

Lindenwood hands Truman State Bulldogs their first loss

SPORTS, 8A



Kirksville Daily Express

WEDNESDAY, OCTOBER 6, 2021 | KIRKSVILLEDAILYEXPRESS.COM

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The 2021 Red Barn Arts & Crafts Festival takes place Oct. 2 in Kirksville. PHOTOS BY NEMO PHOTOGRAPHY

Red Barn Arts & Crafts Festival returns



Kirksville hosts first Missouri National Guard Hall of Fame induction ceremony

Austin Miller
Kirksville Daily Express
USA TODAY NETWORK

It was tough not to feel the overwhelming amount of respect and support on Friday morning inside Rieger Armory.

The Missouri National Guard Hall of Fame inducted its first-ever class, highlighting six well-deserved inductees and four additional finalists. Most of the inductees have since passed, leaving family members to receive the honors on Friday. So the ceremony was equally somber and celebratory for those service members.

"I hope you feel it in the room today," said Kirksville Mayor Zac Burden in his closing remarks. "The honor, the reverence, the commitment and dedication of one another. It is right that we are gathered here today to recognize these people. It is right that their honor will be forever remembered here in this hall of fame. And it is right that we celebrate. Whether it's with them here in person, or in their memory, it is a good and right thing to be here today."

The Class of 2021 included Lt. Col. Archie Miller, Capt. Alexander Skinner, Lt.



The family of Eldon Coy accepts his induction into the Missouri National Guard Hall of Fame. NEMO PHOTOGRAPHY

Construction is underway

MU Health Care breaks ground for new children's hospital, **2A**

Do you qualify?

State is processing Medicaid applications under expansion, **4A**

Weather

High 72° | Low 61°
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NEWS

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.

Wednesday, Oct. 6

It is time for the annual Drive Through Flu Vaccine Clinic. The Adair County Health Department is set up at the NEMO Fairgrounds today until 6 p.m. No registration is required and the shots are free for Adair County residents. You are encouraged to fill out and print the Flu Clinic Screening and Consent form. Face masks are required. Short sleeved or loose-fitting shirts are recommended. For more information call 660-665-8491.

Friday, Oct. 8

- Kirksville High School celebrates Homecoming with a parade in downtown Kirksville at 4 p.m. along Franklin Street and a home football game at 7 p.m. at Spainhower Field on the Kirksville R-III campus, 1300 S. Cottage Grove. For more information call 660-665-4631.
- The North Star Music Festival opening concert begins at 8:00 p.m. in

the Ophelia Parrish Performance Hall on the Truman campus. There are also performances at 6 and 8 p.m. Saturday evening, October 9th. For more information call 660-785-4417.

- The El Kadir Shrine Club celebrates its 75th anniversary. In appreciation to the Community the Shrine Nobles and Jewels invite you to an Open House from 4-7 p.m. at the Shrine Club, 2401 S. Baltimore. For more information call 660-665-3312.

Saturday, Oct. 9

You are invited to the Oktoberfest at SIP Downtown, 122 W. Harrison. Enjoy the flavor of fall with German food and drink. For costs and more information call 660-730-5050.

Monday, Oct. 11

The Kirksville Chamber of Commerce is partnering with Community Opportunities for the first annual Rollins Recycling Roundup! Recycling Trailers will be parked from now until Oct. 18 in the El Kadir Shrine Club parking lot at 2401 S. Baltimore and at Protech, 2411 E. Illinois. Bring your newspapers, magazines, office paper, aluminum cans, envelopes and junk mail, and cardboard boxes. For more information call 660-665-3766.



Construction is underway on the University of Missouri's new \$250 million Children's Hospital tower, which is being built next to University Hospital.

PHOTOS BY DON SHRUBSHELL/TRIBUNE

MU Health Care breaks ground on new children's hospital

Lauren Tronstad
Columbia Daily Tribune
USA TODAY NETWORK

University of Missouri Health Care celebrated breaking ground Friday afternoon on the tower that will become a new children's hospital on its main campus.

The facility is set to open in summer 2024 at the corner of Hitt and Lake streets.

"This groundbreaking really demonstrates to all of us that this university is meeting the important mission of student success, research breakthroughs and meaningful engagement throughout the state of Missouri and beyond," UM System President Mun Choi said during the ceremony.

The hospital will include a dedicated kid-friendly entrance, a warm environment with colors, murals and rounded edges to help put kids at ease during treatment, interactive clinic areas with toys and furniture inclusive to those with special needs, special outdoor areas, a nature-inspired interior, and rooms with built-in flexibility, the university announced.

"It's the clinical care, it's the teachings and it's the innovations that are going to happen here in an amazing way that is truly awe-inspiring," said Jonathan Curtright, CEO of MU Health Care. "It's the University of Missouri bringing all of our missions together under one roof."

"I am absolutely inspired: Missourians taking care of Missourians."

Every detail is being designed to provide the best patient environment possible, said Keri Simon, chief hospital operations officer for MU Health.



University of Missouri System President Mun Choi talks Friday about precision health care, student success and research breakthroughs.

The relationships built are ones that cause staff to see patients as people and the doctors to feel like second families, Simon said. Videos shown at the ceremony echoed this as families of children treated at MU Health gave personal testimonies of the relationships that were built with staff.

The newly designed neonatal intensive care unit, located below the birthing center, will provide families with private rooms to give space to bond with their newborn while easing the inherent stress that comes with the typical NICU environment.

"This new hospital reinforces MU Health Care's role in improving the health of Missourians through research, education and outstanding clinical practice," said Robin Weneker, member of the UM Board of Curators. "What we celebrate today is so much more than another large building project; this

See HOSPITAL, Page 3A



In-Bound Call Center - Proposed for Adair County

Customer Service Representatives

Full-time and some Part-Time Positions Possible

Wages will start at \$15/hour with shift differential and bilingual differentials. Comprehensive benefit package, employer paid, to all employees.

Positions will start remotely, and then move to remote, hybrid and in-office once a facility is functional.

If you are interested in bringing a highly reputable call center to our area and begin a new career, please send resume with name, current address and contact information to: k.remi.missouri@gmail.com



Kirksville Daily Express

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Wilburn Rowden accepts a medal to commemorate his induction to the Missouri National Guard Hall of Fame during a ceremony Friday in Kirksville. NEMO PHOTOGRAPHY

National Guard

Continued from Page 1A

Col. Dolores Carl, Command Sgt. Maj. Eldon Coy, Col. Mark Randazzo and Chief Warrant Officer 4 Wilburn Rowden. Lt. Robert Darwin Elwell, 1st Sgt. Stephen Arnold, Col. Elmer R. Parrish and Chief Warrant Officer 4 Sherman Neblett were also honored as finalists.

Missouri Lt. Gov. Mike Kehoe was present for Friday's ceremony, highlighting how strong of a class was selected as the inaugural group.

"I read through the bios of each of the inductees and could not imagine a more qualified and deserving slate," Kehoe said. "Two Congressional Medal of Honor winners, a groundbreaking nurse, a World War II veteran and POW survivor, a Kirksville native, and a man ... who I met with earlier this week said Col. Randazzo was the best leader he'd ever seen.

"It is our state's service. It is those people who make us Missouri, that define who we are," Kehoe said. "... This hall of fame is a tribute and a wonderful display of support to each and every one of the people you're going to meet in the guard."

As part of the ceremony, students from Kirksville High School read the biographies of each service member who was honored.

Miller was a St. Louis native who enlisted in the 6th Missouri Infantry, serving in Cuba. He later joined the U.S. Army and received the Medal of Honor, the highest military decoration in the U.S., for his service during the Philippine-American War in 1909. He died in 1921 and is buried in Arlington National Cemetery.

Skinker is another Medal of Honor recipient. A St. Louis native, Skinker

was deployed during World War I. On Sept. 26, 1918, Skinker was with Company I, 138th Regiment, which was a federalized version of the Missouri National Guard. He led an attack on enemy machine gun positions, seizing ammunition and feeding an automatic rifle until he was killed. He is interred at Bellefontaine Cemetery in St. Louis.

Carl was a groundbreaking member of the National Guard, beginning as a registered nurse in 1967. She was assigned to the 135th Army Hospital during racial unrest in Kansas City in April 1968. At the time, she was the only woman serving in the Missouri National Guard. She continued and achieved the rank of lieutenant colonel and retired in 1981. She died in 2017 at 77.

Those three individuals didn't have any family present at Friday's ceremony, either because they had passed away so long ago or didn't leave any family members behind. But moments of silence were observed for them.

"The ones who couldn't be here today, those who are no longer with us or didn't have family, we view ourselves as their advocates," said John J. Sastry, the hall of fame's chairman. "They can't be here to speak for themselves, so that's why we have this organization. We have a society where we kind of have a short attention span. Because of that, we want this organization to be here in perpetuity to continually recognize these individuals so they're never forgotten."

Coy was a Kirksville native who spent more than 40 years in the Missouri National Guard, retiring in 1998. He served in many positions of responsibility and was an active member of the community. He led the 128th Field Artillery Regiment when Sastry joined. Sastry's desire to recognize his mentor was a big reason for the creation of the hall of fame.

A large Coy family contingency was present Friday to receive the award. Coy died in 2011 and is buried at Park View

Memorial Gardens in Kirksville.

"He was an extremely honorable man, well-respected by everyone," Sastry said. "We loved 1st Sergeant Coy, ... and it's really great to have a Kirksville native here as an inductee here today."

Randazzo enlisted with the 1035th Maintenance Company of the Missouri National Guard in 1980. He had a lengthy and decorated military career. He became the company commander at the Jefferson Barracks in 1995. He was deployed to Iraq from Dec. 2003 to Jan. 2005. He later became the Director of Logistics for the Missouri National Guard. He died unexpectedly in 2011 at 48 after 31 years of service.

