



Schuyler County softball focuses on strong season

SPORTS, 8A

Kirksville Daily Express

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County surpasses 3K COVID-19 cases

Daily Express staff

Adair County surpassed 3,000 total COVID-19 cases last week with 118 cases added during the week. The county's 28th death from the virus was also reported last week.

A Monday release from the Adair County Health Department said 17 additional cases were reported since Aug. 20.

The health department reported at least 20 cases each day of the week, ending with 20 cases on Friday. The county is at 3,082 total cases with 135 active as of Monday.

Two of Monday's cases have been admitted to Northeast Regional Medical Center (NRMC). A 54-year-old female was admitted on Aug. 22 and an 83-

year-old male was admitted on Aug. 21. A previously reported 59-year-old male was admitted to NRMC on Aug. 22. A 33-year-old male who has been hospitalized at NRMC since Aug. 4 was discharged Aug. 22. None of these cases require a ventilator.

Twenty-two cases were reported on Thursday, Aug. 19. Two hospitalized residents were discharged on Aug. 17, including a 75-year-old male admitted to the VA Hospital in Columbia on July 29 and a 60-year-old female admitted to NRMC on Aug. 15. A fully vaccinated 77-year-old male whose case was reported Aug. 16 was admitted to NRMC on Aug. 17. None of these residents required ventilators.

Twenty-six cases were also reported

on Wednesday and Tuesday.

Missouri reported far fewer coronavirus cases in the week ending Sunday, adding 16,900 new cases. That's down 11.9% from the previous week's tally of 19,172 new cases of the virus that causes COVID-19.

Missouri ranked 25th among the states where coronavirus was spreading the fastest on a per-person basis, a USA TODAY Network analysis of Johns Hopkins University data shows. In the latest week coronavirus cases in the United States increased 12.7% from the week before, with 1,031,057 cases reported. With 1.99% of the country's population, Missouri had 1.64% of the country's cases in the last week. Across the country, 44 states had more cases in the lat-

est week than they did in the week before.

Missouri ranked 36th among states in share of people receiving at least one shot, with 51.8% of its residents at least partially vaccinated. The national rate is 60.7%, a USA TODAY analysis of CDC data shows. The Pfizer and Moderna vaccines, which are the most used in the United States, require two doses administered a few weeks apart.

In the week ending Sunday, Missouri reported administering another 97,407 vaccine doses, including 42,677 first doses. In the previous week, the state-administered 136,222 vaccine doses, including 71,432 first doses. In all, Missouri reported it has administered 5,819,045 total doses.



Eight months after first authorizing the Pfizer-BioNTech COVID-19 vaccine for emergency use in the United States, the Food and Drug Administration has issued its full stamp of approval. FELTON-NYC/FLICKR

FDA approves Pfizer's COVID-19 vaccine

What's next?

Karen Weintraub and Elizabeth Weise
USA TODAY

Eight months after first authorizing the Pfizer-BioNTech COVID-19 vaccine for emergency use in the United States, the Food and Drug Administration has issued its full stamp of approval.

Now that the companies' detailed,

so-called biologics license application has been granted, it's expected vaccination will be required by many companies, schools and other entities.

The FDA decision also clears the way for the companies to market their vaccine, which is not permitted without full licensure. And it may launch a race for booster shots, allowing doctors to prescribe extra Pfizer-BioNTech shots "off label" to anyone they think should get one.

The FDA confirmed late last year

through a more streamlined evaluation process that the vaccine, from pharmaceutical giant Pfizer and its partner German startup BioNTech, was safe, effective and could be reliably produced.

The license application included more than 340,000 pages of material, three times the earlier emergency use authorization submission, which weighed in at 110,000 pages.

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Phillips Media buys Kirksville Daily Express

Group to take ownership Sept. 1

Austin Miller
Kirksville Daily Express
USA TODAY NETWORK

The Kirksville Daily Express has been acquired by Phillips Media Group, a move that was announced Thursday.

The Daily Express has been part of Gannett and the USA Today Network since that company merged with Gatehouse in 2019. Phillips is set to take ownership of the Daily Express on Sept. 1.

The Daily Express has operated in Kirksville since 1901, then known as the Kirksville Evening Express. The paper changed locations and owners multiple times early on, including eight different owners and partners in its first decade.

After E.E. Swain joined an ownership group in 1909, the paper remained under his family for 80 years. It was then sold to American Publishing in 1990.

The Daily Express is in the middle of an office change, moving out of the 110 East McPherson building it had oper-

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ATSU wins diversity award for Dreamline Pathways

Austin Miller
Kirksville Daily Express
USA TODAY NETWORK

A.T. Still University has once again been awarded for its diversity and inclusion initiatives.

ATSU's Dreamline Pathways program received the 2021 Inspiring Programs in STEM Award from INSIGHT Into Diversity Magazine, which is the oldest diversity publication in higher education.

The Dreamline Pathways program helps introduce health professions to K-12 students, focusing on students of color. The idea is to generate a more diverse workforce in health care that better represents communities.

"We are honored to accept the 2021 Inspiring Programs in STEM Award," said Clinton Normore, ATSU's vice president of diversity & inclusion, in a release. "This award exemplifies the

See AWARD, Page 5A

Gov. Parson budgets \$400M in planned broadband expansion

Galen Bacharier
Springfield News-Leader
USA TODAY NETWORK

Broadband internet expansion in Missouri could see a boost from \$400 million in federal funds announced by Gov. Mike Parson.

The planned investment — part of Missouri's share of aid from the American Rescue Plan Act — was announced at a news conference at the Missouri State Fair in Sedalia. It will be sent to the state legislature in January

for approval. Missouri's Department of Economic Development also applied for a federal program assisting in broadband setup, requesting an additional \$56 million.

Parson, who has pushed for infrastructure projects throughout his time in office and signed a gas tax increase earlier this year to funnel money toward road and bridge repairs, called the investment "critical" for the state's economic success.

See BROADBAND, Page 5A

End of grey wolf protections

Worries grow over aggressive hunting for predator, 3A

What does Heloise talk about?

Taking the mystery out of cooking terms, 5A

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Biden backs end to grey wolf protections

But worries grow over aggressive hunting for predator

Matthew Brown and John Flesher
ASSOCIATED PRESS

FARIBAULT, Minn. – President Joe Biden’s administration is sticking by the decision under former President Donald Trump to lift protections for gray wolves across most of the U.S. But a top federal wildlife official on Friday told The Associated Press there is growing concern over aggressive wolf hunting seasons adopted for the predators in the western Great Lakes and northern Rocky Mountains.

Wolves under federal protection made a remarkable rebound in parts of the U.S. over the past several decades, after being driven from the landscape by excessive hunting and trapping in the early 1900s.

States took over wolf management last decade in the Northern Rockies and in January for the remainder of the Lower 48 states, including the Great Lakes and Pacific Northwest.

The removal of protections had been in the works for years and was the right thing to do when finalized in Trump’s last days, U.S. Fish and Wildlife Service Assistant Director Gary Frazier told AP. On Friday, attorneys for the administration filed court documents defending the decision in response to a lawsuit from wildlife advocates, signaling the conclusion of Biden’s promise on his first day in office to review the Trump move.

But wolf management policies in place at the state level have shifted dramatically since protections were lifted, and Frazier suggested the federal government could take steps to restore protections if it sees population declines that put them on the path to extinction.

“Certainly some of the things we’re seeing are concerning,” he said.

Wisconsin moved quickly to reduce the state’s wolf numbers, after a pro-hunting group with close ties to conservative Republicans won a court order that allowed hunters – some using hounds – to kill 218 wolves in four days.

Meanwhile, Republican-dominated legislatures in Idaho and Montana loosened hunting rules to allow tactics shunned by many wildlife managers, including hunting wolves at night and from the air and payments for dead wolves reminiscent of bounties that drove them to near-extinction.

Frazier said the different states showed a common approach: legislatures and politically appointed wildlife commissions taking determined steps to reduce populations.

“We’re aware that circumstances have changed, and we’ll be watching closely to see how the population re-



Wisconsin wildlife officials will allow state-licensed hunters to kill scores of wolves this fall despite conservationists’ pleas to end wolf hunting completely after a wild spring season that saw hunters blow past their quota by almost 100 animals.

DAWN VILLELLA/AP FILE

sponds,” he added.

The lead attorney in a lawsuit that seeks to restore protections for wolves outside of the Northern Rockies said he was disappointed in the Biden administration for not responding immediately to the push by states to cull more packs.

“Why should we hammer the population back down and lose all the gains that have been made before any kind of remedial action?” asked Tim Preso with the environmental law firm Earthjustice. “The writing’s on the wall. Montana and Idaho are clear on what they’re intending and Wisconsin is right behind them.”

The policies adopted by the states reflect an increasingly partisan approach to predator management in state houses dominated by Republicans.

The wolf population in the Midwest has grown to some 4,400 wolves. There’s been growing frustration in recent years among livestock producers and hunters over attacks on cattle and big game. In Wisconsin, a Republican-controlled board set the state’s fall hunt quota at 300 animals, rejecting a 130-animal limit recommended by state wildlife managers.

Wisconsin’s Democratic attorney general is seeking a court order to oust the board’s chairman, whose term expired in May. Democratic Gov. Tony Evers has appointed a successor, but the incumbent is refusing to step down until the Senate confirms the appointment. The Senate, dominated by Republicans, hasn’t held a hearing on the appointment.

Hundreds of wolves are now killed annually by hunters and trappers in Montana, Idaho and Wyoming. The population has remained strong – more than 3,000 animals, according to wildlife officials – because the wolves breed so successfully and can roam huge areas of wild land in the sparsely populated Northern Rockies.

