

# KIRKSVILLE Daily Express

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## Kirksville City Council discusses proposed marijuana tax uses

By Marty Bachman  
Daily Express

The Kirksville City Council held a discussion at their Jan. 9 study session, defining the uses of hoped-for revenue should city voters approve a tax on marijuana sales in the April. Missouri voters approved Amendment 3 last November, which made recreational marijuana legal in the state. The council, on Dec. 19, 2022, approved an ordinance that would place a measure allowing for a 3 percent sales tax on marijuana sold in the city, on

the April 4, 2023 General Municipal Election ballot. “One of the things that we have put in the ballot is that it very specifically talks about 50 percent of those funds will be used for law enforcement, which would be things like supporting the canine operation and other focuses related to narcotics and things like that,” City Manager Mari Macomber told the council. “The other side is community development and we want to be able to very clearly explain to the community what that is because community development could

be so many things.” Macomber said that there have been discussions about the term “community development” being about programming for youth and/or education. At the meeting she offered two programs that herself and Assistant City Manager Ashley Young have discussed: The city’s housing rehab program and the business facade program. “We wanted to get your pulse on whether you think these were two things that we should target with these funds,” Macomber said. Young said that community development was

a broad field that didn’t just deal with the “built environment” but rather the community, the culture, the economy, politics and environment. “Many aspects of what makes a community a community,” he said. He said that the housing rehab and business facade programs were focused on the “built environment” but they have cultural and economic impacts as well. “There are multiple avenues to get that return on investment,” he said.

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PHOTO BY LEE WEISMAN



## Kirksville City Council discusses official code of conduct

By Marty Bachman  
Daily Express

The Kirksville City Council discussed adopting a city code of conduct for elected officials at a study session held on Jan. 9. According to City Manager Mari Macomber, the sample code of conduct was put together by another city and then passed on to Kirksville officials to accept or modify. The code of conduct included how the council should interact with city staff, how the council should interact with the media, the responsibilities of attending meetings and other situations. “Several of these are things that are brought up during the orientation,” Macomber told the council, noting that municipal codes and rules of ethics are taught to every new council. Councilmember Kabir Bansal said that he went through the proposed code of conduct and approved of the concept, but warned the council that approval may empower specific individuals or groups to override a vote of the people to remove council members, bypassing the voters who elected them. “I think just the idea of a code of conduct is good, overall, holistically, but I think we really need to tread carefully as we look at this,” he said. Bansal noted that currently, city administration reports to the city council

and the council is elected by the voters of Kirksville. “How critical is it that we’re essentially bypassing the citizens and saying we think this is so severe, that this could potentially involve a reprimand or a violation,” he said. “I think that’s really important for us to look at. Some things make sense but some things are like, nice to have, but really, do we really need to have something on there that could potentially remove somebody from office?” Macomber responded that when the document spoke of reprimand, it meant a violation or a fine but that she didn’t know if city officials had the authority to remove an elected member of the council. She said it would be up to the city council to impose disciplinary action on a fellow council member. Councilmember Jennifer Walston said there were questions as to how this plays into the hierarchy of the city and that as a city council, they own the document, not the city staff or administration. “I think it’s our document and we’re accountable to each other,” Walston said. “I think that we really need to be aware of that and that these are the things that we expect from each other in order to build trust with the citizens to do the job that they’ve asked us to do.”

See **CONDUCT**, Page A4

## Tony Keene out as Northeast Regional Medical Center CEO

Staff Reports

Northeast Regional Medical Center (NRMC) CEO Tony Keene is no longer with the hospital as of Friday, Jan. 13. “We appreciate and thank him for all he has done during his tenure with NRMC and wish him the best in the future,” Medical Center spokesperson Chad Jae-

cques wrote in an email. “Dwayne Blaylock, a seasoned healthcare executive, will serve as interim CEO and, along with the hospital leadership team, will work to oversee operations until permanent leadership is identified,” Jacques wrote. Keene had been CEO at NRMC since Aug. 2, 2021.



Tony Keene FILE PHOTO

## With abortion fight likely looming, Missouri GOP looks to raise bar to change constitution

By Jason Hancock  
Missouri Independent

A handful of proposals to raise the state’s minimum wage have been submitted to the Missouri Secretary of State’s Office to potentially put the issue on the 2024 ballot. Other proposals would guarantee paid sick leave for Missouri’s workers or establish ranked-choice voting. And rumblings of a possible constitutional amendment that would roll back Missouri’s abortion ban continue to percolate. None of these ideas stand a chance in the GOP-dominated state legislature. So proponents are looking to make an end run around intransigent lawmakers and put these questions directly to voters through the state’s initiative petition process. It’s a method that has been used repeatedly in recent years, including efforts to repeal a right-to-work law, expand Medicaid eligibility and legalize marijuana. And Republican lawmakers have seemingly had enough. After years of failed efforts to make it harder to change Missouri’s constitution through the initiative petition process, GOP leaders in both the House and Senate say they will make it a priority to raise the bar in 2023. “Missourians have sent veto-proof majorities of Republicans to the House and the Senate for more than a decade now, but they have also implemented a number of policies through the initiative process championed and cheered for



Missourians cast their votes in the general election at the Greene County Election Center on Nov. 8, 2022. PHOTO COURTESY OF THE GREENE COUNTY CLERK’S OFFICE

by those on the political left,” Senate President Pro Tem Caleb Rowden, R-Columbia, said during a speech on the 2023 legislative session’s opening day. “Through this process,” he continued, “our constitution has been inundated with words and policies about bingo and marijuana that belong in our statute books and not in our state’s guiding document.” House Speaker Dean Plocher, R-Des Peres, echoed Rowden’s call, arguing that the process to change the constitution must be more arduous. “I want voters to be less influenced by deep-pocket, out of state interests,” he said, “and more informed about what they are voting for.” To advocates who have championed successful initiative petitions in recent years, the GOP focus on changing the system is an assault on the constitutional rights of Missourians.

“The initiative petition is a constitutional right that has been enshrined for more than a century,” said Crystal Brigrman Mahaney, communications director for Missouri Jobs with Justice, which backed the successful 2018 initiative petition increasing the minimum wage to \$12 an hour. “It’s been used by Missourians of all political persuasions,” she said, “and allows communities to come together and solve problems when our leaders refuse to act.” Missourians began focusing on constitutional amendments in the initiative petition process because that was the only way to prevent the state legislature from overturning the outcome, said Chuck Hatfield, a longtime Jefferson City attorney. Lawmakers can change a state law but have to return to the ballot to change a constitutional amendment.

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# Alzheimer's Association Walk Manager speaks to Rotary Club of Kirkville

By Rotary Club of Kirkville

The speaker at the Rotary Club of Kirkville meeting on Wednesday, Jan. 11, was Chris Cottle, Alzheimer's Association Walk Manager for Columbia, Macon and Kirkville.

He spoke about 10 warning signs for Alzheimer's and how they are distinguished from age-related memory loss. A Kirkville walk in 2023 is tentatively planned for October. Cottle is pictured with Club President Marie Murphree.



# SB40 executive director speaks to Kirkville Kiwanis Club

By Kirkville Kiwanis Club

The Kirkville Kiwanis Club welcomed Crystal Amini-Rad to speak at their Jan. 12 meeting. Amini-Rad is the executive director for the Adair

County SB40 Developmental Disability Board. She presented on the work of their organization. Pictured, from left, are Kirkville Kiwanis Club President Elizabeth Clark, Amini-Rad, and Kirkville Kiwanis Club member Chris Koch.

# KIRKSVILLE AREA CALENDAR OF EVENTS

## Kirkville Watershed Management Commission meeting

The city of Kirkville's Watershed Management Commission will hold a meeting at 5:30 pm on Thursday, Jan. 19, in the Conference Room at EDA Building, 315 S. Franklin Street.

## Kirkville Arts Association Art Exhibit 'Regional Artists' reception

Kirkville Arts Association Art Exhibit 'Regional Artists', Welcoming a multitude of talent spanning various mediums, will have a reception on Jan. 19 from 5:30 to 7 p.m. at the Sue Ross Arts Center, 215 S. Franklin Street in Kirkville.

## Auditions for "The Murder Room"

Auditions for Curtain Call Theatre Company's production of the comedy who-dun-it "The Murder Room" by Jack Sharkey, will be held on Jan. 21, 10 a.m. until noon at 512 W. Elizabeth Street in Kirkville. Curtain Call Community Theatre building, 512 W Elizabeth Street, Kirkville. Call 660-626-8100 for details.

## Kraft Heinz Kcardboard Boat Race scheduled for Jan. 22

Get ready to put those leftover Christmas gift boxes to good use. Join the Kirkville Parks & Recreation Department at the Kirkville Aquatic Center on Sunday, Jan. 22, from 2-4 p.m., and take part in the Kraft Heinz Kcardboard Boat Race. Children ages 5 to 16 can sign up as an individual or as a team of up to four people and put their building skills to the test. Participants must construct a boat structure using cardboard, duct tape and water-based paint, and attempt to make it across the pool in the fastest time. Teams will compete in age divisions based on the average age of the team and can win in multiple categories, such as Fastest Time and Best Design. This event is completely free for all participants and spectators thanks to event sponsor, Kraft Heinz. Register today at parks.kirkvillecity.com. For more information, contact Luke Callaghan with the Parks and Recreation Department at 660-627-1485.

## Tim AuBuchon Little Big Band Concert

Truman Jazz Studies Director Tim AuBuchon will present a program of original music for little big band (nonet) featuring Truman students and professional musicians from around Missouri. Jan. 22 at 6 p.m. in the Ophelia Parrish Performance Hall on the Truman State University campus.

## Andrew Schaper Conducting Recital

Andrew Schaper conducting recital featuring Schubert's Symphony No. 8 with the Truman State Symphony Orchestra, Jan. 24 at 5:30 p.m. at the Ophelia Parrish Performance Hall on the Truman State University campus.

## Artist talk with Madeleine LeMieux

Artist talk with Madeleine LeMieux, Tuesday, Jan. 24, 4:30-5:30 p.m., Reception, 5:30-6:30 p.m. at the University Art Gallery in the renovated gymnasium in Ophelia Parrish Hall located on Truman State University's campus near the intersection of East Normal Street and South Mulanix Street. Exhibitions are free and open to the public. Gallery Hours are: Monday – Thursday 8:30 a.m. –

7 p.m.; Friday 8:30 a.m. – 5 p.m.; Saturday Noon – 4:30 p.m. The University Art Gallery is closed between exhibitions and during all Truman State University breaks.

## Rhonda Vincent headlines next performance of The Kohlenberg Lyceum Series

Northeast Missouri's own Rhonda Vincent will headline the next performance of the The Kohlenberg Lyceum Series, Jan. 27. Vincent and her band, The Rage, are the most awarded band in bluegrass history. She is an eight-time Grammy nominee and was inducted as a member of the Grand Ole Opry in 2020. All events will take place at 7:30 p.m. Admission is free but tickets are required and can be reserved at the Sue Ross Arts Center in downtown Kirkville, the Advancement Office in McClain Hall 205 and the SAB window in the Student Union Building. The event will be held at the Baldwin Auditorium, 100 E Normal in Kirkville.

For additional information, visit lyceum.truman.edu, call 660.785.4133 or email lyceumseries@truman.edu.

## Vivian Scott Recital with Wind Symphony I & II

Vivian Scott Recital with Wind Symphony I & II on Jan. 29 at 2 p.m. at the Baldwin Hall Auditorium on the Truman State University campus.

## Special Olympics Missouri Polar Plunge

Special Olympics Missouri Polar Plunge will be held at Thousand Hills State Park—Forest Lake Swimming Beach in Kirkville, Feb. 25 from 1-3 p.m. This amazing event is a unique opportunity to show your bravery as you support local Special Olympics Missouri athletes by walking, running or crawling into the frigid winter waters. In 2022, the Kirkville Plunge had 100 plungers and raised more than \$26,380! This one-of-a-kind event promises a fun atmosphere complete with music, funny costumes and lasting memories for everyone. All participants must raise a minimum of \$75 by event day. Your \$10 registration fee will apply towards your \$75 minimum. For kids ages 9 and under: All participants must raise a minimum of \$25 by event day. There is no registration fee.

## Kirkville Area Chamber of Commerce Annual Banquet

The Kirkville Area Chamber of Commerce Annual Banquet will be held on Thursday, March 2, at the White Oaks Barn, 23255 State Hwy. 11, Kirkville. Among the evenings activities will be the Kirkville Young Professionals "5 Under 40" Awards.

## 2023 Community Engagement Conference

2023 Community Engagement Conference – The Community Engagement Conference is just around the corner. Be sure you have marked your calendar for Saturday, March 25. You won't want to miss this year's conference. The event will be held at William Matthew Middle School from 8 a.m.-4 p.m. and will offer amazing keynote speakers, five tracks with 15 breakout sessions, free lunch for participants who pre-register, an exhibitor area, and more. More information and pre-registration information will be available in the coming weeks.