Tim Hartman, a member of the hall of fame's board, knew Randazzo growing up and for many years later. They both wound up in the guard and similar divisions.

"I followed him, and I can tell you that in my 30 years in the military, Mark Randazzo was the best officer I ever met in my life," Hartman said.

And Rowden, who recently turned 98, was the only living inductee this year. Rowden, a 1941 graduate of Vienna High School, was drafted into the Army Air Forces in 1943. He was a radio operator on a B-17 bomber and was shot down near Hanover, Germany on March 6, 1944. He safely evacuated but was captured by the German military and spent 13 months in prison camps. Rowden was rescued on April 26, 1945. He was discharged in 1945 and then joined the Missouri National Guard. He retired in 1983 at the rank of Chief Warrant Officer 4.

During his address, Lt. Gov. Kehoe noted that veterans are usually humble when thanked for their service. That's exactly how Rowden was, offering a brief bit of gratitude for the award.

"Thank you very much. It's quite an honor to be here. I'm really pleased, thank you," Rowden said, humbly.

Kirksville was announced as the home for the hall of fame last year. Sas-

try got the idea last September when he found out there wasn't already a Missouri National Guard Hall of Fame. As a Truman State graduate, he knew Kirksville had a rich military history.

So he quickly contacted city officials, which included Tourism Director Debi Boughton and City Manager Mari Macomber. Sastry thanked them, along with Blytha Ellis, President of the Adair County Historical Society. Their museum will house the hall for two years, while a permanent home is sought. Now, one year after the first idea, one class is in the books.

All of the hall of fame's board members, which includes Sastry, Hartman, Steven Davis, Nick Mikus and Von Abbot, are all Truman State graduates. Advisory members of the board include Col. Clyde Johnson and Glenn Jacobs, also Truman grads.

Jacobs, known to most people as the WWE wrestler Kane, couldn't attend Friday's ceremony but offered a video message where he congratulated the honorees and thanked them for their service.

"When we think of the armed forces, we usually think of active, full-time forces. But as you all know, the guard plays an enormous role, not only in defending our nation but also in emergencies, such as natural disasters and currently the COVID-19 pandemic," Jacobs said. "I know firsthand that guardsmen are much more than weekend warriors."

With this first induction ceremony now done, city officials, residents and the hall of fame's board look forward to many more celebrations in Kirksville.

"We celebrate proudly with their family and friends who are gathered with us today," Burden said. "It is my hope that Kirksville will always feel like a home for those who are inducted today, and the families who are here to honor and represent them as well. We hope to see you back in Kirksville often as you visit this place again."

Hospital

Continued from Page 2A

building is the physical representation of the commitment of MU Health Care and the University of Missouri to create a sustainable future for the care of children here in Missouri."

The \$250 million project is one of the largest in University of Missouri history. The new facility will be nine-story care pavilion and is expected to be about 323,000 square feet. The addition will allow for the expansion of 90 beds.

The goal is to integrate the MU Health hospital system into one convenient and centralized location.

The hospital will replace MU Women and Children's Hospital on Keene Street.

Some services will begin moving in just a matter of weeks as part of a three-year transition to integrate children's and women's services with the main hospital campus.

The new pavilion is planned east of the University Hospital patient care tower, which also houses the Ellis Fischel Cancer Center. An enclosed foot bridge will connect the new pavilion to



An architect's rendering of the University of Missouri's new \$250 million Children's Hospital tower. The facility is set to open in summer 2024 at the corner of Hitt and Lake streets. PROVIDED BY UNIVERSITY OF MISSOURI

the physician's office building.

Funding for the new hospital comes from operational savings through service consolidation, philanthropy and

long-term debt financing, according to MU.

Ronald McDonald House Charities also announced Friday an addition to

the new children's hospital in the form of a family room that will serve as a place for parents to relax and recharge while remaining close to their child.

Do you qualify for Medicaid expansion?

State is processing applications; how do you apply?

Galen Bacharier
Springfield News-Leader
USA TODAY NETWORK

Missouri began processing applications for those newly eligible under the state's Medicaid program Friday, following a voter-approved amendment and a legal battle that reached the Missouri Supreme Court.

Are you eligible for the low-income health care program, also called MO HealthNet, under the expanded qualifications? How do you apply? Find your answers here.

Who is eligible for Medicaid under expansion?

About 275,000 additional Missourians are expected to be able to enroll in

Medicaid under the program's expansion, in addition to the more than 880,000 already covered as of last year.

Eligibility depends primarily on income — though age, health and individual needs are also factors.

Missouri's Department of Senior Services is **now processing applications for adults under age 65 with household incomes up to 138 percent of the federal poverty line.** That equates to an **individual earning less than \$17,774 per year.**

You can view the full list of income limits for MO HealthNet on the Department of Social Services' website.

How do I apply for Medicaid?

There are several ways to apply for Medicaid coverage.

You can **apply online** by going to the Department of Social Services' website — myDSS.mo.gov/healthcare/apply — and accessing the online portal or by downloading and printing a paper application. You can also **apply by phone** by calling **(855) 373-9994.**

If you are 65 or older, are blind or have a disability, receive Social Security payments, live in a long-term care facility or have Medicare or VA health care, you also have to fill out and submit a copy of the supplemental form, also available on the department's website.

Once you've completed the forms you need, you can submit your application in one of three ways. You can send it **by email** to **FSD.Documents@dss.mo.gov**; **by mail** to **Family Support Division, 615 E. 13th St., Kansas City, MO 64106**; or **by fax** to **(573) 526-9440.**

You'll receive a letter once your application has been processed letting you know whether or not you are eligible — the department says that **processing can take up to 10 days.** If you qualify, you will receive a MO HealthNet ID card in the mail, and the letter will contain instructions for how to make sure your Medicaid coverage starts.

Why is Medicaid expanding?

Last year, 53 percent of Missouri vot-

ers approved a constitutional amendment expanding the state's Medicaid program — joining the majority of U.S. states in doing so.

But the state legislature, dominated by Republicans who opposed the program's expansion, refused to provide the funding it needed — leading to a lawsuit from three women who would have qualified under expansion.

After a circuit court judge initially ruled for the state, the Missouri Supreme Court unanimously decided that the state was required to enroll those who qualified under the expansion amendment. The case was then brought back before the circuit judge, who followed the order of the high court and forbade the state from denying or restricting those newly eligible for Medicaid.

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



Sarah works in her community garden Sept. 25. JOHN LOK, VIA UCSF

Targeted electrical brain stimulation cures woman's depression

Success may suggest new ways to address treatment

Karen Weintraub
USA TODAY

Sarah went more than five years without laughing.

Living in the San Francisco Bay Area, she long ago stopped noticing the region's natural beauty. She had so lost touch with her own opinions that she ordered whatever her friends were having when they went out to dinner. All she knew was that she wanted to die.

But some piece of her was still open enough that she volunteered for a clinical trial at the University of California, San Francisco, to treat severe depression.

A year and two brain surgeries later, Sarah, 36, chuckles while telling her story.

Sarah, who asked to be identified by her first name, is the only person to ever be treated with electrodes implanted deep in her brain that send quick energy bursts when they detect activity in a brain circuit involved in her depression.

Those 6-second zaps — as many as 300 a day — have transformed her life and provided new insights into the biological nature of depression.

What she's been through is way too complicated to replicate for the millions of people who suffer from deep, unrelenting despair, but her success may suggest new ways to address one of the most hard-to-reach mental illnesses.

"It's really cool," said Dr. Darin Dougherty, a psychiatrist who uses a similar, but less advanced approach to treating obsessive-compulsive disorder

at Massachusetts General Hospital and McLean Hospital. "It's very exciting because it's the next step ... for depression, this is exactly what we need to be doing."

Andres Lozano, a professor of neurosurgery at the University of Toronto, said the research should be received enthusiastically but with caution.

"It's only one patient, so we have to be careful," he said. "But if it translates to other patients and if the results are longstanding and enduring then it's very exciting."

Help out of hopelessness

Deep brain stimulation has been used for years to treat Parkinson's disease, epilepsy and obsessive-compulsive disorder, but the UCSF approach went further, by personalizing the treatment, targeting specific brain circuits instead of regions, and providing intermittent currents rather than a continuous stream of electricity.

Katherine Scangos, who helped lead the research, published Monday in *Nature Medicine*, said such complexity and specificity is required to treat a condition as challenging and individualized as depression.

Two other patients have been enrolled in the trial and Scangos hopes to eventually include nine more. Additional patients will allow the team to look at how brain circuits involved in depression differ and help improve the personalization process.

Better understanding these brain circuits may lead to different ways of modulating them — hopefully ways that won't require brain surgery and will be easier to provide to large numbers of people, Scangos said.

Approximately 250 million people worldwide have depression and 10%-20% of them don't get help from current treatments. Sarah was among them. She tried numerous medications and electroconvulsive therapy during her five years of extreme depression, all without substantial improvement.

Her mood lifted almost immediately when the stimulator was first turned on.

"I felt the most intensely joyous sensation," she said. She remembers the researchers looking at her when she laughed out loud. "It was the first time I had spontaneously laughed, I had smiled — where it wasn't faked — for five years."

Dark thoughts would return when the device was turned off, but more than a year after it became fully operational, her depression remains a distant memory.

"Within a few weeks, the suicidal thoughts just disappeared," she said. "Then it was just a gradual process where it was like my lens on the world changed."

Hobbies she had used to distract herself from suicidal thoughts were pleasurable for the first time. Riding home from one session, she noted the gorgeous color and light of the San Francisco Bay where it met the marshes. The friend who was driving "looked at me like I was insane — it was so shocking to them that I said something like that," she said. "When I was in the depths of depression, all I saw was what was ugly."

