

KIRKSVILLE Daily Express

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WEDNESDAY

MARCH 22, 2023 | \$2

Liberty Utilities customers to save approximately \$9.50 a month

By Marty Bachman
Daily Express

Liberty Utilities, which more than tripled the gas rates for Kirksville customers in November, announced that the natural gas rates it charges customers will decrease under a filing that will take effect on April 1. The rate change reflects the Weather Normalization Adjustment Rider (WNAR) which authorizes rate adjustments based on weather variations.

Under the Liberty Utilities filing, a residential customer using 100 Ccf's (10,000 cubic feet) of natural gas in a given billing month will see a reduction of approximately \$9.50 a month in Liberty Utilities' Northeast District, which includes Kirksville and Adair County.

The purpose of the tariff is to adjust revenues for differences between actual heating degree days and normal heating degree days.

In November 2022, Liberty raised prices on its Kirksville and Adair County customers beginning Dec. 4, 2022. At the time, residential customers that were paying ap-

proximately \$0.38 per Ccf of natural gas, had their rate increase to approximately \$1.27 per Ccf.

The company faced an outcry from the public that crescendoed at a March 6 city council meeting where Liberty Utilities Central Region Business and Development Manager J. R. Derksen explained the company's position. Derksen told the council that Liberty was not profiting from the cost increase but that it was a pass through cost and that its customers paid the same price as Liberty, prices were set by the Missouri Public Service Commission (PSC).

Despite Derksen's explanations, Kirksville residents at the meeting protested the costs to senior citizens and others who were having to choose between buying food and medicine or paying the high gas bill.

"Some of our people in church only make \$700, maybe \$800 a month, and you get a \$2-\$300 gas bill," said Eleanor Keller, a pastor's wife. "You can't buy your medicine, you can't buy food and they lose their home. When a person gets to that point where they don't have a choice,

we have to find some way of helping these people." Mayor Zac Burden questioned the prices local residents were paying in the face of "ungodly" record profits by the oil companies.

In February, the Public Service Commission announced a natural gas rate reduction for Kirksville District customers. The rate adjustment reduced the purchase gas adjustment rate or PGA from \$1.10 per Ccf (per hundred cubic feet) of natural gas to approximately \$0.74 per Ccf. The rates went into effect on Feb. 23.

Council member John Gardner questioned the \$0.74 charge written into a press release distributed by the PSC. He said that the press release the PSC issued in November announced an increase to \$1.27 per Ccf and that a press release issued in January stated it had been reduced from \$1.10 to \$0.74.

"I've been trying with everything I got to understand is it \$1.10 or \$1.27, because I think that for our families it really matters understanding, 'what am I actually paying?'" Gardner told Derksen.

Derksen said that for

some reason, the second press release from the PSC that came in February, said that it went from \$1.10 to 74 cents but didn't include the 17 cents of ACA cost adjustment recovery.

"It puzzled me too, John," Derksen said, noting that the actual current cost to Kirksville and Adair County residents was 91.8 cents per Ccf, a 36 cent decrease from December's price increase.

Council member Rick Steele, who has often staked out a position on behalf of local senior citizens, questioned what the cost of oil had to do with the cost of natural gas. He said that, as an investor in stocks, he also follows the oil and gas industries daily and that natural gas hasn't been high for two years.

"So my question is, and I'm also one of your customers, I just can't understand the amount of the raise," Steele said. "It just sounds an awful lot to me. Oil is fairly high, gas is not.

Steele said that the projections, according to the CEO of Occidental Petroleum whom he had heard speak on March 6, was that gas was not going to be high.



Liberty Utilities Central Region Business and Development Manager J. R. Derksen

"She doesn't think it'll be over four bucks for the next two years," Steele said.

"Well I hope she's right," Derksen said, noting that in August and September of 2022, Liberty was told the wellhead price would be \$7 to \$9. "But we have to make that decision once a year and we have to forecast," he said.

He said that if they charge more than they pay, at the end of the year it's a credit to start the next PGA.

"There's zero profit in that just like there's zero loss in the 17 cents," Derksen said. "We have to recover that as a rate regulated utility."

Derksen disputed Steele's prices citing the NYMEX Board of Trade prices for the last 10 years. Quoting the monthly averages, he said that the NYMEX high last year was \$23.86, not \$4. He said that the average, though, was \$3.89 and that they paid some at \$3.89, but they paid some at \$23. He said that the NYMEX average was between \$3.89 and \$6.45 for 2022.

"I didn't say it was \$4 for the high," Steele said. "I said the CEO of Occidental Petroleum said she didn't expect it to be over \$4 for the next two years."

See **LIBERTY**, Page A3

Missouri Highway Patrol promotes La Plata grad

By Missouri State Highway Patrol

Captain Erik A. Gottman, commanding officer of Troop B, Macon, announced that Cpl. Kyle E. Easley is being promoted to the rank of sergeant effective April 1. He will be designated zone supervisor of Zone 10, Randolph and Monroe counties.

Easley was appointed to the patrol on Jan. 6, 2006. After graduating from the Patrol Academy, he was as-

signed to Troop C, Zone 7, Warren County. On Oct. 1, 2009, he transferred from Troop C to Troop B, Zone 10, serving the citizens of Randolph and Monroe counties. On July 1, 2012, Easley was promoted to corporal and designated the assistant zone supervisor of Zone 10, serving the citizens of Randolph and Monroe counties.

Easley is from Elmer and graduated from La Plata High School in La Plata.



Sgt. Kyle E. Easley

He holds a Bachelor of Science in agricultural science from Northwest Missouri State University in Maryville, Mo.



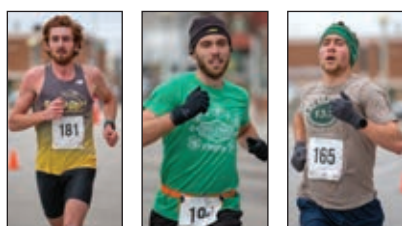
St. Patrick's Day 5K Run held last Friday

By NEMO Photography

The 38th annual St. Patrick's Day 5000 Meter Run was held on Friday, March 17, at the DuKum Inn on South Elson in Kirksville. The run was a way to celebrate the holiday while supporting the Forest Lake Area Trail System (FLATS). All registered runners and walkers received a T-shirt, post race refreshments, and a chance to win door prizes. Both the 5K run and 1.5 mile walk started at the same time with the course beginning and ending at the DuKum Inn. The course was mostly flat running on Kirksville streets with some hills throughout.



NEMO PHOTOGRAPHY



Mobility Worldwide executive director speaks to Kirksville-Thousand Hills Rotary Club

By Kirksville-Thousand Hills Rotary Club

Gary Moreau, executive director of Mobility Worldwide in Columbia, was the featured speaker at a recent meeting of the Kirksville-Thousand Hills Rotary Club. Mobility Worldwide provides hand-powered mobility carts to individuals in developing countries who are unable to walk. The carts are built in the organization's Columbia facility by volunteers, then shipped to 106 countries around the world. The carts are provided at no charge, with the costs being covered by donated materials



and cart sponsorships. Several Rotary Clubs collaborate with Mobility Worldwide in

this project. More information on this project is available at gifttomobility.org.

INSIDE



COMMUNITYA2
OBITUARIESA3
BUSINESSA4
SPORTSA5-A8

COMICSA9
CLASSIFIEDSA10
HEALTHA11
WEATHERA12

OBITUARIES INSIDE

Mary Kay Cowan, 74

Lonny Barber, 78



Pictured left to right, front: Kyle Rogers, NEMR assistant plant manager; Angie Sullivan, CAPNEMO, Chamber Ambassadors Chair; Shane Bradshaw, NEMR Board of Directors; Michele Gillespie, NEMR CEO/general manager; Stacy Tucker-Potter, Truman State University, chamber past president; Jennifer Chrisman, NEMR marketing/sales manager; Courtney Blodgett, chamber services coordinator. Back row: Justin Simmons, NEMR IT/office manager; Debi Boughton, chamber interim executive director; Jason Hill, NEMR network manager; David Riddle, NEMR plant manager.

Kirksville Area Chamber holds ribbon-cutting for NEMR

By Kirksville Area Chamber of Commerce

Kirksville Area Chamber of Commerce staff and ambassadors joined members of the NEMR team and guests for a ribbon cutting ceremony on Thursday, March 16. NEMR, based in

Green City, is celebrating their continued expansion of services in the Kirksville area. In 2022, NEMR began to bury and install fiber in additional areas of Kirksville, and their efforts have continued into 2023. NEMR Telecom is the only fiber-to-the-premise provider in and near the

Kirksville area, and they hope to continue to bring fiber to all of Kirksville in years to come. Following the ribbon cutting, Chamber Ambassador Chair Angie Sullivan, presented NEMR CEO and general manager Michele Gillespie with a framed certificate.