# KIRKSVILLE AREA NEWS BRIEFS

## Build A Buddy registration now open with Kirkville Parks and Recreation

Looking for the perfect Valentine's Day activity with your kids? The city of Kirkville Parks and Recreation Department is excited to announce their Build A Buddy program is back. Sign up for Build A Buddy and choose from five different Build A Buddy kits. Each kit contains everything you need to build your very own stuffed buddy. Each kit contains a 15-inch stuffable animal, five ounces of stuffing, mini heart, birth certificate,

and step-by-step instructions. Build A Buddy kits may be picked up from Feb. 6 to 14 at the Kirkville Aquatic Center.

Register today for \$15 per kit at parks.kirkvillecity.com, or in person at the Kirkville Aquatic Center. Supplies are limited, so complete your registration soon. For more information, please contact Luke Callaghan with the Parks and Recreation Department at 660.627.1485.

## Planned area roadwork, Jan. 16-27

The following is a list of general highway maintenance work the Missouri Department of Transportation has planned

in the Northeast Missouri region for Jan. 16-27. All road closures and planned roadwork may be viewed on the Traveler Information Map at <http://traveler.modot.org/map/>.

Inclement weather may cause schedule changes in some of the planned work. There may also be moving operations throughout the region, in addition to the work mentioned below. MoDOT asks drivers to work with us by buckling up, putting your phone down, slowing down and moving over in work zones.

Macon County Route J – Jan. 23, the road will be CLOSED from Alpine Ave. to one-half mile east of Alpine Ave. between 10:00 a.m. and 5:00 p.m. for core drilling operations on the bridge over Mussell Fork.

Sullivan County Route E – Closed for a bridge replacement project at the West Locust Creek Bridge, eight miles northwest of Milan, through May 2023.

## Free Testing for Covid-19, RSV and Influenza

A drive-through clinic will be sponsored by the Department of Health and Human Services in the parking lot at the corner of S. First and W. Randolph streets from 10 a.m.-6 p.m. on Jan. 20 and 27, Feb. 3 and 10.

## 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 [sharefood-bringhope.org/give-help](http://sharefood-bringhope.org/give-help) or in-person at Alliant Bank, 201 S. Baltimore Street in Kirkville. 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 Kirkville Primary, Ray Miller, Brashear and Novinger. Sponsored by Alliant Bank and Kirkville Daily Express.

## Join the Kirkville Young Professionals Committee

The Kirkville Area Chamber of Commerce encourages businesses and their employees (ages 21-40) to become involved in the Kirkville Young Professionals Committee, which focuses on retaining and engaging young professionals in the area through lunch & learn opportunities, professional development, and other various events. KVYP is here to help

them connect with the community. They meet on the second Tuesday of the month at 9 a.m., in the Hampton Inn Truman Room or via zoom. Feel free to reach out to [KirkvilleYP@gmail.com](mailto:KirkvilleYP@gmail.com) for more information about KVYP or to get the Zoom Link for meetings. You are also more than welcome to join them at future events.

## Kirkville Arts Association Art Exhibit: 'Regional Artists'

Kirkville Arts Association Art Exhibit 'Regional Artists' exhibit will be held through Feb. 24 at the Sue Ross Arts Center, 215 S. Franklin Street in Kirkville. The event is sponsored by Lovegreen. The art center is open Monday through Friday from 11 a.m. to 4 p.m. and Saturdays from 10 a.m. to 2 p.m. There is no charge to visit the exhibit and children are welcome. For more information, go to [kirkvillearts.org](http://kirkvillearts.org) or call 660-665-0500.

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OBITUARIES

Brendan Ray Folsom  
May 29, 2001 – Jan 11, 2023

Brendan Ray Folsom, 21, of Kirksville, Missouri, passed away unexpectedly Wednesday, January 11, 2023 in Brashear, Missouri.



The son of Ross Anthony and Christyna Lynn (Maize) Folsom, he was born May 29, 2001 in Kirksville, Missouri.

Brendan is survived by his mother and step-father, David and Christyna Piehl of Kirksville, MO; his father, Ross Folsom of the state of Washington; his grandfather, Frank Salsberry of Novinger, MO; one brother, Dareck Coal Folsom of Kirksville, MO; three sisters, Sky Eileen Folsom of Jefferson City, MO, Faith Dawn Folsom and Paige Coral Folsom both of Kirksville, MO; three nephews, Zander, Orion, and Aylin; several aunts, uncles, and cousins.

Brendan was preceded in death by his grandparents, Janie Maize and Donna Folsom; great-grandparents, John and Barbara West; and one uncle, Randall Salsberry.

Brendan graduated from Ephrata High School in Ephrata, Washington and attended two years of college. Brendan had been employed at Pagliai's Pizza.

Brendan always had a smile on his face. He was very adventurous, for example he had done cliff jumping, he loved the outdoors, music, and great food. He loved time spent with his family and the highlight of his recent years was becoming an uncle of three nephews who he adored and were the light in his eyes.

Family will receive friends Monday, January 16, 2023 from 5:00 to 7:00 p.m. in the chapel of Travis-Noe Funeral Home in Kirksville.

Funeral services will be held 2:00 p.m. Tuesday, January 17, 2023 at 2:00 p.m. at Travis-Noe Funeral Home with Pastor Alan Coonfield officiating. Interment will follow the service at Salsibury-Parcells Cemetery in Novinger, Missouri.

Pallbearers will be Dareck Folsom, Frank Salsberry, Kenneth Thompson, Jacob Thompson, Roy Stewart, and Nick LeCure. Honorary pallbearers will be Frankie Salsberry, Lane Ronzey, and Dawson Folsom.

In lieu of flowers, memorial donations in memory of Brendan may be made to his mother, Christyna Piehl and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, MO 63501.

KIRKSVILLE AREA NEWS BRIEFS

2023 Indoor Triathlon Challenge continues

Join Kirksville Parks and Recreation and the Adair County Family YMCA for the 2023 Indoor Triathlon Challenge. The event will run 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.kirksvillecty.com. 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 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. For more information, call 660-627-9711.

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. Feb. 14: Has It Come to This? By Kimberly Tilley; March 14: Booth by Karen Joy Fowler; April 11: Tied Up in Knotts: My Dad and Me by Karen Knotts.

TAX

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Young brought up the city's Downtown Revitalization Program, which in a staff report he wrote has successfully improved and/or restored the exteriors of multiple buildings in Kirksville's downtown, as well as the built environment through improved sidewalks, drainage and other pedestrian amenities.

"Currently, this program is funded exclusively through monies collected by the Downtown Tax Increment Finance (TIF) District, which expired at 12:00 am on Sunday, January 1, 2023, after twenty-three years in existence," Young wrote in his report. "The expiration of the Downtown TIF District on January 1 means that tax increment monies are no longer being collected."

Young said that devoting funding from the recreational marijuana sales tax towards this program would mean additional buildings could be improved along with the public infrastructure, albeit at a slower pace given the estimated amount of tax collected as compared to the amount generated by the Downtown TIF District.

Young told the council that a third program is the city's general facade improvement program that's funded through the revolving loan fund the council allocates \$30,000 a year to, which allowed for four \$7,500 loans. He said that is one program that could use more funding, though it's not clear if the demand is there. One of the conditions to qual-

ify for the loan is to own your home outright among other demands and income guidelines that eliminate most homeowners from qualifying. Young and Macomber suggested the council could modify the qualifying conditions in order to increase the utility of the program in helping home-owners.

"Dovetailing those potential changes with a potential funding increase, if that's the route we go, would be, I think, beneficial, certainly," Young told the council.

He said that should city voters approve the tax in April, the city would not begin collecting taxes until October and not see revenue until December or January. Mocomber explained that the city allocates funds for housing rehab, but it's been so difficult that they haven't used the funds consistently over the years.

"If you made changes that allowed us to start working with property owners in a different way, than we could maybe have a list and start working on how to move that forward so that we're ready in 2024," Macomber said. Noting Young's comment earlier in the evening about how the program has benefitted senior citizens in the past, Macomber said that the cost of living in a nursing home or assisted living facility versus staying in your own home is "tremendously different". She said the program has helped fix roofs and foundations so that seniors could remain independent. She suggested that keeping families in their home where they're not having to worry about shelter would avoid problems further down the road, oftentimes sit-

uations that may involve law enforcement.

Mayor Zac Burden said that he felt the program represents an "exciting opportunity" to take a look at housing and assist city resident in keeping their homes.

"I think it is really positive not to mention the fact of increasing property values not just for that home, but for the neighborhood and everything that goes along with it," Burden said. "To me, this one's an exciting opportunity and I'd be really excited to be talking to the community about that as I encourage them to vote for the tax."

Macomber told the council that they would be responsible for designing the parameters of the housing rehab plan, which in 20-25 years, the \$7,500 figure hasn't changed. She said that at the time the figure was determined, a roof could be replaced for that amount but that was no longer true.

"Not even close," Young said.

In response to a question from Councilmember Jennifer Walston, Young said that the loans are for five years at a third of the prime rate and they are paid back to the city. Macomber said that the money repaid is then used to fund other community development projects as well as provide grant matches.

"If the council wanted those dollars to be retained for just housing, then we would set it up," Macomber told the council. An example she used was the Deer Creek neighborhood. "We might be using some of the CDBG funds that came from repayments for that neighborhood."

Burden summarized that should the tax pass, 50 percent would go into a fund set up to, from year to year, build an ever increasing fund towards home rehabilitation loans.

Macomber added that programming for young adults would be important as well to keep them busy due to their being in a transitional age where they may be "getting into other things."

"I think you referenced the housing study that was done and I'm anxious to see some action taken to provide some remedy for that," Walston said. "I would definitely want to support revamping this program to make it actually functional and putting some more money into it. That being said, I would love to also have more conversation about educational opportunities for youth and I think we have two institutions with Truman and ATSU, they have a real natural interest in addressing this topic in our culture of cannabis."

Walston said that ATSU, with their focus on natural medicine, would be a good entity for the city to partner with, as well as Truman State, which she said has a new natural medicinals program. She said that educating younger people would contribute to workforce development, specifically in the cannabis field.

"I feel like that's a really targeted way that we could maybe put some of this revenue back into the system and help people to understand appropriate uses for cannabis," she said. "I guess I would love to see a balanced approach with more than one way that we're benefiting in community development."

Macomber said that she would bring back a more comprehensive report in February so that the council would be able to more clearly communicate to the public what the funds would be used for in its quest to get the tax measure passed.

"This will be exciting," said Councilmember Kabir Bansal. "Supply costs for housing materials has skyrocketed so anything we can do to really offset that — at least help get them a sustainable loan that they couldn't get otherwise — will just be great."

Young agreed with Bansal, stating: "This really helps sharpen this tool in our toolbox because it's one that exists but it's not functioning, you know, as best it could and I think it really helps a lot in that area for sure."

Councilmember Rick Steele said that he would like to concentrate on the program for children.

"I think that's really important," he said, noting that he was for allocating 50 percent to law enforcement and funds to housing rehab as well.

"I don't want to get it too broad — that really confuses people in an election," he said. "I'm for all what we're doing but I like to see the thing for children and the housing as well."

Steele said that he wanted the ballot language to be "well defined."

Macomber agreed with him and said the city needed to have a clear message.

"Not only the message, but there has to be commitment that this is what's going to happen with the funds," she said.

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KIRKSVILLE  
Daily Express

# Kirksville Thousand Hills Rotary Club committees meet

By Kirksville Thousand Hills Rotary Club

Kirksville Thousand Hills Rotary Club met last Thursday, Jan. 12, and had Committee Day. The Capturing Kids’

Heart Program and Service Project committees met to discuss ideas for the next few months. These committees are purposeful in connecting with the community in many ways.



## CHANGE

Continued from Page A1

“The reason lawyers (including me) advise clients to go for constitutional amendments is the fear the legislature will undo the work,” Hatfield tweeted this week.

A high profile example came in 2011, when the legislature repealed and rewrote puppy mill regulations approved by voters just a year earlier. Hatfield suggests that instead of making it harder to change the constitution, the legislature should establish a cooling-off period after a statutory change enacted by initiative petition when lawmakers would be prohibited from altering the law.

“Prevent that,” Hatfield said, “and folks would do statutory initiatives which could be altered after sufficient time.”

While Republicans argue amending the constitution has become too easy, those who have successfully navigated the process say that’s simply not true. The campaign behind the marijuana legalization amendment, for example, spent more than a year — and \$8 million — collecting signatures and working to convince Missourians to vote “yes.” Still, it nearly fell short of making the ballot, and ultimately managed to squeak out a victory in November with only 53 percent of the vote.