She's now in what she describes as a virtuous cycle, where getting pleasure from activities enables her to feel better and she can benefit from therapy that didn't help when she was at her lowest.

Triggering the right circuit

Neurosurgeon Edward Chang, who operated on Sarah and first conceived of the experiment seven years ago, said he expects brain stimulation will not be a "standalone" therapy but used in coordination with other approaches including rehabilitation and medication.

The stimulation is carefully calibrated so Sarah can't feel the zaps, though she said she thinks she knows within a 15- to 20-minute window when the stimulator has gone off because she has a heightened sense of alertness, energy and positivity.

To identify the exact circuit involved in Sarah's depression required repeated hours-long visits to UCSF, turning the stimulator on and off and calibrating the charge.

Scangos said she was concerned too much stimulation might trigger mania, a different psychiatric condition, but Sarah has had no such side effects. In fact, she said, she has fewer side effects than with many of the nonsurgical approaches she tried.

Chang said he expects the process can be simplified as researchers better understand the impact of stimulating different brain circuits and improve their ability to identify the crucial one in each individual.

In Sarah's case, one of her two implanted devices identified the site of abnormal activity, while the stimulator, typically used to treat epilepsy, automatically sends an electrical stimulus when it detects that activity.

The stimulator only goes off when this circuit believed to lie at the root of her depression malfunctions. That

See DEPRESSION, Page 5A

Keep those nasty gnats off your bananas



Hints From Heloise
Heloise

Dear Heloise: When I bought some bananas I found I had gnats! How do I keep gnats away from my fruit and out of my house?

Betsy L., Muncie, Indiana

Betsy: When you buy a bunch of bananas, put them on a banana hanger and place them in the sink. Run cold water over the whole bunch of bananas. Leave them there in the sink to dry, and once they are dry you can put them on the counter. Your gnats will be gone.

Heloise

Dear Heloise: I've found that fresh

lemon juice squeezed over steamed veggies improves the flavor. And if you don't have vinegar in the house, you can use lemon juice and olive oil for a salad dressing. I also freeze lemon juice in ice cube trays and use them in iced tea. When I prepare fish, I use a fresh lemon and squeeze the juice in my hands to remove odors.

Amy F., Park City, Utah

Dear Heloise: I always had a hard time when a recipe called for lemon or orange zest. Finally, I started using a grater. Now I save the zest in plastic bags and freeze them to use later in baking various cookies and cupcakes.

Lilly R., Peekskill, N.Y.

Dear Heloise: We always serve punch at holiday parties for our friends who do not care for alcoholic drinks. I hated the way an ice ring would water

down the punch as it melted. Finally, I decided to make an ice ring out of the punch. I used a flower shaped gelatin mold to freeze the punch, then added it to the punch bowl. No more watered-down punch!

Sharon V., Rutland, Vermont

Dear Heloise: While I was at a garage sale recently I saw a coffee grinder for only \$2, so I bought it. Since I like to bake and freeze various breads and cookies for the holiday, the coffee grinder will come in handy when I have to chop nuts. My husband loves nuts in banana bread, and I can grind them very fine for pumpkin bread. It's an easy way to chop nuts, and safer since I don't have to use a sharp knife.

Sonja N., Mesa, Arizona

Dear Heloise: I could never find a recipe I wanted or needed, so I started

buying photo albums that had one clear sheet for the whole page. Now I can type up a recipe and place it in my photo album. I also color code the sheets of paper that the recipe is written on – white for main dishes, vegetables are green, fruit is yellow and desserts are pink. The odds and ends of recipes are in lavender. Now I don't have to look high and low for a recipe that I saw on a clipping. This has really simplified my life.

Ann P., Augusta, Georgia

Dear Readers: If you haven't been to my redesigned website at Heloise.com, I urge you to take a look at the updated look with stories and hints you'll really enjoy.

Heloise

Recovering addict considers divorcing husband



Dear Annie
Annie Lane

Dear Annie: I'm currently in recovery. I have had two years of being clean and sober, after 13 long, miserable years of addiction. I have a full-time job that I love and am advancing, in my own place, and just live a good, "normal" life. I am quite happy in my current state and have made peace with my past. I've realized it was a tough lesson but one that has made me a better person today for having experienced it.

However, during my active addiction, I married someone who was also an addict. We had been friends for several years, and it just seemed to naturally progress to the point where we wanted to have a life together. Two weeks after we got married, both he and I went to jail.

I've since done my time and completely changed my life. My husband is still in prison. I have thought seriously about getting divorced, as we were both actively using throughout our entire re-

lationship. He says he has changed and wants to live life without using, but I am terrified that he will get out and start getting high.

I don't want to live that lifestyle and am not willing to put my recovery in jeopardy. I can't even truly say I still love him, and he doesn't even know this new person that I have grown to become. Should I follow through with the divorce? Or see what happens when he gets out?

Recovering but Conflicted

Dear Recovering but Conflicted: When he says he has changed, what exactly does he mean? People speak louder with their actions than their words. Your recovery should remain your number one priority. Anything that takes you away from that has got to go, and if your husband will not stay sober, that means him as well.

Dear Annie: I have to object to your language about how grandchildren "intuitively" love their grandparents in your note to "Family Scapegoat."

Unless the grandparents are the children's primary attachment, there is no reason for children to connect with them except as a reflection of the parent's relationship with the grandpar-

ents. Saying otherwise is outdated and not in line with attachment theory.

Parents should be allowed to cut unhealthy and unsafe relationships out of their children's lives – even if those relationships are familial.

Unimpressed by the Greatness

Dear Unimpressed: You are correct, and if a grandparent's behavior is unhealthy or unsafe, they should be kept away from their grandchildren. But if the issue is not so black and white, and the behavior is more annoying than unsafe, then the parents should set boundaries for the interactions rather than cut them off altogether.

Dear Annie: I've been married for 14 years now, and we have three kids. My husband is constantly wanting me all to himself. Whenever I make friends and we try to hang out, he has an issue with it.

He makes mean comments about me caring about my friendship more than my family. He thinks that once you get married, you no longer need friends and everything should be about him and the kids.

I need personal time and believe it's healthy to have different friends. How can I help him understand this? Or is the

marriage doomed?

Fed Up in North Carolina

Dear Fed Up: I don't blame you. It sounds like you are more in a jail than a marriage.

Personal time is very important, and having friends is very healthy for you and every member of your family. He sounds incredibly controlling.

Don't let him control you.

Go out with your friends if you want to, and if he makes mean comments, then know that he is just threatened by them and trying to manipulate you. Don't let him.

Do what makes you happy – because happy people have good marriages and are good parents.

Unhappy people, who feel controlled and caged, tend to become sad and not good role models for their children.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – is available as a paperback and e-book. Visit creatorspublishing.com for more information. Send your questions for Annie Lane to dearannie@creators.com.

Depression

Continued from Page 4A

means the battery will last longer – about 10 years, Scangos estimates.

The match-box-sized battery is embedded in her cranial bone so she can't feel it. The two minimally-invasive surgeries were less annoying, Sarah said, than the extended MRIs she had to undergo to identify her faulty brain circuit.

Chang said he had to customize existing devices to make them work the way he wanted them to. The basic equipment cost about \$30,000, he said.

"We're at the very beginning of figuring out how this works," Chang said. "We have a lot to learn."

The hope, Chang said, is eventually it will be possible to identify and target key circuits in a depressed person's brain without needing surgery.

For now, he said, surgery seems to be "more precise and targeted with more control and fewer side effects." Plus, because the stimulator can be monitored remotely, the patient doesn't have to come back repeatedly for adjustments.

Decreasing depression stigma

One of the unknowns is how long the benefits will last.

Earlier studies using deep brain stimulation to combat depression showed no difference at six months between people who had a stimulator turned on and those who didn't. Follow-up studies at two years, though, did show substantial improvement in half of the people who'd been stimulated, said Lozano, who was involved in the research.

In those cases, the stimulator was turned on 24/7 and its location wasn't personalized.

Lozano said it makes sense that better results would come from doing both. "The brain works by getting the right information at the right time to the right place," he said, and more precise targeting will hopefully yield better and longer-lasting results.

He also thinks the UCSF team's work targeting a circuit instead of a brain region makes sense. The movement difficulties associated with Parkinson's, for example, stem from one particular area of the brain, and a deep brain stimulator



Sarah is treated with electrical stimulation for depression treatment. MAURICE RAMIREZ/VIA UCSF

is placed in that area in everyone. But with depression, symptoms vary widely, affecting things like sleep, memory and focus in addition to mood.

Influencing a circuit can help address all of those symptoms, he said.

In Sarah's case, the circuit ran from her amygdala, an area known to control fear and other strong emotions, to her ventral striatum, which is involved in decision-making.

"We're starting to recognize some of the complexity that's involved with how mood is regulated in the brain as a network ... interacting areas in the brain that give rise to really complex emotions that underlie things like depression and anxiety," Chang said.

Focusing on networks, he said, is "go-

ing to give us a lot more options and a lot more hope for thinking about how to tailor these therapies for patients in the future."

In the meantime, Sarah, her doctors and other experts in the field say experiments like this should help destigmatize depression and other mental illnesses.

When treatment after treatment didn't work, Sarah said, "I felt like it was my own personal moral failing." But when stimulating a circuit in her brain lifted her depression almost instantaneously, Sarah realized her black mood wasn't her fault.

"No one ever says to someone with Parkinson's that if you just have a positive attitude, you'll cure yourself," she said.

"The hardest part of living with depression is the stigma," she added. "That's why I've kept myself anonymous."

