Milan runs over Putnam County to grab 1st win

SPORTS, 8A



Kirksville Daily Express

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Truman State is No. 1 school in Midwest

U.S. News & World Report ranks university for 25th straight year

Daily Express staff

Truman State University picked up a significant milestone to show where it stands in the Midwest.

Truman was selected as the No. 1 public school in the Midwest Region for

the 25th straight year by U.S. News & World Report.

In the 2022 Best College rankings, Truman was sixth overall among public and private schools in the Midwest Region. That was one position higher than last year. Along with being the top public university in the region in those rankings, Truman was the only Missouri school in the top 70 spots.

And Truman was also picked in the top spot of the Best Value School rankings. It topped public and private schools in the region for affordability, and was the only Missouri public school in the top 50.

"Twenty-five years as the top public Midwest Region university is a spectacular accomplishment and a true testament to the sustained excellence exhibited by every member of our campus community," said Truman President Susan L. Thomas in a release. "Truman provides an exceptional education that prepares our students to thrive both professionally and personally. Our students graduate at high rates with low debt, ready to make a profound impact on the world. We have consistently ensured our students realize the full promise of higher education."

Among this year's supplemental rankings, Truman was again recognized on the list of Best Undergraduate Teaching, coming in as the No. 1 public university, No. 8 overall, in the Midwest Region. Of the 24 schools listed, Truman

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State GOP blast Biden vaccine orders

Lawmakers urge special session

Galen Bacharier Springfield News-Leader USA TODAY NETWORK

Republican leaders in Missouri pushed back hard on President Joe Biden's new vaccine requirements Thursday, accusing the Democratic commander-in-chief of federal overreach as the White House aims to drive up inoculation rates and stop the spread of the infectious Delta variant of COVID-19.

Several state lawmakers called on Gov. Mike Parson to call the General

Horsing around for a good cause

Assembly back to Jefferson City for a special session, hoping to pass legislation and attempt to block the federal requirements.

Biden ordered all U.S. employers with 100 or more workers to require vaccination or test workers on a weekly basis, part of a six-part plan

See VACCINE, Page 2A

Honoring Sept. 11

City commemorates anniversary with remembrance ceremony

Austin Miller

Kirksville Daily Express USA TODAY NETWORK

First Lt. Danielle Wigen was in second grade learning how to write in cursive. Like most Americans, she vividly remembers where she was on the morning of Sept. 11, 2001.

Sometime later, her classroom turned on a TV and it showed what was happening in New York at the World Trade Center. It was a day that pushed her toward her current career path.

"It was a moment that influenced me not only to wanting to serve in the military, but also to pursue a career in the medical field," said Wigen, a second-year medical student at A.T. Still University.

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The first Ranch Rodeo and Barrel Race charity event, organized by Kirksville Firefighters Local 2952, takes place Sept. 11. Proceeds go to the Firefighter Cancer Support Network. PHOTOS BY NEMO PHOTOGRAPHY

COVID-19 tests sold at cost?

Delta variant is driving up calls for kits, **3A**

How to lose weight?

Eat less, exercise more? t's more complicated than that, experts say, **11A**

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NEWS

Sept. 11

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And the same can be said for Col. Roy Danks. Danks, an assistant professor and general surgeon at the Kirksville College of Osteopathic Medicine, was doing a residency in Iowa for burn and critical care victims.

"I sort of said at that moment: I'm going to join the military. It was just a matter of finding the right timing," Danks said.

Danks and Wigen spoke Friday afternoon at ATSU's 9/11 remembrance ceremony, which honored the 20th anniversary of that day. After Danks finished his residency, he joined the Army Reserves in 2007. He was deployed overseas four times - twice each to Afghanistan and Iraq. He first went to Iraq in 2009, serving as a burn consultant. His last deployment ended last summer when he returned from Afghanistan.

After working as a trauma surgeon, treating soldiers overseas as a result of what happened on 9/11, it hasn't felt like 20 years have gone by. He said he watched a documentary about 9/11 a few days ago and still felt many of the same emotions as he did on that day.

"Looking back on that day can only be done in sorrow. It was a day that left us, as Americans, feeling vulnerable, lost and collectively shaken to our core," said Danks during his speech. "Each year that passes takes away a scintilla of the pain. Each anniversary reopens the



Adair VFW Post 2508 presents the colors during Friday's 9/11 remembrance ceremony in Kirksville. A.T. STILL UNIVERSITY

wounds of those left behind. Wives and husbands, significant others, single parents, children orphaned, best friends separated until another life. The list of those impacted is long and will remain incomplete, for we can really nevon another.

"I don't stand here today to second guess going to war, sustaining the fight or making the withdrawal. I stand here to ask that we never forget those who

er know the impact that horrific day had have died," Danks said. "We must keep the memories alive for the future generations to learn about. We should not, we can not, and we will not forget."

See SEPT. 11, Page 3A

Vaccine

Continued from Page 1A

outlined in a national address Thursday. Those employers must also provide paid time off to get vaccinated or recover from any side effects, under new temporary OSHA guidelines. Biden also mandated shots for all federal employees and those working for government contractors, as well as health care providers who participate in Medicare and Medicaid.

Parson, a Republican who has frequently criticized Biden's response to the virus, said the orders were "seeking to dictate personal freedom and private business decisions."

"This heavy-handed action by the federal government is unwelcome in our state and has potentially dangerous consequences for working families," Parson wrote on Twitter. "Vaccination protects us from serious illness, but the decision to get vaccinated is a private health care decision that should remain as such." Several other GOP state leaders, including Florida Gov. Ron DeSantis, Texas Gov. Greg Abbott and South Carolina Gov. Henry McMaster, similarly criticized Biden's announcement. The president addressed them directly during his speech, saying their opposition to the measures have "undermined" the public health of the U.S. Missouri continues to lag behind the nationwide average on vaccination rates, with 46 percent of the population completely vaccinated, according to state data. The national average among all states is just over 54 percent, accord-



Gov. Mike Parson takes questions about COVID-19 after a ceremonially signing of SB262 on Thursday, July 15. NATHAN PAPES/SPRINGFIELD NEWS-LEADER

Last month, a subset of conservative Republican lawmakers known as the Senate Conservative Caucus asked Parson to call a special session so lawmakers could pass legislation banning vaccine mandates among private businesses. Parson signed a bill curbing the power of local health authorities and banning "vaccine passports" earlier this year.

Attorney General Eric Schmitt, a Republican also running for U.S. Senate, characterized the order as the latest step in an "unprecedented accumulation of power under the guise of COVID." Schmitt has frequently sought to take government virus mandates to court, having filed lawsuits against St. Louis, Kansas City and public school officials around the state in response to mask mandates.

U.S. Sen. Josh Hawley sent a three-

ing to data from Johns Hopkins University.

The Show-Me State, especially the Springfield area and its surrounding southwest region, saw one of the earliest and worst Delta variant outbreaks in the country this summer. Although case rates have begun to decline, the state is still averaging 1,451 new cases per day over the last week.

Missouri will fight the White House's orders on "multiple fronts," Parson told the Kansas City Star on Friday.

That could include calling a special legislative session – a request voiced by several members in both chambers. Senate Majority Leader Caleb Rowden, a Columbia Republican, wrote on Twitter that the legislature "should take action to protect (Missourians) and MO businesses ASAP." Rep. Tony Lovasco, an O'Fallon Republican, sent a letter to Parson on Thursday asking him to call a special session.

Lawmakers will be back in Jefferson City next week for the body's veto session, in which they decide whether to override any of the governor's decisions on bills this year. That session could provide an opportunity for Parson to call an additional session without requiring those lawmakers to travel from across the state to the Capitol.

Republican leadership in the House released a statement Friday condemning the orders, calling them an "abusive overreach." The House Judiciary Committee will hold a public hearing next Wednesday on the issue, taking public testimony to "examine policy solutions."

page letter to Labor Secretary Marty Walsh on Friday, pushing back on the department's ability to issue executive policy.

"Such a view of executive authority is positively grotesque," Hawley wrote. "Ours is a government of enumerated powers - not 'ultimate work-arounds."

Rep. Vicky Hartzler, who represents mid-Missouri and areas south of Kansas City and is running for U.S. Senate, said in a Friday statement she believed the policy would have "severe consequences" on the national workforce.

"Our most recent jobs report showed the nation is severely lagging behind job creation projections," Hartzler said. "Threatening workers through forced vaccination will only cause further difficulties in hiring for small businesses and significantly damage our already bruised economy."

Truman

Continued from Page 1A

was the only Missouri institution, and the highest-ranked of the four public schools to be honored.

