



## La Plata softball team takes second at state

SPORTS, 8A

# Kirksville Daily Express

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The Adair County Health Department is offering a COVID-19 vaccine incentive program in coordination with the Missouri Department of Health & Senior Services. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

## ATSU wins diversity award for 5th time

COURTESY OF A.T. STILL UNIVERSITY

A.T. Still University has been selected for the 2021 Health Professions Higher Education Excellence in Diversity (HEED) Award by Insight Into Diversity magazine, the oldest and largest diversity-focused publication in higher education, for the fifth year in a row.

"The HEED Award application has become our diversity 'North Star,'" said Clinton Normore, vice president of AT-SU diversity & inclusion, in a press release. "The metrics incorporated into the application are essentially a framework for our diversity scorecard. ATSU is so proud of its efforts to excel in each category. Though there is much work to do, we are extremely appreciative of the recognition and affirmation this award provides."

"ATSU is grateful for receiving the 2021 HEED recognition," said ATSU President Craig Phelps, DO, "acknowledging the efforts and commitment of trustees, students, faculty, and staff to diverse and inclusive healthcare and health professions education."

ATSU supports students who learn and serve in diverse, underserved, urban, and rural communities across the world. INSIGHT Into Diversity magazine selected ATSU for its deep commitment to an educational and collaborative environment embracing cultural proficiency, highlighted by the University's innovative Dreamline Pathways program.

Through Dreamline Pathways, AT-SU partners with school districts and community-based organizations, offering experiential learning opportunities to students. These collaborations introduce young minds to career opportunities in healthcare, and nurture students through campus and graduate student engagement opportunities.

See AWARD, Page 2A

## County Health Dept. begins vaccine incentive program

Austin Miller  
Kirksville Daily Express  
USA TODAY NETWORK

The Adair County Health Department is offering a COVID-19 vaccine incentive program in coordination with the Missouri Department of Health & Senior Services.

The program will award gift cards to local Hy-Vee, Walgreens or Walmart stores for residents who get a COVID-19 vaccine from the health department beginning Nov. 1.

"Increasing the number of fully vaccinated residents makes our community safer from the virus and helps protect them from experiencing severe symptoms, hospitalizations and death should they contract the virus," said Jim LeBaron, administrator of the Adair County Health Department, in a news release. "We hope this incentive program will encourage more people to get that first, then second vaccine. The community drawings are to thank and reward resi-

dents who had the Health Department vaccinate them during the past year."

Residents 12 and older will receive a \$50 gift card for their first dose and another \$50 gift card for a second dose. This incentive program does not include those receiving booster shots or third doses. That portion of the incentive program is being paid for by the state.

"I'd like to see us get at least 50 people signed up with this," LeBaron told the Daily Express. "That's 50 more people in our community, and that would be great."

Lori Guffey, the clinic supervisor at the health department, said their curbside vaccination clinics averaged between 20-50 residents per event in August. Now, they're between 30-60 per event. So there's optimism at the health department that this incentive program can boost vaccination rates.

The health department has been exploring its own incentive program for a few months now, so it is doing a separate community drawing, as LeBaron said, as a thank you.

Once the incentive program has 10 participants, the health department will host a community drawing for residents who received any dose of a COVID-19 vaccine between Dec. 2020 and Dec. 31, 2021 at the health department or one of its mass vaccination events. LeBaron said that covers about 10,000 doses delivered in the county.

Four winners of \$250 gift cards will be drawn. For every 10 new participants, the health department will do another drawing. Residents can only register once, and those registrations are now open.

Qualifying residents who want to register for the drawing should use the "Contact Us" form on the Health Department website. That should include a name, telephone number, and write in the "Message" portion that you wish to be entered in the community drawing. There will also be a form available outside the clinic's entrance on 1001

See HEALTH, Page 2A

## Smithfield withdraws request for CAFO permits

### Environmentalists criticize they are too lax

Allison Kite  
Missouri Independent

The global meat producer operating some of Missouri's largest industrial hog operations has withdrawn requests to convert 10 of its permits to what environmental groups say would be more lenient ones.

Smithfield Foods Inc., which has a history of environmental violations in Missouri, operates some of the largest concentrated animal feeding operations, or CAFOs, in the state, capable of handling a combined 880,000 hogs at a time. Each facility consists of multiple farms with barns that have slatted floors

to allow hog waste to fall through into a pit before being pumped out to a lagoon.

CAFOs are often criticized by environmentalists and smaller farmers as a threat to clean water and a nuisance to rural neighbors. There has been increasing pushback to the facilities in recent years as state lawmakers have relaxed the rules for them. This spring, one of the Smithfield CAFOs spilled 350,000 gallons of manure polluting between 12 and 15 miles of nearby creeks.

The company had applied with the Missouri Department of Natural Resources to terminate its current site specific permits and convert to general permits at 11 CAFOs.

See SMITHFIELD, Page 2A

## Hawley attacks 'the leftist project' in keynote speech on masculinity

Galen Bacharier  
Springfield News-Leader  
USA TODAY NETWORK

U.S. Sen. Josh Hawley said Sunday that there was a "crisis of American men," attacking liberal ideology and an array of political beliefs and cultural touchpoints that he believes are degrading traditional ideas of masculinity.

Missouri's junior senator's comments came during a keynote speech to the National Conservatism Conference in Orlando, Florida. He outlined what he called a "decline of men" in the United States, one that he called a "crisis for the American republic" and blamed primarily on liberal policymaking and changing cultural norms.

"I am not here tonight to tell you that men are victims," Hawley said.

"The last thing we need more of in this country is the victim mindset.

"Responsibility is one of God's greatest gifts to mankind, and men must be held responsible for their actions. Still, can we be surprised that after years of being told they are the problem, that their manhood is the problem, more and more men are withdrawing into the enclave of idleness and pornography and video games."

Hawley leveled blame at numerous people and institutions — chiefly liberals and progressives, who he referred to broadly as "the Left" throughout his speech — and at times broached other topics, such as systemic racism.

He targeted two of the most prominent Democrats in the country, President Joe Biden and New York Rep.

See HAWLEY, Page 3A

### Daylight saving time issues

Experts says benefits don't outweigh sleep loss consequences, 3A

### Gardening

Improve soil now for spring vegetable garden, 4A

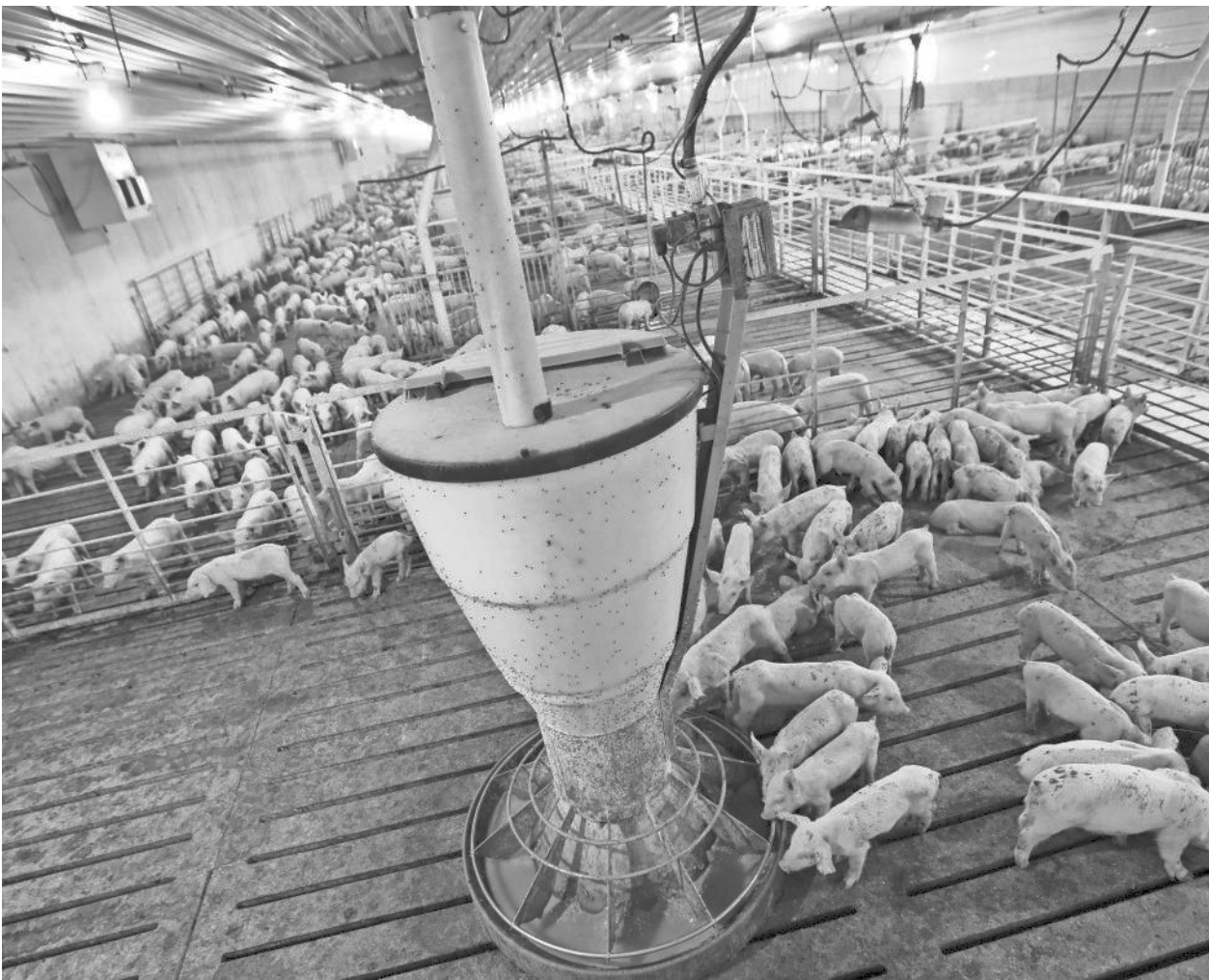
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# NEWS



Hogs feed in a pen in a concentrated animal feeding operation, or CAFO, in Lawler, Iowa.  
CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

## Smithfield

Continued from Page 1A

But earlier this month, a representative from the company emailed DNR to withdraw 10 of those applications. The Smithfield employee offered no explanation for the withdrawal or the decision to still pursue one of those general permits.

Smithfield did not provide a statement Friday afternoon.

Scott Dye, a research and reports specialist for the Socially Responsible Agriculture Project, said the withdrawal was “absolutely welcome news.”

“To us and to the families that live around them, it would be inconceivable to take Missouri’s absolute worst agriculture polluter in the state’s history and give them DNR’s weakest permit,” Dye said.

SRAP submitted dozens of pages of testimony against the proposed general permits and a “rap sheet” on Smithfield’s history in the state. Dye said giving Smithfield the more lenient permits “would have set a horrible precedent for all the big hog operators.”

“They’ve done nothing to earn any kind of consideration for anything but the strictest oversight,” he said.

In an email, Brian Quinn, a DNR spokesman, said the department had not yet rendered a decision about the 10 permits when it got the email from Smithfield asking to withdraw them.

In a meeting between department staff and Smithfield representatives, the topic of the permit applications and the public comments received was discussed,” Quinn said. “During that dialogue, the department indicated that all options were being considered and evaluated in response to the comments.

