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KIRKSVILLE  
QUARTERLY

**Get Healthy  
in 2025**

**Best Practices for  
Achieving Your  
Fitness Goals**

**Where to Workout  
in Kirksville**

**Compete in the  
Indoor Triathlon**

**Also in this Issue:**

**Raise Funds for the Annual Polar Plunge**

**St. Patrick's Day 5000 Meter Race**

**Cardboard Boat Races • First Day Hike**

**2025 Community Engagement Conference**

**JANUARY, FEBRUARY, MARCH 2025 • VOLUME 2, NUMBER 4**



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THE  
**KIRKSVILLE**  
QUARTERLY

PUBLISHED QUARTERLY BY THE  
KIRKSVILLE DAILY EXPRESS  
705 E. LAHARPE ST., SUITE F, KIRKSVILLE, MO, 63501  
P.O. BOX 809  
PHONE 660-665-2808  
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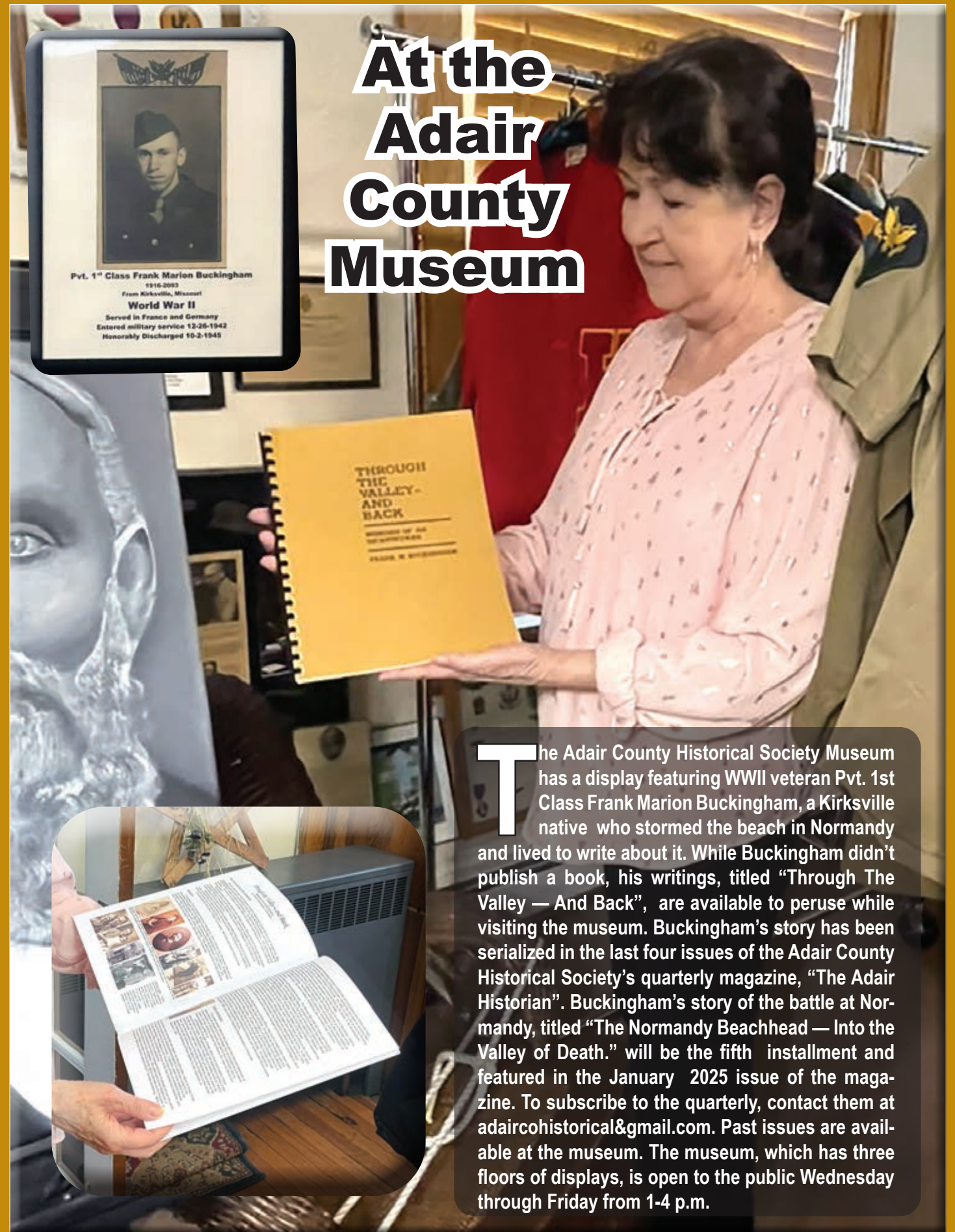
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**At the Adair County Museum**



