

KIRKSVILLE Daily Express

KIRKSVILLEDAILYEXPRESS.COM

WEDNESDAY

DECEMBER 21, 2022 | \$2

Pending Snow Emergency declared due to forecasts for Dec. 22

By City of Kirkville

The city of Kirkville is announcing a pending Snow Emergency due to predicted snow beginning on Thursday, Dec. 22. As weather predictions progress, times of the actual emergency will be announced. Citizens should, if weather predictions prove accurate, expect an actual Snow Emergency to be issued on or about Dec. 22. If issued, the snow emergency will remain in place until terminated by public announcement.

All vehicles parked on designated Snow Emergency routes, including city streets

in the downtown central business district and around the square, must be moved within two hours of a Snow Emergency being declared. If vehicles are not moved, they will be ticketed and/or towed (per the Municipal Code). If you are leaving town for the Christmas holiday, please ensure that your vehicle is moved from any Snow Emergency routes/locations. Vehicles downtown should be parked in one of the city parking lots until the Snow Emergency is terminated.

As a reminder, it shall be unlawful for any person(s) or contractors to remove

any snow or ice from private property, parking lots or alleys, or place snow or ice on any public street, alley, sidewalk, or other public place (per section the Municipal Code). Additionally, the owners, agent or occupants of any real property within the city shall keep the sidewalk along and in front of their property clean from snow and ice. After a snowfall, such owners, occupants or persons in charge of such property, shall remove snow within 24 hours after such snowfall ends (per the Municipal Code). Citizens responsible for sidewalks that could be covered by city or

MoDOT crews during street snow removal should wait until the streets are cleared before clearing their sidewalks.

The city asks citizens to monitor local media and city communication channels for further details. If a Snow Emergency is issued, the city will release an additional press release to terminate the Snow Emergency.

For more information, contact the Public Works Department at 660-627-1291. Citizens are encouraged to read the Municipal Code of Ordinance for more details about Snow Emergencies, snow routes, and snow removal.



Kirksville Area Chamber After Hours held at Alliant Bank

By Marty Bachman
Daily Express

The Kirksville Area Chamber of Commerce co-hosted with Alliant Bank, an After Hours 2022 Holiday Celebration on Thursday, Dec. 15 at Alliant Bank in Kirksville. The event, which is the largest After Hours event of the year, was sponsored by Alliant Bank and catered by Wooden Nickel — Dan Vogt family. Music was performed by Randy Smith. The building was packed with visitors and chamber members.



Chamber Director Sandra Williams to retire at year's end

By Marty Bachman
Daily Express

After 16 years at the Kirksville Area Chamber of Commerce, 14 of them as the director, Sandra Williams has decided to retire. Williams will end her career on Dec. 30.

"I've been thinking about it for a long time," Williams said about her decision. "My husband would like for me to retire so that when he has days off, we have more time to do things together where I'm not obligated to meetings or events and things."

Williams said that she always thought she would stay until full retirement age but now feels ready. She began in 2007 when she was hired as the office manager under former director Alisa Kigar, who helmed the chamber for 8 years and was a friend of Williams from their days in grad school.

"She knew I was looking for a job and so she had called and asked if I'd be interested in coming and being an office manager," Williams recalled.

Kigar told her the Office Manager's position didn't pay much but that it was a great place to work and make "great connections".

"I think I turned her down the first time," Williams said.

For the next two years Williams served as office manager until Kigar moved on to a position in Memphis. Williams then went on to be the chamber director.

"There have been a lot of changes over the years," Williams said, noting that billing is done differently now, using computers to track all the money the chamber raises rather than just the dues. Also, what was once a four-page newsletter that was mailed to chamber members has now become an electronic newsletter that is emailed to everyone. The chamber also runs newsletter information the last Wednesday of the month in The Daily Express.

"That gave us much greater circulation than we had before," she said. "That was a big change and there's just a lot of difference in business



Kirksville Area Chamber of Commerce Director Sandra Williams.

and of course, the growth of the community these last few years."

Other changes include the way people network these days, with the advent of social media. Networking in the past was based on face-to-face functions, such as the Chamber After Hours events, which slowed considerably due to Covid.

"I still think that people enjoy that personal interaction and they miss that when we don't have those events," she said.

Williams said that while the chamber has grown considerably over the years, it may be time for somebody with new, young, fresh ideas to come in and really make it go. She said that in 16 years she has worked with 16 different boards and she's always been grateful to have been able to work with the Kirksville business community.

"I've gone to our state chamber conference and heard stories about other communities and have always been very thankful for the boards that we've had," she said. "You have your challenges now and then but you never had any major problems."

The best part of her job; all the people she met and worked with. She said that what she enjoyed most was being out in the community and talking to the membership, learning about their business and what they do and how they fit into the local economy.

See **CHAMBER**, Page A5

Weather Service issues Winter Storm and Wind Chill Watch

By National Weather Service

A winter storm watch with heavy snow possible is possible from Thursday morning through Friday afternoon. There may be snow accumulations of four to

six inches possible and a wind chill as low as 35 degrees below zero through Saturday morning.

Plan on slippery road conditions and areas of blowing snow could significantly reduce visibility. The hazardous conditions

could impact the morning or evening commute. Gusty winds as high as 45-50 mph, could bring down tree branches. The dangerously cold wind chills could cause frostbite on exposed skin in as little as 10 minutes.

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OBITUARIES INSIDE

Ernest William (Ernie) Hall, 81 David Alan Scheurer, 65





Officer Makenzie Maggart.

KPD announces the hiring of two new officers

By Kirksville Police Department

The Kirksville Police Department announced that two new police officers were sworn in and began their duties with the patrol division of KPD on Dec. 19. Officers

Makenzie Maggart and Jake Vice are December 2022 graduates of the Law Enforcement Training Institute in Columbia, Mo. Both officers are Kirksville natives and graduates of Kirksville High School.



Officer Jake Vice

Community CALENDAR

KIRKSVILLE AREA CALENDAR OF EVENTS

Adair County Health Department final December Covid-19 vaccine scheduled

The Adair County Health Department continues to administer Covid-19 vaccines and bivalent boosters for residents ages 12 and older as long as vaccine supplies last. The last December vaccine clinic is scheduled from 2-4 p.m., Dec. 27 at the health department, 1001 S. Jamison Street in Kirksville. To schedule a Covid-19 vaccine, call the health department at 660-665-8491. Parents of residents under age 12 should contact their child's doctor or pharmacy about getting Covid-19 vaccines.

Thousand Hills State Park First Day Guided Hike

The Thousand Hills State Park First Day Guided Hike will be held on Jan. 1, from 10 a.m. to noon at the Redbud Trailhead by the lake. Ring in 2023 with a guided hike by park staff on the Red Bud Trail. The will be approximately two miles long on rugged terrain. Wear weather appropriate clothing and comfortable hiking shoes. A water bottle is recommended. Call the park office at 660-665-6995 with questions.

60 Acre Farm Located against city limits of Kirksville. Private, livable farm house with lots of potential, two stall carport, one car garage with partial living quarters above and two barns. The farm provides a creek with a concrete bridge crossing and pond. FSBO, asking price is **\$495,000**. Serious inquiries only, proof of credit approval needed prior to showing. **319-530-8070** Leave a message or text.

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Kirksville-Thousand Hills Rotary Club donates to Pantry for Adair County

By Kirksville-Thousand Hills Rotary Club

Marilyn Romine, president of the Kirksville-Thousand Hills Rotary Club, presented a check for \$500 from the club to Krista Tinney, manager of the Pantry for Adair County for use in furthering their mission of providing food for those who are experiencing food insecurity. The funds were raised at the club's annual fundraiser, a Reverse Raffle. The 2023 Reverse Raffle is scheduled for April 15.



KIRKSVILLE AREA NEWS BRIEFS

City offices to close for upcoming holidays

In observance of Christmas, city offices will be closed on Friday, Dec. 23, and Monday, Dec. 26. The Aquatic Center will be closed Saturday, Dec. 24, and Sunday, Dec. 25. The Aquatic Center will reopen for regular hours on Monday, Dec. 26, and all other city offices will reopen for regular hours on Tuesday, Dec. 27. In observance of New Year's, all city offices will be closed on Monday, Jan. 2, and reopen for regular hours on Tuesday, Jan. 3. The Aquatic Center will close early at 5 p.m. on Saturday, Dec. 31, but be open for regular hours on Sunday, Jan. 1, 2023.

Food Bank Adopt a Buddy Pack program

The Food Bank for Central & Northeast Missouri invites you to Adopt a Buddy Pack. 1,928 children in Adair County qualify for free or reduced-price meals at school. Many of these children do not have access to nutritious meals during the weekend. The Food Bank's Buddy Pack program aims to fill that gap by providing Buddy Packs full of nutritious food for children to take over the weekend. You can help feed a child with Buddy Packs. A gift of \$270 allows them to provide a Buddy Pack to a child in Adair County for an entire school year. Donate at sharefoodbringshope.org/give-help or in-person at Alliant Bank, 201 S. Baltimore Street in Kirksville. Check by Mail: Make payable to "The Food Bank" with "Adair County Buddy Pack" in the memo to: The Food Bank, 2101 Vandiver Drive, Columbia, Mo. 65202. All funds stay in the county. Participating schools include Kirksville Primary, Ray Miller, Brashear and Novinger. Sponsored by Alliant Bank and Kirksville Daily Express.

Regional Visions Exhibit at the Sue Ross Arts Center

Regional Visions Exhibit will be at the Sue Ross Arts Center, Jan. 9—Feb. 24, 2023. The art center is open Monday through Friday, 11 a.m. to 4 p.m. and Saturdays 10 a.m. to 2 p.m. There is no charge to visit the exhibit and children are welcome. Sue Ross Arts Center is located at 215 S. Franklin Street in Kirksville.

2023 Indoor Triathlon Challenge begins Jan. 9

Join Kirksville Parks and Recreation and the Adair County Family YMCA for the 2023 Indoor Triathlon Challenge. The event will run from Jan. 9 through March 15, 2023. During this eight-week challenge, participants will complete either a full triathlon, half triathlon, or ultra triathlon. Participants will have full

access to the YMCA and the Aquatic Center, as well as all classes offered at those facilities. Those who complete the mileage goals will receive the 2023 Indoor Triathlon sweatshirt. Biking mileage can be earned through the use of a rowing machine, recumbent or spin bike, outdoor cycling, or participation in group aerobic classes. Swim distance can be accumulated by lap swimming, water walking, or water aerobics classes. Running mileage can be tallied while on the treadmill, elliptical machine, running outside, or participating in group aerobic classes. Registration is \$40 for members of either facility, or \$80 for non-members. If you have an active membership at the YMCA or the Aquatic Center, register at that facility. Non-members may register at either facility or online at parks.kirksvillemo.org. For more information about this program contact the Kirksville Parks and Recreation Department at 660-627-1485.

Hospice of Northeast Missouri to facilitate ongoing support group around the grief of aging

An ongoing support group around the grief of aging will be led by Carrol Davenport, Hospice of Northeast Missouri's Spiritual Care & Bereavement Coordinator, and Diane Johnson, hospice volunteer and retired communication faculty at Truman State. The two will serve as facilitators of the monthly meetings where participants will explore dealing with getting older and experiencing the reality of "life is NOT what I thought it would be when I got to this point." All are welcome to attend this monthly support group that will meet from 1-2 p.m. on the third Tuesday of each month at the First United Methodist Church on 300 E. Washington St. in Kirksville. Attendees are asked to enter through the south door. The ongoing support group is sponsored by Hospice of Northeast Missouri, a partner agency of the United Way of Northeast Missouri, serves Adair, Clark, Knox, Lewis, Macon, Putnam, Schuyler, Scotland, Sullivan, and Shelby counties. For more information, call 660-627-9711.

12th Annual Coat Drive

RE/MAX Home Team will be holding their 12th Annual Coat Drive from Dec. 9 through Dec. 25. Help them share the warmth this holiday season by donating your new or gently used coats to those in need. Donations can be dropped off at their offices at 111 S. Baltimore Street, Suite A in Kirksville, between 8 a.m. and 5 p.m.

