

KIRKSVILLE Daily Express

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WEDNESDAY

JANUARY 25, 2023 | \$2

Ameren electric charge to more than double

Increase comes just months after Liberty Utilities more than tripled its gas rates

Staff Reports

J E F F E R S O N
CITY – The Missouri Public Service Commission has approved a filing made by Ameren Missouri to adjust the fuel adjustment clause (FAC) charge on the bills of its electric customers. For a residential customer using 1,000 kWh (kilowatt-hours) of electricity a month, the FAC will increase from a current FAC of approximately \$2.70 a month to an



FAC of approximately \$6.27 a month. The change will take effect on Feb. 1. The increase comes just two months after Liberty Utilities, which provides natural gas services to Kirksville and Adair County residents, more than tripled their residential gas prices. Ameren Missouri made two filings with the commission. In its first filing (Case No. ER 2023-0181), Ameren Missouri proposed to adjust the FAC

to reflect changes in its fuel and purchased power costs, net off-system sales revenues and associated transportation experienced during the four month period of June through September 2022. The second filing was Ameren Missouri's FAC true up (Case No. EO-2023-0182).

The FAC tariff allows the company to pass increases or decreases in its net fuel and purchased power costs to customers outside of a general rate case.

See **RATES**, Page A4

Marty Haynes mountain biking trail finds celebrity in magazines over the years

By **Marty Bachman**
Daily Express

For almost 30 years, local resident Marty Haynes has been pounding out a path that has been both a joy and a burden to him. A bicycle path, in fact, that is one day expected to loop through the entirety of Thousand Hills State Park. In last 25-plus years, sometimes with the help of other but often alone, Haynes has completed and maintained a 13-mile trail through the park and has been recognized by three different magazines for his hard work and dedication. In 1999, "Detours" magazine, which bills itself as "An Explorer's Guide to the Midwest", told the story of how Haynes first proposed the idea to state officials of building the trail around the lake. When asked how many people he represented, Haynes told them 100. The truth was he was the only one.

See **TRAILS**, Page A4



Marty Haynes holds the magazines that have written about his efforts to build and maintain a mountain biking trail in Thousand Hills State Park.

Truman welcomes new provost, directors

Truman State University

Truman will soon have a total of four new hires on campus in key positions. New directors will oversee the Center for Academic Excellence, the Center for Diversity and Inclusion, and the Office of Admission, while the University will also welcome a permanent executive vice president for academic affairs and provost. Eric Freedman has been selected as the executive vice president for academic affairs and provost. Since 2016 he has served as the dean of the School of Media Arts at Columbia College Chicago. In that role, he was a member of the Academic Affairs senior leadership team, assisting the school in college-wide strategic plans while managing academic programs in Chicago and Los Angeles. Freedman served on the academic performance solutions



New hires (pictured clockwise, from the upper left) Eric Freedman, Vanessa Alexander, Allison Gus and Ashleigh Harding have been selected to fill key roles on the Truman State University campus.

leadership team, the tuition assessment steering team, phased retirement task force and strategic planning steering team. Throughout his career he has gained extensive experience in faculty and staff recruitment, academic program development, resource management, fundraising and community engagement, as well as diversity,

equity and inclusion initiatives. Freedman has a Bachelor of Arts degree from Cornell University and Ph.D. from the University of Southern California. He will begin his duties at a start date to be determined. As the director of student success, Ashleigh Harding oversees the Center for Academic Excellence. An alumna of the University,

she brings a wealth of Truman-specific experience to the position. Most recently, she worked in the CAE as an academic advisor and coordinator of University tutoring. Harding has also served Truman as a graduate teaching and research assistant for the Department of English and Linguistics, was a student assistant for the Special Collections and Museums Department, an academic professional development tutor for the McNair Scholars Program and a traveling admission counselor. She is a member of the National College Learning Center Association and the Missouri College Learning Center Association, and served on Truman's Living-Learning Community Steering Committee and the Department of English and Linguistics' Antiracist Committee. Harding began her new role Jan. 3.

See **TRUMAN**, Page A3



Kardboard boat races held at Aquatic Center

By **Marty Bachman**
Daily Express

The Kirksville Parks & Recreation Department held its annual Kraft Heinz Kardboard Boat Races last Sunday, Jan. 22 at the city's Aquatic Center in Rotary Park. Children ages 5 to 16 participated as teams of up to four people and put their building skills to the test,

constructing a boat using cardboard, duct tape and water-based paint. They were then required to paddle the boat across the pool in the fastest time. While some boats sank at the outset, many others made the quest across the pool and back. Teams competed in multiple categories, such as Fastest Time and Best Design.



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Rollie Dale "Doodle" Smith, 102
David Doctorian, 88

Heavy, wet snow to create a wintry Wednesday

By MoDOT

JEFFERSON CITY – A winter storm is expected to bring snow to much of Missouri beginning Tuesday night and into Wednesday morning, affecting Wednesday morning’s commute. Snowfall amounts up to 4 inches have been forecasted for the north and central part of the state with 5 to 9 inches possible south of Interstate 44. The Missouri Department of Transportation urges all driv-

ers to be aware of changing road conditions both where they are and where they plan to be. “Crews will be out Tuesday night as the temperatures drop and conditions change from rain to snow,” said Becky Allmeroth, MoDOT’s chief safety and operations officer. “We are expecting a very heavy, wet snow which is great for making snowmen but can make roads very difficult to drive on. If you must be out, adjust your speed to the road conditions.”

If you need to travel, make sure you have a full tank of gas, blankets, gloves and provisions like water and snacks in the event of an emergency. Make sure your cellphone is fully charged, but never use it while driving. If you should slide off the road, or are involved in a crash, stay inside your vehicle with your seat belt buckled until help arrives. If you encounter a snowplow or salt trucks on the road, always give them room to work.

Do not tailgate or try to pass. Snowplow operators are reacting to the road ahead of them with a very limited field of vision. You may see them, but they may not see you. Missouri road conditions are available 24/7 on the Traveler Information Map at www.mdot.org, or through MoDOT’s smartphone app, available for iPhone and Android phones. You can also find road conditions and warnings by following MoDOT on Facebook and Twitter or by



calling 888-ASK-MODOT (888-275-6636) to speak with a customer service representative.

Thousand Hills Rotary Club assembles 75 dental hygiene kits for distribution by Pantry for Adair County

By Kirksville-Thousand Hills Rotary Club

The Kirksville-Thousand Hills Rotary Club completes an in-meeting service project each month. Their January project was assembly of 75 dental hygiene kits for distribution by the Pantry for Adair County. The kits included toothbrushes donated by MOS-DOH, dental hygiene instruction sheets provided by the Northeast Missouri Health Council, and toothpaste and dental floss donated by club members and purchased by the club. Each month, one or two club members plan and coordinate the service project for that month. This project was coordinated by club member Bobbie Robie. The proceeds for the items purchased by the club comes from their signature fundraiser, a Reverse Raffle. The Reverse Raffle for 2023 will

be held on April 15. Rotary is a worldwide service organization, represented by two clubs in Kirksville. Anyone interested in learning more about Rotary International can visit the website at rotary.org. Visitors are welcome any time at meetings of the Kirksville-Thousand Hills Club, which meets at 7 a.m. on Thursdays at the Kirksville Aquatic Center, 801 E. Mill Street. Pictured are Thousand Hills Rotary President Marilyn Romine and Pantry for Adair Country manager Krista Tinney.



KIRKSVILLE AREA CALENDAR OF EVENTS

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 Kirksville, 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 Kirksville. 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.

First Friday Art Gallery Reception at Gallery 104

First Friday Art Gallery Reception at Gallery 104 will be held on Feb. 3 from 5-6:30 p.m., 104 N. Franklin St.

Kirksville. Every first Friday of the month, Gallery 104 hosts a free public reception in the early evening. Come by for a drink, a bite to eat, and a chat with local artists and art lovers.

The Kohlenberg Lyceum Series - Susana Mendoza

Alumna Susana Mendoza will take the stage as the Holman Family Speaker, Feb. 7 at 7:30 p.m. at the Ophelia Parrish Performance Hall, 100 E. Normal Avenue, Kirksville. Mendoza (’94) was the first Hispanic independently elected to statewide office in Illinois when she was elected as comptroller in 2016. Admission for Lyceum events are free but tickets are required and can be reserved approximately two weeks before the performance at the Sue Ross Arts Center in downtown Kirksville, the Advancement Office in McClain Hall 205 and the SAB window in the Student Union Building. For additional information, visit lyceum.truman.edu, call 660-785-4133 or email lyceumseries@truman.edu.

NEMO Fairgrounds Community Yard Sale

NEMO Fair is excited to offer the multipurpose building for a community yard sale on Feb. 11 from 8 a.m. — 4 p.m. If you are interested in cleaning out the closet and shed and would like to set up, complete this form <https://docs.google.com/.../1FAIpQLSelf-LaE7cw.../viewform...>

google.com/.../1FAIpQLSelf-LaE7cw.../viewform...

Fee is \$20 payable on set up, which will be Feb. 10, between 5 and 8 p.m. Fee includes advertising, roughly 20 square feet of space, and two tables. Additional tables can be rented for \$2 per table, first come first serve, as supply allows. Vendors are responsible for managing their own tables, accepting payment, and providing change. NEMO Fairgrounds is not responsible for lost, damage, or stolen items or accidents. Breakfast concession will be available. Contact them at: nemofair-vendor@gmail.com

Local Shopping Expo

Local Shopping Expo of vendors, crafters, homemade items, and much more, Saturday, Feb. 11 from 9 a.m. to 3 p.m. at the Loyal Order of Moose Lodge, 2405 E. Illinois Street in Kirksville. Vendor applications can be found on our website at <https://expo-shopping.wordpress.com/vendor-event-application/>

Annual Schuyler County Rotary Soup & Pie Supper

The Annual Schuyler County Rotary Soup & Pie Supper will be held on Feb. 11 at the Schuyler R1 multipurpose room (around back of building). Doors open at 5 p.m.; Serving at 5:30 p.m.; Auction will start at 6:30 p.m. Free will offering.

24th Annual National Project Linus ‘Make A Blanket Day’ Sew-In

The 24th Annual National Project Linus “Make A Blanket Day” Sew-In event will be held on Saturday, Feb. 18, at the Kirksville Moose Lodge. The mission of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need, through the gifts of new, handmade blankets and afghan, lovingly created by volunteer “Blanketeers”. Blankets for children in need will be assembled at the Moose Lodge, located at 2405 E. Illinois Street in Kirksville, and the community is invited. No sewing experience is needed to join the fun. Anyone who can learn to tie a square knot is invited to participate in the event anytime between 10 a.m. and 4 p.m. Volunteers may bring a completed blanket or bring their own sewing machine and complete one of the precut kits available during the event. Donations of new cotton fabric, acrylic yarn, fleece and other blanket-making supplies will be accepted during the event. The North Central Missouri Chapter of Project Linus has delivered over 17,000 blankets to area children in need. For more information on the Sew-In event, or to learn more about Project Linus, contact Conni Douvier at 660-947-4315, douvier@nemr.net, or visit their website at <http://www.project-linus.org>

KIRKSVILLE POLICE BLOTTER: JAN. 16-17, 2023

JAN. 16

- Domestic Disturbance/ Verbal, 11:21 p.m., 105 S. Davis Street
- Traffic Stop, Failure to Register Motor Vehicle/Trailer, 11:06 p.m., Main Street, Robert Jackson, 57
- Traffic Stop, Warrant, 9:47 p.m., Osteopathy Street, Arrestee: John Campbell, 42
- Traffic Stop, 9:30 p.m., West Patterson Street, Keon Woo Choi, 24
- Traffic Stop, 8:57 p.m., Baltimore Street, Cole Schelling, 20
- Civil Dispute, 8:56 p.m., 1112 W. McPherson Street
- Traffic Stop, 8:44 p.m., Osteopathy Street, Cedric Nguembe 39
- Traffic Stop, 8:34 p.m., Link Street, Matthew McLaughlin, 28
- Domestic Disturbance/ Physical, Assault/Domestic 4th Degree 1st/2nd Offense (1)(5)(M A), 8:08 p.m., 207 E. Porter Street
- Suspicious/Activity, Suspicious-Person, Activity, Vehicle, 7:51 p.m., 119 E. McPherson Street
- Traffic Stop, Owner Operator Motor Vehicle Without Maintaining Financial Responsibility (Motor Vehicle Required to be Registered)-1st Offense (M), 7:44 p.m., Osteopathy Street, Lynn Sweet, 37
- Traffic Stop, Owner Operator Motor Vehicle Without Maintaining Financial Responsibility (Motor Vehicle Required to be Registered)-1st Offense (M), 6:53 p.m., Osteopathy Street, Donna Western, 74
- Warrant-DUI Kansas, 6:23 p.m., 2604 N. Baltimore Street, Arrestee: Max Griffin, 36
- Domestic Disturbance/ Physical, 6:02 p.m., 813 E. Jefferson Street
- Harassment, 4:10 p.m., 36 Devlin Place
- Traffic Stop, 3:54 p.m., 1000 Block of E. Normal Avenue
- Traffic Stop, 3:44 p.m., 1615 S. Baltimore Street
- Burglary/Not in Progress, Stealing From All Other (M), 2:39 p.m., 515 S. First Street
- Domestic Disturbance/ Verbal, 2:24 p.m., 1902 Teal Drive
- Assault/Simple, 2:21 p.m., 1700 N. Centennial Avenue
- MVA/Hit and Run, Property Damage 1st Degree (F), 2:01 p.m., 415 W. Elizabeth Street
- Harassment, Suspicious-Person, Activity, Vehicle, 1:51 p.m., 2400 S. Baltimore Street
- Traffic Stop, 1:38 p.m., 2400 S. Baltimore Street
- MVA/Minor, Injury, 10:39 a.m., 5200 N. Baltimore Street
- Property/Damage Vehicle (M) 2nd Degree, 7:34 a.m., 2814 S. Baltimore Street
- Trespass, 4:33 a.m., 502 E. Fillmore Street