Truman earned a spot on the list of

Most Innovative Schools, which recognizes institutions making improvements toward curriculum, faculty, students, campus life, technology and facilities. Truman was the lone Missouri university to make this particular list of 17 schools. Of the two public institutions, Truman was the highest-rated, coming in tied for No. 12 overall in the

Midwest Region.

Three Truman undergraduate programs also earned recognition on stand-alone lists compiled by U.S. News & World Report. The computer science, nursing and business programs all met selective criteria which led to their inclusion on three respective lists.

U.S. News & World Report bases its

rankings on several indicators of academic excellence, including graduation and retention rates, faculty resources, assessment by peers, financial resources, student excellence and alumni giving. Complete listings are available at usnews.com/colleges.

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Biden calls for rapid COVID-19 tests to be sold 'at cost'

Delta variant is driving up calls for kits

Ken Alltucker USA TODAY

Consumers could soon get discounted coronavirus tests at Amazon, Kroger and Walmart as part of President Joe Biden's plan to significantly increase testing.

The Biden administration said those three major retailers over the next three months will sell rapid, over-the-counter tests "at cost," a discount of up to 35% from retail prices.

Biden's strategy calls for spending nearly \$2 billion to procure 280 million rapid tests for long-term care facilities, community testing sites, homeless shelters, prisons and other vulnerable populations. Another 25 million free at-home rapid tests would be sent to community health centers and food banks.

Companies say federal support to expand testing options is needed as the delta variant drives demand higher and manufacturers scramble to keep pace.

"There is a big shortage in the market right now across the board," said Ron Gutman, co-CEO of Intrivo, a testing manufacturer. "We have a lot more demand than we've ever seen before."

Intrivio is the technology and business partner of Access Bio, one of six companies with Food and Drug Administration authorization to sell home tests directly to consumers. Rapid antigen tests made by Abbott



A worker hands a test kit to a woman in December 2020 at a free pop-up testing site in Van Nuys, Calif. ROBERT HANASHIRO/USA TODAY

Laboratories, Quidel and Ellume have been sold for months by major retailers, ranging in price from about \$12 to \$40 a test. Intrivio/Access Bio expect to begin selling retail rapid tests in the coming weeks.

Private companies that sell directto-consumer tests are scrambling to again ramp up production of rapid tests.

In June, Abbott, which makes versions of the Abbott BinaxNow rapid antigen test, warned investors of

"significantly lower" demand for tests and closed a factory in Gurnee, Illinois, that manufactured the tests, a move that eliminated 2,000 jobs. More recently, Abbott said it was again working to produce more tests. The kits have been available periodically at major retail stores.

Ellume CEO Sean Parsons said the company is moving to 24-hour production to churn out tests at the company's manufacturing site in Australia. The company, which secured a

\$231.8 million Defense Department deal to expand U.S. production, plans to open a factory in Maryland by the end of the year.

"We're certainly looking to increase production as swiftly as we safely can," Parsons said.

Along with vaccination and wearing masks, testing remains an important tool to contain the spread of coronavirus, said Marcus Plescia, chief medical officer of the Association of State and Territorial Health Officials.

Boy Scouts bankruptcy settlements unclear

Deciding victims' payouts fraught with complexities

Cara Kelly USA TODAY

Deep in hundreds of pages of legal arguments filed this summer in the Boy Scouts of America bankruptcy case are the first glimpses of some of the most easiest task, dropping the total to claimants can document it.

abuse victims will receive settlement money, and how much?

More than 90,000 claims were filed, making it the largest child sexual abuse case involving a single national organization. The largest Catholic diocese bankruptcy cases involved a few hundred claims.

Removing duplicates was the first and vexing decisions ahead: Which sexual 82,500. The harder work lies ahead.

One person, the bankruptcy trustee, will make the decisions, guided by criteria within a plan from the Boy Scouts that must be approved by all parties and a bankruptcy judge. According to the latest plan proposed by the Boy Scouts, three main topics probably will drive the decisions: how severe the abuse was. where it occurred and how well the trustee will see in letters from thousands of abuse survivors. In graphic detail, they describe being blindfolded and stripped naked at jamborees in the woods of Appalachia, pinned down in showers at camps in the Midwest or raped in tents in the desert.

Within their filings, the Boy Scouts disclosed that nearly a third of those who

The court got a preview of what the See BOY SCOUTS, Page 11A

Sept. 11

Continued from Page 2A

Nearly 3,000 people died that day across terrorist attacks at the World Trade Center, Pentagon, and in Shanksville, Penn. Thousands more have been killed or injured in war after. And many more families live with that pain each day.

'There is little doubt in my mind that this day, this anniversary, is but one of many days that have passed that each life lost is remembered by someone," said Danks, who is also the command flight surgeon with the Army Reserve Aviation Command. "On Sept. 11 of this year, 7,304 days will have passed. For some, the days have probably gotten easier. Time seems to heal pain. For others, another day has gone by without the one they loved - and 7,000 days have passed as painfully as the first."

Friday's ceremony featured the Adair VFW Post 2508 performing the color guard, along with ATSU's student a cappella group, The MEDleys, singing the National Anthem. A moment of silence was observed not only for those who died on 9/11 but also for the 13 soldiers who were recently killed in Afghanistan. Members of Kirksville and Adair County's police, fire and emergency management forces were present and thanked for their service as first responders.

As part of her military career, Wigen said she spent time at the Pentagon just before being deployed a few years ago.

"Seventeen years into the fight, the threat had evolved. And to this day, we continue to work every day, confronted with an unspecified enemy, in the global war on terrorism to ensure no other tragedies like the one we are honoring today occur," Wigen said.

With the recent withdrawal of Amer-



ican forces from Afghanistan, this year's anniversary of 9/11 takes a different look. After two tours there, Danks spoke with the Daily Express about how he looks at what happened there over the last 20 years.

"It's easy to look at the infrastructure that we developed there - and see it collapse - and think it was for nothing. But when you're there and you see how you're able to interact with the countrymen of Afghanistan, you see they really do want peace - despite what you might hear," Danks said. "I think the United States was able to bring peace on the home soil by being there. And that's the thing that I think is hard for people to know. We have to go abroad to fight the fight to keep it from being on our soil."



Col. Roy Danks speaks during the 9/11 remembrance ceremony hosted Friday by A.T. Still University at the Rieger Armory in Kirksville.

OPINION

Taliban tortured my journalist co-workers for covering rights protest

Fatema Hosseini Guest columnist

I am so disappointed. Have I lost hope? Since the Taliban took over Afghanistan, women have been protesting for their rights in the different provinces. But on Wednesday, Sept. 8, they questioned the Taliban leaders who decided to abolish the Ministry of Women's Affairs. The Taliban claim to support equal rights according to Islamic Sharia law. So, the protesters wanted to know, why remove the ministry?

My colleagues, Taqi Daryabi, 22, and Nematullah "Nemat" Naqdi, 28, work as reporters and videographers for the Etilaatroz newspaper. They were there to cover the protests.

But the Taliban tried to pull them out because they did not want the protest to get covered by the media. The women surrounded Taqi and Nemat to protect them. Taqi and Nemat tried to tell the Taliban fighters that they are journalists. But the Taliban eventually succeeded in pulling them out and forced them to go to their checkpoint.

Although they tell the international media they are allowing freedom of the press and will respect the rights of women, the reality is something else. I have never believed them. I will never believe them. These people are not even humans. I would have to doubt my own humanity if I start to believe what the Taliban say.

Lashed, beaten and tortured

Taqi and Nemat told me later that, at the checkpoint, they were taken to two separate cells and flogged. They were punched and lashed and hit with water pipes. They were beaten with whatever the Taliban had access to. One of them had his cheek torn, so he was being lashed right in the face, by his eyes.

While they were being tortured, the Taliban fighters screamed at them that they had organized the protest. When Taqi and Nemat called out that they were journalists, they were ignored.

They each lost consciousness several times, they told me. Each time, a Taliban fighter poured cold water on them to wake them up. And then it goes all over again.

Before they were detained, one of the journalists was on the phone with our office. Our colleagues at the office got so worried. Three of them, including the editor-in-chief, went to the checkpoint to try to get the Taliban to release Nemat and Taqi because they are journalists. But the Taliban fighter became frustrated and started even beating them on the street. When I spoke to my colleagues later, they said the Taliban took the three of them to a cell where there were 15 other people, but not all of them are journalists. Inside the cell was one man who was so covered in his own blood that the Taliban wouldn't touch him. They gave my colleagues bandages and told them to change the dressing on the injured man's wounds themselves. It turned out that the man participated in the women's rights protest and got his Ph.D. in sociology in India.



