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SPORTS, 8A

Kirksville Daily Express

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How much money is state Senate race raising?

Galen Bacharier
Springfield News-Leader
USA TODAY NETWORK

Primary day is about 10 months away, but Missouri's U.S. Senate race is drawing millions of dollars in donations as candidates seek to pull away from the crowded field in each party.

Campaign finance reports submitted to the Federal Election Commission by Friday detail how much campaigns have raised and spent in the third quarter of the year, which runs from July 1 to Sept. 30. While money alone isn't enough to win a competitive statewide campaign, the numbers help indicate which candidates are best positioned for the rest of the long campaign, how healthy their fundraising bases are and how aggressive they're being.

Clear favorites have yet to emerge in the race to succeed Sen. Roy Blunt, who is not running for re-election.

Missouri on the whole has gone consistently red in recent elections, with

Republicans occupying all but one statewide office and both U.S. Senate seats. But the leading fundraiser for the seat from July to the end of September was a Democrat — Lucas Kunce, whose campaign raised \$838,311.80 in that time.

Republican Attorney General Eric Schmitt, who raised \$651,825.90 from July 1 to Sept. 30, leads the Republican pack in raising money during the period. He's followed by Rep. Billy Long, southwest Missouri's congressman, who raised \$545,599.32; Rep. Vicky Hartzler's \$446,154.97; Former Gov. Eric Greitens' \$378,749.03 and St. Louis attorney Mark McCloskey's \$246,547.18.

Kunce far outstripped the rest of the Democratic field in recent months. Former state Sen. Scott Sifton raised \$219,201.82. Entrepreneur Spencer Toder raised \$12,003, while Air Force veteran Jewel Kelly raised \$2,206. Former Sen. Claire McCaskill staffer Gena Ross and LGBTQ+ rights activist Tim Shepard did not report third-quarter totals.

Heading into the final months of 2021, Hartzler, who represents parts of central and western Missouri in the U.S. House, has far and away the fullest coffers, with \$1,651,443 on hand. Schmitt is the only other campaign with over a million on hand, reporting \$1,199,448.92. Long holds \$539,853.87; Greitens and McCloskey round out the GOP pack with \$200,802.87 and \$92,146.02, respectively.

Among the Democrats, Kunce's campaign holds \$670,241.32 on hand, while Sifton reports \$156,957.46. Toder and Kelly have \$9,207.10 and \$2,625.96 respectively.

The biggest spender from July to the end of September was Long, whose campaign spent \$566,065.72. He's closely trailed by Schmitt, who spent \$554,848.94, and Kunce, who spent \$492,099.28. Greitens (\$445,314.72) and McCloskey (\$321,818.51), along with Long, spent more than they raised in the third quarter. Hartzler spent \$247,151.51.

People are quitting jobs in droves

Trend is here to stay

Paul Davidson USA TODAY

The musical chairs game that's roiling the U.S. jobs market isn't a blip, but rather marks a longer-lasting shift in leverage from employers to workers, experts say.

About 4.3 million Americans quit their jobs in August, the Labor Department said this week, the most on records dating back more than two decades. Many bolted to take advantage of 10.4 million job openings, often at higher pay -- a historically high figure.

A large number of employees are resigning and moving to jobs that allow them to work remotely or at more flexible hours. Others are burned out after toiling away during the COVID-19 pandemic, switching careers after the health crisis led them to rethink their priorities, or opting to stay on the sidelines until the infection surges fueled by the delta variant ease.

What's driving resignations?

What's clear, though, is that most resignations aren't chiefly motivated by a signing bonus or playing catch-up after putting off job searches during the depths of COVID, says Julia Pollak, chief economist of ZipRecruiter, the online jobs marketplace. Those may have been the lures earlier in the pandemic but no longer, she says.

"This is not just a temporary shock to the labor market but a permanent shock that has caused a lot of changes," Pollak says.

Now that the pandemic is dragging on — rather than fading quickly as many expected — it "has created winners and losers" among companies and industries, Pollak says.

For example, restaurants thriving on delivery and takeout services or auto dealers selling lots of trucks to couriers are doing well, paying higher wages and enticing workers at competing firms to make a switch.

Looking for more than a raise

Similarly, companies that are letting people work remotely, taking steps to ensure their workplaces are safe and allowing more flexible schedules are also drawing more job candidates.

"It's no longer enough that employers are adjusting wages," says Becky Frankiewicz, president of Manpower group North America, a staffing firm. "They've got to address health and well-being, safety and flexibility too ... What people want from work and life has changed."

In the past, competing restaurants, shops or accounting firms in a neighborhood or city looked roughly similar in terms of pay and work conditions, Pollak says. That's no longer the case and it's prodding many more workers to jump ship, she says.

They can hunt for new opportunities because historic labor shortages have shifted the balance of power in their favor. Some 3 million people have stopped working or looking for jobs during the COVID-19 crisis because of health concerns, the need to care for children, or in some cases, enhanced

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Class of 1971 celebrates 50 years



The Kirksville High School Class of 1971 celebrates its 50-year reunion between Oct. 8-13. More than 50 class members participated in events, including a meetup at the DuKum Inn. Those pictured are, front row from left, Don Wilkinson, Brad Beard, Harvey Fisher, Earl Kull and David Partin; second row, Diana Symonds, Rick Briddle, Kay Collins Dattilio, Ben Beard and Colleen Grim Bennett; third row; Jim Moran, Connie Williams Walker, Peggy Hazen Hills, Mary Blodgett Borja, Jeanne Minor Lowe, Mary Burk Laird, Teresa Keith McKinney, Dixie Noe, Bob Cummings, Debbie Waddill Reese, Ann Bondurant Graff, Carol Scofield Sharpe, Sherry Galloway Todd, Marla Mikel Goring, Jeffrey McKim, Charlotte Morse Ballard and Martin Burns; and back row, Brenda Pearson Hancock, Rob Bragg, Ken Dearing, James Hudnall, Mike Roberts, Robert Hayes, Tom Western, Phil Summers, Dennis Tilman, Richard Still, Rich Harrington, Rick Neely, Gene Rehm, Tim Ranft, Larry Wangelin, Mel Hoffman, Chris Jones and Barbara Hogenson. PROVIDED BY DON WILKINSON

University of Chicago recognizes two Kirksville educators

Kirksville Daily Express

Two Kirksville educators have been selected for awards issued by the University of Chicago.

Christopher Best and Matt Kennedy received the University of Chicago Outstanding Educator Award. Best is the principal of Kirksville High School and Kennedy teaches social studies at the high school.

Each year, new students to the University of Chicago are asked to nominate educators who had important ef-



Best



Kennedy

Outstanding Educator shapes young minds in meaningful ways — thoughtfully approaching instruction, sharing an infectious love for learning, and caring for students both inside and outside of the classroom.

A virtual recognition event is scheduled for Wednesday. All award winners received a certificate and letter that includes details from the student who nominated them.

fects on them. From the university's website, "an

Helping others

A.T. Still University raises money for United Way, 2A

Labor unions having moment

Nearly 40 workplaces have gone on strike since August, 3A

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NEWS

Bowl-A-Thon raises more than \$5,000



The Adair County Humane Society Bowl-A-Thon raises \$5,151 for the shelter. Six out of the 25 bowlers got a sponsor for the event. The top three fundraisers were Roger Johnson (\$3,305), Becky Davis (\$765) and Nickie Zajak (\$340). PROVIDED

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A photograph of two people standing next to a large thermometer-shaped fundraising sign. The sign is on an easel and features the United Way logo and the text "ATSU Campaign Goal \$20,000". The thermometer shows a red bar reaching approximately 100%. The woman on the left is wearing a white jacket and a white face mask. The man on the right has a beard and is wearing a green patterned face mask.

The A.T. Still University raises \$21,240 through donations this year. Those proceeds go directly to the United Way of Northeast Missouri. Pictured are Patricia Sexton, left, and Ted Frushour. PROVIDED

A.T. Still University raises more than \$20K for United Way

Kirksville Daily Express

The A.T. Still University community recently concluded its United Way 2022 Drive, raising a new record amount.

The university raised \$21,240 through donations this year. Those proceeds go directly to the United Way of Northeast Missouri.

ATSU Drive Chair Patricia Sexton praised the commitment of 70 donors who participated in the drive.

"ATSU and its employees are dedicated to helping our community," said Sexton in a news release. "Their support of the 11 agencies of the United Way of Northeast Missouri highlights their annual giving to this cause."

Sexton was assisted in the drive by Ted Frushour, KCOM director of Student Success in Academic Affairs, and Stephanie McGrew, ATSU Diversity and Inclusion coordinator.

Kirksville Daily Express

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US labor unions are having a moment

Nearly 40 workplaces have gone on strike since August

Ian Kullgren, Brian Eckhouse and Deena Shanker

Bloomberg News
TRIBUNE NEWS SERVICE

U.S. organized labor is having a moment after decades of erosion in both influence and power, giving workers their best chance in recent memory to claw back lost ground.

In the wake of the COVID-19 pandemic, unions are finding they suddenly have the upper hand – or at least, more solid footing – when it comes to negotiating wages and benefits, spurring a flurry of new picket lines. Nearly 40 workplaces across the nation have gone on strike since Aug. 1, according to

Bloomberg Law's database of work stoppages, almost double the number during the same period last year.

From Deere & Co.'s factories and Kellogg Co.'s U.S. cereal plants to nurses in Massachusetts and distillery workers in Kentucky, tens of thousands of union workers across a vast swath of industries are either on strike or close to it, leading some to dub this month "Strike-tober." One of Hollywood's most powerful unions settled over the weekend to avoid a strike – the first in its 128-year history – that had been set to begin Monday.

"Workers are right to think the ball is in their court," said Adam Seth Litwin, a professor of industrial and labor relations at Cornell University. "They need to take a really big bite of the apple right now, because whatever they get they're going to have it in their mouth for a long time."

The newfound forcefulness of labor unions is in stark contrast to the direction of the last several decades. Private-sector unionization has plummeted for

generations as some industries decamped to the largely ununionized American South and a slack labor market made it easier to replace striking workers. Only 10.8% of the U.S. workforce belonged to unions last year, Bureau of Labor Statistics data shows. That's down from a peak of 34.8% in 1954, according to Pew Research Center. Amid threats of automation or offshoring, and companies taking full advantage of the leeway afforded to them by the courts, those dwindling unionized workers made significant concessions in past contract fights, unsure they had a better alternative.

But now employees, trying to reclaim what they gave up before, have been emboldened by a series of related events: soaring company profits, a renewed respect for essential workers and rekindled political will in Washington. Plus there's the hard truth of today's labor market: Companies in many industries are finding employees downright impossible to replace. Here are several key factors at play:

Essential workers feel essential

Working through the pandemic has been a transformative experience for many laborers, who garnered public support as "essential workers." At the same time, many felt the companies they worked for didn't do what was necessary to keep them safe or reward their sacrifices.

