HEALTHIER COMMUNITY

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Weekend Edition

SEDALIA DEMOCRAT

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Saturday, Jan. 22, 2022

SedaliaDemocrat.com • \$2

Bates kicks-off SFCC presidential presentations

By Skye Melcher

skyem@sedaliademocrat.com

Friday began the first of five visits for the presidential semi-finalist candidates for State Fair Community College.

The college began the process of seeking a new president after current SFCC President Joanna Anderson announced in August that she would be retiring at the end of the 2021-22 school year.

Each candidate will spend a day and a half visiting the Sedalia campus and will include a public presentation with a question and answer session. Each session will be from 4:30 to 5:30 p.m. in the Thompson Conference Center.

The first candidate is no stranger to SFCC: Vice President of Education and Student Support Services Brent Bates.

Bates has been a Roadrunner for 20 years, first stepping into his position in 2002 as Educational Service and then later also taking on Student and Academic Support Service.

"This college is such an asset to our community and our region," Bates said.

Bates' assignment for his presentation was to show "My Vision as a Leader," and he took this two different ways.

"As we talk about



Brent Bates

my leadership style, it's grounded in the guiding values, as some of you may know I grew up on a Kansas wheat farm and much of who I am today, including my leadership, are based on those values developed in that upbringing," Bates said.

Trust, honesty, transparency, communication, stewardship, and hard work are some of the values Bates said he wants to have in his leadership style.

"For my entire career I've been preparing for this day and I'm ready to start day one," Bates said.

Bates added that he would like to be a president who is present, especially in the community.

"Closely related to that is collaboration, one way to serve as a community catalyst is to aggressively seek opportunities for partnerships," Bates added.

See BATES | 5A

Warming shelter helps fight bitter cold

By Chris Howell

chrish@sedaliademocrat.com

t's over bitterly cold nights like Thursday's when the Sedalia Warming Shelter is most appreciated.

"The wind chill was definitely below zero," said Kirk Martin with the Warming Shelter. "We open up at 15 degrees real-feel wind-chill with clear skies, or if we have a 50% or better forecasted precipitation, we open up at 30 degrees, those are our trigger points."

Located in the basement of St. Vincent de Paul St. Patrick Parish, 415 E. Fourth St., the Warming Shelter has been busy for the past few nights.

"Fourteen or 15 have been here for the last couple days," Martin said. "The colder it gets the more people show up, and if there's snow on the ground there could be even more."

Cold daytime temperatures are keeping clients seeking respite from the chill, and keeping the shelter doors open as well.

"Due to the daytime temperatures not getting out of that criterion we stay open 24 hours



Coffee and conversation at the Sedalia Warming Shelter, 415 E. Fourth St., kept the chill off Friday morning. PHOTOS BY CHRIS HOWELL | DEMOCRAT

during those periods, otherwise we're just over night," Martin said. "This basement works pretty decent because it's got the different cubicle areas. We could put a couple people in each cubicle, if we get up much over 20, I think we had 23 last year on one of our top days, that was pretty packed, so if we go anything over that we

would be in trouble."

See SHELTER | 6A



The Sedalia Warming Shelter, seen Friday, is open when wind-chills drop below 15 degrees, or under 30 degrees with a 50% or better chance of precipitation.

Democrat announces move to new downtown location

By Democrat Staff

After more than 50 years on South Massachusetts Avenue, the Sedalia Democrat has announced it will be moving to a new location in downtown Sedalia later this year.

The Democrat opened its current office at 700 S. Massachusetts Ave. in 1967. As the newspaper industry across the country continues to combat the effects of the COVID-19 pandemic and a shift in how readers consume the news, the Democrat has decided to leave its current leased building and purchase a building at 111 W. Fourth St.

"While I know change can be hard, especially for a long-standing company like the Sedalia Democrat that has been operating for more than 150 years, this change is in the best interest of our employees and our readers," Publisher Will Weibert said. "I'm looking forward to being a part of the next chapter in the Democrat's long history and continuing our service of quality journalism, just in a new home."

In May, the Democrat will move to its new location on West Fourth Street. Renovations will begin soon and an exact opening date will be announced later. The building formerly housed the Sedalia Water Department until March 2020, when the city moved Water Department operations into the Sedalia Municipal Building, 200 S. Osage Ave.

This move will bring the Democrat across the street from its former home. In November 1911, the Democrat-Sentinel moved to 108-110 W. Fourth St. Once the Democrat company purchased The Sedalia Capital in 1919, the Democrat remained on Fourth Street

while the Capital was at 401 S. Lamine Ave.

The upcoming move means the Democrat will be closing its pressroom and moving printing operations to Nowata Printing Co., a commercial printing plant in Springfield owned by Phillips Media Group, the Democrat's parent company. Printing will also move to Nowata for the Warrensburg Star-Journal, The Plainsman and the Star-Advertiser. The press changes will be effective this spring before the building move occurs, allowing employees to navigate one change at a time to ensure quality work for our customers.

Changing the press operation will not affect print subscribers. Our subscribers will continue to receive their print edition of the Democrat and Star-Journal in their mailbox the same day through the United States Postal Service.

Smithton School District closes Friday

By Democrat Staff

On Thursday, another area school district announced it would be canceling Friday classes due to a staffing shortage.

The Smithton R-VI School District sent out a letter to families telling them of the cancelation and following the district tier model once they return to school on Monday.

The district experienced a drop in staff attendance from 92.68% last Thursday to 81.71% this Thursday. During that same time frame, the COVID-related absences among staff have risen from 50% to 93.33%. It is becoming increasingly difficult to not only fill these absences but to maintain vital programs across the district for our staff and students.

Superintendent David Bray said in the letter that there were no expectations for students and staff to connect Friday regarding classes, along with asking families to watch for information from sponsors and coaches of student activities scheduled during this time.

When the district returns to school on Monday, Jan. 24, it will remain in Tier 2 and strongly

encourage everyone to remain at home when not feeling well, especially if they are experiencing new symptoms related to COVID-19.

In addition, the district will continue to take measures to increase social distancing between students and staff and strongly encourage everyone to wear a mask when safe distances are not possible.



A News
Obituaries 2A
Opinion 4A
Weather 6A
B Sports
Horoscope 3B

Comics 4B

D Living

C Classified

LOTTERY Midday Drawing

Pick 3: 0-8-9 Pick 4: 4-4-1-4

Evening Drawing
Pick 3: 0-1-2
Pick 4: 2-9-3-3
Show-Me Cash: 20-21-24-34-38

JOIN THE CONVERSATION

What's your take on today's news? Go to sedaliademocrat. com or visit us on Facebook to share your thoughts @ SedaliaDemocrat!



S-C'S FRANKLIN PICKED KNOB NOSTER HEAD FOOTBALL COACH

Sports 1B



HECKART COMMUNITY CENTER MEMBERSHIPS ON SALE NOW!

Membership prices can be found on our website www.
sedaliaparks.com! Memberships include access to the pool,
fitness equipment, open gym, and additional fitness classes
and programs! Purchase your membership by March 17th
and March 18th - 31st is free! Give the gift of membership
this holiday season! The Heckart Community Center opens
March 18th, 2022! Stop by the park office located at
Convention Hall in Liberty Park to purchase yours today!



NOW HIRING HECKART COMMUNITY CENTER STAFF

We're hiring part time positions for the Heckart Community Center!
Positions include - front desk attendants, lead front desk attendant, pool
manager, assistant pool manager, head guard, lifeguards, water fitness
instructors, fitness attendants, group fitness instructors, personal trainers,
child watch attendants, security, and custodians. Job descriptions and
applications can be found on our website at www.sedaliaparks.com!

Neal Parker Baalman, 81, of Cole Camp, passed away Monday, January 17, 2022, at Loving Arms Memory Care

& Assisted Living Center, Sedalia.

He was born on February 18, 1940, in Winfield, Kansas, a son of Joseph H. and Walburga T. (Robben) Baalman.

On February 23, 1940, he was baptized in Winfield, Kansas. At the age of 5, he moved with his family to Dodge City, Kansas, where he was confirmed on April 18, 1948, and graduated from St. Mary's of the Plains High School. Neal played football, basketball, and ran track for the Crusaders, lettering in all three sports. He worked for Pepsi as a delivery man and made cottage cheese for Fairmont Dairy. In 1960, he enlisted in the United States Air Force during the Vietnam War. He was an apprentice

later became a radiologic superintendent.

On August 21, 1964, at Lackland Air Force



USAF on Oc-

tober 31, 1981, he had been stationed in the Philippines, San Antonio, Texas, Turkey, South Dakota, Korea, Wichita, Kansas, Austin, Texas, and Scott AFB, Illinois. In 1980, he finally settled in Cole Camp, Missouri, where he was a member of Sts. Peter and Paul Catholic Church. He worked as an x-ray tech and hospital administrator at Windsor Hospital. In 1990, he went to work as an x-ray tech at Bothwell Hospital in Sedalia and in 1998, for Fitzgibbon

he and Carol headed south for the winters to Gulf Shores, Alabama, where they made many new friends.

Neal Parker Baalman

Neal loved to spend time on his farm south of Cole Camp, remodeling his home, rebuilding old cars, watching his grandkids play sports, and spending time with his family. He also loved hunting, fishing, and camping trips to Arkansas. Neal was known for his craftiness, having built his own hunting lodge in a tree out back of his house.

He is survived by his wife, Carol Baalman of the home; his children, J.L. Baalman and his wife Jeana of Cole Camp, Roian Baalman of Moberly, and Jason Baalman and his wife Kristen of Columbia; two sisters, Lois Gish of Yarba Linda, California, and Mac Jacobs and her husband Gerald of Plains, Kansas; a brother-in-law, John Nixon of Wichita, Kansas; five grandchildren, Lauren Thomas and Brett, Landon Baalman, Spencer Noone, Hannah Baalman, and Liam

Baalman; and numerous nieces, nephews, great-nieces and nephews, and great-greatnieces and nephews.

He was preceded in death by his parents, Joseph and Walburga Baalman, sisters, Bernice Smith, Ethlyn Nixon, and Jean Jacobs, brother, Clifford Baalman, brothers-in-law, Lee Smith, Casper Jacobs, Clifford Gish, and Frank Lesperance, and nieces, Kathy Lamberts and Roxanne Dowling.

Funeral services will be held at 11 a.m. on Thursday, January 27, 2022, at Sts. Peter and Paul Catholic Church in Cole Camp with Father Ben Nwosu officiating.

The rosary will begin at 6 p.m. on Wednesday, January 26, 2022, at Sts. Peter and Paul Catholic Church in Cole Camp with visitation to follow.

The family suggests memorial contributions be given to Alzheimer's Association or Wounded Warrior in care of the Fox Funeral Home, Cole Camp. Online condolences may be left at www.foxfuneralhomecolecampmo.com.

Donald Roy Kennedy

Donald Roy Kennedy, 96, of Sedalia, MO, formerly of Marshall, MO, died Monday, Jan. 17, 2022, at his home.

Funeral services will be held at 2 p.m. Monday, January 24, 2022, at First Christian Church in Marshall with William W. Harlow officiating. Visitation will be held from 1 to 2 p.m. Monday at the church. Burial with military rites will be in Sunset Gardens Cemetery in Marshall. Memorials may be made to First Christian Church in care of Campbell-Lewis Funeral Home in Marshall. Friends may sign the online register

lewis.com. Born January 3, 1926, in Mendon, MO, he was the son of the late James Nolan Kennedy and Bessie Ellen McPherson Kennedy. He served in the U.S. Navy from June 1, 1943, to April 1, 1946, stationed in Great Lakes Center, Gulfport, Miss., New London,

book at www.campbell-

Conn., Mare Island, Calif, Honolulu and the Pacific. On July 22, 1950, in Moberly, MO, he

> married Betty J. Halsey who preceded him in death on July 4, 2019. He retired from the Marshall Democrat-News after many years of service. He was

a member of the First Christian Church and was an avid supporter of Paralyzed Veter-

ans of America.

Survivors include six children, Donna Pointer (Lacy) of Sedalia, Lolly Morrow (Barry) of Deepwater, Steve Kennedy (Debbie) of Sedalia, Fred Kennedy (Jana) of Cole Camp, John Kennedy (Laura) of Warrensburg and Paul Kennedy (Christi) of Kansas City; 16 grandchildren; 20 great-grandchildren; and numerous nieces and nephews.

Don was preceded in death by his parents; wife; four brothers, Vernon, Bill, James William and Ralph Nolan Kennedy; and one sister, Marjorie Morgan.

Karen L. Culler

Karen L. Culler, of Green Ridge, MO, passed away Tuesday, January 18, 2022, in Sedalia, MO.

radiology specialist and

She was born on September 9, 1947, in Ottawa, IL, the daughter of Lester A. Kohn and Shirley L. (Olson) Kohn, who preceded her in death.

On June 6, 1965, in Bethel, MO, she was united in marriage to Lowry Gale Culler. Karen was the greatest example of a spouse and helpmate for her husband, Gale. She was supportive and let the Lord lead their marriage and home. She fulfilled every one of her marriage vows until the love of her life was called home to heaven on July 1, 2019.

During their first five years of marriage, Gale and Karen had the privilege of being involved in the establishment of the first New Testament Christian Church in Peoria, IL. In the next five years, they were happy to return to their hometown and serve in the Bethel Christian Church. Then in August of 1975, Karen and Gale made the move to Elizabethton, Tennessee, where they served as houseparents

at the East Tennessee Christian Home for two years.

Hospital in Marshall,

retiring in 2009. For

the next nine years,

Upon returning to Missouri,

Karen and Gale began their lifelong ministry at Show-Me Christian Youth Home. This ministry would span from 1977 un-

til her retirement from the executive director role in 2011 to the role of church relations, until her full retirement in August of 2020. In her service of 43 years of selfless ministry at the Show-Me Christian Youth Home, not only did Karen serve in the executive aspect but opened her home to 50 children taking on the role of mother to them as well.

Karen was a daughter, sister, wife, mother, grandmother, aunt, a friend and leader and most importantly a child of Christ. Karen loved the Lord and faithfully served Him in every aspect of her life. It was Karen's life's work to save children who were lost and who were hurting. She cared for those children who seemed to have no hope, showing them that their hope was in the Lord and that the

Lord had not forsaken them. The impact that

Karen has made and will continue to make in the lives of others is timeless and will continue on throughout the years to come. The fact that regardless of all the trials she faced in her lifetime, Karen's faith in God never wavered and the witness she always continued to be for the Lord will be her legacy.

Survivors include her children: Donna (Jeff) Hanna; Larry Brockman; Dana (Bob) Wetherell; Kim (Jon) Edwards; Brian (Deanna) Brockman; Troy (Amy) Brockman; Judi (Jacob) Crawford; Amanda (Rick) Inman; Amber (Jason) Davis; Jessica (Jeff) Weber. Furthermore, Karen was blessed by being able to parent many others who spent a portion of their formative years in their home; three siblings, Lynda L. Steele of Columbia, SC, Fred Kohn of Bethel, MO, Edward Kohn (Sharon) of Bethel, MO.

In addition to her husband and parents she was preceded in death by two sons, Troy Culler and Curtis Brockman; a grandson, Terrence Culler; a granddaughter, Nattalie Weber; brother, Charles

Kohn; a sister, Marlene Turpin; nephews, Eddie & Billy Turpin, Eddie Kohn, and Jamesey Steele; a great-niece, McKenna Lynn Munro; maternal grandparents, Olaf and Louise Olson.

Funeral service for family and close friends will be held at 11 a.m. Tuesday, January 25, 2022, at Bethel Christian Church, Bethel, MO, with Pastor Michael Brands officiating.

A visitation will be held from 10:30 until service time at the Church.

Burial will be at Bethel Zion Cemetery, Bethel, MO.

Pallbearers will be T.J. Culler, Weston Crawford, Alex Brockman, Zach Weber, Jacob Inman, Bryce Wetherell, Brian Brockman Jr., and Jaden Blew.

Memorial contributions may be made to Show-Me Christian Youth Home Scholarship Fund in care of Show-Me Christian Youth Home, P.O. Box 6, La Monte, MO 65337.

A memorial service will be held at 2 p.m. at Show-Me Christian Youth Home on April 9, 2022.

Arrangements are under the direction of Rea Funeral Chapel.

William Hudson "Bill" Labus

William Hudson "Bill" Labus, 93, of Sedalia, died Monday, Jan. 17, 2022, at Rest Haven Convalescent and Re-

tirement Home.

Mr. Labus was born Jan. 12, 1929, in Fayette, Mo., to William A. Labus and Evelyn M. Padgett Labus. On Sept. 12, 1959, he married Patricia Menefee in Sedalia, and she survives in Laguna Niguel, California. On July 19, 1986, he married Jene Hudson in

vives in Sedalia. Mr. Labus grew up in Glasgow before moving with his family to Sedalia in 1942. He graduated from Sacred Heart High School in 1946 and served proudly in the Korean War. He graduated from Central Missouri State College in Warrensburg and worked most of his life for National Gypsum Company, for which he was named salesman

St. Louis, and she sur-

of the year. He was a member of Sacred Heart Catholic Church and the Sedalia Country Club.

Other survivors include four daughters, Kim Labus Continetti of San Diego, California, Julie Labus of Laguna Niguel, California, Kati Labus Borzansky of Trabuco Canyon, California, and Mari Minari of Loxahatchee, Florida; a grandson, Logan Borzansky

of Aliso Viejo, California; three granddaughters, Karlie Borzansky of Palm Springs, California, Kayla Henry of Tacoma, Washington, and Rebecca Minari of Loxahatchee,

daughter Shandi Carline of Jensen Beach, Florida; and numerous nephews, great-nephews and great-nieces.

Florida; Step-

He was preceded in death by two brothers, Gerald W. "Jerry" Labus in 1988 and James A. "Jim" Labus in 2003.

Mass of Christian Burial will be at 11 a.m. Thursday, January 27, 2022, at the Sacred Heart Chapel of St. Vincent de Paul Catholic Church with Father Joe Corel officiating. Burial will be in Calvary Cemetery. Visitation will be held from 10 a.m. until service time at the church. A celebration of life will be held at Sedalia Country Club after the burial service.

Memorial donations are suggested to St. Vincent de Paul Catholic Church, in care of McLaughlin Funeral Chapel.

DEATH NOTICES

Mullineaux

Terry Lee Mullineaux, 64, of Springfield, formerly of Sweet Springs, died Wednesday, Jan. 19, 2022, at Cox South Hospital in Springfield.

Funeral services will be at 2:30 p.m. Friday, Jan. 28, 2022, at Campbell-Lewis Chapel in Sweet Springs with William W. Harlow officiating. Burial will follow at Houstonia Cemetery in Houstonia. Visitation will be from 1:30 to 2:30 p.m. Friday at the funeral home. Arrangements are under the direction of Campbell-Lewis Funeral Chapel. Southard

Paul D. Southard Sr., 87, of Smithton, died Friday, Jan. 21, 2022, at his home.

Visitation will be from 6 to 8 p.m. Thursday, Jan. 27, 2022, at Heckart Funeral Home in Sedalia. Funeral will be at 2 p.m. Friday, Jan. 28, 2022, at the funeral home. Burial will be in Crown Hill Cemetery. Arrangements are under the direction of Heckart Funeral Home.

Waller

Elwood Eugene Waller, 81, of Nelson, died Thursday, Jan. 20, 2022, at Research Medical Center in Kansas City.

Graveside services will be at 11 a.m. Thursday, Jan. 27, 2022, at Nelson Cemetery in Nelson with William W. Harlow officiating. There will be no visitation. Arrangements are under the direction of Campbell-Lewis Funeral Home in Marshall.

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POLICE REPORTS

This list is a sampling of crime in Sedalia and the surrounding area. Information is taken from official police reports, which do not necessarily contain statements from all parties involved in each case.

Sedalia Police Department Arrests Jan. 19

7:10 a.m.: Malachi Quamayne Eugene Sims, 20, of the 2400 block of Southwest Main Street, was arrested after a female subject came to the police department to report that she was being harassed by a male subject. Sims was arrested and placed on a 24-hour hold in the Pettis County Jail pending a charge of second-degree harassment.

6:33 p.m.: Bridget M. Satrang, 38, of the 600 block of West Seventh Street, was arrested after a traffic stop in the area of West Seventh Street and South Harrison Avenue for speeding. The driver was found to have a suspended driver's license and was arrested, issued a summons, and released on scene.

Jan. 20

1:27 a.m.: Steven Jay Goldacker, 44, of the 1600 block of South Sneed Avenue, was arrested after a vehicle stop for an equipment violation on South Sneed at 18th Street. It was determined Goldacker was intoxicated and he was arrested, transported to the Sedalia Police Department, issued a uniform traffic ticket, and released to a sober driver.

7:06 a.m.: Gerardo Diaz Diaz, 42, of Kansas City, was arrested after a traffic stop on a car for headlights required near West 20th Street and South Limit Avenue. The driver did not have a valid driver's license and was arrested and transported to the Pettis County Jail. Diaz was charged with driving without a driver's license.

6:13 p.m.: Joshua R. Starner, 25, of the 1200 block of South Sneed Avenue. was arrested after officers responded in reference to a physical domestic disturbance. The victim stated that a man known to him assaulted him during a verbal argument. Officers were able to determine Starner was the primary aggressor. He was arrested and transported to the Pettis County Jail pending State charges of fourth-degree domestic assault.

7:05 p.m.: Don C. Soriano Palmerin Jr. was arrested after a traffic stop in the area of West Broadway Boulevard and West Main Street. He was found to have a suspended driver's license and was arrested on the scene and released after being issued a municipal summons for driving with a suspended driver's license.

Incidents Jan. 19

3:13 p.m.: An officer was dispatched to the 3000 block of West Broadway Boulevard for a report of a hit-and-run accident. The caller stated that while she was working Jan. 17, someone ran into her vehicle and drove off without leaving any information. There is security camera footage of the incident.

Jan. 20

12:49 p.m.: Officers responded to the 1800 block of South Barrett Avenue for a subject that shot a dog. Officers made contact with the subject who shot the dog. Contact was also made with the dog's owner. A report of the incident was created.

Jan. 21

12:05 a.m.: An officer was dispatched to the 700 block of West Third Street in reference to a burglary. The caller reported that someone had stolen \$4,000 and two cell phones from his residence. No arrests have been made at this time.

5:31 a.m.: An officer was

dispatched to the 1500 block of West Main Street in reference to a stolen vehicle. The caller said a man known to her had stolen her car keys then her car. No arrests have been made at this time.

Missouri State Highway Patrol Arrests Jan. 20

5:46 p.m.: Raymond J. Baraks, 50, of Oak Grove, was arrested in Henry County for driving while intoxicated. He was transported to the Henry County Jail and released.

Jan. 21

1:48 a.m.: Nathan C. Foster, 19, of Oak Grove, was arrested in Johnson County for driving while intoxicated and speeding. He was transported to the Warrensburg Police Department and released.

Compiled by Chris Howell.

FUNERALS

Blaylock, Teddy J. "Jack"

10:45 a.m. Saturday at www. facebook.com/parkadebaptistchurch. Arrangements are under the direction of Parker-Millard Funeral Service & Crematory in Columbia.

Finley, Kay B.

2 p.m. Saturday at Taylor Chapel Church. Arrangements are under the direction of Rea Funeral Chapel in Sedalia.

Borchers, John R.

1 p.m. Monday at Memorial Cemetery in Cole Camp. Arrangements are under the direction of Heckart Funeral Home in Sedalia.

Kennedy, Donald R.

2 p.m. Monday at First Christian Church in Marshall. Arrangements are under the direction of Campbell-Lewis Funeral Home in Marshall.

Waller, Elwood E.

11 a.m. Thursday at Nelson Cemetery in Nelson. Arrangements are under the direction of Campbell-Lewis Funeral Home in Marshall.

Baalman, Neal P.

11 a.m. Thursday at Sts. Peter and Paul Catholic Church in Cole Camp. Arrangements are under the direction of Fox Funeral Home in Cole Camp.

Labus, William H. "Bill"

11 a.m. Thursday at the Sacred Heart Chapel of St. Vincent de Paul Catholic Church. Arrangements are under the direction of McLaughlin Funeral Chapel in Sedalia.

Wakley, Rube Richard "Dick"

11 a.m. Friday at Wesley United Methodist Church in Sedalia. Arrangements are under the direction of Rea Funeral Chapel.

Baxter, Robert "Bob" J.

12:30 p.m. Friday at Mountain View Cemetery in Mesa, Arizona.

Southard, Paul D. Sr.

2 p.m. Friday at Heckart Funeral Home in Sedalia. Arrangements are under the direction of Heckart Funeral Home.

Mullineaux, Terry L.

2:30 p.m. Friday at Campbell-Lewis Chapel in Sweet Springs. Arrangements are under the direction of Campbell-Lewis Funeral Chapel.

Davis, Shawn R.

1 to 3 p.m. Saturday, Feb. 5 at Heckart Funeral Home in Sedalia. Arrangements are under the direction of Heckart Funeral Home.

Culler, Karen L.

2 p.m. Saturday, April 9 at Show-Me Christian Youth Home. Arrangements are under the direction of Rea Funeral Chapel.



ACROSS:

- 3. One thing that tourists might be expecting to see on a tour of British manors is an old family _.
- 5. Someone who's a nervous type could really be unnerved
- by a sudden _. Magnanimous producer says he tries to follow the creed
- that claims the greater the _, the greater the production. 8. Young man expects his parents will be the first to praise him for his having made a _.
- Thirsty lost adventurer swears loudly when his attempts to _ container of water from well fail because thin rope breaks.
- 11. Successful ad agency president claims the best ad writing teams are those whose minds and wit are very
- 12. Goalie slams his locker door in rage after losing crucial hockey game by allowing puck to _ past him into the net.
- 14. Usually, the higher the quality of _, the more expensive it
- Boasts.
- 18. Being cute and soft are the usual qualities of _ that attract those who are selecting them for young children.
- 19. Parishioner advises guilt-ridden friend that in all probability, if she _, it will ease her conscience considerably.