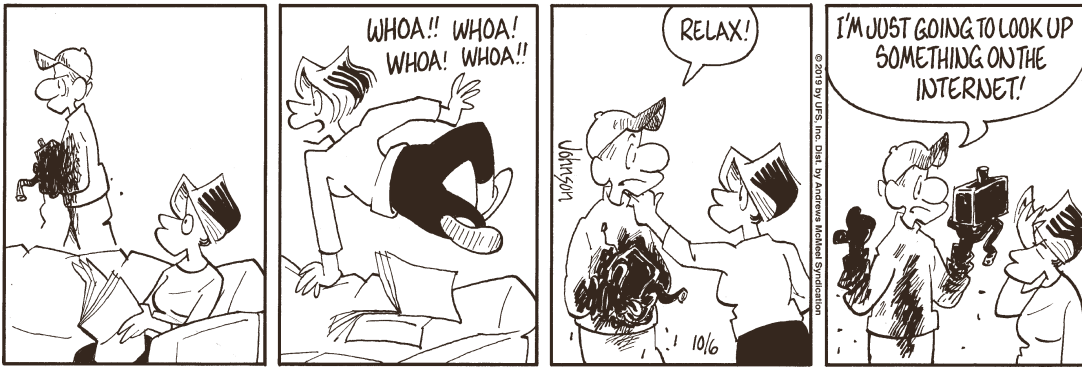
Suicide Lifeline: If you or someone you know may be struggling with suicidal thoughts, you can call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255) any time of day or night or chat online.

Crisis Text Line provides free, 24/7, confidential support via text message to people in crisis when they dial 741741.

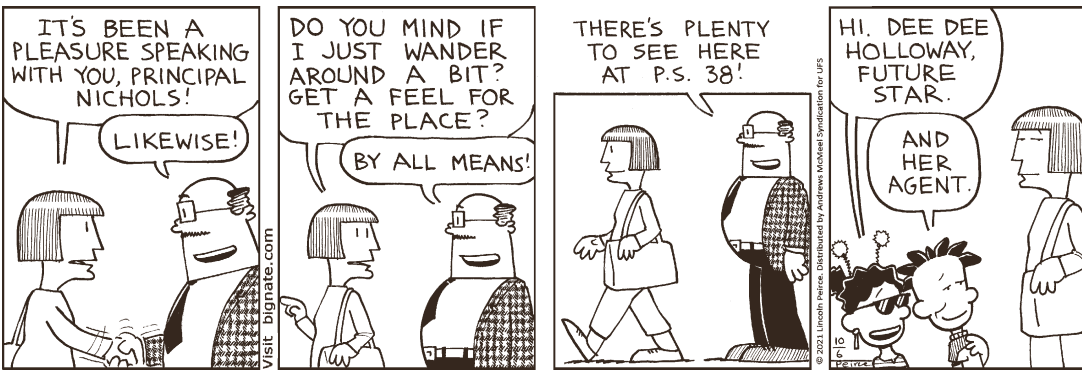
Health and patient safety coverage at USA TODAY is made possible in part by a grant from the Masimo Foundation for Ethics, Innovation and Competition in Healthcare. The Masimo Foundation does not provide editorial input.

COMICS

ARLO AND JANIS



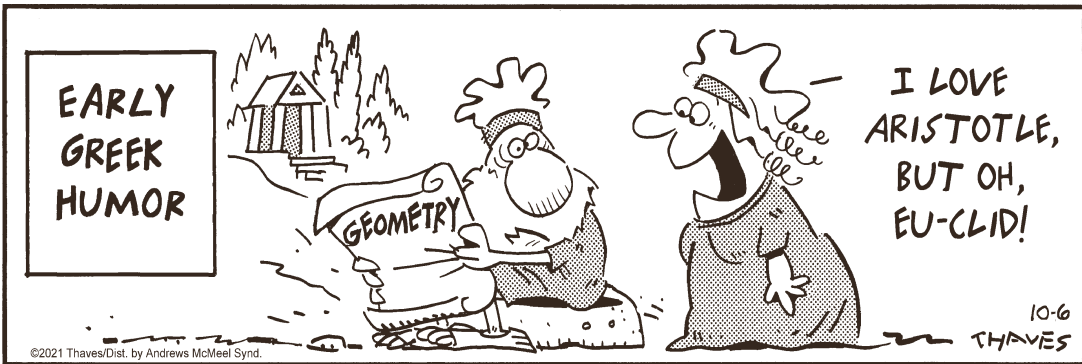
BIG NATE



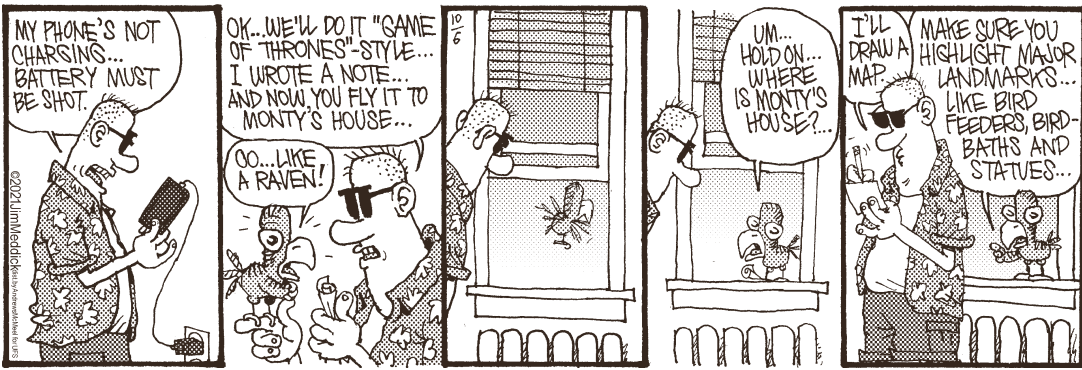
THE BORN LOSER



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.

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

PREVIOUS ANSWER

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

CROSSWORD

ACROSS

- 1 Outshine
- 4 Expert pilot
- 7 Ladder type
- 11 Teahouse attire
- 12 Mashed potato serving
- 14 Antacid brand
- 15 So far
- 16 Asian princess
- 17 Sleeve fillers
- 18 Computer network
- 20 Like some milk
- 22 Sgt.
- 23 Fast food chain
- 24 Lavish parties
- 27 Beat
- 30 Styptic
- 31 Leak giveaway
- 32 Channels 2-13
- 34 Some, to Yvette
- 35 Least of the litter
- 36 Hi or bye
- 37 Hymn-singing groups

39 Waste maker?

- 40 Explain further
- 41 Sports "zebra"
- 42 Soft color
- 45 Gazing at
- 49 Linchpin locale
- 50 Online auction site
- 52 Caesar's lucky number?
- 53 Bard's tragic king
- 54 Extinct bird
- 55 Visitor from Melmac
- 56 Shade trees
- 57 Provo inst.
- 58 Volleyball need

DOWN

- 1 Playthings
- 2 Follow orders
- 3 Sets against
- 4 Thinks the same
- 5 Gripping device

Answer to Previous Puzzle

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

- 6 Many millennia
- 7 Attitude
- 8 Lawn
- 9 Ms. Peel of "The Avengers"
- 10 "Hey, you!"
- 13 Most embarrassed
- 19 Bloke's streetcar
- 21 Switch positions
- 24 Ramble around
- 25 Guinness or Baldwin
- 26 Sumptuous
- 27 Rackets
- 28 "We try harder" folk
- 29 Not this
- 31 Took a fence
- 33 Ally
- 35 Carnival attraction
- 36 Bistro
- 38 Wayne genre
- 39 "Yo!" (2 wds.)
- 41 All set
- 42 Whey-faced
- 43 Eddie Murphy's — Foley
- 44 Door sound
- 46 Czar name
- 47 Giza's river
- 48 Present
- 51 Mr. Newhart

1	2	3		4	5	6		7	8	9	10	
11				12			13		14			
15				16					17			
18				19			20	21				
				22			23					
24	25	26				27			28	29		
30						31				32	33	
34						35				36		
				37	38				39			
				40					41			
42	43	44						45		46	47	48
49						50	51			52		
53						54				55		
56						57				58		

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HERMAN



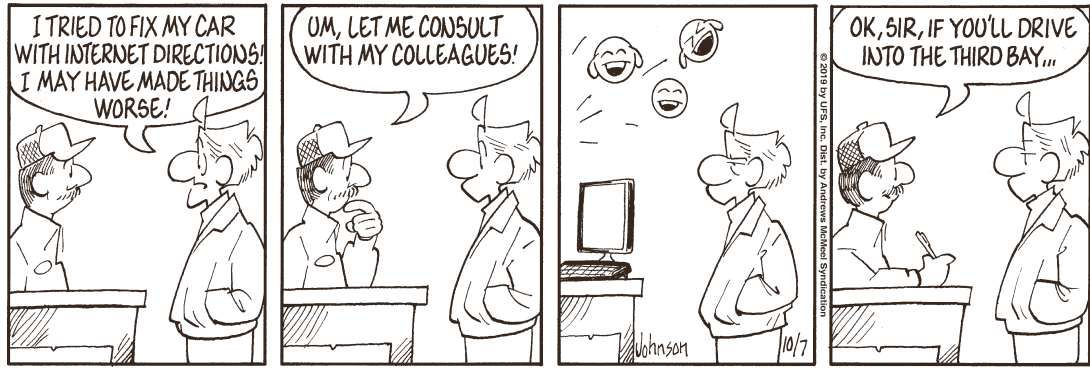
"I'm going to ask the warden if he'll let you look after Rusty for a couple of weeks."

