

KIRKSVILLE Daily Express

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WEDNESDAY

MARCH 12, 2025 | \$2

KHS Speech & Debate are District Champions and headed to state competition

By Kirkville High School

The Kirkville High School Speech and Debate team swept the MSHSAA Class 1 District 3 tournament, Saturday, March 1, and were recognized as the District Champion Speech Team and tied for District Champion Debate team with Fulton High School. Five students brought home individual

district champion titles and a record-breaking 20 events will be advancing on to the state competition in late April.

The 2024-2025 season has been one of change for the performing arts activities in Missouri. In previous years Speech and Debate were combined with Theatre for one MSHSAA activity. This year Speech and Debate has been rec-

ognized as its own separate activity. Additionally, Speech and Debate became a two class activity this year, separating the competition between larger and smaller Missouri schools.

As a Class 1 Speech and Debate school, Kirkville competed against 14 other smaller schools in the northeast and east central area of the state. Kirkville also hosted the tour-



namment — a team first. Head coach Elizabeth Anderson hopes the team will be able to continue to host

tournaments at KHS and is incredibly grateful to the Kirkville community and the 80 individuals who

volunteered their time as judges over the weekend.

See **CHAMPIONS**, Page A6



The United Way of Northeast Missouri raised \$192,146 in its 2024 campaign, 101% of its goal.

United Way Northeast Missouri holds annual awards ceremony

By Marty Bachman
Daily Express

The United Way of Northeast Missouri held their annual awards ceremony on Thursday, Feb. 28, at the DuKum Inn in Kirkville. The Hall of Fame Award went to Dave England, Drive Chair 1983-84 and President 1985-1986.

Other recognition went to Jen Vogt for the Wooden Nickel Golf Tournament; Luke Callaghan for Texas

Hold'em and Trivia Night; Retail Employee Giving Award: Lovegreens; Outstanding In Kind Donation Award: Bank Midwest (Donated Office Space and Utilities); Over The Top Award: Cleaver Dermatology; Foundation Award Surbeck: Trust Chuck and Debbie Boughton

2025 President is Tim Mills, Past President is Keaton Wagner, Vice President is Courtney Lovegreen and Secretary is Valerie Hamlin.



A large crowd gathered at the DuKum Inn in Kirkville for the United Way of Northeast Missouri's annual awards presentation.



2025 President Tim Mills (left) gives a plaque to Past President Keaton Wagner.



The Hall of Fame Award went to Dave England (left), Drive Chair 1983-84 and President 1985-1986.

18th Annual Kirkville Polar Plunge raises over \$17,000 for Special Olympics Missouri

By Press Release

The 18th Annual Kirkville Polar Plunge was held on Saturday, Feb. 22, at Thousand Hills State Park in Kirkville. According to Plunge officials, it was a "splashing success," raising \$17,500 to date.

A total of 89 brave men and women from around the area donned costumes and swimwear to take a chilly dip into Forest Lake. Their Reason for Freezin' was the athletes of Special Olympics Missouri (SOMO).



See **PLUNGE**, Page A6

COURTESY OF SPECIAL OLYMPICS MISSOURI

Kirkville PD issues reminder on dangers of distracted driving

By Kirkville Police Department

Kirkville, did you know... According to the National Highway Traffic Safety Administration, distracted driving killed more than 3,300 people in 2022.

In Missouri, 106 people died due to distracted driving in 2023. The Missouri Coalition for Roadway Safety maintains a website showing the crash totals: savemolives.com/mcrs/distracted-driving. Distracted driving is defined as any activity that takes attention away from driving, including talking or texting on your phone. Looking at

your phone for 5 seconds at 55 mph is the same as driving the length of a football field with your eyes closed.

The state of Missouri enacted a law covering the use of electronic communication devices while driving, which you can learn more about here: revisor.mo.gov/main/OneSection.aspx?section=304.822. The fines can range from up to \$150 for the first offense to \$500 for multiple convictions. Violations causing an accident or injury could lead to jail time.

The Kirkville Police Department asks every driver to put the phone down and help keep our roads safe.



Northeast Regional Medical Center kicks off Jars of Love Peanut Butter Drive

By Northeast Regional Medical Center

Northeast Regional Medical Center kicked off its annual Jars of Love Peanut Butter Drive benefitting The Pantry for Adair County, and is inviting community members to participate in this effort to fight hunger in the local area. Peanut butter is a sought after item for food banks because of its high nutritional value and long shelf life. Yet, it is one of the least donated items. The Jars of Love Peanut Butter Drive kicked off on Monday, March 3 and will run through Monday, March 24.

"Northeast Regional Medical Center not only supports the patients who come through our doors, we are also committed to supporting better health through-

out our community," said Patrick Avila, CEO, NRMC. "Feeding America estimates that nearly 16 percent of the residents in our community are facing food insecurity, which has a profound impact on overall health and well-being. With the Jars of Love Peanut Butter Drive we can help a vital community organization reduce hunger in our area."

Public drop off for the Jars of Love drive is located in the main hospital lobby, at the Welcome Desk. NRMC will also be holding a Fill the Truck event with the Adair County Sheriff's Department, Adair County Ambulance District, and the Kirkville Fire Department. The event will be held in the HyVee parking lot on Saturday, March 22 from 11 a.m.- 2p.m.

INSIDE

CommunityA2
ObituariesA3
ColumnsA4

Local HistoryA5
NewsA6
SportsB1-B2

NewsB3
ClassifiedsB4
Church DirectoryB6

OBITUARIES INSIDE

Hazelle Mae Hawkins, 93
Susan D. Laughlin, 76
Jon Edgar Cook, 85
Becky Ruth Zentz, 74
Martha Marie Huse, 85





Mendez



Allen

Mendez and Allen named as next KHS assistant principals

By Kirkville R-III

Incoming Kirkville High School Principal Lindsey Fraser and the school board announced that Luis Mendez and Derek Allen have been named assistant principals for the 2025-26

school year. Mendez currently teaches Spanish at Kirkville High School, while Allen teaches health and physical education. Both will begin their new roles over the summer in preparation for the upcoming 2025-26 school year.

Kirkville spring brush pick-up set for week of April 7

By City of Kirkville

Save the date for the city of Kirkville's Spring Brush and Limb Pick-Up next month, scheduled for the week of April 7. This is the perfect time to remove dead branches and smaller dead trees from your yard. City crews will begin picking up tree limbs and large brush on Monday, April 7.

Although the work is expected to take the entire week, to guarantee pick up, your brush must be placed curbside by 7 a.m. on Monday. This includes limbs that are no longer than 10 feet in length, and/or no wider than 18 inches in diameter. For more information, contact the Public Works Department at 660-627-1291.

KIRKSVILLE AREA CALENDAR OF EVENTS

Planning & Zoning Commission meeting

The city of Kirkville's Planning & Zoning Commission will hold a meeting at 6 p.m. on Wednesday, March 12, in the Council Chambers at City Hall, 201 S. Franklin Street, Kirkville.

Forest Lake Area Trail System St. Patrick's 5K & 1.5 Mile Walk/Run

The Forest Lake Area Trail System St. Patrick's 5K & 1.5 Mile Walk/Run will be held on March 17 at 5:30 p.m. at the Dukum Inn on South Elson Street in Kirkville. Get ready to lace up your lucky running shoes and chase the leprechauns through the streets of Kirkville. Dress in your best St. Paddy's Day gear, bring your friends and family, and enjoy a festive day of fitness, fun, and philanthropy. Don't forget to stick around for post-race celebrations at Dukum Inn. Register today at <https://runsignup.com/Race/MO/Kirkville/FLATStPatrickSKMileRace>.

Truman State Art Gallery Exhibit reception and student awards

An opening reception and student awards will be held on Tuesday, March 18 from 5-6:30 p.m. in the Charlyn Gallery on campus. The Annual Juried Student Exhibition is always one of the highlights of the University Art Gallery schedule. Some of the best recent Truman student artwork is on display. The Art Gallery Exhibit will run from March 18 through April 25. Kevin Snipes will be the guest juror: Exhibiting New Works – Kevin Snipes – in the Charlyn Gallery.

Entrepreneur Speaker Series features Truman State alumnus

Brian Gardner will speak from 12-1:20 p.m. March 18 in the Doug & Diane Villhard Innovation Lab located in the Pickler Memorial Library, as part of the TRU-Entrepreneur Speaker Series. Gardner earned a business administration degree from Truman in 1984. He went on to receive an AA degree in mortuary science from Kansas City Community College in 1986. Throughout his career, Gardner worked for, owned and operated a number of funeral homes in Missouri, including the Markland-Gardner Funeral Home and the Columbia Cremation Care Center. The Columbia Cremation Care Center was a new business he started from the ground up in 2009 and served as president until his retirement in 2023. TRU-Entrepreneur Series events are a good opportunity for students to meet with seasoned entrepreneurs that will share their success stories, how they rebound from failure, their passion for making a positive impact and more.

'The Wonder and the Worry' documentary screening

The Wonder and the Worry documentary screening will be held on March 20 from 5:30-8:30 p.m. at Truman State University. Documentary filmmaker David Baker will screen his film, "The Wonder and the Worry," which has screens at festivals around the world. This event is open to the public, free admission, and will have light refreshments.

Truman Opera Performance "Speed Dating Tonight!"

Truman Opera Performance "Speed Dating Tonight!" will be held March 20-21 at 7:30 p.m. at the Ophelia Parrish Performance Hall on the Truman State University campus.

Olivia Burleigh Junior Percussion Recital

Olivia Burleigh Junior Percussion Recital will be held on March 22 at 4:30 p.m. at the Ophelia Parrish Performance Hall on the Truman State University campus.

Spring Shoppers Delight

Spring Shoppers Delight will be held don March 22 from 9 a.m. to 3 p.m. at the Novinger Firehouse in Novinger. Come enjoy shopping with 25 top vendors and crafter. Curbside Kitchen an Coffee Cravings will also be there. Vendor information is available by calling Lena Reardon at 660-341-0831.

Truman State University welcomes community participation for book club, author visit

Truman State University is sponsoring a free community-wide book club in preparation for an on-campus presentation by the author Anthony Ray Hinton, who was wrongfully convicted of murder in 1985 and spent nearly 30 years on death row in Alabama. Since his conviction was overturned, he has become a sought-after speaker and author of "The Sun Does Shine: How I Found Life and Freedom on Death Row." Hinton will be at Truman at 6 p.m., March 26, (location TBD) as part of the university's Holman Family Distinguished Speaker Series. In anticipation of his presentation, the Criminal Justice Studies program is offering free copies of "The Sun Does Shine" as part of a community book club, that is open to all members of the community. Small groups of book club members will be organized for weekly meetings in March leading up to Hinton's presentation. Those interested in participating in the book club can sign up

online at truman.edu/events/the-sun-does-shine. Copies of the book can be picked up in Truman's Social Sciences and Human Inquiry Department located in McClain Hall 213. To inquire about getting a delivered copy of the book, call (660) 785-7201, or email Wiles at ewiles@truman.edu. "The Sun Does Shine" is also available online or at the Adair County Public Library.