Kirksville Area Chamber of Commerce to close between Christmas and New Year

For the first time, the Kirksville Area Chamber of Commerce, located at 304 S. Franklin in Kirksville, will be closed the week between Christmas and the New Year. The office will close at 5 p.m. on Friday, Dec. 23 and reopen on Monday, Jan. 2, 2023 at 8 a.m. You may leave a message on their machine and someone will return your call after the new year. Community members are encouraged to Shop Local and Shop Small as they kick off the annual Shop Small contest at participating merchants. Visit their website for a list of those businesses and the discounts they are offering, <https://www.kirkvillechamber.com/shop-small.html> and to see how to enter.

Last day for CAPNEMO Winter Clothing Drive

Community Action Partnership of Northeast Missouri presents a Winter Clothing Drive through Dec. 21. The drop off location is at the Community Action Partnership of NEMO, 215 N. Elson Street in Kirksville. Drop off times are Monday through Thursday, 8 a.m. to 5 p.m. All gently used items are welcomed. Help keep our community warm by donating winter coats, blankets, gloves and winter hats. For more information or arranging pickup, email athurman@capnemo.org or lpplatz@capnemo.org.

Kirksville Area Chamber of Commerce Shop Small Season

Through Dec. 31, when you spend \$10 or more at participating locations, you can fill out a shopped small ticket, drop it in the Spend \$10 Box, and enter to win. Grand Prize is a large gift basket made up of items donated by participating locations. Each item is worth at least \$10 or more in value. Last year's basket was worth over \$200. Second and third prize winners will also win smaller gift baskets of donated items and gift cards. Last year's baskets were worth \$150. As a thank you to participating business, the business name on the winning shopped small tickets will win \$25 in Kirkville Ca\$h. In early January, they will collect the boxes containing entries and combine all of the tickets into one big drawing. On Jan. 6, the Kirksville Area Chamber of Commerce will draw three Shop Small tickets and declare the Shopped Small winners.

Adair County Public Library Book Club is Back

Join the Adair County Public Library for their 2022-23 Friends of the Library Book Discussion group. Meetings will be held in the Special Collections Room

at 5:30 p.m. Talk to the front desk staff if you would like to purchase these books through the library. Cost for an entire set of the books is \$72. Jan. 10, 2023: Our First Civil War by H.W. Brands; Feb. 14: Has It Come to This? By Kimberly Tilley; March 14: Booth by Karen Joy Fowler; April 11: Tied Up in Knots: My Dad and Me by Karen Knotts.

OATS Transit offers regular transportation services

OATS Transit offers regular transportation services for the rural general public of any age, seniors, and individuals with disabilities. Please call the local OATS Transit office at 660-415-0901 or 800-654-6287 to schedule a ride or find out about services in your area. You can also visit their website at oatstransit.org and view the local schedule under "Bus Schedules". Their offices will be closed, and regular routes will not be running on Monday, Dec. 26, and Monday, Jan., for the Christmas and New Year's holidays. Please keep this in mind as you schedule trips near these holidays.

Truman State University Art Gallery Exhibit

A Truman State University Art Gallery Exhibit will be held from Jan. 24—March 3, 2023. Exercises in Letting Go – Nirmal Raja Exercises in Letting Go explores loss through Nirmal Raja's expansive practice, including painting, fibers, ceramics, photography, installation, and video. In part, Raja instrumentalizes objects and clothing left behind by loved ones to make work about burden, grieving, caregiving, memory, and the mystery of death and other types of loss. Raja is an interdisciplinary artist and curator based in Milwaukee. Home/Body – Madeleine LeMieux – in the Charlyn Gallery Home/Body is a series of works that combine fibers, sculpture, and painting to explore the relationship between embodied experiences and the domestic environment that often contain them. Madeleine LeMieux is Art on the Move coordinator and instructor at the University of Missouri. Gallery hours are: 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 closed between exhibitions and during all Truman State University breaks. Additional information at gallery.arttruman.com The Art Gallery is located on the first floor of the Ophelia Parish Fine Arts Center, entrance on the west side of the building.

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

OBITUARIES

Ernest William (Ernie) Hall

Sep 8, 1941 – Dec 15, 2022

Ernest William (Ernie) Hall, age 81, of LaPlata, MO, passed away Thursday, December 15, 2022, in the Clarence Care Center in Clarence, MO.

He was born on September 8, 1941, in Kirksville, MO, the son of Archie Austin and Ada Belle Parrish Hall.

He was married to Margaret Lee Craggs on April 1, 1961 and to this union two daughters were born. On June 29, 2003 in Macon, MO he married Sandra Kaye Michel and she preceded him in death on August 31, 2018.

Ernie was also preceded in death by his parents.

Surviving are two daughters, Laura Snelling and Jack of Kirksville, MO, and Connie Lee Hall and Margaret Conroy of Columbia, MO, two grandchildren Tyler Snelling and Brittney of Kirksville, MO and Travis Snelling and Erin of Columbia, MO, six great grandchildren Tucker, Mika, Scarlett, Brystol, Paisleigh and Hadley Snelling, one sister Sharon Fleak and David of Kirksville, MO, two nieces Mary Ann Perrin and Jeff of Arkansas, Cathy Fleak of Arkansas, a nephew Chris Fleak and Nicole of LaPlata, MO and several aunts, uncles and cousins.

Ernie received his education in Hurdland, MO. He farmed with his dad in the Hurdland area for several year and drove a truck for various companies. Ernie enjoyed fishing, gardening and collected John Deere antique tractors and toys.

Services will be held Monday, December 19, 2022, in the Hudson-Rimer Funeral Home in Edina, MO. Visitation will begin at 10 a.m. and funeral services will begin at 11 a.m. Reverend Reese Blaine will officiate the services. Burial will be in the Novelty Cemetery.

Musical selections will be Go Rest High On That Mountain, When I Get Where I'm Going and Angels Among Us.

Casket bearers will be Mike Peavler, Leroy Cardwell, Patrick Gibbons, Jason Woods, Norman Kimmel and Chris Fleak. Honorary bearers will be Johnny Craggs and Gene McCarty.

Memorials are suggested to Novelty Cemetery. Memorials may be left at or mailed to Hudson-Rimer funeral Home, P.O. Box 1, Edina, MO



David Alan Scheurer

Feb 22, 1957 – Dec 16, 2022

David Scheurer passed away peacefully in his home on December 16, 2022 after fighting an unexplained illness for over a month.

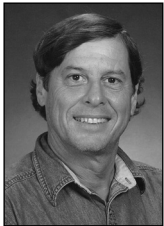
David was born February 22, 1957 in Flint, Michigan, the first son of Dr. Donald Scheurer and Judith (Smith) Scheurer. He grew up in Pompano Beach, Florida, where he graduated from high school. He then graduated from Northeast Missouri State University in 1982 with a degree in psychology. David met Terri (Ransford) Monroe during college, and they were married in 1984 after moving to southeast Florida. Into this union, two sons were born: Jared Allan Scheurer in 1987 and Brian Scott Scheurer in 1989. In 2008, David and son Brian moved to Kirksville, Missouri to the Smith-Scheurer family farm. He quickly made Kirksville his home and enjoyed the small-town atmosphere. David was well known and beloved in town, often cruising around with the top down in his 1962 Chevrolet Impala convertible.

David enjoyed riding his BMX bike and skateboard at the skatepark. He also loved spending summer days at the Aquatic Center, both of which were substitutes for his love of surfing and spending time at the beach in Florida. But David's true passion was music. He played the piano from the age of 5 and made a career as an entertainer, playing at a variety of establishments including nursing homes and piano bars. He never passed a piano without stopping and singing a tune and was often the life of parties with the thousands of songs in his repertoire. David spent many hours helping his mother and doing chores on the family farm. He was a free and generous spirit who always had a smile for everyone.

David is survived by his sons Jared of St. Louis, Missouri and Brian of Novinger, Missouri. He is also survived by his mother Judy of Kirksville, ex-wife Terri Monroe (Mark) of Memphis, Missouri, three brothers Steve Scheurer (Becky) of Deland, Florida, Scott Scheurer of Sebastian, Florida, and Robert Scheurer (Susan) of Kirksville, stepmother Nancy Scheurer of Somers Point, New Jersey, and numerous nieces, nephews, cousins, and extended family and friends. David was preceded in death by his father Dr. Don of Port St. Lucie, Florida and grandparents Mike and Billie Smith of Kirksville.

No services are planned at this time. A celebration of life will take place at a later date. The Hudson-Rimer Funeral Home in Edina is in charge of arrangements.

Memorials are suggested to Hospice of Northeast MO and may be mailed to or left at Hudson-Rimer Funeral Home, P.O. Box 1, Edina, MO 63537.



Christmas lights decorate the courthouse square

Photo by Claire Lloyd

Three custom-built steel tree tower over the Dover Park Monument located at the corner of Elson and Washington Streets

in Kirksville. The steel trees were designed and built by local artist Brandon Crandall of Crandall Sculpture and Design and decorated by local holiday lights specialist Christopher

McLaughlin of Brighter Days Window Cleaning. The display was made possible by KV Winter Lights, a volunteer organization that raised funds to have the display erected.

State Fire Marshal urges safety as frigid temperatures push into Missouri this week

Space heaters are the leading cause of home fires and fire deaths from December through February

By Missouri Department of Public Safety

JEFFERSON CITY – State Fire Marshal Tim Bean is urging Missourians to be extra cautious heating their homes as the most frigid temperatures of the season push into the state. Each year, space heaters account for about one-third of home heating fires and 80 percent of heating fire deaths. Space heaters are the leading cause of home fires in the months of December, January and February, according to the National Fire Protections Association.

“The weather forecast calls for temperatures to plummet across Missouri this week, and we know that fire risks rise dramatically as people turn to supplemental heating sources to keep their homes warm,” Fire Marshal Bean said. “Many people do not understand the risks space heaters pose when misused, leading to deadly fires that could be prevented.”

When temperatures in Missouri plunged in February 2015, space heaters and supplemental heating sources were suspected in seven deaths and six injuries in less than a week. This week temperatures across most of Missouri are expected to drop below zero with wind chill values as low as 30 degrees below zero due to wind gusts as high as 40-50 miles per hour.

Fire Marshal Bean stressed two key factors leading to heating fires: not using space heaters and other heating sources as they are designed to be used, and not having

smoke alarms in their homes.

“Space heaters are designed to be used to supplement primary heating sources; that’s where the name comes from, they’re meant to help heat limited spaces in a residence that do not warm sufficiently from the primary heating source.” Bean said. “Also, people need to think of space heaters and smoke alarms as working together. Smoke alarms are essential in the home.”

The Red Cross can assist people who cannot afford to purchase smoke alarms or are physically unable to install one. The Red Cross can help with a free smoke alarm installation. Sign up at redcross.org/smokealarmMO or call 1-800-RED-CROSS.

Remember these safety tips whenever heating equipment is used:

- Turn off portable heaters whenever leaving the room or going to bed.
- Keep anything that can burn at least three feet away from heating equipment. The three-foot safety zone includes furniture, drapes, Christmas trees and electronics – anything that can burn.
- Have a three-foot “kid-free zone” around open fires and space heaters.
- Do not overload extension cords or outlets. Many extension cords and power strips are not designed to handle the load of an electric heater. Never place an electrical cord under a rug, to prevent the cord from overheating and causing a fire.



DEPARTMENT OF PUBLIC SAFETY
DIVISION OF FIRE SAFETY

- Never use an oven or other cooking devices to heat your home.
 - Never use an outdoor propane heater indoors.
 - Make sure your home has working smoke and carbon monoxide alarms by testing them monthly.
- Also, remember that fire risks rise during the holidays as families gather for celebrations that include candles, decorations, and increased use of fireplaces and indoor cooking. Christmas and Christmas Eve follow closely behind Thanksgiving as the busiest days for the year for cooking fires.
- Never leave a lighted Christmas tree or other decorative lighting displays unattended. Turn lights off when leaving the home or going to bed. Inspect lights for exposed or frayed wires, loose connections, and broken sockets. Do not overload extension cords or outlets and do not place an electrical cord under a rug.
- Don’t keep the tree up for too long, allowing it to dry out.
 - Do not burn Christmas tree branches, treated wood, or wrapping paper in a home fireplace.
 - Avoid using real candles as part of decorations and remember to always exercise basic safety when using candles throughout the home.
 - Never leave children alone in a room with a lit candle.
 - Every home should be equipped with a fire extinguisher.

