



March 1, 2020

The Dispatch and
The Rock Island Argus

Q-C @ Work

Get the lowdown on up-and-coming employers in the Quad-Cities

Is looking for a job near the top of your to-do list? Here's help! Look inside for stories about hot jobs in the Quad-Cities. We talked to local people about the fastest-growing jobs in the area and the careers of the future.

This two-part series is appearing in print in the Dispatch-Argus on Sunday, Feb. 23, and Sunday, March 1, and online at QCOnline.com.



Q-C’s AVR Academy trains students for WORK OF THE FUTURE

LINDA COOK
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What Eli Tisor, 27, of Davenport creates isn’t always visible to the naked eye.

Tisor, who graduated in May 2019 with an associate of applied science degree in augmented and virtual reality from Scott Community College, is now working as a lab assistant at the school. His world, like that of the students he coaches, is virtual in many ways.

Augmented and Virtual Reality Academy is a program at Scott Community College’s Urban Campus for students interested in the growing AR/VR industry.

“Basically, each week they will be learning something new in the pre-AVR Academy — like 3D modeling or coding — and the second day of the week is their lab day,” Tisor said. “I help them with any problems or assist them in anything they need.”

Wanted to design games

Tisor had planned to attend school at Scott and then transfer to another school in Redmond, Wash. “My goal was to go to that school for video game design, stuff like that,” he said.

Then he realized how much it would cost to go to that school and decided instead to earn his associate degree at Scott.

“I gained skills such as working on a team and collaborating with colleagues,” he said. “I made friends that will last a lifetime.”

He learned how to do 3D modeling and animate those models. He worked on an augmented reality phone application about wastewater management funded by the National Science Foundation.

He even got to present the wastewater application to U.S. Rep. Dave Loebsack, D-Iowa City. “Just doing that, I learned presentation skills,” Tisor said.

Tisor, who is now transitioning into another position, was an e-business developer when he first got out of school. He worked on interior-design software.

“I’ve been looking for more development-design positions, since everything with the academy encompassed a little bit of everything,” he said. Eventually, Tisor may start his own design studio to build software apps or games.

“Originally, I went to school wanting to make games, and would still like to do that,” he said. “That passion for games can also be brought into virtual real-



Eli Tisor, top, lab assistant at the Augmented and Virtual Reality Academy at Scott Community College, helps student Mickel Jones of Bettendorf with his computer work.



Stephon Morgan, of Davenport, plays a game wearing a pair of VR goggles during class Monday, Aug. 26, 2019, at the AVR Academy, an augmented and virtual reality lab at Scott Community College in Davenport.

ity. The gaming industry is accelerating the use of virtual reality a lot more than other industries.”

“For people who have never tried it, think of it as any simulation or game you’ve played, but being fully immersed inside of it,” he said.

He coaches students

Some of the current students in the pre-AVR Academy never have worked in simulations or modeling. Tisor leads them through both at the college’s Urban Campus in Davenport.

Students he coaches can find positions in modeling and art, graphic-design work, animation, web development and software development in general.

“We learn programming and object-oriented programming you can use anywhere,” he said.

Jim Noord is transitioning into another area after serving as department coordinator for computer information systems, augmented and virtual reality, and web development at Scott.

Augmented and virtual reality is one of the fastest-growing sectors in the economy, he said. “The technology is spreading far beyond the gaming world to business, where companies are using it to train their employees on all sorts of work tasks.”

The AVR Academy teaches the skills needed to be successful in creat-

ing virtual reality and augmented reality content and applications for industry and training. The skills also enable students to work in architecture and product visualization, game creation, multimedia design and broadcast media.

The academy is one of only a handful in the country.

The college unveiled the virtual reality lab in 2016. The equipment for the lab was funded in part by a \$15 million grant awarded to Iowa’s community colleges by the U.S. Department of Labor’s Employment & Training Administration.

Students are ‘great or excellent’

“The students aren’t good. They’re either great or excellent,” Noord said.

Eli Tisor

Hometown: Davenport.

Job: Lab assistant at Augmented and Virtual Reality Academy at Scott Community College, Bettendorf.

Trending: The Quad Cities Chamber has named augmented reality/virtual reality as one of eight major technologies that can play a role in the future of the Quad-Cities.

