

KIRKSVILLE Daily Express

KIRKSVILLEDAILYEXPRESS.COM

WEDNESDAY

JULY 13, 2022 | \$2



Block party held at Memorial Park

By Marty Bachman
Daily Express

The city of Kirksville Parks & Recreation Department held their second block party of the summer last Sunday afternoon at Memorial Park.

There were free hot dogs, chips, snow cones, cotton candy, water games, a bubble suds machine and water balloons. There was also a water sprinkler set up to keep the younger tots cool.

The block party is one of four the city has planned for the summer. The next parties will be held as follows: Jaycee Park on July 24 from 3-5 p.m. and Brashear Park on Aug. 7 from 3-5 p.m.



United Way golf tournament fundraiser

By Marty Bachman
Kirksville Daily Express

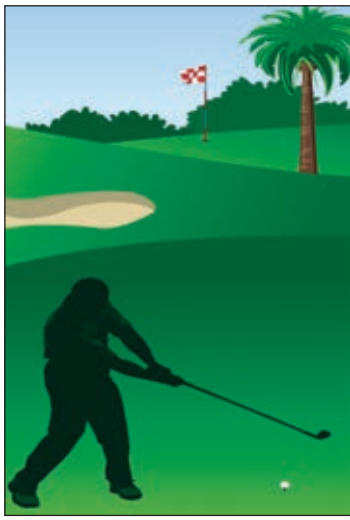
The Wooden Nickel is sponsoring a four-person golf team tournament for the United Way on Friday, July 15 at the Kirksville Country Club. Registration is at 8:30 a.m. on Friday and tee-off will be 10 a.m. Hole/Tee sponsors are \$125 with signs by the hole/tee. Sponsors are welcome to set promotional items at the hole.

Teams cost \$275 before June 30 (\$300 after). Mulligans (per team) are one for \$25 and two for \$40. Prizes and awards will be given out following the tournament.

Carts are available for \$36 through the Kirksville Country Club. The number of teams is limited so register early.

Classic prizes include the top hole-in-one prize, which is one of six vacation destinations. Other prizes for longest putt overall on 18th hole, longest drive per woman or man, and cash prizes for top three finishers.

Registration forms are available at the Wooden Nickel, United Way's local office at 201 N. Elson, Suite 204, by calling the office at 660-665-1924, email at uwnemo@gmail.com or on Facebook at United Way of Northeast Missouri.



Sheriff investigates human remains found in western Adair County

By Press Release

On July 10 at approximately 12:20 p.m., Adair County E911 Center received a call to check the well-being of an Adair County resident.

At approximately 1:17 p.m., officers arrived at a property in the area of Youngstown Trail in western Adair County. While checking the area, officers located human remains. The investigation is in

its preliminary stages and further details cannot be released at this time. Further information will be released by Adair County Sheriff's Office when appropriate. The information will be released on the Adair County Sheriff's Office official Facebook page.

The Missouri State Highway Patrol, Missouri State Highway Patrol's Division of Drug and Crime Control, Missouri State Highway Patrol's Violent Crime

Support Unit, Missouri State Park Rangers, NEMO Major Case Squad, FBI, FBI's Evidence Response Team, and the Adair County Prosecuting Attorney's Office are assisting the Adair County Sheriff's Office with the investigation.

Anyone with information related to this investigation is urged to call the Adair County Sheriff's Office, Adair County E911 Center, or 660-627-BUST.



2022 NEMO Fair to run July 19-23

By Marty Bachman
Daily Express

The 2022 NEMO Fair will open on Tuesday, July 19 and run through Saturday the 23rd at the fairgrounds at 2700 E. Illinois in Kirksville. Prior to the fair, a free horse show will be held at 11 a.m. on Saturday, July 16.

On Sunday, July 17, the NEMO Fair Association will host a Baby Show & Kid Contest in the Multi-Purpose Building. Pre-registration starts at 8:30 a.m. on Sunday Morning and the contest will begin at 10 a.m. Children are encouraged to come as their favorite movie or TV character. Categories are 0-3 months, 4-6 months, 7-9 months, 10-12 months, 1-2 years, 3-4 years, 5-6 years and 7-87 years (Age as of July 17, 2022). Prizes will be given to all participants.

The NEMO Fair Queen, Teen Miss and Young Miss contests will be held in the Multi-Purpose Building at 4 p.m. on Sunday, July 17.

Set-ups, check-ins and drop-offs will be held on Monday, July 18. A Horseshoe Tournament will be held at the fairgrounds that afternoon at 6:30 p.m. There is a \$10 entry fee. A, B & C Class with a cash payout. Registration onsite at 6 p.m. Open to the public. For more information, contact Buddy at 660-342-6612.

A Tall Corn Contest will be held with drop-off on Monday, July 18 between 8 a.m. and noon. Judging will be done by Tuesday, July 19 at noon. 'Sweet as Pie' NEMO Fair Pie Baking Contest will be held on Monday, July 18. Drop-off at Multi-Purpose Building at 10:15-10:45 a.m. Judging begins at 11 a.m.

A pie eating contest will be held on Monday, July 18 at 7 p.m. Cheer on your favorite representative from the NEMO Fair Board, FFA, 4-H, local government officials and first responders as they fight to win the pie eating contest.

The official opening ceremonies will be held at 7 p.m.

On Tuesday, July 19, Extreme Illusions and Escapes will perform at the grandstands at 8 p.m. According to their

website, Josh and Lea Knotts have designed a show mixed with amazing stage illusions and skillful escapes using audience participation and exciting music.

Also on July 19 and 20 at 5 p.m., the NEMO Fair Association presents the Battle of the Bands, with the finals to be held on July 23 at 3 p.m. All events are held at the NEMO Fairgrounds Multi-Purpose Building. For more information, contact Tim Morton at 660-988-4124.

Carnival rides will open at 5 p.m. and remain so until 11 p.m. through the 23rd.

Twin States Pulling Association Truck & Tractor Pull will be held on Wednesday, July 20. Twin States Pulling Association (TSPA) Was formed in 1992 By Jerry and Connie Mullenix and others for the purpose of truck and tractor pulling. It is a family orientated club where the whole family can come out and enjoy the fun.

OUTLAW/5J Rodeo Company's full rodeo will be held on Thursday, July 21, at the grandstands. In 1998, Lance McCollum decided to take on his next big dreams of becoming a stock contractor and pickup man and this is where 5J Rodeo Company began. It started with bucking horses, but soon Lance and wife, Joey, along with the rest the McCollum family, dove head first into buying the best rodeo horses and bulls they could find. To this day Lance is still picking up broncs, Joey secretaries the rodeos and times when needed, Lance's brother Jeff runs the bucking chutes as the flank man, and daughters Kacey and Emma, along with nephews Jackson and Jate help keep the rodeo running smoothly, and Nanny Linda oversees them all! It is truly a family affair.

The NEMO Fair Association will present "NEMO Idol", with qualifications on July 21 and 22 at 5 p.m. in the Multi-Purpose Building. Finals will be held on Saturday, July 23 at noon. For more information, call Tim Morton at 660-988-4124.

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Volume 121, No. 53

KIRKSVILLE POLICE AND FIRE CHIEFS
SPEAK TO KIWANIS CLUB



The Kirkville Kiwanis Club welcomed Jon Cook and Scott Williamson to speak at their July 7 meeting. Cook is the fire chief, and Williamson is the police chief, both for the city of Kirkville. They presented on the renewal of the Adair County E-911 Device Fee, which will be on the Aug. 2 ballot. Pictured, from left, are Williamson, Kirkville Kiwanis Club President Jim O'Donnell and Cook. KIRKSVILLE KIWANIS CLUB

Community

Daughters of American Colonists announce Roxy Castles as a new member

By Press Release

George Hull Chapter of Missouri State Society of Daughters of American Colonists announced Roxy Castles as a new member. Castles, a descendant of several Colonists, entered the chapter claiming David Whitney as her Colonist ancestor. NSDAC members are descendants of a man or a woman who rendered patriotic or civil service to the American Colonies prior to July 1776. Members support numerous programs including schools, scholarships, historical preservation, genealogical records preservation, among others. Please find more information about our Society at: mssdac.wixsite.com/mssdac/about



Mettie Davis, Chapter Registrar, presenting new member, Roxy Castles.

Missouri DHSS confirms case of rare brain infection

First Missouri case confirmed in 35 years

By DHSS

JEFFERSON CITY, MO – The Missouri Department of Health and Senior Services (DHSS) has been notified of a Missouri resident with

a laboratory-confirmed infection of Naegleria fowleri. Naegleria fowleri is a microscopic single-celled free-living ameba that can cause a rare life-threatening infection of the brain called primary amebic meningoencephalitis (PAM). The Missouri patient is currently being treated

for PAM in an intensive care unit of a hospital. The ameba is commonly found in warm freshwater such as lakes, rivers, and ponds; however, PAM is extremely rare. Since 1962, only 154 known cases have been identified in the United States. The only other case identified among a Missouri res-

ident occurred in 1987, and currently, no additional suspected cases of PAM are being investigated in Missouri. Naegleria fowleri banner — trophs under a microscope with contrast. The source of the patient's exposure is currently being investigated by public health officials. Local and out-of-state activity are being considered. Recreational water users should assume that Naegleria fowleri is present in warm freshwater across the United States; however, infection remains rare. Although a rare occurrence, people become infected by Naegleria fowleri when water containing the ameba enters the body through the nose from freshwater sources. The Naegleria fowleri ameba then travels up the nose to the brain where it destroys the brain tissue. This infection cannot be spread from one person to an-

other, and it cannot be contracted by swallowing contaminated water. "These situations are extremely rare in the United States and in Missouri specifically, but it's important for people to know that the infection is a possibility so they can seek medical care in a timely manner if related symptoms present," said Dr. George Turabelidze, Missouri's state epidemiologist. People can take actions to reduce the risk of infection by limiting the amount of water going up the nose. These actions could include:

- Hold your nose shut, use nose clips, or keep your head above water when taking part in water-related activities in bodies of warm freshwater.
- Avoid putting your head under the water in hot springs and other untreated thermal waters.
- Avoid water-related activities in warm freshwater during periods of

- high-water temperature.
- Avoid digging in, or stirring up, the sediment while taking part in water-related activities in shallow, warm freshwater areas.
- (These recommendations are best practices but not based on scientific testing since the low numbers of infections make it difficult to show effectiveness.)
- Those who experience the following symptoms after swimming in any warm body of water should contact their health care provider immediately as the disease progresses rapidly:
- Severe headache.
 - Fever.
 - Nausea.
 - Vomiting.
 - Stiff neck.
 - Seizures.
 - Altered mental status.
 - Hallucinations.
- For more information about Naegleria fowleri, visit the CDC's webpage.