Missouri has received more than \$11.65 billion in federal relief for Covid

By Missouri State Auditor
Nicole Galloway

JEFFERSON CITY — The latest monthly reports from State Auditor Nicole Galloway detailing state government’s use of federal stimulus dollars intended for the Covid-19 response shows Missouri received \$11.65 billion between April 2020 and October 2022. As the state’s financial watchdog, the State Auditor’s Office has issued the reports since June 2020 examining Missouri government’s distribution and spending of funding received under the federal CARES Act, American Rescue Plan and other federal assistance programs.

The most recent reports show Missouri’s spending of federal assistance for the month of October 2022, as well as the cumulative expenditures since the state began receiving funding in April 2020. Through the end of October 2022, the state has spent \$6.39 billion in funding made available by the CARES Act and other federal programs, and \$2.23 billion in American Rescue Plan funds.

A significant portion of expenditures to date are for services through the state’s Medicaid program (MO HealthNet) and other programs receiving federal matching funds. Under the Families First

Coronavirus Response Act, the federal government increased its percentage share of the cost of the state’s Medicaid program. The American Rescue Plan also offered Missouri a temporary increase in the federal funds matching rate in exchange for the state’s Medicaid expansion. As of Oct. 31, 2022, the increased cost share for the federal government has totaled over \$2.03 billion in additional federal funding for Medicaid in Missouri.

Other funding has been provided to local governments, schools, institutions of higher education, child care providers,



long-term care facilities and developmental disabilities waiver providers. Funds have also been used for mental health services, purchase of personal protective equipment, virus testing, contact tracing, vaccine preparedness and access, workforce development, economic development programs for small businesses, Covid-19 dedicated personnel costs, emergency rental assistance and other disaster relief purposes.

ATSU student raises over \$4,000 for melanoma research with ‘Steps Against Melanoma’ walk

By Courtesy of A.T. Still University

When A.T. Still University-Kirksville College of Osteopathic Medicine (ATSU-KCOM) student Grant Thimesch, OMS IV, first heard about the AIM at Melanoma Foundation’s “Steps Against Melanoma” walk, he thought it would be a great opportunity to do a bit of fun volunteer work in between his studies.

Instead, he found himself organizing Springfield, Missouri’s first “Steps Against Melanoma” walk and raising over \$4,000 for melanoma research. The walk, which was held on Sept. 25, 2022, aligned with Thimesch’s passion for dermatology and love for the Springfield community.

“I’m passionate about skin cancer in general and raising awareness. I wanted an event that wasn’t just about promoting sunscreen or face washes and things like that. I wanted something that was more concrete, something that supported patients going through their battles of melanoma or who have defeated melanoma, or even those who had lost their lives,” Thimesch said.



Thimesch, on the far left, poses with J.T. Woodruff, second from right, along with two sponsor representatives for the walk.

“I wanted to create an event that supported everyone from all walks of life. In doing that, I felt like I could make a real difference. I wanted a sustainable event,” he added.

The AIM at Melanoma Foundation is an international nonprofit that strives to find a cure for melanoma through funding research, raising

awareness of preventive measures, and providing support for patients, caregivers, and survivors.

“Honestly, it kind of fell on my lap,” Thimesch said, explaining how he got involved with the walk.

“I’m pursuing a career in dermatology, and I was just looking for fun volunteer opportunities,

actually, and stumbled across this walk that was attempted to be held before COVID happened,” he added.

Originally, the walk was being organized by J.T. Woodruff, a stage-four melanoma “warrior,” as Thimesch described him. Thimesch explained that Woodruff’s health began to decline, and AIM reached

out to see if Thimesch would be interested in helping him finish organizing the walk.

“He had the connections and things like that, he just doesn’t quite have the energy or the spunk to pick it off the ground and actually get it going,” Thimesch said. “I went in thinking I just wanted to volunteer, versus now I’m one of the

project leaders, and so it was a fun journey.”

After finding sponsors, booking a DJ, and securing donations, the walk kicked off without a hitch, and families in the community walked together to help find a cure and end melanoma.

Unfortunately, less than a month after the walk, Woodruff lost his battle with melanoma.

“He actually pulled me aside at the end, and he said, ‘You know, I’m really glad you stepped in, because this event wasn’t going to happen without your help. I couldn’t take on the burden all by myself,’” Thimesch said.

“That was kind of one of the final big events in his life, and I know he really appreciated it. It really brought him joy, the fact that he could raise awareness for the condition that ultimately took his life.”

Although Thimesch will be away for residency for next year’s walk, he hopes to see the walk become an annual tradition in Springfield.

“I love the Springfield community, and I enjoy bringing the advocacy and awareness to the community I’ve called home for quite a while,” he said.

Our bodies have physical limitations that we can’t afford to overlook

By University of Nebraska Medical Center

Humans have cognitive and physical capacities and limitations. Ergonomic principles – the science of work – take human capacities and limitations into account to design work to optimize human performance as well as recognize when we are pushing our bodies into dangerous situations that can result in serious injury.

Pramila Kalaga, Ergonomics Specialist at Nebraska Medical Center in Omaha, says ergonomic principles apply to all types of work and work environments.

“Some common principles include avoid working in awkward posture such as stooping over for long periods of time or twisting at the same time you bend over,” she says. “If you’re sitting while you work, be sure to get up at least every 60 minutes and move to reduce fatigue and discomfort.”

Additional ergonomic guidelines include avoiding putting excessive force on the spine by activities such as lifting, carrying or moving heavy objects/materials without the use of mechanical aids.

“Injuries to the back and spine are some of the most common problems that occur when heavy work is involved,” Kalaga says. “Many people believe that using good body mechanics and fitness will protect them if they’re working with heavy components. However, once a load exceeds a certain point, good body mechanics and fitness may not be sufficient to prevent injury to the intervertebral discs of the spine. People may sometimes exceed safe limits when handling heavy materials, and not experience immediate results. That doesn’t mean there was no injury to the back. It just may not show up for a while.”

Kalaga notes that injury to the spine is often cumulative. Accelerated wear and tear injuries can accumulate to the spinal discs over time. Wear and tear on the back and spine can occur over a period of weeks, months or years. Of-

ten, by the time an individual recognizes an issue with the back or spine, the damage has been done.

“Our soft tissues such as muscles will give us feedback,” Kalaga says. “However, we don’t get good feedback from the intervertebral discs. If a muscle is strained, and muscles typically have good blood supply, the muscle will heal and a person feels good as new.”

If there’s excessive mechanical loading on intervertebral discs, with micro-fractures to the vertebral endplates, a person may not necessarily have direct feedback from the injury. The micro-fractures to the vertebral endplates heal, forming scar tissue, and blood doesn’t flow well through scar tissue, contributing to further disc degeneration. Repeated excessive pressure or mechanical loading on the spinal discs can accelerate disc degeneration. If muscles are giving feedback that the load being lifted is very heavy, the person may be impacting more than muscles. They may be putting undue stress on spinal discs.

While physical fitness will increase the threshold for injury and good body mechanics also help, this combination will not be sufficient to prevent injury if excessive mechanical loading occurs on a routine basis.

“Ideally, you would combine work design that takes human capacities into account along with physical fitness and good body mechanics,” Kalaga says. “Also keep in mind that ergonomic adjustments to the work design, sometimes relatively minor changes, can make it easier to use optimal body mechanics, reduce stress on the body and facilitate better work performance.

According to studies published by the National Institute of Occupational Safety and Health (NIOSH), men who lift more than 50 pounds or women who lift more than 35 pounds need to be extremely careful how they lift and carry that weight.

“There may be individuals who can lift more than these recommended weights for men and women,” Kalaga says. “However, there are many factors involved in the risk of injury when lifting or carrying these heavy loads.”

In lifting or carrying any heavy object, it’s critical to keep the load as low as possible when it comes to lifting. Use of mechanical aids such as a cart or mechanical device to reduce the load being lifted or carried will significantly reduce the risk of injury. Additional safety measures include keeping the load as close to the body as possible when you begin to lift. Feet should be kept close to the load, with one foot turned in the direction of the move.

“Never bend and twist while you’re lifting,” Kalaga says. “If we bend and twist at the same time we’re lifting, there is high risk of injury to the spine. Studies have shown that just bending sideways while lifting puts the body in an awkward position and increasing the potential for spine and back injury.”

According to the Bureau of Labor Statistics (BLS), more than one million back injuries occur each year, making up one in five of every reported workplace injury or illness each year. Four out of every five of these back injuries occurred in the lower back and three out of four took place while the person was lifting.

When lifting heavy objects/materials is necessary, keep these guidelines in mind:

- Wear supportive shoes.
- Whenever possible, use mechanical assistance in the form of dollies, carts, lift tables, forklifts, etc.
- Execute movements horizontally, such as push and pull rather than lift and lower.
- When pushing, always use your body weight rather than your feet.
- Avoid moving heavy objects outside the comfort zone between the hip and shoulder.

- Keep all loads close to and in front of the body.
- Keep the back aligned during the lift.
- Maintain the center of balance.
- Let the legs do the actual lifting.
- Whenever possible, reduce the size of the object/material to keep it as light, compact and safe as possible to grasp.

Before attempting a lift, always consider all the aspects of the object and options for lifting/moving it. Determine if the object is too large, too heavy or too awkward for one person to move. Always consider the benefit of using a second person or mechanical aid to help with the lift/move. Review the route that will be used to move the material. Remove any potential problems or obstacles such as clutter on the floor or slippery areas along the way. Inspect the location where the load will be placed to avoid any unexpected difficulties in placing the load. Before making the lift, warm-up the back through exercise or stretching.

“Be sure you have a good grip on a load before you start to carry. It,” Kalaga says. “If you begin to lift the load and it seems to be too heavy, don’t attempt to move it anyway. Your body will tell you when you are exceeding safe limits. Be sure to pay attention to that feedback and avoid overstressing your back and spine. It won’t matter how fit you are or how carefully you’re implementing good body mechanics if the load is just too heavy.”

Kalaga emphasizes the need to avoid rushing to lift or move heavy objects.

“Take time to problem solve rather than risk injuring your back,” she says. “It’s common for injuries to occur when we get in a hurry. Always divide a load up when you can, moving just part of it at one time.

Anyone who has or is concerned that they have already injured their back should seek medical care as soon as possible in order to access treatment and learn how to



assist the body in healing and maintaining back health.

“It’s possible for an injured back to become asymptomatic when proper treatment is provided and ergonomic principles are consistently observed,” Kalaga says. “Many times, back pain is episodic and can be avoided when we avoid putting excess strain on our back.”

Additionally, an ergonomic work assessment could help identify solutions for reducing or eliminating risk factors for injury. Protective measures in the workplace to help avoid back pain flare up include use of ergonomic seats in tractors to absorb shock and vibration during operation, cushions designed to support the body and avoid shock (including memory foam options), and familiarity with actions that can aggravate back pain — such as prolonged sitting – can all aid in maintaining back health and reducing compression of the spine.

“The old rule of thumb for sitting was to use a 90-degree angle,” Kalaga says. “However, we know now that leaning straight back even in a 110- or 115-degree angle reduces compression on the spine. When you’re sitting, relax and unload the stress on those muscles as much as you can. Always take care of your back.”

Additional lifting principles are available at this Occupational Safety and Health Administration (OSHA) site: <https://www.osha.gov/ergonomics>.

Funding for this educational article comes from the Central States Center for Agricultural Safety and Health and the University of Nebraska Medical Center.

Five resolutions to improve your financial health in the new year

By Nathan Liao

The start of the New Year is always a great time to take necessary measures to improve your overall health. Financial wellness is one major element of living a happier and healthier life, as money struggles can cause stress, anxiety, and other detrimental issues. That said, why not focus on improving your finances as one of your New Year's resolutions?

