

KIRKSVILLE Daily Express

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WEDNESDAY

AUGUST 24, 2022 | \$2

Adair County Historical Society awarded grant

By The Adair County Historical Society

The Adair County Historical Society has been awarded a grant of \$1,970 from the Missouri Humanities Council to pay for publishing and mailing a special issue of the society's quarterly magazine, "The Adair Historian."

The July issue of this popular magazine celebrates the 70th anniversary in 2022 of Thousand Hills State Park and Forest Lake. This special-issue, full-color magazine contains several stories and many photos showing different aspects of the state park and the lake's history and development.

"This grant is greatly appreciated," said Blytha Ellis, president of the Adair County Historical Society and Museum in Kirksville. "Publishing this quarterly magazine is a major expense, so receiving these funds for a special issue is wonderful!"

The stories in this special issue trace Thousand Hills' beginnings from 1952 with the building of a dam and the flooding of Big Creek Valley



Blytha and Donald Ellis hold a check received from the Missouri Humanities Council to pay for publishing and mailing a special issue of the society's quarterly magazine, "The Adair Historian."

to create a reservoir, to later years when the Park became

a prime recreation spot.

"It is fascinating to learn about the coal mines and farms, which now lie at the bottom of Forest Lake and about the folks who once lived there," Ellis said. "In this issue, one can also read about others who've made a big impact on the Park, including one determined volunteer trail builder named Marty Haynes of Kirksville, who is profiled in this magazine."

Those who have Historical Society memberships have automatically received this magazine, but it is also available to anyone who would like a copy for a small donation. These publications are available at the Adair County Historical Society Museum at 211 S. Elson in Kirksville. It is open from 1 to 4 p.m. Wednesday through Friday. You can request a copy by mail at the above address, or by calling the museum at 660-665-6502 or 660-626-3844.

The Adair County Historical Society sponsored this project in partnership with Missouri Humanities and with support from the National Endowment for the Humanities.



Princeton Review Includes Truman Among Best Colleges

By Truman State University

Truman State University is one of the nation's best institutions for undergraduates to earn their college degree, according to The Princeton Review.

The education services company included Truman in the 2023 edition of its annual college guide, "The Best 388 Colleges." This book features only about 14 percent of America's four-year colleges and is one of The Princeton Review's most popular publications. The company chooses

which colleges make the list based on data it annually collects from administrators at hundreds of colleges about their institutions' academic offerings.

The Princeton Review also considers data it gathers from its surveys of college students who rate and report on various aspects of their campus and community experiences. The rankings in this edition are based on the company's surveys of more than 160,000 students at the 388 schools in the book.

See **TRUMAN**, Page A3

The latest addition of The Adair Historian is available at the Adair County Historical Society Museum, 211 S. Elson in Kirksville. It is open from 1 to 4 p.m. Wednesday through Friday. You can request a copy by mail at the above address, or by calling the museum at 660-665-6502 or 660-626-3844.



Deputy Chief Justin Jones hands Joshua Ciesemier his badge.

Kirksville Police Department announces hiring of new officer

By Kirksville Police Department

The Kirksville Police Department announced the hiring of new police officer, Joshua Ciesemier. Ciesemier was sworn in and began his

duties with KPD on Aug. 22. Ciesemier is an August 2022 graduate of the Law Enforcement Training Institute in Columbia. Ciesemier is a Kirksville native and graduate of a local private school.

Kirksville City Council passes ordinance re-adopting procedures disclosing potential conflicts of interest

By Marty Bachman
Daily Express

The Kirksville City Council, at their Aug. 15 regular meeting, approved an ordinance to re-adopt the procedures for disclosing potential conflicts of interest and substantial interests for

certain municipal officials as required under provisions of state statutes.

Assistant City Manager Ashely Young told the council that passing the ordinance is required annually by the state and recommended by the Missouri Municipal League so that it isn't something

that is forgotten about.

"What it does basically, is requires council members to disclose any personal or private interest in any bill and to abstain from voting on any matters relating to that interest," Young explained to the council, noting that the city

manager must then file a disclosure report by May 1 of each year that identifies any businesses that he or she has a substantial interest in.

Mayor Zac Burden said that the council hasn't run into many issues where its members have had a financial invest-

ment in what they may be voting on, but that council members have been careful to avoid votes in which they have affiliations with.

"So it's great to serve with folks of high ethics and I think adopting the statement continues that tradition," Burden said.

Councilman John Gardner said that he felt it was very important that the council be transparent and make decisions based on what's best for the city and not their own personal interests.

The council voted unanimously to pass the ordinance.

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OBITUARIES INSIDE

Mary Elizabeth (Groves) Stocks (Bette), 79



KIRKSVILLE AREA CALENDAR

A Taste of the Chamber

A Taste of the Chamber will be held on Thursday, Aug. 25 from 5-7 p.m. at the Kirksville Area Chamber of Commerce, 304 S. Franklin Street. Learn more about membership benefits of the Kirksville Area Chamber of Commerce. Experience Business After Hours — refreshments served. Encounter the Art Walk — Live music by Tim Carson. Try their Golf Tournament Challenge. Meet and greet with the chamber board, ambassadors and committee chairs. Get your questions answered by chamber staff and insurance brokers. Door Prizes, Cape Air tickets to St. Louis, Yeti cups, Kirksville Ca\$h and more. RSVP Sandra at 660-665-3766.

Cub Scouts to hold August Cub Roar

August Cub Roar from 11 a.m. to 1 p.m. on August 27, 2022 at Rotary Parks Lower Shelter. We will have a Rain Gutter Regatta, Inflatable Archery, Inflatable BB guns, crafts and food.

Community Improvement District Meetings

The Franklin Street Community Improvement District will hold a meeting at 10 a.m. on Wednesday, Aug. 24, in the Second Floor Conference Room of City Hall, 201 S. Franklin St.

The Baltimore Commons Community Improvement District will hold a meeting at 9:30 a.m. on Wednesday, Aug. 24, in the Second Floor Conference Room of City Hall, 201 S. Franklin St.

The South 63 Corridor Community Improvement District will hold a meeting at 11 a.m. on Wednesday, Aug. 24, in the Second Floor Conference Room of City Hall, 201 S. Franklin Street.

The Baltimore Commons Community Improvement District will hold a meeting at 9:30 a.m. on Wednesday, Aug. 24, in the Second Floor Conference Room of City Hall, 201 S. Franklin Street.

Source Solar-Missouri, Ribbon Cutting

The Kirksville Area Chamber of Commerce will be holding a ribbon-cutting ceremony for Source Solar-Missouri, 18062 Round Barn Way in Kirksville, on Aug. 31 at 10 a.m. Formerly known at 1 Solar Source-Missouri, the company is celebrating a grand re-opening.

Shopping Expo

Local Shopping Expo, Sept. 17, 9 a.m.-3 p.m. at the El Kadir Shrine Club, 2401 S. Baltimore. Vendors, crafters, homemade items, and much more. Vendor applications can be found at <https://exposhopping.wordpress.com/vendor-event-application/>

Vendor Fair at the Hampton Inn- Kirksville

Join Kirksville Young Professionals for their annual Vendor Fair at the Hampton on Sunday, Sept. 18, from 11 a.m.-3 p.m. Local crafters and vendors will be on-site showcasing their best. Interested in joining as a vendor? Email KirksvilleYP@gmail.com. Space is limited.

Thousand Hills State Park programs

Women in Nature — Sept. 24 8:30 a.m.-4:30 p.m.

Activities include Archery/Atlatl, Campfire Cooking, Kayaking, and Hiking/Trail Skills. Registration is \$10. Register at <https://mostateparks.com/event/94676/win-women-nature>

Friday, Aug. 26 — 7 p.m. Bug Bingo

Learn all about bugs through this interactive game of bingo. Discover which bugs match the clues given to complete your bingo board. Meet at the Special Use Area.

Saturday, Aug. 27 — Learn 2 Paddle

Have you ever wanted to try kayaking or strengthen your kayak skills? Register for one of four Learn 2 Paddle events. Advanced Learn 2 Paddle 9 a.m.-noon. Regular



Learn 2 Paddle 1:30-3:30 p.m. Registration is \$5. Register at mostateparks.com/learn2 Friday, Sept. 2 — 7 p.m. Hoo is Making that Noise?

Have you heard whistles, yelps, and tapping in the forest or near the shore and wondered who was making those sounds? Join park staff to get some answers as you explore animal calls. Meet at the Campground 1 Amphitheater. Saturday, Sept. 3 — 7:30-9:30 p.m. Eyes on the Sky

Come out to Thousand Hills State Park to take a look at the night sky. Learn about the importance of night sky to us and wildlife. There will be telescopes but everybody is welcome to bring their own telescopes, chairs, and binoculars. Meet at the Point Shelter. Sunday, Sept. 4 — 10 a.m. Petroglyph Tour

Thousand Hills State Park is home to a collection of petroglyphs or rock carvings made by ancestors of today's American Indians. Explore the petroglyphs with park staff to learn more about this unique piece of history. Meet at the petroglyph shelter located next to the beach.

Adair County SB40 August schedule of activities at the Community Learning Center

Coffee & Cards — Each Tuesday at 9 a.m., join us for coffee and card or board games. We also have tea and hot chocolate if you would prefer!

Game Time — Come play board games with your friends! We have a cabinet for of games with something for all. If the weather is good, we can also pull out our yard games.

Music Moves — Join Kaelie for our bi-monthly free music therapy group! This a fun activity for people of all ages to explore music and movement while having fun and making connections.

Sewing Group — Want to learn to sew by hand? In this class, you will learn some basic stitching and embroidery skills while making some simple sewing projects. You can also bring your own sewing project to work on.

Fishing — Come join us a Spur Pond on Tuesday, Aug. 9 and 23 at 3:30 p.m. If you do not have a fishing license or need fishing equipment in order to join us, please contact Melissa at the CLC by the Friday before.

Crafts — Each Wednesday you are invited to join us for a fun and simple craft at 10 a.m.

Get Fit — Want to get in shape and be healthy but hate to exercise on your own? We've got you covered! Join us on Wednesdays at 2 p.m. for some fun and easy exercises. Each week participants will have the opportunity to choose from several different types of exercise including walking, 'Sweating to the Oldies', or one of our other workout videos.

Movie Night — Come enjoy a movie and snacks with us at 3 p.m. on Wednesday, Aug. 3.

Telling Your Story — This class will help you learn to share your story with other through writing, pictures, scrapbooking, and more.

Each person's story is different and so their project will be too. You will find that having a way to share your story will help you to communicate your needs with other.

BINGO — Join us each Friday

at 10 a.m. to play BINGO and win BINGO Bucks to spend in our BINGO Store while having fun with your friends.

Wii Tournament — In August we will continue to have a fun and friendly Wii Tournament. Come play bowling, golf, and more with your friends while getting some light exercise.