Welcome,
Dr. Spencer!

DAVID SPENCER, D.O.
INTERNAL MEDICINE / OMM

1605 S BALTIMORE | FIRST FLOOR
KIRKSVILLE, MO

CALL (660) 665-3599
TO SCHEDULE AN APPOINTMENT

CFM Specialty Group

Missouri gas prices continue to fall

By Gas Buddy

Average gasoline prices in Missouri have fallen 11.7 cents per gallon in the last week, averaging \$4.42/g today, according to GasBuddy's survey of 3,940 stations in Missouri. Prices in Missouri are 29.1 cents per gallon lower than a month ago and stand \$1.59/g higher than a year ago. The national average price of diesel has declined 8.5 cents in the last week and stands at \$5.65 per gallon. According to GasBuddy price reports, the cheapest station in Missouri was priced at \$3.84/g yesterday while the most expensive was \$5.09/g, a difference of \$1.25/g. The lowest price in the state yesterday was \$3.84/g while the highest was \$5.09/g, a difference of \$1.25/g. The national average price of gasoline has fallen 12.8 cents per gallon in the last week, averaging \$4.66/g today. The national average is down 34.4 cents per gallon from a month ago and stands \$1.54/g

higher than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country. Historical gasoline prices in Missouri and the national average going back ten years:

July 11, 2021: \$2.83/g (U.S. Average: \$3.13/g)
July 11, 2020: \$1.87/g (U.S. Average: \$2.19/g)
July 11, 2019: \$2.46/g (U.S. Average: \$2.77/g)
July 11, 2018: \$2.61/g (U.S. Average: \$2.89/g)
July 11, 2017: \$2.01/g (U.S. Average: \$2.25/g)
July 11, 2016: \$1.99/g (U.S. Average: \$2.22/g)
July 11, 2015: \$2.57/g (U.S. Average: \$2.76/g)
July 11, 2014: \$3.44/g (U.S. Average: \$3.63/g)
July 11, 2013: \$3.35/g (U.S. Average: \$3.52/g)
July 11, 2012: \$3.26/g (U.S. Average: \$3.38/g)

Neighboring areas and their current gas prices:

Kansas City- \$4.31/g, down 9.2 cents per gallon from last week's \$4.40/g.
Topeka- \$4.44/g, down 7.4 cents per gallon from last week's \$4.51/g.

St. Louis- \$4.58/g, down 16.8 cents per gallon from last week's \$4.75/g.

"The national average has declined for 27 days straight, or four weeks, the longest decline in average gas prices since the pandemic started in 2020. Average gas prices are down nearly 40 cents, with Americans shelling out \$140 million less on gasoline every day than they did a month ago," said Patrick De Haan, head of petroleum analysis at GasBuddy. "We may see the trend last a fifth week, as long as oil prices remain cooperative and don't surge beyond \$105 per barrel, and as long as refinery production of gasoline remains strong. But we're not completely out of the woods yet — we could also see a sharp reversal in the decline. There remains risk of a spike in prices that could send us to new record levels in August, should any disruptions occur. It could be a wild ride, but for now, the plummet at the pump shall continue."

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3 months.....\$70.63
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EZ Pay.....\$13.33

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Published Wednesdays and Saturdays, it may not be published on the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas.

OBITUARIES

Danny Noe

Nov. 17, 1958 – Jul. 2, 2022

Danny Wayne Noe, 63, of Leeton, Missouri, formerly of Kirksville, Missouri, passed away Saturday, July 2, 2022.

Danny was born November 17, 1958, in Kirksville, Missouri the son of Bill and Eva Jane (Weber) Noe. Danny was raised on the family farm east of Kirksville. Danny was a graduate from Kirksville High School with the Class of 1977. After high school he attended Truman State. Followed by working with his father doing construction until he attended State Technical College of Missouri. He graduated from State Tech in 1988. In 1989 he started working for Missouri Army National Guard as a helicopter technician, at Whiteman AFB. He worked there for 27 years retiring in 2016.

Danny was a member of the MO Army National Guard for thirty-three years. He was first with Battery B 1st BN 128th FA Moa rang from 1984 to 1989, then with Co D 1st BN 135th Avn Rgmt. from 1989 to 2017. During his time in the guard his unit was given orders to serve in Afghanistan from March 2013 to March 2014. He received the Afghanistan Campaign Medal W. Campaign Star//Armed forces reserve medal with “m” Device and 30 years Gold Hourglass//Army Achievement medal (4th Award)//Army Reserve Component Achievement Medal (2nd Award)//National Defense Service//. Served in a designated imminent danger pay area//and was ordered to active duty in support of Operation Enduring Freedom during his tour of duty.

Danny was a Master Mason in the Corinthian Lodge in Warrensburg and a member of the Ararat Shriners. He was also a member of the Moose Lodge in Kirksville

Danny is survived by his sons, William Noe of Independence, MO, and Jeffrey Noe of Knob Noster, MO; his mother, Eva Jane (Weber) Noe of Kirksville, MO; his brother, Brian C. Noe of Kirksville, MO; his aunt Peggy Noe, and uncles, Bob Noe and Dick Weber and wife Janie all of Kirksville, MO, as well as several cousins.

Danny was preceded in death by his father Bill Noe and grandparents, Vernon and Bonnie Noe, and Newt and Notavena Weber.

Family will receive friends on Saturday, July 16, 2022 from 5:00 to 7:00 p.m. with Masonic Rites followed by Military honors at Travis-Noe Funeral Home in Kirksville.

In lieu of flowers, memorial donations may be made to the Shriner’s Children’s Hospital and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, MO 63501.



Roy Russell Harrison

Feb 28, 1934 – Jul 10, 2022

Russell Harrison, 88, of Kirksville. Missouri passed away at John Knox Memory Care in Lees Summit, Missouri on Sunday July 10, 2022.

Roy Russell Harrison was born on February 28, 1934 in Mexico, Missouri, the son of Roy and Nannie Weidler Harrison who preceded him in death. Russ graduated from Mexico High School and Northeast Missouri State University. During college he worked for the Kirksville Daily Express. In June 1955 he began working for NMSU as director of News Service. Over the next 38 years he held many positions at the university including Director of Public Relations and Alumni Affairs, Head of Division of Public Relations, Director of Public Services, Director of Governmental Relations and was the first Director of Human Resources. He retired in 1993.

He was a member of the First United Methodist Church where he served as a trustee and on various committees, the Masonic Lodge #366, United Way and the The American Red Cross. He also helped with little league and the Boy Scouts.

On August 19, 1955 he married Jacquelin Easley. They have three children, Kevin Harrison (Nancy Harrison) from Lees Summit, Missouri, Craig Harrison, and Lori Harrison Scott (Kevin Scott) from Raymore, Missouri. Two granddaughters Maggie Scott from Austin, Texas and Jackie Scott from Philadelphia, Pennsylvania and one grandson Banks Born (Mallory Born) from Kansas City Missouri and one great grandson Boston Born. He was preceded in death by his brothers Jack Harrison and Cecil Harrison.

He loved his family, friends, gardening and antiquing with his wife.

A celebration of life will be held at Davis-Playle-Hudson-Rimer Funeral Home on Friday, July 15, 2022, Visitation is at 1:00 with service to follow at 2:00. Interment will be at the I.O.O.F. Cemetery in Hurdland, Missouri.

Memorials in memory of Russ are suggested to First United Methodist Church, Kirksville, Missouri or Truman State University — Russell and Jacquelin E Harrison Scholarship Fund and can be left at or sent to the funeral home.

Arrangements in the care of Davis-Playle-Hudson-Rimer Funeral Home; www.davisplaylehudsonrimer.com.



Ivan Neff

Mar. 25, 1950 – Oct. 23, 2021

Ivan Gale Neff went home to Jesus on October 23, 2021 at age 71.

Gale was born to Mary Magdalene (Peterson) Neff and Harvey Glenn Neff on March 25, 1950.

Gale was a graduate from Novinger R-1 School District. He served the country enrolling in the US Army September 30, 1969 and was honorably discharged May 7, 1971. Gale was last employed for Fabco Automotive / Meritor retiring late 2019.

Gale enjoyed baseball games, a passionate fan of the St. Louis Cardinal. Great fan of the Hawkeyes of Iowa and the Golden State Warriors. Gale was a faithful fan of the Chicago Bears and enjoy watching and talking about golf, a game that he once played. He was an avid reader and when his eyes began to fail him adopted the digital book reading.

Gale was preceded in death by his parents, twin sister of Cheryl, Carol Ann at birth, brothers Samuel “Sam” Lee Neff and David Neff; and sisters Christine Emert and Helen L Luba.

Gale is survived by his wife, Linda Gruel Neff; a sister and brother-in-law, Cheryl and John Emert of Iowa, two brothers and sisters-in-law, Kenneth and Martha Neff of California, Robert “Gene” and Susan Neff of Kansas City, MO.

He is sorely missed by those on earth.

A graveside service with military rites will be held at 10:00 a.m. Saturday, July 16, 2022 at the Jewell Cemetery near Kirksville, Missouri.

