

KIRKSVILLE Daily Express

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WEDNESDAY

JANUARY 29, 2025 | \$2

Kirksville police arrest Iowa man wanted on child pornography charges

By Kirksville Police Department

The Kirksville Police Department made an arrest Friday as part of a joint investigation with Iowa authorities for a man wanted on child pornography charges.

On Dec. 18, 2024, the Kirksville Police Department assisted detectives from the West Des Moines Police Department in executing a search warrant in the 300 block of South Franklin Street in Kirksville. On Jan. 23, 2025, arrest warrants for the resident, Scott Alex-

ander Koslow, were issued from the state of Iowa. The charges linked to these arrest warrants include multiple counts of possession of child pornography.

Koslow was arrested by Kirksville Police at 10:28 a.m. Friday, Jan. 24, and is being held pend-

ing extradition. Koslow recently moved to Kirksville from West Des Moines and was unemployed at the time of his arrest.

The case is still under investigation. This investigation was a coordinated effort with the West Des Moines Police Department,

Kirksville Police Department and the Kirksville Regional Computer Crimes Unit/Internet Crimes Against Children Task Force.

A criminal charge is merely an accusation and a defendant is presumed innocent until and unless proven guilty.

Museum intern's Capstone Project details history of acclaimed rural Porter School

By Marty Bachman
Daily Express

Johanna Schramm, an intern at the Adair County Historical Society Museum, recently received the highest marks for her senior year Capstone Project at Truman State University, using her experience as a volunteer at the museum to pen a thesis on the highly-acclaimed Porter School that operated in a rural area near Kirksville; and Marie Turner Harvey, a teacher at the school who began work there in 1912. According to Truman State Archives, Harvey turned the school into an "internationally-recognized model of rural education."

Schramm explained the Capstone Project as an opportunity to provide a disquisition similar to articles published in historical magazines or journals. Schramm's project was centered on her experience as a history major and her time spent at the museum.

She said that the Porter School was only in existence for about a decade, but all the other teachers of that school followed Harvey's philosophy of being very active with students and having adopted a lot of her same progressive education philosophies.

"It was a very influential and progressive school that was in Adair County," Schramm said.

She also touched on the lives of Joseph Baldwin, who founded the First District Normal School, which later became Truman State University, and John R. Kirk, a former president of Truman State, and their influence on education in the entire United States.

"I used the Porter School as kind of a case study of what they dreamed of and what they dreamed a perfect school to be," she said.

Having an education minor and preparing to pursue a Master's of Education program in the summer, Schramm said that her dream is to be a high school history teacher, and that it was her interest in education that led to her choice of topic.



Adair County Historical Society Museum intern Johanna Schramm

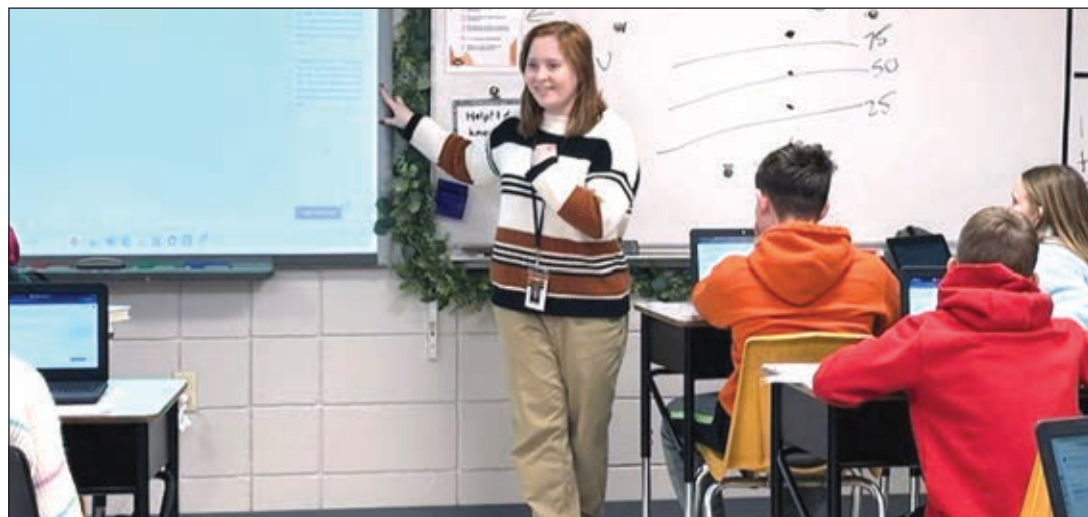
"This kind of combines my love for education, educational philosophy, and then my love for history — and I kind of put it all into one," she said.

Schramm, who is originally from Germany but moved to Columbia in 2005, has spent her school summers volunteering at the museum, assisting the other volunteer staff.

"Being a younger person, I can go upstairs a lot easier than some of the other people here," she said, noting that she's the one depended upon to carry stuff up and down the narrow, tight staircase at the museum.

As an intern, she earns credits at Truman State, where she will graduate in May. She said that she believes her time spent at the museum would have a sizable impact and influence on her life going forward.

"I think local history is not focused on enough, especially in rural kind of environments like we are in," she said. "There's so much you can learn by just going to this museum that I really want to share that with my future students. And wherever I end up in the future, I want to have a local aspect and be in the community rather than just being a teacher at the school."



Carcamo named one of Missouri's Outstanding Beginning Teachers

By Kirksville R-III School District

Grace Carcamo, an English teacher at William Matthew Middle School, has been named one of Missouri's Outstanding Beginning Teachers by the Missouri Association of Colleges for Teacher Education (MACTE). Every two years, MACTE honors exemplary first- and second-year PK-12th grade teachers across the state.

Dr. Jocelyn Stevens, Education Department Chair at Truman State University, announced Carcamo's selection for the award after she was nominated by Truman faculty. The nomination highlighted Carcamo's ability to provide

excellent instruction and build meaningful relationships with her students, while consistently striving to improve her teaching. The faculty member who submitted the nomination wrote, "Watching her grow as a teacher has been inspiring."

Carcamo, who majored in communications as an undergraduate at Truman State, later earned her Master of Arts in Education. Although she initially thought elementary education would be her career path, she embraced the opportunity to teach middle school students when it arose. Carcamo is now in her second year teaching sixth and seventh grade students.



Grace Carcamo

When asked what she enjoys most about teaching, Carcamo focuses on her students. She loves when they share how something they've learned in class connects to life outside of school.

"Whether it's spotting a vocabulary word in a book they're reading or noticing a simile in an advertisement, these moments show the meaningful relationships we've built," Carcamo said.

Originally from the St. Louis area, Carcamo graduated from Westminster Christian Academy. She and her husband, Alesandro, have made Kirksville their home.

"What I love most about Kirksville is the sense of community," she said. "Coming from a larger town, I really appreciate the close-knit atmosphere here, where I can run into friends while walking around town."



Truman State students volunteer for MLK Day service event

By Truman State University

In celebration of Martin Luther King Jr. Day, 70 students volunteered at the "Harmony in Action: A Journey Towards Unity and Hope" service event, Jan. 20.

In the morning students were dispersed to six different service sites; the Missouri Department of Conservation, the Family Connection Center, the Kirksville Art Association, the Kirksville Historical Museum, the Adair County YMCA and the Adair County Public Library. At these sites, students helped with food packing, cleaning, painting, trash pick-up, dusting, shelf arranging and more.



A highlight site for the event was the Family Connection Center, a family crisis center that will be opening this summer. The center will be a safe haven and resource hub that addresses the poverty needs

of the Kirksville community. It will help families find resources and aid, but also provide items such as food, clothing and diapers. The students at this location helped paint in preparation for its opening.



Four candidates to run for two seats on Kirksville City Council

By Marty Bachman
Daily Express

Four candidates will be running for two Kirksville City Council seats this spring. The municipal election for city council will be held on Tuesday,

April 8, and there are two full, three-year terms available in the election. Candidates for 2025 April Municipal Election are current mayor Zac Burden, Council member Kabir Bansal, and perennial council candidates Kevin A. Alm and Danny McDowell.

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OBITUARIES INSIDE

Betty Sue (Delaney) Wims, 81 Joe Allen



Truman State Ofstad Series welcomes actor, writer, director Scales

By Truman State University

As part of Truman State University's Ofstad Visiting Scholar Program, award-winning actor, director, playwright, novelist and adventurer Keith Scales will read selections from his work, "Passages from Overlook City," at 1 p.m. Jan. 30 in Baldwin Hall Little Theatre.

Scales was continuously active in the Pacific Northwest theater community from 1970-2009, working as a freelance professional actor, director, teacher, designer, organizer and grant writer. A familiar face to Portland and Seattle theatergoers, Scales acted in more than 200 plays and directed nearly 100.

In 2009 Scales relocated from Oregon to the Ozarks to concentrate on the creation of original works for page, stage and screen. He still teaches, consults and directs on occasion, but is now committed to a daily writing regime.

Scales will also be on campus Jan. 27-31 teaching a special Of-



Keith Scales

stad course, "Stories Well-Told," on the narrative elements in fiction, non-fiction and drama. The focus of the class will be on developing students' individual voices, as well as employing theater improvisation exercises and techniques to offer an exhilarating opportunity to learn storytelling from the inside out. The class will be appealing to creative writing students, English students and theater and musical theater students, as well.

The Jan. 30 reading is free and open to the public. A light lunch will be served.

UPCOMING EVENTS

Kirkville Area Calendar of Events

Kirkville's Planning & Zoning Commission meeting

The city of Kirkville's Planning & Zoning Commission will hold a special meeting at 6 p.m. on Thursday, Jan. 30, in the Council Chambers at City Hall, 201 S. Franklin Street.

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.

Sip Downtown business owners round table discussion and planning meeting

Sip Downtown, 122 W. Harrison St., Kirkville, is holding a business owners round table discussion and planning meeting on Monday, Feb 3 at noon. All Downtown Kirkville business owners are invited. Anastasia Tiedemann, executive director of Kirkville Regional Economic Development, Inc., will start the meeting off with information on the city's Revolving Loan Fund. Bring your calendars and ideas. This will be a sharing/collaboration meet-

ing where business owners can share news, plan cross-marketing campaigns, and network with other local business owners. Tiedemann will give a 10-minute talk about Missouri Rural Enterprise & Innovation's revolving loan fund for small businesses. According to Tiedemann, the city has received two grants from the USDA to create this fund and loan money at a reduced interest rate to small businesses. She said the city has money that needs to be loaned out before June of this year, so they want to make sure that if there's a local small business that needs something, the city can help them out. Guidelines and application are posted here: <https://www.mreic.org/revolving-loan-fund/>. The city was awarded their first revolving loan fund in 2021 and so far two businesses from Kirkville were awarded funds.

2025 Kirkville Wrestling Foundation Hall of Fame inductees ceremony

The 2025 Kirkville Wrestling Foundation Hall of Fame will honor inductees Mark Sells and David Brown with a dinner and ceremony during the annual Senior Night, Tuesday, Feb. 4 at 6 p.m. at William Matthew Middle School. The public is invited for the Tuesday evening Soup Dinner from 4:30-6 p.m., hosted by the Kirkville Wrestling Foundation, as well as to the Induction Ceremony and Senior Wrestling Headgear Auction at the wrestling dual.