Kirksville Mayor Zac Burden promotes marijuana tax at Rotary Club meeting

By Rotary Club of Kirksville

At the March 15 Rotary Club of Kirksville meeting, Kirksville Mayor Zac Burden spoke about proposals he supports on the April 4 ballot to place a 3 percent sales tax on non-medicinal marijuana products in both Kirksville and Adair County. Early estimates are that the tax will generate about \$36,000 in the first year. The city will split that money 50-50 between the Kirksville Police Department and community development efforts. KPD will use the funds to combat illegal narcotics whereas community development efforts will include an improved Housing Rehabilitation Program, youth programs, etc. Burden is pictured with Club President Marie Murphree.



KIRKSVILLE AREA CALENDAR OF EVENTS

University of Missouri Feedlot School

A Feedlot School will be held on March 22-23 at the Adair County Extension Center, 503 E. Northtown Road, Kirksville. Learn the ins and outs of feeding cattle in Missouri. They will cover nutrition and health management, the performance of calves fed by MU and harvested locally and the economics of feeding cattle in Missouri. During the two day event, participants will have the opportunity to tour three local cattle feeding facilities and hear from industry experts from across the country. For program information, contact Jim Humphrey at 816-324-3147 (humphrey@missouri.edu), Shawn Deering at 660-726-5610 (deerings@missouri.edu) or Eric Bailey at 573-884-7873 (baileyeric@missouri.edu).

Friends of Forest-Llewellyn Cemetery Committee meeting

The city of Kirksville's Friends of Forest-Llewellyn Cemetery Committee will hold a meeting at 4 p.m. on Thursday, March 23, in Council Chambers, City Hall, 201 S. Franklin, Kirksville.

Ribbon cutting for A.T. Still University Museum of Osteopathic Medicine

Join the Kirksville Area Chamber of Commerce in celebrating A.T. Still University and their recent Museum of Osteopathic Medicine accreditation. A ribbon cutting ceremony will take place during Business After Hours, hosted by A.T.S.U., on Thursday, March 23. Business After Hours will begin at 5:30 p.m. with the ribbon cutting at 5:45 p.m. More Business After Hours event details to follow.

2023 Community Engagement Conference

The Community Engagement Conference will be held on Saturday, March 25. The event will be held at William Matthew Middle School from 8 a.m.-4 p.m. and will offer amazing keynote speakers, five tracks with 15 breakout sessions, free lunch for participants who pre-register, an indoor and outdoor exhibitor area, and more. For more information, visit <https://sb40life.org>.

Curtain Call Theatre presents 'The Murder Room!'

Curtain Call Theatre will present "The Murder Room!" on March 24, 25, 30, 31 and April 1 at 7 p.m. Come out and see their spring production, The Murder Room! "Murder has never been this funny. A spoof of all crime thrillers ... it is good clean mirth all the way. The quick, smart, extremely well timed di-

alogue of Jack Sharkey comes through loud and clear [with] never a dull moment." Located at the theatre at 512 W. Elizabeth Street, Kirksville. Tickets are \$15 per person and will be available at the Hy-Vee service desk or at the door.

Hospice of Northeast Missouri presents Creative Ways to Cope With Loss

Are you looking for creative ways to cope with a loss? Join Carrol Davenport, Hospice of Northeast Missouri's Spiritual Care & Bereavement coordinator, and Monica Barron, Hospice volunteer, for this workshop where participants will be exploring creative ways to cope with loss. The workshop will take place in Kirksville from 10 a.m. to noon on March 25 at the First United Methodist Church located at 300 E. Washington Street. There is no charge for the seminar, but advanced registration is required. To register for the event, contact Hospice of Northeast Missouri at 660-627-9711. Hospice of Northeast Missouri, a service of Hannibal Regional, is a non-profit that focuses on quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. Hospice of Northeast serves Adair, Clark, Knox, Lewis, Macon, Putnam, Schuyler, Scotland, Sullivan, and Shelby counties.

Truman State affiliated organization offers free help with tax preparation

Beta Alpha Psi will host Volunteer Income Tax Assistance Program (VITA) sessions from 8 a.m.-3 p.m. March 25 in Violette Hall 1424. Clients who come to VITA should bring: social security cards for spouses and dependents; bank routing numbers and bank account numbers for direct deposit; wage and earnings statements such as W-2, 1098T and 1099; and a copy of last year's federal and state tax returns if available. VITA services will be completed by IRS-certified volunteers and will also offer free electronic filing to receive a faster return. Appointments are required. Call 660-785-6064 to schedule. For more information, visit bap.truman.edu/vita.

A Night of Stargazing at Thousand Hills State Park -- Constellation Tales

Come out to Thousand Hills State Park on Saturday March 25, 7-9 p.m., for a celebration of the night sky. Join others in the exploration of the stars and sky above you. This program will include Constellation Tales. There will be telescopes but everybody is welcome to bring their own telescopes, chairs, and binoculars. Meet at the Point Shelter at Thousand Hills State Park.

KIRKSVILLE POLICE BLOTTER: MARCH 12-14, 2023

MARCH 12
4:50 a.m., Traffic Stop, South Marion Street, Bradley Gregory, 39
6:57 a.m., DWI-Alcohol (M B), MInor Possess Intoxicant (M) 1st Offense, Arrestee: Taylor Baker, 18
9:52 a.m., Shoplifter, Stealing From Shoplifting (M), 2206 N. Baltimore Street, Arrestee: Tiffany Saner, 38
10:07 a.m., Shoplifter, Stealing From Shoplifting (M), 2206 N. Baltimore Street
10:20 a.m., Field Contact, 915 N. Osteopathy Street
10:32 a.m., Theft/Not in Progress, Stealing-From Motor Vehicle, Shoplift, From Building, Coin Machine, 518 E. Hickory Street
11:57 a.m., Traffic Stop, Sixth Street, Mikel Gipe, 33
12:07 p.m., Traffic Stop, East Harrison Street, Timothy Years, 26
1:22 p.m., Domestic Disturbance/Physical, 816 W. LaHarpe Street
2:44 p.m., Traffic Stop, North Main Street, Kaitlyn Trantham, 21
4:19 p.m., Property/Recovered, Found Property, 119 /E. McPherson Street
4:28 p.m., Suspicious/Vehicle, Suspicious-Person, Activity, Vehicle, 7 Grim Drive
5 p.m., Parking Complaint, Parked Against Flow of Traffic, 800 S. Fible Street
7:31 p.m., Theft/In Progress, False Impersonation (M B), Stealing From Shoplifting (M), 2206 N. Baltimore Street, Arrestee: Brett Woolsey, 27

8:44 p.m., Trespass, 1615 S. Baltimore Street
10:38 p.m., Traffic Stop, South Baltimore Street, Sachin Patel, 28
11:29 p.m., Warrant-Adair County and P&P, 2214 N. Baltimore Street, Arrestee: Gabriel Adams, 19
MARCH 13
8:55 a.m., Traffic Stop, 300 Block of North Elson Street, Darian Casady, 27
11:58 a.m., Investigation, Shots Fired, 315 S. Osteopathy Street
12:17 p.m., Traffic Stop, West Harrison Street
12:45 p.m., Domestic Disturbance, Assault/Domestic 4th Degree 1st/2nd Offense (1)(5)(M A)
1:31 p.m., Assault/Simple, Suspicious-Person, Activity, Vehicle, 900 E. LaHarpe Street
2:17 p.m., Suspicious/Activity, Suspicious-Person, Activity, Vehicle, 2412 N. New Street.
2:33 p.m., Domestic Disturbance/Physical, 1301 N. Main Street

2:51 p.m., Animal/Loose-Running at Large 409 N. High Street
3:07 p.m., MVA/Injury, Minor, South First Street
7:33 p.m., Domestic Disturbance/Verbal, Check the Well Being, 1007 E. Pierce Street
7:49 p.m., Traffic Stop, State Hwy. 6, Caleb Peterson, 32
8:24 p.m., MVA/Vs. Animal, Minor, South Baltimore Street
11:02 p.m., Property/Damage Vehicle, Suspicious-Person, Activity, Vehicle, 320 S. Baltimore Street
11:05 p.m., Services Rendered, Suspicious-Person, Activity, Vehicle, 119 E. McPherson Street
12:17 p.m., Traffic Stop, West Harrison Street
MARCH 14
12:33 a.m., Traffic Stop, No Valid License-1st Offense (M), South Baltimore Street, Arrestee: Jeremy Wilson, 38
1 a.m., Traffic Stop, 1901 N. Baltimore Street, Juvenile