### Industrial operations

Smithfield’s CAFOs are known as class 1a facilities, the state’s largest category, which are allowed more than 17,500 swine over 55 pounds or 70,000 swine un-

der 55 pounds — or some combination.

Only 18 of the state’s more than 500 CAFOs are Class 1A facilities, and right now, all are governed by site specific permits. Moving them to general permits, environmental groups fear, would result in more lenient enforcement rather than tailoring it to the site.

And in the last decade, seven of the 11 CAFOs have been issued either a letter of warning or notice of violation for various environmental infractions, according to DNR’s online database.

Following the spill this spring, which occurred at Smithfield’s Somerset farm in Mercer County, DNR inspectors found ammonia in nearby bodies of water at 15, 20 or even 30 times the level considered safe for fish and wildlife. Photos included in an inspection report of the facility show water that’s nearly black, and the inspector reported a strong swine stench.

In 2015, the company’s Terre Haute farm had multiple spills affecting neighboring property and was issued two letters of warning. And in 2016, the farm received another warning after an inspector observed blood trickling from a truck meant to haul off dead hogs and other troubling findings.

“I observed trash in each lagoon, which was primarily made up of semen tubes, aerosol cans, and hog markers... I observed at least 25 dead pigs in the lagoon at Site #1 and at least 20 in the lagoon at Site #3,” an inspection report about the incident says.

Across all the farms, it’s not uncommon for plumbing lines meant to carry hog manure and wastewater from the bottom of barns into the lagoon to get clogged, resulting in spills that are then collected in a backup or “secondary” containment.

DNR will analyze the company’s applications to renew its site specific permits rather than switch to general permits and post them for public comment. Three of the permits expire at the end of the year, and DNR plans to post those first.

Information about the permits will be available on DNR’s website.



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## Award

Continued from Page 1A

Dreamline Pathways received the 2021 Inspiring Programs in STEM Award from INSIGHT Into Diversity magazine earlier this year.

ATSU was the first comprehensive health professions university to be named a HEED Award recipient in consecutive years (2018) and has now extended its achievement to a fifth consecutive year. The University will be featured with 50 other recipients in the December 2021 issue of INSIGHT Into Diversity magazine.

“The Health Professions HEED Award process consists of a comprehensive and rigorous application that includes questions relating to the recruitment and retention of students and employees — and best practices for both — continued leadership support for diversity, and other aspects of campus diversity and inclusion,” said Lenore Pearlstein, publisher of INSIGHT Into Diversity magazine. “We take a detailed approach to reviewing each application in deciding who will be named a Health Professions HEED Award recipient. Our standards are high, and we look for schools where diversity and inclusion are woven into the work being done every day across their campus.”

## Health

Continued from Page 1A

South Jamison Street that residents can fill out and drop off during office hours.

As of Nov. 1, 49.5 percent of Missourians have been vaccinated. In Adair County, 41 percent of residents are fully vaccinated and 44.3 percent have received at least one dose.

The state concluded a vaccine incentive program earlier this month, awarding \$9 million to 900 prizewinners. The state said 57,117 adults entered the drawing after the program was announced in July. More than 600,000 people had already been vaccinated before entering the drawing. The program also drew 39,000 children who received a vaccine at any time this year.

Truman State announced an incentive program for students and faculty, offering cash awards for student groups and days off for staff members based on vaccination rates.

LeBaron said the health department has been handling frequent booster requests over the last few weeks. While the mix-and-match approach has been approved, the health department has had people follow the same series that they received originally. So if someone got two Moderna shots to start, they’ve gotten a Moderna booster. And same for the Pfizer vaccine. If supplies change, then that could change, but vaccines are readily available at the health department at this time.

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# Sleep experts: Daylight saving time could be ruining your health

## They say benefits do not outweigh consequences of sleep loss

Adrianna Rodriguez  
USA TODAY

To the relief of many Americans, the period of daylight saving time is finally coming to a close.

Sunday, people living in states that follow this practice will set their clocks back, gaining the hour of sleep they lost in the spring. For most of the U.S., daylight saving time starts at 2 a.m. on the second Sunday of March and ends on the same time on the first Sunday of November.

The Department of Transportation, which is in charge of daylight saving time, says the practice saves energy, prevents traffic accidents and reduces crime. Sleep experts say the health consequences of losing sleep from daylight saving outweigh its value.

"There's really no reason we should continue to do this back and forth," said Erin Flynn-Evans, a consultant to the American Academy of Sleep Medicine's Public Safety Committee. "The negative health consequences and the negative effect on multivehicular crashes in the spring are just not worth it."

In a 2020 position statement, American Academy of Sleep Medicine said the U.S. should eliminate daylight saving time in favor of a year-round standard time. Here's why most health experts agree:

### Why is sleep so important?

Like diet and exercise, health experts say, sleep is essential for a healthy lifestyle.

"It's one of the pillars of good health," said Dr. Bhanu Kolla, associate professor of psychiatry and a consultant for the center for sleep medicine at the



The Department of Transportation, which is in charge of daylight saving time, says the practice saves energy, prevents traffic accidents and reduces crime. Sleep experts say the health consequences of losing sleep from daylight saving outweigh its value. MOOSTOCKER, GETTY IMAGES/ISTOCKPHOTO

Mayo Clinic.

Sleep has been shown to improve cognitive functions like learning, problem-solving skills, decision-making and creativity. Insufficient sleep causes inattention, poor focusing and inability to monitor behavior, said Judith Owens, co-director of the pediatric sleep program at Boston Children's Hospital and professor at Harvard Medical School.

"Individuals who don't get enough sleep are more likely to take risks because they perceive less consequence," she said. "For example, a child in elementary school darts out into the road because they are more impulsive and less vigilant."

Getting a good night's rest is also important for regulating emotion. Sleep deficiency has been linked to an increased risk of depression, bipolar disorder, substance use disorder and suicide.

"Sleep impacts how healthy you feel and how happy you feel because of its influence on those hormones and the

shared areas," said Melisa Moore, assistant professor of clinical psychiatry at the Children's Hospital of Philadelphia's division of pulmonary medicine and sleep center.

Sleep is also necessary for the body to heal and repair heart and blood vessels. Lack of sleep has been linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, obesity and stroke, experts say.

That well-rested feeling can also be impacted by a misaligned circadian rhythm, or the internal clock that tells a person when it's time to be asleep and when it's time to be awake, Kolla said. Every human's internal clock naturally follows a 24.2-hour schedule with six to eight hours of sleep at night.

Every cell in the human body has its own internal clock that follows a "master clock" located in the brain. Studies have found people who go to bed or wake up outside of this circadian rhythm suffer many of the same health consequences caused by sleep deficiency.

"Shift workers also have an increased risk of cardiovascular events, diabetes and cancer. (They) have both circadian misalignment and lack of sleep," Flynn-Evans said.

### Cognitive consequences of DST

The DOT says the switch to daylight saving time prevents traffic accidents, but data seems to suggest the opposite is true immediately after the transition.

A 2020 study, published in the peer-reviewed journal *Current Biology*, determined the risk of fatal traffic accidents increased by 6% in the U.S. during the spring transition to daylight saving time. Researchers found this risk was highest during the morning on the West Coast.

Experts say this may be due to the lack of morning light during daylight saving time. Light is essential to circadian rhythm because it suppresses the brain's release of melatonin (aka the "sleep hormone"), experts say.

Drivers are less alert without morning light. During daylight saving time, they also may be suffering from the cognitive impacts of sleep loss including inattention, inability to focus and the tendency to take risks due to the inability to perceive consequences.

"Increased ER visits, increased motor vehicle crashes and fatal crashes," Flynn-Evans said. "A lot of people think of the evening benefit (of daylight saving) without considering the impacts of the morning."

### Physical consequences of DST

Mounting evidence from years of scientific research has suggested many health consequences of sleep loss have been associated with the switch to daylight saving time.

In a 2015 study published in *Sleep Medicine*, researchers in Finland compared the rate of stroke in more than 3,000 people during the week following a daylight saving time transition to the

See **TIME**, Page 4A



U.S. Sen. Josh Hawley said Sunday that there was a "crisis of American men," attacking liberal ideology and an array of political beliefs and cultural touchpoints that he believes are degrading traditional ideas of masculinity. Missouri's junior senator's comments came during a keynote speech to the National Conservatism Conference in Orlando, Florida. He outlined what he called a "decline of men" in the United States, one that he called a "crisis for the American republic" and blamed primarily on liberal policymaking and changing cultural norms. AUSTIN HUGUELET/SPRINGFIELD NEWS-LEADER FILE

## Hawley

Continued from Page 1A

Alexandria Ocasio-Cortez, as having advanced a "deconstructionist" agenda and a "men are the problem mantra." Hawley said Biden's vaccine mandate for federal employees and contractors "puts millions of working men squarely in the cross hairs," equating it to saying "shut up, get the job, or get lost."

"Over the last 30 years and more, government policy has helped destroy the kind of economy that gave meaning

to generations of men," Hawley said, pointing to a decline in marriage rates and government dollars spent from the social safety net as evidence.

"For centuries, lovers of liberty have praised these qualities as the highest standard of manhood," Hawley said. "That's not to say that women don't possess them. But it is to say that these virtues are the bright side of the aggression and competitiveness and independence that psychologists, no less than philosophers, have long observed in men."

Hawley's criticism was not just limited to his political opponents — he also went after universities who have held

seminars and events regarding masculinity, Hollywood films that show "the toxic masculinity theme ad nauseum," and the "expert class" of institutions such as the American Psychological Association, which promotes research on the psychological and mental effects of certain frames of masculinity.

The senator's comments caught attention on social media Monday. Jason Kander, a Democrat who ran for U.S. Senate against Sen. Roy Blunt in 2016, wrote, "if Josh Hawley is an expert on masculinity then I'd like to take a few minutes to share my thoughts on quantum physics." A clip of Hawley's com-

ments on video games and pornography in particular gained traction.

He ended his speech Sunday with calls to action, asking attendees to "employ working men at living wages," mandating that half of "all goods and supplies critical for our national security be made in the United States," and arguing for a "marriage bonus" within the tax code to reward tying the knot.

Galen Bacharier covers Missouri politics & government for the News-Leader. Contact him at [gbacharier@news-leader.com](mailto:gbacharier@news-leader.com), (573) 219-7440 or on Twitter @galenbacharier.

# Improve soil now for spring vegetable garden

**Chris McKeown**

Special to Cincinnati Enquirer  
USA TODAY NETWORK - OHIO

Vegetable gardening is very gratifying when we successfully harvest the food we've worked so hard to grow. Vegetable gardening is not for the weekend gardener. It takes dedication, as vegetable gardens need to be tended to on a semi-daily basis during the growing season. This week I'd like to offer you some tips on how to be better prepared to have a productive vegetable garden next season.

To grow strong, healthy vegetables, you first need to have strong, healthy soil. If you're considering a vegetable garden next year, you should decide soon because fall is a great time to prepare your soil for planting next spring. The same applies to existing vegetable gardens. After a successful growing season, gardens are often left tired and with needed nutrients depleted.