Eyes on the Sky at Thousand Hills State Park

Eyes on the Sky at Thousand Hills State Park will take place on Friday, March 28, from 8-10 p.m. Come out to Thousand Hills State Park to take a look at the night sky. Learn about the importance of night sky to us and wildlife. There will be telescopes but everybody is welcome to bring their own telescopes, chairs, and binoculars.

Truman State University to host Children's Literature Festival

The Children's Literature Festival will return to the Truman State University campus, March 28. The event will feature 11 authors to share their books with fourth-, fifth- and sixth-grade students in the northeast Missouri region. This year's lineup includes Chris Barton, David Biedrzycki, Rob Buyea, Lindsay Currie, Chrystal D. Giles, Sandy Grubb, Jose Pablo Iriarte, Jane Kuo, Megan Wagner Lloyd, Jennifer Nielsen and Jennifer Ziegler. Students will participate in 30-minute sessions with the guest authors. In addition to the traditional literature festival activities, the Truman Theatre Department will perform a free live theatre production of "Schoolhouse Rock Live!" at 9:45 a.m. and 12:30 p.m. All the authors will be signing books from 3-4 p.m. in the Student Union Building Conference Room. There is no cost to attend the book signing and it is open to the public. At 6 p.m. there will be banquet in the Student Union Building Georgian Rooms. Attendees can choose to sit at the table with any of the authors. Cost for the banquet is \$20, and seating is determined on a first-come, first-served basis. The deadline for banquet registration is March 26. Additional information about the event may be obtained from the Children's Literature Festival webpage or by contacting clf@truman.edu.

Faculty Recital: Paul Grobey, violin and Ruoyang Xiang, pianoforte

Faculty Recital: Paul Grobey, violin and Ruoyang Xiang, pianoforte will be held on March 28 at 7:30 p.m. at the Ophelia Parrish Performance Hall on the Truman State University campus.

29th Annual Kirkville Women of Today Spring Arts & Crafts Show

The 29th Annual Kirkville Women of Today Spring Arts & Crafts Show will be held on March 29 from 9 a.m. to 3 p.m. at William Matthew Middle School, 1515 S. Cottage Grove in Kirkville. Lunch includes juicy burger, soup, hot dogs, walking tacos, nachos and soda. Pies include strawberry, rhubarb, blueberry, pecan, cherry, blackberry, gooseberry, lemon and raisen cream. For more information, call 660-341-3232. Registration form is available online at <https://sites.google.com/site/kirkvillewomenoftoday>.

Truman State University students to volunteer time for The Big Event

Truman State University students will provide community service to local residents as part of the annual Big Event, March 29. The Big Event gives Truman students the opportunity to show appreciation for all the support the Kirkville community has offered to them. Hundreds of Truman volunteers will provide services to the residents of the community by raking leaves, washing windows, painting and more. Students will be working at job sites across Kirkville from 10 a.m.-1 p.m. March 29. Kirkville residents seeking assistance from volunteers can sign-up online at serve.truman.edu. Service requests should be submitted by March 21. For more information about The Big Event, contact the Truman SERVE Center at (660) 785-7222 or serve@truman.edu.

Shop Hop Downtown Kirkville

Support your local downtown businesses and join them for their Annual Spring Shop Hop, March 29 from 10 a.m. to 3 p.m. Stop by each participating business to get your Downtown Kirkville Passport stamped and experience what each unique business has to offer. Once your passport is stamped by at least five businesses, turn it in for an entry to win one of two \$30 gift cards to the participating business of your choice. To make it easy, passports can be picked up and returned to any of the participating businesses during the event. For more information: <https://www.facebook.com/events/2126836411146536>.

Midwest Metaphysical Tour

The Midwest Metaphysical Tour will be in Kirkville on March 29 from noon to 5 p.m. at the Days Inn by Wyndham, 3805 S. Baltimore Street. The event brings together enthusiasts of the metaphysical and spiritual realms. Vendors specialize in various metaphysical products and services, from crystals and tarot cards to reiki and aura photography. Vendors also share their knowledge and expertise. There is an array of free classes and demonstrations available throughout the day. Cost is \$5.

Kirkville Area Chamber of Commerce Annual Banquet

The Kirkville Area Chamber of Commerce Annual Banquet will be held on Saturday, March 29 at 6 p.m. at the NEMO Fairgrounds Multipurpose building. Registration is now open: \$40 per person, \$320 per table. Go online to https://www.chamberorganizer.com/members/evr/reg_event.php?org-code=KACC&evd=90476559.

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OBITUARIES

Hazelle Mae Hawkins

Apr. 5, 1931 – Feb. 25, 2025

Hazelle Mae Hawkins, 93, of Ethel, MO; passed away Tuesday, February, 25, 2025, at the Samaritan Hospital in Macon, MO.

Hazelle Mae (Wilt) was born April 5, 1931, the daughter of Roy and Reba Wilt in Atlanta, MO. She graduated from Atlanta High School in 1949. On March 22, 1952, she married John Hawkins. They lived in Morganfield, KY. They had a son John Steven Hawkins born on November 20, 1952.



Hazelle worked on the farm and then at Goldsberry General Store, then went to work for Whitaker Cable Co. in Brookfield, MO. She also worked at Walsworth for many years. When she retired, she stayed on the farm with John until December 2020, when he passed away. She then moved to Loch Haven in Macon, MO; in October 2022.

Hazelle is survived by one son, Steve Hawkins and his wife Debra; one grandson, Michael Hawkins; one granddaughter, Stephanie Gray and her husband Curtis; four great grandchildren, Hannah Hawkins and husband Cody, Quinten Hawkins, Colten Gray, and Remi Gray; one brother, Charles Wilt and wife Linda; several nieces, nephews, and other relatives; good friends Jana and Steve Ruzzon.

She was preceded in death by her parents, husband, John; one brother, Donald Wilt; two sisters, Doris Neville and Dee Ann Bradley.

Visitation will be held at the Christian Church in Ethel, MO. Friday, March 7, 2025, from 1:00 pm. until the time of the service at 2:00 pm. Funeral Service will be held at the Christian Church in Ethel, MO. at 2:00 pm. Friday, March 7, 2025, with Sherry Lile officiating. Burial will be in the Helton Cemetery, Goldsberry, MO.

Arrangements are under the direction of Rhodes Funeral Home, Brookfield, MO.

Memorials are to the Helton Cemetery and can be left at or mailed to Rhodes Funeral Home, 216 Linn Street, Brookfield, MO. 64628.

Becky Ruth Zentz

Becky Ruth Zentz was born in Hurdland, Missouri

September 27, 1950, to Albert Leon Zentz and Betty Jane Zentz (nee Quinlin). Becky grew up in rural Hurdland. She was Valedictorian of the Brashear class of 1968. She started her lifelong career at Southwestern Bell shortly after high school. She started as an operator and retired as a frame attendant. She transferred to Kansas City for work where she met Dee Dye. They were united in marriage December 15, 1979. To this union was born her only daughter Jennifer. Becky was later united in marriage to Barry Cogan on September 30, 2005.



Becky was a kind, generous, humble woman. She was always there to lend a hand and help in any capacity needed. She was a devoted mother to her daughter Jennifer. Becky was a talented quilter and designed many patterns for Need'I Love including the Twister design. She was a lifelong blood donor, donating 181 times for 22 gallons. She was always up for an adventure from skydiving on her 50th birthday to riding a mule down the Grand Canyon. She loved her horse Molly and dog Annie. She loved quilting retreats with her friends, camping with her husband, Mexican restaurants, baking with daughter, spending time with her family and eating ice cream.

Becky was preceded in death by her parents Leon and Betty Zentz. She is survived by her husband Barry Cogan of the home, daughter, Jennifer Yach (Nick) of Bates City, MO, Jessica Benford of Buckner, MO, Jeremiah Cogan (Melissa) of Archie, MO, grandson Tucker Dye of Pleasant Hill, MO, sister Jane Buskey (Walt) of Etna, NH, brother, Albert Zentz (Mary) of Hurdland, MO, along with 10 grandchildren, 2 great grandchildren, and a multitude of family and friends who will never forget the tremendous impact she had on their lives.

A Celebration of Life will be held Friday, March 14, 2025, at First United Methodist Church of Blue Springs 301 SW Woods Chapel Rd. Blue Springs, MO 64015. from 6-8 pm.

In lieu of flowers, please make donations to: Woods Chapel Raytown Food Pantry
Attn: Jamie Brigance
5413 Blue Ridge Cutoff
Raytown, MO 64133

Martha Marie Huse

Oct. 5, 1939 – Mar. 2, 2025

Martha Marie Huse, age 85, of Plevna, MO passed away Sunday, March 2, 2025, at her home in Plevna. She was born October 5, 1939, in Plevna, MO, the daughter of James William and Lucille Margaret Pulse Montague.



She was united in marriage to Merlin Gene Huse, on February 14, 1958 in Moberly, MO and he preceded her in death on September 6, 2009. Martha Marie was also preceded in death by her parents, a son-in-law Duane Jon Bradley and a brother Charles Elmo Montague.

Surviving are four daughters, Myrna Bradley of Locust Hill, Missouri, Monica Hunt of Columbia, Missouri, Mona Kaser of Kirksville, Missouri, and Melinda Ridenhour and husband Brian of Jefferson City, Missouri, five grandchildren, Jonathan Bradley, Jessy and Jason Reuterdaahl, Sarah and Logan Fortney, Eliza and Ian Harrison and Alex Lawson, great grandchildren, Jon and Jay Reuterdaahl, Allie Fortney and Eleanor Harrison and several nieces, nephews and friends.

Martha Marie was a devoted and active member of the Plevna Christian Church, since she was a young girl. She had a servant's heart and used her gifts and talents to bless others. She had a beautiful voice and would sing Jerusalem at Easter and Oh Holy Night at Christmas annually for the past 65 years. Martha Marie also sang at numerous weddings and funerals and never turned anyone down. In earlier years, Martha Marie enjoyed her career as a cosmetology instructor at the Kirksville College of Cosmetology. She also owned an acupuncture therapy office before retiring, but continued to help family and friends whenever needed.

Over the course of her life, Martha Marie enjoyed many things including painting, genealogy, antiques and thrifting, dancing, family functions, going on trips with her daughters, and socializing with her neighbors and friends. She was a talented painter, artist and avid gardener. She had a unique gift of creating beautiful things out of nothing and useless things that most people would throw away. Community was very important to her so she made it a priority to host an annual Fourth of July party for many to enjoy for the past 35 years. Martha Marie loved her family deeply and was a good friend to all who knew her and will be deeply missed by all.

Funeral services will be held Thursday March 6, 2025, in the Hudson-Rimer Funeral Home in Edina, MO. Visitation will begin at 9 a.m. and funeral services will begin at 10:30 a.m. Officiating the services will be Ben Bradley. Burial will be in the Mt. Salem Cemetery north of Plevna, MO.

Casket bearers will be Chris Dooley, Terry Ahern, Noel Palmer, Jim Huse, Robert Dooley, Jace Frost, Doug Perrigo and Jerry Huse. Honorary bearers will be Plevna Christian Church.

