



Tigers wrestling to see major potential for upcoming season

SPORTS, 8A

Kirksville Daily Express

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It's not just the turkey that will cost more this Thanksgiving. Thanks to inflation and supply chain woes, nearly every ingredient in your holiday meal is more expensive, according to the American Farm Bureau Federation's annual Thanksgiving dinner cost survey. NATIONAL TURKEY FEDERATION

Man is charged with burglary, stealing

20-year-old claims he was threatened to steal more than \$700 worth of items from Walmart

Austin Miller Kirksville Daily Express
USA TODAY NETWORK

A Kirksville man has been charged after stealing more than \$700 worth of items from Walmart earlier this week — claiming he was threatened to do so.

Nathaniel Evans, 20, was charged in Adair County court Thursday with first-degree burglary and stealing \$750 or more.

Just after 2 p.m. Wednesday, Nov. 17, officers with the Kirksville Police Department were dispatched to Walmart after a report of shoplifting worth more than \$1,000. An off-duty employee saw people running out of the store with two shopping carts worth of merchandise.

Police were told the suspects left in a gold Mercury Mountaineer with no plates. Walmart staff recognized the vehicle from a separate shoplifting incident from two days prior.

Officers recognized the vehicle from prior incidents, so they eventually located it at an address on West Elizabeth Street. People were seen unloading stolen items when officers arrived.

Evans told an officer he bought all of the items, but that he left the receipt in a shopping cart. One officer spoke with Evans at his vehicle while another officer then went in the residence to speak with those individuals. (KPD says the situation remains an active investigation, and no charges have yet been filed)

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Inflation hits Thanksgiving meal

What can you expect to pay?

Kelly Tyko USA TODAY

It's not just the turkey that will cost more this Thanksgiving. Thanks to inflation and supply chain woes, nearly every ingredient in your holiday meal is more expensive, according to the American Farm Bureau Federation's annual Thanksgiving dinner cost survey.

The average cost of this year's classic Thanksgiving feast for 10 is \$53.31, more than \$5 per person, the federation's survey shows. It's the priciest meal in the survey's 36 years and up 14% from \$46.90 in 2020.

Last year's meal was the cheapest in more than a decade as families skipped

large gatherings and opted for smaller meals amid the pandemic. But the price tag is also up 9% from a more normalized holiday meal in 2019.

The survey's shopping list hasn't changed since 1986 and is considered a record of comparative holiday meal costs over the years. Products on the list include turkey, stuffing, sweet potatoes, rolls with butter, peas, cranberries, a veggie tray, ingredients for pumpkin pie and whipped cream.

Of the 12 items included on the list, only one — 14-ounce cubed stuffing — experienced a decrease, dropping 52 cents from the 2020 price of \$2.81.

For families that add ham, Russet potatoes and frozen green beans to their expanded holiday menu, this year's costs are up \$15.41 to \$68.72, the federation's survey shows.

Inflation is at a 31-year high and the price of food at home is up 5.4% over the

past 12 months, the U.S. Bureau of Labor Statistics reported Nov. 10. The latest consumer price index shows an 11.9% combined increase in the price of meat, poultry, fish and eggs.

There are multiple reasons for the higher food prices said Michael Swanson, chief agricultural economist at Wells Fargo, including supply chain disruptions, higher packaging and transportation costs, and worker shortages.

You also won't avoid a price hike if you eat out this Thanksgiving either. "Restaurant inflation is at a multi-decade high as well," Swanson told USA TODAY.

Curt Covington, senior director of institutional credit at AgAmerica, told USA TODAY he doesn't see any part of the Thanksgiving meal that will be

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Reporting change adds almost 2,800 COVID-19 deaths to Missouri total

Rudi Keller Missouri Independent

Missouri's COVID-19 death toll increased by more than 20 percent Thursday afternoon, to more than 15,000 fatalities.

The 2,771 deaths added to the report aren't news to local health departments. They have been frustrated for months by the Department of Health and Senior Services' unwillingness to recognize deaths where the patient's diagnosis was confirmed by antigen, or rapid, tests, rather than through a lab-tested sample.

The deaths data, which the department calls "probable" COVID-19 fatalities, is being added eight months after the department began reporting antigen-identified infections in its daily report. The reason, the department stated in a news release, is that the Centers for Disease Control and Prevention recently updated its definitions of "probable" cases and deaths.

Those updates were issued in August.

"We've been working as quickly as possible on this and other data reporting requirements for CDC while also making sure we're reporting as accurately as possible," Lisa Cox, spokeswoman for the department, wrote in an email.

The updates also increased the total number of cases statewide to 888,720, or 10,706 more than were reported Thursday morning before the updated information was released.

The 15,198 deaths represents 1.71 percent of the total of positive cases. Nationally, the death rate among identified cases is 1.61 percent. Worldwide, the rate is 2 percent.

Other changes made Thursday include information on breakthrough infections among vaccinated Missourians and cases where a person who had

See COVID-19, Page 3A



Kirksville Motor Co. donates \$2,000 to the United Way of Northeast Missouri. Pictured, from left, are Bill Castles, United Way executive director; Chade Shorten, 2022 Campaign co-chair; Dan and Stephanie Anderson, Kirksville Motor; and Stephanie McGrew, 2022 Campaign co-chair. PROVIDED

United Way of NE Mo. reaches 55 percent of fundraising goal

Kirksville Daily Express | USA TODAY NETWORK

The United Way of Northeast Missouri has surpassed 55 percent of its fundraising goal, eclipsing \$100,000.

United Way has raised \$109,099 of its \$180,000 campaign goal. In a news release, Chade Shorten, the campaign co-chair, said the campaign is ahead of where it was at this time the last two years.

"People have realized that the eleven not for profit organizations that we raise funds for on an annual basis really need more help this year after the pandemic

of 2020," Shorten said in the release.

The Kirksville Motor Co. recently donated \$2,000 to the United Way.

The fundraising campaign continues through the end of the year. The United Way uses funds to support a number of local agencies, including the Adair County 4-H Council, Adair County Family YMCA, Boy Scouts, Girl Scouts, Community Opportunities/Sheltered Workshop, Hospice of Northeast Missouri, KIRK-TRAN, Macon Diversified Industries, NEMO Senior Citizens Services

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Get boosted?

United States expands COVID-19 booster shots to all adults, 3A

Get into the season

Get creative with hordes of gourds, 5A

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NEWS

Thanksgiving

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spared from higher food costs.

“We’re spending about 5% more to buy food compared to last fall, and while that’s not as extreme as the inflation rate we’re seeing for housing or transportation, it still means extra money is coming out of your pocket,” Covington said.

Here’s a breakdown of the costs of the key ingredients for this year’s meal:

Turkey

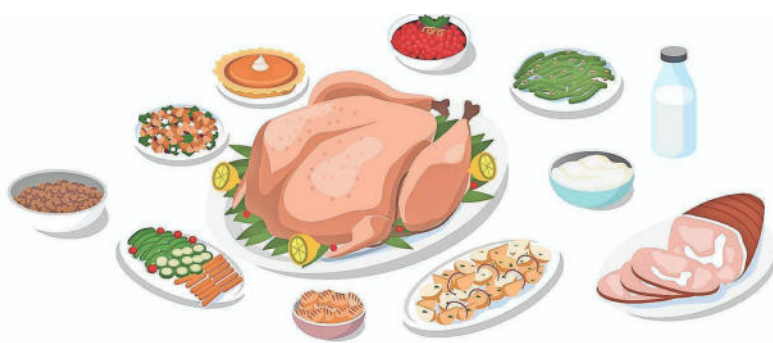
16-pound turkey: \$23.99 or about \$1.50 per pound (up 24%)

The Farm Bureau says its volunteer shoppers checked prices Oct. 26 to Nov. 8, about two weeks before most grocery store chains began featuring whole frozen turkeys at lower prices. Advertised lower turkey prices came later than usual this year, according to the U.S. Department of Agriculture’s Agricultural Marketing Service data.

Despite this year’s increase, compared to other meat prices, turkey is still relatively affordable year over year, Kevin Bergquist, a Wells Fargo food and agribusiness industry adviser, told USA TODAY.

The latest consumer price index shows beef prices rose 20.1% and pork,

The average cost of this year’s classic Thanksgiving feast for 10 is \$53.31, more than \$5 per person, the federation’s survey shows. It’s the priciest meal in the survey’s 36 years and up 14% from \$46.90 in 2020. JAVIER ZARRACINA



14.1% compared to a year ago, the largest 12-month increase since the period ending December 1990.

● **Shopping tip:** While many consumers have started shopping early with concerns over turkey shortages, if you haven’t bought the bird yet, you should be able to find one at a lower cost than the Farm Bureau average.

Cranberries

12-ounce bag of fresh cranberries: \$2.98 (up 11%)

The Farm Bureau shoppers found cranberries priced much higher, based on a recent USDA report. According to USDA, the weekly average for fresh cranberries was \$2.21 compared to \$2.08 last year, a difference of 6.3%.

Canned cranberries also cost more. Datasembly, a real-time product pricing service, told USA TODAY that a 14-ounce can of Ocean Spray Jellied Cranberry Sauce cost \$1.88 in October compared to \$1.62 last October.

Sweet potatoes

3 pounds of sweet potatoes: \$3.56 (up 4%)

The USDA also monitors the price per pound, which is up 6 cents or nearly 8%, according to recent data. The weekly average for a pound was 82 cents compared to 76 cents in 2020.

Russet potatoes

5-pound bag: \$2.96 (up 16%)

Thanksgiving meal costs: Other fixings

- **Two frozen pie crusts:** \$2.91 (up 20%)
- **30-ounce can of pumpkin pie mix:** \$3.64 (up 7%)
- **A half-pint of whipping cream:** \$1.78 (up 2%)
- **Dozen dinner rolls:** \$3.05 (up 15%)
- **A gallon of whole milk:** \$3.30 (up 7%)
- **Miscellaneous ingredients to prepare the meal:** \$3.45 (up 12%)
- **14-ounce bag of cubed stuffing mix:** \$2.29 (down 19%)
- **1-pound veggie tray (carrots & celery):** 82 cents (up 12%)
- **1-pound of frozen peas:** \$1.54 (up 6%)
- **Heinz Turkey Gravy:** \$2.17 (up 9%)

Source: American Farm Bureau Federation; Datasembly

The federation’s annual increase is higher, according to recent data from the USDA. The weekly average price for the big sack of potatoes was \$2.40 compared to \$2.23 last year, a difference of 17 cents or 7.6%.

Javier Zarracina contributed to this report.

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US expands COVID-19 boosters to all adults

Lauran Neergaard
and Matthew Perrone

ASSOCIATED PRESS

WASHINGTON — U.S. regulators on Friday moved to open up COVID-19 booster shots to all adults, expanding the government's campaign to shore up protection and get ahead of rising coronavirus cases that may worsen with the holidays.

Pfizer and Moderna announced the Food and Drug Administration's decision after at least 10 states already had started offering boosters to all adults. The latest action stands to simplify what until now has been a confusing list of who's eligible by allowing anyone 18 or older to choose either company's booster six months after their last dose — regardless of which vaccine they had first.

But there's one more step: The Centers for Disease Control and Prevention must agree to expand Pfizer and Moderna boosters to even healthy young adults. Its scientific advisers were set to debate later Friday.

If the CDC agrees, tens of millions more Americans could have three doses of protection ahead of the new year. Anyone who got the one-dose Johnson & Johnson vaccine can already get a booster.