Ambulance/Emergency, Assault 1st Degree (F B), 12:51 a.m., 2101 N. Lincoln Street

JAN. 17

- Check the Well Being, 11:42 p.m., 602 S. Elson Street
- Traffic Stop, Driving While Suspended/Revoked-2nd or 3rd (M A), 11:32 p.m., East Fillmore Street, Arrestee: Vance Myers, 28
- Traffic Stop, Owner Operator Motor Vehicle Without Maintaining Financial Responsibility (Motor Vehicle Required to be Registered)-1st Offense (M), 11:10 p.m., Osteopathy Street, Charles LaCost, 37
- Suspicious/Activity, Suspicious-Person, Activity, Vehicle, 8:45 p.m., 207 E., Porter Street
- Traffic Stop, 7:36 p.m., East Pierce Street, Emma Hart, 21
- Traffic Stop, 6:49 p.m., South Boundary Street, Kay Chang, 59
- Theft/Not in Progress, 4:43 p.m., 2214 N. Baltimore Street
- Fraud (F) Use of Credit Device Over \$750, 4:07 p.m., 3015 N. Baltimore Street
- Warrant Possession of Controlled Substance, 3:03 p.m., 1101 S. Jamison Street, Arrestee: Aric Bergman, 31
- Traffic Stop, 2:51 p.m., 202 E. Illinois Street
- Trespass, 1:51 p.m., 710 W. Elizabeth Street
- Animal/Complaint, 1:17 p.m., 604 N. New Street
- Burglary/Not in Progress, Stealing, 12:35 p.m., 205 E. Illinois Street
- Warrant, 11:50 a.m., North Centennial Avenue, Arrestee: Brianna Hill, 24
- Property/Damage Vehicle, Property Damage (M) 2nd Degree, Stealing From Auto (M), 11 a.m., 1201 Janeway Street
- Traffic Stop, 9:29 a.m., 520 S. Baltimore Street
- Parking Complaint, Parked Against Flow of Traffic, 9:16 a.m., 119 E. McPherson Street
- Traffic Stop, 9:15 a.m., Jamison Street, Barbara Stone, 67
- Traffic Stop, 9:08 a.m., Jamison Street, Annette Griffel, 59
- Traffic Stop, 9:02 a.m., Northtown Road
- Traffic Stop, 8:56 a.m., Elson Street, Brittany Pickle, 35
- Traffic Stop, 8:52 a.m., Elson Street, Christina Pinkerton, 34
- Traffic Stop, 8:45 a.m., Washington Street, Gregory Ratliff, 69
- Property/Recovered, 8:29 a.m., 809 E. Gardner Street
- Assisting Other Agency, 6:09 a.m., 207 E. Porter Street
- Traffic Stop, 3:49 a.m., North Baltimore Street, Dustin Brown, 40
- Traffic Stop, 2:13 a.m., 1900 N. Osteopathy Street, Everett Rude, 46
- Traffic Stop, 2:02 a.m., East Porter Street, Everett Rude, 46

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OBITUARIES

Kenneth Arlow (Kenny) Hustead

Jul 15, 1935 – Jan 19, 2023

Kenneth Arlow (Kenny) Hustead, age 87, of Baring, MO, passed away Thursday, January 19, 2023, in the Research Medical Center in Kansas City, MO. He was born July 15, 1935, in Rutledge, MO the son of Fred Arlow and Ethel Mae Edwards Hustead. Kenneth was united in marriage on February 17, 1963, to Virginia Sue Kraus of Luray, MO.



Kenny attended school in Rutledge and Baring, graduating from Baring High School in 1953. Kenny served his country in the Korean War as a US Army Specialist 4th Class and was promoted to Corporal and Acting Sergeant. He continued his service at Fort Leonard Wood for the last 93 days of his service, being honorably discharged on March 22, 1960.

The war was over by the time Kenny was sent to Korea, so his unit's mission was mostly a peace-keeping operation. He was stationed in the Demilitarized Zone (DMZ) for 13 months just south of the border with North Korea. His job was to drive the executive officers around the base. When the commanding officers needed to leave the base, Kenny would take them to Seoul. Later Kenny was put in charge of a fleet of trucks that carried supplies and weapons. Kenny participated in the 36th Great River Honor Flight in 2016, accompanying a group of veterans and guides to Washington, DC.

Kenny got his start in trucking with his father, Fred Hustead. After returning from Ft. Leonard Wood, he went into business with Ivan Westoff (Hustead and Westoff) to transport livestock to and from the stock yards in Baring. In 1963 Mr. Westoff moved his part of the business to the Novelty area and Kenny created Hustead Truck Line.

Kenny expanded his business to handle livestock hauling coast to coast. He owned up to nine trucks at a time and employed more than 150 people over the years including truck drivers, mechanics, farm hands, office support and odd jobs. He was a pioneer in the trucking industry, and many truckers in the area got their start in the business after working for him. He enjoyed his work as an order buyer for Jim McRoberts, John Leeser and other large cattle operations. He also ran his own cattle operation on his farm west of Greensburg, MO. After selling the farm and closing the trucking business, Kenny remained active in the cattle buying business and doing some small, short-distance hauling.

Kenny was an avid St. Louis Cardinals baseball fan. He also enjoyed reading newspapers, having morning coffee at the IDK Café, and playing cards at the Knox County Nutrition Site. In younger days, he enjoyed participating in coon dog water races in the Midwest region.

Surviving are his wife Virginia Hustead of Baring, MO, three daughters, Debbie (Jim) Kline of Fuquay-Varina, NC, Deanna (Donnie) Wheeler of LaPlata, MO, and Darla (Johnny) Yackle of Liberty, MO; one son, Dennis (Karen) Hustead of Shawnee, KS, , eleven grandchildren, Olivia (Chase) Champion, Julian (Sarah) Kline, Brandy (Angel) Perez, Brady (Cesley) Hustead, Brett (Mackenzie) Hustead , Cole (Kailey) Wheeler, Zachary Wheeler, Tel Wheeler, Drew Wheeler, Emerson Yackle and Emily Yackle, three great-grandchildren: Hannah Perez, Ana Champion and Wynn Wheeler. Additionally, two sisters-in-law, Janice Chance of Strang, OK, and Marilyn (Harold) Hall of Williamstown.

Kenny was preceded in death by his parents, and a sister Lucretia Ellen Hustead Matlock along with his brother-in-law Johnny Matlock.

Funeral services will be held 10 a.m. Thursday, January 26, 2023, in the Hudson-Rimer Funeral Home in Edina, MO. Reverend Mike Wilson will officiate the services. Burial will be in the Pauline Cemetery in Rutledge, MO. Visitation will be held Wednesday, January 25th from 6 p.m. to 8 p.m. at the funeral home.

Casket bearers will be his grandsons, Julian Kline, Brady Hustead, Brett Hustead, Cole Wheeler, Zachary Wheeler, Tel Wheeler, Drew Wheeler.

Honorary bearers will be Jim McRoberts, John Leeser, Bob Ward, Virgil Doss, Bill Holdren and Tommy Dorsey Small.

Memorials are suggested to the Knox County Nutrition Site or the donor's choice. Memorials may be left at or mailed to Hudson-Rimer Funeral Home, P.O. Box 1, Edina, MO, 63537.

Mary Sue (Shaver) Lene

Jul 27, 1949 – Jan 18, 2023

Mary Sue (Shaver) Lene, 73, of Kirksville, Missouri, passed away Thursday, January 18, 2023 at the University Missouri Hospital & Clinics in Columbia, Missouri.



She was born July 27, 1949 in Kirksville, Missouri, the daughter of the late William Eugene and Doris Jean (Bunch) Shaver. She was also preceded in death by two brothers, Stanley “Bub” Shaver, and Paul “Joe” Shaver; five nephews, Cory, Troy, David, Rodney and Stephen; her brother-in-law, Lyle Talbert; and her sister-in-law, Crystal Shaver.

Mary is survived by her son and daughter-in-law, Jason and Shona Lene of LaPlata, MO; her daughter and son-in-law, Tamra and Steve Valentine of Kirksville, MO; two brothers, Roger (Nancy) Shaver of LaPlata, MO, and Randy (Jeanne) Shaver of Brashear, MO; two sisters, Carol Talbert of Novinger, MO, and Brenda (Jay) Schilling of Kirksville, MO; four grandchildren, Heather (Mitch) Holdren, Zane (Bailey) Valentine, Jaystin Lene, and Jenna Lene; two great-grandchildren, Hadley and McKenna Holdren; as well as a number of nieces and nephews.

Mary received her education in the Kirksville public schools. She worked several area jobs including the Frostop, A&W, Dairy Queen, KOH Hospital, was a desk clerk at Super 8 Motel, and last worked as a caregiver for individuals with special needs.

Mary enjoyed Bingo, cooking, going to the casinos, playing cards, and collecting cookie jars, but most of all she had a great love for her family and enjoyed the time she spent with them.

Funeral services will be held 11:00 a.m. Saturday, January 28, 2023 at Travis-Noe Funeral Home in Kirksville, with Pastor Virgil Jones officiating. Interment will follow the service at Overstreet Cemetery in Green Castle, Missouri.

Public visitation will be held on Saturday, January 28, 2023 for one hour before service time in the chapel at Travis-Noe Funeral Home.

Pallbearers will be Zane Valentine, Taki Laberis, Thane Snyder, Dakota Goodwin, Jaystin Lene, and Eric Daniels.

Expressions of sympathy in memory of Mary may be made to the Overstreet Cemetery and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, MO 63501.

David Doctorian

Nov 9, 1934 – Jan 12, 2023

David Doctorian, 88, of Macon, MO died peacefully on Jan. 12, 2023. David was born in Tyre, Lebanon on November 9, 1934, to Mary and Paul Doctorian. At church one Sunday, he met Phyllis Taylor and they married on August 12, 1959.

David was preceded in death by his parents; his brothers George, Samuel and Philip; brother-in-law Garbis Der-Yeghiayan, his niece, Asdghig, his nephew, Danny and in-laws, Frank and Georgia (DeeDoo) Taylor.

He is survived by his wife of 63 years, Phyllis, daughters Sherry Doctorian (Tim Hayden) of Jefferson City, MO, Sonya Doctorian of Lafayette, CO, Susan Kyrillos (Joe) of Middletown, NJ and son, David Shain (Lydia) of Macon, MO, five precious grandchildren, sisters Angela Der-Yeghiayan of LaVerne, CA, and Sela Ekmekjian (John) of Pasadena, CA, sisters in law; Mary Doctorian of LaVerne, CA, Naomi Doctorian of Pasadena, CA, Seta Doctorian of Columbia, MO, brother-in-law Garry Taylor (Linda) of Greentop, MO and numerous beloved nieces and nephews.

Funeral Services will be 10:30 am, Wednesday, January 18, 2023, at the First Christian Church in Macon. Visitation will be held on Tuesday, from 4-7 pm, at the church. Burial will be at Hillcrest Memorial Gardens Cemetery. In lieu of flowers, memorials may be made to the David Doctorian Memorial Scholarship Fund. Arrangements are under the direction of the Hutton & McElwain Funeral Home in Macon.

Doris June (Reeves) Hettinger

Jun 1, 1933 – Jan 20, 2023

Doris June (Reeves) Hettinger, 89, of Brashear, Missouri, passed away on January 20th, 2023. She was born on June 1, 1933 to Owen and Lillian Hotchkiss Reeves. On March 15, 1950, she was united in marriage to Billie Manford Hettinger and to this union ten children were born.