Some officials in the states are intent on reducing those numbers to curb livestock attacks and protect the big game herds that wolves prey upon. Supporters of restoring protections say the changes will tip the scales and drive down wolf numbers to unsustainable levels, while also threatening packs in nearby states that have interconnected populations.

Pfizer

Continued from Page 1A

The companies have manufactured more than 2 billion doses, with over 200 million administered in the U.S., the most of any of the three vaccines currently allowed for use in the country.

The full license includes four more months of efficacy and safety data, confirming earlier trial results and detailing manufacturing processes.

The Pfizer-BioNTech emergency use authorization was based on clinical trials involving about 37,000 people. The full approval was based on study results involving more than 44,000 people followed for six months.

The license only applies to those 16 and over, but the vaccine will continue to be allowed for those 12 to 15 under the previous authorization.

“Based on the longer-term follow-up data that we submitted, today’s approval for those aged 16 and over affirms the efficacy and safety profile of our vaccine at a time when it is urgently needed,” Pfizer chairman and CEO Albert Bourla said in a statement. “I am hopeful this approval will help increase confidence in our vaccine, as vaccination remains the best tool we have to help protect lives and achieve herd immunity.”

Acting FDA Commissioner Dr. Janet Woodcock said she hoped the approval would help alter the course of the pandemic in the United States.

“The public can be very confident that this vaccine meets the high standards for safety, effectiveness, and manufacturing quality the FDA requires of an approved product,” Woodcock said in a statement. “While millions of people have already safely received COVID-19 vaccines, we recognize that for some, the FDA approval of a vaccine

may now instill additional confidence to get vaccinated.”

The full authorization process involves more data and more time in part because once a drug or vaccine is authorized by FDA, doctors are able to prescribe it “according to the practice of medicine,” also known as off-label.

Before the approval, Dr. Peter Marks, director of the Center for Biologics Evaluation and Research at FDA, which approves vaccines, said the approval allows for a “broader potential use” of the vaccine, “not that we’re recommending off-label uses.”

“When we give a biologics license, we are really saying that we have a lot of confidence in that product, in the safety, efficacy, manufacturing information, not just when it’s used exactly according to how it’s labeled, but potentially if it were used somewhat differently by physicians,” he said.

This ability to prescribe off-label also means doctors can authorize people to get an extra Pfizer-BioNTech shot, even before booster shots are made available to the general public likely to begin the week of Sept. 20.

“It might discourage people from waiting eight months” to get a booster shot, as the administration recommends, said Dr. Jesse Goodman, an infectious disease specialist at the Georgetown University School of Medicine.

And it might make it harder for people who are immunocompromised, who are allowed to get boosters now, to access shots, said Norman Baylor, president and CEO of Biologics Consulting. “It could create a competition for the immunocompromised,” he said in a call last week with reporters.

But otherwise, the change will be mostly psychological, he said in an interview.

“Really, there are not major differ-

ences,” said Baylor, who spent 20 years with the FDA, including running its Office of Vaccines Research and Review.

The legal backing of full approval means more businesses and schools will start requiring the COVID-19 vaccine, said Dorit Rubinstein Reiss, a law professor at the University of California, Hastings College of the Law, and an expert on vaccine requirements.

“Most places which are nervous about the EUA will likely move immediately as soon as there’s a BLA,” she said.

Some people reluctant to take a vaccine authorized for emergency use may be willing to get a vaccine that has full approval, Dr. Anthony Fauci told USA TODAY’s editorial board earlier this month.

“When the FDA, God bless them, finally go from an EUA to a BLA, I believe that a certain number of people will spontaneously make the decision that, ‘OK, now I’m convinced. I’m going to get vaccinated,’” he said.

In one recent poll, 72% parents of children ages 12 to 17 said full approval would make them more confident in the safety of the vaccines.

Full licensure also means Pfizer-BioNTech will be allowed to advertise their vaccine.

The FDA also required the companies to continue to study their vaccine to “further assess the risks” of swelling of the heart after vaccination.

Since April, more than 1,300 people have reported developing myocarditis or pericarditis after vaccination with either the Pfizer-BioNTech or Moderna vaccine. Most cases were in young men, occurred within a few days after vaccination, and responded well to treatment.

Pfizer-BioNTech has also agreed to conduct a pregnancy registry study to evaluate pregnancy and infant outcomes after vaccination during pregnancy.

Moderna has already begun the process of applying for a full license and Johnson & Johnson – which makes the other COVID-19 vaccine authorized for emergency use in the U.S. – plans to apply later this year.

Vaccine experts reacted positively Monday to the FDA’s approval of Pfizer-BioNTech’s vaccine, now called Comirnaty.

“This confirms the safety and incredible effectiveness of this vaccine,” Dr. Richard Besser, president and CEO of the Robert Wood Johnson Foundation and former acting director of the CDC, said in a statement. “I am hopeful that full approval will address any remaining concerns and will move many people to a ‘yes’ on vaccination.”

He said the timing of full approval is crucial, with delta continuing to “drive up caseloads and deaths across the U.S.” With delta accounting for virtually all cases, Americans have reported an average of 130,000 new infections every day for the last week and more than 700 deaths.

“FDA’s full approval today of the Pfizer-BioNTech vaccine is great news and it marks a major accomplishment for humanity,” Dr. Jesse Goodman, professor of medicine and infectious diseases at Georgetown University Medical Center said in a statement.

“I hope that knowing FDA experts invested tremendous time and effort to perform this complete and independent review, while the vaccine has been available for emergency use, now helps anyone who still has concerns gain confidence,” he said. “Getting vaccinated now remains the best way to reduce the risk of hospitalization and death from the virus and to help control the terrible toll of this pandemic.”

OPINION

Olympics show companies are hypocrites on human rights

Your Turn
Nikki Haley and Mike Waltz
Guest columnist

Hypocrisy isn't an Olympic sport, but if it was, the winner would be clear: The corporate sponsors. This fact was clear well before the Tokyo Summer Olympics ended this month. A few days before, in a formal hearing, members of Congress grilled some of the biggest corporate backers about why they support holding the next Winter Olympics in Beijing – the capital of the world's worst human rights abuser, Communist China. The companies refused to criticize China's horrific actions, much less throw their weight behind moving or canceling the 2022 competition. The lack of moral courage is extraordinary. At least 13 of the 15 biggest sponsors of Tokyo 2020 are on track to sponsor Beijing 2022, from Coca-Cola to Airbnb to Visa. Many of the companies are American, and they generally claim to support human rights. Yet, when confronted with the reality of China's oppression of 1.4 billion people and genocide against millions of mostly Muslim Uyghurs, they stay silent. The hypocrisy is even clearer in light of many companies' recent actions.

Taking a public stand?

We already know that Olympic sponsors have no problem pulling back their support. Just days before Tokyo 2020 began, Toyota canceled advertisements and its president backed out of the opening ceremony. The company took these steps because of public opposition to holding the games during the pandemic. Yet Toyota, which is also a sponsor of the Beijing Winter Olympics, apparently has no problem holding games amid a religious and ethnic genocide. We also know that Olympic sponsors have no problem taking public stands about human rights. Earlier this year, Coca-Cola famously criticized Georgia's new voting law, saying it was "disappointed" by the state's actions and lecturing that "we all have a duty" to do what's right. (Never mind that Georgia's voting system is more open and accessible than states like New York.) Fast forward to the summer, and Coca-Cola refuses to mention, much less condemn, Communist China's brutality as it prepares to sponsor Beijing 2022. In the Senate hearing, the company's vice president for human rights couldn't utter a single word about Beijing's mass oppression of the Uyghurs, even when pressed. Other Olympic sponsors are failing this moral test, too. Take Airbnb, which stated last month that its "core values and policies reflect our recognition of and respect for human rights." Does Airbnb's policy take into account China's systematic campaign to eliminate an entire ethnic group? Then there's Procter & Gamble. Last year the company announced it would extend its Olympic sponsorship contract to advance racial equality, while promising to act as a "force for good." How does ignoring the Chinese Communist Party's genocidal campaign against the Uyghurs advance equality? How does staying silent on one of the world's worst human rights abuses accomplish anything good? At the same time these companies are shrinking into the moral shadows, the proof of China's oppression is only growing. Beijing's crackdown on Hong Kong is getting worse every month. So is the threat of a Chinese invasion of free and democratic Taiwan. The Chinese Communist Party is actively planning to export its tyranny to an unprecedented extent.