The best way to getting strong, healthy soil is by adding compost. Compost is to soil what a healthy, well-balanced diet is to a human body. Compost replenishes and feeds soil by adding all types of life-giving organic material, microbes and nutrients. It is this material in a form that is easy for plants to absorb and take in.

During the growing season, compost improves the ability of the soil to absorb and retain moisture. This is a great benefit, as we have hot dry summers. Soil with the right balance of compost will make the rainfall we do receive more beneficial, while at the same time reducing the need for supplemental watering.

It is best to work the compost into the top couple inches of the existing soil. It should be manually cultivated into the soil. If you want to use a tiller, I recommend you use a mini-tiller so that you are still only working in the first couple inches of the soil.

It is not necessary to use a large tiller. If you do, you will be tilling too deep and will need considerably more compost than is necessary.

Another concern of tilling deeply is the possibility you will wind up with a



Add organic matter now to improve your soil for planting next spring. GETTY IMAGES

bumper crop of weeds in with your vegetables next spring. There are thousands of weed seeds lying dormant deep in the soil. Tilling brings them to the surface, where they will germinate and grow.

Compost can come in different forms. It is very common for gardeners to have a compost pile as a sustainable way to reuse garden waste. If you do not have a compost pile, fall is a great time to start one while you are cleaning up

the landscape. Starting a compost pile now will not provide you with usable compost this fall.

If you need compost, it can be purchased at garden stores. A great product to use is from Baccto and simply called "The Cow." It is a combination of odor free manure with composted peat. It is OMRI listed, making it safe to use in organic gardens.

You can also use falling leaves to improve your soil if they are shredded.

Shredded leaves will decompose quickly, adding fresh organic matter into the soil. The shredding can be done with the lawn mower.

Just like compost, work the shredded leaves into the top couple inches of the soil in the garden. Avoid using oak leaves. They are too acidic and can have a negative effect on the garden.

## Wildlife agencies to cancel Trump endangered species rules

ASSOCIATED PRESS

BILLINGS, Mont. — President Joe Biden's administration announced Tuesday plans to cancel two environmental rollbacks under former President Donald Trump that limited habitat protections for imperiled plants and wildlife.

The proposal to drop the two Trump-era rules by the U.S. Fish and Wildlife Service and National Marine Fisheries Service is part of a broad effort by the Biden administration to undo regulations that Democrats and wildlife advocates say favored industry over the environment.

The designation of lands and waters as critical for the survival of vulnerable species can limit mining, oil drilling and other development. That's made the designations a flashpoint for conflict between environmental and business interests.

Industry groups and Republicans in Congress have long viewed the Endangered Species Act as an impediment to economic development. Under Trump, they successfully lobbied to weaken the law's regulations with changes that gave added weight to economic development and other interests.

The Trump administration changes had backing from an array of industry

groups that said economic impacts had not been given enough consideration in past U.S. government wildlife decisions. Those groups ranged from livestock and ranching organizations to trade associations representing oil, gas and mining interests.

Biden administration officials acknowledged in documents published to the federal register that in canceling Trump's rules, they were adopting views that federal wildlife agencies rejected just months ago.

But the Biden administration officials said a reevaluation of the Trump policies showed them to be "problematic" because they limited the government's ability to advance conservation by protecting areas where plants and animals are found.

Assistant Secretary for Fish and Wildlife and Parks Shannon Estenoz said the proposal would bring the endangered species law "back into alignment with its original intent and purpose — protecting and recovering America's biological heritage for future generations."

The rule changes under Trump were finalized during his last weeks in office, meaning they've had little time to make a significant impact. No new critical habitat designations have been affected by the rules since they went into effect

in January, Fish and Wildlife spokesperson Brian Hires said.

One allows the government to deny habitat protections for endangered animals and plants in areas that could see greater economic benefits from development. Democratic lawmakers and wildlife advocates complained that would potentially open lands to more drilling and other activities.

The other rule provided a definition of "habitat" that critics charged would exclude locations species might need to use in the future as climate change upends ecosystems.

The two rules came in response to a 2018 U.S. Supreme Court ruling involving a highly endangered Southern frog — the dusky gopher frog.

In that case, a unanimous court faulted the government over how it designated "critical habitat" for the 3 1/2-inch-long frogs that survive in just a few ponds in Mississippi.

The issue arose after a timber company, Weyerhaeuser, sued when land it owned in Louisiana was designated as critical in case the frogs returned there in the future.

Trump officials described the changes as giving more deference to local governments when they want to build things like schools and hospitals.

But the rules allowed potential exemptions from habitat protections for a much broader array of developments, including at the request of private companies that lease federal lands or have permits to use them. Government-issued leases and permits can allow energy development, grazing, recreation, logging and other commercial uses of public lands.

Environmentalists who have urged Biden to reverse Trump's conservation policies said dropping the habitat rules marks a major step toward that goal.

"You really can't save endangered species without protecting the places they live or need to live," said Noah Greenwald with the Center for Biological Diversity.

Still pending, he said, are expected changes to a Trump-era rule that reduced protections for wildlife categorized as threatened with extinction, a less urgent protection status than endangered.

Animals potentially affected by the changes include the struggling lesser prairie chicken, a grasslands bird found in five states in the south-central U.S., and the rare dunes sagebrush lizard that lives among the oil fields of western Texas and eastern New Mexico, wildlife advocates said.

## Time

Continued from Page 3A

rate in nearly 12,000 people two weeks before or two weeks after that week.

They found the overall rate of having a stroke was 8% higher during the first two days following the transition to daylight saving from 2004 to 2013. People with cancer were 25% more likely to have a stroke after the switch compared to any other time of the year. Participants over the age of 65 were 20% more likely.

"These are the effects of living on a social time that's mismatched from when your body is timed," Flynn-Evans said.

A 2019 report published in the Journal of Clinical Medicine analyzed seven studies on daylight saving time including more than 100,000 people and found a higher risk of heart attacks in the weeks following both the spring and fall transitions.

Daylight saving time is also associated with an increased risk of cancer in

residents living on the West Coast, according to a 2017 study published by the American Association of Cancer Research journal Cancer Epidemiology, Biomarkers & Prevention.

People are also more likely to miss medical appointments during daylight saving time, Flynn-Evans said, which may exacerbate medical emergencies and outcomes.

"There are detrimental effects... There are no upsides," Kolla said about daylight saving time.

### Daylight saving consequences among kids, teens

Many of the cognitive consequences experienced by adults from the abrupt transition to daylight saving time also appear in children and adolescents, but health experts say it may have a greater impact on this population as school forces them to function earlier in the day.

"If we want our kids to be functioning as well as they can and be as happy as they can, then sleep is critical," Moore said.

Sleep deficiency could affect kids' memory consolidation and learning of new tasks, Owens said. This could be hard on smaller children who are expected to learn at rapid rates.

"It also has to do with the inattention," she said. "If the information doesn't get in there in the first place, it doesn't have a good chance of being retained."

However, adolescents may be most impacted by daylight saving time because their internal clock runs later than other age groups. During puberty, hormonal responses to light exposure change, meaning teenagers want to stay up later and sleep in.

This is called "sleep phase delay," according to the Sleep Disorders Center at UCLA. Early school times and late-night studying exacerbate this naturally occurring phenomenon, Kolla said, so teenagers always feel sleep-deprived.

A study published in the Journal of Neuroscience, Psychology, and Economics looked at standardized testing scores at about 350 Indiana public high schools from 1997 to 2006. Researchers compared schools in counties that

switched to daylight saving time to those in counties still on standard time.

After controlling for socioeconomic status, race and ethnicity, they found SAT scores were negatively impacted by about 16 points in schools that transitioned to daylight saving time in the spring.

The switch to daylight saving time falls in the spring when schools are gearing up for the end of the year with final projects, standardized testing and exams, Moore said, creating an unnecessary burden for sleepy teenagers during an academically important time of year.

"(Daylight saving time) is not helpful and the impact on health and sleep is much greater than anything we could possibly gain," Moore said.

*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.*

# It's never too late for justice



**Dear Annie**  
Annie Lane

**Dear Annie:** In your response to "Loss and Regret," concerning a teenager being sexually abused by an older female, you dismissed the legal aspect of this out of hand. The older woman should be brought up on sexual abuse charges against a minor. Anything less would be sexist.

Men are sent to prison for this kind of act. A recent acquaintance of mine was just sentenced to life in prison for a similar act, with no physical evidence and only the word of the victim. Letting this older woman off the hook for her misdeeds with a 16-year-old would just be wrong. The law pertains to both males and females alike.

#### Concerned

**Dear Concerned:** Thank you for bringing this up. You are 100% correct that this woman should be held accountable. Many readers wrote to say that I dismissed the legal aspect of the case because of my intense focus on helping the man to heal emotionally. One of the best letters was written by an attorney from Portland, Oregon, who specializes in helping young victims of sexual abuse when they are older. Read on.

**Dear Annie:** As an attorney who represents victims of child sexual abuse in civil cases across the nation, I read with empathy and interest the recent letter from your reader, "Loss and Regret."

There are a couple of insights that I would like to share with your readers.

First, for victims of sexual abuse, delayed understanding about the impact of abuse is normal. According to Child USA, "Most child victims of sexual assault disclose ... during adulthood, with a median age of 48 and an average age of 52." This delayed disclosure phenomenon is the result of the unique and insidious nature of the trauma of child sexual abuse – which prevents victims from realizing that they have been injured often until decades after the abuse itself has stopped. For victims of childhood sexual abuse, subconscious defense mechanisms mask the root cause of the problems they are experiencing and prevent the victim from understanding the causal relationship between the abuse and the injuries (i.e., that the sexual abuse from childhood is causing the adult depression, anxiety, etc.).

As our society becomes more aware of both the prevalence of child abuse and the reality of delayed understanding by victims, the national trend is toward liberalizing and eliminating statutes of limitation. In the last several years, New York, New Jersey, North Carolina, California, Arizona, Arkansas, Maine, Montana and Louisiana have all passed legislation that gives victims of child sexual abuse an open "window" of time (ranging from one to three years) to pursue civil actions regardless of how long ago the abuse happened. I currently have the honor of representing victims in cases in each of these states.

Other states – like my home state of Oregon, as well as Washington, New Mexico and others – have for

many years used what is known as a "discovery rule." Discovery rules tie the time limit on a victim's civil legal claims to the victim's subjective delayed discovery of the long-term impacts they have suffered. This is another mechanism of giving victims more time and a greater opportunity for justice.

While not every state has helpful laws for victims (yet), the bottom line is that the law is changing in many states to give victims more time to come forward.

Of course, like in any legal case, the individual facts and circumstances vary, and I highly recommend that any victim of abuse consult with an attorney who is experienced in representing child abuse victims. These cases are unique, and the goal should be to advance the healing of the individual victim – which is a very personalized consideration. What is good for one victim may not be helpful for another. After everything else they have been through, victims of child abuse deserve compassionate expert advice so they can make informed decisions for themselves.

I commend "Loss and Regret" for speaking out about this difficult topic. It is only as our society increases our awareness of the pervasive problem of child sexual abuse – and reforms our laws to better support victims – that the next generation of children becomes safer.

#### Lawyer's Perspective

**Dear Lawyer's Perspective:** Thank you for such a clear and succinct summary.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).