In my own experience as the CEO and founder of CMA Exam Academy (a Certified Management Accountant exam review program), I have seen firsthand a number of ways that anyone can improve their financial standing. Here are some money resolutions that will put you on the path towards financial freedom:

1. Set Up an Emergency Fund

You really can never know exactly how the future will pan out — the unforeseen and devastating COVID-19 pandemic is just one example of the need to always be prepared for any situation. Thus, you should ideally keep between 6 months to 1 year of living expenses (monthly rent or mortgage, bills, food expenses, etc.) in an emergency fund. One surefire way to build an emergency fund is by investing in yourself in a way that will expand your skill-set and allow you to build a side business of some sort. For example, you can buy the necessary materials to learn digital marketing, how to create online courses to teach what you know, or buy books or courses on personal finance. With websites such as Upwork or Fivver, it's never been easier to sell your expertise and make money on the side. The money you make in your new business can be used to build a substantial emergency fund.

2. Pay Off Unsecured Debt

Take a look at your own finances — do you have a high credit card balance that you've



Nathan Liao

been paying the minimum payment on for months? Other unsecured debt that you've been meaning to pay off? Well, don't let it bring you down any longer! It's time to be proactive in eradicating your debt so that you can maximize your long-term financial standing. And with inflation here and a possible recession around the bend, those credit card fees can go up and make it even harder to pay off debt quicker for those who only make the monthly minimum payment. Therefore, my number one piece of advice is to get rid of all unsecured debt as soon as possible.

You can optimize this process through the use of aging buckets — sort your bills according to whether they are late by 30-60 days, 61-90 days, etc., then gather the oldest bills and sort them from the highest outstanding balance owed to the lowest. Then pay off the largest bills in the oldest 'aging bucket' and make your way down the list. Taking this calculated, strategic approach will help make the process of paying off your unsecured debt much more efficient and a lot less stressful.

3. Use a Cloud-Based Spreadsheet Platform to List Out Essential Grocery Expenses

You can really boost your savings by following a strict budget. The first step to take in setting a monthly grocery budget is writing down every single one of your recurring essential grocery expenses.

These include the cost of personal care items, produce, lunchmeat, etc. Yes, you may be thinking that you could just make a mental list of all of the expenses and then select a general spending threshold to not go over each month, but it can be so easy to forget smaller grocery items (like the cost of toothpaste). Taking the time to list out every single expense will help you select the best monthly grocery budget possible.

Now, it will be wise to use a cloud-based spreadsheet app (like Google Sheets) to list out the expenses, rather than a plain Word Document or Excel spreadsheet. The reason for this is that if you ever need to add on a new grocery expense or remove one, you can easily do that on your phone while on the go. Or, if you spend more on some groceries, you can easily adjust the budget for the rest of the groceries on your phone.

4. Don't 'Guesstimate' the Amounts of Recurring Expenses in Your Budget

One big blunder people make is setting up a budget by 'guesstimating' the amounts of recurring expenses like monthly rent and health insurance, rather than just checking last month's bank statements to get exact amounts. This can really hurt their overall financial health — even if the actual amount of an expense is just a few dollars more than their guesstimate, if that is the case for all of their monthly re-

curring costs, it can result in a huge difference between what they set their budget at and the amount that they are truly spending. So when setting up a monthly budget, checking bank statements to get accurate amounts is key.

5. Stop Paying for Multiple Entertainment Streaming Services When One Will Do

Are you currently subscribed to Netflix, Hulu, Amazon TV, and other streaming services? Did you purchase a subscription to a particular streaming service just so you could watch a certain show that only they carry? These fees can negatively impact your monthly budget, so make a list of all of the streaming services you pay for and see if you can eliminate all but one of them. You may realize that you were still paying for a streaming service you haven't used since finishing the show that was the only reason you subscribed to the platform in the first place."

To Wrap It All Up

With the New Year here, make financial improvement one of your top resolutions to live as healthy and happy as can be. Setting up an emergency fund, paying off unsecured debt, and using a cloud-based spreadsheet platform to list out essential grocery expenses are just a few effective ways to improve your finances in Year 2023 and beyond.

Nathan Liao is the founder of CMA Exam Academy, a top Certified Management Accountant exam review program. As a CMA and CMA coach, Nathan mentors accounting and finance professionals in over 80 countries to earn their CMA certification in as little as 8 months. The unique review framework in CMA Exam Academy has proven to be the key to his students' outstanding success in attaining their dream of earning the Certified Management Accountant certification. www.cmaexamacademy.com



November 2022 Monthly Jobs Report

By Missouri Department of Higher Education and Workforce Development

Missouri non-farm payroll employment increased by 8,200 jobs from October 2022 to November 2022, and the seasonally adjusted unemployment rate increased by one-tenth of a percentage point. Private industry employment increased by 7,600 jobs and government employment increased by 600 jobs. The state's seasonally adjusted unemployment rate was 2.7 percent in November 2022, up from 2.6 percent in October 2022. Over the year, there was an increase of 72,800 jobs from November 2021 to November 2022, and the unemployment rate decreased by 1.2 percentage points, from 3.9 percent in November 2021 to 2.7 percent in November 2022.

UNEMPLOYMENT

Missouri's smoothed seasonally adjusted unemployment rate increased by one-tenth of a percentage point in November 2022, rising to 2.7 percent from the revised October 2022 rate of 2.6 percent. The November 2022 rate was 1.2 percentage points lower than the November 2021 rate. A year ago, the state's seasonally adjusted rate was 3.9 percent. The estimated number of unemployed Missourians was 83,000 in November 2022, up by 4,132 from October's 78,868.

The national unemployment rate remained unchanged over the month. 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 remained unchanged in November 2022, holding at October's 2022 rate of 2.4 percent. A year ago, the not-seasonally-adjusted rate was 3.2 percent. The corresponding not-seasonally-adjusted national rate for November 2022 was 3.4 percent.

Missouri's labor force participation rate was 62.5 percent in November 2022, four-tenths of a percentage point higher than the national rate of 62.1 percent. Missouri's employment-population ratio was 60.8 percent in November 2022, nine-tenths of a percentage point higher than the national rate of 59.9 percent. Missouri's

unemployment rate of 2.7 percent in November 2022 was one point lower than the national rate of 3.7 percent.

EMPLOYMENT

Missouri's non-farm payroll employment was 2,940,300 in November 2022, up by 8,200 from the revised October 2022 figure. The October 2022 total was revised downward from the preliminary estimate with a decrease of 400 jobs.

Goods-producing industries increased by 4,200 jobs over the month, with mining, logging, & construction gaining 2,700 jobs and manufacturing gaining 1,500 jobs. Private service-providing industries increased by 3,400 jobs between October 2022 and November 2022. Employment in private service-providing industries increased in leisure & hospitality (2,600 jobs); financial activities (1,700 jobs); professional & business services (900 jobs); and educational & health services (100 jobs). Employment decreased in trade, transportation, & utilities (-1,300 jobs); information (-400 jobs); and other services (-200 jobs). Government employment increased by 600 jobs over the month an increase in local government (900 jobs) and a decrease in federal government (-300 jobs).

Over the year, total payroll employment increased by 72,800 jobs from November 2021 to November 2022. Most major private-sector industry groups that shared in the increase, with the largest gain in professional & business services (24,600 jobs); followed by leisure & hospitality (12,900 jobs); mining, logging, & construction (11,900 jobs); educational & health services (9,900 jobs); manufacturing (6,200 jobs); financial activities (5,000 jobs); and other services (3,000 jobs). Employment decreased in trade, transportation, & utilities (-1,400 jobs) and information (-300 jobs). Government employment increased over the year, with a gain of 1,000 jobs. Government employment increased in local government (2,000 jobs) and state government (1,600 jobs). Employment decreased over the year in federal government (-2,600 jobs).

CHAMBER

Continued from Page A1

"You know, kind of what their hopes and dreams are for their business and why they joined the chamber and how we can make the benefits that we have available to them help them grow their business," she said. With the chamber having been a part of the community since 1915, the reason businesses join has changed over the years. In its early days, businesses became a part of it because it was "the right thing to do" to support it. Now, she said, every business that comes on has a different reason for joining and it's important that the chamber find out what those reasons are. "For some, they want the promotion, some, they want the connections, and I've always said the best thing that we do is helping people make connections in the community," she said. "Connecting

them to resources, to other businesses and things that can help their business grow." As chamber director, Williams has overseen five committees that include a Merchants Committee, an Economic Development Committee, a Governmental Affairs Committee, the chamber Ambassadors and the Kirksville Young Professionals. While she now has a new Services Coordinator, Courtney Blodgett, has been on the job for just a few weeks, for almost 10 years Williams worked with Kelly Jones, who was a right hand to her. "She was great," Williams said about Jones. Williams said that no matter who might call or show up at the office on any given day, the chamber staff tries their best to help them, no matter how strange the request may be. One time though, a woman arrived who Jones spent a considerable amount of time talking to about the community. A year

later, the same woman returned to the chamber office and told Williams that she had made the decision to retire in Kirksville due to the conversation she had with Jones. "That really spoke well of Kelly in the community," she said. Williams was also proud of how the chamber, under her leadership, had, in certain instances, made it possible for businesses in town to connect with other businesses that have led to successful collaborations. "There have been a handful of those that were just pretty cool," she said. "You made introductions that benefited both businesses." As for the future of the chamber, while they're advertising statewide for a new director, Williams hopes that it's someone local that eventually oversees the operation. "There is a benefit to already having a knowledge of the community," she said, noting that

it might be the right position for someone that is already working for a larger chamber, though not as a director. "This would be a really good opportunity for them to stretch themselves and get the experience to run a chamber," she said, though she felt she really would "love" to see somebody local take over. Currently the chamber has over 330 members and there are many more businesses in the community that she would like to see join as well. Current members are not just from Kirksville and Adair County, but also join from the neighboring counties of Schuyler, Sullivan, Macon, Randolph and Linn. Williams said that she was "very blessed" to have had a career with the Kirksville Area Chamber of Commerce. "I feel like it was a God given opportunity for me," she said. "Have I always done things the right way? Have I made as much impact in the communi-

ty as I could have? Maybe not. But I feel like we've done a lot of things in the community." Williams said that while it takes a lot of time and energy to oversee the chamber, she feels there's a real potential for growth and that the right person can come in and cause it to explode. "I really enjoyed it and I've enjoyed the people I've met," she said. "You know, there's a great spirit of cooperation in Kirksville and they have accomplished some amazing things when they put their minds to it." She said she was most impressed with community members who ran a campaign that raised over a million dollars to build the dental school at A.T. Still University, beating out more well-funded sites in California and Florida that wanted the school built in their communities. "I'm really going to miss everybody," she said.

Truman women's basketball splits pair of games in Florida

By Adam Tumino
Daily Express

The Truman women's basketball team is finished with play in the 2022 calendar year, with a pair of non-conference games in Florida last weekend being the final games prior to the holidays. The Bulldogs will enter the new year with an overall record of 8-5 and conference record of 4-1.

The games the Bulldogs played in Florida were part of the Florida Southern Christmas Classic. Their first game was against host Florida Southern and featured a dominant third quarter that helped propel Truman to a 81-64 win. The 64 points allowed were the third fewest in a game this season for the Bulldog defense.

The game also featured a milestone for guard Hannah Belanger, who became just the fifth player in program history to reach 1,500 career points. She had 25 points in the game. Belanger has scored more than 20 points in eight of her 13 games this season and ranks seventh in the nation with 21.6 points per game.

