KIRKSVILLE Daily Express

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JUNE 14, 2023 **\$2 WEDNESDAY**

Hope for Heroes 5K comes to Kirksville

Raises funds for veterans

By Adam Tumino

Nearly 50 runners and walkers took part in the Hope for Heroes 5K event in Kirksville on Saturday, June 10, at the Adair County Family YMCA. It was the first time Hope for Heroes

came to Kirksville. The 5K was held concurrently with another 5K in Columbia, which was taking place for the sixth year.

Hosted by the Food Bank for Central and Northeast Missouri, Hope for Heroes is used to raise money for packs that are handed out to veterans. These packs contain various types of meals and snacks for veterans as well as health and hygiene products.



(From Left) Steve Petersen, Jack Maize, Michael Elmore and Ashley White pose for a photo before the Hope for Heroes 5K. The four were the veterans that participated in the event. PHOTOS BY ADAM TUMINO

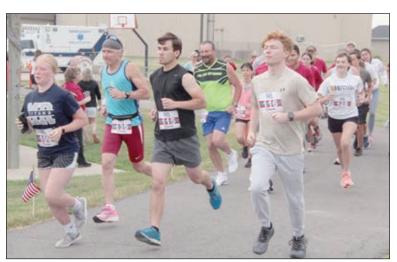
Teresa Ross works with the Food Bank and said that these boxes are offered at locations in Edina, Kirksville and Lancaster and about 30 to 40 of the boxes are handed out to veterans each month.

Ross said that she was glad to have Hope for Heroes brought to Kirksville, and the turnout indicated that the event can be successful in Kirksville going forward.

"We have a great turnout, and the weather is going to be really great weather for a running event," she said. "We've had a great response from people and I think next year we're going to keep trying to look at ways to improve this."

The presenting sponsor for the event was Disabled American Veterans. Michael Elmore, the Missouri DAV Adjutant and a Kirksville resident, said that events like Hope for Heroes are near and dear to his heart as a veteran, and putting on events like this is an important thing to do.

"It's a very big part of my



The participants in the Hope for Heroes 5K on June 10 take off from the starting line. The event was held at the Adair County Family YMCA.



Adam (left) and Auric Eichelberger approach the finish line with their dog Jane Sniffy during the Hope for Heroes 5K.

life," he said. "I joined the military 35 years ago, and it just is a part of me."

Mabry Elmore, Michael's daughter, saw the event as a resources for veterans. good opportunity to get her Gold Award for Girl Scouts.

She assisted the VIP Packs by gathering feminine hygiene products to be included, as well as various mental health

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Kirksville Rotary Club offers U.S. flag service

By Kirksville Rotary Club

You may have noticed handsome American flags sprouting on lawns and businesses in Kirksville this past Memorial Day. In many cases, these were placed by a service offered by Kirksville Rotary Club, called the Kirksville Fly the Flag Program, operating now for four years. For \$50 per year, the Rotary will install a flag pole socket on your property and will place a waterproof, 3 by 5-foot American flag to fly on your property throughout the holidays of: Memorial Day, Flag Day, Independence Day, Labor Day, Veterans Day

and Patriots Day. After the holiday, the Rotary flag team will remove the flag and store it until the next holiday.

Pictured are (I to r): Lilly Orskog, Sophia Harris, Dominic Cahalan, Wesley Martin, and Stephen Jerome. PHOTO BY MARY LEE FLESCHNER

Adair County Mizzou Alumni Chapter holds annual Spring Banquet

By Adair County Mizzou Alumni Chapter

The Adair County Mizzou Alumni Chapter held the annual Spring Banquet May 31 at Thousand Hills Lakeside Dining. The featured speaker was W. David Arnold, MD, executive director of the NextGen Precision Health Initiative at the University of Missouri. Arnold gave a presentation about his research in gene-based therapies highlighting examples of success in treating patients of all ages.

At the Banquet the Chapter honored recipients of the \$9,000 in schol-

arships to Mizzou awarded in 2023.

Present at the event were Lilly Orskog (Adair County Scholarship), Sophia Harris (Vera Faurot Burk Adair County Scholarship), Dominic Cahalan (Adair County Scholarship), Wesley Martin (Adair County Graham Scholarship), and Stephen Jerome (Jack and Lesa McCartney Scholarship).

Other scholarship recipients not in attendance were Lance Lewis (Adair County Scholarship), Jade Neeley (Adair County Scholarship), and Chance McKim (Adair Coounty Scholarship).



Pictured are (I to r) Rick Fleschner (board president), Dr. W. David Arnold, Mary Laird (scholarship chair), and Morgan Kopitsky (MAA Assistant Director of Alumni Engagement). PHOTO BY MARY LEE FLESCHNER

"It is a marvelous way to celebrate your citizenship in the United States," Rotary Club officials said in a press release.

All proceeds are funneled into multiple community services, scholarships for local kids and various facilities and parks in the community. Those citizens who are interested can sign up at: www. kvrotary.org/fly-the-flag.



Celebrate Kirksville's Red, White and Blue Festival on June 30—July 1

By City of Kirksville

Get ready for this year's star-spangled spectacular as the city of Kirksville hosts the annual Red, White and Blue Festival on June 30 and July 1.

Join them downtown on Friday, June 30 for performances by the Kirksville Community Band (5 p.m.) and No Apology (7 p.m.). The United Way Pie Contest and Auction will occur in between those acts.

Saturday, July 1 will be a full day of events across Kirksville. The morning fun will happen downtown. The Kirksville Kiwanis Farmers Market starts at 7 a.m. The Pancake Breakfast runs from 7-10 a.m. The Red, White and Blue Classic Car Show will go from 8 a.m. to noon. The 7th Annual FLATS Uncle Sam 5K begins at 8:30 a.m. The Red, White and Blue Parade then starts at 10 a.m.

The fun moves to North Park later that evening. Kids games and concessions start at 5 p.m. Boot Cut will perform from 7-9:30 p.m. Then the grand finale, a fantastic firework show, will start at 9:30 p.m.

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Max Richard Kelso, 66

Doris Anita (Thurman) Alexander

Community

ELIZABETH ANDERSON SPEAKS TO KIRKSVILLE KIWANIS CLUB



The Kirksville Kiwanis Club welcomed Elizabeth Anderson to speak at their June 8 meeting. In addition to teaching at the Kirksville High School, Anderson works as a recreation assistant for Kirksville Parks and Recreation during the summer. She presented on Parks and Recreation's theatre program for the summer season. Pictured are Kirksville Kiwanis Club President Elect Daniel "Dan" McGurk (left) and Anderson. KIRKSVILLE KIWANIS CLUB

KAITY SEVITS OF WAGMORE LLC, SPEAKS TO ROTARY CLUB OF KIRKSVILLE



The speaker at the June 7 Rotary Club of Kirksville meeting was Kaity Sevits of Wagmore LLC, a Kirksville family-owned business that not only provides dog grooming services but also trains dogs. She said dog training has become more popular lately because many dogs now occupy their owner's household space. Sevits says it is easier to work with puppies. She also raises Australian Shepherds, one of which recently won a National Championship in St. Louis. ROTARY CLUB OF KIRKSVILLE

UPCOMING EVENTS

Kirksville Area Calendar of Events

Kirksville Planning & Zoning Commission meeting

Notice is hereby given that the city of Kirksville's Planning & Zoning Commission will hold a meeting at 6 p.m. on Wednesday, June 14, in the Council Chambers at City Hall, 201 S. Franklin Street.

Kirksville Area Chamber of Commerce Ribbon-Cutting Ceremony

The Kirksville Area Chamber of Commerce will hold a Ribbon-Cutting Ceremony for Silver Rails Vineyards & Winery at 100 E. Benton Street in La Plata, on June 14 at 4 p.m.

'Renewed' to perform at Summer on the Square

'Renewed' will perform Friday night, June 16 at 7 p.m., as part of the Kirksville Arts Association's Summer on the Square concert series on the lawn of the Adair County Courthouse Square in downtown Kirksville. The rain venue will be Club One at 301 W. McPherson Street. The concert is free to the public.

Thousand Hills State Park 'Sunset Painting'

Thousand Hills State Park 'Sunset Painting' will be held on June 16 from 7-8 p.m. Learn how to paint nature sunset with staff and volunteers. Supplies will be provided but you may bring your own if you prefer. Meet at the Special Use Area. All programs are weather permitting. Check out Thousand Hills State Park on Facebook for cancellations, location changes, and other park information.

660 Charitable Motorcycle Organization Kirksville Cars & Coffee

The next 660 Charitable Motorcycle Organization Kirksville Cars & Coffee will be held June 17 from 8:30-11 a.m. at the Dukum Inn, 111 S. Elson Street. All are welcome. Bring your car, truck, bike, hot rod, daily or clunker. It's all about good company and a good time. Check out all the cars and everything else. Enjoy a free doughnut, some coffee and some great conversation with some good people. They look forward to seeing you there and don't forget, come on out, to see what other great free rafCampground 1 amphitheater. All programs are weather permitting. Check out Thousand Hills State Park on Facebook for cancellations, location changes, and other park information.

Kirksville Parks and Recreation Department's 'Movies in the Park'

The second Kirksville Parks and Recreation Department's "Movies in the Park" will be held on June 17 from 8-10 p.m. at Rotary Park's Ray Klinginsmith Amphitheater. The movie will be "Puss in Boots: The Last Wish."

Driver Examination Stations Close Statewide For Juneteenth

The Missouri State Highway Patrol would like to remind the public that driver examination stations throughout the state will be closed on the following date: Monday, June 19, in observance of Juneteenth. Normal operations will resume on Tuesday, June 20.

Kirksville City Wide Yard Sale

The Kirksville City Wide Yard Sale will be held on Friday, June 23 and Saturday, June 24. The Kirksville Daily Express advertising deadline is Thursday, June 15. \$13.50 for 25 words or less. Ad will run June 17,21 and 24. Call today, 660-665-2808.

Summer on the Square Concert Series with 'Blue Velvet'

Blue Velvet will perform Friday night, June 23 at 7 p.m., as part of the Kirksville Arts Association's Summer on the Square concert series on the lawn of the Adair County Courthouse Square in downtown Kirksville. The rain venue will be Club One at 301 W. McPherson Street. The concert is free to the public.

Thousand Hills State Park presents: 'Which Pollinator Am I?'

Friday, June 23 — 7 p.m. In celebration of Pollinator Week, join park staff to learn about many of our amazing pollinators. Guess the pollinator based on clues. Learn about each one and its importance to the environment. Meet at the Campground 1 Amphitheater.

Thousand Hills State Park presents: 'Party for Pollinators'

Saturday, June 24 — 10 a.m. Come on out to celebrate pollinator week! Learn about bees, butterflies, birds, and other pollinators through activities for kids and kids at heart. Meet at the picnic area next to the Oak Trail and playground on Big Loop Road.

Summer on the Square Concert Series with 'No Apology'

Thousand Hills State Park presents: 'Marvelous Mammals'

Friday, June 30 — 7 p.m. Mammals can be found all around us. Join park staff to take a closer look at Thousand Hills marvelous mammals! Meet at the Campground 1 Amphitheater.