Another proposal last year, which sought to es-

tablish ranked-choice voting, also spent millions. But despite the spending, the campaign didn’t manage to collect enough signatures to appear on the November ballot.

“It is not easy to get something changed in the constitution,” said House Minority Leader Crystal Quade, D-Springfield.

Both of the 2022 proposals also serve as fodder for Republicans’ ire. The marijuana amendment added 40 pages to the state constitution, while the ranked-choice voting proposal was bankrolled by a nonprofit tied to a wealthy Texas couple.

“The constitutional initiative petition is abused by out-of-state interests,” Plocher argued, later

adding: “The last one had 40 pages that we added to our constitution. ... it is hard to enumerate what 40 pages will look like in the constitution in the finite amount of words you get to put before voters on the ballot.”

Putting so much policy in the state constitution makes it hard for future legislatures to address potential issues, or even drafting errors, proponents of changing the initiative petition process say. Adding fuel to the push for change among Republicans is the likelihood abortion-rights supporters may turn to the initiative petition try to roll back Missouri’s near total ban on the procedure.

The U.S. Supreme

Court ruled last year that abortion is not a constitutional right. Missouri acted quickly to implement a ban on abortion except for medical emergencies. Soon after, voters just across the state line in Kansas rejected an effort to follow Missouri’s lead, raising the hopes of abortion-rights proponents in Missouri that the issue could have resonance even in a deeply red state.

Quade said last week that she couldn’t provide details but that a plan is being formulated to put the abortion issue to Missouri voters in 2024. Several GOP-backed proposals have been floated so far, from increasing the number of signatures needed to get on the bal-

lot to raising the percentage of voters an amendment would need to win. Any change in the initiative petition process would have to be put before voters. And just last year in both Arkansas and South Dakota, voters overwhelmingly rejected GOP-backed proposals that would have required ballot initiatives to pass with 60 percent support instead of a simple majority.

Mahaney said this year’s push is simply a GOP “power grab” that won’t resonate with voters.

“We understand this is highly talked about in Jefferson City,” she said, “but it’s not what everyday Missourians are talking about or want.”

## CONDUCT

Continued from Page A1

Calling it a “living document”, Walston said that “it would be great” to have and that it should be reviewed every April and tweaked if needed.

“By reviewing it as a new council every April, it becomes something that we can hold each other accountable to through the course of the year,” she said.

Mayor Zac Burden said that the code of conduct should be included in a packet given to future council candidates.

“I know I had some misconceptions about what it meant to be a council member prior to getting on,” Burden said. “I think one of the nice things about this document is it helps to understand the workflow of an elected body and as an administration, and what does that look like. So that folks are running realistically, knowing more about the position they’re getting into, but also, as they’re out there talking with potential voters, being able to make claims and offers that are within the purview of their position.”

Burden said that the code of conduct was great for the council and the community to know what council members are being held to.

Bansal said that the council needs to look at the document and determine the must haves and what is critical that would warrant the council to even have a discussion that may result in the accusation against a member of not following the code.

“I think it needs to be really serious how we look at this,” Bansal said. “I think what we need to do is really look at this and see what is very important to have in here versus what we don’t really need to have.”

As an example, Bansal noted a subsection about

productivity”, that city staff are employed to do public work and that council members should be mindful of staff time.

“As council members we are obligated, I think, by the citizens to provide strategic directive to the city when it comes to signing off on a budget and different things,” he said. “But what comes with that is you request information — you have to get information and it may be from different departments, different ways you get it. But if this is ambiguous in the sense that if are you asking — are you asking for too much information? Are you taking up their time too much? How does that translate into you’re doing too much? We’re reprimanding you because you’re not following the code of conduct. It’s too ambiguous. That’s why I think if we’re going to do a code of conduct, that has to be very nailed down specific.”

Burden said that he saw things “very differently” stating that if he was new on the council and needed some information, he would need to have some balance and give and take on that because city staff has other stuff to do.

“What do I really need? What do I not? Obviously this is an expectation that I be mindful of their time and that sense,” Burden said.

Walston said that being mindful allows flexibility for a lot of different situations and that it’s asking council members to be mature and discerning in asking for the information they need to do their jobs while not taking advantage or creating undue burden on staff.

“It’s asking us to be mindful — and that is ambiguous — but I think it’s okay,” she said. “It’s asking us to be respectful to the people who work at City Hall and I think we should.

Bansal said that it was good to be mindful but suggested there was opportunity to abuse the code by way of reprimand after an ambiguous determination of not following the rules.

“I think the fact that this is our elected officials, elected by the public, I think it makes it that much more important that we keep this less ambiguous and more to the point and concrete,” Bansal said.

Burden said that he wasn’t envisioning a reprimand component to the code of conduct but more so a set of standards the council could hold one another accountable to.

“This is us holding each other accountable, having conversations,” he said.

As an example, Burden said that if a council member was to publicly criticize an individual employee on the steps of City Hall, stating that the employee is worst that ever existed, then that’s maybe a conversation to have with the council member over the inappropriateness of the comment.

“You know, there are ways to talk about and to work with the city manager on the conduct of certain employees, and we have some ways to do that,” Burden said. “I wouldn’t go forward with a reprimand component to it there.”

Macomber said the document was copied from another city and it was up to the council to determine exactly the language they want to see in a code of conduct. She said that as far as productivity, that there are questions asked and that she’s asked to assemble information for the council and that if it’s something they are working on collectively, it made sense to do it.

“But sometimes I’m asked to get information that has nothing to do with anything you’re working on,” she said.

“There have been times in the past where we had a council member that told us to go out and survey every community or a group of communities and justify why we had so many police officers, why we had X buildings, why we were doing — and we were spending so much time justifying, we didn’t get any work done because we were just spinning our wheels to answer questions,” Macomber said. “And once we answered that question, then we got more questions and it was like, that’s not policy development, that’s just...it’s busy work.”

She said that helping the council formulate and get information for policy development is one thing but there may be times where somebody’s just asking questions because they want to know and it’s better to have a conversation and figure out what they’re trying to get to so staff can provide answers. Another point she made was how a council member might express themselves on social media as representing the council when in fact, they were speaking as an individual.

“So how do you address those things?” she asked. “And that’s really for you to be a cohesive body, that’s what this was intended to do.”

Walston mentioned a section on attending meetings and felt that it should not just address attendance but preparedness and an awareness of what was going to be on the agenda.

“Anything that can help me to serve the community better, I think, it’s not something that I really just assumed or came into the job thinking that I would spend a lot of time on, but I do feel like it it enriches me and how I can participate in conversations here,” Walston said, noting that committee work should

be included in the code as well. “I feel like we play such an important role in those groups, both as a liaison from the council but also just to have a role in facilitating the investment and the conversation with people in the community so that we get their active involvement in local government.”

Burden agreed with Walston, stating that he felt expectation for committee attendance and participation is a good one.

“I like the idea of being prepared for council meetings,” he said. “And I think there’s some ability to to leave that broad, kind of, as you talked about those other opportunities for additional education and learning, but you know what any individual council member does in preparation may look very different.”

“This was purely intended to be a policy not a not a code, right? Not force of law,” Macomber said.

Councilmember Rick Steele said that he didn’t think it was a bad idea to implement a code of conduct but he would hate to see someone have a different idea the council thought was a violation.

“To me, the whole thing is about ideas and we don’t all have to agree,” Steele said. “It doesn’t mean anybody’s a bad person or a mean person. I just mean we don’t have to agree on everything and it’s good sometimes to have a different idea of absolutely how we should do things.”

He said that in nine years he has seen different councils and different directions coming from the elected mayors. “I’m not meaning any of them is correct or incorrect,” he said. “But it’s just been done a lot differently.”

He said he felt it was good to have code of conduct and that they all do their best to follow it.

“I would hate to see

anybody punished for having an idea that wasn’t popular,” he said.

Echoing Bansal, Steele said: “I really, totally agree that we need to be really careful what we put in this, but I think it’s a good thing.”

Steele said that on the first council he was on, there were remarks made in the audience toward a councilman that were really negative and some of the council shot back and said what they thought of those comments.

“There’s kind of good and bad about that,” he said. “My biggest fear was that we would end up that everybody that came up and attacked somebody on the council, than they attack back and all we’re doing is fighting instead of listening.”

Burden said that that’s up to the chair to control the meeting and call people out of order.

“I can tell you, two or three times, that hasn’t happened and like I say, I still think these people, each individual has a right to their opinion,” Steele said.

Macomber said that over the years, city employees have been attacked and had disparaging things said about them and it’s difficult to respond because you want to show support to the employee but you don’t want to engage and get into a back and forth argument.

Steele said that he would like to see council decorum discussed and maybe include it in the language of the code.

Burden said that in the past, the council has had a couple conversations where they have agreed to some ways that they were going to act and that the code of conduct will just be a little bit more specific.

Macomber said she would take the council’s input and re-write the code for them to possibly later adopt.



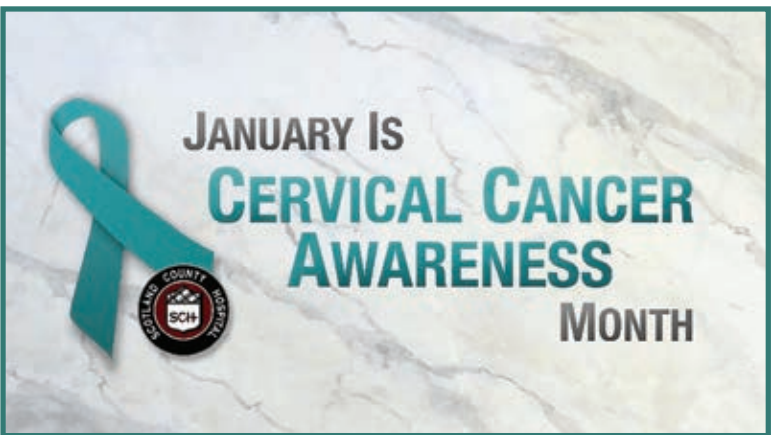
January is Cervical Health Awareness Month

By Sonya See  
Women's Health Nurse Practitioner  
at Scotland County Hospital  
and Clinics in Memphis

January is Cervical Health Awareness Month. Following are ways to screen for that type of cancer and ways to protect against cervical cancer. The main cause of cervical cancer is a long-lasting infection with certain strains of human papillomavirus (HPV). HPV is a common virus that is passed from one person to another during intercourse. At least half of sexually active people will have HPV at some point in their lives, however few women will get cervical cancer. Every year about 12,000 women are diagnosed with cervical cancer and 4,000 women die from this disease in the U.S. The HPV vaccine (Gardasil) is an important way to help protect against the HPV strains that most commonly cause cancer. This HPV vaccination protects you from the nine higher risk strains that are most likely to cause

cervical cancer. Gardasil is recommended starting at the age of 9 through the age of 45 for both men and women. If you get the vaccine prior to the age of 14, it is only a two-shot series. If you start after the age of 14, it is a recommended three-shot series. Having the HPV vaccine does not take the place of the recommended cervical screenings. A cervical cancer screening in women is most commonly referred to as a PAP smear. The PAP smear is used to find changes in the cells of the cervix that could lead to cancer. Girls under the age of 21 are not recommended to have PAP smears regardless of sexual activity. Females ages 21-29 are recommended to have a PAP smear every three years unless they have had a history of an abnormal PAP. For women age 30-65, it is recommended that they have co-testing which would be PAP smears along with HPV screening. If this is done and both tests are negative, you can go 5 years between cervical screenings.

If you are 65 and older and have never had an abnormal PAP and have had a PAP smear within 5 years of turning 65, you no longer need cervical cancer screenings. If you have had a hysterectomy, NOT due to cancer, then you no longer need to have PAP smears. If you have ever had an abnormal PAP, these guidelines do not pertain to you. You should have a PAP every year if you have ever had an abnormal PAP. Also, even if you don't need a PAP smear, it is a great idea to still schedule an annual wellness exam at all ages. If you are a female age 35-65 and you are uninsured or under-insured, you may qualify for the Show-Me Healthy Women Program. Show Me Healthy Women (SMHW) began in 1992, and is Missouri's implementation of the National Breast and Cervical Cancer Early Detection Program. It provides free clinical breast exams, cervical cancer screenings and mammograms for women in Missouri who meet the age, income and in-



surance criteria. SMHW is funded by the Centers for Disease Control and Prevention and several national, regional and local partner organizations. Please, call and inquire about this program as we at Memphis Medical Services (MMS) are SMHW providers. Please encourage your friends and family, as well, to inquire as it is an excellent program if you are in need of preventative care and are uninsured or underinsured. To be eligible for SMHW services, women must meet all of the following guidelines:

- Income at or below 200 percent of the federal poverty level for household income, and
  - Age be age 35-64, or older if they do not receive Medicare Part B, and
  - No insurance to cover program services
- Talk to your primary care provider about a cervical cancer screening or call MMS at 660-465-2828 to discuss your options for cervical cancer screening and/or any questions you might have about the Show-Me Healthy Women initiative or your need for a wellness exam.