2:30 a.m., 911 Call/No Service Area, Missing "911" (M B), 1007 E. Pierce Street
3:41 a.m., Traffic Stop, North Industrial Road
2:15 a.m., Services Rendered, Suspicious-Person, Activity, Vehicle, 1202 E. Fillmore Street
7:50 a.m., Theft/Not in Progress, Traffic Stop, 1116 N. Elson Street
7:52 a.m., Traffic Stop, Driving While Suspended/Revoked-2nd or 3rd (M A), 1904 N. Baltimore Street
7:58 a.m., Suspicious/Activity, Assisting Other Agency, 605 N. Osteopathy Street
9:41 a.m., Traffic Stop, Queens Road
10:13 a.m., Traffic Stop, East Normal Avenue
10:42 a.m., Traffic Stop, East Illinois Street
10:59 a.m., Theft/Not in Progress, Burglary 2nd (Force) Non-Residential, 202 W. Brewington
11:26 a.m., Traffic Stop, State Hwy. 6
11:38 a.m., Traffic Stop, North Luther Street
12:22 p.m., Property/Lost, 106 E. Elm Street
1:10 p.m., Animal/Trap, 7 Eastgate Drive

2:11 p.m., Traffic Stop, South Osteopathy Street
2:24 p.m., Traffic Stop, North Osteopathy Street
2:53 p.m., Traffic Stop, Failure to Register Motor Vehicle/Trailer, West Ewing Street
3:05 p.m., Warrant, 1102 N. Green Street, "Arrestee: Nef-tali Lopez, 48
3:23 p.m., Theft/In Progress, Burglary 2nd (Force) Non-Residential, 202 W. Brewington
3:23 p.m., Peace Disturbance, Domestic, Stealing From Building (M), Careless & Imprudent Driving/No Accident (M B), Resist Arrest/Detention/Stop by Fleeing-Create Substantial Risk-Serious Injury/Death (F), No Valid License-3rd and Subsequent Offense (F), 1915 N. Osteopathy Street
6 p.m., Trespass/Refuse to Leave, Civil Dispute, 1007 E. Pierce Street
7 p.m., Theft/Not in Progress, Stealing From Auto (M), 816 W. LaHarpe Street
8:18 p.m., Traffic Stop, East Northtown Road
9:58 p.m., Animal/Bite-Attack, 315 S. Osteopathy Street

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Memorial Day, Independence Day, Labor Day,
Thanksgiving and Christmas.

OBITUARIES

Mary Kay (Schmiedeskamp) Cowan

Mar 2, 1949 – Mar 13, 2023

Mary Kay Cowan, 74, of Green Castle passed away unexpectedly Monday, March 13, 2023.

Born March 2, 1949 in Quincy, Illinois, Kay was the daughter of Robert and Viola Schmiedeskamp. Kay attended school in Quincy and graduated with the class of 1967. Kay was united in marriage to Arnold “Bud” Cowan in 1996, who preceded in death in 2001.



Kay enjoyed riding horses, gardening, working with her son at the Farmers Market and working with students at Truman State University. Kay was passionate about being a home stay parent for the Language Company and hosted several students in her home over many years.

Kay was a member of the Cornerstone Church and loved to attend with her family.

Kay was preceded in death by her father and husband.

Kay is survived by her mother Viola Schmiedeskamp; son, Jason (Cristina) Sandner; sister, Susan (Tom) Hammar; grandchildren, Brenna (Cody) Newberry and Colton Moots; great grandchildren, Benjamin Newberry, Mayson Newberry, Rebekah Newberry, and Landon Moots; and her loving dog Rusty.

A celebration of life in honor of Kay will be held at 4:00 p.m. Tuesday, March 21, 2023 at Travis-Noe Funeral Home in Kirksville, Missouri, with Pastor Jeremy Broach presiding. Public visitation will be held one hour prior to the service.

Memorial donations may be made to Jason Sandner and may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, Missouri 63501.

Lonny Barber

May 18, 1944 – Mar 17, 2023

Lonny Barber, 78, of Greentop, MO passed away Friday, March 17, 2023, at Northeast Regional Medical Center in Kirksville.

Lonny was born on May 18, 1944 in Cedar Rapids, Iowa, the son of Wilfred and Wilma Barber.



Lonny enjoyed going to tractor pulls, restoring tractors and automobiles, and farming. He also enjoyed riding around the farm on his ranger. He was an active member in the Laplander Association.

Lonny is survived by his wife, Betty (Herron) Barber of 53 years. He also leaves behind three children, Jody Barber and wife Alison, Bryon Barber and wife Tracey, and Bobbi McCallum; five grandchildren, Blake Barber, Shelby Giesemann, Camden Barber, Chloe Christopher, and Madison Christopher; and with one great grandchild on the way.

He is preceded in death by his sister, Cheryle Montgomery, and his parents.

Lonny will be cremated and no services will be held at this time.

Arrangements in the care of Davis-Playle-Hudson-Rimer Funeral Home.

LIBERTY

Continued from Page A1

“I hope she’s right,” Derksen said, noting that that was not what Liberty was forecasting but they had made adjustment in response to the current prices.

Steele mentioned that a natural gas refinery that had suffered a fire and was out of commission for nine months, had recently gone back online. He said that despite the nine month interruption, natural gas prices did not get really high during the period the refinery was offline

“So my question is, I can’t understand why gas is going so high,” he said.

Derksen said that all he could do is show the pricing history provided from NYMEX, which he said was the overall Board of Trade pricing and that it got to \$9.85 in the last six or seven months. He said that the price fluctuates greatly

and that the return of the refinery was going to be advantageous to the overall market.

Council member John Gardner said that one of the things that has been so hard for the community is that not only the gas price increased, but it more than tripled. He asked if there has been any discussion at the Missouri Public Service Commission level of having a limitation of how much a bill can go up.

“What kind of processes can we put in place that will reduce the immediate impact?” Gardner asked. “Has there been any discussion around that?”

Derksen said that he has been a “squeaky wheel” and that Liberty’s director of regulatory was the “squeaky wheel” to the Public Service Commission, which in the past limited price adjustments to once a year. He said that it was due to Liberty’s efforts that the costs were ad-

justed downward by 36 cents in February.

“That’s the first time that’s changed in the frequency more than annually since 2008,” he said. “We haven’t been able to get that done.”

He said that the Public Service Commission, serving five rate-regulated utilities in Missouri, is receptive to Liberty but is also short-staffed.

“My knee-jerk reaction is probably the same as everybody in this room, ‘what if you reconciled it monthly? Would that solve the volatility?’” Derksen asked. You think it would? “How could it not if gas goes up a lot you reconcile it that month? If you undercharged, tweak it and price it off with a new price and if it goes back down the next month.”

He said that in that scenario, the Public Ser-

vice Commission would go from five PGA hearings to 60.

“I don’t think they’re staffed for that,” he said. “They don’t seem receptive when our director of regulatory said can we change this because I have been just incredibly annoying to our company to get these changes quarterly.”

He suggested that adjusting the prices monthly would still result in “painful” reconciliation and that the annual cost adjustment wasn’t a problem until this year.

“Dr. Gardner, I agree with you, 100 percent,” Derksen said about the more than tripling of Liberty’s gas rates at the start of winter. “That was brutal. We understand that, we have empathy for that; our forecasts were that’s what the cost was going to be.”

He said that the customer service staff at Liberty was as disheartened as the public over the more than tripling of rates and that calls from people that couldn’t pay their bills was painful to them as well.

“I don’t want you to ever think that we don’t have empathy,” Derksen said about Liberty personnel. “If you’ve ever called one of our CSRs (customer service representatives) and not been able to pay the bill, they’re as likely to cry as you are. We have some amazing staff people in Kirksville and they care greatly. So we’re not a monster. We’re not a company that doesn’t have empathy. We’re trying to figure this out, too. We’re trying to reconcile a solution where there isn’t volatility in the customers bills, even though

there’s volatility in what we pay.”

He said that the two priorities of Liberty are first safety and then reliability.

“And we’re 99.6 percent reliable,” he said. “You don’t go and click on your furnace when it’s cold and it doesn’t run. We’re there and sometimes we’re there at an expense far greater than what we’re charging.”

He spoke of the “cold weather rule” from Nov. 1 through March where if a customer has a bill they can’t pay, once a year they can choose how much of that bill to pay and they can choose how many months out of the next 11 that the unpaid balance can be divided over their bill. He said that customers can also enroll in a level pay plan where their bills will be averaged over a 12-month period.

Kirksville R-III Featured Teachers for March 2023



Kara Anderson Schwend was born and raised in Adair County and has worked in the Early Childhood Learning Center since August 2002 in Early Childhood Special Education.



Originally from Camp Point, Ill., Rich Chapman has been teaching at the Kirksville Area Technical Center for 18 years with Project Lead the Way Engineering 9-12 “Teaching in this district has been an amazing experience,” Chapman said. “My colleagues at the Technical Center are wonderful people who go above and beyond daily to give our students the best opportunities for success in their future endeavors.”



Kate Eagen has been teaching for 11 years, 10 of them teaching 2nd grade at Kirksville Primary School. She said she has loved teaching since she was a child and she enjoys everyday.