Curtain Call Theatre Company presents 'In the Good Old Summertime'

Curtain Call Theatre Company invites you to view the 1949 romantic comedy musical film "In the Good Old

Summertime" starring Judy Garland and Van Johnson on Friday, Feb. 7, at the Curtain Call Theater, 512 W. Elizabeth Street, Kirkville. Doors open at 6:30 p.m., movie at 7 p.m.. Admission is free but donations are always greatly appreciated. Concessions available.

Piano Festival Guest Artist Recital with Dr. Oliver Jia

A Piano Festival Guest Artist Recital by Dr. Oliver Jia will be held on Feb. 14 at 7:30 p.m. at the Truman State University Ophelia Parrish Performance Hall.

Faculty Chamber Recital: Elaine AuBuchon, Jesse Krebs and Julianna Moore with Ruoyang Xiang

A Faculty Chamber Recital featuring Elaine AuBuchon, Jesse Krebs and Julianna Moore with Ruoyang Xiang, will be held Feb. 16 at 4 p.m. at the Truman State University Ophelia Parrish Performance Hall.

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, Kirkville. 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.

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

The 20th Annual Kirkville Special Olympics Polar Plunge

will be held on Feb. 22, from 1-2 p.m. at Thousand Hills State Park. 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.

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 Kirkville. There will be a x & greet with vendors, a fashion show and a live band. Plan the wedding of your dreams in Kirkville. Hosted by the Wedding Library/NEMO Bridal Expo. Call (660) 341-9993 for more information.

Matt Wilson's Good Trouble — A Kohlenberg Lyceum Event

Matt 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.

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The Kirkville Daily Express (USPS 296-060)
Periodicals postage paid at Kirkville, Mo., and at additional mail offices.

PUBLISHER: JIM HART
jhart@whig.com

POSTMASTER:

Send address changes to P.O. Box 809, Kirkville, MO, 63501

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Publishes Wednesdays with the exception of New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas.
Subscription rate is \$160.51 per year in the state of Missouri.

For questions regarding subscriptions or to pay your bill, place a delivery hold or start your subscription, call 855-288-4399 or email circulation@phillipsmedia.com.

E-Edition: Online at KirksvilleDailyExpress.com

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OBITUARIES

Betty Sue (Delaney) Wims

June 22, 1943 – Jan. 23, 2025

Betty Sue (Delaney) Wims, 81, of Columbia, Missouri, passed away on Thursday, January 23, 2025. She was born at Grim-Smith Hospital in Kirksville, Missouri, on June 22, 1943, to the late Virgil T. and A. Josephine (Dye) Delaney. She was the second eldest of four siblings: the late John Joseph “Jack” Delaney (spouse: Verlee) of Kirksville, Missouri, the late Mary Jolene (Delaney) Long (spouse: Mike) of Wellington, Florida, and Traci Ann (Delaney) Hill (spouse: Todd) of Brashear, Missouri.



Betty attended Olive Hill Rural Grade School in Adair County, Missouri, and graduated from Brashear High School. She moved to Kansas City, Missouri, and entered the workforce as a keypunch operator at Waddell & Reed at the beginning of the computer era. She also held jobs at Baptist Hospital and Hallmark Cards.

While in Kansas City, she met and married the love of her life, the late Larry Jack Wims, who was beginning his career as a banker at Laurel Bank. Betty and Larry had two children: Shelly Lynn (Wims) Mullins (spouse: Steve) of Nashville, Tennessee, and Travis Martin Wims (spouse: Ame Kee) of Otsego, Minnesota. In 1974, they moved to Wellington, Missouri, where Larry served as Vice President of Lafayette County Bank for several decades.

When her children reached their teens, Betty returned to work as a data clerk at Lake City Army Ammunition Plant (LCAAP). Through her work, she was able to extend her education. She received her Bachelor of Arts from Columbia College in 1995 and earned the position of International Standards Organization (ISO) 9000 Quality Auditor. By the time she retired 25 years later, she was Manager of the LCAAP ISO Audit Department.

As the eldest surviving matriarch of the Delaney line, Betty loved nothing more than spending time with her family. She has four surviving grandchildren: Ashely Nicole Wims of Minneapolis, Minnesota; Kaden Bradley Wims of Otsego, Minnesota; and Delaney James Mullins and Tinsley Lauren Mullins of Nashville, Tennessee. She is also survived by many beloved nieces and nephews, great nieces and nephews, great-great nieces and nephews, and cousins.

Betty was also known as a gifted seamstress and made countless incredible pieces, including “Memory Bears” and heirloom quilts for family members on her 1961 Singer sewing machine. As a great lover of all sports, especially the Kansas City Chiefs and University of Missouri Tigers, Betty created the “MIZZOU Vest” that became a coveted tradition at her son’s fraternity, even meriting its own Facebook page. Additionally, when the COVID-19 pandemic was in full force and personal protection equipment (PPE) supplies were at their highest demand, at the age of 76, Betty sewed well over 1,000 cloth masks for first-responder service workers. Betty was also known for making the best biscuits and gravy, cinnamon rolls, and Christmas candy.

Betty will be interred alongside her husband, Larry, at the Missouri Veterans Cemetery in Higginsville, Missouri, in February 2025. Per her request, no public services will be held. In lieu of flowers, donations may be directed to the Wellington Missouri Boy Scouts Troop 713 (c/o Amos Todd, 3898 Old Santa Fe Trail, Wellington, MO 65097) or the Autism Society of Minnesota (AuSM, 2380 Wycliff St. #102, St. Paul, MN 55038).

In the words of one of her beloved grandsons, “All done, Gah-mal!”

Online condolences and tributes may be shared with the family at www.bachyager.com.

Joe Allen

Born October 12, 1933 in Indianola Mississippi to Walter Clyde Allen and Annie Mae (King) Allen. Joe was preceded in death by two brothers Billy Wayne and Charles Edward and one sister Janice Ann (Allen) Matthews.



On August 6, 1952 he married Josephine Angelina Gabacci, his wife of 70 years. Joe and Josephine had three children Mary Jo (Penny) Allen of Kirksville, Bobby Clyde (Brenda) Allen of Camdenton, and Katheen Marie (Allen) Parrish of Kirksville.

Joe and Josephine have eight grandchildren Tracy Mills Lewis and husband Cliff of Kirksville, Jeremy Davis of Kirksville, Tim Davis of Kansas City, Courtney Parrish of St. Louis, Nikki Allen Baum and husband Don of Kansas City, Amy Parrish Conover and husband Mike of Camdenton, Joey Allen and wife Becky of Kansas City, Brittany Parrish Rouse. Joe and Josephine have 14 great grandchildren and 6 great great grandchildren. Joe’s wife Josephine preceded him in death on Friday, June 2, 2023.

In 1951 Joe listed in the Navy and served during the Korean War. He became an electrician while in the service. In 1955 he started working for Hollister Inc in Chicago, IL. In 1964 he made many trips back and forth to Kirksville, MO as part of the construction advisory team for the new Hollister plant being built. In November 1964, he moved his family to Kirksville. The plant opened in January 1965. Joe was plant maintenance manager. He was over general maintenance, production maintenance, tool and die and tool crib. He also made many trips to the plants in Virginia and Ireland.

After his retirement, in 1981, he moved to Osage Beach where he enjoyed fishing, boating, and fish fries with his family. Joe was admired and respected for his intelligence, kind heart, and humor. He will be dearly missed.

While he is no longer with us, memories of his love and laughter will carry on forever.

A funeral service will be held on Wednesday January 29, 2025, at 1:00 pm at the Playle-Rimer-Millard Funeral Chapel with Pastor Carol Davenport officiating. Visitation will be at 12:00 prior to the 1:00 pm service at the funeral home. Interment with Military rites will be in the Park View Memorial Gardens. Pallbearers will be Jeremy Davis, Tim Davis, Tyler Davis, Cliff Lewis, Dylan Lewis, Blake Lewis, Kaden Lewis, and Robert Mills.

Funeral arrangements in the care Playle-Rimer-Millard Family Funeral Chapel.

Healthy weight management — Tips for long-term success

By Northeast Regional Medical Group



Dr. John DeLeeuw

Jan. 19-25 is National Healthy Weight Week, a public health and awareness campaign that helps people develop healthy habits that last a lifetime in order to reach and maintain a healthy weight. Obesity affects more than 40 percent of Americans, according to the Centers for Disease Control and Prevention.

“Reaching and maintaining a healthy weight is important,” states Dr. John DeLeeuw, a member of the medical staff at Northeast Regional Medical Group and board certified internal medicine physician and obesity medicine specialist. “Being overweight increases your risk of developing a host of chronic conditions and diseases that can not only impact your quality of life, but shorten your lifespan.”

People who are obese are at increased risk for diabetes, coronary heart disease, high cholesterol, stroke, hypertension, gallbladder disease, osteoarthritis, sleep apnea and other breathing problems, and some forms of cancer, including breast, colorectal, endometrial, and kidney cancer.

DeLeeuw shares four tips for controlling weight.

Focus on Healthy Eating

“First, get rid of the negative connotation of the word ‘diet.’ A diet is just the food that a person eats.” Getting caught up on the idea of going on a diet can increase stress and reduce success. Next, DeLeeuw explains that you can’t exercise off a bad diet. “Exercise alone won’t aid in weight loss, but it does help maintain what weight a person does lose from making improvements in their diet. Weight loss is made in the kitchen, weight loss maintenance is made in the gym.”

Find a Support Network

Weight loss is often a daunting journey, and having a support network can improve outcomes. “People are more successful when they make changes with a partner who shares a similar goal. This helps maintain accountability toward change,” states DeLeeuw.

Minimize “Cheat Days”

Another tip that DeLeeuw shares is that it is okay to celebrate special events occasionally. However, the idea of scheduled “cheat days” does not help someone maintain long-term weight loss goals.

Work with a Health Care Provider

Lastly, DeLeeuw highlights the importance of working with health care providers who have active interests in supporting a patient’s metabolic health through diet and lifestyle changes. Healthy weights vary between individuals. While Body Mass Index (BMI) scores can help identify an ideal weight range for optimal health, many other considerations such as lifestyle, genetics, and other health factors should be taken into account when determining your ideal weight. It is important for you – and your physician – to examine other health indicators to get a true picture of your health.

Visit primarycareappointments.com/northeast/ to schedule an appointment with one of the providers at Northeast Regional Medical Group.

Inactive today, forgetful tomorrow: Mizzou researchers discover a link between lack of physical activity and a decline in brain health

A new study shows specific changes in the brain after muscle disuse that are linked with cognitive decline

By University of Missouri

COLUMBIA — Whenever 27-year-old Nathan Kerr stops by the office of his 81-year-old mentor Frank Booth, Kerr often finds Booth running on a treadmill.

“You’re not going to find someone with more enthusiasm for what they do than Frank,” said Kerr, a postdoctoral fellow at the University of Missouri. “Frank is the definition of someone who practices what they preach — and he has been on a mission to encourage active lifestyles his whole career.”

While many researchers study the benefits of exercise, Booth, who was born during World War II and has worked at Mizzou since 1999, does the opposite. He studies the consequences of physical inactivity at Mizzou’s College of Veterinary Medicine.