Parent-to-Parent Group — Please note that there has been a change in the day and time of the Parent-to-Parent Group! This group is for any parent/guardian of a child, birth-through the end of school, with a disability. The new date and time will be the third Thursday of each month, 5:30-6:30 p.m. at the CLC.

Crash course in defense combatives for the non-martial artist

Cornerstone Church, 1702 N Elson St, Kirksville, will hold a crash course in defense combatives on Aug 28, 1-4 p.m. This is a crash course in defense combatives for the non-martial artist. In this course we will spend a few minutes of classroom time, discussing task awareness, the Rational Protective Mindset by OXYS, and physiology for your advantage. Many of these techniques are derived from law enforcement and tactical training to capitalize on your body's God given defensive mechanisms. That means we will train you to maximize your present mindset — and build a rational protective plan for your immediate use.

This is a somatic approach with an applied moral and theological framework. You will leave the class with focused techniques to explode your body's defense resources in an emergency. Plus, you will learn our technique to FACE Fear. No special equipment is required — but there will be modest physical activity. Please dress for indoor athletic activity, bring an open mind and Be Safer Today. A participation waiver will be required. Register Here: <https://www.oxyx.com/event-details/be-safer-to-day-true-90>

Plus, a complete guide on gear, gadgets, and ongoing training. Concealed Carry Classes are an excellent way to begin your training and will help you to understand the gravity and responsibility of carrying a firearm. This course uses proprietary content from OXYS and more. A beginning firearms book is available for \$20. Two written tests are administered at the end of class. Ammunition cost not included — you will need to bring a revolver or semi-auto pistol and at least 50 rounds of ammunition, eye protection and ear protection. If you need to borrow a firearm there is an additional charge — contact them for details.

After the course, you will take the training affidavit to your local Missouri Sheriff's Office and apply for your CCW. The cost varies per county, and is normally \$100. Completion of the course does not guarantee that you will obtain a permit. If you have any questions, feel free to contact them. Class cost is \$100. Register at: <https://www.oxyx.com/event-details/missouri-concealed-carry-3>

llc/event-details/be-safer-to-day-true-90

Missouri compliant concealed carry class

Cornerstone Church, 1702 N Elson St, Kirksville, will hold a Missouri compliant concealed carry class on Aug 27, 8 a.m. -5 p.m. In this private Missouri compliant CCW they cover:

- Understanding conflict avoidance and situational awareness
- Missouri laws
- Lawful defense protection
- Home security and home defense
- Handgun and shotgun basics
- Shooting fundamentals
- The physiology of violent encounters
- The legal aspects of using deadly force (including knowing what to do in the aftermath)

Plus, a complete guide on gear, gadgets, and ongoing training. Concealed Carry Classes are an excellent way to begin your training and will help you to understand the gravity and responsibility of carrying a firearm. This course uses proprietary content from OXYS and more. A beginning firearms book is available for \$20. Two written tests are administered at the end of class. Ammunition cost not included — you will need to bring a revolver or semi-auto pistol and at least 50 rounds of ammunition, eye protection and ear protection. If you need to borrow a firearm there is an additional charge — contact them for details.

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Mascots Marching for Meals

Saturday, September 17, 9 A.M. Kirksville YMCA Pavilion



Join area mascots for the 4th annual Mascot March, a 1.8 mile march hosted by The Food Bank. Registration is \$20 and event proceeds go toward feeding kids in Adair County. To make sure you get a t-shirt, register by September 2 at sharefoodbringhope.org/mascotmarch



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ATSU President Dr. Craig M. Phelps speaks to Rotary Club of Kirksville

By Rotary Club of Kirksville

The speaker at the Aug. 17 Rotary Club of Kirksville meeting was Craig M. Phelps, DO, President of A.T. Still University. Phelps said A.T. Still University (ATSU) operates on three campuses (Kirksville, Mesa, Ariz.; and its newest, Santa Maria, Calif.) plus a St. Louis Dental Center location. It has seven doctoral programs, 16 masters

programs and 16 certificate programs. ATSU is celebrating its 130th anniversary this year and A.T. Still Memorial Library, its 100th year. The Museum of Osteopathic Medicine is now accredited by the American Alliance of Museums. He spoke about various scholarly activities and improvements on the Kirksville campus. He then spoke about the economic impact the university has on Kirksville. It has



922 residential students and 492 local faculty and staff. The annual impact on the community in dollars is \$189,049,720.

City to purchase 800 tons of rock salt

By Marty Bachman Daily Express

The Kirksville City Council, at their Aug. 15 regular meeting, approved a resolution authorizing the purchase of up to 800 tons of rock salt for winter road maintenance from Independent Salt Company of Kanopolis, Kansas.

Public Works Director Glenn Balliew told the council the August purchase is a normal annual occurrence the city goes through to get their rock salt for the season.

In his staff report, Balliew wrote that each year the city purchases rock salt for the street snow and ice control program and that salt usage varies greatly each year depending on weather conditions. He wrote that the city currently has 800 tons in their bins and they have the opportunity to lock in pricing and quantity with Independent and wish to secure up to 800 tons for the winter season 2022-2023.

"The City is not required to purchase the entire 800 tons," he wrote in his report, noting that

the recommended bid came from Independent Salt Company at \$79.95 per ton, a \$6.73 per ton increase from last year's bid. "If all 800 tons are required the total cost would be estimated at \$63,960. The City can schedule delivery as required from the date of contract award thru May 1, 2023."

Balliew said that \$44,000 of the purchase price will come from this year's budget and \$18,000 from next year's.

The resolution was passed unanimously by the council.

LOCAL MATTERS.

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 Published Biweekly
 701 E. LaHarpe St., Suite C,
 Kirksville, MO, 63501
 P.O. Box 809 h
 Phone 660-665-2808
kirksvilledailyexpress.com
 Phillips Media Group, LLC.
 Phone: 660.826.1000 or 800.892.7856
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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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USPS 296-060; periodicals postage paid at Kirksville, Mo., and at additional mail offices.
 Postmaster: Send address changes to 701 E. LaHarpe St., Suite C, Kirksville, MO, 63501 (P.O. Box 809).

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

OBITUARIES

Mary Elizabeth (Groves) Stocks

May 8, 1943 – Aug 21, 2022

Mary Elizabeth (Groves) Stocks (Bette), 79, born in Cleveland, OH on May 8, 1943, passed way on August 21, 2022 in the arms of her husband. She was the daughter of Don and Madelaine Groves and faithfully served at Cleveland First Assembly of God church. She graduated from Warrensville Heights High school and went to Evangel College as a music education major in Springfield, Missouri. There she met the love of her life, John Stocks and they married on August 30, 1963.



The two settled in Cleveland, Ohio where Bette taught elementary music in the inner-city schools. They started their family in the Cleveland suburbs. While attending First Assembly of God, Bette sang in the choir, played oboe in the orchestra, led the children's choir, taught Sunday School, and ministered to many friends and congregants as the associate pastor's wife.

In 1983, Bette and John moved their family to Lexington, Ohio where John became pastor at Southwood Hills Assembly of God. Bette continued to substitute teach at the local schools and finished her substitute teaching at Mohican Correctional Center in Mansfield, Ohio.

After retirement in 2004, Bette continued faithfully serving at Mansfield Berean Baptist Church. There she participated in her small group and the senior adult group. She ventured on six short-term missions trips including Thailand, Ukraine, and Korea.

In 2008, she suffered a stroke in Bangkok, her last trip. This limited her the rest of her days and was a main reason they left Ohio to move near family in Kirksville, Missouri in 2015. Bette attended

Rehoboth Baptist Church, Shekinah Mennonite Church, and First Assembly of God. She enjoyed coloring pages for all she loved, especially children, attending her ladies' small group and playing "Farle" with her friends.

Bette was preceded to heaven by her parents. She is survived by her loving husband and caregiver, John, daughter Laurie Mains of Kirksville, son Jonathan and wife Anne of Noblesville, Indiana, and son Matthew and wife Rebecca of Kirksville. Bette has eight grandchildren: Elias Mains, Josiah Stocks, Sierra Stocks, Ashlynn Stocks, Ryan Stocks, Lukas Stocks, Kayla Lee, and Braelyn Lee. She is also survived by her brother Don and his wife, Christine Groves of Cleveland, Ohio and many nieces and nephews.

A service will be held Saturday August 27 at 10 A.M. at Rehoboth Baptist Church, 100 Pfeiffer Ave, in Kirksville, Missouri. The viewing will be at Davis-Playle-Hudson-Rimer Funeral Home from 6-8 on Friday, August 26.

Bette loved flowers, so if you wish to donate, even from your backyard, they are welcome at the viewing. Those who wish to make a donation on behalf of Bette can make them to the Ukraine Bread Fund in care of Berean Baptist Church, and send through the funeral home.

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

TRUMAN

Continued from Page A1

In the profile on Truman, students cited that the university offers "an amazing education at a great price." Students also said that the university is "just the right-size" and that the smaller class sizes translate into great "student-professor relationships that help with mentoring and future networking opportunities."

The Princeton Review's school profiles and ranking lists in "The Best 388 Colleges" are posted at princetonreview.com/best388.

This ad supports journalism. Facebook and Google do not.

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Chamber to host 'Taste of the Chamber' event

By Kirksville Area Chamber of Commerce

The Kirksville Area Chamber of Commerce will be hosting a "Taste of the Chamber" private event on Thursday, Aug. 25, 5-7 p.m. at their office, 304 S. Franklin Street. All local area businesses that are not members of the chamber are invited to attend to learn more about the benefits of chamber membership. Business owners and managers are encouraged to drop by during those hours and stay as long as their schedule allows.

They will be greeted by members of the chamber board and staff, tour the office and receive information on member benefits. Attendees will be able to connect with a Hawkins Harrison Insurance broker to discuss the Chamber Benefit Plan health insurance, which is

available to businesses with two-50 employees.

In the parking lot, attendees will learn more about chamber's annual events and Tim Cason will entertain on keyboard and sax while Candace Reidel gives a live art demonstration, just like at the Annual Art Walk. Attendees will have an opportunity to experience a Chamber Business After Hours social networking event with refreshments provided by chamber member restaurants and caterers.

They can try their hand at a golf game, just like they might do at the chamber's annual golf tournament, and chamber board members, staff, ambassadors and some committee chairs will be on hand to answer questions and learn more about the business needs of attendees.

Door prizes will be awarded all



evening and guests who join the Kirksville Area Chamber of Commerce by Sept. 1, will be entered into a drawing to have their annual dues refunded (a value of up to \$220).

RSVP to 660-665-3766, if you'd like to learn more about the benefits of joining the Kirksville Area Chamber of Commerce. Their parking lot will be in use that evening and guests are encouraged to park in the grassy lot behind the Sue Ross Arts Center, or in the parking lot behind Bank of Kirksville. Please do not block the bank's ATM lanes or park in front of their building.