Carrie Hudson, originally from Kirksville, has taught in the Kirksville R-III School District for three years as classroom teacher (all in 3rd grade) at Ray Miller Elementary. She has six years total classroom experience. “Before becoming a full time teacher, I was able to substitute teach in the district, as well as work as a homebound teacher,” she said. “I have coached high school softball for six seasons and am currently coaching my fifth season of high school track and field, where I am the throwing coach. It has really meant a lot to me to be able to come back to my hometown and be part of the Kirksville School district. Go Tigers!



Lee Riley, originally from Kirksville, has taught grades 6-8 PE for 26 years at William Matthews Middle School. “Thank you for selecting me as teacher of the month,” he said. “It’s been a privilege to have the opportunity to work with the same district for all of my teaching experience. I hope to be able to retire from the same school district where I received my education from. He has also coached football and tennis for over 20 years for in the district as well.



Melissa Eitel is originally from Hallsville, Mo. For 26 years she has been teaching Kirksville High School grades 10-12. She has taught Career & Tech Safety, mentoring and is an A+ Schools Coordinator.

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Overview and summary of Roy Blunt Reservoir mitigation plan at Swan Lake National Wildlife Refuge

By North Central Missouri Regional Water Commission

The Mitigation Plan for Roy Blunt Reservoir that has been developed at the Swan Lake National Wildlife Refuge requires an Environmental Assessment be completed that includes a 30-day public comment period. This unique project has involved many partners and represents a phenomenal opportunity to implement a comprehensive suite of actions that the conservation community has been advocating for a long time. These projects include: 1) levee setbacks and floodplain expansion, 2) restoration of natural water flow pathways and water management regimes, 3) restoration of natural habitats including wet prairie, wet-mesic prairie, floodplain forest and woodlands in levee setback and current agricultural lands; 4) improving water-control infrastructure to accommodate better wildlife management and reduce recurring damage from Grand River and Yellow Creek flood events; 5) restoration of the historic “Little Swan Lake Sump”; 6) partial restoration of flow regimes in Elk and Turkey creeks, 7) reduced flooding of higher elevation lands along Yellow Creek where oak species have been lost or degraded from excessively wet conditions; and 8)



improved habitat conditions along the edges of Silver Lake. This is likely one of the most comprehensive wetland complex restoration projects ever done in Missouri. It is certainly the most comprehensive within the Lower Grand River watershed.

U.S. Fish and Wildlife Media Release and Background Information

Environmental Assessment Public Comment Period for Water Management Changes and Habitat Restoration at Swan Lake National Wildlife Refuge

The US Fish and Wildlife Service Midwest Region has developed a Draft Environmental Assessment for the proposed water management changes and habitat restoration at Swan Lake National Wildlife Refuge. Environmental Assessments are required for major actions on federal lands as part of the National Environmental Policy Act to inform and seek feedback from the public regarding the proposed actions.

The public comment period will be open for 30 days from March 8, 2023 through April 8, 2023.

Project Summary:

Habitat management and public use infrastructure on portions of Swan Lake NWR are being degraded by more frequent and intensified flooding from the Grand River and Yellow Creek floodplains.

Swan Lake NWR consists of approximately 12,000 acres with 2,237 acres in active seasonal wetland management. Remaining acres consist of grasslands, open water, agriculture, and bottom land hardwood forest habitats. These managed wetlands provide critical migration habitat for waterfowl and shorebirds along with other migratory birds. The refuge lies in the lower flood plains of the Grand River and Yellow Creek watersheds. There are portions of our public use facilities (roads, hunting units, etc.) and habitat management infrastructure

that are being degraded from changing flood frequencies and intensities. These impacts are also negatively affecting management capability as more and more funds are necessary to maintain frequently damaged infrastructure.

Over the past few years, USFWS Midwest Region hydrology staff and refuge management have been collecting data regarding the hydrology of Swan Lake NWR. This data has been utilized to make recommendations on adapting the infrastructure of the refuge to maintain our management capabilities with regards to the changing hydrology of the refuge.

These proposed changes involve the following:

- Setting back levees
- Adding spillways to management levees
- Setting management levees at lower heights
- Upgrading to larger water control structures
- Enhancing water delivery infrastructure from Silver Lake to wetland management units

- Widening the spillway on Silver Lake to allow high water to evacuate the impoundment more quickly

- Establishing new managed wetlands at higher elevations in the flood plain.

These actions will collectively achieve the following:

- Widen the unrestricted area of the Grand River and Yellow Creek flood plains benefiting both refuge properties and neighboring private lands

- Expand and enhance water management capabilities and acres on the refuge

- Increase the number of migratory bird use days on the refuge, including ducks, geese, shorebirds and other migratory birds

- Reduce the number of days the refuge is closed by reducing the number of days flood inundations impact refuge roads and other public use facilities

- Decrease maintenance cost for management and public use infrastructure that are damaged by floods

Funding for this project will be provided with mitigation funds from the Roy

Blunt Reservoir project, once approved, as well as support from Ducks Unlimited, the Friends of Swan Lake NWR, among other various partners providing in kind services.

Five reasons to shop small versus big box

By MetroCreative

The importance of small businesses to the economy cannot be overstated. Though national chains often garner publicity, local businesses are equally, if not exceedingly, worthy of attention.

What defines a small business as “small” varies significantly, but these businesses are generally privately owned and generate far less revenue than big corporations. General consensus also defines small businesses as companies with fewer than 500 paid employees, according to the U.S. Small Business Administration.

Here’s a deep look at why small businesses are so vital, and why consumers should direct more of their purchasing power to smaller companies rather than the big box retailers and other national chains.

1. Autonomy and diversity

The layout and offerings at national chains will be identical whether you live in the mountains or at the beach. Big box stores follow a consistent marketing strategy and look the same regardless of where they are located. That familiarity can come at the cost of variety. On the other hand, an independent business offers the products and services that are reflective of the customers and the community they serve.

2. Local hiring strategy

Certain big box retailers will hire local residents, but hiring policies may push for promoting from within the organization. This could mean relocating an employee rather than bringing in someone from the community who may be more in tune with local sensibilities. Small businesses may be more inclined to hire residents they know and keep hiring centralized to the local area — something that keeps more resources and money in the community.

3. Adaptability and change

Local businesses can move more quickly to respond to economic factors that require change. Since they are focused more on the needs of their customers rather than stockholders, changes can be implemented rapidly without having to go through red tape, meetings and updates to corporate policies. Changes also can be customized to the local community at large.

4. Investing in the town

According to the financial resource Financial Slot, shopping at locally owned businesses rather than big box retailers keeps more money in the community. Local property taxes and other taxes paid by the businesses go right back into the community.



This helps raise overall value for homeowners and can even reduce their taxes. The funding helps keep police, fire and school departments functioning properly.

5. Turnover is greater

While no one wants to see a small business fail, that fate is sometimes unavoidable. However, that turnover helps teach communities what was done poorly and helps others learn from those mistakes. It also means fresh businesses will come in and replace the old, driving new growth, opportunity and competition that keeps prices competitive.

The benefits of a thriving small business sector are numerous. Consumers can do their part by patronizing these firms more frequently.

How to make more money as a freelancer

By Metro/Creative

Workers who take in-depth looks at their lifestyles may find that traditional nine-to-five jobs may not be as lucrative or preferable as they believe. Individuals who harbor a desire to improve both productivity and profitability may consider freelancing.

What is freelancing?

According to the job hunting experts at Indeed, freelancing is an arrangement in which a self-employed person works on different projects for multiple clients. As a freelancer, you can determine how involved you will be while working, including how many projects or clients you take on at one time.

Making freelancing more profitable

Businesses are seeking talented freelancers to solve problems across every industry, skill set and job. That has increased demand for freelancers. The online financial guide Collecting Cents says freelancers are contributing \$715 billion in earnings to the economy, so it’s possible to do well with a freelance career. And thanks to the global pandemic, companies are more open to having partial or entirely remote teams on board, making freelancers even more attractive.

Freelancers are responsible for finding their own clients and making earnings goals, and the following are several ways to earn more.

- Pick a lucrative niche. Find a niche that offers the best chances for competitive rates.

A graphic designer, for example, may highlight a specific design style. A freelance writer may zero in on health and medical writing.

- Conduct an efficiency test. Figure out how much time is spent on each client and how you can streamline your efforts and/or avoid clients that eat into your time and profits. Identifying weaknesses helps you become more efficient and profitable. Also, planning your day and how it will be split up among tasks can help.

- Treat your business like a business. As an independent contractor, it easily can begin to feel as though work is a hobby. But that won’t bring in income or get your career moving in the right direction. Schedule regular work hours, don’t sell your skills short and know when to say yes or no to a project or client. Don’t take on more work if you can’t handle it or your results may suffer.

- If you can’t raise rates directly, upsell services. New work and increased revenue can come by a simple upsell. An interior designer may be able to work on one room, but upsell services by offering professionally curated accessories for another room for a slightly higher “package price.”

- Create and maintain an online presence. Social media is key to building your business and maintaining a stable of clients. Plan social media content updating into your weekly calendar.

Freelance work can be lucrative for those who want to explore this expanding sector of the economy.