On 9/11, heroes ran toward danger to save others

Tom Ridge

Guest columnist

Twenty years have passed since the terror attacks of Sept. 11. It's a milestone to be sure. But no amount of time can fade my memories of that day.

What I remember most about 9/11 is stepping off the helicopter at Shanksville, Penn. – and being met by the brutal sound of silence. Emergency personnel searched the fields. Ambulances were at the ready. Rescue workers wanted someone to save.

But the passengers and crew of Flight 93 – 40 heroes strong – were the first, first responders on the scene.

They had already run toward the danger. They had already taken up the battle. And they were already in the arms of God.

A wonderful group called Friends of Flight 93 National Memorial has created a Heroes Award in their honor so their story is never forgotten. Could anything be more appropriate?

Above a Pennsylvania field, and the Pentagon's stone and the once-towering World Trade Center, we lost nearly 3,000 souls from more than 80 nations. We lost them too terribly and too soon.

At our country's worst moment, we survived on a steady diet of kindness, generosity and compassion. You may not find those words in any national security plan. But I can assure you – those concepts are just as critical to our national resilience as any component of national defense.

News can be overwhelming

I know the country seems fractured at the moment. And that the daily news headlines seem too much to bear. Some of you have told me you're feeling overwhelmed by the challenges we face and uncertain about our ability to meet them.

But I would ask you to remember: Our shared values, our shared responsibility to one another and the country we all cherish – that's been the hallmark of the American story for the past 20 years, for the past 245 years.

Even in these past 20 months, doctors, nurses, teachers, grocery clerks, truck drivers, people everywhere, have pulled together to keep our economy moving, our students learning and all of us healthy and safe.

We are a nation of more than 333 million people – of many colors and cultures, of many religions and political beliefs. But do you remember? We're also a nation of Rosie the Riveters. Of Live Aid concerts and charity telethons, community bake sales and clothing drives. We're the hearts and billfolds that open daily for the vulnerable among us – our elderly neighbors, the hungry, the homeless, victims of hurricanes and earthquakes.

The men in the crowded cell could hear people being tortured in neighboring cells. They could hear the moaning and the screaming, including the voices of women.

Risking your life for your duty

My colleagues were held in that cell for about four hours. When they were released, they returned to the office. Nemat and Taqi were released shortly after, so beaten and weak they were unable to walk or support their own weight.

The Taliban threw them out into the street. Since they couldn't walk, people helped get them to the Etilaatroz office. They tried to wash their faces; they tried to give them water to drink but these men were beaten so severely that they threw up the water that they were drinking. Then they got in a taxi and went to the hospital, where the doctor told them to rest for two weeks.

When I talked to them, they tried to reassure me that they are OK, but they also said they are worried about their names and pictures being so prominent and spreading all over the world. What will happen to us next, they wondered. They are at their homes. They don't have any other place to go. They don't have any place to hide. They are doing their responsibility, they said. But if you aren't safe, how will you do your duty?

If Nemat and Taqi get the chance to get out of the country, they have to save themselves. That's the only thing I can think right now. And I'm trying to find a way to help them.

Journalists in Afghanistan know they can't hide what is happening, to them or their country. If they hide it, the Taliban will get more opportunities to abuse them. But spreading the news is also a huge risk of these people's lives. Next time, if the Taliban see any of my five colleagues, they might be killed. The Taliban are already killing people and torturing them. It's so easy for them. It's just a matter of giving And yet, despite the weight of pain and anguish on our shoulders, we pulled together.

Do you remember? Some of you brought foil-covered plates of food to firefighters. Others held candlelight vigils in cities, large and small. Stores ran out of flags. Schools and communities raised money for grieving families. On the steps of the Capitol, members of Congress sang "God Bless America."

See HEROES, Page 12A



Visitors come together Sept. 11, 2011, at the memorial wall with the names of people aboard Flight 93 during the night illumination of the memorial following the Sept. 10 dedication ceremony of the Flight 93 National Memorial in Shanksville, Pennsylvania. JACK GRUBER/USA TODAY

LETTER TO THE EDITOR

'Neighbor, for the sake of your community, get vaccinated'

You are not sure about the anti-COVID vaccines, and you have decided to wait a bit. It's your decision, you think, and none of my business. But it is my business because, in a pandemic, everything we do affects each other.

It is no coincidence that the greatest COVID surges are occurring in places where the vaccination rate is low. So it is worth noting that hundreds of millions of vaccinations have been administered with hardly any adverse effects, whereas severe illness and even death are often produced by the virus. Furthermore, "break-through" infections are more common where the virus surges among the unvaccinated.

Those of us who are older or in fragile health worry that we will have to live in seclusion forever. Parents of children too young to be vaccinated know that their kids would be safer if all the adults around them were vaccinated. Many of us fear that ordinary social pleasures will remain lost to us indefinitely — or, at least as long as it remains impossible for our society to vaccinate its way out of the pandemic. You can help us regain normal life — or not.

So please, neighbor, for the sake of your community, get vaccinated!

Sincerely,

Linda Seidel, Kirksville

Specialists can help with addiction



Dear Annie Annie Lane

Dear Annie: You recently printed a letter from two physicians with an alcoholic daughter. Al-Anon is the organization that supports friends and families of alcoholics, and Alcoholics Anonymous is support for the individual with a drinking problem. You recommended Alcoholics Anonymous.

We were in this couple's shoes recently. Our daughter finally saw an ad-

diction specialist, who prescribed a once-a-month shot to eliminate the desire for alcohol. She took the shot for a year, and it was expensive, but it worked. It's been three years now, and she has no desire to drink. The shot saved her life.

I am sending this letter in the hope that other families can learn of this lifechanging, once-a-month shot.

– A Relieved Mother

Dear Relieved Mother: Thank you for sharing a suggestion that saved your daughter's life. Hopefully, it can help others struggling in similar situations.

Dear Annie: This is for the woman whose husband cheated on her with his bookkeeper. I heard this many years ago: "Trust is lost in buckets and won in drops."

– Trust Again

Dear Trust Again: Very true words.

Dear Annie: Loved the idea of giving the cellphone a rest for a few days. When we were raising our kids, my wife and I had what we called "pioneer night."

Once a month, we would shut the power off in the house for a few hours. We shut everything down but the fridge. And yes, we were careful with the candles. This practice allowed us to have some good quality time together. I miss those pioneer nights at times.

– Pioneer Nights

Dear Pioneer: Thank you for your letter. I love your family tradition of literally unplugging everything. Maybe when the kids and grandkids come to visit, you can have another pioneer night. I hope your letter inspires other families to do the same.

"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.

Obituaries



* Additional information in display obituaries Obituaries appear in print and online at legacy.com/obituaries/kirksvilledailyexpress

Harley George Stinson

Harley George Stinson, 58 died unexpectedly on August 6, 2021 near Shenandoah, Iowa.

Harley was born March 20th, 1963 to Ronald Eugene and Wilma Berniece (McKim) Stinson in KOH at Kirksville, Missouri. He went to school at Mehlville School District in



Oakville, St. Louis County area. He also attended Kirksville Vo-Tech.

In August or 1982 Harley married Lori Mc-Quire and of this marriage two boys were born, Anthony Denis and Shawn Page. He later married Lisa Greathouse in June of 1992 and gained two step-sons, Matthew and Johnathan Brett, who remained close friends to this day.

Harley is survived by his mother, Wilma Stinson; brother, Keith Stinson of Indiana; sisters, Vera (Tom) Mehrtens of Imperial, MO, Verna Detmer of Oakville, MO, and Pam Propst of Greentop, MO; son, Shawn Page; granddaughter, Tayln Stinson; and step sons, Johnathan Brett Greathouse and Matthew Greathouse.

His father and brother, Llovd Edward preceded him in death.

Harley was a lifelong resident of Missouri. Employed most recently at Lemay Concrete Block Co. in St. Louis. Previously at Brightview Landscaping, Trumascape, Ortech and Pamida to list a few. He was very proud of his Verta Block work and any job he tackled. Harley enjoyed most outdoor activities. Rode for many fundraisers, anyday on his "Harley" was a "good day".



Jerry Johnson II

II, 40, of Kirksville, Missouri, passed away unexpectedly, Wednesday, September 8, 2021 at his home.

Born November 2, 1980 in Kirksville, Missouri, Olen was the son

of Jerry Olen and Iris June (Sizemore) Johnson. On January 29, 2005, Jerry was united in marriage to Jami Harlan and to this union three children were born.

Olen is survived by his mother, Iris Johnson of Kirksville, MO; one son, Jerry Olen Johnson III of Kirksville, MO; two daughters, Nora Lynn Johnson and Katie Grace Johnson both of Kirksville, MO; three sisters, Lorna Nelson of Queen City, MO, Joyce (Mike) Wood of Macon, MO, and Jennifer Johnson of Green Castle, MO.