2023 All American Red, White and Blue Festival Apple Pie Contest and Pie Auction

The United Way of Northeast Missouri Red, White and Blue Apple Pie Contest and Pie Auction is coming back to the Courthouse Square at 4 p.m. on June 30. Get your ovens warmed up and pull out those family apple pie and special pie recipes.Contact the United Way (660-665-1924) to enter your pies.

Thousand Hills State Park presents: 'Petroglyph Tour'

Saturday, July 1 — 10 am Thousand Hills State Park is home to a collection of petroglyphs or rock carvings made by ancestors of today's American Indians. Explore the petroglyphs with park staff to learn more about this unique piece of history. Meet at the petroglyph shelter located next to the beach.Questions? Contact the park office at 660-665-6995

Free legal consultations for veterans offered in Kirksville on July 6

The University of Missouri School of Law Veterans Clinic, through its Tigers for Troops program, will offer free legal consultations to veterans regarding United States Department of Veterans Affairs ("VA") disability benefits, discharge upgrades, and VA healthcare at the Kirksville Arts Association at 215 S Franklin Street, Kirksville, on July 6, from 9 a.m. to 4 p.m. Veterans can register for an appointment at https://bit. ly/KirksvilleTFT or call (573) 882-7630.

The Veterans Clinic is located in the University of Missouri's School of Law. Under the supervision of experienced attorneys, law students help veterans, at no charge, with their claims in front of the Department of Veterans Affairs. The Tigers for Troops program was created by the clinic to remedy unmet legal needs of rural veterans in Missouri. Under the program, the clinic partners with Mizzou Extension to travel to rural parts of Missouri to reach veterans without access to veteran's services. The Veterans Clinic also assists veterans in receiving discharge upgrades, helps train a

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Kirksville Daily Express

June 17, 21 & 24

13625 St. Hwy 3 LaPlata, MO

fle prizes they will have.

Thousand Hills State Park presents: 'Snake Survival'

Thousand Hills State Park presents: 'Snake Survival' – June 17, 10-11 a.m. Snakes have a variety of different ways that they defend themselves. Join park staff to discover these survival techniques. There may be a chance to meet a live animal. Meet at the No Apology will perform Friday night, June 30 at 7 p.m., as part of the Kirksville Arts Association's Summer on the Square concert series on the lawn of the Adair County Courthouse Square in downtown Kirksville. The rain venue will be Club One at 301 W. McPherson Street. The concert is free to the public.

torneys to help veterans navigate the VA system, holds annual symposiums highlighting the stories of veterans and developments within veterans' law, and contributes to amicus briefs and other advocacy projects in support of veterans. Since the clinic's inception just seven years ago, it has secured over \$13 million in benefits for veterans in Missouri and has helped more than 1,300 veterans.

Follow the Kirksville Daily Express online at kirksvilledailyexpress.com

FESTIVAL Continued from Page A1

Registration remains open for individuals, groups or organizations to participate in the Red, White and Blue Parade. Applications can be found online at bit.ly/3MUFuA2.

This year's Red, White and Blue Parade dignitaries are Von Abbott and Marcus Kelly. Abbott will serve as the Grand Marshal and Kelly, the Kirksville High School Class of 2023's Tiger Award Recipient, will be the Junior Grand Marshal.

Abbot was commissioned as a second lieutenant with the Army in 1979. He served three years in Germany, later receiving a medical retirement. Abbott, a Truman State graduate, then served in Truman's Department of Safety for more than 30 years. He continues to be involved as the Commander of American Legion Post 20 and the Disabled American Veterans Chapter 48, and a member of the Adair County Veterans Funeral Honors Group, VFW Post 2508, American Legion Riders Post 57, Patriot Guard Riders and the Masonic Lodge.

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Kirksville City Wide

FRIDAY JUNE 23 AND SATURDAY JUNE 24

Kirksville Daily Express

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THURSDAY, JUNE 15

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OBITUARIES

Max Richard Kelso Oct 11, 1956 – May 29, 2023

Max Richard Kelso, age 66, of Kirksville, Missouri passed away on Monday, May 29, 2023, at the University of Missouri Hospital in Columbia, Missouri following a brief illness.

Max was born on October 11, 1956, in Lexington, Missouri the son of Max and Mary Josephine (Atkins) Kelso. He was untied in marriage to Lorraine Hubbartt on July 23, 1977. The couple made their home in Kirksville.

Max had a great passion for playing the guitar and enjoyed hunting and fishing. He was of the Baptist faith and was baptized as a child.

Max is survived by his wife Lorraine Kelso of Kirksville, Missouri, his sister-in-law Michele Watts brother-in-law Kenneth Hubbartt and along with several nieces and nephews. He was preceded in death by his parents, Max and Mary Jo Kelso and his father and mother-in-law, Ronnie and Martha Hubbartt.

Memorial services will be held on Saturday, June 24th at 6:30 pm at Max and Lorraine's residence in Kirksville, Missouri.

Memorial contributions can be given to the family to assist with medical bills.

Casady-Luscan Funeral Solutions of Green Castle, Missouri is honored to care for and minster to the Kelso family at this time.

Doris Anita (Thurman) Alexander

Doris Anita (Thurman) Alexander of Kirksville, MO passed away June 9, 2023, in Tomball, TX.

Visitation will be from 6:00 to 8:00 p.m. Friday, June 17, 2023 at the Dooley Funeral Home.

Funeral service will be held at 11:00 a.m. Saturday, June 18, 2023 at the Dooley Funeral Home, Queen City, Missouri. Burial will be in the Queen City Cemetery.

Arrangements in the care of Dooley Funeral Home, Queen City, MO; www.dooleyfh.com.

Pumptown headlines downtown show

By Adam Tumino Daily Express

"Pumptown performed in downtown Kirksville at the Kirksville Arts Association's



annual Summer on the Square concert series on Friday, June 9. The concert series will re-

turn to the Courthouse Square this Friday, June 16, when "Renewed" takes the stage



Missourians to observe Summer Safety Day

By State Emergency Management Agency

JEFFERSON CITY — As summer weather arrives, Missourians are reminded to be aware of the dangers posed by extreme heat and humidity and take precautions as they spend more time outdoors. Agency Director Jim Remillard said. "It's important for Missourians to be aware of these safety risks and know how to protect themselves and others."

To help Missourians prepare and stay safe during the summer months, the state will observe Summer Safety Day by a heat index, so it is especially important to keep a close eye on friends and family and know the signs of heat-related illnesses.

Never leave a child or pet alone in a vehicle. Even on a cooler day, the temperature inside a vehicle can rise by 20 degrees in 10 minutes and pose

Missouri Judiciary launches website

Website to help public learn about remote public access to case documents

By Missouri Judiciary

JEFFERSON CITY, Mo. The Missouri Judiciary is launching a new website to help the public learn more about major upcoming changes to Case.net, the web-based search portal for information about Missouri court cases. The remote public access website uses a question-and-answer format to explain the upcoming changes, which will allow for access to public case documents from personal electronic devices. A short video also is available.

The move to remote public access, announced last year, has been years in the making, as technology has allowed the courts to move from a wholly paper-driven system to an electronic system. Since the late 1990s, the public has been able to use Case.net to view certain information about cases filed in Missouri. After electronic filing began a dozen years ago, people could use public access terminals in courthouses throughout the state to view public documents filed in cases. But this new change will allow people to view public case documents to view, download and print public case documents from their personal computers, tablets or cell phones.

"Innovations in technology have not only revolutionized the way we in the courts work, but they also have fundamentally changed how Missourians interact with their courts," Chief Justice Paul C. Wilson said. "The changes coming to Case.net starting July 1 will allow Missourians to access public court documents when and where it's most convenient for them."



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"Anyone filing documents in a Missouri court has an obligation to redact confidential information as required by law," Wilson said. "But with this expanded public access comes a greater responsibility for everyone — lawyers and self-represented people alike — to exercise diligence and care in carrying out the redaction responsibility."

The new website will help answer questions such as:

• What is Case.net, and why is public access being expanded?

• How is confidential information in court cases protected?

• Whose job is it to redact confidential information from public documents?

• What information must be redacted?

• How do I redact confidential information from a document?

• What do I file with the court?

• What if someone makes a mistake?

It also provides links to rules, forms and examples of redaction as well as additional resources.

The expanded access to public case documents will be prospective only - available only for documents filed on or after July 1, 2023. Documents filed before that date will continue to be available at the public access terminals in every state courthouse. Remote public access will be phased in over the coming months based on an implementation schedule for the courts. Public documents filed in the Supreme Court of Missouri and Missouri Court of Appeals will be available remotely first, gradually followed by the state's circuit courts. Both the implementation schedule and a map showing when courts are scheduled to being offering remote public access are featured in the new website.

"Summers in Missouri can not only be hot and uncomfortable but also dangerous, especially for more vulnerable groups like children, the elderly and those with pre-existing health conditions," State Emergency Management

on Wednesday, June 14. SEMA and the National Weather Service (NWS) encourage all Missourians to pay attention to local forecasts and plan accordingly when activities are outside. Humidity can amplify the feeling of heat measured a real threat to anyone left inside. Stress, distraction and being out of a normal routine can all contribute to forgetting a child in a car seat. Always "look before you lock" and check the back seat each time you exit your vehicle. But remote public access also heightens the need to protect confidential information in court documents. This is a responsibility shared by not only lawyers but also by people who represent themselves in court.

Feds charge Missouri man after shootout in Warsaw

By United States Attorney Teresa A. Moore Western District of Missouri

JEFFERSON CITY — Two members of the self-styled 2nd American Militia who conspired to go "to war with border patrol" have been indicted by a federal grand jury on charges related to a conspiracy to murder Border Patrol officers, which ended in a shootout with FBI agents who arrested them on the eve of their planned trip to the United States – Mexico border.

Bryan C. Perry, 37, of Clarksville, Tennessee, and Jonathan S. O'Dell, 33, of Warsaw, Mo., were charged in a 44-count second superseding indictment returned by a federal grand jury in Jefferson City on Wednesday, May 30. The second superseding indictment replaces prior charges filed against Perry and O'Dell and contains additional charges. Perry and O'Dell remain in federal custody without bond following separate detention hearings in which the court ruled they pose a danger to the community.

The indictment alleges that Perry and O'Dell participated in a conspiracy to murder officers and employees of the United States government. They allegedly planned to travel to Texas to shoot at illegal immigrants crossing the United States – Mexico border. According to the indictment, they also planned to murder officers and employees of the U.S. Border Patrol who would attempt to stop them.

In addition, the indictment also alleges that Perry and O'Dell participated in a conspiracy to assault federal officers and employees and a conspiracy to injure federal officers and employees. The indictment also charges them together in seven counts of the attempted murder of FBI special agents, seven counts of assaulting FBI special agents with a deadly weapon, three counts of assaulting FBI special agents, 14 counts of using a firearm in furtherance of a crime of violence, and one count of damaging federal property.

Perry is also charged with two counts of being a felon in possession of a firearm, one count of possessing a firearm with an obliterated serial number, one count of the possession of body armor by a violent felon, one count of possessing an explosive, and one count of threatening to injure another person.