KIRKSVILLE AREA NEWS BRIEFS

New Bridge on Missouri Route 11 in Adair County Opens

The new bridge over Floyd Creek on Missouri Route 11 in Adair County, approximately seven miles east of Kirksville, is now open after closing for replacement in April. This is the tenth bridge completed as part of the Fixing Access to Rural Missouri (FARM) Bridge Program, a design-build contract that will replace 31 poor condition bridges across northern Missouri. "The contractor is making great progress with many of the bridge projects as we are nearly one-third of the way into the program," said Missouri Department of Transportation Project Director Jeff Gander. Lehman-Wilson was named the contractor for the program. Currently, three other bridges included in the FARM program are under construction for replacement. The full list of bridges on the program can be found at FARM Bridge Program web page.

Tiny Tykes Soccer registrations now open ahead of Sept. 20 kickoff

Join Coach Luke for soccer FUNdamentals! The city of Kirksville's Parks and Recreation Department is now accepting registrations for the Tiny Tykes Soccer. Tiny Tykes is an exciting and engaging four-week program that teaches soccer using play-based learning. Tiny Tykes Soccer is for children ages 3 through 5, held on Tuesdays and Thursdays starting Sept. 20. Registrants will choose either a 4:30-5:15 p.m. session or a 5:30-6:15 p.m. session. Registration can be done online at parks.kirksvillecity.com or in person at the Parks and Recreation office at the Kirksville Aquatic Center (801 E. Mill St.). Registration is \$40 per participant and each player will receive a Tiny Tykes Soccer t-shirt. All classes will be held at the Tiny Tykes Soccer Field, located next to the Pee Wee Baseball Fields at the North Park Complex (3000 Novinger St.). For more information, please contact the Parks and Recreation Department at 660.627.1485.

Start of downtown water tower Demolition delayed one week

Demolition of the downtown water tower will not begin on Aug. 22 as originally planned. Allstate Tower, Inc., the company hired to take the tower down, informed the city it has been delayed on a different job due to weather. Some Allstate staff will begin arriving in Kirksville for prep work next week, but there will be no street closures at that time. Instead, street closures will begin on Monday, Aug. 29, and last until Sept. 5. The affected streets include the sections of South Main, West McPherson and West

Keep an Eye on What's Happening Locally

Jefferson streets that surround the water tower. Please avoid the area and use alternate routes.

Art Gallery Exhibit: New work by Truman State art faculty

New artwork by current art faculty will be on display from Aug. 30-Oct. 8 in the University Art Gallery. Exhibits will include Laura Bigger, printmaking; Lindsey Dunnagan, painting; Nick Phan, printmaking; Amy Smith, ceramics; and Danielle Yakle, sculpture/fibers. Speak with the artists: 4:30-5 p.m. on Tuesday, Aug. 30. Opening reception: 5-6 p.m. on Aug. 30. University Art Gallery Hours: Monday-Thursday 8:30 a.m. to 7 p.m.; Friday 8:30 a.m. to 5 p.m.; Saturday Noon to 4:30 p.m. Art Gallery exhibits are free and open to the public. The Art Gallery is located on the first floor of the Ophelia Parrish Fine Arts Center, entrance on the west side of the building.

Kirksville Parks and Recreation updates aquatic hours as summer winds down

With students returning back to school and a reduced availability of lifeguards, the following changes will be implemented to the hours of operation for the department's aquatic facilities:

- The Kirksville Aquatic Center's Water Park will be open on weekends only after Aug. 23. The final day that the water park will be open for the season will be Labor Day, Monday, Sept. 5.
- The indoor pool at the Kirksville Aquatic Center will continue to be open Monday to Friday, 6 a.m. to 9:30 a.m. and 11:30 a.m. to 7 p.m.; Saturdays from 12 p.m. to 7 p.m. and Sundays from 1 p.m. to 5 p.m.

If you are interested in becoming a lifeguard, the Kirksville Parks and Recreation Department is accepting applications at kirksvillecity.com/parksandrec.

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: Aug. 26 — Deadwood, Sponsored by Kirksville Tourism. Rockin' Blues. All concerts are also sponsored by Sparklight and the City of Kirksville Tourism.

Road closures on East Street, Cedar Lane to start on August 22

Starting on Aug. 22, Stanton Contracting will begin concrete street repairs on East Street and Cedar Lane that will result in road closures. The removal and replacement of concrete slab areas will be done at the 2100 block of East Street, near the intersection of Poplar Lane, and the 2100 block of Cedar Lane. The repairs will require the streets to be closed from Aug. 22 to approximately Sept. 1. For more information, contact the Engineering Department at 660-627-1272.

Mascots Marching For Meals for Adair County

The Food Bank For Central & Northeast Missouri will be hosting the 4th annual Mascots Marching For Meals for Adair County on Sept. 17 at 9 a.m. beginning at the YMCA Pavilion (1922 Jamison Street) in Kirksville. The walk will continue around the school campus which is a 1.8 mile trail. School and local business mascots will be present along the route. The registration fee is \$20 which includes a t-shirt. Proceeds from this event will benefit the buddy pack program in Adair County.

Lawson Hill Pop-Up Market & Store-Wide Sale

Lawson Hill Pop-Up Market & Store-Wide Sale will be held on Sept. 24 from 9 a.m. to 5 p.m. at Lawson Hill Antique Mall, 4414 N. Baltimore Hwy 63, Kirksville. They will be taking vendor applications until Aug. 24. Spaces are on a first come first serve basis. Bring your own tents, tables, and chairs. No electricity can be provided except for food trucks. Spaces are 10x10 and are \$50. Contact Stacey Kramer at 660-627-4646).

Missouri Livestock Symposium

The Missouri Livestock Symposium, the premier educational event and trade show for livestock producers, will be held on Dec. 2-3 at William Matthew Middle School, 1515 S Cottage Grove in Kirksville. The trade show opens on Dec. 2 at 4 p.m. and there will be a free supper at p.m. If you're serious about livestock production, don't miss their lineup of nationally-known speakers covering timely topics, and their large agricultural trade show. There's no cost to attend and no pre-registration required. Just show up and enjoy their educational programs, trade show and free meals. If you're interested in becoming a sponsor of this event or would like to have a trade show booth, call the Adair County MU Extension Center at 660-665-9866.

Prairie Song Academy president speaks to Kiwanis Club

By Kirksville Kiwanis Club

The Kirksville Kiwanis Club welcomed Kelsey Auran de Razo to speak at their Aug. 18 meeting. Auran de Razo is the president of the board at Prairie Song Academy in Kirksville. She presented on the new school and their educational approach. Pictured are Kirksville Kiwanis Club President Jim O'Donnell (left) and Auran de Razo.



July 2022 Missouri Monthly Jobs Report

By Missouri Department of Higher Education and Workforce Development

Missouri non-farm payroll employment increased by 24,800 jobs from June 2022 to July 2022, and the seasonally adjusted unemployment rate decreased by three-tenths of a percentage point. Private industry employment increased by 10,500 jobs and government employment increased by 14,300 jobs. The state's seasonally adjusted unemployment rate was 2.5 percent in July 2022, down from 2.8 percent in June 2022.

Over the year, there was an increase of 52,500 jobs from July 2021 to July 2022, and the unemployment rate decreased by 1.8 percentage points, from 4.3 percent in July 2021 to 2.5 percent in July 2022. While the data is preliminary and subject to revision, the preliminary July 2022 unemployment rate of 2.5 percent is the low-

est recorded seasonally adjusted unemployment rate in Missouri since the data series began in 1976. The previous low was 2.8 percent in June 2022. The decrease is due to a decline of more than 18,000 in the civilian labor force, with both the number of employed and the number of unemployed down over the month. The labor force participation rate and employment-to-population ratios declined as well.

UNEMPLOYMENT

Missouri's smoothed seasonally adjusted unemployment rate decreased by three-tenths of a percentage point in July 2022, declining to 2.5 percent from the revised June 2022 rate of 2.8 percent. The July 2022 rate was 1.8 percent lower than the July 2021 rate. A year ago, the state's seasonally adjusted rate was 4.3 percent. The estimated number of unemployed Missou-

rians was 77,925 in July 2022, down by 6,986 from June's 84,911.

The national unemployment rate decreased from 3.6 in June 2022 to 3.5 in July 2022. Missouri's unemployment rate has been at or below the national rate for the last five years.

The state's not-seasonally-adjusted unemployment rate increased in July 2022, rising by six-tenths of a percentage point to 2.9 percent from the June 2022 not-seasonally-adjusted rate of 2.3 percent. A year ago, the not-seasonally-adjusted rate was 4.5 percent. The corresponding not-seasonally-adjusted national rate for July 2022 was 3.8 percent.

Missouri's labor force participation rate was 62.5 percent in July 2022, down 0.5 points compared to June, but four-tenths of a percentage point higher than the national rate of 62.1 percent. Missouri's employment-population ra-

tio was 60.9 percent in July 2022, down from 61.2 percent in June, and nine-tenths of a percentage point higher than the national rate of 60.0 percent. Missouri's unemployment rate was 2.5 percent in July 2022, one percent lower than the national rate of 3.5 percent. Missouri's unemployment rate has been at or below the national rate for the last five years.

EMPLOYMENT

Missouri's non-farm payroll employment was 2,927,200 in July 2022, up by 24,800 from the revised June 2022 figure. The June 2022 total was revised downward from the preliminary estimate by 2,000 jobs.

Goods-producing industries increased by 4,900 jobs over the month, with manufacturing gaining 3,600 jobs while mining, logging, and construction gained 1,300 jobs. Private service-providing



industries increased by 5,600 jobs between June 2022 and July 2022. Employment in private service-providing industries increased in leisure and hospitality (3,400 jobs); professional and business services (2,200 jobs); and trade, transportation, and utilities (600 jobs). Employment decreased in educational and health services (-1,700 jobs); financial activities (-1,000 jobs); and information (-100 jobs). Government employment increased by 14,300 jobs over the month with gains in local government (14,800 jobs) and federal government (400 jobs).

Over the year, total payroll employment increased by 52,500 jobs from July 2021 to July 2022. The largest gain was in professional and

business services (20,400 jobs); followed by leisure and hospitality (12,500 jobs); mining, logging, and construction (8,500 jobs); other services (6,600 jobs); manufacturing (6,000 jobs); trade, transportation, and utilities (2,300 jobs); and information (300 jobs). Employment decreased in financial activities (-1,900 jobs) and educational and health services (-1,500 jobs). Government employment decreased over the year, with a loss of 700 jobs. The largest governmental employment decrease was in federal government (-1,900 jobs). Employment increased over the year in state government (1,000 jobs) and local government (200 jobs).

Read the full report at <https://meric.mo.gov/missouri-monthly-jobs-report>.