**T**he Adair County Historical Society Museum has a display featuring WWII veteran Pvt. 1st Class Frank Marion Buckingham, a Kirksville native who stormed the beach in Normandy and lived to write about it. While Buckingham didn't publish a book, his writings, titled "Through The Valley — And Back", are available to peruse while visiting the museum. Buckingham's story has been serialized in the last four issues of the Adair County Historical Society's quarterly magazine, "The Adair Historian". Buckingham's story of the battle at Normandy, titled "The Normandy Beachhead — Into the Valley of Death." will be the fifth installment and featured in the January 2025 issue of the magazine. To subscribe to the quarterly, contact them at [adaircohistorical@gmail.com](mailto:adaircohistorical@gmail.com). Past issues are available at the museum. The museum, which has three floors of displays, is open to the public Wednesday through Friday from 1-4 p.m.



# Getting Healthy in 2025

Dr. Brandon Mack, a certified physical therapist, shares his advice on how to make the new year a healthier one.

It's the new year — a time when folks decide to rid themselves of the bad habits that have been weighing them down and replace those practices with healthier options.

Dr. Brandon Mack, a physical therapist, board certified in orthopedics, and the proprietor along with his business partner, Ron Danielson, of Elite Rehab and Sports Medicine clinic at the Warehouse 660 Gym in Kirksville, trains and advises clients on various health issues daily. Mack and Danielson also help provide care to local area high school athletes. You can find them on the sidelines of the Kirksville High School football team, working with player injuries and helping to rehabilitate them.

While many people join gyms at the start of the new year, the vast majority of them are gone within a month or less, many intimidated by the vast array of machines and a lack of knowledge on how to use

them. Many lack the knowledge about how to work specific body parts and the role diet plays in attaining a more pleasant physique.

In his years as a physical therapist, Mack has worked with people from all backgrounds and abilities, and he understands what it's like to be the new guy (or gal) in the gym.

"What I do first is work with people to see what their goals are," Mack said about new arrivals at the Warehouse. "Everyone has different goals; some individuals are trying to become active after being inactive all winter, and some may be wanting to lose weight — others may be trying to gain weight. Some want to gain muscle mass, but in general, what we do is work with people to set goals. Whether the goal is weight loss, building muscle, or building up strength to get ready for golf season, we help people set and attain those individualized goals."

Mack said that once goals are

established, a workout is designed unique to each individual.

"Our workouts are usually a combination of cardiovascular and strength training," Mack said, noting that if the individual is trying to lose weight by doing a cardio workout like running, there are two opportunities to pull the most from fat stores. The first opportunity is in the morning before you eat; and the second is after a good resistance training workout.

"I try to get a person's heart rate up when they first get here by using a bike, treadmill or elliptical machine, and after that we go through a strength training regiment," Mack said.

He added that if the person is at a beginning level, they may work arms and legs together that day.

"Initially, clients do a few exercises, a few sets, but overall the focus isn't just one body part," he said, noting that two or three days a week would bring results to a beginner.

"So we get them in, get their heart rate up then have them do an exercise," he said (maybe a chest press if they're working their upper body). "Then we put clients back on the treadmill to get their heart rate back up. We might do a shoulder press and get them back on the elliptical for five minutes to get their heart rate back up. These are some ways we combine cardio with muscle building."

Mack emphasized the need to establish goals that are attainable for a beginner and that once they've met that low-level goal, they'll hopefully realize how much better they feel, realize the gains they are making, and from there make their goals a little bit more stringent.

"You know, the body is funny," Mack said. "When it's at a low level, just a little bit of activity, a little bit of exercise, a little bit of strength training is going to produce results. However, as the body becomes accustomed to that stress, eventually you have to just keep pushing a little bit harder. It could be an extra set, increase the weights, or add an exercise to stress a certain body part. You have to make sure you adapt based on what the body's telling us."