Doris is survived by her sons: Gary Lee Hettinger of Kirksville, Missouri, Darrell Hettinger (Joyce) of Kirksville, Missouri, Steven Hettinger (Peggy) of Kirksville, Missouri, Sidney Hettinger of Novelty, Missouri, Jeffrey Hettinger (Donna) of LaPlata, Missouri, and Dennis Hettinger (Shannon) of Greenville, Florida. She is also survived by daughters, Brenda Lopesilvero of Deland, Florida, and Constance Hettinger of Brashear, Missouri; one daughter-in-law, Karla Hettinger of Brashear; twenty-two grandchildren, 49 great-grandchildren, and 7 great-great-grandchildren also survive Doris. Doris is also survived by step-mother Mary Reeves; eight brothers: Harold H. Reeves, Charles A. “Pete” Reeves, Thomas A. Reeves, Gerald D. “Jerry” Reeves, W. Michael Shirley, David R. Reeves, W. Mark Reeves, W. Matthew Reeves; seven sisters: Mary C. Stansberry, Naomi R. Wagner, Bertha A. Spencer, Sally A. Robinson, Nancy S. Hunolt, Dolly J. Tonkinson, Sandra K. Muir, and many nieces and nephews.

Doris is preceded in death by her parents, husband Billie, daughter Amy Lopesilvero, son Billie Joe Hettinger; son-in-law, Gil Lopesilvero and two great grandsons, Cory David Eiland and Samuel Joshua Hettinger. She is also preceded in death by her brothers Owen W. Reeves Jr., Danny Shirley, and Stanley Reeves, in infancy.

Doris Hettinger was a dedicated homemaker. Her hobbies included rug making, sewing, quilting, baking, and gardening. She was well known for her incredible cooking and loved to make her famous apple and banana nut bread each Christmas. Her life's joy was raising her children and spending time with her grandchildren.

Doris was also a devout member of the Brashear Community Bible Church and was a lifelong follower of Christ. She could constantly be found reading the Bible or other books and loved to listen to the radio.

Doris was a beloved mother, sister, grandmother, great-grandmother, and great-great-grandmother. She had a profound impact on all those who knew her, and she will be deeply missed by all who loved her.

Pallbearers will be Jeremy Hettinger, Joshua Hettinger, Leighton Western, Christopher Hettinger, Chase Hettinger, and Gabe Hettinger. Honorary pallbearers will be children and grandchildren.

Funeral service will be held at 2:00 p.m. Sunday, January 29, 2023 at Travis-Noe Funeral Home with Pastor Luke Hettinger presiding. Interment will follow in the Brashear Cemetery in Brashear Missouri. Public visitation will be held for one hour before the funeral.

Expressions of sympathy in memory of Doris may be made to the Brashear Cemetery Association and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, MO 63501.

Rollie Dale ‘Doodle’ Smith

Sep 16, 1920 – Jan 12, 2023

Rollie Dale “Doodle” Smith, 102, of Kirksville, Missouri, passed away peacefully with his daughter by his side, on Thursday, January 12, 2023 at the Pioneer Skilled Nursing Center in Marceline, Missouri.



Born September 16, 1920 in Kirksville, Missouri, Rollie was the son of John Rollie and Florance Mable (Taylor) Smith. On September 2, 1945 in Kirksville, Missouri, Rollie was united in marriage to Norine Wright who preceded her in death in 2006. In addition to his parents, Rollie was preceded in death by one son, John M. Smith; two brothers, Floyd and Mike Smith; one sister, Nora (Smith) Roberts; and one great-grandchild.

Rollie is survived by his daughter, Susie Smith-Patten of Marceline, MO; daughter-in-law, Zelda (Steele) Smith of Milard, MO; two grandchildren, Michael Smith of Kirksville, MO, and Bill Smith of Valley Falls, KS, as well as four great-grandchildren, Rachel (Lance) Pelc, Cassidy (Marcus) Snow, Tyler Smith, and Michele Smith, as well as many nieces, nephews great nieces and nephews.

He was a 70 year member of the First United Methodist Church in Kirksville. He was also a 67 year member of the Kirksville Masonic Temple #105.

After his school years, he delivered groceries and drove a taxicab in Kirksville. On February 2, 1942, Rollie Smith enlisted in the United States Navy. Basic training was in Great Lakes, MI. He was then assigned to the USS Butler destroyer in Philadelphia, PA. The USS Butler was assigned a position supporting the first wave of the Normandy invasion at Utah Beach in France. The USS Butler moved to the Mediterranean theatre. The USS Butler was part of a fleet with the USS Missouri when the Japanese surrendered. On return to the states, Rollie Smith, immediately married his sweetheart Norine Wright, on September 2, 1945. Rollie established Smith Bros Soil Service about 1950. After 35 years of service to Adair and surrounding areas, Rollie Smith retired in 1985 at the age of 65. Following retirement Rollie and his wife spent 30+ years wintering in Yuma, AZ. He learned to golf, shuffleboard, pool and card games.

Rollie celebrated his 100th birthday on September 16, 2020, surrounded by friends and family. He was presented with a flag flown over the US Capital, which will be used at his military services.

Rollie spent his life as a Christian. He believed in the Bible and practiced what he was taught in the church. He lived 102 years of a productive and full life. He worked tirelessly to the benefit of friends and family.

A Celebration of life will be held at a later date under the direction of Travis Noe Funeral Home of Kirksville.

TRUMAN

Continued from Page A1

Alumna Vanessa Alexander will return to Kirksville to serve as the director of the Center for Diversity and Inclusion. She has spent her career in higher education in admissions-related positions focused on programming, student experience and financial aid, most recently with the University of Pennsylvania Graduate School of Education and Drexel University College of Medicine. She previously worked for Truman as an admissions counselor before taking a similar position with A.T. Still University where she also served as the school's Diver-

sity and Inclusion Liaison. During her time at Truman, Alexander was a Multicultural Affairs student intern and participated in the Minority Ambassadors Program for four years. She has served the University as a Diversity Fellow and as a member of the Strategic Plan Committee in 2021. She will begin her duties Feb. 13.

Allison Gus will be the new director of admission. She comes to Truman from the University of Colorado Denver where she has served in the capacity of graduate program coordinator, admissions and recruitment coordinator, graduate admissions specialist and most recently as the director of admissions management and

outreach. She has experience working with community college and high schools to establish and maintain programmatic relationships, articulation agreements and memoranda of understanding that develop student pipelines. She is also familiar with the Slate CRM platform and its use for implementing a standardized communication plan for prospective students. Gus is a graduate of Iowa State University with Bachelor of Arts degrees in advertising and art and design. She will begin her duties Feb. 27.

The marketing position posted in the fall will be reopened in the coming weeks and posted at trumansu.peopleadmin.com.



ATSU President Emeritus Jack Magruder, EdD, and Margaret Wilson, DO, '82, dean of A.T. Still University's Kirksville College of Osteopathic Medicine

ATSU-KCOM dean inducted into Academy of Missouri Squires

By A.T. Still University

Margaret Wilson, DO, '82, dean of A.T. Still University's Kirksville College of Osteopathic Medicine (AT-SU-KCOM), has been inducted into the Academy of Missouri Squires. The Academy is a nonprofit organization which honors Missourians for their accomplishments on the community, state, or national levels. Founded by former Missouri Gov. James T. Blair in 1960, the Academy of Missouri Squires is limited to 100 living members. "It is a great honor to be recognized alongside other Missourians who I know have been grateful to serve their communities and the state in some way," Wilson said. "It certainly means a lot to me to be chosen to join this distinguished group." According to the Academy's by-laws, individuals qualify by having achieved true greatness in their community, the state of Missouri, or the U.S. They also must legally reside in Missouri, be employed by the state, or be native-born Missourians whose current residence is outside the state due to necessity of business or other reasons. Individuals are nominated by the public and Academy members, and classes are elected by Academy membership.

Wilson has been with AT-SU-KCOM since 1985, serving as chair of Family Medicine, Preventative Medicine, and Community Health for 23 years prior to becoming dean. She is board certified in family practice and is a staff physician at Northeast Missouri Health Council, a community health center, where she was medical director for over 20 years. Wilson has received numerous accolades throughout her career, including the Governor's Award for Excellence in Teaching, Kirksville Osteopathic Alumni Association (KOAA) Living Tribute Award, Missouri Primary Care Association Samuel Rodgers Achievement Award, Leonard Tow Humanism in Medicine Award, KOAA Alumnus of the Year, Missouri Association of Osteopathic Physicians and Surgeons Medallion Award, and American Association of Colleges of Osteopathic Medicine's Robert A. Kistner Award. ATSU President Emeritus Jack Magruder, EdD, is also a member of the Academy of Missouri Squires, having been inducted in 2010. Magruder joined Dr. Wilson for her induction ceremony in Jefferson City, Missouri, in December.

KIRKSVILLE AREA NEWS BRIEFS

Build A Buddy registration now open with Kirksville Parks and Recreation
Looking for the perfect Valentine's Day activity with your kids? The city of Kirksville 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 Kirksville Aquatic Center.

Register today for \$15 per kit at parks.kirksvillecity.com, or in person at the Kirksville 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
The following is a list of general highway maintenance work the Missouri Department of Transportation has planned in the Northeast/Northwest Missouri region. 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.

Sullivan County
Route E – Closed for a bridge replacement project at the West Locust Creek Bridge, 8 miles northwest of Milan, through May 2023. (Contractor: Lehman Construction and Wilson & Company)**

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. 27, Feb. 3 and 10.

Truman State University Art Gallery Exhibits Through March 3 exhibitions
Exercises in Letting Go – Nirmal RajaExercises in Letting Go explores loss through Nirmal Raja's expansive practice, including painting, fibers, ceramics, photography, installation, and video. In part, Raja instrumentalizes objects and clothing left behind by loved ones to make work about burden, grieving, caregiving, memory, and the mystery of death and other types of loss. Raja is an interdisciplinary artist and curator based in Milwaukee.
Home/Body – Madeleine LeMieux – in the Charlyn GalleryHome/Body is a series of works that combine fibers, sculpture, and painting to explore the relationship between embodied

experiences and the domestic environment that often contain them. Madeleine LeMieux is Art on the Move Coordinator and Instructor at the The University Art Gallery is 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.

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 sharefoodbringhope.org/give-help or in-person at Alliant Bank, 201 S. Baltimore Street in Kirksville. Check by Mail: Make payable to "The Food Bank" with "Adair County Buddy Pack" in the memo to: The Food Bank, 2101 Vandiver Drive, Columbia, Mo. 65202. All funds stay in the county. Participating schools include Kirksville Primary, Ray Miller, Brashear and Novinger. Sponsored by Alliant Bank and Kirksville Daily Express.

Join the Kirksville Young Professionals Committee
The Kirksville Area Chamber of Commerce encourages businesses and their employees (ages 21-40) to become involved in the Kirksville 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 KirksvilleYP@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.

Kirksville Arts Association Art Exhibit: 'Regional Artists'
Kirksville Arts Association Art Exhibit 'Regional Artists' exhibit will be held through Feb. 24. 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 kirksvillearts.org or call 660-665-0500.

TRAILS

Continued from Page A1

Given approval to build the trail, Haynes tried his best to recruit others to the project, but while the idea of having a biking trail close by excited everyone, no one wanted to put in the work it took to clear a trail and keep it cleared, fighting an army of beavers that have other plans for the area. "I called the newspapers, radio stations and TV stations and said we were going to do it," Haynes said in the article. "I had the tools and everything ready and thought, man, I don't know where I'm going to put everybody." Only two volunteers showed up to help him

on that first day. He called the Boy Scouts, Truman State student organizations as well as lawbreakers in need of community service hours, but helpers were near impossible to recruit. Haynes though, took responsibility for the project and built the trail with his own hands, highly valuing the few who did volunteer to join him. According to the "Detours" magazine article, Haynes did find one consistent volunteer, a Truman State student, Rob Stilley, who gave him five hours a day for seven straight weekends. Haynes, who dreamed of a trail around the lake, settled for the 13 miles he created, later passing on the rest of the trail to better funded entities.