Missouri State Highway Patrol reports 2022 July Fourth holiday statistics

By Missouri State Highway Patrol

Troopers worked 285 traffic crashes, which included 107 injuries and all six fatalities. Troopers also made 141 DWI arrests and 82 drug arrests over the holiday weekend.

2022 July Fourth Holiday Boating Statistics

Troopers worked 11 boating crashes, which included five injuries and zero fatalities. Troopers made 13 BWI arrests and 18 drug arrests. One person drowned over the holiday weekend.

On July 4, Uriel P. Ramirez, 25, of Collinsville, Ill., drowned after he jumped off a bluff into the Meramec River in Meramec State Park downstream of the state park’s boat ramp. Missouri Baptist Sullivan Emergency Medical

Services personnel pronounced Ramirez dead at the scene. Missouri Park Rangers A. Carson and E. Ferrel and the Sullivan Fire Department assisted.

Three traffic fatalities occurred in the Troop D, Springfield area; two traffic fatalities occurred in the Troop C, Weldon Spring area; and one traffic fatality occurred in the Troop E, Poplar Bluff area. Troopers worked all six traffic fatalities.

Three traffic fatalities occurred on Saturday, July 2, 2022. Jack K. Meese, 48, of New Madrid died when the vehicle he was driving ran off the roadway, struck a tree, overturned, and caught fire. Meese was not wearing a seat belt at the time of the crash. The crash occurred in Bollinger County on Missouri Highway P west of Arab. Bollinger County

Deputy Coroner Lee Giliam pronounced Meese dead at the scene.

Wayne E. Sprengle, 57, of Jasper, died when the motorcycle he was operating swerved to avoid an item in the roadway. He lost control of the motorcycle and it overturned. Sprengle was ejected. Both the motorcycle and Sprengle skidded across the center of the roadway and came to rest in the passing lane. Sprengle was not wearing a helmet. The crash occurred in Barton County on Interstate 49 south of Sheldon. Dr. Clinton Loy from Cox Hospital pronounced Sprengle dead at the scene.

Brian A. Bradley, 51, of Diamond, died when the UTV he was operating traveled off the right side of the roadway, he overcorrected, and the vehicle over-

turned. Bradley was not wearing a seat belt at the time of the crash. The crash occurred in Newton County on Elder Road west of Diamond. Newton County Deputy Coroner Brian Artherton pronounced Bradley dead at the scene.

One traffic fatality occurred on Sunday, July 3. Kailey R. Spencer, 33, of Troy, died when she was struck by a vehicle. The crash occurred in Lincoln County on Missouri Highway 47 east of Brushy Ridge Lane. Lincoln County Ambulance District personnel pronounced Spencer dead at the scene. The driver of the vehicle that struck Spencer was not injured. It is unknown whether or not he was wearing a seat belt at the time of the crash.

Two traffic fatalities occurred on Monday, July

4. Bruce D. Dodge, 60, of Wyandotte, Okla., died when the motorcycle he was operating struck the rear of a vehicle. Dodge was not wearing a helmet at the time of the crash. The crash occurred in Newton County on Missouri Route U in Seneca. Newton County Coroner Jerry Deems pronounced Dodge dead at the scene. The driver of the vehicle Dodge’s motorcycle struck was not injured in the crash. He was wearing a seat belt.

Scott J. Drennen, 29, died when a vehicle traveled off the right side of the roadway onto the shoulder and struck Drennen, who was walking. The crash occurred in St. Louis County on the ramp from southbound Interstate 55 to Interstate 270. Mehlville Fire Protection District



Ambulance personnel pronounced Drennen dead at the scene of the crash. The driver of the vehicle was not injured. St. Louis County officers assisted at the scene.

NOTE: The fatality statistics in this news release could change if late deaths occur, if other departments report fatalities after this news release was sent out, or if a fatality is determined to be caused by a medical condition rather than a traffic/boating/drowning incident.

KIRKSVILLE AREA NEWS BRIEFS

Something Rotten! performances on July 28, 29 and 31

The city of Kirksville Parks and Recreation Department will present “Something Rotten!” a humorous new musical about the Bottom Brothers’ attempt to seize their opportunity for fame and fortune among the Renaissance literati — that is if that shakespeare rock star of the stage, Shakespeare will get out of their way.

This fast paced musical comedy will be performed July 28 and 29 at 7 p.m. and July 31 at 2 p.m. in the William Matthew Middle School Auditorium. Tickets can be purchased online at parks.kirksvillecity.com or in person at the Kirksville Aquatic Center. Rated PG 13 for Adult Humor and Innuendo.

City seeking applicants for Planning and Zoning Commission

The city of Kirksville is eager to involve community-minded citizens in the process of local government through one of our many Citizen Advisory Commissions. The city council is currently accepting citizen applications for the following position:

• Planning and Zoning Commission: one position on the commission for a full term ending in July 2026.

Visit www.kirksvillecity.com/citizensserve and submit your application before Friday, July 22, at 5 p.m., to be considered for the opportunity to serve on this commission. For more information, contact Wanda Cagle, city clerk, at 660-627-1225.

Paint the Ville Kid’s Club! on July 28 and Aug. 15

Register your first through eighth grade artist for one or all of the monthly Kid’s Club events. Artists will create a masterpiece under the direction of Paint the Ville instructor Rachel Messer. Classes are held from 5:30 -7 p.m. at the Kirksville Aquatic Center, located at 801 E. Mill St. All participants must pre-register, and class size is very limited. To register your child, visit the Kirksville Parks and Recreation Office at the Kirksville Aquatic Center, or online at https://parks.kirksvillecity.com/! Each course is \$20 and all supplies are included. Featured paintings will be: July 28: Cool Cat — Aug. 15: Octopus For more information,

contact Luke Callaghan with the Parks and Recreation Department at 660-627-1485.

28th Annual Kirksville Chamber Golf Outing

The 28th Annual Kirksville Chamber Golf Outing, Friday, Aug. 28. This is known as one of Kirksville’s most fun golf tournaments. For more information and registration forms for teams and sponsorships, visit: www.kirksvillechamber.com. Check in opens at 8 a.m. Tee Off at 9 a.m. Kirksville Country Club, 1115 Country Club Dr., Kirksville.

Summer ‘off’ the Square dates

The Kirksville Art Association’s annual Summer on the Square concert series will be held Fridays at 7 p.m. on the north side of the Sue

Ross Arts Center at 215 S. Franklin Street in Kirksville. Following is a list of concerts for the summer series: July 15 — Kirksville Community Band, Sponsored by City of Kirksville. Concert Band Music. July 22 — No Performance (NEMO Fair Week). July 29 — Pumptown Family Band. High Energy; Eclectic mix of new and old with a beat. August 5 — Bootcut, Sponsored by Lovegreen Ford. Southern Rock. August 12 — StoneHouse, Sponsored by Pepsi Cola. High Energy Rock & Roll; Classic Rock. August 19 — Demi Michelle, t. Acoustic Country and Pop. August 26 — Deadwood, Sponsored by Kirksville Tourism. Rockin’ Blues. All concerts are also sponsored by Sparklight and the City of Kirksville Tourism.

FAIR

Continued from Page A1

Little Texas will perform with special guests, The Comanchero’s on Friday, July 22 at the grandstands beginning at 7 p.m. Easton Corbin

will perform with special guest Jason Brown on Saturday, July 23 in the grandstands at 7 p.m.

Other events include livestock exhibits and the premium 4-H/FFA livestock sale at the Livestock Arena on Saturday, July 23.

Purchase season tickets at: https://nemo.vts123.com/ \$50 season tickets Children 5 & Under are Free.

Season Pass sales end at midnight on Thursday, July 21.

Paid admission runs

from 6 a.m. on Tuesday, July 19 through midnight Saturday, July 23.

Absolutely no refunds or rain checks on passes Season Tickets give you access to grandstand entertainment including Extreme Illusions, Little Texas with Special Guests

The Comancheros, Easton Corbin with special guest Jason Brown, as well as a Full Rodeo and the Truck and Tractor Pull.

Your ticket also allows you to ride all the carnival rides, view the livestock shows, and view the exhibits in the 4H

and FFA Building.

Plan to stay after the grandstand entertainment nightly and listen to the live bands in the beer tent. You must present your ticket at the gate to gain entry to the fair. Non-transferable, no raincheck and no refunds.

How to protect your devices from cyber attacks

By Special to The Express

Cyberattacks are on the rise. Highly publicized attacks like the one that targeted Colonial Pipeline in May 2021 have sent multibillion dollar businesses into crisis mode, and such attacks affect everyone, including private citizens.

The rise in remote working that resulted due to the COVID-19 pandemic has exposed IT vulnerabilities that put businesses big and small in precarious positions. Ransomware attacks, in which perpetrators seek ransoms after infiltrating and shutting down a network, often target businesses and not individuals. However, cyber criminals can gain access to businesses through their unsuspecting employees, especially when those workers are working remotely. Individuals can take steps to protect their devices

from cyber attacks in an effort to make their personal and professional information more secure.

According to Ready.gov, a website created by the United States government that's designed to educate and empower people to prepare for all types of emergencies, including cyberattacks, offers the following tips to individuals looking to protect themselves from cyberattacks.

- Be mindful of what you share online. Limit the personal information you post and share online. Turn off location features and make use of the privacy settings on all of your devices.
- Keep software applications and operating systems up-to-date. Updating apps and your OS ensures your devices have the most current safety features, making you less vulnerable to cyberattacks.

- Prioritize safe passwords. Utilize a password manager and use upper and lowercase letters, numbers and special characters when creating passwords. Two-factor authentication (two methods of verification) should always be used when available.
- Be suspicious when solicited. Be suspicious of anyone or any message that asks you to do something right away, offers something that sounds too good to be true or requires you to enter your personal information. Think before you click, and when in doubt, do not click. Never provide personal information if you're suspicious or using websites that do not typically require such information.
- Use encrypted (secure) Internet communications.
- Use a secure Internet connection and Wi-Fi network to protect your home and/or business.