**Hints From Heloise**  
Heloise

## Microwave filters are a breeze to clean

**Dear Heloise:** Have you ever changed the filter in your microwave? When I ask that question, most people say, "What?" Most microwaves have a filter in them, and no one seems to know that or even think of it. I thought it would be a good topic to bring up.

Gene S., Dayton, Ohio

**Gene:** A microwave filter is easy enough to clean. First, remove the filter. It's usually found on the bottom or the back of the microwave. Fill a sink or large bowl with warm, soapy water and place the filter in the water. Let it soak for 10 to 15 minutes; turn it over and let it soak for 10 to 15 minutes. Remove it from the water and run it under the tap to rinse it. Dry it with a towel or, better yet, let it air-dry before putting it back in the microwave.

The filter on a microwave can give off an offensive odor over time if not cleaned.

Heloise

**Dear Heloise:** I'm out on my own now and doing a lot of cooking for myself. I've tasted your Chicken Tortilla Soup at a friend's home and would like to get the recipe so I can serve it when a guest comes to visit next month. Would you reprint that recipe?

Rodger H., San Jose, California

**Rodger:** This is a very tasty soup, and I get requests to reprint it all the time. So, here it is. You'll need:

- 12 corn tortillas
- ½ cup olive oil
- 2 onions, chopped fine
- ½ cup tomato puree
- 4 quarts rich chicken stock
- 2 cups cooked chicken, diced
- 2 tablespoons fresh cilantro
- Dash of cayenne pepper and Parmesan cheese
- Cut tortillas into strips and fry in oil until crisp.

Drain and set aside.

Saute onion in olive oil. Add tomato puree and the chicken stock. Add chicken, cilantro and tortillas. Cook over medium heat for about an hour. Top each serving with a sprinkle of cayenne pepper and Parmesan cheese. Serves 12.

This is a simple, tasty soup that you can make quickly and save any leftover soup for lunch the next day. To get a copy of more soup recipes, just go to [www.Heloise.com](http://www.Heloise.com) or send \$5 along with a stamped, self-addressed long envelope to: Heloise/Soups, P.O. Box 795001, San Antonio, TX 78279-5001. 78279-5001.

With chilly weather on its way, soup is always a favorite dish to serve to your family or friends.

Heloise

**Dear Heloise:** As a guy, I enjoy cooking. I put all of my favorite recipes in a loose-leaf binder notebook. When I'm doing a few recipes at the same time, I make a copy of ones I'll be serving from my notebook. This way I don't get the originals messed up while I'm working. I can also write notes on the copy, such as what time each dish goes in the oven and the temperature, so that all the dishes can be done at the same time.

Don W., Punta Gorda, Florida

**Don:** Keeping your favorite recipes in a loose leaf binder is a great way to have your favorite recipes at your fingertips.

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](mailto:debi.boughton@visitkirksville.com).

#### Thursday, Nov. 4

- Truman faculty member, Dr. Eric Dickson, performs a trumpet recital in the Ophelia Parrish Performance Hall at 7:30 p.m. on the Truman campus. For more information, call 660-785-4300.

#### Saturday, Nov. 6

- The Kirksville Moose Riders are doing a Toy Run for the Salvation Army starting at 1 p.m. at the Home Depot, 3015 N. Baltimore. Donate unwrapped toys and nonperishable food or a cash donation. For more information, call 660-665-8300.
- Enjoy a fall choral concert featuring the Truman Cantoria and Voci. The concert begins at 7:30 p.m. in the Ophelia Parrish Performance Hall on the Truman campus. For more information, call 660-785-4417.

### Monday, Nov. 8

- It is Mythology Monday at the Del and Norma Robison Planetarium on the Truman campus in Magruder Hall. Learn about Women in Greek Mythology at 6 p.m. For costs and more information, call 660-785-7827 or go to [planetarium.truman.edu](http://planetarium.truman.edu).

### Tuesday, Nov. 9

- Kids Paint the Ville class begins at 5:30 p.m. at the New Kirksville Aquatic Center, 801 E. Mill. The project is a Thanksgiving painting. All supplies are provided. The class is taught by Rachel Messer. To register, go to [parks.kirksvillecity.com](http://parks.kirksvillecity.com) or call 660-627-1485 for costs and more information.

### Wednesday, Nov. 10

- The Truman Theater Department performs Shakespeare's "Much Ado About Nothing," directed by Dr. Dana Smith, at 7:30 p.m. in the James Severns Theater in the Ophelia Parrish building on the Truman campus. For costs and more information, go to [boxoffice.truman.edu](http://boxoffice.truman.edu) or call 660-785-4515.

## Obituaries

### TODAY'S OBITUARIES AND DEATH NOTICES

Name	Age	Town, State	Death Date	Arrangements
*Baltzelle, Vivica Ann	76	Kirksville	23-Oct	Travis-Noe Funeral Home

**\* Additional information in display obituaries**  
Obituaries appear in print and online at [legacy.com/obituaries/kirksvilledailyexpress](http://legacy.com/obituaries/kirksvilledailyexpress)

### Vivica Ann Baltzelle

**KIRKSVILLE** - V'Ann Baltzelle, 76, of Kirksville, Missouri, passed away Saturday, October 23, 2021 at Northeast Regional Medical Center in Kirksville as a result of cancer and treatment complications.

She was born January 3, 1945 in Lewistown, Missouri to Jack G. and Virginia (Shoup) Baltzelle. They divorced when she was 3, leaving her with her mother. She went to Lewistown schools, graduating from the high school in 1963. Her mother was an internationally known artist and consequently sent her to Hollywood to Art School. "Folks said I had the talent, but I guess I didn't have the drive." She returned to Missouri after one semester.

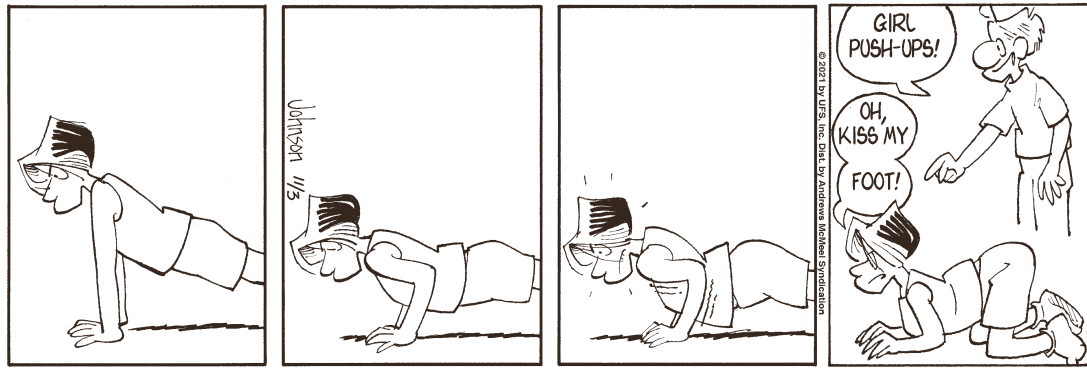
She worked at Hollister's for many years as Vivica Deatrick, making friends of many, as a result of her gentle nature and encouraging spirit. She loved animals and contributed to many causes to preserve them. She also supported groups who honored veterans and public TV. She often assisted those who were less fortunate than she; providing for cable for a friend in assisted living, encouraging those who were lonely, and loaning money for emergencies. She loved and owned cats, dogs and horses. At the time of her death she had four cats. She was very conscientious about caring for their medical needs.

V'Ann was an only child and had no surviving relatives, but she leaves many friends who will celebrate her life, 1:00 p.m. Saturday, November 6, at 110 Pfeiffer Ave. at the Church of Christ, where she was especially interested in the mission work of the church and would appreciate donations to support that work. Donations may be left at the church or sent to Travis-Noe Funeral Home P.O. Box 306, Kirksville, MO 63501.

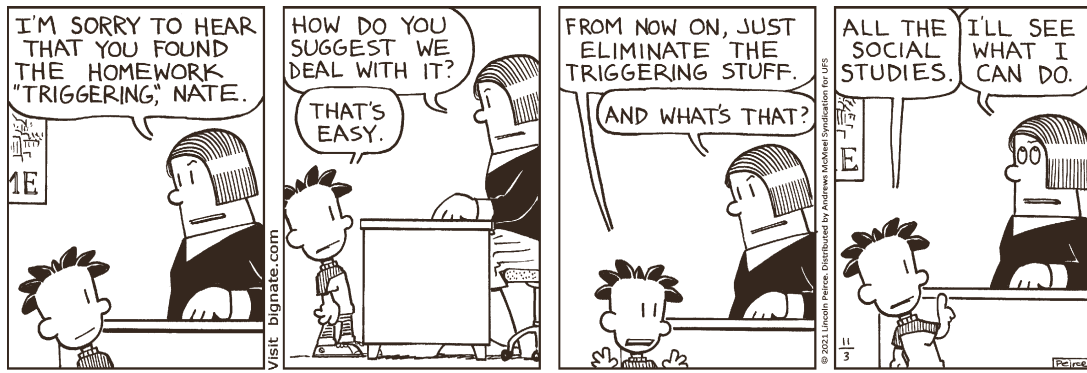


COMICS

ARLO AND JANIS



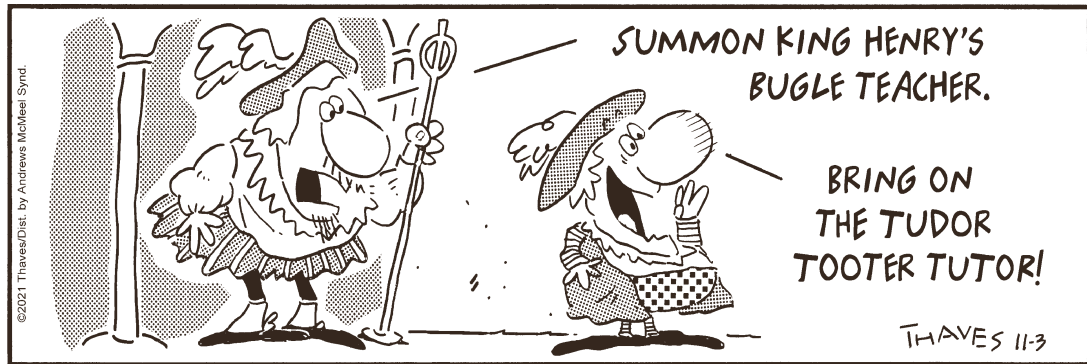
BIG NATE



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

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

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

CROSSWORD

- ACROSS**
- 1 Vases with feet
  - 5 Subway patron
  - 10 Provoke
  - 12 Place
  - 13 Doted on
  - 14 For some time
  - 15 Runs smoothly
  - 16 Mensa stats
  - 18 Dejected
  - 19 Forgiven
  - 23 Humbug precursor
  - 26 — — standstill
  - 27 Took a good look
  - 30 Oak products
  - 32 Historical memento
  - 34 Columbus' port
  - 35 Neater
  - 36 Slip sideways
  - 37 Intense anger
  - 38 Poet — Lowell
  - 39 Waddles
  - 42 Couple
  - 45 Emma in "The Avengers"
- DOWN**
- 1 Pakistan's language
  - 2 Dorm unit
  - 3 Hospital worker
  - 4 NNW opposite
  - 5 Noisy dispute
  - 6 German pronoun
  - 7 Speaker's platform
  - 8 Raines of 1940s films
  - 9 Wind instrument
  - 10 Ooh companion
  - 11 Proclamations
  - 12 Edinburgh girl