“They learn skills that lend themselves to any kind of thing you can imagine.”

For instance, he said, perhaps a company has a training video with images and voice-overs. “Next year you want to come back and revise it, because a supplier or a process has changed.”

AVR Academy graduates can do that.

“For training or instruction, you could bring story problems to life and help students visualize and see the big picture,” Noord said.

“They can create 3D models and can animate those models.”

“The problem we had 15 years ago was you couldn’t get the content to people. Now, you can take a phone, and the phone becomes the delivery device,” he said.

During the fall semester, AVR Academy students are trained on software and techniques, and spring semester is the project phase. “They apply what they learned in the fall and solve a real-world problem for somebody,” Noord said.

These students will become project developers for big companies. “It’s amazingly dynamic. It changes all the time,” Noord said.



Marco Castel, of Davenport, Stephon Morgan, of Davenport, and Don Washington, of Rock Island, play a game during class Monday, Aug. 26, 2019, at the AVR Academy, an augmented and virtual reality lab at Scott Community College in Davenport.



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MOVED BY MOVEMENT

Kinesiology study at Augustana College prepares students for many fields

LAURA ANDERSON SHAW
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Behind the scenes of exercise, fitness, sports and other movement-based realms such as physical therapy is kinesiology, a field in which our minds and bodies meet.

Now, those who are interested in kinesiology, or the study of human movement, may learn more at Augustana College in Rock Island. The school offered its first kinesiology class last fall with assistant professor Dr. Shaun Edmonds, and school officials are working to nail down the details of a major and minor in the subject.

Though kinesiology at its core focuses on human movement, it is an interdisciplinary field, said Edmonds, the college's first kinesiology and physical cultural studies professor.

"We do everything from cellular biology and exercise physiology (to) sports psychology, motivation, those types of things."

The multifaceted field fits in well at Augustana. "One of the things that we're trying to focus on (at Augustana) is giving students that broad perspective because it's a liberal arts college," Edmonds said. "We want to have that integration of all these different areas, and we want to showcase that through an interdisciplinary focus on the human body."

'A crazy pathway'

Edmonds wasn't always passionate about movement. "I have a crazy pathway (to kinesiology)," he said. His bachelor's degree is in English literature. "I taught English as a foreign language in Japan, and I was not physically active; it was not my thing."

Edmonds also isn't a fan of fish, which is a staple in Japanese cuisine, so he gained about 40 pounds while living there. After he returned to the U.S., he began working for a video game company.

He was nearing his late 20s and he wanted to continue learning, "so I started taking exercise classes at a local community college," he said.

"I found that this was some-



KEVIN E. SCHMIDT

Shaun Edmonds, left, assistant professor of kinesiology and human wellness at Augustana College, works with Amber Summers and Iliana Smiser on the proper way to take blood pressure readings Feb. 11 at the Rock Island campus.

thing I was really interested in."

While he was in Japan, his best friend at home lost about 150 pounds and then gained about 190 pounds. "I had this very personal investment, like, 'What happened here?' And not just physically, but psychologically," Edmonds said. "When I was taking these exercise classes and learning about my own body, I then was like, 'You know, I kind of want to take this a step further because my friend's not the only person going through this weight gain, weight loss, and trying to deal with it.'"

He earned his associate degree in exercise physiology and personal training at Parkland College in Champaign, Ill., before going for his master's degree in human sexuality studies at San Francisco State University. He then earned his doctorate in kinesiology from the University of Maryland-College Park, where he did some teaching as part of the coursework.

He was looking for a job where he could help students learn more about kinesiology and how they could help others, and the job opened up at Augustana, he said. "Basically all the things that I enjoyed about what I did."

'The rubber hit the road'

Kinesiology is "applied," Edmonds said, adding that there are very few people in the field who "don't talk to humans." While academic study is fun and interesting, Edmonds said, he much prefers the side of kinesiology where "the rubber hit the road, (where it) actually impacts people."

Take knee injuries in basketball, for example. "When (students) start to understand why that knee injury is there and what they can do to help support that," Edmonds said, "they can take (what they've learned) and start extending it beyond."

Edmonds approaches kinesiology more from a socio-cultural side, he said. For classes, he not only prepares coursework and labs, he also offers contemporary examples that are relevant and accessible to students, he said.