"Essential workers are tired of being thanked one day and then treated as expendable the next day," Liz Shuler, president of the AFL-CIO, said in a speech Oct. 13 in Washington, D.C. "The headline isn't that there's a shortage of people willing to return to work. Instead, it's a scarcity story. We have a shortage of safe, good-paying, sustainable jobs."

That's the feeling at John Deere, where assembly employees were categorized as front-line workers to continue operations, creating a sense that the company owes them. Kellogg work-

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Fast-food restaurant worker handing food to a drive-thru customer. GETTY IMAGES

Jobs

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federal unemployment benefits that phased out last month.

Struggling to find workers

Yet consumer demand remains strong as the economy continues to reopen and many Americans remain flush with more than \$2.5 trillion in extra cash from government stimulus checks or from hunkering down earlier in the crisis.

The result: Businesses need workers but are struggling to find them.

One sign the job-switching will continue: Nearly three-quarters of workers say they're thinking about quitting, according to a survey by Joblist, which provides online tools to job seekers.

The pendulum will eventually swing back to employers, at least to some extent, says economist Sophia Koropecykj of Moody's Analytics. Parents will go back to work as schools fully reopen by next year, easing worker shortages and reducing employees' bargaining power. The economy will slow and the number of openings will decline, she says.

At the same time, she says, millions of baby boomers will retire in coming years and unemployment should fall below 4% by 2023.

"The tight labor market could enable workers to maintain a stronger bargaining position vis-a-vis employers for longer than the pandemic recovery," Koropecykj says.

Here's why workers are quitting:

1. Lots of openings, higher pay

About 63% of workers planned to switch jobs through year-end because of the abundance of openings, many at higher pay, according to a July survey by Joblist for USA TODAY. Seventeen percent of workers said they quit because of low pay or a lack of benefits at a previous job, according to another Joblist survey.

U.S. wages and salaries grew 3.5% in the second quarter, the most in nearly 20 years, according to Labor's Employment Cost Index.

2. Working remotely

Fifty-four percent of workers surveyed by ZipRecruiter in September said they preferred a job that let them work from home. Only about 10% of jobs offer that option, though that's up from 3% before the pandemic, Pollak says.

Many employees, in turn, are leaving jobs that require them to work in offices, says Jim McCoy, senior vice president of talent solutions at ManpowerGroup.

That could eventually prod more companies to allow remote work, Pollak says.

3. Upset with COVID work experience

Nineteen percent of workers said they're unhappy with how employers treated them during the pandemic. This could include those who burned out after being forced to work long hours while colleagues were out or are in stressful industries such as health care.

4. Switching careers

Twenty percent of workers surveyed by Joblist quit jobs to pursue new career paths, and their passions.

After graduating from college in May 2020, Shane Eyerhann of St. Louis couldn't find a job in his preferred field of medical sales – or any kind of sales – so he took a position handling insurance claims for a freight company. "It was repetitive," he says.

This year, he started seeing more postings for sales jobs and landed one as a sales representative for a company that makes synthetic colors for the food and paint industries. The salary is \$15,000 higher than his previous job, allowing him to move out of his parents' house.

Many restaurant and retail workers, in particular, grew weary of the low pay and health risks that came with their jobs. In August, 892,000 workers in restaurants, bars and hotels quit as did 721,000 retail workers.

About 25% of hospitality workers surveyed by Joblist said they wouldn't want to work in the industry again.

And 20% of all workers say the pandemic caused them to change the kind of role they were seeking to one that permitted remote work, a ZipRecruiter survey shows.

5. Work-life balance

Thirteen percent of workers quit because their jobs didn't provide work-life balance, the Joblist poll reveals.

Since late last year, Mark Meadors, who's in his early 30s, was putting in more than 70 hours a week at four jobs –

a full-time position in human resources for a construction company and part-time gigs at a grocery store, boat dealership and in the Air Force Reserve.

Meadors, who lives in Knoxville, Tennessee, took the part-time jobs because he felt his HR position wasn't stable as the pandemic buffeted the construction industry.

The grind left him exhausted and with little time to spend with his wife and five kids. As job openings soared, Meadors quit the HR, grocery store and boat dealer positions to take a more secure human resources job at a university. He continues his duties in the Air Force Reserve.

"It was a relief," says Meadors, who left the Air Force in 2019. "I've got to attend to the needs of my family, and I've got to be there for them."

6. Health concerns

Forty-four percent of workers are quitting at least in part because of a focus on health issues, according to a survey by Digital.com, a consulting firm for small businesses. The delta variant may have prompted people in regions with no mask mandates or social distancing requirements to quit, Koropecykj of Moody's Analytics says.

7. Starting their own business

One-third of workers quit jobs to launch businesses, the Digital.com survey shows.

Why COVID boosters weren't tweaked to better match variants

Original formulas used for extra shots

Lauran Neergaard
ASSOCIATED PRESS

More COVID-19 booster shots may be on the way – but when it's your turn, you'll get an extra dose of the original vaccine, not one updated to better match the extra-contagious delta variant.

And that has some experts wondering if the booster campaign is a bit of a missed opportunity to target delta and its likely descendants.

"Don't we want to match the new strains that are most likely to circulate as closely as possible?" Dr. Cody Meissner of Tufts Medical Center, an adviser to the Food and Drug Administration, challenged Pfizer scientists recently.

"I don't quite understand why this is not delta because that's what we're facing right now," fellow adviser Dr. Patrick Moore of the University of Pittsburgh said last week as government experts debated whether it's time for Moderna boosters. He wondered if such a switch would be particularly useful to block mild infection.

The simple answer: The FDA last month OK'd extra doses of Pfizer's original recipe after studies showed it still works well enough against delta – and those doses could be rolled out right away. Now the FDA is weighing evidence for boosters of the original Moderna and Johnson & Johnson vaccines.

"It's less churn and burn on the manufacturing" to only switch formulas when it's really necessary, said FDA vaccine chief Dr. Peter Marks.

But Pfizer and Moderna are hedging their bets. They're already testing experimental doses customized to delta and another variant, learning how to rapidly tweak the formula in case a change eventually is needed – for today's mutants or a brand new one. The tougher question for regulators is how they'd decide if and when to ever order such a switch.

What we know:



In September, the Food and Drug Administration approved extra doses of Pfizer's original COVID-19 vaccine after studies showed it still works well enough against the delta variant. And the FDA is weighing evidence for boosters of the original Moderna and Johnson & Johnson vaccines. CHARLES KRUPA/AP

Current vaccines are working even against delta

Vaccines used in the U.S. remain strongly effective against hospitalization and death from COVID-19, even after the delta variant took over, but authorities hope to shore up waning protection against less severe infection and for high-risk populations. Studies show an extra dose of the original formulas revs up virus-fighting antibodies that fend off infection, including antibodies that target delta.

Might a delta-specific booster work even better?

Vaccines target the spike protein that coats the coronavirus. Mutations in that protein made delta more contagious but to the immune system, it doesn't look all that different, said virus expert Richard Webby of St. Jude Children's Research Hospital.

That means there's no guarantee a delta-specific booster would protect any better, said University of Pennsylvania immunologist John Wherry. Waiting for studies to settle that question – and if necessary, brewing updated doses – would have delayed rolling out boosters to people deemed to need

them now.

Still, because delta is now the dominant version of the virus worldwide it almost certainly will be a common ancestor for whatever evolves next in a mostly unvaccinated world, said Trevor Bedford, a biologist and genetics expert at the Fred Hutchinson Cancer Research Center.

A delta-updated vaccine would "help to provide a buffer against those additional mutations," he said. Bedford is paid by the Howard Hughes Medical Institute, which also supports The Associated Press Health and Science Department.

Tweaking the recipe

The Pfizer and Moderna vaccines are made with a piece of genetic code called messenger RNA that tells the body to make harmless copies of the spike protein so it's trained to recognize the virus. Updating the formula merely requires swapping out the original genetic code with mRNA for a mutated spike protein.

Both companies first experimented with tweaked doses against a mutant that emerged in South Africa, the beta variant, that has been the most vaccine-resistant to date, more so than the delta variant. Lab tests showed the updated shots produced potent antibodies. But the beta variant didn't spread widely.

Now the companies have studies underway of fully vaccinated people who agreed to test a booster dose tweaked to match delta. Moderna's studies also include some shots that combine protection against more than one version of the coronavirus – much like today's flu vaccines work against multiple influenza strains.

The mRNA vaccines are considered the easiest kind to tweak but some other vaccine makers also are exploring how to change their recipes if necessary.

Why study updated shots if they're not yet needed?

Moderna's Dr. Jacqueline Miller told an FDA advisory panel last week the

company is studying variant-specific boosters now to learn if they offer advantages, and to be ready if they're needed.

And Penn's Wherry said it is critical to carefully analyze how the body reacts to updated shots because the immune system tends to "imprint" a stronger memory of the first virus strain it encounters. That raises questions about whether a subtly different booster would prompt a temporary jump in antibodies the body's made before – or the bigger goal, a broader and more durable response that might even be better positioned for the next mutations to come along.

No rules yet for making a switch

"What is the tripping point?" asked Webby, who is part of a World Health Organization network that tracks influenza evolution. "A lot of what is going to need to go into that decision making is just going to be learned by experience, unfortunately."

Bedford said now is the time to decide what drop in vaccine effectiveness would trigger a formula change, just as is done with flu vaccines every year.

That's important not just if a dramatically worse variant suddenly develops. Like many scientists, Bedford expects the coronavirus to eventually evolve from a global crisis into a regular threat every winter – which might mean more regular boosters, maybe even yearly in combination with the flu shot.

Timing between shots matters, too, Wherry noted.

"Your boostability may actually improve with longer intervals between stimulation," he said. While scientists have learned a lot about the coronavirus, "the story's not finished yet and we don't know what the last chapters say."

The Associated Press Health and Science Department receives support from the Howard Hughes Medical Institute's Department of Science Education. The AP is solely responsible for all content.

Unions

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ers, too, feel like they put themselves at risk in order to keep America's pantries full during lockdowns.

"When it comes to the contract, that raises the bar for what they'd like to see and what they think they deserve," said Harley Shaiken, a labor professor at the University of California, Berkeley.

Above all, the pandemic made a lot of workers rethink their values and priorities, and that's coming to a head in collective bargaining.

"COVID put the rat race in perspective," said Amy Thurlow, a Los Angeles-based script coordinator represented by the International Alliance of Theatrical Stage Employees union. Thurlow, 33, said it isn't uncommon for her to work 80-hour weeks and on weekends. Now it's, "Oh wait, getting to see your family is very important."

Company profits are soaring

Also at play are rising profits. Deere has already posted a record \$4.7 billion profit this year, creating a perception among some workers that the manufacturer is holding out on wages and benefits. "My message is they have a righteous strike and they have a right to demand higher wages," President Joe Biden said on Friday of the John Deere workers.

There's a similar feeling at Kellogg. Before the pandemic, cereal was almost an albatross around the company's neck, as consumers found more exciting breakfast options. But that changed as everyone got locked up at home – U.S. consumption of Kellogg's cereal was up almost 16% year-on-year at the start of the pandemic.