Explore these careers in the military

By Special to The Express

The military is essential to protecting the country's interests both domestically and abroad. Military service members help to keep the peace, assist civil service personnel and defend the nation when necessary. Even though some people enlist in the military for a set period of time, many spend their entire careers in the service.

Some people may be surprised to discover the military offers work in many different fields. Chances are if it can be found outside of the military world, it's also something that can be done within the various branches of the military.

Accounting officers

Accountants and auditors scrutinize the spending of billions of dollars by the military.

These people maintain records in accordance with policies and procedures. They also advise leaders on financial and accounting matters.

Administrative support specialists

These individuals perform various tasks, which include information recording, organization, clerical needs, scheduling meetings, making travel arrangements, and more.

Advanced practice nurses

Nurses are needed in many different situations and they are coveted by the military. Nurses may specialize as nurse practitioners, clinical nurse specialists, nurse midwives, or nurse anesthetists when caring for the wounded or assisting in disaster relief. Nurses provide medical care to military members as well.



Air traffic controllers

Air traffic controllers are best known at commercial airports, but they also play essential roles in the military. Every day, hundreds of military aircraft take off and land around the world and air traffic controllers direct their movements.

Cyber-operations specialists

The internet and cyberspace has changed how the world operates in modern times. The military has resources to develop and maintain cyberspace initiatives, including securing military networks and defending the nation against cyber attacks. Cyber-operations specialists lead the call to utilize devices and systems to protect data.

Construction specialists/managers

These professionals perform and manage the construction of bridges, buildings, utility systems, bunkers, and much more for a variety of military operations.

Motor transport operators

Vehicles move equipment, supplies and troops all over, and the military needs operators who can not only drive, but also perform preventive maintenance on light- and heavy-duty vehicles.

The military offers a wealth of career paths for enlisted, active duty or reserve personnel. These positions engage various skills and can make for rewarding careers.



How small businesses can use tech to their advantage

By Special to The Express

Small businesses are vital cogs in the economy. When taking a stroll down a typical Main Street in the United States and Canada, shoppers are likely to pass an array of eateries and shops offering everything from handcrafted furnishings and ornaments to floral arrangements and more. These small, privately owned businesses help make communities unique and desirable places to live.

The impact small businesses have on their communities was perhaps never more apparent than during the Covid-19 pandemic, when many business owners were forced to close their doors or limit their hours of operation in an effort to stop the spread of the deadly coronavirus. When small businesses struggle, the ripple effects are considerable and include higher rates of unemployment and less tax revenue for communities. A 2019 report from the Office of Advocacy of the U.S. Small Business Administration found that small businesses accounted for 44 percent of economic activity in the United States. That figure underscores the important role these businesses play.

Supporting locally owned businesses is a great way to accelerate the post-pandemic economic recovery. As important as community support is to the survival of a small business, the people who own those businesses must make a concerted effort to connect with consumers and inspire that support. Technology can help business owners do that in a variety of ways.

- Pay attention to mobile rankings. The SEO solutions experts at SEMrush report that roughly 72 percent of domains change rankings by one place on mobile compared to desktop, while 52 percent change by three places. That's a significant dropoff as more and more consumers utilize mobile search engines when shopping. The popularity of mobile searching is something small business owners should take seriously and strongly consider when devising their optimization strategies.

- Strengthen your social media presence. A 2020 study from the social media marketing firm Sprout Social found that nine in 10 consumers will buy products from a brand they follow on social media. Small businesses can use that to their advantage by strengthening their social media presence, devoting some time each day to promote their offerings. Businesses also can encourage in-store customers to follow them on social media.

- Prioritize customer service. Interactions with a real person will likely always remain consumers' preference when they have questions or concerns about products and services. But that doesn't mean small business owners cannot still expand their customer service offerings to include customer relationship management software (CRM) and chatbots, both of which can improve customer relations.

Small businesses are ingrained in their communities, and can utilize various technologies to become even more so in the years ahead.

How women can keep their careers going forward

By Special to The Express

Women have played essential roles in the global workforce for quite some time. Despite their contributions, women continue to face professional obstacles that many of their male colleagues never experience.

The differences between the professional challenges faced by women and those faced by men have been evident during the COVID-19 pandemic. A 2020 study published in the journal World Development examined general inequality during the pandemic, focusing particularly on certain factors, including job loss. The pandemic had a devastating impact on economies across the globe, and women bore a seemingly disproportionate percentage of that impact. The study found that, during the pandemic, women were 24 percent more likely to permanently lose their jobs than men. Women also expected their labor income to fall by 50 percent more than men during the pandemic.

Strategies to keep careers on track can be especially useful in the face of these obstacles and the

many more female professionals will face even after the pandemic has ended. The following are some ways women can keep their careers going forward.

- Continue education. The Graduate Management Admission Test, often referred to as the GMAT, is used to assess candidates for admission into graduate level management programs, such as MBA programs. A recent analysis of GMAT test takers found that 47 percent were women, which marked an all-time high. The value of education is undeniable, and women can continue their educations via the pursuit of advanced degrees as they look to keep their careers going forward.

- Emphasize networking. The Association for Talent Development reports that 57 percent of job openings are filled through networking contacts. Networking is more accessible than ever thanks to social media sites like LinkedIn, and women can utilize such resources to build connections with mentors and colleagues that can share everything from career advice to access to new job openings.

- Define career expectations.

Defining career expectations early on can be beneficial in various ways. Such expectations can guide career choices and provide a road map that women can utilize to stay the professional course. This can help women make decisions about their careers when they come to forks in the road. For example, if a path to promotion seems blocked, women can examine their established career expectations to help them decide if it's time to seek new employment. Defining career expectations also can help women effectively communicate with mentors about their goals, and mentors can then use that information when offering guidance. Expectations need not be concrete, and it's likely they will change over time. But they can serve as an important foundation for anyone from young female professionals to experienced executives looking to make changes or determine the next step in their careers.

Women face professional hurdles many of their male colleagues never experience. Various strategies can help women clear such hurdles and keep their careers going in the right direction.

Community health workers help improve quality of life for patients

By Northeast Missouri Health Council

For close to 10 years, Betty Kigar has been experiencing a better quality of life thanks to the tireless efforts of community health workers. Diagnosed with high blood pressure, diabetes and other chronic conditions, Kigar says her life improved when she started working with Northeast Missouri Health Council Community Health Worker (CHW), Amy Summers.

"If it wasn't for Amy, it would be hard to be an independent 84-year-old woman. She has greatly improved my quality of life because as they say, your golden years aren't so golden," said Kigar.

Summers helped Kigar establish and qualify for Medicaid In Home Services, which pays a healthcare worker to stop by Kigar's home and help her with daily chores three days a week.

In Kirksville and across the state, CHW play an essential role in addressing issues that

create barriers to good health. They provide a range of important services, including nutrition education, prevention and management of chronic diseases, family planning and reproductive health education, and skills for immigrants and refugees to navigate the U.S. health system, among many others.

"A community health worker serves as a liaison between medical and social services and the community," said Mandy Herleth, chief compliance officer, Northeast Missouri Health Council. "We're highly favored to have four CHW on staff, one that specifically helps foster families. CHWs help build individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, education, informal counseling, social support and advocacy."

Community health workers can help patients with: home safety visits, sanitation of the environment, provision

of water and nutrition, health education, maternal and child health support, family planning activities, and record-keeping and collection of data.

"Ultimately, community health workers have a unique opportunity to reach community members where they live, and work. This leads to improved access to health care services, increased health screenings, stronger connections between community members and healthcare systems, improved communication between communities and health providers, reduced need for emergency services, and improved community health," said Herleth.

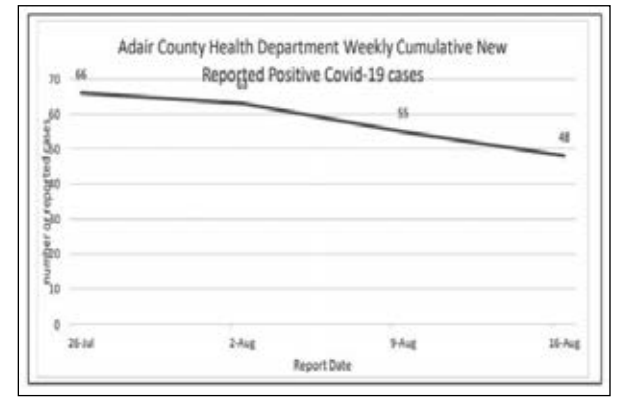
Research shows that successful community health workers can help reduce disparities in health care and build strong communication with existing health care systems.

"It think it's important that we provide this service because it can directly impact a patient's overall health," said Jennifer Walker, RN,

CHW, Northeast Missouri Health Council. "For example, if a doctor prescribes a blood thinner to decrease the risk of a blood clot but the patient forgets to take the pills because they live alone and don't have a pill box to help schedule their medication then the patient isn't going to be able to reach his/her optimal health. A community health worker can bridge the gap and really make a big impact on a patient's health," said Walker.

Community health workers can also function as role models by promoting, encouraging, and supporting positive and healthy self-care and self-management behaviors among patients. As advocates, they can help ensure that underserved community members get the services and follow-up care they need.

"I feel very fortunate because without the help and guidance from my community health worker, I don't know that I would be able to live as independently as I do," said Kigar.



CDC Updates Covid-19 guidance as reported cases fall

By Adair County Health Department

As the number of reported Covid-19 cases continue to fall in Adair County and throughout the country, the Centers for Disease Control and Prevention (CDC) has updated its guidance for protecting your health and others' during the ongoing pandemic.

The seven-day count of new reported cases of Covid-19 in Adair County fell from 55 to 48 from Aug. 9 through Aug. 15. Nationally, the moving seven-day average of daily new cases fell from 120,151 to 103,614.

If you know you have been exposed to Covid-19 or have been notified that you have been exposed, the CDC's streamlined recommendations still call for taking immediate precautions. However, immediate quarantine is no longer the CDC's recommendation.

The CDC recommends that you start wearing a high-quality mask on the day you know you have been exposed. The day of exposure is the critical factor in the new guidelines, not the day you find out you were exposed. The day you were exposed is Day 0 and the day after exposure is Day 1.

You should wear a high-quality mask at all times when around others in your home or indoors in public to protect those around you from exposure through Day 10. If someone around you is particularly vulnerable to Covid-19, such as the elderly, immunocompromised, or those who have cancer, diabetes, respiratory issues, and other health conditions, you should

take greater precautions. These would include always maintaining at least six feet of distance from them even while wearing a mask or completely avoiding sharing indoor space with them.

If you begin to experience any symptoms of Covid-19, you should isolate immediately and follow the CDC's isolation guidelines.

If you do not experience any symptoms, on Day 6, you should take a home Covid-19 test or schedule one with your healthcare provider. If you test negative, you should continue to monitor symptoms through Day 10 before discontinuing these precautions. That is because you can develop Covid-19 for up to 10 days after exposure.

