

KIRKSVILLE Daily Express

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WEDNESDAY

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Adam Tumino to take over local sports

By Marty Bachman
Daily Express

The Kirksville Daily Express has a new sports editor. Adam Tumino comes to Kirksville from Eastern Illinois University, where he attended school and worked at the The Daily Eastern News.

“Until last month, I had never head of Kirksville, Missouri,” Tumino said. “As the new sports editor at the Kirksville Daily Express, I am looking forward to becoming a part of the community I now call home.”

Tumino said that he believes a good way to become a part of a community is through local sports, particularly by meeting the athletes, coaches, families, friends and fans from the area high schools and Truman State.

“Apart from their roles in athletics, these people make up the community,” he said. “This is what I believe makes local sports special. Professional sports are certainly fun to follow, but the players on these teams are not your friends and neighbors like they are at the high school and college level.”

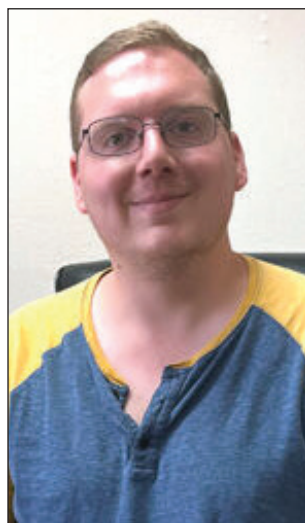
Tumino said that local sports can connect communities in a wholly unique way and bring tremendous amounts of joy to people.

“I want to be there for these moments, and the not-so-joyous moments too, because local sports are about more than just the results on the field,” he said. “They are about learning and growing. About gaining valuable skills on and off the field and cultivating relationships that can last a lifetime.”

Tumino’s said that his main goal in this job is to record all the aspects of sports in the area.

“I hope to write things that people will read and share with family or friends,” he said. “I want to be there for the highs and lows that come with sports.”

Tumino has been covering sports for about seven years, but it was



Adam Tumino

not something that he always knew he wanted to do. He grew up in Lockport, Ill., a southwest suburb of Chicago, and only got into journalism while attending a community college part-time out of high school.

“I signed up for the student paper after walking by the office one day, and have not looked back since,” he said.

He remained a part-time student while working for the paper, and then transferred to Eastern Illinois University and began to work the The Daily Eastern News.

“I firmly believe it is one of the best college newspapers in the country,” he said. “It was at EIU where I truly began to improve and decided that journalism was what I wanted to do for the rest of my life.”

Taking on the position of sports editor of The Kirksville Daily Express will be the start of Tumino’s professional life, having moved six hours and across the state line from where he grew up.

“At first it felt like a big move for me, but that is a small price to pay for the opportunity to do what I love,” he said. “I am sure that the more time I spend here, the more I will begin to love it. I look forward to heading out and meeting the people involved in sports in the Kirksville area, seeing you not just at games of practices, but around town as well.”



Kirksville Cars and Coffee held

By Marty Bachman
Daily Express

The monthly Kirksville Cars and Coffee was held at the DuKum Inn on

Saturday morning. The event was put on by the 660 Charitable Motorcycle Organization and featured classic cars as well as not so classic vehicles.



Kirksville Area Chamber of Commerce to hold summer candidate forum

By Kirksville Area
Chamber of Commerce

Join the Kirksville Area Chamber of Commerce and event moderator Elsie Gaber for a

Q&A session with contested candidates running for Adair County offices and District #3 state representative. The forum will be held on June 23, at the ATSU

IPE Building, room 151 beginning at 6 p.m., with plans to post the recording on social media platforms the following day. Doors will open at 5:30 p.m. for a meet

and greet with candidates. This forum will be held for contested candidates of the same party whose race will be determined during the August Primary.

Kirksville Bike Night held at the El Kadir Shrine Club

By Marty Bachman
Daily Express

The first monthly Kirksville Bike Night was held at the El Kadir Shrine Club last Saturday evening. The event was put on by the 660 Charitable Motorcycle Organization and featured the band, Keota.



Chariton River Rally Poker Run attracts bikers from throughout the area

By Marty Bachman
Daily Express

The Chariton River Rally 1st Annual Father’s Day Poker Run was held Saturday beginning and ending in Novinger. The run took bikers to Kirksville, Edina, Downing, Lancaster and Greentop before returning to Novinger. Half the money for the winning hand went back to the rally organizers and a 50/50 raffle led to the donation of that money to the rally as well.



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OBITUARIES INSIDE

James Robert “Andy” Anderson, 79



Father’s Day greeting from Kirksville firefighters

By Kirksville Fire Department

Kirksville firefighters sent a personal message to the fathers in the department and beyond on Father’s Day last Sunday.

Truman State University announces list of spring graduates

By Truman State University

Truman State University has released the names of students who graduated at the conclusion of the spring semester. The names of the graduates can be found online at truman.edu/honors/spring-2021-graduation-list. Students who graduated with honors will have that distinction noted by their names. Cum laude recognizes those who earned a grade point average of 3.50-3.74. Magna cum laude is for graduates with a grade point average of 3.75-3.89. Summa cum laude honors graduates with a grade point average of 3.9 or better.

Master’s degree recipients will have that distinction noted by their names. The list is organized by state and hometown. Hometowns are based upon the permanent address given to the University by the student. Students who have requested a directory hold on their information will not be included on the list. Any questions regarding student eligibility for inclusion on the list can be directed to the Registrar’s Office at (660) 785-4143. Truman conducted commencement May 7 at Stokes Stadium. A recording of the ceremony is available at truman.edu/registrar/commencement/commencement-video. A photo gal-

lery can also be found at photos.truman.edu/home/commencement.
Area graduates include:
Brashear: Jacob Michael Bleything, Master of Arts in Education; Saydie Elizabeth Potter Master of Arts in Education
Kirksville: Kanessa Shaneé Allen-Baxter; Nikolee Amini-Rad, cum laude; Abigail Jay Anderson; Jonghan Baek; Ruxue Bai; Brendan Baker, Master of Arts in Education; Jose Gabriel Baquero; Alexander Barba; Andrew Allan Bohon, summa cum laude; John Michael Bohon, summa cum laude; Tristan Janick Buckner; Brandon Cole Carlyle; Jianxiong Chu; Fletcher Ferguson, Mag-

na cum laude; Thomas Andre Aime Fleury, cum laude; Brayden Foust, cum laude; Krista Nicole Garth, summa cum laude; Joseph Isaiah Gholston; Ethan C. Gooch, summa cum laude; Paulette Maca Guerrier, Master of Athletic Training; Olivia Halma, Magna cum laude; Matthew Ryan Hamilton, Master of Accountancy; Ashleigh Nicole Harding, Master of Arts; Marissa L. Hole, Master of Arts; Elizabeth Hopwood; Trinajoy Karanja, Master of Arts in Education; Scott Donald Krause; Blake Allen Lewis, summa cum laude; Ezra Azariah Lewis, Magna cum laude; Jinyu Li, Magna cum laude; Mingyu Li; Chunyi Luo; Katelin Rose Mathis; Megan L. McHenry; Ethan Murphy; Wisdom Juste Komi Nyuinme Nolitse, summa cum laude; Zane O’Brien, cum laude; Aaron Michael Ockenfels, Master of Arts in Education; Alexander Joseph Ockenfels; Kimberly Ann Olson; Ewomazino P. Onokpise, cum laude; Ami Rajesh Patel, summa cum laude; LaRay Nichole Pietrangelo; Rejeena Rai, Master of Accountancy; Paul Clemens Ramberg, cum laude; Zebadiah Riney, summa cum laude; Dorian Robinson; Samantha Rohne; Wesley Drew Scafe, cum laude; Joshua Alan Scheiderer, summa cum laude; Harshavardhan Shahi, cum laude; Caitlin Marie Smith, Magna cum laude; Alexandria Anne Stratton; Van Tegtmeyer, Master of Arts in Education; Jack Thompson Tigner; Alexis Leigh Tonkinson; Sloane Deveareaux Margaret Totta, Master of Arts; Zachary Steven Townsend, Master of Arts in Education; Tuan Dat Tran, summa cum laude; Son L. Vu; Yifan Wang, Master of Accountancy; Kelci Ward; Hannah Kristine Warren, Magna cum laude; Max Welton, Magna cum laude; Kayley E. Whyte, Master of Arts; Skyler Noel Wiemann, Master of Arts in Education; Tabitha Falene Wilkerson; Ru Xiang; Guanchong Xu; Logan Yardley, Master of Accountancy; Savannah Yardley, Master of Arts; Jiahui Zhou; Xinyu Zhou, cum laude; Yang Zhou, Master of Arts
La Plata: Angeline Marie Hansen, Master of Arts in Education
Macon: Garrett L. Olson, Master of Accountancy
Novinger: Melina Christine Mansfield, Cum Laude; Mollie Kaitlin Mansfield
Unionville: Tanner W. Bondy; Trey Andrew Maddaleno, Magna Cum Laude



Kirksville Area Calendar of Events

Kirksville Cemetery Commission meeting

The city of Kirksville’s Friends of Forest-Llewellyn Cemetery Committee will hold a meeting at 4 p.m. on Thursday, June 23, in Council Chambers, City Hall, 201 S. Franklin.