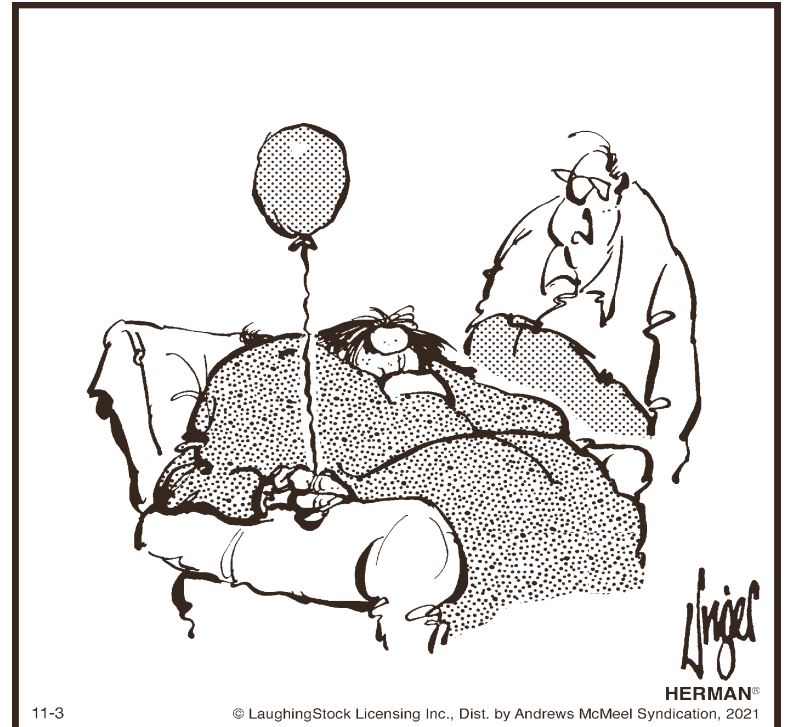
Answer to Previous Puzzle

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

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57								58			

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HERMAN



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HOROSCOPE BY EUGENIA LAST

**Aries** (March 21-April 19): Take the plunge, and do whatever preparation is necessary to ensure you dazzle everyone you encounter with your skills, intelligence and fortitude. ☆☆☆

**Taurus** (April 20-May 20): If you want to make some honest-to-goodness changes, offer incentives, charm and compliments to help you gain support. ☆☆☆

**Gemini** (May 21-June 20): Using your skills uniquely may not please everyone, but it will get you closer to pursuing your dream. Trust and believe in yourself. ☆☆☆

**Cancer** (June 21-July 22): What you do will have a bigger and better impact than what you say. Take a disciplined approach to the way you handle finances, medical issues and contractual offers. ☆☆☆

**Leo** (July 23-Aug. 22): You may not relish change, but you will turn a negative into a positive outcome if you use intelligence. Choose your words wisely, speak the truth and follow your heart. ☆☆☆

**Virgo** (Aug. 23-Sept. 22): Shared expenses or how you handle your money will be a problem if you overspend on entertainment or things you don't need. Pay attention to what someone wants. ☆☆☆

**Libra** (Sept. 23-Oct. 22): Look at what you can do, and stop fretting over what's not available to you. Use your time and knowledge wisely, and make the most out of whatever situation you face. ☆☆☆

**Scorpio** (Oct. 23-Nov. 21): You know the drill, so get moving. Mulling over what's left undone will leave you feeling despondent. Stop procrastinating; put what's holding you back behind you. ☆☆☆

**Sagittarius** (Nov. 22-Dec. 21): Emotional matters will affect work and personal responsibilities. Be realistic regarding what you can handle and who you can count on for help. ☆☆☆

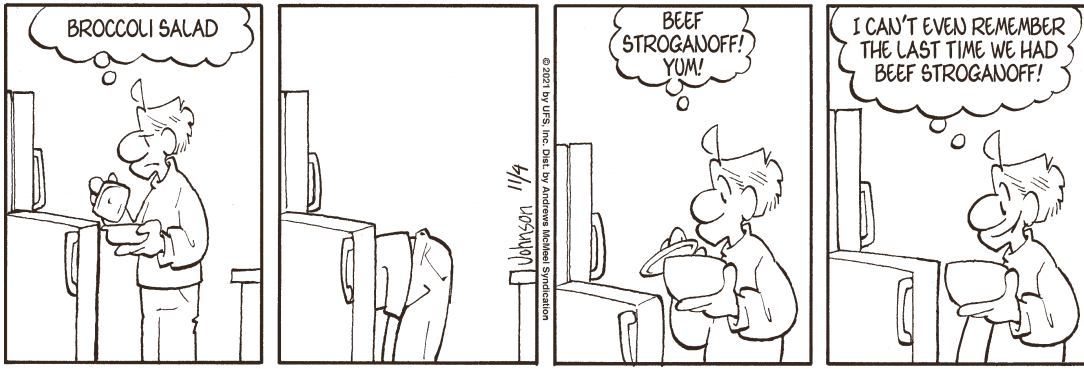
**Capricorn** (Dec. 22-Jan. 19): Know when to reach out for expert advice and when to take care on your own. Utilizing your time to reach your goal will determine how much you accomplish. ☆☆☆

**Aquarius** (Jan. 20-Feb. 18): Don't make a snap decision when it comes to matters. Bide your time until you come across a plan that fits into your lifestyle and future objectives. ☆☆☆

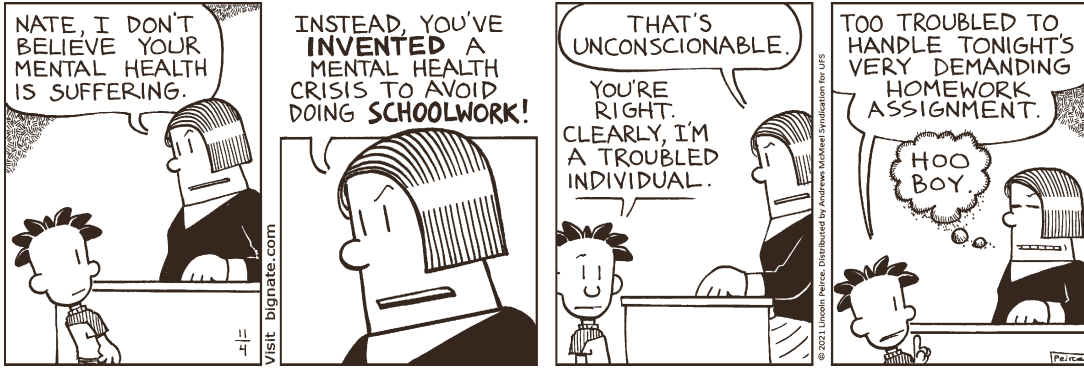
**Pisces** (Feb. 19-March 20): Talk to experts, old friends and those you have enjoyed working alongside, and you will gain insight into what not to do regarding financial and legal matters. ☆☆☆

COMICS

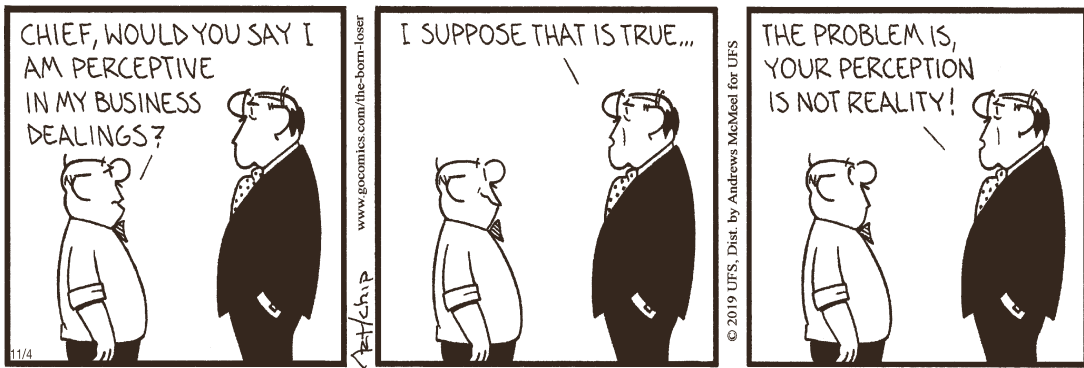
ARLO AND JANIS



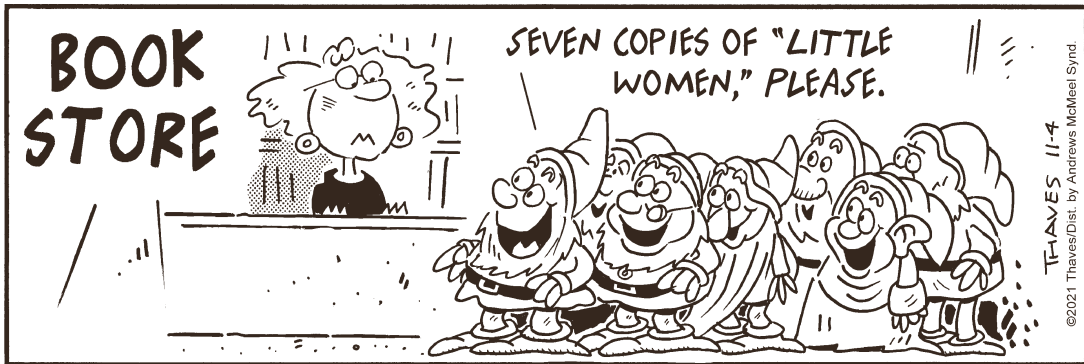
BIG NATE



THE BORN LOSER



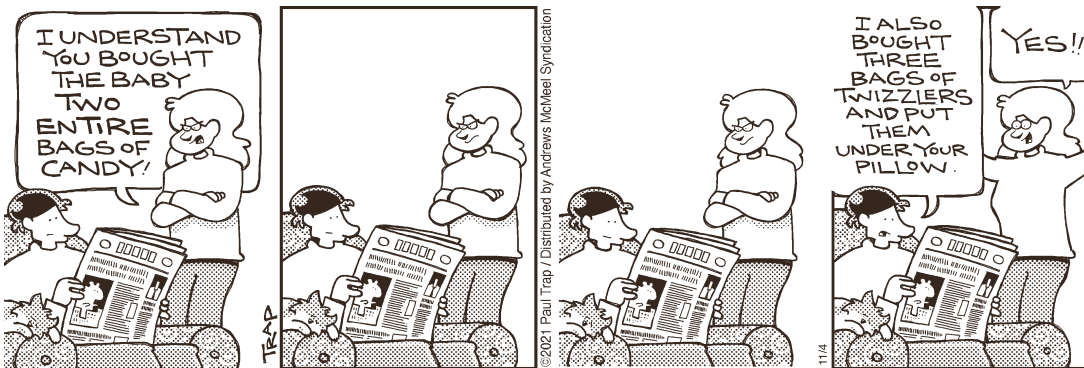
FRANK AND ERNEST



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

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

CROSSWORD

**ACROSS**

- 1 Gown's go-with
- 4 Cylindrical container
- 8 Humorist — Bombeck
- 12 Omitting none
- 13 Costa —
- 14 Sierra Club founder
- 15 "The Simpsons" bartender
- 16 Revision
- 18 Polar explorer
- 20 Ell proceder
- 21 Wood residue
- 23 Sugar amts.
- 26 Be without
- 29 Arm bone
- 32 Graceful tree
- 34 On strike
- 35 Grande or Bravo
- 36 Earth (pref.)
- 37 Ziegfeld nickname
- 38 Signs off on
- 39 Gained years

