

KIRKSVILLE Daily Express

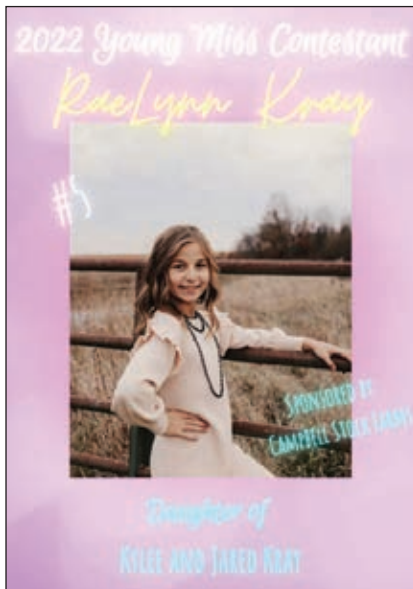
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WEDNESDAY

JULY 20, 2022 | \$2



2022 NEMO Fair Queen is Jayden Tiberi and along with her title she received \$1,000 scholarship to further her education at Central Methodist this fall.



2022 NEMO Fair Young Miss is Raelynn Kray



2022 NEMO Fair Teen Miss is Bella Baker

NEMO Fair Pageant winners

By NEMO Fair Queen Committee

The NEMO Fair Queens Pageant was held on Sunday, July 17 at the fairgrounds. Following is a list of the 2022 Nemo Fair Queens:

2022 NEMO Fair Young Miss is Raelynn Kray

2022 NEMO Fair Teen Miss is Bella Baker

1st Runner up in the Queen division went to Miss Sierra Snyder and along with her title she received \$275 scholarship to further her education this fall at Truman State.

2022 NEMO Fair Queen is Jayden Tiberi and along with her title she received \$1,000 scholarship to further her education at Central Methodist this fall.

Young Miss Congeniality went to Anslee VanSickel

Teen Miss Congeniality went to Kennedy Parrish



2022 Nemo Fair Young Miss went to Raelynn Kray

Queen Miss Congeniality went to Amanda Thies

Crowd Favorite and 5 point in the Young Division was awarded to Kylee Claybrook

Crowd Favorite and 5 point in the Teen Division was awarded to Dayton Hudson

Crowd Favorite and 5 point in the Queen Division was awarded to Brooklyn Couch

Credit to the Nemo Fair Queen Committee: MaryLue Bell, Charmaine Bunch, Brenda & Molly West, Shelly, Amber & Rebecca Story & Cortney Diggins.



Baby & Kid show over all winners were Noah Grgurich and Sadie Morris. Divisions ranged for 0-3 months all the way to 7-8 year olds. They had 16 contestants for the 1-2 year old range. 2020 was a busy year.



Miss Congenialities for Young, Teen & Queen went to Anslee VanSickle, Kennedy Parrish and Amanda Thies.



The Queens.



Teen Miss contestants in order of picture: Aislyn Bender, Bella Baker, Dayton Hudson, Kara Bulen, Kennedy Parish



Queens in order: Elizabeth Moots past queen 2021, Amanda Thies, Jaydyn Tiberi, Brooklynn Couch, Sierra Snyder the 2022 1st runner up.



Past Queens Elizabeth Moots Teen Miss Destiny Collins, young Miss Hali Jones and Emcee Ela Kellison.

Chariton Valley Association, Inc. announces pending change in leadership

By Press Release

Terry Combs, long-standing chief executive officer of Chariton Valley Association, Inc. (CVA), recently announced his decision to accept a new job opportunity, after nearly 26 years of dedicated service to the organization. Combs has begun his transition to the role of Chief Business Development Officer for Center for Human Services (CHS), which is based in Sedalia, Mo.

Combs offered that making the decision to leave CVA, the people they serve, their families and guardians, the staff, contractors, board of directors, and other partners was very difficult.

“While I am very excited about my new opportunity with CHS, CVA will always hold a special place in my heart,” he said. “Additionally, I am proud of what CVA has been able to accomplish during my tenure and I am confident that I am leaving the organization even better than when I found it, with strong leadership, an assorted portfolio of quality services, and good fiscal health.”



Terry Combs

The Chariton Valley Board of Directors is currently evaluating suitable non-profit partner organizations to determine whether or not a merger with another organization might offer even greater opportunities for the individuals in services and the staff of the organization. However, they have not completely ruled out recruiting a new chief executive officer for the organization.

“Losing an established, and experienced, leader, like Terry, is very difficult for any organization and CVA is no exception”, said Larry Burton, president of the Board. “Nevertheless, the CVA Board of Directors, and the executive team

See **COMBS**, Page A2

OATS Transit is open for regular transit service

By OATS Transit

OATS Transit is open for regular transit service. Call the OATS Transit office at 660-415-0901 or 800-654-6287 to schedule a ride or find out about service in your area. You can also visit the website at www.oatstransit.org and click on your county under the tab “Bus Schedules” to view the

local schedule. OATS Transit is available to the rural general public of any age, seniors, and individuals with disabilities; buses are ADA accessible to accommodate mobility devices. They also contract with a number of agencies to serve their clients. If you are looking for a career in driving, check out the openings on their website.

Kirksville City Council updated on ‘Zombie’ subdivisions

By Marty Bachman
Daily Express

The Kirksville City Council, at their July 11 study session, received an update on non-developed (zombie) subdivisions within the city that were approved, yet remain undeveloped after five years following their approval by the council. City Planner Mary Turner said in a staff report, that while a process exists in the municipal code to address non-developed

subdivisions, to the knowledge of city staff, at no point has this process been utilized.

Turner told the council that she had given an update on the subject roughly a year ago when they started the process of looking at all of the subdivisions they have and seeing if they were ever developed and what different parts may or may not have been developed.

She said that it was also discussed at a study session in March and that since then

they have met with the city attorney and that the next step would be to send out letters. She said that city officials are focused on subdivisions approved after February 1989 as there is a different process for dealing with those then developments approved prior.

“So we’re focusing on the ones that were approved since then because we’re hoping that they might still have the same owner or the owner might be alive, that kind of thing,” she

said. “We are we’re planning to move forward with specifically those which there’s, I think about six or seven of those.”

She said that they just received the draft language for the letter last week so they will review them and get them sent.

City Manager Mari Macomber said that it was important for the council to be aware of the campaign as they may get questions from property owners who receive a letter. She said that the city

was following the code and determining if the “outstanding infrastructure” was being implemented and/or corrected.

Mayor Zac Burden said that it wasn’t just about bringing developers into compliance but bringing them into compliance with what other developers at the same time had to complete.

“It’s not asking him to do anything extra but asking him to do what every other developer was doing at that time as well,” Burden said.

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OBITUARIES INSIDE

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Martha Jane (Cross) Ogle, 88



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Volume 121, No. 55

Elizabeth Anderson speaks to Kirksville Kiwanis Club

By Kirksville Kiwanis Club

The Kirksville Kiwanis Club welcomed Elizabeth Anderson to speak at their July 14 meeting. Anderson is the director of the city of Kirksville's Parks

and Recreation Department's upcoming production of "Something Rotten!" To learn more, visit parks.kirksvillecity.com! Pictured are Kirksville Kiwanis Club President Jim O'Donnell (left) and Anderson.



Dryness intensifies across Missouri: Missourians encouraged to submit drought reports

By MU Extension News

COLUMBIA, Mo. — Dry conditions continue to intensify across Missouri, especially the southern half of the state, according to the June 30 U.S. Drought Monitor map. "June was overall a hotter-than-average-month for Missouri, averaging about 2 degrees above normal, and it was also a dry month for most locations," said Pat Guinan, University of Missouri Extension state climatologist. Parts of central and southern Missouri have received less than 0.50 inches of rain since early June. Impacts are notable, with brown lawns and stressed crops, gardens and pastures, Guinan said. Pond levels are also dropping with little rainfall and high evaporation rates. Without significant and widespread rainfalls, conditions will continue to quickly deteriorate, especially with extreme heat forecast to return, he said. While rain over the Fourth of July weekend would disrupt holiday plans, Guinan hopes the predicted precipitation materializes. "Because it's so dry, we'll take it whenever we can get it," he said. The public is invited to submit information to help local, state and national decision-makers assess drought conditions and

impacts in Missouri, Guinan said. You may submit information about conditions in your area to a national survey called Condition Monitoring Observer Reports (CMOR). Go to go.unl.edu/CMOR_drought to submit a report. The survey is for reporting conditions and impacts within the U.S. and its territories. You can directly access the CMOR map at Drought Condition Monitoring Observations and Reports 2022. "The survey and map will be helpful when it comes to assessing drought conditions and compiling impact reports at the local, county and state level," Guinan said. The survey also lets users submit information on extreme conditions and everything in between, from severely dry to severely wet. Input from Missourians helps decision-makers gain a more complete portrayal of drought and flood conditions affecting the Show-Me State, he said. A related resource is the U.S. Drought Monitor (droughtmonitor.unl.edu), a weekly map showing the location and intensity of drought in the U.S. The map is primarily based on objective measurements such as climatic, hydrologic and soil conditions, as well as reported impacts and observations

from hundreds of contributors across the country, Guinan said. Drought Monitor authors assess data and impact information and use their best judgment to create the weekly drought map, he said. Drought reports from the survey are available to the public and archived for future use. "I encourage your participation," Guinan said. "Nobody knows a drought and its impacts better than a person living in the affected area. Your local input and expertise are valued and provide additional information on how drought affects your area." Contributors can upload image files less than 10 MB in size. "Pictures are extremely helpful," Guinan said. "When it comes to assessing drought at the local level, a picture is worth a thousand words." The survey was developed by the National Drought Mitigation Center, based at the University of Nebraska, in partnership with the National Integrated Drought Information System. For more than 100 years, University of Missouri Extension has extended university-based knowledge beyond the campus into all counties of the state. In doing so, extension has strengthened families, businesses and communities.

KIRKSVILLE AREA CALENDAR

Shoe Sensation Grand Re-opening ribbon-cutting Ceremony

Join Kirksville Area Chamber of Commerce in celebrating the grand re-opening of Shoe Sensation. They have expanded — come check it out. Thursday, July 28 at 10 a.m., 2501 N. Baltimore Street, Kirksville.

KMC Charity Golf Tournament

KMC Charity Golf Tournament, July 22 at 8:30 a.m. at the Kirksville Country Club, 1115 Country Club Drive, Kirksville.

Blown Away Salon Ribbon Cutting Ceremony

The Kirksville Area Chamber of Commerce will hold a Ribbon Cutting Ceremony for Blown Away Salon on Thursday, July 21, at 4 p.m. at 2122 N Baltimore St, Kirksville

Blood Drive at The Crossing

The 32nd annual Kirksville Media Blood Drive will be held. KTVO, ABC, CBS, KIRX/ KRXL/ KTUF, KLTE , Sparklight, The Crossing and the St. Louis Cardinals are once again teaming up with the American Red Cross to help save lives through blood donations for the 32nd consecutive year. The Kirksville community is invited to roll up their sleeves on Thursday, July 29 from Noon to 6 p.m. at The Crossing, 810 E. Shepard.

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.

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 No Way Home on July 23. The Dollar Swim Nights will be July 16 and July 30, 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.

Adair County SB40 July schedule of activities at the Community Learning Center:

Coffee & Cards – Join your friends at the Community Learning Center (CLC) 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, July 12 and 26 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. Yard Games – On Tuesday, July 19 at 1 p.m., join them at the CLC for some outdoor fun. They will pull out all of their yard games and get some exercise while having fun. Sewing Group – Come learn some basic hand sewing skills or bring your own project to work on. We will have materials available for basic hand sewing. Contact the CLC. Fishing – Join them for fishing in the community (locations to be announced). If you do not have a fishing license or equipment, contact Melissa or Angela at the CLC by the Friday before they go. Registration for this activity is required. Breathe Clean – Join Libbi on Tuesday, July 5 and 12 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 they 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. Movie Party – Join them on Wednesday, July 6 at 3 p.m. to watch a movie on their new 75" interactive screen and snacks! Science Fun – If you love science and experimenting with new things then this activity is for you. On Wednesday, July 13 at 3:30 p.m., the CLC will be the place to come to try out some fun science activities. Be prepared to get messy. Ice-cream Soda Party – Wednesday, July 20 is National Ice-cream Soda Day. Join them to make your own ice-cream soda at 3:30 p.m. at the CLC. Sugar-free options will be available. Afternoon BINGO – On Wednesday, July 27, join them at the CLC at 3:30 p.m. for an afternoon session of BINGO. Come and win BINGO Bucks to spend in the BINGO Store. Every player will earn at least one BINGO Buck that they can spend immediately or save for other items. This session will be in-person only. BINGO – Join them at the CLC each Friday at 10 a.m. for BINGO and win BINGO Bucks to spend in the BINGO Store. Every player will earn at least one BINGO Buck a week that they can spend immediately or save for other items. If you aren't able to join in person, they offer a Zoom link so you can play from home. Give them a call or send us an email and they will get it to you. Wii Tournament – On Fridays in July the CLC will hold a Wii Sports Tournament at 11:30 a.m. Come and play against your friends in a fun and interactive tournament while getting in a little exercise. Parent-to-Parent Group — This group will meet on the fourth Saturday of each month at the CLC. The next meeting of the Parent-To-Parent group will be held on Saturday, July 23, 2-4 p.m. Child care will be provided. Parents: Please email clc@sb40life.org or call Melissa Cline at 660-665-9400 to let us know how many children you will have with you so we know how many kids to provide childcare for. Also, we plan to have snacks — cheesy goldfish and animal crackers, bottled water — for the kids. If your child needs an alternative snack, please bring it with you.