According to the "Detours" article, after numerous setbacks and fights with state officials, the trail opened in July 1998 and Thousand Hills State Park recognized Haynes with a community service award for personally volunteering 1,000 hours to build the trail. In Spring 2000, Missouri Resources magazine, published by the Missouri Department of Natural Resources, wrote about Haynes in its "Resource Honor Roll" section of the magazine. "Biking enthusiasts can pedal their way through portions of Thousand Hills State Park in Adair County thanks in large part to the thousands of hours Marty Haynes devoted to developing a 13-mile

trail," the magazine wrote, noting Haynes' struggle to find volunteers and attain access across the dam. "Persistence paid off, the magazine states. "After two years, Haynes completed the work and the Thousand Hills State Park bike trail opened to the public." In July 2022, The Adair County Historian, the quarterly publication of the Adair County Historical Society, devoted its entire issue to celebrating the 70th anniversary of Forest Lake and Thousand Hills State Park. In a six-page spread titled "Ride the Mountain Trail of Thousand Hills State Park Thanks to Marty Haynes", Society member and writer Pam Sylvara documented the history of the trail and

the behind-the-scenes efforts of Haynes to fulfill his dream of a bike trail through the forest. Twenty pictures adjoin the story, helping to chronicle the long hours Haynes put in removing brush and stumps to provide a safe playground for mountain bikers from throughout the state and beyond. "Marty's plans for the thirteen-mile trail began at the trailhead located shortly past the entrance to the park and would connect with the other end of the trail which ended at Rainbow Basin Bridge," Sylvara wrote, noting Haynes battle with the city of Kirksville and his confrontation with a city officials to allow access across the dam. "To quote Marty," Sylvara wrote, "I walked out of City Hall and directly into the office of the *Kirksville Daily Express*, which was behind City Hall! I told them about my problem that the City wouldn't let me cross. The lady

at the newspaper put an article on the front page the next day with the heading, "Trail Blazer Needs Help." According to the article, the next day Haynes was called out to the spillway by the city official who had denied Haynes request (just Haynes, not the newspaper) and was told that they would be allowed access to cross the spillway. "I asked, 'When?' the article states. "He said 'Right now!' And, he pulled the 'No Trespassing' sign out of the ground!" The magazine continued to report the travails and successes Haynes endured and his dedication to the project that he made into a reality. Haynes continues to work and ride the trail and it continues to be popular not just with mountain bikers, but hikers and walkers and the many visitors to the area. "Thank you, Marty Haynes!" the article concludes.

RATES

Continued from Page A1

The FAC allows the company to recover most — up to 95 percent — of its costs, but not all, to encourage conservation and prudence in fuel use by the company. Any charges resulting from the fuel adjustment clause must appear in a separate category on customers' bills.

Fuel adjustment charges are intended to help companies deal with volatility in fuel pricing. The FAC tariff requires regular adjustments to reflect changes in prices the company has incurred for fuel and for wholesale power purchased to serve customers. Ameren Missouri provides electric service to approximately 1.29 million electric customers in Missouri.

MACON COUNTY REAL ESTATE AUCTION

AUCTION

FRIDAY, FEBRUARY 10TH AT 6PM
THE VERNON & CAROLYN READ FARM

AUCTIONEERS NOTE: There aren't many opportunities in this area to obtain such a well-maintained family-owned farm. Trading farms come and go but farms that are owned by such well known and well thought of people in the community, don't come up for sale often. This is a farm that will simply hold its value better than most.
The Vernon and Carolyn Read Farm will be offered at public auction on February 10th. This farm offers some great opportunities at some very highly maintained pasture, some outstanding tillable acreage and nice home and outbuildings, all located along highway 63 north of Macon.
This farm will be offered in four tracts, ranging from 37.8 to 90.9 surveyed acres.

LAND INSPECTION:
Walk-Over Inspections
are Welcome Any Time.

AUCTION LOCATION: Comfort Inn - 1821 N Missouri St, Macon, MO 63552

Attention Farmers & Investors!

Contact: Anthony Peoples
660.651.6501
www.peopleslandco.com

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A.T. Still University student hopes ambassador role helps draw others from Pacific Northwest

Courtesy of A. T. Still University

A.T. Still University-Missouri School of Dentistry & Oral Health (ATSU-MOSDOH) student Jannette Covarrubias, D2, ventured a long way from her hometown of East Wenatchee, Washington, to attend dental school in Kirksville, Missouri.

And Covarrubias wants future dental students in the Pacific Northwest to join her.

“I chose to be a student ambassador because I wanted more students from my home state to know about ATSU-MOSDOH, and being a student ambassador provided me with resources for these prospective students,” she said.

Covarrubias, who has a bachelor of arts in Spanish from the University of Washington, has joined several

student organizations at ATSU-MOSDOH, including the MD3D Printing Club, Student National Dental Association, and American Student Dental Association. She also plays kickball at ATSU’s Thompson Campus Center, and enjoys cooking, gardening, painting, and swimming.

She looks forward to the day she can serve her community and pro-

vide oral healthcare services for those in need.

“I want to be a general dentist to improve my community’s oral health, especially agricultural workers and Spanish speakers,” Covarrubias said. “ATSU is helping me achieve this by providing me with the biomedical sciences and clinical skills that will enable me to provide high quality care to my patients.”



A.T. Still University student Jannette Covarrubias, D2, poses for a photo during a campus event in Kirksville.

Dr. Aaron Neisen joins medical staff of Scotland County Hospital

By Scotland County Hospital

Dr. Aaron Neisen is joining the medical staff of Scotland County Hospital and Clinics in Memphis. He is accepting patients of all ages at Memphis Medical Services. He is board certified in Family Medicine and a native of Lewistown, MO. He recently moved back to that community with his wife, Stephanie, and three little boys: Hank is 4, Gus is 3, and Bo is 1.

He has lived in Kansas City the last 12 years. He is a graduate of Kansas City University and completed a Family Medicine residency at University of Missouri Kansas City in 2018. Dr. Neisen is no stranger to Scotland County Hospital. He has been an Emergency Room physician at SCH for the last 5 years through Docs Who Care, which is a staffing agency that specializes in staffing primarily ERs in critical access hospitals and communities in need. Dr. Neisen will

continue to work in the hospital ER as well as the clinic and doing rounds on both adult and pediatric inpatients in the hospital. He worked for Docs Who Care for six years and worked in nine different hospitals providing temporary ER coverage.

Scotland County Hospital Chief Operating Officer Brent Peirick said, “Dr. Neisen is a perfect fit on our medical staff. He’s always been well-received by our patients in the ER and now adding him to our clinic staff gives our patients more options to establish care with a seasoned Family Practice physician.”

Dr. Neisen has an interest in rural medicine, emergency medicine, acute care, outpatient procedures, preventive care, and the business of medicine. In 2015 he graduated from Rockhurst University with an MBA and a focus on Healthcare Leadership.

Dr. Neisen said this about working full-time for Scotland County Hos-



Dr. Aaron Neisen

pital & Clinics, “I chose to work for SCH because good healthcare is a requirement for a thriving community. Since coming to work in Memphis, I have seen this to be true. I hope to be able to help provide consistency and stability, in addition to the top-notch medical care already being provided at SCH. SCH is not only critical to Memphis, but also the larger region and I look forward to contributing to the quality healthcare that the patients of Scotland County Hospital are accustomed.”

Dr. Neisen and his wife have been married for eight years and been together since 2005. In his free time, he enjoys hunting, golfing and traveling.

To make an appointment with Dr. Neisen, or to establish care with him, please call Memphis Medical Services at 660-465-2828.

Are you cold all the time?

By Northeast Regional Medical Center

Are You Cold All The Time?

Maybe your significant other teases you about how cold your hands (or feet) are. Or perhaps you must wear socks whether it’s winter or not, and you’re still chilly no matter how many hot beverages you drink.

If that sounds like you, maybe it’s time to figure out if there’s a reason why you are so cold. There could be a medical reason you’re feeling physically frigid and ways to treat the root of the matter, such as:

Problem #1: Low Body Weight

If you have a BMI of 18.5 or less or are 15 percent or more below the “ideal” weight for your height, that could be why you feel cold. Low body weight might mean that you have less fatty tissue and your body produces less heat.

Recommendation: Eat 5-6 small, nutrient-rich meals instead of 2-3 large meals daily—this includes whole grains, fruits, vegetables, dairy and lean proteins. Exercise also can help by stimulating your appetite and building muscle to help maintain body temperature.

Problem #2: Lack of Sleep

You might be grumpy when you don’t get enough sleep, but fatigue also can lead to chills. Our body temperatures naturally drop during sleep, but sleep deprivation can disrupt the fluctuations of our body temperatures.

Recommendation: Adults should get between 7 and 9 hours of sleep per night. Set your thermostat between 60 and 72 degrees, as hot room temperatures can sometimes cause poor sleep.

Problem #3: Anemia

One of the most common causes of being cold is anemia, a condition where low iron levels make it harder for your body to circulate red blood cells. Other signs you may suffer from anemia are pale skin, trouble concentrating, shortness of breath and brittle nails.

Recommendation: Talk to your doctor about changing your diet, taking medications, and adding supplements like iron and vitamin B12 to your daily routine.

Problem #4: Hypothyroidism

The thyroid is a gland at the base of the neck that regulates metabolism. However, you can develop hypothyroidism when the gland doesn’t produce or regulate hormones correctly, causing your metabolism to lower and making you cold. Symptoms of hypothyroidism, other than feeling cold, are dry skin, constipation, thinning hair, weight gain, heavy menstrual periods and fatigue.

Recommendation: Talk to your doctor about testing you for hypothyroidism. Treatments may include hormone therapy.

Problem #5: Dehydration

Though it may be hard to believe, dehydration impacts your body temperature because water helps our bodies regulate temperature. If you’re hydrated enough, the water traps body heat and slowly releases it. Other than being cold, signs of dehydration are dizziness, muscle cramps, dry mouth, fatigue and dark-colored urine.

Recommendation: The U.S. National Academies of Sciences, Engineering, and Medicine advises men to drink 15.5 cups of water daily and 11.5 cups daily for women.

Problem #6: Unregulated Diabetes

Diabetes can cause anemia, kidney and circulation problems, making you feel cold. However, unregulated diabetes also can lead to peripheral neuropathy—nerve damage in the hands and feet. A sign you could be suffering from the condition is that you feel cold, but you are not cold to the touch.

Recommendation: Make an appointment with your doctor. Not only is it important to treat the underlying disease, but your physician can help you manage any diabetes-related nerve pain you might be experiencing.

Online Scheduling

Still not sure why you’re cold all the time? Don’t give your doctor the cold shoulder. Schedule an appointment with your provider to find out more.

Researchers receive \$1.2 million grant to study link between gut bacteria and liver disease

By University of Missouri School of Medicine

COLUMBIA — Researchers from the University of Missouri School of Medicine have received \$1.2 million from the National Institutes of Health to study how a diet high in fat and sugar may stimulate a type of gut bacteria to cause liver disease.

The western diet known for including foods that are high in fat, salt and sugar high is a major risk factor contributing to the development of nonalcoholic fatty liver disease (NAFLD), which is rapidly becoming the leading cause of liver disease affecting 25 percent of the population worldwide.

“There is mounting evidence that a diet high in sugar and fat interacts with gut bacteria to cause liver dysfunction,” said co-principal investigator, Guangfu Li, PhD, DVM, associate professor in the Department of Surgery and Department of Molecular Microbiology and Immunology. “But we don’t know a lot about the specific microbes causing this disease, or the underlying mechanisms behind it.”

In an effort to unlock this mystery, Li’s team has developed a model by feeding mice a diet that mimics the human west-

ern diet. They believe that this diet will stimulate a type of gut bacteria called *Blautia producta*, which produces a byproduct which causes liver injury.

“We believe this model will advance our understanding of the diet-gut-liver relationship and provide the clues needed to develop dietary and microbial therapies to suppress this global health threat,” said co-principal investigator, Kevin F. Staveley-O’Carroll, MD, PhD, professor in the Department of Surgery.

Li, Staveley-O’Carroll and fellow co-principal investigator R. Scott Rector, PhD, the Director of NextGen Precision Health Building and Interim Senior Associate Dean for Research — are part of NextGen Precision Health, an initiative to expand collaboration in personalized health care and the translation of interdisciplinary research for the benefit of society.

The Roy Blunt NextGen Precision Health building at MU anchors this statewide initiative, which aims to unite government and industry leaders with innovators from across the system’s four research universities in pursuit of life-changing precision health advancements. The University of Missouri

System’s bold NextGen initiative highlights the promise of personalized health care and the impact of large-scale interdisciplinary collaboration.

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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7-DAY FORECAST FOR KIRKSVILLE

WEDNESDAY

Colder; a bit of morning snow

HIGH: 33

POP: 75%

WED. NIGHT

Breezy with considerable cloudiness

LOW: 18

POP: 25%

THURSDAY

Low clouds

27 17

POP: 15%

FRIDAY

Mostly cloudy and milder

42 24

POP: 15%

SATURDAY

Colder; sleet at night

32 16

POP: 55%

SUNDAY

Cloudy and colder with a snow shower

21 4

POP: 60%

MONDAY

Sunny, but cold; snow at night

17 8

POP: 25%

TUESDAY

Cold with low clouds

17 2

POP: 25%

Shown is Wednesday's weather. Temperatures are Wednesday's highs and Wednesday night's lows.

Conditions Wednesday

UV Index & RealFeel Temperature®

0

0

1

0

0

0

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

1

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

National Forecast Wednesday

Almanac

Kirksville through Monday

Temperature

High/low.....30/19

Normal high/low.....33/14

Record high.....68 in 1909

Record low.....-18 in 1936

Precipitation

Monday.....0.00"

Past week's total.....0.87"

Month to date.....1.82"

Normal month to date.....1.00"

Year to date.....1.82"

Normal year to date.....1.00"

Winds

Average direction.....WSW

Average speed.....7.6 mph

Highest speed.....13 mph

Monday's Temperatures

Midnight - Midnight

Last Week's Temperatures

Actual and normal highs/lows

Sunrise/Sunset

Sunrise today.....7:25 a.m.