All three COVID-19 vaccines used in the U.S. offer strong protection against severe illness including hospitalization and death without boosters, but protection against infection can wane with time. Previously, the government had cleared boosters of Pfizer and BioNTech's vaccine, as well as the similar Moderna vaccine, only for vulnerable groups including older Americans and people with chronic health problems.

But Pfizer last week asked the FDA to expand that decision to everyone, citing

new data from a study of 10,000 people. Ultimately, the FDA decided there was enough evidence, from studies and real-world use of boosters, to back the expansion for both Pfizer and Moderna.

"Streamlining the eligibility criteria and making booster doses available to all individuals 18 years of age and older will also help to eliminate confusion about who may receive a booster dose and ensure booster doses are available to all who may need one," FDA vaccine chief Dr. Peter Marks said.

The move to expand comes as new COVID-19 cases have climbed steadily over the last two weeks, especially in states where colder weather is driving people indoors.

Sparked by those worrying trends, some states didn't wait for federal officials to act. Utah and Massachusetts were the latest states to announce in the past week that they're opening boosters to all adults.

Boosters for everyone was the Biden administration's original goal. But in September, a panel of FDA advisers voted overwhelmingly against that idea based on the vaccines' continued effectiveness in most age groups. Instead they endorsed an extra Pfizer dose only for the most vulnerable.

Last month, backed by its advisory panel, the FDA cleared Moderna boosters — using half the dose that people received with the first two shots — for the same vulnerable groups.

But there has been some frustration inside the White House and among allies of the president that the long and public regulatory process contributed to misinformation and confusion around the boosters and potentially means the nation won't be optimally protected heading into the holiday season.

Administration officials, including Dr. Anthony Fauci, continued making the case for using boosters more widely, noting that even milder infections in younger people can cause "long COVID" and other complications.

"I don't know of any other vaccine where we only worry about keeping people out of the hospital," said Fauci at a briefing Wednesday.

But the administration had pledged that ultimately the decision would fall to scientists. This time around, the FDA didn't consult its advisers, saying scientific issues surrounding Pfizer's and Moderna's boosters "do not raise questions that would benefit from additional discussion."

Regulators concluded the overall benefits of added protection outweighed risks of rare side effects from Moderna's or Pfizer's vaccine, such as a type of heart inflammation seen mostly in young men.

Pfizer and its German partner BioNTech argued that broader boosters could help tamp down infections at a critical period.

"We have absolutely no chance in the current situation to control the pandemic without providing boosters to everyone," BioNTech CEO Ugur Sahin told reporters during a visit to Washington last week.

The companies studied 10,000 adults of all ages and found that a booster restored protection against symptomatic infections to about 95% even while the extra-contagious delta variant was surging. It's too soon to know if that high level of protection will last longer after a third shot than after the second, something Sahin said the companies will carefully track.

Backing up that evidence, Britain re-

leased real-world data showing the same jump in protection once it began offering boosters to middle-aged and older adults. Israel has credited widespread boosters for helping to beat back another wave of the virus in that country.

More than 195 million Americans are fully vaccinated, defined as having received two doses of the Pfizer or Moderna vaccines or the single-dose Johnson & Johnson vaccine. More than 30 million already have received a booster.

Before the expansion, people who received the Pfizer or Moderna vaccinations were eligible for a third dose if they're elderly or at high risk of COVID-19 because of health problems or their jobs or living conditions. Because a single J&J shot hasn't proven as effective as its two-dose competitors, any J&J recipient can get a booster at least two months later.

But people who don't meet the criteria can score an extra shot because many vaccine sites don't check qualifications.

The FDA previously ruled that people getting a booster can receive a different brand from the vaccine they received initially.

Some experts worry that all the attention to boosters may harm efforts to reach the 60 million Americans who are eligible for vaccinations but haven't gotten the shots. There's also growing concern that rich countries are offering widespread boosters when poor countries haven't been able to vaccinate more than a small fraction of their populations.

"In terms of the No. 1 priority for reducing transmission in this country and throughout the world, this remains getting people their first vaccine series," said Dr. David Dowdy of Johns Hopkins Bloomberg School of Public Health.

Woman's immune system may have cured her of HIV

Scott Gleeson USA TODAY

A woman from Argentina is being characterized by researchers as a "hope patient" after her own immune system appears to have cured the 30-year-old of HIV. The patient becomes just the second documented person whose immune system combated the deadly disease in this fashion — achieving a "sterilizing cure" without any form of stem cell transplantation.

The woman, who has been nicknamed the "Esperanza patient" for her representation of hope, provided blood samples to

be analyzed from 2017 to 2020. She had 1.2 billion of her blood cells searched and 500 million placenta-tissue cells searched after she gave birth to an HIV-negative baby in March 2020.

Co-authors of the peer-reviewed study, which was published Monday in the *Annals of Internal Medicine*, said they believe their findings will bring hope for a long-term cure to the nearly 38 million people globally afflicted by the virus.

"Our study shows that such a cure can also be reached during natural infection — in the absence of bone marrow transplants (or any type of treatment at

all)," Dr. Xu Yu, a viral immunologist at the Ragon Institute of Massachusetts General Hospital, MIT and Harvard, told CNN. "Examples of such a cure that develops naturally suggest that current efforts to find a cure for HIV infection are not elusive and that the prospects of getting to an 'AIDS-free generation' may ultimately be successful."

Researchers noted in the study the patient has a rare "elite controller" of the virus but has received no regular treatment for eight years and shows no signs of active infection or intact virus capable of replicating.

"Why is this exciting? It suggests that some elite controllers may have gone beyond simply controlling the virus and instead have managed to eradicate it," the study read. "If the Esperanza patient has indeed achieved a sterilizing cure, defining the mechanisms responsible for it becomes important."

Researchers have cured two other people therapeutically via dangerous stem cell transplants. The only other patient in history without transplants was a 67-year-old woman from California, Loreen Willenberg, who was diagnosed with HIV in 1992.

United Way

Continued from Page 1A

Inc., RSVP/Senior Adult Services Inc., and the Salvation Army.

Individuals who wish to contribute to the campaign can visit LiveUnitedNemo.org or contact the United Way office at 660-665-1924.

United Way is also hosting a charity poker night Dec. 9 at the Dukum Inn.

Charged

Continued from Page 1A

against the other people who were with Evans, so the Daily Express won't name them at this time. This story will be updated if that changes.) Those individuals said they were with Evans but had nothing to do with what happened.

Some items were then recovered from inside the home and vehicle, including scooters, sound bars, boots, a portable speaker, phone chargers, phone chords and an empty Sharpie package. Several of the smaller items had "NE" written on them.

Evans later told police that the people he was with threatened to kill him if he didn't steal the items.

KPD returned the stolen items, valued at \$703.75 before tax. Walmart's loss prevention specialist said additional items had not been recovered. Evans is a suspect in a shoplifting incident from Nov. 15, where \$835.47 worth of merchandise was stolen.

Evans has a 2019 trespassing charge from an incident at the store. That elevated this event from a shoplifting charge to a burglary charge.

He also has previous burglary and stealing charges. He was charged last year after a string of church burglaries in Kirksville. He also received charges last year for doing \$12,000 worth of damage at Truman. Evans was out on probation but also has a warrant out in Macon County for a drug possession charge.

COVID-19

Continued from Page 1A

COVID-19 previously tested positive more than 90 days later.

"The dashboard enhancements released this week were a natural evolution of the data we now have available on the virus and further define the importance of getting vaccinated," Donald Kauerauf, director of the department, said in the release.

The data shows that breakthrough infections, defined as cases where a person tests positive more than two weeks after receiving a final vaccine dose, have risen from about 10 percent of new cases in early June to more than 25 percent of cases in recent weeks.

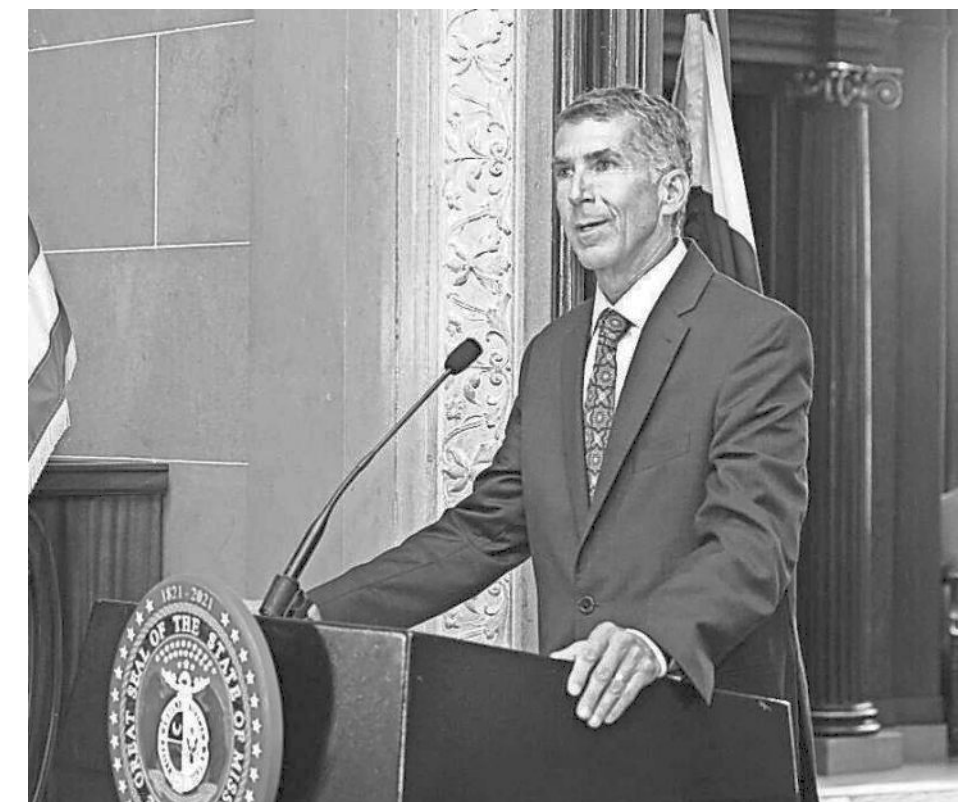
In all, there have been 54,285 breakthrough cases, 13 percent of the cases reported since Jan. 1 and about 2 percent of the vaccinated population. The deaths among people with breakthrough infections, 654, is about 10 percent of deaths in 2021 and 0.2 percent of fully vaccinated Missourians.

There are 6,581 people who have previously tested positive for the coronavirus that causes COVID-19 who tested positive again more than 90 days later.

"This data reaffirms what we have been saying for nearly a year. COVID vaccines work very well to prevent hospitalizations and death," Kauerauf said in the news release. "The vaccines continue to be an effective tool to protect Missourians from serious illness. This new data being released by DHSS also highlights the importance of receiving boosters when eligible, especially for those of higher risk due to age or health concerns who may not have as strong of an immune response following vaccinations."

The update mirrors The Independent's findings tracking the difference between data reported by local health departments and the information presented online by the state health department.

In March, a few days before the department added antigen-identified cases, local health department reports showed 78,112 cases weren't being re-



Donald Kauerauf, director of the Department of Health and Senior Services, speaks July 21 during a news conference at the Missouri Capitol in Jefferson City. "The dashboard enhancements released this week were a natural evolution of the data we now have available on the virus and further define the importance of getting vaccinated," Kauerauf said in a recent news release. PROVIDED BY MISSOURI GOVERNOR'S OFFICE

ported at the state level and about 1,100 deaths were not included.

When the department added antigen-identified cases on March 8, the total cases in the state increased by 81,206.

The difference between the state's official death count and the local reports grew through the year and when The Independent checked local data in late October, local health departments had logged 1,373 more deaths than the state report showed.