Student says ATSU providing her path to future as medical oncologist

Story courtesy of  
A.T. Still University

A.T. Still University-Kirkville College of Osteopathic Medicine (ATSU-KCOM) student Mariem Towakoli, OMS II, decided to become a student ambassador as a way to give back, but her service has also provided a glimpse into herself. "I chose to become a student ambassador because I remembered how much the student ambassadors impacted my decision to attend ATSU when I was applying," Towakoli said. "My favorite part of being a student ambassador is getting to chat with interviewees about all the possibilities ATSU has to offer.

It also reminds me just how much I've learned and grown as a student physician in the past year and a half, which is very humbling." Towakoli is originally from Overland Park, Kansas, and attended the University of Missouri-Kansas City where she earned a bachelor's of science in biology. In addition to becoming a student ambassador, Towakoli is a member of the Emergency Medicine Club, Point of Care Ultrasound Society, Still Caring Health Connection, Oncology Student Interest Group, Hope's Kitchen, SGA Social Committee, SGA Facilities Committee, and Clinical Simulation Club. In her free time she enjoys spend-

ing time with friends, visiting family, going to the gym, "rewatching New Girl for the ninth time," and going on walks with her pup, Stella. Tokakoli wants to become a medical oncologist and make an impact within the cancer field. Attending ATSU-KCOM in Kirksville, Missouri, has provided her with early opportunities for experience. "ATSU has provided me with incredible research opportunities, clinical shadowing at the George Rea Cancer Treatment Center, as well as allowing me to create the school's first Oncology Club and establishing professional relationships with the American Society of Hematology," Towakoli said.



ATSU-Kirkville College of Osteopathic Medicine student Mariem Towakoli, OMS II

Five foods that boost immunity

By Northeast Regional  
Medical Center

We all say it when we feel the first inklings of a stuffy nose, a sore throat or a slight cough—"I can't afford to get sick right now." None of us has the time or energy to take off work, stay home from school or fight off illness, especially right after the holidays. But there's a reason a lot of people are feeling "under the weather" right now. We are more susceptible to catching colds and other illnesses in the winter months. That's because our immune system is weaker in the winter than in the summer. Not only do we get less vitamin D, but our bodies struggle more to fight germs when cold air enters our noses and lungs. Colder weather also means we spend more time indoors coming into contact with germs from other people that are in the air or on surfaces like phones and door knobs. The good news is that there is a way to build innate immunity—the first line of defense against infection. The even better news is that this method doesn't require you to swallow any giant vitamins. All you need to do is eat some of your favorite foods.

**What's On the Immunity Menu?**  
Vitamin C in grapefruit, oranges, tanger-

ines, sweet red pepper, broccoli, strawberries, kale and kiwi contains antioxidants that can decrease inflammation, boost immunity, protect memory and reduce the risk of heart disease. Vitamin E in nuts, seeds and green foods like avocado and spinach can help grow the white blood cells that help your body fight off infection. An added benefit is that vitamin E can help you avoid dry skin in the colder months. People say chicken noodle soup is a cure-all, but that's not exactly true. While no studies prove that America's go-to soup heals our ailments, the elements that make up soup can make us feel better. The protein in chicken helps build antibodies that fight infection, and vegetables like carrots, onions and celery provide us with vitamin A, vitamin C, anti-inflammatories and antioxidants. Warm broth also can clear our airways. Probiotics like yogurt, kombucha, pickles, kimchi and sauerkraut help you maintain good gut bacteria and lessen bad bacteria that can make you sick. Regularly taking probiotics also can reduce the severity and length of illness if you do catch a cold or the flu. Spices like garlic, ginger and turmeric can boost white blood cells, lower cold risks, and

contain antioxidants and anti-inflammatories. Studies indicate that these ingredients also can reduce stress, depression and anxiety—and we all tend to get sick during times of stress, don't we? Of course, another way to fight off winter illness is a good ol' fashioned flu shot. Have you gotten yours yet?



Q: What are over-the-counter hearing devices?

Ask the Audiologist with Dr. Michelle Woodward



**A:** Also called "OTCs" or "OTC hearing aids," these devices are a new class of hearing instruments approved by the Food and Drug Administration for adults with perceived mild to moderate hearing loss — no prescription required! It's not yet known how helpful OTCs truly will be, but they're an exciting development in hearing health care. An official hearing loss diagnosis from a hearing care provider will help you determine if OTCs or prescription hearing devices are the best solution for you.

Want to learn more about hearing devices and how they can improve your life? Book your complimentary hearing consultation today!

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HearingCarePartners.com/OTC



AccuWeather

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Back for the next 5 minutes

62°

RealFeel®

70°

62°

73°

Today's Details

7-DAY FORECAST FOR KIRKSVILLE

WEDNESDAY

Mostly cloudy and colder; afternoon rain

HIGH: 38

POP: 85%

WED. NIGHT

A little snow at times

LOW: 33

POP: 90%

THURSDAY

Morning flurries; otherwise, cloudy

36 23

POP: 55%

FRIDAY

Mostly sunny

37 24

POP: 0%

SATURDAY

Mostly cloudy

37 29

POP: 25%

SUNDAY

Times of clouds and sun

38 22

POP: 20%

MONDAY

Considerable cloudiness

36 24

POP: 10%

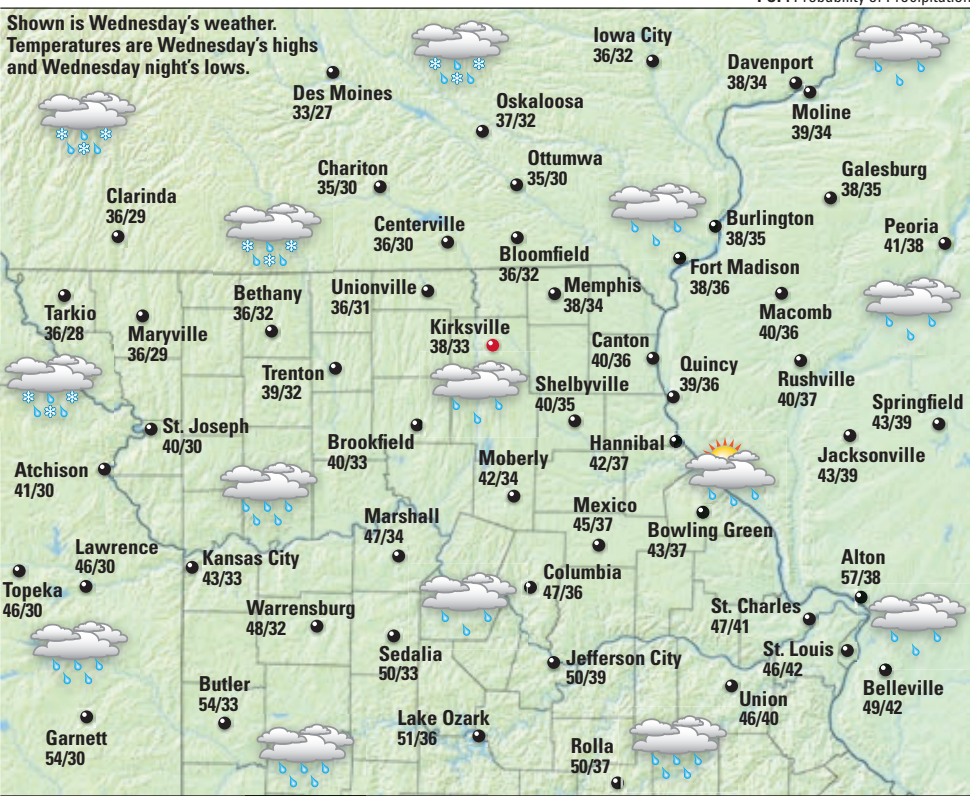
TUESDAY

A little snow at times

31 17

POP: 55%

POP: Probability of Precipitation



Conditions Wednesday

UV Index & RealFeel Temperature®

0 1 1 0 0 0

21 22 22 19 20 22

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

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

Comfort Index™

0

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

Outdoor Activity Forecast

2

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

National Forecast Wednesday

Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day.

Showers	T-storms	Rain	Flurries	Snow	Ice
10s	0s	0s	10s	20s	30s
40s	50s	60s	70s	80s	90s
100s	110s				

Almanac

Kirksville through Monday

Temperature

High/low.....63/37

Normal high/low.....33/15

Record high.....63 in 2023

Record low.....-19 in 1977

Precipitation

Monday.....0.05"

Past week's total.....Trace

Month to date.....1.00"

Normal month to date.....0.69"

Year to date.....1.00"

Normal year to date.....0.69"

Winds

Average direction.....S

Average speed.....15.2 mph

Highest speed.....28 mph

Monday's Temperatures

Midnight - Midnight

80° 70° 60° 50° 40° 30°

12am 6am 12pm 6pm 12am

High 63 Low 37

Last Week's Temperatures

Actual and normal highs/lows

80° 70° 60° 50° 40° 30° 20° 10°

T W Th F S Su M

50 54 35 35 40 52 63

24 26 24 14 13 29 37

The Region

City	Wed. Hi/Low/W	Thu. Hi/Low/W
Branson	60/34/t	46/31/pc
Burlington, IA	38/35/r	38/25/sn
Cape Girardeau	61/43/t	48/33/c
Carbondale	57/45/r	47/30/c
Cedar Rapids	34/30/sn	31/21/sn
Champaign	43/40/r	43/28/sh
Chicago	40/36/c	40/28/sn
Columbia	47/36/r	40/30/c
Danville	43/41/r	47/30/c
Davenport	38/34/c	38/24/sn
Decatur	43/40/r	44/26/c
Des Moines	33/27/sn	31/20/sn
Evansville	58/51/r	54/30/c
Galesburg	38/35/r	39/26/sn
Green Bay	34/30/c	34/24/sn
Indianapolis	46/42/r	49/31/c
Iowa City	36/32/sn	35/25/sn
Jefferson City	50/39/r	42/29/c
Joliet	41/38/c	44/29/sn
Kansas City	43/33/r	41/26/sf
Lafayette, IN	45/42/pc	48/29/sh
Lincoln	43/40/r	44/29/sh
Madison	43/35/r	38/27/sn
Milwaukee	38/35/c	42/27/sn
Omaha	32/25/sn	28/11/sf
Ottumwa	35/30/r	34/22/sn
Peoria	41/38/r	41/26/sh
Rockford	38/35/c	40/27/sn
St. Louis	46/42/r	43/29/c
Springfield, IL	43/39/r	42/28/c
Springfield, MO	57/31/r	42/27/c
Topeka	46/30/r	42/24/c
Wichita	58/27/r	48/25/pc

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

The Nation

City	Wed. Hi/Low/W	Thu. Hi/Low/W
Albany, NY	41/30/c	34/32/sn
Albuquerque	41/22/pc	39/26/s
Anchorage	23/21/sn	29/26/c
Atlanta	69/61/c	69/43/t
Baltimore	56/38/pc	51/43/r
Billings	41/26/s	38/24/pc
Birmingham	70/61/c	68/39/t
Boise	40/28/pc	37/19/sf
Boston	48/36/c	40/35/sh
Buffalo	38/33/sn	42/33/sn
Charleston, SC	72/58/pc	74/50/t
Charleston, WV	53/45/pc	66/40/r
Charlotte	66/55/pc	67/44/t
Cleveland	41/37/c	55/33/r
Columbia	68/57/pc	73/47/t
Columbus	46/41/c	60/32/t
Dallas	71/42/pc	60/41/s
Denver	26/12/sn	30/15/c
Detroit	41/36/c	48/33/r
Fargo	16/14/c	21/13/pc
Grand Rapids	39/36/c	43/31/sn
Hartford	48/34/pc	40/33/c
Honolulu	80/65/pc	80/69/sh
Houston	73/50/t	68/48/pc
Jackson, MS	77/53/sh	64/41/pc
Jacksonville	78/54/pc	80/55/pc
Las Vegas	52/35/s	49/39/pc
Little Rock	67/43/c	54/35/s
Los Angeles	60/43/s	58/42/c
Louisville	55/51/r	62/36/pc
Memphis	67/48/t	53/38/s
Miami	79/66/s	82/66/s
Minneapolis	32/26/c	28/17/sn
Nashville	65/56/sh	64/39/pc
New Orleans	78/63/sh	72/52/t
New York City	50/39/pc	44/41/r
Norfolk	64/46/pc	68/51/sh
Oklahoma City	63/30/r	52/32/s
Orlando	78/56/pc	84/64/pc
Philadelphia	54/39/pc	49/43/r
Phoenix	59/41/pc	60/41/s
Pittsburgh	43/36/c	55/34/t
Portland, ME	43/26/c	39/29/pc
Portland, OR	46/36/r	46/33/c
Rapid City	34/21/sn	43/22/pc
Sacramento	52/40/pc	52/35/pc
Salt Lake City	35/23/c	34/20/sn
San Diego	61/44/s	60/47/pc
San Francisco	57/45/pc	56/42/pc
Seattle	47/37/r	46/35/c
Shreveport	73/44/t	62/37/s
Tampa	75/61/pc	77/67/pc
Tucson	56/33/s	61/37/s
Tulsa	65/31/r	52/30/s
Washington, DC	57/41/pc	51/43/r

Boyfriend turns to booze, drugs after baby's birth

DEAR ABBY: I'm having a big problem with my boyfriend. We had a baby five months ago, and since then he has changed drastically. He previously had a problem with addiction, but had a handle on it. He told me the baby was powerful motivation. My pregnancy was blissful, and he was attentive and caring.