Olen was preceded in death by his father, Jerry Olen Johnson on March 25, 2009.

Olen was a graduate from Kirksville High School with the Class of 2000. He worked along side his father a number of years in the family business "Better Built by Johnson" which was previously (Wick Homes by Johnson). Olen enjoyed 4-wheeling, motorcycles, R.C. cars, fishing, and gaming on computers. His children meant the world to him and he loved the time spent with them.

Family Graveside services will be held 11:00 a.m. Friday, September 10, 2021 at Jimtown Cemetery near Glenwood, Missouri under the direction of Travis-Noe Funeral Home of Kirksville.

A Celebration of Life will take place Thursday,

He looked forward to the next ride all the time.

A gathering of friends and family will be from 1:00 to 4:00 p.m. Saturday, September 18, 2021 at the enclosed shelter at Thousand Hills State Park, everyone is welcome to come.

Arlene Mae Sizemore

LA PLATA - Arlene Mae Sizemore, age 81 of La Plata, Missouri, passed away Sunday, September 12, 2021 at her home.

Born May 1, 1940 in Wellsville, Missouri, the daughter of William J. and Gladys E. (Ham) Moore.

Surviving are one son, Donnie (Gayla) Size-

more of Atlanta, Missouri; four sisters, Norma Moore of Atlanta, Missouri, Ling Y. Go of Atlanta, Missouri, Doris Moore of Atlanta, Missouri, and Janice Hopewell of La Plata, Missouri; and five grandchildren, Kimberly Kirkpatrick, Lucas Sizemore, Dalton Sizemore, Nathan Sizemore, and Colin Sizemore.

She was preceded in death by her parents; three sons, James A., Douglas E., and Ronald W. Sizemore; and one brother, Jim Moore.

Arlene received her education at Bear Creek Rural School and La Plata High School. She had previously been employed at McGraw Edison, K-Mart, and Bank Midwest. Arlene enjoyed bowling and especially spending time with her family.

Funeral services will be 2:00 p.m. Wednesday, September 15, 2021 at Travis Funeral Chapel in La Plata, Missouri. Visitation will be one hour prior to the service.

Burial will be at a later date in the La Plata Cemetery.



Bernice Jeanette (Craig) Thomas

KIRKSVILLE - 1931 - 2021

Bernice Jeanette (Craig) Thomas, 90, of Kirksville, Missouri, passed away Thursday, September 9, 2021 at Northeast Regional Medical Center in Kirksville.

Born August 27, 1931 in Greentop, Missouri, Bernice was the daughter of the late Herman Victor and Nellie Mae (Newcomer) Craig. On November 14, 1947 in Greentop, Missouri, Bernice was united in marriage to Earnest Wilbur Thomas who preceded her in death on January 14, 2008. She was also preceded in death by one sister, June Thomas and her husband Leonard, as well as a brother-in-law and sister-in-law, Glen and Rita Thomas.



Bernice is survived by two daughters and a son-in-law, Neva Thomas, and Joyce and Garry Matthews all of Kirksville, MO; one grandson, Chad Matthews and wife Denise and great-grandson, Hunter Matthews all of Kirksville, MO.

Bernice received her education in the McKim rural school and Greentop High School. After her marriage in 1947, Bernice stayed at home to raise her daughters until 1965 when she went to work for Hollister, Inc. where she was employed 30 years retiring in 1995. After retiring, Bernice enjoyed getting together with her Hollister co-workers. She also enjoyed making wedding and baby quilts, gardening, canning, working word search puzzles, and loved to travel.

Bernice will be remembered for her genuine love for the Lord, for being a constant prayer warrior, for her love of gospel music, for her hospitality, for visiting shut ins and nursing homes, and most of all for her love of family, her grandson, and great-grandson for they were her Pride and Joy.

Funeral services will be held 1:00 p.m. Monday, September 13, 2021 at Travis-Noe Funeral Home in Kirksville, with Pastor Jason Marlin officiating. Family will receive friends on Monday, September 13, 2021 for one hour before the service. Interment will follow the service at New Harmony Cemetery in Greentop, Missouri.

Pallbearers will be Lonnie Rager, David VanLaningham, Don Manney, Rod Sadler, Dr. Ferrell Moots, and Justin Honey.

Expressions of sympathy in memory of Bernice may be made to the New Harmony Cemetery and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, MO 63501.

September 16, 2021 from 5:00 to 7:00 p.m. in the chapel of Travis-Noe Funeral Home in Kirksville.

Memorial donations may be made to his mother, Iris Johnson and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, MO 63501.





6A | WEDNESDAY, SEPTEMBER 15, 2021 | KIRKSVILLE DAILY EXPRESS

COMICS

ARLO AND JANIS



BIG NATE



THE BORN LOSER



FRANK AND ERNEST





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"You wouldn't believe me if I told you how many guys sit on their wife's knitting."

HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): Do your part, but don't make waves. An emotional incident is best kept under wraps until you have thought matters through explicitly. 3

Taurus (April 20-May 20): Be passionate about your pursuits, and follow through. Refuse to let anyone or anything stand between you and your goal. ☆☆☆☆☆

Gemini (May 21-June 20): Size up situations and what others say, and be honest about what you think and want. Take advantage of an opportunity to get ahead, and don't look back. $\Rightarrow \Rightarrow \Rightarrow$

Cancer (June 21-July 22): Emotional matters will escalate if you let someone get under your skin. Be blunt about what you want, and move toward the people and pastimes that bring you joy. ☆☆☆ **Leo** (July 23-Aug. 22): Align yourself with like-minded people to avoid being railroaded by someone pushing you to participate in something that isn't in your best interest. ☆☆☆

Virgo (Aug. 23-Sept. 22): Don't give up or let someone sidetrack you when exploring what interests you will build confidence and help you gain momentum. 法公诉公会

Libra (Sept. 23-Oct. 22): Patience will help you avoid a blowout. Listen carefully, don't act in haste and consider the consequence of sharing personal information or engaging in gossip. At Scorpio (Oct. 23-Nov. 21): Help older relatives or colleagues. You'll gain access to valuable information that can help you bring about

positive change. ☆☆☆☆ **Sagittarius** (Nov. 22-Dec. 21): You'll gain perspective if you observe what's going on. Gather information, sign up for courses, and keep up with technology and what's new and exciting. ☆☆☆ **Capricorn** (Dec. 22-Jan. 19): Emotions will surface if you can't find common ground with someone you live or work alongside. Focus on getting things done, not anger or criticizing what others do. ☆☆☆ **Aquarius** (Jan. 20-Feb. 18): Keep close tabs on your cash, documents and anything else of importance. Avoid situations that can lead to health risks or problems with an authority figure. ☆☆☆ **Pisces** (Feb. 19-March 20): A chance meeting or reminder will lead to an exciting opportunity that can change the way you live and do things. A partnership will lead to a spirited adventure. ☆☆☆

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COMICS

ARLO AND JANIS





THE BORN LOSER

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FRANK AND ERNEST YOU'VE LOST AN I'M electron" POSITIVE ARE YOU SURE YOU'RE ALL RIGHT 9-16 ©2021 Thaves/Dist. by Andrews McMeel Synd. THAVES

MONTY OK.FROM NOW ON, THERE'S A NO-FLY ZONE OVER THE HONEY NVT CHEER LOS ... VЦ SORRY **HIT A** SUPPEN DOWN-DRAF7

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"Randolph, I'm talking to a real live brontosaurus."

HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): Lean toward those who owe you a favor; you'll get the boost you need to make your way forward. An unexpected offer will give you a chance to revise. 🕸

Taurus (April 20-May 20): A wait-and-see approach will be in your interest. Handle sticky situations with kid gloves, and you will buy yourself time and earn favors from those vying for support. $\ddagger \ddagger$ Gemini (May 21-June 20): Navigate your way to the place you want to go. Be proactive and make decisions that will help you establish yourself in a position of authority. 公公公公公

Cancer (June 21-July 22): You have more power than you realize. Refuse to let the requests others make stop you from doing what suits you. ☆☆☆

Leo (July 23-Aug. 22): Talk matters through passionately. Have alternatives ready to offer. Set a precedent and show leadership. Protect against discord with someone you love. 🕸

Virgo (Aug. 23-Sept. 22): You'll have to walk a fine line when dealing with competitive people. Be prepared to learn from your experience and adjust quickly. 🕸 🏠 🏠

Libra (Sept. 23-Oct. 22): A matter will escalate if you get involved in a joint endeavor. Do your thing when it comes to what you want to accomplish, and keep conversations positive in social settings. $\And \And$ Scorpio (Oct. 23-Nov. 21): Listen and observe what others do and say before taking on something. Make adjustments that ensure you get to do the things that make you happy. ☆☆☆☆

Sagittarius (Nov. 22-Dec. 21): An opportunity will come your way if you get in touch with someone familiar with your background and credentials. Get the facts before you act. ☆☆☆☆

Capricorn (Dec. 22-Jan. 19): Pay more attention to expenses and how you use your money. Look for alternative ways to update your banking, handle your debt or improve your lifestyle. Aquarius (Jan. 20-Feb. 18): Channel your energy into something that makes you happy or brings you knowledge and assistance heading in a direction that offers mental stimulation. $\Leftrightarrow \Leftrightarrow \Rightarrow$ Pisces (Feb. 19-March 20): Aim to achieve the most in the least amount of time. What you accomplish will pave the way to positive change and a chance to make financial gains. $\Rightarrow \Rightarrow \Rightarrow$

PREVIOUS	ANSWER

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



Milan's Deric Doporto competes Friday evening at Milan High School. MICHAEL BUPP/FOR THE DAILY EXPRESS

Milan runs over Putnam County to grab first win

Austin Miller

Kirksville Daily Express USA TODAY NETWORK

Milan doesn't reinvent the wheel. A John Dabney football team is going to run the ball behind a strong offensive line. It's just what happens, and his teams typically do it very well. Friday's meeting with Putnam County was a perfect display of that brand of football, as the Wildcats ran for 362 vards and seven touchdowns in a 42-6 bruising of rival Putnam County. Senior Deric Doporto ran for 144 yards and three scores, with all three touchdowns coming in the first half. Then Carlos Cotto, who stepped in for an injured Darren Doporto, and ran for 156 yards and three scores, with all of his scores coming in the third quarter. And Jerson Lopez added 62 yards and another touchdown in the fourth quarter. "I give a lot of it to the linemen. They really stepped up this week, really put in the hard work," Doporto said. "Our run game is pretty solid, we just have to keep working.

football until we break them. That's all we can do."

Despite how ugly the final score was, Putnam County (1-2) started the game great. The Midgets pounced on their first drive, with quarterback Blaine Perkins connecting with Gage Duvall for a three-yard score. Putnam converted a fourth-and-17 on a 22-yard pass from Perkins to Jake Rouse to get in the red zone. And that was the last flash of Putnam's offense. Perkins was injured with 4:16 left in the first quarter while on defense, trying to tackle Doporto. Sophomore Trace Reideger entered in relief and had an admirable showing. He stood in the pocket well, didn't panic under Milan's pass rush, and delivered catchable passes. But the Midget receivers dropped a dozen or so passes, with Reideger finishing with just seven completions in the passheavy offense. With Perkins out, there went the option running game the Midgets like. So the offense became one-dimensional and dropped passes hurt them big time. "When your offense is based on that and you don't catch it, that's where you're at. Then we're on defense a lot,

and when you're on defense that much, they're going to find holes and wear you down with those two big boys," said Putnam coach Clyde Bondy. "We knew that could happen — we didn't quite think it'd go like that, but hey, that's Friday night football. It's anybody's game."

Since Putnam's offense stalled most of the night, they gave the Wildcats

possession when they got into the red zone once JV players entered the game for both sides.

'We've got a lot of growing up to do. That was a good, old-fashioned buttkicking and we supplied the butt," Bondy said. "We let a couple of injuries get in our head and I thought we were better than that."

"Putnam County got real tired, and that's what happens. We pound the

short yardage to work with on most possessions. Milan's (1-2) rushing total could have been much higher if they spent more time on their own half of the field.

Doporto broke a 24-yard scoring run in the first quarter to put Milan on the board, then his other two scores were around the goal line. Cotto had the longest play of the night, taking a 74-yard run to the house on Milan's first possession out of halftime.

"I just seen the gap, ran through it. John Ray (De La Cruz) blocked them inside, so I cut outside and it was all green," Cotto said.

Putnam compounded mistakes with two turnovers, one fumble by Nico Lopez and a Reideger interception while he was nearly sacked. The Midgets' nextbest scoring chance came on their last

Milan gets its first win on the season and in big fashion. After a two-point loss in Week 1 to South Shelby and a one-point loss last week to state-ranked Harrisburg, Dabney liked what his team was doing and knew his boys were a few plays away from tasting victory sooner.

While an emphatic win over your rival does a lot for confidence, the Wildcats already felt they were heading in the right direction.

'I think it raises confidence, but our confidence was still pretty good. We knew our body of work has been right there," Dabney said. "... These kids are used to winning and knew we were pretty close. It was just time for us to finish off the deal, you know? Again, we've been playing pretty good football teams, so it's not like we're hiccuping too much.'

Knox County has first 3-0 start after 50-6 drubbing of Northland Christian

Austin Miller Kirksville Daily Express USA TODAY NETWORK

It took Bruce Vannoy a while to figure out why a bucket of cold ice water was dumped on him Saturday.

After a 50-6 drubbing of Northland Christian, the Eagles are ecstatic as they improve to 3-0 on the season. Vannoy believes it to be Knox's first 3-0 start in program history. So why shouldn't the Eagles give their coach a freezing postgame shower?

"You don't ever expect it, but we thought we could be in the situation we're in now," said Vannoy of Knox's hot start. "We've been talking to them and we know we have the meat of our schedule coming up. We had a few injuries today, so hopefully, we figure out what those are and get them back next week,



Knox County takes the field for Saturday's game against Northland Christian. AUSTIN MILLER

See KNOX COUNTY, Page 9A

LOCAL ROUNDUP

Sept. 11

High school softball Putnam County Tournament Chillicothe 9, Kirksville 0 Kirksville 10, Marceline 2

Kirksville 10, Marceline 2 Kirksville 2, Marceline 2 Kirksville 4, South Harrison 0 Chillicothe 9, Putnam Co. 1 Highland 4, Putnam Co. 3 Highland 6, Putnam Co. 0 Putnam Co. 6, Clark Co. 5 **Milan Tournament**

- Milan 11, Green City 4
- Milan 1, North Shelby 0
- North Shelby 8, Green City 3
- Norborne 7, Brashear 1
- Brashear 6, Novinger 2
- Milan 4, Norborne 1
- Milan Wins tournament.
- North Shelby 2, Brashear 0
- Green City 13, Novinger 3
- New Franklin Tournament
- Atlanta 10, New Franklin 0
- Fayette 8, Atlanta 0
- Atlanta 8, Westran 7

High school volleyball

Kirksville @ Fulton Tournament • Savannah 2, Kirksville 0 (25-16, 27-25)

Eldon 2, Kirksville 0 (25-23, 25-17)
California 1, Kirksville 1 (24-26,

25-22)

• Owensville 2, Kirksville 1 (25-12, 25-3, 25-17)

High school cross country Kirksville @ Palmyra

Kirksville - Girls team, 2nd place; Addy Jorn, 9th; Kelsey Bird, 16th; Esme AuBuchon, 19th; Boys, 3rd; Jack Marlin, 12th.

Sept. 10

High school football

Kirksville 34, Savannah 28
Kirksville - Ike Danielson, 177 passing yards, TD; Jalen Kent, receiving TD; Landon Yardley, 127 rushing yards
Palmyra 40, Macon 21
Macon - No stats reported.
Paris 48, Scotland 0
Scotland - Hayden Long, 101 rushing yards, 4 TDs; Carson Miller, 19-yard rushing TD; Owen Triplett, 58
receiving yards; Jadin Fuller, 75
rushing yards; Alex Long, 74 rushing yards.
Worth Co 80, Schuyler 12

• Worth Co 80, Schuyler 12 Schuyler - Kale Windy, 56 rushing yards; Connor Smith, 77 passing yards, TD; Mayson Humphrey, 48 receiving yards, TD, 150 kick return yards, TD.

High school girls golf Kirksville @ Boonville Tournament Kirksville - Team, 3rd place, 263; Pair of Delaney Maag and Addy Davis, 2nd, 75; Pair of Maya McKiver and Anna Jenkins, 85; Pair of Morgan Lunsford



This is from Friday's Week 1 opener of the 2021 football season between Kirksville and Macon. NEMO PHOTOGRAPHY

Kirksville Football Hall of Fame announces Class of 2021

Austin Miller

Kirksville Daily Express USA TODAY NETWORK

The Orange & Black Foundation and Kirksville Football Hall of Fame have announced the members for the Class of 2021.

The inductees will be honored at halftime during Kirksville's Sept. 24 game against Marshall. That ceremony will include the 2021 inductees, as well as the Class of 2020 since COVID restrictions prevented that from happening last year.