Sunset tonight.....5:20 p.m.

Sunrise Thursday.....7:24 a.m.

Sunset Thursday.....5:21 p.m.

Moon Phases

First Jan 28

Full Feb 5

Last Feb 13

New Feb 20

The Region

	Wed.	Thu.
City	Hi/Low/W	Hi/Low/W
Branson	38/22/c	37/26/c
Burlington, IA	34/21/sn	27/20/c
Cape Girardeau	40/28/c	35/19/c
Carbondale	38/28/sn	33/20/sf
Cedar Rapids	31/22/sn	24/16/c
Champaign	35/28/sn	31/18/sf
Chicago	34/27/sn	31/21/c
Columbia	35/20/sn	30/24/c
Danville	34/29/sn	31/20/sf
Davenport	33/26/sn	30/19/c
Decatur	36/27/sn	31/20/sf
Des Moines	28/12/c	22/15/c
Evansville	38/31/c	33/25/sf
Galesburg	33/23/sn	29/20/c
Green Bay	31/20/c	28/18/c
Indianapolis	34/29/sn	32/22/sf
Iowa City	34/25/sn	27/19/c
Jefferson City	37/23/sn	32/26/c
Joliet	35/27/sn	31/20/c
Kansas City	36/20/sn	32/27/c
Lafayette, IN	34/29/sn	31/21/sf
Lincoln	36/26/sn	31/20/c
Madison	36/21/sn	29/22/c
Milwaukee	36/25/sn	32/22/c
Omaha	27/13/c	29/23/p
Ottumwa	31/17/sn	23/17/c
Peoria	35/26/sn	29/20/c
Rockford	35/26/sn	31/20/c
St. Louis	38/26/sn	32/22/c
Springfield, IL	35/24/sn	30/20/c
Springfield, MO	35/19/c	29/26/c
Topeka	35/20/c	34/28/p
Wichita	39/23/c	42/26/p

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

River Stages

(in feet)	Flood Stage	Mon. 7 a.m.	24-hr +/-
Chariton River			
Chariton	19.5	5.07	-0.02
Rathbun Tail	--	4.20	+2.08
Moulton	36	18.82	-0.16
Novinger	20	1.12	-0.04
Prairie Hill	15	2.32	+0.14
South Fork Chariton River			
Promise City	25	4.46	+0.15
Mississippi River			
Keokuk	16	4.78	-0.41
Quincy	19	11.47	-0.15
Quincy Lock & Dam	18	5.19	-0.21

Forecasts and graphics provided by AccuWeather, Inc. ©2023

The Nation

	Wed.	Thu.
City	Hi/Low/W	Hi/Low/W
Albany, NY	33/31/sn	40/20/sn
Albuquerque	38/18/s	36/18/s
Anchorage	41/34/sf	41/27/c
Atlanta	64/38/r	48/32/p
Baltimore	47/40/r	48/30/p
Billings	38/30/c	42/32/c
Birmingham	55/37/c	47/29/c
Boise	39/25/p	39/29/c
Boston	36/33/sn	48/28/r
Buffalo	36/27/sn	31/23/sf
Charleston, SC	71/45/t	57/37/p
Charleston, WV	55/34/r	37/27/sf
Charlotte	57/38/r	52/30/p
Cleveland	38/31/sn	33/24/sf
Columbia	66/40/t	54/33/s
Columbus	41/29/sn	33/23/sf
Dallas	48/31/c	50/32/s
Denver	28/15/sf	33/22/c
Detroit	34/27/sn	32/21/sf
Fargo	11/1/c	24/15/sn
Grand Rapids	33/25/sn	31/24/c
Hartford	35/32/sn	44/24/c
Honolulu	78/66/c	79/66/p
Houston	54/37/p	56/36/s
Jackson, MS	47/35/c	48/29/p
Jacksonville	81/45/t	60/37/c
Las Vegas	56/39/s	56/35/s
Little Rock	46/32/c	44/31/s
Los Angeles	68/45/s	70/43/s
Louisville	43/34/sn	38/27/sf
Memphis	43/33/c	41/30/c
Miami	84/70/p	80/60/sh
Minneapolis	28/12/sf	19/11/c
Nashville	50/36/c	40/28/sf
New Orleans	55/43/p	55/41/p
New York City	44/40/sn	48/34/c
Norfolk	60/46/r	54/35/p
Oklahoma City	43/25/c	43/29/s
Orlando	85/56/p	68/44/p
Philadelphia	46/44/r	49/32/c
Phoenix	61/41/s	62/37/s
Pittsburgh	41/30/sn	32/24/sf
Portland, ME	32/30/c	39/20/r
Portland, OR	52/36/c	47/41/p
Rapid City	35/21/sn	43/32/c
Sacramento	62/36/s	63/35/s
Salt Lake City	35/25/c	35/24/c
San Diego	67/48/s	68/43/s
San Francisco	64/48/s	62/44/s
Seattle	49/37/c	47/40/p
Shreveport	44/32/c	51/31/s
Tampa	79/56/t	63/48/s
Tucson	60/33/s	58/34/s
Tulsa	43/23/c	45/31/p
Washington, DC	47/40/r	48/33/p

Woman wants a relationship with happily married couple

DEAR ABBY: I'm a woman in my early 50s who has been through two divorces. This may make me sound like a bad person, but I'm really nice and quite conservative. I just make poor choices when it comes to men.

A few years ago, I met a woman I have become good friends with. She's happily married. She and her husband are empty nesters, like I am. We often socialize, and when we do there is definite chemistry between the three of us.

I've recently heard of the concept of a "throuple," which is consenting adults living together as any couple would, except there are three rather than two. I can't help but wonder whether my friend, her husband and I might make a good throuple. This is not a case of rushing into something. We have known

JEANNE PHILLIPS
DEAR ABBY

each other for several years and have established trust and compatibility.

I'm nervous to bring this up because I don't want to jeopardize our friendship. I'm also scared about how deeply I feel for both of these people, and I think it's mutual. I don't like being single, and the thought of dating again gives me hives. What should I do? -- FOUND THE RIGHT ONES OUT WEST

DEAR FOUND: Carefully consider which will give

you worse hives. After two divorces, you are now in a position to make wiser decisions about men in the future, provided you're willing to risk dipping your toe into the dating pool.

It's very possible that, as much as this couple likes you, they may not be enthusiastic about the idea of a throuple. Proposing what you have in mind may put a crimp in your relationship with one -- or both -- of them. Unless you can find a way to casually gauge their reaction to "throupling" hypothetically in the course of a conversation, allow me to share a bit of wisdom that has served me well: When in doubt -- DON'T!

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

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NEWS OF THE WEIRD...

Irony

Early on Jan. 14, in Monterrey, Mexico, Carlos Alonso, 32, allegedly broke a glass door at Christ the King Parish and entered, intending to rob the church, Catholic News Agency reported. But as he tried to flee with a statue of St. Michael the Archangel in hand, he tripped and fell on the angel's sword, seriously wounding his neck. Passersby saw the injured Alonso and called for help; he is expected to be charged after he recovers from the fall. The statue was unharmed.

Recent Alarming Headline

On Jan. 16, a drive-thru customer at a coffee shop in Auburn, Washington, wanted more than an extra shot, KCRA-TV reported. As the barista handed Matthew Darnell, 38, his change through the window, a surveillance camera caught him grabbing her arm and pulling her toward him as he fumbled with a zip tie. The barista was able to pull away from him and close the windows as his dollar bills went flying. He drove off, but a distinctive "Chevrolet" tattoo on his arm was captured on video, along with his side profile. Police later reported that Darnell had been arrested at his home in Auburn and was held on \$500,000 bail.

Molehill, Meet Mountain

After getting into a dispute with staff at Jinling Purple Mountain Hotel in Shanghai on Jan. 10 over

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Truman men’s basketball team runs away from Drury in 2nd half

By Adam Tumino
Daily Express

After beating Drury on Saturday, the Truman State men’s basketball team now has four conference wins on the season. Three have come in the Bulldogs’ last three games.

Truman exploded in the second half to beat the Panthers 79-63, which was their largest margin of victory in a conference game this season.

The Bulldogs struggled a bit shooting the ball in the first half, going 9-of-30 from the field. Drury shot nearly 18 percent better than Truman in the first half, but as a result of having a lower volume of shots, the Panthers made just two more baskets than the Bulldogs. Fortunately for Truman, this led to Drury being up just seven points at halftime despite the discrepancy in shooting percentage.



Truman head coach Jeff Horner draws up a play during a timeout against Indianapolis on Nov. 28.

Drury’s lead needed to be much bigger, though. The Panthers were able to hold off Truman for the opening minutes of the second half, twice growing their lead to 10 points. Truman took its first lead of the second half with 11:42 left in the game, but Drury quickly took it back.

The two teams battled back and forth and ex-

changed leads until Truman took the lead for good with 5:31 left, putting the Bulldogs up 59-57. That began a 20-6 run for Truman that closed out the game.

Truman nearly doubled its shooting percentage between the first and second halves, shooting 30 percent in the opening 20 minutes and 59.3

percent in the final 20. The Bulldogs shot 16-of-27 from the field in the second half. They once again got a big boost from stellar free throw shooting, going 19-of-20 in the game and 16-of-16 in the second half to help ice the win.

Drury shot 30 percent from the field in the second half. Three point shooting could have helped Drury get back into the game, but they made just five of their 19 three point attempts in the second half. Truman was much more efficient from deep, shooting 4-of-7 from three in the second half and 10-of-23 in the game.

Elijah Hazekamp was once again the leading scorer for Truman, and had one of his best games of the season. He scored a season-high 27 points while shooting 9-of-16 from the field and 5-of-9 from three point range. He also led all players with nine rebounds and four steals.



Truman’s Elijah Hazekamp looks to pass inside against Indianapolis on Nov. 28. PHOTOS BY ADAM TUMINO

Forward Dylan Peeters was productive off the bench, setting a new season high with 15 points. He was 7-of-7 on free throws to improve to 29-of-33 from the line this season. Peeters now has six double-figure scoring games this season, three of which have come in the last five games.

Hunter Strait also scored in double figures, tallying 13 points in the game while shooting 3-of-5 from deep.

Drury was led by Logan Applegate with 19 points and shot 6-of-14 from the field. The other four starters for the Panthers combined to score 19 points on just 6-of-28 shooting. Bench players Riley Naeger and Brady O’Connell scored 11 and 10 points respectively. They shot a combined 7-of-9 from the field.

Truman, now at 4-7 in conference play, is still in 11th place in the GLVC standings. However, the three-game winning streak has

helped the Bulldogs move slightly up from the bottom of the standings toward the middle. They now have just two-fewer conference wins than fifth-place Illinois-Springfield.

Things are looking up in conference play for the Bulldogs. After an 0-4 start to conference play where Truman averaged 60.8 points per game and allowed 74.6 points per game, they are now averaging 75.9 points per game and allowing 74.7 points over the last seven conference games, going 4-3 in that span. In their four GLVC wins, the Bulldogs are averaging 80.5 points per game and allowing 69.3 points.

They will try to continue their winning streak at home on Thursday when they host Maryville. The Saints are also 4-7 in conference play, but have lost six of their last seven conference games. The game will tip off at 7:30 p.m.



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

No. 3 Drury pulls away in 2nd half to beat Truman women’s basketball team

By Adam Tumino
Daily Express

The Truman women’s basketball team faced perhaps its toughest test of the season on Saturday. The Bulldogs visited Drury, the No. 3 team in the nation and the only team above Truman in the GLVC standings. After a strong start for Truman, Drury pulled away over the final three quarters to beat the Bulldogs 80-63.

Drury improved to 11-0 in conference play and 18-1 overall with the win. Truman fell to 13-6 overall and is still in second place in the standings with a 9-2 conference record.



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

Truman had a very strong showing early in the game, leading 19-14 after the first quarter. The Bulldogs shot 8-of-16 in the opening quarter while holding Drury to

5-of-13 from the field. This continued into the second quarter, as Truman maintained its lead and grew it to nine points with 5:30 left in the quarter, putting the Bulldogs 30-21

Drury then ended the quarter on a 15-2 run to grab a 36-32 lead heading into halftime. Truman did score the first five points of the third quarter to reclaim the lead with 8:20 left in the quarter, but Drury pulled away once again. The Panthers scored 16 of the next 21 points in a little over four minutes of game time to go up 52-42. By the end of the quarter, Drury held a 64-50 lead.