I know babies are stressful, and ours had colic, so we had many nights filled with screaming. I do most of the work with the baby. I quit my job to be a stay-at-home mom and nurse him. The only time my boyfriend takes care of the baby is for me to take a shower. He has been drinking every night and now he's doing marijuana as well. He is pretty funny when he's high, but I don't trust him to take care of our son when he's that way. He is

JEANNE PHILLIPS  
DEAR ABBY

also addicted to his phone.

When I try to tell him how I feel, he gets defensive. He accuses me of "trying to start problems." He also lies about his addictions. I only recently found out about some of his lies, and now I'm having a hard time believing anything he says. This is not how I wanted my life to be. This is not what I wanted for our baby. I'm trying to decide whether it's better to put up with it or leave. I'd have to get a job and find child care.

The thought of my son in daycare makes me sick, but so does being treated this way. Please advise me.

-- TROUBLED NEW MOM

DEAR MOM: Face it. Your boyfriend has backslid, and you can no longer trust him to be truthful with you. Your problems will never be resolved if they can't be discussed without contention. Start looking for reliable daycare for the baby and for a job. If you do, you will have a head start on the inevitable. If you and this man separate, he will be legally responsible for contributing to his son's support. It may also be the "jolt" he needs to get straight again.

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

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NEWS OF THE WEIRD...

Cavity Sam Lives

On Jan. 9 in Kyiv, Ukraine, a surgeon removed an unexploded grenade from the chest cavity of a 28-year-old Ukrainian soldier, The Guardian reported. The weapon lay just below the man's heart, and two "sappers" (military engineering soldiers) were on hand during the delicate operation to neutralize the device after it was removed. Doctors were unable to use electrocoagulation, a method that controls bleeding, because of fear that the grenade might detonate. "I think this case will go down in medical textbooks," said Anton Gerashchenko, Ukraine's internal affairs ministerial adviser. No word about how the grenade ended up in the soldier's chest cavity to begin with. He will now undergo rehabilitation.

Least Competent Criminals

Two arsonists were in the hot seat -- and they hadn't even been caught -- after they set fire to a Bakersfield, California, immigration services building on Jan. 2, Fox News reported. Footage from a Ring security camera captured the masked individuals as they spread gasoline around the building's base. But when one bent

to light the fire, the flames spread to both people's clothes, causing them to run away screaming. The suspects are still at large.

Eyewitness News

Riders on the MAX light rail system in Gresham, Oregon, witnessed a brutal assault around 2 a.m. on Jan. 3, KPTV reported. A 78-year-old man on the train platform was attacked by another man, who "chewed off the victim's ear and part of his face," police said. "The injury was so severe that responders could see the victim's skull." The suspect did not provide investigators with a real name, but through fingerprints he was identified as Koryn Kraemer, 25, who had recently moved to the area from Georgia. He was charged with assault in the second degree.

What's in a Name?

Someone bought a winning \$15.1 million Megabucks ticket at -- wait for it -- Wayne's Food Plus in Luck, Wisconsin, WISN-TV reported on Jan. 5. "We could not be happier for the winner," said store manager Paul Wondra (also a great name). "They truly got lucky in Luck."

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Complete Family Medicine  
Crown Clinic



# Kirksville girls basketball team pulls away late to beat Hannibal

By Adam Tumino  
Daily Express

The Kirksville girls basketball team picked up a big win against NCMC opponent Hannibal on Friday, beating the Pirates 64-52. Kirksville improved to 7-7 on the season with the win, which was their third victory in their last four games. The two teams fought back and forth for much of the first two quarters, but Kirksville was able to build a 29-22 with about 2:30 to go before halftime. But Hannibal came storming back to tie the score 32-32 with a buzzer-beating layup before the break.

The Tigers found themselves in a similar situation in the fourth quarter, leading 56-49 with about 2:30 left in the game. This team, they were able to maintain and even expand on that seven-point lead, closing the game on an 8-3 run. Head coach Nick Totta said that the team just did a better job of not turning the ball over in the fourth quarter to make sure that Hannibal did not have any extra chances to get back into the game. “I think we took care of the ball,” he said. “They tied it up at the end of the second



Kirksville girls basketball head coach Nick Totta addresses the team during a timeout against Hannibal on Jan. 13.

quarter because we turned it over two or three times and they got run out at the rim, and quite honestly we had some people that needed to get back a little quicker than they did. We just gave up easy layups. We talked about that at halftime, we’ve got to take care of the ball and do a better job with that. I thought that’s what happened in the second half.”

Kirksville had four players score in double figures in the game, led by Elli Porter with

17 points, nine of which came in the fourth quarter. Paishynce Fouts added 15 points off the bench and scored eight of the team’s 10 points in the first quarter. Channing Totta and Jada Jackson both scored 10 points. Kirksville made 10 three pointers as a team.

Hannibal had two players score in double figures, led by Zaria Reese with 13 points. Mariah Mayfield scored 12 points.

Totta said he was happy to pick up a win against a conference opponent that has been having a strong season so far. Hannibal entered the game with an 8-3 record and had won three of its last four games.

“Coach (Shawn) Gaines is doing a heck of a job over there, and those kids play really hard and they play to their style, so my hat’s off to them,” Totta said. “What I appreciate the most about our kids is that at times, their pressure, we weren’t sure how to attack it and we weren’t sure how to deal with it, but we kept searching, we kept searching and the kids kept hanging with that. We made some adjustments, and finally we settled in once we found how we wanted to go about it.



Kirksville junior Jada Jackson drives toward the basket against Hannibal on Jan. 13. PHOTOS BY ADAM TUMINO



Kirksville senior Channing Totta gets into position on defense against Hannibal on Jan. 13.

So I was proud of them staying determined.”

Looking back at the season as a whole, Kirksville started 1-3 before winning three straight to get over .500. They then lost three games in a row and have since won three of four to get back to .500. Totta said the team is still trying to reach the level of play they are capable of, and working to stay consistent to make sure they can go far.

“Like any season, you’re just trying to get to your maximum potential,” he said. “We are continuing to try to improve our depth, learning to play against all different styles, whether its zone or whether its man. I think we’ve got to get more consistent in our shooting. I just don’t think we’ve,

other than a couple of nights, shot it the way we’re capable of shooting it, and we’ve got some shooters not shooting the way they’re capable of.”

He also said that there are some aspects of defense that he hopes the team can improve on through the rest of the season.

“I’d say we’re an above average defensive team, but we’ve got to get to great,” Totta said. “They know what we’ve got to do, it’s just a matter of executing. That’s the next step we’ve got to make.”

Of the six NCMC teams, Kirksville currently ranks third in points allowed per game at 45.1. They trail only Fulton at 45 points per game and Hannibal at 39.8 points per game.



Kirksville sophomore Elli Porter winds up to throw a pass against Hannibal on Jan. 13.

# Hot start propels Kirksville boys to win over Hannibal

By Adam Tumino  
Daily Express

The Kirksville boys basketball team got off to an explosive start on Friday against Hannibal, opening the game on an 11-0 run and not looking back from there. The Tigers beat the Pirates by a final score of 71-46 to improve to 8-4 on the season. Hannibal dropped to 5-7 with the loss.

The Tigers led by double figures for almost the entire game and by more than 20 points for much of that time. They held a 16-4 lead after the first quarter and grew that lead to 40-23 by halftime. Much like at the beginning of the game, Kirksville started the second half on a 10-0 run and stamped out any chance of a second-half comeback for Hannibal. The Tigers led 60-35 at the end of the third before cooling off a bit in the fourth quarter when the win was guaranteed.



The Kirksville student section celebrates a third-quarter dunk from senior Isaac Danielson against Hannibal on Jan. 13.

Head coach Tyler Martin said he was pleased with the strong starts to both halves, and that those quick starts can likely be traced back to aggressive defensive play.

“I’m going to have to go back and look at the film and double check, because coming

out that hot, I really think just our defensive pressure allowed us to do that, specifically in the first half,” he said. “In the second half, it was one of those things where we wanted to kind of jump back in. We wanted to execute in the half court, and we were able to do that. We were able to get high-percentage shots at the rim and create that rhythm for us whenever we had to play the half-court game.”

Hannibal was never able to get into a rhythm on offense or defense due to Kirksville’s aggressive play throughout. Martin said that he thought that the intensity level was as high as it has been all season, especially in the first half.

“I thought our intensity, our pushing the ball, our transition was as good as it’s been in a while, and just our intensity on the defensive end created some opportunities for us to



Kirksville senior Isaac Danielson leads a fast break against Hannibal on Jan. 13. PHOTOS BY ADAM TUMINO



Kirksville senior Drew Chrisman throws a pass against Hannibal.

get out and run,” he said. “It was probably our most intense half we’ve had so far this season.”

With a little more than a month remaining in the regular season, Martin said he has been pleased with what has happened so far and thinks there are still some more things the team can work on to maximize their potential this season.

“I think we’ve played a

tough schedule, and our guys have responded pretty well to be where we are at this point,” Martin said. “I wouldn’t say we feel great, but we feel pretty good and we’re going to continue to work and make some adjustments here and there. I think we can play a little faster on the defensive end, which we showed at times tonight, and maybe dig a little deeper into that bench if we need to.”



Kirksville boys basketball head coach Tyler Martin (left) talks to the team on the court against Hannibal on Jan. 13.



# Complete Family Medicine raises over \$5,000 at Kirksville basketball Pink Out Night

By Adam Tumino  
Daily Express

There were a pair of Kirksville victories last Friday as both the boys and girls varsity basketball teams picked up wins over Hannibal. But there was time for something bigger than basketball. Friday was a Pink Out Night at the Kirksville Primary School, sponsored by Complete Family Medicine.

Pink shirts featuring the slogan “Fight Like a Tiger to Defeat Cancer” were worn by the players on all teams during warmups and on the bench, and special pink jerseys were worn by the Kirksville teams. The shirts were also for sale in the lobby, with all the proceeds going to a local Patient Assistance Care Fund set up by Complete Family Medicine.

Dr. Justin Puckett, the chief medical officer of Complete Family Medicine, said that between the shirt sales and other



Dr. Justin Puckett (holding sign) poses with members of Kirksville High School athletics as a part of a ceremony for Pink Out Night that took place between the girls and boys varsity basketball games on Jan. 13. ADAM TUMINO

donations, the total amount raised was over \$5,000.

“These funds will be fantastic because they’re going to be used right here locally,

100 percent, to support those in their current battle against cancer, to help with some of the costs they might incur that aren’t covered by traditional health insurance and such.”

In between the girls and boys varsity games, Puckett spoke and asked those who were currently dealing with

cancer, those who have survived cancer and those that have been a support system for someone else dealing with cancer to stand up and be recognized.

There was also a slideshow playing on the scoreboard to honor people in the community dealing with cancer and flowers were given to cancer survivors in attendance.

Puckett said that he thinks it is important to be able to get together as a community and provide support for those affected by cancer.

“It’s great to be able to involve all the groups, cheer, dance, the jazz band and of course the basketball teams, to be able to raise funds and promote and recognize those in the community first and foremost that are facing cancer, remember those that have been lost and also for us to be able to recognize those that have set cancer behind them.”

## Truman women beat Southwest Baptist for 4th-straight conference win

By Adam Tumino  
Daily Express

Monday saw the fourth-straight conference win for the Truman women’s basketball team, their second four-game conference win streak of the season. The Bulldogs beat Southwest Baptist 70-64, avenging the loss to Southwest Baptist on Dec. 10 that snapped that first streak. Truman is now 8-1 in conference play this season and sits in second place in the GLVC.

The game was a battle from the opening tipoff, with neither team being able to build a substantial lead. There were 30 lead changes and 15 ties in the game. Truman held just a 66-64 lead with 21 seconds left when Gracie Stugart went a perfect 4-of-4 on two trips to the free-throw line that alternated with stops on defense to bring the score to its final of 70-64.