Kellogg Chief Executive Officer Steven Cahillane was awarded a compensation package valued at \$11.67 million for 2020, creating a ratio of 279 to 1 when compared with the median total compensation for the rest of the company's employees, filings show. National, CEO pay in 2020 grew 19% over the previous year, according to the left-leaning Economic Policy Institute.

"Workers are producing food that's increased in demand and increased



More than 10,000 John Deere employees, represented by the United Auto Workers union, walked off the job after failing to agree to a new contract. SCOTT OLSON/GETTY IMAGES VIA TNS

profits during the pandemic," said Rebecca Givan, an associate professor of labor studies and employment relations in the School of Management and Labor Relations at Rutgers University. "And now they're being required to work extremely long hours and not getting any share of those increased profits."

Tight labor market

A shortage of workers is also giving unions more confidence they can walk off the job without being replaced. The latest jobs report from the Labor Department showed the U.S. added just 194,000 people to payrolls in September, the smallest gain this year. The slower pace of hiring in part reflected employers' struggle to recruit and retain qualified workers.

"In this period of labor shortages, candidly, you're going to have to step up

as an employer," said Chris Thornberg, founding partner of independent research firm Beacon Economics LLC. "You're going to have offer more: better training, better quality of life."

Job openings in the U.S. currently sit near a record 11 million, while the quits rate was at 2.9% in August, the highest since 2000. "Workers feel it," Thornberg said. "They know it's a seller's market."

Groundswell of support

For the first time in awhile, unions feel like Washington is on their side, given the Biden administration's union bent and left-wing politicians like Sen. Bernie Sanders, I-Vt., and Rep. Alexandria Ocasio-Cortez, D-N.Y., amplifying their voices.

"Not only the economic power, but the political power, is on their side," Cornell's Litwin said. "Employers are going

to cave because they know they have to."

Each successful union win is also galvanizing for those still in the throes of collective bargaining. "Strikes are contagious in that every time a worker sees a successful strike, they can see what they can win by going on strike," said Givan, the Rutgers professor.

The Kellogg cereal workers are members of the Bakery, Confectionery, Tobacco Workers and Grain Millers International Union – the same ones that represented the Nabisco workers in their strike this summer, which brought increased wages and more flexible work schedules.

"It's become more of a movement than ever before," said Dan Osborn, local president of the Omaha chapter of the BCTGM. "The more we win, the more we're going to continue to win."



Dear Annie
Annie Lane

Age gap is inappropriate

Dear Annie: My husband is 59 years old and thinks it is OK to ogle young girls less than 18 years of age – more like 15 to 16. He does this with me present and says it is natural behavior and that all men do it.

I say it is disrespectful to me and resembles pedophile behavior. I am 64 years old, and he had an affair with a 29-year-old female about a year ago. What is your opinion?

Feeling the Sting of Growing Old

Dear Feeling Old: I'm not sure why your husband's actions are making you feel old instead of disgusted. You should dump him. His pedophile behavior – and, yes, that is what it is – has nothing to do with your age and everything to do with his Lolita complex. He needs to seek treatment immediately. A 59-year-old man staring at 15-year-old girls and having an affair with a girl in her 20s? You can do better.

Dear Annie: I was married for 10 years to the father of my 40-year-old daughter. We divorced when she was 7; he left me to continue a relationship I didn't know he was having. That lasted six months. He has since been married twice more and had many other relationships between and during those marriages. The thing is, I had no idea he was not monogamous until he left.

I have always been well-employed and capable of supporting myself and our daughter without a second income. Before he left me, he took a distant job that uprooted me, with my compliance, because we were married and, I thought, happy. We moved again, and I went along.

Less than a month after he left me, several long-time friends told me they knew of his affairs before our daughter was born. My point: People in a relationship, or who think they're in a relationship, with a player deserve to know about it as soon as their friends do. I would never have temporarily short-circuited my career, left my home city, or packed and unpacked households endlessly had I known about his predilections. Thank goodness he left when he did!

It's been 33 years. My daughter and I are close; I have a great life and career. But I'm weighing in because of the queasiness I read here on this subject; just like you'd tell a friend that she has spinach in her teeth or toilet paper on her shoe, for heaven's sake, give her a heads up if you're certain that her spouse repeatedly acts single when she's not around.

To answer an unspoken question, I never felt angry at my friends. Enough time was already wasted. *The Truth Set Me Free*

Dear Truth: It sounds like you made great steps toward creating a wonderful life without your husband. Thank you for your letter.

Send your questions for Annie Lane to dearannie@creators.com.

Here's simple solution to hard water stains



Hints From Heloise
Heloise

Dear Heloise: HELP! I bought a preowned home, and it's nice except that where I live I have hard water stains on my chrome faucets and bathroom fixtures. How do I remove this?

Alan F., San Antonio, Texas

Alan: Yes, those stains can ruin the look of your bathroom, but there is a simple solution to this problem. To get rid of soap buildup and hard-water stains, clean the sink and faucets with undiluted white vinegar. If some of the stains are stubborn, soak a paper towel with vinegar, then lay it on the stain for a while before adding some elbow grease to get the stains off.

My pamphlet "Heloise's Fantabulous Vinegar Hints and More" contains simple cleaning and recipe hints that will make your cleaning chores easier and less expensive. To get a copy, just go to www.Heloise.com, or send \$5, along with a stamped (75 cents), self-addressed, long envelope to: Heloise/Vinegar, P.O. Box 795001, San Antonio, TX 78279-5001. Why spend hours on household chores when your cleaning can be done in less time?

Heloise

Dear Heloise: I like to make far more food than I know we'll eat, because I always freeze the leftovers. I usually prepare a huge dinner on Sunday using chili, stew or a homemade soup and freeze whatever is left. This allows my husband to thaw out a meal in the microwave and heat up a home-cooked meal instead of eating dinner at a fast-food place where the salt and fat content is high on those evenings when I have to work late or am out of town.

Faith N., New Castle, Pennsylvania

Faith: That's a good idea, and I think most stews and chili tastes even better a day or two after it's made.

Heloise

Dear Heloise: My 8-year-old son loves carrots. If he asks for a treat to nibble on before dinner, he'll usually get out a carrot and eat it with gusto! I'm glad he'd rather have a carrot than candy, but I worry that his love of carrots might be due to some vitamin shortage. Is it safe to let him eat carrots all the time?

Taylor M., Escondido, California

Taylor: If you have any health concerns about your son, I suggest having a doctor take a look at him. However, carrots have a slightly sweet taste, which might be the reason he likes them, and this might be a passing phase.

Half a cup of carrots contains about 25 calories, 2 grams of fiber, 3 grams of sugar along with vitamins A, K and C.

Heloise

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.

Thursday, Oct. 21

Women in Entrepreneurship Week continues with a panel discussion about financing the BIG idea beginning at 6:30 p.m. in Magruder Hall 2001 or on Zoom. For more information, email boughton@truman.edu.

Oct. 22-23

The Curtain Call Theatre group performs "Rehearsal for Murder" at 7 p.m. in their theater at 512 W. Elizabeth St. A year after his fiancée's death, a playwright schedules a rehearsal for his new play, which proves to be a trap for her killer. For costs and more information go to: curtaincalltheater.org. Tickets available at HyVee or at the theater the nights of the performances.

Saturday, Oct. 23

- Truman State University celebrates Homecoming with a Bulldog Forever 5K Run/Walk at 9 a.m. beginning at Barnett Hall on South Franklin. At 9 a.m. the Homecoming Parade begins. The route is along Franklin Street in downtown Kirksville. Kickoff for the football game begins at 2 p.m. at Stokes Stadium. The Bulldogs play William Jewell College. For more information, go to homecoming.truman.edu.
- Kirksville Parks and Recreation Department hosts a free Halloween Flashlight Eggstravaganza at 7 p.m. at the North Park Complex, 2710 Novinger St. Be sure to bring your own flashlight and bag. Kids, ages 5 and under are on the yellow field. Kids, ages 6-8, are on the orange field. Kids ages 9-12 are on the green field. For more information, call 660-627-1485.

Tuesday, Oct. 26

The Missouri Conservation Center, 3500 S. Baltimore hosts a craft and movie night. The nature craft begins at 5 p.m. and the documentary film, "A Murder of Crows" will be shown at 6:30 p.m. Crow experts from around the world present new footage of crows as you have never seen them before. You MUST preregister at mdc.mo.gov/events by 5 p.m. Oct. 26.



From colossal to miniature, shrimp are sold in a range of sizes. GETTY IMAGES

Add shrimp to amp up any celebratory meal

Tammy Algood Special to Nashville Tennessean
USA TODAY NETWORK - TENNESSEE

Where there's a place for enjoying a meal, more than likely, there is shrimp on the menu. It has always been my favorite item for kicking the elegance up on special occasions. I make sure it is planned for every month because there's always something to celebrate.

Shrimp are 10-legged crustaceans that are found all over the world. There are literally hundreds of species with shells that can range from light brown to deep green.

All are divided into categories of warm-water or cold-water shrimp. A general rule of thumb is the colder the water, the smaller but more succulent the shrimp will be.

But even though the divisions are based on water temperature, they are marketed according to size. These can be anywhere from colossal to miniature, with the bigger ones having the biggest price tag. Those that are sold raw and with the shells intact are often referred to as "green shrimp."

If you purchase them with the heads on, remember that it accounts for a third of the weight. That means you'll need to buy a third more to have the right amount for the recipe. I usually purchase raw headless in the shell. Two pounds of that will give me a pound of cooked, peeled, deveined shrimp.

Although most recipes say you can devein before or after cooking, I always do it before. If you have a shrimp peeler, it will devein as it peels. But a sharp knife works just as well. Simply run it down the center of the back and rinse out the vein.

There is only one way to cook shrimp badly and that's to cook it too long. At that point, it goes from tender and delicious to rubbery.

Follow her at www.hauteflavor.com

Obituaries

TODAY'S OBITUARIES AND DEATH NOTICES

Name	Age	Town, State	Death Date	Arrangements
*Deeny, Dan	-	Kirksville	15-Oct	Travis-Noe Funeral Home

* Additional information in display obituaries

Obituaries appear in print and online at legacy.com/obituaries/kirksvilledailyexpress

Dan Deeny

KIRKSVILLE - Dan Deeny, 73, of Kirksville, Missouri, passed away Friday (October 15, 2021) at the Boone Medical Center in Columbia, Missouri.

Dan was born August 7, 1948 in Storm Lake, Iowa. On August 16, 1991 Dan was united in marriage to Sahay (Tsehaye) Tesfaye at St. Michael's Catholic Church in Spalding, Nebraska.

Dan is survived by his daughter, Beza Daniel, of Nome, Alaska as well as his brother, Brian (Chizuko), of Fort Collins, Colorado and sister, Sharon, of Cork, Ireland, and many other relatives.

