very pale and I think they were happy to get off (the sub alive).”

The U-505 yielded valuable information and technology that enabled the U.S. to learn more about German submarine maneuvers, and a decade later, in 1954, it became a war memorial and exhibit at Chicago’s Museum of Science and Industry. Ray was among the hundreds who watched as the sub was transported slowly across Lake Shore Drive from Lake Michigan to a resting spot at the museum.

The installation of the submarine exhibit coincided with a reunion of the crews that took part in the capture. “I wonder how many people who were sitting there are still alive?” he says, reflecting on the audience that day.

In 2008, after the famous sub, one of the museum’s most popular exhibits, had been refurbished and moved indoors, Ray’s daughters scheduled a private tour for him. He’d been ailing, but on that day, he felt fit enough to squeeze into one of the sub’s tighter quarters. The family waited apprehensively for him to reappear, but he slowly emerged, no worse for the wear. “When I got in there, I thought I’d have to stay and the museum would have two attractions—me and the sub,” recalls Ray, with a chuckle.

During their visit, the family got a chance to see Ray’s name listed as part of a presidential citation commending the crews’ valor in capturing the sub. “My dad’s a real kidder, and my husband had always said he thought the ‘old man’ was pulling his leg, telling those stories all these years,” laughs Cathy Prey. “But he was telling the truth!”

After the war, Ray returned home. At age 30, he met his wife, Alberta, at the Rose Bowl nightclub in LaSalle. Married 54 years, the couple raised four children together: Cathy, Carol, Christine and Joe.

In the 1950s, Ray worked as a barber. He also was a commodities inspector for the state of Illinois, and traveled to the state’s prisons to inspect their supplies. In the 1970s, he was a school board member and also served the community as a police officer, eventually becoming police chief in the 1980s.

As a police chief and school board member, he remained dedicated to protecting the American dream for city youth. He also wanted to make sure others were taking full advantage of their civic duty, so when the village turned out to cheer their high school football team to victory, Ray was there on another mission: to register voters. He was a deputy registrar and, as his daughter Cathy recalls, usually also running for office and hoping to plant his identity in the mind of voters young and old. As a teen, Cathy, who is the coordinator for St. Margaret’s Living Center, was worried about what her peers might think, but today she looks back with pride at his efforts.

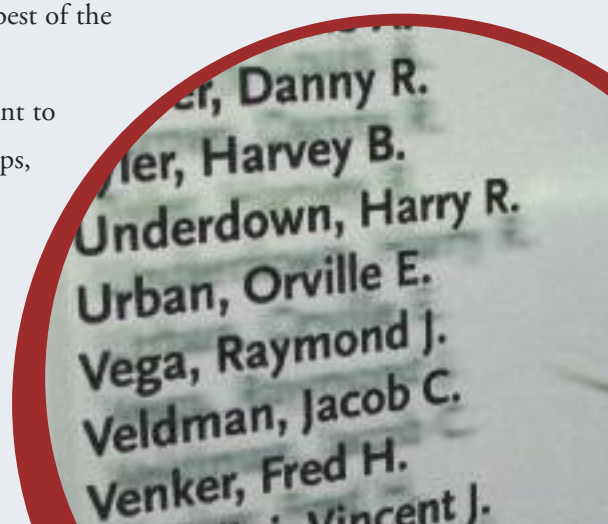
As a first-generation American, Ray has exercised his right to vote in every election since he was of legal age (21 back then), but it wasn’t until the advent of the Kennedy era in the 1960s, that he, like many Americans, felt more engaged in the process. “A lot of people got involved then,” says Ray, who was fascinated by “the way Kennedy talked, his personality.”

After the halcyon days of Camelot came turmoil. While present at the Chicago Democratic Convention in 1968, Ray recalls the “screams and hollering” of antiwar protesters outside the convention hall. As a veteran, the hurtful words made him angry.

Forty years later, the 2008 presidential campaign recalled the excitement of the Kennedy era, and Ray and his family remained dedicated campaign watchers. He notes that, like President Kennedy, President Obama is urging Americans to pitch in to make their country a better place—just what Ray has done.

It is, perhaps, President Obama’s own words that best sum up Ray’s life. In a congratulatory birthday letter, he cites Ray’s “exemplary dedication to our country and our society,” noting he has “demonstrated the best of the American spirit.”

For those who want to follow in his footsteps, Ray says, “If you want to see change, you need to get involved and be part of the change.”



Prescription for Success



Four generations of the Arkins family have chosen careers in pharmacy.



J. Elmer Arkins,
patriarch of the Arkins family.

In 1907, James Elmer Arkins was hired as a clerk at Clancy's Drugstore in LaSalle. Five years later, after attending the University of Illinois Pharmacy School in Chicago, he became drugstore owner William J. Clancy's partner. Little did Elmer know, he would be the first of four generations to enter the pharmacy profession—two of his sons, three of his grandsons, and a great-granddaughter have all followed in his footsteps.

In the early years, business was booming. By the 1920s, Elmer and William owned three drugstores—two in LaSalle and one in Oglesby. But, in 1935, the Depression led them to downsize and sell their main store, on First Street in LaSalle. They split the remaining stores between them—William took over LaSalle's Eighth Street store, while Elmer managed the Oglesby store. After William died in 1944, Elmer purchased the Eighth Street store from his estate.

Elmer and his wife, Catherine, had four children, two of whom eventually became pharmacists. Sons Jim Jr. and Bill both worked for their father at the Oglesby pharmacy before continuing on in the field. Jim Jr. says that observing their father's "dedication and affinity for the profession" inspired their interest in the field.