Shaun Edmonds

Hometown: Rock Island.

Job: Assistant professor of kinesiology and physical cultural studies at Augustana College, Rock Island.

Trending: "Five in 20 of the fastest-growing occupations can be filled by kinesiology," according to Wendy Hilton-Morrow, vice president of academic affairs, provost and dean of Augustana College.

This means "being aware of the current controversies that are going on, because that's going to tap into what the students care about, which will enable them to really connect with the material."

As an example, he cited the current buzz about celebrity personal trainer Jillian Michaels publicly taking singer-songwriter Lizzo to task for her weight, saying "This is an unhealthy body."

"And this is (aimed at) Lizzo, who does two- to three-hour

stage performances where she's jumping and dancing in heels. ... Is she getting her daily cardiovascular requirements? Yes. Is she being physically active? Yes. Is she (getting in) strength-training? Yes?"

Part of kinesiology is taking a "holistic look" at a person as a whole, "when we can disconnect this idea of this person is obviously lazy because of their body size," Edmonds said. "It's people taking a look at humans as complex individuals."

New field of study at Augie

Current and prospective Augustana students showed interest in kinesiology, so in 2018, faculty members began exploring the feasibility of adding it to the school's curriculum. Over the last school year, Dr. Kimberly Murphy, associate professor of biology and department chair, and biology instructor Brad Kennedy put together a proposal to add a kinesiology major and minor, "and got the proposal passed through governance systems at Augustana," Murphy said.

Because kinesiology is "concerned with the study of physical activity and human movement and its impact on health, society, and quality of life," Murphy said, "the mission of the new program is to improve and promote human health and wellness through the study and application of physical activity" in people of all ages from all backgrounds.

The coursework is "designed to introduce students to broad ideas within a liberal arts context and prepare them for a variety of careers," Murphy said.

'A huge area'

With all of the facets of kinesiology, the list of jobs in which students may land is seemingly endless. There's the rehabilitation side to kinesiology, which includes folks who are aging and are in need of care, Edmonds said, as well as physical therapy; occupational therapy; athletic training; "prehabilitation," or making

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Sympathy & Care

MOURNING • REMEMBERING • COMMEMORATING

How to support a loved one in mourning

There's no magic word or miracle formula to comfort someone in mourning. However, if someone close to you is stricken with grief from the loss of a loved one, lending them a sympathetic ear when they need to talk is the best way to be supportive in their time of need.

First, instead of making clichéd comments like "time heals everything" or "he or she is in a better place," let them know that you're available to listen, and respect their silence in the meantime. If, on the contrary, the grieving person wishes to talk, encourage them to reminisce about the good times they shared with the one they loved so dearly.

On the other hand, the person grieving may need space to mourn in peace. If so, respect their decision by remaining patient and compassionate to their plight. Remind them that you're always available to meet

if they need to get their mind off things.

In addition, don't hesitate to offer more practical assistance. Simple gestures like preparing dinner, looking after the kids or tidying up the house allow a great weight to be lifted off the shoulders of the bereaved.

In short, always be present for your friend, colleague, neighbor, etc., and never judge their pain or suffering. If necessary, encourage them to consult a health professional who could offer them the necessary resources and support to overcome their heartache.



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Use of drones a growing regularity for insurance adjusters

ROBERT CONNELLY
rconnelly@qconline.com

Eric Blackert is among a growing segment of the insurance industry — a certified drone pilot.

Blackert, who lives on the border of Henry and Bureau counties, is a crop field adjuster with Country Financial, which rolled out its drone program in summer 2017. Blackert was among the first dozen pilots in the program, which has continued to add more adjusters.

“It’s not like a hobbyist where you can go buy it and go fly it right away,” he said of the drone. “If you use it commercially, they do require you to get a license.” That involves passing a test through the Federal Aviation Administration, Blackert said.

Licenses are good for two years. Elements of the test include “learning about airspace and where you can and can’t fly these things because obviously if you fly near an airport, you have to be vigilant and know how close you can get to it. Prisons are another thing that you can’t fly over,” he said.

The use of unmanned aircraft vehicles, or UAVs, isn’t limited to insurance claims for crops. Country Financial has 89 pilots/property adjusters in Illinois who can access a drone for use when checking out other kinds of claims, said Eric Vanasdale, Country Financial’s loss control supervisor.