He attended St. John's Preparatory School in Collegeville, Minnesota where he played football and golf, graduating in 1966. In 1970 he earned a BA in history and German with a minor in English from Marquette University, Milwaukee, Wisconsin. During a number of summer breaks he worked at breweries in Austria. After graduating he joined the Peace Corps, serving as a teacher in Ethiopia for several years. He taught German, French, Spanish and English and coached football and soccer teams in public and Catholic schools in Nebraska and Missouri for about 20 years.

Dan supplemented his German, French and Spanish language skills with study at the University de Bourgogne, Dijon, France, Middlebury College in Vermont, the University of Iowa, and the University Laval in Quebec and improved his Amharic at Northwestern University in Illinois. He received his MA in Education from the University of Nebraska in 1998.

Dan followed social and political issues and loved reading history, biography and theology and watching films in the languages he had studied. He was a loyal attendee of the Truman State University soccer matches. With coaching from his daughter, he experimented with Ethiopian recipes downloaded from the internet. In his later years he had returned to golfing. He was actively involved in the Kirksville Mary Immaculate Church community and the Camboni Missionaries school in Awassa, Ethiopia. He loved his wife and daughter very much and was both a good son and model older brother. He will be sorely missed.

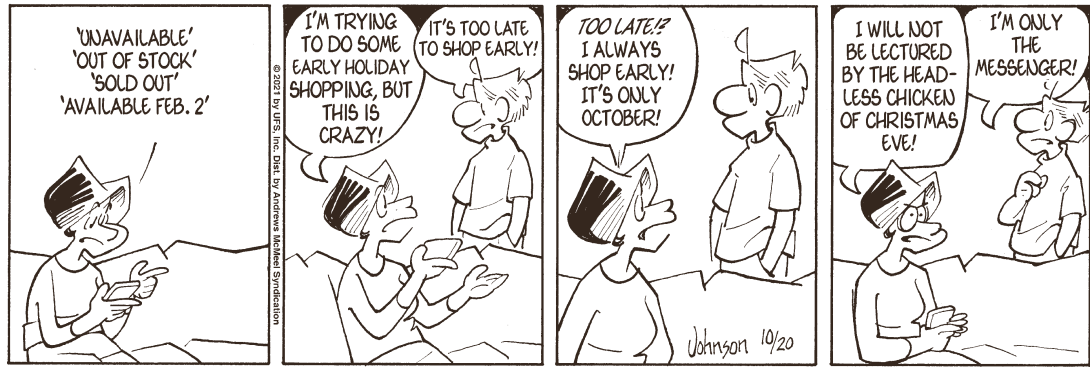
Public visitation will be held Tuesday, October 19, 2021 from 6:00 to 8:00 p.m. with a Wake Service held at 7:00 p.m. in the chapel of Travis-Noe Funeral Home in Kirksville.

Mass of Christian Burial will be held 10:00 a.m. Wednesday, October 20, 2021 at Mary Immaculate Catholic Church in Kirksville, with Monsignor Marion Makarewicz presiding. Interment will follow Mass at Mary Immaculate Catholic Cemetery in Kirksville, under the direction of Travis-Noe Funeral Home.

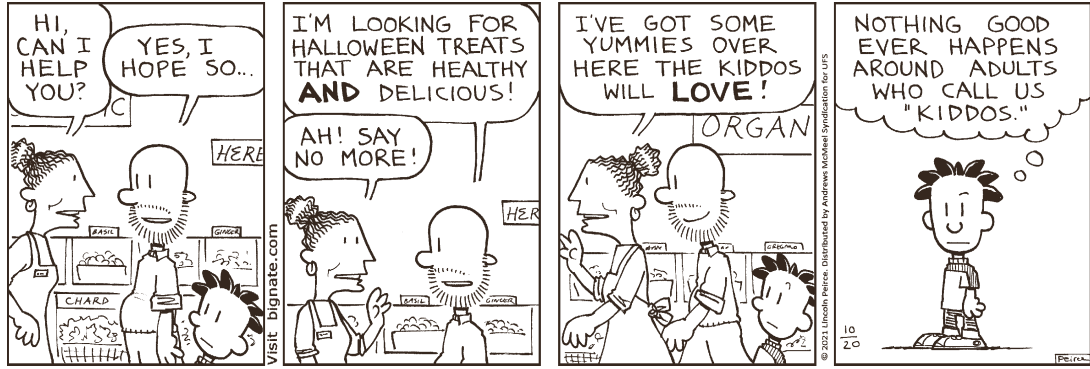
The Memories Remain

COMICS

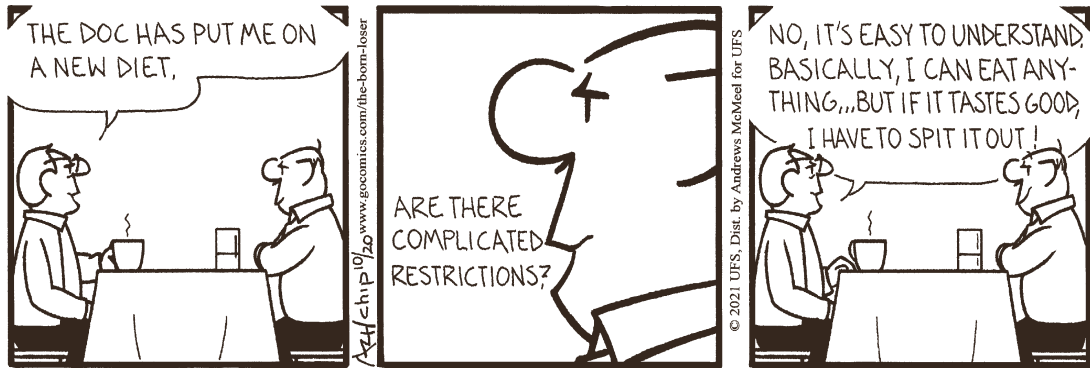
ARLO AND JANIS



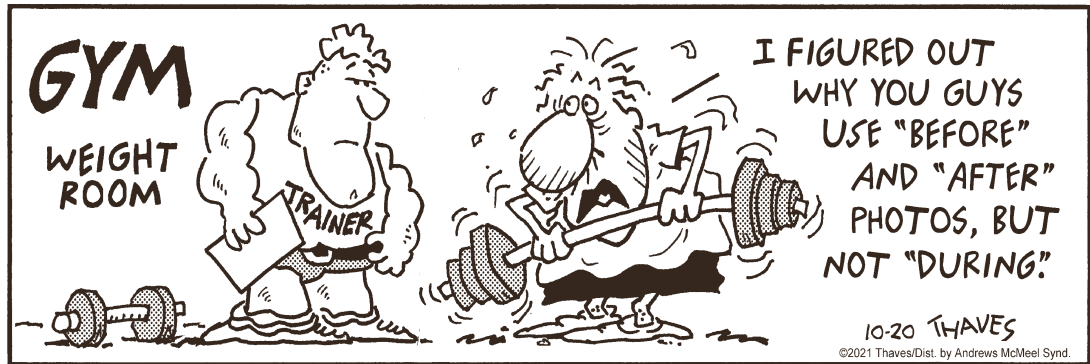
BIG NATE



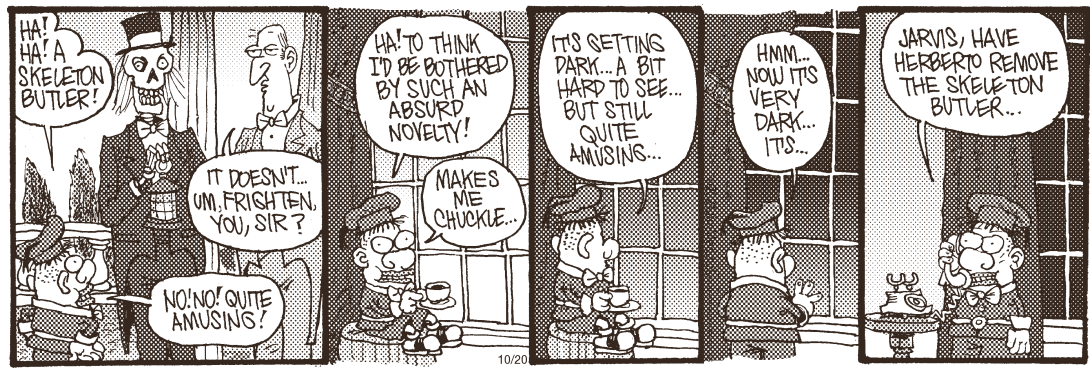
THE BORN LOSER



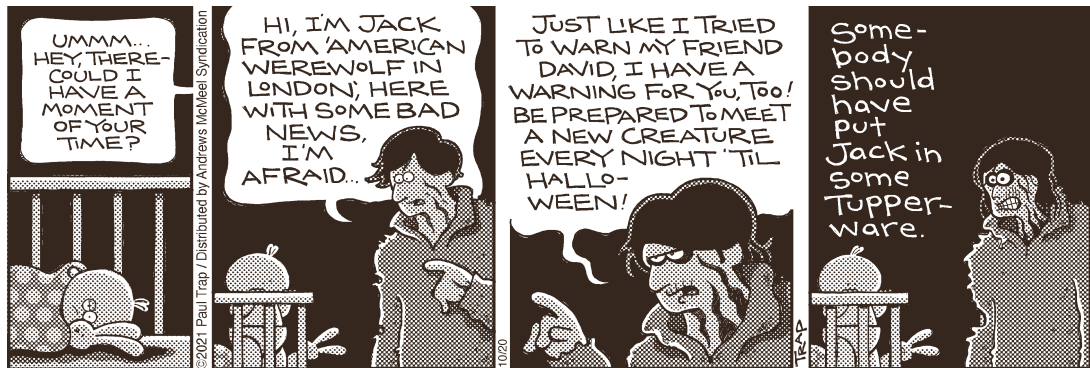
FRANK AND ERNEST



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

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

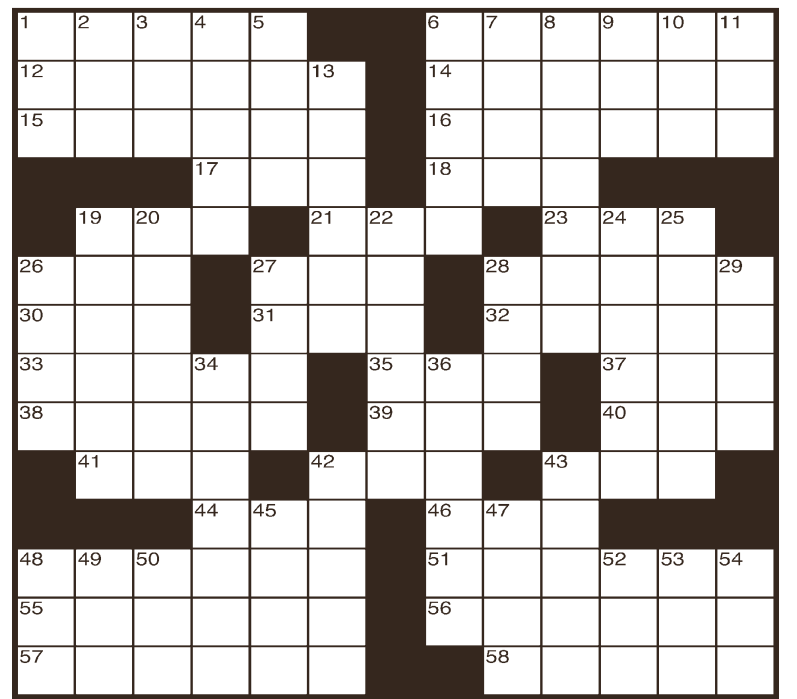
CROSSWORD

- ACROSS**
 1 Neatened the lawn
 6 Shoelace hole
 12 Horned animals
 14 Say from memory
 15 Musical composition
 16 Federated
 17 Wisconsin hrs.
 18 Health resort
 19 Blubbery
 21 WSW opposite
 23 Mischief-maker
 26 Wallach or Lilly
 27 Joey or Kiki
 28 Thief
 30 Balloon filler
 31 Coast Guard off.
 32 Japanese port
 33 Beach scavengers
 35 Male cat or turkey
 37 Make after taxes
- DOWN**
 2 "So that's it!"
 3 Get the championship
 4 Pass, as a bill
 5 Sprinkles
 6 Rub out
 7 Bark
 8 Bakery goodies
 9 52, to Livy