COMBS

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members are working together to determine the best path forward and are committed to ensuring the current and future success of the organization." The Mission of CVA is to empower people with disabilities to achieve their highest level of

independence through high quality and diverse supports. Currently, CVA serves 100 people across a diverse array of services, and service area, focusing on person-centered supports that move individuals toward independence. CVA is also proud to employ nearly 200 people in Kirksville and is very thankful for their hard work and dedication.

Gas prices continue to fall in Missouri

By Gas Budd

Average gasoline prices in Missouri have fallen 15.0 cents per gallon in the last week, averaging \$4.27/g today, according to GasBuddy's survey of 3,940 stations in Missouri. Prices in Missouri are 42.6 cents

per gallon lower than a month ago and stand \$1.43/g higher than a year ago. The national average price of diesel has declined 10.8 cents in the last week and stands at \$5.54 per gallon. According to GasBuddy price reports, the cheapest station in Missouri

was priced at \$3.53/g yesterday while the most expensive was \$4.99/g, a difference of \$1.46/g. The national average price of gasoline has fallen 15.8 cents per gallon in the last week, averaging \$4.51/g today. The national average is down 47.9 cents

per gallon from a month ago and stands \$1.35/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.

See **GAS**, Page A3

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Phone 660-665-2808
kirksvilledailyexpress.com

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CONTACT THE KIRKSVILLE DAILY EXPRESS

Marty Bachman, Managing Editor
editor@kirksvilledailyexpress.com

Dawn Burgin, Circulation
dburgin@kirksvilledailyexpress.com

Scott Jarvis, Advertising
sjarvis@kirksvilledailyexpress.com

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OBITUARIES

George L. (Duke) Workman

Oct 28, 1928 – Jul 7, 2022

Duke Workman, age 93, passed peacefully on July 7, 2022 surrounded by members of his family.

He was born in Rockford, Illinois on Oct. 28, 1928, the third child of Lucien Samuel and Mary Edna Workman. Duke grew up in Lewistown, Missouri and graduated from Lewistown High School in 1946.



Duke attended Kirksville State Teachers College, now Truman State University, on a basketball scholarship and earned a BSE in Education in 1951. While attending college, he met Betty Ann Summers, and they were married in August 1951; shortly before Duke entered the United States Marine Corps in September 1951. He served in the Korean War and was honorably discharged in 1953 with the rank of Staff Sergeant.

Duke returned to Kirksville and earned his Master’s Degree in 1954. Duke and Betty then moved to Hannibal, Missouri where he began his career at Central Junior High School. In 1959, Duke moved to the new Hannibal Junior High School where he taught physical education, and coached basketball, football, and track.

During his 36 year career, Duke was a teacher, coach, basketball referee, baseball umpire, Director of the Hannibal Summer Playground Program, Director of Physical Education for Hannibal Public Schools and Athletic Director at Hannibal High School. He retired in 1990, and Betty and Duke moved to Kirksville in 1993, to enjoy their retirement years. After Betty’s death in 2014, Duke moved to Shoreline, Washington to live with his daughter, Shari. His twice-daily walks and friendly manner made him a fixture in his neighborhood.

Duke spent his career in education and sports, especially basketball. He

was a mentor, guide, and father-figure to countless athletes and students. His love of basketball helped many players on his teams not only develop his level of appreciation for the game, but also build personal character that translated the lessons of sport into life. He was particularly fond of the quotation by Grantland Rice, written in Central Junior High’s gymnasium, which read: “For when the One Great Scorer comes to mark against your name, He writes – not that you won or lost – but how you played the game.”

Duke enjoyed hunting, playing pool, dancing with Betty; and was an avid crossword puzzle solver. He was a family man at heart, and spent 63 years devoted to his beloved wife, “Betsy.” He was a wonderful father, friend and neighbor. Duke was a man of the highest moral character, and lived his life never wavering from his core values. He will be greatly missed.

Duke is survived by his son, Mark Stephen Workman (Beth Hudson) of Kirksville (grandson Samuel), and daughter, Shari Gail Welch (Stephen Welch) of Shoreline, Washington (grandchildren: Lucas (Sara and great-granddaughter Brooklyn) and John (Audrey and great-grandchildren Lucy and Jack)). He was preceded in death by his parents, his brother and sister, and his wife Betty Ann Workman.

Visitation will be held from 11:00 a.m. to noon, Tuesday, July 26, 2022 at Davis-Playle-Hudson-Rimer Funeral Home, 2100 E. Shepherd Ave., Kirksville, MO. Graveside service will be held immediately following the visitation at Maple Hills Cemetery.

Contributions in Memory of Duke Workman may be made to Hope’s Kitchen, c/o Mary Immaculate Parish, 716 E. Washington, Kirksville, MO 63501, or a charity of your choice.

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

Martha Ogle

Dec. 13, 1933 – Jul. 15, 2022

Martha Jane (Cross) Ogle, 88, of Kirksville, Missouri, passed away Friday, July 15, 2022 at the Burch Point Nursing Home in Springfield, Missouri.



On December 13, 1933 in Macon, Missouri, Martha was born the daughter of the late Lawrence E. and Ruth Katherine (Whitfield) Cross. On July 23, 1955 in Kirksville, Missouri, Martha was united in marriage to Marvin Paul Ogle who preceded her in death on November 29, 2000. She was also preceded in death by her sister Mary Kay Cross.

Martha is survived by two sons and daughters-in-law, Michael and Myra Ogle of Franklin, IN, and Mark and Krista Ogle of Republic, MO; seven grandchildren, Elizabeth Ogle, Ericka Ogle, Emily (Ogle) Miesner, Erin Ogle, Monica Stidd, Kristine Brown and Kyle Sweet; as well as eight great-grandchildren, Spencer Graner, Cyrus Zander, Blade, Kelvin, and Kirsten Brown, Lilly Sweet, and Regan Miesner.

Martha resided most of her life in Kirksville, Missouri. She worked a

number of years in the nursery at KOH Hospital.

Martha enjoyed gardening, picking strawberries and black berries. She was a member of the Kountry Kousins Square Dance Club and enjoyed square dancing. Martha loved cats and dogs and most of all she loved time spent with her family, grandchildren, and great-grandchildren.

Martha was a member of Hamilton Street Baptist Church of Kirksville.

Funeral services will be held 2:00 p.m. Saturday, July 23, 2022 at Travis-Noe Funeral Home in Kirksville, with Pastor Ralph Wheeler officiating. Family will receive friends before the service from noon to service time in the chapel. Interment will follow the service at Highland Park Cemetery in Kirksville.

Pallbearers will be Joshua Miesner, Spencer Graner, Timothy Wolfe, Elizabeth Ogle, Emily Miesner, and Erin Ogle. Honorary pallbearers will be Dustin Stidd and Kolin Brown.

Expressions of sympathy in memory of Martha may be made to Phoenix Hospice of Springfield, MO and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, MO 63501.

Margaret Klein

Aug. 30, 1946 – Jul. 14, 2022

Margaret Ann (Shelton) Klein, 75, of Winchester, VA, 75, passed away July 14, 2022.

Margaret Ann was born in Columbus, GA, August 30, 1946, to the late Lt. Col. (Ret.) Earnest Allen (formerly of Brashear, MO) and Gladys Elizabeth (McMichael) Shelton. She married Frank Kozel III and together they had 5 children. She later married Jerry Klein.

Survived by children: Elizabeth,

Mary Margaret, Frank IV, Marie & Rosemary; 17 grandchildren; one brother, Douglas Shelton and many cherished cousins and friends.

Margaret was preceded in death by her parents; husband Jerry; grandparents Edgar & Lois (Platz) Shelton of Brashear, uncle & aunt the late Joe & Anita Shelton.

A celebration of Margaret Ann’s life will be held at the Marietta Elks Lodge in Georgia at a later date.

KIRKSVILLE AREA NEWS BRIEFS

Three town halls scheduled on E-911 device fee ballot measure

The Adair County E-911 Joint Services Board will host three town halls later this month to provide information on the upcoming device fee renewal ballot measure. E-911 Communications Director Jon Cook will present information on the ballot measure and answer questions.

The first town hall will be at 6 p.m. on Tuesday, July 26, at the Adair County Ambulance District Training Center, located at 606 W. Potter Avenue in Kirksville. The second will be at 6 p.m. on Wednesday, July 27, at the Noveringer Fire Station, located at 101 Front Street in Noveringer. The third will be at 6 p.m. on Thursday, July 28, at the Keller Building in Brashear, located at 205 King Street.

In 2019, Adair County residents approved a \$1 device fee to help fund the E-911 Center. That original ballot measure had a sunset date of Oct. 1, 2023. This new ballot initiative, if approved, would keep the device fee permanently in place. The Primary Election is on Aug. 2, 2022.

Aquatic Center indoor pool closed

The Kirksville Aquatic Center’s indoor pool will be closed July 18-31, for scheduled repairs. During this closure the water park will be available

for lap swim and water walking from 6-9:30 a.m. and 11 a.m.-noon, Monday-Friday.

Tickets on sale for “Something Rotten!” musical

Something rotten is on its way to Kirksville later this month. Tickets are now on sale for the production of “Something Rotten!” — a musical comedy assembled by the Kirksville Parks and Recreation Department. It’s 1590-something and brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star, William Shakespeare. When a local soothsayer foretells that the future of theatre involves singing, dancing, and acting at the same time, Nick and Nigel set out to write the world’s very first musical. But amidst the scandalous excitement of opening night, the Bottom brothers realize that reaching the top of theatrical stardom means being true to thine own self and all that jazz. Rated PG-13 for adult humor and innuendo.

Showtimes are set for 7 p.m. on Friday, July 29 and Saturday, July 30. Also, there is a 2 p.m. show on Sunday, July 31. All performances will occur at the William Matthew Middle School Auditorium. Doors open 30 minutes before showtime, with open seating. Tickets are \$10 and can be purchased

online at parks.kirksvillemo.org, in person at the Kirksville Aquatic Center, or at the door.

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.kirksvillemo.org/citizen-serve 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!

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.kirksvillemo.org/! Each course is \$20 and all supplies are included.

Featured paintings will be:

July 28: Cool Cat

August 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.kirksvillemo.org/chamber. 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 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.

Kirksville Parks & Recreation Master Plan community meeting on Aug. 17

The city of Kirksville has formally kicked off the Kirksville Parks & Recreation Master Plan 2032 that will guide city-wide parks and recreation improvements for the next 10 years. This master plan will include recommendations for advancing and maintaining the parks and recreation system that enhances the quality of life for all citizens and creates a joyful environment for all ages, abilities and backgrounds. This process will last approximately seven months and offers multiple ways of getting involved with the project. A community open houses is planned for Aug. 17, 5-8 p.m. at the Rotary Park Ray Klinginsmith Amphitheater. For more information, contact Rodney Sadler with the Parks and Recreation Department at 660-627-1485.

GAS

Continued from Page A2

Historical gasoline prices in Missouri and the national average going back ten years:

July 18, 2021: \$2.84/g (U.S. Average: \$3.16/g)

July 18, 2020: \$1.89/g (U.S. Average: \$2.20/g)

July 18, 2019: \$2.52/g (U.S. Average: \$2.78/g)

July 18, 2018: \$2.58/g (U.S. Average: \$2.86/g)

July 18, 2017: \$2.03/g (U.S. Average: \$2.26/g)

July 18, 2016: \$1.98/g (U.S. Average: \$2.20/g)

July 18, 2015: \$2.52/g (U.S. Average: \$2.76/g)

July 18, 2014: \$3.37/g (U.S. Average: \$3.58/g)

July 18, 2013: \$3.58/g (U.S. Average: \$3.67/g)

July 18, 2012: \$3.31/g (U.S. Average: \$3.42/g)

Neighboring areas and their current gas prices:

Kansas City- \$4.15/g, down 16.6 cents per gallon from last week’s \$4.31/g.