“The new tool allows team members to get quicker, safer access to roofs and other property locations for an initial look following a catastrophe. We believe this will be a game changer for our industry, especially when we respond to large-scale disasters such as tornadoes, hurricanes and even hail,” he said.

Country Financial expects to eventually have 200 pilot/claim adjusters, up from its current 165 licensed pilots, he said.

“It is growing in the insurance



ROBERT CONNELLY

Eric Blackert, a crop field adjuster with Country Financial insurance company, has used a drone for more than two years to check out field claims. Here, the drone, or unmanned aircraft vehicle, sits near its control pad in an insurance claims office in Moline.

industry as costs for equipment go down, they become easier to use and the regulations become easier to comply with,” Vanasdale said. “As more software and camera technologies develop, use is anticipated to grow.”

That is apparent for Blackert, who recently upgraded his drone after getting re-certified. The device he now works with is smaller by about a third than the first generation of drones rolled out by Country Financial.

Blackert covers Rock Island, Henry, Mercer and Bureau counties in a part-time capacity; his full-time job is being a family farmer.

He said his drone is mostly in storage at the moment as it won’t be put to work until planting season begins. After crops begin to

mature, the drone can be used to check things like wind or hail damage after a storm.

On a typical call, Blackert goes to a farm with another adjuster, who acts as a spotter to make sure Blackert isn’t getting close to potential obstacles like high wires. Blackert’s focus is on the screen as he pilots the small aircraft with its camera from a 250-foot view to a 400-foot view. That’s happening as the farmer is also looking at the screen, to ensure an element of transparency.

When the specific damaged area is found, the drone is flown in for a closer look.

“Once we actually figure out what spot in the field the damage is, we will go out there on foot and determine the acres that way. We don’t solely settle claims based on



CONTRIBUTED

A Country Financial crop field adjuster flies a drone during a training session. Drones are used to check out farmers’ fields when they file insurance claims.

Eric Blackert

Hometown: Rural Tampico

Job: Crop field adjuster with Country Financial who is a certified drone pilot.

Trending: Customer service is an important part of the insurance industry, and the use of emerging drone technology adds a layer to the service offered.

what the drones are telling us; it’s a tool, essentially,” Blackert said.

Claims that are registered in June or July can be easier to process with a drone, as opposed to those later in the season, when the corn might be 7 feet tall or higher.

“How are you supposed to tell what’s out there? But if we can give them this broad picture of their entire field and isolate the damage to this many acres, it gives them peace of mind that we’re giving them a fair settlement,” Blackert said.

“And gives us peace of mind that we’re accounting for all the damage that is there.”

Brad Clow, Country Financial’s crop operations manager, said a drone camera “helps build trust with our current clients by allowing them to see what our adjusters see in real time.”

“This innovative technology provides our customers extra peace of mind knowing all their crop damage is accounted for,” he said.

Blackert said using a drone had helped him become more efficient so he could turn around insurance claims more quickly. That has been helpful since the last two farming seasons haven’t been ideal, with farmers dealing with heavy rains that delayed planting.

Drones also can help with prevent-plant claims. Those are filed when field conditions are bad enough that a farmer is prevented from planting some of his planned crop in a given year.

“Being at the forefront of embracing technology, I like to think that would help retain and bring more (customers) over to us. It’s all about customer service in the industry, so being at the forefront of that is very important,” Blackert said.

Movement

From 4

sure people are not injured in the first place; and more.

Jobs also include “everything from policy analysis to parks and

recreation to what we call exercise tourism,” or someone who travels and hosts retreats, Edmonds said.

There also is room for innovation in the field. You can see this in “the rise in boutique gyms like Orange Theory, Crossfit and those types of things,” he said.

The big picture

No matter the endgame, “we want to give a kind of a holistic experience to the students so that they get a grasp of what it means to move” from a “biological and a structural level all the way to, ‘OK, well, why do people move? How

do we motivate them to move? What are some of the barriers for people being physically active?” “Edmonds said.

For those who are wondering how they can get into fields related to movement, sports or therapy, kinesiology could be

the answer.

Learning how to meet people where they are and treat them as the complex humans they are, students and future students may “have a better chance of coming up with innovation than maybe we do at the moment,” Edmonds said.