If a network is lagging, resist the temptation to seek an available yet less secure connection.

- Make accessing your devices as personal as possible. A strong authentication, such as a personal identification number or password that only you would know, can make devices less vulnerable to attacks. Consider using a separate device that can receive a code or requests a biometric scan (e.g., fingerprint scanner or facial recognition) before allowing access.
- Check your account statements and credit reports regularly.
- Only share personal information on secure sites (e.g. "https://"). Do not use sites with invalid certificates. Use a Virtual Private Network, or VPN, which creates a more secure connection. This is especially important for remote workers.

- Employ additional means to block threats. Antivirus solutions, malware and firewalls can block cyberattacks before users even have an opportunity to respond.
- Back up files. Routinely back up your files in an encrypted file or encrypted file storage device so you can access them should you ultimately fall victim to an attack.
- Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, use either the instruction manual or speak to your internet-cable provider to set up the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

Cyberattacks are on the rise, but individuals can take various steps to make themselves less vulnerable.



Video conferencing security tips

By Special to The Express

In the future, when the world reflects on 2020, the word "Zoom" will no doubt come to mind. Though Zoom first launched its video conferencing software in 2013, that software did not become a fabric of many people's daily lives until 2020, when a global pandemic was declared and the world suddenly shifted to remote working and virtual learning en masse.

Video conferencing apps like Zoom helped people of all ages maintain connections with their families, friends and professional colleagues throughout the pandemic. In the rush to maintain those connections, security might have been placed on the back burner. But the Federal Trade Commission urges video conferencing users to implement some basic safety strategies so they can protect their personal information when speaking with their friends, families and coworkers via apps like Zoom.

- Make each conferencing session unique. The FTC notes that some conferencing services allow users to use unique passwords and/or identification numbers for each conferencing session. These features are typically set up by session hosts and can reduce the likelihood of strangers entering meetings and accessing users' personal information. If you are not hosting sessions, urge hosts to utilize features that make passwords unique for each session.

- Install conferencing app updates the moment they become available. Updates are typically designed in response to vulnerabilities discovered since the most recent version of a software was made available. Installing updates when they become available is a good way for video conference users to protect themselves against cyber criminals.
- Don't open invitations you don't recognize. The FTC notes that hackers are sending emails that mimic video conferencing invitations. When clicking on such invitations, users may unknowingly be downloading malware that can make their computers and personal information vulnerable to cyber criminals. If you receive an unexpected video conferencing invitation, contact the host separately before opening the invite. In addition, hosts can urge users to contact them directly if they receive an invitation but are hesitant to open it.
- Protect your privacy at all times. Before using a video conferencing app, familiarize yourself with its privacy policies to determine how your information will be handled. Some apps may record conferencing sessions, so it's imperative that users read privacy policies prior to using an app.

Video conferencing apps helped people stay in touch during the pandemic. When utilizing such apps, users must prioritize security to avoid being victimized by cyber criminals.

5 ways to banish boredom at work

By Special to The Express

Employees who are watching the clock and counting the hours until lunch or quitting time may be experiencing boredom at work.

According to Forbes magazine and a Robert Half blog, studies show that employees are bored roughly 10.5 hours of the work week. Reports from Glassdoor say one-quarter of office workers suffer from chronic boredom that can cause them to make mistakes and lose concentration. Boredom can be problematic in a culture that values constant productivity and engagement. When bottom lines are affected by boredom, it benefits both employers and employees to find ways to make the workday more engaging.

- 1. Focus on tasks and not time**

Waiting around for a fixed time to do something or leave for the day can adversely affect productivity. According to Psychology Today, when hungry lab rats are required to wait around until a set time to get food by pressing a lever, they become lethargic. The same may apply to workers waiting for a fixed lunch hour or time to go home. However, setting goals that focus on tasks rather than a particular time can lead to more animation and productivity. This may mean a programmer handles a certain number of lines of code before taking a coffee break or a teacher can grade a certain percentage of essays before calling it a night. Focusing



- on a task can help workers forget about the time, and reduce boredom in the process.
- 2. Change your commute**

A frustrating and tiring commute can lead workers to be irritable and exhausted before the work day even begins. Find different ways to work, even if it means leaving a bit earlier to avoid traffic. Changing the scenery each day may help alleviate boredom before it begins in the workplace.
 - 3. Modify work spaces**

If staring at a cubicle wall leaves you in a daze, ask to have your seat moved to a new location. A simple change that offers a fresh view may fend off boredom. If a move isn't possible, redecorate the office or cubicle. Subtle changes may inspire you to be more focused.
 - 4. Ask for a challenging project**

Sometimes doing the same

tasks by rote can quash creativity and lead to boredom. Ask the boss for more diversified tasks. Or volunteer to be part of a project that interests you — even if it's outside of your wheelhouse.

- 5. Get more sleep**

Poor rest can affect decision-making and innovative thinking, according to a study published in the journal Organizational Behavior and Human Decision Processes. Just one night without sleep can impair your ability to perform tasks that require flexible thinking and updating of plans in light of new information, says the study. A good night's rest can reduce fatigue and may help workers overcome boredom during the workday.

Boredom at work can be problematic, but there are strategies to make a workday more engaging.

Strategies to advance your career

By Special to The Express

Career goals take center stage at the dawn of a new year. Thanks in part to New Year's resolutions, many professionals use January as a time to reflect on their careers and how to advance them in the year ahead.

In a 2015 survey of 10,000 people who recently left their jobs, the professional networking social media platform LinkedIn found that career advancement was the number one reason people took new jobs. Various strategies can help people who have resolved to take the next step in their careers over the next 12 months.

- Continue to further your education. Advancements in technology and the often breakneck pace of modern business has made it necessary for ambitious professionals to continue learning if they hope to advance their careers, a fact that savvy

professionals already recognize. A 2016 survey from the Pew Research Center found that 54 percent of adults in the labor force say it will be essential from them to get new training and develop new skills throughout their professional life in order to keep up with changes in the workplace. Some professionals may benefit by pursuing a graduate degree or earning their doctorate, while others may need to update or earn certifications from professional organizations. Regardless of their individual situation, education is a great way for professionals to advance their careers.

- Give yourself your own review. Employers conduct reviews to evaluate employees and potentially reward them with higher salaries. Advancement-minded professionals can conduct their own reviews to determine which areas they need to improve. When taking this approach, it's vital that pro-

fessionals be honest with themselves. Assess interactions with colleagues to determine if you can be a more effective communicator or team player. If those are your strengths, consider ways you can fine tune other skills. No professional is perfect, and improving on your weaknesses is a great way to take the next step in your career.

- Focus on networking. The value of networking is undeniable, but even ardent networkers may be surprised to learn just how much networking can help advance their careers. LinkedIn estimates that as many as 85 percent of job openings are filled through some form of networking, so professionals who hone their networking skills are doing themselves a significant service in regard to advancing their careers.

As a new year begins, professionals can embrace various strategies to advance their careers.

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How different vitamins affect the body

By Special to The Express

At the dawn of a new year, it's not uncommon for people take inventory of their personal health and strive to make positive changes. Being more conscientious of the foods they put into their bodies is a start, but some individuals may wonder if supplementation can help them go one step further.

Nutrition Insight reports that 77 percent of American adults consume dietary supplements, and Nutraceuticals World indicates 98 percent of adult supplement users are taking vitamins and minerals. Individuals considering supplements should always discuss them with their physicians prior to including them in their health regimens. Even those who haven't considered supplements can discuss them with their physicians, as Harvard Health, MedlinePlus and the U.S. National Library of Medicine note that various products can provide some significant benefits.

- Vitamin A (retinoids/carotene): Beta carotene can be converted into vitamin A as needed. It plays an important role in vision, keeps tissues and skin healthy, and also is involved with bone growth.
- Vitamin B1 (thiamin): Helps convert food into energy, and is essential for brain health and nerve function.
- Vitamin B2 (riboflavin): This works with other B vitamins by promoting growth and the production of red blood cells.
- Vitamin B3 (niacin): Helps convert food into energy. It's also essential for healthy skin, blood cells, brain, and nervous system function.
- Vitamin B5 (panthothenic acid): Helps make lipids, neurotransmitters, steroid hormones, and hemoglobin in the body.
- Vitamin B6 (pyridoxine): This vitamin may reduce the risk of heart disease by helping to lower homocysteine levels.

It also helps convert tryptophan into niacin and serotonin, a mood-regulating neurotransmitter.

- Vitamin B9 (folate): Vital for new cell creation, it helps prevent brain and spine birth defects when taken early in pregnancy. It also may lower risk for colon cancer risk.
- Vitamin B12 (cobalamin): Vitamin B12 is important for metabolism and energy production. It also helps form red blood cells and maintain the central nervous system.
- Biotin: Biotin helps to metabolize proteins and carbohydrates. It also promotes healthy bones and hair.
- Vitamin C (ascorbic acid): This is an important antioxidant that promotes healthy teeth and gums. It also helps the body absorb iron and maintains healthy tissue by promoting wound healing. Vitamin C may help boost the immune system to help with illness prevention or recovery.
- Vitamin D (calciferol): Also known as the "sunshine vitamin," vitamin D is made in the body after individuals spend time in the sun. It is hard to get enough vitamin D from food sources alone. Vitamin D also helps the body absorb calcium, which is vital for healthy bones and teeth.
- Vitamin E (tocopherol): An antioxidant that helps the body form red blood cells and use vitamin K. Scientists also are studying a potential relationship between vitamin E and a lower risk for Alzheimer's disease.
- Vitamin K (menadiolone): Vitamin K activates proteins and calcium essential to blood clotting. It also may help prevent hip fractures.

In addition to these vitamins, the body needs various minerals, including calcium, iron, copper, iodine, magnesium, and more. Speak with a doctor or nutritionist to learn more about supplementation.