Mack said that probably the biggest mistake people make is they come in and start a routine; maybe three sets of 15 on this machine, three sets of 15 on that machine at a certain weight, and then, two months later,



Dr. Brandon Mack works with April Allemang on building her biceps.



they see some initial gains but two months after that, they've plateaued and they're not making gains, and they can't figure out why.

"The body's going to adapt to the stresses placed on it, so again, you have to make sure to keep ramping things up as your body gets stronger," he said. "Otherwise, you'll hit that plateau phase and then that creates discouragement and all of a sudden people feel like they're not

making gains. They miss a week or two, and then two weeks end up being six months missed, and then the end of the year is here again and they're starting it all over."

Mack also warns about going too hard the first few days and weeks of a program, advising that to go from couch potato to bodybuilder your first day in the gym may cause you to spend a week on the couch recovering from that one workout.

"Your body is going to be stressed working those structures and muscles and joints," he said. "It's possible to be laid up for two or three days if you go too hard too fast, which doesn't help with motivation. What we want to do is tone it down, make some attainable goals, and then from there, build up."

Diet is also an important part of any workout plan. For those that want to add muscle and size, Mack said balancing calories and protein intake is important. The same goes for those wanting to lose weight.

"Counting calories is effective, but another thing to think about is macronutrients. It's good to focus on macros and find that healthy balance of protein, carbs and fat," Mack said.

Mack said if you're trying to gain muscle mass, you want to increase caloric intake and make sure you're getting whey protein before and/or after workouts, and casein protein, which digests slower, prior to bedtime.

Mack warned that the body can also adapt to diets, and while gains may be made in the first months of starting a diet plan, sometimes prolonged diets can be a bit harmful in that they may slow one's metabolism.

"So the important thing is trying to phase diets with your workouts," he said.

For a person whose weight is where they want it to be or maybe they're trying to gain muscle mass at the same time trying to stay lean, Mack recommends three-quarter to one gram of protein per pound of body weight. If your trying to gain lean muscle, you need to consume one to one and a half grams of protein per pound. He said that one of the most important times to take protein is after a workout.

"They want to get fast digesting whey protein within 30 minutes," Mack said. "But again, if somebody's trying to lose weight, we're gonna step back on that and maybe only

get, you know, .5 to .7 grams per pound of body weight."

Mack said that carbs are an important energy source but a diet geared toward higher protein intake with a decrease in carbs is more likely to result in weight loss. It is important to have a somewhat balanced approach to the carb/protein ratio, remaining aware of the calories in versus calories out.

He distinguished between simple carbohydrates, which are fast digesting and going to spike your blood sugar, versus a complex carbohydrate, something along the lines of brown rice and vegetables, which digest slower.

"So we do want it well balanced and again, individualized based on the person and based on what their goals are," Mack said, noting that individuals should educate themselves on what complex carbohydrates are and the difference in proteins. He suggested supplementing with protein powders or shakes that are available in stores that carry nutritional products.

For the older population, Mack said that high cholesterol can be a concern and he recommends that someone middle-aged or older steer away from beef and other high cholesterol foods, and focus on chicken, turkey and tuna. For others looking to gain size, beef can be a large part of that diet.

"It's important to eat good meals numerous times throughout the day," he said, noting that food prep is another important aspect of dieting by making it easier to grab a healthy snack rather than grabbing a bag of chips or lunch at the McDonald's drive-through.

For clients of Mack's that follow his exercise and diet plan, the results can come quickly, though again, each case is individualized. Beyond diet and exercise, Mack will evaluate a client's flexibility, range of motion, strength and other factors.

"We have a tool that actually measures your strength — where we



*Isolating the smaller middle and lower trap muscles of the back.*



*Working the upper back muscles using a pull-down bar.*



*Performing a seated row during a back/bicep workout.*



Taping an ankle before practice at La Plata.

isolate those muscles — and then we'll come back and look again after about three to four weeks and make an assessment based on that initial exam," he said, noting that it will give them an idea about where deficits lie, whether it's a muscle group or whether it's a flexibility issue. "Based on that, we'll see some pretty good gains," he said.

Mack recommends keeping a log of your workouts and the foods you're eating so you see those gains written down.