Topeka- \$4.27/g, down 17.3 cents per gallon from last week’s \$4.44/g.

St. Louis- \$4.42/g, down 16.3 cents per gallon from last week’s \$4.58/g.

“We’ve seen the national average price of gasoline decline for a fifth straight week, with the pace of recent declines accelerating to some of the most significant we’ve seen in years. This

trend is likely to reach a sixth straight week, with prices likely to fall again this week. Barring major hurricanes, outages or unexpected disruptions, I forecast the national average to fall to \$3.99/gal by mid-August,” said Patrick De Haan, head of petroleum analysis at GasBuddy. “So far, we’ve seen the national average drop for 34 straight days, with over 25,000 stations now back at \$3.99 per gallon or less, and thousands more stations will join this week. In addition, we will see several states fall back under an average of \$4, the majority being in the south, but that could spread to

more states in the weeks ahead.”

GasBuddy is the authoritative voice for gas prices and the only source for station-level data spanning nearly two decades. Unlike AAA’s once daily survey and the Lundberg Survey, updated once every two weeks based on a small fraction of U.S. gasoline stations, GasBuddy’s survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and up-to-date in the country. GasBuddy data is accessible at http://prices.GasBuddy.com.

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MoDOT’s Freight Enhancement Program receives, awards historic funding

By Press Release

JEFFERSON CITY – The Missouri Department of Transportation has investigated ways to improve the state-wide freight network, and now it’s acting on those findings. The General Assembly and Gov. Mike Parson approved \$3.25 million for the FY 2023 Freight Enhancement Program, the most in the program’s 10-year history.

“The additional funding enables us to begin working on the recommendations of the State Freight and Rail Plan and Gov. Parson’s Supply Chain Task Force’s Final Report,” said MoDOT Administrator of Freight and Waterways



Cheryl Ball. “The goal is to make a better, more resilient freight system in Missouri.”

MoDOT awarded all \$3.25 million to more than half of the applicants after prioritizing them by how well they aligned with the goals outlined in the State Freight and Rail Plan (SFRP) and the Supply Chain Task Force’s Final Report. All projects re-

quired at least a 20 percent local match, and the money cannot be used for roadway projects.

The list of funded projects that best aligned with outlined goals and objectives includes infrastructure supporting container on barge, short line rail improvements and a transload facility in the middle of the state, which will establish a

facility to cross-load goods from truck to rail and vice-versa.

Also funded is equipment establishing grain loading onto barges at the Port of Kansas City, which will allow local agriculture producers to send their products more easily to world-wide markets. A list of the funded projects is available at www.modot.org/freight-general-information.

These projects are a small first step toward addressing the more than \$500 million in unfunded needs on the modal freight system identified in the SFRP, which can be viewed at www.modot.org/2022-state-freight-and-rail-plan-documents.



How to monitor your money when relying on cashless spending

By Special to The Express

Cashless spending has long been a convenient way to make purchases, and that convenience became even more evident in 2020. The outbreak of the novel coronavirus COVID-19 in the winter of 2019-20 forced people across the globe to change how they live, and those changes even affected how items are paid for.

According to the Centers of Disease Control and Prevention, touching or handling certain items, including cash, could expose people to the COVID-19 virus. That led many people to rely more heavily on cashless payments, including traditional options like credit or debit cards, but also relatively new cashless options, including apps such as Venmo. While these options can be very convenient, cashless payments can make it more difficult for people unaccustomed to making purchases without cash to monitor their spending.

The following are some tips to make it easier for consumers to monitor their spending when they’re not using cash.

- Use an app to track spending. If you’re using an app like Venmo to make purchases, you can just as easily use an app to track that spending. Mint is a free app that automatically updates and categorizes how your money is spent. Users can see how they’re spending their money in real time, making it easy to know where they stand with their finances.

- Recognize the temptation associated with cashless spending. Studies have shown that cashless spending tempts people to spend more than buying with cash. A recent study from the Massachusetts Institute of Technology asked business students to bid on basketball tickets. Some participants were told they would eventually have to pay with cash, while others were told they would need to use a card. Those who paid by card spent more than twice as much as those who were told they had to pay with cash, which illustrates just how easy it is to spend more on transactions that do not involve cash. By recognizing that temptation in advance, consumers can better prepare themselves to remain disciplined when using cashless payments like credit cards or mobile apps like Venmo.
- Pay off your balance each month. If your preferred mode of cashless spending is credit cards, then make sure you pay off your balances each month. This not only saves you from potentially hefty interest charges, but the knowledge that you will need to pay off your purchases at the end of each month can help you stay more disciplined with your spending.

Cashless payments have made it easier to purchase goods during the COVID-19 outbreak. But it’s imperative that consumers take steps to control their spending when going cashless.

How to manage your company's online reputation

By Special to The Express

Today’s small business owners face unique challenges that businesspeople of yesteryear never had to confront. While the internet has made it possible for even the smallest businesses to have a global footprint, it’s also forced business owners to devote substantial time to managing their online reputations.

A company’s online reputation can have a major impact on its ability to survive and thrive. In its 2018 “Local Consumer Review Survey,” BrightLocal, a United Kingdom-based company that focuses on the needs of digital marketing agencies and local businesses, found that 91 percent of consumers between the ages of 18 and 34 trust online reviews as much as personal recommendations. In addition, the survey found that 57 percent of consumers won’t use a business that has a star rating of fewer than four stars.

The BrightLocal survey underscores the effort small business owners must put into



managing their companies’ online reputations. Whether business owners feel their online reputations are warranted or not, ignoring them can greatly affect their bottom lines. The following are a handful of simple ways business owners can manage their companies’ online reputations in the hopes of benefitting their businesses and expanding their customer base.

- Don’t ignore negative reviews. Small Biz Ahead, a service from the insurance provider The Hartford that aims to help business owners manage and grow

their businesses, advises business owners to acknowledge negative reviews. Respond privately to customers, apologizing for their unsatisfactory experience and thanking them for their feedback. When communicating with customers, always keep these communications friendly and constructive. Dismissive, confrontational and/or rude interactions with customers will only further damage your online reputation.

- Actively monitor your reputation. Websites such as Yelp and Google, via its Google

Reviews capability, give customers plenty of places to go to share their comments about your business. Stay up-to-date on these, making a concerted effort to monitor your reputation. If you’re open for business seven days a week, chances are customers will be reviewing your business seven days a week. Reach out to customers who had negative experiences as soon as possible, and report any comments you feel violate websites’ standards the moment you see them.

- Don’t hesitate to ask customers to edit their reviews. When you successfully reach out to customers who left negative reviews, don’t hesitate to ask them to consider editing their reviews. Many customers are happy to update their reviews if issues were promptly and successfully addressed.

Online reputation management is important for today’s business owners. Though managing online reputations can seem like a full-time job, a positive reputation can greatly benefit your bottom line.

Protect yourself and your business from ransomware

By Special to The Express

Few things can compromise a network as quickly and effectively as ransomware, a type of malware that can hold data hostage until a ransom is paid to restore access. In a survey of 41 IT professionals, the storage recovery firm StorageCraft® Technology Corporation found that ransomware is the foremost concern for the men and women who protect companies’ computer networks.

The threat posed by ransomware is significant. A 2017 incident known as the Wanna-Cry ransomware attack targeted thousands of computers across the globe, infecting corporate networks along the way. In spring of 2019, the computer system of the Baltimore City government was infected with ransomware that adversely affected the city for more than a month.

The cyber safety firm NortonLifeLock Inc. notes that ransomware attacks remain popular among cyber criminals. However, individuals and businesses are not helpless against ransomware attacks. In fact, there are many steps individuals and businesses can take to make themselves less vulnerable to ransomware attacks.

- Install security software on your computer(s) and update it regularly. NortonLifeLock notes that security software can be installed on

desktop computers, laptops, smartphones, and tablets to protect users against hidden threats. Such software can recognize ransomware, but it needs to be updated routinely, as variations of ransomware appear regularly.

- Update operating systems to stay safe. Operating system updates do not just keep computers running smoothly by making them more compatible with the latest versions of widely used apps. Such system updates also tend to address security vul-

nerabilities from previously operating systems. Those vulnerabilities can make it easier for cyber criminals to attack computers with ransomware, so addressing them promptly can be a great line of defense.

- Be wary of email attachments. Ransomware often infects computers through email attachments. Individuals should never open attachments from unfamiliar senders. Businesses should periodically remind employees of this security measure,

as all it takes to potentially compromise an entire network is for one person to open such an attachment.

- Store personal files on an external hard drive. One of the reasons ransomware is so effective is that people don’t want to lose access to personal files, such as family photos. By backing up personal files on an external hard drive, individuals can gain leverage against cyber criminals who are targeting them with ransomware. NortonLife-

Lock advises users to store backup data offline so it is not accessible to attackers.

- Use cloud services. According to NortonLifeLock, many cloud services retain previous versions of files, which also can provide users with a little bit of leverage against ransomware attacks.

Ransomware is a popular tool of cyber criminals. But computer users can employ various strategies to protect their data from ransomware attacks.

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Senator Roy Blunt welcomes launch of new 988 National Suicide Prevention Lifeline phone number

By Press Release

WASHINGTON – U.S. Senator Roy Blunt (Mo.), the top Republican on the Senate Appropriations Subcommittee on Labor, Health and Human Services, Education and Related Agencies, welcomed the launch of the National Suicide Prevention Lifeline’s new, three digit 988 number. The National Suicide Prevention Lifeline is a national network of more than 200 local- and state-funded crisis centers. The new number, which became available on July 16, will allow individuals experiencing a mental health

crisis to call or text 988 to connect with a trained mental health professional. “The number of calls to the National Suicide Prevention Lifeline skyrocketed in recent years as Americans struggled with the mental health impact of the Covid-19 pandemic. Each one of those calls can be a life or death moment for a person in crisis,” said Blunt. “We need to be sure the capacity is there to answer every call as quickly as possible. As the top Republican on the appropriations subcommittee that funds health programs, I have been proud to work with

my colleagues to substantially increase federal funding to transition to the lifeline’s new 988 number and strengthen the network of crisis centers answering the calls. We will continue working to ensure the resources are in place to meet the needs of the lifeline as the new 988 number goes into effect. I hope this transition will make it easier for people to reach out and get the lifesaving help they need, when they need it.” The Blunt-backed Bipartisan Safer Communities Act, which was signed into law last month, provided \$150 million

to support the launch of 988, including crisis center operations. The FY2022 government funding bill, signed into law in March, provided \$101.6 million, a \$77.6 million increase, for the 988 transition. The Bipartisan Safer Communities Act also authorized the nationwide expansion of the Excellence in Mental Health program, giving every state the opportunity to establish or expand community-based mental health clinics if they choose to do so. The Excellence in Mental Health Act was signed into law in 2014 and marked the most signifi-

cant expansion of community mental health and addiction services in decades. It created Certified Community Behavioral Health Clinics (CCBHCs) that provide a wide range of services, including 24/7/365 crisis services, immediate screenings, risk assessments, and diagnoses. Missouri is one of the nine states currently participating in the Excellence in Mental Health pilot program, which has a proven track record of improving access to care, reducing hospital and ER visits, and providing mental and behavioral health support to local law enforcement.

Strategies to solve stamina issues

By Special to The Express

Athletes know that energy is vital to their training and performance. But every athlete experiences days or periods when energy levels wane. Lack of energy can compromise performance and derail individuals’ fitness goals, especially if they can’t find ways to increase their stamina. Individuals can try various strategies to improve their stamina. Certain solutions may be temporarily effective, but people who want to commit to a long-term fitness regimen should forgo fads in favor of long-term remedies to improve their endurance. The following are some strategies athletes can try to overcome stamina issues.

- Design a multifaceted fitness regimen. Strength training and cardiovascular exercise are often separated, and that can have an adverse effect on stamina. The fitness and wellness retailer Johnson Fitness notes that a healthy combination of strength and cardio training, sometimes referred to as concurrent training, allows the body to perform at its best. When the body is performing at peak capacity, energy levels should not be an issue.
- Remember to rest. It might seem counterintuitive to suggest that rest will actually help athletes avoid prolonged periods characterized by a lack of energy. But rest is vital to recovery. The American Council on Exercise notes that rest allows the body to repair muscle tis-

sue, which is routinely damaged during exercise. Without that time to repair, athletes may feel fatigued when they begin their workouts, and insufficient rest between workouts increases the risk for injury.