Like their father, Jim Jr. and Bill both graduated from the University of Illinois in Chicago. Both young men served in the

military before returning home to begin their pharmacy careers.

Jim Jr. returned to run the Eighth Street store, eventually purchasing it from his father in 1951. Bill and his brother Joe purchased the Oglesby store from their ailing father in January of 1955. While not a pharmacist, Joe helped operate the store while continuing his Naval Reserve status as a pilot until his retirement. He passed away in 2008.

The interest in pharmacy was soon handed down to another generation—three of Jim Jr.'s four sons, Jim II, Jack and Terry, earned Bachelor of Science degrees in Pharmacy from Drake University in Des Moines, Iowa.

Jack says he felt a natural gravitation to the profession. "My brothers and I practically grew up in my Dad's drugstore," he says, recalling biking to the store after school to do a few odd jobs and snack on candy, ice cream or freshly roasted peanuts.

By high school, he worked at the store part time. "I liked what I was doing. I liked helping the public, was good in the sciences and things just flowed into pharmacy school," he says. "I do not recall ever being told by my father that I had to go to pharmacy school. He was simply a good role model and I just knew it was what I wanted to do."



Jim Jr.'s son Terry is Director of Pharmacy at St. Margaret's Health. Terry says he feels lucky to have worked in a hospital setting for more than three decades. "When I finished pharmacy school, there just happened to be an opening at St. Margaret's Hospital, and although it was a far cry from my father's retail drugstore, I know I made the right decision back then."

Through the years, the profession has seen many changes. The education requirements have increased from two years to a six-year doctoral program, which enables pharmacists to take a greater role in healthcare. They not only dispense medications, but also educate patients on their medications and counsel them regarding their health, advising them about dosage, side effects and potentially harmful interactions. "It is amazing how much the hospital pharmacy has changed, and how the pharmacist's role in healthcare has expanded exponentially during the 31 years I have been here," says Terry.

Back in the 19th and early 20th centuries, most pharmacists dreamed of owning their own store. In many cases, that meant working 55 to 65 hours a week to succeed. Today, larger chain pharmacies, with their greater purchasing power, have put many smaller stores out of business. Insurance companies and the

government also play a greater role in determining which medications are available to patients based on coverage restrictions.

Jim Jr., who is now retired and volunteers as a Red Coat at St. Margaret's Hospital, marvels at the many changes in the field. "In my opinion, the biggest difference from the early 20th century until now is probably the application of medication," he observes. "Back then, the emphasis was on the compatibility of the medications outside the body and, secondarily, within the body. These days, the emphasis is more on the reactions and desired results within the body."

These days, Bill is semi-retired and is doing relief work at the Hy-Vee and Granville Pharmacies, Jim II is a Pharmacist with Walgreen's in Peru and Ottawa, and Jack is at Goslin Drugstore in Mendota.

Jim II's daughter, Christine, took an interest in the profession as well, and earned a Doctorate in Pharmacy from Drake University. Today, she works as Chief Pharmacist at Target in Minneapolis, Minnesota.

Though they enjoy the special bond that comes from sharing their life's work, the pharmacists in the Arkins family find it most gratifying that they have had the opportunity not only to help families over the years but also to become their friends and earn their trust. As Jim Jr. reflects, "When people come to us for advice and help, that trust comes with an awesome amount of responsibility."



Journey to the Past

Ana Koval works to ensure the rich history of the I&M Canal is not forgotten.

Last year, the LaSalle Canal Boat, a full-size replica of those used by 19th century pioneers to travel the waterway linking the Illinois River and Lake Michigan, took its maiden voyage down a refurbished section of the I&M Canal. That trip, and the many others that have followed it, would not have been possible without the work of Ana Koval.

For a dozen years now, Ana's life has been linked to that ribbon of water and wetland that stretches diagonally from Chicago to LaSalle. The waterway has been designated a national landmark because of its pivotal role in Illinois history—in the days before railroads, the canal made it possible to transport people and goods to and from Chicago, allowing it to grow into the bustling city it is today.

But in spite of its storied past, by the mid-20th century, the canal had fallen into near-obscurity. Ana and the agency she heads—the Canal Corridor Association—have been leading its revival as a living history museum.

However, getting people to listen and to see what she sees in the canal hasn't always been easy. In the beginning, even her son Pieter vanDrielen, who was 13 at the time, needed convincing. "It's a ditch, Mom," he pronounced during a stroll along a segment of the 96-mile canal. Bone dry in spots and used as a rubbish heap, the canal had ceased its commercial function before the 1930s.

Even though miles of the canal's former towpaths had been turned into hiking/biking trails, the canal itself didn't hold much appeal. When Ana showed the area to a group of tourism consultants, they told her the canal needed to be more "fun."

Ana realized that they were suggesting that she find a novel way to generate public interest in the history of the canal. "A lot of people

who don't find history interesting need to have something tangible that really makes history come alive," she says.

This would require imagination, money and a whole lot of patience, and it turned out that the best vehicle for bringing the canal back to life, of all things, was a mule-pulled packet like the ones that had inched their way along the canal in its commercial heyday. What could be a better way of giving visitors a taste of canal travel and life?

The idea of an excursion boat had actually been floated back in the 1970s when the LaSalle Rotary Club took on the project of cleaning, dredging, and re-watering the western end of the canal. That community "still carried a torch for a boat," Ana says. "Where there was weeds and brush, they saw the hand-dug waterway that changed the face of the nation," she told a local newspaper at the boat's launch.

The Canal Corridor Association revived the excursion boat project again nearly 10 years ago, securing funding and permits, conducting feasibility studies, and completing the necessary structural work. And they had to build a boat, too. The 76-foot-long replica, christened *The Volunteer*, cost \$1 million and was years in the making.