O'Dell is also charged with one count of possessing a firearm while subject to a court order of protection, one count of threatening to injure another person, and one count of making a false statement to the FBI. Throughout the spring, summer, and fall of 2022, the indictment says, Perry and O'Dell recruited and attempted to recruit other individuals to join their militia group. They advertised a recruitment event in Warsaw prior to leaving for the United States – Mexico border.

On Sept. 5, 2022, Perry traveled from Tennessee to Warsaw to live with O'Dell. They allegedly used O'Dell's residence as a staging site as they prepared for their trip to the border and collected firearms, paramilitary gear, ammunition, and other supplies.

The federal indictment cites a series of social media posts from Perry. On Sept. 12, 2022, Perry posted a video on TikTok in which he discussed illegal immigrants coming into the United States from Mexico. Perry stated that the U.S. Border Patrol was committing treason by allowing these illegal immigrants to enter the United States, and that the penalty for treason was death. Perry posted another video on TikTok the next day in which he stated that he was "ready to go to war against this government."

On Sept. 22, 2022, Perry posted a video on TikTok in which he stated, "we're out to shoot to kill" and that "our group is gonna go protect this country." On Oct. 3, 2022, Perry posted a video on TikTok in which he stated, "we were going out huntin'," that his group was taking their "full kits," and that they were leaving for the United States – Mexico border on Oct. 8, 2022.

On Oct. 3, 2022, Perry held a phone conversation with an unidentified individual in which Perry stated they were going to go down to the United States – Mexico border to "start a war." Perry expressed their plan to shoot people coming across the border and to shoot "federal agents" who would oppose them. Perry also stated they would acquire gear and supplies from federal agents after they "take a couple of 'em out."

On Oct. 7, 2022, according to the indictment, Perry and O'Dell had amassed six firearms, 23 magazines filled with ammunition, 1,770 rounds of various other ammunition, two sets of body armor with corresponding plate carrier vests, a handheld radio, two sniper rests, two gas masks, two items that appeared to be ballistic helmets, and multiple containers of a binary explosive mixture commonly sold as an exploding target.

On Oct. 7, 2022, the FBI executed a search warrant at O'Dell's residence and took O'Dell and Perry into custody. Federal agents approached the property in vehicles with red and blue lights activated. As the FBI approached, an agent utilized a loudspeaker on one of the vehicles, stating that they were with the FBI and that they had a search warrant for the residence. The FBI agent began to repeat the announcement, again stating that they were with the FBI, when gunshots were fired from a front window at the lead FBI vehicle. Several rounds hit the lead FBI vehicle. According to the indictment, Perry fired 11 shots from his Voodoo Innovations multi-caliber rifle with an AM-15 lower receiver. FBI special agents did not return fire and, after the gunshots ceased, the FBI established a perimeter and began communicating with the persons inside the residence to come out.

The charges contained in this indictment are simply accusations, and not evidence of guilt. Evidence supporting the charges must be presented to a federal trial jury, whose duty is to determine guilt or innocence.

This case is being prosecuted by Assistant U.S. Attorneys Casey Clark and Ashley Turner. It was investigated by the FBI and the Bureau of Alcohol, Tobacco, Firearms and Explosives.





Greentop's Montgomery receives sustainable agriculture grant

By North Central Region — Sustainable Agriculture Research and Education Program

Chad Montgomery at Cedar Meadow Farms in Greentop, Mo., was awarded \$9,979 from the North Central Region Sustainable Agriculture Research and Education Program for the project, "Economically Viable Method of Raising Surplus Saanen Dairy Goat Billies as Meat Goats by Using Them as Brush Goats."

"Dairy goat billies are goat dairy byproducts. Meat production from surplus dairy billies could be considerable. Goats eat a variety of forage, which is excellent for environmentally sound brush control. We examine the economic viability of raising dairy billies for meat through brush control," said Montgomery.

This grant was awarded as part of NCR-SARE's Farmer Rancher Grant Program, a competitive grant program for farmers and ranchers who want to explore sustainable solutions to problems through on-farm research, demonstration, and education projects.

The focus for each of the NCR-SARE grant programs is on research and education. Funding considerations are based on how well the applicant presents the problem being addressed, the project's relevance to sustainable agriculture in the 12-state North Central region, and how well it aligns with NCR-SARE's goals, among other factors specific to each grant program. NCR-SARE's Administrative Council (AC) members decide which projects will receive SARE funds. The AC includes a diverse mix of agricultural stakeholders in the region. Council members hail from regional farms, ranches, the Cooperative Extension Service, universities, federal agencies, and nonprofits.

Since 1988, the SARE program has helped advance farming systems that are economically viable, environmentally sound, and good for communities through a nationwide research and education grants program. The program, part of USDA's National Institute of Food and Agriculture, funds projects and conducts outreach designed to improve agricultural systems.

Planned Roadwork for Northern Missouri

Staff Reports

The following is a list of general highway maintenance and construction work the Missouri Department of Transportation has planned in the Northern 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 also may be moving operations throughout the region, in addition to the work mentioned below.

Putnam County

Route 129 – Closed for a culvert replacement from Route AA to U.S. Route 136, through June 15, 7:30 a.m. to 3:30 p.m. daily.



Route HH – June 20 – 22, Closed for patching operations from East end of Route HH to Route V between 8 a.m. and A in Scotland County between 7:00 a.m. and 4:00 p.m. daily.

Route Z – June 22 and June 26 — 27, Closed for pavement improvement operations from Iowa state line to Route H between 7 a.m. and 4 p.m. daily.

Resurfacing Projects Begin in Macon County

Beginning the week of June 12, weather permitting, resurfacing work begins on Missouri Route 149 in Macon County from Route J in Goldsberry south to U.S. Route 36 near New Cambria. The total length of improvement is 16 miles. This project is anticipated to be com-

KIRKSVILLE AREA NEWS BRIEFS

Local McDonald's launch Second Annual McDonald's Nurse Excellence Award

Local McDonald's restaurants will again celebrate area nurses in a big way this summer with the launch of the second-annual McDonald's Nurse Excellence Awards. Community members can nominate excellent nurses in participating communities through June 19. The award will honor nurses who exhibit the ultimate dedication to their patients and go above and beyond to ensure the community is taken care of! Nominations will be accepted online at https://www.surveymonkey. com/r/mcdnurseaward. Ten nominees will be selected for the 2023 McDonald's Nurse Excellence Award and will receive a \$200 gift card on behalf of their local McDonald's restaurant. This program gives the opportunity for the community to get involved in showcasing thanks and appreciation for the positive impact healthcare workers make. As well as supporting local healthcare, McDonald's provides extensive support to local Ronald McDonald House Charities chapters.

Registration open for Red, White and Blue Parade

The annual Red, White and Blue Parade will be held Saturday, July 1, starting at 10 a.m., in downtown Kirksville. Parade registration is now open. Applications can be found online at https://bit.ly/3MUFuA2. The parade is an exciting way to promote your business, organization, or group by reaching parade goers, while also making our community a better place this Fourth of July. Organizations and businesses may register to participate in the parade by filling out the entry form and submitting it to the appropriate contact. All contestants are encouraged to play patriotic music, and of course, deck your float out in red, white, and blue. The deadline for entry is Friday, June 23, to be included in the contest. The Kiwanis Club of Kirksville coordinates the float competition and trophies. For more information, contact Parks and Recreation Director Rodney Sadler at 660-627-1485. You can also check out the full schedule of events for the Red, White and Blue Festival at www.visitkirksville.com/redwhiteandblue.

Red, White and Blue Festival weekend

The city of Kirksville's Annual Red, White and Blue festival will be busy this year beginning on Friday, June 30, with the Kirksville Community Band and "No Apology" headlining the evening's Summer on the Square concert which will be back on the courthouse lawn. The United Way will be holding their annual Pie Sale and Auction, at that same location. They will have an apple pie contest and will be selling slices of apple pie and ice cream. On Saturday, July 1, there will be a Pancake Breakfast along Washington Street, from 7 to 10 a.m. while the Kiwanis Farmer's Market, located on the 100 block of North Elson Street, runs from 7 a.m. to noon. The All-American Red, White and Blue Classic Car Show will be in the downtown Cinema 8 parking lot from 8 a.m. to noon. Patriotic runners will take to the streets also on Saturday morning, for the 7th Annual FLATS Uncle Sam 5K/1.2-Mile Walk. That race begins at the DuKum Inn at 8:30 a.m. To register, go to www.kvflats.org/events

entertainment, and concessions. The grand finale of the day will begin at 9:30 p.m. with Fireworks. So come set-up your lawn chairs and blankets in any of the outfields and make it a family and friends gathering.

Additional information and any changes, as we get closer, can be found at VisitKirksville.com/redwhiteandblue. The rain date for the fireworks will be Sunday, July 2.

Ld's Bar and Grill calendar

Ld's Bar and Grill, 33006 State Hwy M in Economy (three miles east of Atlanta on Hwy M), will hold the following events:

Pool tournaments every first and third Saturday of the month. Sign in at noon, play begins at 1 p.m. Closed July 2-5 Saturday July 8 — Band "Fully

Loaded" 8 p.m. to 12 a.m. Saturday July 15 — Band "Keota" 8 p.m. to 11 p.m.

Saturday Aug. 5 — Chariton River Rally Poker Run

Saturday Aug. 19 — Band "Fully Loaded" 8 p.m. to 12 a.m.

Friday Sept. 15 — Band "Boot Cut" 9 p.m. to 1 a.m.

Saturday Sept. 30 — Band

- "Keota" 8 p.m. to 11 p.m.
- Saturday Oct. 21 Band "Shakey

Ground" 9 p.m. to 1 a.m. Friday Oct. 27 — Band "Stone house" 9 p.m. to midnight

Call 660-239-4576 for more information.

Ron Hediger exhibit at the Sue Ross Arts Center

Well-known regional artist Ron Hediger will be on exhibit at the Sue Ross Arts Center, located at 215 S. Franklin in Kirksville through Saturday, June 24. Hediger is originally from Kirksville. After graduating from Truman State University, Hediger taught art in the Columbia schools later becoming a guidance counselor. Twenty-two paintings are on display, featuring landscapes, rural scenes, and florals. Hediger is an award-winning watercolorist. For many years he exhibited at the Red Barn Arts and Crafts Festival in Kirksville. A raffle is being held on a 26x36 inch framed painting of "Sunflowers" with proceeds to benefit Doctors without Borders. Tickets are \$5 each or five tickets for \$20 and will be available for purchase at the Sue Ross Arts Center until the drawing is held on Oct. 10. A reception will be held on Friday, June 2 from 4:30-6:30 p.m. with a meet and greet with Hediger at the Sue Ross Arts Center. The arts center is open Monday through Friday 11 a.m. to 4 p.m. and Saturdays 10 a.m. to 2 p.m. There is no charge to visit the exhibits and

Sullivan County

Route T – Closed at the East Locust Creek Bridge for repairs through mid-June.

Route C – Closed for a bridge replacement project at the Yellow Creek Bridge, 1.5 miles east of Route U, southeast of Milan, through September.

