

KIRKSVILLE Daily Express

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WEDNESDAY

APRIL 9, 2025 | \$2

Kirksville Police investigate shooting, seek suspect vehicle

By Kirksville Police Department

The Kirksville Police Department (KPD) is investigating a shooting that occurred last night, Monday, March 31, at approximately 9:03 p.m.

KPD, the Kirksville Fire Department and the Adair County Ambulance District responded to the 1100 block of North Franklin Street about a report of shots fired with one subject down on the ground. Police arrived and located an 18-year-old male from Kirksville with serious gunshot

wounds. This male was taken by ambulance to Northeast Regional Medical Center and later transferred to another hospital.

While police were investigating, a second gunshot victim arrived at NRMC by private vehicle. This victim was identified as a 15-year-old male from Columbia. This victim was also transferred to another medical facility with serious gunshot wounds.

Both victims suffered what appeared to be serious but non-life-threatening injuries.

Kirksville police are attempting to locate a dark-colored Kia Optima with Missouri license plate number LH4M7V and tinted windows that witnesses at the scene described. This vehicle was described as either black or very dark maroon. Police ask that if you see this vehicle, contact police/911 and do not approach the vehicle.

This incident was originally reported as a possible "drive-by shooting." Kirksville police would like the public to know that, based on the investigation



The photo depicts a similar 2019 Kia Optima and not the actual suspect vehicle.

thus far, this incident does not appear to be a random act of violence and that the subjects were known to each other. There is no known ongoing threat to the public.

Anyone with information about this incident is encouraged to contact the Kirksville Police Department at 660-785-6945, anonymously at 660-627-BUST (2878), or email police@kirksville.gov.

Willcox celebrates 100th birthday with family and friends at Sue Ross Arts Center

Staff Reports

Meredith J. Willcox, well known to many in the Kirksville area, turned 100 years old on Monday April 7, 2025. A birthday party/open house was held in her honor on Sunday, April 6 at the Sue Ross Arts Center. A line of people stretched from the front doors of the building to the back wall where Willcox sat, greeting her many friends and family members in attendance. The room was filled from wall to wall with guests and there were exhibits displayed that included photo exhibits of her many life activities.

Truman State University participated at the open house with an exhibit illustrating her celebrated career as a placement specialist in the placements office at Northeast Missouri State, aka Truman State University, from 1968 to 1990 where she was responsible for



Friends and family greeted Willcox at her birthday party.

matching thousands of Truman graduates with employers.

An office in the newly renovated Kirk Building on Truman's campus has been named in Willcox's honor with the support of family, friends and former students. A plaque has been affixed to the entrance of Room 1017, which reads: "The Meredith Willcox Career Planning Office Named in Honor of Meredith J. Willcox."



Back row: Steve Willcox, Jan Willcox and Roger Willcox. Front: Meredith Willcox.

Prior to her work at Truman, she was well-known in Adair and surrounding counties as co-owner of Willcox Drug Store (est. 1905), with her husband, Mark C. Willcox. The store was located on the west side of the square across from the Adair County Courthouse. Before the drugstore closed in 1967, Willcox operated a popular yarn shop in the store for a number of years. She also gave knitting lessons to many people from Adair and surrounding counties during that period.

After her retirement, she was active and well known in Kirksville quilt circles and surprisingly continues to hold a regular yarn club meeting at her home twice per month.

Even at her age, Willcox has a phenomenal memory and is often contacted by others to learn local historical and family information they can't find. She has a multitude of friends and still lives on a farm in the Radical Ridge area east of Kirksville.

Willcox was born April 7, 1925, in Neodesha, Kansas, but grew up in Kirksville. Her parents were Stanley and Verna Wagner. They were originally from the Osgood-Harris area west of Milan. Her father was a rural mail carrier in Kansas, but the family was fortunately able to move to Randolph Street in Kirksville when he was able to transfer to the local post office. He delivered mail in town.

She was married to Mark C. Willcox in 1945 when he was discharged from the army after World War II. They had three children: Dr. Roger A. Willcox, MD, Phoenix Ariz., retired Schuyler County Judge Stephen K. Willcox, J.D. of Lancaster, and Dr. Janette M. Willcox, DO, Salem, Va. She is Dean Emeritus of VCOM Osteopathic College on the campus of Virginia Tech in Blacksburg.

Willcox's life was featured in the January 2021 issue of The Adair Historian with a full article by Pam Baker Sylvara.

Kirksville police make arrest following shots fired incident

By Kirksville Police Department

Kirksville police arrested a 26-year-old Kirksville man following a shots fired incident that occurred the evening of April 1. This incident is separate and not connected to the shooting that occurred the day before.

On April 1, at approximately 11:41 p.m., KPD responded to the area of North Luther and West Burton streets regarding a report of shots fired. Police arrived and contacted a male resident of the 700 block of West Burton Street. The resident reported that a male known to him drove near his house in a silver passenger car and fired multiple rounds from a handgun. The resident stated he was outside his house at the time and was not struck by any of the rounds, however, the gunshots did strike his house. Police located evidence at the scene indicating rounds had been fired in the area and struck the resident's home.

At approximately 12:43 a.m. on April 2, KPD located the suspect who was taken into custody and is being held at the Adair County Detention Facility pending formal charges. His name is being withheld until those charges have been filed.

This incident was not a random "drive-by" shooting. The suspect was known to the victim and there were domestic events leading up to the incident.

Anyone with information about this incident is encouraged to contact the Kirksville Police Department at 660-785-6945, anonymously at 660-627-BUST (2878), or email police@kirksville.gov.



A long line of well-wishers waited patiently for their turn to greet Willcox.

Eastern Star Chapter 184 hosts their 9th Annual Princess Tea

Staff Reports

Eastern Star Chapter 184 hosted their 9th Annual Princess Tea on Saturday, April 5, at the Masonic Temple in Kirksville. The event was open to Princesses ages 3 to 12 years of age and had a Fairyland Theme with flowers, butterflies and gnomes. The event included a light lunch, games, arts, crafts and prizes.



John and Bill Castles stand next to a memorial to honor John's mother and Bill's wife, Roxy, who was a member of Eastern Star Chapter 184 until her recent passing.



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KIRKSVILLE AREA CALENDAR OF EVENTS

'Grounds for Discussion' meeting

Kirksville Area Chamber of Commerce will hold a "Grounds for Discussion" meeting on Wednesday, April 9 at 8 a.m. at the Economic Development Alliance Building, 315 S. Franklin Street in Kirksville. Hear from Nexus's Dori Moore, community engagement specialist from the Office of Workforce and Community Initiatives — Department of Social Services; and Christopher Winters, Vocational Rehabilitation. All members of the community are invited.

Sammy's Window ribbon-cutting

Kirksville Area Chamber of Commerce will hold a ribbon-cutting for Sammy's Window, 2412 S. Franklin Street, Kirksville, on Wednesday, April 9 at 11 a.m.

Storytime & National Unicorn Day Celebration

Storytime & National Unicorn Day Celebration will be held on April 9, from 1-2 p.m. at the Adair County SB40 Community Learning Center (1107 Country Club Drive). Join them for Storytime with a special activity to celebrate National Unicorn Day. The Adair County Public Library and Kirksville Community Horse Center will be there with fun unicorn stories and a pony for you to meet.

Adair County E-911 Joint Services Board meeting

The Adair County E-911 Joint Services Board will hold a meeting at 1:30 p.m. on Wednesday, April 9 in the Council Chambers at City Hall, 201 S. Franklin Street.

Kirksville Planning and Zoning Commission meeting

The city of Kirksville's Planning and Zoning Commission will hold a meeting at 6 p.m. on Wednesday, April 9, in the Council Chambers at City Hall, 201 S. Franklin Street.

Lakeside Grille ribbon-cutting

Kirksville Area Chamber of Commerce will hold a ribbon-cutting for Lakeside Grille, 20431 MO-157, Kirksville, on Wednesday, April 10 at 3:30 p.m.

Thousand Hills State Park History Hike

Thousand Hills State Park History Hike will take place on April 11, from 6:30 to 7:30 p.m. at Thousand Hills State Park. Join park staff for a leisurely history hike on the paved trail. During the hike, participants will learn about the history of the park at stops along the way. Meet by the bulletin board at the parking lot between the restaurant and cabins. The hike will go from there to the Petroglyph Shelter and back. The trail is ADA accessible. This program is weather permitting.