DOWN:

- Commentator criticizes politician's pious attitude, claiming it's insincere and quite obvious in his sanctimonious _.
- Upon receipt of urgent classified message, military commander is initially stunned and unable to _ what to
- Its treatment is crucial to how a _ responds.
- 4. Newly hired server is fired after being seen _ trays of drinks at corporate event.
- When proud father points out his prized photo of _ against beautiful night sky, he's dismayed to see daughter's
- Psychologist claims that for most, the sight of _ can be frightening.
- 13. Political science students claim that lawbreakers, when facing the likelihood of legal action, might well choose to
- 16. Stinks.
- Where one goes to drink.



THIS LIST INCLUDES, AMONG OTHERS, THE CORRECT WORDS FOR THIS PUZZLE.

ONE

ALIKE COAL ALIVE COAT BAR COST CREST BIT **BLOOD** CUT DECIDE BRAGS CANT CAST DESIST CAT DRAG CHEST

DECODE

FLOOD HIT KITTENS MITTENS RANT REEKS RELENTS REPENTS

DRAW

SCARE SKIP SLIP SPAR SPILLING STAR STARE SWILLING

RESIST

Non Subscriber

OFFICIAL RULES

to make the words that you think best fit the clues. Read the clue carefully, for you must think them out & give every word its true

1. Solve the PRIZE WEEK PUZZLE (PWP) by filling in the missing letters

2. Check the word list given. It has all the contest answers, plus some that you will have to eliminate.

3. You need not be a subscriber-to the Sedalia Democrat in order to enter PWP, but you must be a resident of our circulation area. You may submit as many entries as you wish on the entry blank printed in the Sedalia Democrat. (MECHANICALLY PRODUCED OR CARBON DU-PLICATE FACSIMILES OF ANY TYPE WILL BE REJECTED. PUZZLES IN 2 OR

MORE PIECES WILL BE REJECTED.) 4. Anyone is eligible to enter PWP meeting the above requirements except employees of the Sedalia Democrat and family members

5. All entries must be received by mail at the Sedalia Democrat or deposited as instructed above by Noon Wednesday following the date of publication. The Sedalia Democrat will award prize money to the contestant who sends in an all-correct solution. In the event of more than one all-correct solution the prize will be divided equally among the winners. If no all-correct solution is received, the weekly grand prize will be increased by \$50.00 to Sedalia Democrat subscribers, \$25 to non-subscribers & added to the following week's

6. There is only one correct solution to each PWP & only the correct answer can win. The decision of the judges is final & all contestants agree to abide by the judges' decision. All entries become the property of the Sedalia Democrat. Only one prize will be awarded

to a family unit.

7. The winner & answers will be published in the Following Friday's paper. Every entry will be checked. No claiming is necessary. 8. The Sedalia Democrat reserves the right to correct any typographical errors which may appear during the PWP game. ERA-

SURES OR CROSS OUTS WILL VOID ANY ENTRY. 9. PWP clues may be abbreviated & such words as AN, THE & A omitted.

10. In fairness to all, the Sedalia Democrat cannot answer questions or respond to phone calls or letters regarding the Prizeweek

11. When you've completed your PWP, CUT IT OUT & BRING IT or MAIL IT TO THE ADDRESS LISTED BELOW:

Sedalia Democrat- Prizeweek Puzzle 700 S. Massachusetts, Sedalia, MO 65301

EDITORIAL

CONTRIBUTING COLUMN

God on a cold day

"He giveth snow like wool: he scattereth the hoarfrost like ashes. He casteth forth his ice like morsels: who can stand before his cold?" -Psalm 147:16-17

First, some thick wool socks. Then, long underwear, the kind with a waffle pattern. Or leggings lined with fleece. A T-shirt. A fuzzy, pilly sweater with sleeves that hang down to the palms of your hands. Sturdy overalls of canvas or waterproof bibs. A heavy coat that matches your personal style: a wool peacoat, a down jacket, a bulky Carhartt. Then, gloves. Cheap cotton ones. Fuzzy yellow work gloves with red wrists that you buy by the bale at the farm store. Sturdy cowhide. Vintage Isotoners. Finally a hat. A stocking cap is warmest, but you might opt for earmuffs, or a beret if you're feeling jaunty.

Now you're ready! Oh wait. A flannel scarf. And boots. Maybe a second pair of socks. Some sunglasses.

Now you're ready. It's easy to complain about frozen car doors and wind chill and the cost of propane. But properly layered and insulated, there's a lot more to notice on a very cold day.

The air feels thinner and cleaner. The ugliest heaps of junk glitter in the frosty sunshine. Humans must shield and shroud themselves, but everything else in the world has been laid bare. The lay of the land is visible now, and the shape of the trees, and the hidden nests and dens of animals. Even our breath is right before our eyes. God is revealing the framework of his Creation. It is just as good as the blossoms of spring or the lush green of summer or the glory of autumn. God, as it is often said, does not make junk.

This kind of clear, cold revelation is too intense for most people to take for long. That's by design too, a notice



LIZ SCHLEICHER

Contributing Columnist

from the Creator to us that we aren't as smart or strong as we tell ourselves we are. The bare trees can take the cold. The fur-bearing animals can. The empty land can. But we, the most advanced creatures on Earth, stand huddled and shivering in front of the woodstove or over the heating vent.

We don't have to love the depths of winter. Winter certainly doesn't love us back. It is bitter and sharp and deadly. It commands respect but provides very little to humans in return for our deference. It reveals all our soft spots and sends us running for cover. But ultimately, we cuss and moan at winter because it doesn't belong to us. It is God's season, not ours. In it, he chooses to reveal his power and the skeletal glory of the Earth. By doing so, he uncovers the weakness of man.

In just a few short months, it will be spring. We'll be partners with the Earth again, instead of enemies, playing and plowing and gardening. We'll be all too glad to forget the layers of clothes and frozen car doors. We'll be even happier to forget the starkness of God's power and our vulnerability to his other creations. But even in our forgetfulness, he will still be in the one in charge:

"He sendeth out his word, and melteth them: he causeth his wind to blow, and the waters flow." - Psalm 147:18

Liz Schleicher lives in Green Ridge and is a wife, stay-at-homemother, writer and rare cancer survivor.

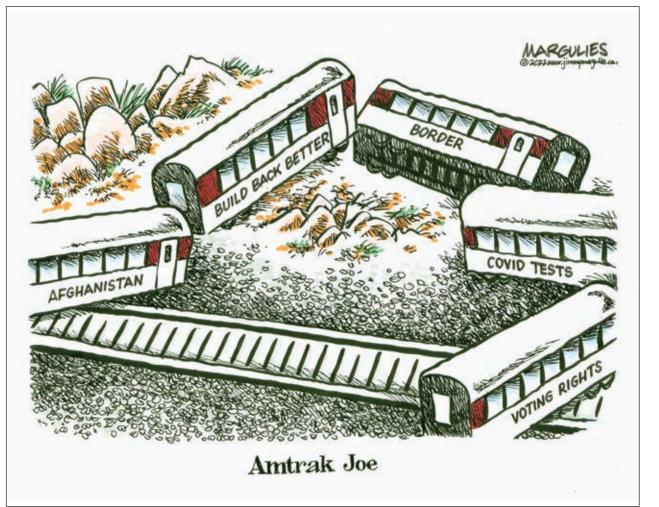


Letters to the Editor Policy

The Sedalia Democrat welcomes letters from its

readers on topics of general public interest. Persons with questions concerning Letters to the Editor may contact the Democrat at 660-826-1000 during regular business hours. Please note the following guidelines for letters and their submission:

- All letters to be considered for publication must include the name and address of the writer and a daytime telephone number where the writer may be reached during normal business hours.
- · All letters must be signed. The name and hometown of the writer will be published.
- Letters must be 250 words or less.
- · Letters may be mailed to: Letters to the editor, Sedalia Democrat, 700 S. Massachusetts Ave., Sedalia, Mo., 65301 or emailed to news@sedaliademocrat.com.



CONTRIBUTING COLUMN

Another fond memory, another false election claim

Before I begin lamenting some of the latest discoveries in the Jan. 6 investigation, please indulge my telling one more Terry Teachout story. I have been reliving many of our adventures and meetings over the past week, and one prank that had been languishing on the edge of my memory made me laugh out loud.

Jewell's band and choir had been invited. along with many other Kansas City-area colleges', to participate in performing a huge piece of music with conductor Maurice Perez and the Kansas City Symphony (at that time, it was known as the Kansas City Philharmonic) - the Hector Berlioz Requiem. Not only does the piece require an orchestra, it also requires four additional brass ensembles, along with a huge choir. Our choir comprised about 1,000 voices. We rehearsed at what was at that time called the RLDS Auditorium in Independence for two days before presenting the piece in concert. The makeup of the piece means that different sections - choir, orchestra, band - might have a couple of hours of free time before being called to rehearse a particular part of the music.

Terry and I were bored with waiting, and



DEBORAH MITCHELL

 $Contributing\ Columnist$

so we explored every corner of the huge auditorium and the gigantic organ loft. At some point, we decided that it would be fun to hide the bass drum stick and then write clues to lead the drummer on a scavenger hunt to find it. And so we did.

The bass drum player was a quiet sort whose natural shyness meant he was usually closer to the wall than to the crowd in the middle of the room. We had no idea how he would react to the disappearance of the thing he needed in order to participate, but we forged ahead. Writing those clues was so much fun! We had him traveling all over the place, looking in, say, Seat Number C34 in section 20 for his next clue.

After we wrote the clues and casually dropped the first one in front of him, Terry and I sat in the organ loft and watched the drama unfold. At the end of his search, our victim

triumphantly waved the bass drum stick in the air. He had enjoyed the diversion as much as we had. The next day, we tried the same stunt with a trumpet. That didn't work out so well, as the trumpet player got mad. Our fun was over, but we laughed about it for weeks. I'm smiling as I remember

These memories are much more pleasant than what I have been hearing and reading about in the news, especially the news about a concerted and conspiratorial effort to upend the 2020 elec-

The claims about fraud in that election have been consistently denounced, debunked, and thrown out of court. Even the Supreme Court has dismissed the claim. Additionally, one of the people who at the time cried "Fraud!," Sidney Powell, said in her defense against a defamation suit, "'no reasonable person' could have mistaken her wild claims about election fraud last November as statements of fact" (https://bit. ly/3rE1xPc).

And yet this mess continues.

Most shocking is that in seven states, people falsified documents purporting to declare Donald Trump the winner of the election in those states. He won

none of them. Further evidence shows that Rudy Giuliani and the Trump campaign instigated the states' submitting the false documents. The Detroit Free Press reports: "Michigan Republican Party Co-Chair Meshawn Maddock said that the Trump presidential campaign directed Republicans in Michigan to seat fake GOP Electoral College delegates, according to audio obtained by CNN" (https://bit. ly/3nM8yMw).

And The Independent reports: "Rudy Giuliani and other Trump campaign officials were involved in overseeing efforts in December 2020 to put forward illegitimate electors in seven states, according to US media reports" (https://bit. ly/3FVbqwW).

The false claims of election fraud must stop, and people who plotted and lied to orchestrate a government takeover must be brought to justice under the law.

I can tell you that losing an election is no fun. But losing is always a possibility. Do you remember hearing "Get over it!" after Hillary Clinton lost? Without trying to sound rude, I think that is what needs to happen

Deborah Mitchell is a Sedalia attorney.

THEIR VIEW

Back to prison, in a good way

By Jefferson City **News Tribune**

Until 2019, the shuttered Missouri State Prison was enjoying a second life as a tourist destination that drew people from across the United States and beyond.

But after the onetwo punch from the tornado in 2019 and the pandemic in 2020, that second life seemed destined to be short-lived.

As we recently reported, Housing Unit 4's roof was severely damaged and it had to be removed. Other

parts of the prison were damaged as well. Tours were limited to undamaged areas.

Then came the pandemic. Tours were suspended. When they resumed, the scope of the tours still were limited.

But the city's Convention and Visitors Bureau used the time to focus on making needed repairs, which were extensive. Housing Unit 4 was roofless and exposed to the elements for about two years. Debris had accumulated inside the

building. But the two enti-

ties worked together to install an \$830,000 roof and the CVB, along with volunteers, worked to clean inside. The job was larger than initially thought, so the tasks were limited to the main floor and dungeon cells.

Now, the CVB is preparing a tour season. Guests will only have access to those two lower floors of Housing Unit 4, not the upper floors.

Still, that's much better than a tour without Housing Unit 4, which, we would argue, is the

heart of the prison. Just keeping the

tours open is a win for the CVB and the city.

MSP visitors made a \$2.8 million economic impact on the city last year with hotel stays, restaurant visits and other shopping/attractions, the CVB estimates.

This year, the agency's goal is more than 30,000 visitors, about the same number as the last uninterrupted season in 2018.

We thank everyone at the CVB, the state and other entities/ individuals who have worked to give it a realistic shot at that goal.

US medical team to give COVID-19 help to St. Louis hospital

By Margaret **Stafford**

Associated Press

A U.S Navy team of medical specialists is scheduled to arrive in the St. Louis region next week to help a hospital strained by an increase in CO-VID-19 cases, authorities announced Friday.

Missouri Gov. Mike Parson's office and the St. Louis Metropolitan Task Force said a team of 44 medical specialists, including doctors and nurses, will be arriving next week at Christian Hospital in northern St. Louis County.

"This aid serves as a beacon of hope for us as we continue to serve our community during this unprecedented time," said Rick Stevens, president of Christian Hospital.

The metropolitan task force submitted requests last week to the State **Emergency Manage**ment Agency for federal help for 11 St. Louisarea medical facilities in response to a surge in COVID-19 cases fueled by the omicron variant.

The U.S. Department of Health and Human Ser-

vices said it could deploy resources to only one of the hospitals, and Christian was chosen because it is in an underserved community, the task force said in a news release.

"It is hoped that by adding resources in North County other facilities will benefit as well," said Laura High, spokeswoman for BJC HealthCare.

The federal medical team will be stationed at Christian for about 30 days.

State health department data on Friday reported that the state had a seven-day average of 3,735 people hospitalized with confirmed or suspected COVID-19 cases, with a seven-day average of 699 patients in intensive care.

The state on Friday announced it has confirmed more than 1 million cases of COVID-19 since the pandemic began. The 1,008,681 cases include 63,174 in the last seven days as of Thursday, with a seven-day average of 9,025, according to state data.

A 17-member federal medical team has been working with Research

Hospital in Kansas City since Jan. 7 and will continue to assist through Feb. 4, the governor's office said. And two teams with the federal Ameri-Corps organization are helping at testing sites in St. Charles, St. Louis, Springfield and the Kansas City area.

The announcement of federal help came on the same day that Missouri Attorney General Eric Schmitt sued 36 school districts in the state that are requiring students to wear masks. He was joined in the lawsuit by a total of 76 parents.

"It's time to give the power back to parents and families to make these decisions themselves," Schmitt said on social media.

Schmitt, a Republican who is running for the U.S. Senate, initially threatened to sue school districts over mask mandates in December, prompting some districts to drop or modify their mandates while others insisted Schmitt did not have the authority to override decisions made by locally elected officials.

Schmitt has cited a

ruling in November from a Cole County judge that school districts and local health agencies do not have the authority under state law to impose health orders.

He did not mention that ruling in the lawsuits filed Friday against districts across the state, including Kansas City, Columbia, Waynesville, Liberty, Affton, Rockwood and others. He argued the state Legislature must authorize school districts to enact public health orders and lawmakers have not done so.

"School districts do not have the authority to impose, at their whim, public health orders for their schoolchildren," according to language contained in the lawsuits. "That is doubly true when the public health order, in this case, facemasks, creates a barrier to education that far outweighs any speculative benefit."

The state said Thursday that 62 districts have closed for one or two days in January, largely because of staff shortages and high student absences due to the increase in COVID-19 cases.

LOCAL BRIEF

North Park intersection to close for construction

Union Pacific Railroad has notified the City of Sedalia that beginning at 7 a.m. Tuesday, Jan. 25 through 5 p.m. Wednesday, Jan. 26, UP will be making improvements to the rail crossing at the street intersection at North Park Avenue. Travelers will need to plan alternate routes as the roadway will be closed to through traffic during the planned construction period. The closest through street to the east of North Park Avenue is North Grand Avenue.

UNIVERSITY OF MISSOURI DEAN'S LIST

The University of Missouri fall semester 2021 dean's list is now available. During the fall 2021 semester, 11,488 undergraduate students earned the academic distinction to be named to the dean's list.

Cole Camp: Brooklyn N. Cross, Jamison Wade Farrar, Keygan C. Fox, Seth M. King, Aiden W. Murphy, Willy Ehren Murphy, Ashley Paige Schear and Evan J. Shearer.

Houstonia: Mallory Paige Ford, Emily A. Gregory and Remingtin L. March.

Hughesville: Rylan Dane Chamberlin, Avery Powell

and William Richard Boone Schroeder. Ionia: Hannah N. Anderson.

Lincoln: Bailey J. Crouch.

Mora: Mikayla Elice Acklin.

Sedalia: Abbey Lynn Ahern, Hannah Elizabeth Beebe, Katelyn R. Beebe, Tania Bhardwaj,

Reagan Lynne Braverman, Chloe Elizabeth Buckley, Tanner R. Butler, Brandi D. Estes, Frida Marie Frausto. Carlos Guzman Nunez, Maribeth Elaine Hammers, Gracie Kay Hofheins, William Reese Hooton, Macey R. Hoover, Breana Martina Hoover, Vladislav Andreyevich Husyev, Natalie Ann Izoita, Brooke D. Jackson, Faith Lin Johnson, Envie Lakota B. Johnson, Lyubov Lilliya Kornev, Alysia G. Marquez, Sophie Reese Martin, Elizabeth Ann Matz, Jacob Allen McFail, Lauren E. McFail, Katelynn M. Montgomery, Reagen S. Mullins, Brian Lewis Oster, Maggie Ou, Christopher Steven Scheiner, Brian Alejandro Sierra, Meredith Brookshire Tester, Taylor Lauren Thomas, Daniel M. Vang, Austyn Klay Wenner, Megan Nicole Wingerter. Smithton: Kiersten Elizabeth Luttrell

Megan Renae Stoll. Warsaw: Taylor Marie Bunch, Andrea Elizabeth

Merritt and Brenna Elizabeth Smith.

McConnell responds to uproar over comment about Black voters

By Piper Hudspeth **Blackburn**

Associated Press

LOUISVILLE, Ky. (AP) — Senate Minority Leader Mitch McConnell pushed back Friday against the uproar over a comment he made about African American voters, calling the criticism directed his way "outrageous."

McConnell had been accused of racism for saying that "African American" voters cast ballots at similar rates to "Americans." The comment implied that Black voters are somehow not American and underscored the concerns of voting rights advocates that Republicans in state legislatures across the country are explicitly seeking to disenfranchise Black voters.

Following a speech Friday at an annual conference in Louisville, the Republican leader said he misspoke Wednesday when he made the comment during a Washington relating to voting rights, news conference.

"I've never been accused of this sort of thing before, and it's hurtful and offensive," he said. "And I think some of the critics know it's totally nonsense."

McConnell on Wednesday had said that "African American voters are voting in just as high a percentage as Americans." McConnell explained on Friday that he should have said the word "all" before "Americans."

He also defended his record on race by noting that he attended the Rev. Martin Luther King's March on Washington in 1963. He also said he helped organize a civil rights march at Kentucky's state Capitol and was present when President Lyndon Johnson signed the Voting Rights Act in 1965.

When asked what he would say to those who had been offended by his words, McConnell said he would discuss his record

and brought up his role as a mentor to Kentucky's Attorney General Daniel Cameron, who is Black and one of many Republicans who came to the minority leader's defense this week.

"I think he would confirm with you that I recruited him to run. I've supported him, and I'm proud of him." McConnell said. "I have had African American speechwriters, schedulers, office managers over the years."

Charles Booker, a Kentucky Democrat running for the U.S. Senate, had been among many who had blasted the Republican earlier in the week. Booker, who is Black, did not back down from criticizing McConnell on Friday.

"Mitch McConnell wants you to know it's fine for him to block Voting Rights because he has Black friends," tweeted Booker, who unsuccessfully ran for McConnell's seat in 2020 and is challenging GOP Sen. Rand Paul this year.

McConnell tried to rebuff concerns among Democrats that GOP state lawmakers across the country are trying to disenfranchise minority voters by pointing to record-high turnout for all voters in the 2020 election.

Federal legislation like the kind he and other GOP lawmakers blocked on Wednesday also wasn't necessary, he said, because the Voting Rights Act was still law and concerns over specific state voting laws could be worked out through the court system.

"They co-opted Congressman Lewis' name, stuck it on a bill that really was not related to the Voting Rights Act ... in order to try to achieve a partisan advantage by federalizing election laws," McConnell said, referencing the Freedom to Vote: John R. Lewis Act.

STATE BRIEF

Police: 2 found dead in Raytown in apparent murder-suicide

RAYTOWN, Mo. (AP) — Two people have been killed in an apparent murder-suicide in suburban Kansas City, police there said.

Police said officers were called to a home in Raytown just after 4 p.m. Thursday by someone who reported that a man had shot a family member, then shot himself.

Arriving officers found two men dead at the scene. Police have not released the men's names or said how they are related.

Police said the investigation into the shooting is continuing and asked anyone with information to contact detectives.

Raytown is about 10 miles southeast of Kansas City.

From Page 1A

Bates said there is a fight for resources in rural Missouri community colleges instead of partnerships.

"I'll be the president that is looking out State Fair Community College, looking out for ways and opportunities to partner," Bates said.

Bates moved onto the third slide of his presentation that focused on centers for excellence and spoke about wanting to increase market shares, enrollment and retention through that and branding SFCC.

"So if we brand, that way there is an opportunity to draw people from throughout our service region," Bates added.

Bates moved on to the next topic of his presentation: Change, the change to improve and to adapt.

"We need a plan, a forecast, we need to be agile and responsive," Bates continued. "We need to adapt and change purposely, solve problems, not change for change's sake."

Before he ended his presentation, Bates looked at the crowd and said "I hope you hire me."

"It has been my honor to serve you for the last 20 years, you as stakeholders at State Fair Community College, and again it would be a dream come true if I can continue serving you as president," Bates said.

To begin the Q&A, Robin Balke asked what things Bates does in his career to learn fresh ideas since he has been there for 20 years.

"I have a bunch of people that I respect and that I turn to for ideas and information," Bates said. "With this network, it's amazing that many times when we face a problem here at State Fair Community College... I call a colleague and they tell me we are facing the same thing so I have a support network to reach out to."

Bates said part of being president is hiring good people who have that kind of vision and helping make those new ideas happen.

Dr. Doug Kiburz asked what the future of education is and Bates answered that it is a combination of different class types like online, labs, virtual and in-person.

Dean of Student Service Daniel Avegalio asked how Bates would drive enrollment since it has been down for the last couple of years.

"If enrollment is down people, blame student services and if it's up, the president takes the credit but this is the deal: enrollment should really be all of our focus, every one of us at the institution has a role in engaging our stakeholders," Bates said.

Director of Facili-

ties Justin O'Neal asked Bates to explain what he foresees is the president's role in protecting the service areas.

"As president, I got to be the one out there on the frontlines protecting, speaking up for State Fair Community College, making sure that people stay in their lanes but beyond that, I think there is opportunity to partner with other institutions," Bates said.

The next candidate to visit SFCC will be Michelle Schutt on Monday, Jan. 24, followed by Dr. David Hinds on Jan. 26, Dr. Randy Smith on Jan. 28, and Dr. David Braverman on Jan. 31.

Those unable to attend any of the sessions on campus will be able to view the recorded public presentations on Feb. 1 at sfccmo.edu/presidential-search.

Skye Melcher can be reached at 660-530-0144.

Pettis County Citizens DID YOU KNOW?

- The commission is still talking about a special "Host Agreement" with the developer of the new proposed landfill circumventing an ordinance to protect the county.
- It has taken the commission 10 months to finally announce a public forum to discuss the new proposed landfill?
- The commission has not provided any documents pertaining to an ordinance as requested by the official Sunshine Law request, thus avoiding transparency?
- If permitted, 95 acres landfill could be expanded to a square mile without any county oversight or
- The individuals who developed the current landfill/ mountain west of Sedalia are the same ones trying to start another landfill in Pettis County?
- Another landfill could negatively impact the quality of economic development in Sedalia.
- Pettis County could be home to one of the most acreages in the nation devoted to landfills.

Pettis County could be the "Trash Capital" of the U.S.!

THIS IS GETTING URGENT!!

- Every day that passes, gets us closer to another landfill unregulated by Pettis County!
- You can help keep the fight alive by voicing your opinion to the Commissioners and donating to the

Any contribution will help protect Pettis County.

Send to: Pettis County First 20129 HWY T La Monte MO 65337

Paid for by Pettis County First, Wes Lazenby; Treasurer

Shelter

From Page 1A

Martin made sure to thank St. Vincent de Paul Parish for the use of their basement as the Warming Shelter's location, and for other organizations that volunteer to help.

"We have the Rotary and 10 churches that take turns manning the shelter, all volunteers," Martin said. "Open Door provides a lot of the meals, Community Cafe the evening meal, and any groceries that we might need the Open Door provides. When we're open 24 hours, breakfast, lunch, and dinner are provided. Lunch is provided by Open Door kitchen and the supper's provided by Community Cafe. We go and get it and bring it here."

Cliff McBride is a volunteer with First Methodist Church and covers two-person shifts overseeing the shelter and signing-in guests. Reasons he saw on Thursday's sign-in sheet included "heat not working at home."

"You've got the ability to interact, some of the people here actually want to tell their story," McBride said. "We had people here last night that were here because they lost heat at their house."