HOROSCOPE BY EUGENIA LAST

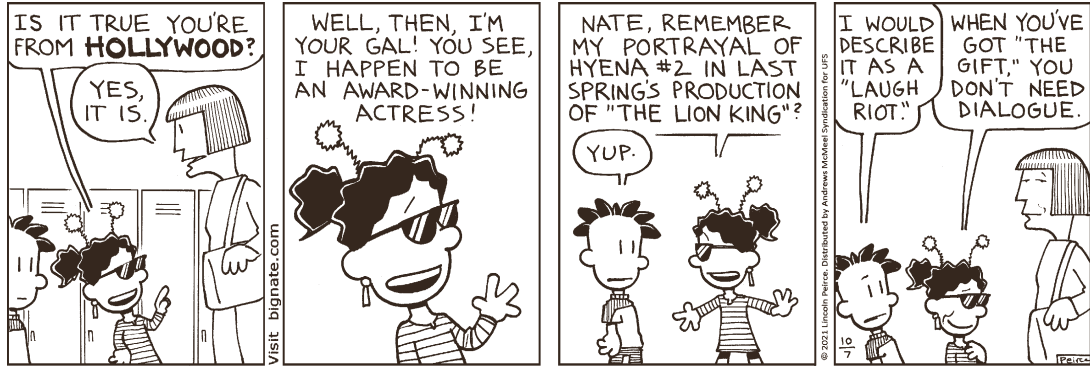
- Aries** (March 21-April 19): Draw on your experience and what you know to get what you want. Call on those you trust to come through for you without supervision. ☆☆☆
- Taurus** (April 20-May 20): Make "steady and ready" your motto. It's essential to stick to a path and show responsibility if you want others to take you seriously. ☆☆☆
- Gemini** (May 21-June 20): Share your personality with others. You'll attract attention, and if you use your words wisely, you will gain support and respect moving forward. ☆☆☆☆
- Cancer** (June 21-July 22): Monitor what's going on around you. Problems at home will leave you confused if you are too close to the situation. Don't show anger or upset. ☆☆☆
- Leo** (July 23-Aug. 22): Set the pace. Speak up, be brave and back your words with action. Keep your circle small, and execute your plans with precision. ☆☆☆☆
- Virgo** (Aug. 23-Sept. 22): Concentrate on your responsibilities, and map out a plan to ensure you use your time and energy wisely. Your discipline and hard work will not go unnoticed. ☆☆☆
- Libra** (Sept. 23-Oct. 22): Don't get bogged down by your to-do list. Take a systematic approach to knock off one chore after another. Rewarding yourself for your time. ☆☆☆
- Scorpio** (Oct. 23-Nov. 21): Think matters through; don't take on more than you can handle. Home improvements will end up costing more than anticipated. ☆☆☆
- Sagittarius** (Nov. 22-Dec. 21): You've got some good ideas. Don't hold back; reiterate what you want to do, and you'll find out quickly who is supportive and who isn't. ☆☆☆☆
- Capricorn** (Dec. 22-Jan. 19): Be a good listener, and you'll find out information that will help you avoid getting into something questionable. ☆☆☆
- Aquarius** (Jan. 20-Feb. 18): An exaggerated opinion will interfere with your plans. Look beyond what's in front of you, and you'll know what to do to avoid getting involved in someone's plan. ☆☆☆☆
- Pisces** (Feb. 19-March 20): You are on the right path. Do your research, and stick to a plan you can afford. Verify what's required to reach your goal without interference. ☆☆☆

COMICS

ARLO AND JANIS



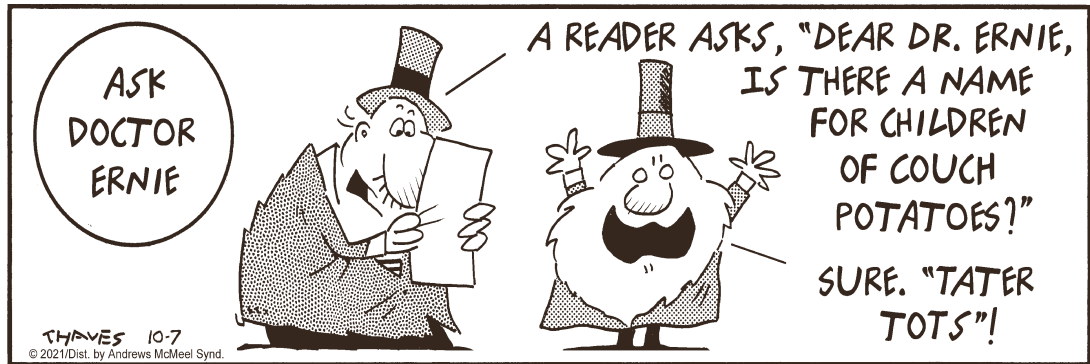
BIG NATE



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

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

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

CROSSWORD

ACROSS

- 1 Volcano's output
- 5 Musical sign
- 9 Luau memento
- 12 Nonstop
- 13 Very large
- 14 W-2 collectors
- 15 Courteous chap
- 16 Borodin prince
- 17 Actress Issa
- 18 Trying experiences
- 20 Entertainer Della —
- 22 Hosp. scan
- 23 Folks
- 24 Poisonous
- 27 Feudal tenant
- 30 Iowa college town
- 31 Feel poorly
- 32 Pet shop cutie
- 34 Auric's creator
- 35 Namath or Pesci
- 36 "Fancy" singer
- 37 Type of tire

DOWN

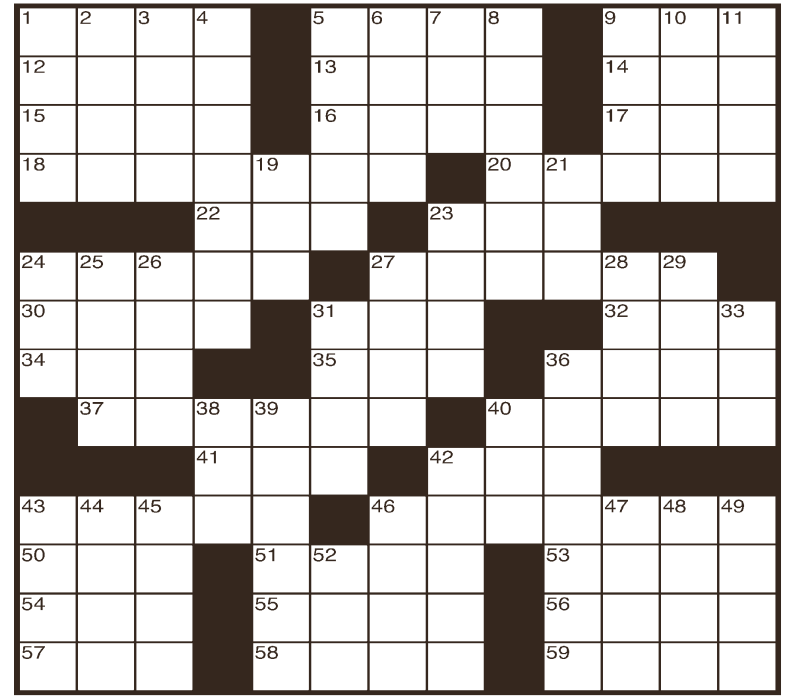
- 40 Used solder
- 41 Foul up
- 42 Light metal
- 43 Ruin
- 46 Capitol worker
- 50 Western treaty grp.
- 51 Osiris' sister
- 53 Relocate
- 54 Backtalk
- 55 Undiluted
- 56 Foretelling
- 57 Take wing
- 58 Strong, as venison
- 59 Superman, incognito

Answer to Previous Puzzle

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

DOWN

- 1 Toy block brand
- 2 Say decidedly
- 3 Peddle
- 4 Goddess of the hunt
- 5 Hot pepper
- 6 Carries with difficulty
- 7 The "I"
- 8 — wheel
- 9 Trevi Fountain coins, once
- 10 Bullpen stats
- 11 Shrink's reply (2 wds.)
- 19 Part of a circle
- 21 Printer's measures
- 23 Curly-leafed veggie
- 24 — chi
- 25 General — Bradley
- 26 Lucy Lawless role
- 27 Fat fiddle
- 28 Does a takeoff
- 29 Grease job
- 31 Barely open
- 33 Walk quietly
- 36 Go on a rampage (2 wds.)
- 38 Nov. follower
- 39 Annoying
- 40 Shark feature
- 42 Irascible
- 43 Dog's ancestor
- 44 Travel option
- 45 See
- 46 Thailand, once
- 47 Big book
- 48 Stove part
- 49 Find a tenant
- 52 Wave maker



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HERMAN



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HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): You are sitting in a good position. Consider what you want and who you can reach out to for suggestions, information or hands-on help. ☆☆☆

Taurus (April 20-May 20): Don't wait for others to make the first move. Ask questions, analyze situations and do your best to stabilize conditions that can turn sour quickly. ☆☆☆

Gemini (May 21-June 20): Be careful how you express yourself. It's essential to get all the facts before you share if you want to get things right the first time. ☆☆☆

Cancer (June 21-July 22): Interacting more with people who come from different backgrounds will help you broaden your view and understand how best to satisfy everyone's needs. ☆☆☆

Leo (July 23-Aug. 22): Keep talking until you get it right, and convince others to join in and help you reach your goal. Refuse to let what someone does stand in the way of your progress. ☆☆☆

Virgo (Aug. 23-Sept. 22): You'll be a dreamer today. Keep in mind that although dreams can lead to positive outcomes, realism is also required to ensure you aren't trying to do the impossible. ☆☆☆

Libra (Sept. 23-Oct. 22): A calculated move will position you exactly where you want to be and help you reinforce your direction and your long-term goals. ☆☆☆

Scorpio (Oct. 23-Nov. 21): Pay attention, get information from reliable sources and think twice before you react to domestic situations. It's essential to take care of your responsibilities. ☆☆☆

Sagittarius (Nov. 22-Dec. 21): Limit your spending to ease stress. You can plan something special for someone you love that doesn't cost a penny. ☆☆☆

Capricorn (Dec. 22-Jan. 19): Be aware of what others are doing before making promises you may not want to keep. Do your research, listen carefully and take better care of your well-being. ☆☆☆

Aquarius (Jan. 20-Feb. 18): Question an expenditure before putting your money on the table. Use your insight, intelligence and savvy experience to ward off a fast-talking sales pitch. ☆☆☆

Pisces (Feb. 19-March 20): A financial change will lead to a more manageable lifestyle and less stress. Be sure to do what's best for you and will add to personal stability and future security. ☆☆☆

SPORTS

LOCAL ROUNDUP

Sept. 2

High school softball

● **Kirksville 9, Marshall 0**
Kirksville – Clinches North Central Missouri Conference title; Sophie Stuart, WP, no-hitter, 12 Ks.