Curtain Call Theatre presents the classic film: 'Singin' in the Rain'

Curtain Call Theatre will present the classic film "Singin' in the Rain" on April 11, from 7-9 p.m. Curtain Call Theatre is located at 512 W. Elizabeth Street in Kirksville. Doors open at 6:30 p.m., movie at 7 p.m. Admission is free, concessions available.

Ambassador "Sully" Sullenberger to speak at Truman State

Ambassador "Sully" Sullenberger, captain of US Airways Flight 1549,

will be Truman State University's Holman Family Distinguished Speaker, April 11. Sullenberger became internationally renowned on Jan. 15, 2009, when he and his crew safely guided their disabled jetliner to an emergency water landing in New York City's frigid Hudson River during what has been called the "Miracle on the Hudson." All 155 aboard survived. Sullenberger and his crew received international acclaim for their actions, including the passage of a Congressional resolution recognizing their bravery. Sullenberger was ranked second in TIME's "Top 100 Most Influential Heroes and Icons of 2009." Sullenberger's presentation will take place at 7 p.m. on April 11 in Baldwin Hall Auditorium. Free tickets are available now at the Kirksville Arts Association in downtown Kirksville. Tickets can also be picked up on campus at the Ruth W. Towne Museum and Visitors Center, the Advancement Office in McClain Hall 205 and the Union and Involvement Office in the Student Union Building. Any remaining tickets will be available at the Baldwin Auditorium ticket window starting at 6:30 p.m. April 11.

Drawing workshop for beginners

A drawing workshop for beginners will be held at the Sue Ross Arts Center 215 S. Franklin Street, Kirksville, on April 12, from 1-4 p.m. All supplies will be provided. The cost is \$35 for KAA members and \$40 for non-members. Guests will be taught basic drawing skills in this workshop. No prior experience is needed. The deadline to sign up for this workshop is April 9.

Thousand Hills State Park Learn 2 Aim

Thousand Hills State Park Learn 2 Aim will be held on Saturday, April 12, 10 a.m. and 1 p.m. Begin your archer journey by attending a hands-on workshop this spring! This is a great opportunity to learn new skills with joint instruction on the basics of archery and atlatl throwing. Prior Registration is required. REGISTER AT: mostateparks.com/learn2.

Friends of NEMO Scholarships Spaghetti Dinner & Fundraising Auction!

A Friends of NEMO Scholarships Spaghetti Dinner & Fundraising Auction will be held April 12, from 6-9 p.m. at the NEMO Fairgrounds Multipurpose Building. Join them for a fun-filled evening of delicious food and exciting bidding at their Spaghetti Dinner Fundraiser. They're raising funds for Friends of NEMO Scholarships and new tables and chairs to enhance the event center. Free will donation (Includes pasta, salad, bread, beverage, and dessert). Auction time is 7 p.m. Auction items range from gift baskets to exclusive experiences. All proceeds go towards supporting the improvements at the event center and Friends of NEMO Scholarships. RSVP today and don't miss out.

TRU-Entrepreneur Speaker Series Welcomes Nursing Alumna

Sue (Braun) Rudroff will speak at 12 p.m. April 15 in the Doug & Diane Villhard Innovation Lab located in the Pickler Memorial Library, on the Truman State University campus as part of the TRU-Entrepreneur Speaker Series.

Rudroff earned a Bachelor of Science in Nursing from Truman in 1982, a master of science from the University of Utah in 1987 and has been admitted to the University of Oklahoma master of legal studies — healthcare law program. In 1994, she established The Braun Home, also known as Complete HealthCare Solutions Inc., to provide services to individuals of any age with developmental disabilities who often have complex medical and behavioral needs. Along with Independent Supportive Living (ISL) homes, The Braun Home provides community employment and day programs in Fayette, Glasgow, and Macon, Missouri. Rudroff is currently in the process of opening a new day program in Kirksville. In 2005, Rudroff and her sister, Pam Gomez, established the TSB Nursing Scholarship in Memory of Bill and Barb Steen, to honor their parents.

United Way Poker Tournament

The United Way of Northeast Missouri Semi Annual Texas Hold'em Poker Tournament will be held on Wednesday, April 16, at the Dukum Inn in Kirksville. Registration for the tournament will begin on the second floor of the Dukum at 5:30 p.m. and the first hand will be dealt at 6:30 p.m. There is a \$25 buy in with \$850 in cash prizes plus the highly-coveted Texas Hold'em Trophy.

4th Annual Easter Eggstravaganza

The Adair County Family YMCA presents the 4th Annual Easter Eggstravaganza, April 18 at 5:30 p.m. at the YMCA soccer fields. Separate egg hunts per age group; 0-3, 4-6, 7-9, and 10-12. Photos with the Easter Bunny. Easter-themed tattoos. Free event, donations greatly appreciated.



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- **Personalized Messaging:** Tailor offers based on your customers' locations or previous visits.
- **Enhanced Brand Awareness:** Build brand recognition through repeated, contextually relevant interactions.

Targeted Display Advertising: Maximize Your ROI

- **Higher ROI:** Reach specific audience segments based on behavior, interests, and location to improve conversions and reduce ad spend.
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OBITUARIES

Patsy Hollene Quint

Apr 30, 1951 – Mar 27, 2025

Patsy Hollene Quint, 73, of Auxvasse, MO, passed away unexpectedly Thursday, March 27, 2025. Born April 30, 1951 in Kirksville, MO, Patsy was the daughter of Hollis and Mary (Miller) James.



Patsy is survived by her partner of 34 years, Roger Lewis of Auxvasse, MO, two children; Windea Quint of Holts Summit, MO and Joshua (Lauren) Quint of Parkville, MO, one stepson; Christopher (Meredith) Lewis of Ballwin, MO, four grandchildren; Amber (Ryan) Moore of Columbia, MO, Leo, Sawyer and Tucker Lewis of Ballwin, MO; one great-grandchild Magnus Moore of Columbia, MO and several nieces and nephews.

Patsy was a graduate of Kirksville High School and obtained her Associates of Science in Nursing at North Central Missouri College in 1989. For 35 years, she was a beloved nurse, retiring from Harry S. Truman VA Hospital in Columbia, MO.

Patsy was an exceptional cook and talented baker whose Christmas candies filled the house with warmth and sweetness each year. She had a gift for bringing loved ones together around her table, creating cherished memories with every meal.

She had a knack for sewing and a passion for canning; her homemade salsa was a favorite among many. Patsy found joy in camping, traveling, and playing endless games of gin rummy, but above all, she treasured time spent with her family and friends.

A celebration of life will be held on Saturday, April 12, 2025 at the Herbert Williams American Legion Post 202 in Columbia, MO at 1:00pm. All are welcome to attend and celebrate Patsy's life.

In lieu of flowers, donations can be made to the National Park Foundation at give.nationalparks.org



Left to right: Cole Erwin, Cassidy Althide, Bill and Carol Lovegreen, Katie Lovegreen Huseman and Courtney Lovegreen.

Lovegreen Ford donates to Brashear School's Drive 4 Ur School

By Lovegreen Ford

Bill, Carol and Courtney Lovegreen, and Katie Lovegreen Huseman, representatives from Lovegreen Ford, presented a check for \$1,040 to Cassidy Althide and Cole Erwin, president and

vice president of the Brashear Student Council.

Last November, Lovegreen Ford and students from Brashear School hosted the fourth annual fundraising event called "Drive for your School". For every test drive taken that day, Ford Mo-

tor Company donated \$20. The students facilitated the project from parking to registration to conducting test drives.

Fifty-two people from the community participated that day and the \$1,040 donation brings the four year total to over \$7,000.

Kirksville scouts attend prestigious Order of the Arrow National Leadership Seminar

By Nampa-tsi Lodge Communications

Two Scouting America youths from Kirksville and one from Macon were selected to attend the prestigious Order of the Arrow National Leadership Seminar (NLS) that ran from March 28 through March 30.

Eagle Scout Cormac Nolan, 16, of Kirksville, is the current Nampa-tsi Lodge Secretary and serves Troop 404 of Kirksville as a Junior Assistant Scoutmaster. Life Scout William Henry, 16, of Macon, is the current Gawi Chapter Chief and serves Troop 179 as Senior Patrol Leader. Star Scout Teagan Nolan, 12, of Kirksville currently serves Troop 660 as the Senior Patrol Leader.



Nampa-tsi Contingent, left to right: Eagle Scout Cormac Nolan, Star Scout Teagan Nolan, Eagle Scout Nora Scheider, Life Scout William Henry, Eagle Scout Redding G., Eagle Scout Andrew Korte, Eagle Scout Michael Pigg.