Answer to Previous Puzzle

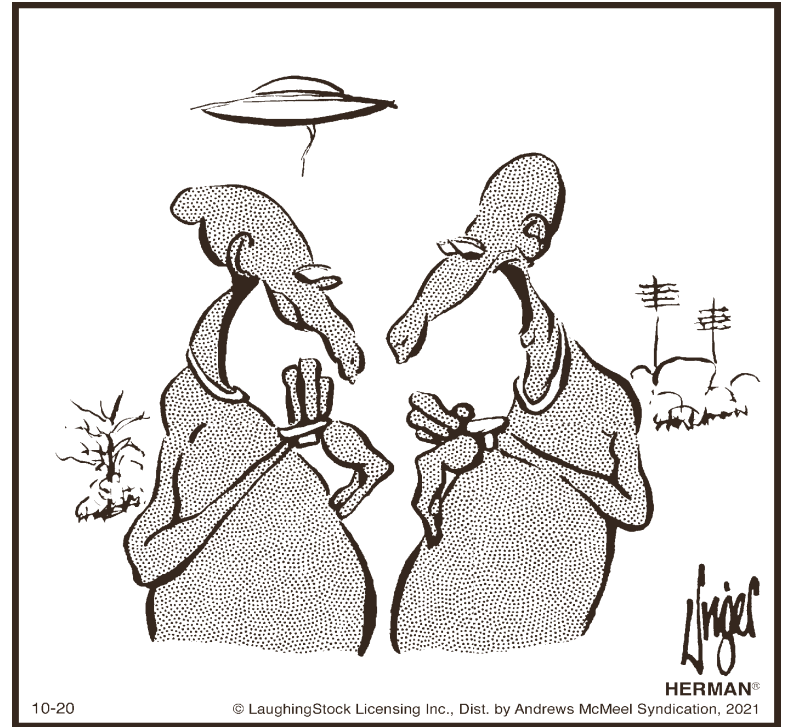
W	A	R	S	F	A	U	N	C	I	D
E	B	A	Y	A	S	T	I	A	N	A
B	A	W	L	W	H	A	M	S	K	Y
S	T	E	V	E	N	O	K	A	Y	S
E	R	A	T	A	Y	N				
				N	O	B	E	L	E	C
V	E	X	N	U	M	B	W	E	A	R
A	W	L	S	S	M	U	G	E	L	K
N	E	S	T	T	A	M	E	D		
				A	L	S	R	A	C	E
D	I	E	G	O	Z	E	B	R	A	S
I	D	S	L	A	M	E	B	U	R	L
V	E	T	L	U	A	U	L	E	N	O
E	S	A	S	K	I	S	E	L	S	E

- 10 Summer in Savoie
 11 Danson or Kennedy
 13 Lustrous fabric
 19 Show off
 20 Supermarket lanes
 22 Cuddle loudly
 24 Sighed loudly
 25 Fireplace tools
 26 Farm products
 27 Classroom fixture
 28 Remove tangles
 29 Klondike
 34 Pampered pets
- 36 Garage squirter
 42 Like damp rocks
 43 Major artery
 45 Salt Lake state
 47 Poet's black
 48 Old garment
 49 Flightless bird
 50 Jewelry item
 52 Draw a bead on
 53 Mother rabbit
 54 Draw to a close



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HERMAN



"Do we set our watches back 4,000 years or forward 4,000 years?"

HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): Make a promise to someone you love, and you will receive the support you require to reach an important milestone. Put health, joint endeavors and finances first. ☆☆☆

Taurus (April 20-May 20): Don't stumble when precision and detail are required. Put a safety net in place, and proceed with confidence. Keep moderation in mind. ☆☆☆

Gemini (May 21-June 20): You'll gain recognition for what you accomplish. An opportunity to use your skills and your intelligence will help you sell what you have to offer. ☆☆☆

Cancer (June 21-July 22): Lean on someone who has shared and relied on you for support. The assistance you receive will encourage a unique relationship to develop. ☆☆☆

Leo (July 23-Aug. 22): Gravitate toward what makes you feel comfortable. Home improvements will pay off and offer the freedom to make positive adjustments that suit your financial needs. ☆☆☆

Virgo (Aug. 23-Sept. 22): Take good care of domestic matters and your physical well-being. Don't get into an emotional tiff with a friend or relative. Keep the peace and go about your business. ☆☆☆

Libra (Sept. 23-Oct. 22): Don't limit yourself because of a decision someone makes. Finish what you set out to do. Personal growth and self-improvement will be enlightening. ☆☆☆

Scorpio (Oct. 23-Nov. 21): Research, develop and formulate what you are trying to achieve, and map out a path that will take you from where you are to where you want to be. ☆☆☆

Sagittarius (Nov. 22-Dec. 21): Focus on efficiency and getting along with those you live or work alongside. Don't let an outsider interfere with your plans. ☆☆☆

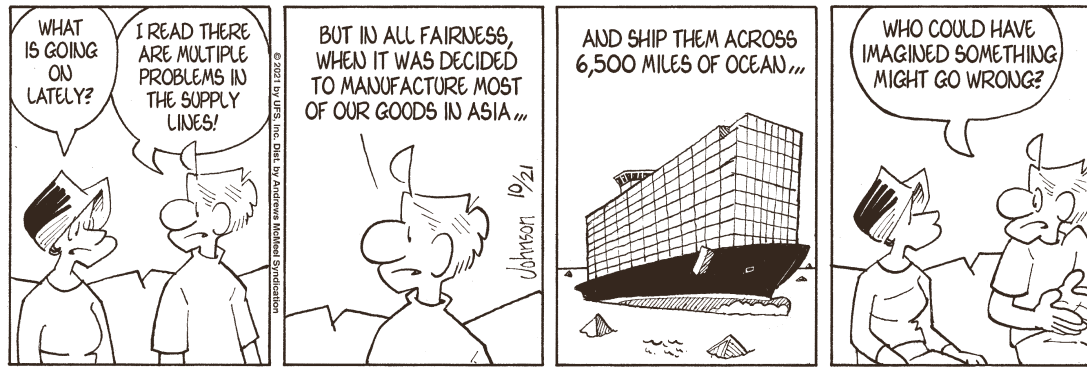
Capricorn (Dec. 22-Jan. 19): Elaborate, leave nothing to chance and choose your battles wisely. Emotions will surface, causing disputes with friends and relatives if you don't play fair. ☆☆☆

Aquarius (Jan. 20-Feb. 18): Put on your happy, optimistic face, and charge forward with enthusiasm. Your attitude will make a difference when faced with controversy or opposition. ☆☆☆

Pisces (Feb. 19-March 20): Play to win when dealing with challenging situations. Use your insight and unique outlook to outmaneuver anyone who gets in your way. ☆☆☆