"That's a good way to monitor but people have to be careful because oftentimes you compare today to yesterday and you don't see much of a gain," Mack said. "However, when you look at that three to four week mark and then three to four weeks past that, you see some good improvements."

By keeping a log, an individual can, for example, choose more cardio and less caloric intake if necessary and revise their program for the upcoming week. By the same token, they can adjust their program to make gains in size and strength and stay consistent with what is

working for them.

"Now, if they don't keep the log, they're just shooting in the dark," he said.

Mack said that overall, it was most important to stay determined and be honest about how many days a week you're coming in. He said that he will adjust a program based on if someone has time for two workouts a week or as many as five.

And for those certain days you just don't feel like working out — when you'd rather just go to Dairy Queen and get a Blizzard for lunch, Mack encourages his clients to stay disciplined and mentally focused and stick with the program.

"Fitness is really about discipline — sticking with it even when you don't feel like it," he said, noting that while it's important to realize limitations and time constraints, a program can be individualized for just about any schedule.

Once a rhythm is established, a person is more likely to step it up down the road and ramp up their training accordingly.

## Where to Work Out in Kirksville

### Warehouse 660

Warehouse 660, 616 E Shepherd Ave., is the largest gym in Kirksville, offering 24-hour access and a variety of services to support health and wellness. Along with top-notch workout equipment, it features massage therapy, tanning beds, and a sauna for relaxation. Certified personal trainers are available to help members reach their fitness goals, and the friendly, community-focused environment makes it a welcoming place for everyone. The gym also provides group fitness classes like Yoga and Senior Fitness for older adults. Classes are led by experienced coaches and designed to be fun and effective for all skill levels.



### Family YMCA

The Adair County Family YMCA, 1708 Jamison St., Kirksville, offers a variety of community programs and services. Cardio equipment includes treadmills, rowing machines, spin bikes, recumbent stationary bikes, lateral trainers, elliptical trainers and a stair master. There are selectorized and plate-loaded weight equipment, two squat racks, multiple leg press machines and a variety of workout apparatus. Fitness classes include HIIT, Walk with Ease, Pound Fit, Yoga Strength + Flow, Step Interval, Dance Fitness, Kettlebell Sculpt, Press & Flow, Intense Arms & Abs, Fitness Mashup and Instructor's Choice. Pickleball courts, Taekwondo classes for all ages, a gymnasium for basketball, adult and youth basketball and volleyball and adult indoor soccer, racquetball court and tumbling. and a dry sauna. Scholarships offered to qualified applicants.



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### The Pines

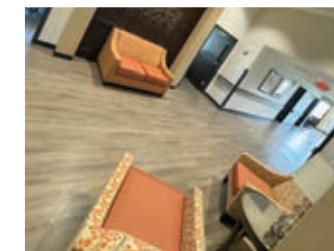
#### Long-Term Care

Ponderosa Ridge is a low acuity neighborhood, for a more assisted lifestyle. Monterey Terrace is a 20-bed Neighborhood with all semi-private rooms, dining room, and courtyard. Torrey Court is currently a 35-bed Neighborhood with both private rooms and semi-private rooms. It also has its own dining room and courtyard. The Pub is located at the Southeast entrance of Torrey Court and The Lodge is located at the South entrance. These social spaces can be enjoyed by the neighbors of both Torrey Court and Monterey Terrace.

### The Pines

PARC (Post-Acute Rehab Center) Place PARC Place is a 25-bed Neighborhood that features private rooms with private bathrooms and showers, as well as its own dining room and courtyard.

Residents in this short-term care neighborhood can spend time socializing in The Pub located in the Bortheast entrance or The Lodge located at the North Entrance.





# NEMO Bridal Expo

The NEMO Bridal Expo will be held from 1-4 p.m. on Sunday, Feb. 23, at the NEMO Fairgrounds Multi-Purpose Building in Kirksville. There will be a meet & greet with vendors, a fashion show and a live band. Plan the wedding of your dreams in Kirksville. Hosted by the Wedding Library/NEMO Bridal Expo. Call (660) 341-9993 for more information.