Memorials are suggested to Plevna Christian Church. Memorials may be left at or mailed to Hudson-Rimer Funeral Home, P.O. Box 1, Edina, MO, 63537.

Jon Edgar Cook

Nov. 16, 1939 – Mar. 7, 2025

Jon Edgar Cook, 85, of Kirksville, Missouri passed away Friday, March 7, 2025 at his home.

Born in Kirksville, on November 16, 1939, he was the son of Ezra Donald and Eunice (McMickle) Cook. He was united in marriage to Marsha Kay Pulis on January 4, 1976 in Holts Summit, Missouri.



Jon is survived by his wife, Marsha; two sons, Dan (Angel) Cook and Jon William (Franchesca) Cook, both of Kirksville; two daughters, Tina Lynn Cook of Kirksville and Dianna Michelle (Aaron) Carvey of Montana; one sister, Patty Shockey of Kirksville; eight grandchildren: Hannah Chase, Joey Chase, Brandon Chase, Madison Chase, Megan Wait, Allison Devold, Gracelyn Johnston and Lily Cook; and one great grandchild, Maylee Wait.

He was preceded in death by his parents; one brother, Don Michael Cook; and one sister Merry Lynn Lyle.

Jon lived most of his life near Kirksville and was a graduate from Kirksville High School with the Class of 1957. He was employed by the Kirksville Daily Express for thirty years, as well as the Adair County Clerk for two consecutive terms from 1998-2005. Jon attended the Yarrow United Methodist Church.

Jon served in the Missouri Army National Guard. He was a member of the Adair County Historical Society, Missouri Firearms Association, Missouri Sport Shooting Association, Missouri Conservation Heritage Member and a Life Member of the NRA. Jon was an avid fisherman, storyteller, and historian.

A celebration of life will be held 4:00 to 6:00 p.m. Friday, March 14, 2025 at Travis-Noe Funeral Home in Kirksville.

Expressions of sympathy in memory of Jon may be made to the Tunnel to Towers Foundation. Donations may be left at or mailed to Travis-Noe Funeral Home, P.O. Box 306, Kirksville, Missouri 63501

Susan D. Laughlin

Nov. 19, 1948 – Feb. 18, 2025

Susan D. Laughlin, loving daughter, mother, grandmother, sister, and aunt passed away Tuesday, February 18th, 2025, in St. Louis, Missouri at the age of 76. Sue to some, Granny Sue to a few, and Susie to others, lived an intellectually curious, hard-working and kind-hearted life serving others. Sue preferred to spend her time volunteering around St. Louis or attending Church services and events. She loved group hiking, walking her dog, Lilibet, and spending time with her family.



Sue's academic and career achievements are extensive. Over the course of her lifetime, she was a schoolteacher, pediatric orthopedic nurse, and in mid-life changed careers again using her healthcare background as a staff attorney for the 8th Circuit Court of Appeals. She received numerous awards and accolades in each of her careers.

Sue was very involved in the life of her children and grandchildren, she was always present at sporting events, graduations, and holidays. She offered good conversation and advice which will be cherished forever. She had the tiniest hands, but the biggest heart.

The daughter of Dr. George A. and V. Elizabeth Laughlin (Peterson), she was born on November 19th, 1948, in Kirksville, Missouri. Sue is preceded in death by her parents and sister, Dr. Anne Kempf. She is survived by her brother, Dr. Patrick Laughlin and wife Sue of Placitas, NM; her son Michael Hunter and wife Molly of St. Louis, MO; her daughter Julianne Hunter and husband Ronald Leible of St. Louis, MO; and her 3 grandchildren, Grace, Sam, and Heidi Hunter.

A visitation and memorial service will be held Saturday, March 8th, 2025, at the Kirkwood United Church of Christ, visitation at 1:00PM and memorial service from 2:00-3:00PM. Interment will take place later in the spring at the Maple Hills Cemetery in Kirksville, Missouri.

KIRKSVILLE MAYOR SPEAKS TO KIRKSVILLE KIWANIS CLUB



The Kirksville Kiwanis Club welcomed Zac Burden to speak at their Feb. 27 meeting. Burden serves as the mayor of the city of Kirksville. He presented an overview of the 2025 State of the City address, which he delivered on Monday evening, Feb. 24. You can view the full State of the City address by visiting youtube.com/KirksvilleCity. Pictured are Burden (left) and Kirksville Kiwanis Club President Ted Frushour. KIRKSVILLE KIWANIS CLUB

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ROBIN WRITES

A penny saved

I have a giant jar of pennies on my bookshelf. The coins on the bottom have been in there for several years, and new ones go in regularly. The jar has a heft to it; whenever I consider cashing them in, I lift the jar, feel the weight, and put it back down. Too much trouble.

It feels as though I have a little nest egg right there on the shelf. Why, there may be up to 20 dollars there! I am too lazy to count them, and if the day comes that I need them for expenses, I'll know things are dire.

It's sad to say, but the lowly penny has lost its wonder.

There was a day, in our collective memory, when pennies had true worth. Any kid who's ever cashed in soda bottles or scrounged the couch cushions after Dad's nap knows the thrill of having a handful of them.

Pennies were our currency; a fistful of pennies could buy a fistful of candy.

Pennies were a worthy exchange for a thought. We wore penny loafers with shiny coins inserted in the top as fashion bling. Our parents harped at us to save them: "A penny saved..." and we sneered at stingy folks for being penny-pinchers.

If you found a penny and picked it up, you knew your day would be good. And, you'd have a penny.

All in all, this diminutive coin has been a big part in our lives. Until, somewhere along the line, it wasn't. Candy prices rose, and the pocket of pennies needed to buy our favorite treats was too weighty to tote. Things that cost a pretty penny meant a penny couldn't buy them.

We wanted nickels; five pennies in a lump. They weren't especially pretty, but they did the job. They were hefty and felt somehow important; exciting to plop on a counter.

Oh, but then. Those dimes. So shiny and slim. Uncles tossed a dime our way when they visited, and we were rich. Birthday cards were printed with dime slots inside, and Grandma inserted one for each year we'd been alive.

We took the pennies from our shoes and replaced them with stylish dimes (for emergency phone calls).

From there, it was only fifteen more useless cents to the quarter. The giant coin bullied its way into our coin purses and car ashtrays. Four to a dollar. This was big money. And nobody dismissed a quarter as chump change. It was—and still is—worthy of circulation.

The poor penny began its fall from value in our eyes. All they were good for was to toss on a dresser top, give to a young, naïve child, or slip into the church collection plate along with a handful of other,



ROBIN GARRISON LEACH
ROBIN WRITES

better coins.

There is talk again about eliminating the penny from our monetary system. The U.S. Mint says it costs almost four cents to mint a penny.

And because we're not using the ones they mint, they just keep making them.

I feel responsible for contributing to this yearly production of pennies, because I rarely if ever spend the ones I get back in change on those odd occasions when I pay in cash.

In the jar they go, where they fade from my memory and bank account.

If someone official asked, I think we'd all be willing to bring our pennies back. There'd be no need to make more, and we'd all be just a little bit richer.

But. If they do stop making pennies, could our stashes be worth a fortune to collectors someday? Maybe we should hold onto them, after all. Save them for our old age.

Contact Robin at robinwrites@yahoo.com

HOME COUNTRY

Prit-Nr Prawns and other delicacies from the sea

Willoughby breezed through the valley the other day. He lives in the capital city, but whips on through here about once a month, and each time he comes he has new things to sell.

"Do you suppose," said Bert, watching Willoughby's van pull into town, "he sells all of it each time and fills everyone's orders, or just doesn't sell any of it and has to try new things?"

If we were to ask him, of course, it would ruin the speculation, which is one of our favorite things to do around here. Willoughby, despite his advancing years, leaped out of the van and went into the Soup 'R Market to see Annette. Naturally, we followed.

"Say," Doc said, as we crossed the street, "wasn't Willoughby's hair brown the last time he was here? It's black today."

"I believe you're right," Bert said.

Coal black. We could see that as we came in and bought sodas. Shoe polish, I think.

We settled back against the pop machine and prepared to enjoy the show.

Willoughby grinned and said, "I've got the latest and greatest thing going, Annette. You know how you can't get fresh seafood here because of the distance, right? Well, now there's Simulated Brand Seafood, all the flavor of the briny deep without any of the delicacy that makes it go bad on you."



SLIM RANGLES
HOME COUNTRY

She looked at him. "Simulated?" "Just as good as the real thing. Yes, ma'am, I have simulated swordfish steaks, slightly sea bass, faux flounder, kinda crab, and our number one seller this week ... you ready for this? ... tah DAH Scarcely Scallops!" "I don't know, Willoughby..." she said.

He sparkled right up to the challenge. We sipped on those sodas. This beat anything on TV.

Willoughby waved his arms in sheer excitement.

"Now we have simulated seafood, with a shelf life that will keep all your customers happy for as long as they want to hang onto them."

Annette said no to Willoughby, sending him on down the road to greener pastures. It's just as well. I'm holding out for Prit-Nr Prawns myself.

Brought to you by the novella, Whimsy Castle. Available on Amazon and good bookstores. I kept laughing when I was writing it. My granddaughter, Baelee Randles, painted the cover illustration.

THE ROCKWOOD FILES

Left and right

Different isn't the same thing as wrong



GWEN ROCKWOOD
THE ROCKWOOD FILES

When our three college kids are home for a visit and we go out to eat, we follow a protocol. We usually ask for a big booth and slide into it in a particular order — with our two left-handed kids sitting together. Over the years, we've learned that when a lefty sits to the right of a righty, elbows collide. So, we've learned to arrange ourselves to give everyone room to move, no matter which hand holds the fork.

I love lefties, partly because I'm the mother of two of them and because the history of left-handedness is so interesting. Only about 10 percent of the human population is left-handed, which means there are more than 700 million left-handed people in a world of more than seven billion. Even dogs and cats have a "paw preference," and one study shows that more than 30 percent of dogs and cats are lefties, too.

Scientists have been studying left-handedness for a long time now, but they still don't completely understand it. They do know that genetics play a role. But I can tell you from experience that two right-handed parents like Tom and me can have one right-handed kid and two left-handed ones.

Fascinated by the mystery of it, I once asked my parents and Tom's parents if any of their parents were left-handed. That's when I learned that Tom's dad (who I thought was right-handed) was born left-handed and had been "retrained" to use his right hand when he started school.

These days, forcing a kid to use his non-dominant hand seems like an absurd and even cruel thing to do. Forcing a change never even crossed my mind when I realized that two of my toddlers were reaching for Cheerios with the left hand versus the right. It just didn't matter.

But for centuries, trying to force change toward conformity was regularly done because people made up crazy ideas about what it meant to be left-handed. They feared differences that didn't matter, and that fear even crept into languages. The word "sinister" originates from Latin and translates to the word "left." In the Middle Ages, sometimes left-handed people were actually burned at the stake be-

cause they were assumed to be the offspring of witches or devils.

Throughout history, people continued to be so unnerved by a simple difference in hand dominance that teachers were told to "correct" left-handed kids into right-handed ones. In some Asian cultures, the right hand is called "the good hand," and the left is called the "bad" one. Can you imagine what it must have felt like to be a little kid who adults called "wrong" or treated as unacceptable for simply moving in ways that felt natural since birth?