Summer off the Square concert

The Kirksville Art Association’s annual Summer off the Square concert series will feature No Apology on June 24, sponsored by Sparklight. No Apology plays Outlaw and Honkeytonk. Concert will be held on the north side of the Sue Ross Arts Center at 215 S. Franklin Street in Kirksville.

Parks department offers free movies, dollar swims

The Kirksville Parks and Recreation Department is holding “Saturday’s Under the Stars” Free Movies in the Park and Dollar Swim Nights. The movies include Spirit Untamed on July 9 and Spiderman, No Way Home on July 23. The Dollar Swim Nights will be June 25, July 16 and July 30, all from 6-9 p.m. The movies will be at the Rotary Park amphitheater and the swims will be at the park’s Aquatic Center.

Community Learning Center to hold Sensory Fun Time

The Adair County SB40 Community Learning Center (CLC), 1107 Country Club Drive, Kirksville, will have a special Sensory Fun Time on Monday, June 27. They have lots of fun sensory items that will be out for you to explore. Join them and try out different auditory, tactile, visual, olfactory, and vestibular items. Everyone is welcome.

Fresh Apple Pie with Ice Cream — United Way of NEMO Fundraiser

The Fresh Apple Pie with Ice Cream — United Way of NEMO Fundraiser will be held on July 2 from 8 a.m. until noon in the Bank Midwest parking lot in Kirksville. \$2 a slice, \$2 ice cream, \$3 slice and ice cream. Apple pie slices are donated by Colton’s and ice cream is donated by Mark Whitney, Century 21 Lifetime Realty.

CAPNEMO — Mobile Unit Ribbon Cutting

The Kirksville Area Chamber of Commerce will hold a ribbon-cutting for CAPNEMO — Mobile Unit on Wednesday, June 22 at 10 a.m., 215 N. Elson Street, Kirksville.

Adair County SB40 June schedule of activities

Here are the many activities going on through Adair County SB40 Developmental Disability Board and throughout the community in June.
Coffee & Cards – Join your friends at the Community Learning Center (CLC) 1107 Country Club Drive, Kirksville, each Tuesday at 9 a.m. to play cards (or a game of your choice) and enjoy a favorite drink. They will have coffee, tea, hot chocolate and water available. If you would prefer, feel free to bring your own drink to enjoy.
Guided Art – Join Angela on Tuesday the 14th and

28th at 1 p.m. to try out new types of art and create some pieces that could be submitted in the annual art show. These are projects that have more steps and use different mediums that used during crafts.
Tuesday Fun – Come enjoy participating in game time and yard games with your friends on Tuesday the 7th and 21st at 1 p.m. They have a cabinet full of games to play or bring your favorite game to share. They love learning new ones.
Employment 101 – This class will introduce you to tools that can be used in achieving your goal of getting your dream job or improving in your current one. They will be exploring the Charting the LifeCourse tools during this class in addition to topics such as how to interview, filling out applications, work appropriate social skills and more. The class will meet each Tuesday and Thursday at 2:30 p.m. during the month and registration is required.
Breathe Clean – Join Libbi each Tuesday at 3:30 p.m. to learn the dangers of tobacco use along with how to avoid social pressure to begin or continue using tobacco products and build self-efficacy. Registration for this class is required.
Crafts – Every Wednesday at 10 a.m., the CLC offers a fun and relaxed craft time where you can make many things while enjoying music and visiting with your friends. You never know what we will come up with and each week is a new craft.
Get Fit – Come get healthy with your friends at the CLC on Wednesdays at 1 p.m. Each week the group will choose the type of fitness activity they would like to do such as going for a walk, dancing, stretching, chair exercises, yoga, and more. All of the activities, with the exception of going for walks, can be done from a seated position so don’t let that stop you from coming and having fun while getting fit.
Feel Better Now – Come join trainers from the MU Extension Office on Wednesdays at 2:30-5 p.m. beginning June 15 to learn how to care for yourself in a healthy way and keep chronic pain, disease and fatigue under control by setting goals and living a healthy, active life. Registration for this class is required. This class has a limited number of seats so hurry before they are gone.
BINGO – Join them at the CLC each Friday at 10 a.m. for BINGO and win BINGO Bucks to spend in their BINGO Store. Every player will earn at least one BINGO Buck a Caweeek that they can spend immediately or save for other items. If you aren’t able to join them in person, they offer a Zoom link so you can play from home. Give them a call or send an email and they will get it to you.
Lunch & Learn – Bring you lunch (and a friend J) on Fridays and join them at 11:30 a.m. to learn about ways to keep yourself and your home healthy and safe. Each week they will have a new topic to share with you.
Autism Advisory Board Meeting – If you are autistic or have a family member who is, you are invited to attend the Autism Advisory Board Meetings the 1st and 3rd Wednesday of the month at 5:30 p.m. This group meets at the CLC.

Welcome,
Dr. Spencer!



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James Robert Anderson

Apr 22, 1942 – Apr 9, 2022

James Robert “Andy” Anderson, 79, of Palmetto Bay, Florida, passed away on April 9, 2022. He was born on April 22, 1942, to Peter and Elizabeth Anderson of Novinger, Missouri. He enlisted in the Navy in 1962, serving 5 years as a Navy Attack Pilot, conducting tactical flight missions in the United States, Europe, and Southeast Asia, including combat duty over Vietnam aboard the USS Independence in 1965. During this tour, he was awarded the Distinguished Flying Cross for heroism in aerial flight. He joined Eastern Airlines in 1968 and was first based in Washington, DC, before moving to Miami in 1970. In 1989, he joined American Eagle Airlines continuing



his flight career, then transitioning to a management role as the Chief Pilot and later Vice President of Flight Operations for the Miami and Caribbean domicile until retiring in 2013. He completed 20,000 flight hours and certified in operation of 16 different military and civilian aircraft throughout his aviation career.

He is survived by his son Travis and two grandchildren Ethan and Eleanor, of Alexandria, Virginia, and sister Janet Winder and husband Richard of Iowa Falls, Iowa. He was predeceased by his wife of 51 years, Jeanette Lacy Anderson (1942-2017).

A Celebration of Life Service and reception to follow will be held at Stanfill Funeral Home in Miami on July 18, 2022 at 6:00 PM. Internment with Military Funeral Honors will be at Arlington National Cemetery at a later date.



Langendoerfer speaks to local Sons of American Revolution chapter

Truman State University Director of Special Collections and Museums Amanda Langendoerfer, spoke at the June 18 meeting of the Braxton C. Pollard Chapter, Sons of the American Revolution. She spoke about the collection of rare books, manuscripts and papers available at the Pickler Memorial Library, 3rd floor west, from 7:30 a.m. until 5 p.m. weekdays. Online searches are also available at <http://library.truman.edu/> and violettemuseum/mainpage.asp or <http://digitallibrary.truman.edu>. Langendoerfer, who also serves as Associate Dean Of Interdisciplinary Studies and Creative Inquiry, is pictured with Chapter President Larry Potter. SPECIAL TO THE EXPRESS

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Unclaimed Property

Notice of Names of Persons Appearing to be Owners of Abandoned Property

State Treasurer Scott Fitzpatrick is trying to locate the owners of unclaimed assets listed in this notice. These unclaimed assets may consist of cash, checks, stocks, dividends or safe deposit boxes. These listings do not pertain to real estate.

To submit a claim, visit ShowMeMoney.com or write to: State Treasurer Scott Fitzpatrick, PO Box 1004, Jefferson City, MO 65102. Information concerning the amount, description and holder of the property may be obtained by the property owner. Tangible property may be sold according to section 447.558 RSMo. and proceeds retained in the name of the original owner.

State law (447.541 RSMo.) requires the publication of this information in newspapers each year.