Losing heat in a home is what Martin calls house-camping. He remembers a family last year that spent a week in a cold house before coming into the shelter.

"When they walked in, they looked like they walked out of the polar north," Martin said. "I mean they had icicles literally hanging off their eyebrows and rosy-red cheeks. We got them in here, got them some hot soup and hot chocolate and since they had little ones, we gave them a private room. We didn't see them for 24 hours."

Those in from hours or even days in the elements frequently sleep for extended periods, Warming Shelter volunteers said.

"The reason we do this is to do our part trying to prevent deaths from exposure," Martin said. "I mean, if you know if we could save a life we save the life, right?"

As the weather can change quickly, decisions to open the Warming Shelter are made that day. The problem is then getting to word out to potential clients that they have a place to go.

"We even try to get phone numbers if they're available so that we could text them and let them know that the shelter is open," Martin said. "So we're looking for ways and methods to better get the message out on a short term notice."

Chris Howell can be reached at 660-530-0146.

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Think your home value is soaring? Talk to a farmer By Scott **McFetridge**

Associated Press

DES MOINES, Iowa (AP) — Fourth-generation corn and soybean farmer Jeff Frank doesn't feel rich, but simply based on the skyrocketing value of his land in northwest Iowa, it's an apt way to describe him, even if he laughs at the idea.

He lives in the same nearly century-old house, grows veggies in the family garden and shops at the same grocery store about 15 miles down the road. "We live the same way we have all of our lives," he said.

Still, even if Frank's life hasn't changed, the several hundred acres he owns about 80 miles (129 kilometers) northwest of Des Moines have suddenly made him worth millions of dollars.

It may come as a surprise to city dwellers excited by their home values that countless farmers like Frank are actually experiencing a real estate boom that makes residential prices pale in comparison. While median existing-home prices rose by 15.8% in the U.S. last year, farmland values went up about double that rate in places like Iowa.

"I'm definitely surprised by the magnitude," said Wendong Zhang, an economist at Iowa State University who oversees an annual farmland value survey.

The rising values, especially in the Midwest, are due to high prices being paid for the key commodity crops of corn and soybeans, plentiful harvests in recent years coupled with low interest rates and optimism the good times will continue.

But they're a mixed blessing. They're enriching farmers who already have a lot of land, but making it much harder for small operators or younger farmers starting out to get land unless they happen to inherit it.

Most purchases are by operations that see the value of larger scale, seizing the chance to buy nearby land.

"If you miss this opportunity, you may not get another chance," Zhang said, describing the current mood.

As for consumers, higher land costs typically don't affect grocery prices.

Historically, farmland values rise and fall, but in the past couple decades they have mostly risen, and in the past year they have risen a lot — 33% in Frank's part of the state and 29% throughout Iowa, one of the nation's top agricultural states. Agricultural prices also have soared elsewhere in the Midwest and have climbed in most other parts of the country, too.

Federal Reserve Banks in Chicago and Kansas City reported doubledigit increases in Illinois, Wisconsin, Indiana, Missouri and Nebraska.

In Iowa, average farmland has risen from \$7,559 an acre in 2020 to \$9,751 an acre in 2021.

Nationally, farmland was up an average of 7% but that doesn't include the last half of 2021, when prices really took off in many areas.

Farmland prices have even climbed in California despite concerns about persistent drought. In 2021, the average prices of \$10,900 an acre was up 9% from 2020.

The land purchases augment an existing national trend of more agricultural production coming from everlarger farms.

Dan Sumner, an agricultural economist at the University of California-Davis, credits some of the rising value in switching to higher-value crops, such as replacing alfalfa with nut trees.

Overall, though, Sumner said farmers are feeling good about their future.

"It reflects confidence in the economics of agriculture," he said.

The upswing follows tumultuous years of trade wars, market breakdowns due to the coronavirus pandemic and drought in much of the West.

For individual farmers, the biggest benefit of rising values is that they can borrow money at better rates for annual needs like seed and fertilizer and longer-term investments like tractors and even more land.

The high prices have prompted plenty of people to buy and sell land, leading to a record of \$765 million in agricultural land sales last year overseen by Farmers National Company, one of the nation's largest landowner services companies.

Randy Dickhut, a Farmers National real

AccuWeather | Go to AccuWeather.com

estate broker in Omaha, Nebraska, said a more typical year would see about \$500 million in sales.

"It's been very busy," Dickhut said. "It's certainly easy to sell.'

But Holly Rippon-Butler, who runs a dairy with her parents in upstate New York, called the farmland prices increases "just nuts.'

"The hard reality is, buying land is almost impossible unless you have some preexisting source of generational family wealth," said Rippon-Butler, who works with the National Young Farmers Coalition, an organization the among other priorities advocates for policy changes and public funding that would enable more people to have access to land.

Given high land prices, Rippon-Butler said beginning farmers she encounters typically work as little as a quarter-acre of land and see 20 acres as a relatively large operation. Many farmers also rent land, and as values rise, so do rental rates.

Frank, the farmer in northwest Iowa, said that even though he's technically wealthier now, it hard for him to expand his holdings as he prepares to pass along the property to the next generation.

"I have a son who farms with me and of course he'd like to expand but buying farmland right now is a big undertaking," he said. "Even for a small farm you're talking about millions of dollars."

THE WEATHER

SEVEN-DAY FORECAST



Mostly cloudy and not as cold

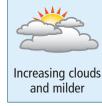


and clouds

A blend of sun



MONDAY







Partly sunny and much colder



Cold with plenty of sunshine



Mostly cloudy and not as cold

Atlanta

Billings

Boston

Buffalo

Charlotte

Cleveland

Chicago

Dallas

Denver

Detroit

Honolulu

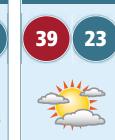
Houston

Indianapolis

Las Vegas

100s

Baltimore



Clouds and sun

Today

Hi/Lo/W

46/28/pc

33/21/s

44/33/c

27/21/s

26/19/sn

40/23/pc

30/15/c

27/20/pc

51/31/s

43/26/s

27/18/pc

81/69/s

54/31/s

31/22/pc

62/42/pc

r - rain, sf - snow flurries, sn - snow, i - ice

Hi/Lo/W

48/33/s

39/20/pc

49/32/pc

34/17/c

22/4/sn

49/26/s

24/15/sn

23/11/sn

63/41/s

52/29/s

24/14/c

79/67/s

57/42/pc

30/18/sn

62/41/s

Weather (W): s - sunny, pc - partly cloudy, c - cloudy, sh - showers, t - thunderstorms,

Milwaukee

New Orleans

Oklahoma City

Nashville

Norfolk

Orlando

Phoenix

Pittsburgh

Portland, ME

Portland, OR

Sacramento

San Francisco

Washington, DC

St. Louis

Seattle

NATIONAL WEATHER

SUN AND MOON

Last	New	First	Full
Moonset to	•		10:17 a.m
Moonrise 1			10:15 p.m
Sunset ton		5:23 p.m	
Sunrise too	aay		7:26 a.m
C	1		

Jan 25 Jan 31 Feb 8 Feb 16

WEATHER HISTORY A record 17.4-inch snowfall on Jan. 22, 1902, in Buffalo, N.Y., was dwarfed by 30 inches in Philadelphia, Pa., on Jan. 8, 1996.

Today

Hi/Lo/W

28/12/c

39/24/s

49/30/s

33/22/c

48/28/pc

62/46/c

68/52/c

25/19/s

19/12/s

50/32/pc

65/36/s

40/30/pc

62/46/s

47/34/pc

34/23/pc

Hi/Lo/W

20/13/pc

48/30/pc

50/36/pc

40/28/0

56/31/s

62/40/pc

68/45/pc

49/35/pc

63/36/s

40/25/pc

60/46/s

46/35/pc

ALMANAC

Sedalia Regional Airport Thursday

TEMPERATURES	
High	19
Low	6
Normal high	38
Normal low	18
Record high	62 in 1951
Record low	-14 in 1985
PRECIPITATION	
Thursday	0.00"
Month to date	0.65"
Normal m-t-d	1.21"
Year to date	0.65"

HEATING DEGREE DAYS

Index of energy consumption indicating how many degrees the average temperature was

below 65 degrees for the day.	
Thursday	52
Month to date	692
Season to date	1974
Normal season to date	2775
Last season to date	2256

RIVER LEVELS

In feet as of 7 a			
Blackwater	Stage	Chg	Fld Stg
Blue Lick	7.53	+0.08	24
Valley City	3.55	+0.11	22
Lamine			
Otterville	1.10	-0.08	15
Missouri			
Boonville	3.99	-0.15	21

Forecasts and graphics provided by AccuWeather, Inc. ©2022

Kirksville Shown is today's weather. **Falls City** 34/26 Temperatures are today's 44/30 St. Joseph highs and tonight's lows. 42/28 Springfield • Topeka **Kansas City** 47/31 Columbia **44/32** 41/30 St. Louis **SEDALIA Jefferson** 40/30 42/31 City Cape 43/30 Girardeau 40/24 **Joplin** 42/29 **Springfield Paducah** 42/26 **Poplar Bluff Tulsa** 39/25 47/29 Mountain o 41/23 Kennett Home 39/26

High: 43. Low: 28. Times of clouds and sun today. Clear to partly cloudy tonight. Mostly sunny tomorrow. Monday: mostly sunny.

43/26

KANSAS CITY

High: 44. Low: 32. Times of clouds and sun today. Partly cloudy tonight. Times of clouds and sun tomorrow. Monday: mainly cloudy. Tuesday: mostly sunny.

High: 40. Low: 30. Intervals of clouds and sunshine today. Turning cloudy tonight. Periods of clouds and sunshine tomorrow

High: 28. Low: 24. Mostly sunny today. Partly cloudy tonight. Rather cloudy tomorrow. Monday: clouds and sun. Tuesday: a bit of snow and rain at times.

TheHomesTour.com

TheLandTour.com

sunshine. Tuesday: plenty of sunshine.

High: 72. Low: 54. Sunny today. Clear tonight. Nice tomorrow and Monday with plenty of

TheCommercialTour.com

90s 80s 60s 50s 40s 0 30s 20s Denve 43/26 10s 0s -0s -10s t-storms rain

Summary: As cold rain lingers over Florida, much of the Eastern and Southern states will be dry today. Areas of snow will affect the North Central region as an Alberta clipper storm drops

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Halep again into Week 2 of Australian Open • Sports 2B

Sedalia Democrat

Saturday, January 22, 2022 • B Section

Chiefs hope Edwards-Helaire, Williams take field vs Bills

By Dave Skretta

AP Sports Writer

KANSAS CITY, Mo. (AP) — The Chiefs could have running back Clyde Edwards-Helaire available for the first time in nearly a month when they play the Buffalo Bills on Sunday night for a spot in their fourth consecutive AFC championship game.

Edwards-Helaire practiced all week for the first time since hurting his collarbone in the second half against Pittsburgh on Dec. 26, though Chiefs coach Andy Reid stopped short of declaring him ready to go following Friday's workout.

Last week, Reid was optimistic Edwards-Helaire would play in the wild-card round but he wound up being inactive.

"I felt comfortable with him practicing today and he did practice full speed and all of that," Reid said. "But listen, I'm still recovering from telling you guys he was going to play last week. So I'm not saying anything until the fish is in the boat.'

Edwards-Helaire, who also dealt with a knee injury earlier this season, has run for 517 yards and four touchdowns while appearing in parts of just 10 games. His propensity for getting hurt has forced the Chiefs to rely on a backfield by committee this season with Darrel Williams, Jerick McKinnon and Derrick Gore also getting plenty of work.

See CHIEFS | 6B



PHOTO BY ED ZURGA I AP PHOTO

Kansas City Chiefs running back Clyde Edwards-Helaire celebrates after scoring during the first half of an NFL football game against the Pittsburgh Steelers Sunday, Dec. 26, 2021, in Kansas City, Mo.



Smith-Cotton's Michael Franklin has been tabbed as the next head coach of the Knob Noster football program.

Smith-Cotton's Franklin tabbed Knob Noster head football coach

By Joe Andrews & Bryan **Everson**

joe@warrensburgstarjournal.com bryane@sedaliademocrat.com

Smith-Cotton coach Michael Franklin will be on the move following the completion of the 2021-22 school year.

Franklin was announced as the next head coach of Knob Noster High School in a press release on Friday, Jan. 21. He'll also be in charge of the school's weights and conditioning program as a physical education teacher and serve as an assistant track coach.

"It's always been a dream of mine to be a head football coach," Franklin said in a phone interview Friday evening. "I'm just excited to get that Opportunity at Knob Noster. After speaking with the administration there, it seems like we can have a great working relationship, and they really support athletics. I'm excited to get started, meet the kids and get to know the community a lot better."

Franklin will join Knob Noster after nine years at Smith-Cotton, spending time as an assistant with the Tigers' football program, and the basketball program, where he's currently a second-year



Michael Franklin

head coach.

Multiple sources confirmed that Franklin was also a finalist for the same football position at Smith-Cotton, vacated at the end of the past season by Charlie McFail, in a hiring process that ran parallel to that of Knob Noster. A decision on that hiring is expected as soon as the coming week.

The timing of having to accept a football job before the conclusion of S-C's hoops season is one part of the process that Franklin hasn't taken joy in.

"That was one of the toughest things, talking to my players and telling them that I wasn't coming back," Franklin said. "I was dreading that conversation and I would have loved for it to wait until the end of the season."

He added, "You always fear you may lose kids because they think you're quitting on them, and I made it clear to them that I'm completely focused on them and the rest of the basketball season and that there was no part of me that planned to quit on them just because I chose a new position. I really thought a few of them would check out, but they seemed really receptive and the last couple practices have been good, so I'm happy that didn't happen and that they trust I'm going to give it my all."

A tweet Wednesday morning — his hiring was made official at that evening's board meeting -- made by account @ MissouriScoop accurately speculated on the move.

"As soon as that came out I probably got five or six texts or phone calls, I was like, dang," Franklin said laughing.

See FRANKLIN | 6B

Bills headed to KC for high-profile **AFC** title game rematch

By Dave Skretta

AP Sports Writer

KANSAS CITY, Mo. (AP) — Stefon Diggs walked off the field inside Arrowhead Stadium back in October with two very distinct feelings: elation that his Bills had avenged an AFC title game loss to the Chiefs and the conviction that they would meet again.

Get ready for the latest throwdown between two of the league's best teams Sunday night.

Fresh off a near-perfect 47-17 blowout of New England last weekend, Diggs and the Bills are headed back to Kansas City for the divisional round of the playoffs. And awaiting them are Patrick Mahomes and the high-flying Chiefs, who turned around their season after a lackluster start and then throttled Pittsburgh 42-21 in their wildcard matchup.

"They've got all the talent in the world," Diggs said. "They've been playing at a high level. They've been to the Super Bowl twice. They have a hell of a quarterback, hell of receivers, good defense they're a great team."

Turns out he wasn't the only one that anticipated another



PHOTO BY ED ZURGA | AP PHOTO

Kansas City Chiefs tight end Travis Kelce (87) walks to the field before an NFL wild-card playoff football game against the Pittsburgh Steelers, Sunday, Jan. 16, 2022, in Kansas City, Mo.

showdown, either.

"We'll probably play them a lot of times. It'll be great competition," Mahomes said, "and it's definitely going to be a great challenge for us as a team to compete with them."

Indeed, it's difficult to find a game with more star power than this one.

Josh Allen threw five TD

passes against the Patriots to set a Bills playoff record, while Diggs and resurgent running back Devin Singletary give him plenty of playmakers. On the other side, the Buffalo defense featuring All-Pro safety Jordan Poyer and running mate Micah Hyde led the league in just about every meaningful statistical category.

See BILLS | 5B

Earnhardt brings **Junior Nation into NASCAR Hall of Fame**

By Steve Reed

AP Sports Writer

CHARLOTTE, N.C. (AP) — Dale Earnhardt Jr. was voted NASCAR's most popular driver a record 15 times. He didn't forget "Junior Nation" on his way into the Hall of Fame.

"When I stumbled, you guys were right there ready to lift me back up," Earnhardt said to his fans. "There were times when I absolutely needed you — and you never let me down. We won together, and we lost together. ... You should know that I don't go into this Hall of Fame alone. I go in with you, and I go in because of you."

See EARNHARDT | 6B



PHOTO BY MATT KELLEY I AP PHOTO

NASCAR Hall of Fame inductee Dale Earnhardt Jr., left, poses for photos prior to the induction ceremony on Friday, Jan. 21, 2022, in Charlotte, N.C.

Halep into Week 2 at Australian Open for 5th straight year

By The Associated Press

MELBOURNE, Australia (AP) - Two-time Grand Slam champion Simona Halep is into Week 2 at Melbourne Park for the fifth consecutive year.

The 14th-seeded Halep advanced with a 6-2, 6-1 victory Saturday over Danka Kovinic, a player who is ranked 98th and eliminated U.S. Open champion Emma Raducanu in the previous round.

This was Kovinic's first appearance in the third round

Halep, by contrast, can count on plenty of experience in the latter stages of the sport's biggest events. She won the French Open in 2018 and Wimbledon in 2019 and made it to the final of the 2018 Australian Open before losing to Caroline Wozniacki.

"I feel good, I feel more confident now because last year was a tough year," Halep said. "So

now I just enjoy playing tennis, I'm happy.

None of the other players remaining in the women's draw has won as many tour-level titles as Halep's 23.

Halep's next opponent will be Alize Cornet, who celebrated her 32nd birthday with a 4-6, 6-4, 6-2 victory over No. 29 Tamara Zidansek, a 2021 French Open



PHOTO BY SIMON BAKER | AP PHOTO

Simona Halep of Romania reacts after defeating Danka Kovinic of Montenegro in their third round match at the Australian Open tennis championships in Melbourne, Australia, Saturday, Jan. 22, 2022.

semifinalist.

Cornet followed up her upset of No. 3 Garbiñe Muguruza by reaching the fourth round at the Australian Open for the first time

In another third-round match ending Saturday afternoon, 27th-seeded Danielle Collins of the U.S. rallied from a set and a break down to beat 19-year-old Clara Tauson 4-6, 6-4, 7-5.

Collins will next meet No. 19 Elise Mertens, who advanced 6-2, 6-2 over Zhang Shuai.

Later on Day 6, U.S. Open champion Daniil Medvedev will be aiming to progress in his bid to become the first man in the Open era to win his second Grand Slam title at the major tournament that immediately follows his first such triumph.

Medvedev was the runner-up at Melbourne Park in 2021 and is seeded No. 2 this time.

He might as well have a No. 1 next to his name, because topranked Novak Djokovic never played a point this year after failing in his attempt to get into the tournament despite not being vaccinated against COVID-19.

Medvedev faces 57th-ranked Botic van de Zandschulp on Saturday at Rod Laver Arena.

Bears interview Frazier for coaching job, Chiefs' Poles for GM spot

By The Associated **Press**

LAKE FOREST, Ill. (AP) — The Chicago Bears interviewed 1985 championship team member Leslie Frazier for their head coaching vacancy Friday and Kansas City Chiefs executive director of player personnel Ryan Poles for their general manager job.

Frazier, a cornerback on Chicago's only Super Bowlwinning team, coached Minnesota to a 21-32-1 record from 2010 to 2013. He has spent the past four years as the Buffalo Bills' defensive coordinator.

Poles has spent 13 seasons in the Chiefs' front office, the past year in his current role under general manager Brett Veach. He was the team's director of college scouting in 2017 when Kansas City drafted Patrick Mahomes with the No. 10 overall pick — after Chicago took Mitchell Trubisky at No. 2.

The Bears fired general manager Ryan Pace and coach Matt Nagy after

going 6-11.

Chicago has interviewed several former head coaches to replace Nagy, including Doug Pederson, Brian Flores and Jim Caldwell, as well as Green Bay Packers offensive coordinator Nathaniel Hackett, Bills offensive coordinator Brian Daboll, Indianapolis Colts defensive coordinator Matt Eberflus and Tampa Bay Buccaneers offensive coordinator Byron Leftwich.

For the GM spot, the Bears have also interviewed their director of player personnel, Champ Kelly; Cleveland Browns executives Glenn Cook and Kwesi Adofo-Mensah; New Orleans Saints assistant general manager Jeff Ireland; Bills assistant GM Joe Schoen; Tennessee Titans director of player personnel Monti Ossenfort; Colts executive Ed Dodds; New England Patriots front office consultant Eliot Wolf; San Francisco 49ers director of pro personnel Ran Carthon and longtime NFL executive Reggie McKenzie.

SPORTS CALENDAR

Saturday **ON TAP COLLEGE MEN'S BASKETBALL**

7 p.m. State Fair Community College at Three Rivers Community College

COLLEGE WOMEN'S BASKETBALL

5 p.m. State Fair Community College at Three Rivers Community College

HIGH SCHOOL BOYS WRESTLING

Tipton at Lone Jack (Conference Tournament)

HIGH SCHOOL GIRLS WRESTLING

Tipton at Lone Jack (Conference Tournament)

ON AIR **AUTO RACING**

9 p.m. USA - AMA Supercross: Round 3, San

BOWLING

3 p.m. FS1 - PBA: The Players Championship, East Region Finals, Euless, Texas

5 p.m. FS1 - PBA: The Players Championship, South Region Finals, Euless, Texas

BOXING

8 p.m. SHO - Showtime Championship Main Card: Gary Russell Jr. vs. Mark Magsayo (Featherweights), Atlantic City, N.J.

COLLEGE BASKETBALL (MEN'S)

11 a.m. BTN - Rutgers at Minnesota

ESPN - Syracuse at

ESPN2 – West Virginia at Texas Tech

FOX - Villanova at Georgetown

FS1 - Seton Hall at St. John's

11:30 a.m. USA -George Washington at Rhode Island

Noon CBS – Kentucky at Auburn

SECN - Vanderbilt at

Florida 12:30 p.m. CBSSN -

Army at Navy 1 p.m. ESPN - Florida St. at Miami

ESPN2 - Oklahoma St. at Texas

ESPNU - Tulane at **UCF**

FS1 - Colorado St. at Air Force

1:30 p.m. USA - St. Joseph's at VCU

2:30 p.m. CBSSN -Missouri St. at Loyola of Chicago

SECN - Georgia at South Carolina

3 p.m. ACCN - Virginia at NC State

ESPN - Notre Dame at Louisville

ESPN2 - TCU at Iowa ESPNU — Mississippi at

Mississippi St. 3:30 p.m. BTN - Penn

St. at Iowa USA - Richmond at La Salle

4:30 p.m. CBSSN -DePaul at Creighton 5 p.m. ACCN - Pitts-

burgh at Clemson ESPN - LSU at Ten-

nessee ESPN2 - East Carolina at Houston

ESPNU - Drake at N.

SECN - Missouri at

Alabama

5:30 p.m. PAC-12N -Southern Cal at Utah

6:30 p.m. CBSSN -New Mexico at Wyoming

7 p.m. ACCN - North Carolina at Wake Forest

7:30 p.m. SECN - Texas A&M at Arkansas

8 p.m. PAC-12N -UCLA at Colorado

8:30 p.m. CBSSN -Boise St. at San Diego St. 9 p.m. ESPNU - St.

Marymount 10 p.m. FS1 - Arizona St. at Stanford

Mary's (Cal.) at Loyola

COLLEGE **BASKETBALL**

(WOMEN'S) 10 a.m. CBSSN - Army

COLLEGE **GYMNASTICS** (WOMEN'S)

at Navy

3 p.m. PAC-12N - Cali-

fornia at Washington COLLEGE

HOCKEY (MEN'S) 6:30 p.m. BTN - Michi-

gan at Minnesota

GOLF

10 a.m. ESPNEWS -The Latin America Amateur Championship: Third Round, El Camaleón Golf Club, LA Romana, Dominican Republic

1 p.m. GOLF — LPGA Tour: The Hilton Grand Vacations Tournament Of Champions, Third Round, Lake Nona G&CC, Orlando, Fla.

2 p.m. GOLF - PGA Tour: The American Express, Third Round, La Quinta Country Club, La Quinita, Calif.

NBC - LPGA Tour: The Hilton Grand Vacations Tournament Of Champions, Third Round, Lake Nona G&CC, Orlando, Fla.

6 p.m. GOLF - PGA Tour Champions: The Mitsubishi Electric Championship, Final Round, Hualalai GC, Kaupulehu, Hawaii

1 a.m. (Sunday)

GOLF — DP World Tour: The Abu Dhabi HSBC Championship, Final Round, Yas Links, Abu Dhabi, United Arab Emir-

HIGH SCHOOL FOOTBALL

10:30 p.m. CBSSN -The Polynesian Bowl: From Honolulu

HORSE RACING

1:30 p.m. FS2 — NYRA: America's Day at the

Races **MIXED MARTIAL**

ARTS 7 p.m. ESPN — UFC 270 Prelims: Undercard Bouts, Anaheim, Calif.

NBA BASKETBALL

7 p.m. NBATV - Oklahoma City at Cleveland

NFL FOOTBALL 3:30 p.m. CBS — AFC

Divisional Playoff: Cincinnati at Tennessee 7 p.m. FOX — NFC

Divisional Playoff: San Francisco at Green Bay **NHL HOCKEY**

Noon NHLN - Philadel-

phia at Buffalo 6 p.m. NHLN - Mon-

treal at Colorado **ROBERTO**

CLEMENTE PBL BASEBALL 5 p.m. FS2 - Playoff:

Criollos de Caguas vs. Indios de Mayagüez, Final, Game 7 (If Necessary)

RUGBY 9 a.m. CNBC - European Champions Cup Group Stage: Bordeaux at Leicester

SOCCER (MEN'S)

6:30 a.m. USA - Premier League: Aston Villa at Everton

8 a.m. CBSSN - Serie A: Udinese at Genoa

9 a.m. USA - Premier League: Newcastle United at Leeds United

mier League: Manchester City at Southampton 9 p.m. FS2 – Liga MX:

11:30 a.m. NBC - Pre-

Cruz Azul at Monterrey

TENNIS 7 a.m. ESPN2 - ATP/ WTA: The Australian Open, Third Round, Melbourne, Australia (Taped)

8 p.m. ESPN2 - ATP/ WTA: The Australian Open, Round of 16, Melbourne, Australia

X GAMES

1 p.m. ABC - X Games Aspen 2022: Snowboarding and Skiing, Aspen, Colo.