**DOWN**

- 40 Sardines holder
- 41 Toddler's perch
- 42 Little kid
- 43 Coffee source
- 45 Forest grazer
- 47 Outfit
- 49 Inspid
- 53 Pertaining to government
- 58 "Star Wars" rogue
- 59 Sorrowful wail
- 60 Gradually disappear
- 61 Left Bank pal
- 62 Give up land
- 63 Trampled
- 64 Double or twin

**Answer to Previous Puzzle**

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

**7 Tall and thin**

**8 TV awards**

**9 Be sorry for**

**10 Hr. fraction**

**11 It may be abstract**

**17 Computer info**

**19 Yard tool**

**22 Erie neighbor**

**24 Ashcroft or Lee**

**25 Well-groomed**

**26 London elevator**

**27 Improvise (hyph.)**

**28 Genetic copy**

**30 Be fond of**

**31 Sniffed at**

**33 Pie a la —**

**39 Ra's symbol**

**41 Woven**

**44 Start the day**

**46 Fixed a squeak**

**48 Talent**

**50 Melville captain**

**51 Moniker**

**52 Wife of Geraint**

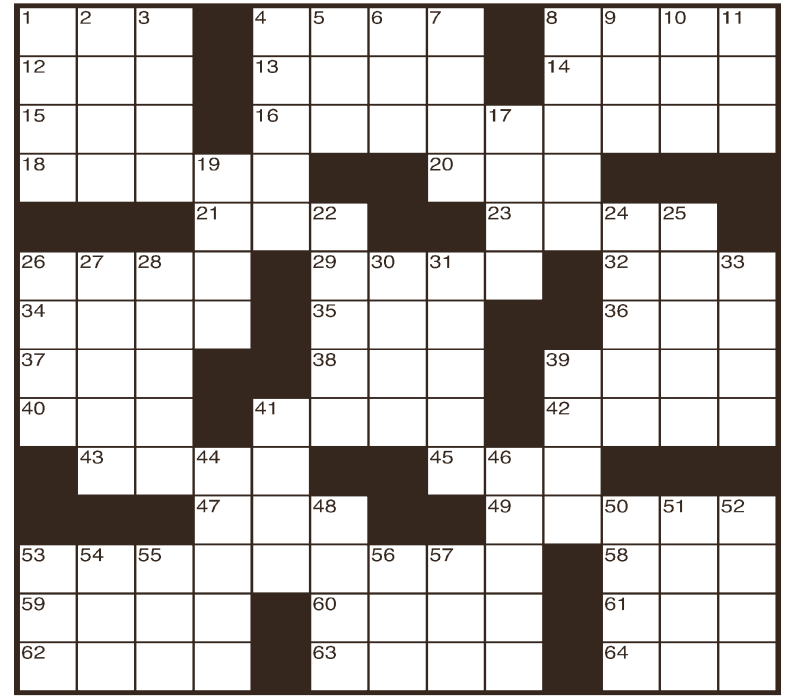
**53 Felt boot**

**54 Pamplona cheer**

**55 Fictional colie**

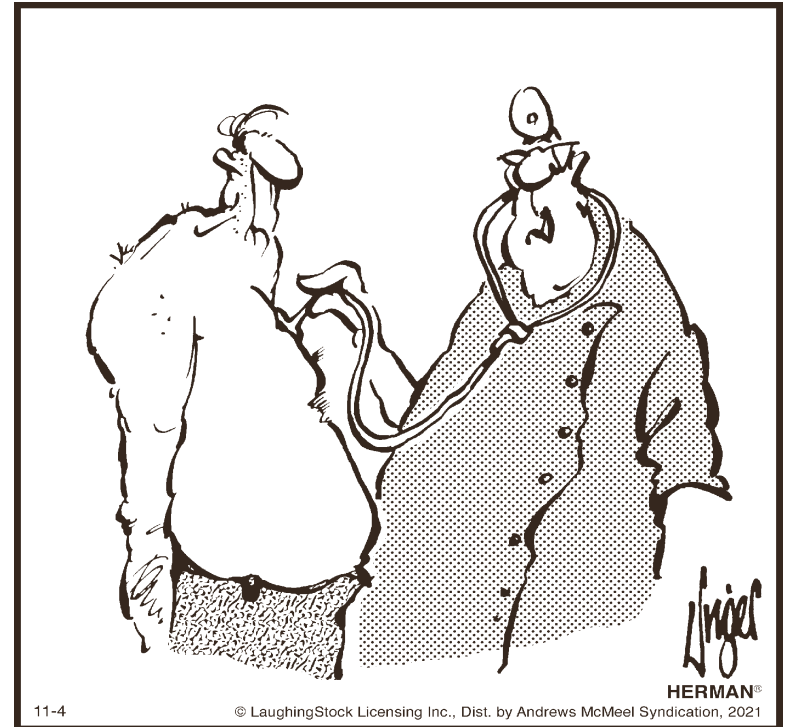
**56 Volkswagen product**

**57 Hubbub**



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HERMAN



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**"They all sound the same to me after 30 years."**

HOROSCOPE BY EUGENIA LAST

**Aries** (March 21-April 19): Set your sights on what you can do to better yourself. Don't be afraid to try something new or sign up for something that interests you. Expand your horizons. ☆☆☆

**Taurus** (April 20-May 20): You'll face confusion if you let someone dictate what you can do. Trust in your instincts, follow your heart and use your charm to outmaneuver anyone in your way. ☆☆☆

**Gemini** (May 21-June 20): Look at what you can do to get ahead, and prepare to take on a challenge. Don't limit what you can do because of someone's negativity. ☆☆☆

**Cancer** (June 21-July 22): Find a unique way to pass the hours. Participate in something interesting, and you'll gain perspective regarding how to spend your time. ☆☆☆☆☆

**Leo** (July 23-Aug. 22): Nothing will be as it appears. Slow down, verify information and question anyone who is being pushy or manipulative. Look for better alternatives. ☆☆☆

**Virgo** (Aug. 23-Sept. 22): Busy yourself with problems you need to resolve. Dealing with other people's affairs may be burdensome but beneficial. ☆☆☆☆

**Libra** (Sept. 23-Oct. 22): Moderation will help you avoid frustration. Altering how you structure spending or manage investments will ease stress and encourage you to make lifestyle changes. ☆☆☆

**Scorpio** (Oct. 23-Nov. 21): Take stock and eliminate what you don't need. Minimizing your overhead, clutter and emotional weight will liberate and clear the passage for what's to come. ☆☆☆

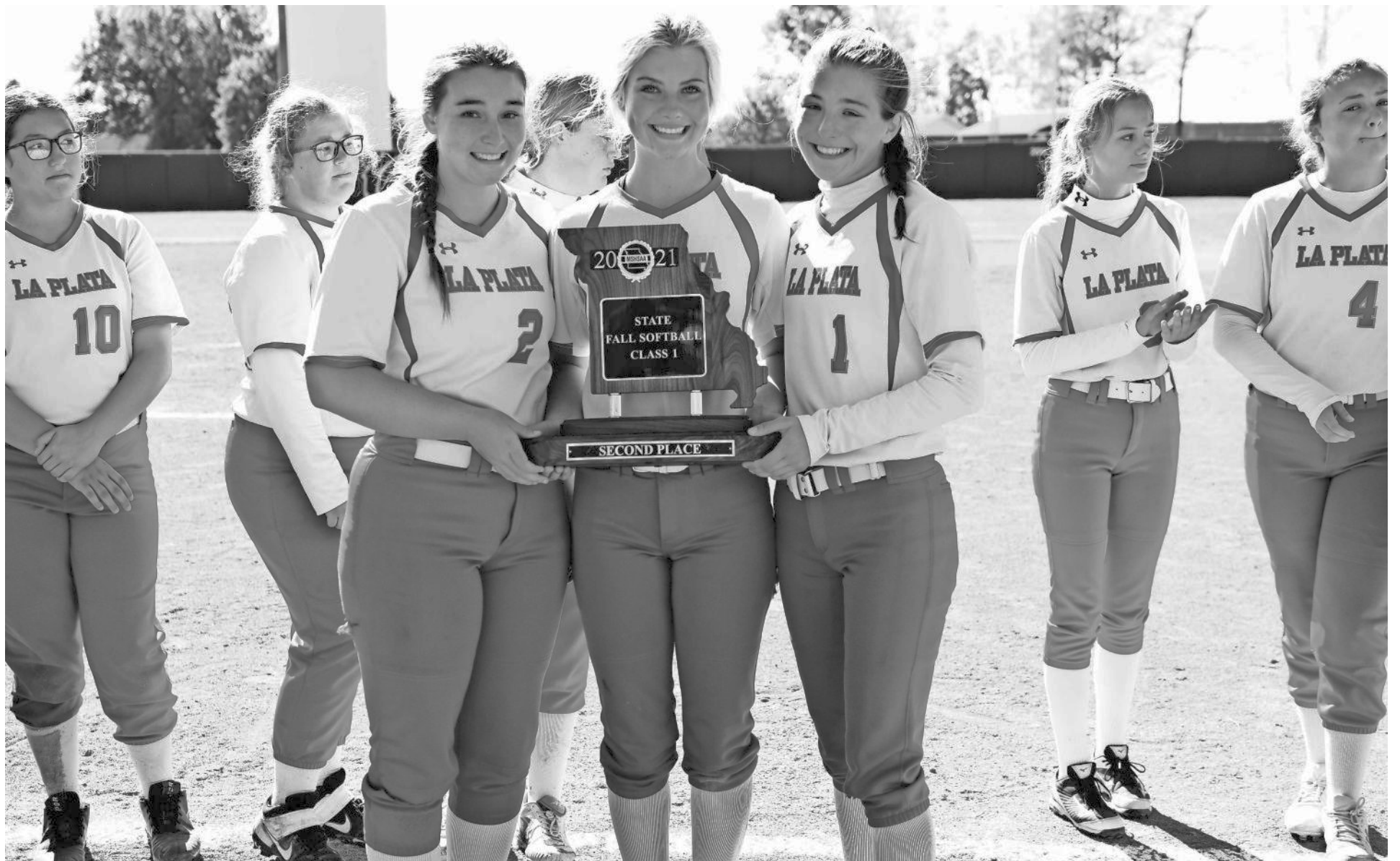
**Sagittarius** (Nov. 22-Dec. 21): Consider who you are dealing with before sharing information. Complications will surface if you aren't specific or you take on something that is unsound. ☆☆☆

**Capricorn** (Dec. 22-Jan. 19): Discipline and fair play are mandatory if you expect to reach your goal. Abide by the rules, set high standards and don't deviate from a plan if it might cost you. ☆☆☆☆

**Aquarius** (Jan. 20-Feb. 18): Emotional matters will set you off and send you down an unpredictable path. Take a step back and rethink your position before you share your thoughts. ☆☆☆

**Pisces** (Feb. 19-March 20): It's up to you to bring about the changes that will give you a financial edge and connect you to people who share your sentiments and general direction. ☆☆☆☆☆

# SPORTS



La Plata seniors Pieper Wood, Olivia Coy and Brooklyn Carvajal hoist the team's second-place trophy after falling to Maysville 4-0 in Saturday's state title game. PHOTOS BY AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

## La Plata softball takes 2nd at state

Austin Miller Kirkville Daily Express | USA TODAY NETWORK

The tears weren't really because of what happened. In Saturday's Class 1 state title softball game in Springfield, La Plata and Maysville met in a matchup that delivered on the stage. The two best teams in their class competing inning-for-inning to claim gold. Maysville just edged the Bulldogs 4-0, scoring all four runs in the last two innings. For La Plata's three seniors — and the other Bulldogs who organized an excellent season — the crying came because it was all over.