NLS is a weekend conference that focuses on the skills and attributes of

leadership. The program enhances the leadership skills of the Order of the Arrow's key youth and adult members as they seek to improve their service to Scouting America and the greater community. The weekend format complements the National Youth Leadership Training (for youth) and Wood Badge (for adults).

Course participants make a promise to themselves to apply the skills learned on projects in their lodge, council and commu-

nity. NLS prepares Arrowmen to become better leaders both within and outside the Scouting program. NLS provides Arrowmen with an opportunity to grow in their leadership through a weekend of intense trainings. Course topics include making personal belief based decisions, promoting resilience, and cultivating a growth mindset. Arrowmen will bring these new skills back to their lodges to strengthen the leadership within their lodges and chapters.



Cormac Nolan takes a break during NLS Cracker Barrel to sample pretzels and ice cream, a combination he said works well.



William Henry is never without a smile on his face – even waiting in line with more than 100 of his closest friends for dinner.



Kirksville's Teagan Nolan discusses the training with another Scout in her crew.

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ROBIN WRITES

Stop sign ahead

My new shorts were bright orange denim, with green daisies on the back pockets. I wriggled my 15-year-old skin into them and knew I looked hip.

There was a baseball game that afternoon at the City Park. I was ready to strut my stuff.

"I'll be home later." I tossed the sentence toward the living room on my way out. Mom was crocheting another throw in dull, thick colors.

"Oh, Robin. I think those bottoms are a little too short, honey." Her 'out of it' hands manipulated yarn in maddening rhythm as she talked.

I drew in an impatient dose of air and glared at her with slitted, blue-shadowed eyelids.

"They're HOTPANTS, Mother." (huff) "EVERYBODY wears them." (huff)

She didn't approve; I didn't care. I was a '60s woman, and she was old. I galloped down the porch steps and clomped onto the sidewalk in my Dr. Scholl's wooden sandals (guaranteed to make your legs shapelier with every step.)

Open windows from passing cars sent snippets of Led Zepelin songs into the summer air, and the sun seemed to pulsate in melting rhythm.

I walked past the familiar stores: Fuzzy's Tavern, Berkel's Drugs, Emmet Reed's Gas Station. I stopped in front of the huge windows of Belmont's Furniture Store

to look at myself in the glass.

Shoulders back. Head high. I was feeling groovy.

The intersection ahead was the most important one in town. To the right was the road that led to the ball field. Squealing tires and dual exhaust accompanied the cars headed that way.

On the left was the Mecca of St. Clair teendom. The picnic tables in front of the Dairy Queen were bulging with bodies.

Every arm and leg, every hip-hugger-ed body and Clearasil-coated face belonged to a person who was SOMEBODY. The ones voted "most likely to be" everything I wanted to be.

This would be a turning point in my life, I told myself. Heads would snap my way, and whisper, "WOW! Who is that foxy lady? Man, check out those hotpants! Wonder if she goes to our school?"

Just a few more wiggly-steps, and I would have to cross the street. I turned my head toward the right, determined act cool and uninterested in the kids on the benches.

"Hey. HOTPANTS!" The voice was male; a squeaky imitation of the man he would someday be. I jumped as if snapped by a rubber band.

"You. Yeah, YOU!" My heart soared and I walked a little quicker. I heard titters and shake-slurping giggles. I was being seen!

My face whipped toward the Dairy Queen. My head slammed squarely into the stop sign post on the corner.



ROBIN GARRISON LEACH
ROBIN WRITES

A thunderous "THWONK" wafted through my head and out either side of the post. My body wobbled like a cartoon character being hit by a shovel.

It was the loudest, most humiliating noise ever made by a human in public.

The sunbaked metal bisected my forehead, sending a splinter of agony down my nose, lips, and chin. "I TRIED TO WARN HER,"

Romeo blurted out, along with bits of burger. He led the choir of laughers, all of them choking on whatever their mouths contained at my moment of impact.

After a second or two to steady myself, I spun around and headed home.

Mom looked up when I came in the door. I mumbled something sullen, head lowered, and hurried to the bedroom.

I changed into bellbottoms, flopped onto the bed, and wondered how long I'd have to hide from the world.

The redness and swelling on my face disappeared in a couple of hours and the embarrassment faded in a few weeks. But I will never forget the day I stopped traffic with my hotpants.

Cool.

HOME COUNTRY

One more cup of coffee

There's something so satisfying about getting out of bed when the world is still dark and quiet and resting. Making the coffee gives us time to scratch and think. Well, scratch, anyway. Most of that thinking will start after about the third cup of coffee.

But it's a quiet time. A private time. When the world is dark, and there isn't yet a hint of pink over the eastern mountains, it's very good. We can relax. No one is expecting anything from us right now. Our guilt can take some time off, and we can listen to music or work a crossword puzzle or turn on the TV and watch the weather guy discuss millibars and troughs.

Soon enough, we'll have to be out there living for others: our bosses, our customers, our animals, our fields. But right now no one needs us except the dog, and she does well on kibbles and an ear rumble.

We can look out the window at the eastern glow and wonder what will happen in the hours until our world turns dark again. People will be born and people will die. People will win honors and people will go to jail.



SLIM RANDLES
HOME COUNTRY

People will create things today that live past them and people will disappear forever. Some people will write about these things and other people will read about these things.

And then the world will go dark on us again and we'll think about what happened in our tiny portion of this huge moving amalgam and hopefully we'll sleep easily tonight. Then, when we arise tomorrow and head for the coffee pot, we can think about what happened today, and how it has made us slightly different for taking on the next tomorrow.

Come to us, Daylight. Bring us the new day. But do it gently, please, and slowly enough for one more cup.

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THE ROCKWOOD FILES

When good appliances go bad

Microwave's sudden departure rocks the family home



GWEN ROCKWOOD
THE ROCKWOOD FILES

The Rockwood family microwave, affectionately called "Mike," died suddenly in the home on August 6, 2015 while attempting to reheat day-old pizza. It was 10 years old.

The microwave is survived by two adult roommates, three children and a matching dishwasher, stove, oven and refrigerator. It also leaves behind two bags of frozen chicken nuggets, several cans of soup and a pantry full of microwave popcorn.

Born into the family during the Great Kitchen Remodel of 2005, the microwave served admirably during its decade-long life, heating everything from baby food to bacon. Its kitchen timer ticked steadily through years' worth of mandatory 20-minute piano practices, while the family's mother listened from the next room.

"How much longer does the microwave say I have to practice, Mom?"

"Twelve more minutes. Now keep playing."

The microwave witnessed many family milestones — baby's first bite of solid food, first steps, birthday meals, Christmas cookie baking, and weekly Sunday lunches lovingly prepared by the family's Memaw, who always knew just how to push the microwave's buttons.

As the kids grew, it was "Mike" that taught them the valuable lesson every child must learn the hard way at one time or another: Never put aluminum foil in the microwave. (The children will never forget the shower of sparks they saw that day.)

The family has been dealing with the shock of this loss for many days now. It's even worse than the Ravioli Explosion of 2009 which left the microwave looking like a crime scene. The mother and most loyal user of the microwave has been stunned by its sudden departure.

"I just didn't realize how much we needed it until it was gone," she said. "We haven't been able to eat popcorn since the day it happened."

The microwave was a devoted appliance and avid re-heater, known for its accessibility and easy-going personality. It wasn't like most microwaves that slowly rotate their trays. This one defied cultural norms with its side-to-side "gliding tray," an innovation the family had never seen when they brought it home 10 years ago.

When the family's children learned to cook, it was the microwave they leaned on most in their time of hunger. Jack, the middle child and most enthusiastic cook in the household, was recently overheard saying, "I keep going to the microwave to put something in there, and then I remember. It's gone."

Even the family cat has been lost since the appliance's passing because the microwave's over-the-range nightlight has gone dark, leaving the fat feline to eat her Fancy Feast cat food in a pitch-black kitchen.

The family has survived by relying on old-school methods of food preparation, like boiling hot dogs on the stove. The kids said it was "weird and takes too long," proof that their grief is still palpable. Good old Mike will be deeply missed.

The family said the best way to celebrate the microwave's life and service is to welcome a new appliance into the home and continue the tradition of heating, timing and night-light shining. So it is with great joy that they announce the birth of a new microwave that arrived on August 17th, measuring 2.1 cubic feet, named Maytag or "May" for short. May's sing-song chime which signals that the food is heated has brought happiness back into the kitchen.