9 p.m. ESPN − X Games Aspen 2022: Snowboarding and Skiing, Aspen, Colo. ---

Sunday **ON AIR AUTO RACING**

CBSSN - AMA Arenacross: Round 3, Amarillo, Texas (Taped)

BOWLING

3 p.m. FS1 - PBA: The Players Championship, Midwest Region Finals, Euless, Texas

5 p.m. FS1 - PBA: The Players Championship, Southwest Region Finals, Euless, Texas

COLLEGE **BASKETBALL** (MEN'S)

11 a.m. FS1 — Butler at Providence Noon BTN - Northwest-

ern at Purdue 1 p.m. FS1 - Xavier at

Marquette 1:30 p.m. USA - UMass at Saint Louis

2 p.m. ESPN — Memphis

at Tulsa PAC-12N — Arizona at California

2:30 p.m. CBS - Michi-

COLLEGE **BASKETBALL** (WOMEN'S)

gan at Indiana

ton at Oregon

11 a.m. ACCN - North Carolina at Georgia Tech CBSSN - St. Bonaven-

9 p.m. FS1 - Washing-

ESPNU - Fordham at Dayton

ture at George Mason

SECN - Mississippi at Kentucky Noon ESPN2 - Ohio St.

at Rutgers 1 p.m. ACCN - Wake Forest at Louisville

CBSSN - DePaul at

ESPNU - Oklahoma at Kansas St.

SECN - Tennessee at Georgia 2 p.m. ESPN2 - Iowa

St. at Baylor 3 p.m. ACCN - Virginia Tech at NC State

ESPNU - Alabama at Auburn

SECN - Mississippi St. at Arkansas 5 p.m. ACCN - Virginia

at Duke SECN - Texas A&M at Missouri

6 p.m. PAC-12N - Stan-

ford at California 8 p.m. PAC-12N -

UCLA at Southern Cal COLLEGE **GYMNASTICS** (WOMEN'S)

1 p.m. PAC-12N -UCLA at Oregon St. COLLEGE

WRESTLING 3 p.m. BTN — Wisconsin

at Purdue **GOLF**

10 a.m. ESPN2 - The Latin America Amateur Championship: Final Round, El Camaleón Golf Club, LA Romana, Dominican Republic

11 a.m. GOLF - LPGA Tour: The Hilton Grand Vacations Tournament Of Champions, Final Round, Lake Nona G&CC, Orlando, Fla.

2 p.m. GOLF - PGA Tour: The American Express, Final Round, La Quinta Country Club, La Quinita, Calif.

HORSE RACING

1:30 p.m. FS2 - NYRA: America's Day at the Races

NBA BASKETBALL

5 p.m. NBATV - LA Lakers at Miami

7:30 p.m. NBATV -Utah at Golden State **NBA G LEAGUE**

BASKETBALL Noon NBATV - G

League Ignite at Long

2 p.m. NBATV - Sioux Falls at Stockton

Island

NFL FOOTBALL 2 p.m. NBC - NFC Divisional Playoff: LA Rams at

Tampa Bay 5:30 p.m. CBS - AFC Divisional Playoff: Buffalo

at Kansas City

NHL HOCKEY Noon NHLN — Winnipeg at Pittsburgh

RODEO

RUGBY

7 p.m. CBSSN — PBR: The Gwinett Invitational, Championship Round, Gwinett, Ga. (Taped)

2 p.m. CNBC - World Sevens Series: Day 3, Malaga, Spain (Taped)

SKIING/ **SNOWBOARDING** 11 a.m. NBC - FIS: World Cup, Mammoth

Mountain, Calif. (Taped) 1 p.m. CNBC — FIS: World Cup, Kitzbuehel,

Austria (Taped) **SOCCER (MEN'S)**

8 a.m. USA - Premier League: Burnley at Ar-

Chelsea at Brighton & Hove Albion (Taped)

SOCCER

(WOMEN'S)

TENNIS 8 a.m. ESPN2 - ATP/ WTA: The Australian Open, Round of 16, Mel-

11 a.m. CNBC — FASL:

8 p.m. ESPN2 - ATP/ WTA: The Australian Open, Round of 16, Melbourne, Australia

bourne, Australia (Taped)

X GAMES

Noon ABC – X Games Aspen 2022: Snowboarding and Skiing, Aspen,

6 p.m. ESPN - XGames Aspen 2022: Snowboarding and Skiing, Aspen, Colo.

HOROSCOPES

By Georgia Nicols

Moon Alert: Avoid shopping or making important decisions from 2:30 p.m. to 5:15 p.m. EST today (11:30 a.m. to 2:15 p.m. PST). After that, the Moon moves from Virgo into Libra.

Happy Birthday for Saturday, Jan. 22, 2022:

You are free-spirited and full of original ideas. You stand up for your beliefs and will often fight for the underdog. You are modern-thinking, multitalented, kind and generous. This year will be slower paced and gentler with a stronger focus on relationships. Trust your intuition.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19)

★★ Today is a mixed bag. Initially, you might have disputes with co-workers or someone about something that is related to your health. Make no important decisions during the Moon Alert. Later in the day, you have to cooperate with others. At least listen to them. Tonight: Talk to old friends.

TAURUS (April 20-May 20)

★★★ Parents have to be patient with their kids today. Likewise, romantic partners have to be patient with each other, because things can get testy. Fortunately, after the Moon Alert, everything falls into place and you can get work done. Tonight: Financial projects. Finish old projects.

GEMINI (May 21-June 20)

★★★ Avoid family disputes today, especially in the middle of the day. Agree to nothing important during the Moon Alert. Afterward, as the day wears on, it becomes more playful and sociable. You will seek out fun diversions and enjoy lighthearted activities with kids. Tonight: Old flames?

CANCER (June 21-July 22)

★★★ Patience is the antidote to anger. Keep this in mind, because it's easy to be irritated or angry with others today, especially siblings, relatives and neighbors. However, anger serves no purpose other than to make everyone miserable. Remember this. Tonight: Talk to relatives.

LEO (July 23-Aug. 22)

★★★ Money disputes might arise today. Furthermore, shopping and important decisions should be avoided during the Moon Alert. Afterward, things will tend to mellow and you will be eager to enjoy pleasant conversations with others. Tonight: Possible travel delays.

VIRGO (Aug. 23-Sept. 22)

★★ For part of this day, the Moon is in your sign, but it is also at odds with fiery Mars, which will make you argumentative. Or you might attract someone who wants to fight. (Gulp.) Either way, stay chill. Avoid important decisions during the Moon Alert. Tonight: Double-check your finances.

LIBRA (Sept. 23-Oct. 22)

★★★★ After the Moon Alert today, the Moon will move into your sign, which will be empowering for you. However, it also will make you more excitable and emotional. Since you have the upper hand, do what you can to keep the peace. (You don't like the stress of confrontation.) Tonight: Look for lost items.

SCORPIO (Oct. 23-Nov. 21)

★★ Today you might be doing a slow boil because you're angry about something but you feel you can't speak up. After the Moon Alert is over, you will tell it like it is when talking to a friend or a group. Stay calm and rational. Tonight: Research.

SAGITTARIUS (Nov. 22-Dec. 21)

★★ You might have trouble dealing with authority figures, parents and bosses today, especially in the middle of the day. Don't make a big deal about anything because it will be pointless during the Moon Alert. Afterward, talk to a friend or a group. Tonight: Avoid transportation delays.

CAPRICORN (Dec. 22-Jan. 19)

★★★ Avoid controversial subjects today, because they will quickly disintegrate into arguments, especially during the Moon Alert. Afterward, you will be high-viz and people will notice you. Do be aware of this. Tonight: In touch with an old boss.

AQUARIUS (Jan. 20-Feb. 18)

★★★ Financial disputes or disputes about shared property might be aggravating today. Nevertheless, do not agree to anything important during the Moon Alert. Be smart. Afterward, you will be open to exploring new ideas and new ways of doing things. Tonight: Double-check travel plans.

PISCES (Feb. 19-March 20)

★★★★ Relations with partners and close friends might be contentious today. Avoid this conflict if you can. However, after the Moon Alert is over, you can confidently discuss shared property and financial matters, because as this day wears on, it gets better and better. Tonight: Check your finances.

BORN TODAY

Actress Diane Lane (1965), restaurateur, author, TV personality Guy Fieri (1968), actor Gabriel Macht (1972)



Cincinnati Bengals quarterback Joe Burrow (9) throws during the first half of an NFL wild-card playoff football game against the Las Vegas Raiders, Saturday, Jan. 15, 2022, in Cincinnati.

Top-seeded Titans eager to start playoff run with Bengals

By Teresa M. Walker

AP Pro Football Writer

NASHVILLE, Tenn. (AP) — The Tennessee Titans have survived using more players than any NFL team in a non-strike season and still earned the AFC's No. 1 seed.

They're as rested and healthy as they've been all season, and now they have back Derrick Henry, the NFL's top rusher in 2019 and 2020, for the postseason.

It's time to take the next step Saturday in their AFC divisional game with Cincinnati.

"Everything that we dream about since we were kids is right there in front of us," All Pro safety Kevin Byard said.

The Titans (12-5) start their third straight postseason before a sold-out crowd at Nissan Stadium trying to take advantage of homefield advantage where they went 7-2 during the regular season. They lost a wild-card game to Baltimore here a year ago and haven't won a playoff game at home since Jan. 11, 2003.

The two-time AFC South champs have won three straight and four of five. One more win puts them in their second AFC championship game in three seasons.

"These guys were prepared to play long into 2022," Titans coach Mike Vrabel said.

This is the revival of an old AFC Central rivalry between fourthseeded Cincinnati and the former Houston Oilers. The Bengals won the only playoff game between these teams 27-14 on Jan. 6, 1991. That was their last postseason win until second-year quarterback Joe Burrow led them to a 26-19 victory over the Raiders to snap that 31year drought.

Now these young Bengals (11-7) must end another playoff skid to reach Cincinnati's first AFC championship game since January 1989

and third overall. The Bengals are 0-7 in the playoffs away from home, and Houston is the only other NFL team that has yet to win a road playoff game.

"We're here to win," Bengals running back Joe Mixon said. "We don't care about some theory I guess that everybody's pretty much worried about. We know what we've got in front of us. We know what we have to do in order to get where we want to be. We've got the path laid out for us."

HE'S BACK!

Of course, the Titans running back who wears No. 22 would return for a game on Jan. 22, 2022. Henry, the 2020 AP NFL Offensive Player of the Year, has been taken off injured reserve and will start his first game since breaking his right foot Oct. 31.

Henry has practiced since Jan. 5, and teammates couldn't be happier to have back the man averaging 117.1 yards rushing in the postseason. The unknown is how much the Titans can hand the ball to someone who hasn't played in a game in 12 weeks, even if Henry is 6-foot-3 and 247 pounds.

WOULD-BE TRIPLETS REUNITED

The Titans had Henry along with wide receivers A.J. Brown and Julio Jones for all of 120 snaps over five games because of injuries. Not only is Henry healthy, both Brown and Jones, the seven-time Pro Bowler picked up in a trade last

June, are feeling good. Brown led the team with 869 yards receiving and five TD catches. Jones had his worst statistical season while dealing with a nagging hamstring that landed him on injured reserve at one point. Jones did average 14 yards per catch, highest among team receivers with at least 10 catches.

"I'm in a great space now, confident, everything," Jones said. "I'm ready to go."

PROTECTING THE BALL

Burrow had an NFL-leading 14 interceptions through 13 weeks of the season. In the five games he's played since then — including last week's playoff win — he's had none, with 13 touchdown passes. His streak of 180 pass attempts without a pick is the second longest currently in the NFL behind the Packers' Aaron Rodgers.

The Bengals also have not turned over the ball at all since two fumbled punts in an overtime loss to the San Francisco 49ers on Dec. 12. The team is plus-4 in turnovers since then.

HENDRICKSON RETURNS

The Bengals will have defensive end Trey Hendrickson who cleared concussion protocol for this game. His 14 sacks in the regular season led the Bengals and was fifth best in the NFL. He had a strip-sack of the Raiders' Derek Carr last week that resulted in a turnover. The concussion forced him out of the game later.

"He's been in these moments before," coach Zac Taylor said. "He's one of our premier players. It's good to have him."

Cincinnati will be without defensive tackle Larry Ogunjobi, placed on injured reserve after hurting a foot last week. Hendrickson and Ogunjobi were signed as free agents before the season to beef up the pass rush and run defense. It worked.

Enough defensive linemen are among the walking wounded that Cincinnati signed defensive tackle Zach Kerr from Arizona's practice squad. Taylor said Kerr could play Saturday.

RESTED TITANS

The Titans, along with Green Bay, had the latest byes during the regular season Dec. 5, and they've been off since Jan 9 after earning a firstround bye. Nobody has been better coming off nine or more days of rest than the Titans, 8-0 since Vrabel was hired in 2018.

Antetokounmpo scores 30 as Bucks beat Bulls 94-90

By Steve Megaree

AP Sports Writer

MILWAUKEE (AP) — Giannis Antetokounmpo had 30 points and 12 rebounds to help the Milwaukee Bucks overcome Grayson Allen's ejection and beat the Chicago Bulls 94-90 on Friday night.

Chicago's DeMar DeRozan scored 35 points but missed a 3-pointer that would have put the Bulls ahead with 23 seconds left. Milwaukee's Khris Middleton made two free throws with 15.8 seconds remaining to close out the scoring.

Both teams posted their lowest 3-point percentages of the season. The Bulls shot 18.4% (7 of 38) from beyond the arc and the

Bucks made 19.4% (6 of 31)

of their attempts.

Allen was ejected midway through the third quarter for a flagrant foul 2 against Alex Caruso, who was driving to the basket. The play was originally ruled a common shooting foul but got upgraded to a flagrant 2 after a replay review.

Caruso landed on his right side and remained on the floor under the basket for a couple of minutes. He stayed in the game to attempt his free throws, though he missed both tries.

The Bulls were playing their first game since announcing Thursday that guard Lonzo Ball needs arthroscopic surgery on his left knee. Ball averages 13 points, 5.4 rebounds and

5.1 assists.

Chicago was playing a fourth straight game without either Ball or Zach LaVine, who has a sore left knee that will prevent him from joining the Bulls for the final two games in this road trip as well. The Bulls have gone 1-3 in those four games.

But the Bulls still nearly pulled it out.

DeRozan hit a jumper to put the Bulls ahead 67-66 in the last minute of the third quarter. The Bulls grabbed a four-point lead early in the final period, but the Bucks responded and moved ahead for good on an Ante-

7:24 left. Middleton had 16 points and 11 rebounds for the Bucks, while Bobby Portis added 12 points and 13 re-

tokounmpo free throw with

bounds. Jrue Holiday scored 13 poinots.

Nikola Vucevic had 19 points and 11 rebounds for the Bulls. Matt Thomas added 11 points and went 3

of 5 on 3-point attempts. **TIP-INS**

Bulls: Ball is expected to undergo surgery sometime next week, Bulls coach Billy Donovan said. "I don't have the exact date as of yet," Donovan said before the game. "I think they wanted to at least let a week go by to let him do some strengthening in preparation before he goes in." Ball is expected to require 6 to 8 weeks of recovery after his surgery.

... Donovan said LaVine has responded well to his treatment but doesn't have an exact return date for him in mind.

BLONDIE







BEETLE BAILEY





HAGAR THE HORRIBLE

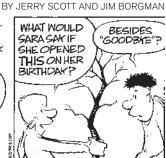




ZITS







HI AND LOIS WRITTEN BY BRIAN & GREG WALKER; DRAWN BY CHANCE BROWNE





PARDON MY PLANET



RHYMES WITH ORANGE



THE BRILLIANT





DUSTIN

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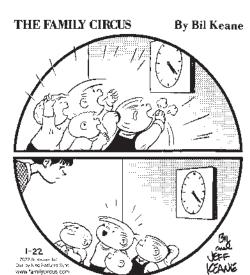
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DENNIS THE MENACE BY HANK KETCHAM





"The big hand caught the little hand."

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BABY BLUES







HE LOCKHORNS

BY BUNNY HOEST & JOHN REINER



"I'LL HAVE WHAT SHE'S HAVING... AS SOON AS SHE DECIDES WHAT IT IS."

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level s Sudoku increases from Monday to Sunday

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Answer to previous puzzle

Ngannou, Gane collide in UFC 270 heavyweight title showdown

By Greg Beacham

AP Sports Writer

ANAHEIM, Calif. (AP) — Francis Ngannou's path to his UFC heavyweight title was not straight, and it was

The Cameroon-born Frenchman had detours and setbacks while traveling to a place where this vicious, versatile athlete finally developed the mental fortitude and physical precision to become what so many people always figured he would be — a champion.

By comparison, Ciryl Gane is on a rocket to the top.

A decorated Muay Thai fighter who made his mixed martial arts debut less than 3 1/2 years ago, Gane has been much quicker to acquire both the elite MMA skills and the mental toughness necessary to beat the world's best heavyweights.

Ngannou (16-3) defends his title for the first time when two of the most impressive heavyweights in MMA history meet in the main event of UFC 270, the promotion's first pay-per-view show of 2022. Two title fights headline the soldout show at Honda Center in Anaheim, the biggest stage in MMA-talent-rich Orange County.

In the co-main event, Mexican flyweight champion and probable crowd favorite Brandon Moreno completes his trilogy with Brazil's Deiveson Figueiredo. Although their showdown is compelling, they're a supporting act to the big men in the fascinating heavyweight fight headlining the show.

Ngannou and Gane (10-0) are a combined 12-0 since July 2018, and both represent a level of MMA proficiency the sport hasn't really seen in its largest weight class. Many of the UFC's previous heavyweight champions were power punchers who relied on their heavy hands to make up for mediocre skills in other MMA disciplines.

Ngannou has looked even more fearsome than most of those historic greats during his current run of five consecutive knockout victories. He claimed all 16 of his career victories by stoppage, and no opponent has lasted longer than six minutes against Ngannou since he regained his focus and revived his career three years ago.

Gane possesses knockout power, but he combines it with a level of athleticism most previous heavyweight champs could never meet. He excels at everything from basketball and soccer to golf, and his fluid Muay Thai kickboxing skills have made him nearly impossible to hurt in an MMA cage.

The speed and precision of Gane's striking is generally considered the best in the division. To many observers, he looks unbeatable — yet for the past three years, Ngannou has also looked unbeatable.

Ngannou and Gane both began their serious MMA training at MMA Factory Paris under coach Fernand Lopez. Ngannou started several years before Gane, and he was already splitting his training time between Paris and Las Vegas when Gane took up the sport

Ngannou claims he was never Gane's proper teammate, even though they sparred repeatedly in 2019. Both agree they were never friends, and they're still not close despite their similar backgrounds in a sport that's still young in Europe.

Gane still trains with Lopez, whose relationship with Ngannou is terribly fractured. Gane and Ngannou say they have nothing personally against

"I don't know where all this friendship stuff came from," Ngannou said. "I think (Gane) agrees."

In another subplot to UFC 270,

Ngannou is at odds with the UFC and its president, Dana White, over his contract status and his perceived inactivity.

Ngannou is fighting for just the third time since June 2019, but he claims the UFC hasn't offered quality fights to him. The UFC made its feelings known about Ngannou's willingness to fight by awarding a sketchy interim heavyweight belt to Gane when he stopped Derrick Lewis last August — a mere 4 1/2 months after Ngannou won

Ngannou's departure from the UFC seems unthinkable on some levels, particularly if he defends his title. Yet movement is more attractive than ever in the modern landscape of MMA, and Ngannou can make big money immediately as a boxer — which means Ngannou can take supreme control of his fate with a victory over Gane.

As for Gane himself, the Frenchman gives his interim title all the respect it deserves — and he intends to remove every qualifier when he takes on Ngannou in the Honda Center cage.

"I'm not the champion," Gane said. "I'm not the best guy. I'm not the baddest guy in the world. Today, it's Francis. If I want to be this guy, I must beat Francis."

From Page 1B

Buffalo, which has lost eight consecutive playoff games away from home, scored on each of its first seven drives against the Patriots and became the first NFL team to finish a playoff game with no punts, field goals or turnovers.

"It's tough to have a perfect game," Chiefs coach Andy Reid said, "and they did a nice job with it last week."

As for the Chiefs? Well, they've merely won their past five playoff games at Arrowhead Stadium.

Mahomes became the first player to throw for at least 400 yards and five touchdowns with fewer than 10 incompletions in the postseason in last week's romp past Pittsburgh. His familiar targets, Travis Kelce and Tyreek Hill, did most of the work while the suddenly stout Kansas City defense held the Steelers to 44 yards in the first half.

Throw in the fact that both teams are intimately familiar with each other — Bills coach Sean McDermott even spent most of his formative years working for Reid in Philadelphia — and the stage is set for a riveting matchup.

"We don't want to have that feeling that we had there last year. We know our season ended there last year," Allen said, "and now we have to do everything in our power to put our foot forward and make sure that it doesn't end there this year."

REMEMBER WHEN

The Bills were 4-1 and riding high after their 38-20 win at Kansas City, when Dawson Knox's 117 yards receiving tied the third-best output by a tight end in team history. Then they lost five of their next eight games, a slide that began when Knox broke his right hand during a 34-31 loss at Tennessee.

Buffalo rebounded by closing with four straight wins to clinch its second consecutive AFC East title. That run has coincided with Singletary giving Buffalo a more balanced attack with 456 yards rushing over his past six games.

WHITE STILL WATCHING

Buffalo is without top cornerback Tre'Davious White for the postseason after he had a season-ending knee injury in a 31-6 win at New Orleans on Thanksgiving night. Levi Wallace took over his job against the opponent's top threat while second-year cornerback Dane

Jackson moved into the other starting job.

Poyer said he received a text from White on Tuesday night, which read: "Hey, we got to go crazy. Best in the world."

IN DEMAND

Buffalo coordinators Leslie Frazier (defense) and Brian Daboll (offense) are both attracting attention to fill head coaching vacancies. Daboll met with the Bears on Sunday and both assistants met with the Vikings.

HEALTH CHECK

The Bills only listed defensive end Mario Addison as limited in practice by a shoulder injury, while the Chiefs had backup running back Darrel Williams (toe) and cornerback Rashad Fenton (back) missing practice.

Otherwise, both teams should be healthy when they take the field Sunday night. That includes Chiefs running back Clyde Edwards-Helaire, who is expected to play for the first time since hurting his shoulder Dec. 26 against Pittsburgh.

"The neat part about this game coming up here is that both teams are relatively healthy and at this time of year, that's a great thing," Reid said. "It should lead to a heck of a game."

Els, Singh, Ames tied for lead in PGA Tour Champions opener

By The Associated **Press**

KA'UPULEHU-KONA, Hawaii (AP) — Ernie Els was on his way to a big lead until a double bogey slowed his momentum Friday. He wound up with a 4-under 68 and was part of a three-way tie for the lead in the PGA Tour Champions season opener.

Vijay Singh had a late birdie on the par-3 17th for a 67, while Stephen Ames birdied the last hole to join Els at the top in the Mitsubishi Electric Championship at Hualalai.

And it's not just that trio, who were at 12-under 132. Eight players were separated by one shot going into the final round on the Big Island.

Jim Furyk, who tuned up for the Champions opener by playing the Sony Open last week on the PGA Tour, began the back nine at Hualalai with four birdies in five holes. He shot a 66 along with Miguel Angel Jimenez and

Brett Quigley. They were one shot behind, along with Retief Goosen and Steven Alker.

Defending champion Darren Clarke could only manage a 72, leaving him six shots behind.

Bernhard Langer had a double bogey on the par-3 fifth hole, just like Els, shot a 71 and was five shots behind. The 64-year-old from Germany had knee surgery in the short offseason after capturing his record sixth Charles Schwab

Els began the second round with a one-shot lead and quickly went to work with three straight birdies starting on No. 2. But then he took double bogey on the fifth hole.

Singh, who took bogey on No. 5, followed with two straight birdies. But he never caught up to Els until his birdie on the 17th.

David Duval, making his debut on the 50-and-older tour, had a 70 and was at evenpar 144, 12 shots behind.

Morris, Weah, Dest, Zardes on US roster for WCup qualifiers

By Ronald Blum

AP Sports Writer

NEW YORK (AP) — Jordan Morris, Tim Weah, Sergiño Dest and Gyasi Zardes returned from injuries to make the U.S. roster ahead of the next three World Cup qualifiers.

Gio Reyna and Aaron Long were left off along with defenders John Brooks and Tim Ream, and forwards Daryl Dike, Jordan Pefok and Josh Sargent — who scored his first two Premier League goals as the 28-man roster was announced Friday.

Training starts Monday ahead of the Jan. 27 match against El Salvador in Columbus, Ohio. The Americans play Canada three days later on artificial turf at Hamilton, Ontario, and host Honduras

We expect to embrace the conditions and enjoy the conditions," U.S. coach Gregg Berhalter said Friday. "All we want at the end of this window is to be in position for the March window to qualify for the World Cup."

Second in qualifying with 15 points after eight of 14 games, the U.S. is one point behind Canada.

Mexico and Panama have 14 points each, followed by Costa Rica (nine), Jamaica (seven), El Salvador (six) and Honduras (three).

The top three nations qualify for this year's tournament in Qatar, and the fourth-place team advances to a onegame playoff in June against the Oceania champion, likely New Zealand.