"I don't think we're sad because we got second," said senior pitcher Olivia Coy. "We're happy with second place. Obviously, we would have liked to win the whole thing, but second's still really good. We're all just upset and emotional because it's the last time we'll ever play together with this team."

"It sucks, but I mean, we came a long way," said senior first baseman Pieper Wood. "This is what we wanted and we achieved it, so coming home with second is still good."

Hits and base-runners were scarce for four innings, with Coy and Maysville's (27-4) Hailey LeMunyon pitching goose egg after goose egg.

La Plata (26-8) hasn't been a stranger to close games in the state playoffs. They beat Canton 1-0 in sectionals and then rallied to beat Atlanta 3-1 in the quarterfinals. So Greg Buescher was never worried that his team wouldn't do that again this time around.

The Bulldogs finally strung some runners together in the bottom of the fifth, loading the bases with two outs. Audrey Belfield, Izzy Joyce and Claire Coy stood on the bases, just waiting for a big hit. And with Olivia Coy stepping into the box, they felt something big

coming. But Coy — who entered the Final Four hitting .606 this season — grounded out to end the rally, a statistical anomaly for the senior slugger.

"It really sucked. ... For me, I've been hitting really well all year, so I was confident going in," Coy said. "I just swung too early in the count. I don't know. I'm probably going to beat myself up for that."

Even with the squashed rally, the Bulldogs left the inning confident. They felt they had LeMunyon timed up and could keep reaching base. But Maysville grabbed momentum in the top of the sixth.

Rylie Boyer hit a triple into deep center field, scoring after La Plata's throw into third was bobbled. Coy worked out of a jam — with LeMunyon hitting a triple of her own — only down 1-0. But it was Maysville who had Coy's timing, striking for three more runs in the top of the seventh to pull away.

"My confidence level was really high all the way through," Buescher said. "It was one of those things where, they did what we've been able to do — and they did it before we were able to."

See **SOFTBALL**, Page 9A



La Plata third baseman Bryn Buescher fields a dropped third strike for an out during a Class 1 state title game against Maysville.

## Tigers eliminate Marshall behind big rushing night

Austin Miller  
Kirkville Daily Express  
USA TODAY NETWORK

Kirkville had locker room material for Friday's district-opener against Marshall.

Through the grape vine, the Tigers were told the Owls took their offensive line lightly. The Tigers didn't need a whole lot of extra motivation to battle a conference rival in the playoffs, but they got some. Kirkville had signs in the locker room to fire them up.

And the linemen delivered. Just a few

days before Halloween, Kirkville monster-mashed Marshall with 262 rushing yards and four rushing touchdowns, eliminating the Owls with a 35-12 win at Spainhower Field.

"Nothing better than doing what you do, over and over again, knowing they can't stop you," said senior lineman Owen Fraser.

When the Tigers (7-3) ran up the middle, they got more than just a few yards at a time. The offensive line created big holes for running backs Landon Yardley

See **TIGERS**, Page 9A



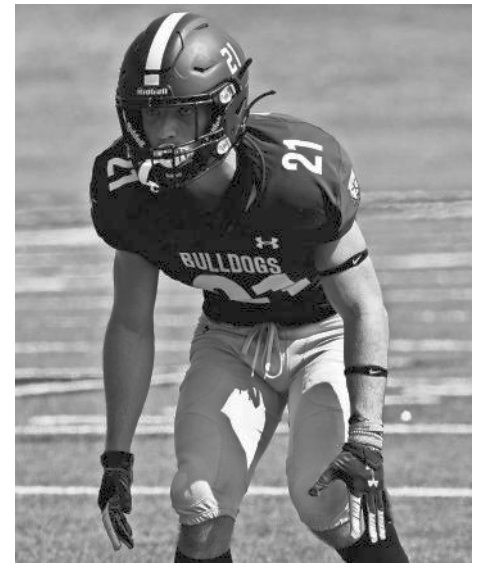
Kirkville's Drew Chrisman sheds a tackle and breaks a 36-yard touchdown run Friday against Marshall. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS



# Truman's Ben Thomas is GLVC Defensive Player of the Week

Austin Miller | Kirksville Daily Express | USA TODAY NETWORK

Truman sophomore Ben Thomas was selected as the Great Lakes Valley Conference's Defensive Player of the Week following the Bulldogs' 49-28 win over Quincy on Saturday. • Thomas, a sophomore defensive back, had two of Truman's three interceptions on the afternoon and returned one 35 yards. He also had three tackles against the Hawks. • It is Thomas' first time winning the award, and he joins defensive end Jack Marth as Bulldogs to win the award this season. • Truman (7-2) is on the road at McKendree (4-5) this Saturday.



Ben Thomas. KIRKSVILLE DAILY EXPRESS FILE



La Plata catcher Claire Coy connects with a pitch during Saturday's state title game against Maysville. PHOTOS BY AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

## Softball

Continued from Page 8A

With his sixth, seventh and eighth hitters due up in the bottom of seventh, Buescher still thought his girls would put something together — because he's seen them do it on so many occasions. Third baseman Bryn Buescher hit a leadoff single, but that was all La Plata could put together.

"You get to a state championship game — you don't get there every year, so you want to win," Buescher said. "I'm not upset we got beat. Second place in the state is still a great season, out of all of the schools in the state that play in Class 1. I'm just more sad that the season's over and that I'm not going to be around the girls all the time."

Asserting themselves as the top pitchers in Class 1, Coy and LeMunyon had a duel for the ages. Coy finished with 10 Ks, 9 hits allowed and one walk. LeMunyon only surrendered three hits, walked two and struck out seven Bulldogs.

After making the Final Four last season but not getting the usual Springfield trip, the Bulldogs relished the experi-

ence they had the last two days. Hanging on for a 3-1 win on a wet and cold Friday night against St. Elizabeth in the semifinals, they still didn't get the true experience since that game was moved to a high school field.

But Saturday they took the field at Killian Sports Complex, gracing the same field that Missouri State's softball team plays on.

"This is where we're supposed to end, here in Springfield," said senior shortstop Brooklyn Carvajal.

Carvajal, Coy and Wood graduate as three of the most accomplished players the program has seen. Three district titles, two Final Four trips, and a whole lot of wins. Buescher is sad to see them go, having emotional hugs with each one after Saturday's game.

But it's their character that he will continue to build his program with moving forward.

"Firstly, character. Second, talent," said Buescher of what those seniors contributed. "I think you win with people ... When you have good people who are really talented, that's when special things happen for your program. They're all very, very good people, very talented."



Right: La Plata center fielder Paige Carvajal catches a flyball during Saturday's state title game against Maysville.

## Tigers

Continued from Page 8A

and Drew Chrisman to run through. Yardley finished with 152 rushing yards and two scores. He broke a 24-yard run in the first quarter to get the Tigers on the board, then took a five-yarder in just before halftime.

"Landon's one of the best guys I know for just putting his head down and getting a few yards," Fraser said.

Chrisman added 70 yards and two scores of his own. He took a six-yard run to the house in the second quarter, then broke a 36-yard score in the fourth quarter to ice the game.

"It's really special. Behind Owen, Bryce (Kertz), Camden Dempsay and the rest of those guys, they're huge and they make a hole for me every time," Chrisman said.

"All year we've tried to emphasize the run game. Some games, it's worked. Some games, it hasn't. We just had to figure it out. Tonight, it worked really well for us and that's really important going forward."

And the ground game could have had an even bigger night if playcalling stayed in its favor in the second half. Statistically, Kirksville quarterback Ike Danielson had a rough night. The junior

**Kirksville running back Landon Yardley, who ran for 152 yards and two scores Friday, pushes away a Marshall defender.**

AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS



had three interceptions and a lost fumble on his resume for Friday. Not to say Kirksville was in much danger in the second half, but the hot hands were in the backfield.

Coach Kevin Krietemeyer said Danielson was a key part of the run game since many carries came out of run-pass options. But he also admitted that they could have chewed more clock and literally run away with the game in the second half if he honed in on that part of the playbook.

"I felt like we could've (run more in the second half). I just tried to do some

things and got greedy," Krietemeyer said. "You know how it is, offensive coaches are not very smart sometimes and get greedy. ... Wasn't very smart by me."

Despite Kirksville's four turnovers, the Tigers won the turnover battle. Kirksville grabbed four interceptions of its own (by Jaden Ballinger, Randon Baumgartner, Jalen Kent and Chrisman) and recovered a fumble on a kick return (by John Behnen). That's one category coaches love to win, but 5-4 isn't the desired margin.

Along with those takeaways, the Kirksville defense technically pitched a

shutout. Marshall (2-7) returned the game's opening kick for a score, and the Owls' second touchdown was a pick 6. Kirksville's defense also held Marshall's run-heavy offense to 110 yards on the ground.

The win gives Kirksville its seventh on the season. The program hasn't hit that mark since 2004, about the time many of this year's players were born.

"My sophomore year was the first time we had won a playoff game in so many years. Then last year was the first time we'd had a winning record in a while," Fraser said. "This year, it's a combination of both. It's cool to be a part of a team that went from a bad program to doing so well now."

That 2004 team won eight games, and this year's bunch can equal that next week. Kirksville travels to Jefferson City (5-4) to face the Jays. Jefferson City was the No. 2 seed in the district, so it had a bye for the first round. For common opponents this year, both Kirksville and Jefferson City played Capital City and Hannibal. They both beat Capital City and lost to Hannibal.

The Tigers knew their path to a district title. The first step is complete. The next stop comes in a week.

"It really just opens the door to bigger games and a lot better competition," Fraser said. "We're gonna need the best football we've got from here on out."

## LOCAL ROUNDUP

### Oct. 30

#### High school cross country

##### State qualifiers

- **Kirksville:** Addy Jorn.
- **La Plata:** Gavin Miranda.
- **Atlanta:** Kyley Magers, Carter Christensen.
- **Macon:** Ethan Glover, Girls team (Brooklyn Anderson, Sofia Burks, Lindsay Burdin, Stella Burks, Kyleigh Roberts, Avery Fuller, Lauren Burdin).
- **Schuyler:** Xavia Cullers, Gabe Kimbrell, Haylee Gordon.

#### High school boys soccer

##### Class 2 District 8 tournament

##### Kirksville 3, Benton 0

- Kirksville — Duncan Simmons, 2 goals; Gavin Pike, goal.