An analysis of the newly reported cases shows rural counties were the most underreported. The largest 10 percentage increases were all in counties with a population of 21,000 or less. Grundy County in northwest Missouri had the biggest addition, representing 5.4 percent of previously reported cases.

An analysis of the deaths added Thursday shows that rural counties were also most underreported on COVID-19 fatalities. Chariton County, in central Missouri, added 22 additional deaths on top of the eight already recognized by the state health department.

Two other counties, Scotland and Mercer, also more than tripled the number of deaths previously reported.

With the updates, the counties with the highest per capita death rates, where more than 1 out of every 200 people have died of COVID-19, are Grundy, Gasconade, Holt, Livingston and Dade. The lowest death rates are in Worth County, where deaths have been fewer than 1 out of 1,000, and Boone County, where the death rate is just over 1 out of 1,000.

Why experts say you should take headaches seriously during holidays

Stress can lead to tension-type or migraine

Adrianna Rodriguez USA TODAY

There's no doubt the COVID-19 pandemic adds stress to the hectic holiday season.

In addition to the extra cooking, cleaning, gift-buying and decorating, Americans may have to worry about scheduling coronavirus tests before travel or ordering extra masks for family members.

The to-do list seems all the more daunting when a pestering headache just won't go away. Health experts urge people not to dismiss headaches, because they could be migraines that require treatment.

"Migraine is one of the most commonly misunderstood, misdiagnosed and mistreated disorders on the planet," said Dr. Christopher Gottschalk, professor of clinical neurology and director of headache medicine at Yale School of Medicine. "The thing that causes people to miss the most time in work, relationships and life is migraines."

Though there's no evidence to indicate migraines occur more frequently during the holidays, experts say, they can influence some of the most important activities and cherished moments.

"They may be getting a headache while they're doing their Thanksgiving preparation and try to wish it away until it's so bad that they can't function, and then they're in trouble," he said. "No one has let them in on the secret that you can treat a migraine if you have the right tools."

The most common type of headache is called a tension-type headache, said Dr. Jan Brandes, director and founder of the Nashville Neuroscience Group and a member of the National Headache Foundation board of directors.

The foundation defines this type of headache as a dull, nonthrobbing pain involving both sides of the head in which the degree of severity remains constant. They can be triggered by mul-

iple factors layered together such as lack of sleep, increased stress, hunger, medication overuse, alcohol or too much caffeine, Brandes said.

A tension-type headache should not be debilitating or interrupt routine activities, and they usually go away when treated with over-the-counter pain relievers such as ibuprofen.

If traditional interventions don't work, Brandes said, that headache may be mild migraine.

"A lot of the times, it's the mild migraine that masquerades as a tension-type headache," she said. "If that's treated early, it could prevent it from escalating and eliminate a lot of pain."

A migraine is defined as at least five headache attacks lasting four to 72 hours, according to the National Headache Foundation. Migraines can cause severe throbbing pain or a pulsing sensation usually on one side of the head and often are accompanied by nausea, vomiting or sensitivity to light and sound.

A migraine occurs when excited brain cells trigger a nerve to release chemicals that irritate blood vessels and cause them to swell on the surface of the brain, the foundation said.

Migraines most commonly occur in women ages 25-55, health experts say; fluctuations in estrogen before or during menstrual periods, pregnancy or menopause may trigger headaches.

A migraine attack also can be triggered by a change in sleep-wake cycle, missing or delaying a meal, medications, bright lights, excessive noise, stress or underlying depression, according to the headache foundation.

Some people experience migraines with aura, visual or sensory symptoms such as flickering lights or feeling numbness or difficulty putting words together.

But not everyone who has a migraine experiences those symptoms, experts say, which often leads people to dismiss their migraine until their pain worsens.

"In about 40% of migraines, it's like a tension-type headache that involves both sides of the head," she said. Visual



Headaches can be triggered by a combination of factors. GETTY IMAGES

or sensory change "is seen in about 20% to 25% of individuals, and they don't have it with every attack, but it's the most talked-about thing when it comes to migraines."

Some people believe fatigue or dehydration can cause a migraine, Gottschalk said. But evidence shows these symptoms may be warning signs of an oncoming migraine.

The symptoms of the first stage of a migraine can be confused for a migraine trigger. Other signs include mood changes, neck stiffness, food cravings, fluid retention and constipation.

It's important to learn your individual warning signs, Gottschalk said.

"The headache reliably causes these symptoms first before the pain starts, so recognizing those symptoms becomes an opportunity to intervene," he said. "Pay attention to the warning signs, take a headache seriously, and don't let it get out of control."

Chronic migraines are defined as occurring 15 days or more in a month, health experts say. They urge Americans who experience such symptoms to see their doctor for treatment, which often involves medication.

Other strategies can help reduce stress and prevent a migraine, Gottschalk said. He recommends breathing exercises, meditation, a 30-minute walk, stretching exercises, reading a book or preparing a relaxing bath.

"When a migraine gets triggered, it's important to control stress," Brandes

said, especially during the holidays.

The National Headache Foundation estimates more than 37 million Americans suffer from migraine, and health experts say many spend decades dealing with the pain instead of seeking medical attention.

"There's this leftover notion that developed in the 20th century that headaches aren't really a medical problem. ... People have been taught to dismiss (them)," Gottschalk said. "It's a sociological problem that's being imposed on what turns out to be the most common medical disorder in women."

The Food and Drug Administration has approved three over-the-counter products to treat migraine, but if those are ineffective, experts say patients may benefit from prescribed medication.

These medications are most effective when taken early in an attack and can allow a patient to return to normal functioning after a few hours.

"It is really absolutely amazing how many people have migraine who don't get treated until it turns into something miserable," Brandes said. "Diagnosis has dramatically helped so many individuals, so it's important to see someone to help you decide if now is the time to think about preventive therapy."

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.

Study: Warmer summers worsen tick infestations for moose

John Flesher
ASSOCIATED PRESS

TRAVERSE CITY, Mich. — It's a ghastly sight: ticks by tens of thousands burrowed into a moose's broad body, sucking its lifeblood as the agonized host rubs against trees so vigorously that much of its fur wears away.

Winter tick infestation is common with moose across the northern U.S. — usually survivable for adults but less so for calves, and miserable either way. And climate change might make it worse, scientists reported Monday.

Data collected over 19 years at Michigan's Isle Royale National Park showed moose have more ticks during winters following particularly warm summers, according to a study published in the peer-reviewed journal *Frontiers in Ecology and Evolution*.

That's presumably because higher temperatures quicken the development of tick eggs, boosting the number surviving to hatch, said author Sarah Hoy, a research assistant professor of animal ecology at Michigan Technological University.

"We usually think about winter having a big impact on moose, but growing evidence suggests summer might be even more important," Hoy said.

In addition to the partial loss of their bristly winter coats, tick infestation makes moose anemic and less able to reproduce, she said. It's a leading cause of recent population declines in the Northeast, where summer temperatures have been surging more than in the Upper Midwest.

The findings underscore the varied ways global warming can affect wildlife, said co-author John Vucetich, a professor of population ecology at Michigan Tech.

Much research on that topic has involved predator and prey relationships, he said. Vucetich, Hoy and colleague Rolf Peterson have led the world's longest-running predator-prey study in a closed ecosystem. It features moose and wolves on Isle Royale, a Lake Superior island park.

"But parasites are at least as important as predation," Vucetich said. "To be a parasite is an easy way to make a living in the natural world."

Previous studies have predicted wildlife migrating to different areas be-



Data collected over 19 years at Michigan's Isle Royale National Park show moose have more ticks during winters following particularly warm summers, according to a study.

SARAH HOY/
MICHIGAN TECH
UNIVERSITY VIA AP

cause of climate change will encounter parasites to which they haven't developed immunity. Warmer temperatures are expected to help parasites develop faster and survive longer.

The Michigan Tech team estimated year-to-year levels of tick infestation for hundreds of Isle Royale moose using photographs showing hair loss between 2001 and 2019.

The researchers developed models with those figures, plus temperature and snowfall data and other information, to draw conclusions about climate change's role.

Winter tick life cycles begin in June as each female lays several thousand eggs in soil. They hatch a few months later. Larvae crawl up forest and meadow plants and wait for hosts — preferably members of the deer family, which includes moose — to brush by so they can latch on.

Deer do better than moose at grooming themselves to get rid of the pests, perhaps because of evolutionary differences, the paper said.

The ticks feed on their hosts' blood through the winter, then detach and reproduce. Males die, as do females if they fall onto snow-covered ground. If the ground is dry, females survive and lay eggs to start the next generation.

Previous studies of how climate change might affect tick-moose interaction have focused on milder winters, which give ticks more time to find hosts while boosting their prospects for successful egg laying by reducing snow cover.

"But this new paper says, 'Not so fast — these subtle changes during summers can be exacerbating some of these effects and you need to pay attention to that as well,'" said Michelle Carstensen, wildlife health program supervisor with the Minnesota Department of Natural Resources.

Carstensen, who did not participate in the study, said it's enlightening, but she noted that Isle Royale has unique characteristics.

Its only moose predators are wolves, which nearly died out before officials began restoring the population in 2018 with mainland substitutes. Isle Royale has no deer, so its moose aren't exposed to brainworm, a deadly parasite that deer carry. Hunting isn't allowed there.

That helps explain why Isle Royale's moose numbers have risen to about 1,800 in recent years, despite the ticks.

Mainland moose aren't as sheltered. Few remain in northwestern Minnesota, where thousands roamed a few decades ago. In the state's northeast, the popula-

tion is down from more than 8,000 in the mid-2000s to 3,000 to 4,000 today.

Climate change might be eroding their ability to cope with disease and parasites, Carstensen said, although ticks have played only a minor role in the decline.

But ticks are rampaging in New England, which has by far the highest moose population in the Lower 48 states. They caused about half the calf deaths between 2014 and 2020 in Maine and New Hampshire, said Pete Pekins, a retired University of New Hampshire wildlife biologist.

"It's like the worst Halloween nightmare of vampires you could imagine," he said.

Because of environmental differences between regions, the Isle Royale study's conclusions should be applied cautiously elsewhere, said Pekins, who didn't participate. But they illustrate global warming's influence on parasites and other perils for popular wildlife, including moose.

"Maybe this is where we can reach people and make them understand climate change is real," he said. "Winter ticks are winning the arms race and your iconic species is losing."

Swallow your pride and ask for a ride



Dear Annie
Annie Lane

Dear Annie: I am an 80-year-old female, a widow. I live alone.

I have a history of having arthritis, and I can't take medications for arthritis due to having had stomach ulcers.

I had a hip replacement in the spring, and I had hoped I would be able to walk without the use of a walker. It is apparent that I am going to need the walker to function. I talked with my orthopedic surgeon. Surgery is not an option. I have scoliosis as well.

I have a small walker with three wheels. I keep it in my car for use when I go to the beauty shop and for other short

trips. I do need help in getting the walker out of the car. I am able to drive, and when I do, I primarily drive in town.

I have always been active, volunteering at hospitals and other civic organizations.

It's been difficult to ask for help.

I have someone who gets my groceries and who is available to help me in my house. She comes every two weeks, unless I have a doctor's appointment.

I have missed going to church. My children do not live in the same city, so asking for their help is not an option. None of my friends has offered to help. I can't go by myself since I don't have any help to get my walker out of the car.

I offered to pick up one friend and give her a ride to church. She said she preferred to take her own car because she liked to go early. She did not offer to give me a ride.

I have always been active in church. I can watch religious programs and sermons on TV, but there is a void because of my not being able to attend. Most of my time I spend at home. I do like to read.