The boat was launched in June, 2008 from the renovated Lock 14. From mid-April through mid-November, it makes daily hour-long round-trip excursions east along the canal, pulled by mules Larry and Mo and populated by costumed interpreters.

While each segment of the canal offers its own visual, natural or historic appeal, this location seemed to be a good fit. "Lock 14 at LaSalle is intact and the canal is navigable," explains Ana. "It's peaceful and there aren't that many (modern) structures, so it's easier for people to see what the canal would have looked like in 1848."

Many passengers, from out-of-town visitors to school groups, have turned out to take the relaxing trip, and birthdays, weddings and other personal events have been celebrated aboard the boat. Even though flooding interrupted the debut season, resulting in the cancellation of several tours, Ana says it still managed to draw 11,000 riders.

The canal boat seems to have touched a nerve. "I've been amazed at the number of people who share personal stories that their ancestors worked on the canal or rode on it," Ana says.

The 2009 season, set to open this spring, is expected to draw some 20,000 riders, and the season will feature a variety of events,



such as demonstrations on mule tending and teas with Mrs. Lincoln (Abraham Lincoln rode the canal in 1848).

To complement the boat tour, Ana, whose background is in historic preservation, also helped to convert a 1910 building in downtown LaSalle into a visitor center. The Lock 16 Visitor Center offers visitors a chance to take in a film about the canal and includes a gift shop and café. Ana hopes it will become a community gathering place.

The memory of the many hurdles overcome during the project brings a rueful chuckle from Ana now. “As in most things in life worth doing, when you get in you have no idea what it will entail,” she reflects. “It was a much larger project than we anticipated and more complicated in a lot of ways.”

The year the I&M Canal opened was “the end of one era and the beginning of a new era,” says Ana, who is hoping that, likewise, the revival of the waterway will launch a new era of appreciation for the canal’s contribution to the history of our state.

“Before the canal, St. Louis on the Mississippi River was more populous than Chicago,” Ana explains. “But when the state invested in the canal infrastructure, the money moved to Chicago. That’s the whole significance of the canal, and what I hope people go home with.”

Lock 16 Visitors Center

The Lock 16 Visitors Center, open daily, is located at 754 First Street in LaSalle. Café & Gift Shop hours are Monday, Wednesday, Thursday and Friday, from 7 a.m. to 7 p.m.; Tuesday, from 7 a.m. to 8:30 p.m.; Saturday, from 8 a.m. to 7 p.m.; and Sunday, from 8 a.m. to 7 p.m.

Boat tours are offered several times daily from April 17 through November 13, 2009. Evening tours are also available on Thursday and Sunday. For more information, phone 815-220-1848.

The Gaylord Building Historic Site, which is also managed by the Canal Corridor Association, offers canal exhibits and a restaurant. It is located at 200 West Eighth Street in Lockport. Call 815-838-9400 for information.

To learn more about the canal and the canal boat, visit <http://www.lasallecanalboat.org/> or <http://www.canalcor.org>.



Meet St. Margaret's Health

New Physician

Dr. Robert Koogler is joining the St. Margaret's Health family of doctors.



St. Margaret's is pleased to welcome Robert Koogler, MD, MPH, as the Medical Director of St. Margaret's Occupational Health Center. The Center provides a comprehensive program of cost-effective, well-managed, quality health care services to area businesses and industries. Dr. Koogler will work with employers to provide physical examinations, injury prevention programs, health screenings, on-site work-place assessments and wellness programs.

Dr. Koogler has combined his interest in occupational medicine with service to his country. Serving in the United States Air Force for 20 years, his duties included being Chief Occupational Medicine Flight Commander at Kirkland Air Force Base in New Mexico. After leaving the Air Force, Dr. Koogler continued to serve as a consultant to the USAF, traveling to bases to evaluate occupational health issues and to instruct occupational medicine residents.

Along with his wife, Cindy, who is also completing her Air Force career, and their two children Brett and Alicia, Dr. Koogler looks forward to living and serving in the Illinois Valley.

Dr. Koogler will begin practice in May 2009 at St. Margaret's Occupational Health Center.



St. Margaret's Health

Occupational Health Center

SMP Health System

600 East First Street • Spring Valley, Illinois



Sweet Sounds

Playing the hammered dulcimer makes musician Sherri Farley's heart sing.

Sherri Farley looks mild-mannered until she stands over her hammered dulcimer, her body a whirl of motion as she sends the wooden mallets bounding across the strings of the trapezoidal instrument to produce melodies ranging from rollicking to romantic.

Her first encounter with dulcimers occurred about 16 years ago when she heard a lyrical Christmas recording of handcrafted mountain instruments while browsing in a gift shop. Intrigued, she decided to take up the mountain dulcimer, a three- or four-stringed lap-held instrument that is played in a manner similar to the guitar or banjo.

"It's one of the simplest stringed instruments to learn," says Sherri, who was quickly captivated by its ease of use and melodious sound. "I drove my family crazy practicing."

Though her only formal musical training was a year of accordion lessons at the age of 8, the self-professed "math geek" was able to decode the music by converting it into mathematical patterns. Though she can't read a note of music, she has an ear for a tune, which fits right in with the straightforward chord structure and improvisational bent of bluegrass music.

Before long, the mountain dulcimer's more complicated stepsister, the hammered dulcimer, attracted her. She first laid hands on one while attending the Gephard Woods Dulcimer Festival, held every spring at the state park in Morris. In

addition to concerts, the festival includes workshops where audience members can touch and play the instruments. After that first touch, Sherri was hooked.