Over and over, scientific studies, common sense, and real-life experience have shown that being left-handed and being right-handed are both natural. Different but natural. Left-handed people aren't trying to hurt anyone or destroy society by grabbing a cup of coffee with the left instead of the right.

Thankfully, in the 1960s and '70s, Americans finally put an end to the foolishness of trying to force kids to be right-handed. It's a shame it took that long, but it finally happened. We learned that different doesn't equal destructive or demonic. We created left-handed scissors and expanded our minds to accept that right-handed and left-handed people are all just people. Our world is packed with differences and diversity — in plants, animals, people, abilities, landscapes, colors, climates, languages, accents, and cultures — yet we all survive on one planet.

Sometimes I wonder if this is one of those lessons human beings will have to keep learning in all areas of life — that different doesn't always mean wrong. That difference can deliver its own blessings and strengths. Two hundred years from now, what biases and conflicts will seem ludicrous to future generations?

I hope they'll look back at the political fights of our current age and wonder why people wasted so much energy and spewed so much hate over a simple difference between left and right.

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

PUBLIC HEALTH CORNER

Endometriosis Awareness Month

By Kirstyn Dietle, MPH, CHES®
Health Educator
Adair County Health Department

Welcome to the Public Health Corner: Endometriosis Awareness Month

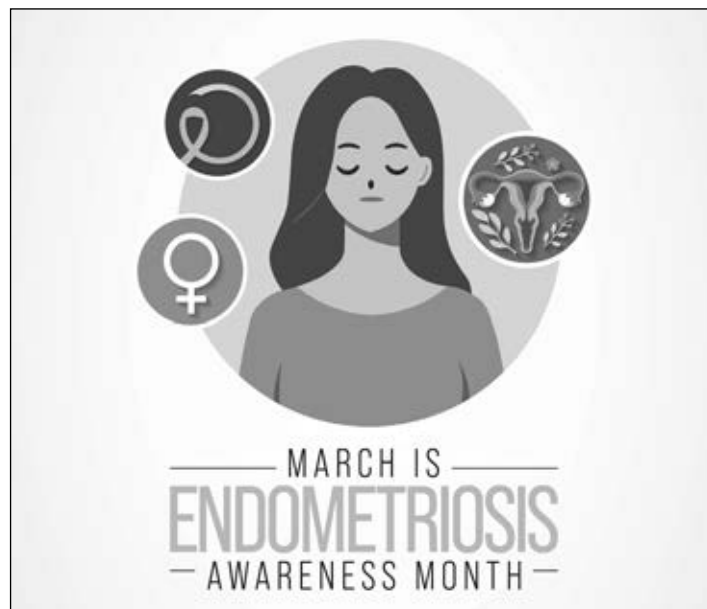
March is Endometriosis Awareness Month, a time to shed light on a condition that affects approximately one in 10 women and girls worldwide. Endometriosis occurs when tissue similar to the lining inside the uterus grows outside of it, leading to severe pain and potential fertility issues. Despite its prevalence, endometriosis often remains underdiagnosed and misunderstood, with many individuals experiencing symptoms for years before receiving a proper diagnosis.

Recognizing the Symptoms

Common symptoms of endometriosis include:

- Chronic pelvic pain: Persistent pain in the pelvic region, especially during menstruation.
- Pain during intercourse: Discomfort or pain during or after sexual activity.
- Heavy menstrual bleeding: Experiencing unusually heavy periods or bleeding between cycles.
- Infertility: Difficulty conceiving can sometimes be linked to endometriosis.

It's crucial to note that symptom severity varies; some individuals may have mild symptoms, while others experience debilitating pain.



The Importance of Awareness

Raising awareness about endometriosis is vital for several reasons:

- Early Diagnosis: Increased awareness can lead to earlier recognition of symptoms and timely medical intervention.
- Reducing Stigma: Educating the public helps dispel myths and validates the experiences of those affected.
- Promoting Research: Awareness can drive funding for research into better treatments and, ultimately, a cure.

How You Can Get Involved

On Endometriosis Awareness Month, take time to learn about the condition and its impact on those affected. Spreading knowledge helps

promote earlier diagnoses and better support for individuals managing endometriosis.

You can also show support by having open conversations about endometriosis, sharing reliable resources, and encouraging those experiencing symptoms to seek medical advice. Participating in awareness events, donating to research initiatives, or engaging with advocacy organizations are additional ways to help make a difference. Every effort contributes to increased awareness, better treatment options, and improved quality of life for those living with endometriosis.

By increasing awareness and understanding, we can support those affected by endometriosis and advocate for better diagnostic methods and treatments.

POETRY CORNER

To Others You Stand So High

The day is ending... darkness is approaching... the stars all light up the sky,
As you look up... you feel so small... but to others you stand so high.

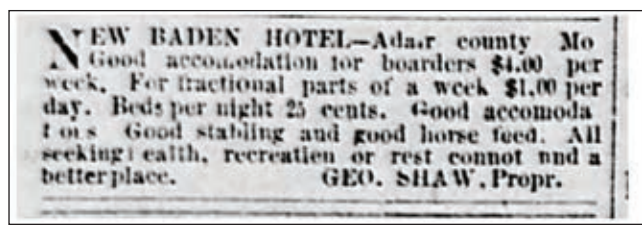
— Daniel D. Donovan



EMBRACING LOCAL HISTORY Part 145

A Mineral Springs Health Resort in Adair County in the 1880s - Chapter 3

By Blytha Ellis, President
Adair County Historical Society and Museum



New Baden Springs seemed to be riding high in the early years of the 1880s and appeared to have a bright and long-lasting future. However, as early as the spring of 1882, George Shaw, owner, was in need of a business partner in his mineral springs resort for both financial and managerial help. He advertised in several newspapers: "Partner wanted - I want a good, live enterprising man to take a part interest in the New Baden Mineral Springs. Fine opening for the right kind of a man. For particulars, apply to or address: G. Shaw, New Baden, Adair Co., Mo."

Another ad: "A half interest in the celebrated New Baden Spring property is offered for sale. The right kind of a man can make a Bonanza in this property if properly handled."

As far as we know, George never got a business partner other than Thomas Dockery who owned or financed the Baden Springs Hotel. It appears that George continued to manage this large undertaking by himself.

Newspapers of the day were certainly a help as they published rave reviews of the Springs such as this in August 1882 after the Temperance picnic: "Reaching the grounds at an early hour, we found the people pouring in from every direction and from long distances, in wagons, in carriages, in buggies, on horseback, and on foot. The woods were full of them, and everybody seemed to be in a happy humor and ready to be amused or instructed as the case might be." The Kirksville Cornet Band was there, and prayer was offered by Professor Nason of the Kirksville Normal School. "The hotel and restaurants were crowded and did a thriving business." Mr. E. L. Loso was touted as "the popular restaurateur of New Baden Springs."

The "Kirksville Daily Journal" printed the following on August 30, 1883: "The Magnet Club of Kirksville will give a grand picnic, musical and literary entertainment at New Baden Springs on September 10th. A cordial invitation is extended to everybody to stop the wheels of industry and slake [satisfy] their thirst on that day with the health waters of those Springs. Every endeavor possible will be put forth to please the people with elegant, elevating entertainment. Roller skating and rural sports will be provided to amuse the boys and girls.

"The Magnet orchestra will intersperse the varied exercises with some of the choice selections from Beethoven and other musical masters. Come, everybody, and enjoy the picnic." An estimated 1500 attended this Magnet picnic.

The Magnet Club was described in the "Kirksville Graphic" as "a literary and social organization, with some occult characteristics and a slight squinting toward non-partisan politics."

At least weekly, the newspapers such as the "Kirksville Democrat," "The Kirksville Graphic," and "The Kirksville Daily Journal" printed a report on all the people coming and going from Baden Springs. Many were from Kirksville but others were from surrounding counties and other states. The papers told where each was staying at New Baden, such as the hotel, one of the boarding houses, some with friends and even some in tents in the woods around the town. Some stayed for a few days,

others a few weeks, and even some who reportedly stayed "all summer."

Prices for accommodations were \$4.00 per week at the hotel or \$1.00 per day if you were staying less than a week. If one wanted only a place to sleep for one night, it was 25 cents. The hotel also fed and bedded one's horse or horses in their stable facilities. At Mr. Loso's boarding house, one could get meals for 25 cents at any time, or room and board for \$3.50 and \$4.00 per week, but he only had two rooms available.

One newspaper in 1883 humorously printed, "Henry Eckert and J. H. Kinneer spent Sunday at New Baden, renewing their acquaintance with their wives who are sojourning at the Springs."

This new town was also not without criticism. Apparently, it was not as perfect as it sounded. This note was in the August 10, 1883, issue of "The Kirksville Graphic": "If the people living in New Baden and vicinity do not clear up the grounds, cut out the underbrush, and fix the roads, paths and approaches, people will cease troubling them - picnic or no picnic."

About the "refreshing" mineral water of the Springs, the April 26, 1883, issue of the "Kirksville Democrat" wrote, "W. W. Megrew, one of the old settlers of the county, was in to see us last week. He says that he drank water from the New Baden Springs 40 years ago. Then, they regarded it as only A BAD TASTING SULPHUROUS WATER."

Another old settler of the area said the springs were "the same as he knew it 50 years ago when it was known as the Indian medicine water."

George Shaw tried his hardest to sugarcoat everything about New Baden and the Springs so that it would be a great financial success. Unfortunately, it was not. New Baden Springs proved to be short lived.

Of the 154 lots which Mr. Shaw created in his town, he actually only sold 14 as of March 1884. He basically went bankrupt. We know from newspaper articles in the spring of 1884 that he was in debt to a Kirksville businessman, John Caskey (1834-1904) for \$1,300. Mr. Shaw's creditors had announced they would sell all his indebted property at New Baden on April 9, 1884, in a Trustees Sale "at the courthouse door." Mr. Shaw published the following ad several times in local newspapers in early 1884:

"I will deed to anyone who will pay off my indebtedness of \$1,300 to John Caskey, all my property at New Baden Springs, the hotel, which alone cost me \$2,000, the springs, bath house, stable, town square, and all the unsold lots, 140 in number. My reason for this is to protect my other creditors." Sometimes he added, "A good location for a physician who can make a big thing by working it properly - 140 acres in place, 100 acres under fence."

In May 1884, George Shaw abandoned his dream. His farm and all his business interests in New Baden were sold, and he moved to Kirksville where his son was in the home-building construction business. George operated a newsstand in the Kirksville Post Office which he purchased

in May 1884 from the well-known Samuel M. Pickler.

George passed away on November 5, 1887, at the age of 62, and was buried in Forest-Llewellyn Cemetery in Kirksville. The account of his death in the "Kirksville Weekly Graphic" states he died of "rheumatism of the heart" which is defined as a disease of the heart resulting from rheumatic fever. His wife, Ann, died in 1905 and is in the same cemetery.