Move the Winter Olympics

Most disturbingly, a new report out this month shows that China's murderous campaign against the Uyghurs is bigger than anyone knew. Beijing has built at least 347 *de facto* concentration camps capable of holding more than a million Uyghurs at any given moment. It's already clear that China tortures the Uyghurs, brainwashes Uyghur children, rapes Uyghur women, and forces them to abort their babies. Now it's clear that China can commit such crimes on a heart-wrenching scale. The sheer breadth of China's tyranny should have led the International Olympic Committee to move the Winter Olympics from Beijing. Such strong action would have upheld human rights without hurting our athletes. But the IOC has failed to do the right thing. That's why both of us have called for the U.S. to boycott next year's Winter Olympics. One of us was the first member of Congress to urge the Biden administration to take this step. But it's also critical that companies, especially those based in the U.S., boycott Beijing 2022 as well. By throwing their support behind Beijing 2022, the Olympic sponsors are handing a major propaganda victory to the Chinese Communist Party. They are giving a pass to its evil actions, encouraging further tyranny, and telling the world that human rights don't matter. There is no world in which that's a win. It will only be a loss – for the United States, China's victims, and the principles these companies claim to believe in. *Nikki Haley was Republican governor of South Carolina from 2011 to 2017 and U.S. ambassador to the United Nations from 2017 to 2019. Mike Waltz, a Republican, represents Florida's 6th district in the House of Representatives.*

ANOTHER VIEW



Men, self-care is not emasculating, protect your mental health



Your Turn
Eddie Powell
Guest columnist

When I was about 9 years old, I lost my maternal grandfather. Eddie Powell was a Korean War veteran and single father at a time when Black single fathers were veritable unicorns. He was the strong, stoic type of heterosexual man typical of his generation. Men who were socialized to embrace rigid masculinity standards that compel them to keep their emotional pain close to their chest, and push through adversity. Family stories taught me that my grandfather's emotional pain was rooted in an experience of racialized violence which forced him to leave Alabama in the middle of the night to escape a potential lynching. Like scores of other Black people from the deep South, he was forced to seek the warmth of other suns and permanently sever ties with his home. My grandfather went on to serve his country and family with dignity, grace, and loving kindness. But, as I reflect on the stories my mother shares about him, it is apparent that he found it difficult to extend that same loving kindness to himself. His sense of duty to care for our family superseded any inclinations he might have had to care for himself. He never spoke about his time in a segregated Marine Corps, the events that led him to flee from Alabama, nor the anger, grief, and loss he surely felt. Instead, my grandfather shifted his pain, mostly into purpose. But, sometimes he shifted his pain in ways that compromised his longevity. Ultimately, he perished in his early 50s from cirrhosis of the liver, a late-stage liver disease that can be caused by alcohol abuse. His was a preventable death of despair that left behind women, girls, and a family reeling in its aftermath.

Emotional pain will emerge eventually

As a trauma psychologist and men's health expert, I have borne witness to the myriad ways that men attempt to shift emotional pain out of their awareness. While this strategy can afford momentary relief, deploying it routinely can exacerbate emotional distress. Shifting pain is like playing a prolonged game of whack-a-mole. Men may stuff down emotions. But, they often pop-up in other places and can manifest in unhealthy behavior like increased risk-taking, substance misuse/abuse, interpersonal violence, and other poor health outcomes. The self-care lessons from grandfather and my professional experience are clear to me:

- Men's self-care is not feminizing or optional.
- When men engage in self-care practices the effects can be transformative for him, his partner, family, and everyone around him.
- For Black men, self-care might be crucial to releasing stress associated with racial injustice and ensuring that they can be fully present in caring for their families.

Urgent need for self-care

The fierce urgency for men's self-care is could not be more apparent than it is right now. After more than a year of prolonged physical and social isolation, heightened racial unrest, men and those they care for and are connected to need a self-care reset. In fact, during the global COVID-19 pandemic, there has been an uptick in mental health challenges in American adults. Men are especially vulnerable given their

Shifting pain is like playing a prolonged game of whack-a-mole. Men may stuff down emotions. But, they often pop-up in other places and can manifest in unhealthy behavior like increased risk-taking, substance misuse/abuse, interpersonal violence, and other poor health outcomes.



Eddie Powell

higher rates of suicide completion compared to women, the lack of friendship in men's lives (15% of American men say they have no close friends), and pattern of forgoing traditional mental health services compared to women. People who are Black, indigenous, and people of color face unique stigmas and barriers to services to address pain management, poor mental health and substance use. Black men like my grandfather, while resilient, face accumulating emotional wounds. Too many men think they should push back against self-care. The World Health Organization defines self-care as "the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider." But, it also includes taking time to engage in meaningful individual or communal activities, building in periods of radical rest, simply finding joy, and mindfulness-based practices.

Men need to know well-being matters

The good news is that proponents of self care and mental health are pushing back on the set of masculinity norms and standards when they no longer aid men in their desires to be present fathers, husbands, partners, and friends. Men have to be concerned with their whole well-being to be present for their families. Self-care practices like meditation and mindfulness are being normalized for men. Recognizing this, even brands and employers are partnering up and expanding access to self-care resources. For example, Dove Men+Care and Headspace, where I serve as creative diversity director, partnered to offer collections of meditations that include themes like radical self-care, compassionate parenting, and letting go of work. Numerous studies have found the mental health benefits of meditation, including increased compassion, decreased aggression, and reduced stress. I am proud to work with Headspace's meditation programs, especially as clinicians are finding that digital tools are opening up opportunities for men to get help for their mental health. What I wish for the men I have had the opportunity to serve in my clinical practice is the same as what I wished for my grandfather. My wish is for men, especially Black, indigenous, and men of color, to grant themselves permission to practice radical self-care. Doing so might also inspire the next generation of men and boys to resist socialized urges to shift pain; but rather, to confront, metabolize, and mitigate it by prioritizing self-care. *Wizdom Powell is director of the Health Disparities Institute and associate professor of Psychiatry at UConn Health. Powell is also creative diversity director at Headspace.*

2 isn't always better than 1



Dear Annie
Annie Lane

Dear Annie: I am a 70-year-old retired man with no children. My wife died in 2016, and we had a very happy relationship together for more than 28 years. About three months after she died, I met a wonderful lady, “Sarah,” who took my heart away. However, she had very strong religious convictions that I simply did not share. For a long time, she said that all we could be was friends because of our differences. However, I was still madly in love with her, despite her insisting that we could only be friends. In the meantime, I was introduced to another lady, “Jill,” and we also initially agreed to be friends only. So for several months, I would go out to movies, sport-

ing events and concerts with Sarah two or three times a week and with Jill on different days, also two or three times a week. I did not tell Sarah or Jill about the friendly relationship I had with the other. In my mind, I told myself that because we were only friends, I did not need to tell Sarah and Jill that I was seeing both of them. I knew this would be a recipe for disaster, but I continued to see both of them regularly. I am very embarrassed to say that I was not honest with either one of them. (OK, I will admit it: I told numerous lies.) As you may guess, Jill and Sarah eventually found out about each other. Sarah said we could no longer be just friends, and that I had to choose. Jill basically said the same thing. The one I truly loved was Sarah, although I cared for Jill. However, to not hurt either one’s feelings, I did not commit to either one. Sarah has blocked my emails, texts

and cellphone calls. I did call her once on her landline, but she hung up on me immediately. Jill still tolerates me, but she expects so much more from me than I can give. She expects marriage, total commitment and no talking to any other single women my age. I hate myself for all the mistakes I made, and I simply cannot quit thinking about Sarah. She broke up with me over a year ago, and the pain still hurts badly. I currently have low self-esteem, stay depressed and find myself wondering how to grasp for a reason to continue living. I have been seeing a therapist and discussing my feelings. This does help some, but I am still in pain. I know that I cannot change the past, and I need to move forward. I made many mistakes, but that was in the past and there is nothing I can do about them at this point. My question is: Can you recommend a book that will help me to become a better person and recover

from a broken heart?
Heartbroken Old Man
Dear Heartbroken: Please try and let yourself off the hook. Sarah was clear with you that she could only be friends. It’s not fair of her to then torture you the way she is. You deserve to be happy. The real question is, have you properly grieved for your wife? While a good book is always helpful, finding a grief support group for widows could help you. Also, find time to meet with your therapist more than once a week while you are healing. If it brings you comfort, I would do that.
“Ask Me Anything: A Year of Advice From Dear Annie” is out now! Annie Lane’s debut book – featuring favorite columns on love, friendship, family and etiquette – is available as a paperback and e-book. Visit creatorspublishing.com for more information. Send your questions for Annie Lane to dearannie@creators.com.

Taking the mystery out of cooking terms



Hints From Heloise
Heloise

Dear Heloise: I just bought a house and threw a house-warming party. Several people were nice enough to give me a gift, and one was a cookbook. I’d love to try my hand at cooking some of these recipes, but they use terms I’ve never heard of, such as “frizzle,” “en papillote” or “ragout.” And what on earth is a “moderate oven”?
Douglas J., Arlington, Va.
Douglas, a moderate oven is 325, 350 or 375 degrees F. The word “frizzle” means to fry in hot fat until the edges of the food curl. “En papillote” means to “bake in paper.” It’s from a time when cooks baked certain foods in oiled paper bags or sacks. Today it also can mean to cook in foil. “Ragout” means a rich brown stew. Good luck with your new cookbook.
Heloise
Dear Heloise: How long should a whole chicken be cooked? My best friend undercooks food and I overcook, so we have no idea what the correct amount of time is.
Karen T., Concord, N.H.
Karen, in an oven at 375 degrees:
● 2½ to 3 pounds – 1 to 1¼ hours
● 3½ to 4 pounds – 1¼ to 1½ hours
● 4½ to 5 pounds – 1¾ to 2 hours
Heloise
Dear Heloise: My husband has asked me to make your Creole Roast again. He loves it, and I liked it too, but I don’t have the recipe anymore. Would you reprint this one for us roast lovers

who like to grill outdoors?
Sadie H., Elizabeth City, N.C.
Sadie, here it is:
2 to 2½ pounds beef tenderloin
1 tablespoon Worcestershire sauce
1 tablespoon snipped parsley or ½ to 1 teaspoon dried parsley
½ teaspoon salt
½ teaspoon pepper
¼ teaspoon celery seed
⅛ to ¼ teaspoon ground red pepper
⅛ teaspoon onion powder
⅛ teaspoon garlic powder
⅛ teaspoon ground cloves
Trim off any excess fat and rub meat with Worcestershire sauce. Combine the parsley, salt, pepper, celery seed, red pepper, onion powder, garlic powder and ground cloves, sprinkle over the meat and rub in. Cover the roast and let stand at room temperature for 1 hour or overnight in the refrigerator.
In a covered grill, arrange preheated coals around a drip pan; test for medium heat above the pan. Insert a meat thermometer near the center of the roast and place on a grill rack over the drip pan but NOT over the coals. Lower the hood and grill until thermometer registers 140 degrees for rare (about 45 minutes), 160 degrees for medium (about 55 minutes) or 170 for well done (about 1 hour).
For tasty summer meals that have your family begging for more, try my pamphlet “Heloise’s Main Dishes and More.” Just go to Heloise.com, or send \$3, along with a stamped (75 cents), self-addressed, long envelope to: Heloise/Main Dishes, P.O. Box 795001, San Antonio, TX 78279-5001.
Summer is the best time to grill outdoors, and my Creole Roast makes a delicious dinner with so little effort.