"He has the opportunity to play a role

with us in the future," Berhalter said. "He

Brooks was left off for the third straight window.

on Feb. 2 at St. Paul, Minnesota, with frigid weather forecast for all three games.

> window. We're hoping that he regains his form for Wolfsburg."

Behalter called Ream "probably the best center back on the ball that we have."

"Some of the game plan for this January window we think suits other players a little bit better," Berhalter said.

Defender Joe Scally, who returned to the field for Borussia Mönchengladbach on Jan. 15 following a positive COVID-19 test, was left off, as was Venezia midfielder Gianluca Busio, initially picked before a positive test.

"We have to be very cautious with CO-VID," Berhalter said. "It's spreading like wildfire, and there's a chance that anyone that is coming into camp can potentially be excluded based on that."



FILE PHOTO BY JULIO CORTEZ | AP PHOTO

United States' Tim Weah, left, goes up for the ball against Mexico's Hector Herrera during the first half of a FIFA World Cup qualifying soccer match Nov. 12, 2021, in Cincinnati. Weah, Jordan Morris, Sergiño Dest and Gyasi Zardes returned from injuries to make the U.S. roster ahead of the next three World Cup qualifiers.

wouldn't be the best fit for this particular Twenty-three players were on the roster for November's home win over Mexico and road draw at Jamaica. Thirteen have been training in Phoenix

since Jan. 7. "We don't expect the players to be 90-minute fit," Berhalter said. "We expect to be approaching it in a platoon type of

> method where we put guys on, we take Among wingers, Morris played until the 78th minute in the 1-0 exhibition win over Bosnia and Herzegovina on Dec. 18, his first international appearance since

> tearing his left ACL on Feb. 20. "Amazing amount of speed," Berhalter said. "His timing, his movement has been very good, and I think the next thing to come is his finishing."

Weah recovered from a quadriceps injury to enter in the 68th minute for Lille on Tuesday in his first action since Dec. 1. RB Salzburg midfielder Brenden Aaronson is in the midst of the Austrian Bundesliga's two-month winter break and hasn't played a competitive match

since Dec. 11. Among right backs, Dest returned from a back injury and a positive COV-ID-19 test. He entered in the sixth minute of extra time of Barcelona's Copa del Rey match against Athletic Bilbao on Thursday, his first match appearance since Dec. 8. The same day, DeAndre Yedlin played his first match for Galatasaray since Dec. 18.

Zardes missed the November games with a sprained left knee and last played a competitive match on Oct. 20 for Columbus.

Reyna has been sidelined since injuring his right hamstring during the Americans' opening qualifier at El Salvador on Sept. 2.

"We thought the best thing for him to do was to stay at Dortmund, train these weeks and try to get into their squad," Berhalter said.

Players will average 24 years, 294 days when training starts Monday.

Defenders George Bello, DeJuan Jones and Auston Trusty were cut from the group that had been training along with Long, and midfielders Djordje Mihailovic and Jackson Yueill.

Long is regaining fitness after tearing his right Achilles tendon on May 15. Defender Sam Vines was dropped after being on the November roster.

Midfielder Tyler Adams, Yedlin and goalkeeper Zack Steffen enter with yellow cards and would be suspended if assessed another.

From Page 1B

Before Smith-Cotton, Franklin coached football and track at Wentworth Military Academy for two years.

"Coach Franklin is an extremely positive individual/coach and will be highly engaged in not only the football team but with our parents, staff, and community as well," Knob Noster activities director Mark Carey said in the release Friday. "I look forward to working alongside Coach Franklin as we continue to build competitive, positive athletic programs.'

Franklin holds a Bachelor of Science in Business Administration from Missouri Valley College and a Master's Degree in Educational Administration from William Woods University.

He is a native of Sedalia, where he lives with his wife, Whitney, and two daughters, Oliviana and Mila.

"Coach Franklin is committed to uniting our parents and community around our student athletes as we strive to establish a competitive program that is founded in respect and quality character among all participants," Knob Noster Superintendent of Schools Jerrod Wheeler said in the release.

Franklin takes over for Jonathan Schoonover, who led the Panthers to a 2-8 slate during his lone season at the helm.

He becomes the third coach in the same number of years. Mike Riley served as the interim in 2020. Before Riley, Rich Johnson led the Panthers for three seasons.

Franklin | Earnhardt

From Page 1B

Earnhardt was inducted into NASCAR's 12th Hall of Fame class on Friday night along with late-model driver Red Farmer and the late Mike Stefanik, a decorated modified driver who died in a plane crash in 2019. Ralph Seagraves was named as the recipient of the Landmark Award for Outstanding Contributions to NASCAR.

The group was selected in 2020, but the induction ceremony was postponed more than a year due to the coronavirus pandemic.

The younger Earnhardt joins his late father, seven-time Cup Series champion Dale Earnhardt, in the NASCAR Hall of Fame.

"To join Dad in the Hall of Fame is probably as good as it is ever going to get," Earnhardt said.

Known around the pits simply as "Junior," Earnhardt won 26 races during his Cup career, including two Daytona 500s and the 2001 Pepsi 400, which came four months after his father's death at the same track.

Although Earnhardt never won a championship, his impact has been felt throughout the racing world building a career as NASCAR's top ambassador while finding a crossover audience that stretched far beyond his father's reach.

"In the time I have been involved in racing, nobody has impacted the sport more than Dale Earnhardt Jr.," Hall of Fame driver Jeff Gordon said. "When he won, three-quarters of the grandstand stood up and cheered."

Earnhardt began his career at familyowned Dale Earnhardt Inc., winning backto-back Xfinity Series titles and 13 races in two full-time seasons. He won his first Cup Series race in his 12th career start. Like his father, Earnhardt was a master of the draft and thrived in restrictor-plate racing with 10 of his 26 career Cup victories coming at Daytona and Talladega, including Daytona 500 wins in 2004 and 2014.

He left DEI six years after his father's death and joined Hendrick Motorsports in 2008 as one of the most coveted free agents in the sport.

Car owner Rick Hendrick said he's been amazed by Earnhardt ever since.

During the recession, Earnhardt approached Hendrick and asked for \$1 million to be deducted from his paycheck and distributed among the company's employees so that "no one would have to suffer."

When that money wasn't redistributed right away, Earnhardt marched into the front office at Hendrick Motorsports and insisted upon it.

"He has an unbelievable heart," Hendrick said.

"I don't know of anybody in any sport that has represented his family any better," Hall of Fame driver Richard Petty said.

Earnhardt was inducted by his wife, Amy.

"He gives of himself daily and loves his family dearly," she said.

Farmer was inducted by Hall of Famer Tony Stewart.

Farmer's exact win total during his career is unknown, but it is "somewhere north of 700" according to the NASCAR Hall of Fame.

A member of the "Alabama Gang," Farmer won NASCAR's Modified Division championship in 1956 followed by three consecutive championships in the Late Model Sportsman Division from 1969-71. Farmer preferred racing late models, but did run 36 Cup Series races with a best finish being a fourth place.

In 1998, Farmer's was named to NAS-CAR's list of its 50 greatest drivers.

Farmer has lived a charmed life — surviving a helicopter crash that killed racecar driver Davey Allison, a tornado that struck and damaged his car and trailer and a bout with COVID-19.

Through it all, he continues to drive on short tracks at age 89.

"It's something that gets in your blood and you can't get it out," said Farmer, who said he can't wait to drive on Talladega's short track just days after dealing with a heart issue. "I haven't gotten it out of my blood in 75 years. ... I have had a great life and I wouldn't trade anything for it."

Farmer is the first driver to be inducted in on the "pioneer" ballot, which recognizes drivers whose careers began prior to 1962.

Stefanik won nine all-time NASCAR championships — tied with Richie Evans for the most ever.

He won seven titles in the NASCAR Whelen Modified Tour and two others in the Busch North Series. Stefanik holds modified series records for championships, wins, poles, and top-five and top-10 finishes. In 2003, he was named one of the tour's 10 greatest drivers.

Former car owner and crew chief Ray Evernham, a member of the 2018 Hall of Fame class, inducted Stefanik into the Hall. Stefanik's wife, Julie, accepted the honor on behalf of her husband and said he always respected his competitors.

"He was very methodical about his approach and he was a clean and fair racer,"

Seagraves, who died in 1998, was selected as the recipient of the Landmark Award for Outstanding Contributions to NAS-CAR. A former official with R.J. Reynolds Tobacco Co., Seagraves helped sponsor the Winston Cup Series, a partnership that helped NASCAR launch into the national spotlight and created a bedrock of stability for three decades.

From Page 1B

Williams also is expected to play against Buffalo after he was limited in last week's 42-21 romp over the Steelers by a toe injury. That opened the door for McKinnon, who responded by running 12

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The Commercial Tour.com

times for 61 yards while catching six passes for 81 yards and a touchdown; it was the most yards from scrimmage of anybody in the wild-card round.

Williams led the Chiefs with 558 yards rushing and six TDs this season. He also caught 47 passes for 452 yards and two scores, giving him more than 1,000 yards from scrimmage for the first time in his career.

"I'd probably tell you the

same thing (as Edwards-Helaire): He moved around good today," Reid said, "but let me see how he does. He only practiced today. Let me see how he does here in the next day."

Reid also said that linebacker Willie Gay Jr., who was arrested and charged with misdemeanor criminal damage to property this week, would play against the Bills. Gay pleaded

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TheHomesTour.com

not guilty on Thursday and practiced on Friday.

Gay has made 48 tackles and two interceptions in 12 games while playing on defense and special teams.

"Well, I decided he'd play. I'm not going to get into the conversations I had with him. I'm not going to do that," Reid said, "but I decided that after just hearing some of the information."



SEDALIA DEMOCRAT

Place Your Classified Ads at SedaliaDemocrat.com or email classifieds@sedaliademocrat.com



₋inda



Errors must be reported immediately. The Sedalia Democrat will only be responsible for errors the first day the ad runs.

VISA 660-826-1000

Fax: 660-826-2413

OFFICE HOURS

Mon-Fri 8am-5pm (Closed Saturday & Sunday)





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FCS Financial, part of the nationwide Farm Credit System, is dedicated to supporting agriculture and rural communities! We are currently seeking a Certified General Appraiser to join our Team! Do you have or want to gain experience in market data analysis, appraisal services, and inspections? If you answered yes to these questions, don't miss this opportunity, apply now! Market Territory for this position is North Central Missouri. Potential office locations are Columbia, Higginsville, Macon, Marshall, and Sedalia. All other FCS Branch locations will be considered based on the candidates' qualifications and needs. A bachelor's degree in Ag Management, Ag Business, Business Administration, Real Estate or related field and related experience is required. Certified General Real Estate Appraiser certification is required. FCS Financial provides our appraisers with the resources needed to be successful and opportunities for continued education and training required to maintain their certification. We also offer a highly competitive compensation and benefits package. Cover letters and resumes can be submitted through our online application system at www.myfcsfinancial.com. Additional details and instructions are available on our Careers page or by calling 573-636-7809 x1111. This position is open until filled. FCS Financial is a member of the Farm Credit System. Pre-employment background check required. EOE M/F/D/V

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Members of our team enjoy an excellent compensation and benefit package that includes group health, dental, vision, and life coverage for you and your family, 401(k) retirement plan with generous employer-matching contributions, paid time off, Wellness Center, training & professional development, meal discounts, a great work environment and much more. Please visit www.carrollcountyhospital.org to learn more and apply online. We are an equal opportunity employer and a drug-free workplace.

AGRI-BUSINESS

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STRAW FOR SALE, small square bales, \$4.00 each. Large square bales, \$40.00 each. Large Round bales \$50.00 each. Versailles area. 573-539-2060.

ANNOUNCEMENTS

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LOST: SILVER DOME-RING, southwest etching, size 9+, lost the week before Chrismas, Warrensburg Walgreens or dollar stores. Call 660-441-4741

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PLEASE READ YOUR ad carefully for accuracy. The classified advertising staff makes every effort to print your ad correctly. However, if an error is made in your ad, it must be reported immediately. We will only be responsible for errors the first time your ad runs. Call Mon.-Fri., 8:00am-5:00pm 660-826-1000; fax to 660-826-2413.

The following storage units at 900 Normandy Rd Sedalia MO will be auctioned online at www.storageauctions.com starting January 27 2022:

70 Roberto Ramirez-Ricardo 98 Tommy Short 106 Richard Hagen 110 James Bays 123 Addison Morris 158 Lloyd Decker

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Little ads. Big results. The Marketplace is a great place to

NOTICE OF ANNUAL MEETING

The annual meeting of

Mid-Missouri Energy, LLC

will be held

Saturday

January 29, 2022

Location: Martin Community Center 1985 S Odell Ave

Mid-Missouri

Energy

Marshall, MO

All MME members are urged to attend

Registration: 1:00 p.m.

Meeting: 2:00 p.m.

EMPLOYMENT

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HELP WANTED: LABOR/ Skilled

Labor Local construction company Some travel Call 660-826-3352

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\$13/HR! Looking to make a

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No experience required-starting pay at \$13/hr. See our ad on Indeed, Facebook or email: hr1.fidelis@gmail.com for more information.

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Any positions

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Mark's Mobile Glass specializes in automotive glass repair and replacement, residential glass, including custom shower enclosures, mirror, windows, screens, etc. as well as commercial glass like store fronts and entrance

As we continue to grow, we have an opening for a Full-Time Auto Glass Technician position in our Sedalia, MO location. Looking for an experienced installer but, we are willing to train the right person. Applicant should be and willing attitude to work and learn in a self-rewarding, fast paced environment. Competitive salary (\$15/hr-\$25/hr) with unlimited potential for growth, company paid health insurance, vacation, and retirement packages available. Up to a \$5,000 sign on bonus, depending on level of experi-

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FINANCIAL

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Alteration Shop is up for Rent next to White's Cleaners Please Call 660-826-7250 for more information

MERCHANDISE

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Pet Friendly. Call or Text 660-333-4780

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I AM SEEKING to rent a one or two bedroom apartment in a nice area of town. Handicap accessibility. Call 573-257-6067.

If you are an employer looking to recruit the finest, you can count on qualified candidates getting your message through



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FREE ESTIMATES Max Frisby

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Call Townsend at 660 232 4175. Email: completetree13 @gmail.com.

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YARD SALES Pettis County

> **Large Family Indoor Sale 121 S Ohio**

Saturday 8-4 Lots of nice clothing some new \$1 each, Jewelry, guns, household items, new phone chargers & access, Mahomes poster, collectables, candles, nice beer logo jacket, a lot of new items. Priced to sell!

Legal Notice

Advertisement for Proposals The City of Sedalia, Missouri is soliciting proposals for the purchase and re-use of property owned by the City of Sedalia located at 400 South Ohio Avenue. The City desires to award and sell the property to the qualified applicant with the most favorable proposal for the property. The proposal submission deadline is Friday, February 11, 2022 at 2:00 p.m.

Legal Notice

Details and requirements may be accessed on the city's website at www. sedalia.com. All such proposals as provided for herein shall be sealed and filed with the City Clerk at or prior to February 11, 2022 at 2:00 p.m., at which time the

proposals will be opened. Any proposal received after the above stated date and time will be discarded.

The City of Sedalia retains the right to reject any and all proposals submitted, and to waive any informality contained in any proposal. The City of Sedalia reserves the right to accept the proposal deemed most advantageous to the City.

If you have any questions, please contact Community Development Director, John Simmons at 660-827-3000 Ext. 1115 or via e-mail jsimmons@sedalia.com. 1x-1/22, 2022

Legal Notice

The Missouri Department of Natural Resources has declared approximately 58 acres of mixed grasses and forbs at Bothwell Lodge State Historic Site as surplus to be cut and removed as hay. For bid specifications and to arrange

BID NOTICE

an on-site inspection, contact the park office at 660-827-0510. All bids must be received no later than 5 p.m. March 1, 2022. The bid will be awarded by March 15th 2022. You will be notified by telephone if you were awarded the

5x-1/22 25 26 27 28 2022

IN THE CIRCUIT COURT OF PETTIS COUNTY, MISSOURI PROBATE DIVISION WAYNE F CRUMP, DECEASED Case No. 22PT-PR00006 **NOTICE OF HEARING** To all persons who claim any

interest in the property of

Legal Notice

Wayne F. Crump, Deceased, as an heir of said Decedent or through any heir of Decedent:

You are hereby notified that a petition has been filed in the above court by Leslie Gardner for the determination of the heirs of Wayne F. Deceased, and of their respective interests as such heirs in and with respect to the following-described property owned by said Decedent at the time of death, to-wit: Mutual of Omaha checks and Central Bank of Sedalia accounts.

Petitioner's attorney is David P. Politte, business address PO Box 2114, Washington, MO 63090.

You are hereby required to appear to answer said petition on 2-15-2022 at 3:00 p.m. in the Probate Division of the Circuit Court of Pettis County, Missouri, at 415 South Ohio, Sedalia, MO, at which time and place said petition will be heard. Should you fail therein,

Legal Notice

judgment may be entered in due course upon said petition. Susan Sadler, Circuit Clerk By: /s/Darla Ebeling, Deputy Clerk

Probate Division Circuit Court of Pettis County, Missouri 4x-1/15, 22, 29, 2/5, 2022

NOTICE-ACCEPTING BIDS The I.O.O.F Cemetery located in Otterville is now accepting bids for mowing/trimming services for 2022.

Please mail bid to Jaclyn Inskeep at 8475 Bellair Road Pilot Grove, MO 65275 by 2/15/22

5x-1/22, 25, 26, 27, 28, 2022

Public Hearing Notice The Pettis County Commission will hold a Public Hearing on Thursday, February 17, 2022 from 9 a.m. to take actin on a proposed Waste Management Ordinance and Host Agreement. The Public Hearing will



Sylvia G. Thompson Residence Center has immediate openings for

* Dietary Aide - Day Shift * Evening Cook

* CNA Day, Evening & Night Shifts Benefits include:

* New wage increase - \$16.50 for C.N.A * Health insurance

*Low Cost vision and dental insurance * Vacation and sick leave

*Reduced daycare for small children

Apply in person at 3333 West 10th

Full Time Custodian

The Cole Camp R-I School is accepting applications for a custodian. This is a full-time, 12-month position. Requirements include moderate lifting, working with cleaning chemicals and equipment, and possess the ability to operate small machinery. Benefits include medical insurance, retirement, sick leave, and vacation days. Applications can be found online on the District's web site, or obtained at the office of the Superintendent and will be accepted until filled.

The Cole Camp R-I School is an Equal Opportunity Employer.

Jones Brothers Livestock Auction

1st Saturday: Special Feeder Sale. 11:00am 2nd Saturday: Cattle Sale. 11:00am 3rd Saturday: Special Feeder Sale. 11:00am

4th Saturday: Cattle Sale. 11:00am Small Animal Sale. 2:00pm

Boonville, Missouri

1st Tuesday: Small Animal Sale. 5:30pm 2nd Tuesday: Special Feeder Sale. 11:00am 3rd Tuesday: Cow Sale. 6:00pm 4th Tuesday: Special Feeder Sale. 11:00am

Chris Jones: 660-631-0995 Jack Nowlin: 660-621-3104

Eric Jones: 660-815-9090 Brandon Eischeid: 660-973-3044

Photo of your vehicle

YEAR AND VEHICLE HERE

Copy about the vehicle goes in this spot. Copy about the vehicle goes in this spot. Copy about the vehicle goes in this spot. Copy about the vehicle \$xx,xxx. Name, Address and Phone Number.

Photo of your home

COPY DESCRIBING YOUR HOME... so many bedrooms, so many baths. List of extras ... garage (single or double), maintenance free exterior, family room, school district, fenced back yard, basement, extra lot, heating, air conditioning, parking availability, etc.

36 Words or less; 1st 4 words bold; one item only; price must be listed to qualify for FREE ad

Price must be stated in ad

(Regular deadlines apply)

Days In Democrat

If your advertised item doesn't sell,

get 3 additional days FREE

If your advertised items doesn't sell, you'll receive

Weeks

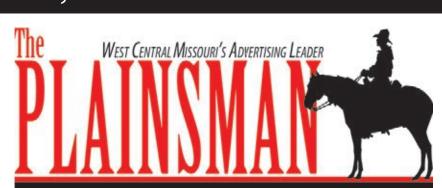
In A **Plainsman**

Days In Democrat

Weeks In A **Plainsman**

Contact Your Ad Rep For Details, Or Call 660-826-1000





Legal Notice

be held in the County Commission Chambers at the Pettis County Courthouse in Sedalia. Beginning on January 27, 2022 the Proposed Ordinance and Host Agreement will lay in the Commission Chambers for 20 days to allow for public inspection. A moment dedicated for public comment will be available during the hearing and throughout the 20-day layover period. Public comments may be made before the bench during regular session but must also be submitted in

writing. The Commission generally meets from 9:00 a.m. to 12 p.m., Monday through Friday (unless otherwise specified on the agenda). Written comments may be mailed to 415 South Ohio Ave. Suite 212A or emailed to andersonk @pettiscomo.com.

Copies of the proposed Ordinance and the proposed Host Agreement will be available in the Commission Chambers and on www.pettiscomo.com. To make an appointment with vour Commissioner or to request to be placed on the Commission's agenda, you may call Kristen Anderson,

Legal Notice

Assistant to the Commission, at (660-826-5000) ext 410. Pettis County Commission /s/David Dick, **Presiding Commissioner** Jim Marcum, Western Commissioner /s/Israel Baeza, Eastern Commissioner 3x-1/22, 27, 2/3, 2022

PUBLIC NOTICE The Region F West Central Missouri Solid Waste Management District is requesting grant applications for projects to reduce, reuse, recycle or compost solid waste materials. The counties of Johnson, Lafayette, Morgan,

Pettis, & Saline are included in

the Region F area.
THE GRANT APPLICATION
CHANGED, SO BE SURE TO DOWNLOAD THE NEW VER-AT www.moswmdf.com. PLEASE REVIEW ALL INFORMATION IN THE GRANT GUIDANCE DOCU-MENT. IF YOU HAVE ANY QUESTIONS PLEASE CALL (660-619-3652)

GRANT APPLICATIONS WILL BE ACCEPTED UNTIL 3:00 P.M. ON TUESDAY, MARCH 15TH 2022. Applications can be submitted

Legal Notice

electronically to moswmd.f @gmail.com, by mailing to West Central Missouri Solid Waste Management District F, 2304 West Broadway #196, Sedalia, MO 65301, or by hand

Legal Notice

delivering the grant on the due date of Tuesday, March 15th 2022 from 10a.m. - 3p.m. to 3615 W Broadway, Sedalia, MO 65301 (US Bank Building 3rd floor conference room).

Legal Notice

THE IDEAL

BUSINESS

CLIMATE FOR

YOUR GROWING

Applications sent by mail must be received by the stated due date and time Applicants are responsible for timely submission of applications to District

Legal Notice

These grant funds are provided in part by the Missouri Department of Natural Resour-

West Central Missouri Solid Waste Management District is an equal opportunity organization. All applicants will be considered on a nondiscriminatory basis without regard to race, color, national origin, age, gender, marital status or

2x-1/18, 22, 2022

Little ad. Big results.



AAARRGH! There be Treasure!

"LIVING ESTATE AUCTION" "Bill & Carolyn Wheat"

VFW Post 4195, 56 SED hwy. Knob Noster Mo. 65336 As we have sold our home & moving closer to family, we will sell the following at public Auction on:

Saturday, January 29th, 10:00am 2022

Directions: From Knob Noster go East on 50 hwy 1 mile to D hwy, Turn Right (South) on

D hwy go 1 mile to Auction on Right. Watch for signs on sale day. 16' BUMPER HITCH TANDEM AXEL TRAILER W/DOVETAIL, EZ-GO ELECTRIC GOLF

CART (NEEDS BATTERIES, HAS GOOD HD CHARGER)

HOUSEHOLD & MISC. 3pc. dining room set w/large harvest style table 8 chairs 2 leaves (extends to 10') matching hutch & dry sink (this is a true MUST see to appreciate) King size iron bed, DREXEL armoire w/3 drawers, HARMONY HOUSE Mirrored dresser, roll top computer desk, Victorian washstand w/marble top & tile back, Painted Rooster Credenza, iron & wood bakers rack, antique 31day steeple clock, antique bustle chair, stained glass, oak entry bench w/storage, lg TV wall unit w/storage & glass curios, lg glass lit curio, entertainment armoire, 2 - wooden shelves w/storage, Windsor oak rocking chair, Large lot Louisiana wall art & décor most bought in the French quarter, over stuffed leather recliner, Karl Griesbaum "HOBO WHISTLER" automaton lamp, oak spindle leg table, antique illustrated Parallel bible, Lot ornate pedestal plant stands, 2 - painted milk cans, lot McCoy planters, rustic bentwood rocker, Antique English-Oak-Barley-Twist fireplace screen, Imperial blackwood sewing box, Lot misc. Kitchen appliances, quilt rack, Victorian vanity bench, lot misc. floor & table lamps, Set of 4 director chairs, metal framed privacy screen, Brinkman SS gas BBQ grill, Lot misc. occ tables, pr hammered copper matador wall art, leather office chair, 4 - wire racks, 8ft alum step ladder, 6ft fiberglass step ladder, metal lawn wagon, garden hose and reel,

Many More Items Too Numerous to Mention

*Statements made day of sale take precedence over printed material. Auctioneer Note: We are Proud to assist Bill, Carolyn & family at this time, This an Auction of MANY quality & unique items. You will NOT be disappointed.



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Phillip Yoder (660) 723-3389



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Special Financing Available

Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



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40 units of Botox & 1 syringe of Juvederm \$850

> Savings of \$200 for a limited time

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> Savings of \$200 for a limited time





HE BEAUTY BAR

9 N. Lafayette Marshall, MO 65340



Registered Nurse Sedalia Aesthetics & The Beauty Bar Owner















Check us out on Facebook & Instagram



LIVING

Community Calendar • Living 3D

Sedalia Democrat

Saturday, Jan. 22, 2022 • D Section

Being transported by music memories

It's funny how a song or even a single sound can transport you somewhere else. Maybe it makes you feel a little happier for a few minutes on a dreary day, but so many times, it makes you think of a quick moment in time long past.