Mr. Shaw's departure seems to have struck a fatal blow to New Baden's economy. Without his enthusiastic direction and promotion, this unique resort town began to die. Business for the hotel slowed down, although it continued to be used for community meetings and dances. There were a few last big flings at New Baden in the late 1880s. A temperance (alcohol prohibition) meeting of 2,000 was held there and a revival and Sunday School Convention in 1888 and 1889. A Farmers and Labor Union had a "grand celebration" there in June 1890.

Sometime after this, the once magnificent hotel caught fire and burned to the ground. The date of this disaster is disputed, but most say it was in 1890. After this, it seems there was no hope for the town of New Baden. Stores and businesses closed, and people moved away.

In 1901, Charles Schillie (1875-1959) purchased the former Shaw land around the mineral springs and built a brick springhouse over the ever flowing streams. It was constructed so that one spring came into the springhouse from the east and the other from the northwest. Each spring then emptied into a separate reservoir. The water in the northwest reservoir was used to supply water to the Schillie house. At one time, the springhouse was used as a refrigerator for the Schillie family as the spring water was very cold and would keep such things as milk and butter at an ideal temperature.

Mr. Schillie converted the former Methodist Episcopal Church building into his home and lived there until 1914 when a new house was built in the same location. Charles Schillie's son, Loren Schillie (1920-1995), later inherited this property. He stated that one of the springs had an iron or copper taste and was the one he drank from. The other spring had a different, less desirable taste.

In addition to farming, Loren was an avid collector of arrowheads. His property on Hog Creek was filled with Native American artifacts. He said especially after a rain, one could find an abundance of arrowheads on the creek banks. He donated a large portion of his collection to the Adair County Historical Society, and these can be seen on two separate floors of the museum.

Loren Schillie never married and had no children. The New Baden property passed to someone else.

But, perhaps it was a twist of fate in the late 1860s that had brought Charles Schillie's parents (Loren Schillie's grandparents), Ludwig Schillie (1841-1911) and Mary Agnes (Mott) Schillie (1845-1906), to this remote part of Missouri. You see, they were both from Baden, Germany!

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TURNING THE PAGE

This Week in Local History

By Larry Evans

115 Years Ago, March 9, 1910

Fifty residents of Novinger were treated to a "mine party" by the Rombauer Coal Company. The event was unique in the annals of social functions in Adair County and probably the state of Missouri. The guests were taken underground, through the alleys, and treated to a lunch served 100 feet below ground. The group gathered at the mine company office in the morning and were taken by special train to the Number 3 Mine. They were then loaded into the hoist and taken below ground. All the procedures in the operation of the mine were explained to the guests. They were taken to the area in the mine where the new electrical mining machinery was in operation, including the hydraulic cartridge. The hydraulic cartridge, said to be the only one in use in the United States, was demonstrated by a man from England where the cartridge was invented. He demonstrated how 40 to 50 tons of coal could be knocked down with less than two pints of water. The lunch was served below ground, and the group was then hoisted back to the earth's surface. All attendees reported a "splendid time and an interesting one." All the members of the party were from Novinger.

115 Years Ago, March 12, 1910

Kirksville city officials warned: "If you have a chicken roaming the streets, better catch it and pen it up." The officials said that they were going to see to it that the lettuce and radish beds in the city were protected as a Kirksville ordinance required that poultry be kept enclosed the year around. The city Marshall said that he had been receiving phone calls from citizens demanding that they be protected from neighbor's poultry which were scratching up their recently planted garden seeds.

100 Years Ago, March 10, 1925

The Great Atlantic & Pacific Tea Company, commonly known as A & P, was ready to open its new grocery store in a few days at the old Goeke stand at 104 South Elson Street in Kirksville. The front of the store had been painted a bright red, the interior decorated, and personnel were stocking shelves. L. T. Nichols was to be the grocery store manager.

100 Years Ago, March 10, 1925

Kirksville was in store for some major street improvement in the upcoming summer. At a special meeting of the city council, members ordered that twenty-seven blocks of streets were to be paved. Some of the streets to be paved were parts of the following streets: Halliburton, Elson, Washington, Pierce, Normal, First, and Third.

90 Years Ago, March 11, 1935

Mrs. Dennis Fleshman of rural Novinger was ready to deliver a child and serious complications developed that necessitated her being transported to a Kirksville hospital. Mrs. Fleshman lived southeast of Novinger on a dirt road (like most of the rural roads in Adair County at the time). Due to the constant spring freezing and thawing, the road was impassible for motorized vehicles. Drs. H. T. Garrison, of Novinger, and Dr. R. O. Stickler of Kirks-

ville, came to the rescue. The physicians walked a half mile to the Fleshman home, where they found Mrs. Fleshman in a condition that required immediate hospital care in the delivery of her child. A car was stalled in the mud a short distance from the Fleshman house and prevented her from being taken out by horse drawn vehicle. The Iowa and St. Louis railroad was only a short distance away. The doctors arranged to borrow a handcar from the Midland coal mine also nearby. Mrs. Fleshman was carried on a stretcher to the awaiting handcar which was then pushed two miles down the tracks to Novinger. From there she was transferred to Dr. Stickler's car and taken to the hospital. A baby boy, weighing eleven pounds nine ounces, was delivered to Mr. and Mrs. Fleshman with Dr. Garrison as the attending physician.

70 Years Ago, March 9, 1955

A fourteen-acre tract of land between South First Street and the Highway 63 cutoff (South Franklin Street extension) was being developed as a residential area known as Southern Heights. Sam Arnold, owner of the land, said he would sell the land to the Southside Development Company, in which he would have a minority interest. The company would be in charge of the development. The company planned to sell the lots only and not build development houses. Plans called for 64 lots averaging 60 by 125 feet with 30 feet of street frontage. A street would wind through the area, which would require traffic to move slowly and provide an attractive setting for the houses. The lots would include curb and gutters, and city water and sewer would be available. All the lots lay outside the city limits of Kirksville and were approved for both FHA and Veteran financing. Arnold, a Kirksville lumber yard owner, had opened the Arnold Addition in the southwest part of Kirksville in 1946.

60 Years Ago, March 10, 1965

The Adair County Court set the nursing home bond election for April 13. A \$450,000 bond issue proposed for the erection of a new fireproof nursing home on South Osteopathy

Street would be matched by an additional \$450,000 federal funds available through the Hill-Burton Act. According to the Adair County Clerk, Lloyd V. Christman, a study of the recent Adair County assessment lists, the average residential valuation was \$2,300, which would place the bond issue cost at \$2.30 per year for the average Adair County property owner. The county had already applied for federal money, but it could not be granted until the county voters approved of the bond issue. The nursing home proposal was for a 126-bed facility.

60 Years Ago, March 9, 1965

A series of daily snowfalls over the first eight days of March totaled 10 inches. It also brought the total snowfall from December 1, 1964, to March 8, 1965, to 33 inches. March 1, 1965, came in like a lamb with the daily high reaching into the 50s. But by night the weather changed to a lion as the mercury dropped to below freezing and an inch of snow accumulated. Five years earlier, the winter of 1959-1960 saw a similar weather pattern. On March 15, 1960, Kirksville had a ten-inch snow bringing the total snow accumulation since January 1 of that year to 32 inches.

60 Years Ago, March 10, 1965

Although having three babies is common among some animals, it is not with cattle. M. V. Shouse, who lived one mile west of Willmathsville, knew that his Guernsey milk cow was about to calve, so he kept her in the barn. Sure enough he went to the barn and found a small black bull calf. He dried it off and noticed that the cow was going to have a second one, so he waited and dried it off after it was born. He then went to the house for dinner, confident that the birthing process was over. When he went back to the barn later in the afternoon to check on the twins, he couldn't believe his eyes. There were now three black bull calves that seemed strong and were on their feet and suckling their mother. Shouse said that the Guernsey cow was nursing three calves and still giving two gallons of milk a day.

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Cristal Peterson receives Adair County SB40 February 2025 Community Partnership Spotlight Award

By Adair County SB40

Adair County SB40 has awarded Cristal Peterson, with the support of Learning Opportunities Quality Works, the February 2025 Community Partnership Spotlight Award for her amazing work with a man named Billy in our community. Billy was recently homeless and without any natural or family supports, and it took a combination of Peterson's great work, SB40's advocacy and resources, as well as the amazing community coming together to collaborate and support him to find the resources needed to finally find stable housing as well as move him towards providing for himself through his amazing artistry and looking into other employment opportunities as well (see pics below as samples of Billy's amazing work).

Peterson is currently an admin assistant with Learning Opportunities, where she has worked for years. She is a wife and mother of two, Elana and Vivian, and per her supervisor, Mark Wouters, Peterson has been an awesome staff member, working for LOQW for 8-½ years, the first five of those as a direct support professional.

Wouters said she has a huge heart, and has supported people with disabili-



William McCoy, Cristal Peterson and Mark Wouters

ities with a variety of skills helping them increase their independence, including assisting some applying for college, setting up and managing their MO ABLE accounts, as well as helping complete paperwork related to benefits, housing, etc.

Peterson and LOQW were nominated for this award by Service Coordinator Andy Magruder, who has also worked tirelessly to link Billy to resources in the community. Magruder stated in his nomination: "Cristal, Mark, William and the rest of the staff at LOQW have been instrumental in assisting and supporting one of our homeless individuals in the community. They have supported him with finding a home, applying for social service benefits, assisting

at vocational rehabilitation to find a job, advocating at medical appointments, providing transportation to medical appointments and helped with resolving all issues that have come up. They have also helped in a moment's notice on numerous occasions and the Adair County SB40 are so thankful to have them as a community partner. We would like to nominate them for a Community Partnership Award and thank them for their hard work and dedication to serving our people."

Sean Jacob, executive director of Adair County SB40, enthusiastically agreed with the nomination. "Cristal has gone way above and beyond with her work and advocacy for this person whose needs are sig-



Left to right: Andy Magruder, service coordinator with Adair SB40, Billy Garrett, and his art, Mark Wouters, supervisor, and William McCoy, both staff with Learning Opportunities Quality Works.

nificant, and we shudder to think of where he would be today if not for all the ones who worked together for his good. I want to give a shout-out and thank you to all the financial aid and other support assistance given to this person from our community, which included Cristal and LOQW, Life Church, Cornerstone Church, Grace Community Bible Church, Mary Immaculate Catholic Church, Community Action Agency, Future Business Leaders of America at the Kirksville Schools, who did a fundraiser, and Dr. Julie Lochbaum, Adair SB40, among others. Also want to thank Days Inn, who gave some excellent rates to help while housing options were

being explored. The community came together for this man, and Billy is extremely grateful."

If you would like to nominate a great candidate for a monthly Spotlight Award, Adair County SB40 accepts nominations. Anyone can make a nomination. Nominations can be made in any of the four following categories:

- Kids Inclusion Spotlight Award for children in kindergarten — 8th grade
- Youth Leadership Spotlight Award for youth in grades 9-12
- Community Volunteer/ Partner Spotlight Award (any age)
- Entrepreneur or Employee Spotlight Award (any age)



Artwork by Billy Garrett.



Artwork by Billy Garrett.

In March 2025, all monthly Spotlight Award winners will be recognized at the annual awards banquet. Nominations can be made throughout the year by visiting the Adair County SB40 website or by contacting a SB40 staff member to assist you at (660) 665-9400. You can also find more information about the four nomination categories by visiting Adair County SB40's website, <https://www.sb40life.org>.