Express

Continued from Page 1A

ated out of since 1931. Along with this sale, Phillips has also purchased a number of other Missouri papers. That includes papers in

Rolla, Mountain Home and Joplin. Phillips already owns nine papers in Missouri, including locations in Hannibal, Sedalia and Bolivar. It also owns the Quincy Herald-Whig in Quincy, Ill. No other information has been announced at this time, but additional information should become available in the coming weeks.



A.T. Still University’s campus. ATSU’s Dreamline Pathways program received the 2021 Inspiring Programs in STEM Award from INSIGHT Into Diversity Magazine, which is the oldest diversity publication in higher education.
PROVIDED BY PAUL MARKOW

Award

Continued from Page 1A

commitment ATSU has made to diversity, equity, inclusion, and its community’s efforts to reach Historically Underrepresented Groups in health care with the hope of someday improving workforce diversity.”
ATSU and Truman State partner each year for a health academy, where they bring K-12 students to their campuses to show what education and training looks like for various health care fields. This past summer, ATSU brought 25 students from inner-city St. Louis to Kirksville as part of the Dreamline program.
“Thankfully, because of gracious donors we had in the St. Louis area, we were able to target the St. Louis area and bring those students here,” said Stephanie McGrew, ATSU’s diversity

and inclusion coordinator, in a Daily Express interview over the summer. “As the program grows, and hopefully with more donors, we can reach out to Kansas City and the other corners of Missouri, Illinois and Iowa.”
“We know that many STEM programs are not always recognized for their success, dedication, and mentorship for underrepresented students,” said Lenore Pearlstein, owner and publisher of INSIGHT Into Diversity magazine. “We want to honor the schools and organizations that have created programs that inspire and encourage young people who may currently be in or are interested in a future career in STEM. We are proud to honor these programs as role models to other institutions of higher education and beyond.”
ATSU has previously been honored by Insight Into Diversity Magazine, winning the Health Professions Higher Education Excellence in Diversity (HEED) Award the last four years.

IN YOUR OWN BACKYARD

Debi Boughton, Kirksville Tourism Director, has some suggestions for enjoying time “In Your Own Backyard.” For any activities, be sure to follow the CDC guidelines for health and safety. If you have ideas or suggestions email: debi.boughton@visitkirksville.com.

Friday, Aug. 27

- Bring your lawn chair for the Summer on the Square concert. Please note the new location. Truman Steel Band, sponsored by the Kirksville Tourism Office performs beginning at 7 p.m. on the north side of the Sue Ross Arts Center at 215 S. Franklin. For more information, call 660-665-0500.
- Art is a wonderful way to connect ourselves to nature. Join the Thousand Hills Park staff at 7 p.m. to creatively reconnect with nature through drawing, coloring, and painting. Supplies will be provided but you may bring your own if you prefer. Meet at the Special Use Area in Thousand Hills State Park for more information, call 660-665-6995.

Saturday, Aug. 28

Forest Lake Area Trail System invites

you to a Sunrise Trail Race at 6:30 a.m. Wake up and beat the heat. The race starts at Royal Oaks Trailhead. There will be a 3-mile walk and a 10K run. Register at UltraSignup.com. For costs and more information, call 660-626-2213.

Sunday, Aug. 29

There is still time to enjoy the new Kirksville Aquatic Center. They are open for limited hours from now until Sept. 6. Try the slides, the lazy river, the diving board, the splash pad and much more. For times and more information, call 660-627-1485.

Wednesday, Sept. 1

The Missouri Conservation Center, 3500 S. Baltimore, is sponsoring a Habitat Hunt from 1-2 p.m. Each child will be assigned a particular animal and then the group will go on a walk on the trail to find each of those animals’ habitats. This program is free. Register at mdc.mo.gov/events. For more information, call 660-785-2420 or email alyssa.garver@mdc.mo.gov.

Broadband

Continued from Page 1A

"Quality internet supports learning, health care, business, and agriculture in today's economy, and we are excited to capitalize on this opportunity to truly make a difference and improve lives," Parson said in a statement Thursday.
The \$1.2 trillion federal infrastructure package awaiting a vote in the U.S. House of Representatives is expected to provide the Show-Me State with \$100 million for broadband over the next five years, as well as kick-start a new program allowing low-income households to apply for service discounts.
U.S. Sen. Roy Blunt, who played a key role in bipartisan negotiations on that package, met with officials around the state in recent weeks to advocate for broadband expansion.
A 2020 study ranked Missouri 32nd in the U.S. when it comes to internet access and data speeds. A recent White House infrastructure report said 15 percent of households in the state do not have an internet subscription and 5 percent live in areas where there is no federally qualified broad-

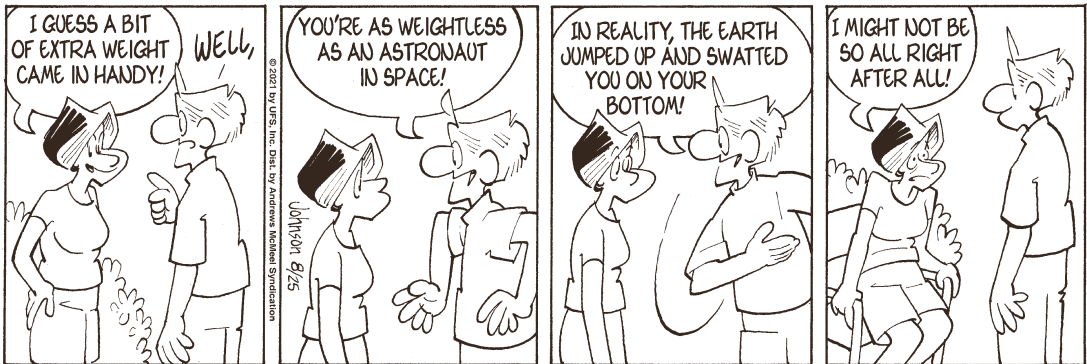


Broadband internet expansion in Missouri could see a boost from \$400 million in federal funds announced by Gov. Mike Parson. ANDREW JANSEN/NEWS-LEADER FILE

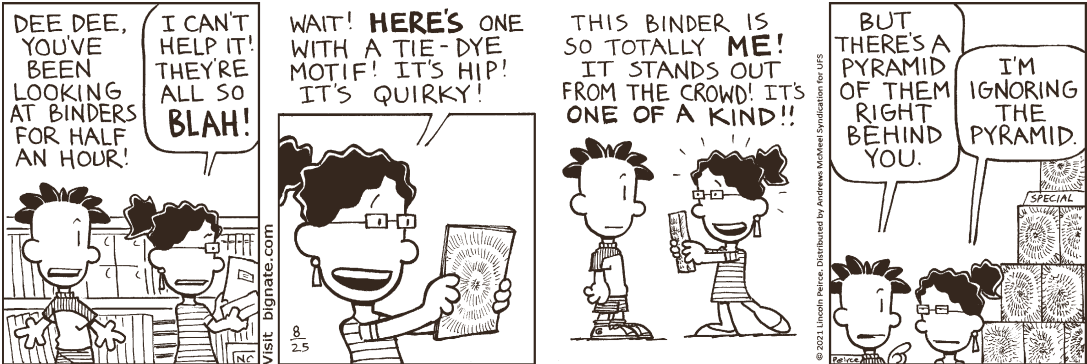
band infrastructure.
"In combination, these investments would be a game changer for broadband in Missouri," said Tim Arbeiter, Missouri's director of broadband development. "Having access to this critical infrastructure is essential for employers of all shapes and sizes around our state. Connecting more Missouri communities will help level the playing field for rural and urban communities alike."

COMICS

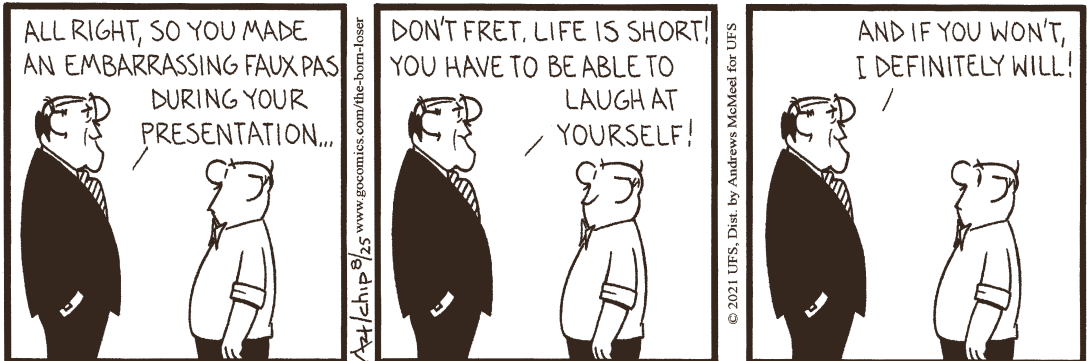
ARLO AND JANIS



BIG NATE



THE BORN LOSER



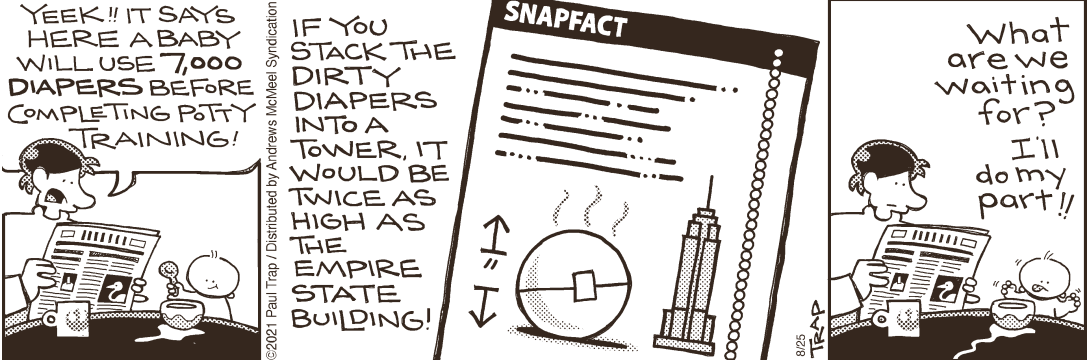
FRANK AND ERNEST



MONTY



THATABABY



SUDOKU

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

PREVIOUS ANSWER								
5	4	1	7	6	8	9	2	3
2	3	8	4	5	9	7	6	1
7	9	6	1	3	2	5	4	8
1	2	5	8	7	4	6	3	9
9	8	4	6	1	3	2	5	7
3	6	7	9	2	5	1	8	4
8	1	3	5	9	6	4	7	2
4	5	9	2	8	7	3	1	6
6	7	2	3	4	1	8	9	5