While Booth jokes his career might be closer to its end than its beginning, he certainly hasn’t lost any pep in his step. He also has not lost any motivation to mentor the next generation of young scientists, such as Kerr.

The link between muscle and brain health

In a recent study, Booth and Kerr found — for the first time — that just 10 days of physical inactivity leads to both insulin resistance and an increase in reactive oxygen species production in the hippocampus, the region of the



Nathan Kerr and Frank Booth.

brain involved in memory and learning.

They also found that just 10 days of muscle disuse elevated markers for specific proteins in the brain that are strongly associated with Alzheimer’s disease, an incurable, irreversible, neurodegenerative disease that has become the fifth leading cause of death in older adults.

The findings confirm what many have anecdotally speculated: staying physically active isn’t just good for your physical health, it also can preserve your brain health — potentially preventing or delaying the development of neurodegenerative diseases.

“If you compare the 1940s to today, the average lifespan has risen from the mid 60s to the high 70s, but the rate of type 2 diabetes has skyrocketed,” Booth said. “While the average lifespan of Americans has improved, the average health span — the number of disease-free years lived — tends to decline after age 65. Physical inactivity has already been linked to insulin resistance in the body, and we are starting to learn more about the connection

between muscle disuse and insulin resistance in the brain. We want to help people live more enjoyable lives in their later years.”

And, luckily, it doesn’t take huge steps to make a difference. Booth said that decades of previous research have shown that people who show the greatest improvements in their health are those who switch from getting no exercise to getting periodic exercise — even more improvement than those who switch from periodic exercise to regular exercise — so the most important step is to simply start.

“Research in Alzheimer’s development is starting to show that a lot of the neurological changes for Alzheimer’s disease are occurring when people are in their 40s and 50s, even if the official diagnosis of Alzheimer’s often comes at or after age 65,” Booth said. “So, if you can develop good habits in terms of exercise and lifestyle earlier in your life, your brain will thank you later on.”

“Research in Alzheimer’s development is starting to show that a lot of the neurological changes for Alzheimer’s disease are occurring when people are in their 40s and 50s, even if the official diagnosis of Alzheimer’s often comes at or after age 65,” Booth said. “So, if you can develop good habits in terms of exercise and lifestyle earlier in your life, your brain will thank you later on.”

Passing the torch

While Kerr now has his doctoral degree and works in the lab of W. David Arnold, executive director of the NextGen Precision

Health initiative, Kerr said he will never forget the mentorship he received from Booth and the life lessons he learned along the way.

“Aside from his intellectual contribution to my doctoral degree, I have Frank to thank for fostering my passion for science,” Kerr said. “He taught me how to fight for the things you think are important, and I can’t think of a better role model for somebody teaching their students how to approach science in a motivated and passionate way.”

During Booth’s 25-year career at Mizzou, he has earned nearly \$8 million in grants and published more than 170 research studies in peer-reviewed journals. He is one reason why Mizzou — a leading research university and member of the prestigious Association of American Universities — has seen 10 consecutive years of increases in research expenditures.

“Hindlimb immobilization induces insulin resistance and elevates mitochondrial ROS production in the hippocampus of fe-

male rats” was published in the Journal of Applied Physiology. Laurel Grisanti and Scott Rector collaborated on the study.

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FEBRUARY, 2025 SALE SCHEDULE

- Monday, February 3 - Special Sheep, Goat, & Hog Sale, 10:00 a.m.
- Friday, February 7 - Special Breeding Stock Cattle Sale, 6:00 p.m.
- Monday, February 10 - Special Feeder Cattle Sale, 11:00 a.m.
- Monday, February 17 - Regular Cattle Sale, 11:00 a.m.
- Monday, February 24 - Special Feeder Cattle Sale, 11:00 a.m.

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ROBIN WRITES

The early bird

I'm early everywhere I go. I can count on one hand the times I've been late or even exactly on time for anything. And I hate it.

This early business might be a family trait, or something I was taught long ago. Wherever it came from, it causes more stress than being late.

If you are also an early person, you understand.

If I have an appointment at 10 a.m., you can bet I will have started getting ready an hour or so earlier. I will check the clock constantly, gauging the distance to the office, the time it will take to park and walk in, the possible traffic snarls, and the registration process.

My makeup and clothing will probably only take about ten minutes or so, but you never know.

What if the clothes I plan to wear don't look the way I imagine? Or I can't find my earrings? What if I have trouble taming my hair? And, of course, there will be the inevitable frantic search for my car keys to figure into my schedule.

I emerge from the bathroom, dressed, makeup-ed, and accessorized. I am all set to go. But when I check the time, I realize it's too soon to leave. So, I plop onto the couch and wait.

Now, waiting to go may seem a sedentary job. But it is the beginning of the frenzy that all people who are ready early experience. While I sit there, I wonder if I am as ready as I think. Maybe I should check the mirror again.

So, I scurry down the hall, and look at myself in the full-length mirror. There I am, with the shirt and pants I THOUGHT looked good on me. I get closer to my reflection and study my face. Did I remember to put mascara on both my sets of eyelashes. It doesn't look like it.

I swipe a finger under my arm. Deodorant. Yes.

Maybe I should wear that other shirt. This one is wrinkled. But, if I wriggle out of this one, I'll mess up my hair. Then I'll have to probably get out the flat iron and fix it again.

I force myself to sit back down, seeing that all the angst I just experienced only took about three minutes. It's still too soon to leave.

There is not enough time to turn on the TV and watch anything. I just sit, keys clutched in my hands. As I slide a finger along my forearm, I notice how dry my skin is.

Where is the hand lotion? If I put it on, will it make my hands too slimy to hold onto the steering wheel? I guess I could wipe off the extra



ROBIN GARRISON LEACH
ROBIN WRITES

before I go. I race to the bathroom to scrounge for lotion.

Back on the couch, I slather up. A few more minutes has passed...it's time to get serious about going. The idea of being late has somehow become a fate I can't imagine.

I pick up my phone, fling it into my purse, look several times to make sure I have all my ID and important things. Did I put my phone in my purse? There it is.

Coat on. Out the door. I reach back to be sure the back door is locked and then feel for my keys. Phew. I still have them.

Of course, I arrive at my destination in plenty of time. I park, turn off the car, and sit staring at the building. I can't go in yet. It'd look silly. They'd think I have no life.

I wish I could be like my always-late friends and saunter toward life just a step behind everyone else. But I guess it's too late to change now. I should have thought of that sooner.

Contact Robin at robinwrites@yahoo.com

HOME COUNTRY

In winter, everyone can use a good hoax

When Steve and Dud got up to go get a paper, it left just Doc and Bert sitting at the philosophy counter of the Mule Barn truck stop. Bert turned his head and smirked a little, being careful not to let Doc see him. Doc also didn't see Dud outside, punching in a number on his cell phone while Steve stood by as a cheerleader.

"Doc," said Loretta, from the cash register, "phone call for you, Hon."

"Here? Okay..." Doc walked over and picked up the phone.

"This here Doc?" said the caller.

"The Doc what lost his squirrel?"

"Uh ..." Doc looked around for help. There was none. "Yes. Yes it is."

"Found your dang squirrel here, Doc. That reward thing still good?"

"Well ... yes."

"Five dollars and a quarter, right? Now is that cash or check? I don't take no checks."

Doc is looking all around and looks wilderness-type lost. "Cash I guess."

"Only thing is, Doc. Need to be sure this is your squirrel, right? So can you describe him for me?"



SLIM RANGLES
HOME COUNTRY

"He's ... gray." "All gray squirrels are gray, now, ain't that right? How about any distinguishing marks? Tattoos?"

"No tattoos." "So far so good. Now you said in the ad his name is Chipper. Well, I called him Chipper and the son of a gun bit me."

"He did?" "What I mean to ask here, Doc, is did you and your squirrel get along? No squirrel problems? He looks like he needs a square meal to me. You feed him good?"

"What?" "You know ... like Squirrel Chow free choice, or did you put him on a nut ration? I mean, he ate like there was no tomorrow. Dang near ate up the whole five dollars and a quarter reward money in squirrel food."

Steve and Dud walked back into the café, then, with the cell phone still at Dud's ear, and the laughing began.

"You were right all along, Doc," said Bert. "In winter, everyone can use a good hoax." Doc paid for the coffee.

Brought to you by "Whimsy Castle," Slim Randles' latest novel, available on Amazon.com.

THE ROCKWOOD FILES

Rise of the machines

Do you speak techno-slovakian?

Once every five years or so, we get a new television. Sometimes it's because we actually need one — like that summer when a lightning strike electrocuted several of our appliances. But most of the time, it's because Tom starts reading about the incredible picture quality on the newest TV screens, and he just can't stand it anymore. He needs to see it for himself.

It happened again earlier this month. I tagged along to Best Buy to make sure Tom wouldn't bring home a TV that's only a half-inch smaller than our entire living room wall. He has always been careful with money and is a shrewd negotiator. But everyone has their weaknesses. And if Tom met a savvy salesperson dangling a big enough screen at a big enough discount, he'd likely turn our entire house into an IMAX Theatre.

This time around, we decided to scratch the TV itch because our three kids are in college, so we're turning what used to be their playroom into a movie room. But the old Sony in that room, which once played Disney movies and Nintendo games, wasn't a "Smart TV." And in this day and age, we're not about to tolerate any idiot TVs that don't even know an app from an ape. I mean, come on. We're not animals.

So, there we were, looking up at a wall of smart televisions, all showing the same color-saturated promo videos on a loop. They mostly looked the same to me. But Tom and the sales guy marveled at how crisp some screens were compared to others. They bantered back and forth about OLED versus QLED, refresh rates, and resolution. For a man who swears there's no difference between red and maroon, Tom suddenly cared a lot about contrast and color accuracy.

After an hour of speaking "techno-Slovakian" with the sales guy, we settled on the smartest TV we could afford and loaded it into the SUV. Thankfully, our sons were still home for the holiday break between semesters, so they wrangled the thing out of its box and onto the wall mount over our fireplace. The boys said the new TV has a feature called "AI Services," which I assume means we can probably use it to launch rockets.



GWEN ROCKWOOD
THE ROCKWOOD FILES

When they handed me the remote control, it looked more like a wizard's wand. I've only learned half the buttons so far, but it's got a built-in microphone, which lets me boss it around with commands like, "Turn on the TV" or "Mute it."

Usually, I don't love the idea of talking to inanimate objects. When I was growing up, a habit like that would get you labeled "crazy." But lately, talking to machines, computers, and automated phone lines has become the new normal.

I talk to Alexa in my kitchen when I need to set a timer for pasta. I talk to Siri on my phone to dictate a text. If it's cold outside, I say, "Hey, Volkswagen, heat the driver's seat." And when I call the pharmacy, a computerized voice insists that I tell her what I want. (She doesn't love it when I say "agent" or "representative" or "Please give me anyone with a pulse.")

We're living in an age where non-human voices time our food, send our texts, get us drugs, and heat our buns.

Now the new TV wants to chat, too. I appreciate her interest, but she's not a great listener. I told her to play a show I liked, but she took me down a rabbit hole of other options. I tried to set her straight, but things got heated. Tom heard the commotion from the kitchen and came to investigate.

Tom: "What's going on in here? Are you arguing with the TV?"