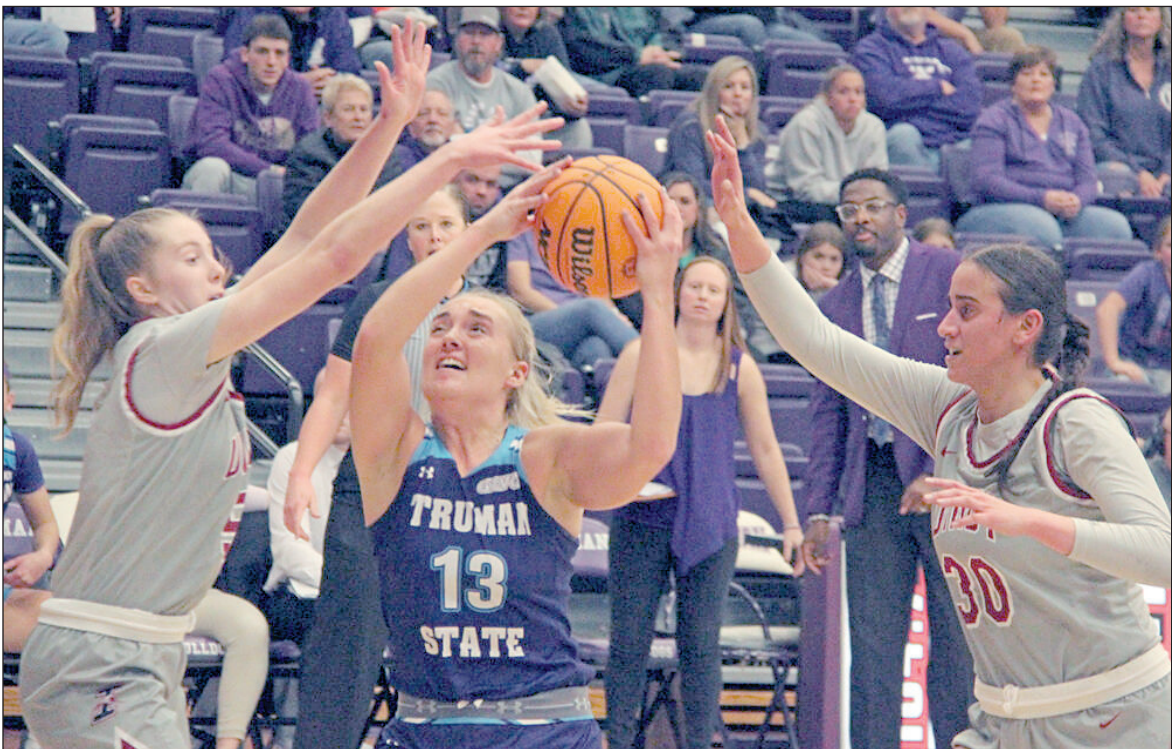
Forward Ellie Weltha had another big double-double with 20 points and 16 rebounds. It was her sixth double-double of the season, all of which have come in the last eight games. She ranks 10th in the nation with those six double-doubles and is 16th nationally in rebounding with 10.7 boards per game.

Gracie Stugart added 10 points and five assists. Alex Fanning had five assists as well, to go with six points and 11 rebounds.

Truman shot 49.2 percent from the field as a team, but were much more efficient in the third quarter when they outscored Florida Southern 31-9. The Bulldogs shot 11-of-17 in the quarter including shooting 5-of-9 from three-point range.

That shooting success did not continue in Truman's second game of the classic against No. 8 Eckard on Saturday. The Bulldogs lost that game 91-61 and shot just 34.4 percent as a team in the game.

Weltha had another big game despite the loss, leading the team with 18 points and 12 rebounds. Belanger had 14 points on 6-of-16 shooting.



Truman guard Hannah Belanger puts up a shot in traffic against Indianapolis on Nov. 28.

Truman was outrebounded in the game 46-29. Eckard also was more productive offensively close to the basket, scoring 42 points in the paint compared to Truman's 24.

After closing out 2022 with five consecutive road games, Truman will stay at home for the early weeks of 2023, not playing another road game until Jan. 19. The Bulldogs return to action on Jan. 2 with an exhibition against William Woods University before resuming conference play on Jan. 5 against Quincy, which will be the first of four straight conference home games.



Truman head coach Theo Dean addresses the team during a timeout against Indianapolis on Nov. 28. PHOTOS BY ADAM TUMINO



Truman's Dylan Peeters drives toward the basket against Indianapolis on Nov. 28.

Non-conference win boosts Truman State

By Adam Tumino
Daily Express

The Truman men's basketball team is in the middle of a reprieve from conference competition, but recently picked up a win in a non-conference game against Grand View. The Bulldogs hosted that game on Monday, beating the Vikings handily by a score of 89-68.

The Bulldogs improved to 5-7 overall with the win, which also came a game after the first conference win for Truman the week prior. They will enter 2023 with a 1-4 conference record.

On Monday, Truman and Grand View played a close game for a large portion of the first half, with five lead changes and three ties, before the Bulldogs pulled ahead and led by nine points at halftime.

Truman shot 65.4 percent in the first half and 6-of-11 from three-point range. Defensively, they held Grand View to 44.1 percent shooting prior to halftime. The Bulldogs' overall shooting percentage dropped to a still efficient 56.7 percent in the second half but they were even better from three, shooting 8-of-14 from deep in the final 20 minutes. They also held Grand View



Truman's Elijah Hazekamp looks to dribble around a defender against Indianapolis on Nov. 28. PHOTOS BY ADAM TUMINO

to 37.5 percent shooting in the second half.

Four Truman players scored in double figures in the game, led by Elijah Hazekamp with 19 points. He also led the team with five rebounds. Hazekamp shot 6-of-7 from the field and 5-of-6 from three. He had shot 12-of-18 from deep over his last three games.

Dylan Peeters and Nduka Ogwu scored 12 and 11 points off the bench respectively. Truman's bench outscored Grand View's bench 44-27 in the game. Xavier Hall scored 10 points while leading the team with a season high seven assists.

Truman has one more non-conference contest in 2022 when they host

Culver-Stockton on New Year's Eve. A win in that game would give the Bulldogs a three-game winning streak to close out the year.

That could potentially give them momentum entering 2023 when conference play will pick up again. It was a rough start to conference play for the Bulldogs, who were picked to finish fourth in the GLVC in a preseason poll but currently sit in 11th.

Four of the Bulldogs' first five conference opponents were picked to finish in the top six of the conference, but their win came against Southwest Baptist, the preseason No. 2 team in the conference.

McKinnon's 26-yard run in OT lifts Chiefs over Texans

By THE ASSOCIATED PRESS

HOUSTON — Wearing shirts that read "Conquered the West" and baseball caps commemorating their AFC West title, the Kansas City Chiefs celebrated winning the division for a seventh straight season after outlasting the Houston Texans in overtime Sunday.

Amid the jubilation, their star quarterback was quick to point out the feat was only the beginning of what they hope to do this season.

"When we start every season, the first thing we get told when we first walk in is let's win the AFC West," Patrick Mahomes said. "That's our first goal ... (and) we accomplished our first goal."

Jerick McKinnon had a 26-yard touchdown run in overtime and the Chiefs got three touchdowns from Mahomes in the 30-24 win.

The Chiefs (11-3) got the ball first in overtime but had to punt it away after Mahomes was sacked by Blake Cashman on third down. Texans quarterback Davis Mills fumbled on a scramble on Houston's first play, and it was recovered by Kansas City's Willie Gay on the Texans' 26.

McKinnon, who also had a TD reception, dashed untouched into the end zone on the next play.

He said Mahomes reminded him before the play to keep two hands on the ball.

"I said: 'I'm about to score,'" McKinnon said. "Juju (Smith-Schuster) looked at me and said: 'I've got your block, bro. Just find me when you get out there'. And it worked out exactly like that."

Houston (1-12-1) tied it at 24 on a 29-yard field goal with about five

minutes to go in the fourth quarter. The Chiefs had a chance to win it in regulation, but Harrison Butker's 51-yard attempt was wide right.

Kansas City overcame two turnovers and a season-high 102 penalty yards to win for the seventh time in eight games.

Mills threw for 121 yards and two touchdowns sharing time at quarterback with Jeff Driskel. The Texans dropped their ninth straight game for their longest skid since losing the final 14 games of the 2013 season.

"That team out there has won one game but they're not playing like that," coach Lovie Smith said. "They're showing up every day, taking coaching, getting better and coming into the game and giving ourselves a chance to win."

Kansas City's streak of division titles is tied with the Rams (1973-79) for the second-longest in NFL history behind the Patriots, who captured 11 in a row in the AFC East from 2009-2019.

"I think one of the most difficult things in the National Football League is consistent success," Kansas City owner Clark Hunt said. "The rules are designed to make that difficult, whether that's the draft or the salary cap. So, it's a real testament to the job that general manager Brett Veach and coach Andy Reid have done over the last several years."

The Chiefs trailed for much of the day and were behind by five early in the fourth quarter when Mahomes dashed in from 5 yards out. His 2-point conversion pass to McKinnon came next to give Kansas City a 24-21 lead.

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Kansas City Chiefs running back Jerick McKinnon (1) celebrates with teammates after making a catch for a two-point conversion during the second half of an NFL football game against the Houston Texans Sunday, Dec. 18, 2022, in Houston. AP PHOTO/ERIC CHRISTIAN SMITH



Kansas City Chiefs coach Andy Reid answers a question after an NFL football game against the Houston Texans Sunday, Dec. 18, 2022, in Houston. The Chiefs won 30-24 in overtime. AP PHOTO/DAVID J. PHILLIP

Chiefs continue to squeak by against league’s lowly teams

By THE ASSOCIATED PRESS

KANSAS CITY, Mo. — Andy Reid insisted that the Kansas City Chiefs were “fired up” after their win over the Houston Texans on Sunday.

Plenty of other people were left scratching their heads.

The Chiefs trailed the only one-win team in the NFL at halftime, eventually went to overtime and needed to force a fumble there to set up the winning touchdown in the 30-24 escape. And while it clinched a seventh consecutive AFC West title for the Chiefs, it left some wondering whether they can do any damage when the playoffs roll around.

“I mentioned it to the team, you can’t in today’s world — the NFL — you can’t go by the record. Everything is so close, the parity, and you’re off by like a fingertip catch or maybe a penalty or a turnover. It’s just one thing,” Reid said. “It has never been where there have been so many close games as there are now that have been determined by one score.

“The tape tells you the story,” he added. “You put on the tape. We knew it was going to be a battle. We felt that going in. Like I said, a well-coached team with good players. It was important that we kept going through four quarters.”

The wins all count the same, even if some look a whole lot better than others. And the Chiefs (11-3), who remain tied with Buffalo for the AFC’s best record, have had quite a few that didn’t look particularly good.

There was the win over the Chargers, when Jaylen Watson returned a pick 99 yards for a TD to help Kansas City avoid defeat. The game against the Raiders, when they trailed 20-10 at halftime and desperately rallied for the 30-29 victory. The squeaker over the Titans when their backup quarterback, Malik Willis, completed all of five passes. And just last week in Denver, when the Chiefs held on for a harrowing 34-28 victory over the Broncos.

It seems that nothing comes easy for Kansas City, even against the league’s worst teams.

“It’s not our identity. It’s not what we want,” Chiefs running back Jerick McKinnon acknowledged. “But along the course of the season, things happen. It’s not pretty. It’s not the nicest. But we find a way to win and that’s all that matters.”

Still, it begs the question: Do the Chiefs play down to the level of the opposition? And can they continue to do that and hope to jump the Bills over the final three weeks for the No. 1 seed and the lone first-round playoff bye?

“Obviously we know we have a lot to work on, to clean up at least with the turnovers and the penalties,”

Patrick Mahomes said, “but you have to celebrate. We still won the AFC West, and you have to enjoy that. I told the guys to do that. Enjoy it for a plane ride home tonight. We’ve got a short week this next week, so enjoy it and we’ll get right back to it.”

WHAT’S WORKING

Mahomes completed his final 20 passes against the Texans, finishing 36 of 41 for 336 yards with two touchdown throws, a touchdown run and no interceptions. He now has 4,496 yards passing, putting him on pace to break Peyton Manning’s NFL record of 5,477 yards set during his 2013 MVP season with the Broncos — and in 16 games, too.

WHAT NEEDS HELP

Mental mistakes have been a problem. The Chiefs were penalized 10 times for 102 yards against Houston, and they fumbled three times while losing two. That’s nine straight games with at least one turnover for Kansas City.

“You’ve got to work your fundamentals and techniques,” Reid said, “and you’ve got to trust them when you’re out there.”

STOCK UP

McKinnon has become one of the best playmakers for Kansas City. The backup running back had seven catches for 112 yards and two scores against the Broncos, then had eight catches for 70 yards and a score to go with the winning touchdown run in overtime against the Texans.