CHAMPIONS

Continued from Page A1

"I am so impressed and thankful for the Kirksville community," Anderson said. "We had wonderful

judges from all sorts of backgrounds and experience judging speech and debate stepping up and helping this event happen. We are especially grateful for the large number of Truman faculty, staff and

students who graciously lent their time and expertise to the event."

Students in speech and debate compete in a variety of debate, public address, and interpretive events. Each team is allowed to

bring two competitors in each event to the district meet. All 24 entries on the Kirksville team advanced to District Finals and 20 will advance to compete at state.

Kirksville also had five individual district champions at the meet: James Tomten in Dramatic Interpretation, Lexi Gardner in Lincoln Douglas Debate, Shri Manikandan in US Extemporaneous speaking, and Varsha Manikandan secured two district

champion titles in Radio speaking and Informative speaking.

Also qualifying for state competition are Sheamus Darrah, Humorous Interpretation; Lexi Garnder, International Extemp; Shri Manikandan, Lincoln Douglas Debate; Xander Brown, Humorous Interp; Holli Kaestner, Dramatic Interp; Elle Rohr, Prose; Margaret Benevento, Poetry; Ella Seedorf, Storytelling; Chandler Lee, Radio Speaking; Ella Seedorf &

Sean James, Duet Acting; Xander Brown and Trinity Rosales, Duo Interp; Bella McLaughlin, Original Oratory; Gregory Klyukovski, International Extemp; and Gregory Klyukovski and Ira Frushour, Public Forum Debate.

Receiving District Finalist awards were Olivia Young, Dramatic Interp; Isabella Caldwell, Storytelling; Sam Brubacker, Poetry; and Olivia Clayton & Bella McLaughlin, Duo Interp.

PLUNGE

Continued from Page A1

Online fundraising is still ongoing and organizers of the Plunge still hope to raise an additional \$8,000 to reach the goal of \$25,000. Donations can be made on the Kirksville Plunge Page.

Top individual fundraisers:

- 1st Place – Macie Hocker
 - 2nd Place – Kayla Purnell
 - 3rd Place – Patty Sutton
- Top team fundraisers:
 Top Fundraising Team – Team Macie
 Top Law Enforcement Team – Moberly Cert
 Top Fundraising School – Truman State

This year, competition for the Golden Plunger was steep. Participants were encouraged to come in costume and compete for the chance to take home the "Golden Plunger."

- Group 1st Place – Team Mahomes
- Group 2nd Place – Team Macie

- Group 3rd Place – Moberly Cert
- Individual 1st Place – Jared Neimeyer
- Individual 2nd Place – Ash Heath
- Individual 3rd Place – Macie Hocker

"SOMO was lucky to have three of our Plunge Ambassadors helping with this event," officials said. Plunge Ambassadors for this year's Plunge were Patty Sutton, Heather Lammers, and Jared Niemeier. They are all SOMO athletes and they worked for months to help spread awareness of the Plunge!

"I always plunge and have a great time," Sutton said. "You would, too, if you came out to take the Plunge!"

This year's event was hosted by the Linn County Sheriff's Department, Missouri Department of Conservation, and the Department of Natural Resources.

Tundra Level sponsors were Equity Bank and Adair County Prosecuting Attorney David Goring.

For more information about the Polar Plunge, visit PlungeMO.org.

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Green City falls short at buzzer in instant classic Quarterfinal

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

The St. Elizabeth Hornets (21-9) narrowly got the better of Green City, 68-66, in a Class 1 Quarterfinal that was about as well-played as any basketball fan would ask for in March. Friday night at Helias' James L. Rackers Fieldhouse, the Gophers were on the wrong end of a finish that received an ovation from both crowds. Green City's season ends 28-1.

Swarming defense by St. Elizabeth on the final possession was the ultimate difference in the game going to overtime or not.

Certainly none of these players want to go back and watch the film, and no one needs to watch it to game-plan against them. This is the Daily Express' account of what unfolded after watching the final seconds of the game dozens of times. Forgive the following paragraph being admittedly over-descriptive.

Down by two, with nine seconds left, the Gophers got what they wanted at first. Attention-grabbing guard Xander Salas in-bounded it casually to Ivan Littrell at the top of the key. Noah Tipton set a screen in the corner, awaiting Littrell's pass back to Salas. Salas got triple-teamed off of the screen so he only saw wide-open Tipton with a path to the rim



Ivan Littrell finished with six points on Friday night and gave Green City a couple baskets when the Gophers most needed it. Littrell is the only junior on Green City's varsity roster.

once it was too late. Tipton came back toward the corner, received an off-balance pass from Salas, and shoved it to Ty Hall for a running three-pointer with a hand in his face, but by Hall's shooting standards not a horrible look. Hall's shot air-balled perfectly into Preston Balfany's hands, but by the time Balfany shimmed through a defender to put it back up and in, even he knew it was a couple fractions of a second too late out of his hand.

The final nine seconds was a perfect capstone to an intense, physical, let-the-boys-play type of high school March basketball game between two evenly-matched teams – momentum mattered more than the score. Friday's Class 1 Quarterfinal is a study in how fickle the ecstasy of victory and the devastation of defeat can sometimes be.

St. Elizabeth just happened to be the team that didn't have the misfortune of losing on this given night.

"They just hit shots every possession they needed one," coach Matt Ayers said, pushing through emotion after the loss. "I'm so proud of these guys – what they did for a program, getting us to all of the Quarterfinals in a row and having such a phenomenal season, just knowing that they're going to be great citizens and great people – it all makes it tough.

"I'm hurting for these guys because I know they want to practice tomorrow."

The Gophers had the final possession after Hornet senior 6-foot-4 forward Nick Heckemeyer capped an imposing night to extend his high school playing career by knocking down a pair of free throws with 18 seconds remaining. St. Elizabeth dribbled down the clock with 50 seconds left and Green City was content to let it do so, tied 66-66, before Heckemeyer drew contact at the rim.

"He hasn't played like that in weeks," St. Elizabeth coach Caleb Heckemeyer said about Nick. "We just tried to take away (Salas) and (Hall) and let our post guys do their thing, and we got beat down low a few times on switches. You can't always see on film how aggressive and strong a team is at getting to the rim, and (Salas) is proof of that.



Senior guard Xander Salas' 25-point night was just short of getting Green City over the hump into the Class 1 semifinal. PHOTOS BY HENRY JANSSEN/DAILY EXPRESS

"Of course, I'm dang glad we won, but I wish these teams got to play a third half."

Salas led all scorers with 25 points, while Hall had 18. Jaden O'Haver finished with 13.

Heckemeyer led his team with 22 points and dictated the paint all night, including helping to hold Green City's Tipton to just one basket. Ryan Hodge finished with 15 points off of the bench for the Hornets, all three-pointers, many of which daggers.

The Gophers took a 36-32 lead into the halftime break.

Green City had the largest lead of the game at 54-46 midway through the third quarter before St. Elizabeth made its own push. From there, the two teams exchanged leads, and the Gophers held it at 59-55 before never having a two-possession lead again.

"I think we have the hardest-working group of guys," Salas said. "The young guys will bounce back, but it's hard for us to leave this."

Green City loses Salas, Hall, Tipton, O'Haver, Balfany, Tristin Harrison, and Thaydon Forest to graduation going into next season. Littrell is the only junior on the roster.



Kirkville junior Logan Martin pops a three in an overtime win on Feb. 11. The Tigers' season came to a close in the Moberly-hosted District 8 semifinals versus Hallsville. DAILY EXPRESS FILE PHOTO

Tigers' season comes to a close in District semis

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

Kirkville defeated Fulton (10-15) by two in the opening round of the Class 4 District 8 tournament on Monday before falling to Hallsville (21-6) on Wednesday, 66-60, in Moberly. Mexico then rocked Hallsville in the title game on Friday by 21 points.

By the time of this publication, Mexico will have played Orchard Farm in the Sectional round.

The Tigers finish their season with a 17-11 record.

In the Hallsville game, Kirkville trailed 56-45 with four minutes left to play. The Tigers cut the lead to five after senior Jace Kent hit threes on back-to-back possessions with a minute remaining to give his team hope at 61-56.

That was the end of the Tigers' hopes as they turned it over on the following inbound for an easy basket, and one.

Cole Kelly ended up returning from foot injury to play a final game, leading the Tigers with 20 points. Kent finished with 15.

Second half is bad business for Tigers in District championship

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

After Mexico's 54-32 win over Kirkville in the Class 4 District 8 championship, the teams' two coaches had very different philosophies on the age-old basketball adage that it's hard to beat a team three times in a season.

"That's the mindset we built ourselves up on in the locker room coming into this game," Mexico coach Makenzie Mudd said. "We lost close games to this team twice, something's got to give. Whether or not that kind of attitude was why we hit shots, who's to say."

Kirkville coach Nick Totta just attributed his team's loss to being an off night.

"I don't believe that we can let this one game define our season," Totta said. "(Mexico) played us in hard-fought games twice where we played well enough and were resilient down the stretch.

"It wasn't 'third time's a charm,' we know this team and we just didn't play our best game."

Kirkville had a 13-8 lead before Mexico took a 23-20 lead into the half-time break.

Out of the gates in the third quarter, the Bulldogs knocked down shots while the Tigers couldn't take the lid off of the rim. Across 15 or 16 minutes of game time, the Tigers went from leading 18-11 midway through the second quarter to trailing 49-26 in the fourth.

The Tigers gave up the first seven points of the second half, and bleak got bleaker from there.

Paishynce Fouts finished with 12 points in the final competitive basketball game of her career, and Chloe Carter – a junior moving away and will not be the team next year – had six. Eva Danielson had four points in the first quarter and that was it.

Those three made up for all 13 points of a Tiger



Faith Vice gets raked on her way to the rim in the second quarter of Saturday afternoon's loss to Mexico. The junior then made one of two from the line. Foul troubles were never a difference in the game, but between jump balls and fouls there were 26 stoppages in the first half. HENRY JANSSEN/DAILY EXPRESS

first quarter that looked promising for the Tigers before District title hopes sank with each possession.

"I just can't speak enough about the work this team has put in since throughout last season. To be NCMC champions and put ourselves in a position to get to this spot ... our

underclassmen know what it takes. The goal and our belief is to get better and be here again next year."

The Tigers finish the season 13-13 while Mexico (15-12) faces Westminster Christian Academy (12-16) in a Sectional that will have taken place by the time of this publication.

EDITORIAL



Austyn Hunter, 157-pound Kirkville wrestler, is Daily Express' winter Athlete of the Year. DAILY EXPRESS FILE PHOTO

Hunter easy choice for Athlete of the Year

All other superlatives will take heavy thinking

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

Well, just like that, on to the spring. With that, the Daily Express' one-man committee still finds ways to split his own vote for some awards. After State wrestling two weekends ago, nobody in the coverage radius aside from Green City's boys even had an honest shot at standing near a podium so that makes it tough, too.