COMICS

ARLO AND JANIS



BIG NATE



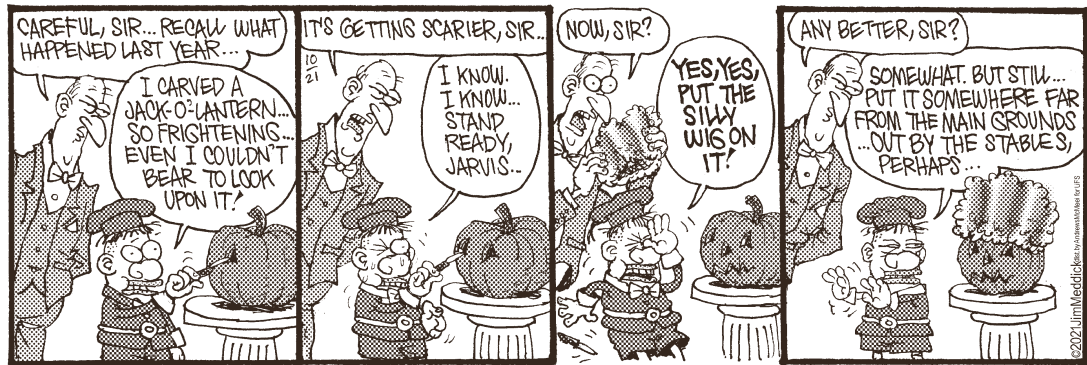
THE BORN LOSER



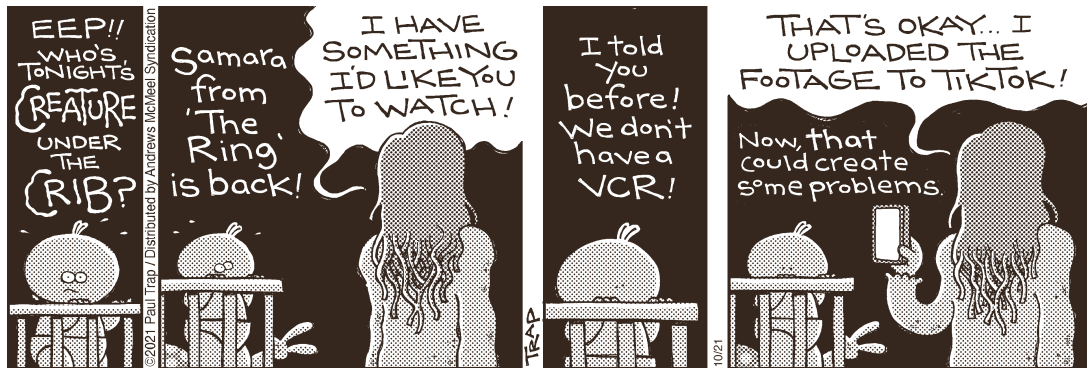
FRANK AND ERNEST



MONTY



THATABABY



SUDOKU

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

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

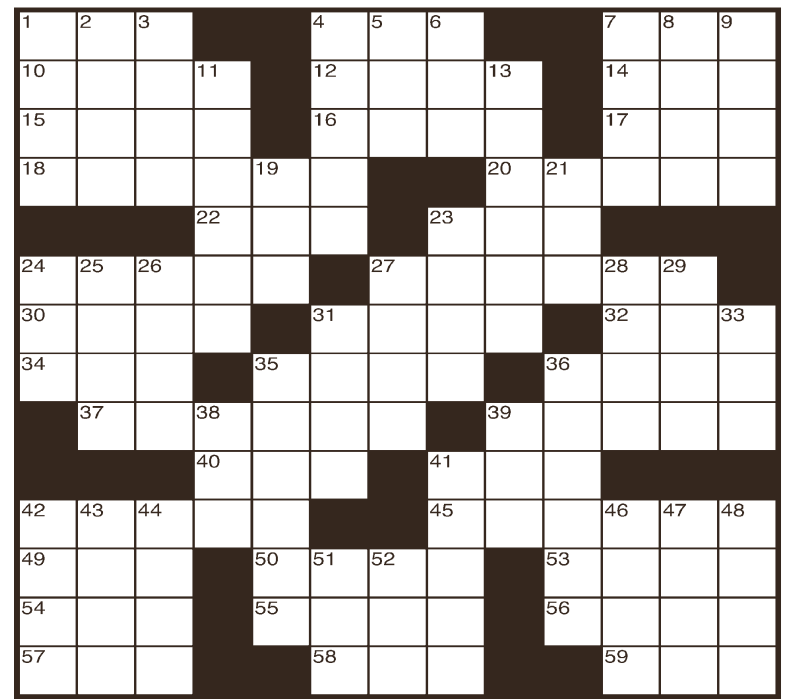
PREVIOUS ANSWER

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

CROSSWORD

- ACROSS**
- 1 "Bam!"
 - 4 Chilly and damp
 - 7 Fuse word
 - 10 Caspian Sea feeder
 - 12 Sheik, usually
 - 14 Moo goo — pan
 - 15 Construction toy
 - 16 Muse count
 - 17 Vase
 - 18 Pretending to be
 - 20 Word of woe
 - 22 Equal score
 - 23 Deli order
 - 24 Use force
 - 27 Under-stands (2 wds.)
 - 30 Posterior
 - 31 Come unraveled
 - 32 Back again
 - 34 Rainbow shape
 - 35 Century component
 - 36 Where Vietnam is
- DOWN**
- 1 Part of an orange
 - 2 Two-piece cookie
 - 3 Moves side to side
 - 4 Mountain chain
 - 5 Jackie's tycoon
 - 6 Unnaturally pale
 - 7 Water, in Baja

- Answer to Previous Puzzle**
- | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | O | W | E | D | | E | Y | E | L | E | T | |
| R | H | I | N | O | S | | R | E | C | I | T | E |
| S | O | N | A | T | A | | A | L | L | I | E | D |
| | | | C | S | T | | S | P | A | | | |
| | F | A | T | E | N | E | I | M | P | | | |
| E | L | I | D | E | E | | C | R | O | O | K | |
| G | A | S | E | N | S | | O | S | A | K | A | |
| G | U | L | L | S | T | O | M | N | E | T | | |
| S | N | E | A | K | | L | I | B | E | R | E | |
| T | S | P | | M | E | L | | A | D | S | | |
| | | | D | U | O | | C | E | O | | | |
| R | E | P | O | T | S | | A | B | R | A | D | E |
| A | M | I | G | A | S | | N | O | T | I | O | N |
| G | U | N | S | H | Y | | N | A | M | E | D | |
- ACROSS**
- 8 Cleopatra's wooer
 - 9 Lemonade color
 - 11 Dawdle
 - 13 "— and the Beast"
 - 19 Zilch
 - 21 Units of wt.
 - 23 Char
 - 24 A Gershwin
 - 25 Griffin of game shows
 - 26 Gait
 - 27 Dingy
 - 28 In that case (2 wds.)
 - 29 Small band
 - 31 Gala
 - 33 Shade tree
- DOWN**
- 35 Barked
 - 36 Cool bowers
 - 38 Ewe's mate
 - 39 Crate
 - 41 UPS competitor
 - 42 Catch a fly ball
 - 43 Toy with a tail
 - 44 News article
 - 46 Time in office
 - 47 A big fan of
 - 48 Jacket
 - 51 Actress — Basinger
 - 52 Geologic time period



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HERMAN



"Come on... you won't get to be a guard dog just by looking at it."

HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): Spending time with someone you love will lift your spirits. A day trip or gathering will offer a different perspective of life, love and what's possible. ☆☆☆

Taurus (April 20-May 20): Emotional stubbornness will not help you get ahead. Take care of responsibilities, live up to promises and trust only those who have always been there for you. ☆☆☆

Gemini (May 21-June 20): There will be an undercurrent of misinformation that can affect your reputation. Be honest, or someone will question you until you tell the truth. ☆☆☆

Cancer (June 21-July 22): You'll get the help you need, but it will come at a cost. Try to handle as much as you can on your own, and it will offset going over budget. ☆☆☆

Leo (July 23-Aug. 22): You'll get an emotional jolt from someone offering criticism. Consider what's said and whether it's constructive and can help you improve. ☆☆☆

Virgo (Aug. 23-Sept. 22): An experience you encounter will help you recognize who you can trust. Embrace a change that promises awareness, answers and a chance to make your life better. ☆☆☆

Libra (Sept. 23-Oct. 22): If you depend on others, you will be disappointed. Physical fitness will help you achieve the strength and the image you want to present to the world. ☆☆☆

Scorpio (Oct. 23-Nov. 21): A change of plans will leave you in limbo. Don't lament over something you cannot change; pick up the pieces, and proceed to do what you do best. ☆☆☆

Sagittarius (Nov. 22-Dec. 21): Emotional decisions and moves will set you back. When in doubt, stop and think about what you are doing. Put your energy into your responsibilities. ☆☆☆

Capricorn (Dec. 22-Jan. 19): Examine what you want to accomplish, then push ahead. Letting someone disrupt your plans or momentum will lead to defeat. ☆☆☆

Aquarius (Jan. 20-Feb. 18): Don't let your emotions take over or the decisions someone makes ruin your day. Concentrate on what you want to achieve, and don't stop until you reach your goal. ☆☆☆

Pisces (Feb. 19-March 20): A change to how you earn your living will push you in a new direction. Someone close to you will offer insight into options you may not have considered. ☆☆☆

SPORTS



The Atlanta softball team hoists its district title Friday after an 11-2 win over Linn County. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

Atlanta rides big inning to district title three-peat

Austin Miller
Kirksville Daily Express
USA TODAY NETWORK

Sometimes you just need a little grit. Atlanta proved that in Friday's Class 1 District 11 title game against Linn County. After handily beating the Mustangs on two previous occasions this season, the Hornets came into Friday's game flat and didn't react well to a good offensive start by Linn County.

But in the end, the expected result

happened, with the Hornets winning 11-2 for their third straight district title. The path there was just a bit different than most would have expected.

Atlanta (21-3) ace Abbie Farmer didn't have her best stuff on Friday. She had six walks, was called for several illegal pitches, and had a hard time locating early on. The Mustangs (9-13) took advantage of that in the first few innings.

Linn County's Alyssa Bukovac hit an RBI double off Farmer in the top of the first. The Mustangs plated another run

in the third, with Harley Gaudet taking first on a walk, stealing second, taking third on a passed ball, then scoring on an Atlanta error.

But Farmer looked more like her usual self after that. Linn County loaded the bases with one out in the third, then Farmer struck the next two batters out. She only allowed one hit after the third and finished with 16 strikeouts.

"I got a little upset early, but I fixed it and came through," Farmer said.

"She's battled all year long and she

just has that mental toughness," said Atlanta coach Courtney Garnett. "She has that grit, powered through and let her defense work. I think she did that tonight and I'm proud of her for being tough in the circle."

And the Hornet offense picked up after that. Tied at two in the third, Farmer belted a solo homer to center field to put her team back up.

And in the fifth inning, Atlanta started

See **THREE-PEAT**, Page 9A

Tigers are on wrong end of district title thriller

Austin Miller
Kirksville Daily Express
USA TODAY NETWORK

Kirksville was destined for a 2-1 ballgame.

With their first two district wins coming by that score, coach Derek Allen and the Tigers (22-5-1) knew another heated game awaited them in Saturday's Class 3 District 8 title game against Chillicothe (27-4). The trend held for the third time, though this time with the Tigers on the losing end.

"That's a really good ball club. Kudos to them, my hat's off to them. I hope they go win the whole darn thing — they're good enough to do it," said an emotional Allen, highly complimentary of the Hornets. "Very well coached, they play the game the right way, so honestly, today was more about what they did to get a (W). I don't think we did anything wrong. Of course, there was a mistake or two, but that's championship softball. ... They made us pay when we had a mistake, got the two runs they needed, and got the win."

Kirksville struck first in the third inning with an RBI double from senior catcher Madi McCarty that scored Jada Jackson from second base. That marked the first run Kirksville had scored against Chillicothe pitcher Kinlei Boley in three matchups this year. The Tigers were confident at that point, liking their odds to build onto their lead.

But Boley had other plans and settled



Kirksville catcher Madi McCarty stands on second base after hitting an RBI double in Saturday's district title game against Chillicothe. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

See **TIGERS**, Page 9A

LOCAL ROUNDUP

Oct. 16

High school softball

Class 1 District 10

La Plata 4, Schuyler Co. 1

- La Plata – Wins district title; Claire Coy, HR; Pieper Wood, 3 hits, RBI; Paige Carvajal, 2 RBI; Olivia Coy, WP.
- Schuyler – No stats reported.

Class 2 District 6

Marceline 7, Putnam Co. 2

- Putnam – Claire Tipton, 2-3, RBI; Karlie Ingersoll, RBI.

High school cross country
Kirkville @ NCMC meet

- Kirkville – Boys and girls both took 3rd; Dominic Cahalan, Esme AuBuchon, Addy Jorn, Eva Sterup made all-conference.

High school boys soccer

Fulton 4, Kirkville 0

College football

Southwest Baptist 27, Truman 21

- Truman – Cody Schrader, 101 rushing yards, 2 TDs; Nolan Hair, 240 passing yards, INT, 26 rushing yards, TD.

Oct. 15

High school football

Kirkville 20, Fulton 0

- Kirkville – Ike Danielson, 137 rushing yards, 2 TDs; Jaden Ballinger, 33 rushing yards, TD; Owen Fraser, fumble recovery.

Macon 28, Centralia 22

- Macon – Trevin Shrum, 120 rushing yards.

Milan 17, Polo 8

- Milan – Deric Doportto, 37 carries, 165 rushing yards, TD; John Ray De La Cruz,

70-yard kickoff return TD; Christian Chaparro, 33-yard field goal.