The hammered dulcimer traces its kinship to the piano. The large trapezoidal stringed instrument rests on a stand and the player hammers out a tune using slender mallets—in Sherri’s case, the mallets are corset stays. The hammered dulcimer releases a richer, throatier tone than the lap instrument. “Beautiful pieces of wood,” she calls the instruments. “I think of them as furniture.”

Sherri grew up on a farm near Serena and now lives in Somonauk. For decades, music took a back seat to work and family. When her son, Christopher, now 22, started school, she had plenty of time to devote to the instrument. “I had a passion for it. I’d rather do nothing more than practice,” she remembers.

In the beginning, Sherri would drive hours each month to learn from experienced dulcimer musicians. Even now, the call of the dulcimer spans state lines and one of her own students travels periodically from Iowa.

Her passion for dulcimers was so infectious that her son took up the instrument for a short time—until he went to kindergarten and began to pursue his own interests. Sherri smiles affectionately as she remembers her son’s reply when one impressed listener asked him whether he would follow in his mother’s footsteps. The youngster seriously replied that while he did play, “I’m trying to quit.” Now grown, Christopher is pursuing a college degree in electronics.

Today, this local recording artist has hammered out a reputation as one of the area’s premier dulcimer performers. For every note played in front of an audience, however, there are hours behind the scenes organizing festivals and bluegrass jams and helping the next generation of musicians hone their talents.

Her teachers did more than just pass along music skills, she says, they awakened her to the joy in music. “After the teacher would teach me a tune, he’d pick up a guitar and accompany me,” she says. “He was not only a mentor, but he helped me feel the song.”

She tries to bring the same enthusiasm to her own teaching. She mentions, proudly, the accomplishments of one of her own students who

frequently accompanies her onstage and is developing her own solo reputation.

Outside the festival arena, Sherri has done much to expand the popularity of the dulcimer in the area. She presents a musical/narrative program that traces the instrument’s heritage and features a number of tunes. She also helped found and regularly performs at the Harding Bluegrass Jam, and appears in concert regularly throughout the Illinois Valley area, either solo or with a bassist and two guitarists.

An accomplished performer now, Sherri remembers feeling nervous about playing for her first audience—a group of preschoolers at her church Sunday school. Stage fright is a rare visitor these days. In response to fan requests, she recorded her first CD, “Shade Tree Reflections,” in 1999, followed in 2006 by a second CD, “This Place in Time.”

Eventually, Sherri graduated from a listener to a performer to a volunteer organizer at the Morris Dulcimer Festival, where it all started for her. “It’s come full circle—from being involved as a performer to teaching workshops,” she says. “I love being able to give back. Every year, there are people at the workshops who long to play. When they try, they are so excited and happy to learn. That’s what it’s all about! It just feels like I’ve given somebody what I got. The dulcimer changed my path (in life).”



By the Rockets' Red Glare

St. Margaret's physician helps out with the Hennepin fireworks show.



Every July 4, when the crowd gathers to take in the fireworks show in Hennepin, Dr. Louis Lukancic is not among them—he's on the other side of the river in the midst of the action.

Dr. Louie has been a member of the volunteer "shoot team" for the better part of the past decade, ever since Jack Grant, a former St. Margaret's board member, asked him to pitch in. The team is responsible for reloading the tubes throughout the half-hour display.

Before the show, volunteers gather at the grain elevator to set up. The tubes that will hold the fireworks shells are dug into the ground

for stability. Iowa-based supplier J&M Displays delivers the fireworks the day of the show. "We run a very safe display," says Paul Miskowiec, Hennepin village trustee and fireworks coordinator, noting that the team is trained and licensed and proper insurance is in place.

During the show, the 8-10 member shoot team keeps busy clearing the debris from the tubes and inserting new shells. However, certain portions of the program, including the grand finale, are set off electronically because the shells are larger and go off in rapid succession.