Truman shot a respectable 7-of-16 from the field in the third quarter, but Drury was much more productive. The Panthers shot 13-of-19 in



Truman guard Alex Fanning battles under the basket against Indianapolis on Nov. 28.

the third and were able to outscore the Bulldogs 28-18 in the quarter despite making the same number of three pointers as Truman and not even attempting a free throw.

Drury’s shooting cooled off in the fourth quarter, where they were just 4-of-12 from the field. But after only attempting four free throws in the first half and none in the third, the Panthers went 8-of-10 from the line in the fourth to maintain a sizable lead.

Truman was unable to take advantage of Drury’s reduced scoring in the fourth quarter, getting outscored 16-13 in the final 10 minutes.

Drury out-rebounded Truman 40-30 in the game and had 15 offensive rebounds to Truman’s seven. Despite the difference in offensive

rebounds, Drury only had three more second chance points than Truman. While the extra offensive opportunities for Drury did not necessarily translate into points, they took possessions away from Truman.

As has been the case many times this season, Hannah Belanger and Ellie Weltha led the Bulldogs in scoring. Belanger scored a team-high 18 points on 7-of-17 shooting. She was just 3-of-10 from three, however, well below her season average of 44.6 percent. Weltha finished with 16 points and seven rebounds. She shot 7-of-9 from the field.

Forward Alex Fanning came just short of a double-double, finishing with nine points and 10 rebounds. Guard Gra-

cie Stugart led the team with five steals and four assists.

Drury had three players finish in double figures scoring. Terri-on Moore led the way with 18 points. Kaylee DaMitz-Holt had 17 points and Alana Findley had 14 points. The three combined to shoot 20-of-37 from the field. Findley and Moore tied for the team lead with seven rebounds apiece.

The Bulldogs will have a chance to bounce back from this loss when they return home to play Maryville on Thursday. The Saints are 11-7 overall this season and 6-5 in conference play, putting them in fifth place in the GLVC. They won their last game against Lewis on Jan. 21 to snap a four-game losing streak.



Truman guard Gracie Stugart gets into position on defense against Indianapolis on Nov. 28. PHOTOS BY ADAM TUMINO

Truman Athletes Earn Presidents’ Excellence Honor From NCAA

By Truman State University

Truman Athletics was once again recognized by the NCAA with the Presidents’ Award for Academic Excellence for Division II schools

that have achieved an Academic Success Rate of 90% or higher.

Truman was one of five members of the Great Lakes Valley Conference to earn the award and one of only four pub-

lic institutions among the 44 honored schools. As a conference, the GLVC finished third with five athletics programs achieving scores of 90%.

The Division II ASR includes transfers into a school

in the calculation and removes those who transferred out while academically eligible. The ASR also includes the more than 30,000 non-scholarship student-athletes who were enrolled in the four

years covered in the most recent data.

The ASR for Truman student-athletes is 91%. For Division II athletes, the federal rate is 60%, and the general student body is 52%.

Chiefs’ Reid: Mahomes ‘going to play’ vs Cincy for AFC title

By THE ASSOCIATED PRESS

KANSAS CITY, Mo. — Chiefs coach Andy Reid said Monday that Patrick Mahomes will play in the AFC title game against the Bengals, and that the high ankle sprain the All-Pro quarterback sustained against the Jaguars last weekend is less severe than the one he played through during the 2019 season opener.

“He’s going to play,” Reid told a group of local reporters. “That’s his mindset.”



Kansas City Chiefs quarterback Patrick Mahomes (15) cheers during the second half of an NFL divisional round playoff football game against the Jacksonville Jaguars, Saturday, Jan. 21, 2023, in Kansas City, Mo. The Kansas City Chiefs won 27-20. AP PHOTO/JEFF ROBERSON

in the AFC title game — the fifth consecutive one hosted by Kansas City and a rematch of last year’s game won by Cincinnati in overtime.

“Pain is pain,” Mahomes said. “You’re going to have to deal with it.”

Reid said it was too early to tell how much Mahomes will practice this week. The Chiefs typically spend Monday reviewing film and getting treatment, then the players get Tuesday off, before their first full practice on Wednesday.

“When we get to that Wednesday practice we’ll see where we’re at,” Reid said. “I’ve got to see how he feels.”

Asked whether Mahomes could play without practice, Reid replied: “Who the heck knows?”

“He’s done some amazing things with limited time,” Reid added. “I think so. He’s never had to do it.”

Mahomes sustained a similar ankle injury in the 2019 opener against Jacksonville, and Reid said “I think this one isn’t quite as bad as that one.”

In that case, Mahomes played the following week in Oakland, going 30 of 44 for 443 yards and four TD passes without an interception in a 28-10 win over the Raiders.

Regardless of whether Mahomes practices, Henne is likely to get more repetitions than usual. And while the quarterbacks have vastly different styles, Reid doesn’t believe they will dramatically alter the Chiefs’ game plan.

“We try to keep open communication with the quarterbacks as best we can,” he said. “We’ve had Chad here a while now. We know the plays he likes and doesn’t like. We also know the plays that Pat likes and doesn’t like. We try to

blend it and make sure that we have plays that work for both of them.”

WHAT’S WORKING

The Chiefs proved they can take pressure off the quarterback with the ground game on Saturday night, running for nearly 5 yards per carry against Jacksonville. Isiah Pacheco had 95 yards rushing, much of it coming on Henne’s long scoring drive.

WHAT’S NOT

The Chiefs’ wide receivers struggled against the Jaguars, forcing the Chiefs to lean heavily on Travis Kelce, who had 14 catches for 98 yards and two scores. Kadarius Toney was their top wide receiver with five grabs for 36 yards, but nobody else in the group had more than two receptions or 29 yards.

STOCK UP

This is the time of the year Frank Clark makes good on his contract. The defensive end sometimes struggles during the regular season, but his sack against the Jaguars gave him 12 for his playoff career. That tied Hall of Famer Reggie White for fourth among all players since sacks became an official stat in 1982.

STOCK DOWN

Meanwhile, defensive tackle Chris Jones is still searching for his first career postseason sack. He had 15 1/2 in the regular season, third most in the league, but had just one tackle and one quarterback hit against the Jaguars.

INJURIES

Mahomes will dominate the conversation all week. Otherwise, the Chiefs came out of the divisional round healthy.

KEY NUMBER

14 — That’s the number of playoff touchdown catches for Kelce, which trails only Rob Gronkowski (15) and Jerry Rice (22) for the most in NFL history. Kelce has had at least one in each of his past four postseason games.

NEXT STEPS

The Chiefs have lost three straight to the Bengals, all since January 2022, including last year’s AFC championship game. That was the only one of the three played at Arrowhead Stadium, though just like the rest, the Chiefs wound up losing by a field goal. In that game, Kansas City blew a 21-3 lead in the 27-24 overtime defeat.

Scandals highlight lack of women coaches at top of US soccer

By THE ASSOCIATED PRESS

Twila Kilgore knew her career path when she was just 12 years old, thanks to a youth soccer coach who used to drive her to practice.

During those rides, she got to hear “all the behind-the-scene things that were happening” and was “exposed to what a coach actually does,” she said. “I pretty much knew then that when I was done playing, I would coach.”

Now she’s an assistant for the U.S. women’s national team and one of just four women in the United States who hold the U.S. Soccer Federation’s elite pro license.

Kilgore’s path makes her a rarity. American soccer offers limited coaching opportunities for women at the top of the sport, and the cost to obtain the requisite licenses can be a barrier.

The issue has drawn FIFA’s attention. A 2019 study by soccer’s inter-

national governing body found that more than 13 million girls and women played organized soccer, but only 7% of coaches worldwide were women.

The shortage of qualified women was highlighted by a glut of vacancies created by men who were pushed out of the nation’s top professional league.

When scandal rocked the National Women’s Soccer League in 2021, five male coaches were dismissed or forced to resign because of mis-

conduct, harassment or abuse. Earlier this month, four of those men were banned from ever coaching in the NWSL again following an investigation by the league and the players’ union.

Today, just three women hold head coaching jobs in the 12-team league, all on the West Coast: OL Reign’s Laura Harvey, San Diego’s Casey Stoney and Angel City’s Freya Coombe. Five coaches, all men, are embarking on their first season with

their teams this year.

For women trying to break into such elite circles, money is a glaring obstacle.

Top coaching licenses are expensive to obtain — the USSF pro license costs \$10,000 — and the process is both lengthy and labor intensive. Male coaches often have teams and leagues behind them willing to foot the bill and provide the time to complete the courses.

Kilgore, who worked for the Houston Dash be-

fore joining Vlatko Andonovski’s staff on the national team, got her pro license with financial help from the Dash, a scholarship fund set up by former national team coach Jill Ellis and from FIFA.

“I can tell you it’s a huge blessing because every other step along the way with licensing up to this point, I’ve paid for myself with a little bit offset from the universities I’ve worked at,” Kilgore said. “It is a major barrier for a lot of people.”

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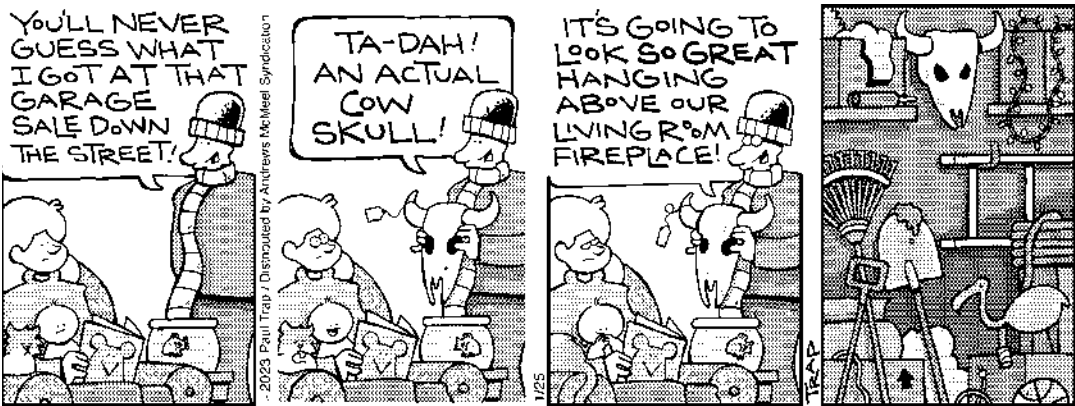
FRANK AND ERNEST



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

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

CROSSWORD

- ACROSS**
- 1 Soda can opener
 - 4 Right this minute
 - 7 Yard tool
 - 11 Citrus cooler
 - 12 Dash dial
 - 13 Kuwaiti leader
 - 14 Wire measure
 - 15 As much as (2 wds.)
 - 16 Go to the polls
 - 17 Comfort
 - 19 Glances at
 - 21 Jiffies
 - 22 Startled cry
 - 23 Major prank
 - 26 Drive away
 - 30 Capitulated
 - 34 Garden tool
 - 35 Opposite of post-
 - 36 Making possible
 - 39 Kiwi language
 - 42 Yves' girl
 - 43 Publishing execs
- 45 Yield by treaty**
- 48 Not built-up**
- 50 Tend the aquarium**
- 52 Floor covering**
- 53 O.K. Corral name**
- 55 Boston Bruins org.**
- 56 Kendrick or Faris**
- 57 Snapshots**
- 58 Part of an ear**
- 59 "By Jove!"**
- 60 NFL scores**
- 61 That, to Jaime**
- DOWN**
- 1 Jaunty caps
 - 2 Amigo's farewell
 - 3 Southern beauty
 - 4 Where hackles rise
 - 5 World Series mo.
 - 6 In one piece
 - 7 Overturn

Answer to Previous Puzzle

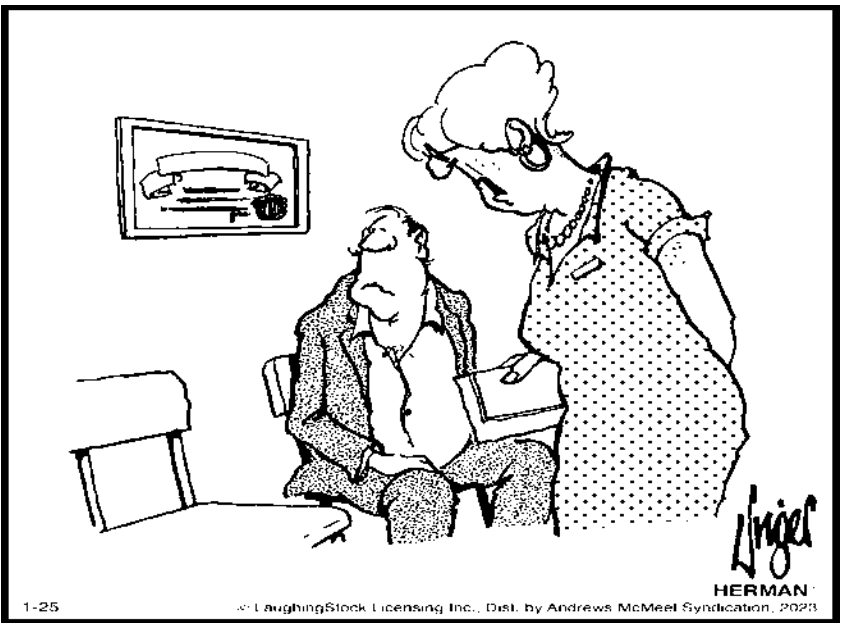
COMB	ASH	YAWL
AREA	WHO	IDEA
MANS	LAVENDER	
LUIS	PER	SPA
	LATERAL	
DEW	TADS	AYES
ARISEN		ZULU
FILE	AVERSE	
TEEN	ELLA	TED
	TUNISIA	
DIS	MTN	NINO
OCCUPIED		LIVY
NOOK	CNN	EKED
ANTE	ESA	DENS