Even so, the family will never forget Mike and the many times it heated up leftover lasagna. They hope the machine has found its rest and that its signature "gliding tray" might still be floating side-to-side in a much better place.

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

PUBLIC HEALTH CORNER

National Public Health Week

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

Welcome to the Public Health Corner: National Public Health Week (NPHW)

Observed April 7–11, 2025, National Public Health Week (NPHW) is an annual opportunity to recognize the essential work being done to improve the health and well-being of people across the country. Led by the American Public Health Association (APHA), this year's theme, "It Starts Here," reminds us that strong public health begins at the community level—with everyday actions, partnerships, and policies that support a healthier tomorrow. Whether it's clean water, safe housing, access to nutritious foods, or mental health resources, public health touches every corner of our lives. From schools and workplaces to neighborhoods and hospitals, it starts here—where we live, learn, work, and play.

What is Public Health?

Public health focuses on preventing disease, promoting wellness, and prolonging life across populations. It's not just about individual care—it's about building environments and systems that allow everyone the opportunity to thrive. Public health professionals work to:

- Prevent and respond to disease outbreaks



- Promote healthy behaviors and mental well-being
- Ensure safe food, water, and air
- Address disparities in access to care and resources
- Protect communities during emergencies

The 2025 Theme: It Starts Here

This year's theme is a call to action. "It Starts Here" means we each have a role to play in improving public health. Whether it's advocating for safer streets, participating in local health events, supporting food access programs, or simply checking in on a neighbor—it all contributes to stronger, healthier communities.

How to Get Involved

Stay informed: Learn more about current public health topics like mental health, chronic disease prevention, and environmental health.

Engage in your community: Attend local health fairs or events, or volunteer with organizations focused on public well-being.

Support public health workers: Take a moment to thank those working behind the scenes to keep your community safe.

Promote healthy habits: Encourage handwashing, physical activity, and access to screenings among friends and family.

Share the message: Use social media or workplace bulletins to share educational resources and encourage others to get involved.

Public health is the foundation of a strong, resilient community—and it all starts with awareness, action, and connection. As we celebrate National Public Health Week, let's recognize the everyday steps we can take to make a difference. From small acts of kindness to big policy changes, it starts here—with us.

POETRY CORNER

What's the Truth and What's a Lie

Years ago... a skinny kid... laid on the ground watching the clouds soar above, He knew the names... and the characteristics of each type... cumulus were the ones he loved.

Every once in a while... a jet would fly by... leaving a trail of vapor as it flew so high, That long, white streak... was there for a while...then vanished in front of your eyes. Nowadays... you'll regularly see... white streaks crisscrossing the sky, Some say they're chemicals... that may cause you harm... so what's the truth and what's a lie?

— Daniel D. Donovan



EMBRACING LOCAL HISTORY

Part 149

Hettie comes to America - Chapter 1

By Blytha Ellis, President
Adair County Historical Society and Museum

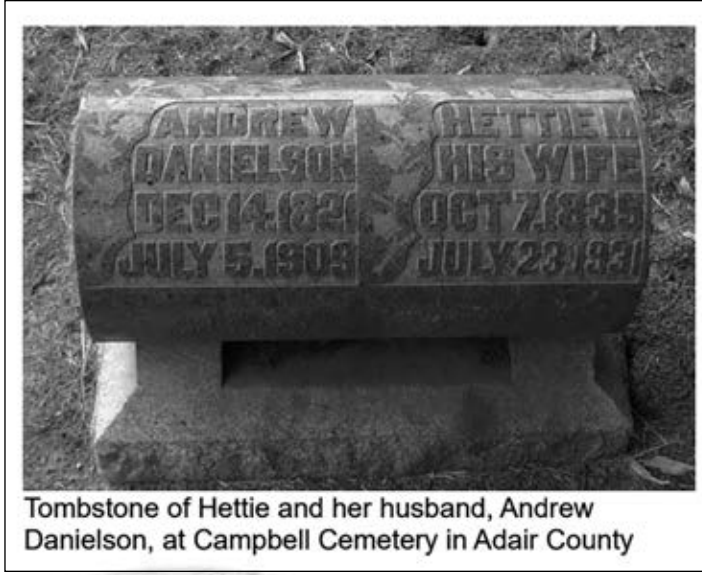
Hettie Maria (Johnson) Danielson (1835-1931) was a Swedish immigrant girl who came to the United States as a teenager. She suffered many hardships in her valiant efforts to adapt to a new country. In Iowa, she met a young man named Andrew Danielson who was an immigrant from Norway. They were married in February 1855. She and her husband ended up in Adair County, Mo., in September of the next year.

In 1929, Hettie's daughter, Matilda (Danielson) Muzzey (1877-1935), recorded Hettie's life story. A granddaughter, Helen (Muzzey) Parsons (1921-2004), of Kirksville, donated this story, as follows, to the Adair County Historical Society. Most of this story is in Hettie's own words. Additions are in brackets for clarification.

"I was born in Gammel Shel [or Gammel Sjel], Sweden, on October 7, 1835, daughter of Lars Johnson [1795-1855] and Maja [Svensdotter] Johnson [1797-1852]. I, with my parents, left our country for America about May 15, 1849. [Hettie was age 13 at this time.] We crossed the lakes of Vaner and Vattern [which in English sounds like Winner and Wetter], but when we reached Guttenberg, the vessel on which we were to have sailed had already left for New York, and we had to wait there six weeks for another vessel.

"We left Guttenberg on the Presse Osa, a small, two-mast brig, which was only large enough for 150 passengers, their baggage and the crew. This was a long, tiresome trip, and almost everyone had sea sickness - me included. With me, the sea sickness lasted three weeks. We spent nine weeks crossing the Atlantic Ocean. However, we were fortunate for we encountered only one storm on the long voyage. This storm lasted forty-eight hours. When we saw and heard it coming, the captain ordered all sails lowered which left the vessel floating to the mercy of the tide.

"When the storm struck us, it sounded like a big cannon, and our frail ship was tossed like a log upon the foam-crested waves. We thought every minute our vessel would be crushed like an eggshell. The lifeboat and all our trunks and chests bustled loose from where they were lashed to the ship, and we bounced from one side to the other. We had to stay in our bunks as there was danger of being killed. Our captain said we were driven back four days' sailing time. He also said he had made ten trips across the Atlantic, and it was the worst storm he had ever encountered. He added that if he reached home, this would be his farewell trip.



Tombstone of Hettie and her husband, Andrew Danielson, at Campbell Cemetery in Adair County



"There was one death and one birth on this voyage. A girl about 15 years old died. A shark followed our vessel during all her sickness, and we were very frightened. When she died, they sewed sailcloth around her body and put a rock at her feet. The captain conducted the usual services and dropped three shovelfuls of dirt upon her, then dropped her into the ocean.

"A little girl was the first to see land. She came running back clapping her hands and said she saw trees! Everyone rushed on deck; but, in the meantime, a fog had risen, and we thought she was mistaken. About noon, the fog cleared away, and we could all see land clearly, and we were overjoyed!

"At last, we landed in New York City. Then, the sad parting came. We had made many friends on the voyage. Some came from our own country. Each family had to go to different parts of the U.S. Our destination was Burlington, Iowa. We had left our home and my only sister in our native land. Now, we were in a strange country where we must make new friends, learn new customs and learn a new language. We realized all of this, and it meant much for us. We had never given thought to this new language until we reached America and heard people talking in a strange way that we could not understand. Neither did we realize that it [the language barrier] would handicap us for a long time. My parents never did learn to speak the English language.

"An interpreter met us at the landing, and we stayed on the boat until the next day, waiting for the steamer that was to take us to Albany, NY. That afternoon, a crowd of young folks, myself included, decided to take a stroll into NYC. Our interpreter went with us as a guide. We kept walking and walking until it was time to return to our boat. Not one of us knew which way to go, and we realized our guide knew no more than we did! He would stop and talk to people, and we kept walking until far into the night.

"I can verify the statement of my Uncle Josh when he said, 'There are more people on the streets of New York at 2 o'clock in the morning than in our town on Sunday.' It was true even in those days.

"In some way, I became separated from the crowd.