The first member of the Class of 2021 is Ernest "Lynn" Luebbering, who coached and taught in Kirksville from 1956 to 1989. Originally a native of Hannibal, Luebbering served in the U.S. Army from 1952 to 1954, later graduating from Truman State in 1956. He spent most of his coaching career with middle school students. Luebbering passed away in 2005.

Joining him is Justin Johnson. Johnson played for the Tigers from 1997 to 1999, one of the most accomplished wide receivers in program history. He was an All-State selection in 1998 and 1999. He owned the records for receptions in a game, season and career, as well as career receiving yards. Those records stood for 20 years, with former Tiger Noah Copeland breaking them last year.

As part of the Class of 2021, Dr. Mike Willman and Dr. Leon Devlin will get their full honoring this year. Willman provided medical coverage for KHS athletes from 1982 to 1994. He worked with parents, coaches and staff members from Truman and ATSU to improve care and facilities to treat sports injuries.

And Devlin served as the voice of Spainhower Field for 35 years. He was the public address announcer from 1983 until 2018, calling more than 700 games. His tenure saw eight head coaches, five superintendents, five athletic directors and three KHS principals.

The Orange & Black Foundation will host a tailgate celebration prior to that Sept. 24 game. The formal ceremony will happen at 10 a.m. on Sept. 25 at the Kirksville Country Club.

Knox County

Continued from Page 8A

but regardless, we're going to keep moving."

The Eagles thought they would have a great transition to 8-man football this year, and they've been right on the money so far. They blew up the Trailblazers in the first half, getting out to a 44-0 lead before halftime — with Knox scoring 36 in the second quarter.

Knox's running game was electric, running for 271 yards and five touchdowns on Saturday. Branson Miller led the way with 83 yards and three scores. Austin Jansen ran for 77 yards and a score. Braxton McCurren ran for 70 yards and caught a passing touchdown from quarterback Rylan Roberts. And second-string quarterback Collin Hayes, who took over for Roberts after Roberts injured his knee and since the game was already out of hand, also ran for a touchdown.

"We've been focusing on the run since Week 1, honestly, so that's something we want to be able to do," Vannoy said. "We hang our hat on that and being able to pass off that, not just throwing because that's all we can do. I don't know what we rushed for, but I felt like we probably had our best outing as far as running the ball so far."

With a plethora of rushers used Saturday, they credited their offensive line for making their jobs easier.

"Holes. Our line just created holes and our running backs attacked them," McCurren said.

"The linemen made holes that you could drive a truck through," Miller said. "It was green field all the way through."

And Knox County's defense came up just as big on Saturday. Northland's lone score came on the opening possession out of halftime. The Trailblazers struck quickly on a few plays to get in the end zone. But every other time they got close, the Eagles got a stop or forced a turnover. Knox made a goalline stand at



Knox County's Carter Marble, left, celebrates with Branson Miller after the first of Miller's three touchdowns Saturday against Northland Christian. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

the end of the game.

Northland receiver Dontae Burch entered Saturday averaging 162.5 receiving yards per game and had six scores on the year. Knox held him to six catches for 52 yards, with an 18-yard receiving touchdown. He also had one fumble.

"Grit, aggressiveness, we did our jobs," said McCurren of Knox's defense on Saturday. "Coach (Jeff) Ackman did a hell of a job preparing for this game and we did good executing it."

In total, the Knox defense secured five turnovers on the afternoon. McCurren recovered two fumbles and Miller snagged an interception. That pads his newfound record as Knox County's alltime interception leader. Combine what he did on defense and offense, and it

was a banner day for Miller.

"Branson's just Branson, man. I expect him to do what he does," Vannoy said. "He finishes runs, he's elusive in open field, and he's just a leader for us. He's a spark plug for our offense and for our defense."

The Eagles' schedule picks up the next two weeks with road games at Northwest and North Shelby. Northwest was ranked 10th in last week's 8man poll, though lost to St. Paul Lutheran 30-8 on Friday, dropping them to 1-2. And then the Eagles head to North Shelby to face the fifth-ranked Raiders (3-0).

"We're excited with where we're at, but we have a lot of work to do," Vannoy said. and Macy Nunan, 103.

High school softball

• Fayette 6, Schuyler Co. 1 Schuyler - No stats reported.

Sept. 9

High school softball

• Kirksville 10, Fulton 0 F/6 Kirksville - Sophie Stuart, WP, 10 Ks, 2B; Jordan Meng, 2B, 2 RBI; Jessi Nigh, 2B, RBI. • Macon 7, Moberly 2 Macon - Reese Adair, 3 RBI; Lexi Miller, 3 RBI; Brooke Weimer, WP, 12 Ks, RBI. • Westran 11, Scotland Co. 10 Scotland - Baileigh Phillips, 3 RBI; Hannah Feeney, 2 RBI. • South Harrison 5, Putnam Co. 2 Putnam - Claire Tipton, LP, 13 Ks. • Milan 5, Princeton 2 Milan - Cady Pauley, WP, 11 Ks, HR; Emerson Pauley, 2B, RBI. • Brashear 11, Meadville 1 Brashear - Alexa Borgmeyer, WP, 13 Ks; Aubrey Borgmeyer, 3 hits; Haley McNamar, 2 hits. • Marceline 13, La Plata 3 F/6 La Plata - Bryn Buescher, 2B, 2 RBI; Brooklyn Carvajal, RBI. • Green City 9, Bevier 1 Green City - Maddie Lunsford, WP, 9 Ks; Olivia Morris, RBI.

High school volleyball

• Kirksville 3, Brookfield 0 (25-8, 25-8, 25-11)

High school girls tennis

• Mexico 8, Kirksville 1 Singles - Shelby Kennemore def. Gracie Riemenschneider (KV), 10-0; Katherin Gooch def. Maren Elmore (KV), 10-8; Madisynn Crawford (KV) def. Lillian Yager, 10-8; Estrella Ramirez-Lopez def. Brynn Williams (KV), 10-2; Jocelyn Jarquin-Garcia def. Anna Eitel (KV), 10-2; Winona Whelan def. Syr Ava Stremel (KV), 11-9. Doubles - Kennemore/Yager def. Riemenschneider/Elmore, 10-1; Gooch/Whelan def. Crawford/Eitel, 10-5; Ramirez-Lopez/Jarquin-Garcia def. Williams/Stremel, 10-3. Austin Miller, Kirksville Daily Express

CLASSIFIEDS

NOTICE OF TRUSTEE'S SALE

WHEREAS, Dwight J. Brubaker, a Single Person, by his certain Deed of Trust dated November 18, 2016, and recorded on November 18, 2016, in Book 1037 at Pages 512-514, in the office of the Recorder of Deeds Office, within and for Adair County, Missouri, conveyed to Acting Sheriff of the County of Adair, State of Missouri, Trustee, in trust to secure the payment of a Promissory Note therein described, and the interest thereon, the following described real estate, situated, lying and being in the County of Adair, State of Missouri, to-wit:

All of Lot 3, Block 14, Northeast Addition to Kirksville, Missouri.

WHEREAS, default has been made in the payments due on said note and by reason of said default, according to the terms of said Deed of Trust, all of said Note has become due and payable; and

WHEREAS, it is provided in and by the terms of said Deed of Trust, that the holders of the Note may, from time to time, substitute another trustee in place of the trustee named in said Deed of Trust, such appointment to be made by written instrument executed by the holders which shall be recorded among the public records of Adair County, Missouri, at Kirksville, Missouri, and shall be conclusive proof of the proper appointment of the successor trustee, and to whom the title to said premises shall thereupon vest for the uses and purposes expressed in said Deed of Trust; and,

WHEREAS, the holder of the note appointed Jay Benson as Successor Trustee under said Deed of Trust and that said appointment was recorded on Åugust 27, 2021, in Book 1122 at Pages 66-68 in the Recorder of Deeds Office of Adair County, Missouri.

NOW THEREFORE, at the request of the legal holder of said note, Jay Benson, the undersigned Successor Trustee, acting as successor trustee and in place and stead of the above-named trustee appointed in and by said Deed of Trust, and pursuant to the powers to him given by said Deed of Trust and the appointment as successor trustee, will sell the property above described at public venue, to the highest bidder for cash, at the South front door of the Courthouse in the City of Kirksville, Adair County, Missouri, on Thursday, the 30th day of September, 2021, between the hours of 9:00 o'clock a.m. and 5:00 o'clock p.m., more specifically at 2:00 o'clock p.m., for the purpose of satisfying said indebtedness and the cost of executing this trust.