- 8 Running wild**
- 9 Little foxes**
- 10 Afore**
- 12 Arizona city**
- 18 Need an aspirin**
- 20 Not 'neath**
- 24 Picnicked on**
- 25 Lucy Lawless role**
- 27 Frat letter**
- 28 Time period**
- 29 Limb**
- 30 Tachometer meas.**
- 31 Baseball stat**
- 32 Name for a lion**
- 33 River blocker**
- 37 Bodybuilder's pride**
- 38 Eye suggestively**
- 40 Go over again**
- 41 Spud st.**
- 44 Took a nap**
- 46 Rumba or tango**
- 47 Social mores**
- 48 Onion —**
- 49 Longest arm bone**
- 50 Curved lines**
- 51 Isle of exile**
- 52 — kwon do**
- 54 Bail out**

1	2	3			4	5	6		7	8	9	10
11				12					13			
14				15					16			
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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		

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HERMAN



ASTROGRAPH BY EUGENIA LAST

Take a different approach to life, love and happiness. You'll discover something that captures your heart and encourages you to dedicate more time to personal growth. Recognize how far you've come, and learn to love yourself and be proud of your accomplishments. Everything will fall into place.

AQUARIUS (Jan. 20-Feb. 19) -- Don't waste time. Look at a challenge to show off your skills and talents. Don't mislead others regarding money or what you are willing to contribute. A personal pick-me-up will boost your ego.

PISCES (Feb. 20-March 20) -- Search for answers. Play fairly, and don't let anger cause a feud with a friend, relative or peer. Be direct about what you are willing to do for others. Don't take part in gossip.

ARIES (March 21-April 19) -- Your help will be pivotal. Keep up the excellent work, and don't hesitate to take what's yours. An unexpected change may daunt you at first, but the result will be better than anticipated.

TAURUS (April 20-May 20) -- Protect against injury and illness. When you need answers, go directly to the source. Sign up for classes or events that will broaden your outlook and help you make the most of your talents.

GEMINI (May 21-June 20) -- Turn on the charm, pump up the enthusiasm and make things happen. How you go about your business will interest someone who may also want to take advantage of you. Don't be too quick to give away your secrets.

CANCER (June 21-July 22) -- Listen and gather facts, then consider outcomes and the best way

to navigate your way through turmoil. Distance yourself from anyone looking for a fight or trying to get you to do something for their benefit.

LEO (July 23-Aug. 22) -- Helping others will enrich your life. Physical activity, charity events and challenges will lead to acknowledgment. Being in the know will encourage others to consider you for a project or position.

VIRGO (Aug. 23-Sept. 22) -- Uncertainty is the enemy. When in doubt, check the facts and proceed down the path that you find welcoming. Feeling good about your decisions because you did your homework will alleviate stress.

LIBRA (Sept. 23-Oct. 23) -- Think hard before you share your thoughts with others. Take the liberty to put someone at ease by offering your services, and you'll make a significant difference.

SCORPIO (Oct. 24-Nov. 22) -- You'll meet someone new or get the chance to do something you've never done. Participating in events that challenge and motivate you will lead to an opportunity.

SAGITTARIUS (Nov. 23-Dec. 21) -- Size up situations quickly and keep moving. Being gullible will leave you in a compromising position. Don't get into a debate that you cannot win. Let your actions speak for you.

CAPRICORN (Dec. 22-Jan. 19) -- Distance yourself from manipulative, controlling people. Stick close to home and make changes that add to your comfort and help you lower your overhead. An unusual offer will tempt you.

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

ANNOUNCEMENTS

Notices

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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 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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CITY OF KIRKSVILLE SEMI-ANNUAL FINANCIAL REPORT (CASH BASIS UNAUDITED) July 1, 2022 - December 31, 2022				
GENERAL FUND				
Revenues				
Taxes and Franchise Fees	3,773,693			
Licenses and Permits	291,291			
Intergovernmental	2,340,370			
Charges for Services	119			
Fines and Costs	10,117			
Management Fees	193,712			
Investment Earnings	20,916			
Transfers	458,648			
Other Revenue	205,256			
	<u>7,294,122</u>			
Expenses				
Council/Boards and Committees		331,729		
Administration		233,655		
Human Resources		56,952		
Community and Economic Development		162,958		
Finance		258,037		
Information Systems		148,296		
Public Building Maintenance		217,332		
Police		1,430,447		
Fire		1,344,996		
Public Works/Street Maintenance		1,239,312		
Codes and Planning		240,121		
Engineering		<u>193,940</u>		
		<u>5,857,775</u>		
OTHER FUNDS				
	Revenue		Expense	
Community Development Block Grant	5,615		11,754	
Walking and Cycling Trail Grant	131,456		351,628	
Baltimore Commons CID	14,593		160	
Downtown TIF District	124,675		279,801	
South 63 Corridor TIF District	17,517		48,000	
South 63 Corridor CID	17,500		25,160	
Franklin Street CID	13,170		160	
E911	442,448		409,897	
North Baltimore Street CID	105,471		164,100	
Community Partnership	6,880		-	
Missouri Rural Enterprise & Innovation Center	150,853		130,776	
Capital Improvement Sales Tax	531,880		426,171	
Transportation Sales Tax	928,867		2,431,648	
Economic Development Sales Tax	929,687		-	
Central Garage	381,959		412,533	
Insurance	42,130		668,461	
Utility	5,027,609		4,725,800	
Tourism	344,563		70,267	
Airport	1,254,621		1,152,314	
Parks and Recreation	1,195,984		1,383,371	
Veterans Memorial	3		-	
Tri-Centennial Trust	1		-	
Forest-Llewellyn Cemetery Trust	577		7	
Nancy Reed Fugate Trust	23		-	
Revolving Loan	937		-	
	<u>11,669,019</u>		<u>12,692,008</u>	
TOTAL	<u>18,963,141</u>		<u>18,549,783</u>	
2022 Property Tax Levy	0.6816/\$100 Assessed Valuation			
2022 Assessed Valuation	151,482,680	Real Estate		
	55,724,104	Personal Property		
	12,899,632	Railroad and Utilities		
	350,889	Aircraft		
TOTAL	<u>220,457,305</u>			
Cash & Cash Equivalent Assets	29,768,436	Pooled		
	827,405	Insurance & Benefits		
	643,710	Water Deposits-Restricted		
	1,330,613	Other Restricted		
	<u>48,125</u>	Certificates of Deposit		
TOTAL	<u>32,618,289</u>			
Indebtedness				
Bonded	1,840,000	Waterworks		
	16,686,001	Sewerage		
	1,080,000	Stormwater		
Certificates of Participation	6,495,000	Aquatic Center Project (9/2032)		
Capital Leases	172,871	Asphalt Plant Equipment (5/2024)		
	<u>274,597</u>	Fire Truck (1/2025)		
TOTAL	<u>26,548,469</u>			

IN THE CIRCUIT COURT OF ADAIR COUNTY, MISSOURI
PROBATE DIVISION

In The Matter Of
JAMES WEST, III, Deceased.

Estate Number: 21AR-PR00105

NOTICE OF FILING OF FINAL STATEMENT OF ACCOUNT
AND PETITION FOR DISTRIBUTION

You are hereby notified that on March 1, 2023, or as may be continued by the court, the undersigned personal representatives will file in the Probate Division of Circuit Court of Adair County, Missouri, at Kirksville, Missouri, Final Statement of Account and Proposed Distributions of the estate. Any objections or exceptions to such Final Statement of Account and Proposed Distributions or any item thereof must be in writing and filed within twenty days after the filing of such Final Statement of Account and Proposed Distributions.

January 25, 2023

Beverly A. Kennedy, Personal Representative
29125 Hall Rd.
Rocky Mount, MO 65072
(573) 392-4642

January 25, 2023

J. Timothy West, Personal Representative
28874 State Highway E
La Plata, MO 63549
(660) 342-8868

January 25, 2023

Herbert C. Willbrand, Attorney, MO Bar No. 17386
Herbert C. Willbrand Law Firm, LLC
601 E. Broadway, Ste. 203
P. O. Box 1304
Columbia, MO 65205-1304
(573) 442-3181; Fax: (573) 874-3796
e-mail: hcwillbrand@willbrandlaw.com

Dates of Publication: January 25, February 1, 8 and 15, 2023.

ADAIR COUNTY HEALTH DEPARTMENT STATEMENT OF RECEIPTS AND DISBURSEMENTS JANUARY 1, 2022 THROUGH DECEMBER 31, 2022	
1-Jan-22 Petty Cash	\$300.00
Bank Balance	\$458,536.25
Certificates	\$320,108.37
Total Cash	<u>\$778,944.62</u>
	(\$64.00)
Net Available Funds	<u>\$778,880.62</u>
2021 Receipts	\$1,876,300.46
2021 Disbursements	\$1,774,065.88
31-Dec-22 Petty Cash	\$300.00
Bank Balance	555,089.97
Certificates	325,772.23
Total Cash	<u>\$881,162.20</u>
Less Coroner's Liab	(\$47.00)
Net Available Funds	<u>\$881,115.20</u>
Statement includes Medical Reserve Corps & Community Volunteer Corps funds.	
Details of financial information may be seen at the ADAIR COUNTY HEALTH DEPARTMENT 1001 SOUTH JAMISON STREET KIRKSVILLE, MISSOURI 63501	
In cooperation with the Missouri Department of Health and Senior Services An Equal Opportunity Employer	

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CROSSWORD PUZZLES

- ACROSS
- 1 Kissers

5 Wails

10 Where Leo is

12 Fate

13 Meeting outline

14 Hesitant

15 Sphagnum moss

16 Canine warning

18 Boar's mate

19 Failed to include

23 Pat on

26 Andy Capp's quaff

27 Third-quarter tide

30 In a colorless way

32 Listlessly

34 Yak's home

35 Sibilated

36 Sticky fruit

37 Thug's piece

38 Airline to Stockholm

39 Fancy trim

42 Quit stalling
- 45 Poultry product

46 Mock fanfare (hyph.)

50 Shy blossom

53 Eludes

55 Westerns

56 Watery sound

57 Facial features

58 Teamster rig
- DOWN
- 1 Theater section

2 Proposal

3 Spotted horse

4 Melancholy

5 Nieces and cousins

6 Super-man's emblem

7 Rhea cousins

8 Despot who fiddled

9 Hot pot

10 Jolt of electricity

11 Shrewdly

12 Waldheim or Cobain

Answer to Previous Puzzle

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

17 Country addr.

20 Soda fountain treat

21 Winding down

22 — ex machina

23 Banned bug spray

24 Like the Kalahari

25 Rum-soaked cake

28 Source of the Po

29 Courtroom bargain

31 — noire

33 Fabric meas.

35 Sudden thrusts

37 Band's booking

40 Comes down with

41 Not fresh

42 River in England

43 Breezy greeting

44 3-year-olds

47 Not know from —

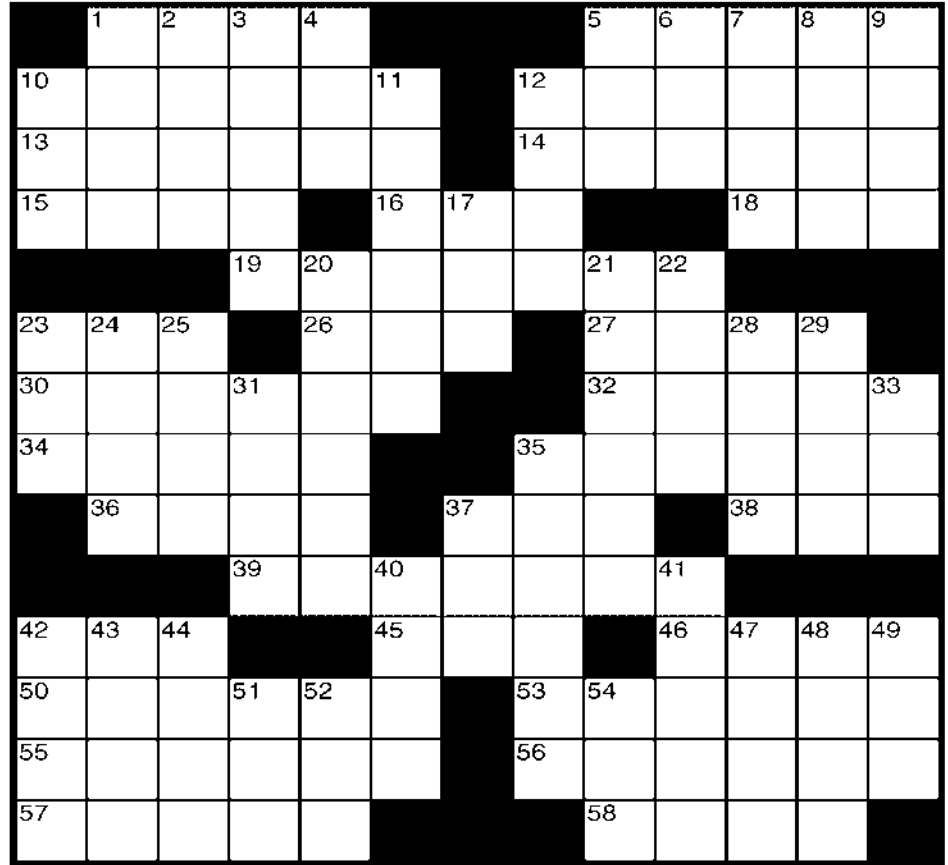
48 He loved Lucy

49 Hard wood

51 Remick or Majors

52 Hesitant sounds

54 Corp. officers



1-26

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- ACROSS
- 1 Electrical unit