Name	Address	City
AT STILL UNIVERSITY OF HEALTH SCIENCES	800 W JEFFERSON	KIRKSVILLE
ADAIR COUNTY HUMANE SOCIETY	22481 STATE HWY 11	KIRKSVILLE
ADAMS ABIGAIL	615 W WALL ST	KIRKSVILLE
ADAMS BRUCE D	14719 HUNGRY HOLLOW RD	GREENTOP
ADAMS C	RR 3 BOX	NOVINGER
ADAMS LURENE F	14719 HUNGRY HOLLOW RD	GREENTOP
ADAMS LURENE F	304 W LAHARPE ST	KIRKSVILLE
AGUILAR JOSE J	1711 N BALTIMORE	KIRKSVILLE
AIRCO HTG AND CLG OF KIRKS	VI 913 N ELSON	KIRKSVILLE
AKHTAR SAMEENA	2112 HIGH ST G	KIRKSVILLE
ALARIFI ABDULLAH NASSER	401F W MICHIGAN	KIRKSVILLE
ALIMI TAMANE	2700 S BALTIMORE ST	KIRKSVILLE
ALKHAIR MOHAMMED	412 FRANKLIN ST HNGR 7	KIRKSVILLE
ALM KEVIN	11 MOHAWK DR	KIRKSVILLE
ALVARADO LUIS G	816 E ILLINOIS ST	KIRKSVILLE
ANDERSON KARI	303 MONTE CARLO RD	KIRKSVILLE
ANDREW DOW TRISTAN	2101 S MARION APT G	KIRKSVILLE
ANDREWS TYSON J	515 N MULANIX ST	KIRKSVILLE
ARNEY DANIEL	23598 GREYSTONE	KIRKSVILLE
ASHBY ESTHER L	903 E PATTERSON ST	KIRKSVILLE
ASSARIAN STEVE	720 SUBURBAN DR	KIRKSVILLE
ATHON BRITNEY	1 DRAKE DR	KIRKSVILLE
AXLEY RICHARD	1005 W MONROE	KIRKSVILLE
BABBEL JUSTIN	1014 W MISSOURI ST	KIRKSVILLE
BABBEL KRISTY	1014 W MISSOURI ST	KIRKSVILLE
BABLER SAM C	422 W DODSON ST APT 2	KIRKSVILLE
BAGOT RACHEL E	111 N MAIN ST APT 402	KIRKSVILLE
BAILEY JOHN	1701 N ELSON ST	KIRKSVILLE
BAKER DALTON	512 N NEW ST	KIRKSVILLE
BANGASH JAMSHAID	6145 SOUTH 5TH ST	KIRKSVILLE
BARKER JACKIE A	22070 FOXTROT LN	KIRKSVILLE
BAXA KEN	8 COBBLESTONE LANE	KIRKSVILLE
BEASLEY TIM	100 E NORMAL AVENUE	KIRKSVILLE
BEHRANS BRIAN	602 FRANKLIN ST APT 1	KIRKSVILLE
BELAMIZA ALEX	PO BOX 792	KIRKSVILLE
BENDER KODY	18179 DAIRY WY	KIRKSVILLE
BHUSAL DIPEN	1000 S FRANKLIN ST APT 5211	KIRKSVILLE
BISCHOFF KARLIE M	904 E LINE	KIRKSVILLE
BLAIR KATHRYN	1705 E LAHARPE ST	KIRKSVILLE
BLAKEBURN AMBER JEAN	1008 N FRANKLIN ST LOT 3	KIRKSVILLE
BORSELLINO KATHERINE	720 SUBURBAN DR	KIRKSVILLE
BORSELLINO SHAWN	720 SUBURBAN DR	KIRKSVILLE
BOS BRANDON D	816 N FRANKLIN ST APT 3	KIRKSVILLE
BRADSHAW DRAKE	20429 DOE RIDGE TRL	NOVINGER
BRAGG ALEXA	402 E MCPHERSON	KIRKSVILLE
BRATTON MIKE	819 ILLINOIS ST	KIRKSVILLE
BRENT MAYBERRY ATTORNEY AT	401 N ELSON ST	KIRKSVILLE
BRIDGEWAY BEHAVIORAL HEALTH	INC 900 E LAHARPE ST	KIRKSVILLE
BROWN JEFFERY	1601 KINGS RD	KIRKSVILLE
BUECKENDORF GRACE	215 W NORMAL ST WEST 2113B	KIRKSVILLE
BUNSELMAYER RYAN K	202 E PIERCE APT A	KIRKSVILLE
BUTTERS PAUL	1012 E MCPHERSON	KIRKSVILLE
CARROLL KEVIN	200 OSTEOPATHY AVE	KIRKSVILLE
CHAVEZ TOMAS A	315 SOUTH OSPEOPATHY	KIRKSVILLE
CHE APRIL	316 N MAIN ST APT 4	KIRKSVILLE
CHEATUM DIANA	413 W MARY AVE	KIRKSVILLE
CHEN SANG	1 UNIVERSITY DRIVE	KIRKSVILLE
CHU URAN	31 ROSELENE DR	KIRKSVILLE
CIMA ANDREA	107 E HARRISON	KIRKSVILLE
CLARK STEPHEN CARTER	19430 BILLY CREEK TR	NOVINGER
CLARKSON BRANDI	716 SHERIDAN ST APT C	KIRKSVILLE
CLASBY TIMOTHY	215 DAVIS ST S APT C	KIRKSVILLE
CLINE ROBERT	510 LAKESIDE MANOR DR	KIRKSVILLE
CLINE RUTH	510 LAKESIDE MANOR DR	KIRKSVILLE
COCHRAN DEBRA	916 S COTTAGE GROVE	KIRKSVILLE
COGGINS BRUCE A	1512 JANEWAY	KIRKSVILLE
COIN CYMBER J	202 S CHURCH ST	BRASHEAR
COIN JESSICA	22262 POTTER TRAIL	KIRKSVILLE
COLGROVE WILLIAM DEAN	202 N EAST ST	BRASHEAR
COLLEGE OF OSTEO MED	1102 S COTTAGE GROVE	KIRKSVILLE
COLLIER MYSHAALLAH	703 N FRANKLIN ST	KIRKSVILLE
COLLINS BOBBY	24347 SUGAR CREEK SCHOOL TRL	KIRKSVILLE
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CONNELLY LEOLA	1705 E LAHARPE ST	KIRKSVILLE
COOKE PHYLLIS	202 N EAST ST	BRASHEAR
COOKSEY SARAH	SOUTH 1ST ST HOUSE# 1302	KIRKSVILLE
COWANS RENA M	PO BOX 595	KIRKSVILLE
CRAIG ANDREW T	415 N MAIN	KIRKSVILLE
CREER JENNIFER	707 E NORMAL ST	KIRKSVILLE
CREER THOMAS	500 OSTEOPATHY AVE 304	KIRKSVILLE
CRUZ MIGUEL A	108 E HARRISON ST APT 2A	KIRKSVILLE
CUCULICH TINA D	714 S BRADFORD ST	KIRKSVILLE
D W	2006 N BALTIMORE	KIRKSVILLE
DABNEY CODY D	20801 HICKORY LEAF TRL	KIRKSVILLE
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DARR CECIL H	209 S ELSON ST	KIRKSVILLE
DARR ISABELLA	209 S ELSON ST	KIRKSVILLE
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DAVIS JEANIE		KIRKSVILLE
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DENSLOW JAY	1304 PAWN DR	KIRKSVILLE
DETWELLER MARY LOUISE	42 OVERBROOK DR	KIRKSVILLE
DHUNGANA BIBEK	1000 S FRANKLIN ST APT 5313	KIRKSVILLE
DONG LY KHANH	502 W DODSON APT 3	KIRKSVILLE
DU CHANGLING	2115 E NORMAL APT 3	KIRKSVILLE
DUNHAM IMOGENE	1719 S FIRST ST	KIRKSVILLE
DUNHAM JOHN	1719 S FIRST ST	KIRKSVILLE
DUNHAM SUSAN	1719 S FIRST ST	KIRKSVILLE
DURUPT GRIFFIN	1014 W MISSOURI ST	KIRKSVILLE
EARLY BRITTANY SUZANNE	20581 PURE AIR TRL	NOVINGER
EARLY CHERYL LYNN	20581 PURE AIR TRL	NOVINGER
EASLEY CJ	114 VALLEY FORDGE DR	KIRKSVILLE
EAST CAMERON	19430 BILLY CREEK TRL	NOVINGER
EASTERWOOD REBECCA KELMES	2011 CEDAR LN	KIRKSVILLE
EDWARDS JAMES	709 SHANNON LN	KIRKSVILLE
EISENBEISZ CARRIE S	28088 STATE HWY P	KIRKSVILLE
ELLIOTT BLAKE A	14734 STATE HIGHWAY B	GREENTOP
ELLIOTT DEBBIE K	14734 STATE HIGHWAY B	GREENTOP
ELSEA SHANNON L	19685 STATE HIGHWAY 157	KIRKSVILLE