STOCK DOWN

Harrison Butker missed a 51-yard field goal that would have won the game in regulation for Kansas City — no chip-shot but well within his range. After going 25 of 28 on field goals last season, the big-legged Butker is just 16 of 21 this season. He’s also missed three point-after attempts.

INJURIES

The Chiefs came out of the game without any new injuries. They also could have Mecole Hardman on the field Saturday against Seattle after the wide receiver came off injured reserve last week and returned to practice.

KEY NUMBER

7 — The Chiefs’ run of consecutive division titles ties the Los Angeles Rams of 1973-79 for second best in NFL history behind the New England Patriots, who won the AFC East 11 consecutive years beginning in 2009.

NEXT STEPS

The Chiefs play the Seahawks on Saturday at Arrowhead Stadium.

Messi, Mbappe give Qatar perfect World Cup ending

By THE ASSOCIATED PRESS

DOHA, Qatar — When it comes to soccer, money can buy the world.

It can pay for the World Cup. And the world’s best players. And it can bundle them all up into a perfect package and present it to a global audience of millions.

The power of money was on full display in the Qatari city of Lusail on Sunday as Argentina beat France 4-2 on penalties to become world champion for the third time and end Lionel Messi’s pursuit of the one major trophy that had eluded him in his storied career.

One of the most thrilling finals in the tournament’s 92-year history finished 3-3 through extra time, with Messi scoring twice and Kylian Mbappé completing a hat trick.

“The match was completely insane,” Argentina coach Lionel Scaloni said afterwards. “I know it’s just a football game, a World Cup, and we shouldn’t think any further, but in Argentina, football is not just football. We have to celebrate.”

In the end it was not a bad return for Qatar, which spent an estimated \$200 billion on staging soccer’s most prestigious event.

Hundreds of millions more have been paid out to take superstars Messi and Mbappé to Qatari-owned Paris Saint-Germain.

And here, on the sport’s biggest stage of all, was the perfect finale as far as the oil-and-gas rich Emirate was concerned.

On a temporary stage in the middle of the field, Qatar’s emir, Sheikh Tamim bin Hamad Al Thani, gave Messi a Qatari ceremonial robe to wear over his Argentina shirt for the traditional World Cup trophy lift.

Messi was beaming with pride as he tenderly kissed the cup of solid gold. But it is arguably the host country that could consider itself the biggest winner after a tournament that appeared to demonstrate the effectiveness of so-called sportswashing.

After widespread criticism about its human rights record and treatment of migrant workers leading up to the event, the focus switched to soccer as the tournament progressed. By Sunday’s final, the narrative was fixed on Messi’s mission to emulate Argentina great Diego Maradona by leading his country to a World Cup title.

The subplot was France’s bid to become the first team to win the trophy back-to-back since Brazil and Pele in 1958 and ‘62.



Argentina’s Lionel Messi holds up the trophy after winning the World Cup final soccer match between Argentina and France at the Lusail Stadium in Lusail, Qatar, Sunday, Dec.18, 2022. AP PHOTO/MANU FERNANDEZ

“It was always inevitable that the conversation would increasingly turn to football once the tournament started, but human rights questions have never gone away and will continue to be raised long after the tournament,” Steve Cockburn, head of economic and social justice at Amnesty International, told The Associated Press.

Amnesty says thousands of migrant workers have died “suddenly and unexpectedly” in Qatar over the past decade.

Last month Hassan al-Thawadi, the secretary-general of Qatar’s Supreme Committee for Delivery and Legacy, said between 400 and 500 had died during construction for the tournament. The committee later said he was referring to work-related deaths from 2014-2020, not specifically for the World Cup.

Soccer’s governing body FIFA has been pressured to provide answers on a proposed compensation fund for those affected and the concept of a migrant workers center to be created in Doha.

Progress on both of those issues remains unclear.

“Qatar wants to be a hub for global sporting and cultural events, and so should know that scrutiny will continue,” Cockburn said. “Hosting the World Cup has brought far more attention on the treatment of migrant workers in Qatar and the rest of the Gulf than would otherwise have been the case, as well as the responsibility of sporting bodies such as FIFA.”

Concerns were also raised over the safety and wellbeing of fans from the LGBTQ+ community ahead of the tournament because homosexuality is a criminal offense in Qatar.

Captains of seven European nations, including England and Germany, planned to wear multi-colored “One Love” armbands to promote inclusion and diversity. But they ultimately backed down when FIFA threatened to issue yellow cards to the players involved,

saying it was a contravention of its regulations.

It is unclear whether that decision was taken under pressure from the Qatari government, but it added to the sense that the conservative Muslim country was hosting the World Cup on its own terms.

There was also a sudden ban on beer sales at stadiums two days before the opening match, which was a U-turn on the deal Qatar made to secure the tournament.

The term sportswashing is widely used in reference to countries or organizations trying to use sports to repair reputational damage.

And the World Cup deflected attention from off-field issues by producing some remarkable stories on it.

Saudi Arabia provided arguably the biggest shock in the tournament’s 92-year history by beating Argentina in their opening group-stage match.

Morocco became the first African country to make it through to the semifinals and sparked an outpouring of pride across the Arab world.

“For me, football makes people dream and children in particular,” Morocco coach Walid Regragui said. “In Morocco and Africa, we have kept those dreams alive.”

Perhaps predictably, FIFA president Gianni Infantino described it as the “best World Cup ever.”

However, he is not the only one to speak about it in positive terms.

“Qatar have won a lot of friends because of this World Cup and the way it has been handled,” said David Dein, the international president of England’s bids for the 2018 and ‘22 World Cups.

He attended more than 50 games during the tournament and believes the experience will inspire real change in Qatar.

“They’ve been very open-minded to it,” he added. “I think Qatar will benefit from this going forward. I hope so. That should be a legacy for them.”

It is certainly easy to see the immediate benefit.

TRUMAN

Continued from Page B1

Truman ranks last in the conference with 65.4 points per game and ranks 11th defensively, allowing 73.3 points per game. These rankings cause the Bulldogs to have the lowest scoring margin in the conference at -7.8 points per game, although that number is a bit inflated by a pair of lopsided losses, including a 92-47 non-conference loss to Northwest Missouri State back on Nov. 20.

The Bulldogs will have a chance to improve these numbers once the calendar flips to January and they have four-straight home conference games, beginning with a game against Quincy on Jan. 5.

CHIEFS

Continued from Page B1

Mahomes threw for 336 yards and had touchdown passes of 20 and 4 yards. He has 35 TD passes this season to become the fifth player in NFL history with 35 or more touchdown tosses in four or more seasons, joining Tom Brady (6), Aaron Rodgers (6), Drew Brees (4) and Peyton Manning (4).

Mahomes, who is from Tyler, Texas, and starred at Texas Tech, played his first NFL game in the state in his sixth professional season. The crowd was overwhelmingly made up of Chiefs

fans, many of whom wore his No. 15 jersey. A handful donned his scarlet and black Texas Tech jersey.

The Chiefs piled up 502 yards to set a franchise record with their 19th straight game with at least 300 yards, and it was their ninth in a row with more than 400 yards.

Travis Kelce had 102 yards receiving and Smith-Schuster had 88 yards receiving for the Chiefs.

The Chiefs led 16-14 after a field goal early in the third and were driving again when Tremon Smith forced a fumble by Smith-Schuster that the Texans recovered

near midfield. It wasn’t ruled a fumble initially, but Houston challenged the call and it was reversed.

Houston cashed in on the mistake when Mills threw a 12-yard TD to Jordan Akins on third down to make it 21-16.

Houston took a 7-0 lead when Mills connected with Teagan Quitoriano on an 8-yard TD throw late in the first quarter. That score was set up when the Chiefs were flagged for pass interference on third-and-10 two plays earlier to give the Texans a first down at the 4.

Mahomes connected with McKinnon for a 20-yard score on Kansas City’s next

drive to tie it at 7-7.

Mario Addison forced a fumble by Isiah Pacheco later in the second quarter and the Texans recovered on the Kansas City 17. Two plays later Mills scrambled 17 yards for a score to put Houston on top 14-7.

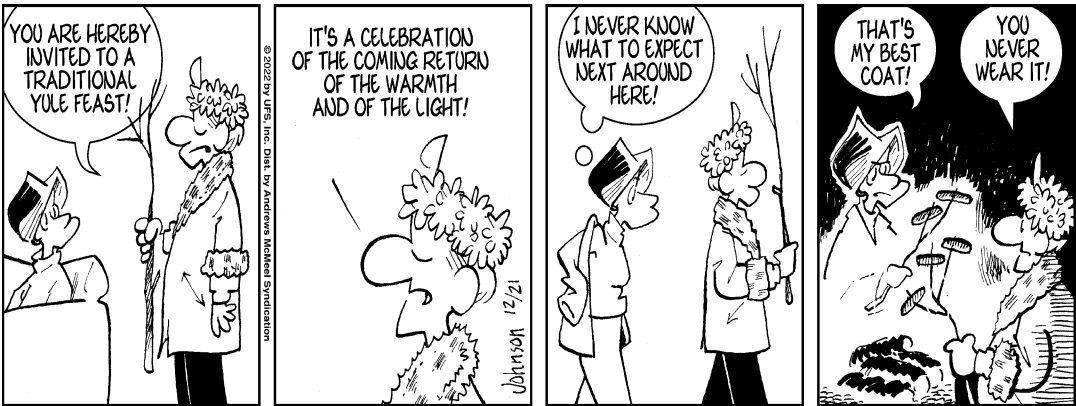
Marquez Valdes-Scantling caught a 4-yard pass from Mahomes for a touchdown just before halftime, but the extra point sailed wide left to leave Houston up 14-13 at halftime.

UP NEXT

Chiefs: Visit Seattle on Saturday.

Texans: Visit Tennessee on Saturday.

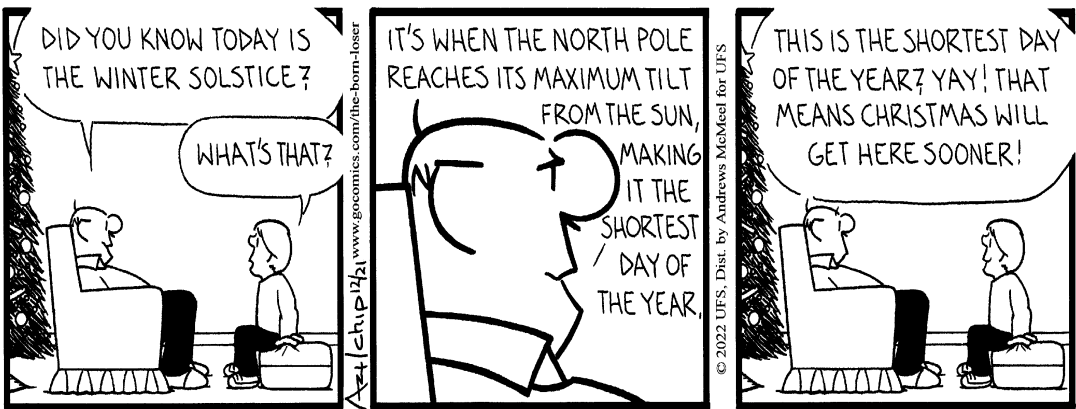
ARLO AND JANIS



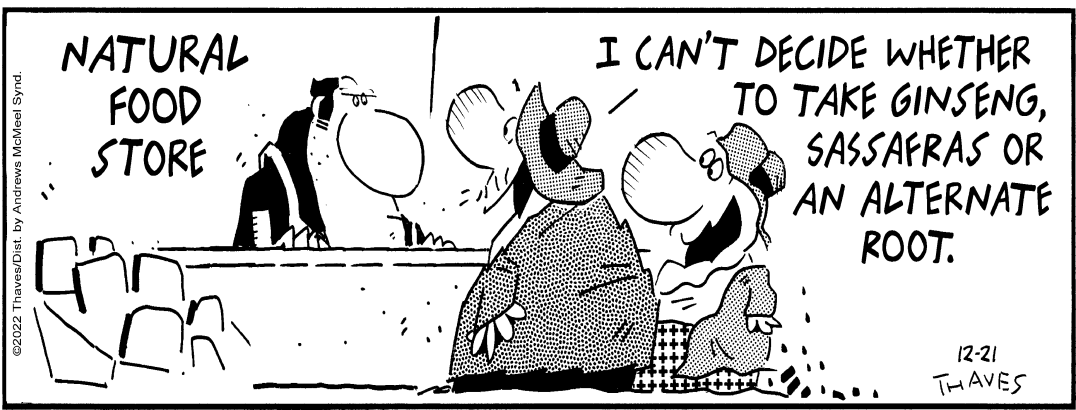
BIG NATE



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

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

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

CROSSWORD

- ACROSS**

1 “Go, team!”