Right off the bat, Kirkville junior wrestler Austyn Hunter is undoubtedly the Daily Express' winter selection for Athlete of the Year. His 50-0 wrestling season at 157 pounds will receive verbal confetti for years, and it couldn't go to a more

down-to-earth, enthusiastic athlete. I want to point this out – he's also friendly to the media and seemingly a congenial kid in general. If he keeps the same trajectory next season, we're talking serious collegiate opportunities.

Senior Green City primary ball-handler Xander Salas is a college-level talent who was the spark plug to his team winning 28 of 29 games, so he's the clear choice for runner-up. He for sure gets the nod as being the most entertaining high school basketball player I've had the pleasure of watching this year.

Every superlative from there gets a lot trickier. This one was too simple. Now that we're on the other side of winter sports, this one-man committee will have to have spirited debates amongst itself this week.



Coach Mike Rudy

Northern Missouri Futbol Club's Mike Rudy named MYSA Coach of the Year

By Northern Missouri Futbol Club

Northern Missouri Futbol Club (NMFC) Coach Mike Rudy was named the Missouri Youth Soccer Association (MYSA) Recreational Coach of the Year for the 2023-2024 seasonal year. This prestigious award recognizes Rudy's dedication, leadership, and positive impact on youth soccer in the Northern Missouri

community.

According to league officials, Rudy has been a cornerstone of NMFC, exemplifying the highest standards of sportsmanship, player development, and community involvement. His commitment to fostering a positive playing environment has inspired both players and families to embrace respect, teamwork, and a love for the game.

"Mike has been a dedicated and passionate coach for several years now coaching with NMFC," said Matt Lange, director of Coaching-Recreation for NMFC. "He has coached across all recreation divisions as well as spending countless hours developing players while leading travel division teams. NMFC is very fortunate to have Coach Rudy as part of our coaching network."



Junior guard Xavier Hall slices through the paint in Truman and Upper Iowa's only meeting of the regular season on Jan. 16. He had a signature game against the Peacocks on Friday in the GLVC tournament, but it wasn't enough. DAILY EXPRESS FILE PHOTO

Truman men bounced by Upper Iowa in GLVC opening round

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

Truman just got down by too much too early and looked worn after a late comeback surge in Friday's 80-66 loss to Upper Iowa (21-8, 14-6 GLVC). Truman was the sixth seed and the Peacocks third in the conference tourney held on Lindenwood's campus in St. Charles.

The Bulldogs finish the season 17-12 overall and 11-9 in league play.

Truman trailed by 14 at the half – in fact, the Bulldogs trailed by 14 as early as the under-12 media timeout – before making a late push to cut the deficit to as little as three points with 11 minutes remaining on a Xavier Hall three-pointer.

The Peacocks went on another run, and after the Bulldogs cut it to five at 69-64 with just over three minutes to play, they only scored one more basket.

Hall had one of those nights that usually spells victory for the 'Dogs – he finished with 21 points and eight assists on 50 percent from the field while turning it over just twice. Brennan Lovette had 14 points and five rebounds, Trey Shearer finished his Bulldog career with a 13-point game, and Kobi Williams had 10.

Truman lost to Upper Iowa at home by three points in the two teams' only regular season game on Jan. 16.

Lincoln went on to win the GLVC title. Missouri S&T is hosting a regional and Missouri-St. Louis is the third conference team in the mix, getting an at-large bid into the Division II tournament.

Bulldogs run out of steam, season ends in opening-round GLVC tourney loss to Lewis

By Henry Janssen
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Truman handed Lewis the only GLVC loss of the Flyers' season at Pershing Arena on Jan. 19. That victory snapped a seven-game losing streak for the 'Dogs and was the turning point that gave Theo Dean's team the juice it needed to make a push to even get a spot in the eight-team GLVC tournament at Lindenwood's campus in St. Charles.

Lightning couldn't strike twice, as the top-seed took care of the eight-seeded Bulldogs, 77-61, in Thursday night's opening round.

"You've really got to be proud of the adversity that this team has overcome," Dean said. "It starts at the top with our seniors giving us the leadership we needed, and it's going to really hurt to lose them."

"Our returners, though, they've matured a lot since the beginning of the season, then really struggling around the holiday, then finishing the season 9-4. It says a lot about these girls."

The 'Dogs had a 37-34 deficit into the halftime break, and had to battle early on to keep it that close. Then Truman just had a hard time scoring in the second half, finishing shooting overall 20-of-46 from the field to the Flyers' 30-of-57.

In both the second and fourth quarters, the 'Dogs made just three field goals.

Senior Emma Bulman had the best game for the 'Dogs in her final appearance, finishing with 20 points. Molly Joyce, second-team All-GLVC selection, posted 16.

First-team selection Jordan Cunningham was held to three points but had eight rebounds.

"The second half wasn't really about adjustments, we just got in a hole and gave it all we got to get back tonight. Even getting over the hump to get the to the tournament was a huge goal of ours and tonight we just fell short," Dean said.



Senior grad Gracie Neff gets around her defender in Thursday's loss in St. Charles. PHOTOS BY HENRY JANSSEN/DAILY EXPRESS



Emma Bulman went out with a bang in the loss, leading her team in scoring in her final career game.



In her final game as her only season as a Bulldog, Jordan Cunningham had a hard time scoring. She finished with just three points but recorded eight rebounds.

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Truman State to welcome prospective students and families, April 11-12

By Truman State University

Truman State University will welcome hundreds of prospective students and their families during Truman Experience Weekend, April 11-12.

The Truman Experience Weekend offers multiple opportunities for future students and their families to discover what Truman has to offer. Flexible scheduling allows for guests to personalize their visit and make the most of their time on campus through tailored presentations, special events and personal interactions.

"Students and their families can pick and choose what activities to try based on their interests," said Tyana Lange, vice president of student engagement, enrollment and marketing. "There is no obligation or need to attend everything. By spacing events out over two days, we give guests multiple opportunities to learn about what makes Truman special."

Friday evening President Sue Thomas will be on hand to engage with students in a unique activity. Staff members from the Admissions Office and the Center for Academic Ex-



cellence will be available for a question-and-answer session.

Evening entertainment options include a speech by "Sully" Sullenberger, the captain of US Airways Flight 1549, also known as the "Miracle on the Hudson." Sullenberger's presentation, taking place at 7 p.m. in Baldwin Hall Auditorium, is part of Truman's Holman Family Distinguished Speaker Series.

Other Friday night entertainment options include a show at the Del and Norma Robison Planetarium, and a trivia competition in Ryle Hall. The complete itinerary for the weekend can be found at truman.edu/experience. Updates will be reflected as they are announced.

On Saturday, dining halls will be open for breakfast and lunch. President Thomas will kick off the day with a welcome address in Baldwin Hall Auditorium, followed by panel presentations specifically for students and parents.

Attendees will have the opportunity to learn more about many aspects of Truman throughout the day with presentations from academic programs, study abroad, Athletics, Residence Life, the Center for Diversity and Inclusion, and Financial Aid, among others.

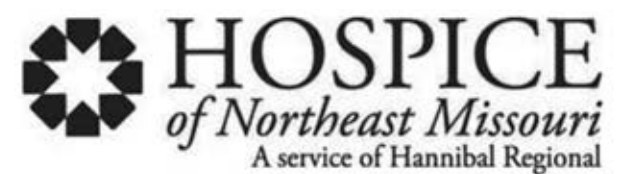
Tours will be available of the entire campus, as well as residence halls and the Student Recreation Center. Visitors should also keep an eye out for Spike, the University mascot, and the

world-famous Oscar Mayer Weinermobile.

"We have created an environment where prospective students can be active participants," said Allison Schweizer, director of admissions. "The goal is to show our amazing students and campus in an energetic and fun way so prospective students can picture themselves at Truman."

The Truman Experience Weekend is one of a variety of visit options for prospective students. The University continues to conduct individual in-person visits — complete with campus tours — every weekday. Other arrangements can be made for special circumstances, and Truman also offers donor-sponsored visit options for families that may need assistance with any associated costs.

Prospective students and their families interested in attending the Truman Experience Weekend can find more information at truman.edu/experience. Details about specific events will be posted to the site as they become available. For more information, contact the Admissions Office at (660) 785-4114 or admissions@truman.edu.



Hospice of Northeast Missouri to offer six-week grief support group

By Hospice of Northeast Missouri

Hospice of Northeast Missouri is offering a six-week grief support group for anyone who has experienced the death of a loved one.

Topics include: understanding the grief process; personal loss history and its impact on the grief process; distinguishing between grief and mourning; dealing with insensitive people; grief's impact on a family system; self-care and observing special occasions and the holidays.

John Bambrick, social worker and chaplain for Hospice of Northeast Missouri, and Carrol Davenport, Spiritual Care and Bereavement coordinator for Hospice of Northeast Missouri, will facilitate the support group. The six-week support group will meet on Mondays from 5:30 to 6:30 p.m. on March 24, 31 and April 7, 14, 21 and 28.

The support group will be held at the Hospice of Northeast Missouri office located at 201 S. Baltimore Street in Kirksville. There is no charge for the six-week support group, but advance registration is required. To register for the group, contact John Bambrick or Carrol Davenport at 660-627-9711.

Hospice of Northeast Missouri, a service of Hannibal Regional, is a non-profit hospice that focuses on quality of life for people and their caregivers who are experiencing an advanced, life-limiting illness. Hospice of Northeast is a partner agency of the United Way of Northeast Missouri serving Adair, Clark, Knox, Lewis, Macon, Putnam, Schuyler, Scotland, Shelby and Sullivan counties. To learn more about the services offered at Hospice of Northeast Missouri, call 660-627-9711 or visit hospiceofnortheastmissouri.org.

Northeast Regional Medical Center celebrates Sleep Awareness Week

By Northeast Regional Medical Center

This week is Sleep Awareness Week, which emphasizes the connection between healthy sleep and overall health. Getting quality sleep in appropriate amounts is essential to warding off a host of health concerns.

"Quality sleep is so important to overall health," states Cade Mullins, Sleep Diagnostic Lab Manager at NRMC.

Sleep provides health benefits such as lowered risk of chronic conditions like diabetes and heart disease, supporting a stronger immune system, helping to maintain a healthy weight, improved stress management, and improved heart health and metabolism.



Adults are recommended to get seven or more hours of sleep daily.

According to the CDC, in 2020 nearly 17% of adults had trouble sleep-

ing. Northeast Regional Medical Center's accredited Sleep Diagnostic Lab offers sleep studies, which can help you and your primary care doctor deter-

mine if a sleep disorder is keeping you from a good night's rest. Mullins shares that the most common signs of suffering from a sleep disorder include:

- Gasping or not breathing for short periods of time during sleep
- Snoring
- Sleepwalking
- Experiencing jerking movements in your legs during sleep
- Waking with a headache
- Trouble concentrating during the day
- Trouble falling asleep or waking frequently during the night
- Feeling sleepy during the day

Sleep studies are non-invasive and relatively easy to perform. Mullins explains that during a sleep

study a patient is monitored by several adhesive sensors. Sleep lab technicians observe patients throughout their sleep, keeping notes which are then reviewed by a specialist. Results are then shared with your primary care provider. "Most patients can complete sleep studies in one night," adds Mullins.