Weightlifting tips for beginners

By Special to The Express

Strength training is a vital component of an effective exercise regimen. Guidelines from the Office of Disease Prevention and Health Promotion recommend adults include moderate-to high-intensity strength training activities in their workout regimens at least twice per week.

Individuals with little weightlifting experience may not recognize the value of strength training, which is often associated with building as much muscle as possible. Though strength training helps build muscle, it's also a great way to burn fat. Muscle increases resting metabolic rate, which means individuals who engage in strength training will burn more fat during rest than they would if they did not include such exercise in their workout regimens. Stronger muscles also provide more support to bones and connective tissues, which reduces injury risk. That's an especially important benefit for aging men and women.

As valuable as strength training is, it's imperative that individuals approach weightlifting and other strenth-building exercises with a measure of caution. Improper form or going too hard too soon



can increase injury risk. Beginners can heed these tips as they acclimate to strength training.

- Work with a personal trainer. Proper form is imperative to avoiding injury while strength training, and personal trainers can guide individuals through an assortment of exercises to make sure they're performing them correctly. If a long-term commitment to a personal trainer is beyond your financial means, find a trainer with limited commitment packages or one who lets clients pay on a session-by-session basis. Many fitness facilities include one or two free personal trainer consultations for new members, so take advantage of

- these opportunities when they're offered. If you plan to work out at home, ask a friend with weightlifting experience to show you the correct form or watch online tutorials.
- Begin with light weight. Beginners should avoid reaching for the heaviest dumbbells on the rack. Mastering form is vital at the beginning stages of a new strength training program, so go for lighter weights and gradually add weight as your body acclimates. If you find yourself completing a set without much effort, you can add a little more weight. But start with light weight and build from there.
- Warm up with some light cardio prior to lifting

any weight. The fitness experts at Gold's Gym note that some light warmup prior to a strength training workout increases range of motion, decreases injury risk and contributes to more permanent change in muscles. Keep warmup sessions to between five and 10 minutes, opting for anything from a low-intensity jog on a treadmill or session on an elliptical. After warming up, perform some stretches that target the muscles you'll be focusing on during your workout. A trainer or online tutorial can be good sources of stretches to perform before working out a particular muscle group.

- Recognize the need for recovery. Rest and recovery is vital for any athlete, and that includes strength training beginners who are not yet lifting a lot of weight. Rest helps to build lean muscle tissue and prevents injuries. When planning a strength training regimen, ensure muscles get adequate rest by never working out the same muscle groups on consecutive days.

Strength training beginners should take things slowly and gradually change their routines as their bodies become more acclimated to exercises designed to make them stronger.

Answering questions about added sugars

By Special to The Express

Thanks to the internet, the average consumer now has access to more information than ever before. In the days before the internet, trust factored heavily into the consumer-business relationship. Though trust still has a place in that relationship, consumers can now access product reviews on seemingly anything, removing much of the risk associated with buying a product or service. However, many consumers are not making the most of that access, particularly when it comes to buying food.

When buying food, individuals can rely on product labels to determine nutritional value. A quick glance at food labels reveals the amounts of various ingredients, including sodium and fiber, that are present in a given product. Customers may know to check for sodium content, but added sugars have long slipped under the radar. That's unfortunate, as high amounts of added sugars pose a significant threat to consumers' overall health.

What are added sugars? The Mayo Clinic notes that added sugars are the syrups and sugars that are added to foods during processing. What distinguishes sugar from added sugars?

Many foods, including fruits and vegetables, naturally contain sugar, but there's a difference between natural sugars and added sugars. Natural sugars, like those found in fruits and vegetables, contain calories and nutrients, while added sugars contain all the calories without the nutritional value.

So why is sugar added to foods and beverages?

Manufacturers add sugars for many reasons. According to the Mayo Clinic, added sugars can provide additional flavor, serve as a preservative or a bulking agent, and balance the acidity of certain foods, such as those that contain vinegar and tomatoes.

If added sugars are so commonplace, how harmful can they be?

The Centers for Disease Control and Prevention notes that overconsumption of added sugars can contribute to an assortment of health problems, including obesity, type 2 diabetes and heart disease. That's especially troubling when considering just how much added sugars the average person consumes. The U.S. Departments of Agriculture and Health and Human Services update their Dietary Guidelines for Americans at least once every five years. In 2020, those guidelines recommended that individuals over the age of two limit their added sugar consumption

to less than 10 percent of their calories per day, and that children two and under consume no added sugars. For individuals two and older, that translates to no more than 12 teaspoons of added sugars each day. The American Heart Association is even more cautious, urging women to consume no more than six teaspoons of added sugars per day while recommending that men limit their intake to nine or fewer teaspoons per day. Unfortunately, data from the USDA released in 2020 indicates that the average male between the ages of two and 19 consumed 18 teaspoons per day, while the average female in that age group consumed 15 teaspoons per day (adults age 20 and over consumed roughly the same amount of added sugars each day as young people).

What can consumers do to avoid overconsumption of added sugars?

The easiest thing to do to limit added sugar intake is to read product labels and avoid products with especially high amounts of added sugars. Such products may include beverages like fruit juice, soda or sports drinks; certain breakfast cereals; and baked goods and desserts like cookies, pie and ice cream.

Added sugars pose a significant threat to public health. But informed consumers can do much to eliminate this threat entirely.

Foods that will push you past the post-lunch slump

By Special to The Express

Lunch is a welcome respite in the middle of the day. Lunch is coveted because it provides a break from work and a chance to sit down and refuel the body until dinnertime.

Feelings of fatigue after eating a "hearty" lunch are not uncommon. Kim Yawitz, LD, a registered dietitian/nutritionist in Missouri, says it's natural to get a little tired in the afternoon due to circadian rhythms and the release of melatonin between the hours of 1 p.m. and 3 p.m. But choosing the wrong foods at lunchtime may exacerbate afternoon fatigue, compromise an individual's ability to concentrate and even result in hunger pangs. According to nutrition experts, certain food combinations at lunch can satisfy cravings and keep anyone energized through the commute home.

- Grain bowls: Complex carbohydrates

tend to be high in energizing B vitamins and whole grains will keep you feeling fuller longer due to their high fiber content. Look for complex, protein-rich grains, such as quinoa, farro or brown rice. Balance the grain with plenty of vegetables.

- Salads with nuts: Salads are a go-to healthy lunch provided they're not covered with fatty dressings or cheeses. Add chopped nuts to salads for added texture, protein and nutrition to fill you up and provide energy.

- Smoothies: Smoothies aren't just breakfast fare. They're delicious and nutritious any time of the day. You can add high-protein items, including plant-based protein powders or ground chickpeas and kale, to smoothies for an additional energy boost.

- Crackers and hummus: Purchase whole-grain crackers or ones made from almond flour for added nutrition and pair them with a healthy

hummus dip. Hummus usually is made with chickpeas, garlic, tahini (ground sesame seed paste), and olive oil. It provides healthy protein and fat sources to keep you satiated.

- Overnight oats: Create a lunchtime or snack parfait using an overnight oats recipe. According to the Food Network, overnight oats are made by mixing old fashioned oats, milk (dairy or nut milk), yogurt, and other add-ins and letting the ingredients sit and thicken for at least five hours or even overnight. Change the flavor profile by experimenting with nuts (or nut butters), fruits and spices. This nutrient-dense meal will provide plenty of energy without bogging you down.

When dining out for lunch, fill up on vegetables, whole grains and lean protein, such as a quality white fish like wild cod. Starchy, cheesy and fast foods can contribute to fatigue that compromises afternoon productivity.

Analysis: Unvaccinated Djokovic’s pursuit of Nadal on hold

By THE ASSOCIATED PRESS

WIMBLEDON, England — Fresh off a seventh Wimbledon championship, which gave him his 21st Grand Slam title — one ahead of Roger Federer, one behind Rafael Nadal — Novak Djokovic is headed off to vacation. What’s unclear is exactly how long a break he will take.

And when he will be able to resume his pursuit of the major trophies he figures, correctly, that fans, and history, value the most.

The next Slam tournament is the U.S. Open, and as of now, Djokovic can’t participate because he is not inoculated against COVID-19.

“I would really,” he said, “love to go there.”

As an unvaccinated foreigner, though, he can’t enter the United States. He tried to get around coronavirus-related rules at the Australian Open in January via a tournament-backed exemption, ended up in court and in detention, and eventually had his visa revoked and was deported from that country — which all could hamper efforts to return there in 2023.

So it’s truly hard to know what’s next for Djokovic. It is certainly an unusual sort of limbo.

This is all up to him, of course, and he has steadfastly insisted — and insisted again Sunday after beating Nick Kyrgios 4-6, 6-3, 6-4, 7-6 (3) on Sunday at the All England Club — “I’m not planning to get vaccinated.”

There is no doubt that he already has accomplished more



Serbia’s Novak Djokovic kisses the trophy as he celebrates after beating Australia’s Nick Kyrgios to win the final of the men’s singles on day fourteen of the Wimbledon tennis championships in London, Sunday, July 10, 2022. AP PHOTO/KIRSTY WIGGLESWORTH

than enough to burnish his resume, reputation and standing in the pantheon of tennis. That’s why, for example, the 35-year-old Serb is not too fussed about no longer being No. 1 (he already broke Federer’s record for the most weeks atop the ATP) or about sliding to No. 7 in Monday’s rankings despite a fourth triumph in a row at the All England Club.

These are unusual times, to say the least, and as of this week, Djokovic loses the 2,000 points he accrued for winning the 2021 title at Wimbledon, while simultaneously gaining zero points for winning the 2022 title, a result of the WTA and

ATP tours withholding all ranking points in response to the ban on athletes from Russia and Belarus over the war in Ukraine.

So No. 1-ranked Daniil Medvedev, the Russian who beat Djokovic in last year’s U.S. Open final to end his bid for the first calendar-year Grand Slam by a man since 1969, was not allowed to be at the All England Club. And now it seems Djokovic will not be allowed to be at Flushing Meadows, where play begins on Aug. 29.