> Jay Benson Successor Trustee

To be published in the Kirksville Daily Express on the following dates: September 8, 2021; September 15, 2021; September 22, 2021; and September 29, 2021.

Employment Opportunities

Phlebotomist Part Time

Laboratory Technician (MT/MLT) Full Time (Nights) Signing Bonus

Director of Nursing Services Inpatient & Emergency Department Full Time Signing Bonus

Financial Support Specialist Full Time

> **Registered Nurse** COVID-19 Swabber Full Time (Days) Signing Bonus

RN Inpatient Nursing Full Time (Days) Signing Bonus

Ultrasound Technician Part Time

Phlebotomist Full Time (10am - 6:30pm) Signing Bonus

Laboratory Technician (MT) Full Time (Days) Signing Bonus

> CNA Full Time (Nights) Signing Bonus

Nutritional Services Cook Full Time

Complete job descriptions are online at www.hcchospital.org. Apply online or email application to jobs@hcchospital.org. Applications are available at the hospital front desk.







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Two bedroom house, central air, washer/dryer hookups, nice neighborhood. No pets, \$450/ month, lease and deposit required.. 660-665-2028.

GARAGE SALE

19285 Orrick Trail, multi-family, Rain or shine. Saturday 9/18, 7AM. Men, women and kids name brand clothes. Lots of misc. items.

On the 12th day of July, 2021, the Circuit Court of Adair County Missouri entered judgement in case number 21AR-CV00426, changing the name of Courtney Marie Plachno to Courtney Marie Van Ness.



Starting pay \$16.75+ with growth opportunities Benefits start Day 1 Medical, dental, vision, life insurance, 401K, & paid vacation

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Wedding & Engagement Announcements



Garrett-Vogel Nuptials Allison Jean Garrett and Carter James Vogel of Moberly, MO, were united in marriage on May 18, 2019.



Welcome, Hayley Ryan! Born April 22, 2019 9 lbs. 22 inches **Proud Parents** Lvdia & Mike Rvan

Celebration Announcements



Cunningham Graduation Allison Jean Cunningham, daughter of Pam and Mark Cunningham, graduated from Mizzou on October 6, 2019.

Celebrate your happy news with your community through the local newspaper.

Birthdays • Retirements • Graduations • Birth Announcements Memorials • Engagements • Weddings • Anniversaries

CALL TODAY TO PLACE YOUR AD!

Potato salad trick



Hints From Heloise

Heloise

Dear Heloise: My neighbor had me over for dinner recently, and she served the best potato salad I've ever eaten. I asked her what the secret was, and she said she sprinkles a little fresh lemon juice over the potatoes after they're cooked and had cold water run over them. This recipe has a fresh taste to it that I really loved!

Debbie J., Hibbing, Minnesota Dear Heloise: Autumn actually begins this month, and we get a change of leaves early as a rule.

It's my favorite time of year, and I love baking recipes that have pumpkin in them. That's why I'm writing to ask you to reprint your Pumpkin Bread recipe. It always tasted so good with a cup of coffee.

Around Halloween I usually make a batch to give to friends.

Christine A., Marquette, Michigan Christine, lately I've received several requests for my Pumpkin Bread recipe.

So, for all my pumpkin-loving readers. here it is:

1²/₃ cups flour 11/4 cups sugar

- 1 teaspoon baking soda
- 1 teaspoon cinnamon

¹/₄ teaspoon salt 2 eggs, slightly beaten $\frac{1}{2}$ cup chopped pecans ½ cup vegetable oil 1 cup canned pumpkin **Sift together** the dry ingredients. Add nuts and mix well. Set aside. Combine remaining ingredients and add to dry ingredients. Mix just enough

to blend. Pour into 9-by-5-by-3-inch greased and floured loaf pan.

Bake at 350 degrees for 60 to 75 minutes

This easy-to-make recipe can be yours, along with many other ideas for baking soda, in my pamphlet "Heloise's Baking Soda Hints and Recipes." You might be amazed at how many useful and inexpensive ideas there are for baking soda.

To get a copy, just go to Heloise.com, or send \$5, along with a stamped (75 cents), self-addressed, long envelope

to: Heloise/Baking Soda, P.O. Box 795001, San Antonio, TX 78279-5001. You'll be glad you have these useful hints at your fingertips.

Heloise

Dear Heloise: I hate it when certain foods such as baking powder or spices clump, because it was harder to break them down when using in a recipe. My mother-in-law told me to stir them into the sugar I use before I add flour. The sugar is gritty and breaks down the clumps and everything mixes better. Flour is soft and silky, which would make it harder to get out the clumps. Ava N., Gateway, Colorado

Dear Heloise: Cutting a frosted cake or a cheesecake can get so messy. I've found that if I run the knife under hot water, dry it off, then cut the cake, I won't end up with a big clump of frosting on the knife. It's much less messy. Betty D., Toledo, Ohio

Eat less, exercise more to lose weight?

It's more complicated than that, experts say

Karen Weintraub USA TODAY

For years people have been told that weight gain is a simple mathematical problem. Consume more calories than you burn and you'll gain weight, do the opposite and you'll lose. But now a growing consensus of experts in nutrition say it's not that simple.

Instead, they say, not all calories are created equal, and weight gain is a complicated process involving food quality, metabolism, genetics, medication and the bugs that live in people's guts.

This is more than an academic argument.

With obesity levels and their associated health problems on the rise, this delicate dance between food, exercise and weight gain has huge implications for American's health and longevity.

"We are in an out-of-control epidemic that is going to continue to drive down life expectancy unless we make some major changes," said Dr. Walter Willett, a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health. "It's more serious than most people realize."

Obesity has been rising in America for the past half century and picked up steam around 1990, when low-fat diets were all the rage. The most likely explanation is people have been eating and drinking more.

"We've been telling people to eat less and move more – but it doesn't seem to be working. We need new ways of thinking," said Dr. David Ludwig, an endocrinologist at Boston Children's Hospital.



"We've been telling people to eat less and move more – but it doesn't seem to be working. We need new ways of thinking," said Dr. David Ludwig, an endocrinologist at Boston Children's Hospital. STOCKVISUAL / E+ VIA GETTY IMAGES

while academics have a good handle on what causes obesity, they haven't yet figured out a solution.

There is general consensus that it would be best for everyone to cut out the "crappy carbs," as one scientist put it – the sugar-sweetened drinks and highly processed foods including breakfast cereals, white bread, chips and most of what's available in vending machines, fast food places and the middle aisles of grocery stores.

Replace them instead with fruits, vegetables and whole grains, everyone agrees.

Beyond that, the academics dissolve into infighting.

Some, including the authors of the new paper, insist that reducing all carbs and replacing them with fatty foods like olive oil, fatty fish, avocado and nuts is the best way to lose weight and stay healthy. Potatoes might not be "crappy," but they're not the best approach for weight control or diabetes prevention, Ludwig says. People who are already diabetic may need to cut even more carbs to restore metabolic health.

and carbs than Americans do as a percentage of their diet," said Pontzer, author of the 2021 book "Burn: New Research Blows the Lid Off How We Really Burn Calories, Lose Weight, and Stay Healthy." But they don't have America's obesity problem.

He says overconsumption has made people fat, rather than specific food categories.

Individual variability is also a factor in weight gain and loss, said Penny Gordon-Larsen, a distinguished professor of nutrition at UNC Gillings School of Public Health. Low-carb diets may not be right for everyone, and the most important factor for weight loss is whether someone can stick to whatever diet they're on.

But she still praised the new Harvard study as "a thought-provoking piece that really illustrates the complexity of all of these relationships and a pretty strong argument against the energybalance model" of simply calories incalories out. Both camps, and those in between, seem to agree people of all sizes should cut down on those "crappy carbs" that make up 40% of the typical American diet, said Christopher Gardner, a nutrition scientist at Stanford University's Prevention Research Center. "America has a weight issue," he said. "What would you go after first? I'd go after the low-quality carbs. I've never found anybody who disagreed with that."

causes spikes in insulin - a lot of processed carbohydrates, for instance would cause the body to store more energy as fat.

'If I eat a high-fat diet, I will not elevate insulin the way I will if I eat a highcarb diet," he said.

Exercise plays a role in helping prevent weight gain, but diet matters more when trying to lose pounds, said Lieberman, author of the 2021 book "Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding."

The body also digests highly processed foods differently from whole foods, said Dariush Mozaffarian, a cardiologist and dean of the Tufts Friedman School of Nutrition Science and Policy.

A food that has already been highly processed is digested mostly in the stomach and upper gut, leaving little left over for the microbes that live lower in the intestines, he said. Consume 100 calories and "if it's minimally processed, you share those calories with your microbiome," Mozaffarian said. With processed foods, "when it says 100 calories, your cells get all 100 calories."