- Eat before you exercise. Athletes who exercise on an empty stomach may note their workouts tend to start off sluggish, and that’s not a coincidence. The Cleveland Clinic notes that food fuels exercise by providing energy the body needs to get through a workout. Carbohydrates can provide the energy individuals need to make the most of their workout, but men and women who like to exercise in the early morning hours may not reap those rewards. In such instances, a small

piece of fruit or granola bar can increase blood sugar levels, which are at their lowest after waking up, and provide a small yet useful energy boost.

- Switch things up. Saging stamina could be a byproduct of boredom. Experienced fitness enthusiasts know that exercising as part of a daily routine and a routine exercise regimen are not one and the same. Periodically switch up a workout so the body does not grow accustomed to the same exercises and the mind does not grow bored with performing the same exercises. New challenges can reinvigorate a passion for exercise, which should reduce the mental stamina associated with doing the same exercises over and over again.



Many athletes confront a lack of stamina at some point. Various strategies can help athletes overcome a lack of energy so they can stay the course and achieve their fitness goals.



Long-term solutions to protect joints

By Special to The Express

Periodic aches and pains can affect anyone. Individuals who are physically active and even those who live largely sedentary lifestyles may experience pain from time to time. In fact, many professional and amateur athletes experience relatively minor, short-term injuries at one point or another, and rest is often the best remedy to overcome such obstacles. Though minor tweaks may be somewhat normal, long-term issues like persistent joint pain should not be written off as par for the course. It can be tempting to write joint pain off as a concern only serious athletes need to worry about. Terms like “tennis elbow” and “runner’s knee” can give less physically active individuals a false impression of joint pain and what causes it. But the Mayo Clinic notes that lack of exercise can contribute to pain and stiffness in the joints. That’s because exercise strengthens the muscles and tissues that surround the joints. That added strength puts less stress on the joints. In recognition of the threat posed by chronic joint pain, the Arthritis

Foundation® recommends individuals take various steps to protect their joints over the long haul.

- Focus less on fashion in regard to footwear. High heels may be the epitome of glamorous footwear, but women who routinely wear high heels will pay a steep price. The AF notes that heels put added stress on the knees and increase risk for osteoporosis, and experts indicate that three-inch heels are seven times more stressful on feet than one-inch heels. But women aren’t the only ones whose footwear fashion sense could be hurting their joints. Men also must pay attention to what they’re putting on their feet. For example, sandals without a back strap force toes to overgrip the edge of the sandal, putting needless strain on each foot and potentially causing issues with the toes.
- Alternate between sitting and standing throughout the day. Joint stiffness and strain can develop when individuals spend lengthy periods of time sitting or standing. The AF recommends taking a break to stand up or sit down every 30 minutes. Professionals who sit at a desk all day may want to switch to

height-adjustable desks that make it easy for them to transition from sitting to standing and still get their work done.

- Maintain a healthy weight. Being overweight causes a ripple effect that impacts the entire body, including the joints. The AF notes that researchers have determined that losing 11 pounds can reduce risk for osteoarthritis of the knee by 50 percent. On the flip side, each extra pound an individual carries puts four times the stress on his or her knees. Exercising to lose weight can provide the added benefit of preventing joint stiffness.
- Opt for low-impact activities. Low-impact activities like cycling and swimming are easier on the joints than fitness classes that involve high-intensity dancing and kickboxing. In addition, when choosing between a treadmill and elliptical machine, the Mayo Clinic notes that ellipticals are generally considered low-impact machines that are less stressful on the knees, hips and back than running on a treadmill or even outdoors. Various strategies can help individuals maintain healthy, pain-free joints over the long haul.

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7-DAY FORECAST FOR KIRKSVILLE

WEDNESDAY

Sunny

HIGH: 89

POP: 0%

WED. NIGHT

Clear

LOW: 66

POP: 0%

THURSDAY

Humid with plenty of sun

93 69

POP: 0%

FRIDAY

Mostly sunny and humid

91 73

POP: 5%

SATURDAY

Brief a.m. showers; variable clouds, hot

96 72

POP: 60%

SUNDAY

Sunny and humid

88 68

POP: 25%

MONDAY

Clearing and humid

82 67

POP: 30%

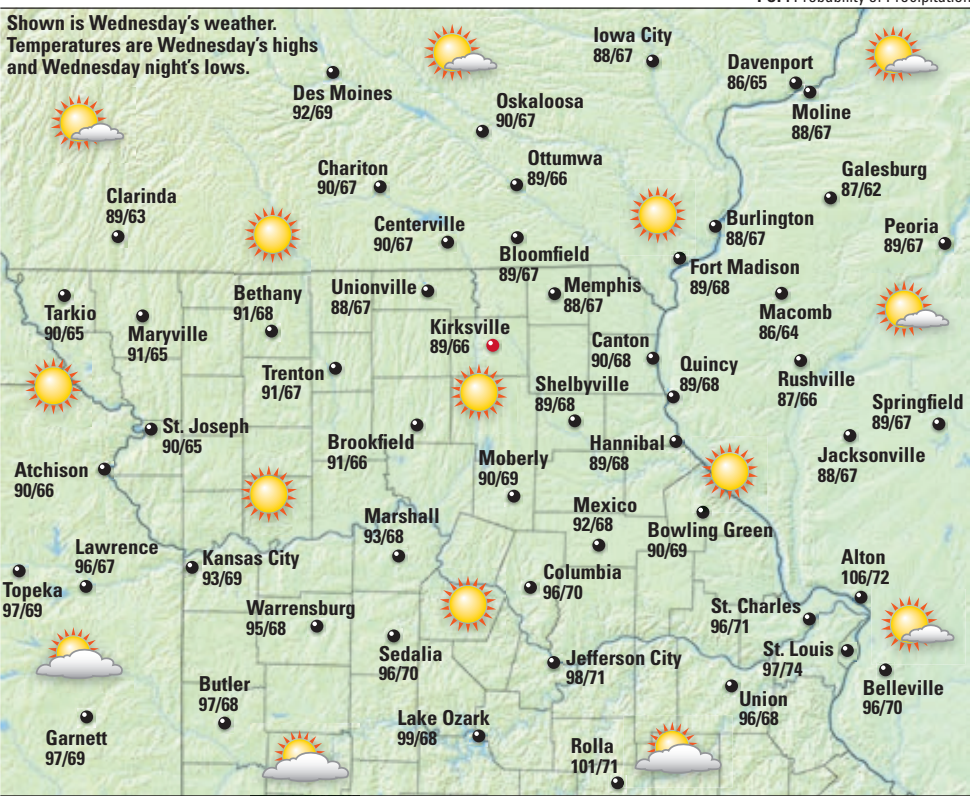
TUESDAY

Some sun, then turning cloudy and humid

87 69

POP: 30%

POP: Probability of Precipitation



Conditions Wednesday

UV Index & RealFeel Temperature®

2

75

5

82

9

90

9

92

5

92

2

88

8 a.m. 10 a.m. Noon 2 p.m. 4 p.m. 6 p.m.

The higher the **AccuWeather.com UV Index™** number, the greater the need for eye and skin protection. 0-2: Low; 3-5: Moderate; 6-7: High; 8-10: Very High; 11+: Extreme. The patented **AccuWeather.com RealFeel Temperature** is an exclusive index of effective temperature based on eight weather factors.

Comfort Index™

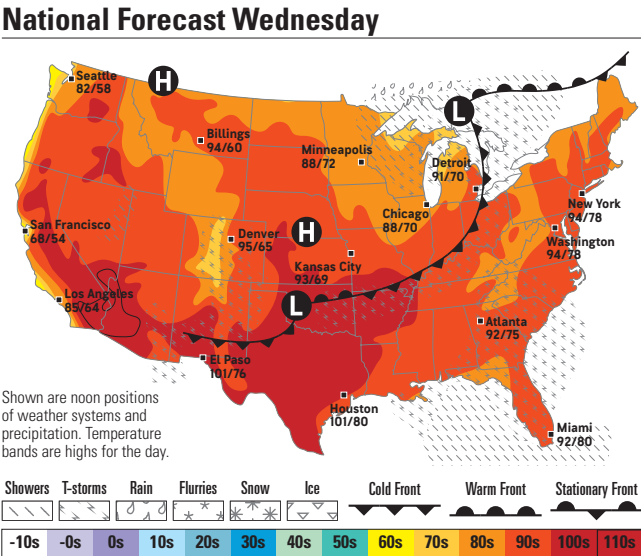
6

A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

Boating Index

10

Ratings: 0-2: Poor; 3-4: Fair; 5-6: Good; 7-8: Very Good; 9-10: Excellent.



Almanac

Kirksville through Monday

Temperature

High/low.....86/63

Normal high/low.....86/66

Record high.....108 in 1934

Record low.....48 in 1911

Precipitation

Monday.....0.00"

Past week's total.....1.03"

Month to date.....4.13"

Normal month to date.....2.95"

Year to date.....21.95"

Normal year to date.....24.84"

Winds

Average direction.....NE

Average speed.....1.4 mph

Highest speed.....5 mph

Monday's Temperatures

Midnight - Midnight

Last Week's Temperatures

Actual and normal highs/lows

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

The Region

City	Wed. Hi/Low/W	Thu. Hi/Low/W
Branson	104/72/pc	103/72/s
Burlington, IA	88/67/s	92/70/s
Cape Girardeau	100/70/pc	96/68/s
Carbondale	98/69/pc	94/74/s
Cedar Rapids	86/65/s	92/67/s
Champaign	91/66/s	90/69/s
Chicago	88/70/s	90/73/s
Columbia	96/70/s	98/74/s
Danville	92/66/pc	90/68/s
Davenport	86/65/pc	90/67/s
Decatur	91/68/pc	90/69/s
Des Moines	92/69/s	97/71/s
Evansville	96/71/pc	92/71/s
Galesburg	87/62/s	90/66/s
Green Bay	83/65/t	88/65/s
Indianapolis	93/70/s	91/71/s
Iowa City	88/67/s	93/69/s
Jefferson City	98/71/s	99/75/s
Joliet	89/69/s	92/70/s
Kansas City	93/69/s	97/74/s
Lafayette, IN	93/67/pc	91/69/s
Lincoln	89/66/s	97/74/s
Madison	91/67/s	95/73/s
Milwaukee	86/70/c	90/69/t
Omaha	94/70/s	98/71/s
Ottumwa	89/66/s	95/70/s
Peoria	89/67/s	91/69/s
Rockford	87/67/pc	90/68/s
St. Louis	97/74/s	98/78/s
Springfield, IL	89/67/s	90/71/s
Springfield, MO	100/71/pc	103/74/s
Topeka	97/69/s	102/76/s
Wichita	99/72/pc	101/73/s

The Nation

City	Wed. Hi/Low/W	Thu. Hi/Low/W
Albany, NY	95/75/c	89/69/t
Albuquerque	101/73/c	97/73/t
Anchorage	58/53/sh	58/51/r
Atlanta	92/75/pc	91/73/t
Baltimore	94/76/s	97/72/pc
Billings	94/60/s	96/62/s
Birmingham	95/78/s	91/75/t
Boise	100/67/s	99/67/t
Boston	95/75/pc	96/73/t
Buffalo	89/73/c	80/68/t
Charleston, SC	91/76/t	93/76/t
Charleston, WV	89/73/pc	87/66/t
Charlotte	92/76/t	93/72/t
Cleveland	92/72/t	84/69/s
Columbia	90/77/t	93/74/t
Columbus	90/71/t	87/70/s
Dallas	107/83/s	101/83/t
Denver	95/65/c	97/67/pc
Detroit	91/70/t	90/69/pc
Fargo	86/61/s	86/62/s
Grand Rapids	87/67/t	88/67/s
Hartford	97/74/s	93/70/t
Honolulu	86/75/pc	85/75/pc
Houston	101/80/s	100/79/pc
Jackson, MS	96/77/s	94/75/t
Jacksonville	92/74/t	92/73/t
Las Vegas	110/89/s	110/89/pc
Little Rock	102/79/t	99/75/pc
Los Angeles	85/64/pc	82/65/pc
Louisville	96/76/t	92/74/s
Memphis	102/81/pc	101/76/pc
Miami	92/80/s	92/81/pc
Minneapolis	88/72/pc	89/68/s
Nashville	97/77/pc	94/72/pc
New Orleans	94/79/s	92/79/t
New York City	95/79/s	95/77/t
Norfolk	92/77/s	96/75/t
Oklahoma City	106/75/pc	97/74/pc
Orlando	95/76/t	97/77/pc
Philadelphia	95/80/s	97/76/t
Phoenix	110/90/pc	111/90/pc
Pittsburgh	90/71/pc	84/69/t
Portland, ME	88/66/pc	83/66/t
Portland, OR	89/62/s	85/68/pc
Rapid City	96/59/s	94/53/t
Sacramento	98/59/s	98/60/s
Salt Lake City	99/75/s	102/78/s
San Diego	73/64/pc	71/66/pc
San Francisco	68/54/pc	70/56/pc
Seattle	82/58/s	81/57/pc
Shreveport	104/81/s	100/78/t
Tampa	93/81/t	95/81/s
Tucson	102/81/pc	104/84/pc
Tulsa	106/77/pc	103/78/pc
Washington, DC	94/78/s	95/75/pc

Rumors and lies envelop divorcee living abroad

DEAR ABBY: I retired to Malaga, Spain, after my marriage of 38 years ended in divorce. I have gone to dinner with a few men since moving here. This is a lovely community with many retired residents from all over Europe and the U.K. My problem is, after a few dates, they assume that because they bought me dinner it entitles them to sex. I am fit and fairly attractive, but I may be out of touch on dating.