Many of you in your late 20s or 30s with a Facebook page most likely saw the announcement for the When We Were Young concert slated for October in Las Vegas. More than 60 bands will be featured, all of them now a little faded from the limelight after reaching their height of popularity in the 2000s and 2010s. For those who are my parents' age and older, or even my boyfriend who is several years older than me, the festival couldn't be less appealing, I'm sure. But for those of us who listened to that music during our formative middle school, high school and college years, it felt like a blast from the past.

I have no plans to attend the show, which sold out already anyway during the presale Friday, but it made me start thinking about all those bands, and many other musicians who have found their way into a memory over the years.

My first-ever concert was Styx, or it might have been REO Speedwagon, two of my mom's favorites. I was in elementary school and they were playing at some sort of summer event in whatever state we lived in at the time. I remember nothing about it other than attending, and one of my parents' friends asking if my sister and I were a little too

young to be there. If they were concerned about hearing loss in our young ears, the damage had already been done, thanks to my dad's inability to listen to the radio in his truck or SUV at a volume level considered appropriate by most standards. If it wasn't loud, it wasn't worth listening to, much

to my mother's dismay. When my sister and I would ride with him in his tiny Ford Ranger back in the day, the speakers were right in your face, perfect for hearing anything from Phil Collins and Genesis to "Crazy Train" by Ozzy Osbourne, or even some Shania Twain hits. My sister and I were a little young for using Limewire or Napster ourselves in those days, but my dad was the master of mix

As the transition from CDs to MP3 players began in high school, my friends and I would spend hours on the weekends at each others' houses downloading songs from our iTunes library and burning them onto CDs to share. Yes, I had one of those black zip-up cloth CD cases that was always full and meticulously organized.

I still remember when my sister and I got our first iPods – white iPod Nanos, to be exact – for Christmas one year. Dad loaded one song each to get us started and hand-



NICOLE COOKE

Democrat Editor

ed us a gift card to fill up our new playlists. Mine was "Dirty Little Secret" by The All-American Rejects; for a guy who grew up with rock music in the '70s and '80s, my dad was surprisingly good at keeping up with whatever we were listening to. My grandparents, however, seemed not too pleased that I was listening to a song with such a title.

Nowadays, I no longer own an iPod and just load songs on my iPhone or listen to Spotify or Pandora. But my playlists are still filled with many of the songs I grew up listening to on my parents' stereo system or on that first iPod Nano.

On my way back from Kansas City last weekend, I listened to Paramore, bringing me right back to my days in room 2050 in the Epic Yearbook lab at Lee's Summit West. My fellow yearbook staffers and I were obsessed with the band one year, and I got my hands on "Riot!" thanks to Andrea letting me burn a copy of hers on one of our yearbook computers.

I also listened to Boys Like Girls during my drive. I'm still proud that I stumbled upon their first album slightly before they gained popularity, so I felt like one of the cool kids who already knew the songs when they hit the radio.

Those early 2000s songs are ingrained in my brain and who knows what knowledge I could store if I didn't know the lyrics to every song on the 2000s Alternative playlist on Spotify.

But, for those older readers who are feeling a little disappointed with my music choices, there are usually some classics thrown in too. In addition to knowing every word to "Misery Business" by Paramore, I also know the words to most Billy Joel songs; yes, even the lesserknown ones. Billy Joel is my dad's favorite and his songs were as much a part of my childhood as watching Disney movies. I've seen him in concert twice, the first time being a birthday present from mom, my sister and me for dad's birthday many years ago. We were in the top row at the Sprint Center, but as my sister and I sang along to nearly every song, I noticed my dad nudge my mom and smile as he watched us enjoying his favorite music as much as he did. It was a proud dad moment, I think.

It was a chance for him to be transported by music to a memory in his younger years, all while also adding a newer memory with us.



In a 2021 photo, Donna and Larry Jones, of Clinton, left, present a Purple Heart and obituary they found on their property belonging to the late World War II PFC William Grady Curry, to Curry's grandson Van Swearingin and his wife Denise, of Sedalia. The meeting was decades in the making.

Lost Purple Heart

~comes home ~ to Sedalia family

By Faith Bemiss

fbemiss@sedaliademocrat.com

fter decades, a World War II Purple Heart has come home to family after being found in a barn in Clinton.

Retired Air Force and Navy veteran Van Swearingin and his wife, Denise, of rural Sedalia, were surprised to receive a call Feb. 6, 2021, from Larry and Donna Jones stating they had found a Purple Heart and obit in their barn belonging to his grandfather, the late World War II veteran PFC William Grady Curry.

"His wife is the one who messaged me on Facebook," Denise said. "She found my name and it said it was Swearingin ... and she said, 'are you so-in-so?' and I said, 'that's my mother-in-law and my mother-in-law is deceased, but that was her dad."

Denise went on to say that Donna explained her family had checked with the Purple Heart registry to try and find Curry's family but to no avail. She finally placed

the information on Facebook and "received tremendous response." She noted Donna's only regret was not being able to return the medal to Curry's nowdeceased daughter.

She added she and Van met the Iones' at Pizza Glen in Clinton. Van said the Jones family had purchased the Clinton home from his sister and brother-inlaw, Sherry and Ben Banner, in the late 1990s. His late grandmother had come to live with his sister Sherry in her later years, and inadvertently the medal and obit were left behind when the Banners moved. Denise added they have no idea how the medal and obit ended up in the barn.

Van said the couple found the Purple Heart at some point and looked for his family for 15 to 20 years. He noted he had the impression, the medal was found inside a small box along with the obit just sitting on a board in the barn,



on the property of Larry and Donna Jones. After looking for Curry's family for 15 to 20 years, the items were returned last year to family members.

like it was meant to be found.

"The box was still in very good condition," Denise noted.

Curry, 24, died in Germany while serving with the Army's 28th Infantry Division; he was awarded the Purple Heart posthumously.

His obit described him as having an "attractive personality" and being "friendly and generous-hearted." He was survived by his widow Mrs. Ellen Smith Curry and his 2-year-old daughter Willie Ellen (Van's mother).

See HEART | 4D



After the obit and Purple Heart were returned last year, the late World War II veteran PFC William Grady Curry's grandson, Van Swearingin, created a shadowbox for his nephew who is named for Curry.



Van Swearingin, right, stands with Larry Jones as they hold Swearingin's late grandfather's Purple Heart and obit. The late World War II veteran PFC William Grady Curry died at age 24 in the European theater.

buy Staten Island Ferry boat

By Karen Matthews

Associated Press

NEW YORK (AP) — "Saturday Night Live" comics Colin Jost and Pete Davidson have purchased a decommissioned Staten Island Ferry boat for \$280,100 with plans to turn it into New York's hottest club.

Jost and Davidson teamed up with comedy club owner Paul Italia on Wednesday's winning bid for the John F. Kennedy, a 277-foot (84-meter) vessel that shuttled commuters between the New York City boroughs of Manhattan and Staten Island from 1965 until it was taken out of service last August.

"The Staten Island Ferry is definitely something iconic," Italia, a real estate investor and co-owner of the restaurant and comedy club The Stand, said Friday. "We wanted

to figure out a way to save it and to do something special with it."

'SNL' comics Jost, Davidson

Italia said transforming the 2,109-ton ferry into an entertainment venue will cost millions of dollars and won't happen anytime soon.

"It's really early stages here," he said. "You have a great idea and you're working on executing it and the first step is the acquisition of the boat, and I think that that's the story right now. We were successful in acquiring the boat and making sure it didn't go into the scrapyard like the last two."

Messages seeking comment were sent to representatives of Jost and Davidson, who both grew up on Staten Island and often joke about their home borough and its bestknown mode of transport.

Named after the 35th U.S. president, the John F. Kennedy was the oldest

ferry in the fleet when it was decommissioned last summer.

The new owners have 10 business days to secure a place to dock the vessel and tow it there. "We're working on that," Italia said.

The boat was auctioned by New York City's Department of Citywide Administrative Services, and other city departments will have to sign off on operating it as a floating nightspot.

It could help that the city's new mayor is on board. "I love this idea. What a great way to give an NYC icon a second life," Mayor Eric Adams tweeted Friday.

Adams, who took office on Jan. 1 and was portrayed by Chris Redd on "Saturday Night Live" on Jan. 15, added, "Let us know how we can help and we'll be there for the maiden voyage."



From left, Kendra Johnson (representing Linda Dahl), Gay Nau, Micki Williams, JoAnn Collier, Twila Garber, Linda Reid and Barbara Harrison.

CLUB NOTES

Grow and Glow Garden Club FGCM

The Grow and Glow Garden Club FGCM met Jan. 18 at the Tipton United Methodist Church Fellowship Hall with 19 attending. Prior to the meeting, an optional pre-meeting member lunch at Bobbio's Eatery in Tipton was enjoyed.

The business meeting was conducted jointly by Presidents Pro Tem Micki Williams and Gay Nau. The Roll Call, "Name your favorite Wildflower," was answered. Members' January birthdays, Janet Mulcahy Jan. 13 and Kathy Coffman, Jan. 18, were recognized.

Yearbooks for 2022 were distributed by Kendra Johnson and were received with positive comments and appreciation for her efforts.

Old business included plans to prune grapevines lightly at the Maclay Home in February. A committee of Dorothy Collett, Barbara Harrison, Leanne Sparks, and JoAnn Collier will find a suitable day. The Maclay Old Presbyterian Church Planting Project was explained by Nau. Nau, Verna Koechner, Sparks, Collett, Johnson, and Janet Mulcahy will serve on a planning committee to select heirloom flowers and shrubs for the entrance of the historic building.

Club by-law updates were approved unanimously.

Harrison expressed interest in having a program for adults on gardening topics at the Price James Memorial Library. Several topics were suggested and plans will be finalized with the library administrator. Williams reminded the group that the club will host the Central District Meeting in the spring of 2023 and gave a rundown of the many decisions that must be made and acted on before

that time.

Cynthia Brodersen announced the winners of the voting at the quilt show at the Centralia Historical Society Museum tour in September.

Mulcahy reported on the well-attended Veterans Appreciation Service, Christmas Tree Lighting, and refreshments, Nov. 25, 2021, at the Versailles Blue Star Memorial.

Installation of Officers for the next two years was conducted by Harrison, using Keys as the theme of the service. Each officer received a decorated key with a charge of their duties. Chaplain Twila Garber; Historian Micki Williams; Treasurer Linda Reid; Secretary/Reporter JoAnn Collier; Co-Vice Presidents Micki Williams and Gay Nau; Presiden, Linda Dahl, who was represented by Kenda Johnson in the ceremony.

Pam Huschle was introduced and welcomed as a new member.

The program, Missouri Wildflowers/Natives YouTube Presentation and sharing of books on the subject, was presented by Harrison and Williams. It included basic tips of what to look for when identifying wildflowers and highlighted some of Missouri's many native plants.

Immediate Past President Harrison was presented a thank you gift from the club in appreciation of all she has done for the organization.

The members are asked to bring non-perishable foods for Morgan County Food Pantry to the Feb. 15 meeting. The optional pre-meeting member lunch will be at 11:30 a.m. the Hometown Café in Syracuse. Kendra Johnson will be responsible for the Price James Memorial Library arrangement.

If interested in joining the garden club, call 660-433-2366 for more information.

Golf goes to Netflix and it has competition from tennis By Doug Ferguson

AP Golf Writer

HONOLULU (AP) — Formula One racing got a huge boost in interest in North America through the Netflix series "Drive to Survive."

Netflix now is expanding to a documentary series on golf, with the PGA Tour and the organizers of the four major championships granting access for a behind-the-scenes look. Among those who have signed up (without pay) to participate are multiple major champions like Jordan Spieth, Brooks Koepka, Dustin Johnson and Collin Morikawa. Also on the list are Max Homa and Joel Dahmen, who have revealed their personalities through various social media.

For the players, it's a chance to increase their exposure and grow their brands. Koepka was said to have spent an hour with the producers during the Hero World

Rick Anderson, the chief media officer at the PGA Tour, said the Netflix series will allow golf to tap into a new and diverse audience and "give fans an an authentic look into the real lives of our athletes, and what it's like to win — and lose — during a season on the PGA Tour."

Golf, however, will have competition in the Netflix sports documentary space.

Tennis also will have a series with Netflix in partnership with the ATP Tour, the WTA Tour and the four Grand Slam tournaments, starting with the Australian Open this week.

See GOLF | 4D

Central Bank Announces Promotions



Pictured, starting in the back row, left to right: Lisa Dowdy, Cindy Peck, Casey Martin, Vickie Hicks, Laurie Staus, and Krisy Reith. Front row, left to right: Erica Petersen and Lynn Welton

Lisa Dowdy to Vice President: Lisa leads our audit and compliance team in Sedalia. She is our "go-to" person for various technical issues as well. This is Lisa's 37th year with Central Bank.

Cindy Peck to Vice President: Cindy leads the team at our 1307 S Limit location. Cindy came to us through the Union Savings acquisition and had done a great job retaining those relationships and being a resource. She recently celebrated 25 years with the bank.

Casey Martin to Vice President: Casey started as a teller, then quickly moved to CSR, and now leads the retail team at our Main Branch location. Casey's 6th year anniversary with the bank was in December.

Vickie Hicks to Vice President: Vickie took over the HR Manager duties for Sedalia last year. This is a challenging position to take on and Vickie has risen to the occasion and is doing an excellent job. She has been with the bank for 2 years.

Laurie Staus to Vice President: Laurie leads the team at our 3000 W Broadway location and organizes our Classic Club program. She will celebrate her 28th year with the bank in 2022.

Krisy Reith to Branch Manager: Krisy is the new branch manager at our 2900 S Limit location. She was previously with Central Bank for 7 years but just recently re-joined us in November.

Erica Petersen to Senior Vice President: Erica has been in banking for over 20 years and is in her 8th year with Central Bank. Erica leads our business development and marketing team and was recently selected by the Sedalia Democrat for the 2021 class

Lynn Welton to Senior Vice President: Lynn is the manager for our 400 W Broadway location and also leads the overall branch/retail teams for the Sedalia Market. She recently celebrated 40 years with Central Bank.



MEALS ON WHEELS

Meals on Wheels is a nonprofit organization that delivers meals to seniors, the homebound and handicapped citizens of Sedalia. The food is prepared by Superior Vendall and is delivered by volunteers. Meals cost \$3. For more information on receiving meals or becoming

a volunteer, call 660-826-5039.

Meals will be delivered by St. Vincent de

Paul Church. **Monday**

Pork riblet on bun. baked beans, macaroni salad, brownie and milk.

Tuesday

Spaghetti, corn, salad, breadsticks, cookie and milk.

Wednesday

Stuffed pepper casserole, hominy, tropical fruit, roll and milk.

Thursday

Beef and noodles, green beans, pudding, roll and milk.

Friday

Roast beef, mashed potatoes, gravy, peas, roll and cake.

Hot Dog!" and "Don't Let

the Pigeon Stay Up Late!"

His seven previous Pigeon

books have sold more than

6 million copies and have

been adapted for television

ENTERTAINMENT BRIEFS

New Mo Willems 'Pigeon' book to be released in September

NEW YORK (AP) — An imprint launched last week by Barnes & Noble Inc. has signed up one of the country's top children's authorillustrators, Mo Willems, best known for his "Pigeon" picture books.

Willems has a five-book

deal with Union Square Kids, including for "The Pigeon Will Ride the Roller Coaster!", scheduled to come out Sept 6. Willems' previous works include the beloved bestseller "Don't Let the Pigeon Ride the Bus!", "The Pigeon Finds a

13118 HIGHWAY Y, LA MONTE, MO 4.50± ACRES PETTIS COUNTY, MO



an imprint of the newly formed Union Square & Co., part of Barnes & Noble's Sterling Publishing, which the superstore chain acquired in 2003.



www.bigironrealty.com

Community Calendar JANUARY

Editor's note: Due to the COVID-19 pandemic, some meetings may be canceled or postponed. Please call the organization for information on cancel-

To have your event or meeting listed or changed, send details to fbemiss@ sedaliademocrat.com or call 660-826-1000 ext.

SUNDAY

Each day: AA meets at 417 E. Pettis St.

Noon and 7 p.m.: Alcoholics Anonymous 12x12 Non-smoking group, Sunday through Saturday; at 417 W. Pettis St., sedalia12x12aa@gmail.com.

1:30 p.m.: Open Door Soup Kitchen, 417 W. Pettis St. Call 660-827-1613.

3 p.m.: Call to the Nation to Pray, pray where you are during the COVID-19 pandemic.

7 p.m.: Narcotics Anonymous Because We Care and 7:30 p.m. Wednesday; First Christian Church, 200 S. Limit Ave. Call 660-221-

MONDAY

Each day: AA meets at 417 E. Pettis St.

8 a.m.: Prayer group on the lawn of the Pettis County Courthouse. All churches are welcome. If it rains the group will meet at Ozark Coffee Co., 614 S.

Ohio Ave.

10 a.m.: Show-Me Mad Tatters, University Extension Office Conference Room, 1012A Thompson

11:30 a.m.: Open Door Soup Kitchen, 417 W. Pettis St. Call 660-827-1613.

Noon: Prayer for the Nations at Antioch Fellowship, 507 W. 24th St.

Noon: Sedalia Rotary Club, Best Western State Fair Inn, 3120 S. Limit Ave.

1:45 p.m.: TOPS (Take Off Pounds Sensibly) Chapter 0102 Sedalia meets at the Boonslick Regional Library, 219 W. Third St., in the lower level meeting room. All are welcome to attend. The first meeting is always free. Call 660-525-4142.

3 p.m.: Call to the Nation to Pray, pray where you are during the COVID-19 pandemic.

6 p.m.: Cornerstone Celebrate Recovery. A Bible-based 12-step program for Hurts, Habits and Hangups; Cornerstone Baptist Church, 660-827-4833.

6:30 p.m.: Bingo at VFW Post 2591, 121 S. Ohio Ave. Bonanza blackout starts at 6 p.m.

6:30 p.m.: Show Me Sound, Sweet Adelines International, in-person rehearsals at Wesley United Methodist Church basement, 1322 West Broadway Blvd. All women are welcome, for more information call 660-851-2205.

7 p.m.: Al Anon, at 417 W. Pettis St., 660-473-0855.

7 p.m.: Father Tony Kraff Assembly of Knights of Columbus, Knights Hall, 1708 Elm Hills Blvd.

7 p.m.: Mid-Missouri Photo Club for amateur photographers, St. Paul's Lutheran Church in Cole

7 p.m.: West Central Missouri Genealogical Society, Culp Building at the Johnson County Historical Society on Main Street, in Warrensburg.

TUESDAY

Each day: AA meets at 417 E. Pettis St.

6:30 a.m.: Sunrise Optimist, Best Western State Fair Inn, 3120 S. Limit Ave.

8 a.m.: Central MO Business Builders (BNI), at Heckart Family Center, 903 S. Ohio Ave.

8 a.m.: Prayer group on the lawn of the Pettis County Courthouse. All churches are welcome. If it rains the group will meet at Ozark Coffee Co., 614 S. Ohio Ave.

11:30 a.m.: Open Door Soup Kitchen, 417 W. Pettis St. Call 660-827-1613.

Noon: Sedalia Noon Day Optimist Club, at Lamy's, 108 W. Pacific St.

3 p.m.: Call to the Nation to Pray, pray where you are during the COVID-19 pandemic.

6 p.m.: NarAnon meetings at LifePointe Church, 2921 W. Broadway Blvd.

7 p.m.: Co-Dependents Anonymous (CoDA) is a 12-step fellowship of men and women at the First United Methodist Church Celebration Center, 1701 W. 32nd St.; for more information, call Barbara at 660-827-6522.

7 p.m.: Mozarkite Society of Lincoln Inc., Rock, Gem and Mineral Club, First Christian Church, 200 S. Limit Ave. Use the southeast entrance; visitors are welcome. No meetings June or December

7 p.m.: OIC Studios will present the SpoFest writing prompt/open mic event

event streaming live via Zoom, Facebook and OIC Radio. Signup and event guidelines at www.oicstudios.com/spofest-online.

7 p.m.: Women of the Moose, at the lodge, 119 Winchester Dr.

Noon: Flat Creek Family and Community Club, for luncheon. Call 660-827-0591 for location information.

7:30 p.m.: Sedalia Chapter 57, Order of the Eastern Star, Masonic Temple, 601 W. Broadway Blvd. No meeting in July or Aug.

WEDNESDAY

Each day: AA meets at 417 E. Pettis St.

8 a.m.: Prayer group on the lawn of the Pettis County Courthouse. All churches are welcome. If it rains the group will meet at Ozark Coffee Co., 614 S. Ohio Ave.

10 a.m.: Wednesday TOPS (Take off Pounds Sensibly) Chapter 958, First Baptist Church, 200 E. Sixth St. First visit is free; 816-916-6237.

11:30 a.m.: Open Door

Soup Kitchen, 417 W. Pettis St. Call 660-827-1613.

Noon: Sedalia Lions Club, El Tapatio Mexican Restaurant, 3000 S. Limit Ave.

3 p.m.: Call to the Nation to Pray, pray where you are during the COVID-19 pandemic.

5:30 p.m.: Amigos de Cristo, Teen Mom Classes at 3003 W. 11th St., 660-826-2788.

THURSDAY

Each day: AA meets at 417 E. Pettis St.

8 a.m.: Prayer group on the lawn of the Pettis County Courthouse. All churches are welcome. If it rains the group will meet at Ozark Coffee Co., 614 S. Ohio Ave.

11:30 a.m.: Open Door Soup Kitchen, 417 W. Pettis St. Call 660-827-1613.

Noon: Kiwanis of Sedalia, at Lamy's, 108 Pacific St.

3 p.m.: Call to the Nation to Pray, pray where you are during the COVID-19 pandemic.

6 p.m.: Democratic Club of Pettis County. For more information, call Mike Franklin at 660-281-1037.

6 p.m.: Sedalia Duplicate Bridge Club at First Christian Church, 200 S. Limit Ave.

6 p.m.: Women in Crisis Group, call 660-827-5555 for location.

6:30 p.m.: Sedalia Cadet Squadron Civil Air Patrol, Civil Air Patrol building, U.S. Highway 50.

6:30 p.m.: Sedalia Landlords Inc., Community of

Christ Church, 2000 S. Ingram Ave.

7 p.m.: Fraternal Order of Eagles No. 4286, Lincoln. 7 p.m.: Mid-Missouri Artists, Warrensburg Community Center, 445 E. Gay St.

FRIDAY

Each day: AA meets at 417 E. Pettis St.

8 a.m.: Prayer group on the lawn of the Pettis County Courthouse. All churches are welcome. If it rains the group will meet at Ozark Coffee Co., 614 S. Ohio Ave.

11:30 a.m.: Open Door Soup Kitchen, 417 W. Pettis St. Call 660-827-1613.

Noon: Pettis County Pachyderms, Best Western State Fair Inn, 3120 S.

3 p.m.: Call to the Nation to Pray, pray where you are during the COVID-19 pandemic.

6 p.m.: Sedalia Singles, ages 45 to 75, at El Tapatio Mexican Restaurant. Call first at 660-620-3197.

SATURDAY

Each day: AA meets at 417 E. Pettis St.

8 a.m.: Prayer group on the lawn of the Pettis County Courthouse. All churches are welcome. If it rains the group will meet at Ozark Coffee Co., 614 S. Ohio Ave.

11:30 a.m.: Open Door Soup Kitchen, 417 W. Pettis St. Call 660-827-1613.

3 p.m.: Call to the Nation to Pray, pray where you are during the COVID-19 pandemic.

MARRIAGE LICENSES

Pettis County Recorder of Deeds Barbara Clevenger recently issued marriage licenses to:

Ricardo Pascual Banuelos, 21, and Bernice Martinez, 19, both of Sedalia; Larry Don Sprinkle, 43, and Stephanie Nicole

Landers, 46, both of Sedalia; Veronica Nicole Poort, 29, and Jordan Thomas Watt Sr., 30, both of Sedalia.

NEW BOOKS

Sedalia Public Library Fiction

"The Final Case," by David Guterson.

"Find Me," by Alafair Burke.

"Targeted," by Stephen Hunter.

"End of Days," by

Brad Taylor.

"Reminders of Him," by Colleen Hoover.

"The Last Dance of the Debutante," by Julia Kelly.

"The Good Son," by Jacque-

lyn Mitchard. **Nonfiction**

"Enough Already: Learning to Love the Way I Am Today," by Valerie Bertinelli.

"Apparently There Were Complaints," by Sharon Gless. "Aftermath: Life in the Fallout of the Third Reich, 1945-1955," by Harald Jahner.



CONCERNED YOU HAVE COVID-19? KNOW WHERE TO GO FOR CARE.

FOR MILD OR MODERATE SYMPTOMS:

☐ Fever

□ Cough

□ Tiredness ☐ Sore throat

Loss of taste or smell

☐ Headache

Contact your primary care provider or visit the Bothwell Walk In Clinic at 3700 W. 10th Street.

FOR SEVERE SYMPTOMS:

☐ Shortness of breath (oxygen level

less than 94%)/difficulty breathing Chest Pain

Loss of speech or mobility

Confusion

High fever

Unable to eat or drink

Go to the **Emergency Department (ED).**



Please do not visit the ED for Covid—19 testing if you have mild symptoms or only need a test for work, school or travel.

Your provider may refer you for treatment to our outpatient Covid-19 management clinic. Please do not call the hospital to self refer for monoclonal antibody treatment.