What has not changed is the CDC's recommendation that everyone become fully vaccinated and boosted to protect themselves against severe disease, hospitalization, and death from COVID-19. The Adair County Health Department continues to administer Pfizer Covid-19 vaccines and boosters. Vaccines are administered to those ages 12 and older on Tuesdays from 2 to 4 p.m., and to those ages 5 through 11 on Thursdays from 3 to 5:30 p.m. The Health Department is now administering the Pfizer vaccine to children ages 6 months to 4 years old from 9 to 11 a.m. on Thursdays.

To schedule an appointment for the appropriate dose of vaccine or booster, or if you have questions regarding the timing of primary vaccines and booster doses, call the Adair County Health Department at 660-665-8491.

Missouri Senior Resource Line connects callers with local health and safety resources

By DHSS

JEFFERSON CITY – An easy-to-use resource line for Missouri seniors has been launched by the Division of Senior & Disability Services, a division of the Department of Health and Senior Services (DHSS). Individuals may call the resource line, input their zip code into their phones, and automatically be connected to their local Area Agency on Aging (AAA) for assistance. The toll-free number is 1-800-235-5503.

"Missouri's best-kept secret is now easily accessible to all Missourians," said Mindy Ulstad, DHSS Bureau of Senior Programs chief. "Being able to provide timely and informative assistance for Missouri seniors and caregivers through the resource line is another way that our agency is fulfilling our mission to be the leader in promoting, protecting and partnering for health of all Missourians."



The AAAs have professionals trained in information and assistance that answer the calls, do an intake assessment, and assure the caller is getting all of the appropriate services needed to keep them safe and healthy in the environment of their choice. The core program services are:

- Information and assistance (helping to provide information to get the individual or their

caregiver to the correct programs and services to meet their needs).

- In-home service (Personal care, homemaker, and respite services for non-Medicaid older adults).
- Transportation.
- Senior legal assistance (services provided by legal aids or private attorneys, paid for by the AAAs).
- Nutrition (both home-delivered and con-

gregate meals).

- Disease prevention and health promotion programs (programs designed to help older adults stay healthy and address any diseases they may have).

- Family caregiver support (caregiver respite, support groups, training, supplemental supplies like depends, liquid nutrition, durable medical equipment, etc.).
- Long-term care ombudsman services working to improve the quality of life for residents of long-term care through advocacy, education and empowerment.)

The AAAs also provide a variety of other services to meet the needs of individuals in their areas. These services are available free to anyone over the age 60 regardless of income. Family caregiver services can support any caregiver over the age of 18.

Learn more about Missouri's senior and disability services at health.mo.gov/seniors.

Missouri names new state dental director

By Missouri Department of Health and Senior Services

JEFFERSON CITY – Dr. Jacqueline Miller, DDS, MS, MPH, has been named the Missouri State Dental Director. Miller practiced orthodontics for 29 years in Washington, Sullivan and Eureka, and she retired from private practice in May of this year.

"Dr. Miller will continue the public health initiatives put forth by the previous director, Dr. Guy Deyton, and we look forward to her helping to increase the dental professionals' workforce, which has been severely impacted by the Covid-19 pandemic," said Paula Nickelson, acting director of the Missouri Department of Health and Senior Services which

houses the state's Office of Dental Health.

Miller will also promote an increase in the Preventive Services Program, which provides fluoride varnish applications, dental screenings, and education and referrals for thousands of Missouri children. She looks forward to utilizing her Masters of Public Health in an "encore career" to improve the oral health of all Missourians.

Miller has served in multiple leadership positions in the American Association of Orthodontists and was the first female to hold the office of president of the Midwestern Society of Orthodontists. She has an extensive career of leadership, advocacy for dentistry and volunteer-

ism both in Missouri and abroad. She has made 24 dental mission trips and participated in Give Kids a Smile and Missouri Mission of Mercy.

Miller graduated with distinction from the University of Missouri at Kansas City School of Dentistry, earning a Doctor of Dental Surgery degree. She was accepted to the University of Nebraska Medical Center College of Dentistry and graduated with a Master of Science and Certificate in Orthodontics. In July of 2022, she earned her Master of Public Health degree from A.T. Still University of Health Sciences.

Visit health.mo.gov/OralHealth to learn more about Missouri's oral health programs.

Help Our Health Page!

For our Health page, we know there are a lot of medical clinics and affiliated healthcare providers in the local area that have a message that they wish to share with the public. Whether it's the findings of local research, ways to promote a healthy diet or lifestyle, or the best treatments for common ailments, we're sure that the local medical community has a lot to share with the people of our community. Same as with our business page, we would also like stories about new training that your staff has received, a new hire with an exclusive area of expertise, a promotion of a staff member or the attendance at an important conference by clinic staff. Whatever is important to you, it's important to us and we want to provide you the recognition you deserve.



Kirkville football players run through a drill in practice on Aug. 16 at Spainhower Field. ADAM TUMINO

Local high school football teams to kick off season Friday

By Adam Tumino
Daily Express

The 2022 high school football season is here as all seven local teams are set to take the field under the lights on Aug. 26. Some local head-to-head matchups are slated for Friday night as well.

Kirkville at Macon

Kirkville will be on the road to face Macon in the opener, as the pair of local teams once again open the season against each other. The battle of the Tigers last season saw Macon beat Kirkville in a 42-41 thriller in Kirkville.

Now Kirkville will look to return the favor and beat Macon on its home field.

Both teams are coming off strong 2021 seasons, with Kirkville going 7-4 and losing in the second round of the Class 4 State Tournament and Macon going 7-5 and losing in the third round of the Class 2 State Tournament.

Milan vs. South Shelby

Milan will be at home this season for its opener against South Shelby. The Wildcats are coming off a 6-5 season which featured a four-game winning streak that closed out the regular season and carried into the first round of the Class 1 State Tournament before falling to a strong Gallatin team in the next round.

South Shelby was 4-7 a season ago, with one of those wins coming at home against Milan in the season opener. The Cardinals would then lose six of their next seven games.

Milan will look to set the tone for a possible third-straight winning season, which has largely been due to defense in recent years. Over the last four seasons, the Wildcats are giving up an average of just under 14 points per game.

Putnam County at Highland

Putnam County will be on the road Friday to play Highland. The Midgets are looking to bounce back after back-to-back disappointing seasons of 2-7 and 3-7, and will look to new head coach Adam Huse to try and right the ship.

Highland won last season's matchup 50-14 in what was a season full of high-scoring contests for the Cougars.

Putnam County's defense allowed 34.25 points per game over the last two seasons. At his last head coaching job in Marshall, Huse dropped the scoring defense from 48.3 points per game in his first season to 27.8 in his fifth and final season in 2021. He will be looking to follow suit at Putnam County.

Scotland County at Clark County

Scotland County is the only

local team whose opener is not a rematch from last season. After losing to Marceline in the opener last season, the Tigers will this season face Clark County on the road.

Scotland County was 4-6 last season despite outsourcing their opponents by an average of 12.8 points per game. This discrepancy was due in part to the Tigers' first two losses coming by a combined four points and wins of 48-0 and 54-0 during the season.

Clark County struggled last season with a record of 1-9, losing its last nine games after a season-opening win.

Knox County at Schuyler County

The area's two 8-man football teams face off in the opener. Last season Knox County opened the season with a 78-26 win over Schuyler. Both teams are new to 8-man football, with Knox County going 7-3 in its first such season last year. The Eagles averaged 49 points per game and allowed 29.3 points per game last season.

Schuyler County has been playing 8-man football for two seasons, going 0-8 last season and 1-8 the year before. The Rams' defense struggled last season allowing 67.5 points per game while their offense averaged 17.3 points per game.

All of Friday's games are scheduled to start at 7 p.m.



Members of the Kirkville football team line up and participate in drills during practice on Aug. 16 at Spainhower Field. The Tigers open the season on the road Aug. 26 against Macon. ADAM TUMINO



Truman state head football coach Gregg Nesbitt (seated right) and players Justin Watson and Ulysses Ross pose for photos during the GLVC Football Kickoff event on July 29 at KcKendree University in Lebanon, Illinois. ADAM TUMINO

Truman athletics getting ready for start of fall seasons

By Adam Tumino
Daily Express

Truman State's campus will soon be getting busier with the start of fall seasons set to begin in the next week for several of the school's programs.

First up is the volleyball team, which will open the season Friday morning. The Bulldogs will travel to play in the Missouri Southern Tournament in Joplin with their first match set for 9 a.m. against Southwestern Oklahoma State. They will also play host Missouri Southern on Friday before playing Northwestern Oklahoma State and Newman on Saturday.

The Bulldogs went 6-24 including 2-14 in conference last season under first-year head coach David Gannon. The team will be without its top two scorers from last season, but senior setter Rachel DeFries will be back after leading the team in assists last season.

Also playing Friday are both the men's and women's soccer teams, with the women hosting Saginaw Valley State at 1 p.m. and the men hosting Park University at 3:30 p.m.

The women's team is coming off a strong 2021 season in which they went 10-4-3 overall including 9-2-3 in conference play. Their season came to an end with an upset loss against Missouri S&T in the first round of the GLVC Tournament.

Head coach Mike Cannon, entering his 30th season in the role, will have a lot of new players taking the field for his team in 2022, with eight of the nine players who scored goals last season having moved on. The only returning goal scorer from last season's team is sophomore midfielder Jessica Kozol, who was tied for sixth on the team with one goal.

Luckily for the Bulldogs there will not be turnover in the net this season with goalkeeper Beth Hopwood returning for her senior season. Hop-

wood ranks in the program's all-time top five in both matches at keeper and shutouts.

The men's soccer team has less roster turnover when it comes to scorers, as long-time head coach Duke Cochran's team has six of its seven scorers from last season back for 2022. Coming off a disappointing 2021 season in which the Bulldogs went 1-14-1 overall including 1-12-1 in conference play, Truman also has a returner in net with Justin Olwig, who got a bulk of the time at keeper as a freshman last season.

The Bulldogs did get their win and tie last season within the final three matches of the season, and will look to continue that late-season success into this season.

Football season will not be starting this weekend for the Bulldogs, but will kick off Sept. 3 at home against Davenport.

The Bulldogs were recently picked to finish second in the GLVC in a preseason poll after going 9-3 overall last season and 4-3 in conference. Their season ended with a second-straight win in the America's Crossroads Bowl, which is a game between a representative of the GLVC and a representative of the G-MAC.

Head coach Gregg Nesbitt finds himself in the familiar position of having to replace a running back who made the jump to Division I, looking now to fill in for the departure of 2,000-yard rusher Cody Schrader, who is transferred to Missouri to compete in the SEC.

