

Douglas County DAR chapter learns about Arthur American Legion's project

Terry Ferchow and Dick Hein were the guests of the Stephen A. Douglas Chapter, NSDAR, at the November meeting held in the Arthur Community Center.

Ferchow and Hein were the originators of an idea to honor all Arthur area veterans by having a mural painted honoring veterans.

See the American Legion website for pictures: <https://arthurilamlegion.com/memorial>.

Do you ever remember making a contribution to the American Legion and its Auxiliary in exchange for a paper poppy?

That tradition has faded, but the "remembrance poppy" was a way to remember military personnel who died in the "war to end all

wars"(World War I).

Inspired by the World War I poem, "In Flanders Fields," the poppy was first adopted by the American Legion to commemorate American soldiers killed in that war (1914-1918).

Since then, artificial poppies have been worn on clothing leading up to Armistice Day—the 11th hour of the 11th day of the 11th month when the treaty was signed by the Allies and Germany.

In 1954 President Eisenhower signed legislation changing the legal holiday from Armistice Day to Veterans Day.

In November, members of the DAR chapter made generous contributions to add to the contributions of



During a recent meeting of Douglas County DAR chapter, Terry Ferchow and Dick Hein explain the Arthur American Legion Post's Veteran's Memorial photo cases located at the Community Center. Photo was submitted.



AIRMAN MITCHELL S. BERNIUS

Bernius completes Air Force basic training in Texas

U.S. Air Force Airman Mitchell S. Bernius graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training also earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Bernius is the son of Andrew M. and Billie J. Bernius of Arthur.

He is a 2017 graduate of Arthur Lovington Atwood Hammond High School in Arthur.

Lake Land College to host 'Mighty Cahokia: America's First City'

November is Native American Heritage Month, and to celebrate Lake Land College will host "Mighty Cahokia: America's First City" at 11:30 a.m. on Wednesday, November 29, in the Theater of Luther Student Center.

Presenting on the most sophisticated prehistoric native civilization north of Mexico will be Cahokia Mounds State Historic Site's assistant site manager William Issminger.

The event is sponsored

by the college's Inclusion and Diversity Education Committee and is free and open to the public.

Cahokia Mounds is a 2,200-acre tract located just a few miles west of Collinsville. The ancient settlement is home to archeological remnants of a city once larger than London in A.D. 1250.

The Mississippians who lived in Cahokia were accomplished builders who erected a wide variety of structures from practical homes for everyday living to monumental public works that have maintained their grandeur for centuries.

For more information on Native American Heritage month, visit the poster display in the Luther Student Center lobby. Books and other materials about Cahokia Mounds and Native American heritage are available for check-out at Lake Land College library.

For more information on Cahokia Mounds, visit <https://cahokiamounds.org>.

SIHF Healthcare serving Arthur with nurse practitioner, social worker

SIHF Healthcare is pleased to announce that it recently opened a new location at 525 North Vine Street in Arthur. The health center offers family medicine, behavioral health, adult health, as well as pediatrics and geriatric care for patients of all ages.

Like all SIHF health centers, the Arthur facility accepts most insurance plans, including Medicaid and Medicare, and offers a sliding fee scale so no patient is ever turned away, regardless of their ability to pay.

"We are pleased to expand our services and offerings in Arthur," said Lar-

ry McCulley, president and CEO of SIHF Healthcare. "This new location provides the opportunity for additional access for integrated healthcare for families in Douglas and Moultrie counties."

The Arthur health center includes two high quality providers: Kendra Zerrusen, a board-certified family nurse practitioner, and Kelli Canada, a licensed clinical social worker.

Prior to joining SIHF Healthcare, Zerrusen served as a registered nurse for multiple hospitals and has a special interest in heart health. She received her Master of Science in Nurs-

ing at Olivet Nazarene University and her Bachelor of Science in Nursing from the University of Illinois-Chicago.

Canada has an interest in behavioral health as well as family medicine. She received her Master of Social Work at St. Louis University and her Bachelor of Science in Social Psychology at Park University.

The Arthur health center is open 8:30 a.m. to 5 p.m. Monday through Friday, and new patients are being accepted.

Walk-ins are welcome, or to schedule an appointment, please call (217) 543-2446.

other DAR chapters in our area to benefit the VA Illiana Health Care System in Danville. This DAR tradition helps the Danville VA to

fill the needs of the residents and patients. The December 6 meeting will be held at Flesor's.

Thank you to our children and grandchildren for the 50th anniversary party they gave us. And to all of our friends for the cards and gifts, and being there to help us celebrate. Thank you.

*God Bless you all.
Paul and Dorothy Otto*

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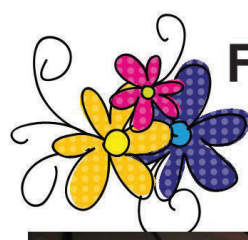
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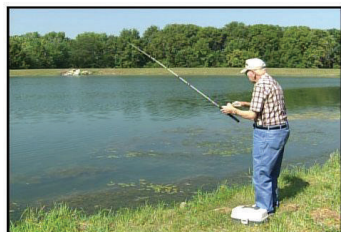
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Keith Ballinger, PA-C

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"I hope to secure and maintain a trusting relationship with my patients and their families for years to come."

Keith Ballinger, PA-C, is now caring for people at the SBL Arthur Clinic and surrounding areas. Keith says, "I enjoy getting to know people and engaging, educating and empowering them to be active in properly treating their condition. It feels great to see a person's health improve, and knowing I had a part of helping them reach that goal."

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