Truman had trailed 52-50 to start the fourth quarter. They took their first lead in the quarter with a three from Alex Fanning, but soon fell behind again. The Bulldogs took the lead for good with 4:42 left.

Truman’s shooting was up and down in the game. After shooting 41.7 percent in the first quarter, Truman shot 56.3 percent in the second. This number dropped to 33.3 percent in the third quarter before going up once again in the fourth quarter, where the Bulldogs shot 45.5 percent.

Southwest Baptist shot just 28.6 percent in the first quarter and then 50 percent in the second, but it decreased from there. The Bearcats shot 35.3 percent in the third quarter. They then ended the game like they began it, shooting 28.6



Truman forward Ellie Weltha battles under the basket against Indianapolis on Nov. 28. PHOTOS BY ADAM TUMINO

percent in the fourth on 6-of-21 shooting, the same as in the first quarter.

Three Truman players scored in double figures in the game, led by forward Ellie Wetha with 20 points. Weltha also reached a milestone in the game, eclipsing the 1,000 mark. She also had 10 rebounds to reach her seventh double-double of the season.

Fanning came just short of a season high with 18 points in the game. Her highest-scoring game is still her 19-point performance on Nov. 22 against Ashland. The last Truman player to reach double figures was guard Hannah Belanger with 15 points. She has scored in double figures in all 17 games this season and 20-straight games dating back to last season.

Stugart’s only points in the game came from her four clutch free throws in the closing seconds. She also had game highs with seven

assists and two steals.

The only Southwest Baptist player to score in double figures was forward Claudia Vanzant, who had 16 points off the bench to lead the Bearcats. She also led all players with 11 rebounds.

Truman will be on the road for its next two conference games, both of which will be against tough opponents. First up is a game with Missouri S&T on Jan. 19. The Miners are 6-3 in conference play this season.

After that is a monumental matchup with GLVC-leading Drury. The Panthers are 9-0 in conference play, 16-1 overall and have won 12-straight games. They were ranked No. 2 in the nation in the last edition of the WBCA Coaches Poll.

This is the only matchup of the season between these two teams, and seeing as they are currently in first and second place, it could have major implications for the standings going forward.



Truman guard Elijah Hazekamp looks to drive around an Indianapolis defender in the game on Nov. 28. PHOTOS BY ADAM TUMINO

## Truman men surge in second half to beat Southwest Baptist

By Adam Tumino  
Daily Express

The Truman State men’s basketball team snapped a three-game conference losing streak on Monday, beating Southwest Baptist at home by a score of 81-71. It was the Bulldogs’ second conference win of the season, both of which have come against Southwest Baptist.

Despite trailing by seven points with just over six minutes to go in the game, Truman kept chipping away, taking a 68-67 lead with 3:39 to go. After Elijah Hazekamp hit a three pointer to put the Bulldogs up 73-69 with a minute to go, Truman put the game away with their free throw shooting, making all eight of their attempts in the final minute.

Truman came into the game ranked first in the GLVC in free throw percentage this season at 77.1 percent.

The Bulldogs were able to avoid having a slow first half, an issue that has led to losses throughout this season. The two teams battled and exchanged leads in the first 20 minutes, with Truman leading 18-10 at one point before Southwest Baptist went on an 11-0 run to claim a three-point lead. The back-and-forth nature continued into halftime, where the score was tied 34-34, and through most of the second half.

Southwest Baptist did outshoot Truman in the first half, going 14-of-27 from the field while Truman shot 12-of-28. But Truman made four more free throws than the Bearcats to make sure the score remained tied at the half.

The Bulldogs shot lights out in the second half, going 15-of-23 from the field for 65.2 percent. They shot 5-of-10 from three and did not miss from the free throw line on 12 attempts. Southwest Baptist shot slightly worse in the second half than they did in the first, going 14-of-31 from



Truman guard Xavier Hall handles the ball near the top of the key against Indianapolis on Nov. 28.

the field but crucially just 2-of-11 from three-point range.

Truman also had a huge advantage in points off turnovers, where they outscored Southwest Baptist 20-6. Truman forced 19 turnovers while committing just eight. Southwest Baptist claimed the advantage in other categories, out-rebounding Truman 33-19 and outscoring the Bulldogs 18-2 in second chance points.

Hazekamp, the Bulldogs’ leading scorer on the season, once again led the team on Monday with 25 points on 8-of-14 shooting and 6-of-10 from three. It was a new season high for Hazekamp, who scored 23 points three separate times this season. He also led the team with eight rebounds.

Trey Shearer added 13 points, scoring in double figures for the second-consecutive game. Hunter Strait and Nduka Ogbu each scored 12 points. It was the second highest scoring game of the season for Ogbu, who scored 17 points in the previous matchup with Southwest Baptist on Dec. 10. Xavier Hall scored five points while setting a new season high with eight assists.

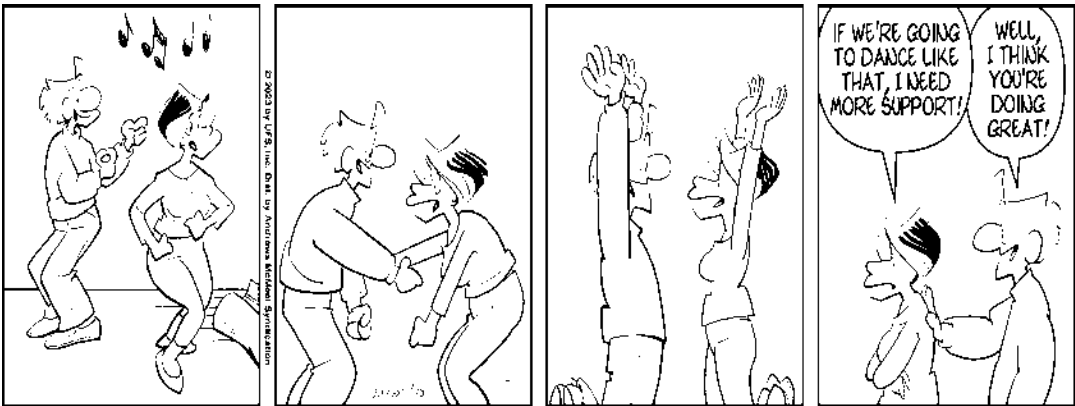
Truman will now play two straight conference road games, traveling to Missouri S&T on Jan. 19 and Drury on Jan. 21. Missouri S&T is currently 5-4 in conference play and sits in sixth place. Drury is currently in last place with a 2-7 conference record, the same record as Truman.



Truman guard Hannah Belanger attempts a layup in traffic against Indianapolis on Nov. 28.



ARLO AND JANIS



BIG NATE



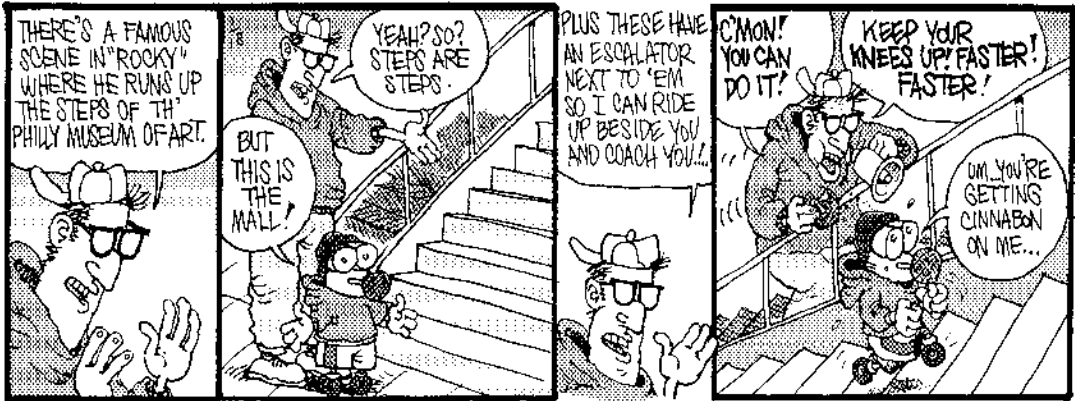
THE BORN LOSER



FRANK AND ERNEST



MONTY



THAT A BABY



SUDOKU

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

PREVIOUS ANSWER

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

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

CROSSWORD

**ACROSS**

1 Bilko's rank  
4 Peril at sea  
8 Repeat  
12 Spike or Ang  
13 Falco or Sedgwick  
14 Nobleman  
15 Trireme mover  
16 What paper is, mostly  
18 Verge  
20 Feminine pronoun  
21 Summer Games org.  
23 Burden  
26 Calf's bellow  
29 Cats do it  
32 Educational org.  
34 Stage award  
35 "That's obvious!"  
36 Cordoba couple  
37 Piece of turf  
38 Yale grad  
39 Intimidates  
40 Prompt  
41 Object  
42 Furtive sound  
43 Ore truck

**45 Earth-conscious org.**  
**47 Buckeye campus**  
**49 Honshu port**  
**53 Lion's friend**  
**58 German conjunction**  
**59 Billy or nanny**  
**60 Add brandy**  
**61 Pince- — spectacles**  
**62 Best or Ferber**  
**63 Son of Venus**  
**64 Plumbing joint**

**DOWN**

1 Litterbug  
2 Duffel filler  
3 Lois of "Lois & Clark"  
4 Tropical lizard  
5 Summer cooler  
6 Small, in Dogpatch  
7 Lampreys  
8 Burstyn of "The Exorcist"

**Answer to Previous Puzzle**

DAH	SKEW	EDGE
ACE	TONE	LOLA
NOW	ROSA	EWER
CREWEL	KENNEL	
ENDOW	DAP	
	KNACKS	LAW
FUME	CON	BADE
AMEN	TOE	AYES
RAE	ASTERS	
	KIN	HINDU
MENTAL	TYCOON	
ALEC	PLOT	MDS
DISH	NIGH	AGE
EASY	SLAM	DER

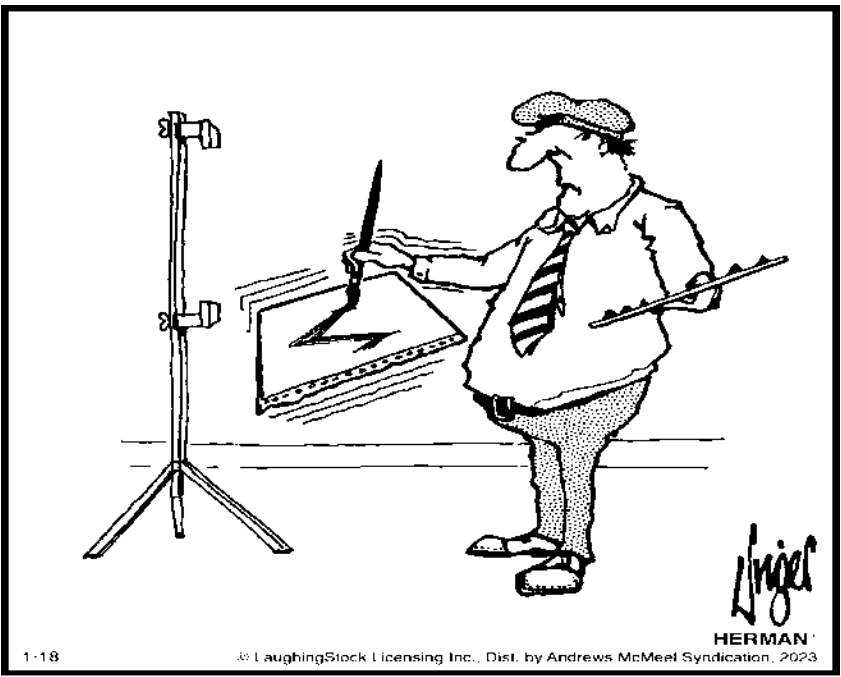
9 Bill and —  
10 Timecard abbr.  
11 Pindar forte  
17 "Yikes!" (hyph.)  
19 Nefertiti's river  
22 Student at Annapolis  
24 Salon creations  
25 Stashes the bags  
26 Variety of pear  
27 Approximately  
28 Roomier  
30 Code of procedure  
31 Ring  
33 Sec'y  
39 No. crunchers

41 "— — Excited"  
44 Major artery  
46 Puzzle  
48 ASU rival  
50 Em, Bee or Polly  
51 Elbow opposite  
52 Ax cousin  
53 Span in years  
54 Nonverbal OK  
55 News-caster — Rather  
56 Flee  
57 "The Name of the Rose" author

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

Spread some joy and use your intelligence to bring about positive changes at home. Challenge yourself physically and try to look, feel and do your best. Let the past guide you to a better future. Focus on moderation, innovation and practicality. Make your dreams come true.

**CAPRICORN (Dec. 22-Jan. 19)** -- Build on solid ground. Simplify your plans to guarantee positive results. Do something uplifting or help a cause you care about. Don't limit what you can do due to laziness.