Of course, the streets were not as well lit then as they are now. I ran and ran, thinking I would find them. Then, I became excited [frightened] and began crying. I was lost and alone and could not understand, neither could

I make others understand me. At last, I went into a drug store and found a man whom I made understand the name of our brig and where I wanted to go. He escorted me back to the vessel. As it happened, I was not far from the ship. My parents were frantic but overjoyed when I returned! As it was, I reached the ship before my crowd did. They were as much frightened as I was. They had been trying to find me, too!

"The next day, we sailed for Albany and arrived a day later. From there, we took the canal boat. This was drawn by two horses, one abreast of the other. They walked along the bank of the canal, and the horses were changed every six hours. We were two weeks reaching Buffalo.

"From Buffalo, we took the steamboat for Chicago. We sailed through Lakes Erie, St. Clair, Huron and Michigan. We anchored at Detroit and Milwaukee to unload and take on cargo. At Milwaukee, we saw our first Indians. We thought they were strange-looking people. We saw white men place coins in split sticks and hold them up so the Indians could shoot them out with bows and arrows. If they could, then the coins were theirs. They never missed a shot! After a time, we landed in Chicago. A Swede minister met us at the landing. He told us it was very hard for old people to obtain work during the winter there, and it would be best for all who had the means, to go farther northwest.

"Our expenses were greater than we expected, and our funds were getting low. Father had not the money to take us farther. So, Anna, a friend, and I were left behind in the care of this minister who said he would find employment for us. The boat sounded the whistle for starting, and my parents hurried down the gang plank with the crowd. With tear-dimmed eyes, Anna and I watched the ship move away until it was lost from view. That was the last time I ever saw my mother. My parents traveled to Burlington, Iowa, and Father had just \$4.00 left when he landed there to start life in a new country."

Read the rest of Hettie's journey to Adair County, Missouri, in next week's episode.

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TURNING THE PAGE

This Week in Local History

By Larry Evans

110 Years Ago, April 10, 1915

Andy Hunsaker of Kirksville had his appendix removed under only local anesthetic remaining conscious the entire time of the surgery. He watched the entire process intently and never once flinched. Dr. B.B. Parrish, who performed the surgery, thought it best not to use a general anesthetic due to Hunsaker's weakened condition.

110 Years Ago, April 12, 1915

A contract for the grading for the Big Creek railroad spur was awarded to the excavation firm of Louis Rich of St. Louis. Dirt work and grading for the short railroad spur was to begin immediately. The railroad spur was to be two miles in length, and the railroad grade was expected to be completed by July 15. As soon as the grade work was complete the Big Creek Coal Co. was to do its own construction work of building the railroad. About 1,500 steel rails of the 5,000 needed were ready for shipment to Kirksville. The company workers hoped to keep pace with the graders. As the railroad bed was finished the ties and rails would be put down so the work of hauling the coal from the Big Creek Coal Mines (there were three of them) could begin.

105 Years Ago, April 8, 1920

There was a campaign going on in Kirksville to rid the town of tramps. It was hoped by authorities that enforcement of the vagrant laws of the city and county would rid the area of tramps. Prosecuting Attorney Paul D. Higbee issued this warning: "All persons who are annoyed with able bodied men coming to their houses or homes and begging are hereby requested to immediately call the sheriff or the city marshal so that these tramps may be arrested for vagrancy. If you will assist us in this matter, we will soon rid this community of these worthless loiterers." In the late nineteenth and early part of the twentieth century Adair County was faced with a "tramp menace." Their numbers increased or decreased depending on the state of the nation's economy and the availability of jobs. They traveled around the country by train, hopping boxcars, and working only long enough to get from one town to another. They commonly begged for food and clothing, and were generally viewed as a nuisance, if not a danger, in the community. Kirksville found itself as a congregation point for tramps because of the intersection of the two railroads, the Wabash, the south-north line and the Quincy, Omaha, and Kansas City (OK Railroad) which ran east and west from Kirksville.

100 Years Ago, April 8, 1925

A \$200,000 bond issue to build two new ward school buildings to replace the Washington and Benton schools carried by a large majority at the annual school election. The vote was 917 for the bond and 277 against, a majority of more than three to one. The bond issue needed a two-thirds majority to pass. The Board of Education did not have a plan for the construction of the buildings but intended to take the matter up at once. The biggest difficulty facing the board was to provide school rooms for the students while the new buildings were being erected as the new structures would be placed on the sites where the old buildings stood. One suggestion offered was that one building be erected at a time with the hope that school rooms could be housed in the churches of the city. It was expected that it would take a few months to erect a new building, and it appeared that the earliest time a building could be ready for occupancy would be January of the next year.

90 Years Ago, April 7, 1935

Construction was set to begin on the replacement of two of Kirksville's ward schools, Greenwood and

Willard. A \$200,000 bond issue that was passed June 19, 1934, provided for the demolition of the two old buildings and construction of new ones. The John Epple Construction of Columbia was awarded the contract for construction of the two educational buildings. Excavation work was set to begin immediately on the Greenwood building while demolition teams were to begin removal of the old Willard school building. The Willard facility was expected to be ready for occupancy by September 15, 1935. L. F. Poehlman, a Kirksville builder with wide experience was selected to represent the school board and the architect in inspecting the work as it progressed.

80 Years Ago, April 5, 1945

Within one week's time word was received in Kirksville of the deaths of four Adair County servicemen. All were killed in Germany in the line of duty. T/Sgt. Robert E. Barnett, 26, of Yarrow was killed while serving in an infantry unit in Germany. He was survived by his parents, Mr. and Mrs. R. J. Barnett. Mr. Barnett was postmaster at Yarrow. Mrs. Adalee (Pope) Sullivan, of Kirksville learned that her husband, Martin James Sullivan, had been killed in Germany. In addition to his wife, he was survived by three young children and his mother. Loren Leon Collins, 24, of the Mulberry neighborhood northwest of Kirksville, was killed while fighting in Germany. He was the son of Mr. and Mrs. Luther Collins, who survived, along with a brother, Mervin L. Collins, and a sister, Velma E. Collins. Both Sullivan and Collins were serving in Patch's 7th Army in Germany. Pvt. Charles O. Peterson, son of Oscar and Nellie Peterson of Greentop, gave his life while serving in the Ninth Army in Germany. Private Peterson was survived by his wife, the former Gladys Wellman, two children, and two sisters.

75 Years Ago, April 11, 1950

Damages in the amount of \$63,483 were awarded to land owners in condemnation proceedings brought by the City of Kirksville to obtain land for its new water impoundment reservoir (Forest Lake) located west of the city. The award judgement issued by the Adair County Circuit Court came after the report was filed by the county commissioners who had been appointed to assess benefits and damages in the case. The Adair County Commissioners at the time were Hubert Rogers, Robert Kibler, and Floyd Collop. The total amount of money paid to property owners was \$75,293. This included money that had already been paid by property owners in which settlements were reached without condemnation proceedings. Kirksville's Mayor, I. E. Markham, felt that the amount awarded was excessive. The awards were given to sixteen parties and ranged from \$2.50 to I. N. McDonough for mineral rights and \$21,580 to Luther Hays.

60 Years Ago, April 12, 1965

Seven Kirksville youths appeared in Kirksville Municipal Court and pled guilty on charges in connection with the cannon-moving incident a few days earlier. Judge Henry Morris leveled a \$10 penalty against each youth and ordered them to make complete restitution. City police rounded up the young men after they were accused of moving the smaller memorial cannon from its long-time resting place in Kirksville's Memorial Park. The cannon had been donated to the American Legion Post of Kirksville and was placed in Memorial Park. The youths yanked the cannon from its position and in the process of moving it over the curbing broke the axle. The group then abandoned the cannon on the street in the 600 block of North Mulanix.

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Kirksville-Thousand Hills Rotary Club learns of proposed tax plan

By Kirksville-Thousand Hills Rotary Club

A group of concerned citizens is hoping to get a proposed Constitutional Amendment on the November 2026 ballot that would establish a Gross Receipts Tax. This would be a completely new tax plan, and would implement a 5% tax on all goods and services sold. The taxes would be collected and remitted by sellers of goods and services, and would replace all other taxes. A website with more information about this initiative will go live on April 16 at taxliberty.org. Members of the Kirksville-Thousand Hills Rotary Club learned about



this initiative recently from Colin Sorhus and Paul Venable, pictured here with club member Elsie Gaber. The Kirksville-Thousand Hills Rotary Club meets on Thursday mornings at 7 a.m. at the Aquatic Center, 801 E. Mill Street. Anyone who would like to learn more about the club or Rotary International is welcome to attend.