Route 129 – Closed for a culvert replacement from Route C to Sunrise Road, June 14, 7 a.m. to 4 p.m.

Route 129 – Closed for a culvert replacement from Safari Road to Table Road, June 15, 7 a.m. to 4 p.m.

Knox County

Route B – through June 15, Closed for patching operations from Missouri Route 151 in Shelby County to Missouri Route 156 in Knox County between 7:30 a.m. and 4 p.m. daily.

3:30 p.m. daily.

Macon County

U.S. Route 63 (Northbound) – June 14 and June 19 — 22, Lane Restriction for bridge maintenance operations from Business Route 36 to Nixon Industrial Blvd between 8 a.m. and 4 p.m. daily. A 15-foot width restriction will be in place where crews are actively working.

Route DD – June 14, Closed for culvert replacement operations from Lariat Avenue to Leather Avenue between 8 a.m. and 4 p.m.

Route DD – June 15, Closed for culvert replacement operations from Lynx Avenue to Lariat Avenue between 8 a.m. and 4 p.m. daily.

Scotland County

Route E – June 14 – 15 and June 20 — 21, Closed for pavement improvement operations from Route A in Clark County to Route pleted by mid-July.

The \$2.4M contract includes an additional resurfacing project located on 8.4 miles of Route OO in Macon County. This work will begin immediately following the Missouri Route 149 project and will be completed within 30 days.

Traffic will be reduced to one lane during the day at the location where crews are actively working for the duration of the project. For the safety of the crews and the traveling public, MoDOT would like to remind drivers to be attentive in work zones and put down your cell phones to eliminate distractions.

Flaggers and a pilot car will direct motorists through the work zone. Workers will be present during daylight hours, Monday through Friday, weather permitting. A 10-foot width Restriction will be in place for the duration of the project. All work is weather dependent and schedules are subject to change.

To close the morning on the square out, the Red, White and Blue Parade begins at 10 a.m. at the intersection of North Franklin and Missouri streets. The afternoon events will then move out to North Park with food trucks, games, live children ale welcome.

Kirksville Arts Association to honor former military with summer exhibit

Kirksville Arts Association is seeking former military members to photograph for an exhibit titled "Thank You for Your Service" to be held at the Sue Ross Arts Center. The exhibit will open June 28 and run through Aug. 26. The Sue Ross Arts Center is located at 215 S. Franklin in Kirksville. A reception will be held on Aug. 24 and will include presentation of guilts by the Hands of Friendship Quilt Guild to some of the veterans. A professional photographer is scheduled to take photographs of the men and women holding a photo of when they were in the service in mid-May. Following the close of the exhibit, the photos will be given to the former military members. Anyone interested in participating in this exhibit is encouraged to contact the Kirksville Arts Association at 660-665-0500. There is no charge and all branches of the military are being honored including the reserves and guard.

HEROES

Continued from Page A1

She also said that veterans' causes have always been important to her, and the event on Saturday was a nice way to cap off the work that was done.

"I wanted to be involved personally because my dad's a veteran, my grandpa was a veteran, my great grandpa was a veteran, and I've just always heard about veterans' needs," Mabry Elmore said. "My favorite part right now is just being with all the people, having closure. We've been working on this for months and now it's kind of just coming to an end, and it's nice. It feels good."

There is another Hope for Heroes 5K coming up in Jefferson City on July 1. With \$75,000 already having been raised, Ross said that the Food Bank is expecting to surpass their previous high by quite a bit.

"Last year I think we did about \$66,000, so this year we've already exceeded that goal and we haven't even had the race yet," she said. "Our goal is to probably hit \$80,000 to \$100,000, so we feel pretty confident in that. We're really excited how we're going to get this to grow."

The Jefferson City Hope for Heroes will be held at the Gold Star Memorial with the opening ceremony beginning at 7:30 a.m. and the race starting at 7:45 a.m. Registration is \$35 and can be done online at sharefoodbringhope.org/hope5k.



More participants get started in the Hope for Heroes 5K. ADAM TUMINO

Health

A5

FOR YOUR HEALTH 10 SUN SAFETY TIPS FOR SUMMER FUN

By Dr. Graham A. Colditz Siteman Cancer Center

If all the picnics, barbecues and trips to the park didn't give it away, summer is now officially in full swing, and for many of us that means getting outside to enjoy the long days and warm weather.

It should also mean remembering to protect our skin from the sun's damaging ultraviolet (UV) rays. Being sun-safe can help avoid sunburns, slow down skin aging and lower the risk of skin cancer, including serious melanoma. And while that message can seem second nature at this point, the reality is that many of us - maybe most of us - still have steps we could take to improve our sun safety. The basics are pretty simple: Find shade, use sunscreen and wear sun-safe clothes. But some extra tips can really help us put these into practice:

Be ready for the sun. Most of our trips outside are planned — at least to some extent — so we have time to get ready with sunscreen and the correct clothing. But, it's summer after all, and that can mean spur of the moment trips outside for a lunchtime walk, a concert at the park or just to get a breath of fresh air. So, it's good to try to keep a hat, long-sleeve shirt and small tubes or sticks of sunscreen at the ready. They don't take up too much space and can easily fit in the side pockets of a backpack, in a desk drawer, locker or somewhere in the car.

Use enough sunscreen (we often don't). Using sunscreen is great. Using enough sunscreen is even better. Many of us fall short of the recommended amounts to get good protection. When you're at places like the park or pool, you should typically use one full ounce, which fills the palm of the hand.

Use a sunscreen with 50



good choices, but if you're going to be out for longer, try to use sunscreens with 50 SPF or higher, which provider great protection.

Apply. Repeat. Unfortunately, one application of sunscreen doesn't last all day. To get good protection, it generally needs to be re-applied around every two hours, or sooner if you've been in the water or sweating.

Remember the ears — and other easy-to-miss spots. Don't rush putting on sunscreen. Take the time to cover as much exposed skin as possible. Pay attention to those places we can sometimes forget, like the tops of the ears, feet and head (if thinning hair).

Get kids sun-ready first. Before the adults head outside, first get kids sun-ready. Sun exposure in youth is especially important when it comes to the risk of skin cancer later in life. Focusing on kids first can help make sure they're as protected as possible for fun in the sun.

Plan your shade. Being under shade is one of the simplest ways to protect ourselves from the sun's damaging rays. If there aren't sun shelters or trees available, having your own canopy, tent or large umbrella can be a great back-up plan, and there are many good, affordable options these days. Try UPF-rated clothes. Clothes made from fabrics with a UPF rating (ultraviolet protection factor) can be a great choice for summer, helping to block UV rays while also being lightweight and made for outdoor activities. As with sunscreen, the higher the number, the better the sun protection.

Don't forget sunglasses. It's important to protect your eyes along with your skin. Keep a pair of sunglasses as part of your sun-safety gear. Look for those with "100 percent UV protection" and don't let the darkness of the lenses or price tag be your marker for UV protection. Check tags and labels to be sure.

Work toward a sun-safe community. There are steps we can take to help make it easier for the those in our communities to be sun safe, and it doesn't need to take a lot of time or effort. Send an email to the city council about getting more shade at playgrounds, or start a social media string about adding sunscreen dispensers on bike paths and at ballparks. Even small changes can make an important difference.

Now, let's get out and enjoy those great summer days – safely.

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

PUBLIC HEALTH CORNER



Why a student should consider working in the public health sector

Adair County Health Department's Public Health Corner — Week of June 5

By Shane Hawkins, Intern Adair County Health Department

In this week's edition of the Public Health Corner, we are going to be looking at the public health sector and why a student should consider working in the field. Many students are attending college to get degrees in health fields. From doctors, nurses, and therapists of all kinds, students are looking to make it in the healthcare sector. One of the fastest growing health career fields is public health and we want students to consider working in the field.

More students are interested in pursuing a career in public health. Each year, more students are getting health science degrees. The reason many students are looking to work in public health is to actually do something after the pandemic.

The Nurse Journal states, "Many schools and students note that Covid-19 and the desire to "do something" about the spread of the virus spurred interest" (2023). For the student looking to change policy and the health of communities after their studies in college are finished, public health jobs are where that can be done. The Nurse Journal also states "82 percent of workers reported job satisfaction and that 95 percent of public health workers believe the work they're doing is important". If you find yourself wanting to help people, you will likely be very satisfied with your work alongside your fellow coworkers.

These jobs are also one of the quickest growing job sectors. According to Healthcare Management Degree Guide, "The Bureau of Labor Statistics expects public health education jobs to jump 11 percent from 2018 to 2028" (2022). Students looking for a stable career after graduation from college may find themselves interested in pursuing a career in Public Health.

If you are a student in Kirksville looking to pursue an education in public health at a local Kirksville university or college, there are several options. Truman State University offers a Bachelor of Science in Health Science degree with a Community, Worksite, and Public Health concentration. Moberly Area Community College offers a health sciences degree with many concentrations that will give a student the educational path towards a public health career. A. T. Still University offers the opportunity to get a master's degrees in public health for students looking to advance academically and in their career. These educational opportunities give students the knowledge and skills needed to operate as an effective member of a public health team.

SPF or higher if you're outside longer. When out for short periods of time, sunscreens with 30 SPF (sun protection factor) can be 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.

MU Extension works to fight startling statistics on mental health in Missouri

By MU Extension

COLUMBIA — Mental Health Awareness Month, observed in May, is a good time to look at the startling statistics on suicide and mental health challenges in rural Missouri, says Karen Funkenbusch, University of Missouri health and safety specialist.

Three statistics reported by the Centers for Disease Control and Prevention are especially troubling, she says.

Between 2003 and 2017, the suicide rate for rural Missourians rose 78 percent. And rural men between the ages of 35 and 44 have triple the statewide suicide mortality rate in Missouri. Additionally, all of Missouri's 99 rural counties are designated Mental Health Professional Shortage Areas. That is the largest shortage of behavioral health care providers in the U.S., Funkenbusch says.

Those statistics come from "Growing Stress on the Farm," a 2020 study of expanding economic and mental health disparities in rural Missouri. The Missouri Coalition for Community Behavioral Healthcare, Missouri Department of Mental Health, Missouri Farm Bureau, Missouri Hospital Association and MU Extension worked on the report.

Those growing disparities have pushed mental health advocates in MU Extension to seek ways to help the state's farm and ranch families find access to services and break down pervasive stigmas regarding mental health.

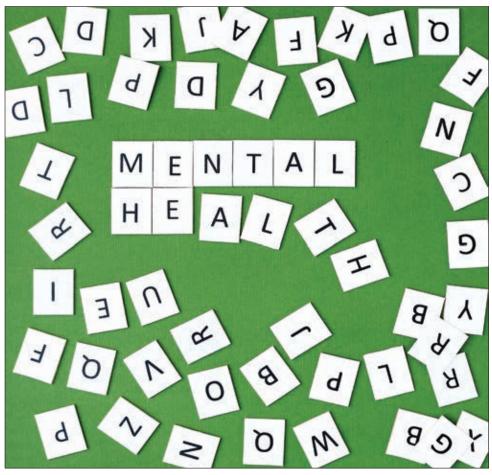
MU Extension coordinates with the North Central Farm and Ranch Stress Assistance Center and the Missouri Department of Agriculture to provide resources through USDA National Institute of Food and Agriculture grants.