Federer, who hasn’t played in a year and slid out of the rankings entirely Monday, won’t be at the U.S. Open. Nadal’s status is uncertain after

he pulled out of Wimbledon with a torn abdominal muscle.

The saga in Melbourne six months ago took a toll on Djokovic. He said so. As did his coach, Goran Ivanisevic.

“This was a huge thing, what happened to him,” Ivanisevic said. “We all expected (to hear) from him after a couple of weeks: ‘OK, forget about Australia. Let’s go back and practice.’”

That’s not how it went. Instead, Ivanisevic recalled, “It took a long time.”

Djokovic said the whole episode “affected me, definitely, in the first several months of the year. I was not feeling great, generally. I mean, mentally, emotion-

ally, I was not at a good place.”

Did Ivanisevic, who won Wimbledon in 2001, worry about lingering effects on Djokovic’s ability to be at his best, to win the biggest events?

“No. People like him, you don’t doubt,” Ivanisevic said. “He’s a great champion.”

After eventually putting Australia behind him, Djokovic also needed to set aside a French Open quarterfinal loss to Nadal. If Djokovic’s play was not perfect throughout Wimbledon, his fortitude was, with comeback wins in each of his last three matches.

“He’s so composed,” Kyrgios said. “You can’t seem to rattle him.”

Djokovic is the second-oldest man to claim a singles championship at Wimbledon in the professional era, which dates to 1968. He’s now got nine major titles since turning 30, one more than Nadal for the most in that span.

After a career spent chasing Federer in the Slam standings, Djokovic now has surpassed him.

He would like to surpass Nadal, too, something that might take longer if Djokovic won’t make himself eligible for every major event.

Not that he sounds anything at all like someone thinking about retiring.

“I don’t feel I’m in a rush, really anywhere, to end my career in a year’s time or two years’ time or whatever it is. Just, I’m not thinking about it,” Djokovic said. “I want to keep my body healthy ‘cause that’s obviously necessary in order to keep going at this level.”

St. Andrews still packs appeal and a test through centuries

By THE ASSOCIATED PRESS

ST. ANDREWS, Scotland — Jack Nicklaus posed atop the Swilcan Bridge, birdied the last hole he ever played in a major championship and had no intention of ever returning to St. Andrews, not wanting anything to dilute from such a powerful ending to an incomparable career.

That was 17 years ago. And those plans changed when St. Andrews wanted to make Nicklaus an honorary citizen on occasion of the 150th British Open. The only other Americans given that distinction were Bobby Jones and Benjamin Franklin.

It was the first time Nicklaus has been to the Old Course without golf clubs, and his appreciation only seemed to deepen.

“When I came here in 1964, I couldn’t believe that St Andrews was a golf course that would still test golfers of that time,” he said Monday. “It still tests the golfers at this time. It’s a magical golf course. ... And to believe the game of golf essentially started here, it just absolutely is mind-boggling to me that it still stands up to the golfers of today.”

That’s still to be determined.

The Old Course always feels a little older when it’s crusty and firm, yellow and wispy, when the quality of a shot isn’t measure until it hits the ground and starts bouncing along.

But without much wind in the forecast, and with the increasing talent of today’s game, few courses are more vulnerable to low scoring. The par is 72 with only two par 5s, one on each nine. But there are a few par 4s reachable from the tee without strong wind.

U.S. Open champion Matt Fitzpatrick was a junior tournament winner at St. Andrews. Most recently his experience has been at the Dunhill Links Championship on the European tour in early October when the sky is gray and heavy and the turf is soft and green.



Former British Open champion Mark Calcavecchica of the United States plays a shot on the first hole during a ‘Champions round’ as preparations continue for the British Open golf championship on the Old Course at St. Andrews, Scotland, Monday July 11, 2022. AP PHOTO/PETER MORRISON

“I think with it being firm and par 4s more gettable, it could be a low one as well, weather permitting,” Fitzpatrick said.

Tiger Woods was back on the Old Course on Monday morning for nine holes, keeping up with an unusually busy schedule given the state of his battered right leg. He walked the course with a wedge and putter on Saturday into night and played 18 holes on Sunday. Woods also had the “Celebration of Champions,” a four-hole loop with other R&A champions through the years.

He is a two-time champion at St. Andrews, aware this might be the last time the 46-year-old plays an Open at the home of golf, at least at a high level. He first played in 1995 as an amateur.

So many others are getting to the course. That includes Collin Morikawa, who won in his first test of true links last year at Royal St. George’s.

“Most courses by the second time I see it, I feel like I have a good grasp,” Morikawa said. “This course takes a little extra learning and memorization because there are so many blind shots and you’re aiming at so many towers, it just kind of meshes into one. There are so many greens that are double greens and big greens that you forget the little slopes, but that’s what you can’t do.”

There are seven double greens. The 18th hole is a par 4 that players can reach off the tee. The 17th hole requires a tee shot over the corner of a hotel and has a road behind it.

It’s been that way forever, or seems that way.

Morikawa was most mystified by the 351-yard 12th hole, short but deceptive because of four bunkers hidden from the tee.

“I have no idea what to do,” Morikawa said. “I don’t know what I’m going to do. I could tell you 15 different ways to play it, and all could be wrong.”

The Old Course isn’t the only thing new to Morikawa. He had his first experience of Open ceremony when he handed back the silver claret jug to Martin Slumbers, the chief executive of the R&A. It wasn’t anything he found particularly enjoyable. Champions get a replica. They have to return the real thing.

“I woke up this morning and looked at it. The replica is beautiful, but it’s not the same. It really isn’t. It will never be,” Morikawa said. “But I don’t want to dwell on the past. I always look forward to what’s next. Maybe, hopefully, just giving it back kind of frees me up and allows me just to focus on winning this week.”

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Chase Elliott (9) reacts in Victory Lane after winning the NASCAR Cup Series auto race at Atlanta Motor Speedway, Sunday, July 10, 2022, in Hampton, Ga. AP PHOTO/JOHN BAZEMORE

In wild NASCAR year, Elliott is steady as a rock

By THE ASSOCIATED PRESS

HAMPTON, Ga. — Sure, it’s been a wild NASCAR Cup season, with seemingly everyone in the field capable of taking the checkered flag.

Through all the chaos, one driver has emerged as the clear favorite.

Chase Elliott is the guy everyone else is chasing.

The 26-year-old became the first three-time winner in the Cup series with a thrilling victory at his home track Sunday, making a timely block on the final lap to fend off Corey LaJoie’s bid to become the most unlikely winner yet in a year filled with surprises.

Elliott checked off another box on his increasingly impressive resume with the win at Atlanta Motor Speedway, joining his father Bill as the only Georgia-born drivers to take first at the historic track.

That made for a raucous celebration in front of the main grandstand, where Elliott celebrated with a crowd that cheered every move by the No. 9 Chevrolet.

But setting emotions aside, it was another masterful performance by NASCAR’s steadiest driver — the kind that have become the norm rather than the exception.

“I just saw a look in his eye all day,” said four-time Cup champion Jeff Gordon, now the vice chairman of Hendrick Motorsports. “You could hear it in his voice over the radio.

He was just very focused and determined.”

Elliott won the first two stages of the Atlanta race. He led 96 of the 260 laps, more than twice as many as anyone else on the treacherous, high-banked track. And at the end, after surging by LaJoie with just under two laps to go and taking the white flag still out front, he aggressively slid up the track going into Turn 1 to prevent LaJoie from pulling off the same move.

LaJoie, with only one top-five finish in his career, stayed on the gas, ran out of room and smacked the wall. Elliott sped away unscathed, his victory assured as soon as the yellow flag came out.

“Just a lot of motivation behind it and confidence coming into it,” Gordon said. “And now the confidence is only going to build along with the team. That’s a great combination to have at this point in the season.”

Elliott was a bit apologetic about his closing move, but LaJoie had no complaints.

It was just good, hard racing — and Elliott is as good as anyone in that department.

“I hate to throw a megablock like that,” he said. “But, heck, we’re on the last lap. ... The guy is coming with a massive run. Am I taking a chance of crashing when I threw it up in front of him? Absolutely. But I didn’t think I was going to get another shot at him if I let him grab the lead right there.”

See **NASCAR**, Page A7



This drone photo shows Heinz Field in Pittsburgh, Monday, July 11, 2022. The naming rights for the stadium have been awarded to Acrisure, a Grand Rapids, Mich.-based insurance company with ties to Pittsburgh Steelers minority owner Thomas Tull. AP PHOTO/GENE J. PUSKAR

Heinz out, Acrisure in as Steelers’ stadium sponsor

By THE ASSOCIATED PRESS

PITTSBURGH — The Pittsburgh Steelers have run out of Heinz. And they’re not running to the store to grab more.

The Steelers announced Monday that the organization has ended its longtime partnership with the formerly Pittsburgh-based food company, which had served as the title sponsor for the NFL franchise’s home stadium on the city’s North Shore since it opened in 2001.

The 68,400-seat venue will be known as Acrisure Stadium after the Steelers reached a 15-year sponsorship agreement with the Michigan-based financial tech company. Financial details were not disclosed.

“Acrisure provided us with an opportunity to ensure our stadium continues to be a valuable asset for our fans as well as keeping up with the market value of NFL

stadiums,” Steelers president Art Rooney II said in a statement.

Heinz initially signed a 20-year sponsorship agreement with the Steelers that was scheduled to end after the 2020 season. The two sides came to terms on a one-year extension that ran through 2021 but Heinz opted not to pursue a new deal.

Sports Business Journal reported in 2019 that Heinz’s time as the stadium’s sponsor was running out, primarily because the company — which dates back to Western Pennsylvania in the late 1860s — was acquired by Kraft in 2015 and moved most of its business offices to Chicago.

The Steelers moved from Three Rivers Stadium to Heinz Field in time for the 2001 season. The venue next to the confluence of the Allegheny, Monongahela and Ohio Rivers also serves as the home of the University of Pittsburgh football team.