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Truman State baseball drops 1st conference series against Rockhurst

By Adam Tumino
Daily Express

The Truman State baseball team hosted Rockhurst last week in what was the first conference series for Truman after a 10-7 start to the season. Rockhurst had already begun conference play, getting swept in a four-game set against Missouri-St. Louis.

The teams played a doubleheader on Wednesday, with both games coming down to the wire. The first game Wednesday was low scoring in the early innings, with Truman scoring a run in the bottom of the second when Kevin Donohue scored from third base on a throw to second that got Will Fromm out trying to steal.

Truman held that 1-0 lead heading into the top of the fourth, but Rockhurst took a 2-1 lead on a single. The lead would not last long, as Truman tied the score 2-2 in the bottom of the inning on an RBI groundout from Holden Missey that scored Luke Turner.

The score held until the bottom of the eighth, when a one-out single from Murray drove in Simon Murray and gave the Bulldogs a late lead. But Rockhurst responded in the ninth. After eight Hawks hitters were retired in a row by Truman starter Zachry Schneider, Rockhurst's Adonis Forte tripled off Schneider to begin the inning. Schneider was pulled for Michael Daggett, who struck out the next two batter to put Truman an out away from the win.

Rockhurst's Austin Murray kept the game alive, however, singling off Daggett to drive in Forte and tie the score 3-3. Truman had the bases loaded in the bottom of the ninth, but was unable to score the winning run.

Rockhurst rallied for a pair of runs in the 10th, and after Truman's Tal Dean led off the bottom of the inning with a walk, the next three hitters were retired in order to end the game.

After not being able to get the walkoff win in the first game, Truman was able to do just that in the second. This was despite the fact that Truman trailed 4-0 after the first inning and 6-1 entering the bottom of the fifth.

It was in that fifth inning that Truman began mounting a comeback, scoring four runs in the frame, all on home runs. Dean hit a solo shot with one out, and after Missey and Dylan Thompson both reached base with two outs, Donohue hit a three-run home run to bring Truman within a run at 6-5.

Turner was at the plate in the sixth inning when Truman tied the score, reaching on an error that allowed Grant Beck to score the tying run. Turner was back up in the eighth with Beck on second and Dean on first, and he hit a single that drove in Beck to end the game.

The two teams were set to play a doubleheader on Thursday, but only were able to get one full game in before bad weather forced a suspension. The first game saw Truman once again lose 5-3, with Rockhurst scoring two runs in the second and three in the third after Truman led 1-0 in the first inning. The Bulldogs added a pair of runs in the seventh, but were unable to complete the comeback. Turner drove in Truman's first run on a single and last run when he was hit by a pitch with the bases loaded. Dean was walked with the bases loaded before Turner's final at bat to drive in the second run.

Alex Leary was outstanding in relief for Truman, pitching 4.2 innings and allowing just one hit and no runs. He struck out three batters.

The second game began as scheduled Thursday, and the teams did a lot of scoring early. Rockhurst scored a run in the first and two in the second before Truman erupted for five runs in the bottom of the second. Murray drove in the first two runs with a single, Beck scored the third run on an error and two more runs were scored on bases-loaded walks taken by Missey and Thompson.

But the Hawks bounced back in the top of the third, plating four runs in the frame to go up 7-5. Truman scored in the bottom of the inning when Luke Murray drove in Beck, but they were unable to get more runs and the game was called for weather. It resumed on Sunday.

Pitching won out when the game got back underway, as neither team was able to score over the final six innings.

Truman will now head on the road to play Quincy for a four-game series with two games scheduled for Friday and one each on Saturday and Sunday.



Kirksville senior Keaton Anderson drives past a Lutheran St. Charles in the sectional game on March 6.



Kirksville sophomore Elli Porter looks to score in the district semifinal game against Centralia on March 2.

Kirksville, Macon players named to All-District basketball teams

By Adam Tumino
Daily Express

The MBCA announced its All-District teams for Classes 4 through 6, with Kirksville and Macon players being honored as part of the Class 4 District 8 teams.

On the boys side, Kirksville senior Isaac Danielson was named the district Player of the Year, and was joined by teammate and fellow Keaton Anderson on the All-District team. The two led the Tigers to the team's second district championship in the last four seasons.

Macon's boys team had three representatives, with seniors Boston Douglas, Maurice Magruder and Hayden Lovinger being named to the All-District team. Macon finished the regular season with a



Kirksville senior Isaac Danielson drives toward the basket in the Tigers' sectional game against Lutheran St. Charles on March 6. PHOTOS BY ADAM TUMINO

22-4 record before losing in the semifinals of the district tournament.

Kirksville and Macon each had one player repre-

sented on the Class 4 District 8 All-District team. Kirksville sophomore Elli Porter and Macon senior Brooke Weimer were the

honorees. Kirksville defeated Macon in the opening round of the district tournament before falling to Centralia in the semis.



Macon senior Hayden Lovinger drives for a layup against Hallsville in the district semifinals on March 1.



Macon seniors Maurice Magruder (33) and Boston Douglas (21) attempts to trap a Hallsville player in the district semifinal game on March 1.

Start of conference season sees 1-3 start for Truman softball team

By Adam Tumino
Daily Express

The Truman State softball team opened up conference play over the weekend, playing a doubleheader against Drury on Sunday and a doubleheader against Missouri S&T on Monday. All four games were on the road. Truman split the series with Drury and was swept by Missouri S&T.

Truman had just three hits in the first game against Drury, falling to the Panthers 9-1 in a shortened six-inning game. Truman got on the board first when Cassie Smith drove in Macy Taylor with a single in the top of the third. Drury scored twice in the bottom of the inning to claim a 2-1 lead.

The Bulldogs loaded the bases in the top of the fourth on a walk and a pair of singles, but could not score the tying or go-ahead runs. Truman did not have any more base runners in the game after the fourth.

Drury started plating insurance runs in the bottom of the sixth inning, slowly adding to their lead. The Panthers scored the first run of the inning on a double before the next three runs came across the plate

on bases-loaded walks and Drury went up 6-1.

An RBI groundout drove in the seventh Drury run and the Panthers then scored two more on a two-out single to end the game. Truman pitchers gave up just seven hits but walked 12 batters in the game.

The second game went much better for the Bulldogs, although it started in a very similar fashion. Truman once again took a 1-0 lead in the third when an Alex Beard single drove in Emily Eberwine. Drury then scored two runs in the bottom of the inning, much like the first game. Drury did start pulling ahead later in the game, scoring two runs in the bottom of the sixth, but was unable to put together a second extended rally of the day.

A trio of unearned runs in the top of the seventh inning tied the score late, with Smith scoring on a throwing error on a fielder's choice from Cameryn Patterson. Beard then singled, driving in Patterson and Eberwine to pull the Bulldogs even.

Smith scored once gain on a Patterson at bat in the ninth, when Patterson doubled down the line and drove

in Smith, who reached base on an error and advanced to third on a passed ball. Drury had four errors in the game and all five of Truman's runs were unearned.

Drury loaded the bases in the bottom of the ninth, but Truman's Breianna Klein was able to get out of the jam and seal the win.

The Missouri S&T series started with a 5-1 loss for Truman. The Bulldogs fell behind 2-0 before Beard doubled to drive in Smith in the top of the fourth. The Miners added an insurance run in the bottom of the fourth and two more in the fifth, holding on to win despite three hits from Truman in the sixth and another in the seventh.

The second game of the series was a low-scoring affair, with Missouri S&T pulling out a 2-1 win. The Bulldogs started to rally with two outs in the top of the first with three-straight singles from Patterson, Beard and Lauren Stade, with Stade's single of course scoring Patterson.

The middle innings were lacking in action, with neither team managing to generate much on the bases from the second through the fifth innings, with only three

runners getting into scoring position in that span.

A pair of Truman errors in the bottom of the sixth led to the Miners' first run of the game, but a foul out and a double play quickly put an end to the inning before more damage could be done. Neither team had a player reach base in the seventh, sending the game to extras. Missouri S&T utilized a pair of bunts in the bottom of the eighth, the first one being a sacrifice and the second leading to a fielder's choice in which the winning run scored.

Klein pitched all 7.1 innings for Truman, allowing just the pair of runs, one of which was unearned, and striking out three batters while walking just one.

Truman was scheduled to play their first home games of the season with a non-conference doubleheader against Lincoln University on Tuesday, but the games were postponed due to bad weather in the forecast. The Bulldogs have another non-conference doubleheader scheduled for Thursday at home against Upper Iowa before conference play resumes on Saturday against Maryville, also at home for Truman.