The most commonly diagnosed sleep disorders

include insomnia, sleep apnea, restless legs syndrome, and narcolepsy. If a sleep disorder is detected there are many treatment options ranging from lifestyle changes to medication.

If you have trouble falling and staying asleep talk to your healthcare provider about your symptoms and whether a sleep study might be right for you.

James and Doris Lierheimer Endowed Scholarship created at Hannibal Regional

By Complete Family Medicine

Hannibal Regional and Complete Family Medicine announced a new scholarship opportunity available for high school seniors in northeast Missouri — the Hannibal Regional Healthcare Careers Scholarship.

After receiving exceptional care during a recent

visit to Hannibal Regional, James and Doris Lierheimer decided they wanted to give back. After expressing this desire to their team of nurses, they were directed to Hannibal Regional Foundation, where they set up an endowment for two annual \$750 scholarships that will offer lasting community support. These scholarships

will be offered yearly to two high school seniors planning on pursuing a degree in a healthcare field.

The scholarship application is open until March 31 and permanent residents of Adair, Audrain, Lewis, Linn, Livingston, Macon, Marion, Monroe, Pike, Ralls, Randolph, Schuyler, and Shelby counties are

eligible to apply. A scholarship committee will review all applications and two local students will be awarded the scholarship.

For more information and to apply, visit hannibalregional.org/about-us/hannibal-regional-healthcare-careers-scholarship or call the Hannibal Regional Foundation at (573) 629-3577.

KIRKSVILLE AREA NEWS BRIEFS

Registration open for more Kirksville Rec swim lessons

Registration is now open for another session of spring swim lessons that will begin later this month. These classes happen once a week for six weeks. Registration is \$36 for passholders and \$66 for non-passholders. Scholarships are available, and applications can be completed at the Kirksville Aquatic Center. The new lineup of classes this spring for all ages and skill levels includes: Water Exploration (For kids ages 6 months to 3 years old), March 18 to April 22, Tuesdays, 5:30-6 p.m.; Level 1-2 (For kids that can't swim unsupported), March 17 to April 21, Mon-

days, 6-6:45 p.m.; Level 3-4 (For kids that can swim unsupported), March 19 to April 23, Wednesdays, 6-6:45 p.m. Register now at kirksville.gov/p/parks-recreation/

Art of John Tinsman exhibit at Sue Ross Arts Center

The Art of John Tinsman exhibit will be on display at the Sue Ross Arts Center-Gaber Gallery, through March 28. A reception and presentation will be made by Daryl Schafer on March 27 from 5:30-6:30 p.m. The gallery is located at 215 S. Franklin Street in Kirksville and is open Monday through Friday from 11 a.m. to 4 p.m. and Saturday from 10 a.m. to 2 p.m.

MOSI (Missouri-Southern Iowa) Art Guild invites artists to monthly meeting

The MOSI (Missouri-Southern Iowa) Art Guild encourages any artist, budding artist, and supporter of the arts to join them at their monthly meetings, 5:30 p.m., on the second Thursday of each month, typically at the Adair County Annex Building in Kirksville (March and April meetings will be held at The Crossing). MOSI will also exhibit at the Kirksville Downtown Art Walk on Friday, June 6, 4:30-6:30 p.m. For more information visit facebook.com/mosiartguild, The MOSI Art Guild | An Art Guild for Northeastern Missouri and

Southern Iowa or email us at info@mosiartguild.org

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7 TRACTS

SCAN FOR MORE INFORMATION

Tracts 1 & 2 are located approx. 2 ½ miles east of Memphis, MO along blacktop Route AA. Tracts 3 & 4 are located approx. 3 ½ miles east of Memphis, MO. Tract 7 consists of a well-built log style home with access off Route AA. Tracts 5 & 6 are ideally located approx. 1 ½ miles east of Memphis, MO along Hwy 136.

The real estate represents some of the most productive tillable farmland in northern Missouri. Additionally, it offers some of the finest hunting and rural living in all of northeast Missouri. All farms sell free and clear for the fast-approaching 2025 spring planting season. Here is a great opportunity for farmers, investors, recreational enthusiasts or anyone looking for a custom log home with acreage.

DARLENE RAE JOHNSTON TRUST
VICKIE JEAN EWING, TRUSTEE

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McClamroch & Williams, LLC
1003 E Jefferson St., Kirksville, MO 63501

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2025 Community Engagement Conference held last Saturday

By Marty Bachman
Daily Express

The 2025 Community Engagement Conference was held on Saturday, March 1, at William Matthew Middle School in Kirksville. The keynote speaker was Letisha Wexsten with other speakers participating in the break-out sessions. The free, one-day conference brought individuals with disabilities and their families, provider agencies, professionals and community members together in a gym that was filled with exhibitors. A free lunch was served to the many attendees.



Northeast Central Association of REALTORS® hold annual awards ceremony

By Northeast Central Association of REALTORS®

The Northeast Central Association of REALTORS® held their annual awards ceremony for 2024 closed sales transactions and the installation of officers for the year 2025 on Feb. 20, at the Kirksville Country Club.

Honored attendees in the front row from the left are: Michael Chrisman, Heritage House Realty, Pinnacle Level; Megan Roof, RE/MAX Home Team, Peak Level; Leah Doty, Heritage House Realty, Peak Level; Adam Snyder, Century 21 Lifetime Realty, Pinnacle Level; Erick Hanson, Century 21 Lifetime Realty, Peak Level; Mark Whitney, Century 21 Lifetime Realty, Peak Level; Mark Truitt, Tiger Country Realty, Pinnacle Level; Zach Springer, Century 21 Lifetime Realty, Summit Level; Scott Lyons, Heritage House Realty, Pinnacle Level; Toni Riekeberg, Stephens Real Estate, Pinnacle Level; Sara VanLoo, Tiger Country Realty, Pinnacle Level; Jared Williams, First Class Properties, Summit Level; Mike Hatfield, Century 21 Lifetime Realty, Summit Level; Trent Barnes, Heritage

House Realty, Summit Level; Rick Bachman, Heritage House Realty, Summit Level

Award winners not in attendance: Erica Supple, Heritage House Realty, Summit Level; Benjamin Daniels, LakePropertiesForSale.com, LLC, Summit Level; Angela Hunolt, Legacy Land & Home, Summit Level; Andrew Mallett, Legacy Land & Home, Summit Level; Andrew Hunolt, Legacy Land & Home, Summit Level; Allison Rowland, Tiger Country Realty, Summit Level; Carla Howard, Stephens Real Estate, Summit Level; Carl Cisler, Hometown Realty, Summit Level; Renee Morris, Hometown Realty, Summit Level; Charity Taylor, Century 21 Lifetime Realty, Pinnacle Level; Sonja Gittings, Tiger Country Realty, Pinnacle Level; Vicki Benson, RE/MAX Home Team, Pinnacle Level; Chad Kenyon, Hometown Realty, Pinnacle Level; Mike LaBeth, Heritage House Realty, Peak Level; Mark Hunolt, Legacy Land & Home, Peak Level; Kathy Loew, Lake Homes & Land Sales — Keller Williams Realty, Peak Level

Also pictured: Breanna Vanstrom, CEO of Missouri REALTORS®

KIRKSVILLE AREA NEWS BRIEFS

Truman State University organization offers free tax assistance

A Truman State University's Beta Alpha Psi will host a Volunteer Income Tax Assistance Program (VITA) sessions from 8 a.m.-3 p.m. on March 29 in Violette Hall 1424. Beta Alpha Psi is an international scholastic and professional organization for financial information professionals. Clients who come to VITA should bring: social security cards for spouses and dependents; bank routing numbers and bank account numbers for direct deposit; wage and earnings statements such as W-2, 1098T and 1099; and a copy of last year's federal and state tax returns if available. VITA services will be completed by IRS-certified volunteers and will also offer free electronic filing to receive a faster return. Appointments are required. Community members who would like to schedule an appointment can call (660) 785-6064. For more information, visit bap.truman.edu/vita.

City of Kirksville Parks and Recreation Department's 2025 Sponsorship Opportunities

Interested in promoting your business/organization and supporting local community events and programs? The city of Kirksville's Parks and Recreation Department has a wide range of sponsorship opportunities for you that include:

- 6th Annual Kids Mini Mud Mile
- Tiny Tykes Soccer
- KBSL Team Sponsorship
- Little Sluggers Tee Ball
- Red White and Blue Community Concert & Fireworks
- Kids Touch A Truck and Magic Show

Click here to view the city's 2025 sponsorship opportunities: <https://kirksville.gov/p/parks-recreation>. For more information or to secure your sponsorship, contact Luke

Callaghan at lcallaghan@kirksville.gov or by calling 660-627-1485.

Scholarships available for city recreational programs and lessons

The Kirksville Parks and Recreation Department Scholarship Program is an initiative to reduce financial barriers for participation in the department's wide array of activities and programs. To be eligible for a scholarship, you must reside within the city limits of Kirksville and meet the household size/yearly income requirements, which can be found on the application. Applicants meeting the eligibility guidelines are awarded a 50 percent scholarship on programs and events, including the Kirksville Baseball and Softball Leagues, Little Sluggers Tee Ball, Kids Mini Mud Mile, Group Swim Lessons and more. Guidelines and the scholarship application can be found online at kirksvillecity.com/p/parks-recreation, or picked up in person at the Kirksville Aquatic Center. For more information, contact the Kirksville Parks and Recreation

Department at 660-627-1485. For more information, contact the Kirksville Parks and Recreation Department at 660-627-1485.

The Food Bank Children's Programs

You can help ensure all local children get the food they need to thrive by supporting The Food Bank for Central & Northeast Missouri's Children's Programs. Right now, 1 in 5 children in the state of Missouri faces food insecurity. While many qualify for free or reduced-price meals at school, some families do not have access to nutritious meals during the weekend. The Food Bank's Children's Programs help fill that gap. Children's Programs include School Markets, which are small school pantries that allow students to choose ingredients to take home for family-style meals, and Buddy Packs, which are bags of entrees and snacks that can feed a single child through the weekend. Help a child focus on the business of playing, learning and growing by making your gift today.

Donate at sharefoodbring-hope.org or send a check made payable to "The Food Bank" to: The Food Bank, 2101 Vandiver Drive, Columbia, MO 65202. You can choose to designate that funds stay in the county right on your check, if you choose. Participating schools include Brashear Elementary, Kirksville Area Technical Center, Kirksville Primary, Novinger Elementary and Ray Miller Elementary. Sponsored by Alliant Bank and Kirksville Daily Express.

Join the Kirksville Young Professionals Committee

The Kirksville Area Chamber of Commerce encourages businesses and their employees (ages 21-40) to become involved in the

Kirksville Young Professionals Committee, which focuses on retaining and engaging young professionals in the area through lunch & learn opportunities, professional development, and other various events. KVYP is here to help them connect with the community. They meet

on the second Tuesday of the month at 9 a.m., in the Hampton Inn Truman Room or via zoom. Feel free to reach out to KirksvilleYP@gmail.com for more information about KVYP or to get the Zoom Link for meetings. You are also more than welcome to join them at future events.

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