I took care of my husband for years because he had Parkinson's and dementia.

I feel guilty for not going to church. But I am very prideful for not asking for help.

I feel left out. I suppose it's a matter of pride for me not to call and ask for help.

What are your feelings?

Seeking Your Opinion

Dear Seeking Opinion: My opinion is to swallow your pride and ask another friend for a ride to church. You don't have to feel left out anymore. People want to help. There is nothing wrong with asking for help. Look at it this way:

When someone helps someone else, they feel good about themselves. So, by you asking someone for help, you are actually helping them feel good about doing something kind. It's a beautiful full circle.

Especially with Thanksgiving and the holidays coming up, you are going to want to be with community, and community will want to be with you!

"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.

Get creative with season's hordes of gourds

Judy Terry Special to Iowa City Press-Citizen
USA TODAY NETWORK

Visiting Terry Boles's apartment in Coralville, Iowa, to see her decorative gourds gave me good cause to commit a deadly sin – envy.

The gourds accent her condo with their colors and designs and simply their uniqueness,

"Start collecting something and people just know what to give you," Boles said, as she showed me the many decorative gourds she has in her home.

Boles began collecting gourds many years ago and still has the first one she received. Keeping it company are perhaps some 50 others in various sizes, shapes, colors, design, usefulness and pure decoration.

When I saw these I just knew I wanted to find somewhere to grow them next spring.

Ornament gourds are pumpkin and squash relatives. They have the same yellow-gold blooms that gradually slip into fruit that are often as big as their cousins.

Hard-shell gourds come in multiple shapes determined by the seeds you sow in the spring. Some look like swans, others may have a 2- to 3-foot long neck, or are big enough to use as a water pail. Colors vary from yellow to gold, green, orange and white.

Gourds are hungry plants. They like sunny spots and rich, well-drained soil. Compost and aged manure worked in the soil satisfy much of the gourd appetite. Add organic fertilizer for an extra boost.

Just like cucumbers, gourds can be grown on a sturdy trellis.

Since they are space-gobblers when grown on the ground with long vines to trip over, growing vertically seems ideal. It will free up other garden space and keep the gourds under control and clean.

If you are interested in planting, it would be good to check out all the different sizes first. Ask for a couple of catalogs so you can compare sizes to your space and whether you want hundreds growing or just a few to start your hobby.

February is a good time to start the



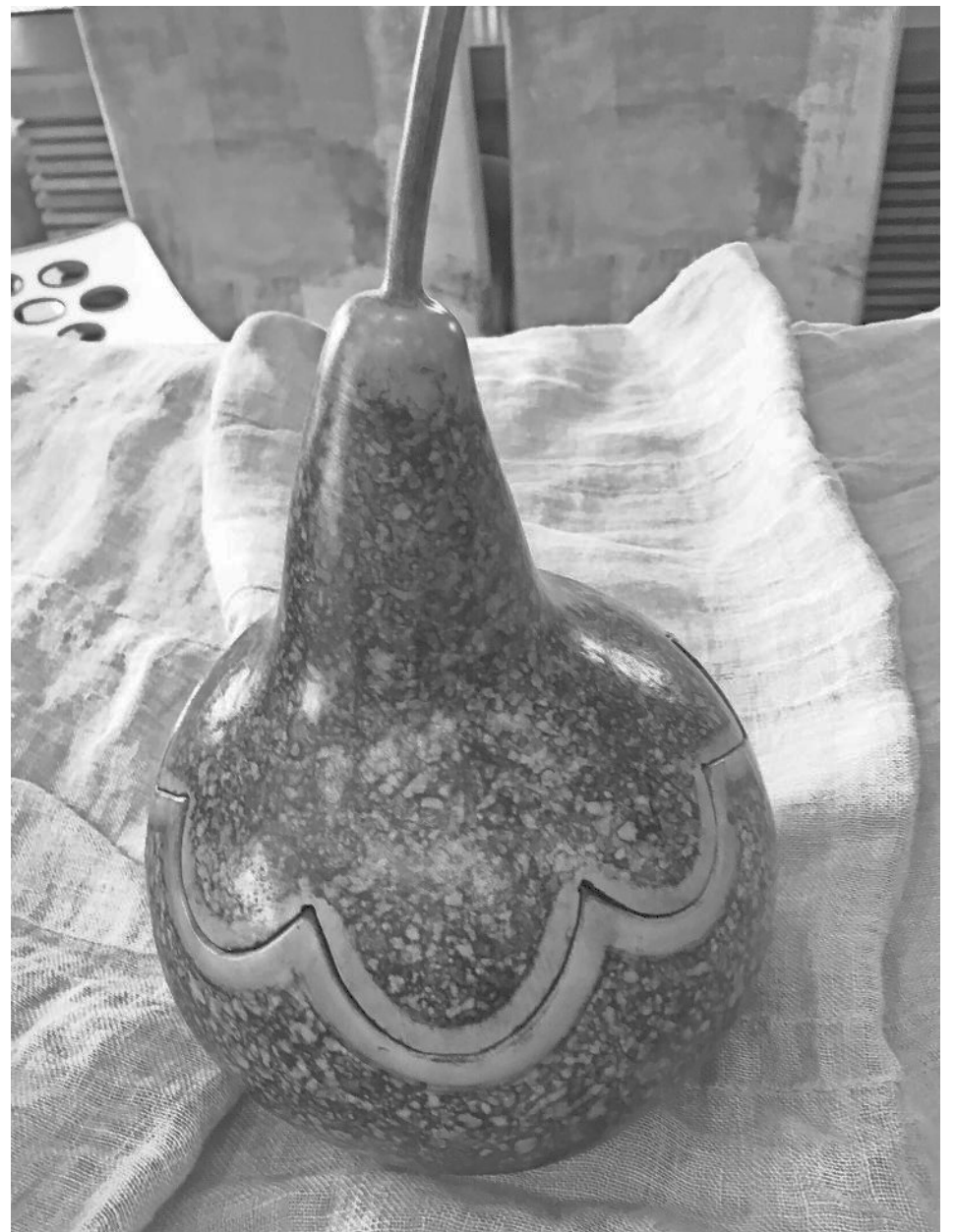
This gourd has been beaded by sewing and using glue. It is one of Terry Boles' favorites.



Gourds hang on a trellis in a garden in Iowa.

seeds inside. This will give them a head start. Come May, plant them in richly prepared soil, or simply plant seeds.

Once matured and picked, gourds need to be dried for several months in a relatively cool place. When they are dry, you will hear the seeds rattling inside. Now would be the time to get out the sandpaper, bleach, and read up on how to make a beautiful vase, a unique bird feeder, or just let your artistic skills take over.



This gourd has been intricately painted. The top comes off and the bottom can be used for storage. Notice the cutting of the top and the light blue painting where it separates. PHOTOS BY JUDY TERRY/FOR IOWA PRESS-CITIZEN

Virginia Hausler, who usually works alongside her husband, Bill Blair, in their field of daylilies, decided to raise gourds this year. Her picture shows great success. This is the way the gourds look, bare and green, before the drying, before the shellacking, before the decorating.

Hausler planted birdhouse gourds

and bushel gourds. The bushel gourds make great containers as well as decorative pieces.

Gardening provides us with much enjoyment. Of course, the produce we grow and eat and the beautiful flowers for our tables are proof of our skill, but then just maybe a new hobby to explore would make gardening even more fun.

Organize cupcake wrappers



Hints From Heloise
Heloise

Dear Heloise: My cupcake wrappers used to be all over the place in the cupboard. Finally, I used an empty frosting can to hold the wrappers. No more wrappers spread all over the shelf.

Corrine K., Amarillo, Texas

Dear Heloise: You have a recipe for Shrimp Dijon that I dearly love. However, I've lost the recipe. Would you repeat that in your column? My brother is coming for a visit, and I'd like to make [it].

Mary Ellen C., Sedona, Arizona

Mary Ellen: This is one of my most requested recipes! Here it is. You'll need:

- ¼ cup butter or margarine
- ½ pounds peeled, deveined shrimp
- 1 medium onion, thinly chopped
- ¼ cup flour
- ½ cups milk
- 2 tablespoons Dijon mustard
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 6-ounce package cream cheese, softened

Melt butter or margarine in frying pan, add shrimp and onions, and saute for 3 minutes; do not brown. Sprinkle flour into mixture while thinning the mixture with the milk a little at a time to avoid lumping. Add mustard, nutmeg, salt and pepper and cook for 3 to 5 minutes. Stir in cream cheese until blended and warmed through, but DO NOT BOIL. Serve over rice.

If you enjoy this recipe, I think you will like all the recipes in my pamphlet "Heloise's Main Dishes and More." There are so many ways to invigorate a meal with a new recipe. To get a copy, just go to Heloise.com or send \$3 along with a stamped, self-addressed long envelope to: Heloise/Main Dishes, P.O. Box 795001, San Antonio, TX 78279-5001. Nothing feels more like home than a hot, delicious meal at the end of the day.

Heloise

Dear Heloise: I used to have waffle batter dripping all over my counter, until I made a discovery. After I pour the batter into the waffle iron, I leave the top of the waffle iron open for about 30 to 40 seconds and then close the top. No more mess on my counters.

Allison D., Santa Rosa, California

IN YOUR OWN BACKYARD

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

Thursday, Nov. 25

Happy Thanksgiving! The holiday of Thanksgiving began in 1621 when the Plymouth colonists and the Wampanoag tribe shared an autumn harvest feast. In 1941, President Franklin Roosevelt signed a bill into law officially making the fourth Thursday in November a national holiday.

Friday, Nov. 26

The Adair County Library is partnering with the Kirksville Fire Department and the Salvation Army for the Adopt-A-Child toy drive. Drop off a toy for a child age birth to 16 in the barrel at the Adair County Library, 1 Library Lane, between now and the end of November. For more information, call 660-665-6038.

Nov. 26-28

Youth Portion of Deer Season is this weekend. Youth season is for ages

6-15. For licenses and more information, go to mdc.mo.gov or call 660-785-2420.

Saturday, Nov. 27

Join Main Street Kirksville as they host the 3rd annual Shop Small Cookie & Candy Crawl in downtown Kirksville! The event begins at 10 a.m. on Small Business Saturday and lasts until 2 p.m., or when the cookies run out. For more information, email kvdowntown@gmail.com.

Tuesday, Nov. 30

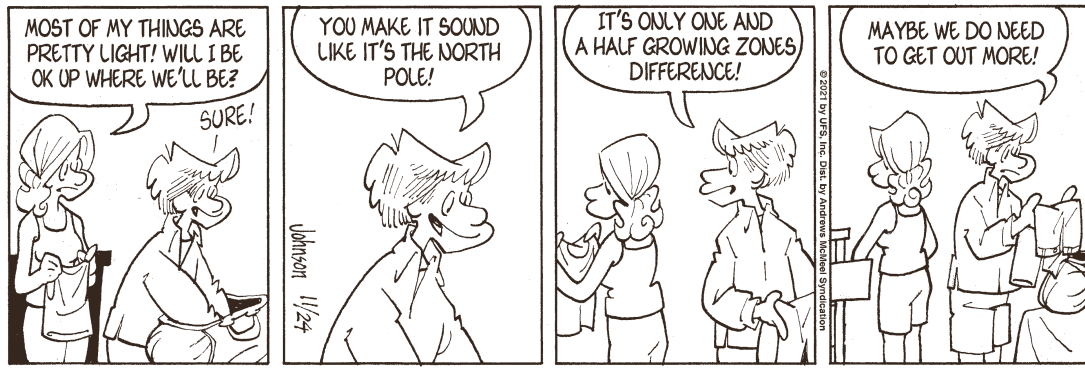
Spend \$10 or more at local businesses from now until Dec. 31 for the chance to win prizes. Deposit your shopping receipt into a collection box on the counter of the participating business for a chance to win. Three winners will be picked Jan. 6 at the Kirksville Chamber of Commerce. For more information, go to kirksvillechamber.com/shop-small.