A large group of possible replacements for Schrader are in place and the defense is getting back all of its starters from last season, putting the Bulldogs in position for a solid season.

More sports are set to begin in the coming weeks as well, with the golf, tennis, swimming and cross country seasons set to begin in the coming weeks.

Cardinals relish locker room full of veteran superstars

By THE ASSOCIATED PRESS

PHOENIX — There are two lockers in the visitors clubhouse at Arizona's Chase Field — bigger than all the others — that are usually reserved for veteran stars who have earned a little extra room to spread out.

The St. Louis Cardinals are one of the few teams with too many options.

The jumbo digs were eventually assigned to Albert Pujols and Yadier Molina, and who could really argue? They're two veteran superstars in their 40s nearing the end of Hall of Fame-caliber careers.

But the guys stuck in the smaller lockers next to the rookies and journeymen are almost as impressive: There's 40-year-old Adam Wainwright, a right-hand-

ed pitcher with 193 career wins and three All-Star appearances. Across the room was 34-year-old Paul Goldschmidt, one of the game's best first basemen who is a seven-time All-Star and in the midst of an MVP-caliber campaign.

Right next to him was Nolan Arenado, the 31-year-old third baseman with seven All-Star appearances and nine Gold Gloves.

It's a wealth of veteran expertise that's not lost on first-year manager Oliver Marmol, who at 36 is younger than many of the veterans.

"One thing this organization has done really well is pass on the history of what winning really looks like," Marmol said. "This is what the work looks like in order to win. Those guys — there's not a stronger group"

And here's the most important part: The quintet of veteran stars isn't just in the clubhouse for show. They're producing at a high level, which has pushed the Cardinals to the top of the NL Central.

They had a five-game lead over the Brewers going into Monday's games.

Pujols is enjoying a renaissance at 42 years old, hitting .442 with seven homers and 17 RBIs over the past month. The three-time MVP is making a run at 700 career homers, sitting at 692 with about 40 games left in the regular season, which he says will be his last.

He's treated as baseball royalty even at opposing parks. The crowd at Chase Field gave Pujols a standing ovation before his first at-bat in all three games of

the most recent weekend series.

The slugger isn't consumed with the attention. He crushed two homers as part of a 4-for-4 day on Saturday, but didn't raise any fuss when Marmol elected to take him out of the game and use rookie Nolan Gorman — who is two decades younger — as a pinch hitter.

Nobody looked happier than Pujols when Gorman singled.

"This isn't about one guy, it's about 26 guys on the roster," Pujols said. "I think when you have a great group of guys, it's easy to come in and enjoy what you do. ... We're playing great baseball."

Wainwright turns 41 later this month and has been rock solid in the middle of the rotation with a 9-8 record and 3.11 ERA. The 40-year-old Molina

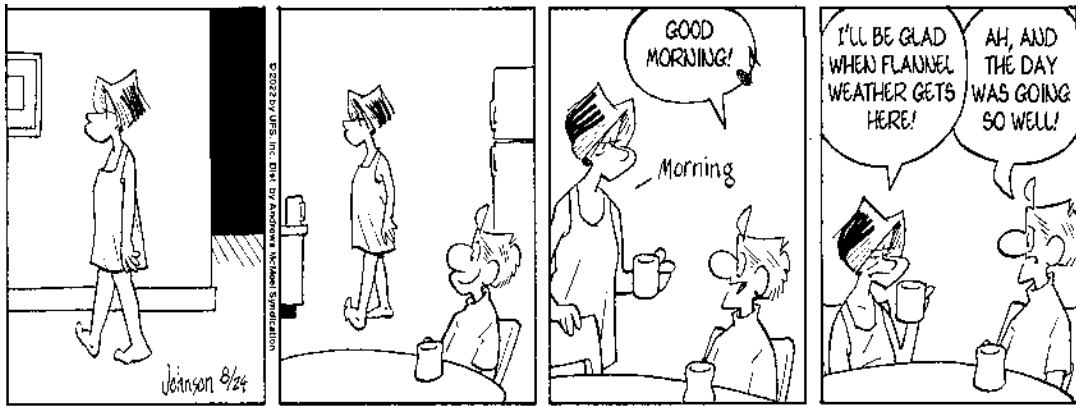
isn't producing at the rate he's accustomed to, but still has his moments, like a three-hit game against the Diamondbacks on Friday.

Then there's Goldschmidt and Arenado, who are in the prime of their careers. Goldschmidt is putting together perhaps his finest season — the soft-spoken first baseman leads the majors with a .340 batting average, while adding 34 doubles, 31 homers and 100 RBIs.

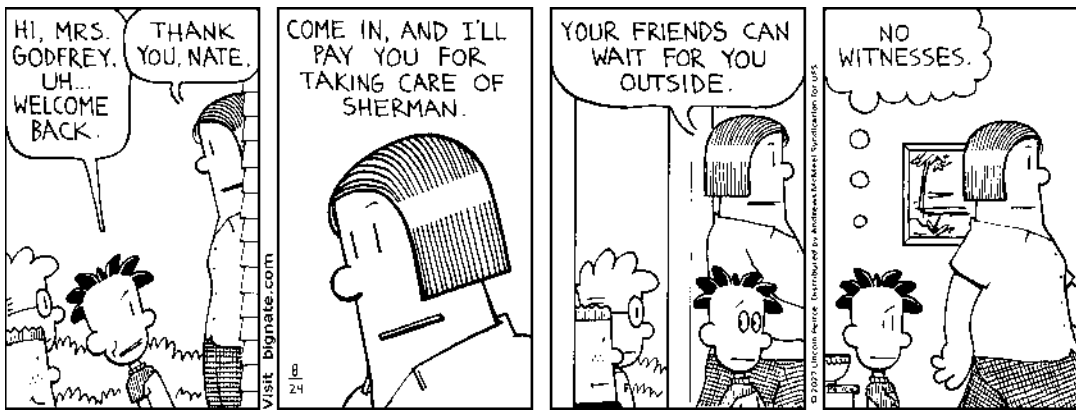
Arenado has been nearly as good, batting .299 with 25 homers and 81 RBIs.

Their consistency has allowed St. Louis to climb the NL Central standings with a 15-3 record in August. Goldschmidt said it isn't easy, even if this group of Cardinals sometimes makes it look like it.

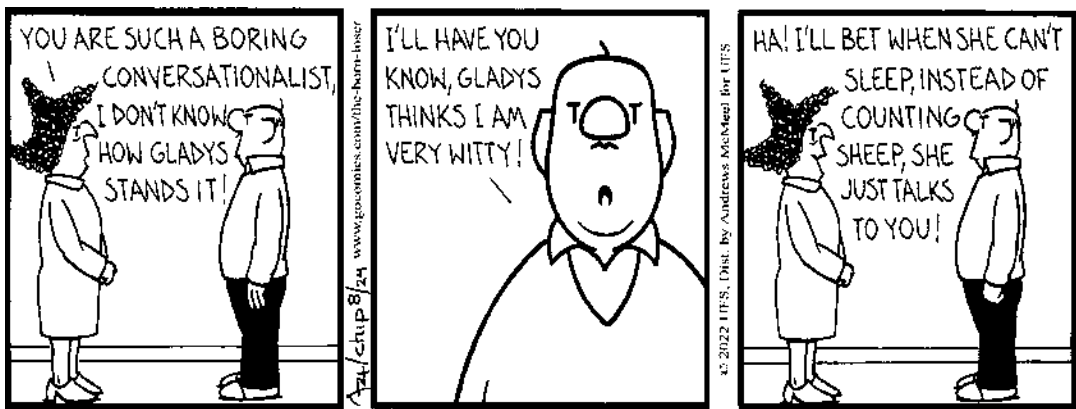
ARLO AND JANIS



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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!

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

PREVIOUS ANSWER

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

CROSSWORD

ACROSS

- Gym event
- Thin strip
- ICU units
- Verdi opera
- Wrist-to-elbow bone
- Pub pint
- Marshal Dillon's turf (2 wds.)
- Incite Fido
- Dorm coverer
- Social mores
- Kind of pudding
- Poem by Keats
- German name part
- Scrape aftermath
- Bakery purchase
- Baseball's Mel —
- In time past
- Tibetan monk
- Geologic sample
- Owed right now
- Opener
- Psyche's beloved
- Smooth the way
- Compass dir.
- Lay down
- Market
- Pollute
- and yang
- Mdse. bars
- Bankrupt
- Drone or worker
- Like some dorms
- Name in elevators
- Say more
- Length x width
- Pound sound

DOWN

- Note taker's need
- John Wayne's "— Lobo"
- Unmatched
- Sorcery
- Ms. Lawless of "Xena"
- Boxing legend
- Cable network
- Mowed and cured alfalfa
- Billfold contents
- Ad award
- Brief times
- Holiday times
- Recount
- Helicopter part
- Survey course
- Clarinet cousins
- Sotto —
- Military student
- Water, in Tijuana
- Like some chests
- Improve upon
- Dunaway of films
- "30 for 30" aier
- Malicious
- City near Syracuse
- Diplomat
- Helicon
- Parroted
- Sealed a deal
- Jedi tutor
- Eur. nation
- Realize
- Hot time in Paris
- None at all
- Salt meas.

Answer to Previous Puzzle

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

1	2	3	4		5	6	7	8		9	10	11		
12					13					14				
15					16					17				
				18				19	20					
		21	22					23						
24					25	26	27			28	29	30	31	
32						33				34				
35					36			37				38		
39							40			41		42		
					43	44				45	46			
47	48	49						50						
51						52	53	54				55	56	57
58						59					60			
61						62					63			

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HERMAN



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ASTROGRAPH BY EUGENIA LAST

Stay on track, regardless of what's happening around you. Take your time, plan your actions and execute your intentions with intelligence and strength. Address the past and bring into focus what you want to achieve moving forward. Embrace what's best for you instead of following in someone's footsteps. Offer sound ideas and help.

VIRGO (Aug. 23-Sept. 22) -- You'll get angry quickly if you let the little things get to you. Take a moment to collect your thoughts and feelings before making a move. Protect against health risks, injuries and problems with authority figures.

LIBRA (Sept. 23-Oct. 23) -- Be open about how you feel and what you want, and you'll gain the confidence and respect of people who share your interests. Build a strong foundation, and you will make a difference.

SCORPIO (Oct. 24-Nov. 22) -- Digest what's happening around you and decide what to do next. Learn through observation and explore your options before you make a move. An unexpected decision will leave you confused.

SAGITTARIUS (Nov. 23-Dec. 21) -- Be the one to make the first move. Set yourself up for success and refuse to let anyone speak for you. Put your ideas out there and work to make your dreams come true.

CAPRICORN (Dec. 22-Jan. 19) -- Consider what's possible and make it happen. Invest time and money into something meaningful you can share with a loved one. Don't ignore the signals someone is sending you.