		3		7	1		8	
				5	3		6	
					8	9		
	8	5	4				7	6
		7		6		1		
4	2				5	8	3	
		2	1					
	1			4	9			
	5		2	8		3		

CROSSWORD

ACROSS

1 Show affection

5 Stroke of good fortune

10 Strand

12 Hothouse flower

13 Maria Conchita —

14 Unit

15 “I came,” to Caesar

16 Depart quickly

18 Term of endearment

19 Rodeo miss

23 Banking convenience, for short

26 “Go, team!”

27 First-magnitude star

30 Buttonhole

32 Head off

34 Rocker — John

35 Jingles

36 Gulp down

37 Paris thirst quencher

DOWN

1 Green vegetable

2 Mineral supplement

3 Part of SST

4 Distress signal

5 Move to and —

6 Digital watch readout

7 “No dice!” (hyph.)

8 About 2.2 pounds

9 Paradise

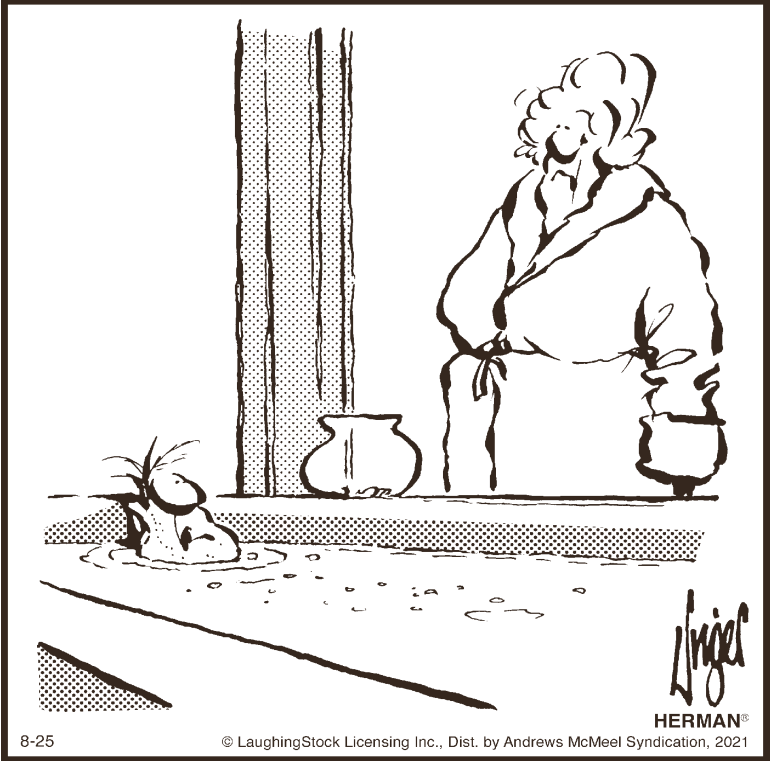
Answer to Previous Puzzle

P	O	M	P		T	R	A	P		C	A	W
A	R	E	A		H	O	P	I		I	V	E
R	A	N	I		R	A	T	S		R	A	P
		L	U	N	G	E	D		T	A	C	I
			T	O	E			R	O	Y	A	L
L	E	A	S	T		W	E	L	L			
I	R	S		H	O	O	P		A	B	L	E
D	A	H	L		B	E	S	T		E	O	S
			A	C	E	S			A	R	G	U
		D	R	Y	L			G	N	U		
G	O	O	S	E		A	U	S	S	I	E	
R	U	B		F	E	L	L		S	N	I	P
U	S	E		T	E	A	L		E	C	R	U
B	E	D		S	O	N	S			T	H	E

	1	2	3	4		5	6	7	8	9
10					11		12			
13							14			
15					16	17			18	
				19	20			21	22	
23	24	25		26				27		28
30			31					32		33
34								35		
	36					37			38	
			39		40			41		
42	43	44			45			46	47	48
50			51	52			53	54		
55							56			
57							58			

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HERMAN



“I’m giving the goldfish a good swim.”

HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): Get your facts straight, and share your findings with people in positions that bring about change. Leave nothing to chance when dealing with romantic issues. ☆☆☆

Taurus (April 20-May 20): Keep information to yourself, and it will make it easier to convince others to leave you alone to pursue what you want. A concise response is all that’s required. ☆☆☆

Gemini (May 21-June 20): Personal growth will lead to a healthy conclusion based on research and deciding how you can use your attributes to do something that satisfies you. ☆☆☆

Cancer (June 21-July 22): It’s essential to recognize what you can do and to come up with a plan and implement a change that will stop others from taking advantage of your kindness. ☆☆☆

Leo (July 23-Aug. 22): Learn through observation and experience. Friends, family and allies will stand by, offering sound advice and whatever help you need to deal with changes you face. ☆☆☆

Virgo (Aug. 23-Sept. 22): Participate in matters that concern you. Refuse to let anyone take care of your money, medical or contractual issues. Embrace the future, and don’t look back. ☆☆☆

Libra (Sept. 23-Oct. 22): Pay more attention to the people you love, and take better care of yourself and your emotional well-being. Put together a plan geared toward your happiness. ☆☆☆

Scorpio (Oct. 23-Nov. 21): Take nothing for granted when dealing with friends, relatives or those living under the same roof. Choose your words wisely, leaving no room for error. ☆☆☆

Sagittarius (Nov. 22-Dec. 21): Tidy up your space, and spend time with someone you love. The key to happiness is doing what brings you joy with the people who share your beliefs. ☆☆☆

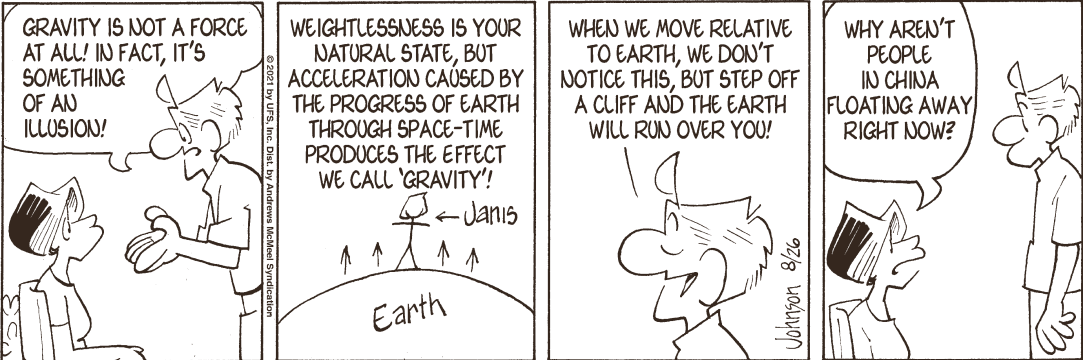
Capricorn (Dec. 22-Jan. 19): Check out a unique way to increase your assets. Don’t rely on someone who has let you down or disappointed you. Change begins with you. ☆☆☆

Aquarius (Jan. 20-Feb. 18): Mull over contracts, financial documents and medical records, and you’ll find a way to save time and money. A joint venture will help you reach your goal. ☆☆☆

Pisces (Feb. 19-March 20): Concentrate on what’s possible. Be honest with yourself and others, and it will be easier to bring about positive change that can enhance cash flow and your lifestyle. ☆☆☆