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64 FDU (19-15) 16

58 Arizona St. (22-12) 11
73 Nevada (22-10) 11

1 Alabama (29-5) 96
16 Texas A&M-CC (23-10) 75
8 Maryland (21-12) 67
9 West Virginia (19-14) 65
5 San Diego St. (27-6) 63
12 Charleston (31-3) 57
4 Virginia (25-7) 67
13 Furman (27-7) 68
6 Creighton (21-12) 72
11 NC State (23-10) 63
3 Baylor (22-10) 74
14 UCSB (27-7) 56
7 Missouri (24-9) 76
10 Utah St. (26-8) 65
8 Arizona (28-6) 55
15 Princeton (21-8) 59

1 Alabama 73
Birmingham
8 Maryland 51
5 San Diego St. 75
Orlando
5 SDSU
13 Furman 52
6 Creighton 85
Denver
3 Baylor 76
6 Creighton
7 Missouri 63
Sacramento
15 Princeton 78

1 Purdue (29-5) 58
16 Fairleigh Dickinson 63
8 Memphis (26-8) 65
9 Florida Atlantic (31-3) 66
5 Duke (26-8) 74
12 Oral Roberts (30-4) 51
4 Tennessee (23-10) 58
13 Louisiana (26-7) 55
6 Kentucky (21-11) 61
11 Providence (21-11) 53
3 Kansas St. (23-9) 77
14 Montana St. (25-9) 65
7 Michigan St. (19-12) 72
10 USC (22-10) 62
8 Marquette (28-6) 78
15 Vermont (23-10) 61

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9 Fla. Atlantic 78
9 Fla. Atlantic 66
5 Duke 52
Orlando
4 Tennessee 65
6 Kentucky 69
Greensboro
3 Kansas St. 75
7 Michigan St. 69
Columbus
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71 Kansas 1
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72 Arkansas 8
63 Illinois (20-12) 8
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Albany 51
70 UConn 4
81 TCU 6
Denver 70
Gonzaga 3
84 Gonzaga 3
63 Northwestern 7
Sacramento 67
68 UCLA 2
53 UNC Asheville (27-7) 15

Kansas (27-7) 1
Howard (22-12) 16
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Illinois (20-12) 8
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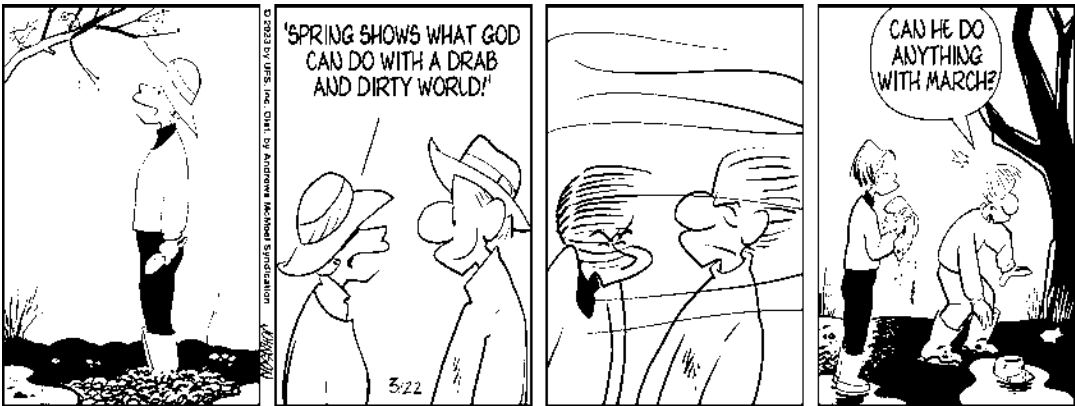
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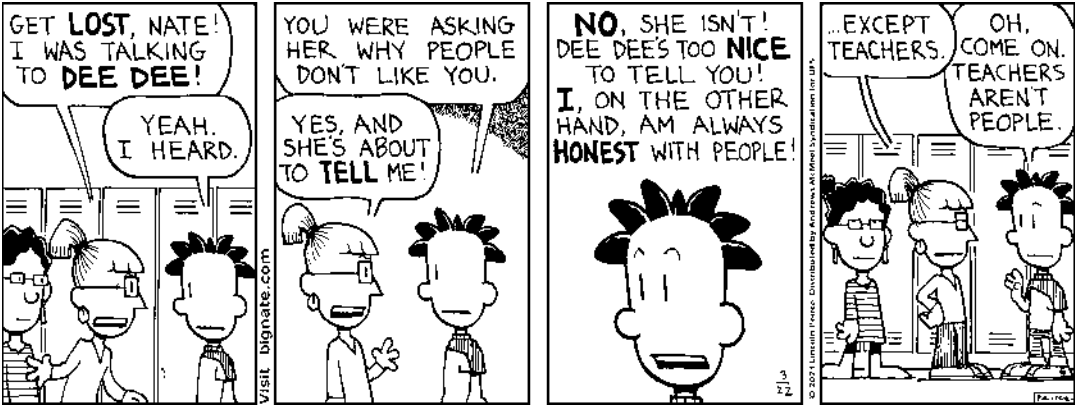
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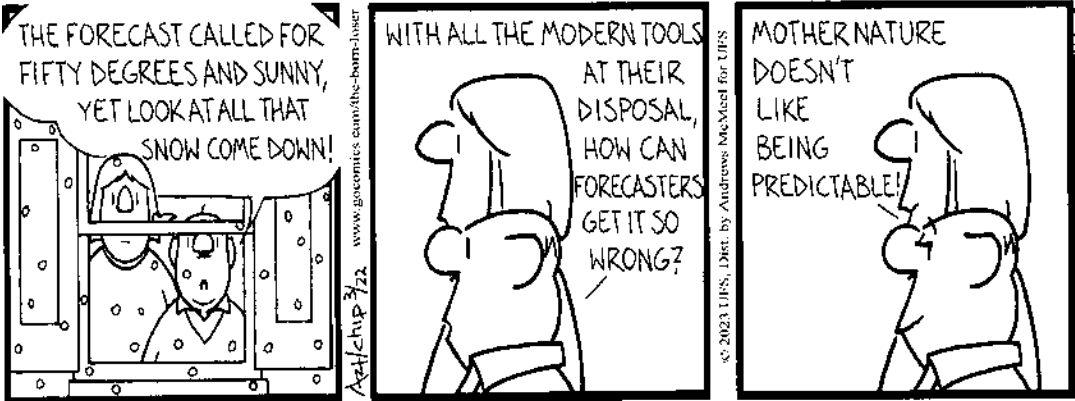
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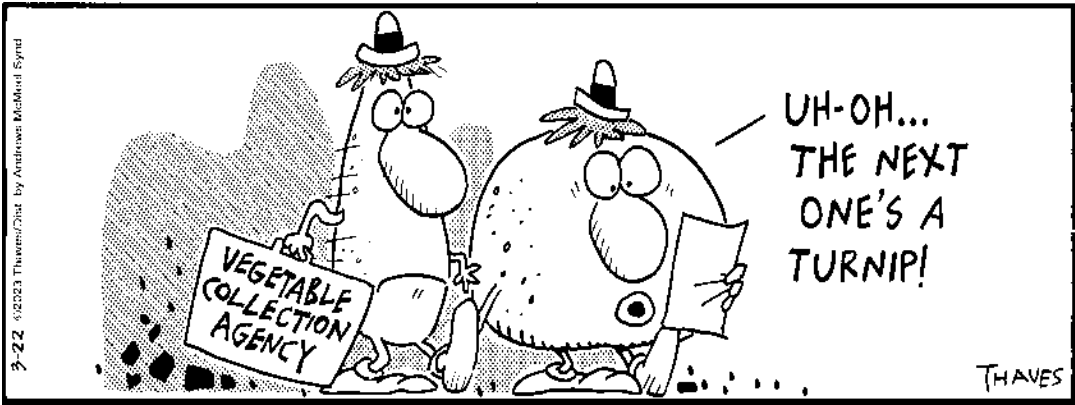
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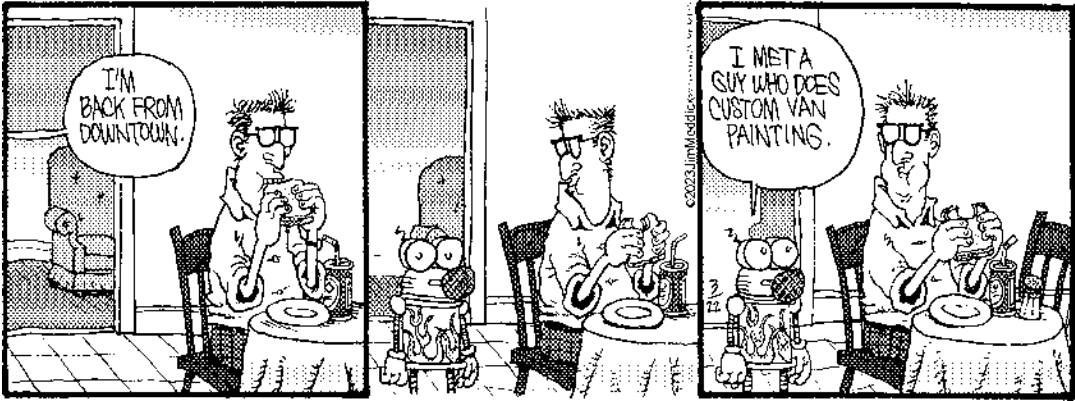
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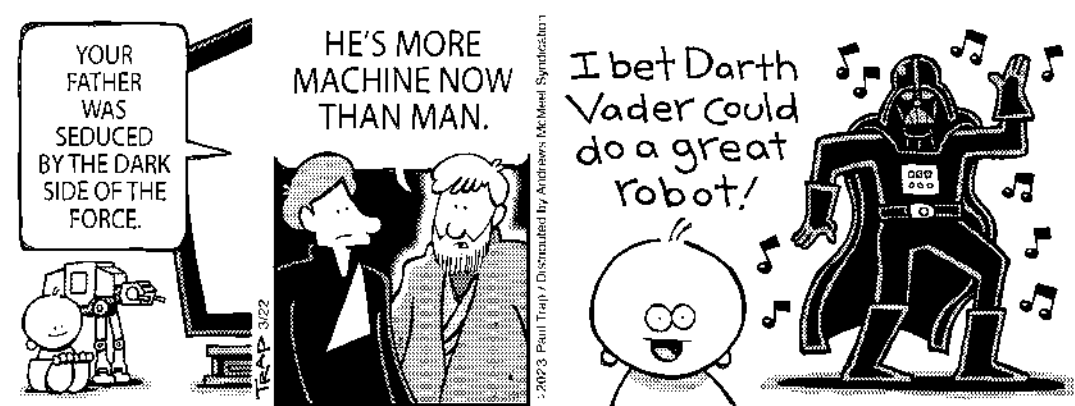
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MONTY