Wednesday, Dec. 1

You are invited to a Jazz Combo Concert at 7:30 p.m. at the Ophelia Parrish Performance Hall on the Truman campus. For more information, call 660-785-4417.

COMICS

ARLO AND JANIS



BIG NATE



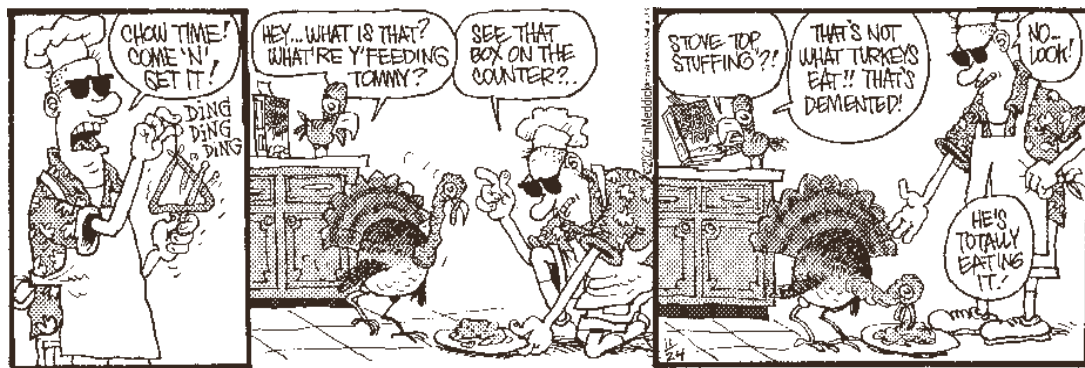
THE BORN LOSER



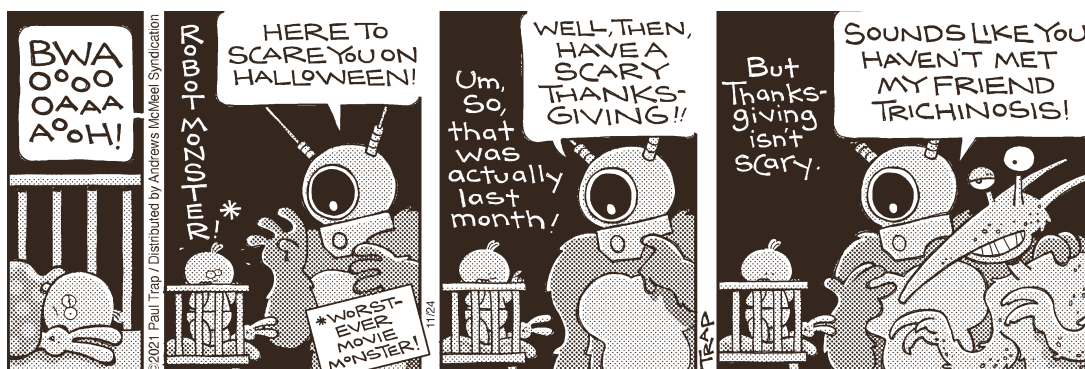
FRANK AND ERNEST



MONTY



THATABABY



SUDOKU

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

PREVIOUS ANSWER

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CROSSWORD

- ACROSS**
- 1 Zodiac animal
 - 4 Author Dinesen
 - 8 Kilt wearer
 - 12 Tax shelter, for short
 - 13 Wine valley
 - 14 Longest river
 - 15 Poise
 - 17 Opera by Verdi
 - 18 Necessitate
 - 19 Lout
 - 21 Org.
 - 22 Carmen Miranda's dance
 - 26 Encourages (2 wds.)
 - 30 Conger
 - 31 Boyfriend
 - 34 Hagen of "The Other"
 - 35 Rinse off
 - 36 Marshal Wyatt —
 - 37 Contented murmur
 - 38 Striped stone
 - 39 Zsa Zsa's sister
 - 40 Suffuses
- DOWN**
- 1 Hill
 - 2 Ice hockey locale
 - 3 Retail centers
 - 4 Time at bat
 - 5 Go yachting
 - 6 Two-BR unit
 - 7 Prizefight event
 - 8 Big mix-up
 - 9 A fifth of DX
 - 10 Well-worn

Answer to Previous Puzzle

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- 11 Afternoon social
- 16 Relent (2 wds.)
- 20 Prince Valiant's son
- 23 Signify
- 24 Flock
- 25 "Family Ties" son
- 27 Largest of the Marianas
- 28 Iffy attempt
- 29 Pacific island
- 31 Go off, as an alarm
- 32 Iccle locale
- 33 "I smell —!"
- 35 Defeated ones
- 40 Land in "la mer"
- 41 Decorate, as leather
- 43 More skillful
- 45 Gainesville fan
- 46 Delight in
- 48 Designer label
- 49 Client mtg.
- 50 Eventful periods
- 51 Winner's take
- 52 Cry of distaste
- 53 Novelist — Tolstoy
- 55 Cow cry

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HERMAN



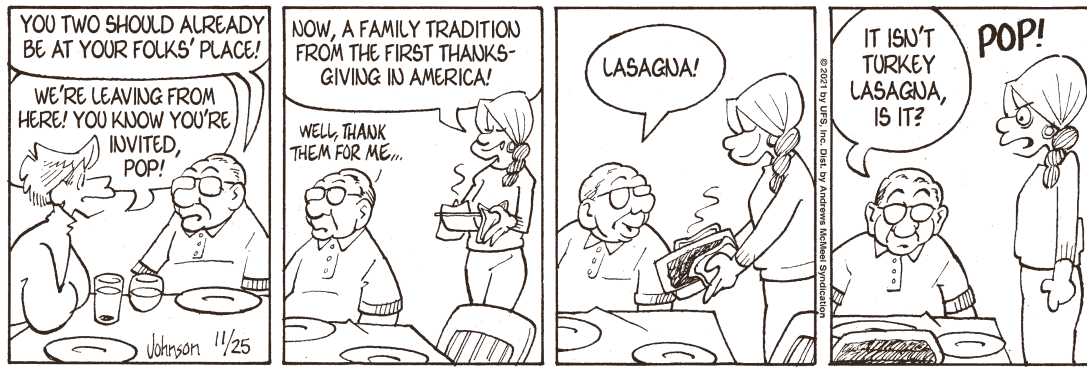
"I know diamonds are forever. What can I buy for a couple of months?"

HOROSCOPE BY EUGENIA LAST

- Aries** (March 21-April 19): Join forces with like-minded people. An investment will stabilize your financial situation and add to your comfort. Home improvements are favored. ☆☆☆☆
- Taurus** (April 20-May 20): You'll need a buffer to ward off negativity and competition. Get your facts straight, and arm yourself with knowledge and a long-term plan. ☆☆
- Gemini** (May 21-June 20): Share your plans and your likes and dislikes. Lay your cards on the table and wait for a response. Someone will show their true colors. ☆☆☆☆
- Cancer** (June 21-July 22): Look for a way to compensate for something that lacks funds. Share your experience with someone who can offer insight and a way to turn a negative into a positive. ☆☆☆
- Leo** (July 23-Aug. 22): Say what's on your mind. Take control, show initiative and bring about the changes that will make your life easier. Turn on the charm and take a position of leadership. ☆☆☆
- Virgo** (Aug. 23-Sept. 22): Reconnect with someone who inspires you, and the magic of language will lead you in a new and exciting direction. Let your imagination take over. ☆☆☆☆
- Libra** (Sept. 23-Oct. 22): Pay attention to detail and how you present yourself and your work. Discipline is required to finish what you start. An enticing offer will tempt you to indulge. ☆☆
- Scorpio** (Oct. 23-Nov. 21): Dance to your own beat, enjoy life and use your skills to improve yourself, others and anything that concerns you in your community. ☆☆☆☆
- Sagittarius** (Nov. 22-Dec. 21): You can be colorful without stretching the truth. An uncertain situation will cost you if you get involved without doing enough research. ☆☆☆
- Capricorn** (Dec. 22-Jan. 19): Take on whatever will help you get ahead. Show dedication, enthusiasm and innovation, and you'll gain recognition for your input. ☆☆☆
- Aquarius** (Jan. 20-Feb. 18): Dispose of anger and resentment; replace them with intelligence and the will to do and be your best. Compete with yourself, not others. ☆☆☆
- Pisces** (Feb. 19-March 20): A creative idea will gain momentum as you physically put your plan in place. Don't wait for others to catch up; do your thing and take credit. ☆☆☆

COMICS

ARLO AND JANIS



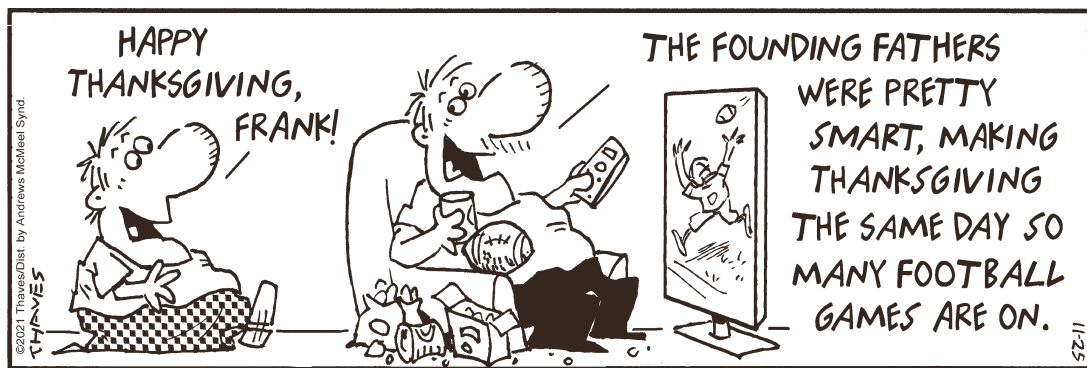
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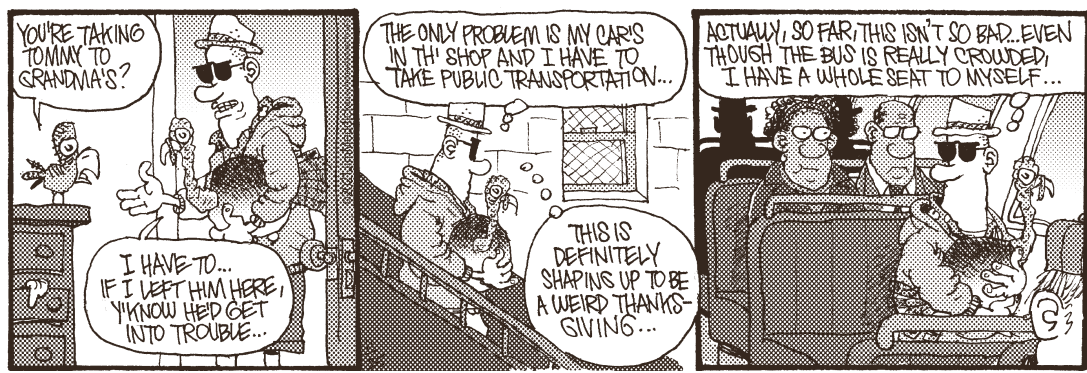
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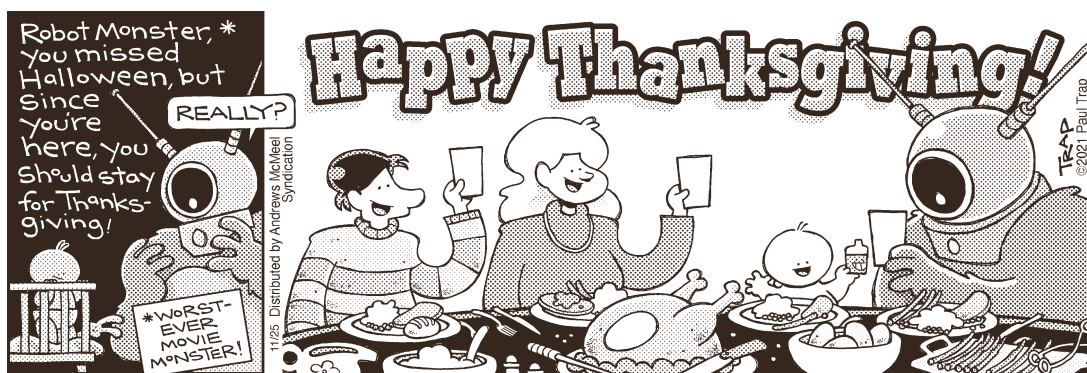
FRANK AND ERNEST