Me: "Yes, but she started it. This Smart TV has a smart mouth, and I'm not sure I like her tone."

Tom: "Have you really turned into someone who yells at the television? Should I be worried?"

Me: "Listen, we've gotta show these things who's in charge around here."

He shook his head and went back to the kitchen, where Alexa announced that the pasta was done boiling. Just another day in an artificially intelligent America.

Gwen Rockwood is a syndicated freelance columnist. Email her at gwenrockwood5@gmail.com. Her book is available on Amazon.

LETTER

Investing in our patients and community — from the Northeast Regional Medical Center Board of Trustees

On behalf of the Board of Trustees for Northeast Regional Medical Center, I want to share my thanks to Patrick Avila, the members of the medical staff and employees across the hospital and clinics for their work to advance healthcare for the community.

They are focused on improving patient care, expanding services, and enhancing community health initiatives. The team is investing in technology and staff development to enhance and strengthen delivery of clinical services and implementing best practices and procedures to improve patient outcomes and satisfaction.

Partnerships with local organizations have been crucial as we tackle health challenges in our area, particularly in promoting preventive care and education. These collaborations are fostering health-



ier outcomes and creating a more informed community.

I want to acknowledge the hard work of our hospital staff and the support from the community because progress is a team effort.

Together, we can continue to improve the health of our community.

Sincerely,
Dr. Charles
Michael Zeman
Chairman, Board of Directors

POETRY CORNER



Your Tomorrows No One Can Steal

I've traveled down... this road before... still wondering where it will end, Each moment in time... I recognize... yet all I know is where I've been. I wish I could see... what's over the hill... what's just around the curve, I wish I could feel... all that's around

me... with all that's left of my nerve. What tomorrow brings... is still unknown... a mystery, only time reveals, Always remain strong... true to yourself... then your tomorrows no one can steal.

— Daniel D. Donovan

EMBRACING LOCAL HISTORY

Part 139

TURNING THE PAGE

Theaters of Kirksville – Chapter 12 – Silver Star Drive-In Theatre, Owner Day Mangus

By Blytha Ellis, President
Adair County Historical Society and Museum

The Silver Star Drive-in Theatre opened north of Kirksville on June 4, 1950. It was a new concept in theater-going and became wildly popular. The owner was a local man named Day Mangus.

His full name was Clayton Day Mangus and he was born June 18, 1904, in South Gifford, Mo. He was known throughout his life by his middle name of Day, which was his mother's maiden name. Day's parents were William Henry Mangus (1867-1947) and Sebina Bell (Day) Mangus (1872-1946) who were farmers. William was on the Board of Directors for the bank at Gifford, Mo., and owned a considerable amount of farmland.

Day Mangus was one of six children. He attended the Star rural school in Macon County, Mo., through the 8th grade. The desk which Day used at this school is now owned by one of Day's daughters. After the 8th grade, Day worked with his father on the family farm.

In 1924, Day married Mildred Frances Sears (1904-1957), daughter of Alfred and Elnora (Crail) Sears of Macon County, Mo. Day's wife went by her middle name of Frances. She had come to Kirksville from the Goldsberry area to attend college and had taught at the Lile rural school in Macon County.

On the day of the Mangus wedding, they boarded the train at Gifford and rode to New Cambria where they were married. Day was a slender, handsome man of average height who sported black hair combed straight back. Frances was an attractive, fashionable lady who was about a head shorter than Day.

Following their marriage, Day and Frances moved to Monte Vista, Colorado, where Day sheared sheep and graded potatoes for a living. Day enjoyed his hobby of hunting in Colorado and Wyoming. The couple's first child was born in Colorado in 1925 and named Iola Maurice Mangus.

Soon after this, the family returned to Missouri and settled on a farm in the Gifford area known as the Vertree's Farm. Their second child, Marilyn Jo, was born in this location in 1929. While living here, their daughter, Iola, attended Lone Star School in Adair County. According to an Adair County resident, Alfred Sadler, Day Mangus was known as "the fastest sheep shearer and corn shucker around."

In 1935, Day sold his farm, implements, and all his livestock and moved his family to east Jefferson Street in Kirksville. Their third child, Sarah Sue, was born in 1939 in Kirksville. While in Kirksville, Day became a self-employed truck driver hauling produce and cedar logs to Arkansas. He developed a love for cedar wood. When he quit trucking, he opened a bar in Kirksville and named it the Cedar Bar. This was located in the north



Silver Star Drive-In Theatre, North Hwy 63, Kirksville



which intrigued them — it was the drive-in theater!

Did you know that when Richard Hollingshead invented drive-in theaters, they were originally called park-in theaters?

He patented his idea in 1933 and opened the first such theater in Pennsauken, N.J. His patent was overturned in 1949, and drive-in theaters began to pop up all over the U.S.

After Day and Frances Mangus saw the drive in theaters in California, they came back to Kirksville with the idea of using their prime real estate along north Highway 63 to build one of their own, the first one of its kind in this area.

Construction of their drive-in theater began in 1949 on 12 acres of the Mangus property. It was built to accommodate 500 cars and cost the family approximately \$75,000. At that time, this theater was one-half mile north of the Kirksville city limits. To coincide with their stable, the Mangus' decided to name the theater the Silver Star Drive-in. The back of the movie screen, which faced Highway 63, was emblazoned with neon lights which read, "Silver Star Drive-in Theatre" and included a large silver star in the middle.

This theater screen was not like other such drive-in screens. It was not simply a tall white board that looked like it was held up with scaffolding. The Mangus theater looked like a building and was attractively landscaped all along the highway frontage. Double lanes led into the theater past a double-sided ticket booth, and double lanes led out to help with traffic flow after the movies. Day and his daughter, Iola, manned the ticket booths in the beginning. Admission price when the theater first opened was 50 cents per person with children under 12 admitted free.

Opening day was June 4, 1950, and the first movie was "A Connecticut Yankee in King Arthur's Court" starring Bing Crosby and Rhonda Fleming. This form of theater entertainment was exceedingly popular for the next 20 years.

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(Much of this information is thanks to Pam Sylvara, Biographer for the Adair Co. Historical Society, who wrote the history of the Silver Star Drive-in in an article for the Jan. 2018 issue of "The Adair Historian." She interviewed Marilyn "Jo" (Mangus) Miller and other family members for this history.)

end of the Stephenson Hotel at 210 W. Washington Street, formerly the Hotel Pool. One could enter the bar from the lobby of the hotel or from an entrance on Main Street. The bar, booths and tables in this establishment were all constructed of cedar.

When the Stephenson Hotel was sold, Day bought the Tap Room located in the lower level of the nearby Travelers Hotel at 301 W. Washington. Once again, this bar featured cedar décor.

Aside from his business, Day had a lifelong interest in horses. He further developed this interest when he obtained a farm south of Green Castle, Mo. Ambitiously, he purchased 100 palomino horses which he brought to Kirksville by train, then took them to Green Castle where he pastured them on his farm. He later sold some to individuals and some at auction. His interest in horses then extended to show horses, which he exhibited around the Midwest.

Day's next adventure began when he and Frances purchased land north of Kirksville on the west side of Highway 63. This acreage began where Pancake City is located today, and with the exception of a small tract, extended north to land on which the Mangus' daughter, Iola (Mangus) Wait and her family built their home (now Rosie's Northtown Cafe).

In 1947, Day had a Quonset Hut stable constructed on this land and named it the Silver Star Stable. This name was placed over the entrance doors and a star placed between the name Silver and Stable, and beneath it "Fine Saddle Horses - Day Mangus." By this time, his on-going interest and affinity for horses had led to Day's hiring a trainer for his show horses. However, Day was not always in agreement with the judges in the show and saddle horse competitions, so Day turned to racing horses. In this competition, there was no debating which horse crossed the finish line first.

The late 1940s was post-World War II, and the nation was booming. Day and Frances took a trip to California and there saw a new fad

By Larry Evans

115 Years Ago, January 26, 1910

When the Rev. W. A. Mitchell, the black pastor of the Second Baptist Church in Kirksville, preached on the seventh commandment ("Thou shall not commit adultery."), the previous Sunday night he aroused a storm in the congregation that culminated in an attempted horsewhipping on the Rev. Mitchell at the Wabash passenger depot. The pastor was attacked by Mrs. Lizzie Hoskins, a member of the audience, and her son Luther Toles, a burly youth, who knocked the preacher down and his mother wielded the cowhide whip and proceeded to use it on Rev. Mitchell. The city marshal was standing near the encounter waiting for the arriving train. He took all the parties to the police court where the court was convened and both Mrs. Hoskins and her son pleaded guilty to charges of assault. Mrs. Hoskins was fined \$10 and costs and her son \$5 plus court costs. The Rev. Mitchell was waiting for the train to take him to Salisbury for a series of religious meetings, but he had to forgo them because of injuries. He said that he mentioned no names in his sermon but that he "gave his congregation a warm talk on the theme."

115 Years Ago, January 28, 1910

The Shyrack & Thom Wholesale Grocery Company completed plans for a large new building on South Main Street. Construction was to begin as soon as the weather permitted. The proposed three-story warehouse building was to have a basement and the biggest freight elevator in town. The building would contain 30,000 square feet of floor space and be modern in all aspects. The Wabash Railroad switch at the rear of the structure would allow goods to be delivered in back saving the company a big drayage expense. Shyrack & Thom had been in business for five years and in that time span developed a large business covering the north part of Missouri.

110 Years Ago, January 26, 1915

Mrs. F. L. Harrington fed a tramp who came to her door. After he departed, she found that she was missing a bundle of clothes she had left on the porch for the call of the wash woman. Police were notified, but the tramp was nowhere to be found.

105 Years Ago, January 31, 1920

A mass meeting was held at the Baxter Theater in Novinger to discuss the question of funding the Novinger public school for the remainder of the school year. The school's money from taxation was insufficient to continue operation with only enough money left to pay the teachers' salaries for the month of January. It was estimated that \$3,500 would be needed to fund the remainder of the school year, and the purpose of the meeting was to determine how this amount would be secured.

100 Years Ago, January 30, 1925

The 18th Amendment to the U. S. Constitution became effective in 1920 making it illegal to manufacture, sell, or transport alcoholic beverages. Liquor was available for medicinal purposes with a physician's prescription. An examination of Kirksville's drug stores found that 55 gallons of whiskey were sold as prescriptions by four of the city drug stores in the month of December. A review of the drug store's prescription records revealed that each one of the prescriptions was for one pint of whiskey and there were 446 filled during the month. The names of the prescribing doctors were also contained in the records. The amount of whiskey sold by prescription was coming under the scrutiny of an Adair County grand jury.

75 Years Ago, January 27, 1950

The Missouri Conservation Commission announced a revolution in fencing to resolve the farmers' perpetual problem of fence building and repair. The new miracle fence was a new plant that had been brought to the United States from Asia. It had been

used for fencing experimentally for many years before it "proved itself an excellent stock barrier." The plant, multiflora rose, was thought to be the solution to the farmers' fencing problems, serving almost all fencing needs. There were many advantages to multiflora rose besides its being a stock barrier. The cost was small, it grew rapidly, and served as a wildlife cover harboring birds and wildlife. It could be planted on the contour where conventional fences were difficult to construct, and it required little care after becoming established. And besides all these advantages multiflora rose had great value in beautifying farms. Perhaps its most significant advantage was that the plant did not spread by roots or suckers, so after it reached full growth, it remained that way indefinitely. Multiflora rose was being furnished to Missouri farmers by the Missouri Conservation Commission at a cost of \$6 per thousand plants. Orders were to be placed through the Adair County Agricultural Extension Agent before February 15.