Totally **HEALTHY**

Six tips for fending off back pain

Back pain brings more people to the doctor and causes more people to miss work than nearly any other health issue. It’s also the leading cause of disability worldwide. There are, fortunately, a number of things you can do to decrease the risk of experiencing back pain. Here are six preventive measures recommended by the Mayo Clinic.

1. Practice good posture: practice good posture both when standing and sitting. Don’t slouch when standing and when possible, choose a chair with good lower back support, armrests and a swivel base.
2. Use correct lifting procedures: let your legs do the work when picking up something heavy but avoid heavy lifting when possible.
3. Maintain a healthy weight: being overweight strains back muscles.
4. Engage in aerobic exercise: aerobic activities that don’t strain the back (such as walking,

jogging and swimming) increase strength, endurance and the functioning of back muscles.

5. Do core exercises: strengthening your core helps condition back muscles.
6. Do flexibility exercises: good flexibility in the hips in particular is essential as limited hip mobility causes inflammation, strain and pain in the back muscles.

If you begin to experience back problems, don’t engage in exercise or activities that strain the back. See your doctor to receive a treatment plan.

Acute back pain (lasting no more than six weeks) should get better with home treatment. For chronic cases, some people choose to see a chiropractor. Chiropractic treatments aim to correct the alignment of the body’s musculoskeletal structure so as to allow the body to heal itself without surgery or medication. Speak to your doctor about this option.



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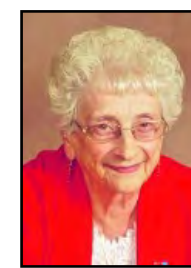


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Rock Island business part of the growing INDUSTRY OF COMPUTER SERVICES

‘We’ve grown at such a rapid pace, it’s almost hurt’

ANTHONY WATT
awatt@qconline.com

The advice is straightforward from an experienced computer tech to those considering pursuing the same career.

“Be nice,” Shaun Brown, 39, of Milan, said recently. He owns and operates Bit Tech Computer Solutions in Rock Island and has done so for about four years.

Computer problems that might seem small to the tech savvy will look big to the people who need those problems fixed, Brown said. It’s important not to talk above the customers’ heads when dealing with their issues.

“Treat them the way you would want to be treated,” he said.

Bit Tech does everything from virus removal to recovering lost data, and it shows. The business, on 14th Avenue, has that “IT chic” feel that seems to be characteristic of information technology businesses.

In a corner was a pile of laptops, awaiting recycling. Nearby, another laptop was skinned to the bare bones, its screen scooped out, leaving only the metal backing. Sprinkled here and there were PC towers opened up so their wires and guts showed. Monitors marked



Shaun Brown is owner/operator of Bit Tech Computer Solutions at 3929 14th Ave., Rock Island.

Shaun Brown
Hometown: Milan.
Occupation: Owner/operator, Bit Tech Computer Solutions in Rock Island.
Trending: Industry growth in professional, scientific and technical services is expected in the Quad-Cities, according to the Bi-State Regional Commission.

for sale were fixed to the walls.

Tinkering led to career

Brown said he had always been interested in how things worked, especially electronics.

That curiosity led him to tinkering with computers off and on throughout his life, beginning in the 1980s, when he began fiddling with Nintendo gaming systems.

He was working as a handyman

when his uncle, a chiropractor, warned him he was ruining his back and needed to find a new career.

So he got his GED through Black Hawk College, and his instructor told him he was smarter than he was giving himself credit for, Brown said. That instructor got him in touch with an adviser who helped him enroll at the college, where he earned an associate de-

gree in applied computer science.

Brown had more advice for would-be computer experts: Try it out for a while before committing the money to the pursuit. Be sure.

For him, the challenges include the fact that computer technology is constantly evolving, Brown said. He is always learning something new, and he will never know it all.

The biggest reward is helping people, he said. A large part of his

business comes from older people.

“They almost look at me as a grandkid when they come in here,” he said.

Internet and computer services is a growing market, he said. It can be a moneymaker, depending on which aspect of the field a person enters.

Computers have been integrated into everyone’s lives, he said. Everything is connected to the internet now.

“Your refrigerator can order groceries for you,” Brown said.

All of those things will need repair and maintenance, he said.