COMICS

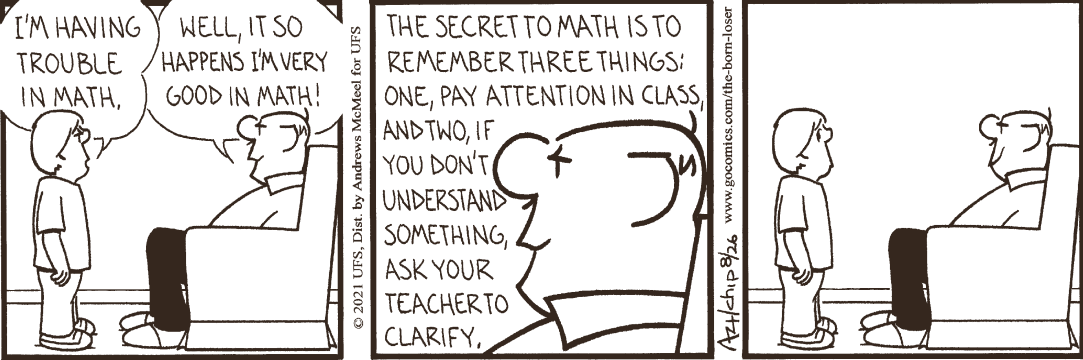
ARLO AND JANIS



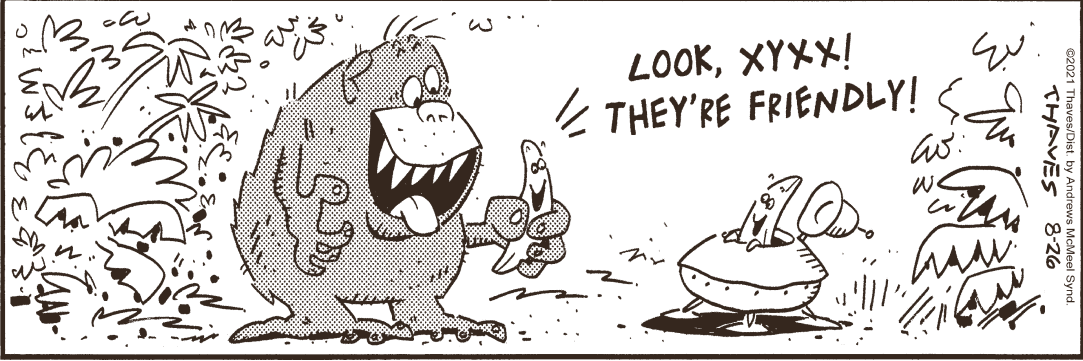
BIG NATE



THE BORN LOSER



FRANK AND ERNEST



MONTY



THATABABY



SUDOKU

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

PREVIOUS ANSWER								
2	6	3	9	7	1	4	8	5
8	9	1	5	3	4	7	6	2
5	7	4	6	2	8	9	1	3
1	8	5	4	9	3	2	7	6
9	3	7	8	6	2	1	5	4
4	2	6	7	1	5	8	3	9
3	4	2	1	5	7	6	9	8
6	1	8	3	4	9	5	2	7
7	5	9	2	8	6	3	4	1

4				2				8
	8	1	6	9				3
	6			1		9	5	
		7					8	
3				5				1
	9					3		
	7	4		8			9	
9				4	6	8	3	
6			2					5

CROSSWORD

ACROSS

1 Captured
5 Philoso-
pher
— -tzu
8 Vain dudes
12 Baha'i
origin
13 Chicago's
st.
14 Sinister
15 Chess win
16 Hula attire
17 Simple
18 Tibet's
capital
20 Luxury
hideaway
22 Wyatt's
cohort
23 "— been
had!"
24 Not tidy
27 Suspected
30 AAA
suggestion
31 Comic
strip prince
32 Prune (off)
34 Country
lodging
35 Sister of
Helios
37 Elev.

**38 Not
moored
40 Curses
42 Easel
display
43 Planet, in
verse
44 Say yes
46 Animal fats
49 Flu
symptom
50 Doze
52 River in
Asia
54 Camera's
eye
55 Before, to
poets
56 Trim
57 Furtive
whisper
58 L. —
Hubbard
59 Branch**

DOWN

1 Tiny —
2 Not written
3 Promise
4 Handles
dough
5 Soft purple
6 Tavern fare
7 Actor
Laurence

Answer to Previous Puzzle

K	I	S	S		F	L	U	K	E			
M	A	R	O	O	N		O	R	C	H	I	D
A	L	O	N	S	O		M	O	D	U	L	E
V	E	N	I		R	U	N		H	O	N	
		C	O	W		G	I	R	L			
A	T	M		R	A	H		V	E	G	A	
W	A	Y	L	A		A	V	E	R	T		
E	L	T	O	N		C	L	I	N	K	S	
	C	H	U	G		E	A	U		E	S	P
					D	E	A	D	S	E	A	
A	M	T		I	S		L	U	N	G		
M	E	O	W	E		A	N	G	L	E	R	
A	M	P	E	R	E		L	E	A	N	E	R
H	O	S	E	S			T	E	A	R		

8 Antenna
9 Almond-
shaped
10 Leaning
tower town
11 Under-
handed
19 Tofu base
21 Pavlov or
Turgenev
24 X-ray kin
25 Vulcan's
forge
26 Transmit
27 Zippy
28 Lots of
spirit
29 Give out
sparingly
33 Qt. parts
35 Patrick's
domain
36 More
frequently
39 Most
unusual
40 Halter
41 Curt
43 Bygone
44 Develops
45 Pistols
47 Quick on
the —
48 Indian
wrap
49 Mont Blanc
or Jungfrau
51 Sierra
Madre gold
53 Trip part

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
	18			19		20	21					
			22			23						
24	25	26				27				28	29	
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34				35	36					37		
	38		39					40	41			
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	44	45					46			47	48	
49					50	51			52			53
54					55				56			
57					58				59			

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HERMAN



“Do you realize it’s been 12 years since we went through the express checkout?”

HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): You don't have to stand alone. Call on people you enjoy collaborating with, and you'll come up with a plan that will help you achieve your objective. ☆☆☆

Taurus (April 20-May 20): Take advantage of an opportunity that can improve your position or help you find common ground with someone who thinks differently. ☆☆☆

Gemini (May 21-June 20): Turn your attention to creative endeavors and away from anyone trying to meddle in your affairs. The less chatty you are, the easier it will be to avoid interference. ☆☆☆☆

Cancer (June 21-July 22): Leave nothing to chance. A risk will put you in harm's way. When faced with uncertainty, let your intuition guide you toward safe ground. ☆☆

Leo (July 23-Aug. 22): Note how others respond to you and what you can do to enhance the relationships you have with friends and family. Strive for perfection. Romance is favored. ☆☆☆☆

Virgo (Aug. 23-Sept. 22): Mix business with pleasure, and you will make headway. The details you incorporate while explaining things to others will help you win favors. ☆☆☆

Libra (Sept. 23-Oct. 22): Quality time with someone you love or find interesting will open up a passageway to new and exciting experiences. Less talk and more accountability are required. ☆☆☆

Scorpio (Oct. 23-Nov. 21): Stop spinning your wheels and start putting your plans in motion. If you labor too long over things you cannot change, you'll miss an opportunity to make a difference. ☆☆☆

Sagittarius (Nov. 22-Dec. 21): Don't be so hard on yourself. Focus on what you can do to make your lifestyle sustainable. Refuse to get caught up in someone else's dream. ☆☆☆☆☆

Capricorn (Dec. 22-Jan. 19): Get along with others. Someone will view your actions harshly if you upset a friend, relative or one of your colleagues. Pay attention to what's going on at home. ☆☆

Aquarius (Jan. 20-Feb. 18): Put together a budget that will encourage you to save for something unique. How you handle your money will reflect the things you'll be able to enjoy. ☆☆☆☆

Pisces (Feb. 19-March 20): Get the facts before you share information. Once you clarify what's possible, bring about the changes that will allow you to take advantage of a situation. ☆☆☆

SPORTS



Schuyler County pitcher Kait Hatfield throws to first base during a fielding drill at practice. PHOTOS BY AUSTIN MILLER/KIRKSVILLE DAILYEXPRESS

Schuyler County softball focuses on strong season, better results



Schuyler County catcher Bailie Atkinson fields a groundball during a practice drill.

Austin Miller Kirksville Daily Express
USA TODAY NETWORK

Schuyler County softball coach Chris Prewitt had two items in mind to work on in pre-season practices. One, the team’s offense, makes sense. The other is a bit different.

That second item was the team’s pre-game routine. Prewitt wanted to see more focus from when the Rams step off the bus and onto the diamond. He thinks that will yield better results for the Rams this fall.

“I think our preparation at the beginning of the year wasn’t as strong as I’d like to be, so we’ve put in a routine of what we do the second we get off a bus,” Prewitt said. “It’s going to be organized and I do hope people notice we’re trying to be more focused and organized from the start. I think we can be too loose sometimes. While that can be a good or a bad thing, I like to err on the focused side.”

While Prewitt hopes this leads to better starts in games, he’d like to see it create a better start to the season, too. Last year, in Prewitt’s first campaign at Schuyler, the Rams started the year 0-7. There weren’t any slouches in that mix, with La Plata, Atlanta, Fayette, Putnam County and Marceline all being quality programs.

Then the Rams hit their stride near the end of the year, winning seven of their last 10 regular-season games to go 9-13. And with the team returning seven starters from last year, Schuyler would like to keep that momentum going.

“With the way we ended last year, outside of that district game, I feel like we finished pretty strong,” Prewitt said. “We played a lot of games this summer, put time in the weight room. There

See **SOFTBALL**, Page 9A



Schuyler County sophomore Aden Snider carries the ball Aug. 18 during a drill at practice, while getting tackled by junior Hayden Dixon. PHOTOS BY AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

Schuyler County football may be young, but Rams feel tide turning

Austin Miller
Kirksville Daily Express
USA TODAY NETWORK

Schuyler County football coach Corey Randall’s optimism is quite infectious heading into this fall.

Now in his third year leading the Rams, and the program’s second in the 8-man ranks, he likes where the team is at. After not having much of a summer last year to prepare for the 8-man move, the Rams had a grueling summer this year where all 20 of their contact days were used to the maximum.

With a packed weight room each day, he’s already seen physical changes with his players. That’s most noticeable with his linemen. Randall expects to have three 250-pound offensive linemen on each snap, some much-needed beef up-front.

But the average age has also dropped, with a bunch of young players set to lock their horns.

“We’re young, but we’ve got a lot of returners that got some playing time last year, with this being their second year,” Randall said.