60 Years Ago, January 31, 1965

The controversial Brashear school re-organization proposal, twice turned down by state officials, passed 409-277 in a special election for residents of the school districts in eastern Adair County who were affected by the proposal. State law required that a school election be held for the purpose of electing six school board members for the newly formed district. Until the new school board was elected the boards for Brashear and the twelve rural districts involved would continue to function. The new school board was required to honor all bills and recognize teachers' existing contracts until the end of the school year. The re-organization process added to the Brashear District the following rural schools: Pleasant Hill, Willmathsville, Garden Grove, Olive Hill, Oak Grove, Hazel Green, Elliott, Prairie Bird, Gibbs, Star, Wilson, and Banner.

55 Years Ago, January 29, 1970

One of Kirksville's most well-known couples died within less than a week of each other. Rupert L. Rinehart, 91, and his wife, Gertrude, 88, died January 22 and January 29 respectively. They had been married 72 years. In addition to Rinehart's News Agency, which the Rinehart's operated for more than half a century, Mr. Rinehart or "Rupe" as he was called, gained area-wide fame for his knowledge of history, names, and events. Despite interviews by metropolitan newsmen and extensive local publicity, Mr. Rinehart never changed from the affable, plain spoken news vendor. Rinehart was born July 29, 1878, in Knox County, Missouri, and moved with the Rinehart family to Kirksville in 1888. That same year, at age ten, Rupe's newspaper vending business was established by delivering newspapers to a few individuals and businesses. He had his first news agency in a shoe shop on East Harrison Street in Kirksville. After a few other locations the agency moved to 112 S. Franklin where it continued in operation. In 1897 in Kirksville, Mr. Rinehart married Gertrude Upright, of Brookfield, who he met at a church social. Rupe related that as a youngster he delivered newspapers on foot "because the bicycle tires went through the wooden sidewalks." He estimated that he walked an average of 21 miles a day in his deliveries. His news agency sold the St. Louis Chronicle, as well as major newspapers from Kansas City, St. Louis, Chicago, and other metropolitan areas. Gertrude Upright Rinehart, who was equally as well-known as her husband was honored by being named "Missouri Mother of the Year" in 1951 "for her guidance and diligence in the rearing of seven children who have received national acclaim and recognition in a variety of professions." Mrs. Rinehart was active in community affairs including the PTA, White Shrine, Business and Professional Women's Club, and the First United Methodist Church.

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The Adair Historian, will be available Wednesday

Adair County Historical Society's quarterly magazine

By Marty Bachman
Daily Express

The Adair County Historical Society's quarterly magazine, The Adair Historian, is being printed and will be available at the museum beginning Wednesday. According to the Historical Society's president, Blytha Ellis, this issue will feature a story written by Debi Boughton about the service of the founder of the Baker Sign Company, Harold Dayton Baker, who was a gunner with the 155th Howit-

zer Company B Field Artillery stationed in Hawaii.

Another feature story, written by Ellis, concerns the historic Central Hotel, which today is the DuKum Inn. Other stories in the magazine include one on the Link family's three years in a Colorado Gold Mining Camp; Angelica Page's acclaimed solo show; and an 1862 Civil War letter.

Part five of WWII veteran Pvt. 1st Class Frank Marion Buckingham, a Kirksville native's memoirs of being an infantry man, will be in the publication. Buckingham recounts his story of the battle at Normandy, titled "The Normandy Beachhead

— Into the Valley of Death."

The Adair County Historical Society Museum has a display featuring Buckingham, 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.

To subscribe to the quarterly magazine, contact the Historical Society at adaircohistorical@gmail.com. Past issues are also 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.



Adair County Historical Society President Blytha Ellis holds a copy of the new Adair County Historian.

Groundbreaking ceremony to be held for cancer treatment center at NRMCC

By Northeast Regional Medical Center

Northeast Regional Medical Center is moving forward with plans to enhance its services by reintroducing radiation oncology to the community. A groundbreaking ceremony is planned on Feb. 12 at 3 p.m. at the hospital.

This initiative will include the establishment of a comprehensive cancer treatment center, operated as a department of Northeast Regional Medical Center.

The new facility aims to improve access to cancer care for local residents, reducing the need for travel to dis-

tant treatment centers. Patients will benefit from having testing, scanning, and marker placement conducted at the Northeast Regional Medical Center's existing Medical Imaging department. The center has also invested in new technology, including an upgraded MRI unit and enhanced CT software.

"Northeast Regional Medical Center is committed to developing a facility that meets the healthcare needs of the Kirksville community," hospital officials said in a press release.

The center is expected to be operational by summer 2025.

Vanderhoof, executive director of Main Street Kirksville, speaks to Kirksville-Thousand Hills Rotary Club

By Kirksville-Thousand Hills Rotary Club

Winston Vanderhoof, executive director of Main Street Kirksville, spoke to members of the Kirksville-Thousand Hills Rotary Club on Thursday, Jan. 23. Vanderhoof recently retired from Truman State University after 39 years. He has been active with Kirksville Tourism, as well as many other community organizations. He explained how Main Street differs from the Kirksville Area Chamber of Commerce and other similar organizations because of the focus on the downtown Kirksville area. Main Street Kirksville is a part of the nationwide Main Street organization.

Vanderhoof talked about several of the events coordinated through the Main



Pictured are Courtney Bonnell, president of the Kirksville-Thousand Hills Rotary Club, and Winston Vanderhoof.

Street office, including the Whiskey Turkey Fest held the second Saturday in September and Hometown Holiday, which spans Thanksgiving weekend. He also explained that

the organization works with downtown business owners and landlords, as well as service, civic, and church groups, to plan events in the downtown area. They are also trying

to facilitate filling some of the empty buildings in the downtown area.

Main Street Kirksville will be distributing a survey to community residents, including students from both universities, in the next few weeks in order to gather information about what people would like to see in the downtown area. Vanderhoof urged all residents to complete and return the survey. For more information, contact kvdown-town@gmail.com or visit their Facebook page at downtownkirksville.com.

The Kirksville-Thousand Hills Rotary Club meets on Thursday mornings at 7 a.m. at the Aquatic Center, 801 E. Mill Street. Anyone who would like to learn more about the club or Rotary International is welcome to attend.



Upcoming Northern Missouri road work

By MoDOT

The following is a list of general highway maintenance work the Missouri Department of Transportation has planned in the Northern Missouri region for the next few weeks. All road closures and planned roadwork may be viewed on the Traveler Information Map at <http://traveler.modot.org/map/>. Inclement weather may cause schedule changes in some of the planned work. There may also be moving operations throughout the region, in addition

to the work mentioned below.

Scotland County

Route U - Feb. 3-4, Closed for brush cutting operations from CR 412 to CR 500 between 8 a.m. and 3 p.m. daily.

Route U - Feb. 5-6, Closed for brush cutting operations from CR 166 to CR 165 between 8 a.m. and 3 p.m. daily.

Putnam County

Route 129 - Closed at the North Blackbird Creek Bridge for a bridge rehabilitation project through February 2025.

Truman State University announces list of fall graduates

By Truman State University

Truman State University has released the names of students who graduated at the conclusion of the fall semester.

The names of the graduates can be found online at truman.edu/honors/fall-2024-graduation-list. Students who graduated with honors will have that distinction noted by their names. Cum laude recognizes those who earned a grade point average of 3.50-3.74. Magna cum laude is for graduates with a grade point average of 3.75-3.89. Summa cum laude honors graduates with a grade point average of 3.9 or better.

Master's degree recipients will have that distinction noted by their names.

The list is organized by state and hometown. Hometowns are based upon the permanent address given to the University by the student. Students who have requested a directory hold on their information will not be included on the list. Any questions regarding student eligibility for inclusion on the list can be directed to the Registrar's Office at (660) 785-4143.

Truman conducted commencement ceremonies Dec. 14 at Pershing Arena. A recording of the ceremony is available at truman.edu/registrar/commencement-video. A photo gallery can also be found at photos.truman.edu.

Area graduates include:
Callao: Amanda Eileen Kline, Master of Arts
Kirksville: Caitlyn Alcorn; Vanessa Nicole Alexander, Master of Arts; Hattie Berke, Summa Cum Laude; Elizabeth Morgan Bindner; Liam Bogue; Peyton Carr, Cum Laude; Randall Elizabeth Chambers, Master of Arts; Bryce Zachary Ensign; Joseph Fischer; Omar Sven Gasmann, Master of Science; Mara Elizabeth Gullett; Christine Marie Harker, Master of Arts; Zoe Holt, Cum Laude; Juan Mejia Beltran, Magna Cum Laude; Colton Mitchell; Bailey Quigley; Myka Rae Schaefferkoetter, Magna Cum Laude; Ian Quinn Snider, Magna Cum Laude; Mary Elizabeth Stahlschmidt; Octavian Grey Dean Stickann;

Jincan Sun; Nina Anne El Koury Thomas, Magna Cum Laude; Emily Syble Wagner, Master of Arts; Gabrielle M. Wilson; Xingji Yi.
La Plata: Maria Fernan-

da Pareja Avalos, Summa Cum Laude
Lancaster: Tahlia Tya Gray
Macon: Joseph Stivers; Amanda Jo Turnbull, Master of Arts

Tigers complete season sweep over Mexico on Courtwarming night

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

Kirksville got the best of Mexico in what proved to be a sizzler on Friday night, 67-61, at Tiger Gym. From the four-minute mark of the fourth quarter until 25 seconds remained in the game, neither team had more than a two-point lead.

It was the second nail-biter the two teams had played. Kirksville won 52-49 in Mexico on Dec. 17.

The two teams went to the half tied at 32 all, and Kirksville exploded for a 21-point third quarter to take a nine-point lead into the final period. The Tigers allowed the first eight points of the fourth, however.

Mexico led 59-58 before senior Paishynce Fouts hit one of her three three-pointers of the night. The Ti-

gers never trailed again. She hit a pair of free throws with 25 seconds left to give her team a two-possession lead and ice the game.

Fouts finished with a game-high 23 points. Freshman Eva Danielson had 16, Chloe Carter had 13, and Megan Kinney scored 11.

"Our girls were resilient tonight, I was pleased," Kirksville coach Nick Totta said. "For the most part, we did a better job of taking care of the basketball. We didn't have many empty trips, and we shared the ball. We knew they'd make some runs to answer and we didn't get shell-shocked."

Kirksville snaps a three-game losing streak and improves to 8-7. Meanwhile, Mexico falls to 8-7.

The Tigers are slated to host Moberly on Tuesday.



Eva Danielson absorbs contact under the rim in Friday's four-point victory over Mexico.