These men have implied to others that we DID have sex, and now single and married men are calling me. The only way they could have gotten my number is through these men. I have tried to make light of this, but I'm worried that when my sons or grandchildren visit next month, they will hear something that isn't true. How do I stop this nonsense without causing hard feelings? -- *NOT LIKE THAT AT ALL*

DEAR NOT LIKE THAT: What has been done to you is vile and disgusting. Someone you refused to have sex with has retaliated with the equivalent of writing your phone number on a bathroom wall. Tell your sons NOW what has been going on so they will be



JEANNE PHILLIPS
DEAR ABBY

prepared when they visit. And if you accept any more invitations, make clear IN ADVANCE that you will be paying for your dinner yourself.

DEAR ABBY: My husband and I have been trying to have a child for nine years with no success. We have been through 14 rounds of fertility drugs, only two of which were successful, but neither one produced a child. My husband wants me to stop treatments because he doesn't like what the medications do to me, and I have agreed to stop because I think my body is just too tired. But, Abby, all of me wants to be a mother. Must I give up, or should I keep trying even though it might lead to further heartbreak? -- *MATERNAL IN WASHINGTON*

DEAR MATERNAL: Listen to your body. It may be time to consider other options than fertility drugs. These include fostering, adop-

tion or hiring a surrogate to help. These are subjects to pursue, first with your husband, then your physician and possibly an attorney who specializes in adoption law. And don't forget, it isn't unheard of for some women who adopt to later become pregnant without medical intervention. I wish you luck on whichever path you choose.

DEAR ABBY: My son is getting married for the third time. I paid for half of his first wedding and also gave a generous gift. I gave him a significant cash gift for his second wedding. Do I give him and his new bride yet another cash gift?

They are planning a small wedding overseas, which I won't be attending. All have been -- or will be -- first weddings for the brides. I don't want the new bride to feel slighted, but on the other hand, it's getting really expensive for me. They live a nomadic life, so material gifts would not be appreciated by them. What's a perplexed mother to do? -- *DISGUSTED MOM IN FLORIDA*

DEAR MOM: Write them a check and hope the third time is the charm for your nomadic son. Then tell him you're closing your checkbook.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

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News of the weird...

Goals

The trail to the top of Pike's Peak in Colorado is some 13 miles long, and the peak itself tops out at more than 14,000 feet -- making it a challenging hike for anyone. But for Bob Salem, 53, the journey is nuttily complicated: He's pushing a peanut up the mountain using his "nose": customized headgear made of a CPAP mask with a black plastic serving spoon attached to it, NPR reported. "Basically, I'm just going to ... low crawl my way up there," he said. "I mean, there's not really much to it but just to keep flicking." It's all part of the Manitou Springs 150-Year Celebration, and Salem is raising money for a local charity that works to house people experiencing homelessness. Oddly, he's not the first to achieve the feat, but he'll be the first in the 21st century. Salem is wearing kneepads and elbow pads, and a spotter carries his backpack with a snowsuit inside for the higher elevations. He's expected to reach the summit the weekend of July 16-17.

Recurring Theme

Well, it's happened again: An American tourist at Mount Vesuvius near Naples, Italy, dropped his cellphone into the volcano's crater on July 9, the Associated Press reported, and then slid into the crater trying to retrieve it. Four volcano guides lowered a rope 50 feet into the crater, where Philip Carroll, 23, of Baltimore, was in "serious difficulty," and pulled him out. After officials administered first aid, Carroll and two family members were cited by police for going off the authorized trail to snap a selfie. He suffered only abrasions -- and the humiliation of a trip to the police station. No word how the phone fared.

Awesome!

On July 10, as Rich Gilson used a mini-excavator to remove part of the foundation under the porch of his 1920s-era New Jersey home, he came across an unusual windfall: Among the weeds and dirt were two bundles of paper, secured

with rubber bands, United Press International reported. "I got to look at the edge and it had a green tint to it, and I said, 'This is money,'" Gilson said. The cash, printed in 1934, amounted to \$1,000 in \$10 and \$20 bills. Gilson said the area where he found the money was previously accessible only through a crawlspace: "Somebody had to crawl under there and dig a hole. My sense is that something fishy happened," he added. He plans to keep the money.

Picky, Picky

Penguins at the Hakone-en Aquarium near Tokyo are turning their beaks up at a new variety of fish after officials switched because of an increase in price, United Press International reported. The cost of their standard fare, aji, increased more than 30% over last year, so the aquarium tried a cheaper variety of mackerel. But the penguins aren't biting: "Even if they'll take it in their beaks, they'll just spit it out," head zookeeper Hiroki Shimamoto said. If the keepers mix in a bit of aji, they'll eat it, but without enthusiasm. The zoo's otters have the same impression of the new menu item. Shimamoto said they could raise admission prices, but "we would like to do our best to keep our facility a comfortable place for our guests to visit."

More Like 'Stupider Things'

Thanks to the quick reaction of a semitruck operator, a teenage driver sustained only minor injuries after she allowed her car to drift into the oncoming lane of a suburban Minneapolis street and crash into the trailer, The Smoking Gun reported. During questioning after the mid-July incident, the girl denied being on her phone at the time of the crash, but Anoka County Sheriff's deputies noticed that her car's Bluetooth system was "still streaming the audio to 'Stranger Things' on Netflix." She then admitted to watching the popular series while driving.

Annual golf tournament raises over \$10,000 for United Way

By Adam Tumino
Daily Express

More than \$10,000 was raised on Friday, July 15, for United Way of Northeast Missouri in their annual golf tournament held at the Kirksville Country Club. The tournament, which is sponsored by the Wooden Nickel, teed off at 10 a.m. and continued all day. Bill Castles, the Executive Director of United Way of Northeast Missouri, said that the tournament consisted of 35 four-person teams, the largest turnout for the tournament in years.

The fee for foursomes that registered before June 30 was \$275 and increased to \$300 after that date. Money was also brought in from numerous local sponsors. United Way of Northeast Missouri President Ted Frushour, who is also the director of student success at AT Still University, said that the sponsors bring in a large portion of the money raised. “We usually bring in about \$8 to \$10 thousand from our hole sponsors. I think we have 40-plus organizations and businesses from around the



Participants compete in the annual golf tournament put on by United Way of Northeast Missouri and the Wooden Nickel on July 15 at the Kirksville Country Club. There were 35 four-person teams in the tournament, which raised more than \$10,000. ADAM TUMINO

region sponsoring holes,” he said. “We have a very successful event.” The Wooden Nickel serves as the main sponsor. Jen Vogt of the Wooden Nickel said that the event was started over a decade ago by her father, and has been going strong ever since. Frushour added that the golf tournament is the largest single event that United Way of Northeast Missouri puts on each year, and this

year was no different. “This is probably our biggest single fundraiser, outside of individual donations,” he said. “We do it every year, and like Jen said, we’ve been doing it for more than 10 years.” United Way of Northeast Missouri has been active in the community recently. They held a pie and ice cream sale earlier this month and last month provided a grant to the Macon Community Child Development Center.



Golfers drive to the next hole during the annual golf tournament held by United Way of Northeast Missouri and the Wooden Nickel on July 15 at the Kirksville Country Club.



FILE — South Carolina forward Aliyah Boston dribbles during the first half of an NCAA college basketball game against Auburn, Feb. 17, 2022, in Columbia, S.C. Boston was named the Collegiate Woman Athlete of the Year on Monday, June 27, 2022. AP PHOTO/SEAN RAYFORD, FILE

Dawn Staley upset Gamecocks’ Boston not invited to ESPYs

By THE ASSOCIATED PRESS

COLUMBIA, S.C. — South Carolina’s Dawn Staley has called out ESPN and its ESPY awards show for not inviting national player of the year Aliyah Boston to its ceremonies on Wednesday night. Staley mused publicly on social media how the people who planning the ceremonies decided “it was a great idea not to invite” the woman who won several national awards as one of the best players in women’s college basketball last season. “Not one person was able to see the uproar this would cause? There’s definitely something wrong with the make up of the room,” she said on Twitter. Boston, a 6-foot-5 rising senior, captured the Wooden Award and AP honors as player of the year. She was also named Most Outstanding Player at the Final Four after the Gamecocks defeated Louisville and UConn on the way to the title.

Boston is nominated for “Best College Athlete, Women’s Sports,” with Florida State soccer player Jaelin Howell, Oklahoma softball player Jocelyn Alo and Boston College lacrosse star Charlotte North. The award is being given out on the ESPY’s Preview Show before the main broadcast. ESPN and the ESPYs have “the utmost respect” for Boston, Staley, and the Gamecocks, according to a statement provided by ESPN Senior Director of Communications Jay Jay Nesheim. However, due to COVID-19 restrictions and a new venue with less seating capacity, organizers “prioritized athlete invitations to focus on specific awards that will be handed out during the broadcast.” South Carolina women’s basketball spokeswoman Diana Koval said that as of Monday, Boston had not been invited. Staley had not planned to attend the ceremonies.

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Cameron Smith a British Open champion and man for any course

By THE ASSOCIATED PRESS

ST. ANDREWS, Scotland — Cameron Smith made eight birdies on the final day of the British Open. His 8-under 64 was the lowest closing round at St. Andrews by the champion golfer of the year. His name on the claret jug includes his score of 268, the best ever on the Old Course. What defined this tough-as-nails Australian in his greatest moment was a par. Smith already had done the hard part by running off five straight birdies to start the back nine Sunday, ending the amazing streak with a two-putt from 90 feet over a massive mound that fed to the hole on the par-5 14th, giving him a one-shot lead over Rory McIlroy.

That was the score when Smith was on the 17th hole. He was in the fairway some 65 feet from the pin with the notorious Road Hole bunker in the way. Smith used his magic touch with the putter to run it along the edge of the bunker onto the green and made the 10-footer for par. “He had to be very decisive with that one, because if you’re wondering about if the play he’s making is correct, I think it’s a really hard one,” said Cameron Young, who played with Smith and finished one shot behind him. “I think it’s just another example of why he’s one of the very best,” Young added. “He made a really good decision and executed it perfectly. Today kind of just is more proof that he is that good, and he is one of the very, very best players in the world.” And now Smith has a trophy to show for it. McIlroy couldn’t make a 15-foot birdie putt in the group behind him — he couldn’t make anything all day — and Smith effectively ended it with two putts from 80 feet on the final hole to claim his first major.