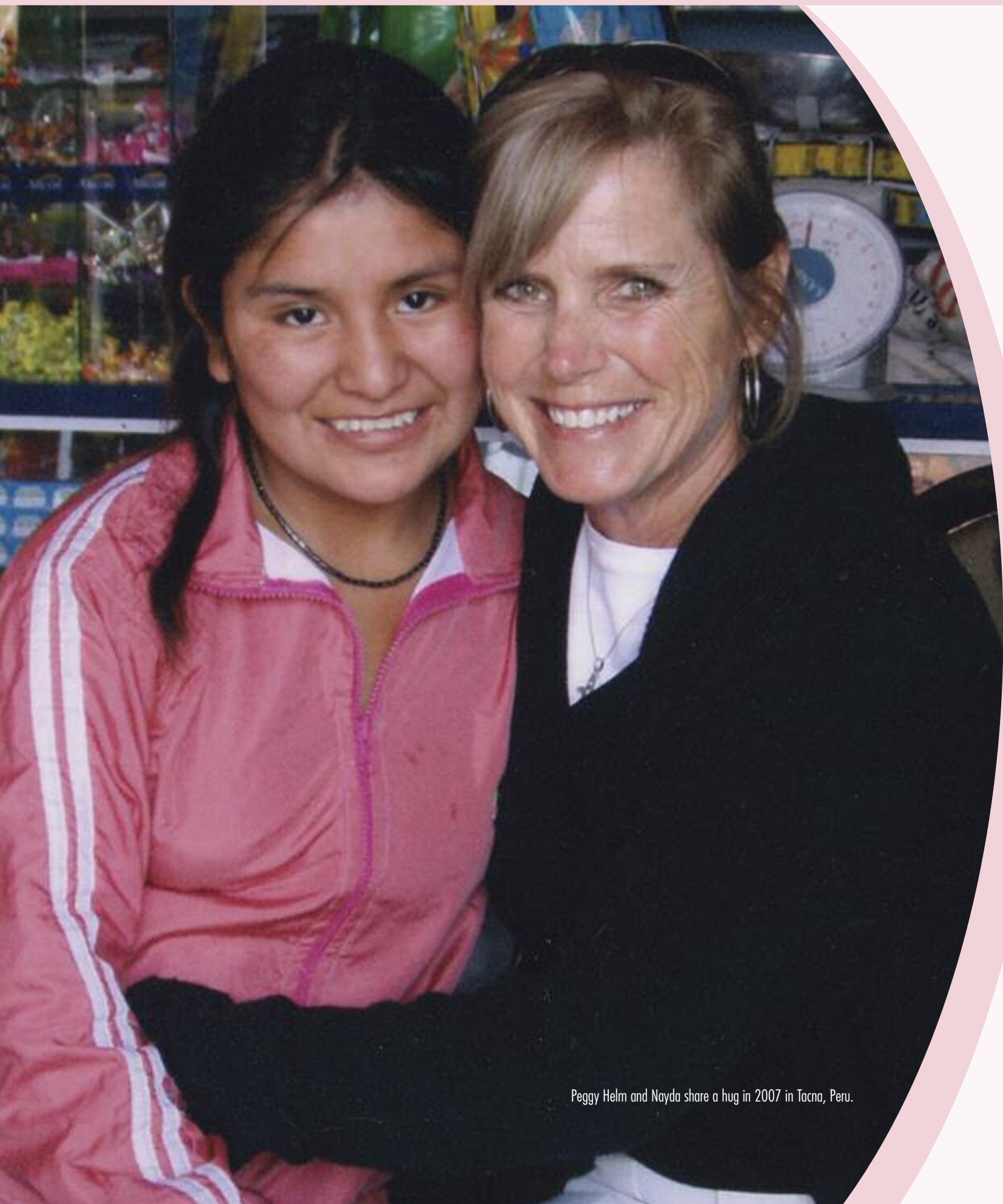
Though the team can't see the display, they can hear the cheers and applause of the spectators. For Dr. Louie, being surrounded by the noise and excitement is even better than watching the show. "Everyone likes fireworks, and it's fun being right in the middle of it," he says. "I also enjoy working with a great group of guys who care about their community."

Paul says that viewers can expect a good show this year, thanks to contributions that allowed them to boost their budget by about \$2,000. "And this is at a time when a lot of other communities are scaling back," reflects Paul appreciatively.

Fireworks Safety

The Consumer Products Safety Commission estimates that there were 9,800 fireworks-related injuries in 2007, with children under 15 accounting for 42 percent of the estimated injuries. To keep you and your family members from becoming one of these statistics, remember the following rules:

- Follow local laws—in Illinois, only sparklers, snake/glow worm pellets, smoke devices and trick noisemakers are permitted. Other consumer fireworks are prohibited.
- Do not allow young children to play with fireworks under any circumstances. Sparklers burn at very high temperatures and can easily ignite clothing. Children cannot understand the danger involved and cannot act appropriately in case of emergency. Older children (12 and over) should only be permitted to use fireworks under close adult supervision. Do not allow any running or horseplay.
- Light fireworks outdoors in a clear area away from houses, dry leaves or grass and flammable materials. Make sure other people are out of range.
- Keep a bucket of water or a hose on hand for emergencies and for soaking fireworks that malfunction.
- Do not try to relight or handle malfunctioning fireworks. Douse and soak them with water and throw them away.
- Never ignite fireworks in a container, especially a glass or metal container.
- Keep unused fireworks away from firing areas. Store fireworks in a cool, dry place. Check instructions for special storage directions.
- Never have any portion of your body directly over a firework while lighting.
- Do not experiment with homemade fireworks. Only use fireworks as they are intended; do not try to alter or combine them.



Peggy Helm and Nayda share a hug in 2007 in Tacna, Peru.

Far-Reaching Friendship

Occupational Therapist Peggy Helm remains connected with the Peruvian girl she first sponsored more than a decade ago.

When Peggy Helm spotted a photo of 8-year-old Nayda in a World Vision booth during an event at a California church, she signed up on the spot to sponsor the petite Peruvian girl.

Little did she know that her relationship with the child, forged through letters, pictures and small gifts, would one day lead her to travel thousands of miles, first to a rural mountain village and later to the outskirts of a bustling city at the southern tip of Peru.

In the decade since she began sponsoring Nayda, Peggy, an occupational therapist at St. Margaret's Center for Physical Rehab, has made four trips to Peru, a country she has grown to love for its rich history and natural beauty as well as the warmth of its people.

Peggy, who grew up in the Illinois Valley but has also lived in California and Colorado, says she's always felt compelled to help others, especially children. In the past, she has mentored at-risk kids and volunteered with the Special Olympics.

Once, while on vacation in El Salvador, she had the opportunity to help with earthquake relief efforts. An experience on that trip inspired her to gather small toys to distribute during her travels. When she arrived in one village, all the children ran to show her the single communal toy they possessed—a fast-food giveaway. “Kids here (in America) throw those toys away, but it was just precious to them,” reflects Peggy. “When somebody appreciates something so little, it makes you want to give even more. You give these children a toy or a pair of shoes, and you'd think you were giving them the world.”