AQUARIUS (Jan. 20-Feb. 19) -- Don't let anger take charge when action is required. State your case openly, play fair and give everyone a chance to help. Work alongside others to reach a joint decision.

PISCES (Feb. 20-March 20) -- You can have fun without going overboard. Surround yourself with people who contribute to your plans without putting you in a compromising position. Don't judge what others do.

ARIES (March 21-April 19) -- Relax; a balanced lifestyle will encourage success. You'll gain respect and friendship if you mix business with pleasure. Romance is encouraged, as is time spent with a special someone.

TAURUS (April 20-May 20) -- Take a wait-and-see approach, but make sure you are fully prepared to act when the time is right. Refuse to let emotions or your love for someone push you to do something rash.

GEMINI (May 21-June 20) -- Getting anxious won't solve problems, but pursuing what makes you feel comfortable will point you in the right direction. Maintain a disciplined attitude and strong work ethic. Let your creativity shine.

CANCER (June 21-July 22) -- Share your true feelings and adjust whatever situation doesn't fit your lifestyle. Think outside the box, and you'll devise a plan to help you get ahead without taking a risk. Don't go overboard.

LEO (July 23-Aug. 22) -- Consider everything a blessing, and look for the good in everyone before making plans. Knowing what you are up against will help you look out for what can go wrong. Speak up!

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

IN THE 2ND JUDICIAL CIRCUIT, ADAIR COUNTY, MISSOURI
Judge or Division: Case Number: 22AR-PR00077
PROBATE
In the Estate of DORIS F. HAMILTON, Decedent.

Notice of Hearing-Determination of Heirship

Petitioners:
Keith B. Hamilton Scott E. Hamilton Rebecca J. Miller
8321 Trails End Dr. 21865 Shirk Rd. 1801 N. Main St.
Dublin, OH 43016 Marysville, OH 43040 Ostrander, OH 43061

To:
All unknown heirs of the decedent and all persons known or believed to claim any interest in the property outlined below as an heir or through an heir of the decedent. You are hereby notified that you are entitled to appear and be heard at a hearing to be held on 6th day of September, 2022 at 9:00 am in the Probate Division of the Circuit Court of Adair County, Missouri on a petition to determine the heirs of the above-named decedent, who died on June 3, 2021, and their respective interests as heirs in the following described property. Should you fail to appear, judgment and decree may be entered in due course upon said Petition.

Description of Property	Value
Real Property (Including Legal Description) The North Half of the NW Quarter of Section 20, Township 61 North, of Range 15 West of the Fifth Principal Meridian, in Adair County, Missouri	\$240,000

Petitioner's Attorney is JOSHUA E. DELEEUEW, 210 N. ELSON ST. STE. A, KIRKSVILLE, MO 63501.

First Date of Publication: August 3, 2022.
(Publication to run 4 consecutive weeks)
Publication Dates: August 3, 10, 17, 24 2022

Linda Decker
Adair County Circuit Clerk

NOTICE OF TRUSTEE'S SALE

A default has accrued on a certain note secured by a deed of trust executed by, **Toby L. Nigh AND Kelli D. Nigh** dated 3/28/2013 and recorded on 9/26/2013 in Book 993 Page 629, in the Recorder's office for Adair County, Missouri. The successor trustee will on **September 8, 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:

THE LAND REFERRED TO HEREIN BELOW IS SITUATED IN THE COUNTY OF ADAIR, STATE OF MO AND IS DESCRIBED AS FOLLOWS:

ALL THAT PARCEL OF LAND IN CITY OF KIRKSVILLE, ADAIR COUNTY, STATE OF MISSOURI, AS MORE FULLY DESCRIBED IN DEED BOOK 849, PAGE 942, ID# 24-01015.00, BEING ALL OF LOT 54, KELLWOOD HILLS SUBDIVISION TO KIRKSVILLE, ADAIR COUNTY, MISSOURI.

Commonly known as: **6 Center Rd, 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 08/17/2022, 08/24/2022, 08/31/2022, 09/07/2022
CSM File 26-20-01047
NOTE: This office is a debt collector.

AGRI-BUSINESS

Equipment & Supplies

WANTED TO BUY: Farm Machinery and Estates. Call James L. Johnston. 573-473-4904

EMPLOYMENT

Electrical/Plumbing

HVAC lead installer needed in Marceline, MO. Pay: \$24-\$30 hourly. Benefits provided. Contact us at (573) 340-1052. "Come join our team!"

MERCHANDISE

Lawn & Garden

20" Homelite rechargeable mower. New batteries last year. Grass catcher, charger and book included. \$125.00 firm. Good condition. Kirksville, 806-416-0544

Wood & Accessories

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I Buy.....used mobile homes. Call or text 573-338-6250 or email GregS.CDH@outlook.com

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IN THE 2ND JUDICIAL CIRCUIT, ADAIR COUNTY, MISSOURI
Judge or Division: Case Number: 22AR-PR00090
PROBATE
In the Estate of GEORGE HAROLD BARLOW, Decedent.

Notice of Hearing-Determination of Heirship

Petitioners:
Deborah Barlow Jessica Meyers Kaleb Barlow
802 E. Randolph 716 S. Bradford 301 Tiger Lane, Apt. 616
Kirksville, MO 63501 Kirksville, MO 63501 Columbia, MO 65203

To: All unknown heirs of the decedent and all persons known or believed to claim any interest in the property outlined below as an heir or through an heir of the decedent. You are hereby notified that you are entitled to appear and be heard at a hearing to be held on 11th day of October, 2022 at 9:00 am in the Probate Division of the Circuit Court of Adair County on a petition to determine the heirs of the above-named decedent, who died on November 10, 2020, and their respective interests as heirs in the following described property. Should you fail to appear, judgment and decree may be entered in due course upon said Petition.

Description of Property	Value
Real Property (Including Legal Description) All of Lot 6 and 18 feet off the West side of Lot 5, Block 4, Redmon's Addition to Kirksville, Missouri, in Adair County	\$20,000.00

Petitioner's Attorney is Joshua E. Deleeuw, 210 N. Elson St. Ste. A, Kirksville, MO 63501.

First Date of Publication: August 24, 2022.
(Publication to run 4 consecutive weeks)
Publication Dates: August 24, 31, September 7, 14, 2022

Linda Decker
Adair County Circuit Clerk

**USPS IS NOW HIRING
KIRKSVILLE POST OFFICE
210 E Jefferson St • Kirksville MO 63501**

USPS in Kirksville, MO is Now Hiring for

RURAL CARRIER ASSOCIATE (RCA) \$19.06/HOUR

KIRKSVILLE MO-USPS KS-MO is now hiring Rural Carrier Associates (RCAs) to provide rural mail delivery, customer service, and individual duties as assigned. Training provided.

The United States Postal Service is an Equal Opportunity Employer.

HOW TO APPLY: Interested applicants should log on to www.usps.com/careers to search by state (MISSOURI) and apply for available Rural Carrier Associate positions. Paper applications will not be accepted.

NUMEROUS RCA POSITIONS ARE AVAILABLE

Duties & requirements for this position include:

- Sorting, delivering, and collecting mail on foot and/or by vehicle under a variety of weather conditions
- Maintaining a professional appearance and providing a positive customer service experience
- May be required to provide own vehicle with automatic transmission to deliver mail
- Working variable hours up to 6 days a week
- Must be 18 years of age and not enrolled in high school
- Must pass criminal background check
- Must pass drug screening
- Must have a valid driver's license (2 years continuous)
- Must have good driving record
- Must be a U.S. citizen or have permanent resident status

WHEN TO APPLY: NOW!

These non-career positions can be a career path to Full Time Rural Carrier positions.

660.671.7

RECREATION

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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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Miscellaneous


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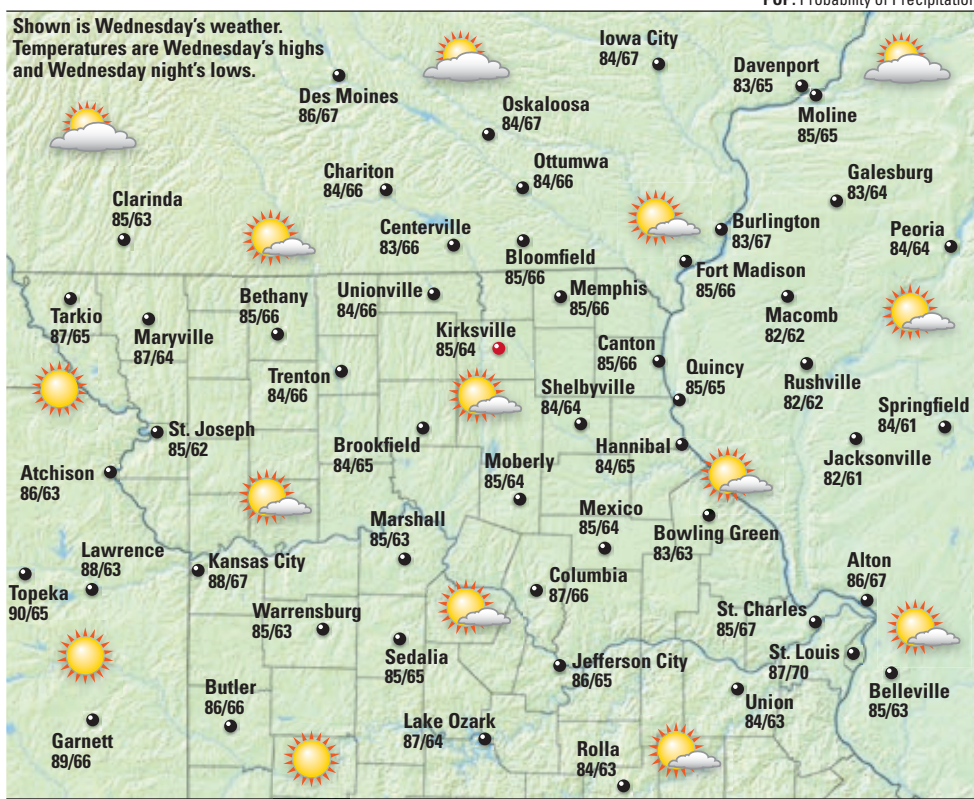
Wedding & Engagement Announcements



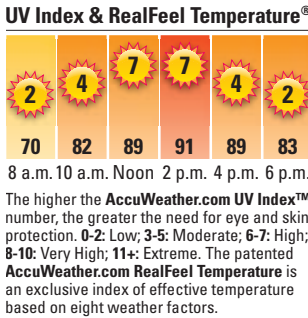
Garrett-Vogel Nuptials
Allison Jean Garrett and Carter James Vogel of Moberly, MO, were united in marriage on May 18, 2019.