● **Kirksville 16, Marshall 0**
Schuyler County Tournament

● **Schuyler Co. 16, Brookfield 1**
● **Atlanta 4, Schuyler Co. 1**
● **Canton 18, Atlanta 3**
● **Atlanta 1, Knox Co. 0**

● **Knox Co. 10, Scotland Co. 7**
● **Monroe City 7, Knox Co. 3**
● **Brookfield 6, Scotland Co. 5**

La Plata Tournament

● **La Plata 4, South Shelby 3** La Plata - Wins La Plata Tournament; Olivia Coy, HR; Claire Coy, HR.

● **La Plata 5, Montgomery Co. 3**
● **La Plata 8, Trenton 7**

Oct. 1

High school football

● **Hannibal 41, Kirksville 0**

No stats reported.

● **Gallatin 40, Milan 6**

Milan – Deric Doportto, 30 carries, 195 rushing yards; Darren Doportto, 102 rushing yards, TD.

● **South Harrison 28, Putnam Co. 14**

Putnam – Blaine Perkins, 122 passing yards, TD, 42 rushing yards, TD.

● **Albany 82, Schuyler Co. 22**

Schuyler – Connor Smith, 210 passing yards, 3 TDs; Mayson Humphrey, 3 catches, 73 yards, TD; Kale Windy, 5 catches, 127 yards, 2 TDs.

● **Knox Co. 72, St. Joseph Christian 20**

Knox – Branson Miller, 4 passing TDs; 1 rushing TD; Braxton McCurren, 1 receiving TD, 2 rushing TDs; Austin Jansen, 2 rushing TDs; Braydon Miller, 2 receiving TDs, 2 INTs; Jacob Becker, 1 receiving TD; Tanner Gillaspay, 1 receiving TD; Collin Hayes, 1 passing TD.

● **Macon 42, South Shelby 26**

Macon – MyKel Linear, 107 passing yards, TD, 162 rushing yards, TD; Trevin Shrum, 87 rushing yards, 2 TDs; Maurice Magruder, 62 rushing yards, TD; Chrisjen Riekeberg, 29 receiving yards, TD..

● **Westran 22, Scotland Co. 12**

Scotland – No stats by deadline.

High school softball

● **La Plata 12, Linn Co. 2**

La Plata – Claire Coy, 2 HR, 3 RBI; Olivia Coy, 3 RBI; Bryn Buescher, 2 RBI, WP.

● **Brashear 11, Bevier 0**

Brashear – Alexa Borgmeyer, WP, 19 Ks, 2B, 3B; Cassidy Alhade, 2 RBI; Haley Mcnamar, 2 RBI.

College women's soccer

● **Truman 2, Southern Indiana 1 F/OT**

Truman – Faith Branson, goal; Hanna Hickey, goal, assist.

College men's soccer

● **Southern Indiana 2, Truman 0**

College volleyball

● **Southern Indiana 3, Truman 0**



Truman quarterback Nolan Hair breaks a 29-yard run to convert on fourth down during the first quarter of Saturday's 31-21 loss to Lindenwood. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

Turnovers doom No. 18 Truman

Lindenwood hands Bulldogs their first loss

Austin Miller

Kirksville Daily Express
USA TODAY NETWORK

Homophones defined Saturday's meeting between 18th-ranked Truman State and Lindenwood.

It was a game featuring two good teams who most expected to vie for a GLVC title this year. But for the Bulldogs, too many self-inflicted issues cost them after a good first quarter.

Three crucial turnovers — two of which led to 10 Lindenwood points — were the difference in a 31-21 loss for the Bulldogs, their first taste of defeat this season.

“What we need to take away is we’re a good football team ... but made too many mistakes,” said coach Gregg Nesbitt after the game. “It’s not about the mistakes we made, it’s about the solutions and what we do from here moving forward that will define what this game is going to mean. We have an opportunity, and there’s not anyone on our schedule that we can’t beat. But nobody left that can’t beat us. So it’s simply a matter

of taking care of yourself, dusting yourself off.”

Truman (4-1, 0-1 GLVC) scored twice in the first quarter. The Bulldogs scored on the opening drive of the game when quarterback Nolan Hair found fullback Jacob Morris in the end zone for a five-yard score. Running back Cody Schrader, who continues his torrid start to the season, scored on a seven-yard run as the first quarter ended.

It was all Lindenwood (3-2, 1-0 GLVC) in the second and third quarters to take the game. The Lions scored 31 unanswered points to pull away. Running back Robert Giaimo scored the first of his three touchdowns in the second quarter to get his team on the board for the first time.

On Truman’s next possession, the offense attempted a reverse that finished in disaster. Running back Jaylen Jefferson swept from the outside to take the handoff from Hair, and he was supposed to dish it to tight end Matt Hall, who would then run the other way. The ball was lost in the shuffle and wound up in Lindenwood’s possession. Nesbitt

said he called the play and took ownership for how it wound up.

“My call. I’d sure like to have it back,” Nesbitt said. “Bad call. ... Obviously it was poorly designed and a poor call. Wasn’t what we needed at that time.”

That led to another Giaimo touchdown run to tie the game at 14. Truman got the ball back with 2:21 left before halftime, and likely trying to do too much before the horn, Hair forced a pass into tight coverage and got picked off. The Bulldog defense made a good stand since Lindenwood took over on a short field, but the Lions still got a field goal out of it, taking a 17-14 lead into halftime.

Lindenwood scored two more touchdowns, one each in the third and fourth quarter, before Truman reached the end zone again.

“I thought we played hard, I thought we played physical. Two really good football teams — too many mistakes,” Nesbitt said. “Too many penalties, cru-

See TRUMAN, Page 9A

9 reasons Dodgers should worry about Cardinals in wild-card game

Mike Digiovanna

Los Angeles Times

The St. Louis Cardinals were 71-69 on Sept. 10, a whopping 15 games behind the Milwaukee Brewers in the National League Central and three games out of the wild-card picture, before reeling off a franchise-record 17 consecutive wins and clinching the second wild-card spot with a 6-2 victory over the Brewers last Tuesday night.

The hottest team in baseball is not the opponent anyone wants to face in a playoff elimination game, but these are the Cards the Dodgers have been dealt.

The Dodgers will host St. Louis in Wednesday’s NL wild-card game, with the winner advancing to the best-of-five NL Division Series against the San Francisco Giants beginning Friday and the loser going home for the winter.

“FanGraphs had us at like a negative-400% chance to make the playoffs,” Cardinals ace Adam Wainwright said after Tuesday night’s clincher, “and

we just proved everyone wrong.”

Nine things to know about the Cardinals as the postseason nears:

1. O’Neill is making a name for himself

Tyler O’Neill might be the best player the average baseball fan has never heard about. The 26-year-old left fielder is a gifted athlete with raw power and speed, but he has made more consistent and harder contact this season, batting .286 with a .912 on-base-plus-slugging percentage, 34 homers and 80 RBIs.

A former hockey player from Maple Ridge, Canada, and the son of Terry O’Neill — named Mr. Canada as the nation’s best bodybuilder in 1975 — O’Neill hit .173 with a .621 OPS and seven homers in 50 games in 2020. Although he strikes out too much (168 whiffs in 482 at-bats), his right-handed bat is lethal.

See CARDINALS, Page 9A



St. Louis Cardinals third baseman Nolan Arenado (28) and first baseman Paul Goldschmidt (46) celebrate after the Cardinals swept the Milwaukee Brewers on Sept. 23 at American Family Field in Milwaukee. BENNY SIEU/USA TODAY SPORTS

Truman

Continued from Page 8A

cial penalties, and too many turnovers. Period.”

Hair finished the night 20-for-28 with 201 yards, two TDs and two interceptions. Early on, Hair matched Lindenwood quarterback Cade Brister, the GLVC's Offensive Player of the Year in 2019, throw for throw and made a big fourth-down conversion on a 29-yard run. Brister's experience showed more down the stretch as he made better decisions on scrambling or checking down to his running backs. Saturday was largely an outlier compared to how Hair has fared in the first nine starts of his career. Nesbitt hopes he learns from Saturday's miscues.

“Nolan's a fantastic young player, and sometimes the best balls that you throw are the ones you don't throw,” Nesbitt said. “He's still learning that portion. I'm glad he's ours and he's a good football player. Just learning when to play another down is part of it.”

Nesbitt thinks his team might have the conference's offensive player of the year this season with how Schrader is running. He finished Saturday with 133 rushing yards and one score. He averaged 5.3 yards per carry.

The Bulldogs head back on the road next week, traveling to Rolla to play Missouri S&T. The Miners (2-3) were upset on the road at Quincy, 31-28. Truman will next play in Kirksville at 2 p.m. on Oct. 23 against William Jewell, which is also homecoming.



Truman football coach Gregg Nesbitt yells on the sidelines during Saturday's matchup with Lindenwood. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS



The Cardinals' Adam Wainwright delivers a pitch during the first inning against the Mets on Sept. 13 in New York. FRANK FRANKLIN II/AP

Cardinals

Continued from Page 8A

2. Wainwright thrives in situations like this

Wainwright, the 40-year-old right-hander, is not overpowering — his fast-ball averages 89.1 mph and tops out at 92 mph — but he thrives on big-game pressure, and his array of 74-mph curveballs and 85-mph cut-fastballs could be a tough matchup for a launch-angle-happy team such as the Dodgers.