This wasn't Peggy's first experience with child sponsorship. In the mid-1990s, after a colleague died in a tragic car accident, Peggy realized she owed him money. Rather than let the debt go unpaid, she decided to sponsor an African boy in his honor. She continued to

sponsor the boy for three years until he was able to finish school and get a job.

When working with organizations like World Vision, sponsors send a monthly contribution to the organization, which, in turn, uses the funds for projects that benefit the sponsored child's entire village. That includes paying for a nurse, teacher and agricultural specialist who teach the villagers skills that allow them to become healthier and self-sufficient. “Although the monthly monetary donation doesn't go directly to your chosen child, you are encouraged to write to them,” says Peggy. “If you choose to send gifts, the organization takes a photo of your child with the things you send, and the child writes back to you in their native language. An interpreter includes a translated version of the text on the back of the letter.”

As Peggy began communicating with Nayda, she began to learn more about the child's situation. Like many children in Third World countries, she lived in extreme poverty. “The village where she lived



Children who attend school in Maras, Peru, proudly show off some donated paper. Peggy continues to send supplies to the students at the school, which is sponsored by her travel agent friends.



Peggy and Nayda in 1999.

was in a mountainous region and the houses were made of adobe. There was no running water, and they would lead their family's cows to pasture as they walked to school," says Peggy.

In addition, Nayda's mother, who suffers from mental illness, abandoned her at the age of 1. When Peggy started sponsoring Nayda in 1998, she had been living with her father, his wife and her half siblings, along with her grandmother.

Peggy says that the girl's letters spoke of her loneliness. "She even wrote to me that she felt I was the only one who had ever looked after her and cared about her. She had a very difficult life."

Because she wanted to see where her money was going and how it was helping Nayda, Peggy made arrangements through World Vision to travel to Peru in 1999. At their first meeting, Peggy says Nayda was shy, yet affectionate. An interpreter helped bridge the gap between English and Nayda's native language, Quechua. Meeting face-to-face cemented their friendship. "She was dressed in the best thing she owned and she just fell into my arms and clung to me," remembers Peggy.

When Peggy returned to visit again in 2004, she found that Nayda's father had moved on, leaving her in the care of her grandmother, who was ill. Peggy gave the grandmother money to go to a clinic for treatment. Moved by her generosity, the frail woman told Peggy, "Never forget me, and never forget Nayda." She died three months later.

"After she died, Nayda disappeared," says Peggy, who subsequently received a letter from World Vision informing her that Nayda had

left the program to enter the workforce. They offered to match her with another child.

That spurred Peggy to action. After months of phone calls and attempts to locate Nayda from here in the United States, Peggy decided to travel to Peru. "I needed to go down there and find her," she explains. "She had been in my life for 10 years, and I couldn't let it go."

On Peggy's first visit to the country, she had befriended the couple who were assigned by World Vision to meet her at the airport. They have remained friends ever since. On her 2007 trip, they offered to transport her to places where Nayda might be, including orphanages, schools, churches, and the village where she had last visited Nayda.

When they arrived in the village, local children led them to Nayda's aunt, who had information about Nayda's whereabouts—she was now living 450 miles away, near the town of Tacna, close to the Chilean border.

Peggy returned to Lima to catch another flight to Tacna. There, she found Nayda living with her biological mother and her sister and her family in a building that houses a small grocery. While they are still impoverished, the building has running water and electricity—an improvement from the conditions in her former home.

After Peggy returned home, she kept in touch with Nayda through occasional letters and e-mails. Today, Nayda, 20, is married and recently gave birth to her first child, a daughter. During a Peruvian vacation last September, Peggy was able to visit and offer the then-expectant mother some monetary and emotional support. She plans to return yet again. "I enjoy going there—there is so much to see, do and experience, and the people are wonderful," she says. "And I have to go see that baby."

Peggy says she intends to sponsor another child someday and encourages others to do so as well. "Having been there, I have seen what can be done for \$26 a month—it's really quite impressive."



Peggy and Nayda in 2008.



Gwendolyn Rose born at St. Margaret's Hospital

BABY basics

Our caring physicians will guide you every step of the way, from planning your pregnancy to giving birth.

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Now Available at St. Margaret's Hospital:
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St. Margaret's Health

Hazel Marie Boyle Women's Health Center

SMP Health System



Dr. Ramon Inciong and Deacon John Murphy.

Renewed Purpose

How a Christian renewal movement strengthened the faith of both a deacon and doctor—and might just do the same for you.

The Cursillo Christian renewal movement took a while to grow on Deacon John Murphy. When he attended a Cursillo weekend in April 1982, at his brother's urging, he was busy with his job, family and studying to become a deacon. "I enjoyed the weekend and the time for reflection, but, at the time, it didn't seem to make that big of a difference in my life," he says.

But after Deacon John's ordination in 1988, he was assigned to be director of the Illinois Valley's fledgling Cursillo program. It's a post he's held for more than two decades, and it's had an incredible influence on his life and ministry.

"I have seen so much happiness in people during this time, I would not change that for anything. And on a daily basis, (Cursillo) allows me to relate to people on a whole new level. It truly does build connections in the community," says Deacon John, who works as the Director of Pastoral Care at St. Margaret's Hospital and is also assigned to the parishes of St. Louis in Princeton and St. Mary in Tiskilwa.

Like Deacon John, Dr. Ramon Inciong, a St. Margaret's physician, has felt a lasting impact from his involvement in Cursillo. He decided to attend a weekend in 1995, after seeing an announcement in his

parish bulletin. "This was a time in my life when I felt like there was something missing, even though I had accomplished most of the goals that I had set," he reflects.

The notion of Cursillo intrigued him because he knew his parents had participated. "My father made it in 1969 in the Philippines and my mother made it in 1975 in California, so I told my wife that I thought it would be a good idea for us to go and check it out," he says.