Spain’s running of the bulls: 3 people gored at San Fermín

By THE ASSOCIATED PRESS

PAMPLONA, Spain — A tense fifth bull run at Pamplona’s San Fermín Festival on Monday left three people gored, including one American, and three others with bruises, the Navarra regional government said.

It was the first run with gorings in the festival so far this year. There are three more daily runs before the festival ends Thursday.

The regional government said a 25-year-old runner from Sunrise, Florida, was gored in the calf in the bullring. The other two gored were Spaniards, one in the ring and one on the street. None was in serious condition.

Earlier festival organizers had said erroneously that the foreigner gored in the ring was Australian.

Three other runners, all Spaniards, were treated for injuries sustained in falls during the run.



Runners fall during the running of the bulls at the San Fermín Festival in Pamplona, northern Spain, Monday, July 11, 2022. AP PHOTO/ALVARO BARRIENTOS

Television images showed one bull repeatedly tossing and butting one runner against the wooden barriers on the edge of the ring and then goring another in the back of the leg.

The spectacle lasted just over three minutes as hundreds of runners, mostly men, ran frantically ahead and alongside six fighting bulls as they charged through the cobblestone streets of this northern city. The run finishes at Pamplona’s bullring, where later in the day the bulls

are killed by professional bullfighters.

Tens of thousands of visitors come to the Pamplona festival, which was featured in Ernest Hemingway’s 1926 novel “The Sun Also Rises.” The adrenaline rush of the morning bull run is followed by partying throughout the day and night.

Eight people were gored in 2019, the last festival before a two-year hiatus because of the COVID-19 pandemic. Sixteen people have died in Pamplona’s bull runs since 1910, with the last death in 2009.

GOLF

Continued from Page A6

What kind of score will that take? It depends on the weather, another links tradition. It’s why John Daly would win in a playoff at St. Andrews after finishing at 6-under par, and why Woods could win the next time at 18-under par.

Nicklaus devotes most of his time to golf course design, and he has been railing against technology, particularly the golf ball, for allowing the game to get out of hand.

He still believes the Old Course can hold its own. And if there is a record score this week?

“So what? That’s sort of the way I look at it,” Nicklaus said. “They’re shooting low now compared to what they shot 100 years ago. But times change and golfers get better, equipment gets better, conditions get better.

“But I don’t think it really makes a whole lot of difference, frankly,” he said. “It’s St Andrews and it is what it is, and it will produce a good champion. It always has.”

NASCAR

Continued from Page A6

In addition to his wins at Dover, Nashville and Atlanta, Elliott has a runner-up finish at Road America, a fourth-place showing at Circuit of the Americas and a fifth-place result from Darlington.

He has seven other top-10 finishes and just missed another with an 11th at Phoenix. He has only placed outside the top 20 four times in 19 races.

What makes Elliott’s performance even more impressive is that it’s come in a season with 13 different winners

Gaudreau, Kadri among players to watch in NHL free agency

By THE ASSOCIATED PRESS

The top players expected to be available in NHL free agency include an MVP candidate who might have the chance to go home and a veteran who flipped his old playoff script to become a Stanley Cup champion.

Each had a career year at the perfect time.

Calgary Flames winger Johnny Gaudreau and Colorado Avalanche center Nazem Kadri could be the richest beneficiaries in free agency when it opens Wednesday. Seven-year contracts worth up to, if not more than, \$10 million a year are possible.

That is, unless Gaudreau sticks with the Flames. “Johnny Hockey” can sign for eight years up until midnight EDT Tuesday night.

“They’re big decisions,” Calgary general manager Brad Treliving said. “They’re life decisions. If he doesn’t sign with us, he’s earned the opportunity to look at the market. That’s something he’s got to consider.”

One thing Gaudreau could consider is the lure of playing for the Philadelphia Flyers team he rooted for while growing up in Carney’s Point, New Jersey. They’d need to clear significant cap space to make room for Gaudreau, who had a career-best 40 goals, 75 assists and 115 points last season in leading Calgary to the Pacific Division title and into the second round of the playoffs.

Gaudreau, who turns 29 in August, finished fourth in voting for the Hart Trophy as the league’s most valuable player.

Kadri was one of Colorado’s most valuable performers on the way to lifting the Cup for the first time with this core led by Nathan MacKinnon, Gabriel Landeskog and Mikko Rantanen and the third time in franchise history.

Acquired three years ago after back-to-back playoff suspensions, he rebounded from another lengthy ban in the 2021 postseason to put up 87 points in the regular season and 15 more in 16 games of the Avalanche’s Cup run.

But the soon-to-be 32-year-old might be one of the odd men out, seeing as Colorado also has wingers Valeri Nichushkin and Andre Burakovsky and defensemen Josh Manson and Jack Johnson set to be unrestricted free agents.

“We know we’re not going to be able to sign everybody,” said Joe Sakic, who on Monday was promoted from general manager to president of hockey operations. “We know that. But we’ve got our priority, and then we’ll see. I think some players will test the



Calgary Flames left wing Johnny Gaudreau (13) carries the puck past Tampa Bay Lightning left wing Ondrej Palat (18) during the third period of an NHL hockey game, Jan. 11, 2018, in Tampa, Fla. Executives around the NHL expect plenty of movement before free agency opens Wednesday, July 13, 2022. Several top players including Gaudreau and Palat could still sign contracts prior to hitting the open market. AP PHOTO/CHRIS O’MEARA, FILE

market and see what’s out there for them and see if they want to come back, but time will tell.”

Here are some other interesting players who could test the market at noon EDT Wednesday:

DARCY KUEMPER

Colorado’s Cup-winning goaltender won’t be back after a trade with the New York Rangers to make Alexandar Georgiev the starter moving forward. Kuemper was solid, not spectacular, in backstopping the Avalanche to the title with a 2.57 goals-against average and .902 save percentage, though that stability could be what another high-scoring contender needs.

The 32-year-old could be a perfect fit for the Toronto Maple Leafs, another team looking to get over the hump in the playoffs with solid play in net. They already cleared cap space by trading Petr Mrazek to Chicago and are in place to spend at hockey’s most important position.

JACK CAMPBELL

Toronto’s most recent starting goalie could return or see what else is out there for a 30-year-old who has shown he can carry the load in the regular season and succeed in the playoffs.

Campbell as recently as the first round in 2021 put up a 1.81 GAA and .934 save percentage, which wasn’t enough to help Toronto advance but would be with the right amount of scoring. Connor McDavid, Leon Draisaitl and the Edmonton Oilers would be able to provide that, and Campbell is an upgrade over boom-or-bust 40-year-old Mike Smith.

EVGENI MALKIN

The Robin to Sidney Crosby’s Batman for 16 years is a superstar in his own right like Scottie Pippen was for Michael Jordan with the NBA’s Chicago Bulls in the 1990s. The big question now is whether Malkin will, at 36 years old, stay with the

Pittsburgh Penguins or bolt for a new opportunity.

Penguins GM Ron Hextall last week forecasted getting a deal done soon with defenseman Kris Letang and a day later finalized a \$36.6 million, six-year contract. In the same breath, Hextall said talks with Malkin were on a different level — further away from a sure thing.

Letang texted Malkin back after his deal was announced, saying, “I hope you get this done soon so we keep it all together.” If that doesn’t happen, one of the league’s other 31 teams will get a difference-maker who’s still a point-a-game performer.

JOHN KLINGBERG

In a free agent class deep up front and shallow on the blue line, Klingberg is by far the best defenseman available.

The Dallas Stars knew before the trade deadline it would be difficult, if not impossible, to re-sign Klingberg before free agency starts. As recently as last week, GM Jim Nill acknowledged the soon-to-be 30-year-old Swede will talk to other teams as each side assesses what’s best moving forward.

Klingberg is a highly coveted right-shot defender who can run a power play and skate big minutes. Dougie Hamilton’s \$63 million, seven-year deal signed a year ago with the New Jersey Devils is a good comparison.

CLAUDE GIROUX

The longtime Philadelphia Flyers captain who joined the Florida Panthers at the deadline helped them reach the second round of the playoffs, but the Presidents’ Trophy winners were then swept in the second round by the Tampa Bay Lightning. Giroux hand-picked Florida as his destination because of the no-movement clause in his contract, and he could return even if nothing is signed before Wednesday.

already, including five drivers claiming their first career victory.

“There have been a lot of winners,” Kurt Busch said, “but Chase Elliott has been that consistent rock.”

With a comfortable lead in the point standings and a playoff spot all locked up, Elliott surely has his sights on a second Cup championship to add to the one he captured in 2020.

But crew chief Alan Gustafson said it’s far too soon to start looking ahead. There’s still seven races to go in the regular season, beginning with next weekend’s event on the 1.058-mile oval at Loudon.

“A lot of things can happen,” Gustafson said. “Just focus on trying to improve. There’s still things we can do better.”

Elliott has never won at New Hampshire Motor Speedway, managing one top-five showing in eight Cup appearances.

Of course, the Dawsonville native had a similar record on his home track before Sunday’s victory.

Sporting a mustache that appears modeled after Atlanta Braves rookie pitcher Spencer Strider, Elliott hopes to carry on what’s been a winning run for sports in his home state.

The Braves are the reigning World Series champions. The Georgia Bulldogs won college

football’s national title in January.