Even with the claret jug on the table next to him, it all felt so surreal to the 28-year-old Smith. He was working hard on his fitness and his game. He was hopeful of results. He just wasn’t necessarily expecting three wins this year, each one raising his profile that speaks to his No. 2 world ranking, a career-best. The question put to him Sunday evening made him laugh. Assuming someone knew nothing about golf, could he explain



Cameron Smith, of Australia, kisses the claret jug trophy as he poses for photographers on the 18th green after winning the British Open golf Championship on the Old Course at St. Andrews, Scotland, Sunday July 17, 2022. AP PHOTO/PETER MORRISON

the difference between the TPC Sawgrass, where Smith won The Players Championship, and the Old Course? It might be greater than the difference between filet mignon and haggis. Smith did his best to go along in describing the Stadium Course, with its island green and deceptive shots, and a centuries-old links course that this week was so brittle and brown the balls rolled faster on the fairways than the greens. But he also explained his quality as a player. “I think you have to be two completely different golfers to contend at both of those golf courses,” Smith said. And he won on both of them — one the strongest field in golf, the other the oldest major in golf. His third win this year came at Kapalua on the Plantation course with its wild changes in elevation and big greens with high wind. He beat Jon Rahm, the No. 1 player in the world. “I think that’s just where I’m at at the moment,” Smith said. “Towards the end of last year, I had a lot of chances and really didn’t get over the line. I think that made me more eager, I guess, at the start of the year to really knuckle down and try and get over the line. “For it to happen three times this year is pretty unreal,” he said. “I really wasn’t expecting that. I would have been happy with one.” This was a big one. And it was a big disappointment for McIlroy, who along with Viktor

Hovland started the final round tied for the lead. Smith and Young were four behind and by the end of the day, one had the silver claret jug and the other had a silver medal. Young made a 15-foot eagle on the 18th hole for a 65, tied for the lead for as long as it took Smith to tap in for birdie. McIlroy did very little wrong and hardly anything right. He didn’t have many close looks at birdie and the few times he did, they slid by the hole. The cheers were for McIlroy, immensely popular worldwide and especially this week, the 150th Open at the home of golf, as he tried to end his eight-year itch of watching someone else celebrate a major championship. He knew Smith had pulled ahead with those five straight birdies. “I had to dig deep to make birdies. And I just couldn’t,” McIlroy said. “I got beaten by the better player this week. To go out and shoot 64 to win the Open Championship at St. Andrews is a hell of a showing. Hats off to Cam.” As McIlroy spoke to the media, he had to pause every now and then. The 18th green was behind him. There were cheers from a record crowd as Smith walked onto the green to accept the claret jug and be introduced as “champion golfer of the year.” “There’s a worthy winner right on the 18th green right now,” McIlroy said. After a performance like that on the Old Course — all year, really — no one could dispute that.

Pitch clocks, shift limits, larger bases in MLB’s future

By THE ASSOCIATED PRESS

LOS ANGELES — Justin Verlander, Gerrit Cole and the rest of major league pitchers are likely to be looking over their shoulders next season — at a pitch clock.

Clocks have cut the length of minor league games by about a half-hour this year, and baseball officials appear certain to promote the timers to the majors.

“I think it needs it, obviously. And I think it’s coming regardless of opposition of the players. It’s kind of our fault,” the Yankees’ Cole said ahead of Tuesday’s All-Star Game. “We’ve known it’s been an issue and its importance and we don’t seem to clean it up.”

Major League Baseball also is considering shift limits, larger bases, restrictions on pickoff attempts and — perhaps in 2024 — limited use of robot umpires to call balls and strikes. The new collective bargaining agreement includes an 11-person competition committee with six management representatives, four players and one umpire, and it is empowered to make changes by majority vote with 45 days’ notice.

Average time of nine-inning games increased from 2 hours, 43 minutes in 2003 to 3:13 in 2020 before dropping to 3:02 so far this season through July 12, according to the Elias Sports Bureau. A clock experiment in the minor leagues cut the average this year to 2:37 from 3:04 at a similar point for non-clock games last year.

“At first, I wasn’t buying into it. But then we started the season, I was, ‘Oh, this is pretty good.’ I like it. I think it’s more efficient,” Brooklyn Cyclones manager Luis Rivera said before a 9-0 win over Greensboro on July 12 that breezed along in 2:27.

Time between pitches with no runners on base ranges from 12.6 seconds for Milwaukee’s Brent Suter and San Francisco’s Sam Long to 26.6 for St. Louis’ Giovanni Gallegos and 26.0 for Atlanta’s Kenley Jansen. With runners on, San Diego’s Tim Hill leads at 18.1 and Gallegos (32.1) and Jansen (31.1) are the slowest.

MLB’s average through Thursday was 20.5 seconds with no runners and 27.3 second with runners. Boston manager Alex Cora notices call-ups are working more quickly than veterans.

“Little by little, everything they’re doing in the minor leagues is going to affect their big league game, which is great,” he said.

Long the most traditional of U.S. major pro sports, baseball adopted video review for home runs in 2009 and for a broad array of umpire decisions in 2014. All 30 teams are using the electronic pitching signaling device introduced this spring.

A clock is being used this year throughout the minors: 14 seconds with the bases empty and 19 with runners on at Triple-A, and 14/18 at lower levels. The clock starts “when the pitcher has possession of the ball and the catcher is in the dirt circle surrounding home plate.” In addition, “the batter must be in the box and alert to the pitcher with at least nine seconds remaining.”

“I’m not opposed to a pitch clock, but I think it needs to be a reasonable amount of time to not feel rushed,” said Houston’s Verlander, a two-time Cy Young Award winner. “Fourteen is quick. I was kind of like on the fence about it, maybe pro pitch clock, but then talking to a couple of the Triple-A guys we’ve had, they feel in certain situations that they don’t even have enough time to shake off pitches. Granted, they don’t have PitchCom down there.”

Yankees pitcher Ryan Weber, who spent the first two months this season in the minors, favors a clock but with four additional seconds. He pointed to a 3-2 fastball he threw to Norwich’s Patrick Dorrian on April 17 that ended a nine-pitch at-bat with a fly-out. He feared a violation that would cause ball four.

“If I throw a pitch, catch the ball and then go around to the rosin bag, and then when I get on the mound and I’m looking for the sign, it’s running low and I got to say yes to that pitch,” Weber recalled. “I just grooved it. I felt that I was forced to throw.”

Violations dropped from 1.73 per game during the opening week to 0.52 in Week 11.

MLB’s goal is to eliminate dead time, such time-consuming tics such as Nomar Garciaparra tapping toes and adjusting batting gloves between pitches.

“It’s something that takes a while to get used to, but I think overall the impact it had on the pace of the game was good,” said the Yankees’ Matt Carpenter, who spent April at Triple-A with Round Rock.

Minor league pitchers also have been limited to what the regulations call “two disengagements per plate appearance” with runners on — pickoff attempts or stepping off the runner. A third attempt that is unsuccessful results in an automatic balk.

Bases have been increased to 18-inch squares from 15, promoting safety — first basemen are less likely to get stepped on — but also boosting stolen bases and offense with a slightly decreased distance.

Shifts have been limited all season at Double-A and Class A, where teams are required to have four players on the infield, including two on each side of second base. The Florida State League adds an additional restriction starting July 22 by drawing chalk lines in a pie shape from second base to the outfield grass, prohibiting infielders from the marked area pre-pitch.

Use of shifts has exploded in the past decade, from 2,357 times on balls hit in play in 2011 to 28,130 in 2016 and 59,063 last year, according to Sports Info Solutions. Shifts are on pace for 71,000 this year.

There has been a corresponding drop in the big league batting average from .269 in 2006 to .255 in 2011 to .242 this season, on track to be the lowest since 1967 — before the mound height was cut.

“I like organic primarily,” said former Rays, Cubs and Angels manager Joe Maddon. “If we have to legislate our game to become better, I would put the all the infielders on the dirt, but I’d still permit three on the one side.”

Shift ban tests are hard to interpret, given there is far less shifting and defensive data in the minors.

MLB also is piloting an Automated Ball-Strike System in the minors, which could reach the majors as soon as 2024. Defining the computer strike zone is still being worked on.

Big league umpers are much criticized in an age of high-speed video cameras analyzing every pitch. Jeremie Rehak and Pat Hoberg have been the most accurate plate umpires this season at 95.6% correct, according to UmpireScorecards.com. Among umpers who have worked more than one game calling balls and strikes, Andy Fletcher (91.4%) and CB Bucknor (91.7%) have been the least accurate.

A test in the Class A Florida State League uses the robot umpers in the first two games of each series, then has a human call ball and strikes in the remaining game with a challenge system. Each team gets three challenges and keeps its challenge if successful. Only the pitcher, catcher or batter may appeal, unlike the MLB replay challenge system, in which a manager generally has 20 seconds to challenge a call — leaving time for the team’s video room staff to make a recommendation.

“I love that,” Verlander said of the ball/strike challenge system. “These guys get a lot of flak, but they have one of the hardest jobs in the world. We’re throwing 100 mph, nicking corners. If I were an umpire, I like that: ‘Oh, you think you’re better than me? Appeal it and find out.’ I think it’s a fun back and forth.”

Decisions fall to the technical committee, which includes players Jack Flaherty, Tyler Glasnow, Whit Merrifield and Austin Slater, umpire Bill Miller and six team officials.

MLB hopes quicker games will be more appealing to fans as it tries to rebuild attendance following the pandemic. Cyclones general manager Kevin Mahoney said minor league teams haven’t experienced a drop in concessions sales.



James Harden prepares a home-made sangria with the launch of his signature wine collection, “J-Harden” at his home kitchen in Beverly Hills, Calif. AP PHOTO/DAMIAN DOVARGANES

Healthy James Harden vows return to ‘top of my game’

By THE ASSOCIATED PRESS

LOS ANGELES — James Harden is vowing a return to his high-scoring form after battling a lingering hamstring injury that created rare doubt for the three-time NBA scoring champion over the last two seasons.

He expects similar big things from the Philadelphia 76ers after taking less salary in his contract this season to help the team improve and chase the championship he still seeks.

Harden injured the hamstring playing for the Brooklyn Nets in the 2020-21 season. The first serious injury of his 13-year career was “a wake-up call” that had Harden thinking about life outside of basketball.

Finally healthy again, he’s spending the summer in his hometown of Los Angeles. Relaxing barefoot in a fully furnished, nine-bedroom, 14-bathroom rented mansion perched on a hillside above Beverly Hills with panoramic views stretching to downtown LA, Harden is eager to put the past behind.

“I’m looking to have an unbelievable season,” he said Sunday. “I don’t want to just go out there and be running around and not being efficient and looking old out there. I still want to be really, really, really good.”

Harden declined his \$47.4 million player option with the 76ers for next season and instead agreed to a new two-year deal that will pay him \$32 million in 2022-23. It includes a player option for the second season. The deal isn’t yet finalized and Harden didn’t address the negotiations.

However, the 10-time All-Star confirmed to The Associated Press that he made the decision to allow the 76ers the flexibility they needed to go after other players. If he hadn’t declined the option, the team would have been hard-pressed to bolster its roster led by NBA scoring champion Joel Embiid.

“Taking less money this year to sign as many players as we needed to help us contend and be the last team standing was very, very important to me,” Harden said. “I wanted to show the organization, the Sixers fans and everybody else who supports what we’re trying to accomplish, what I’m trying to accomplish individually, that this is what I’m about.”

The Sixers signed free agents P.J. Tucker and Daniel House. Harden previously played with both in Houston.

“We got some really good pieces this summer, so now it’s time for us to go do the hard work,” Harden said.

Harden averaged 22 points this season for Brooklyn and Philadelphia, lowest since he became a starter in the 2012-13 season. He turns 33 in August.

“For any other players, that’s a max contract,” he said of his lower numbers, “but it’s like, for me, I was not the same James Harden.”

He relied more on 3-pointers and free throws than driving to the basket. His usual speed was replaced by sluggishness and his mind was preoccupied with the injury.

“I wasn’t able to get in my spots and get to where I needed to get to without thinking about it, so that right there slowed my confidence down,” he said. “It was craziness, but I’m finally back. I’ll be a lot more aggressive scoring-wise just because my body allows me to.”

The 76ers lost to top-seeded Miami in the second round of the playoffs. Harden had four turnovers, four baskets and did not score in the second half in the decisive Game 6 loss. They haven’t advanced past the second round since 2001. Their last NBA championship came in 1983.

“Coming back and being the aggressor, the scorer first and then the playmaker, is something that I need for myself,” he said.

Sitting in front of an unlit fireplace with the mansion’s air conditioning on the fritz, Harden raps his knuckles on a wooden table.

“It feels like I had a perfect career,” he said. “I didn’t have any serious injuries, but that (hamstring) right there slowed me down to where all right, you got to start thinking about other things than basketball.”

Harden already owns restaurants, gyms and has a stake in a tequila company among his varied business interests. With a curiosity for just about everything, he got into wine a few years ago.

Harden spoke to the AP to discuss his upcoming J. Harden x J Shed wine collaboration that debuts in September. The label features bold colors and his likeness in sunglasses and his trademark beard. Prices range from \$14 to \$18 a bottle.

“We came to disrupt the wine business, that was our mindset,” he said. “I don’t feel like any other wine is doing that.”