MFA Foundation is another MU partner that commits to support rural communities in need of mental health services. "The MFA Foundation's substantial four-year commitment will allow the expansion of teletherapy sessions and increased educational awareness in more rural communities," says Funkenbusch. "This generous gift will assist in the creation of more resources and the development of a statewide mental health awareness campaign targeting one of Missouri's most vulnerable populations."

This often means taking the services to farmers, rather than farmers traveling for treatment, she says. Time and distance are common obstacles that rural families encounter in finding counseling services. Technology helps to overcome these obstacles with services such as telehealth counseling sessions and Zoom meetings.

These "long-distance relationships" also help rural families fight off the pervasive stigma of mental illness. In a small town, people may often recognize your farm pickup parked outside of a counseling office, she says. Or they might worry about running into their counselor at community, school or church events. That may keep some from seeking help.

Telehealth services help to relieve farmers and their families of these stigmas. Farmers, ranchers and immediate family members are eligible to receive free, confidential teletherapy. To request



free teletherapy counseling, go to www.muext.us/ PSCFarmRanch, email adpsc@missouri.edu or call 573-882-4677.

Another MU Extension service is Show-Me Strong Farm Families, also funded by USDA NIFA, at www.muext.us/SMSFF.

MU Extension offers many other mental health programs to help rural Missourians. These include Mental Health First Aid, Q.P.R. Gatekeeper, Taking Care of You, Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset, Communicating with Farmers Under Stress and Tai Chi. Additionally,

programs such as Heroes to Hives reach out to military veterans.

Missourians can also access the Iowa Concern Hotline to discuss stress and legal and financial concerns. The hotline is answered 24 hours per day, seven days a week. Dial 711 or email iowaconcern@iastate.edu.

Business

OATS Transit receives donation from POET Bioprocessing

By OATS Transit

MACON — OATS Transit, a Missouri based not-for-profit transportation provider, announced today that it has received a \$2,500 donation from POET Bioprocessing Macon. In an effort to ensure local residents are provided reliable transportation to get to work and other basic needs, POET recently presented the check to OATS Transit.

OATS Transit has been providing transportation in Macon since 1972. "We are grateful that companies like POET are dedicated to giving back to the communities where they have facilities," said Sheree Webb, Regional Director for OATS Transit in Macon. "Partnerships like this allow us to continue our mission of providing safe, caring and reliable transportation." added Webb. In Macon County, OATS Transit provides more than 8,000 trips annually.

"Giving back is core to our com-

munity POET's culture," said Scott Tuttle, General Manager of POET Bioprocessing – Macon. "That's what our Community Grant Program is all about — helping those that are working hard to make the world a better place. We're proud to support OATS and commend what they're doing to impact lives in our community."

OATS Transit provides daily service, Monday through Friday, in the city of Macon through a partnership with the city of Macon and the Macon Chamber of Commerce. Additionally, long distance transportation to Columbia, Kirksville and Moberly is available on a routine basis. Residents wanting to schedule rides should call the local OATS Transit office at 660-415-0901. More information about OATS Transit can be found online at www.oatstransit.org. Follow us on your favorite social media site @oatstransit. OATS Transit also has several job opportunities available which are listed on the company website.



Pictured (L to R): Trever White- OATS Transit Operations Manager; Scott Tuttle- POET Bioprocessing General Manager; Sheree Webb- OATS Transit Regional Director; and Samantha Ratliff- OATS Transit Operations Manager.

Government contracting opportunities for food service providers

By Anastasia Tiedemann SBDC, MERIC

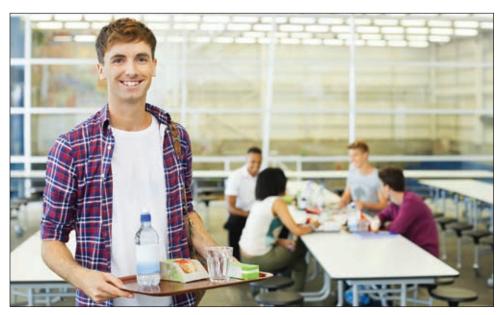
Many local small businesses have heard about the benefits of contracting with the government. Any business can register to bid on government contracts. Historically, many of these contracting jobs have to do with manufacturing and construction, but things are changing.

Every year, the Missouri National Guard spends around \$800k feeding its soldiers and airman during training events throughout the

state of Missouri. Previously these transactions were usually a credit card transaction, but as polices shift, the use of agency credit cards has been discouraged. The Missouri National Guard is now seeking to register restaurants, caterers, food trucks, and other food service providers on sam.gov so that the agency may award contracts and ultimately set up a multiple award blanket purchase agreement directly with the food service providers in Missouri who have an interest in

supporting airman and soldiers during training events. Specific emphasis in Northeast Missouri and surrounding areas include: Boonville, Chillicothe, Columbia, Fulton, Hannibal, Macon, Mexico, Moberly, and Trenton.

The APEX Accelerator team (government contracting specialists) is hosting an event to connect food service vendors with the Missouri National Guard Contracting Office in Jefferson City on July 13, from noon – 3 p.m. at the Ike Skelton Training Sight (ISTS).



You'll learn whether your business is ready for government contracting and what the next steps will be. If your food truck, catering establishment, or restaurant is interested in expanding your scope of services to include government contracting, this would be a good event for you to attend!

You can sign up at the link below or contact Kris Bockting at 573-882-9398 for more information. This is a free, in-person event.

If you have any ques-

tions about entrepreneurship or small business resources, feel free to reach out to Anastasia Tiedemann at atiedemann@ kirksvillecity.com.

Sign up here: https:// missouri.ecenterdirect. com/events/24520

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Sports

Athletic Dynasties: Exploring the legendary father-son duos in sports

By Matt MacKay rotowire.com

The saying like father, like son is something that often also includes athletic talent. Handed down from one generation to the next, it's not uncommon to see father, and then his son, reach the professional ranks.

With Father's Day just around the corner, we're going to take a look at some athletic dynasties highlighting the most legendary father-son duos in sports. There are numerous feats that these historically great father-son duos have achieved, including MVP awards and championships -things you can now bet on at the best sports betting sites in the country. Each of these father-son duos have reached the top of the mountain as professional athletes, and we want to honor them this Father's Day.

Ken Griffey and Ken Griffey Jr.

When it comes to baseball, Ken Griffey and Ken Griffey Jr. are among the first father-son duos that come to mind. Whether it was being on Wheaties cereal boxes, or mashing home runs, the Griffeys were the first and remain the only father-son duo to hit back-to-back home runs in an MLB game. This legendary feat continues to stand the test of time, cementing the Griffey's legacy as one of the greatest father-son duos of all-time.

Archie Manning, Peyton Manning, and Eli Manning

Archie Manning and his sons, Peyton Manning and Eli Manning, had very different careers, statistically speaking. While Archie had a long NFL career, it was nothing compared to either Peyton or Eli. Peyton and Eli both won two Super Bowls to go along with Super MVP awards while Archie spent 13 years in the NFL, mostly with the New Orleans Saints. This father-son trio could have the best NFL lineage ever.

Dell Curry, Steph Curry, and Seth Curry

Dell Curry and his sons, Steph Curry and Seth Curry, are arguably the most famous current father-son combo in the NBA. While Steph's accolades outweigh those of



his younger brother, Seth remains a solid NBA player, much like his father. Dell was a sharpshooter for the Charlotte Hornets in the 1980s and 1990s, giving rise to his sons' ball handling and three-point shooting ability in the modern era of the NBA. Steph's style of play seemingly changed the game of basketball forever, and we can attribute at least some of those skills being inherited from his father.

Lebron James and Bronny James

Lebron James and Bronny James are the next big father-son duo that oh so many people are waiting to watch on the professional level. LeBron has stated that he wants to continue playing until his oldest son, Bronny, enters the NBA. With Bronny's commitment to USC, expect these two to be playing on the hardwood together during the 2024-25 NBA season.

Honorable Mention List of Juniors

The tragic death of Dale Earnhardt Sr. during a race left the motorsports world mourning his loss, but his son, Dale Earnhardt Jr., would go on to enjoy a successful racing career, earning 26 wins in the NASCAR cup series.

Asante Samuel and Asante Samuel Jr. form another athletic dynasty of elite cornerbacks in the NFL. While Asante Sr. won two Super Bowl titles with the New England Patriots, Asante Jr. is currently playing for the Los Angeles Chargers vying for his first Super Bowl in 2024.

Patrick Mahomes II and his father, Pat Mahomes, form another great father-son combo that spans two professional sports — the NFL and MLB. While the elder Mahomes was a bit of a journeyman MLB pitcher, Patrick has already cemented himself as an alltime great QB in the NFL, winning two Most Valuable Player Awards and two Super Bowl titles, with two Super Bowl MVPs to boot.



Kansas City Royals' Jackie Bradley Jr. gets out of the way as Bobby Witt Jr. makes a catch on a ball hit by Milwaukee Brewers' Brian Anderson during the third inning of a baseball game Saturday, May 13, 2023, in Milwaukee. AP PHOTO/MORRY GASH



Jackie Bradley Jr cut by Kansas City Royals

By THE ASSOCIATED PRESS

KANSAS CITY, Mo. — Outfielder Jackie Bradley Jr. was cut by the Kansas City Royals after batting .133 with one homer and six RBIs in 43 games.

Bradley was designated for assignment before Monday night's series opener against the Cincinnati Reds. The 33-yearold had signed a \$900,000, oneyear contract with Kansas City.

Kansas City has seven days to trade Bradley or place him on waivers.

Bradley was 14 for 105 at the plate this season with five doubles.

He has a .225 average with 109 homers and 449 RBIs in

11 big league seasons, mostly with Boston. Bradley was an All-Star in 2016, a Gold Glove in 2018 and MVP of the 2018 AL Championship Series.

Kansas City selected the contract of outfielder Dairon Blanco from Triple-A Omaha, and he started against the Reds in left field, batting ninth. In 49 games for the Storm Chasers, Blanco hit .347 (60 for 173), with a minor league-high 47 stolen bases. Blanco appeared in five games with the Royals in May, last year, hitting .286.

"An exciting player," Royals manager Matt Quatraro said. "He's been consistent with his stolen bases. He's not just on a hot streak."

Cardinals' Helsley on injured list with strained right forearm

By THE ASSOCIATED PRESS

ST. LOUIS — Cardinals reliever Ryan Helsley was placed on the 15-day injured list on Monday because of a strained right forearm.

St. Louis announced the move before Monday night's series opener against San Francisco and made it retroactive to Saturday. Righthander Jake Woodford was recalled from Triple-A Memphis. He began the season in the rotation, then was shifted into a relief role.

Helsley, a 28-year-old righthander, is 3-4 with a 3.24 ERA with seven saves in 11 chances. St. Louis has given closing opportunities to Giovanny Gallegos, who has five of the Cardinals' last seven saves.