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FORQUER RANDALL	PO BOX 486	KIRKSVILLE
FOSTER LANDON	1500 WALNUT ST LOT 10	KIRKSVILLE
FWLER PAULA M	21742 BULLION WAY	KIRKSVILLE
FUHLMAN STEVEN A	2808 INDUSTRIAL ROAD	KIRKSVILLE
FULBRIGHT SARAH	1107 QUEENS ROAD	KIRKSVILLE
FULLER CASSANDRA E	22533 BUCK CREEK RD	KIRKSVILLE
GALLOWAY FLOOR TO CEILING	PO BOX 1022	KIRKSVILLE
GARRETT CLIFFORD	205 S CHURCH ST APT 2	KIRKSVILLE
GIBSON TAMMY S	2001 S COTTAGE GROVE PL	KIRKSVILLE
GORDON ANTHONY	1108 S PORTER ST	KIRKSVILLE
GORSKY ARIEL L	1111 S MULANIX ST DOBSON HALL 3310	KIRKSVILLE
GRAHAM ANDREW L	516 S MARION ST	KIRKSVILLE
GREATHOUSE GAIL	504 NOVINGER AVE	NOVINGER
GUNES ITIR	2202 MARION APT	KIRKSVILLE
GUGO MINGFA	315 HIGH ST DEPT 4	KIRKSVILLE
HABTEMICHAEL SARON F	307 E NORMAL ST UNIT 16	KIRKSVILLE
HAHN MEGAN E	511 EAST SCOTT APT 3	KIRKSVILLE
HALL KRISTOPHER M	101 W NORTHTOWN RD LOT 44	KIRKSVILLE
HAMILTON GAIL	22841 RAINBOW BASIN TRL	KIRKSVILLE
HAMMLER BENJAMIN	703 N FRANKLIN APT B	KIRKSVILLE
HAN DAWEI	505 S HIGH ST APT 6	KIRKSVILLE
HANSEN GINA G	211 E MCPHERSON APT 4	KIRKSVILLE
HANSON DAVID B	3 MOHAWK DR	KIRKSVILLE
HARDEN SONJA	106 W WASHINGTON	KIRKSVILLE
HARFORD BRIAN D	303 WOODWIND CT	KIRKSVILLE
HARLAND JACOB R	1205 E RANDOLPH ST	KIRKSVILLE
HARRINGTON CARL D	1706 MEADOW VIEW DR	KIRKSVILLE
HARTMAN MACKENZIE	502 W NORMAL AVE	KIRKSVILLE
HATFIELD MODIFICATION SPECIALI	22933 BUCK CREEK RD	GREENTOP
HATFIELD WAYNE	22933 BUCK CREEK RD	GREENTOP
HAWKINS DUSTIN	819 E WASHINGTON ST	KIRKSVILLE
HEBERLEIN ALEX	602 S FRANKLIN ST	KIRKSVILLE
HELLER LAITH	24014 STATE HWY AA	KIRKSVILLE
HELPING HANDS MISSION	402 N ELSON	KIRKSVILLE
HENDERSON IRBY JANAE	401 W MICHIGAN	KIRKSVILLE
HEPKER LLOYD	101 W NORTHTOWN RD LOT 20	KIRKSVILLE
HERNANDEZ MARCOS	37 GRIM PL	KIRKSVILLE
HIGGINS THOMAS	1301 E ALEXANDER ST	KIRKSVILLE
HINES BRIDGET B	1103 W HAMILTON ST	KIRKSVILLE
HOGG WILLIAM	C/O SALVATION ARMY 301 SUBURBAN DR	KIRKSVILLE
HOLLOWAY HARLEY G SR	1212 S PORTER ST	KIRKSVILLE
HOLLYWOOD GEORGIA		MARSHA
HOLT SHAUN	1414 E JEFFERSON ST	KIRKSVILLE
HOWARD JESSICA	401 E WASHINGTON ST APT 3	KIRKSVILLE
HURLEY ANNETTE	18283 GOBBLER RD	NOVINGER
IGNASIAK ELLIOT	200 SOUTH OSTEOPTHY 210B	KIRKSVILLE
INTL TOURS OF KIRKSVILLE	119 WEST WASHINGTON	KIRKSVILLE
JACKSON ANGELLA	1414 E JEFFERSON ST	KIRKSVILLE
JACOB EMILY	1306 S SHERIDAN ST	KIRKSVILLE
JAMES AAW FARMS LLC OR WATSON	1213 E NORMAL ST	KIRKSVILLE
JAMES RON	2401 S FIRST ST	KIRKSVILLE
JAXON MINDY	PO BOX 612	KIRKSVILLE
JOHNSON KADIE CAMPBELL	PO BOX 7511	KIRKSVILLE
JONES NATHANIEL Z	1111 S MULANIX ST	KIRKSVILLE
KAESS MARIA R	514 S FRANKLIN ST APT A	KIRKSVILLE
KAMRA M DEFRIES DDS LLC	1 CROWN DR STE 204	KIRKSVILLE
KATUTA ROLLY M	403 COTTONWOOD ST	KIRKSVILLE
KEEHN ELIZABETH JOY	1001 N NEW ST # 1	KIRKSVILLE
KEELER THOMAS	2705 WEATJERSTPME DR	KIRKSVILLE
KEELER TRICIA	2705 WEATJERSTPME DR	KIRKSVILLE
KEHRER LOLA	411 N CENTENNIAL ST	KIRKSVILLE
KELEMS LANNY M	2011 CEDAR LN	KIRKSVILLE
KELSALL JASMINE A	805 WOODWIND CT	KIRKSVILLE
KERN MELISSA	515 MULANIX ST	KIRKSVILLE
KHADKA BASANTA	415 S DAVIS ST	KIRKSVILLE
KILLDAY ROBERT	1910 E MCPHERSON ST	KIRKSVILLE
KILMER CALVIN A	26350 STATE HWY P	KIRKSVILLE
KIRKSVILLE HOME CARE SERVICES	2814 S BALTIMORE ST	KIRKSVILLE
KIRKSVILLE MISSOURI HOSPITAL COLC	401 NORTH ELSON	KIRKSVILLE
KIRKSVILLE REGION 3 SD	1209 S 1ST ST	KIRKSVILLE
KISSEL BRENDAN	211 NEW ST DEPT 4	KIRKSVILLE
KIST MICHELE	1503 S DOWNING ST	KIRKSVILLE
KOENIG KELLY	101 EAST HARRISON APT #8	KIRKSVILLE
KONDI REBECA	114 E HARRISON APT 6	KIRKSVILLE
KRUSE HANNAH	916 SUNDOWN DR	KIRKSVILLE
KUENY NORA E	115 W WASHINGTON APT 2D	KIRKSVILLE
LABARGE JOHN V JR	10658 STATE HIGHWAY B	GREENTOP
LAMBERT B L	501 W MARY	KIRKSVILLE
LANDWER BRETT M	1410 ROOK DR	KIRKSVILLE
LATHROP TEILLA		KIRKSVILLE
LE VY H	418 W DODSON APT 1	KIRKSVILLE
LEBRUN AMANDINE DOBSON	HALL ROOM 3113 1111 S MULANIX	KIRKSVILLE
LEE LYDIA A	2102 S HIGH ST APT C	KIRKSVILLE
LEE REGINA A	420 W MISSOURI ST	KIRKSVILLE
LEIGHTON TREVOR	406 S MARION ST APT 2	KIRKSVILLE
LEO JOSEPH T	110 1/2 W HARRISON	KIRKSVILLE
LEWIS KATIE	608J JAMISON ST	KIRKSVILLE
LEYH ZOE F	703 S FOURTH	KIRKSVILLE
LI SIYANG	425 W SCOTT ST APT H	KIRKSVILLE
LI ZHENGXIONG	615 S MULANIX ST	KIRKSVILLE
LITTLE JOE	717 S FIFTH ST	KIRKSVILLE
LOGSTON PEGGY L	709 E PIERCE	KIRKSVILLE
LUAN ZUMYAM	801 PIERCE ST	KIRKSVILLE
LUAN ZUNYUAN	708B S FIRST	KIRKSVILLE
LUKANDA JUNIOR T	808 KING CT APT A	KIRKSVILLE
LUX CLEMENTE	1718 SOUTH BALTIMORE APT 1	KIRKSVILLE
LYNCH WHITNEY D	1214 W MISSOURI ST	KIRKSVILLE
LYONS STEVEN	1411 ROOK DR	KIRKSVILLE
LYU QIUDI	214 W NORMAL APT 5	KIRKSVILLE
MA YIQIAN	1106 S FIRST APT 1	KIRKSVILLE
MAASS GULMIRA	16 SCOTT STREET TER UNIT A	KIRKSVILLE
MAKOKO CARINE M	716 W PORTER ST	KIRKSVILLE
MARTIN RAYMOND	13855 GLACIER RD	GREENTOP
MASON JILL	18989 STATE HIGHWAY J	BRASHEAR
MASON ROBERT	2205 N EAST ST	KIRKSVILLE
MAXFIELD SAMANTHA	412 HALLIBURTON ST DOWN	KIRKSVILLE
MAYBERRY CYNTHIA A	1 CROWN DR STE 104	KIRKSVILLE
MAYFIELD RICHARD	407 E MISSOURI ST APT C	KIRKSVILLE
MCAETER ALYSSA M	704E S SHERIDAN	KIRKSVILLE
MCCAIN PAUL	609 S HIGH ST 22	KIRKSVILLE
MCCANDLESS MELVIN L	1216 W MISSOURI ST	KIRKSVILLE
MCCARTNEY COURTNEY LEIGH	RR 3 WHISPERING WOODS LN	KIRKSVILLE
MCCARTNEY JACK W	19074 WHISPERING WOODS TRL	KIRKSVILLE
MCCARTNEY LESA LOU	RR 3 WHISPERING WOODS LN	KIRKSVILLE
MCGEE SCOTT	RR1 BOX 107	GREENTOP
MCINTIRE PHILIP DO	32778 FREEDOM LN	GIBBS
MCINTIRE PHILIP S	701A E LA HARPE	KIRKSVILLE
MCKILLIP SCOTT J	444 E ILLINOIS ST	KIRKSVILLE
MCKIM RICHARD	16802 STATE HIGHWAY D	NOVINGER
MCKIM SHAUNA	16609 MARTIN RIDGE RD	NOVINGER
MECHANICK TAMMY	606 S FIRST ST	KIRKSVILLE
MENDENHALL TEVIN B	301 W WASHINGTON APT 401	KIRKSVILLE
MID AMERICA SPCL CLINIC	PO BOX 804	KIRKSVILLE
MIETZNER ALYSSA	109 1/2 E HARRISON	KIRKSVILLE
MIKLES SYNTHYA	109 1/2 HARRISON ST	KIRKSVILLE
MILLS JERRY	1102 S COTTAGE GROVE	KIRKSVILLE
MURA SATOSHI	1000 S FRANKLIN	KIRKSVILLE
MOLLA EYUEL	805 S 5TH ST	KIRKSVILLE
MOORE EDWARD	403 E BUCHANAN ST	KIRKSVILLE
MORAN MADELINE A	506-A W WALL	KIRKSVILLE
MORAN MYLINH T	5 GRIM PL	KIRKSVILLE
MORAN THUAN	5 GRIM PL	KIRKSVILLE
MORRISON PAIGE H	415 N MAIN ST UNIT 2	KIRKSVILLE
MORTON KARREON	25334 DESOTO LN	KIRKSVILLE
MORTON KIEL T	212 1ST MILLARD ST	KIRKSVILLE
MORTON TONY	25334 DESOTO LN	KIRKSVILLE
MPAY GEDEON	2102 S HIGH ST APT B	KIRKSVILLE
MUNOZ JASMINE	1307 KINGS RD	KIRKSVILLE
MUSGERO ALEXANDER D	607 WINDSONG DR APT A	KIRKSVILLE
NAGEL JOSEPH	215 1/2 S FRANKLIN ST UNIT 3	KIRKSVILLE
NASLUND JESILEE H H	1008 RANDOLPH	KIRKSVILLE
NAVEROS MAREVA	CENTENNIAL HALL 3100	KIRKSVILLE
NEWKIRK ANDREW	2400 S BALTIMORE APT 306	KIRKSVILLE