Meat Loaf, 'Bat Out of Hell' rock superstar, dies at 74

By Hillel Italie

AP National Writer

NEW YORK (AP) — Meat Loaf, the heavyweight rock superstar loved by millions for his "Bat Out of Hell" album and for such theatrical, dark-hearted anthems as "Paradise By the Dashboard Light," "Two Out of Three Ain't Bad," and "I'd Do Anything for Love (But I Won't Do That)," has died. He was 74.

The singer born Marvin Lee Aday died Thursday, according to a family statement provided by his longtime agent Michael Greene.

"Our hearts are broken to announce that the incomparable Meat Loaf passed away tonight," the statement said. "We know how much he meant to so many of you and we truly appreciate all of the love and support as we move through this time of grief in losing such an inspiring artist and beautiful man... From his heart to your souls... don't ever stop rocking!"

No cause or other details were given, but Aday had numerous health scares over the years.

"Bat Out of Hell," his mega-selling collaboration with songwriter Jim Steinman and producer Todd Rundgren, came out in 1977 and made him one of the most recognizable performers in rock. Fans fell hard for the roaring vocals of the long-haired, 250-plus pound singer and for the comic non-romance of the title track, "You Took The Words Right Out of My Mouth," "Two Out of Three Ain't Bad" and "Paradise By the Dashboard Light," an operatic cautionary tale about going all the way.

"Paradise" was a duet with Ellen Foley about two kids "barely 17" and "barely dressed," featuring playby-play from New York Yankees broadcaster Phil Rizzuto, who alleged — to much skepticism — that he was unaware of any alter-



PHOTO BY ANDY KROPA | AP PHOTO

Meat Loaf performs at a concert in New York's Madison Square Garden, Wednesday, July 18, 2007. Meat Loaf, whose "Bat Out Of Hell" album is one of the all time bestsellers, has died, family said on Facebook, Friday, Jan. 21, 2022.

nate meanings to reaching third base and heading for home. Speaking to The Associated Press on Friday, Foley remembered him as "larger than life" and noted the role "Paradise" had in the lives of fans and how they told of losing their virginity to it or singing it at special occasions: "I did it at karaoke, at my wedding, at my high school reunion, at my Bar Mitzvah."

After a slow start and mixed reviews, "Bat Out of Hell" became one of the top-selling albums in history, with worldwide sales of more than 40 million copies. Meat Loaf wasn't a consistent hit maker, especially after falling out for years with Steinman. But he maintained close ties with his fans through his manic live shows. social media and his many television, radio and film appearances, including "Fight Club" and cameos on "Glee" and "South Park."

Friends and fans mourned his death on social media. Andrew Lloyd Webber tweeted: "The vaults of heaven will be ringing with rock." And Adam Lambert called Meat Loaf: "A gentle hearted powerhouse rock star forever and ever. You were so kind. Your music will always be iconic."

Meat Loaf's biggest musical success after "Bat Out of Hell" was "Bat Out of Hell II: Back into Hell," a 1993 reunion with Steinman that sold more than 15 million copies and featured the Grammywinning single "I'd Do Anything for Love (But I Won't Do That)."

Steinman died in April. Aday's other albums included "Bat Out of Hell III: The Monster is Loose," "Hell in a Handbasket" and "Braver Than We Are." His more recent songs included "Dead Ringer for Love" with Cher, who tweeted that she "had so much fun" on the duet.

He is survived by Deborah Gillespie, his wife since 2007, and by daughters Pearl and Amanda Aday.

A native of Dallas, Aday was the son of a school teacher who raised him on her own after divorcing his alcoholic father, a police officer. Aday was singing and acting in high school (Mick Jagger was an early favorite, so was Ethel Merman) and attended Lubbock Christian College and what is now the University of North Texas. Among his more notable childhood memories: Seeing John F. Kennedy arrive at Love Field in Dallas on Nov. 22, 1963, then learning the president had been assassinated and driving to Parkland Hospital and

watching a bloodied Jackie

Kennedy step out of a car.

He was still a teenager when his mother died and when he acquired the nickname Meat Loaf, the alleged origins of which range from his weight to a favorite recipe of his mother's. He left for Los Angeles after college and was soon fronting the band Meat Loaf Soul. For years, he alternated between music and the stage, recording briefly for Motown, opening for such acts as the Who and the Grateful Dead and appearing in the Broadway production

of "Hair."

By the mid-1970s, he was playing the lobotomized biker Eddie in the theater and film versions of "The Rocky Horror Picture Show," had served as an understudy for his friend John Belushi for the stage production of National Lampoon and had begun working with Steinman on "Bat Out of Hell." The dense, pounding production was openly influenced by Wagner, Phil Spector and Bruce Springsteen, whose bandmates Roy Bittan and Max Weinberg played on the record. Rundgren initially thought of the album as a parody of Springsteen's grandiose style.

Steinman had known Meat Loaf since the singer appeared in his 1973 musical "More Than You Deserve" and some of the songs on "Bat Out of Hell," including "All Revved Up With No Place to Go," were initially written for a planned stage show based on the story of Peter Pan. "Bat Out of Hell" took more than two years to

find a taker as numerous record executives turned it down, including RCA's Clive Davis, who disparaged Steinman's songs and acknowledged that he had misjudged the singer: "The songs were coming over as very theatrical, and Meat Loaf, despite a powerful voice, just didn't look like a star," Davis wrote in his memoir, "The Soundtrack of My Life."

With the help of another Springsteen sideman, Steve Van Zandt, "Bat Out of Hell" was acquired by Cleveland International, a subsidiary of Epic Records. The album made little impact until months after its release, when a concert video of the title track was aired on the British program the Old Grey Whistle Test. In the U.S., his connection to "Rocky Horror" helped when he convinced producer Lou Adler to use a video for "Paradise By the Dashboard Light" as a trailer for the cult movie. But Meat Loaf was so little known at first that he began his "Bat Out of Hell" tour in Chicago as the opening act for Cheap Trick, then one of the world's hottest groups.

"I remember pulling up at the theater and it says, 'TONIGHT: CHEAP TRICK, WITH MEAT LOAF.' And I said to myself, 'These people think we're serving dinner," Meat Loaf explained in 2013 on the syndicated radio show "In the Studio."

"And we walk out on stage and these people were such Cheap Trick fans they booed us from the start. They were getting up and giving us the finger. The first six rows stood up and screamed... When we finished, most of the boos had stopped and we were almost getting applause."

AP Entertainment Writer Andrew Dalton contributed from Los Angeles. AP National Writer Jocelyn Noveck contributed from New York.

Heart

From Page 1D

The Swearingins said they were shocked to find out about the Purple Heart. Van added he first thought it was a scam. But after he found out it wasn't, he said "it was pretty cool" to meet Larry and Donna Jones and have his grandfather's medal back.

After the return of the Purple Heart and the obit-

uary, an article about the return was written in the Clinton Daily Democrat. Van took all of these items and created a shadow box for his brother, Dan Swearingin's 14-year-old son who is named Grady for his great-grandfather Curry.

"So we thought since he was named after him, that the shadow box should go to him," Denise said. "So we put it together and we figured it was apropos to send it to him and he loved it."

Van said when his

brother and nephew received the shadow box they were elated.

"They sent us flowers and all sorts of thank you's afterward," he noted. "My brother said it arrived in perfect condition and it had a big impact ..."

Van and Denise added they thought it was nice the Jones' took the time to look for them for so long and that they never gave up the search for Curry's family.

Faith Bemiss can be reached at 660-530-0289 or on Twitter @flbemiss.

From Page 2D

That is sure to include the drama of Novak Djokovic, who is not vaccinated against COVID-19 and was given an exemption to enter Australia, only to be deported when Australian authorities revoked his visa.

What makes the tennis series different from golf's is that it will include men and

women, who play their Grand Slam events at the same venues.

Missing from the list of PGA Tour players is Jon Rahm, the No. 1 player in the world, FedEx Cup champion Patrick Cantlay and Rory McIlroy. Also missing is Bryson DeChambeau, who said last week while promoting the Saudi International that it "wasn't a deal that was struck that was very well for my side."

DeChambeau said people already get a good look at his life

through a YouTube channel and Instagram. He said the Netflix golf series would be 'cool to see" and have interesting stories to be told about players not as well known, like Harry Higgs.

"I don't want to take the light away from them for their potential to grow themselves in a manner that's unique to them, where they're already pretty far behind," he said. "They have the opportunity to grow a lot more than I do in that regard."





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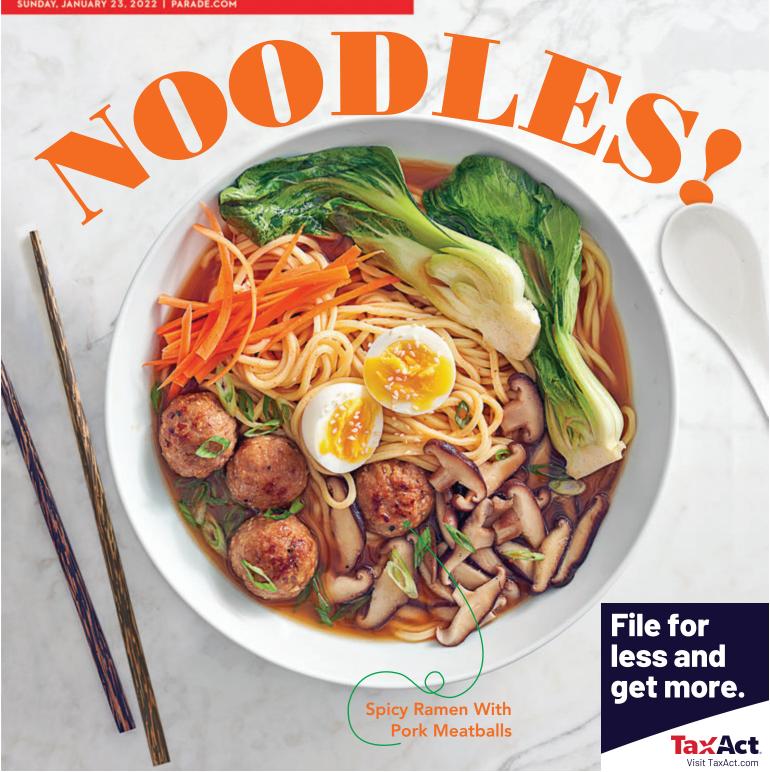
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Parade

Our cold-weather comfort food will keep you warm—from Buffalo mac 'n' cheese and pad thai to chicken noodle soup



HILARY DUFF'S DAD QUEST

It's a gender switch as Duff, 34, takes on the starring role in the now-streaming How I Met Your Father (Hulu). In 2045, an older Sophie (Kim Cattrall) relays to her son how he came to be. Duff plays Sophie in flashbacks set in the present day. Here are some fun facts about the

Younger star, a descendant of Scotland's King Robert the Bruce.

◀ Her favorite episode of Lizzie McGuire, the show

that made her famous, is "First Kiss."

▶ The multitalented Duff released a new mommy-and-me clothing line for Smash + Tess in February 2021 and a children's book, My Little Brave Girl, in March 2021.



◆She took the lead role in A Cinderella Story because it was inspired by her favorite fairy tale growing up.

Duff was a charter member for Kids With a Cause, which helps children around the world.

◆Fellow Disney star Aaron Carter was her first real boyfriend. She

is currently married to DJ and singer Matthew Koma. ▶



CHRISTINE BARANSKI

WALTER SCOTT ASKS...

The star of *The Good Fight*, 69, segues from her role as modern liberal Diane Lockhart to very conservative Agnes van Rhijn in **The Gilded Age** (Jan. 24 on HBO and HBO Max). Set in the 1880s, The Gilded Age (created by Downton Abbey's Julian Fellowes) explores the socioeconomic differences of the era, with Agnes, a wealthy widow in Manhattan, taking in her penniless niece following the death of her father and becoming embroiled in a social war with her nouveau riche neighbors.

What type of drama is going to be played out? For Agnes, it's rather like a Trump Tower is being erected directly across the street from her. She's justified in being grumpy because you can imagine how much noise there is. She has a lot of withering remarks about how the new people have no manners and are not worth being acknowledged. So there's a lot there for future enjoyment to watch the clashes of the old and the new.

Are there challenges in playing Agnes? It's not just wearing a corset and lots of fabric, and how you move and how you speak, but Agnes has a very particular sense of the world. Her boundaries are very clear. Her manners are very crystalline in how she conducts herself and what she expects.

You've been playing Diane Lockhart since 2009, first in The Good Wife and now in The Good Fight. Is there still joy in playing her? The joy is that she's a feminist living in 2022, and the writing is so good that my conflicts always are what's happening in the world. I wake up and read the news, and often what I'm playing in the show is a reflection of what I've read.

Your daughter Lily is following in your footsteps as an actress. What was your advice? I gave her practical advice to be kind, to stay above the fray, stay above the gossip. The safest place is the higher ground. If you're kind, gracious and professional, that makes as big an impression as your talent. Your reputation precedes you and it follows you out the door.

> Why did she wait until her 40s to go to Hollywood? Visit Parade.com/baranski to find out.

SAM RICHARDSON ATTENDS THE AFTERPARTY

Homicide isn't usually funny, but Veep alum Richardson proves the subject can get laughs in the new murder-mystery comedy series The Afterparty (Jan 28 on Apple TV+). Richardson plays Aniq, who goes to his high school reunion to try to reconnect with his former crush (Zoë Chao) when one of the attendees is killed. Each of the eight episodes relates the events of the fateful evening from a different person's point of view. Tiffany Haddish will play Detective Danner, the eccentric investigator assigned to solve the high-profile case. "Getting a chance

to work with an allstar ensemble of the funniest people out there?" says Richardson, 38. "There was no way I could have turned it down."



With This Is Us entering its final season, the networks are looking for the next big family drama, and ABC is hoping they found it with Promised Land (Jan. 24), a generation-spanning epic about a Latino family vying for wealth and power in California's Sonoma Valley. John Ortiz stars as family patriarch Joe Sandoval, who took a small vineyard owned by a former rival and turned it into an empire, alienating many along the way. "The writers have created a wonderful array of characters with not a single Latino stereotype among them," says Ortiz, 53. "The conflicts are wickedly tantalizing—so much fun to portray. But, also, [the show has] great heart, feeling and family drama that all viewers can find relatable."

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in the

ith a slew of returning U.S. stars and seven new events, the 2022 Beijing Winter Olympics (Feb. 4-20) is don't-miss TV. Watch daily prime-time coverage beginning Feb. 4 at 8 p.m. ET on NBC. Or stream on Peacock, nbcolympics.com and NBC Sports. Here are some tidbits to whet your appetite.

—Dillon Dodson







NEW SPORTS TAKE FLIGHT One of the sports debuting in Beijing this year (in separate events for men and women) is big air skiing (top left), in which skiers launch themselves skyward from a ramp and complete as many twists, turns and tricks as they can. Other new events are (clockwise from above left) women's monobob, mixed team snowboard cross. mixed team ski jumping, mixed team short-track speed skating relay and mixed team aerials.









women's Olympic ice hockey finals have been U.S. and Canada. Will they make it six of seven this year?

IT'S STILL THE FASTEST The luge can reach speeds of 90 mph.



STARS TO WATCH



Mikaela Shiffrin **ALPINE SKIING** The 26-year-old two-time gold medalist is back. and this time she's a medal contender in all five individual events. Will she decide to enter all of them?

Chloe Kim

SNOWBOARDING We expect veteran Shaun White to medal again, but 21-year-old Kim—the youngest female snowboarding gold medal winner—is equally determined. Recognize her? She was named one of Time magazine's 100 most influential people in 2018 and was the Jellyfish on season four of The Masked Singer.

Nathan Chen

FIGURE SKATING The first skater to land five different quadruple jumps in competition currently leads a double life as Yale student and Olympic medal hopeful. Can the 22-year-old bring home the gold?

Maame Biney SPEED SKATING

The 21-year-old short-track speed skater became the first Black woman (and youngest of any gender) to make the sport's national team. Capable of reaching speeds of up to 31 mph, don't blink or you'll miss her.

Lolo Jones

BOBSLEIGH Thirteen years ago, Jones was an elite Olympic sprint hurdler at the 2008 Beijing Summer Games. At 39, she's heading back, but this time as a world champion bobsledder—how's that for reinvention?

Susan Dunklee

BIATHLON With two Olympic Games behind her, the 35-year-old biathlete (whose sport combines cross-country skiing and rifle shooting) is in her final season, attempting to retire with a bang.



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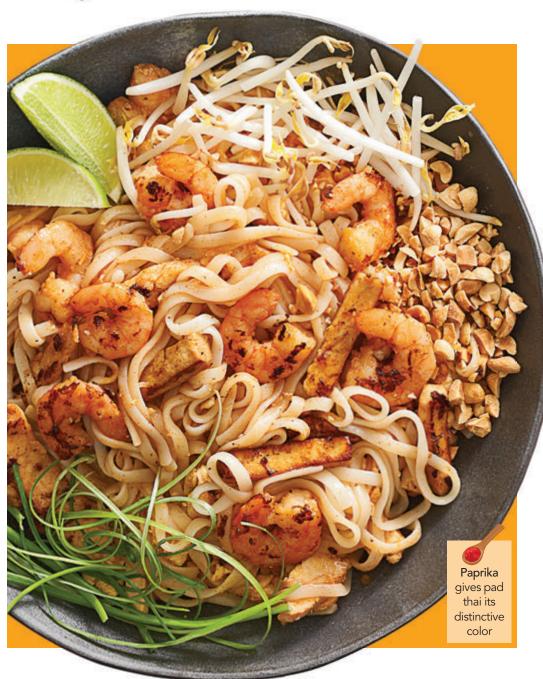


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WENDODIES



rom Japanese ramen to ooey-gooey mac 'n' cheese, noodles may well be America's best-loved carb. We adore them so much that the Specialty Food Association named "pasta's comeback" their top trend for 2022, thanks in part to a COVID-driven appetite for comfort food. Here are five delicious recipes to satisfy your cravings.

BY ALISON ASHTON

COVER AND FEATURE PHOTOGRAPHY BY MARK BOUGHTON

STYLING BY TERESA BLACKBURN

MY CLASSIC PAD THAI

"This is arguably the most popular Thai dish in the world," says celebrity chef Jet Tila (the tough-love judge on Food Network's Cutthroat Kitchen) in his new cookbook, 101 Thai Dishes You Need to Cook Before You Die (available Jan 25). "Because this dish has been in America for 50 years, there are dozens of versions."

Tamarind, sugar and fish sauce are commonly used, but cooks reach for different ingredients to give their pad thai its classic reddish hue, he says. "I like using paprika for great color without heat. But if you want a chile punch, back up the paprika with 1 to 2 tablespoons of Thai sriracha." You can find tamarind concentrate, shredded sweet radish and dried shrimp at Asian markets or on Amazon.

Recipe on page 8.



PASTA WITH SAUSAGE, APPLES AND GORGONZOLA

This pasta toss from Giada De Laurentiis is a hearty supper to warm up the chilliest night. "The beauty of it is how quickly it comes together," says De Laurentiis. "I love the way the Gorgonzola melts to create a creamy, flavorful sauce that coats the pasta." Gorgonzola piccante is an Italian blue cheese with a delightfully assertive aroma and flavor.

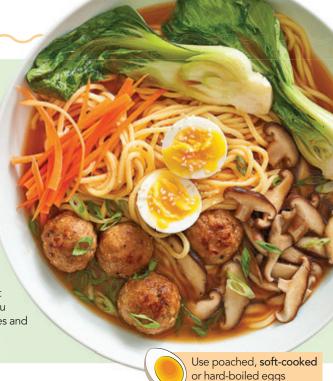
Bring a large pot of water to a boil over high. Season generously with **kosher salt**. Add 1 lb dry **short pasta** (such as Setaro rigatoni, available on giadzy.com, or penne or cavatelli); cook 2 minutes less than package directions. Reserve 1 cup pasta water. Drain pasta well.

Meanwhile, heat a large skillet over mediumhigh. Add 2 Tbsp olive oil; heat 30 seconds. Add 1 lb sweet or hot Italian sausage, casing removed. Cook, stirring occasionally and breaking sausage into small pieces with back of a spoon, 6-8 minutes or until cooked and starting to brown. Add 1 small red onion, halved and sliced, and 1 tsp kosher salt; cook 3 minutes or until onion is soft and fragrant. Add 2 apples (such as Golden Delicious or Honeycrisp), cored and thinly sliced; cook 3-4 minutes or until softened slightly. Add pasta, 3 oz Gorgonzola piccante, crumbled, and reserved pasta water; stir well to coat. Continue to stir and toss until cheese forms a light, creamy sauce. Add 2 heaping cups baby arugula; toss well until just wilted, about 1 minute. Top with 3 oz Gorgonzola piccante, crumbled. Serves 8.

SPICY RAMEN WITH PORK MEATBALLS AND EGGS

Miso, chile paste, soy sauce, ginger and garlic amp up store-bought chicken stock to give you a jump on a comforting bowl of ramen. Fresh ramen noodles are a nice touch, but dried will also work nicely. You can change up the vegetables and garnishes as you like.

Recipe on page 9.



CUBAN-STYLE CHICKEN NOODLE SOUP

Fideo means "noodle" in Spanish and refers to a type of short, thin, quick-cooking pasta. You can make the broth for this bright-flavored soup, adapted from The Chicken Soup Manifesto by Jenn Louis, a day or two ahead and add the pasta to cook while the soup reheats.

In a large pot over medium-high, heat ¼ cup **vegetable oil**. Add 1 **yellow onion**, diced; 2 **carrots**, peeled and cut into ½-inch coins; 4 cloves **garlic**, thinly sliced; 2 large **bay leaves**; 1 Tbsp **salt**; and a large pinch **saffron threads** (available in the spice aisle). Cook 3–4 minutes or until onion becomes translucent.

Add 6 cups water; 1 (8-oz) can **tomato sauce**; 2½-3 lb **skin-on, bone-in chicken pieces** (leg quarters, breast halves, etc.); 2 cups peeled, cubed **russet potatoes**; and 2 cups peeled, cubed **winter squash** (such as pumpkin or butternut). Bring to a boil.

Reduce heat to a low simmer; cook, uncovered, 20–30 minutes or until chicken is done (an instant-read thermometer inserted into thickest part of thigh registers 165°F).

Remove chicken from pot. When chicken is cool enough to handle, shred; discard skin and bones. Return chicken to pot along with 6 oz fideo (about 1½ cups) (or vermicelli or angel hair pasta, broken into pieces). Simmer 6–8 minutes or until noodles are tender. Discard bay leaves. Stir in 3 Tbsp lime juice and salt and freshly ground black pepper to taste. If desired,

es in holy esired, We used angel hair pasta broken

serve with lime wedges. Serves 4–6.

continued on page 8

into spoon-size pieces

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from page 7

MY CLASSIC PAD THAI

In a large bowl of warm (90°F) water, soak 12–16 oz **medium dry rice stick noodles** for about 1 hour. Drain well, reserving some of the soaking water.

In a small bowl, combine ¼ cup white sugar, ¼ cup fish sauce, 3 Tbsp tamarind concentrate, 1 Tbsp fresh lime juice and 1 Tbsp unseasoned rice vinegar. Stir until sugar dissolves.

Heat a wok or skillet over high 1 minute or until hot. Add 2 Tbsp canola oil, swirling to coat pan completely. When oil starts to smoke, add 2 cloves garlic, minced; stir-fry 5 seconds. Add ½ cup savory baked tofu (such as Wildwood), sliced; 2 Tbsp packaged shredded sweet radish; and 1 tsp dried shrimp; stir-fry 1 minute or until fragrant.

Push ingredients in wok to one side; let oil settle in center of pan. Crack 2 large eggs into pan; add ½ cup thinly sliced chicken breast or thigh. As eggs start to fry, pierce yolks to let them ooze. Fold chicken and eggs over; scrape any bits starting to stick. Cook 30 seconds or until eggs begin to set. Stir everything together to combine.

Add 10 medium-large (36/40 count) shrimp, peeled and deveined; cook 30 seconds or until starting to turn color and become opaque. Add soaked/drained noodles; cook 2–3 minutes or until soft. Add sauce mixture and 1 Tbsp paprika; fold until paprika evenly colors noodles and all liquid is absorbed, about 2 minutes. If noodles look dry, add a little reserved soaking water.

Place 3 green onions, cut into 3-inch julienne, in center of noodles; spoon some noodles over onions. Cover; steam 30 seconds. Stir in 3 Tbsp chopped dry-roasted unsalted peanuts. Transfer to a platter. Garnish with 1 cup bean sprouts, 1 Tbsp dry-roasted unsalted peanuts and lime wedges. Serves 2.

continued on page 9

8 | JANUARY 23, 2022

from page 8

SPICY RAMEN WITH PORK MEATBALLS AND EGGS

Place 1 quart low-sodium chicken stock in a medium saucepan. In a small bowl, whisk 1 Tbsp miso paste (red or white, such as Cold Mountain); 1 Tbsp gochujang chile paste; 2 Tbsp soy sauce; 1 (1-inch) piece ginger, grated; and 1 clove garlic, grated; whisk into stock. Simmer over medium.

Cook 10 oz **fresh ramen noodles** (such as Sun Noodle or Nona Lim) or dried according to package directions. Drain.

Heat 1 Tbsp **vegetable oil** in a wok or large skillet over high. Add 1½ cups sliced **shiitake mushrooms** (about 4 oz) and a pinch of **salt**. Stir-fry 2–3 minutes or until tender; transfer to a plate. Return pan to mediumhigh; swirl in 1 Tbsp vegetable oil. Add 2 **baby bok choy**, trimmed and halved, and a pinch of salt; cook 1 minute. Add 2 Tbsp water; cook 2–3 minutes or until water evaporates and bok choy are crisp-tender.

Divide noodles, broth and **Pork Meatballs** (recipe follows) between 2 large bowls. Garnish with mushrooms; bok choy; 2 large eggs, poached, soft- or hard-cooked; 1 large **carrot**, julienned; 3 **green onions**, thinly sliced; and, if desired, toasted sesame seeds. Serves 2.

