

Wednesday, April 7, 2021

Non-surgical pain solutions becomes Disc Centers of America Practice

Back to Health Non-Surgical Pain Solutions, which has been operating in the Charleston community for more than 26 years, has become a National Disc Centers of America Practice. The designation signifies that Back to Health's team of medical and wellness professionals specialize in the treatment of severe disc injuries and chronic back pain.

Owner Dr. Charles Schuster has received national certification in spinal decompression, specializing in acute and chronic disc care. As one of only three Disc Centers of America in downstate Illinois, his goal is to provide patients with cutting-edge non-surgical spinal decompression treatments while helping people avoid painkillers.

"Most chronic back pain is caused by compression from the discs becoming thinner and thinner

as we get older," said Dr. Schuster. "While this can cause people immense and chronic pain, we've found that decompression has a 91 percent success rate for people who have disc problems, in part because discs are an active tissue that has significant mechanisms for self-repair when properly treated. Spinal decompression is an obvious thing to try before you do surgery, yet more than one million people have back surgeries annually. When treated correctly, it can help people not only regain their mobility, but also prevent them from becoming dependent on painkillers.

Back to Health Non-Surgical Pain Solutions will continue to offer a wide variety of pain relief treatments for conditions such as arthritis, back pain, neuropathy, sciatica, plantar fasciitis, as well as shoulder, neck, elbow and hand pain.



The office also specializes in regenerative cell therapy, laser therapy and other whole body wellness treatments.

Back to Health has been helping people throughout Central Illinois achieve natural healing for over 26 years and is one of the only clinics in the area which provides a combination of physiotherapy, chiropractic and regenerative medicine. Back to Health offers a safe, effective and long-lasting way to manage pain and heal from advanced injuries. The business is located at 25 W. Lincoln Avenue in Charleston. For more information about their services, go to www.myback2health.com or call 217-345-9600.

To learn more about Back to Health Disc Centers of America or to sign up for their Free Guide to Severe Back, Neck & Disc Pain, visit <https://www.charlestondisccenter.com/>

Country music pioneer Marvin Lee to be featured at Penn Station

By Kendra Hennis
 Come and listen to Marvin Lee, a long-time country music pioneer from East Central Illinois on April 10 at 6 p.m. at Penn Station in Arthur, Illinois.

Marvin Lee sings with his guitar and tells some country music stories and he has even been known to bring along his accordion for polka and old favorites from the past. There's nothing like good ole country toe tapping songs along with some polka music to lighten up your day.

Lee got his start on the Arthur stage at the fair. He says, "they always used to bring in a big country act and Johnny Cash was booked and Elaine and I went down to see the show. There were two so we decided to go to the second show. There were folks everywhere, like hanging out of trees. Big stage, infield seats, and bleachers all around."

"I walked past the opening of the first show so I kinda took a peak at the show going on. There was some



guy up there singing Hank Williams Sr.'s "Your Cheatin' Heart" off key! What's going on? I asked. Johnny Cash cancelled and they are getting folks to fill time up until Leroy Van Dyke makes it up from Milwaukee. So guess what I did?"

"I got up and also sang a few country songs. So I can

Douglas County Board continues contract with Dial-A-Ride Mar. mtg.

By Kendra Hennis
 The Douglas County Board met for their monthly meeting on Wednesday, March 17 at 9 a.m. with all members present.

Following a 2017 agreement, Douglas County Board members voted to approve forgiveness of drainage taxes in certain parcels located throughout the county. The board believed that they had previously voted on the matter, but found that they had additional parcels that needed to be taken care of. This led to the approval of Resolution 21-R-9, the forgiveness of drainage taxes in certain parcels located in Arcola #2 annual drainage district. Approval of Resolution 21-R-10, forgiveness of drainage taxes in certain parcels located in Arcola #13 annual drainage district. As well as the approval of Resolution 21-R-11, forgiveness of drainage taxes in certain parcels located in Bowdre #6 annual drainage district and approval of Resolution 21-R-12, forgiveness of drain-

age taxes in certain parcels located in Kemp/#1 Bowdre annual drainage district.

The board then moved to appointments. These included the appointment of Dale Albin to Drainage District No. 13 of Tuscola and Arcola No. 64-L-10039, Darrell Thompson to Drainage District No. 10 of Arcola No. 64-L-4204 and Mark Whitson to Kemp Drainage District N0. 64-L-5596 until the first Tuesday in September, 2023.

The board also:

- * Approval of the February 17 regular board meeting.
- * Approved the reports of fees of county offices.
- * Approved Resolution 21-R-7, an extension of declaration of emergency due to COVID-19.
- * Approved Resolution 21-R-8, an amendment of the Douglas County 457 deferred compensation plan.
- * Approved Resolution 21-R-13 to approve county bridge fund petition, section 21-01135-00-BR.
- * Approved Resolution 21-R-14 to approve prelimi-

nary engineering services agreement section 21-01135-00-BR.

- * Approved Resolution 21-R-15 to approve supplemental engineering services agreement for Motor Fuel Tax Section 04-05122-00-BR.
- * Approved Resolution 21-R-16 to approve supplemental engineering service agreement for Motor Fuel Tax section 07-07123-00-BR.
- * Approved Ordinance 21-0-1 to provide public transportation in Douglas County Illinois through Dial-A-Ride transportation services.
- * Approved a special warranty for Section 5311 projects. This is a formal checklist talking about what the Dial-A-Ride program currently provides as well as a certification that they will follow the rules put in place by it.
- * Adjourned at 9:47 a.m. until the April 21 board meeting at 9 a.m.

LLC business students among top three scorers at state competition

Lake Land College students Austin White, Paris, and Breanna Moore, Mattoon, earned first place in Microsoft Word(Office 2016) and third place in Microsoft PowerPoint(Office 2016) respectively at the 2020 Microsoft Office Specialist State Championship Fall Qualifier competition.

"I am very excited and very proud of Austin's and Breanna's accomplishments," Business Instructor/Director of Court Reporting Program/Coordinator for Office Professionals Lisa Earp said. "I applaud them for their hard work in mastering their Microsoft skills. This is the first time any of our students have placed in the top three in the state."

This competition is a precursor to the Microsoft Of-



fice Specialist U.S. National Championship competition presented by Certiport, Inc. to test students' skills on Microsoft Office 2016 or 2019 programs such as Microsoft

Word, Microsoft Excel and Microsoft PowerPoint.

The Microsoft Office Specialist Program by Certiport offers students the opportunity to learn all of the

features and functionality of Microsoft Office programs. This develops the students' skills and knowledge to prepare them for future success in workforce or academic

settings.

Ordinarily, Certiport issues six invitations per each fall and spring qualifying period with the top students in each exam category going on

to represent their respective states on a national level at the Microsoft Office Specialist U.S. National Championship.

While the 2021 Microsoft Office Specialist (MOS) U.S. National Championship was canceled this year due to the continued difficulties and concerns with the ongoing pandemic, both students have been recognized and have received certificates for their accomplishments.

For information on how to earn these Microsoft Office Specialist certifications, please contact Lisa Earp at learp@lakelandcollege.edu. For information on how to get started in a business program at Lake Land College, contact Counseling Services at counsel@lakelandcollege.edu or 217-234-5232.