Truman State University students offer volunteer services to residents

By Truman State University

Students from Truman State University donated their time this weekend to help residents of the community as part of the Big Event annual service project. The Big Event allows students to display

their gratitude to the Kirksville community for their continued support and contributions to the university. Truman students volunteer their time by helping individuals in the community with tasks such as raking leaves, trimming bushes or washing windows.

Cast members of Disney play visit Kirksville-Thousand Hills Rotary Club

By Kirksville-Thousand Hills Rotary Club

Members of the Kirksville-Thousand Hills Rotary Club were treated to a preview of the upcoming Kirksville High School musical. Lead cast members Cole Kelly and Reese Williams performed one of the musical selections from the Disney play, High School Musical. They explained that the lead roles are being shared by four students, with two students starring in two performances each. The musical will run from April 3-6. Tickets are available online at the Kirksville High School office, or at the door. Pictured standing are Cole Kelly and Reese Williams. Seated are Terry and Roger Miller, Thousand Hills Rotary members and Reese's grandparents. The Kirksville-Thousand Hills Rotary Club meets on Thursday mornings at 7 a.m. at the Aquatic Center, 801 E. Mill Street. Anyone who would like to learn more about the club or Rotary International is welcome to attend.



Nationwide 'Hands Off' protests include Kirksville area residents at downtown square



Dozens of people showed up at the Adair County Courthouse in downtown Kirksville on Saturday, to protest against the policies of President Donald Trump, as part of the nationwide "Hands Off" protests. STAFF REPORTS

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Cahalan hurls eight-inning gem, records walk-off RBI as Kirksville tops Fulton, 1-0

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

Kirksville senior southpaw Luke Cahalan threw a five-hit complete game on Thursday night at home in a chilly drizzle. Just a couple pitches before his pitch limit was going to force him from the mound, he went on to make short work of the extra inning top of the 8th. Cahalan then hit a one-out dinker with the bases loaded that the Fulton pitcher fumbled and was a few moments too late on the force at home. Senior Carson Kelly crossed the plate to walk it off.

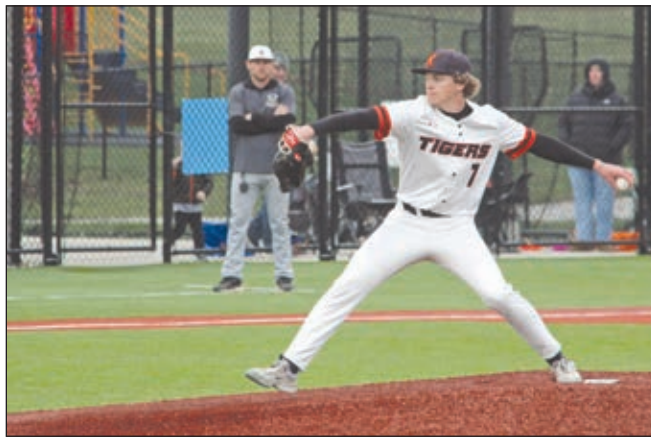
"He didn't hit that ball as hard as he wanted to, but that worked out better for us,"

Kirksville skipper Derek Allen said. "It was one of those nights where he deserved something good to happen for him (at the plate)."

In the bottom of the eighth, Carson Kelly walked to begin the inning before back-to-back singles from Carter Pinkerton and Connor Hall to load the bases.

The Tigers recorded just four hits on 27 official at-bats and struck out 10 times while walking just thrice. Fulton started lanky right-handed junior Gage Tiffany, and the Hornets' other best pitcher, senior Ethan Milius, was in street shoes.

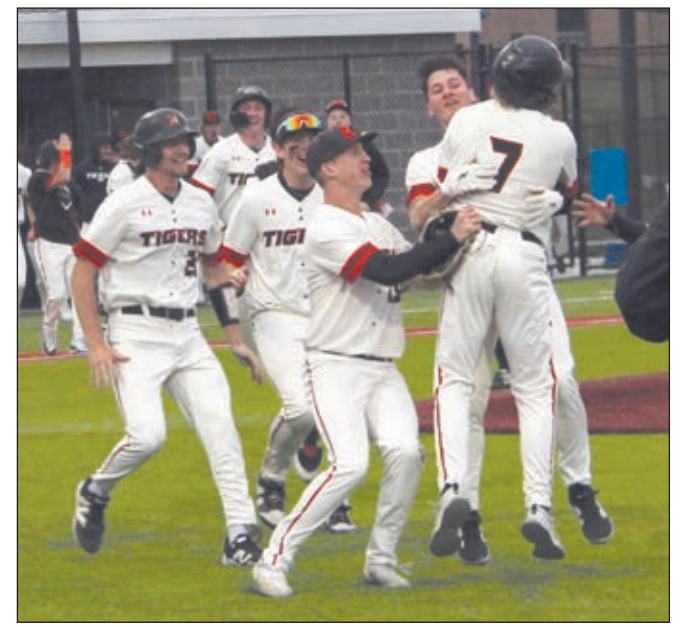
The Tigers' second consecutive win puts them at 4-4 overall entering a



Fulton coach Jacob Lorentzen looks on as Kirksville's Luke Cahalan owns the bottom part of the strike zone on Thursday evening. PHOTOS BY HENRY JANSSEN/DAILY EXPRESS

matchup with Father Tolton (5-0-1) at home on Monday. "We played very poorly this past weekend, as poorly

as I've seen us play in a long time," Allen said. "We battled against Moberly, just didn't get enough hits



Luke Cahalan is bum-rushed by his teammates after batting across the game's only baserunner to touch the plate in the bottom of the 8th inning.

to put pressure on them. We turn around and get a win against Mexico then find a way to scratch a

run across tonight, Luke pitched his tail off, I'm just proud of the leadership from the seniors on down."

Bulldogs take opener before dropping next three across weekend versus McKendree

By Henry Janssen & Truman Athletics

Truman baseball lost the series finale against McKendree (Ill.) by an 18-3 decision at home on Sunday.

The Bearcats tagged Truman State for 18 hits slugging four home runs in the seven-inning game. The Bulldogs won the series opener Friday, but McKendree swept the Saturday doubleheader then scored 18 unanswered runs to take the fourth game going away.

Warner Lenahan allowed a lead-off safety to open the game, but a fielder's choice followed by an Oliver Degenhardt to Quinten Bauman double play squashed any would-be threat. Degenhardt reached with one out in the bottom of the first on a hit by pitch – one of two in the game and fourth in the previous two games – and was followed by a Dakota Joggerst walk. Joggerst went first to third when Luke Roussel reached on an error to score Degenhardt, then the two combined for a double steal with Roussel taking second and Degenhardt swiping the plate 2-0 'Dogs.

McKendree's designated hitter Javy Garcia was hit by a pitch to open the second and scored to narrow Truman's State lead to 2-1 then the game went in favor of the Bearcats quickly. Wild pitches led to two in the third, a hit by pitch and wild pitch allowed McKendree to get three in the fourth, and a two-run homerun in the fifth opened an 8-2 lead. Conversely, the Bulldogs went



Senior pitcher Kyle Stratman hurls in the first of Truman's two losses on Saturday. The 'Dogs lost both games in extras, and Stratman threw three wild pitches in the top of the eighth to give up two unearned runs as Truman lost that one 3-1. HENRY JANSSEN/DAILY EXPRESS

hitless until a one-out Joggerst single in the fifth. The only other hit for Truman State came via Jack Pearson's monster solo shot toward Franklin Street on the second pitch of the first at bat of his career.

The Bulldogs walked three times while striking out ten while the pitch-

ing staff allowed just two free passes to eight Ks. McKendree brought thunder knocking four home runs Sunday and ten in the series..

Truman State, now 8-23 overall, 5-11 GLVC, travels to Indianapolis April 11-13 for a four-game league series at UIndy, 15-15 overall, 8-6 GLVC.



Often polarizing but always passionate, Jeff Horner (right) scrambles over to senior Trey Shearer after Shearer hit a three-pointer at the buzzer to defeat Northeastern State (Okla.) on Nov. 20. As a player Horner was a significant part of two NCAA tournament teams and the 2006 Big Ten Tournament Most Outstanding Player at Iowa. As a coach, he will not be returning to the 'Dogs next season. Horner won two regular-season GLVC championships, a tournament championship, and racked up 121 wins across seven years at the helm. Shearer stuck around and became an extension of the coach on the court. He had a mind-boggling 41 different teammates across his four years as a Bulldog. HENRY JANSSEN/DAILY EXPRESS FILE PHOTO

Horner out as Bulldogs' coach

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

After seven years, Jeff Horner is out as the Truman State University head men's basketball coach. The Bulldogs have begun a national search for his successor.