4 Put in the cooler

8 Clammy

12 Dark brew

13 Guy

14 Length x width

15 Peoria’s st.

16 Silliness

18 Dryad

20 Grass

21 Filch

23 Skippers’ OKs

26 Muslim mystic

29 Parroted

32 Heat meas.

34 Wheels for baby

35 Formal attire

36 Subzero comment

37 Geisha’s tie

38 Frequently

39 Restaurant offering

40 Roofer’s gunk

41 Stats

42 Appends
- 43 At close quarters

45 A great many

47 Ad — (wing it)

49 Gunslinger’s command

53 Diner favorite (2 wds.)

58 Bikini top

59 Web habitue

60 Hopscotch, e.g.

61 — choy

62 Prosperous period

63 Fly upwards

64 Floor
- DOWN**

1 Drought ender

2 Friendly country

3 Place of control

4 Sun Valley site

5 Young wolf

6 MS readers

7 — ex machina

Answer to Previous Puzzle

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

8 Papa

9 “Exodus” hero

10 Shook hands

11 Foot the bill

17 Turnpike

19 Strait-laced

22 Majorette’s stick

24 Flowed back

25 Fine violin

26 Place

27 Citified

28 Laissez- —

30 Huff’s partner

31 Laud

33 WWW addresses

39 Chess player’s shout

41 Late spring flower

44 Warning

46 Buy by mail

48 Totes

50 “Fernando” band

51 Cornfield menace

52 Cod kin

53 Open container

54 Canteen initials

55 Recent (pref.)

56 Thai neighbor

57 Physicians’ grp.

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					64		

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HERMAN



ASTROGRAPH BY EUGENIA LAST

An optimistic attitude will go a long way when dealing with others. If you choose to offer positive alternatives, you will build solid relationships and gain ground with those you work and play with regularly. Changing how you use your hard-earned cash will help you have a comfortable lifestyle.

SAGITTARIUS (Nov. 23-Dec. 21) -- Understanding will help you navigate through sticky situations with people who don't share your opinions. A social event will reveal someone's intentions. Make sure your foundations are solid.

CAPRICORN (Dec. 22-Jan. 19) -- Discuss the changes you want to make with those you love and respect. The feedback you receive will encourage you to get started. Others will be surprisingly eager to help you.

AQUARIUS (Jan. 20-Feb. 19) -- Busy yourself with last-minute details. Don't take on someone else's problem; offer a reasonable solution and return to your to-do list. Take some time to relax from all the hustle and bustle.

PISCES (Feb. 20-March 20) -- Take nothing for granted and do whatever is possible to avoid a scene. Anger will not help, but understanding will ease stress and give you a different perspective regarding a pending problem.

ARIES (March 21-April 19) -- Tally up how much you've spent and where you are sitting financially. Take a step back when dealing with superiors, and listen before you offer your thoughts. Seek counsel from people you trust.

TAURUS (April 20-May 20) -- You have a choice: You can demand change or persuade others with

incentives and kindness. Don't isolate yourself. Offer love and understanding, and you will receive the same in return.

GEMINI (May 21-June 20) -- You'll be quick to react. Stop to rethink your strategy before you take a step that will be hard to reverse. You want to steady your position and your plans, not start something you can't finish.

CANCER (June 21-July 22) -- Discuss your thoughts with someone you love or trust to provide sound advice, and you'll deepen your connection and find a common path. Romance is in the stars.

LEO (July 23-Aug. 22) -- Your heart is in the right place, but nothing good will transpire if you fail to follow through. Take the initiative to reach out and help those less fortunate.

VIRGO (Aug. 23-Sept. 22) -- Bypass conversations that have the potential to get heated. Make positive changes and plans that include everyone. Personal improvement will promote better relationships with others.

LIBRA (Sept. 23-Oct. 23) -- Put your head down and focus on what you must accomplish between now and the end of the year. Discipline and hard work will pay off handsomely. Refuse to let trivial matters get in the way.

SCORPIO (Oct. 24-Nov. 22) -- Get into the spirit of the season and join in the festivities. Reach out to those you care about and share good ideas. Don't be afraid to be unique and do your own thing. Let your light shine!

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INVITATION TO BIDDERS

Kirksville R-III School District hereby solicits written, sealed bids to be received (and subsequently publicly opened) for HVAC Replacements 2023 no later than exactly 11:00 AM on Tuesday January 10, 2023 at the Administration Building, 1901 E Hamilton Street, Kirksville, Missouri 63501. Bidding documents will be available from BRS Architects, LLP after December 22, 2022, by calling (314) 402-5183 X103. A Mandatory Pre-Bid Meeting is scheduled for 10:00 AM on Wednesday, January 4, 2023 at the Administration Building. The District reserves the right to reject any and all bids for any reason; to accept any bid which it deems to be in its best interest; and to reject all bids and solicit new bids. The District also reserves the right to waive any technicalities and negotiate any particulars within any bid. Bidders must provide, with the bid, a Bid Bond or cashier's check in the amount of 5% of the proposed contract sum. The successful bidder will be required to provide 100% Performance and Payment Bonds and to comply with the Missouri Prevailing Wage Law. All Bidders whose bids are in excess of \$5,000.00 must provide with their bid the Federal Work Authorization Program ("FWAP") Affidavit of Compliance and Verification Form with respect to employees working in connection with the contracted services, affirming enrollment in a FWAP. All workers on site must have completed OSHA Ten-Hour Training, prior to working on site.

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CROSSWORD PUZZLES

ACROSS

1 Bread ingredient

6 Join the chorus

10 Geometry pioneer

12 Historical records

14 Henchman

15 More frilly

16 Delicious drink

18 Luau souvenir

19 Clairvoyant

21 Greases

23 Beantown team

24 Grabbed a chair

26 Former Swedish import

29 Narrow inlet

30 Mouser

32 Burglar's "key"

34 Earthen-ware pot

36 Moose kin

37 Tpk.

38 Iffy attempt

40 Item in a poker pot

42 Sawbuck

43 Imitate an owl

45 Soup ingredients

47 — by myself

50 Wood nymphs

52 New cop

54 Masked superhero

58 Coarse colorful cloth

59 Addison's partner

60 Epithet

61 Get the lead out?

DOWN

1 NBA coach — Unseld

2 Cabin

3 Italian writer

4 Solitary

5 Circus animals

6 Growls

7 Corporate ending

8 Hammer's target

9 Mirth

Answer to Previous Puzzle

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

11 Winter mo.

12 Asian mountains

13 Mr., in Bombay

17 Sum

19 Gets dirty

20 Put on a pedestal

22 Mineo of old films

23 B'way sign

25 High card

27 Large artery

28 Nips

31 Prizefighter's stat

33 Bear's pad

35 Contented murmur

39 Dress part

41 Make current

44 Popular cookie

46 Organic compound

47 Rainbow shape

48 Cash advance

49 "Whatever — Wants"

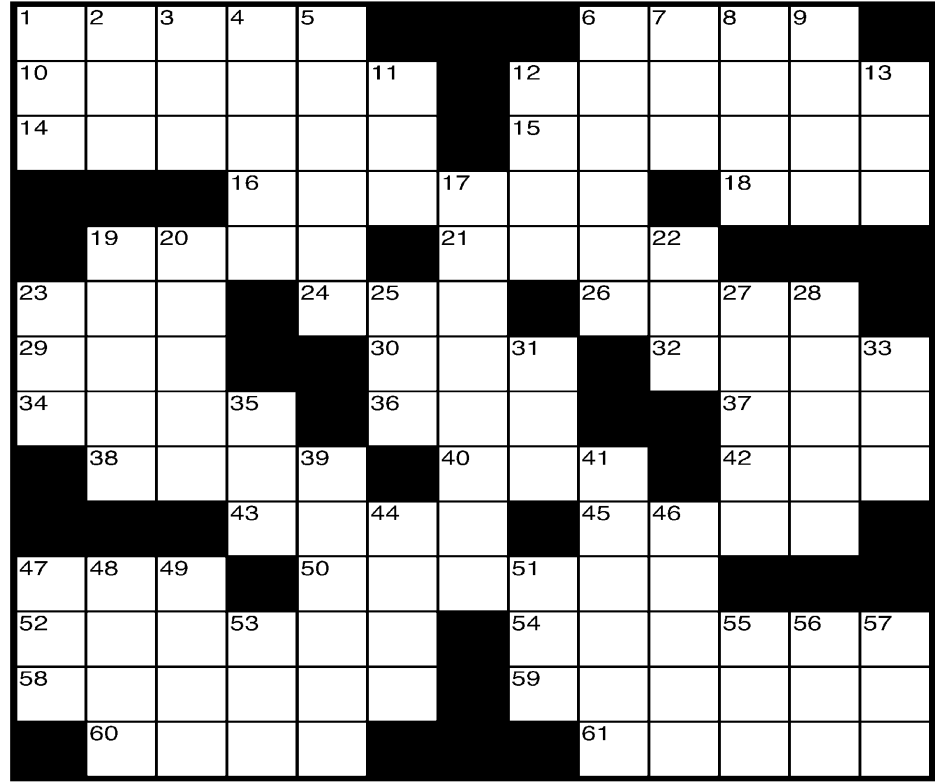
51 Weightlifter's pride

53 Ms. Basinger

55 Drop — line

56 Capp and Jolson

57 Born as



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ACROSS

1 Culture medium

5 Gush over

9 Not hither

12 Biography

13 Luau strings

14 Wool producer

15 Lose energy

16 Usual food

17 Blend

18 Gotten up

20 Social gathering

22 Cousteau's domain

23 Existing

24 "The Pink Panther" actor

27 Any

28 Part of TNT

29 Wonka's creator

31 Distort

35 Chairperson

37 Prospector's find

39 Want ad letters

40 In that case (2 wds.)

42 Rhubarb unit

44 Man in a mask

46 Corp. bigwigs

47 Strong suit

48 Heston Oscar-winner (hyph.)

51 "Wheel" buy (2 wds.)