KIRKSVILLE	NEWSOME HEATHER	19054	NOVINGER
KIRKSVILLE	NGUYEN HIEU	511 S FIRST APT 4	KIRKSVILLE
KIRKSVILLE	NGUYEN PHUONG	422 W DODSON ST	KIRKSVILLE
KIRKSVILLE	NGUYEN PHUONG T	1111 S MULANIX UNIT 3106	KIRKSVILLE
KIRKSVILLE	NGUYEN TAI	416 MARION ST FL 5	KIRKSVILLE
KIRKSVILLE	NGUYEN TRANG M	307 E NORMAL APT 16	KIRKSVILLE
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KIRKSVILLE	OLIVER LYNN	29972 CEDAR WAY	KIRKSVILLE
KIRKSVILLE	PAFFORD SADIE	1008 FIRST ST B	KIRKSVILLE
KIRKSVILLE	PAN BIXUE	242 W DODSON ST APT 6	KIRKSVILLE
KIRKSVILLE	PANDEY BASANTA	1111 S MULANIX APT 4305	KIRKSVILLE
KIRKSVILLE	PARTIN CAMERON	18366 BILLY CREEK TRL	NOVINGER
KIRKSVILLE	PATTERSON RYAN P	416 W DODSON APT 6	KIRKSVILLE
KIRKSVILLE	PELC LANCE W	2106 S MARION ST APT C	KIRKSVILLE
KIRKSVILLE	PFEIFFER NIKOLE	601 BENTON WAY	KIRKSVILLE
KIRKSVILLE	PHAM HUNG Q	604 S MULANIX APT 4	KIRKSVILLE
KIRKSVILLE	PHAM MAI N	602 S MULANIX ST APT 3	KIRKSVILLE
KIRKSVILLE	PHAN DINH H	1111 S MULANIX ST APT 3225	KIRKSVILLE

What to do with a home office after going back to work

By Special to The Express

The number of professionals working remotely skyrocketed in 2020, when businesses were forced to close their offices in an effort to slow the spread of the Covid-19 virus. As the world transitions from the pandemic phase to an endemic phase, many office workers also are transitioning back to their offices.

A recent survey from the Pew Research Center found that 59 percent of workers in the United States are now working from home all or most of the time, while 22 percent are rarely or never working from home. In 2020, 70 percent of workers were working from home all or most of the time, while 17 percent rarely or never worked from home. Those figures reflect that work life, albeit gradually, is returning to pre-pandemic norms.

As individuals find themselves going back to the office with increased frequency, they might be wondering what to do with their home offices. If space inside a home is at a premium, then repurposing a home office into a space that can be used more frequently is a great way to make better use of the existing square footage. The following are some ways homeowners can transform home offices created during the pandemic into more useful spaces.

- Go back in time. Perhaps the easiest thing to do with a home office that is no longer needed is to return the room to its pre-pandemic state. Because the shift to remote work was so sudden, many homeowners were forced to turn washrooms, breakfast nooks or areas of their basements into home offices. Returning those spaces

to their initial functions can make a home feel less cluttered and add more room for residents to relax and get around.

- Create a new entertainment area. Many homeowners converted a spare bedroom into a home office during the pandemic. In such instances, guest beds and other furniture might have been moved into storage or even sold or discarded. Either way, that means the office was cleared of bedroom furniture. Now that the room no longer needs to be an office and now that homeowners have made due without the extra bedroom, the room can be converted into an entertainment area. Swap out the desk for a fold-out couch that can still accommodate overnight guests when necessary. Then mount a flatscreen television on the wall and utilize the room as a gaming room for kids or a film



room/man cave for mom or dad.

- Create an in-law suite. The pandemic separated families, as people living in different households were advised to avoid gatherings to stop the spread of the virus. Individuals with aging parents may have felt particularly heartbroken by

this forced separation, especially if their elderly parents were living in nursing homes that were stretched thin by staff shortages and other challenges. In the aftermath of the pandemic phase, families may want to invite aging relatives to live with them. Home offices can be repurposed

into in-law suites so aging parents don't have to confront the isolation and loneliness many felt during the height of the pandemic.

As professionals return to their offices with greater frequency, they can transform their offices into spaces they're likely to use more often.

Unique reasons to shop at small businesses

By Special to The Express

The numbers don't lie. Locally owned businesses may be classified as "small," but they have a big impact on the national economy.

According to the Bureau of Labor Statistics' Business Employment Dynamics report, small businesses created 10.5 million net new jobs between 2000 and 2019, accounting for 65.1 percent of net new jobs created since 2000 in the United States. The Government of Canada reports that the number of small businesses in Canada in 2020 was far greater than the number of medium and large businesses, accounting for 97.9 percent of all the businesses in the country.

Supporting locally owned businesses is a great way to support a neighbor, but that's not the only attraction. Here are several reasons to shop small.



The feel-good factor

Doing for others certainly has an impact on the person on the receiving end, but also benefits the do-gooders. A November 2020 survey by Union Bank found that 72 percent of Americans said supporting small businesses was more important than getting the best deals. That may be due to the feeling of helping out a fellow neighbor.

Create job opportunities

Shopping at small businesses keeps those establishments afloat, and it also keeps their employees afloat. Small businesses are the largest employers in the United States. That's also true in Canada, where 68.8 percent of the total labor force works for a small business. A person may never know when he or she — or a relative — will need a job. Keeping small businesses viable provides a strong job market for locals.

Keep more money in the community

The Small Business Administration says \$48 out of every \$100 spent at a small business stays in the community. Spend the same \$100 at a national retailer and only \$14 stays.

Enjoy a more local flavor

National retailers and other businesses follow a global business model that may not allow for much customization, but small businesses can provide products or services that relate directly to the needs of the communities they serve. These same small businesses also may be more inclined to work with local vendors and start-ups than national companies that have global supply chains.

These are just a few of the many reasons to seek out small businesses when in need of products or services.

How to make more money as a freelancer

By Special to The Express

Workers who take in-depth looks at their lifestyles may find that traditional nine-to-five jobs may not be as lucrative or preferable as they believe. Individuals who harbor a desire to improve both productivity and profitability may consider freelancing.

What is freelancing?

According to the job hunting experts at Indeed, freelancing is an arrangement in which a self-employed person works on different projects for multiple clients. As a freelancer, you can determine how involved you will be while working, including how many projects or clients you take on at one time.

Making freelancing more profitable

Businesses are seeking talented freelancers to solve problems across every industry, skill set and job. That has increased demand for freelancers. The online financial guide Collecting Cents says freelancers are contributing \$715 billion in earnings to the economy, so it's possible to do well with a freelance career. And thanks to the global pandemic, companies are more open to having partial or entirely remote



teams on board, making freelancers even more attractive.

Freelancers are responsible for finding their own clients and making earnings goals, and the following are several ways to earn more.

- Pick a lucrative niche. Find a niche that offers the best chances for competitive rates. A graphic designer, for example, may highlight a specific design style. A freelance writer may zero in on health and medical writing.
- Conduct an efficiency test. Figure out how much time is spent on each client and how you can streamline your efforts and/or avoid clients that eat into your time and profits. Identifying weaknesses helps you become more efficient and profitable. Also, planning your day and how it will be split up among tasks can help.
- Treat your business like a business. As an independent contractor, it easily can begin to feel as

though work is a hobby. But that won't bring in income or get your career moving in the right direction. Schedule regular work hours, don't sell your skills short and know when to say yes or no to a project or client. Don't take on more work if you can't handle it or your results may suffer.

- If you can't raise rates directly, upsell services. New work and increased revenue can come by a simple upsell. An interior designer may be able to work on one room, but upsell services by offering professionally curated accessories for another room for a slightly higher "package price."
- Create and maintain an online presence. Social media is key to building your business and maintaining a stable of clients. Plan social media content updating into your weekly calendar.

Freelance work can be lucrative for those who want to explore this expanding sector of the economy.