His general goal for Bit Tech is to have three locations in operation before he retires, Brown said. Bit Tech’s projected growth for 2020 is already about twice what he anticipated.

“We’ve grown at such a rapid pace, it’s almost hurt,” he said.



Brittany Courson is a nurse practitioner with UnityPoint Clinic at Hammond-Henry Hospital in Geneseo.

‘Not just a job’ Nurse practitioner honored to care for the community

CLAUDIA LOUCKS
claudialoucks@gmail.com

GENESEO — Health care and medicine have long been part of Brittany Courson’s life.

She currently is a nurse practitioner and works primarily at UnityPoint Clinic in Geneseo.

The young and energetic Courson comes from a family of others in health care. Her mother is a nurse, as was her grandmother.

Her interest in medicine began at an early age since she spent lots of time in the hospital where her mother worked. Her own career in health care began at the age of 16, when she started working at Knox County Nursing Home, eventually becoming a certified nurse aide.

Courson’s position at UnityPoint Clinic at Hammond-Henry Hospital in Geneseo is her first post as a nurse practitioner. Before that, she worked as a registered nurse for OSF Health Care and Genesis emergency departments.

“I have been in the UnityPoint Clinic for a little over three years,” she said. “A typical day for me involves evaluating, diagnosing and treating patients of all ages — working from a preventative standpoint to reduce the risk of disease and illness, as well as a holistic approach.”

Courson’s day begins with working Urgent Care hours at the clinic, which are from 7 to 9 a.m. Mondays through Fridays. After that, she remains at the office, seeing patients with scheduled appointments as well as taking care of her other responsibilities. Her workday concludes about 5 p.m.

No need to be an MD

She said she was “completely satisfied with being a nurse practitioner. I don’t feel the need to become an MD. I have a doctorate degree in nursing practice (DNP), but a doctoral degree is not a necessity. Many nurse practitioners have master’s degrees and do a fantastic job as well.”

Brittany Courson
Hometown: Geneseo.
Job: Nurse practitioner with UnityPoint Clinic at Hammond-Henry Hospital in Geneseo.
Trending: Health care is a growing field in the Quad-Cities, according to the Bi-State Regional Commission.

Had she chosen to continue her education to become an MD, Courson said, it would mean about six more years of study, including a residency.

She explained the difference between a physician’s assistant and a nurse practitioner this way: “Physician’s assistants are trained off the medical model, and nurse practitioners are trained from the nursing model with a holistic preventative approach.”

Courson graduated from Knoxville High School. She earned a bachelor’s degree in nursing from Methodist College of Nursing, Peoria, and a doctor of nursing practice degree from Clarke College in Dubuque.

Courson and three other nurse practitioners in the UnityPoint Clinic work closely in collaboration on a team with Dr. Drew VanKerrebroeck.

“We are a team that utilizes each other to help keep our patients healthy,” she said. “I love connecting with my patients by building relationships, and together we do our best to keep their mind, body and souls as healthy as possible.”

The field of medicine is continually evolving, and Courson remains up to date on the latest knowledge, and she obtains that by continuing education each year.

“I would definitely encourage others to become a nurse practitioner,” she said. “This is not just a job, but a lifelong career, and I feel very honored to be able to take care of the people in our community.”



Missy Marty, marketing assistant and certified breathing coach, welcomes patients at the front desk at MyoTech Dental in Moline on Feb. 5.

Providing patient care from start to finish

TOM LOEWY
tloewy@qctimes.com

Four days a week Missy Marty wakes up between 5:45 and 6:45 a.m. in her brick bungalow on Fremont Street in Galesburg.

Not long after waking, she starts her 45-minute drive to MyoTech Dental at 1828 Avenue of the Cities in Moline. For the past three years, the 43-year-old single mother of two has served as MyoTech’s marketing assistant and certified breathing coach.

“The drive to Moline really isn’t bad,” Marty said. “Usually, after I get on the road, I have a short morning chat with my best friend before she has to get her kids ready for school.

“And then it’s music time. I love music and the drive to work is the perfect time to listen. I always start out with Kenny Chesney’s ‘I’m Alive.’ And then it’s Dr. Dre and Snoop. I like to go into work smiling.”

Marty’s is one of the first faces patients see when they enter MyoTech. It isn’t a job she or her employers take lightly.