Paishynce Fouts blows by her defender on Friday night. She had a game-high 23 points including a pair of free throws that proved to be game-sealing with 25 seconds remaining. PHOTOS BY HENRY JANSSEN/DAILY EXPRESS



Photo from Kirksville's Dec. 10 home tri with Centerville (Iowa) and Palmyra. Kirksville traveled to St. Clair on Friday ahead of its Feb. 3 conference tournament. DAILY EXPRESS FILE PHOTO

Three Tigers finish atop podium in St. Clair tourney

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

The Kirksville boys' wrestling team traveled to the St. Clair Tournament on Saturday morning for a 15-team competition, and four Tigers finished top three.

In the 138-pound weight class, Justin Schutter won with consecutive pins. He defeated Sullivan's Blake Watson by fall just 15 seconds into the semifinals before defeating host St. Clair's Ashton Feuerborn by fall 42 seconds in.

Luke Cahalan did the same at 165, quickly vanquishing Parkway West's Preston Wehrmeister 19 seconds in in the semis and then taking the gold over St. Clair's Logan Bartz just over midway through the first period.

At 157, Austyn Hunter had a tougher route to top the podium. His quarterfinal and semifinal matches were both

decided by tech fall. His championship match versus Hillcrest's Chris Brandenburg went the whole way and ended with a 9-2 decision in Hunter's favor.

Aidan Dimmitt finished third. He lost his semifinal in tough fashion, falling 3-0 to Hillcrest's Andrew Neer before winning by pinfall in 42 seconds versus Lucas Jackson of St. James.

Trae Johnson lost halfway through the second period by fall to finish sixth at 120 pounds. Micah Gerdes fell in the first period to finish sixth as well.

Jacob Lunsford at 144, Clairo Mbela at 175, and Brantley Kottwitz at 190 all three won their seventh-place matches.

St. Clair was the Tigers' penultimate tune-up before the conference tournament on Feb. 3. Kirksville will travel to the Odessa Invitational two days prior.

Cold shooting dooms Tigers versus long, physical Mexico

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

Kirksville fell for the second time this season to Mexico on Friday night, 66-48, in a Courtwarming nightcap that really was never out of reach until late in the third quarter. Senior swing forward Carter Pinkerton converted a three-point play to get the Tigers within five at 44-39 with three minutes left in the third, but Kirksville never got any closer.

Mexico defeated Kirksville 55-38 in the two teams' first meeting when the Bulldogs hosted on Dec. 17.

"I was really proud of our guys, honestly," Kirksville coach Tyler Martins said. "For three quarters, if we make a couple shots we can take momentum of this game and it just never happened."

"Obviously, Mexico's good for a reason."

Kirksville jumped out to an early lead before Mexico shaved it to 17-15 through one quarter of play and then going on its own 7-0 run to start the second period. The Bulldogs led 33-30 at the intermission and never trailed again.

"I don't think they neces-



Junior guard Cutler Lincoln converts at the rim in the first half of Friday night's loss to Mexico. HENRY JANSSEN/DAILY EXPRESS

sarily changed anything (at the half), we just went on a long drought," Martin said. "If you let a team like Mexico start to feel good about themselves and start hitting some shots, it'll make for a long night. We never got to that point of knocking anything down consistently tonight."

After coming off of back-to-back victories, the Tigers fall to 10-6 ahead of a Tuesday night date with Moberly. Mexico is 10-5 and undefeated in NCMC play thus far.

Bulldogs mount double-digit rally in Quincy to win third straight

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

The Truman men's basketball team finally reached the .500 mark in conference play, overcoming a double-digit deficit and climbing uphill through almost the entirety of the second half in Quincy on Saturday. Truman won, 80-76, to improve to 11-7 overall and 5-5 within the GLVC.

"It's maybe one that Quincy will like to have back, but our guys played for each other and showed that they weren't going to go away," Truman coach Jeff Horner said. "I felt like that's a resilient type of win that's a big stepping stone at this point in the season."

The Hawks fall to 8-10 and 3-7 in conference play.

The Bulldogs jumped out to an 18-11 lead at the first media timeout as both teams shots were consistently falling in the early moments. Quincy took its first lead at 34-32, and took a 40-37 lead into the halftime break.

The Hawks took a double-digit lead quickly in the second half. Quincy's Camren Kincaid killed the 'Dogs, scoring a game-high 27 points on 10-of-12 shooting including making all four of his three-point attempts.

"We haven't seen him shoot like that all year," Horner said. "From a coach's perspective, you think you have everything taken away from them, and we know he's a good player, but he stepped up and made it tough."

Two of those long-range shots helped extend Quincy's lead to as large as 10 with 12:53 remaining in the second half.

The Bulldogs chipped away and regained the lead with 1:45 remaining when Kobi Williams knocked down a three on a



Xavier Hall continued to impress on Saturday afternoon. The "X-Man" led his team to victory with team-high 19 points and eight assists to just two turnovers. He also had five rebounds. As a team, Truman had 17 assists to 10 rebounds. Quincy had 12 assists on nine turnovers. HENRY JANSSEN/DAILY EXPRESS

cross-court assist from Brennan Lovette.

With 23 seconds remaining, Trey Shearer hit the front end of two shots and missed the second, but the Bulldogs had a two-point lead at 78-76. The Quincy guard fell down on the ensuing possession, giving Truman an easy transition basket to put the 'Dogs up four with not enough time for the host to do anything about a two-possession deficit.

For the 'Dogs, point guard Xavier Hall continued to do what he's done all season in terms of pace and tempo. He led Truman with 19 points and eight assists. Williams had 17 points, and Casen Lawrence accrued 13



Kobi Williams knocks down a three-pointer to give his team an 11-8 lead early in Truman's four-point victory on Saturday. Williams also hit two pivotal three-pointers in the second half, finishing 3-of-7 from long range.

off of the bench, including two huge three-pointers of his own.

Williams had six rebounds to lead the Bulldogs, and Matt Haefner and Landon Eiland had five apiece.

"We got back to form on the boards, and that's a big point of emphasis for us right now," Eiland said. "Too many times, we've gotten careless down low and I thought we did a good job as a team taking a step forward today."

Truman won the battle on the boards, out-rebounding the Hawks 36-31.

The Bulldogs head for Rockhurst on Thursday and go to William Jewell on Saturday.

Quincy women just keep winning as 'Dogs can't close gap in second half

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

Truman hung in and battled against Quincy on Saturday afternoon, but eventually fell 82-69 to drop to 4-6 in the GLVC and 7-13 overall.

Quincy, on the other end of things, is as hot as anyone in the league, having now won eight straight games.

The Bulldogs took a three-point deficit into the halftime break, 35-32, and actually had a lead early in the second half, 37-35, with a Lexie White three-pointer. Then Truman had its recurring third-quarter nightmare, allowing the Hawks to go on a 14-0 run over the next five minutes of game time before Tori Standefer broke the drought with a layup.

In the end, Quincy only out-scored Truman 22-16 in the third period. Despite clawing, the Bulldogs never got back within fewer than five as a late 8-0 run of their own wasn't quite enough to put them back within striking distance.

"We tried to get back to what we did well in the first half and



Katelyn Odem rumbles downhill in Saturday's loss.

attack their paint," Truman coach Theo Dean said. "Rebounds were huge for us in the first half, and it became something we didn't do at all in the third quarter. I think that was the game."

The Bulldogs look to bounce back in Kansas City versus Rockhurst on Thursday. The Hawks have lost six of their last seven.



Tori Standefer gets to the net in Saturday's 82-69 loss to Quincy. Standefer finished with five points and picked here was her only official field goal attempt. She hit three of four from the stripe. PHOTOS BY HENRY JANSSEN/DAILY EXPRESS

Brashear snaps chain of losses with commanding performance in Bevier

By Henry Janssen
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Brashear was in complete control at Bevier on Thursday night, defeating the Wildcats, 59-36, on the host school's senior night. Thursday marked the first time since Dec. 10 that the Tigers were victorious, snapping a seven-game losing spree in which no game was closer than 12.

On Thursday night, the Tigers had a 21-point halftime lead and led by 30 points coming into the fourth quarter.

Brashear is now 2-11, and Bevier falls to 4-10.

Tiger freshman Cade Erwin

led all scorers with 21 points. Junior Cole Erwin had 18, and sophomore Levi Clark rounded out Brashear scorers to finish in double figures, posting 14.

"We came out aggressive and made the game about our pace, our tempo, and our style," Brashear coach Emily Powell said. "We did a much better job trusting one another and responding when they made a run. Our defense was the difference in the game tonight."

Brashear has a home date with undefeated Green City on Tuesday night. The Gophers (13-0) will be heavily favored in a game at Novinger (5-10) between now and then, facing off on Friday night.



Brashear junior Cole Erwin finishes at the rim in the first half of Thursday night's 59-36 victory. He posted 18 points. HENRY JANSSEN/DAILY EXPRESS

Hornets drain buzzer-beater to hold off Putnam County

By Henry Janssen
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Despite a dismal second half on offense, the Atlanta Hornets knocked down a three-pointer as time expired in Unionville on Wednesday night, circumventing overtime and winning 54-51. Hornet senior Sawyer Nelson hit the game-deciding shot as the final horn sounded.

Just 16 points of offense in the second half was six fewer than the Hornets scored in the second quarter alone. Atlanta took a 38-30 lead into the halftime break before its flow was interrupted by whatever adjustments Putnam coach Kyle Fleshman may have made at the halftime break.

The Hornets advance to 12-3 while Putnam County falls to 8-6 on the season.

For Atlanta, senior Mason Reed led the way in scoring with 14 points. His classmate Grady Hruska had 10. Nelson and sophomore Brody Hatcher had eight points apiece.



Atlanta senior Sawyer Nelson was Wednesday night's hero, hitting a game-winner as time expired to lift the Hornets by three over Putnam County, 54-51. HENRY JANSSEN/DAILY EXPRESS

The game was a make-up rescheduled from what was supposed to be Tuesday night.

By the time of this posting, Atlanta will have traveled to Schuyler County for a make-up game on Thursday night.

Brashear cruises in second half to spoil Bevier senior night

By Henry Janssen
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The Brashear girls won their third straight and improved to just one game below the .500 mark (6-7) on Thursday night, defeating Bevier, 44-27. The Tigers expanded a seven-point halftime lead to 13 points by the end of the third quarter.

Bevier's loss sends the Wildcats to 4-10 on the year.

Brashear freshman Kennedy Gray led all scorers with 15 points. Senior Cassidy Althide posed 12, and junior Heidi Lay finished with eight.

Tiger head coach Emily Powell liked what she saw from her team as her girls continue to improve and find some rhythm coming into the pivotal late-season push.

"I thought the girls did a good job of creating our own energy on the road and finding ways to make things happen for teammates," Powell said. "We adjustments coming out of the half - we threw some different things at (Bevier) and our girls executed."

Brashear is back in action Tuesday hosting a 12-2 Green City side.



Brashear senior Bevyn March blows by her Bevier defender in Thursday's victory. HENRY JANSSEN/DAILY EXPRESS

Atlanta girls can't keep up with Putnam County in road loss

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

The Lady Hornets had a hard time scoring on Wednesday night in a make-up game originally scheduled for Tuesday, falling in Unionville, 68-31. The game was running clock the entire fourth quarter, and Atlanta scored just two points in that period.

"We were playing smarter, fluid basketball early in the year, and it's like we've taken a step back," Atlanta coach Jason White said. "We must have turned it over 35 or 40 times tonight, it's just not smart basketball trying to make some of those passes early on, then all of a sudden we're down by 20."