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Kansas man ordered to pay millions after Missouri investors defrauded

By Missouri Secretary of State
John R. Ashcroft

JEFFERSON CITY — Secretary of State Jay Ashcroft's securities division has issued a final order to cease and desist against Overland Park, Kansas resident Robert C. Bridgforth after he defrauded six Missouri investors by selling fake "silver certificates." The order also prohibits Bridgforth from working in the securities industry and includes \$3.3 million in civil penalties and \$651,000 in restitution plus interest.

Between April 2018 and August 2020, Bridgforth, through an entity he reportedly called Liberty Gold and Silver, offered and sold securities instruments to six investors in Missouri, including four elderly residents from Warrensburg, Independence and Oak Grove. The certificates were said to be collateralized by gold or silver.

In connection with offering the investments, Bridgforth made material misstatements and omissions, engaged in a Ponzi-like scheme when paying investors interest, and misappropriated investor

funds. By engaging in these activities and conduct, Bridgforth violated multiple sections of the Missouri Securities Act.

The year-long investigation concluded with a June 14, 2022, hearing before Missouri Securities Commissioner David M. Minnick, in which Bridgforth failed to appear. Bridgforth also must pay \$13,000 in investigative costs.

"Offering high rates of return on very official looking documents can be very enticing to investors," said Ashcroft. "If it sounds — or looks — too good to be true, it probably is."

June 15, 2022, was World Elder Abuse Awareness Day and Ashcroft added, "Cases like this highlight one example of the more than \$2.6 billion lost by older Americans due to financial exploitation every year. My office takes elder financial abuse seriously and will continue doing everything in its power to hold offenders accountable."

Ashcroft urges investors to call the toll-free investor protection hotline at 800-721-7996 or go online to www.missouriprotectsinvestors.com for more information or to file a complaint.

How to organize a social club

By Special to The Express

The early stages of the COVID-19 pandemic taught the world many lessons, not the least of which was how easy it can be take socializing for granted. Lockdown was a big part of life during the early days of the pandemic, as people were forced to stay home from work and school and remain largely isolated, even from their own friends and family members.

The sense of isolation that many people developed during those early days of the pandemic likely didn't come as a surprise to medical researchers, particularly those who have studied the effects of isolation on aging populations. The National Institute on Aging indicates that social isolation and loneliness are linked to depression as well as a host of other negative health outcomes, including high blood pressure, heart disease, obesity, and cognitive decline.

Social clubs can be a great way for adults over 50 to avoid isolation and loneliness. Such clubs can provide opportunities to connect with individuals who share similar interests, laying the founda-



tion for new friendships that can be hard to develop in midlife.

Perhaps the best thing about social clubs is that anyone can start one. These tips can help individuals over 50 start social clubs that appeal to locals who are on the lookout for fun ways to meet new people.

- Think of a hobby unique to your location. One of the best ways to attract other locals is to find a hobby that caters to residents in your area. For example, coastal residents may want to start a local fishing club, while city dwellers may draw more interest starting a club focused on local museums or restaurants.

- Take all comers. Individuals over 50 may aspire to meet people in sit-

uations similar to their own, but they should still allow anyone interested in their club to join. Adults in the early stages of midlife (i.e., their thirties and forties) are often too busy with their personal and professional lives to make much time for social clubs, so it's likely that those interested will be 50 or older. But accepting all who are interested can increase the chances of starting a diverse and engaging group.

- Spread the word. Meetup (meetup.com) has been facilitating connections for two decades, making it a great place to start a group for people with shared interests. In addition to utilizing a service like Meetup, founders can spread the word through

their social media apps and create fliers to post on public boards at local community centers and libraries.

- Find a public place to get together. It's best to avoid hosting club events and meetings at a private residence, including your own. Instead, prior to starting the club, look around for meeting places, which can include local churches, libraries or community centers. Ask about reserving spaces for meetings and look for places that are accessible for all people, including those with mobility issues.

Starting a social club can be a great way for individuals over 50 to meet new people and explore new or existing passions.



Performance pointers that can help student athletes avoid injury

By Special to The Express

Professional sports teams often note that injuries are part of the game. That notion is never too far from professional athletes' minds, but it can be a harsh reality for student athletes to confront, especially if they have never before been sidelined by injury. Though there's no fool-proof way for athletes to avoid injury, student athletes and their families can consider these preventive measures to reduce their risk of being sidelined.

- Use diet to athletes' advantage. A healthy diet benefits people from all walks of life, and it can be especially beneficial for student athletes. Precisely what defines a healthy diet depends on variables specific to the athletes, such as age and gender, but Nemours Childrens Health notes that balance is vital for teenage athletes. Avoid cutting back on carbohydrates, which provide fuel for young athletes. When choosing carbs, opt for fruits, vegetables and whole grains instead of sugar-laden options like candy bars. The latter can provide a quick energy burst but then cause an energy crash that makes athletes feel fatigued. In-game fatigue can increase risk of injury. In addition, calcium and iron can be vital to young athletes looking to avoid injury. Calcium helps strengthen bones while iron carries much-needed oxygen to athletes' muscles. Protein is important for athletes, but Nemours notes that most teenage athletes who eat healthy diets already get ample protein. As a result, protein powders and shakes are not necessary for teenage muscle growth.

- Make a good night's rest part of athletes' routine. A good night's

rest is vital for student athletes, as it ensures they aren't playing tired. Tired athletes have slower reaction times and that can increase injury risk. Adequate sleep also benefits athletes' performance. A 2015 study published in the journal Physiology & Behavior found that athletes who increased their nightly sleep from seven to nine hours experienced significantly improved performance after doing so.

- Emphasize the rules of the game. The rules of the game aren't in place solely to encourage fair play. Rules also are designed to keep athletes safe. For example, student athletes who play contact sports, including football and soccer, should be taught proper ways to tackle so they can avoid injuring themselves and others. Coaches can reinforce these lessons during practices and even games if the need arises.

- Prioritize offseason conditioning. Rest and recovery is vital for any athlete, but especially student athletes whose bodies are still growing and changing. Offseasons have largely fallen by the wayside, but parents can protect their student athletes by encouraging them to avoid year-round competition. During periods when student athletes aren't competing, they can forgo in-season workout routines to reduce their risk for overuse injuries while also improving their conditioning through cardiovascular workouts. Running on a treadmill, using an elliptical machine and/or swimming are great activities that make it easy for student athletes to keep their bodies in shape as their muscles and joints recover from the season.

Hot tips for keeping cool

By Extension University of Missouri

COLUMBIA — It's not cool to be hot, says University of Missouri Extension health and safety specialist Karen Funkenbusch. Water, rest and shade help workers beat the heat.

During heat waves, farmers and ranchers face increased risk of heat-related illness, which in severe cases can be fatal if untreated.

It takes new workers time to adjust to heat, Funkenbusch says. Healthy workers get used to higher temperatures over a two- or three-day period. Within seven to 10 days, they adjust completely. However, it takes only two to three days to return to the original state.

Funkenbusch urges new workers or workers returning from vacations or sick leave to gradually increase workloads and take breaks to build tolerance to heat.

Monitor co-workers for signs of illness, especially those who do heavy tasks or wear protective clothing, she says. Avoid rapid changes in work intensity. Set up a buddy system to look out for others.

Heat rash occurs when sweat glands clog due to extreme sweating. The rash will look like pimples, and white bumps may appear. Mild temperatures cause the rash to disappear.

Loss of salt and electrolytes causes heat cramps. Cramps may occur several hours after you have been out of the heat. They may affect arms, legs and the abdomen.

Replenish lost fluids and electrolytes by drinking beverages that contain electrolytes. Premixed and powdered forms are available to restore potassium, sodium and chloride.

Heat exhaustion also follows heavy sweating. Nausea, confusion, headache and thirst often occur. Getting out of the heat and drinking liquids with electrolytes help return the body to a normal state.

Heat stroke is a life-threatening situation. Victims may stagger, become irritable and lose consciousness. They may have seizures and vomit. Take the victim to a cool place and seek immediate medical attention.

Funkenbusch recommends the following:

- Drink a cup of water every 15-20 minutes to avoid dehydration. Avoid caffeine and carbonated and alcoholic beverages.

- Rest in the shade as needed. Work and rest cycles let the body get rid of excess heat, slow the heart rate and provide greater blood flow to skin.

- Wear a hat and light-colored, loose-fitting clothing.

- Slightly increase daily salt intake to replace salt lost by sweat.



Review medications and their effect on the body during high heat periods. Diuretics and antihistamines are common drugs that affect heat resistance.

Check your air conditioner for efficiency. If your home is not air-conditioned, use fans to move air through the home. Close blinds and shades. Sleep in a cooler part of the house such as the basement.

Plan before you go to work. Take an adequate supply of water, shade devices and protective clothing. Take sunscreen if you work outside.

Be a cool cook. Serve cold sandwiches, salads and other foods that do not need to be cooked or baked.

Use the heat index rather than temperature as a measure of heat. Use air temperatures and humidity to estimate risk. Learn more about the heat index at www.weather.gov/ama/heatindex (opens in new window).