Exploring Juan Soto trades — no matter how far-fetched

By THE ASSOCIATED PRESS

The trade deadline became a bit more suspenseful over the week-end when The Athletic reported that Washington outfielder Juan Soto turned down a \$440 million, 15-year offer to stay with the Nationals.

Suddenly, social media was ablaze with talk of Soto possibly being traded, and what kind of incredible offer it might take to acquire him.

A deal involving the 23-year-old star would be seismic because of his talent, his youth and the fact that he’s not due to be a free agent until after the 2024 season. Any team considering acquiring Soto would have to weigh how likely he’d be to stay there, but even

2 1/2 years of him could be worth quite a bit.

It’s moments like these that online trade simulators were meant for, and baseballtradevalues.com was probably getting a lot of hits Saturday. That site tries to put a figure on a player’s value, while accounting for his contract status. For example, Soto’s trade value (his projected on-field worth minus his salary) is listed on the site as \$193.7 million, trailing only Wander Franco (\$286 million), Ronald Acuña Jr. (\$221.2 million) and José Ramírez (\$209 million) in all of baseball.

So when using the site’s trade simulator, the goal is to line up a deal in which the Nationals get around \$193.7 million in value in exchange for Soto. Let’s



Washington Nationals’ Juan Soto wipes his face in the dugout before a game against the Atlanta Braves, Sunday, July 17, 2022, in Washington. AP PHOTO/NICK WASS

have some fun with this.

For the purposes of this exercise, we’ll assume all no-trade clauses will be waived as needed. All prospect rankings are from MLB Pipeline, and trade value figures in parentheses are in millions:

Deal No. 1: Soto (\$193.7) to the Red Sox for SS Marcelo Mayer (\$55.4), 1B Triston Casas (\$39.7), RHP Brayan Bello (\$28.8), RHP Tanner Houck (\$27.1), 2B Nick Yorke (\$25.2) and SS Xander Bogaerts (\$22).

If a player like Soto comes available, you im-

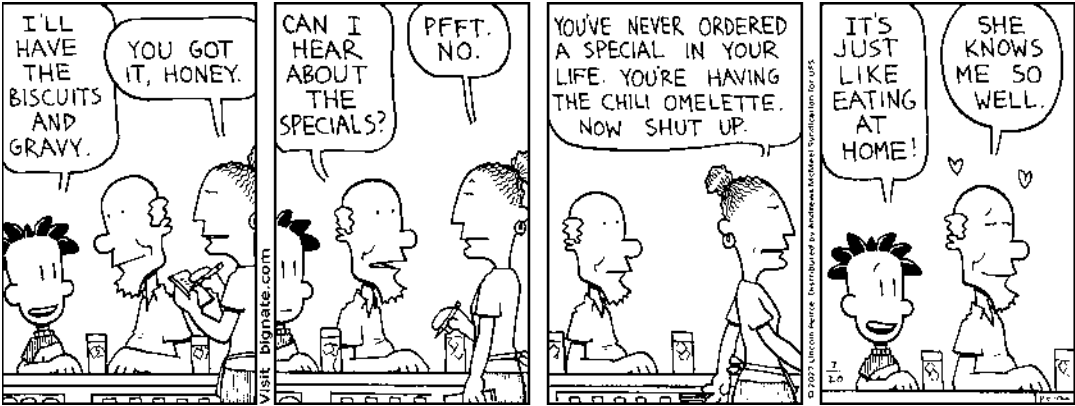
mediately start thinking about wealthy teams already in contention — the franchises that can benefit right away from adding him and have the wherewithal to keep him long term. The Dodgers and Yankees fit that description, but they have only one top-25 prospect each.

In this deal, Boston would be giving up the No. 10, 14, 44 and 64 prospects — and Bogaerts, a four-time All-Star who can become a free agent after this season. If Washington feels it can extend him, would a trade like this make sense?

ARLO AND JANIS



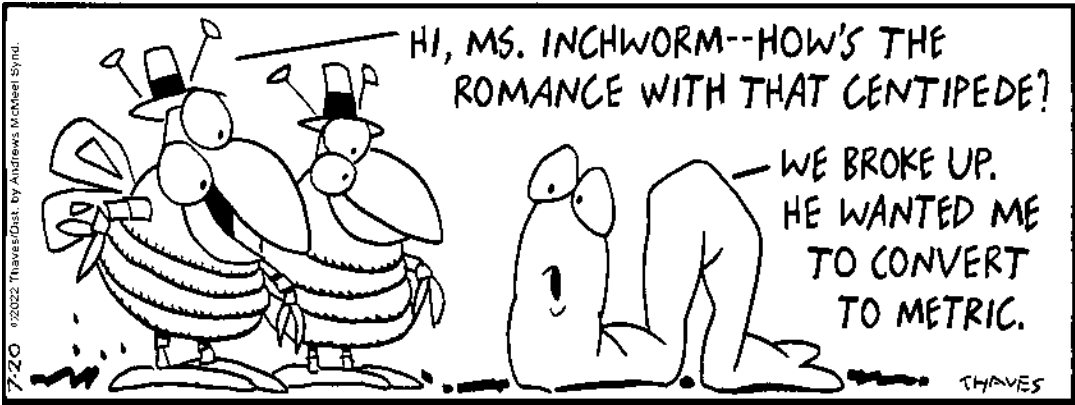
BIG NATE



THE BORN LOSER



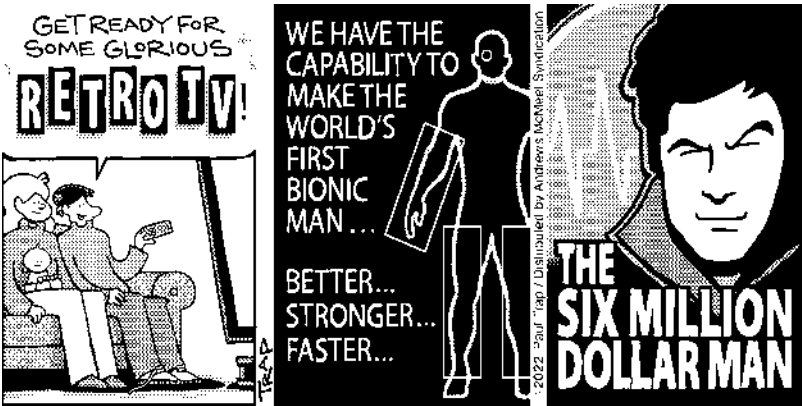
FRANK AND ERNEST



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

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

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

CROSSWORD

- ACROSS**
- 1 Old pro
 - 4 Delight in
 - 8 More than passed
 - 12 Italian writer
 - 13 Fateful day
 - 14 Ripple
 - 15 Watch-dog's warning
 - 16 German composer
 - 18 Film cowboy Gene —
 - 20 Puffin kin
 - 21 Oddjob's creator
 - 23 Cold feet
 - 26 Phoenix cagers
 - 29 "Frozen" snowman
 - 32 Chewing —
 - 34 Meryl, in "Out of Africa"
 - 35 Faint
 - 36 Doctors' org.
 - 37 Chignon
 - 38 Vane dir.
 - 39 Sketch
 - 40 — Francisco
- DOWN**
- 41 "NBA Friday" broadcaster
 - 42 Jet black
 - 43 Tufted-ear cat
 - 45 Pat on
 - 47 Checkout scan
 - 49 Crack the case
 - 53 Wins
 - 58 Zero in on
 - 59 Thicken
 - 60 Not busy
 - 61 Machine part
 - 62 Be certain of
 - 63 Worm on a hook
 - 64 Ron who played Tarzan

Answer to Previous Puzzle

HAG	CALM	MICE
EW	ALAI	EDAM
IAN	REDS	SEAM
DRO	SE	CANNY
IDAHO		IST
	ENSUED	ITD
CELT	URN	STAY
PEAS	RAY	TYPE
ALS	AFLAME	
	TIP	YAWED
TUNNEL	ERMINE	
AHAB	ASTI	LAC
DOM	NINA	ECO
SHED	GRAD	STY

7 Is, in Avila

8 Quit napping

9 Cleveland NBAer

10 Festive night

11 Thieves' hangout

17 Tizzy

19 Hazard

22 Centering points

24 From the top

25 Card game

26 Close kin

27 Everyday

28 Long-term babysitter

30 Sibilate

31 Make better

33 Tailless cat

39 Wolf, to Pedro

41 Montreal athlete

44 "The — Professor"

46 Debit's opposite

48 Storage bin

50 Add some brandy

51 Perfume holder

52 TV statuette

53 Tivo forerunner

54 Ait, on the Seine

55 Mil. rank

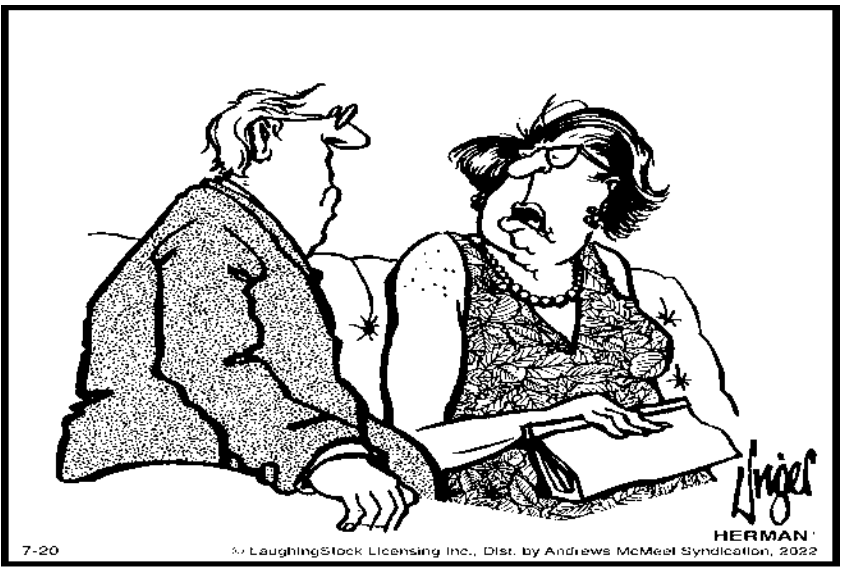
56 Ms. Lupino

57 Actor — Wallace

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HERMAN



ASTROGRAPH BY EUGENIA LAST

Avoid temptation by aligning yourself with stable, hardworking people. Put your energy into something that counts, and dedicate your time to helping others and making the world around you a better place. Leave nothing to chance; it's up to you to keep things copacetic if you want everything to fall into place. Don't wait; change begins with you.

CANCER (June 21-July 22) -- Find a method that works for you. Limit your intake and diminish your responsibilities. Know what you want and be intent on following through with your plans.

LEO (July 23-Aug. 22) -- Stop worrying about what others do. Put your heart into what you know and do best. Don't let compliments go to your head, causing you to offer too much to something that doesn't benefit you.

VIRGO (Aug. 23-Sept. 22) -- Seize the moment, do your thing and bask in the glory. Don't hesitate or overreact. A strategic plan executed with precision will change the way others see you and how you see yourself.

LIBRA (Sept. 23-Oct. 23) -- Emotional challenges will surface if you let things get to you. Size up situations before you launch a counterattack. Ask questions and take the initiative to bring about positive change.

SCORPIO (Oct. 24-Nov. 22) -- You know how to play, but losing doesn't come easy. Don't let anger seep in and turn into something you cannot control. Challenge yourself physically and keep your emotions under control.

SAGITTARIUS (Nov. 23-Dec. 21) -- Spend more time nurturing what you've worked so hard to ac-

quire. Good relationships take work, and building a solid home base takes ingenuity and resources.

CAPRICORN (Dec. 22-Jan. 19) -- Observe, calculate and adjust. Having a flexible attitude will encourage positive change. Don't put up with wasteful people, hangers-on and those taking advantage of your kind heart.

AQUARIUS (Jan. 20-Feb. 19) -- Take the reins and charge forward independently. Waiting around for others or following someone else's lead will not get you where you want to go. You'll find your calling if you are honest.

PISCES (Feb. 20-March 20) -- Take a unique approach to something you long to master. The skills you gain will inspire you and lead to valuable opportunities. Someone you least expect will offer sage advice.

ARIES (March 21-April 19) -- Refuse to let your emotions step in and ruin things for you. Put your ego aside and do what you do best. Let the results speak for you, and you'll sidestep interference.

TAURUS (April 20-May 20) -- Be observant, but don't think everyone else has answers or insight into what you can or should do next. Only you can decide your strengths and weaknesses. Share your skills, energy and time.

GEMINI (May 21-June 20) -- Hunker down and don't stop until you are satisfied with the results. Consider your dreams and push forward. It's OK to be different and to trust and believe in yourself. Say what's on your mind.