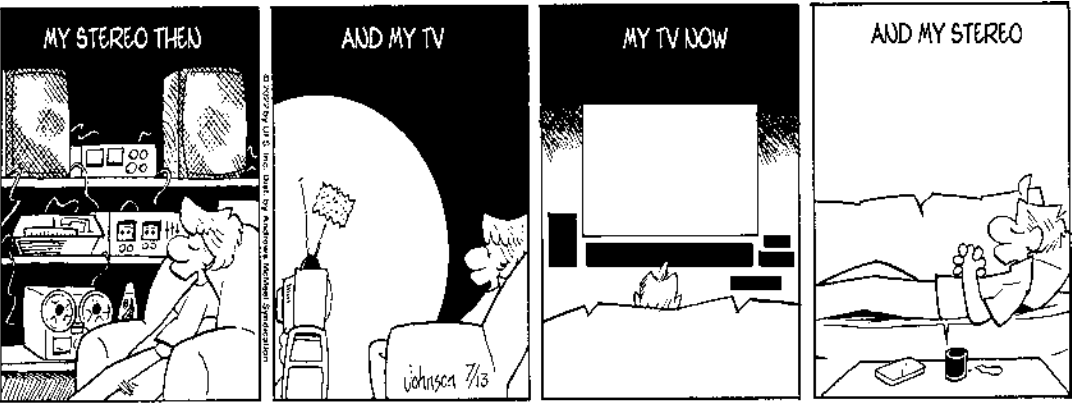
A few weeks ago, Elliott made a promotional appearance in Atlanta with both teams’ championship trophies, along with the Cup he won two years ago.

“The way the fans, the way the Atlanta Braves organization and the University of Georgia have all just kept me as part of the family is really special and meaningful to me,” Elliott said. “Ultimately, I’m just a fan of them. I’ve grown up watching them. I think it was really cool to include me and my team.”

Actually, he fits right in.

Who knows? Elliott may have another trophy to display before the year is done.

ARLO AND JANIS



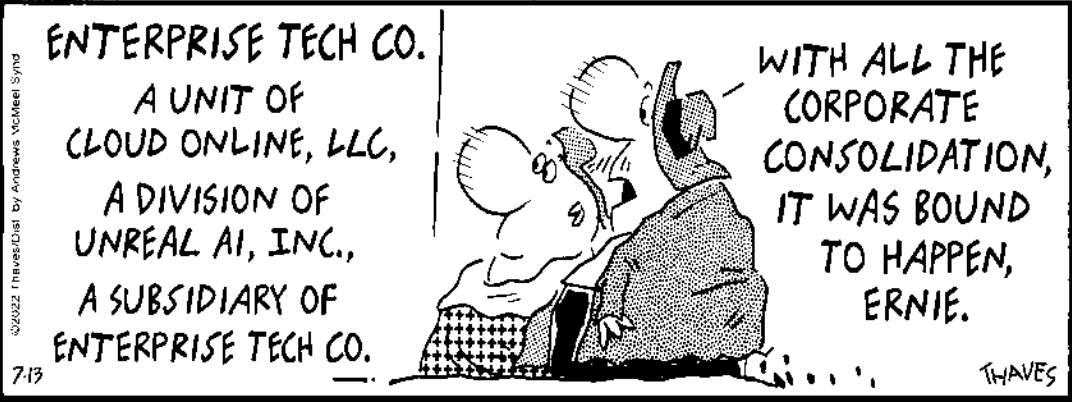
BIG NATE



THE BORN LOSER



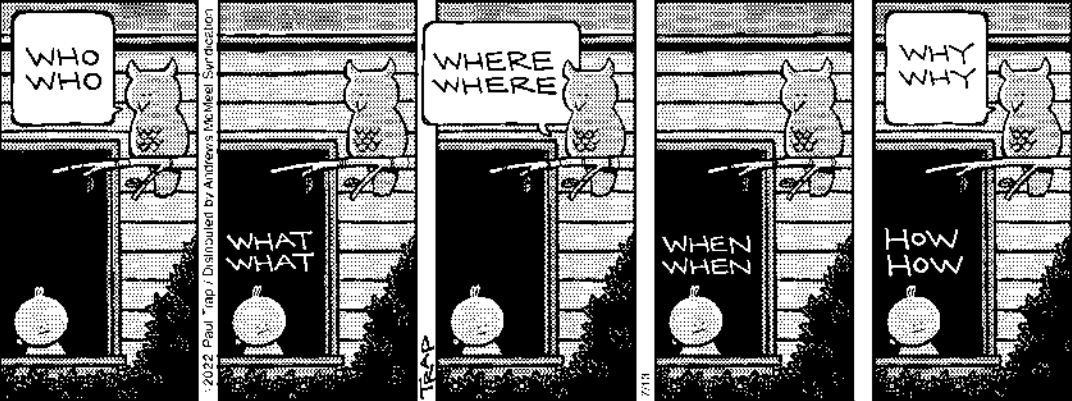
FRANK AND ERNEST



MONTY



THAT A BABY



SUDOKU

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

PREVIOUS ANSWER

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

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

CROSSWORD

ACROSS

1 Visitor from Melmac

4 Camp-ground initials

7 Result

10 Chimney's place

12 DEA operative

14 Formal vote

15 Mr. Sikorsky

16 Allergic reaction

17 NBA official

18 Astrology chart

20 Ward off

22 Torah holder

23 Pet shop sound

24 Morning sounder

27 Bahamas' capital

30 Dallas hoopsters

31 Grape plant

32 SAS competitor

34 Paid performer

35 Pete Seeger's genre

36 Movie

37 For some time

39 Dull and unoriginal

40 Motel amenity

41 Space to proceed

42 Egg beater

45 Talisman

49 — Wieder-sehen

50 Fuzz

53 Place to store grain

54 1040 agcy.

55 Buffalo's lake

56 Sheikh colleague

57 "Alice" waitress

58 Showery mo.

59 Baseball club

DOWN

1 Border st.

2 Company emblem

3 Gourmet's interest

4 NBA player

5 Horse's morsel

6 Electric bridge

7 Bronte heroine

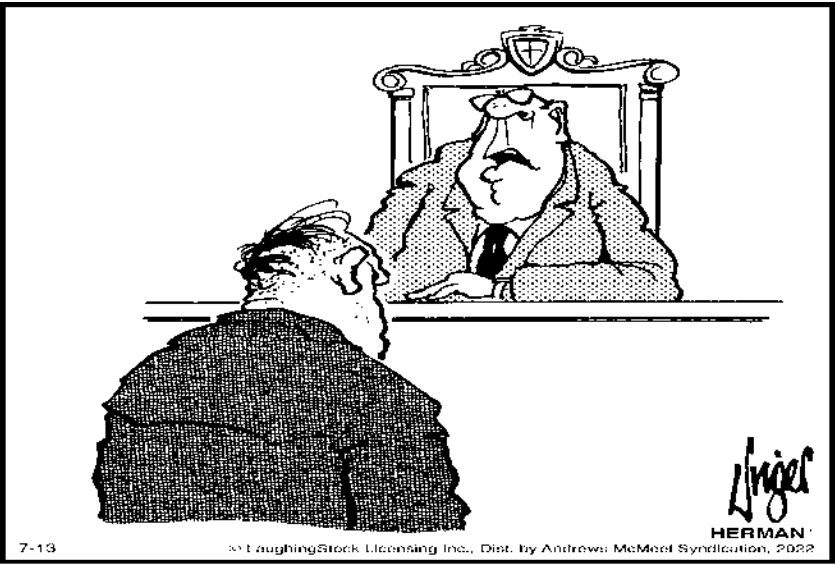
Answer to Previous Puzzle

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

1	2	3			4	5	6			7	8	9
10			11		12			13		14		
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			40				41					
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49				50	51	52			53			
54				55					56			
57					58					59		

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HERMAN



"I'm not sending you to prison for attempted robbery. I'm going to give you a second chance."

ASTROGRAPH BY EUGENIA LAST

Watch your intake. Choose quality over quantity this year, and you'll be happy with what unfolds. Declutter your life. Embrace transformation and encourage flexibility. Write your own story and live life your way. Walk away from temptation, gluttony and toxic connections. Seize the moment and discover what makes you happy.

CANCER (June 21-July 22) -- Don't settle for less or take on too much. Evaluate your position and what others expect, and you'll come up with a rational alternative. Set boundaries, limit your spending and keep a cool head.

LEO (July 23-Aug. 22) -- Distance yourself from unreliable people. Consider what you want, then look at the best way to reach your target. Doing things for yourself will promote discipline and help you get the best results.

VIRGO (Aug. 23-Sept. 22) -- You'll be open to suggestions and will get the support and help you require to fulfill your needs. Be creative with investments, contracts and how you handle health concerns.

LIBRA (Sept. 23-Oct. 23) -- Make a point to study the broader view of whatever situation you face before narrowing things down. Say less and do more to avoid any potential issues. Be true to yourself.

SCORPIO (Oct. 24-Nov. 22) -- Take charge before someone tries to beat you to it. If change is required, start doing what's necessary to get to where you want to go. Speak up, and take a firm hand with meddlers.

SAGITTARIUS (Nov. 23-Dec. 21) -- Set your sights on what you want, and don't stop until you are satisfied with what transpires. Set partnership

rules and keep communication flowing. Cool heads will be required.

CAPRICORN (Dec. 22-Jan. 19) -- Be a good listener, and you'll know exactly how to have an impact on others. A change at home will help bring you closer to your desired lifestyle. Pay attention to your work/life balance.

AQUARIUS (Jan. 20-Feb. 19) -- Observation will reveal what's going on around you. Bide your time, watch for signs and symbols, and make plans geared toward better health and happiness. Express your feelings and intentions.

PISCES (Feb. 20-March 20) -- Offer help, and you'll receive the same in return. Associate with people who share your concerns. Take the initiative to come up with and present a unique way to make improvements. Trust your gut.

ARIES (March 21-April 19) -- Tread carefully. Not everyone will be on your side. Be aware of insincere gestures. Don't react to something without sufficient evidence; take a moment to discover the truth firsthand.

TAURUS (April 20-May 20) -- A passionate path will take you where you want to go. It's OK to veer off in a direction that adds to your journey's flavor. Explore and discover, but also know when to say no. Follow your heart.

GEMINI (May 21-June 20) -- First, take care of money, contracts and medical issues. Set priorities that help support your efforts. A sustainable lifestyle will highlight your best traits. Be open, honest and reliable.

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