Horner's highest moments were the pandemic year when he won the GLVC title with Brodrick Thomas, and the following year when he led his team to the national quarterfinal and finished 20-3.

In true Greek tragedy, the year that the Division II National Tournament got canceled was the best team he assembled in his time at Truman. To put it in perspective, Thomas was a starter for the Houston Rockets in their NBA season opener that year.

The year after Thomas graduated, the 'Dogs were knocked off by Flagler (Fla.) in the Elite Eight after losing by two points in an upset against Indianapolis in the opening round of the conference tourney, then defeating 5-ranked Ashland University and 2-ranked Michigan Tech in consecutive games to get there. First-team All-America forward Cade McKnight, among other key pieces, entered the portal a couple weeks later.

Horner likely lost most of his players from the 2024-2025 season about a month before he and the University parted ways, as 10 members of the roster entered the transfer portal.

Bulldogs roll in doubleheader with Southwest Baptist on Sunday after dropping a pair to Drury day prior

By Henry Janssen & Truman Athletics

The Truman State softball team picked up a big sweep over Southwest Baptist on Sunday as the Bulldogs claimed a 9-1 win in the opener and followed it up with a 5-1 victory in game two.

The Bulldogs sent nine hitters to the plate in the first inning of game one and scored three times. Nina Fenasci started the scoring with an RBI single to left-center, scoring Cassie Smith. Michaela Goad singled up the middle to score Fenasci, and Kyleia Salyars drew a bases-loaded walk for the third run.

SBU got a run back in the second, but Truman State put the pedal down with a run in the third, two in the fourth, and three in the fifth to end the game early.

Averee Taylor was one of four Bulldogs to collect two hits and drove in three runs.

Kaylyn Jones won her 10th game of the season and struck out nine batters while allowing just two hits.

Game two also started with a bang. After the Bearcats stranded runners at second and third, Fenasci drilled a home run to left-center to begin the scoring.

Lydia Feiste led off the second with her second home run of the season, and a sac fly from Kyleia Salyars scored Michaela Goad to make it 3-0 Bulldogs.

SBU picked up a run in the fourth, but the Bulldogs took advantage of a two-out error in their half of the inning with Emily Wood doubling in



Grad student first baseman Nina Fenasci singles on a dink in one of Truman's Saturday afternoon losses to Drury. HENRY JANSSEN/DAILY EXPRESS

Smith and Fenasci for a 5-1 advantage.

Taylor got the win after tossing four innings of three-hit ball and was followed by Feiste for two innings, with Charlotte Chelich closing it out. The trio fanned seven Bearcats and

allowed only four hits.

The Bulldogs take to the road for six straight games starting next weekend in mid-Missouri, facing Lincoln on Saturday and Missouri S&T on Sunday.

Kirksville golf wins match at Centralia

By Henry Janssen
henry.janssen@kirksvilledailyexpress.com

The Tigers defeated Centralia and Russellville on Thursday, shooting a 158 as a team.

Centralia finished second shooting 192, and Russellville was third shooting 234.

Three Kirksville players shot three under with 38 strokes to tie for first. Hunter Combs, Camden Wilson, and Ty LaBeth split the gold three ways.

Kirksville competes again in Moberly on April 15.

FROM THE DESK OF COACH GRACE

Tigers getting into form in fourth week of season

By Anna Grace
Kirkville Track & Field
Head Coach

For those of you eagerly awaiting, clamoring for your Kirkville track and field update, I am grateful for your patience! Both myself and the team have been taking the past week to get work done, buoyed by the successes of our first three meets of the season. Read on to be buoyed yourself!

Meet Recap: Border Battle in Davis County (Iowa)

With two back-to-back meets, we were able to get more kids on the road and our crew represented us well in Iowa on Thursday, March 27th. Since it was Iowa, we got to run a few different events. Shout-out to the athletes who ran the hurdle shuttle relay, the sprint medley 800 meter relay and the sprint medley 1600 meter relay.

Now sophomore Steve Mukatu has a year of track under his belt, he knows some of the work it takes to be successful. Mukatu kicked off his season in a big way in Iowa with a PR (setting a personal record, best time of an athlete's career) in the 100 meter dash, 200 meter dash, and long jump. Sophomore thrower Lexie Goff continued her shot put improvement since last year, following up PR at the Snowshoe with another PR in shot on Thursday.

Freshman Hayden Mullins was another Tiger athlete who PRed in every event she competed in individually – the 100 meter dash, 200 meter dash, and long jump. It's fun to see the hard work she and her freshmen cohort put in in practice pay off.

Another freshman with a big day in Davis County was Stevin Moore. Moore ran the first 800 meter run and 1600 meter run of his life – and ran them to compete. There's nothing more fun as a coach to yell, "Let's

go, catch someone, you can do it," etc. and have the kid do it – Moore did this in a big way. Another youngster with who-knows-what-they-could do potential.

I can't wrap this up without shouting out sophomore James "Tank" Pine. Pine is new to track but eager to learn and work hard. Pine PRed in both shot and discus – improving his marks that he set just on Monday.

Meet Recap: Wentzville Open #2 in Wentzville, MO

The Tigers took a Friday road trip down to St. Louis to practice sitting on a bus for three hours before competing. On a mostly pleasant if (alright, extremely) windy day, the Tigers kicked off the weekend with some scrappy performances.

There were two races on Friday that I could not stop talking about – sophomore Ashton Frady in the 800 meter run and junior Forrest Cason in the 3200 meter run. Let's start with Frady, running the first 800 of his life. I was talking to a different athlete when over their shoulder, I saw Frady taking off aggressively for his first 200 meters. Excited (and a little alarmed) I ran off to watch and cheer with the team as he battled it out to finish third in his heat. An athlete to watch, for sure!

Several times I have kicked myself for not introducing you all better to Cason. An incredibly hard worker, he's been bringing an intensity to our middle distance crew for some time, but Coach Austin Sykes and our staff had the devious idea to put him in the 3200 meter. It was Cason, a Melville athlete, and 10 North Point athletes toeing the start line on Friday. Cason went to the front with about four or five North Point boys and the race was on. About four laps in, the North Point boys would start to lose a pack member about each lap.

At the last lap, it was Cason



Beckett Lyons finished second in the pole vault at Kirkville's Snowshoe Classic a few weeks ago. DAILY EXPRESS FILE PHOTO

and one guy left. Two hundred meters left, and they were trading surges. The final one hundred meters, to the thrill of the fans in the stands, Cason and the North Point athlete sprinted to the finish, but Cason eked out the win by .30 seconds.

A few other performances of note on the boys' side: senior Daimond Kangiela broke 12 seconds in the 100 meter in windy conditions, PRed in his first 200 meters. Excited (and a little alarmed) I ran off to watch and cheer with the team as he battled it out to finish third in his heat. An athlete to watch, for sure!

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Napheesa Collier? I think so.) Considering the wind as well, that's an exciting time for the girls (freshman Eva Danielson, sophomores Megan Kinney and La Joie Kahindo and junior Mya Harris) to be posting this early in the season.

Junior Kylie Rebney had an exciting day in discus – beating her first mark from the Snowshoe by a whopping 5.46 meters, which is about the height of a giraffe, if you wanted some context. We're excited to see what she does next.

Junior Faith Vice also kept things interesting in the field events for Kirkville, finishing first in pole vault and nearly tying her PR from last year (2.59 meters). Again, it's exciting to see athletes performing close to where they left off early in the season!

Over on the javelin runway, junior Brooklynn Rader-Johnson set a PR in javelin with a throw of 32.69 meters that earned her a first place finish. Sophomore Neely Miller finished third with a throw of 30.61 meters and junior Paislee Clark finished

fourth with a throw of 29.97 meters.

Junior Aline Guilavogui rounded out a big day of girls' throws with an 11.61 meter effort in the shot put, earning a second-place finish and setting a new PR.

Back to the track so I can frantically teach you another name you should know for the season – freshman Mary Frushour. Frushour set a 2:51.32 PR in a windy 800 meter, fighting to the finish in the front of a pack of five runners all within five seconds of her. Stay tuned on her!

Other Top Four Finishers

I was told "you have as much space as you want" but I am trying not to push it, so here is a list of athletes with top three finishes. If you want to know more, sidle up to me in HyVee and I will give you thirty second run-down on each kid.