"It's part of the game some-



Cardinals relief pitcher Ryan Helsley (56) delivers a pitch to the Rangers during the ninth inning of a game, Wednesday, June 7, 2023, in Arlington, Texas. AP PHOTO/JIM COWSERT

times. You have to get your guys healthy," St. Louis manager Oliver Marmol said. "He'll be down for a couple of days."

Helsley was an All-Star in 2022 when he had a team-high 19 saves.



Commissioner Adam Silver, left, hands the MVP award to Denver Nuggets center Nikola Jokic, center, after the team won the NBA Championship with a victory over the Miami Heat in Game 5 of basketball's NBA Finals, Monday, June 12, 2023, in Denver. AP PHOTO/JACK DEMPSEY

Denver's Jokic adds missing piece to impressive resume with NBA title

By THE ASSOCIATED PRESS

DENVER — There are no more holes in Nikola Jokic's impressive resume.

Denver's do-it-all center commandeered these playoffs, smashing a 56-yearold playoff record with 10 triple-doubles, and he completed a transcendent twomonth stretch by leading the Nuggets past the Miami Heat 94-89 on Monday night in a hard-fought Game 5 to secure the old ABA franchise's first basketball championship.

Jokic had 28 points, 16 rebounds and four assists in the clincher that came 55 years, seven months and 28 days after the Nuggets won the first game in franchise history. Denver struggled shooting the ball against the pesky Heat, missing 23 of 28 shots from 3-point range and 10 of 23 free throws.

"It was ugly and we couldn't make shots. But at the end we figured it out," Jokic said after hugging all of his jubilant teammates and coaches and almost all of his dejected opponents, chasing down some of them as they walked off the court. "I am just happy we won the game."

The stoic Jokic finally let loose when he greeted his two older brothers, Nemanja and Strahinja who tossed Nuggets coach Michael Malone in the air — and his wife and toddler daughter in the stands.

Jokic acquiesced the Michael Jordan Trophy to Joel Embiid as the league's MVP this season despite being even more dominant than he was in the two previous seasons when he easily won the award.

He instead walked away with the Bill Russell NBA Finals Most Valuable Player trophy after becoming the first player in league history to lead the playoffs in total points (600), rebounds (269) and assists (190).

Jokic smiled sheepishly as he held the MVP trophy in his right hand and daughter Ognjena in the other as confetti danced around him.

As the 41st pick in the 2014 draft — which occured during a Taco Bell commercial, no less — Jokic is the lowest-drafted player to be chosen finals MVP.

"I think it's a great journey. Like you said, 41st pick," Jokic said, "but that doesn't matter. When you're here, you're a player. The (Heat) have a couple guys that weren't even drafted."

Throughout the playoffs, Jokic dominated opponents with his array of finger-roll finishes, pull-up jump shots, long-range buzzer-beaters, amazing assists and rebounding prowess at both baskets. When he wasn't on the court, he was his teammates' biggest supporter, jumping in jubilation as they kept the Heat at bay when he was in foul trouble in Game 4. On Monday night, he let his emotions show during a third-quarter timeout when he got on his teammates for settling for 3s insead of layups, lapses that led to a 64-60 deficit.

"I didn't slam the chairs, but I like how you make it bigger," Jokic said. "Yes, I yell at them because we were just shooting 3s, and I think it was like 4-on-3, we could just get an easy layup or score the ball. In that situation, it means a lot. ... Especially it's a low-scoring game, we didn't make shots, they didn't make shots.

"In that situation, emotions, yes, I yell at them, but I think they're used to it," Jokic added. "Sometimes I yell at them, sometimes I cheer them, but that's part of the family, part of the team."

Jokic teamed with Jamal Murray to set the new pickand-roll standard this season, Murray's first since tearing an ACL in 2021. They produced the first dual triple-double in NBA history in Game 3 and accomplished something Karl Malone and John Stockton never did in hoisting the gold ball in the finals.

Sports

Senator asks LIV Golf, PGA Tour leaders for records on merger

By THE ASSOCIATED PRESS

WASHINGTON — The leader of a Senate subcommittee is demanding the PGA Tour and Saudi Arabia's LIV Golf present records about negotiations that led to their new agreement and plans for what golf will look like under the arrangement.

Sen. Richard Blumenthal, D-Conn., sent letters Monday to PGA Tour Commissioner Jay Monahan and LIV CEO Greg Norman spelling out the "serious questions regarding the reasons for and terms behind the announced agreement."

Blumenthal, who is chairman of the Senate Permanent Subcommittee on Investigations, said he also wanted to hear the tour's plans to retain its tax-exempt status.

Last week, LIV and the tour stunned the golf world by agreeing to merge the PGA Tour and European tour with the Saudi golf interests, while also dropping all lawsuits between the parties. The governor of Saudi Arabia's sovereign wealth fund, which bankrolls LIV, will join the PGA Tour board of directors and lead a new business venture as its chairman. The PGA Tour itself will remain a tax-exempt entity.

It was a move expected to receive scrutiny from federal regulators and lawmakers, and the launch of a Senate investigation is among the first dominoes to fall.



FILE — Signage for LIV Golf is displayed during the pro-am round of the Bedminster Invitational LIV Golf tournament in Bedminster, NJ., Thursday, July 28, 2022. The most disruptive year in golf ended Tuesday, June 6, 2023, when the PGA Tour and European tour agreed to a merger with Saudi Arabia's golf interests, creating a commercial operation designed to unify professional golf around the world. AP PHOTO/SETH WENIG, FILE

The agreement announced last week was to combine the golf-related businesses of Saudi's Public Investment Fund — which includes LIV Golf — with those of the PGA Tour and European tour. That would be a new for-profit company still to be named.

Among the uncertainties is how LIV Golf goes forward after 2023. PIF's governor, Yasir Al-Rumayyan, is to be chairman of the new venture, with Monahan as CEO and two PGA Tour board members joining them on an executive committee.

In his letters to Monahan and Norman, Blumenthal wrote about the skepticism critics hold over the Saudis' intent "to use investments in sports to further the Saudi government's strategic objectives."

"Critics have cast such Saudi investments in sports as a means of "sportswashing" an attempt to soften the country's image around the world — given Saudi Arabia's deeply disturbing human rights record at home and abroad," the letter said.

Blumenthal asked for a sweeping set of documents — essentially all communications between LIV and the tour beginning in October 2021 through the present.

Al-Rumayyan said last week that Norman was not apprised of the deal until shortly before it was announced.

Defiant A's fans plan 'Reverse Boycott' at Oakland Coliseum

By THE ASSOCIATED PRESS

OAKLAND, Calif. — Dawn Pieper will show her love for the Oakland Athletics on Tuesday night in the spirit of her late husband, Jay, who is the reason she became such a loyal supporter. Lifelong fan Gabriel Hernandez will cheer his heart out in Raised in Oakland my whole life, no other sport connected with me like how the A's have and started going diehard mode in 2014," the 24-year-old Hernandez said. "Personally, I'm at a loss for words, as A's fans try again to keep their team in Oakland with plans already in full swing for a new ballpark in Las Vegas. To see Pieper, a season ticketholder for five years, said her husband who grew up in Oakland would "be sick to his stomach over this situation."

"I've been an A's fan since the early 2000s. He and (former player) Mark Ellis made me fall in love with the A's. I'm not at all surprised how big the Reverse Boycott has become and how much traction it's getting nationally," she said. "Never, ever underestimate A's fans. We are an incredibly loval and passionate group. We will never give up and we will fight to the end to keep our team in Oakland." Fans are hoping to show that support still exists for the A's. if not for Fisher, in a sign that the franchise shouldn't turn its back on Oakland. "I want to thank and appreciate the fans who organized the incredible reverse boycott for Tuesday, and encourage people to attend the A's game tomorrow," Oakland Vice Mayor Rebecca Kaplan said in a message to The Associated Press. "Oakland has the best weather, the best community, and is a fabulous place for baseball." Hernandez offered his gratitude to everyone who has helped in some way to make Tuesday's event happen, vowing that A's fans will be heard. "We hope to make a statement to not only ownership but to MLB and the whole world that this isn't our fault, that we are here," Hernandez said. "Stop blaming us as fans for someone who is basically telling me to stop coming by trading our players, raising prices, taking away season ticket benefits like 50% concessions, 25% (merchandise), \$10 parking. We aren't going down without a fight."



Martin Truex Jr. drinks wine after winning a NASCAR Cup Series auto race at Sonoma Raceway, Sunday, June 11, 2023, in Sonoma, Calif. AP PHOTO/DARREN YAMASHITA

Top teams not worried when NASCAR Cup Series takes only break in grinding schedule

By THE ASSOCIATED PRESS

SONOMA, Calif. — The relentless grind of the NA-SCAR Cup Series pauses this week, and just about everybody involved with the cars is looking to take advantage.

Martin Truex Jr. plans to go fishing after claiming his second victory of the season on Sunday at Sonoma Raceway. Aric Almirola's wife and children were in wine country to watch his surprising Xfinity Series victory at Sonoma on Saturday because they're all spending the next 10 days in California, surfing and hiking and going to a Dodgers game on Father's Day.

NASCAR's schedule in its top flight is famously busy: This is the teams' sole weekend without a race between the Daytona 500 on Feb. 19 and the Cup Series championship at Phoenix on Nov. 5.

But for the teams and drivers doing their best work now, it's natural to wonder whether the break could slow their momentum right before the start of the 10-race sprint to the 10the driver standings with a playoff spot secure through his three victories — tied with William Byron for the Cup wins lead.

Truex and his team also are on a roll, with two victories and four top-five finishes in the last six races. His only finish outside the top 10 in this stretch was last month at Darlington, where he won the pole and had a dominant car that led the most laps before collisions with Ross Chastain and Joey Logano knocked him out of the race.

"I don't know that it really matters," Truex said of the one-week break. "We've got a great team. We know what we are capable of now. We have a lot of confidence back that we lacked last year in our decision-making, whether it was strategy or whatever. It seems like things are clicking right now. I don't know that an off week will change anything. We could probably use a few more off weeks before the playoffs, if I'm being honest with you, but we don't get those, so I'm ready whenever."

The improvements by Truex's JGR team and Toyota were the talk of the paddock after his dominant victory at Sonoma, with Gibbs and crew chief James Small praising their ability to learn from a disappointing 2022. They're a clear championship contender after Truex went to the top of the overall driver standings in Sonoma. So while Truex said he will enjoy his time away with that fishing trip or "just hanging out," he expects to be right back in front when racing resumes at Nashville Superspeedway next weekend. "I try to get away from racing a couple of days a week no matter what, just to keep my sanity," the 42-year-old Truex said. "I've been doing this a long time. I'll talk to James on Monday. I'll talk to James usually on Wednesday or Thursday again. So I'll have a few days in between there to kind of regroup and keep my sanity." Just don't call too soon this week: After raising a victorious wine glass in Sonoma, Small said he was headed to Colorado for a short break to clear his own head before NASCAR's sprint to the finish.

hopes everyone in attendance can make a meaningful, monumental statement that they are far from done fighting to keep their team in the East Bay.

Fed-up fans in Oakland have hatched an unusual plan to protest the A's despised ownership group: They're buying tickets.