Though his wife was initially hesitant, Dr. Inciong says that because the men's weekend preceded the women's weekend, she could see the benefits firsthand before making her decision. "She was a little skeptical at first, but after I came home from my weekend and she noticed how happy and at ease I was, she went to hers and enjoyed it just as much."

For Dr. Inciong, participation in Cursillo has strengthened his understanding of his Catholic faith. "I realized that Christ has to be the center of my family, personal, professional and social life," he says.

The weekend was a deeply spiritual experience during which he truly felt the presence of Christ and was able to enter into a personal relationship with Him. That "something missing" he sensed before the weekend was missing no longer.

“Now I understand where I belong in this world,” he says. “I believe that Jesus has blessed me with the gifts I need to do his work, as a husband, a father, a physician and as a Christian. It is my obligation to use these gifts and to share these with all of those around me to do what I can to make this world a better place.”

Cursillo is defined as a movement, not a retreat, because its goal is for participants to make lasting changes in their lives. After the three-day weekend comes to a close, Cursillo encourages participants to keep the momentum going on the “Fourth Day,” which is the rest of your life. “Live your ‘fourth day’ better, make a difference,” explains Deacon John.

Dr. Inciong has taken that to heart and says that Cursillo continues to be part of his daily life. “It’s the one sure way I stay grounded. Continuing my participation keeps me surrounded by the many others who have been able to experience this awesome weekend. They are a constant reminder, constant source, and a ‘quick-fix’ of God’s love.”

Cursillo has had a “tremendous impact” on his work as a physician, he says. Even during difficult times, such as the loss of a patient, his faith sustains him. “All too often, things don’t work out the way we want, and it becomes difficult to point out where God is during those moments,” he reflects, noting that his work has allowed him to see that God often answers our prayers in different ways than we might expect.

“I’m always looking out for opportunities to bring others closer to God,” says Dr. Inciong. “You’ll never hear me ‘preach.’ But there are many times when patients are obviously searching for something like I did back then, and I would drop everything to take the time to introduce someone to this wonderful gift.”

Dr. Inciong says that Deacon John has been a key figure in his growth as a Christian, and he feels blessed to have daily contact with him at the hospital, whether it’s sharing a hug or simply listening to his voice over the intercom system as he leads morning prayer.

Though Deacon John is stepping down from his role as director of the Illinois Valley Cursillo to attend to the needs of his family, he plans to remain involved.

“God is there to give us strength every day, strength that we can use for serving our families, communities and churches,” says Deacon John, of Cursillo’s lasting message. “You can go out and make things better in your home or be an example in your community.”

What is Cursillo?

Cursillo (pronounced “kur-see-yo”) is a Spanish word meaning short course. A layman, Eduardo Bonnín Agulió, developed it in Spain in the 1940s while he was refining a technique to train pilgrimage leaders. It came to the United States in 1957 and was introduced in the Peoria Diocese in 1964.

Cursillo is primarily a lay movement. It is an instrument of renewal through which participants can strengthen their faith and learn to live out their faith in their everyday lives.

A Cursillo weekend begins on a Thursday evening and ends on the following Sunday evening. During the weekend, participants listen to 15 short spiritual talks, followed by small group discussion.

Though it is sponsored by the Catholic Diocese of Peoria and reflects Roman Catholic theology, Cursillo has a broad-based Christian message and the local Cursillo is ecumenical, welcoming participants of all faiths. Protestant clergy and lay persons are part of each Cursillo team.

Those who have completed the Cursillo weekend are known as Cursillistas and can participate in weekly small-group gatherings or monthly large-group reunions (called ultreyas), as they desire. Cursillo is not considered to be a retreat, and can be made only once in a lifetime.

The Illinois Valley Cursillo center hosts two Cursillo weekends each year, one for men and one for women. They are usually held in April. The board is currently considering adding two more in the fall. But, Deacon John notes, with four other Cursillo centers in the diocese, there is a Cursillo opportunity nearly every month. To learn more, visit www.ivcursillo.com.

Illinois Valley Cursillo weekends are held at Peterstown, south of Mendota.



St. Margaret's Hospital Events



SCREENINGS/CLINICS

Cholesterol Screenings

St. Margaret's DeAngelo Resource Room (rooms 104/105 of hospital):
Second Wednesday of every month, 7-9 a.m.
Second Saturday in April and July, 7-9 a.m.
Pre-registration required. Please call 815-664-1613.

Free Blood Pressure/Blood Sugar Screenings (every month unless otherwise indicated)

- DePue Library, second Tuesday, 8:30-9:30 a.m.
- Hennepin Bank, first Thursday, 8:30-10 a.m.
- HyVee, second Monday, 9-10 a.m.
- Ladd Bank, first Wednesday, 10-11 a.m.
- Liberty Estates, second Thursday, 9-10 a.m.
- Oglesby Library, third Thursday of odd months, 10:30-11:30 a.m.
- Putnam County Senior Center, second Tuesday, 10-11:30 a.m.
- St. Margaret's DeAngelo Resource Room, first Wednesday of odd months, 7-9 a.m.
- Wal-Mart, third Wednesday, 9-10 a.m.
- YMCA, fourth Tuesday, 8-10 a.m.

CLASSES

(All classes are held in St. Margaret's First Floor Presentation Room, unless otherwise noted.) To register for classes, call 815-664-1613.

Babysitting Clinic

June (date TBD) 8 a.m.-1 p.m.