What to know about Covid-19 booster shots

By Special to The Express

It's been more than two years since the World Health Organization declared a global Covid-19 pandemic. Since that declaration, which was made in March 2020, remarkable progress has been made by scientists, medical professionals and researchers devoted to combatting the potentially deadly Covid-19 virus.

The successful rollout of various vaccines has increased protection against Covid-19 across the globe, potentially saving hundreds of millions of lives. Millions of people are now encouraged to supplement that protection by getting

one and possibly two booster shots.

What are booster shots?

The health care experts at OSF® HealthCare note that a booster shot is essentially just an extra dose of a vaccine. The protection afforded by many vaccinations begins to dwindle over time, so booster shots can serve as a safety net as protection wanes.

Are Covid-19 boosters recommended?

The U.S. Centers for Disease Control and Prevention recommends a booster dose for individuals of a certain age who have already received full doses of the Pfizer,

Moderna or Johnson & Johnson Covid-19 vaccines. Booster guidelines are subject to change as more research is conducted, but as of June 2022 booster recommendations were as follows:

- A booster dose of the Pfizer vaccine is recommended for people 16 and up if it's been six months since their second dose of the vaccine.

- A booster dose of the Moderna vaccine for adults 18 and over if it's been six months since their second dose.

- A booster dose for anyone who received the Johnson & Johnson vaccine if it's been two months since they received the

single-dose vaccine. Individuals who received the J&J vaccine can get another dose of that vaccine or a single dose of the Pfizer or Moderna vaccine.

- Certain immunocompromised individuals and people age 50 and over who received an initial booster dose at least four months ago are eligible for a second booster to increase their protection against severe disease from Covid-19.

- Adults who received a primary vaccine and booster dose of the J&J vaccine at least four months ago may now receive a second booster dose using an mRNA Covid-19 vaccine (i.e., Pfizer or Moderna).



Parents of children who have received full doses of the Covid-19 vaccine are urged to speak to their children's physicians about their eligibility for booster doses. The guidelines governing Covid-19 boosters and children is

subject to change and doctors are good resources for information regarding those changes.

Booster shots can add further protection against the Covid-19 virus. More information is available at cdc.gov.

NFL, NFL Films agree to donate footage to The HistoryMakers

By THE ASSOCIATED PRESS

NEW YORK — The NFL and NFL Films will donate footage to The HistoryMakers, which has grown to become the nation’s largest African American video oral history archive. Under terms of the agreement announced Wednesday, the NFL will provide two years of funding to The HistoryMakers along with hundreds of hours of footage from interviews with NFL African American players, including dozens of Pro Football Hall of Famers. NFL Films will provide production services to interview prominent players for inclusion to The HistoryMakers archives which is housed permanently at the Library of Congress.

“We feel a deep debt of gratitude to the NFL and NFL Films for this incredible gift as this level of commitment will help move The HistoryMakers sports initiative forward in ways that we need and previously could not have imagined,” says Julieanna Richardson, founder and president of The HistoryMakers in a statement. “Our goal since our inception has always been to document the African American experience across a variety of disciplines and this commitment will ensure that the stories of African American football legends and African Americans who have played a critical role in NFL history will now become part of this nation’s patrimony.”



Colorado Avalanche center Nathan MacKinnon (29) hits a shot during an NHL hockey practice, ahead of Game 2 of the Stanley Cup Finals, Friday, June 17, 2022, in Denver. AP PHOTO/JOHN LOCHER

Stanley Cup Final shows value of hitting on top draft picks

By THE ASSOCIATED PRESS

DENVER — The Tampa Bay Lightning’s lean years helped them land Steven Stamkos with the first pick in the 2008 NHL draft and Victor Hedman second in 2009. Same for the Colorado Avalanche with Gabriel Landeskog going second in 2011, Nathan MacKinnon first in 2013 and Cale Makar fourth in 2017. The Lightning and Avalanche started from the bottom, and now they’re here in the Stanley Cup Final, in large part to nailing those high picks. “You have to go through tough times to get those players,” Colorado general manager Joe Sakic said. “You’re not getting those players in the middle rounds.” Well, sometimes. Brayden Point, Tampa Bay’s leading goal-scorer in its past two Cup runs, was a third-round pick. But this final is an example for the league’s other 30 teams just how important it is to not swing and miss in the top five of the draft. “There’s no question that talent is a commodity that’s hard to come by,” said six-time Stanley Cup champion Mark Messier, who’s working the final as an analyst for ESPN. “Then you add commodity with heart and grit and determination and skill and hard work and all the other things, then you got something. Talent alone will never get you to the championship. But you need talent.” A handful of 2022 top prospects saw that talent up close Saturday at Colorado’s morning skate and were slated to watch Game 2 against Tampa Bay. Shane Wright, the front-runner to be Montreal’s choice with the No. 1 pick, said a quick hello to MacKinnon. But in the long run, Wright wants to be in his skates on this stage with the Canadiens or whoever winds up taking him. “That’s what you work for your entire life,” Wright said.

“It was definitely inspiring to see those guys here, see how hard they worked and see what it takes to make it at this level here.” It took plenty of things going right along the way, but drafting well is the key for almost all winning franchises. Stamkos was the obvious choice for the Lightning, who got Hedman after John Tavares went first in ’09 to the New York Islanders, and the Avalanche were fortunate Makar fell to them eight years later. Sakic and his staff faced a major question five years ago when MacKinnon, American defenseman Seth Jones and Finnish center Aleksander Barkov were the options for the top pick. Many considered Jones the best option for the rebuilding Avalanche, but they decided well before draft day that MacKinnon was their guy. “Those top three player have all had great careers, but he was the one game-changer that could really entertain fans, as well,” Sakic said. “We are extremely fortunate we have Nathan on our team.” Wright understands it’s a process. The Canadiens, New Jersey Devils or wherever he lands probably won’t be in the Stanley Cup Final right away, but he’s ready to take that ride. “The draft really impacts the structure of a team and the trajectory of a team and where they want to go,” he said. “Tampa and Colorado both had first overall picks a number of years back and now they’re finally contenders. Well, Tampa the last couple years, but Colorado more so this year is now a contender — one of the best teams in the league. “Definitely it takes a couple years to build those draft picks up and draft the right pieces and get the right pieces in place, but it’s definitely cool to see, for sure.” AP Sports Writer Pat Graham contributed.



A man lays on Market Street as confetti rains during the Golden State Warriors NBA championship parade in San Francisco, Monday, June 20, 2022. AP PHOTO/ERIC RISBERG

Champion Warriors celebrate fourth title in eight seasons

By THE ASSOCIATED PRESS

SAN FRANCISCO — From the moment all those months ago that Klay Thompson uttered “championship or bust” with his team off to an 18-2 start, the Golden State Warriors seemed set to make good on his lofty proclamation. It took Thompson getting healthy at last, then Draymond Green and Stephen Curry overcoming their own injuries down the stretch, and a cast of youngsters shining on the big playoff stage for the Warriors to win again. Coach Steve Kerr and his champion Warriors celebrated with a victory parade through San Francisco on Monday as thousands packed the streets on a warm June day and blue and gold confetti fell — with all those new faces taking part this time, too. Players jumped off their respective rides to mingle with fans, Otto Porter Jr. and Thompson dancing and Andrew Wiggins spraying fans with champagne. Curry sported his three previous championship rings on a necklace. “I had to bring the jewelry back out. I don’t look at it during the year,” Curry told NBC Sports Bay Area. Golden State captured the franchise’s fourth championship in eight years Thursday night by beating the Boston Celtics 103-90 in the clinching Game 6. Afterward, Finals MVP Curry, Thompson and Green — the three core members part of each title run, sat together in celebration, with Curry cradling the trophy.

And this time, Thompson’s “Holy cannoli, this is crazy” reaction resounded everywhere. With the Warriors winning on the road, the home fans got their moment to cheer the team once more on Monday. “We know what we’re capable of and we’re playing at the highest level,” third-year guard Jordan Poole said Saturday as players went through exit interviews. “We wouldn’t be here if we had any self doubt. When you put guys together who are able to really lock in and do it together as a team, the power and the feeling is all, it’s insane. You can kind of feel that positive vibe and positive energy, and we all have each other’s back.” Thompson returned in January from more than 2 1/2 years sidelined following surgery for a torn ACL in his left knee then another operation on his torn right Achilles tendon. But Green then went down followed by Curry late in the regular season. Fellow veteran Andre Igoudala, the 2015 NBA Finals MVP who is now 38 and also missed significant time, returned to contribute during the postseason and help Golden State get back to the top. A whole cast of newcomers contributed to this title — from Poole to Wiggins to Gary Payton II. “This one hits different for sure, just knowing what the last three years have meant, what it’s been like from injuries to changing of the guard in the rosters, Wiggs com-

ing through, our young guys carrying the belief that we could get back to this stage and win, even if it didn’t make sense to anybody when we said it, all that stuff matters,” Curry said. “And now we got four championships. Me, Dray, Klay, and Andre, we finally got that bad boy. It’s special.” Those new faces are a big reason why this one feels a little different. When Golden State won back-to-back titles in 2017 and ‘18 before falling to Toronto the following year, Kevin Durant joined Curry, Green and Thompson as they began to build a dynasty. There were five straight NBA Finals trips from 2015-19. “We had Kevin Durant for three years with this core group. Those teams were untouchable,” coach Steve Kerr said. “This team has been compared to our first championship team in 2015. Maybe there are some similarities. This is still a really talented group of players.” Wiggins, Payton and Porter all have expressed their desire to return to the Warriors, while assistant coach Kenny Atkinson backed out of the head coaching position with Charlotte to stay put and try to win another title in the Bay Area. “It’s really special to see guys like Wiggs and Loon and Gary Payton, just how far they have come, the impact they made, Jordan Poole, the same thing,” Kerr said. “I know I’m going to forget people but it takes a full team effort to do this, and we just had a great group.”