“The exciting part is they’re young. I get to spend time with them. This year, I want to make some noise and I want to make some improvements, but it’s a long time coming that we’ve been building a program. All the guys in the weight room this summer, the young guys I’ve been talking about, I feel like we’re starting to build that program that Schuyler hasn’t had in a while. That gets me excited. We’ve spent a lot of time with them, they seem really committed, and they’re getting better and better.”

That youth starts with sophomore quarterback Connor Smith, who held that position for the JV squad last year. Randall liked what he did at that level a year ago and thinks he can run the varsity offense well. Sophomore Kale Windy



Schuyler County football coach Corey Randall watches a team drill Aug. 18 at practice.

will be the primary running back after moving around on offense last year. Randall thinks the offense can be more layered this season, which will be needed after it averaged just 16 points per game and got shut out three times last year.

Randall expects most of his players on the field this fall will be underclassmen, with senior Noah Newland and junior Hayden Dixon being the most experienced returners.

Dixon said that youth has added a lot of energy to practices. And he sees a lot of potential in that bunch.

“I view it as, when I’m gone, they’re going to be really good. So I’m just trying to pave the way for these young guys,” Dixon said.

Schematically, Randall is keeping things pretty similar. He did lose defensive coordinator Ed Koser, who’s now the assistant principal at William Mathew Middle School in Kirksville. But Randall poached a replacement from Kirksville, bringing in Aaron Ockenfels as his new DC. Randall has let him handle that defense, and after getting adjusted to how different 8-man defense was last year, that’s a unit that should be more aggressive this fall.

“I feel like we’re a step ahead of last year,” Randall said. “We also have that year of experience with 8-man football under our belt. So now when we see certain teams, I know more of what to expect. There are some good teams out there and we get to face them again. I’m

excited to see how we’ve improved.”

It has been rough sledding for the Rams for nearly a decade, with the program’s last winning season coming in 2012. The Rams have won 15 games since that 7-4 run in 2012, with one-win seasons the last two years. But it’s a group that doesn’t quit. In last year’s 58-0 loss to North Andrew, who went on to be the state runner up, the Rams never gave up, Randall said.

He believes greener pastures are coming and the players have bought into that.

“I’d like a winning season,” Dixon said. “I’ve never had a winning season in a year of football. That’s my goal for this year.”

Softball

Continued from Page 8A

wasn’t a lot of days where they weren’t busy doing something to improve their game — and it’s showing.”

Schuyler returns pitcher Kait Hatfield and catcher Bailie Atkinson. First baseman MaKinley Aeschliman and shortstop Tinley Roberts are back, along with outfielders Tralyn Wilson and Madison Blackorby and designated player Kyra Cullers. Prewitt had strong

numbers in summer workouts and practices, so he has liked the competition to fill the remaining spots.

And having Hatfield back in the circle is a huge strength for the Rams. She handled most of the pitching last year as a sophomore, having a strong showing. She averaged almost nine strikeouts per game.

Prewitt had to force her to take time off this summer as she pitched nonstop. Now, she has an improved riseball and a changeup she has better command of. Hatfield has also had an uptick in velocity.

“Her expectations, they’re almost higher than mine (for her). She just believes, she wants to be the best, she has expectations for her team to be the best, and she knows if she’s doing her thing, she’s really hard to beat,” Prewitt said.

The Rams have had a hard time hitting her in practice, which Prewitt hopes will be the case for other teams. But he has seen their bats take a big step from where they were this time last year. Schuyler averaged 4.7 runs per game last year, but that number would have been much lower if not for its second-half surge. In that tough stretch to start

the season, the team scored fewer than two runs a game.

Seeing many of those same teams — and their tough pitching — will be a good early indicator of how the Rams’ offense has progressed.

“I think the offense was the weakest part of our game last year. We didn’t hit well, we didn’t score a lot of runs,” Prewitt said. “... Producing runs against the top-level pitchers we’re going to be seeing at the beginning, we have to be able to do that, we have to be able to hit them and put a little pressure on them.”

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CANCER GENETIC SCREENING KIT. Protect yourself and your family with early genetic screening! See if you qualify for a test at no cost to you with your Medicare Part B coverage. Call 855-623-4490. (Mon-Sun 9am-8pm ET)

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ATTENTION SMALL BUSINESS OWNERS! Are you protected in case of property damage or if you have an interruption in service due to a property event? Business Owner Property insurance IS AFFORDABLE and WILL PROTECT YOU when the unexpected happens! For free quote, call 844-877-9891 (M-F 7:30am-9:30pm ET)

MISCELLANEOUS

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 855-980-4002

BEST SATELLITE TV with 2-Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 888-986-4740

SAVE YOUR HOME! Are you behind paying your MORTGAGE? Denied a Loan Modification? Is the bank threatening foreclosure? CALL Homeowners Relief Line! FREE CONSULTATION! 855-624-8601.

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NEED NEW WINDOW TREATMENTS? Call Empire Today to schedule a FREE in-home estimate on blinds & shades. Call Today! 877-710-4641

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SelectQuote is dedicated to finding a Medicare plan right for you and your wallet. Call 844-361-4727 today and receive a free quote from one of our multiple carriers.

Attention: Auto Injury Victims. If you have suffered a serious injury in an auto accident, call us! Our attorneys have the experience to get you the full compensation you deserve! Call Now: 877-496-3293

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BOY SCOUT COMPENSATION FUND - Anyone that was inappropriately touched by a Scout leader deserves justice and financial compensation! Victims may be eligible for a significant cash settlement. Time to file is limited. Call Now! 866-395-0568

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or not! All conditions accepted. Free pickup. Call for details. 855-986-8602

FREE AUTO INSURANCE QUOTES for uninsured and insured drivers. Let us show you how much you can save! Call: 888-320-7567.

YOU MAY QUALIFY for disability benefits if you have are under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 877-430-9760

PROBLEM CREDIT REPORT? Lexington Law works to challenge inaccurate negative items including: identity theft, collections, late payments, liens and more from your credit report. Call for a free credit repair consultation: 855-622-0369. John C. Heath, Attorney at Law, PLLC, dba Lexington Law Firm.

SAVE BIG ON HOME INSURANCE! Compare 20 A-rated Insurance companies. Let us do the shopping & save you time & money. Get a quote within minutes. Average savings of \$444/year! Call 877-594-0878. (M-F 8am-8pm Central)

NOTICE

CN 21AR-CV00491 Judgment entered August 9, 2021 changing the name of Deanna Jean Conover-Coin to Dana Paige Conover-Coin.

**ADAIR COUNTY
KIRKSVILLE, MISSOURI
ADAIR COUNTY BRIDGE 3160009**

ADVERTISEMENT FOR BIDS

Sealed Bids for the construction of the Adair County Bridge 3160009 will be received by the Adair County Commission, at the office of the County Clerk, until 9:30 a.m. local time on September 20, 2021, at which time the Bids received will be publicly opened and read. The Project consists of the construction of Adair County Bridge No. 3160009 – Titan Lane over Branch of Bear Creek including galvanized steel girders, concrete bridge deck, concrete abutments, driven steel piling (14" C.I.P), guardrail, and earthwork. Bids will be received for a single prime Contract. Bids shall be on a lump sum and unit price basis, with additive alternate bid items as indicated in the Bid Form. Bidding Documents also may be examined at the office of the County Clerk, 106 W. Washington, Kirksville, MO, on Mondays through Fridays between the hours of 9:00 a.m. and 3:00 p.m.; and the office of the Engineer, Howe Company, LLC 804 E. Patton Street, Macon, MO, on Mondays through Fridays between the hours of 9:00 a.m. and 3:00 p.m. Printed copies of the Bidding Documents may be obtained from the Issuing Office, during the hours indicated above, upon payment of a non-refundable fee of \$50.00 plus \$25.00 shipping for each set. Checks for Bidding Documents shall be payable to Howe Company, LLC. Upon request and receipt of the document fee indicated above plus a non-refundable shipping charge, the Issuing Office will transmit the Bidding Documents via delivery service. The date that the Bidding Documents are transmitted by the Issuing Office will be considered the Bidder's date of receipt of the Bidding Documents. Partial sets of Bidding Documents will not be available from the Issuing Office. Bid Documents can also be obtained in PDF form from www.howecompany.com. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than the Issuing Office and www.howecompany.com. Bidders must obtain their bid documents from Howe Company, LLC or www.howecompany.com and be on the plan holders list to bid the project. Bid security shall be furnished in accordance with the Instructions to Bidders.

Owner: **Adair County, Missouri**
By: **Mark Shahan**
Title: **Presiding Commissioner**

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Wednesday, September 15th (8am-3pm)
Wednesday, September 29th (8am-3pm)

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**IN THE CIRCUIT COURT OF ADAIR COUNTY
PROBATE DIVISION**

In Re: The Matter of:)
) Case No. 21AR-PR 00085
E.A.T., DOB:5/10/2019)
Minor.)

**NOTICE UPON ORDER FOR SERVICE
BY PUBLICATION**

THE STATE OF MISSOURI TO: NATURAL FATHER, UNKNOWN

You are hereby notified that an action has been commenced against you, in the Circuit Court of Adair County, Missouri, Probate Division, the object and general nature of which is for guardianship of your minor child.

The names of all parties to said action are stated above in the caption hereof and the name and address of the attorney for Petitioner is Josh W. Meisner, The Meisner Law Firm, LLC, 201 N. Rollins Street, PO Box 405, Macon, Missouri 63552.

You are further notified that unless you file an Answer or other pleading, or shall otherwise appear and defend against the aforesaid Petition within 45 days after the 4TH of AUGUST, 2021, Judgment by default will be rendered against you.