Harrisburg 34, Scotland Co. 30

- Scotland – Alex Long, 219 rushing yards, 2 TDs.

Maysville 51, Putnam Co. 8

- Putnam – Blaine Perkins, 4 catches, 54 yards.

Knox Co. 58, St. Paul Lutheran 54

- Knox – Branson Miller, 6 passing TDs, 2 rushing TDs; Braydon Miller, 4 receiving TDs, 1 fumble recovery; Tanner Gillaspy, 1 receiving TD; Jacob Becker, 1 receiving TD, 1 fumble recovery; Elijah Ward, fumble returned for TD.

High school softball

Class 1 District 10

La Plata 15, Green City 0 F/3

- La Plata – Olivia Coy, 3 RBI; Audrey Belfield, 3 RBI.

Schuyler Co. 6, Brashear 5

- Schuyler – Kyra Cullers, knocked in winning run off Brashear error; Ashlyn Laws, scored winning run, RBI; Kait Hatfield, WP, 11 Ks, 2 RBI; Makinley Aeschliman, 3B, RBI.
- Brashear – Alexa Borgmeyer, HR; Kynleigh White, HR.

Women's college soccer

Truman 1, Quincy 0

- Truman – Izzy Heintz, goal.

Men's college soccer

Quincy 2, Truman 1

- Truman – Luke Payne, goal.

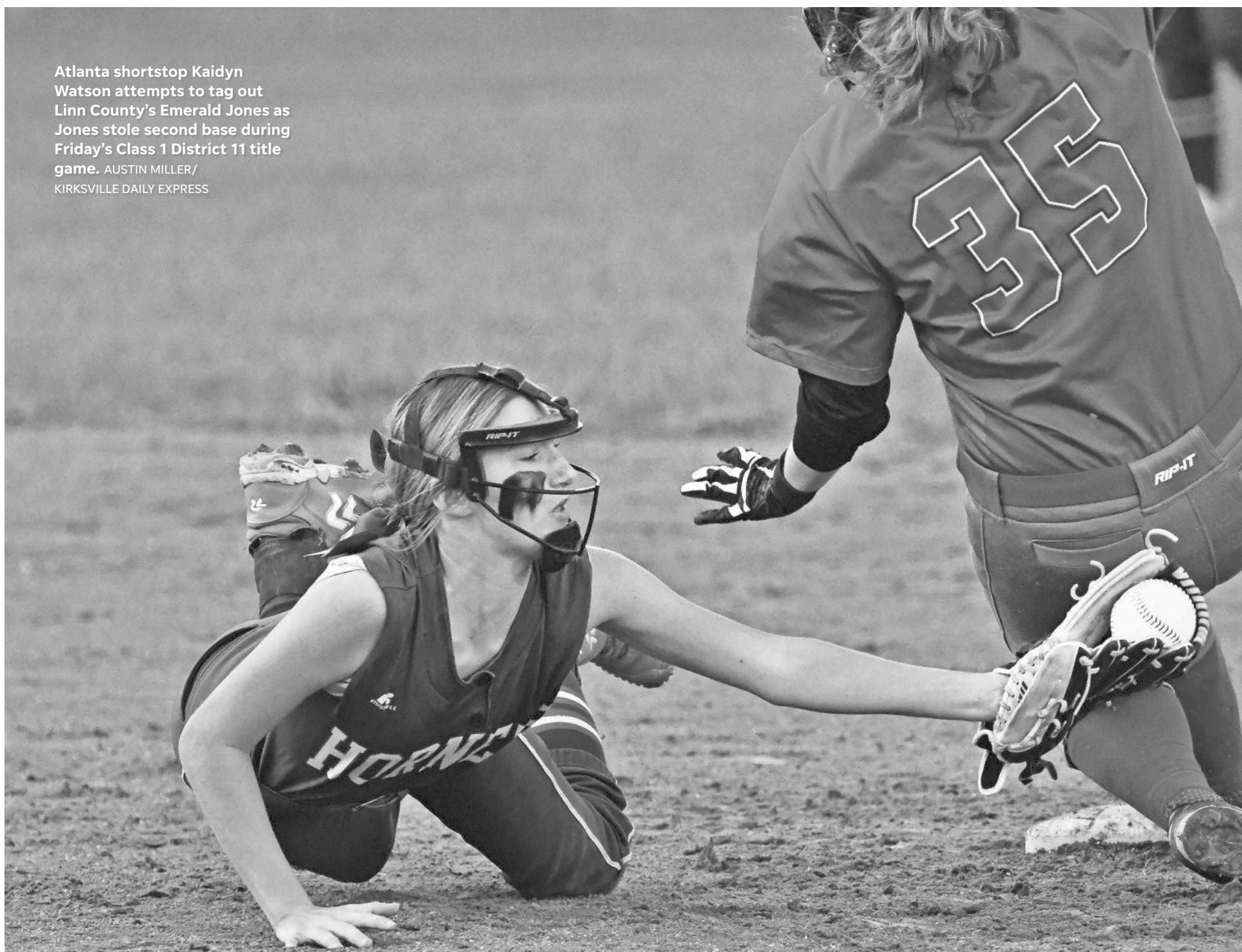
College volleyball

Truman 3, Kentucky Wesleyan 1

- Truman – Morgan Smith, 13 kills, 15 digs; Ellie Kaat, 9 kills; Rachel DeFries, 17 assists.

Atlanta shortstop Kaidyn Watson attempts to tag out Linn County's Emerald Jones as Jones stole second base during Friday's Class 1 District 11 title game.

AUSTIN MILLER/
KIRKSVILLE DAILY EXPRESS



Three-peat

Continued from Page 8A

to string hits together for the first time. A hit parade saw the lineup bat around and put seven runs on the board. Atlanta loaded the bases with its first three batters. Third baseman Aymee Young knocked the first run in and the Hornets' offense marched from there.

Garnett was a tad conservative with base-running, opting to let singles pile up and keep the bases loaded. The strat-

egy worked well as the Hornets finally strung hits together. Garnett was waiting for one big hit to end the game early, but Hornets reasserted themselves well in the inning.

"We felt very relieved, very much relieved," said Young, who had two RBI on the night. "I was really happy with all of us. We all knew we could hit off of (Linn County pitcher Mikaela Rojas), we all got in the right mindset, and we all did our job."

Farmer, Kaidyn Watson and Aislynn Baker also had two-RBI nights for the Hornets.

Next, Atlanta will play Braymer (21-3) in sectionals for the second straight year. Braymer topped the Hornets 9-5 in that showdown last year. Garnett thought her girls hit well in that game, but some mental mistakes and defensive errors hurt them.

Atlanta hopes to avoid those this year and finally get passed the sectional round. Braymer and Canton ended their seasons in sectionals the previous two years.

But with what this group has accomplished — including the district titles and multiple Tri-County Conference ti-

ties to go with them — Garnett likes her chances because of what her girls are made of.

"You can't say enough about them and the dedication and the work they put into it," Garnett said. "... It's the work they put into it. They work hard, practice, (spend time) in the summer, take time and work on things. It's the girls and the attitudes they have towards it. It's great for the community and the school."

Tigers

Continued from Page 8A

in after that. Kirkville's Tacy Ensign reached on an error in the sixth inning and was awarded second base when Chillicothe's throw went out of bounds. But Boley left her stranded there, along with Elli Porter, who was pinch running for pitcher Sophie Stuart, on first.

And the Tigers had the tying run on second base in the seventh. Maren Behne hit a one-out single and advanced to second on a sacrifice bunt from Jada Jackson. But Boley recorded her ninth and final strikeout against Gracelyn Johnston to finish the game.

Boley allowed four hits, one walk, struck nine out and had just the one earned run. And Stuart was just as good for Kirkville, surrendering three hits, two walks, one earned run and 11 strikeouts.

"She's just nails, man. It's going to be hard to watch her go," said Allen of Stuart. "I'm super proud of her. Eleven Ks against a really good offense, two runs. ... She gave up three hits, 11 Ks, she bat-

ted and pretty much matched Boley. We just didn't have enough."

Chillicothe scored its first run in the fourth. Boley earned a walk, then Mika Hibner dropped a bunt that Kirkville first baseman Jessi Nigh had a tough time fielding. Nigh has spent most of the year in right field but moved to first on Saturday after Mallory Lymer hurt her ankle during a batting practice earlier Saturday morning. So Nigh hasn't had many reps for that situation and rushed her throw. The Hornets used another nifty bunt to score Boley from third.

And Boley nabbed the go-ahead RBI in the fifth with a sacrifice fly. Crafty base-running put a runner in scoring position for that scenario, as Chillicothe's Sophia Luetticke stretched a single into a double after Kirkville's outfield was slow to get the ball back to the infield. Then a popfly off the bat of Hope Helton landed in no man's land behind second base.

Though the result didn't go their way, the Tigers said they had fun playing in a battle like Saturday. It's only this time of year where really good teams play other really good teams, and every girl is all about the competition.

"It definitely is. It hurts a little more to lose games like that," McCarty said.

"It stings more when it's close like that, but we fought and I'm happy with the way we played today," Stuart said.

In actuality, Saturday's game probably should have been located in Springfield and during the Final Four. This district was the toughest in Class 3, with the top four teams (Chillicothe, Kirkville, Macon and Savannah) all being ranked in the top 10 for the class. A brutal grouping for four programs who were all destined for more.

So the Tigers are allowed to be sad and disappointed, but no reason to look at the season as a failure. They had another undefeated conference run to win the NCMC title and were the fifth-ranked team in the state.

Allen was originally disappointed with last year's ending, getting bounced by Savannah in their first district game. He reflected later and found a stronger campaign than he gave them credit for. He realizes that is just as true this year.

"That wasn't the case last year and it's not the case this year," Allen said. "Of course you want to win that district and you want to move on, but we were in the

final 16 teams, made it to a district championship. We won 22 games, most of our losses were pretty tight. I love that group of girls and I'm glad I got to coach them."

For the four graduating seniors, Stuart, McCarty, Nigh and Jenna Jackson, they look back at four fond years of softball. Two district titles those first two years — which came against Chillicothe — then two even stronger seasons at the end that just missed the big trophy.

"I've made most of my memories in softball — and all of my good memories are around softball," McCarty said. "... This year was so special."

"It's been great to be able to play with both of my sisters. Made a lot of memories with them," Jackson said.

And their message to the returning girls and future Tigers? Enjoy every opportunity.

"I hope they see the battle we had in today's game and they apply that to every game next year," Nigh said. "Just take advantage of every game and every moment."

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IN THE CIRCUIT COURT OF ADAIR COUNTY,
MISSOURI
PROBATE DIVISION

IN THE ESTATE OF _____

ESTATE NO: 21AR-PR00098

KELLY M. AMES

NOTICE OF LETTERS GRANTED

TO ALL PERSONS INTERESTED IN THE ESTATE OF KELLY M. AMES, A DISABLED PERSON.