## 2025 Kirksville Parks/YMCA Indoor Triathlon

Join Kirksville Parks and Recreation and the Adair County Family YMCA for the 2025 Indoor Triathlon Challenge! The challenge will be held January 2 through March 3, 2025. During this 9-week challenge, participants will complete either a full triathlon, half triathlon, or ULTRA triathlon. Participants will have full access to the YMCA and the Aquatic Center as well as all classes offered at those facilities. Those who complete their goal will receive the 2025 Indoor Triathlon sweatshirt. Biking mileage can be earned through the use of a rowing machine, recumbent

or spin bike, outdoor cycling, or participation in group aerobic classes. Swim distance can be accumulated by lap swimming, water walking, or water aerobics classes. Running mileage can be tallied while on the treadmill, elliptical machine, running outside, or participating in group aerobic classes. If you have an active membership at the YMCA or the Aquatic Center, please register at that facility. Non-members may register at either facility or online at parks.kirksvillecity.com. For more information about this program, contact the Kirksville Parks and Recreation Department at 660-627-1485.



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## 2025 Kids Free Cardboard Boat Race

**P**ut those leftover Christmas gift boxes to good use! Join the Kirksville Parks & Recreation Department on Sunday, Jan. 12, from 2-4 p.m., and take part in 2025 Kids Cardboard Boat Race!

Children ages 5 to 16 can sign up as an individual or as a team of up to four people, and put their building skills to the test. Participants must construct a boat structure using cardboard, duct tape and water-based paint and attempt to make it across the pool in the fastest time. Teams will compete in age divisions based on the mean age of the team and can win in multiple categories including: Fastest Time and Best Design! This event is completely free for all participants and spectators! Register today at [parks.kirksvillecity.com](http://parks.kirksvillecity.com). For more information, contact the Parks and Recreation Department at 660-627-1485.

## Comedy Night Fundraiser for B4 Outdoors

Check out the Comedy Night Fundraiser for B4 Outdoors on Jan. 25. Expect a night of food, fun, and fellowship as comedian Jody Fuller comes to Kirksville for the inaugural Comedy Night at the Kirksville Moose



Lodge, 2405 E. Illinois Street. Tickets include dinner. Sponsor Tables are also available and include six tickets, a sponsor only raffle, and free raffle tickets. Contact B4 President Kevin Rhodes at 864-710-9853 for more information.

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## 2025 Community Engagement Conference

**T**he 2025 Community Engagement Conference will be held on Saturday, March 1, from 8 a.m. to 4:30 pm. at William Matthew Middle School in Kirksville. The keynote speaker will be Letisha Wexstten — with other speakers still being confirmed for the break-out sessions.

This free, one-day conference will bring individuals with disabilities and their families, provider agencies, professionals and community members together in a gym that will be filled with exhibitors.



## 20th Annual Kirksville Polar Plunge will raise funds for Special Olympics Missouri

**T**he 20th Annual Kirksville Special Olympics Polar Plunge will be held on February 22, 2025, from 1-2 p.m. at Thousand Hills State Park. The event raised more than \$21,000 last year for Special Olympics Missouri.

Registration can be done online — and day-of registration will be from 11 a.m to 1 p.m. All plungers must check in at the registration table before heading to the beach.

There are three levels of plungers: Pee Wee Plunger (ages 9 and under) FREE; Polar Bear and Student Plunger (ages 18 and under) \$10.

All Pee Wee Plunge participants must raise a minimum of \$25 by plunge day, to participate, and will plunge in a tank provided by the fire department. Pee Wee Plungers may not plunge into the lake

All participants must raise a minimum of \$75 by event day. Your \$10 registration fee will apply towards your \$75 minimum.

For more information about the Polar Plunge, visit [www.somo.org/plunge](http://www.somo.org/plunge).



# 2025 United Way of Northeast Missouri annual meeting and awards ceremony

The United Way of Northeast Missouri will hold their annual meeting and awards ceremony in February (Visit [kirksville-dailyexpress.com](http://kirksville-dailyexpress.com) for more details).

Fundraisers throughout the year include Trivia Night in April, Texas Hold 'Em Poker Tournaments held during both April and October, the annual pie and ice cream auction during the city's 4th of July celebration, the Wooden Nickel Golf Tournament,

and a virtual talent show. The annual campaign kickoff was held at the White Oaks Wedding Barn in September. Teaming with the Kirksville Daily Express, the organization held their third annual holiday light contest this past December.