5 Paramount rival

8 Court ritual

12 Lab culture medium

13 Item in a poker pot

14 Fix

15 Garr or Hatcher

16 Worthless coin

17 Squad

18 Roof overhangs

20 Powdery

22 Tarzan player

23 Vase with a foot

24 Trial balloons

27 Serving bowl

30 Freud, to himself

31 — Enterprise

32 Hawaii's Mauna —

34 Meyers of "Kate & Allie"

35 1980 Turner launch

37 Cosmo-naut's station
- 38 Reunion attendees

40 Kind of squash

42 Snaky fish

43 Grand Teton st.

44 Plays a round

46 Get acclimated

49 Obi-Wan, for one

50 Electrical unit

52 Trust

54 Unknown auth.

55 Short snooze

56 Mall event

57 "The Way We —"

58 Reserved

59 Panache
- DOWN
- 1 Huge container

2 Type of arch

3 Super-man's mom

4 Hot dish holder

5 Young girl

6 Yucky stuff

7 Oahu attire

8 Gasoline rating

Answer to Previous Puzzle

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

9 "The Mammoth Hunters" author

10 Room service item

11 Do a sewing chore

19 Ernie of the PGA

21 Gets it wrong

24 Argentinian aunt

25 Linen color

26 Climb a rope

27 Large wine casks

28 A Muppet

29 Roulette color

33 Prince Valiant's son

35 Musical symbol

36 Wrestling holds

39 Ms. Dion

40 Novelist — Rand

41 Curriculum component

43 Weak and ineffectual

44 Trait determinant

45 Nose stimulus

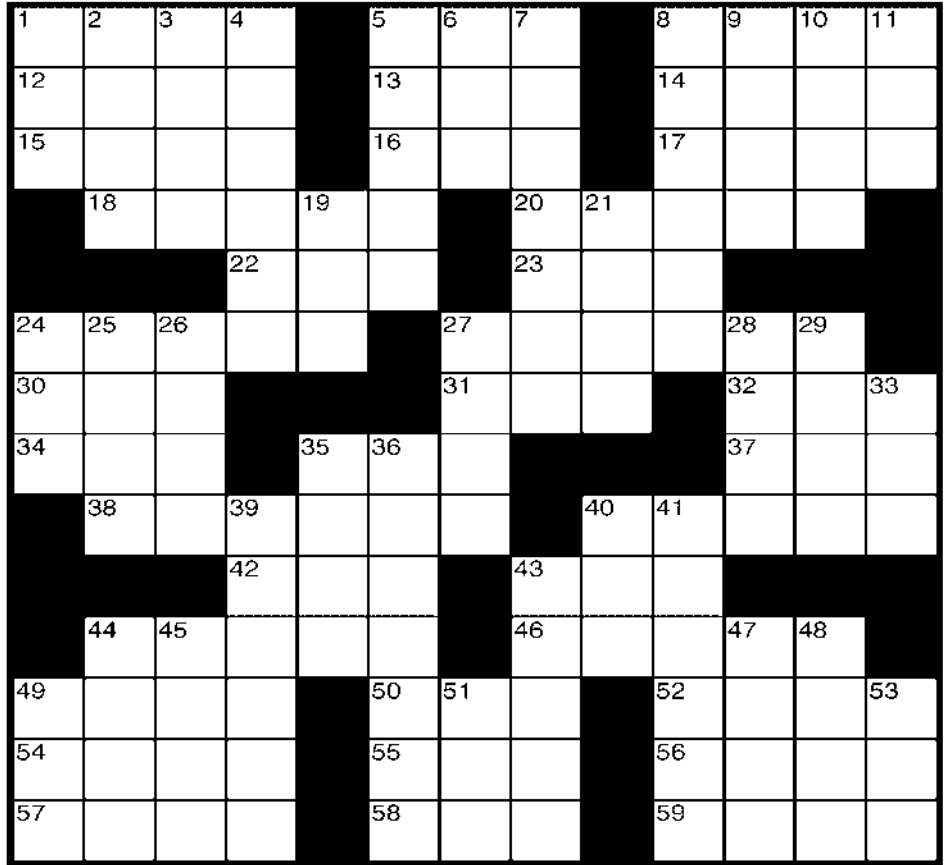
47 Sincere

48 Miss Cinders of the comics

49 Facial feature

51 Sarcastic retort

53 Kyoto cash



1-27

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Share Some

GOOD NEWS!

Wedding & Engagement Announcements

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

Birth Announcements

Welcome, Hayley Ryan!
Born April 22, 2019
9 lbs. 22 inches
Proud Parents
Lydia & Mike Ryan

Celebration Announcements

Cunningham Graduation
Allison Jean Cunningham, daughter of Pam and Mark Cunningham, graduated from Mizzou on October 6, 2019.

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Birthdays • Retirements • Graduations • Birth Announcements

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February 2023

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Welcome, New Board of Directors

Kevin Butner, President/Banking Center Manager for Bank Midwest in Kirkville, joins the Kirkville Area Chamber of Commerce Board of Directors in January 2023. Kevin resides in Macon, MO, where he served on the Macon Chamber Board from 1985-1988. He has also served on these area boards:

- ◆ President of Macon Economic Development Board - 3 years
- ◆ Producers Choice Bio Diesel Board 2007-2015
- ◆ Macon Sheltered Workshop Board 1999-2004
- ◆ Associated Wholesale Grocers Marketing & Advertising Board 1999-2007
- ◆ Macon County Enterprise Zone Board—15 years
- ◆ Agri-Genesis Board - 3 years


Kevin has also been involved with United Way of NE Missouri – 5 years, Heartland RSVP – 3 years, been a Junior Achievement Instructor for 9 years and involved in Rotary for 23 years. Kevin brings a wealth of business experience and an entrepreneurial spirit to the Chamber Board. Kevin has held the following positions:

- ◆ Director of Operations - Hardee's 20 years (Missouri & Illinois)
- ◆ Owner - Butner's Country Mart, Macon
- ◆ Chief Operating Officer - Lewis County Press
- ◆ Owner - Butner Auto Spa, Macon
- ◆ Realtor

Kevin's hobbies include family trips with his wife of 40 years, Boating, Harley –Trips, Gardening. They have 2 daughters, Rebecca & Rachelle, and four grand dogs.



Kevin Butner
Bank Midwest
President/Banking Center
Manager



Kristy Rowles, Sales Manager for Holiday Inn Express & Suites, also joins the Chamber board in January 2023. Kristy hails from the Columbia area. She graduated from Columbia College with a Bachelor's degree in Accounting. Kristy worked for Shelter Insurance in the Marketing/Advertising Department at their home office in Columbia for a number of years and held several different positions.

After much consideration, she decided she wanted a change of pace. She moved to southeast Missouri where she met and became employed with her current General Manager, Paul Williams, in May 2014. She worked as the Breakfast Manager at Best Western Plus in Sikeston, MO until September 2017 when she transferred to Kirkville to work at the new Holiday Inn Express & Suites. She continued working in the same position as Breakfast Manager, along with overseeing Evening Reception. Kristy was promoted to the Sales Manager position in March 2020.

Kristy has one son, Austin, who lives & works in St. Louis. She loves to travel and has a huge number of destinations on her bucket list.




KIRKSVILLE AREA CHAMBER OF COMMERCE
ANNUAL BANQUET

Thursday, March 2nd
5:00 pm Social
6:00-8:30 PM Dinner & Awards

CASH BAR AWARDS FELLOWSHIP DINNER INCLUDED

five UNDER 40

Online registration available NOW!
www.kirkvillechamber.com



Surviving the Slow Months

By: Anastasia Tiedemann, SBDC, MERIC

The first few months of the year are typically the slowest retail months, according to US Census data. After spending significant money on the holidays, shoppers are getting their credit card bills and are feeling the "holiday spending hangover." Paired with colder weather, there's usually less foot traffic during the winter months. But, that doesn't mean that shopping grinds to a complete halt. Let's look at some ways you can keep yourself busy, as well as increase sales during the slow season and hopefully all year long!

- 1) Can your customers shop from your store online? If not, take the time to develop an e-commerce platform for your store. Although it sounds daunting, there is a lot of support that may already be in place. Shopify is the solution for many small businesses, but there are also opportunities available through some POS systems, like Square. Do some research to find what the best fit is for you.
- 2) Grab a calendar and brainstorm a year's worth of promotions. Think about who is shopping when, and what items would be trending at that time. Make a list of tasks to execute these strategies. Be creative!
- 3) Spend some time researching new avenues for marketing your business. Is there a partnership you can forge with another small business to cross-promote your products and services?
- 4) Work on your customer engagement. Reach out via Facebook and Instagram and start a conversation with your potential customers. Run contests, drawings, or advertise sales to keep their interest piqued. Post photos of new inventory, and get feedback on products and what your customers would like to see.
- 5) Is there a customer need that is not being addressed? Investigate bringing some new products or services to your business. Build a timeline and marketing strategy.
- 6) Evaluate your systems and processes. Take steps to purge or change what is not working for you. One of the things that makes you a successful business owner is your ability to assess what is working and what is not. Keep a close eye on what new strategies are working, and what old strategies might need to be changes.

As always, if you'd like more information, just reach out! atiedemann@kirkvillecity.com / 660-665-3348.

To Our Renewing Members—Thank You!

- ◆ Bailey's Window Cleaning
- ◆ Beard's Decorating Center
- ◆ Century 21 - Lifetime Realty
- ◆ Corey R. Eagen CPA, LLC
- ◆ Curtain Call Theatre Company
- ◆ Davis Playle Hudson Rimer Funeral Home
- ◆ Edward Jones - Financial Advisor - Jon Peck
- ◆ First United Methodist Church
- ◆ Gardner Collier Jewelry
- ◆ Golden Eagle Distributing
- ◆ Grossnickle Insurance
- ◆ Harden, Cummins, Moss & Miller, LLC
- ◆ Hightower Wholesale
- ◆ Hines Performance Parts, LLC
- ◆ Hollister, Inc.
- ◆ Hy-Vee Food & Drug Store
- ◆ KZBK, KFMZ, KLTi, KZZT, dba Best Broadcast
- ◆ Liberty
- ◆ Lifeline Pregnancy Help Clinic
- ◆ Lloyd Distributing
- ◆ Lovegreen Ford
- ◆ Midwest Gold & Silver
- ◆ NEMO Fair Association
- ◆ Pickell Abstract
- ◆ Pure Air Cabin
- ◆ Rider Drug, Inc.
- ◆ Scrubby Duds
- ◆ Shirley Baldwin
- ◆ State Farm Insurance—Audra Jackson Harris Agency
- ◆ Truman State University
- ◆ Warehouse 660

Welcome, New Members

High Road Family Healthcare—(660) 216-6340
(Healthcare Services & Equipment)
Franchesca Cook, Owner
307 South Baltimore, Suite A
Kirkville, MO 63501

Kirkville Autoworks—(660) 627-3800
(Automotive)
Rachel Bratcher, Owner
320 S Baltimore St
Kirkville, MO 63501

TM-Kirkville—(828) 844-4568
(Health & Fitness Centers)
Frank Boggess, Owner
2104 Jade Ln
Fairfield, IA 52556

Thank★You!
For even more information on all of our members,
visit www.KirkvilleChamber.com/directory.



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