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DEADLINES: Classifieds: 2 Days prior at noon Display: Friday noon for Wednesday and Wednesday noon for Saturday.

NOTICE OF TRUSTEE’S SALE

A default has accrued on a certain note secured by a deed of trust executed by, **Taunji J. Waterman AND Darrell W. Waterman** dated 7/21/2006 and recorded on 7/21/2006 in **Book 874 Page 903**, in the Recorder’s office for **Adair County, Missouri**. The successor trustee will on **August 15, 2022** between the hours of 9:00 am and 5:00 pm, more particularly at **1:00 PM**, at the **South Front Door of the Adair County Courthouse, 106 West Washington, Kirksville, Missouri** sell at public venue to the highest bidder for cash (certified funds only), the following real estate:

COMMENCING 50 FEET EAST OF THE NORTHEAST CORNER OF BLOCK 6, NORTHEAST ADDITION TO KIRKSVILLE, MISSOURI THENCE EAST 108 FEET, THENCE SOUTH 54 FEET, THENCE WEST 108 FEET, THENCE NORTH 54 FEET TO THE POINT OF BEGINNING AND BEING A PART OF THE SOUTHWEST QUARTER OF THE SOUTHEAST QUARTER OF SECTION 4, TOWNSHIP 62, RANGE 15, ADAIR COUNTY, MISSOURI.

Commonly known as: **716 North Florence, Kirksville, Missouri 63501**

for the purpose of satisfying said indebtedness and the costs of executing this trust.

CSM Foreclosure Trustee Corp.
Successor Trustee
(800) 652-4080
4x 07/20/2022, 07/27/2022, 08/03/2022, 08/10/2022
CSM File 26-21-00613
NOTE: This office is a debt collector.

KIRKSVILLE HOUSING
AUTHORITY, MO
NOTICE OF INVITATION
FOR BIDS
IFB 003-2022
Pest Control Services

AGENCY CONTACT PERSON	Patti Preston, Executive Director Telephone: (660) 665-8539 E-Mail: patti@kirksvillhousingauthority.org
HOW TO OBTAIN THE IFB DOCUMENTS	Kirksville Housing Authority 100 Valley Forge Dr Kirksville, MO 63501
PRE-BID CONFERENCE	NONE SCHEDULED
DEADLINE TO SUBMIT QUESTIONS	Monday., August 8th, 2022 by 12 PM CST
BID SUBMITTAL RETURN	Attn: Teresa Ralston Administrative Office 100 Valley Forge Dr, Kirksville, MO 63501
BID SUBMITTAL DEADLINE	Thursday, August 11th, 2022 at 4:00 PM with opening to follow Administrative Office, 10 Valley Forge Dr. Kirksville, MO 63501

[Section 3, Minority- and/or women-owned businesses
are encouraged to respond]

Health Educator Position

The Adair County Health Department is seeking a full-time temporary Health Educator to provide education programs in Adair County focusing on Covid-19 and other health priorities. Candidates with health education experience or a licensed nurse is preferred.

In addition, candidates must have excellent computer and internet skills and be able to work evenings and weekends as required. This temporary position will be for a contract period not exceeding 12 months and have an hourly rate of \$24.00.

Interested candidates should email their personal information on a “contact form” found at HTTP://adair.lphamo.org on our website homepage -or- submit their information at the Adair County Health Department 1001 S. Jamison, Kirksville, MO 63501 (660-665-8491). Please note this position is funded through the Missouri Department of Health and Senior Services “Local Public Health Disparities Initiative.”

NOTICE

Under the provision of Section 115.233 RSMo. Election Laws of the State of Missouri, the ballot counting computer will be tested to ascertain that the equipment is in compliance with the law and that it will correctly count votes cast for all offices and on all questions in the Primary Election on **Tuesday, August 2, 2022**.

The test for the **Optical Scan System** will be conducted in the County Clerk's temporary office at 311 N. Elson St. in Kirksville, on **July 22, 2022 at 9:00 a.m.**

A pre-audited group of ballots will be processed. If an error is detected, the cause shall be determined and corrected and an errorless count shall be made before the tabulation equipment is approved. The test shall be open to the candidates, the news media and the public.

Sandra Collop
Adair County Clerk
106 W Washington
Kirksville, Missouri 63501

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Wanted

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

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COUNTY CLERK’S NOTICE OF PRIMARY ELECTION

TUESDAY, AUGUST 2, 2022, ADAIR COUNTY, MISSOURI

Notice is hereby given that a Primary Election will be held at the following polling places in each precinct of said County of Adair, State of Missouri, and the polls will be open between the hours of (6) six o'clock in the morning and until (7) seven o'clock in the evening of the first Tuesday after the first Monday of August, 2022, for the purpose of nominating candidates for the Federal, State, District, and County offices, to be voted at the General Election to be held on Tuesday, the (8th) day of November,2022. The hereinafter mentioned ballots contains the name of each candidate for nomination, together with a designation of the office for which he or she represents, the party of principle he or she represents, as certified and filed in the County Clerk’s Office.

*Please note a change in polling location

***SOUTHWEST #1**
Cornerstone Church, 1702 N Elson St., Kirksville
(moved from DFS)

SOUTHEAST #2
Rehoboth Baptist Church,
100 Pfeiffer Ave., Kirksville

SOUTHEAST #3
Loyal Order of the Moose Lodge,
2405 E Illinois St., Kirksville

NORTHEAST #4
Adair County Annex, 300 N.
Franklin St., Kirksville

***NORTHEAST #5**
Loyal Order of the Moose Lodge,
2405 E Illinois St., Kirksville (moved from Library)

NORTHEAST #6
Church of the Nazarene,
2302 N Lincoln Rd., Kirksville

TSU
1st floor Student Union (east end),
901 S. Franklin St., Kirksville

BRASHEAR
NEMO Fairgrounds,
2700 E. Illinois St., Kirksville

NOVINGER
Novinger Community Center,
101 Snyder Ave, Novinger

RURAL BENTON
Missouri Department of Conservation,
3500 S. Baltimore, Kirksville

On Tuesday, August 2 ,2022 beginning at (6) six o'clock a.m. and closing at (7) seven o'clock p.m. of said day.
The ballots for said election will be in the following forms according to the districts:

REPUBLICAN PRIMARY
OFFICIAL ELECTION BALLOT
ADAIR COUNTY, MISSOURI
AUGUST 2, 2022

INSTRUCTIONS TO VOTER
To vote, completely fill in the oval(s)
next to your choice, like this ●

FOR UNITED STATES SENATOR
(Vote for 1)

☐ Patrick A Lewis

☐ Eric Schmitt

☐ Billy Long

☐ Eric Greitens

☐ Bernie Mowinski

☐ C.W. Gardner

☐ Deshon Porter

☐ Vicky Hartzler

☐ Dave Sims

☐ Mark McCloskey

☐ Eric McElroy

☐ Dennis Lee Chilton

☐ Robert Allen

☐ Dave Schatz

☐ Hartford Tunnell

☐ Kevin C. Schepers

☐ Rickey Joiner

☐ Robert Olson

☐ Russel Pealer Breyfogle Jr

☐ Darrell Leon McClanahan III

☐ Curtis D. Vaughn

FOR STATE AUDITOR
(Vote for 1)

☐ David Gregory

☐ Scott Fitzpatrick

FOR UNITED STATES REPRESENTATIVE
IN CONGRESS
6TH DISTRICT
(Vote for 1)

☐ Brandon Kleinmeyer

☐ Dakota Shultz

☐ Sam Graves

☐ John Dady

☐ Christopher Ryan

FOR STATE SENATOR
18TH DISTRICT
(Vote for 1)

☐ Cindy Olaughlin

FOR STATE REPRESENTATIVE
3RD DISTRICT
(Vote for 1)

☐ Gary M. Ewing

☐ Danny Busick

FOR STATE REPRESENTATIVE
4TH DISTRICT
(Vote for 1)

☐ Greg Sharpe

FOR PRESIDING COMMISSIONER OF
THE COUNTY COMMISSION
(Vote for 1)

☐ Mark Shahan

☐ Jeff Gottman

FOR CLERK OF THE CIRCUIT COURT
(Vote for 1)

☐ Angie Sullivan

☐ Martha Cole

FOR PROSECUTING ATTORNEY
(Vote for 1)

☐ Patrick Nolan

☐ David Goring

☐ Andrew A. Boster

FOR TREASURER
(Vote for 1)

☐ Lori J. Smith

QUESTION 1

Shall the County of Adair, Missouri continue
to impose a monthly fee of \$1.00 on a
subscriber of any communications service
that has been enabled to contact 911 for the
purpose of funding 911 service in the county?

☐ Yes

☐ No

DEMOCRATIC PRIMARY
OFFICIAL ELECTION BALLOT
ADAIR COUNTY, MISSOURI
AUGUST 2, 2022

INSTRUCTIONS TO VOTER
To vote, completely fill in the oval(s)
next to your choice, like this ●

FOR UNITED STATES SENATOR
(Vote for 1)

☐ Lewis Rolan

☐ Gena Ross

☐ Carla Coffee Wright

☐ Josh Shipp

☐ Spencer Toder

☐ Lucas Kunce

☐ Jewel Kelly

☐ Clarence (Clay) Taylor

☐ Pat Kelly

☐ Trudy Busch Valentine

☐ Ronald (Ron) William Harris

FOR STATE AUDITOR
(Vote for 1)

☐ Alan Green

FOR UNITED STATES REPRESENTATIVE
IN CONGRESS
6TH DISTRICT
(Vote for 1)

☐ Henry Martin

☐ Charles West

☐ Michael Howard

FOR STATE SENATOR
18TH DISTRICT
(Vote for 1)

☐ Ayanna Shivers

FOR ASSOCIATE CIRCUIT JUDGE
(Vote for 1)

☐ Kristie J. Swaim

FOR CLERK OF THE COUNTY
COMMISSION
(Vote for 1)

☐ Sandy Collop

FOR RECORDER OF DEEDS
(Vote for 1)

☐ Tracy Hunter

FOR COLLECTOR OF REVENUE
(Vote for 1)

☐ Sonja Harden

QUESTION 1

Shall the County of Adair, Missouri continue
to impose a monthly fee of \$1.00 on a
subscriber of any communications service
that has been enabled to contact 911 for the
purpose of funding 911 service in the county?

☐ Yes

☐ No

LIBERTARIAN PRIMARY
OFFICIAL ELECTION BALLOT
ADAIR COUNTY, MISSOURI
AUGUST 2, 2022

INSTRUCTIONS TO VOTER
To vote, completely fill in the oval(s)
next to your choice, like this ●

FOR UNITED STATES SENATOR
(Vote for 1)

☐ Jonathan Dine

FOR STATE AUDITOR
(Vote for 1)

☐ John A. Hartwig Jr.

FOR UNITED STATES REPRESENTATIVE
IN CONGRESS
6TH DISTRICT
(Vote for 1)

☐ Edward A (Andy) Maidment

QUESTION 1

Shall the County of Adair, Missouri continue
to impose a monthly fee of \$1.00 on a
subscriber of any communications service
that has been enabled to contact 911 for the
purpose of funding 911 service in the county?

☐ Yes

☐ No

CONSTITUTIONAL PRIMARY
OFFICIAL ELECTION BALLOT
ADAIR COUNTY, MISSOURI
AUGUST 2, 2022INSTRUCTIONS TO VOTER
To vote, completely fill in the oval(s)
next to your choice, like this ●FOR UNITED STATES SENATOR
(Vote for 1)

☐ Paul Venable

QUESTION 1

Shall the County of Adair, Missouri continue
to impose a monthly fee of \$1.00 on a
subscriber of any communications service
that has been enabled to contact 911 for the
purpose of funding 911 service in the county?

☐ Yes

☐ No

NON-PARTISAN PRIMARY
OFFICIAL ELECTION BALLOT
ADAIR COUNTY, MISSOURI
AUGUST 2, 2022INSTRUCTIONS TO VOTER
To vote, completely fill in the oval(s)
next to your choice, like this ●

QUESTION 1

Shall the County of Adair, Missouri continue
to impose a monthly fee of \$1.00 on a
subscriber of any communications service
that has been enabled to contact 911 for the
purpose of funding 911 service in the county?

☐ Yes

☐ No

The polling places will be open from the hours of (6) six o'clock am until (7) seven o'clock pm during which time any persons properly registered to vote in the county will be given the opportunity to cast his or her ballot. Done by order of the County Clerk of the County of Adair this 13th day of July, 2022.

Sandra Collop,
Adair County Clerk

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