See ATLANTA, Page B3

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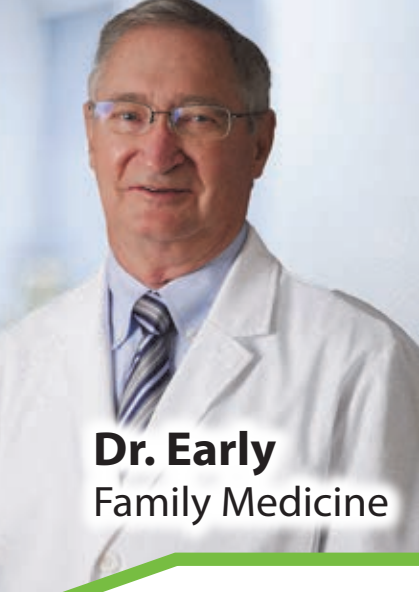
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The Kirksville girls' cross country team showed up in unison on Friday night to be recognized under the west basket in the Primary School. HENRY JANSSEN/DAILY EXPRESS

Kirksville cross country girls recognized

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

The Tigers' cross country team, qualifying as a team out the District championship (Class 4 District 3

in St. Charles) for the first time in nearly two-and-a-half decades, was honored at halftime of the Kirksville boys' basketball game against Hannibal on Friday night.

On that Nov. 2 day at McNair

Park, junior Concillia Kunseviko finished ninth at 21:21. Freshmen Amber Kottwitz and Mary Frushour finished back-to-back in 19th and 20th, less than a second apart around 21:51.

Bulldogs withstand big Lincoln second-half run, win in OT

By Henry Janssen/Daily Express & Truman Athletics

Playing their third game in five days, a gritty, physical second half saw the Bulldogs edge Lincoln (Mo.) 79-75 in overtime on Monday night. Five Bulldogs finished in double figures led by Xavier Hall with 18. His final points were a pair of free throws to seal the victory in the final overtime moments.

There were 10 lead changes in the first half but the Bulldogs (10-7 overall, 4-5 GLVC) established some separation and built a 14-point lead at 59-45 midway through the second half.

Lincoln (12-5, 4-5 GLVC) began their comeback when they turned up their defensive pressure. The Blue Tigers went on a 14-0 run over the next four minutes to tie the game at 59 each. Truman also blew a double-digit lead and allowed a 14-0 run midway through the second half versus Lewis on Saturday but found a way to battle back and win that one by two.

Truman and Lincoln went nearly three minutes without a bucket until Kobi Williams untied the game with a three-pointer from the top of the

key with under three minutes left. From there, it was nip and tuck.

Mickey West knocked down a triple to put Lincoln atop before Bulldog forward Brennan Lovette answered at the other end to put Truman up.

West would score with seven seconds left to tie the game at 67. Truman raced down the court, but the ball was poked away before the end of regulation.

In their first overtime of the season, the Bulldogs went up by five points at 73-68 following free throws by Lovette. Lincoln scored the next five on a three-pointer and a basket off a steal by Max Ekono.

After Hall put Truman up with free throws, the Bulldogs dodged a bullet as Lincoln missed out on a pair of offensive rebounds before West came up short on a three-pointer and Landon Eiland secured the board with a minute left.

Tyson Robinson made a pair of freebies to make it 76-75 Bulldogs with 26 seconds remaining.

Trey Shearer made one of two from the line but Lincoln still had a chance. They moved the ball to the offensive end and called timeout but after talking it over, the inbounds pass



Junior forward Brennan Lovette finishes at the cup on Monday night. He was one of five Bulldogs who finished in double-figures scoring, posting 13 points and nine rebounds. HENRY JANSSEN/DAILY EXPRESS

sailed across the court leading a Blue Tigers player out of bounds and handing the ball back to Truman State.

Hall was fouled and calmly drained two free throws to seal the win.

Hall finished with 18, Shearer 16, Williams and Lovette each had 13, and Matt Haefner added 10.

The Bulldogs return to action on Saturday at Quincy (Ill.). The men will tip off 30 minutes following the 1 p.m. women's game.

Truman takes care of business, gets back to just one game below .500 in conference play

By Henry Janssen & Truman Athletics

Truman delivered a commanding performance against a struggling foe Monday night, defeating Lincoln (Mo.) University 78-59 in a GLVC matchup at Pershing Arena. The 'Dogs have now won back-to-back games in impressive fashion following a month-and-a-half long losing streak.

Jordan Cunningham yet again led the Bulldogs (7-12, 4-5 GLVC) with a commanding double-double, tallying 20 points and 12 rebounds while adding three assists and two blocks. Tori Standefer contributed a career-high 14 points, including two three-pointers, while Lexie White added 10 points and six rebounds.

The Bulldogs capitalized on their dominance on the boards, outrebound-

ing the Blue Tigers 43-26. Truman also showcased its depth, with 30 points coming from the bench.

Hanne Nybo paced Lincoln (1-14, 0-9 GLVC) with 16 points and eight rebounds, while Imani Harris chipped in 14 points and three rebounds.

The Bulldogs set the tone early, outscoring Lincoln 18-14 in the first quarter and building their lead with a 17-13 second quarter. They sealed the win with a 22-point outburst in the third and a 21-point finish in the fourth. The lead ballooned to as large as 24 midway through the fourth quarter as Truman held the Blue Tigers to 16 points in both periods in the second half.

Truman State will look to avenge an early non-conference loss to Quincy (Ill.) on Saturday afternoon on the road. Tip time is slated for 1 p.m.



Bulldog freshman guard Katelyn Odem hits a 13-foot bunny in a runaway victory versus Lincoln. Odem finished with four points on 2-of-5 shooting. HENRY JANSSEN/DAILY EXPRESS

Tigers drop another razor-thin game against Westran

By Henry Janssen
hjanssen@kirksvilledailyexpress.com

The Kirksville girls lost their second straight game with a chance to force overtime or win at the buzzer, falling in Huntsville to Westran, 49-47, on Tuesday night.

The Tigers fall to 7-7 with the non-conference loss. Just four days prior, Kirksville lost a game by three

points to Hannibal missing a three-point attempt at the buzzer. On Tuesday, the Tigers got a look with around five seconds left before a scrap for the ensuing loose rebound ran out the clock.

Kirksville led 35-25 at the half before allowing 17 points in the third quarter and scoring just four. After trailing by three early in the fourth quarter, the Tigers regained the lead at 43-42. Kirksville's final

lead came at 44-43.

Westran improved to 10-6 with the victory, and the Tigers have lost three straight.

Freshman Eva Danielson posted 17 points, and senior Alia Puckett finished with 11.

Kirksville looks to snap its skid on Friday in a conference date with Mexico (7-6), who the Tigers defeated earlier in the year, 52-49.

Westran can't catch up to Tigers' mid-game flurry

By Henry Janssen
hjanssen@linncountyleader.com

The Kirksville boys took a six point lead into the halftime break in Huntsville on Tuesday night and never relinquished it, winning 55-40. The Tigers lead hovered around double-digits throughout the second

half before Westran decided to stop prolonging the game by fouling with more than a minute left to play.

Cole Kelly continued his high-volume, high-output season, leading all scorers with 19 points.

Westran came into the game on a hot streak, having won nine of its last 10 games. The Hornets fall

to 12-4 overall, while the Tigers advance to 10-5 with the non-conference victory.

The Tigers return to NCMC competition on Friday evening, when they host Mexico (9-5) in a game scheduled for 7:30 p.m. following a 6:15 girls' tip-off.

Mexico defeated the Tigers 55-38 at the Bulldogs' place on Dec. 17.

ATLANTA

Continued from Page B2

Atlanta falls to 4-11 on the season, while Putnam moves up to 5-10.

One of two Atlanta seniors and three total upperclassmen, Bailey Wat-

son, led the Hornets with 13 points. Classmate Kynleigh Stull and freshman Jada Nelson posted seven points apiece.

By the time of this posting, Atlanta will have played Schuyler County in a make-up game on Thursday night.



Atlanta freshman Lexie Ross gets out in space for a rare transition opportunity on Wednesday night. HENRY JANSSEN/DAILY EXPRESS

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Four simple ways to improve health and increase longevity

Small, consistent changes create healthier habits to last a lifetime

By Northeast Regional Medical Center

The New Year often reignites an interest in health and wellness — in a 2024 poll, 79 percent of respondents said their New Years' resolutions involved health. While sweeping resolutions are notoriously hard to keep, there are small, simple steps that you can take every day to make a lasting improvement in your health.

"Even small lifestyle changes can increase longevity, reduce the risk

associated with chronic disease, improve mental health and increase energy," said Dr. Tysen Petre, Family Medicine physician and medical staff at Northeast Regional Medical Group. "Rather than setting unrealistic goals, I encourage patients to take small steps in areas that we know make an impact, like movement and better nutrition, to create new, healthier habits that can be maintained over time."

Making small changes around four healthy lifestyle factors can kick start your journey to better health and create a foundation for new habits that will keep you feeling your best.

Move More

Experts recommend adults get at least 150 minutes of moderate physical activity a week to combat the health effects of sedentary behavior. The good news is that every minute counts. Small changes like taking the stairs, walking around the block or exercising in short 5-10 minute bursts can help you reach a meaningful activity goal.

Eat Your Veggies

Diet is a major risk factor for many chronic diseases such as diabetes and cardiovascular disease. Including a variety of healthy foods in your diet can have a significant im-

act on health. Get started by adding fresh vegetables and fruits, along with other minimally processed foods high in vitamins and minerals, to the menu.

Get Enough Sleep

The recommended amount of sleep for adults is at least seven hours per day, yet more than 36 percent report getting less than that amount. To take steps toward improving your sleep habits, make it a goal to go to bed and get up at the same time every day, and avoid electronic devices at bedtime.

Phone a Friend

Participating in meaningful activities with

friends and family members creates a sense of purpose in daily life that improves health, happiness and resilience. Make time for positive relationships by joining a group focused on a favorite hobby, volunteering your time or taking a group exercise class.

"Getting started is the first step toward a healthier lifestyle," added Dr. Petre. "It is easy to get discouraged if your goal seems out of reach, but all of us can find a few minutes a day to move more, go to bed a few minutes earlier or connect with a friend. Small steps can add up to significant health improvement over time."



Dr. Tysen Petre

An annual wellness exam is a great opportunity to talk with your physician about risk factors for chronic disease and lifestyle changes to support your health. Make an appointment today at <https://www.primarycareappointments.com/northeast/>.

Missouri representatives reintroduce bill to hold Postal Service accountable for late bills

By U.S. Representatives Sam Graves

WASHINGTON, DC — U.S. Representatives Sam Graves (R-MO), Emanuel Cleaver, II (D-MO), and Mark Alford (R-MO) re-introduced the Pony Up Act this week, which would protect consumers by putting the U.S. Postal Service (USPS) on the hook for late delivery of bills. The legislation was originally introduced in the 118th Congress. Cosponsoring the legislation were Reps. Mike Bost (R-IL), Mike Collins (R-GA), Tracey Mann (R-KS), and Pete Stauber (R-MN).