“Missy is an integral part of the MyoTech team because of her dedication to what we do. She helps create continuity between the business and the health care we provide,” said MyoTech’s Dr. Crystal Simpson. “Missy is one

Missy Marty
Hometown: Galesburg.
Job: Marketing assistant and certified breathing coach at MyoTech Dental in Moline.
Trending: Health care is a growing field in the Quad-Cities, according to the Bi-State Regional Commission.

of the first people to welcome patients to our practice, and she is willing to go above and beyond to help accommodate and care for our patients.”

Marty does everything from answering phones to checking patients’ medical histories.

“I work in an integrated health center — that means what we do isn’t just about teeth and wire and extractions,” Marty said.

A few years in the making

Marty’s drive from Galesburg to Moline was a few years in the making. She went back to college in 2015 and had her eyes set on nursing.

“I was at Carl Sandburg College, and I had worked for Applebee’s for 13 years. I was waiting tables and working with the training team. Dr. Brian Prudent (the owner of MyoTech Dental) con-

tacted me and wanted to know if I wanted to work in the office,” Marty said.

“It was a challenge, and I went to work, basically, at the front desk.

“In 2017, Dr. [David] Jarrin, who was also part-owner at the time, asked me if I wanted to get certified in orthoposteral assessment training — which basically trained me on how to look at a range of breathing issues for patients and coach patients.”

Marty said working as breathing coach changed the way she thought about health.

“I love what I’m doing and that I’m involved in helping people develop positive, healthy ways to breathe,” she said. “I can talk to people about where their tongue should be in their mouth, how to breathe deeply.

“Breathing affects how tired we feel during the day, how well we sleep. Breath has a huge impact on our overall wellness.”

At the end of most workdays, Marty leaves MyoTech tired.

“It’s a good tired. The tired you feel after working hard,” she said. “My drives home always feel longer. I don’t play music. I try to just clear my head and think about the time I’m going to spend with my daughter.

“I just decompress. It’s the opposite of my ride to work.”

“I love what I’m doing and that I’m involved in helping people develop positive, healthy ways to breathe. I can talk to people about where their tongue should be in their mouth, how to breathe deeply.”

Missy Marty, marketing assistant and certified breathing coach

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This test is to establish a two year eligibility register and officers will be hired as needed with approval of the Silvis City Council.

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NOTICE OF EXAMINATION MACOMB FIRE DEPARTMENT

The Board of Fire & Police Commissioners of the City of Macomb, Illinois hereby gives notice that examinations will be offered to all eligible applicants to create an Eligibility List for hiring for positions with the Macomb Fire Department.

All applicants must be at least 20 years of age, and under 35 years of age as of the date of testing in order to apply for employment with the Macomb Fire Department. Exceptions: The age limitation does not apply to any person previously employed as a full-time firefighter in a regularly constituted fire department of any municipality or fire protection district located in Illinois. Any person who turned 35 while serving as a member of the active or reserve components of any of the branches of the Armed Forces of the United States or the National Guard of any state, whose service was characterized as honorable or under honorable, if separated from the military, and is under the age of 40 as of the date of testing may apply for employment with the Macomb Fire Department.

All applicants must possess a high school diploma or equivalent; must possess a valid driver's license, must pass physical and written examinations; must have visual acuity of 20/20 in each eye corrected (minimum) with normal color vision and depth perception; and must have good habits and be of moral character. To be considered for appointment, the candidate must pass medical and psychological evaluation, must pass a background investigation and either be licensed as an EMT or be eligible for licensing as an EMT. If hired, McDonough County residency is required within 90 days after completion of the probationary period.

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Application packets may be obtained at: The Mayor's Office, City Hall, 232 E. Jackson St., Macomb, Illinois 61455, Phone (309) 833-2558, or on-line at <https://cityofmacomb.com/employment-listings/>.

All applications and attachments must be completed, signed, and on file by 5:00 p.m., on Thursday, April 30, 2020. If submitting the application packet by mail, it must be postmarked on or before the application deadline date AND received at the Mayor's Office within five (5) calendar days of the deadline. Late or incomplete applications will not be considered.

Testing date is Saturday, May 16, 2020. Physical agility test will begin at 8:00 a.m. and take place at the Macomb Fire Department, 219 West Jackson Street, Macomb, Illinois; written test location is to be determined.

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