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

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

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

CROSSWORD

- ACROSS**
- 1 Depot info
 - 4 Deborah of films
 - 8 Food preparer
 - 12 Gym iteration
 - 13 Pang
 - 14 Zeus' wife
 - 15 Returns org.
 - 16 Rash
 - 18 Tap
 - 20 Puppy sound
 - 21 Lout
 - 23 Author Dinesen
 - 26 Recover
 - 29 Inventor — Sikorsky
 - 32 Yes, to Rob Roy
 - 34 Movie theater sign
 - 35 Sitcom alien
 - 36 Motorcycle
 - 37 DJ's albums
 - 38 Famous mummy
 - 39 Nullify
 - 40 Dover's st.
 - 41 Shrink's comment (2 wds.)
- 42 Commo-tions**
- 43 Clue**
- 45 — de plume**
- 47 Third letter**
- 49 Gap**
- 53 Super**
- 58 Volleyball need**
- 59 Land unit**
- 60 First name in cheese-cake**
- 61 Insect killer**
- 62 Tiny sphere**
- 63 Pitcher**
- 64 Fan's shout**
- DOWN**
- 1 Kramer or Estrada**
- 2 Gull's cousin**
- 3 Lhasa —**
- 4 Writer Franz —**
- 5 "The Name of the Rose" author**
- 6 Letter after pi**
- 7 Feel sure of**
- 8 Blokes**

Answer to Previous Puzzle

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

9 Above, to Tennyson

10 Law (abbr.)

11 Jay follower

17 Rapunzel's pride

19 Mare's offspring

22 Edicts

24 Oohed and —

25 Temple city of Japan

26 Grasped

27 Send packing

28 Walkway together

31 Repeatedly

33 Personality parts

39 Siren

41 Inking

44 Went on stage

46 Entertainment award

48 Latin I verb

50 Mayberry sheriff

51 Yield territory

52 James or Kett

53 Groovy

54 High card

55 Brady Bill opposer

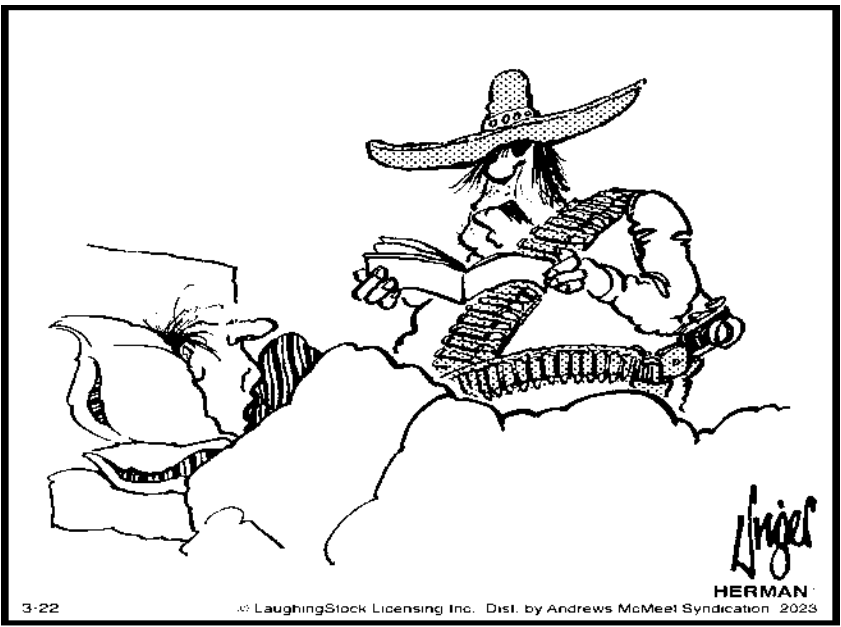
56 Playing marble

57 Eur. country

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16				17				
18			19				20					
			21		22		23		24	25		
26	27	28			29	30	31			32		33
34					35					36		
37					38				39			
40				41					42			
	43		44				45	46				
			47		48		49		50	51	52	
53	54	55				56	57			58		
59					60					61		
62					63					64		

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HERMAN



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ASTROGRAPH BY EUGENIA LAST

A ruthless approach to getting your house in order will be comforting once you get moving. Give away items that can benefit someone in need. Get involved in your community. Address issues that make you angry, and strive for financial security.

ARIES (March 21-April 19) -- Put your energy where it counts. Plan your strategy from beginning to end to avoid setbacks or surprises. A financial gain or change in how you handle money matters will increase your options.

TAURUS (April 20-May 20) -- Look inward and consider the changes you want and how to achieve your goal. A secretive approach will help ward off any interference and give you time to investigate the possibilities.

GEMINI (May 21-June 20) -- Connect with people who can offer as much as you can. Don't disguise your intentions. Be precise about your needs and be ready to move on if you can't agree with someone.

CANCER (June 21-July 22) -- Hide in a secure spot and avoid conflict. Take time to decide what you want before you let others pressure you to fall in line. Personal growth will lead to financial gain.

LEO (July 23-Aug. 22) -- Talks, lectures and new beginnings are apparent. Refuse to let someone dominate your time. Step into the fast lane and travel in a direction that offers hope.

VIRGO (Aug. 23-Sept. 22) -- A change of scenery is encouraged. Personal growth, physical improvements or rethinking the way forward will bring you closer to feeling happy and content. A

kind word will be welcome.

LIBRA (Sept. 23-Oct. 23) -- Make your life more meaningful by being precise about what you want. Handle a proposal that comes from the heart with sensitivity and goodwill. Articulate what you are willing to do to keep the peace and make things happen.

SCORPIO (Oct. 24-Nov. 22) -- Make security your top priority. Protect against unwanted change or others trying to monopolize your time. Someone looking for an excuse will pretend to misconstrue you.

SAGITTARIUS (Nov. 23-Dec. 21) -- Put distress or anger aside and shoot for the stars. Look at the bright side of your situation, and you'll discover how to get what you desire. Don't limit what you can do.

CAPRICORN (Dec. 22-Jan. 19) -- Too much of anything will weigh you down. Discard what you no longer need will lead to positive lifestyle changes. Put a budget in place that helps you maintain the status quo.

AQUARIUS (Jan. 20-Feb. 19) -- Keep an open mind, but don't give in to pressure. Go about your business and offer others the freedom to do as they please. The less friction there is, the easier it is to get things done your way.

PISCES (Feb. 20-March 20) -- Misinformation will disrupt your personal life. Confirm any information about your residence, living arrangements or relationships with friends, family or your loved ones.