400 meter – 4th – junior Sean James – 56.26

1600 meter – 4th – sophomore Skyler Cook – 5:04.47

110 hurdles – 2nd – sophomore Blane Byers – 16.51

300 hurdles – 2nd – sophomore Blane Byers – 42.62

boys' 4x200 and 4x800 relays – first place triple jump – 2nd – sophomore Beckett Lyons – 12.45 m

pole vault – tied for 1st – senior Alepio Solmirin – 3.33 m

pole vault – 4th – sophomore Beckett Lyons – 3.05m

discus – 2nd – junior Bennett Fraser – 42.82m

javelin – 1st – senior Sullivan Clark – 45.77m

shot put – 2nd – junior Bennett Fraser – 15.16m

100 meter – 3rd – sophomore Megan Kinney – 13.34

100 meter – 4th – sophomore La Joie Kahindo – 13.78

200 meter – 2nd – sophomore La Joie Kahindo – 27.91

400 meter – 4th – sophomore Ashlyn Farwell – 1:11.25

800 meter – 1st – junior Concillia Kunseviko – 2:32.72

1600 meter – 3rd – junior Claire Brewer – 6:14.01

3200 meter – 2nd – junior Rosemary Shook – 14:11.45

3200 meter – 3rd – sophomore Taylor Kirkland – 14:55.88

100 hurdles – 1st – freshman Eva Danielson – 18.52

100 hurdles – 4th – sophomore Christine Kiese – 19.90

300 hurdles – 1st – junior Mya Harris – 51.84

300 hurdles – 2nd – freshman Eva Danielson – 52.67

girls' 4x200 relay – 2nd girls' 4x800 relay – 1st triple jump – 2nd – junior Mya Harris – 10.16 m

triple jump – 2nd – junior Mya Harris – 10.16 m

Middle School Watch

Like any good high school coach, I keep my eye on middle school performances. It's still early in the season, but there are two athletes you should go ahead and become acquainted with.

Eighth-grader Ivonne Guilavogui has not had a finish below second the first two meets of the 2025 season. She won both shot and discus at the Macon MS Open, and at the March 25 South Shelby Open meet earned second and PRed and both shot and discus and won the 100 meter dash.

Eighth-grader Brett Herbst has done six different events in the first two meets of the 2025 season and PRed in all of them except high jump, in which he finished third his first time doing it. (I may have some naysayers, but I don't count first time performances as PRs.) He also won every event he did at the Macon MS Open: the 800 meter run, long jump, and triple jump.

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Kirkville sweeps Trenton, battles but falls to undefeated Moberly

By Henry Janssen
henry.janssen@kirkvilledailyexpress.com

The Tigers' tennis team hosted an undermanned Trenton side on Tuesday in gusting wind at the Kirkville tennis courts. The Tigers won 9-0 by what was technically a forfeit against the Bulldogs' three-man team.

Two nights later, the Tigers hosted Moberly back at the Truman tennis courts and lost, although they won three of the nine matches.



Quin Dorrell and Cedric Cook won their doubles match on Tuesday afternoon. As a team, the Tigers improve to 2-1 on the season ahead of a Thursday meeting with a 5-0 Moberly side back on the Truman courts. PHOTOS BY HENRY JANSSEN/DAILY EXPRESS



Jack Quinn won his match in Tuesday's meet against Trenton.

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Kirksville man arrested, charged following assault

By Kirksville Police Department

Kirksville police arrested a 24-year-old Kirksville man following an assault on Tuesday.

On April 1, at approximately 12:55 p.m., KPD responded to Kentucky Fried Chicken at 2401 N. Baltimore Street, regarding an assault. Police arrived and were informed a male, later identified as Zyan E. Sumerix, assaulted a KFC employee by punching him in the face and head before leaving the area on a bicycle.

A responding KPD officer observed Sumerix riding a bicycle near Baltimore and Overbrook streets. When the officer contacted Sumerix, he resisted and assaulted

the officer, including biting the officer on the arm. The officer subdued Sumerix until additional officers arrived, at which time Sumerix was taken into custody.

Sumerix was transported to the Adair County Detention Facility. While at the jail, Sumerix assaulted a corrections officer by punching and kicking him before being restrained again.

Sumerix has been charged in Adair County with third-degree assault-special victim, attempted third-degree assault-special victim, resisting/interfering with arrest, and fourth-degree assault.

Anyone with information about this incident is encouraged to contact the Kirksville Police Department at 660-785-6945, anonymously at 660-627-BUST (2878), or email police@kirksville.gov.



Zyan E. Sumerix, 24, of Kirksville.

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

KIRKSVILLE KIWANIS CLUB WELCOMES NEW TRUMAN ATHLETIC DIRECTOR



The Kirksville Kiwanis Club welcomed Signe Coombs to speak at their March 27 meeting. Coombs is the new director of Athletics at Truman State University, having started in the position on Feb. 1 of this year. She presented on athletics at Truman in general, and her role in particular. Pictured, from left, are Kirksville Kiwanis Club Past President and director of the board, Von Abbott; Coombs; and Kirksville Kiwanis Club President Ted Frushour. KIRKSVILLE KIWANIS CLUB

Andrea Graham, registered dietitian, earns National Diabetes Certification

By Scotland County Hospital & Clinics

The month of March is National Nutrition Month and the Certification Board for Diabetes Care and Education (CBDCE) announced that Andrea Graham, RDN, LDN, CDCES, achieved Certified Diabetes Care and Education Specialist (CDCES) status by successfully passing the Certification Examination for Diabetes Care and Education Specialists. Candidates must meet rigorous eligibility requirements to be able to take the examination. Achieving certification status demonstrates to people with diabetes that the health professional possesses distinct and specialized knowledge, thereby promoting quality of care for people with diabetes.

Many in the region may be unaware that Scotland County Hospital has a full-time Registered Dietitian Nutritionist. Graham has been with Scotland County Hospital & Clinics since April 2016. She is a 2008 graduate of Scotland County High School and a 2011 graduate of the University of Central Missouri with a BS in Dietetics and a minor in Food Science. She helps many patients make healthier eating choices and she now holds a national certification for diabetic education. As a CDCES, Graham is now able to assist patients with initiating and understanding continuous glucose monitors at Memphis Medical Services (MMS). If you are interested in this service, make an appoint-

ment with your primary care provider (PCP) at MMS.

If you are overwhelmed with managing your Type 1 or Type 2 diabetes, Graham is part of a new program at Scotland County Hospital. The Diabetes Self-Management Education & Support (DSMES) program offers the diabetic patient a safe, judgment free environment to learn the American Diabetes Association (ADA) guidelines for proper diabetes care. The program is ADA accredited and led by the DSMES healthcare team at Scotland County Hospital in Memphis. The goal is to help the diabetic patient understand diabetes, provide tools needed to manage your health, and to answer your questions about diabetes.

The healthcare professionals managing the DSMES program offer diabetes education and support classes to our community and one-on-one diabetic management counseling. The services and education through the DSMES is covered by most insurances, including Medicare. The classes include diabetes pathophysiology, medications, diet, exercise, diabetes technology, and much more. Graham has exceptional teaching and coaching skills to empower patients to feel confident to shop for groceries, read labels, prepare healthy meals and calculate the nutritional value of each serving, plus much, much more.

The purpose of DSMES is to give people with dia-

betes the knowledge, skills, and confidence to accept responsibility for their self-management. This includes collaborating with their healthcare team, making informed decisions, solving problems, developing personal goals and action plans, and coping with emotions and life stresses.

You do not have to be a patient with a PCP at Scotland County Hospital & Clinics to participate in the DSMES program. You can be a patient of any PCP from any facility/clinic. The program requires a referral from your Primary Care Provider (PCP). If you are interested in the DSMES program at Scotland County Hospital, talk to your Primary Care Provider for a referral. Call Memphis Medical



Andrea Graham, RDN, LDN, CDCES, achieved Certified Diabetes Care and Education Specialist (CDCES) status by successfully passing the Certification Examination for Diabetes Care and Education Specialists. Graham has exceptional teaching and coaching skills to empower patients to feel confident to shop for groceries, read labels, prepare healthy meals, and calculate the nutritional value of each serving and she is trained to help patients with their initial set up for a continuous glucose monitor.

Services and talk to Tabitha, the population health coordinator, at 660-465-2828, if you have questions. If you need dietary and nutritional counseling or medical nutrition therapy, ask your PCP for a referral to Graham.

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