Organizers are calling on A's supporters to stage a "Reverse Boycott" at the Coliseum on Tuesday. They plan to give away T-shirts to the first 7,000 fans to arrive and are hoping to make a statement with the biggest, most spirited crowd of the year when the A's host Tampa Bay. The goal is a sellout for a team with dismal attendance all season that has regularly been topped by most Triple-A franchises.

The bright green T-shirts made by local company Oaklandish read "SELL" — a message for owner John Fisher to give up the team to someone who might keep it here. Nevada lawmakers, meanwhile, are discussing the A's proposed financing plan to build a ballpark in Las Vegas.

Among those planning to attend are the drummers in the right-field bleachers who used to echo their support for the franchise that's been in the Bay Area since 1968.

Hernandez offered this message to fellow fans: "Be Loud, Be Proud, Bring Sign, Speak Your Mind, Go A's."

"I've been a fan my whole life.

not only A's fans but other MLB fans help come together supporting the movement, I'm proud of the fans who participated."

Naomi Arnst, a fan for 51 years, purchased a pair of tickets Monday for \$144 each, including service charges, and spent another \$147.50 on parking. The seats in section 110 are close to where she used to sit with corporate tickets. It's all worth the expense to be there Tuesday, and she notes, "With parking it cost as much as an A-list Broadway show."

"But it is time to make a statement," she said.

A's manager Mark Kotsay understands how much these passionate fans want their team to stay and applauds them for expressing themselves. He played for the A's parts of four seasons from 2004-07.

"Being here since 2004, which was my first year in this stadium, the bond that you get with this group of fans and fan base, you know the passion, you know the love regardless like I always talk about of the numbers," he said. "The difference this season is they're in an uncharted territory with the direction of this organization. It's only right for them to come out tomorrow and in one aspect peacefully display their feelings toward this organization possibly moving and the hope on our end is they also support the players, and I think they will."

race Cup playoffs.

Kyle Busch is the hottest driver on the grid, with four straight top-10 finishes, culminating in a victory outside St. Louis and a second-place finish behind Truex in Sonoma.

"I mean, I don't know if I want an off week," Busch said Sunday, wearing the closest facial expression he ever makes to a smile. "Let's go, right? We're rolling right now."

"It'll be a good break for everybody to regroup and refocus and set in," Busch added. "All in all, just real proud of the guys and the communication and the way they're able to go to work and kind of work through some of our issues and try to improve on what I need to be able to feel in a race car to be able to put out finishes like that. If we can keep doing those things, we'll be a force."

In truth, Busch and his Richard Childress Racing Chevrolet team are already a force.

He won at Fontana last February in only his second race for his new team after a 15-year tenure at Joe Gibbs Racing. After a few early season bumps, he has surged up to sixth in

JOKIC Continued from Page B1

Jokic and Murray became the first duo in league history to each average at least 25 points, five rebounds and five assists in a single postseason.

Jokic has been recognized in basketball circles as the

game's most versatile center for several years, but it took Denver's championship run to cement his standing as basketball royalty — and introduce himself to much of the nation.

Malone played the disrespect card earlier in the playoffs, while understanding his team needed to do more than dominate the regular season. Denver was on a mission, led by Jokic.

Denver's big man always shrugged his broad shoulders, even less bothered by criticism than the lack of laurels. So doggedly determined to win a title and with the No. 1 seed in the West secured, Jokic sat out several games toward the end of the regular season to get his body right for the playoffs.

That all but sealed his exclusion to the club of players who've won three consecutive NBA MVP awards, one that includes just Russell, Larry Bird and Wilt Chamberlain — who set the standard with seven triple-doubles in 1967, a record that stood until this year. But sitting out to rehab his sore calf apparently did wonders for Jokic and the Nuggets in the playoffs.

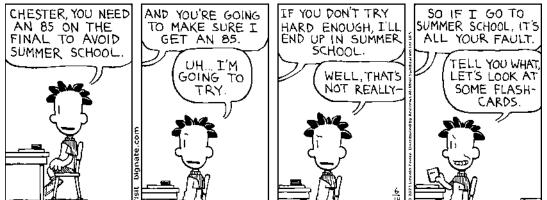
Asked how he felt to finally be a champion, Jokic said, "It's good. It's good. The job is done. We can go home now."

Not until after he leads the Nuggets' championship parade on Thursday, though.

ARLO AND JANIS



BIG NATE



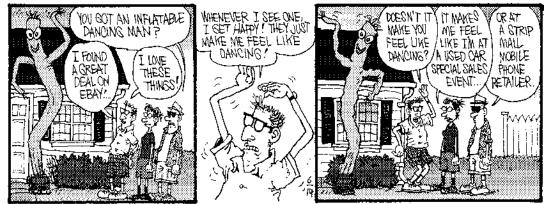
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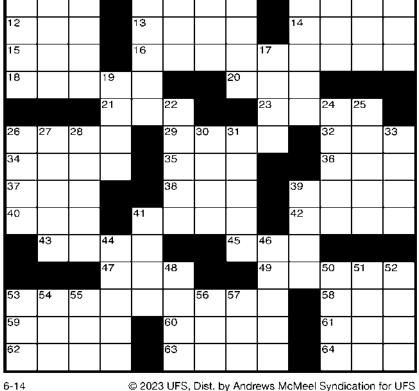
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HERMAN

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THAT A BABY





"I'm sorry, sir, you'll have to return to your seat. We'll be landing in a few minutes."

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!

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ASTROGRAPH BY EUGENIA LAST

Pay attention to what's going on around you. It will be easy to misinterpret the information you receive. The more aware you are, the easier it will be to bring about positive changes for you and for everyone your decisions will affect. Face challenges with optimism and an open mind. Accept and adjust.

GEMINI (May 21-June 20) -- A lifestyle change will help you deal with situations holding you back. Love is heading your way, and acting on your feelings will lead to progress. Make the right decisions.

CANCER (June 21-July 22) -- When asked for help, offer suggestions. Don't take on a burden that doesn't belong to you. Look for alternative ways to use your skills, and you'll discover a unique way to help lower debt.

LEO (July 23-Aug. 22) -- Redirect your energy to avoid a falling-out with someone of consequence. Take a closer look at yourself and concentrate on being your best rather than trying to change others.

VIRGO (Aug. 23-Sept. 22) -- Adapt and keep moving forward. Refuse to get into a standoff with a challenger. Consider what makes you happy and strive to reach the goals you set for yourself. A change of plans will pay off.

LIBRA (Sept. 23-Oct. 23) -- Handle important matters with finesse. Make changes at home that lower your overhead. An educational pursuit will give you something to think about, but don't buy into someone else's dream.

SCORPIO (Oct. 24-Nov. 22) -- Channel your energy into something creative. Use your imagination and discipline to adjust to demands.

Embrace challenges with optimism and use your skills to discover what makes you feel passionate.

SAGITTARIUS (Nov. 23-Dec. 21) -- Go the distance and see what you discover. You'll gravitate toward people from different walks of life. Pay attention to physical fitness, diet and overall health and well-being.

CAPRICORN (Dec. 22-Jan. 19) -- You've got wiggle room regarding your assets and liabilities. Make a positive adjustment to your living arrangements. Don't trust a colleague who fishes for damaging information.

AQUARIUS (Jan. 20-Feb. 19) -- Think before you act. You'll be left out if you try to challenge or change others. Communication will be the key to getting along and coming to terms with what's possible. Love is in the stars.

PISCES (Feb. 20-March 20) -- Invest in your skills, experience and ideas. Don't let anyone stifle your dreams. A positive attitude will help you see what others can contribute and what you'll have to do in return.

ARIES (March 21-April 19) -- Challenging yourself physically will ease stress and help you sidestep an argument with someone who doesn't see things your way. Romance is favored.

TAURUS (April 20-May 20) -- Simplify your life instead of overextending yourself emotionally or financially. Discipline will help you reach your goal in a timely fashion. Don't hesitate to ask for help.

* * *

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- Updates front desk operation manual as needed.
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- Light housekeeping and other duties as assigned.

Skills/Requirements:

High school diploma required with some college preferred.

1-2 years' work experience with library experience highly desired.

Familiarity with manipulating Excel, Word, Adobe, and Power Point files.

Excellent writing and communication skills. Well organized, dependable, flexible and good interpersonal skills. Works well in a team environment

Facility with learning technology programs quickly. Able to work under minimal supervision

Qualifications

EDUCATION Required High School or better.

REQUIRED DOCUMENTATION:

Resume cover letter, and three references are required during the application process.

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MERCYONE.

NOTICE OF TRUSTEE'S SALE

A default has accrued on a certain note secured by a deed of trust executed by, Darla L. Jaynes dated 12/6/2019 and recorded on 1/6/2020 in Book 1086 Page 706, in the Recorder's office for Adair County, Missouri. The successor trustee will on June 30, 2023 between the hours of 9:00 am and 5:00 pm, more particularly at 1:00 PM, at the South Front Door of the Adair County Courthouse, 106 West Washington, Kirksville, Missouri sell at public venue to the highest bidder for cash (certified funds only), the following real estate:

THE EAST 52 FEET OFF THE EAST END OF LOT 4, BLOCK 3, WILSON'S ADDITION TO THE TOWN, NOW CITY, KIRKSVILLE, ADAIR COUNTY, MISSOURI.

Commonly known as: 206 East Cottonwood Street, Kirksville, Missouri 63501

for the purpose of satisfying said indebtedness and the costs of executing this trust.

CSM Foreclosure Trustee Corp. Successor Trustee (800) 652-4080 4x 06/07/2023, 06/14/2023, 06/21/2023, 06/28/2023 CSM File 26-22-00599

NOTE: This office is a debt collector.

lighting, parking lot, fencing, and paving. The scope of the bus barn project includes 50ftx80ft structure with electric service, overhead doors, parking area outside of building along with site lighting. Proposals for Construction Manager Services are due: June 23rd, 2023, @ 5pm. Interviews of Construction Manager firms: June 26th, 2023. To obtain project documents contact Keenan Simon at

baseball field work includes mass grading, erosion control, site

Ksimon@selectsse.com or at 573-268-2068.