Advances in food production in the 1950s and 1960s led to massive production of starchy crops – rice, wheat and corn - that led to the industrialization of food. That was great for the world's population, Mozaffarian said, dramatically reducing hunger and allowing the global population to explode from under 3 billion to nearly 8 billion in a century.

But that same food-system industrialization is also a primary driver of the global obesity epidemic, he said. He doesn't blame the food industry for this unintended consequence. But "they are responsible now for not moving in a new direction" to help combat obesity, he said.

On Monday, Ludwig, Willett and other Harvard-affiliated researchers published a paper in the "American Journal of Clinical Nutrition," laying out their concerns and the approach they believe will work best to counter obesity.

One problem with the simple calories-in, calories-out model, Ludwig said, is it may implicitly blame people for aspects of their metabolism beyond their conscious control. No one blames someone who is feverish for not reducing their own body temperature, he said, so we shouldn't expect people whose bodies send them powerful hunger signals to simply eat less.

'We've got to make weight loss easier," Ludwig said.

The question is how. Unfortunately,

Others argue good-quality carbs, like beans, fruit, legumes and whole grains, are just fine, and the crux is cutting calories.

"If you cut carbs out of the diet you would fix obesity? I don't see any evidence for that looking around the world," said Herman Pontzer an evolutionary anthropologist at Duke University.

Pontzer studies the Hadza, an indigenous group of hunter-gatherers in Tanzania who get 10% to 20% of their calories from honey. "They eat more sugar

The hormone insulin causes cells to store energy as fat, said Daniel Lieberman, a Harvard paleoanthropologist and co-author of the paper. It makes sense that eating a lot of food that

What exactly the food industry should do, though, depends on what scientists say is the best approach - and that consensus is still missing.

Weight loss is made more difficult because of the economic incentive food companies have to create an environment that encourages overeating of highly processed foods, Gardner said.

"Until we fix that," he said, "we're just chewing around the edges."

Health and patient safety coverage at USA TODAY is made possible in part by a grant from the Masimo Foundation for Ethics, Innovation and Competition in Healthcare. The Masimo Foundation does not provide editorial input.

Boy Scouts

Continued from Page 3A

filed abuse claims say they were raped, nearly a quarter say they were forced into oral sex, and others cite masturbation or touching.

Countering factors include the advertising blitz by law firms, which contributed to the flood of claims. Thousands of TV and radio ads paid for by law firms urged victims to come forward, offering confidentiality and "significant financial compensation." One suggested the victims' fund could hit \$1.5 billion.

The Boy Scouts argued the campaign contained false and misleading statements, but the bankruptcy judge dismissed the Scouts' attempt to stop them, citing First Amendment rights.

How much money will be available for victims once they're evaluated is another one of many unknowns holding up the case 18 months after it was filed.

In July, the Scouts announced an \$850 million settlement with the bulk of abuse claimants and put forth a plan for reorganization. In a footnote, the Scouts

acknowledged that would cover only 10% to 30% of the total estimated cost. Last month, a bankruptcy judge struck down two provisions, sending the Scouts back to the negotiating table and pushing back a hearing on the details of their plan to Sept. 21.

A USA TODAY analysis of court filings suggests that as many as half of those who filed claims could end up with a few thousand dollars – a fraction of what their counterparts have been allotted in more than a dozen bankruptcy cases involving Catholic dioceses.

One point of contention involves statutes of limitations - laws that prohibit survivors from suing for abuse after a set period of time.

USA TODAY found Scouts' identified 59,000 (71%) as potentially too late under state statutes.

The Boy Scouts' insurance companies balk at paying anything in states where a civil claim would be barred, but the Scouting organization doesn't exclude these claims in its plan. Instead, it proposes a discount reflecting the breadth of the statute in the state where the victim lives or was abused.

For a rape claim filed in Alabama,

where child abuse survivors can file lawsuits only until their 25th birthdays or within two years of the abuse, the base range would drop to \$6,000 to \$60,000, down from \$600,000. For less severe claims, such as touching, the base could fall as low as \$750.

An unusual provision in the Scouts' plan would allow claimants to wait for up to a year to see if the laws in their state change in their favor. Changing sentiments around statutes of limitations have prompted state legislatures to loosen restrictions; 35 states introduced such bills in 2021, according to a tracker from the nonprofit Child USA.

Marie Reilly, a professor at Penn State Law who has studied the outcomes of Catholic diocese bankruptcies, said claims are usually evaluated based on whether they would have been viable in civil court when an organization filed for bankruptcy.

Placing a price tag on abuse is a tricky matter, fraught by the vagaries of a largely volunteer organization and memories dulled by trauma and the passage of time. Many of the survivors in the case experienced abuse in the '70s and '80s. For some, filing a claim

was the first time they had told anyone what happened.

The Scout plan calls for a \$3,500 expedited payment, which would require a minimal review. Some experts predicted many will take that option.

Under the plan, claimants who push forward could face a lengthy vetting process. They would have to answer a questionnaire under oath, provide any records they have to support their claim and agree to an interview or deposition, if requested by the trustee.

The questionnaire would ask about abuse suffered, the abuser's name or description, whether the abuse was related to Scouting, the date of the abuse or the claimant's age at the time and the location where it occurred.

Claims missing any of that information would be dismissed.

The trustee would be charged with substantiating the information and deciding whether it met the legal definition of "preponderance of the evidence."

A matrix would help determine who gets how much, with six tiers starting at sexual abuse that did not involve touching - at \$3,500 to \$8,500 - to rape, which could reach \$2.7 million.

Heroes

Continued from Page 4A

That's who we are. That's in America's DNA.

Common humanity unites us

We know that our humanity toward one another is our saving grace. We know

this – not because we were always good to each other in the past, or because we've always been a truly United States.

We know it because, at times, we've strayed from that humanity, that empathy and that unity. We've learned from the consequences of our mistakes that America is not perfect – so we try harder and strive to be a more perfect union.

The late Sen. John McCain was a dear friend of mine for decades. "Do not despair of our present difficulties," he said in his farewell message, "but believe always in the promise and greatness of America, because nothing is inevitable."

John took nothing for granted. He fought every day of his life for the greater good. For the country he loved. For the cause he believed in most – service above self.

I'm profoundly grateful for the opportunities I was given to serve my country. From soldier to secretary, I've seen America on its worst days and its best. I've seen people give all they had to give. And I'll never forget it.

I'll never forget the silence on a Pennsylvania field one September morning.

Or the sacrifice of 40 heroes strong. I'll never forget all of those we lost 20 years ago. Too terribly and too soon.

May we keep their memories close – as well as each other.

Tom Ridge was governor of Pennsylvania on 9/11. He later served as the first U.S. secretary of Homeland Security.

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, Sept. 17

Hosseini

Continued from Page 4A

an order to them.

Have you ever heard whistles, yelps or tapping in the forest or along the shore and wondered who is making the sound? Join the park staff of Thousand Hills State Park at 7 p.m. at the Campground 1 Amphitheater in Thousand Hills State Park and explore animal calls. For more information call 660-655-6995.

Since the events Wednesday, the Taliban have banned protests that they

don't approve of. It is not easy to report

on the Taliban. To report on these ongo-

ing realities, we have no other options

but to go to the scene, take pictures, rec-

Saturday, Sept. 18

• Thousand Hills State Park has a unique history. Join the park staff to learn how the park was created and how it has grown over time. Meet at the Park office on Big Loop Trail at 10a.m. For more information call 660-665-6995.

• Kirksville Wine and Food FEASTival • Join area Mascots Marching for Meals at 9:30 a.m. at the YMCA Pavilion, 1708 S. Jamison. Help feed Adair County kids by registering for a1.8 mile march hosted by the Food Bank for Central and Northeast Missouri. Register at sharefoodbringhope.org/mascotmarch.

Tuesday, Sept. 21

curate information.

have to take the risk?

Board.

USA TODAY and Newsquest.

The Missouri Conservation Center, 3500

ord voices, record videos, come back, write and publish – because we need ac-

If we don't go there, who else do we

Fatema Hosseini is a journalist with Etilaatroz, a newspaper in Afghani-

As told to Voices editor Kelsey Bloom,

stan. She also is a freelance reporter for

a member of USA TODAY's Editorial

S. Baltimore is hosting a Goin' Home Nature Program from 1-2 p.m. Learn about the migratory habits of Missouri animals. The program is free. Preregister at mdc.mo.gov/events. For more information call 660-785-2420.



perfect for family, friends, and the whole community!

Concert In The Park Featuring the Aaron Russell Band!





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