On the 12th day of October 2021, Rhonda Noe, Adair County Public Administrator was appointed conservator of the estate of Kelly M. Ames, a person adjudicated disabled under the laws of Missouri by the Probate Division of the Circuit Court of Adair County, Missouri.

The business address of the conservator is 300 North Franklin, Kirksville, Missouri 63501

All creditors of said disabled person are notified to file their claims in the Probate Division of the Circuit Court or be forever barred.

Date of first publication October 20, 2021.

Linda Decker
Circuit Clerk of Adair County,
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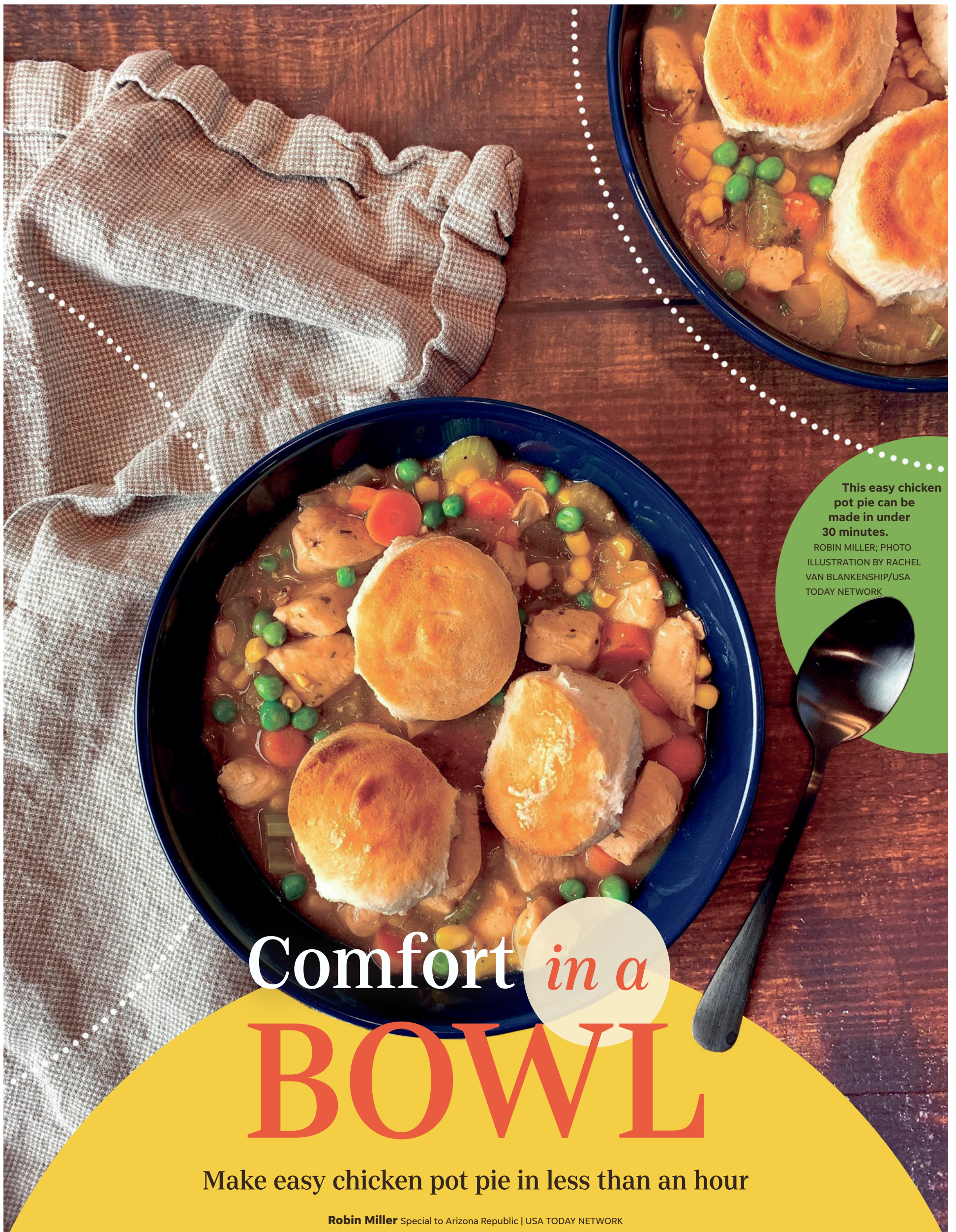
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This easy chicken pot pie can be made in under 30 minutes.

ROBIN MILLER; PHOTO ILLUSTRATION BY RACHEL VAN BLANKENSHIP/USA TODAY NETWORK

Comfort *in a* BOWL

Make easy chicken pot pie in less than an hour

Robin Miller Special to Arizona Republic | USA TODAY NETWORK

The pot pie became a staple in American kitchens in the late 1700s, but before that, in the era of the Roman Empire, the dish was a bit livelier. Hidden under flaky pastry was an actual live bird, a feisty fowl that burst through the crust when dinner was served. ● That's one way to add excitement to mealtime! Thankfully there's no need to harness a hen for this recipe, you'll get plenty of enjoyment making this comforting classic for a midweek dinner using everyday ingredients. ● While the iconic chicken pot pie consists of chicken, vegetables, sauce and crust, there are countless variations, including vegetarian options, adding noodles to the filling or swapping pie crust for toppings made with mashed potatoes, sweet potatoes and cornbread. ● Endlessly adaptable, whether you're starting from scratch or repurposing chicken and vegetables from a previous meal, chicken pot pie is an exquisite, budget-friendly meal. **See PIE, Page 12A**

Put some spirit into your seasonal baking

Tammy Algood

Special to Nashville Tennessean
USA TODAY NETWORK - TENNESSEE

Now that the calendar has flipped to October, we are going to quickly sail into the holiday season. And with holidays, comes baking. Some bake all year round, others for special occasions and others just during the holidays. No matter which category describes you, the baking at some point will likely include spirits. One of my favorites? Brandy.

Brandy is a liquor that is distilled either from wine or a fermented fruit juice.

Distilling in this case means that the various parts of the liquid are heated, then cooled so it condenses. The name brandy comes from the German word

“branntwein” and the Dutch word “brandewijn” which mean “burned (distilled) wine.”

Food historians record that the first official brandy was distilled in the year 1300 at Montpellier University by Arnaud de Villeneuve, a French medical professor. Like wine, brandy is aged in wood to enhance both the flavor and the color.

There are numerous types of brandy that are great for a variety of things. One that you will more than likely sip rather than cook with is the finest brandy, which is cognac. Cognac is double distilled and aged in oak for a minimum of three years.

Other more fruit-based brandies are perfect for use in cooking. Kirsch is one that I reach for quite often, especially

when making fondue. This clear brandy is made from cherries, both the juice and the pits. To prevent it from taking on color from wood, it is aged in a paraffin-lined cask. It is a must for Cherries Jubilee.

Calvados is a dry brandy that comes to us from apples. The flavor is particularly nice when used in cooking pork, chicken or veal. Plums, pears and apricots are also popular brandy fruits that will enhance your holiday cooking by adding depth and exceptional flavor. Start experimenting!

Tammy Algood is the author of five cookbooks and can be seen on “Volunteer Gardener” on PBS stations in Tennessee. Follow her at www.hauteflavor.com



Experiment with brandies in baking and cooking. GETTY IMAGES

Pie

Continued from Page 11A

The easiest way to make pot pie

A basic pot pie is simply meat or poultry, vegetables and gravy nestled under a golden, flaky pie crust. It features all the components of a complete meal: protein, starch and vegetables.

For my recipe, store-bought buttermilk biscuits replace traditional pie crust, and the swap is sublime. The tanginess of the buttermilk partners perfectly with the sweetness of the vegetables. And, when huddled on top of the stew, the biscuits soak up some of the rich sauce.

The dish can also make excellent use of leftovers and pantry staples, from cooked chicken to fresh and frozen vegetables, which help bring this dish together super fast.

Can you use pre-cooked chicken for this chicken pot pie?

Absolutely. This recipe is an excellent use of leftover chicken from a previous meal. Simply cut the chicken into bite-size pieces and add it to the pan when you add the chicken broth.

Rotisserie chicken is another fabulous, time-saving ingredient. For this recipe, shred the rotisserie chicken with two forks and add the meat to the pan when you add the chicken broth.

Can you substitute frozen vegetables?

Without a doubt. As mentioned above, chicken pot pie has myriad variations and it's an easy dish to modify.

If you're missing fresh onions, carrots or celery, simply substitute frozen veggies like frozen mixed vegetables, onions, bell peppers, green beans, spinach, broccoli, lima beans or cauliflower.

If you have fresh vegetables, you can add those too! Zucchini, yellow squash, broccoli and asparagus all are excellent additions.

What type of biscuits should you use?

Any store-bought biscuits will do, though the flavor of buttermilk commin-



This chicken pot pie can be made with frozen vegetables and rotisserie chicken. ROBIN MILLER

Easy chicken pot pie

Chicken and aromatic vegetables simmer in a satiny sauce that's topped with flaky buttermilk biscuits. Each bite boasts the perfect ratio of tender chicken, sweet vegetables, hearty broth and buttery biscuit. Although the flavorful elements of this stew taste like they've been simmering for hours, this comforting meal is made with pantry staples and ready in a flash.

Servings: 4

6-ounce container regular-size refrigerated biscuits (five biscuits), or 10-ounce container "big" biscuits (five biscuits)

2 tablespoons butter

1 tablespoon olive oil

1 pound boneless skinless chicken

gles quite well with the savory ingredients underneath.

When shopping, you can choose regular-size biscuits (as pictured) or "big"

breasts, tenders, or thighs, cut into bite-size pieces

1 cup chopped onion, red, yellow, or white

1 cup chopped carrots, about two carrots

1 cup chopped celery, about two stalks

2 tablespoons all-purpose flour

1½ teaspoons Italian seasoning

Salt and freshly ground black pepper

2½ cups chicken broth

½ cup frozen peas, keep frozen until ready to use

½ cup frozen corn, keep frozen until ready to use

Cook the biscuits according to the package directions.

Meanwhile, heat the butter and oil

together in a large stock pot or saucepan over medium-high heat. Add the chicken and cook until browned on all sides. Transfer the chicken to a plate.

Add the onion, carrots and celery to the pan and cook for 3 to 5 minutes, until soft. Add the flour, Italian seasoning, ½ teaspoon salt and ¼ teaspoon black pepper and stir to coat.

Add the broth and bring to a simmer. Return the chicken to the pan with any accumulated juices from the plate. Reduce the heat to low and simmer for 10 minutes, until the sauce thickens and the chicken is cooked through.

Add the peas and corn and cook for 1 minute to heat through. Season to taste with more salt and pepper.

To serve, ladle the stew into bowls and top with the biscuits.

biscuits. Since the biscuits are baked separately and arranged on the stew before serving, the choice is yours.

The recipe here calls for five biscuits,

either regular-size or big. If you prefer more biscuits per serving, select a larger container of biscuits, such as a 16-ounce container with eight biscuits.

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