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

Engagement

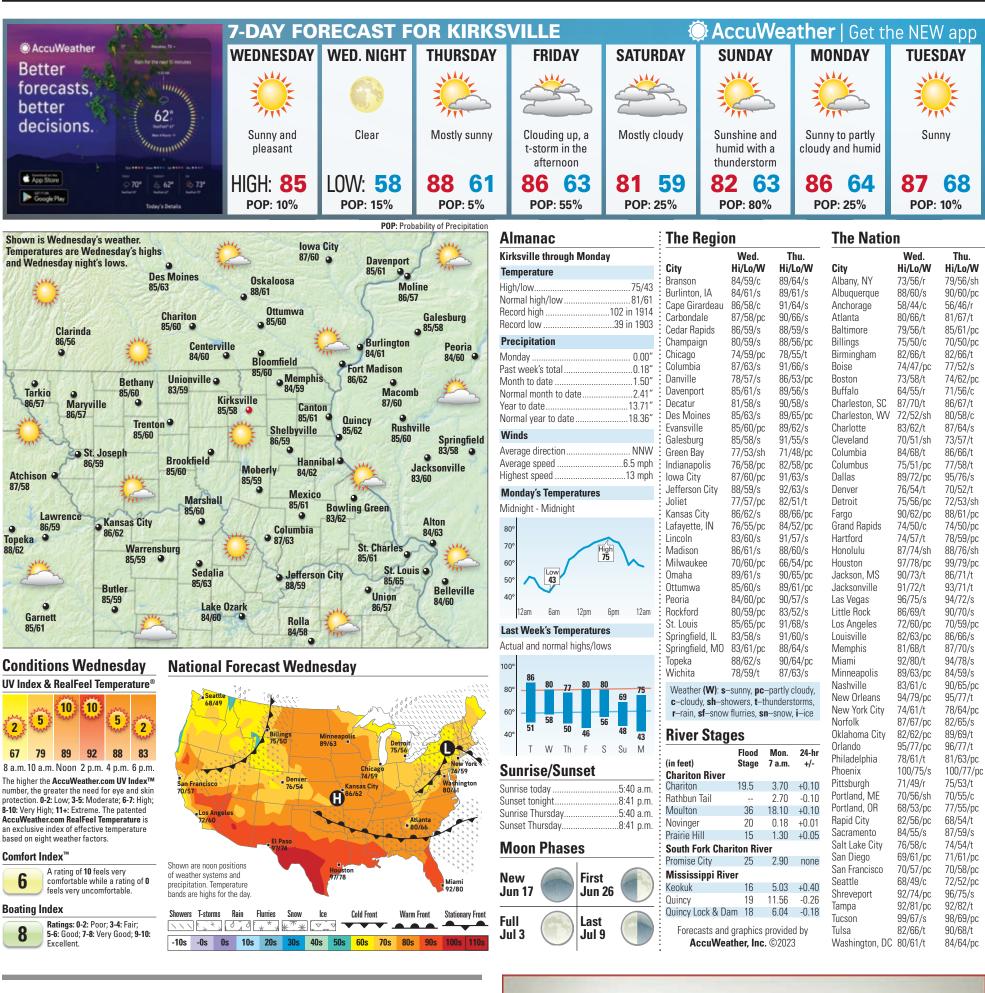
Welcome, Hayley Ryan! • Born April 22, 2019 • 9 lbs. 22 inches *Proud Parents* Lydia & Mike Ryan

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Weather



Former classmate in affair hopes for a future together

DEAR ABBY: In high

at and belittles him. I think

When it feels like home, you know it's right.

school, I had a close male friend, "Adam." After graduation, I moved out of state. We remained friends for a while in college, calling, writing and visiting each other. He often declared his love for me, but I was interested only in a friendship.

As with most high school relationships, we lost contact. Now, rereading old letters from friends, I realize there was a constant theme that we were perfect for each other and I should give him a chance.

Fast-forward 20 years: My husband and I went back for a high school reunion and I met Adam's wife. We all went out to dinner and had a very nice time. Adam and I exchanged phone numbers. agreed to stay in touch and we actually did. For eight years, we have been texting and staying in touch.

Our marriages have deteriorated and we complain about our spouses, but also



JEANNE PHILLIPS DEAR ABBY

have real conversations and have grown very close. Three months ago, we met halfway between our two cities and began an affair. We now meet once or twice a month and spend the day in bed. We call each other once a day and text constantly. He even came to my city with his best friend who knows about us.

I'm falling in love with Adam. He says he's unhappy and thinks about separating from his wife. I'd leave my husband for him and move to his state because his children are younger. He hasn't made any promises about the future, but he constantly tells me how his wife yells

we could be very good together. How can I convince him we deserve this chance? -- HIGH SCHOOL SWEET-HEART

DEAR SWEETHEART: While you are willing to leave your husband, Adam's situation is more complicated. There are younger children involved and, as verbally abusive as his wife may be, he may not wish to disrupt their lives. Divorces are painful, messy and expensive.

I think it would be in your best interests to lay your cards on the table and ask Adam what his plans are regarding his wife and his children and where you fit in. Then cross your fingers and pray he is honest with you because the odds are NOT in your favor. (Just sayin'.)

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

It's Come to This

In Japan, people who are just being freed from COVID mask-wearing mandates feel they've lost their ability to do a simple thing: smile. Sky News reported that 20-year-old Himawari Yoshida, among many others, has enlisted the help of a "smile instructor," Keiko Kawano. "I hadn't used my facial muscles much during COVID," Yoshida said. One-on-one sessions cost about \$55. Kawano has students stretch the sides of their mouths and hold up a mirror to smile into. "Culturally, a smile signifies that I'm not holding a gun, and I'm not a threat to you," Kawano said.

Can't Possibly Be True

When Corinea Stanhope, 36, of Powell River, British Columbia, Canada, found a dead deer on her property, she and her grandfather set up a trail camera, hoping to catch some interesting wildlife attracted to the carcass. Instead, Fox News reported on June 6, Stanhope reported capturing something quite different: "two witches holding a carcass-eating ritual. ... Grandpa said he'd got naked people on the camera and I said, 'No you didn't.' So he

showed me," Stanhope said. She said the two people showed up shortly after sunset and appeared to be wearing long wigs. "You can't really tell from the photos, but the hoof was brought right up to her mouth. I don't know if she was kissing it, smelling it or eating it, but to touch a decaying carcass like that makes me feel sick." Stanhope hopes the incident was a prank; she decided not to contact police because there was no crime committed.

Going in Style

Go As You Please, a funeral company in Edinburgh, Scotland, is hoping to "break the taboo" of talking about final arrangements, Sky News reported, by offering custom-made coffins. For instance, general manager Scott Purvis said, the company created a coffin that looked like a Dyson vacuum box for someone whose history included repairing vacuum cleaners. "Most of our coffin designs come from having honest conversations with the person when they are still alive," Purvis said. Other designs they've made include a pint of Tennent's lager and a Greggs sausage roll.

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THE HISTORY OF FLAG DAY

he American flag is a symbol of the country's history, pride and success in overcoming political oppression. Through its many incarnations and variations, the Stars and Stripes has waved over government buildings, schools and private residences. According to History.com, in 1775, the Second Continental Army led to the creation of the first "American" flag. However, that flag was too similar to the British Union Jack flag, George Washington requested a revision. In 1777, the Second Continental Congress passed a resolution stating that the "flag of the United States be 13 stripes, alternate red and white." Furthermore, the "union" was represented by 13 stars of white in a blue field, "representing a new constellation."

More than a century later, a small-town Wisconsin teacher named Bernard Cigrand came up with the idea for an annual flag day in 1885. Even though the Fourth of July, a holiday in which the flag is prominently and proudly displayed, had long been celebrated as the birthday of the United States, Cigrand wanted a holiday that would focus specifically on the flag in all its glory. June 14 was selected because it

marked the anniversary of the official adoption of the first flag. Cigrand led his school in the first formal observance of the holiday, and throughout his life continued to advocate for respect of the flag.

Various other organizations liked the idea of a day to honor the flag, including the State Board of Education of New York, the Betsy Ross House and the New York Society of the Sons of the Revolution. Yet, it wasn't until May 30, 1916, that Flag Day was officially established by presidential proclamation by President Woodrow Wilson. Still, it would take another 33 years for President Truman to sign an Act of Congress designating June 14 as the official National Flag Day, which he did on August 3, 1949.

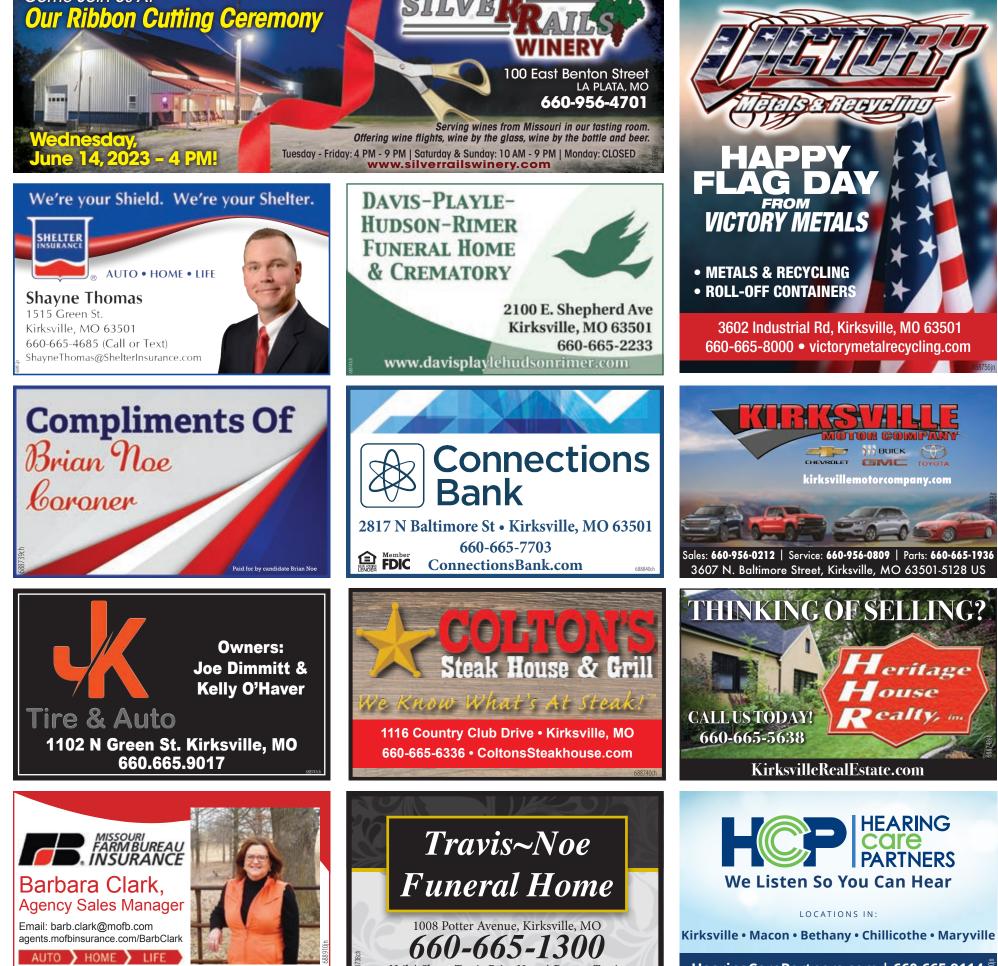
Americans can honor the flag by displaying it on Flag Day. Here's how to display the flag properly, courtesy of Military. com.

- The flag should be free of any obstructions, such as ۲ power lines or tree limbs.
- If displayed with other flags, Old Glory should be at the top-most point or in the center of a horizontal array of flags.



- · If the flag is displayed on its side, the blue field should be to the left.
- The flag should be raised in the morning at a res-٠ idence or business and taken down at night. The only exception to the flag being out at night is if it's illuminated.
- Flags can be repaired. However, if a flag is tattered, it ٠ can be removed and brought to a local VFW hall to be properly disposed of.





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