#### High school softball

##### Class 1 state semifinal

##### La Plata 3, St. Elizabeth 1

- La Plata — Olivia Coy, WP, 11 Ks, 2B, RBI; Izzy Joyce, 2 hits.

#### High school football

##### Class 1 District 6

##### South Shelby 32, Scotland Co. 26 F/OT

- No stats by deadline.

##### Class 1 District 7

##### Milan 20, Maysville 6

- Milan — Deric Doport, 166 rushing yards, TD; Carlos Cotto, 81 rushing yards, TD, 2 field goals; Ahmet Niasse, 12 tackles.

##### Gallatin 48, Putnam Co. 16

- No stats by deadline.

##### Class 2 District 7

##### Macon 42, Clark Co. 6

- No stats by deadline.

#### College women's soccer

##### Truman 2, Southwest Baptist 1

- Truman — Sydny Beeley, goal; Chance Douglass, goal.

#### College men's soccer

##### Truman 2, Southwest Baptist 2

- Truman — Collin McDonough, goal; Thomas Weber, goal.

# Congratulations to the La Plata High School Softball Team!



**FRONT ROW:** Pieper Wood, Olivia Coy, Brooklyn Carvajal. **SECOND ROW:** Abby Morse, Bryn Buescher, Addy Taylor, Izzy Joyce, Paige Carvajal, Kohyn Wood, Emma Mitchell, Piper Halstead, Olivia Dawson. **BACK ROW:** Head coach Greg Buescher, Audrey Belfield, Kierstin Wood, Claire Coy, Rachel Case, Brooke Crawford, Madi Carvajal, Ashlynn Lewis, assistant coach Summer Wood. **NOT PICTURED:** Kamron Rice, Sydney O'Haver.



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# CLASSIFIEDS

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House in Lancaster, 3 bedroom, garage, stove and refrigerator. No pets, 1st month and deposit. 660-216-5655.

**BIDS WANTED**

Moberly Area Community College, 101 College Avenue, Moberly, MO 65270 is accepting sealed bids for the Kirksville Wind Energy classroom electrical upgrades. For specifications, please contact the College at 660-263-4100 ext. 11230 or visit our website at <http://www.macc.edu/bids>. Sealed bids are due in the Office of Plant Operations, room 136 of the Main Building, by 11am, November 16, 2021.

MACC reserves the right to accept or reject any or all bids.

**BIDS WANTED**

Moberly Area Community College, 101 College Avenue, Moberly, MO 65270 is accepting sealed bids for the purchase of a new compact track loader. Sealed bids must be received in the Office of Plant Operations, Room 136 of the Main Building, by November 12, 2021 at 11am. For specifications please visit [www.macc.edu/bids](http://www.macc.edu/bids) or contact Tony Sloan at 660-263-4100 extension 11268. Moberly Area Community College reserves the right to accept or reject any or all bids and to waive informalities in the bid process.

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**WANTED TO BUY:** Farm Machinery and Estates. Call James L. Johnston. 573-473-4904

IN THE 2ND JUDICIAL CIRCUIT COURT, ADAIR COUNTY, MISSOURI	
Judge or Division: PROBATE	Case Number: 21AR-PR00118
In the Estate of JASON L THOMPSON, Deceased.	
FILED 10/20/2021 LINDA DECKER ADAIR COUNTY CIRCUIT COURT (Date File Stamp)	

**Notice of Letters of Administration Granted**  
(Supervised Administration)

**To All Persons Interested in the Estate of JASON L THOMPSON, Decedent:**

On October 20, 2021, the following individual was appointed the personal representative of the estate of JASON L THOMPSON, decedent, by the Probate Division of the Circuit Court of Adair County, Missouri. The personal representative's business address is: Heather M. Thompson, 10925 State Highway B, Kirksville, MO 63501. The personal representative's attorney's name, business address and phone number is: Mark Williams, 1003 E. Jefferson, Kirksville, MO 63501, 660-665-7777. All creditors of said decedent are notified to file claims in court within six months from the date of the first publication of this notice or if a copy of this notice was mailed to, or served upon, such creditor by the personal representative, then within two months from the date it was mailed or served, whichever is later, or be forever barred to the fullest extent permissible by law. Such six-month period and such two-month period do not extend the limitation period that would bar claims one year after the decedent's death, as provided in Section 473.444, RSMo, or any other applicable limitation periods. Nothing in Section 473.033, RSMo, shall be construed to bar any action against a decedent's liability insurance carrier through a defendant ad litem pursuant to Section 537.021, RSMo. Date of the decedent's death: September 9, 2021. Date of first publication: October 27, 2021

Linda Decker  
Adair County Circuit Clerk

Receipt of this notice by mail should not be construed by the recipient to indicate that the recipient necessarily has a beneficial interest in the estate. The nature and extent of any person's interest, if any, can be determined from the files and records of this estate in the Probate Division of the above referenced Circuit Court.

KM-10KDE11753

**ADVERTISEMENT FOR BID**

Sealed bids for the Northeast Regional Office HVAC Controls and HVAC Replacement (00-02-10), Adair County, Missouri, will be received online at Virtubid with QuestCDN, UNTIL 2:00 PM, December 2, 2021 then publicly opened. A Non-Mandatory Pre-Bid meeting will be held for this project on November 10, 2021 at 10:30 AM at the Northeast Regional Office Conservation Area, 3500 S. Baltimore Street, Kirksville MO 63501. Project bid documents must be downloaded at [www.questcdn.com](http://www.questcdn.com) project number 8056188, for a non-refundable cost of \$30.00, which will add your company to the Planholder List and allow access to VirtuBid for online submittal of your bid. For project questions contact James Aslaksen, PE, (573) 522-4115 ext. 3767, bidding questions contact Ross Bullard, (573) 522-4115 ext. 3736. QuestCDN Customer Support is available at 952-233-1632 or [info@questcdn.com](mailto:info@questcdn.com)

KM-80KDE08737

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,  
Missouri

KM-10KDE11750

# Share Some GOOD NEWS!

**Wedding & Engagement Announcements**



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

**Birth Announcements**



**Welcome, Hayley Ryan!**  
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**Celebration Announcements**



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

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# Apple streusel bread is perfect comfort food

Laurie Higgins

MetroWest Daily News  
USA TODAY NETWORK - MASSACHUSETTS

Life is slowly beginning to feel a little more normal.

The first sign that our regular routine was resuming was our annual autumn camping trip. We didn't go camping last year. We both missed it, so the Kitchen Genius made a reservation in the late spring for this year. At a time when everything felt very uncertain, he took a leap of hope. I'm so grateful he did. Even though the weather was less than perfect, our three days in Nickerson State Park in Brewster, Massachusetts, were still pretty wonderful.

The night before we went camping, I had a moment of doubt. Why put ourselves through all that work when we could have a campfire in our backyard and sleep in a much more comfortable bed? The answer is that getting away, even if it is in your own hometown, is incredibly restorative.

Every night we were in the park, it rained. And rained. And rained. One night, it felt a bit Biblical. There was some very dramatic thunder and lightning. The drumbeat of raindrops hitting the canvas above our heads was so loud it was impossible to sleep. At one point in the night, we heard a large crash that was uncomfortably close. The next morning, we discovered a large tree limb in the road next to our campsite.

Every morning after a big breakfast, we hiked around the various ponds near Area 7. Somehow the rain made the hikes more enjoyable. The greens were so much more vibrant than usual that I wished I had my cellphone to take a photo until I realized that I was happier without the technology. We walked for miles and rarely saw another person. The trees above us dripped raindrops on our heads. It was humid, lush and beautiful.

On our last day, KG planned to make campfire pot roast. Unfortunately, it rained on and off for most of the afternoon, so he decided to make it on our little gas stove. The stove was set up outside, but it was covered by an awning that kept him mostly pretty dry. As he happily chopped vegetables and stirred the pot, I snuggled with our two pups in



Bake the bread for 55 to 60 minutes until toothpick inserted in center comes out clean or internal temperature measures 200 degrees. LAURIE HIGGINS

the bed of our pop-up camper and read a novel.

It was a lovely day, and that pot roast was the best I've ever eaten. It was also a perfect meal for a chilly day, and the harbinger of a new season of cooking. All of a sudden comfort food is what I'm craving. It's on to stews, soups, pumpkins, squash and apples!

Once we got back home, I felt energized enough to finally entertain someone besides family at our house. I invited four dear friends over for lunch on our deck. We relaxed over a curried pumpkin butternut squash soup and a salad with greens and tomatoes from the Chatham Bars Inn Farm. We nibbled on cookies and caught up on each other's news.

Now that it's fall, I plan to cook with apples as often as I can while they are in their perfect season. I'll probably tinker with pie crusts again, trying to find the perfect one, but I will also make easier things like apple crisp. Over the weekend, I made a quick bread with apples and a streusel topping.

Honeycrisp apples are an excellent choice for baking because they can stand up to an hour in the oven without becoming smush. Over the years, I haven't had great luck with quick breads so I did a little research. It turns out that my loaf pans are the problem. I have a

glass one that is always inconsistent and two non-stick ones that also cook very unevenly. Usually by the time the interior of the bread is done, the outside is a bit too brown.

It turns out that aluminum is the perfect material for a loaf pan. A quick text later, my mother confirmed that she had just the pan I needed. She let me borrow it with a promise that I would not put it in the dishwasher and ruin it.

The apple streusel bread turned out perfect. That loaf pan performed so impressively, that I went on eBay and found an exact replica in their vintage section. KG bargained with the seller and two 9½-by-5½-inch Wear-ever aluminum loaf pans are heading our way.

Cooking note: This recipe makes a pretty large loaf of bread that rose all the way to the top of the pan, so I wouldn't use a smaller loaf pan to make it because it would probably run over the top.

## Apple streusel bread

Makes one loaf

### For the apple batter:

½ cup unsalted butter, at room temperature

1 cup sugar  
2 large eggs  
½ cup whole milk  
1 teaspoon pure vanilla extract  
2 cups all-purpose flour  
1 teaspoon baking powder  
½ teaspoon salt  
1½ cups diced Honeycrisp apples  
½ cup chopped walnuts

### For the streusel topping:

5 tablespoons cold butter, cut into tablespoons  
½ cup all-purpose flour  
¼ cup brown sugar  
2 teaspoons cinnamon

### For the glaze topping:

1 tablespoon melted butter  
½ cup powdered sugar  
1 tablespoon whole milk  
¼ teaspoon pure vanilla extract

**Preheat oven to 350 degrees.** Line a 9½-by-5½-inch loaf pan with parchment paper or spray loaf pan with non-stick cooking spray. In a large mixing bowl cream together butter and sugar. Add eggs, milk and vanilla and stir to combine. Add flour, baking powder and salt and stir to combine. Fold in apples and walnuts using a rubber spatula. Pour mixture into the prepared loaf pan.

To make the streusel topping, in a small mixing bowl combine butter, flour, brown sugar and cinnamon. Using a pastry blender, cut ingredients together until mixture looks like fine crumbles. Sprinkle streusel evenly over the top of the bread. Bake for 55 to 60 minutes until toothpick inserted in center comes out clean or internal temperature measures 200 degrees. Cool completely, then remove from pan.

To make glaze whisk all ingredients together until smooth. Drizzle over the top of the bread.

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