Title IX’s next battle: The rights of transgender athletes

By THE ASSOCIATED PRESS

When the gender equity legislation known as Title IX became law in 1972, the politics of transgender sports was not even a blip in the national conversation. Today, it is one of the sharpest dividing points in American culture. As the transformational law heads into its second half-century on the books, the Biden administration wants transgender athletes to enjoy the same protections Title IX originally gave to women when it was passed 50 years ago. That stance is at odds with efforts in states across the country. “We’re at a time where Title IX is going to be exploited and celebrated,” said Donna de Varona, the Olympic champion swimmer who heads the Women’s Sports Policy Working Group, which seeks a “middle way” to be inclusive of transgender athletes while

also not “forcing” what it sees as unfair competition. “But people aren’t going to look at the underbelly because it’s complicated and nuanced. And it has always been complicated and nuanced.” Without federal legislation to set parameters for this highly technical issue — on the front line of a culture divide that also includes abortion rights, gun control and “replacement theory,” among other topics — high school athletic associations and legislatures in no fewer than 40 states have filled the void on their own. There are some 15.3 million public high school students in the United States and a 2019 study by the CDC estimated 1.8% of them — about 275,000 — are transgender. The number of athletes within that group is much smaller; a 2017 survey by Human Rights Campaign suggested fewer than 15%

of all transgender boys and transgender girls play sports. Yet as of May, 19 states had passed laws banning or restricting transgender participation in sports despite the general lack of a problem to address. Other measures do the opposite, allowing gender identity to determine an athlete’s eligibility. There are myriad rules and guidelines in place across the country, state to state and sometimes sport to sport or even school to school. The debate essentially boils down to advocates who want to protect the space Title IX carved out for cisgender women — women whose gender identity matches the sex they were assigned at birth — and those who want transgender athletes who compete as females to enjoy the same protections as anyone else. Consensus is nowhere in sight, and the fights are piling up.

Kirksville Daily Express

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IN THE CIRCUIT COURT OF ADAIR COUNTY, MISSOURI
JUDGE MATTHEW WILSON

Case Number: 22AR-JU00037
JUVENILE DIVISION

In the Interest of A.T.C. Male
DOB: 4/24/2020 Age: 2

Notice Upon Order for Service by Publication
The State of Missouri to: UNKNOWN FATHER

You are notified that an action has been commenced against you in the Juvenile Division of the Circuit Court of Adair County, Missouri, the object and general nature of which is to terminate your parental rights in and to A.T.C., a minor child born April 24, 2020.

The names of all parties in this action are stated in the caption above and the name and address of the Juvenile Office attorney is:
C. David Rouser
ROUSER LAW OFFICE LLC
400 N. Franklin Street
Kirksville MO 63501
(P) 660.665.7515
(F) 660.665.7514

You are further notified that, unless you file an answer or other pleading or otherwise appear and defend against this action within 45 days after June 15, 2022, judgment by default will be entered against you.

Date of first publication is June 15, 22, 29 & July 6 2022
Linda Decker
Adair County Circuit Clerk

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

Judge or Division: KRISTIE JEAN SWAIM

Case Number: 22AR-PR00031

In the Estate of ROBBY LEE KING, Deceased.

Notice of Letters Testamentary Granted
(Supervised Administration)

To All Persons Interested in the Estate of ROBBY LEE KING, Decedent. On May 25, 2022, the last will of the decedent having been admitted to probate, the following individual was appointed personal representative of the estate of ROBBY LEE KING, decedent by the Probate Division of the Circuit Court of Adair County, Missouri.

The name, business address of the personal representative is:
Rodney D. King, 603 Coal Street, P.O. Box 69 , Novinger, MO 63559
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: March 29, 2021
Date of first publication: June 1, 2022
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: 6-1-2022, 6-8-2022, 6-15-2022, 6-22-2022

KENT BRYANT
ADAIR COUNTY ASSESSOR
106 W. WASHINGTON ST
KIRKSVILLE, MO 635010-2889
PH – (660) 665-4423
FAX – (660) 665-0349

The ADAIR COUNTY ASSESSOR'S Office announces that the Board of Equalization Hearing Members will convene starting Monday July 18, 2022. Those who wish to appeal their assessments should request a hearing by 4:30 p.m. on July 1, 2022. To set up an appointment call the Adair County Clerk's office at 660-665-3350. Required forms will be available online at www.adaircountymissouri.com The Board tentatively plans to conclude hearings by 10:00 a.m. July 26, 2022. These hearings are for personal property and real estate values for the tax year 2022.

Kent Bryant, ADAIR COUNTY ASSESSOR, asks property owners who wish to appeal their assessment value to please bring a current certified appraisal of said property to show evidence of the value. If, after the decision by the board, the property owner is still dissatisfied with the assessment, an appeal may be lodged with the Missouri State Tax Commission.

Thank you,
Kent Bryant
Adair County Assessor

IN THE CIRCUIT COURT OF ADAIR COUNTY, MISSOURI
JUDGE MATTHEW WILSON

Case Number: 22AR-JU00038
JUVENILE DIVISION

In the Interest of A.R.S. Female
DOB: 9/04/2020 Age: 1

Notice Upon Order for Service by Publication
The State of Missouri to: BRIANNA STARR JONES and UNKNOWN FATHER

You are notified that an action has been commenced against you in the Juvenile Division of the Circuit Court of Adair County, Missouri, the object and general nature of which is to terminate your parental rights in and to A.R.S., a minor child born September 4, 2020.

The names of all parties in this action are stated in the caption above and the name and address of the Juvenile Office attorney is:
C. David Rouser
ROUSER LAW OFFICE LLC
400 N. Franklin Street
Kirksville MO 63501
(P) 660.665.7515
(F) 660.665.7514

You are further notified that, unless you file an answer or other pleading or otherwise appear and defend against this action within 45 days after June 15, 2022, judgment by default will be entered against you.

Date of first publication is June 15, 22, 29 & July 6 2022
Linda Decker
Adair County Circuit Clerk



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IN THE CIRCUIT COURT OF ADAIR COUNTY, MISSOURI
JUVENILE DIVISION
JUDGE MATTHEW WILSON

In the Interest of K.D.B., Jr. Male child DOB: 02/10/2010
Case Number: 22AR-JU00033

Notice Upon Order for Service by Publication
The State of Missouri to: Kevin Dean Burwell, Sr.

You are notified that an action has been commenced against you in the Juvenile Division of the Circuit Court of Adair County, Missouri, the object and general nature of which is to terminate your parental rights in and to K.D.B., Jr., a minor child born February 10, 2010.

The names of all parties in this action are stated in the caption above and the name and address of the Juvenile Office attorney is:
C. David Rouser
ROUSER LAW OFFICE LLC
400 N. Franklin Street
Kirksville MO 63501
(P) 660.665.7515
(F) 660.665.7514

You are further notified that, unless you file an answer or other pleading or otherwise appear and defend against this action within 45 days after JUNE 8, 2022, judgment by default will be entered against you.

Dates of Publication: JUNE 8, 15, 22, 29, 2022
LINDA DECKER
ADAIR CO. CIRCUIT CLERK

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32 Antony the Roman
33 Tijuana Mrs.
34 Language of Vientiane
35 Yes, in Cherbourg
36 Put down grass
37 Wrestling hold
38 Outfit

39 Alike

- 40 Finishes a cake
41 Blimp title
42 Do a takeoff
44 Nose stimuli
47 Hawaiian feasts
51 Small coin
52 Lady of the haus
55 Question starter
56 Swede's neighbor
57 Billions of years
58 Prune (off)
59 Address part
60 The two of them
61 Library caution

DOWN

- 1 Suet and tallow
2 Flapjack franchise
3 Rajah's spouse
4 Tint again
5 Blow away
6 Topaz or emerald
7 B'way sell out sign
8 Ribbon holder

Answer to Previous Puzzle

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

- 9 Deborah of films
10 Ancient empire
14 Maglie or Mineo
19 Gator kin
20 "Little Red Book" author
22 Feudal tenant
23 Milk carton rating (2 wds.)
24 Roman love god
25 Molokai's neighbor
26 Naval lockup
28 - scratch
29 Coalition
30 Medieval weapon
31 Food steamers
37 Stead
39 Help letters
41 Move furtively
43 Deep-piled fabric
44 Not common
45 Cameron - of films
46 Former science magazine
48 Belt-maker's tools
49 "Yikes!" (hyph.)
50 Certain undergrad
52 Valentine mo.
53 Pooh's pal
54 Kitchen pest

1	2	3		4	5	6	7		8	9	10	
11				12					13			14
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44	45	46						47		48	49	50
51					52	53	54			55		
56					57					58		
	59				60					61		