The 16-year veteran went 17-7 with a 3.05 ERA in 32 starts this season, striking out 174 and walking 50 in 206 1/3 innings, and gave up four runs and seven hits in 8 1/3 innings of his only start against the Dodgers this season, a 5-4 win in Busch Stadium on Sept. 8.

3. Their defense is top-notch

The Cardinals are the best defensive team in baseball, with a major league-best 52 outs above average — a range-based metric of fielding skill that accounts for the number of plays made and the difficulty of them — and 41 runs prevented, according to Baseball Savant.

Catcher Yadier Molina (nine), third baseman Nolan Arenado (eight), first baseman Paul Goldschmidt (three) and O'Neill (one) have 21 Gold Glove Awards between them, and center fielder Harri-

son Bader, right fielder Dylan Carlson, shortstop Edmundo Sosa and second baseman Tommy Edman are other strong defenders.

4. They've got a bolstered bullpen

The early-July acquisitions of two relievers off the scrapheap — sidearm-throwing left-hander T.J. McFarland and hard-throwing right-hander Luis Garcia — bolstered the middle of a bullpen that ranks 12th in the major leagues with a 3.99 ERA, fourth with 50 saves and third with a .223 average against.

McFarland, twice released by the Washington Nationals this season, is 4-1 with a 2.63 ERA in 37 games and is often summoned when a double-play grounder is needed. Garcia, released by the Yankees on July 6, is 1-1 with a 3.24 ERA in 34 games. His sinking fastball averages 98.3 mph and touches 100 mph.

5. And a solidified rotation

Many Cardinals fans scoffed when the team acquired veteran left-handers Jon Lester and J.A. Happ at the trade deadline. Why would a team that was 9 1/2 games back in the division and seven games out of the second wild-card spot on July 30 give up prospects and take on salary for two struggling, aging starters?

But they solidified the rotation and allowed St. Louis to send struggling starters Johan Oviedo and Jake Wood-

ford to the minors. Lester is 4-1 with a 4.36 ERA in 12 starts after going 3-5 with a 5.02 ERA in 16 starts for the Nationals. Happ is 5-2 with a 4.00 ERA in 11 starts after going 5-6 with a 6.77 ERA in 19 starts for the Minnesota Twins.

6. They have one of the best relievers in baseball

Closer Giovanni Gallegos has quietly emerged as one of the best relievers in baseball, going 11-9 with a 2.76 ERA and 19 saves in 155 games over the last three seasons, with 209 strikeouts and 40 walks in 169 1/3 innings. He throws a 95-mph fastball and an 85.6-mph slider from the same arm slot, making it tough for hitters to recognize the pitches.

The durable Gallegos is 6-5 with a 3.02 ERA in 73 games this season, with 95 strikeouts and 20 walks in 80 1/3 innings. Since replacing the struggling Alex Reyes at closer in late August, he has converted 12 of 13 save opportunities.

7. And one of the hottest hitters

O'Neill and Arenado, who is batting .255 with an .808 OPS, 34 homers and 105 RBIs, have been the team's most consistent hitters from start to finish, but Goldschmidt has been the hottest hitter the last two months.

The 34-year-old veteran was batting .268 with a .776 OPS, 18 homers and 63 RBIs in 110 games through Aug. 10. Since Aug. 11, Goldschmidt has hit .356 with a

1.129 OPS, 13 homers and 36 RBIs in 47 games to improve to .294 with an .881 OPS, 31 homers, 99 RBIs and 102 runs on the season.

8. Give Shildt some credit

Manager Mike Shildt deserves credit for the strong finish. On a day off for Goldschmidt, Shildt moved O'Neill from cleanup to the third spot for a Sept. 7 game against the Dodgers. O'Neill had three hits and a walk in a 7-2 loss, and Shildt left him batting third between Goldschmidt and Arenado.

With added lineup protection, O'Neill hit .329 with a 1.097 OPS, nine homers and 23 RBIs in his next 21 games, and the Cardinals led the major leagues in runs (120) and the NL in homers (35) during that span.

9. Nootbaar is solid off the bench

If there is a player primed to have a candy bar named after him, it's Lars Nootbaar, a 24-year-old rookie outfielder who played at El Segundo High and Southern Cal and is the son of a Dutch father and Japanese mother.

Nootbaar provides a nice left-handed bat off the bench — he is 9-for-25 with runners in scoring position this season — and plays a solid outfield, having robbed New York Mets slugger Pete Alonso of a three-run homer in a Sept. 15 win.

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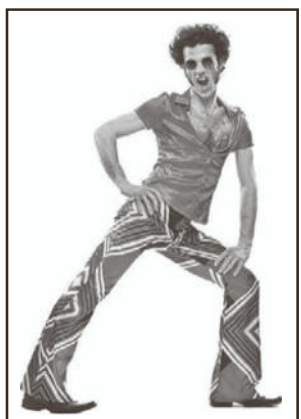
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IN THE 2ND JUDICIAL CIRCUIT COURT, ADAIR COUNTY, MISSOURI

Judge or Division: KRISTIE JEAN SWAIM	Case Number: 21AR-PR00078	FILED 09/15/2021 LINDA DECKER ADAIR COUNTY CIRCUIT COURT (Date File Stamp)
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In the Estate of SHIRLEY ANN MCAULEY, Deceased.

Notice of Letters Testamentary Granted
(Supervised Administration)

To All Persons Interested in the Estate of SHIRLEY ANN MCAULEY, Decedent:
On September 15, 2021, the last will of the decedent having been admitted to probate, the following individual was appointed personal representative of the estate of SHIRLEY ANN MCAULEY, decedent by the Probate Division of the Circuit Court of Adair County, Missouri. The name and address of the personal representative is: Christopher J. Gardner, P.O. Box 831, Queen City, MO 63561 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: July 18, 2020 Date of first publication: September 22, 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.

IN THE 2ND JUDICIAL CIRCUIT COURT, ADAIR COUNTY, MISSOURI

Judge or Division: KRISTIE JEAN SWAIM	Case Number: 21AR-PR00052	FILED 9/16/2021 LINDA DECKER ADAIR COUNTY CIRCUIT COURT (Date File Stamp)
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In the Estate of JOE HENRY SHELTON, Deceased.

Notice of Letters Testamentary Granted
(Supervised Administration)

To All Persons Interested in the Estate of JOE HENRY SHELTON, Decedent:
On September 15, 2021, the last will of the decedent having been admitted to probate, the following individual was appointed personal representative of the estate of JOE HENRY SHELTON, decedent by the Probate Division of the Circuit Court of Adair County, Missouri. The name, business address, and phone number of the personal representative is: Lisa Osborn, 34475 Highway 6 East, P.O. Box 46, Brashear, MO 63353 The personal representative's attorney's name, business address and phone number is: John Briscoe, 423 S. Main, P.O. Box 446, New London, MO 63459, 573-985-3411 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: April 28, 2021 Date of first publication: September 22, 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.

PUBLICATION DATES: SEPTEMBER 22, 29, OCTOBER 6, 13, 2021.

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Blue Ridge Parkway in Autumn. GETTY IMAGES; PHOTO ILLUSTRATION BY RACHEL VAN BLANKENSHIP/ USA TODAY NETWORK

HIT THE ROAD

9 great American road trips

USA TODAY NETWORK

With the delta variant making people weary of flying again, once again, people are looking for safe, fun and adventures. Many Americans are still inclined to travel domestically for the time being. Hitting the highways and byways for a week-long or weekend adventure could be a great way to satisfy your need to travel. Tripadvisor, the world's largest travel guidance platform, has mapped out a list of 9 top-notch U.S. road trips.

Find these routes here: [tripadvisor.com/Road-Trip-g191-United_States.html](https://www.tripadvisor.com/Road-Trip-g191-United_States.html).

9. The Great Northwest

Spend 7 days traveling from Portland, Oregon to Yellowstone National Park in Wyoming. Explore waterfalls, hiking trails, the Oregon Trail (not the video game where you die of dysentery) and Native American sites.

Where to stay along the way: Sentinel, Portland; Oxford Suites, Boise, Idaho; Explorer Cabins at Yellowstone, West Yellowstone, Montana.

Places to eat along the way: Mucca Osteria, Portland; Chandlers Steakhouse, Boise, Idaho; Wild West Pizzeria Saloon, West Yellowstone, Montana.

Drive time: 14 hours, 15 minutes.

8. Beaches along the Gulf of Mexico

This tour of Texas, Louisiana and Florida will leave you with plenty of beach time and incredible sunsets. Fill your days taking boat rides to different islands, swamp tours and – of course – the region's soft white sand beaches.

Where to stay along the way: Harbor House Hotel & Marina, Galveston, Texas; A Chateau on the Bayou Bed & Breakfast, Raceland, Louisiana; Driftwood Lodge, Panama City Beach, Florida.

Places to eat along the way: The Steakhouse, Galveston, Texas; Firefly, Panama City Beach; Steamboat Bill's, Lake Charles, Louisiana.

Drive time: 12 hours, 45 minutes.

7. Great American ballparks

MLB fans will dig this road trip through iconic stadiums and other sites from baseball history. You'll see iconic stadiums like Chicago's Wrigley Field, New York's Yankee Stadium, Baltimore's Camden Yards and Boston's Fenway Park. You can also visit the real-life "Field of Dreams" and the birthplace of Babe Ruth on this 10-day adventure.

Where to stay along the way: Omni Parker House, Boston; Inn at Henderson's Wharf, Baltimore; The Beekman, New York City.

Places to eat along the way: Pauli's, Boston; Indigo Indian Bistro, Manchester, Connecticut; Numero 28 Pizzeria in New York City.

Drive time: 21 hours, 20 minutes.