"Each of our partner agencies work hard every day to provide essential programs to help people in our community," said United Way Executive Director Bill Castles. "We are extremely thankful for your



continued generous support...We could not have reached our goal without you." Follow the NEMO United Way Facebook group to learn more!



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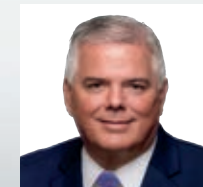
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# Kirksville Area Chamber of Commerce Annual Banquet



The Kirksville Area Chamber of Commerce's annual banquet is usually held in March (Visit [kirksvilledailyexpress.com](http://kirksvilledailyexpress.com) for updated information). Among the evening's activities will be the Kirks-

ville Young Professionals "Five Under 40" Awards, where 14 local young professionals are nominated and five are chosen.

## Register for Little League

Registration for the 2025 Kirksville Baseball and Softball Leagues will open on Monday, Feb. 24. For more information on dates, times, and registration fees, contact the Kirksville Parks and Recreation Department at 660-627-1485



Photo by Luke Callaghan

## Sorry We Missed You!

In this issue of Kirksville Quarterly, we tried to cover every event we knew of for the months of January, February and March. That being said, we know there are events that we

may have missed and we apologize. Our next issue will cover the months of April, May and June. Contact us and let us know what you have planned.

Call 903-387-3584 or email us at [news@kirksvilledailyexpress.com](mailto:news@kirksvilledailyexpress.com)



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# ST. PATRICK'S DAY 5K RUN/WALK



The annual St. Patrick's Day 5000 Meter Run will be held on Saturday, March 17 at 5:30 p.m. at the DuKum Inn, 111 S. Elson Street in Kirksville. The run is a way to celebrate the holiday while supporting the Forest Lake Area Trail System (FLATS). All registered runners and walkers receive a T-shirt,

post race refreshments, and a chance to win door prizes. Both the 5K run and 1.5 mile walk start at the same time with the course beginning and ending at the DuKum Inn. The course is mostly flat running on Kirksville streets.

NEMO PHOTOGRAPHY

# 31st Annual NEMO Ag Show

The 31st Annual NEMO Ag Show will be held on Feb. 1 from 9 a.m. to 3 p.m. at the NEMO Fairgrounds. Free admission. Food concessions by Brashear Booster Club, vendor show and more.



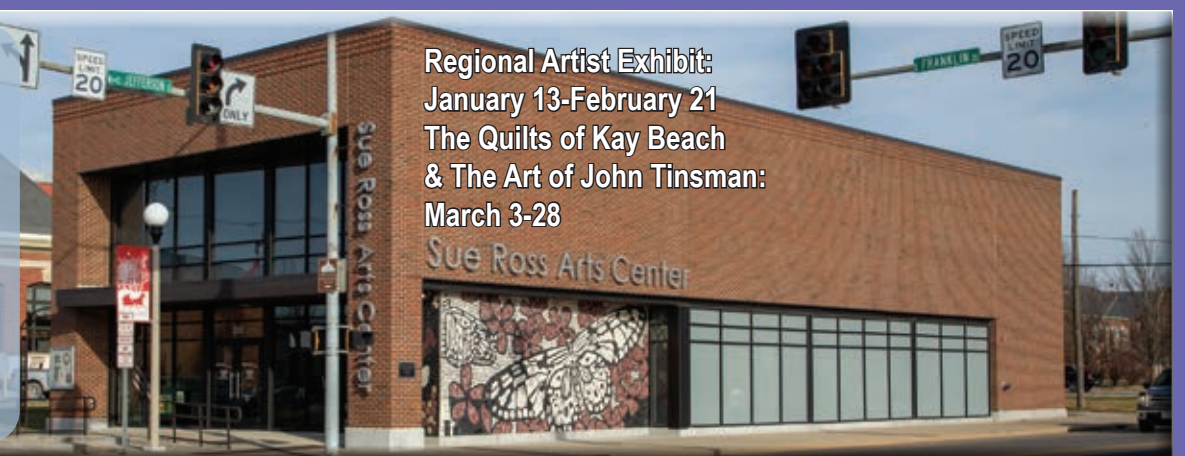
# Thousand Hills State Park 'First Day Hike'



Ring in 2025 with a guided hike! Join Thousand Hills State Park staff for a leisurely hike on the Red Bud Trail on New Years Day, January 1. The hike will be approximately two miles long on rugged terrain. Meet at the Redbud Trailhead by the lake at 10 a.m. Make sure to wear weather-appropriate clothing and comfortable hiking shoes.