Clerk: Linda Decker

A.T. Still University (ATSU)

is seeking a Security Officer on the Kirksville, Missouri, campus. This position reports to the Security Supervisor. The security officer must be willing to work all shifts, weekends, and holidays on a regular basis. The position is responsible for locking and unlocking selected doors on a daily basis according to departmental procedures; maintaining accurate record reports, statistics, and files for security on an ongoing basis; handling difficult situations diplomatically; and abiding by personnel policies governing attendance and tardiness. The Security Officer monitors security activities and provides protection and security for all assigned properties of A.T. Still University on the Kirksville, MO campus. Full description and application at jobs.atsu.edu.



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farmbank has a Teller/Customer Service full time opening at the Kirksville location for a dedicated, self motivated, and team oriented individual. Applicant must be detail oriented with good customer service and general math skills. Must be available to work some Saturdays and additional hours as needed.

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**Wedding & Engagement
Announcements**



Garrett-Vogel Nuptials
Allison Jean Garrett and
Carter James Vogel of
Moberly, MO, were united in
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*Advertised price at time of printing. Ad creation date 6/21/2021. Actual price may be higher or lower due to fluctuations in the gold market. Call for lowest At-Cost price. Nationwide Coins has the lowest advertised price for \$50 Gold American Eagles in the industry. We will match any other verified offer of the advertised coin. Nationwide Coin & Bullion Reserve is a retailer of precious metals and rare coins and does not provide investment advice or financial planning. Anyone considering purchasing metals or rare coins as an investment should consult an investment professional. All transactions with and purchases from Nationwide Coin & Bullion Reserve are subject to its Terms & Conditions, which are available for review on its website at www.nationwidecoins.com/terms-conditions.



Kirkville Area Chamber of Commerce

September 2021

Executive Director: Sandra Williams

Monday - Friday:
8:00 AM - 5:00 PM
PHONE: 660-665-3766
FAX: 660-665-3767

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This infographic, provided by SCORE, shows how COVID 19 has changed the American workforce and how jobs are currently viewed.

SCORE is a 501(c)(3) nonprofit organization and a resource partner of the U.S. Small Business Administration (SBA). SCORE is dedicated to helping small businesses get off the ground, grow and achieve their goals.

THE GREAT RESIGNATION

COVID19 and the Changing American Workforce

The massive migration from office to remote work during the pandemic has had a profound impact on how people think about their jobs. The result is a societal shift in what workers now consider the career status quo.

17.9 MILLION

The number of people that
QUIT THEIR JOBS from
January to May 2021

WHY WORKERS ARE QUITTING

- No childcare
- Low wages
- Fear of COVID 19
- Long commutes
- Time with family
- Inflexible hours
- New career goals
- Values changed

% of workers whose positions became remote all or most of the time because of COVID 19 say that they...

40% Have more flexibility to choose their work hours

29% Can better balance work and family responsibilities

19% Are more satisfied with their job

Resources

<https://bit.ly/2TB8Q4J>
<https://bit.ly/3eTq0Uj>
<https://bit.ly/3i75hVW0>
<https://pewrsr.ch/3iNjqlw>

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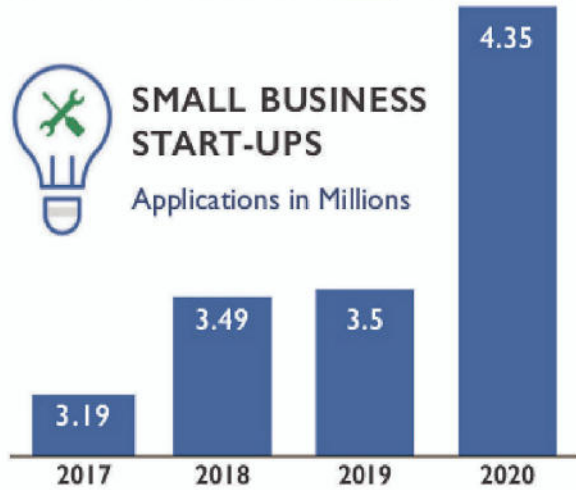
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HOW WORKERS ARE EARNING



SMALL BUSINESS START-UPS

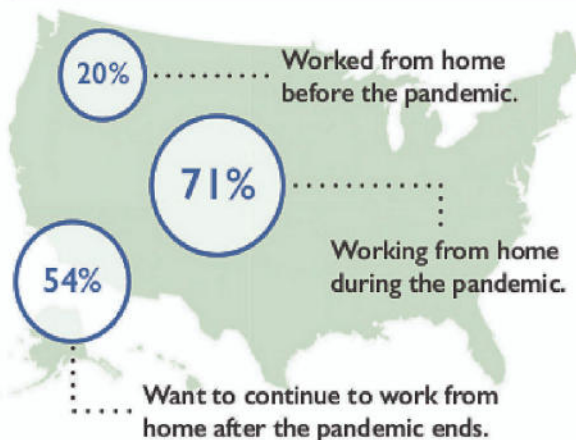
Applications in Millions



1 TRILLION



The amount of money
57 MILLION GIG WORKERS contribute to the economy annually



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South
Macon, MO
660-385-2011
claypoolenursery.com
claypoolenursery@cvalley.net

Kollar, Abernethy & Company, LLC

Public Accounting
109 North Main Street
Kirkville, MO 63501
Phone: 660-665-8331
Fax: 660-665-8333
Email: eppietillotson@kollarpcpas.com
Eppie Tillotson, Staff Accountant

Warrior Nutrition, LLC

Food Products & Services
415 E. Northtown Rd
Kirkville, MO, 63501
Phone: 816-632-0369
Website: www.facebook.com/Warrior-Nutrition-LLC-104499221904290/?ref=py_c
Email: akeyfarms2019@gmail.com
Emily Akey, Owner

Thank You to: **The Kirkville Country Club,**

Our 35 Hole Sponsors, Our 144 Golfers,

& to Our Chamber Golf Committee:

Aaron Pearce, Courtney Bonnell
Kelly Jones, Leah Vincent, Rick Riley,
Sandra Williams, & Troy Pinkerton

For Making Our 27th Annual Chamber Golf Tournament a Success!

Welcome, New Members

ANEW Realty Group, LLC

Real Estate
511 S. Baltimore St., Ste 8
Kirkville, MO, 63501
Phone: 660-665-3277
Website: www.anewrealtygroupllc.com
Email: kimkeyes3920@gmail.com
Kim Keyes, Owner/Broker

farmbank

Financial Institution
3311 North Baltimore St.
Kirkville, MO 63501
Phone: 660-951-8431
Fax: 660-951-8433
Website: www.farmbank.com
Email: darius.schultz@farmbank.com
Darius Schultz, Universal Banker

Kollar, Abernethy & Company, LLC

Public Accounting
109 North Main Street
Kirkville, MO 63501
Phone: 660-665-8331
Fax: 660-665-8333
Email: eppietillotson@kollarpcpas.com
Eppie Tillotson, Staff Accountant

Robinson Outdoor

Billboard Advertising
50 Robinson Industrial Dr.
Perryville, MO, 63775
Phone: 573-768-8100
Website: www.robinsonoutdoorllc.com
Email: a.unterreiner@robinsonoutdoorllc.com
Aaron Unterreiner, Sales Manager

Warrior Nutrition, LLC

Food Products & Services
415 E. Northtown Rd
Kirkville, MO, 63501
Phone: 816-632-0369
Website: www.facebook.com/Warrior-Nutrition-LLC-104499221904290/?ref=py_c
Email: akeyfarms2019@gmail.com
Emily Akey, Owner

Upcoming Community Celebrations

- Sept. 1 Ribbon Cutting Ceremony: Warrior Nutrition
415 E. Northtown Road, 10:00 am
- Sept. 10 Ribbon Cutting Ceremony: Hearing Care Partners, 101 S. Baltimore Street, 12:30 pm
- Sept. 17 Ribbon Cutting Ceremony: farmbank
3311 N. Baltimore, 10:00 am, open house to follow until 2:00 pm
- Sept. 23 Ribbon Cutting Ceremony: Sue Ross Arts Center, 215 S. Franklin St., 5:00pm, open house to follow until 7:00 pm

New Student Welcome for students attending:

- Moberly Area Community College
- Truman State University
- A.T. Still University

Sunday, September 12 | 5:00 - 7:00 pm
at **Rieger Armory**

Area businesses are strongly encouraged to attend to meet with Kirkville's newest consumers.

Vendor Registration Required ~ Free For Chamber Members

The Chamber wishes to thank the following businesses and individuals for reaffirming their belief in the Chamber of Commerce.

- Alliant Bank
- Baymont Inn
- Bellacino's
- Brawner Insurance
- Cape Air
- Elite Handyman Services LLC
- Gallery 104
- Gerry Shoop
- Hearken Hearing & Audiology
- Heritage House Rentals, LLC
- Horizon Credit Union
- King's Buffet
- Kirkville Church of Christ
- KLTE Bott Radio Network
- La Fuente Mexican Restaurant
- Maxwell's
- McDonald's
- Missouri Health & Wellness, LLC
- Ray Klinginsmith
- Red Barn Solar
- Sip Downtown
- Trainweb LLC dba Train Party.com
- Weber Bus Inc.
- White Oaks Barn

Thank★You

For even more information on all of our members, visit
www.KirkvilleChamber.com/directory.

COLTON'S Steak House & Grill

Colton's Steak House & Grill
1116 Country Club Dr.
Kirkville, MO 63501
660-665-6336
coltonsteakhouses.com

Heritage House Realty, Inc.

Heritage House Realty
2805 N. Baltimore St
Kirkville, MO 63501
660-665-5638
kirkvillerealestate.com

State Farm

Audra Jackson Harris
2121 N. Baltimore St.
Kirkville, MO 63501
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agentaudra.com

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