6. Northeast Coastal Highway 1

If you can only spare a weekend, but still want a beautiful drive, try this route, which takes you from Massachusetts to Maine. Explore small New England towns and watch the sunsets and sailboats. Don't for-

get to try a fresh lobster roll once you get to Maine.

Where to stay along the way: Hotel Commonwealth, Boston; Hotel Portsmouth, Portsmouth, New Hampshire; The Press Hotel, Autograph Collection in Portland, Maine.

Places to eat along the way: Union Oyster House, Boston; Jumpin' Jay's Fish Cafe, Portsmouth, New Hampshire; The Clam Shack, Kennebunkport, Maine.

Drive time: 4 hours, 30 minutes.

5. Great River Road

You'll pass through 10 states on your way through Minnesota to Louisiana on this tour, which can be as short as 2 weeks or as long as 3. The stunning scenery includes lakes and swamps. Highlights include the Mississippi headwaters, Minnesota's Vermillion Falls and the world's largest ketchup bottle.

Where to stay along the way: C'mon Inn Park Rapids, Park Rapids, Minnesota; Charmant Hotel, La Crosse, Wisconsin; Black Horse Inn, Sherill, Iowa.

Places to eat along the way: The Good Life Cafe, Park Rapids, Minnesota; Buzzard Billy's, Des Moines, Iowa; The Machine Shed Restaurant, Davenport, Iowa.

Drive time: 30 hours.

4. Florida's Overseas Highway

From Miami to Key West, you'll be floating above water on the overseas highway on this short road trip through south Florida. Take your time as you wind your way down the highway and its 42 bridges. You can snorkel, riverboat and swim with dolphins along the way.

Where to stay along the way: Hampton Inn & Suites, Miami; Dove Creek Resort & Marina, Key Largo; Island Bay Resport, Tavernier.

Places to eat along the way: Toro Toro, Miami; Hobo's Cafe, Key Largo; Blond Giraffe Key Lime Pie Factory, Tavernier.

Drive time: 4 hours.

3. Blue Ridge Parkway

This windy route through Virginia and North Carolina is best explored in the fall, when the trees are covered in a mix of colors. The ribbon of road offers incredible views of the Smoky Mountains, Shenandoah and Appalachians. You can explore Charlottesville wine country, visit waterfalls and ride horses while traveling its 470 miles. You generally can't go over 45 mph but you'll be too busy looking at the scenery to care.

Where to stay along the way: Homewood Suites, Charlottesville, Virginia; Herring Hall Bed and Breakfast, Natural Bridge, Virginia; Gable Haus Cottages, Linville, North Carolina.



Pedestrians walk past a sign for the end of the historic Route 66 Highway at the Santa Monica Pier in Santa Monica, California, U.S. PATRICK FALLON/BLOOMBERG

Places to eat along the way: The Ivy Inn Restaurant, Charlottesville; Green Leaf Grill, Waynesboro, Virginia; Tropical Grill, Spurce Pine, North Carolina.

Drive time: 8 hours, 50 minutes.

2. Pacific Coast Highway

Travel the entire coast of California from Berry Glenn near the Oregon border, all the way down to San Diego. This one is windy so take it slow and enjoy the coastal views. Regarded as one of the world's best drives, it takes you over bridges, past off-shore arches and through plenty of nature. Park for a quick hike, to catch some waves or simply watch the sunset.

Where to stay along the way: View Crest Lodge, Trinidad, Myers Country Inn, Myers Flat; Westport Hotel, Westport.

Places to eat along the way: Larrupin Cafe, Trinidad; Eel River Brewing Company, Fortuna; The Peg House, Leggett.

Drive time: 23 hours.

1. Route 66

Just about everyone is familiar with Route 66, one of the most iconic highways in the country. As the famous song goes, "it winds from Chicago to L.A., more than 2,000 miles all the way." Get your retro kicks at diners and motels and other vestiges of old-school America.

Where to stay along the way: The Langham, Chicago; the Old Riverton Post Inn, Riverton, Kansas; Stagecoach 66 Motel, Seligman, Arizona.

Places to eat along the way: Bavette's Bar & Boeuf, Chicago; Charlie Gitto's On the Hill, St. Louis; Kilkeny's Irish Pub, Tulsa.

Drive time: 32 hours, 20 minutes.

Theme parks miss body inclusivity mark

Eve Chen USA TODAY

There's a "walk of shame" many theme park visitors privately dread.

"It's like you're climbing the gallows," said Dan Becker, a self-described "big, friendly dad" known as Disney Dan on YouTube and across social media.

He remembers barely fitting into a seat on Harry Potter and the Forbidden Journey at Universal Islands of Adventure in Orlando during his honeymoon years ago.

"I was like my ideal wedding weight, and I sat down on Forbidden Journey, and the thing came over my shoulders, and I had to really squish down, but I clicked in, and I was like, 'I got it!'" he said.

While theme parks across America diligently post height requirements and potential health hazards for their rides, bigger plus-size customers can be left to figure out for themselves whether they will physically fit in or face embarrassment.

After putting on what he called his "Hogwarts 30, regular dad weight," Becker, who is 6 feet, 2 inches tall, wasn't sure he could do it again for a subsequent visit.

"I was like, time to intermittently fast because I don't know if I'm going to be able to ride it," he said.

That uncertainty is a reality for countless Americans who don't fit theme park rides due to their body size and ride configurations.

Becker shared his concerns publicly several weeks ago when Universal Studios Hollywood appeared to post, then delete a tweet that some critics considered insensitive.

"Even when he makes it, it's not something to celebrate," said Kevin Perjurer, Becker's friend and creator of the Defunctland YouTube series, which explores the history of theme parks. "He shouldn't have to do that in order to fit on the rides."

While Universal Studios Hollywood didn't comment directly on the tweet, Tom Schroder, vice president of corporate communications for Universal Parks & Resorts told USA TODAY: "All our attractions are designed to be as inclusive as possible within safety and operating guidelines set by the ride manufacturer."



It can be hard for patrons to know if they'll fit on rides like Goofy's Sky School at Disney's California Adventure. PROVIDED BY PAUL HIFFMEYER/DISNEY

"Obviously, (the tweet) was not meant to harm people," Perjurer said, noting that challenges with body inclusivity and accessibility are found at theme parks across the country. "I've seen people wait two hours for (a) brand new ride and have to get turned away because they don't fit, and it is the most heartbreaking thing."

Annette Richmond, founder of Fat Girls Traveling on Instagram and Facebook, said she was "decked head-to-toe in my Gryffindor garb" when she was turned away from Harry Potter and the Forbidden Journey at Universal Studios Hollywood. The way that's handled can vary widely across parks.

"Unfortunately, it depends on the person (who's) working that day," Richmond said. "Maybe the person is like, 'Sorry, I feel bad you can't make it,' or maybe that person is like snickering a little bit."

Recently, when a USA TODAY staff member wasn't able to ride Goofy's Sky School with her kids at Disney's California Adventure due to size, she said cast members profusely apologized and offered her whole family expedited admission to another attraction. The staffer did not identify herself as press, to avoid special treatment.

While some rides have height restrictions at Disney parks, including maxi-

mum height, there are no official weight restrictions. Disney refers guests to individual attraction webpages or guest services for details. No size limits are specified for Goofy's Sky School, but its webpage says, "The seating and restraints on this attraction may prohibit guests of certain body shapes or sizes from riding."

Richmond said the Fat Girls Traveling community has taken to "detective work" to avoid uncomfortable situations.

"People will literally send photos of their hips and like their measurements to say: 'Hey, this is what my body looks like. This is how much my hip width is. Am I going to be able to fit on this ride or that ride?'" Richmond said. "We need to figure out a way to make it more accessible for everyone or to let people know ahead of time, 'Hey, this is not going to work for your body' so that you don't get there and are completely embarrassed or feel ashamed because - not that your body is wrong - this wasn't built to accommodate you."

Knott's Berry Farm's website specifically says their rides' safety systems are "designed by the manufacturer to accommodate people of average physical stature and body proportion," and "guests of exceptional size may not be accommodated" on some attractions.

That includes, but is not limited to, "guests who exceed 6' 2" or those who exceed 250 pounds (some attractions may have lower weight restrictions), have a 46" waistline or 54" chest." Signage is also posted at rides like Charlie Brown's Kite Flyer. The Southern California theme park is part of Cedar Fair Entertainment.

"Height and weight restrictions are in place for the safety of our guests," SeaWorld Parks and Entertainment told USA TODAY, saying that guidelines are "clearly posted at the entrances to rides" as well as online.

"The safety of our guests is always our number one priority," echoed Sandra Daniels, vice president of communications and diversity for Six Flags Entertainment. "Guests with certain body proportions or of certain heights and/or weights may not be able to enjoy certain rides if the safety restraints will not operate as designed." She said ride-specific details are in the Safety & Accessibility Guide on Six Flags' app and website.

Universal's Schroder said that in addition to information on its websites, "team members are always ready to help guests with specific questions," and "Many of our rides have sample seats and restraint systems near the entrance so guests can determine for themselves if they can ride comfortably."

Sample seats are available at various theme parks, but Becker says trying one out can be just as embarrassing as being pulled out of line.

"There's crowds of people around, and you're climbing up to be like, 'Guess the weight of the of the next guest!'" he said, adding that there are various opportunities for embarrassment along the way. "There's the walk of shame midway queue versus the walk of shame pre-queue, and then there's just the walk of shame when they have to stop the ride system" when people try to get on but can not fit the ride.

As of 2018, 42.4% of U.S. adults were either obese or severely obese and another 31.1% were overweight, according to the Centers for Disease Control and Prevention. That adds up to nearly three-quarters of the adult population.

"In our minds, we think, 'Oh fat people are the minority'; actually, fat people are the majority of Americans," Richmond said.



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