Bringing a water bottle is recommended. Questions? Contact the park office at 660-665-6995. First Day Hikes are promoted by America's State Parks, and you will be joining hikers from all 50 states that are beginning the New Year connecting to the outdoors by taking a healthy hike.

# At the Sue Ross Arts Center



Regional Artist Exhibit:  
January 13-February 21  
The Quilts of Kay Beach  
& The Art of John Tinsman:  
March 3-28

2700 S. Baltimore St.  
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# A Kohlenberg Lyceum Event...



## Matt Wilson's Good Trouble

**M**att Wilson's 'Good Trouble' will perform at the annual Phi Mu Alpha JazzFest beginning at 6 p.m. on March 1 at the Truman State Baldwin Auditorium. A New York-based drummer, Wilson combines buoyant zeal, idiosyncratic style, infectious humor and an indomitable spirit of surprise, making

him one of the most in-demand players and educators in jazz today. He has appeared on more than 500 albums and has released 20 acclaimed recordings as a leader. He was named 2018 Musician of the Year by the Jazz Journalists Association, and his album "Honey and Salt" won 2018 Album of the Year.

# Cub Scouts to host Pinewood Derbies



**T**he local Cub Scout Community Pinewood Derby will be held the first week of March in Kirksville. The District Derby will also be held in Kirksville on March 8 at 1 p.m., though a specific site hasn't been settled on. Troops 401, 404 and 660 will all send scouts to Macon at the end of January for the Klondike Derby. Visit [kirksvilledailyexpress.com](http://kirksvilledailyexpress.com) for further details on all these events. For information on any scout activities, contact Erin Nolan at 660-216-2152.

## Local Band Calendar

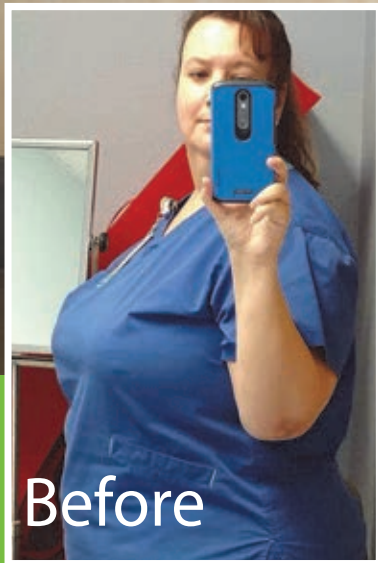
**Aaron Russell Band**  
 January 4 VFW, Kirksville  
 January 11 Black Diamond Jubilee • Macon  
 January 25 Black Diamond Jubilee • Macon  
 February 1 VFW • Kirksville  
 February 8 Black Diamond Jubilee • Macon  
 February 22 Black Diamond Jubilee • Macon  
 March 1 VFW • Kirksville  
 March 8 Black Diamond Jubilee • Macon  
 March 22 Black Diamond Jubilee • Macon

**Fully Loaded**  
 January 25 The Helm Brookfield  
**Boot Cut**  
 January 4 The Bank Greentop

## Mary Immaculate's Annual Night of Merriment

Mary Immaculate's Annual Night of Merriment will be held on Friday, Feb. 21 at the White Oak Barn, 23255 MO-11, Kirksville. The Beads & Bling' celebration will include dinner, live music a silent and live auction featuring gift cards, gift baskets, handmade crafts, tickets, or specialty items; vacation stays, unique experiences, big-ticket items, or services. Tickets can be purchased at the school.

# READY FOR A **NEW BEGINNING?**



Before

**Rebekah lost 170 lbs.  
with weight loss surgery**

Eighteen months after surgery, Rebekah from Memphis, MO has lost an astonishing 170 pounds! **“Over the years I lost so much of myself to poor health, migraines, and always feeling tired. Now I can go and do the things I want to with my grandkids without worrying if there will be too much walking. This surgery has given me the greatest gift – it has given me my life back!”** exclaims Rebekah.

To learn more about surgical weight loss options available through Hannibal Regional visit [hannibalregional.org/WeightLoss](http://hannibalregional.org/WeightLoss).



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