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Simple ways to ease back pain

By Northeast Regional Medical Center

Whether it's from a long car ride, spending too long sitting in front of the computer or just as simple as a movement gone wrong, we all know what it's like to experience back pain. Some back pain comes on suddenly and lasts for days to a few weeks. Other types of back pain may worsen over time and last for months. Common symptoms associated with back pain include increasing pain with lifting or bending, worsening pain when sitting or standing, stiffness in the morning that eases as the day goes on, and pain that can radiate into the buttocks, leg or hip. No matter which type you have, back pain can make life a little harder. While back pain is a common problem that can affect people of all ages, there are risk factors that make you more susceptible to this condition. Those factors include being over 30, being overweight, having weak core strength or bad posture, occupations that require heavy lifting or bending, a sedentary lifestyle, structural problems like

scoliosis, and people with a history of osteoarthritis, fractures or disk problems. Back pain is also more prevalent in people with mental health conditions such as depression and anxiety. But just because you're at a higher risk for back pain doesn't mean you're destined to suffer from it. There are plenty of ways to prevent back pain, including maintaining a healthy weight and these eight simple exercises: child's pose, partial crunches, hamstring stretches, bridge pose, swimming, cat-cow pose, walking and bird dog pose. If your pain does not improve after a few weeks, or you experience numbness or tingling, severe pain that does not improve with over-the-counter medication, pain after a fall or injury, or you have trouble urinating, it may be time to see a doctor and find out if you're suffering from a more serious condition. Once your provider discovers the cause of your condition, treatments available can help alleviate your pain and improve your quality of life. Why not get your back...back?

For Your Health – Understanding prostate cancer screening and prevention

By Dr. Graham A. Colditz
Siteman Cancer Center

Prostate cancer isn't a pleasant topic to think about. But at the same time, it's a cancer that many of us are, unfortunately, familiar with. It's likely impacted people in our lives, whether it's family members, friends or those we know through school or work. So, whether it's for ourselves or those we care about, it is important to better understand the disease and steps that may help protect against it. Prostate cancer is the second most common cancer in the U.S., just behind breast cancer, but it is the most common cancer in men, with close to 290,000 cases diagnosed each year. And like many other health issues, prostate cancer doesn't impact everyone equally — with African American men much more likely to develop and die from the disease than other groups.

So, what is the prostate, exactly? It's a gland about the size of a ping pong ball that's part of the male reproductive system. It sits just below the bladder, circling the tube that empties urine from the body. Problems with prostate health become more common as men age, and prostate cancer is found most often between ages 65-74. Being African American and having a family history of the disease can also increase risk significantly. Screening for prostate cancer has been shown to lower the risk of dying of the disease. When found in early stages, prostate cancer has a 100 percent five-year survival rate. But unlike other types of cancer screenings, there can be a more subtle balance between the potential harms and benefits of screening when it comes to prostate cancer. This is largely because some prostate cancers are

slow-growing and may never cause any serious health issues. However, others are very aggressive and men will benefit from early diagnosis and treatment. Because of this, the American Cancer Society recommends that men have an in-depth conversation with their doctors about the possible benefits and harms of prostate cancer screening before deciding if it's right for them. Men at normal risk of prostate cancer should have this conversation starting at age 50. African American men — who are diagnosed with aggressive prostate cancer more often than men from other races — should have this discussion starting at ages 45. Men with a strong family history of the disease should have



this discussion starting at ages 40-45. It's never too early, though, to take steps that can help prevent serious prostate cancer. Behaviors that we know can lower risk include: • Not smoking. If you smoke, try to quit as soon as possible. Visit smoke-free.gov for help. If you don't smoke, be sure to stay smoke-free. • Keeping weight in check. Being physically active can help control weight gain, even if it's a few minutes here and

there added up throughout the day. Other tips include: cutting back on sugary soda and fast food. • Eating tomatoes and tomato-based foods. Try to add salsa, red pasta sauce, and other tomato dishes to weekly meals. Among other nutrients, tomatoes are high in lycopene, which may help lower the risk of some cancers, including prostate cancer. Whether it's through making healthy lifestyle choices or talking to a

doctor about screening, there are important steps men can take to look after their prostate health. That can mean a lot to family, friends and others in their lives. It's your health. Take control. Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, is an internationally recognized leader in cancer prevention and the creator of the free prevention tool YourDiseaseRisk.com.

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Branson	73/64/c	68/55/s
Burlington, IA	52/40/t	46/35/r
Cape Girardeau	65/63/r	72/58/t
Carbondale	64/62/r	69/51/t
Cedar Rapids	52/33/c	45/28/c
Champaign	57/54/sh	62/39/r
Chicago	54/39/sh	47/34/r
Columbia	71/56/t	62/43/t
Danville	56/54/sh	62/40/r
Davenport	53/37/t	47/34/c
Decatur	58/56/t	62/40/r
Des Moines	54/32/c	43/30/c
Evansville	60/58/r	69/52/t
Galesburg	51/40/t	45/33/r
Green Bay	48/31/r	41/21/pc
Indianapolis	54/52/sh	63/43/r
Iowa City	54/36/t	47/32/c
Jefferson City	74/59/sh	65/45/t
Joliet	54/42/sh	47/35/r
Kansas City	65/42/t	53/38/sh
Lafayette, IN	54/52/sh	59/42/r
Lincoln	58/53/t	58/38/r
Madison	63/49/t	56/40/sh
Millwaukee	51/37/sh	43/33/c
Omaha	53/29/pc	45/30/c
Ottumwa	54/35/t	47/33/c
Peoria	55/47/t	50/37/r
Rockford	52/37/sh	44/32/c
St. Louis	64/60/sh	65/46/t
Springfield, IL	59/53/t	61/40/r
Springfield, MO	72/62/c	64/50/t
Topeka	67/41/c	55/38/c
Wichita	80/46/pc	63/41/c
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The Nation

	Wed.	Thu.
City	Hi/Low/W	Hi/Low/W
Albany, NY	59/42/c	56/37/sh
Albuquerque	62/37/sh	51/32/sh
Anchorage	38/25/sn	34/25/sn
Atlanta	73/53/s	80/57/s
Baltimore	64/49/pc	74/54/c
Billings	40/23/c	52/30/pc
Birmingham	73/54/s	81/61/s
Boise	52/35/c	50/28/c
Boston	50/45/pc	55/45/sh
Buffalo	52/45/c	51/31/r
Charleston, SC	72/57/r	79/61/pc
Charleston, WV	55/52/r	77/54/c
Charlotte	56/49/c	78/57/pc
Cleveland	52/49/r	61/35/r
Columbia	69/53/pc	82/58/pc
Columbus	54/50/c	66/43/r
Dallas	81/68/pc	79/61/c
Denver	55/29/pc	52/28/pc
Detroit	52/48/sh	56/33/r
Fargo	28/8/c	26/14/pc
Grand Rapids	50/42/sh	46/31/r
Hartford	61/44/c	60/40/sh
Honolulu	83/72/sh	84/74/sh
Houston	81/66/pc	83/68/c
Jackson, MS	79/55/pc	82/67/pc
Jacksonville	79/57/sh	82/58/s
Las Vegas	58/45/t	61/44/pc
Little Rock	74/63/c	77/66/c
Los Angeles	56/47/t	60/48/s
Louisville	58/56/r	74/53/t
Memphis	70/62/c	77/66/c
Miami	82/69/s	83/71/s
Minneapolis	38/24/c	37/21/pc
Nashville	60/57/r	79/65/pc
New Orleans	80/61/s	83/69/pc
New York City	57/48/c	62/47/sh
Norfolk	60/53/sh	78/60/c
Oklahoma City	78/58/pc	67/47/t
Orlando	82/60/pc	85/61/s
Philadelphia	63/48/pc	68/54/sh
Phoenix	64/48/sh	66/47/pc
Pittsburgh	52/47/c	67/42/r
Portland, ME	44/35/c	47/38/sh
Portland, OR	62/43/c	47/36/r
Rapid City	31/18/sn	40/22/c
Sacramento	58/43/sh	61/38/pc
Salt Lake City	46/35/sn	50/33/sh
San Diego	62/52/t	62/50/sh
San Francisco	58/48/c	59/48/pc
Seattle	60/42/c	48/33/r
Shreveport	78/64/pc	83/70/c
Tampa	84/64/pc	87/67/s
Tucson	62/44/sh	64/44/pc
Tulsa	78/64/c	67/48/t
Washington, DC	63/50/pc	75/57/c

River Stages

(in feet)	Flood Stage	Mon. 7 a.m.	24-hr +/-
Chariton River			
Chariton	19.5	6.30	-0.10
Rathbun Tail	--	4.50	-1.10
Moulton	36	20.00	-0.60
Novinger	20	2.79	-1.38
Prairie Hill	15	4.84	-1.53
South Fork Chariton River			
Promise City	25	3.80	-0.20
Mississippi River			
Keokuk	16	6.08	-0.37
Quincy	19	11.40	-0.28
Quincy Lock & Dam	18	8.10	-0.41

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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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Sometimes, even the self-appointed top bachelor needs a little help. Robert Siegfried, 43, of Janesville, Wisconsin, was tired of dating apps and decided to try a new tactic, reports WISC-TV. He took out a billboard featuring a photo of himself; next to that are the all-caps words "DATE ROBERT" in what some might call a desperate shade of red, followed by "Wisconsin's #1 Eligible Bachelor." The sign states that Robert is "looking for a local, honest woman." Said lucky lady can reach him at the number plastered on the billboard. If you do reach out to Robert, you might want to ask him about the restraining order that was put in place against him last year, according to online court records, which is set to last for four years. Meh, that's probably nothing to worry about. Get dialing, ladies!