52 Declare

54 List component

56 Old pro

57 Zen question

58 Called up

59 "Orange" or "stock" ending

60 Slide sideways

61 Those people

DOWN

1 Sitcom ET

2 Arizona river

3 Out of range

4 Dynasty

5 Less refined

6 Similar

7 Air show formation

Answer to Previous Puzzle

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

8 Regard highly

9 Red Sea republic

10 Unpaid

11 Adjoining

19 Mail out

21 Contends

23 Intrepid

24 Utmost degree

25 High dudgeon

26 By way of

27 Frighten a fly

30 Plus

32 Big green parrot

33 Wiggly fish

34 Stir-fry vessel

36 Gossip, slangily

38 "X Games" ailer

41 "— and Geeks"

43 Jeans go-with (hyph.)

44 Like city lots

45 Take the podium

46 Nemo's creator

47 Type of bean

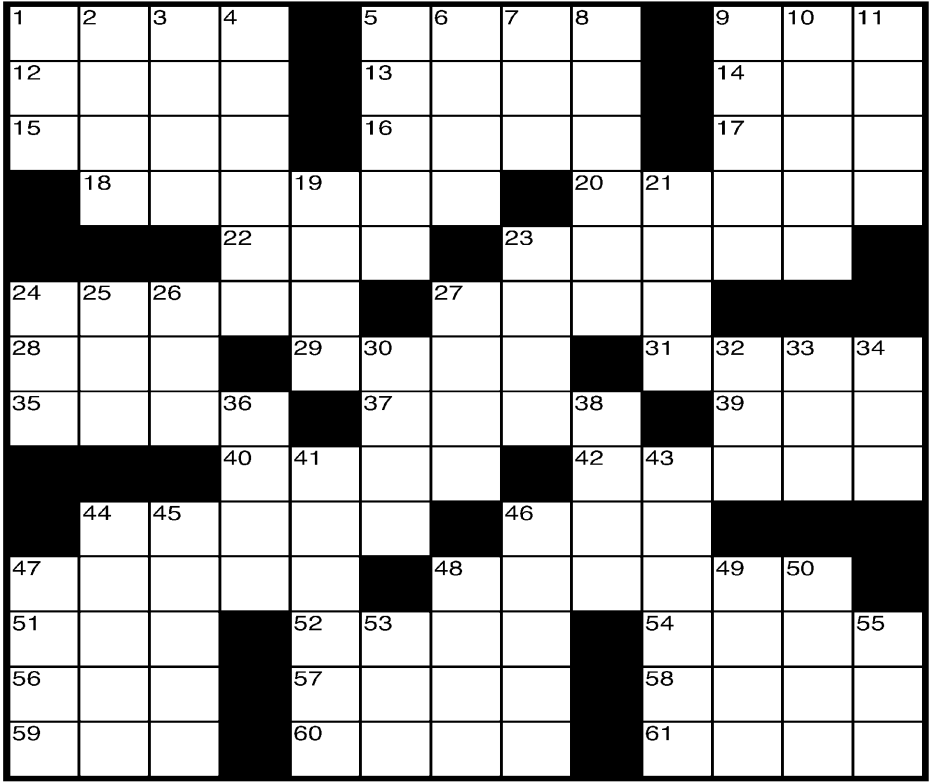
48 Boyfriend

49 Where Bryce Canyon is

50 Russo or Magritte abbr.

53 Library

55 Movie studio



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GOOD NEWS!

Birth Announcements

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U.S. Travel Forecast			
Year-End Holiday Travel Forecast 2022			
Across the U.S.			
Mode of Travel	Travelers	% change from 2021	2022 % diff. from 2019
Automobile	101.8 million	2.0%	-5.7%
Air Travel	7.17 million	14.0%	-2.2%
Other Travel (Buses, Trains, Cruises)	3.66 million	23.3%	-6.0%
U.S. Total Travel Volume	112.7 million	3.3%	-5.5%
<i>The Year-End travel period is defined as Dec. 23, 2022 - Jan. 2, 2023</i>			AAA.com

Nearly 113 million Americans will wrap up 2022 by land, air, and sea

By AAA

’Tis the season to travel, and AAA estimates 112.7 million people will journey 50 miles or more away from home from Dec. 23 to Jan. 2. That’s an increase of 3.6 million people over last year and closing in on pre-pandemic numbers. 2022 is expected to be the third busiest year for holiday travel since AAA began tracking in 2000.

“This year, travel time will be extended due to Christmas Day and New Year’s Day falling on Sundays,” says Paula Twidale, AAA’s Senior Vice President of Travel. “With hybrid work schedules, we are seeing more people take long weekends to travel because they can work remotely at their destination and be more flexible with the days they depart and return.”

Nearly 102 million Americans will drive to their holiday destinations. Despite roller-coaster gas prices in 2022, this holiday season will see an additional two million drivers compared to 2021. Travel by car this year is on par with 2018 but shy of 2019 when 108 million Americans drove out of town for the holidays, the highest year on record.

Air travel will see a 14 percent increase over last year, with nearly 7.2 million Americans expected to fly. Flights and airports will be packed

this holiday season, reminiscent of pre-pandemic days. Demand for flights has surged despite higher airline ticket prices. AAA expects the number of people taking holiday flights this year will come close to matching 2019 when 7.3 million Americans traveled by air.

“If the distance is not reasonable to drive, more people are taking to the air to maximize the time spent at their destination,” Twidale adds. “Conversely, if the travel distances are reasonable and more than one or two people in the household are taking the trip, it may be more cost-effective to drive rather than buy multiple air tickets, rent a car, and spend too much money before the fun even begins.”

Other modes of transportation are also rebounding in a big way. AAA estimates travel by bus, rail, and cruise ship will rise to 3.6 million this holiday season, a 23 percent increase from last year and nearly 94 percent of 2019’s volume.

INRIX, a provider of transportation analytics and insights, expects the most congested days on the road to be Friday before Christmas, Dec. 27 and 28, and on Monday, Jan. 2, as travelers mix with commuters. In major metros, especially in Los Angeles and New York City, drivers could experience double the typical delays. Na-

tionwide, drivers could see travel times up to 25 percent longer.

“With pre-pandemic levels of travelers hitting the road this holiday, drivers must be prepared for delays in and around major metro areas, with Tuesday, Dec. 27 expected to be the nation’s worst day to travel,” says Bob Pi-shue, transportation analyst at INRIX. “Our advice is to avoid traveling during peak commuting hours. If schedules allow, leave bright and early or after the afternoon commute.”

Travel Forecast Methodology

In cooperation with AAA, S&P Global Market Intelligence developed a unique methodology to forecast actual domestic travel volumes. The economic variables used to forecast travel for the current holiday are leveraged from S&P Global Market Intelligence’s proprietary databases. These data include macroeconomic drivers such as employment, output, household net worth, asset prices, including stock indices, interest rates, housing market indicators, and variables related to travel and tourism, including gasoline prices, airline travel, and hotel stays. AAA and S&P Global Market Intelligence have quantified holiday travel volumes going back to 2000.

Historical travel vol-

ume estimates come from DK SHIFFLET’s TRAVEL PERFORMANCE/Monitor SM. The PERFORMANCE/Monitor SM is a comprehensive study measuring the travel behavior of U.S. residents. DK SHIFFLET contacts over 50,000 U.S. households each month to obtain detailed travel data, resulting in the unique ability to estimate visitor volume and spending, identify trends and forecast U.S. travel behavior—all after the trips have been taken.

The travel forecast is reported in person-trips. In particular, AAA and S&P Global Market Intelligence forecast the total U.S. holiday travel volume and expected mode of transportation. The travel forecast presented in this report was prepared for the week of November 15, 2022.

Year-End Holiday Travel Period

For purposes of this forecast, the year-end holiday travel period is defined as the 11-day period from Friday, Dec. 23 to Monday, Jan. 2. This period is the same length as the 2021/2022 year-end travel period.

The year-end holiday travel period can range from 10 to 13 days, depending on which day of the week Christmas Day and New Year’s Day fall. All the year-end holiday periods contain two weekends.



Renew Missouri celebrates state’s new efficiency ranking

By Renew Missouri

COLUMBIA, MO – Renew Missouri, a 501©(3) focusing on clean energy policy and accessibility to clean energy for all Missouri, is always eager to see the American Council for an Energy Efficiency Economy (ACEEE) State Scorecard on Energy Efficiency and how the Show-Me State is doing on reducing the demand for power. This year, Missouri ranks 29th after making a significant leap ahead from previous lists.

Ten years ago, Missouri ranked 44th on this list. Five years ago, our state edged up to 38th. Looking at moving into the Top Thirty, Executive Director James Owen cites Missouri’s 2009 groundbreaking law that incentivizes energy efficiency, reducing the need to generate more power.

“The Missouri Energy Efficiency Investment Act (MEEIA) has revolutionized reducing energy demand over the past decade,” says Owen. “Renew Missouri works tirelessly to advocate for MEEIA programs before the Public Service Commission despite the opposition of state bureaucrats.”

MEEIA allows investor-owned utilities to recover lost earnings from energy efficiency programs. Customers still save money but the real benefit results from less electricity production. From 2013-2019 alone, Every Missouri’s energy efficiency portfolio resulted in 900 million kWh saved. The equivalent of over 142,000 cars taken off the road in reduced emissions

and \$47.3 million in benefits to customers. On the other side of the state, Ameren Missouri’s MEEIA programs achieved a net savings of 2,078,929 MWh from 2013-2017 while reducing the equivalent of three utility bills each year per customer. Further, these energy efficiency programs have offered low-income customers tens of millions of dollars in savings.

Expanding energy efficiency and adopting electric vehicles reduces emissions of harmful air pollution. Owen notes that Missouri had more school districts sign up to replace diesel buses with EV buses than any other state through the Clean School Bus Program. “This is not only a win for school districts and their bottom line but also for air quality and respiratory health.”

Energy efficiency is one of our greatest tools we have to reduce our dependence on fossil fuels while realizing a healthier environment and ensuring greater energy reliability. However, Missouri can do more. Renew Missouri always remains vigilant in looking for bad policies that will move us backwards. “Lawmakers have already moved to make it easier for utilities to raise rates on their customers to build nuclear power plants,” Owen notes. “This is something no one is asking for that could possibly bankrupt our utilities. Instead of building unnecessary, expensive power, we should focus our efforts on reducing our demand for power through energy efficiency.”

ADAIR COUNTY SB40 DECEMBER CALENDAR

Adair County SB40 has lots of fun activities at the Community Learning Center and in the community to experience in December. Below are several that you won’t want to miss getting on your calendar.

Activities at the Community Learning Center:

Coffee & Cards – Each Tuesday at 9:30 a.m., join them for coffee and cards or board games. They also have tea and hot chocolate if you would prefer.

Game Time – Come play board games with your friends! They have a cabinet of games with something for all. If the weather is good, they can also pull out their yard games.

Gifts to Give – On the first three Tuesdays in December at 2 p.m., they will be making fun easy gifts that you can give to others.

Music Moves – Join Kaelie for the 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.

Movie Party – Come enjoy a movie and snacks with them at 3 p.m. on Tuesday, Dec. 27. Feel free to bring a snack to share. They will have hot chocolate and cookies while watching a Christmas favorite: Polar Express.



Crafts – Each Wednesday you are invited to join them 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? They’ve got you covered! Join them 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 the other workout videos. If the weather is nice, they often go for walks.

Healthy Habits – Come learn how to live and maintain a healthy life. You will learn how to set and achieve your goals and learn new ways to improve your health and well-being.

BINGO – Join them each Friday at 10 a.m. to play BINGO and win BINGO Bucks to spend in the BINGO Store while having fun with your friends.

Other Activities and Information to Know:

Sensory Room Open House – The Community Learning Center Sensory Room is done. Come visit them on Thursday, Dec. 29 for a special Open House, 9 a.m. – 4 p.m., and explore all of the new sensory items including a bubble tube, marble wall, lighted fiber-optic chords, sensory swing, and scene projector. They will also have out some of our other fun sensory items to explore.

Music Jams Group Music Therapy for Kids with Special Needs – Kaelie Gerber, MT-BC, (who teaches the Music Moves class) is offering a class for children, Pre-K through 2nd grade on the 2nd and 4th Tuesdays of the month at 4:15 p.m. This 45-minute group held at the Crossing Church in Kirksville, offers age-appropriate music activities to address social skills while playing instruments, singing, moving, and having fun. For more information, cost, or to sign up, visit <https://musicmovesalbia.weebly.com/music-jams.html>.

Other Important Dates to Know:

Project STIR is returning to the Community Learning Center in January. We encourage you to register for the class even if you have taken it in the past. This class can help you learn to become a strong self-advocate. Contact the Center for a application if you are age 18+ and interested in participating in the class.

Adair County SB40 is now accepting nominations for the 2023 Spotlight Awards! These awards are for people with a developmental disability who deserves special recognition for their work to promote authentic inclusion and have made a positive difference for people with developmental disabilities in their community. The four awards that you can nominate a person for are Kids Inclusion Spotlight Award, Youth Leadership Spotlight Award, Community Volunteer Spotlight Award and Entrepreneur or Employee of the Year. You can pick up a nomination form from one of the SB40 locations or email your nomination. For more information check out the December newsletter. All nominations need to be returned by Feb. 1, 2023.

The 2023 Missouri Youth Leadership Forum will be held July 18-23 at the University of Missouri Columbia. Deadline for applications of this *free* event for youth age 16-18 is April 15. Be sure to get you applications in now. You can find more details in our newsletter or visit <http://disability.mo.gov/gcd/yjf>.

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