7-DAY FORECAST FOR KIRKSVILLE

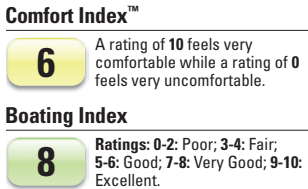
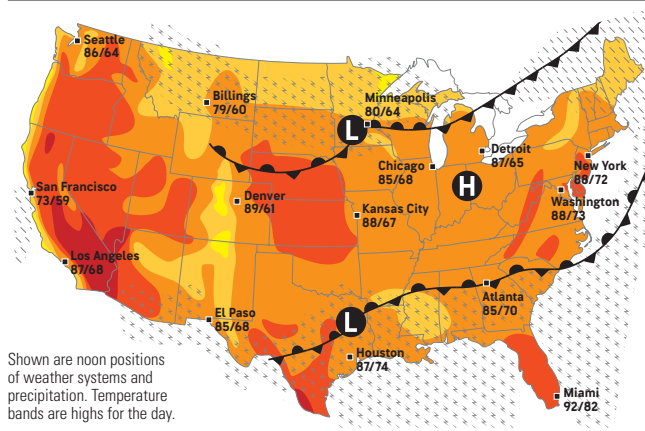
WEDNESDAY	WED. NIGHT	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
Mostly sunny and delightful	Partly cloudy	Some sun with a stray thunderstorm	Humid with partial sunshine	Clouds and sun with a stray t-storm; humid	A morning shower or two, then a t-storm	Variable clouds; humid; t-storms at night	Cloudy and humid; thunderstorms at night
HIGH: 85	LOW: 64	85 64	85 64	84 68	85 65	83 64	81 59
POP: 5%	POP: 15%	POP: 50%	POP: 25%	POP: 40%	POP: 60%	POP: 25%	POP: 25%



Conditions Wednesday



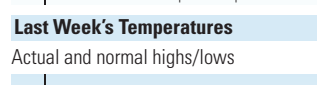
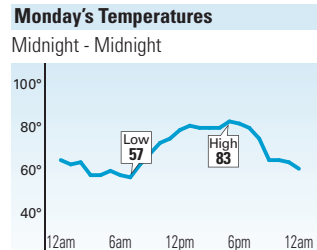
National Forecast Wednesday



Almanac

Kirksville through Monday

Temperature	
High/low	83/57
Normal high/low	84/62
Record high	103 in 1936
Record low	47 in 1923
Precipitation	
Monday	0.00"
Past week's total	0.53"
Month to date	0.69"
Normal month to date	3.03"
Year to date	23.45"
Normal year to date	29.77"
Winds	
Average direction	E
Average speed	3.2 mph
Highest speed	7 mph



River Stages

(in feet)	Flood Stage	Mon. 7 a.m.	24-hr +/-
Chariton River			
Chariton	19.5	3.90	none
Rathbun Tail	--	2.30	none
Moulton	36	18.40	none
Novinger	20	0.04	-0.03
Prairie Hill	15	1.41	-0.04
South Fork Chariton River			
Promise City	25	3.30	none
Mississippi River			
Keokuk	16	4.89	+1.76
Quincy	19	12.00	+0.23
Quincy Lock & Dam	18	4.50	+0.66

Sunrise/Sunset

Sunrise today	6:30 a.m.
Sunset tonight	7:54 p.m.
Sunrise Thursday	6:31 a.m.
Sunset Thursday	7:53 p.m.

Moon Phases

New Aug 27	First Sep 3
Full Sep 10	Last Sep 17

The Region

City	Wed. Hi/Lo/W	Thu. Hi/Lo/W
Branson	88/65/pc	89/65/s
Burlington, IA	83/67/s	83/65/t
Cape Girardeau	89/63/pc	91/67/s
Carbondale	86/62/s	89/66/s
Cedar Rapids	82/64/pc	80/61/pc
Champaign	84/62/s	86/65/pc
Chicago	85/68/s	81/65/t
Columbia	87/66/s	89/68/s
Danville	84/60/s	85/64/pc
Davenport	83/65/pc	82/63/t
Decatur	84/62/s	87/66/pc
Des Moines	86/67/pc	82/65/pc
Evansville	87/65/s	88/68/s
Galesburg	83/64/s	83/64/t
Green Bay	84/65/pc	75/59/t
Indianapolis	85/65/s	86/66/pc
Iowa City	84/67/pc	83/64/pc
Jefferson City	86/65/s	90/68/s
Joliet	84/63/s	83/64/t
Kansas City	88/67/s	91/67/t
Lafayette, IN	86/62/s	85/64/pc
Lincoln	83/61/s	87/64/t
Madison	85/64/s	88/67/pc
Milwaukee	84/68/s	80/66/t
Omaha	90/67/pc	88/65/pc
Ottumwa	84/66/pc	84/62/t
Peoria	84/64/s	84/66/t
Rockford	84/65/s	81/63/t
St. Louis	87/70/s	90/71/s
Springfield, IL	84/61/s	85/65/pc
Springfield, MO	87/65/pc	90/67/s
Topeka	90/65/s	93/65/pc
Wichita	93/66/s	93/67/s

The Nation

City	Wed. Hi/Lo/W	Thu. Hi/Lo/W
Albany, NY	85/63/s	87/66/s
Albuquerque	83/65/t	85/64/t
Anchorage	60/54/r	59/53/sh
Atlanta	85/70/t	81/70/t
Baltimore	90/67/pc	92/71/pc
Billings	79/60/t	80/62/c
Birmingham	82/70/t	83/71/t
Boise	98/66/s	95/66/s
Boston	84/69/pc	85/69/s
Buffalo	81/63/pc	82/65/pc
Charleston, SC	84/73/t	83/72/t
Charleston, WV	85/61/s	87/64/pc
Charlotte	89/70/t	89/70/t
Cleveland	83/63/s	83/67/pc
Columbia	86/72/t	85/70/t
Columbus	84/63/s	85/65/pc
Dallas	86/74/t	87/73/t
Denver	89/61/pc	90/60/pc
Detroit	87/65/s	86/65/t
Fargo	77/54/t	75/53/s
Grand Rapids	85/62/s	80/62/t
Hartford	88/65/pc	89/67/t
Honolulu	86/74/sh	88/76/s
Houston	87/74/t	88/74/t
Jackson, MS	78/69/t	84/69/t
Jacksonville	88/72/t	87/71/t
Las Vegas	100/79/t	93/79/t
Little Rock	83/71/t	86/70/pc
Los Angeles	87/68/s	87/66/s
Louisville	88/68/s	90/71/s
Memphis	87/73/t	88/73/t
Miami	92/82/pc	91/80/t
Minneapolis	80/64/t	79/60/c
Nashville	89/69/s	89/70/t
New Orleans	83/76/t	83/75/t
New York City	89/74/s	91/75/s
Norfolk	85/73/pc	86/71/t
Oklahoma City	89/66/s	90/66/s
Orlando	92/77/t	93/76/t
Philadelphia	90/72/pc	92/74/pc
Phoenix	99/82/t	100/84/t
Pittsburgh	82/61/s	84/62/pc
Portland, ME	76/63/sh	81/64/pc
Portland, OR	93/68/s	92/65/s
Rapid City	87/60/t	79/56/c
Sacramento	93/60/s	92/59/s
Salt Lake City	94/71/pc	93/73/s
San Diego	78/70/pc	81/70/pc
San Francisco	73/59/pc	74/58/pc
Seattle	86/64/s	88/61/s
Shreveport	84/73/t	86/72/pc
Tampa	92/78/t	90/77/t
Tucson	92/74/t	93/75/t
Tulsa	91/70/s	92/71/pc
Washington, DC	88/73/pc	90/73/pc

Wife keeps bringing up husband's long affair

DEAR ABBY: I have known my husband my whole life. We have been married 20 years and have three teenage children. Last year, I caught him cheating. Turned out he had been with someone for seven years. Our children and I were devastated, and he swore up and down he'd never do it again.

I am occasionally triggered by things I see, things he says or does, or things I know he has done with her. When it happens, I usually bring up the affair again. He can't stand that I do. He says we have to put it in the past and work on our marriage. I told him this may be easy for him to do, but I'm not that kind of person. I tend to overanalyze and dwell on things.

We have been to marriage counseling, and I was grateful for that because he was always against it. It helped somewhat. I need to know how to stop bringing up these matters because it is ruining my health and our marriage. I love him very much.

One more point: I'm insecure because he is in the military and due to be deployed for a year. I'm afraid he may go online and start talking to someone. He swears he won't do this to me again and he's so sorry for what he did. Please advise. -- **TOTALLY LOST IN NEW JERSEY**

DEAR TOTALLY LOST: I'm glad counseling helped you and your husband through



JEANNE PHILLIPS
DEAR ABBY

the rough patch. Now it's time for some more -- for YOU, to help you cope with your insecurity issues. Making yourself crazy over what he "might" do during his year of deployment isn't helping you or the state of your marriage. You have to make a decision about whether to trust your husband -- and then proceed from there.

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.

NEWS OF THE WEIRD...

They Buried the Lead

Skydiver Gary Connery, 53, was sentenced in Oxford Crown Court in England on Aug. 16, the BBC reported, for grievous bodily harm after he threw his girlfriend, Tanya Brass, down a staircase. The assault, which shattered Brass' shoulder, took place in October 2020. The now-infamous abuser previously achieved his 15 minutes of fame when he served as Queen Elizabeth II's stunt double in the opening ceremony of the 2012 Olympic Games, when he and "James Bond" (another stunt double) leapt out of a helicopter and parachuted into the Olympic stadium. After the stunt, Connery told the BBC it had been "an amazing experience." Perhaps he can relive it during his 18 months in prison.

Vaaeula said. A neighbor who previously worked at a nearby crematorium noted "a wicked smell" coming from the home: "I knew straight away and I thought, where's that coming from," he said. His mother reported that detectives and forensic teams had been seen recoiling in shock from the scene. The investigation is ongoing.

Surprise, Surprise

Residents of South Auckland, New Zealand, were the lucky -- or not-so-lucky -- recipients of the contents of an abandoned storage container, Stuff reported. But when they got the loot home, they discovered a surprise among the items: human remains. The new owners called police on Aug. 11, whose first priority was to identify the remains, detective inspector Tofilau Faamanuia

Unclear on the Concept

Keisha Bazley, a mother of nine children in Houston, turned to Child Protective Services for help with her 14-year-old daughter, who had been running away and getting into trouble at school. Instead, according to Fox26 Houston, her daughter told her that a "worker had been telling her she should (become a prostitute)," so the girl videotaped the CPS support staff member. "If me, the parent, was to do something like this to my child," Bazley said, "I would be called a horrible parent. I would lose my kids." She filed an official complaint, and the commissioner of CPS in Texas, Jamie Masters, came to Houston to personally apologize to Bazley and her daughter. The worker was dismissed from her position on Aug. 10.

Welcome, Dr. Spencer!

DAVID SPENCER, D.O.

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