MONTY



THATABABY



SUDOKU

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CROSSWORD

ACROSS

- 1 Sever
- 4 Small fry
- 7 Luau fare
- 10 Heat meas.
- 11 Lagers
- 13 Moby Dick pursuer
- 14 Six games, in tennis
- 15 Salad dressing cheese
- 16 Rx amount
- 17 Rents a rental
- 19 PC system
- 20 Poet's contraction
- 21 Openings
- 23 Zigzag, at sea
- 26 Flash
- 28 Turkish official
- 29 Mont. neighbor
- 30 Exploiters
- 34 Ill-fated lover
- 36 Stipulations
- 38 Bigwig, briefly
- 39 Woman in white

DOWN

- 41 Ms. McEntire
- 42 Wearing vestments
- 44 Dit opposite
- 46 Big rig
- 47 Wild felines
- 51 Type of mitt
- 52 Pasternak heroine
- 53 Nose bag bit
- 55 — shui
- 56 Shut with force
- 57 Miners dig it
- 58 Pacino and Hirt
- 59 Sitcom waitress
- 60 Kitchen topper

Answer to Previous Puzzle

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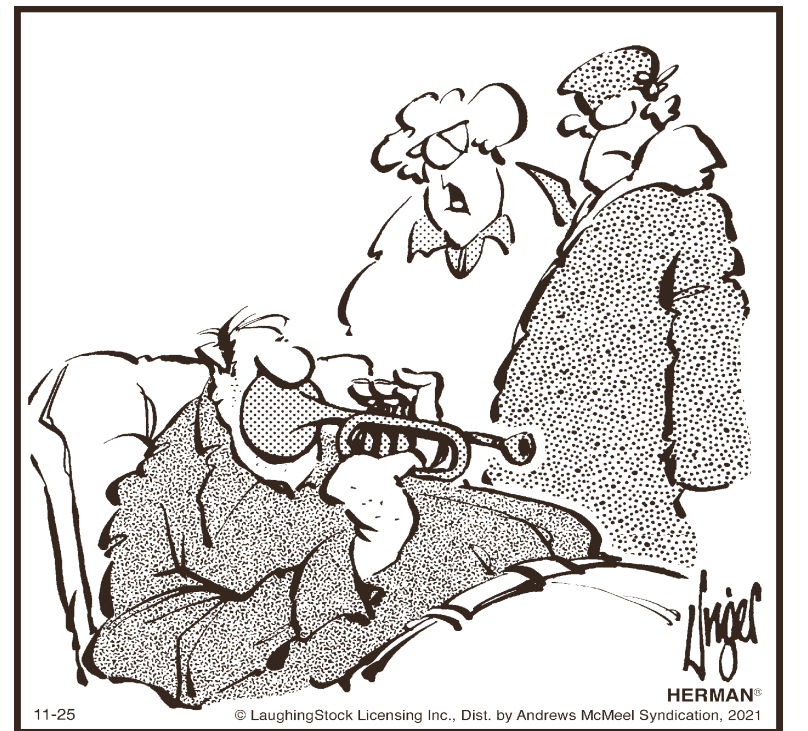
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HERMAN



"He's been taking trumpet lessons for two years."

HOROSCOPE BY EUGENIA LAST

Aries (March 21-April 19): An unexpected change in a relationship will leave you at a loss. Take a moment to rethink your steps and figure out the best way to move forward. ☆☆☆☆

Taurus (April 20-May 20): Inconsistency will be the enemy. Don't share your thoughts before you are sure you can follow through. Put more effort into personal goals. ☆☆

Gemini (May 21-June 20): Do what matters most. Rearrange things at home or work to ensure your space favors getting things done efficiently. Reach out to someone who grounds you. ☆☆☆☆

Cancer (June 21-July 22): A matter is best dealt with quickly. Don't let situations fester until they spin out of control. Challenge yourself, and concentrate on being and doing your best. ☆☆☆

Leo (July 23-Aug. 22): Refuse to let what others do stifle your creativity. Deal with the inevitable by doing the things that engage your mind and including people who share your concerns. ☆☆☆

Virgo (Aug. 23-Sept. 22): Concentrate on things that matter. Take care of domestic situations to avoid upsetting a neighbor, relative or lover. A change of plans will favor you. Don't make a fuss. ☆☆☆

Libra (Sept. 23-Oct. 22): You'll be able to convince others to see things your way if you are firm in your convictions. Set your plans in motion, and finish what you start. ☆☆☆☆

Scorpio (Oct. 23-Nov. 21): Be careful who you trust. An emotional situation will lead to instability and a falling out with someone you least expect. Don't let anger set in. ☆☆

Sagittarius (Nov. 22-Dec. 21): You'll find a way to make your money work for you if you set priorities and avoid being too generous with others. Don't be fooled by a fast talker. ☆☆☆☆☆

Capricorn (Dec. 22-Jan. 19): Keep your personal and professional lives separate. If you let your emotions interfere with your responsibilities, you will fall short of your expectations. ☆☆☆

Aquarius (Jan. 20-Feb. 18): Put things in perspective, sort out what you must do and get busy. Discipline and intelligence will help you jump over barriers and encourage you to stay on track. ☆☆☆

Pisces (Feb. 19-March 20): Don't share your thoughts or intentions. Pitch in physically and help those in need, but don't pay for someone else's mistake. A change will help you parlay a job. ☆☆☆

SPORTS



Kirksville's Jaden Ballinger goes for a takedown during the 2021 MSHSAA Wrestling Championships. "It's exciting to know we have a chance at team hardware and not just individual this year," Ballinger said. "That's something I've looked forward to trying to do, because I feel that leaves a more lasting impression. ... I think that's a possibility with a lot of the talent we have this year." AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS FILE PHOTOS

Tigers wrestling sees major potential

Austin Miller Kirksville Daily Express
USA TODAY NETWORK

The Kirksville wrestling team hasn't talked about February yet. Starting the season in November, they aren't looking ahead to state.

But that doesn't mean they don't know about the potential this year's team has. The Tigers return the bulk of their lineup from last season, so coach James Alter is confident he'll have 14 wrestlers have success on each night. And with many of those veterans being upperclassmen with state experience, Alter thinks this could be a big season for the Tigers.

"Overall, from top to bottom, I think there's some motivation that this team can do good things," Alter said.

"Me, personally, I feel like this team can do well. It's up to them just how well they'll do."

Seniors Jaden Ballinger and Bryce Kertz are returning medalists from last season, each taking fourth in their respective weight class. Dominic Cahalan, Colton Hannah, Chance McKim and Hunter Tarr have all made it to Mizzou Arena in previous years, too.

"It's exciting to know we have a chance at team hardware and not just individual this year," Ballinger said. "That's something I've looked forward to trying to do, because I feel that leaves a more lasting impression. ... I think that's a possibility with a lot of the talent we have this year."

Ballinger is a three-time state medalist, with two fourths and a sixth on his resume. He hopes to get over the hump and claim his goal of a state title this season, though a hamstring injury from football will delay his start a bit.

He has made it to the semifinals of his weight class the last two years, so he has



Kirksville's Bryce Kertz participates in the 2021 MSHSAA Wrestling Championships. "I wanted to get stronger, but with getting bigger, I didn't want to just put on a bunch of fat weight," Kertz said. "I've put on a lot of muscle weight so I can be stronger than everyone else."

felt like he's right on the edge of claiming gold. He had a 4-3 lead with 33 seconds left in his semifinal match against Seneca's Gabriel Commons, with Commons getting a takedown with eight seconds left to win.

Ballinger, who won his sectional bracket last year at 170 pounds, then watched Odessa's Bryce Palmer win the state title. Palmer beat Ballinger in the district finals with a 4-3 decision, but Ballinger claimed the sectional title while Palmer took third. Ballinger said his plan for this year is to treat every match like it is for a state title.

"Winning sectionals, and the kid who got third in my sectional goes and wins state, just shows me how close I was," Ballinger said. "Just a few of those smaller details I need to do this year to be at the top."

Kertz was undersized at heavy-weight compared to most of his counterparts. That gave him the advantage of being faster than most opponents, but it also made them stronger than he was. So Kertz's goal this year was to add muscle so he would be bigger and stronger. So far, weights that were his max last season are what he reps now.

He's feeling large and in charge, aiming to be more aggressive on the mat. He felt he earned a lot of success last season by wrestling a defensive style, using his speed to elude his opponents. But he's aiming to attack this season.

"I wanted to get stronger, but with getting bigger, I didn't want to just put

See WRESTLING, Page 9A

Macon girls push through growing pains

Austin Miller
Kirksville Daily Express
USA TODAY NETWORK

"Rough" was how Macon girls basketball coach Richard Driscoll described his team's first half Friday.

The Tigerettes have several new girls on the floor this season. Those aren't strictly underclassmen who just started, but more a bunch of upperclassmen in expanded roles. The Tigerettes have seven seniors, but more is being asked of most of them this season.

After getting things figured out at halftime, Macon turned in a more expected second-half performance to win 49-30 against Trenton to start the season.

Whether it was a literal or metaphorical sigh of relief, senior guard Shelby Petre regained her confidence early in the third quarter with two free throws. Then she turned back into the sharpshooter that she has been in the past, burying two 3-pointers later in the quarter.

With that outside threat, Macon's (1-0) offense finally found some spacing to work inside and out.

"Shelby, we need that from her. We need her to shoot the ball like that," Driscoll said. "If she can do that, then we're hard to guard."

Without former forward Kate Hawkins and point guard Tierra Wood, there are key spots to fill for Macon this year. Getting those figured out creates some expected growing pains.

Junior Brooke Weimer takes over at point guard, but is working back into a basketball rhythm following an additional travel softball schedule following the high school season. She's a tough defender and Driscoll is confident she'll be solid in that area as she finds her offense.

Senior forwards Caylie Wilson, Savannah Thompson and Bailey Hoelscher are working to fill that spot. Thompson and Wilson have some experience

See GIRLS, Page 9A



Macon's Shelby Petre dribbles around a defender during Friday's opener against Trenton. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS



Macon's Boston Douglas lifts off for a dunk during Friday's game against Trenton. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

Macon boys basketball sets strong tone for season with blowout over Trenton

Austin Miller Kirksville Daily Express
USA TODAY NETWORK

It's what Dale Devenport has been waiting three years to see.