Pork Meatballs

Make these up to 3 days ahead, cool and refrigerate. Shichimi togarashi is a chile-pepper-based Japanese seasoning blend (available on amazon.com).

In a medium bowl, combine ½ lb ground pork; 3 Tbsp panko breadcrumbs; 1 Tbsp soy sauce; 1 tsp toasted sesame seeds; 1 tsp peeled, minced fresh ginger; ½ tsp shichimi togarashi (optional); ½ tsp sesame oil; ½ tsp unseasoned rice vinegar; ½ tsp mirin; 1 green onion, minced; and 1 clove garlic, minced. Form into 10 (1½-inch) balls.

In a skillet over medium, heat 2 Tbsp **vegetable oil**. Add meatballs. Cook, turning occasionally, 8–10 minutes or until done. **Makes 10**.

continued on page 10

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BUFFALO CHICKEN MAC 'N' CHEESE

This indulgent baked pasta marries two beloved dishes in one skillet. It's from the popular blog I Am Baker (iambaker.net) by Amanda Rettke, whose new cookbook, Homestead Recipes, comes out April 12. For flawlessly creamy sauce, be sure to take the pan off the heat before stirring in the cheeses, says Rettke.

Position rack in top third of oven. Preheat oven to 350°F.

In a medium bowl, combine 1 cup shredded cooked chicken, 2 Tbsp Buffalo sauce and 2 Tbsp ranch dressing.

In a skillet over medium, melt ¼ cup unsalted butter. Add ¼ cup allpurpose flour; whisk constantly 1-2 minutes or until mixture turns light brown. Remove pan from heat. Gradually add 2 cups warm whole milk, whisking constantly. Return pan to heat; whisk 3-5 minutes or until thickened. Stir in ½ tsp salt, ¼ tsp dry mustard, ¼ tsp garlic powder and, if desired, 1/8 tsp cayenne pepper.

Remove pan from heat. Add ½ cup grated sharp cheddar cheese, 1/4 cup grated mozzarella cheese and chicken mixture. Stir until cheeses melt. Stir in 8 oz cavatappi noodles, cooked al dente and drained. Top with ¼ cup grated cheddar and ¼ cup grated mozzarella. Bake, uncovered, 5-7 minutes or until cheese is melted and bubbly. Season with salt and black pepper. Drizzle with 1 Tbsp Buffalo sauce and 1 Tbsp ranch dressing. Sprinkle with chopped parsley. Serves 8.

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- ▶ Jovial's grain-free cassava pastas (\$5, jovialfoods.com) are glutenfree and paleo-friendly.
- ▶ Spaghetti squash has long been a go-to pasta substitute. Solely's dried organic spaghetti squash pasta (\$8, solely.com) transforms it into a pantry staple.
- ▶ Spiralizing put zoodles on America's plate. Cece's Veggie Co.'s noodled zucchini and butternut squash (\$6), in the produce section, make it a speedy option.

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-Ralph Vaccaro, Greenville, S.C. Alas, no. Guest hosts are auditioning to be the regular host, and he or she will be young and charming. That puts me out of contention right there! And I don't have the temperament to study for competition—or the buzzer skills, for that matter!

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—Maye Lamb, Alabaster, Ala. One answer appears below Numbrix.



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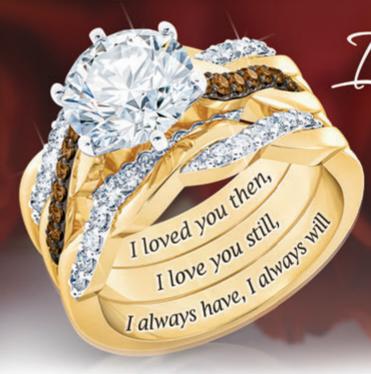
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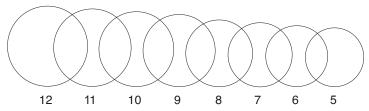
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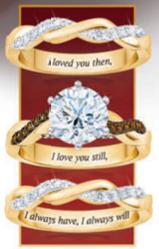
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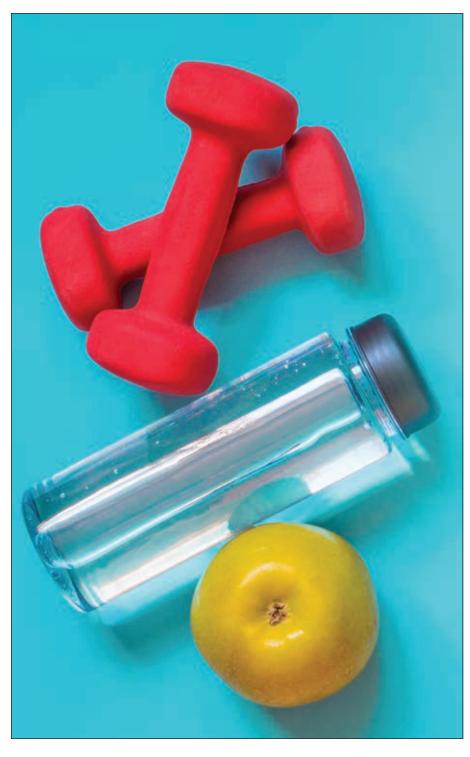
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Democrat, Star-Journal hosting fifth Get Fit Challenge



By Democrat & Star-Journal Staff

For the fifth year in a row, the Sedalia Democrat and Warrensburg Star-Journal are challenging the community to get a little healthier with the Get Fit Challenge.

The purpose of the Get Fit Challenge is to promote a healthy and happy lifestyle in Sedalia, Warrensburg and surrounding communities by offering unique opportunities and spreading the word of all things healthy in the area.

Over the past four years, hundreds of teams have participated in the challenges, and those who reached the finish line lost thousands of pounds.

"After taking a year off from the Get Fit Health Expo due to the pandemic, we were looking forward to bringing it back in 2022, but unfortunately, we had to cancel the expo due to time constraints and interest levels," Publisher Will Weibert said. "However, I'm looking forward to seeing all the teams have another successful year during the 2022 Get Fit Challenge and work toward getting a little healthier."

In 2022, the Democrat and Star-Journal will offer one 12-week challenge. The challenge kicked off with weigh-ins at the Star-Journal on Friday, Jan. 14 and at the Democrat on Saturday, Jan. 15.

A weigh-in will be hosted to mark the halfway point from 10 a.m. to noon Saturday, Feb. 26 at the Democrat office, 700 S. Massachusetts Ave. The final weigh-in will be from 10 a.m. to noon Saturday, April 9 at the Democrat office.

Over the course of the weight-loss challenge, citizens will be encouraged to embark on a healthier lifestyle to lose weight safely. There will be a total of \$2,000 in cash prizes to the top five teams based on the percentage of overall team weight loss.

The Democrat and Star-Journal will not only help citizens have fun with fitness and nutrition through the Get Fit Challenge, but they will also donate to local nonprofits. For each pound lost in the Get Fit Challenge by teams who attend the final weigh-in, the newspapers will donate 25 cents to an area nonprofit. For example, if 200 registered teams each lose 40 pounds for a total of 8,000 pounds, the newspapers would donate \$2,000. The overall Get Fit Challenge winner will choose the lucky nonprofit. The newspapers will donate an additional 25 cents per pound to the Get Fit Youth Fund.

In 2021, the Democrat and Star-Journal hosted a 12-week challenge. Zachary and Janelle Crabtree, team Fat & Crabby, won the challenge and lost 11.19% of their initial body weight. Janelle was the overall winner, losing 12.4% of her initial body weight. She chose to split the \$508 donation between the Sedalia and Warrensburg animal shelters.

Participants are also encouraged to join the West Central Missouri Get Fit group on Facebook to receive updates about community events and participate in discussions.

Easy nutrition tips for a healthier lifestyle

By Chris Howell

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Angela Kammeyer, RD, is a Clinical Dietician and Certified Diabetes Educator at Bothwell Regional Health Center. Kammeyer has a bit of advice for those who are having trouble reaching their fitness goals.

"I've heard multiple people say that you can't outwork a bad diet," Kammeyer said. "You can just go to the gym and burn calories, but ultimately what you put in your body, if you're putting the wrong things in, it still could create problems."

Kammeyer teaches nutrition to patients in the hospital, many just finding out they have life-threatening conditions such as diabetes or heart conditions that require a change in diets.

"For the majority of people here, we're going to recommend a somewhat well-rounded meal that's going to contain some protein, some vegetables, some fruit, a little bit of grain," she said.

Kammeyer is a certified diabetes counselor and spends much of her time educating patients on changing the way they nourish their bodies.

"Because they're sick, I'm dealing with malnourished patients trying to get them to eat better," she explained. "What we're going to encourage most is people eat that well-rounded, balanced diet, that's what most people need. There are some exceptions for people here in the hospital, you know, for some

people they're on diet restrictions for different medical conditions. For instance, some people need a stricter sodium intake, or some folks are going to need a stricter fat intake."

Kammeyer says a lifestyle change is needed if people want their health to improve in the long run.

"I think it's a lifestyle completely," Kammeyer said. "You could see people that are very overweight, and they look very haggard and bad because they're not moving, they're eating terribly, may or may not be smokers. It just depends on what kind of lifestyle, what kind of poor choices they're making."

With hundreds of meals prepared daily for patients, staff, and visitors to Bothwell, eliminating bad food choices and providing healthy, well-rounded meals falls to Food Service Director Terri Deer.

"The patient meals are typically different from the cafe meals," Deer said. "The patient meals are based on the patient's diet. Some have less fat. We have patients that are on restricted sodium diets and so we have to restrict the sodium level. We also have a consistent carb diet and that's where the patient usually has a history of diabetes or has got a history of high blood sugars. We allow so many carbs at each meal, so much protein, so many fats at each meal."

The mindful portioning and elimination of snacks and sugary food is key to successful eating, Kammeyer said.

"I think you just really have to be aware of the mindless eating and get yourself involved you know restructuring your patterns," Kammeyer said. "You've got to be aware that you're not eating because of hunger, you're eating because of a craving or because you're bored or because you're depressed or you're using that as a coping mechanism. Get yourself involved with different activities or it's very difficult, you've got to find a way to get around it."

Chris Howell can be reached at 660-530-0146.



PHOTO BY CHRIS HOWELL | DEMOCRAT

Angela Kammeyer is a Certified Diabetes Educator and Clinical Dietitian at Bothwell Regional Health Center. Kammeyer says you can't outwork a bad diet.



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Staying fit and active pre- and post-natal

By Skye Melcher

skyem@sedaliademocrat.com

Many women who are about to be mothers hear a lot of misconceptions that working out and staying fit can hurt the baby but that is not the case.

Fitness Director at Anytime Fitness Sedalia Danielle Kilburg worked at the gym until a week before she gave birth and worked out until the day before she was induced.

Kilburg is also a certified Pre- and Post-Natal Coach and she received her certification through Girls Gone Strong.

Here are some tips on how to stay fit during pregnancy and postpartum.

"So it depends on a couple of factors, I guess. If you were previously in a moderate or intense work routine you can keep doing what you were doing, exactly what you were doing as long as you don't have any pain or bleeding or anything concerning that you have to go talk to a doctor about, then we cut it down a little bit," Kilburg said.

Once their belly starts to grow, mothers need to modify their workout because as the baby grows, it sits on the vena cava, or a main vein, so going flat for any exercise can cause people to be light-headed or dizzy.

"It is always open communication between me and the client to make sure that if that happens, all you have to do is to adjust or modify it. You have to elevate yourself a little bit to take that pressure off that vein," Kilburg added.

If someone hasn't worked out before or has been in and out of the gym, they should take it slow in the gym but there is no reason not to work out while pregnant. Kilburg said it is beneficial for mother and baby to say active during pregnancy.

Some of the benefits of exercising while pregnant are preventing excessive weight gain, decreasing the risk of gestational diabetes, decreasing the risk of high blood

pressure and postpartum recovery time, decreasing lower back pain and urinary incontinence

postpartum, and prevent-

ing or improving depression. It also maintains your physical fitness, which can help you get back to that pre-pregnancy weight faster.

Kilburg said Anytime Fitness focuses more on a full-body workout instead of doing muscle-to-muscle workouts.

"For the most part, we do full body and really focus on movements that you are going to be doing in those first days of having the baby," Kilburg said.

This means a lot of bending over, holding the baby or picking up the baby.

"We do full body but I really focus on hip hinging, like bending over and picking up the baby, how to properly ignite the muscles so we don't create low back pain because we're already

recovering from birth and then also doing a lot of arms and that pulling movement to make sure that back is super strong and the arms are going to spend the first few weeks holding that newborn,"

Kilburg added.

Kilburg's recovery time was fairly quick — four hours after she had her son Carson, she was able to walk to her recovery room instead of using a wheelchair.

"It is super important, I know it's uncomfortable in those first few days, but just getting up and moving every once in a while as long as you are not put on bed rest by a doctor," Kilburg said.

During the first four to six weeks, Kilburg walked every day, just a little at a time. Around week five, she started some lightweight bodyweight movements, working on abdominal bracing, which is learning how to bring back the abdominal muscles after pregnancy. It is recommended to do this before starting to pick up any type of weight.

"Once I was cleared in that sixweek postpartum checkup, I did my routine but with lighter weights," Kilburg said. "I would say four to six weeks after that, about mid-December, I've been lifting like I was before I got pregnant last year."

Kilburg has written programs that she gives to clients to follow in those first six weeks, in weeks six, 12 and 18, and then 18 and up.

"They call it the fourth trimester, your postpartum period, is broken down into three blocks itself," Kilburg added.

It can be hard for people who do not want to hop right back into things but that can cause more damage than good. Kilburg said even though she was a certified trainer, she had no clue how to go through postpartum when she had her first child.

"I'm really drawn towards helping women be stronger, feel confident, not be depressed or have anxiety about the gym," Kilburg said.

Skye Melcher can be reached at 660-530-0144.

Fitness routines should be simple, consistent

A healthy lifestyle is important during COVID

By Faith Bemiss

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Fitness isn't about bells and whistles and new trends but rather keeping the routine simple and consistent, and staying healthy through the pandemic.

Brian Spencer, the owner of Brian's Gym, said when the New Year rolls around many people want to begin fitness routines and often start out well but become burned out. He offered tips and ideas for maintaining a fitness program, especially during the pandemic.

"For us personally, we stay pretty busy throughout the entire year," he noted. "It ebbs and flows."

He added the New Year is usually when people come to gyms to get into a fitness routine, but he's found that not true for Brian's Gym.

"We've had some years where summer is really the busiest time," he said. "So, I think for the most part, if there's any trend that's going on, it's just people are starting to follow through with what many in the fitness industry have been saying since the beginning of COVID.

"And that's your best defense against it is to build your body up," he continued. "So, I think a lot more people are realizing ... 'hey, I may need to take whatever precautions I need, but really the No. 1 precaution I need to take is just doing something healthy."

Spencer said healthy means working out and losing some weight.

"We're not talking about everybody trying to get into Superman



PHOTOS BY FAITH BEMISS | DEMOCRAT

Mike Wells, 70, of Smithton, works out with weights recently at Brian's Gym. Wells has maintained a regular fitness routine for the last 20 years.

and Superwoman shape," he noted. "When studies are saying that (obesity) and other underlying causative factors from that are a significant point of COVID ... I think people are realizing 'hey, maybe I'd better (get healthy)."

He added the "one constant" is to control what you can control and "that's taking care of yourself."

"Not just physically but mentally too," Spencer said. "It's definitely a benefit to be in a place where people are kind of that same mind of taking care of themselves."

He noted he's not seeing so much of the pre-COVID extreme

workouts, which he believes is a good thing.

"I think there's a lot more moderation," he added. "Again, the one thing that's been constant from the very beginning is if you are moderately healthy (and) not severely overweight, I think that's starting to hit home with people."

He added information about COVID is continually changing, but the one constant is that being healthy is important during the pandemic.

"I think they're realizing it's not necessarily going to make you bulletproof, but it is going to increase your chances of staying healthy if you contract anything," he said. "You have a much better chance of fighting it ... and it's something people have control over."

Spencer said there are trends that come and go, but what the gym is trying to do is to "provide a stable environment" with equipment and space.

"So, whatever trend or whatever interest people have they can implement," he explained. "I'd say the biggest majority of our members are people that they've got jobs, they've got families, they've got a lot of other things — they're just using gym time for probably stress relief."

He added if he could offer advice, it would be to start off a fitness routine "small and focus on consistency."

"And try to improve upon the consistency," he noted. "Maybe it's adding a little bit of time to your cardiovascular workout, trying a new exercise, maybe bumping the weight up ...

"Try to maybe do something new, a little bit outside of your fitness or your comfort zone," he continued. "But beyond that just stay consistent. No matter how many fads, no matter how many new things come in, no matter what gimmick ... the most tried and true thing is just to get moving. And stay consistent with it."

For more information, visit www.briansgym.com or call 660-829-0997.

Faith Bemiss can be reached at 660-530-0289 or on Twitter @flbemiss.

6 | January 2022

Mind, matter, food

Building a positive relationship with food

By Sara Lawson

saral@warrensburgstarjournal.com

Every year, without fail, weight loss and dieting are brought up in conversation as one of the easiest resolutions to break.

Registered Dietitian Sherry Roberts said restrictive diets are effective in the short term but do not make for sustainable or healthy results and some diets can have incredibly adverse health effects.

Diet Culture

"Diet culture is really using a specific plan to, usually, restrict food for weight loss purposes and that can range," Roberts said. "There is a variety of different types of diets that people will do. Usually, there's some that are very low in carbohydrates and high protein, high fat. That's kind of a trendy one right now."

Fad diets can come in prepackaged frozen meals or are marketed as philosophical lifestyle changes. Real change happens when a person starts to understand their body.

Roberts mentioned the Keto diet, Paleo diet, raw foods diet and intermittent fasting as having notable issues.

"There's a variety of diet philosophies that people will tend to follow," Roberts said.

Roberts said restrictive diets that cut out entire food groups are unbalanced and can lead to overindulgence later on.

"When people are really restrictive, it doesn't tend to last for a long peri-



od of time," Roberts said. "They may lose the weight right at the beginning then as soon as they go back to having something that was restricted, they tend to gain all the weight back plus more. A diet culture, where we feel like we have to restrict everything, usually does not usually last for the long haul."

Restrictive diets perpetuate a mindset where eating something not approved by the diet is considered a catastrophic failure, which then leads to a session of unhealthy eating or eating more than the body needs.

Extreme cases can lead to disordered eating.

"That might trigger all sorts of negative connotations, like 'oh my gosh, I fell off my diet, I'm just going to blow it, I'm gonna eat whatever I want' and then they are feeling terrible about

themselves and then it's just this kind of vicious cycle," Roberts said.

Diet culture can have physical and mental repercussions.

"Diet culture can be really dangerous in that sense that it can lead to a lot of negative connotations with food," Roberts said. "People can be successful at the beginning, but usually it doesn't last long-term and if they don't stick with other healthy behaviors, then they're back at square one having gained all of their weight back and then they're trying to start again next January."

Roberts said many trending diets cause a calorie deficit in an unhealthy way, causing a person to lose weight either by restricting food groups or restricting when one can eat during the day.

"That may contribute to the weight

loss," Roberts said. "Is it because they are specifically eating from 11 a.m. to 7 p.m.; it's more the fact they've cut out maybe a lot of the junk food that they would have had, had they not been following an intermittent fasting timeframe."

Roberts said children should not be placed on a restricted diet outside of medical reasons such as allergies and diabetes. Roberts said Paleo and other diets do encourage eating whole foods and cutting out processed foods, which is usually what leads to a lot of the weight loss.

"If you're cutting out the junk food and you're cutting out the processed food, then you're going to start seeing an improvement in your health and in your weight when you're cutting out sugar and you're cutting out sodas and the processed candy and all of that stuff that all of these diets typically don't recommend for you to have," Roberts said.

Sustainable and healthy

Weight loss that is sustainable and healthy can begin with learning to listen to the body.

"Intuitive eating talks a lot about learning how to listen to your body," Roberts said. "It takes that whole 'restrictive eating' away. It wants you to be satisfied. ... If you're satisfied with your food, you might not have the cravings for other things. The whole thing behind intuitive eating is for you to listen to your body. Eat when you're hungry but don't overeat. Eat to satisfy your taste but don't overindulge in things."

JANG

Roberts said portion sizes and listening to when the body is full are important.

"It's encouraging you to find that satisfaction but to respect your body, to know when to stop," Roberts said.

Intuitive eating does not label food as good or bad.

"It's learning to have a positive relationship with your food and, again, respecting your body and learning how to identify when you're full," Roberts said.

Roberts said slowing down and taking smaller bites make eating a conscious act.

When, how much, why

Roberts said a balanced mindset is key.

"I would suggest people really start with portion sizes and learning how much they're really eating," Roberts said.

Roberts also suggests evaluating the difference between hunger cues



and boredom or stress.

Roberts suggests stocking a range of healthy options in the fridge and pantry, including whole grains, lean meats and low-fat dairy products.

"You can have all of those foods in your daily life," Roberts said. "It just has to do with how much of it we're eating. We are so used to having super large portion sizes that when we see a plate with less food we automatically think we're going to be hungry when really if we're eating a meal that has a variety of food

and the portion sizes are smaller, we will be full from that or satisfied from that."

Roberts said help is available for people who need assistance figuring out what constitutes healthy eating habits for them.

"There's so many things online that are misleading and we want a quick fix; I would highly encourage people to seek out a dietitian," Roberts said.

Roberts said dietitians provide evidence-based information and can help with meal planning. "I think that a healthy relationship with food is a relationship that allows you to have things that you enjoy eating and not feeling guilty because you've had it," Roberts said. "Learning how to have it in a portion size that is not going to disrupt your whole day ... or cause you to go into a binge-eating type of situation."

Roberts said it is too often that people will associate what they eat with who they are.

"When we allow food to do that, the food kind of has control over us versus us having the control over the food," Roberts said.

Roberts is a licensed dietitian and certified diabetes care and education specialist with Western Missouri Medical Center. She decided to become a dietitian after being diagnosed with diabetes and speaking with a dietitian as a teenager.

Sara Lawson can be reached at 660-747-8123.





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GOALS: GET BACK ON THE HEALTHY BANDWAGON AND LOSE WEIGHT.

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FAT & CRABBY
ZACH CRABTREE
JANELLE CRABTREE

GOALS: TO LOSE WEIGHT AND START A HEALTHY LIFESTYLE. FIERCE & FIT:
TAKE DEUX
SANDY WILSON
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GOALS: TO FEEL GOOD AND LOOK GOOD AFTER 50!



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& RUN AGAIN

TEAM METZNER
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GOALS: LOSE 10 TO 20 POUNDS
AND INCORPORATE EXERCISE
INTO OUR DAILY LIVES
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GOALS: A REASONABLE INDIVIDUAL AND TEAM WEIGHT LOSS AND HEALTHY SELF-IMAGE CHANGE THROUGH CLEAN EATING AND EXERCISE.

3 metrics to know if exercise is working

Obstacles are bound to appear as individuals embark on the road to getting healthier. Such obstacles come in many different forms, but one hurdle many individuals encounter is doubts about the effectiveness of their workout regimens.

Everyone would love to reap instant rewards from exercise, and immediate gratification is not necessarily elusive. For example, individuals who begin exercising may find their energy levels and attitudes have improved after their first workout. However, individuals who are exercising to lose weight may be discouraged if the scale doesn't immediately indicate they're shedding unwanted pounds. That's a significant obstacle to overcome, and it's one reason why so many

health professionals urge patience and perseverance as individuals embark on their weight loss goals. Though it might not seem like much, industry professionals note that losing one to two pounds per week is a good sign that a workout routine is working.

The experts at Johns Hopkins Medicine note that weight loss is not the only way for individuals to determine if they're making progress toward their weight loss goals. The following are three additional metrics that individuals can look to as they try to chart their exercise progress.

1. TARGET HEART RATE: Before beginning an exercise regimen, individuals, especially those who have been living a sedentary

lifestyle, should speak with their physicians to determine what their target heart rate should be. They can then measure their exercise progress by what they need to do to reach that progress. At the outset, individuals may not need to exercise as vigorously to reach their target rates, but as their bodies get healthier and grow more acclimated to exercise, they will need to work harder to reach their target heart rate. This makes target heart rate a good metric by which to measure exercise progress.

2. REPETITIONS: Johns Hopkins Medicine notes that repetitions are another reliable metric by which to measure exercise progress. The more repetitions individuals can do without straining, the stronger their

muscles are becoming. Individuals should resist any urge to overdo it. The repetitions metric is only a useful measure of progress if individuals are capable of doing a rep without straining.

3. BODY COMPOSITION: This metric should come as no surprise. The more positively exercise affects the body, the more that will show in how the body looks. Johns Hopkins notes that fat loss, specifically around the waist, and muscle growth are two telltale signs that an exercise regimen is progressing.

It can be easy to obsess over results when beginning an exercise regimen. But remaining patient and persistent and utilizing certain metrics to measure progress can keep individuals on the path to getting fit.

State Fair Community College

State Fair Community College's The LearningForce will offer country line and couples dance courses beginning in February in Hopkins Center, Room 714 (lower level), on the Sedalia campus.

Beginner Country Line Dance will meet from 7-9 p.m. on Thursdays from Feb. 3 to March 24 (no class on March 17).

Intermediate Country Line Dance will meet from 7-9 p.m. on Thursdays from March 31 to May 12.

Intermediate Country Couples Dance will meet 7-9 p.m. Tuesdays from April 5 to May 17.

Gift certificates are available for any course. Early enrollment helps to ensure classes will be held.

For more information and to register online, go to www.sfccmo.edu/ thelearningforce and select Schedule of Courses or call (660) 530-5822 or email thelearningforce@sfccmo.edu.



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