**AQUARIUS (Jan. 20-Feb. 19)** -- Think twice; an unnecessary move will set you back. Put more effort into how you run your home and invest in yourself. Keeping up with technology will help you take advantage of a financial opportunity.

**PISCES (Feb. 20-March 20)** -- Don't take out your frustration on others or overreact to a situation that is sensitive or could influence your reputation. Use your energy to build a solid foundation.

**ARIES (March 21-April 19)** -- Express your true feelings. It's essential to clear up unsettled matters if you intend to move forward. Be willing to walk away from situations that are taking you in the wrong direction.

**TAURUS (April 20-May 20)** -- Put your wisdom and talent to the test. Speak up, indulge in debates that offer food for thought and promote new beginnings, but don't jeopardize your physical well-being.

**GEMINI (May 21-June 20)** -- Dig in, demonstrate what you have to offer and market your skills to fit what's trending in your community. Get ahead by doing the work and taking the credit you deserve. Leave nothing to chance.

**CANCER (June 21-July 22)** -- Don't take anything for granted. Do your part to secure your position and to keep your plans updated and ready to launch. Stick to the script and question anything that seems iffy.

**LEO (July 23-Aug. 22)** -- Enhance your wisdom by checking out what's popular. Spend time with someone you love. Your pursuit of happiness will encourage loved ones to follow suit. Romance is in the stars.

**VIRGO (Aug. 23-Sept. 22)** -- Focus on enlightenment, personal improvements and maintaining a healthy attitude and lifestyle. Indulgence will lead to trouble. Don't jeopardize your reputation.

**LIBRA (Sept. 23-Oct. 23)** -- Start something new, and you'll meet someone you click with emotionally. Walk away from bad influences and toward those who bring out the best in you. Don't be too quick to share your secrets.

**SCORPIO (Oct. 24-Nov. 22)** -- You may want to invest time and money in home improvements. Stick to a budget to protect against growing too fast. A change you make will cause a problem with someone close.

**SAGITTARIUS (Nov. 23-Dec. 21)** -- Set the stage for your performance. Consider what you are trying to achieve, who you are trying to impress and how to turn your passion into something you can enjoy every day. Rely on yourself.

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Kirksville Daily Express

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ANNOUNCEMENTS

Notices

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Reduced stress, anxiety, hypertension, medical costs, insomnia and improved mental physical health. In-person and on-line zoom introductions register [tm.org/kirksville](https://tm.org/kirksville) 319-380-4302

MERCHANDISE

Miscellaneous

Shihtzu puppies, born Christmas. Purebred, shots, wormed, no shedding, smart, easily trained. Call, text 802-578-7324 or call 641-814-2556, text 802-578-7324.

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RECREATION

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

RECREATION

Wanted

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TRANSPORTATION

Automobiles

2009 Kia Rio, needs a transmission, \$700.00 or best offer. 15 foot bat wing mower, Land Pride, \$3800.00 firm. 573-719-4245.

Trucks, 4x4's, SUV's

2000 Ford Ranger, new truck tires. New aluminum tool box, needs motor, \$1500.00 or best offer. Canton, MO. 573-719-4245.

Bids Wanted

Bids from a qualified firm to complete HCFA Form 17287 for the Fiscal year 2022.  
Contact the Scotland County Home Health Agency at 214 w Madison Memphis, MO 63555  
Or call 660-465-7275 Bids Must be submitted before February 9, 2023.

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Security Officer Duties and Responsibilities include:

- Monitor and patrol all properties of the ATSU campus buildings and grounds at regular intervals
- Watch security cameras for suspicious activity
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- Recognize potentially dangerous situations and respond in the safest and most effective manner
- Sound alarms or call for outside assistance when needed in emergencies
- Write detailed incident reports, noting any damages, theft, or other irregular activity

Security Officer Requirements and Qualifications:

- High school diploma or GED equivalent
- 1+ years of experience as a security officer (preferred)
- Pass background check
- First aid and CPR certified (preferred)
- Clean driving record

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IN THE CIRCUIT COURT OF ADAIR COUNTY, MISSOURI

In the Matter of the Adoption of: P.L.S. A Minor Child. Case No.: 22AR-JU00089

ROBERT GALLOWAY, Petitioner.

NOTICE UPON ORDER FOR SERVICE BY PUBLICATION

The State of Missouri to Respondent Timothy Haskell. You are hereby notified that an action has been commenced against you in the Circuit Court of Adair County, Missouri, the object and general nature of which is a Petition for Adoption. The names of all parties to said action are stated above in the caption, and the name and address of attorney for Petitioner is Mark L. Williams, 1003 E. Jefferson Street, Kirksville, Missouri, 63501.

You are further notified that, unless you file an answer or other pleading or shall otherwise appear and defend against the aforesaid petition within 45 days after the 25th day of February, 2023, judgment by default will be rendered against you.

Witness my hand and seal of the Circuit Court of Adair County, Missouri on the 4th day of January, 2023.

/s/ Martha Cole, Adair County Circuit Clerk

Publication Dates – January 11, 18, 25 and February 1, 2023

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

Case Number:22AR-PR00122-01 (Date File Stamp)

Judge or Division: PROBATE

In the Estate of STEPHEN ALLEN CODY, Deceased.

Notice to Creditors (Small Estate)

To All Persons Interested in the Estate of STEPHEN ALLEN CODY, Decedent.

On January 3, 2023 a small estate affidavit was filed by the distributees for the decedent under Section 473.097, RSMo, with the Probate Division of the Circuit Court of Adair County, Missouri.

All creditors of the decedent, who died on September 27, 2022, are notified that Section 473.444, RSMo, sets a limitation period that would bar claims one year after the death of the decedent. A creditor may request that this estate be opened for administration.

Receipt of this notice should not be construed by the recipient to indicate that the recipient may possibly have a beneficial interest in the estate. The nature and extent of any person's interest, if any, may possibly be determined from the affidavit on this estate filed in the Probate Division of the Circuit Court of Adair County, Missouri.

Date of first publication is January 11, 2023.

Martha Cole  
Adair County Circuit Clerk  
PUBLICATION DATES: January 11 & 18, 2023

IN THE CIRCUIT COURT OF ADAIR COUNTY, MISSOURI PROBATE DIVISION

In The Estate of: CAROLYN ELAINE NOVINGER, Deceased. Estate No. 20AR-PR00006

NOTICE OF FILING FINAL SETTLEMENT AND PETITION FOR DISTRIBUTION

TO: All persons interested in the above referenced estate

You are hereby notified that the undersigned Personal Representative of the above styled estate will file Final Settlement and Petition for Distribution in the Probate Division of the Circuit Court of Adair County, Missouri on 8th day of February, 2023, or as may be continued by the Court.

That objection to the Final Settlement or Petition for Distribution shall be in writing and filed within twenty (20) days after the date the Final Settlement is filed.

If no objections to the Final Settlement or Petition for Distribution are filed within twenty (20) days after the filing thereof, the Court will consider said Final Settlement and Proposed Distribution and upon approval, the Court will determine the persons entitled to decedents descendible interest in the estate and the extent and character of their interest.

Upon Proof of Compliance with the Court's order of Distribution by the Personal Representative the Court will discharge the Personal Representative and his successors, if any, for further claim or demand by any interested persons.

Dated: \_\_\_\_\_  
Wallace W. Trosen, Personal Representative

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CROSSWORD PUZZLES

ACROSS

1 Recognized

6 Sign

10 Imposed taxes

12 Was merciful

14 Stinker

15 Arctic sight

16 Means of escape

18 Sponge (up)

19 "Hog-wash!"

21 Lascivious glance

23 Contractor's figure

24 — Paulo, Brazil

26 Beer, slangily

29 Wabash loc.

30 Student stats

32 Femur, for instance

34 Look at amorously

36 Parisian street

37 Congeal

38 Watches carefully

40 Always, to Byron

42 Valuable mineral

43 Mongol ruler

45 Aroma

47 Magazine fillers

50 Legendary king

52 Ancient scrolls

54 Noted sci-fi writer

58 Moderated

59 Lady of Lima

60 Glass ingredient

61 Clay target sport

DOWN

1 Eur. airline

2 Bridal notice word

3 Fish roe

4 Dinner beverages

5 Sounds from the paddock

6 Musical works

7 Spoil

8 Psyche's suitor

9 Despot

11 Van — Waals force

12 Courtesy encl.

13 Drop bait on water

17 Good on the podium

19 Spree

20 In a strange way

22 Apply salve

23 College maj.

25 Mammal's requirement

27 Lie —

28 Look of loathing

Answer to Previous Puzzle

SGT	GALE	ECHO
LEE	EDIE	LORD
OAR	CELLULOSE	
BRINK	SHE	
	IOC	ONUS
BAWL	ARCH	PTA
OBIE	DUH	DOS
SOD	ELI	COWS
CUE	ITEM	PSST
TRAM	EPA	
	OSU	OSAKA
ANDRO	CLES	UND
GOAT	LACE	NEZ
EDNA	AMOR	TEE