Starting the last three seasons, the Macon boys basketball coach's mind has been looking down the road. He had a young core that he saw a lot of promise in, just needing time for them to grow, mature and learn the game.

With those guys all juniors now, some of that potential he saw is coming to fruition. And with a 95-34 thrashing of Trenton on Friday night to open the

season, he might be right.

"I think the main thing is when we play together, we're pretty good," Devenport said. "I think that's what you saw (tonight). You saw guys shooting for each other. We had guys who could've scored a lot more points themselves, but they tried to make the extra pass to make other people more involved. We're more mature now. All these juniors have grown up a bit, played together. But I wanted to set the tone tonight. I wanted them to realize, 'You guys can have a really good year.' But again, we have to do things the right way. ... I thought we played together and we

played the right way."

The Tigers (1-0) have a ton of physical gifts at their disposal. Devenport has a whole lineup full of super-athletic guys who are all six feet tall or higher. All that length and power was just overwhelming for Trenton (0-1).

Macon forced a ton of turnovers on defense to let its athletes run right to the basket. And boy do they finish at the rim. Boston Douglas threw down a dunk to electrify the crowd and had a couple others he just missed on.

See BOYS, Page 9A

Chiefs to discuss Arrowhead Stadium future in coming year

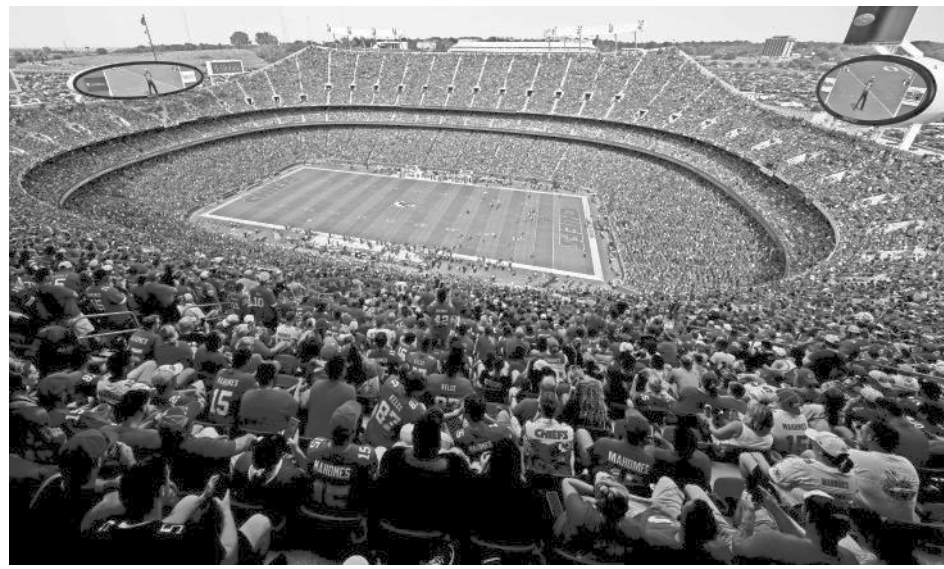
Dave Skretta
ASSOCIATED PRESS

KANSAS CITY — The Kansas City Chiefs plan to begin discussing the future of Arrowhead Stadium within the next year after the neighboring Royals announced plans earlier this year to explore moving to a new downtown ballpark.

Chiefs chairman Clark Hunt said during his annual midseason availability Thursday that Royals owner John Sherman called him to discuss the baseball team's plans. Kauffman Stadium sits just across the parking lot from Arrowhead Stadium in the Truman Sports Complex, which is surrounded by sprawling parking lots just outside of Kansas City.

"Obviously we've been connected to the Royals for almost 50 years now here at the sports complex," Hunt said, "so their decision on their long-term future will have an impact on us. We're going to watch as they go through the process and at some point in the next year or so start thinking about what's next for the Chiefs from a stadium standpoint."

The Chiefs and Royals both renovated their stadiums about a decade ago, when Jackson County voters narrowly approved a three-eighths cent tax hike lasting 25 years. Both teams agreed to extend their leases at that time, mean-



The Kansas City Chiefs and the Cleveland Browns play during the first half of an NFL football game Sept. 12 at Arrowhead Stadium in Kansas City. CHARLIE RIEDEL/AP

ing they will expire in 2031, and stadium construction projects typically take at least five years to plan and finance.

The renovations to Arrowhead Stadium included the widening of concourses, new restrooms and new press box and luxury seating that Hunt said made the facility "one of the finest stadiums in the league" when they were completed.

But in the past two years, the AFC West-rival Raiders and Chargers have

opened luxurious new stadiums. And while Chiefs fans love the raucous atmosphere of Arrowhead Stadium — which opened 50 years ago next August — and the huge parking lots make for some of the finest tailgating in the NFL, the reality is the facility already appears outdated.

"The way fans want to consume the game and the kind of spaces that you need, those things change over time," Hunt said, "and we're paying attention."

We've had beautiful new stadiums open now in Los Angeles and Las Vegas, and there will be things when we get to the end of our lease here in nine or so years that we will want to incorporate into the stadium."

There has been momentum in recent years for the Royals to relocate downtown, where Kansas City has been in the midst of a dramatic urban renewal. Not only would it position their stadium close to restaurants and bars, of which there are none at the Truman Sports Complex, it also would allow more fans to attend games using public transportation.

Those considerations don't really extend to the Chiefs, where part of the allure of Arrowhead Stadium is the tailgating. And if the Royals were to move, Hunt said the Chiefs could build out the complex to provide additional fan amenities.

"One of the great things about the sports complex is how big it is and that's created the opportunity for our fans to have the tremendous tailgate experience that they have before the game each week," he said, "so we're fortunate to have that kind of built-in experience already. Obviously if the Royals weren't playing at the sports complex it would open up more space and maybe allow us to do some more programming that we haven't done in the past."



Macon's Lexi Miller puts up a layup through contact during Friday's game against Trenton. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

Girls

Continued from Page 8A

and Driscoll likes what they've been doing so far. And Hoelscher is a solid overall athlete that Driscoll thinks could add quite a lot to the team down the road.

"I told them they're going to have a bullseye on their back all year," Driscoll said. "There's a lot of people that will doubt them because we lost (Hawkins and Wood). And then there's a lot of people that still know that we're OK."

One constant is senior guard Lexi Miller. She'll be locked in all season and can do just about anything on the floor. She shoots well from outside and gets to the rim. Driscoll can have her on the perimeter or move her to forward, which he did Friday. She offers a ton of versatility that he can't pass up.

And when she scores 28 points, as she did Friday, that goes a long way. With new girls involved, Miller isn't trying to do too much.

"I just try to do my part, which is get-

ting the team going, cheering them on. When I need to take a shot, I'll do that," said Miller, who signed with Columbia College earlier this week. "I'll create something for other girls, just find the open girl. Build up the other girls, and if they make it or miss it, cheer them on. Try not to do too much, but when they need me, I'll step up."

There is one other constant that Driscoll will be sure to fix in coming practices. He prides himself on team defense more than any other facet, and he thought that was lacking on Friday.

He's tough to please on that end, but if he starts to see more of what he wants, then the Tigerettes will be in good shape.

"They have to understand that, that one end of the floor has to (be solid) all the time. It's not just some of the time. And I felt that was the case tonight," Driscoll said. "That'll be something we stress (in practice) because I've promised them that'll be something that never changes with me. It just won't. That's the most important thing we do."

"They have to understand that, that one end of the floor has to (be solid) all the time. It's not just some of the time. And I felt that was the case tonight. That'll be something we stress (in practice) because I've promised them that'll be something that never changes with me. It just won't. That's the most important thing we do."

Richard Driscoll
Macon girls basketball coach

Boys

Continued from Page 8A

Five Tigers finished in double figures, with Douglas leading the way with 18. Maurice Magruder scored 14, Hayden Lovingier and Caleb Reger scored 12 apiece, and Preston Stewart had an even 10.

All those guys and many more are threats with the basketball. And having everyone contribute is just the potency Devenport likes to see.

For Douglas, Friday was a view into how much the Tigers have developed. They've gone from freshman who took everything as a joke to juniors who understand what needs to be done in order to win basketball games.

"I think we've matured a lot since freshman year, since middle school," Douglas said. "Freshman year, we didn't take everything serious. Now, we understand that ... this is our way to make it somewhere."

"We didn't mess around or none of that. We took everything serious."

It is early and it is only one game under Macon's belt. Devenport said Friday's result doesn't matter if they come out and lay an egg in their next game, so he's already quick to not let his players think too highly of themselves just yet.

Macon went 13-11 last year, the program's first winning season in a decade. But they want much more than that.

Devenport said they got the motivation they needed before tipoff on Friday. District groupings were released earlier in the day, with the Tigers up in Class 4 District 8. Kirksville, Mexico, Moberly, Hallsville and Centralia are also in the district, which is going to be one tough bracket come February.

The path there started Friday but remains under construction.

"I told them tonight that I wanted them to play like we're preparing for those guys," Devenport said. "Because no matter what we do now, we have to be ready to play with those guys here in a few months."



Macon senior Preston Stewart goes up for a layup during the second half of the Tigers' win over Trenton to open the season. AUSTIN MILLER/KIRKSVILLE DAILY EXPRESS

Wrestling

Continued from Page 8A

on a bunch of fat weight," Kertz said. "I've put on a lot of muscle weight so I can be stronger than everyone else."

With all of that veteran experience and leadership, Alter and his assistant coaches have a lot less on their plates. The athletes show up to every practice and work hard, and no time is wasted on bad attitudes.

One area Alter wanted to adjust this season is the intensity of practices. They hit the mats hard last year after the school paused athletics due to COVID-19 in the district. Once the season started in full, matches and tournaments built up rather quickly. With the grueling stretch of districts, a sectional round (which has been removed), then

state, Alter thought his guys were pretty worn down in the postseason.

So his training plan for this year is to steadily ramp up the intensity as the season progresses.

"The season does go by quickly, but it is a physical and mental grind," Alter said. "Learning from last year, you just can't be 100 mph all the time."

With a few straight years of large state contingencies that returned a few medals, Alter hopes this season is a culmination of that progress.

"Pressure's a privilege, and every year is a new year," Alter said. "We can't look back ... but we can definitely use the momentum from those previous years. But these guys need to make their own statement. The seniors we have in the lineup, some juniors we're going to throw in the mix, these guys can leave on a good note and make their mark on the program."

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FOR SALE: New 3 pt. tillers, heavy duty, gear driven, 7' to 10' starting at \$3050. 660-874-4455

PASTURE AND HAY GROUND Needed around Adair & Knox County. Please Contact 660-216-5887 or 417-773-2507

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FOR SALE: 10% off Gloves from Nov. 15th to 30th Homemade Candies, fresh garlic, jams & jellies, spices, HONEY stainless steel kitchen wares, steam table pans and lids. Kerosene lamps and parts, some Aladdin parts. Poly and wooden clothes pins, Reg. and W.M. lids, glass jars, color books, boxed cards, children's books, Gift items, wooden handles - Puzzles. Train Track Candies & More 11538 Iceberg Ave, La Plata 3rd Lane to your Left.

NOTICE CANDIDATE FILING FOR ADAIR COUNTY AMBULANCE DISTRICT DIRECTOR

Notice is hereby given to the qualified voters of the County of Adair, State of Missouri, that an election will be held at the prescribed polling places within the county on Tuesday, April 5, 2022, to vote on the following Adair County Ambulance District Board of Director openings.

Director, District 2 – three year full term
Director, District 5 – three year full term

QUALIFICATIONS: A candidate for director of the ambulance district shall, at the time of filing, be a citizen of the United States, a qualified voter of the election district, a resident of the election district for two years next preceding the election, and shall be at least twenty-four (24) years of age.