Diabetes Education Classes

Classes meet once a week for four weeks. Different topics will be covered each week. Each participant receives a free glucometer. Classes will be held on May 4, 11, 18, and June 1; June 8, 15, 22, and 29; July 6, 13, 20, and 27; August 3, 10, 17, and 24; August 31, September 14, 21, and 28; and October 5, 12, 19, and 26.

- Week 1:** Overview of Diabetes, Complications and Monitoring
Speaker: Pat Schummer, RN, MS
- Week 2:** Nutrition and Diet, Speaker: Marilyn Csernus, MS, RD, CDE
- Week 3:** Medications, Speaker: St. Margaret's staff pharmacist
Stress Management, Speaker: Jan Seaborn, LSW
- Week 4:** Exercise and Activity, Speaker: Candy Ference, exercise specialist
Foot, Skin and Oral Care, Speaker: Pat Schummer, RN, MS

Medication Review Program

Discuss all types of medication with Doctors of Pharmacy on the fourth Tuesday of every month, from 11:00 a.m.-noon. Must pre-register.

CPR Instruction

These classes are open to the public and held on the first Tuesday of each month in the evening. Sessions rotate each month and include "CPR for Healthcare Providers," "CPR Anytime," and "CPR Instructor" training. Call for information and to pre-register.

CHILDBIRTH EDUCATION

- **Prenatal/Lamaze Classes:** Classes meet for four consecutive weeks from 6:30-9:30 p.m. Sessions start on April 27, July 6 and Sept. 14. They are held in St. Margaret's First Floor Presentation Room.
- **Sibling Classes (for 3- to 8-year-olds whose mom is expecting a new baby):** Classes will be held on Saturdays, May 30, Aug. 1 and Oct. 3, at 10:00 a.m. in Room 309, St. Margaret's Hospital.

ABC Prenatal Classes (for pregnant women in their first and second trimester): Classes will be held on Mondays, June 1, Aug. 3 and Oct. 5, at 6:30 p.m., in St. Margaret's First Floor Presentation Room.

To register for all childbirth preparation programs, call St. Margaret's Family Birthing Centre at 815-664-1345 or 815-223-5346, ext. 1345.

SUPPORT GROUPS

(All support groups meet in St. Margaret's First Floor Presentation Room, unless otherwise noted.)

Behavior Disorders Support Group

Second Tuesday of each month, 6:30-8 p.m.

Grief Support Group

Third Tuesday of each month, 6-7 p.m.

Parkinson's Support Group

First Monday of each month, 1:30-3:30 p.m.

Rebound (Breast Cancer Support)

Third Monday of each month, 7-9 p.m.

Turning Point (HIV/AIDS Support Group)

Third Wednesday of each month, 6 p.m.
Location not disclosed for confidentiality purposes.
For more information, please call 815-664-1613.

Visions (Blind and Visually Impaired Support Group)

First and Third Thursdays of each month, 12:30-2:30 p.m.

SPECIAL EVENTS

American Red Cross Bloodmobiles

Wednesday, May 27	Wednesday, July 22
Wednesday, Sept. 23	Wednesday, Oct. 11
11:30 a.m.-5:30 p.m.	

Located in St. Margaret's First Floor Presentation Room; walk-ins welcome.

St. Margaret's Auxiliary Book Fair

Apr. 30-May 1 and Oct. 22-23
St. Margaret's Lower Lobby

St. Margaret's Gift Shop "Welcome Summer" Open House

Sunday, June 7, Noon-4 p.m.
St. Margaret's Hospital Gift Shop
Please call 815-664-7260 for more details.

St. Margaret's Auxiliary Purse and Accessories Sale

Tuesday, July 14, 7 a.m.-5 p.m.
St. Margaret's Lower Lobby

St. Margaret's Gift Shop-sponsored "Trunk Show"

Sunday, May 3, 1:00 p.m.
Celebrations 150, LaSalle, Illinois
Tickets available at St. Margaret's Gift Shop.
Please call 815-664-7260 for more details.

St. Margaret's "Jimmy D" Golf Day

Sunday, July 12
Please call 815-664-1329 for more details.

St. Margaret's Auxiliary Nut & Candy Sale

Tuesday, Aug. 4, 8 a.m.-3 p.m.
St. Margaret's Lower Lobby

St. Margaret's Artisan Showcase and Auction

Saturday, Oct. 3, 6p.m.
Celebrations 150, LaSalle, Illinois
Call 815-664-7260 for tickets.

St. Margaret's "Those Were the Days" Dance

Saturday, Oct. 31, 8 p.m.
Featuring Phil Dirt and the Dozers
Celebrations 150, LaSalle, Illinois
Call 815-664-7260 for tickets.

The Jimmy D Golf Day Committee Presents

27th Annual JIMMY D GOLF DAY



Sunday, July 12th • Spring Creek Golf Course & Deer Park Country Club
Registration 10 am • Tee off 11 am

Advance registration \$80 • Registration day of tournament \$90 • Six players per group

Sponsorship Opportunities: Cart Sponsorship \$25 • Hole Sponsorship \$100

All funds from the past 26 golf days have been used for the diagnosis and treatment of cancer at St. Margaret's Hospital.

For advance registration or sponsorship information, contact Joe Dellatori,
St. Margaret's Foundation Director at **815.664.1329**



St. Margaret's Health

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Cover: (seated, left to right) Bill Arkins, Christine (Arkins) Joyce and Jim Arkins Jr.; (standing, left to right) Terry Arkins, Jim Arkins II and Jack Arkins
Center Spread: Hornbaker Gardens
Back cover: A view of "Profess Road," a path on the grounds of St. Margaret's Hospital, so named by the novitiate in the 1940s.



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