ACROSS

1 Harsh cries

5 Quaker pronoun

9 Really tiny

12 Crow's-nest cry

13 Entertaining tale

14 Uris hero

15 Gives it the gas

16 Figure-head's place

17 Mammoth entrapper

18 Way

20 Ms. Witherspoon

22 Sister of Helios

23 Tijuana parent

24 Terra —

27 Military cap

28 Frazier foe

29 Lucy Lawless role

31 Walked on

35 Vegas sight

37 Rugged

39 Astonish

40 Help in wrongdoing

42 Urge forward

44 Styx or Nile

46 Maude portrayer

47 Upholstery choice

48 Offspring

51 Fleming of 007 novels

52 Rock star, say

54 Operatic star

56 Sault — Marie

57 Bronte governess

58 Smooth and level

59 Organ of hearing

60 Misgiving

61 Snug retreat

DOWN

1 Auto

2 Attention-getter

3 Made a rug

4 Computer network

5 Galley glitches

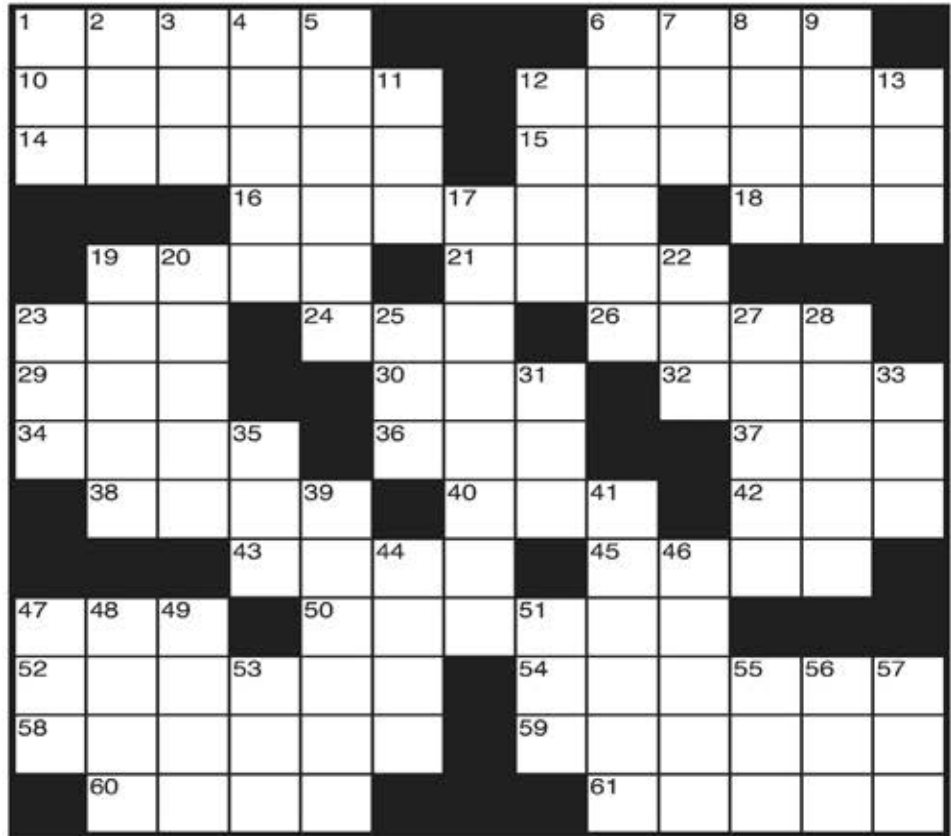
6 Like some candy

7 Gold, in Guatemala

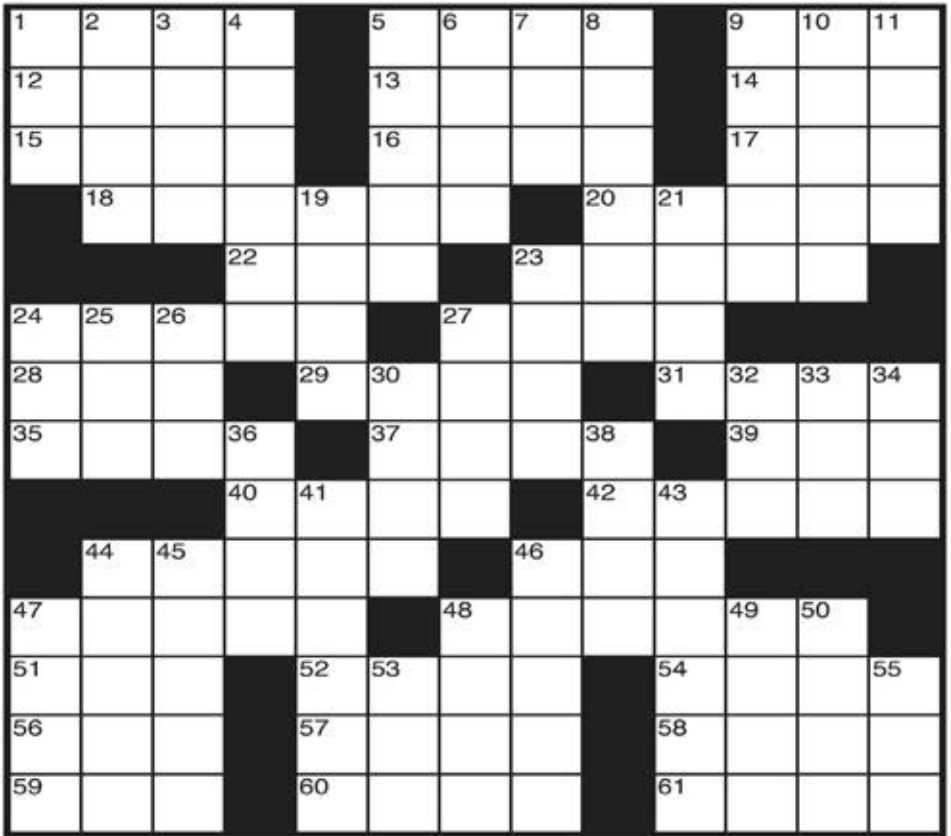
8 Open a gift

Answer to Previous Puzzle

KNOWN	OMEN
LEVIED	SPARED
MEANIE	AURORA
	EGRESS
BOSH	LEER
BID	SAO
IND	IQS
OGLE	RUE
EYES	EER
	KHAN
ADS	ARTHUR
PAPYRI	ASIMOV
EMCEED	SENORA
SAND	SKEET



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# Relevance beats recession: How SMBs can prepare for economic downturns

By Mikel Lindsaar, Founder and CEO StoreConnect

San Francisco, Calif. — Recession fears often drive small- and medium-sized businesses (SMBs) to dramatically reduce their budgets. Spending cuts may keep companies afloat, but cutbacks need to be strategic. Scaling back business operations that drive sales, such as marketing, leaves businesses vulnerable to recession-driven earnings losses. Holding steady on marketing and eCommerce solutions may help a company come out of a recession stronger than before. Mikel Lindsaar, Founder & CEO of StoreConnect, says, “Investing in technology solutions that streamline business operations can offer high ROI for small businesses, even in uncertain times. eCommerce 3.0 is about creating a software platform that provides a SINGLE source of truth across eCommerce, websites, support systems, marketing platforms, point of sale, and customer data. The Harvard Business Review conducted a year-long study of 4,700 publicly traded businesses during three different global recessions: 1980, 1990, and 2000. The results were quite revealing, with 17 percent of companies not surviving and 80 percent still catching up to their pre-recession status three years after the economy bounced back. And yet, 9 percent performed better than they did before a recession. The latter looked toward the future by selectively reducing costs, focusing more on operational efficiency than their competitors, and investing more resources into marketing, R&D, and acquiring new assets. In the event of an economic slowdown, SMBs with strong, established customer relationships are well-positioned to retain customer loyalty. Maintaining a solid marketing and communications plan is critical to keeping a business front of mind in the

marketplace compared to companies that scale back their outreach to customers. When merchants cut back on ad marketing, a brand diminishes its share of mind with consumers, which could lead to the loss of current and future sales. According to Forbes, “An increase in ‘share of voice’ typically leads to an increase in ‘share of market.’ An increase in market share results in an increase in profits.” Global Merchandising powerhouse Playbill recently migrated its eCommerce to the StoreConnect + Salesforce platform. StoreConnect is Salesforce-native, which means that data and data processing occurs within the Salesforce platform rather than a third-party server. This provides a single source of truth for all eCommerce and marketing. This integration allows staff to leverage centralized data for all eCommerce and marketing information across multiple stores by keeping Salesforce as the central store of all customer and order information. The ability to run several eCommerce stores out of the single Salesforce platform was the key for Playbill to successfully transition to the Salesforce CRM (customer relationship management) platform. As a result, Playbill has effectively launched over 20 stores to date (with many more planned), natively in Salesforce via the StoreConnect eCommerce platform. Using StoreConnect eCommerce and Salesforce data management, Playbill launched unique online stores to sell merchandise for numerous high-demand events in many countries. The results were dramatic — Playbill saw a 35 percent boost in channel revenue from their “Click and Collect” orders for same-day pick-ups at the theatre without needing additional staff to manage new sales. During a period of economic uncertainty, businesses benefit from staying visible and accessible to customers. StoreConnect is the affordable

eCommerce on-demand software that hooks your eCommerce platform into everything Salesforce. This seamless software integration eliminates the need for manual data cross-entry and increases data accuracy, all while reducing overhead costs and improving profit margins. Lindsaar says, “StoreConnect’s mission is to help small- and medium-sized businesses spend their time on their core business needs. StoreConnect gives SMBs an affordable and incredibly flexible eCommerce solution that natively integrates with the world’s number one CRM — Salesforce. Best of all, it just works. It’s a time-saver and lets businesses get on with their core strengths.” **About StoreConnect** Mikel Lindsaar, CEO and Founder of StoreConnect, is an experienced technology entrepreneur whose mission is to infuse small and medium-sized businesses with the power to be successful in eCommerce 3.0 and scale to meet growing demand. Small businesses can’t waste time setting up their business on a platform only to repeat the process by changing platforms when they want to scale, nor do they want to waste time figuring out how to integrate multiple platforms. StoreConnect (built on the World’s Number 1 CRM, Salesforce) gives clients a complete, powerful, configurable eCommerce and CRM solution where they can manage their website, online and in-store sales, provide amazing customer service, run all their digital marketing campaigns and have up-to-date detailed metrics, reporting and full understanding of their customer. They were awarded Salesforce’s 2021 International Partner Innovation Award of the year for the Retail sector and are changing the ease with which small businesses are run with a manageable price tag. StoreConnect is Time. Well Spent. Visit <https://getStoreConnect.com/>.



## Missouri adults can now earn an accredited high school diploma online for free

New adult high school completion program seeks to improve lives and communities

JEFFERSON CITY — Over 455,000 Missourians left high school without earning a diploma. Now, through a new program from the Missouri Department of Elementary and Secondary Education, those adults will have the opportunity to finish high school 100 percent online and at no cost through the Missouri Workforce Diploma Program. Graduation Alliance has been selected as an adult high school diploma provider, made possible with the passage of SB718 by the 101st Missouri General Assembly. This program offers Missouri adults aged 21 and older the opportunity to earn their diploma for free while completing their coursework online, when and where it works best for them. Adult students will also receive support from teachers, 24/7 tutors, and a personal Academic Coach who monitors pace and progress. “Going back to high school as an adult is challenging for a myriad of reasons,” Graduation Alliance CEO Ron Klausner said. “Our goal is to remove as many barriers to graduation as possible and give students access to a high-quality education with a robust support system made up of people who understand the unique challenges of adult learners.” Graduation Alliance is accredited by Cognia, and successful graduates will receive an accredited traditional high school diploma that will be accepted by employers, colleges and universities, and the U.S. military. Adult students also have the opportunity to earn career certifications to further their education and build employability skills while earning their high school diploma.

“A high school diploma is a terrific milestone but not the final destination,” Klausner said. “By providing students with opportunities to earn a credential simultaneous to their diploma, they will graduate with more confidence and preparedness for the workforce.” Graduation Alliance provides workforce diploma programs in several states and is positioned to make a positive impact on Missouri adults living without a high school diploma. Nearly a quarter (24.7 percent) of adults over 25 without a high school diploma were living in poverty in 2020 — the largest group of people in poverty by educational attainment — according to the U.S. Census Bureau. “Based on survey data collected six to nine months after program completion, 76 percent of our graduates have access to new or better jobs or promotions,” Klausner said. “They also reported wage increases, better opportunities for continuing education, and increased access to employer-sponsored healthcare. Graduation Alliance workforce diploma programs have a track record of improving students’ lives and the communities they live in.” To qualify, you must be 21 years of age or older, be a Missouri resident, have access to a computer and the internet, and have not completed a GED or another high school equivalency. For more information and to sign up, visit [MissouriDiploma.com](https://MissouriDiploma.com). **About Graduation Alliance:** Since 2007, Graduation Alliance has given schools and communities across the nation the resources and support needed to help individuals reach their educational and career goals. In partnership with school districts, local governments, nonprofits, workforce development boards, and community colleges, Graduation Alliance develops highly effective alternative education and workforce training programs. For more information about Graduation Alliance, visit [GraduationAlliance.com](https://GraduationAlliance.com).

# REPORT: Small business optimism declines as expectations for better business conditions worsens in December

Inflation remains top business problem for small employers

By NFIB — The NFIB Small Business Optimism Index declined 2.1 points in December to 89.8, marking the 12th consecutive month below the 49-year average of 98. Owners expecting better business conditions over the next six months worsened by eight points from November to a net negative 51%. Inflation remains the single most important business problem with 32% of owners reporting it as their top problem in operating their business. Click here to read the full report. “Overall, small business owners are not optimistic about 2023 as sales and business con-

ditions are expected to deteriorate,” said NFIB Chief Economist Bill Dunkelberg. “Owners are managing several economic uncertainties and persistent inflation and they continue to make business and operational changes to compensate.” State-specific data is unavailable, but NFIB State Director Brad Jones described the triple-whammy small business owners face. “Far too many small business owners are unable to find willing and qualified workers,” Jones said. “And on top of that uncertainty, escalating prices and supply chain disruptions continue to be a major source of frustration. It’s no shock that more than half of local job creators anticipate worsening business conditions in 2023. Hopefully, the General Assembly can come together to

give these small businesses a break.” Key findings include: Forty-one percent of owners reported job openings that were hard to fill, down three points from November but historically very high. The net percent of owners raising average selling prices decreased eight points to a net 43 percent (seasonally adjusted), historically high. The net percent of owners who expect real sales to be higher worsened two points from November to a net negative 10 percent. As reported in NFIB’s monthly jobs report, owners’ plans to add positions remain elevated, with a seasonally adjusted net 17 percent planning to create new jobs in the next three months. Overall, 55 percent of owners reported hiring or trying to hire in December. Ninety-three

percent of those hiring or trying to hire reported few or no qualified applicants for the positions they were trying to fill. Fifty-five percent of owners reported capital outlays in the last six months. Of those making expenditures, 37 percent reported spending on new equipment, 22 percent acquired vehicles, and 12 percent spent money for new fixtures and furniture. Eleven percent improved or expanded facilities and 4 percent acquired new buildings or land for expansion. Twenty-three percent of owners plan capital outlays in the next few months. A net negative 8 percent of all owners (seasonally adjusted) reported higher nominal sales in the past three months, down one point from November. The net percent of owners expecting higher real sales

volumes deteriorated two points to a net negative 10 percent. The net percent of owners reporting inventory increases declined five points to a net 0%. Fifteen percent reported increases in stocks and 16% reported reductions. Twenty-three percent of owners recently reported that supply chain disruptions have had a significant impact on their business. Another 30 percent reported a moderate impact and 32 percent reported a mild impact. Only 13 percent of owners reported no impact from recent supply chain disruptions. A net 1 percent of owners viewed current inventory stocks as “too low” in December, up three points from November, overall a good balance. By industry, shortages are reported most frequently in manufacturing (13 percent),

retail (12 percent), transportation (12 percent), and agriculture (11 percent). A net negative 4 percent of owners plan inventory investment in the coming months. The net percent of owners raising average selling prices decreased eight points from November to a net 43 percent seasonally adjusted, the lowest level since May 2021. Unadjusted, 12 percent reported lower average selling prices and 51 percent reported higher average prices. Price hikes were the most frequent in wholesale (77 percent higher, 7 percent lower), manufacturing (60 percent higher, 4 percent lower), construction (59 percent higher, 8 percent lower), and transportation (59 percent higher, 6 percent lower). A net 24 percent (seasonally adjusted) of owners plan price hikes, down 10 points from November.