Any qualified person may file a declaration for candidacy in the office of the County Clerk, Adair County, 311 North Elson Street, Kirksville, Missouri, between the hours of eight o'clock a.m. and five o'clock p.m., Monday through Friday, beginning Tuesday, December 7, 2021, at eight o'clock a.m. and closing on Tuesday, December 28, 2021 at five o'clock p.m., excluding legal holidays.

ADAIR COUNTY AMBULANCE DISTRICT
William R. Crnic, Board Chair
November 27, 2021

WANTED:
WANTED TO BUY: Harley Davidson's, any year, any condition, cash money. Days 660-263-1356 or 660-537-0068

There will be an election Tuesday, April 5, 2022. The Village of Millard, MO has openings for TWO (2) 2-year positions on its Board of Trustees. A candidate must be 21 years of age, a citizen of the United States, have lived within the Village for one (1) year and be a registered voter. First day to file is Tuesday, December 7, 2021 at 8:00 am; filing deadline is Tuesday, December 28, 2021 at 5:00 pm. Interested persons may contact Felicia Scott or Margaret Ferrell.

Margaret Ferrell, Clerk

FOR SALE:
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PUBLIC NOTICE

Notice is hereby given to all qualified voters of the LaPlata Community fire Protection District that a general election will be held on Tuesday, April 05, 2022, for the purpose of electing the following:

ONE FIRE DISTRICT BOARD MEMBER FOR A SIX-YEAR TERM

Filing for this position will be taken beginning at 8:00 am December 7, 2021, and will close at 4:00 pm on December 28, 2021. Filings will be taken by the LaPlata City Clerk, located at LaPlata city Hall at 113 S Gex, LaPlata, MO. Candidates must be at least twenty-five years of age and have lived in the district for at least one year.

LEGAL NOTICE

*****PLEASE NOTE CHANGE OF DATES*****

Kirksville R-III School District
Notice of School Board Candidate Filing


The Kirksville R-III School District encourages qualified persons interested in running for a position on the School Board to file to be a candidate in the April 5, 2022, election. Interested persons may file at the Superintendent's Office located at 1901 East Hamilton Street, Kirksville, Missouri. For more information contact Mr. Robert Webb, Superintendent at 660-665-8658.

Filing will begin on December 7, 2021, at 8:00 a.m. and will continue during the district's regular business hours, which are Monday through Friday from 8:00 a.m. to 4:00 p.m. Except for the first and last day of filing, filing will not occur on days that the school district's central offices are closed due to inclement weather. If in the event of closure due to the COVID-19 global pandemic, candidates should call 660-665-8658 or email kpanos@kirksville.k12.mo.us. Filing will also not occur on the following holidays and breaks when the school district's central offices are closed: December 23, 24, 2021. Filing will end on December 28, 2021, at 5:00 p.m.

There are two positions available with three-year terms.



Wedding & Engagement Announcements



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

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| <p>Bellacino's Purchase \$25 in Gift Cards and get a \$5 Bonus Card</p> <p>Colton's Steakhouse 20% OFF of Gift Cards ONE DAY ONLY: Saturday, November 27 8:00 am-4:00 pm</p> <p>D & J's Enterprises November Special: "Hunter's Special" Camo & Blaze Orange In-Stock Blank Hats \$10 Each or (2) for \$15. December Special: "No Mean-Muggin' Here Special" 15 Oz White Ceramic Mugs For the Whole Family Customized on Sale (2) for \$20.</p> <p>Gallery 104: Gifts & Art Shop at Gallery 104 and be entered to win \$10 off of an Art Class</p> <p>Gardner Collier Jewelry 25% OFF Diamond Stud Earrings, and 25% OFF ALL Full-Priced Color Stone Jewelry</p> <p>Grease Lightning \$2.00 OFF Full Synthetic Oil Change</p> <p>Hearing Care Partners \$500 OFF a Set or Level 5, 7, or 9 Hearing Devices Offer Dates: 11/12/21 - 1/4/22</p> <p>Hidden Treasures 10% OFF Any Regular Priced Consignment Item, \$10.00 Gift Cards for \$8.50 Offer Dates: 11/12/21 - 12/31/21</p> <p>Kirksville Brake & Muffler 10% OFF of Gift Certificates Offer Dates: 11/12/21 - 12/17/21</p> <p>Kirksville Motor Company \$15 OFF of ANY Brake Service</p> <p>La Fuente Restaurant 10% Off of a Purchase of \$25.00 or more.</p> <p>Lean Kitchen Co. Kirksville 25% OFF of Supplements, Buy a \$25.00 Gift Card, Get (1) FREE Meal Offer Dates: 11/12/21 - 12/31/21</p> | <p>Manhattan Color Bar, Salon & Spa LLC 10% OFF of a \$100.00 Purchase in Retail Products. Offer Dates: 11/12/21 - 12/31/21</p> <p>Maxwell's FREE Chips & Drunk Dip with Purchase of (2) Burgers</p> <p>Moonshine & Lace Purchase a \$50 gift card, receive a free Car Smellie</p> <p>Origins Hemp & CBD 20% OFF purchase of ALL Topicals (skin creams, pain salves) Offer Dates: 11/26/21 - 11/30/21</p> <p>S&S Printing and Graphics 10% OFF of Christmas Cards Offer Dates: 11/12/21 - 12/17/21</p> <p>Scooter's Coffee Purchase \$25.00 in Gift Cards and get a FREE \$5 Gift Card</p> <p>Shoe Sensation \$10 OFF of a \$60 Purchase - Coupon can be shown from phone or can be a printed copy Offer Dates: 11/10/21 - 11/23/21</p> <p>Sieren's Palace 20% OFF of Vera Bradley Bags, Creations brand Tunics on sale for \$24.75 Offer Dates: 11/12/21 - 12/31/21</p> <p>Sip Downtown Buy (1) of their Featured Christmas Cocktails, Get (1) 1/2 OFF</p> <p>The Dukum Inn Purchase \$40 in Gift Cards, Receive a \$10 Gift Card FREE</p> <p>Timberline Pet Ranch Spend \$10 or more and receive a Goodie Grab Bag Including Gift Certificates. Offer Dates: 12/1/21-12/31/21</p> <p>Warrior Nutrition Buy (3) DRY Mega Teas Get (1) FREE Buy a \$20 Gift Card Get an EXTRA \$5 Added On Offer Dates: 11/15/21-12/20/21</p> |
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- Pottery • Wood • Fiber • Glass

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Partnering to support local businesses



Kirkville Area Chamber of Commerce

December 2021 Executive Director: Sandra Williams

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

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claypoolenursery@cvalley.net

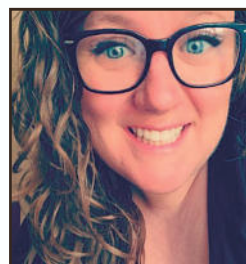


Congratulations, Kirkville Leadership Institute Class of 2021...

A class of 7 business leaders graduated on November 12, 2021 from the **Kirkville Leadership Institute (KLI)**, a long established program of the Kirkville Area Chamber of Commerce. The mission of the program is to build strong, competent leadership for the Kirkville area, motivate emerging and existing leaders, and develop each participant's potential for community leadership and decision-making by exposing them to the realities, opportunities and challenges in our community.



Nicklaus Ferry
New Accounts Representative
Alliant Bank



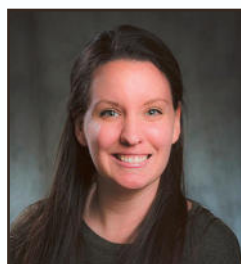
Sara Heimer
Assistant Director of Payroll
A.T. Still University



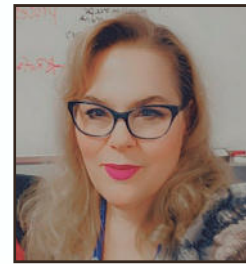
Natassia Roberts
Operations Manager
White Oaks Barn



Kristy Rowles
Sales Manager
Holiday Inn Express & Suites—University Area



Jennifer Sharp
Student Account Coordinator
A.T. Still University



Theresa Smead
HR Manager
Chariton Valley Association



Mark Wouters
Building Manager
Learning Opportunities
Quality Works

Kirkville Leadership Institute "will allow me to be a better ambassador for Kirkville when encountering new community members, or tourists/visitors in our community. It will also help me provide guidance to amenities and services in our community to others seeking knowledge or advice in those areas."

-Theresa Smead,
Chariton Valley Association

"It's reassuring knowing the town is in good hands."

-Nicklaus Ferry,
Alliant Bank

"The passion and commitment that was displayed came through many times."

-Kristy Rowles,
Holiday Inn Express & Suites



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There's Strength in Numbers

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Say hello to the Chamber Benefit Plan.

A multiple employer welfare arrangement (MEWA) designed for small businesses who are members of a qualified Chamber of Commerce, like ours.

When it comes to providing employees with cost-saving health care coverage, small businesses are at a big disadvantage compared to their larger counterparts. Because of their smaller size, their claims risk pool is spread out across a much smaller employee population. That can result in higher, less stable insurance rates—and fewer viable plan choices.

Fortunately, there's a simple and affordable medical plan alternative. It's called the Chamber Benefit Plan and it's just one of the many advantages of joining our chamber.

Powered by the Missouri Chamber Federation and administered by Anthem Blue Cross and Blue Shield, the Chamber Benefit Plan is available to small group employers in Missouri who are members of a qualifying Chamber of Commerce and have 2 to 50 eligible employees.

Advantages that make a real difference!

- Competitive, medically underwritten rates
- A variety of plan designs, including 10 PPO and three H.S.A options.
- Additional savings for dental, vision, life and/or disability
- Fixed, predictable monthly payments
- Money-saving SmartShopper program for members

Contact us today
To learn more!
660.665.3766

FREE Community Recycling Round-up
Coming to a Kirkville location Soon!

December 23, 2021—January 3, 2022
Round-up & Drop-off your items in our designated recycling trailer (no food-soiled items, please)

• Aluminum Cans • Newspapers/Magazines/Books
• Paper/Wrapping Paper • Envelopes/Junk Mail • Cardboard

Like & Follow us on Facebook or call us at 660.665.3766 for the recycling location!

Happy Thanksgiving Day

We appreciate your support this past year and wish you a Thanksgiving filled with friends, family, and delicious food.

Though we're thankful for all of our local businesses, Small Businesses are especially high on our list. Join us in showing them support by shopping local all season long!

Welcome, New Members

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Email: hmartin@fbhl.com
Heather Martin, Senior Mortgage Banker

T-Mobile

Cellular Service
2415 North Franklin Street
Kirkville, MO, 63501
Phone: 660-627-9019
Website: www.t-mobile.com
Email: steven.hawley@t-mobile.com
Steven Hawley, Manager

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

- Adair County Historical Society
- AM Housing, Inc.
- Anita Slaughter
- Auto Plaza
- Bill & Mary Kay Crnic
- Great Plains Contractors, LLC
- Hospice of Northeast Missouri
- John W. Gillum, CPA, LLC
- Lean Kitchen Co. – Kirkville
- Mary Immaculate Church & School
- Missouri Rural Enterprises & Innovation Center
- Northeast Regional Medical Center
- Pro-Tech Company, Inc.
- Rotary Club of Kirkville- Thousand Hills
- State Farm – Racquel Schempp
- Vorhees Plumbing & Drain Services LLC

Thank ★ You

For even more information on all of our members, visit www.KirkvilleChamber.com/directory. Businesses who support your community through the Chamber are neatly categorized by types of business and services they offer.