Countless complaints have been registered by constituents whose mail hasn't arrived on time, or at all in some cases. Many of those complaints have involved late fees needing to be paid regularly due to bills being delivered late. Multiple municipal utilities have also complained that their bills aren't arriving to their customers in a timely manner. The legislation would require USPS to pay any late fees incurred on bills due to delayed delivery service.

"Constituents across my district are routinely frustrated by late mail delivery and they

should be—the Postal Service isn't getting the job done," said Graves. "Folks expect their mail to show up on time, six days a week. Instead, they are constantly faced with late deliveries and it's costing people money. If the Postal Service isn't going to get the mail out of the processing center and to the mailbox on time, then they should pony up and pay the late fee."

"With extreme weather like we saw earlier this month, not to mention the complete failure of the Postmaster General's Delivering for America Plan, families and small businesses across my congressional district continue to voice their frustration with delivery service from the USPS," said Cleaver. "Not only is it preventing them from getting timely information, but it is costing them their hard-earned dollars as they face late fees due to delayed delivery on monthly bills. We need bipartisan action to ensure these costs are not levied on hardworking Americans who have no ability to prevent these delays, and I'm proud to introduce the Pony Up Act with Reps. Graves and Alford to provide relief."

"The Postal Service is vital, especially for the many rural communities in Missouri's Fourth District," said Alford. "The USPS has failed to fulfill their Congressionally mandated six-day delivery window. These delays carry tangible consequences; many Americans have shared accounts with delayed checks resulting in late fees on bill payments. It is only fair that the Postal Service should reimburse taxpayers for late fees accrued due to USPS delays."

The bill would enable anyone who incurred a late fee due to the late delivery of a bill to file a claim for a late fee repayment. Filing for the repayment would occur online through a portal or in person at any post office.

The legislation would also require a report on delayed mail, giving Congress relevant and accurate information to identify how effective the Postal Service is and what average delays look like.

Over the last several years, Graves and Cleaver have voiced numerous concerns with the USPS about performance issues. In October 2022, Graves and Cleaver sent a letter to Post-

master General Louis DeJoy expressing concerns about the agency's failure to fulfill their congressionally mandated duty to provide six-day mail delivery. In December 2022, the Postal Service responded with complaints about low unemployment rates in the Kansas City region and encouraged residents to apply to work on the USPS, without offering a plan for the agency to meet their mandate.

In March 2023, Graves and Cleaver called on DeJoy to deliver a plan to address mail delivery delays, fulfill the USPS's legal obligation to deliver mail six days per week, and listen to the concerns of Kansas City residents that had been frustrated with the performance of their local USPS branches. Following that letter, the USPS OIG announced they would conduct an audit of delayed mail and delivery operations in the Northland and the Kansas City area. The audit was completed in August of last year.

In January 2024, Graves and Cleaver led a cohort of fellow lawmakers calling on USPS to halt price increases on stamps, following the agency's record-breaking fourth rate in-



U.S. Representatives Sam Graves

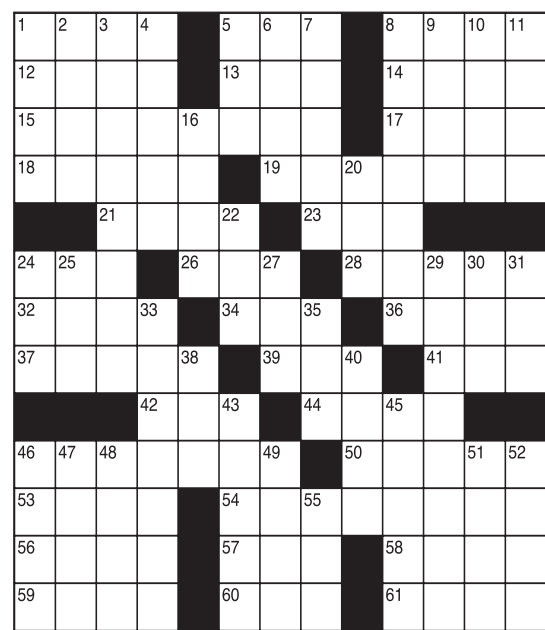
crease in the last 18 months. The legislators demanded USPS address the failings of the Delivering for America Plan and turn around performance issues of the USPS in order to legitimize a price hike for consumers.

In August 2024, Graves also called for USPS to audit the St. Louis Processing and Delivery Center, answer for their absentee ballot delivery issues and present a report on potential effects of their misguided proposal to reduce rural mail pickup times.

In September 2024, Graves, Cleaver, Alford and other legislators called on the USPS to implement the audit recommendations from the OIG's report on the Kansas City P & DC.

CROSSWORD

PUZZLE NO. 277



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ACROSS

- 1. Come to a halt
- 5. Stags and bucks
- 8. Slaps
- 12. Layers
- 13. Be indebted to
- 14. Feel a dull pain
- 15. Expanded
- 17. Garden produce
- 18. Fur wrap
- 19. Ironies
- 21. Indication of future events
- 23. Young bug
- 24. Beg
- 26. Carry with effort
- 28. Dads
- 32. Eating regimen
- 34. "___ Without My Daughter"
- 36. Dress for Caesar
- 37. Play a lute
- 39. Hair accessory

DOWN

- 1. "___ Got a Way"
- 2. Kind of caterpillar
- 3. Bystander
- 4. Biblical song
- 5. Sty resident
- 6. Female sheep

ACROSS

- 7. Four-door auto
- 8. Environment
- 9. Cake froster
- 10. "How do I love ___?"
- 11. Tennis-game divisions
- 16. Folk dance
- 20. Topple sideways
- 22. Convent occupant
- 24. Some are personal
- 25. Command to Fido
- 27. Clump
- 29. Feasible
- 30. In the past
- 31. Witnessed
- 33. "Teenage Mutant Ninja ___"

- 35. Haul
- 38. Disfigure
- 40. Sangria ingredient
- 43. Most unsatisfactory
- 45. Attract
- 46. Fall in droplets
- 47. Lighten
- 48. Fine sand
- 49. Slangy affirmative
- 51. Sticky substance
- 52. Does a tailor's job
- 55. Stallone's nickname

ANSWER TO PUZZLE NO. 277

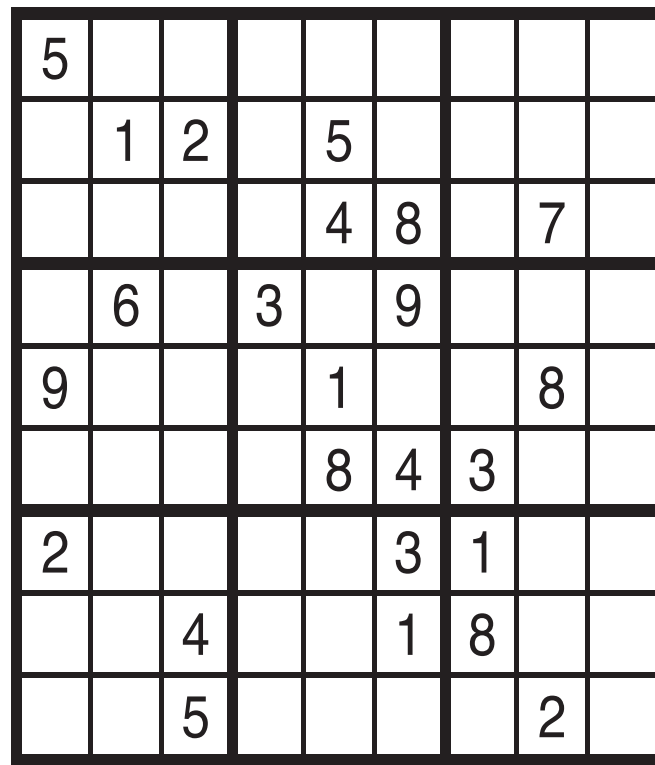


CROSSWORD PUZZLE ANSWERS USE AMERICAN SPELLING

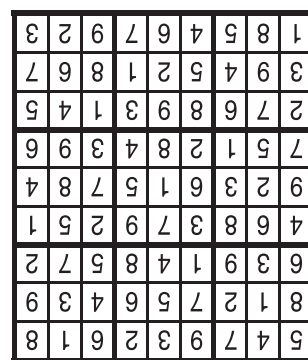
Sudoku

PUZZLE NO. 1016

LEVEL: ADVANCED



ANSWER TO PUZZLE NO. 1016



How to play:

Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: you must not repeat the numbers 1 through 9 in the same line, column or 3x3 box.



Elizabeth Gregory receives Paul Harris Fellowship pin

By Rotary Club of Kirkville

At the Jan. 15 meeting of the Rotary Club of Kirkville, Elizabeth Gregory (left) received a Paul Harris Fellowship pin from former Foundation Chair Jeff Romine (center) for her significant financial contributions to the Rotary International-

al Foundation. Gregory is a two-time recipient. Rotary uses the money to improve living conditions and health around the world and for various grants, exchanges and scholarships designed to promote peace and better world understanding between cultures. Also pictured is Club President Ruth Bowers (right).

Regional Artist Exhibit on display at Sue Ross Arts Center

By Sue Ross Arts Center

The Kirkville Arts Association is currently featuring work by area artists in the Regional Artist Exhibit at the Sue Ross Arts Center, located at 215 S. Franklin Street in Kirkville. Twenty-five artists from Adair, Shelby, Macon, Scotland and Sullivan counties are displaying over 60 pieces in this annual show. Work includes watercolor, ceramics, acrylics, photography, pyrography, pastels and oils.

The show was judged by Dan Maxey, artist, from Trenton. The artists receiving awards were: Best of Show: Jerry Brown for "Morning Fog", pastel.

First Place: Jeanne Scott for "Lidded Casserole with Fish" ceramics

Second Place: Curtis VanWye for "Bathtub Shadows", photography

Third place: Rusty Nelson for "13", watercolor

In addition, Honorable Mention was awarded to: Curtis VanWye, Dana Forrester, Nick Smith, Michael T. Duncan, Jerry Brown and Matthew Derezinski.

The show opened on Jan. 13 and will run through Feb. 21. The Sue Ross 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 view the exhibit. Artists interested in showing at future Regional Artist exhibits should contact the Kirkville Arts Association at 660-665-0500. There is no fee to exhibit at the Sue Ross Arts Center.



Best of Show: Jerry Brown for "Morning Fog", pastel.

Kirkville Area Chamber of Commerce

February 2025

Executive Director: Marie Murphree

Monday - Friday
8:00 AM - 5:00 PM
PHONE: 660-665-3766

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KIRKSVILLE AREA Chamber OF COMMERCE



Applications Now Open for the Class of 2025

Call Marie Murphree at 660-665-3766 for Details



UPCOMING EVENTS

- February 5 - 10 am -- Ribbon Cutting at The Gathering Grounds
- February 6 - 11:30 am -- KLI Recruitment Lunch at Holiday Inn Express
- February 12 - 8 am -- Grounds for Discussion at 315 S. Franklin (EDA Building)
- February 24 - 5:30 pm -- State of the City at 315 S. Franklin (EDA Building)

Save the Date: March 29th

Chamber Annual Banquet

WELCOME TO THE CHAMBER!

Gary Cunningham Event Center Guiding Light Public Adjusters
Schuyler County Ambulance District

THANK YOU!
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